

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

Score: \_\_\_\_/15\_\_\_\_  
 GO / NO-GO

## UNITED STATES ARMY COMBATIVES COURSE

### Tactical Combatives Course Technical Evaluation

*Instructors will evaluate Students on the designated number of techniques in each section. The Student's total score will be the total of all sub-sections rather than the total of all techniques.*

#### 1. **BASIC STRIKING** (Choose 2 techniques)

Performance Steps (Student can miss no more than two (2) steps in each sub-section)	GO	NO-GO
<b>JAB</b>		
<i>Student begins in the Fighter Stance with non-dominant foot forward.</i>		
<i>Student extends lead arm at eye level and rotates fist so that palm faces down.</i>		
<i>Student protects jawline with the shoulder of the arm that executes the Jab.</i>		
<i>Student protects face with trail hand.</i>		
<i>Student returns fist to protect face after s/he executes the Jab.</i>		
<i>Student resumes the Fighter Stance.</i>		
<b>Evaluation (JAB)</b>	<i>GO</i>	<i>NO-GO</i>
<b>CROSS</b>		
<i>Student begins in the Fighter Stance with non-dominant foot forward.</i>		
<i>Student pivots on the ball of trail foot and rotates hips and torso as a unit. to turn into the enemy.</i>		
<i>Student extends trail arm at eye level and rotates fist so that palm faces down.</i>		
<i>Student protects jawline with the shoulder of the arm that executes the Cross.</i>		
<i>Student protects face with lead hand.</i>		
<i>Student returns fist to protect face after s/he executes the Cross.</i>		
<i>Student resumes the Fighter Stance.</i>		
<b>Evaluation (CROSS)</b>	<i>GO</i>	<i>NO-GO</i>
<b>HOOK</b>		
<i>Student begins in the Fighter Stance with non-dominant foot forward.</i>		
<i>Student raises elbow of lead arm so that it is parallel to the ground and bent at approximately 90 degrees with palm facing the ground or the Student's chest.</i>		
<i>Student pivots on the ball of the lead foot and rotates hips and torso as a unit to turn into the enemy.</i>		
<i>Student protects jawline with the shoulder of the arm that executes the Hook.</i>		
<i>Student protects face with the trail hand.</i>		
<i>Student returns fist to protect face after s/he executes the Hook.</i>		
<i>Student resumes the Fighter Stance.</i>		
<b>Evaluation (HOOK)</b>	<i>GO</i>	<i>NO-GO</i>

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<b>PUSH KICK</b>		
<i>Student begins in the Fighter Stance.</i>		
<i>Student lifts knee of kicking leg (front or rear) straight up.</i>		
<i>Student keeps back straight and thrusts hips forward.</i>		
<i>Student straightens kicking leg at knee and aims to land foot center-mass between the enemy's chest and pelvis.</i>		
<i>Student pushes the enemy away.</i>		
<i>Student returns to Fighter Stance.</i>		
<b>Evaluation (PUSH KICK)</b>	<i>GO</i>	<i>NO-GO</i>
<b>ROUND KICK</b>		
<i>Student begins in the Fighter Stance.</i>		
<i>Student steps "off-line" laterally with his/her lead foot.</i>		
<i>Student transfers weight to the ball of the lead foot and rotates lower body in the direction of the kick.</i>		
<i>Student protects face with lead hand and uses trail hand as a counter-balance for the kick.</i>		
<i>Student rotates body through the target and whips the trail leg through the target.</i>		
<i>Student contacts the enemy with the lower 4-6 inches of the shin bone.</i>		
<i>Student returns to the Fighter Stance.</i>		
<b>Evaluation (ROUND KICK)</b>	<i>GO</i>	<i>NO-GO</i>
<b>SWITCH KICK</b>		
***"Lead" and "Trail" refer to the original "lead" and "trail" orientations while in the Fighter Stance and do not change when the Student switches his/her feet.***		
<i>Student begins in the Fighter Stance.</i>		
<i>Student either steps towards the enemy at a 45 degree angle with the trail foot or quickly switches the positions of his/her lead and trail feet.</i>		
<i>Student transfers weight to the ball of the trail foot and rotates lower body in the direction of the kick.</i>		
<i>Student protects face with lead hand and uses trail hand as a counter-balance for the kick.</i>		
<i>Student rotates body through the target and whips the lead leg through the target.</i>		
<i>Student contacts the enemy with the lower 4-6 inches of the shin bone.</i>		
<i>Student returns to the Fighter Stance.</i>		
<b>Evaluation (SWITCH KICK)</b>	<i>GO</i>	<i>NO-GO</i>

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## 2. ADVANCED STRIKING (Choose 2 techniques)

Instructors will use the performance steps in Section 1: BASIC STRIKING to evaluate the strikes within the following combinations.

Performance Steps (Student can miss no more than two (2) steps in each sub-section)	GO	NO-GO
<b>COMBINATION 1 WITH ROUND KICK (10)</b>		
<i>Student begins in the Fighter Stance.</i>		
<i>Student executes a Jab.</i>		
<i>Student executes a Cross.</i>		
<i>Student executes a Hook.</i>		
<i>Student executes a Round Kick (10).</i>		
<i>Student returns fists to protect face after s/he executes each strike.</i>		
<i>Student resumes the Fighter Stance.</i>		
<b>Evaluation (COMBO 1)</b>	<i>GO</i>	<i>NO-GO</i>
<b>COMBINATION 2 WITH SWITCH KICK (9)</b>		
<i>Student begins in the Fighter Stance with non-dominant foot forward.</i>		
<i>Student executes a Jab.</i>		
<i>Student executes a Cross.</i>		
<i>Student executes a Jab.</i>		
<i>Student executes a Cross.</i>		
<i>Student executes a Jab.</i>		
<i>Student executes a Cross.</i>		
<i>Student executes a Switch Kick (9).</i>		
<i>Student returns fists to protect face after s/he executes each strike.</i>		
<i>Student resumes the Fighter Stance.</i>		
<b>Evaluation (COMBO 2)</b>	<i>GO</i>	<i>NO-GO</i>
<b>COMBINATION 3 WITH ROUND KICK (10)</b>		
<i>Student begins in the Fighter Stance with non-dominant foot forward.</i>		
<i>Student executes a Jab.</i>		
<i>Student executes a Cross.</i>		
<i>Student changes levels by bending at the knees and not the waist.</i>		
<i>Student executes a hook to the enemy's body.</i>		
<i>Student stands up straight and executes a Hook to the enemy's head.</i>		
<i>Student executes a Round Kick (10)</i>		
<i>Student returns fists to protect face after s/he executes each strike.</i>		
<i>Student resumes the Fighter Stance.</i>		
<b>Evaluation (COMBO 3)</b>	<i>GO</i>	NO-GO
<b>COMBINATION 4 WITH SWITCH KICK (9)</b>		
<i>Student begins in the Fighter Stance</i>		
<i>Student executes a Cross.</i>		
<i>Student executes a Hook.</i>		
<i>Student executes a Cross.</i>		

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<i>Student executes a Switch Kick (9)</i>		
<i>Student returns fists to protect face after s/he executes each strike.</i>		
<i>Student returns to Fighter Stance.</i>		
<b>Evaluation (COMBO 4)</b>	<i>GO</i>	<i>NO-GO</i>
<b>COMBINATION 5 WITH SWITCH KICK (9)</b>		
<i>Student begins in the Fighter Stance.</i>		
<i>Student executes a Jab.</i>		
<i>Student executes a Jab.</i>		
<i>Student executes a Jab.</i>		
<i>Student executes a Hook.</i>		
<i>Student executes a Cross.</i>		
<i>Student Executes a Switch Kick (9)</i>		
<i>Student returns fists to protect face after s/he executes each strike.</i>		
<i>Student returns to the Fighter Stance.</i>		
<b>Evaluation (COMBO 5)</b>	<i>GO</i>	<i>NO-GO</i>

**3. CLINCHFIGHTING (Choose 2 techniques)**

Performance Steps (Student can miss no more than two (2) steps in each sub-section)	<i>GO</i>	<i>NO-GO</i>
<b>50/50 PUMMELING</b> <b>***The training partner (enemy) will mirror the Student for this technique.</b> <b>Ensure the training partner does not get ahead of the Student being evaluated***</b>		
<i>Student's lead arm underhooks the enemy's same side arm and secures the back of the enemy's shoulder.</i>		
<i>Student's trail arm secures the enemy's triceps with a thumb grip.</i>		
<i>Student pulls enemy into him/her and keeps hips close to the enemy.</i>		
<i>Student releases grip on triceps and blades body to create space between body and the enemy's underhook.</i>		
<i>Student drives hand with fingers extended and joined through the space between the enemy's underhooks in an attempt to achieve double underhooks.</i>		
<i>Student steps into the enemy with trail foot to help secure the underhook.</i>		
<i>Student secures the triceps of the enemy when the enemy secures an underhook.</i>		
<b>Evaluation (50/50 PUMMELING)</b>	<i>GO</i>	<i>NO-GO</i>
<b>COUNTER TO INSIDE CONTROL</b>		
<i>Student begins in the enemy's Inside Control</i>		
<i>Student drives lead arm over the enemy's arms and across his/her jawline.</i>		
<i>Student reaches trail arm across his/her body to protect against knees from the enemy.</i>		
<i>Student straightens lead arm to apply pressure to the enemy's jaw and angles body away from the enemy</i>		
<i>Student stands up straight and traps the enemy's arm between his/her shoulder and head.</i>		
<b>Evaluation (COUNTER TO INSIDE CONTROL)</b>	<i>GO</i>	<i>NO-GO</i>

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<b>OUTSIDE TO INSIDE WEDGE</b>		
<i>Student begins in the enemy's Inside Control.</i>		
<i>Student secures both of the enemy's triceps with palms up.</i>		
<i>Student postures up and blades body.</i>		
<i>Student drives one hand between the enemy's arms to secure the back of the enemy's knowledge knot on the same side.</i>		
<i>Student steps into the enemy with the same side leg as the arm that drives through the enemy's arms.</i>		
<i>Student repeats steps 4-5 with the opposite arm and leg.</i>		
<i>Student ends with the enemy in Inside Control</i>		
<b>Evaluation (OUTSIDE TO INSIDE WEDGE)</b>	<i>GO</i>	<i>NO-GO</i>
<b>PUSH THE ELBOW INWARD</b>		
<i>Student begins in the enemy's Inside Control.</i>		
<i>Student secures both of the enemy's triceps with palms up.</i>		
<i>Student rotates body to push one of the enemy's elbows inward with his/her hand and shoulders.</i>		
<i>Student drives the opposite hand through the space created between the enemy's arms and secures the back of the enemy's knowledge knot.</i>		
<i>Student steps into the enemy with the same side leg of the arm that drives through the enemy's arm.</i>		
<i>Student repeats steps 4-5 with the opposite arm and leg.</i>		
<i>Student ends with the enemy in Inside Control.</i>		
<b>Evaluation (PUSH THE ELBOW INWARD)</b>	<i>GO</i>	<i>NO-GO</i>
<b>OVERHOOK COUNTER</b>		
<i>Student begins with the enemy clamping down on an underhook (wizzer).</i>		
<i>Student drives opposite hand underneath the enemy's armpit on the opposite side.</i>		
<i>Student steps into the enemy with the same side leg.</i>		
<i>Student "shucks" shoulder to secure an underhook.</i>		
<b>Evaluation (OVERHOOK COUNTER)</b>	<i>GO</i>	<i>NO-GO</i>

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**4. TAKEDOWNS (Choose 2 techniques)**

Performance Steps (Student can miss no more than two (2) steps in each sub-section)	GO	NO-GO
<b>DOUBLE LEG BLAST</b>		
<i>Student begins in the Modified Seatbelt clinch.</i>		
<i>Student drops to one knee with the leg behind the enemy.</i>		
<i>Student secures the enemy's near-side heel with front hand.</i>		
<i>Student wraps back hand around the enemy's leg and secures own wrist with a thumbless grip.</i>		
<i>Student drives into the enemy as s/he stands up and traps the enemy's leg between his/her legs by pinching at the knees.</i>		
<i>Student executes a small jump backward.</i>		
<i>Student jumps into the enemy and secures the enemy's far-side leg with both hands.</i>		
<i>Student maintains pressure on the enemy and establishes a dominant body position on the ground.</i>		
<b>Evaluation (DOUBLE LEG BLAST)</b>	<i>GO</i>	<i>NO-GO</i>
<b>DUMP</b>		
<i>Student begins in the Modified Seatbelt clinch.</i>		
<i>Student drops to one knee with the leg behind the enemy.</i>		
<i>Student secures the enemy's near-side heel with front hand.</i>		
<i>Student wraps back hand around the enemy's leg and secures own wrist with a thumbless grip.</i>		
<i>Student drives into the enemy as s/he stands up and secures the enemy's leg in front of body.</i>		
<i>Student pulls the enemy's leg into chest and keeps shoulder and head tight against the enemy's thigh and hip.</i>		
<i>Student maintains control of the enemy's heel with the front hand and secures underneath the enemy's thigh with the back hand.</i>		
<i>Student steps into the enemy to drive them off balance.</i>		
<i>Student pulls on the enemy's leg and rotates to the same side of the trapped leg in a half-arc.</i>		
<i>Student drops to one knee to complete the takedown.</i>		
<b>Evaluation (DUMP)</b>	<i>GO</i>	<i>NO-GO</i>
<b>TREE TOP</b>		
<b>***The training partner (enemy) will secure a grip around the Student's neck during this technique. The Student will not spike the training partner***</b>		
<i>Student begins in the Modified Seatbelt clinch.</i>		
<i>Student drops to one knee with the leg behind the enemy.</i>		
<i>Student secures the enemy's near-side heel with front hand.</i>		
<i>Student wraps back hand around the enemy's leg and secures own wrist with a thumbless grip.</i>		
<i>Student drives into the enemy as s/he stands up and secures the enemy's leg in front of body.</i>		

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<i>Student pulls the enemy's leg into chest and keeps shoulder and head tight against the enemy's thigh and hip.</i>		
<i>Student maintains control of the enemy's heel with the front hand and secures underneath the enemy's thigh with the back hand.</i>		
<i>Student lifts the enemy's thigh with his/her knee.</i>		
<i>Student transitions overhand grip on the enemy's heel to an underhand thumb-grip.</i>		
<i>Student pulls the enemy's leg up and away from the enemy's body.</i>		
<i>Student drives the enemy to the ground when the enemy hops to regain balance.</i>		
<b>Evaluation (TREE TOP)</b>	<i>GO</i>	<i>NO-GO</i>
<b>HIP THROW</b>		
<i>Student begins in the Modified Seatbelt clinch.</i>		
<i>Student steps between the enemy's legs with back foot and turns hips into the enemy.</i>		
<i>Student forms a "V" with his/her feet.</i>		
<i>Student releases the enemy's far side hip and throws arm up at his/her shoulder.</i>		
<i>Student pulls down on the enemy's triceps, lifts hips, and rotates body to throw the enemy.</i>		
<b>Evaluation (HIP THROW)</b>	<i>GO</i>	<i>NO-GO</i>
<b>DOUBLE LEG TURN</b>		
<i>Student begins in the Fighter Stance.</i>		
<i>Student steps lead foot in-between the enemy's legs and drives his/her knee to the ground.</i>		
<i>Student keeps back straight and drives into the enemy's mid-section with his/her shoulder and hands.</i>		
<i>Student moves hands behind the enemy's back and traces them down to secure the back of each of the enemy's calves.</i>		
<i>Student continues to drive into the enemy, brings the trail foot around in a circular motion, and posts the foot on the outside of the enemy's same side foot.</i>		
<i>Student keeps head tight to the enemy's body, pushes against the enemy with the posted foot and the head, and pulls the enemy's calves towards the posted foot.</i>		
<i>Student ends in a dominant body position.</i>		
<b>Evaluation (DOUBLE LEG TURN)</b>	<i>GO</i>	<i>NO-GO</i>
<b>DOUBLE LEG TRIP</b>		
<i>Student begins in the Fighter Stance.</i>		
<i>Student steps lead foot in-between the enemy's legs and drives his/her knee to the ground.</i>		
<i>Student keeps back straight and drives into the enemy's mid-section with his/her shoulder and hands.</i>		
<i>Student moves hands behind the enemy's back and traces them down to secure the back of each of the enemy's calves.</i>		
<i>Student continues to drive into the enemy, brings the trail foot around in a circular motion, and hooks the foot around the outside of the enemy's same side leg to trap it.</i>		
<i>Student continues to drive into the enemy to trip them.</i>		
<i>Student ends in a dominant body position.</i>		
<b>Evaluation (DOUBLE LEG TRIP)</b>		

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**5. DETAINEE PROCEDURE (Choose one (1) Single-Man Cuffing technique and one (1) Two-Man Cuffing Technique)**

Performance Steps (Student can miss no more than two (2) steps in each sub-section)	GO	NO-GO
<b>SINGLE-MAN CUFFING- STANDING</b>		
<i>Student directs ally to pull security on the detainee.</i>		
<i>Student instructs detainee to raise arms in the air.</i>		
<i>Student approaches detainee from 45 degrees (front or rear) on the same side of the security element.</i>		
<i>Student secures the arm of the detainee that is closest to them with both hands.</i>		
<i>Student secures the detainee's forearm with a thumb grip and palm facing down.</i>		
<i>Student secures the detainee's elbow with a thumb grip and palm facing up.</i>		
<i>Student slides the hand securing the detainee's forearm down to secure the top of the detainee's hand and squeezes the detainee's pinky and thumb together.</i>		
<i>Student rotates and straightens the detainee's arm and applies pressure to the detainee's elbow.</i>		
<i>Student maintains pressure on the detainee's elbow and guides the detainee to the ground.</i>		
<i>Student switches his/her hand that secures the detainee's hand and maintains the same grip (3 Palms Up technique).</i>		
<i>Student places shin closest to the detainee's head on the back of the detainee's neck/head and places the shin closest to the detainee's waist on the detainee's lower back so that the detainee's arm is trapped between the Student's knees.</i>		
<i>Student releases the trapped arm and secures the detainee's free arm.</i>		
<i>Student applies flex cuff to the detainee's free arm first, then releases the detainee's trapped arm and finishes applying the flex cuffs.</i>		
<b>Evaluation (SINGLE MAN CUFFING- STANDING)</b>	<b>GO</b>	<b>NO-GO</b>
<b>SINGLE MAN CUFFING- WALL VARIANT</b>		
<i>Student directs ally to pull security on the detainee.</i>		
<i>Student instructs detainee to raise arms in the air.</i>		
<i>Student approaches detainee from 45 degrees (front or rear) on the same side of the security element.</i>		
<i>Student secures the arm of the detainee that is closest to them with both hands.</i>		
<i>Student secures the detainee's forearm with a thumb grip and palm facing down.</i>		
<i>Student secures the detainee's elbow with a thumb grip and palm facing up.</i>		
<i>Student slides the hand securing the detainee's forearm down to secure the top of the detainee's hand and squeezes the detainee's pinky and thumb together.</i>		
<i>Student rotates and straightens the detainee's arm and applies pressure to the detainee's elbow.</i>		
<i>Student maintains pressure on the detainee's elbow and guides the detainee to the wall so that their chest is against the wall.</i>		
<i>Student brings secured arm to the detainee's lower back and repositions behind the detainee.</i>		
<i>Student directs detainee to spread legs apart or kicks the detainee's legs apart.</i>		

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<i>Student maintains hip pressure on detainee and steps in-between detainee's legs with the same side leg of the detainee's arm that is secured.</i>		
<i>Student uses free arm to secure the detainee's free arm at the elbow and slides it down to secure the free arm at the top of the hand.</i>		
<i>Student brings detainee's arm to their lower back and applies flex cuff.</i>		
<i>Student applies flex cup to the first arm they secured.</i>		
<b>Evaluation (SINGLE MAN CUFFING- WALL VARIANT)</b>	<i>GO</i>	<i>NO-GO</i>
<b>DETAINEE ESCORT</b>		
<b>***Training Partner (detainee) begins in the prone position with flex cuffs already applied***</b>		
<i>Student reaches arm closest to detainee's feet across the detainee's back and secures the far-side arm with a thumbless underhook grip.</i>		
<i>Student reaches around the detainee's neck on the near side and secures the detainee's neck with a thumbless grip.</i>		
<i>Student uses underhook arm to pull the detainee into a sitting position.</i>		
<i>Student uses arm that secures detainee's neck to pull the detainee's same-side foot in so that it bends at the knee.</i>		
<i>Student returns hand to the front of the detainee's neck and lines up the forearm with the detainee's back.</i>		
<i>Student pulls back on detainee's neck and lifts detainee with the underhook arm to rotate the detainee onto his/her knee.</i>		
<i>Student assists detainee to his/her feet and maintains control of the detainee.</i>		
<b>Evaluation (DETAINEE ESCORT)</b>	<i>GO</i>	<i>NO-GO</i>
<b>TWO-MAN CUFFING TECHNIQUE- FRONT TAKEDOWN</b>		
<b>***The Student will lead the technique and will direct the training partner (ally) when needed. The training partner (ally) will mirror the Student and will not get ahead***</b>		
<i>Student directs ally to pull security (If nobody is available for testing, student simply dictates the need for a security element, i.e. "Security is in place.")</i>		
<i>Student instructs detainee to raise arms in the air.</i>		
<i>Students approach the detainee from 45 degrees.</i>		
<i>Students secure the arm of the detainee that is closest to them with both hands.</i>		
<i>Students secure the detainee's forearm with a thumb grip and palm facing down.</i>		
<i>Students secure the detainee's elbow with a thumb grip and palm facing up.</i>		
<i>Students slide the hand securing the detainee's forearm down to secure the top of the detainee's hand and squeeze the detainee's pinky and thumb together.</i>		
<i>Students place their foot closest to the detainee's across the detainee's feet.</i>		
<i>Students simultaneously extend the detainee's arms and guide the detainee first to a kneeling position, then to a prone position on the ground.</i>		
<i>Student dictates whether the ally will take "Top" or "Bottom" position.</i>		
<b>***Student will complete the performance steps for the position that s/he takes and will direct the ally to complete the performance steps for the opposite position***</b>		
<i>TOP: Student places shin nearest to the detainee's head across the back of the detainee's head/neck and places the shin nearest to the detainee's back across the detainee's lower back so that the detainee's near-side arm is trapped between the Student's legs (Catcher Stance).</i>		

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TOP: Student applies flex cuff to the detainee's opposite side arm first, then the arm that is trapped between the Student's legs.		
BOTTOM: Student crosses the detainee's legs at the feet.		
BOTTOM: Student pulls up the detainee's bottom foot and posts his/her foot between the detainee's knees to hold up the detainee's feet.		
<b>Evaluation (TWO-MAN CUFFING TECHNIQUE-FRONT TAKEDOWN)</b>	<i>GO</i>	<i>NO-GO</i>
<b>TWO-MAN CUFFING TECHNIQUE- REAR TAKEDOWN</b>		
Student directs ally to pull security (If nobody is available for testing, student simply dictates the need for a security element, i.e. "Security is in place.")		
Student instructs detainee to raise arms in the air.		
Students approach the detainee from 45 degrees.		
Students secure the arm of the detainee that is closest to them with both hands.		
Students secure the detainee's forearm with a thumb grip and palm facing down.		
Students secure the detainee's elbow with a thumb grip and palm facing up.		
***Detainee pulls arms inward to his/her chest***		
Students pin the detainee's wrists to the detainee's chest.		
Students step behind the detainee's legs with their foot closest to the detainee.		
Students push detainee forward so that s/he trips over the students' legs.		
Student dictates whether the ally will take "Top" or "Bottom" position. ***Student will complete the performance steps for the position that s/he takes and will direct the ally to complete the performance steps for the opposite position***		
TOP: Student pulls detainee's arm over the top of the detainee's head while keeping the detainee's arm close to the ground.		
BOTTOM: Student maintains control of detainee's arm and steps over the detainee's body with the leg closest to the detainee's head.		
BOTTOM: Student steps over detainee with other foot and pivots into the detainee to pull the detainee onto his/her stomach.		
BOTTOM: Student places shin nearest to the detainee's head across the back of the detainee's head/neck and places the shin nearest to the detainee's back across the detainee's lower back so that the detainee's near-side arm is trapped between the Student's legs (Catcher Stance).		
BOTTOM: Student applies flex cuff to the detainee's opposite side arm first, then the arm that is trapped between the Student's legs.		
TOP: Student crosses the detainee's legs at the feet.		
TOP: Student pulls up the detainee's bottom foot and posts his/her foot between the detainee's knees to hold up the detainee's feet.		
<b>Evaluation (TWO-MAN CUFFING TECHNIQUES-REAR TAKEDOWN)</b>	<i>GO</i>	<i>NO-GO</i>
<b>TWO MAN CUFFING TECHNIQUES- WHEELBARROW</b>		
***Student begins in the clinch with the detainee. The detainee has double underhooks in place and the Student has double overhooks (Wizzers)***		
Student rotates the detainee's back towards the nearest support element (ally).		
Student directs ally to secure the detainee at the ankles and to pull the detainee's feet out from underneath him/her.		

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<i>Student maintains control of detainee's upper body and as the detainee collapses to the ground</i>		
<i>Student directs ally to maintain control of the detainee's ankles and to lift the detainee's legs into the "wheelbarrow" position.</i>		
<i>Student secures one of the detainee's arms and maintains pressure on the detainee's head in order to transition to the same side of the detainee's body.</i>		
<i>Student places shin nearest to the detainee's head across the back of the detainee's head/neck and places the shin nearest to the detainee's back across the detainee's lower back so that the detainee's near-side arm is trapped between the Student's legs (Catcher Stance).</i>		
<i>Student directs ally to cross the detainee's legs at the feet.</i>		
<i>Student directs ally to pull up the detainee's bottom foot and to post his/her foot between the detainee's knees to hold up the detainee's feet.</i>		
<i>Student applies flex cuff to the detainee's opposite side arm first, then the arm that is trapped between the Student's legs.</i>		
<b>Evaluation (TWO-MAN CUFFING TECHNIQUES-REAR TAKEDOWN)</b>	<i>GO</i>	<i>NO-GO</i>

**6. POSITIONING TECHNIQUES (Choose 3 techniques)**

Performance Steps (Student can miss no more than two (2) steps in each sub-section)	GO	NO-GO
<b>OPPONENT MOUNTS, POSTS BOTH ARMS</b>		
<i>Student moves head outside of one of the enemy's arms.</i>		
<i>Student secures the enemy's same-side arm at the elbow with a hand-over-hand thumbless grip.</i>		
<i>Student pulls the enemy's arm into chest and keeps elbows tight to body.</i>		
<i>Student traps the enemy's same-side leg with foot.</i>		
<i>Student lifts hips and rolls the enemy in the same direction of the trapped arm.</i>		
<i>Student finishes in the enemy's Guard.</i>		
<b>Evaluation (OPPONENT MOUNTS, POSTS BOTH ARMS)</b>	<i>GO</i>	<i>NO-GO</i>
<b>ARM AROUND NECK, POST ON ONE SIDE</b>		
<i>Student traps the enemy's arm that is around the Student's neck by pinning his/her head to the ground.</i>		
<i>Student secures the bicep of the enemy's trapped arm with a thumbless grip.</i>		
<i>Student places opposite hand on the enemy's same-side hip.</i>		
<i>Student traps the enemy's leg on the same side as the enemy's trapped arm.</i>		
<i>Student drives hips up and rolls the enemy to the same side as the trapped arm.</i>		
<i>Student finishes in the enemy's Guard.</i>		
<b>Evaluation (ARM AROUND NECK, POST ON ONE SIDE)</b>	<i>GO</i>	<i>NO-GO</i>

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<b>LARGER OPPONENT PINS WRIST</b>		
<i>Student moves one hand to the opposite hand, keeping both hands on the ground and trapping the enemy's opposite-side wrist.</i>		
<i>Student collapses leg on the same side as the enemy's trapped hand to trap the enemy's leg.</i>		
<i>Student rolls to the side of the enemy's trapped arm and leg.</i>		
<i>Student ends in the enemy's Guard.</i>		
<b>Evaluation (LARGER OPPONENT PINS WRISTS)</b>	<i>GO</i>	<i>NO-GO</i>
<b>PASS THE GUARD UNDER ONE LEG (KNEE IN TAILBONE)</b>		
<i>Student begins in the enemy's Guard and secures both sides of the enemy's waist to prevent him/her from sitting up.</i>		
<i>Student leans to one side and slides the opposite knee out to create a wider base.</i>		
<i>Student places knee of the side s/he leaned to into the tailbone of the enemy.</i>		
<i>Student pushes into the enemy's hips with hands and moves the knee that is not in the enemy's tailbone away from the enemy at a 90 degree angle to break the enemy's guard.</i>		
<i>Student uses elbow on same side as the knee in the tailbone to pin the enemy's same-side leg to the ground.</i>		
<i>Student moves opposite arm underneath the enemy's open leg and pulls it into shoulder.</i>		
<i>Student uses same hand that pulls the enemy's leg into his/her shoulder to reach across the enemy's body and to secure the collar on the far side with the thumb inside the collar.</i>		
<i>Student drives the same-side knee to the enemy's neck notch and drives the enemy's legs forward.</i>		
<i>Student releases the enemy's hip and secures the enemy's belt-line.</i>		
<i>Student posts the leg behind the enemy's tailbone to support the enemy's weight.</i>		
<i>Student drives into the enemy from the side and ends in Side Control.</i>		
<b>Evaluation (PASS THE GUARD UNDER ONE LEG)</b>	<i>GO</i>	<i>NO-GO</i>
<b>PASS THE GUARD, NEAR SIDE LEG THROUGH (KNEE IN TAILBONE)</b>		
<b>***The leg of the knee in the enemy's tailbone is considered the "far side leg"***</b>		
<i>Student begins in the enemy's Guard and secures both sides of the enemy's waist to prevent him/her from sitting up.</i>		
<i>Student leans to one side and slides the opposite knee out to create a wider base.</i>		
<i>Student places knee of the side s/he leaned to into the tailbone of the enemy.</i>		
<i>Student pushes into the enemy's hips with hands and moves the knee that is not in the enemy's tailbone away from the enemy at a 90 degree angle to break the enemy's guard.</i>		
<i>Student pushes down on the enemy's near side leg at the knee.</i>		
<i>Student slides near side leg over the top of the enemy's near side thigh so that the knee is on the ground and the shin pins down the enemy's leg.</i>		
<i>Student reaches around the enemy's neck with the near-side arm and secures the top of the enemy's opposite side shoulder with a thumbless grip.</i>		

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<i>Student releases the enemy's hip with the far-side arm and hooks underneath the enemy's same side leg.</i>		
<i>Student back-steps the far-side leg outside of the enemy's legs.</i>		
<i>Student switches hips and drives far side knee into the enemy's hip.</i>		
<i>Student releases the enemy's leg and ends in Side Control.</i>		
<b>Evaluation (PASS THE GUARD, NEAR SIDE LEG THROUGH)</b>	<i>GO</i>	<i>NO-GO</i>
<b>PASS THE GUARD, FAR SIDE LEG THROUGH (KNEE IN TAILBONE)</b>		
<b>***The leg of the knee in the enemy's tailbone is considered the "far side leg"***</b>		
<i>Student begins in the enemy's Guard and secures both sides of the enemy's waist to prevent him/her from sitting up.</i>		
<i>Student leans to one side and slides the opposite knee out to create a wider base.</i>		
<i>Student places knee of the side s/he leaned to into the tailbone of the enemy.</i>		
<i>Student pushes into the enemy's hips with hands and moves the knee that is not in the enemy's tailbone away from the enemy at a 90 degree angle to break the enemy's guard.</i>		
<i>Student pushes down on the enemy's near side leg at the knee.</i>		
<i>Student slides far side leg over the top of the enemy's near side thigh so that the knee is on the ground and the shin pins down the enemy's leg.</i>		
<i>Student slides far side arm underneath the enemy's armpit and secures the top of the shoulder with a thumbless grip.</i>		
<i>Student secures the enemy's near side arm at the elbow and pulls it up to trap the forearm between the Student's arm and body.</i>		
<i>Student steps over the enemy's pinned leg with his/her near-side foot.</i>		
<i>Student "Sits through," driving the near side knee into the enemy's same-side armpit and clearing the enemy's pinned leg to post the far side foot.</i>		
<i>Student switches hips to transition to Side Control.</i>		
<b>Evaluation (PASS THE GUARD, FAR SIDE LEG THROUGH)</b>	<i>GO</i>	<i>NO-GO</i>
<b>ESCAPE THE HALF-GUARD</b>		
<i>Student begins in the enemy's Half-Guard.</i>		
<i>Student reaches same side arm as the free leg around the enemy's head.</i>		
<i>Student moves opposite arm underneath the enemy's far side armpit and secures a wrestler's grip.</i>		
<i>Student drives shoulder into the enemy's chin and forces the enemy to look away.</i>		
<i>Student uses a heel-toe motion to walk trapped foot towards the enemy's tailbone.</i>		
<i>Student moves underhook hand to the enemy's knee.</i>		
<i>Student shakes the enemy's top knee to push the enemy's knee off of the trapped leg.</i>		
<i>Student drives the knee to the ground as soon as it is free.</i>		
<i>Student reaches underneath the enemy's armpit and uses hand to walk the enemy's arm toward his/her head.</i>		
<i>Student uses backside foot to hook on the enemy's same side leg and pry trapped foot out from between the enemy's legs.</i>		
<i>Student releases hooks one at a time and establishes the Mount.</i>		
<b>Evaluation (ESCAPE THE HALF-GUARD)</b>	<i>GO</i>	<i>NO-GO</i>

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<b>PASS THE GUARD WITH STRIKES</b>		
<i>Student keeps head close to the enemy's chest and secures both of the enemy's arms at the biceps with a thumbless grip.</i>		
<i>Student stands up one leg at a time.</i>		
<i>Student releases one of the enemy's biceps and secures fabric in the middle of the enemy's chest.</i>		
<i>Student release the enemy's other bicep and strikes the enemy in the head.</i>		
<i>Student reaches between the enemy's leg and his/her own body and places hand on same-side knee with the hand that was striking the enemy.</i>		
<i>Student changes levels and pushes his/her elbow outward to break the enemy's guard.</i>		
<i>Student reaches across the enemy's body and secures the enemy's opposite-site collar with the hand that is on the knee.</i>		
<i>Student drives same-side knee of the arm that secures the collar into the enemy's same-side neck notch.</i>		
<i>Student releases the grip on the enemy's chest and secures the back of the enemy's beltline/waist.</i>		
<i>Student drives into the enemy's legs and achieves Side Control.</i>		
<b>Evaluation (PASS THE GUARD WITH STRIKES)</b>	<i>GO</i>	<i>NO-GO</i>
<b>PUSH THE PROPPED KNEE</b>		
<b>***Training Partner (enemy) props the knee closest to the Student***</b>		
<i>Student begins in Side Control.</i>		
<i>Student posts hand closest to the enemy's hips at the enemy's near side hip or secures the fabric at the enemy's near side waist.</i>		
<i>Student switches hips, drives the knee closest to the enemy's head to the enemy's near side hip, and posts the outside leg.</i>		
<i>Student secures an underhook underneath the enemy's far side shoulder with the arm in the enemy's neck notch.</i>		
<i>Student pulls up on the enemy's far side shoulder and pushes on the enemy's propped knee.</i>		
<i>Student drives the knee of the posted leg across the enemy's waist and hooks his/her foot on the enemy's leg.</i>		
<i>Student releases the enemy's leg and shoulder and establishes the Mount.</i>		
<b>Evaluation (PUSH THE PROPPED KNEE)</b>	<i>GO</i>	<i>NO-GO</i>
<b>PULL THE PROPPED KNEE</b>		
<b>***Training Partner (enemy) props the knee farthest from the Student***</b>		
<i>Student begins in Side Control.</i>		
<i>Student posts hand closest to the enemy's hips at the enemy's near side hip or secures the fabric at the enemy's near side waist.</i>		
<i>Student switches hips, drives the knee closest to the enemy's head to the enemy's near side hip, and posts the outside leg.</i>		
<i>Student drives into the enemy's far side shoulder with the shoulder closest to the enemy's head.</i>		

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<i>Student pulls the enemy's propped knee down to the ground.</i>		
<i>Student steps over the enemy's propped knee with the posted foot and hooks foot around the outside of the enemy's knee.</i>		
<i>Student establishes the Mount.</i>		
<b>Evaluation (PULL THE PROPPED KNEE)</b>	<i>GO</i>	<i>NO-GO</i>
<b>DEFEND AGAINST STRIKES IN THE GUARD</b>		
<i>Student begins in the Guard</i>		
<i>Student pulls the enemy forward with the closed guard.</i>		
<i>Student reaches arms on both sides of the enemy's neck and pulls enemy's head down on either side.</i>		
<i>Student uses hand on opposite side of the enemy's head to frame the enemy's same side arm.</i>		
<i>Student opens Guard and places same side foot on the enemy's hip.</i>		
<i>Student hooks hand over the enemy's upper arm and pulls it into the knee.</i>		
<i>Student repeats steps 4-6 to secure the enemy's opposite side arm as well.</i>		
<b>***Training Partner (enemy) breaks free of the Student's grasp***</b>		
<i>Student drives knee on the same side of the enemy's free arm into the enemy's same side shoulder and arches back to create space.</i>		
<i>Student secures the top of the enemy's shoulder on the free arm and traces down the triceps with a thumbless grip.</i>		
<i>Student pulls the enemy's arms into the knees/shins.</i>		
<b>***Training Partner (enemy) stands up***</b>		
<i>Student transitions grip to the enemy's wrists on both sides.</i>		
<i>Student keeps one foot on the enemy's hip and kicks the enemy's chest or face with the opposite foot.</i>		
<i>Student releases the enemy's wrists after the final kick and stands in base.</i>		
<b>Evaluation (DEFEND AGAINST STRIKES IN THE GUARD)</b>	<i>GO</i>	<i>NO-GO</i>
<b>DEFEND AGAINST ATTEMPT TO MOUNT- ARCH</b>		
<b>***Student begins in the enemy's Side Control after the enemy switches his/her base to achieve the Mount***</b>		
<i>Student reaches around the enemy's lower back to secure the far side hip with a thumbless grip using the arm closest to the enemy.</i>		
<b>***The enemy attempts to step over the Student with the posted leg***</b>		
<i>Student pulls the enemy's hip and extends the underhook arm.</i>		
<i>Student arches back and raises hips to roll the enemy over.</i>		
<i>Student threads the leg closest to the enemy underneath and behind his/her posted leg.</i>		
<i>Student completes to roll to achieve Side Control.</i>		
<b>Evaluation (DEFEND AGAINST ATTEMPT TO MOUNT- ARCH)</b>	<i>GO</i>	<i>NO-GO</i>
<b>SIDE CONTROL ESCAPES- OPPONENT HAS STANDARD SIDE CONTROL</b>		
<i>Student begins in the enemy's Side Control.</i>		
<i>Student raises hips and lifts the enemy with the arm that supports the weight of the enemy's hips.</i>		

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<i>Student turns into the enemy and drives the bottom knee across the enemy's belt line.</i>		
<i>Student extends his/her body and switches hips to rotate foot around the enemy's back.</i>		
<i>Student establishes the Guard.</i>		
<b>Evaluation (SIDE CONTROL ESCAPES: OPPONENT HAS STANDARD SIDE CONTROL)</b>	<i>GO</i>	<i>NO-GO</i>
<b>SIDE CONTROL ESCAPES- OPPONENT HAS HEAD AND FAR ARM UNDERHOOKED</b>		
<i>Student arches towards the enemy's hips and transitions the arm securing the enemy's waist into an underhook.</i>		
<i>Student arches towards the enemy's head and drives the underhook arm over and around the enemy's head.</i>		
<i>Student steps over with his/her feet to follow the arm.</i>		
<i>Student maintains pressure on the enemy and establishes a Front Headlock.</i>		
<b>Evaluation (SIDE CONTROL ESCAPES: OPPONENT HAS HEAD AND FAR ARM)</b>	<i>GO</i>	<i>NO-GO</i>
<b>ESCAPE THE HEADLOCK- FORM THE FRAME</b>		
<i>***Student begins in the enemy's headlock. The enemy is in a modified side control position (Scarf) and faces the Student with wrestler's grip around the Student's head***</i>		
<i>Student turns into the enemy and drives the elbow closest to the enemy to the ground in a short, jerky motion.</i>		
<i>Student reaches the opposite arm around the enemy's back and places the forearm across the enemy's chin.</i>		
<i>Student places free hand on top of the wrist of the arm that is on the enemy's jaw bone.</i>		
<i>Student pushes hips away from the enemy.</i>		
<i>Student pushes the enemy's head away and wraps his/her top leg over the enemy's head.</i>		
<i>Student locks legs together, extends body, and secures the enemy's near side arm when s/he releases the headlock.</i>		
<b>Evaluation (ESCAPE THE HEADLOCK- FORM THE FRAME)</b>	<i>GO</i>	<i>NO-GO</i>
<b>ESCAPE THE HEADLOCK- FOLLOW THE LEG</b>		
<i>Student turns into the enemy and drives the elbow closest to the enemy to the ground in a short, jerky motion.</i>		
<i>Student reaches the opposite arm around the enemy to feel for the enemy's leg.</i>		
<i>Student throws top leg over the enemy's leg and hooks it.</i>		
<i>Student secures the enemy's top shoulder with the top arm.</i>		
<i>Student pulls the bottom arm free and posts it on the ground.</i>		
<i>Student drives body weight into the enemy's shoulder on the side of the headlock to break the enemy's grip.</i>		
<i>Student secures the enemy's wrist and brings the enemy's arm behind his/her back.</i>		
<i>Student pulls head out and maintains control of the enemy.</i>		
<b>Evaluation (ESCAPE THE HEADLOCK- FOLLOW THE LEG)</b>	<i>GO</i>	<i>NO-GO</i>

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<b>ESCAPE THE HEADLOCK- ARCH OVER</b>		
<i>Student secures a wrestler's grip around the enemy's lower ribs and pulls the enemy into him/her.</i>		
<i>Student raises hips, arches back, and lifts the enemy towards his/her head.</i>		
<i>Student rotates the enemy in a half-moon around his/her head and rolls on top of the enemy.</i>		
<i>Student continues to rotate until s/he is on both knees and behind the enemy's back.</i>		
<i>Student posts both hands on mat in front of the enemy and extends the enemy's body by sweeping the legs down or the head up.</i>		
<i>Student steps over the enemy with the foot closest to the enemy's hips and pulls the foot tight against the enemy's hips.</i>		
<i>Student posts hand closest to the enemy's head underneath the enemy's jawbone.</i>		
<i>Student forms frame with the opposite hand and drives head up and away from the enemy's headlock.</i>		
<i>Student traps the enemy's arm in between his/her head and shoulder.</i>		
<i>Student secures the enemy's wrist with a thumb grip with the hand closest to the enemy's hips.</i>		
<i>Student maintains pressure on the enemy and walks foot securing the enemy's waist up to the enemy's armpit.</i>		
<i>Student steps over the enemy's head with the opposite foot.</i>		
<i>Student secures the enemy's arm with both hands, pulls heels to butt, pinches knees, and establishes the Straight Arm Bar.</i>		
<b>Evaluation (ESCAPE THE HEADLOCK- ARCH OVER)</b>	<i>GO</i>	<i>NO-GO</i>
<b>NORTH/SOUTH ESCAPES- OPPONENT HAS BOTH ELBOWS IN ARMPITS</b>		
<i>Student begins with both feet flat and hands on either side of the enemy's hips.</i>		
<i>Student raises hips and either pushes the enemy away or pushes away from the enemy.</i>		
<i>Student drives one arm between him/herself and the enemy and around the outside of the enemy's opposite side leg.</i>		
<i>Student arches back, steps over towards the side of the enemy that s/he is attacking, and drives shoulder into the enemy's hip.</i>		
<i>Student posts elbow on the inside of the enemy's leg and secures a wrestler's grip.</i>		
<i>Student walks feet around to the rear of the enemy and secures the enemy's same side leg in-between his/her legs.</i>		
<i>Student reaches around the enemy's opposite side leg with both arms.</i>		
<i>Student drives into the enemy's hip and pulls the enemy's leg.</i>		
<i>Student maintains pressure on the enemy and establishes a dominant body position.</i>		
<b>Evaluation (NORTH/SOUTH ESCAPES- OPPONENT HAS BOTH ELBOWS IN ARMPITS)</b>	<i>GO</i>	<i>NO-GO</i>

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<b>ELEVATOR SWEEP FROM THE GUARD</b>		
***Student begins with the training partner (enemy) in his/her Guard. Training Partner attempts to pass the Guard and posts hand on the ground***		
<i>Student secures the enemy's posted arm at the wrist with the same side hand.</i>		
<i>Student rotates the same side foot underneath the enemy's leg and posts it on the ground.</i>		
<i>Student secures the enemy's opposite arm at or above the elbow with a thumb grip.</i>		
<i>Student turns into the enemy and places opposite knee on the ground.</i>		
<i>Student raises posted foot and sweeps the bottom leg underneath the enemy.</i>		
<i>Student rolls into the Mount.</i>		
<b>Evaluation (ELEVATOR SWEEP FROM THE GUARD)</b>	<i>GO</i>	<i>NO-GO</i>
<b>ELEVATOR SWEEP FROM ESCAPE THE MOUNT, SHRIMP TO GUARD</b>		
***Student begins with the training partner (enemy) in Mount giving the Student straight arms. Training Partner posts a foot when the Student attempts to trap it***		
<i>Student blocks the enemy's knee from returning to the ground with the same side elbow.</i>		
<i>Student turns into the enemy's posted leg and shrimps so that his/her hips clear the enemy's opposite side leg.</i>		
<i>Student rotates hips and circles the foot closest to the enemy's posted leg around the posted leg to collapse it.</i>		
<i>Student pushes the enemy's opposite leg and shifts his/her hips to hook the inside of the enemy's knee on the same side.</i>		
<i>Student turns into the enemy and reaches across the enemy's body to secure his/her collar with fingers inside the collar.</i>		
<i>Student uses free arm to secure the enemy's elbow on the same side.</i>		
<i>Student raises the enemy's hooked thigh and sweeps the bottom leg underneath the enemy.</i>		
<i>Student rolls into the Mount.</i>		
<b>Evaluation (ELEVATOR SWEEP FROM ESCAPE THE MOUNT, SHRIMP TO GUARD)</b>	<i>GO</i>	<i>NO-GO</i>

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**7. FINISHING TECHNIQUES (Choose 2 techniques)**

Performance Steps (Student can miss no more than two (2) steps in each sub-section)	GO	NO-GO
<b>REVERSE BENT ARM BAR FROM THE GUARD</b> ***Training Partner (enemy) is in the Student's Guard with both hands posted on the ground on either side of the Student's hips***		
<i>Student secures a thumb grip on one of the enemy's wrists.</i>		
<i>Student opens Guard, posts both feet on the ground, and squeezes together at the knees.</i>		
<i>Student sits up and turns into the enemy's arm that s/he secured.</i>		
<i>Student reaches around the enemy's arm and secures a Figure-Four on own wrist.</i>		
<i>Student falls backward and turns into the enemy.</i>		
<i>Student moves top leg on top of the enemy's spine.</i>		
<i>Student hooks bottom leg on the enemy's opposite side hip.</i>		
<i>Student keeps the enemy's arm tight against chest and continues to turn into the enemy to apply pressure to the shoulder joint.</i>		
<b>Evaluation (REVERSE BENT ARM BAR FROM THE GUARD)</b>	<b>GO</b>	<b>NO-GO</b>
<b>HIP HEIST SWEEP</b> ***Training Partner (enemy) is in the Student's Guard with both hands posted on the ground on either side of the Student's hips***		
<i>Student secures a thumb grip on one of the enemy's wrists.</i>		
<i>Student opens Guard, posts both feet on the ground, and squeezes together at the knees.</i>		
<i>Student sits up and turns into the enemy's arm that s/he secured.</i>		
<i>Student reaches around the enemy's arm and secures an upside-down thumb grip on the enemy's elbow.</i>		
<i>Student releases the enemy's wrist and posts arm.</i>		
<i>Student drives hips into the enemy and pulls down on the enemy's elbow.</i>		
<i>Student rolls into the Mount.</i>		
<b>Evaluation (HIP HEIST SWEEP)</b>	<b>GO</b>	<b>NO-GO</b>
<b>GUILLOTINE CHOKE FROM THE GUARD</b> ***Training Partner (enemy) is in the Student's Guard with both hands posted on the ground on either side of the Student's hips***		
<i>Student secures a thumb grip on one of the enemy's wrists.</i>		
<i>Student opens Guard, posts both feet on the ground, and squeezes together at the knees.</i>		
<i>Student sits up and turns into the enemy's arm that s/he secured.</i>		
<i>Student reaches around the enemy's arm and attempts to secure the enemy's elbow.</i>		
***Training Partner (enemy) drives forward into the Student***		
<i>Student reaches arm around the enemy's neck with palm facing his/her own body.</i>		
<i>Student releases the enemy's wrist and secures own wrist with a thumbless grip.</i>		
<i>Student falls back and locks the Guard.</i>		
<i>Student pulls up with arms, arches back, and performs an oblique crunch to the side of the enemy's head.</i>		
<b>Evaluation (GUILLOTINE CHOKE FORM THE GUARD)</b>	<b>GO</b>	<b>NO-GO</b>

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<b>REVERSE BENT ARM BAR FROM SIDE CONTROL</b>		
<i>Student begins in Side Control</i>		
<i>Student posts hand closest to the enemy's hips at the enemy's near side hip or secures the fabric at the enemy's near side waist.</i>		
<i>Student switches hips, drives the knee closest to the enemy's head to the enemy's near side hip, and posts the outside leg.</i>		
<i>Student secures the wrist of the enemy's underhook with a thumb grip using the hand closest to the enemy's hips.</i>		
<i>Student reaches underneath the enemy's arm and secures a Figure Four with the arm closest to the enemy's head.</i>		
<i>Student switches hips to standard side control position and anchors his/her elbow to the enemy's far side hip.</i>		
<i>Student switches hips again and slides the knee that was on the enemy's near side hip to the enemy's head.</i>		
<i>Student moves opposite leg over the top of enemy's head and posts it on the ground.</i>		
<i>Student leans backwards and twists the enemy's arm towards the enemy's head to apply pressure to the shoulder.</i>		
<b>Evaluation (REVERSE BENT ARM BAR FROM SIDE CONTROL)</b>	<i>GO</i>	<i>NO-GO</i>
<b>REVERSE BENT ARM BAR FROM THE KNEE MOUNT</b>		
<i>Student begins in Knee Mount.</i>		
<i>Student secures the enemy's far side wrist with a thumb grip with the hand closest to the enemy's legs</i>		
<i>Student drives knee on the enemy's chest to the enemy's neck notch on the same side.</i>		
<i>Student reaches underneath the enemy's secured arm and secures a Figure Four on own wrist.</i>		
<i>Student rotates around the enemy's head so that the enemy is on his/her side and the enemy's head is between the Student's knees.</i>		
<i>Student keeps the enemy's arm close to his/her chest and uses torso to pull the enemy's arm up and around the enemy's back.</i>		
<b>Evaluation (REVERSE BENT ARM BAR FROM THE KNEE MOUNT)</b>	<i>GO</i>	<i>NO-GO</i>
<b>NEAR SIDE ARM BAR FROM THE KNEE MOUNT</b>		
<b>***Training Partner (enemy) gives Student straight arms***</b>		
<i>Student begins in Knee Mount.</i>		
<i>Student secures the enemy's near side arm with an overhook grip with the arm that was securing the enemy's knees.</i>		
<i>Student steps posted foot into the enemy's opposite side neck notch.</i>		
<i>Student secures the enemy's arm with both hands.</i>		
<i>Student pulls the enemy's arm up while s/he sits close to the enemy's shoulder.</i>		
<i>Student pulls enemy's head to his/her buttocks, pinches the enemy's arm with the knees, and lays back to complete the technique.</i>		
<b>Evaluation (NEAR SIDE ARM BAR FROM THE KNEE MOUNT)</b>	<i>GO</i>	<i>NO-GO</i>

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<b>PAPER CUTTER FROM MODIFIED KNEE MOUNT TO BELLY SCARF HOLD</b>		
<i>Student secures the enemy's far side collar with fingers in the collar using the hand closest to the enemy's legs.</i>		
<i>Student secures the enemy's near side collar with thumb in the collar using the hand closest to the enemy's neck and pulls all slack out of the collar.</i>		
<i>Student "sits through" with the leg on the enemy's chest.</i>		
<i>Student drives the elbow of the arm that secures the far side collar to the ground.</i>		
<i>Student pulls up on the same side collar.</i>		
<b>Evaluation (PAPER CUTTER FROM MODIFIED KNEE MOUNT TO BELLY SCARF HOLD)</b>	<i>GO</i>	<i>NO-GO</i>
<b>PAPERCUTTER CHOKE (MOUNT)</b>		
<i>Student begins in the Mount.</i>		
<i>Student opens the enemy's same side collar with his/her non-dominant hand.</i>		
<i>Student reaches across the enemy's body with his/her dominant hand and secures deep in the enemy's collar with the thumb in the collar and fist on the ground.</i>		
<i>Student pulls the opposite side of the enemy's collar tight against the enemy's neck with the non-dominant hand.</i>		
<i>Student drives dominant side forearm across the enemy's neck and pulls enemy's collar into his/her chest with the non-dominant hand.</i>		
<b>Evaluation (PAPERCUTTER CHOKE [MOUNT])</b>	<i>GO</i>	<i>NO-GO</i>
<b>NUTCRACKER CHOKE</b>		
<i>Student begins in the Mount.</i>		
<i>Student secures both sides of the enemy's collar from the outside with palms facing the enemy's neck.</i>		
<i>Student pulls up on both side of collar.</i>		
<i>Student rotates both fists into the enemy's neck so that both pointer finger knuckles are on either side of the Adam's Apple using pinkies as a pivot point</i>		
<b>Evaluation (NUTCRACKER CHOKE)</b>	<i>GO</i>	<i>NO-GO</i>
<b>LEANING CHOKE</b>		
<i>Student begins in the Mount.</i>		
<i>Student secures both sides of the enemy's collar near the enemy's chin.</i>		
<i>Student drives one side of the enemy's collar across the enemy's neck so that the pinky knuckle is just past the enemy's Adam's Apple.</i>		
<i>Student pulls other hand tight and leans into the fist on the enemy's neck.</i>		
<b>Evaluation (LEANING CHOKE)</b>	<i>GO</i>	<i>NO-GO</i>

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<b>COLLAR CHOKE</b>		
<i>Student begins in the Rear Mount.</i>		
<i>Student opens the enemy's same side collar with the underhook hand.</i>		
<i>Student inserts the thumb of the overhook hand into the enemy's collar and secures it on the underhook side.</i>		
<i>Student reaches underhook hand across the enemy's body and secures the opposite side collar.</i>		
<i>Student removes slack from collar, extends arms, and pushes outward with both hands.</i>		
<b>Evaluation (COLLAR CHOKE)</b>	<i>GO</i>	<i>NO-GO</i>
<b>SINGLE WING CHOKE</b>		
<i>Student begins in the Rear Mount.</i>		
<i>Student opens the enemy's same side collar with the underhook hand.</i>		
<i>Student inserts the thumb of the overhook hand into the enemy's collar and secures it on the underhook side.</i>		
<i>Student pulls the enemy's arm away from his/her body at the elbow with the underhook arm.</i>		
<i>Student brings arm behind the enemy's head.</i>		
<i>Student extends both arms.</i>		
<b>Evaluation (SINGLE WING CHOKE)</b>	<i>GO</i>	<i>NO-GO</i>
<b>STRAIGHT ARM BAR FROM REAR MOUNT</b>		
<i>Student begins in the Rear Mount.</i>		
<i>Student opens the enemy's same side collar with the underhook hand.</i>		
<i>Student inserts the thumb of the overhook hand into the enemy's collar and secures it on the underhook side.</i>		
<i>Student secures the enemy's same side shoulder with the underhook hand.</i>		
<i>Student pulls the enemy backward and shifts hips to the underhook side.</i>		
<i>Student drives leg on same side as the underhook across the enemy's belt line.</i>		
<i>Student pushes the enemy's head to the ground with the overhook arm.</i>		
<i>Student steps over the enemy's head with the leg closest to the head.</i>		
<i>Student pulls heels to buttocks and secures the enemy's near side arm with both hands.</i>		
<i>Student pinches together at the knees and finishes the technique.</i>		
<b>Evaluation (STRAIGHT ARM BAR FROM REAR MOUNT)</b>	<i>GO</i>	<i>NO-GO</i>
<b>STRAIGHT ANKLE LOCK</b>		
<b>***Training Partner (enemy) begins on back with legs in the air***</b>		
<i>Student wraps arm around the top of one the enemy's legs.</i>		
<i>Student steps to the same side of the trapped leg and places opposite foot between the enemy's legs at the tailbone.</i>		
<i>Student squats down and secures a Figure Four grip around the enemy's leg.</i>		
<i>Student allows enemy's leg to slide through the grip until the bony part of the forearm is against the enemy's Achilles Tendon and the top part of the enemy's foot touches the back of the student's armpit.</i>		
<i>Student postures up and arches back to finish the technique.</i>		
<b>Evaluation (STRAIGHT ANKLE LOCK)</b>	<i>GO</i>	<i>NO-GO</i>

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<b>STRAIGHT KNEE LOCK</b>		
***Training Partner (enemy) begins on back with legs in the air***		
<i>Student wraps arm underneath and around one of the enemy's same side legs at the knee.</i>		
<i>Student posts opposite arm outside of the enemy's hip on the same side as the trapped leg.</i>		
<i>Student drives same side knee as the posted arm across the enemy's thigh and hooks the enemy's groin with the foot.</i>		
<i>Student turns into the enemy's isolated leg and moves his opposite leg behind the enemy's tailbone.</i>		
<i>Student secures the enemy's lower leg with both arms and keeps it tight to the chest..</i>		
<i>Student stays close to the enemy's hips, pinches knees together, and extends body.</i>		
<b>Evaluation (STRAIGHT KNEE LOCK)</b>	<i>GO</i>	<i>NO-GO</i>

