



2nd Battalion, 29th Infantry Regiment



Realistic Combatives Training pt2

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AGENDA



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- Cover Pre-Fight Lecture
- Cover Post Fight Lecture
- Understand the Importance of Realistic Training



Pre-Fight



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- Yesterday we watched the first UFC. The main lesson was realistic training gives realistic results.
- Today we are going to watch the second UFC. It took place one year after the first and the only significant differences are UFC 2 was a sixteen man tournament which means to win a fighter had to win four fights and that they did a little better job of finding fighters from various martial arts to compete.



PRE-FIGHT



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- The most important thing to watch is they had the fighters demonstrate a little about their martial art. Unfortunately the first round of fights is not on the video, which means that every one that we get to see fight has already won their first bout but remember as you are watching the demos, that the demonstrator is one of the fighters.
- As you watch the demos, try to decide which technique provides realistic training. The odds are that if the training doesn't look very realistic they lost their first fight, and you will never see them again.



POST-FIGHT



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- Before the fights I told you to watch the demos and decide which fighters you would see again.
- Some of the fighters you never saw again was the Karate, Kung Fu, Pencak Silat, etc...
- The question that I will now ask you is how those guys thought that their training could have prepared them for real fighting.



POST-FIGHT



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- Martial arts training, even totally unrealistic martial arts training can be very seductive. It feels like you are learning how to fight.
- Remember in the fight between Johnny Rhodes, who was a kick boxer and Fred Ettish, who was a fifth degree black belt in Shorinji Kempo, the first time Fred Ettish was punched he turned his head and tried to get away?
- It was apparent that in all of his training to become a fifth degree black belt that he had never been hit in the face by a fully resistant opponent.



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