

**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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**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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**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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**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

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**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