



**ProMAC**<sup>SM</sup>

Professional Martial Arts College

Session 10A, Section # 5

# Pro-MAC National Section #5

Cutting Edge Classroom Concepts

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## **TOPIC 1 – ADVANCED HAND SPEED DRILLS**

### Four Swords Drill

Four Swords Drill is an interactive partner drill designed to enhance speed, timing, coordination, and blocking and striking skills

Double Punch Counters these self defense techniques are taught in a progressive fashion designed to gives students a more realistic approach two self- defense practice.

Arms Sweep  
Divided Sword  
Sleeper  
Dance of Death



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## **TOPIC 2 – TWO PERSON GRAPPLING FLOW**

This flow puts a strong emphasis on basic positions, submissions, and effective defense.