

CRM LESSON PLAN REPORT
GRAPPLING WITH WEAPONS (TACTICAL)
071-FRGBB006 / 02.0 ©

Approved
30 Apr 2018

Effective Date: 30 Apr 2018

SCOPE:

During this period of instruction, students will learn to apply, conduct and employ Tactical Combatives Grappling with Weapons. The students will correctly apply, conduct and employ these techniques in accordance with TC 3-25.150, and the performance outlined in this lesson plan: Employ Basic Weapon Techniques, Employ Range Controlling Techniques, and Employ Grappling with Weapons.

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

Destruction Notice: None

Foreign Disclosure: FD3 - This training product has been reviewed by the developers in coordination with the G2, MCoE and Fort Benning GA 31905 foreign disclosure officer. This training product cannot be used to instruct international military students.

SECTION I. ADMINISTRATIVE DATA

All Course
Masters/POIs
Including This
Lesson

Courses

| <u>Course Number</u> | <u>Version</u> | <u>Title</u> | <u>Phase</u> | <u>Status</u> |
|----------------------|----------------|--------------|--------------|---------------|
|----------------------|----------------|--------------|--------------|---------------|

None

POIs

| <u>POI Number</u> | <u>Version</u> | <u>Title</u> | <u>Phase</u> | <u>Status</u> |
|-------------------|----------------|--------------|--------------|---------------|
|-------------------|----------------|--------------|--------------|---------------|

| | | | | |
|--------------------|--------|---------------------|---|----------|
| 9E-F11/950-F7 (MC) | 02.0 © | Tactical Combatives | 0 | Analysis |
|--------------------|--------|---------------------|---|----------|

Task(s)
Taught(*) or
Supported

| <u>Task Number</u> | <u>Task Title</u> | <u>Status</u> |
|--------------------|-------------------|---------------|
|--------------------|-------------------|---------------|

Reinforced
Task(s)

| <u>Task Number</u> | <u>Task Title</u> | <u>Status</u> |
|--------------------|-------------------|---------------|
|--------------------|-------------------|---------------|

Knowledge

| <u>Knowledge Id</u> | <u>Title</u> | <u>Taught</u> | <u>Required</u> |
|---------------------|--------------|---------------|-----------------|
|---------------------|--------------|---------------|-----------------|

| | | | |
|--------|---|----|-----|
| K7613 | Considerations for delivery of instruction | No | Yes |
| K7725 | Knowledge of delivery methods | No | Yes |
| K26154 | Apply learning theory styles within an adult learning environment | No | Yes |

Skill

| <u>Skill Id</u> | <u>Title</u> | <u>Taught</u> | <u>Required</u> |
|-----------------|--------------|---------------|-----------------|
|-----------------|--------------|---------------|-----------------|

| | | | |
|--------------|--|----|-----|
| S2032 | Applying critical thinking skills | No | Yes |
| 071-CMD-0017 | Instill the Will to Win | No | Yes |
| S0411 | Ability to practice safety at all times. | No | Yes |

Administrative/
Academic
Hours

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

| <u>Academic</u> | <u>Resident Hours / Methods</u> | | |
|----------------------|---------------------------------|---------|-----------------------------------|
| Yes | 7 hrs | 30 mins | Drill and Practice |
| Yes | 0 hrs | 20 mins | Discussion (Small or Large Group) |
| Total Hours(50 min): | 8 hrs | 0 mins | |

Instructor
Action
Hours

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

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

Test Lesson(s)

| <u>Hours</u> | <u>Lesson Number</u> | <u>Version</u> | <u>Lesson Title</u> |
|--------------|----------------------|----------------|---------------------|
|--------------|----------------------|----------------|---------------------|

None

Prerequisite Lesson(s)**Hours**

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

FD3. This training product has been reviewed by the developers in coordination with the G2, MCoE and Fort Benning GA 31905 foreign disclosure officer. This training product cannot be used to instruct international military students.

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 read the following pages in accordance with TC 3-25.150: pages 3-5 and 6, 3-45 thru 3-50, and 6-25 thru 6-32.

Instructor Requirements

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

Support Personnel Requirements

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

Combat Lifesaver (Enlisted)

Additional Support Personnel Requirements**Name**

Combat Lifesaver
Remarks:

Student Ratio

1:36

Qty**Man Hours**

**Equipment
Required
for Instruction**

| <u>ID - Name</u> | <u>Student Ratio</u> | <u>Instructor Ratio</u> | <u>Spt</u> | <u>Qty</u> | <u>Exp</u> |
|---|--------------------------|-----------------------------|------------|------------|------------|
| 1090-01-C14-9367 - Sling, M4/M16 Three Point: MS2 Multi-Mission, Black Remarks: | 0:0 | 0:0 | No | 0 | |
| 4110-01-485-3548 - Chest, Ice Storage, White, 162 Quart Capacity Remarks: | 0:0 | 0:0 | No | 0 | |
| 4120-01-481-6048 - Cooler, Air, Evaporative Remarks: | 0:0 | 0:0 | No | 0 | |
| 4470-01-359-2799 - 1050 Notebook, Special Remarks: | 0:0 | 0:0 | No | 0 | |
| 6515-01-541-8147 - SUPPORT,CERVICAL Remarks: | 0:0 | 0:0 | No | 0 | |
| 6530-00-405-5391 - Litter-Splint, Extrication, Metal, Carrying Case, with Zipper, Adjustable Strap Remarks: | 0:0 | 0:0 | No | 0 | |
| 6530-00-783-7510 - Litter, Nonrigid, Poleless, Nylon, 78 X 26 Inch, Retaining Straps, Field Use Remarks: | 0:0 | 0:0 | Yes | 3 | No |
| 6530-01-380-7309 - Litter, Folding, Rigid Pole 91.60 Inches Remarks: | 0:0 | 0:0 | No | 0 | |
| 6530-01-464-4424 - Pad, Cooling, Chemical, Instant, Non-Toxic, Non-Caustic, 5 X 8 Inch Remarks: | 1:6 | 0:0 | No | 0 | No |
| 6545-01-572-9963 - Medical Equipment Set Combat Lifesaver Remarks: | 0:0 | 0:0 | Yes | 2 | No |
| 6645-00-126-0286 - Stopwatch Remarks: | 0:0 | 1:1 | No | 0 | No |
| 6685-01-590-1047 - Monitor, Heat Stress: Questemp 44 Remarks: | 0:0 | 0:0 | No | 0 | |
| 6730-01-484-2886 - SCREEN,PROJECTION Remarks: | 0:0 | 0:0 | No | 0 | |
| 6730-01-C15-8387 - Projector Overhead, Portable TY SZ STY : PT-F200U Panasonic Remarks: | 1:36 | 0:0 | No | 0 | No |
| 6910-01-C05-2267 - Mat, Floor: Zebra Mats Z700 Remarks: The requirement is to have an 8' X 8' or 64 square feet of training space per Soldier. | 400:36 | 0:0 | No | 0 | No |
| 6910-01-C05-3780 - Interval Timer, High Intensity: Pit Ring Remarks: | 0:0 | 0:0 | Yes | 2 | No |
| 7210-00-081-1417 - Sheet, Bed Cotton White Remarks: | 0:0 | 0:0 | Yes | 3 | No |
| 7240-00-098-3827 - Can, Military Remarks: One can per six students. | 1:6 | 0:0 | No | 0 | No |
| 7330-00-781-3859 - Jug, Insulated, 5 Gallon Remarks: | 0:0 | 0:0 | Yes | 6 | No |
| 7730-01-C91-4112 - Television LED HDTV, 26LD350, LG Electronics U.S.A. Inc. Remarks: | 1:36 | 0:0 | No | 0 | No |
| 7810-01-078-5665 - Bag, Training, Boxer's, 14 Inch Diameter, 42 Inch Long, 70 Pounds Remarks: | 1:2 | 0:0 | No | 0 | No |
| 7810-01-571-4668 - Mat, Mixed Martial Arts Remarks: | 0:0 | 0:0 | Yes | 256 | No |

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

Materials Required

Instructor Materials:

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

Student Materials:

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

Classroom, Training Area, and Range Requirements

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

Ammunition Requirements

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

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

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

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

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

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

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

General Lesson Guidance:

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

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

Instructor will implement approved Lessons Learned that affect existing lesson plans and programs of instruction without resource implications (resource growth). These changes can be made to lesson plans and POIs by way of redlining the documents and updating lesson plans in the TDC database. Recommended changes will be forwarded to the MCoE Training Directorate in order to affect changes/updates to the POI for submission to TOMA, G3 TRADOC. This phase is conducted by the Squadron and followed up by the Brigade L2I representative to verify actions have been completed. For changes which require additional resources or growth, the

Brigade will develop a rationale submission, and submit to DOTD to go through the MCoE resource approval process.

<http://call.army.mil>

This Lesson Supports the Course Outcome:

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

This lesson supports the following General Learning Outcome:

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

Consideration during Facilitations:

Keys to facilitation

A. Create action in the classroom

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

B. The classroom layout sets the tone

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

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

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

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

Tips for facilitating discussion:

1. Two demonstrators (Combatives Master Trainer)

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

**Proponent Lesson
Plan Approvals**

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

SECTION II. INTRODUCTION

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

Motivator

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

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

Terminal Learning Objective

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

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

| | |
|-----------------------------------|--|
| Action: | Apply Grappling with Weapons |
| Conditions: | As a buddy team, in an approved Combatives training environment IAW TC 3-25.150, while wearing sterile ACU's and appropriate footgear (if outdoors). |
| Standards: | At the completion of this lesson, you (the students) will have correctly demonstrated proficiency of the following techniques as outlined in the following Learning Step Activity (LSA)s. 1. Employ Basic Weapons 2. Employ Range Controlling Techniques 3. Employ Grappling with Weapons |
| Learning Domain - Level: | Psychomotor - Precision |
| No JPME Learning Areas Supported: | None |

Safety Requirements

Classroom:

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

building); class leader will hold an accountability formation and report his findings to Primary Instructor.

Field:

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

Risk Assessment Level

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

Assessment: NONE

Controls: NONE

Leader Actions: Safety briefing to all students.

Environmental Considerations

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

This statement is automatically placed in environment:

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

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

Instructional Lead-in

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

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

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

SECTION III. PRESENTATION

TLO - LSA 1. Learning Step / Activity TLO - LSA 1. Employ Basic Weapon Techniques

Method of Instruction: Drill and Practice

Mode of Delivery: Resident Instruction

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

Time of Instruction: 1 hr 30 mins

Media Type: Unassigned

Other Media: Unassigned

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

Objectives:

1. Understand the proper procedures and techniques in employing Stand in Base with Primary Weapon (prone) position.
2. Demonstrate the proper procedures and techniques in employing Stand in Base with Primary Weapon (prone) position.

Stand in Base with Primary Weapon (Prone Position)

NOTE: During an altercation, a Soldier may find themselves on the ground. The Soldier must quickly stand up, and while maintaining positive identification on the enemy and positioning their weapon to place accurate fire upon the enemy. The Stand in Base with Primary Weapon is the technique of choice.

A. From the supine position, the Soldier rotates their body to lie on firing shoulder using the Shrimp technique.

1. The Soldier threads their dominant leg under their other leg, and should now be lying in the prone unsupported firing position.
2. The Soldier brings their knees toward their head one at a time to raise their upper body off the ground. The Soldier posts their non-dominant foot on the ground to move to the kneeling firing position, ready to engage a target with primary weapon.
3. The Soldier pushes off the posted leg (shin box motion), and moves to a standing firing position.

B. Stand in Base with Primary Weapon (Supine Position)

When a Soldier falls and lands on their back, they sit up immediately and spread their feet and knees so that they have clear sight on the enemy. Slightly bend at the knee to counter balance weight, and point weapon at the enemy.

1. The Soldier rotates the heel of their dominant leg toward the center of their body and transitions their weight forward over the same leg to move to a seated firing position.
2. Soldier thrusts their hips forward to move to a kneeling firing position.

3. The Soldier pushes off with the posted foot (shin box motion) to move to a shooter stance.

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 Range Controlling Techniques

Method of Instruction: Drill and Practice

Mode of Delivery: Resident Instruction

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

Time of Instruction: 3 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.

Objectives:

1. Understand the proper procedures and techniques in employing Range Controlling Techniques.
2. Demonstrate the proper procedures and techniques in employing Range Controlling Techniques.

Employ Range Controlling Techniques: Post / Frame / Hook with Head Control

A. POST

Post is a technique used to control the range of an enemy combatant to gain the advantage of the altercation. When using this technique, a Student has three options: create space, maintain space, or clinch.

To perform this technique—

1. Soldier's feet are approximately shoulder-width apart with their dominant foot as the trail foot but not completely locked-out, and secures his weapon out of reach from the enemy.
 2. Soldier places palm of non-dominant hand on enemy's chest with arm and fingers extended, and elbow slightly bent.
 3. Soldier tucks chin and raises shoulder of the posted arm to protect their cheek bone.
 4. Soldier uses free hand to protect face or to secure the enemy combatant's wrist.
- Option 1: Soldier uses posted arm either to push enemy away or to push themselves backward and creates enough space to engage with primary weapon system.
- Option 2: Soldier demonstrates ability to use posted arm to maintain space and to control the enemy in order to effectively engage with secondary weapon system and or transition to option one or three.

Option 3: Soldier closes distance with enemy while protecting face and establishes one of the following dominant positions: Double Underhooks (Low / High), Modified Seatbelt, Rear Clinch, and Wall Clinch.

B. FRAME

Control an enemy combatant at Frame Range.

The frame is the second method for the Soldier to further control a noncompliant combatant.

To perform this technique—

1. Soldier's feet are approximately shoulder-width apart with their dominant foot as the trail foot.
2. Soldier places elbow of lead hand in the center of the enemy's chest and secures enemy's neck on the same side or uppermost portion of the enemy's shoulder on the opposite side so that the Soldier's forearm is across one of the enemy combatant's clavicles, and secures his weapon out of reach of the enemy.

3. Soldier keeps elbow flexed slightly more than 90 degrees.

4. Soldier tucks chin and raises shoulder to protect their cheek bone.

5. Soldier uses free hand to protect face or to secure the enemy combatant's wrist.

Option 1: Soldier uses framed arm either to push enemy away or to push themselves backward and creates enough space to engage with primary weapon system.

Option 2: Soldier demonstrates ability to use framed arm to maintain space and to control the enemy in order to effectively engage with secondary weapon system.

Option 3: Soldier closes distance with enemy while protecting face and establishes one of the following dominant positions: Double Underhooks (Low / High), Modified Seatbelt, Rear Clinch, and Wall Clinch.

C. HOOK WITH HEAD CONTROL

Control the combatant with the hook with head control.

The hook with head control is the third method a Soldier can use to further control an enemy combatant. If the Frame has collapsed or the combatant engages from a closer proximity, the Soldier may move to the hook.

To perform this technique—

1. Soldier's feet are approximately shoulder-width apart with their dominant foot as the trail foot, and secures weapon out of reach of the enemy.
 2. Soldier places non-firing arm underneath and around the enemy's same-side arm pit and secures the top of the enemy's shoulder with a thumbless grip.
 3. Soldier repositions to be perpendicular to the enemy on the same side of the hook.
 4. Soldier drives head into the enemy's chin and applies pressure.
 5. Soldier uses free arm to protect face or to secure the enemy combatant's free arm.
- Option 1: Soldier places both hands into the enemy's same side armpit with thumb

grips in order to push the enemy away or to push themselves backward and creates enough space to engage with primary weapon system.

Option 2: Soldier demonstrates ability to use the hook to maintain space and to control the enemy in order to effectively engage with secondary weapon system.

Option 3: Soldier closes distance with enemy while protecting face and establishes one of the following dominant positions: Double Underhooks (Low / High), Modified Seatbelt, Rear Clinch, Wall Clinch.

Range Controlling Techniques: Options One, Two and Three

Objective: Soldier Create space to keep possible combatants at projectile range using any of the range controlling techniques: Space from the Post, Frame, or Hook and Head Control.

D. Option 1: Create space engage with primary weapon

When using this technique it is performed from Post, Frame and Hook and Head Control.

1. To create space from the Post, the Soldier generates force with their trail foot, and use their posted arm to push their enemy away. If the enemy is bigger the Soldier pushes themselves backward to engage with their weapon.
2. To create space from the Frame, the Soldier generate force with their trail foot, and use their Frame (extended) arm to push their enemy away. If the enemy is bigger the Soldier pushes themselves backward to engage with their weapon.
3. To create space from the Hook and Head Control, the Soldier uses disruptive techniques in order to create space for their hands. The Soldier places both their hands into the armpits with thumb grip and generate force with their trail foot while pushing their enemy away. If the enemy is bigger the fighter pushes themselves backward to engage with their weapon.

E. Option 2: Maintain space and employ secondary weapon or disruptive techniques.

When using this option it is performed from Post, Frame and Hook and Head Control.

1. Maintain space from the Post by engaging forearms, upper arm and shoulder muscle to uphold the range and employ secondary weapons or disruptive techniques (anything to subdue the enemy) that will hold the enemy in that position.
2. Maintain space from the Frame by engaging forearms, upper arm and shoulder muscle to uphold the range and employ secondary weapons (anything to subdue the enemy).
3. Maintain space from the Hook and Head Control by securing the enemy's shoulder and rolls their elbow forward, while placing their head in the enemy's jaw line to create pressure. The fighter then uses any object available to hold their enemy in that position.

F. Option 3: Achieve the Clinch

This technique is used when you are unable to employ the two other range controlling techniques mention earlier.

1. To achieve the clinch from the Post, the Soldier closes the distance while keeping their hands up and covering their face and establishes a dominant clinch position using: double under-hooks [high or low], modified seatbelt, rear clinch or wall clinch.
2. To achieve the clinch from the Frame, the Soldier closes the distance while keeping their hands up and covering their face and establishes a dominant clinch position using: double under-hooks [high or low], modified seatbelt, rear clinch or wall clinch.
3. To achieve the clinch from the Hook and Head Control, the Soldier steps into the enemy to pummel or double under-hooks or modified seatbelt clinch. If the Soldier steps too far they can go for the rear clinch. Solid structure such as buildings or can assist in enabling the Soldier to use the wall clinch.

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

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

TLO - LSA 3. Learning Step / Activity TLO - LSA 3. Employ Grappling with Weapons

Method of Instruction: Drill and Practice

Mode of Delivery: Resident Instruction

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

Time of Instruction: 3 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.

Objectives:

1. Understand the proper procedures and techniques in employing Grappling with weapons.
2. Demonstrate the proper procedures and techniques in employing Grappling with weapons.

GRAPPLING WITH WEAPONS

The grappling range begins at the distance an enemy combatant can reach the Soldier before s/he can evaluate the threat, bring his/her weapon to bear, and decide whether to use deadly force. In this situation, the Soldier may be too close to the enemy for any other action than rush into them. If the enemy combatant is armed, the confrontation will immediately become a contest of who can gain control of the weapon.

PRIMARY WEAPONS

Becoming engaged in a hand-to-hand struggle while armed with an M16 or M4 carbine is the most likely situation Soldiers will encounter. Two situations could occur with

close encounters—the enemy grabs the Soldier's weapon or the Soldier blocks and separate the enemy from theirs. In the event of an armed enemy combatant, Soldiers have the following options:

1. **Muzzle Strike** - A Soldier may use a muzzle strike to maintain the distance between the enemy combatants or to subdue them. Use the muzzle of a weapon system to jab an enemy combatant's sternum, throat, face, or groin to stop or drop an enemy combatant.

Note: Instructors should encourage Soldiers to strike at the enemy combatant's stomach or sternum because it is a larger target area and harder for the enemy combatant to dodge.

Note: If the enemy is armed with a rifle, the Soldier may have to misdirect or block his/her weapon before striking with the muzzle of their weapon.

2. **Tug of War** - This technique is performed when an enemy combatant tries to take the Soldier's weapon. When the enemy combatant grabs the Soldier's weapon:

a. The Soldier twists the weapon to where the magazine well faces inward towards their body.

NOTE: If the Soldier cannot effectively pull the rifle away from the enemy, the Soldier can step into the enemy and utilize a headbutt to knock the enemy off balance before continuing the technique.

*****WARNING: Training partners playing the role of the enemy combatant will never grip the muzzle of the barrel tightly, as this can cause damage to the palms of their hands when the Soldier quickly rotates the weapon system and pulls back on it.**

b. Soldier places their hand that is on the heat shield on the magazine well to use it as a second handle.

NOTE: Soldiers should grip the magazine well as close to the weapon as possible.

c. Soldier takes an exaggerated step backwards with their trail foot and changes their level at the knees.

d. Soldier pulls the weapon while shifting their weight to the rear foot and aligns the

weapon to the enemy combatant's pelvic girdle.

Note- The enemy combatant may not release the weapon, however it will align the weapon to the enemy combatant's center line.

e. Soldier switches the selector switch from safe to semi and engages the enemy combatant.

Note- Shooting the pelvic girdle will hinder the enemy combatant's ability to stand up.

3. Fighting With Rifle: Palm Strike

Enemy grabs weapon, Soldier utilizes open hand palm strike (not closed fist) to the enemy combatant's face as a disruptive technique to drive the enemy combatant off of his/her weapon and into a position with which the enemy combatant can be engaged with the primary weapon system.

a. Fighting with Rifle: Clear Primary Weapon Elbow Strike

1. Soldier achieves a dominant range controlling position such as the frame.
2. Soldier brings opposite hand up to protect his/her face.
3. If the enemy will not release primary weapon or is too close, the Soldier can clear the enemy by using elbow strikes with the same arm that protects his/her face.

NOTE: Soldiers should strike the enemy in the head with the point of their elbow and rotate their body for power. Soldiers can also pull the enemy's head towards the elbow strike for additional power.

4. Soldier returns to projectile weapon range.

4. Fighting with Rifle: Clear primary weapon front kick

When an enemy combatant grabs the Soldier's weapon,

- a. Soldier utilizes a front kick to drive enemy combatant off of the weapon.

b. Using either foot Soldier kicks into the upper thigh /hip area of enemy combatant with foot turned out, driving the enemy combatant backwards.

NOTE: Soldier may keep kicking driving enemy combatant off of weapon or until enemy combatant is in a position to be engaged by primary weapon.

5. Fighting with Rifle: Clear primary weapon head butt

If the Soldier cannot use tug of war for any reason, the Soldier can clear the enemy from the primary weapon with a head butt.

a. Soldier drives the muzzle of the weapon down towards the ground, thereby committing the enemy's hands to the rifle and leaving the head exposed.

b. Soldier strikes the enemy in the head with the ACH repeatedly until the enemy breaks his grasp.

SECONDARY WEAPONS

If a Soldier is faced with a situation where s/he cannot employ his/her primary weapon but has a secondary weapon, the Soldier can choose standing or ground grappling to gain control of the confrontation by subduing or dispatching the enemy combatant.

STANDING GRAPPLING

NOTE: Struggling with an unarmed enemy combatant can be just as dangerous as struggling with an armed enemy combatant. With both hands free, the enemy combatant may try and take the primary weapon or any secondary weapons from the Soldier (i.e., sidearm, knife, hand grenades, etc.) Any advantage of being armed can quickly disappear if Soldiers have not practiced how to effectively grapple over weapons.

Standing grappling is the easier of the two techniques and is used to control an enemy combatant while transitioning to a secondary weapon.

6. Ground Grappling, Opponent Reaches for Weapon with one hand

If the fight should go to the ground before the Soldier has deployed his weapon, their primary concern must be to gain a position that allows them to employ their weapon while keeping the enemy from employing theirs.

1. The Soldier composes their guard and places their hand on top of the hand their enemy is reaching with to stop the enemy from gaining control.

2. The Soldier sits up and reaches over their enemy's arm to form the figure four.

3. The Soldier finishes in the reverse bent arm bar from the ground.

NOTE: The enemy may decide to ignore the Soldier's weapon and attempt to strike the Soldier from within their guard. If this happens the Soldier should defend the strikes in the same manner as they would without a weapon, but favor the weapon side to allow the Soldier access to their weapon without

risking losing control of it.

7. Ground Grappling, Opponent Reaches for Weapon with two hands

The same applies if the Soldier find themselves on the ground.

1. The Soldier composes their guard and places their hand on top of the hand their enemy is reaching with to stop the enemy from gaining control.
2. The Soldier shrimps away from their weapon, turning it underneath them. This will commit the enemy's arm, allowing the Soldier to drive upward with their hips using the hip heist.
3. The Soldier sweeps the enemy, and clears the enemy's arm with their knee and draws his weapon to finish the fight.

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

Testing Requirements

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

Feedback Requirements

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

Appendix A - Viewgraph Masters

Grappling with Weapons (Tactical) 071-FRGBB006 / 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-FRGBB006 Version 02.0 ©

Appendix D - Student Handouts

Grappling with Weapons (Tactical) 071-FRGBB006 / Version 02.0 ©

| Sequence | Media Name | Media Type |
|----------|------------|------------|
| None | | |