

Basic Combatives Course Level III Timeline

DAY 1

- Inprocessing Students
 - Fill out Packets
 - Medical Review of History and Physical
 - Admin Clerk Checks BCC/TCC Certifications
 - In processing Brief Delivered by Primary Instructor
 - Program Overview/Comprehensive Brief
 - Student Speech Handouts
 - Weigh-Ins
 - Equipment Lay-out/PI Signs for Equipment

- BCC Performance Evaluation
 - SM gets three out of four techniques and shows working knowledge

- Basic Combatives Course Review
 - Stand in Base
 - Dominant Body Positions
 - Rear Mount
 - Mount
 - Side Control
 - Guard
 - Escape The Mount Trap And Roll
 - Pass The Guard

- Achieve The Mount From Side Control
- Drill I
- Shrimp Escape/Shrimp Drill
- Arm Push And Roll To Rear Mount
- Escape The Rear Mount/Seated/Quick-roll
- Drill II

(Students will talk through the drills as though demonstrating for a BCC Combatives Class)

- Introduction To Boxing
 - Stance
 - Standing Movement
 - Box Drill
 - Circle Drill
- Homework
 - BCC History Speech
 - Annex A
 - Option III SOP
 - Standard Rules
 - Intermediate Rules

DAY 2

- PT Test
 - Standards Brief
 - Push-ups
 - Sit-ups
 - Two-Mile Run

(Students must pass PT test or receive a Lack of Motivation counseling which may result in being dropped from the course.)

- Boxing
 - Hand Wrapping Class
 - Review Stance And Movement
 - Jab (1)
 - Box Drill
 - Circle Drill
 - Cross (2)
 - Move Against The Wall
 - Hook (3)
 - Weight Shift Drill
 - Combos 1-4/Proper Holding Techniques for Focus Mitts
 - Combo 1 (Jab, Cross, Hook)
 - Combo 2 (Jab, Cross, Jab, Cross, Jab, Cross)
 - Combo 3 (Jab, Cross, Low Hook, High Hook)
 - Combo 4 (Cross, Hook, Cross)
 - Gauntlet Combos 1-4
 - Combos 1-4 (Three 2-minute Rounds Per Combo)

(Ensure students use proper technique.)

- Option Three PowerPoint Classes
 - Option Three SOP
 - Option Three Annex A

(Print out Option Three test)

- BCC Review
 - Scissor Sweep

- Scissor Sweep With Leg Kick
- Drill III
- Rear Naked Choke
- Cross Collar Choke/Guard/Mount
- Bent Arm Bar From Mount/Side Control
- Straight Arm Bar From Mount

DAY 3

- Introduction to RPT (Restorative Physical Training)

(Refer to RPT Handout)

- Boxing
 - Box Drill
 - Circle Drill
 - Shadow Box
 - Combos 1-4
 - Combo 5
 - Combo 5 (Jab, Jab, Jab, Hook, Cross)
 - Upper Cut (4)
 - Add To Combos 1 and 3
 - Gauntlet With Heavy Bags If Available Or Repeat Prior Gauntlet Iteration
- BCC Review
 - Straight Arm Bar From Guard
 - Sweep From The Attempted Straight Arm Bar
 - Conduct Drill III With Sweep From The Attempted Straight Arm Bar
 - Front Takedown With Body Lock

- Rear Takedown
- Guillotine Choke

- PowerPoint Classes
 - Standard Rules Class
 - Head Injury Class

(Print out Standard Rules Test.)

DAY 4

- RPT
- Boxing
 - Warm-up
 - Circle Drill
 - Box Drill
 - Shadow Box
 - Combos 1-5 With Upper Cuts
 - Defense
 - Jab Catch
 - Catch And Fire
 - Defend The Cross, Front Cover
 - Defend The Hook, Rear Cover
 - Defend The Upper Cut, Elbows In
 - Defend The Upper Cut, Catch
 - Basic Counter (Opposite Side) 3, 2, 3/2, 3, 2
 - Pop (Same Side) 3, 2, 3/2, 3, 2

- Up (Opposite Side) 4, 3, 2/3, 2, 3
- Jab Out 1, 1, 1

- BCC Speeches
 - History
 - Film Day One (UFC 1) Realistic Training Plan Part 1
 - Film Day One (Post-UFC 1) Realistic Training Plan Part 2
 - Film Day Three (Dangers and Benefits From Sporting Aspect)
 - Standard Rules Test

(Students must pass Standard Rules Written Exam with 70%)

Day 5

- RPT

- Week One Test-out
 - Five BCC Techniques
 - Five Week One Techniques
 - Five Questions Related To Homework

- Boxing
 - Warm-up
 - Circle Drill
 - Box Drill
 - Shadow Box
 - Combos 1-5 With Basic, Pop, and Up

- Gauntlet Sparring
 - Body Sparring (Five One-Minute Rounds)
 - Jab Sparring (Five One-Minute Rounds)
 - Full sparring 40% (Ten One-Minute Rounds)

- Standard Rules Tournament Review
 - Bracket Builder
 - Student Referee
 - Answer Questions
 - Standard Rules Tournament Practical Exercise

- Introduction To Kickboxing
 - Stance
 - Hip-Ins
 - Wall Kicks
 - Round kick (10)
 - Lead Leg Step (9)
 - Front Kick

Day 6

- RPT

- Kickboxing Review
 - Stance
 - Hip-Ins

- Wall Kicks
- Kicks
 - Round Kick (10)
 - Lead Leg Kick (Step 9)
 - Front Kick (Rear Leg)
 - Front Kick (Lead Leg) Step And Switch
- Gauntlet With Suitcase Pad And Heavy Bags

- Clinch Work
 - Review BCC Clinches
 - Modified Seatbelt
 - Double Under Hooks (High and Low With a Body Lock)
 - Rear Clinch (Opposing Thumb Grip)
 - Wall Clinch
 - Clinch Positions
 - Basic Clinch
 - Inside Control
 - Neck and Bicep
 - 50/50 Controlling
 - 50/50 Blocking
 - Front Head Lock
 - Counter To Inside Control
 - Long Range
 - Review BCC Pummeling
 - Turn The Corner From 50/50

- Over Hook Counter
 - Against The Wall
 - King Louis Drill
 - Basic Pummel (From Double Under Hooks)
 - Basic Pummel (From 50/50)
- Pummeling
 - Outside to Inside Wedge
 - Over To Under Lever
 - Under To Over Lever
 - Push The Elbows Inward
 - Double Elbow Lift
- Neck Wrestling
 - Ten One-Minute Rounds
- TCC Review
 - Trap And Roll Variations
 - Arm Around Neck, Post On One Side
 - Larger Enemy Pins Wrist
 - Post Both Arms
 - Achieve The Mount Variations
 - Push To Propped Knee
 - Pull To Propped Knee
 - Defense Against Attempt To Mount
 - Arch Over
 - Back Door (Recompose Guard/Gain Rear Mount)

- Escape The Half Guard

- Achieve The Clinch (Option III) Test

(Students Must Pass With 70%)

DAY 7

- RPT

- Kickboxing
 - Switch 9
 - Step/Switch 9 And 10 With Suitcase Pads
 - Punches And Kicks With Thai Pads (Show Proper Holding Technique)
 - Jab, 10
 - Jab, Cross, 9
 - Combos 1-5 With Kicks
 - Combo 1 (Jab, Cross, Hook, 10)
 - Combo 2 (Jab, Cross, Jab, Cross, Jab, Cross, 9)
 - Combo 3 (Jab, Cross, Low Hook, High Hook, 10)
 - Combo 4 (Cross, Hook, Cross, 9)
 - Combo 5 (Jab, Jab, Jab, Hook, Cross, 9)
 - Gauntlets With Thai Pads And Heavy Bags
 - Five One-Minute Rounds Per Combo

(Ensure students use proper technique.)

- Clinch Work

- Review Clinch Positions
- Review Pummeling
- Knee Strikes
 - Long Knee
 - Up Knee
 - Round Knee
- Knee Counters
 - Hip Check (Neck and Bicep)
 - Pull Towards The Knee (Neck and Bicep)
 - Pull Away From The Knee (Neck and Bicep)
 - Hand Check (Neck and Bicep)
 - Knee Lift And Grab (50/50 Blocking)
 - Tilt The Head (Inside Control)

(Ensure students understand that neck and bicep is a drilling technique only.)

- Neck Wrestle With Knee Strikes And Open Hand Slaps 25%
 - Ten One-Minute Rounds
- TCC Review
 - Escape The Headlock
 - Form The Frame Option 1
 - Form The Frame Option 2
 - Follow The Leg Option 1 (Chicken Wing)
 - Follow The Leg Option 2
 - Lift And Turn
 - Block And Lift

- Arch Over

DAY 8

- RPT

- Kickboxing
 - Combos 1-5 With Kicks
 - Cut Kick
 - Kick, Punch, Kick/Power 4
 - 10, 3, 2, 9
 - 9, 2, 3, 10
 - Punch, Kick, Punch Defense
 - Basic Counter (Opposite Side)
 - Pop (Same Side)
 - Up (Opposite Side)

- Gauntlet
 - Power 4, Five One-Minute Rounds Per Combo
 - Five One-Minute Rounds Per Defense Combo

- Controlling Range
 - Post, Frame, Hook And Head Control
 - Option 1 (Create Space)
 - Option 2 (Maintain Space)
 - Option 3 (Close The Distance)

- Disrupting Technique (PowerPoint If Available)
- Advanced Ground Fighting
 - Side Control Escapes
 - Recompose Guard (Enemy Has Standard Side Control)
 - Enemy Has Near Side Hip Control Thread Leg To Single (Tripod To Double Leg/BJ Penn Shin Box Counter)
 - Enemy Has Head Control And Under Hook
 - Enemy Has Near Side Head And Hip Control

Day 9

- RPT
- Kickboxing
 - Review Combos 1-5 With Kicks
 - Add Basic, Pop, Up
 - Defenses
 - Evade
 - Beat (Counter Punch)
 - Round Kick (Cross)
 - Switch Kick (Jab)
 - Destroy (Cut Kick/Front Kick)
 - Catch And Fire
 - Check
 - Spin Check

- Round Kick (1, 2, 3)
 - Switch Kick (2, 3, 2)
- Defense Drills
 - Check 10, Check 9, Cut Kick
 - Evade, 10/10, Spin, Check 10
- Kick Boxing Sparring 40%
 - Twenty One-Minute Rounds
- TCC Review
 - Paper Cutter Choke
 - Leaning Choke
 - Nutcracker Choke
 - Sleeve Choke
 - Collar Choke From Rear Mount
 - Single Wing Choke From Rear Mount
 - Straight Arm Bar From Rear Mount
 - Reverse Bent Arm Bar From Side Control
 - Straight Ankle Lock
 - Straight Knee Bar
 - Knee Bar Counter Foot Hook
 - Knee Bar From Half Guard
 - Hip Arch To Heel Hook From Bottom (Mount And Guard)
 - Reverse Bent Arm Bar With Legs (Oma Platta)

(Print Out Head Injury Check Form, And Complete Bout Sheets)

Day 10

- RPT

- Week 2 Test-out
 - Five TCC Techniques Covered During Previous Week
 - Five Kickboxing Techniques Covered During Previous Week
 - Five Questions Related To Homework

- Kickboxing
 - Warm-up
 - Hip-Ins
 - Wall Kicks
 - Combos 1-5 With Kicks And Basic, Pop, Up
 - Defense Drills
 - Cadre Brief
 - Student Rules Brief/Sparring Ethics Brief
 - Kickboxing Practical Exercise (Three Ninety-Second Bouts)
 - Uniform
 - PT Shorts And Tan T-Shirt
 - Mouthpiece
 - Groin Protection
 - Headgear
 - Shin Guards
 - 16-Ounce Boxing Gloves

- Head Injury Check
- Head Injury Brief
- Safety Brief

DAY 11

- RPT

- Wrestling
 - Review TCC Takedowns
 - Drop To A Single Leg From The Modified Seatbelt
 - Superman Double (Leg In Center)
 - The Dump (Leg In The Front)
 - Tree Top (Leg In The Front)
 - Block The Far knee (Leg In The Rear)
 - Hook The Foot (Leg In The Front)
 - Hip Throw (Enemy Steps Back With Near Leg)
 - Double Leg Takedown
 - Turn
 - Lift
 - Outside Leg Trip
 - Snatch Single
 - Takedown Defense
 - Sprawl
 - Cross Face
 - ¼ Nelson

- Poisonous Tree Frog
 - Spin Drill Practical Exercise

- Introduction To Weapons On The Battlefield (PowerPoint Knife Class)
 - When Do You Know You're In A Knife Fight?
 - Close-Quarter Weapons
 - Types Of Knives
 - Targets
 - Disarms
 - Practical Exercise (Rolling With Electricity)

- Advanced Ground Fighting
 - North-South Escapes
 - Recompose Guard (Enemy On Arms)
 - Enemy Is Chest To Chest, Arches And Rolls To Single Leg
 - Tripod To A Double Leg

- TCC Review
 - Defense Against The Standing Guillotine
 - Jump Around To The Side
 - Knee Defense (Captain Kirk)
 - Defense Against The Standing Headlock
 - Step Around To The Front
 - Step Around To The Rear
 - Triangle Choke

- Elevator Sweep From Guard One (Guard Pass Variation)
- Elevator Sweep From Guard Two (Scissor Sweep Variation)
- Elevator Sweep From Escape The Mount Shrimp To Guard
- Chain Attack
 - Reverse Bent Arm Bar From The Guard
 - Timing Sweep (Hip Heist)
 - Guillotine Choke From The Guard

Day 12

- RPT
- Review Wrestling/Takedowns
 - Double Leg
 - Snatch Single
 - Takedown Defenses
 - Combos 1-5 With Takedowns
 - 1-1 Double Leg
 - Combo 1 (1, 2, 3, Double Leg)
 - Combo 2 (1, 2, 1, 2, 1, 2, Snatch Single)
 - Combo 3 (1, 2, L3, H3, Double Leg)
 - Combo 4 (2, 3, 2, Snatch Single)
 - Combo 5 (1, 1, 1, 3, 2, Snatch Single)
 - Takedown Defense Counters
 - High Elbow Sit Out To Back
 - High Elbow Sit Out To A Single Leg

- Secondary Weapons
 - Introduction to Hand Guns
 - Where Does Grappling Range Begin?
 - Tuler Drill
 - Grappling Over Weapons
 - Standing/Pummeling
 - Clear Weapon And Transition
 - Grappling Over Weapons From The Guard
 - Enemy Punching (Arm Triangle)
 - Enemy Hand On Gun, Head On Far Side Reverse Bent Arm Bar
 - Enemy Hand On Gun, Head On Near Side Hip Heist
- Intermediate Rules Class (PowerPoint If Available)
- BCC Review
 - Speech Presentations
 - BCC Technique Teach-Backs

DAY 13

- RPT
- Wrestling/Takedown Review
 - Review Combos 1-5 With Takedowns
 - Punch, Kick, Takedown
 - 1, 10, Snatch Single

- 1, 2, 9, Double Leg
 - 1, 2, 10, Snatch Single
 - 1, 2, Front Kick, Double Leg
- Combos 1-5 With Kicks And Takedowns
 - Combo 1 (1, 2, 3, 10, Snatch Single)
 - Combo 2 (1, 2, 1, 2, 1, 2, 9, Double Leg)
 - Combo 3 (1, 2, L3, H3, 10, Snatch Single)
 - Combo 4 (2, 3, 2, 9, Double Leg)
 - Combo 5 (1, 1, 1, 3, 2, 9, Double Leg)
- Gauntlet
 - Five One-Minute Rounds Per Combo
- Clinch Work
 - Review Clinch Positions
 - Review Pummeling
 - Review Knee Strikes
 - Review Knee Counters
 - Throws And Takedowns Off The Clinch
 - Hip Check Turn Down (Neck And Bicep)
 - Pull Toward The Knee Inside Hook (Neck And Bicep)
 - Pull Away From The Knee Outside Foot Sweep (Neck And Bicep)
 - Pull Away From The Knee Throw (Neck And Bicep)
 - Hand Check, Knee Strike, Snap-Down
 - Knee Lift From Basic Clinch (50/50)

- 50/50 Catch And Lift
- Counter To Inside Control Catch And Lift
- Hip Check Leg In The Center (Uchi Mata)
- Hip Check Leg To The Outside (Harai)
- Neck Wrestle With Knee Strikes And Takedowns 25%

(Print out intermediate rules test.)

Day 14

- RPT
- Review Wrestling And Takedowns
 - Review Takedowns
 - Review Combos 1-5 With Takedowns
 - Review Combos 1-5 With Kicks And Takedowns
 - Shan Shou Sparring at 40%
 - Twenty One-Minute Rounds
- Introduction To Impact Reduction Suits
 - How To Wear The Suit
 - Integrated Training
 - Thirty-Second Impact Suit Bouts
- TCC Review
 - Pass The Guard Variations
 - Knee And Tailbone

- Under One Leg
- Under Both Legs
- Near Side Leg Through
- Far Side Leg Through
- Defense Against Punches In The Guard
 - Close
 - Middle
 - Far
- Pass The Guard With Punches
 - Loose Legs
 - Closed Legs (Enemy Blocks Punches)
- Intermediate Rules Test

(Soldier must pass with 70%, print out Shan Shou Bout Sheets)

Day 15

- RPT
- Week 3 Test-Out
 - Five TCC Techniques Covered In Previous Week
 - Five Wrestling Techniques Covered In Previous Week
 - Five Questions Related To Homework/PowerPoint Presentations
- Shan Shou
 - Warm-up

- Combos 1-5 With Kicks And Takedowns
 - Defense Drills
- Cadre Brief
- Student Rules Brief/Sparring Ethics Brief
- Shan Shou Practical Exercise Three Ninety-Second Bouts
 - First Bout (Sixteen-Ounce Boxing Gloves)
 - Second Bout (Sixteen-Ounce Boxing Gloves)
 - Third Bout (Intermediate Rules)
- Uniform (First And Second Bout)
 - Headgear
 - Mouthguard
 - Groin Protection
 - Shin Guards
 - Hand Wraps
 - Sixteen-Ounce Boxing Gloves
- Uniform (Third Bout)
 - Full ACUs
 - Mouthguard
 - Groin Protection
 - Shin Guards
- Honor Grad Bouts
 - Intermediate Rules (Ten Minutes)
- Head Injury Check
- Head Injury Brief
- Safety Brief

DAY 16

- RPT

- Personnel Handling
 - Control And Flex-Cuffing
 - Single Man Standing
 - Single Man Prone
 - Single Man Wall
 - Two Man Takedown Front
 - Two Man Takedown Rear
 - Single Man Support (Wheelbarrow)
 - Applying Flex-Cuffs
 - Detainee Lift And Escort

 - Contact Front Contact Rear
 - BCC Review
 - Post, Frame, Hook, And Head Control
 - Disrupting Techniques
 - Option I
 - Option II
 - Option III

 - Contact Front Contact Rear Practical Exercise

- Introduction To MOUT Operations

- Wear Of Equipment For Fighting
- Single Team Single Room
- Hallway/Alley/Street Clearing

- TCC Review
 - Knee On Belly
 - Assume Knee On Belly From Side Control
 - Assume Knee On Belly From Scarf
 - Baseball Bat Choke To Scarf Position
 - Near Side Arm Bar
 - Far Side Arm Bar
 - Reverse Bent Arm Bar
 - Defend Knee on Belly
 - Roll To A Single Leg
 - Recompose Half Guard

- Weapons Retention
 - Pummeling With Pistol/Knife/Long Gun
 - In The Open
 - Against The Wall
 - Pummel From All Clinch Positions
 - Weapons Transition On The Ground
 - Stand In Base With Long Gun Or Pistol (Tactical Stand In Base)
 - Grappling With Long Gun, Pistol, Knife
 - Option I Stand Up And Transition To Primary Weapon

- Option II Transition To Secondary Weapon
- Option III Finish The Fight (Submission Holds)

DAY 17

- RPT

- Scenario Training
 - Multiple Team, Multiple Room
 - Compliant Opponent
 - Non-Compliant Opponent
 - Non-Compliant Hostile Opponent (With Or Without Weapon)
 - AAR
 - Marketplace
 - Crowd Control
 - Cuffing Procedures/Range And Security
 - Hostile And Non-Hostile Crowds
 - AAR
 - TCP (Traffic Control Point)
 - Vehicle Extraction (Security)
 - Vehicle Extraction (Compliant)
 - Vehicle Extraction (Non-Compliant)
 - AAR
 - Detainee Operations
 - Single Detainee, Single Room

- Multiple Detainee, Single Room
 - AAR
- Receive The Mission (Operation Conan)

DAY 18

- Operation Conan
 - Tactical Road March
 - Opponent In Open Field
 - Tactical Road March
 - TCP
 - Enter And Clear Village
 - Marketplace Opposition
 - Two Detainees (Secure And Move)
 - Tactical Road March To Detention Facility
 - Ensure Safety Of Detainees
 - AAR

DAY 19

- Clean Facility
 - Clean Mats
 - Bathrooms
 - Equipment
 - Police Call Around Facility

- Equipment Accountability
 - Lay Out Equipment
 - Clear Hand Receipt
- Graduation Set-Up And Rehearsal
- End Of Course AAR/Critiques

DAY 20

- Graduation Rehearsal
- Graduate

