











Advanced Matrix

10. Tracking The Footwork	10. Seated Breathing Reverse	10. Free spar Boxing 	10. Pistol Neck Side	10. War Game Warm-ups Multiple Attackers	10. Arm Locks & Coordination Drills	10. Slashing Defense L&R In&Out Block and Give	10. Mad Moment	10. Bull Horn To Leg Lock Rhino Horn Choke/Fake	10. Shin Kick Lpalm Jab Lhathorelbow
9. L Jab R Jab Ridedown Armbar Armtwist	9. Standing Breathing Tu-Na 5-6	9. Fighting Strategies Timing Lay back	9. Rifle Rear High	9. Tricks Against Choke BoxingSweeps	9. Counter To Wrestler	9. Stabbing Defense L&R Outside-Strip Lock, Impale	9. Gosukut to Free Spar Charge	9. Proctor Punch Arm-bar Leg Arm lock	9. Rhino Horn Sternum Rhook Sweep
8. Tackle Guillotine Neckbar ChickenW bar	8. Standing Breathing Tu-Na 3-4	8. Attack Combinations with Footwork	8. Rifle Rear Low	8. Jab duck Into Choke & Take-Down	8. Handling Baseball Bats	8. Stabbing Defense L-R Inside-Strip Lock, Impale	8. Free Spar Charge Mixed	8. Jigoku Jime Hell Strangle	8. Bull Hor-RElbow/Fist Rknee to Leg LBackChoke
7. L Jab Heelgrab Legbar Iron Maiden	7. Standing Breathing Tu-Na 1-2	7. Hook, Uppercut Weight, Footwork	7. Rifle Front High 	7. Front Tackle Into Choke & Knee	7. Handling-Multiple Attackers	7. Slashing Defense L&R In&Out Block and Give	7. Free Spar Charge 1-4-6	7. The Snake Using legs In ground Fighting	7. L PalmJam L OsotoGari Knees and Stomps
6. L Jab Groinslap Alligator Iron Maiden	6. Circular Sensing	6. Cross Weight, Hip Footwork	6. Pistol Rear High	6. Lying Knife/Punch Ambar A,B,C	6. Wedge Circling Neck Lock	6. Slashing Defense L&R Outside-Strip Lock, Impale	6. Free Spar Charge 8-9-9	6. Blend to Takedown To Mat entry	6. L Block RPunch Bfist Pair of Knees Ground
5. Roundhouse Knee PainCompl-anc	5. Tiger 	5. JAB Weight, Snap Footwork	5. Pistol Rear Medium	5. Lying Takedown Anklelock	5. Blending Pop-Ups Head Butts Elbow, Knees	5. Slashing Defense L&R Inside - Strip Lock, Impale	5. Free Spar Charge 10-3-7	5. Blend to Takedown To Finish off	5. Dragon No gifts Lft leg give Rt leg Hook
4. L Jab R Jab Osoto -gari 	4. Crane 	4. Glove Defense Against Punches	4. Pistol Rear Low	4. Floating Kick Defenses	4. Thai Kick Toe step Knee Take-down	4. Flow 	4. Free Spar Charge 1-2-5	4. Blend to Takedown	4. Rt Slide Jump in Grab neck Knee
3. L Jab R Jab Elbow Knee LyingArmBar Kickover,Lock	3. Eagle 	3. Footwork Switches Headtakes Ciarle Scatter	3. Pistol Front High	3. Rising Parry, Takedowns	3. Parry Straight Blast Angle Off Line	3. Parrying Check Pass thru Forearm	3. LewisCharge A. Jab, Under, BackFist B. Jab, Cross, U	3. Kummute to Blend	3. Post Lft Rt slide side Lft slide side Rt thigh kick
2. L Jab Elbow Knee Stand ArmBar	2. Dragon 	2. Footwork LRL,RLRR Timing Jab Circle Escape	2. Pistol Front Medium	2. Moving With the Force Drills	2. Triangle Block High, Mid & Low	2. Defanging The Cobra Meet force Pass Thru	2. Penetrating Side-Kick Charge	2. Knee Front Side	2. Lunge Rt Under Lft slap down Rt Face
1. L Jab Uppercut Groinslap Chickening	1. Chi Gung 8 Minute Drill	1. Footwork Up,Back,L,ef, Right. Around Clock	1. Front Low 	1. Breathing Prav-Yav-Nav Standing Kneeling.	1. Pad Slap Drills Punch & Kick	1. Slashing Figure 8 Horiz, Diag Add Thrust	1. Penetrating Gosoku Charge	1. Kick To thigh 	1. Bat RRoundhouse Rt BackKick
Cucci Seal Trng	Chi Gung Energy	Lewis Box/Kumute	FireArm Dis-arms	Russian System	Clugston Combat/KID	Cucci Knife	Kumute Charging	Close-in/ Ground	Proctor Cage