



IMC:DEFENSE

INTEGRATED MARTIAL CONCEPTS ACADEMY

IMC:BUSHIDOKAI IMC:DEFENSE IMC:TACTICAL

Time	Topics may include	
10-11	I. Warm up with Punches: a. Jab b. Cross c. Hook d. Reverse to Body II. Basic Punch Defense Methods: a. Catch b. Scoop c. Rhino Cover d. Loop	<input type="checkbox"/>
11-12	III. Dumog a. Scoop/uppercut/neck hook to knee/sweep b. Scoop/uppercut/neck hook to throw/kickstart variant c. Brush Pass/Scoop/Love tap/Cradle to throw d. Rhino Cover Smash/Over hook/knee/takedown e. Scoop/Rhino Smash/Side Headlock/roll to banana split	<input type="checkbox"/>
12-1	Lunch	
1-2	IV. Single Stick a. 1 and 4 high angle strike/force on force with live hand b. 1 and 4 high angle strike/force on force with live hand grab i. Disarm example 1 ii. Disarm example 2 c. 12 high angle strike/roof to #3 rising smash mouth strike	<input type="checkbox"/>
2-3	V. Double Stick a. Basic sinawali (white belt versions) i. Heaven Six ii. Heaven Standard iii. Earth b. Basic Caveman 1 and 4 strike posture i. S ³ : Step, Smash, Sinawali	<input type="checkbox"/>
3-4	VI. Knife a. Loop/Disarm/Throw b. Loop/Spiral/Drive c. Stalemates i. Circling Hands ii. Slap and Grab iii. Step under/Arch iv. Underarm Catch and Grab	<input type="checkbox"/>

*Angle sequence is based on Lameco escrima for reference purposes only.

