

Name: \_\_\_\_\_  
 Date: \_\_\_\_\_  
 Class Number: \_\_\_\_\_

Score: \_\_\_\_/10\_\_\_\_  
 GO / NO-GO

## UNITED STATES ARMY COMBATIVES COURSE

### Basic Combatives Course Technical Evaluation

#### 1. POST: Options 1-3

| Performance Steps (Must pass 5 of 7)  | GO        | NO-GO        |
|---|-----------|--------------|
| <i>Student's feet are approximately shoulder-width apart with their dominant foot as the trail foot.</i>  |           |              |
| <i>Student places palm of non-dominant hand on enemy's chest with arm and fingers extended.</i>   |           |              |
| <i>Student tucks chin and raises shoulder to protect their cheek bone.</i>  |           |              |
| <i>Student secures weapon out of reach of the enemy.</i>  |           |              |
| <i>Option 1: Student uses posted arm either to push enemy away or to push themselves backward and creates enough space to engage with primary weapon system.</i>  |           |              |
| <i>Option 2: Student demonstrates ability to use posted arm to maintain space and to control the enemy in order to effectively engage with secondary weapon system.</i>   |           |              |
| <i>Option 3: Student closes distance with enemy while protecting face and establishes one of the following dominant positions: Double Underhooks (Low / High), Modified Seatbelt, Rear Clinch, Wall Clinch.</i> |           |              |
| <b>Post Evaluation</b>  | <b>GO</b> | <b>NO-GO</b> |

#### 2. FRAME: Options 1-3

| Performance Steps (Must pass 6 of 8)  | GO | NO-GO |
|---|----|-------|
| <i>Student's feet are approximately shoulder-width apart with their dominant foot as the trail foot.</i>  |    |       |
| <i>Student places forearm of non-dominant hand across enemy's chest and secures enemy's neck or uppermost portion of shoulder with a thumbless grip.</i>                |    |       |
| <i>Student keeps elbow flexed slightly more than 90 degrees.</i>  |    |       |
| <i>Student tucks chin and raises shoulder to protect their cheek bone.</i>  |    |       |
| <i>Student secures weapon out of reach of the enemy.</i>  |    |       |
| <i>Option 1: Student uses framed arm either to push enemy away or to push themselves backward and creates enough space to engage with primary weapon system.</i>        |    |       |
| <i>Option 2: Student demonstrates ability to use framed arm to maintain space and to control the enemy in order to effectively engage with secondary weapon system.</i> |    |       |

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|   |           |              |
|---|-----------|--------------|
| Option 3: <i>Student closes distance with enemy while protecting face and establishes one of the following dominant positions: Double Underhooks (Low / High), Modified Seatbelt, Rear Clinch, Wall Clinch.</i> |           |              |
| <b>Frame Evaluation</b>   | <i>GO</i> | <i>NO-GO</i> |

**3. HOOK AND HEAD CONTROL: Options 1-3**

| Performance Steps (Must pass 6 of 8)  | GO        | NO-GO        |
|---|-----------|--------------|
| <i>Student's feet are approximately shoulder-width apart with their dominant foot as the trail foot..</i>   |           |              |
| <i>Student places non-firing arm underneath and around the enemy's same-side arm pit and secures the top of the enemy's shoulder with a thumbless grip.</i>   |           |              |
| <i>Student repositions to be perpendicular to the enemy on the same side of the hook.</i>   |           |              |
| <i>Student drives head into the enemy's chin and applies pressure.</i>  |           |              |
| <i>Student secures weapon out of reach of the enemy.</i>  |           |              |
| <i>Option 1: Student places both hands into the enemy's same side armpit with thumb grips in order to push the enemy away or to push themselves backward and creates enough space to engage with primary weapon system.</i> |           |              |
| <i>Option 2: Student demonstrates ability to use the hook to maintain space and to control the enemy in order to effectively engage with secondary weapon system.</i>   |           |              |
| <i>Option 3: Student closes distance with enemy while protecting face and establishes one of the following dominant positions: Double Underhooks (Low / High), Modified Seatbelt, Rear Clinch, Wall Clinch.</i>             |           |              |
| <b>Hook and Head Control Evaluation</b>   | <i>GO</i> | <i>NO-GO</i> |

**4. DRILL #1**

| Performance Steps<br>(Student can miss no more than two (2) steps in each sub-section)   | GO | NO-GO |
|--|----|-------|
| <b>THE ARM TRAP AND ROLL</b>   |    |       |
| <i>Student begins with enemy in the mount while giving Student straight arms.</i>  |    |       |
| <i>Student secures enemy's arm on the same side that they will roll with a thumb grip above the outside of the enemy's elbow and a thumbless grip on the top of the enemy's wrist.</i> |    |       |
| <i>Student plants the foot on the same side as the trapped arm on the ground outside of the enemy's foot.</i>  |    |       |

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|--|-----------|--------------|
| <i>Student aligns the opposite side knee with the enemy's spine and plants the foot on the ground.</i>   |           |              |
| <i>Student thrusts upwards with hips and drives the enemy's head to the mat.</i>   |           |              |
| <i>Student rolls opponent to the side that is trapped.</i>   |           |              |
| <i>Student establishes the Guard position.</i>   |           |              |
| <b>Evaluation</b>  | <i>GO</i> | <i>NO-GO</i> |
| <b>PASS THE GUARD</b>  |           |              |
| <i>Student turns fingers inward, drives hands into the enemy's chin, and places face in enemy's sternum.</i>   |           |              |
| <i>Student controls the enemy's biceps with a thumbless grip.</i>  |           |              |
| <i>Student posts foot on same side that they will pass the enemy's guard.</i>  |           |              |
| <i>Student releases same side grip of enemy's bicep and drives hand between the enemy's legs to post it on the ground.</i>   |           |              |
| <i>Student turns head away from the enemy's free arm.</i>  |           |              |
| <i>Student kicks the posted foot backwards to break the enemy's guard.</i>   |           |              |
| <i>Student drives same side shoulder underneath the enemy's knee and brings both knees together at opponent's tailbone.</i>  |           |              |
| <i>Student walks or pulls the enemy so that the Student's knees are underneath the enemy's hips (Boat Ramp).</i>   |           |              |
| <i>Student posts foot on the same side of the enemy's trapped leg into the enemy's same side armpit.</i>   |           |              |
| <i>Student reaches across the enemy's body, secures the enemy's far-side collar and pins it to the mat.</i>  |           |              |
| <i>Student releases the enemy's other bicep and secures the enemy's belt or waistline.</i>   |           |              |
| <i>Student drives the knee of the posted leg into the enemy's neck notch on the same side and rotates body so that the Student's opposite foot is posted and supports the enemy's spine.</i> |           |              |
| <i>Student drives the enemy's hips forward, maintains pressure on enemy, and achieves Side Control.</i>  |           |              |
| <b>Evaluation</b>  | <i>GO</i> | <i>NO-GO</i> |
| <b>ACHIEVE THE MOUNT FROM SIDE CONTROL</b>   |           |              |
| <i>Student controls the enemy's near-side hip with the hand closest to the enemy's hips.</i>   |           |              |
| <i>Student slides the knee closest to the enemy's head to the enemy's near-side hip and posts the opposite foot on the ground.</i>   |           |              |
| <i>Student uses the hand that was controlling the enemy's hip to control the enemy's legs and either pushes or pulls.</i>  |           |              |
| <i>Student swings posted leg over the enemy's body and places knee and foot on the ground to achieve the mount.</i>  |           |              |
| <b>Evaluation</b>  | <i>GO</i> | <i>NO-GO</i> |
| <b>Drill #1 Complete Evaluation</b>  | <i>GO</i> | <i>NO-GO</i> |

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**5. DRILL #2**

| Performance Steps<br>(Students can miss no more than two (2) steps in each sub-section)  | GO | NO-GO |
|--|----|-------|
| <b>THE ARM PUSH AND ROLL TO REAR MOUNT</b>   |    |       |
| <i>Student targets the arm closest to the top of the enemy's head when the enemy presents a horizontal block and secures the enemy's wrist and elbow with thumbless grips.</i>                                       |    |       |
| <i>Student pushes the enemy's arm into the ground in the direction of the enemy's fist and pins the arm with his/her body.</i>   |    |       |
| <i>Student releases the enemy's elbow, drives it under the enemy's neck, and secures the enemy's wrist with a thumbless grip.</i>  |    |       |
| <i>Student secures the enemy's elbow with the opposite hand.</i>   |    |       |
| <i>Student simultaneously pulls the enemy's wrist and pushes the enemy's elbow to roll the enemy into a prone position.</i>  |    |       |
| <i>Student simultaneously drives the enemy's shoulder blades forward and pulls the enemy's trapped arms underneath the enemy's body.</i>   |    |       |
| <i>Student establishes the Rear Mount.</i>   |    |       |
| <b>Evaluation</b>  | GO | NO-GO |
| <b>THE REAR NAKED CHOKE</b>  |    |       |
| <i>Student drives the hand of the overhook arm around the enemy's neck so that the bicep and forearm rest against the enemy's carotid arteries on both sides and the elbow notch is against the enemy's trachea.</i> |    |       |
| <i>Student removes the underhook from under the enemy's arm and secures the bicep with the overhook hand.</i>  |    |       |
| <i>Student makes a fist with the free hand and moves it to the back of the enemy's knowledge knot.</i>   |    |       |
| <i>Student pinches shoulder blades together and expands chest to finish the choke.</i>   |    |       |
| <b>Evaluation</b>  | GO | NO-GO |
| <b>ESCAPE THE REAR MOUNT</b>   |    |       |
| <i>*Student will release the Rear Naked Choke and will establish a defensive Rear Mount position.*</i>   |    |       |
| <i>Student uses the hand not protecting his/her head to secure the enemy's wrist with a thumb grip and to pull it through when the enemy attempts to establish an underhook.</i>                                     |    |       |
| <i>Student uses the hand protecting his/her head to establish a "Figure-Four" on the enemy's wrist and traps it.</i>   |    |       |
| <i>Student places back on the ground on the same side of the enemy's trapped arm.</i>  |    |       |
| <i>Student releases the enemy's arm and keeps it trapped underneath the back with his/her body weight.</i>   |    |       |

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|  |           |              |
|--|-----------|--------------|
| <i>Soldier slides hips past the enemy's legs and prevents the enemy from achieving the mount by using his/her hands to control the enemy's hips and knees.</i> |           |              |
| <i>Soldier turns toward the enemy and hooks the back of each of the enemy's knees with his/her feet.</i>   |           |              |
| <i>Soldier reaches the top hand into the enemy's far side collar or behind the enemy's neck and posts the bottom hand on the ground.</i>                       |           |              |
| <i>Soldier rolls on top of the enemy and establishes the Mount.</i>  |           |              |
| <b>Evaluation</b>  | <i>GO</i> | <i>NO-GO</i> |
| <b>Drill #2 Complete Evaluation</b>  | <i>GO</i> | <i>NO-GO</i> |

**6. DRILL #3**

|  |           |              |
|--|-----------|--------------|
| Performance Steps<br>(Students can miss no more than two (2) steps in each sub-section)  | GO        | NO-GO        |
| <b>ESCAPE THE MOUNT, SHRIMP TO GUARD</b>   |           |              |
| <i>Student attempts the Arm Trap and Roll, enemy posts foot and prevents the technique.</i>  |           |              |
| <i>Student uses forearm on same side as the enemy's posted leg to prevent the enemy from resuming the Mount.</i>   |           |              |
| <i>Student shrimps to clear his/her hips past the enemy's opposite side leg and turns onto his/her side to face the enemy's posted leg.</i>                        |           |              |
| <i>Student rotates onto opposite hip, circles the bottom foot out and around the enemy's posted leg, and hooks it behind the enemy's knee notch.</i>               |           |              |
| <i>Student uses both hands to push away the enemy's hip and leg while s/he hooks their foot behind the enemy's other knee.</i>                                     |           |              |
| <i>Student rotates body to face the enemy and wraps both legs around the enemy's back with a windshield wiper motion.</i>  |           |              |
| <i>Student establishes the Guard position.</i>   |           |              |
| <b>Evaluation</b>  | <i>GO</i> | <i>NO-GO</i> |
| <b>THE CROSS-COLLAR CHOKE</b>  |           |              |
| <i>Student uses "prep hand" to open the enemy's same-side collar.</i>  |           |              |
| <i>Student reaches across the enemy's body and inserts hand into the enemy's collar with fingers extended and joined and the palm facing away from the enemy.</i>  |           |              |
| <i>Student uses the forearm of the hand that is in the enemy's collar to drive into the enemy's neck and force the enemy's chin upward.</i>                        |           |              |
| <i>Student uses "prep hand" to reach underneath his/her opposite hand and secures the enemy's opposite side collar with their palm facing away from the enemy.</i> |           |              |

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|   |           |              |
|---|-----------|--------------|
| <i>Student turns wrists so that the bony parts of the forearms line up with the carotid arteries of the enemy's neck.</i>   |           |              |
| <i>Student expands chest, pinches shoulders together, and brings elbows to the hips to finish the choke.</i>  |           |              |
| <b>Evaluation</b>   | <i>GO</i> | <i>NO-GO</i> |
| <b>STRAIGHT ARM BAR FROM THE GUARD</b>  |           |              |
| <b>**Student will release the Cross-Collar Choke and will resume the Guard Position**</b>   |           |              |
| <i>Student secures at or above the enemy's elbow with a thumb grip with the same side arm when the enemy presents straight arms.</i>                                      |           |              |
| <i>Student reaches opposite side arm behind the enemy's nearest thigh with the palm facing up.</i>  |           |              |
| <i>Student opens the Guard and pulls him/herself to be perpendicular to the enemy.</i>  |           |              |
| <i>Student places same side leg as the enemy's trapped arm around the enemy's head and pulls the enemy down by pulling heels to buttocks and pinching knees together.</i> |           |              |
| <i>Student releases the enemy's leg and uses the same hand to secure the enemy's trapped wrist with a thumb grip.</i>   |           |              |
| <i>Student rotates enemy's wrist so that the thumb faces up and pushes up with hips to break the enemy's arm.</i>   |           |              |
| <b>Evaluation</b>   | <i>GO</i> | <i>NO-GO</i> |
| <b>SWEEP FROM ATTEMPTED STRAIGHT ARM BAR</b>  |           |              |
| <b>**Student releases the enemy's elbow and secures the back of the enemy's thigh**</b>   |           |              |
| <i>Student swings the leg on top of the enemy's neck in a big circle that originates from the head and ends on the ground at the enemy's far-side leg.</i>                |           |              |
| <i>Student uses momentum to drive the enemy forward with the opposite leg and rolls on top of the enemy.</i>  |           |              |
| <i>Student establishes the Mount.</i>   |           |              |
| <b>Evaluation</b>   | <i>GO</i> | <i>NO-GO</i> |
| <b>Drill #3 Complete Evaluation</b>   | <i>GO</i> | <i>NO-GO</i> |

**7. MODIFIED SEATBELT**

|  |           |              |
|--|-----------|--------------|
| <b>Performance Steps (Must pass 4 of 4)</b>  | <b>GO</b> | <b>NO-GO</b> |
| <i>Student positions him/herself perpendicular to the enemy with the enemy's near side arm raised.</i> |           |              |
| <i>Student secures the enemy's opposite side hip with the hand behind the enemy's back.</i>            |           |              |

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|   |           |              |
|---|-----------|--------------|
| <i>Student pulls the enemy's opposite side arm at the triceps with a thumbless grip and traps the enemy's wrist between the Student's arm and body.</i> |           |              |
| <i>Student drives head into the enemy's chin and controls the enemy's posture.</i>  |           |              |
| <b>Modified Seatbelt Evaluation</b>   | <i>GO</i> | <i>NO-GO</i> |

### 8. REAR CLINCH

|  |           |              |
|--|-----------|--------------|
| <b>Performance Steps (Must pass 3 of 4)</b>  | <b>GO</b> | <b>NO-GO</b> |
| <i>Student secures one of the enemy's arms and positions him/herself behind the enemy.</i>   |           |              |
| <i>Student secures the enemy's arm with thumbless grips on the wrist and biceps so that the enemy's forearm is across his/her waist and traps the body.</i>  |           |              |
| <i>Student positions feet so that the foot between the enemy's legs is the same side as the hand that controls the enemy's wrist.</i>                        |           |              |
| <i>Student tucks head into the enemy's back and controls the enemy's posture by driving forward with the head and pulling backward with the enemy's arm.</i> |           |              |
| <b>Rear Clinch Evaluation</b>  | <i>GO</i> | <i>NO-GO</i> |

### 9. DOUBLE UNDERHOOKS

|   |           |              |
|---|-----------|--------------|
| <b>Performance Steps (Must pass 3 of 3)</b>   | <b>GO</b> | <b>NO-GO</b> |
| <i>Student positions him/herself in front of the enemy.</i>   |           |              |
| <i>Student drives both arms underneath the enemy's arms on each side and secures a wrestler's grip behind the enemy's back.</i> |           |              |
| <i>Student pulls the enemy close and drives his/her head into the enemy's chest or chin to control the enemy's posture.</i>     |           |              |
| <b>Double Underhooks Evaluation</b>   | <i>GO</i> | <i>NO-GO</i> |

### 10. FRONT TAKE DOWN / REAR TAKE DOWN

(Instructor will only evaluate Student on one of the following take downs.)

|  |           |              |
|--|-----------|--------------|
| <b>Performance Steps</b>   | <b>GO</b> | <b>NO-GO</b> |
| <b>FRONT TAKE DOWN (Must pass 4 of 5)</b>  |           |              |
| <i>Student begins in Modified Seatbelt Clinch</i>  |           |              |
| <i>Student releases grip of the enemy's elbow and reaches over the enemy's arm to keep it trapped and secures a wrestler's grip near the enemy's far-side hip.</i> |           |              |

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|   |           |              |
|---|-----------|--------------|
| <i>Student pulls the enemy's waist into him/herself and drives his/her head into the enemy's chin.</i>                              |           |              |
| <i>Student steps over and around the enemy and releases grip.</i>   |           |              |
| <i>Student establishes the Mount or creates space.</i>  |           |              |
| <b>Evaluation</b>   | <i>GO</i> | <i>NO-GO</i> |
| <b>REAR TAKE-DOWN (Must pass 4 of 5)</b>  |           |              |
| <i>Student begins in the Rear Clinch.</i>   |           |              |
| <i>Student steps to the same side as the enemy's wrist that they control.</i>   |           |              |
| <i>Student places lead foot perpendicular to the enemy's near-side foot and places trail foot behind the enemy's far-side foot.</i> |           |              |
| <i>Student sits as close to the heel of the lead foot as possible and hangs weight from the enemy's waist.</i>                      |           |              |
| <i>Student releases grips as the enemy falls and rotates into the Mount.</i>  |           |              |
| <b>Evaluation</b>   | <i>GO</i> | <i>NO-GO</i> |