

Basic Combatives Course (Level I) Grappling Safety Brief

- A. All Standard rules apply.
- B. Tapping procedures will be adhered to.
 - 1. Students will Tap when in pain, they feel that they are about to go unconscious, or an effective joint lock is being applied.
 - 2. Students preferably will attempt to tap vigorously on their opponent when the above conditions apply. If a student can not tap on their opponent they should tap on either themselves or the mat.
 - 3. In the event that a student is unable to Tap they should verbally submit, exclaiming “Tap Tap Tap”.
 - 4. Once a student taps, fighters will immediately stop what they are doing.
 - 5. Students should not tap just to escape an uncomfortable position.
- C. Students may not stand up unless to pass the guard.
- D. Students may not pick an opponent up and slam them on the mat. This includes when they are in their opponent’s guard.
- E. No finger chokes are allowed.
- F. Students may not apply any sort of small joint manipulation. This includes wrist locks and the bending of fingers.
- G. All joint manipulation will be applied with slow steady pressure.
- H. When grabbing the hand, students will grab either the whole hand or at least four fingers.
- I. No leg attacks of any kind are allowed in the Level I Course.
- J. No striking is permitted.
- K. No pressure points will be applied
- L. No fish hooking will be permitted.
- M. Students will at no time grab their opponent’s genitals.