



Combat Systema



Practitioner Level 2 Requirements

- BREATH:**
- Sufficiency
 - Burst Breathing
- HEALTH & MOBILITY:**
- 3 Planes of Movement (figure-8)
 - Stance and Pivot
 - The Bicycle
 - Shin Box
 - Hunter Squat
 - Cossack Squat
 - Threading
 - 3 Ground Runs
- STRIKING:**
- Elbow Strikes (Low, Mid, & High Frame, Cutting, Upward, Reverse and Downward)
 - Shields
 - Knife Hands
 - Hammerfists
 - Slide Step
 - “V” Step (a.k.a. “The Female Step”)
 - Zoning
- GRAPPLING:**
- Tactical Stands (from distance, from encroachment, from guard)
 - 3 Spinal Levers
 - 3 Timings of Escapes
 - Basic Mount (Bridge Escape)
 - Basic Offensive Guard
 - Basic Guard Defense
 - Clinching Tree (Wrist, Bicep/Tricep, Underhook, Overwrap, Single & Double Nape, Headlock)
- WEAPONS:**
- Basic Blade Yielding
 - Static Knife Frontal (4 basic positions—split grip, double inside, double outside & low)
 - Proxemics (blading, zoning, fencing, loading, tactical vision, tactical breathing)
- STRUCTURE:**
- Angulation
 - Leverage
 - The Body Lock
 - The Harness
- COMBAT PSYCHOLOGY:**
- Basic Visualization