

**CRM LESSON PLAN REPORT**  
**HAND TO HAND FIGHTING TECHNIQUES**  
**071-BT071040 / 6.0 ©**

**Approved**  
**23 Mar 2021**

**Effective Date: 23 Mar 2021**

**SCOPE:**

The purpose of this lesson is to introduce Trainees to the concept of ground grappling and dominant positions. Most Trainees have never been in a situation in which they have had to physically defend themselves. This lesson is used as a base in order for the Trainee to get over the initial shock of Hand to Hand Combat and to build general aggressiveness through confidence in the prescribed techniques.

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**Distribution Restriction:** Approved for public release; distribution is unlimited.

**Destruction Notice:** None

**Foreign Disclosure: FD1** - This training product has been reviewed by the training developers in coordination with the MCOE G2-Santoro foreign disclosure officer. This training product can be used to instruct international military students from all approved countries without restrictions.

**SECTION I. ADMINISTRATIVE DATA**

**All Course Masters/POIs Including This Lesson**

**Courses**

<u>Course Number</u>	<u>Version</u>	<u>Title</u>	<u>Phase</u>	<u>Status</u>
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None

**POIs**

<u>POI Number</u>	<u>Version</u>	<u>Title</u>	<u>Phase</u>	<u>Status</u>
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None

**Task(s) Taught(\*) or Supported**

<u>Task Number</u>	<u>Task Title</u>	<u>Status</u>
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**Individual**

071-COM-0512 (*)	Perform Hand-to-Hand Combat	Approved
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**Reinforced Task(s)**

<u>Task Number</u>	<u>Task Title</u>	<u>Status</u>
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**Knowledge**

<u>Knowledge Id</u>	<u>Title</u>	<u>Taught</u>	<u>Required</u>
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805P-K-0102	Muscle Anatomy	No	Yes
K26801	Warrior Ethos	No	Yes

**Skill**

<u>Skill Id</u>	<u>Title</u>	<u>Taught</u>	<u>Required</u>
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805P-S-0115	Follow Army regulatory guidance	No	Yes
071-CMD-0017	Instill the Will to Win	No	Yes

**Administrative/ Academic Hours**

The administrative/academic (50 min) hours required to teach this lesson are as follows:

<u>Academic</u>	<u>Resident Hours / Methods</u>		
Yes	0 hrs	5 mins	Lecture
Yes	12 hrs	35 mins	Drill and Practice
Yes	0 hrs	10 mins	Discussion (Small or Large Group)
<hr/>			
Total Hours(50 min):	13 hrs	0 mins	

**Instructor Action Hours**

The instructor action (60 min) hours required to teach this lesson are as follows:

<u>Hours/Actions</u>			
0 hrs	20 mins	Classroom Breakdown	
0 hrs	15 mins	Classroom Setup	
2 hrs	0 mins	Student Re-train	
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Total Hours (60 min):	2 hrs	35 mins	

**Test Lesson(s)**

<u>Hours</u>	<u>Lesson Number Version</u>	<u>Lesson Title</u>
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None

**Prerequisite Lesson(s)**

<u>Hours</u>	<u>Lesson Number Version</u>	<u>Lesson Title</u>
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None

**Training Material Classification**

Security Level: This course/lesson will present information that has a Security Classification of: U - Unclassified.

**Foreign Disclosure Restrictions**

FD1. This training product has been reviewed by the training developers in coordination with the MCOE G2-Santoro foreign disclosure officer. This training product can be used to instruct international military students from all approved countries without restrictions.

**References**

<u>Number</u>	<u>Title</u>	<u>Date</u>
AR 350-1	ARMY TRAINING AND LEADER DEVELOPMENT	10 Dec 2017
ATP 3-34.5	Environmental Considerations	10 Aug 2015
ATP 5-19	RISK MANAGEMENT, with change 1 dated 8 Sep 2014	14 Apr 2014
TC 3-25.150	Combatives	31 Mar 2017

**Student Study Assignment**

None

**Instructor Requirements**

Primary Instructor must be a graduate of the Combatives Master Trainer Course, and the Assistant Instructor must be a Tactical Combatives graduate.

**Support Personnel Requirements**

None

**Additional Support Personnel Requirements**

<u>Name</u>	<u>Student Ratio</u>	<u>Qty</u>	<u>Man Hours</u>
OIC Remarks:	0:0	1	13.0
Combat Lifesaver Qualified Individual Remarks:	1:200		13.0
NCOIC Remarks:	0:0	1	13.0
Tactical Combatives Graduate Remarks:	0:0	1	13.0
Bus Driver Remarks:	1:44		
Combatives Master Trainer Remarks:	0:0	1	13.0

**Equipment  
Required  
for Instruction**

<u>ID - Name</u>	<u>Student Ratio</u>	<u>Instructor Ratio</u>	<u>Spt</u>	<u>Qty</u>	<u>Exp</u>
2320-01-090-7905 - Truck Stake 3-1/2 Ton 14M GVW Remarks:	0:0	0:0	Yes	1	No
2330-01-108-7367 - Trailer Water: M149A2 Remarks:	0:0	0:0	Yes	1	No
4110-01-485-3548 - Chest, Ice Storage, White, 162 Quart Capacity Remarks:	0:0	0:0	Yes	4	No
5820-01-243-4960 - Radio 10 Channel, Portable, Motorola: MDL-Q2 Remarks:	0:0	0:0	Yes	4	No
6515-01-541-8147 - SUPPORT,CERVICAL Remarks:	0:0	0:0	Yes	4	No
6530-00-405-5391 - Litter-Splint, Extrication, Metal, Carrying Case, with Zipper, Adjustable Strap Remarks:	0:0	0:0	Yes	4	No
6530-01-260-1222 - Rescue and Transport System, Patient Remarks:	0:0	0:0	Yes	4	No
6530-01-380-7309 - Litter, Folding, Rigid Aluminum Pole, Plastic Nylon Duck Cover, 91.60 Inch Overall Length Remarks:	0:0	0:0	Yes	4	No
6530-01-464-4424 - Pad, Cooling, Chemical, Instant, Non-Toxic, Non- Caustic, 5 X 8 Inch Remarks:	0:0	0:0	Yes	20	No
6545-01-572-9963 - Medical Equipment Set Combat Lifesaver Remarks:	0:0	0:0	Yes	4	No
6645-00-126-0286 - Stopwatch Remarks:	0:0	0:0	Yes	6	No
6665-01-381-3023 - Wet Bulb-Globe Temperature Kit Remarks:	0:0	0:0	Yes	1	No
6685-01-590-1047 - Monitor, Heat Stress: Questemp 44 Remarks:	0:0	0:0	Yes	2	No
6910-01-C05-2267 - Mat, Floor: Zebra Mats Z700 Remarks:	23:50	0:0	No	0	No
7210-00-081-1417 - Sheet, Bed, Cotton-Polyester, White, 104 X 72 Inches, Solid, Plain, Flat Remarks:	0:0	0:0	Yes	8	No
7330-00-781-3859 - Jug, Insulated, 5 Gallon Remarks:	0:0	0:0	Yes	20	No
8960-01-430-4378 - Ice, 8 Pounds Remarks:	1:10	0:0	Yes	8	Yes

*(Note: Asterisk before ID indicates a TADSS.)*

**Materials  
Required**

*Instructor Materials:*

Lesson Plan, Student Handouts as needed, visitor's folder, white board, dry erase markers, and references.

*Student Materials:*

Lesson Plan, Student Handouts (as needed), and references listed in the References section of this lesson plan.

Every student must possess a serviceable mouth guard, groin protection, eye protection, and Camelback.

**Classroom,  
Training Area,  
and Range  
Requirements**

<u>ID - Name</u>	<u>Quantity</u>	<u>Student Ratio</u>	<u>Setup Mins</u>	<u>Cleanup Mins</u>
75022-1 Multipurpose Athletic Field, 1 Each Remarks:	1	0:0	50	50

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**Ammunition  
Requirements**

<u>DODIC - Name</u>	<u>Exp</u>	<u>Student Ratio</u>	<u>Instruct Ratio</u>	<u>Spt Qty</u>
None				

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**NOTE:** Before presenting this lesson, instructors must thoroughly prepare by studying this lesson and identified reference material.

1. Supervise all practical work closely and constantly. Never leave a group unsupervised.
2. Familiarize the Trainees with each maneuver by a complete explanation and demonstration before they attempt the techniques.
3. Do not allow the Trainees to get ahead of the instruction.
4. Ensure the training partner offers resistance, but allows the maneuver to be freely executed during the learning stages and while perfecting the techniques.
5. Ensure there is adequate space between Trainees during practical work. For example, allow at least a 64-foot square for each pair of Trainees.
6. Ensure that Trainees empty their pockets and remove their jewelry and identification tags before training.
7. Ensure that Trainees understand the use of both physical tapping and verbal signals to indicate to the partner when to stop the pressure in grappling and choking techniques.
8. Make sure Trainees warm up and stretch properly before practical work.

**NOTE: Two demonstrators (Tactical or Master Trainer) will perform the technique at combat speed. The Assistant Instructor must not allow students to get ahead.**

**NOTE: Instructors will immediately address any disrespectful behavior, unsportsmanlike conduct, or overly enthusiastic Trainees during the drills. While an increase in resistance creates more realistic training for the Trainees, it can also lead to overly competitive displays of strength and frustration. Bruised egos, hurtful pride, and inexperience can all quickly become safety hazards in the classroom environment. To facilitate this, instructors should foster an environment of respect among Trainees as well as exercise control while training.**

**NOTE: The most common injury in ground grappling occurs to the Trainee's ribs. The cause of these injuries frequently occurs during the improper transition from position to position. It must be stressed to students that while transitioning from one position to another, space between the Trainee's must be minimized. The Trainee moving to the dominant position must continually strive to remain affixed to their training partner. This action is safer, and precludes allowed space for the opponent to escape the position.**

**General Lesson Guidance:**

1. Two (Combative Master Trainers) or (Tactical Combative Instructor) will act as demonstrators and perform the techniques at combat speed.
2. The Instructor will then talk the two demonstrators through the technique using the step-by-step method of instructions.
3. The Instructor will have the student pair up and "drill" the technique slowly, while observing the student pairs and illuminating any key points.
4. Review presentation and develop a list of questions to use during class.
5. Have on hand identified reference material linked to the lesson plan.
6. Review and properly prepare conference/discussion material presented.
7. Ensure all equipment listed for this lesson plan (LP) is present, operational, and set up for use before class.
8. Whenever necessary, ask leading questions of the Trainees in order to initiate discussion.
9. Encourage the Trainees to relate their previous experiences during the activities.

10. Facilitate this lesson using appropriate learning strategies and methodologies.

11. Control group activities using appropriate Instructor techniques.

Instructors will utilize the current Operational Environment and Center for Army Lessons Learned to motivate the Trainees. Apply relevant events during their Instructional Lead-in to solicit feedback/ by alluding to Trainee's past experiences.

This Lesson Supports the Course Outcome:

1. Demonstrate the ability to gain a dominant position.
2. Apply Basic Combatives Techniques.

**Proponent Lesson  
Plan Approvals**

<u>Name</u>	<u>Rank</u>	<u>Position</u>	<u>Date</u>
Joseph Hiner	Not available	Approver	23 Mar 2021

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## SECTION II. INTRODUCTION

Method of Instruction: Lecture  
 Mode of Delivery: Resident Instruction  
 Instr Type (I:S Ratio): Military - NON-ICH (1:50)  
 Time of Instruction: 5 mins

### Motivator

#### Motivator

"They say that the barbarian has come near and is coming on while we are wasting time. Truth, soon we shall either kill the barbarians or else we are bound to be killed ourselves." King Leonidas of Sparta 480 BCE

The essence of a warrior is the willingness to close with the enemy. The average Soldier, if trained to use only the firepower of their personal weapon, loses effectiveness in a combat situation in which their weapon fails to fire, they deplete their ammunition, or close combat prohibits effective fire. With knowledge of hand-to-hand fighting techniques and confidence in the system developed through training, the Soldier is capable of closing with and destroying the enemy. Hand-to-hand training develops a spirit of aggressiveness in the individual Soldier and instills the will to fight. It is also an excellent physical conditioner and body strengthener.

### Terminal Learning Objective

**NOTE.** Inform the students of the following Terminal Learning Objective requirements.

At the completion of this lesson, you [the student] will:

Action:	Perform hand to hand combat
Conditions:	As a buddy team, in an approved Combatives training environment IAW TC 3.25-15, while wearing a sterile authorized uniform, a servicable mouthguard, Camelbak, eyepro, and appropriate footgear (if outdoors).
Standards:	<p>At the completion of this lesson, the students will have correctly demonstrated the following techniques as outlined in the Learning Step Activities. The Soldier Will:</p> <p><b>Demonstrate Drill 1:</b></p> <ul style="list-style-type: none"> <li>A. Arm Trap and Roll</li> <li>B. Pass The Guard</li> <li>C. Achieve Mount from Side Control</li> </ul> <p><b>Demonstrate Drill 2:</b></p> <ul style="list-style-type: none"> <li>A. Arm Push and Roll to the Rear Mount</li> <li>B. Rear Naked Choke</li> <li>C. Escape the Rear Mount</li> </ul> <p><b>Demonstrate Drill 3:</b></p> <ul style="list-style-type: none"> <li>A. Escape the Mount, Shrimp to the Guard</li> <li>B. Scissors Sweep</li> <li>C. Cross Collar Choke from the Mount</li> <li>D. Straight Arm Bar From the Guard</li> <li>E. Sweep from the attempted Straight Arm Bar</li> </ul>



Learning Domain - Level:	Psychomotor - Imitation
No JPME Learning Areas Supported:	None

**Safety Requirements**

**Note: The Instructor will brief the unit/site SOP and Daily Risk Assessment Worksheet (DRAW) for all potential contingencies encountered during that training period/event (i.e. severe weather, fire, and evacuation).**

To prevent injuries, the Instructor must consider the following safety precautions before conducting combatives training.

- a. Supervise all practical work closely and constantly. Never leave a group unsupervised.
- b. Familiarize the Trainees with each maneuver by a complete explanation and demonstration before they attempt the moves.
- c. Do not allow the Trainees to get ahead of the instruction.
- d. Ensure the training partner offers resistance, but allows the maneuver to be freely executed during the learning stages and while perfecting the techniques.
- e. Ensure there is adequate space between Trainees during all practical work, for example, allow at least an 16-foot square for each pair of Trainees.
- f. Ensure that Trainees empty their pockets, and remove their jewelry, and identification tags before training.
- g. Ensure that Trainees understand the use of both physical tapping and verbal signals to indicate to the partner when to stop the pressure in grappling and choking techniques.
- h. Make sure Trainees warm up and stretch properly before practical work.

**NOTE: Instructors will immediately address any disrespectful behavior, unsportsmanlike conduct, or overly enthusiastic Trainees during the practical exercises. While an increase in resistance creates more realistic training for the Trainees, it can also lead to overly competitive displays of strength and frustration. Bruised egos, hurtful pride, and inexperience can all quickly become safety hazards in the classroom environment. To facilitate this, Instructors should foster an environment of respect among Trainees as well as exercise control while training.**

**NOTE: The most common injury in ground grappling occurs to the Trainee's ribs. The cause of these injuries is often improper transition from position to position. It must be stressed to students that while transitioning from one position to another, space between the Trainees must be minimized. The Trainee moving to the dominant position must continually strive to stay affixed to their training partner. Not only is this safer, but it will preclude allowing space for the Trainee to escape the position.**

**Field:**

1. Trainee will be given a safety briefing. Seasonal conditions affecting weather, daylight, and night will affect maneuver and training.
2. The Risk assessment level will be determined by the Instructor in the field IAW applicable MCoE Policies and the approved DD Form 2977 (Deliberate Risk Assessment Worksheet) SEP 2014.
3. The Senior Instructor will conduct a daily risk assessment IOT identify changed conditions.

Safety must be paramount in the complex outdoor environment. During the training process, commanders will utilize the Risk Management process to determine the safest and most complete method to train. Every precaution will be taken while replicating realistic battlefield conditions.

**Risk Assessment  
Level**

**Low - The Commander, in cooperation with the Senior Instructor, will prepare a risk assessment using the before, during, and after checklist and the risk assessment matrixes contained in Risk Management ATP 5-19.**

Assessment: See Commander's DRAW

Controls: See Commander's DRAW

Leader Actions: See Commander's DRAW

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**Environmental  
Considerations**

**NOTE:** Instructor should conduct a risk assessment to include environmental considerations IAW the current environmental considerations publication, and ensure students are briefed on hazards and control measures.

**NOTE:** Instructor should conduct a Risk Assessment to include Environmental Considerations IAW ATP 3-34.5, and ensure students are briefed on hazards and control measures.

Based on its commitment to environmental protection, the Army will conduct its operations in ways that minimize environmental impacts. It is the responsibility of all Soldiers, DA Civilians, and Government Contractors to protect the environment from damage.

**Instructional  
Lead-in**

As a Soldier you may find yourself in the presence of an enemy. You must be able to present a stable platform in order to maintain and advance on your enemy. The Fighter Stance allows you to stand in the presence of the enemy without compromising your base and making yourself vulnerable to an attack. While on the ground you may find yourself being attacked and must be able to stand and obtain positive identification of the enemy and engage with your weapon. The fighting stance will allow you to assume an offensive posture conducive to an attack, while being able to defend yourself.

**We teach hand-to-hand combat for several reasons:**

- a. Excellent physical conditioner and body strengthener.
- b. Builds a spirit of aggressiveness in the individual Soldier and instills the will to fight.
- c. Instills a feeling of confidence in the individual's ability and in the ability of his fellow Soldiers.
- d. Teaches the Soldier a technique to fight or defend if unarmed and confronted with an unarmed opponent.
- e. Provides the Soldier with a basis for properly executing hand-to-hand combat when he goes on to his unit.

## SECTION III. PRESENTATION

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TLO - LSA 1. Learning Step / Activity TLO - LSA 1. Perform Drill 1

Method of Instruction: Drill and Practice

Mode of Delivery: Resident Instruction

Instr Type (I:S Ratio): Military - NON-ICH (1:15)\* (Drill Sergeant)

Time of Instruction: 4 hrs

Media Type: None

Other Media: Unassigned

Security Classification: This course/lesson will present information that has a Security Classification of: U - Unclassified.

Note: Marked as (\*) is derived from the parent learning object

**NOTE: The Trainee can take time during Cross-Body Mechanics to “smother” the enemy combatant’s face with their chest and body armor.**

**Objectives:** Demonstrate the proper procedures and techniques in:

1. Escape the Mount, Arm Trap and Roll
2. Pass the Guard
3. Achieve Mount from side Control

**"Crawl, Walk, Run" Approach to Training.**

When Instructing Arm Trap and Roll, Escape the Mount, Pass the Guard and Achieve Mount from side Control, Instructors must take a Crawl, Walk, Run approach.

1. Have 2 qualified Instructors demonstrate the technique in a "by the numbers" method.
2. Utilize a P.T. stand or other elevated surface so that the entire class can observe.
3. Have the Trainees execute the technique in a similar step-by-step manner.
4. After understanding is achieved move on to the "walk" portion of the Training.

For the next portion show the technique at a deliberately slow pace so that the Trainees can see it in a smoother, more realistic manner, but eliminate the by the numbers method.

1. Have the Instructors execute the smoother, complete technique in its entirety, but in a slow deliberate fashion.
2. Have the Trainees execute the technique until general proficiency is observed.
3. Move on to the "run" Phase of the training.

For the next portion of the training execute the technique at full speed so that the Trainees can see the full capability of the Technique.

**NOTE: The Instructors must pay special attention during this phase due to the overzealousness of some Trainees. Failure to pay attention to the students can result in injury.**

1. Have the Instructors execute at full speed, demonstrating the technique's effectiveness.
2. Have the Trainees execute at a slightly slower speed until they become more competent and confident.
3. When full understanding is achieved and the observing Instructors are confident, have the Trainees execute at full speed so that they can get the feel for how the technique is supposed to work.

### **ESCAPE THE MOUNT with the ARM TRAP AND ROLL**

Trainee applies the arm trap and roll when an enemy combatant secures the mount and invests their hands or arms into a choke. The Trainee must remain relaxed and fight for position, but not focus their energy on

attempting to defeat the submission until they establishes a better position. The Trainee should look to secure one of the enemy combatant's arms in order to perform the technique.

**NOTE: Trainees conduct this technique when they are on their back on the ground and the enemy combatant is on top of them with both knees and feet on the ground near your ribs.**

1. Trainee chooses a side to roll the enemy combatant and traps their arm on that side.
2. Trainee places their opposite hand on top of the enemy combatant's wrist on the same side arm that they plan to roll with a thumbless grip.

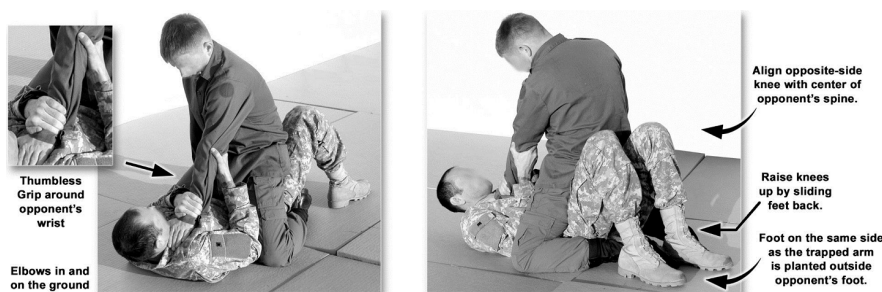


Fig 1  
Arm Trap and Roll

**NOTE: Make sure Trainee's swim their hand behind the enemy combatant's outstretched arm before they secure their wrist so that the enemy cannot knock the hand away while attempting to secure the wrist.**

3. Trainee secures the enemy combatant's arm with a thumb-grip above their elbow with the hand that is on the same side they intend to roll.



Fig 2  
Arm Trap and Roll (continued)

4. Trainee plants the foot on the same side as the enemy combatant's trapped arm on the ground outside of the enemy combatant's foot so that they cannot post with that leg and prevent the roll.
5. Trainee aligns their opposite-side knee with the center of the enemy combatant's spine.

**NOTE: The "Grapevine" is a technique that a combatant familiar with some martial arts may utilize while in the Mount position to remove any leverage that the individual underneath them may have to throw them off. The "Grapevine" involves the combatant in the Mount position hooking their feet around the inside of the enemy combatant's lower legs.**

**NOTE: If a Trainee is trapped in the Grapevine, the Trainee should straighten out their trapped leg**

and sweep the enemy combatant's leg outward to clear it before attempting to align their knee with the enemy combatant's spine.

6. Trainee thrusts upward with their hips and drives the enemy combatant's head to the ground.
7. Trainee rolls the enemy combatant over to the side that is trapped.
8. Trainee achieves good posture in the guard.

### PASS THE GUARD

When locked inside of an enemy combatant's guard, a Trainee does not have as many tactical options as they do with a more dominant body position. Additionally, an enemy combatant can attack them with strikes, attempt submissions, and perform sweeps.

**NOTE: Due to the number of steps in this technique, Instructors may find it useful to break the technique into two parts (Steps 1-11, Steps 12-18) so that Students are not overwhelmed.**

1. Trainee assumes a good Guard posture:
  - a) Trainee assumes an upright posture by establishing a wide base with their knees, keeping their toes inside of their ankles (Laces in the Dirt) to prevent breaking them in the event of a sweep.
  - b) With their elbows turned inward, Trainee places hands on the enemy combatant's hips with their fingers extended and joined and facing outward, maintaining a good upright defensive posture.

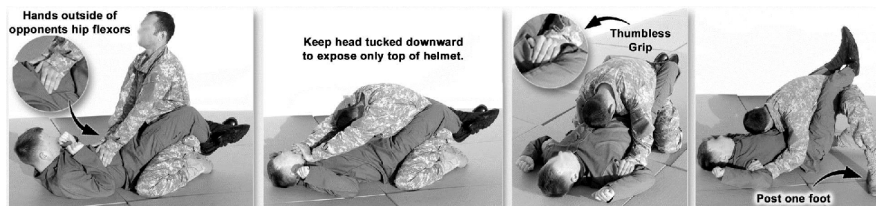


Fig 3  
Pass The Guard

**NOTE: An Alternate Guard position is for the Trainee to protect their face with their hands in fists or splayed to prevent punches.**

2. Trainee turns their fingers inward and places one on top of the other, aggressively drives their hands into the enemy combatant's chin, and presses their face into the enemy combatant's sternum.

**NOTE: This position exposes only the top and back of the Trainee's helmet to strikes and disorients the enemy combatant with an effective disruptive technique.**

3. Trainee moves their arms out to control the enemy combatant's biceps with a thumb-less grip.

**NOTE: Never use a thumb grip, as an enemy combatant can possibly break the Trainee's wrist.**

4. Trainee chooses a side to pass the enemy combatant's guard and posts that same side foot on the ground.

**NOTE: To facilitate and avoid confusion while teaching this technique, Instructors will designate a "working Side" for this technique. The "working side" is whichever side that the Trainee chooses to pass the enemy combatant's Guard.**



Fig 4  
Pass The Guard (continued)

5. Trainee turns head and eyes in the opposite direction of the working-side to prevent potential strikes to the face.

6. Trainee releases their working-side grip and drives their working-side hand with a knife edge through the opening between their torso and the enemy combatant's hips.

7. Trainee plants the working side hand on the ground at the base of the enemy combatant's spine with their fingers extended, joined, and pointed in the direction of the enemy combatant's head.

8. Trainee places their working-side knee on the ground and quickly shifts their working-side leg backwards at a 90-degree angle to break the enemy combatant's guard.

9. Trainee drives their working-side shoulder underneath the enemy combatant's same side leg and secures the leg with their working-side hand.

10. Trainee brings both knees together at the enemy combatant's tailbone and reestablishes an upright posture by keeping their head above the enemy combatant's knee.

**NOTE: An enemy combatant has the leverage to choke a Trainee with their legs if the combatant's knee is above the Trainee's head.**

11. Trainee pulls the enemy combatant towards them with the secured leg and arm so that the enemy combatant's waist and lower back are supported by the Trainee's legs.

**NOTE: Trainees can also "walk" their knees underneath the enemy combatant's waist and lower back if they have trouble pulling a larger enemy into them.**

**NOTE: To facilitate learning, instructors can have the students visualize this position as a "boat ramp."**

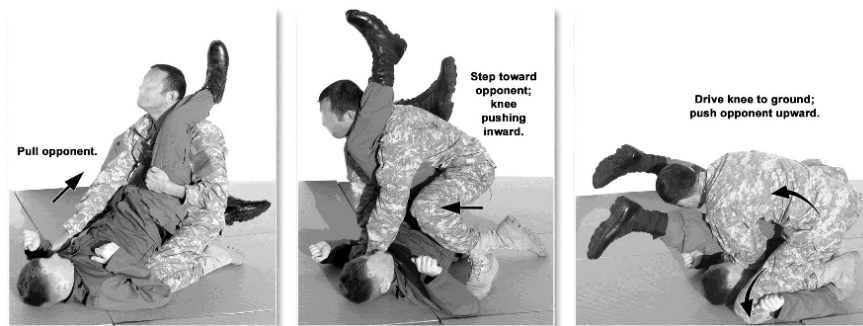


Fig 5  
Pass The Guard (continued)

12. Trainee posts their working-side foot into the enemy combatant's same-side armpit.

13. Trainee reaches their working side hand across the enemy combatant's body and secures the enemy combatant's collar on the non-working side with their thumb in the collar, fingers on the outside, and knuckles on the ground.

**NOTE: The Trainee's forearm should be across the enemy combatant's throat. Trainee should apply and maintain pressure on the enemy combatant throughout the remainder of this technique.**

14. Trainee drives working-side knee to the ground next to the enemy combatant's ear on the same side.

**NOTE: The Trainee's shin should rest on top of the enemy combatant's arm/shoulder.**

15. Trainee rotates their body so that they are perpendicular to the enemy combatant and the non-working side foot is posted behind the enemy combatant.

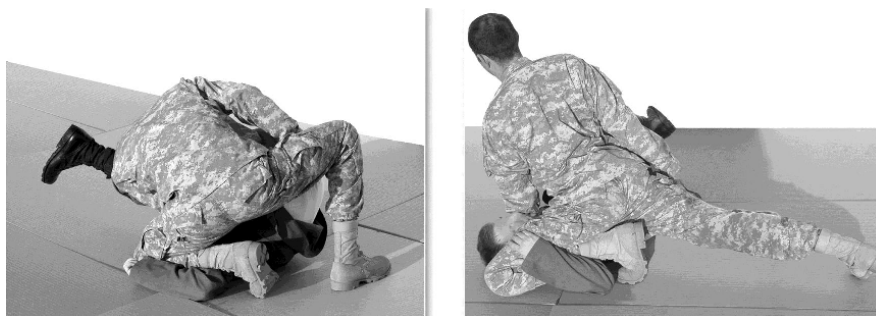


Fig 5  
Pass The Guard (continued)

**NOTE: The Trainee's shin should be in line with the enemy combatant's spine and should support a majority of the enemy combatant's weight to prevent them from falling onto the ground.**

16. Trainee releases the enemy combatant's bicep with their non-working side hand, reaches through the enemy combatant's legs, and secures the enemy combatant's belt-line or waist.

17. Trainee clears their head from the enemy combatant's legs.

18. Trainee drives into the enemy combatant's legs and allows the enemy combatant to recoil.

**NOTE: Ensure Trainees maintain tight body contact with the enemy combatant as they transition to Side Control to limit the enemy combatant's ability to escape.**

#### ACHIEVE THE MOUNT FROM SIDE CONTROL

While Side Control is an effective Dominant Body Position, a Trainee transitions to the Mount to establish more control over an enemy combatant and in order to better analyze the tactical situation.

1. Trainee begins in Side Control.

2. Trainee secures the enemy combatant's hip on the near side with the hand closest to the enemy combatant's hips by posting the hand on the ground or by grabbing the enemy combatant's clothes/belt at the beltline.

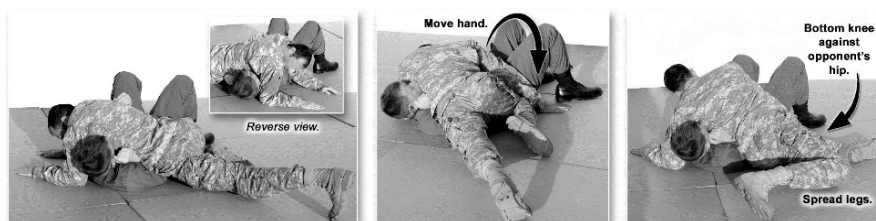


Fig 6  
Achieve the Mount From Side Control

**NOTE: Trainees will look away from the enemy combatant's knees to avoid strikes.**

3. Trainee slides their knee closest to the enemy combatant's head to the enemy combatant's near-side hip and posts the opposite foot on the ground away from the enemy combatant.

**NOTE: Trainee will use the posted leg to maintain a strong base and to drive weight into the enemy combatant's chest.**

4. Trainee releases the enemy combatant's hips and secures the enemy combatant's legs with the same hand.

5. Trainee either pushes or pulls both of the enemy combatant's legs to create enough space for the Trainee to step over them.

6. Trainee swings their posted leg over the enemy combatant's body and places their knee and foot on the ground.

7. Trainee utilizes "Cross-Body Mechanics" to maintain a strong base while they establish the Mount.

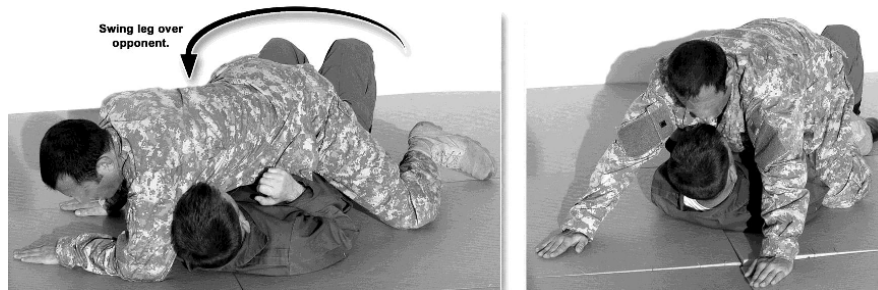


Fig 7

### Achieve the Mount From Side Control (continued)

**NOTE: "Cross-Body Mechanics" refers to how a Trainee maintains a base of balance by keeping their center of gravity directly on top of the enemy combatant. Certain Combatives techniques such as sweeps and rolls rely on the Trainee to effectively shift their weight or the enemy combatant's weight off center. In order to prevent an enemy combatant from taking advantage of a weak base of balance, a Trainee keeps their body tight against the enemy combatant and shifts the weight of their lower body in the opposite direction of their upper body as they work to establish a dominant position.**

Check on Learning: Assess the Trainee's developing (Skills/Knowledge/Situational Awareness) by observation, questions and Trainee explanations.

Review Summary: Facilitate brief discussion with students to determine if lesson objectives/concepts have been covered.

TLO - LSA 2. Learning Step / Activity TLO - LSA 2. Perform Drill 2

Method of Instruction: Drill and Practice

Mode of Delivery: Resident Instruction

Instr Type (I:S Ratio): Military - NON-ICH (1:15)\* (Drill Sergeant)

Time of Instruction: 4 hrs



Media Type: None

Other Media: Unassigned

Security Classification: This course/lesson will present information that has a Security Classification of: U - Unclassified.

Note: Marked as (\*) is derived from the parent learning object

**Objectives:** Demonstrate the proper procedures and techniques in performing:

1. Arm Push, Roll to Rear Mount
2. Rear Naked Choke
3. Escape the Rear Mount

**"Crawl, Walk, Run" Approach to Training.**

When Instructing Arm Push and Roll, Roll to the Rear Mount, Rear Naked Choke and Escape the Rear Mount, Instructors must take a Crawl, Walk, Run Approach to Training.

1. Have 2 qualified Instructors demonstrate the technique in a "by the numbers" method.
2. Utilize a P.T. stand or other elevated surface so that the entire class can observe.
3. Have the Trainees execute the technique in a similar step-by-step manner.
4. After understanding is achieved move on to the "walk" portion of the Training.

For the next portion show the technique at a deliberately slow pace so that the Trainees can see it in a smoother, more realistic manner, but eliminate the By the numbers method.

1. Have the Instructors execute the smoother, complete technique in its entirety, but in a slow deliberate fashion.
2. Have the Trainees execute the technique until general proficiency is observed.
3. Move on to the "Run" Phase of the training.

For the next portion of the training, execute the technique at full speed so that the Trainees can see the full capability of the technique.

**NOTE: The Instructors must identify the overzealousness of some Trainees. Failure to pay attention to the students can result in injury.**

1. Have the Instructors execute at full speed, demonstrating the technique's effectiveness.
2. Have the Trainees execute at a slightly slower speed until they become more competent and confident.
3. When full understanding is achieved and the observing Instructors are confident, have the Trainees execute at full speed so that they can get the feel for how the technique is supposed to work.

**ARM PUSH AND ROLL TO THE REAR MOUNT**

A Trainee uses the Arm Push and Roll to the Rear Mount in order to turn an enemy combatant from their back to their stomach to further improve the tactical options of the Trainee.

**Note: Trainees utilize this technique in the mount when the enemy combatant uses a horizontal block to avoid your strikes.**

1. Trainee begins in the Mount.
2. Trainee targets the arm closest to the top of the enemy's head when the enemy presents a horizontal block and secures the enemy's wrist and elbow with thumbless grips.
3. Trainee pushes the enemy's arm into the ground in the direction of the enemy's fist and pins the arm with their body.

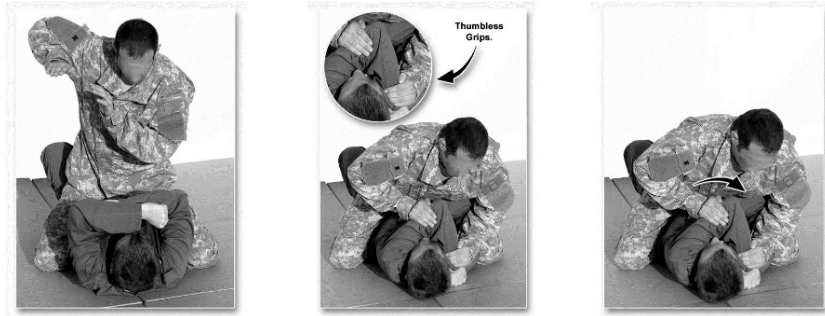


Fig 1  
Arm Push and Roll

**WARNING:** When performing this technique, the Trainee's training partner playing the role of the enemy combatant must form a fist with the hand of their trapped arm. Further, they must be mindful of where the hand and wrist of the trapped arm are located in order to prevent injury.

4. Trainee releases the enemy combatant's elbow, drives it under the enemy's neck, and secures the enemy's wrist with a thumbless grip.

5. Trainee secures the enemy's elbow with the opposite hand.

**NOTE:** Trainees should maintain body and chest pressure to prevent the enemy combatant from escaping.

6. Trainee simultaneously pulls the enemy's wrist and pushes the enemy's elbow to roll the enemy into a prone position.

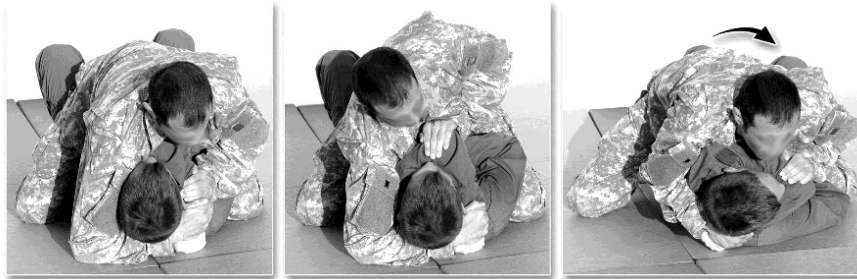


Fig 2  
Arm Push and Roll(continued)

7. Trainee simultaneously drives the enemy's shoulder blades forward and pulls the enemy's trapped arms underneath the enemy's body.

**NOTE:** Ensure that the Trainee places hand over hand without lacing fingers when they pull the enemy combatant's arms underneath them.

8. Trainee establishes the Rear Mount.

**WARNING:** Ensure that students who attempt to achieve the rear mount do not forcefully pull their training partners from all fours back into a seated rear mount position as this can cause serious damage to the knees.

**REAR NAKED CHOKE**

The Rear Naked Choke is a fundamental technique in neutralizing an enemy combatant. Chokes should be applied from dominant positions so as not to jeopardize the Trainee's safety. The rear naked choke is able to slow the flow of blood in the carotid arteries, and can eventually render your enemy unconscious for a short period of time.

**Objective:** To neutralize the enemy from a Dominant Body Position to reduce or eliminate the Trainee's risk and safety.

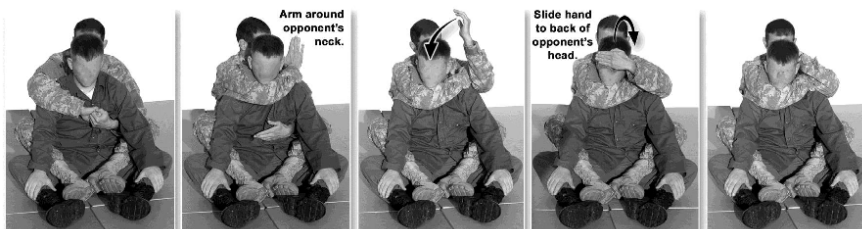


Fig 3  
Rear Naked Choke

**NOTE:** The two types of chokes are Blood Chokes and Air Chokes. A Blood Choke involves obstructing the carotid arteries on both sides of the enemy combatant's neck. If the Trainee fails to obstruct both sides of the enemy combatant's neck, a blood choke will be ineffective and fail to render the enemy combatant unconscious. An Air Choke involves obstructing or crushing the trachea of the enemy combatant so that they cannot effectively get air into their lungs.

**NOTE:** The trainee should position their elbow notch against the trachea. Externally, the enemy's chin will line up with the elbow.

**NOTE:** If the enemy tucks their chin to prevent the choke, the Trainee should apply upward pressure to the bottom of your opponent's nose to force their head back. Do this by keeping fingers extended and joined with the palm facing the enemy combatant's face and by using the bony knuckle of the index finger to create pressure on the nose. Angle the bottom of the hand away from your opponent's mouth to prevent bites.

**NOTE:** Instructors should remind Students of the advantages of "Disruptive Techniques" to motivate an enemy combatant to comply. Control should be exercised when implementing these techniques against training partners and fellow Trainees.

**NOTE:** The two types of chokes are Blood Chokes and Air Chokes. A Blood Choke involves obstructing the carotid arteries on both sides of the enemy combatant's neck. If the Trainee fails to obstruct both sides of the enemy combatant's neck, a blood choke will be ineffective and fail to render the enemy combatant unconscious. An Air Choke involves obstructing or crushing the trachea of the enemy combatant so that they cannot effectively get air into their lungs.

1. Trainee begins in the Rear Mount.
2. Trainee leaves the under-hook in place and sneaks the hand of their over-hook arm around the enemy

combatant's neck so that the bicep and forearm rest against the enemy combatant's carotid arteries on both sides (either side of the trachea/Adam's Apple).

**NOTE: Trainee should position their elbow notch against the trachea. Externally, the enemy combatant's chin will line up with the elbow.**

3. Trainee removes the under-hook from under the enemy combatant's arm while maintaining control of the enemy's head with their over-hook and grasps their under-hook bicep with the over-hook hand.

4. Trainee makes a fist with the hand of the under-hook and moves it to the back of the enemy combatant's head (knowledge knot).

**NOTE: If the enemy combatant tucks their chin to prevent the choke, the Trainee should apply upward pressure to the bottom of your opponent's nose to force their head back. Do this by keeping fingers extended and joined with the palm facing the enemy combatant's face and by using the bony knuckle of the index finger to create pressure on the nose. Angle the bottom of the hand away from your opponent's mouth to prevent bites.**

**NOTE: Instructors should remind Students of the advantages of "Disruptive Techniques" to motivate an enemy combatant to comply. Control should be exercised when implementing these techniques against training partners and fellow Trainees.**

5. Trainee pinches shoulder blades together and expands chest to finish the choke.

#### **ESCAPE THE REAR MOUNT**

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



**Fig 3**  
**Escape the Rear Mount**

**NOTE: For demonstration purposes this technique should be taught from the seated position.**

1. Trainee begins in Rear Mount Defense.
2. Trainee uses the hand not protecting their head to secure the enemy combatant's wrist with a thumb grip and to pull it through when the enemy attempts to establish an underhook.
3. Trainee uses the hand protecting their head to establish a "Figure-Four" on the enemy's wrist and traps it.

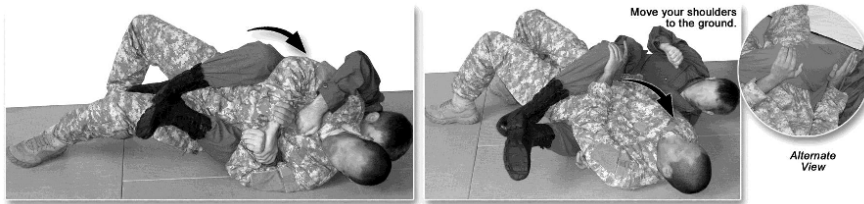


Fig 5  
Escape the Rear Mount (continued)

**NOTE: Trainees secure a “Figure Four” on an enemy combatant’s trapped arm/leg by reaching over the top of, around, and underneath the enemy combatant’s limb and then securing a thumbless grip on the Trainee’s own wrist.**

4. Trainee places back on the ground on the same side of the enemy’s trapped arm.
5. Trainee releases the enemy’s arm and keeps it trapped underneath the back with their body weight.
6. Trainee slides hips past the enemy’s legs and prevents the enemy combatant from achieving the mount by using their hands to control the enemy’s hips and knees.
7. Trainee turns toward the enemy and hooks the back of each of the enemy’s knees with his/her feet.
8. Trainee reaches their top hand into the enemy’s far side collar or behind the enemy’s neck and posts their bottom hand on the ground.
9. Trainee rolls on top of the enemy combatant and establishes the Mount.

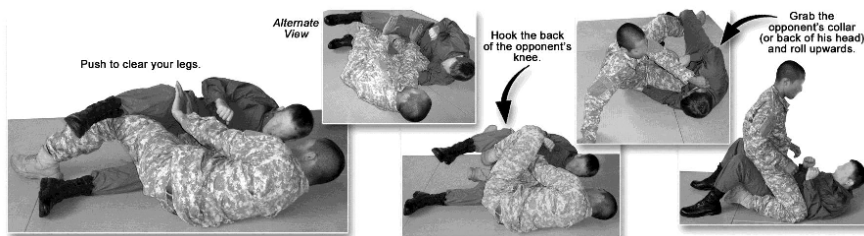


Fig 6  
Escape the Rear Mount (continued)

**NOTE: Instructors should reinforce “Cross-Body Mechanics” and smothering after every transition where it is applicable.**

Check on Learning: Assess the Trainee’s developing (skills/knowledge/situational awareness) by observation, question and Trainee explanations.

Review Summary: Facilitate brief discussion with students to determine if lesson objectives/concepts have been covered.

TLO - LSA 3. Learning Step / Activity TLO - LSA 3. Perform Drill 3

Method of Instruction: Drill and Practice

Mode of Delivery: Resident Instruction

Instr Type (I:S Ratio): Military - NON-ICH (1:15)\* (Drill Sergeant)

Time of Instruction: 4 hrs 35 mins

Media Type: None

Other Media: Unassigned

Security Classification: This course/lesson will present information that has a Security

**Objectives:** Demonstrate the following:

1. Escape the Mount, Shrimp to the Guard
2. Scissor Sweep
3. Cross Collar Choke from the Mount and Guard
4. Straight Arm Bar from the Guard
5. Sweep from the attempted Straight Arm Bar

**"Crawl, Walk, Run" Approach to Training.**

When Instructing Escape the Mount, Shrimp to the Guard, Scissor Sweep, Cross Collar Choke from the Mount and Guard, Straight Arm Bar From the Guard and Sweep from the Attempted Straight Arm Bar, Instructors must use a Crawl, Walk, Run Approach to Training.

1. Have 2 qualified Instructors demonstrate the technique in a "by the numbers" method.
2. Utilize a P.T. stand or other elevated surface so that the entire class can observe.
3. Have the Trainees execute the technique in a similar step-by-step manner.
4. After understanding is achieved move on to the "walk" portion of the Training.

For the next portion show the technique at a deliberately slow pace so that the Trainees can see it in a smoother, more realistic manner, but eliminate the by the numbers method.

1. Have the Instructors execute the smoother, complete technique in its entirety, but in a slow deliberate fashion.
2. Have the Trainees execute the technique until general proficiency is observed.
3. Move on to the "run" Phase of the training.

For the next portion of the training execute the technique at full speed so that the Trainees can see the full capability of the technique.

**NOTE: The Instructors must pay special attention during this phase due to the overzealousness of some Trainees. Failure to pay attention to the students can result in injury.**

1. Have the Instructors execute at full speed, demonstrating the technique's effectiveness.
2. Have the Trainees execute at a slightly slower speed until they become more competent and confident.
3. When full understanding is achieved and the observing Instructors are confident, have the Trainees execute at full speed so that they can get the feel for how the technique is supposed to work.

**ESCAPE THE MOUNT SHRIMP TO THE GUARD**

While a Trainee attempts to escape the Mount with the Arm Trap and Roll, an enemy combatant may move their leg away or post it, making the Trainee unable to trap it. This movement, however, creates an opening under the same leg. This opening creates enough space for the Trainee to work towards a more favorable body position.

**Note: Trainees conduct this technique on their back with the enemy combatant in the Mount.**



Fig 1

## Escape Mount, Shrimp to Guard

1. Trainee attempts the Arm Trap and Roll, the enemy combatant posts their foot on the same side and prevents the technique.
2. Trainee uses forearm on same side as the enemy's posted leg to prevent the enemy from resuming the Mount.
3. Trainee shrimps to clear their hips past the enemy's opposite side leg and turns onto their side to face the enemy's posted leg.
4. Trainee rotates onto opposite hip, circles the bottom foot out and around the enemy's posted leg, and hooks it behind the enemy's knee notch.

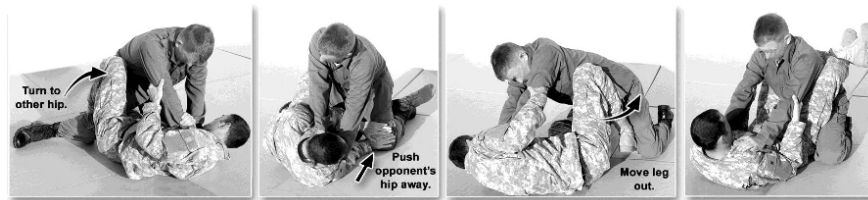


Fig 2  
Escape Mount, Shrimp to Guard(continued)

5. Trainee uses both hands to push away the enemy's hip and leg while they hook their foot behind the enemy's other knee.
6. Trainee rotates body to face the enemy and wraps both legs around the enemy's back with a windshield wiper motion.
7. Trainee establishes the Guard position.

### SCISSORS SWEEP

A Trainee can use the Scissors Sweep when in the Guard to reverse positions with an enemy combatant and gain a more dominant body position (Mount).

**NOTE: Trainees conduct this technique when an enemy combatant posts a leg in an attempt to stand up or pass the Guard.**

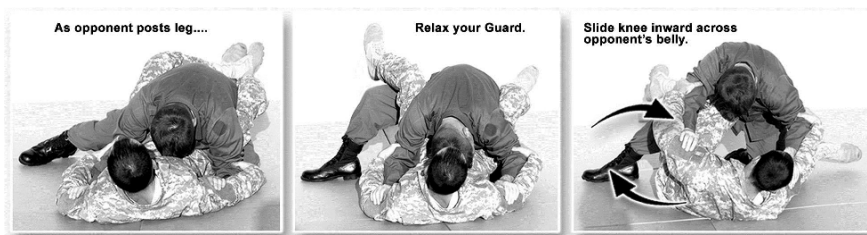


Fig 3  
Scissors Sweep

1. Trainee controls the enemy combatant's arms above the elbows with a thumb-grip.
2. When the enemy combatant posts a leg, Trainee opens his/her Guard and keeps knees tight on the enemy combatant's torso.

**NOTE: "Open the Guard" is to uncross the feet in the Guard.**

3. Trainee hangs their same-side calf on the enemy combatant's posted leg and posts their opposite shoulder to swing their hips toward the enemy's posted leg.

4. Trainee drives their knee across the enemy's waist and hooks the same-side waist with their foot.

**NOTE: The Trainee's knee should be lower than their foot on the enemy combatant's waist to ensure proper leverage for the technique.**

5. Trainee positions the opposite leg flat on the ground to trap the enemy's non-posted leg.

6. With the same side hand as the leg that is across the enemy's waist, Trainee releases the grip on the enemy combatant's elbow and reaches across their body to secure the enemy's collar (Fingers in collar, thumb outside) so that the Trainee's forearm is across the enemy's neck.



Fig 4  
Scissors Sweep (continued)

**NOTE: Trainee should maintain control of the enemy combatant's opposite arm for the entire duration of the technique.**7. Trainee extends their body while pulling the enemy combatant forward by the collar to take them off their base and makes a scissoring motion with their legs to sweep the enemy.

**NOTE: If the enemy combatant attempts to prevent the sweep by posting the sweep-side arm, the Trainee will sweep the posted arm in the direction of the fingers ("Check the Time" or "Answer the Phone")**

8. Trainee achieves the Mount.

**NOTE: Instructors should reinforce "Cross-Body Mechanics" after every sweep or roll.**

#### **THE CROSS COLLAR CHOKE FROM THE MOUNT AND THE GUARD**

This is a blood choke that can only be employed when your enemy is wearing a durable shirt or top. This choke should be performed from either the Mount (top position) or the Guard (bottom position).

**NOTE: To facilitate with less confusion while teaching this technique, Instructors will designate a "Working Side" for this technique. The "working side" is whichever side that the Trainee chooses to open the enemy's collar (Step 1).**

1. Trainee opens the Enemy Combatant's same-side collar with their working side hand.

2. Trainee reaches across their body and inserts the non-working side hand into the collar and secures it on the side that is opened.

**NOTE: When in the Guard, the Trainee must change the angle to position themselves for this choke.**





Fig 5  
Cross Collar Choke(Mount)

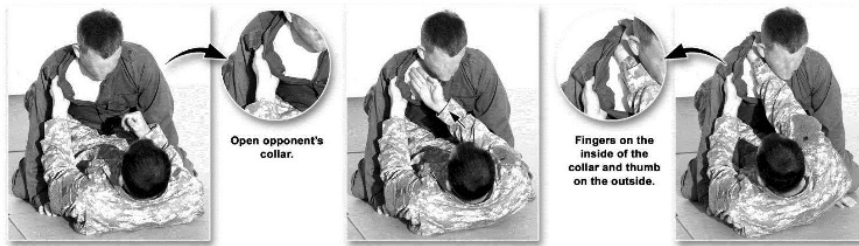


Fig 6  
Cross Collar Choke(Guard)

**NOTE: Trainee reaches just behind the enemy combatant's earlobe and grasps their collar with the fingers on the inside and the thumb on the outside.**

3. Trainee releases the grip of the working-side hand and drives the non-working side forearm across the enemy combatant's neck under the chin to force their chin up and away.

4. Trainee slides the working side hand under the non-working side forearm and across the enemy combatant's neck and secures the enemy's opposite-side collar.

**NOTE: Use the same grip to secure the collar (fingers on the inside, thumb on the outside) behind the enemy combatant's earlobe.**

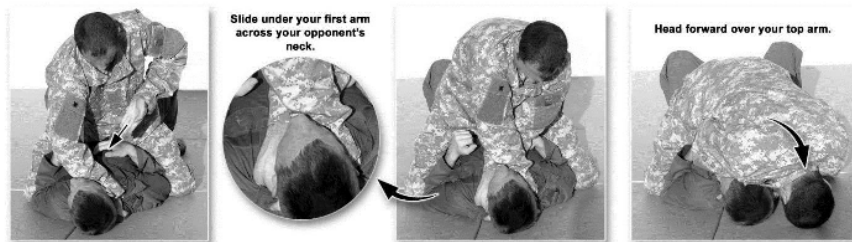


Fig 7  
Cross Collar Choke(Mount, Cont.)

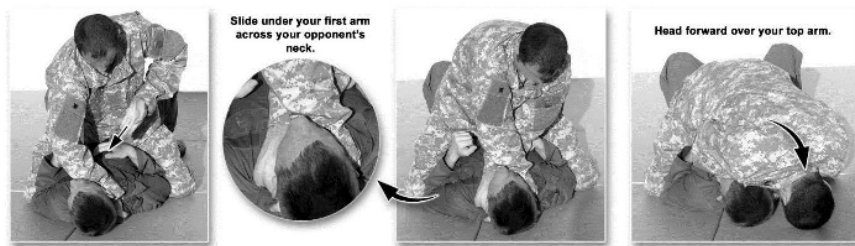


Fig 8  
Cross Collar Choke(Guard, Continued)

5. Trainee turns wrists so that the palms face the Trainee and pulls the enemy combatant into them.
6. Trainee expands chest, pinches shoulders together, and brings elbows to their hips to finish the choke.

**NOTE: When conducting this technique from the mount, the Trainee posts their head forward on the ground, over the top arm.**

#### STRAIGHT ARM BAR FROM THE GUARD

**NOTE: The Straight Arm bar is a Joint lock designed to damage the elbow. While this exercise outlines a straight arm bar preformed from the Guard, this technique can be preformed from any dominant position.**



Fig 9  
Straight Arm Bar From the Guard

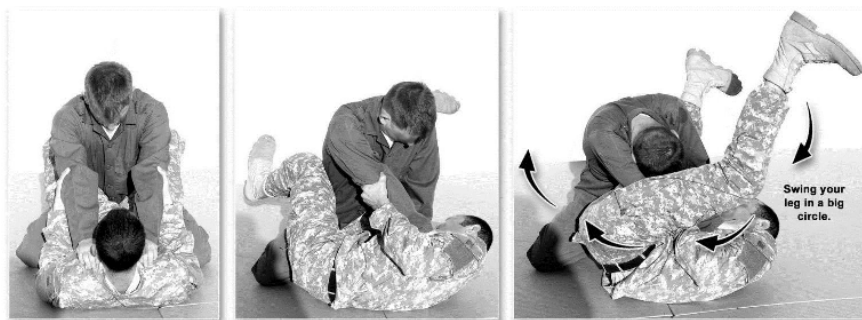
1. When their opponent presents a straight arm, the Trainee secures their arm at or above the elbow. The Trainee holds their opponent's elbow for the remainder of the move.
2. The Trainee inserts their other hand under their opponent's thigh on the side opposite the targeted arm. The Trainee's hand should be palm up.
3. The Trainee opens their guard, and brings their legs up, while curling their back to limit the friction.
4. The Trainee contorts their body by pulling with the hand that is on the back of their opponent's thigh. The Trainee brings their head to their knee. The Trainee places their leg over their head. With their leg, the Trainee grabs their opponent, and pulls them down by pulling their heels to their buttocks and pinching their knees together.
5. The Trainee moves the hand that was behind their opponent's thigh to grasp the wrist that the Trainee secured at the elbow with a thumb grip. The Trainee curls their calf downward and pushes up with their hips to break their opponent's arm.

**NOTE: Instructors should take great care when observing this technique as elbow damage can easily occur if applied with too much force.**

### **SWEEP FROM THE ATTEMPTED STRAIGHT ARM BAR**

When a Trainee 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 Trainee simply changes the attack to the sweep from the attempted straight arm bar.

**NOTE: Do not release control of the previously targeted arm.**

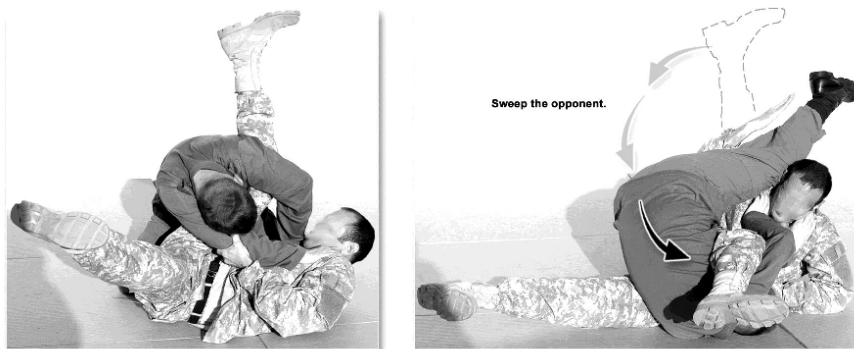


**Fig 10**  
**Sweep From Attempted Straight Arm Bar**

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

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

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



**Fig11**  
**Sweep From the Attempted Arm Bar (Cont.)**

**NOTE: The Trainee tucks their leg to prevent it from being trapped beneath their opponent's body.**

Check on Learning:

Assess the Trainee's developing (skills/knowledge/situational awareness) by observation, question and Trainee explanations.

Review Summary:

Facilitate a brief discussion with students to determine if lesson objectives/concepts have been covered.

## SECTION IV. SUMMARY

Method of Instruction:	Discussion (Small or Large Group)
Mode of Delivery:	Resident Instruction
Instr Type(I:S Ratio):	Military - NON-ICH (1:50)
Time of Instruction:	10 mins

### Check on Learning

Assess the Trainee's developing (skills/knowledge/situational awareness) by observation, question, and Trainee explanations.

### Review/Summary

Facilitate brief discussion with students to determine if lesson objectives/concepts have been covered.

## SECTION V. STUDENT EVALUATION

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### Testing Requirements

1. This lesson plan will be informally assessed/evaluated during class using checks on learning such as questions and answers and a practical exercise that is performance based.
2. This lesson plan will be formally assessed/evaluated in (LP Number) in accordance with the Individual Student Assessment Plan (ISAP). See training schedule for time.

Formal comprehensive evaluation will take place during the end of course technique examination. At the end of this TLO, the students will spar for dominate body position. During this sparring session, instructors must evaluate their students on the following criteria:

1. Student remains calm under the duress of live training.
2. Student is able to employ the techniques taught during instruction against a fully resistant opponent.
3. Student understands the concept of leverage gained by a dominate body position.

### Feedback Requirements

**NOTE: Feedback is essential to effective learning. Instructor will give formative verbal feedback to students throughout the lesson.**

**Schedule and provide feedback on the evaluation and any information to help answer students' questions about the test. Provide remedial training as needed.**

**Instructors must closely supervise all live training and provide timely feedback on why a student failed to properly employ a technique, and sustain proper movements when students succeed.**

**Appendix A - Viewgraph Masters**

**Hand to Hand Fighting Techniques  
071-BT071040 / Version 6.0 ©**

<b>Sequence</b>	<b>Media Name</b>	<b>Media Type</b>
None		

## **Appendix B - Assessment Statement and Assessment Plan**

**Assessment Statement: None.**

**Assessment Plan: None.**



**Appendix C - Practical Exercises and Solutions**

**PRACTICAL EXERCISE(S)/SOLUTION(S) FOR LESSON 071-BT071040 Version 6.0 ©**

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**Appendix D - Student Handouts**

**Hand to Hand Fighting Techniques  
071-BT071040 / Version 6.0 ©**

<b>Sequence</b>	<b>Media Name</b>	<b>Media Type</b>
None		