

SUBJECT: ANNEX A Basic Combatives Course Clinch Training Standard Operating Procedure.

1. **PURPOSE.** The purpose of this Annex is to describe the training each student must conduct during the Basic Combatives Course to control range and properly achieve the clinch in preparation for participation in the Option Three Drill.
2. **SCOPE.** This ANNEX A is applicable to all U.S. Army Combatives Programs, Instructors, and Students.
3. **Stages.** Training the Clinch is divided into four phases that explain the process of controlling range and achieving the Clinch to the Basic Combatives Students.
4. **Discussion.** The Universal Fight Plan and the Modern Army Combatives training strategy.

### **The Universal Fight Plan:**

If I were to get into a fight tonight in any town in America, for whatever reason, we know what my opponent's plan would be. He would attempt to punch me repeatedly until I received enough damage that I could not fight back effectively. We will call this the universal fight plan because everyone has it. We don't even have to teach it to them because they already know it.

Most martial arts take the same approach to making someone a better fighter; they train the student to be more skillful at the same plan. Any improvements to the student's fighting ability are dependent on their ability to master the skill, which take time to develop. Becoming a skillful striker is no different in the amount of time, effort and dedicated practice it takes than learning to play the violin. It can be done, however, it just isn't an efficient method; and it certainly doesn't fit the realities of training an army.

**Basic Tactics:** The best way to make someone a more dynamic fighter is to teach them to win by having a better tactic. The simplest tactic, designed to beat the universal fight plan, is known as the basic MAC tactic. The weakness of the universal fight plan is that it requires an agreement from both fighters to follow convention regarding effective strikes (staying in striking range) and fight it out. This can be defeated by simply controlling the range and changing when necessary.

By controlling the range and closing from striking range to clinch range when necessary, you maintain your tactical options and eliminate the opponents' ability to effectively strike therefore shut down the universal fight plan. If you then accessing your side arm or combat knife while on your feet or take him down and gain a dominant position to finish the fight in a reliable manner; either by accessing your side arm or combat knife, attacking his joints with the leverage gained from the dominant position or simply by striking from a position that does not allow him to strike back effectively.

Therefore dominating your opponent is not dependent on gaining skill to be effective, rather it is based on employing effective and efficient tactics. Regarding most people who are only familiar with the universal fight plan, you can simply tackle them, fight for dominant position which your opponent will not understand, and then finish the fight by striking. The classic example of this strategy is Royce Gracie in the early Ultimate Fighting Championships. Royce was able to easily take most of his opponents, trained only to be better at the universal fight plan, out of their game plan and defeat them.

**Soldiers Tactical Options:** With this concept of training to fight by having a better tactic in mind, closing the distance is not always the best tactic, when a Soldier makes first contact. To maintain his tactical flexibility, he should first keep the enemy at the longest possible range; projectile range is preferable but not always possible. Soldiers must often take physical charge of people who have not manifested any resistance but because of difficulties such as language differences or simply the need to take control quickly because of the tactical situation. When laying hands on someone, the the **Post, Frame, and Hook with Head Control** techniques become lines of defense and positions of decision. When action has been initiated the Soldier should be either at projectile weapons range or using one of these techniques. From there he has three basic tactical options.

**Regain projectile weapons range.** A Soldier's first option is to regain projectile weapons range by pushing or throwing his opponent off of him so that he can regain his own weapon or clear the line of fire for his team mates.

**Employ a Side Arm.** His second option is to maintain control of the range by use of the post, frame or hook with head control techniques and then employ a side arm such as a pistol, bayonet or combat knife.

**Achieve the Clinch.** The Soldier's third option is to crash into the enemy to gain control of him.

The 3 Elements of a Stand-Up fight

1. **Range;** the distance between you and the enemy
2. **Angle;** the difference in orientation between your front and the enemy's front, side, or rear
3. **Level;** the vertical relationship of your body, head, and hands in reference to the enemy's body, head, and hands

It is important to remember that these basic plans are not the "end all" of fight strategies but simply the first step in understanding the concept of controlling and winning fights by having superior tactics. To understand this better, we can use an analogy from the Mixed Martial Arts world. Imagine how someone who has trained in traditional Brazilian Jiu-Jitsu can beat an experienced wrestler who has also trained in striking skills. The Jiu-Jitsu trained fighter, who has concentrated most of his training on being the better ground grappler, will most likely win the fight if the wrestler is aggressive and takes him to the ground. He will, however, have a very difficult time against a wrestler smart enough to use their skill defensively and who is the better striker.

At this point the ranges of combat; striking, clinching and grappling range, become like rock, paper and scissors. You may have the best scissors in the world but I am simply going to come at you with a rock. In order to win every time you must constantly evolve your skills and be smart enough to employ them appropriately based upon the tactical situation. This becomes especially true when you start to think about all of the situations a Soldier may encounter in a combat environment. A Soldier must have the skill set and strategy to win in whatever situation he/she finds them.

This is why training must progress from the starting point of the basic tactic. After a Soldier understands how to beat the universal fight plan by using the basic tactic, they must begin to develop the skills that will, over time, allow them to defeat whomever they come against, no matter the situation. This is accomplished by employing their skills with a superior plan. The five basic ranges of a fight:

- a. **Projectile Weapons Range;** The range from which to affect each other either you or your opponent must use a projectile such as a bullet or thrown object.
- b. **Contact Weapons Range;** The range from which to affect each other either you or your opponent may use something as an extension of your body such as a bludgeon.
- c. **Striking Range;** The range from which to affect each other either you or your opponent may use something with one of your natural weapons such as your fist or kicks.
- d. **Clinching Range;** when you have closed the distance with your opponent and are fighting for dominant position. At this range strikes such as elbow and knee strikes and close contact weapons such as knives are also effective.
- e. **Ground Fighting Range;** the fight has gone from standing to the ground you are trying to get to a dominant position to finish with close contact weapons, strikes or by attacking the joints.

**Dominant Clinch Position.** Just as in Ground fighting, a Soldier can dominate clinching range by having an understanding of the concept of dominant position. Dominant clinch positions give you an advantage

both in striking offense and defense, and in the offense and defense of takedowns and throws. The four basic Dominant positions are:

- a. The Rear Clinch Position with opposing thumbs grip
- b. The Modified Seatbelt Position
- c. The Double Under-hooks Position with body-lock
- d. The Wall Clinch Position - Soldier controls opponent up against the wall with one under-hook

5. Demonstration. The second phase of the students training will be shown the range controlling techniques of Post, Frame and Hook with Head Control, as well as the dominant clinch positions.

6. Drill. The third phase of the students training will be the following seventeen drills, conducted in order:

- a. Controlling range with the Post technique
- b. Controlling range with the Frame technique
- c. Controlling Range with the Hook and Head Control technique
- d. The Basic Pummel to Double underhooks
- e. The Pummel Drill to the following forms of the Clinch
- f. Modified Seatbelt Position
- g. Double Under-hooks Position
- h. Rear Clinch Position
- i. Competitive Pummeling for dominant position
- j. Closing the distance to achieve the clinch from projectile weapons range
- k. The King Louie Drill
- l. Turn the Corner from the 50/50 position into the modified seatbelt position
- m. Close the distance and go into the Modified Seatbelt Position
- n. The Over-hook Counter Drill (same side and switch sides)
- o. Option one drill starting from each range controlling technique
- p. Option two drill starting from each range controlling technique
- q. The Slap Drill starting from each range controlling technique and from Projectile Weapons Range finishing in each dominant clinch position
  - (1) Modified Seatbelt Position
  - (2) Double Under-hooks Position
  - (3) Rear-Clinch with opposing thumbs grip
  - (4) Wall Clinch; Soldier controls opponent up against the wall with one under- hook in

Ensure students understand that if they are having difficulty achieving a certain clinch, transition to another until they get one that can be effectively achieved.

**Note:** While conducting the various drills, students should change partners regularly to adjust to different body types and sizes. Students should also alternate which side they move to achieve the clinch. Keep in mind resistance should be relative to size of your opponent which reinforces reality based training.

7. Practice. The final phase of the students training will be a portion of time for the students to practice what they have learned on their own.

a. Students should practice on the portions of achieving the Clinch that they feel need the most improvement.

b. The time given to this phase is determined by the NCOIC/OIC and is based on time available, and the ability level of the class.

c. The Basic Combatives Instructors should make themselves available during this phase to answer questions and to supervise the student's progress.

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