



BSF COMBAT AWARD FRAMEWORK

Yellow Award

Principles and Conduct

Wear the correct uniform and have belt tied correctly.

Demonstrate fighting stance, Demonstrate striking footwork (follow step, normal step, switch step, pivot). Demonstrate throwing footwork (T Step, Triple step, Cross step, Step by, knee over toe). Demonstrate Grips (Matched Grip, Cross Grip, Russian Tie, Double Sleeve) Demonstrate Grip Breaks and Head Angle (Dissolves, 2 on 1, tear off)

Demonstrate breakfalls (Front, Back and Side, forward and back roll, head and hands)

Throws and Takedowns

Demonstrate half shoulder throw / Forward Trip.

Demonstrate Hip Throw

Demonstrate Single Leg.

Demonstrate Lateral Drop / Hurdle Split / Little Bull

Strikes

Demonstrate the 9 basic punches involved in Combat Sambo (Jab, Cross, Left and Right Hook, Left and Right Uppercut, Body Shots and Overhands/Casting punch).

Demonstrate 4 most common kicks in Combat Sambo (Left and Right Front kick, side kick, round kicks and lowkicks and turning back kick).



BSF COMBAT AWARD FRAMEWORK

Orange Award

Principles and Conduct

Be able to Demonstrate the content of the previous Award Framework(s).

Demonstrate Breakfalls (Jumping forward rolls both long and high, handstand rolls, cartwheel , arab spring)

Demonstrate Striking Defenses (Palms, S Block, Wedge Block, Elbow Covers)

Throws and Takedowns

Demonstrate Rice Bale / Front Headlock Roll or Suplex

Demonstrate Valley Drop / Mat Return / Rear Suplex

Demonstrate Sweeping or Springing Hip Throw

Demonstrate Inner Thigh Throw or Uchi Mata

Perform a variety of throws and takedowns using the above mentioned striking defenses.

Groundwork

Perform the "Clock" pinning sequence.

Demonstrate a Figure 4 Arm Lock / Kimura / Americana from one of the common pinning positions.

Demonstrate a Straight arm lock / Arm bar from one of the common pinning positions.

Demonstrate an Arm Triangle Choke from one of the common pinning positions.



BSF COMBAT AWARD FRAMEWORK

Green Award

Principles and Conduct

Be able to Demonstrate the content of the previous Award Framework(s).

Demonstrate Breakfalls (Flip and leaf)

Throws and Takedowns

Demonstrate Head Hip and Knee / Neck Throw

Demonstrate a Double Leg takedown

Demonstrate Spinning throw

Groundwork

Demonstrate open guard pass (Spanish Roll, cradle, knee cut)

Demonstrate open guard pass (Logsplitter, Hammerlock, combat base)

Demonstrate Sliding Collar Strangle from Backmount / Turtle

Demonstrate Triangle Choke from Guard / Mount

Demonstrate Cross Choke from Guard / Mount

Striking

Demonstrate Front, Round and Inside knees from range and clinch positions.

Demonstrate effective gripping for above mentioned knees.

Sparring / Free Form

Perform above mentioned groundwork attacks following your own chosen throw.

Perform above mentioned strikes as entries to your chosen throw.

Perform three, one minute rounds of Throw Sparring / Randori



BSF COMBAT AWARD FRAMEWORK

Blue Award

Principles and Conduct

Be able to Demonstrate the content of the previous Award Framework(s).

Demonstrate Breakfalls (Spring or Straddle from Back Roll, Granby Rolls, Back breakfall with technical getup)

Throws and Takedowns

Demonstrate Full Shoulder Throw

Demonstrate Cross Buttock Throw

Demonstrate Side separation

Demonstrate Corner reversal

Groundwork

Demonstrate Rear Naked Strangle (from Backmount or Turtle)

Demonstrate Single Wing Strangle (From backmount or turtle)

Demonstrate Knee Bar (Step over and Back Stepping)

Demonstrate Straight foot lock / Achilles crush

Striking

Demonstrate round, rising and dropping elbows.

Demonstrate elbows as defenses to strikes or grappling entries.

Sparring / Free Form

Perform two, three part throw sequences in a random order (Inside Hook > Inside Sweep > Shoulder Throw, Double leg > Single Leg > Hip Throw)

Perform three, one minute rounds of shootbox / Striking with Throws Sparring

Perform three, one minute rounds of grappling sparring (standing to ground)

Perform three, one minute rounds of grappleboxing / ground sparring with strikes.



BSF COMBAT AWARD FRAMEWORK

Brown Award

Principles and Conduct

Be able to Demonstrate the content of the previous Award Framework(s).

Throws and Takedowns

Demonstrate 15 different throws or takedowns of the candidates choice including a striking entry (defense or offense) and a groundwork finishing technique.

Demonstrate 8 different combination throws or takedowns of the candidates choice.

Demonstrate 4 Assisted Throws / Completing Failed Throws.

Groundwork

Demonstrate 4 different chained submission attacks and examples of double threat.

Striking

Demonstrate Head Butts as an entry and from grips.

Demonstrate Spinning Back/Hammer fist.

Demonstrate Jumping kicks (Front, Side and Round)

Demonstrate Hook Kick and Spinning Hook Kick

Competition / Sparring and Tactics

Either Medal in a Combat Sambo Tournament OR Show a good performance across five, five minute rounds of Full Combat Sambo Sparring.

Explain the tactical reasons to use ground and pound as apposed to submissions or pins in various situations.

Explain and Demonstrate effective area control within the normal competition area.

Coaching

Teach two different techniques of examiners choice to beginners.



BSF COMBAT AWARD FRAMEWORK

Purple Award

Principles and Conduct

Be able to Demonstrate the content of the previous Award Framework(s).

Throws and Takedowns

Demonstrate Inside and Outside Hook.

Demonstrate Inside and Outside Sweep.

Demonstrate Ankle pick

Demonstrate Dead Tree Drop from a Single Leg or Round Kick.

Groundwork

Demonstrate leg locking positions (Ashi, Cross Ashi, 50/50, Saddle, Hip Knot)

Demonstrate Calf Crush from Ashi

Demonstrate Calf Slicer from turtle

Demonstrate Bicep Slicer from Arm Lock

Sparring / Free Form

Perform three, five minute rounds of Combat Sambo Light sparring showing effective shot selection, smoothly linked together techniques and a tactical understanding of the rules.

Coaching

Conduct a warmup for a group of students including a variety of movements and drills with consideration for safety and skill level of participants.



BSF COMBAT AWARD FRAMEWORK

Black Award

Principles and Conduct

Be able to Demonstrate the content of the previous Award Framework(s).

Competition / Sparring and Tactics

Win a National Combat Sambo Championships.

Explain and Demonstrate the intricacies of the Combat Sambo Ruleset.

Coaching

Conduct a class including warm up, cool down and teaching 4 techniques of examiners choice to relative beginners.

Must include a good understanding of the principles of coaching, safe demonstration and instruction of techniques, an organised lesson plan and adaptation to students individual needs (where necessary)

THIS IS NOT A REPLACEMENT FOR A BSF COACHING QUALIFICATION.

THE INTENT OF THE COACHING SECTION IS TO EXAMINE YOUR UNDERSTANDING, NOT TO QUALIFY YOU AS A COACH.