

CLASS SCHEDULE – COMBATIVES Tactical Course

	HOUR 0800 – 0900	HOUR 0900 – 1000	HOUR 1000 – 1100	HOUR 1200 – 1300	HOUR 1300 – 1400	HOUR 1400 – 1500	HOUR 1500 – 1600	HOUR 1600 – 1700
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RPT; Review Week 1

Small Group Instruction -
Grappling

Headlock Escapes- Form the
Frame, Follow the Leg, Arch
Over /Introduction to Leg
Attacks: Straight Ankle Lock;
Knee Bar; Toe Hold

LUNCH

Shadow Box; Combos 1-5
w/Kicks with Thai Pads (3 - Five
Minute Rounds each)

Pass Guard With Strikes
(Legs Open, Legs Closed);
Defend Strikes From Guard
(Close, Middle, Far)

Basic Grappling w/Strikes
(Shock Knife?)

CLEAN

MON

Review BCC *Knee Strikes*
(Long, Up, Round); *Knee Strike*
Defense (Hand-Check, Hip
Check, Pull Toward, Pull Away,
Tilt the Head); *Knee Strike*
Defense w/Takedown (Hip
Check Turndown, Pull Toward
and Hook the Leg, Pull Away
and Sweep the Foot)

Review TCC Takedowns and
Wrestling

Small Group Instruction -
Takedowns and Wrestling /
Standard Grappling w/Strikes
& Takedowns

LUNCH

Shadow Box; Combos 1-5
w/Kicks with Thai Pads (3 - Five
Minute Rounds each)

Kick Defense; Evade,
Destroy (Cut Kick), Beat
(Straight Punch, Front Kick),
Catch Fire, Check

Kick Boxing; Situational
Sparring, Technical Sparring

CLEAN

TUE

RPT; Pre- 2 vs. 1 Practical
Exercise (Slick Uniform,
starting in the Mount, Support
helps after 10 count)

Compliant Cuffing Standing
(Arms Up; Arms Down);
Compliant Cuffing Wall;
Compliant Cuffing Ground

Detainee Escort; Dignitary
Lead; 2 on 1 Front Takedown;
2 on 1 Rear Takedown; 2 on 1
Wheelbarrow / 2 vs. 1
Practical Exercise (Start from
Standing, Slick Uniforms, Bad
Guy has Top Off and 16oz
Gloves On)

LUNCH

Review Detainee Handling

Vehicle Extraction

Small Group Review

CLEAN

WED

RPT; Review Post, Frame,
Hook: Options 1-3 & Grappling
Over Weapons

Impact Reduction Suit Class; 2
vs. 1 in Kit and Impact Suits

Introduction to Deliberate
Risk Assessment Worksheets;
Principles of Room Clearing
Class / Class is split up into
teams; Teams prepare their
Scenario Training Exercise
(STX)

LUNCH

Teams Dry run their STX Lane;
Brief OpOrder and DRAW to
Cadre

Scenario Training Exercises
Live Application (Student
Led)

Review Technical Evaluation
and Written Evaluation; Small
Group Review

CLEAN

THUR

RPT; Written Evaluation

Small Group Review

Technical Evaluation

LUNCH

Class Picture; All squads clean
up entire facility; Graduation

Remedial training and
retesting for no-go students

FRI

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MON	HOLIDAY	HOLIDAY	HOLIDAY	HOLIDAY	HOLIDAY	HOLIDAY	HOLIDAY	HOLIDAY
TUE	Accountability; Introduction to TCC and the Combatives Facility; Complete In-Processing Packets	RPT; Review Grappling Positions; Review BCC Drills 1, 2, and 3 / Review BCC Submissions; Rear Naked Choke, Cross Collar Choke from Mount and Guard, Sleeve Choke, Straight Arm-bar from Mount and Guard, Bent Arm-bar from Mount and Side Control	Basic Grappling with Submissions/	LUNCH	Review BCC Striking; Fighter Stance; Jab, Cross, Hook, Uppercut; Box Jab; Circle Jab; Weight Transfer Drill; Combos 1, 2, 3, 4, and 5; Shadow Box; Focus Mitts	<i>Mount Escapes-</i> Post Both Hands, Arm Around Neck, Pinned Wrists; <i>Guard Passes-</i> Knee in Tailbone; Under 1 Leg; Under 2 Legs; Nearside Pass; Farside Pass; <i>Achieve Mount from SideControl-</i> Push the Prop Knee; Pull the Prop Knee; <i>Submissions-</i> Leaning Choke; Paper Cutter; Nut Cracker	<i>Side Control Escapes-</i> Recompose Guard; Opponent has Head ad Far Arm; Defend w/the Arch (thread the needle option); Back-Door Options 1 and 2; Pass Half-Guard	Basic Grappling with Submissions/
WED	RPT / Box Jab; Circle Jab; Weight Transfer Drill; Shadow Box; 3 Five Minute Rounds (each) with Focus Mitts	Striking Defense- Jab Catch; Catch Fire; Front Cover; Rear Cover; Elbows Together; Jab Out; Basic and Pop Counter w/Defense	Situational Sparring; Technical Sparring	LUNCH	RPT; BCC Drill 2; <i>Rear Mount Triple Attack-</i> Collar Choke, Single Wing Choke, Straight Arm-bar; BCC Drill 3; Elevator Sweep Option1 (Failed Scissor Sweep); Elevator Sweep Option2 (Hand through legs); Escape the Mount-Shrimp to Guard with the Elevator Sweep Option; Triangle Choke	<i>Guard Triple Attack-</i> Reverse Bent Arm-bar, Hip Heist Sweep, Guillotine Choke; Reverse Bent Arm-bar from Side Control; Reverse Bent Arm-bar from Knee Mount; Nearside Straight Arm-bar from Knee Mount	Box Jab; Circle Jab; Weight Transfer Drill; Shadow Box; 3 Five Minute Rounds (each) with Focus Mitts w/Defense and Counters Review BCC Knee Strikes- Long, Up, Round; Lead and Trail Push Kicks; Lead and Trail Round Kicks	Power 9, Power 10 w/Thai Pads; Combos 1-5 w/Round Kicks
THUR	RPT; Warm up w/ Drills 1, 2, and 3 w/ TCC Techniques and Submissions	Review BCC Takedowns- Front Takedown, Rear Takedown, Standing Guillotine Choke (Standing and to Guard), Standing Guillotine Defense (Takedown to Side Control);	<i>Drop to the Single Leg</i> (from Modified Seatbelt) and <i>Snatch Single (In Striking Range)</i> - Double Leg Blast, Dump, Tree Top, Block the Far Knee, Hook the Foot; Hip Toss (opponent steps nearside foot back)	LUNCH	Penetration Step; <i>Double Leg-</i> Lift, Turn, and Outside Leg Trip; Sprawl; Cross Face; High Elbow Sit-out	Shadow Box; Combos 1-5 w/Kicks and Takedowns with Thai Pads (3 - Five Minute Rounds each) / Takedown Drill; Wrestle for Top Position	Standard Rule Competition Brief- Takedowns, Positions, Transitions, Illegal Techniques, Bracket Building	Small Group Instruction
FRI	RPT; Review Standard Rule Competition	Standard Rule Referee Exam; Weigh-ins; Build Brackets; Standard Rule brief	Competition Set-up - Time Keeper, Score Keeper, Referee rotation	LUNCH	Standard Rule Competition Tournament; Call-Outs for more referee opportunities; All squads clean up entire facility	Standard Rule Competition Tournament; Call-Outs for more referee opportunities; All squads clean up entire facility	Standard Rule Competition Tournament; Call-Outs for more referee opportunities; All squads clean up entire facility	