

This is the complete Sila Voli adult Combat SAMBO/Freestyle Judo curriculum.

Important notes:

- These techniques should be practiced in front of a qualified coach.
- Green Belt techniques are “Self-Defense” techniques and represent the minimum a student needs to defend themselves
- The bulk of the competitive techniques are learned at Blue Belt
- Brown Belt competitive techniques are generally more explosive
- Black Belt techniques are more difficult to perform live

Knowing and being able to perform the techniques for each belt level is NOT solely how rank is determined! Use the SV performance Rubric to monitor your ability for individual techniques and skills. Every student's goal is to develop their own unique “game” to the highest level. Students are encouraged to find and hone their “tokui waza” or “favorite techniques”. When in doubt: focus on the BASICS!

Students should be aware of the 8 core skills of grappling and be careful not to neglect any while developing their skills (the curriculum is designed to address each area thoroughly) :

- Fundamental Movements/Flow
- Stand up Wrestling and Throws
- Guard Skills (Sweeps, Grips, Sub Setups, Improving Position)
- Ground Wrestling Skills (Defensive and Winning Scrambles)
- Passing Skills
- Top Control, Transitions and Pressure
- Submission Skills/Finishing
- Escapes and Reversal Skills (Worst Case Scenarios)

Improvement of techniques happens by applying these 7 steps to your training:

- Imitation
- Slow Speed Partner Drills
- Cross Training to Build Attributes
- Situational Partner Drills At Speed
- Drill Under Stress
- Live Sparring
- Refinement Of Technique

Remember: ALWAYS HAVE A GOAL WHEN YOU ARE TRAINING