



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



HOW TO REQUEST AN MTT



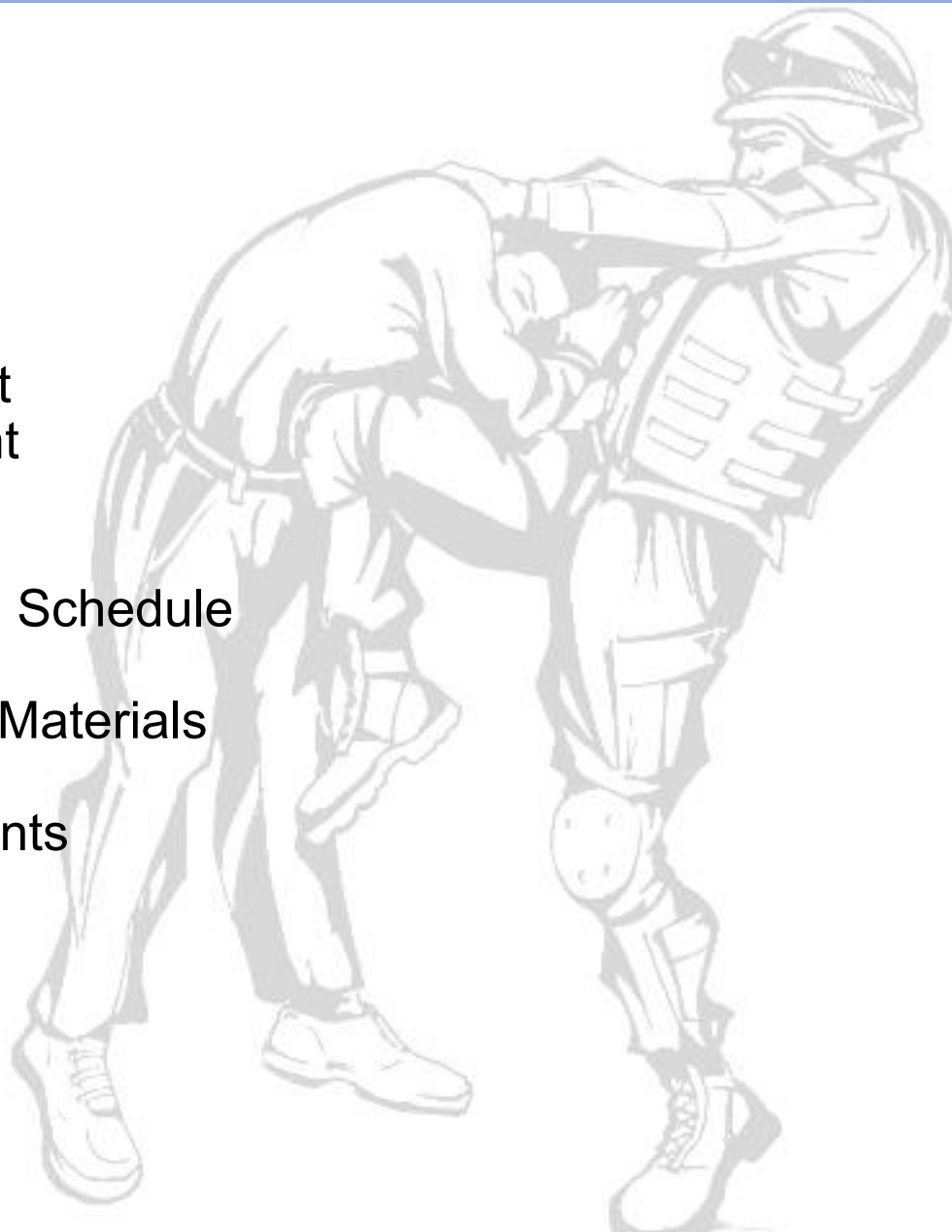


UNITED STATES ARMY COMBATIVES COURSE

1/29 Infantry Regiment, Fort Benning GA



- Overview
- Cadre Support
- Host Unit Support
 - Equipment
 - Facilities
- Example Training Schedule
- Publications and Materials
- Other Requirements
- Point of Contact





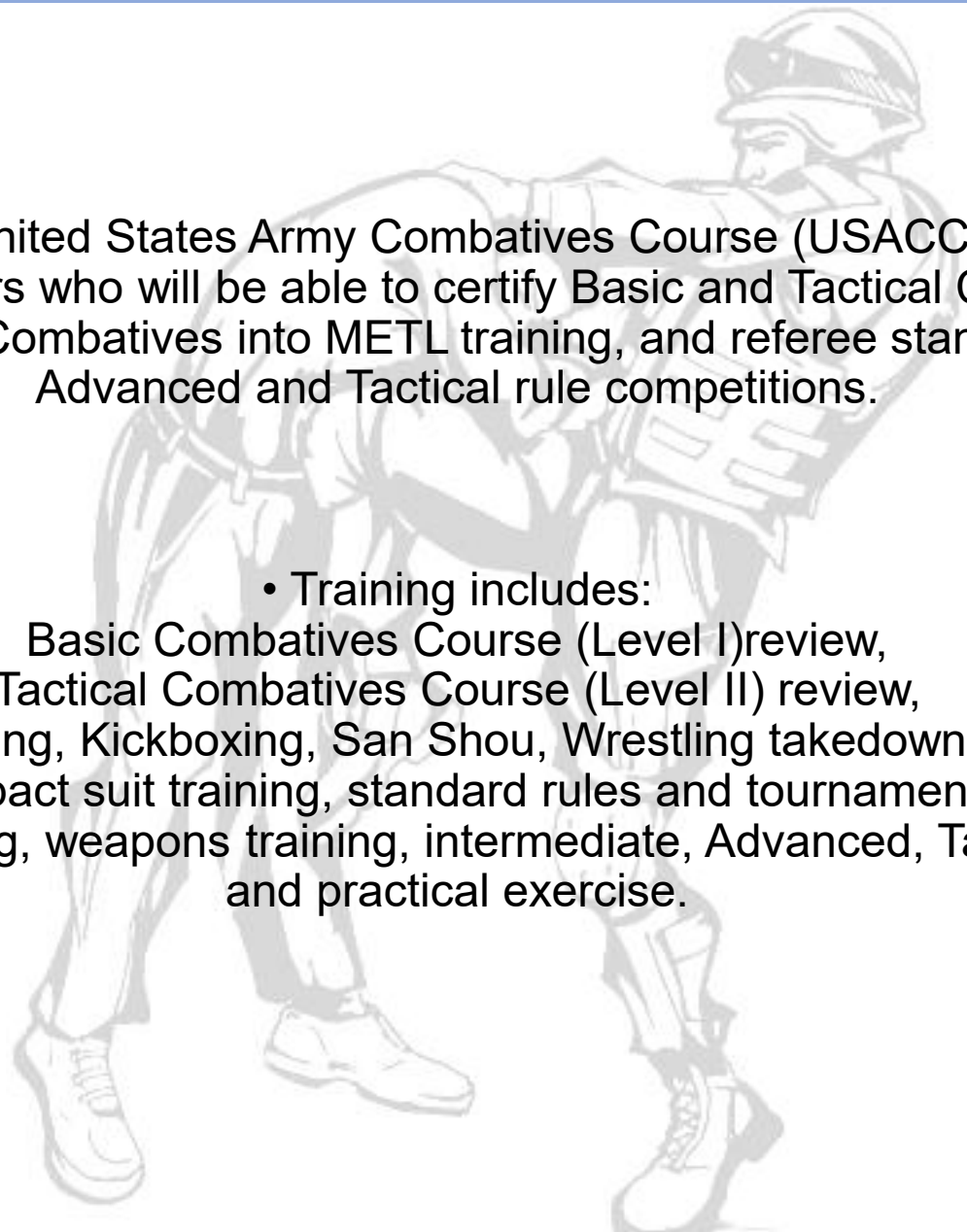
UNITED STATES ARMY COMBATIVES COURSE

1/29 Infantry Regiment, Fort Benning GA



- United States Army Combatives Course (USACC) creates master trainers who will be able to certify Basic and Tactical Combatives Course (Level I-II), integrate Combatives into METL training, and referee standard, intermediate, Advanced and Tactical rule competitions.

- Training includes:
 - Basic Combatives Course (Level I) review,
 - Tactical Combatives Course (Level II) review,
 - Boxing, Kickboxing, San Shou, Wrestling takedowns, impact suit training, standard rules and tournament class, ground fighting, weapons training, intermediate, Advanced, Tactical rules class, and practical exercise.





UNITED STATES ARMY COMBATIVES COURSE

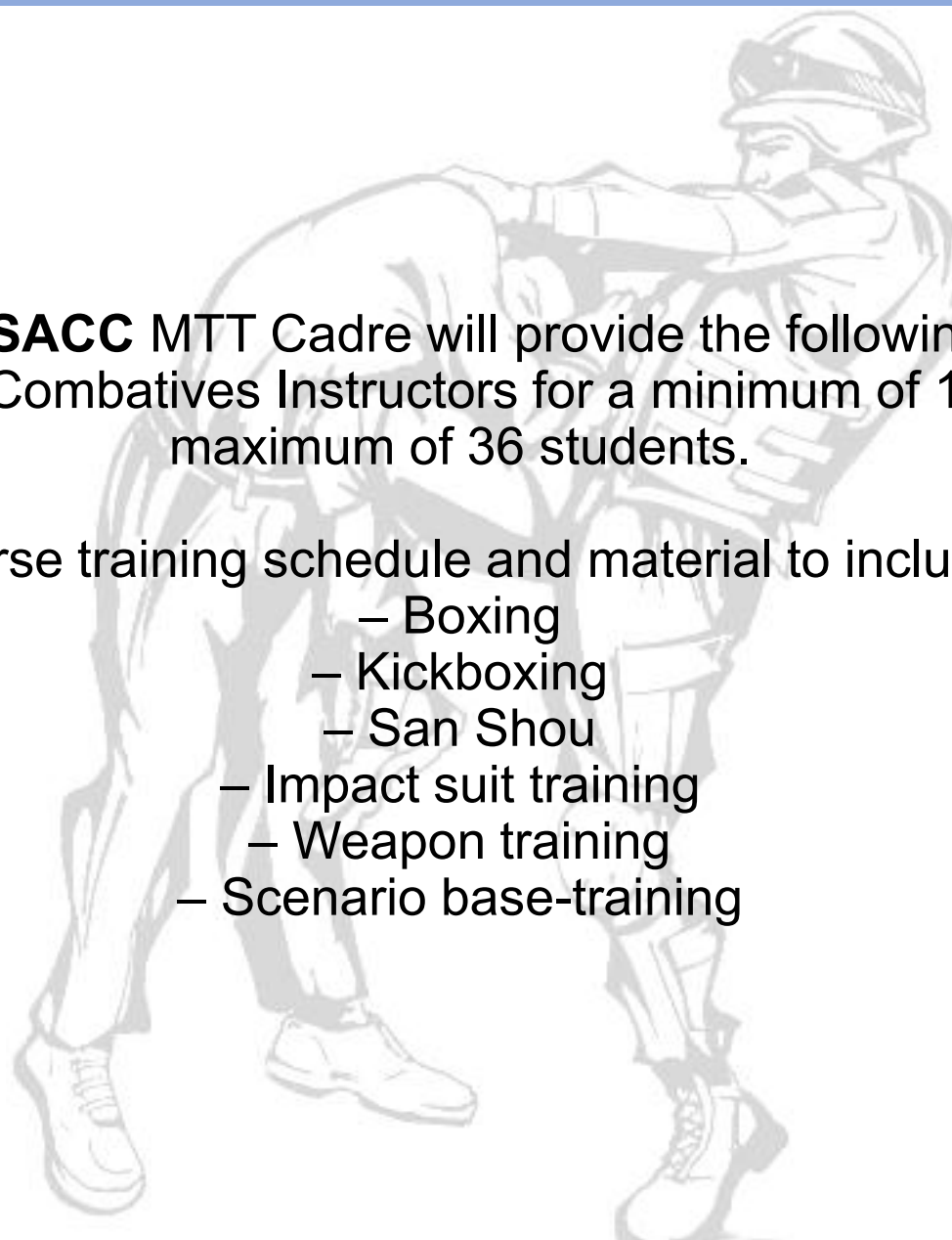
1/29 Infantry Regiment, Fort Benning GA



- **USACC** MTT Cadre will provide the following:
Certified Combatives Instructors for a minimum of 12 with a maximum of 36 students.

Course training schedule and material to include:

- Boxing
- Kickboxing
- San Shou
- Impact suit training
- Weapon training
- Scenario base-training





UNITED STATES ARMY COMBATIVES COURSE

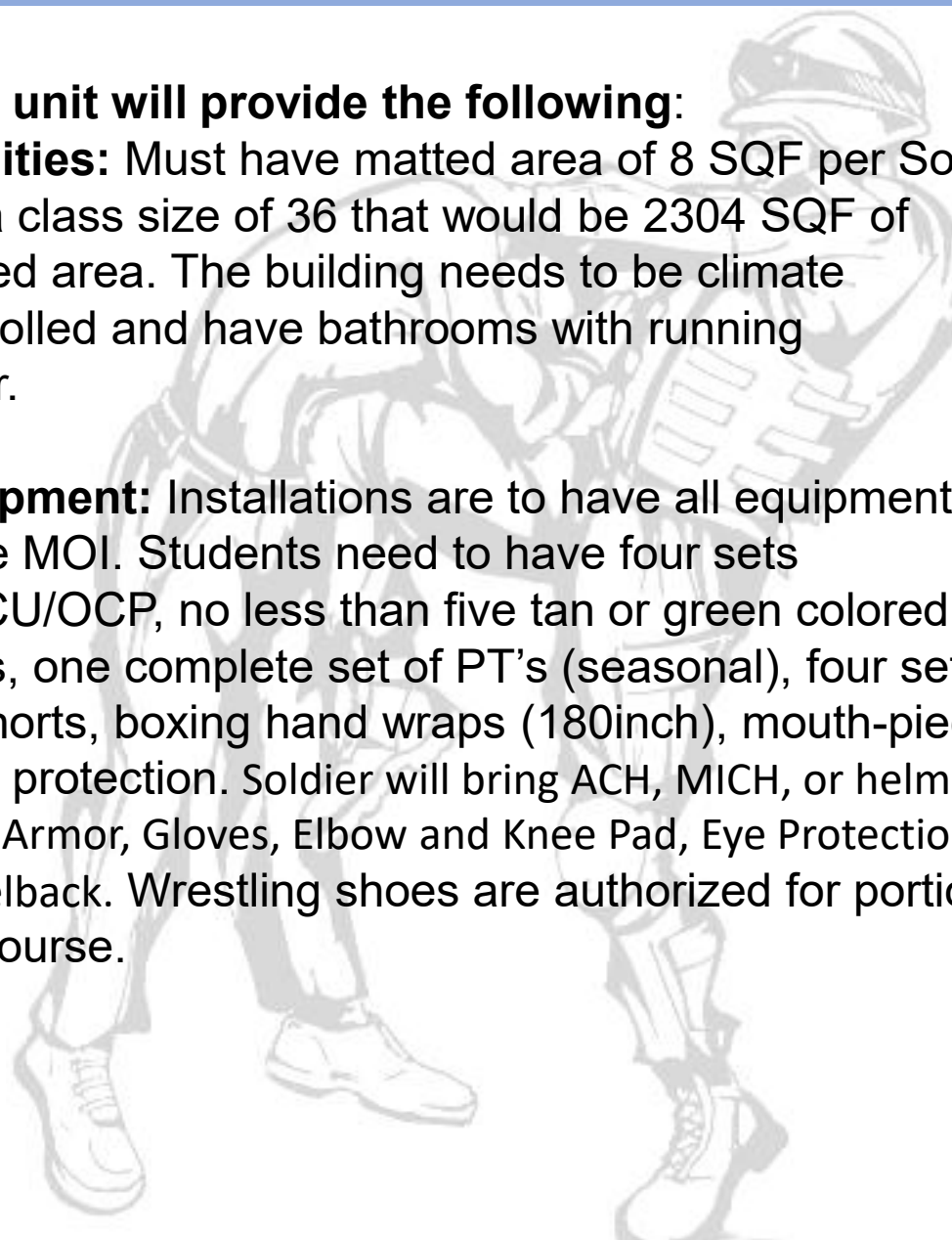
1/29 Infantry Regiment, Fort Benning GA



Host unit will provide the following:

Facilities: Must have matted area of 8 SQF per Soldier. For a class size of 36 that would be 2304 SQF of matted area. The building needs to be climate controlled and have bathrooms with running water.

Equipment: Installations are to have all equipment stated in the MOI. Students need to have four sets of ACU/OCP, no less than five tan or green colored shirts, one complete set of PT's (seasonal), four sets pt. shorts, boxing hand wraps (180inch), mouth-piece and groin protection. Soldier will bring ACH, MICH, or helmet, Body Armor, Gloves, Elbow and Knee Pad, Eye Protection, and Camelback. Wrestling shoes are authorized for portions of the course.



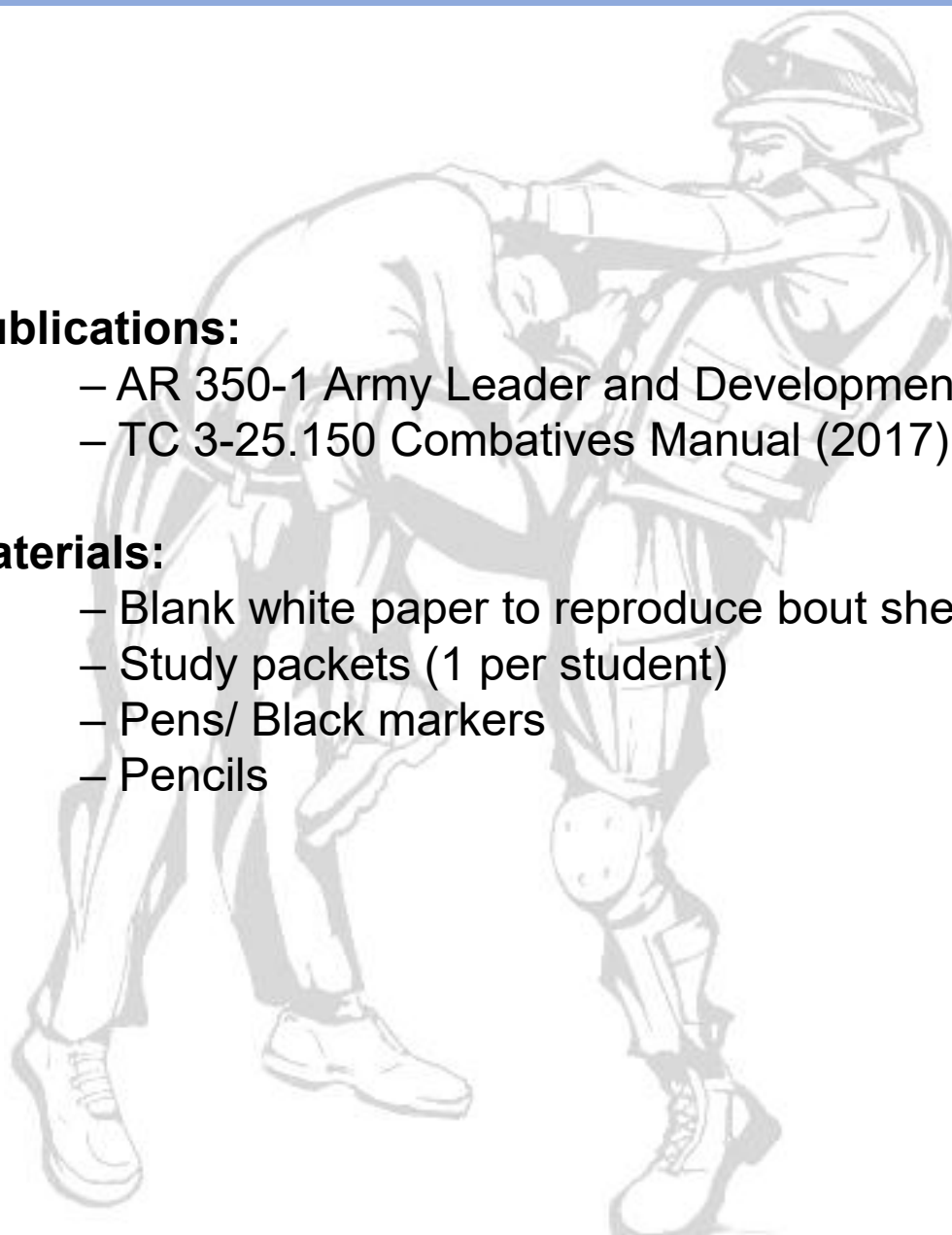


UNITED STATES ARMY COMBATIVES COURSE

1/29 Infantry Regiment, Fort Benning GA



- **Publications:**
 - AR 350-1 Army Leader and Development
 - TC 3-25.150 Combatives Manual (2017)
- **Materials:**
 - Blank white paper to reproduce bout sheets
 - Study packets (1 per student)
 - Pens/ Black markers
 - Pencils



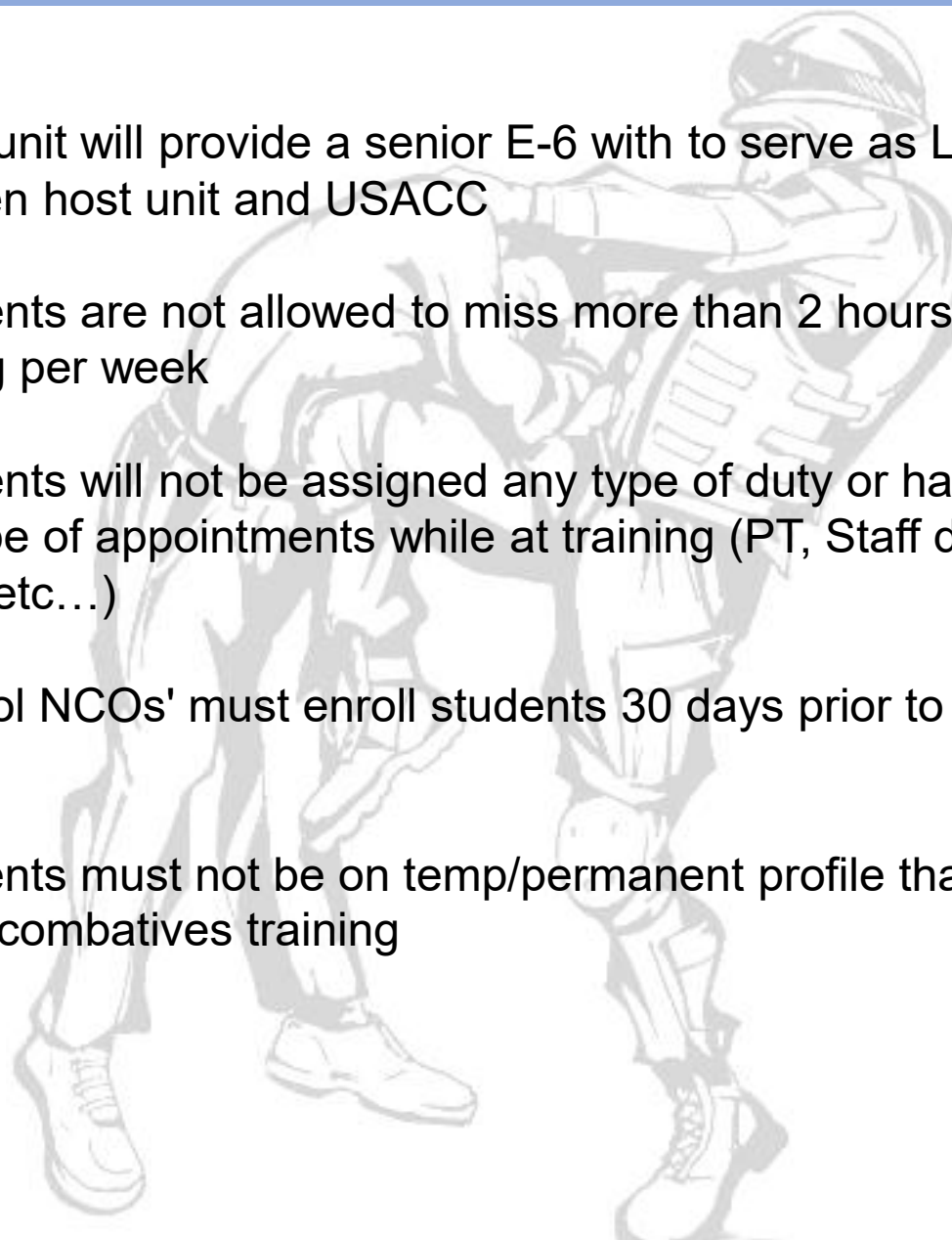


UNITED STATES ARMY COMBATIVES COURSE

1/29 Infantry Regiment, Fort Benning GA



- Host unit will provide a senior E-6 with to serve as LNO between host unit and USACC
- Students are not allowed to miss more than 2 hours of training per week
- Students will not be assigned any type of duty or have any type of appointments while at training (PT, Staff duty, leave, etc...)
- School NCOs' must enroll students 30 days prior to start date
- Students must not be on temp/permanent profile that will hinder combatives training





UNITED STATES ARMY COMBATIVES COURSE

1/29 Infantry Regiment, Fort Benning GA



- **Company Commander**

CPT Thomas
(904) 316-7933

- **Company 1SG**

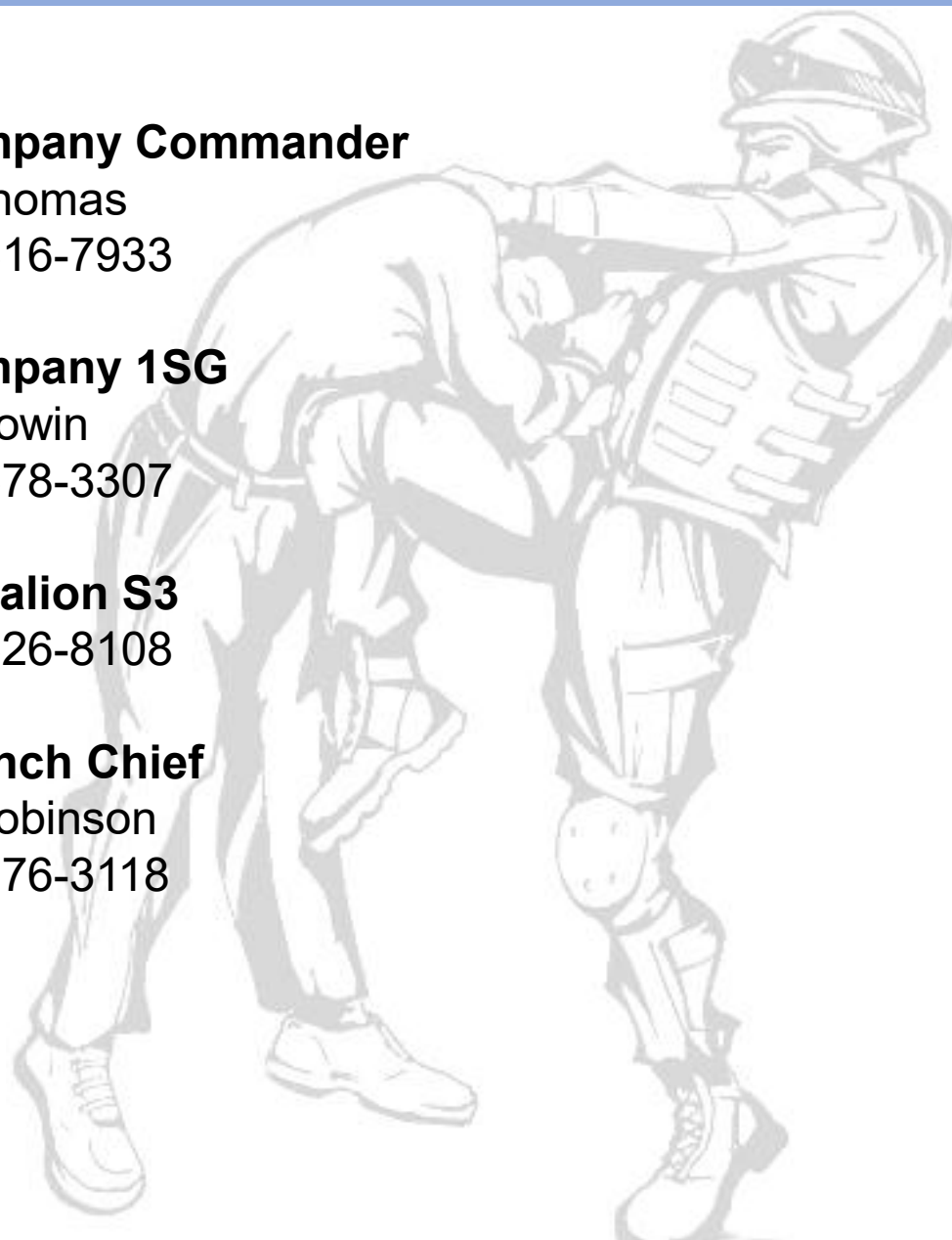
1SG Rowin
(253) 678-3307

- **Battalion S3**

(706) 626-8108

- **Branch Chief**

SFC Robinson
(941) 276-3118





UNITED STATES ARMY COMBATIVES COURSE

1/29 Infantry Regiment, Fort Benning GA



WEEK 1

In-processing, Test in, review BCT, Intro to Striking	APFT, Basic review, striking with combinations	RPT, Basic review, Striking with counters, rolling dominate body position	RPT, Basic review, Striking with counters and defense, rolling for submission	RPT, Live application with striking, Identify head injury class
---	--	---	---	---

WEEK 2

Live Application with advanced striking, History Class, student led scenario brief	RPT, Incorporating kicks with strikes, w/ counters and defense, Tactical review	RPT, Incorporating kicks with strikes, with counters, Tactical review, Option 3 Class	RPT, Incorporating kicks with strikes, Tactical review, rolling for submission	RPT, Introduction to advanced striking, Tactical review, rolling for submission
--	---	---	--	---

WEEK 3

RPT, Incorporate Takedowns with strikes, Tactical review, student led scenarios study time	RPT, Incorporate Take downs with strikes, take down defense, Tactical Review	RPT, Incorporate Take downs with strikes, take down counter, Student led Scenarios	RPT, Incorporate Take downs with strikes counters, Student led Scenarios	Live Application – Takedowns with strikes / Honor Grad Competition, Instructor Book development
--	--	--	--	---

WEEK 4

Test out, Course AAR, Facility clean up, Graduation	Risk Mitigation class, Instructor book check, Comprehensive Exam	Tactical applications Clear / Adhere / Blitz / Vehicle Extraction, OP Conan	Tactical applications, Flex Cuffing, OPORD for OP Conan	Tactical applications, Action front / Action Rear, TCC review
---	--	---	---	---

Acronyms

RPT – Restorative Physical Training
 APFT – Army Physical Fitness Test