

UNITED STATES ARMY COMBATIVES COURSE
1/29 Infantry Regiment, Fort Benning GA

Basic Combatives Course Quick Study Guide

TC 3-25.150 (2017)

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Primary Purpose of ACP Training: To enhance battlefield survivability and cultivate Warrior Ethos through a tactical, technically demanding training standard with live application exercises against increasingly resistant training partners/role players.

Universal Fight Strategy: Two individuals who stand in Striking Range and exchange Blunt Force Trauma until one individual flees, is incapacitated, or attempts to grab hold of their opponent in an effort to minimize the amount of trauma being inflicted.

3 Phases of the Basic Fight Strategy:

1. **Close the Distance:** through the 3 Basic Ranges to a Range Control Technique, Clinch, etc.
2. **Dominate:** the range using 3 Basic Range Control Techniques, a Clinch, or Position utilizing the 3 Elements and 3 Options
3. **Finish the Fight:** according to the Laws of War, Rules of Engagement, Rules for Use of Force, and Escalation of Force.

3 Elements of the Basic Fight Strategy:

1. **Range:** Determining which of the 3 Basic Ranges you are in and how best to employ your provided tools.
2. **Angle:** Orientation between you and the enemy. How best to engage them head-on, from the flank, or from the rear.
3. **Level:** Depends on the type of Hand to Hand Close Quarters Engagement. A taller, longer striker will typically be able to throw strikes down on their enemy keeping them at range, but compromises their center of gravity and balance to do so, opening them up for a potential tackle or takedown by the shorter combatant who typically has a better center of gravity and more solid base. Each has its strengths and weaknesses.

4 Ranges of the Basic Fight Strategy:

1. **Projectile:** The range at which ammunition or explosives are fired/thrown at the enemy. Depending on the type of Secondary Weapon System,
2. **Striking:** The range at which the employment of varying objects, secondary weapon systems, punches, kicks, etc. are employed to neutralize the threat.
3. **Clinch-Fighting:** A Combination of both Striking and Grappling ranges where Combatants, while on the feet, attempt to use the Angle and Level Elements to gain an advantage using the 3 Options.
4. **Grappling:** This refers to Ground Fighting Techniques.

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3 Range Control Techniques of the Basic Fight Strategy:

1. **Post:** The farthest distance when engaging in Close Quarters. The easiest of the three RCT's in which Option 1 is employed as there is the least amount of physical contact.
2. **Frame 1 & 2:** The middle of the RCT's, where the use of Secondary Weapons, Clinch-Fighting, Short-Range Strikes, etc. are best employed.
3. **Underhook & Head Control:** The closest of RCT's whereby takedowns and the basic dominant clinches are best utilized.

3 Options of the Basic Fight Strategy:

1. **Create Space:** Re-engage with Primary Weapon System as necessary.
2. **Maintain Range:** Employ Secondary Weapon System as necessary.
3. **Close the Distance:** To a Dominant Clinch or Position, if necessary take the opponent down and dominate from or transition to top position.

Martial Arts come from every society that has had a need to develop a method of fighting.

Jitsu: Science, Technique. Designed for battlefield application. **Combatives is a Jitsu due to its primary concern being battlefield survivability.**

Do: Way or Path. Designed to create better people.

Jigoro Kano: Founder of Judo. Expert in several systems of Jiu-Jitsu. Chief of Education Bureau for Japan. Utilized his position to influence widespread implementation of Judo for the purpose of individual development.

Yamashita Yoshitsugu: Student of Jigoro Kano who famously brought Judo to the Whitehouse during the Presidency of Theodore Roosevelt. Roosevelt had a Judo Room put in the Whitehouse after witnessing the defeat of Catch Wrestler Joseph Grant. Yamashita also taught at the U.S. Naval Academy.

Mitsuyo Maeda: Also one of Kano's top students, he traveled to Brazil to establish Japanese immigrant colony with the help of Gastao Gracie. Taught Jiu-Jitsu to Gastao's sons Carlos and Helio.

Helio Gracie: Credited with modifying Classical Jiu-jitsu techniques with his brother **Carlos Gracie**, into the Brazilian Jiu-jitsu system that would later become the fundamental grappling base for the Modern Army Combatives Program.

Royce Gracie: Son of **Helio Gracie**, Royce won 3 of the 4 first UFC events, catapulting Brazilian Jiu-jitsu in to both the North American and world spotlights. Royce and other Gracies trained with members of the 75th Regiment R&D Team and would play a critical role in the development of the Grappling base for MACP.

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J. Robinson: Vietnam Era Ranger and Head Coach of the University of Minnesota wrestling program. He evaluated the developing 75th program and gave the advice on having a competitive, fully resistant component in order to have the program evolve according to the realistic needs of CQB. This advice eventually propelled the 75th R&D Team to look at Brazilian Jiu-jitsu as there were not enough SOMBO instructors to meet the current training needs.

Greg Thompson: Creator of the Special Operations Combatives Program (SOCP). Provided insight to additional techniques that had a direct and profound impact on the Tactical and Technical relevance in the evolution of MACP. These techniques included Grappling Over Weapons, PFH Options 1-3, Clinch-work, etc.

SSG Matt Larsen: The head of the committee formed by LTC McCrystal that conducted the research and development in Hand-to-Hand training that would eventually become the Modern Army Combatives Program.

MSgt Ron Donvito: Creator of the Linear Infighting Neurological Override Engagement (LINE) Combat System in 1988. There were several different communities throughout the military, although it was ultimately replaced by more tactically and technically relevant systems.

CPT George McClelend: Created first "Combatives" Manual by translating French bayonet fighting manual in 1852. System was disproved due to the confines of trench warfare in WW1.

CPT Allan Smith: Judo Black Belt from Kodokan in 1916. Published Hand-to-Hand manual in 1920 at Fort Benning, GA. Hand-to-Hand Combat Instructor at U.S. Army Infantry School.

LTC Stan McCrystal: Commander of 2nd Battalion, 75th Ranger Regiment, Fort Lewis, Washington. Ordered the re-invigoration of Hand-to-Hand Training in 1995.

COL Rex Applegate: Protégé of British Commandos William E. Fairbairn and Eric A. Sykes. He was critical in the development of the WW2 Hand-to-Hand Combat system that most importantly began to utilize battlefield feedback in order to adapt and improve the already simple and effective techniques it employed.

COL Mike Ferriter: Commander of 11th Infantry Regiment, brought SSG Larsen in to establish a training curriculum that would eventually become Levels 1-4 and later evolve into the Basic, Advanced, and Master Trainer Course. He also enlisted the assistance of Greg Thompson in 2009 to provide tactical and technical updates.

GEN. Curtis E. LeMay: Responsible for the implementation of the Air Force Instructor Course that graduated thousands of instructors in the 1950's and 1960's.

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Timeline:

1852 – Creation of First Combatives Manual through translation of French Bayonet Fighting manual.

WW1 – Disproves Bayonet Fighting Manual validity due to the linear confines of Trench Warfare.

WW2 – Fairbairn, Sykes, and Applegate employ Hand-to-Hand methodology based on simplicity and battlefield feedback which would later become the evolutionary foundation of MACP.

Post WW2 – The Combatives “Dark Ages” where training eventually was watered down to unit SME’s based on their varying Traditional Martial Arts Background. FM 21-150 was the default FM at the time.

1995 – 2/75th RR exposes failures in current training doctrine, forming the research committee that would eventually create the MACP Levels 1-4 system.

2002 – Publication of the first Army-wide Modern Army Combatives Manual, FM 3-25.150, 2002. Most recent publication is TC 3-25.150, 2017.

2009 – MACP undergoes major tactical and technical overhaul in order to keep pace with the evolution off the modern battlefield.

2014 – Combatives Master Trainer Course replaces Level 3 & 4. Courses and Program are re-structured and renamed.

2016 – ACP undergoes latest overhaul of technical and tactical adaptations.

