

## U.A.C AND FIGHTING SKILL COURSE

### JOINING INSTRUCTION OF U.A.C. & FIGHTING SKILL COURSE:-

AIM	DURATION & CAPACITY	ELIGIBILITY	BOOK &SPECIAL EQUIPMENT REQUIRED
1) TO PREPARE U.A.C. INSTRUCTOR AND FIGHTING SKILL FOR TRAINING INSTITUTION. 2) SKILL ENHANCEMENT OF BASIC LEVEL TRAINER.	10 +2 WEEKS 60 TRAINEES	1) RANK: - CT TO AC. 2) MEDICAL CATEGORY:- SHAPE 1 3) INDIVIDUAL SHOULD HAVE VERY GOOD BASIC FITNESS LEVEL. 4) AGE- BELOW 35 YEARS.	1) FULL KIT. 2) SPORTS SHOES. 3) LOOSE FITTING COMBAT DRESS. (2+2) 4) TRACK SUIT- 01. 5) E.I. CLOTHING (AS PER SEASON). 6) WHITE BED SHEET 02. 7) KHAKI UNIFORM- 02. 8) JUNGLE SHOES -02. 9) PASSPORT SIZE PHOTO-04. 10) I CARD, HEALTH CARD. 11) MEDICAL FITNESS CERTIFICATE.

### **BLOCK TIME-TABLE OF U.A.C AND FIGHTING SKILL COURSE**

SL. NO.	SUBJECT	PERIODS/TIME
1.	DURATION OF THE COURSE	10 WEEK
2.	TOTAL WORKING DAYS IN A WEEK	06 DAYS
3.	TOTAL WORKING DAYS DURING THE COURSE	60 DAYS (10X6=60)
4.	TOTAL PERIOD IN A DAY	08 PERIODS
5.	TOTAL PERIOD IN A WEEK	48 PERIODS
6.	TOTAL PERIOD DURING THE COURSE	480 PERIODS

**BLOCK SYLLABUS OF U.A.C AND FIGHTING SKILL COURSE (10 WEEKS)**

S. NO.	CODE	SUBJECT	LEC.	DEMO	PRAC.	TOTAL
<b>2 WEEK BASIC TECHNIQUE</b>						
01	OCA-1-4	OPENING CLOSING ADDRESS	04	-	-	04
02	HST-1	HISTORY OF WING TSUN	01	-	-	01
03	BW-1	BOW	-	01	-	01
04	ST-1-5	STANCES-NATURAL,PRACTICE, FIGHTING	-	01	04	05
05	SKP-1-2	SKIP	-	01	01	02
06	PHS-1-10	PUNCHES AND HAND – STRIKES	-	01	9	10
07	FW-1-15	FOOT-WORK	-	01	14	15
08	KCK-1-10	KICKS	-	01	09	10
09	TPB-1-10	TARGET PAD AND BEAN BAG	-	01	09	10
10	BLK-1-10	BLOCKS	-	03	07	10
11	KA-1-10	KNIFE ATTACKS	-	01	09	10
12	PSR-1-10	RIFLE/PISTOL –SNATCHING AND RELEASING TECH	-	02	08	10
13	TE-1-8	TEST AND EXAMINATION	-	-	08	08
<b>TOTAL</b>			<b>05</b>	<b>13</b>	<b>78</b>	<b>96</b>
<b>4 WEEK BASIC TECHNIQUE</b>						
1	PHS-1-10	PUNCHES AND HAND – STRIKES	-	01	09	10
2	KCK-1-10	KICKS	-	01	09	10
3	HNR-1-20	HAND/ NECK RELEASING TECHNIQUES	-	02	18	20
4	LCK-1-10	LOCKS	-	02	08	10
5	KA-11-20	KNIFE ATTACKS	-	01	09	10
6	EL-1-10	ESCRIMA LOCKS	-	05	05	10
7	PSR-11-20	PISTOL –SNATCHING AND RELEASING TECH	-	-	10	10
8	RSR-1-10	RIFLE –SNATCHING AND RELEASING TECH	-	-	10	10
9	SDTL-1-15	SELF-DEFENSE TECHNIQUES	-	03	12	15
10	OWA-1-23	ONE WAY ATTACK	-	-	23	23
11	COA-1-15	COMBINATION OF ATTACK	-	03	12	15
12	CA-1-20	COUNTER ATTACK	-	02	18	20
13	HFC-1-10	HAND FIGHT COMBINATION	-	02	08	10
14	BLK-1-3	SIDE BLOCK /LOWER BLOCK WITH STATE PUNCH FROM LEFT STANCE	-	01	02	03
15	CC-1-4	CLOSE COMBAT	-	01	03	04
	BPET 1-2	BPET	-	-	04	04
	TE-1-8	TEST AND EXAMINATION	-	-	08	08
<b>TOTAL</b>			<b>0</b>	<b>24</b>	<b>168</b>	<b>192</b>
<b>4 WEEK ADVANCE TECHNIQUE</b>						
01	POP-1-11	PRACTICE ON PAD	-	-	11	11
02	FWT-1-08	FOOT WORK AND TECHNIQUE TO FIGHT AGAINST TWO OR MORE OPPONENTS	-	03	05	08
03	SNT-1-5	SIM NIM TAO (FOAM)	-	01	04	05
04	PLS- 1-16	PIVOT FROM LEFT STANCE	-	05	11	16
05	IP- 1-19	INSTRUCTIONAL PRACTICE UAC	-	-	17	17
06	FR- 1-16	FALLS AND ROLLS	-	02	14	16
07	SP-1-48	SHADOW PRACTICE	-	-	48	48
08	PST-1-8	PISTOL SNATCHING TECHNIQUE	-	01	07	08
09	PRT-1-3	PISTOL RETAINING TECHNIQUE	-	01	02	03
10	RST-1-5	RIFLE SNATCHING TECHNIQUE	-	01	04	05
11	RRT-1-3	RIFLE RETAINING TECHNIQUE	-	01	02	03
12	KAR-1-6	KNIFE ATTACK WITH RIFLE	-	01	05	06
13	SAR-1-6	STICK ATTACK WITH RIFLE	-	01	05	06
14	SAK-1-8	STICK AND KNIFE ATTACK WITH CANESHIELD	-	01	07	08

<b>S. NO.</b>	<b>CODE</b>	<b>SUBJECT</b>	<b>LEC.</b>	<b>DEMO</b>	<b>PRAC.</b>	<b>TOTAL</b>
15	SS-1-2	SANTARI SILENT	-	01	01	02
16	FAA-1-4	FIGHTING AGAINST TWO APPONENTS	-	01	03	04
17	ADGV-1-4	ATTACK ON DRIVER OF GOVT. VEHICLE	-	01	03	04
18	BPET 1-2	BPET	-	-	06	06
19	TE-1-32	TEST AND EXAMINATION	-	-	16	16
		Total		<b>21</b>	<b>171</b>	<b>192</b>
		G/Total	<b>5</b>	<b>58</b>	<b>417</b>	<b>480</b>

# DETAILED SYLLABUS OF UAC AND FIGHTING SKILL COURSE

## 2 WEEK BASIC TECHNIQUE

### 1. OPENING AND CLOSING ADDRESS

S.N.	CODE	SUBJECT	LEC.	DEMO	PRAC.	TOTAL
1.	OCA 1-2	OPENING ADDRESS	02	-	-	02
2.	OCA 3-4	CLOSING ADDRESS	02	-	-	02
TOTAL			04	-	-	04

### 2. HISTORY OF WING-TSUN

S.N.	CODE	SUBJECT	LEC.	DEMO	PRAC.	TOTAL
01	HWT 1	HISTORY OF WING-TSUN	01	-	-	01
TOTAL			01	-	-	01

### 3. BOW

S.N.	CODE	SUBJECT	LEC.	DEMO	PRAC.	TOTAL
01	BW-1	BOW	-	01	-	01
TOTAL			-	01	-	01

### 4. STANCES-NATURAL,PRACTICE,FIGHTING

SL	CODE	SUBJECT	LEC.	DEMO	PRAC.	TOTAL
01	ST-1-5	STANCES-NATURAL,PRACTICE,FIGHTING	-	01	04	05
TOTAL			-	01	04	05

### 5. SKIP

SL	CODE	SUBJECT	LEC.	DEMO	PRAC.	TOTAL
01	SKP-1-2	SKIP	-	01	01	02
TOTAL			-	01	01	02

### 6. PUNCHES AND HAND – STRIKES

SL	CODE	SUBJECT	LEC.	DEMO	PRAC.	TOTAL
01	PHS-1-2	WING TSUN PUNCH	-	01	01	02
02	PHS-3-4	BASIC PUNCH FROM STANCE WITH STEP FORWARD	-		01	02
03	PHS-5-6	JABS- LEFT JABS	-		02	02
04	PHS-7-8	RIGHT JAB	-		02	02
05	PHS-9	SIDE ELBOW STRIKE	-		01	01
06	PHS-10	BACK ELBOW STRIKE	-		01	01
TOTAL			-	01	9	10

### 7. FOOT-WORK

SL	CODE	SUBJECT	LEC.	DEMO	PRAC.	TOTAL
01	FT-1-4	FOOT –WORK AND STANCE TURNING	-	01	03	04
02	FT-5-8	PIVOT	-	-	04	04
03	FT-9-12	SIDE PIVOT	-	-	04	04
04	FT-13-15	45 DEG. PIVOT	-	-	03	03
TOTAL			-	01	14	15

## 8. KICKS

SL	CODE	SUBJECT	LEC.	DEMO	PRAC.	TOTAL
01	KCK-1-2	RIGHT FRONT PUSH KICK FROM STANCE	-	01	01	02
02	KCK-3	LEFT FRONT PUSH KICK FROM STANCE	-	-	01	01
03	KCK-4	LEFT FRONT PUSH KICK AND STEP FORWARD	-	-	01	01
04	KCK-5	RIGHT FRONT PUSH KICK AND STEP FORWARD	-	-	01	01
05	KCK-6	SIDE PUSH KICK	-	-	01	01
06	KCK-7	SIDE PUSH KICK WITH A SKIP	-	-	01	01
07	KCK-6	TURN PUSH KICK	-	-	01	01
08	KCK-9	STAMP KICK	-	-	01	01
09	KCK-10	BACK KICK	-	-	01	01
TOTAL			-	01	09	10

## 9. TARGET PAD AND BEAN BAG

SL	CODE	SUBJECT	LEC.	DEMO	PRAC.	TOTAL
01	TPB-1-10	TARGET PAD AND BEAN BAG	-	01	09	10
TOTAL			-	01	09	10

## 10. BLOCKS

SL	CODE	SUBJECT	LEC.	DEMO	PRAC.	TOTAL
01	BLK-1-3	BLOCKING	-	01	02	03
02	BLK-4	DOUBLE ARM BLOCKING	-	-	01	01
03	BLK-5-6	TAN SAU-SIDE BLOCK AND LOWER BLOCK-BONG SAU	-	01	01	02
04	BLK-7	CROSS ARM X BLOCKING	-	-	01	01
05	BLK-8-9	REFLEX BLOCKING	-	01	01	02
06	BLK-10	CROSS ARM DRILL	-	-	01	01
TOTAL			-	03	07	10

## 11. KNIFE ATTACKS

SL	CODE	SUBJECT	LEC.	DEMO	PRAC.	TOTAL
01	KA-1-3	KNIFE ATTACKS –UPPER -1	-	01	02	03
02	KA-4-5	KNIFE ATTACKS-SIDE- 2A	-	-	02	02
03	KA-6-8	KNIFE ATTACKS –INNER- 2B	-	-	03	03
04	KA-9-10	KNIFE ATTACKS –STOMACH - 3	-	-	02	02
TOTAL			-	01	09	10

## 12. RIFLE /PISTOL –SNATCHING AND RELEASING TECHNIQUES.

SL	CODE	SUBJECT	LEC.	DEMO	PRAC.	TOTAL
01	PSR-1-3	PISTOL SNATCHING TECHNIQUE -1 TEMPLE	-	01	02	03
02	PSR-4-5	PISTOL SNATCHING TECHNIQUE -2 FOREHEAD	-	-	02	02
03	RSR-6-8	RELEASE TECHNIQUE RIFLE -1	-	01	02	03
04	RSR-9-10	RELEASE TECHNIQUE PISTOL - 2	-	-	02	02
TOTAL			-	02	08	10

## 13. TEST AND EXAMINATION

SL	CODE	SUBJECT	LEC.	DEMO	TEST	TOTAL
01	TE-1-08	TEST	-	-	08	08
TOTAL			-	-	08	08

## 4 WEEKS BASIC UAC TECHNIQUE

### 01.PUNCHES AND HAND – STRIKES

SL	CODE	SUBJECT	LEC.	DEMO	PRAC.	TOTAL
01	PHS-1-3	SIDE KNUCKLE STRIKE	-	01	02	03
02	PHS-4-5	SIDE KNUCKLE STRIKE WITH LUNGE	-		02	02
03	PHS-6-7	FOREARM STRIKE	-		02	02
04	PHS-8	PALM STRIKES	-		01	01
05	PHS-9-10	TURN PUNCH	-		02	02
TOTAL			-	01	09	10

### 02.KICKS

SL	CODE	SUBJECT	LEC.	DEMO	PRAC.	TOTAL
01	KCK-1-2	ROUND HOUSE KICK	-	01	01	02
02	KCK-3	SLAP KICK, REVERSE SLAP KICK.	-	-	01	01
03	KCK-4-5	BACK SPIN ROUND KICK.	-	-	02	02
04	KCK-6	BACK SPIN PUSH KICK	-		01	01
05	KCK-7	REVERSE ROUND HOUSE KICK	-		01	01
06	KCK-8	GROUND SWEEP KICK	-	-	01	01
07	KCK-9	FRONT PUSH KICK AND SIDE PUSH KICK WT	-	-	01	01
08	KCK-10	KICK BLOCK	-	-	01	01
TOTAL			-	01	09	10

### 03.HAND/ NECK RELEASING TECHNIQUES

SL	CODE	SUBJECT	LEC.	DEMO	PRAC.	TOTAL
01	HNR-1-4	RELEASE TECHNIQUE SINGLE HAND	-	01	03	04
02	HNR-5-7	BOTH HANDS UPPER-1	-	-	03	03
03	HNR-8-10	BOTH HANDS LOWER -1	-	-	03	03
04	HNR-11-14	BOTH HANDS LOWER -2	-	01	03	04
05	HNR-15-17	HELD WITH BOTH HANDS	-	-	03	03
06	HNR-18-20	NECK HELD FROM BEHING	-	-	03	03
TOTAL			-	02	18	20

### 04.LOCKS

SL	CODE	SUBJECT	LEC.	DEMO	PRAC.	TOTAL
01	LCK1-3	CHIN LOCK	-	01	02	03
02	LCK-4-5	NECK LOCK	-	-	02	02
03	LCK-6-8	NECK RELEASE-STREET FIGHT	-	01	02	03
04	LCK-9-10	FACE LOCK FROM BEHIND	-	-	02	02
TOTAL			-	02	08	10

### 05.KNIFE ATTACKS

SL	CODE	SUBJECT	LEC.	DEMO	PRAC.	TOTAL
01	KA-1-3	KNIFE ATTACKS –UPPER -1	-	-	03	03
02	KA-4-5	KNIFE ATTACKS-SIDE- 2A	-	-	02	02
03	KA-6-7	KNIFE ATTACKS –INNER- 2B	-	-	02	02
04	KA-8-10	KNIFE ATTACKS –STOMACH - 3	-	01	02	03
TOTAL			-	01	09	10

**06.ESCRIMA**

SL	CODE	SUBJECT	LEC.	DEMO	PRAC.	TOTAL
01	ECR-1-2	ESCRIMA LOCKS	-	01	01	02
02	ECR-3-4	ESCRIMA ARM LOCK/WRIST	-	01	01	02
03	ECR-5-6	ESCRIMA WRIST LOCK	-	01	01	02
04	ECR-7-8	ESCRIMA 7 ATTACK	-	01	01	02
05	ECR-9-10	ESCRIMA BLOCK	-	01	01	02
TOTAL			-	05	05	10

**07. PISTOL –SNATCHING AND RELEASING TECHNIQUES.**

SL	CODE	SUBJECT	LEC.	DEMO	PRAC.	TOTAL
01	PSR-1	PISTOL SNATCHING TECHNIQUE -1 TEMPLE	-	-	01	01
02	PSR-2	PISTOL SNATCHING TECHNIQUE -2 FOREHEAD	-	-	01	01
03	PSR-3-4	PISTOL SNATCHING TECHNIQUE -3 CHEST	-	-	02	02
04	PSR-5-6	PISTOL SNATCHING TECHNIQUE – 4 BACK	-	-	02	02
05	PSR-7-8	PISTOL SNATCHING TECHNIQUE FINGER – 5 BACK	-	-	02	02
06	PSR-9	RELEASE TECHNIQUE PISTOL – 1	-	-	01	01
07	PSR-10	RELEASE TECHNIQUE PISTOL - 2	-	-	01	01
TOTAL			-	-	10	10

**08. RIFLE –SNATCHING AND RELEASING TECH**

SL	CODE	SUBJECT	LEC.	DEMO	PRAC.	TOTAL
01	RSR-1-2	RELEASE TECHNIQUE RIFLE -1	-	-	02	02
02	RSR-3-4	RELEASE TECHNIQUE RIFLE -2	-	-	02	02
03	RSR-5-7	RELEASE TECHNIQUE RIFLE -3	-	-	03	03
04	RSR-8-10	RELEASE TECHNIQUE RIFLE – 4	-	-	03	02
TOTAL			-	-	10	10

**09.SELF-DEFENCE TECHNIQUES FOR LADIES**

SL	CODE	SUBJECT	LEC.	DEMO	PRAC.	TOTAL
1	SDTL-1-5	LADIES TECH. SITUATION 1, 2 AND 3.	-	01	04	05
2	SDTL-6-10	LADIES TECH. SITUATION 4(A) , 4(B) AND 4(C)	-	01	04	05
3	SDTL-11-13	LADIES TECH. SITUATION 5 (A) AND 5(B)	-	01	02	03
4	SDTL-14-15	LADIES TECH. SITUATION 6 AND 7.	-	-	02	02
TOTAL			-	03	12	15

**10. ONE WAY ATTACK**

SL	CODE	SUBJECT	LEC.	DEMO	PRAC.	TOTAL
1	OWT 1-23	HAND ATTACKS, ALL KICKS ATTACKS, COMBINATION OF ATTACKS. OPPONENT PRACTICE BLOCK ON ATTACK	-	-	23	23
TOTAL			-	-	23	23

## 11. COMBINATION OF ATTACKS

SL	CODE	SUBJECT	LEC.	DEMO	PRAC.	TOTAL
1	COA 1-3	FRONT PUSH KICK WITH ROUND HOUSE KICK SAME LEG	-	01	02	03
2	COA -4-6	STAMP KICK WITH SIDE PUSH KICK SAME LEG	-	-	03	03
3	COA-7-9	BACK SPIN PUSH KICK WITH FRONT PUSH KICK	-	01	02	03
4	COA 10-12	GROUND SWEEP KICK WITH SIDE PUSH KICK	-	01	02	03
5	COA-13-15	SIDE PUSH KICK WITH SKIP WITH KNUCKLE STRIKE	-	-	03	03
TOTAL			-	03	12	15

## 12. COUNTER ATTACK

SL	CODE	SUBJECT	LEC.	DEMO	PRAC.	TOTAL
1	CA 1-7	COUNTER ATTACK OF HAND	-	01	06	07
2	CA-8-13	COUNTER ATTACK OF KICKS	-	-	06	06
3	CA -14-20	COUNTER ATTACK OF HAND AND KICKS	-	01	06	07
TOTAL			-	02	18	20

## 13. HAND FIGHT COMBINATION

SL	CODE	SUBJECT	LEC.	DEMO	PRAC.	TOTAL
1	HFC 1-3	<u>IMPLEMENTATION 1<sup>ST</sup></u> - OPPONENTS GIVES A LEFT PUNCH. YOU BLOCK WITH YOUR LEFT HAND HIT YOUR RIGHT PALM ON HIS LEFT HANDS ELBOW AND GIVE A SIDE CHOP WITH YOUR LEFT HAND THE OPPONENT DOES A WU SAU AND BLOCK THE CHOP.	-	01	02	03
2	HFC-4-5	<u>IMPLEMENTATION 2<sup>ND</sup></u> – LOWER PUNCH WITH YOUR LEFT HAND FRAME A LEFT STANCE TAKE IT BACK FROM DOWN SHOWING YOUR ELBOW TO HIS AND STRIKE A FAST REVERSE KNUCKLE STRIKE TO HIS FACE. KEEP YOUR OTHER HAND IN WU SAU POSITION ALWAYS. HE WILL BE BLOCKING THE LOWER PUNCH WITH A LEFT HAND LOWER BLOCK AND THE REVERSE KNUCKLE STRIKE WITH THE BACK HAND SIDE BLOCK.	-	-	02	02
3	HFC-6-8	<u>IMPLEMENTATION 3<sup>RD</sup></u> – OPPONENT GIVE A LEFT PUNCH FROM LEFT STANCE DEFENDER RIGHT SIDE 4STEP PIVOT WITH DOUBLE ARM BLOCK AND CONVERT LEFT LOWER BLOCK POSITION TO TAN-SAU POSITION AND RIGHT HAND CHOP HIS THROAT (NECK).	-	01	02	03



4	HFC-9-10	IMPLEMENTATION 4 <sup>TH</sup> - OPPONENT GIVES A LEFT PUNCH. DEFENDER SIDE STEP PIVOT RIGHT LEG, TAN-SAU WITH PALM STRIKE ON THE RIBS FROM LEFT STANCE. OPPONENT GIVE A CROSS ARM BASIC PUNCH WITH RIGHT HAND, DEFENDER TAKE DOUBLE SIDE STEP PIVOT AND RIGHT HAND TAN-SAU BLOCK TO PUNCH AND LEFT PUNCH ON THE FACE.	-	-	02	02
TOTAL			-	2	08	10

#### 14. SIDE BLOCK/LOWER BLOCK WITH STRAIGHT PUNCH FROM HORSE STANCE

SL	CODE	SUBJECT	LEC.	DEMO	PRAC.	TOTAL
1	BLK-01	SIDE BLOCK/LOWER BLOCK WITH PUNCH FROM HORSE STANCE, WITH PIVOT	-	01	-	01
2	BLK-02	SIDE BLOCK (TAN SAU) WITH PUNCH FROM LEFT STANCE	-		01	01
3	BLK-03	LOWER BLOCK WITH PUNCH FROM LEFT STANCE	-		01	01
TOTAL			-	01	02	03

#### 15. CLOSE COMBACT

SL	CODE	SUBJECT	LEC.	DEMO	PRAC.	TOTAL
1	C.C- 1-4	HOW TO USE YOUR KNEE/ELBOW FOR CLOSE COMBAT	-	1	3	4
TOTAL			-	1	3	4

#### 16.BPET

SL	CODE	SUBJECT	LEC.	DEMO	PRAC.	TOTAL
01	BPET-1-04	BPET	-	-	04	04
TOTAL			-	-	04	04

#### 17.TEST AND EXAMINATION

SL	CODE	SUBJECT	LEC.	DEMO	TEST	TOTAL
01	TE-1-08	TEST	-	-	08	08
TOTAL			-	-	08	08

## 4.WEEKS ADVANCE UAC TECHNIQUE

### 01. PRACTICE ON PAD

SL	CODE	SUBJECT	LEC.	DEMO	PRAC.	TOTAL
1	POP 1-11	PRACTICE ALL ATTACKS ON TARGET SHIELD, PUNCHING BAG AND BEAN BAG	-	-	11	11
TOTAL			-	-	11	11

### 02. FOOT WORK AND TECH. TO FIGHT AGAINST TWO OR MORE OPPONENTS

SL	CODE	SUBJECT	LEC.	DEMO	PRAC.	TOTAL
1	FWT 1-2	CROSS ARM BASIC PUNCH AGAINST TWO OPPONENT WITH CIRCULAR STEP(HORSE STANCE/HAND STANCE/LEFT STANCE)	-	1	1	2
2	FWT 3-4	RIGHT FRONT PUSH KICK CROSS STEP AGAINST TWO OPPONENT	-	1	1	2
3	FWT 5-6	RIGHT FRONT PUSH KICK CROSS STEP AGAINST TWO OPPONENT WITH CHAIN PUNCH	-	1	1	1
4	FWT 7	FROM LEFT STANCE DOUBLE ARM ATTACKING HARD BLOCK WITH CIRCULAR STEP	-		1	1
5	FWT 8	FROM LEFT STANCE DOUBLE ARM SOFT BLOCK ON BOTH THE DIRECTION TAKE A SECOND STEP AND DO CHAIN PUNCHES	-		1	1
TOTAL			-	3	5	08

### 03.SIU NIM TAU (FORM)

SL	CODE	SUBJECT	LEC.	DEMO	PRAC.	TOTAL
1	SNT 1-05	SIU-NIM TAU	-	01	04	05
TOTAL			-	01	04	05

### 04. PIVOT FROM LEFT STANCE

SL	CODE	SUBJECT	LEC.	DEMO	PRAC.	TOTAL
1	PLS 1-3	SIDE STEP PIVOT TAN-SAU WITH PUNCH (BOTH LEG) FROM LEFT STANCE	-	1	2	3
2	PLS 4-6	SIDE STEP PIVOT BONG-SAU WITH PUNCH (BOTH LEG) FROM LEFT STANCE	-	1	2	3
3	PLS 7-9	SIDE STEP PIVOT DOUBLE ARM BLOCK (BOTH LEG) FROM LEFT STANCE	-	1	2	3
4	PLS 10-11	SIDE STEP PIVOT TAN-SAU WITH PUNCH SECOND STEP CHAIN PUNCH	-	1	1	2
5	PLS 12-13	SIDE STEP PIVOT BONG-SAU WITH PUNCH SECOND STEP CHAIN PUNCH	-	1	1	2
6	PLS 14	SIDE STEP PIVOT DOUBLE ARM BLOCK SECOND STEP CHAIN PUNCH	-		1	1
7	PLS 15-16	45 DEGREE PIVOT WITH CHAIN PUNCH	-		2	2
TOTAL			-	5	11	16

### 05. INSTRUCTIONAL PRACTICE UAC

SL	CODE	SUBJECT	LEC.	DEMO	PRAC.	TOTAL
1	IP 1-17	INSTRUCTIONAL PRACTICE UAC	-	-	17	17
TOTAL			-	-	17	17

**06. FALLS AND ROLLS**

SL	CODE	SUBJECT	LEC.	DEMO	PRAC.	TOTAL
1	FR 1-3	FRONT FALL	-	01	02	03
2	FR 4	BACK FALL	-	-	01	01
3	FR 5-6	SIDE FALL	-	-	02	02
4	FR 7-8	FORWARD ROLL BREAK FALL	-	-	02	02
5	FR 9-11	FRONT ROLL ADV	-	01	02	03
6	FR 12	BACK ROLL ADV	-	-	01	01
7	FR 13-14	SIDE ROLL	-	-	02	02
8	FR 15-16	LONG DIVE ROLL ADV	-	-	02	02
TOTAL			-	02	14	16

**07.SHADOW PRACTICE WITH RIFLE****FOOT WORK**

SL	CODE	SUBJECT	LEC.	DEMO	PRAC.	TOTAL
01	FW-01	SINGLE STEP FORWARD & BACK	00	00	01	01
02	FW-02	DOUBLE STEP FORWARD & BACK	00	00	01	01
03	FW-03	FOUR STEP FORWARD & BACK	00	00	01	01
TOTAL			00	00	03	03

**08.HAND ATTACK WITH RIFLE**

SL	CODE	SUBJECT	LEC.	DEMO	PRAC.	TOTAL
01	HAR-01	LEFT HAND JAB	00	00	01	01
02	HAR-02	SIDE KNUCKLE STRIKE	00	00	01	01
03	HAR-03	BACK ELBOW STRIKE	00	00	01	01
04	HAR-04	SIDE ELBOW STRIKE	00	00	01	01
05	HAR-05	RIDGE HAND	00	00	01	01
06	HAR-06	ROUND PUNCH	00	00	01	01
07	HAR-07	REVERSE KNUCKLE STRIKE	00	00	01	01
TOTAL			00	00	07	07

**09.KICKS WITH RIFLE**

SL	CODE	SUBJECT	LEC.	DEMO	PRAC.	TOTAL
01	KR-01	LEFT LEG FRONT PUSH KICK ON PLACE	00	00	01	01
02	KR-02	RIGHT LEG FRONT PUSH KICK ON PLACE	00	00	01	01
03	KR-03	LEFT LEG FRONT PUSH KICK ON GROWING	00	00	01	01
04	KR-04	RIGHT LEG FRONT PUSH KICK ON GROWING	00	00	01	01
05	KR-05	LEFT LEG FROUNT PUSH KICK STEP FORWARD	00	00	01	01
06	KR-06	RIGHT LEG FRONT PUSH KICK STEP FORWARD	00	00	01	01
07	KR-07	LEFT LEG FRONT PUSH KICK ON GROWING STEP FORWARD	00	00	01	01
08	KR-08	RIGHT LEG FRONT PUSH KICK ON GROWING STEP FORWARD	00	00	01	01
09	KR-09	SIDE KICK	00	00	01	01
10	KR-10	ROUND HOUSE KICK	00	00	01	01
11	KR-11	STAMP KICK	00	00	01	01
12	KR-12	BACK KICK	00	00	01	01
TOTAL					12	12

**10'HAND AND KICK COMBINATION**

SL	CODE	SUBJECT	LEC.	DEMO	PRAC.	TOTAL
01	HKC-01	FRONT PUSH KICK WITH JAB	00	00	01	01
02	HKC-02	SIDE PUSH KICK WITH KNUCKLE STRIKE	00	00	01	01

03	HKC-03	ROUND HOUSE KICK WITH REVERSE KNUCKLE STRIKE	00	00	01	01
04	HKC-04	LEFT HAND BACK ELBOW STRIKE WITH RIGHT LEG BACK KICK	00	00	01	01
05	HKC-05	LEFT LEG STAMP KICK ON TOE WITH BACK STAMP KICK ON KNEE	00	00	01	01
06	HKC-06	HEAD ATTACK ON FACE WITH KNEE STRIKE ON GROWING	00	00	01	01
TOTAL			00	00	06	06

### 11.RIFLE ATTACK

SL	CODE	SUBJECT	LEC.	DEMO	PRAC.	TOTAL
01	RA-01	FRONT BARREL STRIKE WITH FOOT WORK	00	00	01	01
02	RA-02	BACK BUTT STRIKE WITH FOOT WORK	00	00	01	01
03	RA-03	LEFT SIDE BARREL STRIKE WITH FOOT WORK	00	00	01	01
04	RA-04	RIGHT SIDE BUTT STRIKE WITH FOOT WORK	00	00	01	01
05	RA-05	TURN BUTT STRIKE WITH FOOT WORK	00	00	01	01
06	RA-06	HOOK BUTT STRIKE	00	00	01	01
TOTAL			00	00	06	06

### 12.KICK HAND AND RIFLE ATTACK

C	CODE	SUBJECT	LEC.	DEMO	PRAC.	TOTAL
01	KHR-01	FRONT BARREL STRIKE FRONT PUSH KICK WITH JAB	00	00	01	01
02	KHR-02	TURN BUTT STRIKE WITH STAMP KICK	00	00	01	01
03	KHR-03	HOOK BUTT STRIKE FRONT KICK ON GROWING WITH REVERSE KNUCKLE STRIKE	00	00	01	01
04	KHR-04	LEFT SIDE BARREL STRIKE SIDE KICK WITH KNUCKLE STRIKE	00	00	01	01
05	KHR-05	RIGHT SIDE BUTT STRIKE SIDE KICK	00	00	01	01
06	KHR-06	BACK TURN BUTT STRIKE WITH RIGHT LEG FRONT KICK	00	00	01	01
TOTAL			00	00	06	06

### 13.RIFLE BLOCK

SL	CODE	SUBJECT	LEC.	DEMO	PRAC.	TOTAL
01	RB-01	UPPER BLOCK WITH RIFLE	00	00	01	01
02	RB-02	LOWER BLOCK WITH RIFLE	00	00	01	01
03	RB-03	LEFT SIDE BLOCK WITH RIFLE	00	00	01	01
04	RB-04	RIGHT SIDE BLOCK WITH RIFLE	00	00	01	01
05	RB-05	UPPER BLOCK STEP FORWARD WITH FRONT PUSH KICK	00	00	01	01
06	RB-06	LOWER BLOCK STEP FORWARD WITH STAMP KICK	00	00	01	01
07	RB-07	LEFT SIDE BLOCK STEP FORWARD WITH FRONT PUSH KICK	00	00	01	01
08	RB-08	RIGHT SIDE BLOCK WITH FRONT PUSH KICK	00	00	01	01
TOTAL			00	00	08	08

## 14. PISTOL SNATCHING

SL	CODE	SUBJECT	LEC.	DEMO	PRAC.	TOTAL
01	PS-1-2	JAB VIRODHI PISTOL KO KANPATI PAR POINT KRTA HO	00	01	01	02
02	PS-3	JAB VIRODHI PISTOL KO FORHEAD PAR POINT KRTA HO	00	00	01	01
03	PS-4	JAB VIRODHI NE PISTOL CHEST PE POINT KRTA HO (TACH.NO.01)	00	00	01	01
04	PS-5	JAB VIRODHI PISTOL CHEST PE POINT KRTA HO (TACH.NO.02)	00	00	01	01
05	PS-6	JAB VIRODHI PISTOL DONO HAATHO SE CHEST PE POINT KRTA HO (TACH.NO.01)	00	00	01	01
06	PS-7	JAB VIRODHI PISTOL DONO HAATHO SE CHEST PAR POINT KRTA HO (TACH.NO.02)	00	00	01	01
07	PS-8	JAB VIRODHI PISTOL PICHE SE POINT KRTA HO	00	00	01	01
TOTAL			00	01	07	08

## 15. PISTOL RETAINING TECHNIQUE

SL	CODE	SUBJECT	LEC.	DEMO	PRAC.	TOTAL
01	PRT-1-2	PISTOL RETAINING TECH, NO, 01	00	01	01	02
02	PRT-3	PISTOL RETAINING TECH, NO, 02	00	00	01	01
TOTAL			00	01	02	03

## 16. RIFLE SNATCHING TECHNIQUE

SL	CODE	SUBJECT	LEC.	DEMO	PRAC.	TOTAL
01	RST-1-2	JAB VIRODHI RIFLE KA BARREL PAKAD LETA HAI (TECH.NO.1,2)	00	01	01	02
02	RST-3	JAB VIRODHI RIFLE KA BUTT PAKAD LETA HAI	00	00	01	01
03	RST-4	JAB VIRODHI RIFLE KO CENTRE SE PAKAD LETA HAI	00	00	01	01
04	RST-5	JAB VIRODHI RIFLE KO CHHINANE KE LIYE AAGE BHADTA HAI	00	00	01	01
TOTAL			00	01	04	05

## 17. RIFLE RETAINING TECHNIQUE

SL	CODE	SUBJECT	LEC.	DEMO	PRAC.	TOTAL
01	RAT-1-2	JAB VIRODHI RIFLE SIDE AUR SAMANE SE POINT KARTA HAI	00	01	01	02
02	RAT-3	JAB VIRODHI RIFLE PICHE SE POINT KARTA HAI	00	00	01	01
TOTAL				01	02	03

## 18. KNIFE ATTACK WITH RIFLE

SL	CODE	SUBJECT	LEC.	DEMO	PRAC.	TOTAL
01	KAR-1-2	UPPER SE CHAKU KA HAMLTA	00	01	01	02

02	KAR-3	NICHHE SE (PET ME GHOPNA) CHAKU KA HAMALA	00	00	01	01
03	KAR-4	RIGHT SIDE SE CHAKU KA HAMLA	00	00	01	01
04	KAR-5	LEFT SIDE SE CHAKU KA HAMLA	00	00	01	01
05	KAR-6	PICHHE SE CHAKU KA HAMLA	00	00	01	01
TOTAL			00	01	05	06

## 19. STICK ATTACK WITH RIFLE

SL	CODE	SUBJECT	LEC.	DEMO	PRAC.	TOTAL
01	SAR-1-2	UPPER SE LATHI SE HAMLA	00	01	01	02
02	SAR-3	RIGHT SIDE SE LATHI SE HAMLA	00	00	01	01
03	SAR-4	LEFT SIDE SE LATHI SE HAMLA	00	00	01	01
04	SAR-5	PICHHE SE LATHI SE HAMLA	00	00	02	01
TOTAL			00	01	05	06

## 20. STICK & KNIFE ATTACK WITH CANESHIELD

SL	CODE	SUBJECT	LEC.	DEMO	PRAC.	TOTAL
01	SKAC-1-2	UPPER SE LATHI SE HAMLA	00	01	01	02
02	SKAC-3	RIGHT SIDE SE LATHI SE HAMLA	00	00	01	01
03	SKAC-4	LEFT SIDE SE LATHI SE HAMLA	00	00	01	01
04	SKAC-5	UPPER SE CHAKU SE HAMLA	00	00	01	01
05	SKAC-6	RIGHT SIDE SE CHAKU SE HAMLA	00	00	01	01
06	SKAC-7	LEFT SIDE SE CHAKU SE HAMLA	00	00	01	01
07	SKAC-8	NICHE SE PET PE CHAKU SE HAMLA	00	00	01	01
TOTAL			00	01	07	08

## 21. SANTARI SILENT

SL	CODE	SUBJECT	LEC.	DEMO	PRAC.	TOTAL
01	SS-1-2	FACE LOCK	00	01	01	02
TOTAL			00	01	01	02

## 22. FIGHTING AGAINST TWO OPPONENTS

SL	CODE	SUBJECT	LEC.	DEMO	PRAC.	TOTAL
01	FATA-1-2	TECHNIQUE NO.01 PICHHE SE PAKDNE PAR	00	01	01	02
02	FATA-3	TECHNIQUE NO.02 SIDE SE PAKDNE PAR	00	00	01	01
03	FATA-4	TECHNIQUE NO.03 SAMNE PAKADNE PAR	00	00	01	01
TOTAL			00	01	03	04

### 23. ATTACK ON DRIVER OF GOVT. VEHICLE

SL	CODE	SUBJECT	LEC.	DEMO	PRAC.	TOTAL
01	ADV-1-2	JAB VIRODHI GADI KI CHABI CHHINANE KI KOSHISH KARTA HAI	00	01	01	02
02	ADV-3	JAB VIRODHI DRIVER KA COULLER PAKAD LETA HAI	00	00	01	01
03	ADV-4	JAB VIRODHI DRIVER PE NAZDIK SE PISTOL POINT KARTA HAI	00	00	01	01
TOTAL			00	01	03	04

### 24.BPET

SL	CODE	SUBJECT	LEC.	DEMO	PRAC.	TOTAL
01	BPET-1-06	BPET	-	-	06	06
TOTAL			-	-	06	06

### 25. TEST & EXAMINATION

SL	CODE	SUBJECT	LEC.	DEMO	PRAC.	TOTAL
2	TEST-1-16	FINAL TEST			16	16
TOTAL			-	-	16	16

## TEST POLICY

### ASSESSMENT TEST AFTER 2 WEEKS

SL NO	SUBJECT	MARKS
01	FULL SHADOW EVENTS WING T-SUN	30
02	PUNCHES	10
03	KICKS	10
	<b>TOTAL</b>	<b>50</b>

- At the end of 02 weeks of course a scrutiny /assessment test conducted by internal board of officers (preferably include master trainers).
- The trainees who don't secure at least 50 % of total marks may sent to their respective units.
- the trainees who secure above than 50% of total marks will undergo 04 week basic course.
- Marks of assessment/scrutiny test may not included in consolidated result sheet.

### GRADING PATTERN

#### KNOWLEDGE SIDE (A)-SIDE

SL NO	SUBJECT	MARKS
01	MIDTERM WRITTEN TEST	50
02	FINAL WRITTEN TEST	50
03	INSTRUCTIONAL PRACTICE	50
	<b>TOTAL</b>	<b>150</b>

#### OUTDOOR (X)-SIDE

SL NO	SUBJECT	MARKS
01	ONE WAY ATTACK	30
02	ESCRIMA	10
03	SELF-DEFENCE TECHNIQUES (HAND RELEASING, LOCKS AND NECK RELEASING, WEAPON RETAINING, LADIES TECHNIQUES)	60
04	FALLS & ROLLS	20
05	KICKS	20
06	COUNTER ATTACK	40
07	B.P.E.T.	20
	<b>TOTAL</b>	<b>200</b>



## MID-TERM TEST

SL NO	SUBJECT	MARKS	TOTAL
<b>OUTDOOR TEST ("X/Y/Z" GRADING)</b>			
1	FALLS AND ROLLS	20	100
2	KICKS	20	
3	SELF-DEFENCE TECHNIQUE	60	
<b>INDOOR TEST("A/B/C" GRADING)</b>			
4	EXAM (WRITTEN)	50	50
<b>TOTAL</b>		150	

### ALLOTMENT OF MARKS OF MID-TERM TEST

<b>OUTDOOR TEST ("X/Y/Z" GRADING)</b>			
01	<b>FALLS</b>		10
	SIDE FALL ADVANCE	05	
	FORWARD ROLL BREAK FALL ADVANCE	05	
02	<b>ROLLS</b>		10
	SIDE ROLL ADVANCE	05	
	LONG DIVE ROLL ADVANCE	05	
03	<b>KICKS</b>		20
	STAMP KICK WITH TURN SIDE PUSH KICK	04	
	FRONT PUSH KICK WITH ROUND HOUSE	04	
	REVERSE ROUND HOUSE KICK	03	
	GROUND SWEEP KICK WITH SIDE PUSH KICK	03	
	BACK SPIN PUSH KICK	03	
	BACK SPIN ROUND KICK	03	
04	<b>SELF-DEFENCE TECHNIQUES</b>		60
	RIFLE RETAINING / SNATCHING TECHNIQUE	10	
	PISTOL RETAINING / SNATCHING TECHNIQUE	10	
	HAND RELEASING TECHNIQUE	10	
	LADIES DEFENCE TECHNIQUE	10	
	KNIFE DEFENCE TECHNIQUE	10	
	CHIN LOCK, FACE LOCK, NECK LOCK AND NECK RELEASING TECHNIQUE	10	
TOTAL			100
<b>INDOOR TEST("A/B/C" GRADING)</b>			
04	WRITTEN TEST	50	50
<b>TOTAL (OUTDOOR &amp; INDOOR)</b>			150

## FINAL TEST POLICY

SL NO	SUBJECT	MARKS	TOTAL
<b>OUTDOOR TEST ("X/Y/Z" GRADING)</b>			
1	ONE WAY ATTACK	30	100
2	ESCRIMA	10	
3	COUNTER ATTACK	40	
4	B.P.E.T.	20	
<b>INDOOR TEST("A/B/C" GRADING)</b>			
4	I P –INSTRUCTIONAL PRACTICE	50	100
5	EXAM (WRITTEN)	50	
<b>TOTAL</b>		<b>200</b>	

## ALLOTMENT OF MARKS OF FINAL TEST

SL NO	SUBJECT	MARKS	TOTAL
<b>OUTDOOR TEST ("X/Y/Z" GRADING)</b>			
01	ONE WAY ATTACK		30
	ATTACK	15	
	BLOCK	15	
02	ESCRIMA		10
	ATTACK	05	
	BLOCK	05	
03	ATTACK,BLOCK,COUNTER ATTACK		20
	SIDE STEP PIVOT WITH DOUBLE ARM BLOCK AND THROW	05	
	ENTRY WITH PUNCH	05	
	KICK BLOCK AND HAND ATTACK	05	
	ONE STEP BACK AND ATTACK	05	
04	ATTACK		20
	SINGLE ATTACK	05	
	FAKE ATTACK BY HAND	05	
	FAKE ATTACK BY KICKS	05	
	HAND & LEG ATTACK COMBINATION	05	
05	<b>BPET(03 KG WEIGHT)</b>		20
	<b>TOTAL</b>		100
<b>INDOOR TEST("A/B/C" GRADING)</b>			
05	IP INSTRUCTIONAL PRACTICE		50
	TEXT PLAN	05	
	SELF-DEMONSTRATION	10	
	KNOWLEDGE OF SUBJECT	10	
	QUALITY OF DELIBERATION	10	
	COMMAND OVER CLASS	10	
	APPEARANCE & BODY ACTIVITY	05	
06	EXAM (WRITTEN)	50	50
<b>TOTAL (OUTDOOR &amp; INDOOR)</b>			<b>200</b>

**BPET TEST:-**

01	5KM RUN 'B' SCALE	MALE		FEMALE	
		TIME	MARKS	TIME	MARKS
		BELOW 24 MIN	10	BELOW 26 MIN	10
		24.01 TO 25.00 MIN	09	26.01 TO 27.30 MIN	09
		25.01 TO 26.30 MIN	08	27.31 TO 30.00 MIN	08
		26.31 TO 28.00 MIN	07	30.01 TO 32.30 MIN	07
02	DITCH	FOR MALES (9")		FOR FEMALES (8")	
03	VERTICAL ROPE	QUALIFYING			02
04	HORIZONTAL (MONKEY ROPE)	QUALIFYING			02
05	FIRE MAN LIFT				04
		MALE		FEMALE	
	BELOW 80 SEC.	04	BELOW 90 SEC.	04	
	81 TO 85 SEC	03	91 TO 95 SEC	03	
	86 TO 90 SEC	02	96 TO 100 SEC	02	
	91 TO 100 SEC	01	101 TO 110 SEC	01	

**GRADING SYSTEM**

1, A, B, C - IN THEORETICAL KNOWLEDGE.

2, X, Y, Z - IN PRACTICAL APPLICATION OF THEORETICAL.

☞ AWARD OF ABOVE GRADING SHALL BE IN ACCORDANCE WITH FOLLOWING PARAMETERS –

1, THEORETICAL KNOWLEDGE AND PRACTICAL

OVERALL PERCENTAGE

GRADING

GRADING

I) 70% AND ABOVE -

A

X

II) 60% TO 69.99% -

B

Y

III) 50% TO 59.99% -

C

Z

IV) BELOW 50% -

FAIL

FAIL

## COMPOSITION OF BOARD OF OFFICER

### **MID TERM TEST**

AFTER 06<sup>TH</sup> WEEK THE MID TERM TEST WILL BE CONDUCTED BY A BOARD OF OFFICERS **TO BE DETAILED BY TRG DTE.** AS PER FOLLOWING COMPOSITION:-

PRESIDING OFFICER: ASSTT. COMDT  
MEMBER I :INSP/ SUB INSP  
MEMBER II : SUB INSP./A.S.I.

### **FINAL TEST**

IN 10<sup>TH</sup> WEEK THE FINAL TEST WILL BE CONDUCTED BY A BOARD OF OFFICERS **TO BE DETAILED BY TRAINING DTE.** AS PER FOLLOWING COMPOSITION:-

PRESIDING OFFICER: DY. COMMANDANT/ ASSTT. COMDT  
MEMBER I : ASSTT. COMDT./ INSP  
MEMBER II :INSP/ SUB INSP

### **INSTRUCTOR GRADING TEST**

AFTER 12<sup>TH</sup> WEEK INSTRUCTOR GRADING TEST WILL BE CONDUCTED AS PER INSTRUCTIONS OF TRG.DIRECTORATE LETTER NO. C.IX.115/2011-TRG-7 DATED 11 MAY,2011BY A BOARD OF OFFICERS **TO BE DETAILED INTERNALLY BY TRAINING INSTITUTION** AS PER FOLLOWING COMPOSITION:-

PRESIDING OFFICER: DY. COMMANDANT/ ASSTT. COMDT  
MEMBER I : ASSTT. COMDT./ INSP  
MEMBER II : INSP/SUB INSP.

### **IMPORTANT NOTES**

1, AFTER COMPLETION OF 10 WEEKS PHYSICAL TRAINING THE TRAINEES WHO SECURE AX AND BX GRADING WILL REMAIN IN THIS INSTITUTE AND WILL CONTINUE TWO WEEKS INSTRUCTOR ABILITY DEVELOPMENT COURSE OF TWO WEEKS. REMAINING TRAINEES WILL BE DISPATCHED TO THEIR RESPECTIVE UNIT/ INSTITUTION.

2, AFTER COMPLITION OF THE TWO WEEKS INSTRUCTOR ABILITY DEVELOPMENT COURSE THE TRAINEES WILL BE ASSESSED FOR INSTRUCTOR GRADING. TRAINEES WHO SECURE 75% AND ABOVE MARKS WILL BE AWARDED INSTRUCTOR GRADING WITH GRADING OBTAINED IN 10<sup>TH</sup> WEEK FINAL TEST.

3,TRAINEES WHO WILL NOT BE ELIGIBLE FOR INSTRUCTOR GRADING WILL BE AWARDED SAME GRADING AS OBTAINED IN 10<sup>TH</sup> WEEK FINAL TEST.

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## **BLOCK SYLLABUS OF U.A.C AND FIGHTING SKILL COURSE**

### **FOR INSTRUCTOR ABILITY DEVELOPMENT**

**(02 WEEKS)**

SL.N O	CODE	SUBJECT	INDOOR PERIODS	DEMO	OUTDOOR PERIODS	TOTAL
01	LP-1-12	LECTURE PRESENTATION.	06	-	06	12
02	UFSV-1-12	U.A.C FIGHTING SKILL PRACTICE.	-	-	12	12
03	OCM-1-12	HOW TO CONDUCT OUTDOOR CLASS.	-	-	12	12
04	WD-1-12	WOODEN DUMMY.	-	-	12	12
05	BT-1-12	BREAKING TECHNIQUES.	-	-	12	12
06	CBE-1-12	CHI SAU EXERCISES.	-	-	12	12
07	SNT-1-12	SIM NIM TAO (FOAM).	-	-	12	12
08	IP-1-12	INSTRUCTIONAL PRACTICE.	06	-	06	12
		<b>TOTAL</b>	<b>12</b>	<b>-</b>	<b>84</b>	<b>96</b>

### **BLOCK TIME-TABLE OF U.A.C INSTRUCTOR COURSE**

DURATION	:	02 WEEKS
WORKING DAYS IN A WEEK	:	06 DAYS
TOTAL WORKING DAYS	:	12 DAYS
NO OF PERIOD IN A DAY	:	08 PERIODS
TOTAL PERIOD	:	96 PERIODS

**DETAIL SYLLABUS OF 02 WEEKS**  
**U.A.C & FIGHTING SKILL COURSE**  
**FOR INSTRUCTOR ABILITY**

**01. LECTURE AND PRESENTATION**

SL	CODE	SUBJECT	LEC.	DEMO	PRAC.	TOTAL
1	LP-1-12	LECTURE PRESENTATION.	06	-	06	12
TOTAL			06	-	06	12

**02. U.A.C FIGHTING SKILL.**

SL	CODE	SUBJECT	LEC.	DEMO	PRAC.	TOTAL
1	UFSV-1-12	U.A.C FIGHTING SKILL.	-	-	12	12
TOTAL			-	-	12	12

**03.HOW TO CONDUCT OUTDOOR CLASS.**

SL	CODE	SUBJECT	LEC.	DEMO	PRAC.	TOTAL
1	OCM-1-12	HOW TO CONDUCT OUTDOOR CLASS.	-	-	12	12
TOTAL			-	-	12	12

**04. WOODEN DUMMY**

SL	CODE	SUBJECT	LEC.	DEMO	PRAC.	TOTAL
1	DUMMY 1-12	WOODEN DUMMY EXERCISES.	-	01	11	12
TOTAL			-	01	11	12

**05. BREAKING TECHNIQUES**

SL	CODE	SUBJECT	LEC.	DEMO	PRAC.	TOTAL
1	BR 1-3	PUNCH BREAKING	-	01	02	03
2	BR 4-6	PALM BREAKING	-	-	03	03
3	BR 7-9	HAMMER FIST BREAKING	-	-	03	03
4	BR 9-12	CHOP BREAKING	-	-	03	03
TOTAL			-	01	11	12

**06. CHI SAU EXERCISE**

SL	CODE	SUBJECT	LEC.	DEMO	PRAC.	TOTAL
1	CSB 1-3	SINGLE HAND TAN-SAU AND ROTATE BONG SAU, FOOK SAU UPPER/LOWER, ROLLING OF THE BALL, ROLLING OF THE ARMS	-	01	02	03
2	CSB-4-6	OPPONENT EXTEND HIS PUNCH AND YOU BLOCK WITH A STICKY HAND TAN-SAU AND BONG-SAU WITH PIVOT	-	01	02	03
3	CSB-7-9	BONG-SAU WITH PIVOT AND SECOND HAND IN PROPER WU SAU POSITION FROM HORSE STANCE	-	01	02	03
4	CSB-10-12	STICKY HAND-(YOU STAND IN HORSE STANCE AND DO A FOOK SAU WITH YOUR RIGHT HAND OVER HIS EXTENDED LEFT HAND HE WILL GIVE A STRIKE TO YOUR STOMACH, YOUR BLOCK IT WITH A GUM SAU AND FROM THEIR EXTEND THE SAME HAND WITH A PUNCH TO HIS FACE. HE WILL DO A BONG-SAU WITH A PIVOT TO DIVERT THE PUNCH. BOTH THE HAND SHOULD BE STICKY TO EACH OTHER DURING THE FULL DRILL)	-	01	02	03
TOTAL			-	04	08	12

**07. SIM NIM TAO (FOAM)**

SL	CODE	SUBJECT	LEC.	DEMO	PRAC.	TOTAL
1	SNT 1-6	SIM NIM TAO(FOAM)-I	-	01	05	06
2	SNT 7-12	SIM NIM TAO(FOAM)-II	-	01	05	06
TOTAL			-	02	10	12

**08. INSTRUCTIONAL PRACTICE UAC**

SL	CODE	SUBJECT	LEC.	DEMO	PRAC.	TOTAL
1	IP 1-12	INSTRUCTIONAL PRACTICE UAC	-	-	12	12
TOTAL			-	-	12	12