



**3 - INTERVIEW GAME**

(Start in the interview position and go wherever. If there is a submission, start again in the interview position. "Attacker" can do any type of attack, including drawing a weapon.) –

100 ROUNDS

										10
										20
										30
										40
										50
										60
										70
										80
										90
										100

**TECHNIQUE SEQUENCE**

BOXING BLAST TO THE WALL, TO NECK CLINCH, TO BODYLOCK, TO DOUBLE LEG TAKEDOWN. (THEN ESCAPE, STRIKE, PASS, ETC.)

										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-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 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!**