

CLASS SCHEDULE – COMBATIVES Basic 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
<u>MON</u>	Introduction / History / Stand-in-Base	React to Contact Front, Rear, Firing & Non-Firing Side, Grappling Over Weapons	Post, Frame, Hook Options 1 & 2	LUNCH	Post, Frame, Hook Range Transitions, Intro w/ Disruptive Techniques	Option 3 Class (Appendix A, Option 3 SOP, King Louie Drill, Close The Distance, Pummel Near and Far-Side, Pummel Drill, RAL, etc. Trapping Arm in Armpit	Pummeling for Dominant Position	Realistic Training Lecture (Jitsu v.s. Do) / Small Group Instruction
<u>TUE</u>	Training Area Prep / Accountability / RPT / Pummeling From 50/50 / Post, Frame, Hook Option 3 Review / "Slap" Drill	Option 3 Drill / Post Event Head Injury Brief & Medical Assessment	Option 3 Drill / Post Event Head Injury Brief & Medical Assessment	LUNCH	Inside Control / Neck & Bicep / Outside to Inside Wedge, Counter to Inside Control	Knee Strikes (Long, Round, Up) + Hip Check Turndown	Front & Rear Takedown / Guillotine Choke / Guillotine Defenses: Standing Step Around The Side	Small Group Instruction / Secondary Medical Assessment
<u>WED</u>	Training Area Prep / Accountability / RPT & Pummeling From Inside Control / Dominant Body Positions (Rear Mount, Mount, Knee In Belly, Side Control, Guard)	Arm Trap & Roll / Pass The Guard: Boatramp Savor The Moment	Achieve Mount From Side Control / Drill #1 / Mount Escape Live Application Exercise	LUNCH	Review Drill #1 / Arm Push & Roll to Rear Mount / Shrimp Drill (Solo, Partner Standing, Partner on Knees)	Escape Rear Mount / Drill #2	Escape the Mount Shrimp to Guard / Scissor Sweep / Drill #3 Incomplete	Grappling for Dominant Position
<u>THUR</u>	Training Area Prep / Accountability / RPT / Drills #1-3 / Rear Naked Choke	Cross Collar Choke (Mount & Guard)/ Sleeve Choke (Mount & Guard Transition)	Bent Arm Bar (Mount & Side Control) / Straight Arm Bar (Mount + Drill) / Straight Arm Bar (Guard + Drill)	LUNCH	Sweep From Attempted Straight Arm Bar / Drill 3 Complete	Modified Scissor Sweep / Quick Roll (Non-Testable) / Grappling for Submission	Review Grappling Over Weapons / Review Clinchwork	Small Group Instruction
<u>FRI</u>	Training Area Prep / Accountability RPT / Grappling With Strikes Class & Knees From Side Control	Pummeling / Grappling With Strikes Practical Exercises	React to Contact Drill / Introduction to Basic Striking	LUNCH	Final Standing Technique Review / Final Ground Technique Review	Technical Evaluation / Written Evaluation	End of Course Critique / Graduation / Facility Maintenance	

COMBATIVES 4 DAY SCHEDULE

DAY 1	DAY 2	DAY 3	DAY 4
0800-1130 Introduction / History / Stand-in-Base React to Contact Front, Rear, Firing & Non-Firing Side, Grappling Over Weapons Post, Frame, Hook Options 1 & 2 Post, Frame, Hook Range Transitions, Intro w/ Disruptive Techniques Double Underhooks Clinch W/ King Louie Drill Modified Seatbelt Rear Clinch Wall Clinch	0800-1130 RPT Post, Frame, Hook Option 3 Review / "Slap" Drill Option 3 Drill / Post Event Head Injury Brief & Medical Assessment	0800-1130 RPT Drill 2: Arm Push & Roll to Rear Mount Shrimp Drill (Solo, Partner Standing, Partner on Knees) Escape Rear Mount Drill 3: Escape the Mount Shrimp to Guard Scissor Sweep / Drill #3 Incomplete Teach Back Grappling for Dominant Position	0800-1130 RPT Review Techniques 1000: Test Weapon Retention, Muzzle Thump, Barrel Grab Defense, Stand in Base with Weapon (Thread the Needle and Rock Up Method) Front & Rear React to Contact Exercise
1130-1300 LUNCH	1130-1300 LUNCH	1130-1300 LUNCH	1130-1300 LUNCH
1300-1600 Option 3 Class (Appendix A, Option 3 SOP, King Louie Drill, Close The Distance, Pummel Drill, Pummeling: 50/50 Pummeling for Dominant Position Small Group Instruction	1300-1600 RPT Inside Control / Neck & Bicep / Outside to Inside Wedge, Counter to Inside Control Knee Strikes (Long, Round, Up) + Hip Check Turndown Front & Rear Takedown Guillotine Choke Guillotine Defenses: Standing Step Around The Side Dominant Body Positions Secondary Medical Assessment Drill 1: Arm Trap & Roll, Pass The Guard, Side Control to Mount	1300-1600 RPT Rear Naked Choke Cross Collar Choke (Mount & Guard) Sleeve Choke (Mount & Guard Transition) Bent Arm Bar (Mount & Side Control) Straight Arm Bar (Mount + Drill) Straight Arm Bar (Guard + Drill) Sweep From Attempted Straight Arm Bar Drill 3 Complete Modified Scissor Sweep / Quick Roll (Non-Testable) Teach Back Grappling for Submission	1300-1600