



Ground Self-Defense Guidelines

Grading requirement for 1st to 2nd degree black belt

The goal of this syllabus is to equip students at 1st degree black belt level with the skills required to deal with a real self-defense situation on the ground.

The general over-riding objective is to get up off the ground as fast as you can, then tactically disengage.

Basic Concept: Fall well - Fight well - Stand Well

Fall well		
Breakfalling Skills	Drills	Grading requirement
Roll back wrapping the hands behind the head, bringing the legs towards your body. Immediately come up to a side protecting position (support yourself with your hand, not on your elbow), top leg and top arm guarding, facing your opponent	<ol style="list-style-type: none"> 1. Start in a squatting position and roll back and breakfall, coming into side protecting position 2. Same as above, now with your partner pushing you back 3. Same as above from a standing position 	Be able to demonstrate this basic breakfall in the drills and also throughout the entire self-defense portion of the grading.

Fight well		
Defend Against:	Drills	Grading Requirement
<ol style="list-style-type: none"> 1. An opponent in a standing position 2. An opponent in a Ground Mount position 3. An opponent in a Ground T-position 	<p>Standing Opponent</p> <ol style="list-style-type: none"> 1. Kicking from the ground position alone and with pads (side kick, inward pressing kick, turning kick) 2. Defending against imaginary opponent(s) in different positions (eg behind you) 3. Defending against real opponent(s) in different positions - with partner(s) 	Demonstrate defense against a standing and mounted opponent in a realistic and skillful manner with a pre-arranged partner of your own choice.



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	<p>4. Defending against real opponents in different positions - with partner attacking you with hand mitts. (For this drill you can spend longer on the ground to practice.)</p> <p>Top Mount</p> <ol style="list-style-type: none"> 1. Cover your head and bring your feet in 2. Try and move your opponent to a low mount position by wiggling and using of your elbows against his legs 3. Buck your opponent forward then trap the arm 4. Roll to the side (towards the trapped arm) pointing your other arm where you want the opponent to go 5. Counter attack <p>T-Position</p> <ol style="list-style-type: none"> 1. Use “closest weapon – closest target” principal 2. Gain head control 3. Create the space necessary to escape and counter attack 	
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Stand well

Show ability to be able to **Get up** off the floor quickly, moving **AWAY** from your opponent.

1. Place the front foot on the ground keeping your guarding arm up
2. Come up on your knee while covering your head with your arms
3. Come up onto your feet keeping a low stance for balance

Drills

1. Get-up and tactical disengage alone
2. Get-up and tactical disengage with opponent(s) in different positions

Grading requirement

Demonstrate the get-up and tactical disengagement in a realistic manner, alone as well as throughout the entire self-defense portion of your grading.



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4. Step back and check for multiple opponents (tactical disengage)		
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** Adapt to your own body type / capability*

Reminders

- No.1 rule on the ground: Keep moving
- Learn to adapt your techniques to the situation (eg the opponent may not be in a position where you can kick, so you may have to grab, strike, or something else.
- The one equalizer against faster stronger, bigger, meaner is...injury