

## CLASS SCHEDULE – COMBATIVES Tactical Course

**HOUR 0800 – HOUR 0900 – HOUR 1000 – HOUR 1200 – HOUR 1300 – HOUR 1400 HOUR 1500 – HOUR 1600 –**

**0900 1000 1100 1300 1400 – 1500 1600 1700**

A

<b>MON</b>	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
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<b>TUE</b>	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
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<b>WED</b>	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
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<b>THUR</b>	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
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<b>FRI</b>	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		
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**MON**

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

*Mount Escapes- Post Both Hands, Arm Around Neck, Pinned Wrists; Guard Passes- Knee in Tailbone; Under 1 Leg; Under 2 Legs; Nearside Pass; Far-side Pass; Achieve Mount from Side Control- Push the Prop Knee; Pull the Prop Knee; Submissions- Leaning Choke; Paper Cutter; Nut Cracker*

*Side Control Escapes- 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/

**TUE**

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; *Rear Mount Triple Attack- 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*

*Guard Triple Attack- 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

**WED**

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);

*Drop to the Single Leg (from Modified Seatbelt) and Snatch Single (in Striking Range) - Double Leg Blast, Dump, Tree Top, Block the Far Knee, Hook the Foot; Hip Toss (opponent steps nearside foot back)*

LUNCH

Penetration Step; Double Leg-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

**THUR**

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

**FRI**