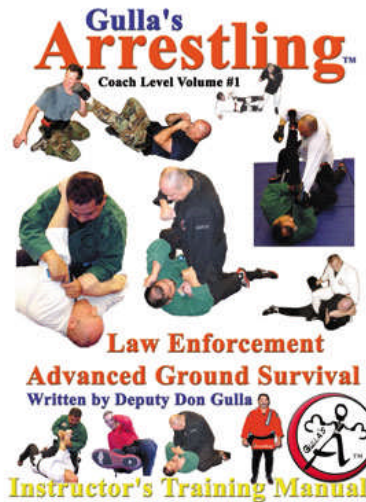


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Arrestling Coach Level Advanced Ground Survival Instructor Course Trainer's Manual - Table of Content

1. Tactical Falls
- 11 Back falls
 - 12 Back fall over mat
 - 13 Front fall
 - 14 Side fall



2. Takedowns
- 15 Arm drag to Front Gossweck Takedown
 - 16 Arm drag to Wrap
 - 17 Wrap front takedown
 - 18 Wrap rear takedown



3. Ground Movement
- 20 Shrimp
 - 21 Hip up
 - 21 Hip up roll
 - 22 Alligator



4. Ground Defense
- 23 Elbow to legs on suspect
 - 24 Kicking suspect to standing position
 - 25 Knee push takedown
 - 26 Leg sensor takedown
 - 27 Gulla roll
 - 28 Escape from mount
 - 29 Escape from guard - Elbow pry
 - 30 Escape crossbody using shrimp
 - 31 Sweep to reversal from guard
 - 32 Sweep to reversal with Knee Push
 - 33 Choke escape from ground

5. Suspect Prone - Hands out
- 34 Suspect pry
 - 35 Knee on tricep
 - 36 Shin on calf
 - 37 Crossface



6. Defense against takedown
- 38 Sprawl
 - 39 Sprawl against leg takedown
 - 40 Elbow block - tie up - deflection
 - 41 Gullotine
 - 42 3/4 Nelson



7. Control and Hold
- 43 Crossbody
 - 44 Figure 4
 - 45 Bowtie
 - 46 Sitout Armbar
 - 47 Sitting Armbar
 - 48 Armbar from mount
 - 49 Open guard to open guard sweep



8. Small joint manipulation
- 50 Same side grab fingerlock
 - 51 Cross hand grab fingerlock
 - 52 Fingerlock from chest
 - 53 Fingerlock on Prone Suspect
 - 54 Fingerlock from Eye Gouge
 - 55 Thumb pry
 - 56 Thumb pry off lapel grab
 - 57 Thumb pry break down

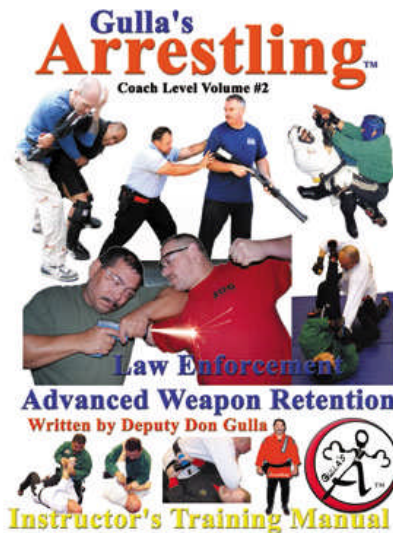


9. Position changes
- 58 8 positions on ground drill



10. Lapel Chokes
- 60 Two Hand Lapel Choke
 - 61 Baseball Lapel Choke

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1. Basic Strikes and Blocks
- 11 Basic Strikes
 - 12 Basic Blocks



2. G-WRAPPS
- 13 Gulla's Weapon Retention and Positional Shooting
 - 16 G-WRAPPS Six Step Drill



3. Gun Out Weapon Retention
- 17 Rear One Arm Two Hand Grab
 - 18 Front Two Hand Grab - Wrist Flick
 - 19 Front Two Hand Grab - High Elbow Release
 - 20 Front One hand Same-side Grab - Elbow Sweep
 - 21 Front One Hand Cross Grab
 - 22 Rear Grab
 - 23 Gun Wrap Behind Back on Ground
 - 24 Gun Wrap Two Hand Behind Back Standing
 - 25 Iron Wing
 - 26 Two Hand Release From Back
 - 27 Mount Barrel Control to G-WRAPPS



4. Suspect Draws Gun Weapon Retention
- 28 Dual Gun Grab Ground Shin Pin
 - 29 Dual Gun Draw Ground Gun Pin
 - 30 Dual Weapons Draw to Headbutt and Knee
 - 31 Dual Weapons Draw - Knee Release

5. Gun In Holster Weapon Retention

- 32 Rear Gun Grab
- 34 Rear Gun Grab - Gun Comes Out
- 36 Auburn Gun Grab
- 38 Front Two Hand Grab to Armbars
- 40 Front Cross Hand Grab
- 42 Front Same Side Grab
- 44 Front Two Hand Grab
- 46 Rear Search Gun Grab
- 47 Rear Gun Grab to Wrist Trap to Gun Draw



6. Handgun Disarm

- 48 Front Using Suspect's Thumb
- 49 Figure 4 From Guard
- 50 Dual Gun Grabs Ground - Suspect Standing
- 51 Suspect On Back - Shin Strip
- 52 Suspect Who's Mounted You
- 53 Front Draw Wraps
- 54 Front Draw Wrist Twist Takedown
- 55 Suspect's Heel Under Trigger Fall
- 56 Suspect Draws From Waistband
- 57 Suspect With Gun Crossbody Disarm
- 58 Suspect on Back, Far Arm Disarm
- 59 Removing Gun from Back of Prone Suspect



7. Long Gun Weapon Retention

- 60 Front Two Hand Barrel Grab
- 61 Front Two Hand Barrel Punch
- 62 Front One Hand Grab Finger Release
- 63 Front Grab To Handgun Draw / Punch



8. Shotgun Weapon Retention

- 64 Front Two Hand Grab Elbow
- 65 Rear Bear Hug To Takedown



9. Dual Weapon Retention - Taser and Handgun

- 66 2 Hand Taser Grab to Handgun Draw
- 67 Dual Rear Gun Taser Grab to Gun Draw
- 68 2 Hand Gun Grab to Taser Crossdraw
- 69 Gun Taser Grab to Taser Draw
- 70 Gun Taser Grab to Handgun Draw
- 71 2 Hand Gun Grab to Taser Draw



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