



## COMBATIVES – TAKEDOWNS FOR SLED PROFESSIONALS

**COMBATIVES – TAKEDOWNS FOR SECURITY, LAW ENFORCEMENT, DEFENSE (SLED) PROFESSIONALS** is a 1-day / 8-hour off-the-shelf course that was developed to provide offensive and defensive combative techniques in order to set up, execute a takedown, and control an opponent on the ground.

This extremely physical, full contact course is taught in a mat room environment and modeled from the combatives and defensive tactics programs of military and law enforcement organizations. The program is modeled with a particular emphasis on programs of the U.S. Marine Corps Martial Arts, U.S. Federal Air Marshal Service, and Israeli Defense Force.

**COURSE CONTENT** includes, but is not limited to the following:

- Mat room safety and protocol
- Combat mindset
- Physical training and conditioning
- The will to survive
- Presenting a hard target
- Setting up the takedown
- Softening the target
- The clinch
- Defense against takedowns
- The sprawl
- Single leg takedowns
- Double leg takedowns
- Upper body takedowns
- Sweeps and throws
- Grappling skills
- Situational Training Exercises (STXs)



### ACCREDITATION:

Recce Group is approved and recognized by the South Carolina Criminal Justice Academy (SCCJA) as an institutional service provider of training. Our InstSP number is 301.

### PREREQUISITES:

Course is restricted to U.S. government agencies and armed forces, U.S. Department of State-allied agencies and armed forces, law enforcement, public safety, security, and tactical emergency medical support organizations. Students must provide credentials verifying affiliation with above-listed organization(s). Minimum age for enrollment is 18.

Students should be in excellent physical condition and have no debilitating medical conditions or any medications that could affect physical ability and judgment.

### METHOD OF EVALUATION:

Students must score 75% on a final written examination and successfully complete all performance objectives.

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## **COMBATIVES – TAKEDOWNS FOR SLED PROFESSIONALS**

### **MANDATORY STUDENT EQUIPMENT:**

*Note: Equipment may be leased or purchased upon request and advance notice.*

- Tactical uniform or grappling attire
- Gym attire
- Wrestling / grappling shoes / athletic footwear
- Mouth / teeth guard
- Athletic jock / cup (male students)
- Canteens / hydration system
- Snack items (power bars, fruit, carbohydrate drinks, etc.)
- Towel

### **STUDENTS RECEIVE:**

- Student manual
- Graduation diploma upon successful completion of all performance objectives.

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