

Beginners Bootcamp Schedule

OCT 1 - NOV 9	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1 MOUNT		1 OCTOBER MOUNT ESCAPES	2	3 MOUNT CONTROL	4	5 MOUNT REVIEW	6
WEEK 2 SIDE MOUNT	7	8 SIDE MOUNT ESCAPES	9	10 SIDE MOUNT CONTROL	11	12 SIDE MOUNT REVIEW	13
WEEK 3 GUARD	14	15 GUARD CONTROL	16	17 GUARD PASSES	18	19 GUARD REVIEW	20
WEEK 4 HALF GUARD	21	22 HALF GUARD BOTTOM	23	24 HALF GUARD TOP	25	26 HALF GUARD REVIEW	27
WEEK 5 BACK MOUNT	28	29 BACK MOUNT ESCAPES	30	31 BACK MOUNT CONTROL	1 NOVEMBER	2 BACK MOUNT REVIEW	3
WEEK 6 STANDING	4	5 STANDING ESCAPES	6	7 STANDING CONTROL	8	9 STANDING REVIEW	10

- **Beginners Bootcamp (BB) Class Format:**

- 90-minute class
- 5-minutes: Basic Warmups, Safety drills, Fundamental movement drills
- 25-minute: Techniques focused on Self-defence scenarios
- 25-minute: Techniques focused on Sparring/Sport scenarios
- 5-minute: Summary
- 30-minute: Positional Sparring/Drilling

- **BB Review Classes:** This class will review all the techniques we've learned throughout the week. It will consist of a 30-minute review of "Escapes" and a 30-minute review of "Control."
- **Beginners Bootcamp Attire:** Comfortable Gym/Workout attire. Tank tops and ripped T-shirts are not allowed.

TOPIC	Self-Defence Focus	Sparring/Sport Focus
MOUNT ESCAPES	Drill 1 - Trap and Roll Escape - Standard, Punch Block + Basic Get-up Drill 2 - Elbow Escapes - Hook removal, Heel Drag + Guard Get-up	Drill 1 - Trap & Roll - Super base + SLX + Standard Sweep Drill 2 - T&R - Neck-Hug + Kip escape + SLX + Get-up Sweep
MOUNT CONTROL	Drill 1 - Mount Control Flow + Modified Mount + Back Mount + Remount Drill 2 - Americana Setup + TAC + Back Mount + Belly Down	Drill 1 - Super Hooks + Elbow Scoop + Hip Thrust Counter Drill 2 - Mount Control Flow + Wrist Isolation + TAC + Back Mount
S.M ESCAPES	Drill 1 - Shrimp Escape - Punch Block + Guard Get-up + Single Leg Counter Drill 2 - HL #2 - Punch Block + TAC + Handcuff - Elbow Pry	Drill 1 - Shrimp Escape - Bump & Shoot + Foot Release + Clamp Drill 2 - Safe Hands + Safe Hug + B. Mount Defensive Hooks + Sweep / Guard Recovery
S.M CONTROLS	Drill 1 - S.M Control Flow + Knee on Belly + Mount Transition Drill 2 - S.M Control Flow + High Step Mount / Rapid Knee Drive	Drill 1 - S.M Front Arm Isolation Tactics + Crucifix Drill 2 - Modified S.M + Split Control + Turtle Control + Back Mount
GUARD CONTROL	Drill 1 - P.B.S (All Stages) + Guard Get-up + Single Leg Counter Drill 2 - Straight Armlock (High) + Sweep + Kimura Handcuff Transition	Drill 1 - Posture Prevention + Pendulum Sweep + Triangle Choke Drill 2 - Guard Retention Tactics + Around Legs High Pummel + Under the Leg - Elbow Push
GUARD PASSES	Drill 1 - Double Underhook (Open Guard) + Guard Prevention + S.M Transition Drill 2 - Double Underhook (Closed Guard) + High Step Mount + Arm Isolation TAC	Drill 1 - Guard Break + Front Side + Knee Split Drill 2 - Standing Break + Double Ankle Sweep Counter + Headquarters Control + Stepover Pass
HALF GUARD BOTTOM	Drill 1 - Lockdown + Guard Recovery + Guard Get-up Drill 2 - Guard Get-up (Knee Shield) + Base Get-up + Distance Control	Drill 1 - Lockdown + Elevator Sweep + Back Mount Transition Drill 2 - Guard Recovery Fake + Half Butterfly + Arm Drag - Back Mount
HALF GUARD TOP	Drill 1 - Tripod Pass Backstep + Cross Chest + Rapid Knee Drive Drill 2 - 3/4 Guard Pass (Heavy Hips) + Smart Knee + Knee on Belly Flow	Drill 1 - Tripod Pass (Front Knee) + Mount Transition + Arm Isolation Drill 2 - Sitting Pass (Lockdown Counter) + Tripod Pass + Back Step Recovery
BACK MOUNT ESCAPES	Drill 1 - Strong Side Transition + Basic Escape + Guard Get-up Drill 2 - Basic RNC Defense + SLX + X-Guard Sweep (Get-up)	Drill 1 - Basic RNC Defense (Weak Side) + Turtle Tripod Shake Drill 2 - Body Triangle Counter + Parachute Escape / Clearing Bottom Hook
BACK MOUNT CONTROL	Drill 1 - Basic Control + Remount + TAC + Chair Sit Drill 2 - Standard Crossover + Crossover Prevention + Modified Back Mount	Drill 1 - Body Triangle + Belly Down Transfer + Back Mount Transition Drill 2 - Turtle Control + Turtle Tip + Heel Drag Back Mount
STANDING DEFENSES	Drill 1 - De-escalation tactics + Clinch (Aggressive) / Spin Choke Drill 2 - Haymaker Punch Defense + Rear Clinch + Single Leg + Double Leg	Drill 1 - Double Leg Counter + Go-Behind + Back Mount Drill 2 - Single Leg Balance + Sprawl + Donkey Kick
STANDING ATTACKS	Drill 1 - Clinch (Conservative) + Front Headlock + Snap Down + Go-Behind Drill 2 - Tactical Intervention (Arm Drag) + Knee on Belly + Randy Roll	Drill 1 - Over-under Clinch Control + Inside Trip + Double Leg Drill 2 - Advanced Double Leg + Corner Cut + Clinch Transition