



**4 - STREET MOUNT GAME (TOP) - 50 ROUNDS**

										10
										20
										30
										40
										50

**TRANSITION GAMES**

**1 - "WILD MAN" GAME - 50 ROUNDS**

										10
										20
										30
										40
										50

**TECHNIQUE SEQUENCE**

CLINCH, OPPONENT DOES HEADLOCK TAKEDOWN, GET TO BACK, CHOKE.

										10
										20
										30
										40
										50

**FOCUS MITTS**

PERFORM 50 TWO- MINUTE ROUNDS on the focus mitts, working in all ranges.

										10
										20
										30
										40
										50

**REQUIREMENTS**

These are the rounds that you must complete before taking your QS Level 1-B test. Each round should be played at moderate intensity, utilizing proper safety equipment- helmets with face cage, gloves, mouth piece, cup, and shin guards. Always play the games in a safe manner, as injuries are detrimental to your well-being and to the process of improvement.

With diligent practice this level will take about 4 months. Don't rush through. Make sure to do each round with full attention to ingrain good combative habits. Enjoy your training and LOG YOUR ROUNDS!