



Combat Systema



Practitioner Level 3 Requirements

- BREATH:**
- Punctuation
 - Cognitive Vs. Reactive
- HEALTH & MOBILITY:**
- Basic Ground Limb Rotations (Kneeling Leg Propellers, Leg Swings, Wrist Circles, Elbow Propellers, Shoulder Windmills)
 - Bridge Roll
 - The Giant Step
- STRIKING:**
- Basic Jab Catches (Catch, Double Block, Scoop, Chase, Smother)
 - 3 Frames
 - Jab
 - Cross
 - Hook
 - Slavic Jab
 - Round Kick
 - Circle Step
 - Shuffle Step
- GRAPPLING:**
- Intermediate Mount (Elbow Escape)
 - Knee on Body
 - Basic Cross Mount (Ground Running)
 - Russian 2-on-1
 - Basic Chokes
 - Standing Choke Escapes
- WEAPONS:**
- Basic Static Gun
 - Basic Knife Swing Defense (3 frames)
 - Twisted Lead
 - Entering Against the Blade
 - Zoning Against the Blade
- STRUCTURE:**
- Alignment
- COMBAT PSYCHOLOGY:**
- Spinal Loading