

Ground Combat Training Information's and Fees

Course Code: 006/GC/06



For Regular or Group Class Training Fee's Structures:

The journey to achieving your Black Belt is a long and challenging one, a journey which usually takes between 2 to 4 Years. Some schools go by a Ranking System using different colored shorts here at LSDU we go by the Belt Grading Systems.

Group Class Fee's Structure:	
Admission Fee:	1000 INR
Fees:	4500 INR
Membership:	Don't Entertain Any Affiliations
To Be Paid on First Day: 5500 INR	
<i>Design for Businessman, Corporates, Ladies, Professionals, Law Enforcement Agencies, and Individuals with special purposes only. "There will be an interview before accepting for this course</i>	
White Belt:	<i>Beginner Level, then advancing 1st through 4th Stripe</i> Level 1 (1-Stripe) – 1 Month Level 2 (2-Stripes) – 1 Month Level 3 (3-Stripes) – 1 Month
Blue Belt:	<i>Intermediate Level, then advancing 1st through 4th Stripe</i> Level 1 (1-Stripe) – 2 Months Level 2 (2-Stripes) – 2 Months Level 3 (3-Stripes) – 2 Months
Purple Belt:	<i>Advanced-Intermediate Level, then 1st through 4th Stripe</i> Level 1 (1-Stripe) – 2 Months Level 2 (2-Stripes) – 2 Months Level 3 (3-Stripes) – 2 Months
Brown Belt:	<i>Advanced Level, then 1st - 4th Stripe. Recipients must be 18 Years or Older</i> Level 1 (1-Stripe) – 3 Months Level 2 (2-Stripes) – 3 Months Level 3 (3-Stripes) – 3 Months
Black Belt:	<i>1st Degree</i> - Expert Level. Black Belts recipients must be 18 Years or older.
Black Belt:	<i>2nd Degree</i> - Instructor of MMA.
Black Belt:	<i>3rd, 4th Degree</i> - Professor of MMA <i>5th, 6th Degree</i> - Senior Professor of MMA
Black Belt:	<i>7th, 8th Degree</i> - Master of MMA (You may Wear Black Belt or Black/Red Belt)
Red Belt:	<i>9th, 10th Degree</i> - Grand Master of Mixed Martial 9 th Arts

Average Time to Achieve Belt Rank with Consistent Training	
White Belt:	6-Months to achieve 4 th Stripe Ranking
Blue Belt:	8-Months
Purple Belt:	1-Year
Brown Belt:	1-Year + 6-Months
Black Belt 1:	20-Months to Achieve 1 st Degree

Ground Combat Intensive Training Info	
Duration:	3 Months to 6 Months to 1-Year
Timing:	2 Hours [4 Days a Week]
Fees:	38,500 INR / Months
Note: <i>Student's enrolling in this course will avail the same benefits as other courses.</i>	
For Private Training: -	Rs. 20,000/- Per Month [* Conditions Apply]

Specialize Intensive Training Curriculum	
1. Training and Conditioning	12. Hand Mitt Striking Routines
2. Weight Training	13. Speed Striking Drills
3. Stand Up Punching and Elbow Striking	14. Ground strikes From the Mount Position
4. Kicking Techniques	15. Ground Strikes from in the Opponent's Guard
5. Knees Strikes	16. Ground Strikes from the Top Side Mount Position
6. Blocking and Slipping Techniques	17. Ground Strikes from the Side Mound Position
7. Defensive Counters Against Strikes	18. Ground Strikes from in the Guard Position
8. Blocks and Counters Against strikes	19. Ground Strikes from the Bottom Position
9. Offensive Striking Combinations	20. Ground Strikes with Opponent in Turtle Position
10. Clinching Knee Techniques	21. Kicking from the Ground Position
11. Striking Reflex Drill	22. Takedowns and Defending Against Takedowns

Note: *Duration Depends on How Fast Students can grab and understand the Weapons Basic Formula and its Applications.*

Number of Classes for Group Training: 14 Classes a Month

Number of Classes for Personal Training: 12 Classes a Month