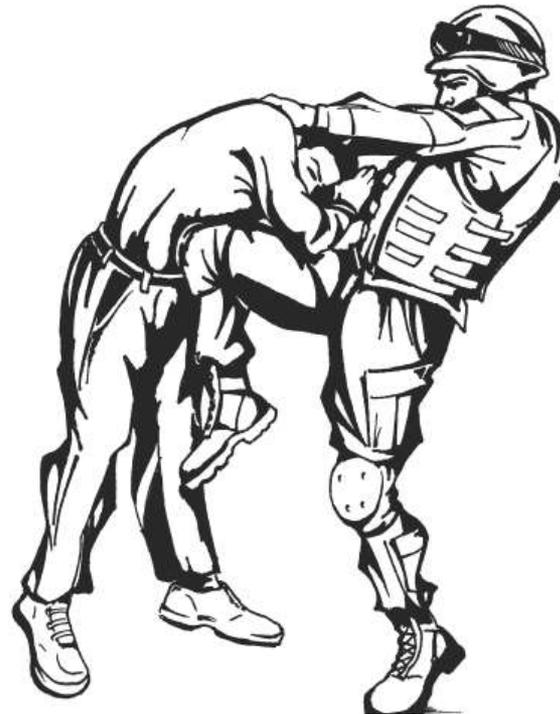




2nd Battalion, 29th Infantry Regiment



UNITED STATES ARMY COMBATIVES SCHOOL

Tactical Combatives Course (Level II) Handbook

Pioneers! We Lead the Way!



Tactical Combatives Course (Level II)

Timeline



2nd Battalion, 29th Infantry Regiment

DAY# 1

- 0800-0900 -In process
- 0900-1000 -Review Basic combatives stand up fighting and ground techniques
- 1000-1030 -Review the history of martial arts
- 1030-1130 -Rolling for submission
- 1130-1300 -Lunch
- 1300-1500 -Review Basic combatives stand up fighting and ground techniques
- 1500-1600 -Review fighting with a rifle and secondary weapon system, i.e. pistol or knife
- 1600-UTC -Pummeling for dominate position

DAY#2

- 0800-0900 -Clean mats/RPT/Pummel from 50/50 position
- 0900-0930 -Escape the Mount Arm Trap and Roll
- 0930-1000 -Push and Pull the Propped Knee to mount
- 1000-1030 -Defense against attempt to mount
- 1030-1100 -Escape the Half Guard
- 1100-1130 -lecture on the history of BJJ
- 1130-1300 -Lunch
- 1300-1400 -Head lock escapes
- 1400-1600 -Clinch fighting
- 1600-UTC -Pummeling for dominate position w/slaps and light knee strikes

DAY#3

- 0800-0900 -Clean mats/RPT/Pummel from Inside Control
- 0900-0930 -Chokes from mount
- 0930-1000 -Drill 1 w/additional techniques
- 1000-1030 -Attacks from rear mount
- 1030-1100 -Drill 2 w/additional techniques
- 1100-1130 -Lecture on "whole army plan"
- 1130-1300 -Lunch
- 1300-1330 -Reverse Bent Arm Bar from side control
- 1330-1430 -Rolling for submission
- 1430-1600 -Review clinch fighting
- 1600-UTC -Pummeling for dominate position w/strikes and takedowns

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Tactical Combatives Course (Level II)

Timeline



2nd Battalion, 29th Infantry Regiment

DAY#4

- 0800-0900 -Clean mats/RPT/Pummeling from 50/50 and Inside Control
- 0900-1000 -Attacks from the guard
- 1000-1100 -Rolling for submission
- 1100-1130 -Lecture on the benefits and draw backs of competition
- 1130-1300 -Lunch
- 1300-1330 -Elevator Sweeps from the guard
- 1330-1400 -Drill 3 w/additional techniques
- 1400-UTC -Intro to striking/footwork/punch matrix (combos 1-5)

DAY#5

- 0800-0900 -Clean mats/ RPT/ Punch Combo one (Jab, Cross, Hook)
- 0900-1000 -Passing the guard with the knee in the tailbone
- 1000-1130 - Intro to running a tournament
- 1130-1300 -Lunch
- 1300-UTC - Single Elimination Tournament PE/referee certification exam

DAY#6

- 0800-0900 -Clean mats/RPT/ Punch Combo two (Jab, Cross, Jab, Cross, Jab, Cross)
- 0900-1130 -Review week 1 techniques
- 1130-1300 -Lunch
- 1300-1330 - Lead Leg Front Kick and Trail Leg Front Kick
- 1330-1430 -Intro to Elbow Strikes on the ground/ review standing knee and elbow strikes
- 1430-1530 -Handcuffing class
- 1530-1600 -Review Headlock Escapes
- 1600-UTC -Headlock Escape PE

DAY#7

- 0800-0900 -Clean mats/RPT/Punch Combo three (Jab, Cross, L-Hook, H-Hook)
- 0900-1000 -Defense against strikes from the guard
- 1000-1130 -Rolling with slaps & punches
- 1130-1300 -Lunch
- 1300-1330 -passing the guard with punches
- 1330-1400 -Strikes from side control
- 1400-1430 -Review Standing striking defense for punches
- 1430-UTC -React to contact w/Equipment, Enter & Clear a Room (Single Team/ Single Room)

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Tactical Combatives Course (Level II)

Timeline



2nd Battalion, 29th Infantry Regiment

DAY#8

- 0800-0900 -Clean mats/RPT/Punch Combo four (Cross, Hook, Cross)
- 0900-0930 -Review Basic Takedowns
- 0930-1100 -Takedowns
- 1100-1130 -Takedown PE
- 1130-1300 -Lunch
- 1300-1330 -Defense against the standing guillotine
- 1330-1400 -Defense against the standing headlock
- 1400-UTC -React to contact w/ Equipment, Tactical control point

DAY#9

- 0800-0900 -Clean mats/RPT/Punch Combo five (Jab, Jab, Jab, Hook, Cross)
- 0900-0930 -Intro to knee on belly
- 0930-1000 -Intro to leg attacks
- 1000-1030 -Intro to side control escapes
- 1030-1100 -Intro to north south escapes
- 1100-1130 -Review passing the guard with the knee in the tailbone
- 1130-1300 -Lunch
- 1300-1400 -Roll for submission
- 1400-1430 -Review take downs
- 1430-1500 -Review contact front and contact rear (Post, Frame, Hook)
- 1500-UTC -React to contact w/Equipment, Personnel Handling

DAY #10

- 0800-0900 -Clean mats/RPT/Punch Matrix (Combos 1-5)
- 0900-1000 -Technique review
- 1000-1130 -Tactical Combatives test (written and technique)
- 1130-1300 -Lunch
- 1300-1600 -React to contact w/ equipment (Multiple Team/ Multiple Room)
- 1600-UTC - End of Course Critiques/ Graduation

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History of the Modern Army Combatives Program (MACP)



2nd Battalion, 29th Infantry Regiment

HISTORY OF MARTIAL ARTS

- Where do the martial arts come from? Most people would answer that they come from the orient. The truth is that every culture that has a need for martial arts has them. We have fighting manuals from medieval Europe that show many of the same techniques that we teach today. The ancient Greeks had wrestling, boxing and the pancrathalon. There are paintings on the walls of Egyptian tombs that are over four thousand years old showing both armed and unarmed fighting techniques that would seem familiar to many of today's martial artists.

JITSU vs DO

- There are some very instructive things about their history that are a microcosm of martial arts in general and that are very useful in understanding American attitudes about martial arts in particular.
Every Japanese martial art ends with either the word Jitsu or Do, for example Jiu-Jitsu/Judo, Kenjitsu/Kendo, Aikijitsu/Aikido. The original arts all end with Jitsu which means the art or technique. They were created out of the necessity of a violent time, when there was a definite need for fighting ability. The entire reason for the existence of the training was to produce competent fighters.
- As Japanese society became more settled and peaceful, the ability to fight well became less important. This was true even for members of the Warrior class, the Samurai. This, and the modernization of the Japanese military, resulted eventually in the banning of the wearing of the swords that were the badge of samurai rank, effectively making the warrior class the same as every one else.
- This meant that there were thousands of men who had spent their entire lives training to fight who had no real need for their martial abilities. Most of them simply stopped training all together and became normal members of society, but a few looked deeper at the results of their training. They realized that they had gained much more than just the ability to fight by it. Training in the martial arts had made them in to the men that they were.
- This then became the new reason for training. No longer was producing competent fighters of primary concern. The principle goal was to produce better people. One very good example of this is Jigoro Kano, the founder of Judo. As a young man Kano became an expert in several systems of JuJitsu. However, not only was he an expert at Jujitsu, but he was also a teacher. He was director of the Tokyo Higher Normal School (precursor of the present Tokyo University of Education) for twenty three years and Chief of the Education Bureau of the Ministry of Education.

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History of the Modern Army Combatives Program (MACP)



2nd Battalion, 29th Infantry Regiment

- As Kano grew in his knowledge of Jujitsu, he realized that it could be used as a tool in developing better, and more well rounded, people. With this in mind he formatted the Jujitsu that he had learned into a better teaching tool and called it Judo. So the main difference between the Jujitsu that he learned and the Judo that he taught was the purpose. His teachers were mostly concerned with his fighting ability and skills. He on the other hand was more concerned with building the character of his students.

THE MODERN MARTIAL ARTS

- Although we have been talking specifically about the Japanese martial arts, this evolution from Jitsu to Do or in other words from concentrating on actual fighting ability to actual ability being of only secondary importance, is indicative of most of the modern martial arts world. If you read or listen to almost anything put out by someone in the contemporary martial arts community about training, it will almost invariably be colored by this change in the reason for training.
- To put things in perspective, imagine an accountant somewhere in America trying to decide whether or not martial art training is practical. If training cost him \$100 a month, he will spend \$1200 per year, what are the odds that he will be robbed in a way that his training could stop for \$1200 per year. Therefore from a fiscal perspective it makes more sense to save his money. Now consider his chances of becoming injured in training, as compared with his chances of becoming injured by an assault and you soon see that, if you take away the notion that they may join the military, in a practical sense it really doesn't make much sense for the average citizen of a country at peace to train in the martial arts.
- There are of course many good reasons to train that have little to do with the practical need for fighting ability. There are thousands of people across America who is training to fight with a samurai sword. Very few of them believe they may need to defend themselves against sword wielding ninjas on the way to their car at the mall. They train because they enjoy it. For the same reason that people play baseball, or re-enact civil war battles or any other leisure activity. This of course is completely different from the situation of the Army.
- Modern Combatives training therefore stands apart from the vast majority of martial arts training in that producing actual fighting ability is of primary concern. Both the mental and physical benefits of training gain their worth from their usefulness in producing more capable soldiers.

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History of the Modern Army Combatives Program (MACP)



2nd Battalion, 29th Infantry Regiment

HISTORY OF COMBATIVES TRAINING

- The first U.S. Army Combatives Manual was published in 1852. It was a translation of a French bayonet fighting manual by a young Captain George McClelland. Since that time the Army has always had Combatives training doctrine although not always successful combatives training. Bayonet fencing, as outlined in the 1852 manual remained the universally accepted training method, not only in the U.S. Army but in every European style army in the world until its effectiveness was shown to be lacking on the battlefields and in the trenches of World War I.

BAYONET FENCING

- Bayonet Fencing was a skill based system. Competitions were held regularly across the Army and it was accepted even outside of the Army, becoming the fourth international recognized form of fencing, with Foil, Epee' and Saber and was even an Olympic sport until 1936.

TRENCH WARFARE

- Trench warfare changed all of that. In the confined space of a trench the techniques and weapons designed with the fencing strip in mind proved themselves worse than useless. It didn't take Soldiers long to realize they were better off with an e-tool and a bag full of grenades.

EARLY FOREIGN INFLUENCE

- This time saw the first attempts to teach unarmed fighting to Soldier in an organized way on any kind of large scale. There were several attempts to teach Jiu-Jitsu and Judo which had been known in the United States since even before President Theodore Roosevelt had trained with Yamashita Yoshitsugu, one of the best students of Kano Jigoro the founder of Judo. Theodore Roosevelt actually had a "judo room" at the White House. Yamashita later taught at the U.S. Naval Academy. In 1920 a training manual was published at Ft. Benning, Georgia written by CPT Allan Corstorphin Smith who had been awarded a Judo black belt from the Kodokan in Japan in 1916 and who was the hand-to-hand combat instructor at the Infantry School.

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History of the Modern Army Combatives Program (MACP)

2nd Battalion, 29th Infantry Regiment

- With the rapid expansion of armies demanded by the World War, there was little time available to teach the average Soldier the complex techniques of Judo and Jiu-Jitsu taught by CPT Smith and others. Because of this and the failure of Bayonet fencing as a training method for trench warfare the Army lost faith in skill based Combatives training. In the interwar years such non-skill based training methods as Pugal sticks and the bayonet assault course gained prominence.

WORLD WAR II

- World War II saw a flowering of attempts at successful Combatives training. Many of the top names from boxing and wrestling at the time were brought in to train the various services. Most had very limited success, once again because of the limited amount of training time available with the demands of fielding an Army of several million men.
- The most successful programs were offshoots from the British Commando training taught by William E Fairbairn and Eric A. Sykes. These two had trained the police force in Shanghai, China before the war and with their depth of real world experience, Fairbairn was also a second degree black belt in Judo, had been brought back to Britain early in the war. Personally in the case of Fairbairn, and through their American protégé COL Rex Applegate, their program of practicing a limited number of simple, effective techniques, emphasis on aggressiveness and stressing the incivility of real fights (COL Applegate wrote a manual titled “Kill or Get Killed” in 1943 and Fairbairn often referred to what he taught as “Gutter Fighting”) They were able to somewhat overcome the limitations of limited training time. COL Applegate also used feedback from the field to adjust the curriculum. By the end of the war thousands of Soldiers had been trained in their methods.

POST WAR YEARS

- With the drawdown at the end of World War II Combatives training in the Army virtually ceased. The lack of a train-the-trainer program, virtually all of the training had been done by a very small amount of instructors such as Fairbairn and Applegate, and the lack of a follow on training plan other than continuing to practice the same limited number of techniques led to the slow death of any meaningful training. There was a Field Manual, however, actual training was reduced to initial entry training and was taught by drill sergeants with very little official training. Quality inevitably plummeted.

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History of the Modern Army Combatives Program (MACP)



2nd Battalion, 29th Infantry Regiment

- Periodic attempts were made, especially as martial arts became more popular in the United States to introduce various training methods and techniques to the force. These attempts were generally fruitless because of the lack of any mechanism for insuring quality instruction or training. There were a couple of notable exceptions, the Air Force and the Marine Corps.

AIR FORCE INSTRUCTOR COURSE

- The Air Force Strategic Air Command under General Curtis E. LeMay implemented a Judo program beginning in 1950. In 1952 the first class of 13 instructors went to Japan to train at the Kodokan, the premier Judo school in Tokyo. Within the next ten years there were more than 160 black belt judo instructors within the command. Between 1959 and 1962 there was a judo instructor course at Stead Air Force Base, Nevada which graduated nearly ten thousand instructors from a five week course. The curriculum included Judo, Aikido, Karate, air police techniques, air crew self defense, judo tournament procedures, code of conduct and training methods classes.

MARINE CORPS INSTRUCTOR COURSE

- The Marine Corps adopted the Linear Infighting Neurological Override Engagement (LINE) Combat System in 1988. Primarily designed by MSgt Ron Donvito, the LINE system was a systematic way to teach and practice techniques derived from traditional martial arts in an organized fashion. Techniques were presented in subsets, termed ditties; each subset was made up of related techniques such as defense to grabs or defense to punches. The training was done in unit formation which facilitated training in Initial Entry Training and other institutional environments. There was also an instructor training course at Quantico Virginia.



History of the Modern Army Combatives Program (MACP)



2nd Battalion, 29th Infantry Regiment

FOLLOW ON TRAINING

- Both Air Force and Marine Corps programs had limited success but died out or were replaced for various reasons. The Air Force program was built around a club system. Instructors were placed at gyms around the force. All Airmen were given basic instruction in the institutional training pipeline and follow on training was made available at the post gymnasiums. This training plan resulted in a reasonably large group with real expertise; in fact the instructor cadre formed an Air Force “Black Belt Association” that eventually outgrew the Air Force becoming the “United States Judo Association” which is the largest Judo organization in America. However, the club nature of the training meant that real skill was essentially limited to those who were self motivated to attend the training sessions. This, the fact that the training methodology of judo was not built around producing proficient fighters quickly, and the reliance on the enthusiasm of local commanders meant that the skill level of the average Airman remained low. Eventually command influence waned and the program within the Air Force died.
- Although the LINE system had more wide spread success than even the SAC Judo program, it suffered from different deficiencies. Principle among these was its training methodology which was built around formal methods of instruction best suited for institutional training and insistence that every technique be “deadly”. A reliance on formal training settings and formations which are less likely in regular units than in an institutional setting meant that LINE training must compete with other formal training events such as Physical training. The result was that training was less likely to be conducted in the force. The insistence on “deadly” techniques did not fit the needs of the Marine Corps or the demands of the modern battlefield. Additionally, the techniques of the LINE system, defense to a grab, punch, chokes, etc, which had been drawn from civilian martial arts, were reactive in nature. Reactive techniques, where the enemy initiates the action and the Soldier must react, are the norm for self defense systems and passive martial arts of the civilian world. They do however have serious drawbacks as a basis for a combatives system.

MODERN COMBATIVES TECHNIQUES

- In 1995 when the Commander of the 2nd Ranger Battalion ordered a reinvigoration of combatives training within the battalion, it didn't take long for serious problems with the techniques in The Army's existing combatives manual to surface. There was the general feeling among the Rangers that they would not work and that it was a waste of valuable training time.

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History of the Modern Army Combatives Program (MACP)



2nd Battalion, 29th Infantry Regiment

- The Army had a combatives manual, FM 21-150 (1992), but had no program to produce qualified instructors or any system for implementing the training in units other than the vague approach of leaving it to local commander's discretion. Unit instructors inevitably ended up being whatever martial arts hobbyist happened to be in that unit and the training progressed along the lines of whatever civilian martial arts those people had studied in their off duty time. In most units there was no training at all.
- A committee was formed headed by Matt Larsen to develop a more effective program. J. Robinson, a Ranger combat veteran during Vietnam and the head coach at the University of Minnesota wrestling program, came out to evaluate the emerging program and gave some valuable advice, mainly that a successful program must have a competitive aspect in order to motivate Soldiers to train and that it must include "live" sparring in order to be useful in growing a combative culture. The committee began to develop a program based around wrestling, boxing and the various martial arts they had experienced such as Judo and Muay Thai. Eventually, after looking at many different systems, a small group of Rangers were sent to train at the Gracie Jiu-Jitsu Academy in Torrance, California, made famous from their victories in the Ultimate Fighting Championships.
- The Jiu-Jitsu taught at the Gracie Academy fit many of the battalions needs. The Gracie's had been originally taught by Meada Mitsuyo who was a representative of the Kodokan but had added the concept of a hierarchy of dominant body positions which gave both a strategy to win fights and an organized framework for learning. It was therefore easy to learn. It also had a competitive form, and was proven effective within the realm of one on one unarmed arena fighting or challenge matches. It did however have the major problem of being principally designed for the venue that had made it famous.
- Rorion and Royce Gracie made three trips to the battalion over the next couple of years and a few Rangers made the trip down to Torrance to train on their own. During this time Larsen was developing a drill based training program that became an essential element in the "Modern Army Combatives" program.
- As the system matured he began to realize what it was about the techniques of Jiu-Jitsu that made them work, namely that you could practice them at full speed against a fully resistant opponent. With this, techniques that do not work are quickly abandoned for those that do. He also began to draw from other martial arts that share various levels of this "live" training to fill in the tactical gaps in the Jiu-Jitsu learned from the Gracie's which had been primarily focused on unarmed ground grappling.

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History of the Modern Army Combatives Program (MACP)



2nd Battalion, 29th Infantry Regiment

- Exploring the various training methods of the other—feeder arts—the ways they complemented each other and exposed each others weaknesses become clear. The concept of positional dominance from Jiu-Jitsu was expanded to the other ranges of combat and blended with techniques from wrestling, boxing, Muay Thai, judo to name just a few. With weapons fighting lessons from Kali and the western martial arts and the Rangers' own experience from years in the infantry including the limited combat of that era, by September 11th, 2001 the basis of a totally integrated system of “Close Quarters Combat” had been developed and a sound foundation lain from which to learn the lessons of the battlefields to come.

UNITED STATES ARMY COMBATIVES SCHOOL

- As the program grew technically, its success made it grow outside of the battalion, at first to the rest of the Ranger Regiment, then throughout the infantry and eventually, with the publishing of the new Field Manual FM 3-25.150 (2002) written by Matt Larsen, became doctrine Army wide.
- The Commander of the 11th Infantry Regiment, which was responsible for conducting the infantry officer education courses on Ft. Benning, COL Mike Ferriter, brought Larsen over to establish a training course for the cadre of the Regiment. This would eventually become the Level I combatives instructor's course. As the training spread through the unit, the need became clear for an additional course to provide more supervision of the training. This would become the level II course. These courses were limited to ground grappling because of skepticism from senior commanders at the time. Many leaders who had grown up during the period after Vietnam but before September 11th 2001 had the mistaken idea that there was a division between the “Combat” and the “Non-combat” Soldiers. Attempts to integrate combatives and close quarters battle were looked upon as unnecessary, the main point being to build confidence in Soldiers just as it had been with pugil stick fighting and the bayonet assault course that had been around since World War One.



History of the Modern Army Combatives Program (MACP)



2nd Battalion, 29th Infantry Regiment

- When fighting started in Afghanistan, what would become the U.S. Army Combatives School at Ft. Benning Georgia had already been established to train instructors for the various Infantry schools at Ft. Benning and the first two levels of Combatives Instructor qualification were in place. The need to push the training into operational units and to make it more directly applicable to the battlefield, as well as to provide higher level instructors for an Army spread around the world, demanded the development of a longer instructor certification course for battalion master trainers. This would become the level III course. An interview format and procedures to draw out the lessons that might be missed in a simple narrative was developed and post action interviews with Soldiers who had been involved in hand-to-hand fighting were begun. What equipment were the Soldiers wearing, the tactical situation and other questions. Hundreds of these interviews were conducted and the curriculum evolved with the lessons learned. Eventually the need to manage combatives programs in large units such as brigades or divisions necessitated some instructors would need a higher level of training. This would become the level IV instructor course.

A LEARNING PROGRAM

- The program, in this basic form, continued to spread throughout the Army. There were, however, those who continued to oppose it. The primary reason was the perception that it was not directly relevant to the battlefield because of the focus on ground grappling in the early stages of training and the tendency of young Soldiers to identify too closely with the civilian Mixed Martial Arts world, which has very little to do with Soldiering. The tactical training methods taught in the level III and IV courses were slow to become the norm out in the force. Because of this, although the program was extremely popular in some portions of the Army, it had been in danger of going the way of the Strategic Air Command program and failing in its promise of bringing realistic combatives training to every Soldier.
- In 2009 now Major General Mike Ferriter became the Commanding General of Ft. Benning. In order to revitalize the program, he brought together combatives training experts from around the Army and the civilian experts who had helped the program in the past in a symposium to look at improving the program. A major contributor in aiding the process of going from the old program to a more tactical program was Greg Thompson, the head instructor for the SOCP School located at Ft Bragg, NC. Mr Thompson spent many hours refining the tactical instruction given at the USACS culminating in many new techniques being added to the new program. The curriculum of what had been the level I and II courses were updated with techniques and training methods which had only been taught in the level III, IV and SOCP courses, with the new courses' names being changed to the Basic Combatives Course and the Tactical Combatives Course.

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History of the Modern Army Combatives Program (MACP)



2nd Battalion, 29th Infantry Regiment

- The end state is a learning program that constantly gathers the best training methods and techniques from wherever they can be found, vets them through the combat experience of the programs instructors and commanders, and propagates them around the Army through a network of experienced instructors. In 1995 the Commander of the 2nd Ranger Battalion, LTC Stan McCrystal, ordered a reinvigoration of martial arts training. It didn't take long for serious problems with the existing program to surface. There was the feeling among the men that the techniques would not work and that it was a waste of valuable training time.
- A committee was formed, headed by SSG Matt Larsen, to develop a program that was more effective. The first step was to examine successful programs from around the world. What was found is that most of them had one thing in common, one underlying reason that the program was successful. Countries with an indigenous national program, Korean Tae-Kwon Do, Japanese Judo, Muay Thai in Thailand, would have much easier time developing an effective Combatives program. One exception to this rule is Russia. They are one of the few who take an essentially untrained population, and yet have good success in training their soldiers.
- The Russian system of SOMBO was developed specifically for the Military. SOMBO combines the techniques of Judo and Greco-Roman Wrestling as its foundation. The feeling was that the success of SOMBO was linked in its similarity to wrestling, making its basic components easier to learn, and less dependent on size and strength. Another, feature of SOMBO is that it has a competitive component that serves to spur on further training. However, it also has some distinct problems, not the least of which was that the competitive form has, in the opinion of some, changed the techniques that were emphasized. Nonetheless, the Ranger committee tentatively decided that the new system would be based on grappling.
- Realizing that there were not enough SOMBO instructors available, the Rangers began looking for a similar system as a base for their program. Head coach J. Robinson, of the University of Minnesota wrestling program, himself a former Vietnam Era Ranger came out to evaluate the emerging program and gave some valuable advice. Finally, after looking at many different systems, the Rangers sent several men to train at the Gracie Jiu-Jitsu Academy in Torrance, California.

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Fight Tactics/Training Strategy



2nd Battalion, 29th Infantry Regiment

In order to train Soldiers efficiently it is necessary to develop a systematic approach to both fighting and training. The three phases of basic fight strategy are:

➤ Close the distance

Controlling a standup fight means controlling the range between fighters. An untrained fighter is most dangerous at punching range. The goal is to avoid this range. Even if you are the superior striker, the most dangerous thing you can do is to spend time at the range where the enemy has the highest probability of victory. When training soldiers, the primary goal should be instilling the courage to close the distance.

➤ Gain dominant position

Before any killing or disabling technique can be applied, the soldier must first gain and maintain dominant body position. It is the leverage gained from dominant body position that allows the fighter to defeat a stronger opponent. An appreciation for dominant position is fundamental to becoming a proficient fighter because it ties together what would otherwise be a long and confusing list of unrelated techniques. If a finishing technique is attempted from a dominant position and fails, the fighter can simply try again. If, on the other hand, a finishing technique is attempted from other than dominant position and fails, it will usually mean defeat. The dominant body positions will be introduced in order of precedence.

➤ Finish the fight

When a dominant body position has been achieved, the fighter can begin attempting to finish the fight secure in the knowledge that if an attempt fails, he may simply try again as long as he maintains dominant position.

Training should start with ground grappling, which is not only easier to teach and learn, but also provides a sound base from which to move to more difficult standing techniques. Past programs started with techniques that took a very long time to master. The result was almost uniform disillusionment with combatives in general. The material covered in this handbook is considered the baseline combatives knowledge that every soldier should know.

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Tactical Combatives Course (Level II)



2nd Battalion, 29th Infantry Regiment

Intermediate Ground-Fighting Techniques

INTERMEDIATE BODY POSITIONING MOVES—INTERMEDIATE MOUNT ESCAPES OPPONENT MOUNTS, POSTS BOTH ARMS

When an opponent achieves the Mount, he doesn't always grab the fighter's neck, as was taught in the basic technique. Often, the opponent will spread his arms. If this occurs, the fighter should perform this technique.

Block opponent's knees with your elbows.



(1) Assume a good position, with your elbows blocking your opponent's knees, as in the basic technique.

Drive your head in and outside of the opponent's targeted arm.



(2) Point your head outside of the targeted arm. Grab your opponent's arm with both hands.

Grab opponent's arm pull to your chest, using a Thumbless Grip.



(3) Using a Thumbless Grip, pull the targeted arm into your chest. Trap your opponent's same-side leg.

Trap the opponent's same-side leg and lift your hips.



(4) Lift your hips. Roll your opponent in the direction of the arm that you have trapped.

Roll in the direction of the opponent's trapped arm.



Quickly raise yourself upwards.



(5) Achieve good posture in the Guard. Control your opponent's arms at the elbows.



Tactical Combatives Course (Level II)



2nd Battalion, 29th Infantry Regiment

Chapter 4

INTERMEDIATE BODY POSITIONING MOVES—INTERMEDIATE MOUNT ESCAPES ARMS AROUND NECK, POST ON ONE SIDE

When an opponent achieves the Mount, he doesn't always grab the fighter's neck, as was taught in the basic technique. He can also wrap one arm around the fighter's head. If this occurs, the fighter should perform this technique.

Trap the opponent's arm by firmly bringing your head down. Grab the arm and pull it down and in.



Thumbless Grip



Palm on the opponent's hip.



Trap opponent's leg.

Lift your hips.

(1) Trap the opponent's arm by bringing your head to the ground. With your same-side hand, cup the bicep of his trapped arm with a Thumbless Grip, and pull it in, elbow down and tucked in.

(2) Post the palm of your other hand on your opponent's hipbone.

(3) Trap your opponent's leg on the same side as the trapped arm. Lift your hips.



Roll the opponent over.

(4) Roll your opponent over.



Quickly raise up to assume Pass the Guard posture.

(5) Achieve good posture in the Guard. Control your opponent's arms at the elbows.



Tactical Combatives Course (Level II)



2nd Battalion, 29th Infantry Regiment

Intermediate Ground-Fighting Techniques

INTERMEDIATE BODY POSITIONING MOVES—INTERMEDIATE MOUNT ESCAPES

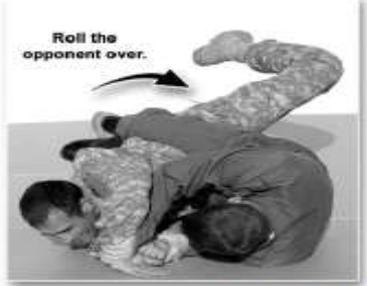
LARGER OPPONENT PINS WRIST

Larger opponents will often pin both of the smaller fighter's wrists to the ground. The smaller fighter cannot defeat this position by lifting his arms; instead, he should perform this technique.



(1) Move one hand to the other in an arch, keeping your hand on the ground. Block your opponent's opposite-side wrist.

(2) Roll to your side, trapping your opponent's leg and blocking his wrist.



(3) Roll your opponent. Lift up and over.

(4) Achieve good posture in the Guard.



Tactical Combatives Course (Level II)



2nd Battalion, 29th Infantry Regiment

Chapter 4

INTERMEDIATE BODY POSITIONING MOVES—INTERMEDIATE MOUNT ESCAPES

PUSH THE PROPPED KNEE

When a fighter attempts the Achieve the Mount technique, his opponent may prop up his near-side knee. If this happens, the fighter should perform Push the Propped Knee.



(1) Achieve Side Control.



(2) Post your hand by your opponent's near-side hip.



(3) Switch your base by sitting your legs through.



(4) Move your arm underneath your opponent's far-side shoulder, and pull up. Push on his knee, moving his top leg on top of his bottom leg.



(5) Drive your knee across your opponent's waist. Hook your foot on his leg.



(8) Release your opponent's leg and shoulder.

(7) As your opponent's spine uncoils, achieve good posture in the Mount.



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Intermediate Ground-Fighting Techniques

INTERMEDIATE BODY POSITIONING MOVES—INTERMEDIATE MOUNT ESCAPES PULL THE PROPPED KNEE

When a fighter attempts the Achieve the Mount technique, his opponent may prop up his far-side knee. If this happens, the fighter should perform Pull the Propped Knee.



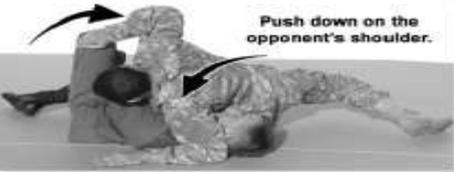
(1) Achieve Side Control.



(2) Post your hand that's closest to the opponent's legs by your opponent's near-side hip.



(3) Switch your base by sitting your legs through.



Push down on the opponent's shoulder.



Pull the opponent's leg toward the ground.



Step over.

(5) Step over. Hook your foot inside of your opponent's knee.



(6) As your opponent's spine uncoils, achieve good posture in the Mount.



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Chapter 4

INTERMEDIATE BODY POSITIONING MOVES—INTERMEDIATE MOUNT ESCAPES DEFEND AGAINST ATTEMPT TO MOUNT ARCH

A fighter's opponent may try to achieve the Mount from Side Control using the basic technique. If this happens, the fighter should perform Defend Against Attempt to Mount Arch.



(1) The opponent achieves Side Control.



Cup the opponent's hip.

(2) The opponent posts his hand and switches his base by sitting his legs through. Reach around his back, and cup his hip to block.



Extend your arm.

Raise up.

(3) As your opponent steps over, raise your hips, arch your back, extend your arm, and pull with the hand that is cupping his hip.



Roll over.

(4) Roll your opponent over, while threading your leg under the posted leg.



(5) Complete the roll. Achieve good posture in the Guard.



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Intermediate Ground-Fighting Techniques

INTERMEDIATE BODY POSITIONING MOVES—INTERMEDIATE MOUNT ESCAPES DEFEND AGAINST ATTEMPT TO MOUNT BACKDOOR

A fighter's opponent may try to achieve the Mount by driving his knee across the fighter's waist. This action creates an opening. If this happens, the fighter should perform Defend Against Attempt to Mount Backdoor.



(1) The opponent achieves Side Control.



(2) As your opponent drives his knee across your waist, his weight shifts from his back leg. Lift this leg with your elbow/forearm.



(3) Move your leg under your opponent's leg.



(4) Using a shrimping motion, turn your hip to face your opponent.



(5) Hook your leg on top of your opponent's to prevent him from stepping back over.

NOTE: At this point, your opponent may attempt to center himself. If he does, refer to the standard course of action. If he does not, refer to the alternate course of action (indicated by ALTERNATE).



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Chapter 4

INTERMEDIATE BODY POSITIONING MOVES—INTERMEDIATE MOUNT ESCAPES DEFEND AGAINST ATTEMPT TO MOUNT BACKDOOR (CONTINUED)



(6) Continue to shrimp your opposite leg out.



(7) Recompose, and achieve good posture in the Guard.



(6) ALTERNATE. Reach over your opponent's back, and grasp his armpit.



(7) ALTERNATE. Post your other hand, and climb onto your opponent's back, putting both hooks in to prevent being bucked off.



(7) ALTERNATE. Post your other hand, and climb onto your opponent's back, putting both hooks in to prevent being bucked off.



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Intermediate Ground-Fighting Techniques

INTERMEDIATE BODY POSITIONING MOVES—INTERMEDIATE MOUNT ESCAPES ESCAPE THE HALF-GUARD

When fighting, an opponent will often capture one of a fighter's legs between his. This position is called the Half-Guard. If this happens, the fighter should perform Escape the Half-Guard.



(1) Reach the arm on the same side as your free leg around your opponent's head.



(2) Move your other arm under your opponent's armpit, and grasp your hands together in a Wrestler's Grip.



(3) Push your shoulder into your opponent's face to turn him, pushing away from your body.



(4) Using a heel-toe motion, walk your trapped foot toward your opponent's buttocks.



(5) Move your hand to your opponent's knee.



(6) Shake back and forth, and push with your hand to remove your knee from between the opponent's legs.



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Chapter 4

INTERMEDIATE BODY POSITIONING MOVES—INTERMEDIATE MOUNT ESCAPES ESCAPE THE HALF-GUARD (CONTINUED)

Drive your knee down.



(7) Drive your free knee to the ground.

Force your hand under opponent's armpit.



(8) Your opponent may attempt to push your knee back through his legs. Reach under your opponent's armpit using your same-side arm.

Walk hand up.



(9) Walk your hand up, moving your opponent's hand from your knee and toward his head.



(10) Keep your opponent flat on his back. Wrap both arms around his arm and head to control them.

Hook your foot.



(11) Bring your back-side foot up, and hook it on top of your opponent's leg.

Pry your feet from between the opponent's legs.



(12) Pry your foot from between your opponent's legs. Achieve good posture in the Mount.



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Intermediate Ground-Fighting Techniques

INTERMEDIATE BODY POSITIONING MOVES—DEFENSE AGAINST HEADLOCKS

ESCAPE HEADLOCKS FROM THE BOTTOM, FORM THE FRAME

When the opponent has the fighter in a Headlock, the opponent may raise his head. When this is the case, the fighter may use this technique to escape and finish the fight.



Pull your elbow down and in.

(1) With a short jerky motion, pull your elbow in and turn on your side toward your opponent.



Turn on your side toward opponent.

Bring your arm around and under the opponent's chin.



Grab your other hand.

(2) Form the frame under your opponent's chin. Place your top arm under your opponent's jawbone, and rest your top hand comfortably on your wrist as if covering your watch.

NOTE: At this point, your bone structure should be supporting your opponent's weight.



Push away.

(3) Push with your top leg to move your hips away from your opponent.



Grasp the opponent's head.

(4) Push with the frame, and grasp your opponent's head with both legs.

NOTE: At this point, the opponent may let go of his headlock. If he does, refer to the standard course of action. If he does not, refer to the alternate course of action (indicated by ALTERNATE).



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Chapter 4

INTERMEDIATE BODY POSITIONING MOVES—DEFENSE AGAINST HEADLOCKS ESCAPE HEADLOCKS FROM THE BOTTOM, FORM THE FRAME (CONTINUED)



(5) Squeeze your opponent's neck with your legs while holding his near-side arm.



Rotate upwards until you are on your knees.

(5) ALTERNATE. Rotate until you are on both knees behind your opponent's back.



Release your grip and place your hands in front of the opponent.

(6) ALTERNATE. Use the hand nearest to your opponent's legs to move them out of the way.



Sweep the opponents' legs out of the way.



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Intermediate Ground-Fighting Techniques

INTERMEDIATE BODY POSITIONING MOVES—DEFENSE AGAINST HEADLOCKS ESCAPE HEADLOCKS FROM THE BOTTOM, FORM THE FRAME (CONTINUED)



Step over the opponent.
(7) ALTERNATE. Step over, and pull your foot in tight against your opponent's hip.



Drive your arm into the opponent's jawbone.
(8) ALTERNATE. Force your opponent to release his grip on your neck by forming the frame and leaning toward his head, driving the bone of your upper arm under his jawbone.



Capture the opponent's arm.

NOTE: Pulling your head straight up is less effective and requires more effort than driving toward your opponent's head.



Pinch your neck and shoulder together; push his head to the ground.
(9) ALTERNATE. Capture your opponent's arm with the hand closest to his hips, and pinch your neck and shoulder together to secure the grip. Post your other hand on his head, or push his chin to the ground.



Step over his head.

(10) ALTERNATE. Point your toe toward your opponent's head. Step over. Pinch your knees together.



Pinch your knees together while assuming an Arm Bar.

(11) ALTERNATE. Finish with an Arm Bar.

NOTE: As with any submission technique, apply the Arm Bar using slow, steady pressure, and release as soon as your training partner taps.



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Chapter 4

INTERMEDIATE BODY POSITIONING MOVES—DEFENSE AGAINST HEADLOCKS

ESCAPE THE HEADLOCK, FOLLOW THE LEG

A fighter should perform Escape the Headlock, Follow the Leg when he has attempted to Form the Frame, but his opponent's head is tucked tight.



(1) After ensuring that your arm is not captured, feel for your opponent's leg.



(2) Place your leg over your opponent's leg.



(3) Pull your bottom arm free, and place your weight on it. Holding the opponent tightly at his shoulder, crawl over him using your own leg as a guide.

NOTE: At this point, the opponent may or may not roll with you. If he does not roll with you, refer to the standard course of action. If he does, refer to the alternate course of action (indicated by ALTERNATE).



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Intermediate Ground-Fighting Techniques

INTERMEDIATE BODY POSITIONING MOVES—DEFENSE AGAINST HEADLOCKS ESCAPE THE HEADLOCK, FOLLOW THE LEG (CONTINUED)



(4) Use all of your body to apply pressure to your opponent's shoulder. This will break your opponent's grip.



(5) Grasp your opponent's wrist, and bring his arm behind his back.



(6) Pull your head out. This will leave you behind your opponent.



(4) ALTERNATE. Step behind your opponent.



(5) ALTERNATE. Position yourself perpendicular to your opponent.



(6) ALTERNATE. Base out your hands to prevent your opponent from rolling you over.



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Chapter 4

INTERMEDIATE BODY POSITIONING MOVES—DEFENSE AGAINST HEADLOCKS ESCAPE THE HEADLOCK, FOLLOW THE LEG (CONTINUED)



(7) ALTERNATE. Use the hand nearest to your opponent's legs to move them out of the way.



(8) ALTERNATE. Step over, and pull your foot in tight against your opponent's hip.



(9) ALTERNATE. Force your opponent to release his grip on your neck by forming the frame and leaning toward his head, driving the bone of your upper arm under his jawbone.



NOTE: Pulling your head straight up is less effective and requires more effort than moving toward your opponent's head.



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Intermediate Ground-Fighting Techniques

INTERMEDIATE BODY POSITIONING MOVES—DEFENSE AGAINST HEADLOCKS ESCAPE THE HEADLOCK, FOLLOW THE LEG (CONTINUED)

Drive your arm into the opponent's jawbone.



(10) ALTERNATE. Capture your opponent's arm with the hand closest to his hips, and pinch your neck and shoulder together to secure the grip. Post your other hand on his head, or push his chin to the ground.

Lean toward the opponent's head.



(11) ALTERNATE. Point your toe toward your opponent's head. Step over. Pinch your knees together.

Apply the Arm Bar.



(12) ALTERNATE. Finish with an Arm Bar.

NOTE: As with any submission technique, apply the Arm Bar using slow, steady pressure, and release as soon as your training partner taps.



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Chapter 4

INTERMEDIATE BODY POSITIONING MOVES—DEFENSE AGAINST HEADLOCKS ESCAPE THE HEADLOCK, LIFT AND TURN

The fighter attempts Escape the Headlock, Lift and Turn after his opponent defends against attempts to Form the Frame and Follow the Leg (the opponent tucks his head and legs, respectively).

Cup the opponent's bicep.



(1) Cup your opponent's bicep with your top hand.

Move onto your knees.



(2) Move onto your knees, clear your back-side hand, and establish a good base.



(3) Push your opponent to the other side.



(3) Continued.





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Intermediate Ground-Fighting Techniques

INTERMEDIATE BODY POSITIONING MOVES—DEFENSE AGAINST HEADLOCKS ESCAPE THE HEADLOCK, LIFT AND TURN (CONTINUED)



(4) Use the hand nearest to your opponent's legs to move them out of the way.



Sweep the opponents's legs out of the way.



Step over the opponent.

(5) Step over, and pull your foot in tight against your opponent's hip.



Drive your arm into the opponent's jawbone.

(6) Force your opponent to release his grip on your neck by forming the frame and leaning toward his head, driving the bone of your upper arm under his jawbone.



Capture the opponent's arm.

NOTE: Pulling your head straight up is less effective and requires more effort than driving toward your opponent's head.



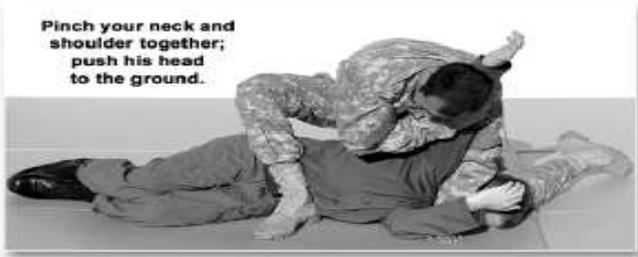
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Chapter 4

INTERMEDIATE BODY POSITIONING MOVES—DEFENSE AGAINST HEADLOCKS ESCAPE THE HEADLOCK, LIFT AND TURN (CONTINUED)



Pinch your neck and shoulder together; push his head to the ground.

(7) Capture your opponent's arm with the hand closest to his hips, and pinch your neck and shoulder together to secure the grip. Post your other hand on his head, or push his chin to the ground.



Step over his head.

(8) Point your toe toward your opponent's head. Step over. Pinch your knees together.



Pinch your knees together while assuming an Arm Bar.

(9) Finish with an Arm Bar.

NOTE: As with any submission technique, apply the Arm Bar using slow, steady pressure, and release as soon as your training partner taps.



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Intermediate Ground-Fighting Techniques

INTERMEDIATE BODY POSITIONING MOVES—DEFENSE AGAINST HEADLOCKS ESCAPE THE HEADLOCK, BLOCK AND LIFT

The fighter attempts Escape the Headlock, Block and Lift after the opponent defends against attempts to Escape the Headlock, Lift and Turn by posting his leg to prevent the fighter from moving him onto his back.



(1) Set your opponent back down.



Jump over the opponent.



(2) Jump, moving your legs over your opponent's body.



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Chapter 4

INTERMEDIATE BODY POSITIONING MOVES—DEFENSE AGAINST HEADLOCKS ESCAPE THE HEADLOCK, BLOCK AND LIFT (CONTINUED)



(3) Rotate until you are on both knees behind your opponent's back.



(4) Use the hand nearest to your opponent's legs to move them out of the way.



Sweep the opponents's legs out of the way.



Step over the opponent.

(5) Step over, and pull your foot in tight against your opponent's hip.



Drive your arm into the opponent's jawbone.

(6) Force your opponent to release his grip on your neck by forming the frame and leaning toward his head, driving the bone of your upper arm under his jawbone.



Capture the opponent's arm.

NOTE: Pulling your head straight up is less effective and requires more effort than driving toward your opponent's head.



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Intermediate Ground-Fighting Techniques

INTERMEDIATE BODY POSITIONING MOVES—DEFENSE AGAINST HEADLOCKS ESCAPE THE HEADLOCK, BLOCK AND LIFT (CONTINUED)

Pinch your neck and shoulder together; push his head to the ground.



(7) Capture your opponent's arm with the hand closest to his hips, and pinch your neck and shoulder together to secure the grip. Post your other hand on his head, or push his chin to the ground.

Step over his head.



(8) Point your toe toward your opponent's head. Step over. Pinch your knees together.

Pinch your knees together while assuming an Arm Bar.



(9) Finish with an Arm Bar.

NOTE: As with any submission technique, apply the Arm Bar using slow, steady pressure, and release as soon as your training partner taps.



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Chapter 4

INTERMEDIATE BODY POSITIONING MOVES—DEFENSE AGAINST HEADLOCKS ESCAPE THE HEADLOCK, ARCH OVER

The fighter uses Escape the Headlock, Arch Over when he cannot free his arm from his opponent's control.



(1) Using a Wrestler's Grip, pull your opponent onto you.



(2) Arch your body, and lift your opponent toward your head.



(3) Rotate your opponent around your head (half-moon), and roll on top of him.

NOTE: The roll must be timed correctly and must be toward your head, not straight over your body.



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Intermediate Ground-Fighting Techniques

INTERMEDIATE BODY POSITIONING MOVES—DEFENSE AGAINST HEADLOCKS ESCAPE THE HEADLOCK, ARCH OVER(CONTINUED)



(4) Rotate until you are on both knees behind your opponent's back.



(5) Use the hand nearest to your opponent's legs to move them out of the way.



Sweep the opponents' legs out of the way.



Step over the opponent.

(6) Step over, and pull your foot in tight against your opponent's hip.



Drive your arm into the opponent's jawbone.

(7) Force your opponent to release his grip on your neck by forming the frame and leaning toward his head, driving the bone of your upper arm under his jawbone.



Capture the opponent's arm.

NOTE: Pulling your head straight up is less effective and requires more effort than driving toward your opponent's head.



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Chapter 4

INTERMEDIATE BODY POSITIONING MOVES—DEFENSE AGAINST HEADLOCKS ESCAPE THE HEADLOCK, ARCH OVER (CONTINUED)



(8) Capture your opponent's arm with the hand closest to his hips, and pinch your neck and shoulder together to secure the grip. Post your other hand on his head, or push his chin to the ground.



(9) Point your toe toward your opponent's head. Step over. Pinch your knees together.



(10) Finish with an Arm Bar.

NOTE: As with any submission technique, apply the Arm Bar using slow, steady pressure, and release as soon as your training partner taps.



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Advanced Ground-Fighting Techniques

CLINCH FIGHTING—ADVANCED CLINCH POSITIONS

INSIDE CONTROL

Inside control is one of the most dominant positions to attack with strikes.

Tuck your elbows in to control the range.



Place one hand on top of the other, both pulling your opponent's neck downward.



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Chapter 5

CLINCH FIGHTING—ADVANCED CLINCH POSITIONS

NECK AND BICEPS

The neck and biceps position is a neutral position that happens frequently. This position enables the fighter to initiate knee strikes.

Use your elbows to control punches.

NOTE: Keep your hand over the crook of your opponent's elbow to defend against elbow strikes.



Cup the back of your opponent's neck with one hand for control.

Place the other hand on top of your opponent's biceps.



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Advanced Ground-Fighting Techniques

CLINCH FIGHTING—ADVANCED CLINCH POSITIONS

50/50

The 50/50 position enables the fighter to control his opponent's arm and body at the same time. If the fighter does not improve, it will allow the opponent the same opportunity as the fighter.

Place one arm in your opponent's armpit.

Hook one arm under your opponent's armpit and extend the other across your waist to block knee strikes.



Grasp your opponent's shoulder with a Thumbless Grip and his elbow with a Thumb Grip, pulling his arm into your armpit.



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Chapter 5

CLINCH FIGHTING—ADVANCED CLINCH POSITIONS BOTH ARMS UNDER

Both Arms Under is also called the body lock. This position allows the fighter to control his opponent's whole upper body.

HIGH

Your arms are locked together high behind your opponent's back to control his shoulders.



LOW

Your arms are locked together around the small of your opponent's back.



Lock your arms underneath your opponent's arms and behind his back.



Tactical Combatives Course (Level II)



2nd Battalion, 29th Infantry Regiment

Advanced Ground-Fighting Techniques

CLINCH FIGHTING—ADVANCED CLINCH POSITIONS

FRONT HEADLOCK

By controlling the opponent's head and arm in a Front Headlock, the fighter is in an excellent position to attack with strikes or takedowns.

Place your opponent's head in your armpit.



Control his arm with the arm around his neck.



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Chapter 5

CLINCH FIGHTING—ADVANCED CLINCH POSITIONS COUNTER TO INSIDE CONTROL

If the opponent achieves Inside Control, the fighter can defend by putting his arm over his opponent's and extending it. This will allow the fighter to regain his posture and fight for a better position.

Extend one arm over your opponent's arms and across his neck. Keep your opponent away by pressing against his neck.



Reach your other arm under your opponent's arms and across your waist to block knee strikes.



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Advanced Ground-Fighting Techniques

CLINCH FIGHTING—ADVANCED CLINCH POSITIONS

LONG-RANGE

It is more common for a confrontation to start outside of striking range. Having the courage to close the distance is the principal training goal.

BASIC LONG-RANGE

Begin in the Fighter's Stance. Drive into your opponent at an opportune moment. Try to place your forehead on his chest. Point your forehead at your opponent, and move your hands just over his biceps. From this position, achieve the Clinch.



LONG-RANGE WHEN THE OPPONENT ATTACKS

If the opponent tries to initiate the attack with punches, use this opportunity to close the distance. He will close the distance to get into punching range, so achieving the Clinch will be easier.

LONG-RANGE WITH A KICK

If the opponent stands back and awaits your attack, you will need to gain some form of advantage before closing the distance. One way to do this is with a kick. Kick with your front leg, aiming at your opponent's thigh. If you miss the kick, keep your leg in front of your opponent so that you do not give up your back.



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Chapter 5

CLINCH FIGHTING—PUMMELING BASIC

One of the fundamental techniques of clinch fighting is pummeling for underhooks. Basic pummeling enables the fighter to gain control of his opponent and lead into strikes or takedowns.



(1) Begin in the 50/50 position.



(2) Dig the near-side hand between your opponent's arm and your chest in an attempt to achieve the Both Arms Under clinch position. He will do the same thing at the same time so that you change sides. Push slightly against him, and your legs should change sides in coordination with your arm movements.





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Advanced Ground-Fighting Techniques

CLINCH FIGHTING—PUMMELING NEAR-SIDE

The fighter uses Pummeling, Near-side, when his opponent controls the fighter's attempt to achieve the basic clinch position by hooking his arm under the fighter's armpit.



(1) Your opponent controls your attempt to achieve the basic clinch position by hooking his arm under your armpit.



(2) Snake your arm over your opponent's and through his armpit. Step behind his leg. Quickly push upward with your arm, and move your hips forward to position your shoulder in his armpit and gain the position.





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Chapter 5

CLINCH FIGHTING—PUMMELING CHANGING SIDES

Sometimes, an opponent will control the fighter's attempt to achieve the basic clinch position by wrapping his arm over the fighter's and moving through the fighter's armpit. This is called a wizzer. To beat the wizzer, one option is to switch sides by pummeling to an Underhook on the far side.



(1) Snake your other hand into his armpit on the far side and change sides.



(2) Shuck your shoulder to gain the position as before.



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Advanced Ground-Fighting Techniques

CLINCH FIGHTING—PUMMELING OUTSIDE TO INSIDE WEDGE

The fighter uses Outside to Inside Wedge when his opponent achieves Inside Control and squeezes his elbows together tightly. This move enables the fighter to swim his arms to Inside Control and assume a better position.



(1) Grasp both of your opponent's elbows, and place your hips under them. Straighten his arms by pushing them upward.



(2) Use the space this has created to wedge one hand at a time into the Inside Control position.





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Chapter 5

CLINCH FIGHTING—PUMMELING OVER TO UNDER LEVER

A fighter can defeat Inside Control by making a lever with his arms and using the power of his hips to achieve Inside Control.



(1) Reach over one of your opponent's arms at the elbow, and place the back of your hand under his other elbow.



(2) Place your palms together, and push your opponent's arms upward.



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Advanced Ground-Fighting Techniques

CLINCH FIGHTING—PUMMELING OVER TO UNDER LEVER (CONTINUED)



(3) Use the power of your hips to drive your opponent's elbow upward.



(4) Use the space this has created to wedge one hand at a time into the Inside Control position.





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Chapter 5

CLINCH FIGHTING—PUMMELING UNDER TO OVER LEVER

A fighter can defeat Inside Control by making a lever with his arms and using the power of his hips to achieve Inside Control.



(1) Begin in your opponent's Inside Control.



(2) Reach under one of your opponent's arms and over the other at his elbow.



(3) Using your own elbow, push your opponent's arm upward by leaning with your shoulders.



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Advanced Ground-Fighting Techniques

CLINCH FIGHTING—PUMMELING UNDER TO OVER LEVER (CONTINUED)



(4) Use the space this has created to wedge one hand at a time into the Inside Control position.



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Chapter 5

CLINCH FIGHTING—PUMMELING PUSH THE ELBOW INWARD

Fighters use Push the Elbow Inward when their opponents squeeze their elbows too tightly for the fighter to perform the Over to Under Lever or the Under to Over Lever.



(1) Grasp your opponent's elbow with one hand and push it inward, gaining power by simultaneously turning your shoulders.

(2) With your free hand first, use the space this has created to wedge both hands into the Inside Control position.



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Advanced Ground-Fighting Techniques

CLINCH FIGHTING—PUMMELING DOUBLE ELBOW LIFT

Fighters use the Double Elbow Lift when their opponents squeeze their elbows together very tightly.



(1) Grasp both of your opponent's elbows.



(2) Position your hips under your opponent's elbows, and straighten his arms by pushing them both upward.



(3) Use the space this has created to wedge one hand at a time into the Inside Control position.



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Chapter 5

CLINCH FIGHTING—KNEE STRIKES, ATTACK LONG KNEE

The Long Knee is a strike that is used when there is space between the fighter and his opponent and is either directed straight out or slightly rising. At the appropriate range, the fighter can pull his opponent toward him to enhance its effectiveness.



(1) Begin in Inside Control.



(2) Pull opponent toward you, while driving your knee into his body and thrusting forward with your hips.



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Advanced Ground-Fighting Techniques

CLINCH FIGHTING—KNEE STRIKES, ATTACK

UP KNEE

The Up Knee is a rising strike usually to the head, but occasionally to the chest and stomach. It can be thrown either directly to the front or to the side, but is typically thrown at very close range. This technique is most effective when the opponent has a bad posture.



(1) Begin in Inside Control.



(2) Pull your opponent's head toward your knee. Drive the top of your knee into his chest or head.



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Chapter 5

CLINCH FIGHTING—KNEE STRIKES, ATTACK ROUND KNEE

The Round Knee, sometimes called the curved knee, is a strike that typically comes from the side into the ribs. It can either be a horizontal strike or slightly rising. This strike is commonly used when there is little or no space between the fighter and his opponent (no space to use the Long Knee or Up Knee).



(1) Begin in Inside Control.



(2) Lift your knee at a 90-degree angle from your opponent. Strike his thigh or ribs with the inside of your knee.



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Advanced Ground-Fighting Techniques

CLINCH FIGHTING—KNEE STRIKES, DEFENSE HIP CHECK

In the clinch, a fighter's opponent can throw knee strikes. A fighter can defend these strikes using a Hip Check. This move is the best defense against the Round Knee.



Keep a good posture. Move your hip inside of the strike. Your hip will meet the strike on your opponent's inner thigh. This reduces your opponent's ability to strike.



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Chapter 5

CLINCH FIGHTING—KNEE STRIKES, DEFENSE PULL TOWARD THE KNEE

The fighter can reduce his opponent's ability to use knee strikes by pulling him toward the knee he is striking. This forces him to put his foot down to maintain his balance.



(1) When your opponent picks up his leg to attempt a knee strike, pull him toward the leg he is attempting to strike with. He will be forced to place it on the ground to avoid falling.



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Advanced Ground-Fighting Techniques

CLINCH FIGHTING—KNEE STRIKES, DEFENSE PULL AWAY FROM THE KNEE

The fighter can reduce his opponent's ability to use knee strikes by pulling him away from the knee he is striking. This forces him to put his foot down to maintain his balance.



(1) If your opponent is leaning away from the leg with which he is attempting to strike you, you may not be able to pull him toward it. However, you may be able to pull him in the other direction (away from the knee) and force him to step backward to avoid falling.



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Chapter 5

CLINCH FIGHTING—KNEE STRIKES, DEFENSE HAND CHECK

The Hand Check should be used sparingly because it exposes the fighter to head strikes.



(1) When you feel your opponent pull backward in preparation for a knee strike, pull your hand away, and stop the strike by blocking his hip. Immediately replace your hand to a control position on top of your opponent's controlling arm to avoid exposing yourself to hand or elbow strikes.



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Advanced Ground-Fighting Techniques

CLINCH FIGHTING—KNEE STRIKES, DEFENSE KNEE LIFT AND GRAB

The fighter uses this technique to mitigate an opponent's knee strikes. This technique ends in a position that gives the fighter several options, including the takedown.



(1) As your opponent's knee strike comes in, position your knee under his leg, and grasp his leg with your arm.



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Chapter 5

CLINCH FIGHTING—KNEE STRIKES, DEFENSE TILT THE HEAD

An opponent must have good posture to strike effectively. To affect his opponent's posture, a fighter can control his opponent's upper body by tilting his head.



(1) Assume the Inside Control position. As your opponent's knee strike comes in, control his ability to strike by tilting his head.



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Advanced Ground-Fighting Techniques

CLINCH FIGHTING—KNEE STRIKES, THROWS AND TAKEDOWNS AGAINST KNEE STRIKES HIP CHECK, TURN DOWN

When used as a defense, the Hip Check is effective in taking the opponent off-balance by transitioning all of his weight over the outside of his foot.



(1) Stop your opponent's attempted knee strike with a Hip Check.



(2) Turn your opponent in a tight circle away from his striking leg, and pull downward.





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Chapter 5

CLINCH FIGHTING—KNEE STRIKES, THROWS AND TAKEDOWNS AGAINST KNEE STRIKES PULL TOWARD THE KNEE, INSIDE HOOK

If a fighter defends against a knee strike by pulling his opponent toward the strike, he may be able to attack with an inside trip.



(1) Stop your opponent's attempted knee strike by pulling away from his knee.



(2) Sweep your opponent's posted leg with the back of your calf just as his other leg touches the ground.





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Advanced Ground-Fighting Techniques

CLINCH FIGHTING—KNEE STRIKES, THROWS AND TAKEDOWNS AGAINST KNEE STRIKES

PULL AWAY FROM THE KNEE, SWEEP

When in the clinch, an opponent may throw knee strikes. If this occurs, the fighter pulls his opponent away from the strike, steps through, and executes a sweep.



(1) Stop your opponent's attempted knee strike by pulling away from his knee.



(2) Step through the space between you and the opponent.



(3) Execute a sweep with your opposite-side foot.



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Chapter 5

CLINCH FIGHTING—KNEE STRIKES, THROWS AND TAKEDOWNS AGAINST KNEE STRIKES PULL AWAY FROM THE KNEE, THROW

This technique is similar to Pull Away from the Knee, Sweep, except that the fighter steps across the opponent to finish the throw.



(1) Stop your opponent's attempted knee strike by pulling away from his knee.



(2) Step through the space between you and the opponent.



(3) Execute a throw with your opposite-side leg or hip.



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Advanced Ground-Fighting Techniques

CLINCH FIGHTING—KNEE STRIKES, THROWS AND TAKEDOWNS AGAINST KNEE STRIKES HAND CHECK, KNEE STRIKE, SNAP DOWN

When a fighter blocks a knee strike with a Hand Check, he may be able to land knee strikes of his own or perform a takedown that will introduce new opportunities for strikes or transitions to dominant body positions.



(1) Stop your opponent's attempted knee strike by checking his hip with your hand.



(2) When your opponent's leg touches the ground, land your own knee strike.



(3) Immediately, snap your opponent forward.



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Chapter 5

CLINCH FIGHTING—KNEE STRIKES, THROWS AND TAKEDOWNS AGAINST KNEE STRIKES KNEE LIFT FROM MODIFIED SEATBELT CLINCH

When a fighter has assumed the Seatbelt Clinch, he can land knee strikes effectively to his opponent's torso. If his opponent tries to strike back, his weight will come up with the strike, enabling the fighter to take him off his feet by bumping his post leg.



(1) Assume the Modified Seatbelt Clinch. Control your opponent's far-side arm at the biceps, as in the Neck and Biceps clinch position. Attack his midsection with knee strikes. As he tries to counter with knee strikes of his own, his weight will come forward.

(2) Lift your opponent with your thigh that is behind his posted leg, and take him down to his back.



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Advanced Ground-Fighting Techniques

CLINCH FIGHTING—KNEE STRIKES, THROWS AND TAKEDOWNS AGAINST KNEE STRIKES 50/50, CATCH AND LIFT

When a fighter is in the 50/50 position with his hand inside of his opponent's legs, he can defend against the Round Knee by circling his arm under his opponent's leg to control it. Then, the fighter can lift his opponent and take him down, enabling the fighter to assume a dominant position. This technique is most effective from the 50/50 position because the position forces the opponent to throw knees on the same side that the fighter has overtaken.



(1) Begin in the 50/50 position.



(2) If your opponent tries to land an up knee to your head, hook his leg with your blocking arm.



(3) Lift your opponent with your opposite thigh. Take your opponent down, and assume Side Control.



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Chapter 5

CLINCH FIGHTING—KNEE STRIKES, THROWS AND TAKEDOWNS AGAINST KNEE STRIKES COUNTER TO INSIDE CONTROL, CATCH AND LIFT

Sometimes, a fighter's opponent will attempt a knee strike to the fighter's midsection or head as the fighter uses Counter to Inside Control. In this instance, the fighter should use Counter to Inside Control, Catch and Lift.



(1) Begin in the counter to Inside Control.



(2) As your opponent throws the knee, counter by circling your bottom hand under his knee.



(3) Have a good posture, and take your opponent off of his feet.



(4) While lifting, drive your top arm into your opponent's neck. Transition his center of gravity over his posted foot.



(5) Finish in a dominant body position.



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Chapter 4

INTERMEDIATE BODY POSITIONING MOVES—ATTACKS FROM THE MOUNT

PAPERCUTTER CHOKE

When in the Mount, choking the opponent is the best way to finish the fight. This choke is used when the opponent is wearing a shirt with a collar, but may be defending one side of his neck.

WARNING

For training purposes, hold chokes only until your opponent taps. Holding the choke for lengthy periods may cause injury or death.



(1) Open your opponent's collar with your non-dominant hand. With your dominant hand, reach deep into the collar thumb first, securing a firm grip and placing your fist on the ground.



(2) Release the grip of your other hand.



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Intermediate Ground-Fighting Techniques

INTERMEDIATE BODY POSITIONING MOVES—ATTACKS FROM THE MOUNT PAPERCUTTER CHOKE (CONTINUED)

WARNING

For training purposes, hold chokes only until your opponent taps. Holding the choke for lengthy periods may cause injury or death.



(3) Reach under your arm, and grasp the opposite side of your opponent's collar, pulling it tight against the back of his neck.



(4) Drive your elbow across your opponent's neck and pull toward yourself to complete the choke.



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Chapter 4

INTERMEDIATE BODY POSITIONING MOVES—ATTACKS FROM THE MOUNT NUTCRACKER CHOKE

The fighter uses this choke when his opponent is wearing a shirt with a collar, but is not defending his neck for a choke.

WARNING

For training purposes, hold chokes only until your opponent taps. Holding the choke for lengthy periods may cause injury or death.



Grasp both sides of the opponent's collar.

(1) Grasp your opponent's collar with both hands at the sides of his neck. Point your knuckles in against his neck.



Pull upwards while turning your knuckles inwards towards the opponent's neck.

(2) Pull up with both hands and, with your pinkies acting as a pivot, drive both pointer finger knuckles into your opponent's neck on either side of his Adam's apple.



Drive your knuckles into the side of the opponent's Adam's apple.



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Intermediate Ground-Fighting Techniques

INTERMEDIATE BODY POSITIONING MOVES—ATTACKS FROM THE MOUNT LEANING CHOKE

When in the Mount, the fighter may use the Leaning Choke to finish the fight.

WARNING

For training purposes, hold chokes only until your opponent taps. Holding the choke for lengthy periods may cause injury or death.



Grasp both sides of the opponent's collar.

(1) Grasp both sides of your opponent's collar, pinkies down. Your knuckles should be pointed inward, and there should be three or four inches of slack.



Drive the opponent's collar across his neck.

(2) Drive one side of your opponent's collar across his neck so that your pinky knuckle is positioned just past his Adam's apple.



Lean into the choke.

(3) Pull your other hand tight, and lean into the choke. Drive this hand into your opponent's neck.

CAUTION

Keep the arm applying the choke bent to prevent arm injury.



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Chapter 4

INTERMEDIATE BODY POSITIONING MOVES—ATTACKS FROM THE MOUNT SLEEVE CHOKE

Unlike other choking techniques, the Sleeve Choke does not require the opponent to wear a shirt with a collar. This choke uses the fighter's own sleeve to choke the opponent and finish the fight.

WARNING

For training purposes, hold chokes only until your opponent taps. Holding the choke for lengthy periods may cause injury or death.



(1) Reach one arm underneath your opponent's head.



(2) Secure a tight grip into your sleeve.



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Intermediate Ground-Fighting Techniques

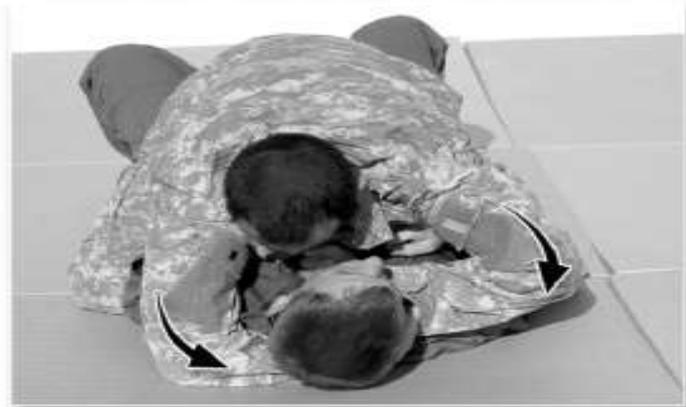
INTERMEDIATE BODY POSITIONING MOVES—ATTACKS FROM THE MOUNT SLEEVE CHOKE (CONTINUED)

WARNING

For training purposes, hold chokes only until your opponent taps. Holding the choke for lengthy periods may cause injury or death.



(3) Make a fist with your free hand, and pull it across your opponent's neck.



(4) Straighten your arms to finish the choke.



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Chapter 4

INTERMEDIATE BODY POSITIONING MOVES—ATTACKS FROM THE REAR MOUNT COLLAR CHOKE

When in Rear Mount, choking your opponent is the most preferred method of finishing the fight. The Collar Choke is one technique that the fighter may use to do so.

WARNING

For training purposes, hold chokes only until your opponent taps. Holding the choke for lengthy periods may cause injury or death.



(1) Grasp your opponent's collar with your hand in his armpit. Pull it open, and insert the thumb of your other hand deep into his collar. Secure a firm grip.



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Intermediate Ground-Fighting Techniques

INTERMEDIATE BODY POSITIONING MOVES—ATTACKS FROM THE REAR MOUNT COLLAR CHOKE (CONTINUED)

WARNING

For training purposes, hold chokes only until your opponent taps. Holding the choke for lengthy periods may cause injury or death.

Pull down on the opponent's collar.



(3) Grasp your opponent's lapel with the hand that was under his armpit. Pull down to tighten his collar against the back of his neck.

Extend and push outward.



(4) Extend your arms and push outward with both hands to set the choke.



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Chapter 4

INTERMEDIATE BODY POSITIONING MOVES—ATTACKS FROM THE REAR MOUNT SINGLE WING CHOKE

When attempting the Collar Choke, the opponent may block the fighter from reaching for his far-side lapel. If this happens, the fighter may finish using the Single Wing Choke.

WARNING

For training purposes, hold chokes only until your opponent taps. Holding the choke for lengthy periods may cause injury or death.



(1) Open your opponent's collar, and secure a grip inside.



Grip the opponent's collar.



Pull the opponent's elbow outward.

(2) With the hand that is under your opponent's armpit, pull his arm out at the elbow.

NOTE: Keep the hand away from the armpit, and don't lose control of the elbow.



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Intermediate Ground-Fighting Techniques

INTERMEDIATE BODY POSITIONING MOVES—ATTACKS FROM THE REAR MOUNT SINGLE WING CHOKE (CONTINUED)

WARNING

For training purposes, hold chokes only until your opponent taps. Holding the choke for lengthy periods may cause injury or death.



(3) Pull your opponent's arm away from his body, and raise his arm.



(4) Bring your hand behind your opponent's head, and finish the choke by pushing out with both hands.



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Chapter 4

INTERMEDIATE BODY POSITIONING MOVES—ATTACKS FROM THE REAR MOUNT STRAIGHT ARM BAR FROM THE REAR MOUNT

After the opponent defends both the Collar Choke and the Single Wing Choke, the fighter may use this technique as an alternative to choking his opponent. Although it is not the most preferred method of finishing the fight, it allows the fighter to break the opponent's arm from the Rear Mount.



(1) Push your arm under your opponent's armpit. Pull the other arm around your opponent's neck.



(2) Reach through with the underhook and grab your opponent's shoulder, trapping it.



(3) Pull your opponent backward, with your leg across his belt line.



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Intermediate Ground-Fighting Techniques

INTERMEDIATE BODY POSITIONING MOVES—ATTACKS FROM THE REAR MOUNT STRAIGHT ARM BAR FROM THE REAR MOUNT (CONTINUED)



(3) With the palm of your other hand, push your opponent's head away.



Bring your foot over the opponent's head.

(4) Step over your opponent's head with your leg. Break your opponent's grip by pushing with your legs and extending your body.



Extend your body.

(5) Finish with the Straight Arm Bar.

NOTE: As with any submission technique, apply the Straight Arm Bar using slow, steady pressure, and release as soon as your training partner taps.



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Intermediate Ground-Fighting Techniques

INTERMEDIATE BODY POSITIONING MOVES—ATTACKS FROM SIDE CONTROL

REVERSE BENT ARM BAR FROM SIDE CONTROL

When a fighter has his opponent in Side Control, the opponent may use a far-side underhook to create space and escape this position. The fighter may use the Reverse Bent Arm Bar from Side Control to stop his opponent from escaping while finishing the fight.



(1) Assume Side Control.



(2) Sit through as though you are attempting to Mount.



(3) Secure your opponent's wrist using the Thumb or Thumbless Grip.



(4) Move your other arm from the notch created by your opponent's neck and shoulder (elbow notch), and reach under your opponent's arm to secure a Figure Four above his elbow.



(5) Sit through, using the torque of your body to bring the opponent's arm down and anchor your elbow to his hip.



(6) Bring your leg next to your opponent's head by putting your knee on his hip and sliding it along his body to capture his arm.



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Chapter 4

INTERMEDIATE BODY POSITIONING MOVES—ATTACKS FROM SIDE CONTROL REVERSE BENT ARM BAR FROM SIDE CONTROL (CONTINUED)



(7) Sit through as if attempting to Mount toward your opponent's head.



(8) Move your back leg over your opponent's head, and place your foot on the ground.



(9) Lean back, and twist your opponent's arm to torque his shoulder.

NOTE: As with any submission technique, apply the Reverse Bent Arm Bar using slow, steady pressure, and release as soon as your training partner taps.



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Chapter 4

INTERMEDIATE BODY POSITIONING MOVES—ATTACKS FROM THE GUARD ELEVATOR SWEEP FROM THE GUARD (OPTION ONE)

As the opponent attempts to pass the fighter's Guard, he may place his hands between the fighter's legs. If this occurs, the fighter can apply this technique to gain dominant position.



(1) When your opponent Passes the Guard, he will post his arm between your legs and on the ground.



(2) Secure his posting arm at the wrist with your near-side hand.



(3) Move your same-side foot like a windshield wiper, and plant your foot firmly under your opponent's leg. Post your opposite-side knee on the ground, and move your hip out.



Plant your foot.



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Intermediate Ground-Fighting Techniques

INTERMEDIATE BODY POSITIONING MOVES—ATTACKS FROM THE GUARD ELEVATOR SWEEP FROM THE GUARD (OPTION ONE) (CONTINUED)



(4) Lift his leg, and scissor his bottom leg backward.



(5) Roll over to the Mount.



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Chapter 4

INTERMEDIATE BODY POSITIONING MOVES—ATTACKS FROM THE GUARD

ELEVATOR SWEEP FROM THE GUARD (OPTION TWO)

As the opponent attempts to pass the fighter's Guard, he may control the fighter's arms at the bicep. If this occurs, the fighter can apply this technique to gain dominant position.



(1) Attempt to Scissor Sweep.



(2) Once your leg is across your opponent's belt line, your opponent sets his weight on your leg.



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Intermediate Ground-Fighting Techniques

INTERMEDIATE BODY POSITIONING MOVES—ATTACKS FROM THE GUARD ELEVATOR SWEEP FROM THE GUARD (OPTION TWO) (CONTINUED)



(3) Straighten your leg to free your knee.



(4) Circle your foot around, hooking the underside of your opponent's leg.



(5) Lift your opponent's leg, while scissoring your bottom leg.



(6) Roll over to the Mount.



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Chapter 4

INTERMEDIATE BODY POSITIONING MOVES—ATTACKS FROM THE GUARD ELEVATOR SWEEP FROM ESCAPE THE MOUNT, SHRIMP TO THE GUARD

As in basic body positioning moves, when the opponent defends the Arm Trap and Roll by posting his leg, the fighter needs to shrimp out from under him. Instead of assuming the Guard, the fighter can use this technique to gain a more dominant body position.



(1) Attempt to use Escape the Mount, Shrimp to the Guard.



(2) Once you have positioned one leg between your opponent's legs and one leg out, shrimp toward the leg you have hooked to escape your opponent's hips. Control your opponent's elbow with one hand.

(3) Secure your opponent's opposite-side collar with your other hand.



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Intermediate Ground-Fighting Techniques

INTERMEDIATE BODY POSITIONING MOVES—ATTACKS FROM THE GUARD ELEVATOR SWEEP FROM ESCAPE THE MOUNT, SHRIMP TO THE GUARD (CONTINUED)



(4) Lift your leg; at the same time, scissor the bottom leg backward.



(5) Roll into the Mount.

NOTE: You can also bring the foot up from the bottom leg, kick your opponent's knee, and lift with your other leg to roll him over.



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Chapter 4

INTERMEDIATE BODY POSITIONING MOVES—ATTACKS FROM THE GUARD TRIANGLE CHOKE

If an opponent gets his hand through and begins to Pass a fighter's Guard, a fighter can still apply the Triangle Choke.

WARNING

For training purposes, hold chokes only until your opponent taps. Holding the choke for lengthy periods may cause injury or death.



(1) Post your leg on the ground and turn your body perpendicular to your opponent's. Loop your leg around the back of his neck. Lift your hips, and pull his arm across.





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Intermediate Ground-Fighting Techniques

INTERMEDIATE BODY POSITIONING MOVES—ATTACKS FROM THE GUARD TRIANGLE CHOKE (CONTINUED)

WARNING

For training purposes, hold chokes only until your opponent taps. Holding the choke for lengthy periods may cause injury or death.



(2) Place the inside of your knee over your own foot. You may assist yourself by grasping your shin with your hand.



(3) Place both of your hands on the back of your opponent's head, and push upward with your hips.



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Chapter 4

INTERMEDIATE BODY POSITIONING MOVES—ATTACKS FROM THE GUARD

REVERSE BENT ARM BAR FROM THE GUARD

While in the Guard, the opponent may place his hands on the ground. When this occurs, the fighter can perform the Reverse Bent Arm from the Guard to force his opponent to submit.



(1) Your opponent is in the Guard, posting both hands on the ground.



(2) Slide your body back, and secure a Thumb Grip on your opponent's wrist. Open your legs, but keep your knees pressed tightly together.



(3) Sit up.



Secure a Figure Four.

(4) Reach over your opponent's arm to secure a Figure Four using Thumbless Grips.



Fall back.

(5) If there is room, lace your near-side leg over your opponent's leg. Fall back to the ground.



Pull opponent's elbow tight to your chest.

(6) Push your hips to the same side. Move your leg on top of your opponent's back. Keep your opponent's elbow tight to your chest, and turn your body to apply pressure to his shoulder.



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Intermediate Ground-Fighting Techniques

INTERMEDIATE BODY POSITIONING MOVES—ATTACKS FROM THE GUARD

HIP HEIST SWEEP

This technique can be used in conjunction with the Reverse Bent Arm Bar or if the opponent sits high in the fighter's Guard.



(1) Your opponent is in the Guard, sitting back. Open your legs, but keep your knees pressed tightly together.



(2) Forcefully sit up, and post one hand. Reach the other arm across your opponent's body and over his arm.



(3) Secure a Thumb Grip at your opponent's elbow. Post the foot opposite your posted hand.



(4) Lift your hips. Roll over your opponent's leg and into the Mount.





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Chapter 4

INTERMEDIATE BODY POSITIONING MOVES—ATTACKS FROM THE GUARD GUILLOTINE CHOKE FROM THE GUARD

This technique can be used in conjunction with the Hip Heist if the opponent defends by driving into the fighter.



(1) Attempt the Hip Heist Sweep.



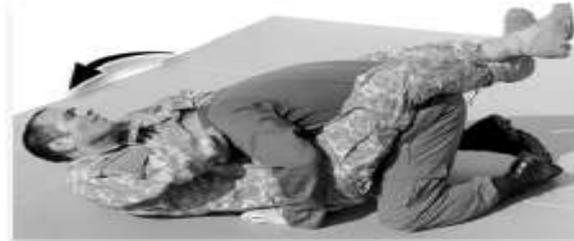
NOTE: If your opponent hugs your body to drive you back to the ground, open your legs and scoot your hips back to allow space for the choke.



(2) Reach your arm around your opponent's neck, palm facing toward your body.



(3) Secure a grip on your wrist (where your watch would be) with your other hand. Lift up to secure the choke.



(4) Sit back, locking the Guard. Arch your back, and pull to finish the choke.



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Chapter 5

STRIKING SKILLS—MOVEMENT BASIC FOOTWORK

Before effective strikes can be launched, a fighter must have a solid base, as well as the ability to move while both attacking and defending.

NOTE: When training basic footwork, begin with movement in the four cardinal directions. Leading with the wrong foot will cause crossing of the feet and imbalance in the stance. Movements should be short, with four to six inch increments. Note that lead and trail feet are different for left- and right-handed fighters.



MOVING FORWARD

Step forward with your lead foot, and drag your trail foot the same distance. Stay balanced on the balls of the feet, with your heels slightly raised. Keep a good Fighter's Stance.



MOVING BACKWARD

Step backward with your trail foot, and drag your lead foot the same distance. Stay balanced on the balls of the feet, with your heels slightly raised. Keep a good Fighter's Stance.



MOVING RIGHT

Step to your right with your trail foot, and drag your lead foot. Stay balanced on the balls of the feet, with your heels slightly raised. Keep a good Fighter's Stance.



MOVING LEFT

Step to your left with your lead foot, and drag your trail foot. Stay balanced on the balls of the feet, with your heels slightly raised. Keep a good Fighter's Stance.

MOVING DIAGONALLY

When moving diagonally, the foot that moves first may not be the foot closest to the direction you are moving. The guiding factor is that you should never cross your feet.

NOTE: Do not cross your feet.

CIRCLING TO THE LEFT AND RIGHT

Circling is the same as moving diagonally, with the exception of your trail foot position. After the movement, you must slide your trail foot into position to face your opponent.



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Advanced Ground-Fighting Techniques

STRIKING SKILLS—MOVEMENT BOXER'S DANCE

This movement is key to generating punching power.



(1) Stand with both heels on the ground. Distribute your weight evenly on your feet.



(2) Shift your body weight to one foot. Pivot the other leg on the ball of the foot. Turn your heel out, and move your knee in and down. Turn your hips, mid-section, and upper body as one unit toward the weighted leg.

NOTE: Keep your knees bent throughout the movement.



(3) Return your body to its original position.



(4) Shift your weight onto the other leg. Repeat Step 2, but use the other leg and turn in the opposite direction. Repeat this process several times, learning to shift your weight and pivot smoothly.



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Chapter 5

STRIKING SKILLS—ARM STRIKES, ATTACK

JAB

The Jab is thrown with the lead hand and is used for controlling the range and setting up further techniques. It is the most used punch in boxing.

NOTE: The Jab should first be practiced from a static position.

Then, it should be practiced moving forward, and then while circling toward the lead hand. When jabbing while moving forward, the action must come from an explosive push with the fighter's rear leg. The extension of the punch should happen at the same time. Further, the fighter's punch should withdraw into his defensive position at the same time his trail foot slides forward into the Fighter's Stance.

Finally, it should be practiced moving backward, and then while circling toward the trail hand. When jabbing while moving backward, the fighter throws the punch at the same time he pushes off with the lead leg. Further, the fighter's punch should withdraw into his defensive position at the same time his lead foot slides backward into the Fighter's Stance.



(1) From a Fighter's Stance, bend your lead knee, and push it forward of your toe. Keep your lead heel on the ground. At the same time, push with your rear leg and slightly twist your torso. Do not bend at the waist.



(2) Extend your arm. Move your fist in a straight line directly from its defensive position to the target. Keep your rear hand up while throwing the jab. Do not flail the elbow, but use it as a hinge. At the point of impact, twist your fist to land the blow with the palm facing down. Throw the jab at eye-level or above.

(3) Withdraw your fist to its defensive position.



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2nd Battalion, 29th Infantry Regiment

Advanced Ground-Fighting Techniques

STRIKING SKILLS—ARM STRIKES, ATTACK CROSS

The Cross is a power punch thrown from the rear arm. It is often set up by the Jab or thrown in a combination.



(1) From the Fighter's Stance, transition your weight to your lead leg, and turn on the ball of your trail foot until your hips and shoulders are positioned 45 degrees past your opponent. Bend the knee of your trail leg, and position it facing inward with your heel turned out.

(2) As you extend your punch, rotate your arm so that you strike with your knuckles up and palm facing down. Throw the punch straight out from your face, without flailing your elbow out to the side. Keep your lead hand up to protect the opposite side of your head, and move your trail shoulder up to protect your near side.

(3) Bring your trail hand straight back to your face without looping it.

NOTE: Practice the Cross by standing with your dominant side against a wall. Step forward with your lead foot, drag your trail foot, and throw the Cross, looking for the trail heel to contact the wall to ensure you are turning it over.



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2nd Battalion, 29th Infantry Regiment

Chapter 5

STRIKING SKILLS—ARM STRIKES, ATTACK

HOOK

The Hook is a power punch that is usually thrown from the front arm. It is very powerful and works well in combinations. One of its main advantages is that it can be fully executed outside of the opponent's field of vision. Fighters often confuse the Hook with a looping arm punch. In reality, a powerful hook does not involve very much arm movement, but generates its power from the fighter's leg, hip, and shoulder movement. It is often thrown after the cross, as the body's weight has been shifted forward and can be redistributed toward the trail leg during this punch.



(1) From the Fighter's Stance, shift your weight toward your trail foot, and turn on the ball of your lead foot. Turn your hips and shoulders 90 degrees (toward the inside), and throw the heel of your lead foot to the front.



(2) Raise your elbow as you turn so that your punch lands with your arm parallel with the ground and your palm facing toward your chest. Keep your trail foot planted and your trail hand in a defensive position covering your face.

(3) Tuck your elbow back into your side, and turn your shoulders to return to the ready position.

WARNING

Do not allow your palm to face downward. This can cause injury to the wrist.



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Advanced Ground-Fighting Techniques

STRIKING SKILLS—ARM STRIKES, ATTACK

UPPERCUT

The Uppercut is effective against an opponent who is crouching or trying to avoid a clinch. The fighter can throw this strike with the lead hand or the trail hand.

LEAD HAND



- (1) Begin in the Fighter's Stance. Turn your hips and shoulders slightly to face your opponent. Dip your lead shoulder downward, and bend your knees.
- (2) Keep your elbow tucked in, and drive off of your lead leg to land your punch. Keep your palm facing up and your wrist straight and firm. Keep your trail hand in a defensive position covering your face.
- (3) Turn your shoulders, and snap back into the ready position.

TRAIL HAND



- (1) Begin in the Fighter's Stance. Turn your hips and shoulders slightly to face your opponent. Dip your rear shoulder downward, and bend your knees.
- (2) Drive off of your trail leg (through your hip) to land your punch. Keep your palm facing up and your wrist straight and firm. Your arm will be slightly more extended than the lead hand punch. Keep your lead hand in a defensive position covering your face.
- (3) Snap back into the ready position.



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Chapter 5

STRIKING SKILLS—ARM STRIKES, DEFENSE

JAB

There are two methods to defend the jab: catch and slip. When fighting against a matching lead, the easiest is to catch the punch.

CATCH



To catch a jab thrown at your face, turn the palm of your trail hand toward your opponent's punch and catch it, keeping your hand near your face.

NOTE: DO NOT reach for the punch. This will give your opponent an opportunity to land a hook.

SLIP



To slip a jab, move slightly out of the way of the incoming jab so that it either barely misses or strikes only a glancing blow.



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Advanced Ground-Fighting Techniques

STRIKING SKILLS—ARM STRIKES, DEFENSE CROSS, FRONT COVER

This technique enables the fighter to defend the Cross without moving his head.



(1) When your opponent throws a cross, slightly raise your lead hand and bring it near your forehead. Keep your chin tucked.



(2) Use your body, particularly your knees, to absorb the impact of the strike by being supple and giving some when the punch lands on your arm.

NOTE: DO NOT put your head down or bend at the waist.



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Chapter 5

STRIKING SKILLS—ARM STRIKES, DEFENSE HOOK, REAR COVER

This technique enables the fighter to defend the Cross without moving his head.



(1) Establish the rear cover by bringing your rear arm back to your cheek.

NOTE: Keep your rear elbow tight to cover your ribs.



(2) Bend slightly at the knees to absorb some of the impact of the strike.

NOTE: Keep a straight trunk, and avoid putting your head down.



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Advanced Ground-Fighting Techniques

STRIKING SKILLS—ARM STRIKES, DEFENSE UPPERCUT

There are two methods to defend the uppercut: cover and catch. The easiest way is to bring the elbows in tight to cover, although this does not leave the fighter in a very good position to counter with his own punches. The more difficult way, and more effective once mastered, is to catch the incoming uppercut. This method leaves you in a much better position to throw punches and regain the initiative.



- (1) Assume the Fighter's Stance, with both hands covering the face.
 - (2) Bring both elbows in tight to your front and allow the punch to slide up your arms and past your head.
- NOTE:** Avoid bending forward at the waist.



- (1) Assume the Fighter's Stance, with both hands covering the face.
 - (2) Turn your same-side hand down.
- NOTE:** Avoid bending forward at the waist.





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2nd Battalion, 29th Infantry Regiment

Intermediate Ground-Fighting Techniques

INTERMEDIATE BODY POSITIONING MOVES—PASS THE GUARD

PASS THE GUARD WITH THE KNEE IN THE TAILBONE

Pass the Guard with the Knee in the Tailbone allows the fighter to set up multiple Guard passes that he can choose from depending on how the opponent defends.



Grasp the opponent at the belt.

(1) Moving one hand at a time, grasp your opponent at the belt with both hands. Keep pressure on him to prevent him from sitting up.



Lean to one side.

(2) While pushing down on your opponent's hips, lean to one side and slide your knee out to prevent him from compromising your balance.



Push knee into the opponent's tailbone.

(3) Place one of your knees in your opponent's tailbone.

NOTE: Be sure your elbows are in and your head is behind your hands.



Move your knee to form a 90-degree angle.

(4) Push with both hands, and move your other knee away from your opponent to form a 90-degree angle with your legs. This creates more distance between the knee in the tailbone and your hip, forcing your opponent to loosen the grip with his legs.



Pushing downwards, loosen your opponent's grip.



Tactical Combatives Course (Level II)



2nd Battalion, 29th Infantry Regiment

Chapter 4

INTERMEDIATE BODY POSITIONING MOVES—PASS THE GUARD

PASS THE GUARD UNDER ONE LEG

Pass the Guard Under One Leg is used in conjunction with Pass the Guard with the Knee in the Tailbone.



(1) Move your arm under your opponent's open leg, and pull it into your shoulder. Secure his waistband with your opposite-side hand. Bring your knee to the same-side leg.



(2) Reach your hand into your opponent's collar, thumb inside.



(3) Stack your opponent, pushing his knee straight over his head until you break the grip of his legs. Pull your arm out, and grab his pants at the waist.

NOTE: Keep your head above your opponent's knee.



(4) Let your opponent's leg pass your head.



Reverse View



(5) Place your elbow in the notch created by your opponent's neck and shoulder (elbow notch). Assume good Side Control.



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Intermediate Ground-Fighting Techniques

INTERMEDIATE BODY POSITIONING MOVES—PASS THE GUARD

PASS THE GUARD UNDER BOTH LEGS

The fighter uses Pass the Guard Under Both Legs when the opponent defends against attempts to Pass the Guard Under One Leg by putting all of his weight on the leg the fighter is trying to pass under.



(1) When you move your arm under your opponent's open leg, he puts his weight on the leg to prevent the stack. Move your other arm under his other leg.



Grab the opponent's pants.



Pull the opponent into your lap.



Opposing Thumb Grip.

(2) Grab the sides of your opponent's thighs, and pull him into your lap.

(3) Bring your hands around, and secure an Opposing Thumb Grip.



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Chapter 4

INTERMEDIATE BODY POSITIONING MOVES—PASS THE GUARD PASS THE GUARD UNDER BOTH LEGS (CONTINUED)



(4) Hop onto your toes, sprawling your opponent to the stack.



(5) Open your opponent's collar with your same-side hand, while securing a grip on the collar with your opposite-side hand (thumb inside collar).

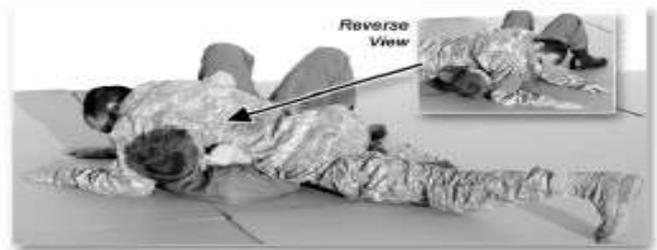


(6) Move your body to position yourself beside your opponent on the same side as your thumb.



(7) Stack your opponent up, pushing his knee straight over his head until you break the grip of his legs. Release his collar, and grab his pants at the tailbone. Let his leg pass your head.

Stack the opponent as in Drill #1.



(8) Place your elbow in the notch created by your opponent's neck and shoulder (elbow notch). Assume good Side Control.



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2nd Battalion, 29th Infantry Regiment

Intermediate Ground-Fighting Techniques

INTERMEDIATE BODY POSITIONING MOVES—PASS THE GUARD

PASS THE GUARD NEAR-SIDE LEG THROUGH

Pass the Guard Under One Leg is used in conjunction with Pass the Guard with the Knee in the Tailbone.



(1) When you attempt to move your arm under your opponent's open leg, he puts his weight on the leg. Push down on his knee.



(2) Slide your near-side leg through, hooking your opponent's leg by putting your knee on the ground and hooking with your foot. When you do this, his foot will come off the ground.



(3) Reach your near-side arm around your opponent's head.



(4) Hook the other leg with your far-side arm.





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Chapter 4

INTERMEDIATE BODY POSITIONING MOVES—PASS THE GUARD PASS THE GUARD NEAR-SIDE LEG THROUGH (CONTINUED)



(5) Back-step your far-side leg, drop your hips to the ground, and continue to hook your opponent's leg with your near-side foot.



(6) Push your shoulder into your opponent's leg. Clear his legs to get into Side Control.



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Intermediate Ground-Fighting Techniques

INTERMEDIATE BODY POSITIONING MOVES—PASS THE GUARD PASS THE GUARD FAR-SIDE LEG THROUGH

Pass the Guard Far-Side Leg Through is used in conjunction with Pass the Guard with the Knee in the Tailbone.



(1) When you attempt to move your arm under your opponent's open leg, he puts his weight on the leg. Push down on his knee.



(2) Slide your opposite-side knee over, pinning your opponent's knee to the ground.



(3) Slide your same-side hand under your opponent's armpit on the back-side. Secure a grip on his near-side arm at the elbow, and pull it up. Step over with your non-pinning leg.



(4) Sit through.



(5) Switch to Side Control.



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2nd Battalion, 29th Infantry Regiment

Chapter 5

STRIKING SKILLS—KICKS, ATTACK

PUSH KICK (TEEP)

The Push Kick is used to create range or beat the opponent's leg kick. It is often followed by a Jab and a Cross when thrown as part of a combination. The Push Kick is a pushing-type kick, thrown with either leg, depending on the range to your opponent and the action required.



(1) After establishing the appropriate range to your opponent, lift the knee of your kicking leg straight up, while keeping your back straight. Simultaneously, thrust your hips forward (this is where the power of the kick comes from), and straighten your leg at the knee. Kick the target with the bottom of your foot.



(2) To create range, kick your opponent in the torso or face. Aim at his center of mass to avoid having your foot slip to the left or right.



COMPLIANT CUFFING



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- 1) Maintain security on enemy.
- 2) Approach detainee from a 45 degree angle (Front, side, or rear angles).

* NOTE: Statistics say high probability that detainee will be right handed.



COMPLIANT CUFFING CONT...



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- 1) Secure detainee with both hands one hand at his forearm, the other hand at the bottom of his elbow.
- 2) The hand near his wrist should have fingers up. The hand at the bottom of his elbow should have thumb up.
- 3) Rotate the hand on his elbow (fingers up) while simultaneously moving the hand closest to his wrist down and securing him at the wrist and top of his hand portion.

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COMPLIANT CUFFING CONT...



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- 1) Pivot your foot that is farthest from the detainee and put pressure on their elbow (extending it), forcing the detainee to the ground.
- 2) Take a step back in order to clear the detainee's hand from his body and gain visual dominance.

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COMPLIANT CUFFING CONT...



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- 1) Stand perpendicular to his body with his hand centered on you.
- 2) Exchange hands as shown below using the three palms up method same grip.
- 3) With your free hand trace down the length of his arm posting on the center of his shoulder blades .

* NOTE: With the hand that is posted on the center of his shoulder blades lean in creating pressure.
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COMPLIANT CUFFING CONT...



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- 1) Keeping your hand in-between his shoulder blades, squat down with one knee behind his head, neck and shoulder region.
- 2) The other knee posted on the middle of his back (Catchers Position).
- 3) Maintain security.

* NOTE: Use C-clamp as wrist lock for compliance if needed

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COMPLIANT CUFFING CONT...



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- 1) Secure the detainee's far side hand with your hand closest to his head. With the other hand, slip on the cuff by feeding the hand to your free hand, and sliding the cuff over it.
- 2) Feed half of your top hand through the cuff.
- 3) With your free hand secure the detainee's hand that is secured with the catcher's position, feed to the hand in the cuff, pull through and secure.

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COMPLIANT CUFFING CONT...



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1) As explained above.



COMPLIANT CUFFING CONT...



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- 1) If the detainee's hand is under his body, lift with both hands to free the detainee's hand.
- 2) With both hands secure each side of his arm.
- 3) With the bottom hand clear the detainee's hand, then pull it out and secure it.

* NOTE: Be mindful of possible weapons or explosives the detainee could be reaching for.



COMPLIANT CUFFING FRISK



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- 1) With top hand secure detainee's shoulder, pulling him up.
- 2) With your bottom hand grab him at his far ankle and hook his foot with your bottom leg knee notch.

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DETAINEE ESCORT



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- 1) From modified catchers position (knee in back).
- 2) With your topside hand grab the detainee's shoulder, bottom hand grab inside his arm above the elbow.
- 3) Step back and roll the detainee on his butt in a sitting position.

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DETAINEE ESCORT CONT...



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- 1) With one hand secure the detainee's head, the other hand begins on his arm or wrist.
- 2) Keep your hand on his head, knee in back, grab the inside of his leg and pull it out.

* NOTE: Pull his leg so his foot is posted on the ground.



DETAINEE ESCORT CONT...



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- 1) Keeping your knee is his back and hand posted on his head, grab his foot and pull it in.
- 2) Secure the detainee with an under hook and one hand securing his chin.

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DETAINEE ESCORT CONT...



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1) Turn the detainee to the side with the leg bent inside.



DETAIN AGAINST A WALL



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1a) Detainee can be stood up or placed on knees (left).

1b) Secure detainee's arm (same as cuffing compliant), pivot your foot towards the wall (right).



DETAIN AGAINST A WALL CONT...



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- 1) Move the detainee into the wall.
- 2) Pull the detainee down the wall to clear his hand from his body.

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DETAIN AGAINST A WALL CONT...



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- 1) Transition the detainee's hand behind his back.
- 2) Transition control of detainee's hand using three palms up method to a C-clamp.

* **NOTE:** The C-clamp grip is the same as the original hand grip, except this modified grip can be used to create pressure or a wrist lock. Use C-clamp as wrist lock for compliance if needed.

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DETAIN AGAINST A WALL CONT...



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- 1) Change back to original hand using a C-clamp grip.
- 2) Post your other hand on his arm or shoulder, keep your lead leg (leg on the side of C-clamp) in the center of the detainee's body.

* NOTE: Use C-clamp as wrist lock for compliance if needed.

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DETAIN AGAINST A WALL CONT...



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1) Use your foot to spread and kick out the detainee's legs.

* NOTE: Use C-clamp as wrist lock for compliance if needed

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DETAIN AGAINST A WALL CONT...



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- 1) While keeping pressure on the detainee, secure his other hand by grabbing at his fingers and pulling at an out and up motion.
- 2) Bring his hand behind his back with his other hand. Secure his hands.

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DETAIN AGAINST THE WALL FRISK



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- 1) Place your lead knee into the detainee's knee notch.
- 2) With your lead side hand grab his arm to shoulder region and expose that portion of his body.

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DETAIN AGAINST THE WALL FRISK CONT...



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- 1) With your free hand, frisk the detainee.
- 2) Repeat the process to the opposite side.

* NOTE: Grab an article of clothing and twist to discover possible hidden objects. The grab and twist method is optional.

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CUFFING NON – COMPLIANT



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- 1) While grabbing the detainee's arm he attempts to strike you.
- 2) Raise the detainees arm and use it to block the punch.
- 3) Close the distance and achieve dominant position.

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CUFFING COMPLIANT STANDING



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- 1) After securing the detainee's arm and straitening it as aforementioned.
- 2) Use the three palms up method to transition hand control.
- 3) Place your free hand in the detainee's elbow notch and bend his arm.

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CUFFING COMPLIANT STANDING TWO MAN CUFFING FRONT TAKEDOWN



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- 1) Secure the detainees hand behind his back (Left).
- 2) Transition hand control to the other hand and secure the detainees free hand the same way as on the wall.
- 3) With two Soldiers, maintain approach the detainee at 45 degree angles.

* NOTE: Use C-clamp as wrist lock for compliance if needed

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TWO MAN CUFFING FRONT TAKEDOWN CONT...



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- 1) Soldier 1 achieves control of the detainee's arm.
- 2) Soldier 2 approaches the detainee and performs the same actions.
- 3) Both Soldiers place their foot closest to the detainee across his feet.

* NOTE: Two man cuffing may be needed when the detainee is non-hostile, yet non-compliant



TWO MAN CUFFING FRONT TAKEDOWN CONT...



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- 1) Both Soldiers simultaneously extend the detainees arm and push the detainee foreword (pivot for Soldier may be needed).
- 2) Decide which Soldier will take bottom, bottom side Soldier will secure the detainees feet (at ankle region).
- 3) Put the detainee in the wheel barrel position, place one foot into the pelvic region.
- 4) The top man will proceed with three palms up method.

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TWO MAN CUFFING FRONT TAKEDOWN CONT...



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- 1) The topside Soldier will proceed to cuffing exercise with the aforementioned techniques described.
- 2) The bottom side Soldier will figure four the detainee's legs and post his knee on the detainees toe region.

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TWO MAN CUFFING REAR TAKEDOWN



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- 1) Secure the detainee at both arms each placing your foot behind his.
- 2) Push forward and trip out the detainee's legs.

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TWO MAN CUFFING REAR TAKEDOWN CONT...



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- 1) Communicate who is top soldier and who is bottom Soldier.
- 2) Bottom Soldier will keep the detainees arm and step over the detainees body.
- 3) The top Soldier will pull the detainees arm over his own head.
- 4) Roll the detainee over to his stomach maintaining control of his hands.

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TWO MAN CUFFING REAR TAKEDOWN CONT...



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- 1) Decide which Soldier will take bottom, bottom side Soldier will secure the detainees feet (at ankle region).
- 2) Put the detainee in the wheel barrel position, place one foot into the pelvic region.
- 3) The top man will proceed with three palms up method to the catchers position.

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TWO MAN CUFFING REAR TAKEDOWN...CONT CUFFING FRONT



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- 1) Proceed to cuffing (left).
- 2) Detainee reacts against Soldier in front.

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TWO MAN CUFFING FRONT CONT...



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- 1) Soldier 1 maintains his weapon (option: single hand inside control).
- 2) Soldier 2 approaches from the rear grabbing both the detainees ankle region.
- 3) Soldier 2 lifts the detainees legs to wheel barrel position, Soldier 1 guides detainees head to the ground.

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TWO MAN CUFFING FRONT CONT... CUFFING FROM REVERSE PRONE



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- 1) Proceed to cuff the detainee.
- 2) Achieve and maintain position on the detainee (option: knee in belly).

* NOTE: Use C-clamp for compliance if needed

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CUFFING FROM REVERSE PRONE CONT...



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- 1) With both hands secure the detainees far side arm at the wrist and elbow region.
- 2) Begin to roll him over towards your direction.

* NOTE: Use as modified arm lock if needed for compliance

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CUFFING FROM REVERSE PRONE CONT...



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- 1) Secure the detainee's arm with your knee.
- 2) Proceed to catchers position.
- 3) Maintain security.

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Tactical Combatives Course (Level II)



2nd Battalion, 29th Infantry Regiment

Intermediate Ground-Fighting Techniques

GRAPPLING WITH STRIKES—PASS THE GUARD DEFENDING AGAINST STRIKES IN THE GUARD, CLOSE

As with standup fighting, the best method to avoid punches is to stay very close to the opponent. Controlling the range is the key.

NOTE: Conduct this technique when your opponent attempts to punch from within your Guard.



(1) Move both hands through the middle.



(2) Pull your opponent down.

NOTE: Use one hand to pull, and the other to push his head to avoid headbutts. Tuck your head in. Avoid punches with your elbow.



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Chapter 4

GRAPPLING WITH STRIKES—PASS THE GUARD DEFENDING AGAINST STRIKES IN THE GUARD, CLOSE (CONTINUED)



(3) When your opponent begins to attack your ribs, use your elbows to lift his arms, and move your knees under them. Hook your hands over your opponent's upper arms to keep him from bringing his arms back for a strike.

NOTE: Use your knees to protect against strikes to your ribs and your arms to protect against strikes to your head.



Tactical Combatives Course (Level II)



2nd Battalion, 29th Infantry Regiment

Intermediate Ground-Fighting Techniques

GRAPPLING WITH STRIKES—PASS THE GUARD DEFENDING AGAINST STRIKES IN THE GUARD, MIDDLE

As with standup fighting, the best method to avoid punches is to stay very close to the opponent. Controlling the range is the key.

NOTE: Conduct this technique when your opponent tries to pull away to make more room for punching.



(1) Slide your hands over your opponent's upper arms. Work your feet up to his hips; position your knees in front of his shoulders.

NOTE: Use your knees to defend punches.



(2) Hook your hands over your opponent's upper arms to keep him from bringing his arms back for a strike.

NOTE: If your opponent moves his arms to free them, you must respond to maintain control. If he does get an arm loose and is able to prepare for a big strike, lift your hips, and push your same-side knee up to increase the distance. Reach your arm across to cover your face. When he tries to land the punch, guide his arm over your knee and resume the controlling position with your hands.



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2nd Battalion, 29th Infantry Regiment

Chapter 4

GRAPPLING WITH STRIKES—PASS THE GUARD DEFENDING AGAINST STRIKES IN THE GUARD, FAR

As with standup fighting, the best method to avoid punches is to stay very close to the opponent. Controlling the range is the key.

NOTE: Conduct this technique when your opponent tries to pull away to stand up.



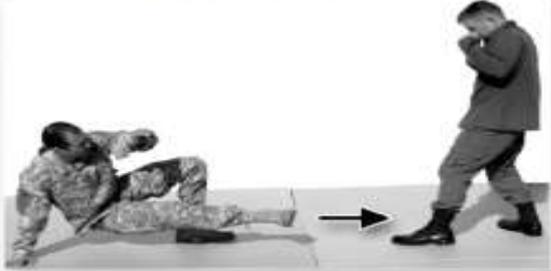
(1) Transition your grip on your opponent's wrist.



(2) Kick your opponent's chin.



(3) Sit up with your opponent. Assume a Stand in Base posture, and kick with your bottom leg to create space.



(4) Stand in Base. Be ready to counterattack.



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Chapter 4

GRAPPLING WITH STRIKES—PASS THE GUARD PASS THE GUARD WITH STRIKES

When a fighter is in an opponents guard, he may find that it is difficult to pass because of the opponent's ability to defend. Strikes are a good way to "soften" the opponent up, or distract him long enough to allow the fighter to pass.



(1) Keeping your head close to the opponent's chest, drive both hands up the center of his body and then out to control his arms at the biceps.



(2) Give the opponent a couple of headbutts.

CAUTION

Do not give headbutts with the center of the forehead. This could result in injuring your own nose.



(3) Stand up one leg at a time, and change your grip to one hand on the jacket. Push your hips slightly forward.



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Intermediate Ground-Fighting Techniques

GRAPPLING WITH STRIKES—PASS THE GUARD PASS THE GUARD WITH STRIKES (CONTINUED)



(4) With your free hand, strike the opponent a couple of times in the head.

NOTE: At this point, the opponent may release the grip with his legs. If he does not, refer to the alternate course of action (indicated by ALTERNATE).



(5) Press inward with your knees. This will cause your opponent's legs to stick out so that you can reach behind one of them.



(6) Secure opposite collar, rotate same-side knee down and rear knee up.



(5) ALTERNATE. While your opponent is distracted by your strikes, step back with one leg, and push your hand through the opening.



(6) ALTERNATE. Place your hand on your own knee, and squat to break the grip of his legs. Gain control of the opponent's leg, and pass normally.



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Chapter 4

GRAPPLING WITH STRIKES—PASS THE GUARD PASS THE GUARD WITH STRIKES (CONTINUED)



(7) Pass normally.



Tactical Combatives Course (Level II)



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Intermediate Ground-Fighting Techniques

GRAPPLING WITH STRIKES—PASS THE GUARD

STRIKING FROM SIDE CONTROL

Striking From Side Control enables the fighter to improve his position or create an opening for a better attack.



Slide your hand into the opponent's armpit.



Clasp your hands together.

(1) Keeping your head low so that the opponent will not be able to knee you in the head, move the hand that is closest to your opponent's legs into his armpit.

(2) Move your other arm around your opponent's head, and clasp your hands together. Lean your shoulder into his chin to keep it pointed away from you. This will make it more difficult for him to turn his body toward you to regain the Guard.



Raise yourself to your knees and push your knees tightly into the opponent's side under his arms.



(3) Trace your opponent's body with your knee to raise his arm until the arm is pinched between his head and your knee. This clears the way for knee strikes.



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Chapter 4

GRAPPLING WITH STRIKES—PASS THE GUARD STRIKING FROM SIDE CONTROL (CONTINUED)



(4) Point the toes of your other foot skyward, drive your knee into your opponent's ribs.



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Chapter 4

CLINCH FIGHTING—TAKEDOWNS DROP TO SINGLE LEG

As a fighter achieves the clinch, one of his options could be to take the opponent to the ground. This technique is used to set up various takedowns.



(1) Achieve a Modified Seat Belt Clinch.



(2) When your opponent steps back with far leg, drop to one knee with your back-side leg. Keep your head up and pushing into your opponent.



(3) Capture your opponent's heel with your front hand. Wrap your back hand around his leg and secure your own hand at the wrist.



(4) Drive into your opponent. Raise his leg, and pull it between your legs.



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Chapter 4

CLINCH FIGHTING—TAKEDOWNS DUMP

This technique is used in conjunction with the Drop to the Single Leg. It is executed when the opponent's leg is brought up in front of the fighter's body.



(1) Attack one of your opponent's legs. Place your shoulder tight against your opponent's thigh and your head on his hip. Secure his heel with your front hand, and cup his leg with your back hand.



(2) Take a short step in front of your opponent, and pull his leg with your arm. Then, push his leg with your head while turning his ankle out. Step back, and drop to one knee for the takedown.





Tactical Combatives Course (Level II)



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Intermediate Ground-Fighting Techniques

CLINCH FIGHTING—TAKEDOWNS SUPERMAN DOUBLE LEG

This technique is used in conjunction with the Drop to the Single Leg. It is executed when the opponent's leg gets trapped between the fighter's legs.



(1) Attack one of your opponent's legs. With the opponent's leg between your legs, pinch your knees together to trap his leg.



(2) Jump backward to spread your opponent's legs.



(3) Jump forward, capturing your opponent's far-side leg with both hands and pulling him to the ground.





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Intermediate Ground-Fighting Techniques

CLINCH FIGHTING—TAKEDOWNS

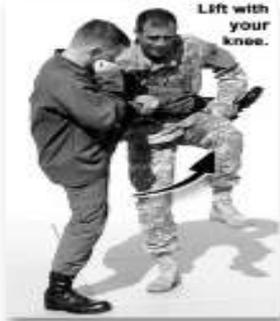
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This technique is used in conjunction with the Drop To The Single Leg. It is executed when the opponent's leg is brought up in front of the fighter's body.



Trap the opponent's leg.

(1) Attack one of your opponent's legs. Place your head on your opponent's hip. Secure his heel with your front hand, and cup his leg with the back hand.



Lift with your knee.

(2) Lift your opponent's leg with your knee. Move your rear hand to secure his leg using a Thumb Grip.



(3) Pull your opponent's leg away from his body.



(4) As your opponent hops, lift his leg skyward for the takedown.





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Chapter 4

CLINCH FIGHTING—TAKEDOWNS

BLOCK THE FAR KNEE

This technique is used in conjunction with the Drop To The Single Leg. It is executed when the opponent's leg is brought up to the rear of the fighter.



(1) Attack one of your opponent's legs. Reach your rear hand around and underneath his leg. Secure a Wrestler's Grip with your front hand, rear hand on top. Grasp your wrist where your watch would be.



Block opponent's far-side knee.

Complete the takedown.



(2) Bring your hips in, and block your opponent's far-side knee with your front hand. At the same time, drive your rear arm under your opponent's armpit for the takedown.



Tactical Combatives Course (Level II)



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Intermediate Ground-Fighting Techniques

CLINCH FIGHTING—TAKEDOWNS HOOK THE FOOT

This technique is used in conjunction with the Drop To The Single Leg. It is executed when the opponent's leg is brought up to the rear of the fighter.



(1) Reach your rear hand underneath your opponent's leg. Secure a Wrestler's Grip with your front hand, rear hand on top.



(2) Bring your hips in. Step in with your front foot to get closer to your opponent's back leg.



(3) Hook behind your opponent's leg for the takedown.



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Chapter 4

CLINCH FIGHTING—TAKEDOWNS

HIP THROW

Often, an opponent may attempt to avoid the Modified Seatbelt Clinch by stepping away from the fighter. When this occurs, the fighter may perform the Hip Throw. The fighter may also choose to perform the Hip Throw from the Modified Seatbelt Clinch.



(1) Your opponent steps back with his rear leg, creating a space to step through. Keep a secure hold on his arm, and relax under his hooked arm.



(2) Step through the opening with your back foot. Slide your hip through the opening. Move your hooked arm up. Form a V with your heels.



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Intermediate Ground-Fighting Techniques

CLINCH FIGHTING—TAKEDOWNS HIP THROW (CONTINUED)



(3) Lift your hips, extend your legs, rotate your body to throw your opponent.



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Intermediate Ground-Fighting Techniques

REGAINING THE INITIATIVE—DEFENSE AGAINST CHOKES

DEFENSE AGAINST THE STANDING GUILLOTINE

While standing, the fighter may find himself in a front head lock position. If he fails to defend this, the opponent may finish the fight here. This technique will allow the fighter to escape any submissions as well as gain dominant body position.



(1) Reach over your opponent's opposite shoulder with your arm. Place your opposite hand on your opponent's knee. Relax, and hang as dead weight. If your opponent is taller than you, place your knees on his thighs to support you.



Bump the back of the opponent's knee.

(2) As your opponent tries to pick you up to choke you, move to the opposite side of the choke. Break his base by bumping the back of his knee with your knee.



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Chapter 4

REGAINING THE INITIATIVE—DEFENSE AGAINST CHOKES DEFENSE AGAINST THE STANDING GUILLOTINE (CONTINUED)



(3) Take your opponent to the ground. Ensure that you are in Side Control as you set him down.



Take the opponent down.



Enlarged View

Grasp the opponent's shoulder.



(4) With the hand that is closest to your opponent's head, grasp his far-side shoulder. Drive the bony part of your forearm under his chin until you can pull your head free.



Tactical Combatives Course (Level II)



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Intermediate Ground-Fighting Techniques

REGAINING THE INITIATIVE—DEFENSE AGAINST THE STANDING HEADLOCK

KNEE STRIKES

When the opponent has secured the Guillotine Choke, he may attempt to direct knee strikes to your head.



(1) With both of your arms locked at the elbows and the heels of your hands together, block your opponent's knee strikes just above the knee. Keep your outside leg forward and the other leg back.

(2) Swing your back leg forward, between your opponent's legs, and sit on your other heel.

WARNING

Keep your thumbs alongside your hands so that they are not broken by the opponent's knee strikes.

TRAINING INSTRUCTIONS

CAUTION

This technique can be very dangerous to practice. The Soldier assuming the role of the opponent should always keep his outside hand free, allowing him to roll out. Soldiers should be proficient in rolling break-falls; great care must be taken to ensure they know how to properly roll out while practicing these moves.



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Chapter 4

REGAINING THE INITIATIVE—DEFENSE AGAINST THE STANDING HEADLOCK KNEE STRIKES (CONTINUED)



(3) This dropping action will send your opponent over your head, driving his head into the ground.

TRAINING INSTRUCTIONS

CAUTION

This technique can be very dangerous to practice. The Soldier assuming the role of the opponent should always keep his outside hand free (allowing him to roll out) and look in the direction opposite of his training partner. Soldiers should be proficient in rolling break-falls; great care must be taken to ensure they know how to properly roll out while practicing these moves.



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Intermediate Ground-Fighting Techniques

REGAINING THE INITIATIVE—DEFENSE AGAINST THE STANDING HEADLOCK

DEFENSE AGAINST THE STANDING HEADLOCK, STEP IN FRONT

When an opponent has control of a fighter's head, he will normally try to hold on with both hands. The fighter should attempt to move around the front to perform Defense Against the Standing Headlock, Step in Front.



(1) To block a potential knee strike, place the heel of one hand just above the opposite side knee. Reach your other hand around your opponent's back, and secure a grip on his far-side hipbone.



(2) Step slightly in front of your opponent.

NOTE: Keep your legs back so that your opponent cannot get his hip under you.



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Chapter 4

REGAINING THE INITIATIVE—DEFENSE AGAINST THE STANDING HEADLOCK DEFENSE AGAINST THE STANDING HEADLOCK, STEP IN FRONT (CONTINUED)



(3) With your outside foot, step between your opponent's legs, and sit down on your heel. Spin simultaneously. As you drop between his legs, pull him with the hand that was on his hip.



Roll the opponent over.

(4) Your opponent will fall over you.

NOTE: Tuck your elbow to avoid landing on it.



Rise to the Mount posture.

(5) Roll, and achieve good posture in the Mount.



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Intermediate Ground-Fighting Techniques

REGAINING THE INITIATIVE—DEFENSE AGAINST THE STANDING HEADLOCK DEFENSE AGAINST THE STANDING HEADLOCK, STEP BEHIND

When an opponent has control of a fighter's head, he will normally try to hold on with both hands. The fighter should attempt to move around the front, but if he is unable, he should perform Defense Against the Standing Headlock, Step Behind.



Step behind the opponent.

(1) As you try to step around, your opponent turns away.



Grasp behind the opponent's leg.

(2) Grasp behind your opponent's leg on the side your head is on, and step beside his foot with your same-side foot.



(3) Move your other foot between your opponent's legs.



(4) Sit on the heel of your outside leg, throwing your opponent backward.



(5) Roll, and achieve good posture in Side Control.



Tactical Combatives Course (Level II)



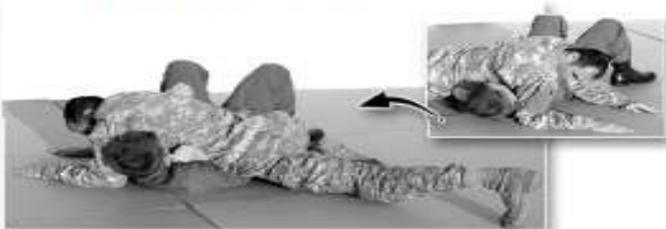
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Intermediate Ground-Fighting Techniques

INTERMEDIATE BODY POSITIONING MOVES—KNEE MOUNTS

KNEE MOUNT FROM SIDE CONTROL

Knee Mount is used as a transitional position between Side Control and Mount. The fighter can also use this position to apply multiple submissions or to finish the fight with strikes.



(1) Achieve Side Control.



(2) With the hand closest to your opponent's head, grasp his collar on either side.



(3) With your other hand, grasp your opponent's belt or uniform over his hip.



(4) Push up with both hands. With one swift movement, post your head-side leg beyond the opponent's reach, and drive your other shin across his torso.

NOTE: Hook your foot inside of his hip so that there is no space for him to reach in between. Keep your hips set forward to maintain balance.



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Chapter 4

INTERMEDIATE BODY POSITIONING MOVES—KNEE MOUNTS

NEAR-SIDE ARM BAR FROM THE KNEE MOUNT

When in the Knee Mount, the opponent may try to push the fighter away with his near-side hand. If this occurs, the fighter should use this technique.



(1) Achieve the Knee Mount.



(2) Step over your opponent's head with your same-side leg. Sit down as close to his shoulder as possible.

NOTE: If your opponent pushes up with his near-side arm, grasp it at the elbow with your arm closest to the opponent's head.



(3) Lay back into the Straight Arm Bar.

- NOTES:**
1. You may need to twist slightly toward your opponent's legs to prevent him from rolling out of the technique. You do not need to bring your other leg across his body.
 2. As with any submission technique, apply the Straight Arm Bar using slow, steady pressure, and release as soon as your training partner taps.



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Intermediate Ground-Fighting Techniques

INTERMEDIATE BODY POSITIONING MOVES—KNEE MOUNTS

REVERSE BENT ARM BAR FROM THE KNEE MOUNT

When the fighter has his opponent in the Knee Mount, the opponent may try to push the fighter's knee off and roll toward the fighter. If this occurs, the fighter should use this technique.



(1) Achieve the Knee Mount.



(2) Move your knee off of your opponent's chest. Reach over his arm with the other hand, grasping your own wrist.

NOTE: If the opponent tries to push your knee off, grasp his wrist with the hand closest to his legs.



(3) Wrap your other hand completely around your opponent's arm.



(4) Position your opponent's head between your knees, and pull him onto his side.



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Chapter 4

INTERMEDIATE BODY POSITIONING MOVES—KNEE MOUNTS REVERSE BENT ARM BAR FROM THE KNEE MOUNT (CONTINUED)



(5) Break your opponent's grip by pulling his arm quickly toward his head.

NOTE: Keep your opponent's elbow tight to your chest to keep him from escaping.



(6) Place your knee or same-side foot in the small of your opponent's back, and break his shoulder by rotating your torso toward his back.

NOTE: As with any submission technique, apply the Reverse Bent Arm Bar using slow, steady pressure, and release as soon as your training partner taps.



Tactical Combatives Course (Level II)



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Chapter 5

ADVANCED GROUND-FIGHTING TECHNIQUES—ADVANCED FINISHING MOVES, KNEE MOUNT

FAR-SIDE ARM BAR

When the fighter has achieved the Knee Mount, the opponent may attempt to push the fighter's knee off and move his hips away from the fighter. This enables the fighter to attack the arm with which the opponent pushes the knee.



(1) Begin in the Knee Mount. Underhook your opponent's far-side arm. Insert your other hand in his collar, and pull your opponent into you.



(2) With the leg that is posted, step over your opponent's head.



(3) Pivot your body to your opponent's far side.



(4) Sit into the Arm Bar, while still controlling your opponent's arm above his elbow.



(5) Finish the Arm Bar.



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Advanced Ground-Fighting Techniques

ADVANCED GROUND-FIGHTING TECHNIQUES— ADVANCED FINISHING MOVES, KNEE MOUNT PAPER CUTTER FROM MODIFIED KNEE MOUNT TO BELLY SCARF HOLD

The fighter uses the Paper Cutter from Modified Knee Mount to Belly Scarf Hold to choke an opponent with his hand on the near side of the opponent's neck.



(1) Reach into the far side of your opponent's collar, with your fingers on the inside of the collar.



(2) With your weight on the leg closest to your opponent's head, sit through and drive your elbow across his neck.



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Intermediate Ground-Fighting Techniques

INTERMEDIATE BODY POSITIONING MOVES—LEG ATTACKS

STRAIGHT ANKLE LOCK

Another way to finish the fight is by using Leg Attacks. This technique is good to use when the opponent's foot gets caught in the fighter's arm pit.

NOTE: As with any submission technique, apply the Straight Ankle Lock using slow, steady pressure, and release as soon as your training partner taps.



(1) When you are trying to pass the opponent's open Guard, you may catch his foot in your armpit. Wrap your arm around his leg. Squat down, ensuring that your opposite-side knee is positioned between his legs. Push away from your opponent. Allow his leg to slide through your grip until you are holding his ankle.



(2) Push your opponent's torso back with your outside foot, preventing him from sitting up to counter the lock. Form a Figure Four, and finish the break by arching your back.



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Chapter 4

INTERMEDIATE BODY POSITIONING MOVES—LEG ATTACKS STRAIGHT KNEE BAR

This technique can be used in conjunction with the Straight Ankle Lock. The fighter can apply it when the opponent tries to free his leg by pulling it out of the fighter's ampit.

NOTE: As with any submission technique, apply the Straight Knee Bar using slow, steady pressure, and release as soon as your training partner taps.



(1) With your opponent on his back, control one of his legs.



(2) Slide your knee across your opponent's thigh to the ground. Keep your same-side foot hooked into your opponent's hip.





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Intermediate Ground-Fighting Techniques

INTERMEDIATE BODY POSITIONING MOVES—LEG ATTACKS STRAIGHT KNEE BAR (CONTINUED)



(3) Transition your body to isolate your opponent's leg. Keep your hips as close to the opponent's as possible, and lock your legs behind his buttocks.



(4) Break your opponent's knee with hip pressure, just as in a Straight Arm Bar. You may also place his leg into your armpit to increase the pressure, or switch to a Figure Four.

NOTE: As with any submission technique, apply the Straight Knee Bar using slow, steady pressure, and release as soon as your training partner taps.

Enlarged View





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Advanced Ground-Fighting Techniques

ADVANCED GROUND-FIGHTING TECHNIQUES— ADVANCED BODY POSITIONING MOVES, SIDE CONTROL ESCAPES

OPPONENT HAS STANDARD SIDE CONTROL

When the opponent has standard Side Control, the fighter uses this technique to create enough space for him to position his legs beneath the opponent and move to the Guard.



(1) Begin with both feet flat, one arm underhooked, and one arm under your opponent's thigh.



(2) Move your hips upward, and lift with both forearms. Shrimp your back away, and push on your opponent's hips.



(3) Drive in with your bottom knee.



(4) Push your opponent away until he faces you.



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Chapter 5

ADVANCED GROUND-FIGHTING TECHNIQUES— ADVANCED BODY POSITIONING MOVES, SIDE CONTROL ESCAPES OPPONENT HAS STANDARD SIDE CONTROL (CONTINUED)



(5)Recompose the Guard by switching your hips and rotating your foot out.



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Advanced Ground-Fighting Techniques

ADVANCED GROUND-FIGHTING TECHNIQUES— ADVANCED BODY POSITIONING MOVES, SIDE CONTROL ESCAPES

OPPONENT HAS NEAR-SIDE HIP CONTROL

The opponent may assume Near-Side Hip Control to keep the fighter from assuming the Guard. This technique enables the fighter to get to his knees and assume a dominant body position.



(1) Begin with both feet flat, one arm underhooked, and one arm under your opponent's thigh.



(2) Move your hips upward, and lift with both forearms.



(3) Drive your underhooked arm up, and secure your opponent's near-side leg. Rotate to your knees, and drop to a single leg.



(4) Drive your back elbow to the ground on the inside. Use a Thumbless Grip with your back hand on top. Place your head on ground outside of your hands and tripod.

NOTE: At this point, your opponent may defend your tripod by moving his trapped leg inward. If he does not, refer to the standard course of action. If he does, refer to the alternate course of action (indicated by ALTERNATE).



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Chapter 5

ADVANCED GROUND-FIGHTING TECHNIQUES— ADVANCED BODY POSITIONING MOVES, SIDE CONTROL ESCAPES

OPPONENT HAS NEAR-SIDE HIP CONTROL (CONTINUED)



(5) Drive your back elbow to the ground on the inside. Use a Thumbless Grip with your back hand on top. Place your head on ground outside of your hands and tripod. Walk around to the rear of your opponent, and secure his near-side leg with yours.



(6) Reach across for the double leg.



(5) ALTERNATE. With your front hand, secure the top of your opponent's heel.



(6) ALTERNATE. Drive your head into your opponent's hip and lift his heel.



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Advanced Ground-Fighting Techniques

ADVANCED GROUND-FIGHTING TECHNIQUES— ADVANCED BODY POSITIONING MOVES, SIDE CONTROL ESCAPES

OPPONENT HAS NEAR-SIDE HIP CONTROL (CONTINUED)



(6, continued) Reach across for the double leg.



(7) Finish in dominant body position.



(6) ALTERNATE. (continued) Drive your head into your opponent's hip and lift his heel.



(7) ALTERNATE. Finish in dominant body position.



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Chapter 5

ADVANCED GROUND-FIGHTING TECHNIQUES— ADVANCED BODY POSITIONING MOVES, SIDE CONTROL ESCAPES

OPPONENT HAS HEAD AND FAR ARM UNDERHOOKED

Sometimes, the opponent underhooks the fighter's head and far arm to prevent the fighter from rolling toward and away from the opponent, from assuming the Guard, or from being able to move to his knees. This technique enables the fighter to move from under the opponent to the Front Headlock position.



(1) Begin with both feet flat, one arm underhooked, and one arm under your opponent's thigh.



(2) Arch into your opponent, and drive with your trapped arm.



(3) While arched, transition your tabletop arm to an underhook.



(4) Return to your back, and then arch away from your opponent. Drive your underhooked arm.



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Advanced Ground-Fighting Techniques

ADVANCED GROUND-FIGHTING TECHNIQUES— ADVANCED BODY POSITIONING MOVES, SIDE CONTROL ESCAPES

OPPONENT HAS HEAD AND FAR ARM UNDERHOOKED (CONTINUED)



(5) Return to your back, and then arch away from your opponent. Drive you're your underhooked arm.



(6) Step over to your knees.



(7) Finish in the Front Headlock.



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Chapter 5

ADVANCED GROUND-FIGHTING TECHNIQUES— ADVANCED BODY POSITIONING MOVES, SIDE CONTROL ESCAPES

OPPONENT HAS BOTH HANDS IN NEAR-SIDE CONTROL

Sometimes, the opponent controls the fighter's head and assumes Near-Side Hip Control to prevent the fighter from turning into him. This technique enables the fighter to roll away from the opponent to keep the opponent from taking the fighter's back.



(1) Begin with both feet flat, one arm underhooked, and one arm under your opponent's thigh.



(2) Bump your hips up.



(3) Transition from Table Top to face. Move your underhook arm flat on the ground next to you.



(4) Arch away from your opponent.



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Advanced Ground-Fighting Techniques

ADVANCED GROUND-FIGHTING TECHNIQUES— ADVANCED BODY POSITIONING MOVES, SIDE CONTROL ESCAPES

OPPONENT HAS BOTH HANDS IN NEAR-SIDE CONTROL (CONTINUED)



(5) Step over to your knees.



(6) Swim your hand back, and drop to the single leg.

NOTE: At this point, your opponent may defend your tripod by moving his trapped leg inward. If he does not, refer to the standard course of action. If he does, refer to the alternate course of action (indicated by ALTERNATE).



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Chapter 5

ADVANCED GROUND-FIGHTING TECHNIQUES— ADVANCED BODY POSITIONING MOVES, SIDE CONTROL ESCAPES

OPPONENT HAS BOTH HANDS IN NEAR-SIDE CONTROL (CONTINUED)



(7) Drive your back elbow to the ground on the inside. Use a Thumbless Grip with your back hand on top. Place your head on ground outside of your hands and tripod.



(8) Walk around to the rear of your opponent, and secure his near-side leg with yours.



(7) ALTERNATE. Secure the top of your opponent's heel with your front hand.





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Advanced Ground-Fighting Techniques

ADVANCED GROUND-FIGHTING TECHNIQUES— ADVANCED BODY POSITIONING MOVES, SIDE CONTROL ESCAPES

OPPONENT HAS BOTH HANDS IN NEAR-SIDE CONTROL (CONTINUED)



(9) Reach across to the double leg.



(8) ALTERNATE. Drive your head into your opponent's hip, while lifting his heel.



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Chapter 5

ADVANCED GROUND-FIGHTING TECHNIQUES— ADVANCED BODY POSITIONING MOVES, SIDE CONTROL ESCAPES

OPPONENT HAS BOTH HANDS IN NEAR-SIDE CONTROL (CONTINUED)



(10) Finish in the dominant body position.



(9) ALTERNATE. Finish in the dominant body position.



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Advanced Ground-Fighting Techniques

ADVANCED GROUND-FIGHTING TECHNIQUES— ADVANCED BODY POSITIONING MOVES, NORTH/SOUTH ESCAPES NORTH/SOUTH POSITION

This position allows for many attacks and is very difficult for opponents to escape from.

TOP



Control your opponent's hips with your hands.

Keep your elbows tightly under your opponent's armpits.

Spread your legs, and move onto your toes.

Drive your hips to the ground.

BOTTOM



Keep your elbows tight against your body.

Move your hands into your opponent's armpits.



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Chapter 5

ADVANCED GROUND-FIGHTING TECHNIQUES— ADVANCED BODY POSITIONING MOVES, NORTH/SOUTH ESCAPES

OPPONENT RESTED ON FOREARMS

When on the bottom in the North/South position, the ideal position to have is the opponent resting on the fighter's forearms. This enables the fighter to create space and get in a better position.



(1) Begin with both feet flat and hands on your opponent's hips.



(2) Bump up with your hips, and lift your opponent with your arms.



(3) Raise your legs, one in and one out.



(4) Push on your opponent's hips.



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Advanced Ground-Fighting Techniques

ADVANCED GROUND-FIGHTING TECHNIQUES— ADVANCED BODY POSITIONING MOVES, NORTH/SOUTH ESCAPES OPPONENT RESTED ON FOREARMS (CONTINUED)



(5) Spin on your back to face your opponent.



(6) Recompose the Guard.



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Chapter 5

ADVANCED GROUND-FIGHTING TECHNIQUES— ADVANCED BODY POSITIONING MOVES, NORTH/SOUTH ESCAPES

OPPONENT HAS BOTH ELBOWS IN ARMPITS

If an opponent knows a little about ground-fighting, he may be able to pass the preferred method of defense when in the North/South position. If that is the case, this technique enables the fighter to escape.



(1) Begin with both feet flat and hands on your opponent's hips.



(2) Bump up with your hips to create space. Drop back down, and drive one arm over the other to your opponent's opposite hip.



(3) Arch over, rotate to your knees, and drop to the single leg.



NOTE: At this point, your opponent may defend your tripod by moving his trapped leg inward. If he does not, refer to the standard course of action. If he does, refer to the alternate course of action (indicated by ALTERNATE).



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Advanced Ground-Fighting Techniques

ADVANCED GROUND-FIGHTING TECHNIQUES— ADVANCED BODY POSITIONING MOVES, NORTH/SOUTH ESCAPES OPPONENT HAS BOTH ELBOWS IN ARMPITS (CONTINUED)



(7) Drive your back elbow to the ground on the inside. Use a Thumbless Grip with your back hand on top. Place your head on ground outside of your hands and tripod.



(8) Walk around to the rear of your opponent, and secure his near-side leg with yours.



(7) ALTERNATE. Secure the top of your opponent's heel with your front hand.



Tactical Combatives Course (Level II)



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Chapter 5

ADVANCED GROUND-FIGHTING TECHNIQUES— ADVANCED BODY POSITIONING MOVES, NORTH/SOUTH ESCAPES

OPPONENT HAS BOTH ELBOWS IN ARMPITS (CONTINUED)



(9) Reach across to the double leg.



(8) ALTERNATE. Drive your head into your opponent's hip, while lifting his heel.





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ADVANCED GROUND-FIGHTING TECHNIQUES— ADVANCED BODY POSITIONING MOVES,
NORTH/SOUTH ESCAPES
OPPONENT HAS BOTH ELBOWS IN ARMPITS (CONTINUED)



(10) Finish in the dominant body position.



(9) ALTERNATE. Finish in the dominant body position.



Notes



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