Basic Combatives Course Level III Timeline

DAY 1

• Inprocessing Students
  • Fill out Packets
  • Medical Review of History and Physical
  • Admin Clerk Checks BCC/TCC Certifications
  • In processing Brief Delivered by Primary Instructor
  • Program Overview/Comprehensive Brief
  • Student Speech Handouts
  • Weigh-Ins
  • Equipment Lay-out/PI Signs for Equipment

• BCC Performance Evaluation
  • SM gets three out of four techniques and shows working knowledge

• Basic Combatives Course Review
  • Stand in Base
  • Dominant Body Positions
    • Rear Mount
    • Mount
    • Side Control
    • Guard
  • Escape The Mount Trap And Roll
  • Pass The Guard
• Achieve The Mount From Side Control
• Drill I
• Shrimp Escape/Shrimp Drill
• Arm Push And Roll To Rear Mount
• Escape The Rear Mount/Seated/Quick-roll
• Drill II

(Students will talk through the drills as though demonstrating for a BCC Combatives Class)

• Introduction To Boxing
  • Stance
  • Standing Movement
  • Box Drill
  • Circle Drill

• Homework
  • BCC History Speech
  • Annex A
  • Option III SOP
  • Standard Rules
  • Intermediate Rules

DAY 2

• PT Test
  • Standards Brief
  • Push-ups
  • Sit-ups
  • Two-Mile Run

(Students must pass PT test or receive a Lack of Motivation counseling which may result in being dropped from the course.)
• Boxing
  • Hand Wrapping Class
  • Review Stance And Movement
  • Jab (1)
    • Box Drill
    • Circle Drill
  • Cross (2)
    • Move Against The Wall
  • Hook (3)
    • Weight Shift Drill
  • Combos 1-4/Proper Holding Techniques for Focus Mitts
    • Combo 1 (Jab, Cross, Hook)
    • Combo 2 (Jab, Cross, Jab, Cross, Jab, Cross)
    • Combo 3 (Jab, Cross, Low Hook, High Hook)
    • Combo 4 (Cross, Hook, Cross)
  • Gauntlet Combos 1-4
    • Combos 1-4 (Three 2-minute Rounds Per Combo)

(Ensure students use proper technique.)

• Option Three PowerPoint Classes
  • Option Three SOP
  • Option Three Annex A

(Print out Option Three test)

• BCC Review
  • Scissor Sweep
• Scissor Sweep With Leg Kick
• Drill III
• Rear Naked Choke
• Cross Collar Choke/Guard/Mount
• Bent Arm Bar From Mount/Side Control
• Straight Arm Bar From Mount

**DAY 3**

• Introduction to RPT (Restorative Physical Training)

*(Refer to RPT Handout)*

• Boxing
  • Box Drill
  • Circle Drill
  • Shadow Box
  • Combos 1-4
  • Combo 5
    • Combo 5 (Jab, Jab, Jab, Hook, Cross)
  • Upper Cut (4)
    • Add To Combos 1 and 3
  • Gauntlet With Heavy Bags If Available Or Repeat Prior Gauntlet Iteration

• BCC Review
  • Straight Arm Bar From Guard
  • Sweep From The Attempted Straight Arm Bar
  • Conduct Drill III With Sweep From The Attempted Straight Arm Bar
  • Front Takedown With Body Lock
• Rear Takedown
• Guillotine Choke

• PowerPoint Classes
  • Standard Rules Class
  • Head Injury Class

(Print out Standard Rules Test.)

DAY 4

• RPT
• Boxing
  • Warm-up
    • Circle Drill
    • Box Drill
    • Shadow Box
  • Combos 1-5 With Upper Cuts
  • Defense
    • Jab Catch
    • Catch And Fire
    • Defend The Cross, Front Cover
    • Defend The Hook, Rear Cover
    • Defend The Upper Cut, Elbows In
    • Defend The Upper Cut, Catch
    • Basic Counter (Opposite Side) 3, 2, 3/2, 3, 2
    • Pop (Same Side) 3, 2, 3/2, 3, 2
• Up (Opposite Side) 4, 3, 2/3, 2, 3
• Jab Out 1, 1, 1

• BCC Speeches
  • History
  • Film Day One (UFC 1) Realistic Training Plan Part 1
  • Film Day One (Post-UFC 1) Realistic Training Plan Part 2
  • Film Day Three (Dangers and Benefits From Sporting Aspect)
  • Standard Rules Test

*(Students must pass Standard Rules Written Exam with 70%)*

**Day 5**
• RPT

• Week One Test-out
  • Five BCC Techniques
  • Five Week One Techniques
  • Five Questions Related To Homework

• Boxing
  • Warm-up
    • Circle Drill
    • Box Drill
    • Shadow Box
    • Combos 1-5 With Basic, Pop, and Up
• Gauntlet Sparring
  • Body Sparring (Five One-Minute Rounds)
  • Jab Sparring (Five One-Minute Rounds)
  • Full sparring 40% (Ten One-Minute Rounds)

• Standard Rules Tournament Review
  • Bracket Builder
  • Student Referee
  • Answer Questions
  • Standard Rules Tournament Practical Exercise

• Introduction To Kickboxing
  • Stance
  • Hip-Ins
  • Wall Kicks
  • Round kick (10)
  • Lead Leg Step (9)
  • Front Kick

Day 6

• RPT

• Kickboxing Review
  • Stance
  • Hip-Ins
• Wall Kicks

• Kicks
  • Round Kick (10)
  • Lead Leg Kick (Step 9)
  • Front Kick (Rear Leg)
  • Front Kick (Lead Leg) Step And Switch

• Gauntlet With Suitcase Pad And Heavy Bags

• Clinch Work
  • Review BCC Clinches
    • Modified Seatbelt
    • Double Under Hooks (High and Low With a Body Lock)
    • Rear Clinch (Opposing Thumb Grip)
    • Wall Clinch

• Clinch Positions
  • Basic Clinch
  • Inside Control
  • Neck and Bicep
  • 50/50 Controlling
  • 50/50 Blocking
  • Front Head Lock
  • Counter To Inside Control
  • Long Range

• Review BCC Pummeling
  • Turn The Corner From 50/50
- Over Hook Counter
- Against The Wall
- King Louis Drill
- Basic Pummel (From Double Under Hooks)
- Basic Pummel (From 50/50)
- Pummeling
  - Outside to Inside Wedge
  - Over To Under Lever
  - Under To Over Lever
  - Push The Elbows Inward
  - Double Elbow Lift
- Neck Wrestling
  - Ten One-Minute Rounds

- TCC Review
  - Trap And Roll Variations
    - Arm Around Neck, Post On One Side
    - Larger Enemy Pins Wrist
    - Post Both Arms
  - Achieve The Mount Variations
    - Push To Propped Knee
    - Pull To Propped Knee
  - Defense Against Attempt To Mount
    - Arch Over
    - Back Door (Recompose Guard/Gain Rear Mount)
• Escape The Half Guard

• Achieve The Clinch (Option III) Test

*(Students Must Pass With 70%)*

**DAY 7**

• RPT

• Kickboxing
  
  • Switch 9
  
  • Step/Switch 9 And 10 With Suitcase Pads
  
  • Punches And Kicks With Thai Pads (Show Proper Holding Technique)
    
    • Jab, 10
    
    • Jab, Cross, 9
  
  • Combos 1-5 With Kicks
    
    • Combo 1 (Jab, Cross, Hook, 10)
    
    • Combo 2 (Jab, Cross, Jab, Cross, Jab, Cross, 9)
    
    • Combo 3 (Jab, Cross, Low Hook, High Hook, 10)
    
    • Combo 4 (Cross, Hook, Cross, 9)
    
    • Combo 5 (Jab, Jab, Jab, Hook, Cross, 9)
  
  • Gauntlets With Thai Pads And Heavy Bags
    
    • Five One-Minute Rounds Per Combo

*(Ensure students use proper technique.)*

• Clinch Work
• Review Clinch Positions
• Review Pummeling
• Knee Strikes
  • Long Knee
  • Up Knee
  • Round Knee
• Knee Counters
  • Hip Check (Neck and Bicep)
  • Pull Towards The Knee (Neck and Bicep)
  • Pull Away From The Knee (Neck and Bicep)
  • Hand Check (Neck and Bicep)
  • Knee Lift And Grab (50/50 Blocking)
  • Tilt The Head (Inside Control)

(Ensure students understand that neck and bicep is a drilling technique only.)

• Neck Wrestle With Knee Strikes And Open Hand Slaps 25%
  • Ten One-Minute Rounds

• TCC Review
  • Escape The Headlock
    • Form The Frame Option 1
    • Form The Frame Option 2
    • Follow The Leg Option 1 (Chicken Wing)
    • Follow The Leg Option 2
    • Lift And Turn
    • Block And Lift
Arch Over

DAY 8

• RPT

• Kickboxing
  • Combos 1-5 With Kicks
  • Cut Kick
  • Kick, Punch, Kick/Power 4
    • 10, 3, 2, 9
    • 9, 2, 3, 10
  • Punch, Kick, Punch Defense
    • Basic Counter (Opposite Side)
    • Pop (Same Side)
    • Up (Opposite Side)

• Gauntlet
  • Power 4, Five One-Minute Rounds Per Combo
  • Five One-Minute Rounds Per Defense Combo

• Controlling Range
  • Post, Frame, Hook And Head Control
    • Option 1 (Create Space)
    • Option 2 (Maintain Space)
    • Option 3 (Close The Distance)
• Disrupting Technique (PowerPoint If Available)

• Advanced Ground Fighting
  • Side Control Escapes
    • Recompose Guard (Enemy Has Standard Side Control)
    • Enemy Has Near Side Hip Control Thread Leg To Single (Tripod To Double Leg/BJ Penn Shin Box Counter)
    • Enemy Has Head Control And Under Hook
    • Enemy Has Near Side Head And Hip Control

Day 9
• RPT

• Kickboxing

  • Review Combos 1-5 With Kicks
  • Add Basic, Pop, Up
  • Defenses
    • Evade
    • Beat (Counter Punch)
      • Round Kick (Cross)
      • Switch Kick (Jab)
    • Destroy (Cut Kick/Front Kick)
    • Catch And Fire
    • Check
      • Spin Check
• Round Kick (1, 2, 3)
• Switch Kick (2, 3, 2)

• Defense Drills
  • Check 10, Check 9, Cut Kick
  • Evade, 10/10, Spin, Check 10

• Kick Boxing Sparring 40%
  • Twenty One-Minute Rounds

• TCC Review
  • Paper Cutter Choke
  • Leaning Choke
  • Nutcracker Choke
  • Sleeve Choke
  • Collar Choke From Rear Mount
  • Single Wing Choke From Rear Mount
  • Straight Arm Bar From Rear Mount
  • Reverse Bent Arm Bar From Side Control
  • Straight Ankle Lock
  • Straight Knee Bar
  • Knee Bar Counter Foot Hook
  • Knee Bar From Half Guard
  • Hip Arch To Heel Hook From Bottom (Mount And Guard)
  • Reverse Bent Arm Bar With Legs (Oma Platta)

(Print Out Head Injury Check Form, And Complete Bout Sheets)
Day 10

• RPT

• Week 2 Test-out

  • Five TCC Techniques Covered During Previous Week
  • Five Kickboxing Techniques Covered During Previous Week
  • Five Questions Related To Homework

• Kickboxing

  • Warm-up
    • Hip-Ins
    • Wall Kicks
    • Combos 1-5 With Kicks And Basic, Pop, Up
    • Defense Drills
  • Cadre Brief
  • Student Rules Brief/Sparring Ethics Brief
  • Kickboxing Practical Exercise (Three Ninety-Second Bouts)

• Uniform

  • PT Shorts And Tan T-Shirt
  • Mouthpiece
  • Groin Protection
  • Headgear
  • Shin Guards
  • 16-Ounce Boxing Gloves
- Head Injury Check
- Head Injury Brief
- Safety Brief

**DAY 11**

- RPT

- Wrestling
  - Review TCC Takedowns
    - Drop To A Single Leg From The Modified Seatbelt
    - Superman Double (Leg In Center)
    - The Dump (Leg In The Front)
    - Tree Top (Leg In The Front)
    - Block The Far knee (Leg In The Rear)
    - Hook The Foot (Leg In The Front)
    - Hip Throw (Enemy Steps Back With Near Leg)
  - Double Leg Takedown
    - Turn
    - Lift
    - Outside Leg Trip
  - Snatch Single
- Takedown Defense
  - Sprawl
  - Cross Face
  - ¼ Nelson
• Poisonous Tree Frog
• Spin Drill Practical Exercise

• Introduction To Weapons On The Battlefield (PowerPoint Knife Class)
  • When Do You Know You’re In A Knife Fight?
  • Close-Quarter Weapons
  • Types Of Knives
  • Targets
  • Disarms
  • Practical Exercise (Rolling With Electricity)

• Advanced Ground Fighting
  • North-South Escapes
    • Recompose Guard (Enemy On Arms)
    • Enemy Is Chest To Chest, Arches And Rolls To Single Leg
    • Tripod To A Double Leg

• TCC Review
  • Defense Against The Standing Guillotine
    • Jump Around To The Side
    • Knee Defense (Captain Kirk)
  • Defense Against The Standing Headlock
    • Step Around To The Front
    • Step Around To The Rear
  • Triangle Choke
- Elevator Sweep From Guard One (Guard Pass Variation)
- Elevator Sweep From Guard Two (Scissor Sweep Variation)
- Elevator Sweep From Escape The Mount Shrimp To Guard
- Chain Attack
  - Reverse Bent Arm Bar From The Guard
  - Timing Sweep (Hip Heist)
  - Guillotine Choke From The Guard

**Day 12**

- RPT

- Review Wrestling/Takedowns
  - Double Leg
  - Snatch Single
  - Takedown Defenses
  - Combos 1-5 With Takedowns
    - 1-1 Double Leg
    - Combo 1 (1, 2, 3, Double Leg)
    - Combo 2 (1, 2, 1, 2, 1, 2, Snatch Single)
    - Combo 3 (1, 2, L3, H3, Double Leg)
    - Combo 4 (2, 3, 2, Snatch Single)
    - Combo 5 (1, 1, 1, 3, 2, Snatch Single)
  - Takedown Defense Counters
    - High Elbow Sit Out To Back
    - High Elbow Sit Out To A Single Leg
• Secondary Weapons
  • Introduction to Hand Guns
  • Where Does Grappling Range Begin?
    • Tuler Drill
  • Grappling Over Weapons
    • Standing/Pummeling
    • Clear Weapon And Transition
  • Grappling Over Weapons From The Guard
    • Enemy Punching (Arm Triangle)
    • Enemy Hand On Gun, Head On Far Side Reverse Bent Arm Bar
    • Enemy Hand On Gun, Head On Near Side Hip Heist

• Intermediate Rules Class (PowerPoint If Available)

• BCC Review
  • Speech Presentations
  • BCC Technique Teach-Backs

**DAY 13**

• RPT

• Wrestling/Takedown Review
  • Review Combos 1-5 With Takedowns
  • Punch, Kick, Takedown
    • 1, 10, Snatch Single
• 1, 2, 9, Double Leg
• 1, 2, 10, Snatch Single
• 1, 2, Front Kick, Double Leg

• Combos 1-5 With Kicks And Takedowns
  • Combo 1 (1, 2, 3, 10, Snatch Single)
  • Combo 2 (1, 2, 1, 2, 1, 2, 9, Double Leg)
  • Combo 3 (1, 2, L3, H3, 10, Snatch Single)
  • Combo 4 (2, 3, 2, 9, Double Leg)
  • Combo 5 (1, 1, 1, 3, 2, 9, Double Leg)

• Gauntlet
  • Five One-Minute Rounds Per Combo

• Clinch Work
  • Review Clinch Positions
  • Review Pummeling
  • Review Knee Strikes
  • Review Knee Counters
  • Throws And Takedowns Off The Clinch
    • Hip Check Turn Down (Neck And Bicep)
    • Pull Toward The Knee Inside Hook (Neck And Bicep)
    • Pull Away From The Knee Outside Foot Sweep (Neck And Bicep)
    • Pull Away From The Knee Throw (Neck And Bicep)
    • Hand Check, Knee Strike, Snap-Down
    • Knee Lift From Basic Clinch (50/50)
• 50/50 Catch And Lift
• Counter To Inside Control Catch And Lift
• Hip Check Leg In The Center (Uchi Mata)
• Hip Check Leg To The Outside (Harai)

• Neck Wrestle With Knee Strikes And Takedowns 25%

(Print out intermediate rules test.)

Day 14

• RPT

• Review Wrestling And Takedowns
  • Review Takedowns
  • Review Combos 1-5 With Takedowns
  • Review Combos 1-5 With Kicks And Takedowns
  • Shan Shou Sparring at 40%
    • Twenty One-Minute Rounds

• Introduction To Impact Reduction Suits
  • How To Wear The Suit
  • Integrated Training
  • Thirty-Second Impact Suit Bouts

• TCC Review
  • Pass The Guard Variations
    • Knee And Tailbone
• Under One Leg
• Under Both Legs
• Near Side Leg Through
• Far Side Leg Through
• Defense Against Punches In The Guard
  • Close
  • Middle
  • Far
• Pass The Guard With Punches
  • Loose Legs
  • Closed Legs (Enemy Blocks Punches)

• Intermediate Rules Test

(Soldier must pass with 70%, print out Shan Shou Bout Sheets)

Day 15

• RPT

• Week 3 Test-Out
  • Five TCC Techniques Covered In Previous Week
  • Five Wrestling Techniques Covered In Previous Week
  • Five Questions Related To Homework/PowerPoint Presentations

• Shan Shou
  • Warm-up
• Combos 1-5 With Kicks And Takedowns
• Defense Drills
• Cadre Brief
• Student Rules Brief/Sparring Ethics Brief
• Shan Shou Practical Exercise Three Ninety-Second Bouts
  • First Bout (Sixteen-Ounce Boxing Gloves)
  • Second Bout (Sixteen-Ounce Boxing Gloves)
  • Third Bout (Intermediate Rules)
• Uniform (First And Second Bout)
  • Headgear
  • Mouthguard
  • Groin Protection
  • Shin Guards
  • Hand Wraps
  • Sixteen-Ounce Boxing Gloves
• Uniform (Third Bout)
  • Full ACUs
  • Mouthguard
  • Groin Protection
  • Shin Guards
• Honor Grad Bouts
  • Intermediate Rules (Ten Minutes)
• Head Injury Check
• Head Injury Brief
• Safety Brief
DAY 16

- RPT

- Personnel Handling
  - Control And Flex-Cuffing
    - Single Man Standing
    - Single Man Prone
    - Single Man Wall
    - Two Man Takedown Front
    - Two Man Takedown Rear
    - Single Man Support (Wheelbarrow)
    - Applying Flex-Cuffs
    - Detainee Lift And Escort

- Contact Front Contact Rear
  - BCC Review
    - Post, Frame, Hook, And Head Control
    - Disrupting Techniques
    - Option I
    - Option II
    - Option III
    - Contact Front Contact Rear Practical Exercise

- Introduction To MOUT Operations
- Wear Of Equipment For Fighting
- Single Team Single Room
- Hallway/Alley/Street Clearing

- TCC Review
  - Knee On Belly
    - Assume Knee On Belly From Side Control
    - Assume Knee On Belly From Scarf
    - Baseball Bat Choke To Scarf Position
    - Near Side Arm Bar
    - Far Side Arm Bar
    - Reverse Bent Arm Bar
  - Defend Knee on Belly
    - Roll To A Single Leg
    - Recompose Half Guard

- Weapons Retention
  - Pummeling With Pistol/Knife/Long Gun
    - In The Open
    - Against The Wall
    - Pummel From All Clinch Positions
  - Weapons Transition On The Ground
    - Stand In Base With Long Gun Or Pistol (Tactical Stand In Base)
    - Grappling With Long Gun, Pistol, Knife
    - Option I Stand Up And Transition To Primary Weapon
• Option II Transition To Secondary Weapon
• Option III Finish The Fight (Submission Holds)

**DAY 17**

• RPT

• Scenario Training
  
  • Multiple Team, Multiple Room
    • Compliant Opponent
    • Non-Compliant Opponent
    • Non-Compliant Hostile Opponent (With Or Without Weapon)
    • AAR
  
  • Marketplace
    • Crowd Control
    • Cuffing Procedures/Range And Security
    • Hostile And Non-Hostile Crowds
    • AAR
  
  • TCP (Traffic Control Point)
    • Vehicle Extraction (Security)
    • Vehicle Extraction (Compliant)
    • Vehicle Extraction (Non-Compliant)
    • AAR
  
  • Detainee Operations
    • Single Detainee, Single Room
- Multiple Detainee, Single Room
- AAR

- Receive The Mission (Operation Conan)

**DAY 18**

- Operation Conan
  - Tactical Road March
    - Opponent In Open Field
  - Tactical Road March
  - TCP
  - Enter And Clear Village
    - Marketplace Opposition
    - Two Detainees (Secure And Move)
  - Tactical Road March To Detention Facility
    - Ensure Safety Of Detainees
  - AAR

**DAY 19**

- Clean Facility
  - Clean Mats
  - Bathrooms
  - Equipment
  - Police Call Around Facility
• Equipment Accountability
  • Lay Out Equipment
  • Clear Hand Receipt

• Graduation Set-Up And Rehearsal

• End Of Course AAR/Critiques

**DAY 20**

• Graduation Rehearsal

• Graduate