

3 - COMPLETE GROUND GAME - TOP

(Start in opponent’s guard, go from there. If a submission occurs, start again.) - 100 ROUNDS

										10
										20
										30
										40
										50
										60
										70
										80
										90
										100

4 - COMPLETE GROUND GAME – BOTTOM

(Start with opponent in your guard, go from there. If a submission occurs, start again.) - 100 ROUNDS

										10
										20
										30
										40
										50
										60
										70
										80
										90
										100

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 Four-a 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 5 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!