

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

**TACTICAL COMBATIVES COURSE**  
**STUDY GUIDE**

**STANDING TECHNIQUES**

**1. ROUND KICK** (All Minor Tasks)

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 bodyweight 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 of inches of shin bone, just above your foot.

**2. SWITCH KICK** (3 of 4 Minor Tasks)

1. Start from a fighter's stance, with the dominant-side foot trailing and the non-dominant side slightly forward.
2. Step offline 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 non-dominant 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 non-dominant shoulder. Keep the non-dominant shoulder high to help block your face. Whip your non-dominant leg through the target, making contact with your opponent with the last couple of inches of shin bone, just above the foot.

**3. PUSH KICK** (All Minor Tasks)

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.

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**4. STRIKING COMBINATION 1** (4 of 5 Minor Tasks)

1. Begin in a fighter's stance.
2. Throw a Jab.
3. Throw a Cross.
4. Throw a Hook.
5. Throw a Round Kick.

**5. STRIKING COMBINATION 2** (5 of 7 Minor Tasks)

1. Begin in a fighter's stance.
2. Throw a Jab.
3. Throw a Cross.
4. Throw a Jab.
5. Throw a Cross.
6. Throw a Jab.
7. Throw a Cross.
8. Throw a Switch Kick

**6. STRIKING COMBINATION 3** (5 of 6 Minor Tasks)

1. Begin in a fighter's stance.
2. Throw a Jab.
3. Throw a Cross.
4. Change levels and throw a Hook to the body.
5. Change levels and throw a Hook to the head.
6. Throw a Round Kick.

**7. STRIKING COMBINATION 4** (4 of 5 Minor Tasks)

1. Begin in a fighter's stance.
2. Throw a Cross.
3. Throw a Hook.
4. Throw a Cross.
5. Throw a Switch Kick.

**8. STRIKING COMBINATION 5** (5 of 7 Minor Tasks)

1. Begin in a fighter's stance.
2. Throw a Jab.
3. Throw a Jab.
4. Throw a Jab.
5. Throw a Hook.
6. Throw a Cross.
7. Throw a Switch Kick.

**9. Push the Elbow Inward** (All Minor Tasks)

1. Grasp your opponent's elbow with one hand and push it inward, gaining power by simultaneously turning your shoulders.
2. With your free hand first, use the space this has created to wedge both hands into the Inside Control position.

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**10. DROP TO SINGLE LEG** (3 of 4 Minor Tasks)

1. Achieve Modified Seatbelt.
2. When your opponent steps back with the 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.

**11. DOUBLE LEG** (All Minor Tasks)

1. Drop to Single Leg from Modified Seatbelt.
2. Jump forward, capturing your opponent's far-side leg with both hands and pulling him to the ground.

**12. DUMP** (All Minor Tasks)

1. Drop to Single Leg from Modified Seatbelt.
2. 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.
3. 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.

**13. TREE TOP** (4 of 5 Minor Tasks)

1. Drop to Single Leg from Modified Seatbelt.
2. 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.
3. Lift your opponent's leg with your knee. Move your rear hand to secure his leg using a thumb grip.
4. Pull your opponent's leg away from his body.
5. As your opponent hops, lift his leg skyward for the takedown.

**14. HIP THROW** (All Minor Tasks)

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.
3. Lift your hips, extend your legs, rotate your body to throw your opponent.

**15. PENETRATION STEP** (All Minor Tasks)

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.
2. While driving forward, all 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.

**16. TRIP** (All Minor Tasks)

1. As you shoot for a double leg, your opponent defends by walking backwards.
2. Hook your opponent's heel with your outside leg and continue to drive through him.

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**17. TURN** (3 of 4 Minor Tasks)

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.
2. Finish in a dominant position.

**18. SPRAWL** (All Minor Tasks)

1. Start the Sprawl before your opponent has the chance to drive all the way into your legs and throw you off balance.
2. 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.

**19. CROSS-FACE** (All Minor Tasks)

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.

**20. SINGLE-MAN CUFFING TECHNIQUES** (7 of 9 Minor Tasks)

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.
4. Pivot your foot that is farthest from the detainee and put downward pressure on their elbow, forcing the detainee to the ground.
5. While still holding onto the arm, 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.
6. 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 the detainee's palm. Switch your hands by sliding your free hand and your palm, using the 3 Palms Up method.
7. Simultaneously slide your head-side arm down, keeping pressure guiding their arm to the near-side hip while going to the "Catcher's 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.
8. 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.
9. After the detainee is cuffed conduct a thorough search.

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**22. DETAINEE ESCORT** (4 of 5 Minor Tasks)

1. Reach across the detainee's back securing the far-side arm with an underhook grip, then with the other hand reach behind his head and secure the detainee's chin ensuring your fingers 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.
4. 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.
5. Pulling on his chin and lifting with the underhooked arm, rock him gently back and forth to build momentum. Once you have the momentum, pull him to his feet.

**21. SINGLE-MAN CUFFING, WALL VARIANT** (7 of 9 Minor Tasks)

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.
4. 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.
5. With their chest against the wall bring the secured arm to their lower back while still squeezing their pinky finger and thumb together.
6. Secure the far-side arm at the elbow and kick their feet out to the side. This will keep them off-balance.
7. While hipping 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.
8. Use one hand to squeeze their fingers together and apply the flex cuffs to their wrists.
9. After the detainee is flex cuffed, do a thorough search.

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## GROUND TECHNIQUES

### **22. OPPONENT MOUNTS, POSTS BOTH ARMS** (4 of 5 Minor Tasks)

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

### **23. ARM AROUND NECK, POST ON ONE SIDE** (4 of 5 Minor Tasks)

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 hip bone.
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.

### **24. LARGER OPPONENT PINS WRISTS** (3 of 4 Minor Tasks)

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.

### **25. PASS THE GUARD KNEE IN TAILBONE** (3 of 4 Minor Tasks)

1. Move 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.
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.

### **26. PASS THE GUARD UNDER ONE LEG** (4 of 5 Minor Tasks)

1. Move your arm under your opponent's open leg, and pull it onto 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.
4. Let your opponent's legs pass your head.
5. Place your elbow in the notch created by your opponent's neck and shoulder (elbow notch). Assume good Side Control.

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**27. PASS THE GUARD NEAR-SIDE LEG THROUGH** (5 of 6 Minor Tasks)

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.
5. 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.
6. Push your shoulder into your opponent's leg. Clear his legs to get into Side Control.

**28. PASS THE GUARD FAR-SIDE LEG THROUGH** (4 of 5 Minor Tasks)

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.

**29. ESCAPE THE HALF GUARD** (9 of 12 Minor Tasks)

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.
7. Drive your free knee to the ground.
8. Your opponent may attempt to push your knee back through his legs. Reach under your opponent's armpit using your same-side arm.
9. Walk your hand up, moving your opponent's hand from your knee and toward his head.
10. Keep your opponent flat on his back. Wrap both arms around his arm and head to control them.
11. Bring our back-side foot up and hook it on the top of your opponent's leg.
12. Pry your foot from between your opponent's legs. Achieve good posture in the Mount.

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**30. PASS THE GUARD WITH STRIKES** (5 of 7 Minor Tasks) (5 of 6 Alternate Tasks)

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.
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.
4. With your free hand strike the opponent a couple of times to 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.
6. Secure opposite collar, rotate same-side knee down and rear knee up.
7. Pass normally.

**ALTERNATE**

5a. While your opponent is distracted by your strikes, step back with one leg, and push your hand through the opening.

6a. 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.

**31. PUSH THE PROPPED KNEE** (5 of 7 Minor Tasks)

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 it up. Push on his knee, moving his top leg on tip 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.

**32. PULL THE PROPPED KNEE** (5 of 6 Minor Tasks)

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 through.
4. Push on your opponent's far-side shoulder with your chest. Pull his leg toward the ground.
5. Step over. Hook your foot inside of your opponent's knee.
6. As your opponent's spine uncoils achieve good posture in the Mount.

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**33. DEFENDING AGAINST STRIKES IN THE GUARD CLOSE, MIDDLE, FAR** (7 of 9 Minor Tasks)

**CLOSE**

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 opponent's head.
2. Pull opponent down.
3. 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.

**MIDDLE**

4. Slide your hands over your opponent's upper arms. Work your feet up to their hips; position your knees in front of their shoulders.
5. Hook your hands over your opponent's upper arms to keep them from bringing their arms back for a strike.

**FAR**

6. Transition your grip on your opponent's wrist and place your feet on to their hips to control their posture.
7. Kick your opponent's chin driving them off balance and prepare to stand in base.
8. Sit up with your opponent. Assume a Stand In Base posture and kick with your bottom leg to create space.
9. Stand in base. Be ready to counterattack.

**34. DEFEND AGAINST ATTEMPT TO MOUNT ARCH** (4 of 5 Minor Tasks)

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 hip, arch your back, extend your arm, and pull with the hand that is cupping his hip.
4. Roll your opponent over while threading under the posted leg.
5. Complete the roll. Achieve good posture in the Guard.

**35. OPPONENT HAS STANDARD SIDE CONTROL** (4 of 5 Minor Tasks)

1. Begin with both feet flat, head-side arm underhooked, and arm nearest opponent's legs across your opponent's hips.
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.
5. Recompose the Guard by switching your hips and rotating your foot out.

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**36. OPPONENT HAS HEAD AND FAR ARM UNDERHOOKED** (5 of 7 Minor Tasks)

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.
3. While arched, transition your tabletop arm to an underhook.
4. Return to your back and then arch away from your opponent. Drive your underhooked arm towards your opponent's head.
5. Return to your back and then arch away from your opponent. Drive with your underhooked arm.
6. Step over to your knees.
7. Finish in the Front Headlock.

**37. ESCAPE HEADLOCK FROM BOTTOM, FORM THE FRAME** (4 of 5 Minor Tasks)

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.
3. Push with your top leg and move your hips away from your opponent.
4. Push with the frame and grasp your opponent's head with both legs.
5. Squeeze your opponent's neck with your legs while holding his near-side arm.

**38. ESCAPE THE HEADLOCK, FOLLOW THE LEG** (5 of 6 Minor Tasks) (9 of 12 Alt. Minor Tasks)

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.
4. Use all of your body to apply pressure to your opponent's shoulder. This will break your opponent's grip.
5. Grasp your opponent's wrist and bring his arm behind his back.
6. Pull your head out. This will leave you behind your opponent.
- 4a. Step behind your opponent.
- 5a. Position yourself perpendicular to your opponent.
- 6a. Base out your hands to prevent your opponent from rolling you over.
- 7a. Use your hand nearest to your opponent's legs to move them out of the way.
- 8a. Step over and pull your foot in tight against your opponent's hip.
- 9a. 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.
- 10a. 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.
- 11a. Point your toes toward your opponent's head. Step over. Pinch your knees together.
- 12a. Finish with an Arm Bar.

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**39. ESCAPE THE HEADLOCK, ARCH OVER** (7 of 10 Minor Tasks)

1. Using a wrestler's grip, pull your opponent onto you.
2. Arch your body and lift our opponent toward your head.
3. Rotate your opponent around your head (half-moon), and roll on top of him.
4. Rotate until you are on both knees behind your opponent's back.
5. Use your hand nearest to your opponent's legs to move them out of the way.
6. Step over and pull your foot in tight against your opponent's hip.
7. 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.
8. 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.
9. Point your toes toward your opponent's head. Step over. Pinch your knees together.
10. Finish with an Arm Bar.

**40. NORTH/SOUTH, OPPONENT HAS BOTH ELBOWS IN ARMPITS** (5 of 7 Minor Tasks)(5 of 6 Alt. Minor Tasks)

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.
4. 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.
5. Walk around to the rear of your opponent and secure his near-side leg with yours.
6. Reach across to the double leg.
7. Finish in the dominant body position.
- 4a. Secure the top of your opponent's heel with your front hand.
- 5a. Drive your head into your opponent's hip while lifting his heel.
- 6a. Finish in the dominant body position.

**41. ELEVATOR SWEEP FROM THE GUARD: OPTION 1** (4 of 5 Minor Tasks)

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.
4. Lift his leg and scissor his bottom leg backward.
5. Roll over to the Mount.

**42. ELEVATOR SWEEP FROM THE GUARD: OPTION 2** (5 of 6 Minor Tasks)

1. Attempt to scissor sweep.
2. Once your leg is across your opponent's belt line, your opponent sets his weight on your leg.
3. Straighten your leg to free your knee.
4. Circle your foot around, hooking the underside of your opponent's leg.
5. Lift your opponent's leg while scissoring your bottom leg.
6. Roll over to the Mount.

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**43. ELEVATOR SWEEP FROM THE GUARD: OPTION 3** (4 of 5 Minor Tasks)

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 the opponent's collar with your hand, fingers in and thumb outside, and control your opponent's elbow.
4. Lift your leg. At the same time, scissor the bottom leg backward.
5. Roll into the Mount.

**44. REVERSE BENT ARM BAR FROM THE GUARD** (5 of 6 Minor Tasks)

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 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 nearside 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.

**45. HIP HEIST SWEEP** (3 of 4 Minor Tasks)

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.

**46. GUILLOTINE CHOKE FROM THE GUARD** (3 of 4 Minor Tasks)

1. Attempt the Hip Heist Sweep.
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.

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**47. REVERSE BENT ARM BAR FROM SIDE CONTROL** (7 of 9 Minor Tasks)

1. Assume Side Control.
2. Sit through 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 and capture.
7. Sit through.
8. Move your back leg over your opponent's head, and place your foot on the ground.
9. Lean back, and twist your opponent's arm to torque his shoulder.

**48. NEAR-SIDE ARM BAR FROM THE KNEE MOUNT** (All Minor Tasks)

1. Achieve the Knee Mount.
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.

**49. REVERSE BENT ARM BAR FROM THE KNEE MOUNT** (5 of 6 Minor Tasks)

1. Achieve the Knee Mount.
2. Mover your knee off of your opponent's chest. Reach over his arm with the other hand, grasping you 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.
5. Break your opponent's grip by pulling his arm quickly toward his head.
6. 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.

**50. PAPER CUTTER CHOKE** (3 of 4 Minor Tasks)

1. Open your opponent's collar with your non-dominant hand. With your dominant hand, reach deep into the collar thumb first, securing a firm grip and placing your fist on the ground.
2. Release the grip of your other hand.
3. Reach under your arm and grasp the opposite side of your opponent's collar, pulling it tight against the back of his neck.
4. Drive your elbow across your opponent's neck and pull toward yourself to complete the choke.

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**51. NUTCRACKER CHOKE** (All Minor Tasks)

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.

**52. LEANING CHOKE** (All Minor Tasks)

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.

**53. COLLAR CHOKE** (All Minor Tasks)

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

**54. SINGLE WING CHOKE** (3 of 4 Minor Tasks)

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.
3. Pull your opponent's arm away from his body and raise his arm.
4. Bring your hand behind your opponent's head and finish the choke by pushing out with both hands.

**55. STRAIGHT ARM BAR FROM THE REAR MOUNT** (5 of 6 Minor Tasks)

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 beltline.
4. With the palm of your other hand, push your opponent's head away.
5. Step over your opponent's head with your leg. Break your opponent's grip by pushing with your legs and extending your body.
6. Finish with the Straight Arm Bar.