

# TACTICAL COMBATIVES TIMELINE

## DAY# 1

- 0800-0900 -In process
- 0900-1000 -Review Basic combatives stand up fighting and ground techniques
- 1000-1030 -Review the history of martial arts
- 1030-1130 -Rolling for submission
- 1130-1300 -Lunch
- 1300-1500 -Review Basic combatives stand up fighting and ground techniques
- 1500-1600 -Review fighting with a rifle and secondary weapon system, i.e. pistol or knife
- 1600-UTC -Pummeling for dominate position

## DAY#2

- 0800-0900 -Clean mats/RPT/Pummel from 50/50 position
- 0900-0930 -Escape the Mount Arm Trap and Roll
- 0930-1000 -Push and Pull the Propped Knee to mount
- 1000-1030 -Defense against attempt to mount
- 1030-1100 -Escape the Half Guard
- 1100-1130 -Lecture on the history of BJJ
- 1130-1300 -Lunch
- 1300-1400 -Head lock escapes
- 1400-1600 -Clinch fighting
- 1600-UTC -Pummeling for dominate position w/slaps and light knee strikes

## DAY#3

- 0800-0900 -Clean mats/RPT/Pummel from Inside Control
- 0900-0930 -Chokes from mount
- 0930-1000 -Drill 1 w/additional techniques
- 1000-1030 -Attacks from rear mount
- 1030-1100 -Drill 2 w/additional techniques
- 1100-1130 -Lecture on “whole army plan”
- 1130-1300 -Lunch
- 1300-1330 -Reverse Bent Arm Bar from side control
- 1330-1430 -Rolling for submission
- 1430-1600 -Review clinch fighting
- 1600-UTC -Pummeling for dominate position w/strikes and takedowns

## DAY#4

- 0800-0900 -Clean mats/RPT/Pummeling from 50/50 and Inside Control
- 0900-1000 -Attacks from the guard
- 1000-1100 -Rolling for submission
- 1100-1130 -Lecture on the benefits and draw backs of competition
- 1130-1300 -Lunch
- 1300-1330 -Elevator Sweeps from the guard
- 1330-1400 -Drill 3 w/additional techniques
- 1400-UTC -Intro to striking/footwork/punch matrix (combos 1-5)

**DAY#5**

- 0800-0900 -Clean mats/ RPT/ Punch Combo one (Jab, Cross, Hook)
- 0900-1000 -Passing the guard with the knee in the tailbone
- 1000-1130 - Intro to running a tournament
- 1130-1300 -Lunch
- 1300-UTC - Single Elimination Tournament PE/ Referee certification exam

**DAY#6**

- 0800-0900 -Clean mats/RPT/ Punch Combo two (Jab, Cross, Jab, Cross, Jab, Cross)
- 0900-1130 -Review week 1 techniques
- 1130-1300 -Lunch
- 1300-1330 - Lead Leg Front Kick and Trail Leg Front Kick
- 1330-1430 -Intro to Elbow Strikes on the ground/ review standing knee and elbow strikes
- 1430-1530 -Handcuffing class
- 1530-1600 -Review Headlock Escapes
- 1600-UTC -Headlock Escape PE

**DAY#7**

- 0800-0900 -Clean mats/RPT/Punch Combo three (Jab, Cross, L-Hook, H-Hook)
- 0900-1000 -Defense against strikes from the guard
- 1000-1130 -Rolling with slaps & punches
- 1130-1300 -Lunch
- 1300-1330 -Passing the guard with punches
- 1330-1400 -Strikes from side control
- 1400-1430 -Standing striking defense for punches
- 1430-UTC -React to contact w/Equipment, Enter & Clear a Room (Single Team/ Single Room)

**DAY#8**

- 0800-0900 -Clean mats/RPT/Punch Combo four (Cross, Hook, Cross)
- 0900-0930 -Review Basic Takedowns
- 0930-1100 -Takedowns
- 1100-1130 -Takedown PE
- 1130-1300 -Lunch
- 1300-1330 -Defense against the standing guillotine
- 1330-1400 -Defense against the standing headlock
- 1400-UTC -React to contact w/ Equipment, Tactical control point

**DAY#9**

- 0800-0900 -Clean mats/RPT/Punch Combo five (Jab, Jab, Jab, Hook, Cross)
- 0900-0930 -Intro to knee on belly
- 0930-1000 -Intro to leg attacks
- 1000-1030 -Intro to side control escapes
- 1030-1100 -Intro to north south escapes
- 1100-1130 -Review passing the guard with the knee in the tailbone
- 1130-1300 -Lunch
- 1300-1400 -Roll for submission
- 1400-1430 -Review take downs
- 1430-1500 -Review contact front and contact rear (Post, Frame, and Hook)
- 1500-UTC -React to contact w/Equipment, Personnel Handling

**DAY #10**

- 0800-0900 -Clean mats/RPT/Punch Matrix (Combos 1-5)
- 0900-1000 -Technique review
- 1000-1130 -Tactical Combatives test (written and technique)
- 1130-1300 -Lunch
- 1300-1600 -React to contact w/ equipment (Multiple Team/ Multiple Room)
- 1600-UTC - End of Course Critiques/ Graduation