

THIS STYLE LEANS HEAVILY INTO WHAT MAKES HUMANS THE DOMINANT PREDATOR ON THE PLANET, RUNNING, QUICK REASONING, AND ADAPTABILITY.

THERE ARE THREE PILLARS: FUNCTIONAL CARDIO/STRENGTH TRAINING, COMBATIVES, AND THEORY.

### PROGRESSION BY LEVEL - CARDIO/NAVIGATION

- RUNNING FOR TIME
- RUNNING FOR SPEED
- OBSTACLE RUNNING
- SWIMMING
- LONG DISTANCE
- NAVIGATION
- MAPPING
- CLIMBING
- SOCIETAL PHYSICAL STRUCTURE

### PROGRESSION BY LEVEL - INDV. COMBAT

- BOXING / SD BOKS / MMA
- GRAPPLING - ANATOMY
- STAB WEAPONS
- KALI / ESRIMA
- SLASH WEAPONS
- POLE WEAPONS
- PRIMARY RIFLE
- SHORT-RANGE FIREARM
- LONG-RANGE FIREARM
- EXPLOSIVES

### PROGRESSION BY LEVEL - THEORY

- HOW TO LEARN
- HOW TO COMMUNICATE
- HOW TO MANAGE CONFLICT
- ESCALATION / USE OF FORCE
- ACCESS CONTROL SYSTEMS
- ENTERPRISE ORGANIZATIONS
- HISTORY OF FREEDOM
- ARTISTIC EXPRESSION