FT CARSON’S
COMBATIVES PRT MENU

GRAPPLING

BASIC -
Escaping, Maintaining,
and Advancing Positions.
Grappling for Position

INTERMEDIATE -
Submissions and
Chain Attacks.
Grappling for Submissions

ADVANCE -
Submissions from Standing,
and Grappling with Strikes.
Submission Grappling w/Strikes

CLINCHING

BASIC -
Pummeling, Grip Fighting,
and Advancing Positions.
Pummeling for Position

INTERMEDIATE -
Takedowns, Takedown Defense,
and Wall Fighting.
Wrestling for TakeDowns

ADVANCE -
Pummeling and TakeDowns
With Strikes.
Wrestling w/Strikes

STRIKING

BASIC -
Shadow/Cardio KickBoxing,
Footwork and Hitting Mitts,
Striking Gauntlet (no Sparring)

INTERMEDIATE -
Striking Defenses and
Counters.
Technical to Light Sparring

ADVANCE -
Striking with TakeDowns and
Submissions.
Technical to Light Sparring

PROJECTILE

BASIC -
Reacting to Contact with
The Post, Frame and Hook.
In Stripped Uniform or Kit

INTERMEDIATE -
Hand Cuffing, Weapon Retention
Transition, and Fighting For.
2v1 and 3v2 in Uniform or Kit

ADVANCE -
Multiple Teams with Mutiple
Rooms and Assailants.
Close Quarter Battles

PRT Hours are from 0600-0800 M-F by request.
All Classes are Taught with Technique Drilling and Live Application.