**Level 3 Yellow Test Study Guide**

**Combatives**: Def. Front Kick – Uppercut Back Kick – Eye Jab / Ear smash – Elbow 4 – Elbow 6 – Combative combo 1

**Defensive Tactics**: Reflexive Cover

**Self Defense**: Front Bear Hugs – Rear Bear Hugs – Lapel Grab – Random

**Know the following Knowledge Domains**:

Week 9: Survival Mindset

The will to engage the opposition without stopping even if hurt, until the attacker is no longer a threat. Only with a killer instinct will an individual have a fighting chance at escaping and surviving a violent encounter. If an individual doesn’t possess the proper mindset for combat, then the sudden shock of being attacked will mitigate any skills and he/she will freeze. To harness this instinct, turn fear into anger and aggression. Focus this emotion against the attacker until the threat is neutralized

Week 10: Use of Force

Avoid any confrontation whenever possible: the fight you always win is the one you were never in. Almost all attacks are avoidable if you do not become complacent to your surroundings. For use of force to be justifiable it must be necessary and reasonable, the threat itself must be unavoidable and imminent. Justified force must stop once the threat ends.
Survival is always a fair game no matter how dirty you play. Your attacker will not give you any advantage or dignity while attacking and violating you, so you must be willing to respond at the same level. Remember that your attacker made the decision to play with fire by attacking you, so if he gets burned that’s his problem.

Week 11: Facing multiple attackers

* Movement is key to keeping attackers off balance
* Hit and move, engage the closest threat then move on to the next.
* Your goal is to eliminate the threats one at a time and not everyone at once
* Use your attacker’s and the environment as physical barriers
* Briefly look at their hands and assume hands out of sight may contain a weapon

Week 12: Improvised Weapons

When you are in a physical struggle to defend yourself, you must be able to identify and use anyting in your environment to your advantage. There are generally 4 types of improvised weapons:

* Striking weapons (Blunt and bladed) – any object that you can strike with
* Shielding weapons – anything you can use to stop, block, or deflect an attack
* Distracting weaons – things you can throw or spray in the attackers face
* Restraining weapons – something that can be used to tie up an attacker

Remember that your goal is to create an opening and escape. You should never engage in conflict longer than necessary because doing so will only increase your risk.