

**DRILL 5: Freestyle Fight Simulation**

In a five-minute Freestyle Fight Simulation Drill, you will demonstrate as many different Gracie Combatives techniques as possible in response to indicators presented by your partner. In this drill, we will again assess your technical accuracy, but first and foremost, we use fight simulation to evaluate your reflexes. So, it is essential for you and your partner to remain silent. Specifically, neither you nor your partner should announce indicators or call for techniques. The sole exception to this rule is when communication is necessary to cooperatively transition to a new position in order to maximize the volume and variety of techniques. Also, make sure that your partner challenges you with realistic bad guy behaviors at a speed that will enable us to assess your true reflexes. A properly executed Freestyle Fight Simulation Drill will help us confirm your street readiness and earn you your Gracie Combatives Belt.

**Minimum Time:** 5 Minutes**Maximum Time:** 6 Minutes