CHAPTER 8 STANDING DEFENSE

A soldier cannot count on starting every encounter in a superior position. To survive, he must have simple techniques that will bring him back into his fight plan.

Section I. UNARMED OPPONENT

Most grasping type attacks will leave the enemy in striking range. Therefore, elaborate defenses are not necessary. You should simply attack with strikes and force the enemy to either close with you, or when he attempts to respond with strikes, take the opportunity to close or escape yourself. The techniques in this section are directed at escaping from positions that are more difficult.

8-1. DEFENSE AGAINST CHOKES

a. **Standing Rear Naked** (Figure 8-1, continued on page 8-2). At the moment you feel the enemy's arm around your neck, your hands should immediately grasp it to keep him from tightening the choke, and you should hang your weight on his arm to feel where his weight is. If he is close to your back, simply lean forward at the waist and, using your hips to lift, throw him straight over your back.



Figure 8-1. Defense against the standing rear naked choke.

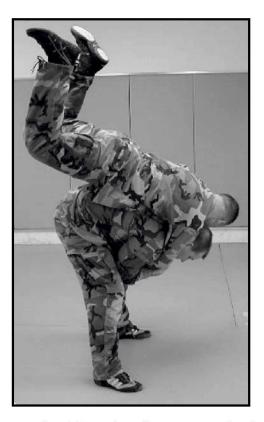


Figure 8-1. Defense against the standing rear naked choke (continued).



Figure 8-1. Defense against the standing rear naked choke (continued).

b. Standing Rear Naked Pulling Back (Figure 8-2, continued on page 8-3). If, when you hang your weight on the enemy's arm, you feel that he is pulling you back over one of his legs, you should reach back with your leg and wrap it around the outside of the enemy's leg on the same side as the choking arm. As he tires from holding you up, use your leg as a guide and work your way around to the position shown. Your leg must be behind his, and you must be leaning forward, controlling his arm. Twisting your body, throw him to the ground.



Figure 8-2. Defense against the standing rear naked choke leaning back.



Figure 8-2. Defense against the standing rear naked choke leaning back (continued).



Figure 8-2. Defense against the standing rear naked choke leaning back (continued).

c. One-Hand Neck Press Against the Wall (Figure 8-3). If the enemy pins you against the wall with one hand, strike his arm with the palm of your hand on the side where his thumb is pushing toward his fingers. This will make his arm slide off of your neck. Follow through with your strike and when your arm is in position, strike with a backward elbow strike to the head.



Figure 8-3. Defense against one-hand neck press against a wall.

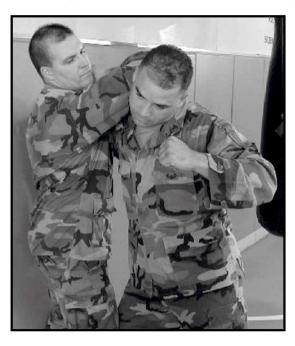


Figure 8-3. Defense against one-hand neck press against a wall (continued).

d. Two-Hand Neck Press While Pinned Against the Wall (Figure 8-4). If the enemy uses both hands against your neck to press you into the wall, grasp under his elbows with both hands. Step out to either side and throw him against the wall. Finish with a knee strike.



Figure 8-4. Defense against the two-hand neck press against a wall.



Figure 8-4. Defense against the two-hand neck press against a wall (continued).



Figure 8-4. Defense against the two-hand neck press against a wall (continued).

8-2. DEFENSE AGAINST BEAR HUGS

a. Front Bear Hug Over Your Arms (Figure 8-5, continued on page 8-8). If the enemy attempts to grasp you in a bear hug from the front over your arms, move your hips back and use your arms as a brace between his hips and yours. Your hands should be on his hip bones, and your elbows should be braced against your hips. Keeping one arm as a brace, step to the opposite side to achieve the clinch. Finish with a takedown.



Figure 8-5. Defense against the front bear hug over your arms.



Figure 8-5. Defense against the front bear hug over your arms (continued).

b. Front Bear Hug Under Your Arms (Figure 8-6). If the enemy attempts to grasp you under your arms, step back into a strong base and use both hands to push his chin upwards to break his grasp. Finish with a knee strike. If he is exceptionally strong, push upwards against his nose.



Figure 8-6. Defense against the front bear hug under your arms.



Figure 8-6. Defense against the front bear hug under your arms (continued).

c. **Bear Hug From the Rear, Over the Arms** (Figure 8-7, continued on page 8-10). When the enemy attempts to grab you from behind over your arms, drop down into a strong stance and bring your arms up to prevent him from controlling them. Step to the outside and then around his hip so that your legs are behind him. At this point you may attack his groin, or you may lift him with your hips and throw him.



Figure 8-7. Defense against the bear hug from the rear, over the arms.



Figure 8-7. Defense against the bear hug from the rear, over the arms (continued).

d. **Bear Hug from the Rear Under Your Arms** (Figure 8-8, continued on pages 8-12 and 8-13). When the enemy grasps you from the rear under your arms, he will probably try to lift you for a throw. If he does so, wrap your leg around his so that you are harder to maneuver for the throw. When he sets you down, or if he did not lift you in the first place, lean your weight forward and place your hands on the ground. Move to one side until one of his legs is between yours. Push backward slightly and reach one hand back to grasp his heel. When you have a good grip, reach back with the other hand. Pull forward with your hands, and when he falls, break his knee by sitting on it as you pull on his leg.



Figure 8-8. Defense against the bear hug from the rear, under the arms.

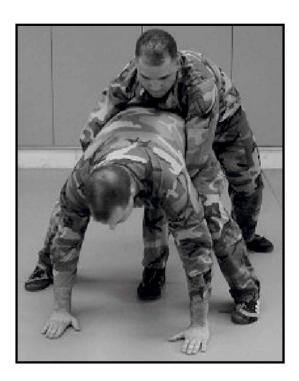


Figure 8-8. Defense against the bear hug from the rear, under the arms (continued).



Figure 8-8. Defense against the bear hug from the rear, under the arms (continued).

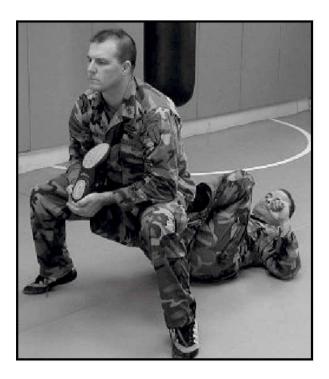


Figure 8-8. Defense against the bear hug from the rear, under the arms (continued).

CAUTION

Care must be taken when practicing this technique to avoid accidental injury.

Section II. ARMED OPPONENT

A knife (or bayonet), properly employed, is a deadly weapon; however, using defensive techniques, such as maintaining separation, will greatly enhance the soldier's ability to fight and win.

8-3. DEFENSE AGAINST AN ARMED OPPONENT

An unarmed defender is always at a distinct disadvantage when facing an armed opponent. It is imperative, therefore, that the unarmed defender understands and uses the following principles to survive.

- a. **Separation**. Maintain a separation of at least 10 feet plus the length of the weapon from the attacker. This distance gives the defender time to react to any attempt by the attacker to close the gap and be upon the defender. The defender should also try to place stationary objects between himself and the attacker.
- b. **Unarmed Defense**. Unarmed defense against an armed opponent should be a last resort. If it is necessary, the defender's course of action includes:
- (1) Move the body out of the line of attack of the weapon. Step off the line of attack or redirect the attack of the weapon so that it clears the body.

- (2) **Control the weapon.** Maintain control of the attacking arm by securing the weapon, hand, wrist, elbow, or arm by using joint locks, if possible.
- (3) Stun the attacker with an effective counterattack. Counterattack should be swift and devastating. Take the vigor out of the attacker with a low, unexpected kick, or break a locked joint of the attacking arm. Strikes to motor nerve centers are effective stuns, as are skin tearing, eye gouging, and attacking of the throat. The defender can also take away the attacker's balance.
- (4) *Ground the attacker*. Take the attacker to the ground where the defender can continue to disarm or further disable him.
- (5) *Disarm the attacker*. Break the attacker's locked joints. Use leverage or induce pain to disarm the attacker and finish him or to maintain physical control.
- c. **Precaution**. Do not focus full attention on the weapon because the attacker has other body weapons to use. There may even be other attackers that you have not seen.
- d. **Expedient Aids**. Anything available can become an expedient aid to defend against an armed attack. The Kevlar helmet can be used as a shield; similarly, the LCE and shirt jacket can be used to protect the defender against a weapon. The defender can also throw dirt in the attacker's eyes as a distraction.

8-4. DEFENSE AGAINST A KNIFE

When an unarmed soldier is faced with an enemy armed with a knife, he must be mentally prepared to be cut. The likelihood of being cut severely is less if the fighter is well trained in knife defense and if the principles of weapon defense are followed. A slash wound is not usually lethal or shock inducing; however, a stab wound risks injury to vital organs, arteries, and veins and may also cause instant shock or unconsciousness.

- a. **Types of Knife Attacks**. The first line of defense against an opponent armed with a knife is to avoid close contact. The different types of knife attacks are:
- (1) *Thrust*. The thrust is the most common and most dangerous type of knife attack. It is a strike directed straight into the target by jabbing or lunging.
- (2) *Slash*. The slash is a sweeping surface cut or circular slash. The wound is usually a long cut, varying from a slight surface cut to a deep gash.
- (3) *Tear*. The tear is a cut made by dragging the tip of the blade across the body to create a ripping-type cut.
 - (4) *Hack*. The hack is delivered by using the knife to block or chop with.
 - (5) **Butt**. The butt is a strike with the knife handle.
- b. Knife Defense Drills. Knife defense drills are used to familiarize soldiers with defense movement techniques for various angles of attack. For training, the soldiers should be paired off; one partner is named as the attacker and one is the defender. It is important that the attacker make his attack realistic in terms of distance and angling during training. His strikes must be accurate in hitting the defender at the intended target if the defender does not defend himself or move off the line of attack. For safety, the attacks are delivered first at one-quarter and one-half speed, and then at three-quarter speed as the defender becomes more skilled. Variations can be added by changing grips, stances, and attacks.
- (1) No. 1 Angle of Defense—Check and Lift (Figure 8-9). The attacker delivers a slash along the No. 1 angle of attack. The defender meets and checks the movement with his left forearm bone, striking the inside forearm of the attacker (Step 1). The defender's

right hand immediately follows behind the strike to lift, redirect, and take control of the attacker's knife arm (Step 2). The defender brings the attacking arm around to his right side where he can use an arm bar, wrist lock, and so forth, to disarm the attacker (Step 3). He will have better control by keeping the knife hand as close to his body as possible (Step 4).

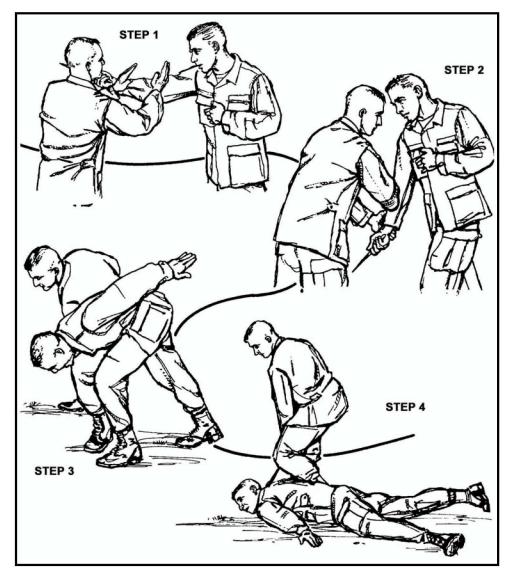


Figure 8-9. No. 1 angle of defense—check and lift.

(2) No. 2 Angle of Defense—Check and Ride (Figure 8-10). The attacker slashes with a No. 2 angle of attack. The defender meets the attacking arm with a strike from both forearms against the outside forearm, his bone against the attacker's muscle tissue (Step 1). The strike checks the forward momentum of the attacking arm. The defender's right hand is then used to ride the attacking arm clear of his body (Step 2). He redirects the attacker's energy with strength starting from the right elbow (Step 3).

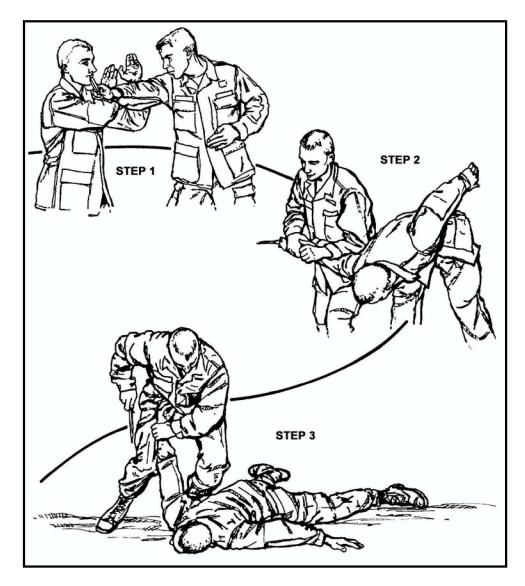


Figure 8-10. No. 2 angle of defense—check and ride.

(3) No. 3 Angle of Defense—Check and Lift (Figure 8-11). The attacker delivers a horizontal slash to the defender's ribs, kidneys, or hip on the left side (Step 1). The defender meets and checks the attacking arm on the left side of his body with a downward circular motion across the front of his own body. At the same time, he moves his body off the line of attack. He should meet the attacker's forearm with a strike forceful enough to check its momentum (Step 2). The defender then rides the energy of the attacking arm by wiping downward along the outside of his own left forearm with his right hand. He then redirects the knife hand around to his right side where he can control or disarm the weapon (Step 3).

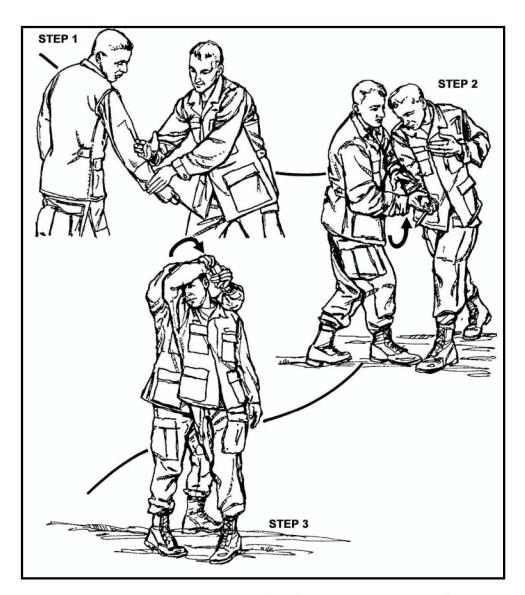


Figure 8-11. No. 3 angle of defense—check and lift.

(4) No. 4 Angle of Defense—Check (Figure 8-12). The attacker slashes the defender with a backhand slashing motion to the right side at the ribs, kidneys, or hips. The defender moves his right arm in a downward circular motion and strikes the attacking arm on the outside of the body (Step 1). At the same time, he moves off the line of attack (Step 2). The strike must be forceful enough to check the attack. The left arm is held in a higher guard position to protect from a redirected attack or to assist in checking (Step 3). The defender moves his body to a position where he can choose a proper disarming maneuver (Step 4).

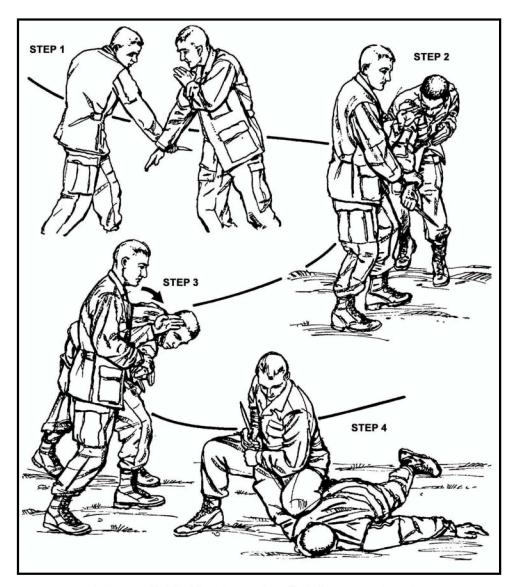


Figure 8-12. No. 4 angle of defense—check.

(5) Low No. 5 Angle of Defense-Parry (Figure 8-13). A lunging thrust to the stomach is made by the attacker along the No. 5 angle of attack (Step 1). The defender moves his body off the line of attack and deflects the attacking arm by parrying with his left hand (Step 2). He deflects the attacking hand toward his right side by redirecting it with his right hand. As he does this, the defender can strike downward with the left forearm or the wrist onto the forearm or wrist of the attacker (Step 3). The defender ends up in a position to lock the elbow of the attacking arm across his body if he steps off the line of attack properly (Step 4).

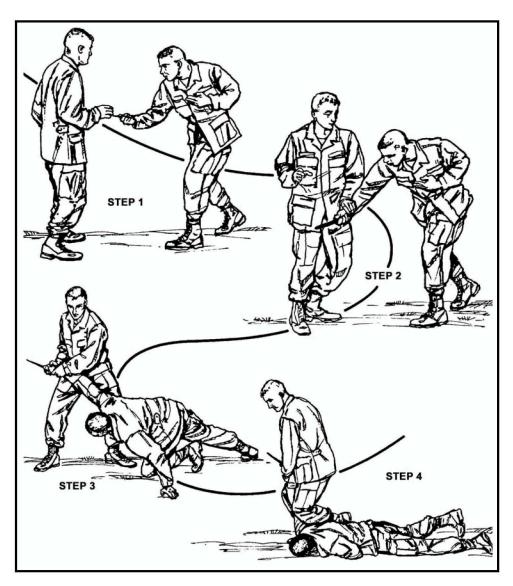


Figure 8-13. Low No. 5 angle of defense—parry.

(6) *High No. 5 Angle of Defense* (Figure 8-14). The attacker lunges with a thrust to the face, throat, or solar plexus (Step 1). The defender moves his body off the line of attack while parrying with either hand. He redirects the attacking arm so that the knife clears his body (Step 2). He maintains control of the weapon hand or arm and gouges the eyes of the attacker, driving him backward and off balance (Step 3). If the attacker is much taller than the defender, it may be a more natural movement for the defender to raise his left hand to strike and deflect the attacking arm. He can then gouge his thumb or fingers into the jugular notch of the attacker and force him to the ground. Still another possibility for a high No. 5 angle of attack is for the defender to move his body off the line of attack while parrying. He can then turn his body, rotate his shoulder under the elbow joint of the attacker, and lock it out (Step 4).

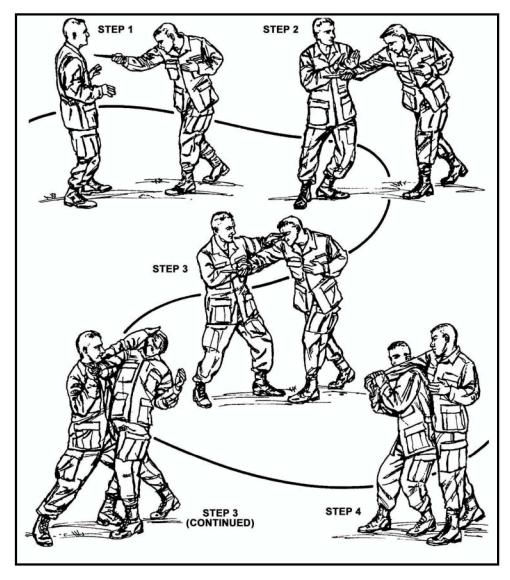


Figure 8-14. High No. 5 angle of defense.

(7) No. 6 Angle of Defense (Figure 8-15). The attacker strikes straight downward onto the defender with a stab (Step 1). The defender reacts by moving his body out of the weapon's path and by parrying or checking and redirecting the attacking arm, as the movement in the high No. 5 angle of defense (Step 2). The reactions may vary as to what is natural for the defender. The defender then takes control of the weapon and disarms the attacker (Step 3).

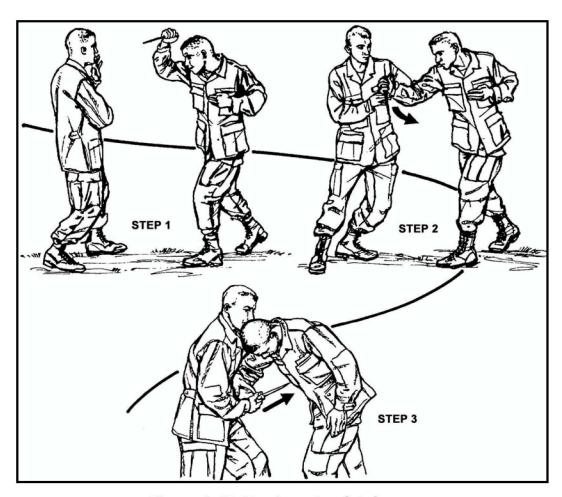


Figure 8-15. No. 6 angle of defense.

c. Follow-Up Techniques. Once the instructor believes the soldiers are skilled in these basic reactions to attack, follow-up techniques may be introduced and practiced. These drills make up the defense possibilities against the various angles of attack. They also enable the soldier to apply the principles of defense against weapons and allow him to feel the movements. Through repetition, the reactions become natural, and the soldier instinctively reacts to a knife attack with the proper defense. It is important not to associate specific movements or techniques with certain types of attack. The knife fighter must rely on his knowledge of principles and his training experience in reacting to a knife attack. No two attacks or reactions will be the same; thus, memorizing techniques will not ensure a soldier's survival.

- (1) **Defend and Clear**. When the defender has performed a defensive maneuver and avoided an attack, he can push the attacker away and move out of the attacker's reach.
- (2) **Defend and Stun**. After the defender performs his first defensive maneuver to a safer position, he can deliver a stunning blow as an immediate counterattack. Strikes to motor nerve points or attacker's limbs, low kicks, and elbow strikes are especially effective stunning techniques.
- (3) **Defend and Disarm**. The defender also follows up his first defensive maneuver by maintaining control of the attacker's weapon arm, executing a stunning technique, and disarming the attacker. The stun distracts the attacker and also gives the defender some time to gain possession of the weapon and to execute his disarming technique.

8-5. UNARMED DEFENSE AGAINST A RIFLE WITH FIXED BAYONET

Defense against a rifle with a fixed bayonet involves the same principles as knife defense. The soldier considers the same angles of attack and the proper response for any attack along each angle.

- a. Regardless of the type weapon used by the enemy, his attack will always be along one of the nine angles of attack at any one time. The soldier must get his entire body off the line of attack by moving to a safe position. A rifle with a fixed bayonet has two weapons: a knife at one end and a butt stock at the other end. The soldier will be safe as long as he is not in a position where he can be struck by either end during the attack.
- b. Usually, he is in a more advantageous position if he moves inside the length of the weapon. He can then counterattack to gain control of the situation as soon as possible. The following counterattacks can be used as defenses against a rifle with a fixed bayonet; they also provide a good basis for training.
- (1) Unarmed Defense Against No. 1 Angle of Attack (Figure 8-16). The attacker prepares to slash along the No. 1 angle of attack (Step 1). The defender waits until the last possible moment before moving so he is certain of the angle along which the attack is directed (Step 2). This way, the attacker cannot change his attack in response to movement by the defender. When the defender is certain that the attack is committed along a specific angle (No. 1, in this case), he moves to the inside of the attacker and gouges his eyes (Step 2) while the other hand redirects and controls the weapon. He maintains control of the weapon and lunges his entire body weight into the eye gouge to drive the attacker backward and off balance. The defender now ends up with the weapon, and the attacker is in a poor recovery position (Step 3).

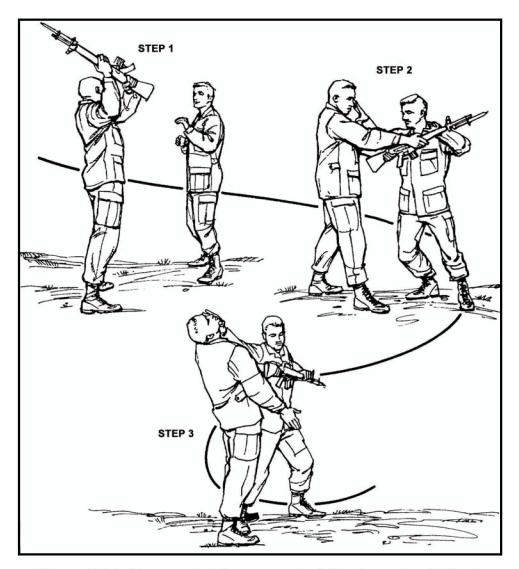


Figure 8-16. Unarmed defense against No. 1 angle of attack.

(2) Unarmed Defense Against No. 2 Angle of Attack (Figure 8-17). The attacker makes a diagonal slash along the No. 2 angle of attack (Step 1). Again, the defender waits until he is sure of the attack before moving. The defender then moves to the outside of the attacker and counterattacks with a thumb jab into the right armpit (Step 2). He receives the momentum of the attacking weapon and controls it with his free hand. He uses the attacker's momentum against him by pulling the weapon in the direction it is going with one hand and pushing with his thumb of the other hand (Step 3). The attacker is completely off balance, and the defender can gain control of the weapon.

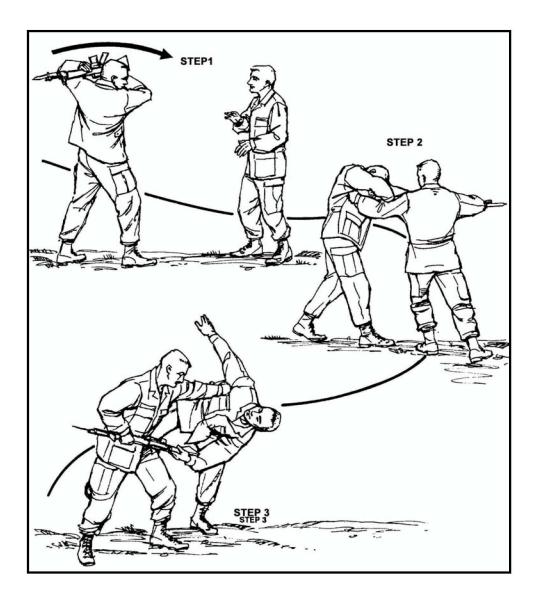


Figure 8-17. Unarmed defense against No. 2 angle of attack.

(3) Unarmed Defense Against No. 3 Angle of Attack (Figure 8-18). The attacker directs a horizontal slash along the No. 3 angle of attack (Step 1). The defender turns and moves to the inside of the attacker; he then strikes with his thumb into the jugular notch (Step 2). His entire body mass is behind the thumb strike and, coupled with the incoming momentum of the attacker, the strike drives the attacker's head backward and takes his balance (Step 3). The defender turns his body with the momentum of the weapon's attack to strip the weapon from the attacker's grip (Step 4).

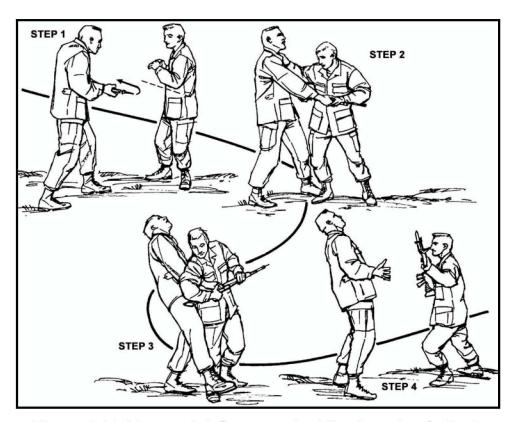


Figure 8-18. Unarmed defense against No. 3 angle of attack.

(4) Unarmed Defense Against No. 4 Angle of Attack (Figure 8-19). The attack is a horizontal slash along the No. 4 angle of attack (Step 1). The defender moves in to the outside of the attacker (Step 2). He then turns with the attack, delivering an elbow strike to the throat (Step 3). At the same time, the defender's free hand controls the weapon and pulls it from the attacker as he is knocked off balance from the elbow strike.

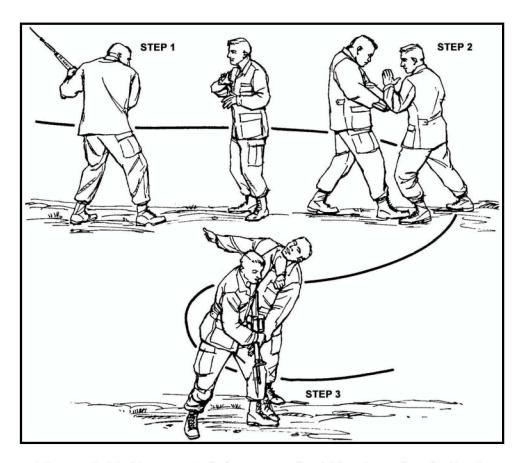


Figure 8-19. Unarmed defense against No. 4 angle of attack.

(5) Unarmed Defense Against Low No. 5 Angle of Attack. (Figure 8-20). The attacker thrusts the bayonet at the stomach of the defender (Step 1). The defender shifts his body to the side to avoid the attack and to gouge the eyes of the attacker (Step 2). The defender's free hand maintains control of and strips the weapon from the attacker as he is driven backward with the eye gouge (Step 3).

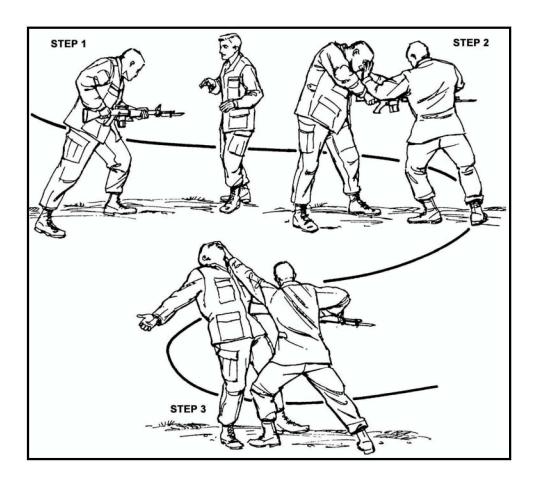


Figure 8-20. Unarmed defense against low No. 5 angle of attack.

(6) Unarmed Defense Against High No. 5 Angle of Attack (Figure 8-21). The attacker delivers a thrust to the throat of the defender (Step 1). The defender then shifts to the side to avoid the attack, parries the thrust, and controls the weapon with his trail hand (Step 2). He then shifts his entire body mass forward over the lead foot, slamming a forearm strike into the attacker's throat (Step 3).

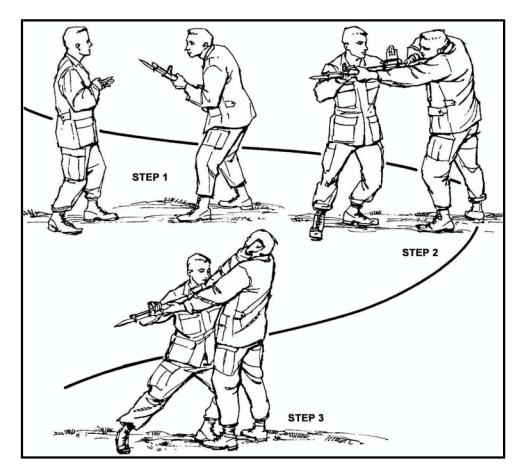


Figure 8-21. Unarmed defense against high No. 5 angle of attack.

(7) Unarmed Defense Against No. 6 Angle of Attack (Figure 8-22). The attacker delivers a downward stroke along the No. 6 angle of attack. The defender shifts to the outside to get off the line of attack and he grabs the weapon (Step 1). Then, he pulls the attacker off balance by causing him to overextend himself (Step 2). The defender shifts his weight backward and causes the attacker to fall, as he strips the weapon from him (Step 3).

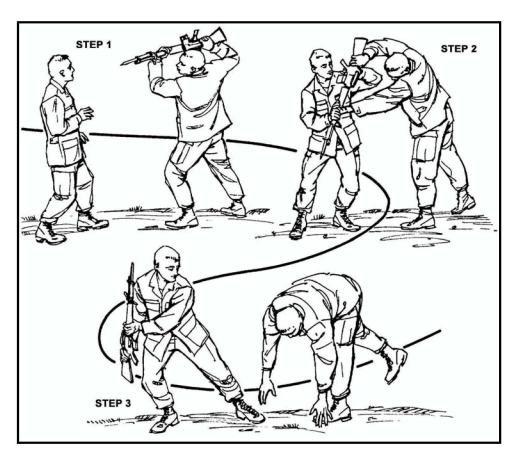


Figure 8-22. Unarmed defense against No. 6 angle of attack.

CHAPTER 9 GROUP TACTICS

Most hand-to-hand situations on the battlefield will involve several people. Varying levels of force will be appropriate based on the situation and rules of engagement. Whether there are more friendlies or enemies, or whether or not some of the parties are armed, soldiers should enter a fight with a well-rehearsed plan and an overall fight strategy.

Section I. LETHAL FORCE SCENARIOS

The fundamental truth of hand-to-hand fighting is that the winner will be the one whose buddies show up first with a weapon. Given modern equipment, complicated scenarios, and the split seconds available to make life and death decisions, soldiers must be armed with practical and workable solutions.

9-1. RANGE

You will usually find yourself in a hand-to-hand situation unexpectedly; for example, your weapon jams when entering a room during MOUT. The first thing you must do is determine the appropriate actions to take, which will primarily be based on the range to the enemy. Against an armed enemy, the deciding factor of range is whether or not you can close the gap before the enemy can bring his weapon to bear.

- a. Close Range. If you are near enough to the enemy to close before he can bring his weapon to bear, you should immediately close the distance and gain control of him.
- b. Long Range. If the range is too great, or the enemy has sufficient time to bring his weapon to bear, the only options are to escape or take cover. Give your buddy a clear shot or get where you can clear your weapon to get yourself back in the fight.

9-2. CONTROL

If you have closed the distance, your primary goal is to control the enemy. This means controlling his ability to influence the rest of the fight, and controlling his ability to damage you. You are essentially stalling until someone can come to your aid.

- a. **Body Control.** You must control the enemy's ability to move, which can done by gaining and maintaining a dominant body position. This can also be accomplished by pinning the enemy in place (for example, against the wall).
- b. **Weapon Control.** You must immobilize the enemy's weapon. For example, use your weight to pin his rifle to his chest while you are mounted, or keep him from drawing a side arm by controlling it in the holster. You must also keep your weapons away from the enemy. It does you no good to immobilize the enemy if he can reach your side arm.

9-3. FINISHING

A very conservative approach should be taken to finishing moves. You must remember that the primary means of winning the fight is with the aid of your buddy. Any move that, if unsuccessful, would compromise your ability to control the situation should not be attempted.

Section II. RESTRICTIVE FORCE SCENARIOS

The most common error when fighting in groups is to enter the fight without a plan. This results in uncoordinated actions, and often in working against each other. Only practice gives soldiers the necessary confidence in themselves and their comrades and the ability to think and act together under the stress of hand-to-hand combat.

9-4. TWO AGAINST ONE

When fighting two against one, use the following procedures.

- a. Angles of Attack. The fighters should advance together, spreading out so that if the enemy turns to face either soldier he will expose his flank to the other.
- b. **Communication.** One soldier should attack the enemy's legs and the other should concentrate on his upper body. This can be done by signal, or the soldier attacking the flank can automatically go low. After the enemy is on the ground, good communication is necessary so that you can control and then finish him.

9-5. THREE AGAINST TWO

When fighting three against two, use the following procedures.

- a. Angles of Attack. The fighters should advance so that the outside two are outside of the enemy. One of the enemies will have to make a choice to face either the outside or inside man. When he does, he will expose his flank to the other one. The fighter who is facing his opponent alone will stall until the other two have finished and can come to his aid.
- b. **Communication.** Not only must the two who are fighting the same opponent communicate with each other, but also the fighter who is alone must keep them abreast of his situation. If he is in trouble, it may be necessary for one of them to disengage and come to his aid.

9-6. PARITY

If both groups have the same number of fighters, one fighter stays in reserve until the enemy has committed their entire force. When they have committed, the reserved fighter will attack the exposed back of the enemy.

9-7. ONE AGAINST TWO

When fighting one against two, use the following procedures.

- a. Remain Standing. Defeating two opponents simultaneously is very difficult. When outnumbered, you should usually try to remain standing—mobility is critical to an effective defense or escape. It is very important not to expose your back. You must use the obstacles around you to restrict the enemies' movements so that you face only one at a time, or maneuver yourself to the flank of the one nearest to you and use him to block the other one. Attack the first enemy using strikes or field-expedient weapons, and then deal with the remaining one.
- b. **Defense on the Ground.** If you should lose your footing or be taken to the ground, you must protect your back. Your best defense is to move into a corner or against a wall. Use a modified guard, so that your legs are not exposed, to limit the enemies' ability to attack simultaneously.

9-8. TWO AGAINST THREE

When fighting two against three, you should maneuver to the flanks either together or separately.

- a. **Together.** If you can get to one flank together, with the help of restrictive terrain if possible, use strikes to attack one opponent at a time until you have defeated all three.
- b. **Separately.** If you are separated, one of you defends as in one against two while the other attacks the remaining enemy with strikes and then comes to the aid of the first.

APPENDIX A SITUATIONAL TRAINING

A successful combatives program cannot stand alone. The transition to the appropriate techniques must be natural, which can only be accomplished by integrating combatives into scenario training. This is hard and arduous training; soldiers should know that war is harsh, and the reality of training for war is equally harsh.

Section I. PLANNING CONSIDERATIONS

Training soldiers in the appropriate use of combatives requires expertise and detailed planning. As in live-fire training, the potential for accidents must be mitigated by control of both the scenario and the conduct of the exercise itself.

A-1. PLANNING

When planning a hand-to-hand scenario many factors must be addressed. A detailed and well thought out scenario tells the soldiers what type of techniques are appropriate. For example, very different techniques are appropriate when clearing a building in an enemy occupied city, such as when U.S. forces cleared Hue City, Vietnam, than when clearing a building during a noncombatant evacuation operation.

- a. **Scenario.** Scenarios must be explained to soldiers in detail so that the appropriate actions come to them naturally. This should include an explanation of the events leading up to the scenario as well as the immediate tactical situation.
- b. Rules of Engagement. Rules of engagement must be given that provide soldiers a clear understanding of what actions are appropriate.

A-2. CONDUCT

During the conduct of an exercise, leaders must maintain control throughout. It is very easy for undisciplined troops to go beyond the bounds of the exercise when they get frustrated at their own poor training. Soldiers and subordinate leaders must know what is expected of them, and what the repercussions are for inappropriate actions.

- a. **Opposing Force.** There is always a tendency for soldiers playing the opposing force (OPFOR) to lose track of the training goals and get carried away. OPFOR must be well rehearsed and stay within the bounds of the scenario. The safety of the OPFOR must be considered even in small details of the situation. For example:
 - Should they wear their canteens on their LBE knowing they will be knocked down?
 - Are there any dangerous objects for them to fall on, such as the pointed corner of a table or a picket in the ground?
- b. **Safety Measures.** The most important control measure that a leader can have after the scenario begins is a means to stop the action. This can be as simple as a whistle, but it must be clear and easily heard over the action.

Section II. EXAMPLE SCENARIOS

There are as many different possible scenarios as there are potential missions. Commanders must evaluate their own METL to come up with realistic scenarios for their units. One of the primary learning objectives is the thought that must go into using techniques and tactics that are appropriate to the situation.

A-3. ROOM CLEARING

Clearing buildings during MOUT can confront soldiers at the lowest level with life and death decisions at every turn.

- a. **Situation.** The battalion has been deployed to the island nation of Cortina to help stabilize the political situation long enough for the recently elected democratic government to gain control of the country. Platoons are being sent out to search for suspected weapons cached by the former armed forces, who recently lost power. Your platoon has been tasked to search and clear a small village.
- b. **Rules of Engagement.** Deadly force is only authorized for self-defense, defense of others, or defense of property that could create a substantial risk to others.

A-4. TRENCH CLEARING

Soldiers must always be trained and ready to execute their principal wartime missions.

- a. Situation. The platoon is attacking an enemy-held bunker complex.
- b. Rules of Engagement. Deadly force is authorized in keeping with the law of war.

A-5. ROADBLOCK

Soldiers may be used in increasingly more complex scenarios short of war.

- a. **Situation.** The platoon is manning roadblocks that divide the two hostile factions of Cortina. Hostile crowds are known to appear, threatening U.S. soldiers.
- b. Rules of Engagement. Soldiers will use the minimum amount of force necessary to control the situation.

APPENDIX B COMPETITIONS

A look at the history of combatives systems reveals two fundamental mistakes, both of which are related to competition. The first mistake is having no form of competition, which is generally due to the thought that the techniques are "too dangerous" for competitions. Although many techniques are too dangerous for live competition, many benefits can be gained by competing even in a limited set of techniques. The boxer is a better puncher than the traditional martial artist not because of the mechanics of punching, but because his technique has been refined through competition.

Competitions are useful for military units for many other reasons. The problem of developing is really the problem of how to Competitions can motivate subordinate unit leaders to emphasize combatives training, which leads to a strong unit program. Competitions also encourage the pursuit of excellence in soldiers.

The other mistake is that once a method of competition has been selected, training will naturally become focused on winning at competition rather than on winning in combat. To gain the benefits from competition without falling into the trap of a competitive focus, the unit must have a graduated system of competition rules. In this way there will be no competitive advantage to training specifically for competitions. Those who do will find themselves unprepared for the additional techniques that are allowed at the next level of competition. This also allows for a very safe subset of techniques to be used at the lower levels without loosing the combat focus.

Three sets of rules govern combatives competition—basic, standard, and special. Although other combative sports are encouraged, they sometimes reinforce bad combative habits.

B-1. BASIC COMPETITIONS

The basic competition rules are designed for entry-level soldiers, or soldiers with a limited knowledge base. Soldiers will begin with a handshake, face each other on their knees, and fight until submission or for a designated time limit. On reaching the time limit, a winner will be designated by the referee based upon aggressiveness and display of superior technique.

B-2. STANDARD COMPETITIONS

Standard competitions are conducted using the following guidelines.

- a. **Uniform**. Soldiers compete wearing BDUs and PT shoes. For ease in scoring, one soldier may wear a DBDU top.
- b. **Duration**. Matches last six to ten minutes. Specific match duration is decided in advance.

c. **Scoring**. Points are awarded to establish good fight habits and emphasize the importance of dominant body position. Submission will end the fight regardless of the score. All positions must be stabilized to the judge's satisfaction to earn points. The point values are:

2 Points Take Down: From the standing position, the fighter places his

opponent on the ground but fails to gain dominant position.

3 Points Take Down: From the standing position, the fighter places his

opponent on his back and gains side control or the mount.

3 Points Pass the Guard: From between his opponent's legs, the fighter clears

the legs and gains side control or the mount.

3 Points Sweep: From the guard position, the fighter changes positions, placing

his opponent on his back.

3 Points Knee in Chest: From side control, the fighter establishes one knee in

his opponent's chest and or abdomen and the other knee up and away

from him and stabilizes himself.

4 Points Mount: The fighter establishes the mount with both knees and feet on

the ground.

4 Points Back Mount: The fighter establishes the back mount with both feet

hooked in position.

1 Point

deduction: Stalling: From either within the guard or side control, the fighter must

try to improve his position. The judge will give two warnings and then subtract a point. If the stalling continues, the judge gives two additional warnings, then subtracts an additional point, continuing this

pattern until the end of the match or action is conducted.

d. **Judging**. Each match has one judge and one score keeper. It is the judge's responsibility to ensure a safe and fair match. All decisions are final.

- e. **Illegal Techniques.** The following are illegal and dangerous techniques. Their use may result in disqualification:
 - Strikes of any kind.
 - Twisting knee locks.
 - Finger techniques.
 - Wrist techniques.
 - Grabbing the fingers.
 - Toe holds.
 - Attacking the groin.
 - Picking up the opponent to pass the guard.
- f. **Tie Breaking.** If the score is tied at the end of the allotted time, the match will continue until the next point is scored or deducted.
- g. **Time Limits.** Although time limits tend to change the types of techniques commonly employed, they are necessary, especially when conducting a large number of matches (as in a tournament). If time limits are used, a specific time limit will be decided on in advance, commensurate with the number of matches to be conducted. An alternative to time limits is to have a set amount of maximum points (usually fifteen). The

first fighter to reach that limit is the winner. A victory by submission is far preferable to a point victory.

B-3. SPECIAL COMPETITION

Special competitions are conducted using the following guidelines.

- a. Required Safety Gear and Uniform Safety Gear.
 - Approved shin and instep pads (pull on type), approved knee pads, cup, mouth guard.
 - Optional—Neoprene or cloth ankle supports can be worn to support a previous injury but the injury must be verified by the ringside physician and the supports must be approved. Taping of previously injured areas will be under the same condition as stated above.

b. Uniform.

- (1) Fighters will fight bare top, or with approved athletic top for females.
- (2) Full-length tights or bicycle-length tights will be worn on the lower half of the body.
 - (3) Kneepads are required and must be of approved thickness and density.
- (4) Shin and instep (pull on type) pads must be approved for thickness and density as well as proper fit. They must provide maximum softness with enough density so that the shin and knee bones cannot be felt when strong pressure is applied. Pads must fit snugly so they will not easily pull down or move around during competition.
- (5) Fighters must wear a cup. If the fighter wears an outer cup it must cover only the groin and lower bladder area; it cannot extend out around the hip area. Outer cups must be approved.

c. Illegal Techniques.

- Head butts.
- Closed fist strikes to the head.
- Striking with the elbows.
- Groin strikes.
- Straight palm strikes to the face.
- Kicks and knee strikes to a downed opponent.
- Striking the throat.
- Pulling hair.
- Poking or gouging eyes.
- Biting.
- Throwing an opponent onto their head or neck.
- Heel hooks.
- Grabbing the ring ropes.
- Pinching (intentional).
- Scratching (intentional).
- Striking the side and or front of the knee.
- Knee strikes to the face.
- Finger and toe submissions.
- d. Additional Illegal Acts. Fighters may not use any slippery substance on their body such as petroleum jelly or liniment.

e. Legal Techniques.

- Slapping with the open hand palm side only.
- Kicking the legs, body, or head (when both fighters are standing).
- Punching the body.
- Takedowns with the exceptions noted above.
- Submission, joint locks, chokes, and pressure point techniques except as noted
- Knee strikes to both the legs and body (while both fighters are standing).
- f. Length of Matches. Matches will be at least five minutes. Longer matches may be coordinated.

g. Methods of Victory.

- Win by knockout (KO).
- Win by technical knockout (TKO).
- Win by "tap out."
- Win by verbal submission.
- Win by choke out.
- Win by referee stoppage.
- Win by judges' decision.
- Win by disqualification.

h. Disqualification.

- Use of any illegal joint technique will result in immediate disqualification.
- Intentional use of any illegal technique will result in immediate disqualification.
- Any unsportsman-like conduct may result in disqualification.
- i. **Definitions of Methods of Victory.** The methods of victory are defined as follows:
- (1) **Knockout (KO)**. If one fighter goes down from the impact of a blow (not from a push, slip, or throw), the referee will send the fighter who struck the blow to a neutral corner and begin a 10 count. If the downed fighter cannot return to his feet before 10 is reached, a knockout is awarded.
- (2) **Technical Knockout (TKO).** A TKO is registered when the referee deems that one fighter cannot defend himself and is in danger of receiving excessive damage if the match continues. In this case, the referee will award the other fighter a TKO victory.
- (3) "Tap Out." A fighter may give up at any time during the match by "tapping out." This is done by slapping their open palm several times (a minimum of twice) on the mat, The referee acknowledges a victory for the opponent and ends the match immediately.
- (4) *Verbal Submission*. A fighter may give up at any time during the match by saying "stop" loud enough for the referee to hear. The referee will stop the fight and award the victory to the other fighter.
- (5) **Choke Out.** When a choke has been applied, the referee will watch for any sign of unconsciousness, including failure to respond to verbal questions, and immediately stop the match, awarding the victory to the fighter who applied the choke.
- (6) *Referee Stoppage*. The referee will consider both combatants' safety at all times. He may stop the match if he thinks that a fighter's safety is in danger and or an injury is eminent. This is especially important when a joint lock is being applied and the "locked"

fighter refuses to "tap out" or verbally submit. The referee will award the victory to the appropriate fighter.

- (7) **Judges' Decision.** The match will be judged by three judges. When a match goes to the time limit, the judges will make a decision based on the following point system.
- (a) Standing Superiority. The fighter who shows superior skills on his feet will be awarded one point and the opponent no points. In the case of equal display of standing skills, both fighters will be awarded one point.
- (b) *Takedown Superiority*. The fighter who shows superiority in takedowns will be awarded one point and the opponent no points. In the case of equal display of takedown skills, both fighters will be awarded one point.
- (c) *Ground Superiority*. The fighter who shows superiority in ground fighting will be awarded one point and the opponent no points. In the case that neither fighter displays superiority during ground fighting, both fighters will be awarded one point.
- (d) *Total Superiority*. The fighter who controls most of the action during the match will be awarded two points. In the case that neither fighter controls most of the action, both fighters will be awarded no points.

The points will be totaled and the fighter with the most points will be judged as the winner by each individual judge. The judges will turn in their scorecard with their name on it at the end of the match. The referee will award a decision based on the decision of the judges as follows:

- Unanimous decision. All three judges awarded victory to the same fighter.
- Majority decision. Two judges award a victory to the same fighter and the third judge scores the fight a draw, or one judge awards a victory to one fighter and the other two score the fight a draw.
- Split decision. Two judges award a decision to the same fighter and the third judge awards a decision to the other fighter.
- Draw. All three judges score the match a draw or one judge scores the fight a draw and the other two judges are split.
- j. Stalemate. When the combatants are on the ground and neither is attempting to gain an advantage position or submission, the referee will start a 30-second count. If neither fighter attempts to improve his position or gain a submission, a stalemate exists and the referee will break the fighters and restart them on their feet. When the fighters go under the ropes or become entangled with the ropes the referee calls "STOP" and drags them into the center of the ring. The referee will ensure that neither fighter gains advantage from this movement before restarting with the command "FIGHT."

k. Weigh-In Procedures and Weight Classes. Fighters may weigh in the evening before or up to one hour before the fight. No fighter should weigh in more than 24 hours before the fight. Fighters will be paired by weight class. Sponsoring units may create their own weight classes. Suggested weight classes are as follows:

Super Heavyweight	Over 220 pound
Heavyweight	220 and under
Super Light Heavyweight	205 and under
Light Heavyweight	195 and under
Cruiser Weight	185 and under
Super Middleweight	175 and under
Middleweight	165 and under
Light Middleweight	155 and under
Super Welterweight	145 and under
Welterweight	135 and under
Super Lightweight	125 and under
Lightweight	115 and under
Bantamweight	105 and under

GLOSSARY

AIT advanced infantry training

BDU basic duty uniform

DBDU desert basic duty uniform

FSN Federal stock number

IAW in accordance with

KO knockout

LBE load-bearing equipment LCE load-carrying equipment

METL mission-essential task list

MOUT military operations on urban terrain

OPFOR opposing force

OSUT one-station unit training

PT physical training

TKO technical knockout
TSC Training Support Center

U.S. United States

REFERENCES

DOCUMENTS NEEDED

These documents must be available to the intended users of this publication.

*FM 21-20

Physical Fitness Training. 30 September 1992.

^{*}This source was also used to develop this publication.

INDEX

attacks, 4-1	leg attack, 4-52
double leg attack, 5-24 (illus, 5-24,	figure-four ankle lock, 4-54
5-25)	(illus)
finishes from, 5-25	straight ankle lock, 4-52 (illus,
hook the leg, 5-27 (illus)	4-52 thru 4-54)
lift, 5-25 (illus, 5-25 thru	straight knee bar, 4-55 (illus,
5-27)	4-55, 4-56)
from the guard, 4-30	pass the guard, 4-2
arm lock, 4-30 (illus, 4-30, 4-31)	closed guard, 4-2 (illus, 4-3 thru
guillotine choke, 4-32 (illus,	4-11)
4-32, 4-33)	open guard, 4-11 (illus, 4-11 thru
sweeps, 4-34	4-14)
ankle grab/knee push, 4-37	single leg attacks, 5-28 (illus)
(illus 4-37 thru 4-39)	block opposite knee, 5-30 (illus)
Captain Kirk, 4-36 (illus)	dump, 5-29 (illus)
scissors, 4-34 (illus, 4-34, 4-35)	leg sweep, 5-30 (illus) triple attack, 4-20
triangle choke, 4-39 (illus 4-39,	gain the back mount, 4-24 (illus)
4-40)	lapel choke, 4-20 (illus, 4-20,
from the back mount, 4-25	4-21)
collar choke, 4-25 (illus, 4-25,	straight arm bar, 4-22 (illus,
4-26)	4-22, 4-23)
single wing choke, 4-27 (illus,	, , , , , ,
4-27, 4-28)	bayonet assault course, 2-6
straight arm bar, 4-28 (illus,	layout, 2-6 (illus, 2-7)
4-28, 4-29)	obstacles, 2-8 (illus, 2-9 thru 2-12)
from the mount, 4-14	safety, 2-6
leaning choke, 4-16 (illus, 4-16,	standards, 2-12
4-17)	targets, 2-7 (illus, 2-8)
nutcracker choke, 4-17 (illus,	usage, 2-8
4-17, 4-18)	body positioning moves, 3-4
paper cutter choke, 4-15 (illus,	arm push and roll to the rear mount,
4-15, 4-16)	3-18 (illus, 3-18 thru 3-21)
sleeve choke, 4-18 (illus, 4-18,	escape the half guard, 3-16 (illus,
4-19)	3-16, 3-17)
from the rear, 5-31 (illus) knee mount, 4-41 (illus, 4-41, 4-42)	escape the mount, shrimp to the guard, 3-8 (illus, 3-9 thru 3-11)
chokes, 4-45 (illus, 4-45, 4-46)	escape the mount, trap, and roll, 3-6
straight arm bar, 4-47 (illus 4-47,	(illus, 3-7, 3-8)
4-48)	escape the rear mount, 3-21 (illus,
variation, 4-51 (illus)	3-21 thru 3-23)
, ,	,

pass the guard and achieve the	sawdust pit, 2-5
mount, 3-11 (illus, 3-11 thru 3-15)	construction, 2-5 (illus)
stand up in base, 3-1 (illus, 3-5, 3-6)	principles, 1-1, 1-2
body positions	safety, 1-2
advanced, 4-1	bayonet assault course, 2-6
knee in the stomach, 4-2 (illus)	chokes, 1-2
north-south position, 4-1 (illus)	general, 1-2
dominant, 3-1	joint locks, 1-2
back mount, 3-1 (illus, 3-2)	supervision, 1-2
front mount, 3-2 (illus, 3-3)	striking, 1-2
guard, 3-3 (illus)	training areas, 1-2
side control, 3-4 (illus)	trainers, 2-1
breakfall, 5-1	responsibilities, 2-1
forward rolling, 5-3 (illus)	training, 1-1, 2-1
forward rolling from the kneeling	basic, 2-3
position, 5-1 (illus, 5-2, 5-3)	effects, 1-1
rear, 5-4 (illus)	one-station unit, 2-3
side position, 5-1 (illus)	purpose, 1-1
1	sustainment, 2-4
chokes	competitions, B-1
collar, 4-22 (illus, 4-25, 4-26)	basic, B-1
cross collar, 3-26 (illus, 3-26 thru	standard, B-1
3-28)	duration, B-1
front guillotine, 3-29 (illus, 3-29 thru	illegal techniques, B-2
3-31)	judging, B-2
from knee mount, 4-45 (illus, 4-45,	scoring, B-2
4-46)	tie-breaking, B-2
guillotine, 4-32 (illus, 4-32, 4-33)	time limits, B-2
defend, 5-13 (illus, 5-13 thru	uniform, B-1
5-15)	special, B-3
with knee strikes, 5-15 (illus,	disqualification, B-4
5-15, 5-16)	illegal techniques, B-3
lapel, 4-20 (illus, 4-20, 4-21)	legal techniques, B-4
leaning, 4-16 (illus, 4-16, 4-17)	length, B-4
nutcracker, 4-17 (illus, 4-17, 4-18)	methods of victory, B-4
paper cutter, 4-15 (illus, 4-15, 4-16)	definitions, B-4, B-5
rear naked, 3-24 (illus, 3-24, 3-25)	safety gear, B-3
single wing, 4-27 (illus, 4-27, 4-28)	stalemate, B-5
sleeve, 4-18 (illus, 4-18, 4-19)	uniform, B-3
triangle, 4-39 (illus, 4-39, 4-40)	weigh-in, B-6
clinch, 5-4	
close range, 5-4 (illus, 5-5, 5-6)	finishing moves, 3-24
long range, 5-6	bent arm bar from the mount, 3-31
combatives	(illus, 3-31 thru 3-33)
formations, 2-4	cross collar choke, 3-26 (illus, 3-26
matted rooms, 2-5	thru 3-28)

front guillotine choke, 3-29 (illus,	modified, 7-21 (illus)
3-29 thru 3-31)	whirl, 7-9 (illus)
rear naked choke, 3-24 (illus, 3-24,	follow-up, 7-22
3-25)	position, 7-7
straight arm bar from the guard, 3-35	attack, 7-7 (illus)
(illus, 3-35 thru 3-38)	relaxed, 7-8 (illus)
straight arm bar from the mount,	principles, 7-7
3-33 (illus, 3-33 thru 3-35)	hand-to-hand combat, iv
sweep from attempted straight arm	definition, 1-1
bar, 3-39 (illus, 3-39, 3-40)	headlocks, 3-41, 5-13
, , , , ,	defense against, 3-41 (illus, 3-41 thru
ground-fighting techniques	3-47), 5-13
basic, 3-1	with punches, 5-17 (illus, 5-17 thru
advanced, 4-1	5-19)
,	without punches, 5-19 (illus, 5-19
handheld weapons, 7-1	thru 5-20)
angles of attack, 7-1 (illus 7-1 thru	
7-6)	scenarios, 9-1
bayonet/knife, 7-22	examples, A-2
knife-against-knife sequence,	lethal force, 9-1
straight grip, 7-22	control, 9-1
knife fighter's stance, 7-23 (illus)	finishing, 9-1
modified stance, 7-24 (illus)	range, 9-1
range, 7-24	restrictive force, 9-2
reverse grip, 7-23, 7-25 (illus,	situational training, A-1
7-25 thru 7-28)	conduct, A-1
development, 7-6	planning, A-1
field-expedient, 7-29	standing defense, 8-1
entrenching tool, 7-29 (illus, 7-29	against bear hugs, 8-7 thru 8-13
thru 7-32)	(illus, 8-7 thru 8-13)
six-foot pole, 7-36 (illus)	against chokes, 8-1
three-foot stick, 7-33 (illus, 7-34,	standing rear naked, 8-1 (illus,
7-35)	8-1 thru 8-2)
fighting techniques, 7-6	standing rear naked pulling back,
fixed bayonet, 7-2	8-3 (illus, 8-3, 8-4)
movements, 7-8	against one-hand neck press, 8-5
attack, 7-9	(illus)
butt stroke, 7-11 (illus, 7-12)	against two-hand neck press, 8-6
slash, 7-13 (illus)	(illus, 8-6, 8-7)
smash, 7-14 (illus)	strikes, 4-57
thrust, 7-10 (illus, 7-11)	arm, 6-1
crossover, 7-9 (illus)	hook, 6-2 (illus, 6-3)
defensive, 7-15	jab, 6-1 (illus)
block, 7-17 (illus, 7-18 thru 7-22)	reverse punch, 6-2 (illus)
parry, 7-15 (illus, 7-15, 7-16)	

uppercut, 6-3 lead hand, 6-3 (illus, 6-3, 6-4) trail hand, 6-4 (illus, 6-4, 6-5) defending against, 4-65 (illus, 4-65 thru 4-67) elbow, 6-5 horizontal, 6-5 (illus) upward, 6-6 (illus) from side control, 4-63 (illus, 4-63 thru 4-65)	stretches, 2-12, 2-13 back-roll stretch, 2-13 (illus) buddy-assisted back stretch, 2-17 (illus) buddy-assisted groin (butterfly) stretch, 2-16 (illus) buddy-assisted hamstring stretch, 2-15 (illus) buddy-assisted splits, 2-14 (illus) warm-ups, 2-12, 2-13
kicks, 6-6 lead leg front, 6-7 (illus) rear leg front, 6-7 (illus) shin, 6-8 (illus) stepping side, 6-8 (illus)	unarmed defense, 8-13 against a knife, 8-14 thru 8-21 (illus, 8-15 thru 8-21) against a rifle with fixed bayonet, 8-22 thru 8-29 (illus, 8-23 thru 8-29)
knee, 6-9 (illus) pass the guard with, 4-57 (illus, 4-57 thru 4-62) punching combinations, 6-6	against an armed opponent, 8-13
takedowns, 5-1	
basic, 5-7 (illus, 5-7, 5-8)	
from against a wall, 5-21	
leg drag, 5-23 (illus, 5-23, 5-24)	
position and strikes, 5-21 (illus,	
5-21 thru 5-23)	
hip throw, 5-9 (illus, 5-9, 5-10)	
hook the leg, 5-8 (illus)	
rear, 5-10 (illus, 5-10 thru 5-12)	
teaching techniques, 2-12	
crawl, walk, run, 2-18	
first level, 2-18	
second level, 2-18	
demonstrations, 2-18	
company-size formation or larger, 2-18	
platoon-size formation or	
smaller, 2-18	
drills, 2-19, 3-40	
execution, 2-19	
at combat speed, 2-19	
by-the-numbers, 2-19	
protective equipment, 2-19	
other, 2-19	
pads, 2-19 (illus, 2-20)	