

Tactical Combatives Course Timeline

**Day 1**

0800-0830 Inprocess  
 0830-1130 Review BCC Technique  
 1130-1230 Lunch  
 1230-1430 Footwork, Box Drill, Jab, Cross, Hook, Uppercut, Defenses, etc.  
 1430-1500 Rear & Front Leg Push Kicks  
 1500-1530 Rear & Front Leg Round Kicks  
 1530-1600 Striking Combination 1: Jab, Cross, Hook with Rear Leg Round Kick  
 1600-1700 Small Group Instruction

**Day 2**

0730-0800 Accountability & Facility Prep  
 0800-0830 RPT + Striking Combination 1 w/ 10  
 0830-0900 Striking Combination 2: Jab, Cross, Jab, Cross, Jab, Cross with Step or Switch Lead Leg Round Kick  
 0900-1100 50/50 & Pummel King Louie  
 Inside Control & Pummel Counter to Inside Control  
 Rear Clinch Outside to Inside Wedge  
 Wall Clinch Push the Elbows Inward  
 Modified Seatbelt Wall - Double Leg  
 Overhook Counter Drill Wall - Ankle Pick  
 Turn the Corner Wall - Dump  
 Neck & Bicep  
 1100-1130 Review Front & Rear Takedowns  
 1130-1230 Lunch  
 1230-1500 Takedowns: Drop to Single Leg Penetration Step  
 Double Leg Blast Double Leg Turn  
 Dump Double Leg Trip  
 Tree Top Sprawl  
 Hip Throw Crossface  
 1500-1530 Takedowns Live Application Exercise  
 \*Not a Full Resistance Exercise. 1 for 1 exchanges (Flow Drilling)  
 1530-1700 Detainee Handling: Dignitary Lead  
 Compliant Cuffing Standing  
 Compliant Cuffing Standing Wall  
 Compliant Cuffing Ground  
 Detainee Escort

### **Day 3**

0730-0800	Accountability & Facility Prep	
0800-0830	RPT / Striking Combinations 1-2	
0830-0900	Striking Combination 3: Jab, Cross, Hook (Body), Hook (Head), Rear Leg Round Kick	
0900-1000	Detainee Handling Continued:	2 on 1 Front Takedown 2 on 1 Rear Takedown 2 on 1 Wheelbarrow
1000-1030	Mount Escapes:	Enemy Posts Both Hands Arm Around the Neck Larger Enemy Pins Wrists
1030-1130	Guard Passes:	Knee In Tailbone Under One Leg Near-Side Leg Through Far-Side Leg Through
1130-1230	Lunch	
1230-1330	Guard Passes Cont.:	Pass Half Guard Pass With Strikes (Legs Open) Pass With Strikes (Legs Closed)
1330-1400	Achieve Mount:	Push the Propped Knee Pull the Propped Knee
1400-1430	Defend Strikes From Guard:	Close Middle Far
1430-1530	Side Control Escapes:	Arch Opponent has Standard Side Control Opponent has Head & Far Arm
1530-1630	Headlock Escapes:	Form the Frame Follow the Leg Arch Over
1630-1700	North/South Escapes:	Elbows In Armpits Shin Box Alternate

### **Day 4**

0730-0800	Accountability & Facility Prep	
0800-0830	RPT / Striking Combinations 1-3	
0830-0900	Striking Combination 4: Cross, Hook, Cross, Step or Switch Front Leg Round Kick	
0900-1000	Elevator Sweeps:	From Guard Pass (Hand Between the Legs) From Failed Scissor Sweep From Escape the Mount, Shrimp to Guard
1000-1100	Triple Attack:	Reverse Bent Arm Bar From Guard Hip Heist Guillotine Choke
1100-1130	Side Control / Knee In Belly Attacks:	Reverse Bent Arm Bar From Side Control Reverse Bent Arm Bar From Knee In Belly
1130-1230	Lunch	
1230-1315	Side Control / Knee In Belly Attacks:	Near-Side Arm Bar From Knee In Belly Paper Cutter from Modified Knee Mount to Belly Scarf Hold
1315-1400	Mount Attacks:	Papercutter Choke Nutcracker Choke Leaning Choke
1400-1445	Rear Mount Attacks:	Collar Choke Single Wing Choke Straight Arm Bar
1445-1600	Drills #1-3 w/ Level 2 Technique (Introduction)	
1600-1700	Grappling for Submission	

### **Day 5**

0730-0800 Accountability & Facility Prep  
0800-0830 RPT / Striking Combinations 1-4  
0830-0900 Striking Combination 5: Jab, Jab, Jab, Hook, Cross with Step or Switch Lead Leg Round Kick  
0900-0930 Standard Rules Competition: Positions: (Rear Mount, Mount, Knee In Belly, Side Control, Guard)  
0930-1000 Takedowns & Transitions: (Dominant, Non-Dominant, Sweeps, Inversions, Reversals)  
1000-1030 Illegal Techniques, Fouls, Disqualifications  
1030-1130 Bracketing: Double Elimination, Round by Round (Top Down)  
1130-1230 Lunch  
1230-1300 Competition Set-up (Scoring, Timer, Referee, Competitor Rotations)  
1300-1430 8-Person Double Elimination Live Application Exercise  
1430-1500 Standard Rules Referee Exam  
1500-1530 Introduction to Leg Attacks: Straight Ankle Lock  
Knee Bar  
1530-1600 Grappling For Submission  
1600-1630 Grappling with Strikes  
1630-1700 Week 1 & Competition AAR

### **Day 6**

0730-0800 Accountability & Facility Prep  
0800-0830 RPT / Striking Combinations  
0830-1000 Review Post, Frame, Hook: Options 1-3 & Grappling Over Weapons  
1000-1130 Vehicle Extraction  
1130-1230 Lunch  
1230-1330 Small Group Instruction: Striking Combinations with Kicks  
1330-1430 Small Group Instruction: Detainee Handling, Detention, Restraint, Escort  
1430-1530 Small Group Instruction: Clinchwork  
1530-1630 Small Group Instruction: Takedowns  
1630-1700 History of Combatives Review / Q & A

### **Day 7**

0730-0800 Accountability & Facility Prep  
0800-0830 RPT / Striking Combinations  
0830-0930 Personnel Handling : 5 S's  
0930-1130 Personnel Handling Live Application Exercise & AAR  
1130-1230 Lunch  
1230-1300 Small Group Instruction: Mount Escapes  
1300-1400 Small Group Instruction: Guard Passes (Including 1/2 Half Guard)  
1400-1430 Small Group Instruction: Achieving Mount  
1430-1500 Small Group Instruction: Headlock Escapes  
1500-1530 Small Group Instruction: Side Control Escapes  
1530-1600 Small Group Instruction: North / South Escapes  
1600-1630 Headlock Escapes Live Application Exercise  
1630-1700 Side Control Escapes Live Application Exercise

### **Day 8**

0730-0800 Accountability & Facility Prep  
0800-0830 RPT / Striking Combinations  
0830-0930 Integrating TCP Ops & Vehicle Extraction Class  
0930-1130 TCP Ops Live Application Exercise & AAR  
1130-1230 Lunch  
1230-1300 Small Group Instruction: Elevator Sweeps  
1300-1330 Small Group Instruction: Attacks from the Guard  
1330-1400 Small Group Instruction: Knee In Belly Attacks  
1400-1430 Small Group Instruction: Mount Attacks  
1430-1500 Small Group Instruction: Rear Mount Attacks  
1500-1600 Grappling For Submission  
1600-1700 Comprehensive Histories Review



**Day 9**

0730-0800 Accountability & Facility Prep  
0800-0830 RPT / Striking Combinations  
0830-0930 Principles of Room Clearing Class  
0930-1130 Single Team / Single Room Clearing Live Application Exercise & AAR  
1130-1230 Lunch  
1230-1330 Introduction to Deliberate Risk Assessment Worksheets  
1330-1400 Developing a Lesson Plan  
1400-1430 RPT  
1430-1530 Final Practical Exercise (15 Min. Ea. Combinations, Clinchwork, Takedowns, Grappling)  
\*Not a Full Resistance Exercise. 1 for 1 exchanges (Flow Drilling)  
1530-1700 Final Review / Small Group Instruction

**Day 10**

0730-0800 Accountability & Facility Prep  
0800-0900 Multiple Team / Multiple Room Clearing Principles & Coordination Class  
0900-1130 Multiple Team / Multiple Room Clearing Live Application Exercise & AAR  
1130-1230 Lunch  
1230-1500 Technical Evaluation  
1500-1600 Written Evaluation  
1600-1700 Week 2 AAR, Facility Maintenance, Graduation