



Combat Systema



Practitioner Level 5 Requirements

- BREATH:** -Leading
- HEALTH & MOBILITY:** -Neck Circles
-4 Front Rolls (Crucifix, Sword, Thread Under, Cradle)
- STRIKING:** -The Bridge Arm
-3 Striking Energies (Antagonistic, Unified, Compound)
-Stutter Step
-1/2 Stutter Step
-Male Step
- GRAPPLING:** -Basic Throws (Hip Throw, Body Drop)
-Finger Chokes
-Basic Offensive Guard
- WEAPONS:** -Basic Improvised Weapons (short stick/umbrella, keys, pen/pocket stick, bag, book)
- STRUCTURE:** -Joint Center of Mass
-Basic Standing Joint Manipulation and Restraint Locks
- COMBAT PSYCHOLOGY:** -Working With Limitations