

**CRM LESSON PLAN REPORT**  
**LIVE TRAINING SCENARIOS (TACTICAL)**  
**071-FRGBB005 / 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 Live Training that will consist of Tactical Combatives Striking Skills Techniques, Clinch Fighting Techniques, Body Positioning Techniques and Body Positioning Movements.

The students will correctly apply, conduct and employ these techniques using live training in real time with a fully resistant opponent, using the Ground Sparring, Clinch Sparring, Standing Strikes Sparring and Full Sparring IAW TC 3-25.150, and the performance in this lesson plan.

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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>
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None

### POIs

<u>POI Number</u>	<u>Version</u>	<u>Title</u>	<u>Phase</u>	<u>Status</u>
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9E-F11/950-F7 (MC)	02.0 ©	Tactical Combatives	0	Analysis
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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>
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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>
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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	6 hrs	10 mins	ELM - Apply
Yes	2 hrs	40 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 Counseling
0 hrs	30 mins	Student Re-test
0 hrs	10 mins	Student Re-train
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Total Hours (60 min):	1 hrs	20 mins

Test Lesson(s)

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

**Prerequisite Lesson(s)****Hours**

None

**Lesson Number Version****Lesson Title****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**

<u>Number</u>	<u>Title</u>	<u>Date</u>
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 study the following pages in accordance with TC 3-25.150: pages 4-4 thru 4-22, 4-29 thru 4-31, 4-39 thru 4-50, 4-53 thru 4-68, 4-78 thru 4-81, 5-9 thru 5-11, 5-20 thru 5-23 and pages 5-31 thru 5-49.

**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**

None

**Additional Support Personnel Requirements**

<u>Name</u>	<u>Student Ratio</u>	<u>Qty</u>	<u>Man Hours</u>
Combat Lifesaver	1:36		
Remarks:			

**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>
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-C12-6454 - Gloves Boxing, Grant Hook & Loop Remarks:	1:3	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.

Student must have sufficient uniforms, water source, shower shoes and mouth piece.

#### 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>
17136BEL3-12 CRXXIB-EL3: Classroom XXI Automation-Aided Instructional Building Advanced Technology-Enhanced Level 3, 12 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 exercises 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 exercises.

**NOTE: Tactical or Master Trainer must supervise live training scenarios.**

**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 evaluators
2. Review presentation and develop a list of lesson learned.
3. Have on hand identified reference material linked to lesson plan.
4. Ensure all equipment listed for this lesson plan (LP) is present, operable, and set up for use before class.
5. 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.

6. 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 assistance instructor for Basic Combatives Certification
3. Demonstrate the ability to exercise restraint while performing as punchers during Optim 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 pursue Comprehensive Fitness/ Resiliency Skills and Performance Enhancement Skills.
4. Soldier and Civilians pursue Lifelong learning, self-assessment, and goal setting.
5. Soldier and Civilians support Army Policies, programs, and processes.
6. Soldier and Civilians are technically and tactically competent.

**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: ELM - Apply  
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 Live Training Scenarios
Conditions:	In a combative training facility, wearing sterile ACUs or other authorized uniform, 16 oz boxing gloves (gloves for striking only), mouth guard, groin protection and appropriate footgear (if outdoors) otherwise students should barefoot while on the mats. Training techniques will be executed in real time with a fully resistant opponent .
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 Head Injury Awareness 2. Employ knowledge of History of Combatives 3. Employ Live Training
Learning Domain - Level:	Psychomotor - Precision
No JPME Learning Areas Supported:	None

### Safety Requirements

Classroom:

1. 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/her 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.

**NOTE: Clinch Sparring should be done lightly and for longer periods of time (twenty minutes or more is common).**

**\*\*\*CAUTION: When throwing knee strikes, Soldier must take care to avoid injury to their training partner. All strikes should have no power behind them.**

**NOTE: Sparring for takedowns can and should be conducted both with and without a uniform top or blouse. Soldier must be able to exploit their enemy's clothing, but should not become dependent upon it.**

**NOTE: Allowing punches to the head too early can cause some Soldiers to become punch shy (overly cautious of being hit), which hinders their development.**

**\*\*\*CAUTION: Boxing is the most dangerous type of training in the combatives program. The key to safe and effective boxing is diligent supervision.**

**NOTE: Kicks should not be limited to the upper body, as is common in some martial arts.**

**NOTE: Training partners should train at the same skill level or higher to prevent injuries. The opponent must attack with a speed that offers the fighter a challenge, but does not overwhelm. Training is not and should not be a contest.**

**\*\*\*CAUTION: while safety equipment may protect the wearer from superficial wounds, such as a cut or a broken nose may occur, the safety equipment may not significantly reduce the risk of more serious injuries, such as brain trauma. In certain situations, it may make traumatic injuries more likely by creating the illusion of safety.**

## Level

**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.

## 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 all the skills currently learned. Live Training is executing these techniques in real time with a fully resistant opponent. Soldiers will be allowed to maximum use of training time simultaneously building muscle memory, refining basic techniques and enabling Soldier to warm up to prevent injuries.

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 have the student pairs "drill" the technique slowly, while observing the student techniques and form for precision. Monitor safety at all times and stop any unwanted behavior.

### SECTION III. PRESENTATION

**NOTE:** Inform the students of the Enabling Learning Objective requirements.

#### A. ENABLING LEARNING OBJECTIVE

<b>ACTION:</b>	Apply History of Combatives
<b>CONDITIONS:</b>	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).
<b>STANDARDS:</b>	<p>At the completion of this lesson, you (the students) will have correctly demonstrated proficiency in understanding the History of Combatives as outlined in the following Learning Step Activity (LSA)s.</p> <ol style="list-style-type: none"><li>1. Understand the History of Martial Arts</li><li>2. Understand the Past History of Combatives Training.</li><li>3. Understand History of Modern Combatives</li><li>4. Understand Basic Fighting Strategy</li></ol>
<b>LEARNING DOMAIN - LEVEL:</b>	Cognitive - Remembering
<b>No JPME LEARNING AREAS SUPPORTED:</b>	None

ELO A - LSA 1. Learning Step / Activity ELO A - LSA 1. Understand History of Martial Arts

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: 30 mins

Media Type: Unassigned

Other Media: Unassigned

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

#### HISTORY OF MARTIAL ARTS

Where do the martial arts come from? Most people would answer that they come from the orient. The truth is that every culture that has a need for martial arts has them. We have fighting manuals from medieval Europe that show many of the same techniques that we teach today. The ancient Greeks had wrestling, boxing and the pankration. There are paintings on the walls of Egyptian tombs over four thousand years old that show both armed and unarmed fighting techniques that would seem familiar to many of today's martial artists.

#### JITSU vs DO

There are some very instructive things about their history that are a microcosm of martial arts in general and that are very useful in understanding American attitudes about martial arts in particular.

Every Japanese martial art ends with either the word -jitsu or -do, for example Ju-Jitsu/Judo, Kenjitsu/Kendo, Aikijitsu/ Aikido. The original arts all end with -jitsu which means "the art or technique." They were created out of the necessity of violent times when there was a definite need for fighting ability.

The entire reason for the existence of the training was to produce competent fighters. The ability to fight well became less important as Japanese society became more settled and peaceful. This was true even for the members of the Warrior class- the Samurai. This, and the modernization of the Japanese military, resulted eventually in the banning of the wearing of the swords that were the badge of samurai rank, which effectively made the warrior class the same as everyone else.

This meant that there were thousands of men who had spent their entire lives training to fight who had no real need for their martial abilities. Most of them simply stopped training all together and became normal members of society, but a few of them looked deeper at the results of their training. They realized that they had gained much more than just the ability to fight.

Training in the martial arts had made them into the men that they were.

This then became the new reason for training. No longer was producing competent fighters of primary concern. The principle goal was to produce better people. One very good example of this is Jigoro Kano, the founder of Judo. As a young man Kano became an expert in several systems of Ju-Jitsu. However, not only was he an expert at Ju-Jitsu, he was also a teacher. He was director of the Tokyo Higher Normal School (precursor of the present Tokyo University of Education) for twenty three years and Chief of the Education Bureau of the Ministry of Education.

As Kano grew in his knowledge of Ju-Jitsu he realized that it could be used as a tool in developing better, more well-rounded people. With this in mind he formatted the Ju-Jitsu that he had learned into a better teaching tool and called it Judo. The main difference between the Ju-Jitsu that he learned and the Judo that he taught was the purpose. His teachers were mostly concerned with his fighting ability and skills. He on the other hand was more concerned with building the character of his students.

#### THE MODERN MARTIAL ARTS

Although we have been talking specifically about the Japanese martial arts, this evolution from Jitsu to Do, or in other words from concentrating on actual fighting ability to actual ability being of only secondary importance, is indicative of most of the modern martial arts world. If you read or listen to almost anything put out by someone in the contemporary martial arts community about training, it will almost invariably be colored by this change in the reason for training.

To put things in perspective, imagine an accountant somewhere in America trying to decide whether or not martial art training is practical. If training cost him \$100 a month, he will spend \$1200 per year. What are the odds that he will be robbed in a way that his training could stop for \$1200 per year? Therefore from a fiscal perspective it makes more sense to save his money. Now consider his chances of becoming injured in training as compared with his chances of becoming injured by an assault and you soon

see that, if you take away the notion that they may join the military, in a practical sense it really doesn't make much sense for the average citizen of a country at peace to train in the martial arts. As fighters became injured and funding a rising concern, American began to consider if the Arts were practical. Could the cost of injury outweigh the love of the sport? The result would render Martial Arts would become a lot of the sport as Baseball, Football and Basketball to name a few. They trained because they enjoyed the sport. Unlike others Modern Combatives training stands apart as the primary concern is to produce actual fighting ability both mentally and physically to produce a more capable and lethal Soldiers.

There are of course many good reasons to train that have little to do with the practical need for fighting ability. There are thousands of people across America who train to fight with a samurai sword. Very few of them believe they may need to defend themselves against sword wielding ninjas on the way to their car at the mall. They train because they enjoy it. For the same reason that people play baseball, or re-enact civil war battles or any other leisure activity. This of course is completely different from the situation of the Army.

Modern Combatives training therefore stands apart from the vast majority of martial arts training in that producing actual fighting ability is of primary concern. Both the mental and physical benefits of training produce more capable and lethal soldiers.

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.

ELO A - LSA 2. Learning Step / Activity ELO A - LSA 2. Understand History of Combatives Training

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: 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.

The first U.S. Army Combatives Manual was published in 1852. It was a translation of

a French bayonet fighting manual by a young Captain George McClelland. Bayonet fencing became the universally accepted method of training for the U.S. Army and European armies until its ineffectiveness in the trenches of World War I. Bayonet Fencing was recognized outside of the military as in the Olympic sports in 1936. Early foreign influence attempts were made to teach Soldier in an organized way on a large scale. President Theodore of the U.S. trained a Japanese Soldier "Yamashita Yoshitsugu" from his Judo room within the White House. Yasmashita later taught the Naval Academy and in 1920 a training manual was later published by An American Soldier CPT Allan Corstprphin Smith. The Army lost faith in skill based Combatives training because less time to train Soldiers in the skill and the failure of Bayonet fencing as a training method for trench warfare. In the interwar years such non-skill based training methods as Pugil sticks and the bayonet assault course gained prominence. As history teaches, World War II saw a flowering of attempts to successful Combative training. Top named boxers and wrestler were summons to aid the military in various services. The most successful programs were offshoots from the British Commando training taught by William E. Fairbairn and Eric A. Sykes. These two had trained the police force in Shanghai, China before the war, and Fairbairn- a second degree black belt in Judo- had been brought back to Britain early in the war. Fairbairn and his American protégé COL Rex Applegate, created a program that emphasized a limited number of simple, effective techniques and stressed the aggressiveness and incivility of real fights (COL Applegate wrote a manual titled "Kill or Get Killed" in 1943 and Fairbairn often referred to what he taught as "Gutter Fighting"). During the Post War years Combatives training ceased. There was a Field Manual, however actual training was reduced to initial entry training and was taught by drill sergeants with very little official training. There were two notable exceptions: the Air Force and the Marine Corps. The Air Force Strategic Air Command under General Curtis E. LeMay implemented a Judo program beginning in 1950. In 1952 the first class of 13 instructors went to Japan to train at the Kodokan- the premier Judo school in Tokyo. Between 1959 and 1962 there was a judo instructor course at Stead Air Force Base, Nevada which graduated nearly ten thousand instructors from a five week course. The Marine Corps adopted the Linear Infighting Neural Override Engagement (LINE) Combat System in 1988. Primarily designed by MSgt Ron Donvito, the LINE system was a systematic way to teach and practice techniques derived from traditional martial arts in an organized fashion, with techniques such as grabs and punches.

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: Discussion (Small or Large Group)  
Mode of Delivery: Resident Instruction  
Instr Type (I:S Ratio): Military - ICH (1:12)  
Time of Instruction: 20 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.

Both Air Force and Marine Corps programs had limited success but died out or were replaced for various reasons. The Air Force program was built around a club system. Instructors were placed at gyms around the force. All Airmen were given basic instruction in the institutional training pipeline and follow on training was made available at the post gymnasiums. The instructor cadre formed an Air Force “Black Belt Association” that eventually outgrew the Air Force becoming the “United States Judo Association,” which is the largest Judo organization in America. Eventually command influence waned and the program within the Air Force died. The insistence on “deadly” techniques did not fit the needs of the Marine Corps or the demands of the modern battlefield. Additionally, the techniques of the LINE system (defense to a grab, punch, chokes, etc.), which had been drawn from civilian martial arts, were reactive in nature. Reactive techniques, where the enemy initiates the action and the Soldier must react, are the norm for self-defense systems and passive martial arts of the civilian world. They do however have serious drawbacks as a basis for a Combatives system. The Russian system of SOMBO was developed specifically for the Military. SOMBO combines the techniques of Judo and Greco-Roman Wrestling as its foundation. The feeling was that the success of SOMBO was linked in its similarity to wrestling, making its basic components easier to learn, and less dependent on size and strength which later the Range committee tentatively decided the new system would be based on grappling. As the United States military continues to search the Combatives arena. In 1995, the Commander of the 2<sup>nd</sup> Ranger Battalion ordered a reinvigoration of Combatives training within his battalion.

The Army had a Combatives manual (FM 21-150 (1992)) but had no program to produce qualified instructors or any system for implementing the training in units other than the vague approach of leaving it to local commander’s discretion. The Rangers began to research the Russian SOMBO for a similar system as a base for their program. After looking at many different systems, the Rangers sent several men to train at the Gracie Ju-Jitsu Academy in Torrance, California. The Ju-Jitsu taught at the Gracie Academy fit many of the battalions needs. The Gracies had been originally taught by Meada Mitsuyo who was a representative of the Kodokan but had added the concept of a hierarchy of dominant body positions which gave both a strategy to win fights and an organized framework for learning. With weapons fighting lessons from Kali, the western martial arts, and the Rangers’ own experience from years in the infantry (including the limited combat of that era), by September 11th, 2001 the basis of a totally integrated system of “Close Quarters Combat” had been developed and a sound foundation from which to learn the lessons of the battlefields was created. As the program grew technically, its success made it grow outside of the battalion as well.

Training spread to the rest of the Ranger Regiment, then throughout the infantry, and eventually, with the publishing of the new Field Manual 3-25.150 (2002) written by Matt Larsen, it became doctrine Army wide. The Commander of the 11th Infantry Regiment, COL Mike Ferriter, brought Matt Larsen over to establish a training course for the cadre of the Regiment. This would eventually become the Level I Combatives Instructor Course. More supervision would be required as the training spread and this became the Level II course limited to ground grappling. Hand-to-hand fighting was viewed by some as a tool to build confidence in Soldiers just as it had been with pugil stick fighting and the bayonet assault course that had been around since World War I. The need to push the training into operational units and to make it more directly applicable to the battlefield as well as the need to provide higher level instructors to meet the needs of a global Army required the development of a longer instructor certification course for battalion master trainers. This would become the Level III course. Eventually the need to manage Combatives programs in larger units such as brigades or divisions required some instructors to have a higher level of training. This would become the Level IV instructor course.

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.

ELO A - LSA 4. Learning Step / Activity ELO A - LSA 4. Understand Basic Fighting Strategy

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: 20 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.

The basic form of combative continued to spread throughout the Army and opposition fighting just as hard. The tactical training methods taught in the Level III and IV courses were slow to become standard in the force. Because of this, although the program was extremely popular in some parts of the Army it had been in danger of going the way of the Strategic Air Command program and failing in its promise to bring realistic Combatives training to every Soldier. In 2009 Major General Mike Ferrier became the Commanding General of Ft. Benning. In order to revitalize the program he brought together Combatives training experts from around the Army and the civilian experts who had helped the program in the past in a symposium to find ways to improve the program. The curriculum of the Level I and II courses were updated with new tactical techniques and training methods which previously been taught in the Level III, IV and SOCP courses, and the new courses' names were changed to the



Basic Combatives Course and the Tactical Combatives Course. Training Soldiers efficiently in a systematic approach to both fighting and training fundamentals became with the understanding of dominant body position before more advanced techniques. When two untrained fighters meet, they instinctively fight using the ***universal fight plan***: they pummel each other with their fists until one of them receives enough damage that they cannot fight back effectively. Most forms of martial arts training are designed to make fighters better at executing this strategy. However, this approach has two drawbacks:

- One or both fighters are unarmed.
- Progress is solely dependent on the development of skill.
- Bigger, stronger, and faster fighters have a natural advantage. Developing enough skill to overcome these advantages requires more time than can be dedicated during institutional training.

The Combatives Program uses a more efficient approach, Fighting is taught in the context of strategy: the basic techniques serve as an educating metaphor to teach the ***basic fight strategy***. Fighters learn to defeat an opponent by controlling the elements of the fight: ***range, angle, and level***. The most important element of a fight is range. The Combatives Program has four ranges:

- Projectile.
- Striking.
- Clinching.
- Grappling.

**NOTE: According to the circumstances surrounding the conflict, fighters can use certain techniques to disable an opponent or force the opponent to submit.**

## **SOLDIER'S TACTICAL OPTIONS**

### **CREATE SPACE**

When in combat, a Soldier's primary goal should be to establish space between him and his attacker. He must create enough space to transition to his primary weapon.

### **MAINTAIN SPACE**

When in combat, Soldiers may be unable to create enough space and transition to their primary weapon. If unable to do so, they may need to maintain space to transition to their secondary weapon or close the distance, gain dominant body position and finish the fight. Secondary weapon may be strikes.

### **CLOSE THE DISTANCE**

When training Soldiers, the primary goal should be instilling the courage to close the distance. The willingness to close with the enemy is a defining characteristic of a Warrior, and the ability to do so against an aggressive opponent is the first step in using range to control a fight.

### **GAIN DOMINANT POSITION**

An appreciation for dominant position is fundamental to becoming a proficient fighter; it ties together what would otherwise be a list of unrelated techniques.

### **FINISH THE FIGHT**

If a finishing technique is attempted from dominant position and fails, the fighter can simply try again; if a finishing technique is attempted from any other position and fails, it will usually mean defeat. It is important to remember that these basic plans are not the “end all” of fight strategies but simply the first step in understanding the concept of controlling and winning fights by having superior tactics. Dominating your opponent is not dependent on gaining skills to be effective, rather it is based on employing effective and efficient tactics. Regarding most people who are only familiar with the universal fight plan, you can simply tackle them, fight for dominant position which your opponent will not understand, and then finish the fight by striking.

*“The defining characteristic of a warrior is the willingness to close with the enemy.”*

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.

### **CHECK ON LEARNING (ELO A):**

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

### **REVIEW SUMMARY(ELO A):**

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

TLO - LSA 1.

Learning Step / Activity TLO - LSA 1. Employ Head Injury Awareness

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: 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.

Instructor refer to Instructor handout #2 "Identifying Head Injuries

**NOTE: Instructors should fully understand the impact of head injuries surrounding Combatives training. Soldier should listen to their bodies and**

**become aware of any significant changes during training.**

1. Some of the common head injuries:

a. Concussion

b. Skull Fractures.

c. Facial Injuries

2. Other less common head injuries are hematomas, secondary injuries, impact syndrome and post concussions. Concussion according to the Defense and Veteran Brain Injury Center, is "An injury to the brain resulting from an external and/or acceleration deceleration mechanism from an event such as a blast, fall, direct impact, or motor vehicle accident".

a. Such concussion can be sustained from being hit in the head with any foreign object.

b. Whiplash or fast jerking motion and explosions.

3. The many ways to recognize some of the signs and symptoms, such as:

a. Headaches, Nausea and vomiting.

b. Sensitive to noise and light.

c. Dizziness / vertigo

d. Hearing loss and excessive fatigue.

e. Double vision, speech difficulties

f. Difficulty remembering and amnesia to include loss of consciousness

4. Skull fractures - Are usually a result from a direct blow to the head, resulting in deformity, battle wounds, raccoon eyes and CSF and drainage from the ear and nose.

5. Facial Injuries - can be viewed by laceration, nose fractures/bleeds, tooth injuries and

eye damage. Some signs to remember are debris in the injury, concussion like symptoms and facial symmetry. Always assume head trauma until ruled out.

6. Hematomas are brain bleeds - Subdural hematoma may take days, weeks and even months for the symptoms to arise. Look for worsening symptoms such as headaches, cognitive impairments and behavioral changes to include pupil changes. Epidural hematoma is a rapid onset and usually results in rapid deteriorating conditions.

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 Live Training

Method of Instruction: ELM - Apply

Mode of Delivery: Resident Instruction

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

Time of Instruction: 6 hrs

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.

Students will be responsible for all prior lesson learned:

## **I. BASIC FOOTWORK**

Before effective strikes can be launched, a Soldier must have a solid base, as well as the ability to move while both attacking and defending.

**NOTE: When training basic footwork, begin with movement in the four cardinal directions. Leading with the wrong foot will cause crossing of the feet and imbalance in the stance. Movements should be short, with four to six inch increments. Note that lead and trail feet are different for left- and right-handed Soldiers.**

### **A. MOVING FORWARD**

Step forward with the lead foot, and drag the trail foot the same distance. Stay balanced on the balls of the feet, with the heels slightly raised. Keep a good fighter's stance.

### **B. MOVING BACKWARD**

Step backward with the trail foot, and drag the lead foot the same distance. Stay balanced on the balls of the feet, with the heels slightly raised. Keep a good fighter's stance.

### **C. MOVING RIGHT**

Step to your right with your dominant foot, and drag your non-dominant foot. Stay balanced on the balls of the feet, with your heels slightly raised. Keep a good fighter's stance.

#### **D. MOVING LEFT**

Step to your left with your non-dominant foot, and drag your dominant foot. Stay balanced on the balls of the feet, with your heels slightly raised. Keep a good fighter's stance.

#### **E. MOVING DIAGONALLY**

When moving diagonally, the foot that moves first may not be the foot closest to the direction you are moving. The guiding factor is that you should never cross your feet.

**NOTE: Instructors should ensure Soldiers do not cross their feet during the footwork drills.**

### **II. WEIGHT SHIFT DRILL**

**NOTE: Weight Shift is the key to generating punching power.**

#### **A. Weight Shift**

1. The Soldier stands with both heels on the ground and the Soldier distributes their weight evenly on both feet.

2. The Soldier then shifts their body weight to one foot then pivots the other leg on the ball of the foot. The Soldier turns their heel out and moves their knee in and down, then turns their hips, mid-section and upper body as one unit toward the weighted leg.

**NOTE: The Soldier should keep their knees bent throughout the movement.**

3. The Soldier turns their body to its original position, then the Soldier shifts their weight onto the other leg. The Soldier repeats the process but uses the other leg and turns in the opposite direction. The Soldier repeats this process several times, while learning to shift their weight and pivot smoothly.

### **III. ARM STRIKES**

Jab, Cross, Hook and Uppercut

#### **A. JAB**

The jab is thrown with the lead hand and is used for controlling the range and setting up further techniques.

1. Soldier begins in the Fighter's Stance.

2. Soldier slightly bends the lead knee and pushes it forward of their toe. At the same time, Soldier pushes with the rear leg and slightly twists their torso.

**NOTE: Soldiers should keep their lead heel on the ground and not bend at the waist.**

3. Soldier extends their lead arm.

**NOTE: When executing straight punches (Jab/Cross), Soldiers move their fist in a straight line directly from its defensive position to the target. Soldiers maintain a defensive position with their rear hand while they throw the jab. Do not flail the elbow, but use it as a hinge. At the point of impact,**

**twist the fist to land the blow with the palm facing down striking with the first two knuckles, throw the jab at eye-level or above.**

4. Soldier returns their fist to its defensive position.

## **B. CROSS**

The cross is a power punch thrown from the rear arm. It is often set up by the jab or thrown in a combination.

1. Soldier begins in the Fighter's Stance.
2. Soldier transitions their weight to the lead leg and pivots on the ball of their trail foot until your hips and shoulders are positioned 45 degrees past the enemy combatant.

NOTE: Soldiers should bend the knee of their trail leg, and position it facing inward with their heel turned out.

3. Soldier rotates their arm so that they strike with the knuckles up and palm facing down.

NOTE: Throw the punch straight out from the face and do not flail the elbow out to the side. Keep the lead hand up in a defensive position to protect the opposite side of your head, and move the trail shoulder up to protect the near side.

4. Soldier returns the trail hand into a defensive position.

## **C. HOOK**

The hook is a power punch that is usually thrown from the lead arm but in practice can be thrown from either side. It is very powerful and works well in combinations. One of its main advantages is that it can be fully executed outside of the enemy combatant's field of vision. Soldiers often confuse the hook with a looping arm punch or haymaker. In reality, a powerful hook does not involve very much arm movement and instead generates its power from the Soldier's leg, hip, and shoulder movement. It is often thrown after the cross, as the body's weight has been shifted forward and can be redistributed toward the trail leg during this punch.

1. Soldier begins in the Fighter's Stance.
2. Soldier shifts their weight toward the trail foot and pivots on the ball of the lead foot.

**NOTE: Soldiers should turn their hips and shoulders (toward the inside), and rotate the heel of the lead foot to the front.**

**NOTE: Soldiers should plant their trail foot to prevent over-rotating during the Hook.**

3. Soldier raises their elbow as they turn so that their punch lands with the lead arm parallel with the ground and their palm facing toward their chest or the ground.

**NOTE: Keep the trail foot planted and the trail hand in a defensive position covering the face.**

4. Soldier tucks their elbow back into their side and turns their shoulders.

**NOTE: Ensure students strike with the first two knuckles to prevent injury when the palm is down.**

#### **D. UPPERCUT**

The uppercut is effective against an enemy combatant who crouches or tries to avoid a clinch. The Soldier can throw this strike with the lead hand or the trail hand.

##### **LEAD HAND**

1. Soldier begins in the Fighter's Stance.
2. Soldier turns their hips and shoulders slightly to face the enemy combatant.

**NOTE: Soldier dips their lead shoulder downward, and bends their knees.**

3. Soldier keeps their elbow tucked in and drives off of their lead leg to land the punch.

**NOTE: Keep the palm facing up and the wrist straight and firm. Keep the trail hand in a defensive position covering the face.**

4. Soldier returns to the Fighter's Stance.

##### **TRAIL HAND**

1. Soldier begins in the Fighter's Stance.

Begin in the Soldier's stance. Turn your hips and shoulders slightly to face the enemy combatant. Dip your rear shoulder downward, and bend your knees.

2. Soldier turns their hips and shoulders slightly to face the enemy combatant.

**NOTE: Soldier dips their trail shoulder downward, and bends their knees.**

3. Soldier keeps their elbow tucked in and drives off of their trail leg to land the punch.

**NOTE: The Soldier's arm will be slightly more extended than the lead hand punch. Keep the lead hand in a defensive position covering the face.**

4. Soldier returns to the Fighter's Stance.

#### **IV. ARM STRIKES DEFENSE.**

Jab, Cross-Front Cover, Hook-Rear Cover, Uppercut

There are two methods to defend the jab: catch and slip. When fighting against a matching lead, the easiest is to catch the punch.

##### **A. JAB**

1. To catch a jab thrown at their face, the Soldier turns the palm of their same side hand toward their enemy's punch and catches it keeping their hand near their face.

**NOTE: The Soldier does not reach for the punch as this will give their enemy an opportunity to land a hook.**

2. To slip a jab, the Soldier moves slightly outside of the punch of the incoming jab so that it either barely misses or strikes only a glancing blow

##### **B. CROSS, FRONT COVER**

This technique enables the Soldier to defend the cross without moving their head.

1. When the enemy throws a cross, the Soldier slightly raises their same-side hand and brings it near their forehead, and keeps their chin tucked.

2. The fighter uses their body particularly their knees to absorb the impact of the strike by being supple and giving some when the punch lands on their arm.

**NOTE: The Soldier should not put their head down or bend at the waist.**

##### **C. HOOK, REAR COVER**

This technique enables the Soldier to defend the cross without moving their head.

1. The Soldier establishes the rear cover by bringing their same-side hand to cover up the side of his face from the side of the punch is being thrown.

**NOTE: The Soldier keeps their rear elbow tight to cover their ribs.**

2. The Soldier bends slightly at the knees to absorb some of the impact of the strike.



**NOTE: The Soldier keeps a straight trunk and avoids putting their head down.**

#### **D. UPPERCUT**

There are two methods to defend the uppercut: cover and catch. The easiest way is to bring the elbows in tight to cover, although this does not leave the Soldier in a very good position to counter with their own punches. The more difficult way, and yet more effective once mastered is to catch the incoming uppercut. This method leaves the Soldier in a much better position to throw punches and regain the initiative.

##### *Cover*

1. The Soldier assumes the fighter's stance with both hands covering their face, the Soldier brings both elbows in tight to their front and allows the punch to slide up their arm and past their head.

**NOTE: The Soldier avoids bending forward at the waist during the Cover and Catch.**

##### *Catch*

2. The Soldier assumes the fighter's stance with both hands covering their face, then turns their same side hand down.

#### **V. PUNCHING COMBINATIONS**

**NOTE: The Soldier always completes the combination using a Jab Out "Shadow boxing" by moving in any direction away from the enemy while executing a jab to control the range.**

The basic combinations for ease of learning are as follows.

1. Jab, Cross, and Hook
2. Jab, Cross; Jab, Cross; Jab, Cross (advancing to the head)
3. Jab, Cross, Low-Hook to the body; Hook
4. Cross, Hook, Cross
5. Jab, Jab, Jab, Hook, and Cross

#### **VI. KICK ATTACKS.**

Round kick, Switch Kick, Push Kick (Teep)

##### **A. ROUND KICK**

The round kick is a powerful strike that is used against an enemy's legs, ribs or head. It is normally thrown as part of a combination following the jab or hook in a traditional stance and the cross in a Southpaw stance.

1. The Soldier pushes off on the ball of their trail leg foot and then steps somewhat toward the target and laterally to the outside with their lead leg. The Soldier transitions their body weight toward the ball of their lead foot keeping their lead knee slightly bent.

**NOTE: Always remember that punches beat kicks, and the enemy is likely to close the range and strike the Soldier.**

2. The Soldier begins rotating their lower body into the direction of the kick, simultaneously bringing their lead hand around to cover any exposed portions of their head. The Soldier transitions their trail hand down and around as a counter balance to the rotation of their kick. The Soldier rotates their body through the target leading with the hip, followed by the trail shoulder (keeping the trail shoulder high to help block their face). The Soldier whips the bent trail leg through the target, making contact with the enemy with the last couple inches of shin bone just above their foot.

Warning: Kicking with the instep of the foot, toes or top of the foot will often result in broken bones of the foot.

**NOTE: When targeting their enemy's leg the fighter aims below the hipbone at the quadriceps, the calf or the sides or back of the knee joint. The Soldier throws these kicks and kicks to the enemy's head in an arch (the shin lands in a downward motion) to avoid the check.**

**NOTE: When targeting their enemy's ribs the Soldier aims above the hipbone at the lower portion of the ribcage. The Soldier throws this kick as a rising kick to avoid colliding with the arm covering the ribcage.**

#### **B. SWITCH KICK**

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

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

1. The Soldier starts from a fighter's stance with dominant side foot trailing and the non-dominant side slightly forward, he then steps offline with the trail leg by pushing off the ball of the lead foot, then stepping toward the target and laterally in the direction of the kick.

2. The Soldier transitions their bodyweight toward the ball of their dominant foot. The Soldier bends their dominant knee and rotates their lower body into the direction of the kick. The Soldier brings their dominant hand around to cover any exposed portion of their head and transitions their non-dominant hand down as a counterbalance to the rotation of the kick.

3. The Soldier rotates their body through the target, leading with their hip followed by the non-dominant shoulder.

4. The Soldier keeps the non-dominant shoulder high to help block their face. T

5. the Soldier whips their non-dominant leg through the target making contact with their enemy with the last couple inches of shin bone just above the foot.

**\*\*\*Warning: Kicking with the instep of the foot, toes or top of the foot will often result in broken bones of the foot.**

### **C. PUSH KICK (TEEP)**

The Push kick is used to create range or beat the enemy's leg kick. It is often followed by a Jab and a Cross when thrown as part of a combination. The Push kick is a pushing type kick thrown with either leg, depending on the range to your enemy and the action required.

1. After the Soldier establishes the appropriate range to their enemy, the Soldier lifts the knee of their kicking leg straight up, while keeping their back straight. Simultaneously, the Soldier thrusts their hips forward (this is where the power of the kick comes from), and straightens their leg at the knee. The Soldier kicks the target with the bottom of the foot.

2. To create range, the Soldier kicks their enemy in the torso or face then aims at the enemy's center of mass to avoid having their foot slip to the left or right.

## **VII. KICK DEFENSE**

Evading a Kick, Beating a Kick, Stopping a Kick, Catch a Kick and Checking a Kick

### **A. EVADING A KICK**

When an enemy attempts to initiate a kick the Soldier can evade the kick.

1. The Soldier executes a quick rearward movement to get out of range of the strike.

2. The Soldier immediately reestablishes a good Fighter's Stance or counter-strikes to avoid the additional punches and kick combinations.

### **B. BEATING A KICK**

Beating the kick requires a good read of the enemy's body language. The enemy's ability to land an effective kick depends on having the appropriate range to strike with the lower portion of the leg.

**NOTE: Do not cross legs when moving.**

1. The Soldier closes the range to the enemy so the kick will be ineffective.

2. The Soldier immediately pushes forward on the ball of their trail foot, and steps forward with their lead foot and delivers a cross to their enemy's face.

### **C. STOPPING A KICK**

The kick can be stopped using either the cut kick or the push kick.

1. *Cut Kick*

When the enemy steps off-line to deliver the round kick it leaves the inside of their lead leg exposed. The Soldier throws the cut kick to the inside of their enemy's lead calf, knocking the enemy off-balance causing them to abandon the kick.

2. *Push Kick*

When the enemy steps off-line to kick the Soldier aims the push kick at their enemy's hip on the side of the body that the kick originates from.

**NOTE: This kick must occur in a rapid sequence and is often thrown with the lead leg.**

### **VIII. CATCH A KICK**

Catching a kick is an available option, especially for lazy or half-hearted kicks and particularly when they have not been set up with good punches.

1. The Soldier closes the distance by stepping forward with their lead leg and bending at the knee so that when the kick lands, it will slide up their lead leg.
2. The Soldier secures an overhook around their enemy's leg with their own arm on the same side.
3. The Soldier then throws a cross and performs the takedown.

### **IX. CHECKING A KICK**

As a kick defense, checking is the least desirable course of action; however, this technique is frequently used especially against well-thrown or well-setup kicks.

1. The Soldier lifts their targeted leg skyward, with the shin facing slightly outward to meet the kick.
2. The Soldier then keeps the foot of the targeted leg parallel to the ground as the Soldier raises their leg they check the kick, and lower their leg so that if they have a solid platform when they put their foot on the ground.
3. Immediately following the check, the Soldier plants their feet and fires a cross at their enemy and as their enemy may be somewhat off balance.

**NOTE: The Soldier does not attempt to check the kick with hand or arms as this will expose their head for strikes.**

**Caution: Be aware that checking an enemy's kick will result in shin-to-shin contact, and can cause some pain and damage.**

## **X. FIGHTING TECHNIQUES ACHIEVE THE CLINCH**

Achieve the Clinch

### **A. MODIFIED SEATBELT**

Once the Soldier closes the distance, the Soldier uses the modified seatbelt clinch to draw their enemy closer in.

1. After closing the distance with the enemy the Soldier raises one of their arms and move perpendicular to the enemy.
2. The Soldier reaches around the enemy's waist to grab their opposite-side hip and with the other arm pulls their arm into their chest controlling their arm at the triceps and drives his head into the enemy's chin in order to control their posture.

### **B. DOUBLE UNDERHOOKS**

The Soldier uses double underhooks when both Soldier and enemy have an overhook and underhook grip on each other and with their heads on their overhook sides.

1. The Soldier drives their overhook hand (with a knife edge) under the enemy's underhook arm while keeping his hand secured on the enemy's back.
2. The Soldier clasps their hands in a wrestler's grip behind the enemy while keeping head pressure on the enemy's chest and creating an "A" frame with the Soldier's arms.

### **C. REAR CLINCH**

The Soldier uses the Rear Clinch when he is able to get behind the enemy while maintaining control of the enemy's arm.

1. From the failed modified seatbelt the Soldier.
  - a. Circles behind the enemy while still maintaining control of the arm.
  - b. Slides their controlling arm down to the wrist while simultaneously wrapping their opposite side arm around and controlling at the biceps both with thumbless grips.
  - c. Steps between the enemy's waists with the same side leg that is controlling the wrist.
  - d. Breaks enemy's posture down at the waist by pulling in at the arm and driving forward with the head and shoulder.

**NOTE: Tuck head into the enemy's back to avoid elbows to the head**

## **XI. ADVANCE CLINCH POSITIONS**

### **A. INSIDE CONTROL**

**NOTE: Inside Control is one of the most dominant positions to attack with strikes.**

1. The Soldier tucks their elbows in to control the range.
2. The Soldier, places one hand on top of the other, using both hands to pull the enemy's head downward.

## **B. NECK AND BICEPS**

The neck and biceps position is a neutral position that happens frequently and enables the Soldier to initiate knee strikes.

1. The Soldier uses their elbows to control punches and cups the back of the enemy's neck with one hand for control.

**NOTE: The Soldier keeps their hand over the crook of their enemy's elbow to defend against elbow strikes.**

2. Place one hand behind your opponents head at the knowledge knot, fingers extended.
3. Place the other hand on his bicep with a thumbless grip and tuck your elbow in.
4. Hips should be close together.
5. The same side leg as the hand on the bicep will be forward.
6. Have your training partner mirror you.

## **C. 50/50**

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

1. The Soldier places one arm in the enemy's armpit.
2. The Soldier grasps the enemy's shoulder with a thumbless grip and the enemy's elbow with a thumb grip, pulling the enemy arm into the Soldier's armpit. The Soldier ensures their lead foot is the same side foot as the underhook.

## **D. COUNTER TO INSIDE CONTROL**

If the enemy achieves inside control and the Soldier can defend by putting their arm over their enemy's and extending it, this will allow the Soldier to regain their posture and fight for a better position.

1. The Soldier extends one arm over their enemy's arms and across the enemy's neck and breaks their enemy's grip by straightening their own arm, angling their body and turning their shoulder's to pressure their enemy's hand off the enemy's head.
2. The Soldier then reaches their other arm under the enemy's arm and across their waists to block knee strikes.

## **XII. PUMMELING**

### **A. 50/50 PUMMELING**

Pummeling is transitioning to a dominant clinch position. After a Soldier understands the dominant clinch positions and therefore knows what he is fighting for, he can then usefully learn techniques to gain that position and drills to help achieve a clinch Pummeling from 50/50- One of the fundamental techniques of clinch fighting is pummeling for underhooks. Basic pummeling enables the fighter to gain control of his enemy and lead into strikes or takedowns.

Begin in the 50/50 position.

1. Place your over hooked arm fingers extended and joined between you and the enemy's chest.
2. Swim your free arm between your enemy's arm and body opposite from the arm that is overhooked.
3. Push slightly against your enemy, and your legs should change sides in coordination with your arm movements.
4. Your enemy will attempt to do the same to keep the neutral position.
5. Attempt to achieve double under clinch position.

### **B. MODIFIED SEATBELT COUNTER**

The Soldier uses the modified seatbelt counter when their enemy controls the Soldier's attempt to achieve the basic clinch position by hooking their arm under the Soldier's armpit.

1. The enemy control the Soldier's attempt to achieve the basic clinch position by hooking their arm under the Soldier's armpit.
2. The Soldier snakes their arm over the enemy's arm and through the enemy's armpit. The Soldier steps behind the enemy's leg and quickly pushes upward with their arm and moves their hips forward to position their shoulder in the enemy's armpit and gain the position.

### **C. OVER-HOOK COUNTER**

Sometimes, an opponent will control the fighter's attempt to achieve the basic clinch position by wrapping his arm over the fighter's and moving through the fighter's armpit. This is called a wizzer. To beat the wizzer, one option is to switch sides by pummeling to an Underhook or the far side away from your over hiked arm (wizzer).

1. With the free hand fingers extended and joined swim your arm in between the opponents chest and arm in an attempt to get an under hook.

**Note – If the opponent is attempting to counter. Utilize your free arm to stop his momentum. Form a “v” with the finger extended and joined and the thumb approximately 45 degrees apart. Block the opponent's arm at the elbow with the “v” block and swim your arm between the opponent's arm and chest to establish your underhook.**

2. Step into your opponent to get double underhooks.

3. If you step too far, go for the Modified Seatbelt Clinch, or Rear Clinch.

#### **D. OUTSIDE TO INSIDE WEDGE**

The Soldier uses this technique when his opponent achieves Inside Control and squeezes his elbows together tightly. This move enables the Soldier to swim his arms to Inside Control and assume a dominant position.

1. The Soldier postures up and blades their body and from the inside control, Grasp the opponent's bicep's with a thumbless grip.

2. Shrug your shoulders in order to pinch the opponent's forearms between your neck and shoulders.

#### **E. PUSH THE ELBOW INWARD**

1. Fighters use Push the Elbow Inward when their opponents squeeze their elbows too tightly for the fighter to perform to attempt any counters.

2. Grasp your opponent's bicep's with both hands And correct your posture as previously mentioned in the Counter to Inside Control.

3. On the trail leg side release the bicep and cycle your palm so that it is facing upward.

4. Push your opponent's elbow inward toward the center.

5. With your lead hand force your arm between the space created and establish a frame grasping the knowledge knot of your opponent's head.

6. At this time either push forward or step back so that you are able to transition your opposite arm to establish your inside control (dominant body position).

### **XIII. BASIC TAKE DOWN**

**\*\*\*WARNING: Students must not attempt to reach for the ground while being taken down, as this may lead to severe injuries.**

#### **A. FRONT TAKEDOWN**

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

1. Soldier begins in the modified seatbelt clinch,

2. Soldier steps slightly in front of the enemy combatant to drive him/her off his leg.

**NOTE: Soldiers should ensure that they maintain head pressure against the enemy combatant's torso to break down their posture throughout the technique.**



3. Soldier releases the grip on the enemy combatant's elbow and reach over the enemy combatant's arm, keeping it trapped under the Soldier's overhook armpit.
4. Soldier secures a wrestler's grip low on the enemy combatant's far side hip near the small of his/her back.
5. Soldier pulls the enemy combatant into them with their hands and drives their head into the enemy combatant's chest to make them bend backwards.
6. Soldier takes an exaggerated step over the enemy combatant and releases the grip around the enemy combatant's waist.
7. Soldier establishes the Mount.

**\*\*\*WARNING: Soldiers must release their hands to avoid landing on them.**

## **B. REAR TAKEDOWN**

After achieving the clinch, the Soldier is often positioned with his head behind the enemy combatant's arm. Once the Soldier reaches a secure position, s/he can attempt to take the enemy combatant to the ground.

**NOTE: Soldiers conduct this technique when their head is positioned behind the enemy combatant's arm after they have achieved the clinch.**

1. Soldier begins in the Rear Clinch
2. Soldier steps to the same side that controls the wrist of the enemy combatant so that they are behind the enemy combatant at an angle.
3. Soldier places one foot on the outside of the enemy combatant's foot so that their foot is perpendicular to the enemy combatant's.
4. Soldier places the instep of their opposite foot behind the enemy combatant's far-side foot so that the enemy combatant cannot step backward.
5. Soldier sits down as close to the near-side foot as possible and hangs their weight from the enemy combatant's waist.

**NOTE: Instructors can help Students visualize this technique by telling them to sit "butt-to-boot" or by demonstrating a Pistol Squat.**

6. Soldier tucks their elbow and releases their grip as the enemy combatant falls backwards over the Soldier's leg
7. Soldier rotates into the mount.

## **XIV. DOUBLE LEG ATTACKS**

### **A. DOUBEL LEG**

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

1. When the Soldier finds themselves relatively close to their enemy, the Soldier changes their level by bending both of their knees and drives into their enemy's midsection with their shoulder. The Soldier's lead

foot should penetrate as deep as their enemy's feet.

2. While driving forward, the Soldier allows their lead knee to hit the ground and brings their trail foot around in a circular motion. The Soldier keeps their head tight to the enemy's body and then wraps both hands around their enemy's legs with tie hand gripping their enemy's calves with a thumbless grip.

#### **B. TRIP**

If the enemy does not sprawl effectively the Soldier can trip then to complete the double leg takedown.

1. As the Soldier shoots the double leg, the enemy defends by walking backward.
2. The Soldier hooks their enemy's heel with their outside leg and continues to drive through the enemy.

#### **C. TURN**

After a Soldier drives through the enemy and once they are under them, the Soldier should push with their head and leg to turn them.

1. As the Soldier shoots the double leg, the enemy defends by sprawling. The Soldier places their hands on the enemy's calves (use as an extension) then drives into the enemy with their head and pushes off the ground with the trail foot in a 45 degree angle.
2. The Soldier finishes in a dominant body position.

### **XV. CLINCH FIGHTING TAKEDOWNS**

#### **A. DROP TO A SINGLE LEG**

As a Soldier achieves the clinch, one of the options could be to take the enemy to the ground. This technique is used to set up various takedowns.

1. The Soldier achieves a modified seatbelt clinch.
2. When the enemy steps back with the far leg, the Soldier drops to one knee with their back-side leg, keeping their head up and pushes into the enemy.
3. The Soldier captures their enemy's heel with their front hand and wrap their back hand around the enemy's leg and secures their own hand at the wrist.
4. The Soldier then drives into the enemy and raises the enemy's leg and pulls it between their own legs.

#### **B. DOUBLE LEG**

1. Student begins in the Modified Seatbelt clinch.
2. Student drops to one knee with the leg behind the enemy.
3. Student secures the enemy's near-side heel with front hand.
4. Student wraps back hand around the enemy's leg and secures own wrist with a thumbless grip.
5. 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.
6. Student executes a small jump backward.
7. Student jumps into the enemy and secures the enemy's far-side leg with both hands.

### **C. DUMP**

1. Student begins in the Modified Seatbelt clinch.
2. Student drops to one knee with the leg behind the enemy.
3. Student secures the enemy's near-side heel with front hand.
4. Student wraps back hand around the enemy's leg and secures own wrist with a thumbless grip.
5. Student drives into the enemy as s/he stands up and secures the enemy's leg in front of body.
6. Student pulls the enemy's leg into chest and keeps shoulder and head tight against the enemy's thigh and hip.
7. Student maintains control of the enemy's heel with the front hand and secures underneath the enemy's thigh with the back hand.
8. Student steps into the enemy to drive them off balance.
9. Student pulls on the enemy's leg and rotates to the same side of the trapped leg in a half-arc.

### **D. TREE TOP**

\*\*\*The training partner (enemy) will secure a grip around the Student's neck during this technique. The Student will not spike the training partner\*\*\*

1. Student begins in the Modified Seatbelt clinch.
2. Student drops to one knee with the leg behind the enemy.
3. Student secures the enemy's near-side heel with front hand.
4. Student wraps back hand around the enemy's leg and secures own wrist with a thumbless grip.
5. Student drives into the enemy as s/he stands up and secures the enemy's leg in front of body.
6. Student pulls the enemy's leg into chest and keeps shoulder and head tight against the enemy's thigh and hip.
7. Student maintains control of the enemy's heel with the front hand and secures underneath the enemy's thigh with the back hand.
8. Student lifts the enemy's thigh with his/her knee.
9. Student transitions overhand grip on the enemy's heel to an underhand thumb-grip.
10. Student pulls the enemy's leg up and away from the enemy's body.

11. Student drives the enemy to the ground when the enemy hops to regain balance.

#### **E. HIP THROW**

1. Student begins in the Modified Seatbelt clinch.
2. Student steps between the enemy's legs with back foot and turns hips into the enemy.
3. Student forms a "V" with his/her feet.
4. Student releases the enemy's far side hip and throws arm up at his/her shoulder.
5. Student pulls down on the enemy's triceps, lifts hips, and rotates body to throw the enemy.

### **XVI. CLINCH FIGHTING DEFENSE**

#### **A. SPRAWL**

The Soldier use the sprawl when the enemy attempts to shoot a double leg takedown.

1. The Soldier start the sprawl before the enemy has the chance to drive all the way into their legs, and throws the Soldier off balance.
2. The Soldier throws their legs and hips behind them and pushes their chest down, placing all their weight on top of the enemy to drive the enemy flat onto the ground.

**NOTE: The Soldier gets their legs as far away from the enemy as possible; the enemy will attempt to grab the Soldier's legs and pull them back into them is possible.**

#### **B. CROSS-FACE**

From the Sprawl, the Soldier uses the cross-face to turn their body and take the enemy's back.

1. The Soldier uses the opposite side arm as the direction they wish to turn and places that forearm across their enemy's face and pushes against their enemy's head.
2. Using the head pressure to break the enemy's grip on their leg the Soldier keeps their hips low and their weight on top of the enemy's back.
3. The Soldier turn their body with their legs to take the enemy's back.

### **XVI. BODY POSITIOING STRIKES TECHNIQUES**

#### **A. OPPONENT MOUNTS, POSTS BOTH ARMS**

1. Soldier moves head outside of one of the enemy's arms.
2. Soldier secures the enemy's same-side arm at the elbow with a hand-over-hand thumbless grip.
3. Soldier pulls the enemy's arm into chest and keeps elbows tight to body.

4. Soldier traps the enemy's same-side leg with foot.
5. Soldier lifts hips and rolls the enemy in the same direction of the trapped arm.
6. Soldier finishes in the enemy's Guard.

#### **B. ARM AROUND NECK, POST ON ONE SIDE**

1. Soldier traps the enemy's arm that is around the Soldier's neck by pinning his/her head to the ground.
2. Soldier secures the bicep of the enemy's trapped arm with a thumbless grip.
3. Soldier places opposite hand on the enemy's same-side hip.
4. Soldier traps the enemy's leg on the same side as the enemy's trapped arm.
5. Soldier drives hips up and rolls the enemy to the same side as the trapped arm.
6. Soldier finishes in the enemy's Guard.

#### **C. LARGER OPPONENT PINS WRIST**

1. Soldier moves one hand to the opposite hand, keeping both hands on the ground and trapping the enemy's opposite-side wrist.
2. Soldier collapses leg on the same side as the enemy's trapped hand to trap the enemy's leg.
3. Soldier rolls to the side of the enemy's trapped arm and leg.
4. Soldier ends in the enemy's Guard.

#### **D. PUSH THE PROPPED KNEE**

\*\*\*Training Partner (enemy) props the knee closest to the Soldier\*\*\*

1. Soldier begins in Side Control.
2. Soldier 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.
3. Soldier switches hips, drives the knee closest to the enemy's head to the enemy's near side hip, and posts the outside leg.
4. Soldier secures an underhook underneath the enemy's far side shoulder with the arm in the enemy's neck notch.

5. Soldier pulls up on the enemy's far side shoulder and pushes on the enemy's propped knee.
6. Soldier drives the knee of the posted leg across the enemy's waist and hooks his/her foot on the enemy's leg.
7. Soldier releases the enemy's leg and shoulder and establishes the Mount.

#### **E. PULL THE PROPPED KNEE**

\*\*\*Training Partner (enemy) props the knee farthest from the Soldier\*\*\*

1. Soldier begins in Side Control.
2. Soldier 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.
3. Soldier switches hips, drives the knee closest to the enemy's head to the enemy's near side hip, and posts the outside leg.
4. Soldier drives into the enemy's far side shoulder with the shoulder closest to the enemy's head.
5. Soldier pulls the enemy's propped knee down to the ground.
6. Soldier steps over the enemy's propped knee with the posted foot and hooks foot around the outside of the enemy's knee.
7. Soldier establishes the Mount.

#### **F. DEFEND AGAINST ATTEMPT TO MOUNT- ARCH**

\*\*\*Soldier begins in the enemy's Side Control after the enemy switches his/her base to achieve the Mount\*\*\*

1. Soldier reaches around the enemy's lower back to secure the far side hip with a thumbless grip using the arm closest to the enemy.

\*\*\*The enemy attempts to step over the Soldier with the posted leg\*\*\*

2. Soldier pulls the enemy's hip and extends the underhook arm.
3. Soldier arches back and raises hips to roll the enemy over.
4. Soldier threads the leg closest to the enemy underneath and behind his/her posted leg.
5. Soldier completes to roll to achieve Side Control.

#### **G. DEFEND AGAINST ATTEMPT TO MOUNT BACKDOOR**

\*\*\*A Soldier's enemy may try to achieve the mount by driving their knee across the Soldier's waist. This action creates an opening.

If this happens, the Soldier should perform defend against attempt to mount backdoor.

1. The enemy achieves side control, and drives their knee across the Soldier's waist, their weight shifts from their back leg. The Soldier

lifts this leg with their elbow or forearm.

2. The Soldier moves their leg under the Enemy's leg and using the shrimp motion, the Soldier turns their hip to face the enemy.

3. The Soldier hooks their leg on top of the enemy's to prevent them from stepping back over.

**NOTE: At this point the enemy may attempt to center themselves. If they do refer to the standard course of action. If they do not, refer to The alternate course of action (indicated by ALTERNATE).**

4. The Soldier continues to shrimp their opposite leg out, recomposes and achieves good posture in the guard.

ALTERNATE: The Soldier reaches over the enemy's back and grasps their armpit.

ALTERNATE: The Soldier posts their other hand and climbs onto the enemy's back putting both hooks in to prevent from being bucked off.

#### **H. ESCAPE THE HALF-GUARD**

1. Soldier begins in the enemy's Half-Guard.

2. Soldier reaches same side arm as the free leg around the enemy's head.

3. Soldier moves opposite arm underneath the enemy's far side armpit and secures a wrestler's grip.

4. Soldier drives shoulder into the enemy's chin and forces the enemy to look away.

5. Soldier uses a heel-toe motion to walk trapped foot towards the enemy's tailbone.

6. Soldier moves underhook hand to the enemy's knee.

7. Soldier shakes the enemy's top knee to push the enemy's knee off of the trapped leg.

8. Soldier drives the knee to the ground as soon as it is free.

9. Soldier reaches underneath the enemy's armpit and uses hand to walk the enemy's arm toward his/her head.

10. Soldier uses backside foot to hook on the enemy's same side leg and pry trapped foot out from between the enemy's legs.

11. Soldier releases hooks one at a time and establishes the Mount.

#### **I. ESCAPE THE HEADLOCK- FORM THE FRAME**

\*\*\*Soldier begins in the enemy's headlock. The enemy is in a modified side control position (Scarf) and faces the Soldier with wrestler's grip around the Soldier's head\*\*\*

1. Soldier turns into the enemy and drives the elbow closest to the enemy to the ground in a short, jerky motion.
2. Soldier reaches the opposite arm around the enemy's back and places the forearm across the enemy's chin.
3. Soldier places free hand on top of the wrist of the arm that is on the enemy's jaw bone.
4. Soldier pushes hips away from the enemy.
5. Soldier pushes the enemy's head away and wraps his/her top leg over the enemy's head.
6. Soldier locks legs together, extends body, and secures the enemy's near side arm when s/he releases the headlock.

#### **J. ESCAPE THE HEADLOCK- FOLLOW THE LEG**

1. Soldier turns into the enemy and drives the elbow closest to the enemy to the ground in a short, jerky motion.
2. Soldier reaches the opposite arm around the enemy to feel for the enemy's leg.
3. Soldier throws top leg over the enemy's leg and hooks it.
4. Soldier secures the enemy's top shoulder with the top arm.
5. Soldier pulls the bottom arm free and posts it on the ground.
6. Soldier drives body weight into the enemy's shoulder on the side of the headlock to break the enemy's grip.
7. Soldier secures the enemy's wrist and brings the enemy's arm behind his/her back.
8. Soldier pulls head out and maintains control of the enemy.

#### **K. ESCAPE THE HEADLOCK- ARCH OVER**

1. Soldier secures a wrestler's grip around the enemy's lower ribs and pulls the enemy into him/her.
2. Soldier raises hips, arches back, and lifts the enemy towards his/her head.
3. Soldier rotates the enemy in a half-moon around his/her head and rolls on top of the enemy.



4. Soldier continues to rotate until s/he is on both knees and behind the enemy's back.
5. Soldier 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.
6. Soldier steps over the enemy with the foot closest to the enemy's hips and pulls the foot tight against the enemy's hips.
7. Soldier posts hand closest to the enemy's head underneath the enemy's jawbone.
8. Soldier forms frame with the opposite hand and drives head up and away from the enemy's headlock.
9. Soldier traps the enemy's arm in between his/her head and shoulder.
10. Soldier secures the enemy's wrist with a thumb grip with the hand closest to the enemy's hips.
11. Soldier maintains pressure on the enemy and walks foot securing the enemy's waist up to the enemy's armpit.
12. Soldier steps over the enemy's head with the opposite foot.
13. Soldier secures the enemy's arm with both hands, pulls heels to butt, pinches knees, and establishes the Straight Arm Bar.

#### **L. PASS THE GUARD WITH STRIKES**

1. Soldier keeps head close to the enemy's chest and secures both of the enemy's arms at the biceps with a thumbless grip.
2. Soldier stands up one leg at a time.
3. Soldier releases one of the enemy's biceps and secures fabric in the middle of the enemy's chest.
4. Soldier release the enemy's other bicep and strikes the enemy in the head.
5. Soldier 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.
6. Soldier changes levels and pushes his/her elbow outward to break the enemy's guard.
7. Soldier reaches across the enemy's body and secures the enemy's opposite-site collar with the hand that is on the knee.
8. Soldier drives same-side knee of the arm that secures the collar into the enemy's same-side neck notch.

9. Soldier releases the grip on the enemy's chest and secures the back of the enemy's beltline/waist.
10. Soldier drives into the enemy's legs and achieves Side Control.

#### **M. DEFEND AGAINST STRIKES IN THE GUARD, CLOSE**

1. Soldier begins in the Guard
2. Soldier pulls the enemy forward with the closed guard.
3. Soldier reaches arms on both sides of the enemy's neck and pulls enemy's head down on either side.
4. Soldier uses hand on opposite side of the enemy's head to frame the enemy's same side arm.
5. Soldier opens Guard and places same side foot on the enemy's hip.
6. Soldier hooks hand over the enemy's upper arm and pulls it into the knee.
7. Soldier repeats steps 4-6 to secure the enemy's opposite side arm as well.

#### **N. DEFEND AGAINST STRIKES IN THE GUARD, MIDDLE**

1. Soldier begins in the Guard
  2. Soldier pulls the enemy forward with the closed guard.
  3. Soldier reaches arms on both sides of the enemy's neck and pulls enemy's head down on either side.
  4. Soldier uses hand on opposite side of the enemy's head to frame the enemy's same side arm.
  5. Soldier opens Guard and places same side foot on the enemy's hip.
  6. Soldier hooks hand over the enemy's upper arm and pulls it into the knee.
  7. Soldier repeats steps 4-6 to secure the enemy's opposite side arm as well.
- \*\*\*Training Partner (enemy) breaks free of the Soldier's grasp\*\*\*
8. Soldier 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.
  9. Soldier secures the top of the enemy's shoulder on the free arm and traces down the triceps with a thumbless grip.
  10. Soldier pulls the enemy's arms into the knees/shins.

## **O. DEFEND AGAINST STRIKES IN THE GUARD, FAR**

1. Soldier begins in the Guard
2. Soldier pulls the enemy forward with the closed guard.
3. Soldier reaches arms on both sides of the enemy's neck and pulls enemy's head down on either side.
4. Soldier uses hand on opposite side of the enemy's head to frame the enemy's same side arm.
5. Soldier opens Guard and places same side foot on the enemy's hip.
6. Soldier hooks hand over the enemy's upper arm and pulls it into the knee.
7. Soldier repeats steps 4-6 to secure the enemy's opposite side arm as well.  
\*\*\*Training Partner (enemy) breaks free of the Soldier's grasp\*\*\*
8. Soldier 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.
9. Soldier secures the top of the enemy's shoulder on the free arm and traces down the triceps with a thumbless grip.
10. Soldier pulls the enemy's arms into the knees/shins.  
\*\*\*Training Partner (enemy) stands up\*\*\*
11. Soldier transitions grip to the enemy's wrists on both sides.
12. Soldier keeps one foot on the enemy's hip and kicks the enemy's chest or face with the opposite foot.
13. Soldier releases the enemy's wrists after the final kick and stands in base.

## **XVI. SIDE CONTROL ESCAPES**

### **A. OPPONENT HAS STANDARD SIDE CONTROL**

1. Soldier begins in the enemy's Side Control.
2. Soldier raises hips and lifts the enemy with the arm that supports the weight of the enemy's hips.
3. Soldier turns into the enemy and drives the bottom knee across the enemy's belt line.
4. Soldier extends his/her body and switches hips to rotate foot around the enemy's back.

5. Soldier establishes the Guard.

## **B. OPPONENT HAS HEAD AND FAR ARM UNDERHOOKED**

1. Soldier arches towards the enemy's hips and transitions the arm securing the enemy's waist into an underhook.
2. Soldier arches towards the enemy's head and drives the underhook arm over and around the enemy's head.
3. Soldier steps over with his/her feet to follow the arm.
4. Soldier maintains pressure on the enemy and establishes a Front Headlock.

## **XVII. ADVANCED BODY POSITIONING MOVES, NORTH/SOUTH ESCAPES**

### **A. OPPONENT HAS BOTH ELBOWS IN ARMPITS**

1. Soldier begins with both feet flat and hands on either side of the enemy's hips.
2. Soldier raises hips and either pushes the enemy away or pushes away from the enemy.
3. Soldier drives one arm between him/herself and the enemy and around the outside of the enemy's opposite side leg.
4. Soldier arches back, steps over towards the side of the enemy that s/he is attacking, and drives shoulder into the enemy's hip.
5. Soldier posts elbow on the inside of the enemy's leg and secures a wrestler's grip.
6. Soldier walks feet around to the rear of the enemy and secures the enemy's same side leg in-between his/her legs.
7. Soldier reaches around the enemy's opposite side leg with both arms.
8. Soldier drives into the enemy's hip and pulls the enemy's leg.
9. Soldier maintains pressure on the enemy and establishes a dominant body position.

## **XVIII. BODY POSITONING MOVEMENT TECHNIQUES**

### **INTERMEDIATE BODY POISITIONING MOVES – ATTACKS FROM THE MOUNT**

**NOTE: 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.**

#### **A. PAPER CUTTER CHOKE (MOUNT)**

1. Soldier begins in the Mount.
2. Soldier opens the enemy's same side collar with his/her non-dominant hand.
3. 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.
4. Soldier pulls the opposite side of the enemy's collar tight against the enemy's neck with the non-dominant hand.
5. Soldier drives dominant side forearm across the enemy's neck and pulls enemy's collar into his/her chest with the non-dominant hand.

#### **B. NUTCRACKER CHOKE**

1. Soldier begins in the Mount.
2. Soldier secures both sides of the enemy's collar from the outside with palms facing the enemy's neck.
3. Soldier pulls up on both side of collar.
4. 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

#### **C. LEANING CHOKE**

1. Soldier begins in the Mount.
2. Soldier secures both sides of the enemy's collar near the enemy's chin.
3. 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.
4. Soldier pulls other hand tight and leans into the fist on the enemy's neck.

#### **D. SLEEVE CHOKE**

1. Soldier begins in the Mount.
2. Soldier reaches one arm underneath the enemy's head.
3. Soldier reaches into the other sleeve and secures a tight grip.
4. Soldier makes a fist with their free hand and pulls it across the enemy's neck
5. Soldier straightens their arms to finish the choke

## **XIX. INTERMEDIATE BODY POSITIONING MOVES-ATTACKS FROM THE REAR MOUNT**

### **A. COLLAR CHOKE**

1. Soldier begins in the Rear Mount.
2. Soldier opens the enemy's same side collar with the underhook hand.
3. Soldier inserts the thumb of the overhook hand into the enemy's collar and secures it on the underhook side.
4. Soldier reaches underhook hand across the enemy's body and secures the opposite side collar.
5. Soldier removes slack from collar, extends arms, and pushes outward with both hands.

### **B. SINGLE WING CHOKE**

1. Soldier begins in the Rear Mount.
2. Soldier opens the enemy's same side collar with the underhook hand.
3. Soldier inserts the thumb of the overhook hand into the enemy's collar and secures it on the underhook side.
4. Soldier pulls the enemy's arm away from his/her body at the elbow with the underhook arm.
5. Soldier brings arm behind the enemy's head.
6. Soldier extends both arms.

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

1. Soldier begins in the Rear Mount.
2. Soldier opens the enemy's same side collar with the underhook hand.

3. Soldier inserts the thumb of the overhook hand into the enemy's collar and secures it on the underhook side.
4. Soldier secures the enemy's same side shoulder with the underhook hand.
5. Soldier pulls the enemy backward and shifts hips to the underhook side.
6. Soldier drives leg on same side as the underhook across the enemy's belt line.
7. Soldier pushes the enemy's head to the ground with the overhook arm.
8. Soldier steps over the enemy's head with the leg closest to the head.
9. Soldier pulls heels to buttocks and secures the enemy's near side arm with both hands.
10. Soldier pinches together at the knees and finishes the technique.

## **XX. INTERMEDIATE BODY POSITIONING MOVES-ATTACKS FROM THE GUARD**

### **A. 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\*\*\*

1. Soldier secures the enemy's posted arm at the wrist with the same side hand.
2. Soldier rotates the same side foot underneath the enemy's leg and posts it on the ground.
3. Soldier secures the enemy's opposite arm at or above the elbow with a thumb grip.
4. Soldier turns into the enemy and places opposite knee on the ground.
5. Soldier raises posted foot and sweeps the bottom leg underneath the enemy.
6. Soldier rolls into the Mount.

### **B. 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\*\*\*

1. Soldier secures the enemy's posted arm at the wrist with the same side hand.
2. Soldier rotates the same side foot underneath the enemy's leg and posts it on the ground.
3. Soldier secures the enemy's opposite arm at or above the elbow with a thumb grip.
4. Soldier turns into the enemy and places opposite knee on the ground.

5. Soldier raises posted foot and sweeps the bottom leg underneath the enemy.

6. Soldier rolls into the Mount.

#### **C. 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\*\*\*

1. Soldier blocks the enemy's knee from returning to the ground with the same side elbow.

2. Soldier turns into the enemy's posted leg and shrimps so that his/her hips clear the enemy's opposite side leg.

3. Soldier rotates hips and circles the foot closest to the enemy's posted leg around the posted leg to collapse it.

4. 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.

5. Soldier turns into the enemy and reaches across the enemy's body to secure his/her collar with fingers inside the collar.

6. Soldier uses free arm to secure the enemy's elbow on the same side.

7. Soldier raises the enemy's hooked thigh and sweeps the bottom leg underneath the enemy.

8. Soldier rolls into the Mount.

#### **D. 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\*\*\*

1. Soldier secures a thumb grip on one of the enemy's wrists.

2. Soldier opens Guard, posts both feet on the ground, and squeezes together at the knees.

3. Soldier sits up and turns into the enemy's arm that s/he secured.

4. Soldier reaches around the enemy's arm and secures a Figure-Four on own wrist.

5. Soldier falls backward and turns into the enemy.

6. Soldier moves top leg on top of the enemy's spine.

7. Soldier hooks bottom leg on the enemy's opposite side hip.

8. Soldier keeps the enemy's arm tight against chest and continues to turn into the enemy to apply pressure to the shoulder joint.



## **E. 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\*\*\*

1. Soldier secures a thumb grip on one of the enemy's wrists.
2. Soldier opens Guard, posts both feet on the ground, and squeezes together at the knees.
3. Soldier sits up and turns into the enemy's arm that s/he secured.
4. Soldier reaches around the enemy's arm and secures an upside-down thumb grip on the enemy's elbow.
5. Soldier releases the enemy's wrist and posts arm.
6. Soldier drives hips into the enemy and pulls down on the enemy's elbow.
7. Soldier rolls into the Mount.

## **F. 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\*\*\*

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

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

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

## **XXI. INTERMEDIATE BODY POSITIONING - KNEE MOUNT**

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

**NOTE: 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.**

1. Soldier achieves Side Control

Soldier with the hand closest to the enemy's head grasps their enemy's collar on either side.

2. Soldier with his other hand grasps the enemy's belt or uniform over their hip.
3. Soldier 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.**

#### **B. 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.

1. Soldier achieves the Knee Mount.

**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.**

2. Soldier steps over the enemy's head with their same side leg and sits down as close to the enemy's shoulder as possible.
3. 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.**

4. 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.

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

1. Soldier begins in Knee Mount.
2. Soldier secures the enemy's far side wrist with a thumb grip with the hand closest to the enemy's legs
3. Soldier drives knee on the enemy's chest to the enemy's neck notch on the same side.
4. Soldier reaches underneath the enemy's secured arm and secures a Figure Four on own wrist.

5. 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.

6. 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.

## **XXII. INTERMEDIATE BODY POSITIONING MOVES - ATTACKS FROM SIDE CONTROL**

### **A. REVERSE BENT ARM BAR FROM SIDE CONTROL**

Soldier begins in Side Control

1. Soldier 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.

2. Soldier switches hips, drives the knee closest to the enemy's head to the enemy's near side hip, and posts the outside leg.

3. Soldier secures the wrist of the enemy's underhook with a thumb grip using the hand closest to the enemy's hips.

4. Soldier reaches underneath the enemy's arm and secures a Figure Four with the arm closest to the enemy's head.

5. Soldier switches hips to standard side control position and anchors his/her elbow to the enemy's far side hip.

6. Soldier switches hips again and slides the knee that was on the enemy's near side hip to the enemy's head.

7. Soldier moves opposite leg over the top of enemy's head and posts it on the ground.

8. Soldier leans backwards and twists the enemy's arm towards the enemy's head to apply pressure to the shoulder.

### **B. PAPER CUTTER FROM MODIFIED KNEE MOUNT TO BELLY SCARF HOLD**

1. Soldier secures the enemy's far side collar with fingers in the collar using the hand closest to the enemy's legs.

2. Soldier 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.

3. Soldier "sits through" with the leg on the enemy's chest.

4. Soldier drives the elbow of the arm that secures the far side collar to the ground.
5. Soldier pulls up on the same side collar.

### **XXIII. INTERMEDIATE BODY POSITIONING MOVES - LEG ATTACKS**

#### **A. STRAIGHT ANKLE LOCK**

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

1. Soldier wraps arm around the top of one the enemy's legs.
2. Soldier steps to the same side of the trapped leg and places opposite foot between the enemy's legs at the tailbone.
3. Soldier squats down and secures a Figure Four grip around the enemy's leg.
4. 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.
5. Soldier postures up and arches back to finish the technique.

#### **B. STRAIGHT KNEE BAR**

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

1. Soldier wraps arm underneath and around one of the enemy's same side legs at the knee.
2. Soldier posts opposite arm outside of the enemy's hip on the same side as the trapped leg.
3. Soldier drives same side knee as the posted arm across the enemy's thigh and hooks the enemy's groin with the foot.
4. Soldier turns into the enemy's isolated leg and moves his opposite leg behind the enemy's tailbone.
5. Soldier secures the enemy's lower leg with both arms and keeps it tight to the chest.
6. 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 (FRGBC001), 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

Live Training Scenarios (Tactical)  
071-FRGBB005 / 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-FRGBB005 Version 02.0 ©**

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## Appendix D - Student Handouts

Live Training Scenarios (Tactical)  
071-FRGBB005 / Version 02.0 ©

Sequence	Media Name	Media Type
None		