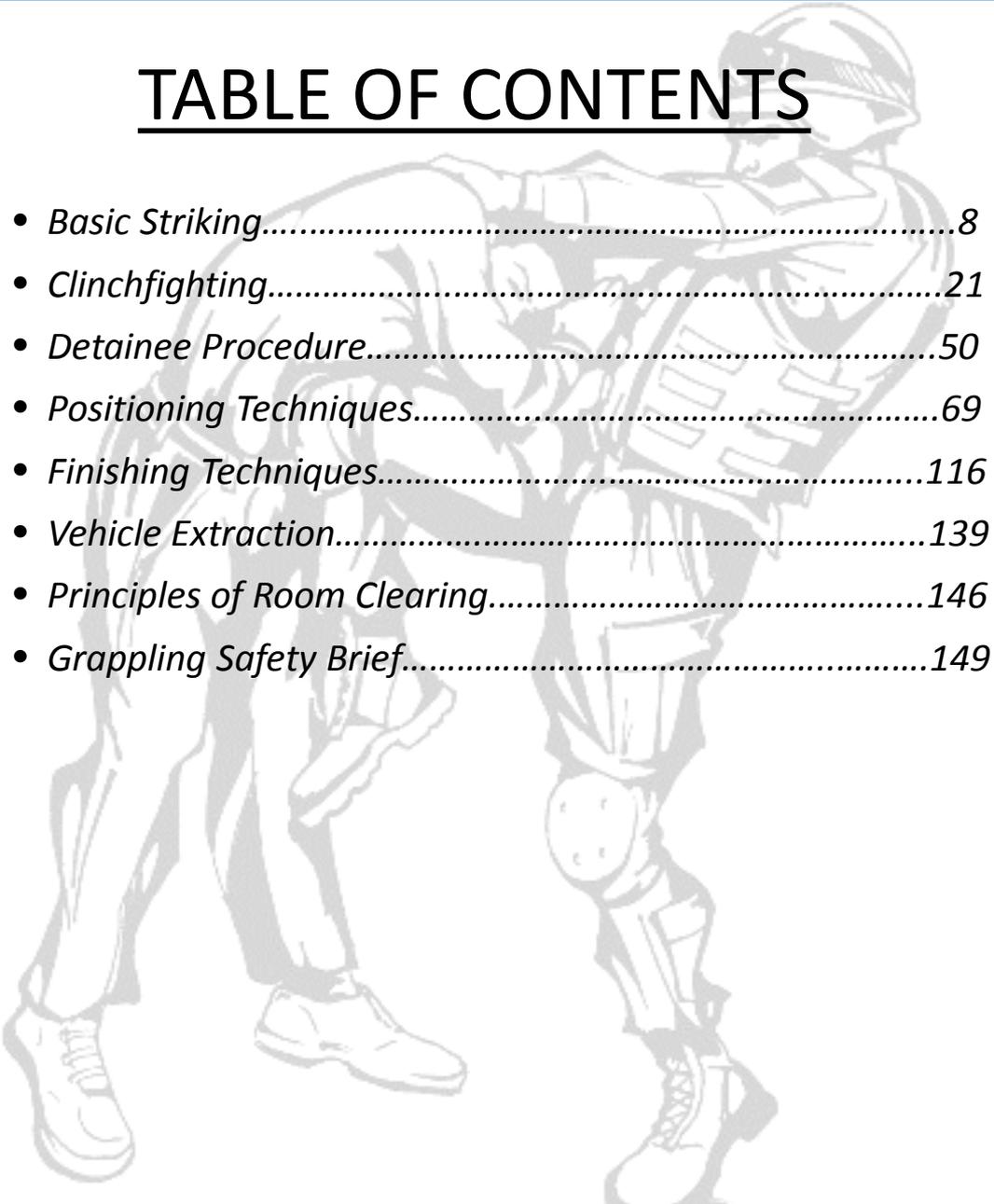


Tactical Combatives Course Handbook



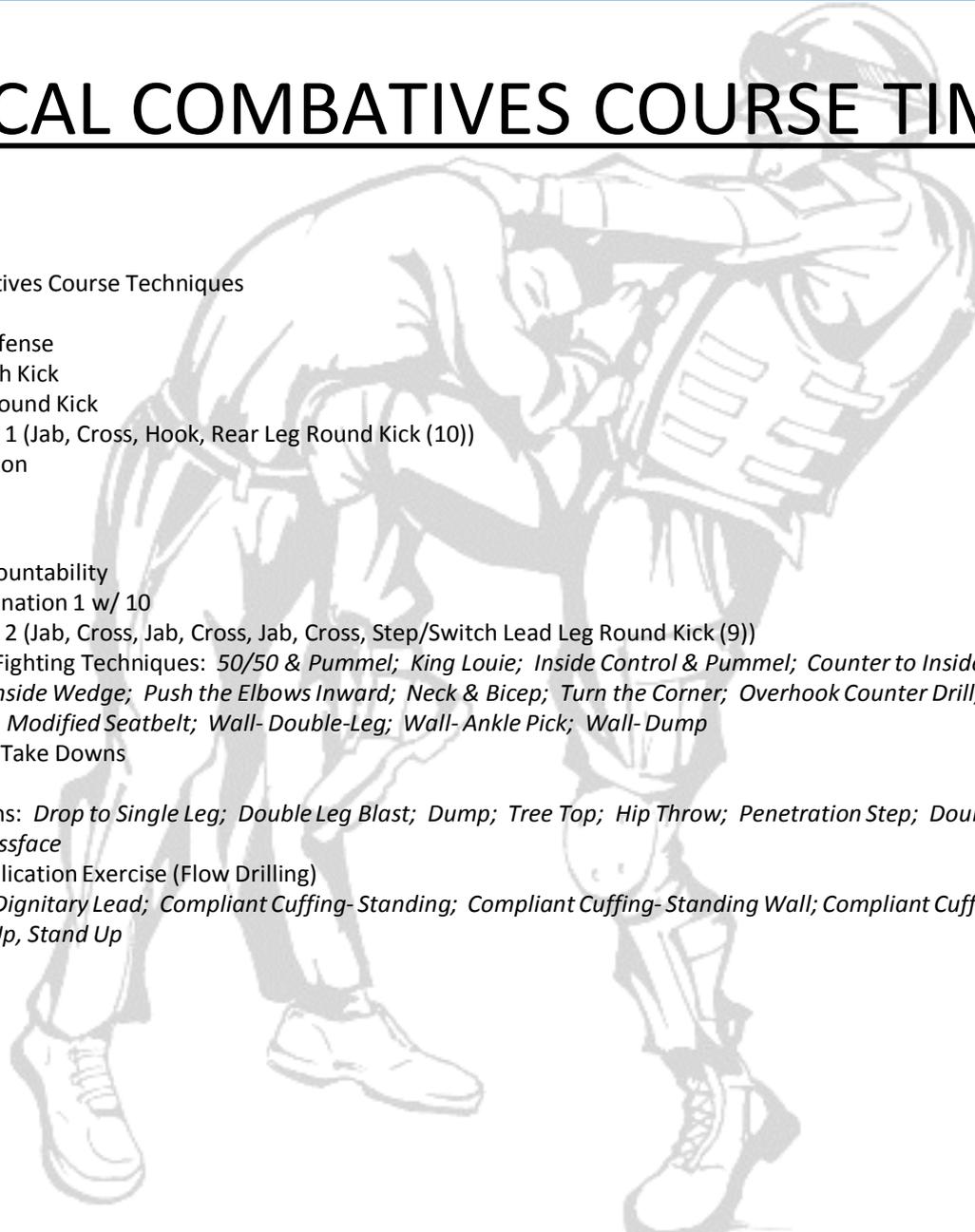
TABLE OF CONTENTS



- *Basic Striking*.....8
- *Clinchfighting*.....21
- *Detainee Procedure*.....50
- *Positioning Techniques*.....69
- *Finishing Techniques*.....116
- *Vehicle Extraction*.....139
- *Principles of Room Clearing*.....146
- *Grappling Safety Brief*.....149



TACTICAL COMBATIVES COURSE TIMELINE



DAY 1

0800-0830 In process
0830-1130 Review Basic Combatives Course Techniques
1130-1230 Lunch
1230-1430 Basic Striking and Defense
1430-1500 Rear & Front Leg Push Kick
1500-1530 Rear and Front Leg Round Kick
1530-1600 Striking Combination 1 (Jab, Cross, Hook, Rear Leg Round Kick (10))
1600-1700 Small Group Instruction

DAY 2

0730-0800 Facility Prep and Accountability
0800-0830 RPT & Striking Combination 1 w/ 10
0830-0900 Striking Combination 2 (Jab, Cross, Jab, Cross, Jab, Cross, Step/Switch Lead Leg Round Kick (9))
0900-1100 Advanced Stand-Up Fighting Techniques: *50/50 & Pummel; King Louie; Inside Control & Pummel; Counter to Inside Control; Outside to Inside Wedge; Push the Elbows Inward; Neck & Bicep; Turn the Corner; Overhook Counter Drill; Rear Clinch; Wall Clinch; Modified Seatbelt; Wall- Double-Leg; Wall- Ankle Pick; Wall- Dump*
1100-1130 Review Front & Rear Take Downs
1130-1230 Lunch
1230-1500 Advanced Take Downs: *Drop to Single Leg; Double Leg Blast; Dump; Tree Top; Hip Throw; Penetration Step; Double Leg Turn; Double Leg Trip; Sprawl; Crossface*
1500-1530 Take Downs Live Application Exercise (Flow Drilling)
1530-1700 Detainee Handling: *Dignitary Lead; Compliant Cuffing- Standing; Compliant Cuffing- Standing Wall; Compliant Cuffing- Ground; Search, Sit Up, Stand Up*



TACTICAL COMBATIVES COURSE TIMELINE

DAY 3

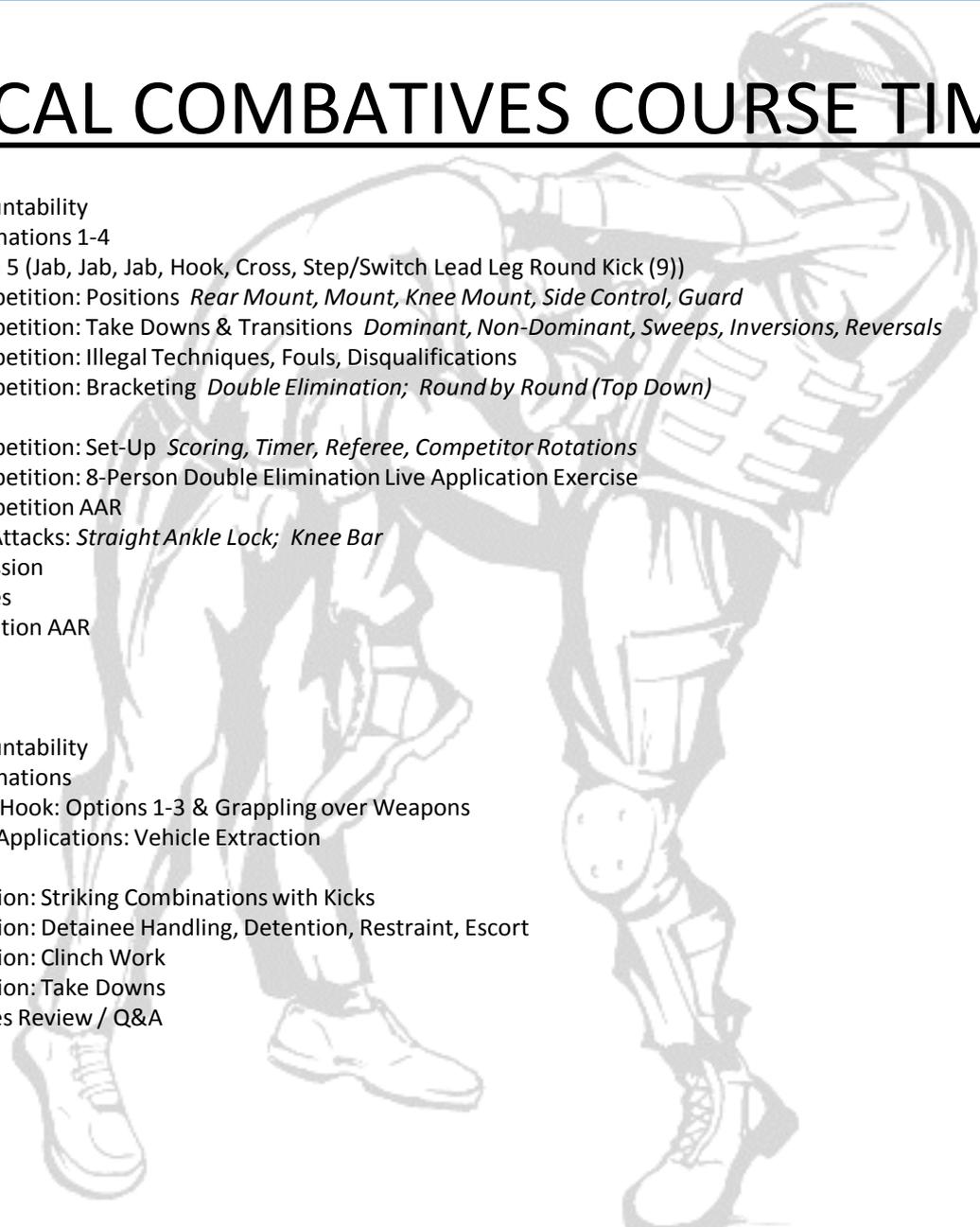
0730-0800 Facility Prep & Accountability
 0800-0830 RPT / Striking Combinations 1-2
 0830-0900 Striking Combination 3 (Jab, Cross, Hook (Body), Hook (Head), Rear Leg Round Kick (10))
 0900-1000 Detainee Handling (continued): *2 on 1- Compliant; 2 on 1- Non-Compliant; 2 on- Support*
 1000-1030 Positional Techniques: Mount Escapes *Enemy Posts Both Hands; Arm Around the Neck; Larger Enemy Pins Wrists*
 1030-1130 Positional Techniques: Guard Passes *Knee in Tailbone; Under One Leg; Near-Side Leg Through; Far-Side Leg Through*
 1130-1230 Lunch
 1230-1330 Positional Techniques: Guard Passes (continued) *Pass Half-Guard; Pass Guard with Strikes*
 1330-1400 Positional Techniques: Achieve Mount *Push the Propped Knee; Pull the Propped Knee*
 1400-1430 Defend Strikes from the Guard (Close / Middle / Far)
 1430-1530 Positional Techniques: Side Control Escapes *Arch; Recompose Guard; Head and Far Arm (Crossface)*
 1530-1630 Positional Techniques: Headlock Escapes *Form the Frame; Follow the Leg; Arch Over*
 1630-1700 Positional Techniques: North/South Escapes *Elbows in Armpits; Shin Box Alternate*

DAY 4

0730-0800 Facility Prep & Accountability
 0800-0830 RPT / Striking Combinations 1-3
 0830-0900 Striking Combination 4 (Cross, Hook, Cross, Step/Switch Front Leg Round Kick (9))
 0900-1000 Positional Techniques: Elevator Sweeps *From Guard Pass (Hand Between Legs); From Failed Scissor Sweep; From Escape the Mount, Shrimp to Guard*
 1000-1100 Finishing Techniques: Triple Attack from the Guard *Reverse Bent Arm Bar; Timing Sweep; Guillotine Choke*
 1100-1130 Finishing Techniques: Side Control / Knee Mount Attacks *Reverse Bent Arm Bar from Side Control; Reverse Bent Arm Bar from Knee Mount*
 1130-1230 Lunch
 1230-1315 Finishing Techniques: Knee Mount Attacks *Near-Side Arm Bar from Knee Mount; Papercutter Choke from Knee Mount*
 1315-1400 Finishing Techniques: Mount Attacks *Papercutter Choke; Nutcracker Choke; Leaning Choke*
 1400-1445 Finishing Techniques: Rear Mount Attacks *Collar Choke; Single Wing Choke; Straight Arm Bar*
 1445-1600 Drills #1-3 with TCC Technique (Introduction)
 1600-1700 Grappling for Submission



TACTICAL COMBATIVES COURSE TIMELINE



DAY 5

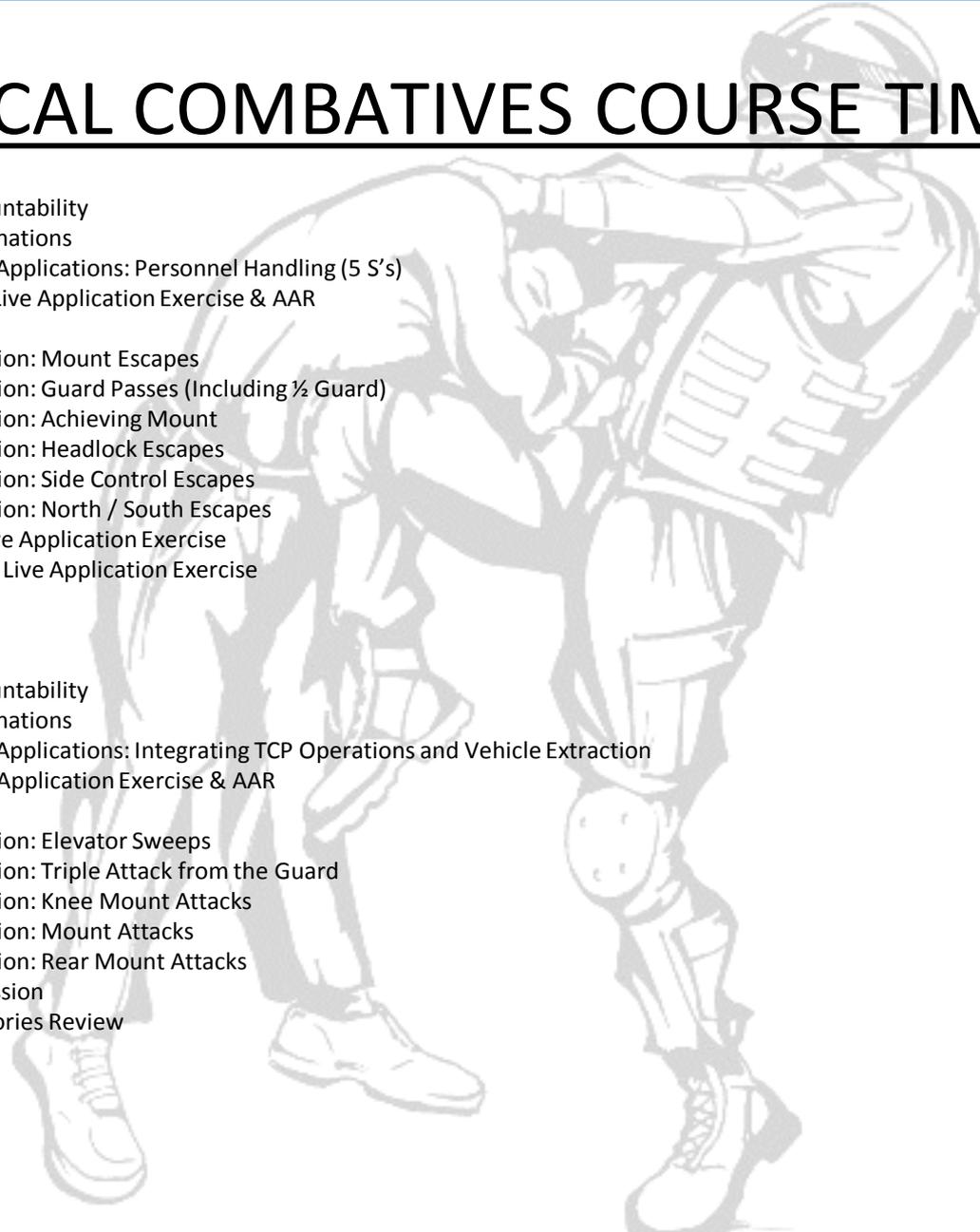
- 0730-0800 Facility Prep & Accountability
- 0800-0830 RPT / Striking Combinations 1-4
- 0830-0900 Striking Combination 5 (Jab, Jab, Jab, Hook, Cross, Step/Switch Lead Leg Round Kick (9))
- 0900-0930 Standard Rules Competition: Positions *Rear Mount, Mount, Knee Mount, Side Control, Guard*
- 0930-1000 Standard Rules Competition: Take Downs & Transitions *Dominant, Non-Dominant, Sweeps, Inversions, Reversals*
- 1000-1030 Standard Rules Competition: Illegal Techniques, Fouls, Disqualifications
- 1030-1130 Standard Rules Competition: Bracketing *Double Elimination; Round by Round (Top Down)*
- 1130-1230 Lunch
- 1230-1300 Standard Rules Competition: Set-Up *Scoring, Timer, Referee, Competitor Rotations*
- 1300-1430 Standard Rules Competition: 8-Person Double Elimination Live Application Exercise
- 1430-1500 Standard Rules Competition AAR
- 1500-1530 Introduction to Leg Attacks: *Straight Ankle Lock; Knee Bar*
- 1530-1600 Grappling for Submission
- 1600-1630 Grappling with Strikes
- 1630-1700 Week 1 and Competition AAR

DAY 6

- 0730-0800 Facility Prep & Accountability
- 0800-0830 RPT / Striking Combinations
- 0830-1000 Review Post, Frame, Hook: Options 1-3 & Grappling over Weapons
- 1000-1130 Tactical Combatives Applications: Vehicle Extraction
- 1130-1230 Lunch
- 1230-1330 Small Group Instruction: Striking Combinations with Kicks
- 1330-1430 Small Group Instruction: Detainee Handling, Detention, Restraint, Escort
- 1430-1530 Small Group Instruction: Clinch Work
- 1530-1630 Small Group Instruction: Take Downs
- 1630-1700 History of Combatives Review / Q&A



TACTICAL COMBATIVES COURSE TIMELINE



DAY 7

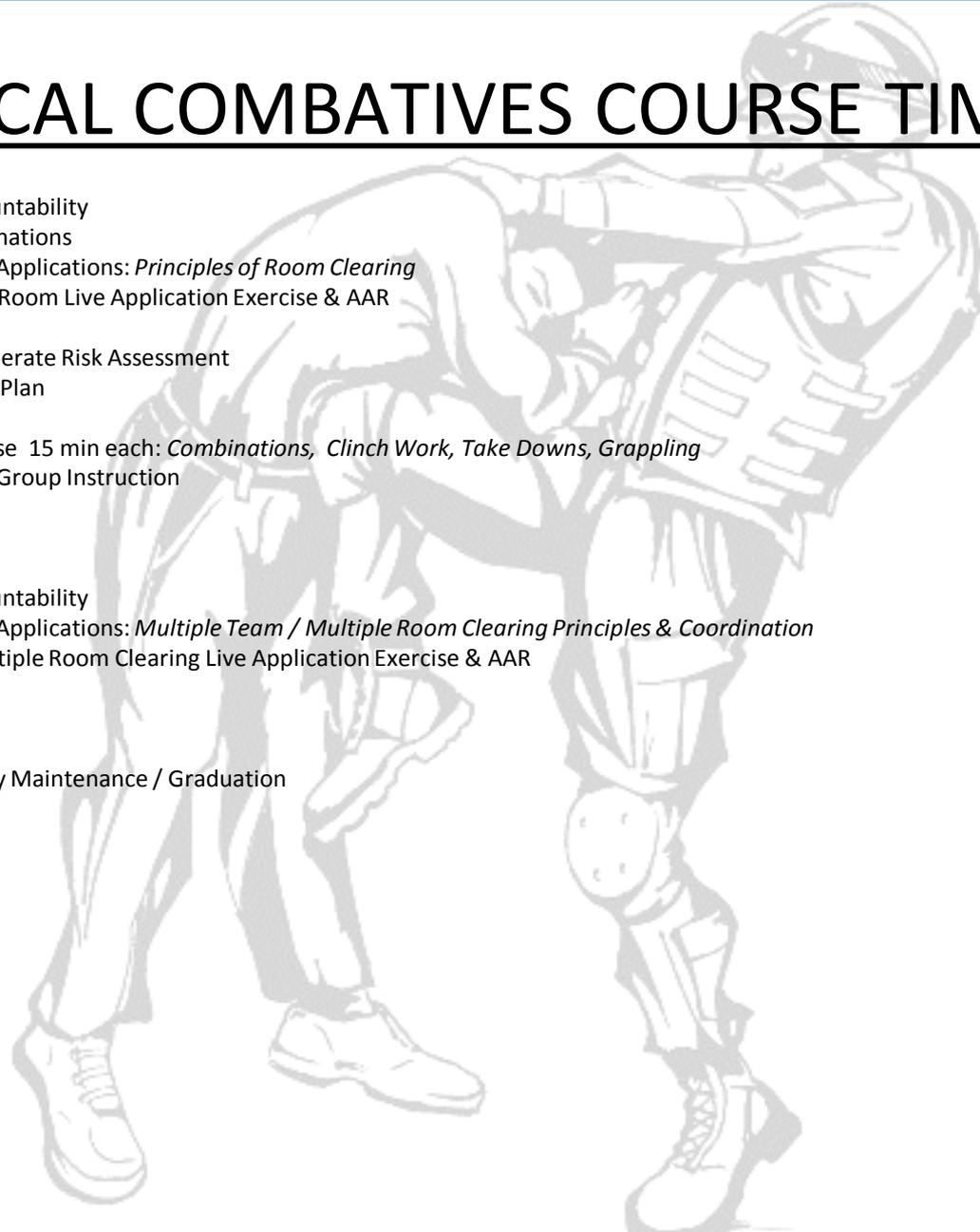
0730-0800 Facility Prep & Accountability
0800-0830 RPT / Striking Combinations
0830-0930 Tactical Combatives Applications: Personnel Handling (5 S's)
0930-1130 Personnel Handling Live Application Exercise & AAR
1130-1230 Lunch
1230-1300 Small Group Instruction: Mount Escapes
1300-1400 Small Group Instruction: Guard Passes (Including ½ Guard)
1400-1430 Small Group Instruction: Achieving Mount
1430-1500 Small Group Instruction: Headlock Escapes
1500-1530 Small Group Instruction: Side Control Escapes
1530-1600 Small Group Instruction: North / South Escapes
1600-1630 Headlock Escapes Live Application Exercise
1630-1700 Side Control Escapes Live Application Exercise

DAY 8

0730-0800 Facility Prep & Accountability
0800-0830 RPT / Striking Combinations
0830-0930 Tactical Combatives Applications: Integrating TCP Operations and Vehicle Extraction
0930-1130 TCP Operations Live Application Exercise & AAR
1130-1230 Lunch
1230-1300 Small Group Instruction: Elevator Sweeps
1300-1330 Small Group Instruction: Triple Attack from the Guard
1330-1400 Small Group Instruction: Knee Mount Attacks
1400-1430 Small Group Instruction: Mount Attacks
1430-1500 Small Group Instruction: Rear Mount Attacks
1500-1600 Grappling for Submission
1600-1700 Comprehensive Histories Review



TACTICAL COMBATIVES COURSE TIMELINE



DAY 9

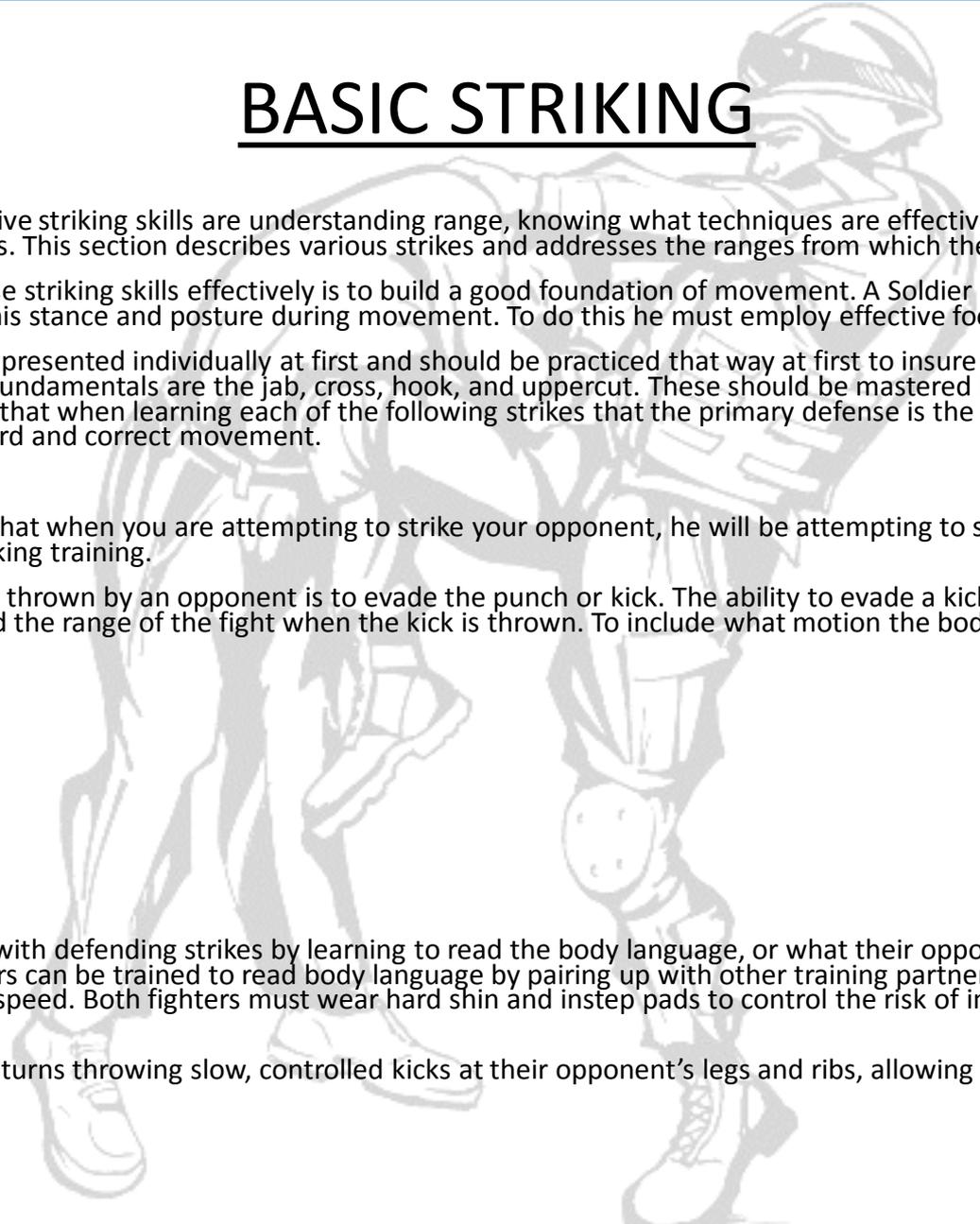
0730-0800 Facility Prep & Accountability
0800-0830 RPT / Striking Combinations
0830-0930 Tactical Combatives Applications: *Principles of Room Clearing*
0930-1130 Single Team / Single Room Live Application Exercise & AAR
1130-1230 Lunch
1230-1330 Introduction to Deliberate Risk Assessment
1330-1400 Developing a Lesson Plan
1400-1430 RPT
1430-1530 Final Practical Exercise 15 min each: *Combinations, Clinch Work, Take Downs, Grappling*
1530-1700 Final Review / Small Group Instruction

DAY 10

0730-0800 Facility Prep & Accountability
0800-0900 Tactical Combatives Applications: *Multiple Team / Multiple Room Clearing Principles & Coordination*
0900-1130 Multiple Team / Multiple Room Clearing Live Application Exercise & AAR
1130-1230 Lunch
1230-1500 Technical Evaluation
1500-1600 Written Evaluation
1600-1700 Week 2 AAR / Facility Maintenance / Graduation



BASIC STRIKING



- The keys to developing effective striking skills are understanding range, knowing what techniques are effective at that range, and controlling the transition between ranges. This section describes various strikes and addresses the ranges from which they are effective.
- The first step in learning to use striking skills effectively is to build a good foundation of movement. A Soldier must be able to maintain a good striking platform by keeping his stance and posture during movement. To do this he must employ effective footwork.
- The strikes in this section are presented individually at first and should be practiced that way at first to insure proper form. There are many effective arm strikes but the fundamentals are the jab, cross, hook, and uppercut. These should be mastered before moving on to more advanced strikes. Remember that when learning each of the following strikes that the primary defense is the proper execution of not only the strike but keeping a good guard and correct movement.

DEFENSE

- It is important to remember that when you are attempting to strike your opponent, he will be attempting to strike you. Defensive skills must be an integral part of any striking training.
- The first defense to any strike thrown by an opponent is to evade the punch or kick. The ability to evade a kick depends on the experience of the fighter, and the speed and the range of the fight when the kick is thrown. To include what motion the body is in at the time the opponent throws the kick.
 - Kick defenses include—
 - Evading a kick.
 - Beating a kick align.
 - Stopping a kick.
 - Catching a kick.
 - Checking a kick.

READING AN OPPONENT'S MOVES

- Fighters become acquainted with defending strikes by learning to read the body language, or what their opponent looks like, when strikes are being thrown at them. Fighters can be trained to read body language by pairing up with other training partners and conduct situational sparring at a slow controlled speed. Both fighters must wear hard shin and instep pads to control the risk of injury in addition to their standard combatives uniform.
- Training partners should take turns throwing slow, controlled kicks at their opponent's legs and ribs, allowing them to learn how to evade, destroy, and catch the kicks.



BASIC STRIKING

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.



BASIC STRIKING

STRIKING SKILLS—ARM STRIKES, ATTACK

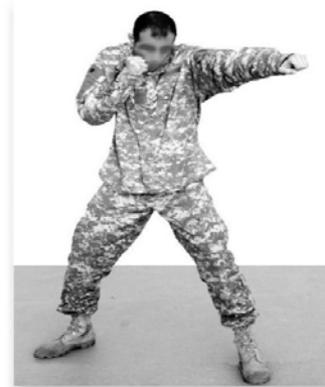
JAB

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.



BASIC STRIKING

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



BASIC STRIKING

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.



BASIC STRIKING

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.



- 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.

- 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.



BASIC STRIKIN: Defense

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.



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.

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.

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



BASIC STRIKING: Defense

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.



BASIC STRIKING: Defense

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.

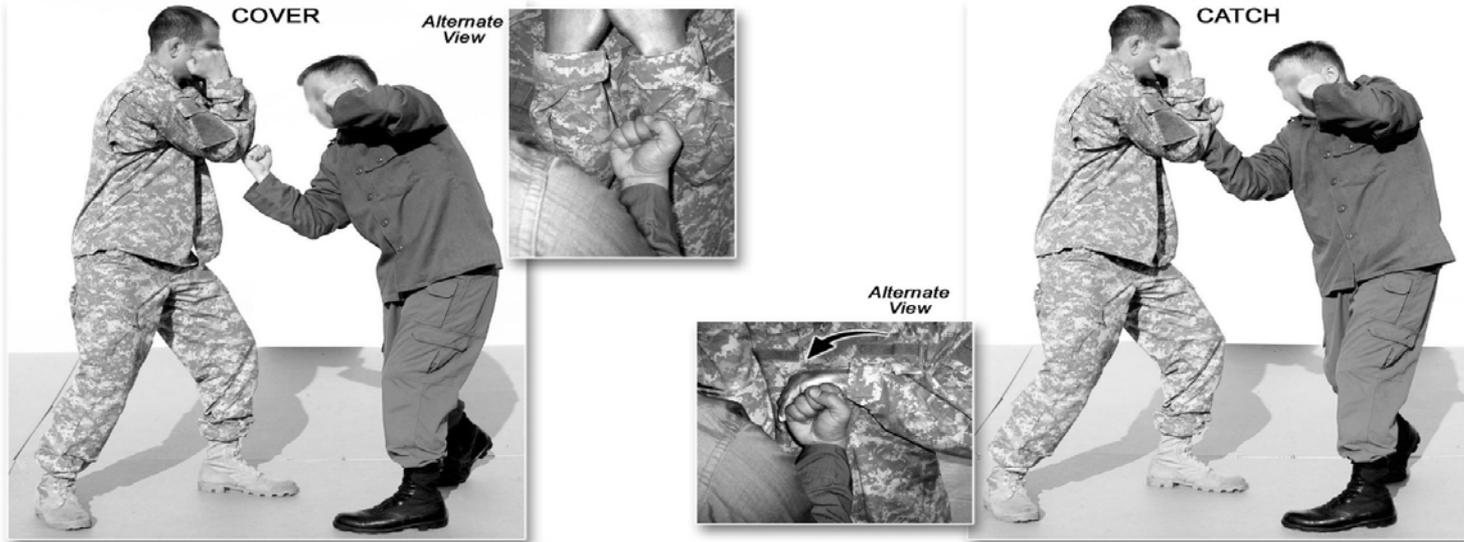


BASIC STRIKING: Defense

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.

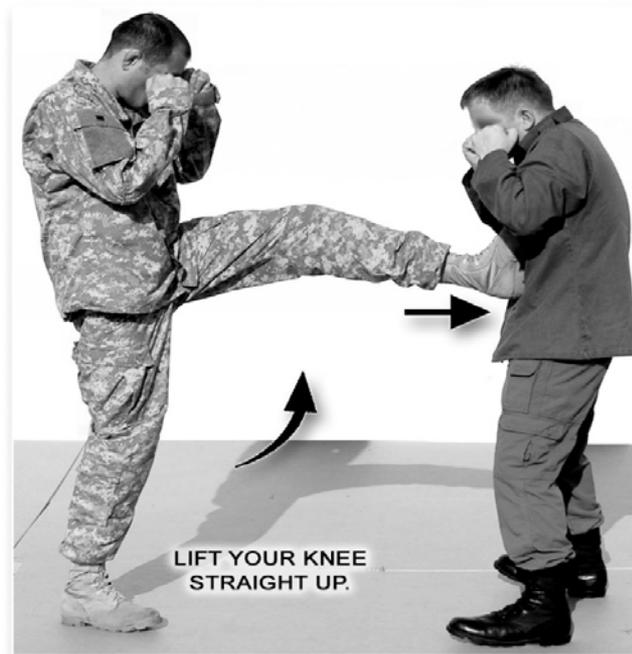


BASIC STRIKING: Kicks

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.



BASIC STRIKING: Kicks

STRIKING SKILLS—KICKS, ATTACK

ROUND KICK

The round kick is a powerful strike that is used against an opponent's legs, ribs or head. It is normally thrown as part of a combination following the jab or hook.



- 1) Push off on the ball of your trail leg foot, and, then step somewhat toward the target and laterally to the outside with your lead leg. Transition your body weight toward the ball of your lead foot, keeping your lead knee somewhat bent.
- 2) Begin rotating your lower body into the direction of the kick, simultaneously bringing your lead hand around to cover any exposed portions of your head. Transition your trail hand down and around as a counterbalance to the rotation of your kick. Rotate your body through the target leading with the hip, followed by the trail shoulder (keeping the trail shoulder high to help block your face). Whip the bent trail leg through the target, making contact with the opponent with the last couple inches of shin bone, just above your foot.

Note. Always remember that punches beat kicks, and the opponent is likely to close the range and throw a cross.

WARNING

Kicking with the instep of the foot will often result in broken bones of the foot.

Note. When targeting your opponent's leg, aim below the hipbone at the quadriceps, the calf or the sides of back of the knee joint. Throw these kicks and kicks to the opponent's head in an arch (the skin lands in a downward motion) to avoid the check.

When targeting your opponent's ribs, aim above the hipbones at the lower portion of the ribcage. Throw this kick as a rising kick to avoid colliding with the arm covering the ribcage.



BASIC STRIKING: Kicks

STRIKING SKILLS—KICKS, ATTACK

SWITCH KICK

The switch kick is a fast, powerful kick thrown to an opponent's legs, torso, or head. It can be thrown as a part of a combination (following the cross) or singularly (in the case of a cut kick).

Note. When targeting your opponent's leg, aim below the hip bone at the quadriceps, the calf, or the sides or back of the knee joint. The fighter should throw this kick in an arch (so that the shin lands in a downward motion) to avoid the check. When targeting the opponent's ribs, aim above the hip bones at the lower portion of the ribcage. This kick will be thrown as a rising kick to avoid colliding with the arm covering the rib cage.



1) Start from a fighter's stance, with the dominant-side foot trailing and the nondominant-side slightly forward.



Enlarged View



2) Step off-line with the trail leg by pushing off the ball of the lead foot, stepping toward the target and laterally in the direction of the kick.

3) Transition your bodyweight toward the ball of your dominant foot. Bend your dominant knee. Rotate your lower body into the direction of the kick. Bring your dominant hand around to cover any exposed portion of your head, and transition your nondominant hand down as a counterbalance to the rotation of the kick.



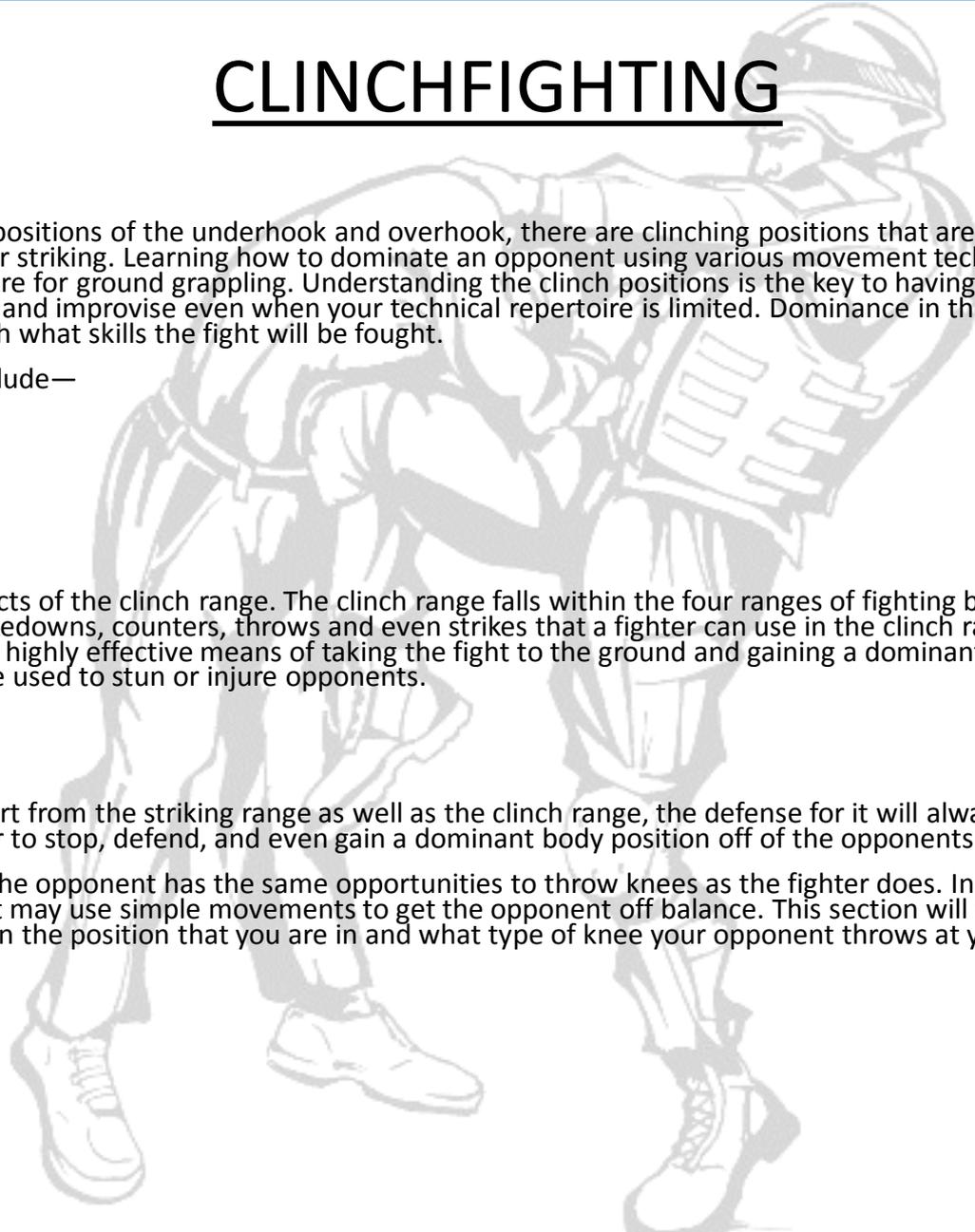
4) Rotate your body through the target, leading with your hip, followed by the nondominant shoulder. Keep the nondominant shoulder high to help block your face). Whip your nondominant leg through the target, making contact with your opponent with the last couple inches of shin bone, just above the foot.

WARNING

Kicking with the instep of the foot will often result in broken bones of the foot.



CLINCHFIGHTING



ADVANCED CLINCH POSITIONS

- Beyond the basic controlling positions of the underhook and overhook, there are clinching positions that are specifically designed to give you a more controlling position for striking. Learning how to dominate an opponent using various movement techniques is just as important while fighting in the clinch as they are for ground grappling. Understanding the clinch positions is the key to having the sense of objective which allows you to fight effectively and improvise even when your technical repertoire is limited. Dominance in the clinch is what allows a fighter to dictate at what range and with what skills the fight will be fought.
- Advanced clinch positions include—
 - Inside control
 - Neck and biceps
 - 50/50
 - Double Underhooks
 - Front headlock
- Clinch fighting covers all aspects of the clinch range. The clinch range falls within the four ranges of fighting but is still the least aspect trained. This section will show you takedowns, counters, throws and even strikes that a fighter can use in the clinch range. When used as part of stand up grappling, throws can be a highly effective means of taking the fight to the ground and gaining a dominant body position. When applied forcefully some throws can be used to stun or injure opponents.

DEFENSE

- Although a takedown may start from the striking range as well as the clinch range, the defense for it will always be in the clinch. These defenses will allow the fighter to stop, defend, and even gain a dominant body position off of the opponents attempt to take the fighter down.
- When in the clinch position, the opponent has the same opportunities to throw knees as the fighter does. In return the fighter doesn't only have to defend the strikes but may use simple movements to get the opponent off balance. This section will teach you multiple techniques that you can use depending on the position that you are in and what type of knee your opponent throws at you.



CLINCHFIGHTING

CLINCHFIGHTING—ADVANCED CLINCH POSITIONS

50/50

The 50/50 position is a neutral position that allows both fighters the same opportunity to establish control.

Place one arm in your opponent's armpit.



Grasp your opponent's shoulder with a thumbless grip and his elbow with a thumb grip, pulling his arm into your armpit. Ensure your lead foot is the same side foot as the under hook.



CLINCHFIGHTING

CLINCHFIGHTING—PUMMELING

50/50 PUMMELING

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 double underhooks 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.



CLINCHFIGHTING

CLINCHFIGHTING—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 head downward.



CLINCHFIGHTING

CLINCHFIGHTING—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. Break your opponent's grip by straightening your arm, angling your body, and turn your shoulder's to pressure your opponent's hands off your head.

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



CLINCHFIGHTING

CLINCHFIGHTING—PUMMELING

OUTSIDE TO INSIDE WEDGE

The fighter uses outside to inside wedge when his opponent achieves inside control and is preparing to break down the fighter's posture. The fighter may use this technique to gain inside control on his opponent.



Posture up and blade your body. Use the space this has created to wedge one hand at a time into the inside control position.



CLINCHFIGHTING

CLINCHFIGHTING—PUMMELING

PUSH THE ELBOW INWARD

Fighters use push the elbow inward when their opponents squeeze their elbows together.



- 1) Grasp your opponent's elbow with one hand and push it inward,
- 2) With your free hand first, use the space this has created to wedge both hands into the inside control position.

CLINCHFIGHTING

CLINCHFIGHTING—PUMMELING

OVERHOOK COUNTER

Sometimes, an opponent will control the fighter's attempt to achieve the clinch by clamping down on the underhook arm with an overhook. This is also known as 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.



CLINCHFIGHTING

CLINCHFIGHTING—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.



CLINCHFIGHTING

CLINCHFIGHTING—ACHIEVE THE CLINCH

REAR CLINCH

The fighter uses the rear clinch when he is able to get behind the enemy while maintaining control of the arm.



From failed modified seatbelt.

- 1) Circle behind your enemy while still maintaining control of the arm.
- 2) Slide your controlling arm down to the wrist while simultaneously wrapping the opposite side arm around and controlling at the biceps both with thumbless grips.
- 3) Step between your opponents waist with the same side leg that is controlling the wrist.
- 4) Break your opponent's posture down at the waist by pulling in at the arm and driving forward with your head and shoulder. .

Note. Tuck your head into your opponent's back to avoid elbows to the head.

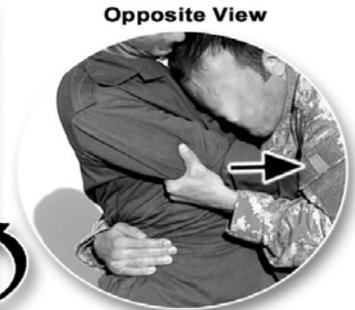
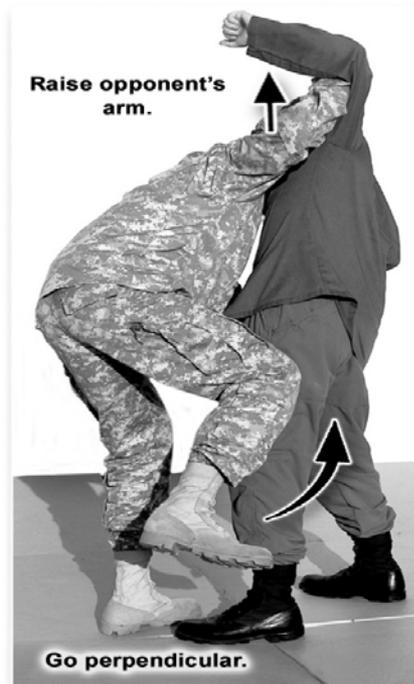
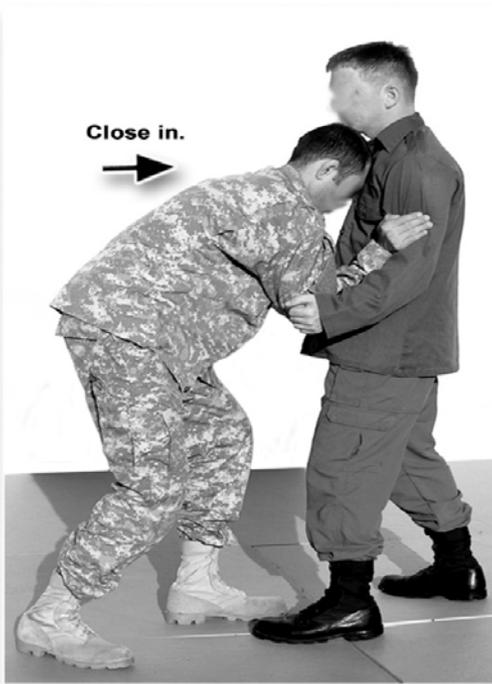


CLINCHFIGHTING

CLINCHFIGHTING—ACHIEVE THE CLINCH

MODIFIED SEATBELT CLINCH

Once the fighter closes the distance, he uses the modified seatbelt clinch to draw his opponent in.



Reach around opponent, grab his hip, and pull his arm into your chest.

1) After closing the distance with your opponent, raise one of his arms. Move yourself perpendicular to your opponent.

2) Reach around your opponent's waist to grab his opposite-side hip. With your other arm, pull his arm into your chest, controlling his arm at the triceps, drive your head into your opponents chin in order to control his posture.



TAKEDOWNS

CLINCHFIGHTING—BASIC TAKEDOWNS

FRONT TAKEDOWN

The front takedown is a simple technique used to throw the opponent off-balance. It allows the fighter to transition from the modified seatbelt clinch to the mount.



Step in front of the opponent.



Reach over the opponent's arm.



Pull opponent into you and force him to arch his back.

Grip low on opponent's back.



Step over the opponent, releasing your grip. As the opponent falls, assume the Mount.

- 1) From the modified seatbelt clinch, step slightly in front of your opponent so you can drive him off his leg. Ensure that you keep good head control to drive his upper body backward.
- 2) Release your grip on your opponent's elbow and reach over his arm, keeping it trapped under your overhook armpit. Secure a wrestler's grip low on your opponent's side at the hip near the small of his back.
- 3) Pull your opponent into you with your hands and push your upper body and head to make his back arch.
- 4) Step over your opponent and release your grip, ending in the mount.

WARNING
Release your hands to avoid landing on them.

TRAINING INSTRUCTIONS

WARNING

Opponents must not attempt to reach for the ground while being taken down, as this will lead to severe injuries.



TAKEDOWNS

CLINCHFIGHTING—BASIC TAKEDOWNS

REAR TAKEDOWN

After achieving the clinch, the fighter is often positioned with his head behind his opponent's arm. Once he reaches a secure position, he can attempt to take his opponent down.

Note. Conduct this technique when your head is positioned behind your opponent's arm after you have achieved the clinch.



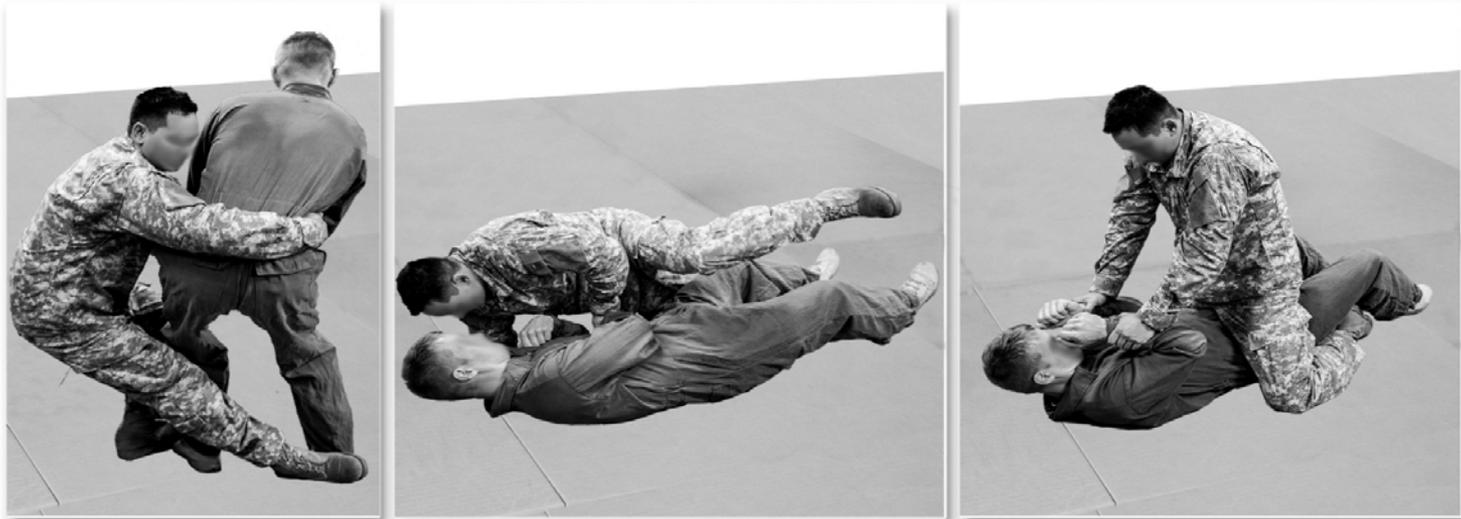
- 1) Step to the same side that is controlling the wrist so that you are behind your opponent at an angle. Place one foot on the outside of his foot so that your foot is perpendicular to your opponent's.
- 2) Place the instep of your other foot behind your opponent's far-side foot so that he cannot step backward.



TAKEDOWNS

CLINCHFIGHTING—BASIC TAKEDOWNS

REAR TAKEDOWN (continued)



- 1) Sit down as close to your other foot as possible, and hang your weight from your opponent's waist.
- 2) The opponent will fall backward over your extended leg. As he does, tuck your elbow to avoid falling on it, and release your grip.
- 3) Rotate into the mount.

TRAINING INSTRUCTIONS

WARNING

Opponents must not attempt to reach for the ground while being taken down, as this will lead to injuries.



TAKEDOWNS

CLINCHFIGHTING–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.



TAKEDOWNS

CLINCHFIGHTING-TAKEDOWNS

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.



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

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



TAKEDOWNS

CLINCHFIGHTING-TAKEDOWNS

DUMP

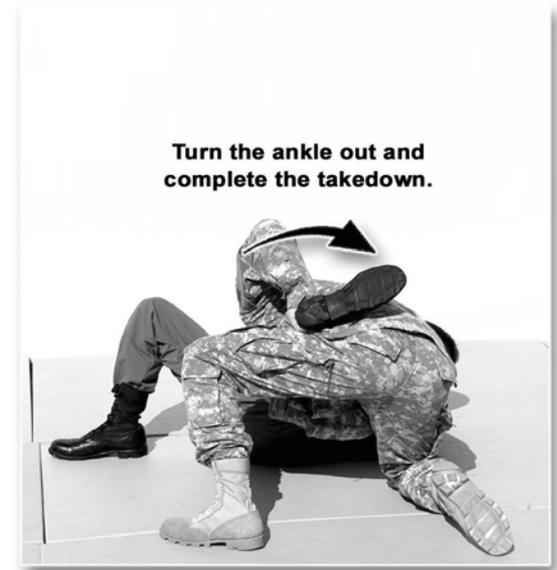
This technique is used in conjunction with the drop to the single leg. It is executed when the opponent's leg is brought up in front of the fighter's body.



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.



Turn the ankle out and complete the takedown.



TAKEDOWNS

CLINCHFIGHTING-TAKEDOWNS

TREE TOP

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 head on your opponent's hip. Secure his heel with your front hand, and cup his leg with the back hand.



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.



TAKEDOWNS

CLINCHFIGHTING-TAKEDOWNS

TREE TOP (continued)



- 1) As your opponent hops, lift his leg skyward for the takedown.

TAKEDOWNS

CLINCHFIGHTING-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.



- 1) Your opponent steps back with his near 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.



TAKEDOWNS

CLINCHFIGHTING-TAKEDOWNS

HIP THROW (continued)



- 1) Lift your hips, extend your legs, rotate your body to throw your opponent.



TAKEDOWNS

CLINCHFIGHTING—DOUBLE LEG ATTACKS

DOUBLE LEG ATTACKS

Going under the opponent's arms and straight to the legs is a very useful attack. There are several ways to finish depending on the opponent's actions, but the initial attack is the same.



- 1) When you find yourself relatively close to your opponent, change your level by bending both of your knees and drive into his midsection with your shoulder. Your lead foot should penetrate as deep as your opponent's feet.



TAKEDOWNS

CLINCHFIGHTING—DOUBLE LEG ATTACKS

DOUBLE LEG ATTACKS (continued)



- 1) While driving forward, allow your lead knee to hit the ground. Bring your trail foot around in a circular motion. Keep your head tight to your opponent's body. Wrap both hands around his legs, with your hands grasping his calves with a thumbless grip.



TAKEDOWNS

CLINCHFIGHTING—DOUBLE LEG ATTACKS

TURN

After driving through your opponent and once you are under him, you should push with your head and leg to turn him.



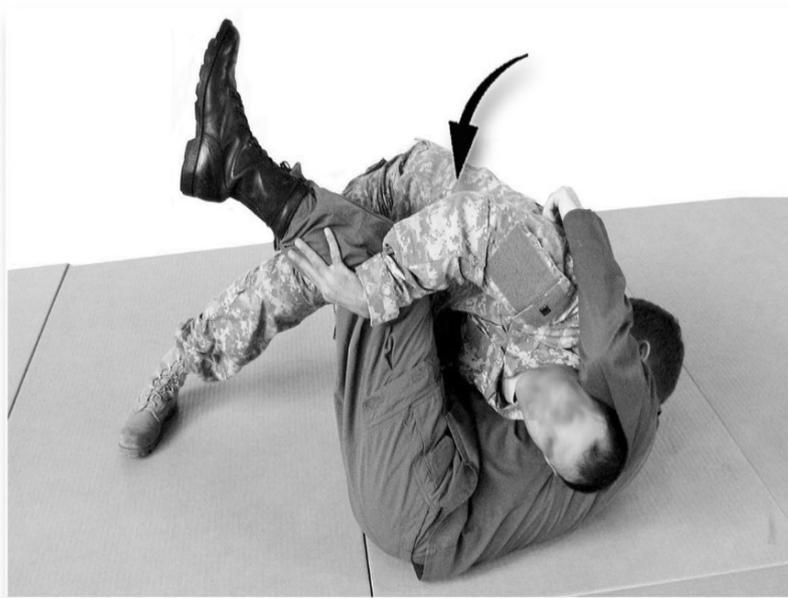
- 1) As you shoot the double leg, your opponent defends by sprawling. Place your hands on his calves (use as an extension). Drive into him with your head, and push off the ground with your trail foot in a 45-degree angle.



TAKEDOWNS

CLINCHFIGHTING—DOUBLE LEG ATTACKS

TURN



- 1) Finish in dominant body position.



TAKEDOWNS

CLINCHFIGHTING—DOUBLE LEG ATTACKS

TRIP

If the opponent does not sprawl effectively, the fighter can trip him to complete the double leg takedown.



1) As you shoot the double leg, your opponent defends by walking backwards.



2) Hook your opponent's heel with your outside leg, and continue to drive through him.



TAKEDOWNS

CLINCHFIGHTING—DEFENSE

SPRAWL

The fighter uses the sprawl when his opponent attempts to shoot a double leg takedown.



- 1) Start the sprawl before your opponent has the chance to drive all the way into your legs, and throw you off balance.



TAKEDOWNS: Defense

CLINCHFIGHTING-DEFENSE

SPRAWL (continued)



- 1) Throw your legs and hips behind you. Push your chest down, placing all of your weight on top of your opponent to drive him flat onto the ground.

Note. Get your legs as far away from your opponent as possible; he will be attempting to grab your legs and pull them back into him.



TAKEDOWNS: Defense

CLINCHFIGHTING—DEFENSE

CROSS-FACE

From the sprawl, the fighter uses the cross-face to turn his body and take his opponent's back.



1) Using your opposite side arm as the direction you wish to turn, place that forearm across your opponent's face and push against his head.

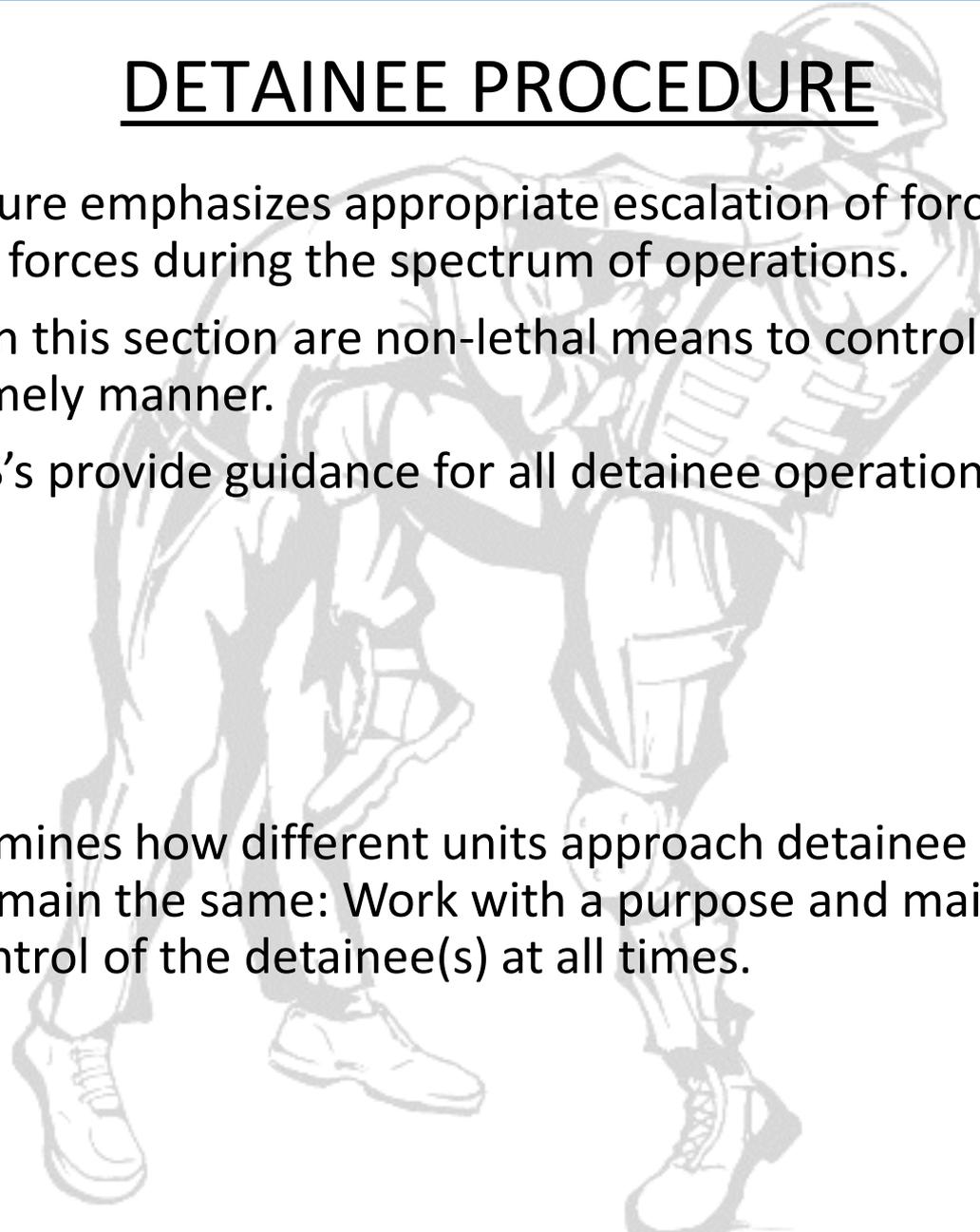
2) Using the head pressure to break your opponent's grip on your leg, keep your hips low and your weight on top of his back.



3) Turn your body with your legs to take your opponent's back.



DETAINEE PROCEDURE



- Detainee procedure emphasizes appropriate escalation of force against friendly and non-friendly forces during the spectrum of operations.
- The techniques in this section are non-lethal means to control and detain an individual in a timely manner.
- The following 5 S's provide guidance for all detainee operations:
 - Speed
 - Silence
 - Segregate
 - Safeguard
 - Security
- While SOP determines how different units approach detainee procedure, the core concepts remain the same: Work with a purpose and maintain physical and psychological control of the detainee(s) at all times.



DETAINEE PROCEDURE

INTERMEDIATE DETAINEE PROCEDURES

SINGLE-MAN CUFFING TECHNIQUES

The primary purpose of securing a person with flex cuffs is to keep you and your teammates safe. Using these techniques, you will be able to control the detainee at all times applying them as a single person.



- 1) Ensure there is security on the detainee and approach at a 45-degree angle from the front or rear.
- 2) With security in place, and the detainee arms raised, secure the person with both hands. One on their forearm with a thumb grip with the thumb down, and the other hand in a thumb grip at the elbow with thumb up.
- 3) Slide the forearm hand down to the palm and squeeze the pinky and thumb of the detainee together while simultaneously rotating the hand near their elbow around and adding pressure to the elbow joint. Keep the arm tight against your hip.

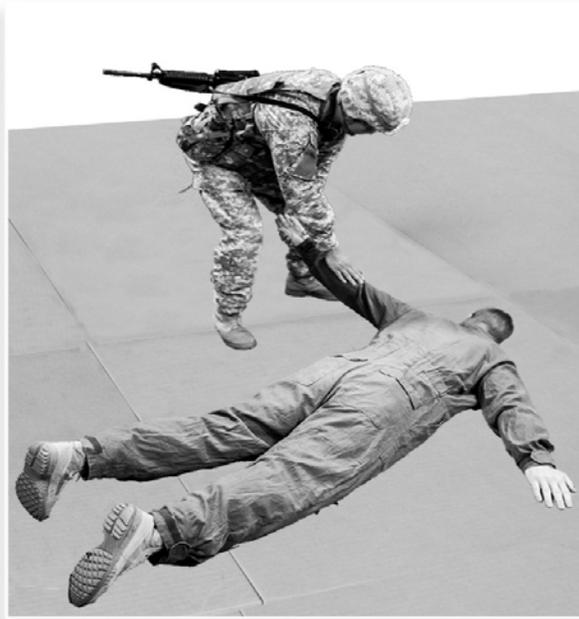
Note. Statistics state that 90 percent of personnel will be right handed.



DETAINEE PROCEDURE

INTERMEDIATE DETAINEE PROCEDURES

SINGLE-MAN CUFFING TECHNIQUES (continued).



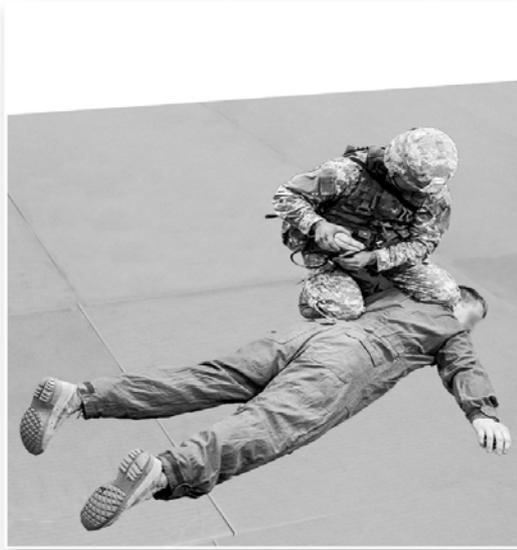
- 1) Pivot your foot that is farthest from the detainee and put downward pressure on their elbow, forcing the detainee to the ground.
- 2) While holding on to the arm still, take a step back pulling the detainee to clear the far side arm from their body so you can visually clear it. Check for weapons.
- 3) Stand perpendicular to the detainee so that their arm is centered on you. Exchange your hand grip by sliding the hand controlling the elbow down to detainee's palm. Switch your hands by sliding your free hand between the back of the detainee's hand and your palm, using the 3 Palms Up method.



DETAINEE PROCEDURE

INTERMEDIATE DETAINEE PROCEDURES

SINGLE-MAN CUFFING TECHNIQUES (continued).



- 1) Simultaneously slide your head side arm down keeping pressure guiding their arm to the near side hip while going to the "Catchers Stance" (Shins on the back of their head and back with the arm in-between your knees while staying on your toes) while still pinching their palm together.
- 2) At this point the arm is trapped between the knees, you can release and secure the far side arm and bring it to their lower back. Apply the flex cuff to the far side wrist first and switch hand grips to maintain control. With the hip side arm secure the arm trapped between the knees and feed it through the other side of the flex cuff.
- 3) After the detainee is flex cuffed conduct thorough search.



DETAINEE PROCEDURE

INTERMEDIATE DETAINEE PROCEDURES

SINGLE-MAN CUFFING TECHNIQUES (WALL VARIANT)

When you are near a wall or structure to place the compliant detainee against, there is no need to place them on the ground.



- 1) Ensure there is security on the detainee and approach at a 45-degree angle from the front or rear.

Note. Statistics state that 90 percent of personal will be right handed.

- 2) With security in place, and the detainee's arms raised, secure the person with both hands. One on their forearm with a Thumb Grip with the thumb down, and the other hand in a Thumb Grip at the elbow with thumb up.

- 3) Slide the forearm hand down to the palm and squeeze the pinky and thumb of the detainee together while simultaneously rotating the hand near their elbow around and adding pressure to the elbow joint. Keep the arm tight against your hip.

DETAINEE PROCEDURE

INTERMEDIATE DETAINEE PROCEDURES

SINGLE-MAN CUFFING TECHNIQUES (WALL VARIANT) (continued).



1) Pivot your foot that is farthest from the detainee and put downward pressure on their elbow, turning them towards the wall chest first. Pull them away from their far side arm so that you can visually clear it.

2) With their chest against the wall bring the secured arm to their lower back while still squeezing their pinky finger and thumb together. Step in-between their legs with one of yours and apply hip pressure.

3) Secure the far side arm at the elbow and kick their feet out to the side. This will keep them off balance.

DETAINEE PROCEDURE

INTERMEDIATE DETAINEE PROCEDURES

SINGLE-MAN CUFFING TECHNIQUES (WALL VARIANT) (continued).



- 1) While hiping in, slide your hand down the far side arm and secure the hand by squeezing the thumb and pinky together and bring their far side arm to the middle of the back.
- 2) Use one hand to squeeze their fingers together and apply the flex cuffs to their wrists.
- 3) After the detainee is flex cuffed do a thorough search.

Note. If the detainee becomes hostile at any point, block any strike with the free arm and move to their back. If you are unsuccessful at securing the arm, you can go to any clinch position and attempt a takedown.



DETAINEE PROCEDURE

INTERMEDIATE DETAINEE PROCEDURES

DETAINEE ESCORT

Once you have the detainee secured in flex cuffs, you will need to safely get him on his feet so that you can transport him.



- 1) Reach across detainees back securing the farside arm with an underhook grip, then with other hand, reach behind his head and secure detainees chin ensuring finger are clear of his mouth to avoid being bit.
- 2) Now rotate him up using the underhook and chinstrap, while maintaining forward pressure with your knees against his back.
- 3) Use the chinstrap arm to pull the same side foot inward forcing his leg to bend at the knee, and ensure the other leg is straight.



DETAINEE PROCEDURE

INTERMEDIATE DETAINEE PROCEDURES

DETAINEE ESCORT (continued)



- 1) Use the same arm to secure the far side of the chin ensuring fingers are away from the mouth, pull on the head so that your forearm is lined up on his spine.
- 2) Pulling on his chin and lifting with the under hooked arm, rock him gently back and forth to build momentum. Once you have the moment, pull him to his feet.



DETAINEE PROCEDURE

INTERMEDIATE DETAINEE PROCEDURES

TWO-MAN CUFFING TECHNIQUES FRONT TAKEDOWN



- 1) With two Soldiers, maintain approach the detainee at 45-degree angles.



DETAINEE PROCEDURE

INTERMEDIATE DETAINEE PROCEDURES

TWO-MAN CUFFING TECHNIQUES FRONT TAKEDOWN (continued)



- 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 their feet.

Note. Two-man cuffing may be needed when the detainee is non-hostile, yet non-compliant.



DETAINEE PROCEDURE

INTERMEDIATE DETAINEE PROCEDURES

TWO-MAN CUFFING TECHNIQUES FRONT TAKEDOWN (continued)



- 1) Both Soldiers simultaneously extend the detainee's arm and push the detainee forward to a kneeling position then laying belly down on the ground (Pivot for Soldier may be needed.)
- 2) Decide which Soldier will take the top The top man will proceed with three palms up method

- 3) Bottom, bottom side Soldier will secure the detainee's feet (at ankle region).



DETAINEE PROCEDURE

INTERMEDIATE DETAINEE PROCEDURES

TWO-MAN CUFFING TECHNIQUES FRONT TAKEDOWN (continued)



- 1) The bottom side Soldier will figure four the detainee's legs and post their knee on the detainee's toe region.



DETAINEE PROCEDURE

INTERMEDIATE DETAINEE PROCEDURES

TWO-MAN CUFFING TECHNIQUES REAR TAKEDOWN



1) After securing detainee's arms ,detainee becomes resistant and attempts to forcefully pull arms inwards rather than trying to keep detainee's arms extended you pivot forward now facing the detainee and pin both of detainee's wrist to their chest while flaring their elbows out you then simultaneously step behind the detainee with your inside foot .

2) Push forward and trip out the detainee's legs.



DETAINEE PROCEDURE

INTERMEDIATE DETAINEE PROCEDURES

TWO-MAN CUFFING TECHNIQUES REAR TAKEDOWN (continued)



- 3) Communicate who is top Soldier and who is bottom Soldier.



DETAINEE PROCEDURE

INTERMEDIATE DETAINEE PROCEDURES

TWO-MAN CUFFING TECHNIQUES REAR TAKEDOWN (continued)



- 3) Bottom Soldier will keep the detainees arm and step over the detainee's body. The top Soldier will pull the detainee's arm over his own head. Roll the detainee over to his stomach maintaining control of his hands.
- 4) Proceed to two-man cuffing procedures.



DETAINEE PROCEDURE

INTERMEDIATE DETAINEE PROCEDURES

TWO-MAN CUFFING TECHNIQUES WHEELBARROW



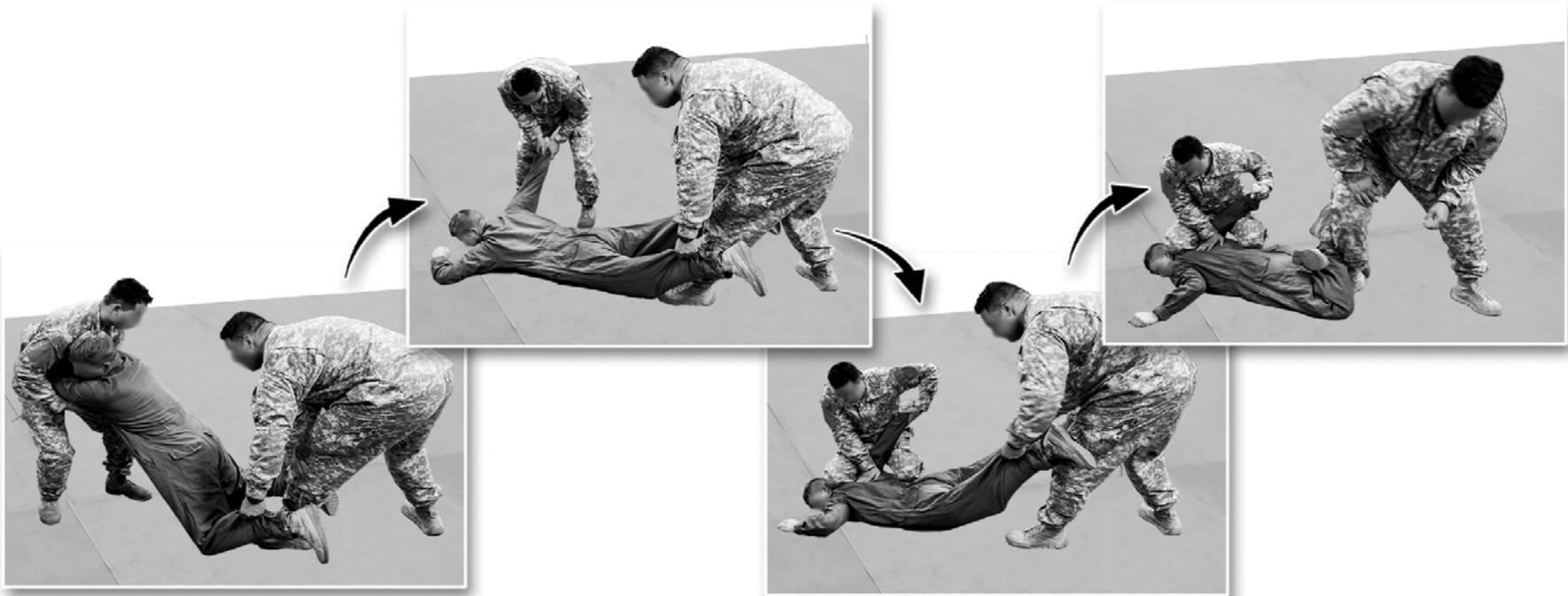
- 1) Detainee clinches and achieves double underhooks with Soldier 1. Soldier secures detainee with double overhooks and drives their head under detainee's chin to prevent detainee from breaking Soldier's posture, immediately rotating detainee's back toward nearest supporting element, supporting element (Soldier 2) moves into position to secure the detainee at the ankles



DETAINEE PROCEDURE

INTERMEDIATE DETAINEE PROCEDURES

TWO-MAN CUFFING TECHNIQUES WHEELBARROW



- 1) Soldier 1 maintains control of detainee's upper body (option: single hand inside control).
- 2) Soldier 2 pulls detainee's legs out collapsing detainee to the ground and maintains control of detainee's ankle region.
- 3) Soldier 2 lifts the detainee's legs to wheel barrel position, Soldier 1 guide's detainee's head to the ground while then transitioning to the catcher position and proceeds to cuffing procedures



DETAINEE PROCEDURE

INTERMEDIATE DETAINEE PROCEDURES

TWO-MAN CUFFING TECHNIQUES WHEELBARROW (continued)



5) Proceed to cuff the detainee.



POSITIONING TECHNIQUES

When in a confrontation, the Soldier should seize the initiative immediately to dominate the fight. When a Soldier is unable to seize the initiative, s/he should tackle the equally important task of regaining it. These techniques allow the Soldier to escape positions that are less than ideal and gain dominant body position.

Through learning the Basic Combatives Course techniques, Soldiers are instilled with the basic fight strategy. This is the easiest way to impact Soldiers' fighting ability. However, Soldiers often find themselves in unpredictable situations that span the spectrum of operations. Therefore, Soldiers must be prepared to adjust their fight strategy to fit the situation, rather than making every situation fit the preferred strategy.

The basic techniques also serve as a blueprint to learning more advanced techniques. Each of the basic techniques represents various techniques that accomplish the same goal.

POSITIONING 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.



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



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



- 1) Assume a good position, with your elbows blocking your opponent's knees, as in the basic technique.
- 2) Point your head outside of the targeted arm. Grab your opponent's arm with both hands.
- 3) Using a thumbless grip, pull the targeted arm into your chest. Trap your opponent's same-side leg.



POSITIONING TECHNIQUES

INTERMEDIATE BODY POSITIONING MOVES—INTERMEDIATE MOUNT ESCAPES

OPPONENT MOUNTS, POSTS BOTH ARMS (continued)

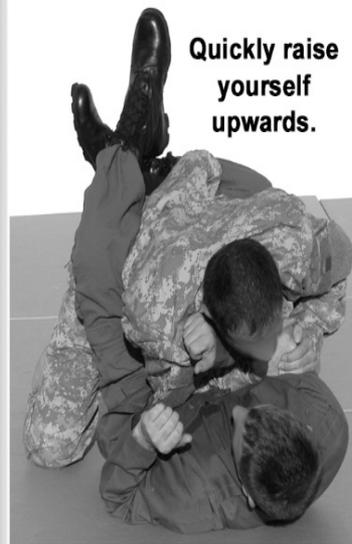
Trap the opponent's same-side leg and lift your hips.



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



Quickly raise yourself upwards.



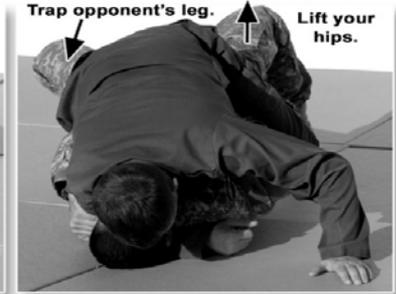
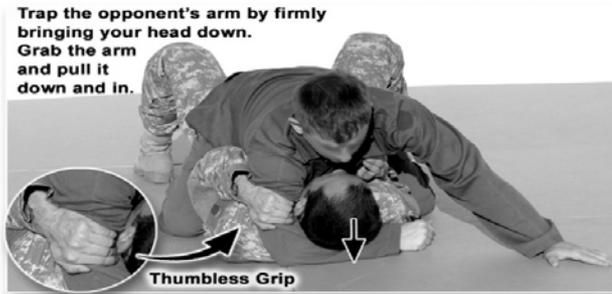
- 1) Lift your hips. Roll your opponent in the direction of the arm that you have trapped.
- 2) Achieve good posture in the guard. Control your opponent's arms at the elbows.

POSITIONING TECHNIQUES

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.



- 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.



- 4) Roll your opponent over.
- 5) Achieve good posture in the guard. Control your opponent's arms at the elbows.

POSITIONING TECHNIQUES

INTERMEDIATE BODY POSITIONING MOVES—INTERMEDIATE MOUNT ESCAPES

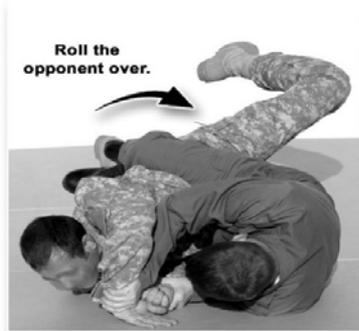
LARGER OPPONENT PINS WRISTS

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.



POSITIONING 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.



- 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.
- 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.
- 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.



- 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.

POSITIONING TECHNIQUES

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.



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



POSITIONING TECHNIQUES

INTERMEDIATE BODY POSITIONING MOVES—PASS THE GUARD

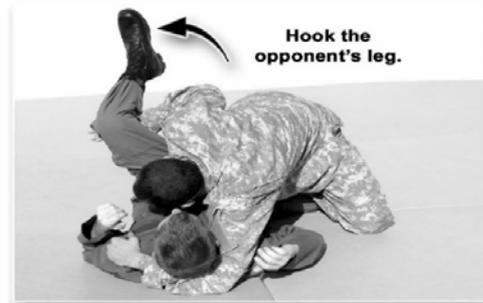
PASS THE GUARD NEAR SIDE LEG THROUGH

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.



POSITIONING TECHNIQUES

INTERMEDIATE BODY POSITIONING MOVES—PASS THE GUARD

PASS THE GUARD NEAR SIDE LEG THROUGH (continued)



- 1) 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.



- 2) Push your shoulder into your opponent's leg. Clear his legs to get into side control.

POSITIONING 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.



Push down on the opponent's knee.



Pin the opponent's knee.



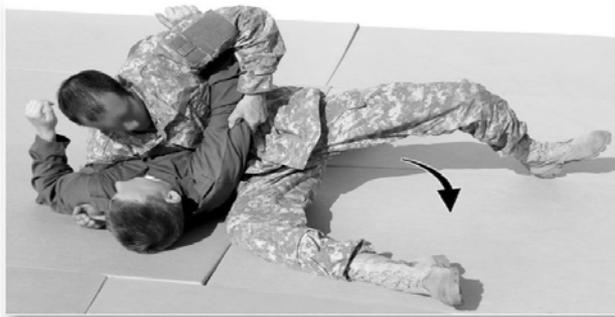
Slide your hand under the opponent's armpit.

Grip and pull up on the opponent's elbow.

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.



POSITIONING TECHNIQUES

INTERMEDIATE BODY POSITIONING MOVES—INTERMEDIATE MOUNT ESCAPES

ESCAPE THE HALF-GUARD

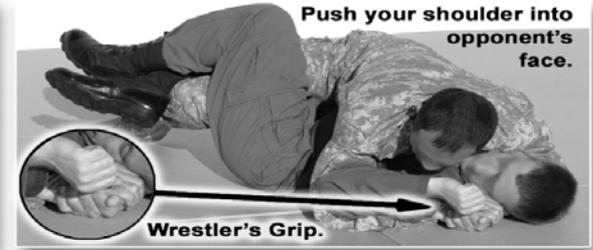
When fighting, an opponent will often capture one of a fighter's legs between his. This position is called the half-guard. If this happens, the fighter should perform escape the half-guard.



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.



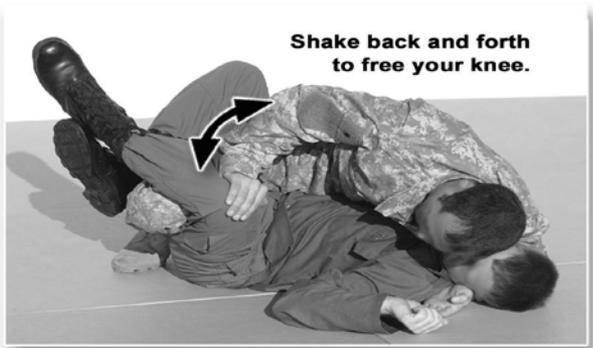
3) Push your shoulder into your opponent's face to turn him, pushing away from your body.



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 your opponent's legs.

POSITIONING TECHNIQUES

INTERMEDIATE BODY POSITIONING MOVES—INTERMEDIATE MOUNT ESCAPES

ESCAPE THE HALF GUARD (continued)

Drive your knee down.



1) Drive your free knee to the ground.

Force your hand under opponent's armpit.



2) 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.



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



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

Hook your foot.



5) Bring your backside foot up, and hook it on the top of your opponent's leg.

Pry your feet from between the opponent's legs.



6) Pry your foot from between your opponent's legs. Achieve good posture in the mount.



POSITIONING TECHNIQUES

GRAPPLING WITH STRIKES—PASS THE GUARD

PASS THE GUARD WITH STRIKES

When a fighter is in an opponent's 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.

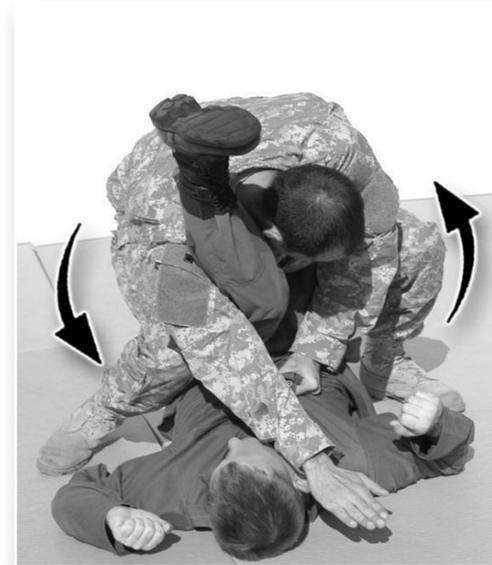


- 3) Stand up one leg at a time, and change your grip to one hand on the jacket. Push your hips slightly forward still maintaining control of the bicep.

POSITIONING TECHNIQUES

GRAPPLING WITH STRIKES—PASS THE GUARD

PASS THE GUARD WITH STRIKES (continued)



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

- 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.

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

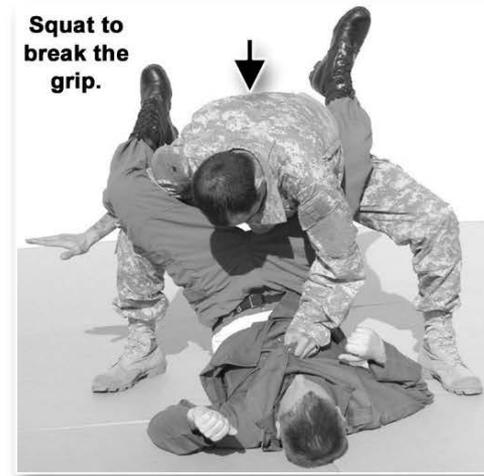
Note. At this point, the opponent may release the grip with his legs. If he does not, refer to the alternate course of action (indicated by ALTERNATE).



POSITIONING TECHNIQUES

GRAPPLING WITH STRIKES—PASS THE GUARD

PASS THE GUARD WITH STRIKES (continued)



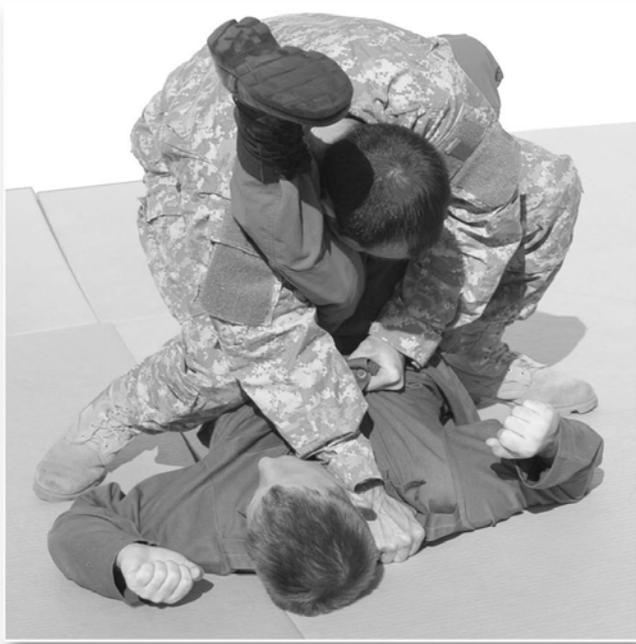
- 5) ALTERNATE. Place your hand on your own knee, and squat to break the grip of his legs. Gain control of the opponent's leg, and pass normally.



POSITIONING TECHNIQUES

GRAPPLING WITH STRIKES—PASS THE GUARD

PASS THE GUARD WITH STRIKES (continued)



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



POSITIONING TECHNIQUES

INTERMEDIATE BODY POSITIONING MOVES—INTERMEDIATE MOUNT ESCAPES

PUSH THE PROPPED KNEE

When a fighter attempts to achieve the mount, 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.



6) Release your opponent's leg and shoulder.

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

POSITIONING TECHNIQUES

INTERMEDIATE BODY POSITIONING MOVES—INTERMEDIATE MOUNT ESCAPES

PULL THE PROPPED KNEE

When a fighter attempts to achieve the mount, his opponent may prop up his far-side knee. If this happens, the fighter should perform the pull the propped knee.



1) Achieve side control.



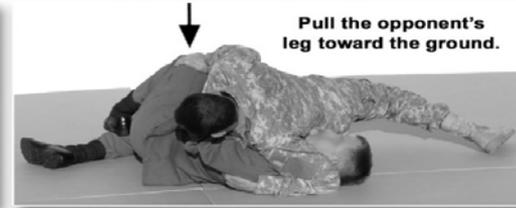
2) Post your hand that's closest to the opponent's legs by your opponent's near-side hip.



3) Switch your base by sitting your legs through.



Push down on the opponent's shoulder.



Pull the opponent's leg toward the ground.

4) Push on your opponent's far-side shoulder with your chest. Pull his leg toward the ground.



Step over.



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

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



POSITIONING 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) As the opponent attempts to strike pull him forward with your closed guard while you Move your hands through the middle securing around the back of your opponents head.
- 2) Pull your opponent down.

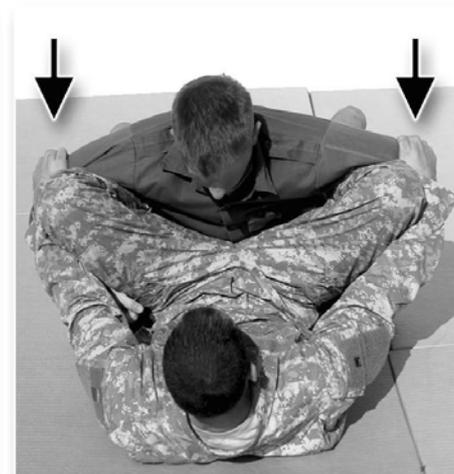
Note. Use one hand to pull, and the other to push his head to avoid headbutts. Tuck your head in. Avoid punches with your elbow.



POSITIONING TECHNIQUES

GRAPPLING WITH STRIKES—PASS THE GUARD

DEFENDING AGAINST STRIKES IN THE GUARD, CLOSE (continued)



- 1) When your opponent begins to attack your ribs, use your elbows to frame their arms, and move your knees under them. Hook your hands over your opponent's upper arms pulling them towards your knees. Point your knees outward to prevent them from bringing their arms back for a strike.

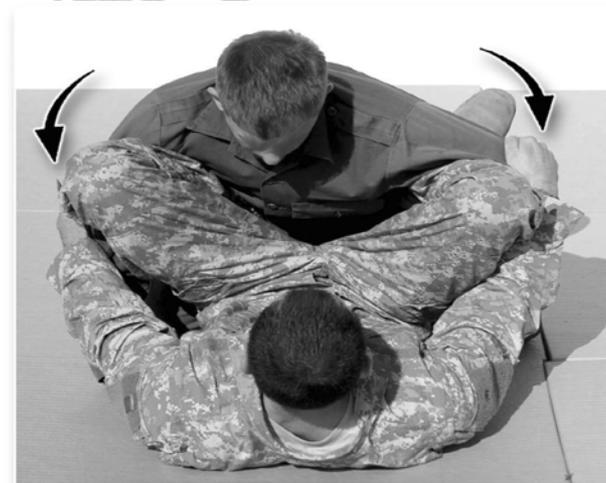
Note. Use your knees to protect against strikes to your ribs and your arms to protect against strikes to your head.

POSITIONING 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.



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

- 2) Hook your hands over your opponent's upper arms to keep them from bringing their arms back for a strike.

Note. Use your knees to defend punches.

Note. If your opponent moves their arms to free them, you must respond to maintain control. If they 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 they try to land the punch, guide their arm over your knee and resume the controlling position with your hands.

POSITIONING TECHNIQUES

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 and place your feet on to their hips to control their posture.
- 2) Kick your opponent's chin driving them off balance and prepare to stand in base.



POSITIONING TECHNIQUES

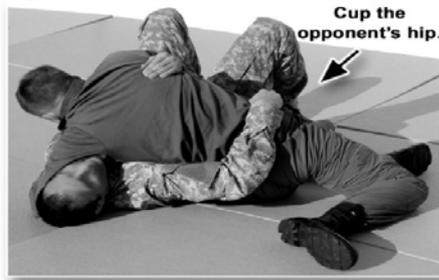
INTERMEDIATE BODY POSITIONING MOVES—INTERMEDIATE MOUNT ESCAPES

DEFEND AGAINST ATTEMPT TO MOUNT ARCH

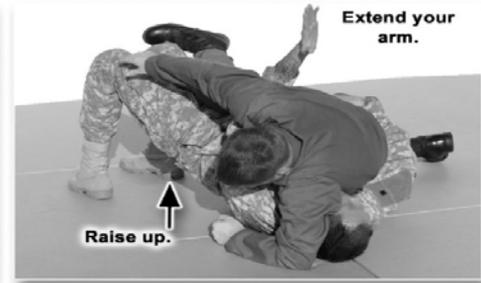
A fighter's opponent may try to achieve the mount from side control using the basic technique. If this happens, the fighter should perform defend against attempt to mount arch.



1) The opponent achieves side control.



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.



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.



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



5) Complete the roll. Achieve good posture in the guard.

POSITIONING 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, head side arm underhooked, and arm nearest opponents legs across your opponent's hip.



- 2) Drive your hips skyward, and lift your opponent up with your forearm. Shrimp your hips away in order to create space.



- 3) Drive your bottom knee across your opponent's belt line.



- 4) Continue to drive your knee outward.



POSITIONING TECHNIQUES

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

OPPONENT HAS STANDARD SIDE CONTROL (continued)



- 1) Recompose the guard by switching your hips and rotating your foot out.



POSITIONING TECHNIQUES

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) Your opponent has the far arm underhooked, and you have control of your opponent's hip.
- 2) Arch into your opponent, and drive with your trapped arm.



POSITIONING TECHNIQUES

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

OPPONENT HAS HEAD AND FAR ARM UNDERHOOKED (continued)



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

2) Return to your back, and then arch away from your opponent.
Drive your underhooked arm towards your opponent's head.

POSITIONING TECHNIQUES

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

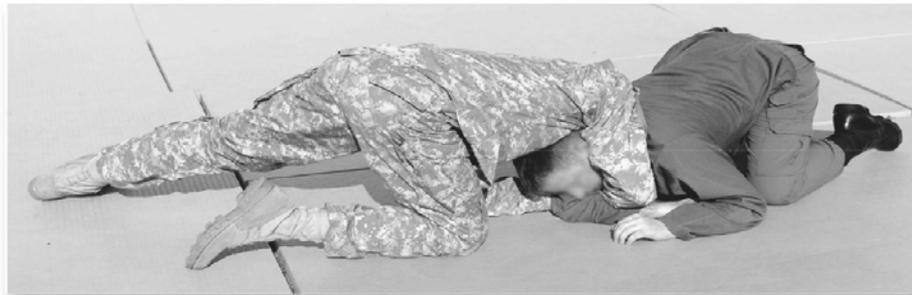
OPPONENT HAS HEAD AND FAR ARM UNDERHOOKED (continued)



- 1) Return to your back, and then arch away from your opponent. Drive with your underhooked arm.



- 2) Step over to your knees.



- 3) Finish in the front headlock.



POSITIONING 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.



Turn on your side toward opponent.

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



Grab your other hand.

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

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).



POSITIONING TECHNIQUES

INTERMEDIATE BODY POSITIONING MOVES—DEFENSE AGAINST HEADLOCKS

ESCAPE HEADLOCKS FROM THE BOTTOM, FORM THE FRAME (continued)



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



POSITIONING TECHNIQUES

INTERMEDIATE BODY POSITIONING MOVES—DEFENSE AGAINST HEADLOCKS

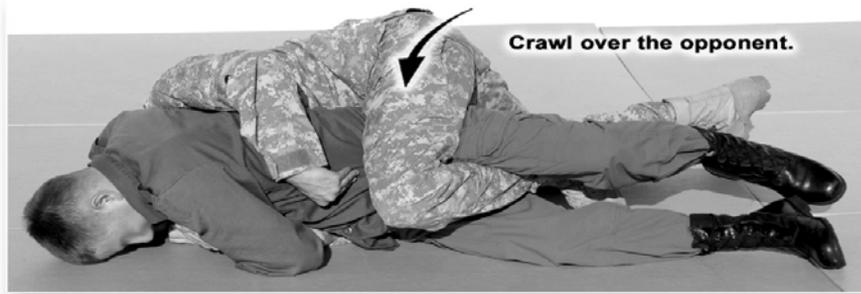
ESCAPE THE HEADLOCK, FOLLOW THE LEG

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).



POSITIONING TECHNIQUES

INTERMEDIATE BODY POSITIONING MOVES—DEFENSE AGAINST HEADLOCKS

ESCAPE THE HEADLOCK, FOLLOW THE LEG (continued)



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



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



3) 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.

POSITIONING TECHNIQUES

INTERMEDIATE BODY POSITIONING MOVES—DEFENSE AGAINST HEADLOCKS

ESCAPE THE HEADLOCK, FOLLOW THE LEG (continued)



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



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



- 6) 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.

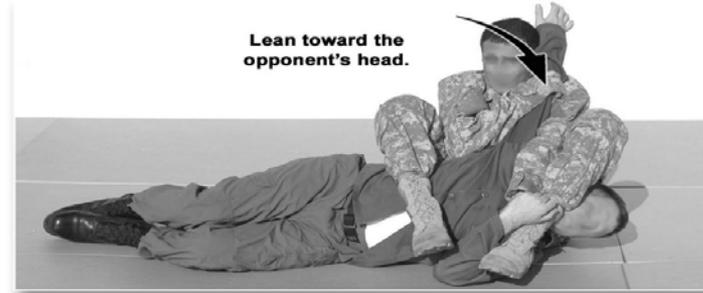
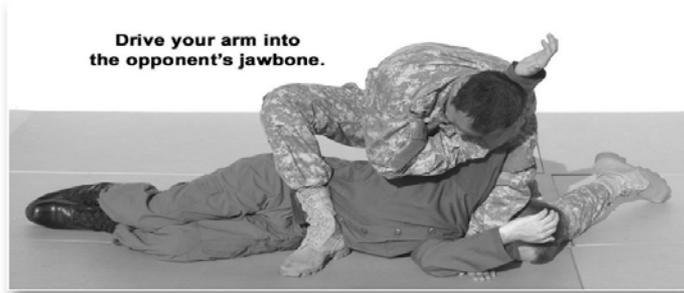


Note. Pulling your head straight up is less effective and requires more effort than moving toward your opponent's head.

POSITIONING TECHNIQUES

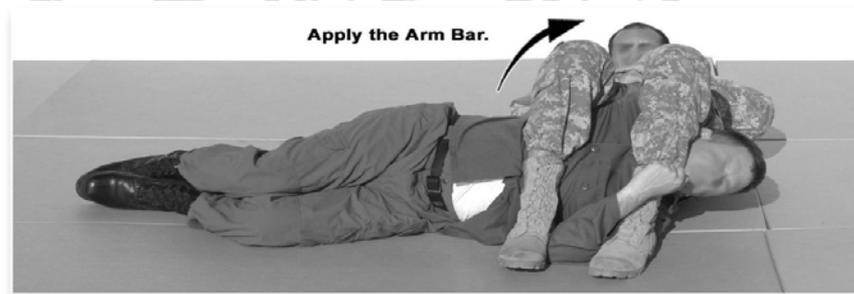
INTERMEDIATE BODY POSITIONING MOVES—DEFENSE AGAINST HEADLOCKS

ESCAPE THE HEADLOCK, FOLLOW THE LEG (continued)



- 4) 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.

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



- 6) ALTERNATE. Finish with an arm bar.

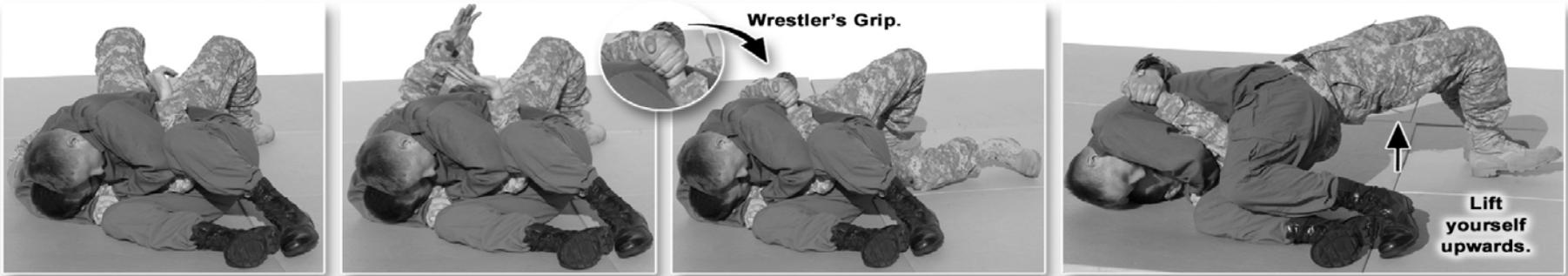
Note. As with any submission technique, apply the arm bar using slow, steady pressure, and release as soon as your training partner taps.

POSITIONING TECHNIQUES

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.



POSITIONING TECHNIQUES

INTERMEDIATE BODY POSITIONING MOVES—DEFENSE AGAINST HEADLOCKS

ESCAPE THE HEADLOCK, ARCH OVER (continued)



- 1) Rotate until you are on both knees behind your opponent's back.

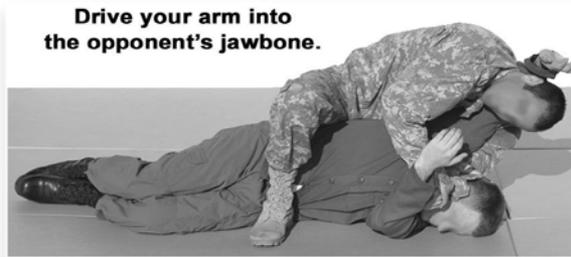


Sweep the opponent's legs out of the way.



Step over the opponent.

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



Drive your arm into the opponent's jawbone.

- 4) 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.



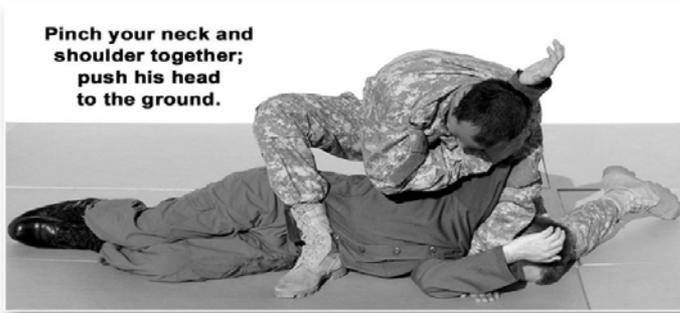
Capture the opponent's arm.

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

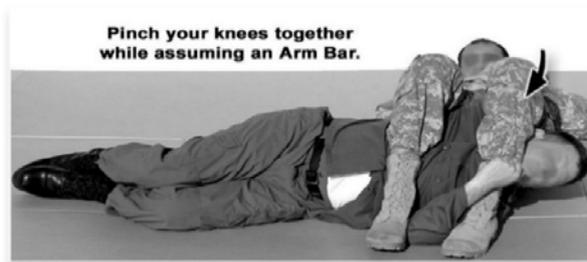
POSITIONING TECHNIQUES

INTERMEDIATE BODY POSITIONING MOVES—DEFENSE AGAINST HEADLOCKS

ESCAPE THE HEADLOCK, ARCH OVER (continued)



- 1) 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.
- 2) Point your toe toward your opponent's head. Step over. Pinch your knees together



- 3) 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.

POSITIONING TECHNIQUES

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

OPPONENT HAS BOTH ELBOWS IN ARMPITS

If an opponent uses heavy pressure in the North/South position use this technique 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).

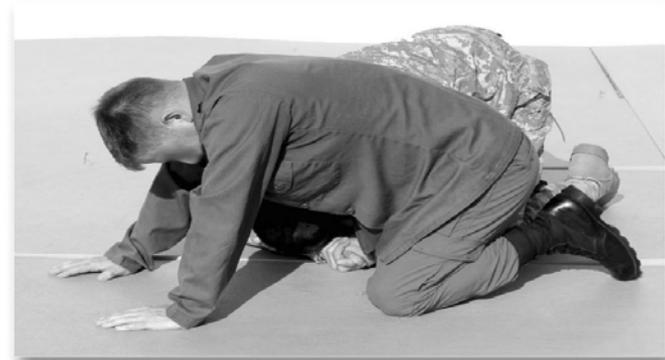
POSITIONING TECHNIQUES

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

OPPONENT HAS BOTH ELBOWS IN ARMPITS (continued)



- 1) Drive your back elbow to the ground on the inside. Use a wrestler's grip with your back hand on top. Place your head on the ground outside of your hands and tripod.



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



- 4) ALTERNATE. Secure the top of your opponent's heel with your front hand.

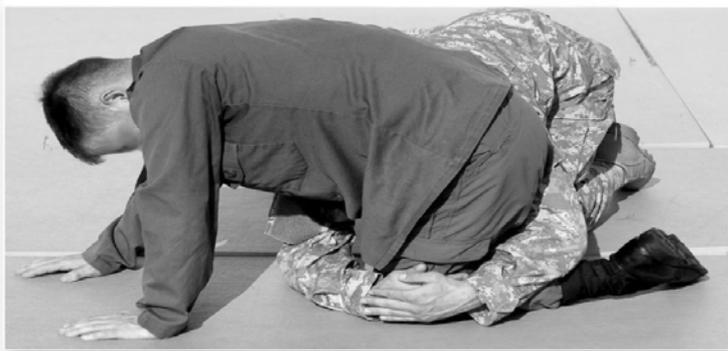




POSITIONING TECHNIQUES

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

OPPONENT HAS BOTH ELBOWS IN ARMPITS (continued)



6) Reach across to the double leg.



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



POSITIONING TECHNIQUES

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

OPPONENT HAS BOTH ELBOWS IN ARMPITS (continued)



7) Finish in the dominant body position.



6) ALTERNATE. Finish in the dominant body position.

POSITIONING TECHNIQUES

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.



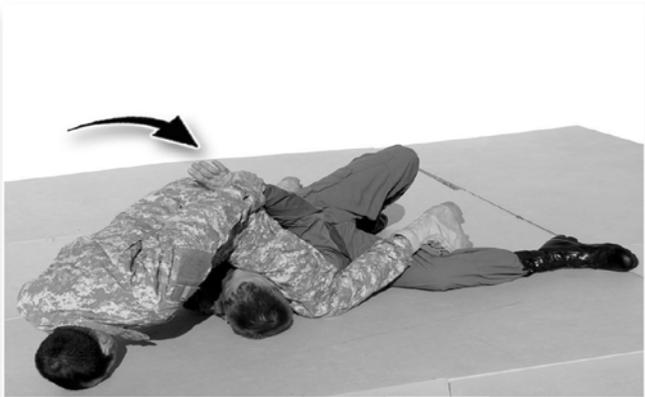
POSITIONING TECHNIQUES

INTERMEDIATE BODY POSITIONING MOVES—ATTACKS FROM THE GUARD

ELEVATOR SWEEP FROM THE GUARD (OPTION ONE) (continued)



1) Lift his leg, and scissor his bottom leg backward.



2) Roll over to the mount.

POSITIONING TECHNIQUES

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.

POSITIONING TECHNIQUES

INTERMEDIATE BODY POSITIONING MOVES—ATTACKS FROM THE GUARD

ELEVATOR SWEEP FROM THE GUARD (OPTION TWO) (continued)



1) Straighten your leg to free your knee.



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



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



4) Roll over to the mount.



POSITIONING TECHNIQUES

INTERMEDIATE BODY POSITIONING MOVES—ATTACKS FROM THE GUARD

ELEVATOR SWEEP 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. Release the arm and continue to shrimp your hips out until your foot is able to hook the inside of your opponent's thigh.

- 3) Rotate your body to the opposite-side hip, reach into opponent's collar with your hand, fingers in thumb out, and control your opponent's elbow.



POSITIONING TECHNIQUES

INTERMEDIATE BODY POSITIONING MOVES—ATTACKS FROM THE GUARD

ELEVATOR SWEEP ESCAPE THE MOUNT, SHRIMP TO THE GUARD (continued)



1) Lift your leg, at the same time, scissor the bottom leg backward.

2) Roll into the mount.

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



FINISHING TECHNIQUES

- Once the Soldier has achieved the dominant body position, s/he can attempt to finish the fight secure in the knowledge that, if an attempt fails— as long as he maintains dominant body position—s/he may simply try again.
- The Soldier should strive to maintain situational awareness at all times during any conflict. The concepts of Options 1, 2, 3 apply during and throughout any tactical confrontation to include when the Soldier is on the ground. The Soldier should apply a finishing technique only if the opportunity quickly arises and should be wary of the danger of prolonged combat on the ground.

FINISHING TECHNIQUES

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.



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



2) Release your guard, place your feet flat on the ground, squeeze your knees together, and slide your body to back. Secure a Thumb Grip on your opponent's wrist. Open your legs, but keep your knees pressed tightly together.



3) Sit up.



4) Reach over your opponent's arm to secure a figure four using the thumbless grip.



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



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.



FINISHING 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, place both feet flat on the ground, but keep your knees pressed tightly together.



- 2) Forcefully sit up, post one hand on the ground, and drive your hips into your opponent. 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.



FINISHING TECHNIQUES

INTERMEDIATE BODY POSITIONING MOVES—ATTACKS FROM THE GUARD

GUILLONTINE 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 with your arms, perform an oblique crunch to the same side of the head to finish the choke.

FINISHING 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 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.



FINISHING TECHNIQUES

INTERMEDIATE BODY POSITIONING MOVES—ATTACKS FROM SIDE CONTROL

REVERSE BENT ARM BAR FROM SIDE CONTROL (continued)



1) Sit through.



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



3) 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.



FINISHING TECHNIQUES

INTERMEDIATE BODY POSITIONING MOVES—KNEE MOUNT

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.

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



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



- 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.



FINISHING TECHNIQUES

INTERMEDIATE BODY POSITIONING MOVES—KNEE MOUNT

REVERSE BENT ARM BAR FROM THE KNEE MOUNT (continued)



- 1) 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.

- 2) 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 partner taps.



FINISHING TECHNIQUES

INTERMEDIATE BODY POSITIONING MOVES—KNEE MOUNT

NEAR ARM SIDE 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.

Note. If your opponent pushes up with his near-side arm, grasp it at the elbow with your arm that is securing the hip with an overhook grip.



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



- 3) Lay back into the straight arm bar at a slight angle to finish the technique.

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.

FINISHING 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) With your far side hand reach into your opponent's collar ,fingers in thumb out ,with your opposite hand secure a thumbed grip on their lapel, taking all slack out while maintaining a good knee mount position

- 2) With your weight on the leg closest to your opponent's head, sit through and drive your elbow toward the ground while opposite hand pulls up on secured lapel.



FINISHING TECHNIQUES

INTERMEDIATE BODY POSITIONING MOVES—ATTACKS FROM THE MOUNT

PAPERCUTTER CHOKE (continued)



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



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

FINISHING TECHNIQUES

INTERMEDIATE BODY POSITIONING MOVES—ATTACKS FROM THE MOUNT

NUTCRACKER CHOKE

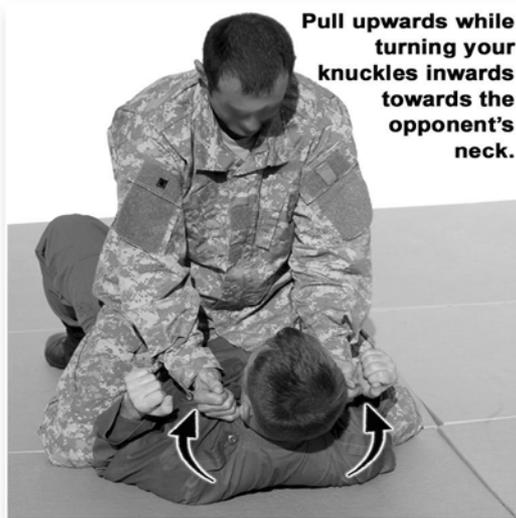
The fighter uses this choke when his opponent is wearing a shirt with a collar, but is not defending his neck for a choke.

WARNING

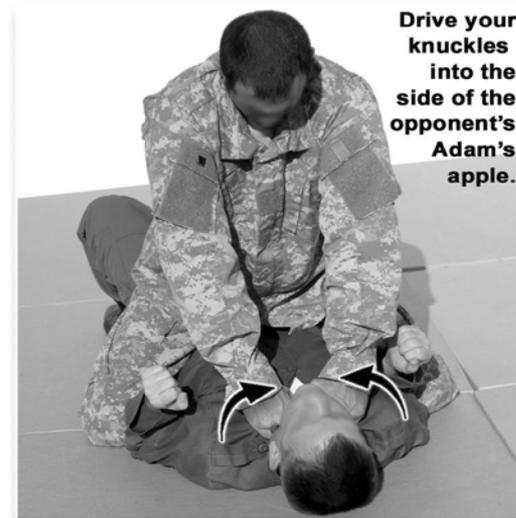
For training purposes, hold chokes only until your opponent taps. Holding the choke for lengthy periods may cause injury or death.



Grasp both sides of the opponent's collar.



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



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

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

FINISHING TECHNIQUES

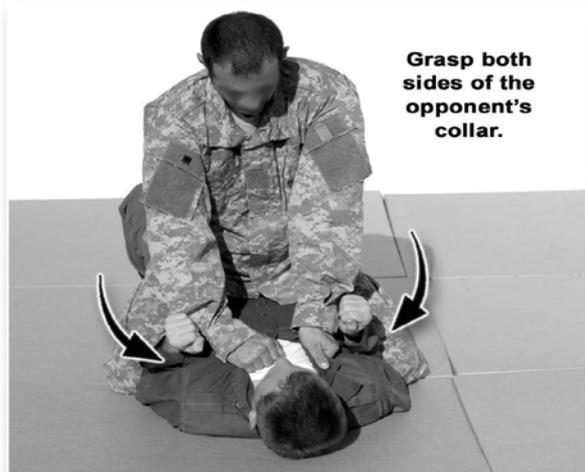
INTERMEDIATE BODY POSITIONING MOVES—ATTACKS FROM THE MOUNT

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.



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.



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.



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



FINISHING TECHNIQUES

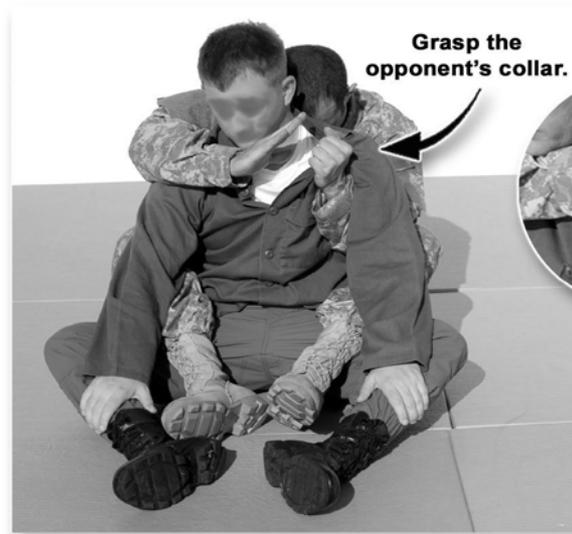
INTERMEDIATE BODY POSITIONING MOVES—ATTACKS FROM THE REAR MOUNT

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.



Grasp the opponent's collar.



Secure a firm grip.

- 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.

FINISHING TECHNIQUES

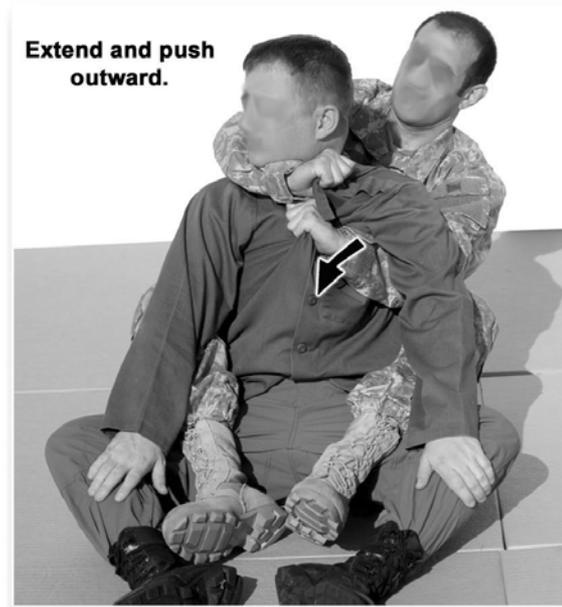
INTERMEDIATE BODY POSITIONING MOVES—ATTACKS FROM THE REAR MOUNT

COLLAR CHOKE (continued)

Pull down on the opponent's collar.



Extend and push outward.



- 1) 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.

- 2) Extend your arms and push outward with both hands to set the choke.



FINISHING TECHNIQUES

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.



Grip the
opponent's
collar.



Pull the
opponent's
elbow outward.



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

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.



FINISHING TECHNIQUES

INTERMEDIATE BODY POSITIONING MOVES—ATTACKS FROM THE REAR MOUNT

SINGLE WING CHOKE (continued)



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

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

FINISHING TECHNIQUES

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.

FINISHING TECHNIQUES

INTERMEDIATE BODY POSITIONING MOVES—ATTACKS FROM THE REAR MOUNT

STRAIGHT ARM BAR FROM THE REAR MOUNT (continued)



Bring your foot over the opponent's head.



Extend your body.



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

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

3) 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.



FINISHING 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 opponents foot gets caught in the fighters arm pit.

Note. As with any submission technique, apply the straight ankle lock using slow, steady pressure, and release as soon as your 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.



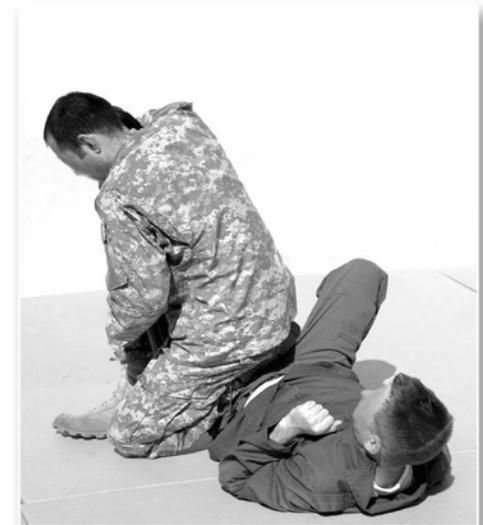
FINISHING TECHNIQUES

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 armpit.

Note. As with any submission technique, apply the straight knee bar using slow, steady pressure, and release as soon as your partner taps.



- 1) With your opponent on his back, control one of his legs, as you begin to transition your knee across the thigh rotate your over hook grip to an under hook on the leg you are attacking .
- 2) Slide your knee across your opponent's thigh to the ground. Keep your same-side foot hooked into your opponent's hip.



FINISHING TECHNIQUES

INTERMEDIATE BODY POSITIONING MOVES—LEG ATTACKS

STRAIGHT KNEE BAR (continued)



1) Transition your body to isolate your opponent's leg. Keep your hips as close to the opponent's as possible, lock your leg behind his buttocks, and pinch your knees together.



2) 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.

*Enlarged
View*





VEHICLE EXTRACTION

- Vehicles are a unique threat to Soldiers in all areas of operation for several reasons. Vehicles can:
 - Hide explosives (VBEDs)
 - Hide weapons
 - Hide additional insurgents
 - Transport CBRN threats
 - Act as a mobile weapon platform
 - Create casualties through speed and size alone
- While any vehicle that has yet to be cleared is inherently dangerous, the most dangerous aspect is always the operator and the passengers. The human occupants of any vehicle always have the capability to use additional resources at their disposal, such as weapons or triggers or the vehicle itself.
- The construction of most vehicles create several blind spots for Soldiers who attempt to clear the vehicle. Always have a security element in place and demand to see the passengers' hands before approaching a vehicle.



VEHICLE EXTRACTION

INTERMEDIATE DETAINEE PROCEDURES

VEHICLE EXTRACTION (DOOR)

With the proper security in place the Soldier approaches the vehicle from behind the halfway point of the wheel using extreme caution. The Soldier uses three types of communication skills, hand and arm signals, verbal, and if possible an interpreter. This will give the suspect clear concise instruction to follow and the safe removal of the individual.



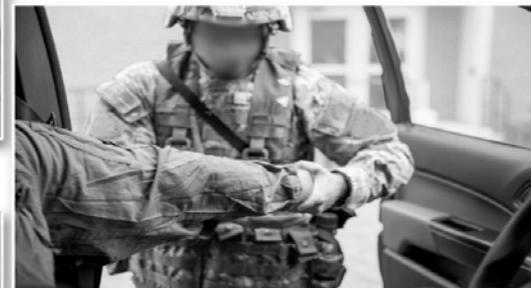
- 1) Security will be posted as per your unit SOP.
- 2) The Soldier will approach the driver side door visually scanning the passenger side door looking for the door locks and door latches.
- 3) Soldier will verbally and visually instruct the driver to turn off the vehicle and place both hands on the steering wheel.



VEHICLE EXTRACTION

INTERMEDIATE DETAINEE PROCEDURES

VEHICLE EXTRACTION (DOOR) (continued)



- 1) After the Soldier assesses the passenger side door to unlock and open the driver door. The Soldier cautiously opens the door. After visually accessing the open door soldier slings his weapon after confirming security is in place. Soldier then approaches in a good defensive posture keeping his hands up.
- 2) The Soldier grasps driver's hand closest to him which is posted on the steering wheel securing driver's grip ensuring it cannot be released.
- 3) Peel the driver's hand off the steering wheel and guide the hand to place the driver's triceps on the door jamb.



VEHICLE EXTRACTION

INTERMEDIATE DETAINEE PROCEDURES

VEHICLE EXTRACTION (DOOR) (continued)



- 1) Keeping the arm straight as possible and a thumbled grip guide the arm to the door jamb while applying pressure with your hip, with the opposite arm reach behind the drivers head grasping the drivers jaw on the far side.
- 2) Maintaining firm and steady pressure on the drivers arm with your hip and hand, pull on the driver's jaw guiding the driver out of the vehicle.

Note. The Soldier must use escalation of force when engaging the occupants of the vehicle.



VEHICLE EXTRACTION

INTERMEDIATE DETAINEE PROCEDURES

VEHICLE EXTRACTION (WINDOW)

In this scenario the driver may or may not have a seatbelt on. The Soldiers also notices the door does not open. The Soldier will have no choice but to extract the driver through the window.



- 1) Security will be posted at the center of the wheel well on the passenger side of the vehicle.
- 2) The Soldier will approach the driver side door visually scanning the passenger side door looking for the door locks and door latches.
- 3) Soldier will verbally and visually instruct the driver to turn off the vehicle and place both hands on the steering wheel.



VEHICLE EXTRACTION

INTERMEDIATE DETAINEE PROCEDURES

VEHICLE EXTRACTION (WINDOW)



- 1) After the Soldier assesses the passenger side door to unlock and open the driver door. The Soldier cautiously attempts to open the door. The Soldier now notices that the door does not open.
- 2) The Soldier reaches for the driver's hand from the hand closes to the window opening. With the opposite hand palm push the driver's jaw turning the head away from you reaching for the seatbelt if needed to unlatch the belt.



VEHICLE EXTRACTION

INTERMEDIATE DETAINEE PROCEDURES

VEHICLE EXTRACTION (WINDOW) (continued)



- 1) Peel the driver's hand off the steering wheel and guide the hand to place the driver's triceps on the door jamb.
- 2) Keeping the arm straight as possible and guide the arm to the window seal of the door apply pressure with your hip, with the opposite arm reach behind the drivers head grasping the driver's jaw on the far side.
- 3) Pushing on the drivers arm with your hip and hand, pull on the driver's jaw guiding the driver out of the window of the vehicle.

Note. You may have to release the pressure at the jaw to pass the driver's arm safely to the door jamb.

Note. The Soldier must use escalation of force when engaging the occupants of the vehicle. The individual will have no control as he exits the vehicle. Be mindful of your surroundings to not cause any further injury to the suspect.



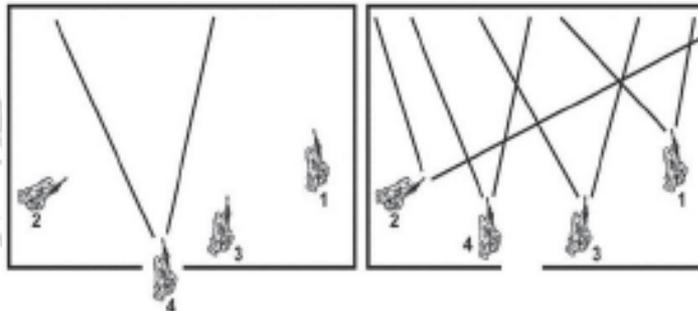
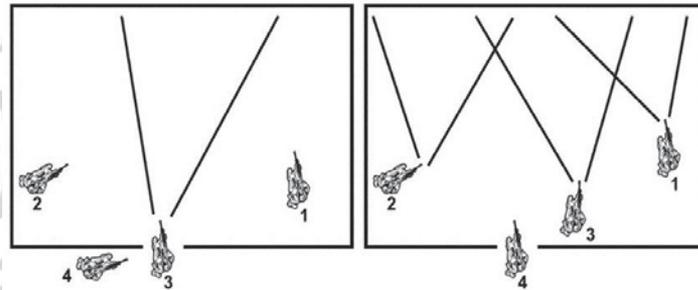
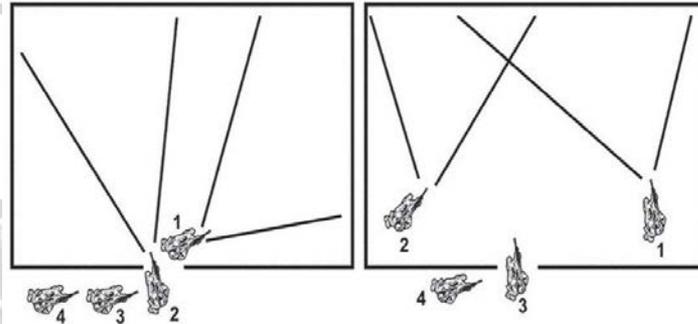
PRINCIPLES OF ROOM CLEARING

NOTE: Room clearing procedures are techniques or SOPs and not doctrine. Soldiers are encouraged to establish SOPs when they get to their units, however SOPs for the urban environment need to be well thought out, and may not fit all conditions that the force may encounter. For example, ROE will impact the munitions employed and techniques utilized during urban clearing operations.

Excerpt from The Ranger Handbook (2017), 8-18:

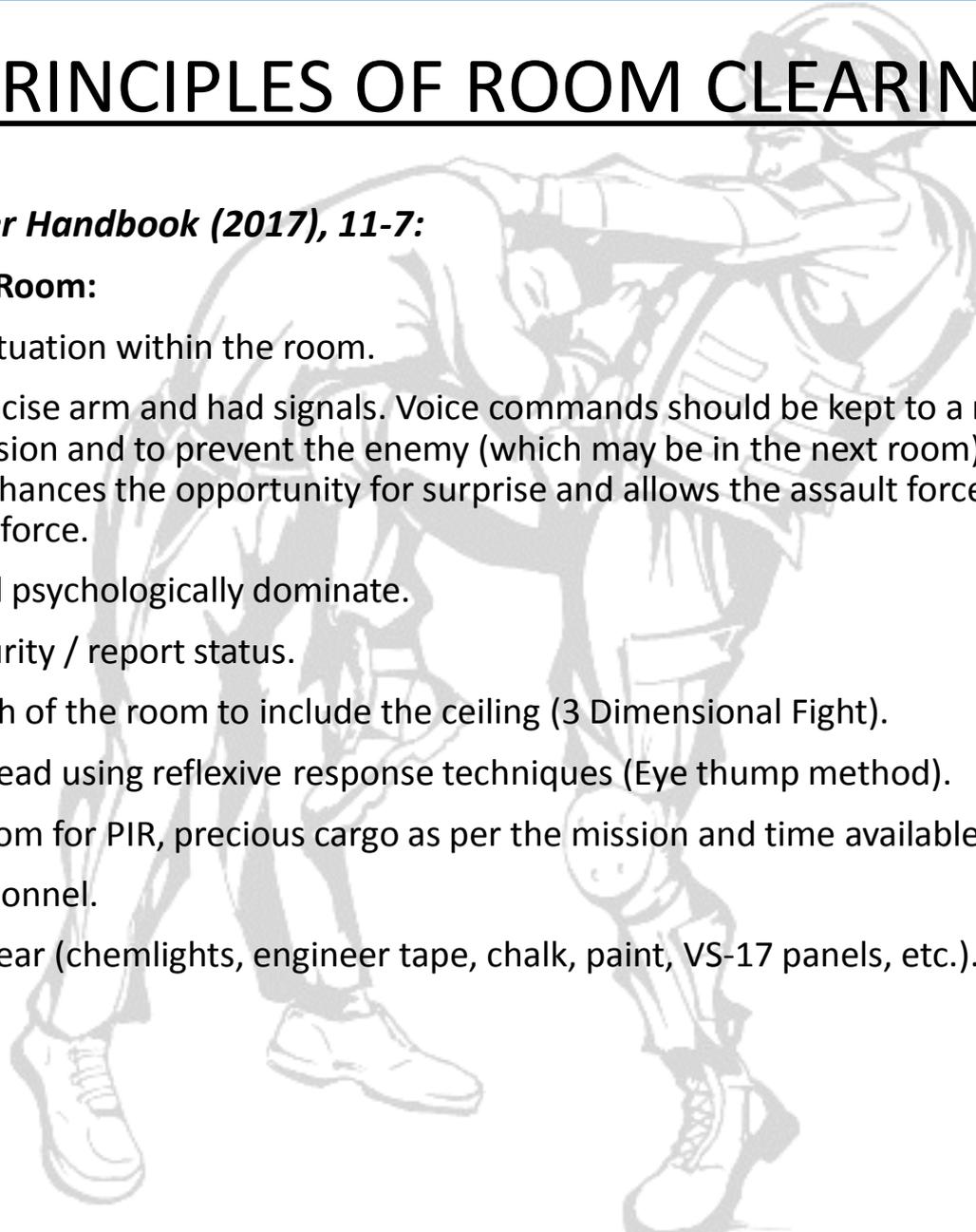
• **The clearing team enters and clears the room:**

- The first two Soldiers enter the room almost simultaneously. (See Figure 1)
- The first Soldier enters the room, moves left or right along the path of least resistance to one of two corners, and assumes a position of domination facing into the room. During movement, the Soldier scans the sector and eliminates all immediate threats.
- The second Soldier (normally the clearing team leader) enters the room immediately after the first Soldier and moves in the opposite direction of the first Soldier to his point of domination. During movement, the Soldier eliminates all immediate threats in the sector.
- The third Soldier moves in the opposite direction of the second Soldier while scanning and clearing the sector and assuming the point of domination. (See figure 8-10 on page 8-20.)
- The fourth Soldier moves opposite of the third Soldier to a position dominating his sector. (See Figure 2)
- All Soldiers engage enemy combatants with precision aimed fire and identify noncombatants to avoid collateral damage.
- The clearing team leader announces to the unit leader when the room is CLEAR.





PRINCIPLES OF ROOM CLEARING



Excerpt from The Ranger Handbook (2017), 11-7:

When Locking Down the Room:

- (1) Control the situation within the room.
- (2) Use clear, concise arm and hand signals. Voice commands should be kept to a minimum to reduce the amount of confusion and to prevent the enemy (which may be in the next room) from discerning what is going on. This enhances the opportunity for surprise and allows the assault force the opportunity to detect any approaching force.
- (3) Physically and psychologically dominate.
- (4) Establish security / report status.
- (5) cursory search of the room to include the ceiling (3 Dimensional Fight).
- (6) Identify the dead using reflexive response techniques (Eye thump method).
- (7) Search the room for PIR, precious cargo as per the mission and time available.
- (8) Evacuate personnel.
- (9) Mark room clear (chemlights, engineer tape, chalk, paint, VS-17 panels, etc.).



GRAPPLING SAFETY BRIEF

Knowing how to combine effective stand-up fighting techniques with finishing techniques on the ground opens up more tactical options as a Soldier and will make you more efficient and lethal on the Battlefield. While effective strikes can be lethal, they can also be used as disruptive techniques to help the Soldier transition into more favorable positions and to control the fight.

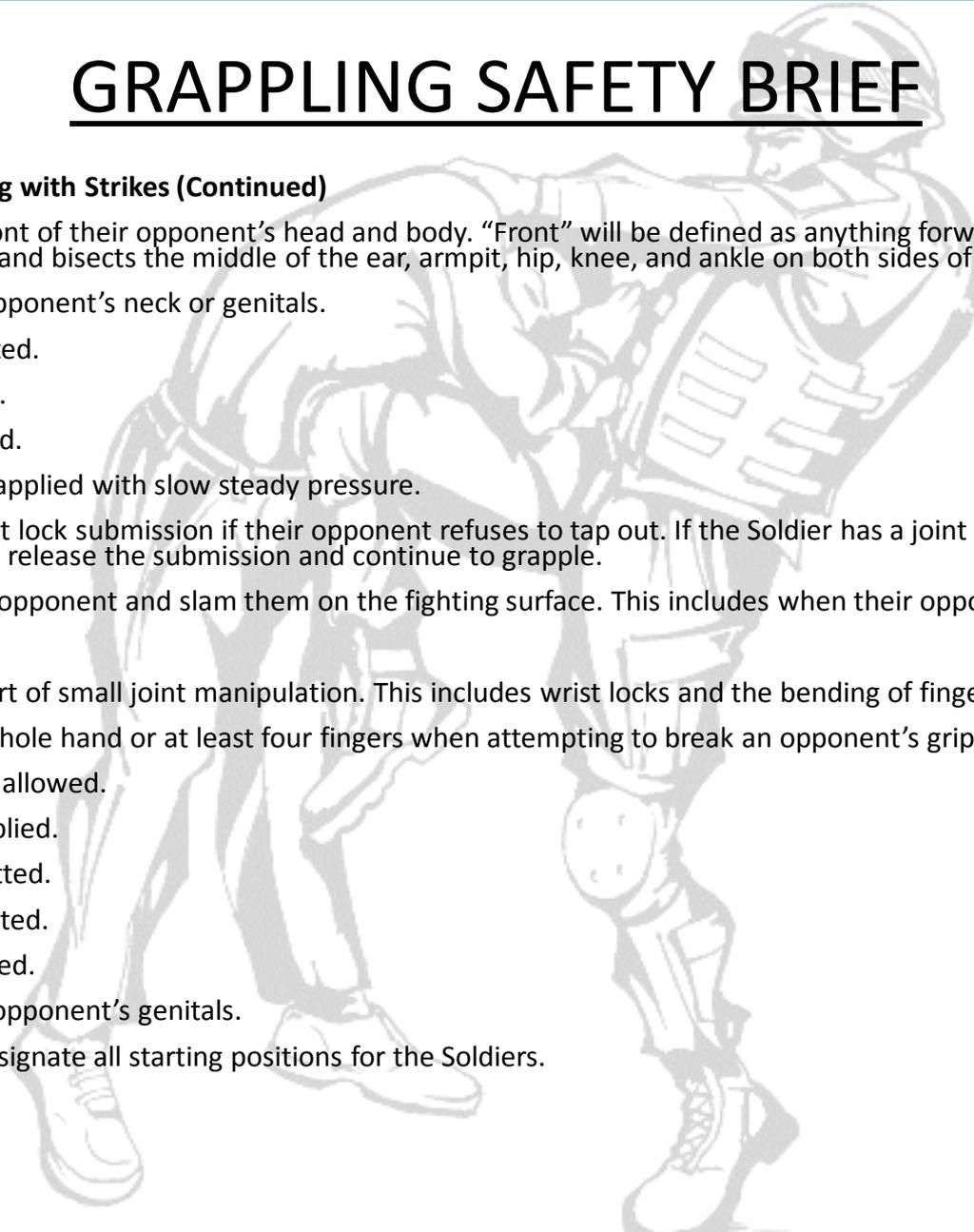
Leaders should not make the common mistake of practicing ground-fighting techniques exclusively; striking is an integral part of all types of fighting. Grappling with open- and closed- fist strikes forces the fighter to ensure that he has positive control of his opponent's hands, which, in turn, can prevent the fighter's opponent from striking him in the face or using a weapon, such as a knife. It also allows a dominant fighter to set up submission holds or gain a more dominant body position

Grappling Safety Brief: Grappling with Strikes

- All Standard rules apply (Reference TC 3-25.150 Appendix A, Paragraph A-189 through A-191)
- Tapping Procedure:
 - Soldiers will Tap when they are in pain, when they feel that they are about to go unconscious, or when an effective joint lock is being applied.
 - Soldiers will attempt to Tap vigorously on their opponent with their hand or foot when any of the above conditions apply. If a Soldier cannot tap on their opponent they will tap on the mat.
 - In the event that a Soldier is unable to tap they will verbally submit by exclaiming "Tap Tap Tap."
 - Once a Soldier taps, both fighters will immediately stop what they are doing and reset to the designated starting position.
 - Students should not tap just to escape an uncomfortable position.
- Soldiers will strike their opponent's head with open-hand slaps.
- Soldiers' fingers will remain extended and joined when striking their opponent's head and they will make contact with their fingers first.
- Soldiers will only strike their opponent's head from an angle.
- Soldiers will not strike their opponent's head with the palm of their hand.
- Soldiers will not strike their opponent's head with the bridge (bottom, pinkie side) of their hand.
- Soldiers will not backhand their opponent.
- Soldiers will strike their opponents body with closed fist punches.



GRAPPLING SAFETY BRIEF



Grappling Safety Brief: Grappling with Strikes (Continued)

- Soldiers will only strike the front of their opponent's head and body. "Front" will be defined as anything forward of an imaginary line that begins at the top of the head and bisects the middle of the ear, armpit, hip, knee, and ankle on both sides of the body.
- Soldiers will not strike their opponent's neck or genitals.
- No straight strikes are permitted.
- No knee strikes are permitted.
- No elbow strikes are permitted.
- All joint manipulation will be applied with slow steady pressure.
- Soldiers will never force a joint lock submission if their opponent refuses to tap out. If the Soldier has a joint lock secured and the opponent refuses to tap, the Soldier will release the submission and continue to grapple.
- Soldiers will not pick up their opponent and slam them on the fighting surface. This includes when their opponent has them in the Guard.
- No finger chokes are allowed.
- Soldiers may not apply any sort of small joint manipulation. This includes wrist locks and the bending of fingers.
- Soldiers will grab either the whole hand or at least four fingers when attempting to break an opponent's grip.
- No leg attacks of any kind are allowed.
- No pressure points will be applied.
- No fish hooking will be permitted.
- No eye gouging will be permitted.
- No head-butts will be permitted.
- Soldiers will never grab their opponent's genitals.
- The primary instructor will designate all starting positions for the Soldiers.