



Combat Systema



Practitioner Level 6 Requirements

- BREATH:**
 - Diaphragmatic Isolation
 - Hemispheric Isolation

- HEALTH & MOBILITY:**
 - Compressed Rolls
 - Standing Falls and Rolls

- STRIKING:**
 - Hidden Strikes (a.k.a. Dirty Boxing)
 - 3 Striking Centers
 - Strike Control (Depth, Angle, Time on Target)

- GRAPPLING:**
 - Escaping Spinal and Neck Locks
 - Ground Control and Restraint Tactics

- WEAPONS:**
 - Basic Offensive Knife
 - Basic Offensive Gun

- STRUCTURE:**
 - Integrating Nervous System Affectation (Pressure Points, Vital Points, Eye and Ear Disruption)

- COMBAT PSYCHOLOGY:**
 - Emotional Control