

I.S.P Integrated Self Protection

Prediction and Prevention of Violence and Management of Fear



“The I.S.P System” **Reality Based Integrated Self Protection System**

Objective: Develop the individual’s psychological perception of street awareness whilst increasing physical and technical proficiency, in order that, should a physical confrontation arise, one may defend oneself.

Grading Structure

Foundation

F1 Equivalent to: Yellow Belt

Beginner

B1

B2

B3 Equivalent to: Blue Belt

Intermediate

I1

I2

I3 Equivalent to: Purple Belt

Advanced

A1

A2

A3 Equivalent to: Brown Belt

Expert

E1

E2

E3 Equivalent to: Black Belt

The Core Concepts of “The I.S.P System” Structured Syllabus **Applicable to Grade F, B, I, A, E.**

Please Note: The Core Concepts are what ISP believes to be the essence of any Self Protection System. These are outlined below. A grading system has been designed for those who would like to develop their self-protection skills by following through the I.S.P. syllabus.

The syllabus is structured from foundation to expert and each grade is divided into 3 parts (except in Foundation). To gain the first 2 parts of one grade you will be required to informally show competent skills in a class situation where the instructor will state whether you have completed that level. To pass the third part of a grade you will be required to show your skills in front of 2-3 instructors in a more formal situation in a pressured environment. It is a requirement that students are re-assessed on the Core Concepts prior to any increase in Grade where knowledge and understanding will be expected to develop from Foundation to Expert Level.

The Core Concepts of “The I.S.P System” Structured Syllabus.
Applicable to Grades F, B, I, A, E.

Objective: Students must Learn, Practice and Understand the following **Foundation** Principles and Application.

- Avoidance and Awareness,
- Should We Trust Intuition,
- Multiple Types of Attackers and Their Mindset,
- Fear Control, Adrenal Response and our Psyche,
- Relaxation through Breathing,
- The Fence and its Uses,
- Understanding the Pincer Movement,
- What Causes the Knockout?,
- Dealing with the Aftermath,
- Self Defence and the Law in the United Kingdom,

“The I.S.P System” Mixed Martial Arts Structured Syllabus.
Applicable to Grade F,

Objective: Students must Learn, Practice and Understand the following **Foundation** Principles and Application.

Warm Up,

Full Body Stretching,

Break fall: Basic Rolling Break fall

- Rolling front and backward break fall,

Striking: Basic Hand & Footwork, The Stance and the Importance of working the Pads

- The correct way to make a Fist, failed consequences, and recommended alternatives,
- The correct way of holding the Pads and the importance for your Partner,
- The correct foundation footwork (forward & backward then side to side) and handwork (showing good defence), incorporating correct stance,
- The Jab, Cross, Left Hook, Right Hook.

The Fence: From the Fence demonstrate - The Line Up & The Power Slap

- The correct posture and communication from Fence,
- The correct footwork manoeuvre and importance of Line up,
- From Fence, the Power Slap & Strangulation Spin,

The Takedown: From The Stance demonstrate The following two Takedowns

- From Stance correct technique for Body Lock to Outside Trip,
- From Stance correct technique for Body Lock to Inside Knee Tap,

Variation of Strangles

- Describe difference between Choke & Strangle (anatomy),
- Rear Naked Strangle, Rear Choke, Bulldog Choke,

Effective Escapes from Vertical and Horizontal Strangulations

Vertical

- From Fence, Clavicular Fossa into Russian Leg Sweep,
- From Fence, Throat Strike into Inside Trip,
- From Fence, Eyes Strike into Head Control,

Horizontal

- From Mount, Bridge Reversal then Knee to Groin,
- From Side Control, Underhook then Shrimping into Escape,
- From Guard, Get up 101 into Escape,

Attacking Eyes, Ears, Throat and Groin

- Correct applications for Attacking Eyes, Ears, Throat and Groin,

Pressure & Nerve Points

- Demonstrate basic difference between Pressure Point & Nerve Point and show a number of Pressure Points & Nerve Points on partner,

Defence Against Kicks Whilst on the Ground

- Demonstrate & Explain the importance of Street Grounded Position & Movement,
- Defence from Kicks whilst on the Ground,

Getting Up from the Ground

- Get Up 101 with Defence application,

Following Grading Requirements for F.

The Core Concept of “The I.S.P System”. Structured Syllabus. Practical Examination & Written Paper.

Objective: Students must complete Written Examination obtaining 70% pass rate and in addition demonstrate the following **Foundation** Principles and Application.

- Avoidance and Awareness,
- Should We Trust Intuition,
- Multiple Types of Attackers and Their Mindset,
- Fear Control, Adrenal Response and our Psyche,
- Relaxation through Breathing,
- The Fence and its Uses,
- Understanding the Pincer Movement,
- What Causes the Knockout?,
- Dealing with the Aftermath,
- Self Defence and the Law in the United Kingdom,

“The I.S.P System” (Mixed Martial Arts) Structured Syllabus. Practical Examination.

Objective: Students must demonstrate the following **Foundation** Principles and Application.

Warm Up,

Full Body Stretching,

Break fall: Basic Rolling Break fall

- Rolling front and backward break fall (3),

Striking: Basic Hand & Footwork, The Stance and the Importance of working the Pads

- The correct way to make a Fist, failed consequences, and recommended alternatives (1),
- The correct way of holding the Pads and the importance for your Partner (1),
- The correct foundation footwork (forward & backward then side to side) and handwork (showing good defence), incorporating correct stance (1),
- The Jab, Cross, Left Hook, Right Hook (10),

The Fence: From the Fence demonstrate - The Line Up & The Power Slap

- The correct posture and communication from Fence (1),
- The correct footwork manoeuvre and importance of Line up (1),
- From Fence, the Power Slap & Strangulation Spin (3),

The Takedown: From The Stance demonstrate the following two Takedowns

- From Stance correct technique for Body Lock to Outside Trip (3),
- From Stance correct technique for Body Lock to Inside Knee Tap (3),

Variation of Strangles

- Describe difference between Choke & Strangle (anatomy) (1),
- Rear Naked Strangle, Rear Choke, Bulldog Choke (3),

Effective Escapes from Vertical and Horizontal Strangulations

Vertical

- From Fence, Clavicular Fossa into Russian Leg Sweep (3),
- From Fence, Throat Strike into Inside Trip (3)
- From Fence, Eyes Strike into Head Control (3),

Horizontal

- From Mount, Bridge Reversal then Knee to Groin (3),
- From Side Control, Underhook then Shrimping into Escape (3),
- From Guard, Get up 101 into Escape (3),

Attacking Eyes, Ears, Throat and Groin

- Correct applications for Attacking Eyes, Ears, Throat and Groin (3),

Pressure & Nerve Points

- Demonstrate basic difference between Pressure Point & Nerve Point and show a number of Pressure Points & Nerve Point's on partner (1),

Defence Against Kicks Whilst on the Ground

- Demonstrate & Explain the importance of Street Grounded Position & Movement (1),
- Defence from Kicks whilst on the Ground (3),

Getting Up from the Ground

- Get Up 101 with Defence application (3),

The Core Concept of “The I.S.P System” Structured Syllabus. **Applicable to Grade F, B, I, A, E.**

Objective: Students must Learn, Practice and Understand the following **Basic** Principles and Application.