

BASIC COMBATIVES MODULES

SFC Jason Martin

6 DEC 2010

Chief Trainer

Foundational:

Module #1 (Foundational)

- Stand and Base
- Escape the Mount (Trap and Roll)
- Pass the Guard
- Achieve the Mount
- Arm Push and Roll to the Rear Mount
- Escape the Rear Mount
- Escape the Mount (Shrimp to the Guard)
- Scissors Sweep

Practical Exercise

- Grappling for Dominate Position

Module #2 (Foundational)

- Rear Naked Choke
- Cross Collar Choke
- Bent Arm Bar
- Straight Arm Bar from the Guard
- Straight Arm Bar from the Mount
- Sweep from the Attempted Straight Arm Bar

Practical Exercise

- Grappling for Submission

Module #3 (Foundational)

- Introduction to Pummeling

- Post, Frame, Hook
- Pummel from Double Under Hooks
- Pummel from 50/50
- Pummel from Inside Control
- Guillotine Choke
- Front Takedown
- Rear Takedown

Practical Exercise

- Option Three Drill

Module #4 (Tactical)

- Inside Control
- outside to inside wedge
- counter to inside control
- Knee strikes (long, up, round)
- Defend Knee Strikes, Hip Check, Pull towards the knee, Pull away from the knee
- Defend Knee Strikes with Takedowns, Hip Check Turn Down, Tilt the Head,
- Pull Away from the Knee inside foot Sweep (from neck and bicep)
- Pull Towards the Knee inside hook (drill from neck and bicep)

Practical Exercise

- Pummeling for Dominate Position with knee strikes

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Module # 5

- Fighting with a Rifle (Muzzle Strike, Tug-O-War, Teep, Palm Strike, Head But)
- Introduction to weapons transition i.e. pistol and knife
- Control Range Standing using a Post / Frame / Hook
- Post/ Frame/ Hook with knees, elbows, head butts and throw down, Option 1,2,3

Practical Exercise

- React to Contact Rear (with and without Combat Equipment)