

# Basic Combatives Course (Level I)

## Technical Evaluation

Instructor will chose 10 of 27 major tasks 5 from stand up and 5 from the ground. Students must pass 4 from both the stand up and ground techniques to graduate.

### Stand up

1. Grappling over weapons
2. Post (option 1,2,3)
3. Frame (option 1,2,3)
4. Hook (option 1,2,3)
5. Inside to outside wedge
6. Counter to inside control
7. Knee strikes (round, up, long)
8. Knee strike counters
9. Pull towards the knee hook the foot
10. Pull away from the knee inside foot sweep
11. Front take down to the mount
12. Rear take down
13. Guillotine choke
14. Close the Distance and Achieve the Clinch (Option III)

### Ground

1. Escape the Mount Trap and Roll
2. Pass the Guard
3. Achieve the Mount from Side Control
4. Escape the Mount, Shrimp to the Guard
5. Arm Push and Roll to the Rear Mount
6. Escape the Rear Mount
7. Rear Naked Choke
8. Cross Collar Choke from the Mount and guard
9. The Bent Arm Bar (Mount and Side Control)
10. The Straight Arm Bar from the Mount
11. The Straight Arm Bar from the Guard
12. Sweep from the Attempted Straight Arm Bar
13. Scissors Sweep