Fort Carson Combatives Facility Program of Instruction (FY 2021)

TACTICAL COMBATIVES COURSE

Day 1

Morning (BCC Ground Review)

0800 - 0900 Accountability; Introduction to TCC and the Combatives Facility; Complete In-Processing Packets; separate class into two or four squads by weight class

0900 - 1000 RPT; Review Grappling Positions; Review BCC Drills 1, 2, and 3

1000 - 1100 Review BCC Submissions; Rear Naked Choke, Cross Collar Choke from Mount and Guard, Sleeve Choke, Straight Arm-bar from Mount and Guard, Bent Arm-bar from Mount and Side Control

1100 - 1200 Basic Grappling with Submissions

Afternoon (BCC Standup Review)

1300 - 1400 Review BCC Post, Frame, and Hook w/Head Control; Options 1, 2, and 3; Double Underhooks, Modified Seatbelt, Rear Clinch, 50/50; Pummel for Double Underhooks; Neck and Bicep; Inside Control; Outside-to-Inside Wedge; Double Elbow Lift; Counter to Inside Control; Pummel for Dominate Clinch Position

1400 - 1500 Review BCC Striking; Fighter Stance; Jab, Cross, Hook, Uppercut; Box Jab; Circle Jab; Weight Transfer Drill; Combos 1, 2, 3, 4, and 5; Shadow Box; Focus Mitts

1500 - 1600 Striking Gauntlet

1600 – UTC Squad 1 - sweep and mop mats

Day 2

Morning (TCC Drill 1)

0800 - 0900 RPT; BCC Drill 1

0900 - 1000 Mount Escapes- Post Both Hands, Arm Around Neck, Pinned Wrists; Guard Passes- Knee in Tailbone; Under 1 Leg; Under 2 Legs; Nearside Pass; Farside Pass; Achieve Mount from SideControl- Push the Prop Knee; Pull the Prop Knee; Submissions- Leaning Choke; Paper Cutter; Nut Cracker

1000 - 1100 Side Control Escapes-Recompose Guard; Opponent has Head ad Far Arm; Defend w/the Arch (thread the needle option); Back-Door Options 1 and 2; Pass Half-Guard

1100 - 1200 Basic Grappling w/Submissions

Afternoon (Striking Defense)

1300 - 1400 Box Jab; Circle Jab; Weight Transfer Drill; Shadow Box; 3 Five Minute Rounds (each) with Focus Mitts

1400 - 1500 Striking Defense- Jab Catch; Catch Fire; Front Cover; Rear Cover; Elbows Together; Jab Out; Basic and Pop Counter w/Defense

1500 - 1600 Situational Sparring; Technical Sparring

1600 – UTC Squad 2 - sweep and mop mats
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TACTICAL COMBATIVES COURSE

Day 3

Morning (TCC Drill 2 and 3)

0800 - 0900 RPT; BCC Drill 2; *Rear Mount Triple Attack* - Collar Choke, Single Wing Choke, Straight Arm-bar;

0900 - 1000 BCC Drill 3; Elevator Sweep Option1 (Failed Scissor Sweep); Elevator Sweep Option2 (Hand through legs); Escape the Mount-Shrimp to Guard with the Elevator Sweep Option; Triangle Choke

1000 - 1100 *Guard Triple Attack* - Reverse Bent Arm-bar, Hip Heist Sweep, Guillotine Choke; Reverse Bent Arm-bar from Side Control; Reverse Bent Arm-bar from Knee Mount; Nearside Straight Arm-bar from Knee Mount

1100 - 1200 Basic Grappling w/Submissions

Afternoon (Kicks)

1300 - 1400 Box Jab; Circle Jab; Weight Transfer Drill; Shadow Box; 3 Five Minute Rounds (each) with Focus Mitts w/Defense and Counters

1400 - 1500 Review BCC Knee Strikes- Long, Up, Round; Lead and Trail Push Kicks; Lead and Trail Round Kicks

1500 - 1600 Power 9, Power 10 w/Thai Pads; Combos 1-5 w/Round Kicks

1600 – UTC Squad 3 - sweep and mop mats

Day 4

Morning (Takedowns)

0800 - 0900 RPT; Warm up w/ Drills 1, 2, and 3 w/ TCC Techniques and Submissions

0900 - 1000 Review BCC Takedowns- Front Takedown, Rear Takedown, Standing Guillotine Choke (Standing and to Guard), Standing Guillotine Defense (Takedown to Side Control);

1000 - 1100 *Drop to the Single Leg* (from Modified Seatbelt) and *Snatch Single (in Striking Range)* - Double Leg Blast, Dump, Tree Top, Block the Far Knee, Hook the Foot; Hip Toss (opponent steps nearside foot back)

1100 - 1200 Penetration Step; *Double Leg* - Lift, Turn, and Outside Leg Trip; Sprawl; Cross Face; High Elbow Sit-out

Afternoon (Wrestling)

1300 - 1400 Shadow Box; Combos 1-5 w/Kicks and Takedowns with Thai Pads (3 - Five Minute Rounds each)

1400 - 1500 Takedown Drill; Wrestle for Top Position

1500 - 1600 Standard Rule Competition Brief- Takedowns, Positions, Transitions, Illegal Techniques, Bracket Building

1600 – UTC Squad 4 - sweep and mop mats
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TACTICAL COMBATIVES COURSE

Day 5

Morning (Standard Competition)

0800 - 0900  RPT; Review Standard Rule Competition
0900 - 1000  Standard Rule Referee Exam; Weigh-ins; Build Brackets; Standard Rule brief
1000 - 1100  Competition Set-up - Time Keeper, Score Keeper, Referee rotation
1100 - UTC   Standard Rule Competition Tournament; Call-Outs for more referee opportunities; All squads clean up entire facility

Day 6

Morning (Review Week 1 Grappling)

0800 - 0900  RPT; Review Week 1
0900 - 1000  Small Group Instruction - Grappling
1000 - 1100  Headlock Escapes - Form the Frame, Follow the Leg, Arch Over
1100 - 1200  Introduction to Leg Attacks: Straight Ankle Lock; Knee Bar; Toe Hold

Afternoon (Grappling with Strikes)

1300 - 1400  Shadow Box; Combos 1-5 w/Kicks with Thai Pads (3 - Five Minute Rounds each)
1400 - 1500  Pass Guard With Strikes (Legs Open, Legs Closed); Defend Strikes From Guard (Close, Middle, Far)
1500 - 1600  Basic Grappling w/Strikes (Shock Knife?)
1600 – UTC   Squad 1 - sweep and mop mats
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TACTICAL COMBATIVES COURSE

Day 7

Morning (Review Takedowns)

0800 - 0900  Review BCC Knee Strikes (Long, Up, Round); Knee Strike Defense (Hand-Check, Hip Check, Pull Toward, Pull Away, Tilt the Head); Knee Strike Defense w/Takedown (Hip Check Turndown, Pull Toward and Hook the Leg, Pull Away and Sweep the Foot)

0900 - 1000  Review TCC Takedowns and Wrestling

1000 - 1100  Small Group Instruction - Takedowns and Wrestling

1100 - 1200  Standard Grappling w/Strikes & Takedowns

Afternoon (Kick Boxing)

1300 - 1400  Shadow Box; Combos 1-5 w/Kicks with Thai Pads (3 - Five Minute Rounds each)

1400 - 1500  Kick Defense; Evade, Destroy (Cut Kick), Beat (Straight Punch, Front Kick), Catch Fire, Check

1500 - 1600  Kick Boxing; Situational Sparring, Technical Sparring

1600 – UTC  Squad 2 - sweep and mop mats

Day 8

Morning (Detainee Handling)

0800 - 0900  RPT; Pre- 2 vs. 1 Practical Exercise (Slick Uniform, starting in the Mount, Support helps after 10 count)

0900 - 1000  Compliant Cuffing Standing (Arms Up; Arms Down); Compliant Cuffing Wall; Compliant Cuffing Ground

1000 - 1100  Detainee Escort; Dignitary Lead; 2 on 1 Front Takedown; 2 on 1 Rear Takedown; 2 on 1 Wheelbarrow

1100 - 1200  2 vs. 1 Practical Exercise (Start from Standing, Slick Uniforms, Bad Guy has Top Off and 16oz Gloves On)

Afternoon (Vehicle Extraction)

1300 - 1400  Review Detainee Handling

1400 - 1500  Vehicle Extraction

1500 - 1600  Small Group Review

1600 – UTC  Squad 3 - sweep and mop mats
Day 9

Morning (Prepare for STX Lanes)

0800 - 0900  RPT; Review Post, Frame, Hook: Options 1-3 & Grappling Over Weapons
0900 - 1000  Impact Reduction Suit Class; 2 vs. 1 in Kit and Impact Suits
1000 - 1100  Introduction to Deliberate Risk Assessment Worksheets; Principles of Room Clearing Class
1100 - 1200  Class is split up into teams; Teams prepare their Scenario Training Exercise (STX)

Afternoon (Students' STX Lanes)

1300 - 1400  Teams Dry run their STX Lane; Brief OpOrder and DRAW to Cadre
1400 - 1500  Scenario Training Exercises Live Application (Student Led)
1500 - 1600  Review Technical Evaluation and Written Evaluation; Small Group Review
1600 – UTC  Squad 4 - sweep and mop mats

Day 10

Morning (Test Out)

0800 - 0900  RPT; Written Evaluation
0900 - 1000  Small Group Review
1000 - 1100  Technical Evaluation
1100 - UTC  Class Picture; All squads clean up entire facility; Graduation
1300 – UTC  Remedial training and retesting for no-go students