

TACTICAL COMBATIVES

Level II Handbook

Level II Tactical Combatives Training Schedule

Day 1

0800 – 0900 In- process
0900 – 1030 Review Basic Combatives stand-up fighting
(Pummel, Post/Frames/Hook, Takedowns, Counter to Inside Control)
1030 – 1100 Review History of Martial Arts
1100 – 1130 Rolling for submission
1130 – 1300 Lunch
1300 – 1330 Lecture on History of Martial Arts
1330 – 1600 Review Basic Combatives ground fighting techniques (Drills 1-3, Chokes, Arm-bar)
1500 – 1600 (Rake, Post/Frames/Hook)/ knee strikes
1600 – UTC Pummeling for dominate position

Day 2

0730 – 0800 Clean mats
0800 – 0900 Warm up, MACP PT, Pummel from 50/50
0900 – 0930 Trap and roll from the mount
0930 – 1000 Push or pull a propped up knee to mount
1000 – 1030 Defense against attempt to mount
1030 – 1100 Escape the Half Guard
1100 – 1130 Lecture on the history of Brazilian Jiu-Jitsu
1130 – 1300 Lunch
1300 – 1500 Head lock escapes from the bottom
1500 – 1600 Clinch Fighting
1600 – UTC Pummeling for Dominate position w/ slaps and light knee strikes

Day 3

0730 – 0800 Clean mats
0800 – 0900 Warm up, MACP PT, Pummel from Inside Control
0900 – 0930 Chokes from the mount
0930 – 1000 Drill 1 w/ additional techniques
1000 – 1030 Attacks from Rear mount
1030 – 1100 Drill 2 w/ additional techniques
1100 – 1130 Lecture on "Whole Army Plan"
1130 – 1300 Lunch
1300 – 1330 Reverse bent Arm bar from Side Control
1330 – 1430 Rolling for Submission
1430 – 1600 Review clinch fighting
1600 – UTC Pummeling for Dominate position w/ strikes and takedowns

Day 4

0730 – 0800 Clean mats
0800 – 0900 Warm up, MACP PT, Pummel from 50/50 and Inside Control
0900 – 1000 Attacks from the guard
1000 – 1100 Rolling for submission
1100 – 1130 Lecture on benefits and draw backs of competition Lunch

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AN Whitehead



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