



Syllabus: Combat Sambo 1.2 With testing Guidelines

Warning: This Syllabus is for educational purposes only and merely used as an example. Martial arts practice is inherently dangerous: practice at your own risk. Always practice under a certified instructor.

The SV Combat SAMBO syllabus is broken down into four sections or belts: Green, Blue, Brown (including three stripes) and Black. Students with a wrestling or Jiu-Jitsu background should be evaluated and ranked at blue belt upon their start of training.

Green belt techniques consist of basic movements and all self-defense requirements. The techniques of green belt are considered fundamental and as such will be practiced through black belt

GREEN BELT

Green belt is the first belt your students will earn and requires that your students can execute from memory all of the techniques in the set. It is important to note that they do not have to master the techniques at this stage, but only be able to perform them at a compulsory beginner level as prescribed by the performance rubric. All of the techniques of green belt are fundamental and will be mastered as students progress through the following belt levels over the next three to five years. Green belt should take six months to one year to achieve.

Note: fundamental movements like breakfalls, shrimps, bridges, sit outs and sit thrus are not included in the test portion but should be practiced daily and be mastered at this point. Mastery of basic body movements are a prerequisite to testing for green belt.

STRIKES (60 min.)

All Striking techniques should be able to be performed on mitts and during patty cake drills as called out by the examiner over the course of a one hour session.

Stikes
1,2,3 2, 3, 2 3, 2, 3 4
Shuffle step, Side step, Pivot, Bob and weave
Front Kick & Oblique Kicks as checks
Turning Side Kick, low hook kick (Dutch)
Skips, Kick 4 Kick
3 Stances - square, 45, 90
Cover Up/Cover up vitals
Head Butt, knees, elbows
Pendulum step

Throws/Subs (45 min)

All takedowns should be able to be performed from memory with a partner that is cooperative and offering slight, but realistic resistance. Each technique should be performed multiple times with only one or two corrections from the examiner.

- Knee Tap vs Thai Clich
- Power Step To Turtle
- Reinforced 2 on 1 from Over/Under to single leg & lifting O uchi
- Arm Drag steering wheel

- Neck twist takedown
- Front Belt & Arm Wrap Osoto
- RNC Takedown from rear
- Knee on Belly and Knee on Neck
- Front head lock Snap Down
- Standing Guillotine
- Neck twist takedown
- Underhook on wall
- Twisted Branch Throw (americana)
- 2 on 1 wrist Lock
- Underhook throw
- Russian tie sit-thru to Americana

Escapes and Defensive Actions (45 min)

All techniques should be able to be performed from memory with a partner that is cooperative and offering slight, but realistic resistance. Each technique should be performed multiple times with only one or two corrections from the examiner.

- Wrist Grab Escapes
- Technical Stand-up
- Bridge and Shrimp Mount Escape
- Double kouchi sweep etc.
- Ghost
- Worst Case Scenarios (escaping and standing up from turtle positions involving strikes)
- Standing Guillotine Escape
- Bear Hug Escape Step Behind
- RNC Osoto Otoshi Escape
- Waist lock walk-out escape
- Defense against wall 1. neck grab
- Defense against wall 2. switch

BLUE BELT

The Blue belt performance rubric calls for the student to perform all techniques “Very well, at speed, while fatigued” The student should be performing the techniques well in class over a timeframe of months before testing. Students who have a grappling (wrestling, Jiu-Jitsu) background should enter your program at blue belt after an assessment of basic grappling skill. Blue belt begins the students journey into more traditional Judo/SAMBO technique.

The blue belt stage is one of both delivery and discovery: the majority of techniques a blue belt knows and uses are still being delivered by the instructor; however blue belts should begin to discover variations of techniques and adapt certain techniques to their body type. Blue belts may also have a Tokui waza and display more prowess with certain techniques in the curriculum than others; this is normal and should be expected and in fact encouraged. Examiners should be assessing general knowledge of the curriculum and proficiency within each section. Mastery of all of the techniques is not needed, but the student does need to have the ability to perform the vast majority of the techniques well, from memory and at speed.

Drills

Blue belts should be able to demonstrate and be proficient in the following drills:

- Patty cake moving forward and backward for all combinations 1-2, 1-2 switch 3, 2-3-2, 3-2-3, 4-3 including pivots, hook defense and counter hooks (advanced students will be able to sprawl and check kicks)
- Sumo drill with hand fighting and arm-drags
- Demonstrate all drills with a belt: bob and weave, pendulum step and center-line sparring
- Ground movement flow (shadow wrestling): bridge, shrimp, sit out, sit through, technical stand up, inverting etc.
- Demonstrate the basics of retaining a closed guard
- Demonstrate the basics of top control via movement away from the hips

Grips

Demonstrate and explain the usage of:

- The bow and arrow grip (cross grip)
- R vs R Standard Grip
- R vs L Mirror Grip
- Front Belt
- Rear Belt (underhook)
- Over Tie
- Breaking grips to Russian arm tie
- "Steering wheel" grip (belt-line left grip, high right grip)
- Elbow weave

Throws

- Snap down counter to Ouchi and able to counter throw in 4 directions
- Makakomi
- Drop Seoi nage from bow and arrow
- Osoto- Gari (hopping R vs L) Front belt, Standard grip, Over tie
- Lat Drop (Over tie)
- Podsodka: Front, Rear (with leg grab) Side from elbow weave
- Uchi-mata from Over-tie

- Tai-otoshi (Korean and elbow weave)
- Sumi Gaeshi
- Rolling Knee bar
- Sticker from Russian and Elbow weave

Turns

- Front Head Lock
- Japanese Roll
- ¼ Nelson and Reverse ¼ Nelson
- Podsodka
- Palanca/Kimura
- ½ Nelson and Belt

Sweeps

- Pistol Grip Scissor/Push Sweep on Left and Right
- Russian Drag to Juji-Roll
- Old Man Hip Bump Sweep (double wrist arm drag to hip bump)
- Windmill

Passing

- Double Under
- Double Over
- Over/Under
- Cradle vs Half
- Standing to Knee bar

Subs

- Cross Choke from: Knee on Belly, Mount, Guard
- Straight Armbar from Knee on belly, Guard
- Kimura from Side Control
- Paper Cutter and Reverse Cross Choke from Side Control
- Anaconda Choke
- Scarf Hold: Americana, Arm triangle, Waki gatame, Arm Lock using legs
- Straight Ankle Lock
- Knee bar
- Golovu/Grud Arm bar, High mount Armbar (wrestlers)
- Americana From Guard
- RNC
- Triangle Choke
- Juji- Roll

Escapes

- Mount (bridge and roll, half guard)
- Cross side: Ghost, Single leg, Re-guard)
- Scarf Hold: bridge and punch
- Knee on Belly: reverse vs cross choke, deep half escape
- RNC Escape
- ½ to Full Guard
- Full Guard to stand-up ¼ nelson
- Americana counter
- Boot and Leg Stripping vs Straight Ankle Lock
- Knee bar escape
- Basic Armbar escapes