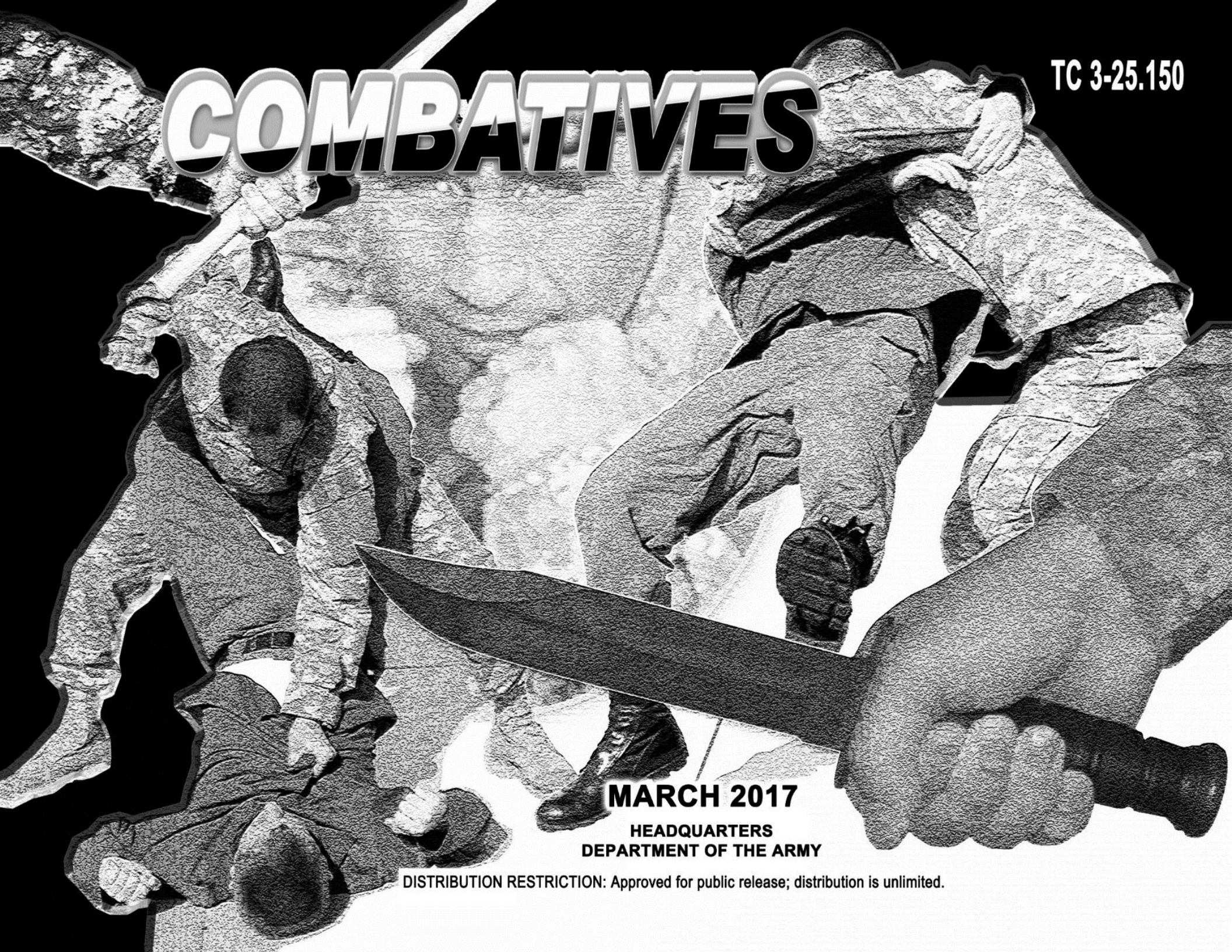
COMBATIVES

TC 3-25.150



MARCH 2017

HEADQUARTERS
DEPARTMENT OF THE ARMY

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Training Circular
No. 3-25.150

Headquarters
Department of the Army
Washington, DC, 31 March 2017

Combatives

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Preface

Technical Circular (TC) 3-25.150 outlines combatives techniques, requirements for safe combatives training, and rules for combatives competitions.

TC 3-25.150 uses joint terms were applicable. Selected joint and Army terms and definitions appear in both the glossary and the text. Terms for which TC 3-25.150 is the proponent publication (the authority) are italicized in the text and are marked with an asterisk (*) in the glossary. Terms and definitions for which TC 3-25.150 is the proponent publication are boldfaced in the text. For other definitions shown in the text, the term is italicized and the number of the proponent publication follows the definition.

The principal audience for TC 3-25.150 is all members of the profession of arms. Commanders and staffs of Army headquarters serving as joint task force or multinational headquarters should also refer to applicable joint or multinational doctrine concerning the range of military operations and joint or multinational forces. Trainers and educators throughout the Army will also use this publication.

Commanders, staffs, and subordinates ensure that their decisions and actions comply with applicable United States, international, and in some cases host-nation laws and regulations. Commanders at all levels ensure that their Soldiers operate in accordance with the law of war and the rules of engagement. (See FM 27-10.)

This publication applies to the active Army, the Army National Guard (ARNG)/Army National Guard of the United States (ARNGUS), and the United States Army Reserve (USAR). Unless otherwise stated in this publication, masculine nouns and pronouns do not refer exclusively to men.

Uniforms depicted in this manual were drawn without camouflage for clarity of the illustration.

The proponent of this publication is the United States Army Training and Doctrine Command (TRADOC).The preparing agency is the U.S. Army Maneuver Center of Excellence (MCOE). Send comments and recommendations by calling 706-545-5777 or DSN 835-5777. Another means of commenting or making recommending includes sending by U.S. mail, using the format of DA Form 2028, Recommended Changes to Publications and Blank Forms. Point of contact information is as follows.

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ATTN: ATSH-INB
Bldg 74, Rm 102
6650 Wilkin Drive
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Chapter 1

Overview

Combatives training stands apart from the vast majority of martial arts training, in that producing the individual's actual fighting ability is of primary concern. The mental and physical benefits of training, gain their worth from their usefulness in producing more capable Soldiers

PURPOSE

1-1. Combatives, the art of hand-to-hand combat, bridges the gap between physical training and tactics. The products of a good physical training plan—strength, endurance, and flexibility—must be directed toward the mission, and Soldiers must be prepared to use different levels of force in an environment where the intensity of a conflict changes quickly. Many military operations, such as peacekeeping missions or noncombatant evacuation, may restrict the use of lethal force. Combatives training prepares the Soldier to use the appropriate amount of force for any situation.

1-2. Combatives training includes arduous physical training that is mentally demanding and carries over to other military pursuits. This training produces Soldiers who—

- Understand controlled aggression and remain focused while under duress.
- Possess the skills requisite to the mission, at all levels in the spectrum of force.
- Have the attributes that make up the Warrior Ethos— personal courage, self-confidence, self-discipline, and esprit de corps.

SYSTEM PRINCIPLES

1-3. Throughout modern history, attempts to build a successful combatives system have failed or have been met with limited success. This has happened for several reasons. Quite naturally, commanders desire a system that doesn't require any training time to learn and maintain. Further, training has often been conducted by experts in civilian martial arts. These experts use training methodologies that are designed more for the civilian hobbyist than the realities of war.

1-4. Often, combatives training has been approached by allowing a Soldier versed in a civilian martial art to use a limited amount of training time, usually during another course (such as initial entry training [IET] or specialist training), to teach a useful technique. Blinded by their civilian training, the trainer demonstrates what the trainer thinks are simple, effective, and easy-to-learn techniques selected based on a situation Soldiers may find themselves in or the tactical niche of the specialist training. The trainer teaches the Soldiers these techniques, but due to the limited amount of training time, the Soldiers quickly forget them. To overcome these tendencies, a combatives training system must be based on certain principles, and then maintained. These principles are—

- Systematic training.
- Foundation.
- Continuous training.
- Competition.
- Drills.
- Live training.
- Integrated training.
- Combat feedback.

SYSTEMATIC TRAINING

1-5. Learning to fight is a process, not an event. To be effective, combatives training must be part of a system. Until Soldiers learn the techniques that form the system's foundation, they are unprepared for follow-on training; short cuts or teaching Soldiers "what they need to know" is counterproductive, much as advanced tactical training is counterproductive if a

Soldier has not first been taught how to operate his weapon. Army combatives training must be based in a system that both lays a foundation of abilities that Soldiers take with them wherever they are assigned and is flexible enough to fit the wide range of specialized missions Soldiers and units are asked to perform.

FOUNDATION

1-6. Army institutional training should build a foundation for combatives training. Training should concentrate on the fundamentals of the combatives system—from learning basic combatives techniques in individual entry training (IET), and advanced individual training (AIT) to leading a successful unit program in the leadership courses of the Noncommissioned Officer Education System (NCOES) and Officer Education System (OES).

CONTINUOUS TRAINING

1-7. Combatives training must not end upon graduation from a training course. For Soldiers to develop their abilities, the majority of the training must happen outside of the institutional training environment. Units must develop their own combatives programs to spur troop involvement and encourage commanders to invest resources.

COMPETITION

1-8. Competition is the principal motivational tool used to spur combatives training. Competitions should not only be used to encourage excellence by giving Soldiers a chance to be unit champions, but also to make fighting ability an integral part of Soldiering.

DRILLS

1-9. Combatives drills reinforce Soldiers' basic skills through repetition. They can be used as part of a warm-up and integrated with calisthenics. Combatives drills should be an integral part of daily physical training.

LIVE TRAINING

1-10. Live training involves training against a fully resistant training partner; which approaches the reality of combat. There are many different methods of live training. Each has its own strengths and weaknesses; therefore, leaders should combine several approaches to ensure proper training.

INTEGRATED TRAINING

1-11. Combative engagements do not happen in a vacuum; they happen as part of a mission. To give Soldiers the tools they need to successfully complete their missions, combatives must become an integral part of the training.

COMBAT FEEDBACK

1-12. When Soldiers are engaged in hand-to-hand combat, they acquire new information about combatives. These lessons must be captured and analyzed so that the Combatives Program evolves to fit the needs of Soldiers. Through combat feedback, the following lessons have been learned:

- Every fight is a grappling fight. Of course, this does not mean that there is no striking; every fight also involves striking, but always as an integral part of grappling. Every fight is over weapons. Control of this element will most likely determine the outcome of the fight.
- There is no shortcut to developing fighting skill. It can only be developed by a systematic approach to training, Or in any realistic environment that combatives may be needed. Train first, to build skills and then putting them in the context of the mission.

SAFETY

1-13. The Combatives Program has been specifically designed to train the most competent Soldiers in a timely and safe manner. Ignorance and loss of control are principal reasons for most combatives-related training injuries.

RISK ASSESSMENT

1-14. The deliberate risk assessment worksheet (DRAW) is the Army's primary decision-making process for identifying and controlling risks across the

full spectrum of Army missions, functions, operations, and activities. The DRAW process should be used to make sound individual and leadership risk decisions.

Note. Refer to ATP 5-19 for more information about the DRAW process.

1-15. Combatives training has inherent risks. These risks may not be readily apparent and are sometimes counterintuitive to the untrained person; therefore, a combatives instructor certified at the appropriate level should be involved in the DRAW process to mitigate these risks.

1-16. This manual outlines training events suitable to the level of technical and medical expertise available to commanders at the appropriate levels. Training intensity and severity should not exceed the recommended levels without command supervision.

Note. See chapter 2 for more information about the risks inherent in combatives training.

GENERAL SAFETY PRECAUTIONS

1-17. Army combatives techniques should be taught in the order presented in this manual. They are arranged for a natural progression; the more dangerous techniques are presented after the Soldiers have established a familiarity with the dynamics of general combatives techniques. This will result in fewer serious training injuries from the more dynamic moves.

CAUTION

Soldiers performing combatives movements could cause or receive a body or head injury. Commanders are encouraged to have a medic present during all levels of combatives training. Soldiers who sustain injuries, especially those of the head, neck, and back, should not be moved until checked by a medic. Soldiers who receive these injuries should seek immediate medical care. Soldiers who lose consciousness during training should be checked by a medical doctor before returning to training.

TRAINING AREAS

1-18. According to a report published by the Armed Forces Health Surveillance Center, 730 individuals who served in an active or Reserve component of the Army, Navy, Air Force or Marine Corps were hospitalized or medically evacuated for injuries incurred while performing wrestling, judo, and unarmed combat training between January 2002 and December 2009. This averages to roughly 100 personnel per year during an eight-year period. Table 1-1 on page 1-4 details the types of injuries of these individuals and the percentage of instance.

1-19. The following paragraphs detail trends identified during this study and provide more information about one of the most severe injuries that can occur during combatives training, traumatic brain injury.

INJURIES DURING UNSUPERVISED BOUTS

1-20. It should be noted that 194 personnel (40 percent of those hospitalized and 26.6 percent of all injuries) were injured while off-duty or have unknown duty status. Unsupervised execution of combatives techniques is strongly discouraged; training should be supervised by a trainer certified at appropriate level.

AREAS OF THE BODY MOST COMMONLY INJURED

1-21. Of the injuries documented in the study, a large percentage (45.6 percent) occurred in the lower extremities. In fact, fractures, primarily of the ankle, tibia, or fibula, accounted for nearly one-half (50 percent) of the injuries. Table 1-1 shows the distribution of the injuries documented in the study. Table 1-2 shows the areas of the body most commonly injured.

Table 1-1. Distribution of the injuries

INJURY	*PERSONNEL INJURED*	*FREQUENCY*
Other fractures	363	50%
Sprains and strains	95	13%
Dislocations	60	8%
Arthopathies, dorsopathies, and rheumatism	54	8%
Skull or bone fractures, intercranial injuries	43	6%
Other injuries	27	4%
Concussion, unspecified head injuries	22	3%
Traumatic complications, unspecified injuries	22	3%
Internal injuries	16	2%
Contusions	10	1%
Nerve or spinal cord injuries	10	1%
Wounds	4	1%
Crushing injuries	2	0%
Disorders of the eye, adnexa	1	0%
Injuries to blood vessel	1	0%

Note. The full results of this study can be viewed at http://www.afhsc.mil/viewMSMR?file=2010/v17_n02.pdf.

TRAUMATIC BRAIN INJURY

1-22. The Armed Forces Health Surveillance Center study concluded that a relatively small percentage (15.5 percent) of combatives-related injuries occur in the head, back, neck, and nervous system; however, these injuries can have disastrous consequences, which can include traumatic brain injury.

Table 1-2. Areas of the body most commonly injured (Armed Forces Health Surveillance Center study)

PERCENTAGE OF INJURIES	*AREAS INJURED*
15.5%	Head, back, neck, and nervous system
24.0%	Upper extremity
45.6%	Lower extremity
14.9%	Other, unspecified

1-23. Traumatic brain injury occurs when a sudden trauma or head injury disrupts the function of the brain, initiating the onset or worsening of the following symptoms:

- Loss of or a decreased level of consciousness.
- Loss of memory for events immediately before or after the injury (post-traumatic amnesia).
- Alteration in mental state at the time of the injury (confusion, disorientation, slowed thinking, and so forth.).
- Neurological deficits (weakness, loss of balance, change in vision, praxis, paresis/plegia, sensory loss, aphasia, etc.) that may or may not be transient.
- Intracranial lesion.

1-24. The trauma or head injury may have been caused by any of the following events:

- Head being struck by an object.
- Head striking an object.

- Brain undergoing acceleration/deceleration without direct external trauma to the head.
- Foreign body penetrating the brain.
- Forces generated from events such as blast or explosion, or other force yet to be defined.

1-25. Traumatic brain injury symptoms can appear immediately or weeks to months following the injury. Should a Soldier exhibit any of the symptoms below, the Soldier should seek immediate emergency evaluation and treatment:

- Altered consciousness.
- Unusual drowsiness.
- Dilated or asymmetrical pupils.
- Blood or other fluid draining from the ears, nose, or mouth.
- Seizures.
- Nausea or vomiting.
- Blurred vision or double vision.
- Severe or worsening headache.
- Cannot recognize people or disoriented to place.
- Unusual behavior or is confused, irritable, or unable to concentrate.
- Slurred speech.
- Unsteady on feet, balance difficulties.
- Weakness or numbness in arms or legs.
- Convulsions or seizures.
- Ringing in the ears.
- Temperature above 100.5 with or without neck stiffness.

1-26. Should traumatic brain injury be suspected, but the Soldier does not exhibit the symptoms above, the Soldier should be watched for symptoms and should perform the following actions:

- Eat a light diet.
- Do not take any sedatives or consume any alcoholic beverages.
- Immediately go to the emergency room if any symptoms begin to occur.
- Do not take more than two extra-strength acetaminophen tablets or three regular-strength acetaminophen tablets for headaches.
- Do not take aspirin, ibuprofen, or other pain medications.

DANGER

Should a Soldier exhibit any of the symptoms of traumatic brain injury, the Soldier should seek immediate emergency evaluation and treatment.

SAFETY PRECAUTIONS RELATED TO TECHNIQUES

1-27. With all training, there is some element of risk in the execution of combatives training. The following paragraphs provide general guidance to ensure safe implementation of certain techniques.

CHOKES

1-28. Chokes are the most effective way to end a fight without a weapon; they incapacitate an enemy. With supervision chokes can be applied in training exactly as a Soldier would on the battlefield.

CAUTION

For training purposes, hold chokes only until your opponent taps. Holding the choke for lengthy periods may cause injury or death.

JOINT LOCKS

1-29. Attacks on most large joints (for example, elbow, shoulder, or knee) are painful long before causing injury, which allows Soldiers to conduct full-force training without significant risk of injury. The exceptions are wrist attacks and twisting knee attacks; therefore, these attacks should be taught with great care and should not be allowed during sparring.

CAUTION

Wrist and twisting knee attacks should not be allowed during sparring. The wrist is very easily damaged, and twisting the knee does not become painful until it is too late to prevent damage. Soldiers with prior injuries should exercise caution when practicing grappling techniques.

STRIKING

1-30. Striking is not the most efficient way to incapacitate an enemy and often results in injury to the striker. However, striking is an important part of an overall fight strategy; strikes can be very effective in manipulating the opponent into unfavorable positions. Striking can be practiced with various types of protective padding, such as boxing gloves. Defense can be practiced using reduced-force blows.

CAUTION

Striking often results in injury to the striker. Use protective padding, such as boxing gloves, when practicing strikes.

Repeatedly striking a person in the head can result in traumatic brain injury. DO NOT use full-force blows when practicing defense.

TREATMENT OF UNCONSCIOUS OR INJURED FIGHTERS

1-31. Unconscious or injured fighters require prompt medical attention.

PROTOCOL FOR INJURED SOLDIERS

1-32. In addition to receiving medical treatment, Soldiers who are injured are subject to additional protocols.

PLACEMENT ON THE ILL AND UNAVAILABLE LIST

1-33. If a fighter suffers an injury, has been knocked unconscious, or has participated in an unusually punishing bout, the fighter will be placed on the ill and unavailable list for such period of time as may be recommended by medical staff.

SUSPENSION FOR DISABILITY

1-34. Any fighter rejected by the medical staff will be suspended until the fighter is proven to be physically fit for further training. The trainer will provide a report listing the terms of suspension to the Soldier's chain of command.

CAUTION

If a competitor becomes unconscious, the trainer should perform the following steps:

1. Before separating the fighters, control the unconscious fighter's head to prevent unnecessary movement.

2. Loosen the unconscious fighter's uniform around the collar and check for respiration and an open airway.

3. If the athlete does not regain consciousness within 20 seconds or his vital signs fluctuate (for example, respiratory distress, weak pulse, and so forth.), call for medical attention.

If a competitor becomes unconscious due to a violent fall, throw, or may have a cervical injury, the trainer should carefully separate the fighters, while calling for medical attention. DO NOT move the injured fighter.

If other injuries occur, the trainer should carefully separate the fighters, while calling for medical attention.

REPORT OF INJURY

1-35. Documentation of injuries is critical to the identification of injury trends during training and to the modification of techniques in order to prevent these injuries. The medical staff must report all cases in which the fighters have been injured during training or have applied for medical aid after training.

TRAINING AREAS

1-36. During training, leaders should use training areas appropriate to the type of training. Most training should be conducted in areas with soft footing, such as grassy or sandy areas. If training mats are available, they should be used.

Note. Hard surfaces are inappropriate for combatives training.

SAFETY EQUIPMENT

1-37. Safety equipment should be used appropriately—to prevent injury, not pain. Overpadding during training will cause unrealistic responses on the battlefield, which can endanger Soldiers' lives.

1-38. Further, the effects of using safety equipment are not always clear. For example, boxing headgear is designed to protect the wearer from superficial wounds, such as a cut or scrapes and scratches, but it does not significantly reduce the risk of more serious injuries, such as brain trauma. In certain situations, it may make traumatic injury more likely by creating the illusion of safety.

CAUTION

While safety equipment may protect the wearer from superficial wounds, such as a cut or a broken nose, it may not significantly reduce the risk of more serious injuries, such as brain trauma. In certain situations, it may make traumatic injury more likely by creating the illusion of safety.

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Chapter 2
Training

The military profession is inherently dangerous. Commanders must train their units to tough standards under the most realistic conditions possible.

— ADP 7-0, Training Units and Developing Leaders

This chapter discusses the combatives training program—from institutional training to operational unit training, training areas, teaching techniques, and safety precautions that must be considered before conducting combatives training.

DELIBERATE RISK ASSESSMENT WORKSHEET

2-1. It is vital to identify unnecessary risks by comparing potential benefit to potential loss. The DRAW process allows units to identify and control hazards, conserve combat power and resources, and complete the mission. This process is cyclic and continuous; it must be integrated into all phases of operations and training.

2-2. There are five steps to the DRAW process:

- Identify hazards.
- Assess hazards to determine risk.
- Develop controls and make risk decisions.
- Implement controls.
- Supervise and evaluate.

Note. Risk decisions must be made at the appropriate level.

2-3. Combatives training places Soldiers into contact situations, where injuries can occur. When identifying hazards, leaders should consider—

2-4. Different levels of complexity imply different hazards.

TECHNIQUES AND EQUIPMENT UTILIZED

2-5. Techniques such as joint manipulation, muscle manipulation, and chokes require supervision. The inclusion of weapons and equipment in training offers additional hazards and requires greater supervision.

HOW NEW ELEMENTS IMPACT KNOWN HAZARDS

2-6. Ground-fighting is the safest method of sparring. However, adding new elements, such as controlled sparring, to ground-fighting will change specific known hazards. Each added training technique must be thoroughly tested and hazards identified before the training is conducted.

ASSESS HAZARDS TO DETERMINE RISK

2-7. Once identified, hazards are assessed by considering the likelihood of its occurrence and the potential severity of injury without considering any control measures. When assessing hazards, leaders should consider the Soldiers' current state of training.

EXAMPLE

Injury due to the arm bar:

- A Soldier can expect to be on medically limiting profile for 90 days—marginal.
- This injury can occur occasionally.
- The resultant risk is moderate.

DEVELOP CONTROLS AND MAKE RISK DECISIONS

2-8. Leaders must apply three types of control measures to combatives risk assessments:

- Educational controls.
- Physical controls.
- Avoidance controls.

2-9. The unit commander's controls should be clear, concise, executable orders.

Note. Most vital to developing DRAW controls is mature, educated leadership.

EDUCATIONAL CONTROLS

2-10. Educational controls occur when adequate training takes place. They require the largest amount of planning and training time. Leaders implement educational controls using two sequential steps:

- Supervisors and instructors must be certified.
- Soldier training must be executed.

PHYSICAL CONTROLS

2-11. Physical controls are the measures emplaced to reduce injuries. This includes not only protective equipment (e.g., gloves, headgear, and mats), but also certified personnel, such as referees or safeties, to supervise the training. Unrestrained physical controls are, in themselves, a hazard.

AVOIDANCE CONTROLS

2-12. Avoidance controls are a graduated set of rules in training and sparring (i.e., crawl—walk—run). Established by basic, standard, intermediate, advanced, and scenario-based competition rules, these controls limit the authorized techniques. Experience enables Soldiers to advance from one set of rules to the next; it also enables supervisors and instructors to select Soldiers eligible for advancement.

Note. Avoidance controls must accompany educational controls. Before a Soldier attempts a technique in sparring, it should be taught correctly and drilled extensively.

IMPLEMENT CONTROLS

2-13. When leaders implement the controls, they must match the controls to the Soldier's skill level (e.g., seasoned Soldiers competing at a division tournament would use advanced rules). They must also enforce every control measure as a means of validating its adequacy.

SUPERVISE AND EVALUATE

2-14. This step allows leaders to eliminate unnecessary risk and ineffective controls by identifying unexpected hazards and determining if the implemented controls reduced the residual risk without interfering with the training.

2-15. Combatives instructor training consists of three levels. Each level is designed to standardize the instruction of specific fighting skills and, more importantly, prepare instructors for the responsibilities of training progressively larger units. The courses must be taken progressively, with sufficient intervals between them to allow mastery of the course material and sufficient teaching experience at each level.

2-16. The three levels of combatives instructor certification are—

- Basic Combatives Course (BCC).
- Tactical Combatives Course (TCC).
- Combatives Master Trainer Course (CMTC).

BASIC COMBATIVES COURSE INSTRUCTION

2-17. BCC instruction is designed to produce fire team, squad, and platoon trainers who can teach the basic tasks and drills that all Soldiers must know.

Note. Soldiers must be certified by a certified CMTC instructor, with the training validated by the first O-5 in the chain of command. Each certificate must contain the signature of the certifying instructor. The United States Army Combatives Course (USACC) must receive a memorandum of training for all basic combatives course graduates.

DUTIES OF BASIC COMBATIVES COURSE-CERTIFIED INSTRUCTORS

2-18. BCC-certified instructors—

- Enforce proper fighting habits.
- Ensure that students understand the fundamentals.
  Supervise fire team, squad, and platoon scenario/tactical-based training.

Note. See appendix A for more information about fire team, squad, and platoon competitions.

TACTICAL COMBATIVES COURSE INSTRUCTION

2-19. TCC instruction provides explanations for the techniques addressed in basic combatives course instruction, teaches additional ground-fighting techniques, and introduces throws and clinches.

Note. Soldiers must be certified by a certified CMTC instructor, with the training validated by the first O-5 in the chain of command. Each certificate must contain the signature of the certifying instructor. The USACC must receive a memorandum of training for all BCC and TCC students upon completion of the course which must be registered on ATTRS.

DUTIES OF TACTICAL COMBATIVES COURSE CERTIFIED INSTRUCTORS

2-20. TCC-certified instructors—

- Review platoon trainers' training plans to ensure quality control and safety.
- Serve as assistant instructors for basic combatives course certifications (conducted by a battalion master trainer).
- Act as punchers during the Option 3 drill.

***Note*:** See appendix B for more information about the Option 3 drill.

2-21. At the company level, they—

- Plan for, conduct, and supervise company competitions.

Note. See appendix A for more information about company competitions.

- Advise company leaders on how to make their units' combatives training more productive.

COMBATIVES MASTER TRAINER COURSE INSTRUCTION

2-22. CMTC instruction addresses all ranges of the fight by training striking skills and introduces Soldiers to integrating combatives training into the rest of their Warrior tasks and drills (e.g., incorporating combatives training into close quarters combat training and unit mission training).

Note. Certified CMTC instructors must receive their certification from the USACC at Fort Benning, Ga.

DUTIES OF COMBATIVES MASTER TRAINER COURSE CERTIFIED INSTRUCTORS

2-23. CMTC-certified instructors—

- Instruct BCC courses at the battalion level.

- Plan, conduct, and supervise quarterly battalion competitions.
- Act as judges or referees during regimental competitions.

Note. See appendix A for more information about battalion and regimental competitions.

- Act as assistant instructors for regimental TCC courses under the supervision of the brigade CMTC master trainer.
- Advise battalion leaders on how to improve unit combatives programs.
- Provide platoon and company leaders resources for integrating combatives into unit mission training and situational training exercises.
- Teach Soldiers the fundamentals of striking and stand-up fighting.
- Act as primary safeties when Soldiers conduct sparring sessions.
- Secure the battalion's combatives training equipment.
- Provide quality assurance and control for battalion and company master trainers.
- Assist brigade and battalion leaders in mitigating risk for institutional and non-institutional combatives training.
- Teach battalion and company trainers to develop training strategies.
- Act as primary instructors for all regimental TCC certifications.
- Act as assistant instructors for post CMTC mobile training teams (MTTs) from the USACC.
- Plan, conduct, and supervise quarterly or biannual brigade tournaments.
- Oversee standard and intermediate competitions.
- Supervise advanced and scenario competitions.
- Oversee battalion master trainers during standard competitions.

Note. See appendix A for more information about brigade tournaments, and standard, intermediate, advanced and scenario competition rules.

- Serve as installation master trainers.
- Integrate combatives safely into unit mission training and situational training exercises.
- Act as points of contact for emerging doctrine changes originating from USACC.
- Ensure that Soldiers have opportunities to be champions at every level.

RESPONSIBILITIES OF INSTRUCTORS

2-24. Diligent effort is needed to perfect the various combatives techniques, to apply them instinctively, and to teach others to safely master them. The following instructor responsibilities are the core of planning and execution of combatives training:

- Seek maximum efficiency with minimum effort. Continually strive to reduce all unnecessary explanations, movement, and activity. Streamline the training without compromising content or safety.
- Stress cooperation and technical mastery. Promote suppleness and controlled aggression.
- Reinforce the details of each technique, and provide positive feedback when warranted. Use occasional humor to motivate Soldiers, but avoid degrading or insulting them.
- Ensure that a sufficient number of serviceable training aids are present.
- Ensure that training areas are well-maintained and free of dangerous obstructions.
- Ensure that unit instructors and assistant instructors are qualified and prepared before all training sessions. Conduct instructor training weekly to maintain a high skill level.
- Develop as many skilled combatives instructors for each unit as possible. Instructor-to-Soldier ratios should be one instructor per platoon in operational units and one instructor per 12 students in instructor certification courses. Encourage after-duty training and education for instructors.
- Require strict discipline of all Soldiers.

SAFETY PRECAUTIONS

2-25. To prevent injuries, the instructor must consider the following safety precautions before conducting combatives training: Supervise all practical work closely and constantly. Never leave a group unsupervised.

- Familiarize Soldiers with each maneuver by providing thorough explanations and demonstrations before they attempt the moves.
- Do not allow Soldiers to get ahead of the instruction.
- Ensure that training partners offer some resistance, but allow maneuvers to be freely executed during the learning stages and while perfecting the techniques.
- Ensure that there is adequate space between Soldiers during all practical work (i.e., allow at least an 8-square-foot training space for each Soldier).
- Ensure that Soldiers empty their pockets and remove their jewelry and identification tags before training.
- Ensure that Soldiers understand physical and verbal tapping signals to indicate when to release the training partner during grapplingand choking techniques.
- Make sure Soldiers warm up properly before practical work.

INSTITUTIONAL TRAINING

2-26. For the Combatives Program to be successful, there must be a systematic approach to training. Soldiers and leaders must be taught the appropriate elements at each stage of their career.

INITIAL MILITARY TRAINING

2-27. Combatives training, like marksmanship training, should begin at the earliest stage of a Soldier's career. Table 2-1 on page 2-6 contains information about combatives instruction during initial military training.

NONCOMMISSIONED OFFICER EDUCATION SYSTEM

2-28. Noncommissioned officers (NCOs) are the core of a unit's combatives training program, but only a few of these NCOs will have the opportunity to be become certified combatives instructors. Table 2-2 on page 2-7 contains information about combatives instruction in the Noncommissioned Officer Education System (NCOES).

OFFICER EDUCATION SYSTEM

2-29. Platoon leaders through captain should have received initial combatives instruction before graduating from an officer training academy. Although officers are not the primary combatives instructors, training them in the art of combatives ensures that they can apply those skills to control a given situation. Table 2-3 on page 2-9 contains information about combatives instruction in the Officer Education System (OES).

Table 2-1. Combatives instruction during initial military training

TRAINING	LENGTH OF INSTRUCTION	STUDENT REQUIREMENTS
Initial Military Training (IMT) Officer Candidate School (OCS)	A minimum of 10 hours Training blocks consist of no more than two hours, with no more than one week between sessions.	• Receive at least 10 hours of instruction. • Exhibit understanding of the core competencies in Drills 1 through 3. • Participate in four two-minute bouts.
Advanced Individual Training (AIT) One Station Unit Training (OSUT) OCS enlisted and officer training	A minimum of 10 hours Training blocks consist of a minimum of two hours, with no more than one week between sessions.	• Receive at least 10 hours of instruction. • Sustain core competencies outlined in Drills 1 through 3. • Complete the basic combatives maneuvers, including— –Rear naked choke. –Bent arm bar. –Straight arm bar from the mount. –Straight arm bar from the guard. –Sweep from the attempted straight arm bar. • Participate in two two-minute bouts.
Note. All bouts follow the basic combatives rules outlined in appendix A. See appendix B for information about Drills 1 through 3.		

Table 2-2. Combatives instruction in the Noncommissioned Officer Education System

TRAINING	LENGTH OF COMBATIVES INSTRUCTION	STUDENT REQUIREMENTS
Basic Leader Course (BLC)	A minimum of 20 hours	• Receive at least 20 hours of instruction. • Sustain basic combatives skills and receive an introduction to scenario-based training. • Participate in four bouts. • Demonstrate (on command and with a partner) Drills 1 through 3 and the front and rear takedown.
Advanced Leader Course (ALC)	A minimum of 20 hours If ALC allows for 40 hours of instruction, Basic Combatives Course (BCC) certification should be offered.	• Receive at least 20 hours of instruction. • Gain the ability to teach basic combatives and develop scenario-based training, and understand standard competition rules. • Pass a hands-on, performance-oriented test on basic combatives techniques, including the following maneuvers: –Escape the mount, trap and roll. –Pass the guard. –Achieve mount from side control. –Arm push and roll to the rear mount. –Escape the rear mount. –Escape the mount, shrimp to the guard. –Scissors sweep. –Rear naked choke. –Cross-collar choke from the mount and guard. –Bent arm bar. –Straight arm bar from the mount. –Straight arm bar from the guard. –Sweep from the attempted straight arm bar. –Close the gap and achieve the clinch. –Front takedown to the mount. –Rear takedown. –Front guillotine choke. • Pass a written exam on the Combatives Program and standard combatives rules. • Conduct at least one scenario-based training exercise. BCC certification requires additional instruction, including— • Receive 20 additional hours of training. • Perform the Option 3 drill.
Note. All bouts follow the basic combatives rules outlined in appendix A. See appendix B for information about Drills 1 through 3 and the Option 3 drill.		

Table 2-2. Combatives instruction in the Noncommissioned Officer Education System (continued)

TRAINING	LENGTH OF COMBATIVES INSTRUCTION	STUDENT REQUIREMENTS
Senior Leader Course (SLC)	A minimum of 10 hours	• Receive at least 10 hours of instruction. • Exhibit understanding of the processes involved in the creation and operation of a safe and successful platoon combatives training program. • Conduct at least four bouts. • Pass a written exam on— –Combatives Program. –Standard competition rules. –Referee procedures. –Risk mitigation (emphasis on head trauma). –Controlling hazing. • Conduct written practical exercises for scenario-based training development and risk mitigation.
First Sergeants or Master Leader Course (MLC)	A minimum of 10 hours	• Receive at least 10 hours of instruction. • Exhibit understanding of the processes involved in supervising a company combatives program. • Pass a written test on— –Combatives Program. –Risk mitigation. –Controlling hazing.
US Army Sergeants Major Academy (USASMA)	A minimum of 6 hours	• Receive at least 6 hours of instruction. • Exhibit understanding of the levels of combatives training, and the administrative duties of planning training for a battalion- or higher-level combatives program. • Pass a written test on— –Combatives Program. –Risk mitigation. –Controlling hazing.
***Note*.** All bouts follow the basic combatives rules outlined in appendix A.		

Table 2-3. Combatives instruction in the Officer Education System

TRAINING	LENGTH OF COMBATIVES INSTRUCTION	STUDENT REQUIREMENTS
Basic Officer Leader Course II (BOLC II)	A minimum of 20 hours	• Receive at least 20 hours of instruction. • Exhibit familiarity with basic combatives and scenario-based training. • Participate in at least four combatives bouts. • Demonstrate (on command and with a partner) the following maneuvers: –Escape the mount, trap and roll. –Pass the guard. –Achieve mount from side control. –Arm push and roll to the rear mount. –Escape the rear mount. –Escape the mount, shrimp to the guard. –Scissors sweep. –Rear naked choke. –Cross-collar choke from the mount and guard. –Bent arm bar. –Straight arm bar from the mount. –Straight arm bar from the guard. –Sweep from the attempted straight arm bar. –Close the gap and achieve the clinch. –Front takedown to the mount. –Rear takedown. –Front guillotine choke. • Conduct at least one scenario-based training exercise.
***Note*.** All bouts follow the standard competition rules outlined in appendix A.		

Table 2-3. Combatives instruction in the Officer Education System (continued)

TRAINING	LENGTH OF COMBATIVES INSTRUCTION	STUDENT REQUIREMENTS
Basic Officer Leader Course III (BOLC III)	A minimum of 20 hours If BOLC III allows for 40 hours of instruction, BCC certification should be offered.	• Receive at least 20 hours of instruction. • Exhibit the ability to supervise a platoon combatives program, and familiarity with standard competition rules and scenario-based training. • Conduct at least four bouts. • Pass a hands-on, performance-oriented test on basic combatives techniques, including the following maneuvers: –Escape the mount, trap and roll. –Pass the guard. –Achieve mount from side control. –Arm push and roll to the rear mount. –Escape the rear mount. –Escape the mount, shrimp to the guard. –Scissors sweep. –Rear naked choke. –Cross-collar choke from the mount and guard. –Bent arm bar. –Straight arm bar from the mount. –Straight arm bar from the guard. –Sweep from the attempted straight arm bar. –Close the gap and achieve the clinch. –Front takedown to the mount. –Rear takedown. –Front guillotine choke. • Conduct at least one scenario-based training exercise. • Pass a written exam on the Combatives Program and standard combatives rules. • Receive a class on risk mitigation, with an emphasis on head trauma. BCC certification requires additional instruction, including— –Receive 20 additional hours of training. –Perform the Option 3 drill.
Note. All bouts follow the standard competition rules outlined in appendix A. See appendix B for information about Drills 1 through 3 and the Option 3 drill.		

Table 2-3. Combatives instruction in the Officer Education System (continued)

TRAINING	LENGTH OF COMBATIVES INSTRUCTION	STUDENT REQUIREMENTS
Captains Career Course (CCC)	A minimum of 20 hours	• Receive at least 20 hours of instruction. • Exhibit the ability to supervise a company combatives program. • Conduct at least two bouts. • Pass a hands-on, performance-oriented test on basic combatives techniques, including the following maneuvers: –Escape the mount, trap and roll. –Pass the guard. –Achieve mount from side control. –Arm push and roll to the rear mount. –Escape the rear mount. –Escape the mount, shrimp to the guard. –Scissors sweep. –Rear naked choke. –Cross-collar choke from the mount and guard. –Bent arm bar. –Straight arm bar from the mount. –Straight arm bar from the guard. –Sweep from the attempted straight arm bar. –Close the gap and achieve the clinch. –Front takedown to the mount. –Rear takedown. –Front guillotine choke. • Conduct at least one scenario-based training exercise. • Pass a written test on— –Combatives Program. –Risk mitigation. –Controlling hazing. BCC certification requires additional instruction, including— • Receive 20 additional hours of training. • Perform the Option 3 drill.
Note. All bouts follow the standard competition rules outlined in appendix A. See appendix B for information about Drills 1 through 3 and the Option 3 drill.		

UNIT TRAINING

2-30. Successful unit combatives programs continue to focus on the core techniques taught to Soldiers during their initial military training. Mastery of these moves—not exposure to a large number of techniques—will result in more proficient fighters.

SUCCESSFUL UNIT TRAINING PROGRAMS

2-31. For unit combatives training to be successful, it must become an integral part of the unit's culture. Successful unit combatives programs have four characteristics:

- Training is for every Soldier.
- Set standards and hold people accountable for them.
- Motivate Soldiers and leaders to achieve excellence.
- Integrate combatives into mission training.

TRAINING IS FOR EVERY SOLDIER

2-32. For unit combatives training to be successful, combatives training must be for every Soldier and leader. Combatives remains a part of the Physical Readiness Training (PRT) program. It should be incorporated into daily PRT programs.

Note. All combatives competitions should be conducted in accordance with the rules established in appendix A.

SET STANDARDS

2-33. To be a useful tool for instilling the Warrior Ethos, combatives training must be for every Soldier. To ensure this, leaders should expect every Soldier to demonstrate proficiency in the basic combatives tasks and drills.

Note. See appendix B for more information about basic combatives tasks and drills.

MOTIVATE SOLDIERS

2-34. Every Soldier should be willing and able to fight when called upon. Commanders should hold regular competitions using the appropriate set of rules to motivate Soldiers to achieve excellence. Every Soldier— from fire team level to the entire Army—should know who the best fighter in their unit is.

Note. Unit competitions should be held periodically, using the appropriate rules for the size of the unit.

INTEGRATE INTO MISSION TRAINING

2-35. Only when a comprehensive skill development plan is in place can effective mission training begin. Skills must be put into context by scenario-based mission training focused on the unit's mission-essential task list (METL).

2-36. Combatives training must address both the doctrinal requirements and the need to effectively respond to man-to-man contact in the contemporary operating environment (COE). Leaders should consider the following:

- Provide Soldiers with battle-focused training that includes engagements inside of the striking range.
- Conduct live training that allows Soldiers to work through the entire spectrum of force.
- Make Soldiers execute weapons transition, while engaged with the enemy.

PHYSICAL TRAINING

2-37. Once combatives drills have been formally trained, they should be incorporated into daily PT. This can be achieved by utilizing the last 10 to 15 minutes of the PT session to reinforce Drills 1 through 3 and conduct ground-sparring

Note. See appendix B for more information about drills.

Every Day Mission-Essential Task List Tasks Requiring the Use of Combatives Skills

1. A compliant subject at a traffic control point suddenly becomes non-compliant.
2. The battalion indicates that an intelligence subject must be captured. During the search and seizure mission, the lead man in the search team encounters hostile opposition and has a weapon malfunction.
3. When turning a corner in a bunker complex, an enemy grabs a Soldier's weapon and pins him to the wall.
4. In close quarters, an enemy attacks a Soldier under zero illumination.

UNIT SUSTAINMENT TRAINING PROGRAM

2-38. Command emphasis is the key to the sustainment of a successful combatives program. Training sessions should be included regularly on unit training schedules at the company and platoon level.

TRAINERS

2-39. Regular sessions with trainers ensure the quality of training at the small unit level.

2-40. Primary trainers should be designated at all levels:

- Team trainers must be BCC certified.
- Platoon trainers must be TCC certified.
- Company through installation trainers must be CMTC certified.

2-41. Primary trainers should be of the appropriate rank (e.g., a platoon primary trainer should be a team or squad leader)

COMPETITION

2-42. Competition supports sustainment by—

- Encouraging Soldiers to further develop their fighting skills through continued training.
- Promoting a fighting spirit.
- Instilling esprit de corps by giving exceptional Soldiers opportunities to become champions.

Note. See appendix A for more information about combatives competitions.

CONDUCT TRAINING

2-43. This section discusses various teaching techniques, training equipment, and training areas to use while conducting combatives training.

CRAWL—WALK—RUN APPROACH

2-44. Unit training should be conducted using the crawl—walk—run approach. The crawl—walk—run approach ensures a high skill level throughout the unit and minimizes the risk of training injuries by ensuring that Soldiers do not proceed to the next phase before they master the skills presented in the current phase. This approach may be applied on two levels:

- Initial training session.
- Unit combatives programs.

Initial Training Session

2-45. Instructors should use these phases during each initial training session.

Crawl Phase

2-46. During this phase, instructors introduce, teach, and demonstrate new techniques, and use execution by the numbers.

Walk Phase

2-47. During this phase, Soldiers practice the new techniques by the numbers, but with more fluid movement and less instructor guidance.

Run Phase

2-48. During this phase, Soldiers execute the techniques at combat speed with supervision.

Unit Combatives Programs

2-49. Instructors use the crawl—walk—run approach when developing unit combatives programs.

Crawl Phase

2-50. During this phase, the instructor introduces combatives to the unit, emphasizing the basic ground-fighting and range-controlling techniques and gradually introducing stand-up fighting and fight strategy. This ensures that the movements are correctly programmed into the Soldier's subconscious after a few repetitions.

Walk Phase

2-51. In this phase, instructors introduce Soldiers to more advanced ground-fighting techniques and begin training on closing with the enemy to include contact front, contact rear, and react to hand-to-hand combat and takedowns. Soldiers engage in full sparring and competitive matches.

Run Phase

2-52. In this phase, Soldiers spar with strikes during ground-fighting, practice takedowns against an opponent with boxing gloves, and participate in scenario-driven training (e.g., training with multiple opponents or restrictive equipment). This phase produces troops able to perform techniques at full speed against a fully resistant opponent.

TALK-THROUGH METHOD OF INSTRUCTION

2-53. The talk-through method of instruction has two phases:

- Execution by the numbers.
- Execution at combat speed.

Execution by the Numbers

2-54. Instructors should use execution by the numbers to break techniques into step-by-step phases so that Soldiers can see the mechanics of each movement and technique. This teaching method allows the instructor to detail the sequence of each movement.

Note. Assistant instructors move freely throughout the training formation and make on-the-spot corrections.

EXAMPLE

On the command “PHASE ONE, MOVE,” the attacker throws a right-hand punch to the defender's face. At the same time, the defender steps to the inside of the attacker, off the line of attack, and moves into position for the right Hip Throw.

Execution at Combat Speed

2-55. When the instructor is confident that the Soldiers being trained are skilled at executing a technique by the numbers, the instructor has them execute it at combat speed. Executing movements at combat speed enables Soldiers to see a technique's effectiveness and allows them to develop a clear understanding of the principles behind the technique. This builds Soldiers' confidence in the technique and in their ability to perform it during an attack.

Note. Combat speed does not always mean very quickly. Speed requires space, and space often favors the defender.

EXAMPLE

“PASS THE GUARD AT COMBAT SPEED, MOVE.” The Soldiers execute this technique from start to finish.

WARM-UPS

Note. See appendix B for more information about warm- up exercises.

2-56. Before combatives training, the Soldier must be prepared for the upcoming physical stress. To begin warm-up exercises, Soldiers rotate the major joints—neck, shoulders, hips, and knees—to their maximum range of motion.

Note. Range of motion should not be forced, but will expand naturally as Soldiers' joints become healthier.

DEMONSTRATIONS

2-57. Well-coordinated demonstration and professional demonstrators are crucial for successful Soldier learning. Unrehearsed presentations or inadequately trained demonstrators can immediately destroy the credibility of the training. Two methods are appropriate for demonstrating combative techniques based on the size of the group to be taught.

COMPANY-SIZE FORMATION OR LARGER

2-58. Using the talk-through method of instruction, the primary instructor talks the demonstrators through the techniques by the numbers, and then the demonstrators execute at combat speed so that Soldiers can see how to apply the move. The primary instructor is free to control the rate of the demonstration and to stress key teaching points.

PLATOON-SIZE FORMATION OR SMALLER

2-59. For smaller formations, the primary instructor can apply the technique being taught to an assistant instructor. The primary instructor talks through the demonstration, stressing correct body movement and key teaching points.

DRILLS

Note. See appendix B for more information about drills.

2-60. Training drills are conducted at the beginning of each training session, after the initial warm-up, to—

- Warm up.
- Reinforce the importance of dominant body position.
- Perfect Soldiers' basic skills.

2-61. During drills, Soldiers repeat basic positions, with a different detail emphasized during each session. This allows for the maximum use of training time by simultaneously building muscle memory, refining basic combatives techniques, and enabling Soldiers to warm up.

TRAINING LIVE

2-62. Live training is executing techniques in real time with a fully resistant opponent. In combatives, live training includes various types of sparring:

- Ground-sparring.
- Clinch-sparring.
- Standing strikes sparring.
- Full sparring.

GROUND-SPARRING

2-63. Ground-sparring is limited to ground-fighting techniques. In ground-sparring, fighters begin by facing each other on their knees. While sparring, both fighters display aggressiveness and superior technique.

2-64. Ground-sparring techniques consist of—

- Situational sparring.
- Limited sparring.
- Sparring with strikes.

SITUATIONAL SPARRING

2-65. In situational sparring, Soldiers assume a set position to work on a specific technique and reset upon meeting certain objectives. This type of training is key to developing well-rounded fighters.

EXAMPLE

Soldier A begins within Soldier B's guard. They spar until Soldier A passes the guard, is swept, or is submitted. In this example, Soldier A is working on his guard-passing skills, while Soldier B is working on his guard-passing defense.

LIMITED SPARRING

2-66. In limited sparring, Soldiers can use only a limited number of techniques (e.g., sparring for dominant position, submissions with chokes only).

GROUND-SPARRING WITH STRIKES

2-67. When ground-sparring with strikes, open hand strikes should be used to the head, and closed fist strikes should be used to the body. The appropriate level of force should be used to promote safety and provide sufficient motivation to learn proper defense.

CLINCH-SPARRING

2-68. Clinch-sparring occurs at a close range. Clinch-sparring techniques consist of—

- Pummeling.
- Clinch with knee strikes.
- Sparring for takedowns.
- Clinch with knee strikes to a takedown.

Pummeling

2-69. Pummeling is sparring for dominant arm position only. In pummeling, Soldiers begin in a neutral position and fight for dominant position (e.g., double underhooks or neck control).

Clinch with Knee Strikes

2-70. While pummeling for dominant arm position, Soldiers try to create openings in their training partner's position to land controlled strikes with their knees. This allows Soldiers to better understand the actions involved in creating, exploiting, and defending openings.

Note. For best results, this type of sparring should be done lightly and for longer periods of time (twenty minutes or more is common).

CAUTION

When throwing knee strikes, fighters must take care to avoid injury to their training partners. All strikes should have no power behind them.

Sparring for Takedowns

2-71. Sparring for takedowns involves sparring from the standing position. This type of training will typically cause Soldiers to take a lower, crouching stance, which makes them vulnerable to knee strikes. Instructors should follow this training with clinch-sparring to reinforce good posture.

Notes. Sparring for takedowns can and should be conducted both with and without a uniform top.

Soldiers must be able to exploit an enemy's clothing, but should not become dependent on it.

Clinch with Knee Strikes to a Takedown

2-72. The clinch with knee strikes to a takedown combines all techniques of the clinch range. When using this technique, Soldiers begin with their arms in a neutral posture and pummel for dominant position, while effecting strikes and takedowns. This type of clinch- sparring is the most effective, but requires it a high level of skill and cooperation from both training partners.

STANDING STRIKES SPARRING

2-73. To be effective in standing strike sparring, fighters must be within striking range of the opponent to apply full-force strikes and kicks. Standing strikes sparring techniques consist of—

- Jab sparring.
- Body boxing.
- Boxing.
- Kickboxing.
- Kickboxing with takedowns.

Jab Sparring

2-74. Jab sparring is used as an introduction to sparring with strikes and remains important as a means of developing both a good jab and the ability to defend the jab.

Body Boxing

2-75. Usually used for beginners only, body boxing is boxing where only body punches are allowed. This type of sparring allows new fighters to become comfortable with sparring before punches to the head are allowed. Body boxing also forces fighters to become accustomed to exchanging blows with a partner at a close range.

Note. Allowing punches to the head too early can cause some fighters to become punch shy (overly cautious of being hit), which hinders their development.

Boxing

2-76. Boxing is sparring where only punches to the head and torso are allowed. Boxing is the foundation of striking skill development and should not be neglected.

CAUTION

Boxing is the most dangerous type of training in the combatives program. The key to safe and effective boxing is diligent supervision.

Kickboxing

2-77. Kickboxing is sparring where punches and kicks are allowed.

Note. Kicks should not be limited to the upper body, as is common in some martial arts.

Kickboxing with Takedowns

2-78. Kickboxing with takedowns can be done with boxing gloves, headgear, and no uniform top, or with no gloves and a uniform top (lack of gloves makes grasping it possible). In the latter, open hand strikes to the head and closed fist strikes to the body are allowed.

Full Sparring

2-79. Full sparring combines all other methods of sparring. It is less useful than other forms of sparring because the more skillful or physically gifted fighter only trains in his best position and his partner in his worst.

Contact Weapons

2-80. Contact weapons are any weapons that require physical contact with the enemy for proper employment. The use of contact weapons is seldom a Soldier's principal means of defeating an enemy. Considering the wide variety of possible weapons, contact weapons training must not only focus on specific weapons, but on giving Soldiers the ability to utilize any weapon effectively.

Note. Training partners should have the same skill level. The opponent must attack with a speed that offers the fighter a challenge, but does not overwhelm him. Training should not be a contest.

2-81. As Soldiers progress in their training, contact weapons fighting techniques should merge with the other elements of hand-to-hand fighting to produce a Soldier who is capable of operating across the full spectrum of force.

2-82. Continued training leads to sparring; Soldiers become adept enough to understand the principles of weapon attacks, defense, and movements so they can respond freely when attacking or defending from any angle.

Note. For more information about contact weapons, see chapter 6.

Training Pads and Other Protective Equipment

2-83. Dummy pads or martial arts striking pads are recommended to enhance training (figure 2-1 on page 2-19). They allow Soldiers to strike with full force, while protecting their training partners. Pads enable Soldiers to understand the effectiveness of striking techniques and to develop power in their striking.

CAUTION

While safety equipment may protect the wearer from superficial wounds, such as a cut or a broken nose, it may not significantly reduce the risk of more serious injuries, such as brain trauma. In certain situations, it may make traumatic injury more likely by creating the illusion of safety.

2-84. Pads are recommended for knee strike and kicking drills. Ideally, pads are placed on the outside of the training partner's thigh, protecting the perennial nerve. Pads can also be held against the forearms in front of the head and face to allow practice of knee or elbow strikes to this area.

2-85. Other protective equipment, such as shin guards and impact reduction suit, can also be useful to practice with improvised weapons.

Note. Training pads National Stock Number (NSN) No. 8465-01-589-8803) can be requisitioned through supply channels or purchased locally.



Figure 2-1. Protective equipment

TRAINING AREAS

Note. See appendix C for more information about training areas.

2-86. Combatives training can be conducted almost anytime or anywhere with little preparation of the training area; large, grassy outdoor areas free of obstructions are suitable for training.

2-87. Each Soldier should have an 8-square-foot (64 feet) training space. Instructors also pair Soldiers according to height and weight.

Note. When practicing throws or disarming techniques, Soldiers need twice the normal interval between ranks.

2-88. Formations used for PT may also be used for combatives training.

Note. If the extended rectangular formation is used, the first and third ranks should face the second and fourth ranks. Ensure that ranks are even in number so that each Soldier has a partner. See FM 7-22 for more information about formations used for physical training.

2-89. Combatives training equipment varies according to the skills being trained. Training equipment includes rubber knives, bayonet scabbards, air guns, and electrically charged knives or stun guns of no more than 100,000 volts (see figure 2-2).

2-90. When using combatives training equipment, instructors should adhere to the following safety guidelines:

- Ensure that the Soldier to be disarmed does not place their finger in the trigger guard during rifle and bayonet disarming.
- Make sure Soldiers keep scabbards on knives and bayonets firmly attached to rifles while learning bayonet disarming methods.
- Use electrically charged knives or stun guns of no more than 100,000 volts; bayonet scabbards; or rubber knives during knife disarming training.

CAUTION

To minimize weapon damage, limit weapon-to-weapon contact to half speed during training.



Figure 2-2. Training equipment

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Chapter 3

Basic Ground Fighting Techniques

Basic ground-fighting techniques build a fundamental understanding of dominant body position, and should be one of the primary focuses before moving on to more advanced techniques.

BASIC FIGHT STRATEGY

3-1. When two untrained fighters meet, they instinctively fight using the ***universal fight*** plan; they pummel each other with their fists until one of them receives enough damage that they cannot fight back effectively. Most forms of martial arts training are designed to make fighters better at executing this strategy. However, this approach has two drawbacks:

- One or both fighters are unarmed.
- Progress is solely dependent on the development of skill.
- Bigger, stronger, and faster fighters have a natural advantage. Developing enough skill to overcome these advantages requires more time than can be dedicated during institutional training.

3-2. The Combatives Program uses a more efficient approach, Fighting is taught in the context of strategy: the basic techniques serve as an educating metaphor to teach the ***basic fight*** strategy. Fighters learn to defeat an opponent by controlling the elements of the fight: ***range***, ***angle,*** and ***level***. The No.1 element of a fight is range. The Combatives Program has four phases:

- Projectile.
- Striking.
- Clinching.
- Grappling.

3-3. This chapter provides Soldiers with these basic techniques, taking them through the basic levels of defending against an unarmed enemy. According to the circumstances surrounding the conflict, fighters can use these techniques to disable an opponent or force the opponent to submit.

3-4. Combatives tasks are based on an array of conditions and are supported by graphics that depict a step-by-step process.

CREATE SPACE

3-5. When in combat, a Soldier's primary goal should be to establish space between him and his attacker. A Soldier must create enough space to transition to his primary weapon.

MAINTAIN SPACE

3-6. When in combat, Soldiers may be unable to create enough space and transition to their primary weapon. If unable to do so, they may need to maintain space to transition to their secondary weapon or close the distance, gain dominant body position and finish the fight.

CLOSE THE DISTANCE

3-7. When training Soldiers, the primary goal should be instilling the courage to close the distance. The willingness to close with the enemy is a defining characteristic of a Warrior, and the ability to do so against an aggressive opponent is the first step in using range to control a fight.

GAIN DOMINANT POSITION

3-8. An appreciation for dominant position is fundamental to becoming a proficient fighter; it ties together what would otherwise be a list of unrelated techniques.

FINISH THE FIGHT

3-9. If a finishing technique is attempted from dominant position and fails, the fighter can simply try again; if a finishing technique is attempted from any other position and fails, it will usually mean defeat.

GROUND GRAPPLING

3-10. Ground grappling provides a sound basis for more difficult techniques. Ground grappling is also where technique can be most easily used to overcome size and strength. Before any time is spent on the more complex techniques presented later in this manual, the fighter must master these basics.

BASIC TECHNIQUES

3-11. The basic techniques provide an introduction to a systematic method of ground fighting.

3-12. Basic techniques include—

- Stand in base/stand in base with primary weapon.
- Fighting stance.
- Opposing thumbs grip.
- Wrestler's grip.
- Thumb/thumbless grip.

DOMINANT BODY POSITIONS

3-13. Before any finishing or disabling technique can be applied, the Soldier must first gain and maintain dominant body position. The leverage gained from dominant body position allows the fighter to defeat a stronger opponent.

3-14. Dominant body positions include—

- Rear mount.
- Mount.
- Guard.
- Side control.

BASIC BODY POSITIONING MOVES

3-15. To perform basic body positioning moves, the ground fighter must have a feel for the dominant body positions and how they relate to each other.

3-16. Basic body positioning moves include—

- Arm trap and roll.
- Pass the guard.
- Achieve the mount from side control.
- Arm push and roll to the rear mount.
- Escape the rear mount.
- Escape the mount, shrimp to the guard.

BASIC FINISHING MOVES

3-17. Once the fighter has achieved the dominant body position, the fighter can attempt to finish the fight secure in the knowledge that, if an attempt fails—as long as the fighter maintains dominant body position—the fighter may simply try again.

3-18. Basic finishing moves include chokes and joint locks. These include—

- Rear naked choke.
- Cross-collar choke from the mount and guard.
- Bent arm bar from the mount and side control.
- Straight arm bar from the mount.
- Straight arm bar from the guard.
- Guillotine choke.

CHOKES

3-19. Chokes are the most effective method of disabling an opponent. There are two kinds of chokes: blood and air.

- Blood chokes attack the blood supply to the brain.
- Air chokes attack the air supply. These chokes take longer to cause unconsciousness.

JOINT LOCKS

3-20. Joint locks are designed to damage a given joint, such as the shoulder or elbow, and involve applying slow, steady pressure to either break the joint or force the opponent to submit.

TAPPING PROCEDURES

3-21. The safety of these procedures is dependent on the proper use of tapping. Tapping is a prearranged signal for submission.

3-22. A Soldier can submit in two ways:

- Can "tap" his opponent or the ground two or more times.
- Can submit verbally.

Note. Any straining or grunting noise should be treated as a tap. The sound a person makes when trying to lift a heavy object is very similar to the sound a person makes when they are injured.

WARNING

To prevent injury, a Soldier should NEVER hold a technique after his training partner has tapped.

BASIC SWEEPS

3-23. Sweeps can be used to reverse positions with the opponent. They are techniques that transition the fighter from beneath a guard to a mount, attacks can be more readily applied.

3-24. Basic sweeps include—

- Scissors sweep.
- Sweep from the attempted straight arm bar.

CLINCH FIGHTING

3-25. For a fighter to control a stand-up fight, the fighter must control the range between him and his opponent. When training Soldiers, leaders must recognize that stand-up fighting skills are difficult to master in a short amount of time. Trainers should compare takedowns to the basic tackle.

OPTION 3 DRILL

3-26. The clinch is the optimum way to hold an opponent after a fighter has successfully closed the distance, but has not yet executed a successful takedown.

3-27. BCC clinch-fighting moves:

- Close the distance.
- Modified seatbelt clinch.
- Rear clinch.
- Double underhooks clinch.
- Wall clinch.
- Post, frame, hook and head control.

Note. The Modern Army Combatives Course training support package (TSP) provides more information about the Option 3 drill. This TSP is available at https://www.benning.army.mil/Armor/316thCav/129/Combatives.

BASIC TAKEDOWNS

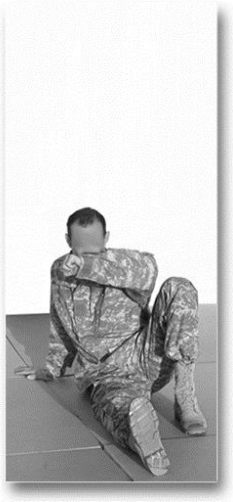
3-28. All BCC throws and takedowns assume that the fighter has already achieved the clinch.

3-29. Basic takedowns include—

- Front takedown.
- Rear takedown.
- Hip check turndown.
- Pull away from the knee inside sweep.
- Pull towards the knee inside hook.

STAND IN BASE

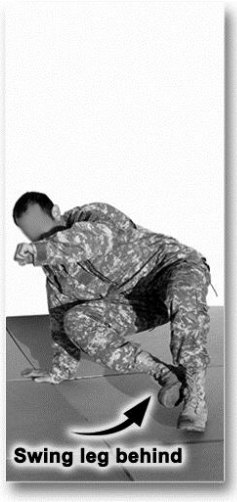
Stand in base allows the fighter to stand in the presence of an opponent or potential opponent without compromising his base and making himself vulnerable to attack. Leaders should reinforce the principles of body movement inherent in this technique every time a fighter stands up.



1) The Soldier: Sits like a fighter. Places their dominant hand behind them on the ground to provide a base. Bends their non-dominant leg at the knee. Posts their foot on the ground. Bends their non-dominant arm at the elbow, and places the elbow near the knee of their non-dominant leg, with the palm of their hand in front of their head facing their opponent to defend blows. Keeps the striking foot of their dominant leg parallel to the ground. Uses it to kick their opponent to create space to stand.



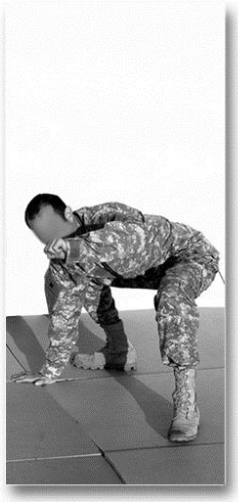
2) The Soldier places their weight on their dominant hand and non-dominant foot, pick up the rest of their body.



3) The Soldier swings the leg between the two posts.

WARNING

NEVER bend over at the waist. This will allow the opponent to strike with knees and kicks to the face.



4) The Soldier places the foot behind their dominant hand.

Note. Keep the knee behind same-side arm, as shown.

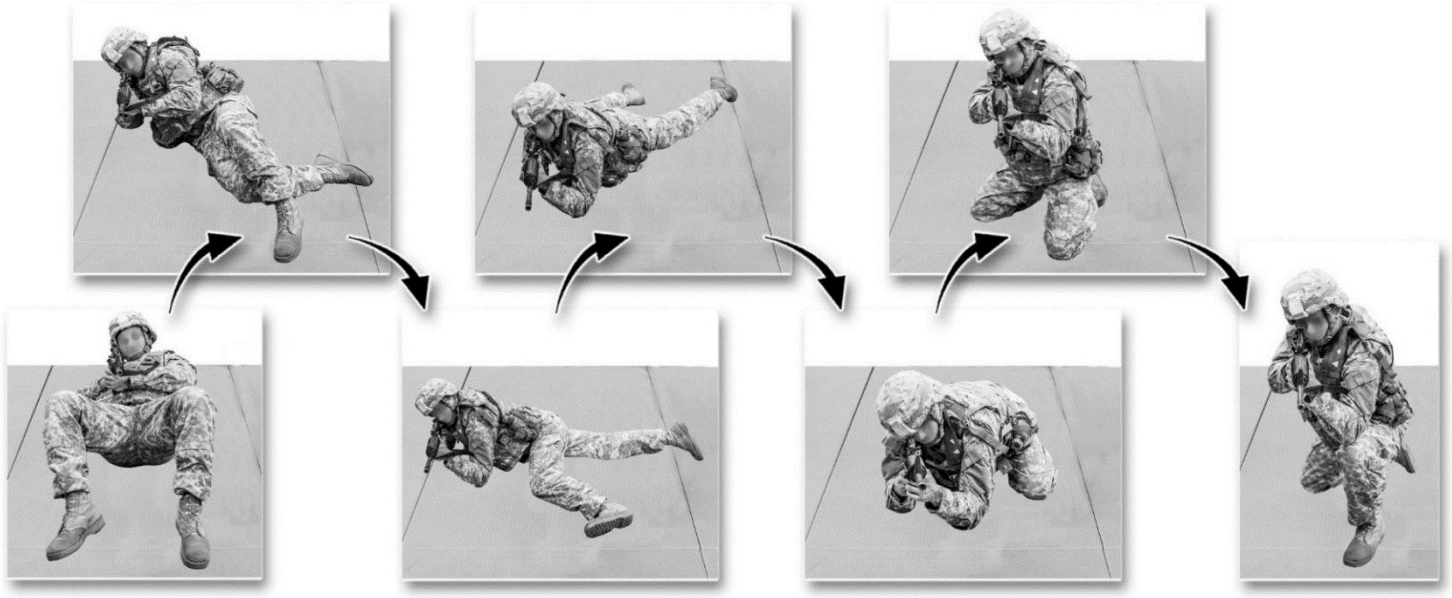


5) After placing their weight on both feet, the Soldier lifts their hand from the ground, and assumes a fighting stance.

GROUND GRAPPLING—BASIC TECHNIQUES

STAND IN BASE WITH PRIMARY WEAPON (PRONE POSITION)

During an altercation, a Soldier might find themselves on the ground. The Soldier must quickly stand up, while maintaining positive identification on the enemy and positioning their weapon to place accurate fire upon his enemy. The stand in base with a primary weapon is the technique of choice to do so. This technique can be performed from the prone position.



1) From the supine position, the Soldier rotates their body to lie on firing shoulder using the Shrimp technique.

2) The Soldier threads their dominant leg under their other leg. The Soldier should now be lying in the prone unsupported firing position.

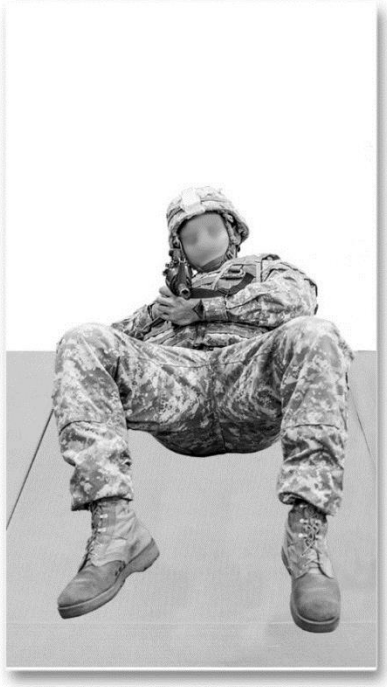
3) The Soldier brings their knees toward their head one at a time to raise their upper body off the ground. The Soldier posts their non-dominant foot on the ground to move to the kneeling firing position, ready to engage a target with primary weapon.

4) The Soldier pushes off the posted leg (shin box motion), and moves to a standing firing position.

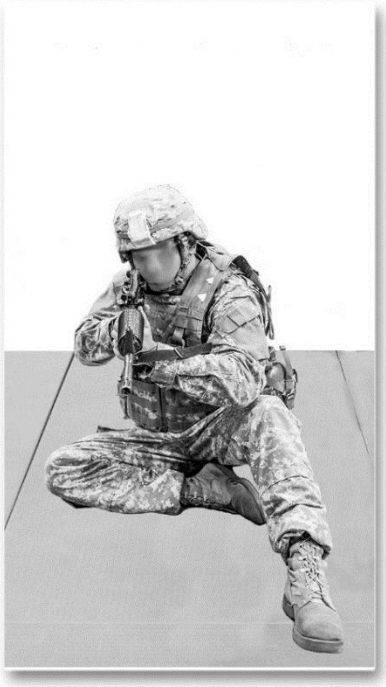
GROUND GRAPPLING—BASIC TECHNIQUES

STAND IN BASE WITH PRIMARY WEAPON (SUPINE POSITION)

During an altercation, a Soldier might find themselves on the ground. The Soldier must quickly stand up, while maintaining positive identification on the enemy and positioning their weapon to place accurate fire upon the enemy. The stand in base with a primary weapon is the technique of choice to do so. This technique can be performed from the supine position.



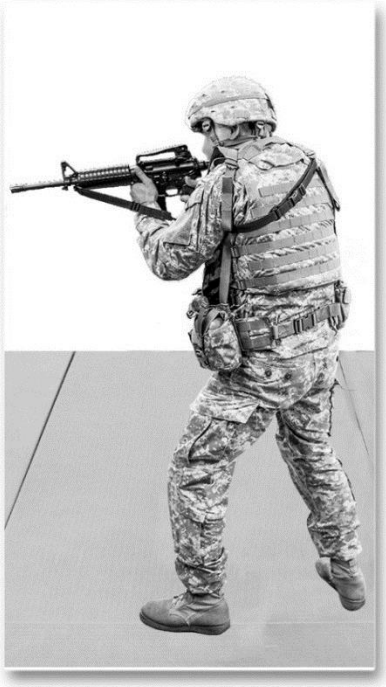
1) When a Soldier falls and lands on their back, they sit up immediately, and spread them feet and knees so that they have clear sight of the enemy. Slightly bend at the knee to counter balance weight, and point weapon at the enemy.



2) The Soldier rotates the heel of their dominant leg toward the center of their body, and transitions their weight forward over the same leg to move to a seated firing position.



3) The Soldier thrusts their hips forward to move to a kneeling firing position.



4) The Soldier pushes off with the posted foot (shin box motion) to move to a shooter stance.

GROUND GRAPPLING—BASIC TECHNIQUES

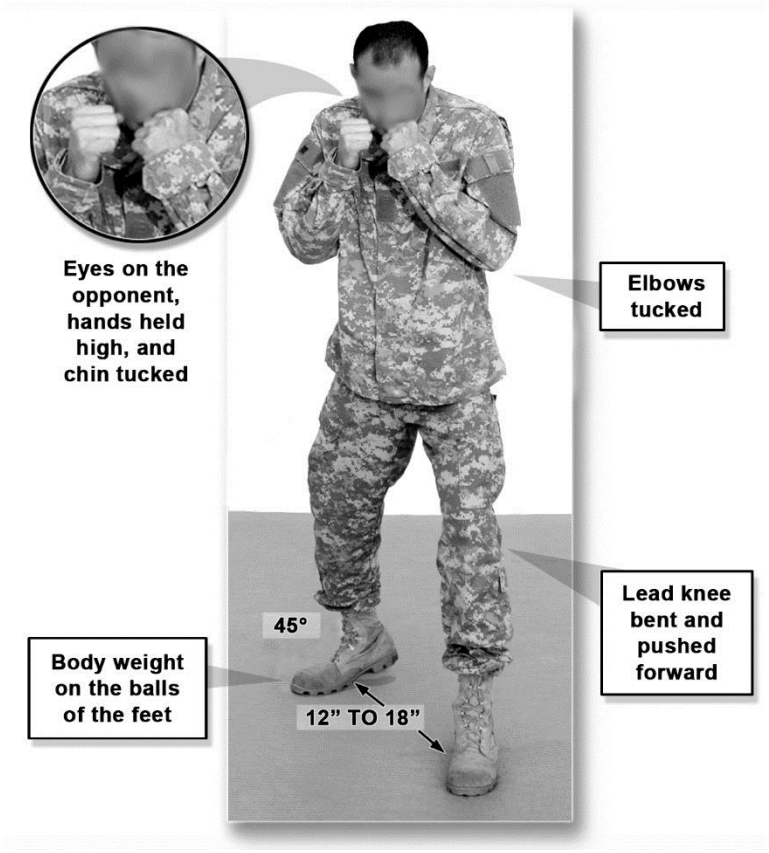
FIGHTING STANCE

The fighting stance allows the Soldier to assume an offensive posture conducive to attack, while still being able to move and defend himself. The fighting stance is not only a platform for unarmed fighting; it can also be used for various weapons, from close-range contact weapons to projectile weapons.

The fighter holds their hands high, with their palms facing each other in a loose fist. The fighter keeps a line of sight just above their hands.

The fighter keeps their chin tucked. The fighter looks just beneath their eyebrows at opponent. The fighter uses their lead shoulder to block the side of their face.

The fighter places their lead foot 12 to 18 inches in front of their trail foot, and turns lead their foot about 15 degrees inward. The fighter positions their feet approximately shoulder-width apart. The fighter turns their trail foot about 45 degrees outward to provide stability in all directions. The fighter keeps the heel of their trail foot off the ground, and carries their body weight on the balls of their feet.



The fighter turns their waist slightly so that their lead hip is facing their opponent, but keeps their head and shoulders above their hips.

The fighter keeps their elbows tucked into their body to cover the sides of their torso; they should not fly out horizontally while punching. The fighter holds their forearms perpendicular to the ground so that their elbows are positioned over their knees.

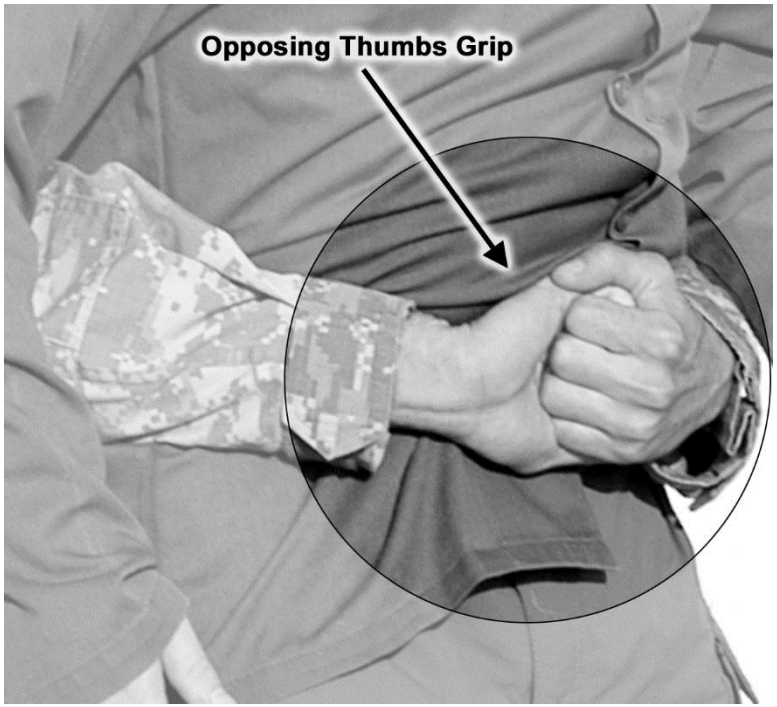
The fighter bends their lead knee, and pushes it forward so that their knee is directly above their toe. The fighter bends their trail knee slightly.

***Note*.** The lead foot is the non-dominant foot. The trail foot is the dominant foot.

GROUND GRAPPLING—BASIC TECHNIQUES

OPPOSING THUMB GRIP

The fighter uses the opposing thumb grip when an opponent may be able to attack their grip by peeling back the fighter's fingers; for example when their hands are positioned to the front of their opponent.



The fighter grasps their hands tightly together, with one thumb facing up and other facing down. The fighter tucks both thumbs tightly.

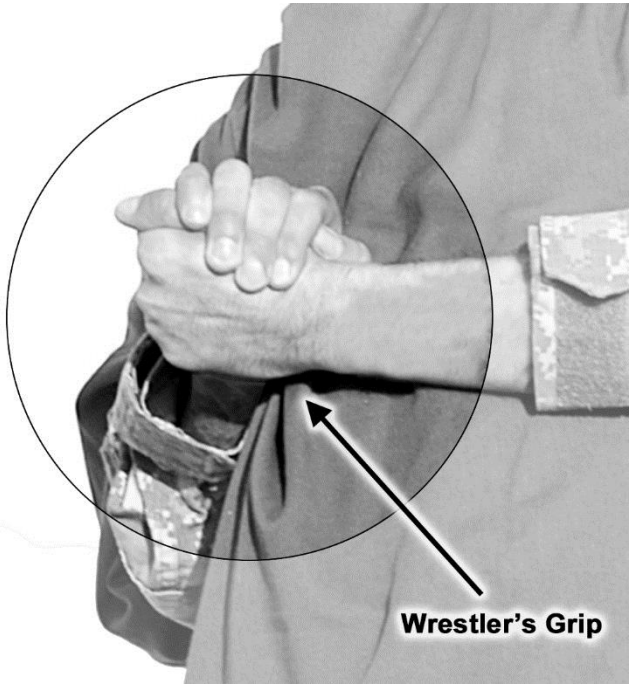
Note. DO NOT interlock fingers. This may allow opponent to break r fingers or escape the lock.

The fighter keeps all fingers together, and use each hand as one unit

GROUND GRAPPLING—BASIC TECHNIQUES

WRESTLER'S GRIP

The fighter never uses the wrestler's grip when their hands are positioned in front of their opponent.



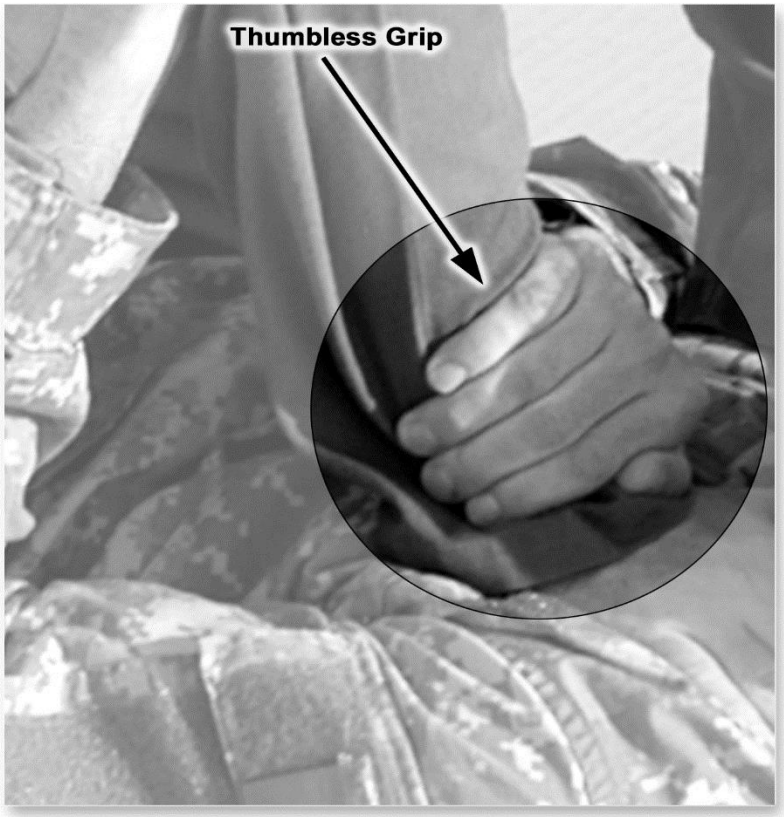
The fighter hold hands together as though clapping. The fighter tucks both thumbs.

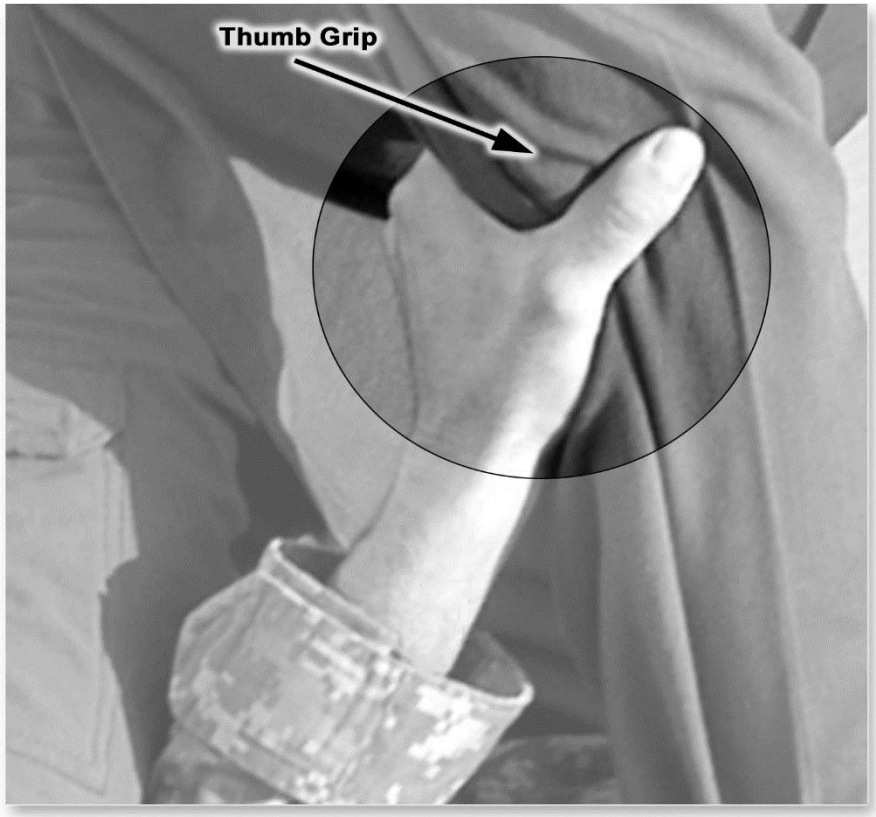
The fighter tucks the bottom thumb to prevent their opponent from escaping.

GROUND GRAPPLING—BASIC TECHNIQUES

THUMB/THUMBLESS GRIP

The thumbless grip is very strong in the direction of the fingers and when clamping against something, such as a fighter's chest. The thumb grip can provide more control, but is very weak in the direction of the thumb and fingertips.





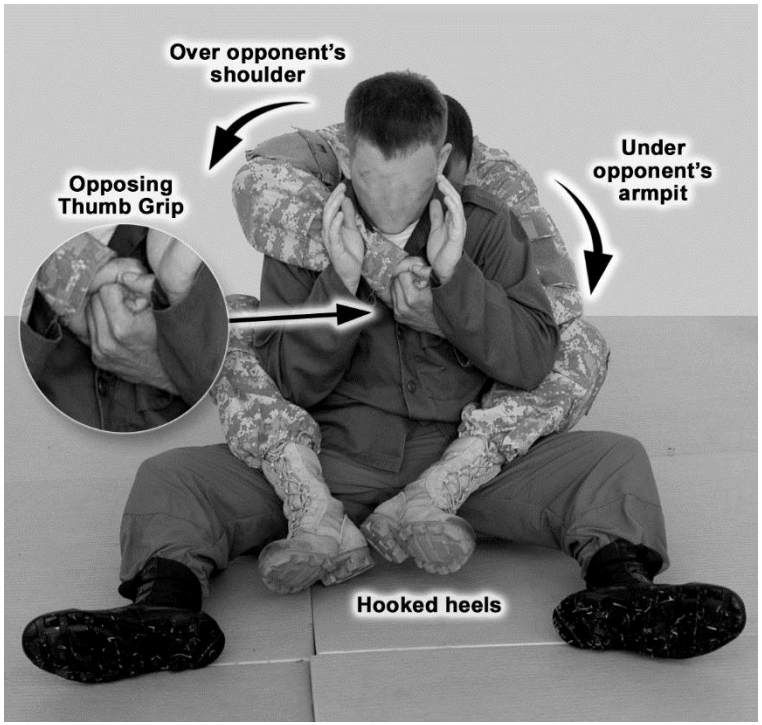
GROUND GRAPPLING—DOMINANT BODY POSITIONS

REAR MOUNT

The rear mount gives the fighter the best control of the fight. From this position, it is very difficult for the opponent to defend.

The fighter places one arm under their opponent's armpit and the other over their opposite shoulder.

The fighter clasps their hands in an opposing thumb grip. The fighter wraps both their legs around their opponent, with their heels "hooked" inside their legs.



Note. The fighter keeps head tucked to avoid head butts.

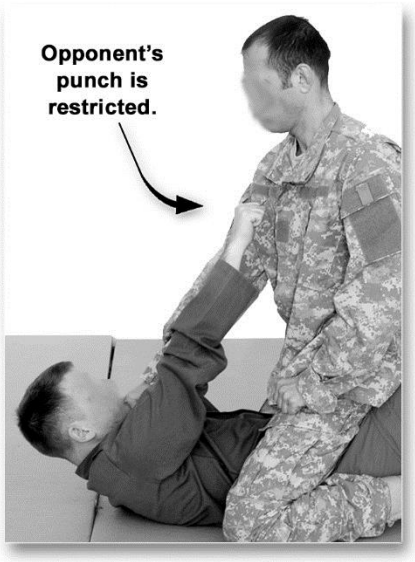
WARNING
When in the rear mount, do not cross feet; this provides opponent an opportunity for an ankle break.

GROUND GRAPPLING—DOMINANT BODY POSITIONS

MOUNT

The mount allows the fighter to strike the opponent with punches, while restricting the opponent's ability to deliver effective return punches. The mount provides the leverage to attack the opponent's upper body with chokes and joint attacks.

Note: The mount allows the fighter to strike the opponent with punches, while restricting the opponent's ability to effectively deliver return punches.





The fighter positions their knees as high as possible toward the opponent's armpits.

WARNING
Place your toes in line with or inside of your ankles to avoid injuring your ankles when your opponent attempts to roll you over.

TRAINING INSTRUCTIONS

When practicing this position, the Soldier assuming the role of the opponent should position themselves using the instructions below:

1) The fighter lies on their back, bends their knees, and posts both feet on the ground.
2) The fighter pulls their elbows tightly into their sides, and keeps them on the ground to prevent opponent from assuming a high mount.
3) The fighter holds their head off of the ground to prevent secondary impact concussions from strikes.
4) The fighter keeps their hands up to protect their head.

GROUND GRAPPLING—DOMINANT BODY POSITIONS

GUARD

A fighter never wants to be under their opponent; the guard enables them to defend themselves and transition off of their back into a more advantageous position. The guard allows the bottom fighter to exercise a certain amount of control over the range by pushing out or pulling in their opponent with their legs and hips. With skill, the bottom fighter can defend against strikes and even apply joint locks and chokes.





The Guard allows the bottom fighter to exercise a certain amount of control over the range by pushing out or pulling in his opponent with his legs and hips.

TRAINING INSTRUCTIONS

When practicing this position, the Soldier assuming the role of the opponent should position themselves using the instructions below:
1) The fighter assumes a good posture by establishing a wide base with their knees, keeping their toes inside of their ankles to prevent breaking them if swept.
2) With their elbows turned inward, the fighter places their hands on their opponent's hips maintaining a good upright defensive posture.

WARNING

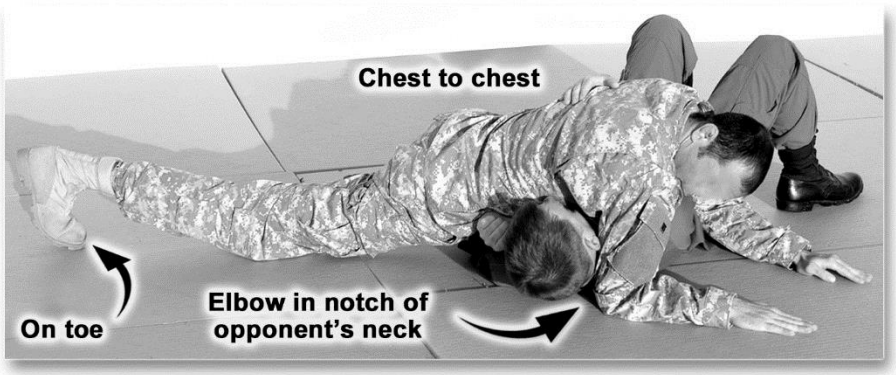
The Soldier defending against the guard must keep their toes inside of their ankles to prevent breaking them if the Soldier is swept.

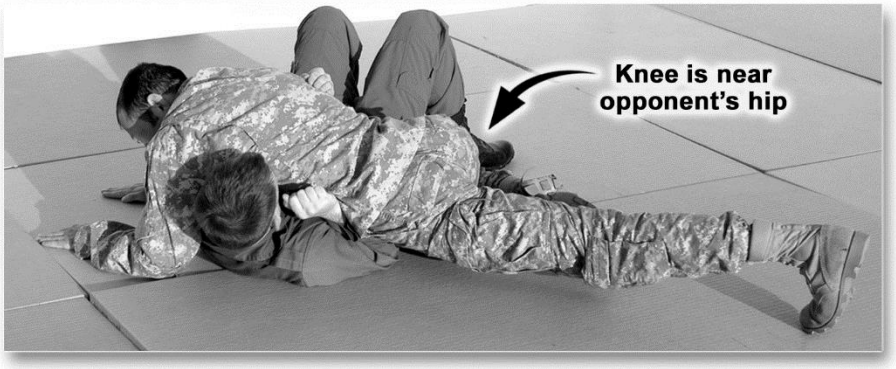
GROUND GRAPPLING—DOMINANT BODY POSITIONS

SIDE CONTROL

Although the side control position is less dominant, it allows the fighter to hold their opponent down and inflict damage, and if reversed, allows the fighter to avoid being positioned underneath their opponent. Further, side control is a transitioning position; a fighter can strike or submit an opponent while in this position.

The fighter keeps the leg closest to their opponent's head straight, and bends their other leg so that their knee is near opponent's hip.





The fighter keeps their head turned away to avoid knee strikes.

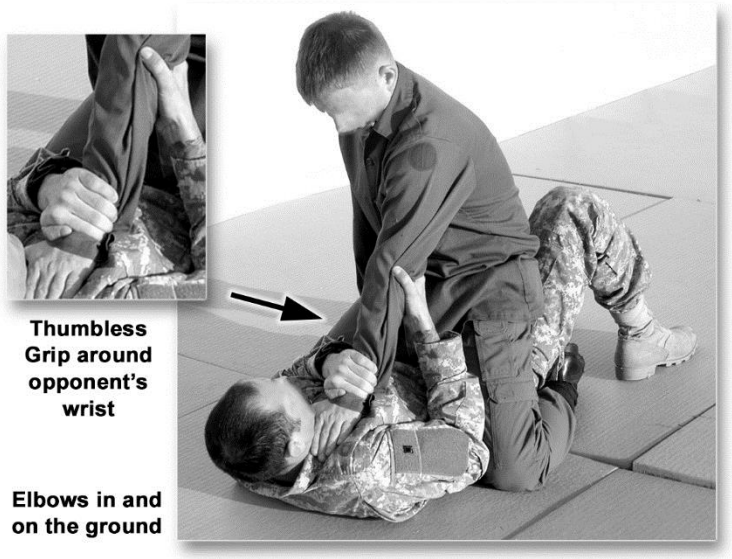
The fighter places their elbow on the ground in the notch created by opponent's head and shoulder (elbow notch). The fighter positions their other hand palm down on the ground under the opponent's near-side hip.

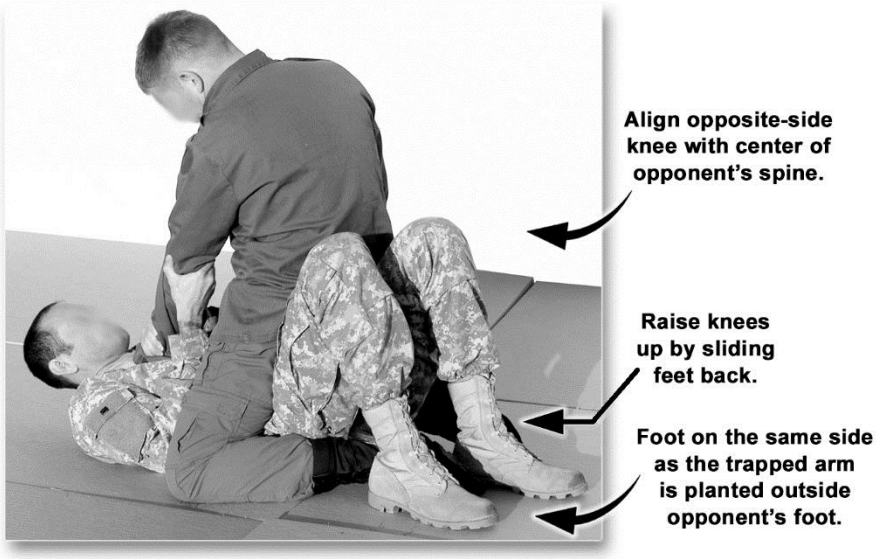
GROUND GRAPPLING—BASIC BODY POSITIONING MOVES

ARM TRAP AND ROLL

A fighter applies the arm trap and roll when the opponent secures the mount and invests their hands or arms into a choke. The non-dominant fighter must remain relaxed and fight the position, but not focus their energy on attempting to defeat the submission until a better position has been achieved.

Note. A fighter conducts this technique when on their back on the ground and their opponent is sitting on top of them with both knees and feet on the ground near your ribs.





1) The fighter traps one of their opponent's arms. The fighter wraps one hand around their wrist with a thumbless grip, and with the other, grabs above their elbow notch with their thumb on the outside. The fighter pulsl elbow to the ground if possible.

Note. Keep elbows in and on the ground. Raising arms will allow opponent to secure a high mount or arm lock.

2) The fighter plants the foot on the same side as the trapped arm on the ground outside of the opponent's foot.
3) The fighter aligns their opposite-side knee with the center of opponent's spine.

***Note*.** Align opposite-side knee with the center of spine to avoid the grapevine.

GROUND GRAPPLING—BASIC BODY POSITIONING MOVES
ARM TRAP AND ROLL (continued)

TRAINING INSTRUCTIONS

WARNING

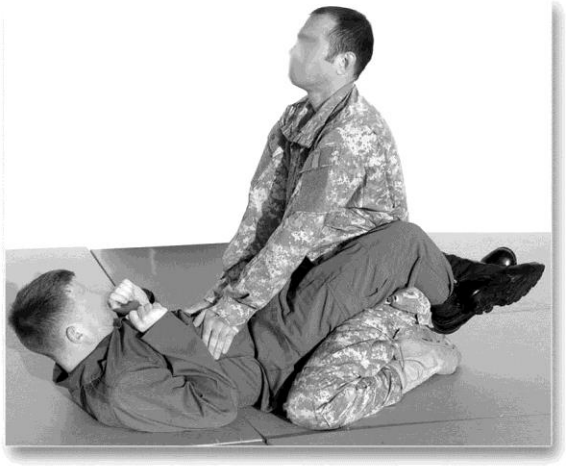
When performing this technique, the top fighter must position their toes in line with or inside their ankles to prevent severe ankle injury.



4) The fighter thrusts upward with their hips, driving their opponent's head to the ground.



5) The fighter rolls their opponent over, to the side that is trapped.

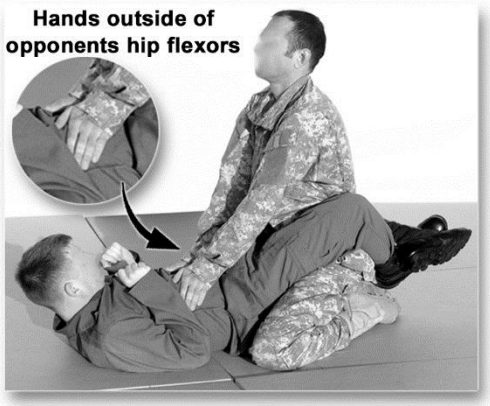


6) The fighter secures a good posture in the guard, controls their opponent's hips.

GROUND GRAPPLING—BASIC BODY POSITIONING MOVES

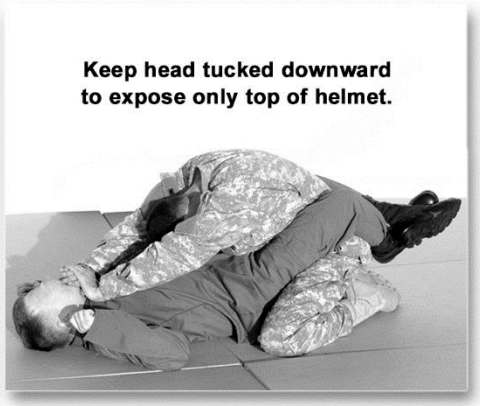
PASSING THE GUARD

When locked inside of their opponent's guard, a fighter cannot finish the fight as quickly or efficiently as the fighter can from a more dominant body position. Additionally, their opponent can attack them with strikes, submissions, and sweeps. Often, a fighter will attempt to strike or submit the opponent from within the guard, further setting up these attacks.

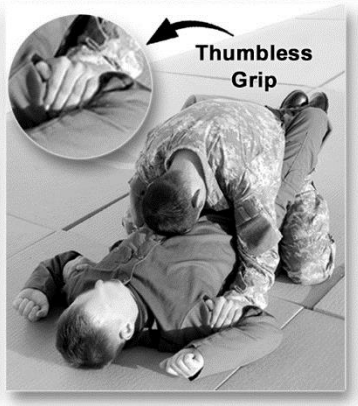


1) The fighter assumes a good posture by establishing a wide base with their knees, keeping their toes in line with or the inside of their ankles. The fighter places their buttocks on their heels. The fighter keeps a straight waist to avoid having their posture broken. The fighter keeps their elbows tight and reaches their hands down to control opponent's hips. The fighter places hands outside of their opponent's hip flexors with their fingers pointing out.

Note. Opponent will often attempt to drag both arms to one side of body to force a submission or get rear position.

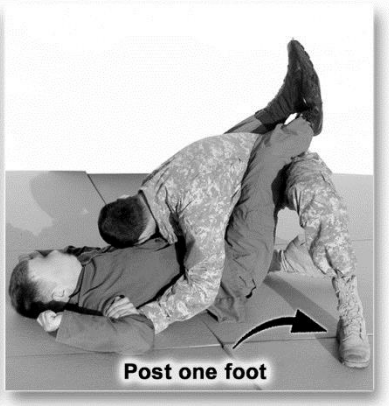


2) The fighter turns their fingers inward, and drives their hands to their opponent's chin, placing their face in their opponent's sternum. This position exposes only the top and back of the fighter's head to strikes.



3) The fighter moves their arms out to control their opponent's biceps. The fighter rolls their hands back and cups them with a thumbless grip.

Note. Never use a thumb grip, as opponent can attack with a wrist lock.



4) The fighter chooses a side to pass their opponent's guard. The fighter posts that same foot out in order to create space for their hand to slide between their body and their opponent.

GROUND GRAPPLING—BASIC BODY POSITIONING MOVES

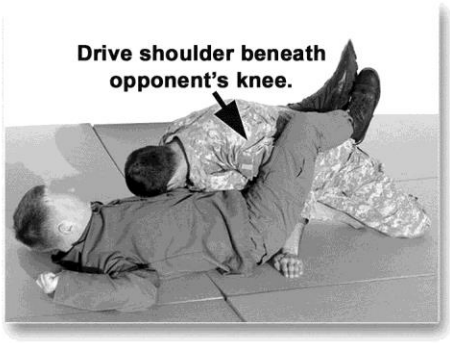
PASSING THE GUARD (continued)



5) The fighter releases their same-side grip. The fighter drives their hand (with a knife edge) through the opening. The fighter turns their head and eyes in the opposite direction to prevent blows to their face from the arm that is no longer secured.



6) The fighter places their hand on the ground.



7) The fighter places their knee on the ground. The fighter scoots the same-side leg back, and drives their shoulder beneath their opponent's knee.

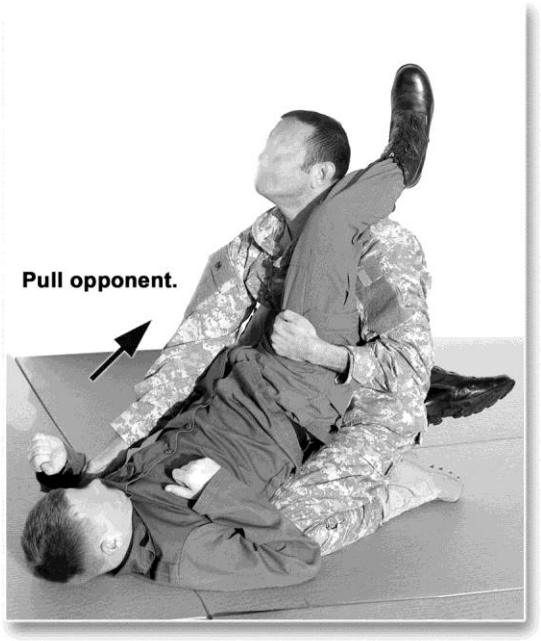


8) The fighter brings both knees together at their opponent's tailbone.

Note. Maintain a good straight posture with waist to prevent opponent from performing a leg choke.

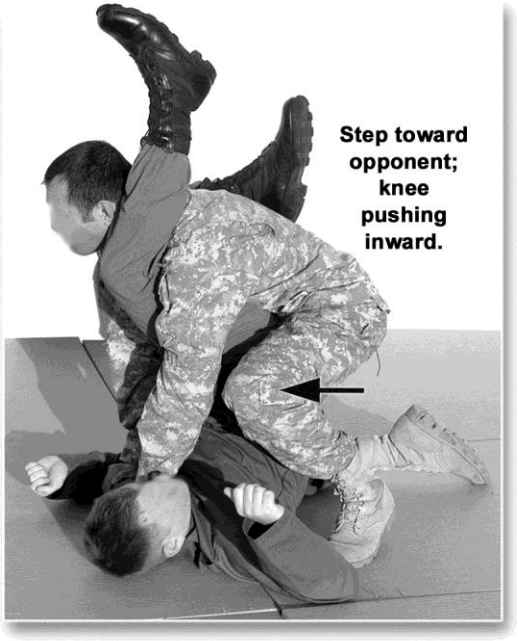
GROUND GRAPPLING—BASIC BODY POSITIONING MOVES

PASSING THE GUARD (continued)



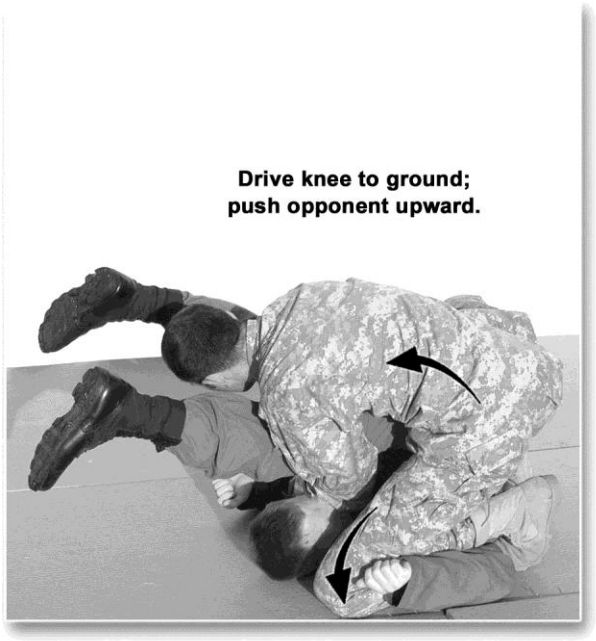
1) The fighter maintains good posture by keeping their head above their knee. The fighter walks or pulls their knees under opponent's hips.

Note. Maintain a good straight posture with waist to avoid a leg choke by the opponent.



2) With the same-side leg that is trapped step toward opponent's same-side armpit, the fighter pushes with knee inward to control opponent's hip. The fighter reaches their hand that's securing opponent's leg across and secures opponent's collar, thumb on the inside, fingers on the outside.

Note. Drive hips into opponent, and maintain this pressure throughout the remainder of this move to prevent opponent from escaping.



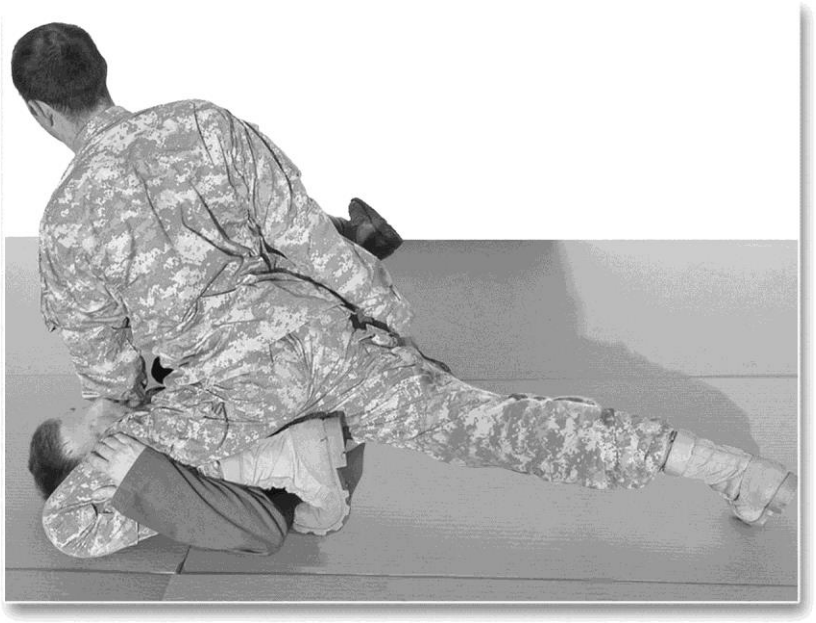
3) The fighter's opposite arm releases the bicep. With fingers extended and joined, the fighter reaches through the opponent's legs and grasps the belt line or waist, lift their legs overhead. The fighter drives their knee to the ground, toward opponent's ear to prevent the overhead sweep. The fighter becomes perpendicular to their opponent. The fighter posts their trail foot. The fighter drives their opponent's hips upward and keep them in place by resting their hips on their trail knee.

GROUND GRAPPLING—BASIC BODY POSITIONING MOVES

PASSING THE GUARD (continued)



4) The fighter continues to drive their opponent's hips forward allowing their knees to recoil around their head.



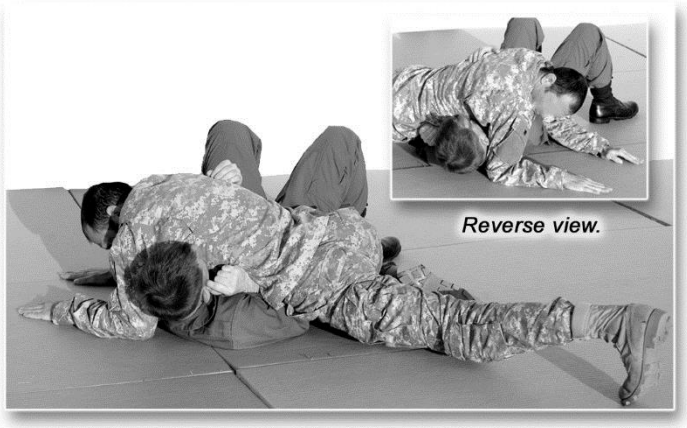
5) The fighter assumes good side control.

***Note*.** Maintain tight body contact when transitioning from the guard to side control to limit opponent's ability to compose guard.

GROUND GRAPPLING—BASIC BODY POSITIONING MOVES

ACHIEVE THE MOUNT FROM SIDE CONTROL

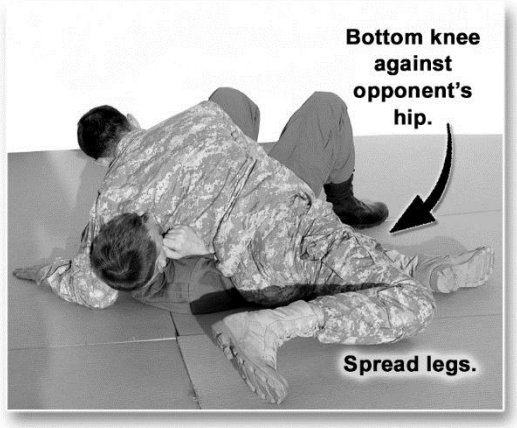
Fighters often move from the side control to the mount or rear mount, where they can land more effective strikes and submissions.



1) The fighter achieves good side control.



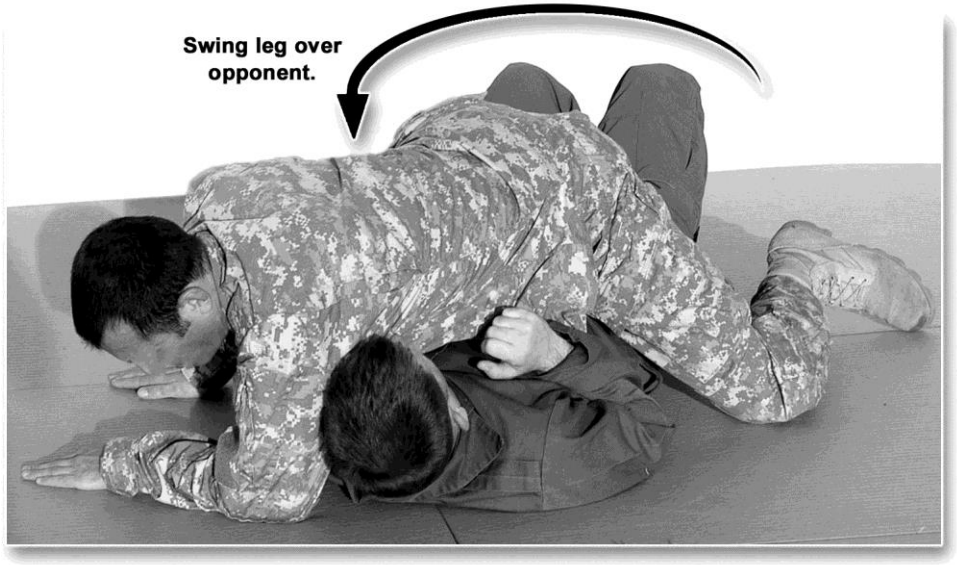
2) The fighter takes the arm that is controlling the far-side hip and places that hand on the ground controlling the near-side hip replacing the knee. The fighter is aware of opponent's knees, the fighter looks down or away from the knees to avoid strikes.



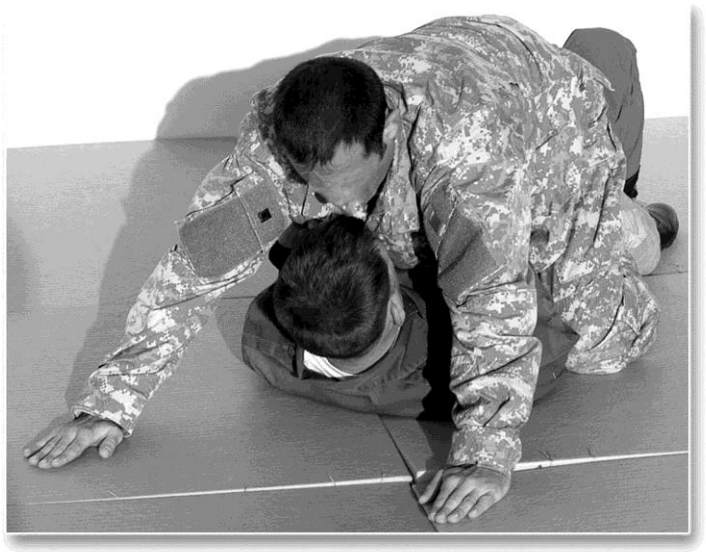
3) The fighter sits through and places their bottom knee against their hip. The fighter spreads their legs to avoid being thrown backward. The fighter uses the hand that was securing their opponent's hip to control their legs.

GROUND GRAPPLING—BASIC BODY POSITIONING MOVES

ACHIEVE THE MOUNT FROM SIDE CONTROL (continued)



4) The fighter swings their far-side leg over their body placing their knee and foot on the ground. The fighter releases their knees once both feet and knees are on the ground.



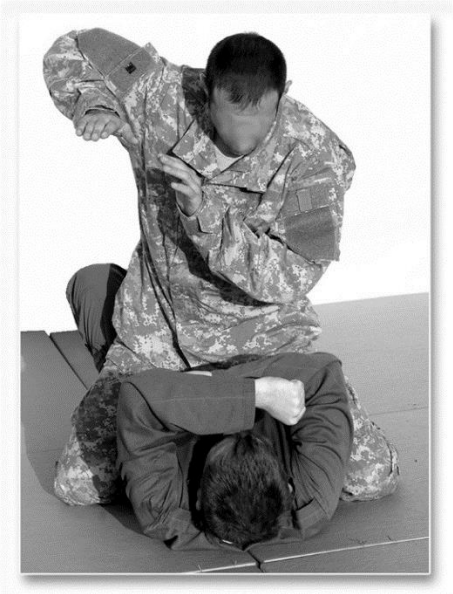
5) The fighter use both hands to help base out and secure the mount, sweeping them along the mat above their head. The fighter assumes a good mount position.

GROUND GRAPPLING—BASIC BODY POSITIONING MOVES

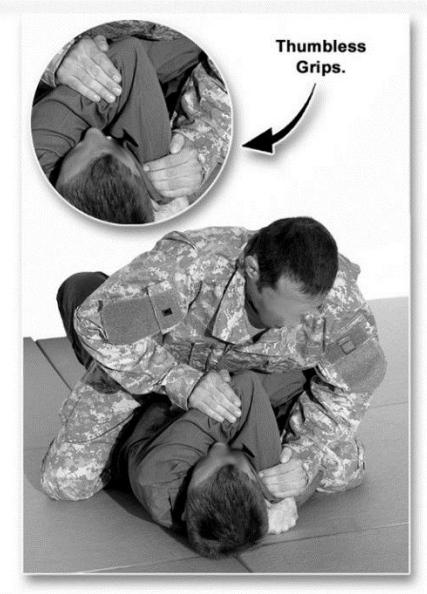
ARM PUSH AND ROLL TO THE REAR MOUNT

The fighter uses the arm push and roll to the rear mount to turn their opponent from their back to their stomach, giving the fighter a better opportunity to finish the fight.

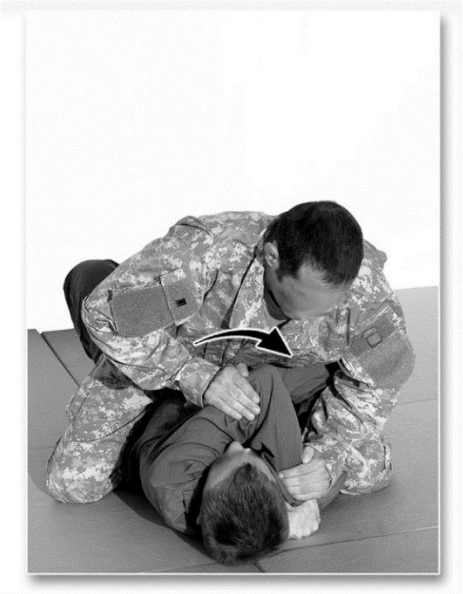
***Note*.** Conduct this technique when a Soldier achieved the mount and are attempting to strike, but the opponent is using a horizontal block to avoid strikes.



1) The fighter targets the arm close to the top of their opponent's head.



2) The fighter places one hand on the back of opponent's elbow and one hand on their wrist, both with thumbless grips.



3) The fighter pushes their arm across their opponent's body in the direction of their hand. The fighter pins the arm with body.

TRAINING INSTRUCTIONS

CAUTION

When performing this technique, the bottom fighter must form a fist with the hand of their trapped arm. Further, the bottom fighter must be mindful of where the hand and wrist of the trapped arm are located to prevent injury.

GROUND GRAPPLING—BASIC BODY POSITIONING MOVES

ARM PUSH AND ROLL TO THE REAR MOUNT (continued)



4) The fighter releases the grip of the hand on the elbow, and drives it under their opponent's neck to secure their wrist with both hands in thumbless grips.



5) The fighter moves the hand that was on the opponent's wrist to their elbow.

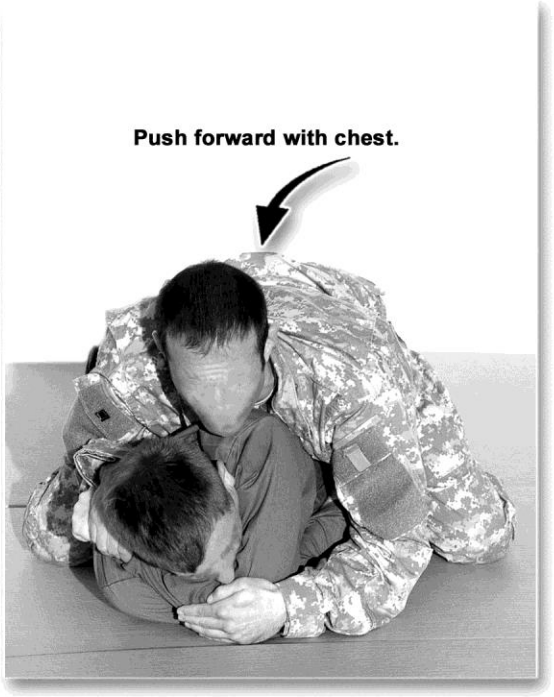


6) The fighter pushes and pulls with their hands on their elbow and wrist ensuring to open and close their legs at the knees to make room for their opponent to roll.

***Note*.** Maintain body and chest pressure to prevent opponent from escaping.

GROUND GRAPPLING—BASIC BODY POSITIONING MOVES

ARM PUSH AND ROLL TO THE REAR MOUNT (continued)

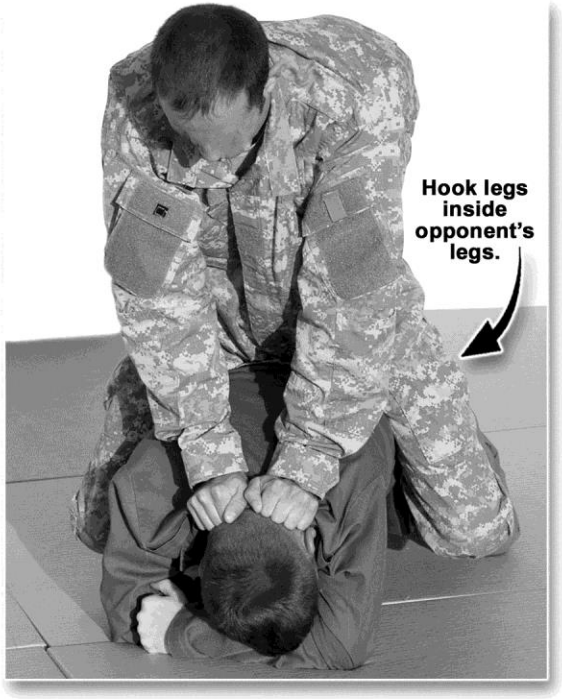


7) The fighter uses their body strength to push their opponent with their chest (using ratchet motions) until their elbow stops them from going any further.

Note. Ensure that the student places hand over hand without lacing their fingers.



8) The fighter drops their weight below their opponent's shoulder blades and fold their arms underneath them while pushing them forward. .



9) From this position, the opponent normally tries to rise using their knees. When they do, the fighter sits up and hooks both their legs inside their opponent's legs push to their straighten arms with their hands in the back of their opponent's collar.

GROUND GRAPPLING—BASIC BODY POSITIONING MOVES

ESCAPE THE REAR MOUNT

When their opponent has assumed the rear mount, the fighter must defend attacks while escaping the position in a timely manner.



1) The fighter places one hand over their head, with their palm facing out, their bicep very tight to the side of their head, and their hand covering their ear. The fighter places their other hand near their armpit with their palm facing out.



2) Once opponent reaches in, the fighter's hand under armpit secures their opponent's wrist and pulls it through.



3) The fighter wraps their other arm around their opponent, making a figure four.

GROUND GRAPPLING—BASIC BODY POSITIONING MOVES

ESCAPE THE REAR MOUNT (continued)



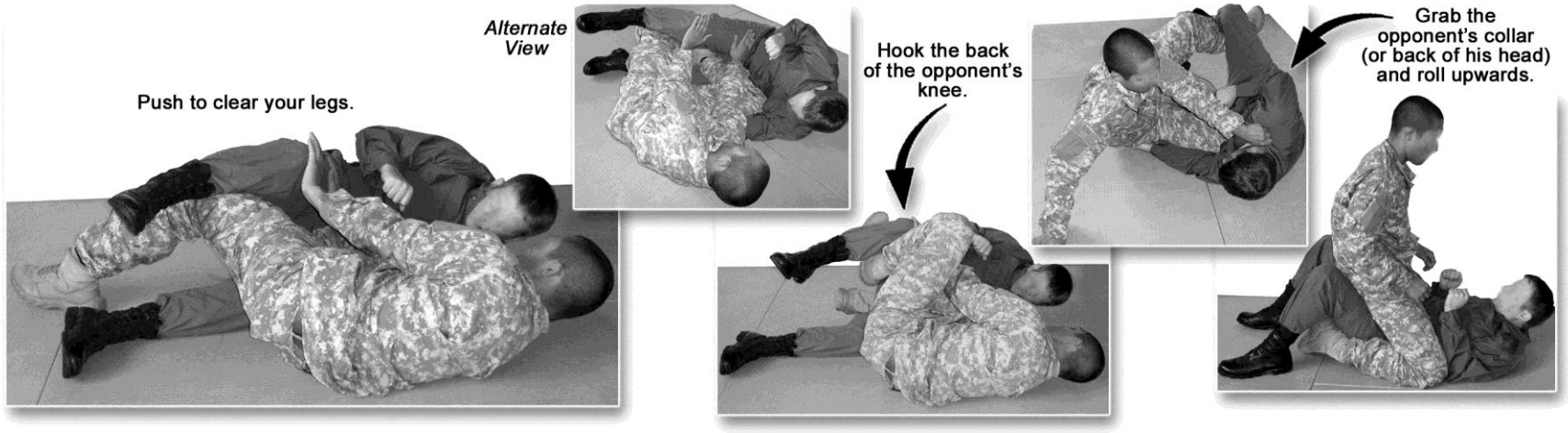
4) The fighter places their back on the ground on underhook side.

Note. A fighter does not put their back on their overhook side.

5) Once the fighter's body weight is on opponent's arm, the fighter lets go and moves their shoulders to the ground, using the ground to scrape their opponent off their back.
6) The fighter pushes hips through their opponent's legs, the fighter places one hand on their opponent's hip and the other on their knee to prevent them from achieving the mount.

GROUND GRAPPLING—BASIC BODY POSITIONING MOVES

ESCAPE THE REAR MOUNT (continued)



7) The fighter continues until their hips clear their opponent's legs.

8) The fighter moves their hips to clear their legs. The fighter moves their inside leg through and to the ground, knee toward opponent's armpit and foot hooking their groin area. The fighter moves their opposite leg through the middle, and hook the back of their knee with foot.

9) The fighter reaches their top hand into their opponent's far-side collar (or grabs the back of their head, if the opponent does not have a collar), with their bottom hand posted on the ground. The fighter rolls into the middle, mount and achieves a good posture.

GROUND GRAPPLING—BASIC BODY POSITIONING MOVES

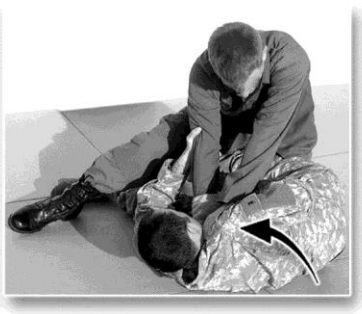
ESCAPE THE MOUNT, SHRIMP TO THE GUARD

While the fighter is attempting to escape the mount, trap, and roll, their opponent may move their leg away, making the fighter unable to capture it. This movement, however, creates an opening under the same leg. The term "shrimp" refers to the action of moving the hips away, which is crucial to the success of this technique.

Note. A fighter conducts this technique when on their back with their opponent mounted on their chest.



1) The fighter places their leg flat on the ground.



2) The fighter turns on their side, and faces the opening created by their opponent. Using the space the opponent created by posting their leg, the fighter props the opponent's leg up with their elbow. With a shrimping motion the fighter shoots their hips out from underneath their opponent

***Note*.** The fighter turns on their hip to create more space.



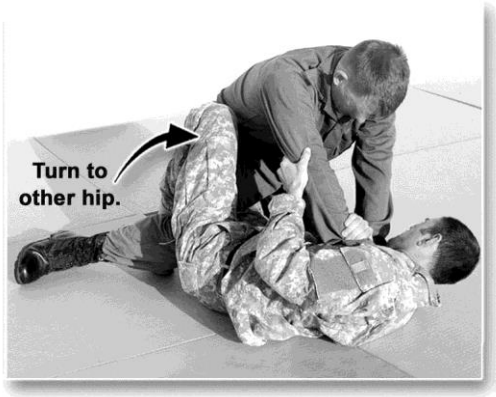
3) The fighter turns facing the opponent's posted leg, with that side leg flat. The fighter brings the same side knee up to prevent their opponent from advancing.



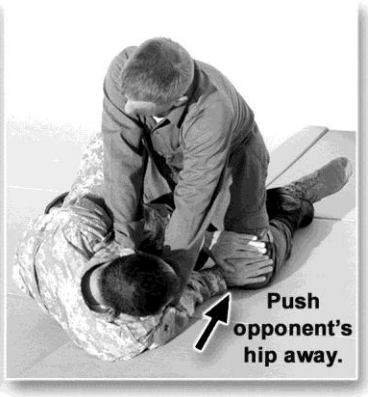
4) The fighter continues to rotate onto their opposite hip while circling their leg out from under their opponent. .

GROUND GRAPPLING—BASIC BODY POSITIONING MOVES

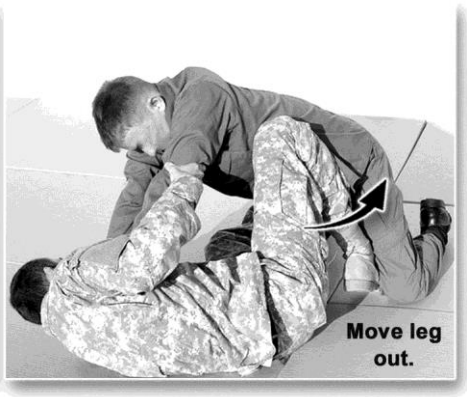
ESCAPE THE MOUNT, SHRIMP TO THE GUARD (continued)



5) The fighter turns to other hip, and hooks their opponent's leg to prevent them from reestablishing the mount.



6) The fighter uses both hands to push their opponent's hip away.



7) The fighter moves their other knee from between their opponent's legs, and puts their weight on their posted foot.

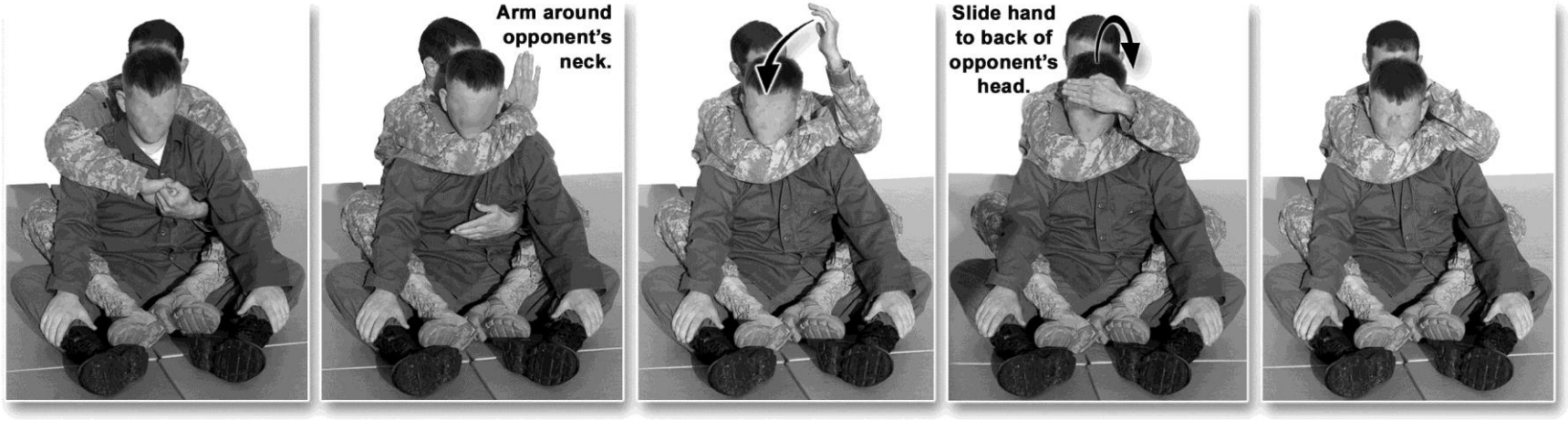


8) The fighter turns their body, and faces the opposite direction. The fighter loops their legs around their opponent, and locks their feet to reestablish guard.

GROUND GRAPPLING—BASIC FINISHING MOVES

REAR NAKED CHOKE

The rear naked choke slows the flow of blood in the carotid arteries, which can eventually cause the opponent to be rendered unconscious for a short period of time.



1) The fighter achieves a rear mount, and hooks both legs in place.

2) Leaving the underhook in place, the fighter sneaks the hand of their overhook arm around their opponent's neck. The fighter puts their bicep against the side of their opponent's neck. The fighter rolls their forearm to the other side of their opponent's neck, with both the bicep and the forearm resting against the carotid arteries. The fighter position their elbow against the trachea. Externally, their opponent's chin will line up with their elbow.

3) The fighter removes their underhook while maintaining control with their overhook, the fighter grasps their underhook's bicep with their overhook hand.

4) The fighter moves their underhook to the back of their opponent's head to the knowledge bump, as if combing their hair back.

Note. The fighter tucks their head to avoid getting hit.

5) The fighter pinches their shoulder blades together, and expands their chest to finish the choke.

GROUND GRAPPLING—BASIC FINISHING MOVES

CROSS-COLLAR CHOKE FROM THE MOUNT AND GUARD

The cross-collar choke is a blood choke that can only be employed when your opponent is wearing a durable shirt. This choke should be performed from either the mount or guard.

MOUNT



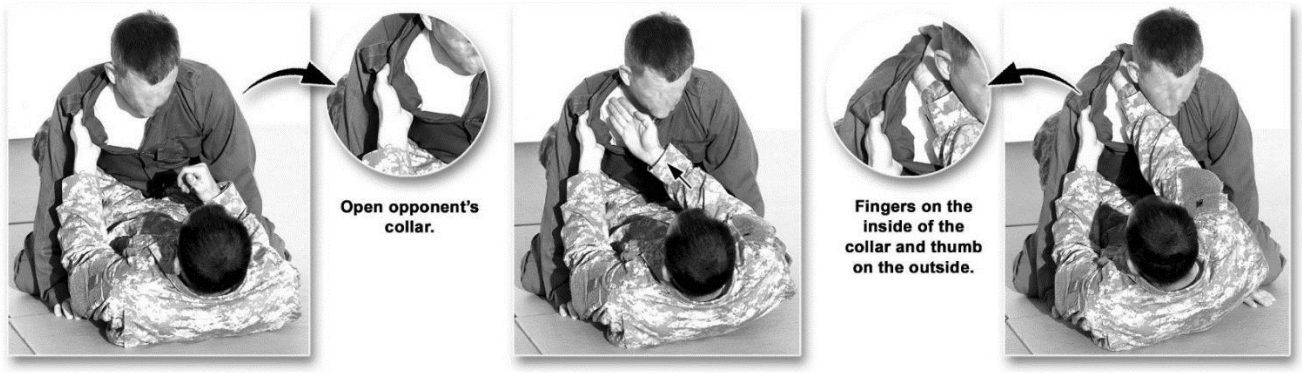
1) With their non-dominant hand, the fighter opens their opponent's same-side collar.

2) The fighter reaches across their body, and inserts their dominant hand into the collar they just opened.

3) The fighter relaxes their dominant hand, and reaches all the way behind their opponent's neck, grasping their collar with their fingers on the inside and their thumb on the outside.

***Note*.** When in the guard, the fighter changes their angle to position themselves for this choke.

GUARD

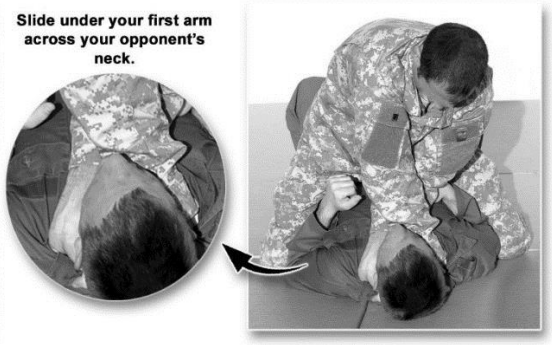


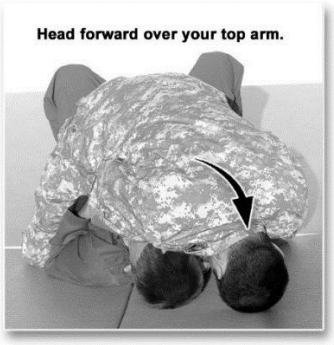
GROUND GRAPPLING—BASIC FINISHING MOVES

CROSS-COLLAR CHOKE FROM THE MOUNT AND GUARD (continued)

MOUNT







4) The fighter releases the grip of their non-dominant hand, and moves their dominant-side forearm across their opponent's neck under their chin, force their chin upward. The fighter slides their non-dominant hand under their dominant forearm into their opponent's collar.

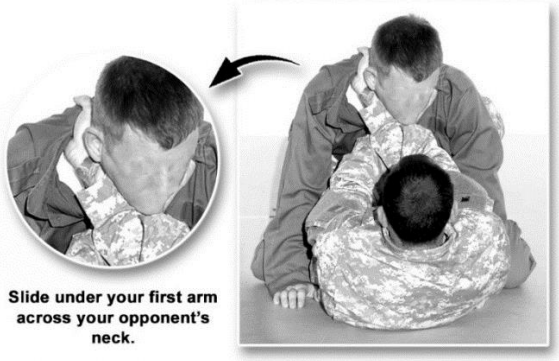
5) Using the same grip (fingers on the inside, thumb on the outside), the fighter reaches all the way back until their hand meets their other hand.

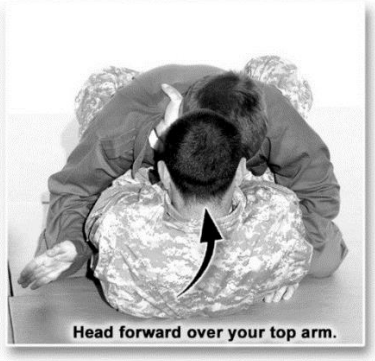
6) The fighter turns their wrists so that their palms face them and pulls their opponent into them. The fighter expands their chest, pinches their shoulders together, and brings their elbows to their hips to finish the choke.

Note. When conducting this technique from the mount, the fighter posts their head forward on the ground, over their top arm.

GUARD







GROUND GRAPPLING—BASIC FINISHING MOVES

BENT ARM BAR FROM THE MOUNT AND SIDE CONTROL

The bent arm bar is a joint lock that attacks the shoulder girdle. This technique can be employed from either the mount or side control.

Notes. 1. As with any submission technique, apply this shoulder lock using slow, steady pressure, and release as soon as the training partner taps.

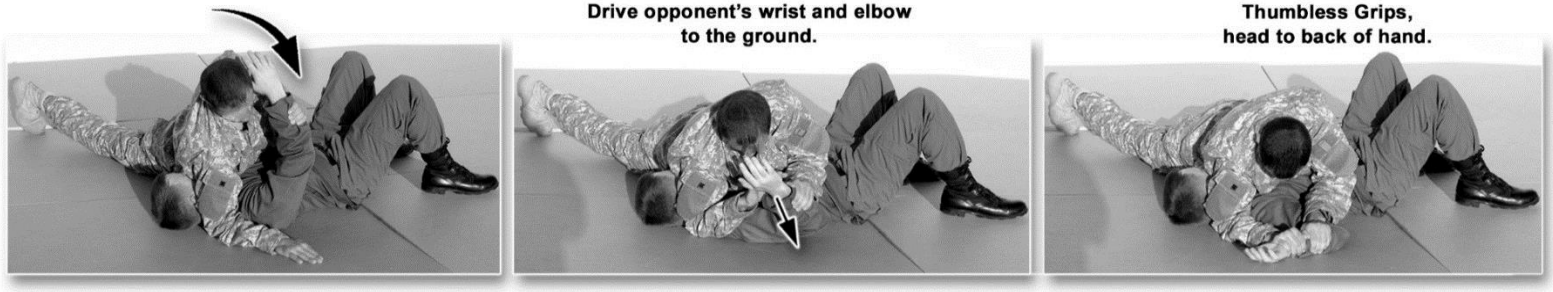
2. Conduct this technique when the opponent uses a vertical block technique.

MOUNT



1) With thumbless grips, the fighter drives their opponent's wrist and elbow to the ground, moving the fighter's elbow to the notch created by their opponent's neck and shoulder (elbow notch).

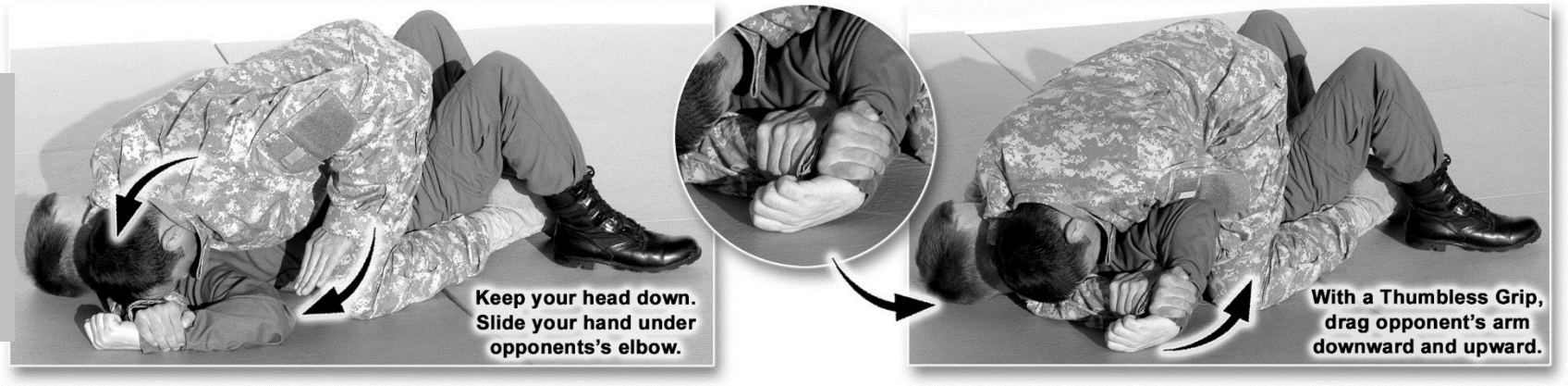
SIDE CONTROL



GROUND GRAPPLING—BASIC FINISHING MOVES

BENT ARM BAR FROM THE MOUNT AND SIDE CONTROL (continued)

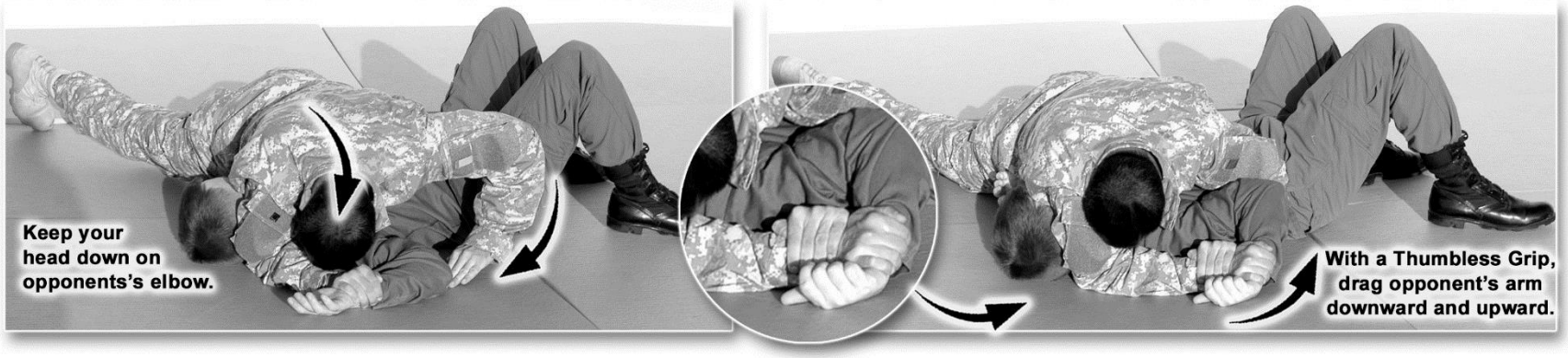
MOUNT



2) Keeping their head on the back of their hand to protect their face from strikes, the fighter places their other hand under the opponent's elbow.

3) The fighter grabs their own wrist with a thumbless grip. The fighter drags the back of their opponent's hand toward their waistline. The fighter lifts their elbow, and dislocates their shoulder.

SIDE CONTROL

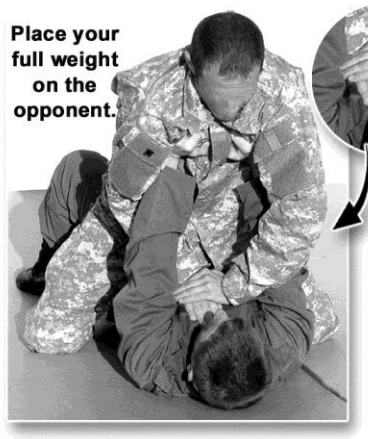


GROUND GRAPPLING—BASIC FINISHING MOVES

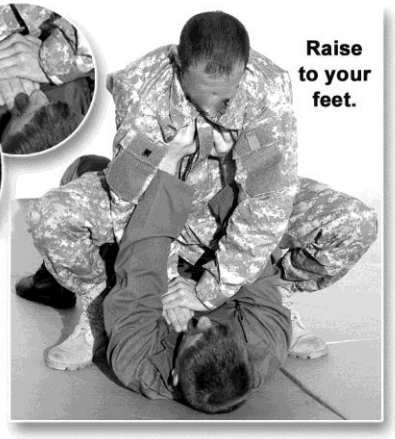
STRAIGHT ARM BAR FROM THE MOUNT

Fighting from their back can be very dangerous for a fighter. When their opponent attempts to strike and apply chokes from within the fighter's guard, the fighter uses the straight arm bar from the guard, a joint lock designed to damage the elbow

***Note*.** As with any submission technique, apply this elbow joint lock using slow, steady pressure, and release as soon as the training partner taps.



1) The fighter decides which arm they wish to attack. The fighter isolates that arm by placing their opposite-side hand in the middle of their opponent's chest, between their arms. The fighter targets the unaffected arm, presses down to prevent their opponent from getting off the flat of their back. The fighter loops their same-side arm around the targeted arm and place that hand in the middle of their opponent's chest, applying greater pressure.



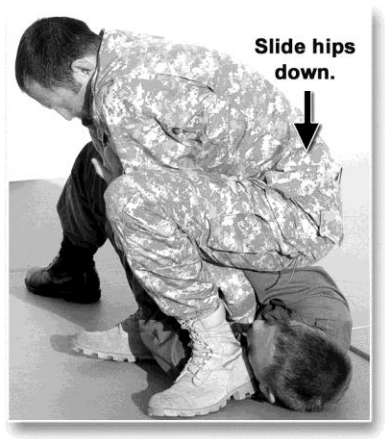
2) The fighter places all of their weight on their opponent's chest and rises to their feet in a very low squat.

***Note*.** The fighter should be conscious not to raise their hips. This will allow their opponent to escape.



3) The fighter turns their body 90 degrees to face the targeted arm.

Note. While turning, the fighter keeps in a slight forward posture, stays in a very low squat, and continues to apply pressure on their opponent's chest to prevent escape.



4) The fighter brings the foot nearest to their opponent's head around their face, and plants it in the crook of their neck on the opposite side of the targeted arm. The fighter slides their hips down the targeted arm, keeping their buttocks tight to their opponent's shoulder.

Note. The fighter should remember to isolate the elbow joint by trapping only the biceps/triceps region between their legs.

GROUND GRAPPLING—BASIC FINISHING MOVES

STRAIGHT ARM BAR FROM THE MOUNT (continued)



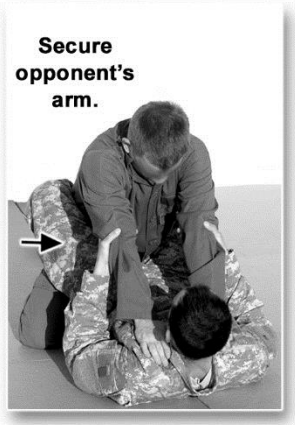
5) The fighter secures their opponent's wrist with both of their hands with thumb grips. The fighter keeps their thumb pointed skyward to achieve the correct angle. The fighter put their heels tight to their buttocks, and places their knees together tightly with their upper arm trapped between their knees, not resting on their groin.

6) The fighter applies slow, steady pressure by trapping their opponent's wrist on their chest, and arching their hips skyward.

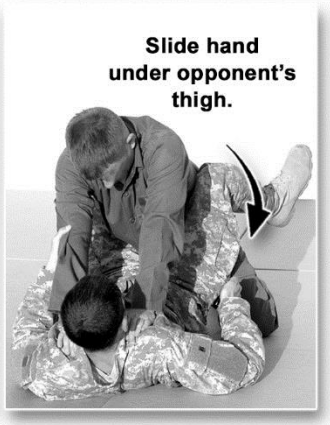
GROUND GRAPPLING—BASIC FINISHING MOVES

STRAIGHT ARM BAR FROM THE GUARD

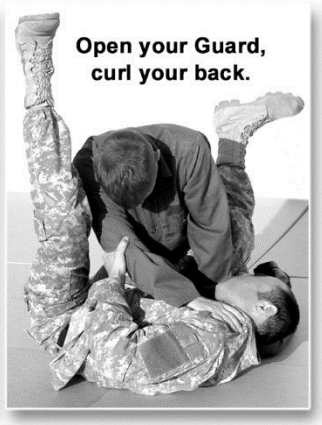
The straight arm bar is a joint lock designed to damage the elbow. While this exercise outlines a straight arm bar performed from the mount, this technique can be performed from any dominant position.



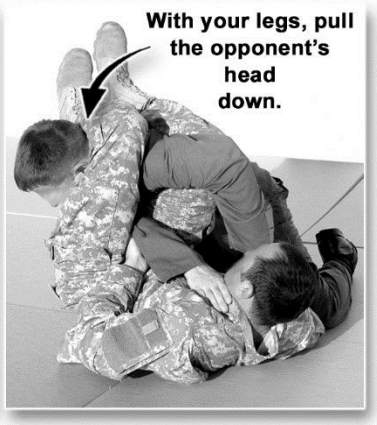
1) When their opponent presents a straight arm, the fighter secure their arm at or above the elbow. The fighter holds their opponent's elbow for the remainder of the move.



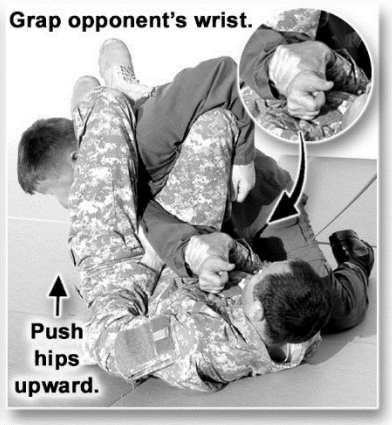
2) The fighter inserts their other hand under their opponent's thigh on the side opposite the targeted arm. The fighter's hand should be palm up.



3) The fighter opens their guard, and brings their legs up, while curling their back to limit the friction.



4) The fighter contorts their body by pulling with the hand that is on the back of their opponent's thigh. The fighter brings their head to their knee. The fighter places their leg over their head. With their leg, the fighter grabs their opponent, and pulls them down by pulling their heels to their buttocks and pinching their knees together.



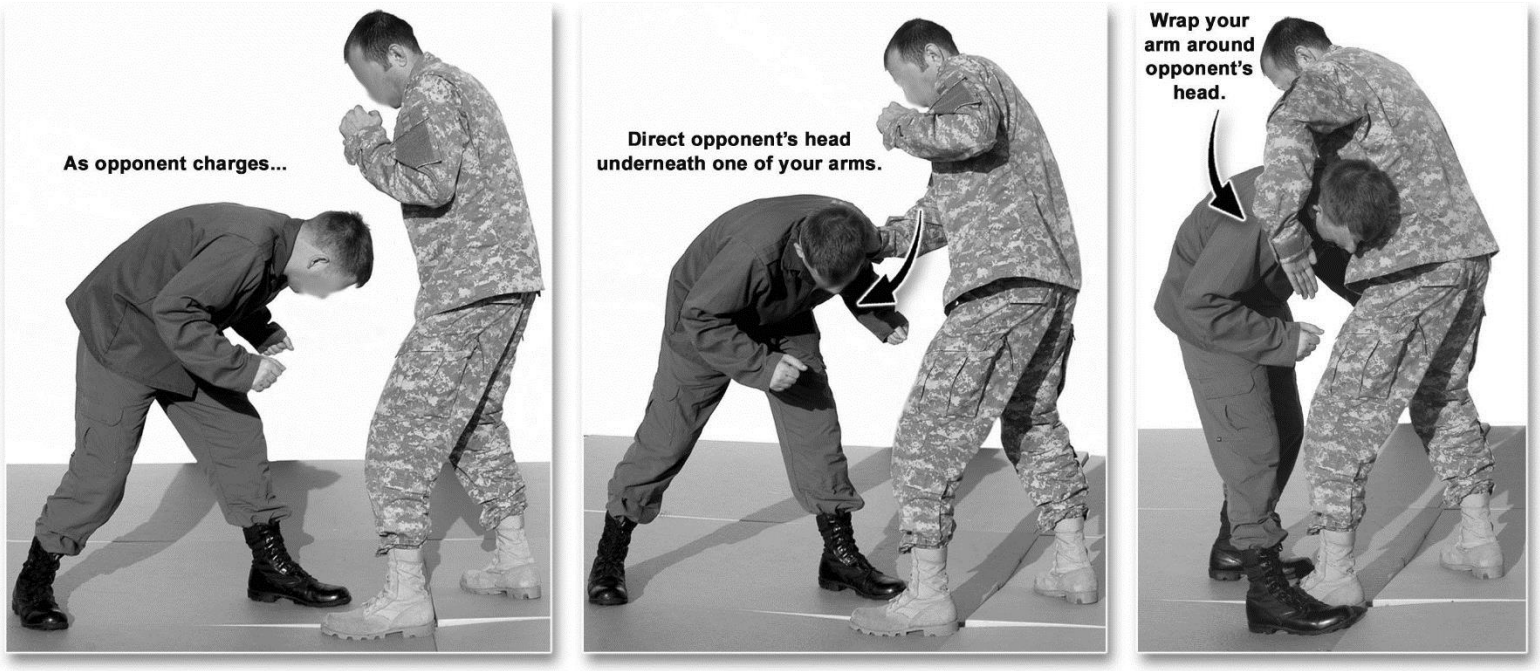
5) The fighter moves the hand that was behind their opponent's thigh to grasp the wrist that the fighter secured at the elbow with a thumb grip. The fighter curls their calf downward and pushes up with their hips to break their opponent's arm.

GROUND GRAPPLING—BASIC FINISHING MOVES

GUILLOTINE CHOKE

Often an opponent will attempt to charge the fighter and will present their neck during the tackle. The guillotine choke allows the fighter to present a defense to the takedown.

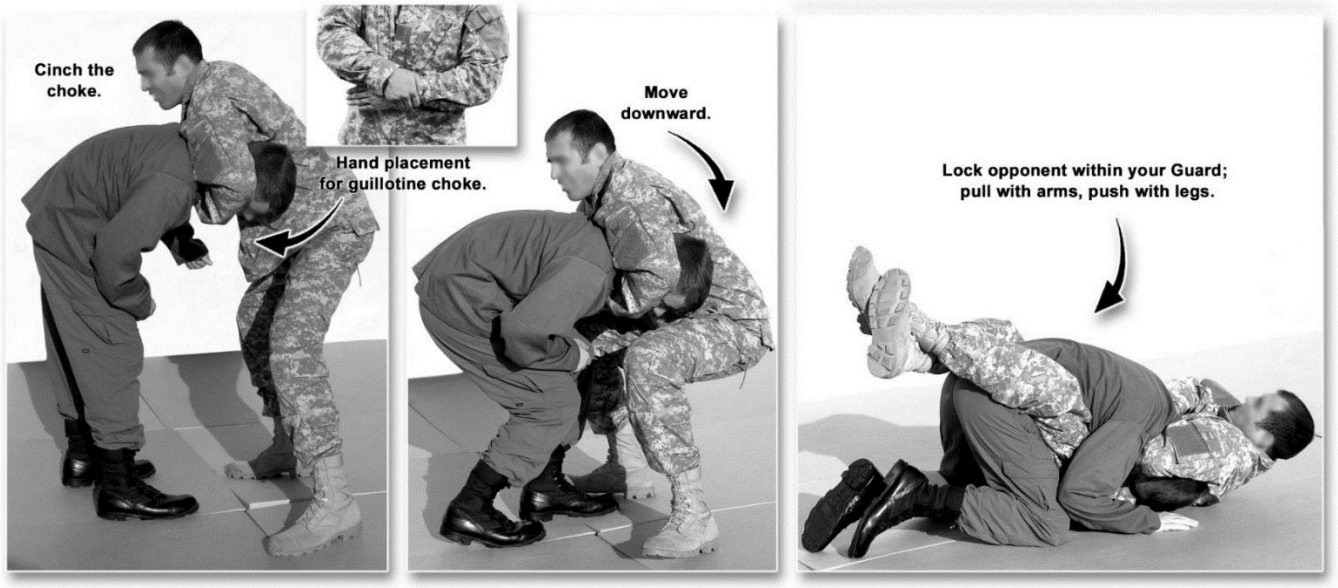
Note. As with any submission technique, apply this elbow joint lock using slow, steady pressure, and release as soon as the training partner taps.



1) As the fighter's opponent charges their legs, the fighter directs the opponent's head underneath one of their arms, and takes a step back.
2) The fighter wraps their arm around their opponent's head and under their neck.

GROUND GRAPPLING—BASIC FINISHING MOVES

GUILLOTINE CHOKE (continued)



3) With the other hand, the fighter grasps their first hand where a watch would be ensuring that their hand has not reached around the opponent's arm. The fighter cinches the choke by bringing the arm further around their opponent's head, improving their grip.

Note. A fighter's palm should be facing their chest.

4) The fighter sits down.

5) The fighter places the opponent within the guard, and simultaneously pulls with their arms, pushing with their legs, and doing a side crunch to the side of their head in order to finish the choke.

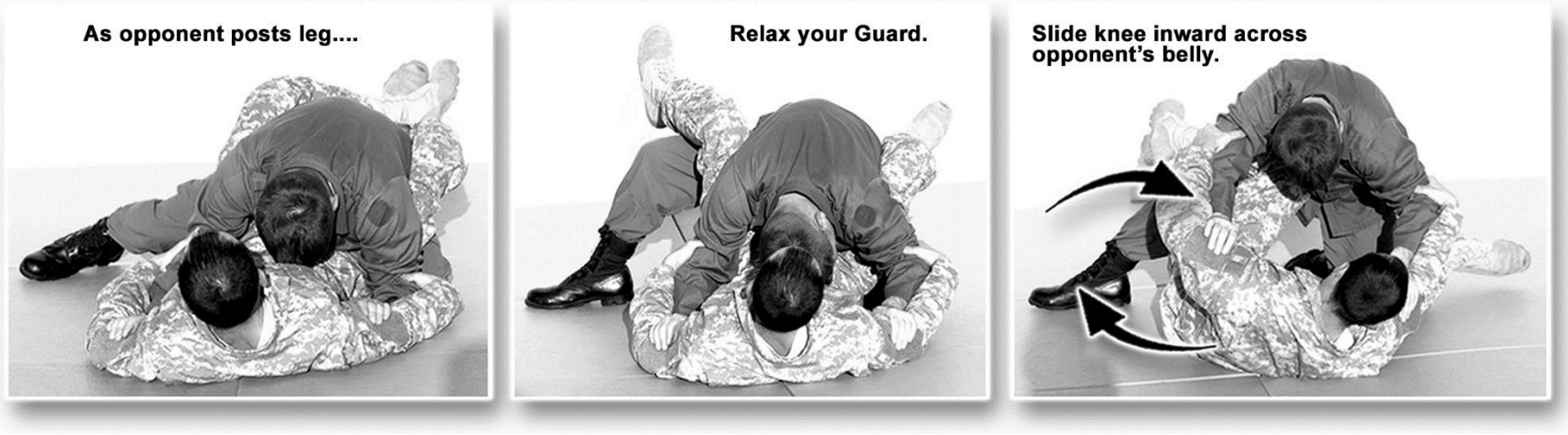
***Note*.** The fighter locks both legs around the opponent to prevent them from securing a top position. Even with a choke in place, if the opponent can clear legs and get on top, they will be able to defeat the submission.

GROUND GRAPPLING—BASIC SWEEPS

SCISSORS SWEEP

A fighter can use the scissors sweep to reverse positions with their opponent and gain a dominant position.

Note. The fighter conducts this technique when the opponent attempts to pass their guard as the fighter controls their arms at the elbows.



1) When their opponent posts one of their legs to create space, the fighter relaxes their guard, and keeps their knees tight.
2) The fighter hangs their calf on their opponent's posted leg, and posts their opposite shoulder to swing their hips toward the opponent's posted leg.
3) The fighter drives their leg across their opponent's waist like a belt. The fighter uses their foot to hook their waist tightly, with their knee lower than the ankle. The fighter positions their other leg flat on the ground to trap their opponent's non-posted leg.

GROUND GRAPPLING—BASIC SWEEPS

SCISSORS SWEEP (continued)



4) The fighter reaches across their body and secures their opponent's collar on the opposite side of their posted leg, maintaining control of the arm on the side the fighter intends to sweep. The fighter extends their body to take their opponent off their base, while pulling them forward by their collar.

5) The fighter makes a scissoring motion with their legs to sweep their opponent over.

Note. If their opponent attempts to prevent the sweep by posting their sweep-side arm, the fighter sweeps the posted arm in the direction of their fingers.

6) The fighter achieves the mount.

GROUND GRAPPLING—BASIC SWEEPS

SWEEP FROM THE ATTEMPTED STRAIGHT ARM BAR

When a fighter attempts to apply the straight arm bar from their guard, their opponent will often tuck their head to avoid the arm bar. Should this occur, the fighter does not abandon the position, the fighter simply changes the attack to the sweep from the attempted straight arm bar.



1) With the hand that is behind their opponent's thigh, the fighter pulls the opponent's knee as close to their head as possible in order to position their body perpendicular to their opponent.

2) The fighter swings the leg that was supposed to hook from their opponent's head in a big circle, originating from the fighter's head following a path to their opponent's far-side leg.

Note. Do not release control of the previously targeted arm.

TRAINING INSTRUCTIONS

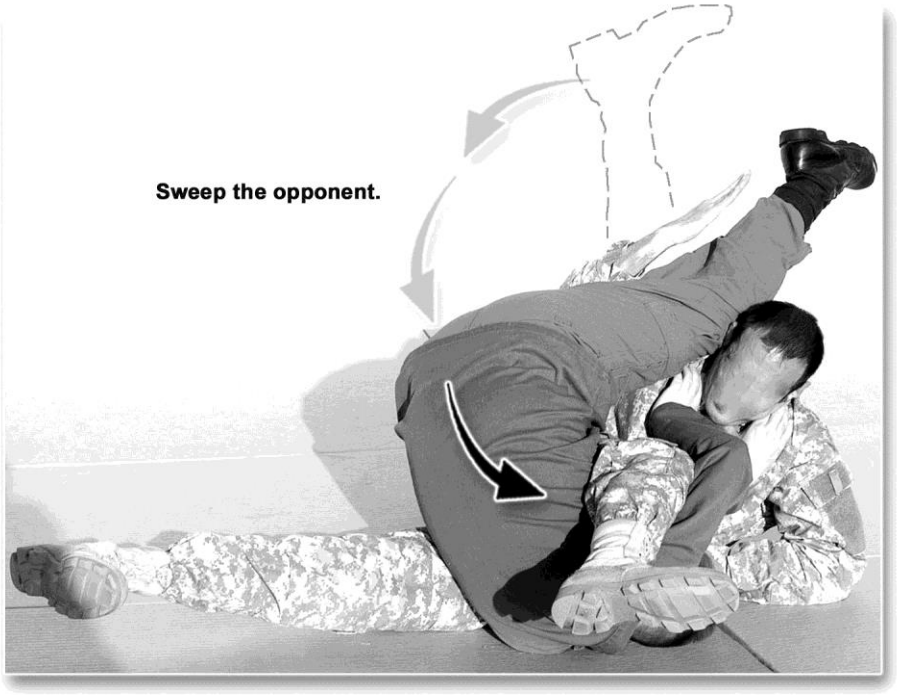
WARNING

When performing this technique, the fighter being swept must keep their toes in line with or inside of their ankles to prevent injury.

GROUND GRAPPLING—BASIC SWEEPS

SWEEP FROM THE ATTEMPTED STRAIGHT ARM BAR (continued)





3) With the leg that is hooked under their opponent's armpit, the fighter pushes toward their enemy's head so that the fighter rolls right up into the mount. The fighter uses the momentum from the leg that is swinging in a circle to sweep their opponent.

Note. The fighter tucks their leg to prevent it from being trapped beneath their opponent's body.

GROUND GRAPPLING—BASIC RANGE CONTROLLING TECHNIQUES

POST

Post is a technique used to control the range of an enemy safely to gain the advantage of the altercation. When using this technique, a Soldier has three options: create space, maintain space, or clinch.
To perform this technique–



1) The fighter places their palm on their enemy's chest, with their fingers extended. The fighter slightly bends their elbow, and positions their weapon securely away from their enemy.
2) The fighter tucks their chin. With their posted arm, the fighter slightly raises their shoulder to cover their cheek bone.
3) The fighter blades their hips slightly from their enemy so that the fighter maintains distance between their primary weapon and the enemy, which facilitates positive control of their weapon.
4) The fighter spreads their feet slightly wider than shoulder-width apart. The fighter takes a step back with their dominant foot, and aligns the heel of their lead foot and the toe of their trail foot. The fighter points their lead foot at the enemy and their trail foot away from the enemy at a 45-degree angle.
5) The fighter performs Option 1, 2, or 3.

GROUND GRAPPLING—BASIC RANGE CONTROLLING TECHNIQUES

FRAME

The frame is the second method for the Soldier to further control a noncompliant enemy. If the Post has collapsed or the enemy engages from a closer proximity, the enemy can be deemed as being noncompliant.
To perform this technique–



1) The fighter positions the blade of their forearm across their enemy's chest, with their elbow forming an angle slightly larger than 90 degrees. The fighter places the palm of their hand in their enemy's neck area/uppermost portion of the shoulder, and secures their enemy using the thumbless grip.

1) *Variant:* The fighter places their same-side hand around their enemy's head so that the fighter is cupping the back of the opponent's head at the "knowledge knot" with their palm. The fighter extends and join their fingers. The fighter faces their enemy in a half inside control.

2) The fighter tucks their chin into their shoulder.

3) The fighter places their firing arm at their side, securing their primary weapon.

4) The fighter braces themselves by positioning their hips in an athletic stance, and protect their secondary weapon by turning their hips slightly.

GROUND GRAPPLING—BASIC RANGE CONTROLLING TECHNIQUES

HOOK AND HEAD CONTROL

The hook with head control is the third method a Soldier can use to further control a noncompliant enemy. If the Frame has collapsed or the enemy engages from a closer proximity, the Soldier may move to the hook.
To perform this technique–





1) The fighter places theirr nonfiring arm underneath their enemy's same-side arm, while securing the enemy's same-side shoulder with a thumbless grip and rolling their elbow slightly downward.

2) The fighter tucks their head into their enemy's chin, and appies pressure by pushing it away.

3) The fighter moves their legs to the side and perpendicular to their enemy's near-side leg.

GROUND GRAPPLING—BASIC RANGE CONTROLLING TECHNIQUES

OPTION 1: CREATE SPACE ENGAGE WITH PRIMARY WEAPON

Create space is utilized in order to keep possible combatants at projectile range using any of the range controlling techniques.



Create Space Post

To create space, the fighter generates force with their trail foot, and uses their posted arm to push their enemy away. If the enemy is bigger and stronger than the fighter, the fighter pushes themselves backward to engage with their primary weapon.

Create Space Frame

To create space, the fighter generates force with their trail foot, and uses their framed arm to push their enemy away. If the enemy is bigger and stronger than the fighter, the fighter pushes themselves backward to engage with their primary weapon.

Create Space Hook and Head Control

To create space, the fighter uses disruptive techniques in order to create space for their hands. The fighter places both their hands into the armpits with thumb grips. The fighter generates force with their trail foot, while pushing their enemy away. If the enemy is bigger and stronger than the fighter, the fighter pushes themselves backward to engage with their primary weapon.

GROUND GRAPPLING—BASIC RANGE CONTROLLING TECHNIQUES

OPTION 2: MAINTAIN SPACE AND EMPLOY SECONDARY WEAPON



Maintain Space Post
The fighter engages their forearm, upper arm, and shoulder muscle to uphold the range and employ secondary weapons (i.e., anything that can be used to control or subdue the enemy), or uses objects in their environment, such as a wall or a vehicle, to hold their enemy in that position

Maintain Space Frame
The fighter engages their forearm, upper arm, and shoulder muscle to uphold the range and employs secondary weapons (i.e., anything that can be used to control or subdue the enemy).

Maintain Space Hook and Head Control
The fighter secures their enemy's shoulder, and rolls their elbow forward, while placing their head in the enemy's jaw line to create pressure. The fighter uses objects in their environment, such as a vehicle or a building, to hold their enemy in that position. *For clinch positions refer to basic clinch positions.*

GROUND GRAPPLING—BASIC RANGE CONTROLLING TECHNIQUES

OPTION 3: ACHIEVE THE CLINCH

Achieve the clinch is utilized when you are unable to employ the two other range controlling techniques.



Achieve the Clinch Post
The fighter closes the distance, keeping their hands up and covering their face, and establishes a dominant position (double underhooks [high or low], modified seatbelt, rear clinch, or wall clinch).



Achieve the Clinch Frame
The fighter closes the distance, keeping their hands up and covering their face, and establish a dominant position (double underhooks [high or low], modified seatbelt, rear clinch, or wall clinch). *)*

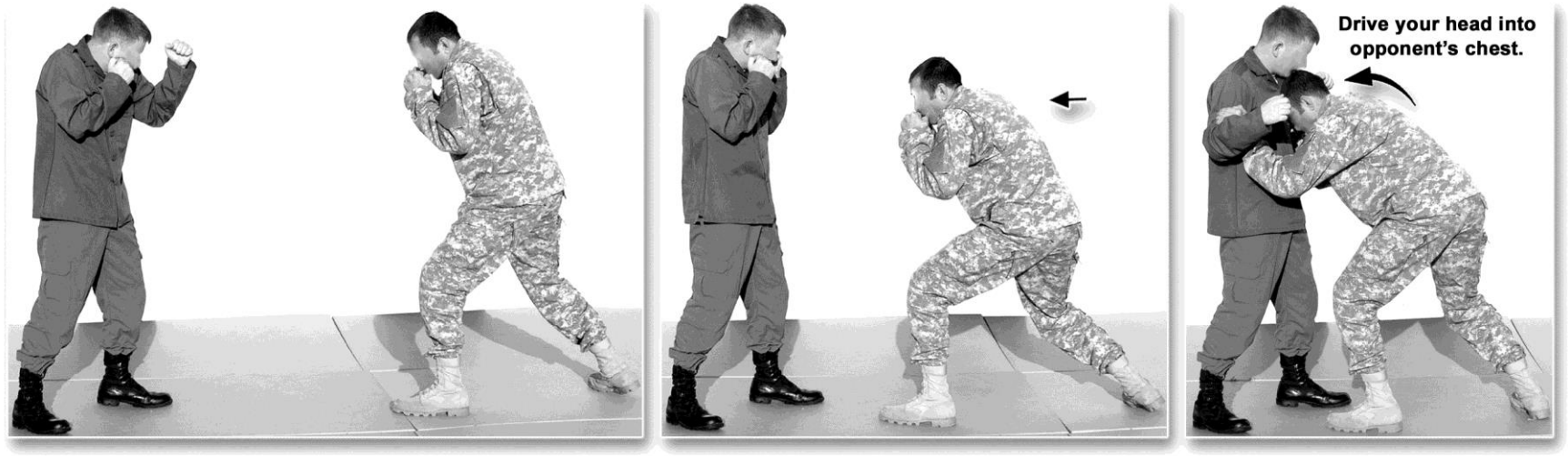


Achieve Hook and Head Control
To achieve a clinch from hook and head control, the fighter steps into their enemy to pummel for double underhooks or modified seatbelt clinch. If the fighter steps too far, they can go for the rear clinch. Buildings or other objects in their environment can enable the fighter to utilize the wall clinch. *For clinch positions refer to basic clinch positions*

CLINCHFIGHTING—ACHIEVE THE CLINCH

CLOSE THE DISTANCE

Fighters use close the distance when the opponent is within striking range.

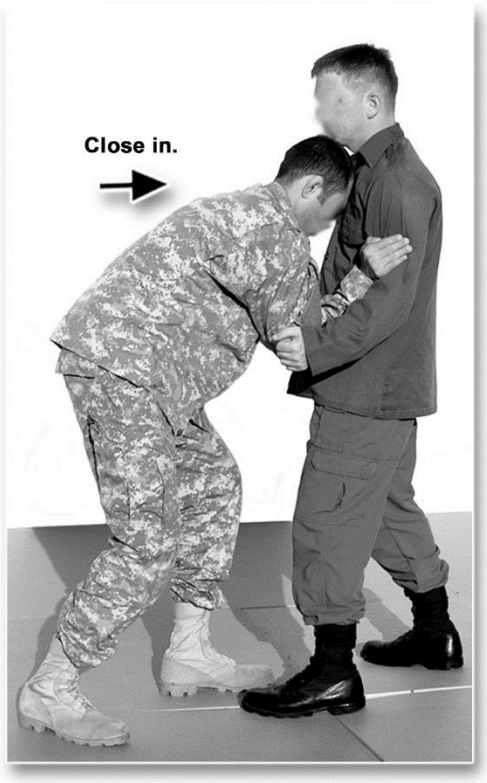


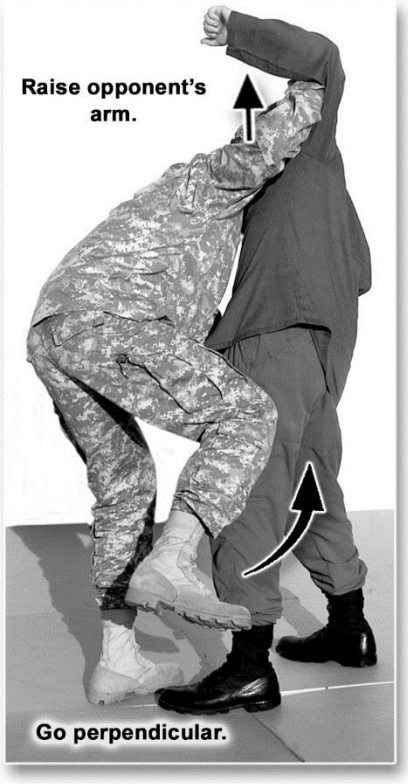
1) The fighter faces their opponent, and assumes the fighting stance just outside of kicking range.
2) The fighter tucks their chin, and uses their arms to cover their head while aggressively closing the distance.
3) The fighter drives their head into their opponent's chest, and moves their cupped hands to their opponent's biceps.

CLINCHFIGHTING—ACHIEVE THE CLINCH

MODIFIED SEATBELT CLINCH

Once the fighter closes the distance, the fighter uses the modified seatbelt clinch to draw their opponent in.







1) After closing the distance with the opponent, the fighter raises one of their arms. The fighter moves perpendicular to the opponent.

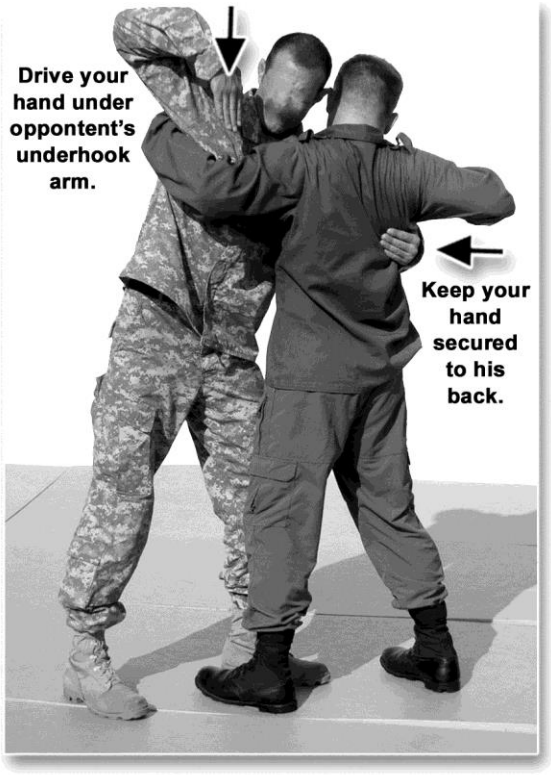
2) The fighter reaches around the opponent's waist to grab their opposite-side hip. With the other arm, the fighter pulls their arm into their chest, controlling their arm at the triceps, drives head into opponent's chin in order to control their posture.

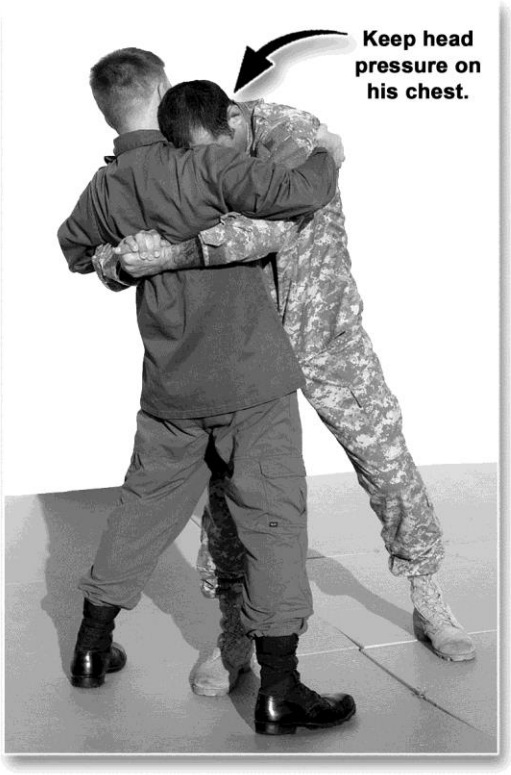
CLINCHFIGHTING—ACHIEVE THE CLINCH

DOUBLE UNDERHOOKS

The fighter uses double underhooks when both fighters have an overhook and an underhook grip on each other, with their heads on their overhook sides.







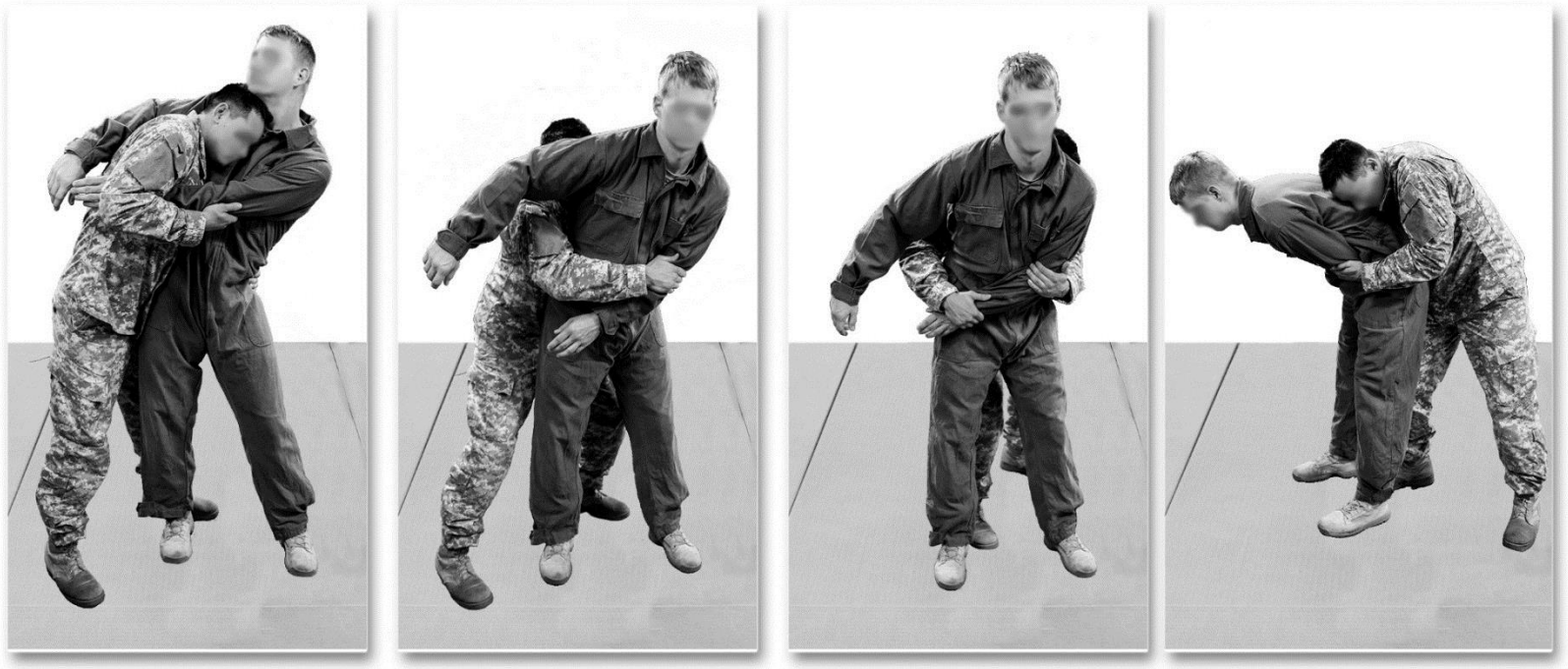
1) The fighter drives their overhook hand (with a knife edge) under their opponent's underhook arm.

2) The fighter clasps theirr hands in a wrestler's grip behind their opponent, while keeping head pressure on the opponent's chest.

CLINCHFIGHTING—ACHIEVE THE CLINCH

REAR CLINCH

The fighter uses the rear clinch when the fighter is able to get behind the enemy while maintaining control of the arm.



From failed modified seatbelt, the fighter.

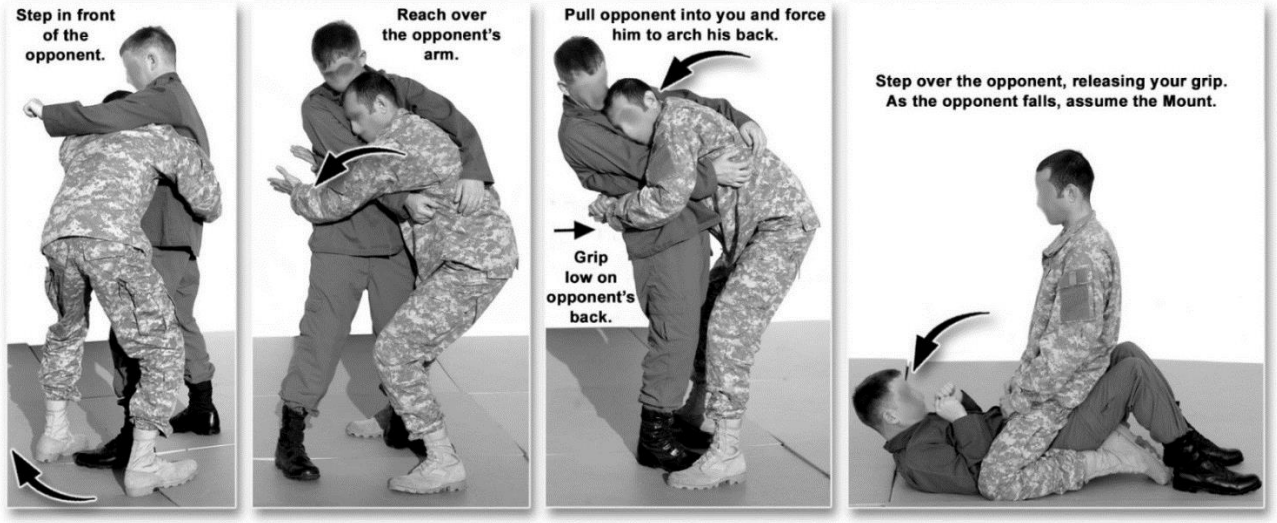
1) Circles behind the enemy while still maintaining control of the arm.
2) Slides their controlling arm down to the wrist while simultaneously wrapping their opposite side arm around and controlling at the biceps both with thumbless grips.
3) Steps between opponent's waist with the same side leg that is controlling the wrist.
4) Breaks opponent's posture down at the waist by pulling in at the arm and driving forward with head and shoulder.

Note. Tuck head into opponent's back to avoid elbows to the head.

FIGHTING—BASIC TAKEDOWNS

FRONT TAKEDOWN

The front takedown is a simple technique used to throw the opponent off-balance. It allows the fighter to transition from the modified seatbelt clinch to the mount.



1) From the modified seatbelt clinch, the fighter steps slightly in front of opponent to drive the opponent off their leg. The fighter keeps good head control to drive the opponent's upper body backward.
2) The fighter releases their grip on their opponent's elbow and reaches over their arm, keeping it trapped under the fighter's overhook armpit. The fighter secures a wrestler's grip low on the opponent's side at the hip near the small of their back.
3) The fighter pulls the opponent into their body with hands and pushes their upper body and head to make the opponent's back arch.
4) The fighter steps over their opponent and releases their grip, ending in the mount.

WARNING
Release your hands to avoid landing on them.

TRAINING INSTRUCTIONS

WARNING
Opponents must not attempt to reach for the ground while being taken down, as this will lead to severe injuries.

CLINCHFIGHTING—BASIC TAKEDOWNS

REAR TAKEDOWN

After achieving the clinch, the fighter is often positioned with their head behind their opponent's arm. Once the fighter reaches a secure position, the fighter can attempt to take their opponent down.

Note. Conduct this technique when head is positioned behind opponent's arm after achieving the clinch.

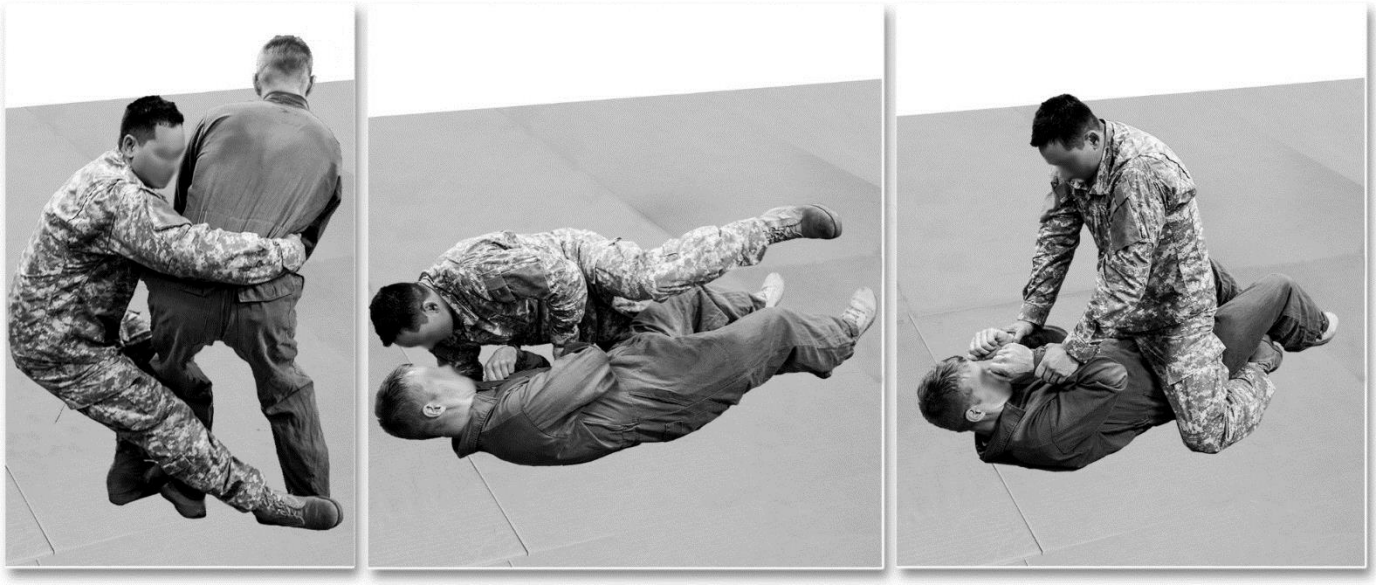


1) The fighter steps to the same side that is controlling the wrist so that the fighter is behind the opponent at an angle. The fighter places one foot on the outside of the opponent's foot so that their foot is perpendicular to their opponent's.

2) The fighter places the instep of their other foot behind their opponent's far-side foot so that the opponent cannot step backward.

CLINCHFIGHTING—BASIC TAKEDOWNS

REAR TAKEDOWN (continued)



3) The fighter sits down as close to their other foot as possible, and hangs their weight from their opponent's waist.

4) The opponent will fall backward over the fighter's extended leg. As they do, the fighter tucks their elbow to avoid falling on it, and releases their grip.

5) The fighter rotates into the mount.

TRAINING INSTRUCTIONS

WARNING
Opponents must not attempt to reach for the ground while being taken down, as this will lead to injuries.

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Chapter 4

Intermediate Ground Fighting Techniques

Comprehension of the complex intermediate ground-fighting techniques is dependent on a thorough grasp of basic ground-fighting techniques

INTERMEDIATE FIGHT STRATEGY

4-1. The intermediate fight strategy involves adjusting the basic fight strategy taught in chapter 3 to accommodate the unpredictable and varying nature of operations.

4-2. Through learning the basic combatives techniques taught in chapter 3, Soldiers are instilled with the basic fight strategy. This is the easiest way to impact Soldiers' fighting ability. However, Soldiers often find themselves in unpredictable situations that span the spectrum of operations. Therefore, Soldiers must be prepared to adjust their fight strategy to fit the situation, rather than making every situation fit the preferred strategy.

4-3. The basic techniques also serve as a blueprint to learning more advanced techniques. Each of the basic techniques represents various techniques that accomplish the same goal. For Soldiers to defeat an opponent by controlling the elements of the fight, they must increase their options by gaining proficiency in a larger group of techniques. This chapter provides Soldiers with these intermediate techniques.

INTERMEDIATE POSITIONING MOVES

4-4. Soldiers who have mastered the basic body positioning moves are ready to learn more advanced techniques and moves that exploit common enemy mistakes.

INTERMEDIATE MOUNT/SIDE CONTROL ESCAPES

4-5. While Soldiers often use the basic arm trap and roll to escape the mount, different scenarios present new options and opportunities.

4-6. Intermediate mount/side control techniques include—

- Opponent mounts, posts both arms.
- Arm around neck, post on one side.
- Larger opponent pins wrist.
- Push the propped knee.
- Pull the propped knee.
- Defend against attempt to mount backdoor.
- Escape the half-guard.

ATTACKS FROM SIDE CONTROL

4-7. When learning basic ground-fighting techniques, fighters are primarily limited to attacks designed to achieve the mount; as fighters become more experienced, they begin to learn new attacks that allow them to remain in side control. While in side control, the fighter is presented with new options; for example, forcing his opponent to submit.

4-8. Intermediate attacks from side control include reverse bent arm bar from side control.

DEFENSE AGAINST HEADLOCKS

4-9. While the headlock is a very poor technique for anything more than immobilizing an opponent, it is a common technique in actual fighting because this position gives a false sense of security in his ability to finish the fight from this position. Therefore, Soldiers must know how to escape.

4-10. Intermediate defenses against headlocks include—

- Escape headlock from the bottom, form the frame.
- Escape the headlock, follow the leg.
- Escape the headlock, lift and turn.
- Escape the headlock, block and lift.

- Escape the headlock, arch over.

PASS THE GUARD

4-11. When a fighter is inside of his opponent's guard, the opponent can attack the fighter or reverse their position. Therefore, when passing the guard, a fighter may need several techniques to counter the moves.

4-12. Intermediate pass the guard techniques include—
- Pass the guard with the knee in the tailbone.
- Pass the guard under one leg.
- Pass the guard under both legs.
- Pass the guard near-side leg through.
- Pass the guard far-side leg through.

ATTACKS FROM THE MOUNT

4-13. After a fighter achieves the mount, they can subdue their opponent with punches or incapacitate his opponent. The most efficient way to incapacitate an opponent is to choke them into unconsciousness.

4-14. Intermediate attacks from the mount include—
- Paper cutter choke.
- Nutcracker choke.
- Leaning choke.
- Sleeve choke.

ATTACKS FROM THE REAR MOUNT

4-15. Once a fighter achieves the rear mount, keeping it is the most important goal. The rear mount provides the fighter all of the advantages of dominant body position, and he can attempt submissions and strikes without fear of losing the dominant body position or of being attacked by his opponent.

4-16. Intermediate attacks from the rear mount include—
- Collar choke.
- Single wing choke.
- Straight arm bar from rear mount.

ATTACKS FROM THE GUARD

4-17. Although the guard is not an ideal position, a fighter still has offensive options: sweeps, submissions, or even escapes so that the fighter can be in a position equal to that of their opponent. Attacks from the guard may also catch the opponent by surprise, since they feel secure in their top position.

4-18. Intermediate attacks from the guard include—
- Triangle choke.
- Elevator sweep from the guard.
- Elevator sweep from escape the mount, shrimp to the guard.
- Reverse bent arm bar from the guard.
- Hip heist sweep.
- Guillotine choke from the guard.

KNEE MOUNTS

4-19. The knee mount is another important dominant body position. A fighter can use the knee mount to transition between side control and the mount. During this transition, the fighter can use multiple submissions or place themselves in an ideal position to end the fight with strikes.

4-20. Intermediate knee mounts include—
- Knee mount from side control.
- Achieve the knee mount with control of the far-side arm.
- Straight arm bar from the knee mount.
- Leaning choke from knee mount.
- Reverse bent arm bar from the knee mount.

LEG ATTACKS

4-21. Although very effective, leg attacks require a fighter to relinquish their dominant body position. While they are not the preferred method of attack, Soldiers must be familiar with them or become easy prey.

4-22. Intermediate leg attacks include—
- Straight ankle lock.
- Straight knee bar.

CLINCH FIGHTING

4-23. If the fighter encounters an opponent that they cannot subdue with strikes or has trouble taking their opponent down, they can use the clinch—the middle range of the fight—to keep from losing the fight. In the clinch, the fighter can use close-quarters strikes, such as elbows, knees, and head butt, to finish the fight or to set up takedowns

TAKEDOWNS

4-24. The fighter uses takedowns when they encounter an opponent that they cannot subdue in the strike or clinch ranges. Takedowns allow the fighter to take the fight to the ground and finish there.

4-25. Intermediate takedowns include—

- Drop to single leg.
- Double leg.
- Dump.
- Tree top.

GRAPPLING WITH STRIKES

4-26. Leaders should not make the common mistake of practicing ground-fighting techniques exclusively; striking is an integral part of all types of fighting. Grappling with open- and closed- fisted strikes forces the fighter to ensure that they have positive control of their opponent's hands, which, in turn, can prevent the fighter's opponent from striking them in the face or using a weapon, such as a knife. It also allows a dominant fighter to set up submission holds or gain a more dominant body position.

CAUTION

When grappling with strikes, ensure that a good safety brief is given emphasizing good sportsmanship and safety.

PASS THE GUARD

4-27. In a real world fight, fighters can use strikes to cause the opponent to relax their guard or become distracted with protecting themselves, creating an opening for the fighter to pass the guard.

4-28. Intermediate pass the guard with strikes techniques include—

- Pass the guard with strikes.
- Striking from side control.
- Defending against strikes in the guard.
  - Close.
  - Middle.
  - Far.

REGAINING THE INITIATIVE

4-29. When in a fight, the fighter should seize the initiative immediately to dominate the fight. When a fighter is unable to seize the initiative, they should tackle the equally important task of regaining it. These techniques allow the fighter to escape positions that are less than ideal and gain dominant body position.

DEFENSE AGAINST CHOKES

4-30. In many instances, simply striking an opponent will cause them to loosen a choke; however, if properly applied, some chokes do not provide a suitable opportunity to strike and must be countered directly.

4-31. Intermediate defense against chokes includes defense against the standing guillotine.

KNEE STRIKES

4-32. For various reasons (i.e., the fighter may be defending against the position, the fighter may have their arm in an odd position, etc.), the opponent may be unable to finish a standing guillotine. When this happens, the opponent uses knee strikes in an attempt to finish the fight. The fighter must defend the knee strikes, escape the position, and gain a dominant body position.

DEFENSE AGAINST THE STANDING HEADLOCK

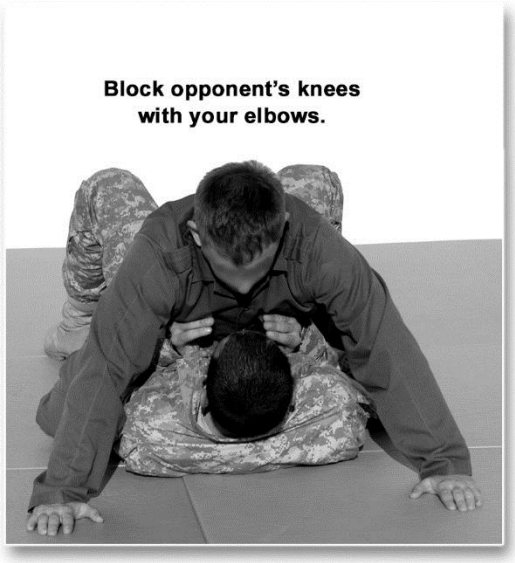
4-33. Just as on the ground, an untrained opponent may try to finish the fight with a headlock, a nearly impossible feat since he has neither dominant body position nor the leverage to do so. These techniques allow the fighter to escape the headlock and gain dominant body position.

4-34. Intermediate defenses against the standing headlock include—

- Defense against the standing headlock, step in front.
- Defense against the standing headlock, step behind.

OPPONENT MOUNTS, POSTS BOTH ARMS

When an opponent achieves the mount, the opponent doesn't always grab the fighter's neck, as was taught in the basic technique. Often, the opponent will spread their arms. If this occurs, the fighter should perform this technique.







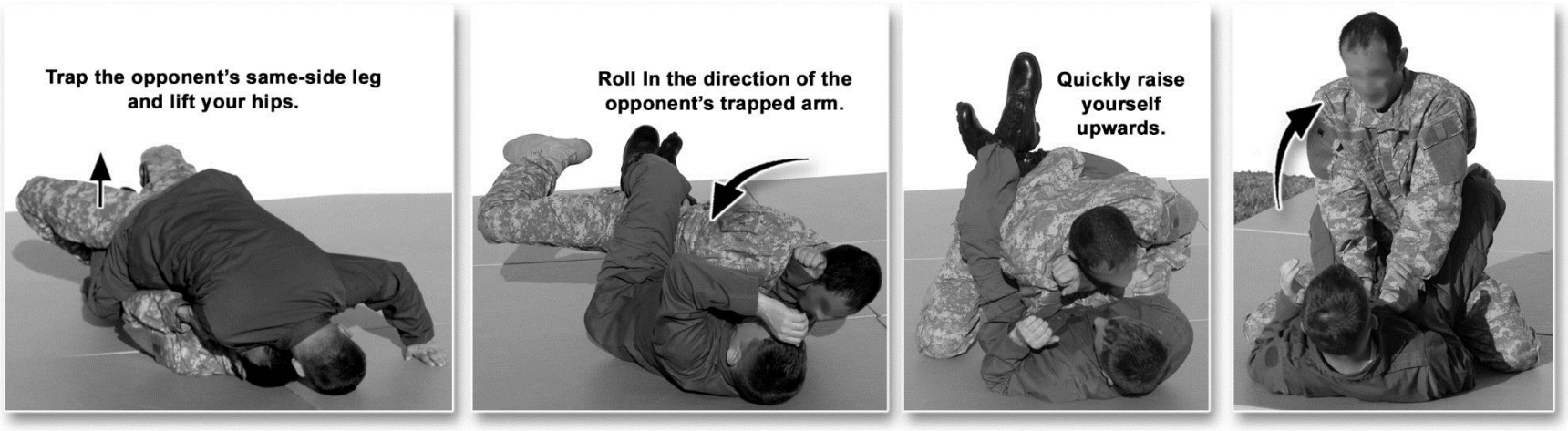
1) The fighter assumes a good position, with their elbows blocking their opponent's knees, as in the basic technique.

2) The fighter points their head outside of the targeted arm. The fighter grabs their opponent's arm with both hands.

3) Using a thumbless grip, the fighter pulls the targeted arm into their chest. The fighter traps their opponent's same-side leg.

INTERMEDIATE BODY POSITIONING MOVES—INTERMEDIATE MOUNT ESCAPES

OPPONENT MOUNTS, POSTS BOTH ARMS (continued)



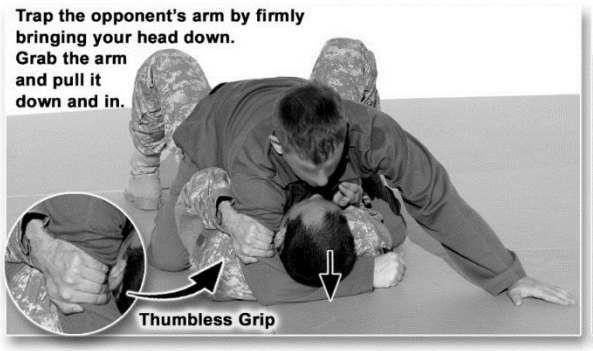
4) The fighter lifts their hips. The fighter rolls their opponent in the direction of the arm that they have trapped.

5) The fighter achieves good posture in the guard. The fighter controls their opponent's arms at the elbows.

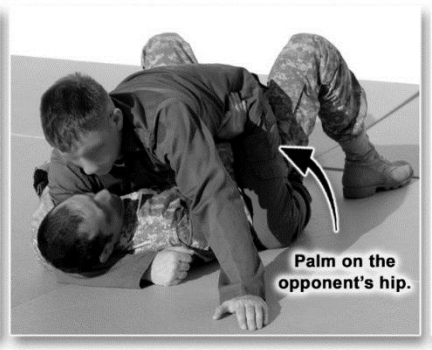
INTERMEDIATE BODY POSITIONING MOVES—INTERMEDIATE MOUNT ESCAPES

ARMS AROUND NECK, POST ON ONE SIDE

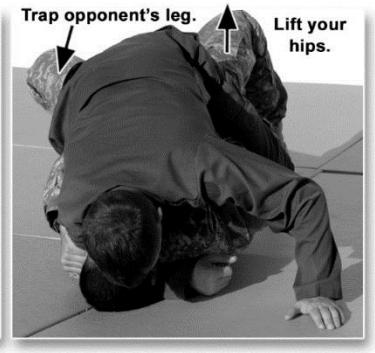
When an opponent achieves the mount, the opponent doesn't always grab the fighter's neck, as was taught in the basic technique. The opponent can also wrap one arm around the fighter's head. If this occurs, the fighter should perform this technique.



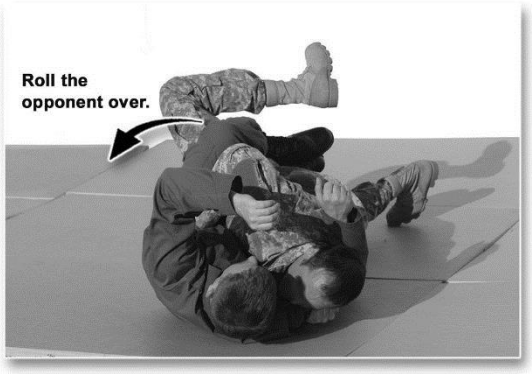
1) The fighter traps the opponent's arm by bringing their head to the ground. With their same-side hand, the fighter cups the bicep of their trapped arm with a thumbless grip, and pulls it in, elbow down and tucked in.



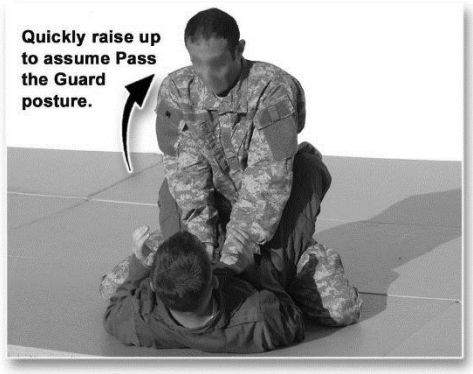
2) The fighter post the palm of their other hand on their opponent's hipbone.



3) The fighter trap theirr opponent's leg on the same side as the trapped arm. The fighter lifts their hips.



4) The fighter rolls their opponent over.

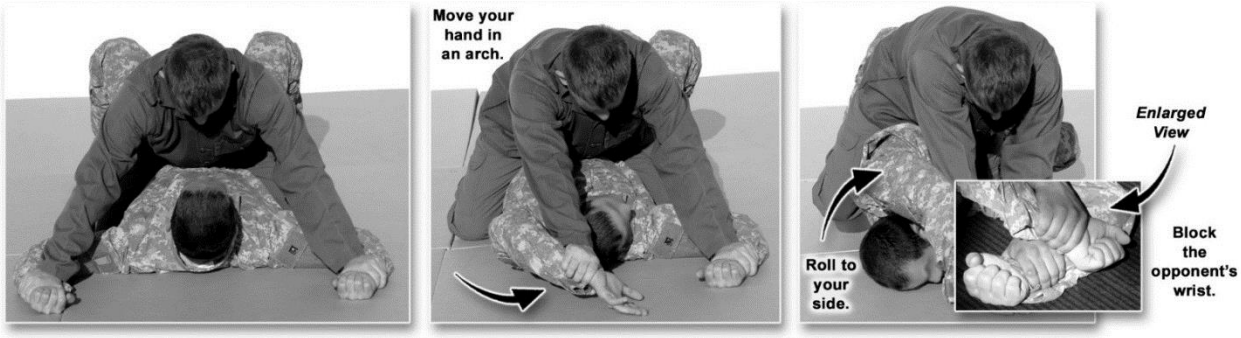


5) The fighter achieves a good posture in the guard. The fighter controls their opponent's arms at the elbows.

INTERMEDIATE BODY POSITIONING MOVES—INTERMEDIATE MOUNT ESCAPES

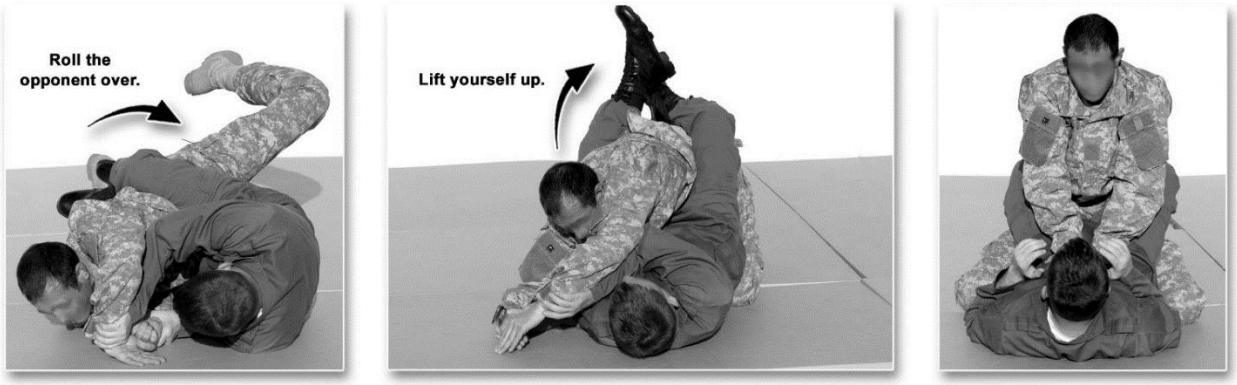
LARGER OPPONENT PINS WRISTS

Larger opponents will often pin both of the smaller fighter's wrists to the ground. The smaller fighter cannot defeat this position by lifting his arms, instead, they should perform this technique.



1) The fighter moves one hand to the other in an arch, keeping their hand on the ground. The fighter blocks their opponent's opposite-side wrist.

2) The fighter rolls to their side, trapping their opponent's leg and blocking their wrist.



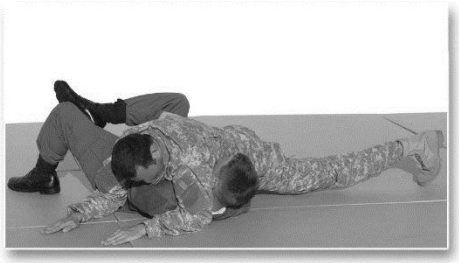
3) The fighter rolls their opponent. The fighter lifts up and over.

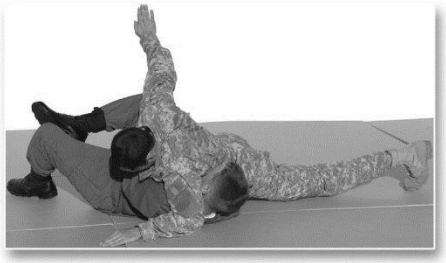
4) The fighter achieves a good posture in the guard.

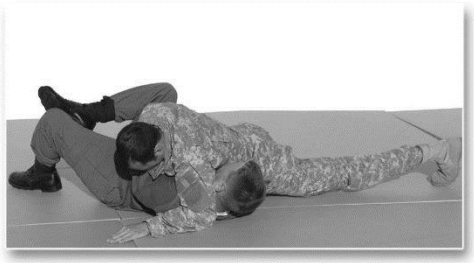
INTERMEDIATE BODY POSITIONING MOVES—INTERMEDIATE MOUNT ESCAPES

PUSH THE PROPPED KNEE

When a fighter attempts to achieve the mount, their opponent may prop up their near-side knee. If this happens, the fighter should perform push the propped knee.

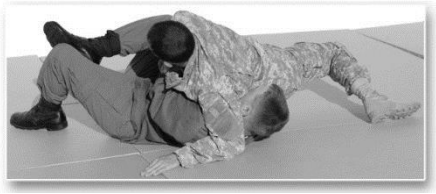


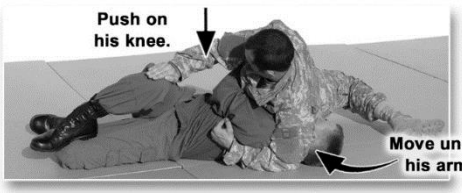


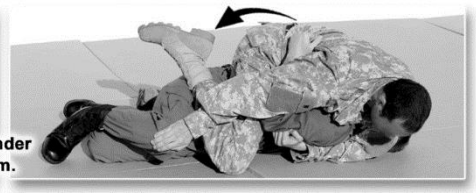


1) The fighter achieves side control.

2) The fighter posts their hand by their opponent's near-side hip.







3) The fighter switches their base by sitting their legs through.

4) The fighter move their arm underneath their opponent's far-side shoulder, and pulls up. The fighter pushes on their knee, moving their top leg on top of their bottom leg.

5) The fighter drives their knee across their opponent's waist. The fighter hooks their foot on their opponent's leg.



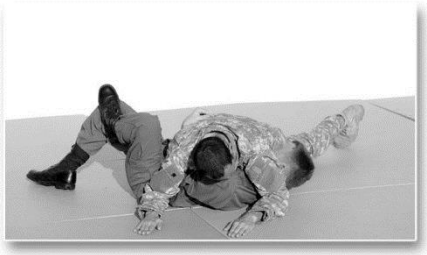
6) The fighter releases their opponent's leg and shoulder.

7) As their opponent's spine uncoils, the fighter achieves a good posture in the mount.

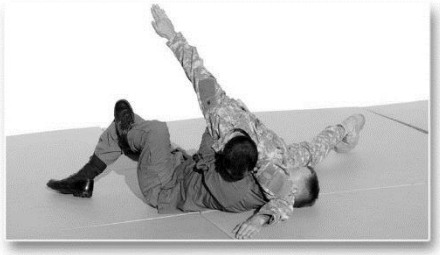
INTERMEDIATE BODY POSITIONING MOVES—INTERMEDIATE MOUNT ESCAPES

PULL THE PROPPED KNEE

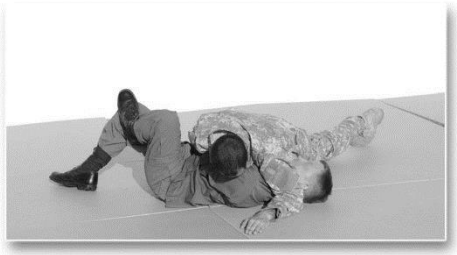
When a fighter attempts to achieve the mount, their opponent may prop up their far-side knee. If this happens, the fighter should perform the pull the propped knee.



1) The fighter achieves side control.

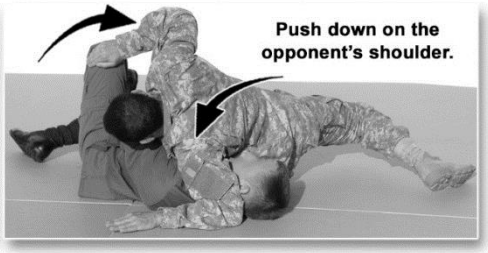


2) The fighter posts their hand that's closest to the opponent's legs by their opponent's near-side hip.

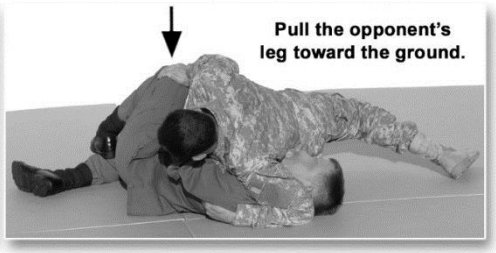


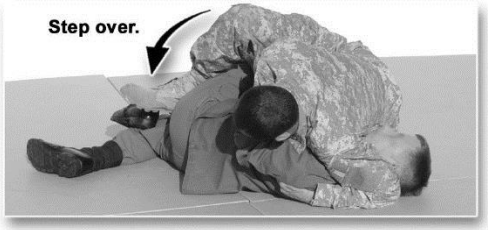


3) The fighter switches their base by sitting their legs through.

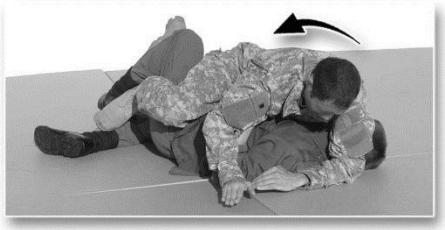


4) The fighter pushes on their opponent's far-side shoulder with their chest and pulls their leg toward the ground.

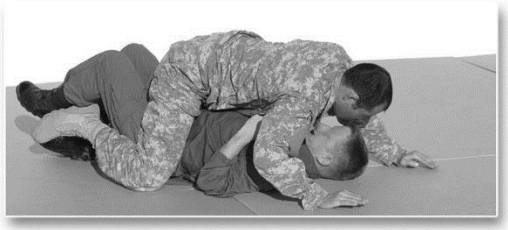




5) The fighter steps over. The fighter hooks their foot inside of their opponent's knee.



6) As their opponent's spine uncoils, the fighter achieves a good posture in the mount.



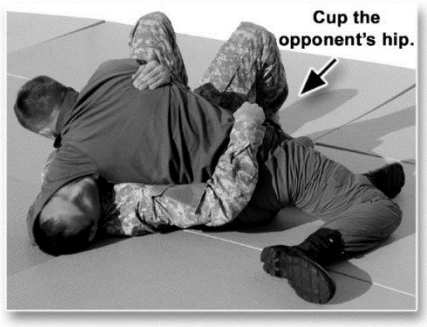
INTERMEDIATE BODY POSITIONING MOVES—INTERMEDIATE MOUNT ESCAPES

DEFEND AGAINST ATTEMPT TO MOUNT ARCH

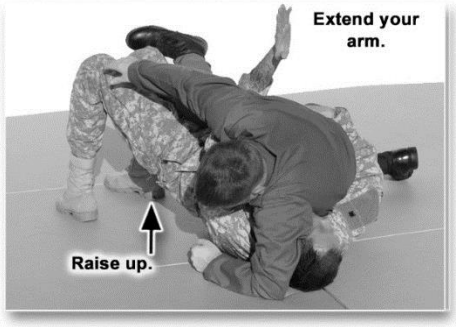
A fighter's opponent may try to achieve the mount from side control using the basic technique. If this happens, the fighter should perform defend against attempt to mount arch.



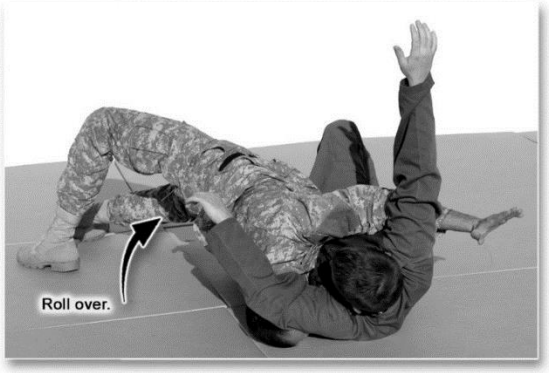
1) The opponent achieves side control.



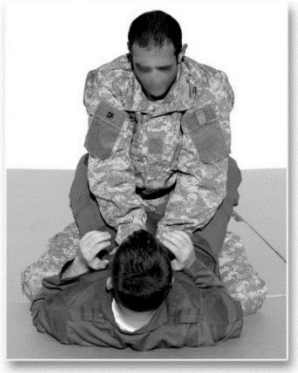
2) The opponent posts their hand and switches their base by sitting their legs through. The fighter reaches around their back, and cups their hip to block.



3) As their opponent steps over, the fighter raises their hips, arches their back, extends their arm, and pulls with the hand that is cupping their hip.



4) The fighter rolls their opponent over, while threading their leg under the posted leg.

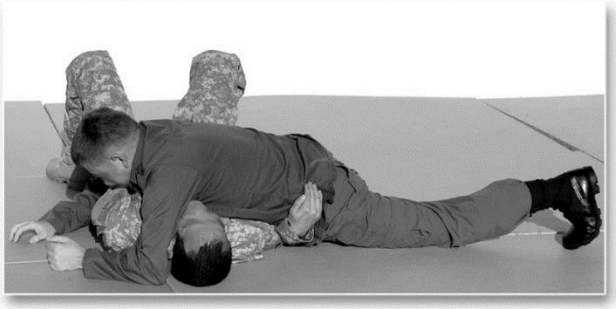


5) The fighter completes the roll, and achieves good posture in the guard.

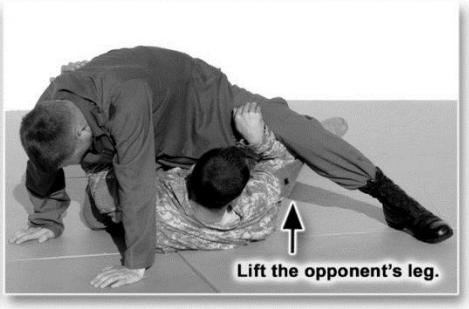
INTERMEDIATE BODY POSITIONING MOVES—INTERMEDIATE MOUNT ESCAPES

DEFEND AGAINST ATTEMPT TO MOUNT BACKDOOR

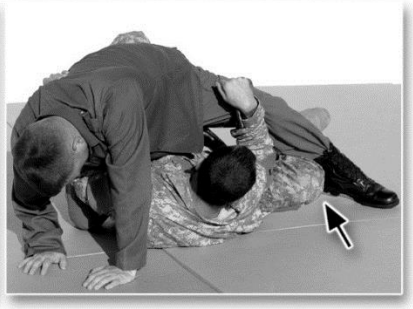
A fighter's opponent may try to achieve the mount by driving their knee across the fighter's waist. This action creates an opening. If this happens, the fighter should perform defend against attempt to mount backdoor.



1) The opponent achieves side control.



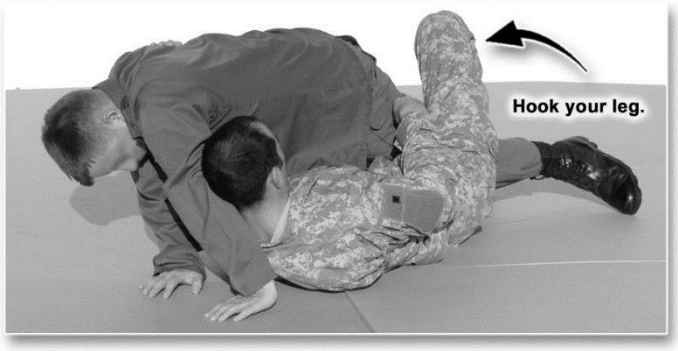
2) As the opponent drives their knee across the fighter's waist, their weight shifts from their back leg. The fighter lifts this leg with their elbow or forearm.



3) The fighter moves their leg under their opponent's leg.



4) Using a shrimping motion, the fighter turns their hip to face their opponent.

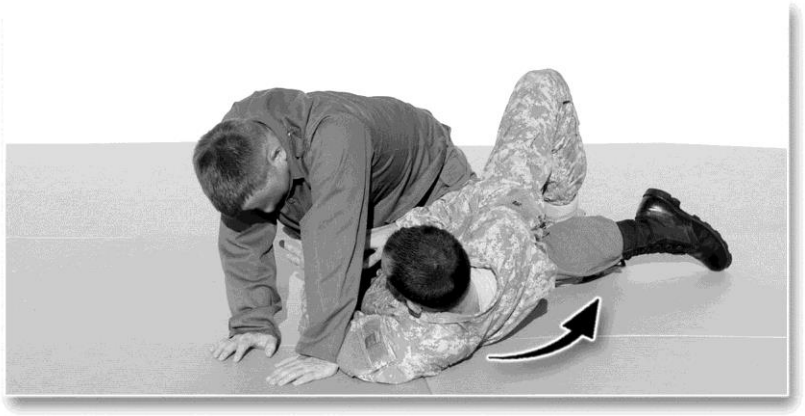


5) The fighter hooks their leg on top of their opponent's to prevent them from stepping back over.

Note. At this point, the opponent may attempt to center themselves. If they do, refer to the standard course of action. If they do not, refer to the alternate course of action (indicated by ALTERNATE).

INTERMEDIATE BODY POSITIONING MOVES—INTERMEDIATE MOUNT ESCAPES

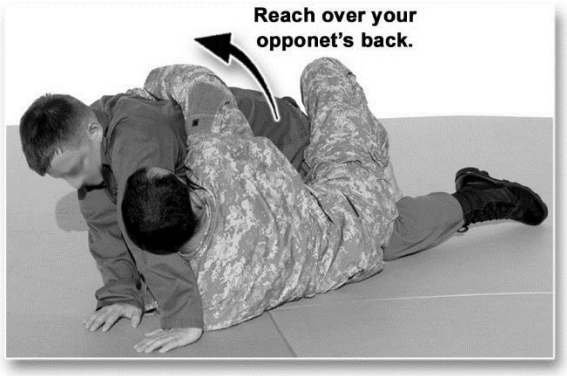
DEFEND AGAINST ATTEMPT TO MOUNT BACKDOOR (continued)

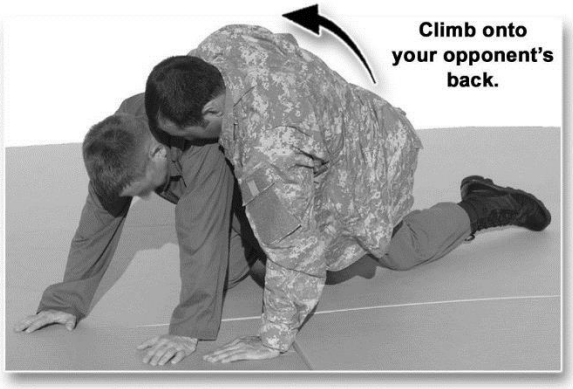


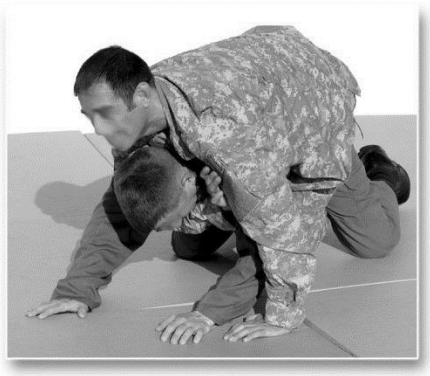
6) The fighter continues to shrimp their opposite leg out.



7) The fighter recomposes, and achieves good posture in the guard.







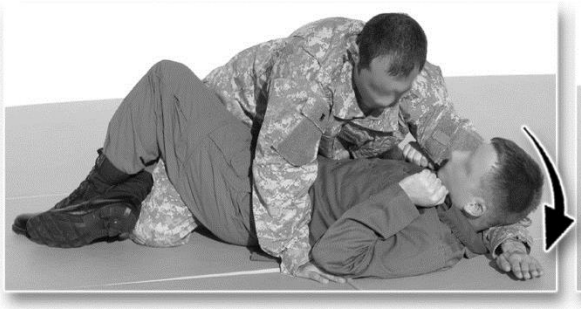
6) ALTERNATE. The fighter reaches over their opponent's back and grasps their armpit.

7) ALTERNATE. The fighter posts their other hand, and climbs onto their opponent's back, putting both hooks in to prevent from being bucked off.

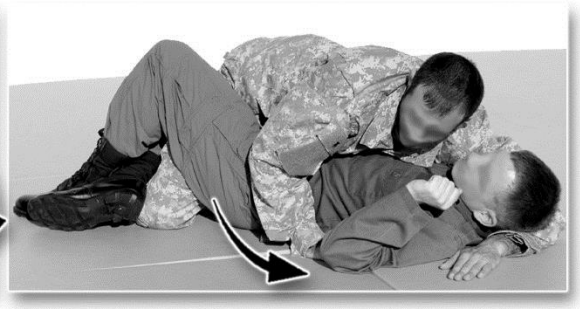
INTERMEDIATE BODY POSITIONING MOVES—INTERMEDIATE MOUNT ESCAPES

ESCAPE THE HALF-GUARD

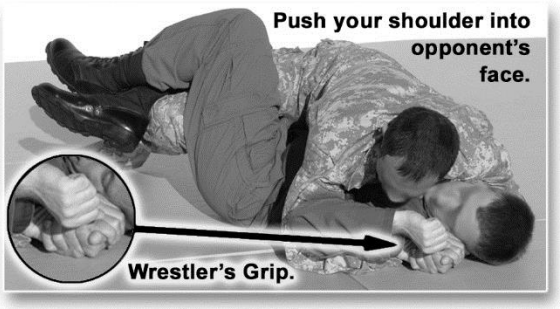
When fighting, an opponent will often capture one of a fighter's legs between theirs. This position is called the half-guard. If this happens, the fighter should perform escape the half-guard.



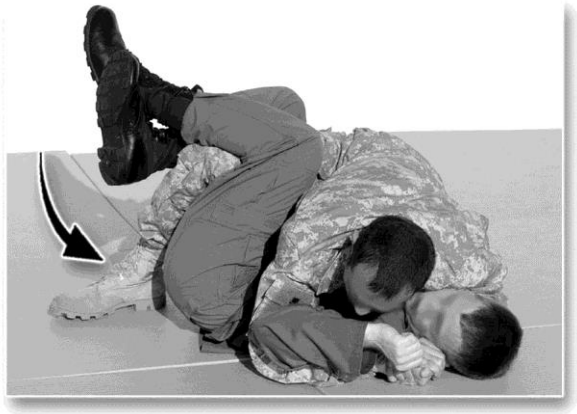
1) The fighter reaches the arm on the same side as their free leg around their opponent's head.



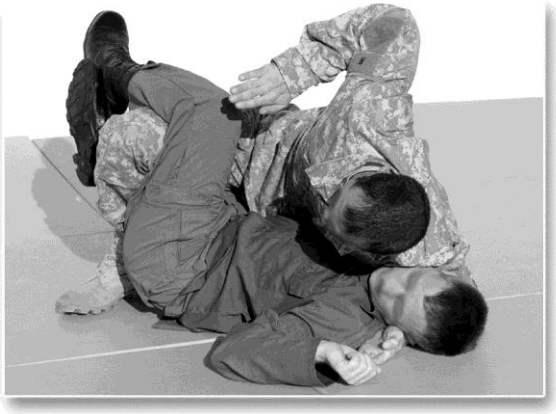
2) The fighter moves their other arm under their opponent's armpit, and grasps their hands together in a wrestler's grip.



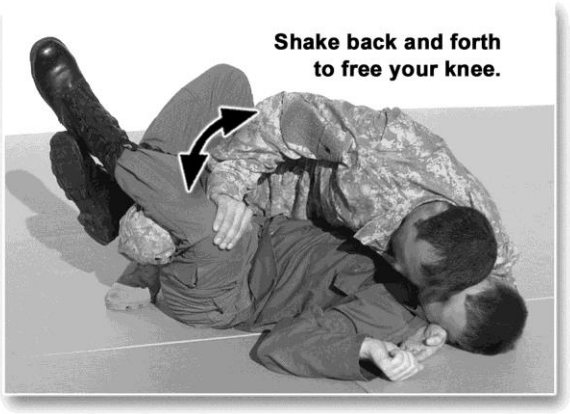
3) The fighter pushes their shoulder into their opponent's face to turn them, pushing away from their body.



4) Using a heel-toe motion, the fighter walks their trapped foot toward their opponent's buttocks.



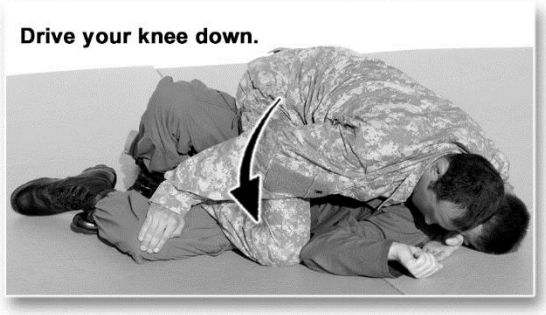
5) The fighter moves their hand to their opponent's knee.



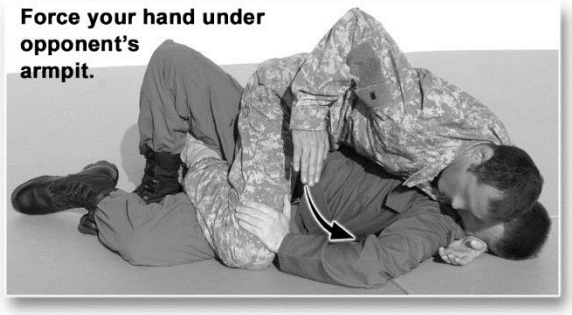
6) The fighter shakes back and forth, and pushes with their hand to remove their knee from between their opponent's legs.

INTERMEDIATE BODY POSITIONING MOVES—INTERMEDIATE MOUNT ESCAPES

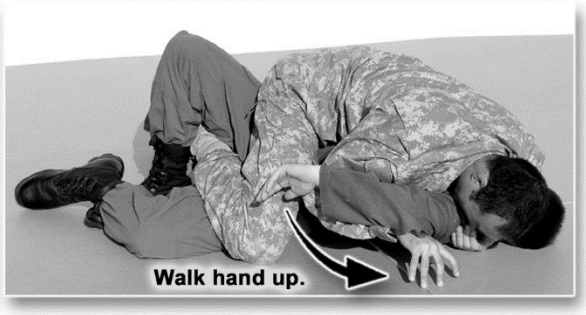
ESCAPE THE HALF GUARD (continued)



7) The fighter drives their free knee to the ground.



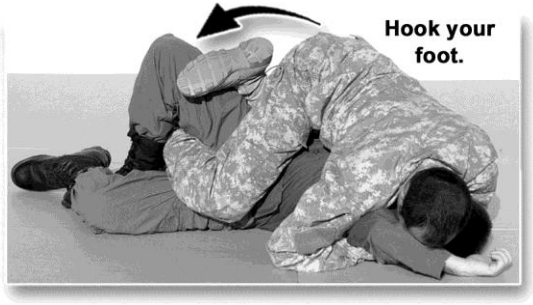
8) Their opponent may attempt to push their knee back through their legs. The fighter reaches under their opponent's armpit using their same-side arm.



9) The fighter walks their hand up, moving their opponent's hand from their knee and toward their head.



10) The fighter keeps their opponent flat on their back. The fighter wraps both arms around their arm and head to control them.



11) The fighter brings their backside foot up, and hooks it on the top of their opponent's leg.

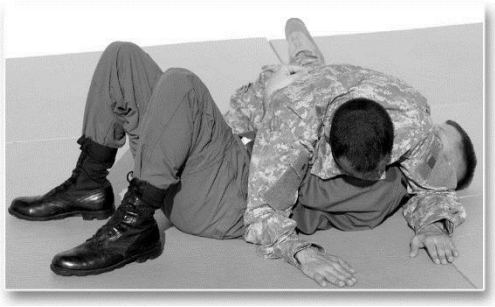


12) The fighter pries their foot from between their opponent's legs. The fighter achieves good posture in the mount.

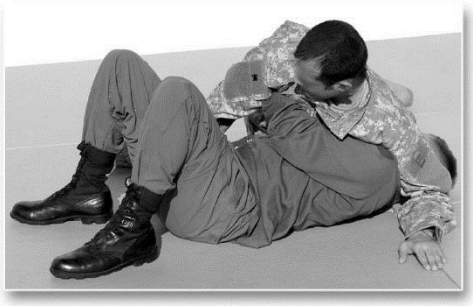
INTERMEDIATE BODY POSITIONING MOVES—ATTACKS FROM SIDE CONTROL

REVERSE BENT ARM BAR FROM SIDE CONTROL

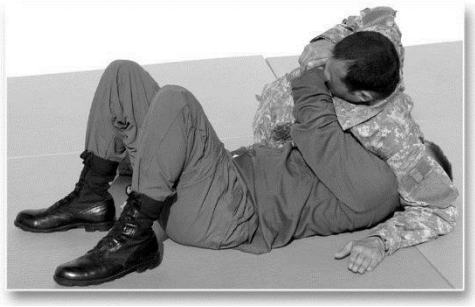
When a fighter has their opponent in side control, the opponent may use a far-side underhook to create space and escape this position. The fighter may use the reverse bent arm bar from side control to stop their opponent from escaping while finishing the fight.



1) The fighter assumes side control.



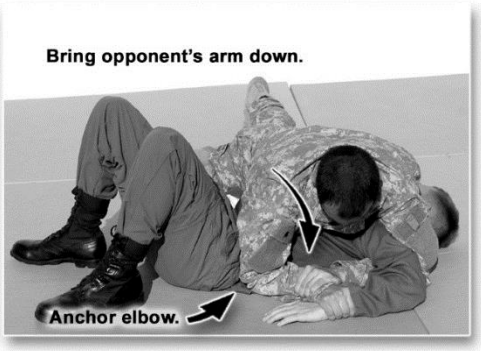
2) The fighter sits through as though they are attempting to mount.



3) The fighter secures their opponent's wrist using the thumb grip.



4) The fighter moves their other arm from the notch created by their opponent's neck and shoulder (elbow notch), and reaches under their opponent's arm to secure a figure four above their elbow.



5) The fighter sits through, using the torque of their body to bring the opponent's arm down and anchors their elbow to their hip.



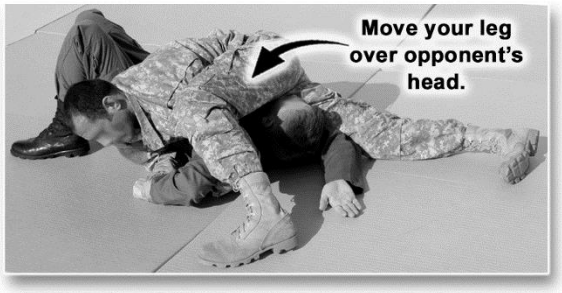
6) The fighter brings their leg next to their opponent's head by putting their knee on their hip and sliding it along their body to capture their arm.

INTERMEDIATE BODY POSITIONING MOVES—ATTACKS FROM SIDE CONTROL

REVERSE BENT ARM BAR FROM SIDE CONTROL (continued)



7) The fighter sits through.



8) The fighter moves their back leg over their opponent's head, and places their foot on the ground.



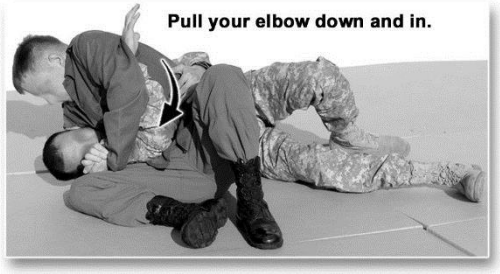
9) The fighter leans back, and twists their opponent's arm to torque their shoulder.

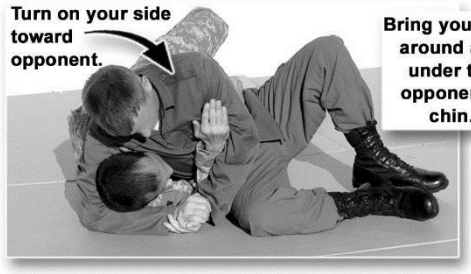
Note. As with any submission technique, apply the reverse bent arm bar using slow, steady pressure, and release as soon as the training partner taps.

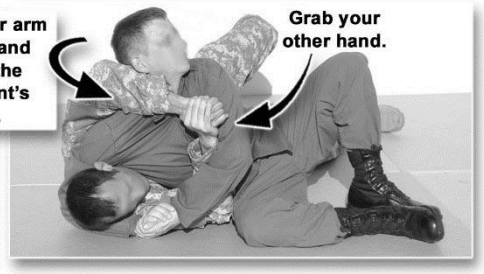
INTERMEDIATE BODY POSITIONING MOVES—DEFENSE AGAINST HEADLOCKS

ESCAPE HEADLOCKS FROM THE BOTTOM, FORM THE FRAME

When the opponent has the fighter in a headlock, the opponent may raise their head. When this is the case, the fighter may use this technique to escape and finish the fight.



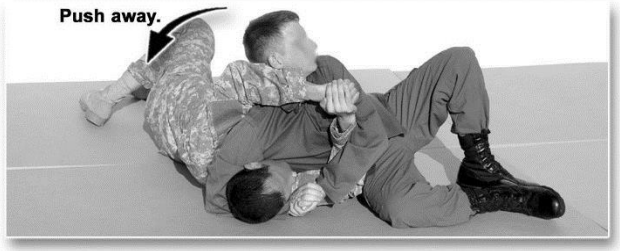




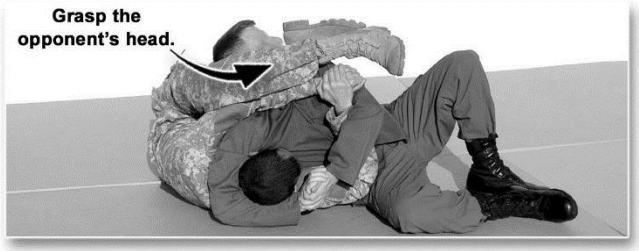
1) With a short, jerky motion, the fighter pulls their elbow in and turns on their side toward their opponent.

2) Form the frame under their opponent's chin. The fighter places their top arm under their opponent's jawbone, and rests their top hand comfortably on their wrist as if covering their watch.

Note. At this point, the fighter's bone structure should be supporting their opponent's weight.



3) The fighter pushes with their top leg to move their hips away from their opponent.



4) The fighter pushes with the frame, and grasps their opponent's head with both legs.

Note. At this point, the opponent may let go of their headlock. If they do, refer to the standard course of action. If they do not, refer to the alternate course of action (indicated by ALTERNATE).

INTERMEDIATE BODY POSITIONING MOVES—DEFENSE AGAINST HEADLOCKS

ESCAPE HEADLOCKS FROM THE BOTTOM, FORM THE FRAME (continued)



5) The fighter squeeze their opponent's neck with their legs while holding their near-side arm.

INTERMEDIATE BODY POSITIONING MOVES—DEFENSE AGAINST HEADLOCKS

ESCAPE THE HEADLOCK, FOLLOW THE LEG

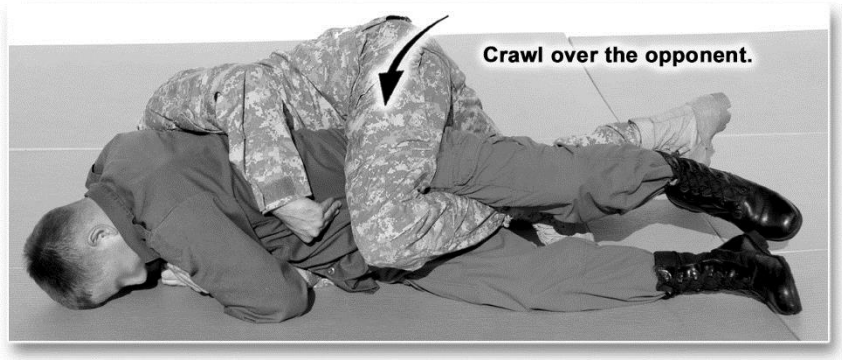
A fighter should perform escape the headlock, follow the leg when they have attempted to form the frame, but their opponent's head is tucked tight.





1) After ensuring that their arm is not captured, the fighter feels for their opponent's leg.

2) The fighter places their leg over their opponent's leg.



3) The fighter pulls their bottom arm free, and places their weight on it. Holding the opponent tightly at their shoulder, the fighter crawls over them using their own leg as a guide.

Note. At this point, the opponent may or may not roll with the fighter. They do not roll with the fighter, refer to the standard course of action. If they do, refer to the alternate course of action (indicated by ALTERNATE).

INTERMEDIATE BODY POSITIONING MOVES—DEFENSE AGAINST HEADLOCKS

ESCAPE THE HEADLOCK, FOLLOW THE LEG (continued)



4) The fighter uses all of their body to apply pressure to their opponent's shoulder. This will break their opponent's grip.



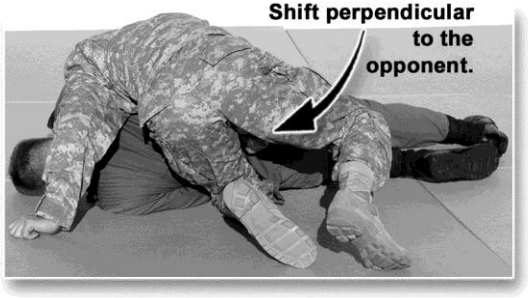
5) The fighter grasps their opponent's wrist, and brings their arm behind their back.



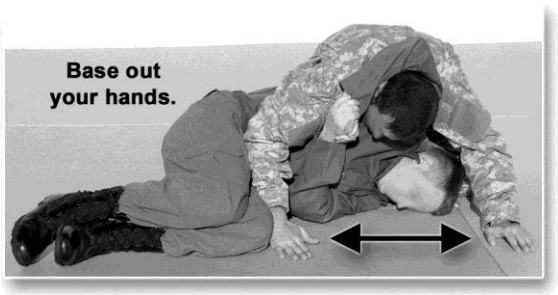
6) The fighter pulls their head out. This will leave the fighter behind their opponent.



4) ALTERNATE. The fighter steps behind their opponent.



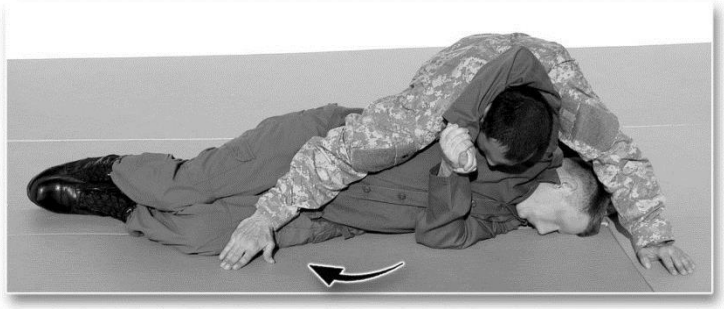
5) ALTERNATE. The fighter positions themselves perpendicular to their opponent.



6) ALTERNATE. The fighter bases out their hands to prevent their opponent from rolling them over.

INTERMEDIATE BODY POSITIONING MOVES—DEFENSE AGAINST HEADLOCKS

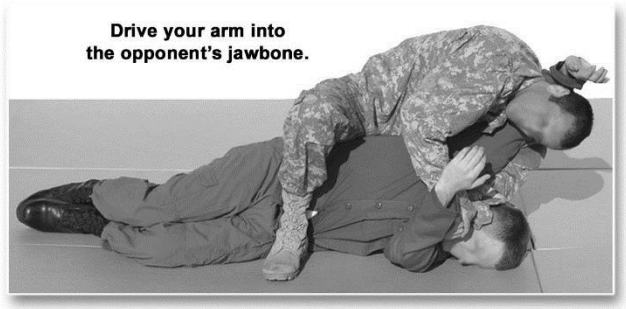
ESCAPE THE HEADLOCK, FOLLOW THE LEG (continued)

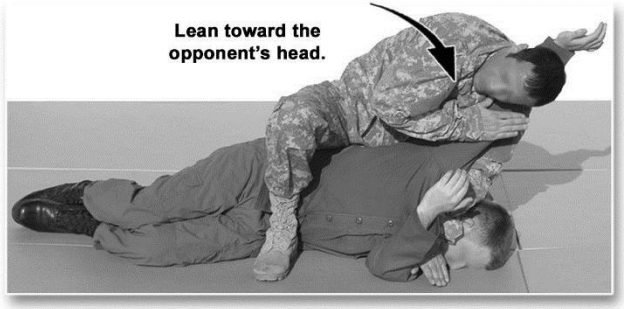




4) ALTERNATE. The fighter uses the hand nearest to their opponent's legs to move them out of the way.

5) ALTERNATE. The fighter steps over, and pulls their foot in tight against their opponent's hip.



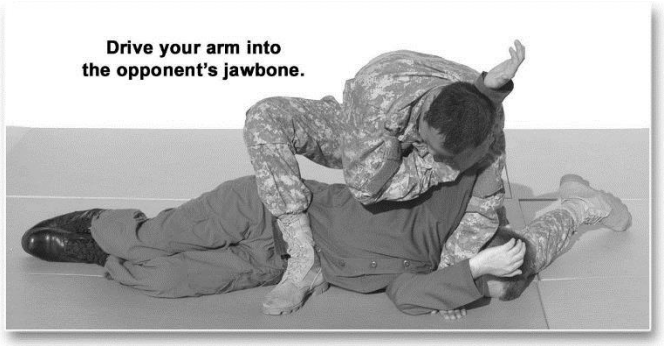


6) ALTERNATE. The fighter forces their opponent to release their grip on their neck by forming the frame and leaning toward their head, driving the bone of their upper arm under their jawbone.

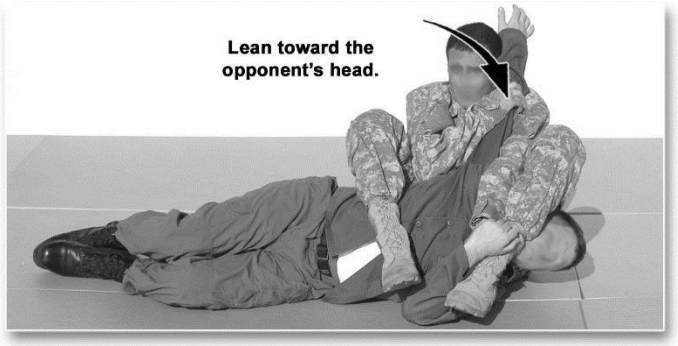
Note. Pulling the fighter's head straight up is less effective and requires more effort than moving toward their opponent's head.

INTERMEDIATE BODY POSITIONING MOVES—DEFENSE AGAINST HEADLOCKS

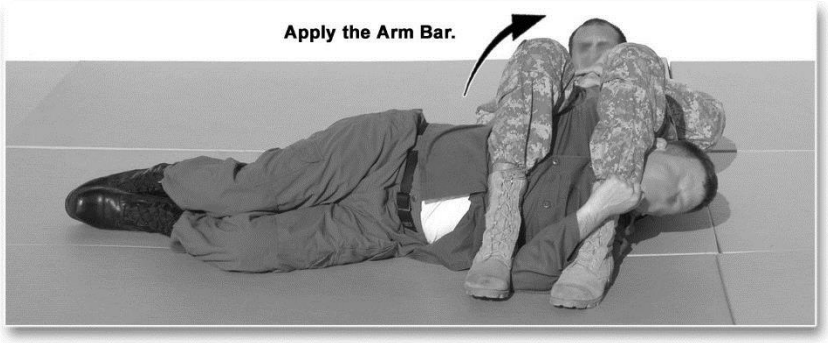
ESCAPE THE HEADLOCK, FOLLOW THE LEG (continued)



4) ALTERNATE. The fighter captures their opponent's arm with the hand closest to their hips, and pinches their neck and shoulder together to secure the grip. The fighter posts their other hand on their opponent's head, or pushes their chin to the ground.



5) ALTERNATE. The fighter points their toe toward their opponent's head. The fighter steps over. The fighter pinches their knees together.



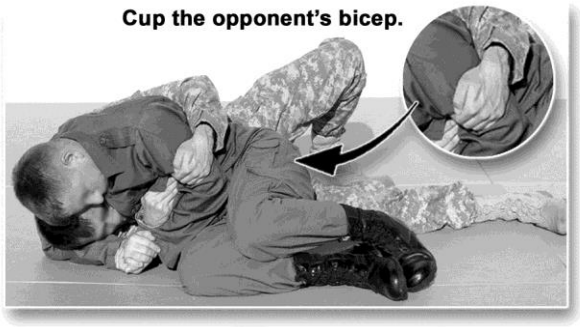
6) ALTERNATE. The fighter finishes with an arm bar.

***Note*.** As with any submission technique, apply the arm bar using slow, steady pressure, and release as soon as the training partner taps.

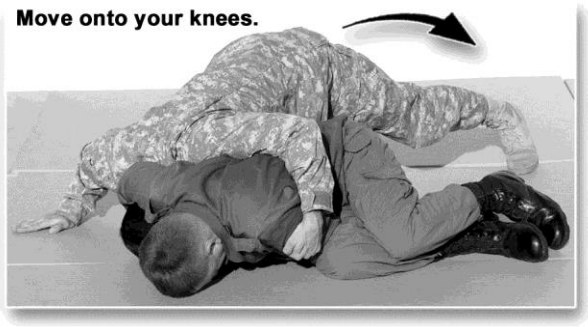
INTERMEDIATE BODY POSITIONING MOVES—DEFENSE AGAINST HEADLOCKS

ESCAPE THE HEADLOCK, LIFT AND TURN

The fighter attempts escape the headlock, lift and turn after their opponent defends against attempts to form the frame and follow the leg (the opponent tucks their head and legs, respectively.



1) After ensuring that the fighter's arm is not captured, the fighter cups their opponent's bicep with their top hand.



2) The fighter moves onto their knees, clears their back-side hand, and establishes a good base.



3) The fighter pushes their opponent to the other side.





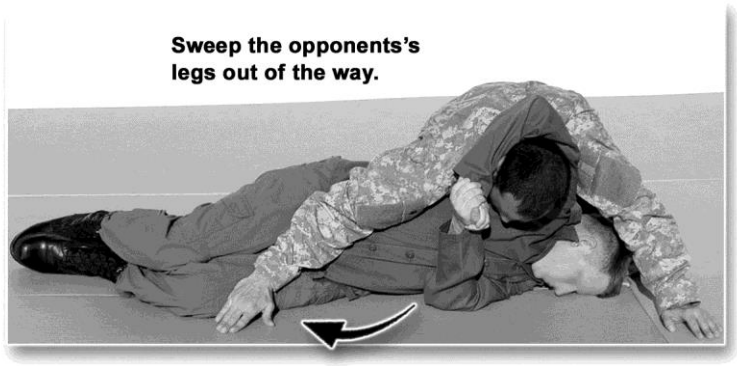


3) Continued.

INTERMEDIATE BODY POSITIONING MOVES—DEFENSE AGAINST HEADLOCKS

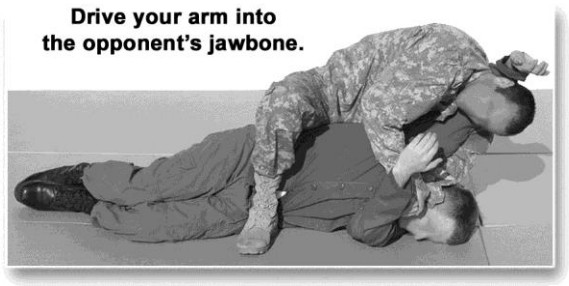
ESCAPE THE HEADLOCK, LIFT AND TURN (continued)





3) The fighter uses the hand nearest to their opponent's legs to move them out of the way.







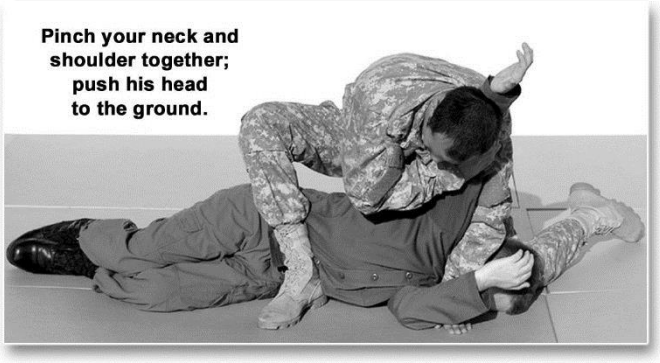
4) The fighter steps over, and pulls their foot in tight against their opponent's hip.

5) The fighter forces their opponent to release their grip on their neck by forming the frame and leaning toward their head, driving the bone of their upper arm under their jawbone.

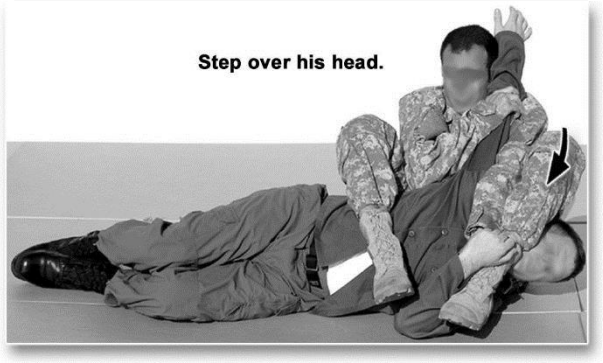
***Note*.** Pulling the fighter's head straight up is less effective and requires more effort than driving toward their opponent's head.

INTERMEDIATE BODY POSITIONING MOVES—DEFENSE AGAINST HEADLOCKS

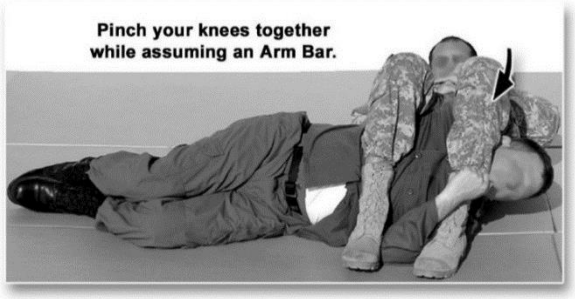
ESCAPE THE HEADLOCK, LIFT AND TURN (continued)



3) The fighter captures their opponent's arm with the hand closest to their hips, and pinches their neck and shoulder together to secure the grip. The fighter posts their other hand on their opponent's head, or pushes their chin to the ground.



4) The fighter points their toe toward their opponent's head. The fighter steps over. The fighter pinches their knees together.



5) The fighter finishes with an arm bar.

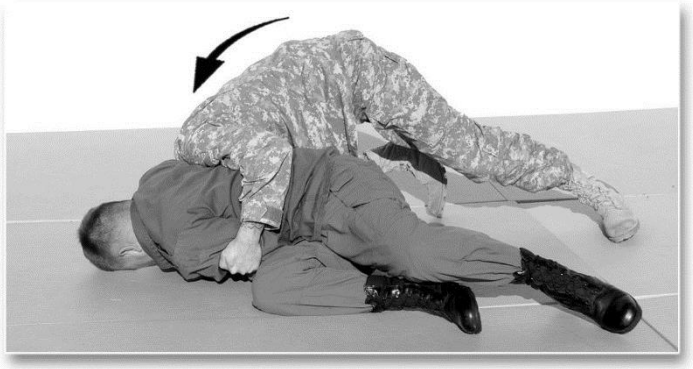
***Note*.** As with any submission technique, apply the arm bar using slow, steady pressure, and release as soon as the training partner taps.

INTERMEDIATE BODY POSITIONING MOVES—DEFENSE AGAINST HEADLOCKS

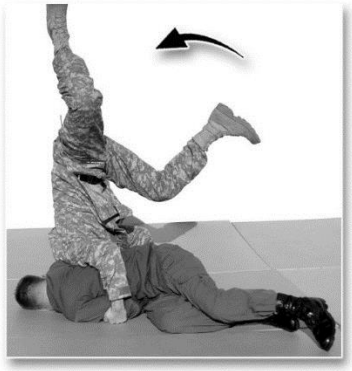
ESCAPE THE HEADLOCK, BLOCK AND LIFT

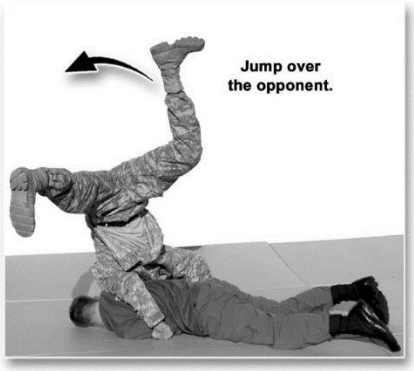
The fighter attempts escape the headlock, block and lift after the opponent defends against attempts to escape the headlock, lift and turn by posting their leg to prevent the fighter from moving them onto his back.

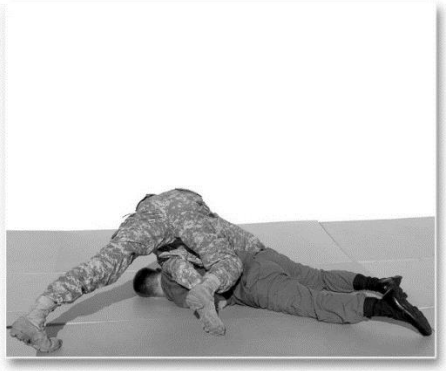




1) The fighter immediately sets their opponent back down forcefully.







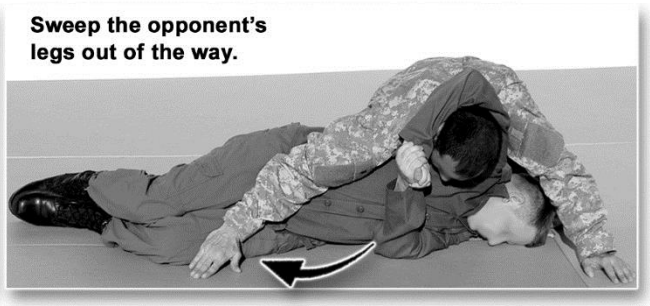
2) The fighter jumps or steps over their opponent's body.

INTERMEDIATE BODY POSITIONING MOVES—DEFENSE AGAINST HEADLOCKS

ESCAPE THE HEADLOCK, BLOCK AND LIFT (continued)



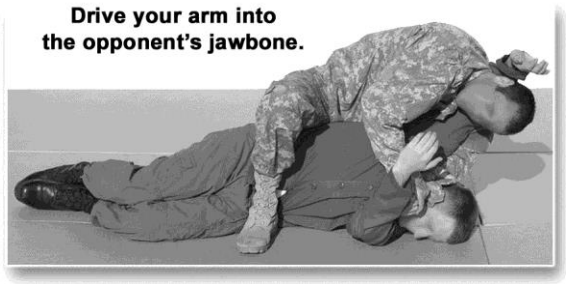


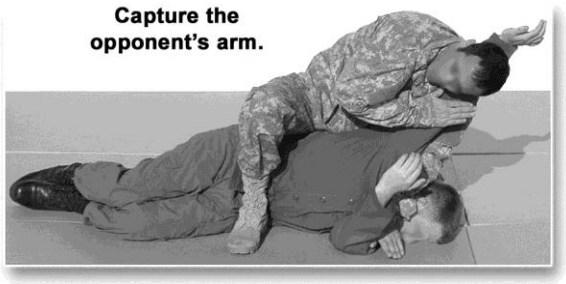


1) The fighter rotates until they are on both their knees behind their opponent's back.

2) The fighter uses the hand nearest to their opponent's legs to move them out of the way.







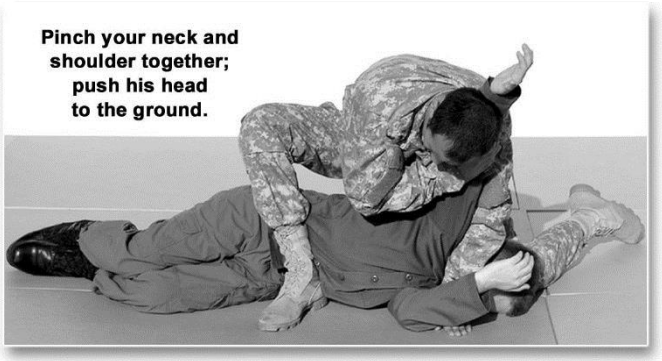
3) The fighter steps over, and pulls their foot in tight against their opponent's hip.

4) The fighter forces their opponent to release their grip on their neck by forming the frame and leaning toward their head, driving the bone of their upper arm under their jawbone.

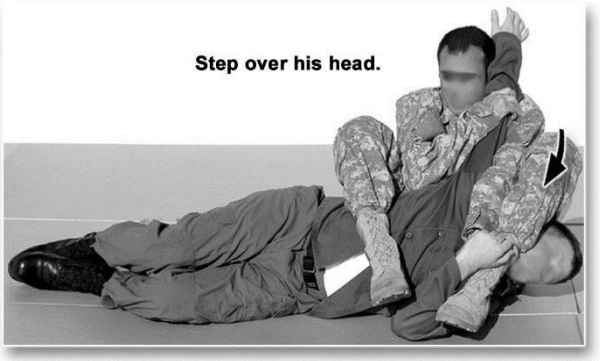
***Note*.** Pulling the fighter's head straight up is less effective and requires more effort than driving toward their opponent's head.

INTERMEDIATE BODY POSITIONING MOVES—DEFENSE AGAINST HEADLOCKS

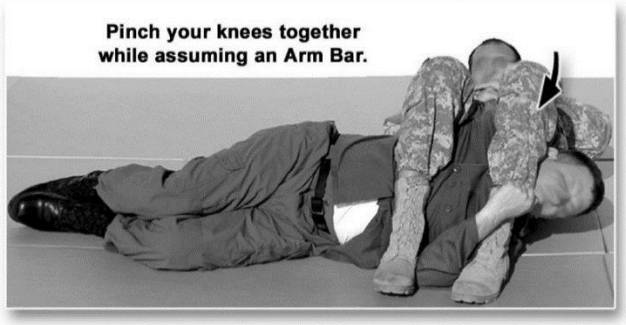
ESCAPE THE HEADLOCK, BLOCK AND LIFT (continued)



1) The fighter captures their opponent's arm with the hand closest to their hips, and pinches their neck and shoulder together to secure the grip. The fighter posts their other hand on the opponent's head, or pushes their chin to the ground.



2) The fighter points their toe toward their opponent's head. The figher steps over. The fighter pinches their knees together.



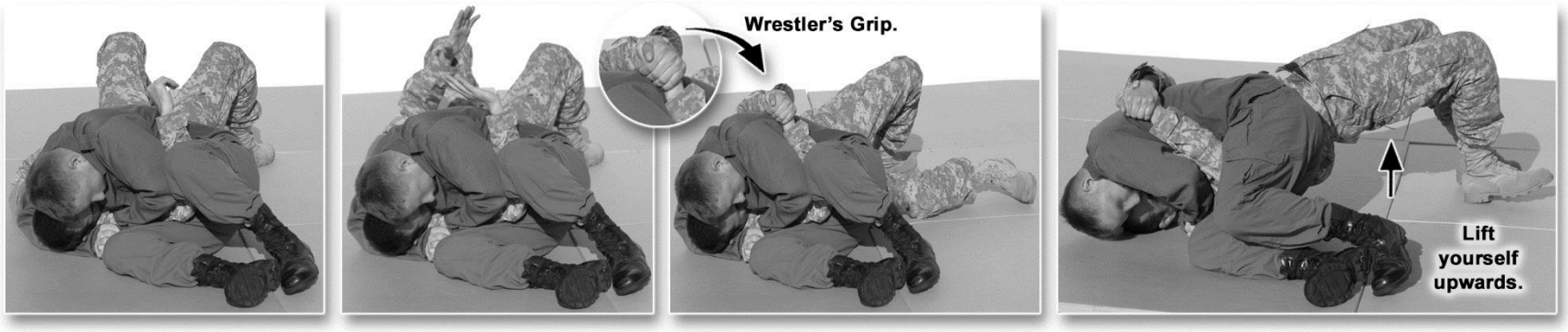
3) The fighter finishes with an arm bar.

Note. As with any submission technique, apply the arm bar using slow, steady pressure, and release as soon as the training partner taps.

INTERMEDIATE BODY POSITIONING MOVES—DEFENSE AGAINST HEADLOCKS

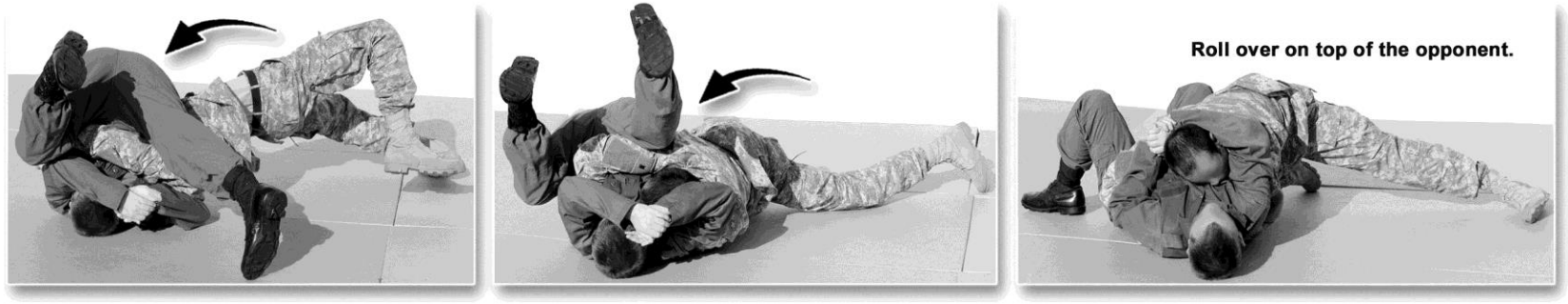
ESCAPE THE HEADLOCK, ARCH OVER

The fighter uses escape the headlock, arch over when they cannot free their arm from their opponent's control.



1) Using a wrestler's grip, the fighter pulls their opponent onto them.

2) The fighter arches their body, and lifts their opponent toward their head.

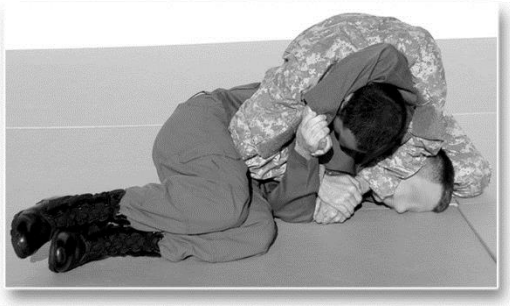


3) The fighter rotates their opponent around their head (half-moon), and rolls on top of them.

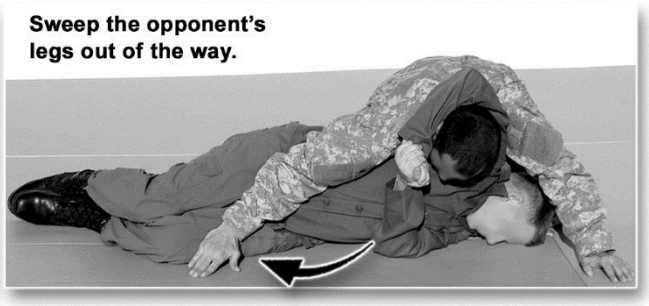
Note. The roll must be timed correctly and must be toward the fighter's head, not straight over their body.

INTERMEDIATE BODY POSITIONING MOVES—DEFENSE AGAINST HEADLOCKS

ESCAPE THE HEADLOCK, ARCH OVER (continued)



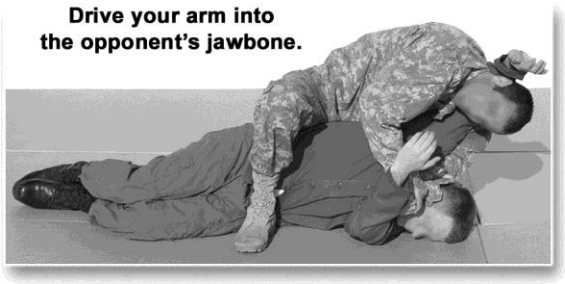


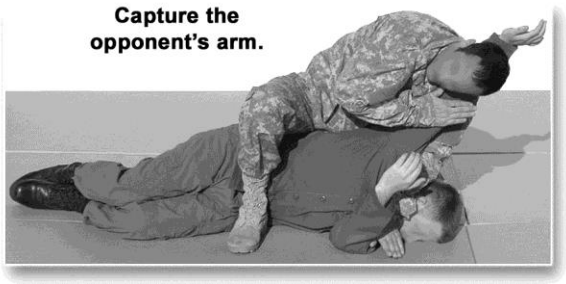


1) The fighter rotates until they are on both their knees behind their opponent's back.

2) The fighter uses the hand nearest to their opponent's legs to move them out of the way.







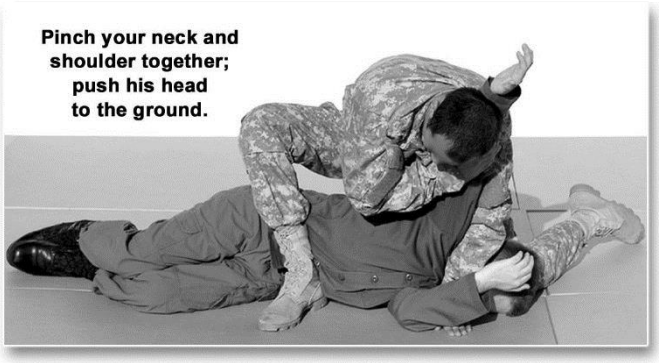
3) The fighter steps over, and pulls their foot in tight against their opponent's hip.

4) The fighter forces their opponent to release their grip on their neck by forming the frame and leaning toward the opponent's head, driving the bone of the fighter's upper arm undertheir jawbone.

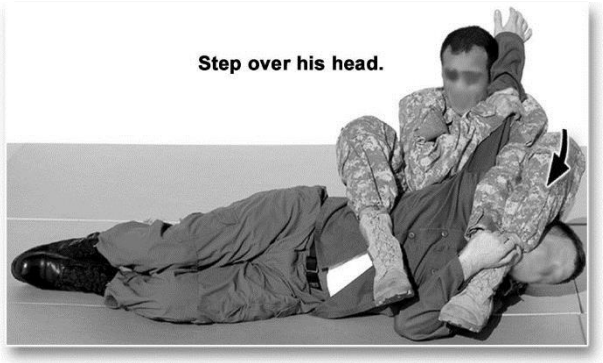
Note. Pulling the fighter's head straight up is less effective and requires more effort than driving toward their opponent's head.

INTERMEDIATE BODY POSITIONING MOVES—DEFENSE AGAINST HEADLOCKS

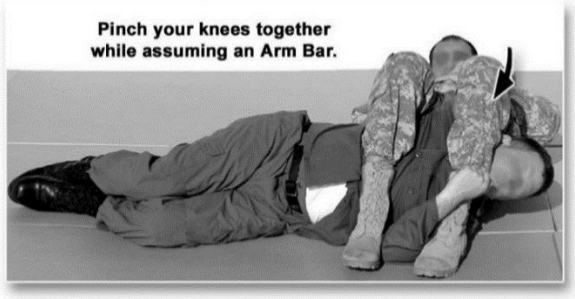
ESCAPE THE HEADLOCK, ARCH OVER (continued)



1) The fighter captures their opponent's arm with the hand closest to their hips, and pinches their neck and shoulder together to secure the grip. The fighter posts their other hand on the opponent's head, or pushes their chin to the ground.



2) The fighter points their toe toward their opponent's head. The fighter steps over. The fighter pinches their knees together



3) The fighter finishes with an arm bar.

Note. As with any submission technique, apply the arm bar using slow, steady pressure, and release as soon as the training partner taps.

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NTERMEDIATE BODY POSITIONING MOVES—PASS THE GUARD

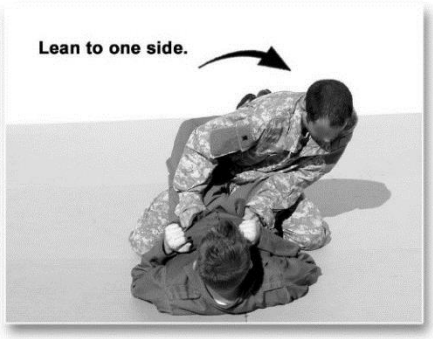
PASS THE GUARD WITH THE KNEE IN THE TAILBONE

Pass the guard with the knee in the tailbone allows the fighter to set up multiple guard passes that they can choose from depending on how the opponent defends.

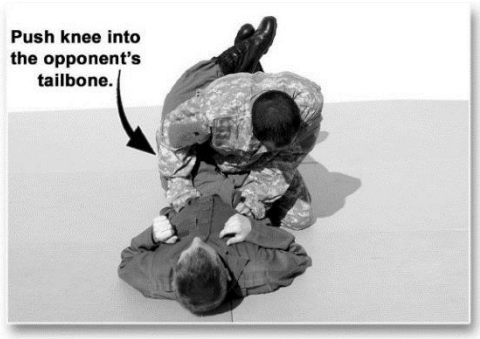


1) Moving one hand at a time, the fighter grasps their opponent at the belt with both hands. The fighter keeps pressure on them to prevent him from sitting up.

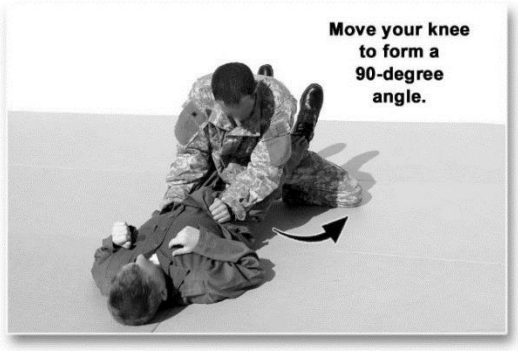
***Note*.** The fighter keeps their elbows in and their head behind their hands.

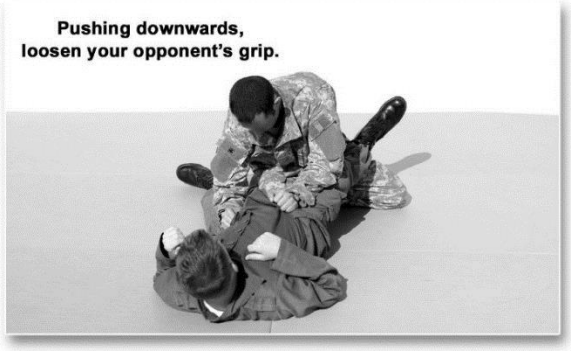


2) While pushing down on their opponent's hips, the fighter leans to one side and slides their knee out to prevent them from compromising the fighter's balance.



3) The fighter places one of their knees in their opponent's tailbone.



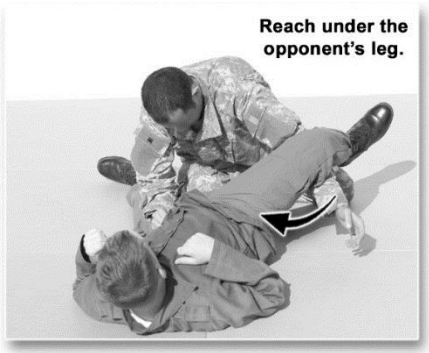


4) The fighter pushes with both hands, and moves their other knee away from their opponent to form a 90-degree angle with their legs. This creates more distance between the knee in the tailbone and the fighter's hip, forcing their opponent to loosen the grip with their legs..

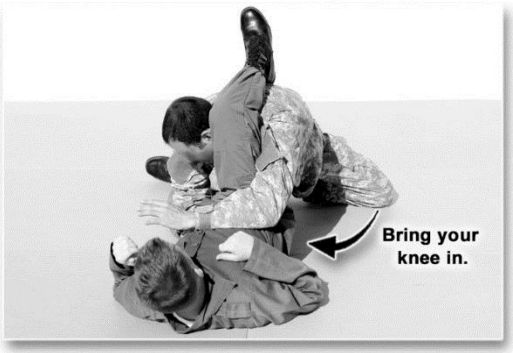
INTERMEDIATE BODY POSITIONING MOVES—PASS THE GUARD

PASS THE GUARD UNDER ONE LEG

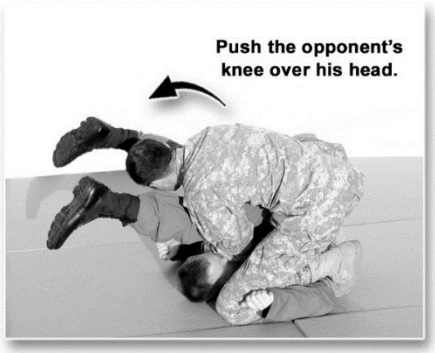
Pass the guard under one leg is used in conjunction with pass the guard with the knee in the tailbone.



1) The fighter moves their arm under their opponent's open leg, and pulls it into their shoulder. The fighter secures their opponent's waistband with their opposite-side hand. The fighter brings their knee to the same-side leg.



2) The fighter reaches their hand into their opponent's collar, thumb inside.

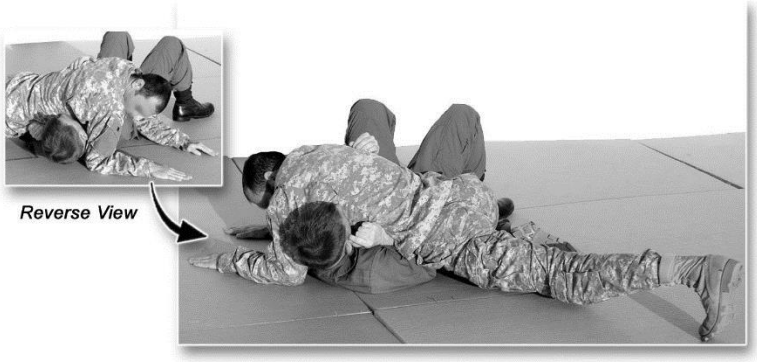


3) The fighter stacks their opponent, pushing their opponent's knee straight over their head until the fighter breaks the grip of their legs. The fighter pulls their arm out, and grabs their opponent pants at the waist.

Note. The fighter keeps their head above their opponent's knee.



4) The fighter lets their opponent's leg pass their head.



5) The fighter places their elbow in the notch created by their opponent's neck and shoulder (elbow notch). The fighter assume good side control.

INTERMEDIATE BODY POSITIONING MOVES—PASS THE GUARD

PASS THE GUARD UNDER BOTH LEGS

The fighter uses pass the guard under both legs when the opponent defends against attempts to pass the guard under one leg by putting all of his weight on the leg the fighter is trying to pass under.



1) When the fighter moves their arm under their opponent's open leg, the fighter puts their weight on the leg to prevent the stack. The fighter moves their other arm under their opponent's other leg.



2) The fighter grabs the sides of their opponent's thighs, and pulls them into their lap.

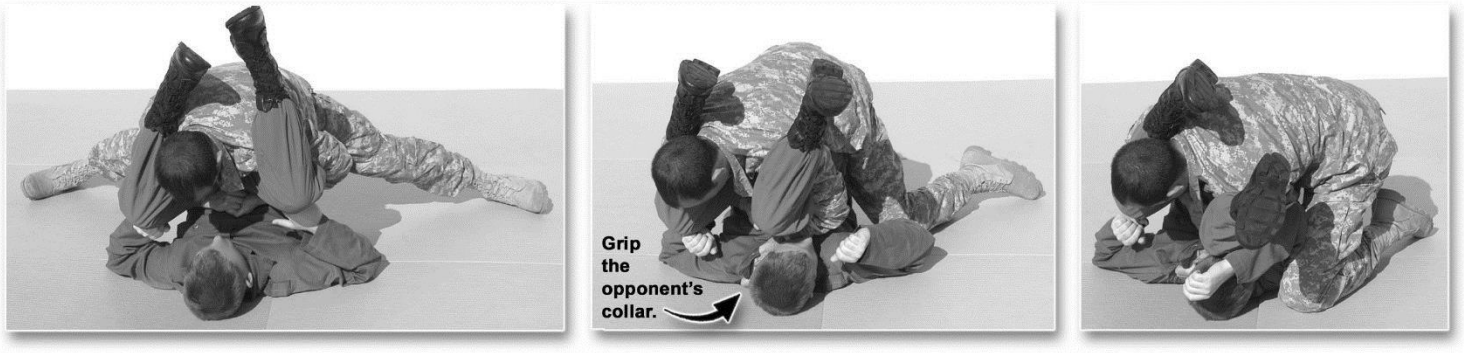




3) The fighter brings their hands around, and secures an opposing thumb grip.

INTERMEDIATE BODY POSITIONING MOVES—PASS THE GUARD

PASS THE GUARD UNDER BOTH LEGS (continued)



1) The fighter hops onto their toes, sprawling their opponent to the stack.

2) The fighter opens their opponent's collar with their same-side hand, while securing a grip on the collar with their opposite-side hand (thumb inside collar).

3) The fighter moves their body to position themselves beside their opponent on the same side as their thumb.



4) The fighter stacks their opponent up, pushing their knee straight over their head until the fighter breaks the grip of their legs. The fighter releases their opponent's collar, and grab their pants at the tailbone. The fighter lets their leg pass their head.

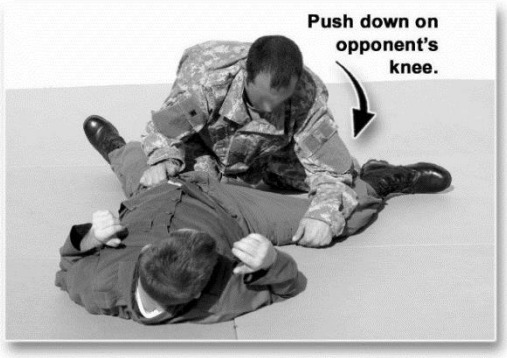
5) The fighter places their elbow in the notch created by their opponent's neck and shoulder (elbow notch). The fighter assumes good side control.

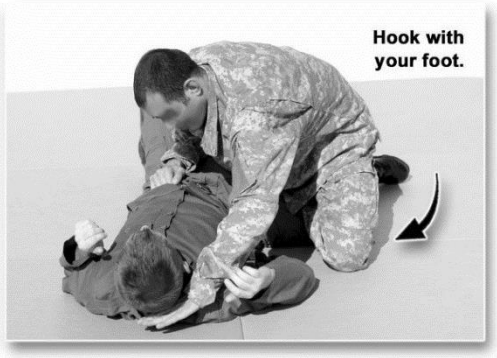
INTERMEDIATE BODY POSITIONING MOVES—PASS THE GUARD

PASS THE GUARD NEAR SIDE LEG THROUGH

Pass the guard under one leg is used in conjunction with pass the guard with the knee in the tailbone.



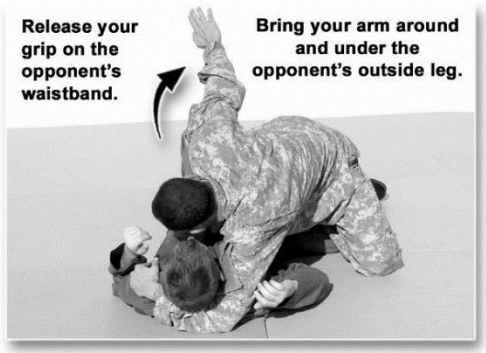


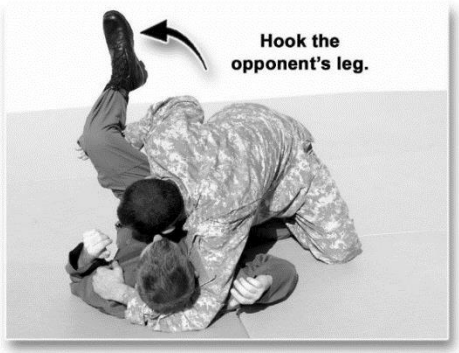


1) When the fighter attempts to move their arm under their opponent's open leg, the fighter puts their weight on the opponent's leg. The fighter pushes down on their knee.

2) The fighter slides their near-side leg through, hooking their opponent's leg by putting their knee on the ground and hooking with their foot, which causes the opponent's foot to come off the ground.







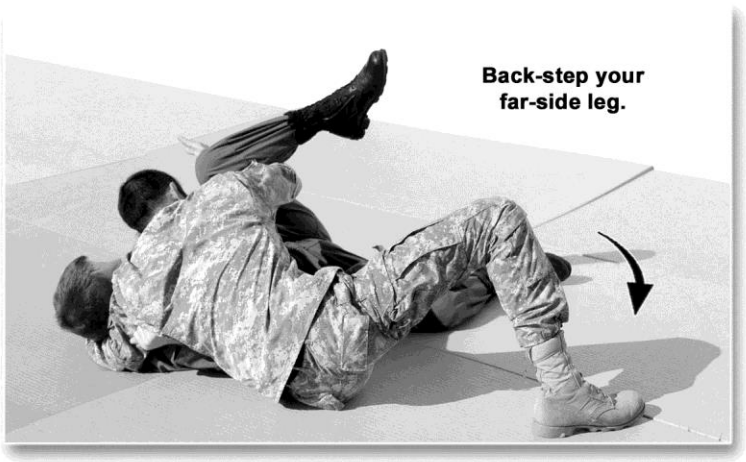
3) The fighter reaches their near-side arm around their opponent's head.

4) The fighter hooks the other leg with their far-side arm.

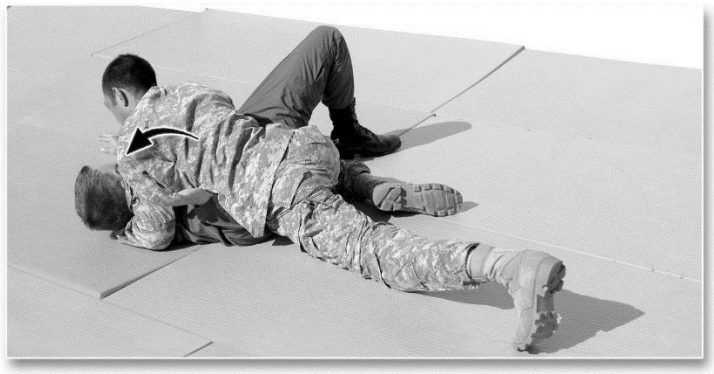
INTERMEDIATE BODY POSITIONING MOVES—PASS THE GUARD

PASS THE GUARD NEAR SIDE LEG THROUGH (continued)





1) The fighter back-steps their far-side leg, drops their hips to the ground, and continues to hook their opponent's leg with their near-side foot.



2) The fighter pushes their shoulder into their opponent's leg. The fighter clears their opponent’s legs to get into side control.

INTERMEDIATE BODY POSITIONING MOVES—PASS THE GUARD

PASS THE GUARD FAR SIDE LEG THROUGH

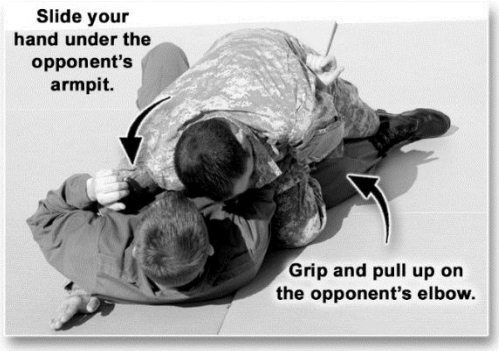
Pass the guard far-side leg through is used in conjunction with pass the guard with the knee in the tailbone.



1) When the fighter attempts to move their arm under their opponent's open leg, the fighter puts their weight on their leg. The fighter pushes down on their knee.



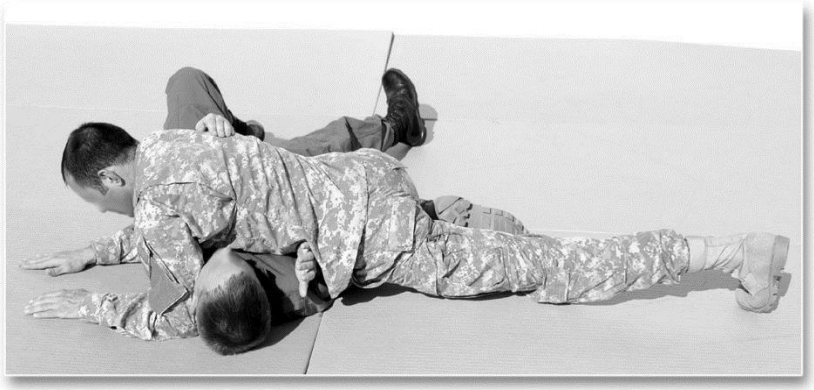
2) The fighter slides their opposite-side knee over, pinning their opponent's knee to the ground.



3) The fighter slides their same-side hand under their opponent's armpit on the back-side. The fighter secures a grip on their opponent's near-side arm at the elbow, and pulls it up. The fighter steps over with their non-pinning leg.



4) The fighter sits through.



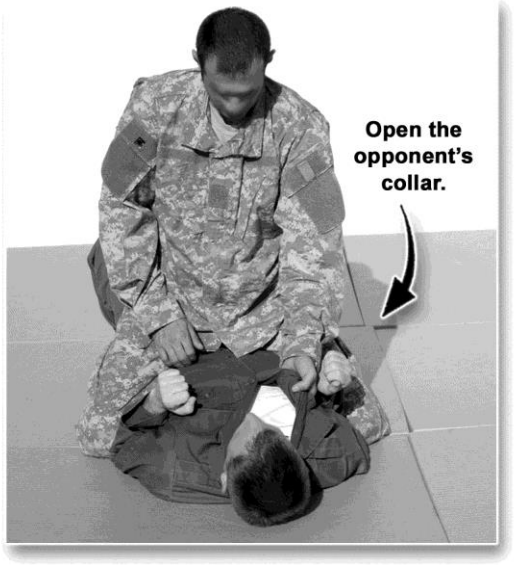
5) The fighter switches to side control.

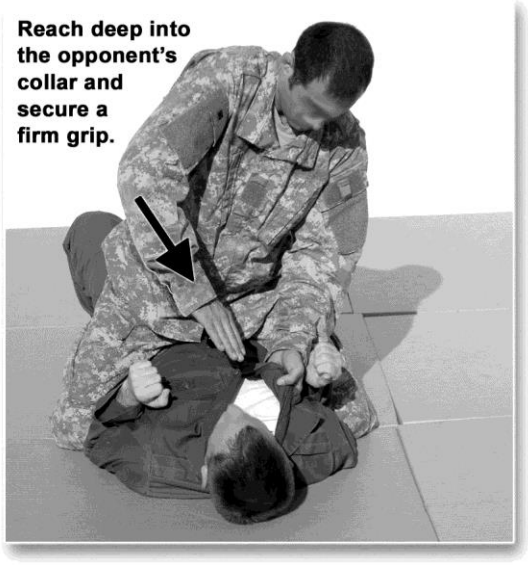
INTERMEDIATE BODY POSITIONING MOVES—ATTACKS FROM THE MOUNT

PAPERCUTTER CHOKE

When in the mount, choking the opponent is the best way to finish the fight. This choke is used when the opponent is wearing a shirt with a collar, but may be defending one side of their neck.

WARNING
For training purposes, hold chokes only until the opponent taps. Holding the choke for lengthy periods may cause injury or death.







1) The fighter opens their opponent's collar with their non-dominant hand. With their dominant hand, the fighter reaches deep into the collar thumb first, securing a firm grip and placing their fist on the ground

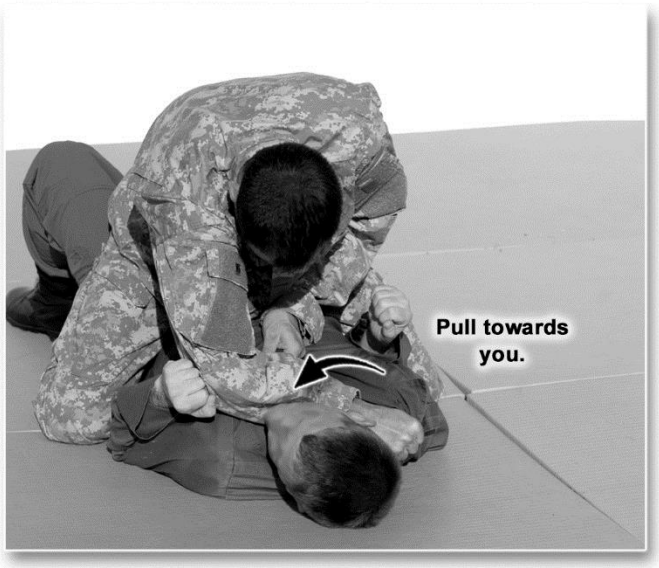
2) The fighter releases the grip of their other hand.

INTERMEDIATE BODY POSITIONING MOVES—ATTACKS FROM THE MOUNT

PAPERCUTTER CHOKE (continued)



1) The fighter reaches under their arm, and grasps the opposite side of their opponent's collar, pulling it tight against the back of their neck.



2) The fighter drives their elbow across their opponent's neck and pulls toward themselves to complete the choke.

INTERMEDIATE BODY POSITIONING MOVES—ATTACKS FROM THE MOUNT

NUTCRACKER CHOKE

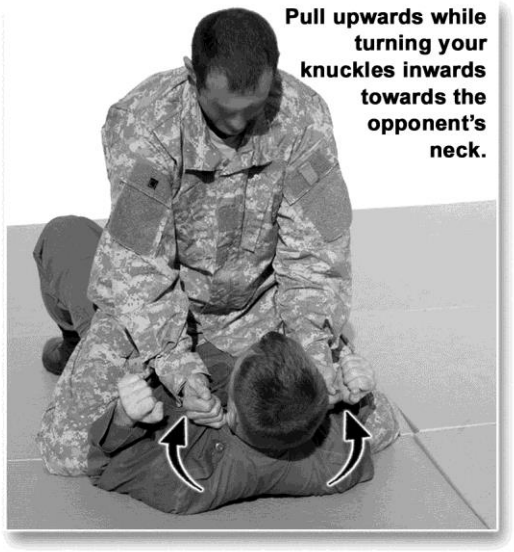
The fighter uses this choke whentheir opponent is wearing a shirt with a collar, but is not defending their neck for a choke.

WARNING

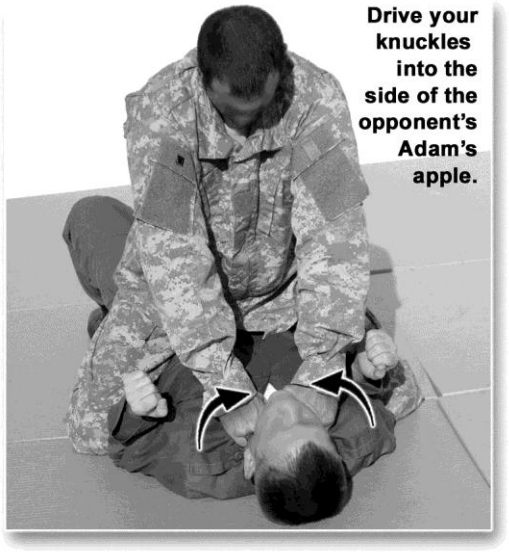
For training purposes, hold chokes only until the opponent taps. Holding the choke for lengthy periods may cause injury or death.



1) The fighter grasps their opponent's collar with both hands at the sides of their neck. The fighter points their knuckles in against their opponent's neck.



2) The fighter pulls up with both hands and, with their pinkies acting as a pivot, drives both pointer finger knuckles into their opponent's neck on either side of their Adam's apple.

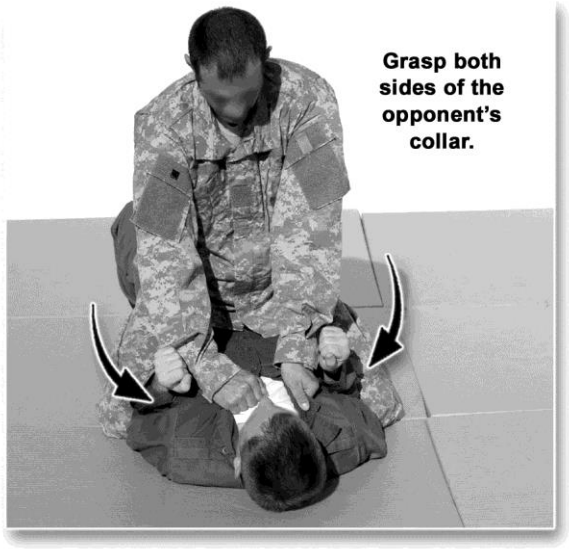


INTERMEDIATE BODY POSITIONING MOVES—ATTACKS FROM THE MOUNT

LEANING CHOKE

When in the mount, the fighter may use the leaning choke to finish the fight.

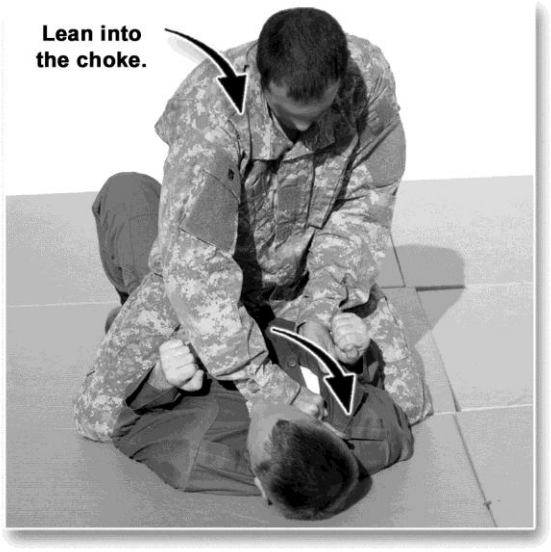
WARNING
For training purposes, hold chokes only until the opponent taps. Holding the choke for lengthy periods may cause injury or death.



1) The fighter grasps both sides of their opponent's collar, pinkies down. The fighter's knuckles should be pointed inward, and there should be three or four inches of slack.



2) The fighter drives one side of their opponent's collar across their neck so that the fighter's pinky knuckle is positioned just past their opponent's Adam's apple.



3) The fighter pulls their other hand tight, and leans into the choke. The fighter drives this hand into their opponent's neck.

CAUTION
Keep the arm applying the choke bent to prevent arm injury

INTERMEDIATE BODY POSITIONING MOVES—ATTACKS FROM THE MOUNT

SLEEVE CHOKE

Unlike other choking techniques, the sleeve choke does not require the opponent to wear a shirt with a collar. This choke uses the fighter's own sleeve to choke the opponent and finish the fight.

WARNING

For training purposes, hold chokes only until the opponent taps. Holding the choke for lengthy periods may cause injury or death.



1) The fighter reaches one arm underneath their opponent's head.

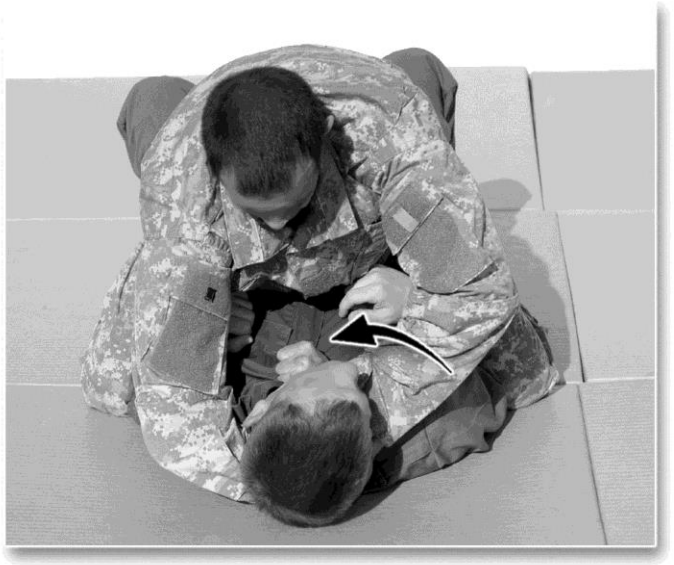


2) The fighter reaches into their other sleeve, and secures a tight grip.

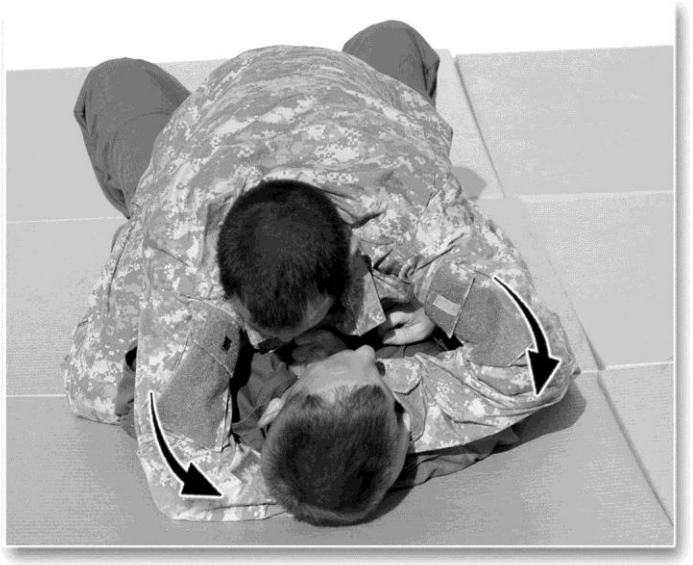


INTERMEDIATE BODY POSITIONING MOVES—ATTACKS FROM THE MOUNT

SLEEVE CHOKE (continued)



1) The fighter makes a fist with their free hand, and pulls it across their opponent's neck.



2) The fighter straightens their arms to finish the choke.

INTERMEDIATE BODY POSITIONING MOVES—ATTACKS FROM THE REAR MOUNT

COLLAR CHOKE

When in rear mount, choking an opponent is the most preferred method of finishing the fight. The collar choke is one technique that the fighter may use to do so.

WARNING

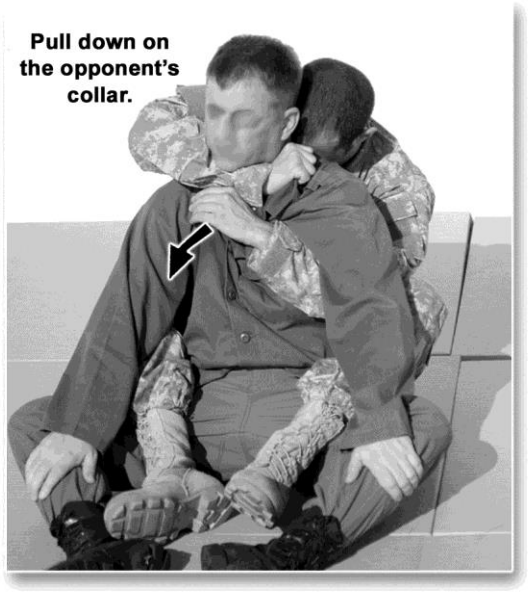
For training purposes, hold chokes only until the opponent taps. Holding the choke for lengthy periods may cause injury or death.



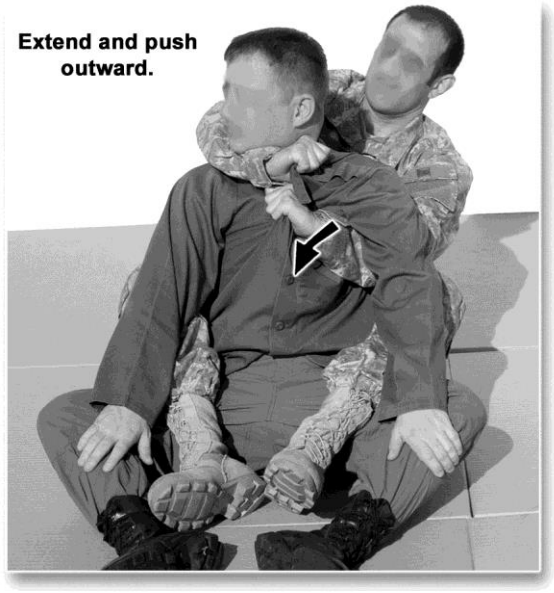
1) The fighter grasps their opponent's collar with their hand in their opponent's armpit. The fighter pulls it open, and inserts the thumb of their other hand deep into the opponent's collar. The fighter secures a firm grip.

INTERMEDIATE BODY POSITIONING MOVES—ATTACKS FROM THE REAR MOUNT

COLLAR CHOKE (continued)



1) The fighter grasps their opponent's lapel with the hand that was under the opponent's armpit.
The fighter pulls down to tighten the opponent's collar against the back of their neck.



2) The fighter extends their arms and pushes outward with both hands to set the choke.

INTERMEDIATE BODY POSITIONING MOVES—ATTACKS FROM THE REAR MOUNT

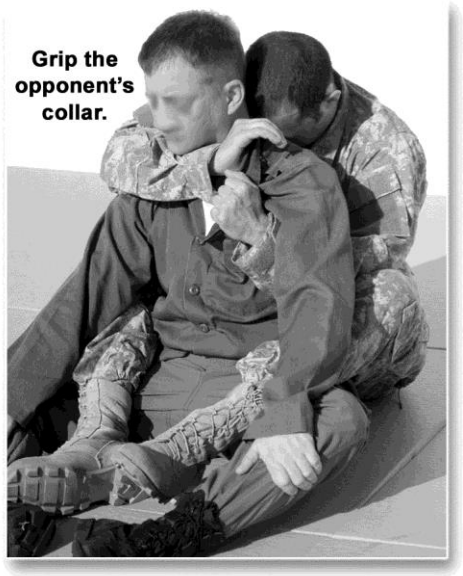
SINGLE WING CHOKE

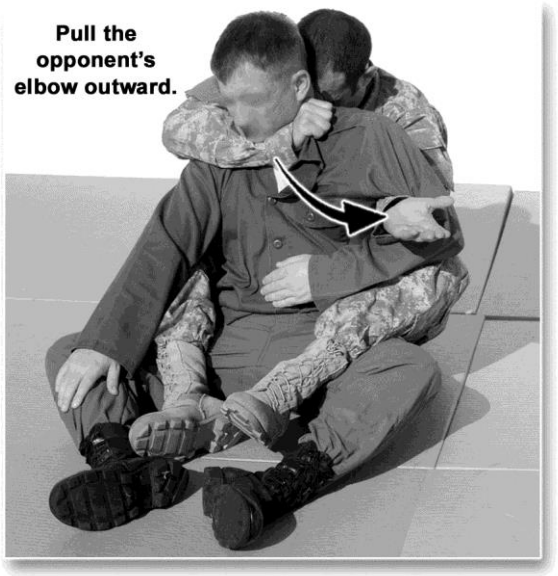
When attempting the collar choke, the opponent may block the fighter from reaching for their far-side lapel. If this happens, the fighter may finish using the single wing choke.

WARNING

For training purposes, hold chokes only until an opponent taps. Holding the choke for lengthy periods may cause injury or death.







1) The fighter opens their opponent's collar, and secures a grip inside.

2) With the hand that is under their opponent's armpit, the fighter pulls their opponent's arm out at the elbow.

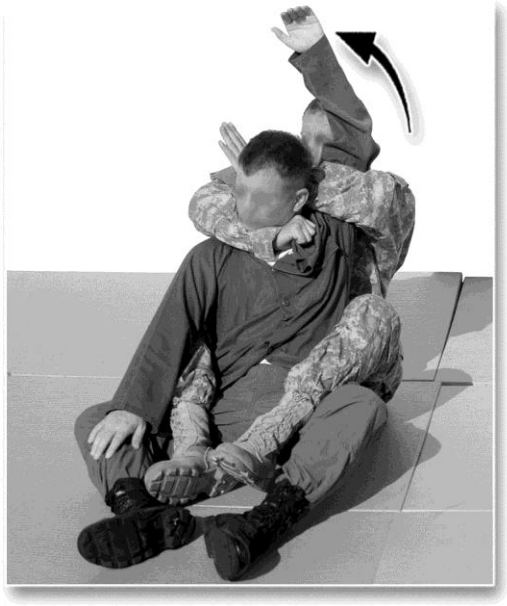
***Note*.** Keep the hand away from the armpit, and don't lose control of the elbow.

INTERMEDIATE BODY POSITIONING MOVES—ATTACKS FROM THE REAR MOUNT

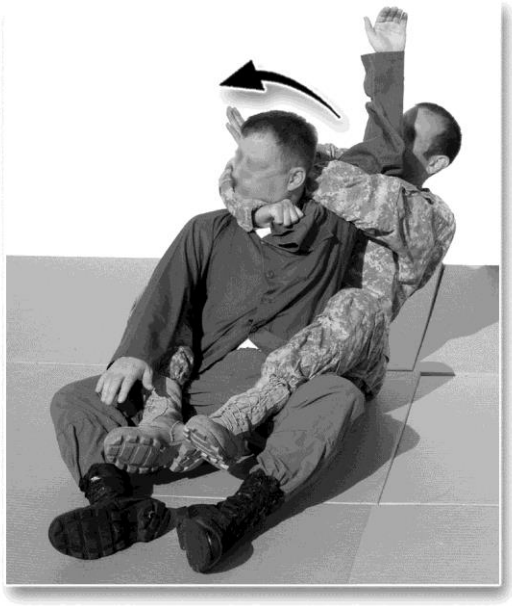
SINGLE WING CHOKE (continued)



3) The fighter pulls their opponent's arm away from their body, and raises their arm.



4) The fighter brings their hand behind their opponent's head, and finishes the choke by pushing out with both hands.



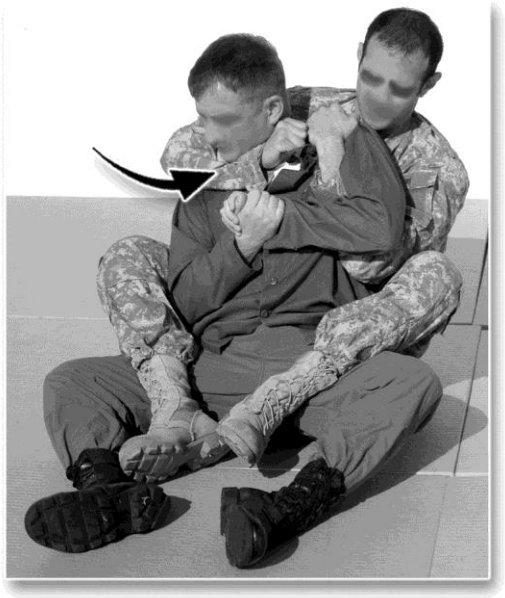
INTERMEDIATE BODY POSITIONING MOVES—ATTACKS FROM THE REAR MOUNT

STRAIGHT ARM BAR FROM THE REAR MOUNT

After the opponent defends both the collar choke and the single wing choke, the fighter may use this technique as an alternative to choking their opponent. Although it is not the most preferred method of finishing the fight, it allows the fighter to break the opponent's arm from the rear mount.



1) The fighter pushes their arm under their opponent's armpit. The fighter pulls the other arm around their opponent's neck.



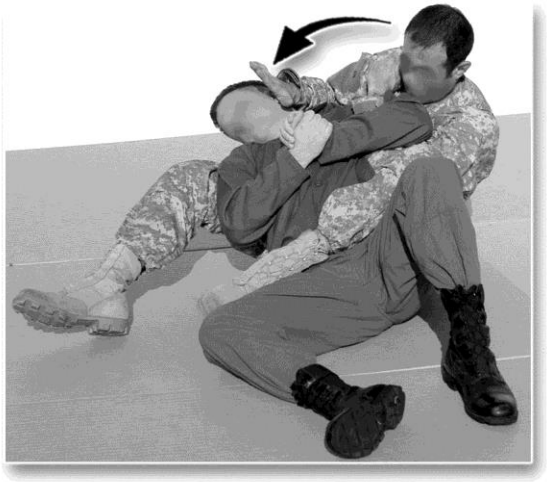
2) The fighter reaches through with the underhook and grabs their opponent's shoulder, trapping it.

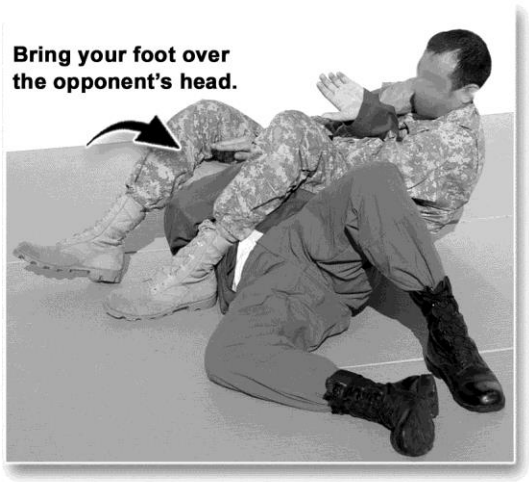


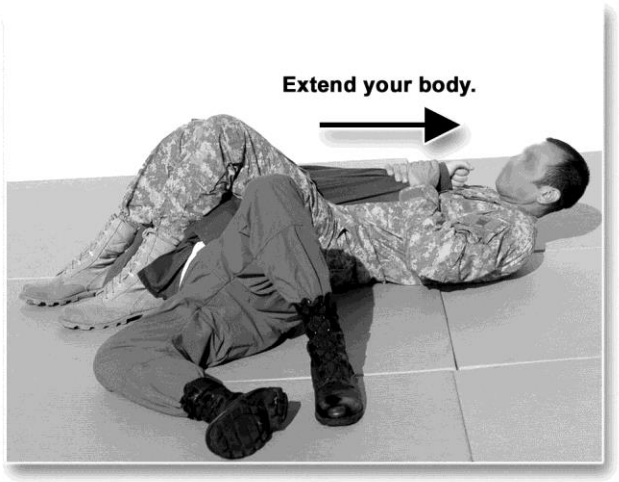
3) The fighter pulls their opponent backward, with their leg across their opponent’s belt line.

INTERMEDIATE BODY POSITIONING MOVES—ATTACKS FROM THE REAR MOUNT

STRAIGHT ARM BAR FROM THE REAR MOUNT (continued)







4) With the palm of their other hand, the fighter pushes their opponent's head away.

5) The fighter steps over their opponent's head with their leg. The fighter breaks their opponent's grip by pushing with their legs and extending their body.

6) The fighter finishes with the straight arm bar.

Note. As with any submission technique, apply the straight arm bar using slow, steady pressure, and release as soon as the training partner taps.

INTERMEDIATE BODY POSITIONING MOVES—ATTACKS FROM THE GUARD

TRIANGLE CHOKE

If an opponent gets his hand through and begins to pass a fighter's guard, a fighter can apply the triangle choke.

WARNING
For training purposes, hold chokes only until an opponent taps. Holding the choke for lengthy periods may cause injury or death.





1) The fighter posts their foot on the ground and turns their body perpendicular to their opponent. The fighter controls their opponent's posture by curling the opponent’s neck in with their leg. The fighter lifts their hips, and pull their opponent’s arm across.

INTERMEDIATE BODY POSITIONING MOVES—ATTACKS FROM THE GUARD

TRIANGLE CHOKE (continued)



2) The fighter places the inside of their knee over their own foot. The fighter may assist themselves by grasping their shin with their hand.



3) The fighter places both of their hands on the back of their opponent's head, and pushes upward with their hips.

INTERMEDIATE BODY POSITIONING MOVES—ATTACKS FROM THE GUARD

ELEVATOR SWEEP FROM THE GUARD (OPTION ONE)

As the opponent attempts to pass the fighter's guard, they may place their hands between the fighter's legs. If this occurs, the fighter can apply this technique to gain dominant position.



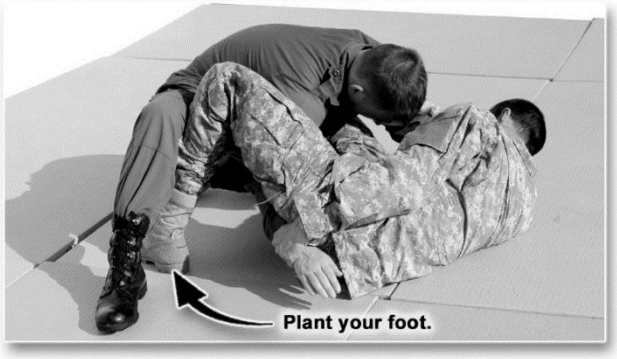




1) When their opponent passes the guard, they will post their arm between the fighter's legs and on the ground.

2) The fighter secures their opponent's posting arm at the wrist with their near-side hand.





3) The fighter moves their same-side foot like a windshield wiper, and plants their foot firmly under their opponent's leg. The fighter posts their opposite-side knee on the ground, and moves their hip out.

INTERMEDIATE BODY POSITIONING MOVES—ATTACKS FROM THE GUARD

ELEVATOR SWEEP FROM THE GUARD (OPTION ONE) (continued)



4) The fighter lifts their opponent's leg, and scissors their bottom leg backward.



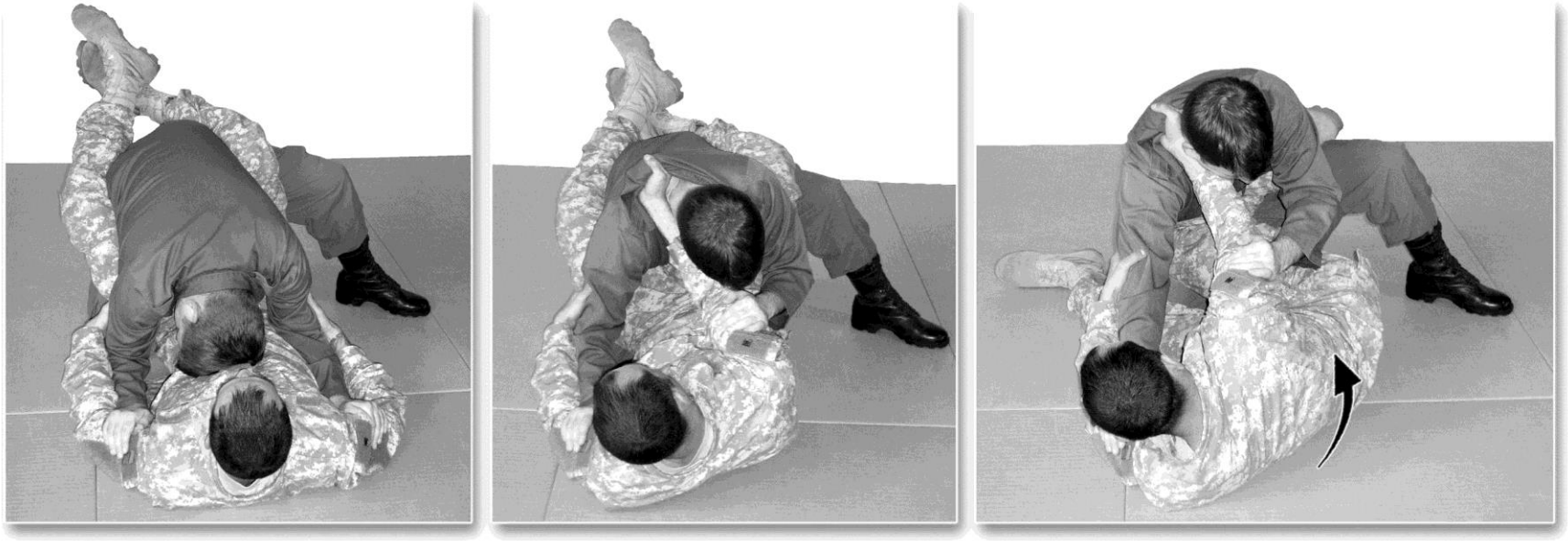


5) The fighter rolls over to the mount.

INTERMEDIATE BODY POSITIONING MOVES—ATTACKS FROM THE GUARD

ELEVATOR SWEEP FROM THE GUARD (OPTION TWO)

As the opponent attempts to pass the fighter's guard, they may control the fighter's arms at the bicep. If this occurs, the fighter can apply this technique to gain dominant position.

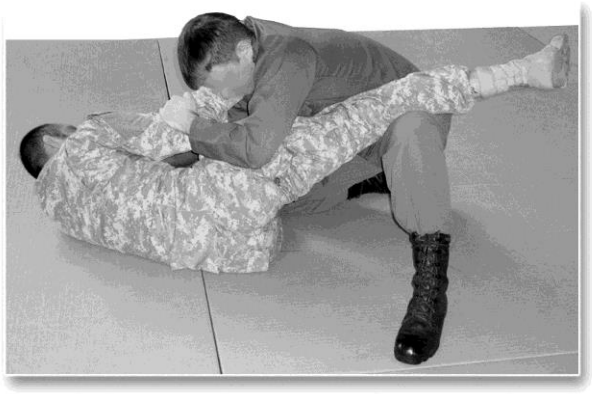


1) The fighter attempts to scissor sweep.

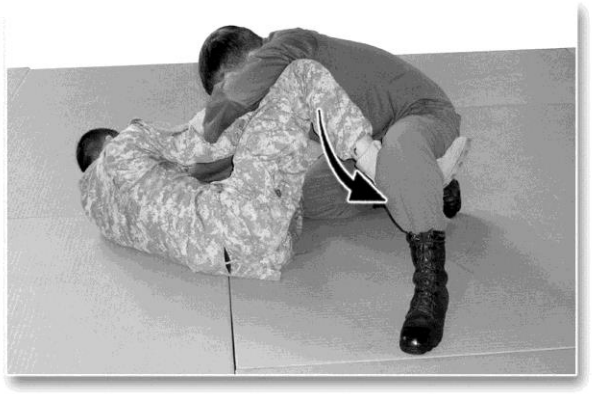
2) Once the fighter's leg is across their opponent's belt line, their opponent sets their weight on the fighter's leg.

INTERMEDIATE BODY POSITIONING MOVES—ATTACKS FROM THE GUARD

ELEVATOR SWEEP FROM THE GUARD (OPTION TWO) (continued)



3) The fighter straightens their leg to free their knee.



4) The fighter circles their foot around, hooking the underside of their opponent's leg.



5) The fighter lifts their opponent's leg, while scissoring their bottom leg.

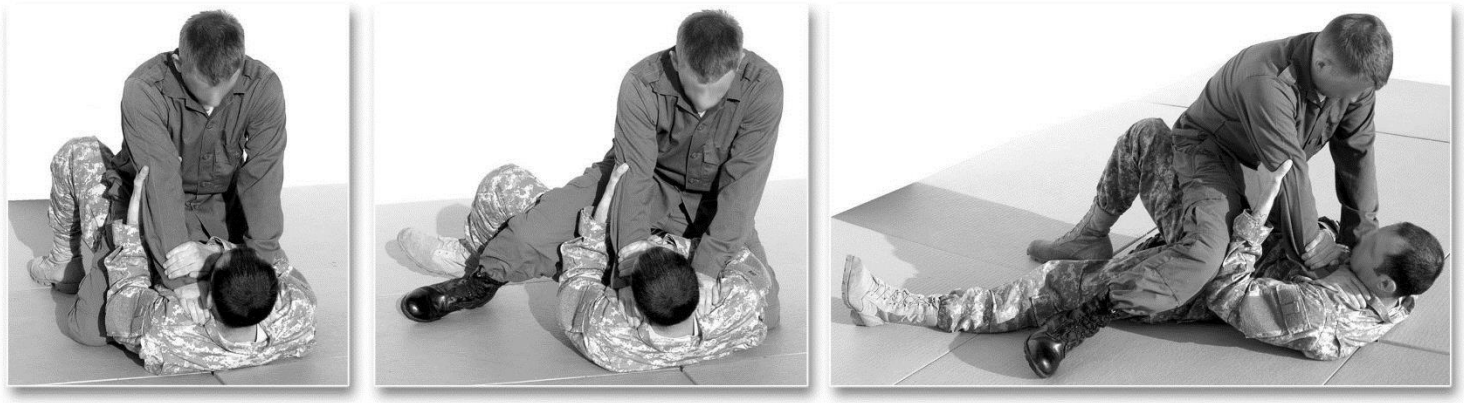


6) The fighter rolls over to the mount.

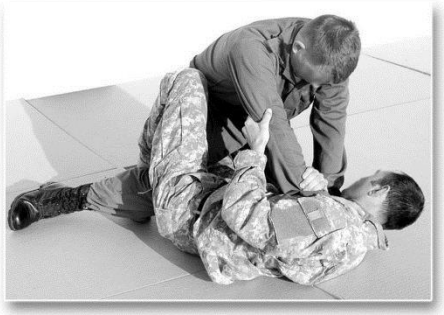
INTERMEDIATE BODY POSITIONING MOVES—ATTACKS FROM THE GUARD

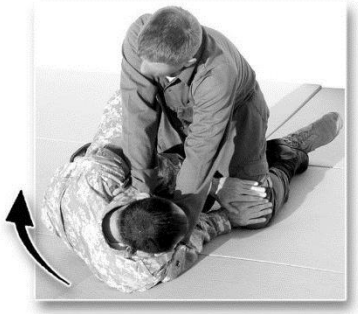
ELEVATOR SWEEP ESCAPE THE MOUNT, SHRIMP TO THE GUARD

As in basic body positioning moves, when the opponent defends the arm trap and roll by posting his leg, the fighter needs to shrimp out from under them. Instead of assuming the guard, the fighter can use this technique to gain a more dominant body position.

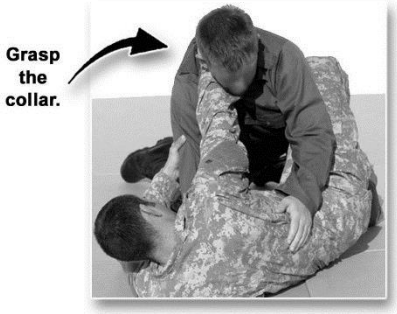


1) The fighter attempt to use escape the mount, shrimp to the guard.





2) Once the fighter positions one leg between their opponent's legs and one leg out, the fighter shrimps toward the leg they have hooked to escape their opponent's hips. The fighter controls their opponent's elbow with one hand. The fighter releases the arm and continue to shrimp their hips out until their foot is able to hook the inside of their opponent's thigh.



3) The fighter rotates their body to the opposite-side hip, reaches into opponent's collar with their hand, fingers in thumb out, and controls their opponent's elbow.

INTERMEDIATE BODY POSITIONING MOVES—ATTACKS FROM THE GUARD

ELEVATOR SWEEP ESCAPE THE MOUNT, SHRIMP TO THE GUARD (continued)







4) The fighter lifts their leg, and at the same time, scissors their bottom leg backward.

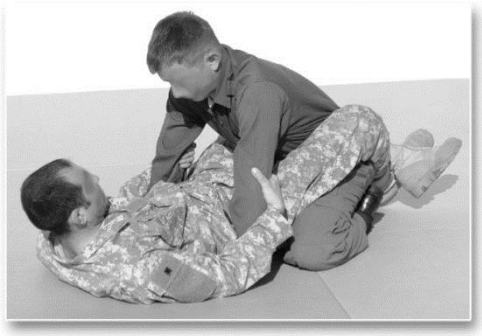
5) The fighter rolls into the mount.

Note. The fighter can also bring the foot up from the bottom leg, tuck their opponent's knee, and lift with their other leg to roll them over.

INTERMEDIATE BODY POSITIONING MOVES—ATTACKS FROM THE GUARD

REVERSE BENT ARM BAR FROM THE GUARD

While in the guard, the opponent may place their hands on the ground. When this occurs, the fighter can perform the reverse bent arm from the guard.



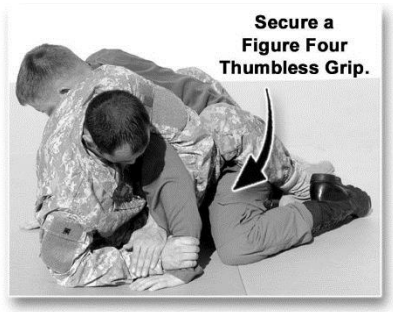
1) The opponent is in the guard, posting both hands on the ground.



2) The fighter releases their guard, places their feet flat on the ground, squeezes their knees together, and slides their body to back. The fighter secures a thumb grip on their opponent's wrist. The fighter open their legs, but keeps their knees pressed tightly together.



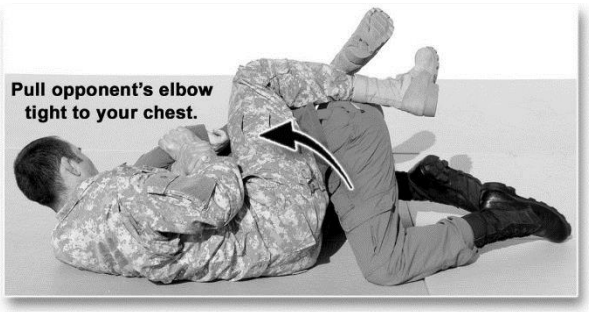
3) The fighter sits up.



4) The fighter reaches over their opponent's arm to secure a figure four using the thumbless grip.



5) If there is room, the fighter laces their near-side leg over their opponent's leg. The fighter falls back to the ground.



6) The fighter push their hips to the same side. The fighter moves their leg on top of their opponent's back. The fighter keeps their opponent's elbow tight to their chest, and turns their body to apply pressure to their opponent's shoulder.

INTERMEDIATE BODY POSITIONING MOVES—ATTACKS FROM THE GUARD

HIP HEIST SWEEP

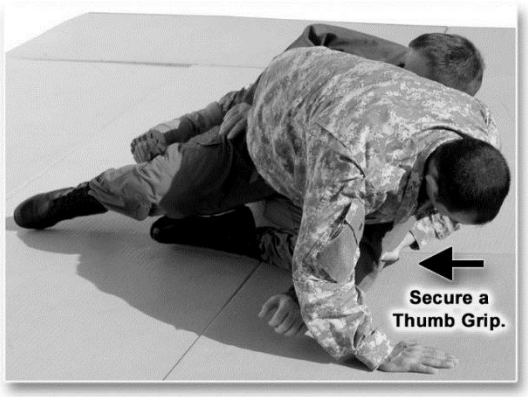
This technique can be used in conjunction with the reverse bent arm bar or if the opponent sits high in the fighter's guard.



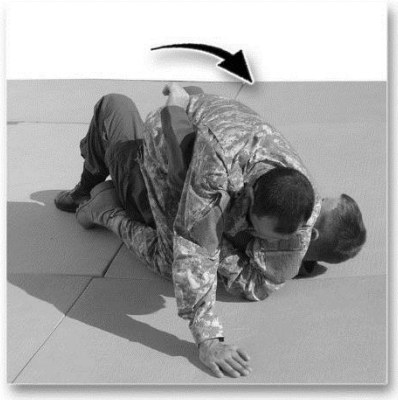
1) The opponent is in the guard, sitting back. The fighter opens their legs, places both feet flat on the ground, but keeps their knees pressed tightly together.

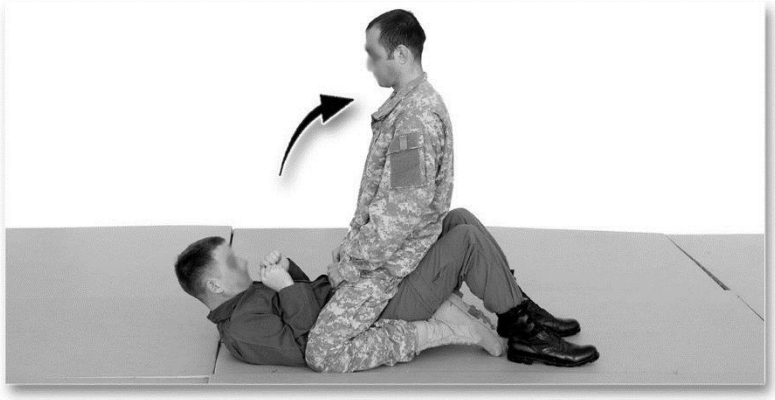


2) The fighter forcefully sits up, posts one hand on the ground, and drives their hips into their opponent. The fighter reaches the other arm across their opponent's body and over their arm.



3) The fighter secures a thumb grip at their opponent's elbow. The fighter posts the foot opposite their posted hand.





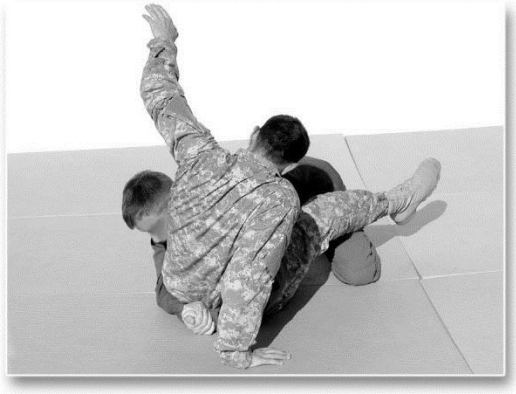
4) The fighter lifts their hips. The fighter rolls over their opponent's leg and into the mount.

INTERMEDIATE BODY POSITIONING MOVES—ATTACKS FROM THE GUARD

GUILLONTINE CHOKE FROM THE GUARD

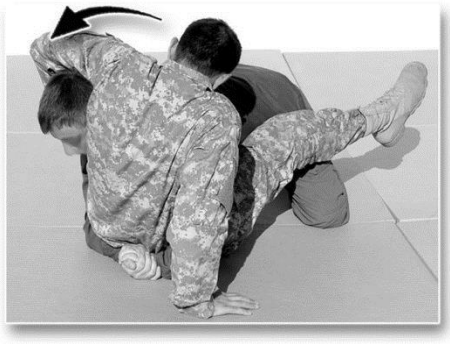
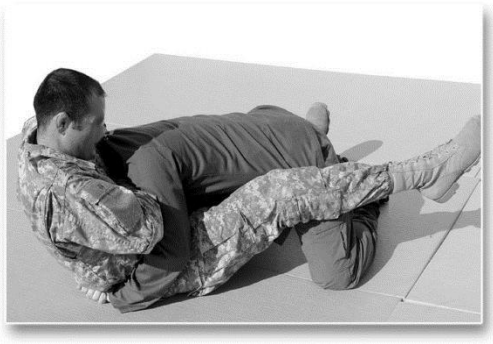
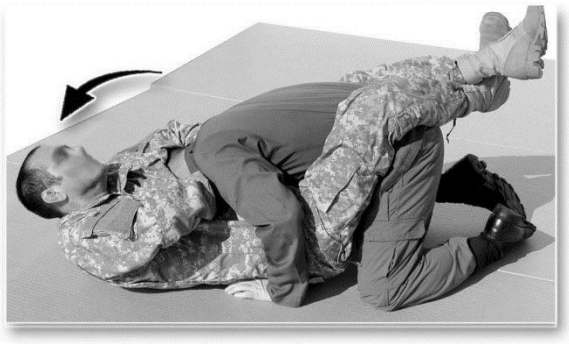
This technique can be used in conjunction with the hip heist if the opponent defends by driving into the fighter





1) The fighter attempts the hip heist sweep.

Note. If your opponent hugs the fighter's body to drive them back to the ground, the fighter opens their legs and scoots their hips back to allow space for the choke.

2) The fighter reaches their arm around their opponent's neck, palm facing toward their body.

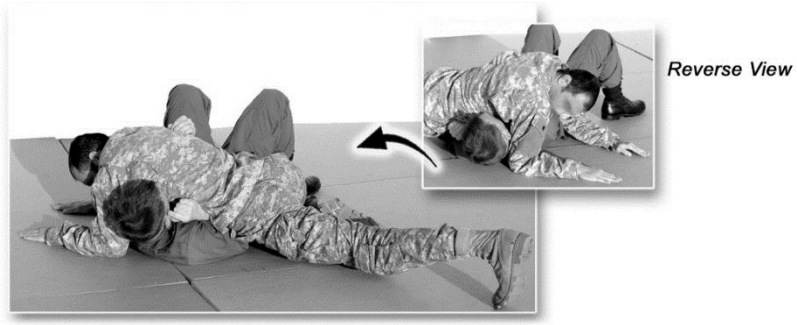
3) The fighter secures a grip on their wrist (where their watch would be) with their other hand. The fighter lifts up to secure the choke.

4) The fighters sits back, locking the guard. The fighter arches their back and pulls with their arms, and performs an oblique crunch to the same side of the head to finish the choke.

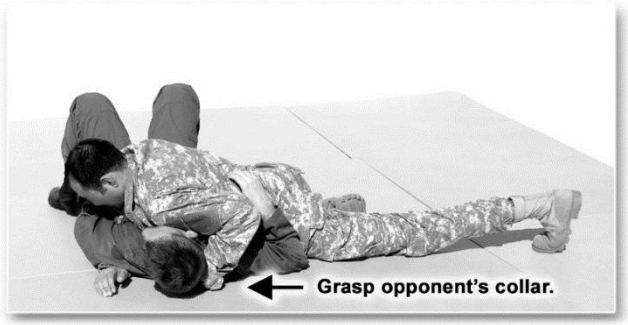
INTERMEDIATE BODY POSITIONING MOVES—KNEE MOUNT

KNEE MOUNT FROM SIDE CONTROL

Knee mount is a dominant body position between side control and mount. The fighter can also use this position to apply multiple submissions or to finish the fight with strikes.



1) The fighter achieves side control.



2) With the hand closest to their opponent's head, the fighter grasps their opponent's collar on either side



3) With their other hand, the fighter grasps their opponent's belt or uniform over their hip.



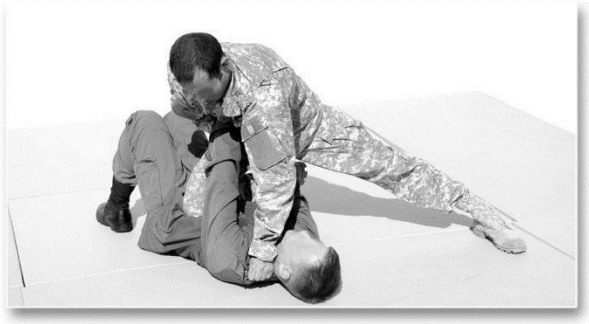
4) The fighter pushes up with both hands. With one swift movement, the fighter posts their head-side leg beyond the opponent's reach, and drives their other shin across their torso.

Note. The fighter hooks their foot inside of the opponent's hip so that there is no space for them to reach in between. The fighter keeps their hips set forward to maintain balance.

INTERMEDIATE BODY POSITIONING MOVES—KNEE MOUNT

NEAR ARM SIDE BAR FROM THE KNEE MOUNT

When in the knee mount, the opponent may try to push the fighter away with their near-side hand. If this occurs, the fighter should use this technique.

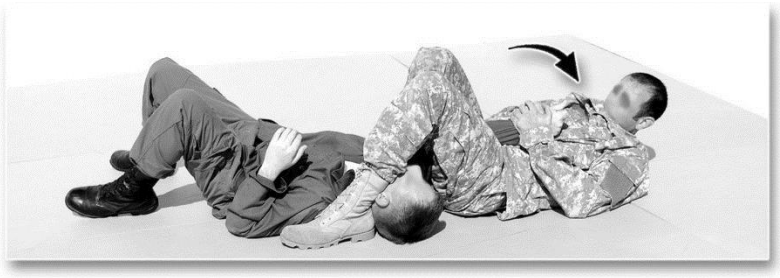


1) The fighter achieves the knee mount.



2) The fighter steps over their opponent's head with their same-side leg. The fighter sits down as close to their opponent’s shoulder as possible.

Note. If the opponent pushes up with their near-side arm, the fighter grasps it at the elbow with their arm that is securing the hip with an overhook grip.



3) The fighter lays back into the straight arm bar at a slight angle to finish the technique.

Notes.1.The fighter may need to twist slightly toward their opponent's legs to prevent them from rolling out of the technique. The fighter does not need to bring their other leg across their opponent’s body.
2. As with any submission technique, apply the straight arm bar using slow, steady pressure, and release as soon as the training partner taps.

INTERMEDIATE BODY POSITIONING MOVES—KNEE MOUNT

REVERSE BENT ARM BAR FROM THE KNEE MOUNT

When the fighter has his opponent in the knee mount, the opponent may try to push the fighter's knee off and roll toward the fighter. If this occurs, the fighter should use this technique.



1) The fighter achieves the knee mount.

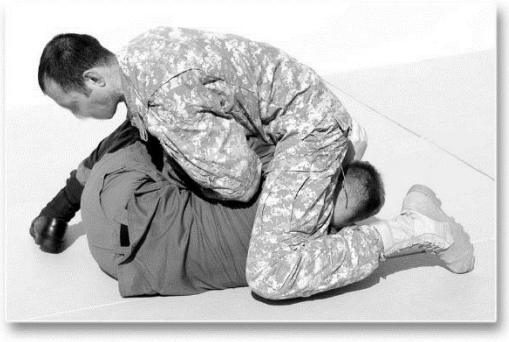
Note. If the opponent tries to push the fighter's knee off, the fighter grasps the opponent's wrist with the hand closest to their legs.



2) The fighter moves their knee off of their opponent's chest. The fighter reaches over their opponent's arm with the other hand, grasping their own wrist.



3) The fighter wraps their other hand completely around their opponent's arm.



4) The fighter positions their opponent's head between their knees, and pulls them onto their side.

INTERMEDIATE BODY POSITIONING MOVES—KNEE MOUNT

REVERSE BENT ARM BAR FROM THE KNEE MOUNT (continued)



5) The fighter breaks their opponent's grip by pulling their arm quickly toward their head.

Note. The fighter keeps their opponent's elbow tight to their chest to keep them from escaping.



6) The fighter place their knee or same-side foot in the small of their opponent's back, and breaks their opponent's shoulder by rotating the fighter's torso toward their opponent's back.

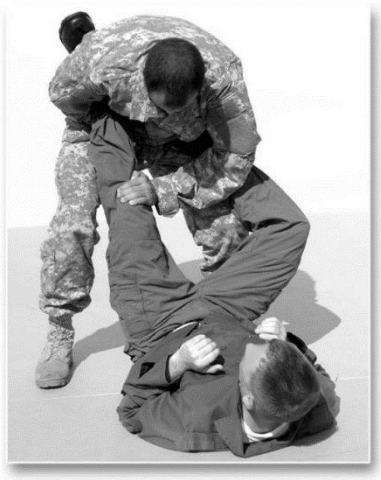
Note. As with any submission technique, apply the reverse bent arm bar using slow, steady pressure, and release as soon as the partner taps.

INTERMEDIATE BODY POSITIONING MOVES—LEG ATTACKS

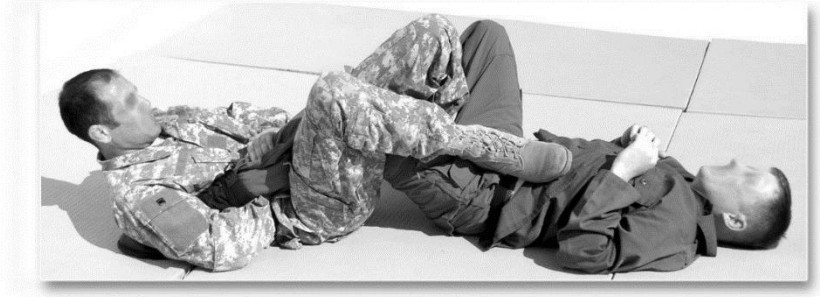
STRAIGHT ANKLE LOCK

Another way to finish the fight is by using leg attacks. This technique is good to use when the opponents foot gets caught in the fighters arm pit.

***Note*.** As with any submission technique, apply the straight ankle lock using slow, steady pressure, and release as soon as the partner taps.



1) When a fighter is trying to pass the opponent's open guard, the fighter may catch their opponent's foot in the fighter's armpit. The fighter wraps their arm around their opponent's leg. The fighter squats down, ensuring that their opposite-side knee is positioned between their opponent's legs. The fighter pushes away from their opponent. The fighter allows their opponent's leg to slide through their grip until the fighter is holding their opponent's ankle.



2) The fighter pushes their opponent's torso back with their outside foot, preventing their opponent from sitting up to counter the lock. The fighter forms a figure four, and finishes the break by arching their back.

INTERMEDIATE BODY POSITIONING MOVES—LEG ATTACKS

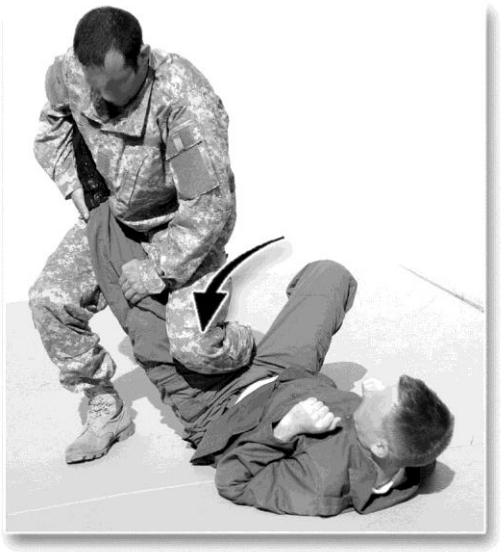
STRAIGHT KNEE BAR

This technique can be used in conjunction with the straight ankle lock. The fighter can apply it when the opponent tries to free their leg by pulling it out of the fighter's armpit.

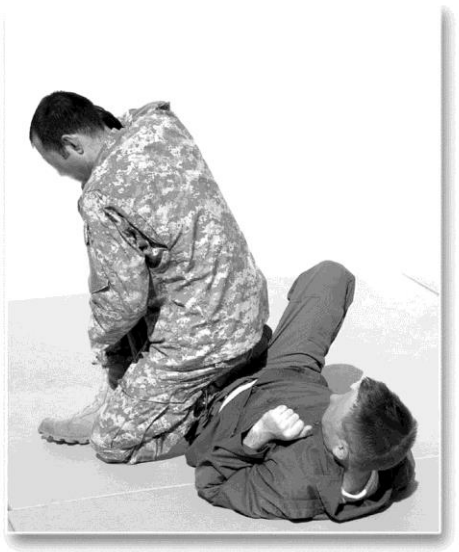
Note. As with any submission technique, apply the straight knee bar using slow, steady pressure, and release as soon as the partner taps.



1) With their opponent on their back, the fighter controls one of their legs, as the fighter begins to transition their knee across the thigh, the fighter rotates their overhook grip to an underhook on the leg they are attacking .



2) The fighter slides their knee across their opponent's thigh to the ground. The fighter keeps their same-side foot hooked into their opponent's hip.



INTERMEDIATE BODY POSITIONING MOVES—LEG ATTACKS

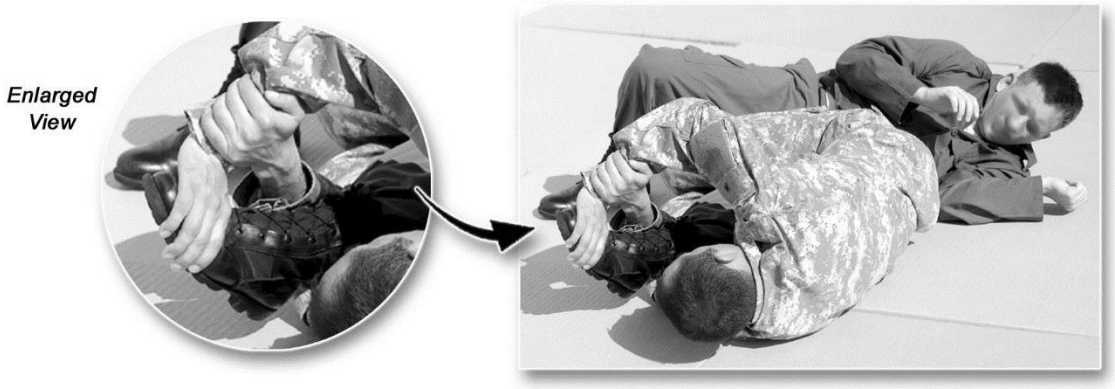
STRAIGHT KNEE BAR (continued)



3) The fighter transitions their body to isolate their opponent's leg. The fighter keeps their hips as close to the opponent's as possible, locks their leg behind their opponent’s buttocks, and pinches their knees together.



4) The fighter breaks their opponent's knee with hip pressure, just as in a straight arm bar. The fighter may also place the opponent’s leg into their armpit to increase the pressure.



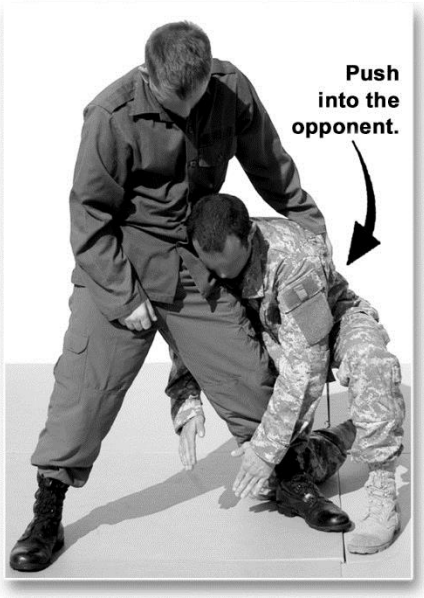
CLINCHFIGHTING–TAKEDOWNS

DROP TO SINGLE LEG

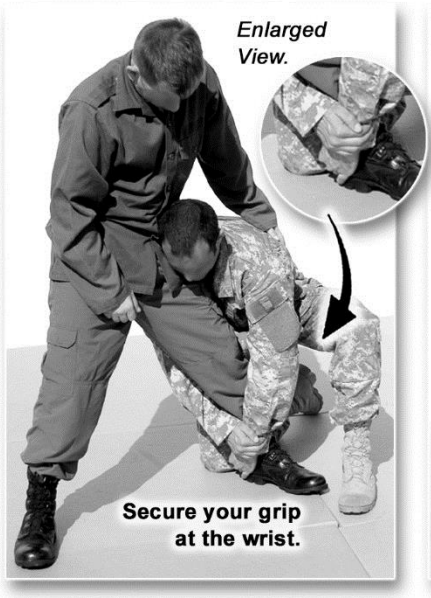
As a fighter achieves the clinch, one of the options could be to take the opponent to the ground. This technique is used to set up various takedowns.



1) The fighter achieves a modified seat belt clinch.



2) When their opponent steps back with far leg, the fighter drops to one knee with their back-side leg. The fighter keeps their head up and pushes into their opponent.



3) The fighter captures their opponent's heel with their front hand. The fighter wrap their back hand around their opponent's leg and secures their own hand at the wrist.

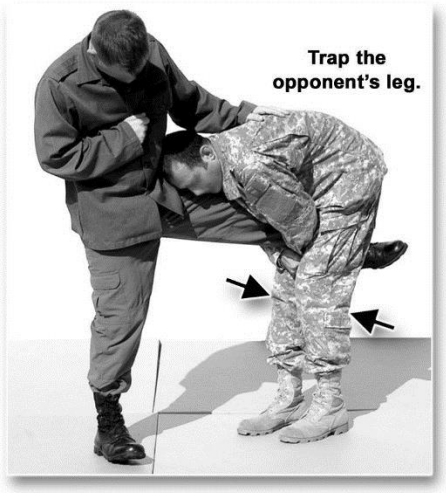


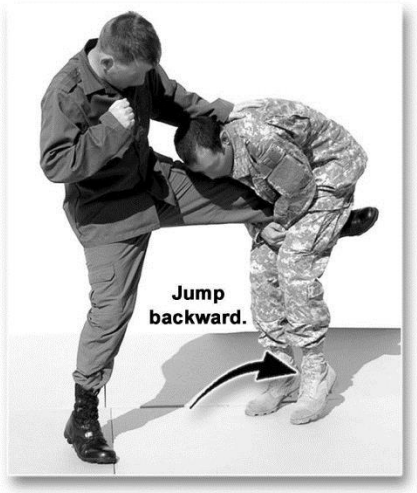
4) The fighter drives into their opponent. The fighter raises their opponent's leg, and pulls it between their own legs.

CLINCHFIGHTING–TAKEDOWNS

DOUBLE LEG

This technique is used in conjunction with the drop to the single leg. It is executed when the opponent's leg gets trapped between the fighter's legs.







1) The fighter attacks one of their opponent's legs. With the opponent's leg between the fighter's legs, the fighter pinches their knees together to trap their opponent's leg.

2) The fighter jumps forward, capturing their opponent's far-side leg with both hands and pulling them to the ground.





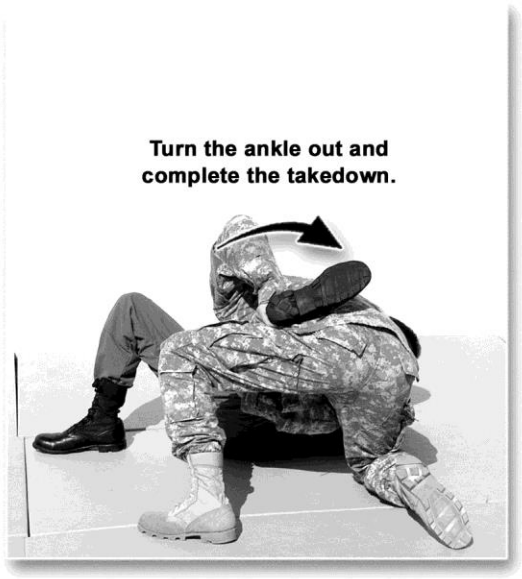
CLINCHFIGHTING–TAKEDOWNS

DUMP

This technique is used in conjunction with the drop to the single leg. It is executed when the opponent's leg is brought up in front of the fighter's body.







1) The fighter attacks one of their opponent's legs. The fighter places their shoulder tight against their opponent's thigh and their head on their opponent's hip. The fighter secures their opponent's heel with their front hand, and cups their opponent's leg with their back hand.

2) The fighter takes a short step in front of their opponent, and pulls their opponent's leg with their arm. Then, the fighter pushes their opponent's leg with their head while turning their opponent's ankle out. The fighter steps back, and drops to one knee for the takedown.

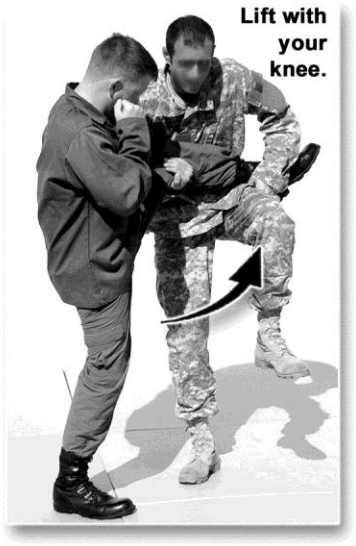
CLINCHFIGHTING–TAKEDOWNS

TREE TOP

This technique is used in conjunction with the drop to the single leg. It is executed when the opponent's leg is brought up in front of the fighter's body.



1) The fighter attacks one of their opponent's legs. The fighter places their head on their opponent's hip. The fighter secures their opponent's heel with their front hand, and cups the opponent's leg with their back hand.



2) The fighter lifts their opponent's leg with their knee. The fighter moves their rear hand to secure their opponent's leg using a thumb grip.



3) The fighter pulls their opponent's leg away from their opponent's body.

CLINCHFIGHTING–TAKEDOWNS

TREE TOP (continued)



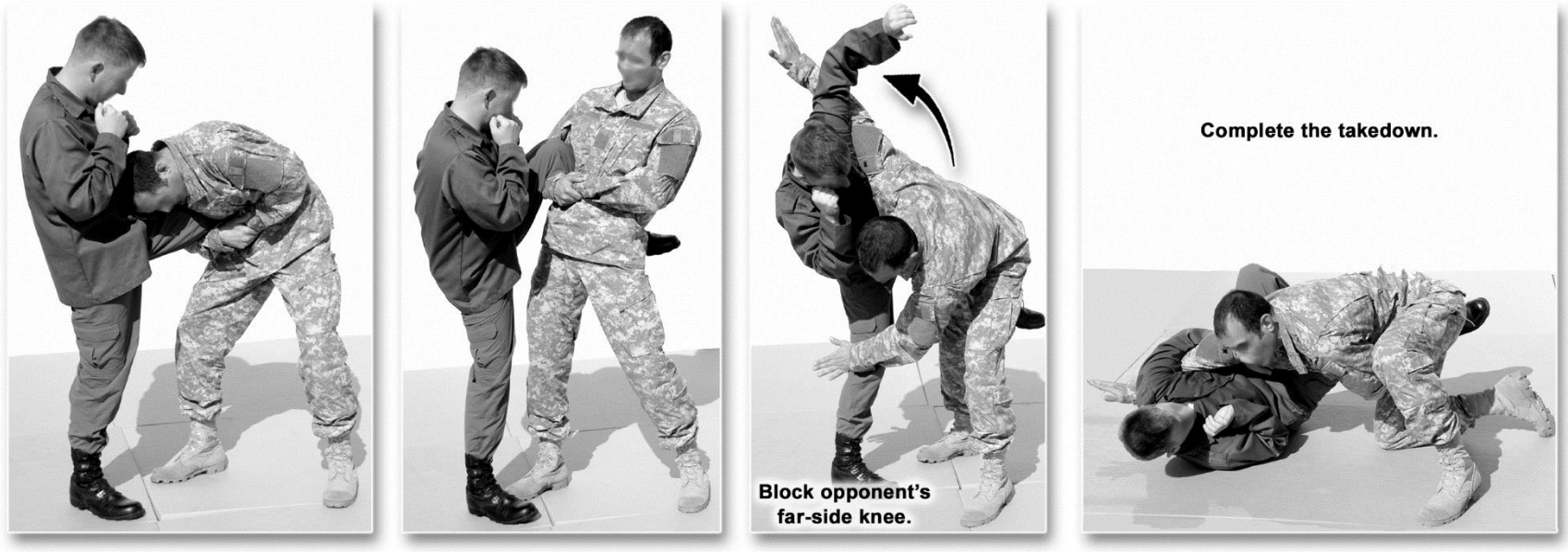


4) As their opponent hops, the fighter lifts their opponent's leg skyward for the takedown.

CLINCHFIGHTING–TAKEDOWNS

BLOCK THE FAR KNEE

This technique is used in conjunction with the drop to the single leg. It is executed when the opponent's leg is brought up to the rear of the fighter.



1) The fighter attacks one of their opponent's legs. The fighter reaches their rear hand around and underneath their opponent's leg. The fighter secures a wrestler's grip with their front hand, rear hand on top.

2) The fighter brings their hips in, and blocks their opponent's far-side knee with their front hand. At the same time, the fighter drives their rear arm under their opponent's armpit for the takedown.

CLINCHFIGHTING–TAKEDOWNS

HOOK THE FOOT

This technique is used in conjunction with the drop to the single leg. It is executed when the opponent's leg is brought up to the rear of the fighter.



1) The fighter reaches their rear hand underneath their opponent's leg. The fighter secures a wrestler's grip with their front hand, rear hand on top.



2) The fighter bring their hips in. The fighter steps in with their front foot to get closer to their opponent's back leg.

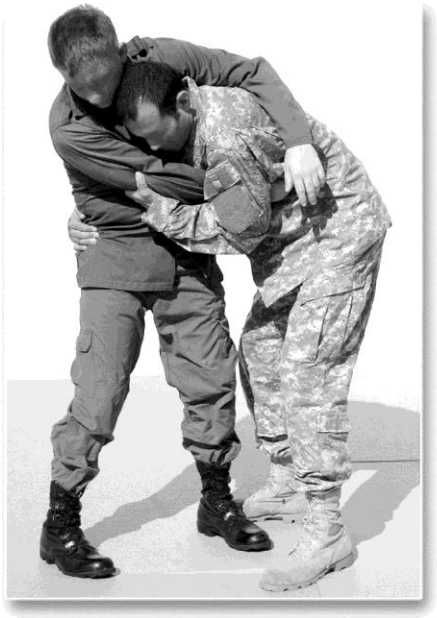


3) The fighter hooks behind their opponent's leg for the takedown.

CLINCHFIGHTING–TAKEDOWNS

HIP THROW

Often, an opponent may attempt to avoid the modified seatbelt clinch by stepping away from the fighter. When this occurs, the fighter may perform the hip throw.



1) The opponent steps back with their near leg, creating a space to step through. The fighter keeps a secure hold on their opponent's arm, and relaxes under their hooked arm.

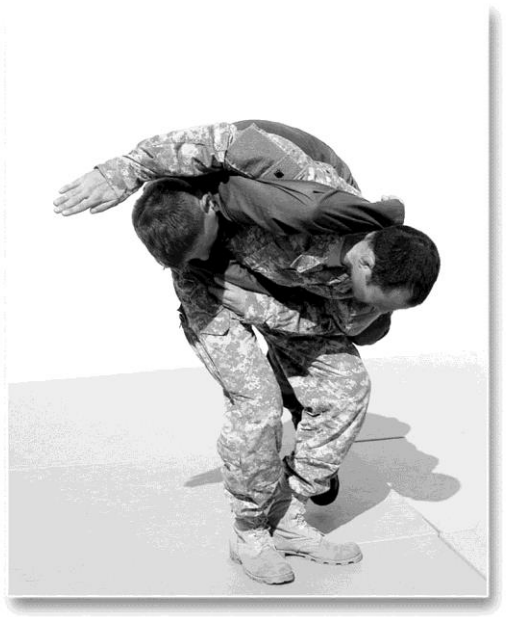




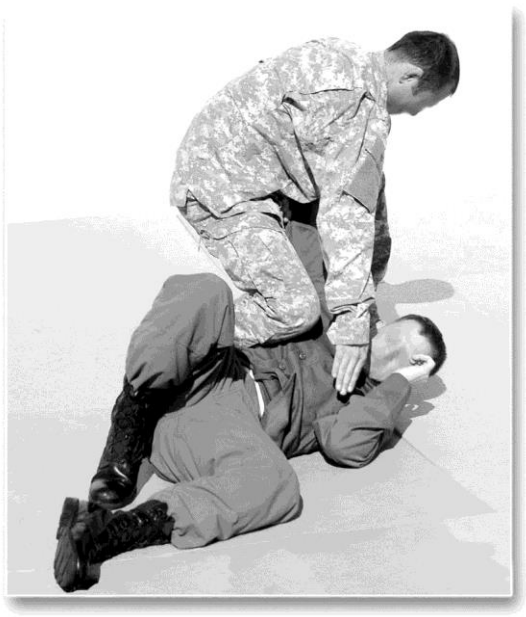
2) The fighter steps through the opening with their back foot. The fighter slides their hip through the opening. The fighter moves their hooked arm up. The fighter forms a V with their heels.

CLINCHFIGHTING–TAKEDOWNS

HIP THROW (continued)





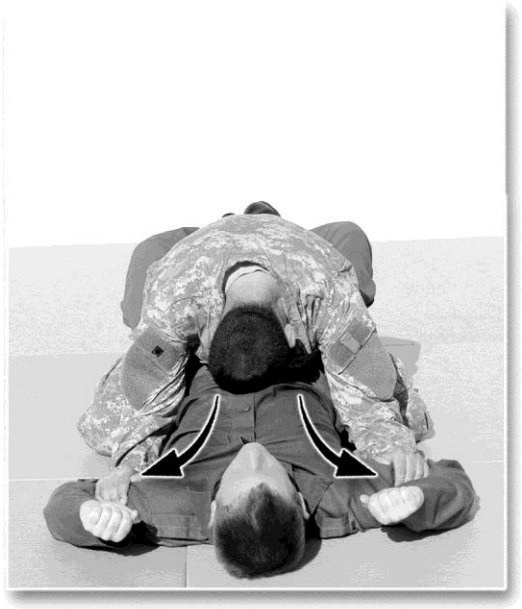


3) The fighter lifts their hips, extends their legs, and rotates their body to throw their opponent.

GRAPPLING WITH STRIKES–PASS THE GUARD

PASS THE GUARD WITH STRIKES

When a fighter is in an opponent's guard, they may find that it is difficult to pass because of the opponent's ability to defend. Strikes are a good way to "soften" the opponent up, or distract them long enough to allow the fighter to pass.



1) While keeping their head close to the opponent's chest, the fighter drives both hands up the center of the opponent's body and then out to control their arms at the biceps.



2) The fighter gives the opponent a couple of headbutts.

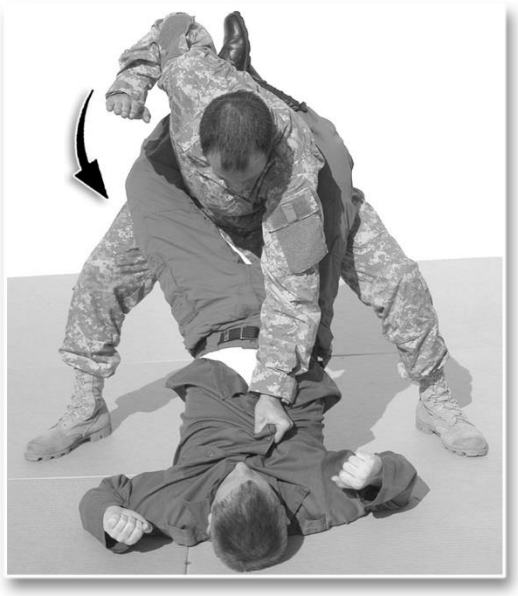
CAUTION
Do not give headbutts with the center of the forehead. This could result in a fighter injuring their own nose.



3) The fighter stands up one leg at a time, and change their grip to one hand on the jacket. The fighter pushes their hips slightly forward still maintaining control of the bicep.

GRAPPLING WITH STRIKES–PASS THE GUARD

PASS THE GUARD WITH STRIKES (continued)



4) With their free hand, the fighter strikes the opponent a couple of times in the head.

Note. At this point, the opponent may release the grip with their legs. If they do not, refer to the alternate course of action (indicated by ALTERNATE).



5) The fighter presses inward with their knees. This will cause the opponent's legs to stick out so that the fighter can reach behind one of them.

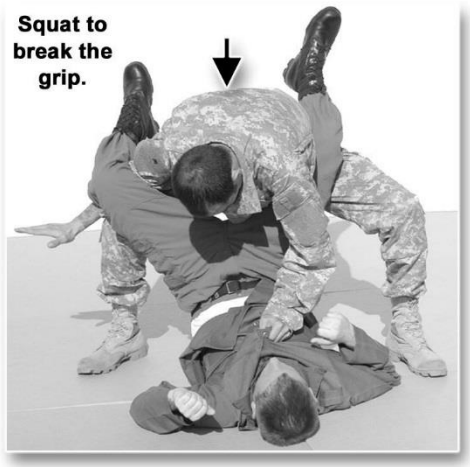


5) ALTERNATE. While the opponent is distracted by the fighter's strikes, the fighter steps back with one leg, and pushes their hand through the opening.

GRAPPLING WITH STRIKES–PASS THE GUARD

PASS THE GUARD WITH STRIKES (continued)

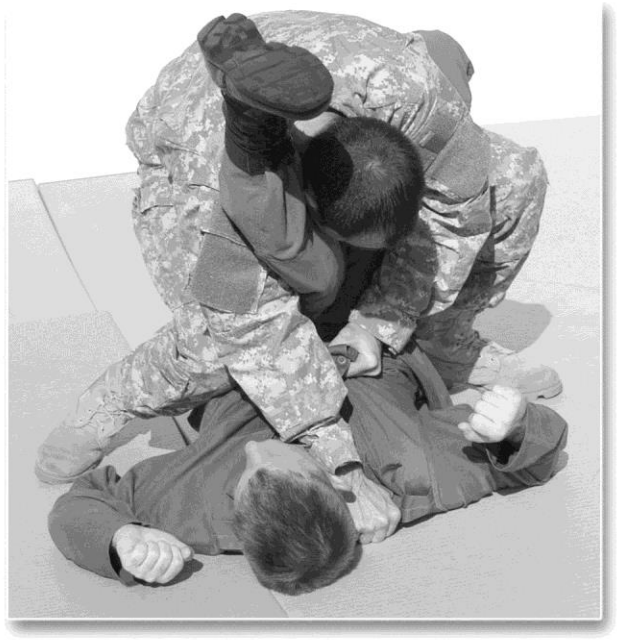




6) ALTERNATE. The fighter places their hand on their own knee, and squats to break the grip of the opponent's legs. The fighter gains control of the opponent's leg, and passes normally.

GRAPPLING WITH STRIKES–PASS THE GUARD

PASS THE GUARD WITH STRIKES (continued)





7) The fighter secures the opponent's opposite collar and rotates the same-side knee down and the rear knee up.

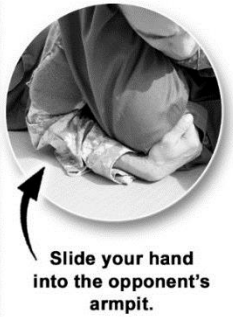
8) The fighter passes normally.

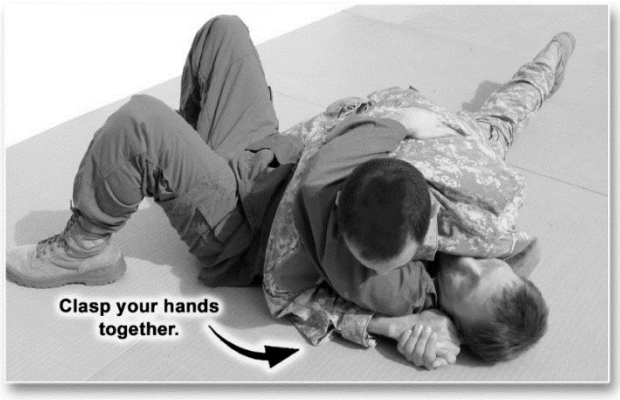
GRAPPLING WITH STRIKES–PASS THE GUARD

STRIKING FROM SIDE CONTROL

Striking from side control enables the fighter to improve their position or create an opening for a better attack.



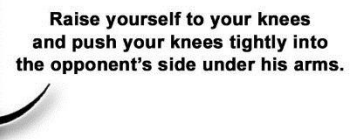


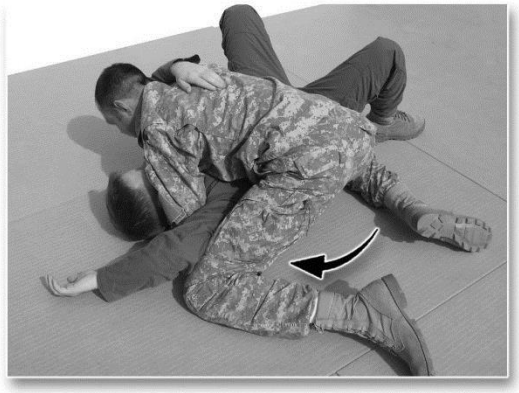


1) While keeping their head low so that the opponent will not be able to knee them in the head, the fighter moves the hand that is closest to their opponent's legs into their armpit.

2) The fighter moves their other arm around their opponent's head, and clasps their hands together. The fighter leans their shoulder into their opponent's chin to keep it pointed away from them. This makes it more difficult for their opponent to turn their body toward the fighter to regain the guard.







3) The fighter traces their opponent's body with their knee to raise their opponent's arm until the arm is pinched between the opponent's head and the fighter's knee. This clears the way for knee strikes.

GRAPPLING WITH STRIKES–PASS THE GUARD

STRIKING FROM SIDE CONTROL (continued)





4) The fighter points the toes of their other foot skyward, and drives their knee into their opponent's ribs.

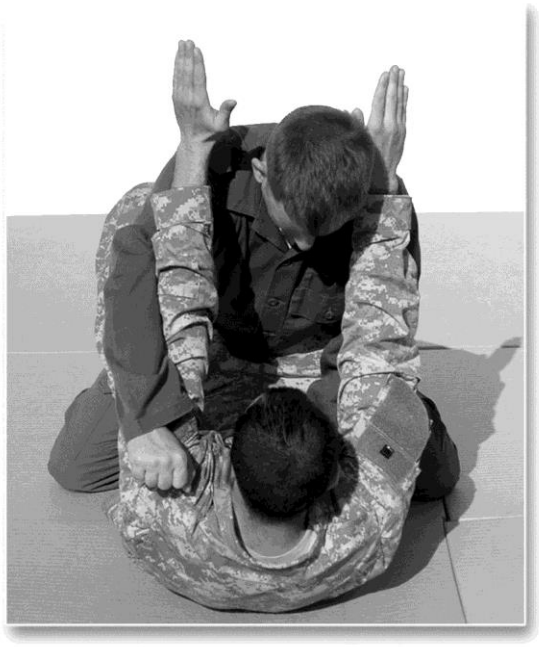
GRAPPLING WITH STRIKES–PASS THE GUARD

DEFENDING AGAINST STRIKES IN THE GUARD, CLOSE

As with standup fighting, the best method to avoid punches is to stay very close to the opponent. Controlling the range is the key.

Note. Conduct this technique when an opponent attempts to punch from within the guard.





1) As the opponent attempts to strike the fighter, the fighter pulls them forward with their closed guard while the fighter moves their hands through the middle securing around the back of their opponent's head.



2) The fighter pulls their opponent down.

Note. Use one hand to pull, and the other to push the opponent's head to avoid headbutts. The fighter tucks their head in and avoid punches with their elbow.

GRAPPLING WITH STRIKES–PASS THE GUARD

DEFENDING AGAINST STRIKES IN THE GUARD, CLOSE (continued)



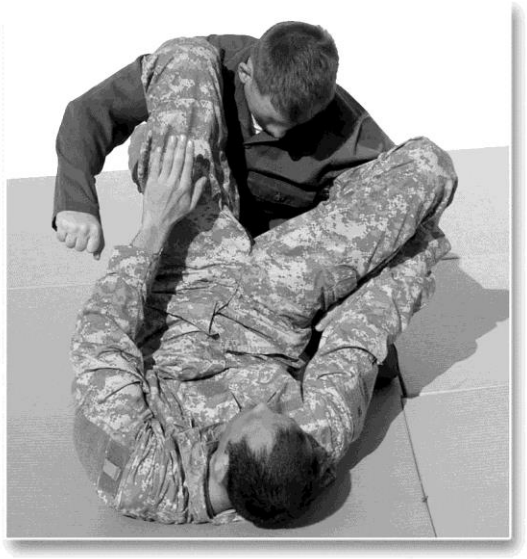
3) When their opponent begins to attack the fighter's ribs, the fighter uses their elbows to frame their opponent's arms, and moves their knees under their opponent. The fighter hooks their hands over their opponent's upper arms pulling them towards the fighter's knees. The fighter points their knees outward to prevent their opponent from bringing their arms back for a strike.

***Note*.** A fighter uses their knees to protect against strikes to their ribs and their arms to protect against strikes to their head.

GRAPPLING WITH STRIKES–PASS THE GUARD

DEFENDING AGAINST STRIKES IN THE GUARD, MIDDLE

As with standup fighting, the best method to avoid punches is to stay very close to the opponent. Controlling the range is the key.







1) The fighter slides their hands over their opponent's upper arms. The fighter works their feet up to their opponent’s hips; and positions their knees in front of their opponent’s shoulders.

Note. A fighter uses their knees to defend punches.

2) The fighter hook their hands over their opponent's upper arms to keep their opponent from bringing their arms back for a strike.

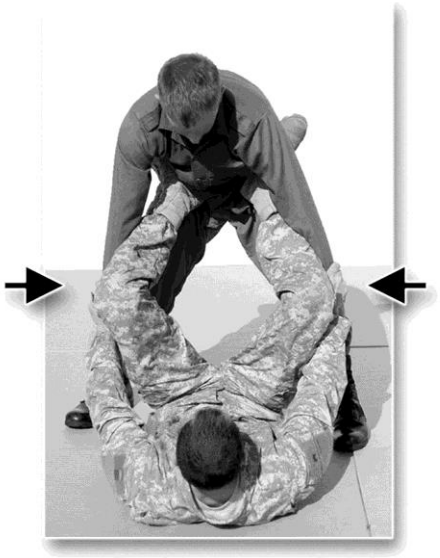
Note. If their opponent moves their arms to free them, the fighter must respond to maintain control. If they get an arm loose and are able to prepare for a big strike, the fighter lifts their hips, and pushes their same-side knee up to increase the distance. The fighter reaches their arm across to cover their face. When their opponent tries to land the land the punch, the fighter guides their arm over their knee and resumes the controlling position with their hands.

GRAPPLING WITH STRIKES–PASS THE GUARD

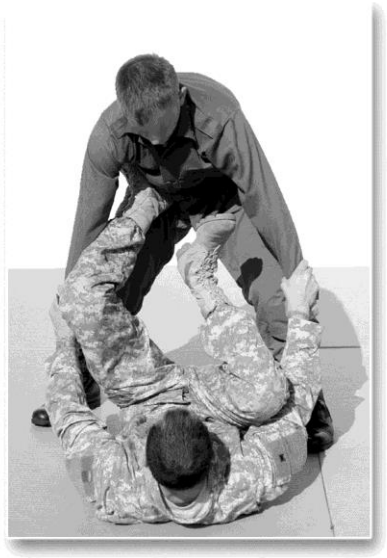
DEFENDING AGAINST STRIKES IN THE GUARD, FAR

As with standup fighting, the best method to avoid punches is to stay very close to the opponent. Controlling the range is the key.

***Note*.** Conduct this technique when an opponent tries to pull away to stand up.



1) The fighter transitions their grip on their opponent's wrist and places their feet on to their opponent’s hips to control their posture.

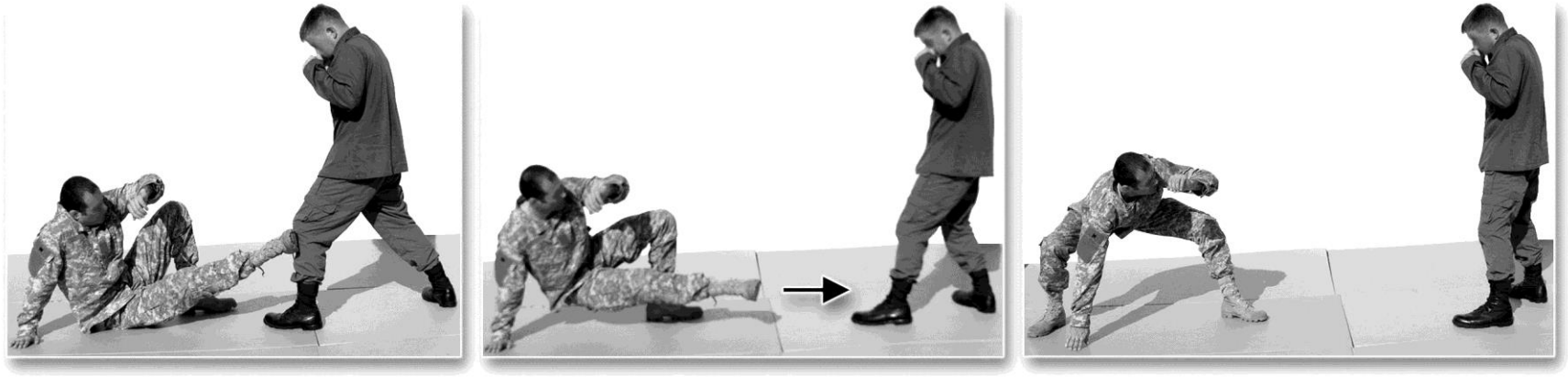




2) The fighter kicks their opponent's chin driving them off balance and prepares to stand in base.

GRAPPLING WITH STRIKES–PASS THE GUARD

DEFENDING AGAINST STRIKES IN THE GUARD, FAR (continued)



3) The fighter sits up with their opponent. The fighter assumes a stand in base posture, and kicks with their bottom leg to create space.

4) The fighter stands in base and is ready to counterattack.

REGAINING THE INITIATIVE–DEFENSE AGAINST CHOKES

DEFENDING AGAINST THE STANDING GUILLOTINE

While standing, the fighter may find themselves in a front head lock position. If they fail to defend this, the opponent may finish the fight here. This technique will allow the fighter to escape any submissions as well as gain dominant body position.





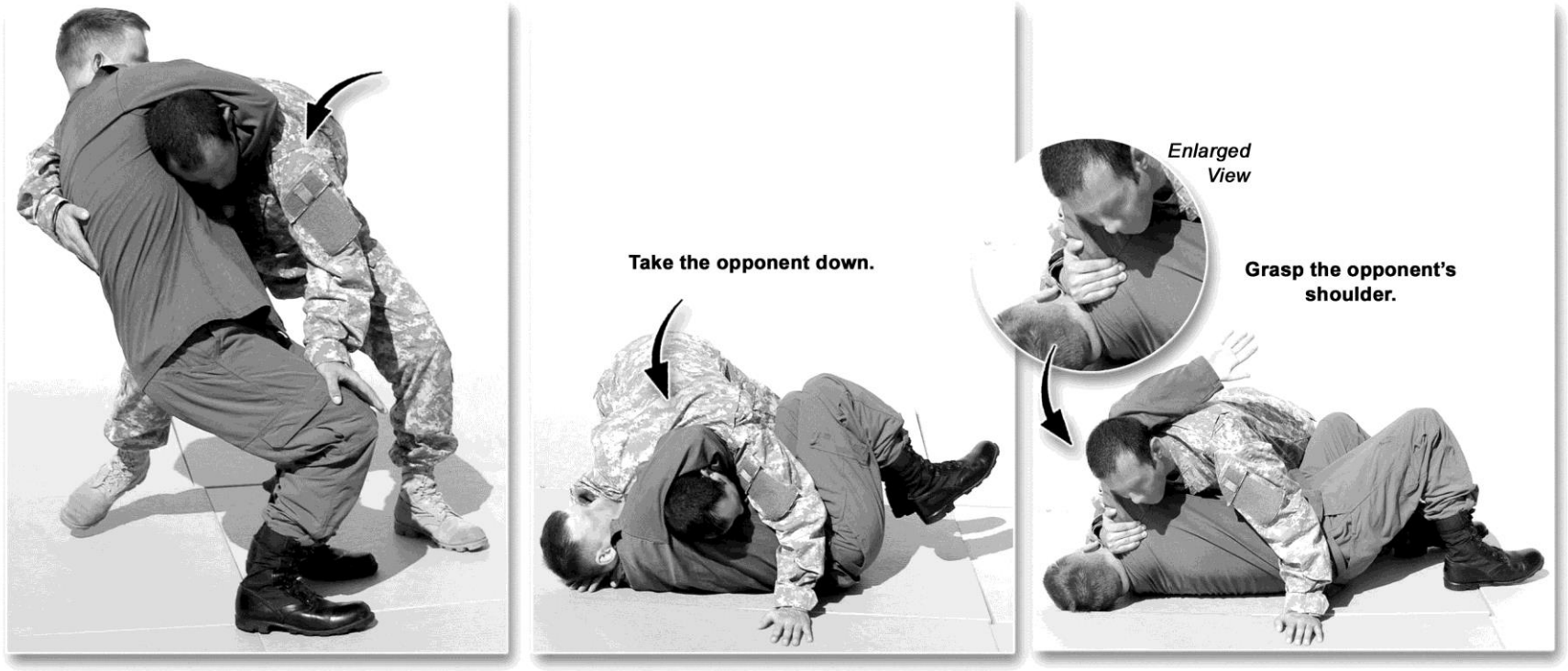


1) The fighter reaches over their opponent's opposite shoulder with their arm. The fighter places their opposite hand on their opponent's knee. The fighter relaxes, and hangs as dead weight. If the opponent is taller than the fighter, the fighter places their knees on their opponent's thigh to support them.

2) As their opponent tries to pick the fighter up to choke them, the fighter moves to the opposite side of the choke. The fighter breaks their opponent's base by bumping the back of their opponent's knee with their own knee.

REGAINING THE INITIATIVE–DEFENSE AGAINST CHOKES

DEFENDING AGAINST THE STANDING GUILLOTINE (continued)



3) The fighter takes their opponent to the ground. The fighter ensure that they are in side control as they set their opponent down.

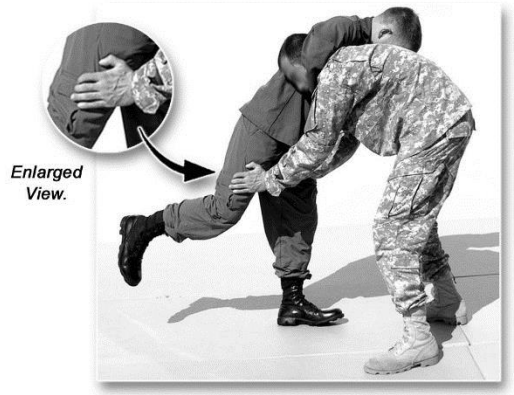
4) With the hand that is closest to their opponent's head, the fighter grasps their opponent's far-side shoulder. The fighter drives the bony part of their forearm under their opponent's chin until the fighter can pull their head free.

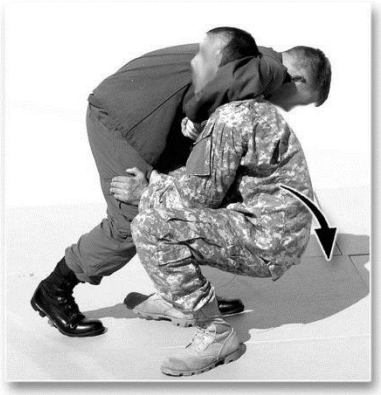
REGAINING THE INITIATIVE–DEFENSE AGAINST THE STANDING HEADLOCK

DEFENSE AGAINST THE STANDING HEADLOCK KNEE STRIKES

When the opponent has secured the guillotine choke, they may attempt to direct knee strikes to the head.







1) With both of their arms locked at the elbows and the heels of their hands together, the fighter blocks their opponent's knee strikes just above the knee. The fighter keeps their outside leg forward and the other leg back.

2) The fighter swings their back leg forward, between their opponent's legs, and sits on their other heel.

WARNING
The fighter keeps their thumbs alongside their hands so that they are not broken by the opponent's knee strikes.

TRAINING INSTRUCTIONS

CAUTION
This technique can be very dangerous to practice. The Soldier assuming the role of the opponent should always keep their outside hand free, allowing them to roll out. Soldiers should be proficient in rolling break-falls; great care must be taken to ensure they know how to properly roll out while practicing these moves.

REGAINING THE INITIATIVE–DEFENSE AGAINST THE STANDING HEADLOCK

DEFENSE AGAINST THE STANDING HEADLOCK KNEE STRIKES (continued)



3) This dropping action sends their opponent over the fighter's head, driving their head into the ground. The fighter works to get to a dominant position.

TRAINING INSTRUCTIONS

CAUTION

This technique can be very dangerous to practice. The Soldier assuming the role of the opponent should always keep their outside hand free, allowing them to roll out. Soldiers should be proficient in rolling break-falls; great care must be taken to ensure they know how to properly roll out while practicing these moves.

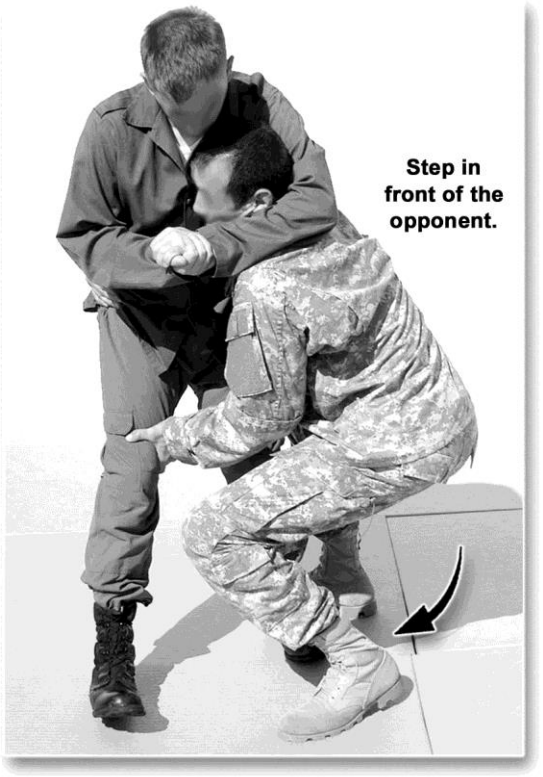
REGAINING THE INITIATIVE–DEFENSE AGAINST THE STANDING HEADLOCK

DEFENSE AGAINST THE STANDING HEADLOCK, STEP IN FRONT

When an opponent has control of a fighter's head, they will normally try to hold on with both hands. The fighter should attempt to move around the front to perform defense against the standing headlock, step in front.







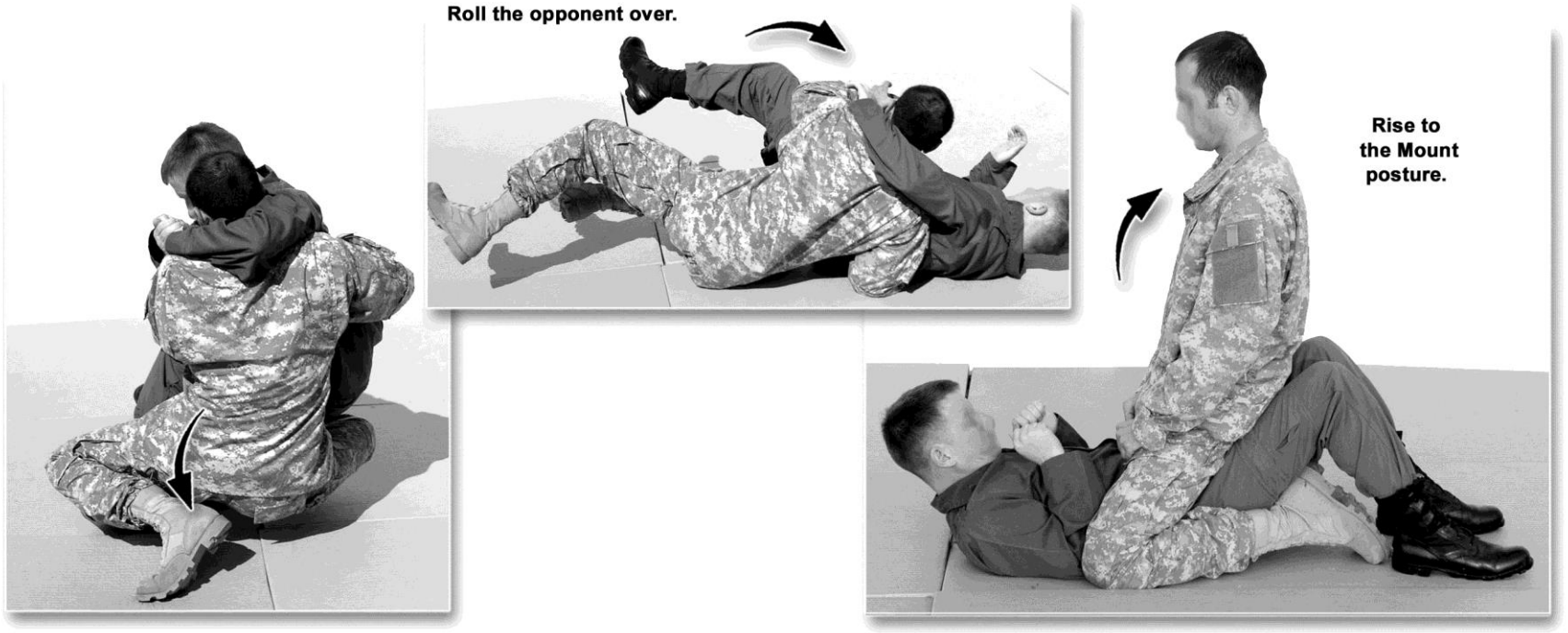
1) To block a potential knee strike, the fighter places the heel of one hand just above the opposite side knee. The fighter reaches their other hand around their opponent's back, and secures a grip on their far-side hipbone.

2) The fighter steps slightly in front of their opponent.

Note. The fighter keeps their legs back so that their opponent cannot get their hips under them.

REGAINING THE INITIATIVE–DEFENSE AGAINST THE STANDING HEADLOCK

DEFENSE AGAINST THE STANDING HEADLOCK, STEP IN FRONT (continued)



3) With their outside foot, the fighter steps between their opponent's legs, and sits down on their heel. The fighter spins simultaneously. As the fighter drops between their opponent's legs, the fighter pulls them with the hand that was on their hip.

4) The fighter's opponent will fall over them.

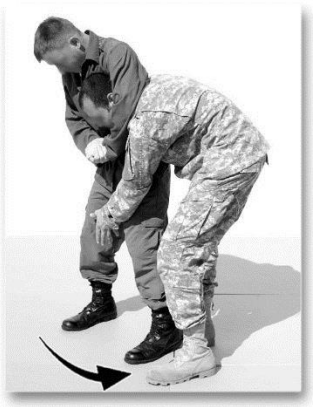
Note. The fighter tucks their elbow to avoid landing on it.

5) The fighter rolls, and achieves good posture in the mount.

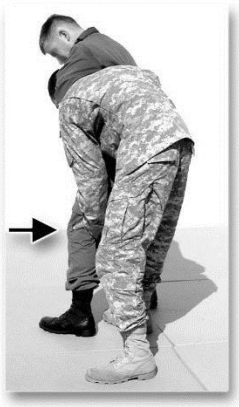
REGAINING THE INITIATIVE–DEFENSE AGAINST THE STANDING HEADLOCK

DEFENSE AGAINST THE STANDING HEADLOCK, STEP BEHIND

When an opponent has control of a fighter's head, they will normally try to hold on with both hands. The fighter should attempt to move around the front, but if they is unable, they should perform defense against the standing headlock, step behind.



Step behind the opponent.



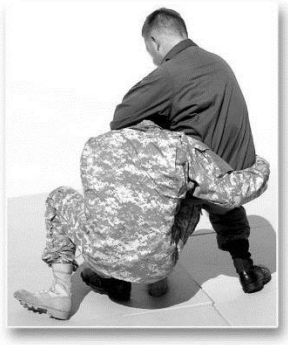
Grasp behind the opponent's leg.



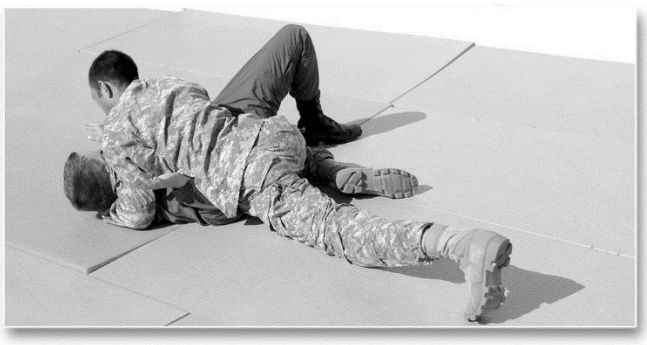
1) As the fighter tries to step around, their opponent turns away.

2) The fighter grasps behind their opponent's leg on the side their head is on, and steps beside their opponent's foot with their same-side foot.

3) The fighter move their other foot between their opponent's legs.







4) The fighter sits on the heel of their outside leg, throwing their opponent backward.

5) The fighter rolls, and achieves good posture in side control.

INTERMEDIATE DETAINEE PROCEDURES

SINGLE-MAN CUFFING TECHNIQUES

The primary purpose of securing a person with flex cuffs is to keep a Soldier and their teammates safe. Using these techniques, a Soldier will be able to control the detainee at all times applying them as a single person.



1) The Soldier ensures there is security on the detainee and approach at a 45-degree angle from the front or rear.

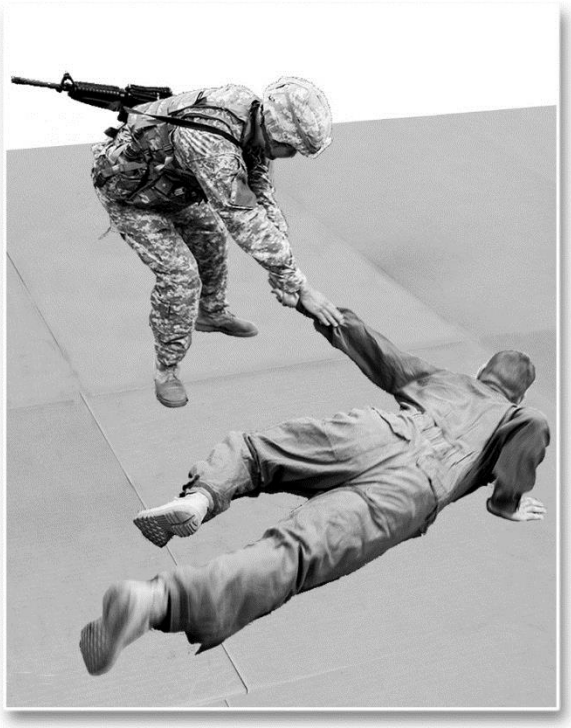
Note. Statistics state that 90 percent of personnel will be right handed.

2) With security in place, and the detainee's arms raised, the Soldier secures the person with both hands. One on their forearm with a thumb grip with the thumb down, and the other hand in a thumb grip at the elbow with thumb up.

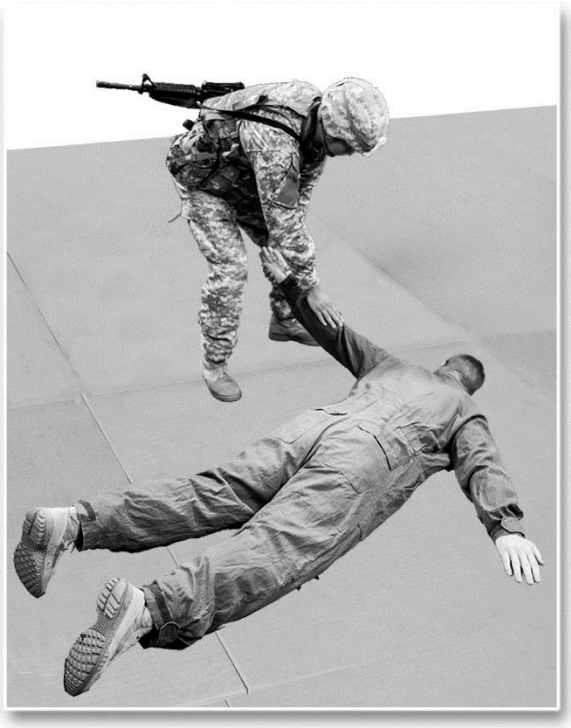
3) The Soldier slides the forearm hand down to the palm and squeezes the pinky and thumb of the detainee together while simultaneously rotating the hand near their elbow around and adding pressure to the elbow joint. The Soldier keeps the arm tight against their hip.

INTERMEDIATE DETAINEE PROCEDURES

SINGLE-MAN CUFFING TECHNIQUES (continued).



4) The Soldier pivots their foot that is farthest from the detainee and puts downward pressure on their elbow, forcing the detainee to the ground.



5) While holding on the to the arm still, the Soldier takes a step back pulling the detainee to clear the far side arm from their body so the Soldier can visually clear it. The Soldier checks for weapons.



6) The Soldier stands perpendicular to the detainee so that their arm is centered on the Soldier. The Soldier exchanges their hand grip by sliding the hand controlling the elbow down to detainee's palm. The Soldier switches their hands by sliding their free hand between the back of the detainee's hand and their palm, using the three palms up method.

INTERMEDIATE DETAINEE PROCEDURES

SINGLE-MAN CUFFING TECHNIQUES (continued).



1) The Soldier simultaneously slide their head side arm down keeping pressure guiding their arm to the near side hip while going to the “catchers stance” (Shins on the back of their head and back with the arm in-between the Soldier’s knees while staying on their toes) while still pinching their palm together.

2) At this point the arm is trapped between the knees, the Soldier can release and secure the far side arm and bring it to their lower back. The Soldier applies the flex cuff to the far side wrist first and switch hand grips to maintain control. With the hip side arm the Soldier secures the arm trapped between the knees and feed it though the other side of the flex cuff.

3) After the detainee is flex cuffed the Soldier conducts a thorough search.

INTERMEDIATE DETAINEE PROCEDURES

SINGLE-MAN CUFFING TECHNIQUES (WALL VARIANT)

When a Soldier near a wall or structure to place the compliant detainee against, there is no need to place them on the ground.







1) The Soldier ensures there is security on the detainee and approach at a 45-degree angle from the front or rear.

Note. Statistics state that 90 percent of personal will be right handed.

2) With security in place, and the detainee's arms raised, the Soldier secures the person with both hands. One on their forearm with a thumb grip with the thumb down, and the other hand in a thumb grip at the elbow with thumb up.

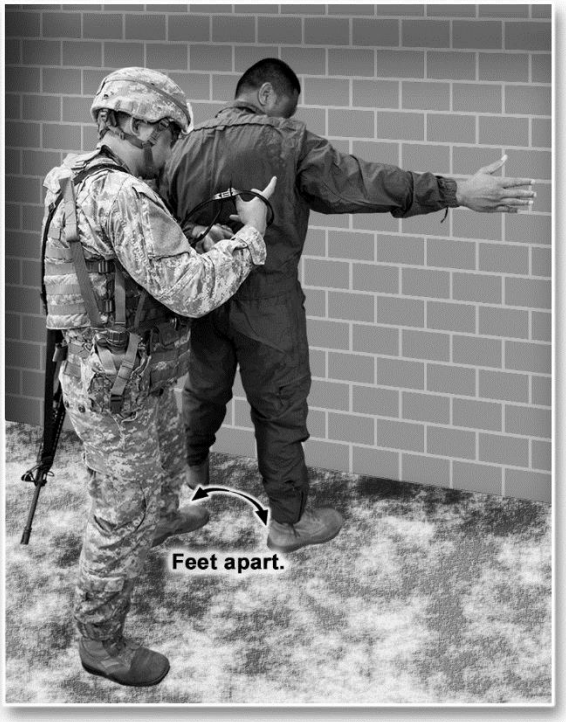
3) The Soldier slides the forearm hand down to the palm and squeezes the pinky and thumb of the detainee together while simultaneously rotating the hand near their elbow around and adding pressure to the elbow joint. The Soldier keeps the arm tight against their hip.

INTERMEDIATE DETAINEE PROCEDURES

SINGLE-MAN CUFFING TECHNIQUES (WALL VARIANT) (continued).







4) The Soldier pivots their foot that is farthest from the detainee and puts downward pressure on their elbow, turning them towards the wall chest first. The Soldier pulls the detainee away from their far side arm so that the Soldier can visually clear it.

5) With the detainee's chest against the wall the Soldier brings the secured arm to their lower back while still squeezing their pinky finger and thumb together. The Soldier steps in-between the detainee's legs with one of their own and applies hip pressure.

6) The Soldier secures the far side arm at the elbow and kicks the detainee's feet out to the side. This will keep them off balance.

INTERMEDIATE DETAINEE PROCEDURES

SINGLE-MAN CUFFING TECHNIQUES (WALL VARIANT) (continued).





7) While hipping in, the Soldier slides their hand down the far side arm and secures the detainee's hand by squeezing the thumb and pinky together and bring their far side arm to the middle of the back.

8) The Soldier uses one hand to squeeze the detainee's fingers together and apply the flex cuffs to their wrists.

9) After the detainee is flex cuffed the Soldier does a thorough search.

***Note*.** If the detainee becomes hostile at any point, the Soldier blocks any strike with the free arm and move to their back. If the Soldier is unsuccessful at securing the arm, the Soldier can go to any clinch position and attempt a takedown.

INTERMEDIATE DETAINEE PROCEDURES

TWO-MAN CUFFING TECHNIQUES FRONT TAKEDOWN



1) With two Soldiers, maintain approach the detainee at 45-degree angles.

INTERMEDIATE DETAINEE PROCEDURES

TWO-MAN CUFFING TECHNIQUES FRONT TAKEDOWN (continued)





2) Soldier 1 achieves control of the detainee's arm.
3) Soldier 2 approaches the detainee and performs the same actions.
4) Both Soldiers place their foot closest to the detainee across their feet.

Note. Two-man cuffing may be needed when the detainee is non-hostile, yet non-compliant.

INTERMEDIATE DETAINEE PROCEDURES

TWO-MAN CUFFING TECHNIQUES FRONT TAKEDOWN (continued)



5) Both Soldiers simultaneously extend the detainee's arm and push the detainee foreword to a kneeling position then laying belly down on the ground (Pivot for Soldier may be needed.)
6) Decide which Soldier will take the top The top Soldier will proceed with three palms up method



7) Bottom, bottom side Soldier will secure the detainee's feet (at ankle region).

INTERMEDIATE DETAINEE PROCEDURES

TWO-MAN CUFFING TECHNIQUES FRONT TAKEDOWN (continued)



8) The bottom side Soldier will figure four the detainee's legs and post their knee on the detainee's toe region.

INTERMEDIATE DETAINEE PROCEDURES

TWO-MAN CUFFING TECHNIQUES REAR TAKEDOWN



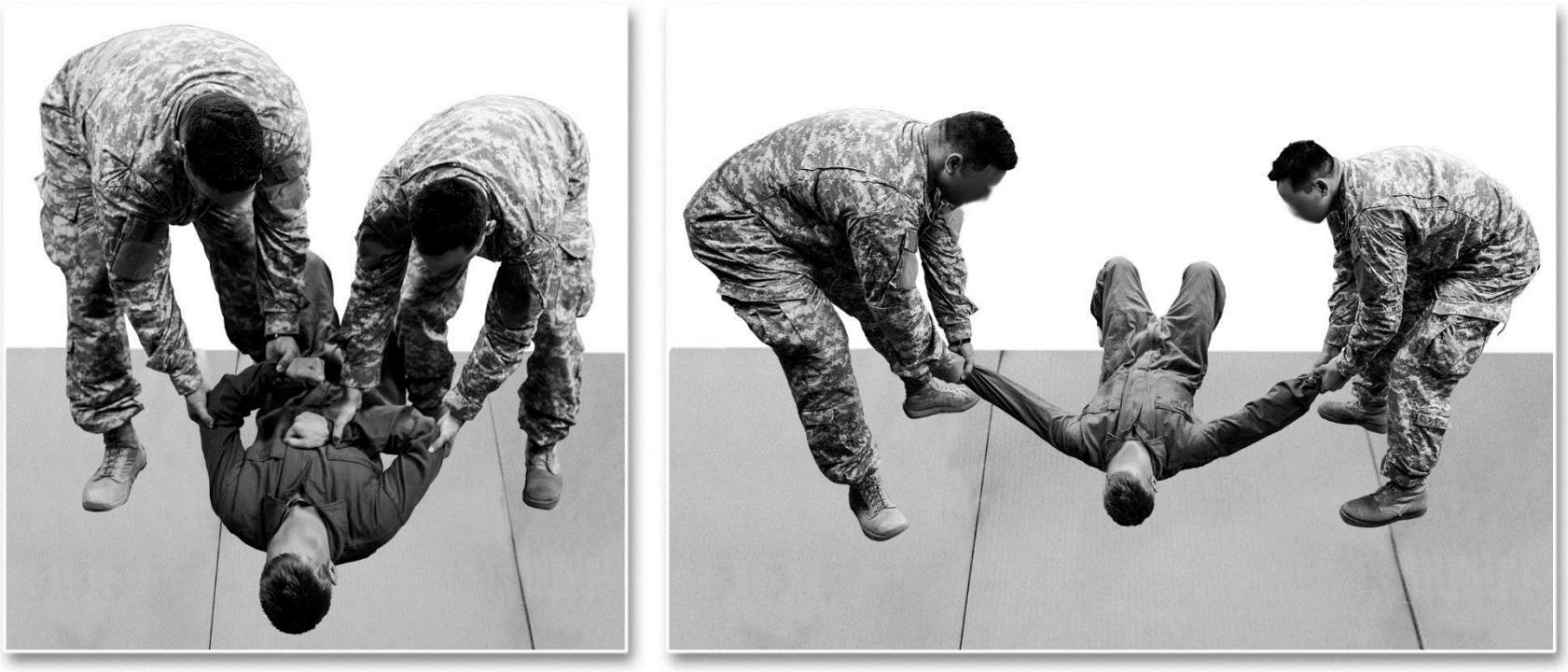
1) After securing detainee's arms, the detainee becomes resistant and attempts to forcefully pull arms inwards rather than trying to keep detainee's arms extended the Soldiers pivot forward now facing the detainee and pin both of detainee's wrist to their chest while flaring their elbows out. The Soldiers then simultaneously step behind the detainee with their inside feet.



2) The Soldiers push forward and trip out the detainee's legs.

INTERMEDIATE DETAINEE PROCEDURES

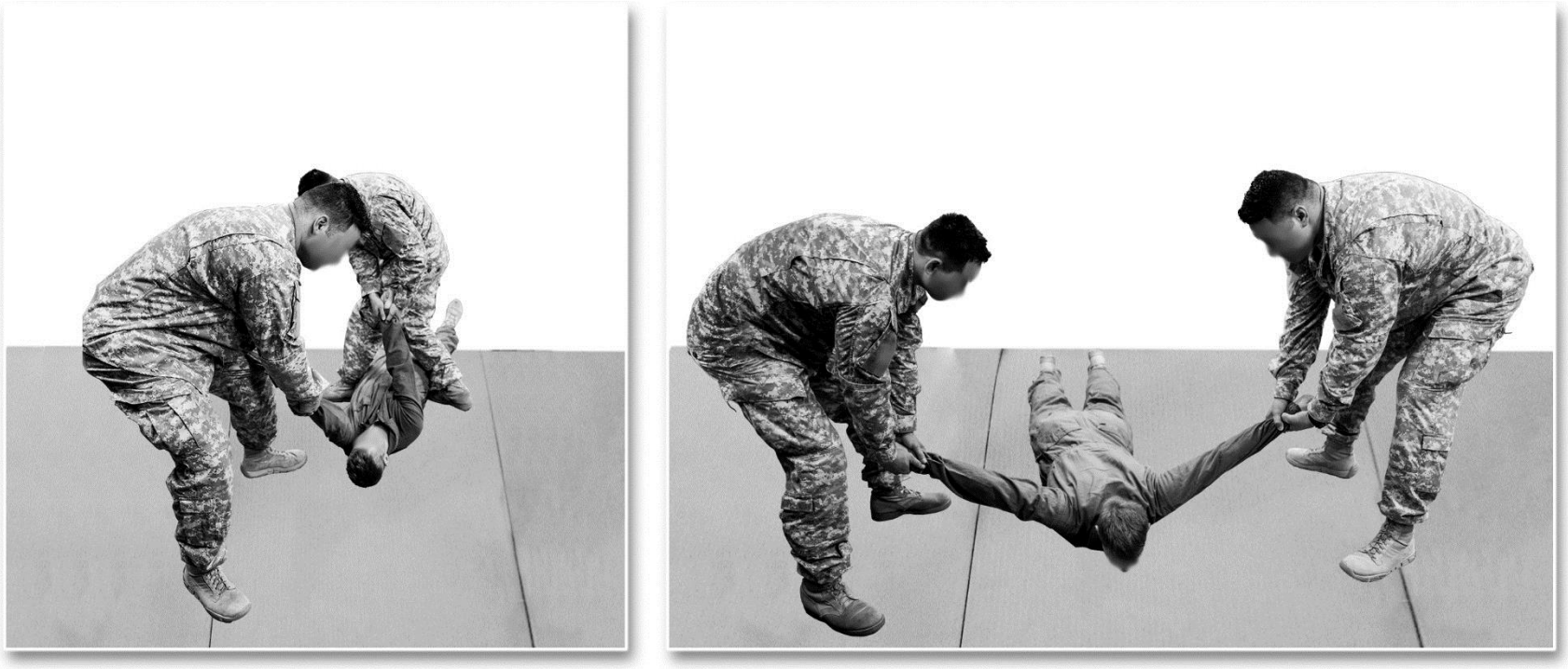
TWO-MAN CUFFING TECHNIQUES REAR TAKEDOWN (continued)



3) The Soldiers ommunicate who is top Soldier and who is bottom Soldier.

INTERMEDIATE DETAINEE PROCEDURES

TWO-MAN CUFFING TECHNIQUES REAR TAKEDOWN (continued)



4) The bottom Soldier will keep the detainee's arm and step over the detainee's body. The top Soldier will pull the detainee's arm over the detainee's head. The detainee is rolled over to their stomach while the Soldiers maintain control of his hands.
5) Proceed to two-man cuffing procedures.

INTERMEDIATE DETAINEE PROCEDURES

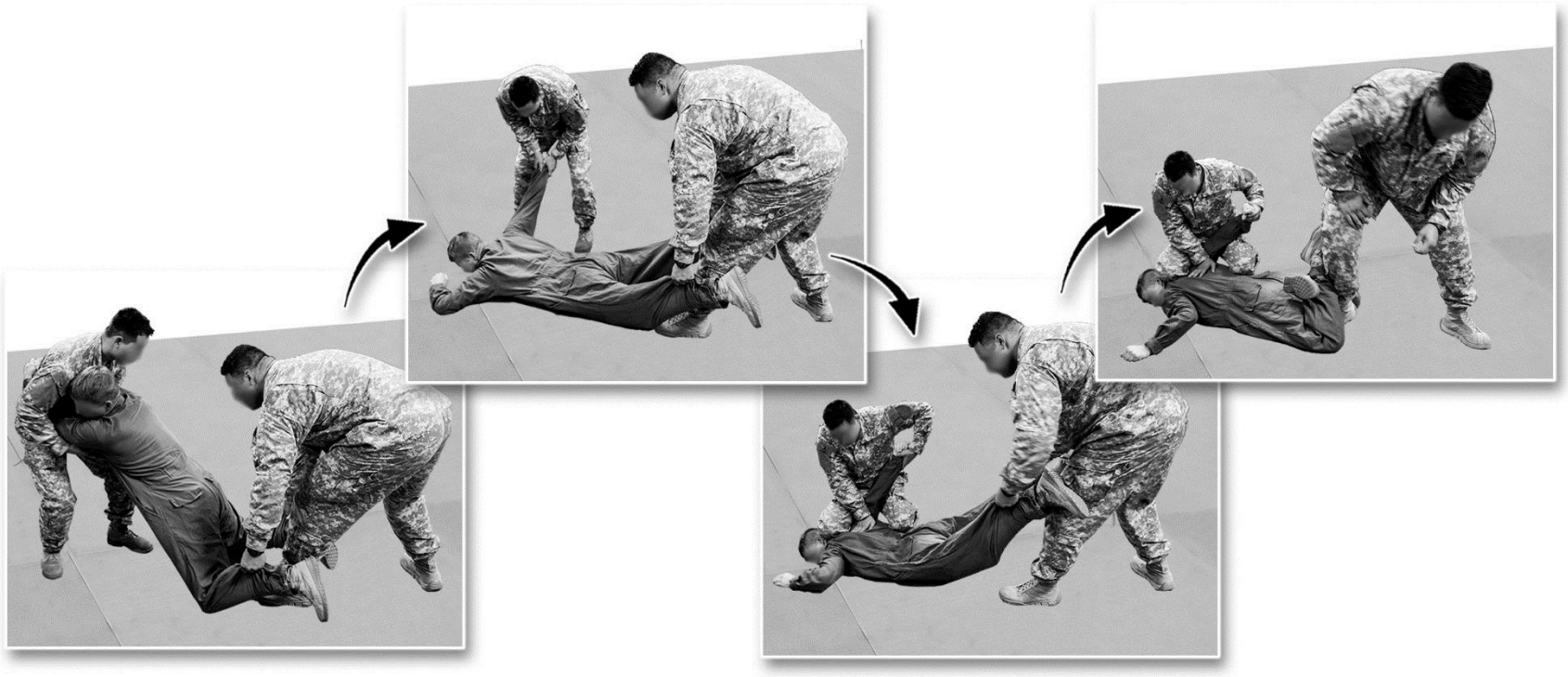
TWO-MAN CUFFING TECHNIQUES WHEELBARROW



1) Detainee clinches and achieves double underhooks with Soldier 1. Soldier 1 secures detainee with double overhooks and drives their head under detainee's chin to prevent detainee from breaking Soldier 1's posture, immediately rotating detainee's back toward nearest supporting element, supporting element (Soldier 2) moves into position to secure the detainee at the ankles.

INTERMEDIATE DETAINEE PROCEDURES

TWO-MAN CUFFING TECHNIQUES WHEELBARROW



1) Soldier 1 maintains control of detainee's upper body (option: single hand inside control).

2) Soldier 2 pulls detainee's legs out collapsing detainee to the ground and maintains control of detainee's ankle region.

3) Soldier 2 lifts the detainee's legs to wheel barrel position, Soldier 1 guide's detainee's head to the ground while then transitioning to the catcher position and proceeds to cuffing procedures

INTERMEDIATE DETAINEE PROCEDURES

TWO-MAN CUFFING TECHNIQUES WHEELBARROW (continued)





5) The Soldiers proceed to cuff the detainee.

INTERMEDIATE DETAINEE PROCEDURES

DETAINEE ESCORT

Once the detainee is secured in flex cuffs, a Soldier needs to safely get them on their feet so that they can be transported.



1) The Soldier reaches across detainee's back securing the farside arm with an underhook grip, then with other hand, the Soldier reaches behind the detainee's head and secures detainee's chin ensuring finger are clear of their mouth to avoid being bit.



2) Now the Soldier rotates the detainee up using the underhook and chinstrap, while maintaining forward pressure with the Soldier's knees against the detainee's back.



3) The Soldier uses the chinstrap arm to pull the same side foot inward forcing the detainee' leg to bend at the knee, and ensures the other leg is straight.

INTERMEDIATE DETAINEE PROCEDURES

DETAINEE ESCORT (continued)



4) The Soldier uses the same arm to secure the far side of the chin ensuring the Soldier's fingers are away from the detainee's mouth. The Soldier pulls on the detainee's head so that the Soldier's forearm is lined up on the detainee's spine.

5) Pulling on the detainee's chin and lifting with the under hooked arm, the Soldier rocks the detainee gently back and forth to build momentum. Once the Soldier has the moment, the Soldier pulls the detainee to their feet.

INTERMEDIATE DETAINEE PROCEDURES

VEHICLE EXTRACTION (DOOR)

With the proper security in place the Soldier approaches the vehicle from behind the halfway point of the wheel using extreme caution. The Soldier uses three types of communication skills, arm-and-hand signals, verbal, and if possible an interpreter. This will give the suspect clear concise instruction to follow and the safe removal of the individual.



1) Security will be posted as per the unit SOP.

2) The Soldier will approach the driver side door visually scanning the passenger side door looking for the door locks and door latches.

3) Soldier will verbally and visually instruct the driver to turn off the vehicle and place both hands on the steering wheel.

INTERMEDIATE DETAINEE PROCEDURES

VEHICLE EXTRACTION (DOOR) (continued)









4) After the Soldier assesses the passenger side door to unlock and open the driver door. The Soldier cautiously opens the door. After visually accessing the open door the Soldier slings their weapon after confirming security is in place. The Soldier then approaches in a good defensive posture keeping their hands up.

5) The Soldier grasps driver's hand closest to them which is posted on the steering wheel securing driver's grip ensuring it cannot be released.

6) The Soldier peels the driver's hand off the steering wheel and guide the hand to place the driver's triceps on the door jamb.

INTERMEDIATE DETAINEE PROCEDURES

VEHICLE EXTRACTION (DOOR) (continued)



7) Keeping the arm straight as possible and a thumbed grip guide the arm to the door jamb while applying pressure with their hip, with the opposite arm the Soldier reaches behind the driver's head grasping the driver's jaw on the far side.

8) Maintaining firm and steady pressure on the driver's arm with their hip and hand, the Soldier pulls on the driver's jaw guiding the driver out of the vehicle.

Note. The Soldier must use escalation of force when engaging the occupants of the vehicle.

INTERMEDIATE DETAINEE PROCEDURES

VEHICLE EXTRACTION (WINDOW)

In this scenario the driver may or may not have a seatbelt on. The Soldiers also notices the door does not open. The Soldier will have no choice but to extract the driver through the window.



1) Security will be posted at the center of the wheel well on the passenger side of the vehicle.
2) The Soldier will approach the driver side door visually scanning the passenger side door looking for the door locks and door latches.
3) Soldier will verbally and visually instruct the driver to turn off the vehicle and place both hands on the steering wheel.

INTERMEDIATE DETAINEE PROCEDURES

VEHICLE EXTRACTION (WINDOW)

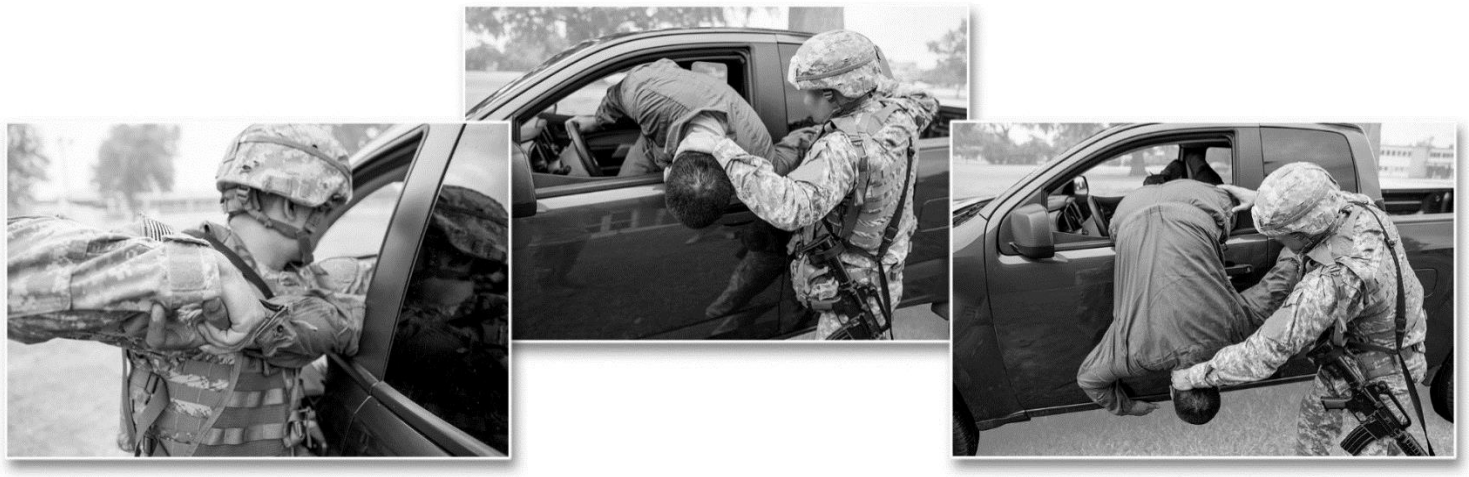


4) After the Soldier assesses the passenger side door to unlock and open the driver door. The Soldier cautiously attempts to open the door. The Soldier now notices that the door does not open.

5) The Soldier reaches for the driver's hand from the hand closes to the window opening. With the opposite hand palm the Soldier pushes the driver's jaw turning the head away from the Soldier and reaching for the seatbelt if needed to unlatch the belt.

INTERMEDIATE DETAINEE PROCEDURES

VEHICLE EXTRACTION (WINDOW) (continued)



6) The Soldier peels the driver's hand off the steering wheel and guide the hand to place the driver's triceps on the door jamb.

***Note*.** The Soldier may have to release the pressure at the jaw to pass the driver's arm safely to the door jamb.

7) Keeping the arm straight as possible and guide the arm to the window seal of the door, the Soldier applies pressure with their hip. With the opposite arm the Soldier reaches behind the driver's head grasping the driver's jaw on the far side.

8) Pushing on the driver's arm with their hip and hand, the Soldier pulls on the driver's jaw guiding the driver out of the window of the vehicle.

***Note*.** The Soldier must use escalation of force when engaging the occupants of the vehicle. The individual will have no control as they exit the vehicle. The Soldier must be mindful of their surroundings to not cause any further injury to the suspect.

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Chapter 5

Advanced Ground Fighting Techniques

For Soldiers and units to meet divergent missions across the spectrum of force, the Army Combatives System must be adaptive and flexible, stressing how to train, not specifically what to know. The advanced techniques in this chapter should serve as a blueprint for advanced training that meets the demands of specific missions, while staying grounded in common techniques and training principles.

ADVANCED GROUND FIGHTING TECHNIQUES

5-1. Although the fighter will always revert to learned techniques, increased skill will bring new techniques and positions based on the fighter's feel for their opponent's body. Advanced ground-fighting techniques develop a fighter's sense of movement and understanding of kinesthetic relationships.

ADVANCED BODY POSITIONING MOVES

5-2. When the fighter has mastered the basic and intermediate techniques, they can progress to more advanced methods of attack and defense.

SIDE CONTROL ESCAPES

5-3. One of the easiest ways to distinguish between a beginner and an experienced grappler is what the fighter does when their opponent has assumed side control. The beginner grappler will frequently stop in the bottom position, waiting for their opponent's next move. Although the experienced fighter might take a passive approach when fatigue is becoming a factor, they will more often take action and attempt to improve their position, no matter what the positional relationship. Side control escapes allow the fighter to remove themselves from side control, so that they may place themselves in a more advantageous position.

5-4. Advanced side control escapes include—

- Opponent has standard side control.
- Opponent has near-side hip control.
- Opponent has head and far arm underhooked.
- Opponent has both hands in near-side control.

NORTH/SOUTH ESCAPES

5-5. The North/South position is not common, but a fighter may find themselves there; therefore, it is important for them to know how to escape the position.

5-6. North/South escapes include—

- Opponent rested on forearms.
- Opponent has both elbows in armpits.

ADVANCED FINISHING MOVES

5-7. The techniques of both the basic and intermediate finishing moves are designed to give a fighter an understanding of not only the ways a human body can be disabled, but more importantly when those types of attacks can be effectively employed. The more advanced techniques shown in this chapter require a more developed sense of position and the ability to dominate the fight even before they are attempted.

KNEE MOUNT

5-8. The knee mount is a very useful dominant position in most combat situations. This position allows a fighter control over their opponent, while maintaining some distance and the freedom to either move away from them or employ either weapons or restraining devises. Once the knee mount has been introduced, its use should be encouraged.

5-9. Advanced knee mount positions include—

- Far-side arm bar.

- Paper cutter from modified knee mount to belly scarf hold.

FROM GUARD

5-10. During a fight, a fighter may find themselves on their back. While this is not the most desirable position, the fighter has several options; he can fend off strikes or finish the fight with submissions. These submissions include reverse arm bar with leg.

CHAIN ATTACKS

5-11. As a Soldier becomes a more proficient fighter, they learn to chain their attacks together. For example, a fighter might chain the following attacks together:

- Hip heist sweep.
- Reverse bent arm bar.
- Guillotine choke.

5-12. Another chain attack includes—

- Straight arm bar.
- Reverse arm bar with leg.
- Triangle choke.

5-13. Of the dominant body positions, the guard provides the most opportunities for chain attacks.

Note. Chain attacks can include basic, intermediate, and advanced techniques.

LEG ATTACKS

5-14. This section covers advanced leg attacks. These techniques are taught as a way to change the fighter's position into a submission. Although the techniques are advanced, they still present the same amount of hazard as attacks learned at the lower levels and the same amount of caution should still be adhered.

5-15. Advanced leg attacks include Achilles lock defense.

STRIKING SKILLS

5-16. The keys to developing effective striking skills are understanding range, knowing what techniques are effective at that range, and controlling the transition between ranges. This section describes various strikes and addresses the ranges from which they are effective.

MOVEMENT

5-17. The first step in learning to use striking skills effectively is to build a good foundation of movement. A Soldier must be able to maintain a good striking platform by keeping their stance and posture during movement. To do this they must employ effective footwork.

5-18. Movement techniques include—

- Basic footwork.
- The Weight shift drill.

ARM STRIKES

5-19. Arm strikes or boxing skills are the fundamental striking techniques. The most efficient method to becoming a proficient striker is to begin with boxing-type attacks.

CAUTION

Open hand strikes should be directed at appropriate targets such as the opponent's head.

Closed fist strikes should be practiced using hand protection and controlled force. Failure to do so can lead to injury.

5-20. Fighters must know how to defend against the following strikes:

- Jab.
- Cross.
- Hook.
- Uppercut.

Note. See appendix B for defensive boxing combinations.

ATTACK

5-21. The strikes in this section are presented individually at first and should be practiced that way at first to insure proper form. There are many effective arm strikes but the fundamentals are the jab, cross, hook, and uppercut. These should be mastered before moving on to more advanced strikes. Remember that when learning each of the following strikes that the primary defense is the proper execution of not only the strike but keeping a good guard and correct movement.

5-22. Arm strikes include—

- Jab.
- Cross.
- Hook.
- Uppercut.

Note. See appendix B for the five basic boxing combinations.

DEFENSE

5-23. It is important to remember that when a fighter is attempting to strike their opponent, they will be attempting to strike the fighter as well. Defensive skills must be an integral part of any striking training.

KICKS

5-24. Because they do not require the use of the fighter's hands, kicks can be very useful in attacking an enemy. Kicks generate more power and have more range than punches.

ATTACK

5-25. Kickboxing integrates the use of legs and arms to defeat an opponent.

5-26. Kicks include—

- Round kick.
- Switch kick.
- Push kick (Teep).

Note. See appendix B for kickboxing combinations.

DEFENSE

5-27. The first defense to any strike thrown by an opponent is to evade the punch or kick. The ability to evade a kick depends on the experience of the fighter, and the speed and the range of the fight when the kick is thrown. To include what motion the body is in at the time the opponent throws the kick.

5-28. Kick defenses include—

- Evading a kick.
- Beating a kick align.
- Stopping a kick.
- Catching a kick.
- Checking a kick.

READING AN OPPONENT'S MOVES

5-29. 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 can be trained to read body language by pairing up with other training partners and conduct situational sparring at a slow controlled speed. Both fighters must wear hard shin and instep pads to control the risk of injury in addition to their standard combatives uniform.

5-30. Training partners should take turns throwing slow, controlled kicks at their opponent's legs and ribs, allowing them to learn how to evade, destroy, and catch the kicks.

Note. This training should be followed by having one fighter to don boxing gloves, and the other fighter focus mitts. During this training, the mitt holder throws slow, controlled kicks at their training partners, allowing them to learn how to beat and check the kicks followed by punches.

5-31. Clinch fighting covers all aspects of the clinch range. The clinch range falls within the four ranges of fighting but is still the least aspect trained. This section will show you takedowns, counters, throws and even strikes that a fighter can use in the clinch range.

BREAK-FALLS

5-32. After initial training on break-falls has been conducted, it must be followed up with refresher break-fall training before training on throws and takedowns.

5-33. Break-falls include forward rolling break-fall.

Note. These exercises should be practiced during warm-up exercises.

THROW TAKEDOWN TECHNIQUES

5-34. When used as part of stand up grappling, throws can be a highly effective means of taking the fight to the ground and gaining a dominant body position. When applied forcefully some throws can be used to stun or injure opponents.

5-35. Throw takedowns include—

- Hip throw.
- Arch and turn.
- Uchi mata
- Harai

LEG ATTACKS

5-36. By changing their level and aggressively driving through their opponent, the fighter can attack his opponent's legs and effectively take them down.

DOUBLE LEG ATTACKS

5-37. The fundamental technique for attacking the legs is the double leg takedown. This technique gives the fighter more control of their opponent's legs than a single leg attack.

5-38. There are several ways to finish depending on the opponent's actions, but the initial attack is the same.

5-39. Double leg attacks include—

- Double leg(blast /turn)
- Trip(outside leg)
- Standing double leg(spear).

SINGLE LEG ATTACKS

5-40. Whereas in the double leg takedown, the objective is to drive through the opponent with the fighter's head on the outside, in a single leg attack the objective is to gain control of one of their legs and then use that control to compromisetheir balance.

5-41. Single leg attacks include snatch.

DEFENSE

5-42. Although a takedown may start from the striking range as well as the clinch range, the defense for it will always be in the clinch. These defenses will allow the fighter to stop, defend, and even gain a dominant body position off of the opponents attempt to take the fighter down.

5-43. Advanced defenses include—

- Sprawl.
- Cross-face.
- Quarter Nelson.
- Shoulder pressure roll to the rear mount.(Poisons' Tree frog)

ADVANCED CLINCH POSITIONS

5-44. Beyond the basic controlling positions of the underhook and overhook, there are clinching positions that are specifically designed to give you a more controlling position for striking. Learning how to dominate an opponent using various movement techniques is just as important while fighting in the clinch as they are for ground grappling. Understanding the clinch positions is the key to having the sense of objective which allows you to fight effectively and improvise even when a fighter's technical repertoire is limited. Dominance in the clinch is what allows a fighter to dictate at what range and with what skills the fight will be fought.

5-45. Advanced clinch positions include—

- Inside control.
- Neck and biceps.
- 50/50.
- Double underhooks.
- Front headlock.

PUMMELING

5-46. Pummeling is fighting for dominant clinch position. After a fighter understands the dominant clinch positions and therefore knows what they are fighting for, they can then usefully learn techniques to gain those positions and then drills to help gain skills.

5-47. Pummeling includes—

- 50/50 pummeling.
- Modified seatbelt counter.
- Changing sides.
- Outside to inside wedge.
- Over to under lever.
- Under to over lever.
- Push the elbow inward.
- Double elbow lift.
- Counter to inside control.

KNEE STRIKES

5-48. While fighting in the clinch, a fighter's hands may get tied up fighting for a position. If this should happen, the fighter can use knee strikes to injure their opponent.

ATTACK

5-49. Highly effective and often under-used, when properly trained, knee strikes can be used to hurt, break ribs, and render an opponent unconscious.

5-50. Knee strikes include—

- Long knee.
- Up knee.
- Round knee.

DEFENSE

5-51. When in the clinch position, the opponent has the same opportunities to throw knees as the fighter does. In return the fighter doesn't only have to defend the strikes but may use simple movements to get the opponent off balance. This section teaches multiple techniques that a fighter can use depending on the position that they are in and what type of knee their opponent throws at them.

5-52. Knee strike defenses include—

- Hip check.
- Pull toward the knee.
- Pull away from the knee.
- Hand check.
- Knee lift and grab.
- Tilt the head.

THROWS AND TAKEDOWNS AGAINST KNEE STRIKES

5-53. The last section covered techniques that the fighter can use to get the opponent off balance when the opponent attempts to throw knees. This section teaches how to use the momentum created to take the opponent to the ground, again depending on what position the fighter is in and what type of knee strikes the opponent is throwing.

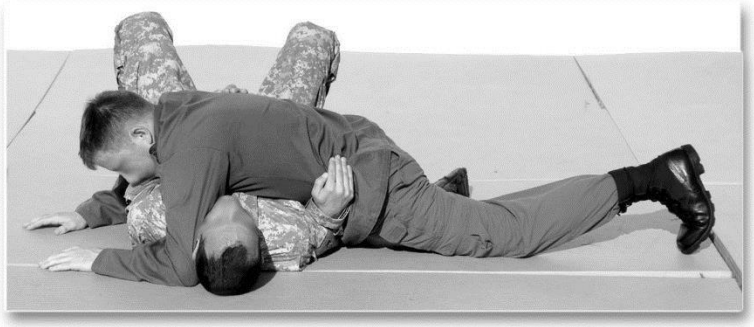
5-54. Throws and takedowns against knee strikes include—

- Hip check, turn down.
- Pull toward the knee, inside hook.
- Pull away from the knee, sweep.
- Pull away from the knee, throw.
- Defense, knee strike, snap down.
- Hip bump from modified seat belt clinch.
- 50/50, catch and lift.
- Counter to inside control, catch and lift.
- Hip check entry for hip toss.

ADVANCED GROUND-FIGHTING TECHNIQUES–ADVANCED BODY POSITIONING MOVES, SIDE CONTROL ESCAPES

OPPONENT HAS STANDARD SIDE CONTROL

When the opponent has standard side control, the fighter uses this technique to create enough space for them to position his legs beneath the opponent and move to the guard.



1) The fighter begins with both feet flat, head side arm underhooked, and arm nearest opponent's legs across their opponent's hip.



2) The fighter drives their hips skyward, and lifts their opponent up with their forearm. The fighter shrimps their hips away in order to create space.



3) The fighter drives their bottom knee across their opponent's belt line.



4) The fighter continues to drive their knee outward.

ADVANCED GROUND-FIGHTING TECHNIQUES–ADVANCED BODY POSITIONING MOVES, SIDE CONTROL ESCAPES

OPPONENT HAS STANDARD SIDE CONTROL (continued)



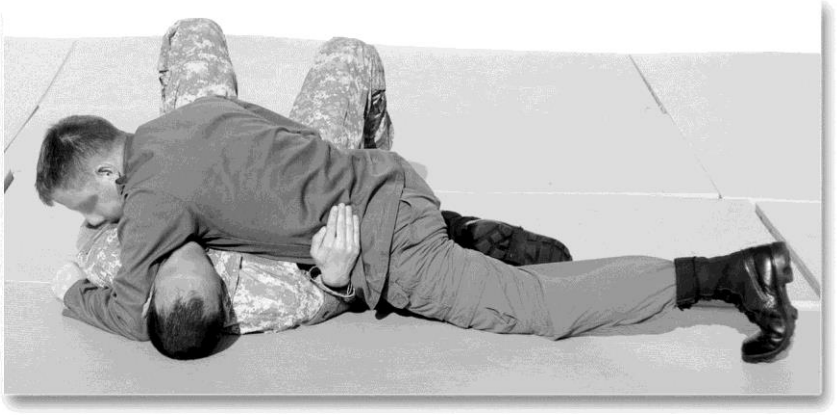


5) The fighter recomposes the guard by switching their hips and rotating their foot out.

ADVANCED GROUND-FIGHTING TECHNIQUES–ADVANCED BODY POSITIONING MOVES, SIDE CONTROL ESCAPES

OPPONENT HAS NEAR SIDE HIP CONTROL

The opponent may assume near-side hip control to keep the fighter from assuming the guard. This technique enables the fighter to get to their knees and assume a dominant body position.



1) The fighter begins with both feet flat, headside arm underhooked, and arm closest to opponent's legs under their opponent's hip.



2) The fighter drives their hips skyward, and lifts their opponent up with their forearm. The fighter shrimps their hips away in order to create space.

ADVANCED GROUND-FIGHTING TECHNIQUES–ADVANCED BODY POSITIONING MOVES, SIDE CONTROL ESCAPES

OPPONENT HAS NEAR SIDE HIP CONTROL (continued)



3) The fighter drives their underhooked arm up, and secures their opponent's near-side leg. The fighter rotates to their knees, and drops to a single leg.

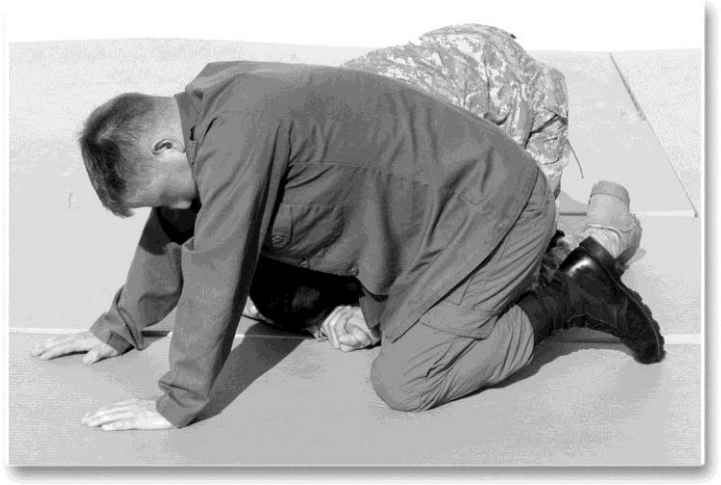


4) The fighter drives their back elbow to the ground on the inside. The fighter uses a thumbless grip with their back hand on top. The fighter places their head on ground outside of their hands and tripods.

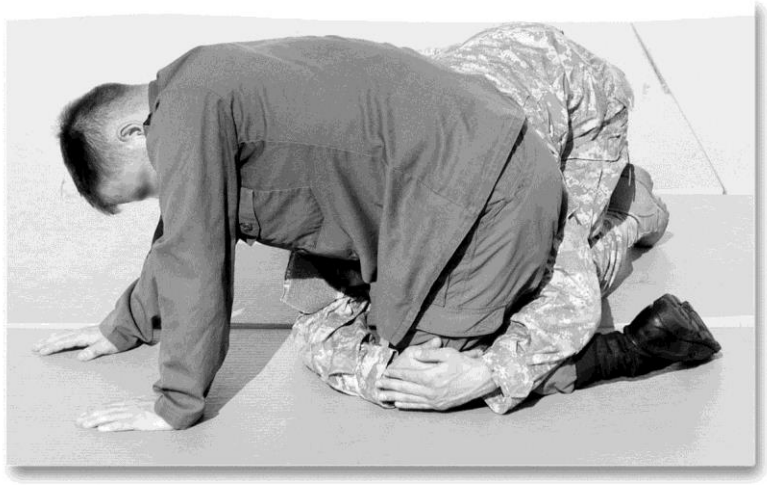
Note. At this point, the opponent may defend the tripod by moving their trapped leg inward. If they do not, refer to the standard course of action. If they do, refer to the alternate course of action (indicated by ALTERNATE).

ADVANCED GROUND-FIGHTING TECHNIQUES–ADVANCED BODY POSITIONING MOVES, SIDE CONTROL ESCAPES

OPPONENT HAS NEAR SIDE HIP CONTROL (continued)



5) The fighter drives their back elbow to the ground on the inside. The fighter uses a thumbless grip with their back hand on top. The fighter places their head on ground outside of their hands and tripods. The fighter walks around to the rear of their opponent, and secures their near-side leg with the fighter's own.



6) The fighter reaches across for the double leg.

ADVANCED GROUND-FIGHTING TECHNIQUES–ADVANCED BODY POSITIONING MOVES, SIDE CONTROL ESCAPES

OPPONENT HAS NEAR SIDE HIP CONTROL (continued)



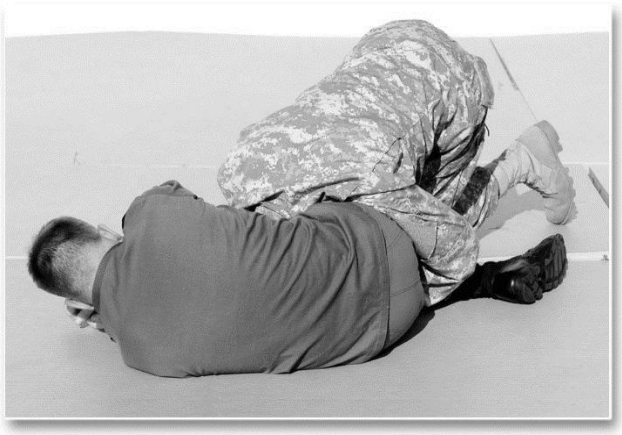
5) ALTERNATE. With their front hand, the fighter secures the top of their opponent's heel.



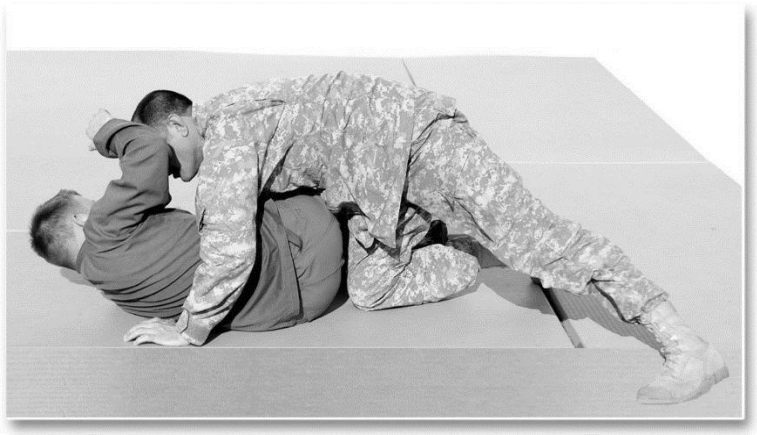
6) ALTERNATE. The fighter drives their head into their opponent’s hip and lift their opponent’s heel.

ADVANCED GROUND-FIGHTING TECHNIQUES–ADVANCED BODY POSITIONING MOVES, SIDE CONTROL ESCAPES

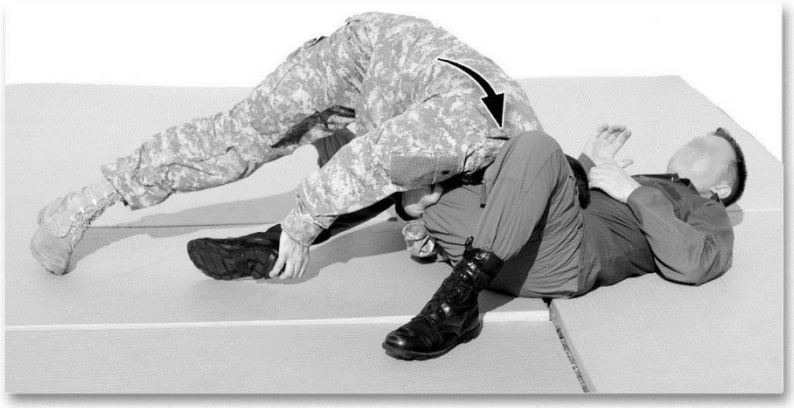
OPPONENT HAS NEAR SIDE HIP CONTROL (continued)



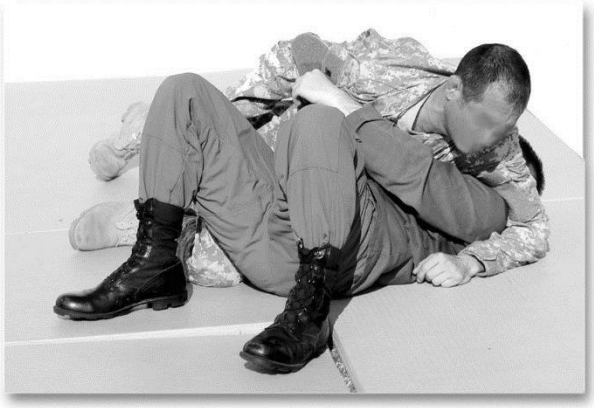
6) (continued) The fighter reaches across for the double leg.



7) The fighter finishes in dominant body position.



6) ALTERNATE (continued). The fighter drives their head into their opponent's hip and lift their opponent's heel.

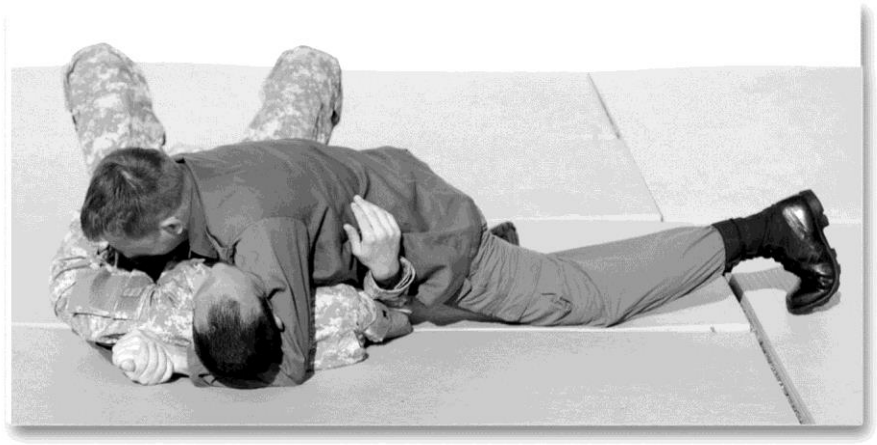


7) ALTERNATE. The fighter finishes in dominant body position.

ADVANCED GROUND-FIGHTING TECHNIQUES–ADVANCED BODY POSITIONING MOVES, SIDE CONTROL ESCAPES

OPPONENT HAS HEAD AND FAR ARM UNDERHOOKED

Sometimes, the opponent underhooks the fighter's head and far arm to prevent the fighter from rolling toward and away from the opponent, from assuming the guard, or from being able to move to their knees. This technique enables the fighter to move from under the opponent to the front headlock position.



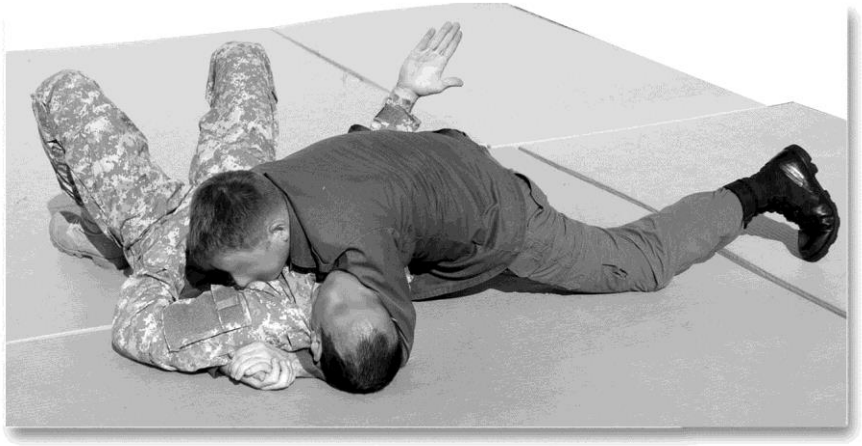
1) The opponent has the far arm underhooked, and the fighter has control of their opponent’s hip.



2) The fighter arches into their opponent, and drives with the fighter’s trapped arm.

ADVANCED GROUND-FIGHTING TECHNIQUES–ADVANCED BODY POSITIONING MOVES, SIDE CONTROL ESCAPES

OPPONENT HAS HEAD AND FAR ARM UNDERHOOKED (continued)



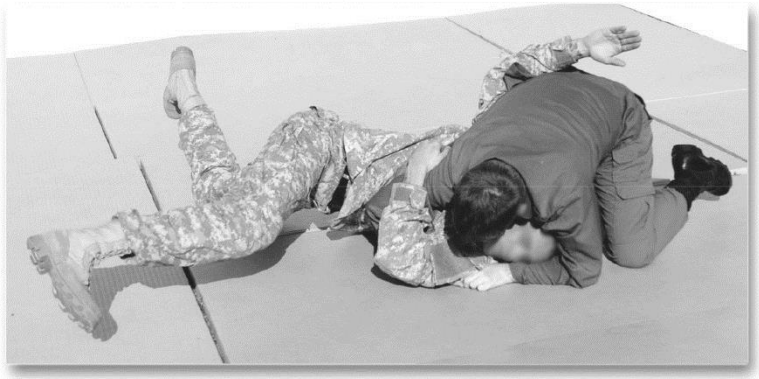
3) While arched, the fighter transitions their tabletop arm to an underhook.



4) The fighter returns to their back, and then arches away from their opponent. The fighter drives their underhooked arm towards their opponent's head.

ADVANCED GROUND-FIGHTING TECHNIQUES–ADVANCED BODY POSITIONING MOVES, SIDE CONTROL ESCAPES

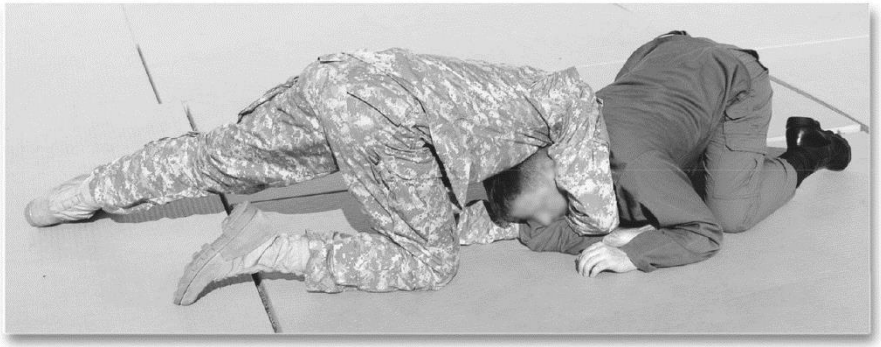
OPPONENT HAS HEAD AND FAR ARM UNDERHOOKED (continued)



5) The fighter returns to their back, and then arches away from their opponent. The fighter drives with their underhooked arm.



6) The fighter steps over to their knees.



7) The fighter finishes in the front headlock.

ADVANCED GROUND-FIGHTING TECHNIQUES–ADVANCED BODY POSITIONING MOVES, SIDE CONTROL ESCAPES

OPPONENT HAS BOTH HANDS IN NEAR SIDE CONTROL

Sometimes, the opponent controls the fighter's head and assumes near-side hip control to prevent the fighter from turning into them.



1) The fighter begins with both feet flat, headside arm attempting to achive the underhook, and other arm across their opponent's hip.



2) The fighter bumps their hips up.



3) The fighter transitions their arm that is controlling their opponent's hip to the fighter's face. The fighter moves their under-hook arm flat to the ground next to them.



4) The fighter arches away from their opponent, keeping their elbow high blocking their opponent from advancing.

ADVANCED GROUND-FIGHTING TECHNIQUES–ADVANCED BODY POSITIONING MOVES, SIDE CONTROL ESCAPES

OPPONENT HAS BOTH HANDS IN NEAR SIDE CONTROL (continued)



5) The fighter steps over to their knees.



6) The fighter swims their hand back, and drops to the single leg.

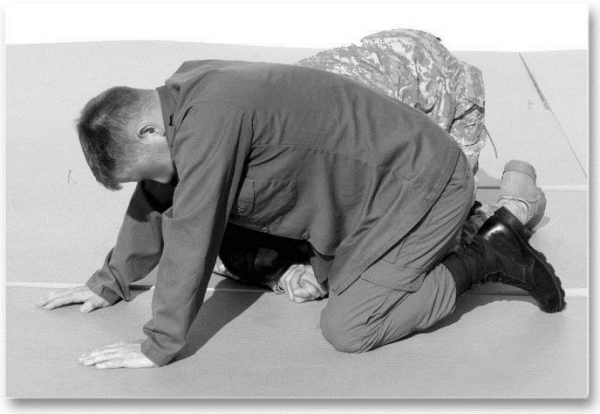
***Note*.** At this point, the opponent may defend the tripod by moving their trapped leg inward. If they do not, refer to the standard course of action. If they do, refer to the alternate course of action (indicated by ALTERNATE).

ADVANCED GROUND-FIGHTING TECHNIQUES–ADVANCED BODY POSITIONING MOVES, SIDE CONTROL ESCAPES

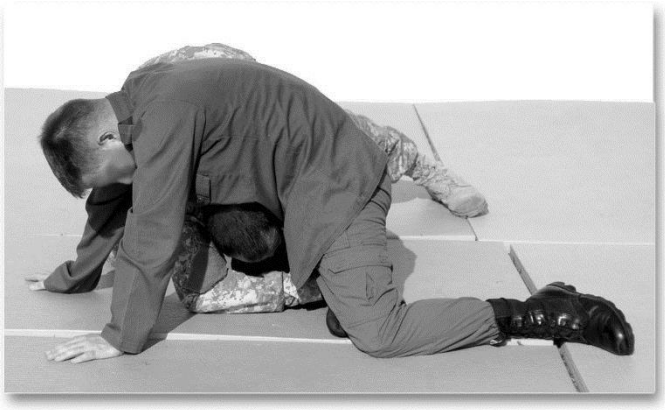
OPPONENT HAS BOTH HANDS IN NEAR SIDE CONTROL (continued)



7) The fighter drives their back elbow to the ground on the inside. The fighter uses a thumbless grip with their back hand on top. The fighter places their head on ground outside of their hands and tripod.



8) The fighter walks around to the rear of their opponent, and secures their opponent's near-side leg with their own.

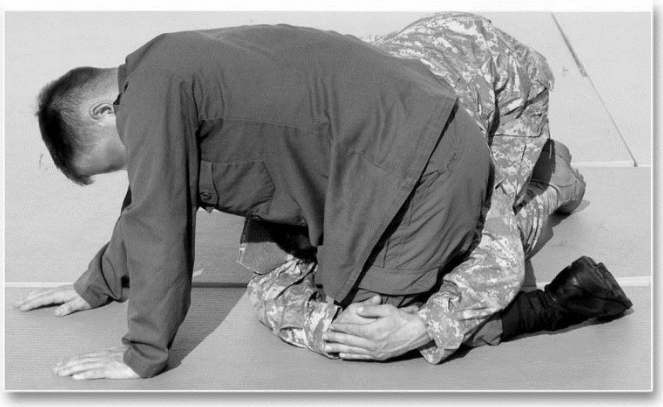


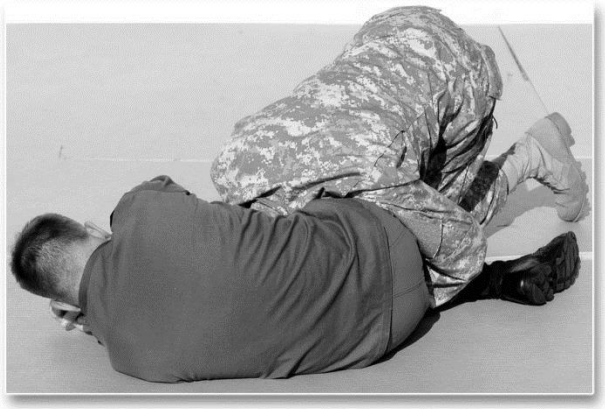


7) ALTERNATE. The fighter secures the top of their opponent's heel with their front hand.

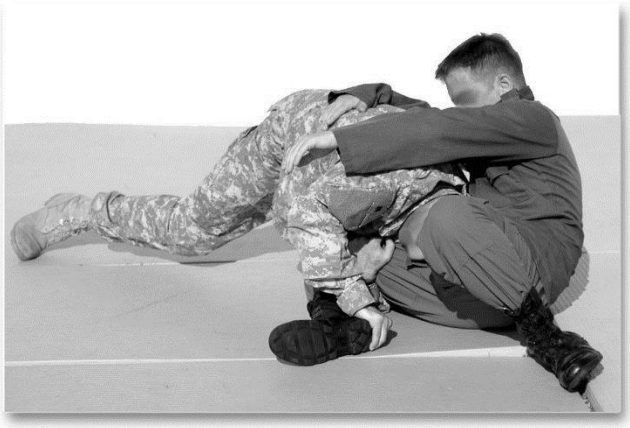
ADVANCED GROUND-FIGHTING TECHNIQUES–ADVANCED BODY POSITIONING MOVES, SIDE CONTROL ESCAPES

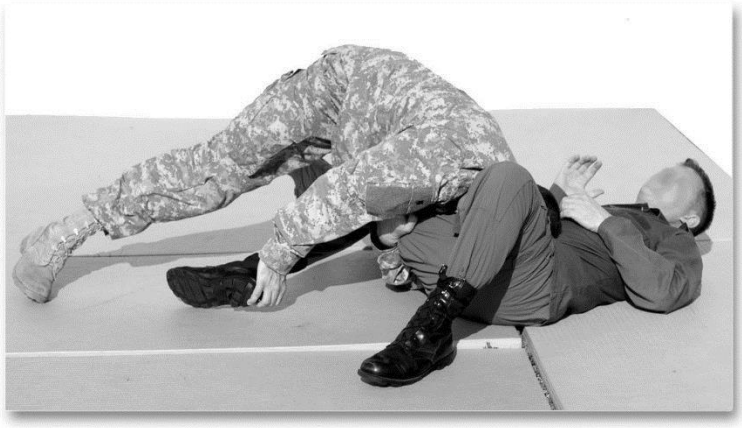
OPPONENT HAS BOTH HANDS IN NEAR SIDE CONTROL (continued)





9) The fighter reaches across to the double leg.

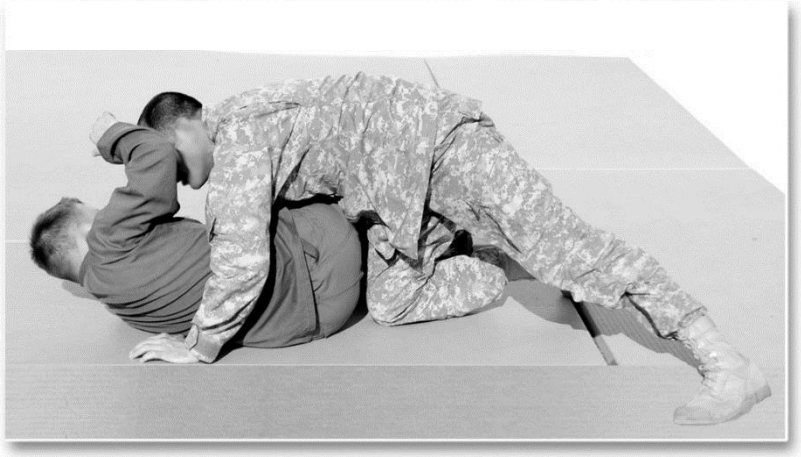




8) ALTERNATE. The fighter drives their head into their opponent's hip, while lifting their opponent's heel.

ADVANCED GROUND-FIGHTING TECHNIQUES–ADVANCED BODY POSITIONING MOVES, SIDE CONTROL ESCAPES

OPPONENT HAS BOTH HANDS IN NEAR SIDE CONTROL (continued)



10) The fighter finishes in the dominant body position.



9) ALTERNATE. The fighter finishes in the dominant body position.

ADVANCED GROUND-FIGHTING TECHNIQUES–ADVANCED BODY POSITIONING MOVES, NORTH/SOUTH ESCAPES

NORTH/SOUTH POSITION

This position allows for many attacks and is very difficult for opponents to escape from.

The fighter controls their opponent's hips with their hands.

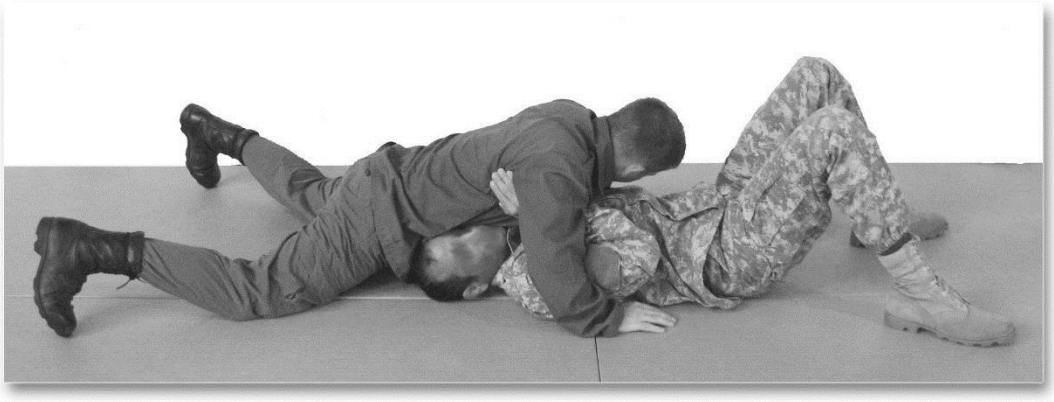
The fighter keeps their elbows tightly under their opponent's armpits.



The fighter spreads their legs, and moves onto their toes.

The fighter drives their hips to the ground.

The fighter keeps their elbows tight against their body.

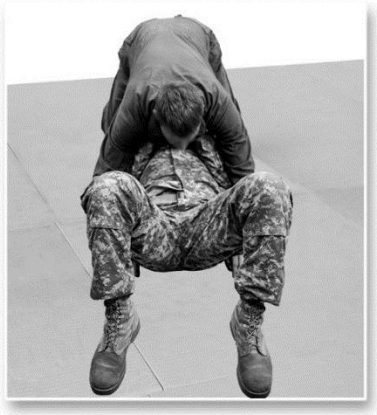


The fighter moves their hands into their opponent's armpits.

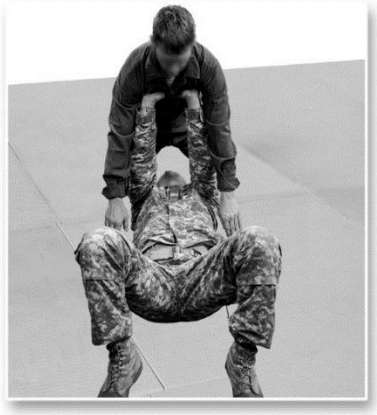
ADVANCED GROUND-FIGHTING TECHNIQUES–ADVANCED BODY POSITIONING MOVES, NORTH/SOUTH ESCAPES

OPPONENT RESTED ON FOREARMS

When on the bottom in the North/South position, the ideal position to have is the opponent resting on the fighter's forearms. This enables the fighter to create space and get in a better position.



1) The fighter begins with both feet flat and hands on their opponent’s chest.



2) The fighter bumps up with their hips, and lifts their opponent with their arms. The fighter uses this momentum to create space between them and their opponent.



3) The fighter raise their hips and brings their knees over their head.



4) The fighter brings one foot in and hooks their opponent’s armpit.

ADVANCED GROUND-FIGHTING TECHNIQUES–ADVANCED BODY POSITIONING MOVES, NORTH/SOUTH ESCAPES

OPPONENT RESTED ON FOREARMS (continued)





5) The fighter spins on their back to the same side of their foot and faces their opponent.



6) The fighter recomposes the guard.

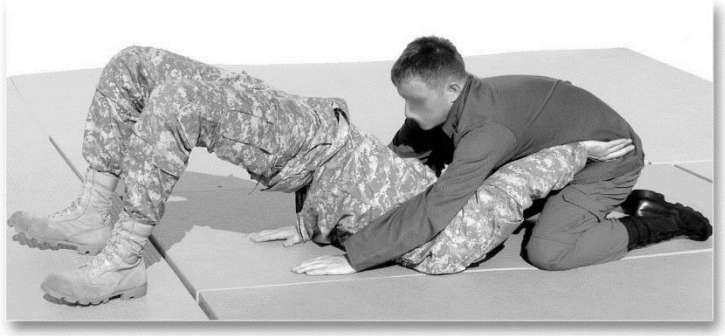
ADVANCED GROUND-FIGHTING TECHNIQUES–ADVANCED BODY POSITIONING MOVES, NORTH/SOUTH ESCAPES

OPPONENT HAS BOTH ELBOWS IN ARMPITS

If an opponent uses heavy pressure in the North/South position use this technique to escape.



1) The fighter begins with both feet flat and hands on their opponent's hips.



2) The fighter bump up with their hips to create space. The fighter drops back down, and drives one arm over the other to their opponent's opposite hip.



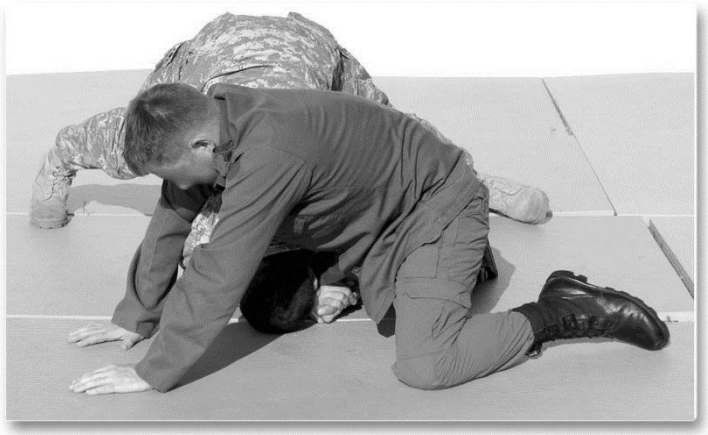


3) The fighter arches over, rotates to their knees, and drops to the single leg.

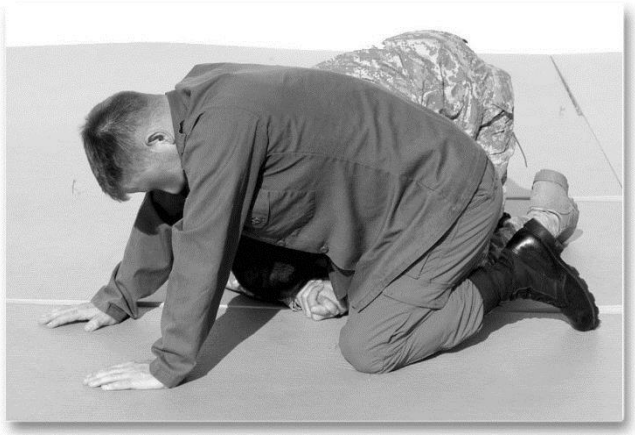
***Note*.** At this point, the opponent may defend the tripod by moving their trapped leg inward. If they not, refer to the standard course of action. If they do, refer to the alternate course of action (indicated by ALTERNATE).

ADVANCED GROUND-FIGHTING TECHNIQUES–ADVANCED BODY POSITIONING MOVES, NORTH/SOUTH ESCAPES

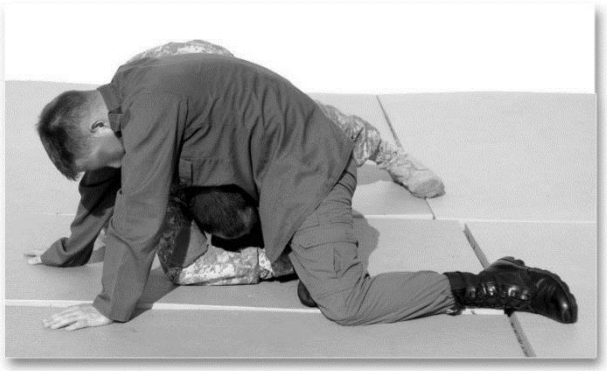
OPPONENT HAS BOTH ELBOWS IN ARMPITS (continued)

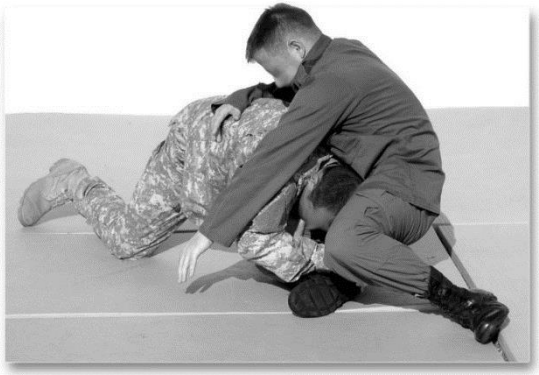


4) The fighter drives their back elbow to the ground on the inside. The fighter uses a wrestler's grip with their back hand on top. The fighter places their head on the ground outside of their hands and tripod.



5) The fighter walks around to the rear of their opponent, and secures their opponent's near-side leg with their own.

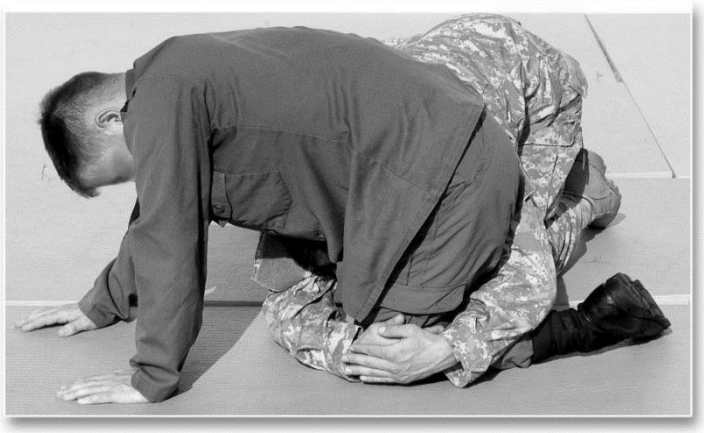


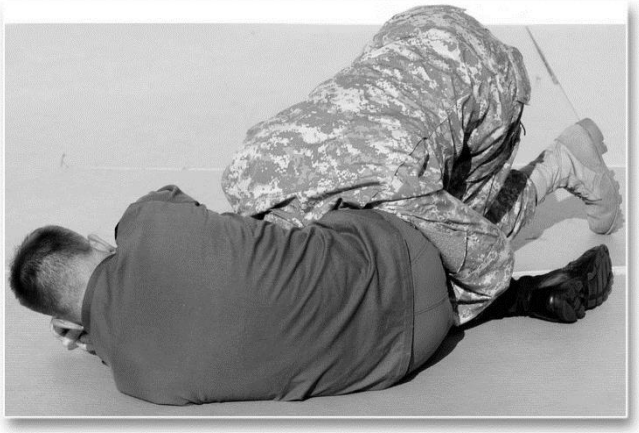


4) ALTERNATE. The fighter secures the top of their opponent's heel with their front hand.

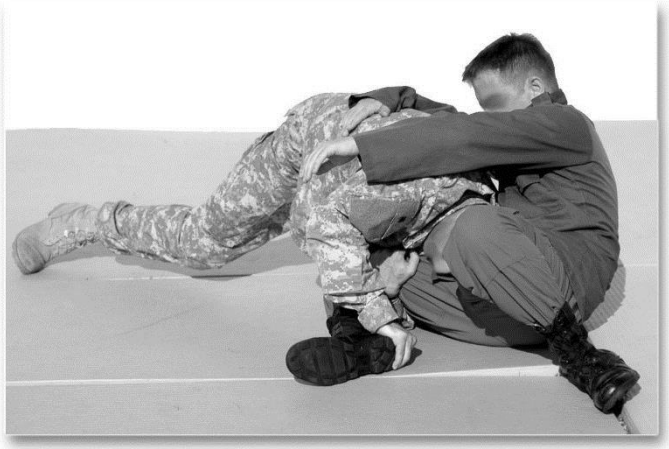
ADVANCED GROUND-FIGHTING TECHNIQUES–ADVANCED BODY POSITIONING MOVES, NORTH/SOUTH ESCAPES

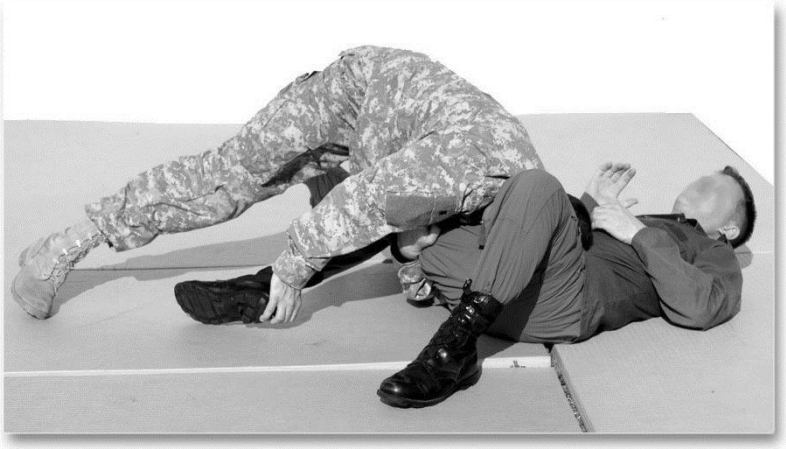
OPPONENT HAS BOTH ELBOWS IN ARMPITS (continued)





6) The fighter reaches across to the double leg.





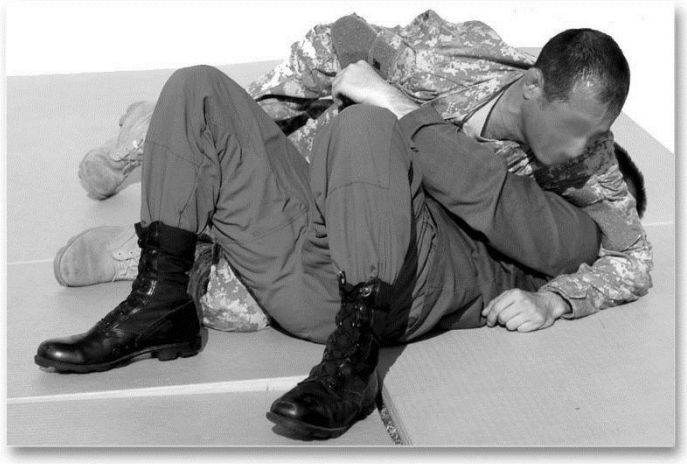
5) ALTERNATE. The fighter drives their head into their opponent's hip, while lifting their opponent's heel.

ADVANCED GROUND-FIGHTING TECHNIQUES–ADVANCED BODY POSITIONING MOVES, NORTH/SOUTH ESCAPES

OPPONENT HAS BOTH ELBOWS IN ARMPITS (continued)



7) The fighter finishes in the dominant body position.



6) ALTERNATE. The fighter finishes in the dominant body position.

ADVANCED GROUND-FIGHTING TECHNIQUES–ADVANCED FINISHING MOVES, KNEE MOUNT

FAR-SIDE ARM BAR

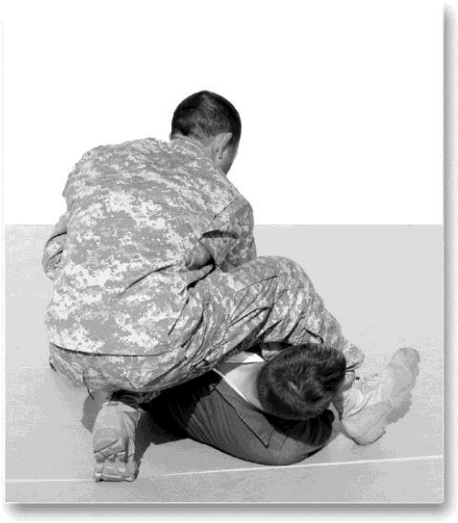
When the fighter has achieved the knee mount, the opponent may attempt to push the fighter's knee off and move their hips away from the fighter. This enables the fighter to attack the arm with which the opponent pushes the knee.



1) The fighter begins in the knee mount. The fighter underhooks their opponent's far-side arm. The fighter inserts their other hand in their opponent's collar, and pulls their opponent into them.



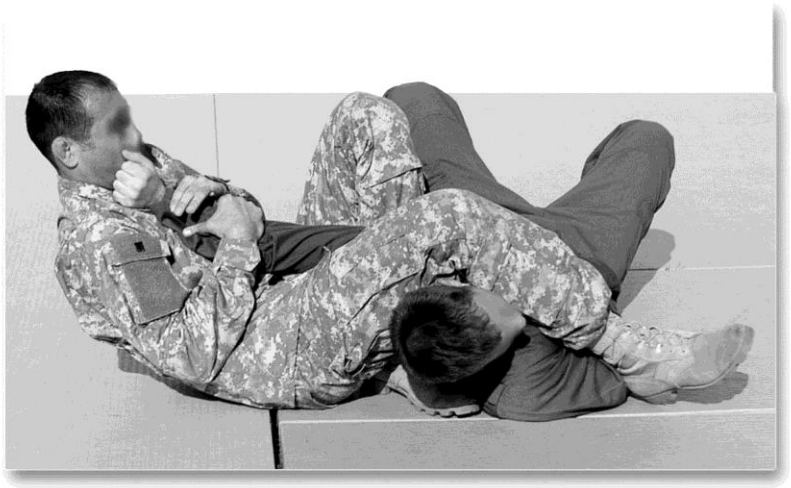
2) With the leg that is posted, the fighter steps over their opponent's head.



3) The fighter pivots their body to their opponent's far side.

ADVANCED GROUND-FIGHTING TECHNIQUES–ADVANCED FINISHING MOVES, KNEE MOUNT

FAR-SIDE ARM BAR (continued)



1) The fighter sits into the arm bar, while still controlling their opponent's arm above their opponent’s elbow.



2) The fighter finishes the arm bar.

ADVANCED GROUND-FIGHTING TECHNIQUES–ADVANCED FINISHING MOVES, KNEE MOUNT

PAPER CUTTER FROM MODIFIED KNEE MOUNT TO BELLY SCARF HOLD

The fighter uses the paper cutter from modified knee mount to belly scarf hold to choke an opponent with their hand on the near side of the opponent's neck.



1) With their far side hand the fighter reaches into their opponent's collar, fingers in thumb out, with their opposite hand the fighter secures a thumbed grip on their opponent’s lapel, taking all slack out while maintaining a good knee mount position



2) With their weight on the leg closest to their opponent's head, the fighter sits through and drive their elbow toward the ground while the fighter’s opposite hand pulls up on secured lapel.

ADVANCED GROUND-FIGHTING TECHNIQUES–FROM GUARD

REVERSE ARM BAR WITH LEG

The fighter uses the reverse arm bar with leg when they have assumed the guard and their opponent presents both arms by posting them on the guard.



1) The fighter assumes the guard and their opponent presents both arms by posting them on the guard.



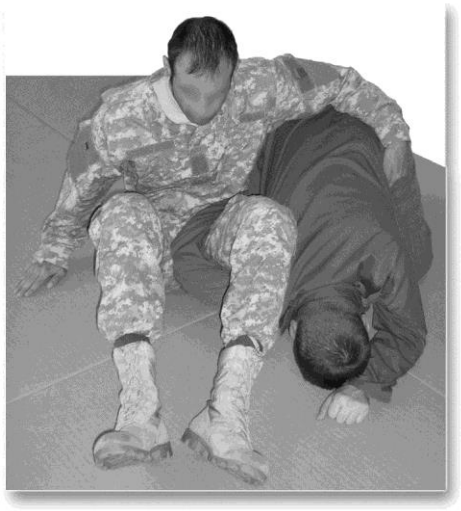
2) The fighter secures both of their opponent's wrists with a thumb grip. The fighter posts both of their feet on their opponent's hips, keeping good control.



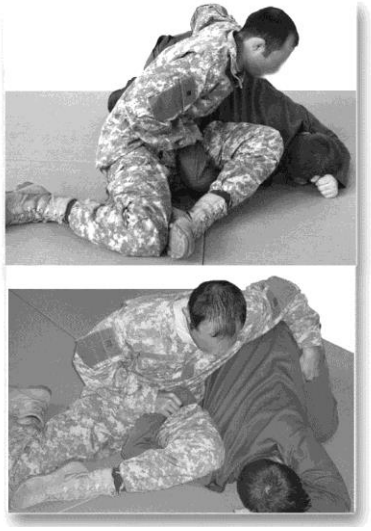
3) The fighter slides their hips out, and moves their leg over their opponent's shoulder.

ADVANCED GROUND-FIGHTING TECHNIQUES–FROM GUARD

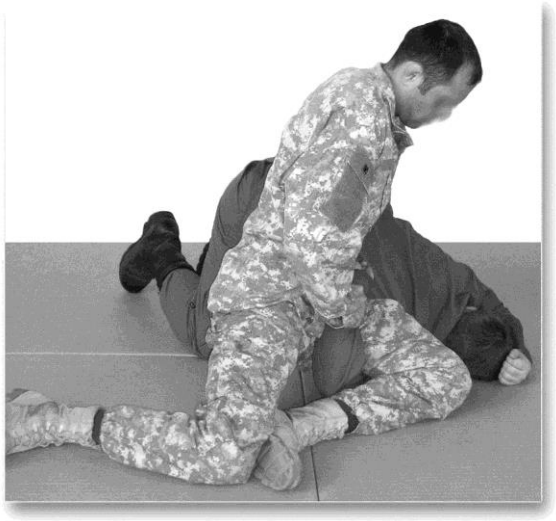
REVERSE ARM BAR WITH LEG (continued)



1) The fighter rotates their body out from under their opponent, and secures their opponent's hip. The fighter drives their shoulder to the ground.



2) The fighter switches their feet. The fighter keeps control of their opponent's far-side hip. The fighter keeps a good thumb grip on their opponent's wrist with their other hand.



3) The fighter finishes by keeping control of their opponent's far-side hip and near-side wrist and driving their hips upward at a 45-degree angle.

ADVANCED GROUND-FIGHTING TECHNIQUES–ADVANCED FINISHING MOVES, LEG ATTACKS

ACHILLES LOCK DEFENSE

The fighter uses the Achilles lock defense when their opponent is in their guard and attempting a leg attack.





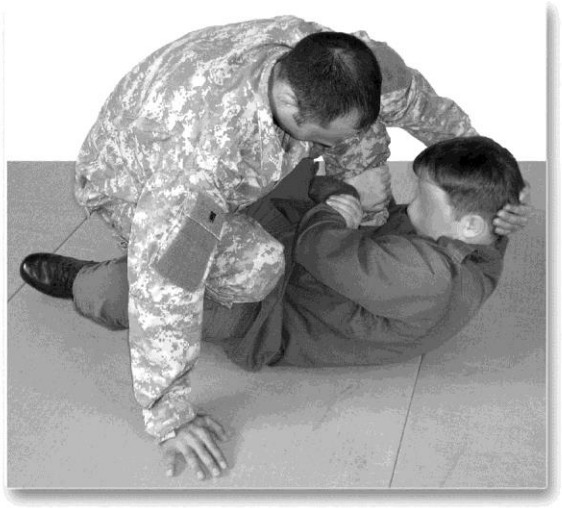
1) When their opponent attacks their leg with an Achilles lock, the fighter immediately hooks their opponent's leg with the foot that's not being attacked. The fighter sits up and grabs their opponent's head.

ADVANCED GROUND-FIGHTING TECHNIQUES–ADVANCED FINISHING MOVES, LEG ATTACKS

ACHILLES LOCK DEFENSE



1) When their opponent sits back, the fighter pulls themselves up.



2) As the fighter sits up into their opponent's open guard, with their heel flat on the ground, the fighter drives their knee across their opponent's leg to the ground and achieve the mount position.

STRIKING SKILLS–MOVEMENT

BASIC FOOTWORK

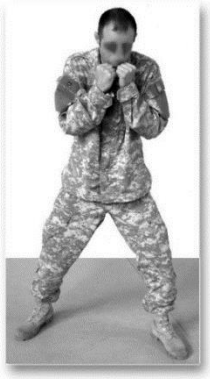
Before effective strikes can be launched, a fighter must have a solid base, as well as the ability to move while both attacking and defending.

Note. When training basic footwork, begin with movement in the four cardinal directions. Leading with the wrong foot will cause crossing of the feet and imbalance in the stance. Movements should be short, with four to six inch increments. Note that lead and trail feet are different for left- and right-handed fighters.



MOVING FORWARD

The fighter steps forward with their lead foot, and drags their trail foot the same distance. The fighter stays balanced on the balls of their feet, with their heels slightly raised. The fighter keeps a good fighter's stance.



MOVING BACKWARD

The fighter steps backward with their trail foot, and drags their lead foot the same distance. The fighter stays balanced on the balls of their feet, with their heels slightly raised. The fighter keeps a good fighter's stance.



MOVING RIGHT

The fighter steps to their right with their trail foot, and drags their lead foot. The fighter stays balanced on the balls of their feet, with their heels slightly raised. The fighter keeps a good fighter's stance.



MOVING LEFT

The fighter steps to their left with their lead foot, and drags their trail foot. The fighter stays balanced on the balls of their feet, with their heels slightly raised. The fighter keeps a good fighter's stance.

MOVING DIAGONALLY

When moving diagonally, the foot that moves first may not be the foot closest to the direction the fighter is moving. The guiding factor is that the fighter should never cross their feet.

Note. A fighter should not cross their feet.

STRIKING SKILLS–MOVEMENT

WEIGHT SHIFT DRILL

This movement is key to generating punching power.



1) The fighter stands with both heels on the ground. The fighter distributes their weight evenly on their feet.



2) The fighter shifts their body weight to one foot. The fighter pivots the other leg on the ball of the foot. The fighter turns their heel out, and moves their knee in and down. The fighter turns their hips, mid-section, and upper body as one unit toward the weighted leg.

Note. The fighter should keep their knees bent throughout the movement.

STRIKING SKILLS–MOVEMENT

WEIGHT SHIFT DRILL (continued)



3) The fighter returns their body to its original position.



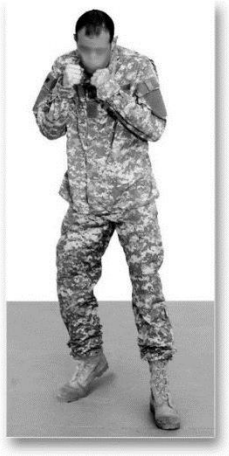
2) The fighter shifts their weight onto the other leg. The fighter repeats step 2, but uses the other leg and turns in the opposite direction. The fighter repeats this process several times, learning to shift their weight and pivot smoothly.

STRIKING SKILLS–ARM STRIKES, ATTACK

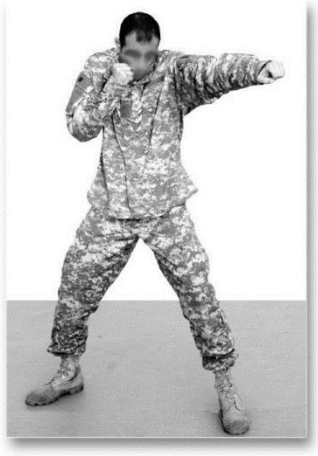
JAB

The jab is thrown with the lead hand and is used for controlling the range and setting up further techniques. It is the most used punch in boxing.

Note. The jab should first be practiced from a static position.
Then, it should be practiced moving forward, and then while circling toward the lead hand. When jabbing while moving forward, the action must come from an explosive push with the fighter's rear leg. The extension of the punch should happen at the same time. Further, the fighter's punch should withdraw into his defensive position at the same time their trail foot slides forward into the fighter's stance.
Finally, it should be practiced moving backward, and then while circling toward the trail hand. When jabbing while moving backward, the fighter throws the punch at the same time they push off with the lead leg. Further, the fighter's punch should withdraw into their defensive position at the same time their lead foot slides backward into the fighter's stance.



1) From a fighter's stance, the fighter bends their lead knee, and pushes it forward of their toe. The fighter keeps their lead heel on the ground. At the same time, the fighter pushes with their rear leg and slightly twists their torso. The fighter does not bend at the waist.



2) The fighter extends their arm. The fighter moves their fist in a straight line directly from its defensive position to the target. The fighter keeps their rear hand up while throwing the jab. The fighter does not flail the elbow, but uses it as a hinge. At the point of impact, the fighter twists their fist to land the blow with the palm facing down. The fighter throws the jab at eye-level or above.

3) The fighter withdraws their fist to its defensive position.

STRIKING SKILLS–ARM STRIKES, ATTACK

CROSS

The cross is a power punch thrown from the rear arm. It is often set up by the jab or thrown in a combination.



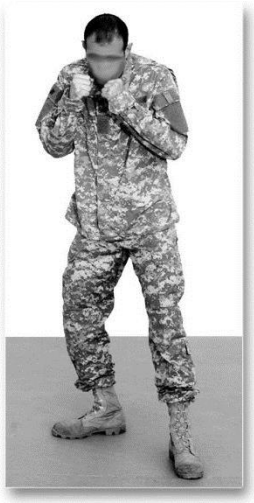
1) From the fighter's stance, the fighter transitions their weight to their lead leg, and turns on the ball of their trail foot until their hips and shoulders are positioned 45 degrees past their opponent. The fighter bend the knee of their trail leg, and positions it facing inward with their heel turned out.
2) As the fighter extends their punch, they rotate their arm so that they strike with their knuckles up and palm facing down. The fighter throws the punch straight out from their face, without flailing their elbow out to the side. The fighter keeps their lead hand up to protect the opposite side of their head, and moves their trail shoulder up to protect their near side.
3) The fighter brings their trail hand straight back to their face without looping it.

***Note*.** The fighter practices the cross by standing with their dominant side against a wall. The fighter steps forward with their lead foot, drags their trail foot, and throws the cross, looking for the trail heel to contact the wall to ensure the fighter is turning it over.

STRIKING SKILLS–ARM STRIKES, ATTACK

HOOK

The hook is a power punch that is usually thrown from the front arm. It is very powerful and works well in combinations. One of its main advantages is that it can be fully executed outside of the opponent's field of vision. Fighters often confuse the hook with a looping arm punch. In reality, a powerful hook does not involve very much arm movement, but generates its power from the fighter's leg, hip, and shoulder movement. It is often thrown after the cross, as the body's weight has been shifted forward and can be redistributed toward the trail leg during this punch.





1) From the fighter's stance, the fighter shifts their weight toward their trail foot, and turns on the ball of their lead foot. The fighter turns their hips and shoulders 90 degrees (toward the inside), and throws the heel of their lead foot to the front.

2) The fighter raises their elbow as they turn so that their punch lands with their arm parallel with the ground and their palm facing toward their chest. The fighter keeps their trail foot planted and their trail hand in a defensive position covering their face.

3) The fighter tucks their elbow back into their side, and turns their shoulders to return to the ready position.

WARNING

The fighter does not allow their palm to face downward. This can cause injury to the wrist.

STRIKING SKILLS–ARM STRIKES, ATTACK

UPPERCUT

The uppercut is effective against an opponent who is crouching or trying to avoid a clinch. The fighter can throw this strike with the lead hand or the trail hand.



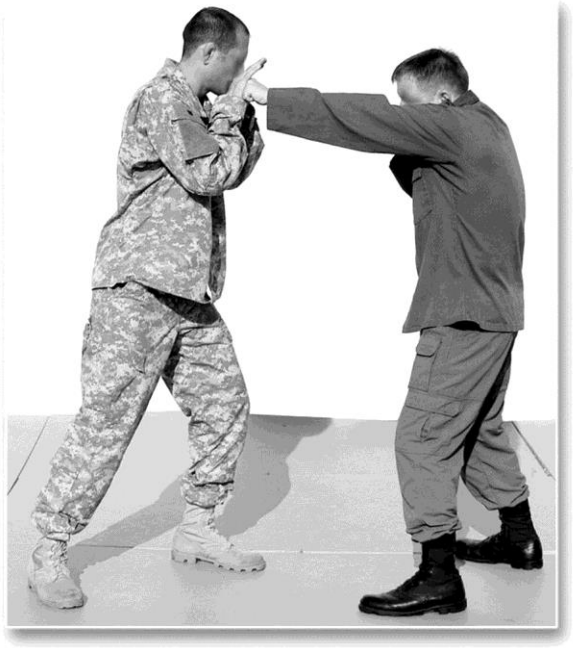
1) The fighter begins in the fighter's stance. The fighter turns their hips and shoulders slightly to face their opponent. The fighter dips their lead shoulder downward, and bends their knees.
2) The fighter keeps their elbow tucked in, and drives off of their lead leg to lands their punch. The fighter keeps their palm facing up and their wrist straight and firm. The fighter keeps their trail hand in a defensive position covering their face.
3) The fighter turns their shoulders, and snaps back into the ready position.

1) The fighter begins in the fighter's stance. The fighter turns their hips and shoulders slightly to face their opponent. The fighter dips their rear shoulder downward, and bends their knees.
2) The fighter drives off of their trail leg (through your hip) to land their punch. The fighter keeps their palm facing up and their wrist straight and firm. The fighter's arm will be slightly more extended than the lead hand punch. The fighter keeps their lead hand in a defensive position covering their face.
3) The fighter snaps back into the ready position.

STRIKING SKILLS–ARM STRIKES, DEFENSE

JAB

There are two methods to defend the jab: catch and slip. When fighting against a matching lead, the easiest is to catch the punch.



To catch a jab thrown at their face, the fighter turns the palm of their trail hand toward their opponent's punch and catches it, keeping their hand near their face.

***Note*.** The fighter does not reach for the punch. This will give their opponent an opportunity to land a hook.



To slip a jab, the fighter moves slightly out of the way of the incoming jab so that it either barely misses or strikes only a glancing blow.

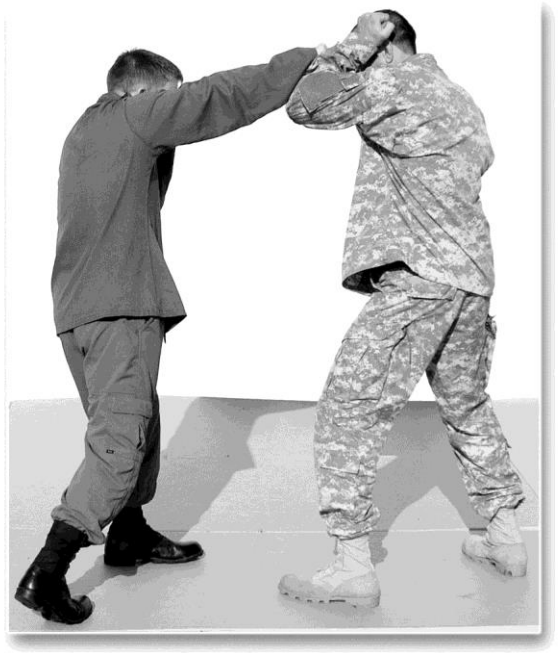
STRIKING SKILLS–ARM STRIKES, DEFENSE

CROSS, FRONT COVER

This technique enables the fighter to defend the cross without moving their head.



1) When their opponent throws a cross, the fighter slightly raises their lead hand and brings it near their forehead. The fighter keeps their chin tucked.



2) The fighter uses their body, particularly their knees, to absorb the impact of the strike by being supple and giving some when the punch lands on their arm.

Note. The fighter does not put their head down or bend at the waist.

STRIKING SKILLS–ARM STRIKES, DEFENSE

HOOK, REAR COVER

This technique enables the fighter to defend the cross without moving their head.



1) The fighter establishes the rear cover by bringing their rear arm back to their cheek.

Note. The fighter keeps their rear elbow tight to cover their ribs.



2) The fighter bends slightly at the knees to absorb some of the impact of the strike.

Note. The fighter keeps a straight trunk, and avoids putting their head down.

STRIKING SKILLS–ARM STRIKES, DEFENSE

UPPERCUT

There are two methods to defend the uppercut: cover and catch. The easiest way is to bring the elbows in tight to cover, although this does not leave the fighter in a very good position to counter with their own punches. The more difficult way, and more effective once mastered, is to catch the incoming uppercut. This method leaves the fighter in a much better position to throw punches and regain the initiative.



1) The fighter assumes the fighter's stance, with both hands covering their face.
2) The fighter brings both elbows in tight to their front and allows the punch to slide up their arms and past their head.

Note. The fighter avoids bending forward at the waist.



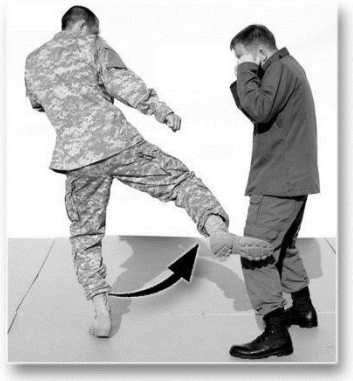
1) The fighter assumes the fighter's stance, with both hands covering their face.
2) The fighter turns their same-side hand down.

Note. The fighter avoids bending forward at the waist.

STRIKING SKILLS–KICKS, ATTACK

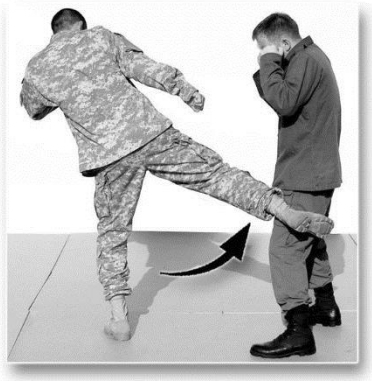
ROUND KICK

The round kick is a powerful strike that is used against an opponent's legs, ribs or head. It is normally thrown as part of a combination following the jab or hook.



1) The fighter pushes off on the ball of their trail leg foot, and, then steps somewhat toward the target and laterally to the outside with their lead leg. The fighter transitions their body weight toward the ball of their lead foot, keeping their lead knee somewhat bent.

Note. Always remember that punches beat kicks, and the opponent is likely to close the range and throw a cross.



2) The fighter begins rotating their lower body into the direction of the kick, simultaneously bringing their lead hand around to cover any exposed portions of their head. The fighter transitions their trail hand down and around as a counterbalance to the rotation of their kick. The fighter rotates their body through the target leading with the hip, followed by the trail shoulder (keeping the trail shoulder high to help block their face). The fighter whips the bent trail leg through the target, making contact with the opponent with the last couple inches of shin bone, just above their foot.

WARNING

Kicking with the instep of the foot will often result in broken bones of the foot.

Note. When targeting their opponent's leg, the fighter aims below the hipbone at the quadriceps, the calf or the sides of back of the knee joint. The fighter throws these kicks and kicks to the opponent's head in an arch (the skin lands in a downward motion) to avoid the check.

When targeting their opponent's ribs, the fighter aims above the hipbones at the lower portion of the ribcage. The fighter throws this kick as a rising kick to avoid colliding with the arm covering the ribcage.

STRIKING SKILLS–KICKS, ATTACK

SWITCH KICK

The switch kick is a fast, powerful kick thrown to an opponent's legs, torso, or head. It can be thrown as a part of a combination (following the cross) or singularly (in the case of a cut kick).

***Note*.** When targeting their opponent's leg, the fighter aims below the hip bone at the quadriceps, the calf, or the sides or back of the knee joint. The fighter should throw this kick in an arch (so that the shin lands in a downward motion) to avoid the check. When targeting the opponent's ribs, the fighter aims 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.



1) The fighter starts from a fighter's stance, with the dominant- side foot trailing and the nondominant-side slightly forward.



2) The fighter steps offline with the trail leg by pushing off the ball of the lead foot, stepping toward the target and laterally in the direction of the kick.

3) The fighter transitions their bodyweight toward the ball of their dominant foot. The fighter bends their dominant knee. The fighter rotates their lower body into the direction of the kick. The fighter brings their dominant hand around to cover any exposed portion of their head, and transitions their nondominant hand down as a counterbalance to the rotation of the kick.



4) The fighter rotates their body through the target, leading with their hip, followed by the nondominant shoulder. The fighter keeps the nondominant shoulder high to help block their face. The fighter whips their nondominant leg through the target, making contact with their opponent with the last couple inches of shin bone, just above the foot.

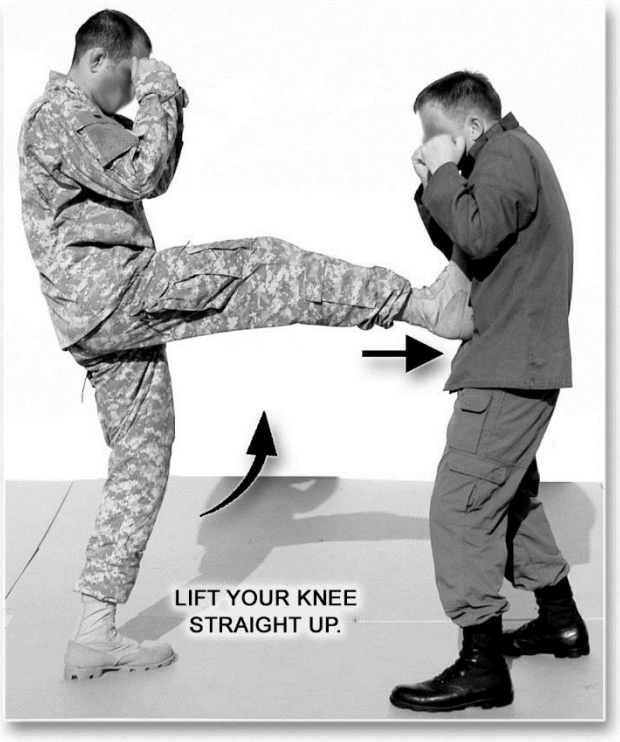
WARNING

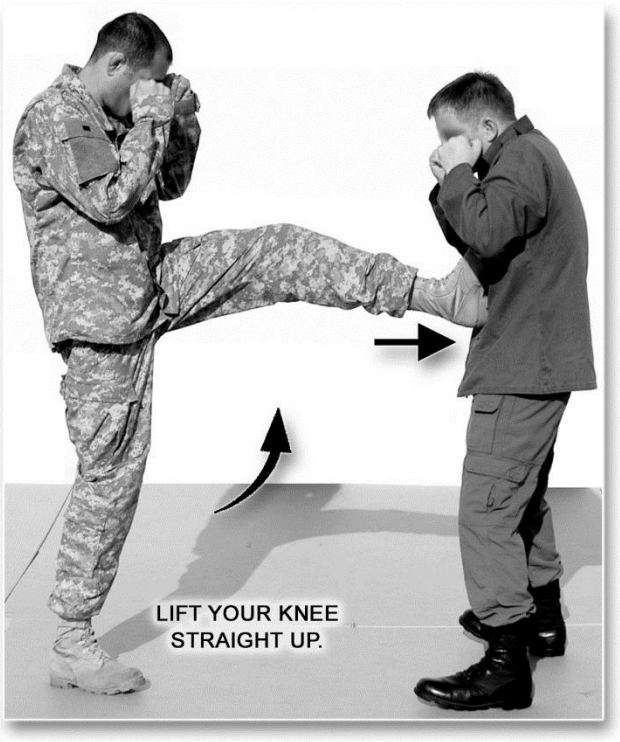
Kicking with the instep of the foot will often result in broken bones of the foot.

STRIKING SKILLS–KICKS, ATTACK

PUSH KICK (TEEP)

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





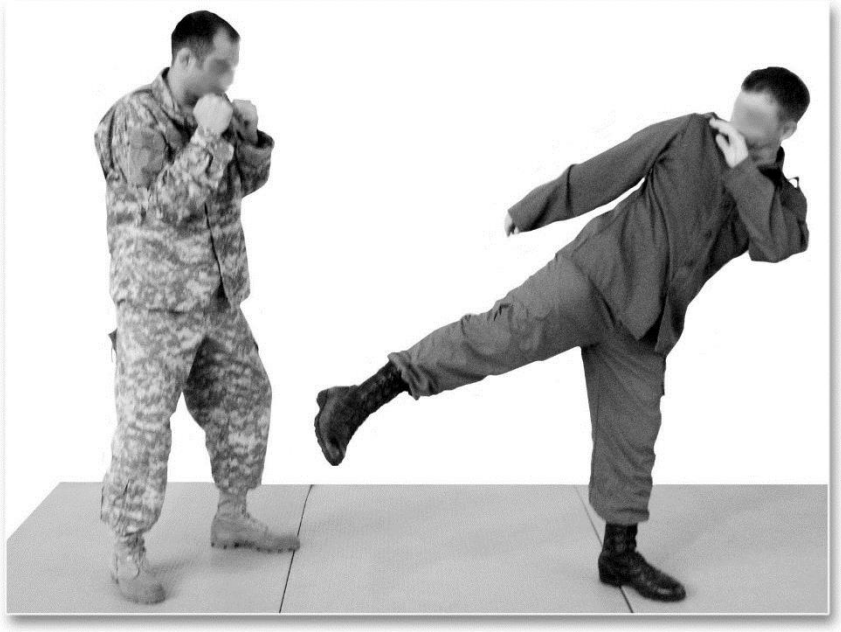
1) After the fighter establishes the appropriate range to their opponent, the fighter lifts the knee of their kicking leg straight up, while keeping their back straight. Simultaneously, the fighter thrusts their hips forward (this is where the power of the kick comes from), and straightens their leg at the knee. The fighter kicks the target with the bottom of their foot.

2) To create range, the fighter kicks their opponent in the torso or face. The fighter aims at their opponent's center of mass to avoid having their foot slip to the left or right.

STRIKING SKILLS–KICKS, DEFENSE

EVADING A KICK

When an opponent attempts to initiate a kick, a fighter can evade the kick.



1) The fighter executes a quick rearward movement to get out of range of the strike. Once out of range, the fighter immediately reestablishes a good fighter's stance or counter-strikes to avoid the additional punches and kicks in combinations.

STRIKING SKILLS–KICKS, DEFENSE

BEATING A KICK

Beating a kick requires a good read of the opponent's body language. The opponent’s ability to land an effective kick depends on having the appropriate range to strike with the lower portion of the leg.



1) The fighter closes the range to the opponent so the kick will be ineffective.



2) The fighter immediately pushes forward on the ball of their trail foot, steps forward with their lead foot, and delivers a cross to their opponent's face.

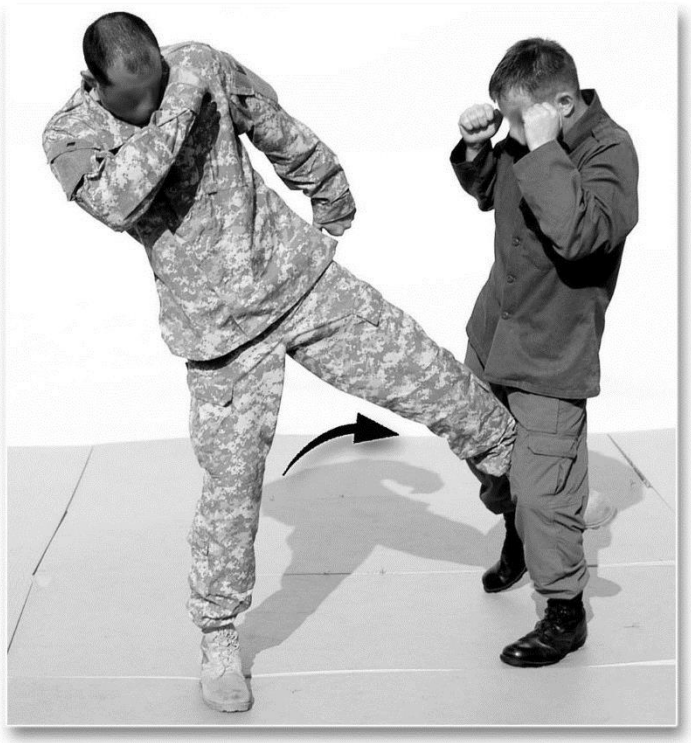
STRIKING SKILLS–KICKS, DEFENSE

STOPPNG A KICK

The kick can be stopped using either the cut kick or the push kick.

CUT KICK

When their opponent steps off-line to deliver the round kick, it leaves the inside of their lead leg exposed. The fighter throws the cut kick to the inside of their opponent's lead calf. This knocks their opponent off-balance, causing them to abandon the kick.



PUSH KICK

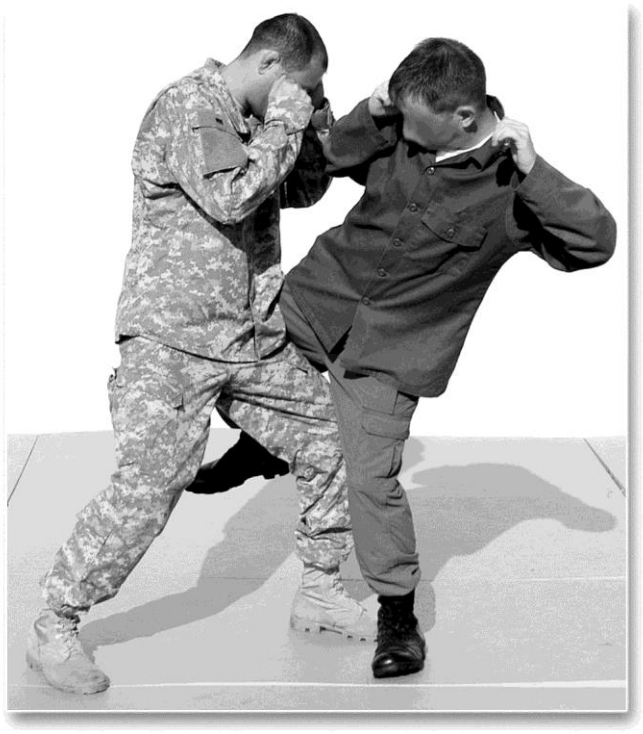
When their opponent steps off-line to kick, the fighter aims the push kick at their opponent's hip on the side of the body that the kick originates from.

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

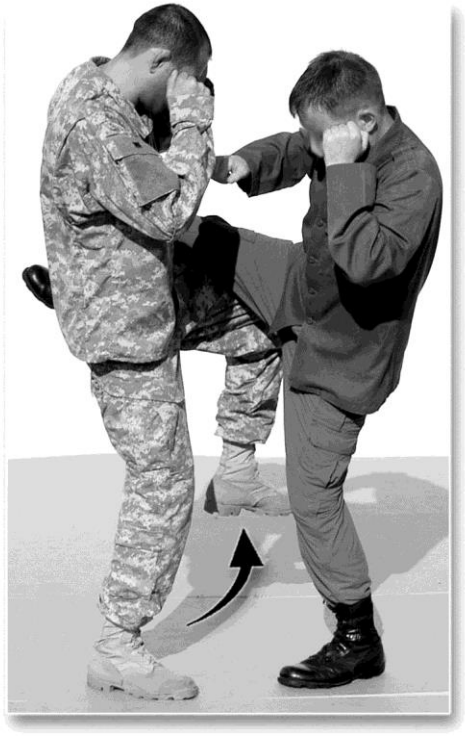
STRIKING SKILLS–KICKS, DEFENSE

CATCH A KICK

Catching a kick is an available option, especially for lazy or half-hearted kicks and particularly when they have not been set up with good punches.



1) The fighter closes the distance by stepping forward with their lead leg and bending at the knee so that when the kick lands, it will slide up their lead leg.



2) The fighter secures an overhook around their opponent's leg with their own arm on the same side.



3) The fighter throws a cross, and performs the takedown.

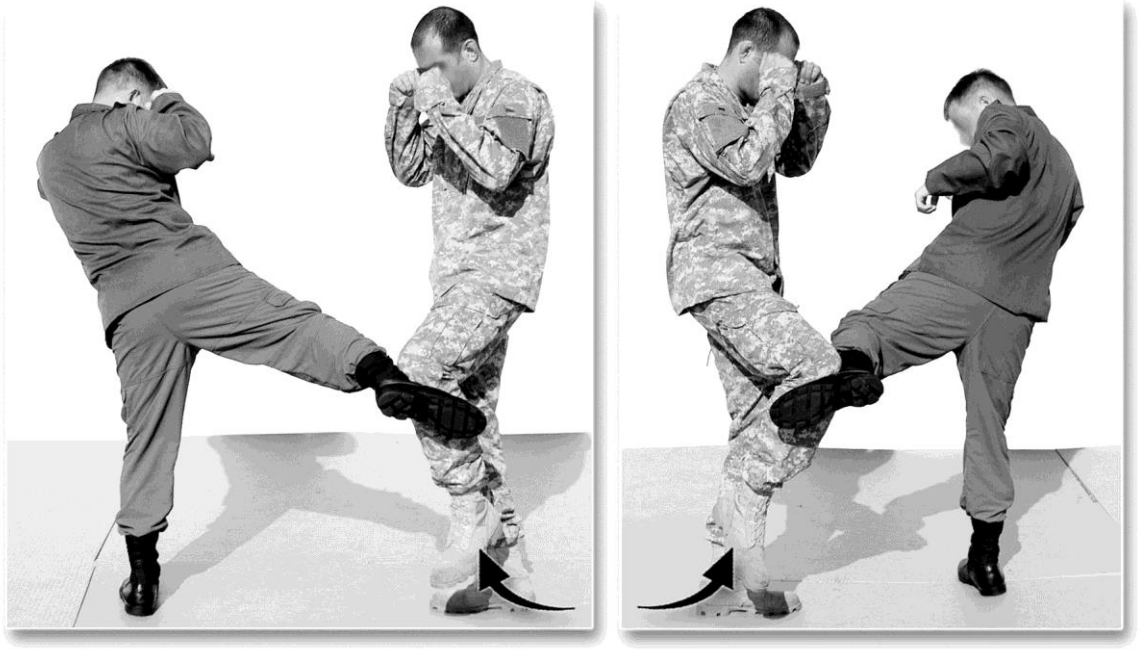
STRIKING SKILLS–KICKS, DEFENSE

CHECKING A KICK

As a kick defense, checking is the least desirable course of action; however, this technique is frequently used, especially against well-thrown or well-setup kicks.

The fighter lifts their targeted leg skyward, with the shin facing slightly outward (to meet the kick).

The fighter keeps the foot of the targeted leg parallel to the ground as the fighter raises their leg, they check the kick, and lower their leg, so that if they lose their balance, they have a solid platform when they put the foot back on the ground.



Immediately following the check, the fighter plants their feet, and fires a cross at their opponent, as their opponent may be somewhat off balance.

***Note*.** The fighter does not attempt to check the kick with hands or arms, as this will expose their head for strikes.

CAUTION

Be aware that checking an opponent's kick will result in shin-to-shin contact, and can still cause some pain and damage.

CLINCHFIGHTING–KICKS, BREAK FALL

FORWARD ROLLING BREAK FALL

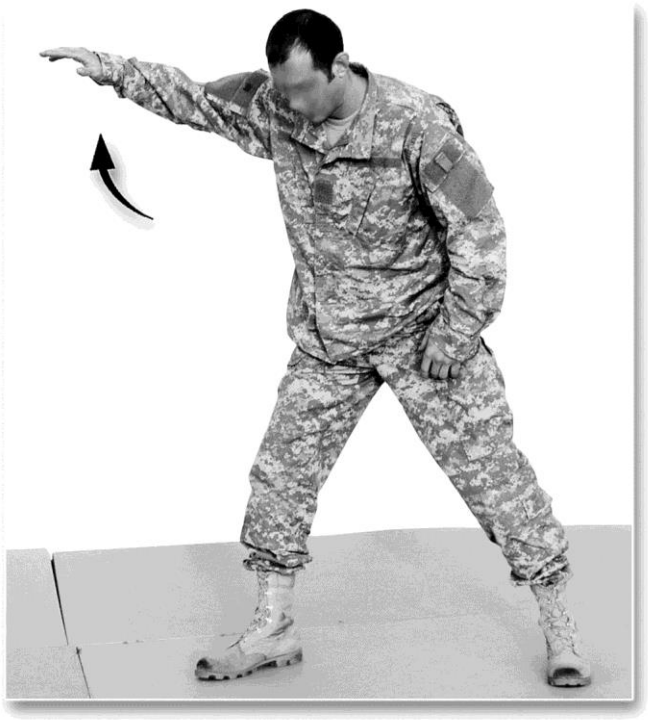
Break-falls are used to train the fighter to fall correctly to the ground when being taken down by an opponent.

***Note*.** The forward rolling break fall techniques performed here are also performed from the kneeling position.

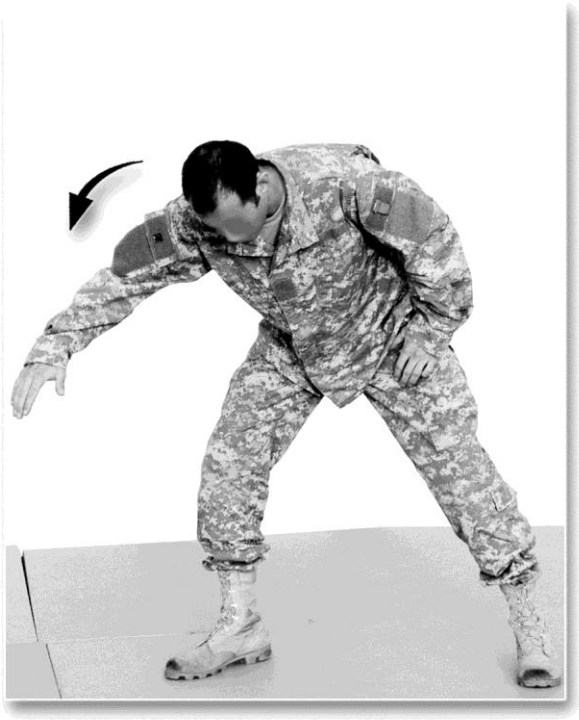
CAUTION
For proper safety, break-fall training must precede takedown training.



1) The fighter starts the fall from the standing position.

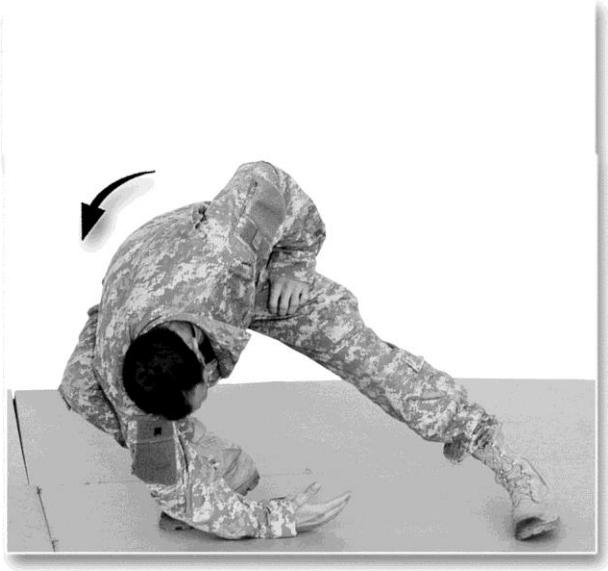


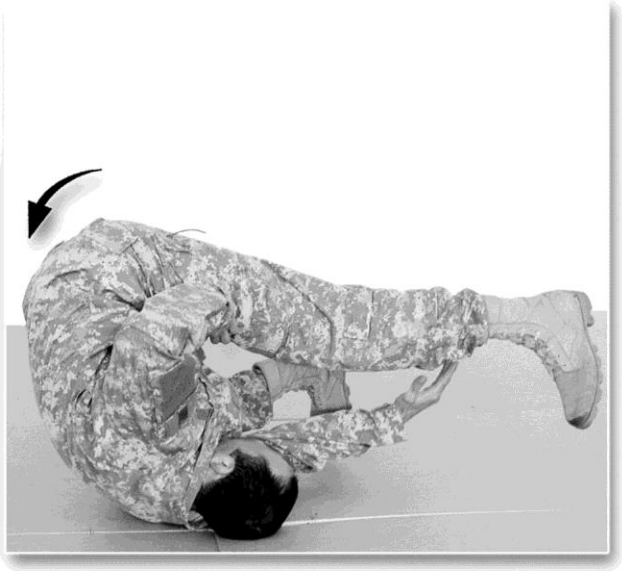
2) The fighter raises one arm to expose their entire side, and bends both knees.

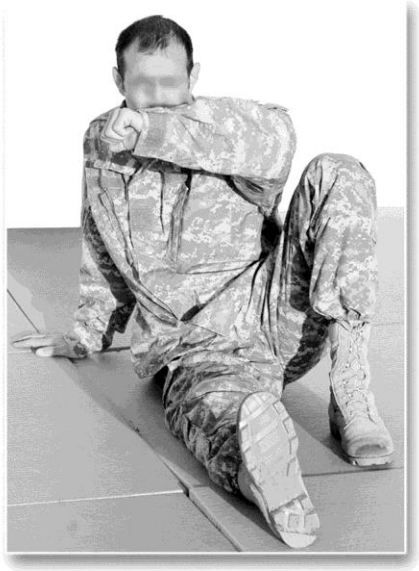


CLINCHFIGHTING–KICKS, BREAK FALL

FORWARD ROLLING BREAK FALL (continued)







3) The fighter rolls forward across their body along their forearm, shoulder, and back to the opposite hip.

CAUTION

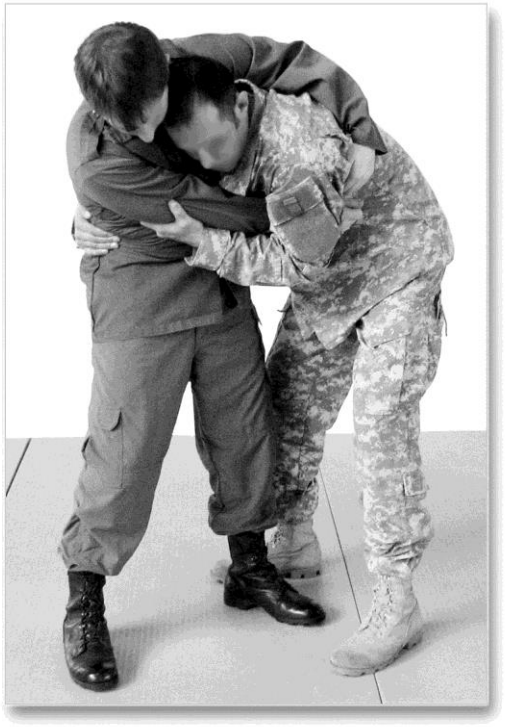
During break-fall training, a fighter does not try to catch themselves by reaching out with their arms. This can cause injury to the arms, hands, and shoulders. Instead, the fighter takes the impact of the fall on the meaty portions of their body.

4) The fighter ends in a good position, and prepares to stand in base.

CLINCHFIGHTING–KICKS, THROW TAKEDOWNS

HIP THROW

The fighter applies the hip throw when the opponent moves their near-side leg away.



1) From the modified seat belt position, the opponent moves their near-side leg backward, creating space to step through. The fighter keeps control of their opponent's arm, and relaxes their underhooked arm.



2) The fighter steps through with their back foot. The fighter slides their hip through the opening.



3) The fighter moves their hips out, and brings their underhooked arm up. The fighter trails their second foot to form a vee with their heels.

CLINCHFIGHTING–KICKS, THROW TAKEDOWNS

HIP THROW (continued)



4) The fighter lifts their hips, and extends their legs.



5) The fighter rotates their body, and brings their head downward to throw.

CLINCHFIGHTING–KICKS, THROW TAKEDOWNS

ARCH AND TURN

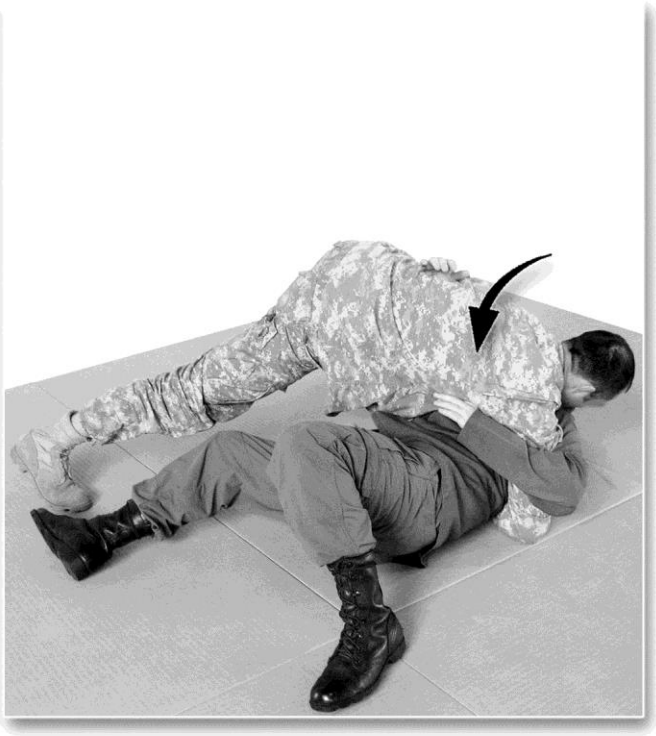
If a fighter assumes the modified seatbelt position, they can use their hip action to arch their opponent over for the takedown.



1) From the modified seat belt position, the fighter traps their opponent's far-side hip by establishing a wrestler's grip at their opponent’s hip.



2) The fighter bends at the knees, and steps slightly to their opponent's back. The fighter arches backward.



3) The fighter extends their legs upward, and turns to their stomach. The fighter releases their grip before they reach the ground.

CLINCHFIGHTING–DOUBLE LEG ATTACKS

DOUBLE LEG ATTACKS

Going under the opponent's arms and straight to the legs is a very useful attack. There are several ways to finish depending on the opponent's actions, but the initial attack is the same.



1) When the fighter finds themselves relatively close to their opponent, the fighter changes their level by bending both of their knees and drives into their opponent’s midsection with their shoulder. The fighter’s lead foot should penetrate as deep as their opponent's feet.

CLINCHFIGHTING–DOUBLE LEG ATTACKS

DOUBLE LEG ATTACKS (continued)



2) While driving forward, the fighter allows their lead knee to hit the ground. The fighter brings their trail foot around in a circular motion. The fighter keeps their head tight to their opponent's body. The fighter wraps both hands around their opponent's legs, with their hands grasping their opponent's calves with a thumbless grip.

CLINCHFIGHTING–DOUBLE LEG ATTACKS

TRIP

If the opponent does not sprawl effectively, the fighter can trip them to complete the double leg takedown.



1) As the fighter shoots the double leg, their opponent defends by walking backwards.

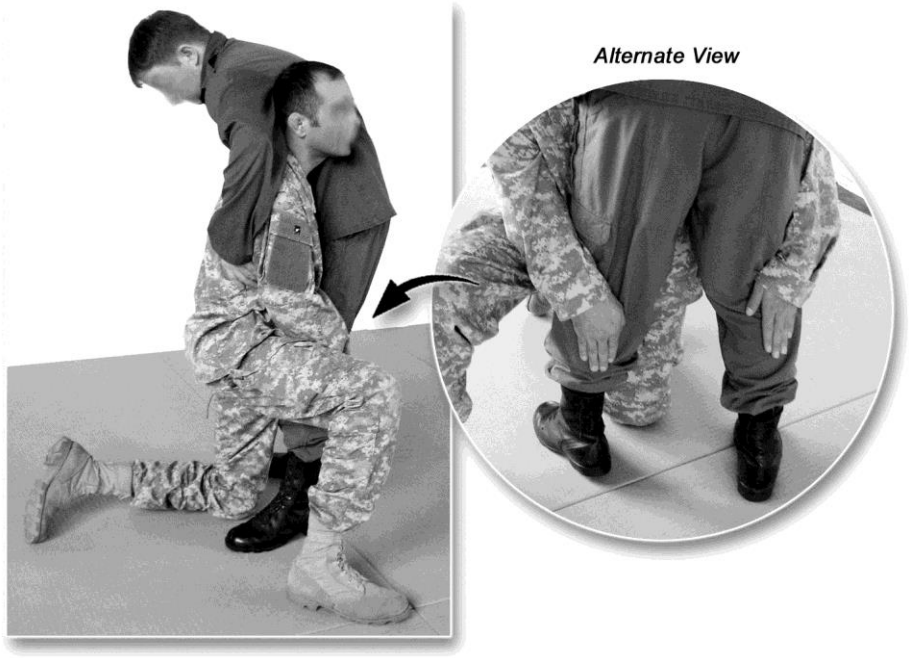


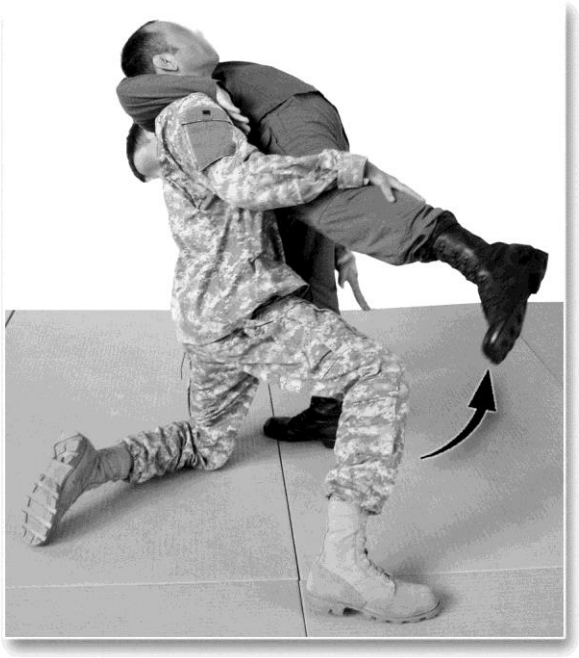
2) The fighter hooks their opponent's heel with their outside leg, and continues to drive through their opponent.

CLINCHFIGHTING–DOUBLE LEG ATTACKS

TURN

After a fighter drives through their opponent and once they are under them, a fighter should push with their head and leg to turn them.





1) As the fighter shoots the double leg, their opponent defends by sprawling. The fighter places their hands on their opponent's calves (use as an extension). The fighter drives into their opponent with their head, and pushes off the ground with their trail foot in a 45-degree angle.

CLINCHFIGHTING–DOUBLE LEG ATTACKS

TURN



2) The fighter finishes in dominant body position.

CLINCHFIGHTING–DOUBLE LEG ATTACKS

SNATCH

The snatch is useful when an opponent leaves a leg forward (as in a fighter's stance) or attempts a lazy kick, allowing a fighter to catch the kick.



1) The fighter steps the same-side leg outside of and slightly past the leg the fighter intends to pick up.



2) The fighter lowers their posture at the knees, uses their forehead to push into their opponent's armpit. The fighter drives forward throwing their opponent off balance.

CAUTION

The fighter does not bend at the waist, as this allows their enemy to kick or punch the fighter in the face.

3) The fighter secures the target leg with a wrestler's grip (back-side hand on top) just below the knee.

CLINCHFIGHTING–DEFENSE

SPRAWL

The fighter uses the sprawl when their opponent attempts to shoot a double leg takedown.



1) The fighter starts the sprawl before their opponent has the chance to drive all the way into their legs, and throws the fighter off balance.

CLINCHFIGHTING–DEFENSE

SPRAWL (continued)





2) The fighter throws their legs and hips behind them. The fighter pushes their chest down, placing all of their weight on top of their opponent to drive their opponent flat onto the ground.

Note. The fighter gets their legs as far away from their opponent as possible; their opponent will attempt to grab the fighter's legs and pull them back into them.

CLINCHFIGHTING–DEFENSE

CROSS-FACE

From the sprawl, the fighter uses the cross-face to turn their body and take their opponent's back.





1) The fighter uses the opposite side arm as the direction they wish to turn, places that forearm across their opponent's face and pushes against their opponent's head.

2) Using the head pressure to break their opponent's grip on their leg, the fighter keeps their hips low and their weight on top of their opponent's back.





3) The fighter turns their body with their legs to takes their opponent's back.

CLINCHFIGHTING–DEFENSE

QUARTER NELSON

When their opponent attempts a takedown, the fighter uses the Quarter Nelson (in conjunction with the wizzer) to pressure their opponent's head. This allows the fighter to turn their opponent and gain a dominant body position off of their opponent's takedown attempt. See Clinch Fighting—Pummeling for more information about the wizzer.



1) As their opponent attempts a takedown, the fighter sprawls into their opponent and overhooks their opponent's arm at the shoulder. The fighter places their opposite hand on the back of their opponent's head.



2) The fighter grasps their own wrist with their other hand.



3) The fighter applies pressure to the back of their opponent's head until their opponent turns to their back.

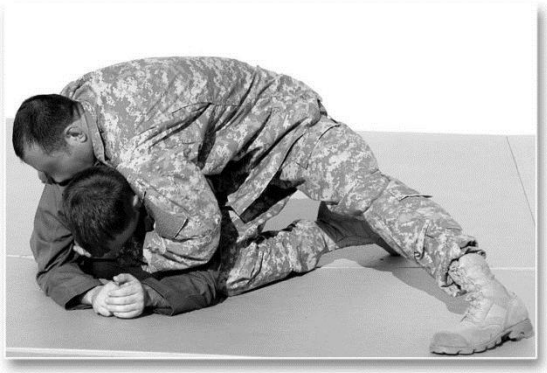


4) The fighter assumes good side control.

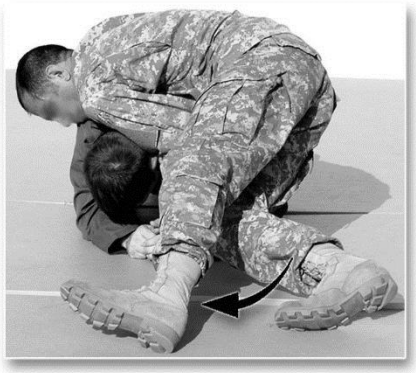
CLINCHFIGHTING–DEFENSE

SHOULDER PRESSURE ROLL TO REAR MOUNT

This technique enables fighters to move from a position on all fours to the more dominant rear mount position.



1) The fighter places their near-side knee between their opponent's arm and leg. The fighter positions their near-side arm over their opponent's back. The fighter places their other arm under their opponent's far-side armpit, and grip with thumbless grip.



2) The fighter drives their head to their opponent's far side, while walking around their opponent's head.





3) The fighter rolls over and under their opponent, pulling their opponent on top of them into the rear mount.

CLINCHFIGHTING–ADVANCED CLINCH POSITIONS

INSIDE CONTROL

Inside control is one of the most dominant positions to attack with strikes.



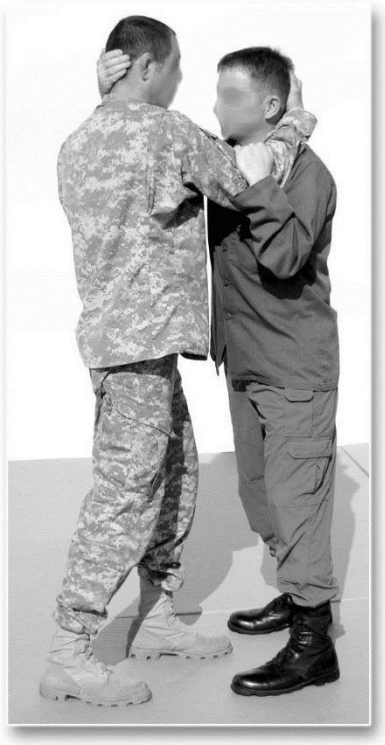
The fighter tucks their elbows in to control the range.

The fighter places one hand on top of the other, both pulling their opponent's head downward.

CLINCHFIGHTING–ADVANCED CLINCH POSITIONS

NECK AND BICEPS

The neck and biceps position is a neutral position that happens frequently. This position enables the fighter to initiate knee strikes.



The fighter uses their elbows to control punches.

***Note*.** The fighter keeps their hand over the crook of their opponent's elbow to defend against elbow strikes.

The fighter cups the back of their opponent's neck with one hand for control.

The fighter places the other hand on top of their opponent's biceps.

CLINCHFIGHTING–ADVANCED CLINCH POSITIONS

50/50

The 50/50 position is a neutral position that allows both fighters the same opportunity to establish control.



The fighter places one arm in their opponent's armpit.

The fighter grasps their opponent's shoulder with a thumbless grip and their opponent's elbow with a thumb grip, pulling their opponent's arm into the fighter's armpit. The fighter ensures their lead foot is the same side foot as the underhook.

CLINCHFIGHTING–ADVANCED CLINCH POSITIONS

DOUBLE UNDERHOOKS

Double underhook is also known as the body lock. This position allows the fighter to control their opponent's whole upper body.

HIGH

The fighter clasps their hands together using a wrestler's grip. The fighter's arms are locked together high behind their opponent's back to control their opponent's shoulders driving the fighter's elbows upward to control their opponent's posture.

LOW

The fighter's arms are locked together with a wrestler's grip around the small of their opponent's back. The fighter drives their head into their opponent breaking their opponent's posture.

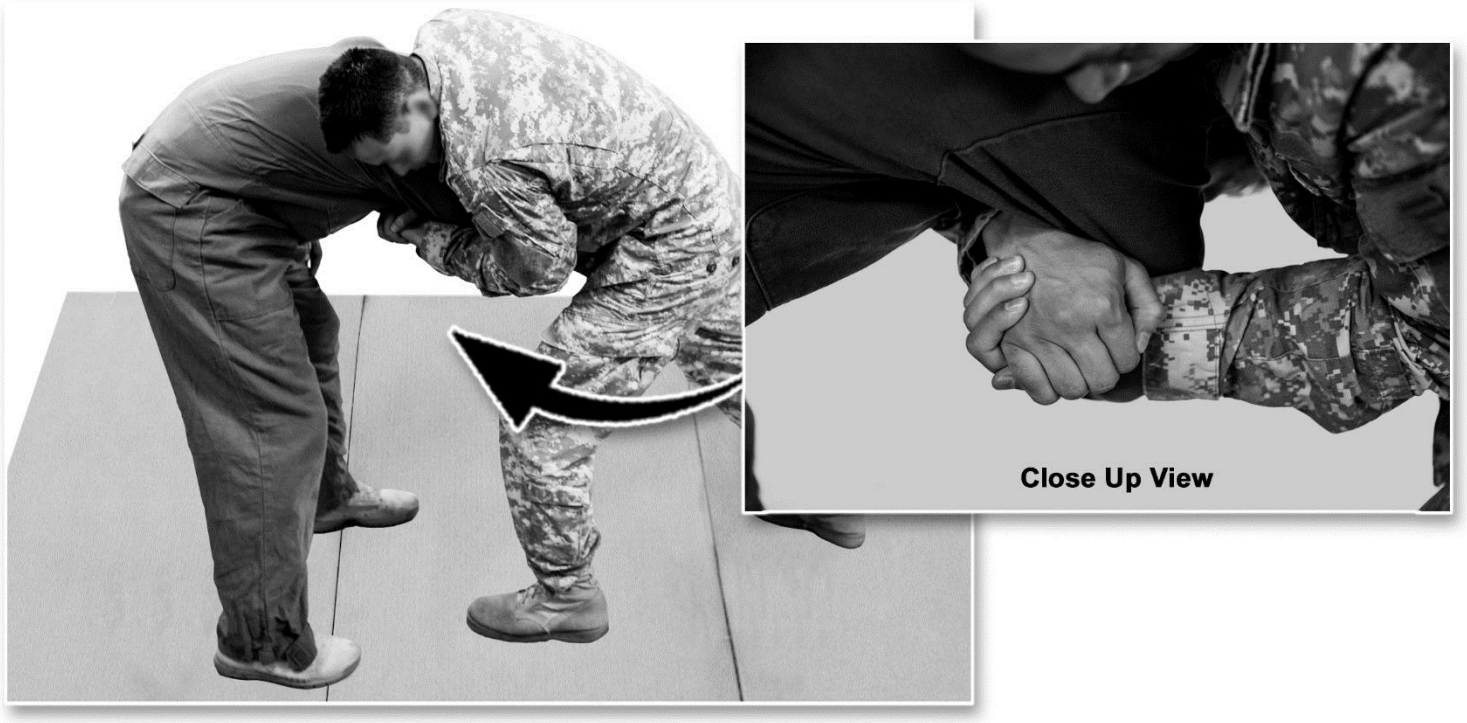


The fighter locks their arms underneath their opponent's arms and behind their opponent's back.

CLINCHFIGHTING–ADVANCED CLINCH POSITIONS

FRONT HEADLOCK

By controlling the opponent's head and arm in a front headlock, the fighter is in an excellent position to attack with strikes or takedowns.



The fighter places their opponent's head in the fighter's armpit. The fighter controls their opponent's arm with the arm around their opponent's neck.

CLINCHFIGHTING–ADVANCED CLINCH POSITIONS

COUNTER TO INSIDE CONTROL

If the opponent achieves inside control, the fighter can defend by putting their arm over their opponent's and extending it. This will allow the fighter to regain their posture and fight for a better position.



The fighter extends one arm over their opponent's arms and across their opponent's neck. The fighter breaks their opponent's grip by straightening their own arm, angling their body, and turning their shoulder's to pressure their opponent's hands off their opponent's head.

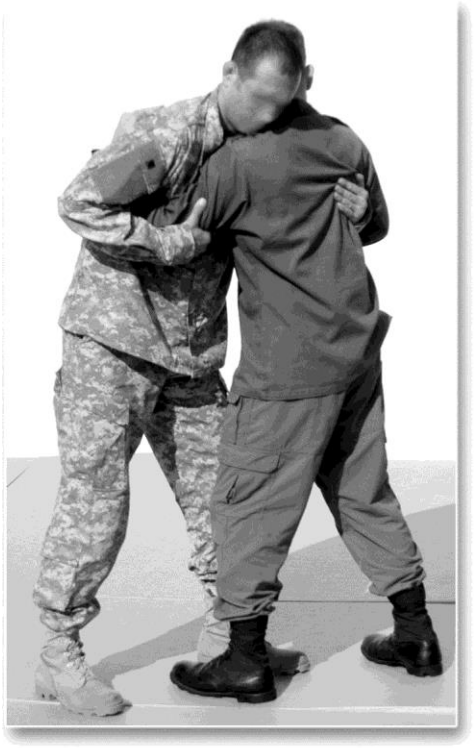


The fighter reaches their other arm under their opponent's arms and across their waist to block knee strikes.

CLINCHFIGHTING–PUMMELING

50/50 PUMMELING

One of the fundamental techniques of clinch fighting is pummeling for underhooks. Basic pummeling enables the fighter to gain control of their opponent and lead into strikes or takedowns.



1) The fighter begins in the 50/50 position.



2) The fighter digs the near-side hand between their opponent's arm and their own chest in an attempt to achieve the double underhooks clinch position. Their opponent will do the same thing at the same time so that the fighter changes sides. The figher pushes slightly against their opponent, and the fighter’s legs should change sides in coordination with their arm movements.



CLINCHFIGHTING–PUMMELING

MODIFIED SEATBELT COUNTER

The fighter uses the modified seatbelt counter, when their opponent controls the fighter's attempt to achieve the basic clinch position by hooking their arm under the fighter's armpit.



1) Their opponent controls the fighter's attempt to achieve the basic clinch position by hooking their arm under the fighter's armpit.

2) The fighter snakes their arm over their opponent's and through their opponent's armpit. The fighter steps behind their opponent's leg. The fighter quickly pushes upward with their arm, and moves their hips forward to position their shoulder in their opponent's armpit and gain the position.

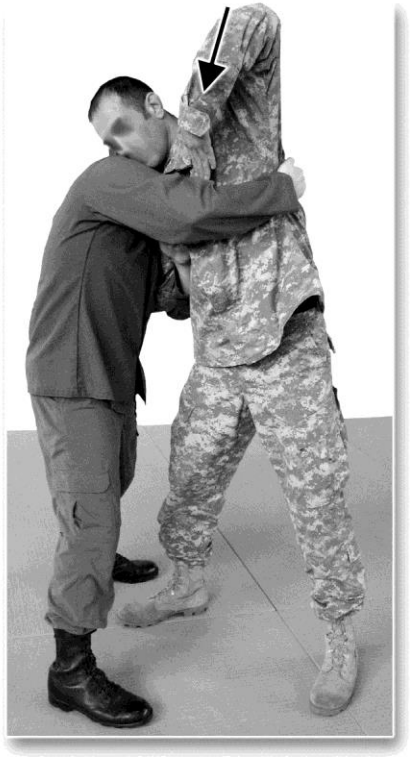
CLINCHFIGHTING–PUMMELING

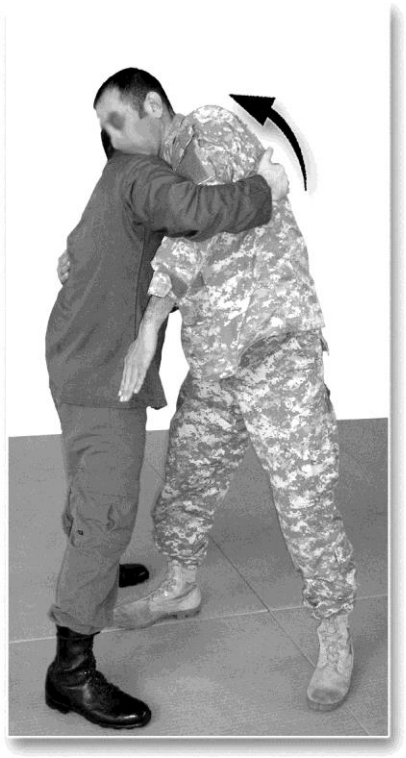
OVERHOOK COUNTER

Sometimes, an opponent will control the fighter's attempt to achieve the clinch by clamping down on the underhook arm with an overhook. This is also known as a wizzer. To beat the wizzer, one option is to switch sides by pummeling to an underhook on the far side.



1) The fighter snakes their other hand into their opponent’s armpit on the far side and changes sides.





2) The fighter shucks their shoulder to gain the position as before.

CLINCHFIGHTING–PUMMELING

OUTSIDE TO INSIDE WEDGE

The fighter uses outside to inside wedge when their opponent achieves inside control and is preparing to break down the fighter's posture. The fighter may use this technique to gain inside control on their opponent.



The fighter postures up and blades their body. The fighter uses the space this has created to wedge one hand at a time into the inside control position.

CLINCHFIGHTING–PUMMELING

OVER TO UNDER LEVER

A fighter can defeat inside control by making a lever with his arms and using the power of their hips to achieve inside control.



1) The fighter reaches over one of their opponent's arms at the elbow, and places the back of their hand under their opponent’s other elbow.



2) The fighter places their palms together, and pushes their opponent's arms upward.

CLINCHFIGHTING–PUMMELING

OVER TO UNDER LEVER (continued)



3) The fighter uses the power of their hips to drive their opponent's elbow upward.



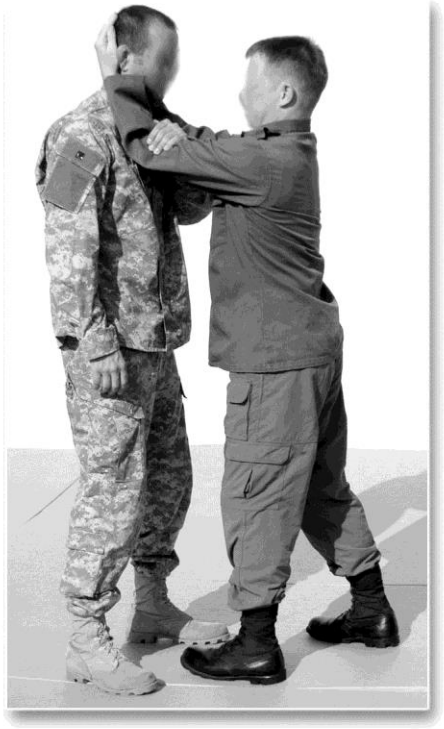
4) The fighter uses the space this has created to wedge one hand at a time into the inside control position.



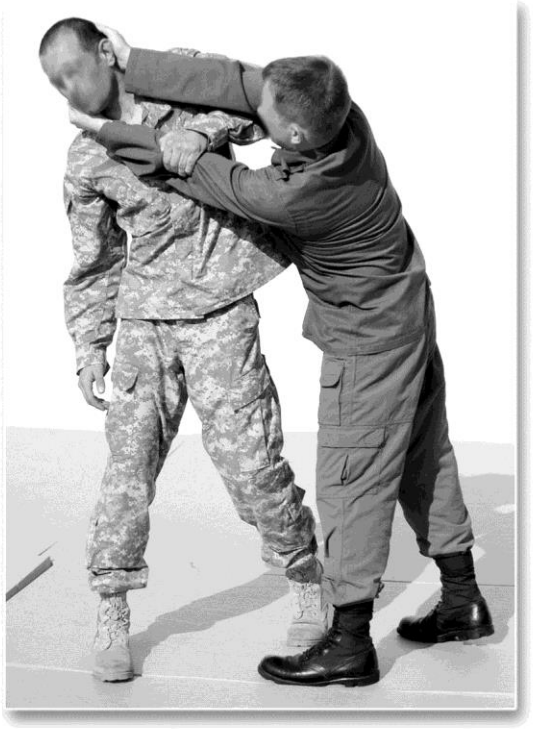
CLINCHFIGHTING–PUMMELING

UNDER TO OVER LEVER

A fighter can defeat inside control by making a lever with their arms and using the power of their hips to achieve inside control.



1) The fighter begins in their opponent's inside control.



2) The fighter reaches under one of their opponent's arms and over the other at their opponent's elbow.



3) Using their own elbow, the fighter pushes their opponent's arm upward by leaning with their shoulders.

CLINCHFIGHTING–PUMMELING

UNDER TO OVER LEVER (continued)



1) The fighter uses the space this has created to wedge one hand at a time into the inside control position.

CLINCHFIGHTING–PUMMELING

PUSH THE ELBOW INWARD

Fighters use push the elbow inward when their opponents squeeze their elbows together.



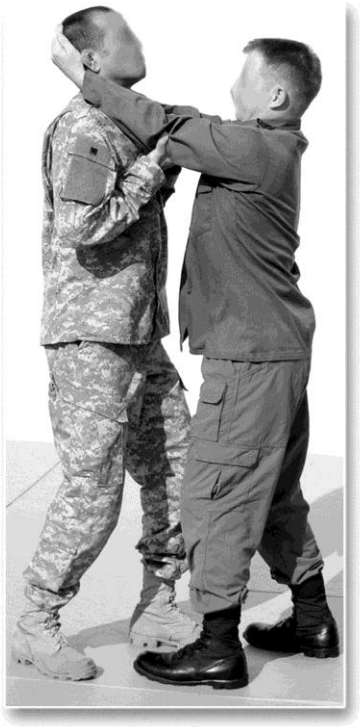
1) The fighter grasps their opponent's elbow with one hand and pushes it inward, gaining power by simultaneously turning their shoulders.

2) With their free hand first, the fighter uses the space this has created to wedge both hands into the inside control position.

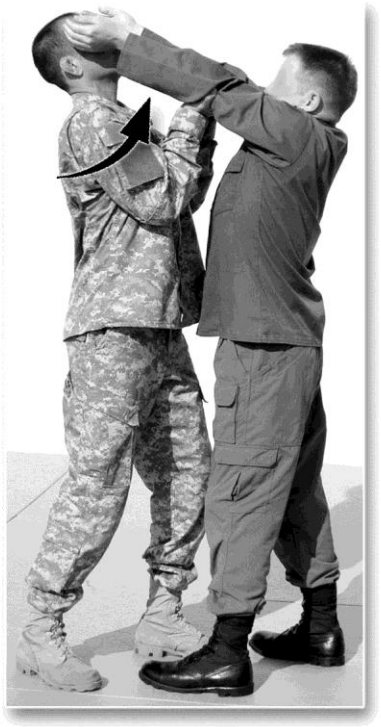
CLINCHFIGHTING–PUMMELING

DOUBLE ELBOW LIFT

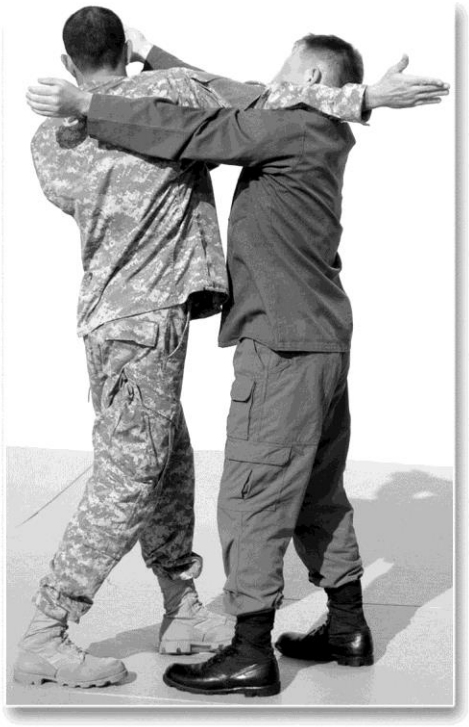
Fighters use the double elbow lift when their opponents squeeze their elbows together very tightly.



1) The fighter grasps both of their opponent's elbows.



2) The fighter positions their hips under their opponent's elbows, and straighten their opponent’s arms by pushing them both upward.



3) The fighter uses the space this has created to wedge one hand at a time into the inside control position.



CLINCHFIGHTING–KNEE STRIKES, ATTACK

LONG KNEE

The long knee is a strike that is used when there is space between the fighter and his opponent and is either directed straight out or slightly rising. At the appropriate range, the fighter can pull their opponent toward them to enhance its effectiveness.



1) The fighter begins in inside control.



2) The fighter pulls their opponent toward them, while driving their knee into their opponent's body and thrusting forward with their hips.

CLINCHFIGHTING–KNEE STRIKES, ATTACK

UP KNEE

The up knee is a rising strike usually to the head, but occasionally to the chest and stomach. It can be thrown either directly to the front or to the side, but is typically thrown at very close range. This technique is most effective when the opponent has a bad posture.



1) The fighter begins in inside control.



2) The fighter pulls their opponent's head toward their knee. The fighter drives the top of their knee into their opponent's chest or head.

CLINCHFIGHTING–KNEE STRIKES, ATTACK

ROUND KNEE

The round knee, sometimes called the curved knee, is a strike that typically comes from the side into the ribs. It can either be a horizontal strike or slightly rising. This strike is commonly used when there is little or no space between the fighter and his opponent (no space to use the long knee or up knee).



1) The fighter begins in inside control.



2) The fighter lifts their knee at a 90-degree angle from their opponent. The fighter strikes their opponent's thigh or ribs with the inside of their knee.

CLINCHFIGHTING–KNEE STRIKES, DEFENSE

HIP CHECK

In the clinch, a fighter's opponent can throw knee strikes. A fighter can defend these strikes using a hip check. This move is the best defense against the round knee.



The fighter keeps a good posture. The fighter moves their hip inside of the strike. The fighter's hip will meet the strike on their opponent's inner thigh. This reduces their opponent's ability to strike.

CLINCHFIGHTING–KNEE STRIKES, DEFENSE

PULL TOWARD THE KNEE

The fighter can reduce their opponent's ability to use knee strikes by pulling them toward the knee while their opponent is striking. This forces the opponent to put their foot down to maintain their balance.





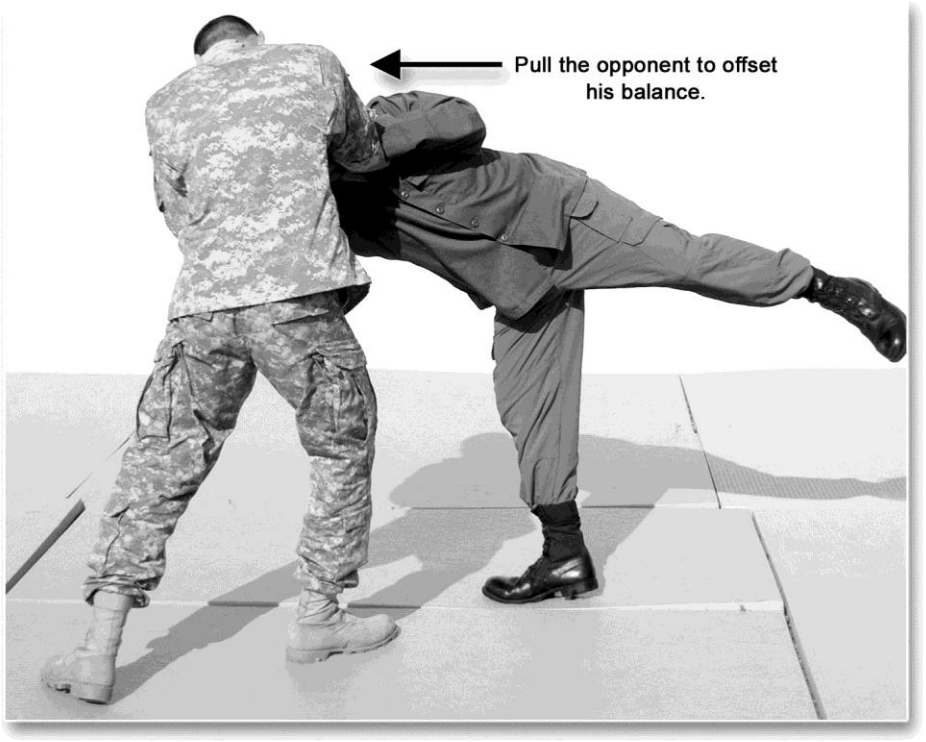
When their opponent picks up their leg to attempt a knee strike, the fighter pulls their opponent toward the leg their opponent is attempting to strike with. The opponent will be forced to place it on the ground to avoid falling.

CLINCHFIGHTING–KNEE STRIKES, DEFENSE

PULL AWAY FROM THE KNEE

The fighter can reduce their opponent's ability to use knee strikes by pulling them away the knee they are striking. This forces the opponent to put their foot down to maintain their balance.



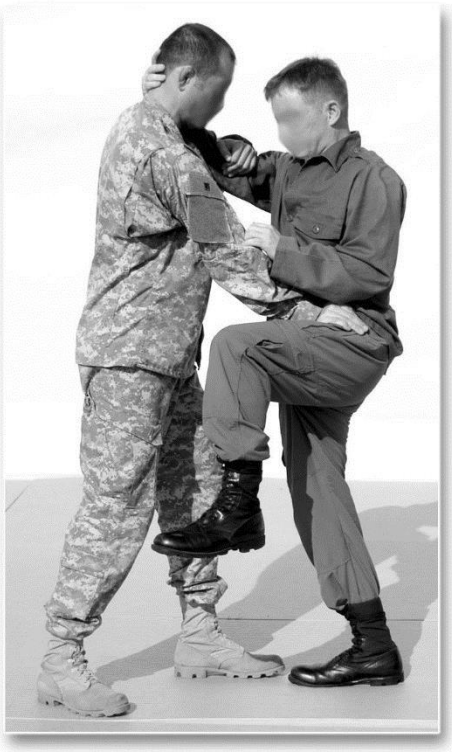


If their opponent is leaning away from the leg with which they are attempting to strike the fighter, the fighter may not be able to pull their opponent toward it. However, the fighter may be able to pull their opponent in the other direction (away from the knee) and force their opponent to step backward to avoid falling.

CLINCHFIGHTING–KNEE STRIKES, DEFENSE

HAND CHECK

The hand check should be used sparingly because it exposes the fighter to head strikes.



When a fighter feels their opponent pull backward in preparation for a knee strike, the fighter pulls their hand away, and stops the strike by blocking his hip. The fighter immediately replaces their hand to a control position on top of their opponent's controlling arm to avoid exposing themselves to hand or elbow strikes.

CLINCHFIGHTING–KNEE STRIKES, DEFENSE

KNEE LIFT AND GRAB

The fighter uses this technique to mitigate an opponent’s knee strikes. This technique ends in a position that gives the fighter several options, including the takedown.

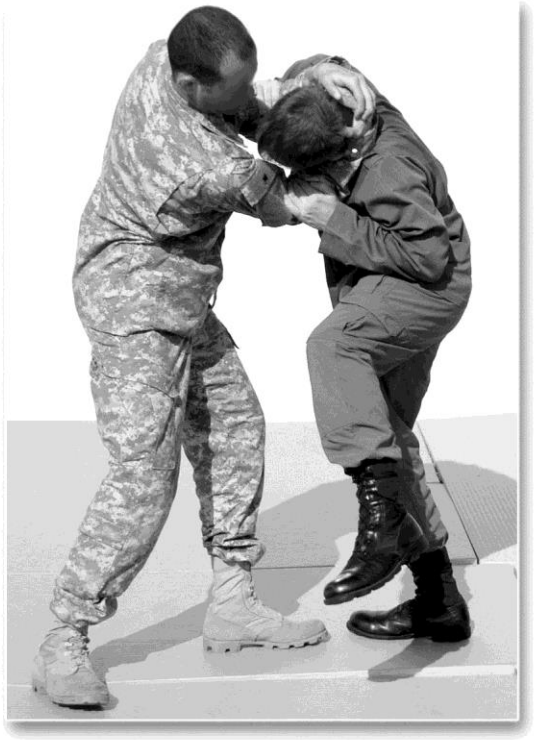


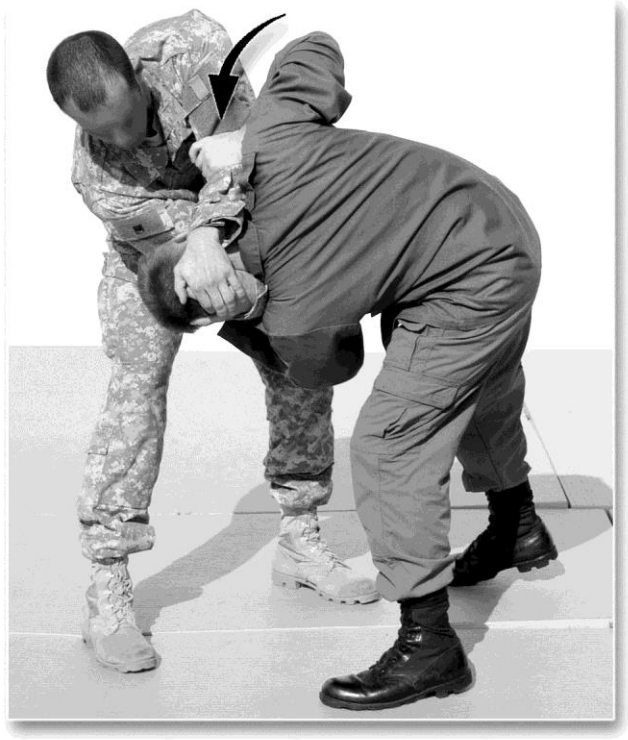
As their opponent's knee strike comes in, the fighter positions their knee under their opponent’s leg, and grasps their opponent’s leg with their arm.

CLINCHFIGHTING–KNEE STRIKES, DEFENSE

TILT THE HEAD

An opponent must have good posture to strike effectively. To affect their opponent's posture, a fighter can control their opponent's upper body by tilting their head.





The fighter assumes the inside control position. As their opponent's knee strike comes in, the fighter controls their opponent's ability to strike by tilting their opponent's head.

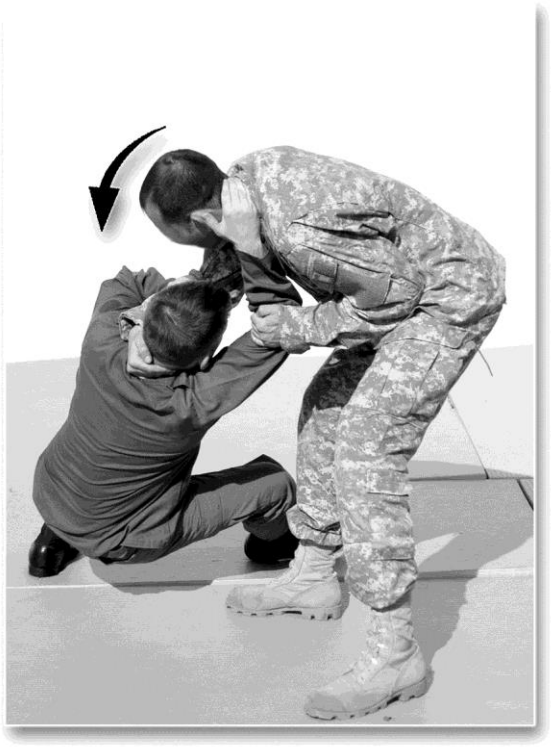
CLINCHFIGHTING–KNEE STRIKES, THROWS AND TAKEDOWNS AGAINST KNEE STRIKES

HIP CHECK, TURN DOWN

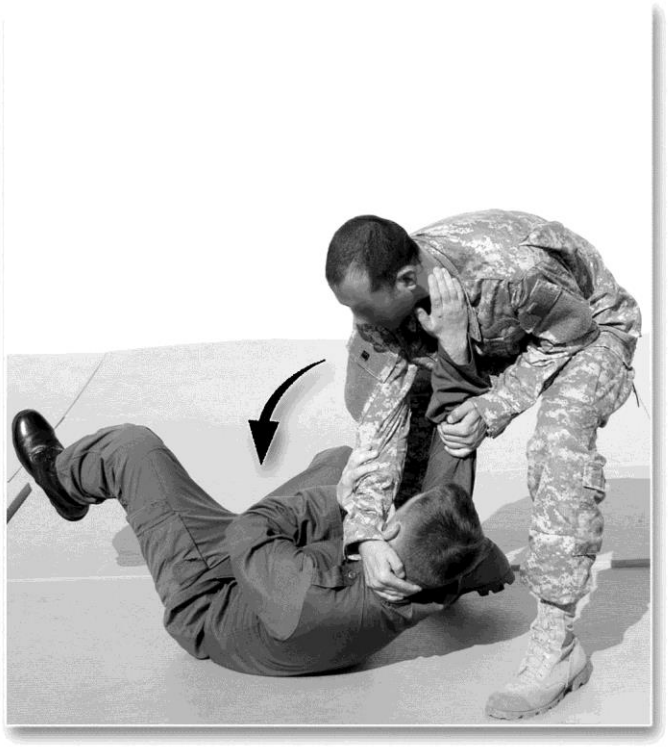
When used as a defense, the hip check is effective in taking the opponent off-balance by transitioning all of their weight over the outside of their foot.



1) The fighter stops their opponent's attempted knee strike with a hip check.



2) The fighter turns their opponent in a tight circle away from their opponent’s striking leg, and pulls downward.



CLINCHFIGHTING–KNEE STRIKES, THROWS AND TAKEDOWNS AGAINST KNEE STRIKES

PULL TOWARD KNEE, INSIDE HOOK

If a fighter defends against a knee strike by pulling their opponent toward the strike, the fighter may be able to attack with an inside trip.



1) The figher stops their opponent's attempted knee strike by pulling toward their opponent’s knee.

2) The fighter sweeps their opponent's posted leg with the back of their calf just as the opponent’s other leg touches the ground.

CLINCHFIGHTING–KNEE STRIKES, THROWS AND TAKEDOWNS AGAINST KNEE STRIKES

PULL AWAY FROM THE KNEE, SWEEP

When in the clinch, an opponent may throw knee strikes. If this occurs, the fighter pulls their opponent away from the strike, steps through, and executes a sweep.



1) The fighter stops their opponent's attempted knee strike by pulling away from their opponent's knee.
2) The fighter steps through the space between themselves and their opponent.
3) The fighter executes a sweep with their opposite-side foot.

CLINCHFIGHTING–KNEE STRIKES, THROWS AND TAKEDOWNS AGAINST KNEE STRIKES

PULL AWAY FROM THE KNEE, THROW

This technique is similar to pull away from the knee, sweep, except that the fighter steps across the opponent to finish the throw.



1) The fighter stops their opponent's attempted knee strike by pulling away from their opponent’s knee.

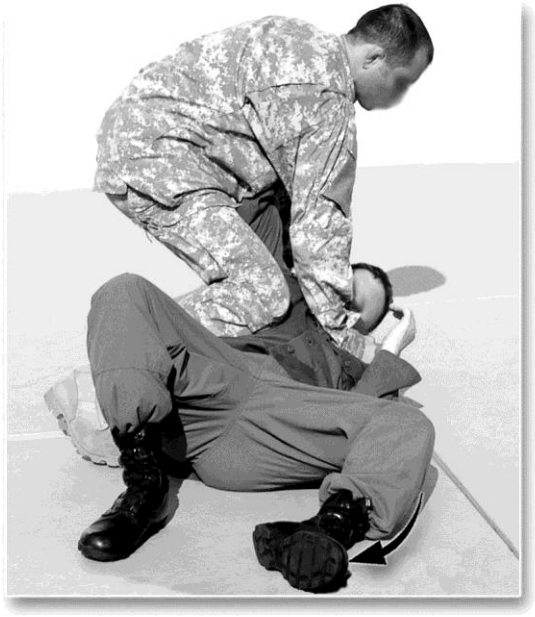


2) The fighter steps through the space between themselves and their opponent.

CLINCHFIGHTING–KNEE STRIKES, THROWS AND TAKEDOWNS AGAINST KNEE STRIKES

PULL AWAY FROM THE KNEE, THROW (continued)





3) The fighter executes a throw with their opposite-side leg or hip.

CLINCHFIGHTING–KNEE STRIKES, THROWS AND TAKEDOWNS AGAINST KNEE STRIKES

KNEE STRIKE, SNAP-DOWN

When a fighter has inside control they may be able to perform a takedown that will introduce new opportunities for strikes or transitions to dominant body positions.

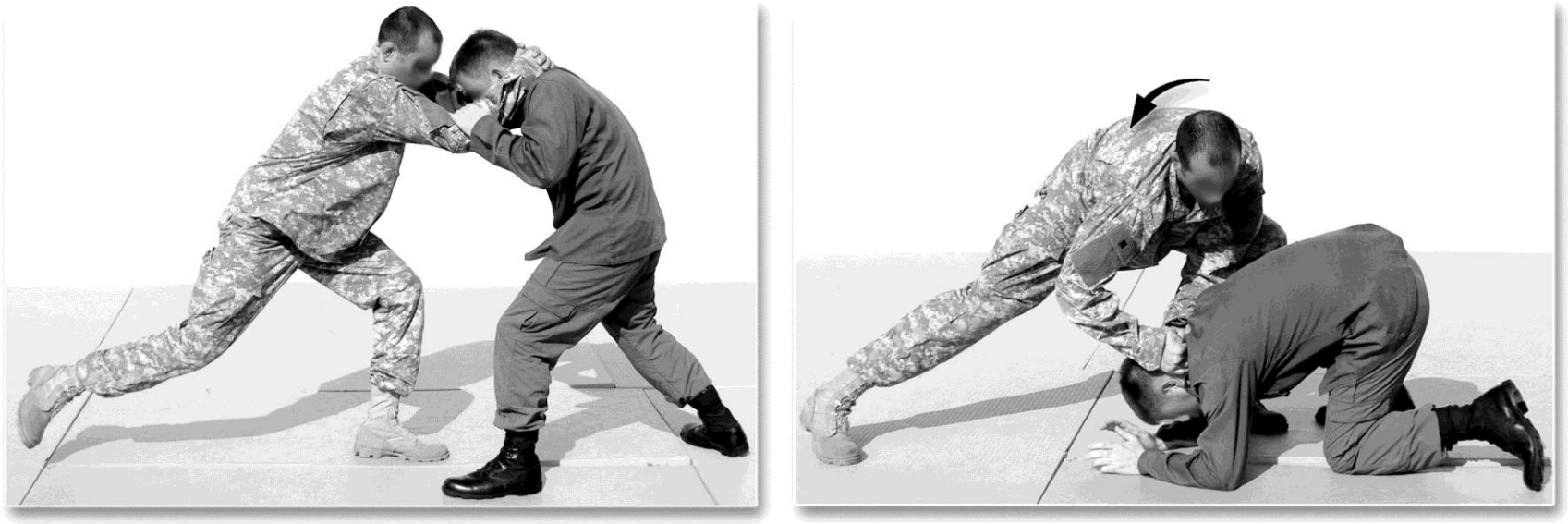




1) From inside control the fighter throws a long knee or an up knee to their opponent's midsection or head.

CLINCHFIGHTING–KNEE STRIKES, THROWS AND TAKEDOWNS AGAINST KNEE STRIKES

KNEE STRIKE, SNAP-DOWN (continued)



2) Immediately, the fighter snaps their opponent down.

CLINCHFIGHTING–KNEE STRIKES, THROWS AND TAKEDOWNS AGAINST KNEE STRIKES

HIP BUMP FROM MODIFIED SEATBELT CLINCH

When a fighter has assumed the seatbelt clinch, they can land knee strikes effectively to their opponent's torso. If their opponent tries to strike back, their weight will come up with the strike, enabling the fighter to take them off his feet by bumping their post leg.



1) The fighter assumes the modified seatbelt clinch. The fighter controls their opponent's far-side arm at the biceps, as in the neck and biceps clinch position. The fighter attacks their opponent's midsection with knee strikes. As their opponent tries to counter with knee strikes of their own, their weight will come forward.

2) The fighter lifts their opponent with their thigh that is behind their opponent's posted leg, and takes their opponent down to their back.

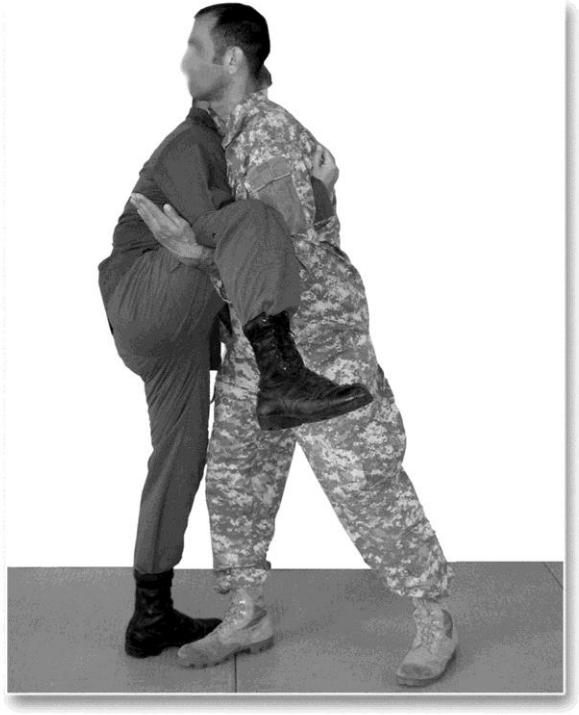
CLINCHFIGHTING–KNEE STRIKES, THROWS AND TAKEDOWNS AGAINST KNEE STRIKES

50/50, CATCH AND LIFT

When a fighter is in the 50/50 position with their hand inside of his opponent's legs, the fighter can defend against the knee by circling their arm under their opponent's leg to control it.



1) The fighter begins in the 50/50 position.



2) If their opponent tries to land a knee, the fighter hooks their opponent's leg with their blocking arm.

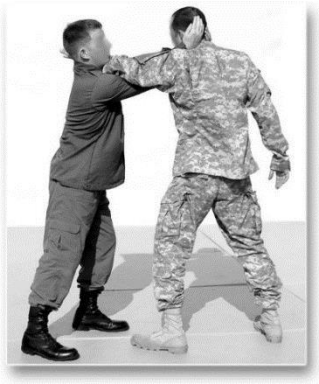


3) The fighter lifts their opponent by driving their own hips into their opponent and lifting the leg skyward. The fighter takes their opponent down, and assumes side control.

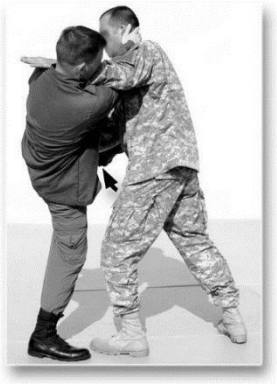
CLINCHFIGHTING–KNEE STRIKES, THROWS AND TAKEDOWNS AGAINST KNEE STRIKES

COUNTER TO INSIDE CONTROL, CATCH AND LIFT

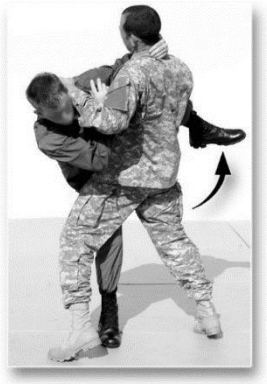
Sometimes, a fighter's opponent will attempt a knee strike to the fighter's midsection or head as the fighter uses counter to inside control. In this instance, the fighter should use counter to inside control, catch and lift.



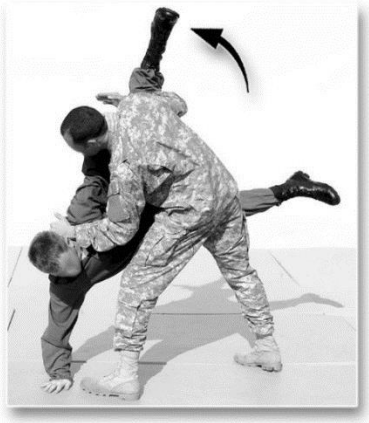
1) The fighter begins in the counter to inside control.



2) As their opponent throws the knee, the fighter counters by circling their bottom hand under their opponent's knee.



3) The fighter has a good posture, and takes their opponent off of their feet.



4) While lifting, the fighter drives their top arm into their opponent's neck. The fighter transitions their center of gravity over their posted foot

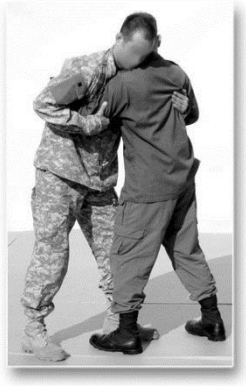


5) The fighter finishes in a dominant body position.

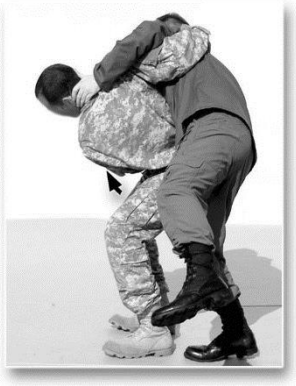
CLINCHFIGHTING–KNEE STRIKES, THROWS AND TAKEDOWNS AGAINST KNEE STRIKES

HIP CHECK ENTRY FOR HIP TOSS

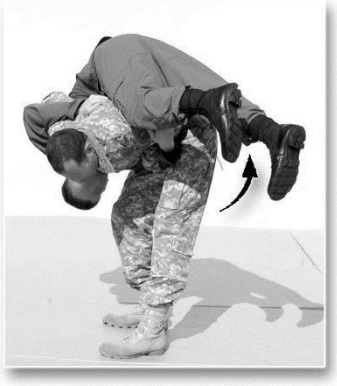
After a fighter checks a round knee with their hip, they can execute a hip throw. If a fighter repeatedly uses a hip check to block a round knee, they can insert their hip farther for shallow hip-throwing techniques.



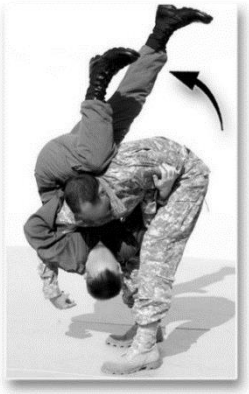
1) The fighter begins in the 50/50 position.



2) The fighter inserts their hip, and slides the center of their tailbone to their opponent's far leg, keeping the fighter's heels together. The fighter moves their arm from under their opponent toward their opponent's head.



3) The fighter throws their opponent by pulling down on their overhooked hand just above their opponent's elbow. The fighter moves your underhooked hand deep into their opponent's armpit.



4) The fighter uses their hips to raise their opponent into the air.



5) The fighter finishes in a dominant position.

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Chapter 6

Contact Weapons

Contact weapons include thrusting weapons, bludgeoning weapons, and short-range weapons. This chapter also covers grappling with weapons.

THRUSTING WEAPONS

6-1. Thrusting weapons are those weapons which are designed to stab from a long range. The most commonly used thrusting weapon is the rifle with a fixed bayonet.

Notes. 1. All positions and movements described in this manual are for right-handed fighters. Left- handed fighters or fighters who desire to learn left-handed techniques must use the opposite hand and foot for each movement described.

2. All positions and movements can be executed with or without the magazine and/or sling attached.

ATTACK

6-2. To attack and defeat opponents with a rifle and fixed bayonet, fighters must use proper body positioning and body movements, and attack with enough force to disable the opponent.

BODY POSITIONING

6-3. The attack position is the basic starting position from which all attack movements originate. It generally parallels a boxer's stance.

BODY MOVEMENTS

6-4. When attacking, fighters must remain alert to counterattacks from all directions and determine the greatest immediate threat. If attacked from behind, fighters execute a whirl movement.

Notes. 1. When performing certain movements, two ranks will move toward each other. When the Soldiers in ranks come too close to each other to safely execute additional movements, a crossover movement is used to move the ranks a safe distance apart. On the command "CROSSOVER," the fighter and opponent move straight forward and, as they pass each other, the fighter's right shoulder passes the opponent's right shoulder. The fighter and the opponent continue moving forward about six steps, halt, and without command, execute the whirl. Then, they remain in the attack position and wait for further commands.

2. Left-handed personnel cross left shoulder to left shoulder.

ATTACKING WITH FORCE

6-5. Instinctive, aggressive action and balance are the keys to offense with the rifle and bayonet. There are four attack movements designed to defeat or disable the opponent:

- Thrust.
- Butt stroke.
- Slash.
- Smash.

6-6. Each of these movements may be used for the initial attack or as a counterattack, should the initial movement fail to find its mark.

MODIFIED MOVEMENTS

6-7. Two attack movements have been modified to enable the fighter to slash or thrust at an opponent without removing their hand from the weapon's pistol grip:

- Modified thrust.
- Modified slash.

FOLLOW-UP MOVEMENTS

6-8. If the initial thrust, butt stroke, slash, or smash fails to make contact with the opponent's body, the fighter should instinctively follow up with additional movements until they have disabled or captured the opponent. Follow-up movements are attack movements that naturally follow from the completed position of the previous movement. For example—

- PARRY LEFT, BUTT STROKE TO THE HEAD, SMASH, SLASH, ATTACK POSITION.
- PARRY LEFT, SLASH, BUTT STROKE TO THE KIDNEY, ATTACK POSITION.
- PARRY RIGHT, THRUST, BUTT STROKE TO THE GROIN, SLASH, ATTACK POSITION.

DEFENSE

6-9. When faced with an opponent who does not present a vulnerable area to attack, the fighter can make an opening by initiating a parry or block movement, and then follow up with an attack. The follow-up attack must be immediate and violent.

PARRY MOVEMENTS

6-10. The objective of the parry movement is to counter the opponent's thrust, throw them off balance, and hit a vulnerable area of his body. Timing, speed, and judgment are essential factors in these movements. There are two parry movements:

- Parry right.
- Parry left.

BLOCKS

6-11. When surprised by an opponent, the block is used to cut off the path of his attack by making weapon-to-weapon contact. A block must always be followed immediately with an attack. Striking the opponent's weapon with enough power to throw them off balance. There are three blocks that you can use to counter an opponent's attack:

- High.
- Low.
- Side.

BAYONETS

6-12. Standard military issued bayonets usually have longer blades than knives. Unattached, the fighter has more extension in which to attack an opponent. Attached to a rifle, the fighter has even more range.

KNIVES

6-13. Knives come in varied designs and have multiple uses. After that comes making the best use of its design features, and striking where it can cause the greatest damage.

Note. Although this section covers attacking with knives, it does not cover types of knives you could carry or where you should best store them. If you do carry a knife, place it where accessing it can be done quickly when grappling with an opponent. Remembering, what you can quickly access, so can an opponent.

GRIPS

6-14. A fighter can hold the knife using two grips:

- Straight grip.
- Reverse grip.

ATTACKS

6-15. All knife attacks fall into two basic categories:

- Slashing.
- Stabbing.

Slashing Attacks

6-16. Slashing type attack, where there is an attempt to cut the enemy with the blade of the weapon, are seldom fatal but can be useful tactically to create openings for more decisive attacks. They can also be done without full commitment to the attack. It is important to remember that against even a

very sharp blade, typical heavy clothing serves as armor against slashing type attacks and that during a life and death struggle people are capable of ignoring wounds that are not immediately debilitating. However, slashes against an enemy's hands or face can be very effective in eliciting action and creating openings.

Stabbing Attacks

6-17. Stabbing type attacks are much more likely to be fatal although they require much more commitment to the attack. Stabbing type attacks are most effective when directed around the body's natural body armor, such as under the rib cage or the front of the neck.

DEFENDING

6-18. An enemy may approach a Soldier with knife in hand, or after making contact, reach for one hidden on their person. A Soldier must therefore assume that any enemy may be armed. The surest way to do this is to gain and maintain control.

CONTROL

6-19. The first lesson in defending against any form of short-range contact weapon is to gain and maintain control of the enemy. A free hand which may not present much of a danger from a grappling perspective could be holding a knife.

Note. An example of how a Soldier may train for this during ground grappling is to use a low power stun gun to represent a bladed weapon, or a rubber knife coated with chalk. Both will provide feedback on how well a Soldier controls the situation. The stun gun will provide immediate feedback by causing pain from receiving electrical shock, whereas, the coated knife will leave telltale marks.

DISARM

6-20. Since the stakes for failure are so high, the safer disarming techniques should be attempted first, only moving to the more dangerous techniques by necessity. Disarms include—

- Strikes.
- Leverage.
- Extension.

GRAPPLING WITH WEAPONS

6-21. The grappling range begins at the distance an opponent can reach the fighter before they can evaluate the threat, bring their weapon to bear, and decide whether to use deadly force. In this situation, the fighter may be too close to the opponent for any other action than rush into them. If the fighter is armed, the fight will immediately become a contest of who can gain control of the weapon.

PRIMARY WEAPONS

6-22. Becoming engaged in a hand-to-hand struggle while armed with an M16 or M4 carbine is the most likely situation Soldiers will encounter. Two situations could occur with close encounters—the enemy grabs their weapon or the Soldier blocks and separates them from theirs. In the event of an armed opponent, the Soldier has the following options:

- Muzzle strike.
- Tug of war.
- Rush the opponent.

SECONDARY WEAPONS

6-23. If a fighter is faced with a situation where they cannot employ their primary weapon, but has a secondary weapon, they can choose standing or ground grappling to gain control by subduing or dispatching the opponent.

STANDING GRAPPLING

Note. Struggling with an unarmed opponent, can be just as dangerous, if not more so. With both hands free, the opponent may try and take a Soldier's primary weapon from them, or any secondary weapons a Soldier may be carrying (i.e., sidearm, knife, hand grenades, etc.) Any advantage of being armed can quickly disappear if fighters have not practiced in grappling over weapons.

6-24. Standing grappling is the easier of the two techniques and is used to control an opponent while transitioning to a secondary weapon.

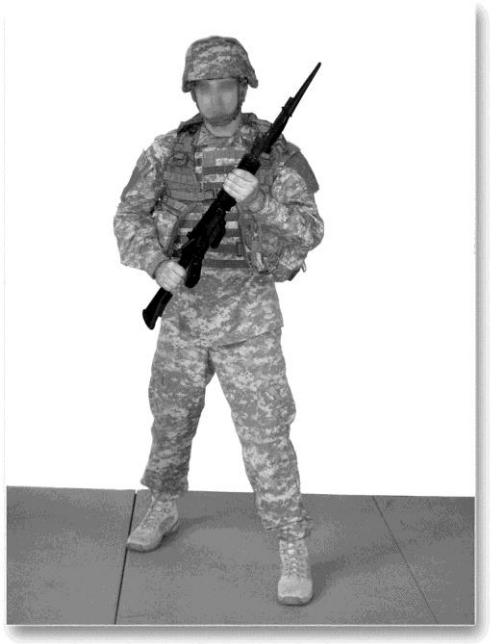
GROUND GRAPPLING

6-25. If the fight should go to the ground before a fighter has deployed their weapon, their primary concern must be to gain a position that allows them to employ their weapon, while keeping their opponent from employing their weapon.

THRUSTING WEAPONS–ATTACK, BODY POSITIONING

ATTACK POSITION

The attack position is the basic starting position from which all attack movements originate. It generally parallels a boxer's stance.





1) The fighter holds the rifle firmly but not rigidly. The fighter relaxes all muscles not used in a specific position; tense muscles can cause fatigue. The fighter takes a step forward and to the side with their left foot so that their feet are a comfortable distance apart.

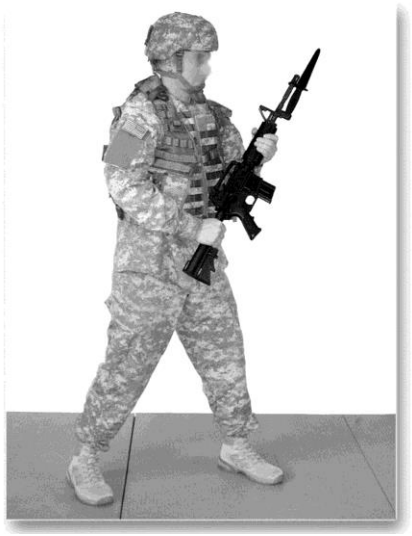
2) The fighter holds their body erect or bend slightly forward at the waist. The fighter flexes their knees, and balances their body weight on the balls of their feet. The fighter holds their right forearm parallel to the ground and their left arm high, generally in front of the left shoulder. The fighter maintains eye contact with their opponent, watching their weapon and body through peripheral vision.

3) The fighter holds their rifle diagonally across their body at a sufficient distance from their body to add balance and to protect themselves from their opponent’s blows. The fighter grasps the weapon in their left hand just below the upper sling swivel, and places their right hand at the small of the stock. The fighter ensures the sling faces outward and the cutting edge of the bayonet is toward their opponent.

THRUSTING WEAPONS–ATTACK, BODY POSITIONING

FRONT PIVOT (LEAD FOOT STATIONARY)

When properly executed, the front pivot allows the fighter to meet a challenge from an opponent attacking from the rear.





1) The fighter spins around by pivoting on the ball of the lead foot in the direction of the lead foot.



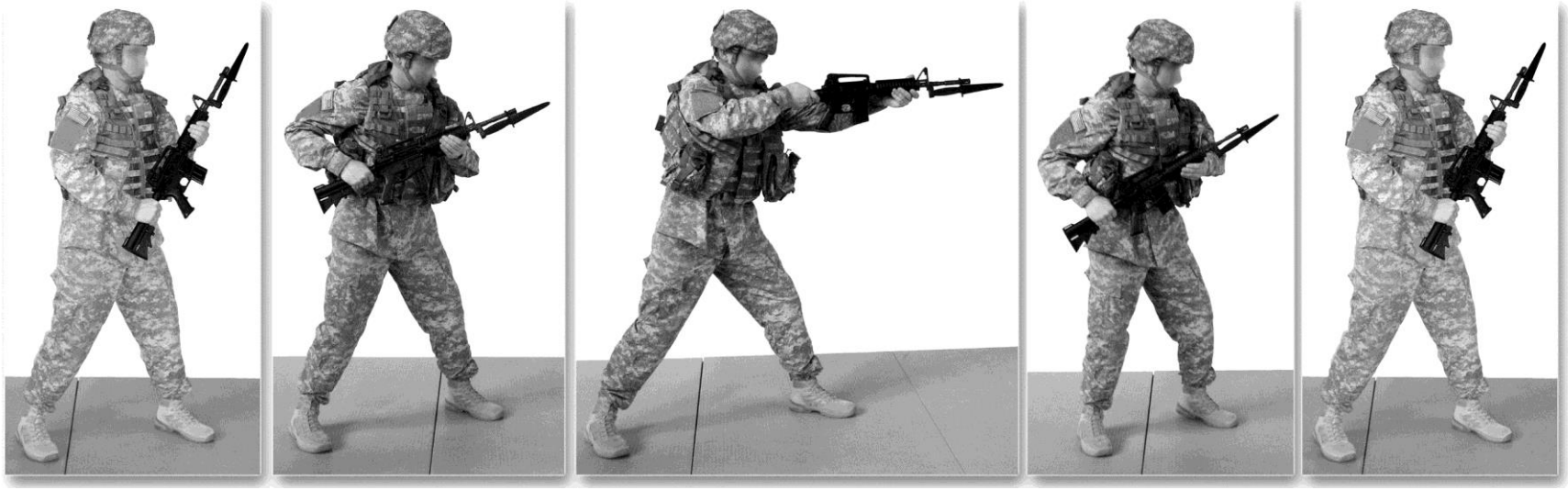


2) At the completion of the front pivot, the fighter assumes the attack position.

THRUSTING WEAPONS–ATTACK, ATTACKING WITH FORCE

THRUST

The objective of the thrust is to disable or capture an opponent by sticking the bayonet blade into a vulnerable part of their body.

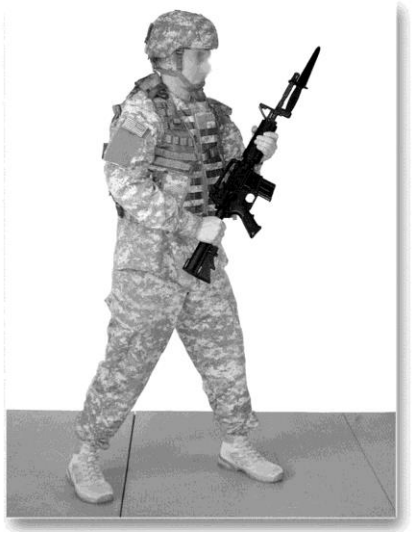


1) The fighter lunges forward on their lead foot, and drives the bayonet into any unguarded part of their opponent's body.
2) The fighter grasps the rifle firmly with both hands. The fighter pulls the stock in close to their right hip. Partially extend the left arm, guiding the point of the bayonet in the general direction of their opponent's body.
3) The fighter quickly extends their arms and body as their lead foot strikes the ground so that the bayonet penetrates their target.
4) The fighter withdraw the bayonet by keeping their feet in place, shifting their body weight to the rear, and pulling rearward along the same line of penetration.
5) The fighter assumes the attack position in preparation to continue the assault.

THRUSTING WEAPONS–ATTACK, BODY POSITIONING

FRONT PIVOT (LEAD FOOT STATIONARY)

When properly executed, the front pivot allows the fighter to meet a challenge from an opponent attacking from the rear.





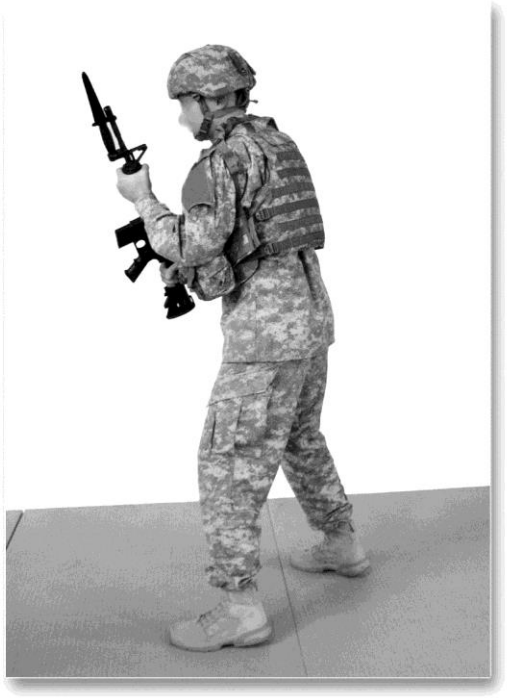

3) The fighter spins around by pivoting on the ball of the lead foot in the direction of the lead foot.

4) At the completion of the front pivot, the fighter assumes the attack position.

THRUSTING WEAPONS–ATTACK, ATTACKING WITH FORCE

BUTT STROKE TO THE HEAD

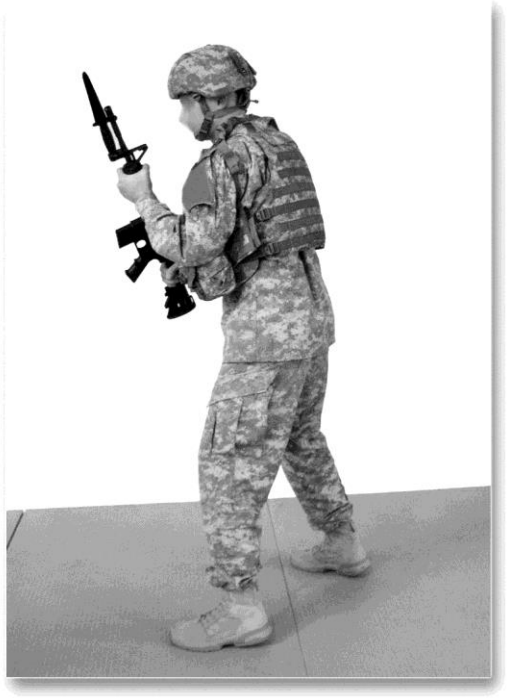
The objective of this technique is to disable or capture an opponent by delivering a forceful blow to their head with the rifle butt.



1) The fighter steps forward with their trail foot.



2) At the same time, the fighter uses their left hand as a pivot to swing the rifle in an arc and drives the rifle butt into their opponent.

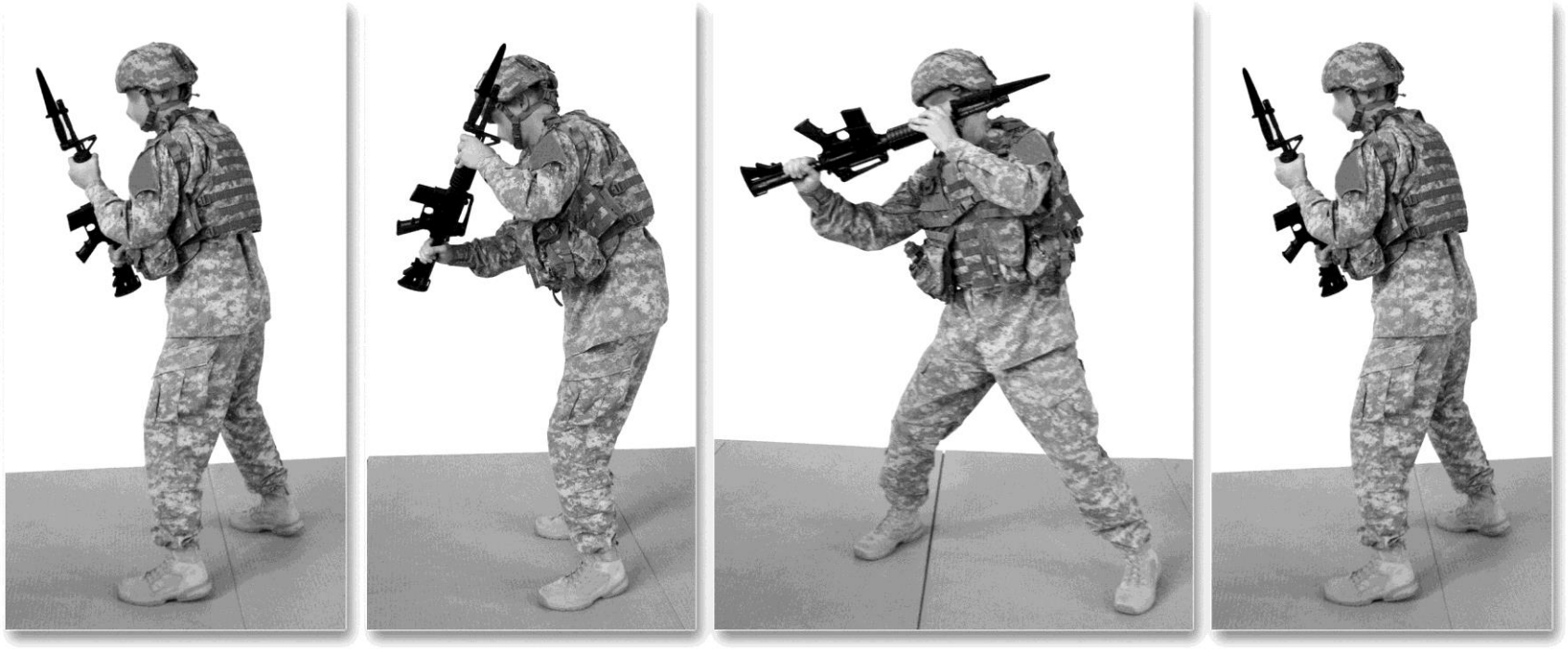


3) The fighter recovers by bringing their trail foot forward and assuming the attack position.

THRUSTING WEAPONS–ATTACK, ATTACKING WITH FORCE

BUTT STROKE TO THE GROIN

The objective of this technique is to disable or capture an opponent by delivering a forceful blow to their groin with the rifle butt.



1) The fighter steps forward with their trail foot.
2) At the same time, the fighter uses their left hand as a pivot to swing the rifle in an arc and drives the rifle butt into their opponent.
3) The fighter recovers by bringing their trail foot forward and assuming the attack position.

THRUSTING WEAPONS–ATTACK, ATTACKING WITH FORCE

SLASH

The objective of the slash is to disable or capture the opponent by cutting them with the blade of the bayonet.



1) The fighter steps forward with their lead foot.

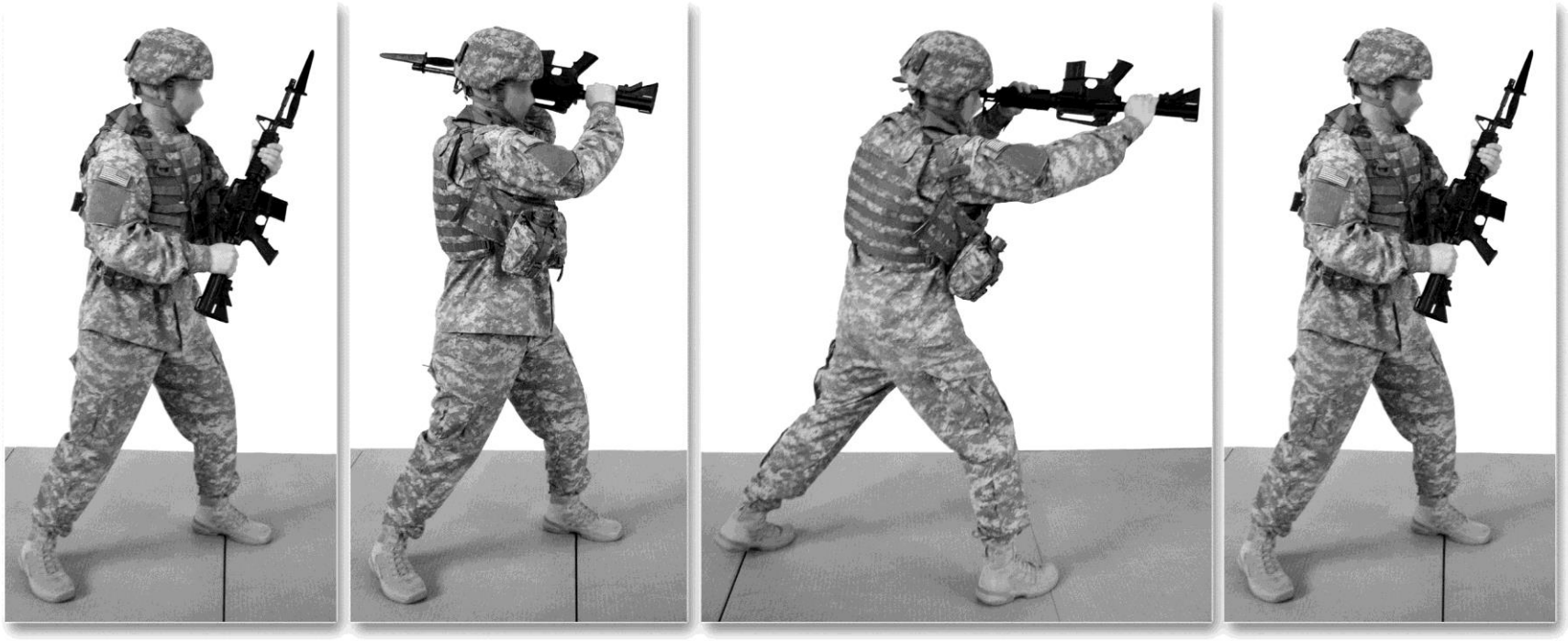
2) At the same time, the fighter extends their left arm, and swings the knife edge of their bayonet forward and down in a slashing arc.

3) The fighter recovers by bringing their trail foot forward and assuming the attack position.

THRUSTING WEAPONS–ATTACK, ATTACKING WITH FORCE

SMASH

The objective of the smash is to disable or capture an opponent by delivering a forceful blow to their face with the rifle butt. The smash is often used as a follow-up to a butt stroke.



1) The fighter pushes the butt of the rifle upward until horizontal.
2) The fighter pushes the butt of the rifle above the left shoulder, with the bayonet pointing to the rear, sling up. The weapon is almost horizontal to the ground at this time.
3) The fighter steps forward with their trail foot and forcefully extends both arms, slamming the rifle butt into their opponent.
4) The fighter recovers by bringing their trail foot forward.
5) The fighter assumes the attack position.

THRUSTING WEAPONS–ATTACK, MODIFIED MOVEMENTS

MODIFIED THRUST

The modified thrust is identical to the thrust with the exception of the right hand grasping the pistol grip.



1) The fighter grasps the rifle firmly with their firing hand on the pistol grip and their non-firing hand on the forward hand grips. The fighter pulls the stock in close to their right hip. The fighter partially extends their left arm, guiding the point of the bayonet in the general direction of their opponent's body.

2) The fighter lunges forward on their lead foot, and drives the bayonet into any unguarded part of their opponent's body.

3) The fighter quickly extends their arms and body as their lead foot strikes the ground so that the bayonet penetrates their target.

4) The fighter withdraws the bayonet by keeping their feet in place, shifting their body weight to the rear, and pulling rearward along the same line of penetration.

5) The fighter assumes the attack position in preparation to continue the assault.

THRUSTING WEAPONS–ATTACK, MODIFIED MOVEMENTS

MODIFIED SLASH

The modified slash is identical to the slash with the exception of the right hand grasping the buttstock.



1) The fighter grasps the rifle firmly with their firing hand on the buttstock and their non-firing hand on the forward hand grips. The fighter pulls the stock in close to their right hip. The fighter partially extend their left arm, guiding the point of the bayonet in the general direction of their opponent's body.



2) The fighter steps forward with their lead foot.



3) At the same time, the fighter extends their left arm, and swings the knife edge of their bayonet forward and down in a slashing arc.



4) The fighter recovers by bringing their trail foot forward and assuming the attack position.

THRUSTING WEAPONS–DEFENSE, PARRY MOVEMENTS

PARRY RIGHT

If the opponent carries his weapon on their right hip (right-handed), the fighter will parry right.



1) The fighter steps forward with their lead foot.

2) The fighter strikes the opponent's rifle, deflecting it to their right.

3) The fighter follows up with a thrust, sash, or butt stroke.

THRUSTING WEAPONS–DEFENSE, PARRY MOVEMENTS

PARRY LEFT

If the opponent carries their weapon on their left hip (left-handed), the fighter will parry left.



1) The fighter steps forward with their lead foot.

2) The fighter strikes the opponent's rifle, deflecting it to their left.

3) The fighter follows up with a thrust, slash, or butt stroke.

THRUSTING WEAPONS–DEFENSE, BLOCKS

HIGH BLOCK

The high block is used to ward off an armed opponent's attempt at using their weapon for a downward slashing movement.



1) An armed opponent attempts to use a downward slashing movement.

2) To block the movement, the fighter extends their arms upward and forward at a 45-degree angle. This action deflects an opponent's slash movement by causing their bayonet or upper part of their rifle to strike against the center part of the fighter's rifle.

3) The fighter counterattacks the block with a thrust, butt stroke, smash, or slash.

THRUSTING WEAPONS–DEFENSE, BLOCKS

LOW BLOCK

The low block is used to ward off an armed opponent's attempt to butt stroke the groin area.



1) An armed opponent attempts to butt stroke the groin area.

2) To block the movement, the fighter extends their arms downward and forward about 15 degrees from their body. This action deflects the opponent's butt stroke by causing the lower part of their rifle stock to strike against the center part of the fighter's rifle.

3) The fighter counterattacks the block with a thrust, butt stroke, smash, or slash.

THRUSTING WEAPONS–DEFENSE, BLOCKS

SIDE BLOCK

The side block is used to ward off an armed opponent's attempt to butt stroke the fighter's upper body or head.



1) An armed opponent attempts to butt stroke the stomach or side area.



2) To block the movement, the fighter extends their arms with their left hand high and right hand low, holding the rifle vertically. The fighter pushes the rifle to their left to cause the butt of their opponent's rifle to strike the center portion of the fighter's rifle.



3) The fighter counterattacks the block with a thrust, butt stroke, smash, or slash.

SHORT-RANGE CONTACT WEAPONS–KNIVES, GRIPS

STRAIGHT GRIP

The straight grip is primarily used for thrusting or slashing.

The fighter holds the knife in their strong hand, forming a "V" with the handle resting diagonally across their palm. This allows the knife to fit naturally in the fighter's hand, as in gripping for a handshake.





The fighter points the blade toward their opponent, usually with the cutting edge down. The fighter can hold the cutting edge vertically or horizontally.

SHORT-RANGE CONTACT WEAPONS–KNIVES, GRIPS

REVERSE GRIP

The reverse grip is used for slashing, stabbing, and tearing. It also affords the most power for lethal insertion.

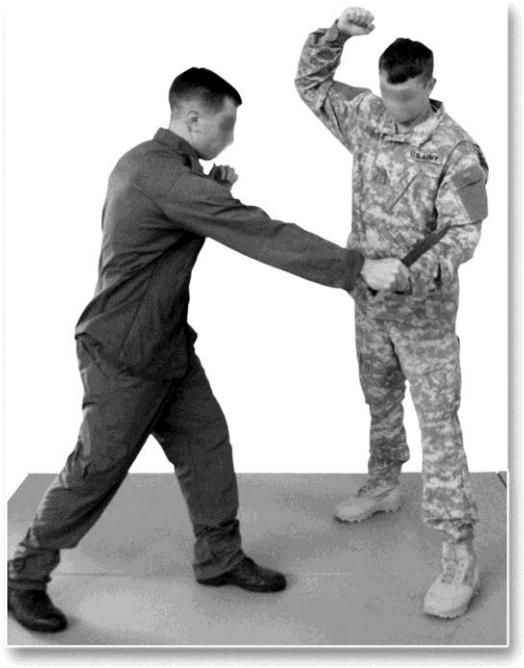


The fighter grips the knife handle with their strong hand, holding the blade parallel with their forearm, with the cutting edge facing outward. This grip conceals the knife from the fighter’s opponent's view.

SHORT-RANGE CONTACT WEAPONS–KNIVES, DEFENDING,DISARMS

STRIKES

The safest disarming technique is to strike at the hand or wrist of the extended arm.







The fighter strikes at the hand or wrist of their opponent's extended arm using an arching strike, such as a downward hammer fist.

***Note*.** This should be done at the apex of the extension.

SHORT-RANGE CONTACT WEAPONS–KNIVES, DEFENDING,DISARMS

LEVERAGE

To disarm their opponent, the fighter can use leverage on the opponent's weapon or extended arm. There are two methods. The first method is to attack the weakness in the opponent's grip. Slightly more dangerous, but more likely to work, is to attack the grip itself.

ATTACK THE WEAKNESS IN THE OPPONENT'S GRIP



The fighter strikes the blade with the palm of one hand and the back of their opponent's hand with the other in order to drive the handle of the weapon through the weakest point of their opponent's grip at the fingers.

ATTACK THE GRIP ITSELF

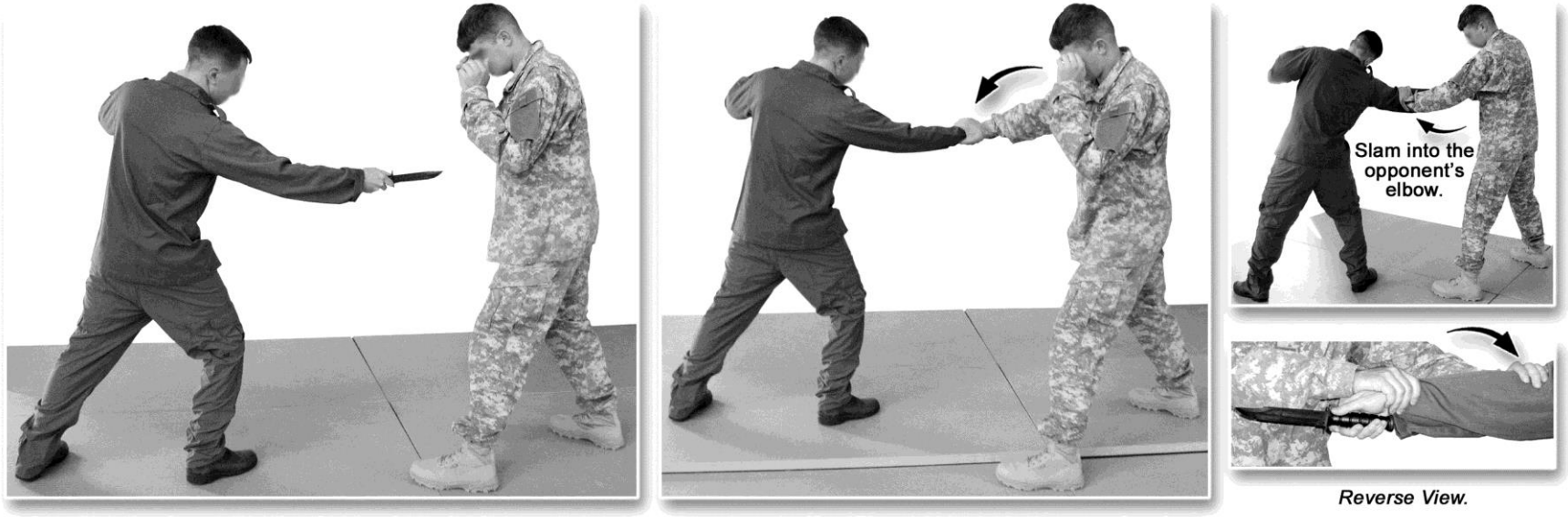


The fighter strikes the back of their opponent's hand with the palm of one hand and the inside of their opponent's wrist with the other. This action bends their opponent's wrist, which causes their opponent's grip on the weapon to loosen.

SHORT-RANGE CONTACT WEAPONS–KNIVES, DEFENDING,DISARMS

EXTENSION

Another method is to catch the arm or hand holding the weapon while extended and pull on it. Remember that the enemy had to extend with intent in order to be a threat. This gives the fighter the opportunity to cause their opponent to overextend. Overextension makes possible many techniques that seem impossible without the dynamics of a real fight. For example, a fighter could attack the elbow joint while maintaining control of the weapon hand.



1) The opponent lunges forward with the arm and knife extended.

2) The fighter sidesteps outside, and grasps the back of the opponent's wrist.

3) With the opponent's arm extended, the fighter steps toward the opponent, at the same time, the fighter slams the palm of their opposite hand at the joint of the opponent's elbow, with enough force to break the arm.

GRAPPLING WITH WEAPONS–PRIMARY WEAPONS

MUZZLE STRIKE

A fighter may use a muzzle strike to maintain distance between themselves and their opponent or to subdue their opponent.





The fighter uses the muzzle of their weapon to jab an opponent's stomach, throat, face, or groin to stop or drop an opponent.

Note. If the opponent is armed with a rifle, the fighter may have to misdirect or block their weapon, and then jab with the muzzle of their own weapon.

GRAPPLING WITH WEAPONS–PRIMARY WEAPONS

TUG OF WAR

This technique is usually performed when an opponent tries to take the fighter's weapon.





When their opponent grabs their weapon, the fighter pulls back with their own weapon and shifts back with their own weight. When the muzzle of their weapon is pointing toward their opponent, the fighter fires their weapon.

GRAPPLING WITH WEAPONS–PRIMARY WEAPONS

FIGHTING WITH RIFLE PALM STRIKE



Enemy grabs weapon, Soldier utilizes open hand palm strike (not closed fist) to drive opponent off of weapon, or to a position with which opponent can be engaged with primary weapon.

GRAPPLING WITH WEAPONS–PRIMARY WEAPONS

FIGHTING WITH RIFLE CLEAR PRIMARY WEAPON ELBOW STRIKE





1) The fighter achieves a dominant position such as the frame, bring elbow up.

2) If the enemy will not release primary weapon or is too close, the fighter can clear the enemy by using elbow strikes and return to projectile weapon's range.

3) The fighter strikes the enemy in the head with the point of their elbow. The fighter rotates their body for power. The fighter pulls the enemy's head towards the elbow strike for additional power.

GRAPPLING WITH WEAPONS–PRIMARY WEAPONS

FIGHTING WITH RIFLE CLEAR PRIMARY WEAPON FRONT KICK



1) Enemy grabs weapon, Soldier utilizes front kick to drive opponent off of weapon.



2) Using either foot Soldier kicks into the upper thigh /hip area of opponent with foot turned out, driving opponent backwards, Soldier may keep kicking driving opponent off of weapon or until opponent is in a position to be engaged by primary weapon.

GRAPPLING WITH WEAPONS–PRIMARY WEAPONS

FIGHTING WITH RIFLE CLEAR PRIMARY WEAPON HEAD BUTT





1) If the Soldier cannot use tug of war for any reason, the Soldier can clear the enemy from the primary weapon with a head butt.

2) The Soldier pushes the muzzle of the weapon down, thereby committing the enemy's hands to the rifle and leaving the head exposed.

3) Soldier will strike the enemy in the head with the Army combat helmet repeatedly until the enemy breaks their grasp.

GRAPPLING WITH WEAPONS

GROUND GRAPPLING, OPPONENT REACHES FOR WEAPON WITH ONE HAND

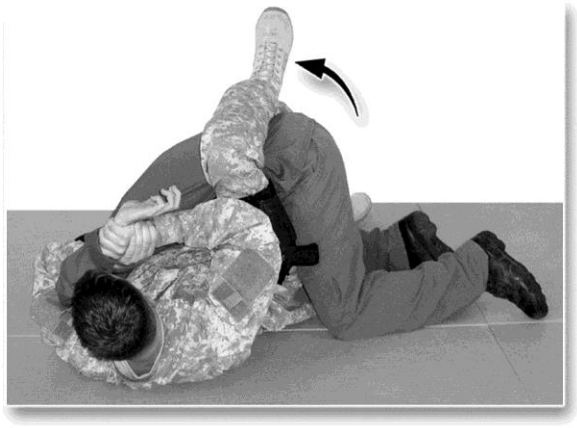
If the fight should go to the ground before a fighter has deployed their weapon, their primary concern must be to gain a position that allows them to employ their weapon, while keeping their opponent from employing theirs.



1) The fighter composes their guard. The fighter places their hand on top of the hand their opponent is reaching with to stop their opponent from gaining control.



2) The fighter sits up and reaches over their opponent's arm to form the figure four.



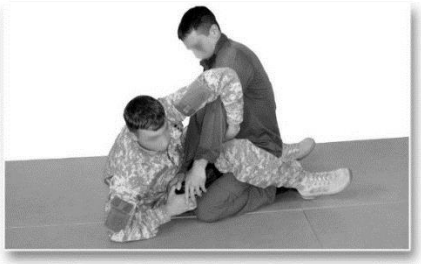
3) The fighter finishes in the reverse bent arm bar from the guard.

***Note*.** The fighter's opponent may decide to ignore the fighter's weapon and attempt to strike the fighter from within their guard. If this happens the fighter should defend the strikes in the same manner as they would without a weapon, but favor the weapon side to allow the fighter access to their weapon without risking losing control of it.

GRAPPLING WITH WEAPONS

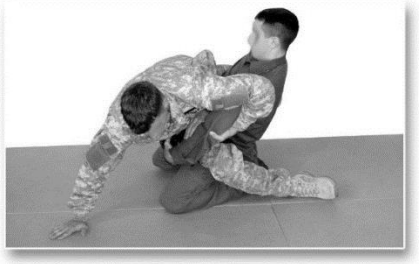
GROUND GRAPPLING, OPPONENT REACHES FOR WEAPON WITH TWO HANDS

If the fight should go to the ground before a fighter has deployed their weapon, their primary concern must be to gain a position that allows them to employ their weapon, while keeping their opponent from employing theirs.

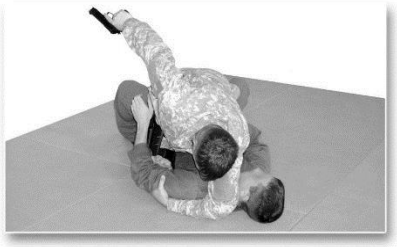


1) The fighter composes their guard. The fighter places their hand on top of the hand their opponent is reaching with to stop their opponent from gaining control.

Note. The opponent may decide to ignore the fighter's weapon and attempt to strike the fighter from within their guard. If this happens the fighter should defend the strikes in the same manner as they would without a weapon, but favor the weapon side to allow the fighter access to their weapon without risking losing control of it.



2) The fighter shrimps away from their weapon, turning it underneath them. This will commit the opponent's arm, allowing the fighter to drive upward with their hips using the hip heist.



3) The fighter sweeps their opponent.

***Note*.** Once mounted, the opponent will probably still be grasping for the fighter's weapon. The fighter strikes their opponent's face to shift their attention.



4) The fighter clears their opponent's arm with their knee. The fighter draws their weapon.

Appendix A

Competitions

The mission of combatives competition is to drive the development of fighting skills throughout the Army by enabling exceptional Soldiers to become champions at all levels and to display courage, discipline, sportsmanship, and esprit de corps through fair competition directly related to the mastery of the Warrior tasks.

SPIRIT OF COMPETITION

A-1. A look at the history of combatives systems reveals two fundamental misconceptions:

- ***Combatives techniques are too dangerous for competition***. Although many techniques are too dangerous for live competition, many benefits can be gained by competing— even when using a limited set of techniques.
- ***The risks of competition outweigh the benefits***. Many programs have failed because there was no motivation to train. Competitions are a useful tool to motivate both Soldiers and unit leaders to emphasize combatives training.

COMPETITION PRINCIPLES

A-2. While competitions are powerful training tools, they are a form of athletic competition and, as such, have drawbacks that impact competitors and competition administrators.

COMPETITORS

A-3. The pressures of athletic competition will drive competitors to become focused on winning at competition, not in combat. This pressure will pull them away from the most efficient combat strategies and techniques. To gain the benefits from competition without falling into a competitive focus, the Army has a graduated system of rules. Those who train specifically for one level of competition will find themselves unprepared for the techniques allowed at the next level.

COMPETITION ADMINISTRATORS

A-4. When sports officials consider a rule change, they must reflect on the safety of the participants and the entertainment value. No one would argue the validity of the first consideration; in all sports, safety should be a priority. The second consideration, however, differs in combatives. The purpose of combatives competition is to produce trained fighters; all rules changes must be made with this principle in mind.

COMPETITION PHILOSOPHY

A-5. The philosophy behind combatives competition is to encourage proper fighting habits. Actions that would give someone an advantage in a real fight should be rewarded, and poor fighting habits should be penalized. The winner of a combatives competition should be the competitor who, if it were a fight without limitations, would have won.

TYPES OF COMPETITION

A-6. There are three types of combatives competitions:

- Open tournaments.
- Command-directed competitions.
- Championships.

A-7. Each accomplishes a different part of the mission to motivate Soldiers to develop their fighting skills.

OPEN TOURNAMENTS

A-8. The purposes of an open tournament are to encourage maximum participation and to give Soldiers a venue to acquire competition experience. Open tournaments address two types of competition:

- Individual.
- Team.

A-9. These types occur at the same time. As individual fighters compete, they represent two parties: themselves as individuals and their command. When the results of individual fighters are tallied, they contribute to their team standings.

Note. Weight classes do not apply in open tournaments. Competitors are arranged from lightest to heaviest, and then grouped into brackets according to their current weight. Fighters do not fight outside of their brackets. The winner of a given bracket is the champion.

Team

A-10. Because a program's success is measured more by the level of proficiency of the average Soldier, team points in open tournaments should favor the unit who has more competitors over the unit that has a smaller number of more proficient fighters.

COMMAND-DIRECTED COMPETITIONS

Command emphasis is the key to a successful combatives program and should be posted on the unit training schedules at company and platoon level.

AR 350-1, Army Training and Leader Development

A-11. Every Soldier should be expected to compete. Commanders and noncommissioned officers should include combatives competition in their unit PT plans.

CHAMPIONSHIPS

A-12. Championships are a way for commanders to encourage and reward excellence. There are four types of championships in the Army:

- Small unit.
- Large unit.
- Post.
- Army.

Note. Other armed forces assigned to any Army unit may compete in the Army combatives competition.

A-13. Because inexperienced competitors may not have enough confidence in their skills to participate with more advanced rules and face more experienced competitors, several steps should be taken to encourage participation:

- This competition should use only the basic or standard rules.
- New competitors should not be expected to face past champions or tournament winners. A handicapping system which segregates past winners and high-level competitors in an advanced bracket should be used.

A-14. Championships address two types of competition:

- Individual.
- Team.

Individual

A-15. Championships give self-motivated Soldiers opportunities to gain recognition for their efforts and skills.

Team

A-16. All championships should recognize sub-units with more successful programs.

LEVELS OF COMPETITION

A-17. There are five levels of combatives competition:

- Basic competition.
- Standard competition.
- Intermediate competition.
- Advanced competition.
- Scenario-based competition. (Team event.)

A-18. Competitors progress through the levels of competition, each level having its own set of rules and personnel. Table A-1 depicts the progression of competitions.

Note. More than one level of competition may be addressed in a given tournament. In this case, certain administrative functions may be performed only once (e.g., fighters will weigh in once per tournament, there will only be one tournament director per tournament, etc.); however, the number, required level of certification, and function of staff may change.

Table A-1. Progression of competitions

LEVEL	*BASIC*	*STANDARD*	*INTER-MEDIATE*	*ADVANCED*	*SCENARIO*
Squad/ Platoon	X				
Company	X	X			
Battalion		X	X		
Brigade		X	X	X	X
Division and higher		X	X	X	X
Note. Experience of Soldiers and number of instructors dictate the level.					

A-19. Bracketing is used to determine who advances to the next level. Figure A-1 depicts the bracketing in a given competition.

Note. Many wrestling and sports bracketing programs are available. Bracketing is the most difficult task in running any competition; the most experienced personnel should be assigned to the position.

BASIC COMPETITION

A-20. Basic competition rules are used—

- At the small-unit level. Fire teams, squads, and platoons should use basic competition rules.
- When the participants have a limited knowledge base (e.g., during initial military training or advanced individual training).

Note. These competitions must be supervised by a certified Tactical Combatives Course graduate.

A-21. Basic competitions can be informal or formal.

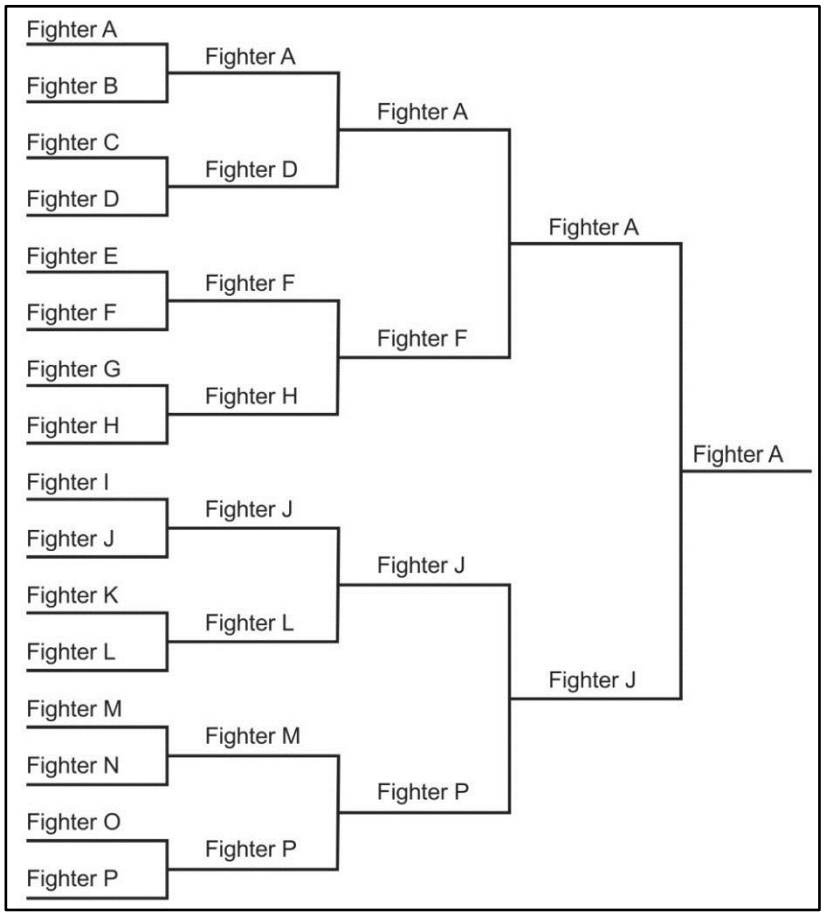


Figure A-1. Overall bracketing scheme

STANDARD COMPETITION

A-21. Standard competition rules are used—

- During open tournaments.
- At the company and battalion levels.
- During the preliminary rounds of regimental and division tournaments.

Note. These competitions must be supervised by a certified Combatives Master Trainer Course graduate.

INTERMEDIATE COMPETITION

A-22. Intermediate competition rules are used—

- During the finals at a battalion or regimental championship tournament.
- During the semi-finals at division or higher-level championship tournaments.

A-23. Striking is introduced at the intermediate competition level. Fighters can use open hand strikes to the face, closed fist strikes to the body, kicking with the foot and shin knee strikes from the waist down takedowns, groundfighting techniques with chokes, and joint locks (shoulder, elbow, straight ankle and straight knee) to submit their opponents.

Note. These competitions must be supervised by a certified Combatives Master Trainer Course graduate.

ADVANCED COMPETITION

A-24. Advanced competitions allow for closed fist strikes, kicks with the feet and shins, and knee strikes below the head. In this level, competitors can use takedowns to a dominant body position, ground- fighting with chokes, joint locks (shoulder, elbow, straight ankle and straight knee), and muscle manipulation to submit their opponents.

SCENARIO COMPETITION

A-25. Scenario competitions allow for closed fist strikes, elbow strikes, head butts, kicks with feet and shins, and knee strikes below the head while in full tactical combat gear and weapon. In this level, competitors can use takedowns to a dominant body position, groundfighting with chokes, joint locks, weapon and tactical techniques (shoulder, elbow, straight ankle and straight knee, muscle strike and head butt), and muscle manipulation to subdue the enemy with the proper escalation of force.

A-26. Advanced and scenario competition rules are used during the finals for division and higher-level tournaments.

Note. Advanced and scenario competitions must be staff by a minimum of four certified Combatives Master Trainer Course graduates.

COMPETITION LAYOUT

A-27. A graduated set of rules allows the best-trained fighters to advance from safer, more restrictive forms of competition to higher risk rule sets, thereby minimizing high risk exposure to the larger population.

Note. See chapter 2 for more information about DRAW.

GUIDELINES

A-28. All competitions should adhere to the following guidelines:

- Competitions should be held regularly.
- Competitions should exist at every echelon.
- Warriors who demonstrate superior skills should be able to compete at higher levels.

COMPETITION VENUES

A-29. There are four types of venues for combatives competition:

- Open terrain.
- Matted area.
- Boxing ring.
- Tactical training enclosure or confined area.

A-30. Table A-2 outlines the types of venues and the level at which they are allowed.

Table A-2. Types of venues and the levels at which they are allowed

VENUE/ LEVEL	*BASIC*	*STANDARD*	*INTERMEDIATE*	*ADVANCED*	*SCENARIO*
Open Terrain	X-Informal				X
Matted Area	X-Formal	X	X		X
Boxing Ring			X	X	
Tactical Training Enclosure			X	X	X

OPEN TERRAIN

A-31. Competitions may be conducted on any open space with a suitably soft surface. The space should be a grassy area free from debris and cleared of dangerous jects.

CAUTION

Wrestling mats should be avoided because of increased risk of knee and ankle injuries.

MATTED AREA

A-32. The mat area (figure A-2 on page A-6) must be a minimum of 14 meters long and 14 meters wide, and a maximum of 16 meters long and 16 meters wide. All surfaces must be covered by tatami-style mats (sectional mats that are two meters long and one meter wide). The elements making up the surface must be aligned without gaps, smooth, and fixed to a resilient floor or platform to prevent displacement.

A-33. The mat area consists of—

- Safety buffer.
- Warning line.
- Free zone.

Safety Buffer

A-34. The area outside of the warning line is the safety area. This area must be a minimum of three meters wide.

Notes. Where two or more adjoining competition areas are used, a common safety area of between three meters and four meters is necessary.
Ringside tables and steps must be no higher than the platform.

Warning Line

A-35. The warning line is a boundary clearly indicated by a one-meter wide area with mats of a distinctive color. This area surrounds the free zone, and runs parallel to the four sides of the mat area.

Free Zone

A-36. The area within and including the warning line is the free zone. This area is a minimum of eight meters long and eight meters wide, and a maximum of 10 meters long and 10 meters wide.

A-37. The free zone also contains a square that is two meters long and two meters wide. It should be composed of two mats that are the same color as the warning line, to indicate the starting positions for the contestants.

STANDARD BOXING RING

A-38. A standard boxing ring is allowed. The ring floor should extend no less than 18 inches beyond the ropes.

A-39. The gym floor surrounding the ring must be padded with no less than 1 ½ inches of closed-cell foam, extending no less than three feet from the ring outward.

Note. No vinyl or other plastic rubberized covering is permitted.

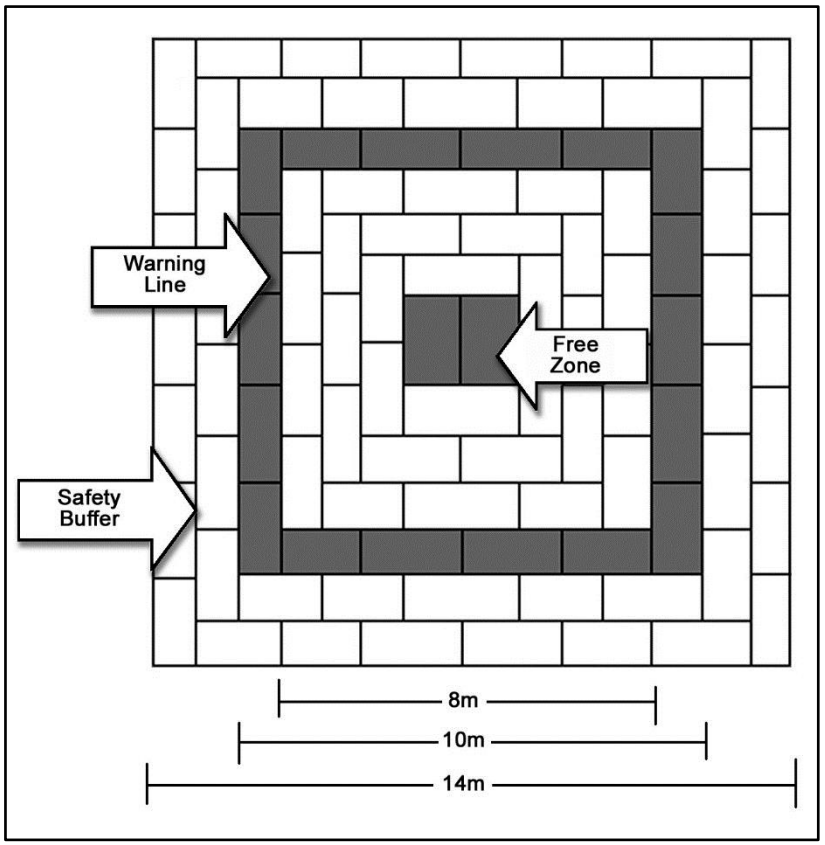


Figure A-2. Matted area layout

A-40. Ringside tables can be placed directly next to the padding.

TACTICAL TRAINING ENCLOSURE

A-41. The training enclosure may be any structure with artificial or closed barriers such as a tactical enclosure or military operations in urban terrain (MOUT) site.

A-42. Ringside tables can be placed directly next to the padding.

Note. Ringside tables and steps must be no higher than the platform.

CATEGORIES OF COMPETITION

A-43. The two categories of competition are informal and formal. Informal competitions require little or no planning; formal competitions are scheduled and organized events.

INFORMAL COMPETITION

A-44. Informal competitions can occur as part of daily PT, field training, or during training breaks to reinforce skills and ability.

FORMAL COMPETITION

A-45. Formal competitions should be scheduled and organized events so that all Soldiers within the unit can attend and compete. Formal competition is conducted in a facility separated into four areas:

- Competition area.
- Warm-up area.
- Locker room.
- Spectator area.

A-46. The size and the dimensions of the facility determine the exact location and size of each of these areas; however, the dimensions of certain elements within each area are fixed (see figure A-3).

Competition Area

A-47. The competition area is all of the area open only to staff and competitors/coaches currently competing. This area must be partitioned off to the spectators.

Note. Unauthorized persons in the competition area will be asked to leave the area. Repeat offenders may be subject to disciplinary action.

A-48. The competition area is divided differently for each level of competition.

BASIC AND STANDARD COMPETITIONS

A-49. The competition area includes (table A-3)—

- Mat area.
  - Mat table.
  - Head table.
  - Bracketing table.
  - Medical station.

Table A-3. Location of personnel for basic and standard competitions

LOCATION	*PERSONNEL*
Mat Area	Referee, Competitors
Mat Table	Scorekeeper, Timekeeper
Head Table	Chief of Referees, Competition Director
Bracketing Table	Bracketing Noncommissioned Officer
Medical Station	Medical staff

Mat Area

A-50. The mat area is the area in which the fighters compete. This area must meet the specifications outlined for the venue used.

Mat Table

A-51. Mat tables must be beside, but not within, the mat area.

Head Table

A-52. The head table should be centrally located for optimal observation of the competition area.

Bracketing Table

A-53. The bracketing table should be located at the edge of the competition area to ensure an efficient flow of competitors.

Medical Station

A-54. The medical station should be located at the edge of the competition area for maximum observation and access, but with minimum intrusion to the competition flow (figure A-3). Sample layout for a formal basic or standard competition

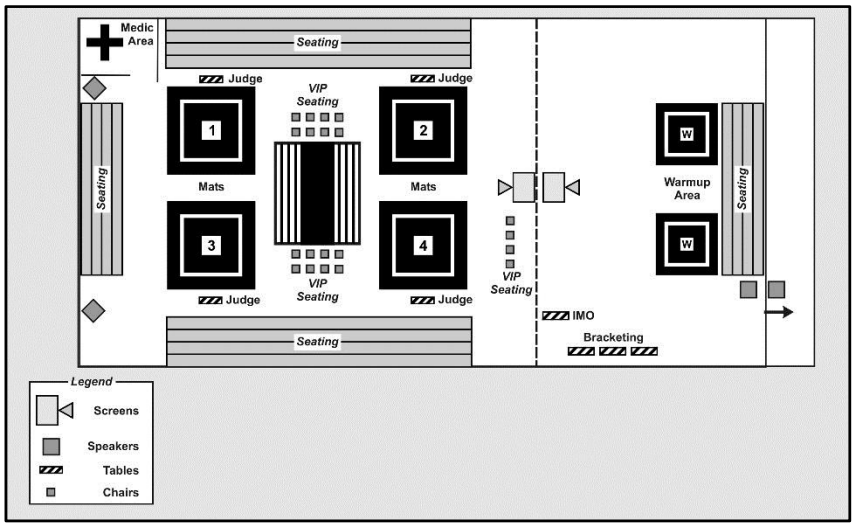


Figure A-3. Sample layout for basic or standard competition

INTERMEDIATE, ADVANCED AND SCENARIO COMPETITIONS

A-55. The competition area includes (table A-4)—

- Mat area (includes tactical enclosure and open terrain.).
- Judges' tables.
- Bracketing table.
- Medical station.

Table A-4. Location of personnel for intermediate, advanced and scenario competitions

LOCATION	*PERSONNEL*
Mat Area	Referees, Competitors
Judges' Tables	1. Judge, Chief of Referees, Competition Director 2. Judge, Physician* 3. Judge, Timekeeper
Bracketing Table	Bracketing Noncommissioned Officer
Medical Station	Medical staff
* For advanced only.	

Mat Area

A-56. The mat area is the area in which the fighters compete. This area must meet the specifications outlined for the venue used.

CAUTION

To prevent injury, these tables should not have sharp edges.

Judges' Tables

A-57. Three judges' tables are located adjacent to, but not within, the mat area.

Bracketing Table

A-58. The bracketing table should be located at the edge of the competition area to ensure an efficient flow of competitors.

Medical Station

A-59. The medical station should be located at the edge of the competition area for maximum observation and access, but with minimum intrusion to the competition flow.

Warm-up Area

A-60. The warm-up area serves as the competitor calling area. During the event, the competitors must pay attention to the progression of the competition to ensure that they do not miss their match.

A-61. Only coaches, competitors, and staff may occupy this area.

Locker Room

A-62. A locker room should be provided for competitors to change clothing and perform personal hygiene.

Spectator Area

A-63. The spectator area is composed of rows of sturdy straight- backed chairs and/or bleachers. The seating should be placed to maximize observation of the event.

Spectator Behavior

A-64. To prevent blocking others from viewing the matches, spectators are asked to remain seated during the competition and to be courteous when moving throughout the spectator area.

A-65. Standing at the partitions is prohibited; however, spectators are encouraged to cheer on their fighters. Any person seen taunting competitors, referees, and/or supporting staff; using foul or abusive language; or engaging in any inappropriate behavior is subject to removal from the event.

COMPETITION OFFICIALS AND STAFF

A-66. To ensure that the competition runs smoothly, certain duty positions must be filled by qualified personnel (see table A-5). These include—

- Unit commander/representative.
- Competition director.
- Chief of referees.
- Judges.
- Referees.
- Bracketing Noncommissioned Officer.
- Scorekeepers.
- Timekeepers.
- Medical staff.
- Physicians.

Note The officials and staff can be identified by specific uniforms, such as colored T-shirts, or credentials attached to lanyards, with the exception of referees. Referees must be identified by a uniform that can be easily recognized.

UNIT COMMANDER/REPRESENTATIVE

A-67. The unit commander or their representative schedules competitions at their level.

Table A-5. Personnel and required level of certification

PERSONNEL/ LEVEL	*BASIC*	*STANDARD*	*INTER-MEDIATE*	*ADVANCED*	*SCENARIO*
Unit Commander/ Representative					
Competition Director (1 per competition)	TCC	CMTC	CMTC	CMTC	CMTC
Chief of Referees (1 per competition)		CMTC	CMTC	CMTC	CMTC
Judge(s) (3 required)			CMTC	CMTC	CMTC
Referee(s) (1 per bout)	TCC	TCC	CMTC	CMTC	CMTC
Bracketing Noncommissioned Officer(s) (1 per competition)		N/A	N/A	N/A	N/A
Scorekeeper(s) (1 per bout)		N/A[1]			
Timekeeper(s) (1 per bout)		N/A[1]	N/A[1]	N/A[1]	N/A
Medical Staff (2 per bout)	N/A[2]	N/A[2]	N/A[2]	N/A[2]	N/A
Physician(s) (2 per bout)				N/A[3]	N/A

[1]Position must be filled by personnel who have been trained on duties.
[2]Position must be filled by personnel who have been trained and certified in emergency medical protocols and first aid.
[3]Position must be filled by a medical doctor.

Legend:
TCC: tactical combatives course
CMTC: combatives master trainer course

Note. The required levels of certification and numbers are a baseline; higher levels are allowed.

COMPETITION DIRECTOR

A-68. The competition director oversees and directs the entire competition, including—

- Registration.
- Publicity.
- Scheduling.
- Positioning of staff.
- Area sanitation.
- Briefings.
- Awards.

A-69. The competition director has the final authority with regards to implementing all rules and regulations of the competition.

A-70. The competition director is seated at the head table, but will move throughout the competition venue.

Area Sanitation

A-71. The competition director is responsible for ensuring that all locker rooms, mats, and other equipment are sanitary. The competition area must be swept and mopped with an antibacterial/antifungal cleaning agent before the event and prior to the fights each day. Before each event, the competition director and medical staff must examine the area for violations of area sanitation standards.

CHIEF OF REFEREES

A-72. The chief of referees must be a CMTC graduate and have general knowledge of all rules, regulations and tournament conduct. In larger competitions a chief of referees must be appointed. The chief of referees is the interim authority with regards to implementing all rules and regulations of the competition, and is subject only to the oversight of the tournament director. The chief of referees also conducts the 12-hour referee recertification for all referees and pre-fight briefings.

A-73. The chief of referees is seated at the head table, but will move throughout the competition venue.

Note. In the absence of a chief of referees, the competition director will perform these duties.

JUDGES

A-74. Three judges will be positioned on different sides of the competition area.

Note. In the case of a mat, judges will be seated in chairs. In the case of a ring or a confined area, they will be seated at ringside tables.

A-75. Judges must be knowledgeable of all general and referee match results, referee signals, illegal techniques, basic bracketing techniques, competitor divisions, and durations. To maintain impartiality, judges will not be allowed to confer with one another.

REFEREE

A-76. The referee must be a TCC or CMTC graduate, have completed the 12-hour referee recertification, and have a general knowledge of all rules, regulations, and tournament conduct. The referee is responsible for the ***safety*** of the fighters.

A-77. The referee is responsible for—

- Starting and stopping all matches.
- Awarding points.
- Warning competitors for rule infractions.
- Disqualifying competitors.
- Communicating to the officials and signaling the match winner.

A-78. All referees will be impartial in their decision-making; a referee may not officiate one of their own competitors without notification to the fighter and/or coach. The opposing coach/fighter may request a referee replacement if this occurs.

A-79. If a situation occurs that cannot be determined to be in accordance with the competition rules, referees will confer with the chief of referees or competition director to determine the fair and proper action.

A-80. The referee should be stationed on the mat, inside of the free zone. The referee must be identified by a uniform that can be easily recognized.

Referee Signals

A-81. The referee is responsible for making all of the technical calls during a match, including awarding points, warnings, and (if necessary) disqualification of a competitor. Table A-6 lists the referee signals.

Out of Bounds

A-82. Referees also deal with competitors who approach the bounds of the mat area or who are out of bounds. This should not impact the outcome of the bout. Referees should use their best judgment on when to halt the action. For example, a referee might not halt the action during a scramble or in the middle of a submission attempt; he might wait until a dominant body position has been established and the threat of submission is distant. If the competitors move out of bounds, the referee performs the following actions:

- If the contestant(s) move into the danger zone while on their feet, the referee must stop the contest for a brief moment to move them back into the center of the contest area. Match interruption should not be signaled to the officials if the pause in the match is brief.
- If the contestant(s) move into the danger zone while on the ground, the referee must stop the contest, tell the competitors to hold their position, and signal to the officials to stop the clock using the signal for match interruption. The contestants will then be moved back into the center of the contest area to resume competing in the same position. Competitor actions and referee signals.

Table A-6. Competitor actions and referee signals

ACTION	*REFEREE SIGNAL:*
COMPETITOR ACTIONS	
Takedown (nondominant position)	Arm straight and fully flexed vertically overhead. The middle and pointer finger extended with palm facing the scorekeeper.
Takedown (dominant position)	Arm straight and fully flexed vertically overhead. The middle, ring, and pointer fingers extended with the palm facing the scorekeeper (OK sign).
Passing the guard.	
Knee mount	
Sweep	
Mount	
Rear mount	
OTHER COMMUNICATION	
Start of match	Facing the scoring table, the referee steps between the competitors, with their arms completely extended and palms facing the competitors. To initiate the match, the referee brings their palms together, moves backward out of the way, and verbally calls, “FIGHT.”
Match interruptions	The referee places both hands on the competitors’ bodies and verbally calls, “STOP.” The referee will then tell the competitors to hold their position and signal to the scorekeeper and timekeeper, with their hands forming a “T” (to indicate stopping the clock).
Disqualification	The referee separates the competitors and faces them toward the scoring table. With their fingers fully extended, the referee moves their hand directly under their chin, moving from the opposite shoulder across the neck to the near shoulder. Then, the referee raises the arm of the competitor not being disqualified.
Match winner	The referee separates the competitors and faces them toward the scoring table, holding both competitors’ arms at the wrist. Then, the referee raises the arm of the competitor who has won the match, and leads the competitors by the wrist to face one another so that they may shake hands.

BRACKETING NONCOMMISSIONED OFFICER

A-83. The most important staff member to the efficient flow of the competition is the bracketing Noncommissioned Officer. The bracketing Noncommissioned Officer is responsible for ensuring that fighters are in the right place on time and face the correct opponents.

A-84. The bracketing Noncommissioned Officer sits at the bracketing table.

SCOREKEEPER

A-85. The scorekeeper keeps track of the points awarded by the referee. Upon reaching the time limit, the timekeeper and the scorekeeper are responsible for ensuring that the fight is stopped if the score is not tied. Upon reaching the time limit or upon breaking a tie by first score, the scorekeeper is responsible for telling the referee which fighter has won the match.

A-86. The scorekeeper—

- Must be familiar with the timekeeper's responsibilities.
- Must be knowledgeable of all general and referee match results, referee signals, illegal techniques, basic bracketing techniques, competitor divisions, and durations.
- Must have a basic understanding of the competition flow.

A-87. The scorekeeper sits at the mat table with the timekeeper.

Timekeeper

A-88. The timekeeper keeps the time during each bout, starting and stopping the official clock for time-outs designated to them by the referee.

A-89. The timekeeper also keeps track of the time remaining in the match. Upon reaching the time limit, the timekeeper and the scorekeeper are responsible for ensuring that the fight is stopped if the score is not tied. The timekeeper—

- Must be knowledgeable of the scoring process, referee signals, competitor divisions, and durations.
- Must have a basic understanding of the competition flow.

Note. If a Soldier is rendered unresponsive, a second timepiece will be utilized to record the amount of time that a competitor is unresponsive. This time will be reported to the medical authority.

A-90. The timekeeper sits at the mat table with the scorekeeper.

Note. The timekeeper reports time to the referee only.

Timekeeper Signals

A-91. The timekeeper indicates when they are ready to begin the match duration on the stopwatch by saying, "Ready," and giving a visual cue (i.e., nod). When the match duration has expired, the timekeeper tosses a rolled-up towel or object (typically colored white) near the referee's feet.

MEDICAL STAFF

A-92. A medical staff is appointed to the competition by the unit hosting the competition. Individuals competing in the competition should not be appointed to the medical staff.

A-93. This staff—

- Is responsible for treating any injured or sick competitor, staff, and/or spectator.
- Serves as the final authority of whether a competitor can compete safely.
- Applies petroleum jelly to a fighter's face (should a fighter request it).

A-94. The medical staff is located at the medical station.

Report of Injury

A-95. The medical staff must report all cases in which the fighters have been injured during a bout or have applied for medical aid after an event to the competition director or chief of referees.

Unconscious or Injured Fighters

A-96. If a fighter suffers an injury, has been knocked unconscious, or has participated in an unusually punishing bout, the fighter will be placed on the ill and unavailable list for such period of time as may be recommended by medical staff.

CAUTION

If a competitor becomes unconscious, the referee should perform the following steps:

Before separating the fighters, control the unconscious fighter's head to prevent unnecessary movement. Loosen the unconscious fighter's uniform around the collar and check for respiration and an open airway.

If the athlete does not regain consciousness within 20 seconds or their vital signs fluctuate (i.e, respiratory distress, weak pulse, etc.) call for medical attention.

If a competitor becomes unconscious due to a violent fall, throw or may have a cervical injury, the referee should carefully separate the fighters, while calling for medical attention. DO NOT move the injured fighter.

Suspension for Disability

A-97. Any fighter rejected by the medical staff will be suspended until they are proven to be physically fit for further competition. Any fighter suspended for their medical protection will repeat the eligibility physical.

A-98. The tournament director will provide a report listing the terms of suspension to the Soldier's chain of command.

RINGSIDE PHYSICIAN

A-99. At least one licensed physician must be in attendance at all advanced competition events. The attending physician(s) should be seated ringside throughout the duration of the bouts. No bout will be allowed to proceed unless the physician is in their seat. The physician must be prepared to assist if any serious emergency arises and for rendering temporary or emergency treatments for cuts or minor injuries sustained by the fighters.

A-100. The ringside physician cannot attend to an injured fighter during the course of a fight. Because a physician must be watching the bout, the use of two physicians to cover the event is strongly recommended in order to allow the event to continue while a contestant is being treated.

A-101. A stretcher, oxygen tank, and containers of "instant ice" or an ice chest with sealed bags full of ice must be readily available at ringside.

Note. Ice must be in leak-proof sealed bags.

FIGHTER SUPPORT PERSONNEL

A-102. The fighter can bring various staff to support them during the competition. This includes coaches and seconds.

COACHES

Note. Only one coach is allowed for each fighter. Coaches are identified by credentials attached to lanyards.

A-103. Each fighter may have a coach of their choice for the match. While assisting the fighter, coaches must wear an approved uniform (clothing with appropriate service or unit symbols or solid-colored shirts, subject to the approval of the competition director) and must present a neat and tidy appearance.

A-104. When their fighter is currently competing, the coach may enter the competition area and stand alongside the mat area.

A-105. Coaches may not—

- Enter the mat area during the course of the bout without approval from the referee.
- Interfere physically or verbally with the bout or the duties of the officials.
- Use abusive and/or foul language or perform any blatant act of disrespect.
- Approach the referee, scorekeeper, or timekeeper.
- Sit, stand on, lean on, or touch the ring apron during the course of the bout.
- Apply petroleum jelly to a fighter's face.

Note. Only designated personnel should apply petroleum jelly to a fighter's face.

A-106. The chief of referees or competition director may disqualify the fighter for improper and unprofessional conduct by the coach.

Note. The competition director or chief of referees should field complaints.

A-107. Seconds may not—

- Enter the mat area during the course of the bout without approval from the referee.
- Interfere physically or verbally with the bout or the duties of the officials.
- Use abusive and/or foul language or perform any blatant act of disrespect.
- Approach the referee, scorekeeper, or timekeeper.
- Sit, stand on, lean on, or touch the ring apron during the course of the bout.
- Apply petroleum jelly to a fighter's face.

Note. Only designated personnel should apply petroleum jelly to a fighter's face.

A-108. The chief of referees or competition director may disqualify the fighter for improper and unprofessional conduct by his second.

Note. The competition director or chief of referees should field complaints.

Seconds (Corner Persons)

A-109. Each competitor may have a second of their choice for the match. While assisting the fighter, the seconds must wear an approved uniform (clothing with appropriate service or unit symbols or solid- colored shirts, subject to the approval of the competition director) and must present a neat and tidy appearance. Further, they must provide their own pail, tape, water bottle, and other equipment necessary to perform their functions.

A-110. When their fighter is currently competing, a second may enter the competition area, but they must remain in the designated areas during the bout.

PRE-FIGHT RULES AND REGULATIONS

A-111. Before the bouts begin, fighters must be registered, classified, and briefed.

PRE-FIGHT MEETING

A-112. Pre-fight meetings differ for informal and formal competition.

INFORMAL COMPETITION

A-113. Before allowing Soldiers to participate in basic competitions, leaders should ensure that they are familiar with the rules.

FORMAL COMPETITION

A-114. For formal competitions, all fighters and coaches must attend the pre-fight meeting held by the competition director, the chief of referees, and the commander or his representative.

A-115. This meeting addresses—

- Flow of the tournament.
- Rules.
- Key personnel.
- Medical procedure.
- Evacuation plan.

Note. Personnel who do not attend the rules brief will not be allowed into the competition area.

A-116. Additional briefs are conducted when transitioning between levels to alert fighters to changes in the rule sets.

EXAMINATION OF FIGHTERS

A-117. Procedures for fighter examination differ for the two categories of competition.

INFORMAL COMPETITION

A-118. Leaders must ensure their Soldiers are in good physical condition prior to any competition.

Note. All Soldiers who are medically fit should compete in fire team, squad, and platoon competitions.

FORMAL COMPETITION

A-119. Any fighter applying for eligibility to compete must be examined by the competition medical staff to establish both physical and mental fitness for competition. A thorough physical and eye examination will be given to each fighter by the medical staff at the time of weigh-in. This examination must include a review of the fighter's current physical and screening for disqualifying injuries.

Note Fighters who willfully misrepresent physical incapacities are subject to disciplinary action.

A-120. The medical staff must clear or reject a fighter prior to the start of the competition.

Note. Should any fighter examined prove unfit for competition, the fighter must be rejected and an immediate report of the fact made to the tournament director. It is the tournament director's responsibility to notify the Soldier's chain of command.

A-121. Competitors in advanced competitions must be examined by a physician prior to entering the ring to ensure no injuries or complications from injuries that happened in the preliminary rounds have affected their fitness to compete safely. Special attention should be paid to any head injuries that happened in the preliminary rounds, as to prevent brain trauma.

COMPETITOR CLASSIFICATION

A-122. The goal of competitor classification is to ensure safe and fair competitions.

INFORMAL COMPETITION

A-123. Although weight and size are not considered in basic competition (unlike standard, intermediate, and advanced levels of competition), certified instructor should ensure fair match-ups between competitors.

FORMAL COMPETITION

A-124. Competitors are classified by weight.

Open Tournaments

A-125. To avoid competitors' tendency to cut weight, competitors are divided into brackets, starting with the lightest fighter. This format should be adhered to, except with the heaviest weight class or when the weight difference will exceed 10 percent of the lighter Soldier's body weight.

Championships

A-126. In championships at battalion-level and above, competitors are divided into eight weight class brackets (table A-7). These classes take into account weight and gender.

Weight

A-127. On or before the day of the match, fighters will be weighed on the same scale by the tournament director or his authorized representative. Weight will be determined by the fighter's body weight minus their uniform.

A-128. Opposing teams are allowed to have a representative at the weigh-in; however, the weigh-in will not be delayed due to their absence.

Notes 1. If a fighter is over their intended weight class, they will have until the end of the registration period to make weight. Fighters are not allowed to change weight classes after registration.
2. Crash weight loss practices are not encouraged.

Gender

A-129. Due to the physiological difference between the sexes and in order to treat all Soldiers fairly and conduct gender-neutral competitions, female competitors will be given a 15 percent overage at weigh-in.

Table A-7. Competitor classification

WEIGHT CLASS	*MALE*	*FEMALE*
Bantamweight	110 pounds and below	125 pounds and below
Flyweight	125 pounds and below	143 pounds and below
Lightweight	140 pounds and below	161 pounds and below
Welterweight	155 pounds and below	178 pounds and below
Middleweight	170 pounds and below	195 pounds and below
Cruiserweight	185 pounds and below	212 pounds and below
Light Heavyweight	205 pounds and below	235 pounds and below
Heavyweight	206 pounds and up	236 pounds and up

COMPETITORS' UNIFORM

A-130. Competitors may use approved duty uniforms:

- Army combat uniforms (ACUs) or equivalent to.
- Tactical combat uniform.

A-131. Upon entering the competition area, all fighters must be dressed appropriately (table A-8 on page A-16). Any fighter presenting themselves in

attire deemed inappropriate will not compete in their bout until they present themselves in appropriate attire.

Note. Uniforms are subject to the competition director's discretion.

Table A-8. Level of competition and required uniform

UNIFORM LEVEL	BASIC		STANDARD		INTERMEDIATE		ADVANCED		SCENARIO	
	M	F	M	F	M	F	M	F	M	F
ACUS	X	X	X	X	X	X	X	X	X	X
Tactical Uniform									X	X

Legend.
M = male
F = female
ACUS = Army combat uniform

COMBAT UNIFORMS

A-132. All fighters must be dressed in a serviceable Army combat uniform with bottoms, sand T-shirt, and top.

Jacket

A-133. The Army combat uniform jacket may be worn inside out. The zipper of the Army combat uniform must remain unzipped with 1 ½ inch of athletic tape applied to both sides of the zipper. The sleeve cuffs of the top must be rolled down. The lapel and skirt must remain exposed; no tucking in or stitching down is permitted.

T-Shirt

A-134. The sand T-shirt must be tucked into the uniform bottoms.

Bottoms

A-135. Competitors must wear appropriate physical fitness type shorts under the Combat Uniform bottoms.

Footwear

A-136. The fighter must be barefoot or wear wrestling shoes.

SHORTS

A-137. The fighter may wear shorts with appropriate service or unit symbols and must present a neat and tidy appearance .During informal completion. I.E during PT

Footwear

A-138. The fighter must be barefoot.

TACTICAL COMBAT UNIFORM

A-139. All fighters must wear all components of the Army combat uniform as outlined in paragraphs A-130 through A-138.

Footwear

A-140. All fighters must wear military boots.

Tactical Vest

A-141. All fighters must wear the proper improved outer tactical vest (IOTV) or military equivalent.

Helmet

A-142. Fighters will wear the Army combat helmet (ACH) or military equivalent.

Personal Protective Equipment

A-143. Fighters will wear the proper personal protective equipment. (See table A-9.)

UNDERGARMENTS AND OTHER APPAREL

A-144. Earrings and all other body piercings, wrist and ankle bracelets, necklaces, watches, and rings are prohibited.

A-145. Women must wear breast protectors and/or an athletic brassiere.

COMPETITORS' EQUIPMENT

A-146. Fighters must be properly equipped for their bouts (table A-9). Fighters who do not present themselves properly equipped at the start time of their bout may be penalized by the referee, including being counted out of the match if any equipment problems cannot be solved within five minutes of the referee's order to correct such problem.

Note. Pieces of equipment are required only to the extent outlined in table A-9 and will be further enforced by the tournament director.

MOUTHPIECE

A-147. All competitors must wear fitted mouthpieces. All competitors should have an extra mouthpiece ringside during their match. Competitors must furnish their own mouthpieces.

GROIN PROTECTOR

A-148. All competitors are required to wear an approved groin protector. A plastic cup with an athletic supporter is adequate. Competitors must furnish their own groin protectors.

SOFT BRACES AND/OR PADS FOR THE ELBOWS, KNEES, AND ANKLES

A-149. Soft braces and/or pads for the elbows, knees, and ankles are permitted; however, they must not restrict range of motion or give an unfair advantage to the competitor wearing them. Elbow, knee, or ankle supports must be made of neoprene. The chief of referees or tournament director must inspect all elbow, knee, or ankle braces, pads, and supports prior to the conduct of bouts.

HARD BRACES

A-150. No metal or hard plastic elbow, knee, or ankle supports are allowed, nor are those with sharp edges or surfaces.

SHIN AND INSTEP PADS

A-151. All competitors must wear serviceable, soft pull-on shin and instep pads. These pads must be worn under the uniform trousers and over any wrapping applied to the fighter's ankles or feet. Shin and instep pads should be supplied to the competitor

Table A-9. Equipment required for each level of competition

EQUIPMENT LEVEL	*BASIC*	*STANDARD*	*INTERMEDIATE*	*ADVANCED*	*SCENARIO*
Mouthpiece	S	S	R	R	R
Groin protector	S	S	R	R	R
Soft braces and/or pads for the elbows, knees and ankles	S	S	S	S	S
Hard braces	N/R	N/R	N/R	N/R	N/R
Shin and instep pads	N/R	N/R	R	S	N/R
Knee pads	S	S	R	S	S
Martial arts belt	S	S	R	S	N/R
Tape and gauze for wrapping feet or ankles	N/R	N/R	S	S	N/R
Tape and gauze for wrapping hands	N/R	N/R	N/R	R	N/R
Gloves	N/R	N/R	N/R	R	N/R
Helmet	N/R	N/R	N/R	N/R	R
Tactical Vest	N/R	N/R	N/R	N/R	R
PPE: Eye and ear pro, gloves, knee and elbow pads	N/R	N/R	N/R	N/R	R
Impact Reduction Suit (OPFOR)	N/R	N/R	N/R	N/R	R
Legend. R = required. S = suggested or recommended. N/R = not recommended or permitted.					

KNEE PADS

A-152. All competitors must wear serviceable, soft pull-on knee pads under the uniform bottoms. The knee pads must fully cover the competitor's kneecap area (at a minimum). Knee pads should be supplied to the competitor.

MARTIAL ARTS BELT

A-153. Each competitor will be designated by a colored martial arts belt. The belt will be wrapped securely around the waist and tied in front with a square knot. Martial arts belts should be supplied to the competitor.

TAPE AND GAUZE FOR WRAPPING FEET OR ANKLES

A-154. A-155. Competitors may wrap their feet and ankles, but it is not mandatory. Fighters who wish to wrap their feet/ankles are responsible for their own gauze and tape. Gauze must be of the soft or soft-stretch type, and must not exceed two inches in width. Tape must be of the soft cloth adhesive type and must not exceed 1 ½ inches in width. Up to six feet of tape may be used to wrap each foot and ankle. The chief of referees or tournament director must inspect all wrappings prior to the conduct of bouts.

TAPE AND GAUZE FOR WRAPPING HANDS

A-155. The wrapping and taping of hands is mandatory. Competitors must use a boxing-style hand wrap (with gauze) made of 2-inch soft or soft-stretch material. Tape should be 1 ½-inch soft cloth adhesive material. Up to 6 feet of tape may be used to wrap each hand and wrist. No tape can be placed over the knuckles of the hand, and no types of additional knuckle covering (i.e., gel wraps) is allowed under the competitor's gloves.

A-156. The chief of referees or competition director must inspect all wrappings prior to the conduct of bouts and before gloves are placed on the fighter's hands. At the conclusion of the inspection, the wrappings will be signed by the approving official. Gloves may then be placed on the competitor's hands. Then, at least two turns of tape must be placed on the exterior covering of the gloves at the wrist to fully secure the hook pile tape on the glove. The approving official will sign the tape once the wrappings are in place. In the event of a disputed wrapping, the protest must occur prior to the fighter leaving the ring area.

GLOVES

A-157. All fighters will wear professional quality regulation 4-ounce gloves approved by the competition director or chief of referees. All gloves must be made so as to fit the hands of any fighter. The referee must inspect and approve any tape used on the gloves. If the gloves have been used, they must be whole and clean, and are subject to inspection by the referee or by the competition director. If found imperfect, the fighter will be provided an approved set of gloves before the bout starts. No breaking, roughing, or twisting of gloves is permitted.

Note. Gloves should be provided, if possible. The competition director should have several extra sets of gloves of common sizes to be used if gloves are defective or damaged beyond use during the course of the bouts.

IMPACT REDUCTION SUIT

A-158. S.O.C Suit/ Impact Reduction Suit must be worn by all OPFOR personnel. The suit must provide the proper protection for the head, throat, torso, groin, thighs, knees, shins, upper and lower arms, and hands. The suit must be designed in a way that the OPFOR may still provide realistic feedback for the competitors.

COMPETITOR REQUIREMENTS

A-159. For the referee to maintain the highest standards of hygiene on the mat, he must enforce the following rules.

PERSONAL HYGIENE

A-160. Attention to personal hygiene is a must. Fighters should—

- Be clean and free of foul odors.
- Keep all fingernails and toenails trimmed short.
- Pull back and secure long hair.
- Not wear any lubricants, analgesic cream, and/or skin creams that may inconvenience an opponent or allow an unfair advantage to the wearer.

Note. Only designated personnel should apply petroleum jelly to a fighter's face.

PERSONAL HEALTH AND DISEASE RISK

A-161. All competitors must have a current physical, military acute concussion evaluation or traumatic brain injury screening and be cleared by medical staff. Competitors diagnosed with the following conditions will be prohibited from competition:

- Chronic infectious diseases, including:
  - Human immunodeficiency virus (HIV-AIDS).
  - Hepatitis B and /or C.

Note. All athletes will receive an HIV and Hepatitis C screening within six month of competition.

  - Mononucleosis.
  - Active herpes.
- Open cuts and abrasions.

Note. All wounds including cuts, abrasions, lacerations and burns must be covered with an appropriate dressing and approved by the competition medical staff.

- Heart diseases and/or risk factors of heart disease to include:
  - Arrhythmias.
  - Heart block.
  - Valvular heart disease.
  - Peripheral vascular disease.
  - Aortic stenosis.
  - Uncontrolled angina.
  - Congestive heart failure.
  - Fixed rate pacemaker.
  - Resting blood pressure > 185/100.
  - Uncontrolled diabetes mellitus.
  - Electrolyte abnormalities.
- Additional limitations to competition will include:
  - Vertigo.
  - Chronic obstructive lung disease.
  - Significant emotional distress (psychosis).
  - Advanced musculoskeletal disorders.
- In addition to the above statutes, female competitors are restricted from competing if they suffer from any of the following cases:
  - Confirmed or suspected pregnancy. (Screening must be within seven days of the competition.)
  - Pelvic inflammatory disease.
  - Symptomatic endometriosis.
  - Abnormal vaginal bleeding.
  - Recent secondary amenorrhea of undetermined cause.
  - Recent breast bleeding.
  - Recently discovered breast masses.
  - Recent breast dysfunctions previously not present.

CORRECTIVE EYEWEAR AND EARWEAR

A-162. Competitors requiring corrective eyewear can wear soft contact lenses. Glasses of any type will not be permitted during competition.

A-163. In order to be legal, corrective earwear must be made specifically for sports competition.

COMPETITION CONDUCT

A-164. To ensure that the competition runs safely and smoothly, certain procedures must be followed.

A-165. Competitors and spectators are welcomed, followed by the introduction of the competition staff and any distinguished guests.

Note. The national anthem will be played just prior to the commencement of the first match.

START OF THE MATCH

A-166. Prior to the match, the bracketing Noncommissioned Officer brings the bout sheet to the mat table. In formal competitions, the referee ascertains from each fighter the name of their coach or second and holds the fighter responsible for their coach's or second's conduct during the progress of a bout.

A-167. Once the referee has differentiated the contestants to the scorekeeper/judges, the referee brings the competitors together so that they may

shake hands. The competitors are then separated. The timekeeper indicates when they are ready to begin the match duration on the stopwatch by saying, "Ready," and giving a visual cue (i.e., nod). Then, the referee signals the beginning of the match by extending their arms, with their palms facing the competitors; bringing his palms together; moving backward out of the way; and calling, "Fight."

MATCH

A-168. On command from the referee, the competitors start the contest, using various techniques to submit the opponent. The techniques that may be used vary according to the level of the competition (table A-10).

A-169. In informal competitions, competitors fight until submission or referee stoppage. In formal competitions, bouts have a time limit (table A-11).

Table A-10. Time limit for each level of competition

LEVEL	*TIME LIMIT*
Basic	Leaders set an appropriate time limit.
Standard	Each bout lasts up to six minutes. Specific match durations are designated by the competition director prior to the start of the first match. If (at the end of the time limit) the score is tied, the bout will continue until the tie is broken by the first score.
Intermediate	Bouts are one 10-minute round. The time runs continuously and may be called or stopped by the referee in special cases, such as equipment malfunction or commitment of a foul.
Advanced	Bouts are three three-minute rounds. The time runs continuously and may be called or stopped by the referee in special cases, such as equipment malfunction or commitment of a foul.
Scenario	Each scenario will last approximately 15 minutes.

MOUTHPIECES

A-170. If a fighter's mouthpiece is knocked out, dropped, or spit out during a bout, the referee will—

- Wait for a lull in the activity of both fighters.
- Call time out.
- Stop the bout in place.
- Replace the mouthpiece.

Table A-11. Techniques allowed during each level of competition

LEVEL	*TECHNIQUES ALLOWED*
Basic	Beginning on their knees, fighters use chokes, joint locks (shoulder and elbow), and muscle manipulation to submit the opponent.
Standard	Beginning in a standing position, fighters use chokes, joint locks (shoulder, elbow, straight ankle and straight knee), and muscle manipulation to submit the opponent.
Intermediate	Beginning in a standing position, fighters use chokes, joint locks (shoulder, elbow, straight ankle and straight knee), muscle manipulation, closed fist punches to the torso, open hand slaps (not led by the palm) to the face, kicks, and grappling (takedowns, throws, submission holds, etc.) to submit the opponent
Advanced	Beginning in a standing position, fighters use all legal striking and grappling techniques to submit the opponent.
Scenario	Beginning in a standing position, fighters use all legal techniques covered in TC 3-25.150.

Note. Willful dropping or spitting out of the mouthpiece is deemed a "delay of bout" foul, and the fighter will be penalized accordingly by the referee (1-point deduction)

A-171. . In informal competitions, competitors fight until submission or referee stoppage. In formal competitions, bouts have a time limit (table A-11).

Stalemate

A-172. Intermediate and advanced competitions may result in a stalemate. If both competitors have gone to the ground and neither is actively working to improve their position within (in the referee's judgment) a reasonable time, the referee will separate and stand the competitors up, and restart the bout from the standing position.

END OF THE MATCH

A-173. At the end of the match, the winner and loser of the bout report to the mat table to sign their bout sheet. The match may end in 10 different ways:

- Forfeit.
- No contest.
- Knock out.
- Submission.
- Choke out.

- Scoring the match.
- Disqualification.
- Referee stoppage.
- Corner stoppage.
- Medical stoppage.

A-174. The referee separates the competitors and faces them toward the scoring table, holding both competitors' arms at the wrists. Then, the referee raises the arm of the competitor who has won the match, and leads the competitors by the wrist to face one another so that they may shake hands.

A-175. Upon leaving the mat, the winner must retrieve their bout sheet so that it may be submitted to the mat table for their next match or to the awards area.

FORFEIT

A-176. In the event one of the competitors is not present for their match, they will be called over the intercom three times before the match is deferred to his opponent.

Note. Competitors who are not present for the semi-final and final matches will not receive a medal(s) unless serious injury has occurred.

NO CONTEST

A-177. Should both fighters be in such condition that to continue might subject them to serious injury, the referee will declare the match a "no contest" (most common in the intermediate and advanced levels).

KNOCK-OUT

A-178. At the intermediate and advanced levels, competitors may receive a knock-out. There are two kinds of knock-outs:

- Knock-out (unconscious).
- Technical knock-out (TKO).

A-179. If a fighter suffers an injury, has been knocked out, has participated in an unusually punishing bout, or has received a technical knockout decision, the fighter will be placed on the ill and unavailable list for the period of time recommended by the medical staff. A fighter who loses a bout by TKO or knockout will be suspended from competition until cleared by a medical professional. The tournament director will provide a report listing the terms of suspension to the Soldier's chain of command.

Knock-Out (Unconscious)

A-180. This type of knock-out occurs when a fighter is knocked unconscious.

Technical Knock-Out

A-181. This type of knock-out occurs when the referee deems that one fighter cannot defend themselves and is in danger of receiving excessive damage if the match continues. In this case, the referee will award the other fighter a technical knockout or TKO victory.

Submission

A-182. Submission may occur in two ways:

- A fighter taps on the mat or their opponent a minimum of twice.
- A fighter makes a loud noise (i.e., grunt or groan) indicating pain or verbally submits, saying, "STOP" loudly.

Choke Out

A-183. When a choke has been applied, the referee will watch for any sign of unconsciousness (e.g., failure to respond to verbal questions) and immediately stop the match, awarding the victory to the competitor who applied the choke.

SCORING THE MATCH

A-184. Scoring occurs differently in informal and formal competitions.

CAUTION

If a competitor becomes unconscious, the referee should perform the following steps:

Before separating the fighters, control the unconscious fighter's head to prevent unnecessary movement.

Loosen the unconscious fighter's uniform around the collar and check for respiration and an open airway.

If the athlete does not regain consciousness within 20 seconds or their vital signs fluctuate (i.e, respiratory distress, weak pulse, etc.) call for medical attention.

If a competitor becomes unconscious due to a violent fall, throw or may have a cervical injury, the referee should carefully separate the fighters, while calling for medical attention. DO NOT move the injured fighter.

INFORMAL COMPETITION

A-185. For informal competitions, the referee designates a winner based on aggressiveness and display of superior technique.

FORMAL COMPETITION

A-186. If no submission takes place during the match, the competitor who has been awarded the most points by the end of the time limit wins. The timekeeper signals the end of the match with a bell (for a single ongoing bout) or by tossing a rolled-up towel or object (typically colored white) close to the referee's feet (for multiple ongoing bouts) when the match duration has expired. Tables A-12 to A-14 outline the competitor actions and the points awarded.

Note. For all signals made indicating scoring, the referee will raise their hand to indicate the fighter receiving the points, with their armband in accordance with the color of the fighter's colored indicating belt.

A-187. Scoring criteria varies according to the level of competition.

Basic and Standard Competitions

A-188. For formal competitions, the referee scores the competitors using the system outlined in table A-12 on page A-23. If no submission takes place during the match, the competitor who has been awarded the most points by the end of the time limit wins.

Intermediate and Scenario Competition

A-189. After the bout has been completed, judges determine a winner using the Five-Point Must Scoring System (table A-13 on page A-23 and table A-15 on page A-24). Judges evaluate combatives techniques.

Advanced Competition

A-190. After the bout has been completed, judges determine a winner using the Ten-Point Must Scoring System (table A-14 on page A-24). At the completion of each round, 10 points are awarded to the winner and nine points or less are awarded to the loser (except for a rare even round, which is scored 10-10). At the completion of the bout, the judges' scores for each round are tallied to determine the winner of the bout.

Intermediate, Advanced and Scenario Competitions

A-191. Intermediate, advanced and scenario competitions require decision via scorecards. A bout will receive one of several results:

- Unanimous. All three judges score the bout for the same contestant.
- Split decision. Two judges score the bout for one contestant, and one judge scores for the opponent.
- Majority. Two judges score the bout for the same contestant and one judge scores a draw.
- Draw.
  - Unanimous. All three judges score the bout a draw.
  - Majority. Two judges score the bout a draw.
  - Split. All three judges score differently.

Table A-12. Competitor actions and points awarded for basic and standard competitions

COMPETITOR ACTION	POINTS AWARDED	DEFINITION
Passing the guard	3	From within their opponent's guard, the fighter clears their opponent's legs, passes the guard, and gains one of the following positions: side control, mount, knee mount, or North/South.
Sweep	3	After establishing guard, the bottom fighter changes positions, placing their opponent on their back.
Knee mount	3	The fighter places one knee in their opponent's abdomen and the other off the ground and away from their opponent, and stabilizes himself.
Mount	4	The fighter establishes a position astride their face-up opponent's chest or abdomen, with both knees and feet on the ground and free from entanglement with the opponent's legs.
Rear mount	4	The fighter establishes a position behind their opponent, with both feet hooked around their opponent's thighs.
Passivity	2	When a fighter disengages from a top position, points will be awarded to the other fighter.
Stalling	1	Stalling is utilizing the clock to achieve victory. If a referee thinks a fighter is delaying the action, the referee will give three warnings and then award a point to the fighter's opponent. If stalling continues, the referee gives three additional warnings and then awards an additional point, continuing this pattern until the stalling stops or the end of the match.
STANDARD COMPETITION ONLY		
Takedown (non-dominant position)	2	From the standing position, the fighter places their opponent on the ground, ending either in the guard or behind the arms of a face-down opponent.
Takedown (dominant position)	3	From the standing position, the fighter places their opponent on his back, passes the guard, and gains one of the following positions: side control, mount, knee mount, or North/South.
Notes. 1. For the purposes of competition, guard refers to a position with a fighter's legs locked around an opponent with at least one leg above the knee or, if the legs are not locked, controlling an opponent with the legs. 2. Referees should not tolerate abuse of the points system. If a competitor repeats techniques to accumulate additional points, the referee should not award points for these moves.		

Table A-13. Competitor actions and points awarded for intermediate competitions

COMPETITOR ACTION	POINTS AWARDED	DEFINITION
Effective Striking	1	The total number of legal heavy strikes landed, whether standing or on the ground.
Effective Takedowns	1	Fighter takes an opponent to an offensive top position.
Controlling Ground Position	1	Fighter gains and maintains an offensive ground position.
Judges' Points	2	Judges will award two additional points for the portion of the fight they deemed most important in the bout.

Table A-14. Competitor actions and points awarded for advanced competitions

SCORE	DEFINITION
10-10	Both contestants appear to be fighting evenly and neither contestant shows clear dominance.
	Both contestants suffer equal numbers of legal knockdowns, takedowns, and strikes, and neither shows clear dominance in a round.
10-9	A contestant wins by a close margin, landing the greater number of effective legal strikes, grappling and other maneuvers.
	A contestant remains in the guard position with no fighter having an edge in striking or grappling, the fighter who scored the legal takedown wins the round.
10-8	A contestant overwhelmingly dominates by striking or grappling in a round.
	A contestant adversely affects their opponent by knocking him down from legal strikes, throwing, legal striking while standing or grounded.

Table A-15. Competitor actions and points awarded for scenario competitions

COMPETITOR ACTION	POINTS AWARDED	DEFINITION
Combatives Procedures	1	Judges will award one point to the team with the most effective combatives procedures.
Escalation of Force	1	Judges will award one point to the team that uses appropriate escalation of force.
Security	1	Judges will award one point to the team with the most effective security.
Overall Outcome of Scenario	2	Judges will award two additional points for the overall success of the scenario.

DISQUALIFICATION/FOULS

A-192. At the discretion of the referee, fouls (based on the intent of the fighter committing the foul and the result of the foul) may cause time to be stopped in the bout and warnings, recuperation time, and/or disqualification to be issued.

A-193. The following fouls will be considered enough to warrant immediate disqualification from the tournament.

- The use of abusive and/or foul language, cursing, or other act of blatant disrespect.
- Biting; pinching; clawing; hair pulling; attacking the eyes, nose, or mouth of one's opponent; intentionally seeking to injure genitalia; or the use of fists, feet, knees, elbows, or heads with the intention to hurt or gain unfair advantage.
- The blatant use of intentional avoidance (running or pulling oneself into the safety and/or danger area) while caught in a submission attempt by their opponent. This will be deemed a submission.
- Fighting and/or engaging in illegal conduct within tournament venue.
- Intentional or repeated noncompliance with competition rules.
- Flagrant disregard of the referee's instructions.
- Twisting knee or ankle attacks.
- Small joint manipulation of the fingers, toes, or wrists.
- Striking to the throat.
- Fish hooking of the mouth.
- Striking spine (including the top of the head).
- Elbow or forearm strikes.
- Spinal manipulation.
- Headbutts.
- Kicks to head or torso of a downed fighter.
- Holding on to fence or a rope (when used).
- Spiking an opponent to the ground on their head or back of neck.
- Throwing opponent out of fenced area, ring, or mat.
- Knees strikes, unless using intermediate or advanced competition rules.

- Closed fist strikes to the face, unless using advanced competition rules.
- Axe kicks to the top of the head.
- Instep stomping with the foot.
- Up kicks by a downed fighter to the head of a standing opponent.
- Fleeing the action of the fight.
- Intentionally delaying the contest due to improper equipment, or by intentionally dropping or spitting out the mouthpiece.

A-194. Other fouls are specific to the level of the competition (table A-16).

Table A-16. Description of prohibited techniques

TECHNIQUE	DESCRIPTION
BASIC COMPETITION	
Takedowns	If both competitors rise to their feet in a neutral position, the fight should be returned to their knees.
BASIC AND STANDARD COMPETITIONS	
Guard slam	Opponent A is in Opponent B's guard or any tight submission or sweep attempt from the guard. Opponent A then stands up, lifts Opponent B off the ground, and violently slams Opponent B with the intent to open the guard, escape the technique, or harm Opponent B.
Wrist locks	Opponent A secures Opponent B's wrist and purposely hyperextends or hyperflexes Opponent B's wrist with the intent to submit Opponent B.
Finger/toe locks	Opponent A secures one or more of Opponent B's fingers or toes and purposely hyperextends or hyperflexes them with the intent to submit Opponent B.
Lower body submissions	Opponent A applies a twisting joint lock to Opponent B's hips, legs, or feet.
Spiking throws	Opponent A picks Opponent B off the ground and violently plants Opponent B on the mat, with the head, upper back, or neck making contact with the mat first.
Face crush	Utilizing his arms or parts of his own or Opponent B's uniform, Opponent A secures Opponent B's face and uses leverage and force to create tremendous pressure to Opponent B's nose, jaws, and face.

A-195. Disqualification occurs after any combination of three fouls or after a flagrant foul. Fouls may result, at the referee's discretion, in a point being deducted by the judges. If a referee determines it is appropriate to take a point from a contestant for a foul, they will identify the corner of the fighter from which they will take the point and indicate the point deduction to each judge.

Note. Only a referee can assess a foul. If the referee does not call the foul, judges must not make that assessment on their own.

A-196. A fouled fighter has a reasonable amount of time (referee's discretion) to recuperate. If an intentional foul is committed, the referee will—

- Call time.
- Check the fouled contestant's condition and safety.

A-197. If the referee determines that a fighter needs time to recover due to the result of a foul or injury, they may stop the bout (and the time) and give the injured fighter a reasonable amount of time to recover, or when appropriate the ring physician or medical staff to examine them. At the end of this reasonable rest period or examination the referee and the ring physician or medical staff will determine if the injured fighter can continue the bout. If the fighter can continue, the bout will continue.

REFEREE STOPPAGE

A-198. The referee can stop a match at any time and award a winner due to concerns of potential injury, attrition, and/or technical dominance, or if at any time a competitor makes any verbal sounds that could be construed as a sign of

pain. The referee will consider both competitors' safety at all times. The referee will award the victory to the appropriate fighter.

A-199. The referee can stop a match and determine a winner for any of the following reasons:

- The referee has called a foul. The referee will determine whether it was intentional.
  - If intentional, the referee may disqualify the offending fighter and declare the fouled fighter the winner by "Disqualification."
  - If the referee determines that the injured fighter was responsible for their own injury, the referee will not penalize their opponent. If the referee or medical staff determines that the injured fighter is unable to continue, they will lose by "Referee Stoppage."
  - If the referee determines that the injury was caused by both fighters (no fault), the referee will give the injured fighter time to recover. If the referee or medical staff determines that the fouled fighter cannot continue, the bout will be scored a "No Contest."
- A competitor has performed a legal submission that would (in the opinion of the referee) submit the opposing competitor or potentially cause serious injury. This is important if the referee thinks that a fighter's safety is in danger or an injury is eminent and the fighter refuses to submit.
- A competitor (by means of legal strangulation, smother, intense contact with the floor or opponent, or extreme attrition) loses consciousness. The conscious opponent shall be the winner.
- A competitor becomes unconscious due to a choke and/or strangulation hold.
- A competitor becomes injured, sick, or incapacitated during a match by means of legal techniques or natural occurrences and cannot continue the match. The opponent will be deemed the winner.
- A competitor becomes injured as a result of an illegal technique and cannot continue the match. The competitor injured by the illegal technique will be deemed the winner.
- A competitor becomes unconscious due to a violent fall, throw, or may have a cervical injury.

CAUTION

If a competitor becomes unconscious, the referee should perform the following steps:

Before separating the fighters, control the unconscious fighter's head to prevent unnecessary movement.

Loosen the unconscious fighter's uniform around the collar and check for respiration and an open airway.

If the athlete does not regain consciousness within 20 seconds or their vital signs fluctuate (i.e, respiratory distress, weak pulse, etc.) call for medical attention.

If a competitor becomes unconscious due to a violent fall, throw or may have a cervical injury, the referee should carefully separate the fighters, while calling for medical attention. DO NOT move the injured fighter.

CORNER STOPPAGE

A-200. The competitor's coach or second, who is responsible for the well-being of the competitor, can toss a white piece of cloth at the referee's feet to signify submission of their competitor for reasons of personal safety, attrition, and/or technical dominance. The coach or second must be within the designated coaching area to be acknowledged.

MEDICAL STOPPAGE

A-201. In advanced competitions, the ringside physician can stop the match due to a serious injury. If this occurs, the physician will notify the officiating referee, who in turn, will stop the bout. Then, the physician will examine the competitor. If the physician determines that the injury is too severe for the competitor to continue, they notify the chief of referees or competition director. The referee calls an end to the bout, and the opposing fighter is declared the winner by technical knockout.

PROTEST

A-202. During formal competitions, a coach and or competitor have the right to lodge a complaint. The tournament director will issue only two challenge cards per team. The procedure to lodge such a complaint is as follows:

- Notify the chief of referees, who will discuss the issue with the competition director. The competition director will make the final decision on the outcome of the complaint/protest.

Note. This rule is to prevent argument in the mat area. Any such arguments will warrant immediate disqualification and/or removal from the event.

TEAM POINTS

A-203. Unit teams will amass team points as individual competitors fight their way through the tournament. Team points are awarded for submissions, victory at higher levels of competition, and (in non-championship tournaments) participation of larger groups.

A-204. The first place team during the scenario event will be the overall combatives champions.

A-205. Only the top four teams that have accumulated the most points during the competition will qualify to compete in the team scenario event, which will ultimately decide the overall winner of the competition.

Note. Team points will not include any points earned by a competitor who is ejected from the competition.

A-206. The team points awarded are listed in tables A-17 through A-19 on pages A-27 and A-28.

Table A-17. Team points for basic and standard competitions

ACTION	*POINTS*
Victory by points	1
Victory by submission	2
First place	3
Second place	2
Third place	1
Ejection from competition	- All points accrued by the competitor who has been ejected are deducted.

Table A-18 Team points for intermediate competition

ACTION	*POINTS*
Victory by points	1
Victory by submission, knock-out, or technical knock-out	4
First place	6
Second place	4
Third place	2
Ejection from competition	- All points accrued by the competitor who has been ejected are deducted.

Table A-19. Team points for advanced competition

ACTION	*POINTS*
Victory by points	1
Victory by submission, knock-out, or technical knock-out	4
First place	15
Second place	10
Third place	5
Ejection from competition	- All points accrued by the competitor who has been ejected are deducted.

ANNOUNCING COMPETITION RESULTS

A-207. For formal competitions, the competition director compiles the results on the master results card. After the competition director has completed verifying the master results card, they will give the ring announcer the results on Announcer's Final Result Sheet. Then, the announcer informs the audience of the decision over the public address system. The referee indicates the winner as the announcer gives the winner's name.

A-208. In the event of a knockout, a technical knockout, disqualification, or forfeit, the announcer and referee will officially designate the winner and give the time at which the bout was stopped.

Appendix B

Basic Drills and Training Evaluation

This appendix addresses the warm-up exercises, drills, and combinations that fighters use to prepare for and reinforce their training.

B-1. Combative techniques at all levels of training will exert tremendous amounts of stress to the neck, shoulders, back, and legs. Warm-up exercises will mitigate the risks associated with this exertion by increasing the blood flow to certain groups of muscles and building the range of motion of affected joints.

Note. The exercises shown here may not be covered in FM 7-22.

SHOULDER EXERCISES

B-2. Shoulder exercises include—

- Shoulder shrug.
- Arm rotation.

HIP EXERCISES

B-3. Hip exercises include—

- Leg rotation.

NECK EXERCISES

B-4. Neck exercises include—

- Down and up.
- Left and right.

WARM-UP EXERCISES–NECK EXERCISES

DOWN AND UP

The objective of this exercise is to stretch the muscles in the neck.

Note. Repeat this exercise five times.



1) The fighter begins in the resting position, with both arms at their sides and your feet about shoulder-width apart. The fighter keeps their head facing forward.
2) The fighter tilts their head so that they are looking downward.
3) The fighter returns to the resting position.
4) The fighter tilts their head so that they are looking upward.
5) The fighter returns to the resting position.

WARM-UP EXERCISES–NECK EXERCISES

LEFT AND RIGHT

The objective of this exercise is to stretch the muscles in the neck.

Note. Repeat this exercise five times.



1) The fighter begins in the resting position, with both arms at their sides and your feet about shoulder-width apart. The fighter keeps their head facing forward.



2) The fighter turns their head so that they are looking left.



3) The fighter returns to the resting position.



4) The fighter turns their head so that they are looking right.



5) The fighter returns to the resting position.

WARM-UP EXERCISES–SHOULDER EXERCISES

SHOULDER SHRUG

The objective of this exercise is to stretch the muscles in the neck and shoulders.

Note. Repeat this exercise five times.



1) The fighter begins in the resting position, with both arms at their sides and their feet about shoulder-width apart. The fighter keeps their head facing forward.



2) Simultaneously, the fighter tilts their head to the left and raises their shoulders.



3) The fighter returns to the resting position.



4) Simultaneously, the fighter tilts their head to the right and raises their shoulders.



5) The fighter returns to the resting position.

WARM-UP EXERCISES–SHOULDER EXERCISES

ARM ROTATION

The objective of this exercise is to stretch the rotator cuff and warm up the glenohumeral joint to improve range of motion.

Note. Repeat this exercise five times.

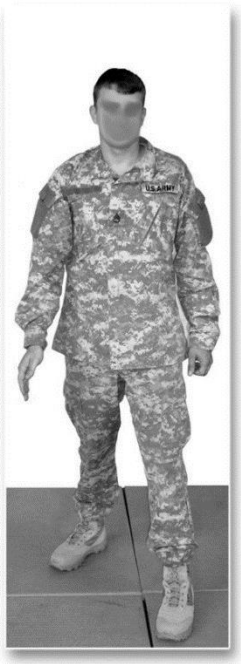


1) The fighter begins in the resting position, with both arms at their sides and their feet about shoulder-width apart. The fighter keeps their head facing forward.



2) The fighter moves their arm in a large circle, with their shoulder at its center.





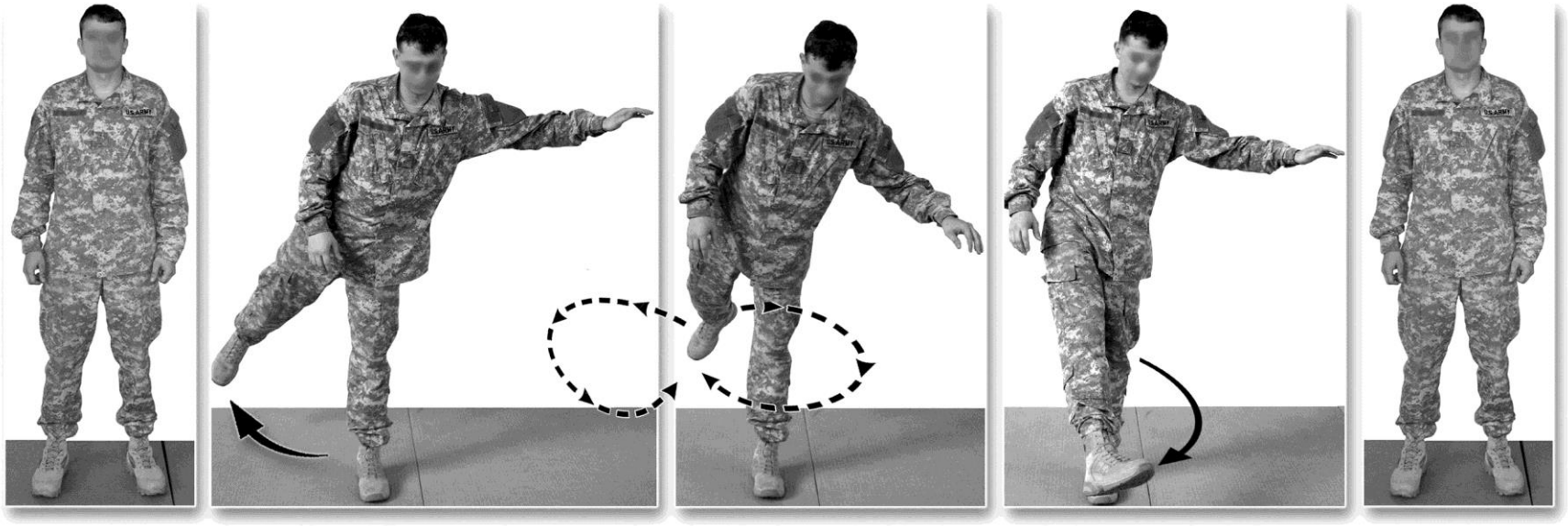
3) The fighter returns to the resting position.

WARM-UP EXERCISES–HIP EXERCISES

LEG ROTATION

The objective of this exercise is to stretch the thigh and hip muscles, and warm up the synovial joint to improve range of motion.

Note. Repeat this exercise five times.



1) The fighter begins in the resting position, with both arms at their sides and their feet approximately shoulder-width apart. The fighter keeps their head facing forward.
2) The fighter moves their leg in a large circle, with their hip at its center. The fighter balances themselves using their hand.
3) The fighter returns to the resting position.

DRILLS

B-5. During drills, Soldiers repeat basic positions, with a different detail emphasized during each session. This allows for the maximum use of training time by simultaneously building muscle memory, refining basic combatives techniques, and enabling Soldiers to warm up.

DRILLS 1 THROUGH 3

B-6. Combatives Program techniques are evaluated during the performance of three tasks (table B-1). These are not just individual moves; they form the core of a complete system. Some tasks simultaneously evaluate both fighters conducting the offensive and defensive moves.

Table B-1. Drills 1 through 3

DRILL	TASK	CONDITION	STANDARDS
1	Escape the mount. Pass the guard. Achieve the mount.	The opponent is mounted on the Soldier's chest.	The Soldier uses: • Escape the mount. • Arm trap and roll. • Pass the guard. • Achieve the mount from side control. ***Note.*** Repeat the task for the second fighter.
2	Arm push and roll to the rear mount. Escape the rear mount.	The Soldier is mounted on the opponent's chest.	The Soldier uses: • Arm push and roll to the rear mount. • Rear naked choke. The second fighter escapes the rear mount. ***Note.*** Repeat the task for the second fighter.
3	Escape the mount. Shrimp to the guard. Use any sweep to the mount.	The Soldier is mounted on the opponent's chest.	The Soldier uses: • Escape the mount, shrimp to the guard. • Cross collar choke. • Straight arm bar from the guard. • Sweep from the attempted straight arm bar. • Scissors sweep, if attacks fail.

CAUTION

Safety equipment should be used appropriately—to prevent injury, not pain. Overpadding during training will cause unrealistic responses on the battlefield, which can endanger Soldiers' lives.

OPTION 3 DRILL

Note. All participating Soldiers must conduct clinch training prior to attempting this drill. The drill must not be conducted until all Soldiers have been briefed on the purpose of the drill, safety considerations, and the drill itself. This drill is conducted by a certified CMTC instructor.

B-7. The Option 3 drill is a practical application exercise that instills the Warrior Ethos through contact with a puncher and desensitizes Soldiers to the effects of being hit.

B-8. Each Soldier performs the drill four times. Using each range controlling position identified in the Option 3 SOP and appendix A. Then, the fighter attempts to achieve the clinch and gain a dominant position, while the opponent attempts to remain free of the clinch by utilizing the universal fight plan.

Note. The Modern Army Combatives School training support package (TSP) provides more information about the Option 3 drill. This TSP is available at https://www.infantry.army.mil/combatives/content/admin/AchieveTheClinchSOP27FEB2006.doc.

COMBINATIONS

B-9. Strikes must be thrown in combinations to be effective—"bunches of punches," as the old boxing saying goes. Practicing combinations (figure B-1 on page B-9) enables the fighter to correct their technical mistakes with a proficient opponent.

PUNCHING COMBINATIONS

B-10. Punches can be labeled using two conventions:

- Individual strikes.
- Combinations.

B-11. The traditional method of holding boxing mitts is to number each technique. Then, the holder calls out the punches he wants the fighter to throw. (table B-2).

Table B-2. Individual strikes and their numbering convention

NUMBER	STRIKE
1	J
2	C
3	H, LH
4	U

LEGEND	LEGEND
J = Jab C = Cross H = Hook LH = Low Hook to the Body U = Uppercut	J = Jab C = Cross H = Hook LH = Low Hook to the Body U = Uppercut

B-12. The Combatives Program, however, uses five basic combinations for ease of learning (table B-3).

Table B-3. Punching combinations and their numbering convention

NUMBER	COMBINATION
1	J + C + H
2	J + C + J + C + J + C (Advancing)
3	J + C + LH + H
4	C + H + C
5	J + J + J + H + C

LEGEND

J = Jab
C = Cross
H = Hook
LH = Low, Hook to the Body U = Uppercut
JO = Jab Out
***Note*:** The fighter always completes the combination using a JO.

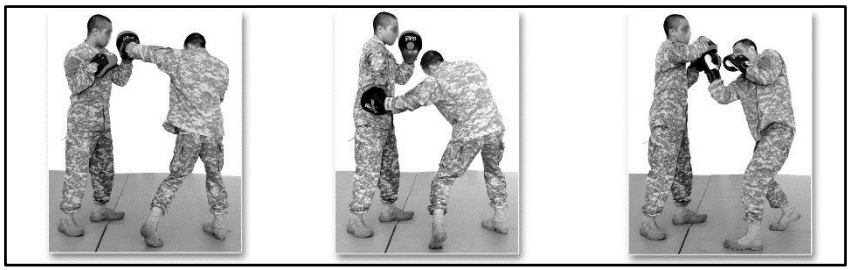


Figure B-1. Mitt work

B-12. Punching combinations must be practiced until they become a Soldier's natural pattern of movement.

B-13. When learning the basic combinations, Soldiers should return each hand to a defensive posture after it is used. When a Soldier is within punching range, so is their opponent; therefore, Soldiers should make good defense an integral part of their offense.

B-14. To reinforce good fighting habits, the holder can—

- Repeat a strike by saying its name (i.e., "Jab") as many times as they like to reinforce good defensive habits, such as snapping the jab back or keeping the other hand up.
- Throw a jab back at the same time as the puncher, forcing them to defend.
- Fire a jab. The puncher should simultaneously catch it, and fire their jab.

CAUTIONS

When a holder is using traditional boxing mitts, the holder should turn their wrist up or down when throwing a jab. The edge of the mitts can be hard.

A Soldier should anchor their chin to their chest during this exercise. Lifting the chin exposes a vulnerable area to strikes.

COUNTERPUNCHING

B-15. Defensive boxing skills can be practiced by adding them to basic combinations with counterpunching (table B-4).

Note. Defensive skills should always be practiced with counterpunching and never by defending multiple punches in a row. Trying to block multiple punches gives the opponent the initiative, enabling them to break down the fighter's defenses.

Table B-4. Counterpunching combinations

PHRASE	COMBINATION
Basic	The holder fires a punch at the end of a basic combination. The puncher defends and fires back with counterpunching combinations (H + C + H or C + H + C).
Pop	The holder calls "Pop" after calling the combination number. The puncher fires back counterpunch combinations after a defense with the same arm they defended with.
Up	The holder calls "Up" after calling the combination number. The puncher fires back after a defense with U + H + C or U + C + H. The holder should catch the uppercut just as they would if defending.
LEGEND J = Jab C = Cross H = Hook LH = Low Hook to the Body U = Uppercut JO = Jab Out ***Note:*** The fighter always completes the combination using a JO.	

Note. In order to teach fighters to read their opponents' body language, mitt holders should mimic the movements of opponents.

MITT HOLDING

B-16. Punching and counterpunching can be incorporated into mitt holding (table B-5 on page B-10).

Table B-5. Mitt holding for combinations with punching and counterpunching

NUMBER/ACTION	COMBINATION
2 and throws an H	J + C + J + C + J + C + DH + H + C + H + JO
4 Pop and throws an H	C + H + C + DH + C + H + C + JO
5 Pop and throws a C	J + J + J + H + C + DC + H + C + H + JO
3 and swings at the knee the throws a C	J + C + LH + H + JO
LEGEND J = Jab C = Cross H = Hook LH = Low, Hook to the Body U = Uppercut JO = Jab Out DC = Defend the Cross DH = Defend the Hook DU = Defend the Uppercut ***Note.*** The fighter always completes the combination using a JO.	

COMBINATIONS WITH KICKS

B-17. Soldiers should practice punching combinations until the strikes and subsequent defense become natural, and then they add kicks (table B-6) into the pattern of movement. This increases the effectiveness of the kick.

Table B-6. Kicks and their numbering convention

NUMBER/PHRASE	COMBINATION
After calling the combination or strike number (Table B-4), the holder can call for one of the following:	
Combinations with Kicks	
Kick, 10 (Right)/9 (Left)	RK
Switch, 10 (Right)/9 (Left)	SK
Teep, Front Kick	T
LEGEND RK = Round Kick SK = Switch Kick T = Front Kick	

DEFENSE AGAINST KICKS

B-18. To add kick defense, the holder attacks with kicks in several ways, as shown in table B-7.

Table B-7. Combinations for defense against kicks

ACTION	COMBINATION
RK	The holder fires an RK and holds for a C. The puncher beats it with a C.
SK	The holder fires an SK and holds for a J. The puncher beats it with a J.
RK/SK	The holder fires an RK or an SK at the end of the puncher's combination. The puncher checks the kick and fires back with a J + C + H.
LEGEND J = Jab C = Cross H = Hook RK = Round Kick SK = Switch Kick T = Front Kick ***Note*:** The fighter always completes the combination using a JO.	

MITT HOLDING

B-19. The goal of mitt holding for combinations with kicks is to become proficient at attacking with and defending against kicks (table B-8.).

CAUTION

In addition to their standard combatives uniforms, both fighters must wear hard shin and instep pads to control the risk of injury.

Table B-8. Mitt holding for combinations with kicks

NUMBER/ACTION	COMBINATION
2 Kick	J + C + J + C + J + C + RK + JO
4 Switch	H + C + H + SK + JO
1 Teep	J + C + H + T + JO
Throws an RK	C
Throws an SK	J
2 and throws an RK after the combo	J + C + J + C + J + C + DRK + J + C + H + JO
4 and throws an SK after the combo	H + C + H + DSK + J + C + H + JO
5 Pop and throws a C and then an RK after the combo	J + J + J + H + C + DC + H + C + H + DRK + J + C + H + JO

LEGEND

J = Jab
C = Cross H = Hook
LH = Low, Hook to the Body
U = Uppercut
JO = Jab Out
DC = Defend the Cross
DH = Defend the Hook
DU = Defend the Uppercut
RK = Round Kick
SK = Switch Kick
T = Front Kick
DRK = Defend the Round Kick (Check)
DSK = Defends the Switch Kick (Check)
***Note*:** The fighter always completes the combination using a JO.

COMBINATIONS WITH TAKEDOWNS

B-20. Finally, takedowns (table B-9) are added so that the combinations address the full range of combatives techniques.

Table B-9. Takedowns and their naming convention

PHRASE	COMBINATION
Double	DBL
Single	SGL
Clinch	CLN
N/A	SPL

LEGEND

DBL = Double Leg Takedown
SGL = Single Leg Takedown
CLN = Clinch
SPL = Sprawl

Note: To defend against the takedown, the holder changes levels and strikes the fighter's lead knee with one of his mitts. Then, the fighter should sprawl and return to their feet.

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Appendix C

Training Areas

Combatives training can be conducted almost anytime or anywhere with little preparation of the training area; large, grassy outdoor areas free of obstructions are suitable for training. This appendix provides information about the training areas suitable for combatives training. Further, it details bayonet assault course instructions, targets, and range layout.

MATTED ROOM/AREA

C-1. Because inclement weather can be a training distracter, the best training area is an indoor, controlled-climate facility with padded floors and walls; however, mats can be moved to other areas to increase the safety of training.

C-2. Mats should be sufficiently firm to allow free movement, but providing enough impact absorption to allow safe throws and takedowns. Two types of mats can be used:

- Tatami mats and or equivalent to.
- Wrestling mats.

C-3. Tatami style mats are the more preferable mats, as the use of wrestling mats increases the risk of knee and ankle injuries.

Note. The following is a list of training areas in the order of preference: matted room/area, open terrain, and sawdust pit.

OPEN TERRAIN

C-4. Competitions may be conducted on any open space with a suitably soft surface. The space should be a grassy area free from debris and cleared of dangerous objects. Training in open terrain can pose the following problems:

- Inclement weather limits the performance of training.
- Even with a thorough check of the area, hidden hazards are often present; these hazards can cause injury.

SAWDUST PIT

C-5. In the past, a common area for teaching hand-to-hand combat has been a sawdust pit. There are two types of fillers for sawdust pits:

- Recycled tire.
- Sawdust.

***Note*.** Recycled tire filler is more preferable than sawdust filler.

C-6. Sawdust pits are designed to teach throws and falls safely, but are not very suitable for ground-fighting. There are several problems with training in sawdust pits:

- Particulate eye injuries are commonplace when ground-fighting in sawdust pits.
- Inclement weather limits the performance of training.
- Excessive moisture can accumulate in the pit, promoting the growth of fungus and other organisms within the pit.
- Even with a thorough check of the area, hidden hazards are often present; these hazards can cause injury.
- Bouts are more difficult to supervise, as the fighters' arms and legs can become hidden in the pit filler.

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Glossary

SECTION I – ACRONYMS AND ABBREVIATIONS

BCC	Basic Combatives Course
CMTC	Combatives Master Trainer Course
DRAW	deliberate risk assessment worksheet
TCC	Tactical Combatives Course
USACC	Umted States Army Combatives Course

SECTION II – TERMS

None.

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References

REQUIRED PUBLICATIONS

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