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Military Combat Ju-Jitsu



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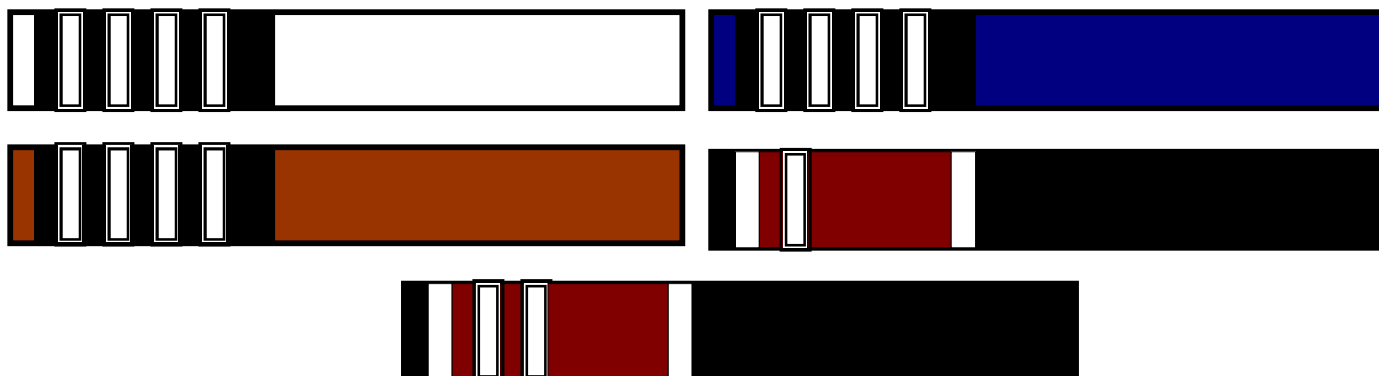
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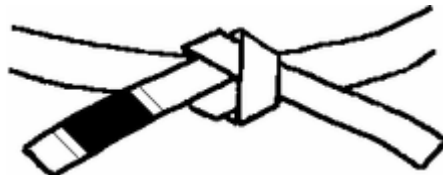
TRAINING MANUAL MILITARY COMBAT JU-JITSU COMPLETE TRAINING SYSTEM

RANKS WHITE THROUGH 2ND DAN BLACK



Dustin Wilkins

White Belt

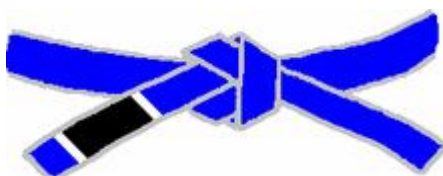


White belt is the beginning rank for all Military Combat Ju-Jitsu students

White belt is the lowest ranking belt within Military Combat Ju-Jitsu. It is the rank held by any practitioner new to the art and does not require any special prerequisites to obtain. It is the rank that all students will start from. Training emphasis should be placed on escaping and defensive positioning, as the white belt will do much of his or her fighting from inferior positions (especially when training with higher belts).

The White belt rank holds four skill levels, Which are called stripes. Each stripe is an advancement in the practioners skill level. The practioner will remain in the White belt rank for approxamately one year, Roughly three months per stripe. Each stripe will have to be earned thru a process of skill level demonstration. The level will not be advanced unless the practitioner can show proficiency in the current level.

Blue Belt



A general estimate of the time required to obtain a blue belt is 1 year

Blue belt is the second lowest rank within the Military Combat Ju-Jitsu grading system, bridging the way between the beginner rank of White belt and the intermediate advanced rank of Brown belt. To progress to a Brown belt, a Blue belt level student must acquire a vast technical knowledge regarding all aspects of the Military Combat Ju-Jitsu system and hundreds of hours of mat-time to know how to implement these moves efficiently. Perhaps because of this, Blue belt is often known as a rank where a student collects a large number of techniques and gains more knowledge in stand up fighting.

The Blue belt rank also holds four skill levels, each level requiring atleast three months in rank before being allowed to advance. Each stripe earned requires Knowledge testing of all lower Blue belt stripes before advancement is allowed.

The practitioner will be required to spar with two attacking opponents for two minutes before being allowed to advance to the Brown belt level.

Brown Belt



A general estimate of the time required to progress from Blue belt to brown belt 1 to 2 years

Aside from the exceptional belts awarded at the highest levels, Brown belt is the highest “color” belt rank within the art of Military Combat Ju-Jitsu, providing a transition between the intermediate Blue belt rank and the elite black belt. Brown belt is arguably the beginning of the elite ranks in and of itself, typically taking at least one to three years of dedicated training to achieve. As a transitional rank, it is often thought of as a time for refining rather than accumulation, where a practitioner hones already acquired technical and practical skills until they reach a black belt level.

The Brown belt rank also has four stripes of advancement. At this level the practitioner will learn many advanced level techniques in both ground and stand up. Each stripe can be earned in as fast as three months or as slow as a year depending on the dedication and knowledge of the student.

A fourth stripe Brown belt with two white stripes on outside of the black band is considered to be an assistant instructor to all lower level ranks. The Brown belt will be allowed to work along side the head instructors to help lower level practitioners with techniques.

In order to advance to the Black belt level the practitioner must demonstrate knowledge of all lower belt level techniques as well as spar against four attackers for two minutes.

Black Belt



A general estimate of the time required to progress from Brown belt to Black belt 2 years.

As with many other martial arts, the black belt is the highest common belt within the art of Military Combat Ju-Jitsu, denoting an expert level of technical and practical skill. Estimates vary on the time required to achieve the rank, with five years total (or

more) an often heard estimate. No matter how many actual years are required, every Military Combat Ju-Jitsu black belt will have undoubtedly invested thousands of hours of mat time into the art and hold a skill-set that demonstrably reflects such. The practitioner will be required to study two years in each level before being allowed to advance.

At the first degree Black belt level the practitioner will be allowed to lead classes to all lower belt level students.

The difference in degrees of Black belt:

Instructor – 1st Dan Black Belt (One white stripe on red tab)

Lead Instructor – 2nd Dan Black Belt (Two white stripes on red tab)

Senior Instructor – 3rd Dan Black Belt (Three white stripes on red tab)

Master Instructor – 4th Dan Black Belt (Four white stripes on red band). This rank is usually held by a practitioner that has studied the art for ten years or more.

Promotion criteria:

Technical and conceptual knowledge is judged by the number of techniques a student can perform, and the level of skill with which they have performed in live grappling. This allows for smaller and older practitioners to be recognized for their knowledge though they may not be the strongest fighters in the school. Military Combat Ju-Jitsu is a distinctly individual combat art, and practitioners are encouraged to adapt the techniques to make them work for their body type, strategic preferences, and the individual level of athleticism. The ultimate criterion for promotion is the ability to execute the techniques successfully, rather than a strict stylistic compliance.

Criteria needed to achieve the next rank degree or belt are:

- The amount of technical and conceptual knowledge a practitioner can demonstrate, and
- Performance in grappling and survival when tested.

Informal versus formalized testing

As noted above, the art of Military Combat Ju-Jitsu has had an informal approach to belt promotions, with one or more instructors subjectively agreeing that a given student is ready for the next rank. Formalized tests are generally based around the same elements as a normal promotion, that is, technical/conceptual knowledge and the ability to apply those techniques against a resisting opponent. Some tests however, take other aspects into account, such as a student's personal character or a basic knowledge regarding the history of the art. Students will Formally Test For all belt advancements.

Stripes / degrees:

In addition to the belt system, many academies award "stripes" as a form of intra-belt recognition of progress and skill. The cumulative amount of stripes earned serves as a rough indication of a practitioners skill level relative to others within the same belt rank (*i.e.* a Blue-belt level practitioner with four stripes would be more adept then Blue-belt practitioner with one, but not a Brown belt with one.)

Stripes can be as formal as small pieces of cloth sown onto the sleeve of the belt, or as informal as pieces of athletic tape applied to the same general area. Although the exact application (such as the amount of stripes allowed for each belt) varies from system to system, the Military Combat Ju-Jitsu System sets out a general system where 4 stripes can be added before the student should be considered for promotion to the next belt.

Stripes are only used for ranks prior to Black belt, after Black belt is achieved, the markings are known as "degrees" and are only formally awarded (with time-in-grade being as significant a factor as skill level).

What is Traditional Jujitsu:

Traditional VS. Combat Ju-Jitsu



Traditional Jujitsu is a method of defense without using weapons in a personal encounter. Originating from Japan, for many centuries it was practiced as a military art, together with other arts such as fencing, archery and the use of traditional weapons; combatants were well equipped to defend themselves.

Jujitsu is not a contest of muscular strength, nor is its prime purpose to maim or kill, merely incapacitate your opponent by means of simple tricks and holds.

Jujitsu tricks and holds are very simple but the knowledge of them can only be gained by constant practice, which will in time give you the self-confidence in the application of these. This confidence will allow you to react instinctively in the event of sudden attack and to man over any situation to your own advantage.

What is Military Combat Ju-Jitsu:



The system of Military Combat Ju-Jitsu is a mixed hybrid form of many grappling and striking art forms. The Military Combat Ju-Jitsu system was created using only the most effective techniques found in Traditional Japanese Jujitsu, Judo, Aikido, Brazillian Jiu-Jitsu, Russian Sambo Combat Wrestling, Muay Thai, Kenpo Karate and the U.S. Army Combatives Fighting System.

The Military Combat Ju-Jitsu system Was created for one purpose, Survival and dominance in combat. Most traditional martial arts are used by many entities for self-defense. Military Combat Ju-jitsu is at the opposite end of the spectrum from self-defense. Self-defense techniques are designed to repel an attack and allow escape from harm. Military Combat Jujitsu techniques are meant for closing with the opponent and to allow for complete dominance of the situation.

The Objectives of Military Combat Ju-jitsu

Self-Protection:

Self Protection is one of the necessary skills required in today's society and is one of the main objectives of Military Combat Ju-Jitsu training. Military Combat Ju-Jitsu training will teach the practitioner how best to defend and protect him or herself, their family, and friends against a multitude of common types of attacks. It is imperative that one has the knowledge and the skills to stand up to, deal with, and handle difficult situations, both physically and mentally. Proper training and preparation, combined with the right mental attitude, is the only way one will be ready and able to respond should they need to defend themselves or their loved ones.

Confidence:

Confidence is a by-product of skill. The more skillful a practitioner becomes in performing the techniques, the more confidence he will have in his ability to defend himself and the ability to overcome or even avoid physical resistance. This internal feeling of well being becomes an external expression of confidence and is exhibited in a multitude of life areas. Attitude, self-esteem, physical posture, and interaction with others are just some of the areas that benefit from an increased level of confidence.

Discipline:

Discipline is based on **self-control**. Without it, your training and your life will be without focus. Fear, anger, guilt, and insecurity will always manage to overcome all of your other virtues without discipline. Discipline is a vital key for continued success in any and all areas of life. Discipline is essential in Military Combat Ju-Jitsu training as well as any martial art. It is only with repeated practice that we can ever hope to master This system of Military Combat Ju-Jitsu. It is only through discipline that we can ever conquer the self-defeating demons of fear, injury, fatigue, change, and defeat. Discipline your mind, body, and spirit. Accept nothing less from yourself.

Mental Preparation:

Mental Preparation and the proper **psychological training** are essential for survival today. One needs to learn how to think like warrior in order to act like a warrior. Military Combat Ju-Jitsu training strives to mentally prepare the practitioner to go beyond their mental and emotional limitations in order to adapt the correct mindset in a self-defense situation. Mental preparation not only means having the psychological strength to face fear and to take action when necessary, it means being able to face and control the natural fear reaction and to learn how to use it to their own advantage. It also means having the mental awareness to be able to avoid a possible hostile situation.

Health and Fitness:

Health and fitness and the overall improvement of the body and mind of the Military Combat Ju-Jitsu practitioner are important objectives of training. Improved health and fitness, both physically and mentally, leads to a longer, stronger, and more complete lifestyle. Military Combat Ju-Jitsu training addresses health and fitness in the areas of exercise, energy, flexibility, muscular strength, breathing, nutrition, attitude, mental agility, and concentration. The overall health and well being of a person is a reflection of their overall quality of life. It is important that the jujitsu practitioner strives for a balance. Physically, mentally, emotionally, spiritually, socially, and within oneself. These are cornerstones for a healthy and fit lifestyle.

The S.E.E Principle

The Military Combat Ju-Jitsu practitioner should strive to apply the S.E.E Principle to all practice of Military Combat Ju-Jitsu. Simply defined, all techniques should be **SIMPLE, EFFICIENT, and EFFECTIVE**.

SIMPLE: Fancy, flourish, or complex techniques should be avoided at all costs. Effectiveness is the primary goal of all techniques and should be as simple as possible. Any variation from simplicity opens up the possibilities for error and injury. Work the basics over and over and over again. This is how to train the mind and body to react when necessary. Techniques should be immediate and there should never be any of the complicated drawn out maneuvers that some traditional martial arts classes teach. Keep things SIMPLE.

EFFICIENT: All techniques should be efficient, direct, and to the point. Apply forward pressure and control the centerline. Always keep control of the opponent, and the situation. The goal is for maximum results with a minimum of effort. The actions taken and motions used for Military Combat Ju-Jitsu applications are designed to be direct, efficient, and effective. Strikes are powerful yet relaxed, and usually applied at close range and inside of an opponent's defenses. Circular flow is used for continuous motion to keep the momentum of the attack ongoing, kicks are generally straightforward and effective and joint locking and pressure point attacks are done with small focused movements. The key is efficiency. There are no large flowing motions that some traditional martial arts classes teach. Keep things EFFICIENT.

EFFECTIVE: Do what WORKS! If your technique is not effective, it's nothing. Use the entire arsenal at your disposal to get the job done, and get it done right. Be it your goal to control, incapacitate, or completely subdue an opponent, keep it EFFECTIVE.

The 3 Second Rule: An important part of applying the **S.E.E** Principle to the practice of Military Combat Ju-Jitsu is to follow the 3 Second Rule. To put it simply and directly, every technique or combination of techniques should take no longer than 3 seconds from the time an attack is initiated until you have taken the attacker to the ground and are now in control of the situation. Any situation that lasts longer than 3 seconds gives the attacker time to respond, react, counter, or just allows too much time and opportunity for dangerous mistakes to happen. ALWAYS practice both the **S.E.E** Principle and the 3-second Rule in all Military Combat Ju-Jitsu applications.

The Self-Defense Mindset (STREET SURVIVAL)

Regardless of how careful, alert, or prepared a person may be, there is always the chance that they will be involved in some type of aggressive encounter. Statistics show that 1 out of 5 people will be the victim of a violent assault in their lifetime. It could be someone you know, a friend, a family member...or maybe even you.

Your mental thought process can usually determine the outcome of a potentially hostile situation. This mental process, and the subsequent actions, will direct whether the situation escalates into a violent confrontation or is diffused into mere polite conversation.

This thought process is nothing new or different. It is part of every cognitive decision / action you take in life. The difference is we are applying it to the highly emotional, adrenaline driven self-defense scenario.

Understand that, though at times, an aggressive encounter may be intentional (assault, mugging, rape, etc.), a majority of these situations can erupt from a surge of emotions and thoughtless conversation. Words are exchanged, positions are held, and things get out of control. These are the ingredients for an ugly situation.

Before the confrontation escalates into a physical encounter, your mind goes through a process of mental preparation. This preparation is directed by a number of key action points or decisions. These points and the actions that follow will decide the direction of the situation.

This is called the O-O-D-A Circle: OBSERVE-ORIENT-DECIDE-ACT

Action Point #1- OBSERVE

Observe your opponent. Is he agitated? Is he afraid? Is physical aggression imminent or is your opponent just trying to be intimidating? Does he have a weapon? Is he under the influence of alcohol or drugs? Gauge his intent. If you are not willing to engage your opponent, then concede and walk away.

Observe the environment. Is your opponent alone? Are you outnumbered? Is there enough room to move, advance, retreat, or maneuver? Identify environmental risks- stairways, windows, furniture, possible weapons, environmental conditions such as dirt, gravel, rain, darkness, etc. Can you walk away at this point without a physical altercation? If you are not willing to engage your opponent, then concede and walk away.

Observe yourself. Are you capable of dealing with the situation? Are you mentally prepared? Do you have the physical ability? Are you emotionally stable? Are you looking at the situation from an objective viewpoint? Can you walk away at this point without a physical altercation? If you are not willing to engage your opponent, then concede and walk away.

Action Point #2- ORIENT

Evaluate the situation. Is it hostile or non-hostile? Is there intentional aggression or could this be a misunderstanding? Do you feel that this will escalate or can the situation be diffused? Will taking action at this point put others or myself at an unacceptable risk? Can you walk away at this point without a physical altercation? If you are not willing to engage your opponent then concede and walk away.

Action Point #3- DECIDE

This decisive point is crucial. You need to evaluate your own position in the scenario. Is this really important to me? Am I willing to stand firm on this? Is this situation worth defending? Am I willing to fight with this person? Am I willing to hurt this person? Am I prepared for what may happen next? If you answered no to any of these questions, then you need to concede and **walk away**. If you answered yes, then you have just taken the first step towards an **offensive mindset**.

Creating this mindset is a matter of psychological and emotional evaluation and control. If you ask yourself if this situation is worth getting into an altercation over, then you are in a **defensive mindset**. If it becomes a matter of how far you are willing to take this altercation, then you are in an **offensive mindset**. In a self-defense scenario, the difference is crucial! The offensive mindset puts you in a position of control. You will either control the situation verbally, or be willing to control the situation physically. Either way, you are in control.

Action Point #4- ACT!

If, at this point in the scenario, your opponent either verbally commits to or physically takes an action against you, ...**RESPOND!** Either action constitutes a threat of violence and this is the time to take action!

This is the **cause and effect principle**. The offensive mindset puts you in the position to be the cause of the outcome, not the effect of the actions. If you find yourself in an aggressive altercation, you need to take control of that situation. Mentally, verbally, or physically, you need to base your thoughts and actions on that position of control.

Danger Signs!

Before the actual attack, you should be mentally visualizing your defense and tactics. You should observe your opponent and identify and locate your vital points and target areas. A kick to the knee, a strike to the groin, a poke to the eyes, etc., but equally as important are certain telltale signs that an aggressor may be about to take action. **Be observant!**

Movement

If an opponent is a few steps away, they will tend to close the gap between you directly and quickly as they prepare for an attack. If an opponent is at close range, there will be a tendency to step back a few steps in order to maintain a range where they may strike or kick. Many times they will shift their weight slightly before this initial movement. Also, an opponent may reach for you to grab you to restrain you or to set you up for a powerful punch. Be aware of these types of danger signs when involved in an aggressive encounter.

5 Elements of the Close

1. **Read Motion** – Identify pre-assault cue
2. **Startle** – Explode energy forward
3. **Enter** – Close on the attacker
4. **Shutdown** – Touch; Limit motion
5. **Finish** – Take the attacker off balance and dominate the situation, Finish the engagement



White Belt Requirements

The student receives their white belt after successfully completing the Introductory Course. The first and second stripe belt course consists of a six-month lesson plan with instructor before next level exam is allowed.

FIRST AND SECOND STRIPE:

TIME IN RANK: 1 YEAR

First Session: Basic Striking

- Fighting Stance / Proper Foot Placement And Balance
- Clinching Techniques / Shooting Techniques
- Ridge Hand / Jab / Hooks / Upper Cuts / Elbows / Crosses / Hammer Fist Punch
- Inward Blocks / Outer Blocks / Leg Blocks
- Block & Punch Combinations
- Fundamentals Of Striking / Leg Attacks / Philosophy Of Below the Waist kicks

Second Session: Basic Grappling

- Guard Basics / Closed Guard Vs. Open Guard / Half Guard / Quarter Guard / Guard As A Dominant Position / Guard Sweeps / Rubber Guards / 3 Sins While in Guard
- Passing The Guard / Single Leg / Guard Breaks / Posturing In Guard
- Mount Basics / Passing Guard To Mount / Escaping Mount /
- Side Control Basics / Side Control From Mount And Guard / Escaping Side Control
- Basic Attacks From Guard, Mount And Side Control Positions
- Basics Of Rolling / Why We Roll / Forward Roll / Reverse Roll / Monkey Roll / Basic Falling Techniques

Third Session: Basic stand-up Grappling

- Rolling Elbow Take Down / Arm Drag Take Down / Standing Kimura
- Standing Chokes / Wrist Locks And Take Downs / Basic Joint Manipulation
- MMA Sweep / Inner And Outer Reaping Sweeps / Falling to Guard
- Breaking Attackers Grab And Counter Sweeps / Bear Hug Breaks and Sweeps, Front And Rear / Head Lock Breaks / Wrist Lock Counters
- Basic Throws / Hip Toss / Standing Rear Choke Counter To Throw
- Corroded Choke Counter to Throw / Forward Lapel Throw

Fourth Session: Basics of Ground Fighting

- Basic Arm Bar / From Mount And Guard Positions
- Chokes And Locks From Guard Positions / Elbow Locks
- Americana From Side Control / Kimura Attacks
- Pretzel Choke From Guard And Mount Positions
- Basic Triangle Choke / Chin Hook To Arm Bar
- Straight Jacket Choke From Guard / Gag Choke From Guard
- Teaching The Student The Philosophy Of Ground Attacks And Defense
- Ground Defense From A Standing Attacker

Once the student has demonstrated proficiency in all first and second-stripe techniques, and has reached time in rank. He/she will be allowed to test for third degree.



THIRD AND FOURTH STRIPE:

Time in rank requirements: Six months before testing for blue belt is allowed. Student must demonstrate all white belt techniques as well as submit an attacker in a sparring session before advancement is allowed.

Fifth Session: Intermediate Striking

- Changing Stance / Fighting From Weak Side
- Five Swords Combination Strikes / Attacking Limbs and Joints
- Three Point Combination Punching / Intro To The Rolling Punch

- Combination Punch and Leg Attacks
- Counter Strikes While Defending
- Intermediate Foot Work / Five Point Approach / Attacking On the Move

Sixth Session: Intermediate Grappling

- Shoulder Lock From Guard / Double Elbow / Single Elbow Locks
- Tornado Sweep From Half Guard / Closed Guard Sweep To Mount
- Defense To An Opponent Standing up In Your Guard / Preventing A Slam
- Arm Bar From Closed Guard / Tee Pee Choke To Double Arm Bar
- Mission Control To Texas Arm Bar / New York Choke
- Farm Boy Choke To Side Control Slam / Pretzel Choke From Side Control
- Scarf Choke From Mount And Side Control
- The Back Mount / Rear Naked Choke / Anaconda
- **TRANSITIONS:** Standing Up In Base / Side Mount To Mount / Push Sweep To Mount / North And South To Side Control / Mount To Arm Bar
- **ESCAPES:** Sambo Mount Escape / Arm Bar Escapes / Guard Heel Hook To Escape / Escaping Back Mount

Seventh Session: Intermediate stand-up Grappling

- Shoulder Throw To Wrist Lock
- Arm Drag To Elbow Attack
- Shoulder Arm Lock To Sweep
- Standing Elbow Lock To Knee Attack
- Intro To Finger Locks And Attacks
- Corroded Choke To Reverse Sweep
- Ankle Throw From Clinch Or Strike Defense
- Rice Bail Throw From Guillotine Choke
- Outside Wristlock To Sweep
- Front Scoop Throw

Eighth Session: Intermediate Ground Fighting

- Shoulder Lock From Side Control
- Shoulder Lock From Scarf Hold Side Control
- Omoplata From Failed Arm Bar In Guard
- Front Naked Choke From Guard
- Guillotine Choke From Guard
- Gogoplata From Rubber Guard

- Breaking Guard To Heel Hook
- Knee Bar From Guard Pass
- Breaking The Turtle Defense
- Banana Split (Attacking Turtle Position)
- Arm Bar (Attacking Turtle Position)
- Ankle Hook Submission From Mount
- Pale Ryder Elbow Lock From Mount
- Elbow Lock While In Guard

Blue Belt Requirements

The Blue Belt rank is considered to be an intermediate rank, the student will reach four levels in this rank before being allowed to test for a Brown Belt level. At this level the student will learn more advanced striking techniques and will utilize more striking in his/her training. Student must demonstrate proficiency in all levels and survive a sparring session with two attackers before advancement will be allowed.

Time in rank: One year (three months per degree)

FIRST AND SECOND STRIPE:

First Session: Intermediate Striking

- Intro To Muay Thai Knee Strikes
- Muay Thai Guard And Movements
- Three Step Walk (Foot Work)
- Muay Thai Elbow Strikes / Understanding The Difference In Style
- Muay Thai Kicks / Round House / Teep Kick / Low Kicks
- Muay Thai Stand Up Grappling (Clinch Work)
- Muay Thai Punches / The Difference Between Western Boxing

Second Session: Intermediate Grappling

- Concept Of Chess And Ground Fighting (Thinking 5 Moves Ahead)
- Combining Attacks In The Guard / Understanding Where To Go Next
- Defending The Striker From Guard Or Mounted / Taking Away the Strikers Gap
- Combining Strikes And Grappling From The Ground
- Understanding a Superior Striker / Closing The Distance And Surviving The Failed Take Down Attempt
- Escapes Thru Rolling / Defeating The Rolling Escape

Third Session: Intermediate stand-up Grappling

- Belt Grab Take Downs / Using Your Opponents Clothing
- Understanding Grappling As Offense / Grips / Strategy / Exploiting The Moment Of Offense
- Breaking Attackers Defensive Holds
- Attack Combinations From The Throw
- Intro To The Rolling Arm Bar / Transitions From Standing To The Ground

- Transitions Between Take Downs
- Intro To Scissor Take Downs

Fourth Session: Intermediate Ground Fighting (Ground Survival)

- Choke Transitions / Understanding The Choke To Choke Concept
- Ankle Submissions And Escapes
- Intro To Combination Ground Drills
- Ground Transitions And Countering The Transition / Continuity Of Movement
- Understanding The “Panic Reaction” When Trapped / Working Thru Panic And Thinking Under Stress / There Is Always An Escape (The Mindset)
- Judo Lock / Come Along Techniques
- Using The Weak Side When Grappling / Strengthening The Weak Side
- Wrist Locks / Elbow Locks / From Guard Positions (Intro To Micro Techniques)

Once the student has demonstrated proficiency in all first and second-stripe techniques, and has reached time in rank. He/she will be allowed to test for third stripe.



Blue Belt Requirements

THIRD AND FOURTH STRIPE:

Fifth Session: Intro To Bladed Weapons Defense

- The Two Types Of Attack / Committed And Non Committed

- Knife Threats / An Understanding
- Distance / Safe Distance and Not So Safe Distance
- Different Types Of Edged Weapons
- Understanding Why You Train In Knife Defense
- Grips
- After The Attack
- Ground Knife Defense
- Parrying And Counter Attack Techniques
- Being A knife Fighter

Sixth Session: Intermediate Striking (Kenpo Combinations)

- Combination Punching / Weathering The Storm
- Thundering Hammers / Combination Hammer Strikes
- Utilizing Combination Kicks / Attacking Joints
- Glancing Wings / Defense With Upper Cut Strikes
- Circling Fans
- Desperate Falcons
- Rotating Destruction / Intro To Combination Spin Kicks
- Shielding Hammers / Combination Hook Strikes
- Bladed Serpents / Combination Ridge Hand Strikes
- Reversing Circles / round Kicks To Combination Punches

Seventh Session: Intermediate stand-up Grappling (Submissions And Takedowns)

- Standing Gag Choke
- Standing Front Naked Choke
- Standing Shaolin Choke
- Joint Manipulations / Standing Joint Locks
- Rolling Guillotine Choke
- Kick Defense To Falling Guard Submission
- Side Thunderbolt Slam / Headlock Reversal
- Straight Lapel Sweep / Flying Takedown

Eighth Session: Intro To Advanced Ground Fighting

- Three Attack Combinations From Guard
- Exploiting Attackers Weakness On The Ground / Gaining The Advantage

- Killing The Genie / Breaking Arm Bar Defenses
- Elbow Crush From Spider Web Arm Bar
- War Lord Shoulder Lock From Mount
- War Lord Shoulder Lock From Failed Arm Bar In Guard
- Attacking Your Opponent While Falling Into Guard
- The Leg Kimura
- Capoeira Pass / Advanced Half Guard Counter
- Half Guard Arm Triangle Submission / From Failed Escape
- Meat Hook Triangle Choke
- Samurai From Mount Position / Quarter Guard
- Half Guard Sweep to Death Clutch Choke
- Grape Vine Crank From North And South Position

Brown Belt Requirements

The Brown Belt rank is considered to be an advanced rank, the student will reach four levels in this rank before being allowed to test for a Black Belt level. At this level the student will learn advanced striking and grappling techniques and will utilize combinations of striking and grappling in his/her training. Student must demonstrate proficiency in all levels and survive a sparring session with four attackers before advancement will be allowed.

Time in rank: One year to two years

FIRST AND SECOND STRIPE:

First Session: Advanced Striking

- Blending The Different Styles And Making Them Work Together
- Muay Thai And Kenpo Combinations
- Reacting To An Advancing Opponent Without Counter Attacks
- Muay Thai Elbow Strikes / Using Them In Ju-Jitsu Combinations
- Advanced Joint Attacks / Pressure Point Attacks
- Reacting To An Advanced Attacker / Weathering The Storm And Survival
- Soft Points Of Contact / Vital Areas To Strike

Second Session: Advanced Grappling (Adding Judo Techniques To Your Ju-Jitsu)

- Intro To Advanced Throwing Techniques And Set-Ups
- Sumi-gaeshi (Reverse Rolling Toss From Fighting Stance)
- Hane-makikomi (Rolling Front Sweep)
- Uki-otoshi (Rolling Front Arm Sweep)
- Kata-guruma (Standing Fireman Throw)
- Yoko-wakare (Falling Front Throw)
- Yoko-guruma (Front Hip Toss Reversal)
- Kuchiki Taoshi (Front Leg Sweep From Clinch)

Third Session: Advanced stand-up Grappling (Adding Aikido To Stand Up Grappling)

- Understanding Advanced Joint Manipulation In Grappling, And Principles Of Redirection And Adjustment In Movement.

- Katatetori (Shoulder Sweep From Counter Attack)
- Munetsuki Kotegaeshi (Wrist Lock Sweep From Attackers Punch)
- Kosa-Dori Koshinage (Front Hip Toss From Clinch Or Strike Attack)
- Yokomenuchi-Nage (Front Strike Parry To Counter Sweep)
- Uke Nagashi Tenkan (Deflecting Attackers Momentum To Sweep)
- Kubashimi Variation (Reverse Hip Toss From Deep Collar Grab)

Fourth Session: Advanced Ground Fighting (Intro To No-GI Grappling)

- Philosophy Of The No-GI Approach (Standing And Ground)
- Understanding Limb Attacks When Clothing Isn't An Option
- Hand Cuff Triangle Or Tee Pee From Full Guard
- Backstabber Variation (Standing Submission While In Guard)
- War Lord Crank Variation From Full Guard Position
- Body Sag Take Down To Mount Or Side Control
- Leg Shot Take Down To Ankle Cranks
- Cyclone Rolling Heal Hook (From Clinch)
- No-GI Uchi Mata (Judo Sweep) Includes Counter To MMA Sweep
- No-GI Ouchi Gari (Tight Outer Reap Sweeping Take Down)
- Russian Foot Sweep To Take Down
- Seat Belt Sweep From Clinch To Ankle Or Leg Attack
- Flying Electric Chair Take Down
- Gator Roll Take Down
- Flying Guard Sweep To Mount
- Reverse Knee Slice Submission From Take Down
- Rolling Arm Triangle From Standing
- Rolling Hip Toss Reversal / Counter To Blocked Hip Toss

Once the student has demonstrated proficiency in all first and second-degree techniques, and has reached time in rank. He/she will be allowed to test for third degree.



Brown Belt Requirements

THIRD AND FOURTH STRIPE: (Combined)

Fifth Session: Advanced Weapons (Understanding Natural Weapons And Using Your Surroundings)

- Intro To Escrima (Stick Basics, Stance, Blocks, Basic Attacks)
- Escrima Footwork / Ready Positions
- Linear Strikes / Circular Strikes / Combinations
- Close Range Fighting
- Advancing And Retreating
- Body Waiving Techniques
- Fighting In Tight Places
- Understanding Your Surroundings And Possible Weapons
- Unarmed Weapons Survival Drills / Empty Hand
- Using Your Surroundings Against An Attacker
- Handgun Takeaways and Handgun Survival

Advancement Test

- Student Must Explain All Techniques From White Belt With Minimum Mistakes
- Student Must Explain All Techniques From Blue Belt With Minimum Mistakes
- Student Must Demonstrate All Brown Belt Techniques With Sparring Partner
- Student Must Spar Against Four Attackers For Two Minutes (Non-Striking)
- Student Must Demonstrate All Belt Level Striking Techniques In Light Contact Sparring Session
- If Student Completes Test Successfully, Student will Be Promoted To 1st Dan Black Belt

1st Dan Black Belt Requirements

The 1st Dan Black Belt rank is an advanced rank; the student will reach four levels in this rank before becoming a Master Level instructor. At this level the student will learn advanced techniques and will utilize combinations of striking, grappling and counter combinations in his/her training. Student must demonstrate proficiency in all levels and survive a sparring session with four attackers before advancement to 2ND Dan Black.

Time in rank: One to three years

First Degree Black: (SHODAN)

First Session: Ground Fighting (Advanced Techniques From Your Back)

- Advanced Attacks From Your Back
- Pendulum Arm Bar From Closed Guard
- Pendulum Sweep From Closed Guard
- Single Lapel Reverse Choke From Guard
- Arm Bar Escape To Plan B Guard Attack
- Plan B Neck Slice From Arm Bar Escape
- Closed Guard Arm Bar / Transition To Chicken Wing Arm Bar
- **Transition Drills** / Butterfly Sweep To Mount / Cyclone Sweep From Rubber Guard (When Opponent Stands In your Rubber Guard) / Rolling Half Guard Sweep To Mounted Elbow Lock / Guillotine Sweep From Guard When Opponent Stacks Up / Switch Back Sweep From Closed Guard To Pretzel Choke

Second Session: Advanced Grappling (Advanced Judo Techniques)

- Advanced Judo Grappling Techniques
- Counter Throw From Side Control (Breaking Side Control)
- Shoulder Wheel From Clinch (Standing Fireman's Throw)
- Reverse Shoulder Throw From Failed Sweep (Front Sweep)
- Standing Scissor Take Down
- Valley Drop To Side Control
- Standing Rear Kimura From Clinch
- Closed Guard Neck Crank (Neck Dislocation)
- Standing Neck Dislocation From Clinch Attack
- The Rack From Side Control (Side Control Neck Crank)

- Rolling Shoulder lock From The Shoot (Stockade Lock)
- Double Wrist Front Throw From Front Attack
- Outside Wrist Lock To Rolling Toss
- Front Rolling Takedown From Attackers Advance
- Front Wrist Lock To Forward Throw
- Closed Guard Cyclone Sweep To Arm Bar
- Low Clinch Rear Sweep

Third Session: Advanced stand-up Grappling (Adding Aikido To Stand Up Grappling)

- Understanding Advanced Joint Manipulation In Grappling, And Principles Of Redirection And Adjustment In Movement.
- Katatetori (Shoulder Sweep From Counter Attack)
- Munetsuki Kotegaeshi (Wrist Lock Sweep From Attackers Punch)
- Kosa-Dori Koshinage (Front Hip Toss From Clinch Or Strike Attack)
- Yokomenuchi-Nage (Front Strike Parry To Counter Sweep)
- Uke Nagashi Tenkan (Deflecting Attackers Momentum To Sweep)
- Kubashimi Variation (Reverse Hip Toss From Deep Collar Grab)

Fourth Session: Advanced Ground Fighting (Advanced Sweeps)

- Hand Cuff Triangle Or Tee Pee From Full Guard
- Backstabber Variation (Standing Submission While In Guard)
- War Lord Crank Variation From Full Guard Position
- Body Sag Take Down To Mount Or Side Control
- Leg Shot Take Down To Ankle Cranks
- Far Side Rolling Heal Hook
- No-GI Uchi Mata (Judo Sweep) Includes Counter To MMA Sweep
- No-GI Ouchi Gari (Tight Outer Reap Sweeping Take Down)
- Russian Foot Sweep To Take Down
- Seat Belt Sweep From Clinch To Ankle Or Leg Attack
- Flying Electric Chair Take Down
- Gator Roll Take Down To Anaconda Submission
- Flying Guard Sweep To Mount
- Reverse Knee Slice Submission From Take Down
- Rolling Arm Triangle From Standing
- Rolling Hip Toss Reversal / Counter To Blocked Hip Toss

1st Dan Black Belt Requirements

Fifth Session: Advanced Weapons (Understanding Natural Weapons And Using Your Surroundings)

- Intro To Escrima (Stick Basics, Stance, Blocks, Basic Attacks)
- Escrima Footwork / Ready Positions
- Linear Strikes / Circular Strikes / Combinations
- Close Range Fighting
- Advancing And Retreating
- Body Waiving Techniques
- Fighting In Tight Places
- Understanding Your Surroundings And Possible Weapons
- Unarmed Weapons Survival Drills / Empty Hand
- Using Your Surroundings Against An Attacker
- Handgun Takeaways and Handgun Survival

Advancement Test

- Student Must Explain All Techniques From White Belt With Minimum Mistakes
- Student Must Explain All Techniques From Blue Belt With Minimum Mistakes
- Student Must Demonstrate All Brown Belt Techniques With Sparring Partner
- Student Must Spar Against Four Attackers For Two Minutes (Non-Striking)
- Student Must Demonstrate All Belt Level Striking Techniques In Light Contact Sparring Session
- If Student Completes Test Successfully, Student will Be Promoted To 2nd Dan Black Belt

WOLFPAC COMBAT JU-JITSU

2ND DAN BLACK

(NIDAN)



2ND DAN BLACK BELT REQUIREMENTS AND TECHNIQUES

The second Dan Black Belt rank is an advanced Black Rank and considered a Lead Instructor level. The practitioner will learn advanced grappling as well as advanced finishing techniques at this level.

Time in Rank: Two Years

GROUND FIGHTING: (ADVANCED LOCKS AND SUBMISSIONS)

- **KNEE WING SUBMISSION FROM GUARD** (Break Guard To Knee Wing Submission / Right or Left side)
- **ADVANCED KNEE BREAK FROM GUARD** (Breaking Guard Using Side Nerve Attack / Spinning To Knee Break)
- **WARLORD WRIST SUBMISSION FROM GUARD** (From Rubber Guard, Trap The Wrist Under The Knee To Submission)

- **REAR CHOKE DEFENSE TO ELBOW LOCK** (Using The Chin, Crush The Forearm Of Attacker. Apply Pressure Until Attacker Releases Then Grab Attackers Arm And Apply Elbow Lock)
- **REAR CHOKE COUNTER TO BRABO CHOKE** (Attacker Takes Your Back, Grab Wrist And Outside Elbow. Twist Attackers Arm Until You Have Side Control. Apply Brabo Choke)
- **TORNADO ROLL TO BRABO CHOKE** (Attacker Has You In Side Control, Spin To You Side And Tuck Your Head As You Lift Your Hips To Roll Over Attackers Head. Capture Attackers Head And Apply Brabo Choke)
- **TORNADO ROLL TO SINGLE LEG ARMBAR** (Same Technique As Above, When In Mid Roll Capture Attackers Head With Outside Leg And Apply Arm Bar)
- **SPIDER WEB SLICER FROM RUBBER GUARD** (From Rubber Guard Position, Throw Leg Over Attackers Head And Capture Outside Arm Between Leg And Your Groin. Push Your Leg Out Past Attackers Side As You Pull Attackers Bicep Inward)
- **FISH HOOK ARM SLICE FROM RUBBER GUARD** (From Rubber Guard Position, Take Opponents Outside Arm By Grabbing The Wrist, Hook Inside Elbow Over Your Foot That Has Rubber Guard. Pull The Wrist Until You Complete The Slice Submission.)

STANDING COUNTERS TO TAKEDOWN SUBMISSIONS

- **STRIKE PARRY TO OUTSIDE BLOCK TAKEDOWN** (Outside Block, Collapse Attackers Knee, Reverse Takedown To Wrist Submission)
- **OUTSIDE BLOCK TO REVERSE CLOSELINE TAKEDOWN** (Left Or Right Side To Elbow Submission)
- **INSIDE BLOCK TO THROAT ATTACK** (Inside Block And Close Distance, Standing Elbow Lock To Throat Strike)
- **STRIKE BLOCK TO MOUNT SWEEP** (Block Strike To The Outside, Sweep Outer Leg To Mount)
- **DOUBLE WRIST GRAB TAKEDOWN** (Attacker Grabs Both Wrists, Step to Outside / Right Or Left, Walkthrough To Close Line And Perform Wrist Submission) (**Aikido Heaven And Earth Variation**)
- **DOUBLE ARM TORNADO THROW** (Counter To An Advancing Attackers Grab Or Strike, Parry Arms To Inside, Capture Arms As You Hip Toss Attacker. Submission To Wrist As Attackers Falls)
- **SHOULDER DROP TO OUTSIDE PADLOCK** (Capture Strike Or Lapel Grab, Turn Body And Drop To Your Knees. Roll Attacker Over Your Shoulder To Throw, Padlock Arm As Attacker Falls)
- **SAMBO ARMDRAG TAKEDOWN** (From Clinch Or Lapel Grab, Sambo Arm Drag To Elbow Submission)
- **JUDO THROW REVERSAL TO PADLOCK** (From Throw Position, Lower Hips, Extend Outside Leg and Fall Backwards. Apply Padlock From Side Control)

- **REVERSE TORNADO HOOK** (From Failed Guillotine or Attackers Shoot Attempt, Hook Outside Armpit, Tuck Attackers Head Under Your Waist, Roll To Your Inside And Throw Opponent. Land In Side Control)
- **STANDING REVERSE TORNADO HOOK** (Same Technique As Above But From Clinch)
- **STANDING SHOULDER DRAG TO ELBOW SUBMISSION** (From Clinch Or Strike Defense, Rotate Attackers Arm to Your Outside. Throw your Inside Leg To Outside And Slide Straight Down Pulling Attacker To Stomach. Attack Elbow And Wrist At Same Time)
- **STANDING HEADLOCK DEFENSE (THUNDER BOLT SLAM)** (Attacker Has You In A Head Lock, Hook Under Attackers Outside Knee, Lift Attacker And Slam To Ground) Finish With Arm Submission.

When testing for third Dan Black, Practitioner must demonstrate all techniques with sparring partner as well as spar with four attacking opponents.



NOTES FOR AUTHORS

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