



2nd Battalion, 29th Infantry Regiment



Achieve the Clinch Drill (Option III)

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General



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- REFERENCE. FM 3-25.150 Modern Army Combatives Program, Annex A SOP (Nov 2010)
- The Achieve the Clinch Drill is conducted on Day 3 of the Basic Combatives Course (Level I).
- The Safety NCOIC/OIC briefs Punchers and Clinchers on the purpose of the drill, safety considerations, and the drill itself.



General Cont...



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- The drill will be performed four times with each student.
- The Drill will start from hook and head control.
- Student attempts to achieve the clinch while the puncher utilizes the “Universal Fight Plan”.



Purpose of the Drill



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It is the overall intent that each student succeeds in the drill, and gains the personal confidence to close with the enemy. This means the puncher will usually have to allow the student to succeed. The Drill is not a right of passage!



Purpose of the Drill Cont...



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1. Instill Warrior Ethos
2. Practical application exercise
3. Desensitize Soldiers to prevent Soldiers from having to experience being hit for the first time in combat.



Purpose of the Drill Cont...



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- Four positions trained to each student for achieving the clinch:
 1. Rear clinch
 2. Modified seatbelt position
 3. Double under-hooks
 4. Wall Clinch



Rear Clinch



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Modified Seat Belt



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High Double Under-Hooks



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Low Double Under-Hook



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Wall Clinch



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Criteria for Clinch Drill



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- All Students will:
 - Wear a mouth piece during drill
 - Execute the clinch drill
- All Punchers will:
 - Hold a minimum combatives certification of Tactical Combatives Course (Level II)



Criteria for Clinch Drill Cont...



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- Individuals with a recent head injury (possible concussion within last 7 days) may not conduct the clinch drill without written consent of medical PA.
- Individuals who have had laser eye surgery must wear approved head gear during the Drill.



Criteria for Clinch Drill Cont...



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- Safety Officer/NCO:
 - Will be in place at all times during the drill
 - May not under any circumstances participate as one of the Punchers



Briefing Punchers Prior to Drill



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- Briefer will be the Safety NCOIC/OIC; at a minimum Basic Combatives Instructor Course (Level III) certification.
- Briefer will brief:
 - The purpose of the drill
 - Identify the NCOIC and safety officer/NCO
 - Safety considerations
 - A rotation plan for multiple punchers and/or multiple rings



Briefing Punchers Prior to Drill Cont...



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- Briefer will brief(cont):
 - Hand and arm signals
 - Exits to the designated training area
 - Increase of intensity for each iteration
 - What to do in case of injury or altercation
 - What to do if a fight moves to the ground
 - “Universal Fight Plan”
 - Use of the “Plumb” or “Hard Wizzer”



Briefing Punchers Prior to Drill Cont...



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- Punchers may not:
 - Strike the back of a students head.
 - Head Punches will be limited to the front and sides of the head.
- If a student takes more then three punches to the head:
 - puncher should intentionally miss, allowing the student an opportunity to close



Briefing Punchers Prior to Drill Cont...



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- Body punches will be limited at Clinch range in order to reduce potential of injury to students as follows:
 - 1st Iteration- 2 body shots
 - 2nd Iteration- 2 body shots
 - 3rd Iteration- 2 body shots
 - 4th Iteration- 2 body shots
- No limit from Striking Range



Briefing Punchers Prior to Drill Cont...



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- Stop the drill if a student spits out his mouth piece.
- Reinsert into the student's mouth and continue the drill at designated range.
- Ring NCOIC/OIC will control punchers



Briefing Punchers Prior to Drill Cont...



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- In case of any type of injury, altercation, or any questionable circumstance the puncher will look to the ring NCOIC/OIC for guidance.
- Neither student nor puncher will attempt to take the fight to the ground at any time.



Briefing Punchers Prior to Drill Cont...



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- All forms of the clinch will be demonstrated to the students prior to the drill as part of the Brief
- Students will be given an opportunity to ask the NCOIC/OIC any questions they feel are relevant



Uniform



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- Students will wear Standard Combatives Uniform per FM 3-25.150
- Punchers will wear quality, serviceable 16oz boxing gloves and be in Standard Combatives Uniform or in an Instructor Uniform with an ACU Top



Drill Completion



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- Will be determined by the NCOIC/OIC
 - Student or Puncher is seriously injured
 - NCOIC/OIC observes unsafe conditions
- Student achieves one of four Clinch position.
 - Rear-clinch
 - Modified seatbelt
 - Double under-hooks with body-lock
 - Wall clinch



Drill Completion Cont...



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- “Ten Second Rule” Student is stabilized and dominates in the clinch for ten seconds
 - If ten seconds go by after closing the distance, and the student is **actively attempting** to obtain the clinch position for ten seconds, they will be awarded the clinch.
- If both the puncher and student end up on the ground, the drill will restart from designated range.
 - If student falls, puncher will stand in front of student, but allow student to stand in base.



Drill Completion Cont...



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- One Minute Rule:
 - In the event that a student does not have the aptitude to achieve the clinch within one minute, the drill will stop and the student will be retrained, and will restart the drill when given adequate time to recover. If it happens again the student will be counseled and dropped from the course.



Drill Completion Cont...



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- Student quits by exiting the training area
- In the event that a student is deemed to be unable to defend him/herself the drill will be stopped



Safety NCOIC/OIC Responsibilities



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- Safety Officer/NCO
 - Briefs both the punchers and students whenever possible
 - Ensures ring NCO's control their rings
 - Counsel any puncher or student who fails to follow the rules
 - Counsel any student who fails to complete the drill



Safety NCOIC/OIC Responsibilities Cont...



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- Safety Officer/NCO
 - Ensures students receive medical attention when needed
 - Ensures OPREP is sent up to the chain of command on any serious incident that may occur during the drill



Train-up Prior to Drill



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- Five-part discussion:
 1. The Universal Fight Plan
 2. The Counter to the Universal Fight Plan
 3. The 3 Elements of a Stand-Up fight
 - Range
 - Angle
 - Level



Train-up Prior to Drill Cont...



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- Five-part discussion(Cont):
 4. The four basic ranges of a fight
 1. Projectile Weapons Range
 2. Striking Range
 3. Clinching Range
 4. Ground Fighting Range
 5. How each Element of the fight relates to achieving the Clinch



Train-up Prior to Drill Cont...



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- Drills:
 - Closing the distance with your opponent
 - The King Louis Drill
 - Turn the Corner from the 50/50 position into the modified seatbelt position
 - Close the distance and go into the Modified Seatbelt Position
 - The Over-hook Counter Drill (same side and switch sides)
 - Basic Pummeling



Demonstration Prior to Drill



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- Safety NCOIC/OIC will demonstrate or will provide demonstrators while briefing this portion of the brief:
 - All four clinches
 - Scenario
 - Closing the distance with the opponent



Closing the Distance w/ Opponent



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Striking Range (Starts from Projectile Range)

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Closing the Distance w/ Opponent Cont...



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Changing Levels

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Closing the Distance w/ Opponent Cont...



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Step in and bury Head into Chest

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Hands trace Chest, Shoulders, Biceps



The King Louis Drill



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Bicep control



Opponent attempts to slap

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The King Louis Drill Cont...



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Table top



Maintain Table top, Turn the corner

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Closing the Distance into the Modified Seatbelt Position



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Pummeling/Swim



Achieving the Clinch



Modified Seatbelt Clinch

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50/50 into the Modified Seatbelt Position



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50/50 Clinch

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Shoot Arm Skyward, Step with knee up



Achieve Basic Clinch



The Over-hook Counter Drill



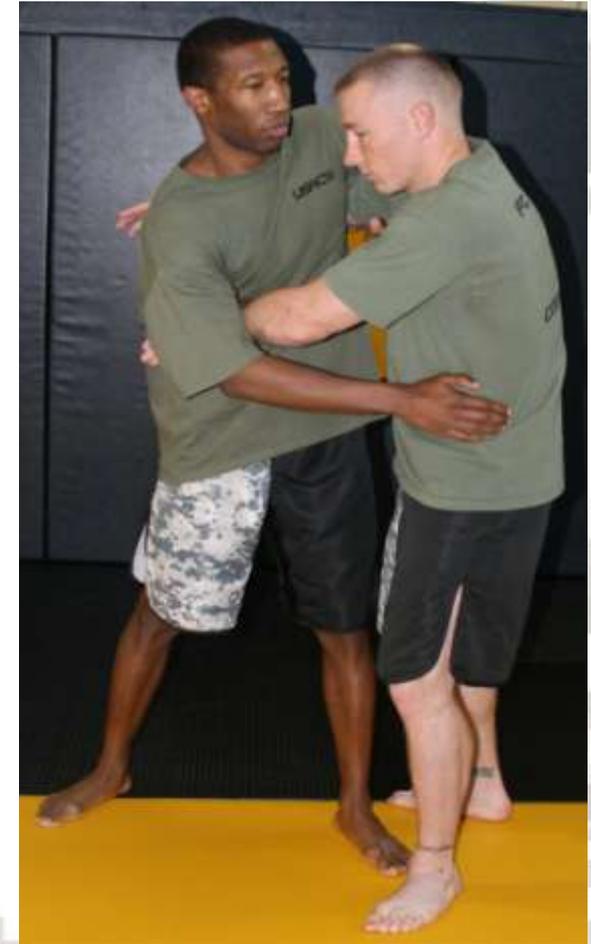
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Over-hook counter



Pummel/Swim



Pummel/Swim

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The Over-hook Counter Drill Cont...



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Shoot Arm Skyward, Step with Knee up

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Turn the Corner



Shoot Arm out to avoid Punches, trace from Shoulder, to Triceps



The Over-hook Counter Drill Cont...



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Achieve Basic Clinch

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Basic Pummeling



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50/50 under-hook side foot to the forward

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Both pummel/swim over hook side inward



Switch feet to adjust with under-hook/over-hook, back to 50/50



Basic Pummeling Cont...



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Both pummel/swim over-hook side inward

Over turns into under-hook, under-hook turns into over-hook

Switch feet to adjust with under-hook/over-hook, back to 50/50

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Train-up Prior to Drill



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- The Pummel Drill to the following forms of the Clinch:
 - Modified Seatbelt Position
 - Double Under-hooks Position
 - The Sumo Drill (Competitive Pummeling)



Train-up Prior to Drill Cont...



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- The Slap Drill starting from hook and head control, frame, post, projectile range
 - Modified Seatbelt
 - Double under-hooks
 - Rear-Clinch with opposing thumbs grip
 - Wall Clinch



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Questions

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