



2nd Battalion, 29th Infantry Regiment



UNITED STATES ARMY COMBATIVES SCHOOL

Basic Combatives Course (Level I) Handbook

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Basic Combatives Course (Level I) Timeline



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Day 1

- 0800 – 0830 Intro / History
- 0830 – 0930 Introduction to pummeling / Post, Frame, Hook/ pummel from double under hooks, pummel from 50/50 and pummel from inside control.
- 0930 – 1000 Stand in base / dominant body positions
- 1000 – 1030 Escape the Mount, Arm Trap and Roll
- 1030 – 1100 Pass the Guard
- 1100 – 1130 Achieve the Mount from Side Control / Drill # 1
- 1130 – 1300 Lunch
- 1300 – 1400 Film 1 (UFC 1 or 2) / lecture on realistic training plan
- 1400 – 1430 Shrimp escape / Shrimp drill (escape the double grapevine)
- 1430 – 1500 Escape the Mount practical exercise
- 1500 – 1530 Arm Push and Roll to the Rear Mount
- 1530 – 1600 Escape the Rear Mount / Drill # 2
- 1600 – UTC Rolling for dominant position

Day 2

- 0800 – 0900 Warm up and review
- 0900 – 0930 Rear Naked Choke
- 0930 – 1000 Cross Collar Choke
- 1000 – 1030 Bent arm-bar from mount and side control
- 1030 – 1130 Straight arm-bar from mount / straight arm-bar from mount drill
- 1130 – 1300 Lunch
- 1300 – 1400 Warm up and review
- 1400 – 1430 Straight arm-bar from guard/ straight arm-bar from guard drill
- 1430 – 1500 Sweep from the attempted straight arm-bar
- 1500 – 1600 Scissor Sweep/Drill # 3
- 1600 – UTC Rolling with submissions/Intro to Achieve the Clinch drill



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Day 3

- 0800 – 0930 Option Three class (appendix A, Option Three SOP, Clinch against the puncher exercise close the distance/achieve the clinch/pummel near side, far side/pummel drill/trapping arm in your armpit)
- 0930 – 1130 Option Three Exercise
- 1130 – 1300 Lunch
- 1300 – 1400 Warm up and review
- 1400 – 1500 Film (Current UFC)/Class Realistic training
- 1500 – 1600 Front take down to the mount, Rear take down to the mount, Guillotine choke
- 1600 – UTC Rolling with Submissions

Day 4

- 0800 – 0900 Warm up and review (pummeling from appendix A)
- 0900 – 0930 Inside Control, outside to inside wedge, counter to inside control
- 0930 – 1030 Knee strikes (long, up and round) Drill with knee pads if accessible
- 1030 – 1130 Pummeling for dominant position
- 1130 – 1300 Lunch
- 1300 – 1330 warm up drill 1,2 and 3
- 1330 – 1430 Defend Knee Strikes, Hip Check, Pull toward the knee, Pull away from the knee (Drill)
- 1430 – 1530 Defend Knee Strikes with Takedowns, Hip Check Turn Down, Tilt the Head, Pull Away from the Knee inside foot Sweep, Pull Towards the Knee inside hook (drill from neck and bicep)
- 1530 – UTC Fighting with a Rifle, Post / Frame/Hook with knees, elbows, head butts and throw down, front and rear takedown, react to contact from front and rear with equipment, Introduction to weapons transition i.e. pistol and knife



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Day 5

0800 – 0830 Review

0830 – 1100 Level 1 Technique Test / Level 1 written examination

1100 – 1200 React to Contact from Front and Rear drill

1200 – 1300 Lunch

1300 – 1330 Introduction to Standard Rules Class

1330 – 1430 Grappling with Strikes class, knees from side control

1430 – 1530 Grappling with Strikes exercise

1530 – 1600 Lecture on training plans

1600 - UTC End of course critique / graduation



History of the Modern Army Combatives Program (MACP)



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HISTORY OF MARTIAL ARTS

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

JITSU vs DO

- There are some very instructive things about their history that are a microcosm of martial arts in general and that are very useful in understanding American attitudes about martial arts in particular.
Every Japanese martial art ends with either the word Jitsu or Do, for example Jiu-Jitsu/Judo, Kenjitsu/Kendo, Aikijitsu/Aikido. The original arts all end with Jitsu which means the art or technique. They were created out of the necessity of a violent time, when there was a definite need for fighting ability. The entire reason for the existence of the training was to produce competent fighters.
- As Japanese society became more settled and peaceful, the ability to fight well became less important. This was true even for members of the Warrior class, the Samurai. This, and the modernization of the Japanese military, resulted eventually in the banning of the wearing of the swords that were the badge of samurai rank, effectively making the warrior class the same as every one else.
- This meant that there were thousands of men who had spent their entire lives training to fight who had no real need for their martial abilities. Most of them simply stopped training all together and became normal members of society, but a few looked deeper at the results of their training. They realized that they had gained much more than just the ability to fight by it. Training in the martial arts had made them in to the men that they were.
- This then became the new reason for training. No longer was producing competent fighters of primary concern. The principle goal was to produce better people. One very good example of this is Jigoro Kano, the founder of Judo. As a young man Kano became an expert in several systems of JuJitsu. However, not only was he an expert at Jujitsu, but he was also a teacher. He was director of the Tokyo Higher Normal School (precursor of the present Tokyo University of Education) for twenty three years and Chief of the Education Bureau of the Ministry of Education.

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

THE MODERN MARTIAL ARTS

- Although we have been talking specifically about the Japanese martial arts, this evolution from Jitsu to Do or in other words from concentrating on actual fighting ability to actual ability being of only secondary importance, is indicative of most of the modern martial arts world. If you read or listen to almost anything put out by someone in the contemporary martial arts community about training, it will almost invariably be colored by this change in the reason for training.
- To put things in perspective, imagine an accountant somewhere in America trying to decide whether or not martial art training is practical. If training cost him \$100 a month, he will spend \$1200 per year, what are the odds that he will be robbed in a way that his training could stop for \$1200 per year. Therefore from a fiscal perspective it makes more sense to save his money. Now consider his chances of becoming injured in training, as compared with his chances of becoming injured by an assault and you soon see that, if you take away the notion that they may join the military, in a practical sense it really doesn't make much sense for the average citizen of a country at peace to train in the martial arts.
- There are of course many good reasons to train that have little to do with the practical need for fighting ability. There are thousands of people across America who is training to fight with a samurai sword. Very few of them believe they may need to defend themselves against sword wielding ninjas on the way to their car at the mall. They train because they enjoy it. For the same reason that people play baseball, or re-enact civil war battles or any other leisure activity. This of course is completely different from the situation of the Army.
- Modern Combatives training therefore stands apart from the vast majority of martial arts training in that producing actual fighting ability is of primary concern. Both the mental and physical benefits of training gain their worth from their usefulness in producing more capable soldiers.

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History of the Modern Army Combatives Program (MACP)



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HISTORY OF COMBATIVES TRAINING

- The first U.S. Army Combatives Manual was published in 1852. It was a translation of a French bayonet fighting manual by a young Captain George McClelland. Since that time the Army has always had Combatives training doctrine although not always successful combatives training. Bayonet fencing, as outlined in the 1852 manual remained the universally accepted training method, not only in the U.S. Army but in every European style army in the world until its effectiveness was shown to be lacking on the battlefields and in the trenches of World War I.

BAYONET FENCING

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

TRENCH WARFARE

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

EARLY FOREIGN INFLUENCE

- This time saw the first attempts to teach unarmed fighting to Soldier in an organized way on any kind of large scale. There were several attempts to teach Jiu-Jitsu and Judo which had been known in the United States since even before President Theodore Roosevelt had trained with Yamashita Yoshitsugu, one of the best students of Kano Jigoro the founder of Judo. Theodore Roosevelt actually had a "judo room" at the White House. Yamashita later taught at the U.S. Naval Academy. In 1920 a training manual was published at Ft. Benning, Georgia written by CPT Allan Corstorphin Smith who had been awarded a Judo black belt from the Kodokan in Japan in 1916 and who was the hand-to-hand combat instructor at the Infantry School.

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- With the rapid expansion of armies demanded by the World War, there was little time available to teach the average Soldier the complex techniques of Judo and Jiu-Jitsu taught by CPT Smith and others. Because of this and the failure of Bayonet fencing as a training method for trench warfare the Army lost faith in skill based Combatives training. In the interwar years such non-skill based training methods as Pugil sticks and the bayonet assault course gained prominence.

WORLD WAR II

- World War II saw a flowering of attempts at successful Combatives training. Many of the top names from boxing and wrestling at the time were brought in to train the various services. Most had very limited success, once again because of the limited amount of training time available with the demands of fielding an Army of several million men.
- The most successful programs were offshoots from the British Commando training taught by William E Fairbairn and Eric A. Sykes. These two had trained the police force in Shanghai, China before the war and with their depth of real world experience, Fairbairn was also a second degree black belt in Judo, had been brought back to Britain early in the war. Personally in the case of Fairbairn, and through their American protégé COL Rex Applegate, their program of practicing a limited number of simple, effective techniques, emphasis on aggressiveness and stressing the incivility of real fights (COL Applegate wrote a manual titled “Kill or Get Killed” in 1943 and Fairbairn often referred to what he taught as “Gutter Fighting”) They were able to somewhat overcome the limitations of limited training time. COL Applegate also used feedback from the field to adjust the curriculum. By the end of the war thousands of Soldiers had been trained in their methods.

POST WAR YEARS

- With the drawdown at the end of World War II Combatives training in the Army virtually ceased. The lack of a train-the-trainer program, virtually all of the training had been done by a very small amount of instructors such as Fairbairn and Applegate, and the lack of a follow on training plan other than continuing to practice the same limited number of techniques led to the slow death of any meaningful training. There was a Field Manual, however, actual training was reduced to initial entry training and was taught by drill sergeants with very little official training. Quality inevitably plummeted.

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- Periodic attempts were made, especially as martial arts became more popular in the United States to introduce various training methods and techniques to the force. These attempts were generally fruitless because of the lack of any mechanism for insuring quality instruction or training. There were a couple of notable exceptions, the Air Force and the Marine Corps.

AIR FORCE INSTRUCTOR COURSE

- The Air Force Strategic Air Command under General Curtis E. LeMay implemented a Judo program beginning in 1950. In 1952 the first class of 13 instructors went to Japan to train at the Kodokan, the premier Judo school in Tokyo. Within the next ten years there were more than 160 black belt judo instructors within the command. Between 1959 and 1962 there was a judo instructor course at Stead Air Force Base, Nevada which graduated nearly ten thousand instructors from a five week course. The curriculum included Judo, Aikido, Karate, air police techniques, air crew self defense, judo tournament procedures, code of conduct and training methods classes.

MARINE CORPS INSTRUCTOR COURSE

- The Marine Corps adopted the Linear Infighting Neurological Override Engagement (LINE) Combat System in 1988. Primarily designed by MSgt Ron Donvito, the LINE system was a systematic way to teach and practice techniques derived from traditional martial arts in an organized fashion. Techniques were presented in subsets, termed ditties; each subset was made up of related techniques such as defense to grabs or defense to punches. The training was done in unit formation which facilitated training in Initial Entry Training and other institutional environments. There was also an instructor training course at Quantico Virginia.



History of the Modern Army Combatives Program (MACP)



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FOLLOW ON TRAINING

- Both Air Force and Marine Corps programs had limited success but died out or were replaced for various reasons. The Air Force program was built around a club system. Instructors were placed at gyms around the force. All Airmen were given basic instruction in the institutional training pipeline and follow on training was made available at the post gymnasiums. This training plan resulted in a reasonably large group with real expertise; in fact the instructor cadre formed an Air Force “Black Belt Association” that eventually outgrew the Air Force becoming the “United States Judo Association” which is the largest Judo organization in America. However, the club nature of the training meant that real skill was essentially limited to those who were self motivated to attend the training sessions. This, the fact that the training methodology of judo was not built around producing proficient fighters quickly, and the reliance on the enthusiasm of local commanders meant that the skill level of the average Airman remained low. Eventually command influence waned and the program within the Air Force died.
- Although the LINE system had more wide spread success than even the SAC Judo program, it suffered from different deficiencies. Principle among these was its training methodology which was built around formal methods of instruction best suited for institutional training and insistence that every technique be “deadly”. A reliance on formal training settings and formations which are less likely in regular units than in an institutional setting meant that LINE training must compete with other formal training events such as Physical training. The result was that training was less likely to be conducted in the force. The insistence on “deadly” techniques did not fit the needs of the Marine Corps or the demands of the modern battlefield. Additionally, the techniques of the LINE system, defense to a grab, punch, chokes, etc, which had been drawn from civilian martial arts, were reactive in nature. Reactive techniques, where the enemy initiates the action and the Soldier must react, are the norm for self defense systems and passive martial arts of the civilian world. They do however have serious drawbacks as a basis for a combatives system.

MODERN COMBATIVES TECHNIQUES

- In 1995 when the Commander of the 2nd Ranger Battalion ordered a reinvigoration of combatives training within the battalion, it didn't take long for serious problems with the techniques in The Army's existing combatives manual to surface. There was the general feeling among the Rangers that they would not work and that it was a waste of valuable training time.

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- The Army had a combatives manual, FM 21-150 (1992), but had no program to produce qualified instructors or any system for implementing the training in units other than the vague approach of leaving it to local commander's discretion. Unit instructors inevitably ended up being whatever martial arts hobbyist happened to be in that unit and the training progressed along the lines of whatever civilian martial arts those people had studied in their off duty time. In most units there was no training at all.
- A committee was formed headed by Matt Larsen to develop a more effective program. J. Robinson, a Ranger combat veteran during Vietnam and the head coach at the University of Minnesota wrestling program, came out to evaluate the emerging program and gave some valuable advice, mainly that a successful program must have a competitive aspect in order to motivate Soldiers to train and that it must include "live" sparring in order to be useful in growing a combative culture. The committee began to develop a program based around wrestling, boxing and the various martial arts they had experienced such as Judo and Muay Thai. Eventually, after looking at many different systems, a small group of Rangers were sent to train at the Gracie Jiu-Jitsu Academy in Torrance, California, made famous from their victories in the Ultimate Fighting Championships.
- The Jiu-Jitsu taught at the Gracie Academy fit many of the battalions needs. The Gracie's had been originally taught by Meada Mitsuyo who was a representative of the Kodokan but had added the concept of a hierarchy of dominant body positions which gave both a strategy to win fights and an organized framework for learning. It was therefore easy to learn. It also had a competitive form, and was proven effective within the realm of one on one unarmed arena fighting or challenge matches. It did however have the major problem of being principally designed for the venue that had made it famous.
- Rorion and Royce Gracie made three trips to the battalion over the next couple of years and a few Rangers made the trip down to Torrance to train on their own. During this time Larsen was developing a drill based training program that became an essential element in the "Modern Army Combatives" program.
- As the system matured he began to realize what it was about the techniques of Jiu-Jitsu that made them work, namely that you could practice them at full speed against a fully resistant opponent. With this, techniques that do not work are quickly abandoned for those that do. He also began to draw from other martial arts that share various levels of this "live" training to fill in the tactical gaps in the Jiu-Jitsu learned from the Gracie's which had been primarily focused on unarmed ground grappling.

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- Exploring the various training methods of the other—feeder arts—the ways they complemented each other and exposed each others weaknesses become clear. The concept of positional dominance from Jiu-Jitsu was expanded to the other ranges of combat and blended with techniques from wrestling, boxing, Muay Thai, judo to name just a few. With weapons fighting lessons from Kali and the western martial arts and the Rangers' own experience from years in the infantry including the limited combat of that era, by September 11th, 2001 the basis of a totally integrated system of “Close Quarters Combat” had been developed and a sound foundation lain from which to learn the lessons of the battlefields to come.

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- As the program grew technically, its success made it grow outside of the battalion, at first to the rest of the Ranger Regiment, then throughout the infantry and eventually, with the publishing of the new Field Manual FM 3-25.150 (2002) written by Matt Larsen, became doctrine Army wide.
- The Commander of the 11th Infantry Regiment, which was responsible for conducting the infantry officer education courses on Ft. Benning, COL Mike Ferriter, brought Larsen over to establish a training course for the cadre of the Regiment. This would eventually become the Level I combatives instructor's course. As the training spread through the unit, the need became clear for an additional course to provide more supervision of the training. This would become the level II course. These courses were limited to ground grappling because of skepticism from senior commanders at the time. Many leaders who had grown up during the period after Vietnam but before September 11th 2001 had the mistaken idea that there was a division between the “Combat” and the “Non-combat” Soldiers. Attempts to integrate combatives and close quarters battle were looked upon as unnecessary, the main point being to build confidence in Soldiers just as it had been with pugil stick fighting and the bayonet assault course that had been around since World War One.



History of the Modern Army Combatives Program (MACP)



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- When fighting started in Afghanistan, what would become the U.S. Army Combatives School at Ft. Benning Georgia had already been established to train instructors for the various Infantry schools at Ft. Benning and the first two levels of Combatives Instructor qualification were in place. The need to push the training into operational units and to make it more directly applicable to the battlefield, as well as to provide higher level instructors for an Army spread around the world, demanded the development of a longer instructor certification course for battalion master trainers. This would become the level III course. An interview format and procedures to draw out the lessons that might be missed in a simple narrative was developed and post action interviews with Soldiers who had been involved in hand-to-hand fighting were begun. What equipment were the Soldiers wearing, the tactical situation and other questions. Hundreds of these interviews were conducted and the curriculum evolved with the lessons learned. Eventually the need to manage combatives programs in large units such as brigades or divisions necessitated some instructors would need a higher level of training. This would become the level IV instructor course.

A LEARNING PROGRAM

- The program, in this basic form, continued to spread throughout the Army. There were, however, those who continued to oppose it. The primary reason was the perception that it was not directly relevant to the battlefield because of the focus on ground grappling in the early stages of training and the tendency of young Soldiers to identify too closely with the civilian Mixed Martial Arts world, which has very little to do with Soldiering. The tactical training methods taught in the level III and IV courses were slow to become the norm out in the force. Because of this, although the program was extremely popular in some portions of the Army, it had been in danger of going the way of the Strategic Air Command program and failing in its promise of bringing realistic combatives training to every Soldier.
- In 2009 now Major General Mike Ferriter became the Commanding General of Ft. Benning. In order to revitalize the program, he brought together combatives training experts from around the Army and the civilian experts who had helped the program in the past in a symposium to look at improving the program. A major contributor in aiding the process of going from the old program to a more tactical program was Greg Thompson, the head instructor for the SOCP School located at Ft Bragg, NC. Mr Thompson spent many hours refining the tactical instruction given at the USACS culminating in many new techniques being added to the new program. The curriculum of what had been the level I and II courses were updated with techniques and training methods which had only been taught in the level III, IV and SOCP courses, with the new courses' names being changed to the Basic Combatives Course and the Tactical Combatives Course.

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History of the Modern Army Combatives Program (MACP)



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- The end state is a learning program that constantly gathers the best training methods and techniques from wherever they can be found, vets them through the combat experience of the programs instructors and commanders, and propagates them around the Army through a network of experienced instructors. In 1995 the Commander of the 2nd Ranger Battalion, LTC Stan McCrystal, ordered a reinvigoration of martial arts training. It didn't take long for serious problems with the existing program to surface. There was the feeling among the men that the techniques would not work and that it was a waste of valuable training time.
- A committee was formed, headed by SSG Matt Larsen, to develop a program that was more effective. The first step was to examine successful programs from around the world. What was found is that most of them had one thing in common, one underlying reason that the program was successful. Countries with an indigenous national program, Korean Tae-Kwon Do, Japanese Judo, Muay Thai in Thailand, would have much easier time developing an effective Combatives program. One exception to this rule is Russia. They are one of the few who take an essentially untrained population, and yet have good success in training their soldiers.
- The Russian system of SOMBO was developed specifically for the Military. SOMBO combines the techniques of Judo and Greco-Roman Wrestling as its foundation. The feeling was that the success of SOMBO was linked in its similarity to wrestling, making its basic components easier to learn, and less dependent on size and strength. Another, feature of SOMBO is that it has a competitive component that serves to spur on further training. However, it also has some distinct problems, not the least of which was that the competitive form has, in the opinion of some, changed the techniques that were emphasized. Nonetheless, the Ranger committee tentatively decided that the new system would be based on grappling.
- Realizing that there were not enough SOMBO instructors available, the Rangers began looking for a similar system as a base for their program. Head coach J. Robinson, of the University of Minnesota wrestling program, himself a former Vietnam Era Ranger came out to evaluate the emerging program and gave some valuable advice. Finally, after looking at many different systems, the Rangers sent several men to train at the Gracie Jiu-Jitsu Academy in Torrance, California.

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Fight Tactics/Training Strategy



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In order to train Soldiers efficiently it is necessary to develop a systematic approach to both fighting and training. The three phases of basic fight strategy are:

➤ Close the distance

Controlling a standup fight means controlling the range between fighters. An untrained fighter is most dangerous at punching range. The goal is to avoid this range. Even if you are the superior striker, the most dangerous thing you can do is to spend time at the range where the enemy has the highest probability of victory. When training soldiers, the primary goal should be instilling the courage to close the distance.

➤ Gain dominant position

Before any killing or disabling technique can be applied, the soldier must first gain and maintain dominant body position. It is the leverage gained from dominant body position that allows the fighter to defeat a stronger opponent. An appreciation for dominant position is fundamental to becoming a proficient fighter because it ties together what would otherwise be a long and confusing list of unrelated techniques. If a finishing technique is attempted from a dominant position and fails, the fighter can simply try again. If, on the other hand, a finishing technique is attempted from other than dominant position and fails, it will usually mean defeat. The dominant body positions will be introduced in order of precedence.

➤ Finish the fight

When a dominant body position has been achieved, the fighter can begin attempting to finish the fight secure in the knowledge that if an attempt fails, he may simply try again as long as he maintains dominant position.

Training should start with ground grappling, which is not only easier to teach and learn, but also provides a sound base from which to move to more difficult standing techniques. Past programs started with techniques that took a very long time to master. The result was almost uniform disillusionment with combatives in general. The material covered in this handbook is considered the baseline combatives knowledge that every soldier should know.

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Fighting w/ Rifle Muzzle Strike



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- A Soldier may use a muzzle strike to maintain distance from or subdue his opponent.
- Use the muzzle of your weapon to jab the stomach, chest, throat, face, or groin to stop or drop an opponent.

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Fighting w/ Rifle Tug of War



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- Enemy grabs the weapon.
- Pull weapon straight back, bringing it to bear on the enemy.

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Fighting w/ Rifle Palm Strike



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➤ 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.

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Fighting w/ Rifle Clear Primary Weapon Elbow Strike



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- Achieve a dominant position such as the Frame, bring elbow up.
- If the enemy will not release primary weapon or is too close, the Soldier can clear the enemy by using elbow strikes and return to projectile weapon's range.
- Strike the enemy in the head with the point of your elbow. Rotate your body for power. Pull the enemies head towards the elbow strike for additional power.

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Fighting w/ Rifle Clear Primary Weapon Front Kick



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- Enemy grabs weapon, Soldier utilizes front kick to drive opponent off of weapon. 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.

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Fighting w/ Rifle Clear Primary Weapon Head Butt



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- 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.
- Push the muzzle of the weapon down, thereby committing the enemies hands to the rifle and leaving the head exposed.
- Soldier will strike the enemy in the head with the ACH repeatedly until the enemy breaks his grasp.

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Post/Frame/Hook



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- The post, frame, hook is a means for the Soldier to control range with an opponent who is standing. The “post” is accomplished by first achieving a good CQB stance.
- The non-firing hand reaches out is placed with the hands palms out and thumb down on either the opponents head or upper chest region.
- The leg of the non-firing side may step further forward while maintaining good balance as a method to gain space between the opponent and the Soldiers weapon.
- The Soldier may utilize the post to initially maneuver and control possible opponent.



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Post



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Chin tucked

Elbow up and slightly bent in order to deflect strikes

Rifle up and away from enemy, still aim weapon at the enemy

Palm Flat, thumb down

Hips turned so secondary weapon is away from the enemy

Feet more than shoulder width apart



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Post/Frame/Hook cont



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- The “frame” is the second method for the Soldier to further control a non-compliant opponent.
- If the opponent collapses the post, the opponent can be deemed as being non-compliant.
- The Soldiers forearm is against opponents chest, elbow in the center much as possible, thumb facing Soldier, fingers extended, arm outside 90 degrees, with the elbow in the center of the chest, forearm may also be transitioned to the other side of the head with the hands cupping the “knowledge knot” fingers pointed skyward, in both positions it is the upper arm that maintains the distance between Soldier and opponent.
- The Soldier may follow up with head-butts, elbow strikes from the firing side-arm, or knee strikes from the firing side arm.





Frame

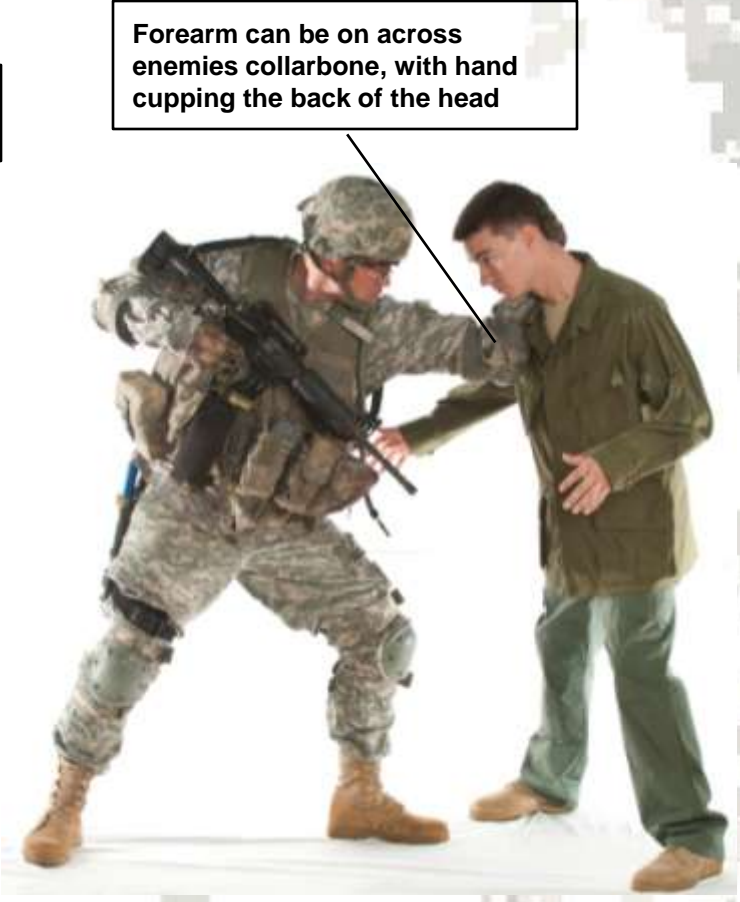


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Version #1, across the chest



Version #2, same side of head



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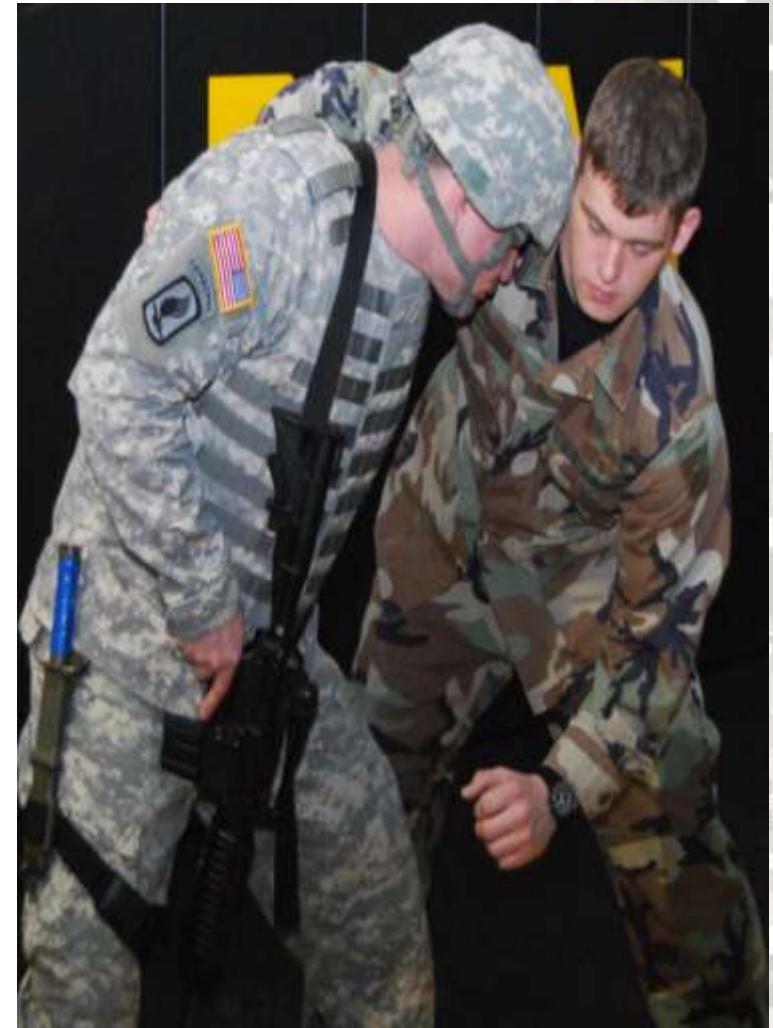


Post/Frame/Hook cont



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- The “hook” w/ head control is the third method in the progression for a Soldier to further control a non-compliant opponent.
- If the opponent collapses the frame the Soldier may move to the hook.
- The hook is accomplished by pummeling the frame area between the opponents torso and under the opponents near arm.
- The hand on the hook arm forms a five finger grip and secures the shoulder of the opponent, palms facing the shoulder.
- The Soldier then applies pressure by pulling down with the hook, lifting the elbow and using head to apply pressure to opponents jaw line.
- The Soldier continues to maintain a good stance in order to keep his balance and create space between the opponent and the Soldiers weapon.
- The Soldier may utilize the head-butt, firing side elbow strikes, or the long knee from the firing side in order to further control the opponent.



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Hook w/ Head Control



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Non-firing arm underneath enemies arm with the hand cupping the shoulder
*** this picture is for example only, proper technique for the hook is to have the head in a controlling position***



Forehead pushing into the enemies chin, pushing the head away



Legs straddling enemies closest leg

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Option I: Create Space Engage w/ Primary Weapon



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- Option I is the Soldiers primary option when dealing with non-compliant personnel.
- Soldier utilizes the post to push the opponent backwards or to the side allowing him to transition to his primary weapon.

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Option I: Create Space Engage w/ Primary Weapon



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- Option I is the Soldiers primary option when dealing with non-compliant personnel.
- Soldier utilizes the frame to push or pull the opponent away allowing him to transition to his primary weapon.

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Option I: Create Space Engage w/ Primary Weapon



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- Option I is the Soldiers primary option when dealing with non-compliant personnel.
- Soldier utilizes the hook w/ head control to push or pull the opponent away allowing him to transition to his primary weapon.

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Option II: Maintain Space and Employ Secondary Weapon



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➤ Soldier utilizes post to maintain space between himself and the enemy, employs his secondary weapon, pistol, bayonet, knife etc... and engages enemy.

➤ When employing pistol soldier keeps it close to body and turns it outward so that the function of the slide isn't impeded by his equipment.

* Note: When using edged weapon, attack around the natural body armor of the ribs. When employing pistol maintain muzzle awareness so that you don't shoot yourself .

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Option II: Maintain Space and Employ Secondary Weapon



2nd Battalion, 29th Infantry Regiment



➤ Soldier utilizes Frame to maintain space between himself and the enemy, deploys his secondary weapon, pistol, bayonet, knife etc... and engages enemy.

➤ When employing your pistol soldier keeps it close to body and turns it outward so that the function of the slide isn't impeded by his equipment

* Note: When using edged weapon, attack around the natural body armor of the ribs. When employing pistol maintain muzzle awareness so that you don't shoot yourself.

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Option II: Maintain Space and Employ Secondary Weapon



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- Soldier utilizes hook w/ head control to control opponent and maintain space in order to employ secondary weapon.

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Option III: Achieve the Clinch



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- In option III Soldier closes the distance and achieves dominant clinch position.
- Soldier has the option to control opponent on the feet and call for support or take the opponent to the ground and finish the fight.

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2nd Battalion, 29th Infantry Regiment

Basic Ground-Fighting Techniques

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.

Hold your hands high, with the palms facing each other in a loose fist. Keep your line of sight just above the hands.

Keep your chin tucked. Look just beneath your eyebrows at your opponent. Block the side of your face with your lead shoulder.

Place your lead foot 12 to 18 inches in front of your trail foot, and turn your lead foot about 15 degrees inward. Position your feet approximately shoulder-width apart. Turn your trail foot about 45 degrees outward to provide stability in all directions. Keep the heel of your trail foot off the ground, and carry your body weight on the balls of your feet.



EYES ON THE OPPONENT, HANDS HELD HIGH, AND CHIN TUCKED



BODY WEIGHT ON THE BALLS OF THE FEET

45°

12" TO 18"

HEAD AND SHOULDERS ABOVE THE HIPS

ELBOWS TUCKED

LEAD KNEE BENT AND PUSHED FORWARD

Turn your waist slightly so that the lead hip is facing your opponent, but keep your head and shoulders above your hips.

Keep your elbows tucked into your body to cover the sides of your torso; they should not fly out horizontally while punching. Hold your forearms perpendicular to the ground so that your elbows are positioned over your knees.

Bend your lead knee, and push it forward so that your knee is directly above your toe. Bend your trail knee slightly.

NOTE: The lead foot is the non-dominant foot. The trail foot is the dominant foot.



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GROUND GRAPPLING—BASIC TECHNIQUES

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) Sit like a fighter. Place your dominant hand behind you on the ground to provide a base. Bend your non-dominant leg at the knee, and post the foot on the ground. Bend your non-dominant arm at the elbow, and place the elbow near the knee of your non-dominant leg, with the palm of your hand in front of your head facing your opponent to defend blows. Keep the striking foot of your dominant leg parallel to the ground, and use it to kick your opponent to create space to stand.



(2) Placing your weight on your dominant hand and non-dominant foot, pick up the rest of your body.



(3) Swing the leg between the two posts.



(4) Place the foot behind your dominant hand.



(5) After placing your weight on both feet, lift your hand from the ground, and assume a Fighting Stance.

WARNING

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

NOTE: Keep the knee behind your same-side arm, as shown.



Basic Combatives Course (Level I)



2nd Battalion, 29th Infantry Regiment

Basic Ground-Fighting Techniques

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 himself or counterattack.

Place one arm under your opponent's armpit and the other over his opposite shoulder.

Clasp your hands in an Opposing Thumbs Grip.

Wrap both legs around your opponent, with your heels "hooked" inside his legs.



NOTE: Keep your head tucked to avoid headbutts.

WARNING

When in the Rear Mount, **DO NOT** cross your feet; this would provide the opponent an opportunity for an ankle break.



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Chapter 3

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 also 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 deliver effective return punches.



Position your 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 himself using the instructions below:

- (1) Lie on your back, bend your knees, and post both feet on the ground.
- (2) Pull your elbows tightly into your sides, and keep them on the ground to prevent your opponent from assuming a High Mount.
- (3) Hold your head off of the ground to prevent secondary impact concussions from strikes.
- (4) Keep your hands up to protect your head.



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Basic Ground-Fighting Techniques

GROUND GRAPPLING—DOMINANT BODY POSITIONS

GUARD

A fighter never wants to be under his opponent; the Guard enables him to defend himself and transition off of his 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 his opponent with his legs and hips. With skill, the bottom fighter can defend against strikes and even apply joint locks and chokes.

Control opponent's arms at the elbows.



Lock your ankles around opponent's torso.



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 himself using the instructions below:

- (1) Assume a good posture by establishing a wide base with your knees, keeping your toes inside of your ankles to prevent breaking them if you are swept.
- (2) With your elbows turned inward, place your hands on your opponent's hip flexors.
- (3) Keep a straight waist.

WARNING

The Soldier defending against the Guard must keep his toes inside of his ankles to prevent breaking them if he is swept.



Basic Combatives Course (Level I)



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Chapter 3

GROUND GRAPPLING—DOMINANT BODY POSITIONS

SIDE CONTROL

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



Keep your head turned away to avoid knee strikes.



Place your elbow on the ground in the notch created by the opponent's head and shoulder (elbow notch). Position your other hand palm down on the ground under the opponent's near-side hip.

Keep the leg closest to your opponent's head straight, and bend the other leg so that the knee is near your opponent's hip.



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GROUND GRAPPLING—BASIC BODY POSITIONING MOVES

ARM TRAP AND ROLL

A fighter applies the Arm Trap and Roll when his opponent secures the Mount and invests his hands or arms into a choke. The non-dominant fighter must remain relaxed and fight the position, but not focus his energy on attempting to defeat the submission until he has placed himself in a better position.

NOTE: Conduct this technique when you are on your back on the ground and your opponent is sitting on top of you with both knees and feet on the ground near your ribs.



(1) Trap one of your opponent's arms. Wrap one hand around his wrist with a Thumbless Grip, and with the other, grab above his elbow notch with your thumb on the outside. Pull your elbow to the ground, if possible.

NOTE: Keep your elbows in and on the ground, even while your opponent is choking you. Raising your arms will allow your opponent to secure a High Mount or Arm Lock.



(2) Plant the foot on the same side as the trapped arm on the ground outside of the opponent's foot.

(3) Align your opposite-side knee with the center of your opponent's spine.

NOTE: Align your opposite-side knee with the center of your opponent's spine to avoid the Grapevine.

TRAINING INSTRUCTIONS

WARNING

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



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Chapter 3

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



(4) Thrust upward with your hips, driving your opponent's head to the ground.



(5) Roll your opponent over, trapping his leg.



(6) Secure good posture in the Guard. Control your opponent's elbows.



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GROUND GRAPPLING—BASIC BODY POSITIONING MOVES PASSING THE GUARD

When locked inside of his opponent's Guard, a fighter cannot finish the fight as quickly or efficiently as he can from a more dominant body position. Additionally, his opponent can attack him 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.

Hands outside of
opponents hip flexors



(1) Assume a good posture by establishing a wide base with your knees, keeping your toes in line with or inside of your ankles. Place your buttocks on your heels. Keep a straight waist to avoid having your posture broken. Keep your elbows tight, and reach your hands down to control your opponent's hips. Place your hands outside of your opponent's hip flexors, fingers point out.

NOTE: Your opponent will often attempt to drag both of your arms to one side of your body to force you to submit or get behind you.

Keep head tucked downward
to expose only top of helmet.



(2) Turn your fingers inward, and drive your hands to your opponent's chin, placing your face in his sternum. This position exposes only the top and back of your head to his strikes.

Thumbless
grip



(3) Move your arms out to control your opponent's biceps. Roll your hands back, and cup them with a Thumbless Grip.

Post one foot



(4) Post one foot, and turn your hips to create space.

NOTE: Never use a Thumb Grip, as your opponent can attack with a wrist lock.



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GROUND GRAPPLING—BASIC BODY POSITIONING MOVES PASSING THE GUARD (CONTINUED)



(5) Release your same-side grip. Drive your hand (with a knife edge) through the opening. Turn your head and eyes in the opposite direction to prevent blows to the face from the arm you no longer have secured.



(6) Place your hand on the ground.



(7) Place your knee on the ground. Scoot the same-side leg back at a 45-degree angle, and drive your shoulder beneath your opponent's knee.



(8) Grab your opponent's leg just above the hip.



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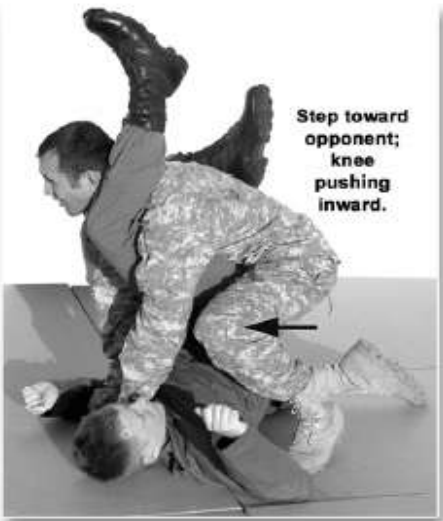
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GROUND GRAPPLING—BASIC BODY POSITIONING MOVES PASSING THE GUARD (CONTINUED)



(9) Pull your opponent onto your lap by straightening your back. Keep your head above his knee.

NOTE: Maintain a good straight posture with your waist to prevent your opponent from choking you with his legs.



(10) Step toward your opponent's shoulder with your outside leg, your knee pushing inward to control your opponent's hip.

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



(11) Reach your same-side hand across, and secure your opponent's collar, thumb on the inside, fingers on the outside.

(12) Drive your knee to the ground, toward your opponent's ear to prevent the Overhead Sweep. Position yourself perpendicular to your opponent. Post your trail foot. Drive your opponent's hips upward, and keep them in place by resting his hips on your trail knee.



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PASSING THE GUARD (CONTINUED)



(13) Push your opponent's knees over his head until you break the grip of his legs. Remove your arm from his bicep, and grab his belt line.

NOTE: Maintain tight body contact when transitioning from the Guard to Side Control to limit your opponent's ability to compose Guard.

(14) Lift your opponent's legs past his head.



(15) Assume good Side Control.



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Basic Ground-Fighting Techniques

GROUND GRAPPLING—BASIC BODY POSITIONING MOVES ACHIEVE THE MOUNT FROM SIDE CONTROL

Fighters often move from Side Control to the Mount or Rear Mount, where they can land more effective strikes and submissions.



(1) Achieve good Side Control.



(2) Move the hand closest to your opponent's leg to control his hips. Be aware of his knees, and look down to avoid strikes.



(3) Sit through facing your opponent's legs, and place your bottom knee against the hip. Spread your legs to avoid being thrown backward. Use the hand that was securing your opponent's hip to control his legs.



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GROUND GRAPPLING—BASIC BODY POSITIONING MOVES ACHIEVE THE MOUNT FROM SIDE CONTROL (CONTINUED)



(4) Swing your back leg up and over the top.



(5) Secure a mounted position.



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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, his opponent may move his 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: Conduct this technique when you are on your back with your opponent mounted on your chest.



(1) Place your leg flat on the ground.



(2) Turn on your side, and face the opening created by your opponent. Using the space the opponent created by posting his leg, prop the opponent's leg up with your elbow.

NOTE: Turn on your hip to create more space.



(3) Turn facing the opponent's posted leg, with that side leg flat.



(4) Move your knee from underneath your opponent's leg.



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Chapter 3

GROUND GRAPPLING—BASIC BODY POSITIONING MOVES ESCAPE THE MOUNT, SHRIMP TO THE GUARD (CONTINUED)



Turn to other hip.

(5) Turn to your other hip, and hook your opponent's leg to prevent him from reestablishing the Mount.



Push opponent's hip away.

(6) Use both hands to push your opponent's hip away.



Move leg out.

(7) Move your other knee from between your opponent's legs, and put your weight on your posted foot.



(8) Turn your body, and face the opposite direction. Loop your legs around your opponent, and lock your feet to reestablish your Guard.



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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 the opponent from his back to his stomach, giving the fighter a better opportunity to employ strikes and submissions.

NOTE: Conduct this technique when you have achieved the Mount and are attempting to strike, but your opponent is using a Standard Block to avoid your strikes.



(1) Target the arm closest to the top of your opponent's head.



(2) Place one hand on the back of your opponent's elbow and one hand on his wrist, both with Thumbless Grips.



(3) Push the arm across your opponent's body in the direction of his hand. Pin the arm with your body.

TRAINING INSTRUCTIONS

CAUTION

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



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GROUND GRAPPLING—BASIC BODY POSITIONING MOVES ARM PUSH AND ROLL TO THE REAR MOUNT (CONTINUED)



(4) Release the grip of the hand on the elbow, and drive it under your opponent's neck to secure his wrist with both hands in Thumbless Grips.



(5) Move the hand that was on the opponent's wrist to his elbow.



(6) Change your posture to make room for your opponent to roll.

NOTE: Maintain body and chest pressure to prevent your opponent from escaping.



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Basic Ground-Fighting Techniques

GROUND GRAPPLING—BASIC BODY POSITIONING MOVES ARM PUSH AND ROLL TO THE REAR MOUNT (CONTINUED)



(7) Use your body strength to push your opponent with your chest (using ratchet motions) until his elbow stops him from going any further.

NOTE: Make sure you don't go too far over center.



(8) Take your weight off of your opponent, and fold his arms underneath him while pushing him forward.



(9) From this position, the opponent normally tries to rise using his knees. When he attempts this, sit up and hook both legs inside of the opponent's legs. Push to straighten your arms with your hands in the back of your opponent's collar.



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Chapter 3

GROUND GRAPPLING—BASIC BODY POSITIONING MOVES

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.



(1) Place one hand over your head, with your palm facing out, your bicep very tight to the side of your head, and your hand covering your ear. Place the other hand near your armpit, with your palm facing in.

(2) Once your opponent reaches in, the hand under your armpit secures his wrist and pulls it through.

(3) Wrap your other arm around, making a Figure Four.



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Basic Ground-Fighting Techniques

GROUND GRAPPLING—BASIC BODY POSITIONING MOVES ESCAPE THE REAR MOUNT (CONTINUED)



(4) Place your back on the ground on your underhook side.

NOTE: Do not put your back on your overhook side.



Move your shoulders
to the ground.

Alternate
View

(5) Once your body weight is on your opponent's arm, let go and move your shoulders to the ground, using the ground to scrape your opponent off of your back.

(6) Push your hips through your opponent's legs, one hand on his hip and the other on his knee to prevent him from achieving the Mount.



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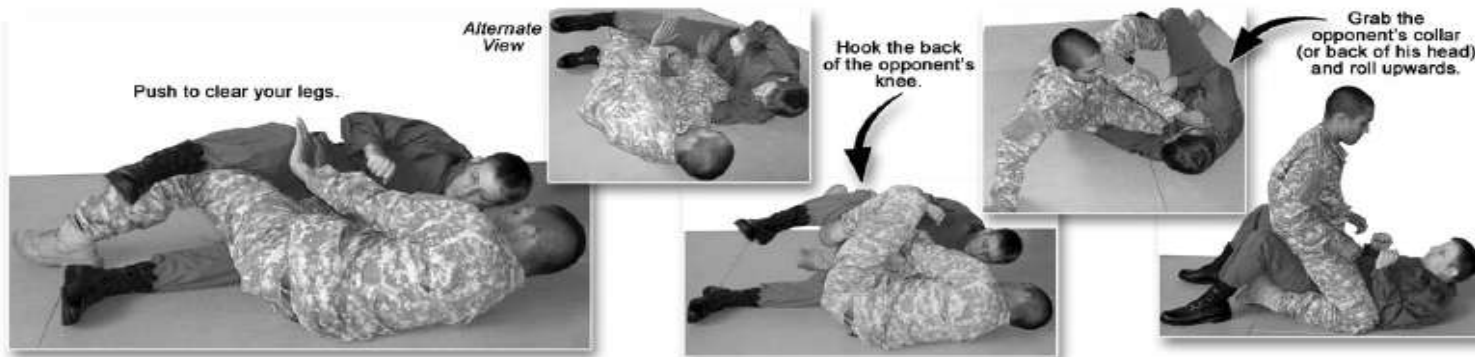


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Chapter 3

GROUND GRAPPLING—BASIC BODY POSITIONING MOVES

ESCAPE THE REAR MOUNT (CONTINUED)



(7) Continue until your hips clear his legs.

(8) Move your hips to clear your legs. Move your inside leg through and to the ground, knee toward your opponent's armpit and foot hooking his groin area. Move your opposite leg through the middle, and hook the back of his knee with your foot.

(9) Reach your top hand into your opponent's far-side collar (or grab the back of his head, if he does not have a collar), with your bottom hand posted on the ground. Roll into the Mount, and achieve good posture.



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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 your opponent to be rendered unconscious for a short period of time.



(1) Achieve a Rear Mount, and hook both legs in place.



(2) Leaving the underhook in place, sneak the hand of your overhook arm around your opponent's neck. Put your bicep against the side of your opponent's neck. Roll your forearm to the other side of your opponent's neck, with both the bicep and the forearm resting against the carotid arteries. Position your elbow against the trachea. Externally, your opponent's chin will line up with your elbow.



(3) Place the bicep of your underhook under your overhook with a Thumbless Grip.



(4) Move your underhook to the back of the opponent's head to the knowledge bump, as if combing his hair back.



(5) Pinch your shoulder blades together, and expand your chest to finish the choke.

NOTE: Tuck your head to avoid getting hit.



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Chapter 3

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



Open opponent's collar.



Fingers on the inside of the collar and thumb on the outside.



(1) With your non-dominant hand, open your opponent's same-side collar.

(2) Reach across your body, and insert your dominant hand into the collar you just opened.

(3) Relax the dominant hand, and reach all the way behind your opponent's neck, grasping his collar with your fingers on the inside and your thumb on the outside.

NOTE: When in the Guard, change your angle to position yourself for the choke.

GUARD



Open opponent's collar.



Fingers on the inside of the collar and thumb on the outside.





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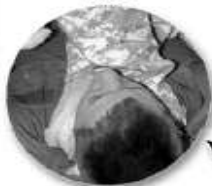
GROUND GRAPPLING—BASIC FINISHING MOVES

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

MOUNT



Slide under your first arm across your opponent's neck.



Head forward over your top arm.



(4) Release the grip of your non-dominant hand, and move your dominant-side forearm across your opponent's neck under the first arm, clearing his chin.

(5) Using the same grip (fingers on the inside, thumb on the outside), reach all the way back until your dominant hand meets the other hand.

(6) Turn your wrists so that your palms face you, and pull your opponent into you. Expand your chest, pinch your shoulders together, and bring your elbows to your hips to finish the choke.

NOTE: When conducting this technique from the Mount, post your head forward on the ground, over your top arm.

GUARD



Slide under your first arm across your opponent's neck.



Head forward over your top arm.



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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 your training partner taps.
2. Conduct this technique when your opponent uses the Parallel (Boxing) Block.

MOUNT



Drive opponent's wrist and elbow to the ground.



Thumbless grips, head to back of hand.

(1) With Thumbless Grips, drive your opponent's wrist and elbow to the ground, moving your elbow to the notch created by your opponent's neck and shoulder (elbow notch).

SIDE CONTROL



Drive opponent's wrist and elbow to the ground.



Thumbless grips, head to back of hand.



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Basic Ground-Fighting Techniques

GROUND GRAPPLING— BASIC FINISHING MOVES BENT ARM BAR FROM THE MOUNT AND SIDE CONTROL (CONTINUED)

MOUNT



Keep your head down. Slide your hand under opponents's elbow.



With a thumbless grip, drag opponent's arm downward and upward.

(2) Keeping your head on the back of your hand to protect your face from strikes, place your other hand under his elbow.

(3) Grab your own wrist with a Thumbless Grip. Drag the back of your opponent's hand toward his waistline. Lift his elbow, and dislocate his shoulder.

SIDE CONTROL



Keep your head down. Slide your hand under opponents's elbow.



With a thumbless grip, drag opponent's arm downward and upward.



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Chapter 3

GROUND GRAPPLING—BASIC FINISHING MOVES

STRAIGHT ARM BAR FROM THE MOUNT

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.

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



(1) Decide which arm you wish to attack. Isolate that arm by placing your opposite-side hand in the middle of your opponent's chest, between his arms. Targeting the unaffected arm, press down to prevent your opponent from getting off the flat of his back. Loop your same-side arm around the targeted arm and place that hand in the middle of your opponent's chest, applying greater pressure.

(2) Placing all of your weight on your opponent's chest, raise to your feet in a very low squat.

NOTE: Be conscious not to raise your hips. This will allow your opponent to escape.



(3) Turn your body 90 degrees to face the targeted arm.

NOTE: While turning, keep a slight forward posture, stay in a very low squat, and continue to apply pressure on your opponent's chest to prevent escape.



(4) Bring the foot nearest to your opponent's head around his face, and plant it in the crook of his neck on the opposite side of the targeted arm. Slide your hips down the targeted arm, keeping your buttocks tight to your opponent's shoulder.

NOTE: Remember to isolate the elbow joint by trapping only the bicep/triceps region between your legs.



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Basic Ground-Fighting Techniques

GROUND GRAPPLING—BASIC FINISHING MOVES STRAIGHT ARM BAR FROM THE MOUNT (CONTINUED)



Secure opponent's wrist keeping his thumbs skyward.



Both hands in Thumb Grips.



Keep steady pressure on opponent's wrist; arch your hips skyward.

Keep heels tight, knees together.

(5) Secure your opponent's wrist with both of your hands in Thumb Grips. Keep his thumb pointed skyward to achieve the correct angle. Pull your heels tight to your buttocks, and pinch your knees together tightly with the upper arm trapped between your knees, not resting on your groin.

(6) Apply slow, steady pressure by trapping your opponent's wrist on your chest, and arching your hips skyward.



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Chapter 3

GROUND GRAPPLING—BASIC FINISHING MOVES

STRAIGHT ARM BAR FROM THE GUARD

Fighting from your back can be very dangerous. When your opponent attempts to strike and apply chokes from within your Guard, use the Straight Arm Bar from the Guard, a joint lock designed to damage the elbow.

- NOTES:** 1. As with any submission technique, apply this elbow joint lock using slow, steady pressure, and release as soon as your training partner taps.
2. Conduct this technique when your opponent uses his arms in a choke or attempts to bend your arms up.



(1) When your opponent presents a straight arm, secure his arm at or above the elbow. Hold your opponent's elbow for the remainder of the move.



(2) Insert your other hand under the opponent's thigh on the side opposite the targeted arm. The hand should be palm up.



(3) Open your Guard, and bring your legs up, while curling your back to limit the friction.



(4) Contort your body by pulling with the hand that is on the back of your opponent's thigh. Bring your head to his knee. Place your leg over his head. With your leg, grab your opponent, and pull him down by pulling your heels to your buttocks and pinching your knees together.



(5) Move the hand that was behind your opponent's thigh to grasp the wrist that you secured at the elbow with a Thumb Grip. Curl your calf downward and push up with your hips to break your opponent's arm.



Basic Combatives Course (Level I)



2nd Battalion, 29th Infantry Regiment

Basic Ground-Fighting Techniques

GROUND GRAPPLING—BASIC SWEEPS

SWEEP FROM THE ATTEMPTED STRAIGHT ARM BAR

When a fighter attempts to apply the Straight Arm Bar from the Guard, his opponent will often tuck his head to avoid the Arm Bar. Should this occur, do not abandon the position; simply change the attack to the Sweep from the Attempted Straight Arm Bar.



(1) With the hand that is behind your opponent's thigh, pull his knee as close to your head as possible in order to position your body perpendicular to your opponent.

(2) Swing the leg that was supposed to hook your opponent's head in a big circle, originating from your head following a path to your 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 his toes in line with or inside of his ankles to prevent injury.



Basic Combatives Course (Level I)



2nd Battalion, 29th Infantry Regiment

Chapter 3

GROUND GRAPPLING—BASIC SWEEPS

SWEEP FROM THE ATTEMPTED STRAIGHT ARM BAR (CONTINUED)



(3) With the leg that is hooked under your opponent's arm, push toward his head so that you will roll right up into the Mount. Use the momentum from the leg that is swinging in a circle to sweep your opponent.

NOTE: Ensure that you tuck your leg to prevent it from being trapped beneath your opponent's body.



Basic Combatives Course (Level I)



2nd Battalion, 29th Infantry Regiment

Basic Ground-Fighting Techniques

GROUND GRAPPLING— BASIC SWEEPS SCISSORS SWEEP

A fighter can use the Scissors Sweep to reverse positions with his opponent and gain a dominant position.

NOTE: Conduct this technique when your opponent attempts to pass your Guard as you control his arms at the elbows.

As opponent posts leg...



Relax your Guard.



Slide knee inward across opponent's belly.



Hook opponent's waist.



Trap his other leg.

(1) When your opponent posts one of his legs to create space, relax your Guard, and keep your knees tight.

(2) Hang your calf on your opponent's posted leg, and post your opposite shoulder to swing your hips toward his posted leg.

(3) Drive your leg across your opponent's waist like a belt. Use your foot to hook his waist tightly, with your knee lower than the ankle. Position your other leg flat on the ground to trap your opponent's non-posted leg.



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2nd Battalion, 29th Infantry Regiment

Chapter 3

GROUND GRAPPLING— BASIC SWEEPS SCISSORS SWEEP (CONTINUED)



(4) Reach across your body and secure your opponent's collar on the opposite side of his posted leg, maintaining control of the arm on the side you intend to sweep. Extend your body to take your opponent off his base, while pulling him forward by his collar.



(5) Make a scissoring motion with your legs to sweep your opponent over.



(6) Achieve the Mount.

NOTE: If your opponent attempts to prevent the sweep by posting his sweep-side arm, sweep the posted arm in the direction of the fingers.



Basic Combatives Course (Level I)



2nd Battalion, 29th Infantry Regiment

Basic Ground-Fighting Techniques

CLINCH FIGHTING—ACHIEVE THE CLINCH CLOSE THE DISTANCE

Fighters use Close the Distance when the opponent is within striking range.



(1) Face your opponent, and assume the Fighting Stance just outside of kicking range.



(2) Tuck your chin, and use your arms to cover your head while aggressively closing the distance.



(3) Drive your head into your opponent's chest, and move your cupped hands to your opponent's biceps.



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2nd Battalion, 29th Infantry Regiment

Chapter 3

CLINCH FIGHTING—ACHIEVE THE CLINCH MODIFIED SEATBELT CLINCH

Once the fighter has Closed the Distance, he uses the Modified Seatbelt Clinch to draw his opponent in.



(1) After Closing the Distance with your opponent, raise one of his arms. Move yourself perpendicular to your opponent.



(2) Reach around your opponent's waist to grab his opposite-hip. With your other arm, pull his arm into your chest, controlling his arm at the triceps.



Reach around opponent, grab his hip, and pull his arm into your chest.



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CLINCH FIGHTING—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) Drive your overhook hand (with a knife edge) under your opponent's underhook arm.



Drive your hand under opponent's underhook arm.

Keep your hand secured to his back.



Keep head pressure on his chest.

(2) Clasp your hands in a Wrestler's Grip behind your opponent, while keeping head pressure on his chest.



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2nd Battalion, 29th Infantry Regiment

Chapter 3

CLINCH FIGHTING—ACHIEVE THE CLINCH REAR CLINCH

The fighter uses the Rear Clinch when he moves too far as he attempts to achieve the Modified Seatbelt Clinch.



(1) Step behind your opponent.



Move your foot behind your opponent.



Tuck your head into opponent's back.



Opposing Thumbs Grip

(2) Clasp your hands around your opponent's waist in an Opposing Thumbs Grip, and place your forehead in the small of his back to avoid strikes. From this secure position, you can attempt to take the opponent down.

NOTE: Tuck your head into your opponent's lower back to avoid elbows to the head.



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2nd Battalion, 29th Infantry Regiment

Chapter 5

CLINCH FIGHTING—PUMMELING BASIC

One of the fundamental techniques of clinch fighting is pummeling for underhooks. Basic pummeling enables the fighter to gain control of his opponent and lead into strikes or takedowns.



(1) Begin in the 50/50 position.



(2) Dig the near-side hand between your opponent's arm and your chest in an attempt to achieve the Both Arms Under clinch position. He will do the same thing at the same time so that you change sides. Push slightly against him, and your legs should change sides in coordination with your arm movements.





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2nd Battalion, 29th Infantry Regiment

Advanced Ground-Fighting Techniques

CLINCH FIGHTING—PUMMELING NEAR-SIDE

The fighter uses Pummeling, Near-side, when his opponent controls the fighter's attempt to achieve the basic clinch position by hooking his arm under the fighter's armpit.



(1) Your opponent controls your attempt to achieve the basic clinch position by hooking his arm under your armpit.



(2) Snake your arm over your opponent's and through his armpit. Step behind his leg. Quickly push upward with your arm, and move your hips forward to position your shoulder in his armpit and gain the position.





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2nd Battalion, 29th Infantry Regiment

Chapter 5

CLINCH FIGHTING—PUMMELING CHANGING SIDES

Sometimes, an opponent will control the fighter's attempt to achieve the basic clinch position by wrapping his arm over the fighter's and moving through the fighter's armpit. This is called a wizzer. To beat the wizzer, one option is to switch sides by pummeling to an Underhook on the far side.



(1) Snake your other hand into his armpit on the far side and change sides.



(2) Shuck your shoulder to gain the position as before.



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Basic Ground-Fighting Techniques

CLINCH 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.



Step in front of the opponent.

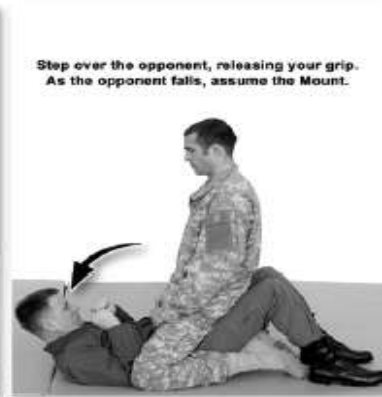


Reach over the opponent's arm.



Pull opponent into you and force him to arch his back.

Grip low on opponent's back.



Step over the opponent, releasing your grip. As the opponent falls, assume the Mount.

(1) From the Modified Seatbelt Clinch, step slightly in front of your opponent so you can drive him off his leg. Ensure that you keep good head control to drive his upper body backward.

(2) Release your grip on your opponent's elbow, and reach over his arm, keeping it trapped under your overhook arm. Secure a Wrestler's Grip low on your opponent's side at the hip near the small of his back.

(3) Pull your opponent into you with your hands, and push your upper body and head to make his back arch.

(4) Step over your opponent and release your 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.



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2nd Battalion, 29th Infantry Regiment

Chapter 3

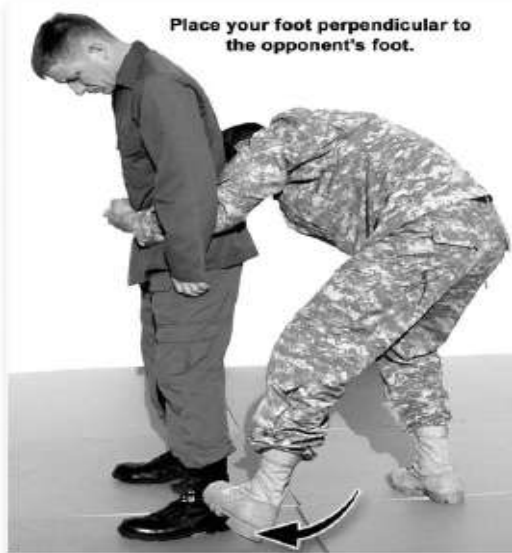
CLINCH FIGHTING—BASIC TAKEDOWNS REAR TAKEDOWN

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

NOTE: Conduct this technique when your head is positioned behind your opponent's arm after you have achieved the clinch.



(1) Step to one side so that you are behind your opponent at an angle. Place one foot on the outside of his foot so that your foot is perpendicular to your opponent's.



(2) Place the instep of your other foot behind your opponent's far-side foot so that he cannot step backward.



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CLINCH FIGHTING—BASIC TAKEDOWNS REAR TAKEDOWN (CONTINUED)



Hang your weight from opponent's waist.

(3) Sit down as close to your other foot as possible, and hang your weight from your opponent's waist.



As your opponent falls, tuck your elbow and release your grip.

(4) The opponent will fall backward over your extended leg. As he does so, tuck your elbow to avoid falling on it, and release your grip.

WARNING
Tuck your elbow to avoid landing on it.



Assume the Mount.

(5) Rotate into the Mount.

TRAINING INSTRUCTIONS

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



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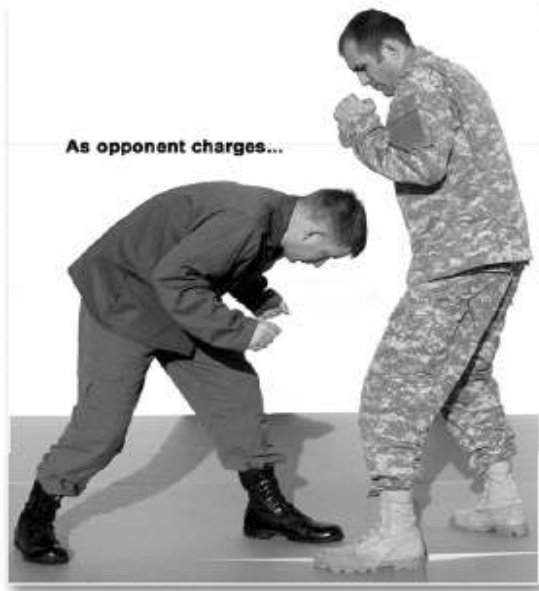


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GROUND GRAPPLING—BASIC FINISHING MOVES

GUILLOTINE CHOKE

Often an opponent will attempt to charge the fighter and will present his neck during the tackle. The Guillotine Choke allows the fighter to present a defense to the takedown.



As opponent charges...



Direct opponent's head underneath one of your arms.



Wrap your arm around opponent's head.

(1) As your opponent charges your legs, direct his head underneath one of your arms, and take a step back.

(2) Wrap your arm around your opponent's head and under his neck.



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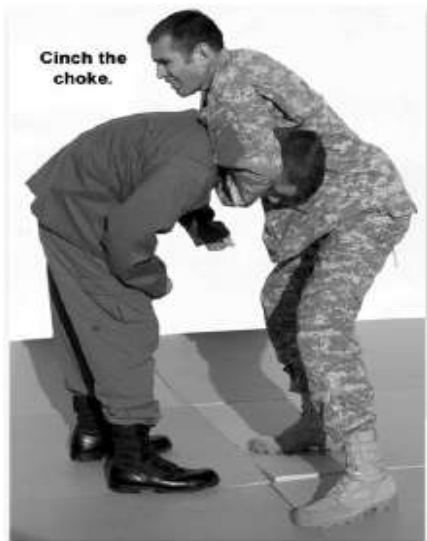


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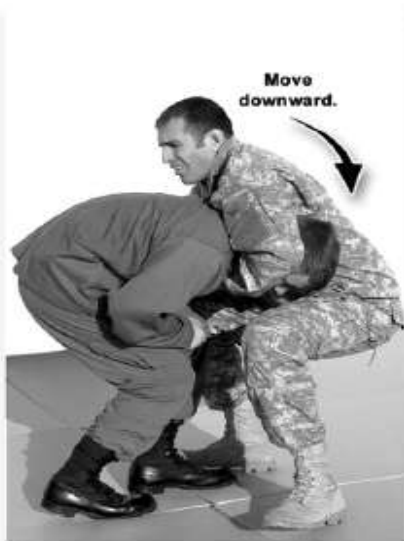
GROUND GRAPPLING—BASIC FINISHING MOVES

GUILLOTINE CHOKE (CONTINUED)



(3) With your other hand, grasp the first hand where a watch would be, ensuring that you have not reached around your opponent's arm. Cinch the choke by bringing your arm further around your opponent's head, improving your grip.

NOTE: Your palm should be facing your own chest.



(4) Sit down.



(5) Place your opponent within your Guard, and finish the choke by pulling with your arms and pushing with your legs.

NOTE: You must lock both legs around your opponent to prevent him from securing a top position. Even with a choke in place, if the opponent can clear your legs and get on top, he will be able to defeat the submission and you will be in a non-dominant position.



Basic Combatives Course (Level I)



2nd Battalion, 29th Infantry Regiment

Advanced Ground-Fighting Techniques

CLINCH FIGHTING—ADVANCED CLINCH POSITIONS INSIDE CONTROL

Inside control is one of the most dominant positions to attack with strikes.

Tuck your elbows in to control the range.



Place one hand on top of the other, both pulling your opponent's neck downward.



Basic Combatives Course (Level I)



2nd Battalion, 29th Infantry Regiment

Advanced Ground-Fighting Techniques

CLINCH FIGHTING—PUMMELING OUTSIDE TO INSIDE WEDGE

The fighter uses Outside to Inside Wedge when his opponent achieves Inside Control and squeezes his elbows together tightly. This move enables the fighter to swim his arms to Inside Control and assume a better position.



(1) Grasp both of your opponent's elbows, and place your hips under them. Straighten his arms by pushing them upward.



(2) Use the space this has created to wedge one hand at a time into the Inside Control position.





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2nd Battalion, 29th Infantry Regiment

CLINCH FIGHTING—ADVANCED CLINCH POSITIONS COUNTER TO INSIDE CONTROL

If the opponent achieves Inside Control, the fighter can defend by putting his arm over his opponent's and extending it. This will allow the fighter to regain his posture and fight for a better position.

Extend one arm over your opponent's arms and across his neck. Keep your opponent away by pressing against his neck.



Reach your other arm under your opponent's arms and across your waist to block knee strikes.



Basic Combatives Course (Level I)



2nd Battalion, 29th Infantry Regiment

Chapter 5

CLINCH FIGHTING—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 his opponent toward him to enhance its effectiveness.



(1) Begin in Inside Control.



(2) Pull opponent toward you, while driving your knee into his body and thrusting forward with your hips.



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2nd Battalion, 29th Infantry Regiment

Advanced Ground-Fighting Techniques

CLINCH FIGHTING—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) Begin in Inside Control.



(2) Pull your opponent's head toward your knee. Drive the top of your knee into his chest or head.



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2nd Battalion, 29th Infantry Regiment

Chapter 5

CLINCH FIGHTING—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) Begin in Inside Control.



(2) Lift your knee at a 90-degree angle from your opponent. Strike his thigh or ribs with the inside of your knee.



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2nd Battalion, 29th Infantry Regiment

Advanced Ground Fighting Techniques

CLINCH FIGHTING—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.



Keep a good posture. Move your hip inside of the strike. Your hip will meet the strike on your opponent's inner thigh. This reduces your opponent's ability to strike.



Basic Combatives Course (Level I)



2nd Battalion, 29th Infantry Regiment

Chapter 5

CLINCH FIGHTING—KNEE STRIKES, DEFENSE PULL TOWARD THE KNEE

The fighter can reduce his opponent's ability to use knee strikes by pulling him toward the knee he is striking. This forces him to put his foot down to maintain his balance.



(1) When your opponent picks up his leg to attempt a knee strike, pull him toward the leg he is attempting to strike with. He will be forced to place it on the ground to avoid falling.



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2nd Battalion, 29th Infantry Regiment

Advanced Ground-Fighting Techniques

CLINCH FIGHTING—KNEE STRIKES, DEFENSE

PULL AWAY FROM THE KNEE

The fighter can reduce his opponent's ability to use knee strikes by pulling him away from the knee he is striking. This forces him to put his foot down to maintain his balance.



(1) If your opponent is leaning away from the leg with which he is attempting to strike you, you may not be able to pull him toward it. However, you may be able to pull him in the other direction (away from the knee) and force him to step backward to avoid falling.



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Advanced Ground-Fighting Techniques

CLINCH FIGHTING—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 his weight over the outside of his foot.



(1) Stop your opponent's attempted knee strike with a Hip Check.



(2) Turn your opponent in a tight circle away from his striking leg, and pull downward.





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2nd Battalion, 29th Infantry Regiment

CLINCH FIGHTING—KNEE STRIKES, DEFENSE

TILT THE HEAD

An opponent must have good posture to strike effectively. To affect his opponent's posture, a fighter can control his opponent's upper body by tilting his head.



(1) Assume the Inside Control position. As your opponent's knee strike comes in, control his ability to strike by tilting his head.



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2nd Battalion, 29th Infantry Regiment

Advanced Ground-Fighting Techniques

CLINCH FIGHTING—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 his opponent away from the strike, steps through, and executes a sweep.



(1) Stop your opponent's attempted knee strike by pulling away from his knee.



(2) Step through the space between you and the opponent.



(3) Execute a sweep with your opposite-side foot.





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CLINCH FIGHTING—KNEE STRIKES, THROWS AND TAKEDOWNS AGAINST KNEE STRIKES PULL TOWARD THE KNEE, INSIDE HOOK

If a fighter defends against a knee strike by pulling his opponent toward the strike, he may be able to attack with an inside trip.



(1) Stop your opponent's attempted knee strike by pulling away from his knee.



(2) Sweep your opponent's posted leg with the back of your calf just as his other leg touches the ground.





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GRAPPLING WITH STRIKES—PASS THE GUARD

STRIKING FROM SIDE CONTROL

Striking From Side Control enables the fighter to improve his position or create an opening for a better attack.



(1) Keeping your head low so that the opponent will not be able to knee you in the head, move the hand that is closest to your opponent's legs into his armpit.



Slide your hand into the opponent's armpit.



Clasp your hands together.

(2) Move your other arm around your opponent's head, and clasp your hands together. Lean your shoulder into his chin to keep it pointed away from you. This will make it more difficult for him to turn his body toward you to regain the Guard.



Raise yourself to your knees and push your knees tightly into the opponent's side under his arms.



(3) Trace your opponent's body with your knee to raise his arm until the arm is pinched between his head and your knee. This clears the way for knee strikes.



Basic Combatives Course (Level I)



2nd Battalion, 29th Infantry Regiment

Chapter 4

GRAPPLING WITH STRIKES—PASS THE GUARD STRIKING FROM SIDE CONTROL (CONTINUED)



(4) Point the toes of your other foot skyward, drive your knee into your opponent's ribs.



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