

**CRM LESSON PLAN REPORT**  
**BODY MOVEMENT TECHNIQUES (TACTICAL)**  
**071-FRGBB004 / 02.0 ©**

**Approved**  
**30 Apr 2018**

**Effective Date: 30 Apr 2018**

**SCOPE:**

During this period of instruction, students will learn to apply, conduct and employ Tactical Combatives Body Positioning Attacks. The students will correctly apply, conduct and employ this techniques in accordance with TC 3-25.150, and the performance outlined in this lesson plan: Employ Attacks from the Mount; Employ Attacks from the Rear Mount; Employ Attacks from the Guard; Employ Knee Mount and Employ Leg Attacks.

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**Distribution Restriction:** Approved for public release; distribution is unlimited.

**Destruction Notice:** None

**Foreign Disclosure: FD1** - This training product has been reviewed by the training developers in coordination with the G2, MCoE, and Fort Benning GA 31905 foreign disclosure officer. This training product can be used to instruct international military students from all approved countries without restrictions.

## SECTION I. ADMINISTRATIVE DATA

All Course  
Masters/POIs  
Including This  
Lesson

### Courses

<u>Course Number</u>	<u>Version</u>	<u>Title</u>	<u>Phase</u>	<u>Status</u>
None				

### POIs

<u>POI Number</u>	<u>Version</u>	<u>Title</u>	<u>Phase</u>	<u>Status</u>
9E-F11/950-F7 (MC)	02.0 ©	Tactical Combatives	0	Analysis

Task(s)  
Taught(\*) or  
Supported

<u>Task Number</u>	<u>Task Title</u>	<u>Status</u>
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Reinforced  
Task(s)

<u>Task Number</u>	<u>Task Title</u>	<u>Status</u>
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Knowledge

<u>Knowledge Id</u>	<u>Title</u>	<u>Taught</u>	<u>Required</u>
K7613	Considerations for delivery of instruction	No	Yes
K7725	Knowledge of delivery methods	No	Yes
K26154	Apply learning theory styles within an adult learning environment	No	Yes

Skill

<u>Skill Id</u>	<u>Title</u>	<u>Taught</u>	<u>Required</u>
S2032	Applying critical thinking skills	No	Yes
071-CMD-0017	Instill the Will to Win	No	Yes
S0411	Ability to practice safety at all times.	No	Yes

Administrative/  
Academic  
Hours

The administrative/academic (50 min) hours required to teach this lesson are as follows:

<u>Academic</u>	<u>Resident Hours / Methods</u>		
Yes	8 hrs	30 mins	Drill and Practice
Yes	0 hrs	20 mins	Discussion (Small or Large Group)
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Total Hours(50 min):	9 hrs	0 mins	

Instructor  
Action  
Hours

The instructor action (60 min) hours required to teach this lesson are as follows:

<u>Hours/Actions</u>		
0 hrs	10 mins	Classroom Breakdown
0 hrs	10 mins	Classroom Setup
0 hrs	10 mins	Facilitate Discussion
0 hrs	10 mins	Student Re-train
<hr/>		
Total Hours (60 min):	0 hrs	40 mins

Test Lesson(s)

<u>Hours</u>	<u>Lesson Number</u>	<u>Version</u>	<u>Lesson Title</u>
None			

**Prerequisite Lesson(s)****Hours****Lesson Number Version****Lesson Title**

None

**Training Material Classification**

Security Level: This course/lesson will present information that has a Security Classification of: FOUO – For Official Use Only.

**Foreign Disclosure Restrictions**

FD1. This training product has been reviewed by the training developers in coordination with the G2, MCoE, and Fort Benning GA 31905 foreign disclosure officer. This training product can be used to instruct international military students from all approved countries without restrictions.

**References**

<b><u>Number</u></b>	<b><u>Title</u></b>	<b><u>Date</u></b>
AR 350-1	ARMY TRAINING AND LEADER DEVELOPMENT	10 Dec 2017
ATP 3-34.5	Environmental Considerations	10 Aug 2015
ATP 5-19 (Change 001 09/08/2014 78 Pages)	RISK MANAGEMENT	14 Apr 2014
TC 3-25.150	Combatives	31 Mar 2017
TC 3-34.489	The Soldier and the Environment.	08 May 2001

**Student Study Assignment**

Student Study Assignments defined:

1. Study...Master the details of the subject and fix them in your mind through application of the study process (survey, question, read, review, and recite). Prepare to test on the subject (orally, written, and/or performance).
  2. Read...Be proficient in the subject for discussion in the classroom. Prepare to take one or more practical exercises on the subject (orally, written, and/or performance).
  3. Scan...Be familiar with the topic(s). Read the topic sentence of each paragraph. Prepare to participate in checks on learning during classroom discussion (orally, written, and/or performance).
  4. Review...Review is used for material previously discussed in class. Review all notes, Advance Sheets, and any material related to the class as applicable.
- Student must read the following pages in accordance with TC 3-25.150: pages 4-39 thru 4-50, 4-53 thru 4-68.

**Instructor Requirements**

1. Primary instructor must be a graduate of the Combatives Master Trainer Course (CMTC) and the alternate instructor a Tactical Combatives graduate or a CMTC graduate.
2. Completion of the Common Faculty Development Program-Instructor Course (CFDP-IC).

**Support Personnel Requirements**

Support personnel must be licensed or certified in accordance with Ft. Benning regulations to operate all equipment and facilities required for this lesson plan.

Combat Lifesaver (Enlisted)

**Additional Support Personnel Requirements****Name****Student Ratio****Qty****Man Hours**

Combat Lifesaver  
Remarks:

1:36

**Equipment  
Required  
for Instruction**

<u>ID - Name</u>	<u>Student Ratio</u>	<u>Instructor Ratio</u>	<u>Spt</u>	<u>Qty</u>	<u>Exp</u>
1090-01-C14-9367 - Sling, M4/M16 Three Point: MS2 Multi-Mission, Black Remarks:	0:0	0:0	No	0	
4110-01-485-3548 - Chest, Ice Storage, White, 162 Quart Capacity Remarks:	0:0	0:0	No	0	
4120-01-481-6048 - Cooler, Air, Evaporative Remarks:	0:0	0:0	No	0	
4470-01-359-2799 - 1050 Notebook, Special Remarks:	0:0	0:0	No	0	
6515-01-541-8147 - SUPPORT,CERVICAL Remarks:	0:0	0:0	No	0	
6530-00-405-5391 - Litter-Splint, Extrication, Metal, Carrying Case, with Zipper, Adjustable Strap Remarks:	0:0	0:0	No	0	
6530-00-783-7510 - Litter, Nonrigid, Poleless, Nylon, 78 X 26 Inch, Retaining Straps, Field Use Remarks:	0:0	0:0	Yes	3	No
6530-01-380-7309 - Litter, Folding, Rigid Pole 91.60 Inches Remarks:	0:0	0:0	No	0	
6530-01-464-4424 - Pad, Cooling, Chemical, Instant, Non-Toxic, Non-Caustic, 5 X 8 Inch Remarks:	1:6	0:0	No	0	No
6545-01-572-9963 - Medical Equipment Set Combat Lifesaver Remarks:	0:0	0:0	Yes	2	No
6645-00-126-0286 - Stopwatch Remarks:	0:0	1:1	No	0	No
6685-01-590-1047 - Monitor, Heat Stress: Questemp 44 Remarks:	0:0	0:0	No	0	
6730-01-484-2886 - SCREEN,PROJECTION Remarks:	0:0	0:0	No	0	
6730-01-C15-8387 - Projector Overhead, Portable TY SZ STY : PT-F200U Panasonic Remarks:	1:36	0:0	No	0	No
6910-01-C05-2267 - Mat, Floor: Zebra Mats Z700 Remarks: The requirement is to have an 8' X 8' or 64 square feet of training space per Soldier.	23:18	0:0	No	0	No
6910-01-C05-3780 - Interval Timer, High Intensity: Pit Ring Remarks:	0:0	0:0	Yes	2	No
7210-00-081-1417 - Sheet, Bed Cotton White Remarks:	0:0	0:0	Yes	3	No
7240-00-098-3827 - Can, Military Remarks: One can per six students.	1:6	0:0	No	0	No
7330-00-781-3859 - Jug, Insulated, 5 Gallon Remarks:	0:0	0:0	Yes	6	No
7730-01-C91-4112 - Television LED HDTV, 26LD350, LG Electronics U.S.A. Inc. Remarks:	1:36	0:0	No	0	No
7810-01-078-5665 - Bag, Training, Boxer's, 14 Inch Diameter, 42 Inch Long, 70 Pounds Remarks:	1:2	0:0	No	0	No
7810-01-571-4668 - Mat, Mixed Martial Arts Remarks:	0:0	0:0	Yes	256	No

7810-01-C12-6454 - Gloves Boxing, Grant Hook & Loop Remarks:	1:3	0:0	No	0	No
7830-01-127-4181 - Mat, Wrestling, 42- 1/2 X 42-1/2 Foot Remarks:	0:0	0:0	Yes	25	No
7830-01-C16-4886 - Heavy Bag Freestanding, Functional: Everlast Commercial Heavy Bag Remarks:	1:12	0:0	No	0	No
8415-01-519-7772 - Groin Protector Remarks:	1:1	0:0	No	0	No
8415-01-520-7449 - Head Protection, Boxing Remarks:	1:1	0:0	No	0	No
8465-01-F00-4006 - Mitts, Punch - Modern Army Combatives Kit (MACK) Remarks:	1:3	0:0	No	0	No
<i>(Note: Asterisk before ID indicates a TADSS.)</i>					

#### Materials Required

##### *Instructor Materials:*

Lesson Plan, PowerPoint slides of content, Practical Exercise, Student Handouts as needed, visitor's folder, white board, dry erase markers, and references pertaining to this lesson plan.

##### *Student Materials:*

Lesson Plan, PowerPoint slides of content, Student Handouts as needed, and references.

#### Classroom, Training Area, and Range Requirements

<u>ID - Name</u>	<u>Quantity</u>	<u>Student Ratio</u>	<u>Setup Mins</u>	<u>Cleanup Mins</u>
17136BEL3-36 CRXXIB-EL3: Classroom XXI Automation-Aided Instructional Building Advanced Technology-Enhanced Level 3, 36 Persons Remarks: This classroom is located in building 933, on Main Post Fort Benning, GA.	1	0:0	0	0
85210-3700 Organizational Vehicle Parking, Paved, 3700 Square Yard Remarks: Parking used by Students, Instructors and Visitors.	1	0:0	0	0
17120-108630-36 General Instruction Building, 108630 Square Foot, 36 Persons Remarks: Briant Wells Fieldhouse building 933.	1	0:0	0	0

#### Ammunition Requirements

<u>DODIC - Name</u>	<u>Exp</u>	<u>Student Ratio</u>	<u>Instruct Ratio</u>	<u>Spt Qty</u>
None				

**NOTE:** Before presenting this lesson, instructors must thoroughly prepare by studying this lesson and identified reference material.

**NOTE: Before presenting this lesson, instructors must thoroughly prepare by studying this lesson and identified reference material. To prevent injuries, the instructor must consider the following safety precautions before conducting Combatives training:**

- a. Supervise all practical work closely and constantly. Never leave a group unsupervised.
- b. Familiarize the Soldiers with each maneuver by a complete explanation and demonstration before they attempt the moves.
- c. Do not allow the Soldiers to get ahead of the instruction.
- d. Ensure the training partner offers resistance, but allows the maneuver to be freely executed during the learning stages and while perfecting the techniques.
- e. Ensure there is adequate space between Soldiers during practical work, for example, allow at least an 8-foot square for each pair of Soldiers.
- f. Ensure that Soldiers empty their pockets, and remove their jewelry, and identification tags before training.
- g. Stress that only simulated strikes to vital points, such as the head, neck, and groin areas are to be executed.
- h. Ensure that Soldiers understand the use of both physical tapping and verbal signals to indicate to the partner when to stop the pressure in grappling and choking techniques.
- i. Make sure Soldiers warm up and stretch properly before practical work.
- j. Teach and practice fall before conducting throws.
- k. Ensure that the Soldier to be disarmed does not place his finger in the trigger guard during rifle and bayonet disarming.
- l. Make sure Soldiers keep scabbards on knives and bayonet firmly attached to rifles while learning bayonet disarming methods.
- m. use bayonet scabbards or rubber knives during knife disarming training.

**NOTE: Two demonstrators a (Tactical or Master Trainer) will perform the technique at combat speed, assistant instructor must not allow student to get ahead.**

**NOTE: Instructors will immediately address any disrespectful behavior, unsportsmanlike conduct, or overly enthusiastic Soldiers during the practical exercises. While an increase in resistance creates more realistic training for the Soldiers, it can also lead to overly competitive displays of strength and frustration. Bruised egos, hurtful pride, and inexperience can all quickly become safety hazards in the classroom environment. To facilitate this, instructors should foster an environment of respect among Soldiers as well as exercise control while training.**

**NOTE: The most common injury in ground grappling occurs to the Soldier's ribs. The cause of these injuries is often improper transition from position to position. It must be stressed to students that while transitioning from one position to another, space between the Soldiers must be minimized. The Soldier moving to the dominant position must continually strive to stay tight to their training partner. Not only is this safer, but**

**will preclude allowing space for the Soldier to escape the position.**

General Lesson Guidance:

1. Two (Combative Master Trainers) or (Tactical Combative Instructor) will act as demonstrators and perform the techniques at combat speed.
2. The instructor will then talk the two demonstrators through the technique using the step-by-step method of instructions.
3. The instructor will have the student pair up and "drill" the technique slowly, while observing the student pairs and illuminating any key points.
4. Review presentation and develop a list of questions to use during class.
5. Have on hand identified reference material linked to lesson plan.
6. Review and properly prepare conference / discussion material presented.
7. Ensure all equipment listed for this lesson plan (LP) is present, operable, and set up for use before class.
8. Refer to the practical exercise, Appendix C, of this lesson plan. If required, develop additional situations to use during the practical exercise.
9. PowerPoint users: Ensure the SLI file you are using has been called up using Microsoft PowerPoint Viewer and SLI / slide 1 is showing on the screen before class.
10. Whenever noted, slides are available to assist in explanation of task steps. Use slides as needed during class or practical exercise to reinforce training. The instructor may choose to use / not use the LP SLIs as developed, modify the existing SLIs content / order or insert new material as is necessary based on audience analysis to assist in Soldier learning. Changes must be annotated as a pen / ink changes on the vault file master LP, be approved through the Senior Instructor and 316th CAV Development Team notified. Content must support lesson objectives.
11. Whenever necessary, ask leading questions of Soldiers in order to prompt Soldier discussion.
12. Most materials associated with this LP are provided to resident AC Soldiers in digital format loaded on their school issued laptop computers unless stated in instructional notes. TASS BN instructors will have to issue all necessary materials to Soldiers in hard copy unless they have individual Soldier laptop / digital capability.
13. Encourage Students to relate their first hand experiences during the activities.
14. Facilitate this lesson using appropriate methodologies.
15. Control group activities using appropriate Instructor techniques.

Instructor will utilize the current OE, CALL Lessons Learned/ OIL to draw interest and apply relevance during their Instructional Lead in and to solicit feedback/ draw upon Soldiers' experiences.

Instructor will implement approved Lessons Learned that affect existing lesson plans and programs of instruction without resource implications (resource growth). These changes can be made to lesson plans and POIs by way of redlining the documents and updating lesson plans in the TDC database. Recommended changes will be forwarded to the MCoE Training Directorate in order to affect changes/updates to the POI for submission to TOMA, G3 TRADOC. This

phase is conducted by the Squadron and followed up by the Brigade L2I representative to verify actions have been completed. For changes which require additional resources or growth, the Brigade will develop a rationale submission, and submit to DOTD to go through the MCoE resource approval process.

<http://call.army.mil>

This Lesson Supports the Course Outcome:

1. Illustrate the fundamentals of striking and stand-up fighting
2. Participate as assistant instructor for Basic Combatives Certification
3. Demonstrate the ability to exercise restraint while performing as punchers during Optin 3 drill
4. Plan, conduct and supervise company's Basic Competitive Events.
5. Advise command on increasing COMbatives effectiveness within their units.

This lesson supports the following General Learning Outcome:

1. Soldiers and Civilians proficient in leader attributes and competencies.
2. Soldier and Civilians proficient in character, competence, and commitment as trusted Army Professionals.
3. Soldier and Civilians demonstrate proficiency in mission command philosophy.
4. Soldier and Civilians demonstrate capacity in creative-critical thinking.
5. Soldier and Civilians demonstrate proficiency in communications skills.
6. Soldier and Civilians demonstrate demonstrate proficiency in cultural awareness, cross cultural competencies in the strategic environment of 2025 and beyond.
7. Soldier and Civilians pursue Comprehensive Fitness/ Resiliency Skills and Performance Enhancement Skills.
8. Soldier and Civilians pursue Lifelong learning, self-assessment, and goal setting.
9. Soldier and Civilians support Army Policies, programs, and processes.
10. Soldier and Civilians are technically and tactically competent.

Consideration during Facilitations:

Keys to facilitation

A. Create action in the classroom

1. Avoid lecturing
2. Engage students in learning through activities

B. The classroom layout sets the tone

1. What layout is best for the desired setting?
  - a. Group work: tables and semi-private or secluded workspaces
  - b. Take focus off of the instructor and placed on the group but still allowing interaction with the instructor

C. Create expectation in students that they will participate in learning

1. This is difficult if students have been conditioned to be passive learners
  - a. Be patient and provide guidance and positive reinforcement
  - b. As students succeed they will change their expectations

D. Some will continue to want to be passive learners despite your best efforts – do not be discouraged, eventually they may participate or other students may influence them to participate



Tips for facilitating discussion:

1. Two demonstrators (Combatives Master Trainer)
2. The instructor will then talk the 2 demonstrators through the technique using the step-by-step method of instructions.
3. The instructor will then talk the students through the technique using the step-by-step method of instructions.
4. The instructor will have the student pair up and "drill" the technique slowly, while observing the student pairs and illuminating any key points.
5. Have on hand identified reference materials linked to the lesson plan.
6. Review presentation and develop a list of questions to use during class.
7. Review and prepare conference/discussion material presented.
8. Ensure all equipment listed for this Lesson Plan (LP) is present, operable, and set up for use before class.
9. PowerPoint users: Ensure the Instructor's file has been called up using Microsoft PowerPoint Viewer and Instructor/slide 1 is displayed on the screen before class.
10. Whenever noted, slides are available to assist in explanation of task steps. Use slides as needed during class or practical exercise to reinforce training. The Instructor may choose to use/not use the LP SLIs as developed, modify the existing SLIs content/order or insert new material as is necessary based on audience analysis to assist in Soldier learning. Changes must be annotated as a pen/ink change on the vault file master LP, VIP LP, and Instructor LP.
11. Whenever necessary, ask leading questions of Soldiers in order to prompt Soldier discussion.
12. Most materials associated with this LP are provided to Soldiers in digital format loaded on their school issued CD and student handout unless stated within instructional notes. Instructor will have to issue all necessary materials to Soldiers in hard copy unless they have individual Soldier laptop/digital capability.
13. Encourage Soldiers to relate their first hand experiences during the activities.
14. Facilitate this lesson using Instructor's methodologies.
15. Control group activities using Instructor's techniques.

**Proponent Lesson  
Plan Approvals**

<u>Name</u>	<u>Rank</u>	<u>Position</u>	<u>Date</u>
Mark Fariello	Not available	Approver	30 Apr 2018

## SECTION II. INTRODUCTION

Method of Instruction: Discussion (Small or Large Group)  
Mode of Delivery: Resident Instruction  
Instr Type (I:S Ratio): Military - ICH (1:12)  
Time of Instruction: 10 mins

### Motivator

Instructor will facilitate a brief Soldiers' discussion on the lesson plan motivator. A motivator can be in the form of a discussion, short demonstration, or video that should:

1. Provide relevance and significance to the lesson.
2. Gain Soldier's interest and focus the Soldier's on what they are to learn.
3. Explain why the Soldier's need to perform the learning objective and the consequences of nonperformance.
4. Explain the actual job or battlefield conditions that make mastering the terminal learning objective essential for the Soldiers.
5. Cadre will utilize OE, CALL Lesson Learned/OIL to draw interest and apply relevance.

### Terminal Learning Objective

**NOTE.** Inform the students of the following Terminal Learning Objective requirements.

At the completion of this lesson, you [the student] will:

Action:	Apply Body Positioning Attacks
Conditions:	As a buddy team, in an approved Combatives training environment IAW TC 3-25.150, while wearing sterile ACU's and appropriate footgear (if outdoors).
Standards:	At the completion of this lesson, you (the students) will have correctly demonstrated proficiency of the following techniques as outlined in the following Learning Step Activity (LSA)s.  1. Employ Attacks from the Mount 2. Employ Attacks from the Rear Mount 3. Employ Attacks from the Guard 4. Employ Knee Mount 5. Employ Leg Attacks
Learning Domain - Level:	Psychomotor - Precision
No JPME Learning Areas Supported:	None

### Safety Requirements

Classroom:

1. There are no special safety considerations for this lesson. Instructors will use the facility Standing Operation Procedure (SOP) to provide a safety brief as part of the introduction. Soldiers will react to any emergency situation In Accordance With (IAW) the facility SOP.
2. In the event of a fire, Soldiers will exit the classroom in an orderly manner (last one out closes the door); meet at the location the Primary Instructor has designated; class leader will hold an accountability formation and report his findings to Primary Instructor.

3. In the event of severe weather or tornado, Soldiers will exit the classroom in an orderly manner; move to the location the Primary Instructor has designated (basement or center of building); class leader will hold an accountability formation and report his findings to Primary Instructor.

Field:

1. Soldiers will be given a safety brief. Seasonal conditions affecting weather, daylight, and night will affect maneuver and Training.
2. Risk assessment level will be determined by the Instructor in the field IAW applicable MCoE Policies and the approved DD Form 2977 (Deliberate Risk Assessment Worksheet) SEP 2014.
3. Senior Instructor will conduct a daily risk assessment IOT identify changed conditions.

#### Risk Assessment Level

**Medium - The operations officer, in cooperation with the principal instructor, will prepare a risk assessment using the before, during, and after checklist and the risk assessment matrixes contained in Risk Management ATP 5-19.**

Assessment: NONE

Controls: NONE

Leader Actions: Safety briefing to all students.

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#### Environmental Considerations

**NOTE:** Instructor should conduct a risk assessment to include environmental considerations IAW the current environmental considerations publication, and ensure students are briefed on hazards and control measures.

This statement is automatically placed in environment:

NOTE: Instructor should conduct a Risk Assessment to include Environmental Considerations IAW FM 3-34.5, Environmental Considerations {MCRP 4-11B}, and ensure students are briefed on hazards and control measures.

Based on its commitment to environmental protection, the Army will conduct its operations in ways that minimize environmental impacts. It is the responsibility of all Soldiers, DA civilians and Government Contractors to protect the environment from damage.

#### Instructional Lead-in

In this lesson you will learn how to apply Tactical Striking Techniques effectively and how to move as to control the range at which you are throwing these strikes. With combinations and counter strikes you will be able to properly fight an opponent and finish the fight on your feet, if the situation deems it so.

1. The instructor will verify the classrooms, ranges and/or training areas have been scheduled.
2. The instructor will ensure all training materials, equipment is available and operational. Ensure that there is adequate space between Soldiers during all practical work ( i.e., allow at least an 8-square-foot training space for each Soldier).
3. The instructor will set-up the classroom, range and/or training area at a minimum of 30 minutes prior to the start of training.
4. Instructor will identify the technique to present and paraphrase the instructional lead-in.
5. Two demonstrators (Combatives Master Trainers or Tactical Combatives Instructor qualified) will perform the technique at combat speed.

6. The instructor will then talk the demonstrators through the technique using the step-by-step method of instructions.
7. The instructor will then talk the students through the technique using the step-by-step method of instructions.
8. The instructor will have the student pairs "drill" the technique slowly, while observing the student pairs and illuminating any key points. Do not allow Soldiers to get ahead of the instruction.
9. As needed, the instructor will repeat steps three and four until students are proficient at the technique.

## SECTION III. PRESENTATION

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TLO - LSA 1.            Learning Step / Activity TLO - LSA 1. Employ Attacks from the Mount

Method of Instruction: Drill and Practice

Mode of Delivery: Resident Instruction

Instr Type (I:S Ratio): Military - ICH (1:12)

Time of Instruction: 2 hrs

Media Type: Unassigned

Other Media: Unassigned

Security Classification: This course/lesson will present information that has a Security Classification of: U - Unclassified.

### Objectives:

1. Understand the proper procedures and techniques in employing Attacks from the Mount.
2. Demonstrate the proper procedures and techniques in employing Attacks from the Mount.

### **PAPERCUTTER CHOKE**

When in the mount, choking the enemy is the best way to finish the fight.

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

#### **1. PAPERCUTTER CHOKE (MOUNT)**

- a. Soldier begins in the Mount.
- b. Soldier opens the enemy's same side collar with his/her non-dominant hand.
- c. Soldier 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.
- d. Soldier pulls the opposite side of the enemy's collar tight against the enemy's neck with the non-dominant hand.
- e. Soldier drives dominant side forearm across the enemy's neck and pulls enemy's collar into his/her chest with the non-dominant hand.

#### **2. NUTCRACKER CHOKE**

- a. Soldier begins in the Mount.
- b. Soldier secures both sides of the enemy's collar from the outside with palms facing the enemy's neck, place four fingers in the collar and clinching hands into a fist.
- c. Soldier pulls up on both side of collar.
- d. Soldier 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

#### **3. LEANING CHOKE**

- a. Soldier begins in the Mount.
- b. Soldier secures both sides of the enemy's collar near the enemy's chin.
- c. Soldier 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.
- d. Soldier pulls other hand tight and leans into the fist on the enemy's neck.

#### **4. SLEEVE CHOKE**

- a. Soldier begins in the Mount.
- b. Soldier reaches one arm underneath the enemy's head.
- c. Soldier reaches into the other sleeve and secures a tight grip.
- d. Soldier makes a fist with their free hand and pulls it across the enemy's neck
- e. Soldier straightens their arms to finish the choke

Check on Learning:

Assess the Soldiers developing (skills/knowledge/situational awareness) by observation, question and Soldier explanations.

Review Summary:

Facilitate brief discussion with students to determine if lesson objectives/concepts have been covered.

TLO - LSA 2.      Learning Step / Activity TLO - LSA 2. Employ Attacks from the Rear Mount

Method of Instruction: Drill and Practice

Mode of Delivery: Resident Instruction

Instr Type (I:S Ratio): Military - ICH (1:12)

Time of Instruction: 1 hr 30 mins

Media Type: Unassigned

Other Media: Unassigned

Security Classification: This course/lesson will present information that has a Security Classification of: FOUO – For Official Use Only.

Objectives:

1. Understand the proper procedures and techniques in employing Attacks from the Rear Mount.
2. Demonstrate the proper procedures and techniques in employing Attacks from the Rear Mount

#### **1. COLLAR CHOKE**

- a. Soldier begins in the Rear Mount.
- b. Soldier opens the enemy's same side collar with the underhook hand.
- c. Soldier inserts the thumb of the overhook hand into the enemy's collar and secures it on the underhook side.
- d. Soldier reaches underhook hand across the enemy's body and secures the opposite side collar.
- e. Soldier removes slack from collar, extends arms, and pushes outward with both hands.

#### **2. SINGLE WING CHOKE**

- a. Soldier begins in the Rear Mount.
- b. Soldier opens the enemy's same side collar with the underhook hand.
- c. Soldier inserts the thumb of the overhook hand into the enemy's collar and secures it on the underhook side.

- d. Soldier pulls the enemy's arm away from his/her body at the elbow with the underhook arm.
- e. Soldier brings arm behind the enemy's head.
- f. Soldier extends both arms.

### **3. STRAIGHT ARM BAR FROM REAR MOUNT**

- a. Soldier begins in the Rear Mount.
- b. Soldier opens the enemy's same side collar with the underhook hand.
- c. Soldier inserts the thumb of the overhook hand into the enemy's collar and secures it on the underhook side.
- d. Soldier secures the enemy's same side shoulder with the underhook hand.
- e. Soldier pulls the enemy backward and shifts hips to the underhook side.
- f. Soldier drives leg on same side as the underhook across the enemy's belt line.
- g. Soldier pushes the enemy's head to the ground with the overhook arm.
- h. Soldier steps over the enemy's head with the leg closest to the head.
- i. Soldier pulls heels to buttocks and secures the enemy's near side arm with both hands.
- j. Soldier pinches together at the knees and finishes the technique.

Check on Learning:

Assess the Soldiers developing (skills/knowledge/situational awareness) by observation, question and Soldier explanations.

Review Summary:

Facilitate brief discussion with students to determine if lesson objectives/concepts have been covered.

TLO - LSA 3. Learning Step / Activity TLO - LSA 3. Employ Attacks from the Guard

Method of Instruction: Drill and Practice

Mode of Delivery: Resident Instruction

Instr Type (I:S Ratio): Military - ICH (1:12)

Time of Instruction: 2 hrs 30 mins

Media Type: Unassigned

Other Media: Unassigned

Security Classification: This course/lesson will present information that has a Security Classification of: FOUO – For Official Use Only.

Objectives:

- 1. Understand the proper procedures and techniques in employing Attacks from the Guard.
- 2. Demonstrate the proper procedures and techniques in employing Attacks from the Guard.

### **1. ELEVATOR SWEEP FROM THE GUARD (OPTION 1)**

\*\*\*Soldier begins with the training partner (enemy) in his/her Guard. Training Partner attempts to pass the Guard and posts hand on the ground between the Soldier's leg.\*\*\*

- a. Soldier secures the enemy's posted arm at the wrist with the same side hand.
- b. Soldier rotates the same side foot underneath the enemy's leg and posts it on the ground.
- c. Soldier secures the enemy's opposite arm at or above the elbow with a thumb grip.
- d. Soldier turns into the enemy and places opposite knee on the ground.
- e. Soldier raises posted foot and sweeps the bottom leg underneath the enemy.
- f. Soldier rolls into the Mount.

## **2. ELEVATOR SWEEP FROM THE GUARD (OPTION 2)**

\*\*\*Soldier begins with the training partner (enemy) in his/her Guard. Training Partner attempts to pass the Guard and posts hand on the ground between the Soldier's leg\*\*\*

- a. Soldier secures the enemy's posted arm at the wrist with the same side hand.
- b. Soldier rotates the same side foot underneath the enemy's leg and posts it on the ground.
- c. Soldier secures the enemy's opposite arm at or above the elbow with a thumb grip.
- d. Soldier turns into the enemy and places opposite knee on the ground.
- e. Soldier raises posted foot and sweeps the bottom leg underneath the enemy.
- f. Soldier rolls into the Mount.

## **3. ELEVATOR SWEEP FROM ESCAPE THE MOUNT, SHRIMP TO GUARD**

\*\*\*Soldier begins with the training partner (enemy) in Mount giving the Soldier straight arms. Training Partner posts a foot when the Soldier attempts to trap it\*\*\*

- a. Soldier blocks the enemy's knee from returning to the ground with the same side elbow.
- b. Soldier turns into the enemy's posted leg and shrimps so that his/her hips clear the enemy's opposite side leg.
- c. Soldier rotates hips and circles the foot closest to the enemy's posted leg around the posted leg to collapse it.
- d. Soldier pushes the enemy's opposite leg and shifts his/her hips to hook the inside of the enemy's knee on the same side.
- e. Soldier turns into the enemy and reaches across the enemy's body to secure his/her collar with fingers inside the collar.
- f. Soldier uses free arm to secure the enemy's elbow on the same side.
- g. Soldier raises the enemy's hooked thigh and sweeps the bottom leg underneath the enemy.
- h. Soldier rolls into the Mount.

## **4. REVERSE BENT ARM BAR FROM THE GUARD**

\*\*\*Training Partner (enemy) is in the Soldier's Guard with both hands posted on the ground on either side of the Soldier's hips\*\*\*

- a. Soldier secures a thumb grip on one of the enemy's wrists.
- b. Soldier opens Guard, posts both feet on the ground, and squeezes together at the knees.
- c. Soldier sits up and turns into the enemy's arm that s/he secured.



- d. Soldier reaches around the enemy's arm and secures a Figure-Four on own wrist.
- e. Soldier falls backward and turns into the enemy.
- f. Soldier moves top leg on top of the enemy's spine.
- g. Soldier hooks bottom leg on the enemy's opposite side hip.
- h. Soldier keeps the enemy's arm tight against chest and continues to turn into the enemy to apply pressure to the shoulder joint.

## **5. HIP HEIST SWEEP**

\*\*\*Training Partner (enemy) is in the Soldier's Guard with both hands posted on the ground on either side of the Soldier's hips\*\*\*

- a. Soldier secures a thumb grip on one of the enemy's wrists.
- b. Soldier opens Guard, posts both feet on the ground, and squeezes together at the knees.
- c. Soldier sits up and turns into the enemy's arm that s/he secured.
- d. Soldier reaches over the enemy's shoulder and secures an upside-down thumb grip on the enemy's elbow.
- e. Soldier releases the enemy's wrist and posts arm.
- f. Soldier drives hips into the enemy and pulls down on the enemy's elbow.
- g. Soldier rolls into the Mount.

## **6. GUILLOTINE CHOKE FROM THE GUARD**

\*\*\*Training Partner (enemy) is in the Soldier's Guard with both hands posted on the ground on either side of the Soldier's hips\*\*\*

- a. Soldier secures a thumb grip on one of the enemy's wrists.
- b. Soldier opens Guard, posts both feet on the ground, and squeezes together at the knees.
- c. Soldier sits up and turns into the enemy's arm that s/he secured.
- d. Soldier reaches around the enemy's arm and attempts to secure the enemy's elbow.

\*\*\*Training Partner (enemy) drives forward into the Soldier\*\*\*

- e. Soldier reaches arm around the enemy's neck with palm facing his/her own body.
- f. Soldier releases the enemy's wrist and secures own wrist with a thumbless grip.
- g. Soldier falls back and locks the Guard.
- h. Soldier pulls up with arms, arches back, and performs an oblique crunch to the side of the enemy's head.

Check on Learning:

Assess the Soldiers developing (skills/knowledge/situational awareness) by observation, question and Soldier explanations.

Review Summary:

Facilitate brief discussion with students to determine if

lesson objectives/concepts have been covered.

TLO - LSA 4. Learning Step / Activity TLO - LSA 4. Employ Knee Mount

Method of Instruction: Drill and Practice

Mode of Delivery: Resident Instruction

Instr Type (I:S Ratio): Military - ICH (1:12)

Time of Instruction: 1 hr 40 mins

Media Type: Unassigned

Other Media: Unassigned

Security Classification: This course/lesson will present information that has a Security Classification of: FOUO – For Official Use Only.

Objectives:

1. Understand the proper procedures and techniques in employing Knee Mount.
2. Demonstrate the proper procedures and techniques in employing Knee Mount.

### **1. KNEE MOUNT FROM SIDE CONTROL**

Knee mount is a dominant body position between side control and mount. The Soldier can also use this position to apply multiple submissions or to finish the fight with strikes.

- a. Soldier achieves Side Control
- b. Soldier with the hand closet to the enemy's head grasps their enemy's collar on either side.
- c. Soldier with his other hand grasps the enemy's belt or uniform over their hip.
- d. Soldiers pushes up with both hands and with one swift movement the Soldier post their head-side leg beyond the enemy's reach and drives their other shin across their torso.

**NOTE: The Soldier hooks their foot inside of the enemy's hip so that there is no space for them to reach in between. The Soldier keeps their hips set forward to maintain balance.**

### **2. NEAR ARM SIDE BAR FROM THE KNEE MOUNT**

When in the Knee Mount, the enemy may try to push the Soldier away with their near side hand. If this occurs, the Soldier should use the below technique.

- a. Soldiers achieves the Knee Mount.
- b. Soldier grasps the opponent's head with the closest hand and grasps the enemy's collar on either side.
- c. Soldier graps the enemy's belt or uniform over their hip with the other hand.
- d. Soldier pushes up with both hands, and with one swift movement post his head side leg beyond the enemy's reach and drives his other chin across the enemy's torso.

**NOTE: The Soldier hook their foot inside of the enemy's hip so that there is no space for them to reach in between. The Soldier keeps their hips set forward to maintain balance.**

**NOTE: If the enemy pushes up with their near side arm, the Soldier grasps it at the elbow with their arm that is securing the hip with an overhook grip.**

Soldier steps over the enemy's head with their same side leg and sits down as close to the enemy's shoulder as possible.

Soldier lays back into the straight arm bar at a slight angle to finish the technique.

**NOTE: The Soldier may need to twist slightly toward the enemy's legs to prevent them from rolling out of the technique.**

The Soldier does not need to bring their other leg across their enemy's body. As with any submission technique, apply the straight arm bar using slow, steady pressure, and release as soon as the training partner taps.

### **3. REVERSE BENT ARM BAR FROM THE KNEE MOUNT**

- a. Soldier begins in Knee Mount.
- b. Soldier secures the enemy's far side wrist with a thumb grip with the hand closest to the enemy's legs
- c. Soldier drives knee on the enemy's chest to the enemy's neck notch on the same side.
- d. Soldier reaches underneath the enemy's secured arm and secures a Figure Four on own wrist.
- e. Soldier rotates around the enemy's head so that the enemy is on his/her side and the enemy's head is between the Soldier's knees.
- f. Soldier 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.

Check on Learning:

Assess the Soldiers developing (skills/knowledge/situational awareness) by observation, question and Soldier explanations.

Review Summary:

Facilitate brief discussion with students to determine if lesson objectives/concepts have been covered.

Method of Instruction: Drill and Practice  
Mode of Delivery: Resident Instruction  
Instr Type (I:S Ratio): Military - ICH (1:12)  
Time of Instruction: 30 mins  
Media Type: Unassigned  
Other Media: Unassigned  
Security Classification: This course/lesson will present information that has a Security Classification of: FOUO – For Official Use Only.

Objectives:

1. Understand the proper procedures and techniques in employing Leg Attacks.
2. Demonstrate the proper procedures and techniques in employing Leg Attacks.

**1. STRAIGHT ANKLE LOCK**

\*\*\*Training Partner (enemy) begins on back with legs in the air\*\*\*

- a. Soldier wraps arm around the top of one the enemy's legs.
- b. Soldier steps to the same side of the trapped leg and places opposite foot between the enemy's legs at the tailbone.
- c. Soldier squats down and secures a Figure Four grip around the enemy's leg.
- d. Soldier 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 Soldier's armpit.
- e. Soldier postures up and arches back to finish the technique.

**2. STRAIGHT KNEE BAR**

\*\*\*Training Partner (enemy) begins on back with legs in the air\*\*\*

- a. Soldier wraps arm underneath and around one of the enemy's same side legs at the knee.
- b. Soldier posts opposite arm outside of the enemy's hip on the same side as the trapped leg.
- c. Soldier drives same side knee as the posted arm across the enemy's thigh and hooks the enemy's groin with the foot.
- d. Soldier turns into the enemy's isolated leg and moves his opposite leg behind the enemy's tailbone.
- e. Soldier secures the enemy's lower leg with both arms and keeps it tight to the chest.
- f. Soldier stays close to the enemy's hips, pinches knees together, and extends body.

Check on Learning:

Assess the Soldiers developing (skills/knowledge/situational awareness) by observation, question and Soldier explanations.

Review Summary:

Facilitate brief discussion with students to determine if lesson objectives/concepts have been covered.

## SECTION IV. SUMMARY

Method of Instruction:	Discussion (Small or Large Group)
Mode of Delivery:	Resident Instruction
Instr Type(I:S Ratio):	Military - ICH (1:12)
Time of Instruction:	10 mins

### Check on Learning

Assess the Soldiers developing (skills/knowledge/situational awareness) by observation, question and Soldier explanations.

### Review/ Summary

Facilitate brief discussion with students to determine if lesson objectives/concepts have been covered.

## SECTION V. STUDENT EVALUATION

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### **Testing Requirements**

1. This lesson plan will be informally assessed/evaluated during class using checks on learning such as questions and answers and a practical exercise that is performance based.
2. This lesson plan will be formally assessed/evaluated in (FRBB012), and in accordance with the Individual Student Assessment Plan (ISAP). See training schedule for time.
3. Evaluation determines whether a standard was met; success or failure
4. Assessment provides feedback on performance; Strengths, Areas of Improvement, and Insights

### **Feedback Requirements**

Feedback is essential to effective learning. Instructor will give formative verbal feedback to students throughout the lesson. Schedule and provide feedback on the assessment/evaluation and any information to help answer Soldiers questions about the training exercise.

## Appendix A - Viewgraph Masters

### Body Movement Techniques (Tactical) 071-FRGBB004 / Version 02.0 ©

Sequence	Media Name	Media Type
None		

## **Appendix B - Assessment Statement and Assessment Plan**

**Assessment Statement: None.**

**Assessment Plan: None.**



## Appendix C - Practical Exercises and Solutions

**PRACTICAL EXERCISE(S)/SOLUTION(S) FOR LESSON 071-FRGBB004 Version 02.0 ©**

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## Appendix D - Student Handouts

### Body Movement Techniques (Tactical) 071-FRGBB004 / Version 02.0 ©

Sequence	Media Name	Media Type
None		