**Professional Level 3 Self Defence Instructor Certificate**

**Student Checklist**

You will need video evidence of demonstrating the following techniques, either individually or in group sequences.

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| Distance- 3 types |  |
| Footwork |  |
| Fence |  |
| Guard |  |
| Lance |  |
| Finish |  |
| Floor |  |
| Wrist Release Single |  |
| Wrist Release Double |  |
| Push |  |
| Pull |  |
| Grab (grab from behind) |  |
| Standing Anaconda |  |
| Floor Escape |  |
| Gift Wrap |  |
| High Risk Technique: Resist being choked |  |
| Vulnerable point of the body for high risk situations: The Eye |  |