



# Combat Systema



## Practitioner Level 4 Requirements

- BREATH:** -Deprivation and Recovery
- HEALTH & MOBILITY:**
  - The Neck Roll
  - 3 Back Rolls (Sliding, Spaced, Standing)
  - The Helicopter
- STRIKING:**
  - 5 Round Kick Defenses (Loading, Shielding, Riding, Blending, Jamming)
  - Gouging
  - Spearing
  - Caging
  - 3 Steps (Gravity-a.k.a. half step, full step, lunge step)
- GRAPPLING:**
  - Advanced Mount Defense (Reach-n-Roll)
  - Intermediate Cross Mount Defense (Bridging)
  - Ground Choke Escapes
  - Basic Shoots (Double, 2-on-1, 3-on-1, Split, Head Spear)
  - Basic Shoot Defense
- WEAPONS:**
  - Basic Offensive Stick
  - Twisted Lead (Offensive Applications)
- STRUCTURE:**
  - 3 Centers
  - Stirring the Joint
- COMBAT PSYCHOLOGY:** -Predator-Prey Switch