

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

Option 3 Drill Oral Brief: Punchers
July 2017

The Safety NCOIC/OIC will always deliver the following brief to Punchers before conducting the Option 3 Drill:

You are about to participate as a puncher in the Combatives Option 3 Drill. This drill measures the Students' ability to control range and to use basic Combatives techniques to dominate an opponent who utilizes the Universal Fight Plan. The purpose of the drill is to instill the Warrior Ethos in students by giving them a taste of the physical and emotional demands of actual hand-to-hand combat in a controlled environment. The Option 3 Drill is not a rite of passage. It is the overall intent that each student succeeds in the drill and gains the personal confidence to close with the enemy.

[At this point Identify the NCOIC, the ring NCOICs, the designated training area, the entrance/exits to the training area, and the rotation plan for the punchers.]

The Option 3 drill will be performed four times with each student. The student and the puncher will start the drill from each of the range-controlling techniques of Post, Frame, and Hook in reverse order, starting with the hook and working outward to projectile weapons range for the fourth and final iteration. The student will then attempt to achieve the clinch and gain dominant clinch position while the puncher attempts to land strikes utilizing the "Universal Fight Plan." The authorized positions for the Student to complete the drill are the Rear-Clinch, the Modified Seatbelt position, the Double Under-Hooks with Body-Lock, and the Wall Clinch. Drill completion will ultimately be determined by the ring NCOIC. Watch this demonstration.

[Two demonstrators show the four starting positions as well as the authorized clinch positions.]

What are your questions about the purpose of the drill?

All punchers will wear a mouthpiece, quality and serviceable 16oz boxing gloves, and be in a standard Combatives uniform per TC 3-25.150 or an Instructor uniform with the addition of an ACU top. You will assume the role of an untrained combatant following the "Universal Fight Plan." You will not execute combinations or use the "Plumb" or "Hard Wizzer" to control the students and prevent them from achieving the clinch. You must stay up-right and not bend at the waist to prevent the clincher from completing the drill. You will be an aggressor moving directly towards the student, you cannot cut corners, change angles or levels. You will at no time back away to evade the student. You may not sling or throw students in order to break from the clinch, nor will you attempt to take the students to the ground at any time. Head punches will be limited to the front and sides of the head only. At no point will you direct a punch at the back of a Student's head. If a Student takes more than two consecutive punches to the head, you will intentionally miss the following blow in order to give the Student an opportunity to close the distance. While in the clinch or while the Student is actively attempting to obtain clinch position, you will not reach back to create space with intent to punch the Student's body. Body punches in the clinch will be limited to two body shots per iteration*. Intensity for each student will be adjusted relative to size and shape. The Ring NCOIC will brief you before each bout and will designate hand signals to communicate whether to raise or lower the intensity in order to accomplish the purposes of the drill. Please watch this demonstration.

[Two demonstrators will demonstrate the "Universal Fight Plan" and will clarify "If a Student takes more than two consecutive punches to the head, you will intentionally miss the following blow in order to give the Student an opportunity to close the distance." They will also demonstrate incorrect techniques (i.e. Plumb, Hard Wizzer, bending at the waist, etc) and the Safety NCOIC will correct and adjust them as necessary.]

What are your questions about the execution of the drill?

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

When the student has successfully obtained clinch position or has actively attempted to obtain clinch position for ten seconds, the Ring NCOIC will firmly place one hand on the puncher and one hand on the student and loudly announce “CLINCH!” At this point, the drill is complete. The Student and the Puncher will immediately separate and the student will exit the training area through the designated exit. If, in the first three iterations, the puncher and student end up at projectile weapons range, the drill will be stopped and restarted at the appropriate starting position for that iteration. The drill will be stopped if a student loses or spits out his mouthpiece. In this event, the mouthpiece will be reinserted into the student’s mouth and the drill will be restarted at the appropriate starting position for that iteration. If the student or puncher or both fall to the ground, the ring NCOIC will stop the drill, counsel the student and the puncher, and the drill will be restarted at the appropriate starting position for that iteration. The ring NCOIC will stop the drill if the student quits by exiting the training area, if any unsafe conditions are observed, or if the Student or Puncher is injured. In the event that the drill is stopped, the student and the puncher will immediately separate and take all instructions from the ring NCOIC. In case of injury, altercation, or any questionable circumstance, the puncher will immediately look to the ring NCOIC for guidance.

Are there any questions about the stopping the drill or your role as a puncher?

At this time take all instructions from your ring NCOIC.

[END OF OPTION 3 DRILL BRIEF: PUNCHER]

