### Tactical Combatives Course Timeline

#### Day 1
- **0800-0830**: Inprocess
- **0830-1130**: Review BCC Technique
- **1130-1230**: Lunch
- **1230-1530**: 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
  - Inside Control & Pummel
  - Rear Clinch
  - Wall Clinch
  - Modified Seatbelt
  - Overhook Counter Drill
  - Turn the Corner
  - Neck & Bicep
- **1100-1130**: Review Front & Rear Takedowns
- **1130-1230**: Lunch
- **1230-1500**: Takedowns:
  - Drop to Single Leg
  - Double Leg Blast
  - Dump
  - Tree Top
  - Hip Throw
  - Penetration Step
  - Double Leg Turn
  - Double Leg Trip
  - Sprawl
  - 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**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>0730-0800</td>
<td>Accountability &amp; Facility Prep</td>
</tr>
<tr>
<td>0800-0830</td>
<td>RPT / Striking Combinations 1-2</td>
</tr>
<tr>
<td>0830-0900</td>
<td>Striking Combination 3: Jab, Cross, Hook (Body), Hook (Head), Rear Leg Round Kick</td>
</tr>
</tbody>
</table>
| 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**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>0730-0800</td>
<td>Accountability &amp; Facility Prep</td>
</tr>
<tr>
<td>0800-0830</td>
<td>RPT / Striking Combinations 1-3</td>
</tr>
<tr>
<td>0830-0900</td>
<td>Striking Combination 4: Cross, Hook, Cross, Step or Switch Front Leg Round Kick</td>
</tr>
</tbody>
</table>
| 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
<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>0730-0800</td>
<td>Accountability &amp; Facility Prep</td>
</tr>
<tr>
<td>0800-0830</td>
<td>RPT / Striking Combinations</td>
</tr>
<tr>
<td>0830-0930</td>
<td>Principles of Room Clearing Class</td>
</tr>
<tr>
<td>0930-1130</td>
<td>Single Team / Single Room Clearing Live Application Exercise &amp; AAR</td>
</tr>
<tr>
<td>1130-1230</td>
<td>Lunch</td>
</tr>
<tr>
<td>1230-1330</td>
<td>Introduction to Deliberate Risk Assessment Worksheets</td>
</tr>
<tr>
<td>1330-1400</td>
<td>Developing a Lesson Plan</td>
</tr>
<tr>
<td>1400-1430</td>
<td>RPT</td>
</tr>
<tr>
<td>1430-1530</td>
<td>Final Practical Exercise (15 Min. Ea. Combinations, Clinchwork, Takedowns, Grappling)</td>
</tr>
<tr>
<td></td>
<td>*Not a Full Resistance Exercise. 1 for 1 exchanges (Flow Drilling)</td>
</tr>
<tr>
<td>1530-1700</td>
<td>Final Review / Small Group Instruction</td>
</tr>
</tbody>
</table>

**Day 10**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>0730-0800</td>
<td>Accountability &amp; Facility Prep</td>
</tr>
<tr>
<td>0800-0900</td>
<td>Multiple Team / Multiple Room Clearing Principles &amp; Coordination Class</td>
</tr>
<tr>
<td>0900-1130</td>
<td>Multiple Team / Multiple Room Clearing Live Application Exercise &amp; AAR</td>
</tr>
<tr>
<td>1130-1230</td>
<td>Lunch</td>
</tr>
<tr>
<td>1230-1500</td>
<td>Technical Evaluation</td>
</tr>
<tr>
<td>1500-1600</td>
<td>Written Evaluation</td>
</tr>
<tr>
<td>1600-1700</td>
<td>Week 2 AAR, Facility Maintenance, Graduation</td>
</tr>
</tbody>
</table>