



# COMBATIVES

Tactical Combatives

## The History of Martial Arts

### - **Martial arts of the world**

Where do the martial arts come from? Most people would answer that they come from the orient. The truth is that every culture that has a need for martial arts has them. We have fighting manuals from medieval Europe that show many of the same techniques that we teach today<sup>1</sup>. The ancient Greeks had wrestling, boxing and the pancrathalon. There are paintings on the walls of Egyptian tombs showing both armed and unarmed fighting techniques that would seem familiar to many of today's martial artists<sup>2</sup>.

### - **Jitsu vs. Do**

We are going to talk now about the Japanese martial arts because there are some very instructive things about their history that are a microcosm of martial arts in general and that are very useful in understanding American attitudes about martial arts in particular.

Every Japanese martial art ends with either the word Jitsu or Do, for example Jiu-Jitsu/Judo, Kenjitsu/Kendo, Aikijitsu/ Aikido. The original arts all end with Jitsu which means the art or technique. They were created out of the necessity of a violent time, when there was a definite need for fighting ability. The entire reason for the existence of the training was to produce competent fighters.

As Japanese society became more settled and peaceful, the ability to fight well became less important. This was true even for members of the Warrior class, the Samurai. This, and the modernization of the Japanese military, resulted eventually in the banning of the wearing of the swords that were the badge of samurai rank, effectively making the warrior class the same as every one else.

What this meant was that there were thousands of men who had spent their entire lives training to fight who had no real need for their martial abilities. Most of them simply stopped training all together and became normal members of society, but a few looked deeper at the results of their training. They realized that they had gained much more than just the ability to fight by it. Training in the martial arts had made them in to the men that they were.

This then became the new reason for training. No longer was producing competent fighters of primary concern. The principle goal was to produce better people. One very good example of this is Jigoro Kano, the founder of Judo. As a young man Kano became an expert in several systems of JuJitsu. However, not only was he an expert at Jujitsu, but he was also a teacher. He was director of the Tokyo Higher Normal School (precursor of the present Tokyo University of Education) for twenty three years and Chief of the Education Bureau of the Ministry of Education<sup>3</sup>.

As Kano grew in his knowledge of Jujitsu, he realized that it could be used as a tool in developing better, more well rounded, people. With this in mind he formatted the Jujitsu that he had learned into a better teaching tool and called it Judo. So the main difference between the Jujitsu that he learned and the Judo that he taught was the purpose. His teachers were mostly concerned with his fighting ability and skills. He on the other hand was more concerned with building the character of his students<sup>4</sup>.

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<sup>1</sup> Medieval Combat: A fifteenth-Century Illustrated Manual of Swordfighting and Close-Quarter Combat ( a translation of *Hans Talhoffers Fechtbuch* printed in 1467), Codex Wallerstein: A Medieval Fighting Book from the Fifteenth Century on the Longsword, Falchion, Dagger, and Wrestling by Grzegorz Zabinski with Bartłomiej Walczak Copyright 2002 by Grzegorz Zabinski with Bartłomiej Walczak.

<sup>2</sup> Combat Sports In the Ancient World by Michael B. Poliakoff Copyright 1987 by Yale University

<sup>3</sup> The Father of Judo: A Biography of Jigoro Kano by Brian N. Watson, Yukimitsu Kano

<sup>4</sup> An excellent source on the history of Japanese martial arts is the series by Donn F. Draeger that consists of: *Classical Bujutsu*, *Classical Budo*, and *Modern Bujutsu and Budo* published by John Weatherhill, Inc of New York and Tokyo. Although Draeger tends to be Nipocentric in his views of the martial arts, his books are some of the most thoroughly researched and well written on the subject, and in this case his Nipocentrism is not a handicap.

- **The Modern Martial arts**

Although we have been talking specifically about the Japanese martial arts, this evolution from Jitsu to Do or in other words from concentrating on actual fighting ability to actual ability being of only secondary importance, is indicative of most of the modern martial arts world. If you read or listen to almost anything put out by someone in the contemporary martial arts community about training, it will almost invariably be colored by this change in the reason for training.

To put things in perspective, imagine an accountant somewhere in America trying to decide whether or not martial art training is practical. If training cost him \$50 a month, he will spend \$600 per year. What are the odds that he will be robbed in a way that his training could stop for \$600 per year. Therefore from a fiscal perspective it makes more sense to save his money. Now consider his chances of becoming injured in training, as compared with his chances of becoming injured by an assault and you soon see that in a practical sense it really doesn't make much sense for the average citizen to train in the martial arts.

There are of course many good reasons to train that have little to do with the practical need for fighting ability. There are thousands of people across America who are training to fight with a samurai sword. Very few of them believe they may need to defend themselves against sword wielding ninjas on the way to their car at the mall. They train because they enjoy it. For the same reason that people play baseball, or re-enact civil war battles or any other leisure activity. This of course is completely different from the situation of the Army.

Modern Combatives training therefore stands apart from the vast majority of martial arts training in that producing actual fighting ability is of primary concern. Both the mental and physical benefits of training gain their worth from their usefulness in producing more capable soldiers.

## **Judo, Brazilian Jiu-Jitsu And the evolution of Mixed Martial Arts**

- **Judo**

14 years since the beginning of the Meiji era and the Japanese turn toward westernization, only 5 years since the outlawing of the wearing of the double swords. Other Jujitsu schools denigrated his system as being unrealistic and unproven. Challengers came and were met almost every day. "It seemed that the Kodokan had to take on the whole of Japan, and had to have a spirit of being ready for anything." wrote Kano in his own memoirs<sup>5</sup>. Judo had to prove itself in the trials of challenge matches. This era came to its climax in 1883 when the police officers of the Tokyo Metropolitan

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<sup>5</sup> P. 63, **Kano Jigoro Chosakushu**, by Kano Jigoro, Gogatsu Shobo, Tokyo, Japan. 1984.

Police Station arranged a series of fights between the top fighters of Totsuka-ha Yoshin-ryu jujutsu and the Kodokans best which ended in a resounding victory for the Judo men<sup>6</sup>.

Having with this great victory established itself as the premier martial arts school in Japan, When a young Jigoro Kano founded the Kodokan Judo institute in 1882, he had a formidable task ahead of him, how to spread the popularity of his new system in a country that was full of martial arts schools. Ad to that the volatility of the country, it had only been Kano set his sights on the rest of the world. He made several trips abroad and sent some of his best students around the world to spread the popularity of Judo They did this primarily by demonstration and by fighting the local champions of various western martial sports.

Among those who went to spread the gospel of Judo to the world was his chief assistant, Yamashita, who went to America in 1903. While he was there, President Theodore Roosevelt arranged a challenge match with a middleweight catch-as-catch-can wrestler named Joseph Grant, who was teaching President Roosevelt wrestling. In a letter to his son Kermit, Roosevelt described the outcome “Inside of a minute Yamashita had choked Grant, and inside of two minutes more he had got an elbow hold on him...” The President was impressed enough to take judo lessons from Yamashita and arranged for him to teach at the U.S. Naval Academy<sup>7</sup>.

Another student that went out was Mitsuyo Maeda who traveled to the United States, Europe, and Central and South America and eventually ended up in Brazil. He fought many challenge matches along the way and after arriving in Brazil was helped to raise a Japanese immigrant colony by a diplomat named Gastao Gracie. In return he taught Gastao’s sons Judo/Jiu-Jitsu. This was in the 1920s and the two terms were both still being used for the system Kano was teaching<sup>8</sup>. After training with Maeda for a short time Gastao’s oldest son Carlos opened his own school where he and his brothers, most notably the youngest brother Helio, started to teach and fight challenge matches as well<sup>9</sup>.

## - **Brazilian Jiu-Jitsu**

Helio Gracie eventually arose as the families champion. He began fighting challenge fights when he was 17 defeating a boxer named Antonio Portugal in only thirty seconds. Helio, at only 135lbs, reined as the no holds bared fighting champion of brazil until he

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<sup>6</sup> An exelent source on the this climatic match is the article **Judo's Decisive Battle** by Wayne Muromoto Copyright ©Tengu Press and Wayne Muromoto, Honolulu, Hawaii, 2002.

<sup>7</sup> **Professor Yamashita Goes to Washington** by Joseph R. Svinth, Aikido Journal, 25:2 (1998). Copyright © 2000 Joseph R. Svinth.

<sup>8</sup> An example is the book **Complete Kano Jiu-Jitsu, Jiudo, the Official Jiu-Jitsu of the Japanese Government**, New York: G.P. Putnams’s, 1925

<sup>9</sup> **Brazilion Jiu-Jitsu Theory and Techniques** by Renzo Gracie and Royler Gracie, Invisible Cities Press, Montpelier, VT, 2002

was 47 years old. During this time he lost only twice, once to the twelve time open weight Judo champion of Japan Masahiko Kimura, and once in a three hour and forty minute battle to his former student Waldemar Santana, both of whom outweighed him by over eighty pounds.

Other members of the Gracie family carried the tradition of challenge matches forward and as they did, the techniques of their system were shaped by the demands of arena fighting.

In 1989 an article entitled *Bad*<sup>10</sup> was published in Playboy Magazine That essentially told the world about the Gracie family history of fighting challenge matches and about Helio Gracie, his oldest son Rorion and how he had issued a challenge "to fight anyone in the United States, winner take all, for \$100,000". Rorion had made somewhat of a name for himself around the martial arts community by selling videotapes, titled *Gracies in Action*, of his family and some of their students fighting against practitioners of various other martial arts. Eventually Rorion teamed with a promoter and created the first "Ultimate Fighting Championship".

The idea behind the first few UFCs was to pit practitioners of various martial arts against each other, with as few rules as possible, in order to see which arts were the most effective. In an eight or sixteen-man field, and using a single elimination format, Rorion's younger brother Royce Gracie dominated every opponent he faced, winning three of the first four such tournaments and only failing to win once by becoming a heat casualty after winning his first fight.

#### - **Mixed Martial Arts**

Soon however the demands of being a television event started to force changes in the UFC. Royce fought a thirty six minute draw that went beyond the time slot for the broadcast. Because of this, the producers were forced to implement time limits to the fights. With time limits came the need to decide the winner if the time limit was reached, in other words Judges. Of course when you have judges, it significantly changes what you have to do to win the fight. Now instead of winning outright, you can simply be doing a little better than your opponent when time runs out.

As time went on, more rules were implemented and changed for the same reasons rules are changed in any spectator sport, the safety of the fighters and crowd appeal. These changes in the rules began to have an effect on the fighting. For example, in the early shows fighters who punched with closed fists usually broke their hand. Fights, however are much more exciting when the fighters slug it out. Therefore, four-ounce gloves were required, not for the safety of the fighters, but because they make fighters more willing to throw closed fist punches. What evolved was modern Mixed Martial Arts.

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<sup>10</sup> **Bad**, Playboy article, vol. 36, no. 9 - September 1989 By Pat Jordan

Although the addition of more rules have decreased the value of Mixed Martial Arts fighting as a laboratory for combative technique, as long as we realize what the limitations are, we can still learn allot about what will are will not work in real fights. There are no more pure Karate or TaeKwonDo practitioners fighting in the UFC for only one reason, they can't really fight. The crucible of competition has shown that there are only a certain amount of ways to twist someone arm behind there back, or take them off of their feet, or choke them unconscious that really work. As long as we remember that in a real fight people can also bite your nose off or poke your eye out or any number of tactics that are against the rules in MMA, we can still learn valuable lessons that in the absence of any sort of reality check on techniques, would simply be theory.

## TACTICAL COMBATIVES TIMELINE

### DAY# 1

- 0800-0900 -In process
- 0900-1000 -Review Basic combatives stand up fighting and ground techniques
- 1000-1030 -Review the history of martial arts
- 1030-1130 -Rolling for submission
- 1130-1300 -Lunch
- 1300-1500 -Review Basic combatives stand up fighting and ground techniques
- 1500-1600 -Review fighting with a rifle and secondary weapon system, i.e. pistol or knife
- 1600-UTC -Pummeling for dominate position

### DAY#2

- 0800-0900 -Clean mats/RPT/Pummel from 50/50 position
- 0900-0930 -Escape the Mount Arm Trap and Roll
- 0930-1000 -Push and Pull the Propped Knee to mount
- 1000-1030 -Defense against attempt to mount
- 1030-1100 -Escape the Half Guard
- 1100-1130 -lecture on the history of BJJ
- 1130-1300 -Lunch
- 1300-1400 -Head lock escapes
- 1400-1600 -Clinch fighting
- 1600-UTC -Pummeling for dominate position w/slaps and light knee strikes

### DAY#3

- 0800-0900 -Clean mats/RPT/Pummel from Inside Control
- 0900-0930 -Chokes from mount
- 0930-1000 -Drill 1 w/additional techniques
- 1000-1030 -Attacks from rear mount
- 1030-1100 -Drill 2 w/additional techniques
- 1100-1130 -Lecture on "whole army plan"
- 1130-1300 -Lunch
- 1300-1330 -Reverse Bent Arm Bar from side control
- 1330-1430 -Rolling for submission
- 1430-1600 -Review clinch fighting
- 1600-UTC -Pummeling for dominate position w/strikes and takedowns

### DAY#4

- 0800-0900 -Clean mats/RPT/Pummeling from 50/50 and Inside Control
- 0900-1000 -Attacks from the guard
- 1000-1100 -Rolling for submission
- 1100-1130 -Lecture on the benefits and draw backs of competition
- 1130-1300 -Lunch
- 1300-1330 -Elevator Sweeps from the guard
- 1330-1400 -Drill 3 w/additional techniques
- 1400-UTC -Intro to striking/footwork/punch matrix (combos 1-5)

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**DAY#5**

- 0800-0900 -Clean mats/ RPT/ Punch Combo one (Jab, Cross, Hook)
- 0900-1000 -Passing the guard with the knee in the tailbone
- 1000-1130 - Intro to running a tournament
- 1130-1300 -Lunch
- 1300-UTC - Single Elimination Tournament PE/referee certification exam

**DAY#6**

- 0800-0900 -Clean mats/RPT/ Punch Combo two (Jab, Cross, Jab, Cross, Jab, Cross)
- 0900-1130 -Review week 1 techniques
- 1130-1300 -Lunch
- 1300-1330 - Lead Leg Front Kick and Trail Leg Front Kick
- 1330-1430 -Intro to Elbow Strikes on the ground/ review standing knee and elbow strikes
- 1430-1530 -Handcuffing class
- 1530-1600 -Review Headlock Escapes
- 1600-UTC -Headlock Escape PE

**DAY#7**

- 0800-0900 -Clean mats/RPT/Punch Combo three (Jab, Cross, L-Hook, H-Hook)
- 0900-1000 -Defense against strikes from the guard
- 1000-1130 -Rolling with slaps & punches
- 1130-1300 -Lunch
- 1300-1330 -passing the guard with punches
- 1330-1400 -Strikes from side control
- 1400-1430 -Standing striking defense for punches
- 1430-UTC -React to contact w/Equipment, Enter & Clear a Room (Single Team/ Single Room)

**DAY#8**

- 0800-0900 -Clean mats/RPT/Punch Combo four (Cross, Hook, Cross)
- 0900-0930 -Review Basic Takedowns
- 0930-1100 -Takedowns
- 1100-1130 -Takedown PE
- 1130-1300 -Lunch
- 1300-1330 -Defense against the standing guillotine
- 1330-1400 -Defense against the standing headlock
- 1400-UTC -React to contact w/ Equipment, Tactical control point

**DAY#9**

- 0800-0900 -Clean mats/RPT/Punch Combo five (Jab, Jab, Jab, Hook, Cross)
- 0900-0930 -Intro to knee on belly
- 0930-1000 -Intro to leg attacks
- 1000-1030 -Intro to side control escapes
- 1030-1100 -Intro to north south escapes
- 1100-1130 -Review passing the guard with the knee in the tailbone
- 1130-1300 -Lunch
- 1300-1400 -Roll for submission
- 1400-1430 -Review take downs
- 1430-1500 -Review contact front and contact rear (Post, Frame, Hook)
- 1500-UTC -React to contact w/Equipment, Personnel Handling



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**DAY #10**

- 0800-0900 -Clean mats/RPT/Punch Matrix (Combos 1-5)
- 0900-1000 -Technique review
- 1000-1130 -Tactical Combatives test (written and technique)
- 1130-1300 -Lunch
- 1300-1600 -React to contact w/ equipment (Multiple Team/ Multiple Room)
- 1600-UTC - End of Course Critiques/ Graduation