

## BASIC COMBATIVES TIMELINE

### Day 1

0800 – 0830 Intro/History  
0830 – 0930 Introduction to pummeling /Post, Frame, Hook/ pummel from double under hooks, pummel from 50/50 and pummel from inside control.  
0930 – 1000 Stand in base/ dominant body positions  
1000 – 1030 Escape the Mount Arm, Trap and Roll  
1030 – 1100 Pass the Guard  
1100 – 1130 Achieve the Mount from Side Control / Drill # 1  
1130 – 1300 Lunch  
1300 – 1400 Film 1 (UFC 1 or 2)/ lecture on realistic training plan  
1400 – 1430 Shrimp escape / Shrimp drill (escape the double grapevine)  
1430 – 1500 Escape the Mount practical exercise  
1500 – 1530 Arm Push and Roll to the Rear Mount  
1530 – 1600 Escape the Rear Mount / Drill # 2  
1600 – UTC Rolling for dominant position

### Day 2

0800 – 0900 Warm up and review  
0900 – 0930 Rear Naked Choke  
0930 – 1000 Cross Collar Choke  
1000 – 1030 Bent arm-bar from mount and side control  
1030 – 1130 Straight arm-bar from mount / straight arm-bar from mount drill  
1130 – 1300 Lunch  
1300 – 1400 Warm up and review  
1400 – 1430 Straight arm-bar from guard/ straight arm-bar from guard drill  
1430 – 1500 Sweep from the attempted straight arm-bar  
1500 – 1600 Scissor Sweep / **Drill # 3**  
1600 – UTC Rolling with submissions/Intro to Achieve the Clinch drill

### Day 3

0800 – 0930 Achieve the Clinch class (appendix A, Achieve the Clinch SOP, Clinch against the puncher exercise / close the distance / achieve the clinch / pummel near side, far side / pummel drill / trapping arm in your armpit)  
0930 – 1130 Achieve the Clinch Exercise  
1130 – 1300 Lunch  
1300 – 1400 Warm up and review  
1400 – 1500 Film (Current UFC)/ Class Realistic training  
1500 – 1600 Front take down to the mount, Rear take down to the mount, Guillotine choke  
1600 – UTC Rolling with Submissions

### Day 4

0800 – 0900 Warm up and review (pummeling from appendix A)  
0900 – 0930 Inside Control, outside to inside wedge, counter to inside control  
0930 – 1030 Knee strikes (long, up, round) Drill with knee pads if accessible  
1030 – 1130 Pummeling for dominant position  
1130 – 1300 Lunch  
1300 – 1330 warm up drill 1,2 and 3  
1330 – 1430 Defend Knee Strikes, Hip Check, Pull towards the knee, Pull away from the knee (Drill)  
1430 – 1530 Defend Knee Strikes with Takedowns, Hip Check Turn Down, Tilt the Head, Pull Away from the Knee inside foot Sweep, Pull Towards the Knee inside hook (drill from neck and bicep)  
1530 – UTC Post/ Frame/ Hook with knees, elbows, head butts and throw down, front and rear takedown, react to contact front and rear with equipment, Introduction to weapons transition i.e. pistol and knife

As of November 30, 2009

**Day 5**

0800 – 0830	Review
0830 – 1100	Level 1 Technique Test/Level 1 written examination
1100 – 1200	React to Contact Front and Rear drill
1200 – 1300	Lunch
1300 – 1330	Introduction to Standard Rules Class
1330 – 1430	Grappling with Strikes class, knees from side control
1430 – 1530	Grappling with Strikes exercise
1530 – 1600	Lecture on training plans
1600 - UTC	End of course critique/graduation