

Tap-out in Combat

MUZZLE THUMP



Soldiers must maintain control of the weapon at all times by keeping the enemy at projectile weapons range when possible. Use strikes like the **Muzzle Thump** to drive an enemy back, keeping him at projectile weapons range. If closer proximity than projectile range is necessary, use the Post, Frame or Hook and Head Control. To execute the **Post**, keep feet more than shoulder width apart, turn hips so secondary weapon is away from the enemy, tuck chin, use flat palm with thumb down to push enemy.

POST



FRAME



To execute the **Frame**, keep feet, hips, chin and weapon positioned similar to the Post. Extend forearm beyond 90 degrees with fingers spread across enemy's collarbone or with hand cupping the back of the head.

HOOK AND HEAD CONTROL



Execute the **Hook and Head Control** by placing the non-firing arm underneath enemy's arm with hand cupping the shoulder. Push forehead into enemy's chin. Legs should straddle enemy's closest leg.

CLEAR PRIMARY WEAPON WITH STRIKES



Use **Strikes** to regain control of the weapon. Strike enemy in the face with the heel of the hand. Strike enemy at the hip bone with the bottom of the foot. Push weapon down to clear enemy's arms, and repeatedly strike his head with the Army combat helmet until his grip is broken.

ACHIEVE THE CLINCH



Close with the enemy and gain dominance, especially in case of a weapons malfunction or if the enemy is attempting to use his own weapon.

ELBOW AND KNEE STRIKES



Strike enemy in the head with the point of your elbow. For additional power, rotate your body and pull enemy's head toward elbow strike. To execute **Knee Strike**, bring rear knee up to strike enemy in gut or head. For additional power, pull enemy's head down.

FRONT AND REAR TAKEDOWNS



From a clinch position, a Soldier may take the enemy to the ground. When in front of the enemy, drive to tackle. When behind the enemy, drag him down.

STAND IN BASE WITH PROJECTILE WEAPON



If a Soldier ends up on the ground at projectile weapon range from the enemy, mobility can be regained by returning to the standing position.

ESCAPE THE MOUNT WITH ARM TRAP AND ROLL



If a Soldier has failed to maintain his feet and the enemy has gained control of the Soldier's legs, the Soldier will be forced to fight for a dominate position, in this case using the **Arm Trap and Roll**.

SECONDARY WEAPON



Employing a **secondary weapon** allows a Soldier to quickly end the fight but can only be done safely when the Soldier is in control of the position.

MODERN ARMY COMBATIVES PROGRAM HISTORY

- **1995** — 2nd Ranger Battalion commander orders reinvigoration of battalion combatives program.
- The FM at that time, written in 1992, offered no means to certify or train instructors.
- Commander appoints a committee to research improving close quarters combat tactics and methods.
- Program begins to develop and spread as a grassroots effort as Rangers begin teaching outside the Ranger community.
- **2002** — Army publishes new Combatives FM 3-25.150, which implements curriculum in Initial Military Training and Infantry Officer Education system.
- **2005** — U.S. Army Combatives School opens at Fort Benning, Ga.
- **2006** — *Soldier's Manual of Common Tasks* includes combatives as one of 40 Warrior core tasks.
- **2007** — AR 350-1 delineates training for all units Armywide and every battalion and brigade to have certified instructors.
- **2009** — As Soldier feedback from the field necessitates refinement, FM 3-25.150 is updated with more techniques and outlines planning for Armywide instructor training programs.
- **2010** — Soldier feedback leads to MACP broadening the curriculum at lower levels so Basic Combat Training and Advanced Individual Training teach more fighting techniques to new Soldiers.

BASIC COMBATIVES IS ONE OF THE FORTY WARRIOR CORE TASKS OF THE WARRIOR ETHOS INITIATIVE, AND ALL SOLDIERS SHOULD KNOW THE FOLLOWING MOVES:

- Muzzle Thump
- Tug-of-War
- Palm Heal Strike
- Kick
- Head Butt
- Post
- Frame
- Hook and Head Control
- Access Secondary Weapons
- Stand in Base
- Escape the Mount, Trap and Roll
- Pass the Guard
- Side Control
- Achieve the Mount from Side Control

- Escape the Mount, Shrimp to the Guard
- Arm Push and Roll to the Rear Mount
- Escape the Rear Mount
- Rear Naked Choke
- Cross Collar Choke from the Mount and Guard
- Bent Arm Bar
- Straight Arm Bar
- Sweep from the Attempted Straight Arm Bar
- Scissors Sweep
- Close the Gap and Achieve the Clinch
- Front Takedown to the Mount
- Rear Takedown
- Front Guillotine Choke

MACP COURSE LEVELS

Level 1 — Basic Army Combatives Course: 40-hour course teaches basic combatives techniques. Instructors for this course should be taught at battalion level by a level 3 instructor and certified by a lieutenant colonel (O-5) commander. Level 1 qualified instructors can teach the basic combatives drills and tasks.

Level 2 — Tactical Army Combatives Course: 80-hour course tailored to teach advanced techniques, teaching methodologies and philosophies. Each company will have at least one level 2 qualified instructor. The level 2 instructor course is taught at the brigade/installation level by a level 4 instructor and certified by a colonel (O-6) commander. Level 2 qualified instructors can supervise level 1 instructors and referee basic competitions.

Level 3 — Basic Army Combatives Instructor Course: 160-hour course integrates fighting skills into the infantry battle drills and close quarters battle. Level 3 qualified instructors can instruct the level 1 course, referee post events, special rules competitions and serve as battalion master trainer for scenario-based training.

Level 4 — Tactical Army Combatives Instructor Course: 160-hour course designed to teach management skills at the installation level. Instruction focuses on how to design, manage, execute and promote a safe combatives program, with special emphasis on teaching methodologies and safety.