



MMA BEGINNERS COURSE AGENDA

Morning Session

1 Day Course

Afternoon Session

SECTION 1

CORE ELEMENTS STRIKING & WRESTLING

Standing striking

- The importance of fighting stance & shape
- Core defensive positions and principles
- Basic punches and counter attacking
- Basic punch combinations
- Adding combinations into your counters

Clinching/Wrestling

- Wrestling posture and grips
- Primary control principles
- Basic clinch striking
- Transitions between primary grips
- Attaining and defending 'Closed Clinches'
- Setups for takedowns
- First takedown

SECTION 2

CORE ELEMENTS GROUNDWORK & SUBMISSIONS

Groundwork & Submissions

- Protecting yourself when grounded
- Returning to standing positions safely
- Basic top grappling positions
- Basic bottom grappling positions
- Regaining control with the legs
- Passing the legs from top positions
- Basic grappling flow drills
- Top position transitions
- Striking from the top
- Taking back control
- Submission principles
- Chokes from the back

SECTION 3

PUTTING IT ALL TOGETHER STRIKING & WRESTLING

Standing striking

- Head movement and flow
- Checking and blocking
- Adding kicks into your striking
- Combining punches and kicks

Combining Striking & Wrestling

- Entries into the clinch from striking
- Entries into takedowns from striking
- Basic sparring drills

SECTION 4

PUTTING IT ALL TOGETHER GROUNDWORK & SUBMISSIONS

Groundwork & Submissions

- Submissions from the bottom
- Sweeping & reversing positions
- Escaping top positions
- Escaping back positions
- Grappling flow drills
- Grappling positional competitions
- Basic striking on the ground

Combining Striking, Wrestling & Groundwork

- Final sparring drills

Session 1

Session 2

Session 3

Session 4

Session 5

Session 6

Session 7

Session 8

8 week course (1 hour a week)

Session 1

Session 2

Session 3

Session 4

4 week course (2 hours a week)