# **MIXED MODERN COMBATIVES**



# 1 MONTH

Fence Fighting Stance Palm Strike Hammerfists Straight Punches Horizontal Elbows Up Knee Rising Front Kick

Wrist Grab Defenses (Soft) Front Choke Defense (Static) Straight Punch Defense (High Covers) Footwork (Directional) Arm Stop (Drill) Sprawl (Drill) Pummeling (Drill) Arm Drag Conditioning

YELLOW BELT

LEVEL

### 4-6 MONTHS

#### **ALL PREVIOUS PLUS**

Power Slap Rising Slap Vertical Elbows In Knee Offensive Front Kick Oblique Kick Hair Grab Defenses Fall Breaks Getting Up

Front Choke Defense w/push Rear Choke Defense w/ push Side Headlock Defense (Early & Late) **Groundfighting Postures Groundfighting Movements** Front Kick on Ground Side Kick on Ground Oblique Kick on ground Kicking from Guard

#### **ORANGE BELT**

## LEVEL

## 8-10 MONTHS

#### ALL PREVIOUS PLUS

Hook Punch Uppercut Punch Short Back Kick Punch Defense from Fence (Parries and Arm Stops) Punch Defense from Fighting (High Covers vs All Punches) "Side" Choke Defense Front Wall Choke Defense Rear Wall Choke Defense Rear Headlock Defense (Early & Late)

Pummeling (Competitive) Front Bodylock Defenses (Overhook & Underhook) Rear Bodylock Defenses (Overhook & Underhook) Lifting Bodylock Defenses (All) Mount Escape (Trap & Roll) Mount Escape (Elbow) **Guard Building** Simple Sweep Slips and Rolls

## LEVEL

Gun from Side (Front of Arm)

Knife Threat to Front (Off Body)

Knife Threat to Back (Touching)

Knife Threat to Neck (Front, Both Sides)

Knife Threat to Neck (Hostage/Kidnap)

Gun from Side (Behind Arm)

Blunt Object Attacks

**GREEN BELT** 

## 8-10 MONTHS

#### **ALL PREVIOUS PLUS**

#### Tackle Defense

(Arm Stop w/Hockey Punch) Arm Stop to Underhook Underhook & Pike High Cover (With Gloves & Counters) Headbutt Thai Kick Chop Drag

Double Leg Takedown

Inside Trip Takedown Ear Pull Face Push Rip and Duck Front Headlock Defense (Early and Late) Thai Clinch 50/50 Tie **Head Clear** Russian Arm

Russian Arm + Pinch Knee on Belly Knee on Belly Escape Pummel/Drag/Handfight (Competitive) Sparring (Isolated & Restricted). Punching Forward/Backward Movement Clinch Sparring Chicken Wing Hip Bump Sweep Guillotine/Front Headlock

# FIT TO FIGHT

LEVEL 4

**ALL PREVIOUS PLUS** 

Guillotine (Standing and Ground)

Gun from Front (Two Hand)

Gun from Back (Touching)

Sparring Clinch Sparring

Drag to RNC

**MODERN** FTF Mixed Modern Combatives JIU III Mixed Modern Combatives

MUAY III Mixed Modern Combatives

COMBAT III Mixed Modern Combetives

KICKBOXING III Mixed Modern Combatives