

Basic Combatives Course Timeline

Day 1

0800-0900 Introduction / History / Stand-in-Base
0900-1030 React to Contact Front, Rear, Firing & Non-Firing Side, Grappling Over Weapons
1030-1130 Post, Frame, Hook Options 1 & 2
1130-1230 Lunch
1230-1300 Post, Frame, Hook Range Transitions, Intro w/ Disruptive Techniques
1300-1500 Option 3 Class (Appendix A, Option 3 SOP, King Louie Drill,
Close The Distance, Pummel Near and Far-Side, Pummel Drill, RAL, etc.
Trapping Arm in Armpit
1500-1530 Pummeling for Dominant Position
1530-1600 Realistic Training Lecture (Jitsu v.s. Do)
1600-1700 Small Group Instruction

Day 2

0730-0800 Training Area Prep / Accountability
0800-0830 RPT / Pummeling From 50/50
0830-0900 Post, Frame, Hook Option 3 Review / "Slap" Drill
0900-1130 Option 3 Drill / Post Event Head Injury Brief & Medical Assessment
1130-1230 Lunch
1230-1330 Inside Control / Neck & Bicep / Outside to Inside Wedge, Counter to Inside Control
1330-1430 Knee Strikes (Long, Round, Up) + Hip Check Turndown
1430-1500 Front & Rear Takedown
1500-1530 Guillotine Choke
1530-1600 Guillotine Defenses: Standing
 Step Around The Side
1600-1645 Small Group Instruction
1645-1700 Secondary Medical Assessment

Day 3

0730-0800 Training Area Prep / Accountability
0800-0830 RPT & Pummeling From Inside Control
0830-0900 Dominant Body Positions (Rear Mount, Mount, Knee In Belly, Side Control, Guard)
0900-0930 Arm Trap & Roll
0930-1000 Pass The Guard: Boatramp
 Savor The Moment
1000-1030 Achieve Mount From Side Control
1030-1100 Drill #1
1100-1130 Mount Escape Live Application Exercise
1130-1230 Lunch
1230-1300 Review Drill #1
1300-1330 Arm Push & Roll to Rear Mount
1330-1400 Shrimp Drill (Solo, Partner Standing, Partner on Knees)
1400-1430 Escape Rear Mount
1430-1500 Drill #2
1500-1530 Escape the Mount Shrimp to Guard
1530-1600 Scissor Sweep / Drill #3 Incomplete
1600-1700 Grappling for Dominant Position

Day 4

0730-0800 Training Area Prep / Accountability
0800-0830 RPT / Drills #1-3
0830-0900 Rear Naked Choke
0900-0930 Cross Collar Choke (Mount & Guard)
0930-1000 Sleeve Choke (Mount & Guard Transition)

1000-1030 Bent Arm Bar (Mount & Side Control)
1030-1100 Straight Arm Bar (Mount + Drill)
1100-1130 Straight Arm Bar (Guard + Drill)
1130-1230 Lunch
1230-1300 Sweep From Attempted Straight Arm Bar
1300-1330 Drill 3 Complete
1330-1400 Modified Scissor Sweep / Quick Roll (Non-Testable)
1400-1500 Grappling for Submission
1500-1530 Review Grappling Over Weapons
1530-1600 Review Clinchwork
1600-1700 Small Group Instruction

Day 5

0730-0800 Training Area Prep / Accountability
0800-0830 RPT / Grappling With Strikes Class & Knees From Side Control
0830-0900 Pummeling / Grappling With Strikes Practical Exercises
0900-1030 React to Contact Drill
1030-1130 Introduction to Basic Striking
1130-1230 Lunch
1230-1300 Final Standing Technique Review
1300-1330 Final Ground Technique Review
1330-1530 Technical Evaluation
1530-1600 Written Evaluation
1600-1700 End of Course Critique / Graduation / Facility Maintenance