

## CURRICULUM BREAKDOWN

### DESCRIPTION:

G.E.T. UP (Ground Escape Tactics) involves empty hand practitioners escaping the ground against unarmed or armed attackers. Often times engagements may end up on the ground, not a pleasant place to be in the streets. G.E.T. UP will arm the practitioner with the necessary knowledge of getting to a vertical base as quickly as possible and mitigating any threats which may present themselves while engaged in ground combat.

### TECHNIQUES:

PRACTITIONER'S OBJECTIVE	POSITION	WEAPON USED BY ATTACKER
Attacking	Side control	
Attacking	Full mount	
Attacking	Guard	
Attacking	Scarf hold	
Defending	Side control	Gun and/or knife
Defending	Full mount	Gun and/or knife
Defending	Guard	
Defending	Scarf hold	
Defending	Rear mount	
Attacking	Rear mount	