

# FT CARSON'S

# COMBATIVES PRT MENU

## GRAPPLING

BASIC -  
ESCAPING, MAINTAINING,  
AND ADVANCING POSITIONS.  
*GRAPPLING FOR POSITION*

INTERMEDIATE -  
SUBMISSIONS AND  
CHAIN ATTACKS.  
*GRAPPLING FOR SUBMISSIONS*

ADVANCE -  
SUBMISSIONS FROM STANDING,  
AND GRAPPLING WITH STRIKES.  
*SUBMISSION GRAPPLING W/STRIKES*

## CLINCHING

BASIC -  
PUMMELING, GRIP FIGHTING,  
AND ADVANCING POSITIONS.  
*PUMMELING FOR POSITION*

INTERMEDIATE -  
TAKEDOWNS, TAKEDOWN DEFENSE,  
AND WALL FIGHTING.  
*WRESTLING FOR TAKEDOWNS*

ADVANCE -  
PUMMELING AND TAKEDOWNS  
WITH STRIKES.  
*WRESTLING W/STRIKES*

## STRIKING

BASIC -  
SHADOW/CARDIO KICKBOXING,  
FOOTWORK AND HITTING MITTS.  
*STRIKING GAUNTLET (NO SPARRING)*

INTERMEDIATE -  
STRIKING DEFENSES AND  
COUNTERS.  
*TECHNICAL TO LIGHT SPARRING*

ADVANCE -  
STRIKING WITH TAKEDOWNS AND  
SUBMISSIONS.  
*TECHNICAL TO LIGHT SPARRING*

## PROJECTILE

BASIC -  
REACTING TO CONTACT WITH  
THE POST, FRAME AND HOOK.  
*IN STRIPPED UNIFORM OR KIT*

INTERMEDIATE -  
HAND CUFFING, WEAPON RETENTION  
TRANSITION, AND FIGHTING FOR.  
*2V1 AND 3V2 IN UNIFORM OR KIT*

ADVANCE -  
MULTIPLE TEAMS WITH MULTIPLE  
ROOMS AND ASSAILANTS.  
*CLOSE QUARTER BATTLES*

PRT HOURS ARE FROM 0600-0800 M-F BY REQUEST.

ALL CLASSES ARE TAUGHT WITH TECHNIQUE DRILLING AND *LIVE APPLICATION.*