



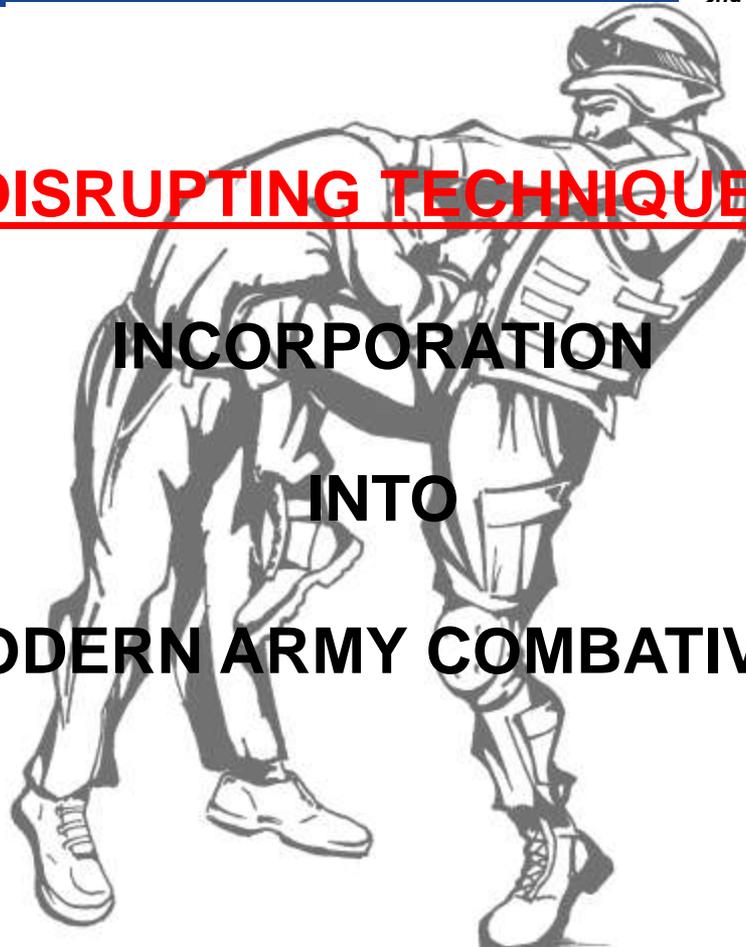
*2nd Battalion, 29th Infantry Regiment*

**DISRUPTING TECHNIQUES**

**INCORPORATION**

**INTO**

**MODERN ARMY COMBATIVES**



*Pioneers! We Lead the Way!*

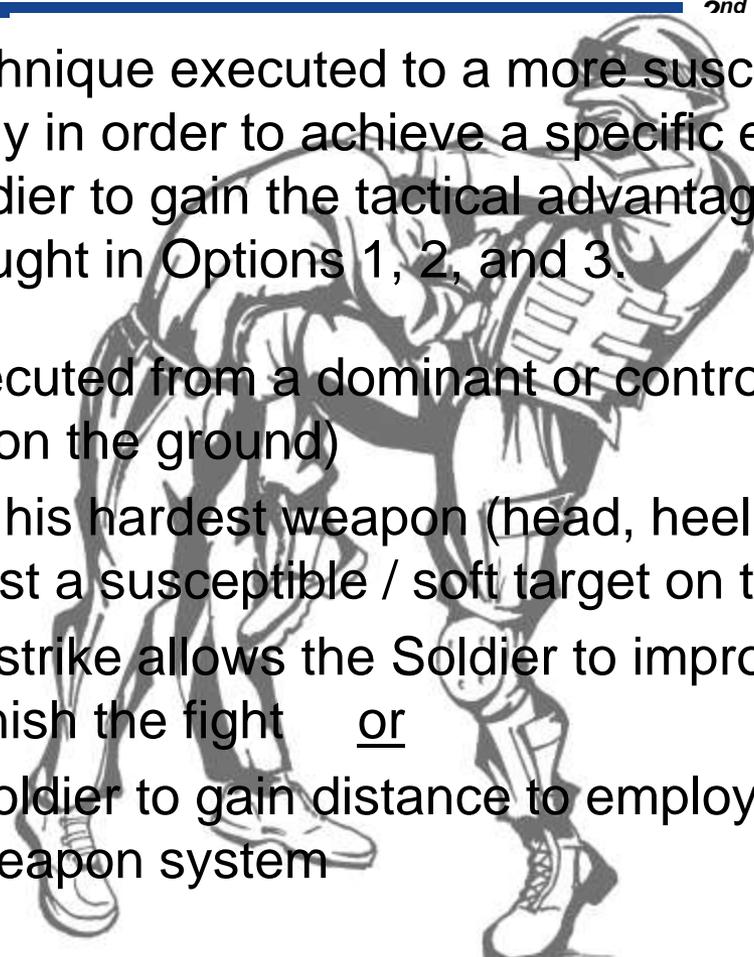


# DISRUPTING TECHNIQUES



*2nd Battalion, 29th Infantry Regiment*

- Definition: a technique executed to a more susceptible target on the combatant's body in order to achieve a specific effect, thereby allowing the Soldier to gain the tactical advantage while executing the principles taught in Options 1, 2, and 3.
  - Primarily executed from a dominant or controlling position (standing or on the ground)
  - Soldier uses his hardest weapon (head, heel palm, fist, knee, elbow) against a susceptible / soft target on the combatant
  - Effect of the strike allows the Soldier to improve / advance his position to finish the fight or
  - Allows the Soldier to gain distance to employ his primary or secondary weapon system





# INTENT



2nd Battalion, 29th Infantry Regiment

- **to formally and systematically add “disrupting techniques” into the Modern Army Combatives Program**
  - “recognize” what is already implied
  - introduce during foundational training
  - expand concepts during Instructor Courses
  - do not violate underlying concepts of foundational and systematic training with a focus on dominant positions
  - include in new FM 3-25.150 rewrite



# INTENT



*2nd Battalion, 29th Infantry Regiment*

**This is not a short cut or an attempt to teach Soldiers “what they need to know”. Current doctrine clearly states that this is counter productive.**

**It is a part of systematic training once the foundation is established.**

**Encourage Soldiers to progress their training and expertise in MACP**

**Not formally addressing disruptive techniques and susceptible target areas leaves a significant gap in the program**



# FACTS



*2nd Battalion, 29th Infantry Regiment*

FM 3-25.150 specifically addresses heel hooks & wrist locks as viable techniques that are not appropriate for competitions and must be “taught with great care” (pg 1-4).

Knee strikes techniques are outlined in the FM, but are not authorized “to the head” during sparring or competitions.

Head Butts and Heel Palms are taught as part of weapon’s retention, pass the guard with strikes, and during “Option 2”) but also cannot be drilled against a fully resistant opponent and are not allowed in competitions.

USACS cadre mention these disruptive techniques during MACP courses and it is “implied” for graduating instructors to do the same during their courses.

Very few instructors / installations / programs teach this. A significant portion of MACP instructors believe teaching these techniques is not authorized.

There is a perception from a significant portion of senior leadership that MACP is too focused on MMA competitions and does not address “realistic fighting”.



# IMPLEMENTATION AND EXECUTION



*2nd Battalion, 29th Infantry Regiment*

**Introduced during “Option 2”. Soldier uses disrupting techniques to:**

**gain space and use his primary weapon system (back to Option 1)**

**improve his position and / or utilize his secondary weapon system (Option 2)**

**achieve a specific effect on the enemy (loosen / move the hands, disrupt the posture, etc) in order to take him down and finish the fight (Option 3).**

**A specific strike for a specific effect.**

**\*Above example is for Options 1, 2, 3 “standing”, but also applies to Options 1, 2, 3 “ground”**



# IMPLEMENTATION AND EXECUTION



*2nd Battalion, 29th Infantry Regiment*

**These strikes are covered as viable options during the BCC (w/o specific details on the execution of the attack).**

**During systematic training in TCC, BCIC, and TCIC details are added on specific principles and techniques to properly execute these disrupting techniques.**

**Once these “disrupting” techniques are placed into doctrine, program instructors have the authority and are encouraged to expand upon these basic techniques.**



# DISRUPTING TECHNIQUE TARGETS



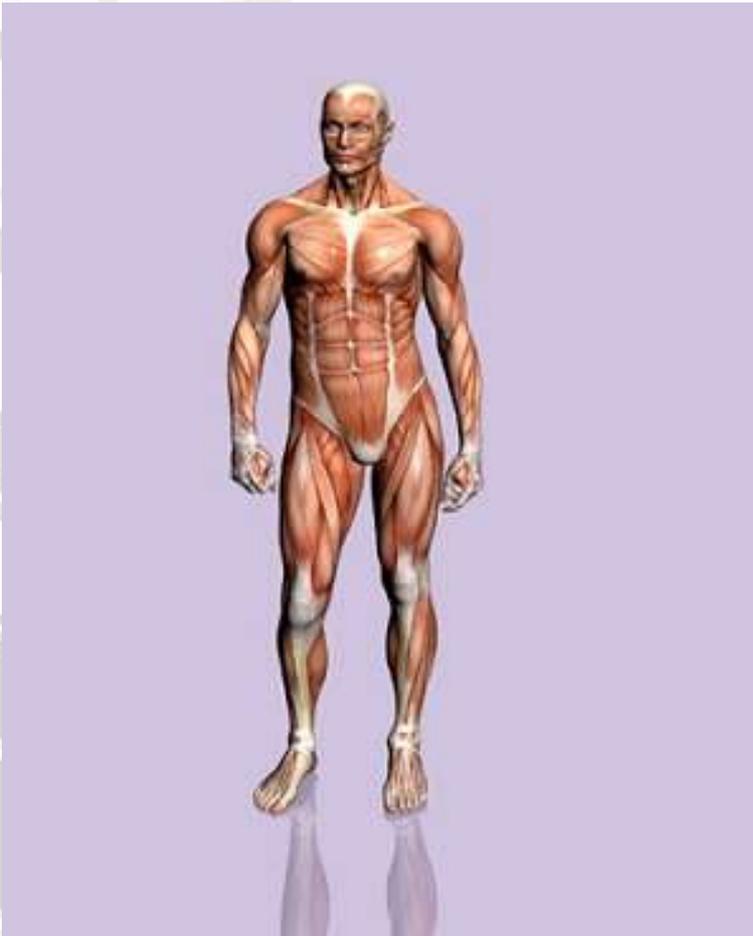
*2<sup>nd</sup> Battalion, 29<sup>th</sup> Infantry Regiment*

## Minor Targets

• The targets listed to the left are major areas of the body that can readily be attacked by the Soldier utilizing principles and weapons he already trained.

• There are numerous other targets on the body for disrupting attacks, but they require significant additional training to properly execute. Examples of these are:

- Mandible
- Clavicle
- Liver
- Spleen
- Kidney
- Bladder





# EXAMPLES



2nd Battalion, 29th Infantry Regiment

***Intent is to introduce and authorize the general concept in doctrine (FM) and then have USACS cadre instruct specific techniques during courses***

**Eye Attack:** attack the eye / orbital socket in order to get the combatant to move his head, disrupt his posture and draw his hands to his face thereby allowing the Soldier to utilize Options 1, 2, and 3.

**Cadre Instruct:** *In a dominant position the Soldier grabs head / ears, uses the thumb as weapon to protect fingers, guides off the nose as a guide, and inserts his thumb in gap between nose and eye, etc.*

**Groin Attack:** strike the groin area in order to disrupt the combatant posture by driving the hips back and dropping the head forward thereby allowing the Soldier to improve his position and utilize Options 1, 2, and 3.

**Cadre Instruct:** *utilize the knee, fist or elbow to strike the groin thereby driving the testicles (male) or soft tissue (female) into the pelvic girdle.*



# CAVEATS AND CONCERNS



2nd Battalion, 29th Infantry Regiment

**Disrupting Techniques are not a shortcut or replacement for basic skills / foundational training.**

when needed, they allow a Soldier to advance the fight for a Soldier who has been positioned at a tactical disadvantage, it allows him to seize the tactical advantage

**While these techniques may be executed from a non-dominant or non-controlling position, doing so exposes the Soldier to strikes and submissions.**

It must be stressed to attempt to achieve a dominant position  
If however, a Soldier finds himself being dominated, a disrupting technique may be utilized to re-achieve a dominant position and the tactical advantage

**Must be stressed that these techniques are not intended to and will not finish the fight (example of a male full of adrenaline or on drugs, and the testicle strike does not stop the fight). The intent is to get a specific effect (i.e. the hips go back, the hold loosens or the head comes forward)**



# SAFETY



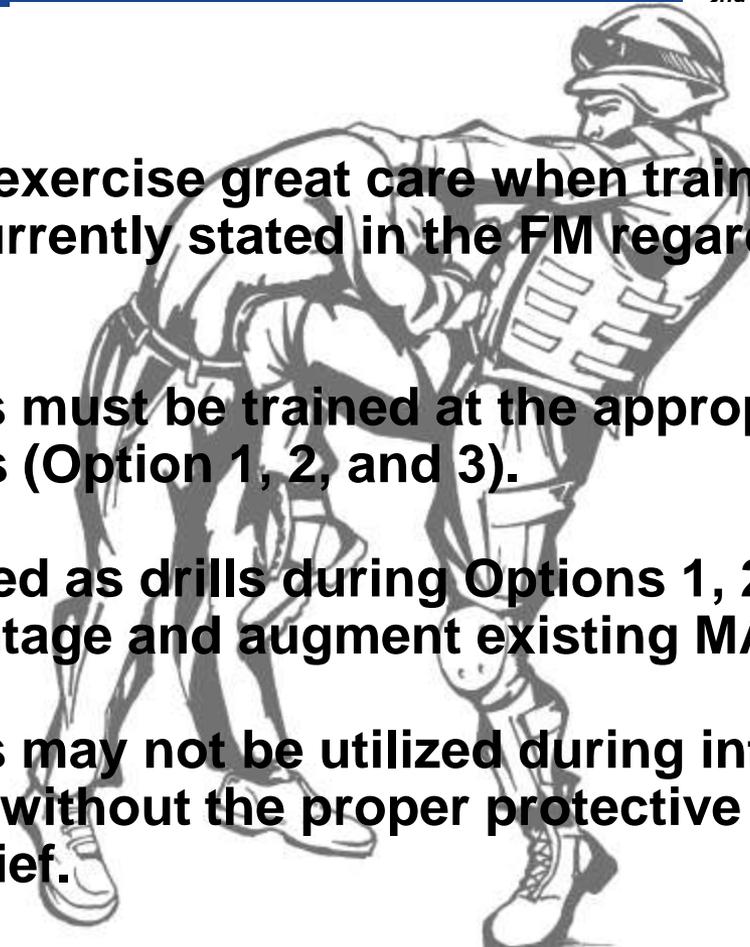
*2nd Battalion, 29th Infantry Regiment*

**Instructors must exercise great care when training these techniques (as currently stated in the FM regarding heel hooks and wrist locks).**

**These techniques must be trained at the appropriate level of force during drills (Option 1, 2, and 3).**

**They will be trained as drills during Options 1, 2, and 3 to gain the tactical advantage and augment existing MACP techniques.**

**These techniques may not be utilized during integrated scenario training without the proper protective equipment and a detailed safety brief.**





# SAFETY



*2nd Battalion, 29th Infantry Regiment*

**Disrupting attacks on susceptible areas of the body must be trained using extreme caution.**

**While attacks to the large joints of the body or strikes to “legal” (in competition) areas of the body are painful long before causing injury, disrupting techniques do not allow for this gradual threshold of pain escalation. These techniques have the potential to cause injury immediately.**

**Due to this fact, cadre must exercise due diligence during their drilling.**

**When appropriate and based on intensity of the drills, instructors are encourage to use protective equipment (external groin protectors, goggles, impact reduction suit helmets, etc.)**



*2nd Battalion, 29<sup>th</sup> Infantry Regiment*

# QUESTIONS?



*Pioneers! We Lead the Way!*