

**OPTION 3 DRILL
(ACHIEVE THE CLINCH DRILL)
INSTRUCTOR TESTING**

Name: _____

Class Number: _____

Student must answer 23 questions correctly to achieve a passing grade

1. What Level certification must a puncher hold?

2. If a student is not allowed to complete the Option 3 drill due to head trauma, how long should you wait before the student can attempt it again?

3. What Level certification must a Ring NCOIC/OIC hold?

4. How many body shots may a puncher throw at a clincher in the first iteration?

5. What Level certification must the Safety NCOIC/OIC hold?

6. How long may the first iteration be?

7. How many iterations must a student complete in order to finish BCC successfully?

8. What portion of the Option 3 Drill should be the most difficult and require the most time and effort for the student, closing the distance, or pummeling for the clinch?

9. How many body shots can a puncher throw at a clincher during the second iteration?

10. Is the Ring NCOIC/OIC allowed to punch?

11. How long can the last iteration be?
12. What are the three purposes for the Option 3 drill?
13. Who should pitch the Punchers Brief?
14. Which iteration should be the most difficult, the first, or the last?
15. Is the Option 3 drill a rite of passage?
16. If you, as the safety NCOIC/OIC see a clincher repeatedly turn his back, lay down on ground in the fetal position after receiving multiple head blows, keep his hands down and lead with his head, are you allowed to stop the iteration before the mandatory time limit?
17. Without contacting the USACS directly by phone or email, where can an Instructor find the newest, most updated version of the Option 3 Drill SOP?
18. Who should pitch the Clinchers brief?
19. Is the Safety NCOIC/OIC allowed to punch?
20. If you are the puncher what should you do if the clincher hits you in the face?
21. If a student is/has been a professional boxer, or is/has been an all Army wrestler does he have to go through any training prior to the Option 3 drill?
22. If you make the call to stop iteration early, can you retrain the student to attempt the iteration again?
23. If you are the ring NCOIC/OIC and the clincher shots a nice double leg take down to mount the puncher what should you do? What about the third time the clincher does it?
24. How many blows can a puncher connect the clincher consecutively?

25. How many forms of the Clinch are there?
26. TRUE or FALSE – If a student had laser eye surgery more than two years ago, he does not need standard headgear.
27. How many body shots can a puncher throw during the final iteration?
28. If a student almost has double under hooks, but cannot quite lock his hands how long should you make him work before you put an end to the iteration?
29. If you are the Ring NCOIC and clincher falls to the ground early in the iteration and shows no signs or symptoms of trauma or injury what actions should you have the puncher take?
30. Choose the best ending to this statement:
If a student clincher closes the distance without being hit, the puncher should _____.
- A) sling or throw the student to get range.
 - B) use the hard whizzer and change the angle in order to punch the clincher.
 - C) plum the back of the students head so as to get his strikes in.
 - D) let the student finish the iteration.