1. Violence & Prevention:
   - Violence
   - Awareness and prevention

2. The MMA Base:
   Basic techniques and training methods from the styles/areas below. They will continue to be expanded upon throughout training. Most training here is sparring based. See our training page for more information on the MMA Base.
   - Boxing
   - Thai Boxing
   - Clinch
   - Ground/BJJ

3. The Fundamental Five & Related Drills:
   Partner drills, solo drills, and sparring integration. Default responses are drilled for repetition to develop conditioned responses at full speed and power. Positioning and control positions are emphasized. Techniques are trained in the context of how violence happens. Prevention drills, scenario training, and environmental training is included. See our training page for more information on the training methods included here.
   - Hit & Run
   - Blast
   - Crash
   - Takedown Defense
   - Clinch Entry
4. Weapons & Multiple Opponents:
All types of training are used here, from solo and partner drills to sparring. Much of the weapons training comes from my Functional Kali sub-curriculum and the 4 Step Matrix. The material in the previous sections is also expanded upon, and high stress/adrenal training is added.

- Stick and Sword
- Palm Stick
- Knife
- Linked Weapons
- Projectile Weapons
- Multiple opponent footwork, techniques, and strategies

5. Joint Locks, Throws, & Gun Defense:
Joint locks and throws from a variety of martial arts not covered in the MMA Base are included here (see my aikido page for some examples), and trained to be integrated into the Fundamental Five and regular sparring. They are also used against gun threats.

- Application of additional joint locks & throws
- Defense against gun threats

6. Wing Chun:
All training methods are used (although traditional wing chun training is not). Wing chun techniques/structures are added to the MMA Base and integrated into both sparring and scenario drills.

- Techniques, structures, and jamming attacks
- Interception drills