

BASIC COMBATIVES COURSE TIMELINE

Day 1

Morning (Clinching Range)

0800 - 0900	Accountability; Introduction to BCC and the Combatives Facility; Combatives History; Complete In-Processing Packets
0900 - 1000	RPT; Clinch Warm-up Exercises; Fighter Stance; Stand-in-Base; Elements and Ranges of a Fight; Intro to Post, Frame, Hook w/Head Control with transitions and disruptive techniques; Options 1, 2, and 3
1000 - 1100	Double Underhooks, Modified Seatbelt, Rear Clinch; Rear Clinch Practical Exercise; 50/50 Position with controlled pummeling; Pummeling for Double Underhooks Practical Exercise
1100 - 1200	Inside Control; Neck and Bicep; Outside-to-Inside Wedge; Double Elbow Lift; Counter to Inside Control; Pummel for Dominate Clinch Position Practical Exercise

Afternoon (Grappling 101)

1300 - 1400	Intro to Grappling Positions; Tapping Out; Rear Mount; Mount; Knee Mount; Side Control; Guard (closed, open, half, butterfly, etc.); Drill to maintain each dominate position
1400 - 1500	Intro to Transitions; Escaping the Rear Mount w/drill; Avoiding the Grapevine and different escapes from Mount (arm-trap-roll and shrimp) w/drill; Recomposing Guard from Side Control; Achieving Knee Mount from Side Control; Breaking, Passing, and Escaping Guard; Sweeps from Guard; Stand-in-Base from Guard
1500 - 1600	Top-Bottom-Out Practical Exercise; Grapple for Dominate Position

DAY 2

Morning (Drills 1, 2, 3, and Chokes)

0800 - 0900	Escape the Mount-Arm-Trap-& Roll; Pass the Guard; Achieve Mount from Side Control; Drill 1 Complete
0900 - 1000	Arm-Push-& Roll to Rear Mount; Escape Rear Mount; Drill 2 Complete (w/Quick Roll)
1000 - 1100	Escape the Mount-Shrimp to Guard; Scissor Sweep; Drill 3 Complete (step 2 option?)
1100 - 1200	Rear Naked Choke; Cross Collar Choke (Mount & Guard); Sleeve Choke; Grapple with Submissions (chokes only)

Afternoon (Option 3 Drill)

1300 - 1400	Warm-up with Pummeling from 50/50; Turning the Corner from 50/50 to Modified Seatbelt and Rear Clinch; King Louie Drill; Changing Range and Angle Movements across mats; Closing the Distance w/the Enemy
1400 - 1500	Option 3 Review from Post, Frame, and Hook w/Head Control; Option 3 Brief; Option 3 Practical Exercise (Slap Drill)
1500 - 1600	Option 3 Drill; Post Event Head Injury Brief & Medical Assessment

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DAY 3

Morning (Grappling; Clinching)

- 0800 - 0900 RPT; Drills 1, 2, & 3 w/Submissions review
- 0900 - 1000 Bent Arm-Bar (Mount & Side Control); Straight Arm-Bar from Mount; Straight Arm-Bar from Guard; Straight Arm-Bar from Mount and Guard Drills; Sweep from Attempted Straight Arm Bar; Drill 3 Complete with Step 2 Option
- 1000 - 1100 Grappling w/Submissions
- 1100 - 1200 Review Inside Control w/Pummeling; Knee Strikes (Long, Up, & Round); Knee Defense (Hand-Check; Hip Check; Tilt the Head); Pummel for Dominate Clinch Position w/knees and slaps

Afternoon (Striking)

- 1300 - 1400 Review Fighting Stance and Movement (Circle Drill, Box Drill); Jab (Circle Jab Drill, Box Jab Drill); Cross; Hook; Weight Transfer Drill; Stationary Combos 1-5; Combo 2 across the mats
- 1400 - 1500 Combos 1-5 w/Focus Mitts
- 1500 - 1600 Striking Gauntlet

DAY 4

Morning (Grappling w/Strikes from Standing)

- 0800 - 0900 RPT; Review Drills 1, 2, & 3 w/Submissions
- 0900 - 1000 Review Inside Control, Knee Strikes, and Knee Defenses; Hip-Check-Turndown; Front Takedown' Rear Takedown; Guillotine Choke (Standing and to Guard); Guillotine Defense (Step to the Side, Takedown to Side Control)
- 1000 - 1100 Pummeling with Strikes for Dominate Clinch Position and Takedowns to Dominate Grappling Position with Strikes and Submissions
- 1100 - 1200 Small Group Review

Afternoon (Sparring)

- 1300 - 1400 Circle Jab Drill; Box Jab Drill; Weight Transfer Drill; Shadow Boxing; Combos 1-5 w/Focus Mitts (Three-5 Minute Rounds each)
- 1400 - 1500 Striking Defense - Jab Catch; Catch Fire; Front Cover; Rear Cover; Elbows Together Block; Jab-Out
- 1500 - 1600 Situational Sparring; Technical Sparring

DAY 5

Morning (Loan Survivor; React-to-Contact; Test Out)

- 0800 - 0900 RPT; Small Group Review
- 0900 - 1000 Loan Survivor Drill
- 1000 - 1100 Moving Post; Snap-Down; Dig-Out; React-to-Contact Practical Exercise; React-to-Contact Drill
- 1100 - 1200 Written Evaluation; Technical Evaluation; Class Picture; Clean-up; Graduation