

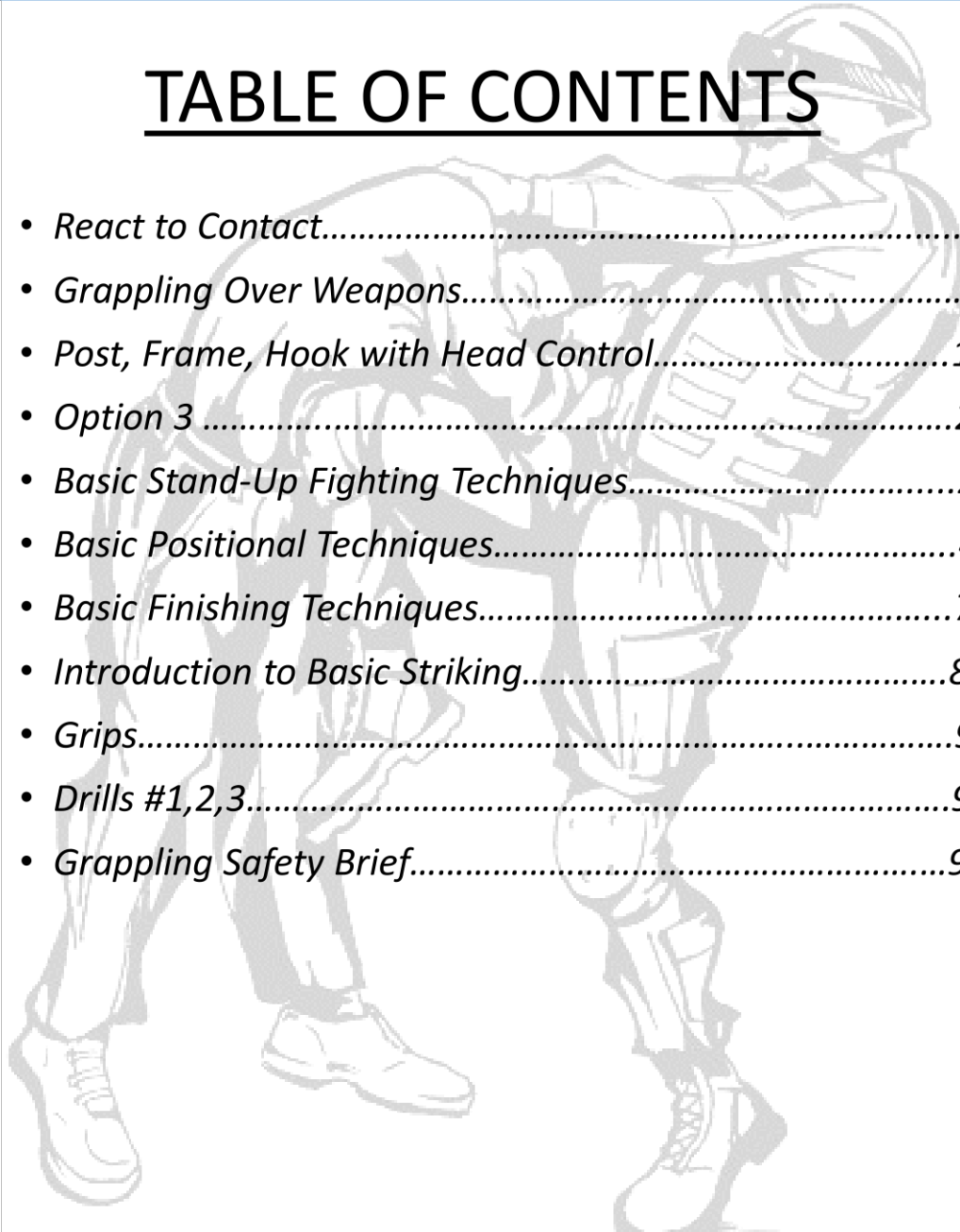


Basic Combatives Course Handbook



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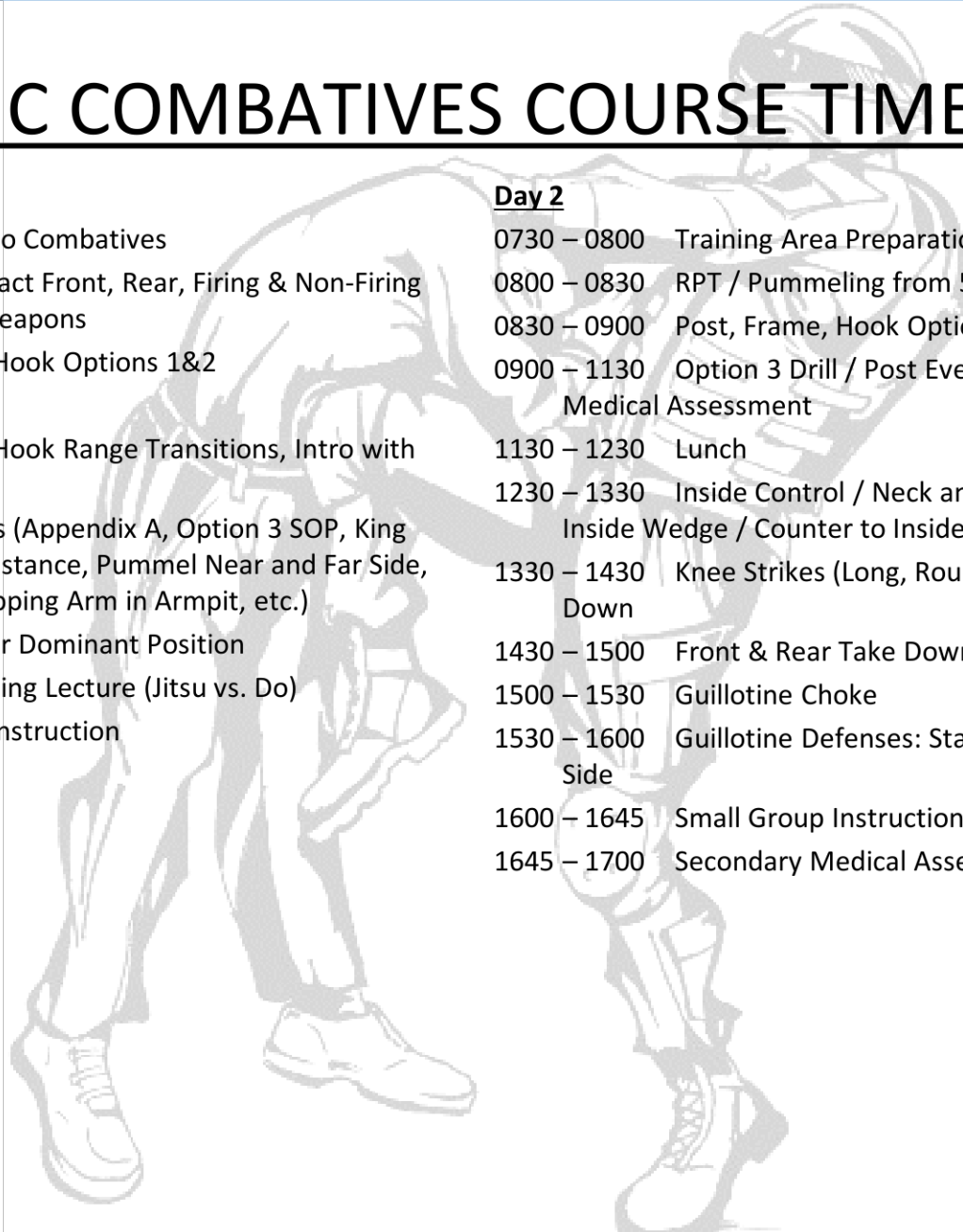
BASIC COMBATIVES COURSE TIMELINE

Day 1

- 0800 – 0900 Introduction to Combatives
- 0900 – 1030 React to Contact Front, Rear, Firing & Non-Firing Side, Grappling over Weapons
- 1030 – 1130 Post, Frame, Hook Options 1&2
- 1130 – 1230 Lunch
- 1230 – 1300 Post, Frame, Hook Range Transitions, Intro with Disruptive Techniques
- 1300 – 1500 Option 3 Class (Appendix A, Option 3 SOP, King Louie Drill, Close the Distance, Pummel Near and Far Side, Pummel Drill, RAL, Trapping Arm in Armpit, etc.)
- 1500 – 1530 Pummeling for Dominant Position
- 1530 – 1600 Realistic Training Lecture (Jitsu vs. Do)
- 1600 – 1700 Small Group Instruction

Day 2

- 0730 – 0800 Training Area Preparation / Accountability
- 0800 – 0830 RPT / Pummeling from 50/50
- 0830 – 0900 Post, Frame, Hook Option 3 Review / “Slap Drill”
- 0900 – 1130 Option 3 Drill / Post Event Head Injury Brief & Medical Assessment
- 1130 – 1230 Lunch
- 1230 – 1330 Inside Control / Neck and Bicep / Outside to Inside Wedge / Counter to Inside Control
- 1330 – 1430 Knee Strikes (Long, Round, Up) / Hip Check, Turn Down
- 1430 – 1500 Front & Rear Take Down
- 1500 – 1530 Guillotine Choke
- 1530 – 1600 Guillotine Defenses: Standing / Step Around the Side
- 1600 – 1645 Small Group Instruction
- 1645 – 1700 Secondary Medical Assessment





BASIC COMBATIVES COURSE TIMELINE

Day 3

0730 – 0800 Training Area Prep / Accountability
 0800 – 0830 RPT / Pummeling from Inside Control
 0830 – 0900 Dominant Body Positions: Rear Mount /
 Mount / Knee Mount / Side Control / Guard
 0900 – 0930 Arm Trap & Roll
 0930 – 1000 Pass the Guard
 1000 – 1030 Achieve the Mount from Side Control
 1030 – 1100 Drill #1
 1100 – 1130 Mount Escape Live Application Exercise
 1130 – 1230 Lunch
 1230 – 1300 Review Drill #1
 1300 – 1330 Arm Push & Roll to Rear Mount
 1330 – 1400 Shrimp Drill (Solo, Partner Standing,
 Partner on Knees)
 1400 – 1430 Escape Rear Mount
 1430 – 1500 Drill #2
 1500 – 1530 Escape the Mount, Shrimp to Guard
 1530 – 1600 Scissor Sweep / Drill #3 (Incomplete)
 1600 – 1700 Grappling for Dominant Body Position

Day 4

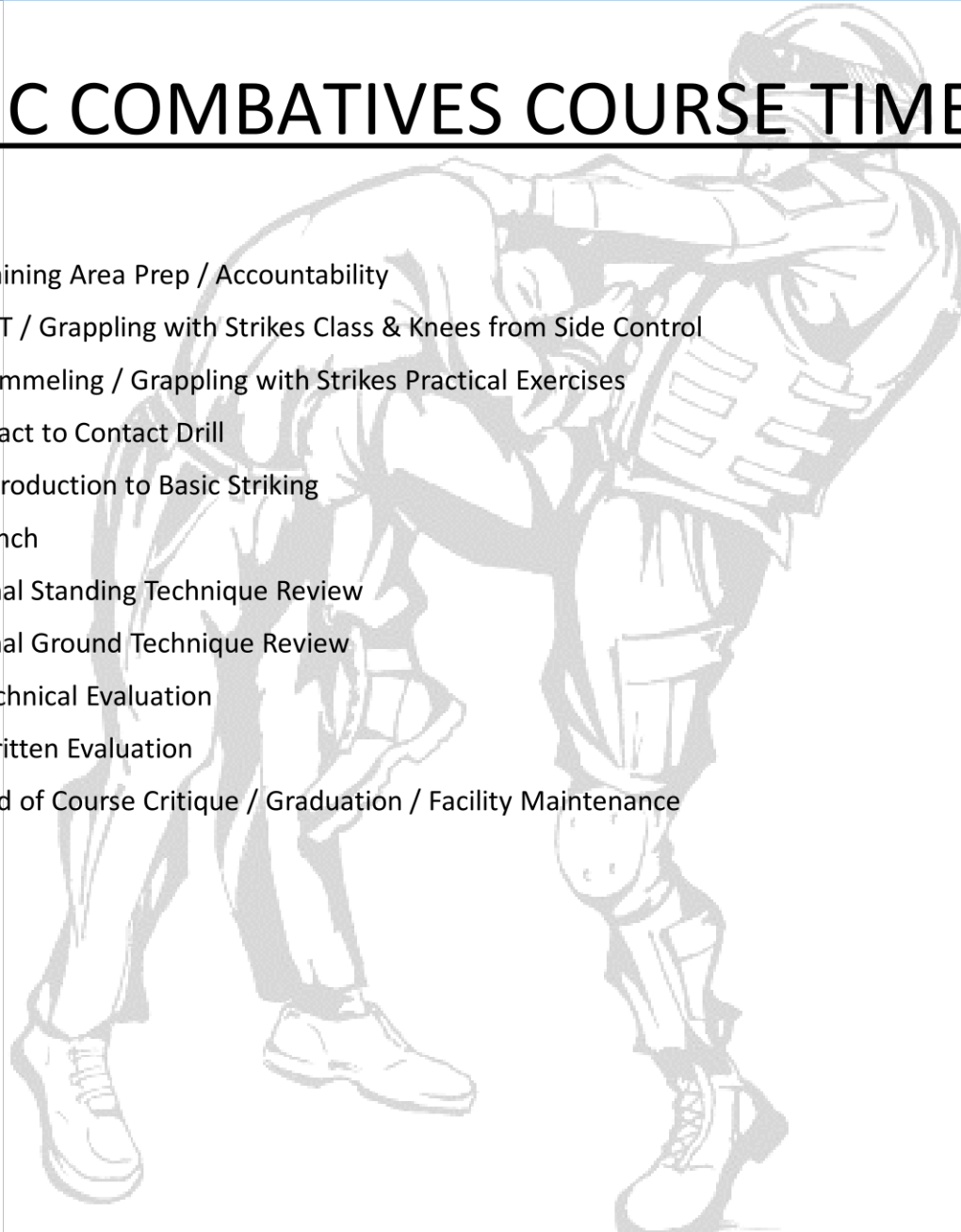
0730 – 0800 Training Area Prep / Accountability
 0800 – 0830 RPT / Drills #1-3
 0830 – 0900 Rear Naked Choke
 0900 – 0930 Cross Collar Choke (Mount & Guard)
 0930 – 1000 Sleeve Choke (Mount & Guard Transition)
 1000 – 1030 Bent Arm Bar (Mount & Side Control)
 1030 – 1100 Straight Arm Bar from the Mount
 1100 – 1130 Straight Arm Bar from the Guard
 1130 – 1230 Lunch
 1230 – 1300 Sweep from Attempted Straight Arm Bar
 1300 – 1330 Drill #3 (Complete)
 1330 – 1400 Modified Scissor Sweep / Quick Roll
 (*Non-Testable)
 1400 – 1500 Grappling for Submission
 1500 – 1530 Review Grappling Over Weapons
 1530 – 1600 Review Clinch Work
 1600 – 1700 Small Group Instruction



BASIC COMBATIVES COURSE TIMELINE

Day 5

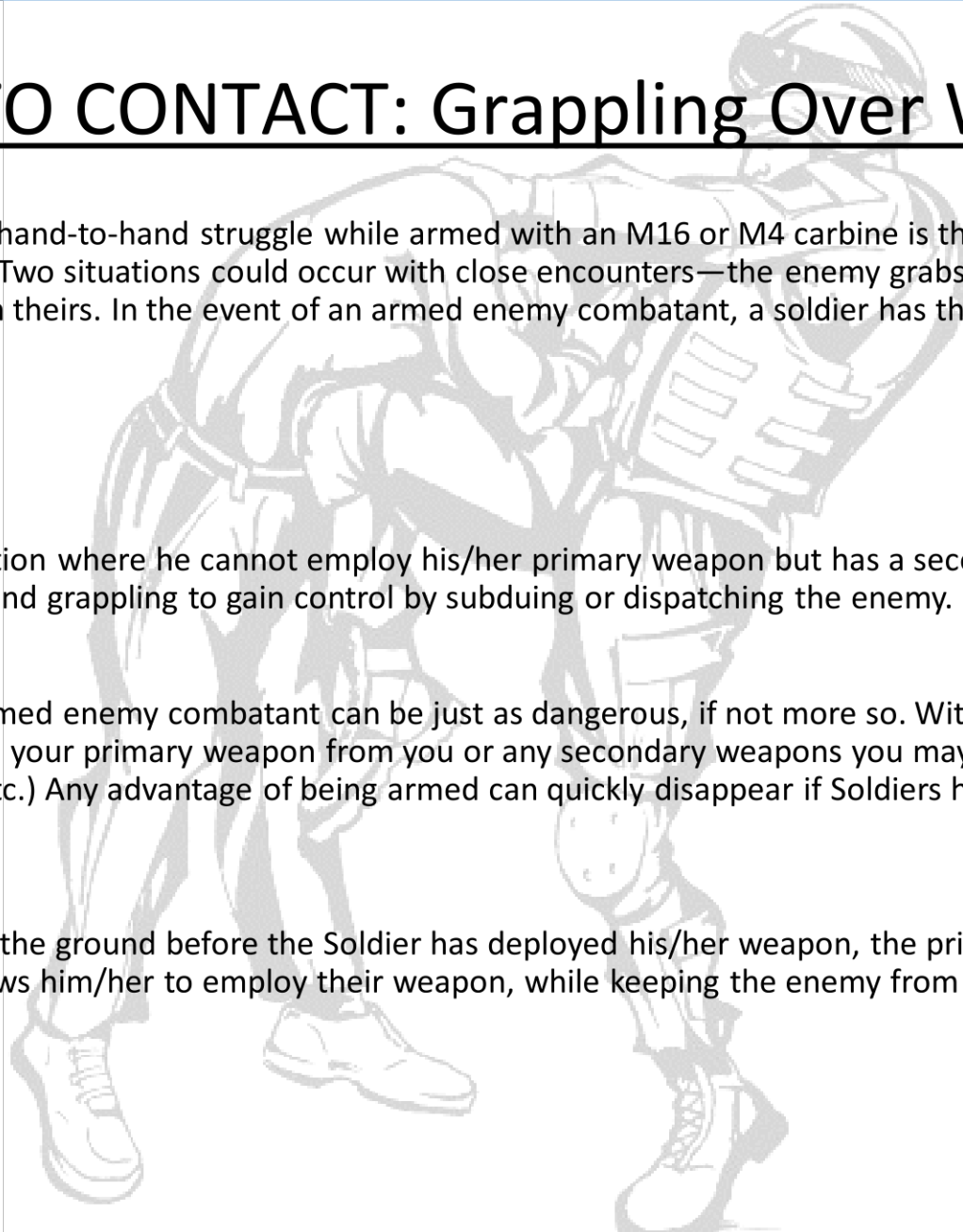
| | |
|-------------|--|
| 0730 – 0800 | Training Area Prep / Accountability |
| 0800 – 0830 | RPT / Grappling with Strikes Class & Knees from Side Control |
| 0830 – 0900 | Pummeling / Grappling with Strikes Practical Exercises |
| 0900 – 1030 | React to Contact Drill |
| 1030 – 1130 | Introduction to Basic Striking |
| 1130 – 1230 | Lunch |
| 1230 – 1300 | Final Standing Technique Review |
| 1300 – 1330 | Final Ground Technique Review |
| 1330 – 1530 | Technical Evaluation |
| 1530 – 1600 | Written Evaluation |
| 1600 – 1700 | End of Course Critique / Graduation / Facility Maintenance |





REACT TO CONTACT: Grappling Over Weapons

- Becoming engaged in a hand-to-hand struggle while armed with an M16 or M4 carbine is the most likely situation Soldiers will encounter. Two situations could occur with close encounters—the enemy grabs your weapon or you block and separate them from theirs. In the event of an armed enemy combatant, a soldier has the following options:
 - *Muzzle strike*
 - *Tug of war*
 - *Rush the opponent*
- If a Soldier faces a situation where he cannot employ his/her primary weapon but has a secondary weapon, s/he can choose standing or ground grappling to gain control by subduing or dispatching the enemy.
- Struggling with an unarmed enemy combatant can be just as dangerous, if not more so. With both hands free, the enemy may try and take your primary weapon from you or any secondary weapons you may be carrying (i.e., sidearm, knife, hand grenades, etc.) Any advantage of being armed can quickly disappear if Soldiers have not practiced grappling over weapons.
- If the fight should go to the ground before the Soldier has deployed his/her weapon, the primary concern must be to gain a position that allows him/her to employ their weapon, while keeping the enemy from employing his/her weapon.





REACT TO CONTACT: Muzzle Strike

MUZZLE STRIKE

A fighter may use a muzzle strike to maintain distance between himself and his opponent or to subdue his opponent.



Use the muzzle of your weapon to jab an opponent's stomach, throat, face, or groin to stop or drop an opponent.

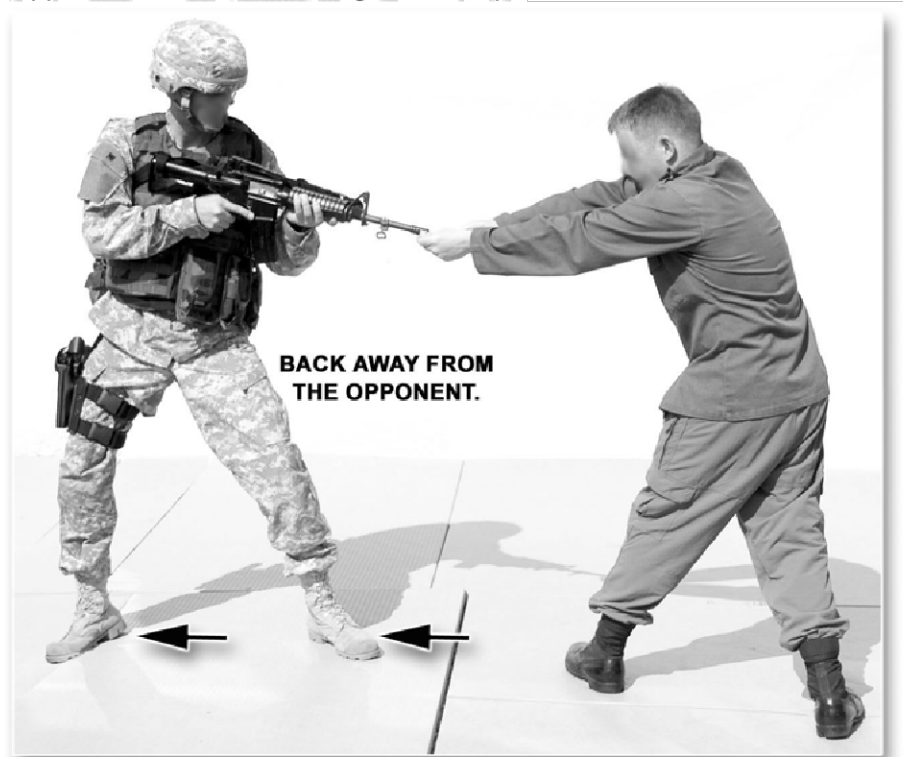
Note. If the opponent is armed with a rifle, you may have to misdirect or block his weapon, and then jab with the muzzle of your weapon.



REACT TO CONTACT: Tug of War

TUG OF WAR

This technique is usually performed when an opponent tries to take the fighter's weapon.



When your opponent grabs your weapon, pull back with your weapon and shift back with your weight. When the muzzle of your weapon is pointing toward your opponent, fire your weapon.



REACT TO CONTACT: Palm Strike

FIGHTING WITH RIFLE PALM STRIKE



Enemy grabs weapon, Soldier utilizes open hand palm strike (not closed fist) to drive opponent off of weapon, or to a position with which opponent can be engaged with primary weapon.



REACT TO CONTACT: Elbow Strike

FIGHTING WITH RIFLE CLEAR PRIMARY WEAPON ELBOW STRIKE



- 1) Achieve a dominant position such as the frame, bring elbow up.
- 2) 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.
- 3) 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.



REACT TO CONTACT: Front Kick

FIGHTING WITH RIFLE CLEAR PRIMARY WEAPON FRONT KICK



- 1) Enemy grabs weapon, Soldier utilizes front kick to drive opponent off of weapon.
- 2) Using either foot Soldier kicks into the upper thigh /hip area of opponent with foot turned out, driving opponent backwards, Soldier may keep kicking driving opponent off of weapon or until opponent is in a position to be engaged by primary weapon.



REACT TO CONTACT: Head Butt

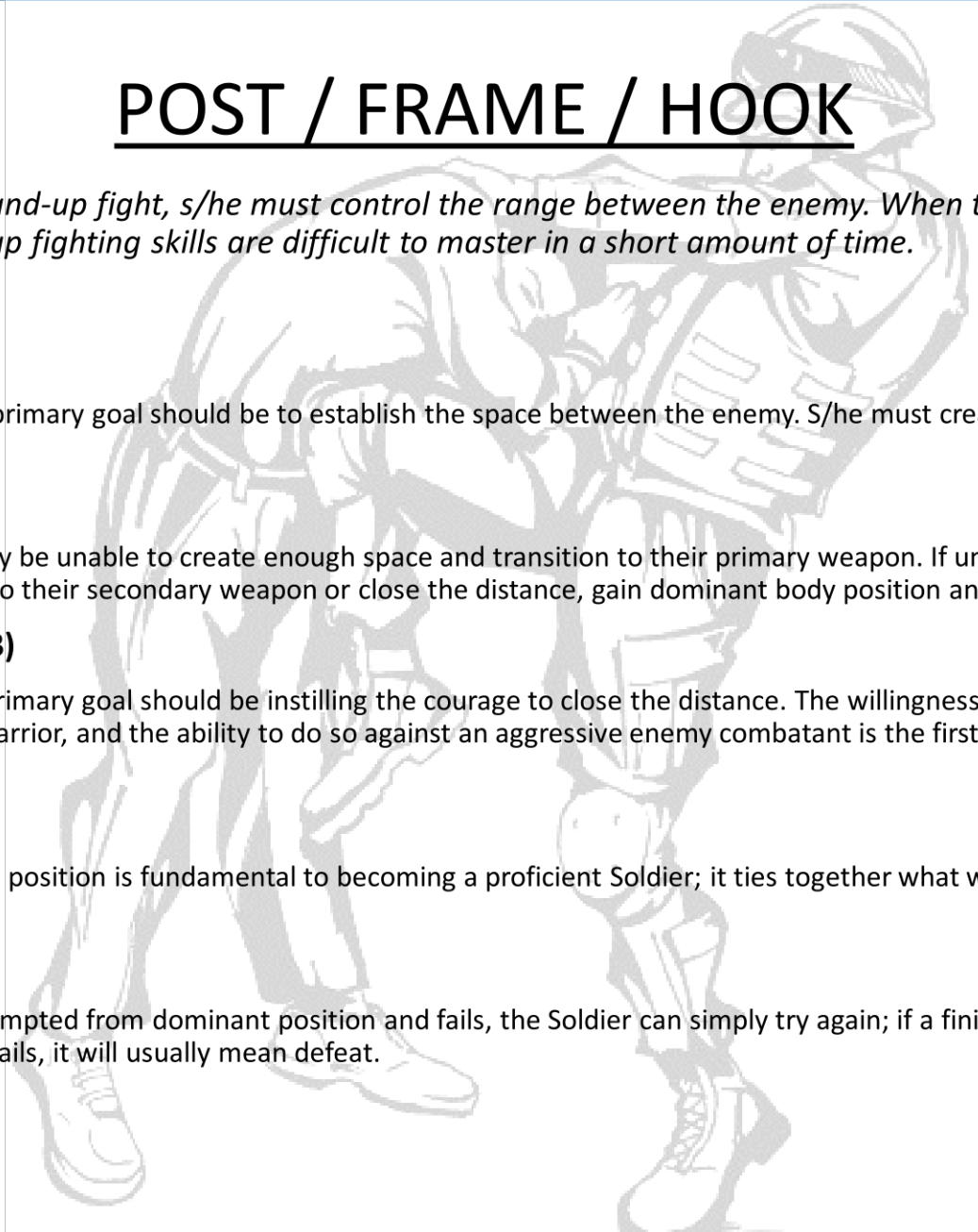
FIGHTING WITH RIFLE CLEAR PRIMARY WEAPON HEAD BUTT



- 1) If the Soldier cannot use tug of war for any reason, the Soldier can clear the enemy from the primary weapon with a head butt.
- 2) Push the muzzle of the weapon down, thereby committing the enemies' hands to the rifle and leaving the head exposed.
- 3) Soldier will strike the enemy in the head with the ACH repeatedly until the enemy breaks his grasp.



POST / FRAME / HOOK



For a Soldier to control a stand-up fight, s/he must control the range between the enemy. When training Soldiers, leaders must recognize that stand-up fighting skills are difficult to master in a short amount of time.

CREATE SPACE (OPTION 1)

- When in combat, a Soldier's primary goal should be to establish the space between the enemy. S/he must create enough space to transition to his/her primary weapon.

MAINTAIN SPACE (OPTION 2)

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

CLOSE THE DISTANCE (OPTION 3)

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

GAIN DOMINANT POSITION

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

FINISH THE FIGHT

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



POST / FRAME / HOOK

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

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.



POST / FRAME / HOOK

POST

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

To perform this technique—



- 1) Place your palm on your enemy's chest, with your fingers extended. Slightly bend your elbow, and position your weapon securely away from your enemy.
- 2) Tuck your chin. With your posted arm, slightly raise your shoulder to cover your cheek bone.
- 3) Blade your hips slightly from your enemy so that you are able to maintain distance between your primary weapon and the enemy, which will facilitate positive control of your weapon.
- 4) Spread your feet slightly wider than shoulder-width apart. Take a step back with your dominant foot, and align the heel of your lead foot and the toe of your trail foot. Point your lead foot at the enemy and your trail foot away from the enemy at a 45-degree angle.
- 5) Perform Option 1, 2, or 3.



POST / FRAME / HOOK

FRAME

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

To perform this technique—



- 1) Position the blade of your forearm across your enemy's chest, with your elbow forming an angle slightly larger than 90 degrees. Place the palm of your hand in your enemy's neck area/uppermost portion of the shoulder, and secure your enemy using the thumbless grip.
- 1) *Variant:* Place your same-side hand around your enemy's head so that you are cupping the back of his head at the "knowledge knot" with your palm. Extend and join your fingers. Face your enemy in a half inside control.
- 2) Tuck your chin into your shoulder.
- 3) Place your firing arm at your side, securing your primary weapon.
- 4) Brace yourself by positioning your hips in an athletic stance, and protect your secondary weapon by turning your hips slightly.



POST / FRAME / HOOK

HOOK AND HEAD CONTROL

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

To perform this technique—



- 1) Place your nonfiring arm underneath your enemy's same-side arm, while securing his same-side shoulder with a thumbless grip and rolling your elbow slightly downward.
- 2) Tuck your head into your enemy's chin, and apply pressure by pushing it away.
- 3) Move your legs to the side and perpendicular to your enemy's near-side leg.



POST / FRAME / HOOK

OPTION 1: CREATE SPACE ENGAGE WITH PRIMARY WEAPON

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



Create Space Post

To create space, generate force with your trail foot, and use your posted arm to push your enemy away. If your enemy is bigger and stronger than you, push yourself backward to engage with your primary weapon.

Create Space Frame

To create space, generate force with your trail foot, and use your framed arm to push your enemy away. If your enemy is bigger and stronger than you, push yourself backward to engage with your primary weapon.

Create Space Hook and Head Control

To create space, use disruptive techniques in order to create space for your hands. Place both your hands into the armpits with thumb grips. Generate force with your trail foot, while pushing your enemy away. If your enemy is bigger and stronger than you, push yourself backward to engage with your primary weapon.



POST / FRAME / HOOK

OPTION 2: MAINTAIN SPACE AND EMPLOY SECONDARY WEAPON



Maintain Space Post

Engage your forearm, upper arm, and shoulder muscle to uphold the range and employ secondary weapons (i.e., anything that can be used to control or subdue your enemy), or use objects in your environment, such as a wall or a vehicle, to hold your enemy in that position

Maintain Space Frame

Engage your forearm, upper arm, and shoulder muscle to uphold the range and employ secondary weapons (i.e., anything that can be used to control or subdue your enemy).

Maintain Space Hook and Head Control

Secure your enemy's shoulder, and roll your elbow forward, while placing your head in his jaw line to create pressure. Use objects in your environment, such as a vehicle or a building, to hold your enemy in that position. *For clinch positions refer to basic clinch positions.*



POST / FRAME / HOOK

OPTION 3: ACHIEVE THE CLINCH

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



Achieve the Clinch Post

Close the distance, keeping your hands up and covering your face, and establish a dominant position (Double Underhooks [high or low], Modified Seatbelt, Rear Clinch, or Wall Clinch).

Achieve the Clinch Frame

Close the distance, keeping your hands up and covering your face, and establish a dominant position (Double Underhooks [high or low], Modified Seatbelt, Rear Clinch, or Wall Clinch).)

Achieve Hook and Head Control

To achieve a clinch from Hook and Head Control, step into your enemy to pummel for Double Underhooks or Modified Seatbelt Clinch. If you step too far, you can go for the Rear Clinch. Buildings or other objects in your environment can enable you to utilize the Wall Clinch. *For clinch positions refer to basic clinch positions*



OPTION 3

CLINCHFIGHTING—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.

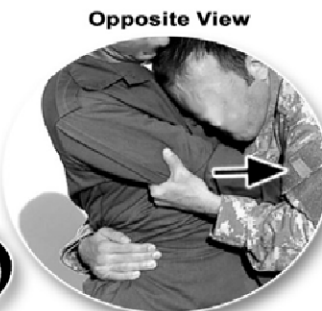
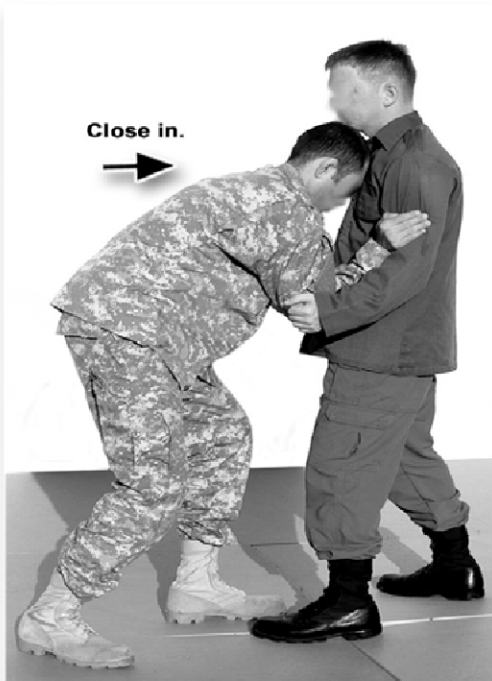


OPTION 3

CLINCHFIGHTING—ACHIEVE THE CLINCH

MODIFIED SEATBELT CLINCH

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



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

1) After closing the distance with your opponent, raise one of his arms. Move yourself perpendicular to your opponent.

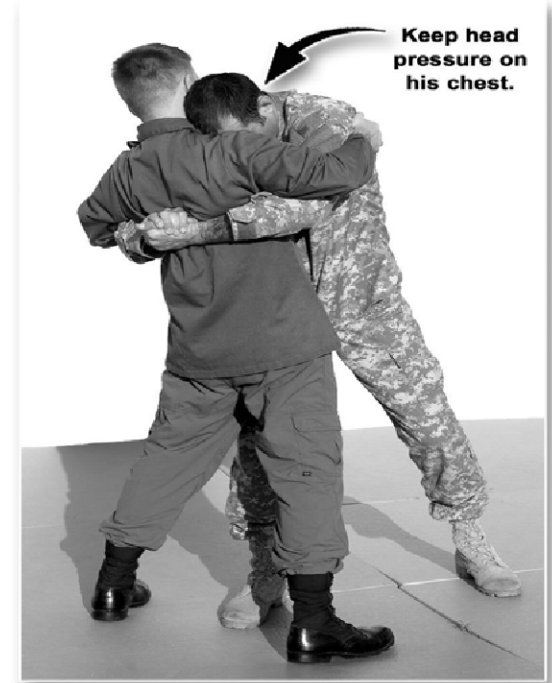
2) Reach around your opponent's waist to grab his opposite-side hip. With your other arm, pull his arm into your chest, controlling his arm at the triceps, drive your head into your opponents chin in order to control his posture.

OPTION 3

CLINCHFIGHTING—ACHIEVE THE CLINCH

DOUBLE UNDERHOOKS

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



1) Drive your overhead hand (with a knife edge) under your opponent's underhook arm.

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



OPTION 3

CLINCHFIGHTING—ADVANCED CLINCH POSITIONS

DOUBLE UNDERHOOKS

Double underhook is also known as the body lock. This position allows the fighter to control his opponent's whole upper body.

HIGH

LOW

Clasp your hands together using a wrestlers grip. Your arms are locked together high behind your opponent's back to control his shoulders driving your elbows upward to control their posture.

Your arms are locked together with a wrestlers grip around the small of your opponent's back drive your head into your opponent breaking their posture.



Lock your arms underneath your opponent's arms and behind his back.

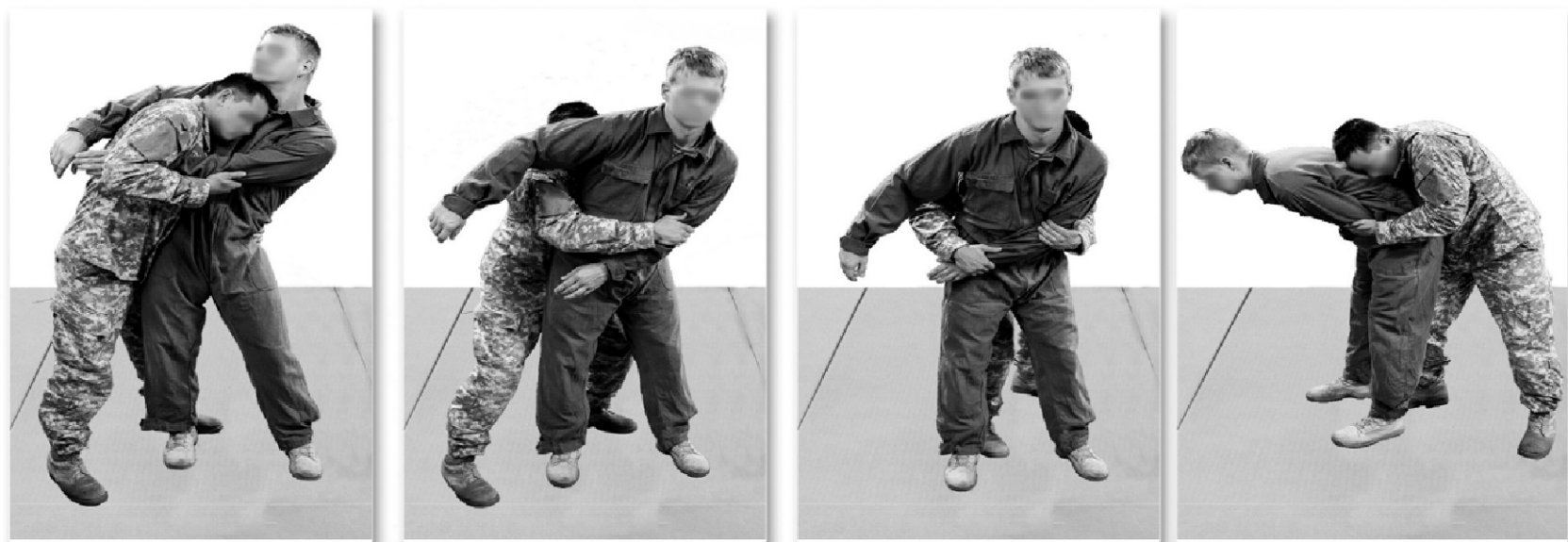


OPTION 3

CLINCHFIGHTING—ACHIEVE THE CLINCH

REAR CLINCH

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



From failed modified seatbelt.

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

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



OPTION 3

CLINCHFIGHTING—ADVANCED CLINCH POSITIONS

50/50

The 50/50 position is a neutral position that allows both fighters the same opportunity to establish control.

Place one arm in your opponent's armpit.



Grasp your opponent's shoulder with a thumbless grip and his elbow with a thumb grip, pulling his arm into your armpit. Ensure your lead foot is the same side foot as the under hook.



OPTION 3

CLINCHFIGHTING-PUMMELING

50/50 PUMMELING

One of the fundamental techniques of clinch fighting is pummeling for underhooks. Basic pummeling enables the fighter to gain control of 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 double underhooks 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.

OPTION 3

CLINCHFIGHTING—PUMMELING

OVERHOOK COUNTER

Sometimes, an opponent will control the fighter's attempt to achieve the clinch by clamping down on the underhook arm with an overhook. This is also known as a wizzer. To beat the wizzer, one option is to switch sides by pummeling to an underhook on the far side.

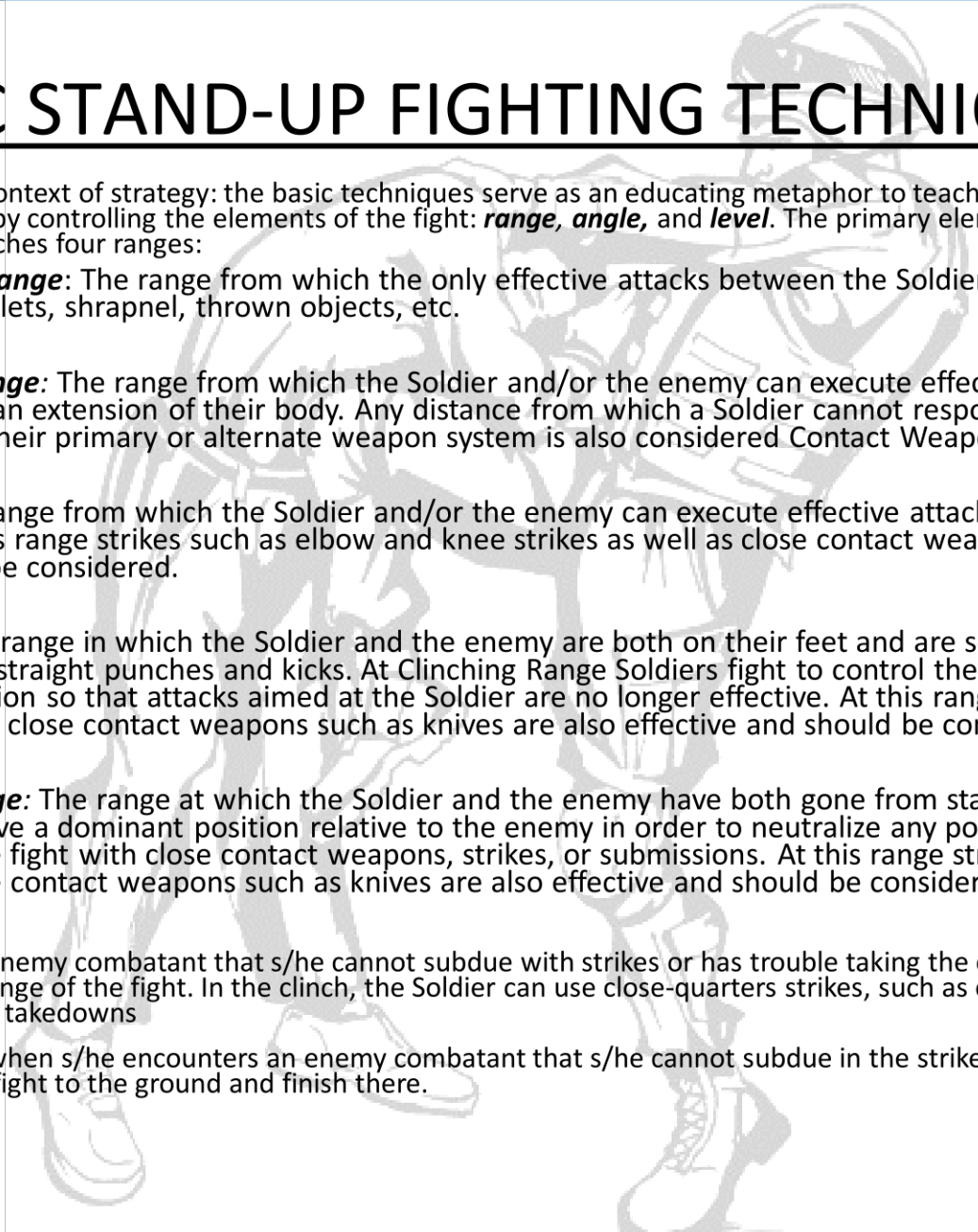


1) Snake your other hand into his armpit on the far side and change sides.

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



BASIC STAND-UP FIGHTING TECHNIQUES



- Combatives is taught in the context of strategy: the basic techniques serve as an educating metaphor to teach the **basic fight** strategy. Soldiers learn to defeat an opponent by controlling the elements of the fight: **range, angle, and level**. The primary element of a confrontation is range. The Combatives Program teaches four ranges:
 - **Projectile Weapons Range:** The range from which the only effective attacks between the Soldier and the enemy are projectiles such as bullets, shrapnel, thrown objects, etc.
 - **Contact Weapons Range:** The range from which the Soldier and/or the enemy can execute effective attacks while using anything that acts as an extension of their body. Any distance from which a Soldier cannot respond to and engage a threat quickly enough with their primary or alternate weapon system is also considered Contact Weapons Range.
 - **Striking Range:** The range from which the Soldier and/or the enemy can execute effective attacks with natural weapons such as fists or kicks. At this range strikes such as elbow and knee strikes as well as close contact weapons such as knives are also effective and should be considered.
 - **Clinching Range:** The range in which the Soldier and the enemy are both on their feet and are so close that neither of them can execute effective straight punches and kicks. At Clinching Range Soldiers fight to control the enemy's posture in order to gain a dominant position so that attacks aimed at the Soldier are no longer effective. At this range strikes such as elbow and knee strikes as well as close contact weapons such as knives are also effective and should be considered.
 - **Ground Fighting Range:** The range at which the Soldier and the enemy have both gone from standing to the ground. The Soldier fights to achieve a dominant position relative to the enemy in order to neutralize any potential threats posed by the enemy or to finish the fight with close contact weapons, strikes, or submissions. At this range strikes such as elbow and knee strikes as well as close contact weapons such as knives are also effective and should be considered.
- If the Soldier encounters an enemy combatant that s/he cannot subdue with strikes or has trouble taking the enemy to the ground, s/he can use the clinch—the middle range of the fight. In the clinch, the Soldier can use close-quarters strikes, such as elbows, knees, and head butts, to finish the fight or to set up takedowns
- The Soldier uses takedowns when s/he encounters an enemy combatant that s/he cannot subdue in the strike or clinch ranges. Takedowns allow the Soldier to take the fight to the ground and finish there.



BASIC STAND-UP 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 head downward.



BASIC STAND-UP FIGHTING TECHNIQUES

CLINCH FIGHTING—ADVANCED CLINCH POSITIONS

NECK AND BICEPS

The neck and biceps position is a neutral position that happens frequently. This position enables the fighter to initiate knee strikes.

Use your elbows to control punches.

Note. Keep your hand over the crook of your opponent's elbow to defend against elbow strikes.



Cup the back of your opponent's neck with one hand for control.

Place the other hand on top of your opponent's biceps.



BASIC STAND-UP FIGHTING TECHNIQUES

CLINCHFIGHTING—PUMMELING

OUTSIDE TO INSIDE WEDGE

The fighter uses outside to inside wedge when his opponent achieves inside control and is preparing to break down the fighter's posture. The fighter may use this technique to gain inside control on his opponent.



Posture up and blade your body. Use the space this has created to wedge one hand at a time into the inside control position.



BASIC STAND-UP FIGHTING TECHNIQUES

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. Break your opponent's grip by straightening your arm, angling your body, and turn your shoulder's to pressure your opponent's hands off your head.

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

BASIC STAND-UP FIGHTING TECHNIQUES

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



BASIC STAND-UP 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.



BASIC STAND-UP FIGHTING TECHNIQUES

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.



BASIC STAND-UP FIGHTING TECHNIQUES

CLINCHFIGHTING—KNEE STRIKES, DEFENSE

HIP CHECK

In the clinch, a fighter's opponent can throw knee strikes. A fighter can defend these strikes using a hip check. This move is the best defense against the round knee.



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 STAND-UP FIGHTING TECHNIQUES

CLINCHFIGHTING—KNEE STRIKES, THROWS AND TAKEDOWNS AGAINST KNEE STRIKES

HIP CHECK, TURN DOWN

When used as a defense, the hip check is effective in taking the opponent off-balance by transitioning all of his weight over the outside of his foot.



1) Stop your opponent's attempted knee strike with a hip check.

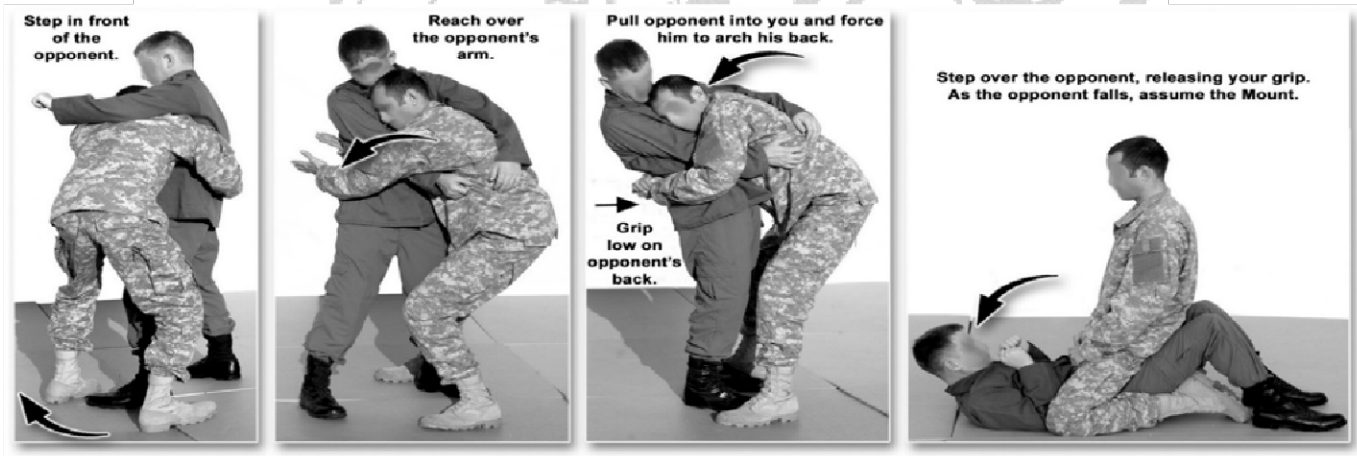
2) Turn your opponent in a tight circle away from his striking leg, and pull downward.

BASIC STAND-UP FIGHTING TECHNIQUES

CLINCHFIGHTING—BASIC TAKEDOWNS

FRONT TAKEDOWN

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



- 1) From the modified seatbelt clinch, 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 armpit. 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.



BASIC STAND-UP FIGHTING TECHNIQUES

CLINCHFIGHTING—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 the same side that is controlling the wrist 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.



BASIC STAND-UP FIGHTING TECHNIQUES

CLINCH FIGHTING—BASIC TAKEDOWNS

REAR TAKEDOWN (continued)



- 1) Sit down as close to your other foot as possible, and hang your weight from your opponent's waist.
- 2) The opponent will fall backward over your extended leg. As he does, tuck your elbow to avoid falling on it, and release your grip.
- 3) 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 injuries.



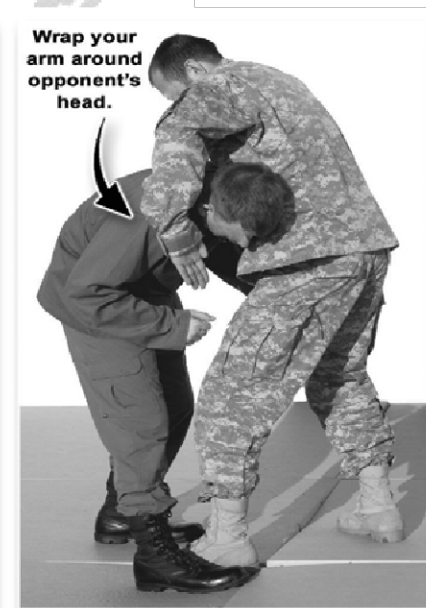
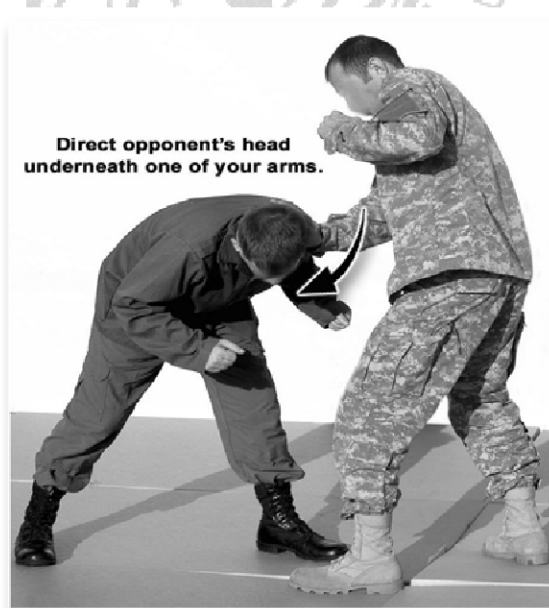
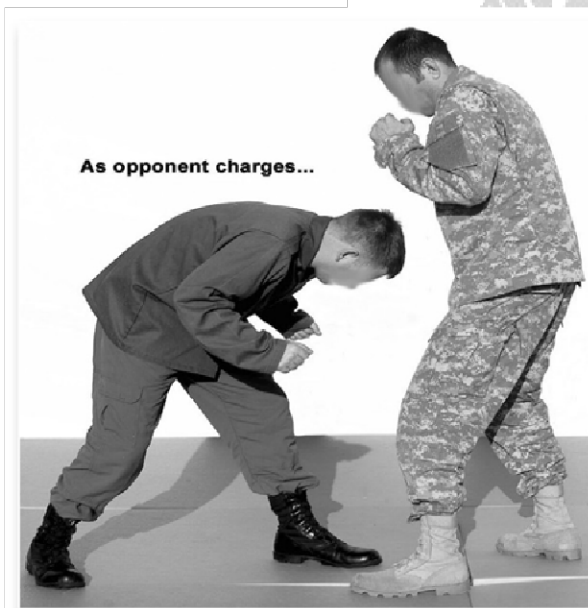
BASIC STAND-UP FIGHTING TECHNIQUES

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.

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



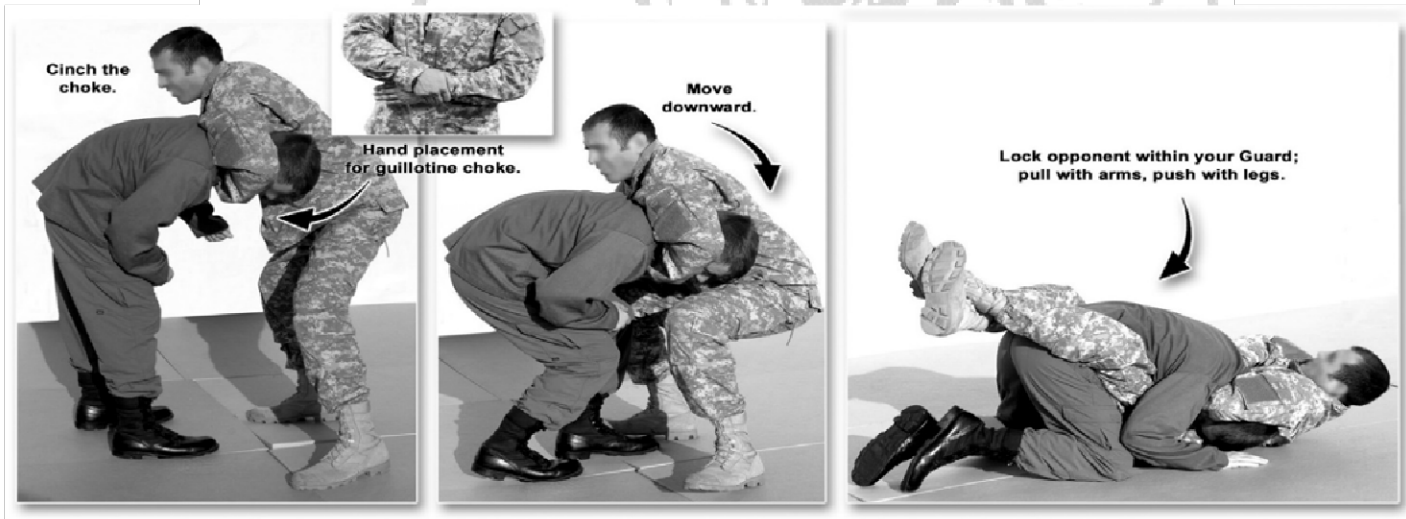
- 1) As your opponent charges your legs, direct his head underneath one of your arms, and take a step back.
- 2) Wrap your arm around your opponent's head and under his neck.



BASIC STAND-UP FIGHTING TECHNIQUES

GROUND GRAPPLING—BASIC FINISHING MOVES

GUILLOTINE CHOKE (continued)



5) 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.

6) Sit down.

1) Place your opponent within your guard, and simultaneously pulling with your arms, pushing with your legs, and doing a side crunch to the side of the head in order to finish the choke. .

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 STAND-UP FIGHTING TECHNIQUES

REGAINING THE INITIATIVE—DEFENSE AGAINST CHOKES

DEFENDING AGAINST THE STANDING GUILLOTINE

While standing, the fighter may find himself in a front head lock position. If he fails to defend this, the opponent may finish the fight here. This technique will allow the fighter to escape any submissions as well as gain dominant body position.



1) Reach over your opponent's opposite shoulder with your arm. Place your opposite hand on your opponent's knee. Relax, and hang as dead weight. If your opponent is taller than you, place your knees on their thigh to support you.

2) As your opponent tries to pick you up to choke you, move to the opposite side of the choke. Break their base by bumping the back of their knee with your knee.

BASIC STAND-UP FIGHTING TECHNIQUES

REGAINING THE INITIATIVE—DEFENSE AGAINST CHOKES

DEFENDING AGAINST THE STANDING GUILLOTINE (continued)



Take the opponent down.



Enlarged View

Grasp the opponent's shoulder.



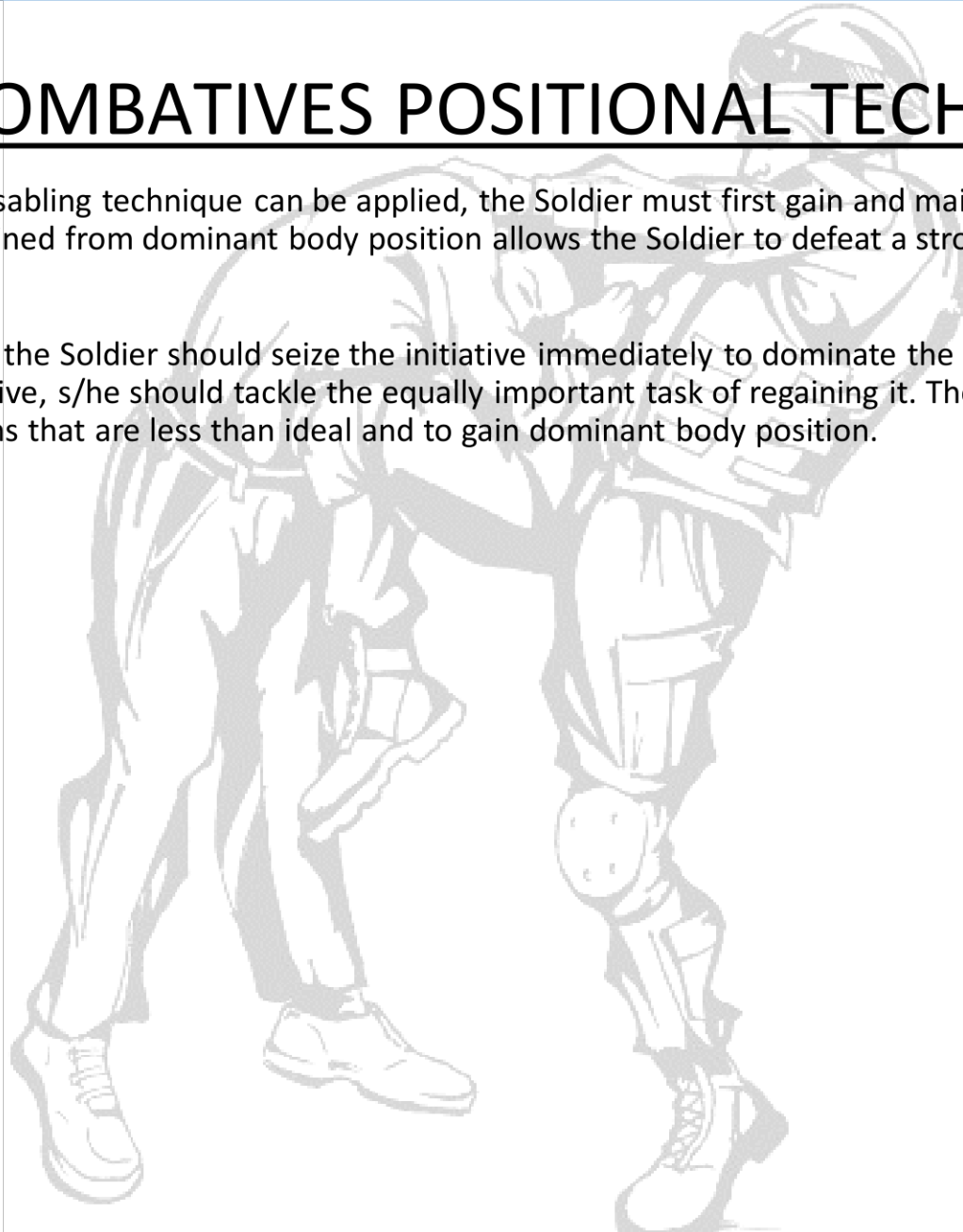
1) Take your opponent to the ground. Ensure that you are in side control as you set them down.

2) With the hand that is closest to your opponent's head, grasp their far-side shoulder. Drive the bony part of your forearm under their chin until you can pull your head free.



BASIC COMBATIVES POSITIONAL TECHNIQUES

- Before any finishing or disabling technique can be applied, the Soldier must first gain and maintain dominant body position. The leverage gained from dominant body position allows the Soldier to defeat a stronger enemy combatant.
- When in a confrontation, the Soldier should seize the initiative immediately to dominate the fight. When the Soldier is unable to seize the initiative, s/he should tackle the equally important task of regaining it. These techniques allow the Soldier to escape positions that are less than ideal and to gain dominant body position.

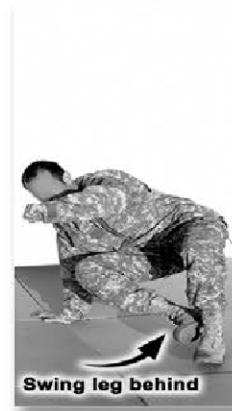


BASIC COMBATIVES POSITIONAL TECHNIQUES

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. Post your 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. 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.



BASIC COMBATIVES POSITIONAL TECHNIQUES

GROUND GRAPPLING—DOMINANT BODY POSITIONS

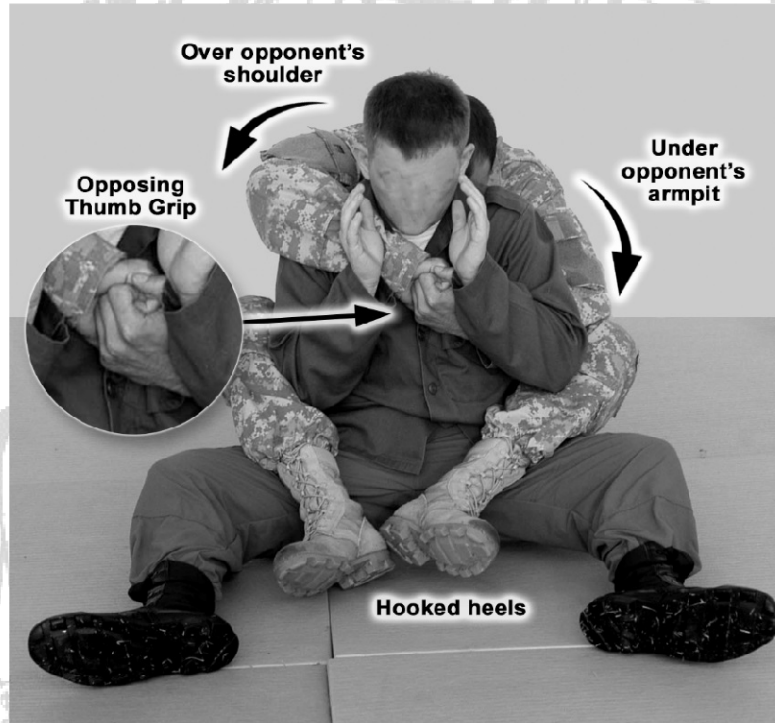
REAR MOUNT

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

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

Clasp your hands in an opposing thumb grip.

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



Note. Keep your head tucked to avoid head butts.

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



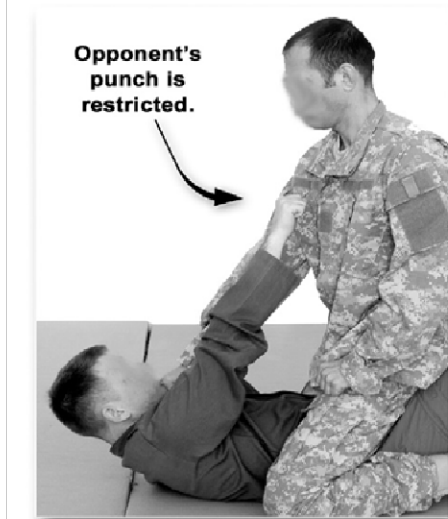
BASIC COMBATIVES POSITIONAL TECHNIQUES

GROUND GRAPPLING—DOMINANT BODY POSITIONS

MOUNT

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

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



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.



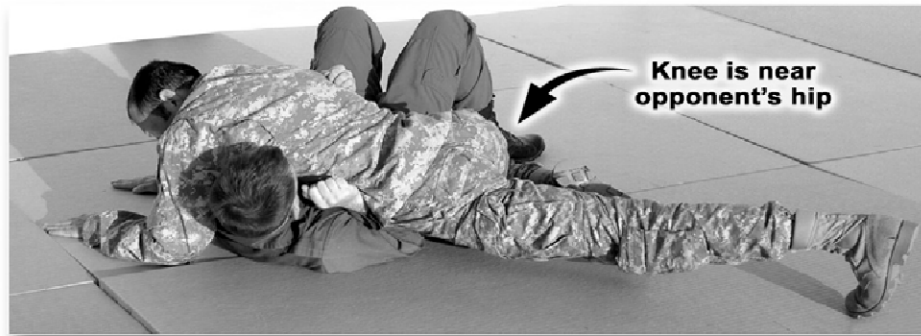
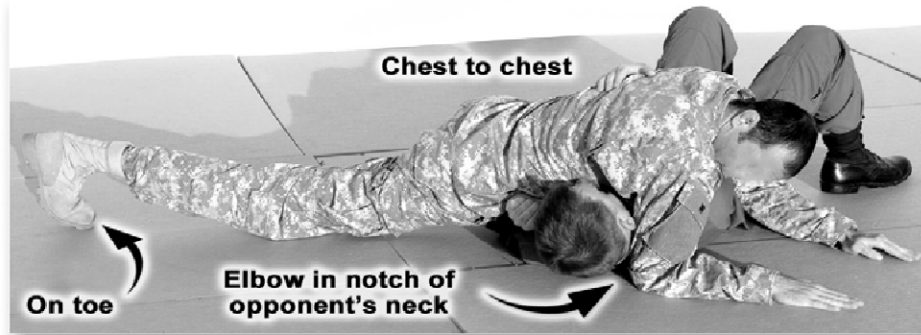
BASIC COMBATIVES POSITIONAL TECHNIQUES

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



Keep your head turned away to avoid knee strikes.

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

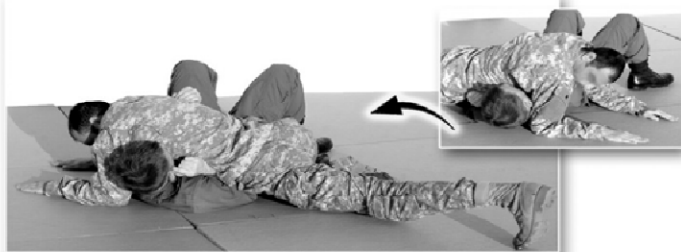


BASIC COMBATIVES POSITIONAL TECHNIQUES

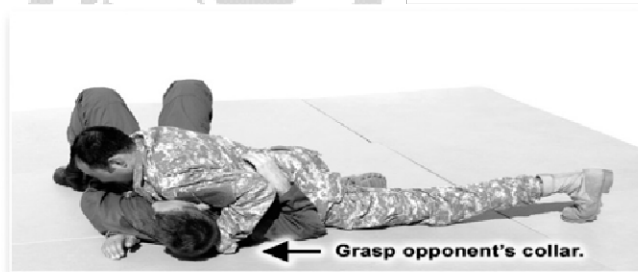
INTERMEDIATE BODY POSITIONING MOVES—KNEE MOUNT

KNEE MOUNT FROM SIDE CONTROL

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



1) Achieve side control.



2) With the hand closest to your opponent's head, grasp his collar on either side



3) With your other hand, grasp your opponent's belt or uniform over his hip.



4) Push up with both hands. With one swift movement, post your head-side leg beyond the opponent's reach, and drive your other shin across his torso.

Note. Hook your foot inside of his hip so that there is no space for him to reach in between. Keep your hips set forward to maintain balance.



BASIC COMBATIVES POSITIONAL 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 hips maintaining a good upright defensive posture.

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 POSITIONAL TECHNIQUES

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 a better position has been achieved.

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.



Thumbless Grip around opponent's wrist

Elbows in and on the ground



Align opposite-side knee with center of opponent's spine.

Raise knees up by sliding feet back.

Foot on the same side as the trapped arm is planted outside opponent's foot.

- 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.

- 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. 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.

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



BASIC COMBATIVES POSITIONAL TECHNIQUES

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

TRAINING INSTRUCTIONS

WARNING

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



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



2) Roll your opponent over, to the side that is trapped.



3) Secure good posture in the guard, control your opponent's hips.

BASIC COMBATIVES POSITIONAL TECHNIQUES

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



Keep head tucked downward to expose only top of helmet.



Thumbless Grip



Post one foot



- 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.
- 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 strikes.
- 3) Move your arms out to control your opponent's biceps. Roll your hands back, cup them with a thumbless grip.
- 4) Choose a side to pass your opponent's guard. Post that same foot out in order to create space for your hand to slide between you and your opponent.

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.

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



BASIC COMBATIVES POSITIONAL TECHNIQUES

GROUND GRAPPLING—BASIC BODY POSITIONING MOVES

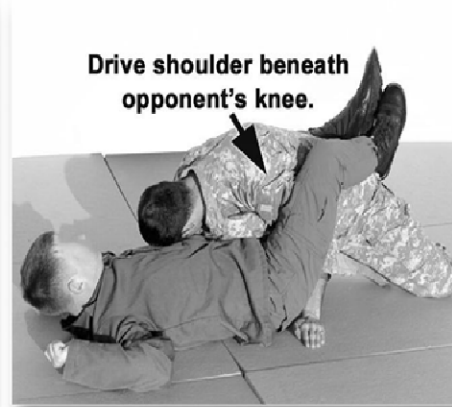
PASSING THE GUARD (continued)



Drive hand through opening.



2) Place your hand on the ground.



Drive shoulder beneath opponent's knee.

3) Place your knee on the ground. Scoot the same-side leg back, and drive your shoulder beneath your opponent's knee.



Grab opponent's leg.

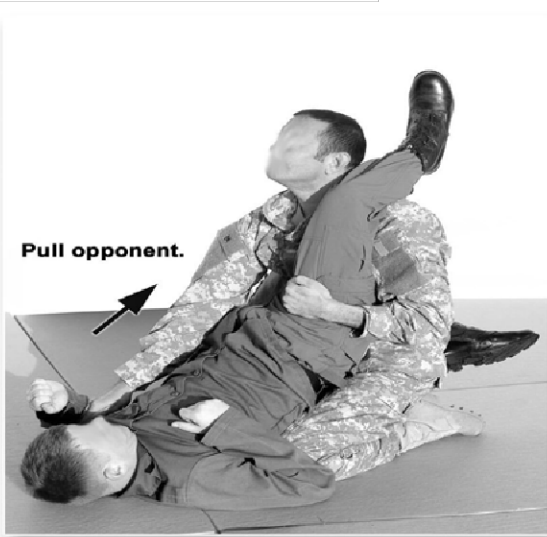
4) Bring both knees together at your opponent's tailbone.

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

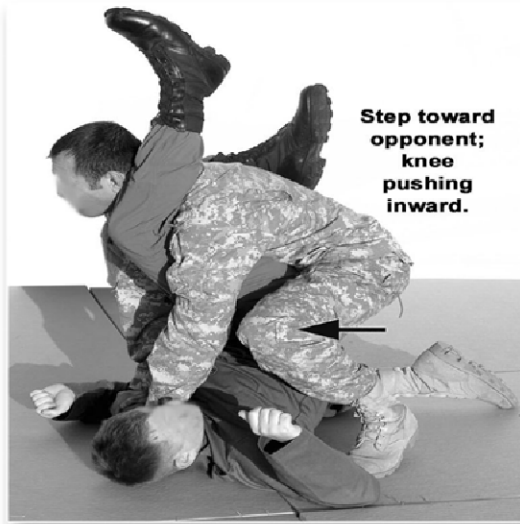
BASIC COMBATIVES POSITIONAL TECHNIQUES

GROUND GRAPPLING—BASIC BODY POSITIONING MOVES

PASSING THE GUARD (continued)



Pull opponent.



Step toward opponent; knee pushing inward.



Drive knee to ground; push opponent upward.

- 1) Maintain good posture by keeping your head above the knee. Walk or pull your knees under your opponent's hips.

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

- 2) With the same-side leg you have trapped step toward your opponent's same-side armpit, pushing with your knee inward to control your opponent's hip. Reach your hand that's securing your opponent's leg across and secure your opponent's collar, thumb on the inside, fingers on the outside.

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

- 3) The opposite arm releases the bicep. With fingers extended and joined reach through the opponent's legs and grasp the belt line or waist, lift his legs over your head. 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.



BASIC COMBATIVES POSITIONAL TECHNIQUES

GROUND GRAPPLING—BASIC BODY POSITIONING MOVES

PASSING THE GUARD (continued)



- 1) Continue to drive your opponent's hips forward allowing his knees to recoil around your head.
- 2) Assume good side control.

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

BASIC COMBATIVES POSITIONAL TECHNIQUES

GROUND GRAPPLING—BASIC BODY POSITIONING MOVES

ACHIEVE THE MOUNT FROM SIDE CONTROL

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



1) Achieve good side control.

2) Take the arm that is controlling the far-side hip and place that hand on the ground controlling the near-side hip replacing the knee. Be aware of your opponent's knees, assure that you look down or away from the knees to avoid strikes.

3) Sit through 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.

BASIC COMBATIVES POSITIONAL TECHNIQUES

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



- 1) Swing your far-side leg over his body placing the knee and foot on the ground. Release his knees once both of your feet and knees are on the ground.
- 2) Use both your hands to help base out and secure the mount, sweeping them along the mat above his head. Assume good mount position.

BASIC COMBATIVES POSITIONAL TECHNIQUES

GROUND GRAPPLING—BASIC BODY POSITIONING MOVES

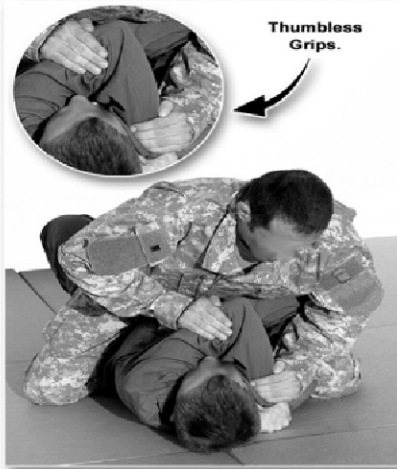
ARM PUSH AND ROLL TO THE REAR MOUNT

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

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



1) Target the arm close 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.

BASIC COMBATIVES POSITIONAL TECHNIQUES

GROUND GRAPPLING—BASIC BODY POSITIONING MOVES

ARM PUSH AND ROLL TO THE REAR MOUNT (continued)



- 1) 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.



- 2) Move the hand that was on the opponent's wrist to his elbow.



- 3) Push and pull with your hands on the elbow and wrist ensuring to open and close the legs at the knees to make room for your opponent to roll.

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

BASIC COMBATIVES POSITIONAL TECHNIQUES

GROUND GRAPPLING—BASIC BODY POSITIONING MOVES

ARM PUSH AND ROLL TO THE REAR MOUNT (continued)

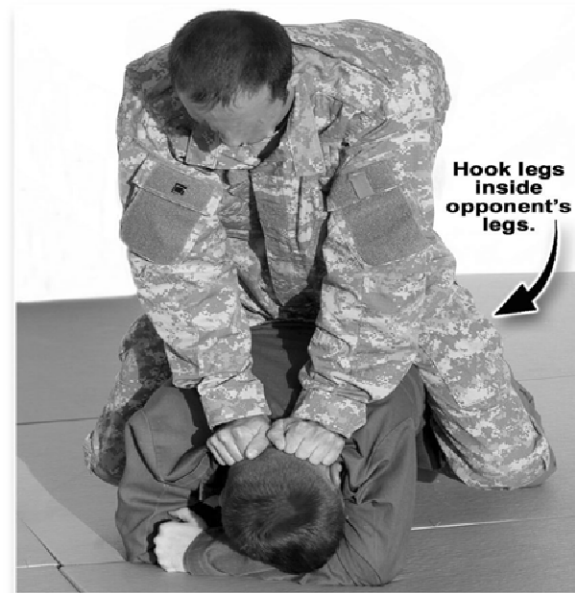


- 1) Use your body strength to push your opponent with your chest (using ratchet motions) until his elbow stops him from going any further.

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



- 2) Drop your weight below your opponent's shoulder blades and fold his arms underneath him while pushing him forward.



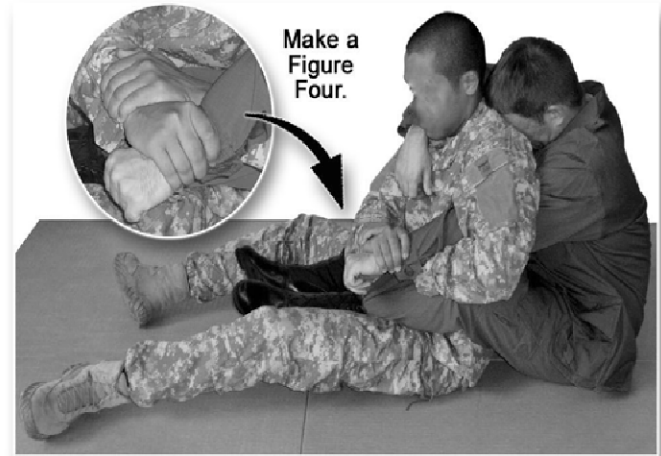
- 3) From this position, the opponent normally tries to rise using his knees. When he attempts this, sit up and hook both legs inside of your opponent's legs push to straighten your arms with your hands in the back of your opponent's collar.

BASIC COMBATIVES POSITIONAL TECHNIQUES

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.

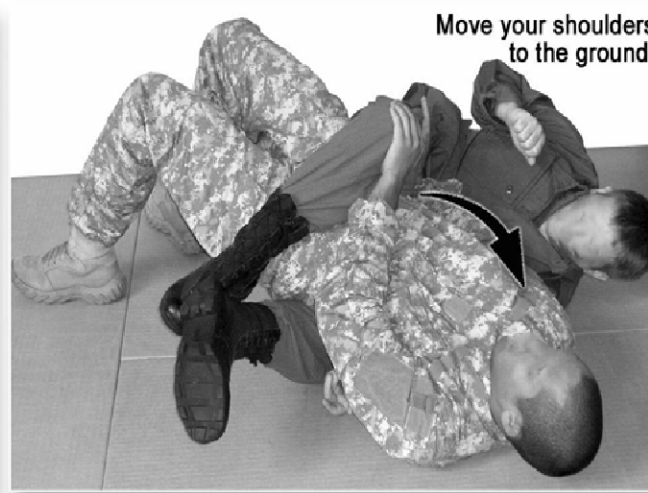


- 1) Place one hand over your head, with your palm facing out, your bicep very tight to the side of your head, and your hand covering your ear. Place the other hand near your armpit with your palm facing out.
- 2) Once your opponent reaches in, the hand under your armpit secures his wrist and pulls it through.
- 3) Wrap your other arm around, making a figure four.

BASIC COMBATIVES POSITIONAL TECHNIQUES

GROUND GRAPPLING—BASIC BODY POSITIONING MOVES

ESCAPE THE REAR MOUNT (continued)



Alternate View

- 1) Place your back on the ground on your underhook side.

Note. Do not put your back on your overhook side.

- 2) 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.
- 3) 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.

BASIC COMBATIVES POSITIONAL TECHNIQUES

GROUND GRAPPLING—BASIC BODY POSITIONING MOVES

ESCAPE THE REAR MOUNT (continued)

Push to clear your legs.

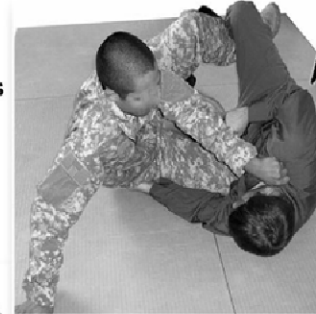
Alternate View



Hook the back of the opponent's knee.



Grab the opponent's collar (or back of his head) and roll upwards.



- 1) Continue until your hips clear his legs.
- 2) 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.
- 3) 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 middle, mount and achieve a good posture.

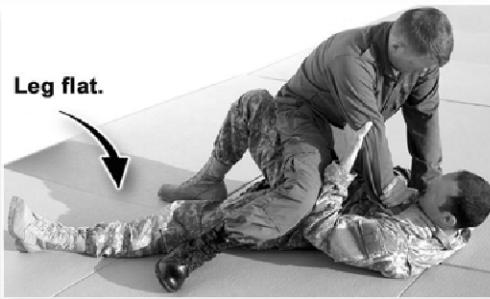
BASIC COMBATIVES POSITIONAL TECHNIQUES

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.

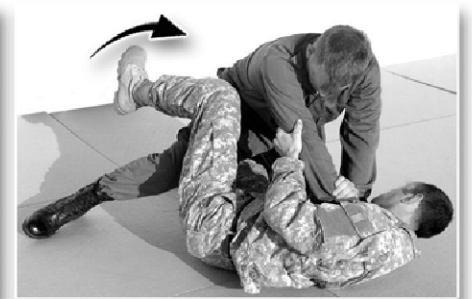


2) Turn on your side, and face the opening created by your opponent. Using the space the opponent created by posting his leg, prop the opponent's leg up with your elbow. With a shrimping motion shoot your hips out from underneath your opponent

Note. Turn on your hip to create more space.



3) Turn facing the opponent's posted leg, with that side leg flat. Bring the same side knee up to prevent your opponent from advancing.



4) Continue to rotate yourself onto your opposite hip while circling your leg out from under your opponent. .



BASIC COMBATIVES POSITIONAL TECHNIQUES

GROUND GRAPPLING—BASIC BODY POSITIONING MOVES

ESCAPE THE MOUNT, SHRIMP TO THE GUARD (continued)



1) Turn to your other hip, and hook your opponent's leg to prevent him from reestablishing the mount.



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



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



4) Turn your body, and face the opposite direction. Loop your legs around your opponent, and lock your feet to reestablish your guard.

BASIC COMBATIVES POSITIONAL 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.



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

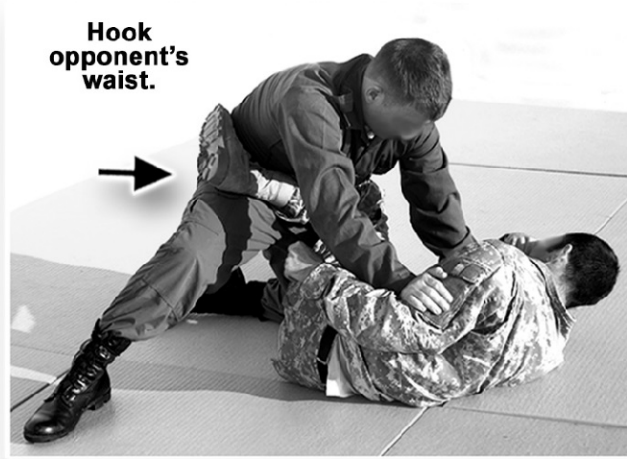
2) Hang your calf on your opponent's posted leg, and post your opposite shoulder to swing your hips toward his posted leg.

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.

BASIC COMBATIVES POSITIONAL TECHNIQUES

GROUND GRAPPLING—BASIC SWEEPS

SCISSORS SWEEP (continued)

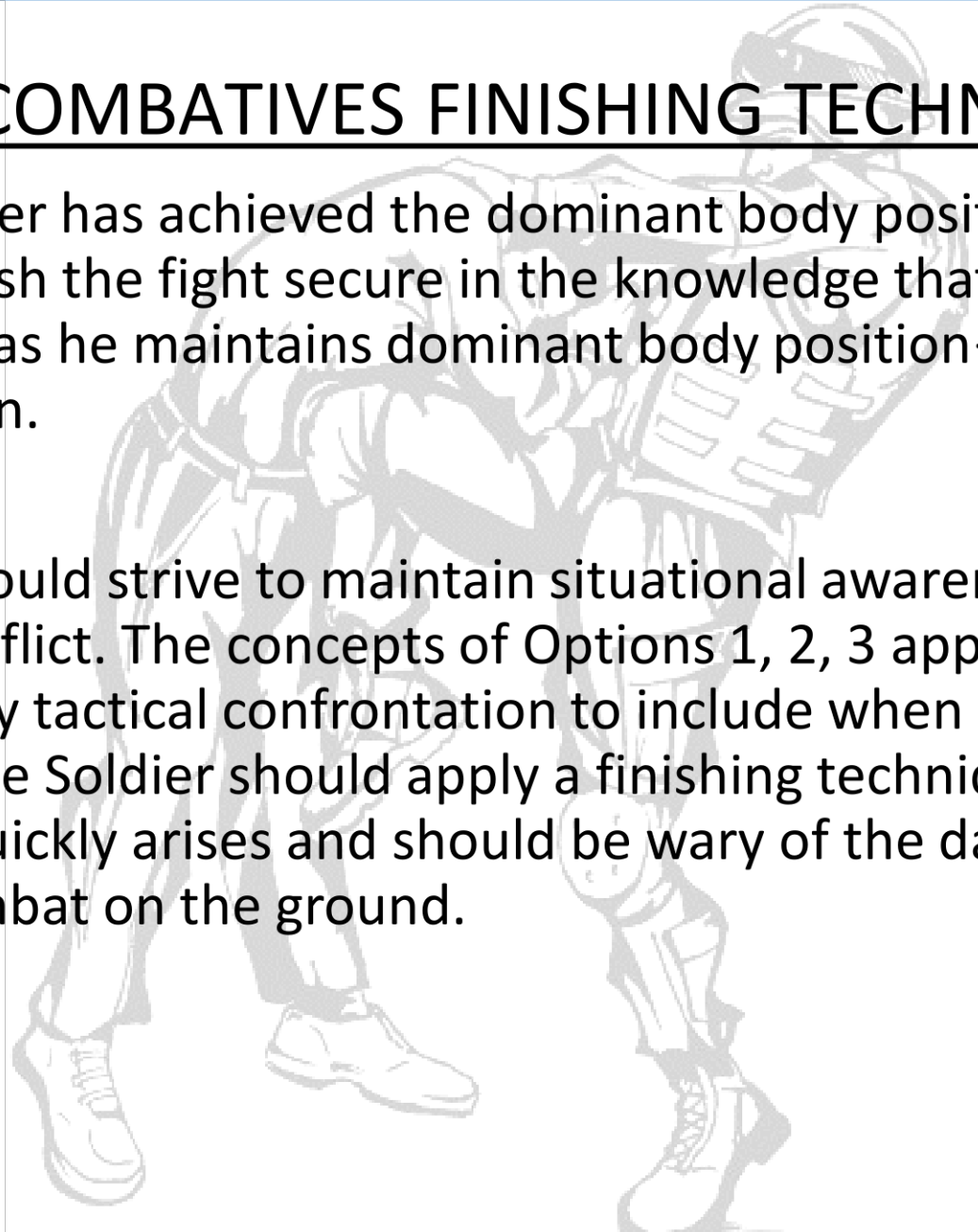


- 1) Reach across your body and secure your opponent's collar on the opposite side of his posted leg, maintaining control of the arm on the side you intend to sweep. Extend your body to take your opponent off his base, while pulling him forward by his collar.
- 2) Make a scissoring motion with your legs to sweep your opponent over.
- 3) 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 FINISHING TECHNIQUES



- Once the Soldier has achieved the dominant body position, s/he can attempt to finish the fight secure in the knowledge that, if an attempt fails— as long as he maintains dominant body position—s/he may simply try again.
- The Soldier should strive to maintain situational awareness at all times during any conflict. The concepts of Options 1, 2, 3 apply during and throughout any tactical confrontation to include when a Soldier is on the ground. The Soldier should apply a finishing technique only if the opportunity quickly arises and should be wary of the danger of prolonged combat on the ground.



BASIC COMBATIVES FINISHING TECHNIQUES

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) Remove your underhook while maintaining control with your overhook, grasp your underhook's bicep with your overhook hand.
- 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.



BASIC COMBATIVES FINISHING TECHNIQUES

GROUND GRAPPLING—BASIC FINISHING MOVES

CROSS-COLLAR CHOKE FROM THE MOUNT AND GUARD

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

MOUNT



- 1) With 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 this choke.

GUARD





BASIC COMBATIVES FINISHING TECHNIQUES

GROUND GRAPPLING—BASIC FINISHING MOVES

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

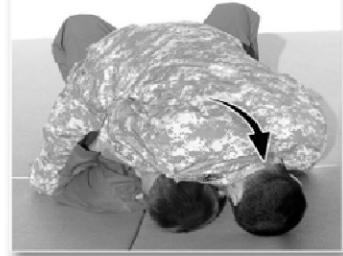
MOUNT



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



Head forward over your top arm.



- 1) Release the grip of your non-dominant hand, and move your dominant-side forearm across your opponent's neck under the chin, force his chin upward. Slide your non-dominant hand under your dominant forearm into your opponent's collar.
- 2) Using the same grip (fingers on the inside, thumb on the outside), reach all the way back until your hand meets the other hand.
- 3) 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.



BASIC COMBATIVES FINISHING TECHNIQUES

INTERMEDIATE BODY POSITIONING MOVES—ATTACKS FROM THE MOUNT

SLEEVE CHOKE

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

WARNING

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



1) Reach one arm underneath your opponent's head.



2) Reach into your other sleeve, and secure a tight grip.



Secure a tight grip into your sleeve.



BASIC COMBATIVES FINISHING TECHNIQUES

INTERMEDIATE BODY POSITIONING MOVES—ATTACKS FROM THE MOUNT

SLEEVE CHOKE (continued)



1) Make a fist with your free hand, and pull it across your opponent's neck.



2) Straighten your arms to finish the choke.



BASIC COMBATIVES FINISHING TECHNIQUES

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 a vertical block technique.

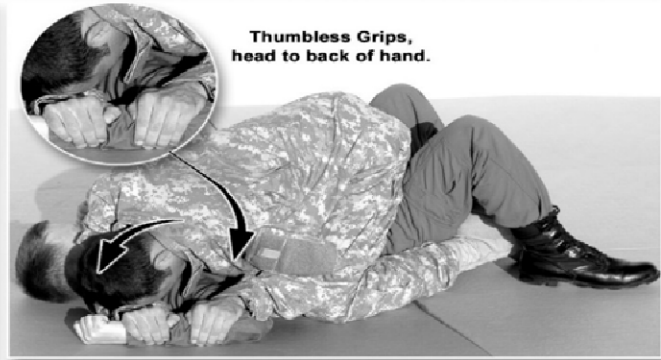
MOUNT



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.





BASIC COMBATIVES FINISHING TECHNIQUES

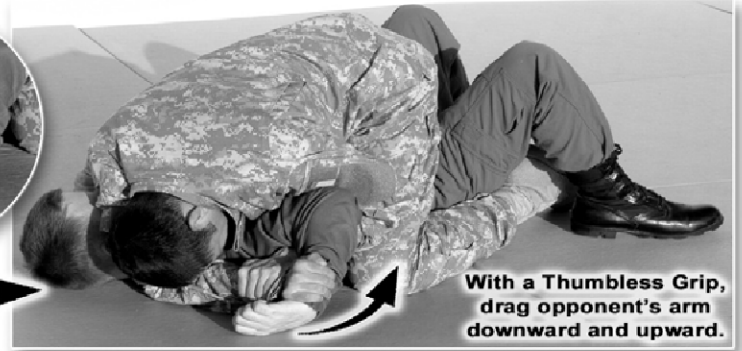
GROUND GRAPPLING—BASIC FINISHING MOVES

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.

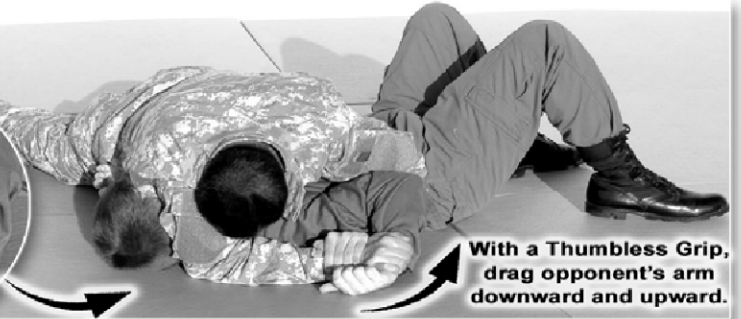
1) Keeping your head on the back of your hand to protect your face from strikes, place your other hand under his elbow.

2) 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 on opponents's elbow.



With a Thumbless Grip, drag opponent's arm downward and upward.



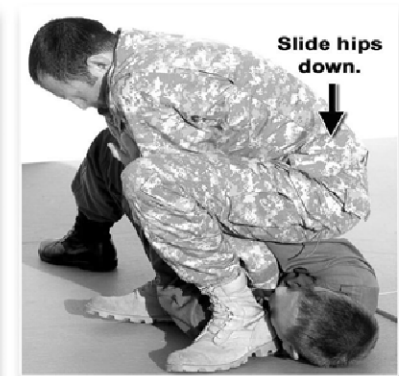
BASIC COMBATIVES FINISHING TECHNIQUES

GROUND GRAPPLING—BASIC FINISHING MOVES

STRAIGHT ARM BAR FROM THE MOUNT

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

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 in 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 biceps/triceps region between your legs.



BASIC COMBATIVES FINISHING 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.

- 1) Secure your opponent's wrist with both of your hands with thumb grips. Keep his thumb pointed skyward to achieve the correct angle. Put your heels tight to your buttocks, and place your knees together tightly with the upper arm trapped between your knees, not resting on your groin.

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

BASIC COMBATIVES FINISHING TECHNIQUES

GROUND GRAPPLING—BASIC FINISHING MOVES

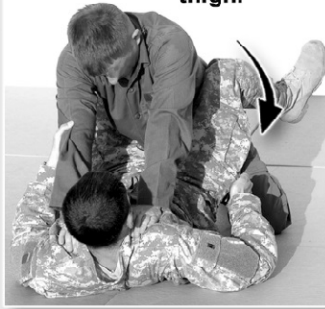
STRAIGHT ARM BAR FROM THE GUARD

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

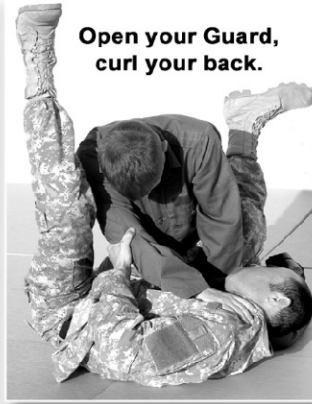
Secure opponent's arm.



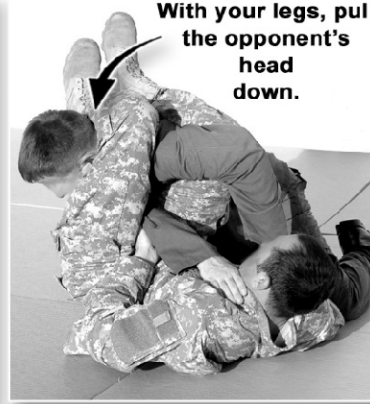
Slide hand under opponent's thigh.



Open your Guard, curl your back.



With your legs, pull the opponent's head down.



Grasp opponent's wrist.



Push hips upward.

- 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 your 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.

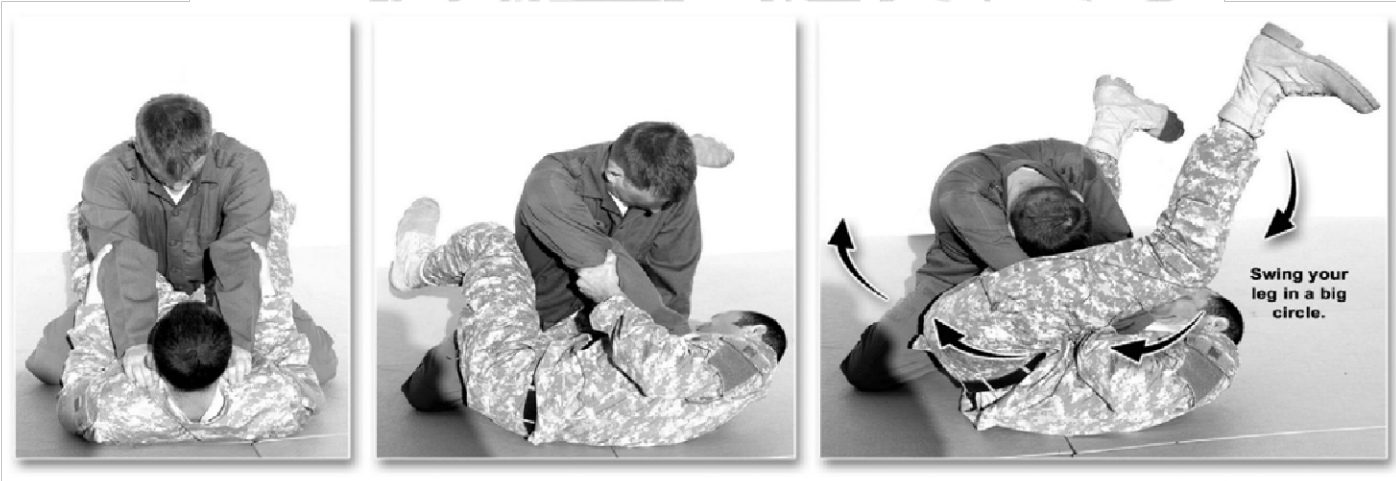


BASIC COMBATIVES FINISHING TECHNIQUES

GROUND GRAPPLING—BASIC SWEEPS

SWEEP FROM THE ATTEMPTED STRAIGHT ARM BAR

When a fighter attempts to apply the straight arm bar from his 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 from 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 FINISHING TECHNIQUES

GROUND GRAPPLING—BASIC SWEEPS

SWEEP FROM THE ATTEMPTED STRAIGHT ARM BAR (continued)



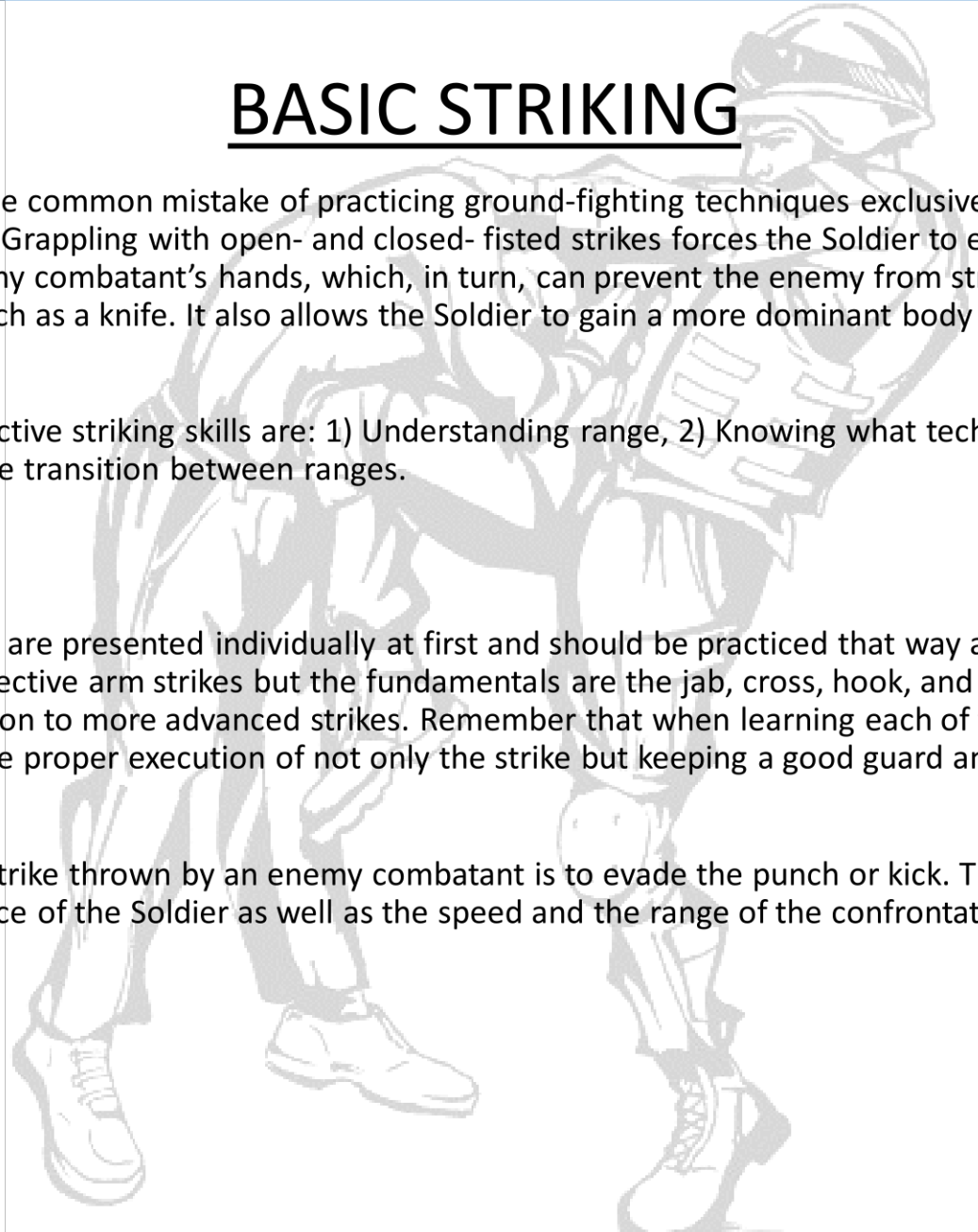
Sweep the opponent.

- 1) With the leg that is hooked under your opponent's armpit, 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 STRIKING



Leaders should not make the common mistake of practicing ground-fighting techniques exclusively; striking is an integral part of all types of fighting. Grappling with open- and closed- fist strikes forces the Soldier to ensure that s/he has positive control of the enemy combatant's hands, which, in turn, can prevent the enemy from striking the Soldier in the face or from using a weapon, such as a knife. It also allows the Soldier to gain a more dominant body position.

The keys to developing effective striking skills are: 1) Understanding range, 2) Knowing what techniques are effective at that range, and 3) Controlling the transition between ranges.

ATTACK

- The strikes in this section are presented individually at first and should be practiced that way at first to insure proper form. There are many effective arm strikes but the fundamentals are the jab, cross, hook, and uppercut. These should be mastered before moving on to more advanced strikes. Remember that when learning each of the following strikes that the primary defense is the proper execution of not only the strike but keeping a good guard and correct movement.

DEFENSE

- The first defense to any strike thrown by an enemy combatant is to evade the punch or kick. The ability to evade a kick depends on the experience of the Soldier as well as the speed and the range of the confrontation when the kick is thrown.

BASIC STRIKING

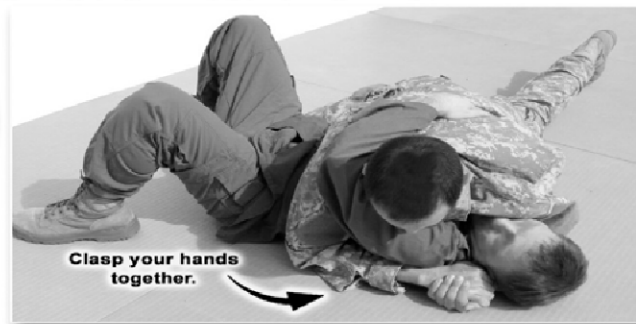
GRAPPLING WITH STRIKES—PASS THE GUARD

STRIKING FROM SIDE CONTROL

Striking from side control enables the fighter to improve his position or create an opening for a better attack.



Slide your hand into the opponent's armpit.



Clasp your hands together.

- 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.

- 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 STRIKING

GRAPPLING WITH STRIKES—PASS THE GUARD

STRIKING FROM SIDE CONTROL (continued)



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



BASIC STRIKING

STRIKING SKILLS—MOVEMENT

BASIC FOOTWORK

Before effective strikes can be launched, a fighter must have a solid base, as well as the ability to move while both attacking and defending.

Note. When training basic footwork, begin with movement in the four cardinal directions. Leading with the wrong foot will cause crossing of the feet and imbalance in the stance. Movements should be short, with four to six inch increments. Note that lead and trail feet are different for left- and right-handed fighters.



MOVING FORWARD

Step forward with your lead foot, and drag your trail foot the same distance. Stay balanced on the balls of the feet, with your heels slightly raised. Keep a good fighter's stance.



MOVING BACKWARD

Step backward with your trail foot, and drag your lead foot the same distance. Stay balanced on the balls of the feet, with your heels slightly raised. Keep a good fighter's stance.



MOVING RIGHT

Step to your right with your trail foot, and drag your lead foot. Stay balanced on the balls of the feet, with your heels slightly raised. Keep a good fighter's stance.



MOVING LEFT

Step to your left with your lead foot, and drag your trail foot. Stay balanced on the balls of the feet, with your heels slightly raised. Keep a good fighter's stance.

MOVING DIAGONALLY

When moving diagonally, the foot that moves first may not be the foot closest to the direction you are moving. The guiding factor is that you should never cross your feet.

Note. Do not cross your feet.



BASIC STRIKING

STRIKING SKILLS—ARM STRIKES, ATTACK

JAB

The jab is thrown with the lead hand and is used for controlling the range and setting up further techniques. It is the most used punch in boxing.

Note. The jab should first be practiced from a static position.

Then, it should be practiced moving forward, and then while circling toward the lead hand. When jabbing while moving forward, the action must come from an explosive push with the fighter's rear leg. The extension of the punch should happen at the same time. Further, the fighter's punch should withdraw into his defensive position at the same time his trail foot slides forward into the fighter's stance.

Finally, it should be practiced moving backward, and then while circling toward the trail hand. When jabbing while moving backward, the fighter throws the punch at the same time he pushes off with the lead leg. Further, the fighter's punch should withdraw into his defensive position at the same time his lead foot slides backward into the fighter's stance.



- 1) From a fighter's stance, bend your lead knee, and push it forward of your toe. Keep your lead heel on the ground. At the same time, push with your rear leg and slightly twist your torso. Do not bend at the waist.



- 2) Extend your arm. Move your fist in a straight line directly from its defensive position to the target. Keep your rear hand up while throwing the jab. Do not flail the elbow, but use it as a hinge. At the point of impact, twist your fist to land the blow with the palm facing down. Throw the jab at eye-level or above.
- 3) Withdraw your fist to its defensive position.



BASIC STRIKING

STRIKING SKILLS—ARM STRIKES, ATTACK

CROSS

The cross is a power punch thrown from the rear arm. It is often set up by the jab or thrown in a combination.



- 1) From the fighter's stance, transition your weight to your lead leg, and turn on the ball of your trail foot until your hips and shoulders are positioned 45 degrees past your opponent. Bend the knee of your trail leg, and position it facing inward with your heel turned out.
- 2) As you extend your punch, rotate your arm so that you strike with your knuckles up and palm facing down. Throw the punch straight out from your face, without flailing your elbow out to the side. Keep your lead hand up to protect the opposite side of your head, and move your trail shoulder up to protect your near side.
- 3) Bring your trail hand straight back to your face without looping it.

Note. Practice the cross by standing with your dominant side against a wall. Step forward with your lead foot, drag your trail foot, and throw the cross, looking for the trail heel to contact the wall to ensure you are turning it over



BASIC STRIKING

STRIKING SKILLS—ARM STRIKES, ATTACK

HOOK

The hook is a power punch that is usually thrown from the front arm. It is very powerful and works well in combinations. One of its main advantages is that it can be fully executed outside of the opponent's field of vision. Fighters often confuse the hook with a looping arm punch. In reality, a powerful hook does not involve very much arm movement, but generates its power from the fighter's leg, hip, and shoulder movement. It is often thrown after the cross, as the body's weight has been shifted forward and can be redistributed toward the trail leg during this punch.



- 1) From the fighter's stance, shift your weight toward your trail foot, and turn on the ball of your lead foot. Turn your hips and shoulders 90 degrees (toward the inside), and throw the heel of your lead foot to the front.
- 2) Raise your elbow as you turn so that your punch lands with your arm parallel with the ground and your palm facing toward your chest. Keep your trail foot planted and your trail hand in a defensive position covering your face.
- 3) Tuck your elbow back into your side, and turn your shoulders to return to the ready position.

WARNING

Do not allow your palm to face downward. This can cause injury to the wrist.



BASIC STRIKING

STRIKING SKILLS—ARM STRIKES, ATTACK

UPPERCUT

The uppercut is effective against an opponent who is crouching or trying to avoid a clinch. The fighter can throw this strike with the lead hand or the trail hand.



- 1) Begin in the fighter's stance. Turn your hips and shoulders slightly to face your opponent. Dip your lead shoulder downward, and bend your knees.
- 2) Keep your elbow tucked in, and drive off of your lead leg to land your punch. Keep your palm facing up and your wrist straight and firm. Keep your trail hand in a defensive position covering your face.
- 3) Turn your shoulders, and snap back into the ready position.

- 1) Begin in the fighter's stance. Turn your hips and shoulders slightly to face your opponent. Dip your rear shoulder downward, and bend your knees.
- 2) Drive off of your trail leg (through your hip) to land your punch. Keep your palm facing up and your wrist straight and firm. Your arm will be slightly more extended than the lead hand punch. Keep your lead hand in a defensive position covering your face.
- 3) Snap back into the ready position.

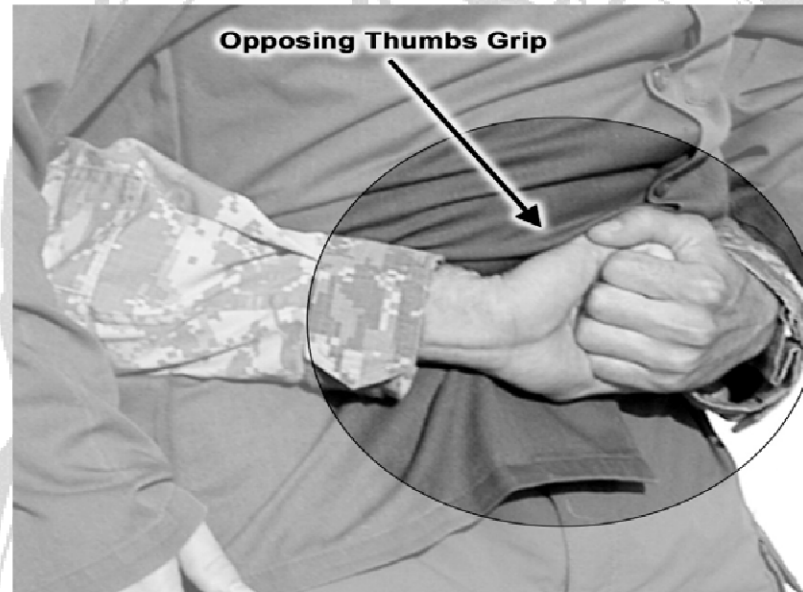


GRIPS

GROUND GRAPPLING—BASIC TECHNIQUES

OPPOSING THUMB GRIP

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



Grasp hands tightly together, with one thumb facing up and other facing down. Tuck both thumbs tightly.

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

Keep all fingers together, and use each hand as one unit

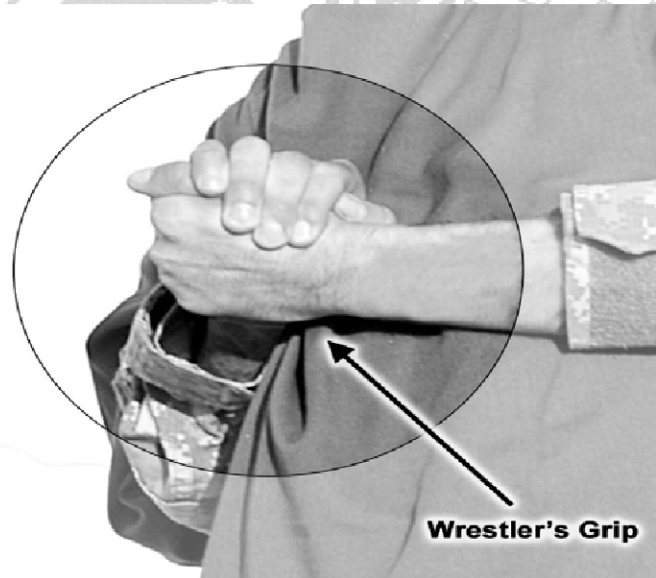


GRIPS

GROUND GRAPPLING—BASIC TECHNIQUES

WRESTLER'S GRIP

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



Hold hands together as though clapping.
Tuck both thumbs.

Tuck the bottom thumb to prevent your
opponent from escaping.

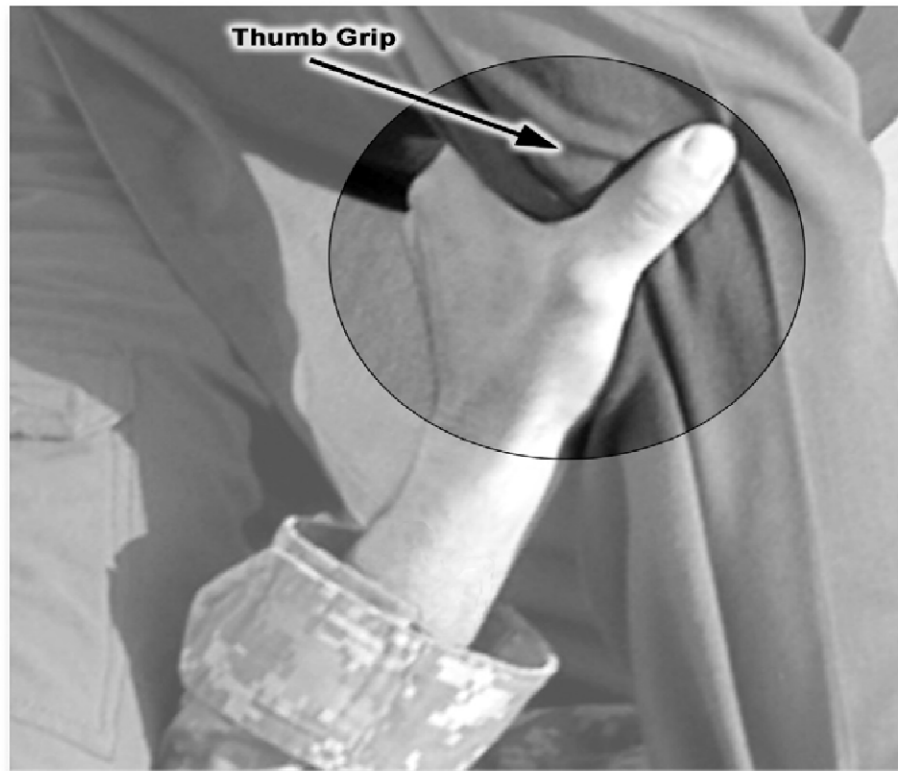


GRIPS

GROUND GRAPPLING—BASIC TECHNIQUES

THUMB/THUMBLESS GRIP

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





DRILL #1

START: Soldier 2 has the Mount and gives Soldier 1 straight arms with hands on chest.

- 1) Soldier 1 escapes the Mount using the Arm Trap and Roll technique (pg. 53-54)
- 2) Soldier 1 Passes the Guard and achieves Side Control (pg. 55-58)
- 3) Soldier 1 Achieves the Mount from Side Control (pg. 59-60)

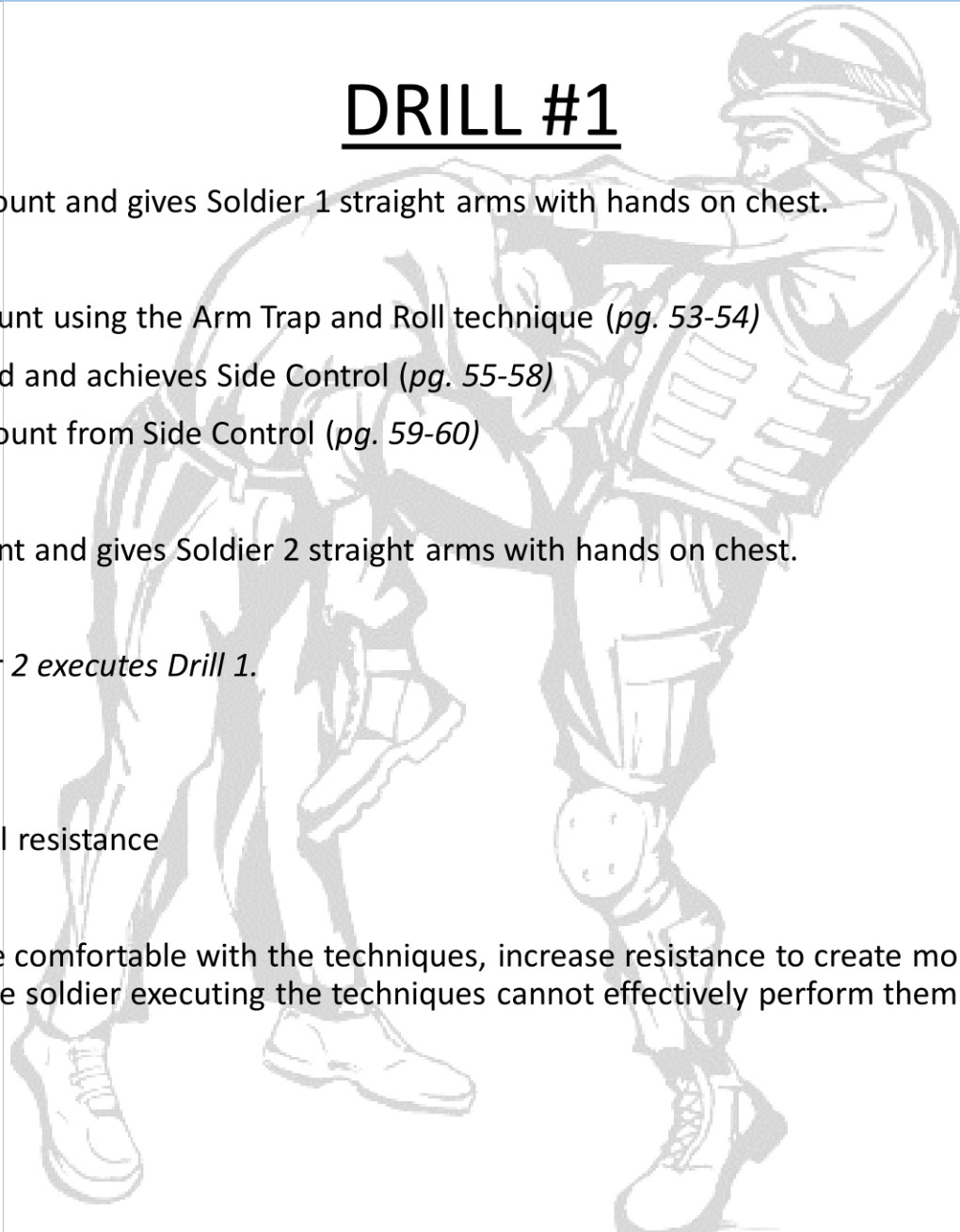
END: Soldier 1 has the Mount and gives Soldier 2 straight arms with hands on chest.

Reverse roles so that Soldier 2 executes Drill 1.

Notes:

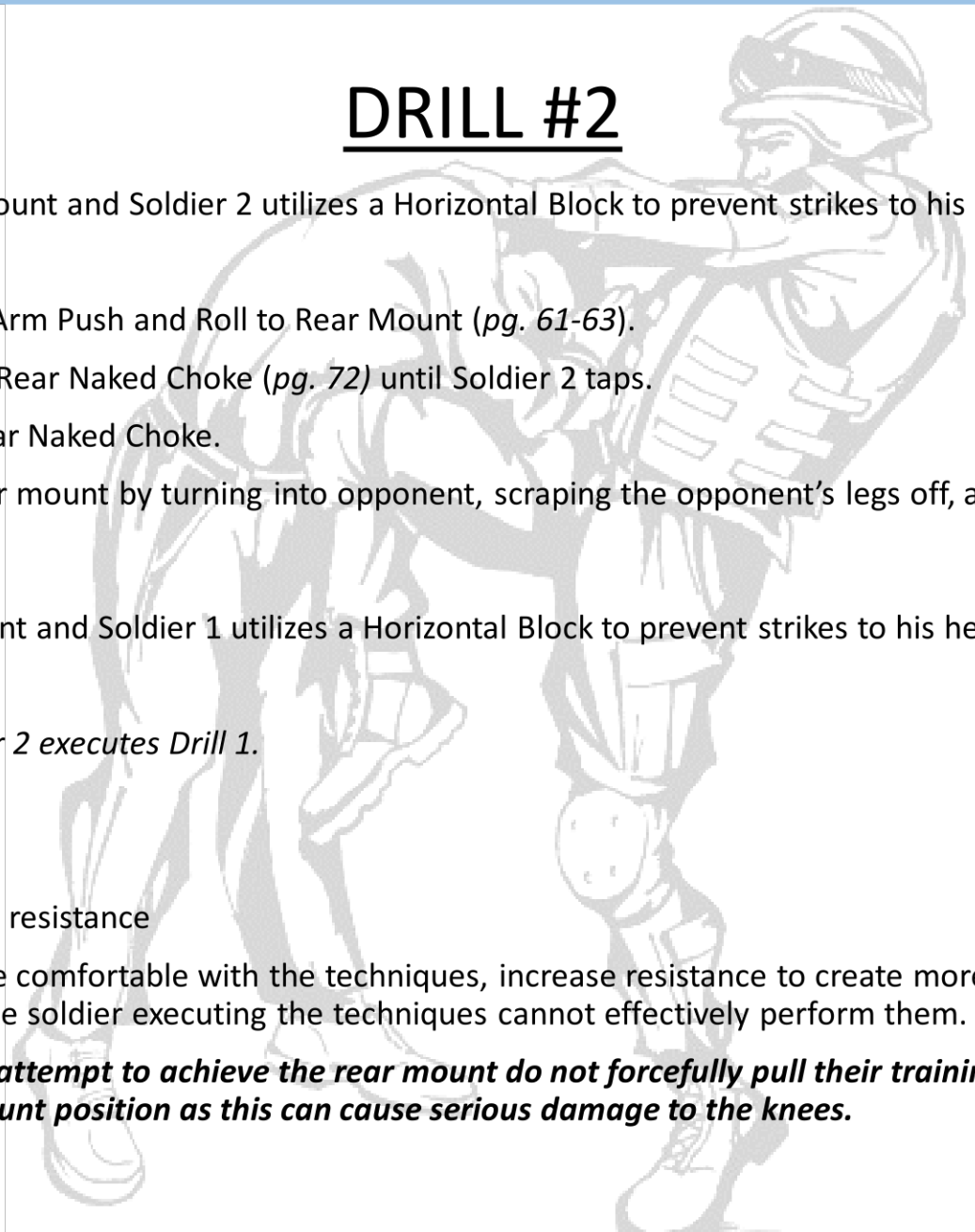
-Begin the drill with minimal resistance

-As both soldiers grow more comfortable with the techniques, increase resistance to create more realistic training, but never to the point where the soldier executing the techniques cannot effectively perform them.





DRILL #2



START: Soldier 1 has the Mount and Soldier 2 utilizes a Horizontal Block to prevent strikes to his head.

- 1) Soldier 1 executes the Arm Push and Roll to Rear Mount (*pg. 61-63*).
- 2) Soldier 1 establishes the Rear Naked Choke (*pg. 72*) until Soldier 2 taps.
- 3) Soldier 1 releases the Rear Naked Choke.
- 4) Soldier 2 escapes the rear mount by turning into opponent, scraping the opponent's legs off, and achieving the mount (*pg. 64-66*).

END: Soldier 2 has the Mount and Soldier 1 utilizes a Horizontal Block to prevent strikes to his head.

Reverse roles so that Soldier 2 executes Drill 1.

Notes:

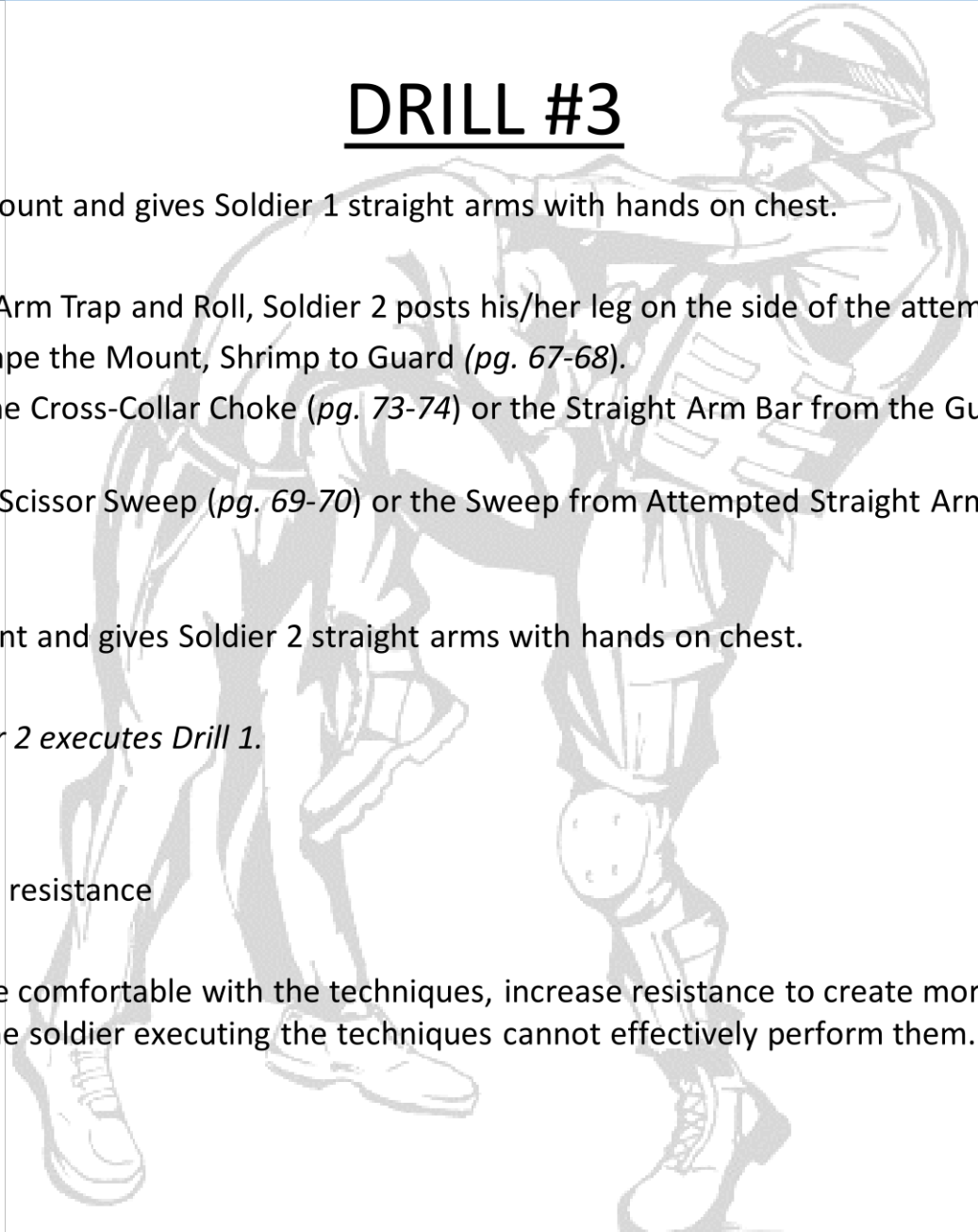
Begin the drill with minimal resistance

-As both soldiers grow more comfortable with the techniques, increase resistance to create more realistic training, but never to the point where the soldier executing the techniques cannot effectively perform them.

-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.



DRILL #3



START: Soldier 2 has the Mount and gives Soldier 1 straight arms with hands on chest.

- 1) Soldier 1 attempts the Arm Trap and Roll, Soldier 2 posts his/her leg on the side of the attempted roll and prevents it.
- 2) Soldier 1 executes Escape the Mount, Shrimp to Guard (*pg. 67-68*).
- 3) Soldier 1 establishes the Cross-Collar Choke (*pg. 73-74*) or the Straight Arm Bar from the Guard (*pg. 81*) until Soldier 2 taps.
- 4) Soldier 1 executes the Scissor Sweep (*pg. 69-70*) or the Sweep from Attempted Straight Arm Bar (*pg. 82-83*) and achieves the Mount.

END: Soldier 1 has the Mount and gives Soldier 2 straight arms with hands on chest.

Reverse roles so that Soldier 2 executes Drill 1.

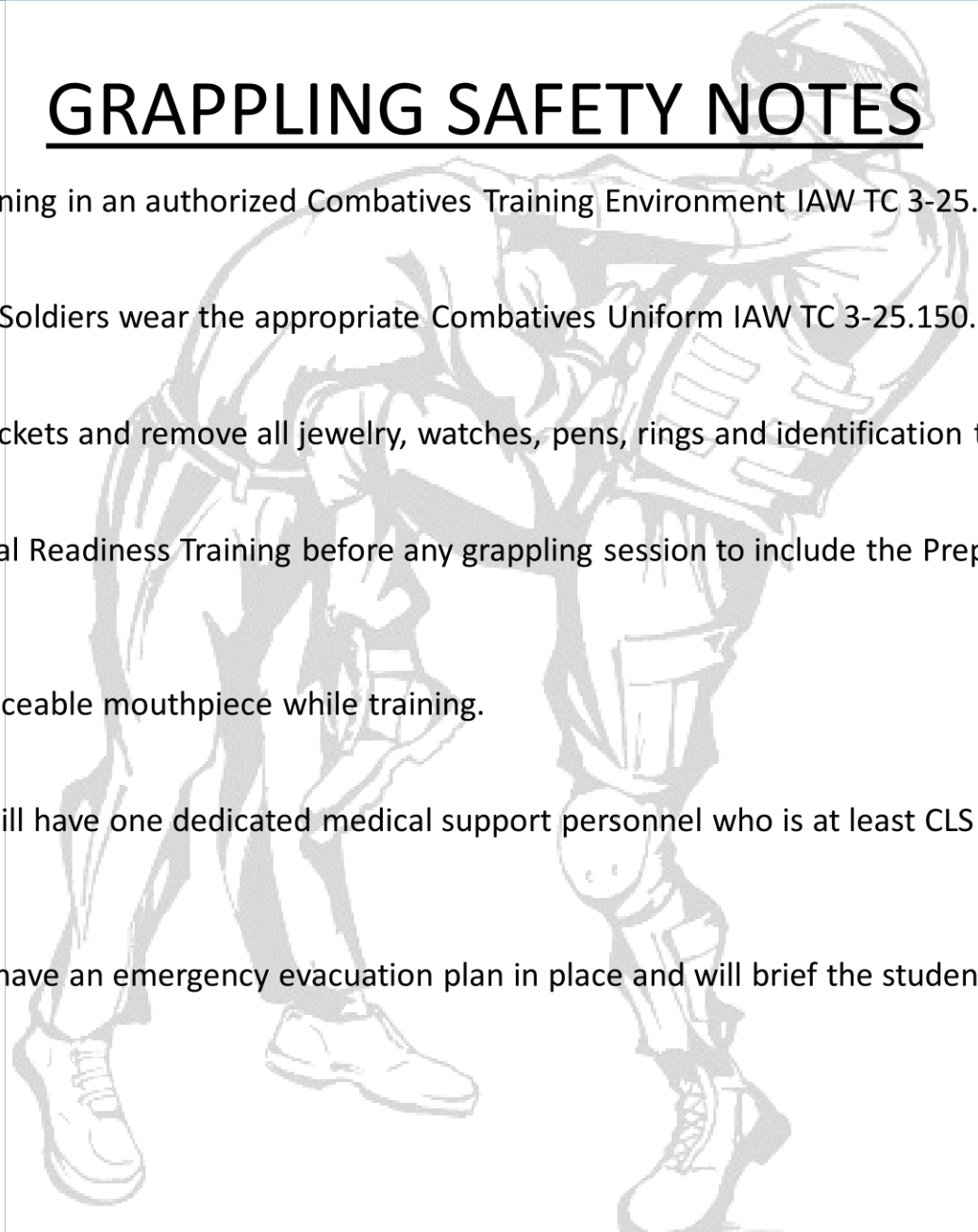
Notes:

Begin the drill with minimal resistance

-As both soldiers grow more comfortable with the techniques, increase resistance to create more realistic training, but never to the point where the soldier executing the techniques cannot effectively perform them.



GRAPPLING SAFETY NOTES



Instructors will conduct training in an authorized Combatives Training Environment IAW TC 3-25.150.

Instructors will ensure that Soldiers wear the appropriate Combatives Uniform IAW TC 3-25.150.

Soldiers will empty their pockets and remove all jewelry, watches, pens, rings and identification tags before training.

Soldiers will conduct Physical Readiness Training before any grappling session to include the Preparation Drill *at a minimum* IAW FM 7-22.

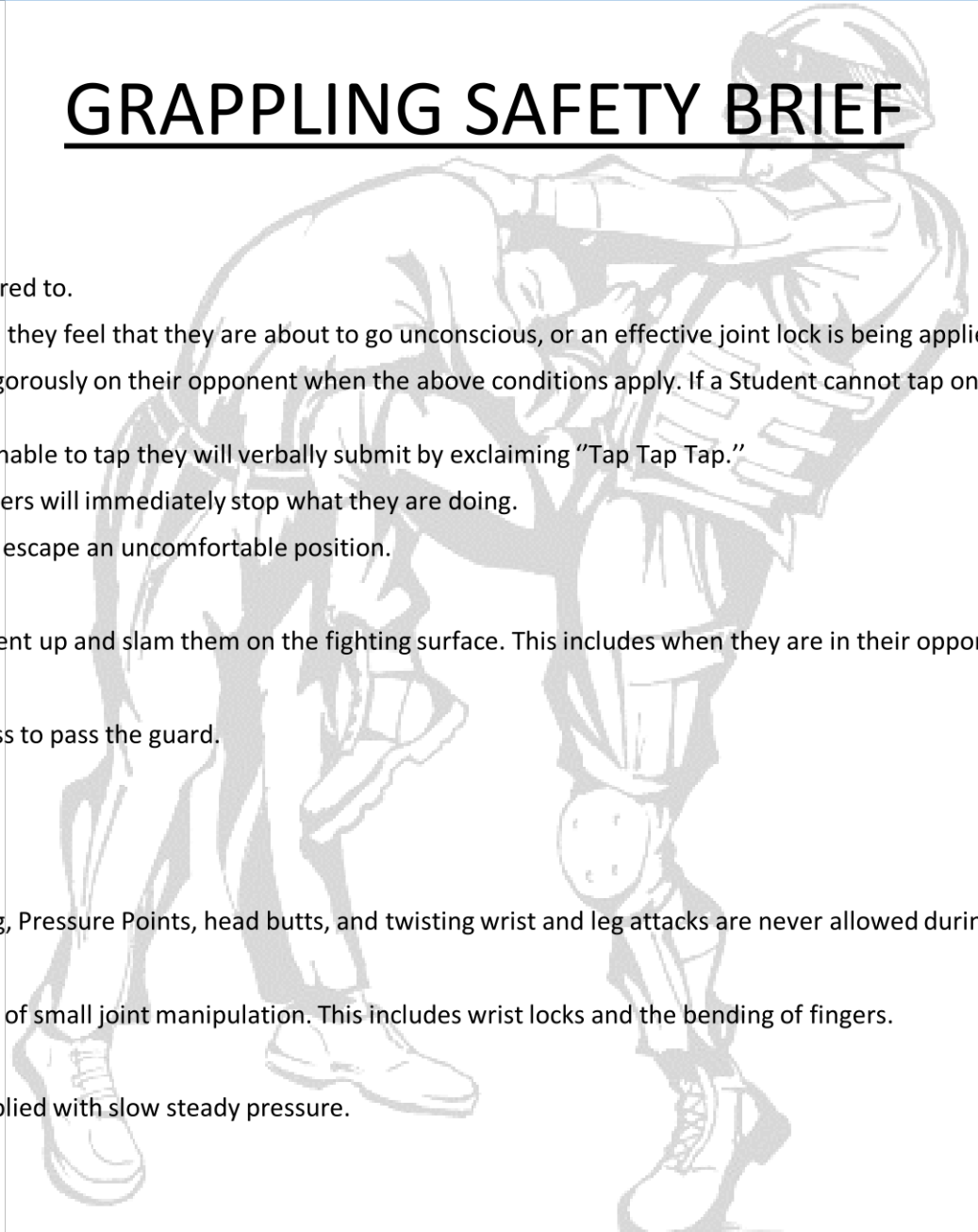
All Soldiers will wear a serviceable mouthpiece while training.

All live grappling sessions will have one dedicated medical support personnel who is at least CLS qualified for every 36 students.

The Primary instructor will have an emergency evacuation plan in place and will brief the students on this plan before every live grappling session



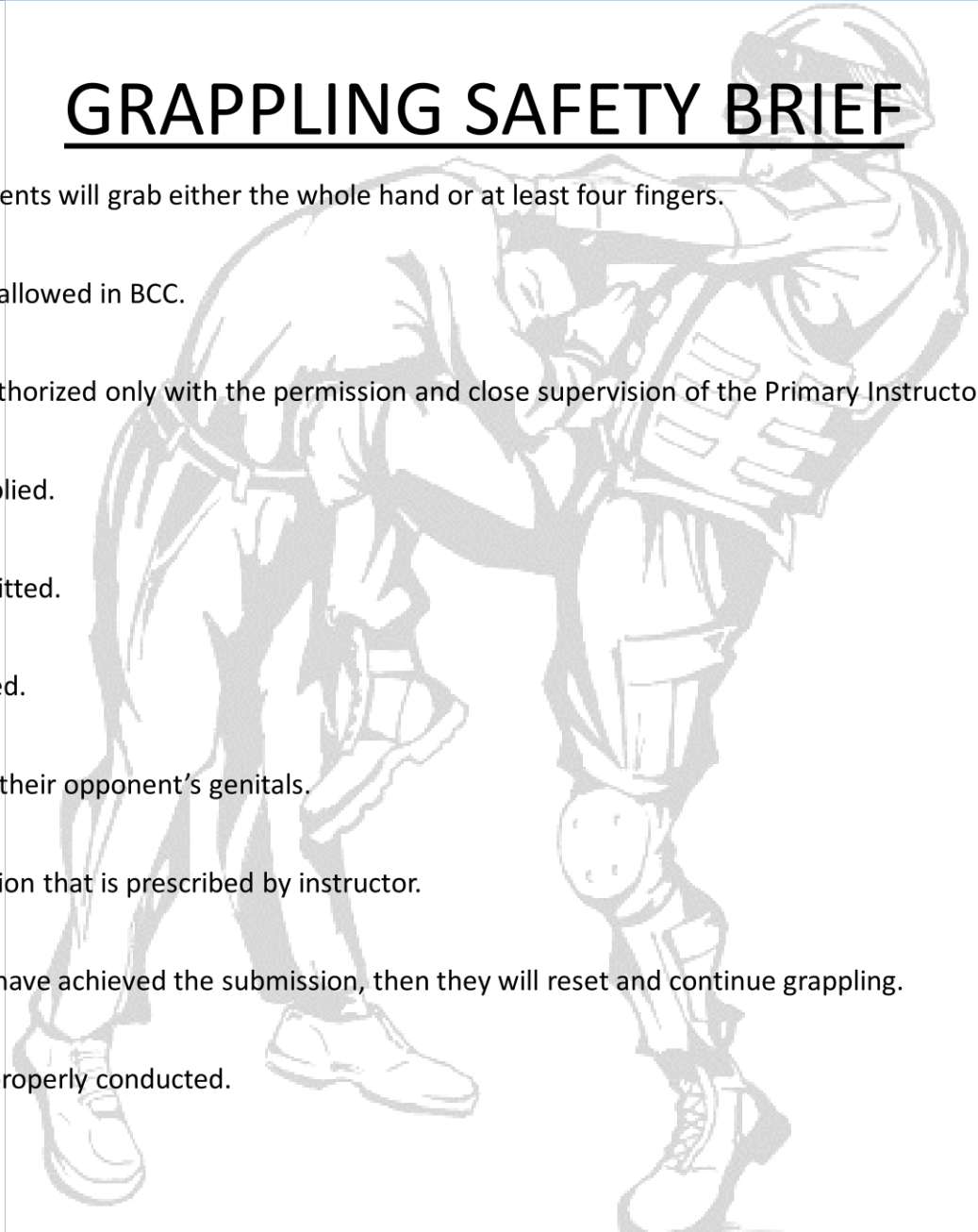
GRAPPLING SAFETY BRIEF



- A. All Standard rules apply.
- B. Tapping Procedures will be adhered to.
 - 1. Students will Tap when in pain, they feel that they are about to go unconscious, or an effective joint lock is being applied.
 - 2. Students will attempt to tap vigorously on their opponent when the above conditions apply. If a Student cannot tap on their opponent they will tap on either themselves or the mat.
 - 3. In the event that a student is unable to tap they will verbally submit by exclaiming "Tap Tap Tap."
 - 4. Once a student taps, both fighters will immediately stop what they are doing.
 - 5. Students should not tap just to escape an uncomfortable position.
- C. Students may not pick an opponent up and slam them on the fighting surface. This includes when they are in their opponent's guard.
- D. Students may not stand up unless to pass the guard.
- E. No finger chokes are allowed.
- F. Eye Gouging, Fish Hooking, Biting, Pressure Points, head butts, and twisting wrist and leg attacks are never allowed during any live grappling session
- G. Students may not apply any sort of small joint manipulation. This includes wrist locks and the bending of fingers.
- H. All joint manipulation will be applied with slow steady pressure.



GRAPPLING SAFETY BRIEF



- I. When grabbing the hand, students will grab either the whole hand or at least four fingers.
- J. No leg attacks of any kind are allowed in BCC.
- K. Striking during grappling is authorized only with the permission and close supervision of the Primary Instructor.
- L. No pressure points will be applied.
- M. No fish hooking will be permitted.
- N. No eye gouging will be allowed.
- O. Students will at no time grab their opponent's genitals.
- P. Students will start in the position that is prescribed by instructor.
- Q. Students will stop once they have achieved the submission, then they will reset and continue grappling.
- R. Ensure start and rest time is properly conducted.