

CHAPTER 5 TAKEDOWNS AND THROWS

Before progressing into takedowns and throws, soldiers must learn how to fall to the ground without getting hurt, both during training and during combat. Each practice repetition of a throw or takedown is a chance for the training partner to perfect his breakfalls.

5-1. BREAKFALLS

The most important point during breakfall training is to not try to catch yourself by reaching out with your arms, but to take the impact of the fall on the meaty portions of the body. After initial training on breakfalls has been conducted, it must be followed up with refresher breakfall training before training on throws and takedowns. This can be accomplished easily by making it part of your warm-up.

a. **Side Breakfall Position** (Figure 5-1). Before training on breakfalls can take place, soldiers must understand the basic breakfall position. Laying on his left side, the soldier extends his left leg and bends his right leg, raising his right leg off the ground. His left arm is extended, palm down, slightly away from his side. His right arm is bent in front of his face to defend against attacks. This should be practiced on both sides.

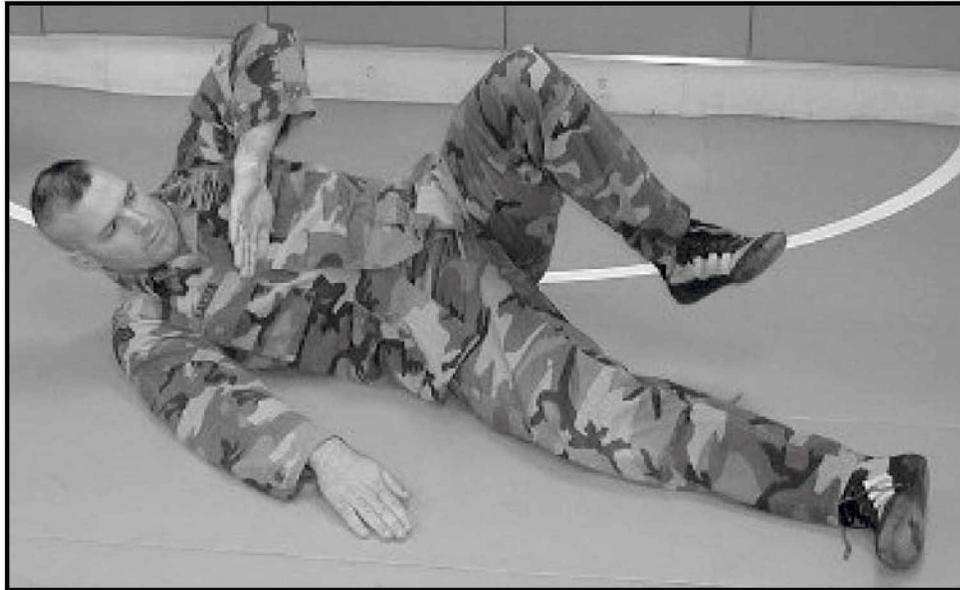


Figure 5-1. Side breakfall position.

b. **Forward Rolling Breakfall from the Kneeling Position.** After soldiers are familiar with the side breakfall position, the best way to introduce them to the mechanics of falling is by starting them on their knees.

(1) *Step 1* (Figure 5-2). The fighter assumes a kneeling posture with his left arm raised in the air. He places his left arm across the front of his body, palm down, outside of his right knee.



Figure 5-2. Forward rolling breakfall from the kneeling position, step 1.



Figure 5-2. Forward rolling breakfall from the kneeling position, step 1 (continued).

