Self Defense expectations by belt level

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ORANGE:
Stand your ground (define and maintain personal space)
Use a firm voice
Make eye contact
Name what's free
2 on 1 grabs
Primary targets
Broken Record/not engaging in conversation
Cover back/run to an exit
Grabs:
Tuck your chin of choked
Multiple techniques to same target
Ability to get out of specific grabs: Hair grab, front and rear choke, bear hugs
from front and back, wrist grabs, lying on the floor on your back and stomach with
attacker on top of you, pulled by one or 2 legs

PURPLE:
Sitting Grabs
3 on 1 grabs
Use what's free/no flailing
Grabbed from behind attacked from the front
Use what's free when grabbed
Matching intentions at a beginning level

BLUE:
Matching intentions with a variety of intentions of attackers
Escalating and de-escalating in verbal confrontations
3 on 1 grabs
Calling for help
Startle techniques used effectively
Defending others with no or little skill-beginning ability

GREEN:
Single Weapon attacks as a grab
Unlimited number of grabbers
Defend others with no skill using strategies—giving specific instructions, going for help,
shielding
Give feedback to students doing self defense while you observe them
Mixed verbal and physical scenarios
Restrain/Injure/Maim/Kill
Control an attacker without injury
Escalate/De-escalate in physical scenarios (Ability to demonstrate understanding of
passive/assertive/aggressive responses)

<u>BROWN:</u>
Ability to demonstrate 3 different responses to the same attack
Scenarios (including verbal) that involve weapons (Bide your time/talk your way out, how to avoid fatal injury, disarms only if practical)

<u>BLACK:</u>
What self defense skills are important to pass on
More than one type of weapon used in attacks
Observe and analyze others doing self defense
Principals of grab releases from a prone or sitting position (create a shift when stuck, use your whole body, drawing arms and legs into center, which throw to use depending on where attacker's weight is)