

## United States Army Combatives School

### LEVEL III

#### Boxing stance –

The boxing stance is used to allow the fighter to assume an offensive posture conducive to attack while still being able to move and defend himself simultaneously.

Step 1. The lead foot is your non-dominant foot, it is placed 12 to 18 inches in front of your trail foot (dominant foot) and turned slightly (15 degrees) inward. Your feet are approximately shoulder width apart with the trail foot turned outward about 45 degrees, to provide stability in all directions. Your heels are off the ground and body weight is carried on the balls of the feet with slightly more weight on the trail foot than the lead foot.

Step 2. Knees are flexed but not to such a degree that they are bent.

Step 3. Your waist is turned slightly so that your lead hip is facing your enemy, but is kept unbent so that your head is above your hips.

Step 4. Elbows remain tucked into the body to cover sides of the torso. They should not fly out horizontally while punching.

Hold your forearms perpendicular to the ground so your elbows are over the knees.

Step 5. Hands are held high with the palms facing each other in a loose fist, held so that your line of sight is just above the gloves.

Step 6. Take and tuck your chin down so that you are looking just beneath your eyebrows at your enemy with your lead shoulder blocking the side of your face.

#### Boxing footwork –

Step 1. Begin with movement in the four cardinal directions by stepping with the lead foot in the direction of desired movement, and dragging the rear foot in the direction of travel. Leading with the wrong foot will cause crossing of the feet and an imbalance in the stance.

Step 2. Movements should be short, with four to six inch increments, however, be cautious not to close the feet. Balance will remain on the balls of the feet, with heels slightly raised.

Step 1. Move forward – step forward with the lead foot (right handed, left foot), and drag the trail foot the same distance, keeping a good boxing stance.

Step 2. Move backward – step backward with the trail foot (right handed, right foot), and drag the lead foot the same distance, keeping a good boxing stance.

Step 3. Move left – step to your left with the lead foot, drag your trail foot.

Step 4. Move right – step to your right with the trail foot, drag your lead foot.

Step 5. Next drill circling to the left and right.

### Jab –

The jab is the most used most important punch in boxing. It allows boxers to maximize their range, when it is thrown at the maximum extension of the lead arm.

Step 1. Start with a step with the lead foot in the direction of travel, place most of your body weight forward on the leg bending the knee forward over the lead toe.

Step 2. Drive your upper body forward with slight (1/4) twist of your hips followed by a straightening of your shoulders toward the enemy. Use your elbow as a hinge; do not allow it to come out to the side, rather straight up as the glove/hand comes straight out.

Step 3. At the point of impact twist your fist to land the blow with the palm facing down. Throw the jab at eye level or above and drive the jab to go through the target.

Next conduct the box drill and the circle drill with the jab included.

### Cross –

The cross is a power punch thrown with your dominate arm, it is normally setup with the jab, or used as part of a combination. It should be thrown at maximum range aimed for the opponents head or body. This is a straight punch, effective against wild or looping punches.

Step 1. When you throw the cross, you turn your trail foot heel out in a twisting motion, generating the turn at the trail foot and torque your body.

Step 2. Turn over trail knee toward your enemy and drop it toward the ground slightly, transitioning your weight to your lead leg as you go.

Step 3. Next turn your trail hip, mid section, and upper body slightly toward your enemy.

Step 4. Finally, launch your cross at the enemy, turning your trail hand over at the end of the punch. During this punch, keep your lead hand up to protect the opposite side of your head, and your trail shoulder comes up to protect the near side. Throw the punch straight out from your face, without flailing your elbow out to the side, and bring the trail hand straight back to your face without looping it. The perfect range has contact with the enemy while the trail elbow is slightly bent.

Step 1. Next practice the Cross by standing with your dominate side against a wall. Step forward with the lead foot, drag the trail foot, and throw the cross, looking for the trail heel to contact the wall to ensure you are turning it over.

Step 2. Now combine the jab and the cross, together as a combination. Throw the jab while stepping forward with lead foot, reel the lead hand back in as you drag the trail foot forward. Once the jab has been brought straight back to the face, throw the cross, then reset.

## Hook -

The hook is short, powerful, bent arm punch, thrown with the lead hand. It is targeted at side of the enemy's ribs or head. It is often thrown after the cross, as the bodies weight has been shifted forward, and can be redistributed back toward the trail leg during this punch.

Step 1. Throwing the hook requires a pivot similar to the cross, this time turning the lead heel (pivoting on the ball of the foot) to the outside and allowing the torque to turn from the lead foot to the lead knee which is turned into the body and dropped slightly to the ground.

Step 2. The turn continues through the hips, mid section, and upper body.

Step 3. This time whip the lead hand through the target keeping the elbow bent and up on the same plane as the lead hand. The punch can land with the palm either down, or facing back toward the puncher. When the punch is thrown with the thumb up, it is more powerful due to the added torque of the bicep muscle pulling. Palm down allows for the elbow to be held higher, which is better defensively. With either method, throw the punch from your face, ensuring that you do not cock the arm back, leaving your face exposed.

Next introduce the pivot drill, the puncher shifts the bodies weight from neutral to the lead leg while pivoting on the ball of trail foot, turning the trail heel out, turning the trail knee in and down, turning the hips, mid section, and upper body. Then shift the body's weight back to the trail leg by torqueing back in the opposite direction, again turning the lead heel out, turning and lowering the lead knee and transitioning the hips, mid section, and upper body. Repeat this process learning to shift the weight from trail to lead, back and forth, several times.

## Combinations -

Now throw combination number one.

Step 1. Step forward with the lead foot while throwing the jab.

Step 2. Reel the jab straight back to the face while dragging the trail foot forward, once the lead hand returns to the face, throw the cross.

Step 3. Bring the trail hand back to the face and throw the hook to your opponents head.

Combination number two is a series of six punches designed to move your enemy to a more advantageous location.

Step 1. Step forward with the lead foot while throwing the jab, then reel the jab straight back to the face while dragging the trail foot forward, once the lead hand returns to the face, throw the cross.

Step 2. Repeat the jab, cross punches three times.

Step 3. Throw combination number two moving into your opponent, then retreating from your opponent, then moving left and right.

The next combination to throw is combination number three -

Step 1. Step forward with the lead foot while throwing the jab, reel the jab straight back to the face while dragging the trail foot forward, once the lead hand returns to the face, throw the cross.

Step 2. Bring the trail hand back to the face and throw the hook to your enemy's rib cage. On this first hook, do not turn your heel and hips all the way over. Stop short of a full rotation and bring your hook back to face resetting your stance.

Step 3. Next throw a full hook to the side of your opponents head.

Now throw combination number four -

Step 1. Turn your trail foot heel out in a twisting motion, generate turn at the trail foot and torque your body.

Step 2. Turn over trail knee toward your enemy and drop it toward the ground slightly, transitioning your weight to your lead leg as you go.

Step 3. Next turn your trail hip, mid section, and upper body slightly toward your enemy.

Step 4. Finally, launch your cross at the enemy, turning your trail hand over at the end of the punch. Then throw the hook, bring your trail hand straight back to your face and time turning the lead heel (pivoting on the ball of the foot) to the outside and allow the torque to turn from the lead foot to the lead knee which is turned into the body and dropped slightly to the ground. The turn continues through the hips, mid section, and upper body.

Step 5. Whip the lead hand through the enemies head keeping the elbow bent and up on the same plane as the lead hand, and bring the lead hand back to the face.

Step 6. Follow the hook with another cross.

Uppercut -

The trail uppercut is thrown as a short, powerful punch targeting the face when your enemy reacts to punches by putting his head down. It is normally set up by the hook, as your body is torqued back to the trail side, and your elevation is lowered by the bent trail knee.

Step 1. To throw the trail uppercut pivot your trail foot on the ball of the trail foot, turn the trail knee toward your enemy and raise your elevation at the knee, transitioning your weight to your lead leg as you go.

Step 2. Next turn your trail hip, mid section, and upper body slightly toward your enemy.

Step 3. Punch with the trail arm bent at the elbow and your fist's palm facing back toward you, keeping the lead hand to your face. Return the trail hand to your head, and resume a boxing stance.

Combination number five -

Step 1. Lunge forward with the lead foot while throwing the jab, reel the jab straight back to the face while dragging the trail foot forward, once the lead hand returns to the face, launch the jab again, twice more. Throw each jab purposefully at the enemies head.

Step 2. Following the three jabs, throw the hook by turning the lead heel (pivoting on the ball of the foot) to the outside and allowing the torque to turn from the lead foot to the lead knee which is turned into the body and dropped slightly to the ground. The turn continues through the hips, mid section, and upper body. This time whip the lead hand through the target keeping the elbow bent and up on the same plane as the lead hand.

Step 3. Return the lead hand to face and finish the combination with the cross.

Add the uppercut to the end of combination number one and three.

Defensive boxing -

A defense to the jab is to catch the punch. The jab is caught with the dominate hand when the two fighters are same handed.

Step 1. To catch the enemies jab thrown at your face turn the palm of your dominate hand toward your opponents punch keeping your hand near your face. Do not reach for the punch as this will allow your opponent room between your cover hand and your head to land punches to your face.

Practice the jab catch by pairing up with another Soldier, both parties wearing hand wraps, 16oz boxing gloves, and a mouth guard.

Step 1. Conduct the first three minuets round with one boxer throwing the jab at 50% speed while the other fighter catches each jab.

Step 2. During the second round simply rotate the parties so the fighter who threw the jab is now catching the punch.

Step 3. For the third round each boxer will take turns throwing the jab and catching. During this round incorporate the jab fake occasionally to ensure that the fighter catching the jab is not reaching for the punch.

Step 4. The forth round will see both Soldiers throwing the jab and catching simultaneously. Ensure that you anchor your chin to your chest during this exercise as the common tendency is to lift the chin up thereby exposing a vulnerable target to strikes.

The front cover is used block your opponents cross.

Step 1. To utilize the front cover, slightly raise your lead hand and bring it near your head. Keep your elbows tight to prevent being struck in the ribs. Pay attention to keep your chin tucked and look underneath your eyebrows.

Step 2. Use your body, particularly your knees, to absorb the impact of the strike by being supple and giving some when the punch lands on your arm. Exercise caution not to put your head down or bend over at the waist.

The rear cover is a way to protect when your opponent whips the hook.

Step 1. The rear cover is established by slightly raising your rear arm, and bringing near to your head. The rear elbow shall remain tight to cover the ribs.

Step 2. Bend slightly at the knees to absorb some of the impact of the strike, and be conscientious to keep a straight trunk and avoid putting your head down as the uppercut can be following in short order.

To defend the uppercut use the tight elbows cover.

Step 1. Assume the typical guard with both hands covering the face. Bring both elbows in tight to your front and allow the punch to slide up the arms and past your head.

Step 2. Be upright and avoid bending forward at the waist.

Incorporate defensive blocking into combinations.

Step 1. Step forward with the lead foot while throwing the jab, reel the jab straight back to the face while dragging the trail foot forward, once the lead hand returns to the face, throw the cross.

Step 2. The mitt holder will then fire back with a cross, so slightly raise your lead hand and bring it near your head. Keep your elbows tight to prevent being struck in the ribs. Pay attention to keep your chin tucked and look underneath your eyebrows.

Step 3. Use your body, particularly your knees, to absorb the impact of the strike by being supple and giving some when the punch lands on your arm.

Step 4. Now throw the trail uppercut by pivoting your trail foot on the ball of the trail foot, turn the trail knee toward your enemy and raise your elevation at the knee, transitioning your weight to your lead leg as you go.

Step 5. Next turn your trail hip, mid section, and upper body slightly toward your enemy. Punch with the trail arm bent at the elbow and your fist's palm facing back toward you, keeping the lead hand to your face; follow the uppercut with the hook.

Step 6. The mitt holder will fire back with the hook to the head. Establish the rear cover by slightly raising your rear arm, and bringing it near to your head. The rear elbow shall remain tight to cover the ribs. Bend slightly at the knees to absorb some of the impact of the strike, and be conscientious to keep a straight trunk and avoid putting your head down as the uppercut can be following in short order.

Step 7. Throw the hook pivoting similar to the cross, this time turning the lead heel (pivoting on the ball of the foot) to the outside and allowing the torque to turn from the lead foot to the lead knee which is turned into the body and dropped slightly to the ground. The turn continues through the hips, mid section, and upper body. This time whip the lead hand through the target keeping the elbow bent and up on the same plane as the lead hand. Follow the hook with the cross.

### Sparing Ethic -

Go as hard as you can go for 5-straight days without causing damage. Hit as hard as you want to be hit. Keeps injuries down, soldiers motivated to train (not walking into a beating each time they come in to work out). No one loses IQ points. One United States Army Combatives School Level III certified trainer must be present when sparring.

For the purpose of this practical exercise, the definition of a "knock down" is different from that used in competitive boxing. A student is considered knocked down if: (a) receive a telling effect from a blow, such that in the opinion of the referee the learning value of continuing the exercise has been temporarily lost. Additionally the rules from competitive boxing still apply, (b) any portion of the students body other than the feet touches the floor after receiving a blow or series of blows; (c) the student hangs helplessly on the ropes as the result of a blow or a series of blows; (d) the student is outside or partly outside the ropes as the result of a blow or series of blows; (e) following a hard punch, a student has not fallen and is not lying on the ropes, but is in a semi-conscious state and cannot, in the opinion of the referee, continue the bout; or (f) the student cannot intelligently defend himself. If a student is knocked down three times in one bout, or four times during the day the student will not be allowed train anymore that day.

Each student must successfully demonstrate proficiency by performing each previously taught boxing combination as both a puncher and a mitt holder. The student will be evaluated as follows:

1. Proper stance.
2. Proper head position.
3. Hand position.
4. Footwork.
5. Offensive punching technique.
6. Physical aptitude to perform combinations number 1 (with and without uppercut), 2, 3 (with and without uppercut), 4, and 5.
7. Defensive blocking technique.
8. Physical aptitude to perform defensive combination as previously taught.

If upon evaluation by the Class Instructor, the student cannot demonstrate a thorough knowledge and physical aptitude, they will required to be reevaluated by the Chief Trainer according to the Boxing Performance Evaluation Checklist, if the student still fails to perform the techniques properly, they will be dismissed from the course.

### Muay Thai Stance –

Step 1. The lead foot is your non-dominant foot, it is placed 4 to 6 inches in front of your trail foot (dominant foot) and turned slightly (5 degrees) outward.

Step 2. Your feet are approximately shoulder width apart with the trail foot turned outward about 5 degrees, to provide stability in all directions. Your heels are off the ground and body weight is carried on the balls of the feet with slightly more weight on the trail foot than the lead foot.

Step 3. Knees are flexed but not to such a degree that they are bent.

Step 4. Your waist is kept unbent so that your head is above your hips.

Step 5. Elbows remain tucked into the body to cover sides of the torso. They should not fly out horizontally while punching.

Step 6. Hold your forearms perpendicular to the ground so your elbows are over the knees.

Step 7. Hands are held high with the palms facing each other in a loose fist, held so that your line of sight is just above the gloves.

Step 8. Tuck and tuck your chin down so that you are looking just beneath your eyebrows at your enemy with your shoulders blocking the sides of your face.

### Rear Leg Kick –

The rear leg kick (or 10) is a powerful strike that is used against the enemy's legs, ribs or head. It is normally thrown as part of a combination following the jab or hook.

Step 1. Push off the ball of the trail leg and step offline with the lead leg by stepping somewhat toward the target and laterally in the direction of the kick. Stepping offline must establish the proper range and change the relative angle between the fighter and his target. Always remember that punches beat kicks and the enemy is likely to close the range and fire the cross.

Step 2. Transition your bodyweight toward the ball of the lead foot, keeping the lead knee somewhat bent. Begin rotating the lower body into the direction of the kick, simultaneously bringing the lead hand around to cover the exposed portion of the head, and transitioning the trail hand down and around as a counter balance to the rotation of the kick.

Step 3. Rotate your body through the target leading with the hip, following with the trail shoulder (keep the trail shoulder high to help block the face).

Step 4. Whip the bent trail leg through the target making contact with the enemy with the last couple inches of shin bone, just above the foot. CAUTION: Kicking with the instep of the foot, will often times result in broken bones of the foot.

Step 5. When targeting the opponent's leg with the kick aim below the hip bone at the inside or outside of the quadriceps muscle, the inside or outside of the calf, or the sides or back of the knee joint. These kicks and kicks to the enemy's head are thrown in an arch so that the shin lands in a downward motion, so as to avoid the check.

Step 6. When targeting the opponent's ribs with the kick aim 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.

The 10 will be added to the following combinations:

Step 1. Jab, 10

Step 2. Combination number one, 10

Step 3. Combination number three, 10

#### Front Leg Kick –

The front leg kick (or 9) is a fast, powerful kick thrown to the legs, torso, or head of the enemy. It typically thrown as a part of a combination following the cross, or singularly in the case of a cut kick.

Step 1. From a normal Muay Thai stance with the dominate side trail, and the non dominate side slightly forward, step offline with the trail leg by pushing off the ball of the lead foot stepping somewhat toward the target and laterally in the direction of the kick. Stepping offline must establish the proper range and change the relative angle between the fighter and his target. Always remember that punches beat kicks and the enemy is likely to close the range and fire the cross.

Step 2. Transition your bodyweight toward the ball of the dominate foot, keeping the dominate knee somewhat bent. Begin rotating the lower body into the direction of the kick, simultaneously bringing the dominate hand around to cover the exposed portion of the head, and transitioning the non-dominate hand down and around as a counter balance to the rotation of the kick.

Step 3. Rotate your body through the target leading with the hip, following with the non-dominate shoulder (keep the non-dominate shoulder high to help block the face).

Step 4. Whip the bent non-dominate leg through the target making contact with the enemy with the last couple inches of shin bone, just above the foot.

CAUTION: Kicking with the instep of the foot, will often times result in broken bones of the foot.

Step 5. When targeting the opponents leg with the kick aim below the hip bone at the inside or outside of the quadriceps muscle, the inside or outside of the calf, or the sides or back of the knee joint. These kicks and kicks to the enemies head are thrown in an arch so that the shin lands in a downward motion, so as to avoid the check. The 9 can often be used to strike the inside of your opponent's calf and quadriceps muscle, when it is used in this manner, the strike will be thrown as a rising kick.

Step 6. When targeting the opponents ribs with the kick aim 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.

The 9 will be added to the following combinations:

Step 1. Jab, cross, 9

Step 2. Combination number two, 9

Step 3. Combination number four, 9

Step 4. Combination number five, 9

The Front Kick –

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

Step 1. After establishing the appropriate range with your opponent, lift the kicking leg knee straight up, while keeping good posture with a straight back.

Step 2. Thrust your hips straight forward toward your enemy (this is where the power of the kick comes from), simultaneously straightening your leg at the knee.

Step 3. Kick with the bottom of your foot at your target.

a. To create range, kick your opponent in the torso or face. Aim center mass to avoid having your foot slip off left or right.

b. To destroy your enemy's leg kick, aim the kick at your opponent's hip on the side of the body that the kick originates from. This kick must occur in a rapid sequence and is often thrown with the lead leg.

Step 4. The front kick can be thrown in combination when followed by the jab and the cross.

Muay Thai Defense –

The first defense to any strike thrown by your enemy is to evade the punch or kick. Your ability to evade a kick thrown at you depends on your experience, the speed at which the kick is thrown, the range of the fight at that moment, and what motion your body is in at the time.

Step 1. To evade you will execute a quick retreat rearward with your legs and body to get just out of range of the strike thrown.

Step 2. It is imperative to immediately reestablish a good fighting stance and/or counter strike as the blow misses, to avoid the inevitable punches and kicks they are throwing as part of their combinations.

Beating a kick thrown at you requires a good read of the enemies body language and any associated tells that might precede his kick. Your enemy's ability to land an effective kick depends on their having the appropriate range to strike with the lower portion of the leg. To beat the kick, you will close the range between you and your opponent so the kick will be ineffective.

Step 1. As soon as you establish that your opponent is going to throw either leg kick your way, immediately push forward on the ball of the trail foot, stepping forward with the lead foot.

Step 2. Deliver the cross to kickers face.

You can destroy a kick thrown at you with either the cut kick (9), or the front kick.  
Step 1. When the other fighter steps off line to deliver the rear leg kick, it will leave the inside of the lead leg exposed to your own kick.

Step 2. Throw the cut kick as a rising 9 to the inside of the enemy's lead calf. This will knock their balance off, to cause them to abandon the kick.

Step 1. As your opponent steps off line to kick you, destroy your enemy's leg kick by aiming the front kick at your opponents' hip on the side of the body that the kick originates from.

Step 2. This kick must occur in a rapid sequence and is often thrown with the lead leg.

Catching a kick is an available option, especially on a lazy or halfhearted kick, particularly when it has not been setup with good punches. It is good technique to close some of the range on the kick, so as not to eat the brunt of the blow.

Step 1. Close the distance by stepping forward with the lead leg, bending at the knee, so that when the kick lands, it will slide up the lead leg, where you can secure an over hook around it, without bending forward.

Step 2. Once you have secured your enemy's trail leg with your non-dominant arm, obtain good posture, and you can throw the cross, and effect the takedown.

Checking as a defense is the least desirable course of action, however, is frequently used, especially against well thrown or well setup kicks.

Step 1. To check the kick simply lift the targeted leg skyward, with the shin facing slightly outward (to meet the kick) until the knee reaches the elbow of the same side arm. Do not drop, or attempt to check the kick with your hands or arms, as this will expose your head for strikes.

Step 2. Keep the foot of the targeted leg parallel to the ground as you rise, check, and lower it, so that if you lose your balance, you can have a solid platform when you put the foot back on the ground. Be aware that checking your opponents kick will result in shin to shin contact, and can still cause some pain and damage.

Step 3. Immediately following the check, plant your feet and fire a cross at your opponent, as they are typically somewhat off balance.

Fighters become acquainted with defending strikes by learning to read the body language, or what their opponent looks like, when strikes are being thrown at them. Fighters will pair up with training partners and conduct situational sparring at a slow controlled speed. Both fighters will wear hard shin and instep pads to control the risk of injury in addition to their standard Combatives uniform.

Step 1. On the command to begin, partners will take turns throwing slow, controlled 10s and 9s at their opponent's legs and ribs, allowing them to learn how to evade, destroy, and catch the kicks.

Step 2. The next two rounds, the Soldier who is defending the kicks will be designated and will add boxing gloves. The other fighter will add focus mitts. These rounds, the mitt holders will throw slow, controlled 10s and 9s at their

training partners, allowing them to learn how to beat and check the kicks followed by punches.

Wrestling –

Double Leg Takedown -

Step 1. Begin in fighting stance with chin down, hands up, elbows in, knees bent and feet a little more than shoulder width apart with non-dominant foot forward.

Step 2. Step forward with non-dominant foot and place it right between opponent's feet.

Step 3. While driving forward, allow your lead knee to hit the ground as you bring your trail foot around in a circular motion.

Step 4. Your head will be tight to opponent's body and both hands will be wrapped around his legs with your hands grasping his calves with thumb-less grips.

Double Leg Turn -

As you shoot the double leg, your opponent defends by sprawling.

Step 1. Using your hands on his calves as an extension, drive into your opponent with your head and push off the ground with your trail foot in a 45 degree angle.

Step 2. Finish in dominant body position.

Outside leg trip -

As you shoot the double leg, your opponent defends by walking backwards.

Step 1. Continue to bring up your trail foot and circle it all the way around and hook your opponent's heel.

Step 2. While driving your weight forward your opponent will not be able to back up anymore.

Step 3. Finish in dominant body position.

Double leg lift -

As you shoot the double leg, your opponent bends right over your back.

Step 1. Continue to circle your trail foot around and using your forward momentum, stand up, lifting your opponent with your shoulders.

Step 2. Finish by dumping your opponent on his back and gain a dominant position.

Punching Combinations with the Double leg take down:

Step 1. Jab, double leg.

Step 2. Jab, cross, hook, double leg.

Step 3. Jab, cross, Low hook, High hook, double leg.

Step 4. Jab, Jab, Jab, cross, hook, double leg.

Punch and Kick Combination with the Double leg take down:

Step 1. Jab, cross, nine, double leg.

Step 2. Jab, cross, jab, cross, jab, cross, nine, double leg.

Step 3. Cross, hook, cross, nine, double leg.

Snatch Single -

The snatch single leg takedown is useful when your opponent leaves a leg forward as in a boxing stance, or attempts a lazy kick allowing you to catch the kick.

Step 1. Setup the snatch single by stepping the same side leg outside of, and slightly past the leg you intend to pick up.

Step 2. Lower your posture at the knees dropping your far knee toward the ground. WARNING: Do NOT bend at the waist as this will allow your enemy to kick or punch your face.

Step 3. Secure the target leg with a Gable grip (backside hand on top) just below the knee.

Step 4. Push with your forehead into your opponents same side hip bone, head inside of his waist. Drive forward with your trail leg, throwing your opponent off balance and pick the leg up.

Takedowns from the single leg -

Super Man Double (Attack when opponent's leg is between yours).

Step 1. Pinch knees together trap leg.

Step 2. Jump back to spread his legs.

Step 3. Jump back and then forwards capturing his far side leg pulling him to the ground.

The Dump (Attack when opponent's leg is to your front).

Step 1. Leg ends up in front of the body.

Step 2. Head should be up in the hip, front hand secures the heel, and the back hand cups under the leg.

Step 3. Step up and in with front leg.

Step 4. Pull the leg with the arm, push the leg with the head, and step back and down for the takedown, down to your knee.

Tree Top (Attack when opponents leg is to your front).

Step 1. Leg ends up in front of the body.

Step 2. Head should be up in the hip, front hand secures the heel, and the back hand cups under the leg.

Step 3. Lift the enemy's leg with your knee.

Step 4. Rear hand transitions to a thumb grip under the leg.

Step 5. Pull leg out and away from his body.

Step 6. As he hops lift the leg up to the sky for the takedown.

Block Far Knee (Attack when opponent's leg is to your back).

Step 1. Leg ends up behind you.

Step 2. Rear hand reaches all the way around and underneath the leg.

Step 3. Front hand comes up and secures a wrestling grip-rear hand on top.

Step 4. Bring hips in and achieve good posture.

Step 5. Block the far knee with front hand at the same time drive rear arm under the armpit for the takedown.

Hook the Foot (Attack when opponent's leg is to your back).

Step 1. Leg ends up behind you.

Step 2. Rear hand reaches all the way around and underneath the leg.

Step 3. Front hand comes up and secures a wrestling grip-rear hand on top.

Step 4. Bring hips in and achieve good posture.

Step 5. Step with front foot to get closer to back leg.

Step 6. Hook behind the leg for the takedown.

Throws -

Hip Throw (Attack when opponent steps near leg away)

Step 1. From the Modified Seat Belt position enemy steps back with his near leg creating space to step through.

Step 2. Keep control of his arm and relax under hooked arm.

Step 3. Step through with back foot.

Step 4. Slide hip through opening.

Step 5. Hips out and bring under hooked arm up.

Step 6. Second foot trails in forming a V with the heels.

Step 7. Lift hips-extend legs.

Step 8. Rotate your body and place your forehead on your knee to throw.

Arch and Turn -

Step 1. From the Modified Seat Belt Position.

Step 2. Trap the Far side hip by establishing a Gable grip at the hip.

Step 3. Bend well at the knees and step slightly to your opponents back.

Step 4. Arch backwards, extend your legs upwards, and turn to your stomach.

Punching Combination with the Single Leg Takedown.

Step 1. Jab, cross, single leg.

Step 2. Jab, cross, jab, cross, jab, cross, single leg.

Step 3. Cross, hook, cross, single leg.

Punch and Kick Combinations with the Single Leg Takedown.

Step 1. Jab, ten, single leg.

Step 2. Jab, cross, hook, ten, single leg.

Step 3. Jab, cross, low hook, high hook, ten, single leg.

Step 4. Jab, jab, jab, cross, hook, ten, single leg.

### Defensive Wrestling –

The sprawl is used when your enemy attempts to shoot a double leg takedown. Start the sprawl before your opponent has the chance to drive all the way into your legs, and throw you off balance.

Step 1. Begin by throwing your legs and hips back behind you.

Step 2. Push your chest down placing all of your weight on top of your opponent. Try to drive him flat into the ground with your chest.

Step 3. Get your legs as far back away from your enemy as possible, remember that he will be attempting to grab your legs and pull them back into him.

### Finishes –

#### Cross Face -

The cross face allows you to turn your body and take your opponents back from the sprawl.

Step 1. Cross face by using the opposite side arm as the direction you wish to turn. Place that forearm across your enemy's face and push against his head. Think of it as punching your opponent in the head with your bicep and forearm.

Step 2. Using the head pressure to break his grip on your leg, keep your hips low, weight on top of your enemy's back and turn your body with your legs to take your opponents back.

#### Three Quarter Nelson Turn -

The three quarter nelson is used in conjunction with the wizzer. It is used to pressure your opponents head so that you can turn your opponent, and gain a dominant body position off of his takedown attempt

Step 1. As your opponent attempts a takedown, sprawl into your opponent and overhook his arm at the shoulder.

Step 2. Place your opposite hand on the back of his head, grasping that wrist with your first hand.

Step 3. Finish the three quarter nelson by applying pressure to the back of your opponents head until he turns to his back.

Step 4. Assume a good side control position.

### Shot Recounters –

#### High Elbow Sit Out –

Used when your opponent has sprawled on top of you during your double leg attempt.

Step 1. Decide which direction you intend to sit out to.

Step 2. Post on the opposite side arm and same side foot as the direction you intend to sit out to.

Step 3. Bring the same side arm over your head as if to defend the rear mount, and sit to your buttocks with your back to the side of your enemy's torso.

Step 4. Immediately turn in the opposite direction toward your opponent's back.

Step 5. Place your backside knee in between your opponent's knee and elbow, post your other foot away from your enemy on the ground. Secure an under

hook on your opponent's far side, an overhook on the nearside, with an opposing thumbs grip.

#### Poisonous Tree Frog –

The poisonous tree frog will allow you to move from the top of the turtle position, to the more dominate rear mount position.

Step 1. Begin with near side knee between enemy's arm and leg.

Step 2. Near side arm is over enemy's back.

Step 3. Opposite arm is cross faced and under enemy's far arm pit.

Step 4. Grip with thumb less grip.

Step 5. Drive head to far side of enemy while walking around enemy's head.

Step 6. Roll over and under enemy pulling him on top of you into rear mount.

#### Side control Escapes -

Enemy has Standard Side Control -

Step 1. Begin with both feet flat, arm under hooked with tabletop.

Step 2. Bump hips up and lift with both forearms.

Step 3. Shrimp butt away and push on enemy's hips.

Step 4. Drive in bottom knee and push enemy away to face you.

Step 5. Over hook outside leg.

Step 6. Recompose guard by switching hips and rotating foot out.

Enemy has Near-Side Hip Control -

Step 1. Begin with both feet flat, arm under hooked with tabletop.

Step 2. Bump hips up and lift with both forearms.

Step 3. Drive under hooked arm up and secure enemy's near leg.

Step 4. Rotate to knees and drop to single leg.

#### Option 1:

Step 1. Drive back elbow to the ground on the inside.

Step 2. Use a thumb less grip with back hand on the top.

Step 3. Place head on ground outside of hands and tripod.

Step 4. Walk around to rear of enemy and secure near side leg with yours.

Step 5. Reach across to the double leg and finish in dominant body position.

#### Option 2:

Step 1. Enemy defends tripod by rotating trapped leg in.

Step 2. With front hand secure the top of the heel.

Step 3. Drive head into enemy's hip while lifting on the heel.

Step 4. Finish in dominant body position.

Enemy has Head and Far Arm Under hooked -

Step 1. Begin with both feet flat and tabletop.

Step 2. Arch into enemy and drive with trapped arm.

Step 3. While arched, transition your tabletop arm to an under hook.

Step 4. Drop back to your back and then arch away from enemy driving with under hooked arm.

Step 5. Step over to your knees and finish in front headlock.

Enemy has Both Hands Near-Side Control -

- Step 1. Begin with both feet flat, arm under hooked with tabletop.
- Step 2. Bump hips up and transition tabletop to face.
- Step 3. Transition under hook arm under your butt.
- Step 4. Arch away from enemy and step over to your knees.
- Step 5. Swim back hand and drop to the single leg.

Option 1:

- Step 1. Drive back elbow to the ground on the inside.
- Step 2. Use a thumb less grip with back hand on the top.
- Step 3. Place head on ground outside of hands and tripod.
- Step 4. Walk around to rear of enemy and secure near side leg with yours.
- Step 5. Reach across to the double leg and finish in dominant body position.

Option 2:

- Step 1. Enemy defends tripod by rotating trapped leg in.
- Step 2. With front hand secure the top of the heel.
- Step 3. Drive head into enemy's hip while lifting on the heel.
- Step 4. Finish in dominant body position.

North and South -

This position allows many possible attacks and is very difficult for opponents to escape from. The fighter should attempt to control the opponent's arms by placing his elbows on the ground, alongside of the opponents arm pits. The fighter will also need to shift his weight in order to prevent the opponent from rolling him over.

Enemy is rested on Forearms -

- Step 1. Begin with both feet flat.
- Step 2. Bump up with hips and lift enemy with your arms.
- Step 3. Bring up legs, one in and one out.
- Step 4. Push on enemy's hips and spin on back to face enemy.
- Step 5. Recompose guard.

Enemy has Both Elbows in Armpits -

- Step 1. Begin with both feet flat and hands on enemy's hips.
- Step 2. Bump up with hips to create space.
- Step 3. Drop back down and drive one arm over the other to the opposite hip.
- Step 4. Arch over and rotate to your knees, dropping to the single leg.

Option 1:

- Step 1. Drive back elbow to the ground on the inside.
- Step 2. Use a thumb less grip with back hand on the top.
- Step 3. Place head on ground outside of hands and tripod.
- Step 4. Walk around to rear of enemy and secure near side leg with yours.
- Step 5. Reach across to the double leg and finish in dominant body position.

Option 2:

- Step 1. Enemy defends tripod by rotating trapped leg in.
- Step 2. With front hand secure the top of the heel.
- Step 3. Drive head into enemy's hip while lifting on the heel.
- Step 4. Finish in dominant body position.

### Short Range Contact Weapons

Armed opponent?

Normally you will not know you are in a knife fight until the enemy sticks his knife into your belly. Since you cannot tell whether or not the enemy is armed, you must always fight as if he is.

In most combat situations, small arms and grenades are the weapons of choice. However, in some scenarios, Soldiers must engage the enemy in confined areas, such as trench clearing or room clearing or where noncombatants are present. In these instances, when primary weapons fail or cannot be used, the bayonet may be the ideal weapon to dispatch the enemy. Soldiers must transition immediately and instinctively into the appropriate techniques based on situation and the weapons at hand.

Types of knives and their uses -

Daggers – used for thrusting attacks.

Utility knives – used for slashing attacks.

Offense -

The knife fighter must learn to use all available weapons of his body and not limit himself to the knife. The free hand can be used to trap the opponent's hands to create openings in his defense. The opponent's attention will be focused on the weapon; therefore, low kicks and knee strikes will seemingly come from nowhere. The knife fighter's priority of targets is the eyes, throat, abdominal region, and extended limbs.

Presentation – Often you will discover that you are engaged in a knife fight, when you have been stabbed. It is better to present your knife once a dominant body position has been obtained. Being able to present your weapon during a real fight inside of three feet is challenging at best, careful attention must be paid to how the knife is carried and worn, with the idea in mind that the knife must be drawn and presented while in direct contact with the enemy.

Targets - A slash wound is not usually lethal or shock inducing; however, a stab wound risks injury to vital organs, arteries, and veins and may also cause instant shock or unconsciousness.

Defense –

An unarmed defender is always at a distinct disadvantage when facing an armed opponent. It is imperative, therefore, that the unarmed defender understands and uses the following principles to survive.

#### Separation -

Maintain a separation of at least 10 feet plus the length of the weapon from the attacker. This distance gives the defender time to react to any attempt by the attacker to close the gap and be upon the defender. The defender should also try to place stationary objects between himself and the attacker.

#### Unarmed Defense -

Unarmed defense against an armed opponent should be a last resort. If it is necessary, the defender's course of action includes:

Move the body out of the line of attack of the weapon

Step off the line of attack or redirect the attack of the weapon so that it clears the body.

#### Control the weapon -

Maintain control of the attacking arm by securing the weapon, hand, wrist, elbow, or arm by using joint locks, if possible.

#### Stun the attacker with an effective counterattack -

Counterattack should be swift and devastating. Take the vigor out of the attacker with a low, unexpected kick, or break a locked joint of the attacking arm. Strikes to motor nerve centers are effective stuns, as are skin tearing, eye gouging, and attacking of the throat. The defender can also take away the attacker's balance.

#### Ground the attacker -

Take the attacker to the ground where the defender can continue to disarm or further disable him.

#### Disarm the attacker -

Break the attacker's locked joints. Use leverage or induce pain to disarm the attacker and finish him or to maintain physical control. For instance:

#### The attacker delivers a slash along the No. 1 angle of attack -

Step 1. The defender meets and checks the movement with his left forearm bone, striking the inside forearm of the attacker.

Step 2. The defender's right hand immediately follows behind the strike to lift, redirect, and take control of the attacker's knife arm.

Step 3. The defender brings the attacking arm around to his right side where he can use an arm bar, wrist lock, and so forth, to disarm the attacker. He will have better control by keeping the knife hand as close to his body as possible.

#### Precaution -

Do not focus full attention on the weapon because the attacker has other body weapons to use. There may even be other attackers that you have not seen.

Knife defense drills are used to familiarize Soldiers with defense movement techniques for various angles of attack. For training, the Soldiers should be

paired off; one partner is named as the attacker and one is the defender. It is important that the attacker make his attack realistic in terms of distance and angling during training. His strikes must be accurate in hitting the defender at the intended target if the defender does not provide a defense or move off the line of attack. For safety, the attacks are delivered first at one-quarter and one-half speed, and then at three-quarter speed as the defender become more skilled. Variations can be added by changing grips, stances, and attacks.

#### Grappling with electricity

The terminal learning objective is that presentation is dictated by control. Therefore, the skills they have already cultivated are the key to gaining control and controlling presentation.

Step 1. Students are placed in a circle facing outboard. Cadre walks around the circle, placing the stun gun in one student's pocket.

Step 2. Students are then placed in a starting position of one inside the guard. On the command "GO" they grapple until one student gets shocked. That student is then out of the drill and the drill continues until all students experience the effects of the stun gun.

#### Short/Kali Sticks -

Since a stick can be found almost anywhere, a Soldier should know its uses as a field-expedient weapon. The stick is a versatile weapon; its capability ranges from simple prisoner control to lethal combat.

Use a stick about 3 feet long and grip it by placing it in the "V" formed between the thumb and index finger, as in a handshake. It may also be grasped by two hands and used in an unlimited number of techniques. The stick is not held at the end, but at a comfortable distance from the butt end. To grip use your non-dominant hand, get grip with full 1-fist punjo on bottom.

Use sympathetic hand (follows weapon hand; does NOT reinforce roof top and umbrella block).

When striking with the stick, achieve maximum power by using the entire body weight behind each blow. The desired point of contact of the weapon is the last 2 inches at the tip of the stick. Use full strokes and follow through. Stick stays high and transitions with punjo over the head from block to strike (full circle motion).

Gum line and teeth. Gum line bottom of teeth, bottom of triangles.

Cycle Drills: move in and out, stay on toes, and do NOT settle; focus on movement. Must strike toward head and appropriate/correct angle on strike.

#### Cycle Drill #1: Roof Block with #1 strike.

Step 1. Standard.

Step 2. ½ beat.

Step 3. Horizontal strike.

Step 4. Drift knee shot.

Step 5. Escriscimo step with the lead leg.

Step 6. Rear leg front kick. Do it off of your roof block (just when Enemy is raising his arm to strike), then kick, then strike to get back in cycle if need to. Thrusting/step through kick.

Step 7. Clinch: Enemy raises arm to strike, while blocking, shoot in with rear foot and rear hand. Foot lands just outside enemy's and hand shoots over enemy arm, wraps around, and gets beer can grip on triceps/elbow. Stick punjo goes on opposite side of enemy neck and pulls in. Your head, head up, goes under Enemy jaw. Switch feet and pull back to stabilize.

Step 8. Gum Line. Step off to same side with rear leg, then front leg goes back. Continue pattern with new lead foot.

Option 1:

With kick: Immediately after go off gum line, new rear foot (immediately after block) does front kick. Hand cycles thru #1 strike to set up for next block—not hitting with stick. Focus on kicking your opponent.

Option 2:

With clinch. Same as above, just step forward with the new rear leg. Use the same action, but you don't have to switch your feet. You are already stabilized.

Cycle drill #2: Umbrella Block w/ #2 strike. Point stick outward (almost toward front), elbow in.

Step 1. Standard.

Step 2. ½ beat.

Step 3. Horizontal strike.

Step 4. Drift knee shot and escriscimo step with the lead leg.

Step 5. Rear Low line round house Kick. Normal strike to head with weapon Follow immediately behind it with low line roundhouse.

Step 6. To achieve the clinch come in off of your strike.

Outside leg steps up in conjunction with your outside arm

Arm goes over (shoots in straight) enemy arm and under and around enemy arm (getting an under hook). Cup up and behind to control your opponents shoulder. Place your stick behind his neck and your head in tight for head control.

Step 7. Gum Line. On block, step to left rear with lead leg 45 deg.

Step 8. Kick, umbrella block with new lead. Jump back in (small step up with new lead leg) while conducting #2 strike. As soon as strike is completed (overhead and #2), rear leg low line 9 to inside of Enemy lead thigh with a scissor action: stick strike and leg traveling opposite direction.

Step 9. Clinch.

Just Shoot 'Em Drill -

Armed with a sidearm against a lightly armed attacker. 9mm, plastic pellet gun with slow velocity soft projectile. Holster, belt, face mask, Martial arts belt (for attacker) as weapon

Step 1. Start with gun in holster. Attacker starts at 7ft. Armed person with weapon secured in holster and hands on belt in center.

Step 2. The attacker begins the confrontation whenever he pleases by running at the gunman to strike him.

Step 3. Keep moving back at 7ft intervals until the gunman is successful at shooting the attacker.

#### Standing Weapons Transition -

Step 1. If the opponent comes at you from the off hand front, form the stiff arm (as in counter to inside control) and bring your weapon side hip back.

Step 2. If the opponent comes at you from some other angle, dominate the pummeling, gain head control, and clear the weapon side hip.

Conduct PE with Soldiers working through crash equipped with holster and red gun.

#### Ground Weapons Transition -

Step 1. Enemy tackles you from unexpected direction; compose your guard.

Ensure your body parts (clear hips out) are not in the gun-line on other side of enemy before you shoot when grappling.

##### Option 1.

Enemy starts hitting you, not concerned with weapon.

Step 1. When the enemy reaches back for strike, extend your hips out.

Step 2. As the punch comes forward defend punches.

Step 3. Use two hands to control the Enemies arm (same side as your weapon).

Step 4. Apply the Arm Triangle.

##### Option 2.

Enemy goes for weapon with hand and his head is on other side of the body/across center line.

Step 1. Grip down on his hand/weapon.

Step 2. Attack with bent arm bar series (while maintaining weapon control)

##### Option 3.

Enemy goes for weapon with hand and his head is on same side of body as hand/weapon.

Step 1. Control your weapon and his hand.

Step 2. Get hip out.

Step 3. Sweep variation or variation hip escape to free weapon.

## Guard Passes –

### Stand Up With One Sleeve -

Step 1 - Gain control of one of the opponent's sleeves near the wrist, and with the other hand grasps his jacket in the center to keep him from sitting up.

Step 2 - Stand up, keeping your leg close to the arm being controlled, arching your back slightly, pull on the sleeve that you control.

Step 3 - Switch control of the opponents sleeve to your other hand and use the original hand to push downward on his legs to break his grip. It is helpful to step slightly back with your leg on the side you are attempting to open.

Step 4 - When the opponents grip breaks, reach under his leg and pull it to you, tightening up to gain control and pass like before. It is important to control the opponent's leg below his knee so that he cannot bend it to escape and regain the guard.

### Hands in the Arm Pits -

Step 1 - Pin the opponent's shoulders to the ground by either placing the fingers of your hands in both of his armpits, or placing both hands around his neck.

Step 2 - Stand up on one leg at a time. Placing one of your knees in the opponent's tailbone, step back with the other. Ensuring heel of your foot is planted on the ground.

Step 3 - Sit down so that your knee is driven upward between the opponent's legs. This will break the grip of his legs behind your back.

Step 4 - Drive your knee over the opponent's leg on the opposite side. This will immobilize the leg so that you can bring both legs over into side control.

### Open Guard -

Once you have opened the opponent's guard, he may block your passing by controlling you with his legs. You must gain control of his legs before you can pass.

### Throw the Legs -

Step 1 - Grasp the opponent's pant legs near the ankles with a firm grasp and stand up, pulling him slightly toward you.

Step 2 - Swing both of the opponent's legs from side to side and then throw them forcefully to one side.

Step 3 - Close the distance and gain control in either the side control or knee mount position.

### Push the Knees -

Step 1 - Gain control of the opponent's pant legs on top of each knee.

Step 2 - Step back and drive both of the opponent's knees downward.

Step 3 - While still holding the opponent's knees down, jump forward with both legs into the mounted position.

## Sweeps -

### Captain Kirk -

The opponent may attempt to pass by standing up, making him susceptible to being swept.

Step 1 - When the opponent stands up, maintain control with your arms and let your feet slide naturally down until they are on his hips.

Step 2 - If the opponent's weight gets too far forward, pick him up with your legs and throw him over one of your shoulders, ensuring that you move your head to the opposite side to prevent him landing on you. Finish mounted

### Ankle Grab/Knee Push -

Step 1 - When the opponent stands up, maintain control with your arms and let your feet slide to his hips as in the previous move.

Step 2 - If the opponent's weight gets too far back, let go with your arms and grasp both of his ankles. Push your knees upward causing him to fall backwards.

Step 3 - Drive one of your knees to the ground and grasp the back of the opponent's neck with the other hand to pull yourself to the mount.

### Knee Mount -

Another very important dominant body position is the knee mount. When in the knee mount, the knee should be in the middle of the opponent's chest. The foot should be hooked around his hip. The opposite knee should be off of the ground and back away from the opponent's head, and the hips should be set forward to maintain balance.

### Achieve the knee mount from standard side control -

Step 1 - With the hand closest to the opponent's head, grasp the collar on either side of his head.

Step 2 - With the other hand, grasp the opponent's belt or his uniform over his hip.

Step 3 - Pushing up with both hands, pop up into the knee mount with one swift movement.

### Achieve the knee mount with control of the far side arm -

Step 1 - From side control, move your arm underneath the opponent's armpit.

Step 2 - With the other arm, reach back and gain control of the opponent's elbow. Pulling his arm upwards as you change your hips, sit through to scarf.

Step 3 - Place the foot of the leg closest to the opponent underneath the other leg. With your weight on the hand that is under the opponent's armpit and your outside leg, swing your inside leg up into the knee mount. Ensure that you maintain control of the opponent's near side arm.

#### Paper Cutter from Knee to Belly -

Step 1. Top hand that is under the collar goes all the way behind and around head.

Step 2. Bottom hand goes to opposite collar and pulls down towards waist (grab low enough so as to not block top hand).

Step 3. Knee comes off chest to hip and top leg flattens out.

Step 4. Head goes to far shoulder and apply paper cutter.

#### Paper Cutter from Modified Knee to Belly Scarf hold -

Step 1. Top hand reaches across and inside far collar. Fingers in, thumb out. Make fist and put on ground. Keep tight against neck.

Step 2. Bottom hand grasps near side lapel and pulls toward Enemy hips (make sure low enough to keep out of way of other hand).

Step 3. Sit through to scarf hold, and just as you are sitting start driving elbow across throat. Sit with a little gap between your hips and shoulder. Keep sinking in. Start walking towards head to help sink.

#### Reverse Bent Arm Bar from Knee to Belly -

Step 1. Enemy pushes on knee with hand; grab with thumb grip by bottom hand.

Step 2. Wait until he pushes all way and rotates on side.

Step 3. Step over head with knee and put it on the ground. Then other knee comes to ground.

Step 4. Get a figure 4 lock and pull his triceps to your chest. A little less than 90 degree bend in his arm so his shoulder doesn't slip out. Yank up on the arm and rotate it with entire body.

#### Near Side Arm Bar from Knee on the Belly -

Step 1. Start with knee farther up on Enemy chest (makes arm bar easier).

Step 2. Enemy pushes up on your chest with inside arm.

Step 3. Use your bottom arm to reach over and around (across your opponents elbow) and grip the triceps. Pull in to your hip (keeping your elbow in and enemy elbow above your leg to lock it in).

Step 4. Use your top arm to shove your opponents face away and to the mat.

Step 5. Swim your top leg over (bottom leg stays on near side) and use heel to pull your opponents head into your butt.

Do NOT let go of the elbow grip; baseball grip with other hand.

### Leg Attacks -

Leg attacks can sacrifice dominant body position (Arlovski vs. Cruz) and are not a high percentage attack. Twisting leg attacks are dangerous for beginners, and do not build good fight habits.

### Straight Ankle Lock -

Step 1 - When you are trying to pass the opponent's open guard, you may catch his foot in your armpit. Wrap your arm around his leg and squat down, ensuring that your opposite side knee comes up between his legs.

Step 2 - Push away from the opponent, ensuring that you allow his leg to slide through your grip until you are holding around his ankle.

Step 3 - Bring your outside foot up to push the opponent's torso back, preventing him from sitting up to counter the lock. Form a figure four on his ankle and finish the break by arching your back.

### Straight Knee Bar -

Step 1 - The opponent is beneath you and has one of your legs between his. Reach your arm under his far side leg, stand up, and step over his body with your other leg.

Step 2 - Keep your hips as close to the opponent's as possible and lock your legs behind his buttocks. Break the knee with hip pressure just as in a straight arm bar. You may also place his leg into your armpit to increase the pressure, or switch to the figure-four ankle lock at any time.

### Toe Hold -

Step 1. You go for knee bar but your opponent bends the leg.

Step 2. Your bottom arm under hooks Enemy ankle with wrist.

Step 3. Top hand grabs across all of the toes, place your thumb on opposite side with an inverted beer can grip.

Step 4. Secure a Figure four and rotate his foot towards his butt.

### Achilles Lock Defense -

Step 1. Grab hold of your enemies head with both hands and use his sitting back to pull you up.

Step 2. Push in with your body to his knee, and when you come up high on your enemy, shove his knee back down and achieve high mount.

### Knee Bar from half Guard on Top -

Step 1. Cup your enemy far arm and ensure your opponent has an under hook on the same side arm as the trapped leg (arm hidden into your armpit) and is turned in to you.

Step 2. Post both hands on far side.

Step 3. Rotate your top leg over your opponents belly and underneath Enemy leg to his butt. Grab his ankle with both hands (baseball grip).

Step 4. Lock in, knees together, and arch.

### Upa to Heel Hook –

This leg attack will allow you to transition from underneath the mount position to the heel hook leg attack.

Step 1. Keeping your elbows in and on the ground post your palms on the front of your opponent's hips.

Step 2. Arch your hips high into the air while pushing with the palms of your hand to prop your opponent up. Immediately turn and drop one hip to the mat.

Step 3. Now that you have created some space, shrimp one knee out from between your enemy's legs, and arch your back in the opposite direction.

Step 4. Thread the leg that is still trapped over your opponent's hip and place your heel into his stomach. This brings your opponents foot into your armpit.

Step 5. Trap your enemy's foot into your armpit and trap his heel between your bicep and chest. Secure a Gable grip with your hands.

Step 6. Squeeze your knees together tightly, and apply twisting pressure to your enemy's knee by turning your core, with his heel trapped by your arms, to your front.

### 2-Handed Weapons –

#### SIX-FOOT POLE

Another field-expedient weapon that can mean the difference between life and death for a Soldier in an unarmed conflict is a pole about 6 feet long. Examples of poles suitable for use are mop handles, pry bars, track tools, tent poles, and small trees or limbs cut to form a pole. A Soldier skilled in the use of a pole as a weapon is a formidable opponent. The size and weight of the pole requires him to move his whole body to use it effectively. Its length gives the Soldier an advantage of distance in most unarmed situations. Key considerations are presentation and range.

#### Reciprocating Strikes -

Step 1. Use reciprocating strikes, with overhead 45 deg swing on open side. Moderate pace, speed for block and strike. Target the head. Separate hands (not baseball grip), can slide together upon impact

Reciprocating action, back up to maintain striking range when Enemy tries to close and then strike.

Step 2. Generally block on up stroke and strike on down stroke.

#### Thrusting -

The pole is thrust straight along its axis with the user's body mass firmly behind it.

Step 1. An attacker tries to thrust forward into striking range with a contact weapon.

Step 2. The defender moves his body off the line of attack; he holds the tip of the pole so that the attacker runs into it from his own momentum.

Step 3. The defender then shifts his entire body weight forward over his lead foot and drives the attacker off his feet.

**Note.** During high stress, small targets, such as the throat, may be difficult to hit. Good, large targets include the solar plexus and hip/thigh joint.

#### Blending Blocks -

Step 1. If you are swinging up, stick low and Enemy initiates #1 strike or overhead strike, swing up and catch Enemy stick on the back side. It carries it over and then continues with reciprocal motion and initiate horizontal strike.

Step 2. If you are swinging up, stick low and Enemy initiates a #2 strike, continue with reciprocal motion, cross and drive Enemy stick, and continue to strike.

Step 3. If starting high reciprocal position and Enemy strikes with #1, counter with #1 of your own, drive Enemy stick down and continue around with motion and execute horizontal strike.

#### Clinch Work -

##### Clinch Positions –

##### Basic Clinch -

This is the basic clinch position from the level one course.

##### Inside Control -

One hand should be on top of the other, both pulling the neck downward. Elbows should be tucked in to control the range.

##### Neck and Biceps -

One hand is cupping the back of the neck for control and the other on top of the biceps. Using your elbows to control punches.

##### Over and Under -

##### Controlling -

Your arms are locked together high behind his arms to control his shoulders

##### Blocking -

One arm is hooked under his armpit and the other is extended across the waist to block knee strikes.

##### Both Arms Under (high) -

Your arms are locked together high behind his back to control his shoulders.

Both Arms Under (low) -

Your arms are locked together around the small of his back.

Front Head Lock -

Your opponent's head is in your armpit, as in the guillotine, with the arm around his neck also controlling his arm.

Counter to inside control -

One arm extends over his arms and across his neck keeping him away by pressing against his neck. The other arm reaches under his arms and across your own waist to block knee strikes.

Long Range -

Your hands should be cupped across his forearms to control them to either side.

Pummeling -

Basic -

From either Over and Under clinch position, dig the near side hand between his arm and your chest in an attempt to achieve the Both Arms Under clinch position. He will do the same thing at the same time so that you change sides. You should push slightly against him and your legs should change sides in coordination with your arm movements.

Near Side -

If he controls your attempt to achieve the basic clinch position by hooking his arm under your armpit, snake your arm over his and through his armpit at the same time stepping behind his leg. By quickly pushing upwards with your arm and moving your hips forward, you then shuck your shoulder into his armpit and gain the position.

Changing Sides -

If he controls your attempt to achieve the basic clinch position by wrapping his arm over yours and the through your armpit this is called a wizzer. To defeat the wizzer, snake your other hand into his armpit on the far side and change sides. Shuck your shoulder to gain the position as before.

Outside to Inside Wedge -

Roll your shoulders and insert one hand at a time to gain the Inside Control position.

Over to Under Lever -

Reach over one of his arms at the elbow and place the back of your hand under his other elbow. Placing your palms together push his arms upward. Use the space this has created to wedge one hand at a time into the Inside Control position.

#### Under to Over Lever -

Reach under one of his arms and over the other at his elbow. Using your own elbow, push his arm upward by leaning with your shoulders and use the space this creates to wedge one hand at a time into the Inside Control position.

#### Push the Elbow Inward -

If his elbows are too tight together to use either the Over to Under or the Under to Over method, grasp his elbow with one hand and push it inward gaining power by simultaneously turning your shoulders. With the free hand first, use the space this has created to wedge into the Inside Control position.

#### Double Elbow Lift -

If his elbows are very tight together, you can grasp them both and by getting your hips under them, straiten his arms by pushing them both upwards. As before, use the space this has created to wedge one hand at a time into the Inside Control position.

#### Knee Strikes -

##### Long Knee -

The Long Knee is a strike that is used when there is space between you and is either directed straight out or slightly rising. At the appropriate range pulling him toward you can enhance its effectiveness.

##### Round Knee -

The Round Knee, sometimes called the curved knee, is a strike that comes from the side typically into the ribs. As the long knee it can either be a horizontal strike or slightly rising.

##### Up Knee -

The Up Knee is a rising strike usually to the head but occasionally into the chest. It can be thrown either directly to the front or to the side but is typically thrown at very close range.

#### Knee Counters -

##### Hip Check -

One simple method to counter Round Knee strikes is by moving your hip inside of the most powerful arc of the strike. When done correctly your hip will meet the strike on his inner thigh.

##### Pull Toward the Knee -

In order to throw a knee strike he must pick his leg up. At this same moment if you pull him toward the leg he is attempting to strike with he will be forced to place it on the ground to avoid falling.

#### Pull Away From the Knee -

If he is leaning away from the leg with which he is attempting to strike you, you may not be able to pull him toward it. You may however at the same moment as before be able to pull him in the other direction, away from the knee, and force him to step backwards to avoid falling.

#### Hand Check -

When you feel the enemy pull backwards in preparation for a knee strike, you can sometimes pull your hand away and stop the strike by blocking his hip. It is important to immediately replace your hand to a control position on top to avoid being open to hand or elbow strikes.

#### Knee lift and grab -

As a knee strike comes in, lift your knee under his leg and then grasp the leg with your arm.

#### Tilt the Head -

If he attempts knee strikes when you have the Inside Control position, you can control his ability to strike by tilting his head. The action is much like steering a vehicle.

#### Throws and Takedowns -

##### Hip Check Turndown -

If you block a knee strike with a Hip Check you can sometimes take him down by simply turning him in a tight circle away from the striking leg and pulling downward.

##### Pull Toward the Knee, Inside Hook -

If you stop an attempted knee strike by pulling toward the knee, step between his legs with the leg closest to the direction you were pulling toward and hook his leg just before it hits the ground.

##### Pull Away From the Knee, Sweep -

If you stop an attempted knee strike by pulling away from the knee, sweep the post leg with the inside of your foot just as his other leg touches the ground.

##### Pull Away From the Knee, Throw -

If you stop an attempted knee strike by pulling away from the knee, step through the space between you and execute either a sweep/throw with the opposite side leg/hip.

##### Hand Check, Knee Strike, Snap Down -

If you stop an attempted knee strike by checking his hip with your hand, at the moment his leg touches the ground land your own knee strike and then immediately snap him forward.

#### Knee Lift Throw from Basic Clinch -

From the basic clinch position control the far side arm at the biceps as in the Neck and Biceps position. Attack his midsection with knee strikes. He will sometimes try to counter with knee strikes of his own but they will be ineffective because you control the angle. As he attempts a knee strike, his weight will come forward creating an opportunity to lift him with the thigh of the leg that is behind his post leg and take him down to his back.

#### One Over One Under, Catch and Lift -

From the One Over One Under clinch position, if he should try to land an Up Knee to your head, hook the leg with your blocking arm and lift him with your opposite thigh. Take him down into side control.

#### Counter to Inside Control, Catch and Lift -

If you are using the counter to the Inside Control position and he attempts a knee strike to your midsection or head, simply catch his leg with your blocking hand and lift him for the takedown.

#### Enter For Hip Throws: Uchimata, Harai, etc.

If you repeatedly use a Hip Check to block a Round Knee, you can sometimes insert your hip farther for shallow hip throwing techniques.

#### Bayonet Fencing –

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. Since that time the Army has always had Combatives training doctrine although not always successful Combatives training. Bayonet fencing, as outlined in the 1852 manual remained the universally accepted training method, not only in the U.S. Army but in every European style army in the world until its effectiveness was shown to be lacking on the battlefields and in the trenches of World War I.

Bayonet Fencing was a skill based system. Competitions were held regularly across the Army and it was accepted even outside of the Army, becoming the fourth international recognized form of fencing, with Foil, Epee' and Saber and was even an Olympic sport until 1936.

Trench warfare changed all of that. In the confined space of a trench the techniques and weapons designed with the fencing strip in mind proved themselves worse than useless. It didn't take Soldiers long to realize they were better off with an e-tool and a bag full of grenades.

The demise of the Bayonet fighting system was the death of skill based training. The Army decided that skill based fighting was not necessary because bayonet fencing no longer applied. This was really start of the trend of "Martial Arts Experts" trying to teach the Army the "only ten deadly techniques" they would ever need to know, as a way to fill the void.

The principles used in fighting with the rifle and fixed bayonet are the same as when knife fighting. Use the same angles of attack and similar body movements. The principles of timing and distance remain paramount; the difference is the extended distance provided by the length of the weapon. It is imperative that the Soldier fighting with rifle and fixed bayonet use the movement of his entire body behind all of his fighting techniques--not just upper body strength. Unit trainers should be especially conscious of stressing full body mass in motion for power and correcting all deficiencies during training. Whether the opponent is armed or unarmed, a Soldier fighting with rifle and fixed bayonet must develop the mental attitude that he will survive the fight. He must continuously evaluate each moment in a fight to determine his advantages or options, as well as the opponent's. He should base his defenses on keeping his body moving and off-the-line of any attacks from his opponent. The Soldier seeks openings in the opponent's defenses and starts his own attacks, using all available body weapons and angles of attack.

#### Parry Movement –

The parry is used by a fighter armed with a rifle, whether the bayonet is fixed or not. Use the parry to defend yourself against an enemy who is using a contact weapon with a thrusting attack. At times, the Soldier may lose the initiative and be forced to defend himself. The objective is to counter a blow by using the weapon as a single point of interference that misdirects his opponents attack sufficient amounts to clear his body. Think of your enemy's thrusts as being directed at you in one of four quadrants. In relation to Center mass of your body, all attacks will come high and left or right, or low and left or right. Parries must not be too wide or sweeping, but sharp, short motions. The muzzle of the rifle should always be kept as nearly as possible in the line of attack. The less the rifle is moved upward, downward, to the right or to the left, the better prepared the fighter is to attack. Always be cognizant that the enemy may attempt to grab your weapon to direct the muzzle in a safe direction. When fighting in striking range, should this occur, attempt to pull your weapon straight back to provide alignment between your muzzle and your enemy. If your enemy refuses to allow such action, never surrender the hand controlling the muzzle of your weapon. Pummeling and striking attacks should only take place with the trigger hand or elbow. To provide against attack from the right, left, or rear the Soldier will change front as quickly as possible in the most convenient manner.

#### Student Practical Exercise –

Step 1. Both students start at the ready with Bayonet Fencing Carbines, at approximately four feet.

Step 2. One student will attack with a thrusting lunge, while the other must read which quadrant the attack is aimed for, and parry the attack.

#### Block –

Block with your rifle when your enemy has a contact weapon and is utilizing a bludgeoning or slashing attack. The block will stop the swing of the opponent's weapon placing the brunt of the blow onto your rifle.

Step 1. Block an attack by extending the muzzle of your weapon in the direction from which the blow is coming.

Step 2. Cant your weapon so the bottom of your hand guard faces the projected path of the attack. Move your hand to the top of the hand guard with your fingers and thumb extended and joined, providing stability to the block.

Step 3. Resume the ready position and continue your attack.

Defending against rifle with fixed bayonet -

Step 1 - When using a three-foot stick against a rifle with fixed bayonet, the defender grasps the stick with two hands, one at each end, as the attacker thrusts forward to the chest.

Step 2 - He steps off the line of attack to the outside and redirects the weapon with the stick.

Student Practical Exercise –

Step 1. One student will be armed with the M-4 rifle and sling. The other student is armed with a 3' stick. Both Students will employ each implement during practice.

Step 2. Student with the rifle will employ a thrusting attack, while the student with the stick must read which quadrant the attacked is directed to and defend appropriately.

Step 3. Student with the stick will counter attack with a bludgeoning attack, while the student with the rifle employs the proper block.

Step 4. Each student will crash against the instructor with rifle, sling, and Lacrosse Gloves, while the instructor swings the Shinai at the student. The student must employ the proper block.

Integrated Training –

Grappling –

Troops will engage in two thirty seconds bouts with an equally sized opponent while dressed in full Impact Reduction Suits. The first days bouts will start from standing, takedowns and submissions will be allowed (Standard Competition rules).

Advanced Rules –

Students will the next time engage in one thirty seconds bout with an equally sized opponent while dress in full Impact Reduction Suits. These bouts will follow Advanced Rules.

#### Stick on Stick –

Students will engage in two thirty seconds bouts with an equally sized opponent while dressed in full Impact Reduction Suits, with hockey gloves. During at least one of these bouts, students will wear IBA; however, the I.R.S. headgear will still be worn. These bouts will follow advanced rules and are allowed to strike with their sticks.

#### Gun on Empty Hands -

Students will engage in one thirty second bout with an equally sized opponent while dressed in full Impact Reduction Suits, with hockey gloves. During at least one of these bouts, students will wear IBA; however, the I.R.S. headgear will still be worn. These bouts will follow advanced rules and are allowed to strike with their weapon.

#### Weapons Transition Rifle and Side arm on Empty Hands -

Students will engage in one thirty second bout with an equally sized opponent while dressed in full Impact Reduction Suits, with hockey gloves. During this bout, students will wear IBA; however, the I.R.S. headgear will still be worn. These bouts will follow advanced rules and are allowed to strike with their weapon.

#### Stick on Gun –

Following the class on bayonet fencing, and crashing with a gun, students will engage in one thirty second bout with an equally sized opponent while dressed in full Impact Reduction Suits, with hockey gloves. During this bout, students will wear IBA; however, the I.R.S. headgear will still be worn. These bouts will follow advanced rules, and troops are allowed to strike with their sticks, and weapons.

#### Knife on Gun -

Following the class on bayonet fencing, and crashing with a gun, students will engage in one thirty second bout with an equally sized opponent while dressed in full Impact Reduction Suits, with hockey gloves. During this bout, students will wear IBA; however, the I.R.S. headgear will still be worn. These bouts will follow advanced rules, and troops are allowed to strike with their weapons and use electricity.

#### Gun on Gun –

Following the class on bayonet fencing, and crashing with a gun, students will engage in one thirty second bout with an equally sized opponent while dressed in full Impact Reduction Suits, with hockey gloves. During this bout, students will wear IBA; however, the I.R.S. headgear will still be worn. These bouts will follow advanced rules, and troops are allowed to strike with their weapons. The scenario will have one student faced at a ninety degree angle to the other, with the student who is crashing through a range of four feet with a non-operational weapon.

### Two on One, Rifles on Knife -

Following the class on bayonet fencing, and crashing with a gun, students will engage in one thirty second bout with an equally sized opponent while dressed in full Impact Reduction Suits, with hockey gloves. During this bout, the search and security will wear an IBA and mitch, with the EPW however, the full I.R.S. will still be worn. These bouts will follow advanced rules, and troops are allowed to strike with their weapons and use electricity. The scenario will have one student acting as EPW faced at a ninety degree angle to the searcher, with another student who is acting as security. The scenario will include the EPW becoming Non-compliant attempting to draw his blade and stab one of the search party.

### Overview Speech

Grandmaster syndrome.

Potential Problems with civilian SMEs.

Level 1 focus to sell the program and make believers.

Other programs worked well in IET type environment. Program needs to be exportable, trained in actual units, trained by troops outside the classroom/instruction hall.

MCMAPs

Belt system

A soldier should be willing and able to fight when called upon to do so.

Competitions and fighting single out soldiers not doing Combatives; use peer pressure.

Encourage PAIs from the field to continue to evolve and update the Program.