**Level 2 Orange Test Study Guide**

**Combatives**: Round Kick – Side Kick – Hooks – Uppercuts – Hammer to side – Palm Strikes

**Defensive Tactics**: 360 Outside Defense

**Self Defense**: Headlock Front – Headlock Side – Headlock Rear – Random Headlocks

**Know the following Knowledge Domains**:

Week 5: Perceptual Reactions to a Violent Attack

* Tunnel vision – vision will be focused on the perceived threat and virtually oblivious to everything else
* Auditory exclusion – hearing will deteriorate
* Time dilation – the perception of time slows down

Week 6: Psychological Reactions to a Violent Attack

The conscious mind is your cognitive thinking process. It‘s when you are confronted with a situation in which you have time to asses the situation thoroughly and respond decisively. You will go through a 4 step process: Perceive, Analyze, Formulate, Execute.

When there is not time for the conscious mind to rationally think through the problem, the sub conscious mind will automatically reference an instinctive response or a general course of action from a previous experience.

Week 7: Physical Reactions to a Violent Attack

Violent confrontations are stressful and emotional and cause dramatic physical changes in the body: increase heart rate provides more blood to the muscles, breathing becomes rapid and shallow, pupils dilate to take in more light to see your threat better, muscles tighten in anticipation of sudden movement, fine or complex motor skills dwindle, sweating and trembling.

Week 8: Possibility of Injury

* Fear of injury should not deter you from fighting back
* Even if you are hurt it’s essential to keep fighting
* Keep in mind the initial wounds may not be fatal
* The sooner you stop the attach the fewer injuries you’ll receive and the faster medical attention can be obtained
* A crucial factor in surviving