



**INTERNATIONAL SUBMISSION WRESTLING ALLIANCE  
(ISWA)  
Registration form**

## **General Information**

The **International Submission Wrestling Alliance** was created for the sole purpose of promoting and spreading Catch as Catch Can Wrestling and CACC based systems such as shoot wrestling, Luta Livre, SAW (submission arts wrestling) and others. Promotion is done through seminars, workshops, and tournaments such as the LETS SHOOT event.

The ISWA promotes but does not limit itself to CACC as affiliate schools abound from all over the grappling community and includes friends and affiliates from BJJ, Judo, Sambo, etc.

### The ISWA content:

- The Catch as Catch Can stance, hand fighting and tie-ups
- Efficient takedowns, (e.g., mares, leg dives, suplays, scissors, school-boy, etc.)
- Position defense, transitional escapes and reversals
- Catch-specific submissions like the short arm scissor, the key lock, toe-holds, stockades, etc
- Pinning: completely incapacitate your opponent without injury!
- Chaining drills (Lockflows) to increase your proficiency
- CACC's approach to the "guard"
- Positions and rides: punish your opponent without even trying!

### The ISWA curriculum and syllabus:

The ISWA course plan and list of techniques are available to members through authorized ISWA instructors and group leaders

### ISWA 5 level program

#### **Level 1: Apprentice**

Will be asked to demonstrate basic principles and techniques of the CACC curriculum as set forth by the ISWA

#### **Level 2: Catch Wrestler**

Will be asked to demonstrate applications of the various CACC techniques and its first 5 lockflow sets as detailed in the ISWA Curriculum. Will also have to demonstrate proper application of techniques while in combat.

#### **Level 3: Advanced Catch Wrestler**

Same as Level 2 but will have to demonstrate all 10 basic lockflow patterns.

#### **Level 4: Assistant Coach**

Upon recommendation of certified ISWA coach only. Will be taken into consideration all applicants



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who have successfully passed all 3 levels and have demonstrated proper conduct. Should also demonstrate the proper knowledge and performance of warm ups and specific conditioning drills of CACC.

**Level 5: Coach**

Upon recommendation of the ISWA advisory board. Will be taken into consideration all applicants who have diligently promoted CACC through teaching, competitions, seminars, etc.

*\*The ISWA advisory board may promote anyone to any level on a honorary status as recognition for past involvement to the promotion of CACC. All promotions are free of charge and are established only as a way to further promote CACC and form knowledgeable and capable coaches. These levels have no meaning outside of the ISWA. The 5 levels as set forth by the ISWA has been created to insure uniform teaching curriculum within all ISWA affiliated schools.*

**Joining The Movement**

The official ISWA instructor's course

The ISWA instructor's course is a five stage program consisting of techniques outlined in five one hour individual DVDs. This program is the first step towards becoming an ISWA licensed instructor.

Novice or advanced, whether you plan to incorporate CACC into your existing training programs or are just starting out, this course is where it all begins. It's an easy, inexpensive way to evaluate if CACC is right for you and/or your school.

Once you have gone through the material and are ready to demonstrate your skill, the program can be completed in one of two ways: The first option is to schedule a test with a Regional Coordinator. Their contact information is available under the regional coordinators section of our website. The second option is to film a 30 minute video-tape (or DVD) demonstrating the techniques covered in the course and send it directly to the ISWA for review.

Once you have completed the instructor's course and received your certificate of completion, you are eligible to attend ISWA instructor camps. Camps are offered 3 times a year. During the camp you will have the opportunity to work one-on-one with advanced instructors and fine tune your skills. Only certified ISWA instructors can test students and assign rank. Exclusive area licenses are also only available to certified ISWA instructors.

**DVD'**

- CACC-1 Basic - \$39.95
- CACC-2 Intermediate - \$39.95
- CACC-3 Advanced - \$39.95
- CACC-4 Assistant Coach - \$39.95
- CACC-5 Coach - \$39.95

To purchase your Official ISWA Instructor's DVD Course order *(to be made available soon)*  
<http://www.catchwrestlingcanada.com/>.



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Or send check or money order payable to:  
Kris Iatskevich  
1295 Copping, J6E 1W8  
Joliette Qc

Email ISWA for more information  
[Fightgear@catchwrestlingcanada.com](mailto:Fightgear@catchwrestlingcanada.com)

**Seminar Tapes**

These are filmed live workshops  
See how easily CACC is adapted to any style or system: *(to be made available soon)*

Volume 1 \$29.95 Aquiring CACC skills  
Volume 2 \$29.95 The Leg Lock Series

Email ISWA for more information  
[Fightgear@catchwrestlingcanada.com](mailto:Fightgear@catchwrestlingcanada.com)

**The International Submission Wrestling Alliance Affiliate Club  
Program**

Affiliate Club Membership

These memberships are for CACC schools or other martial art schools that endeavor to include ISWA training principals as their main curriculum or as a complementary training tool. A club membership is not a franchise but does require schools to conform to The ISWA standard. The goal is to standardize CACC training routines within all ISWA schools. An affiliate club membership requires a high level of commitment on the part of members as they will be asked to promote CACC.

**Affiliate Clubs will receive:**

- Permission to use the credential "Affiliate Member School in Good Standing of the ISWA" (pending approval)
- Two copies of a membership certificate. Owners of more than one school will receive an additional certificate for each school enrolled
- Hands on training advice at anytime
- 10% off services and products offered by the ISWA (for all actively enrolled students of your club)
- A club specific forum on the ISWA forum
- Opportunity to place a link including e-mail, website link, contact information, and a brief description of your school on the members page of the ISWA website



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Affiliate Clubs are required to:

Attend at least one ISWA Seminar per year at our school.

Seminars are free of charge for ISWA affiliate instructors who bring at least two paying participants/students.

For more info or to Join the ISWA  
[Fightgear@catchwrestlingcanada.com](mailto:Fightgear@catchwrestlingcanada.com)

(Please print)

Name: \_\_\_\_\_

Name of school: \_\_\_\_\_

Instructor: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_

City: \_\_\_\_\_ Province/state: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Country: \_\_\_\_\_

Tel: \_\_\_\_\_

Birth Date: \_\_\_\_\_ Sex: \_\_\_\_\_ Height: \_\_\_\_\_ Weight: \_\_\_\_\_

Applicant's signature: \_\_\_\_\_ Dated: \_\_\_\_\_

Parents or Guardian's signature (if under 18 years old): \_\_\_\_\_