

# UNITED STATES ARMY COMBATIVES COURSE

## 1/29 Infantry Regiment, Fort Benning GA

### LIVE GRAPPLING

Live grappling allows students to execute techniques against a fully resisting opponent and to make practical adjustments to techniques and transitions in real-time. All live grappling is strictly training and should never be attempted at maximum intensity. Good training partners emphasize cooperation, technical mastery, and safety. Bad training partners exhibit showmanship, ego, and an unwillingness to learn. "Winning" while grappling is not half as important as learning the fundamentals and mechanics of different techniques and transitions on a practical level. Competition and controlled aggression is strongly encouraged, but the purpose of training is always to improve each other rather than to prove something to each other. Any instances of unsportsmanlike conduct or disrespect will be addressed immediately by the NCOIC.

#### **Safety Requirements:**

- Training area will be an authorized Combatives Training Environment IAW TC 3-25.150
  - Ensure Students maintain adequate space between each other during all practical work (i.e. allow at least a 64 sq. ft. training space (8' x 8') for each pair of Soldiers).
- The primary instructor/NCOIC will submit a Deliberate Risk Assessment Worksheet (DD 2977) before any live grappling session. A blanket DRAW can be found on the United States Army Combatives Course (USACC) website.
- Instructors will conduct the appropriate Pummeling/Grapppling Safety Brief before any Live Pummeling/Grappling. Appropriate safety briefs can be found on the United States Army Combatives Course (USACC) website.
- Soldiers will conduct the Preparation Drill IAW FM 7-22 at a minimum before any physical training.
- Soldiers will empty their pockets and remove all jewelry, watches, pens, rings and identification tags before any Combatives training.
- All soldiers will wear a serviceable mouthpiece during live grappling sessions.
- One dedicated support medical personnel per 36 Soldiers will be present during all live grappling sessions. Medical personnel will be Combat Life Saver certified at a minimum.
- The Primary Instructor/NCOIC will supervise and control all live grappling sessions to ensure safety requirements are followed.
- Instructors will maintain adequate Work:Rest intervals in regards to environmental considerations, the overall fitness level of the class, the overall experience of the class, etc.
- Individuals with prior head injuries or Lasik surgery will be cleared by their Primary Care Provider before they participate in any live grappling session.
- The Primary Instructor/NCOIC will have an emergency medical plan in place and will brief the students on this plan before any live grappling session. Reference TC 3-25.150 for guidance.

**USACC Website:** <http://www.benning.army.mil/armor/316thCav/129/Combatives/>

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### GRAPPLING SAFETY BRIEF:

#### Pummel for Dominant Body Position

#### **Pummel for Dominant Body Position**

To pummel is to fight for dominant clinch position in order to give you a more dominant position from which to strike and control the fight. Understanding dominant clinch positions is the key to fighting effectively maintaining the upper hand even when your technical repertoire is limited.

- All Standard rules apply (Reference TC 3-25.150 Appendix A, Paragraph A-189 through A-191)
- Tapping Procedure:
  - \* Soldiers will Tap when they are in pain, when they feel that they are about to go unconscious, or when an effective joint lock is being applied.
  - \* Soldiers will attempt to Tap vigorously on their opponent with their hand or foot when any of the above conditions apply. If a Soldier cannot tap on their opponent they will tap on the mat or ground.
  - \* In the event that a Soldier is unable to tap they will verbally submit by exclaiming "Tap Tap Tap."
  - \* Once a Soldier taps, both fighters will immediately stop what they are doing.
  - \* Soldiers should not tap just to escape an uncomfortable position.
- Soldiers may not pick an opponent up and slam them on the fighting surface.
- Soldiers will at no time attempt to take their opponent to the ground while pummeling. If this occurs, both students will stop what they are doing and reset before they continue the exercise.
- No finger chokes are allowed.
- Soldiers may not apply any sort of small joint manipulation. This includes wrist locks and the bending of fingers.
- When grabbing the hand, students will grab either the whole hand or at least four fingers.
- No leg attacks of any kind are allowed.
- No striking is permitted.
- No pressure points will be applied.
- No fish hooking will be permitted.
- No eye gouging will be permitted.
- No head butts will be permitted.
- Soldiers will never grab their opponent's genitals.
- The primary instructor will designate all starting positions for the Students.
- Soldiers will not attempt to submit each other.
- Soldiers will stop once they have achieved a dominant clinch position and reset in order to continue the drill.

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### GRAPPLING SAFETY BRIEF:

#### Grappling for Submission

#### Grapple for Submission

Grappling refers to any method of fighting that involves the use of grips, holds, and sweeps to improve body position as opposed to strikes. Submission grappling incorporates the use of finishing techniques such as chokes and joint locks into the fight for dominant body position.

- All Standard rules apply (Reference TC 3-25.150 Appendix A, Paragraph A-189 through A-191)
- Tapping Procedure:
  - \* Soldiers will Tap when they are in pain, when they feel that they are about to go unconscious, or when an effective joint lock is being applied.
  - \* Soldiers will attempt to Tap vigorously on their opponent with their hand or foot when any of the above conditions apply. If a Student cannot tap on their opponent they will tap on the mat or ground.
  - \* In the event that a Soldier is unable to tap they will verbally submit by exclaiming "Tap Tap Tap."
  - \* Once a Soldier taps, both fighters will immediately stop what they are doing and reset to the designated starting position.
  - \* Soldiers should not tap just to escape an uncomfortable position.
- All joint manipulation will be applied with slow steady pressure.
- Soldiers will never force a joint lock submission if their opponent refuses to tap out. If the Soldier has a joint lock secured and the opponent refuses to tap, the Soldier will release the submission and continue to grapple.
- Soldiers will not pick up their opponent and slam them on the fighting surface. This includes when their opponent has them in the Guard.
- Soldiers will not stand up except to pass the Guard.
- No finger chokes are allowed.
- Soldiers may not apply any sort of small joint manipulation. This includes wrist locks and the bending of fingers.
- Soldiers will grab either the whole hand or at least four fingers when attempting to break an opponent's grip.
- No leg attacks of any kind are allowed.
- No pressure points will be applied.
- No fish hooking will be permitted.
- No eye gouging will be permitted.
- No head-butts will be permitted.
- Soldiers will never grab their opponent's genitals.
- The primary instructor will designate all starting positions for the Soldiers.

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### GRAPPLING SAFETY BRIEF:

#### Grappling with Strikes

#### Grapple with Strikes

Knowing how to combine effective stand-up fighting techniques with finishing techniques on the ground opens up more tactical options as a Soldier and will make you more efficient and lethal on the Battlefield. While effective strikes can be lethal, they can also be used as disruptive techniques to help the Soldier transition into more favorable positions and to control the fight.

#### Grappling Safety Brief: Grappling with Strikes

- All Standard rules apply (Reference TC 3-25.150 Appendix A, Paragraph A-189 through A-191)
- Tapping Procedure:
  - \* Soldiers will Tap when they are in pain, when they feel that they are about to go unconscious, or when an effective joint lock is being applied.
  - \* Soldiers will attempt to Tap vigorously on their opponent with their hand or foot when any of the above conditions apply. If a Soldier cannot tap on their opponent they will tap on the mat.
  - \* In the event that a Soldier is unable to tap they will verbally submit by exclaiming "Tap Tap Tap."
  - \* Once a Soldier taps, both fighters will immediately stop what they are doing and reset to the designated starting position.
  - \* Students should not tap just to escape an uncomfortable position.
- Soldiers will strike their opponent's head with open-hand slaps.
- Soldiers' fingers will remain extended and joined when striking their opponent's head and they will make contact with their fingers first.
- Soldiers will only strike their opponent's head from an angle.
- Soldiers will not strike their opponent's head with the palm of their hand.
- Soldiers will not strike their opponent's head with the bridge (bottom, pinkie side) of their hand.
- Soldiers will not backhand their opponent.
- Soldiers will strike their opponents body with closed fist punches.
- Soldiers will only strike the front of their opponent's head and body. "Front" will be defined as anything forward of an imaginary line that begins at the top of the head and bisects the middle of the ear, armpit, hip, knee, and ankle on both sides of the body.
- Soldiers will not strike their opponent's neck or genitals.
- No straight strikes are permitted.
- No knee strikes are permitted.
- No elbow strikes are permitted.
- All joint manipulation will be applied with slow steady pressure.
- Soldiers will never force a joint lock submission if their opponent refuses to tap out. If the Soldier has a joint lock secured and the opponent refuses to tap, the Soldier will release the submission and continue to grapple.
- Soldiers will not pick up their opponent and slam them on the fighting surface. This includes when their opponent has them in the Guard.
- No finger chokes are allowed.
- Soldiers may not apply any sort of small joint manipulation. This includes wrist locks and the bending of fingers.
- Soldiers will grab either the whole hand or at least four fingers when attempting to break an opponent's grip.
- No leg attacks of any kind are allowed.
- No pressure points will be applied.
- No fish hooking will be permitted.
- No eye gouging will be permitted.
- No head-butts will be permitted.
- Soldiers will never grab their opponent's genitals.
- The primary instructor will designate all starting positions for the Soldiers.

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### STANDARD RULES

(From TC 3-25.150 Appendix A)

The following fouls will be considered enough to warrant immediate [stoppage]:

- The use of abusive and/or foul language, cursing, or other act of blatant disrespect.
- Biting; pinching; clawing; hair pulling; attacking the eyes, nose, or mouth of one's opponent; intentionally seeking to injure genitalia; or the use of fists, feet, knees, elbows, or heads with the intention to hurt or gain unfair advantage.
- The blatant use of intentional avoidance (running or pulling oneself into the safety and/or danger area) while caught in a submission attempt by their opponent. This will be deemed a submission.
- Fighting and/or engaging in illegal conduct within tournament venue.
- Intentional or repeated noncompliance with competition rules.
- Flagrant disregard of the referee's instructions.
- Twisting knee or ankle attacks.
- Small joint manipulation of the fingers, toes, or wrists.
- Striking to the throat.
- Fish hooking of the mouth.
- Striking spine (including the top of the head).
- Elbow or forearm strikes.
- Spinal manipulation.
- Headbutts.
- Kicks to head or torso of a downed fighter.
- Holding on to fence or a rope (when used).
- Spiking an opponent to the ground on their head or back of neck.
- Throwing opponent out of fenced area, ring, or mat.
- Knees strikes, unless using intermediate or advanced competition rules.
- Closed fist strikes to the face, unless using advanced competition rules.
- Axe kicks to the top of the head.
- Instep stomping with the foot.
- Up kicks by a downed fighter to the head of a standing opponent.
- Fleeing the action of the fight

*From TC 3-25.150 Appendix A, Table A-16 "Description of Prohibited Techniques"*

- **Guard slam-** Opponent A is in Opponent B's guard or any tight submission or sweep attempt from the guard. Opponent A then stands up, lifts Opponent B off the ground, and violently slams Opponent B with the intent to open the guard, escape the technique, or harm Opponent B.
- **Wrist locks-** Opponent A secures Opponent B's wrist and purposely hyperextends or hyperflexes Opponent B's wrist with the intent to submit Opponent B.
- **Finger/toe locks-** Opponent A secures one or more of Opponent B's fingers or toes and purposely hyperextends or hyperflexes them with the intent to submit Opponent B.
- **Lower body submissions-** Opponent A applies a twisting joint lock to Opponent B's hips, legs, or feet.
- **Spiking throws-** Opponent A picks Opponent B off the ground and violently plants Opponent B on the mat, with the head, upper back, or neck making contact with the mat first.
- **Face crush-** Utilizing his arms or parts of his own or Opponent B's uniform, Opponent A secures Opponent B's face and uses leverage and force to create tremendous pressure to Opponent B's nose, jaws, and face.