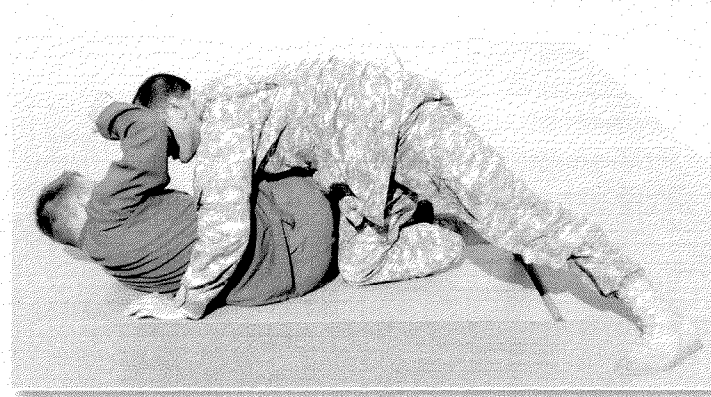
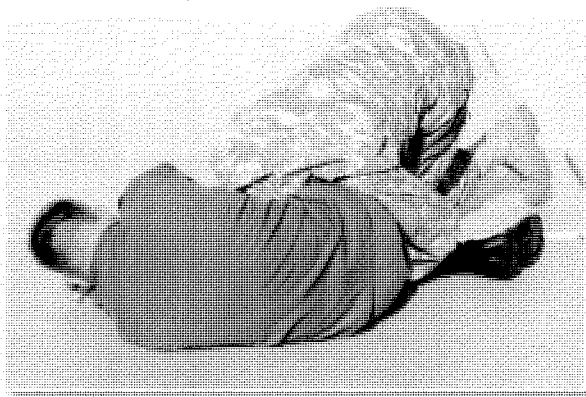


ADVANCED GROUND-FIGHTING TECHNIQUES—ADVANCED BODY POSITIONING MOVES,
SIDE CONTROL ESCAPES

OPPONENT HAS NEAR SIDE HIP CONTROL (continued)



6) (continued) Reach across for the double leg.

7) Finish in dominant body position.



6) ALTERNATE (continued). Drive your head into your opponent's hip and lift his heel.

7) ALTERNATE. Finish in dominant body position.

**ADVANCED GROUND-FIGHTING TECHNIQUES—ADVANCED BODY POSITIONING MOVES,
SIDE CONTROL ESCAPES**

OPPONENT HAS HEAD AND FAR ARM UNDERHOOKED

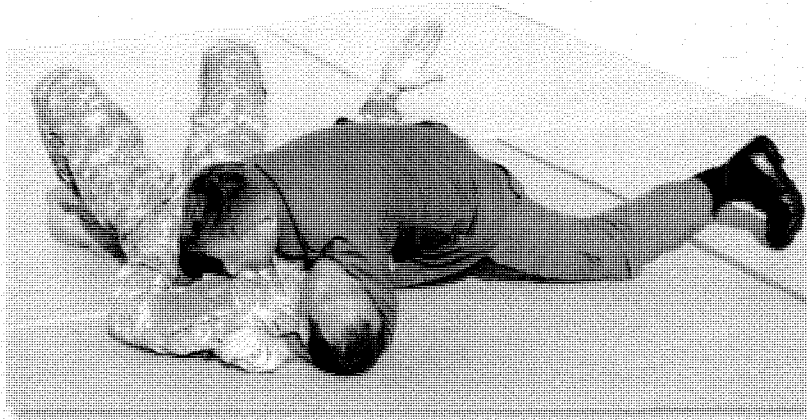
Sometimes, the opponent underhooks the fighter's head and far arm to prevent the fighter from rolling toward and away from the opponent, from assuming the guard, or from being able to move to his knees. This technique enables the fighter to move from under the opponent to the front headlock position.



- 1) Your opponent has the far arm underhooked, and you have control of your opponent's hip.
- 2) Arch into your opponent, and drive with your trapped arm.

ADVANCED GROUND-FIGHTING TECHNIQUES—ADVANCED BODY POSITIONING MOVES,
SIDE CONTROL ESCAPES

OPPONENT HAS HEAD AND FAR ARM UNDERHOOKED (continued)



1) While arched, transition your tabletop arm to an underhook.



2) Return to your back, and then arch away from your opponent. Drive your underhooked arm towards your opponent's head.

ADVANCED GROUND-FIGHTING TECHNIQUES—ADVANCED BODY POSITIONING MOVES,
SIDE CONTROL ESCAPES

OPPONENT HAS HEAD AND FAR ARM UNDERHOOKED (continued)



1) Return to your back, and then arch away from your opponent. Drive with your underhooked arm.

2) Step over to your knees.

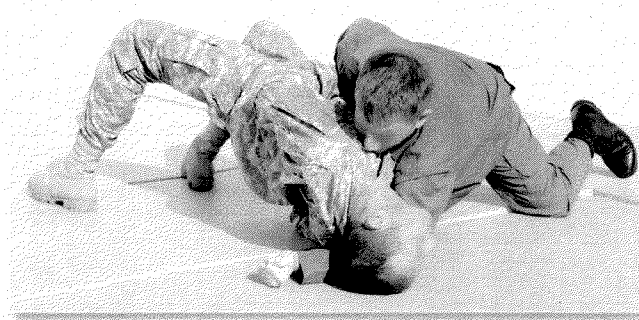
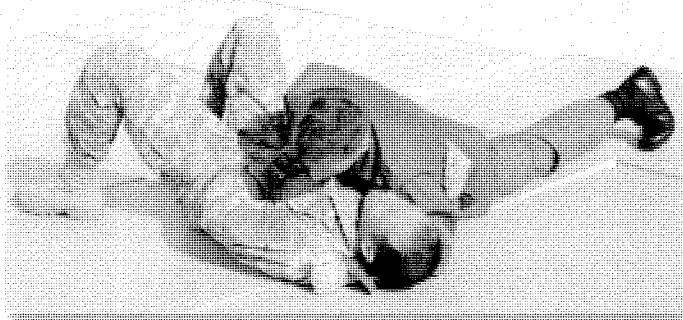


3) Finish in the front headlock.

**ADVANCED GROUND-FIGHTING TECHNIQUES—ADVANCED BODY POSITIONING MOVES,
SIDE CONTROL ESCAPES**

OPPONENT HAS BOTH HANDS IN NEAR SIDE CONTROL

Sometimes, the opponent controls the fighter's head and assumes near-side hip control to prevent the fighter from turning into him.



- 1) Begin with both feet flat, headside arm attempting to achieve the underhook, and other arm across your opponent's hip.
- 2) Bump your hips up.



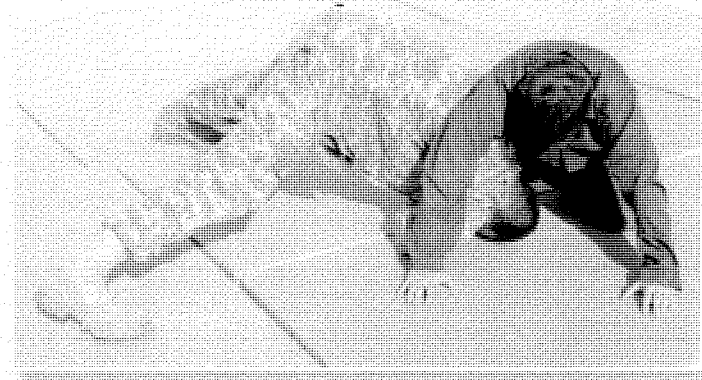
- 3) Transition your arm that is controlling your opponent's hip to your face. Move your under-hook arm flat to the ground next to you.
- 4) Arch away from your opponent. Keeping your elbow high blocking your opponent from advancing.

ADVANCED GROUND-FIGHTING TECHNIQUES—ADVANCED BODY POSITIONING MOVES,
SIDE CONTROL ESCAPES

OPPONENT HAS BOTH HANDS IN NEAR SIDE CONTROL (continued)



1) Step over to your knees.



2) Swim your hand back, and drop to the single leg.

Note. At this point, your opponent may defend your tripod by moving his trapped leg inward. If he does not, refer to the standard course of action. If he does, refer to the alternate course of action (indicated by ALTERNATE).

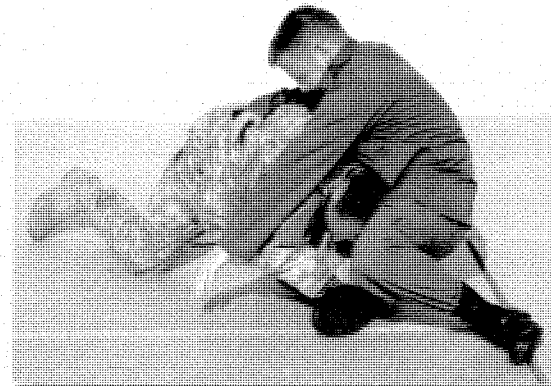
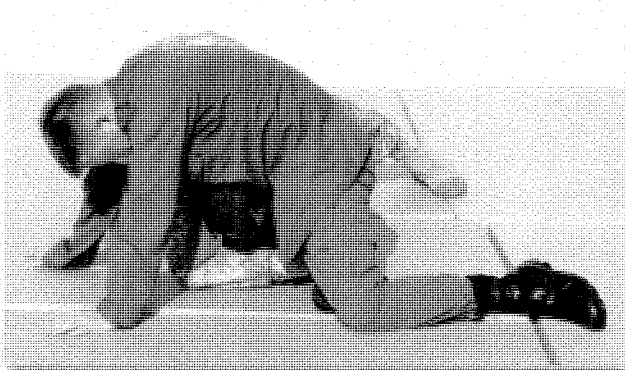
ADVANCED GROUND-FIGHTING TECHNIQUES—ADVANCED BODY POSITIONING MOVES,
SIDE CONTROL ESCAPES

OPPONENT HAS BOTH HANDS IN NEAR SIDE CONTROL (continued)



- 5) Drive your back elbow to the ground on the inside. Use a thumbless grip with your back hand on top. Place your head on ground outside of your hands and tripod.

- 6) Walk around to the rear of your opponent, and secure his near-side leg with yours.



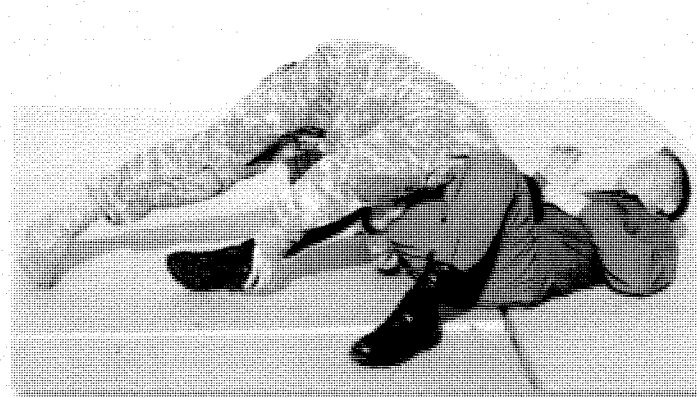
- 7) ALTERNATE. Secure the top of your opponent's heel with your front hand.

ADVANCED GROUND-FIGHTING TECHNIQUES—ADVANCED BODY POSITIONING MOVES,
SIDE CONTROL ESCAPES

OPPONENT HAS BOTH HANDS IN NEAR SIDE CONTROL (continued)



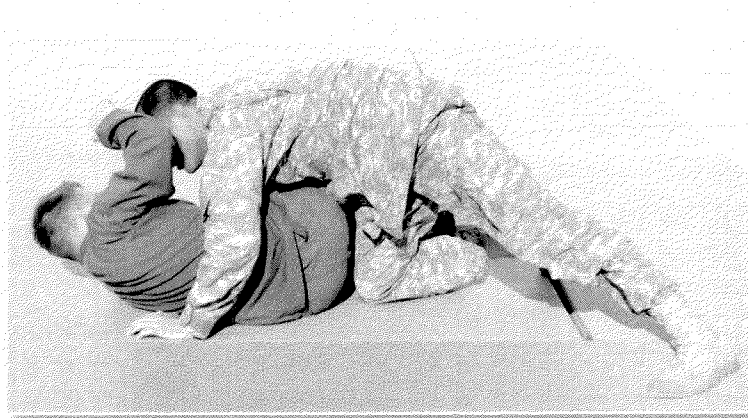
9) Reach across to the double leg.



8) ALTERNATE. Drive your head into your opponent's hip, while lifting his heel.

ADVANCED GROUND-FIGHTING TECHNIQUES—ADVANCED BODY POSITIONING MOVES,
SIDE CONTROL ESCAPES

OPPONENT HAS BOTH HANDS IN NEAR SIDE CONTROL (continued)



10) Finish in the dominant body position.



9) ALTERNATE. Finish in the dominant body position.

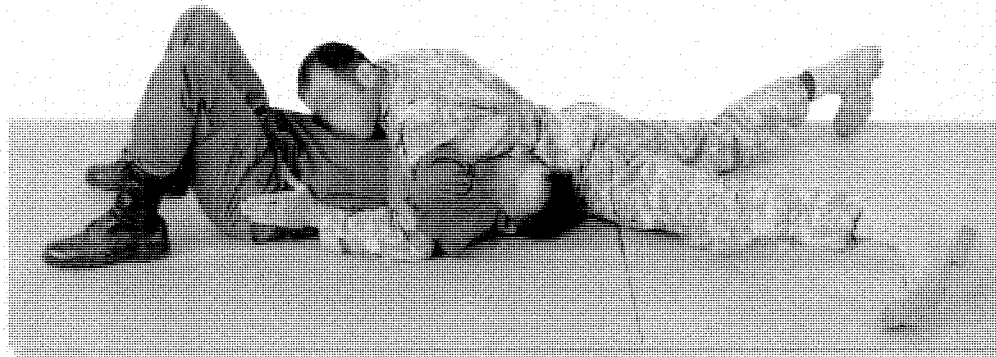
ADVANCED GROUND-FIGHTING TECHNIQUES—ADVANCED BODY POSITIONING MOVES,
NORTH/SOUTH ESCAPES

NORTH/SOUTH POSITION

This position allows for many attacks and is very difficult for opponents to escape from.

Control your opponent's hips with your hands.

Keep your elbows tightly under your opponent's armpits.



Spread your legs, and move onto your toes.

Drive your hips to the ground.

Keep your elbows tight against your body.

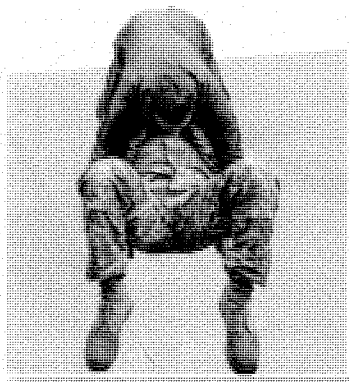


Move your hands into your opponent's armpits.

**ADVANCED GROUND-FIGHTING TECHNIQUES—ADVANCED BODY POSITIONING MOVES,
NORTH/SOUTH ESCAPES**

OPPONENT RESTED ON FOREARMS

When on the bottom in the North/South position, the ideal position to have is the opponent resting on the fighter's forearms. This enables the fighter to create space and get in a better position.



1) Begin with both feet flat and hands on your opponent's chest.



2) Bump up with your hips, and lift your opponent with your arms. Use this momentum to create space between you and your opponent.



3) Raise your hips and bring your knees over your head.



4) Bring one foot in and hook your opponent's armpit.

ADVANCED GROUND-FIGHTING TECHNIQUES—ADVANCED BODY POSITIONING MOVES,
NORTH/SOUTH ESCAPES

OPPONENT RESTED ON FOREARMS (continued)



1) Spin on your back to the same side of your foot and face your opponent.



2) Recompose the guard.

Chapter 5

Advanced Ground Fighting Techniques

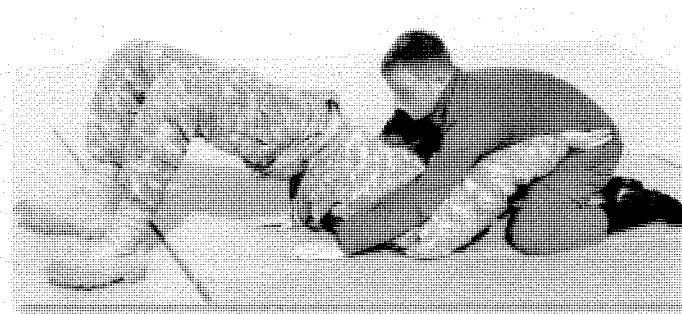
ADVANCED GROUND-FIGHTING TECHNIQUES—ADVANCED BODY POSITIONING MOVES,
NORTH/SOUTH ESCAPES

OPPONENT HAS BOTH ELBOWS IN ARMPITS

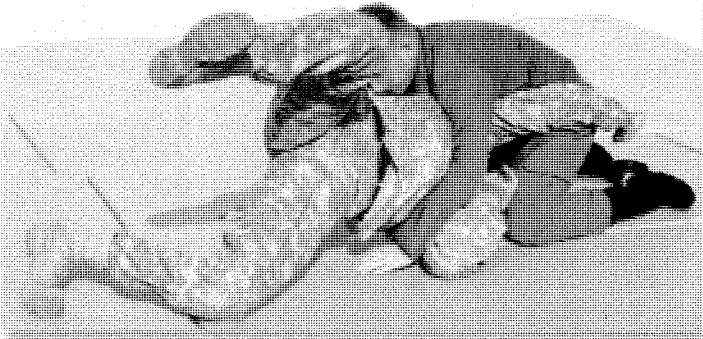
If an opponent uses heavy pressure in the North/South position use this technique to escape.



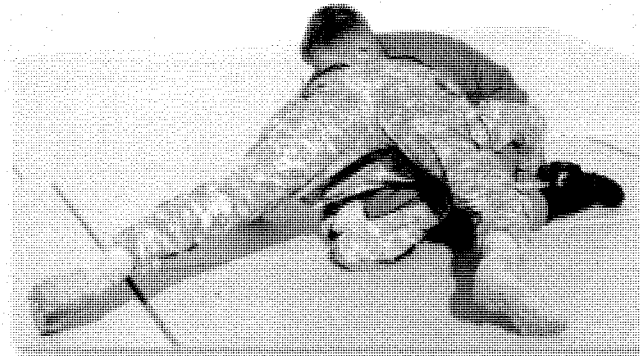
1) Begin with both feet flat and hands on your opponent's hips.



2) Bump up with your hips to create space. Drop back down, and drive one arm over the other to your opponent's opposite hip.



3) Arch over, rotate to your knees, and drop to the single leg.



Note. At this point, your opponent may defend your tripod by moving his trapped leg inward. If he does not, refer to the standard course of action. If he does, refer to the alternate course of action (indicated by ALTERNATE).

ADVANCED GROUND-FIGHTING TECHNIQUES—ADVANCED BODY POSITIONING MOVES,
NORTH/SOUTH ESCAPES

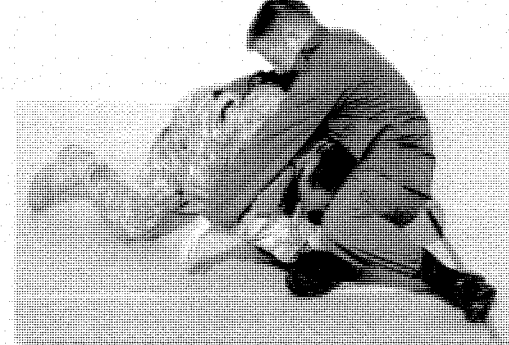
OPPONENT HAS BOTH ELBOWS IN ARMPITS (continued)



- 4) Drive your back elbow to the ground on the inside. Use a wrestler's grip with your back hand on top. Place your head on the ground outside of your hands and tripod.



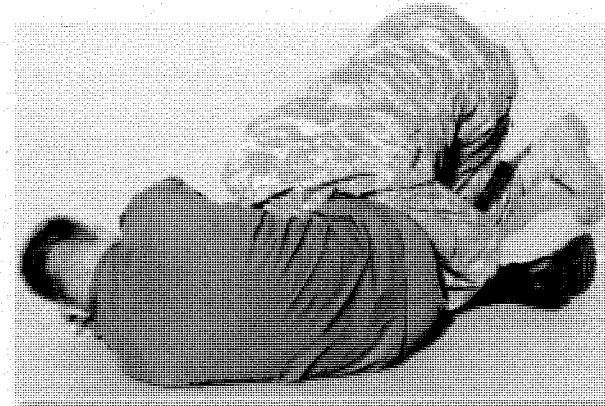
- 5) Walk around to the rear of your opponent, and secure his near-side leg with yours.



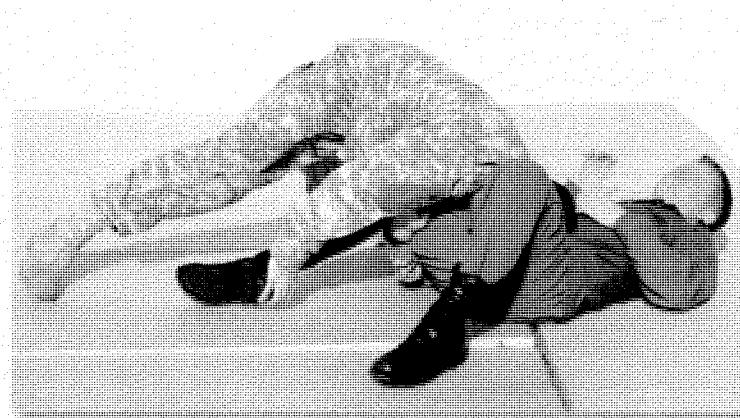
- 4) ALTERNATE. Secure the top of your opponent's heel with your front hand.

ADVANCED GROUND-FIGHTING TECHNIQUES—ADVANCED BODY POSITIONING MOVES,
NORTH/SOUTH ESCAPES

OPPONENT HAS BOTH ELBOWS IN ARMPITS (continued)



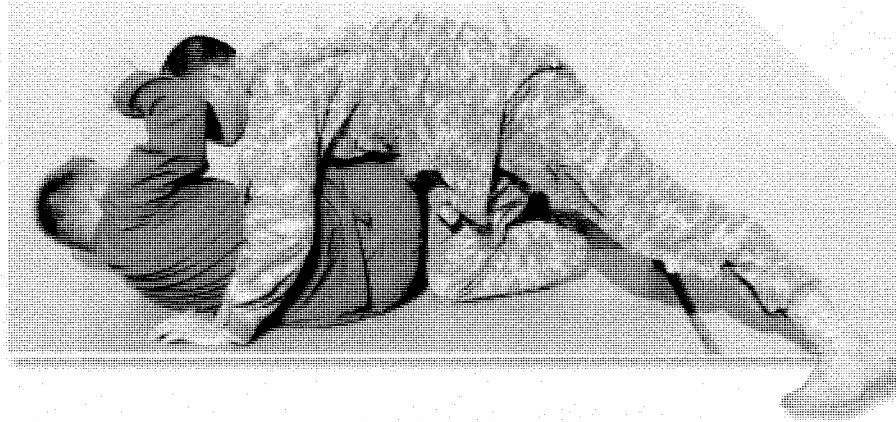
6) Reach across to the double leg.



5) ALTERNATE. Drive your head into your opponent's hip, while lifting his heel.

ADVANCED GROUND-FIGHTING TECHNIQUES—ADVANCED BODY POSITIONING MOVES,
NORTH/SOUTH ESCAPES

OPPONENT HAS BOTH ELBOWS IN ARMPITS (continued)



7) Finish in the dominant body position.

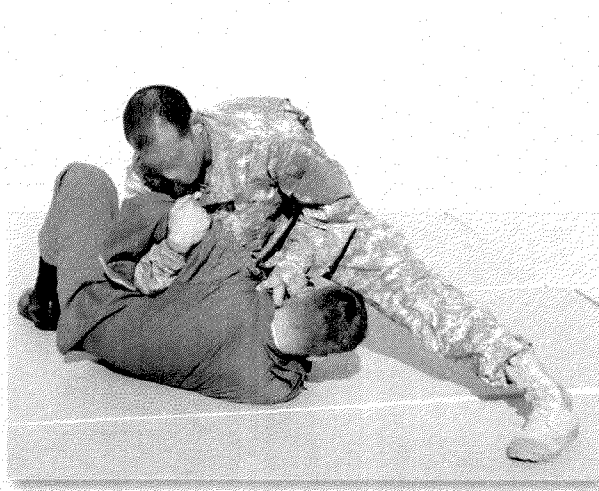


6) ALTERNATE. Finish in the dominant body position.

ADVANCED GROUND-FIGHTING TECHNIQUES—ADVANCED FINISHING MOVES, KNEE MOUNT

FAR-SIDE ARM BAR

When the fighter has achieved the knee mount, the opponent may attempt to push the fighter's knee off and move his hips away from the fighter. This enables the fighter to attack the arm with which the opponent pushes the knee.



1) Begin in the knee mount. Underhook your opponent's far-side arm. Insert your other hand in his collar, and pull your opponent into you.



2) With the leg that is posted, step over your opponent's head.



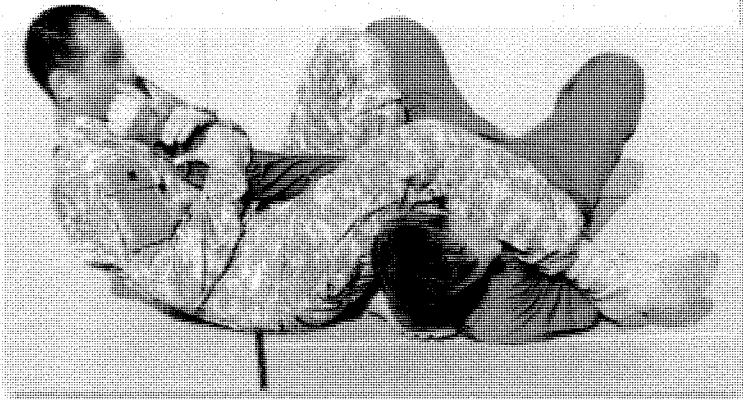
3) Pivot your body to your opponent's far side.

Chapter 5

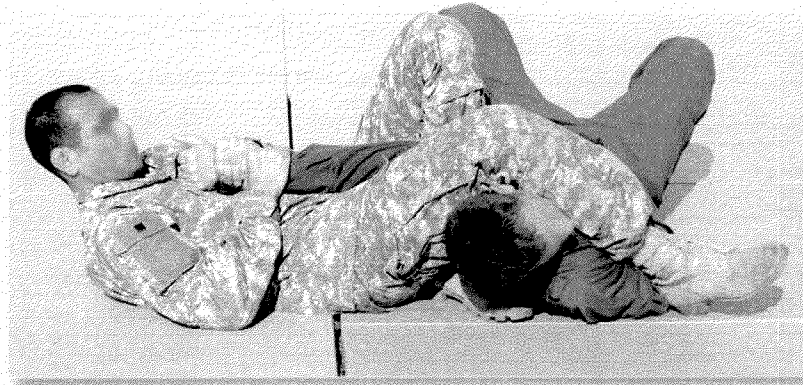
Advanced Ground Fighting Techniques

ADVANCED GROUND-FIGHTING TECHNIQUES—ADVANCED FINISHING MOVES, KNEE MOUNT

FAR-SIDE ARM BAR (continued)



- 1) Sit into the arm bar, while still controlling your opponent's arm above his elbow.

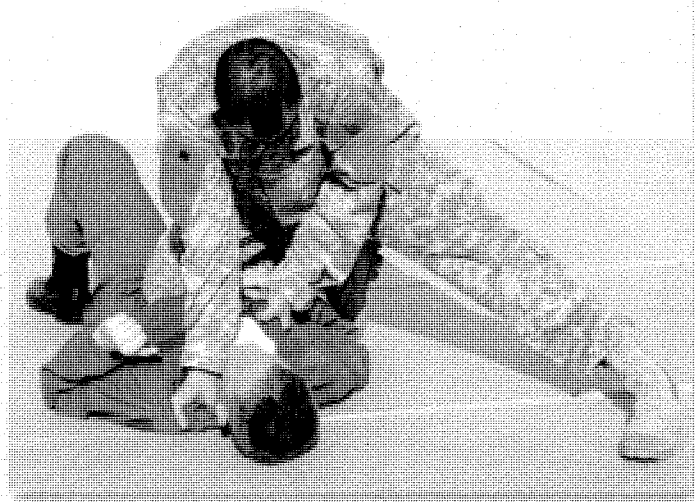


- 2) Finish the arm bar.

ADVANCED GROUND-FIGHTING TECHNIQUES—ADVANCED FINISHING MOVES, KNEE MOUNT

PAPER CUTTER FROM MODIFIED KNEE MOUNT TO BELLY SCARF HOLD

The fighter uses the paper cutter from modified knee mount to belly scarf hold to choke an opponent with his hand on the near side of the opponent's neck.



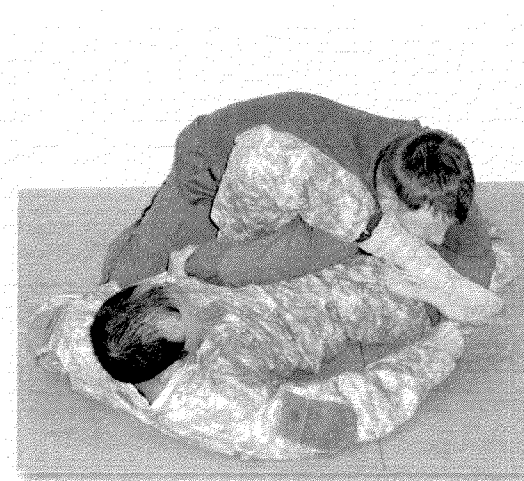
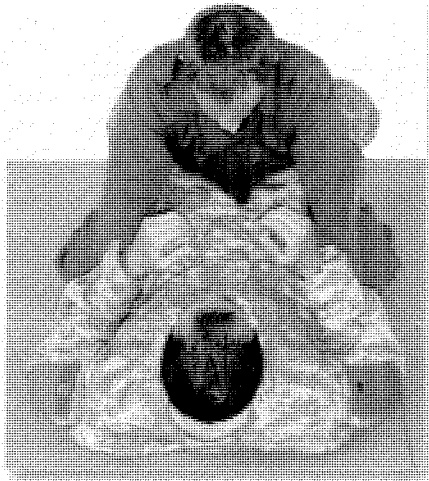
1) With your far side hand reach into your opponent's collar ,fingers in thumb out ,with your opposite hand secure a thumbbed grip on their lapel, taking all slack out while maintaining a good knee mount position

2) With your weight on the leg closest to your opponent's head, sit through and drive your elbow toward the ground while opposite hand pulls up on secured lapel.

ADVANCED GROUND-FIGHTING TECHNIQUES—FROM GUARD

REVERSE ARM BAR WITH LEG

The fighter uses the reverse arm bar with leg when he has assumed the guard and his opponent presents both arms by posting them on the guard.



1) You assume the guard and your opponent presents both arms by posting them on the guard.

2) Secure both of your opponent's wrists with a thumb grip. Post both of your feet on your opponent's hips, keeping good control.

3) Slide your hips out, and move your leg over your opponent's shoulder.

Chapter 5

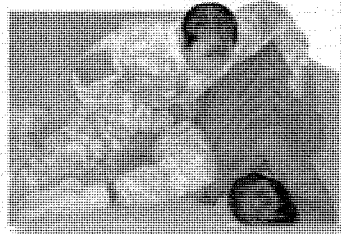
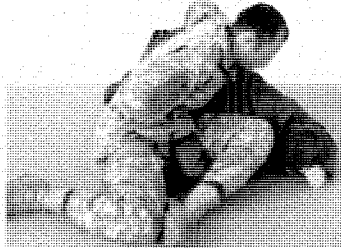
Advanced Ground Fighting Techniques

ADVANCED GROUND-FIGHTING TECHNIQUES—FROM GUARD

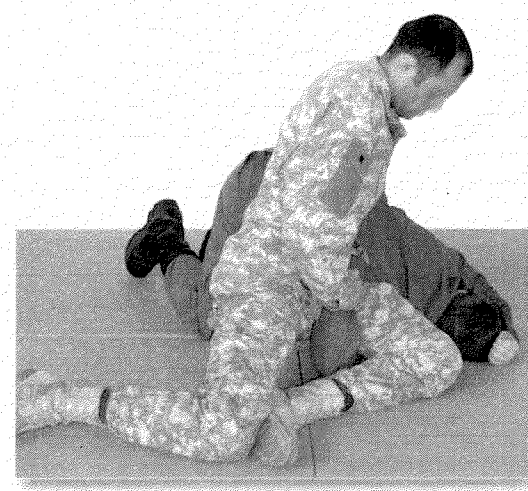
REVERSE ARM BAR WITH LEG (continued)



1) Rotate your body out from under your opponent, and secure your opponent's hip. Drive his shoulder to the ground.



2) Switch your feet. Keep control of your opponent's far-side hip. Keep a good thumb grip on his wrist with your other hand.



3) Finish by keeping control of your opponent's far-side hip and near-side wrist and driving your hips upward at a 45-degree angle.

ADVANCED GROUND-FIGHTING TECHNIQUES—ADVANCED FINISHING MOVES, LEG ATTACKS

ACHILLES LOCK DEFENSE

The fighter uses the Achilles lock defense when his opponent is in his guard and attempting a leg attack.



- 1) When your opponent attacks your leg with an Achilles lock, immediately hook his leg with the foot that's not being attacked. Sit up and grab your opponent's head.

ADVANCED GROUND-FIGHTING TECHNIQUES—ADVANCED FINISHING MOVES, LEG ATTACKS

ACHILLES LOCK DEFENSE



1) When your opponent sits back, pull yourself up.



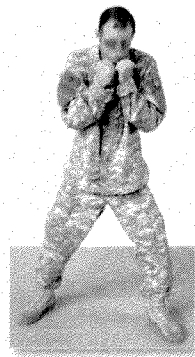
2) As you sit up into your opponents open guard heel flat on the ground, drive your knee across his leg to the ground and achieve the mount position.

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.

STRIKING SKILLS—MOVEMENT

WEIGHT SHIFT DRILL

This movement is key to generating punching power.



- 1) Stand with both heels on the ground. Distribute your weight evenly on your feet.



- 2) Shift your body weight to one foot. Pivot the other leg on the ball of the foot. Turn your heel out, and move your knee in and down. Turn your hips, mid-section, and upper body as one unit toward the weighted leg.

Note. Keep your knees bent throughout the movement.

STRIKING SKILLS—MOVEMENT

WEIGHT SHIFT DRILL (continued)



3) Return your body to its original position.

2) Shift your weight onto the other leg. Repeat step 2, but use the other leg and turn in the opposite direction. Repeat this process several times, learning to shift your weight and pivot smoothly.

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.

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.



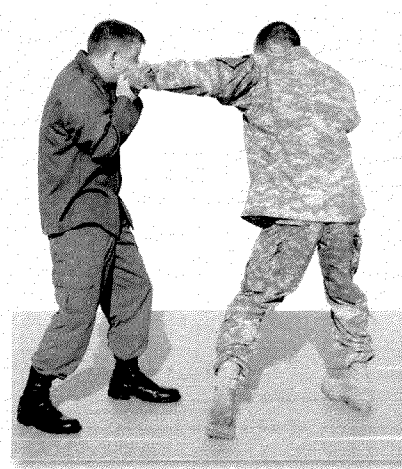
- 1) From the fighter's stance, transition your weight to your lead leg, and turn on the ball of your trail foot until your hips and shoulders are positioned 45 degrees past your opponent. Bend the knee of your trail leg, and position it facing inward with your heel turned out.
- 2) As you extend your 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

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.

STRIKING SKILLS—ARM STRIKES, ATTACK

HOOK

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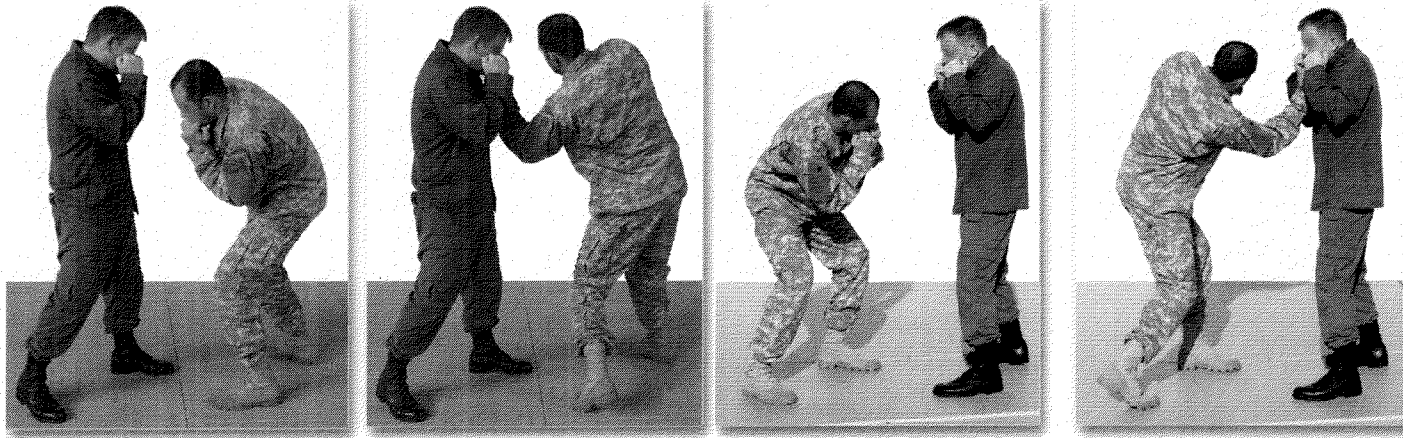
WARNING

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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.



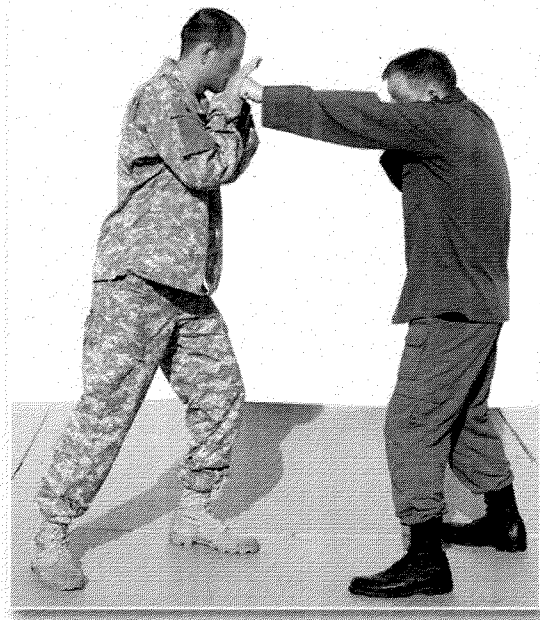
- 1) Begin in the fighter's stance. Turn your hips and shoulders slightly to face your opponent. Dip your lead shoulder downward, and bend your knees.
- 2) Keep your elbow tucked in, and drive off of your lead leg to land your punch. Keep your palm facing up and your wrist straight and firm. Keep your 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.

STRIKING SKILLS—ARM STRIKES, DEFENSE

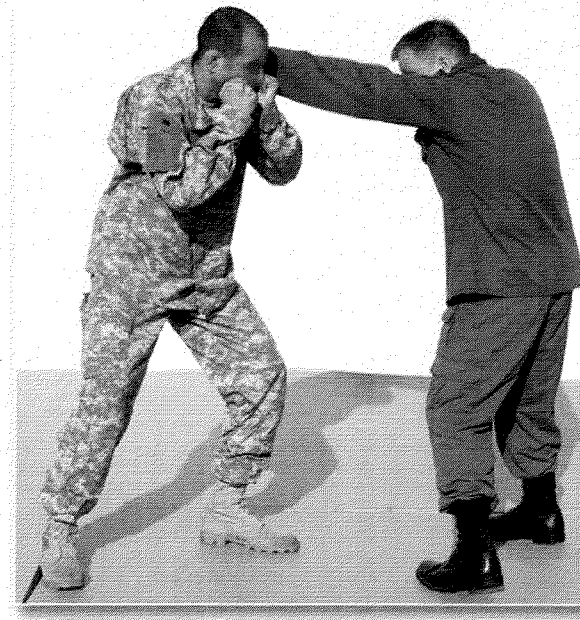
JAB

There are two methods to defend the jab: catch and slip. When fighting against a matching lead, the easiest is to catch the punch.



To catch a jab thrown at your face, turn the palm of your trail hand toward your opponent's punch and catch it, keeping your hand near your face.

Note. DO NOT reach for the punch. This will give your opponent an opportunity to land a hook.



To slip a jab, move slightly out of the way of the incoming jab so that it either barely misses or strikes only a glancing blow.

STRIKING SKILLS—ARM STRIKES, DEFENSE

CROSS, FRONT COVER

This technique enables the fighter to defend the cross without moving his head.



- 1) When your opponent throws a cross, slightly raise your lead hand and bring it near your forehead. Keep your chin tucked.

- 2) Use your body, particularly your knees, to absorb the impact of the strike by being supple and giving some when the punch lands on your arm.

Note. DO NOT put your head down or bend at the waist.

STRIKING SKILLS—ARM STRIKES, DEFENSE

HOOK, REAR COVER

This technique enables the fighter to defend the cross without moving his head.



- 1) Establish the rear cover by bringing your rear arm back to your cheek.

Note. Keep your rear elbow tight to cover your ribs.



- 2) Bend slightly at the knees to absorb some of the impact of the strike.

Note. Keep a straight trunk, and avoid putting your head down.

STRIKING SKILLS—ARM STRIKES, DEFENSE

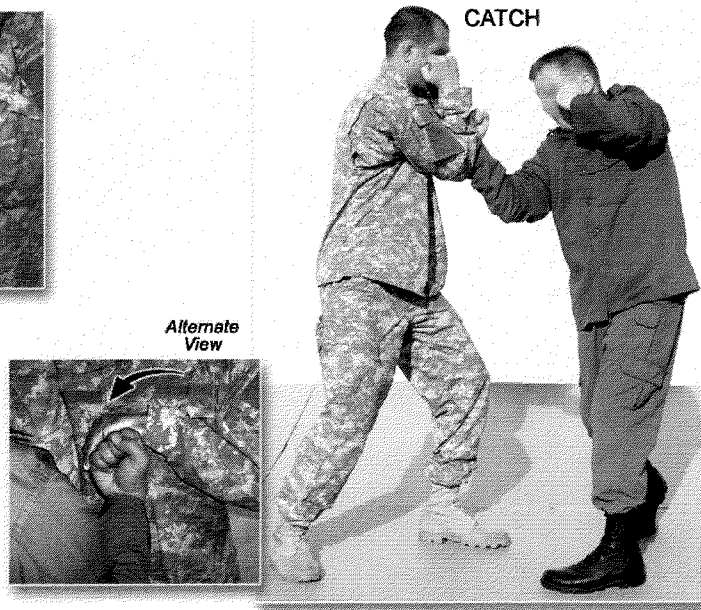
UPPERCUT

There are two methods to defend the uppercut: cover and catch. The easiest way is to bring the elbows in tight to cover, although this does not leave the fighter in a very good position to counter with his own punches. The more difficult way, and more effective once mastered, is to catch the incoming uppercut. This method leaves you in a much better position to throw punches and regain the initiative.



- 1) Assume the fighter's stance, with both hands covering the face.
- 2) Bring both elbows in tight to your front and allow the punch to slide up your arms and past your head.

Note. Avoid bending forward at the waist.



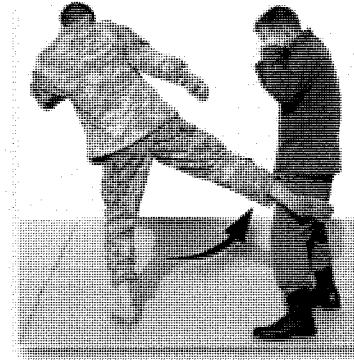
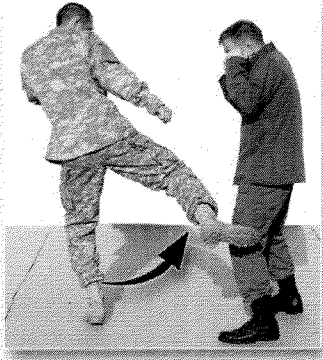
- 1) Assume the fighter's stance, with both hands covering the face.
- 2) Turn your same-side hand down.

Note. Avoid bending forward at the waist.

STRIKING SKILLS—KICKS, ATTACK

ROUND KICK

The round kick is a powerful strike that is used against an opponent's legs, ribs or head. It is normally thrown as part of a combination following the jab or hook.



- 1) Push off on the ball of your trail leg foot, and, then step somewhat toward the target and laterally to the outside with your lead leg. Transition your body weight toward the ball of your lead foot, keeping your lead knee somewhat bent.
- 2) Begin rotating your lower body into the direction of the kick, simultaneously bringing your lead hand around to cover any exposed portions of your head. Transition your trail hand down and around as a counterbalance to the rotation of your kick. Rotate your body through the target leading with the hip, followed by the trail shoulder (keeping the trail shoulder high to help block your face). Whip the bent trail leg through the target, making contact with the opponent with the last couple inches of shin bone, just above your foot.

Note. Always remember that punches beat kicks, and the opponent is likely to close the range and throw a cross.

WARNING

Kicking with the instep of the foot will often result in broken bones of the foot.

Note. When targeting your opponent's leg, aim below the hipbone at the quadriceps, the calf or the sides of back of the knee joint. Throw these kicks and kicks to the opponent's head in an arch (the skin lands in a downward motion) to avoid the check.

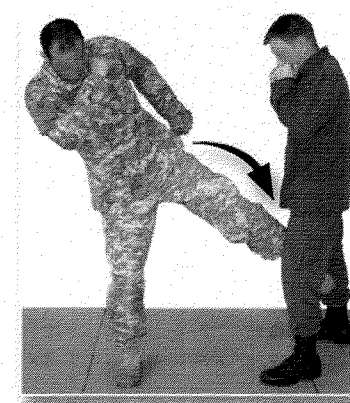
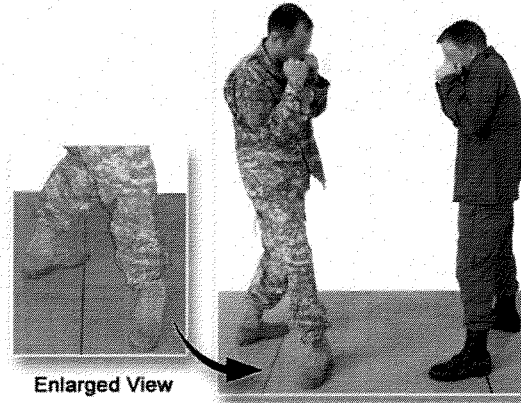
When targeting your opponent's ribs, aim above the hipbones at the lower portion of the ribcage. Throw this kick as a rising kick to avoid colliding with the arm covering the ribcage.

STRIKING SKILLS—KICKS, ATTACK

SWITCH KICK

The switch kick is a fast, powerful kick thrown to an opponent's legs, torso, or head. It can be thrown as a part of a combination (following the cross) or singularly (in the case of a cut kick).

Note. When targeting your opponent's leg, aim below the hip bone at the quadriceps, the calf, or the sides or back of the knee joint. The fighter should throw this kick in an arch (so that the shin lands in a downward motion) to avoid the check. When targeting the opponent's ribs, aim above the hip bones at the lower portion of the ribcage. This kick will be thrown as a rising kick to avoid colliding with the arm covering the rib cage.



1) Start from a fighter's stance, with the dominant-side foot trailing and the nondominant-side slightly forward.

2) Step offline with the trail leg by pushing off the ball of the lead foot, stepping toward the target and laterally in the direction of the kick.

3) Transition your bodyweight toward the ball of your dominant foot. Bend your dominant knee. Rotate your lower body into the direction of the kick. Bring your dominant hand around to cover any exposed portion of your head, and transition your nondominant hand down as a counterbalance to the rotation of the kick.

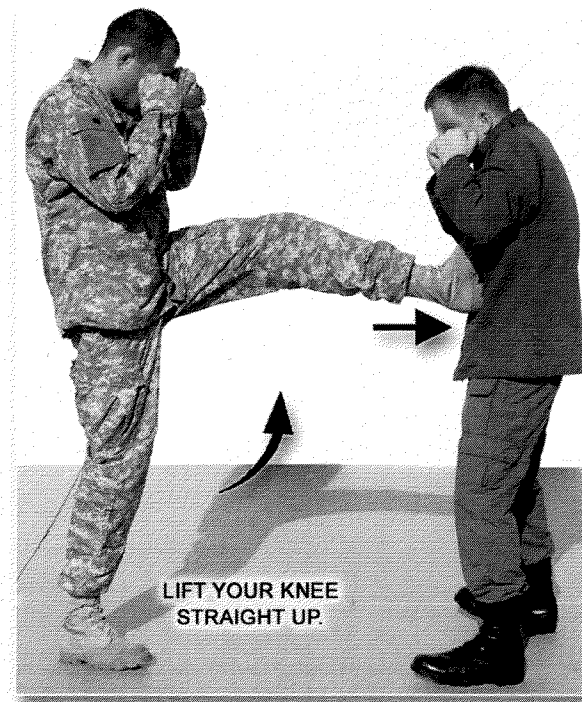
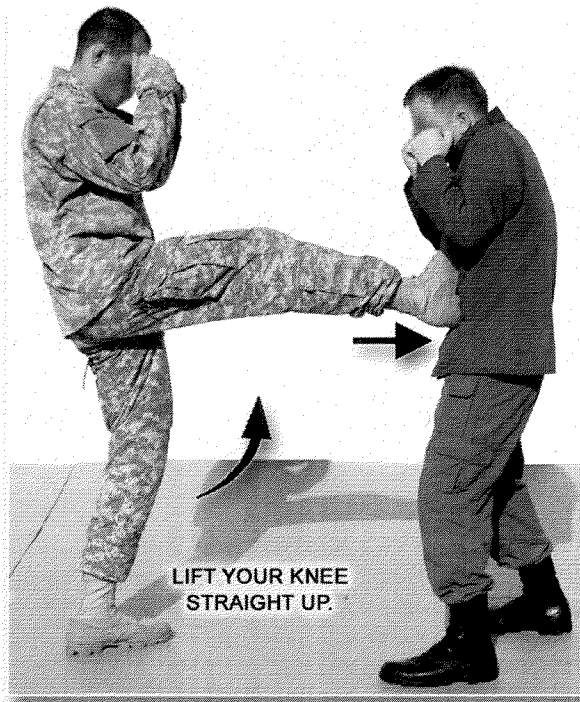
4) Rotate your body through the target, leading with your hip, followed by the nondominant shoulder. Keep the nondominant shoulder high to help block your face). Whip your nondominant leg through the target, making contact with your opponent with the last couple inches of shin bone, just above the foot.

WARNING
Kicking with the instep of the foot will often result in broken bones of the foot.

STRIKING SKILLS—KICKS, ATTACK

PUSH KICK (TEEP)

The push kick is used to create range or beat the opponent's leg kick. It is often followed by a jab and a cross when thrown as part of a combination. The push kick is a pushing-type kick, thrown with either leg, depending on the range to your opponent and the action required.

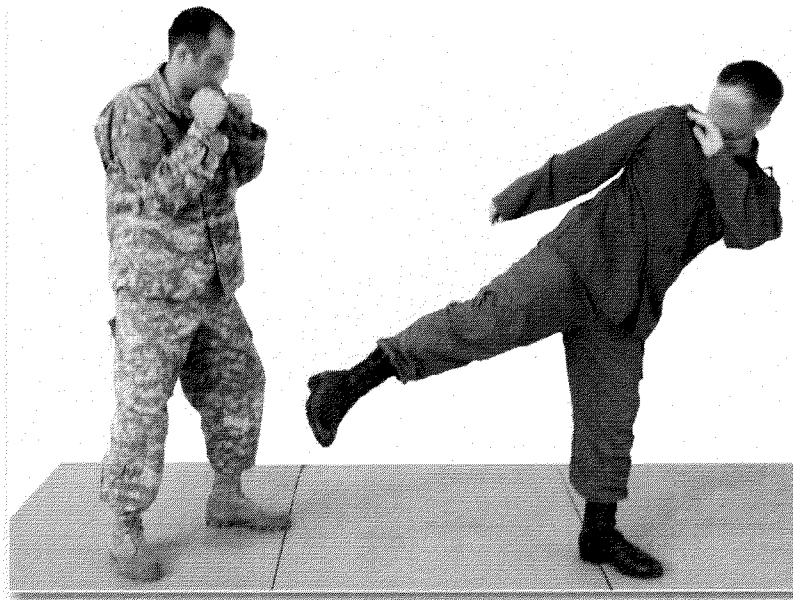


- 1) After establishing the appropriate range to your opponent, lift the knee of your kicking leg straight up, while keeping your back straight. Simultaneously, thrust your hips forward (this is where the power of the kick comes from), and straighten your leg at the knee. Kick the target with the bottom of your foot.
- 2) To create range, kick your opponent in the torso or face. Aim at his center of mass to avoid having your foot slip to the left or right.

STRIKING SKILLS—KICKS, DEFENSE

EVADING A KICK

When an opponent attempts to initiate a kick, a fighter can evade the kick.



- 1) Execute a quick rearward movement to get out of range of the strike. Once out of range, immediately reestablish a good fighter's stance or counter-strike to avoid the additional punches and kicks in combinations.

STRIKING SKILLS—KICKS, DEFENSE

BEATING A KICK

Beating a kick requires a good read of the opponent's body language. The opponent's ability to land an effective kick depends on having the appropriate range to strike with the lower portion of the leg.



1) Close the range to the opponent so the kick will be ineffective.



2) Immediately, push forward on the ball of your trail foot, step forward with your lead foot, and deliver a cross to your opponent's face.

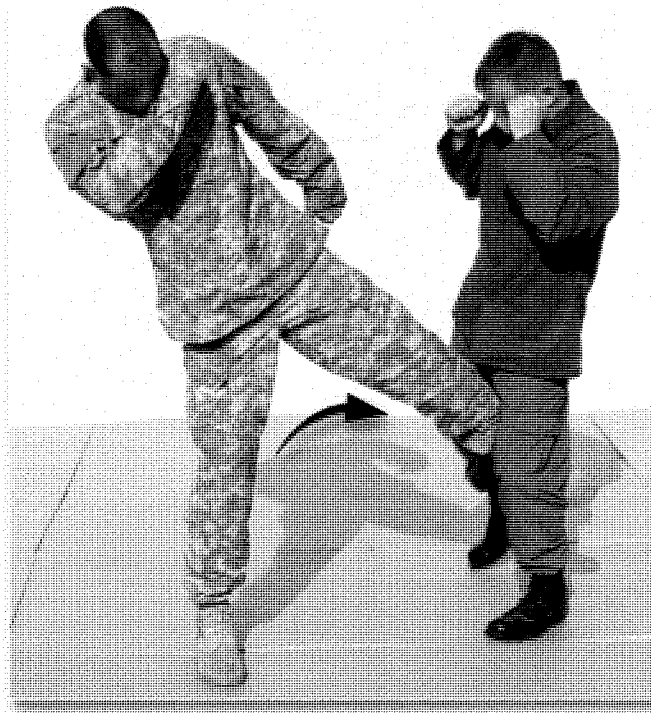
STRIKING SKILLS—KICKS, DEFENSE

STOPPING A KICK

The kick can be stopped using either the cut kick or the push kick.

CUT KICK

When your opponent steps off-line to deliver the round kick, it will leave the inside of his lead leg exposed. Throw the cut kick to the inside of your opponent's lead calf. This will knock your opponent off-balance, causing him to abandon the kick.



PUSH KICK

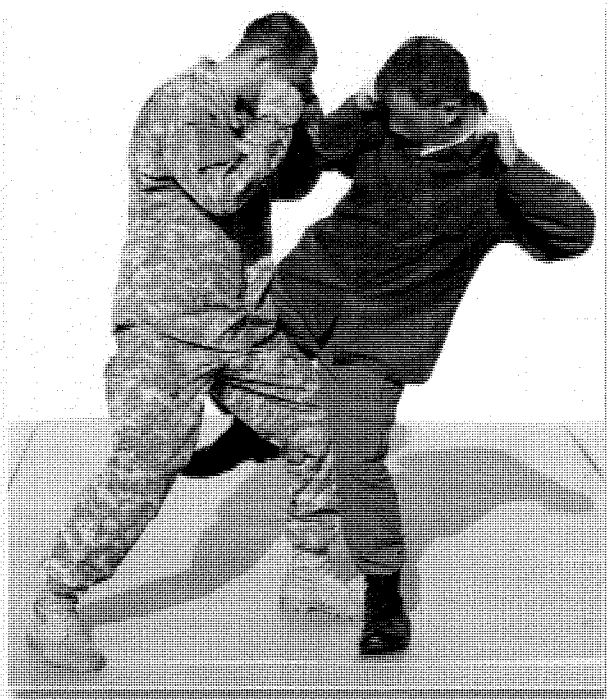
When your opponent steps off-line to kick, aim the push kick at his hip on the side of the body that the kick originates from.

Note. This kick must occur in a rapid sequence and is often thrown with the lead leg.

STRIKING SKILLS—KICKS, DEFENSE

CATCH A KICK

Catching a kick is an available option, especially for lazy or half-hearted kicks and particularly when they have not been set up with good punches.



- 1) Close the distance by stepping forward with your lead leg and bending at the knee so that when the kick lands, it will slide up your lead leg.
- 2) Secure an overhook around your opponent's leg with your arm on the same side.
- 3) Throw a cross, and perform the takedown.

Chapter 5

Advanced Ground Fighting Techniques

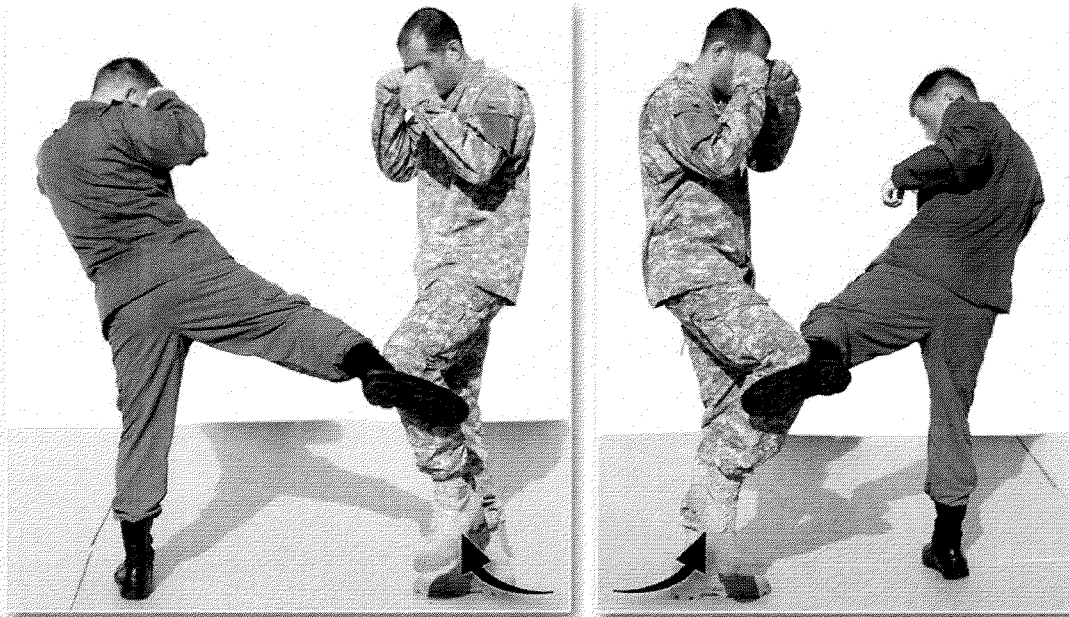
STRIKING SKILLS—KICKS, DEFENSE

CHECKING A KICK

As a kick defense, checking is the least desirable course of action; however, this technique is frequently used, especially against well-thrown or well-setup kicks.

Lift your targeted leg skyward, with the shin facing slightly outward (to meet the kick).

Keep the foot of the targeted leg parallel to the ground as you raise your leg, check the kick, and lower your leg, so that if you lose your balance, you will have a solid platform when you put the foot back on the ground.



Immediately following the check, plant your feet, and fire a cross at your opponent, as he may be somewhat off balance.

Note. DO NOT attempt to check the kick with hands or arms, as this will expose your head for strikes.

CAUTION

Be aware that checking your opponent's kick will result in shin-to-shin contact, and can still cause some pain and damage.

CLINCHFIGHTING—KICKS, BREAK FALL

FORWARD ROLLING BREAK FALL

Break-falls are used to train the fighter to fall correctly to the ground when being taken down by an opponent.

Note. The forward rolling break fall techniques performed here are also performed from the kneeling position.

CAUTION

For proper safety, break-fall training must precede takedown training.



1) Start the fall from the standing position.



2) Raise one arm to expose your entire side, and bend both knees.

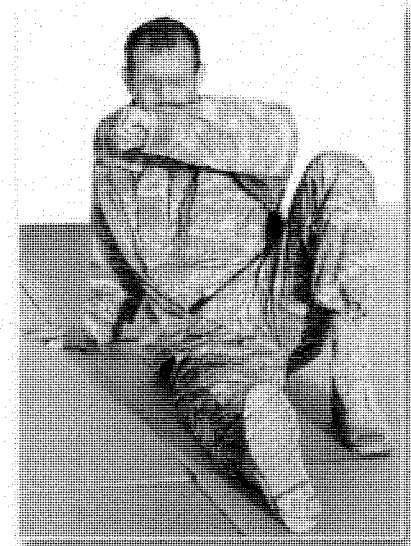
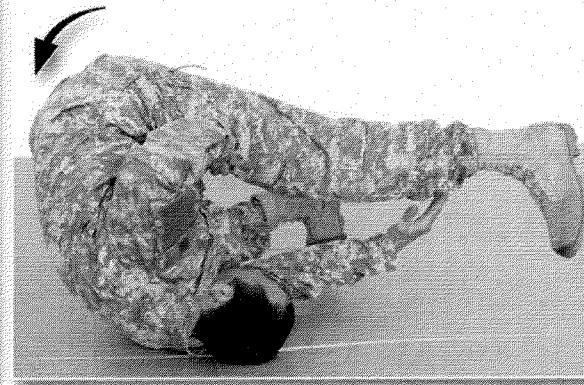
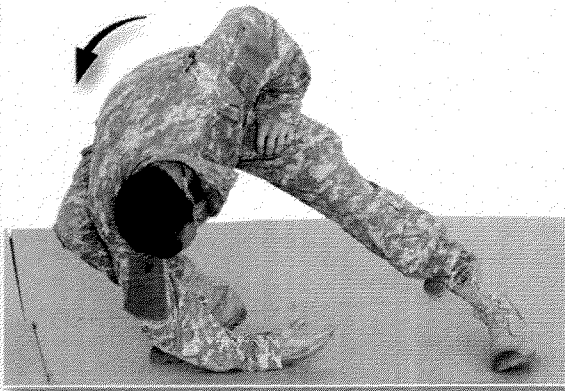


Chapter 5

Advanced Ground Fighting Techniques

CLINCHFIGHTING—KICKS, BREAK FALL

FORWARD ROLLING BREAK FALL (continued)



- 1) Roll forward across your body along your forearm, shoulder, and back to the opposite hip.

- 2) End in a good position, and prepare to stand in base.

CAUTION

During break-fall training, do not try to catch yourself by reaching out with your arms. This can cause injury to the arms, hands, and shoulders. Instead, take the impact of the fall on the meaty portions of your body.

CLINCHFIGHTING—KICKS, THROW TAKEDOWNS

HIP THROW

The fighter applies the hip throw when the opponent moves his near-side leg away.



1) From the modified seat belt position, the opponent moves his near-side leg backward, creating space to step through. Keep control of your opponent's arm, and relax your underhooked arm.



2) Step through with your back foot. Slide your hip through the opening.



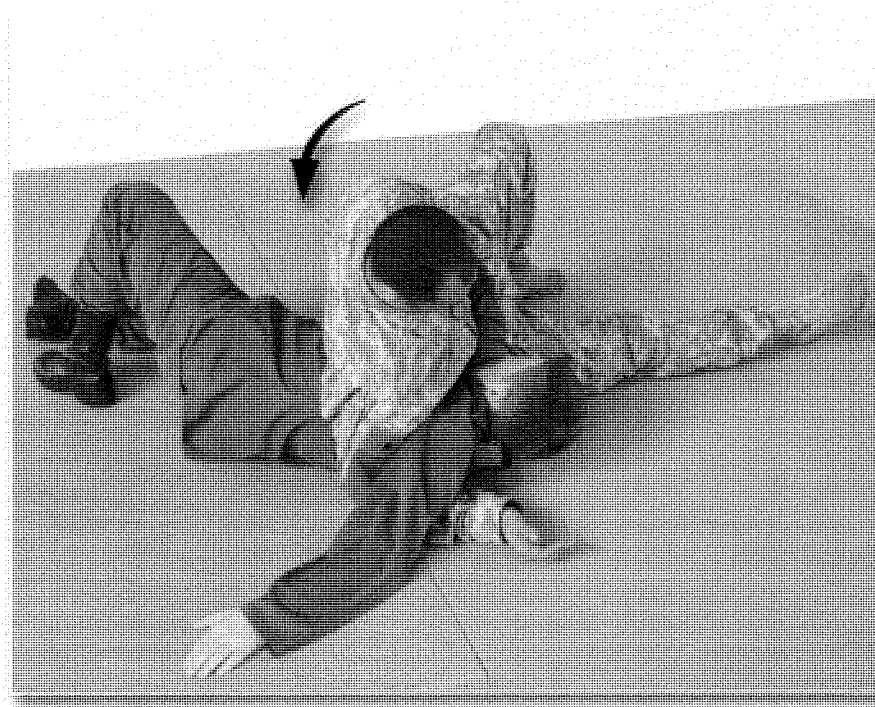
3) Move your hips out, and bring your underhooked arm up. Trail your second foot to form a "V" with your heels.

CLINCHFIGHTING—KICKS, THROW TAKEDOWNS

HIP THROW (continued)



1) Lift your hips, and extend your legs.

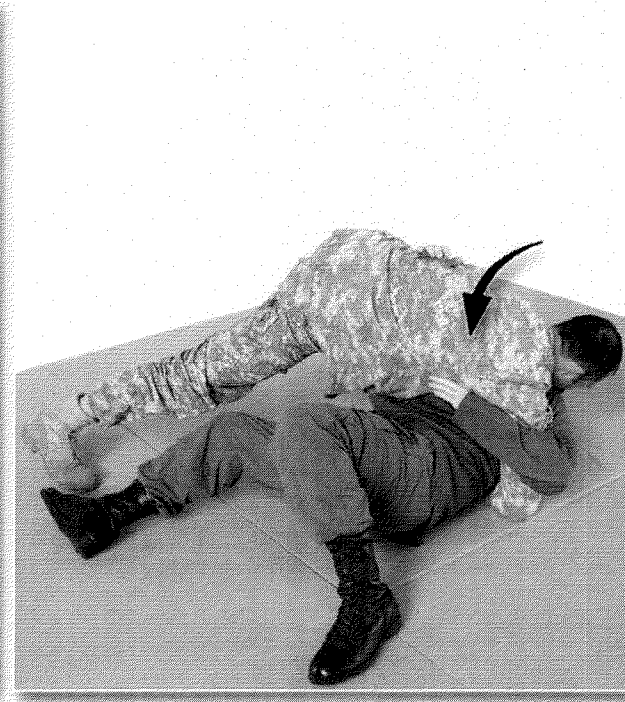


2) Rotate your body, and bring your head downward to throw.

CLINCHFIGHTING—KICKS, THROW TAKEDOWNS

ARCH AND TURN

If a fighter assumes the modified seatbelt position, he can use his hip action to arch his opponent over for the takedown.



1) From the modified seat belt position, trap your opponent's far-side hip by establishing a wrestler's grip at his hip.

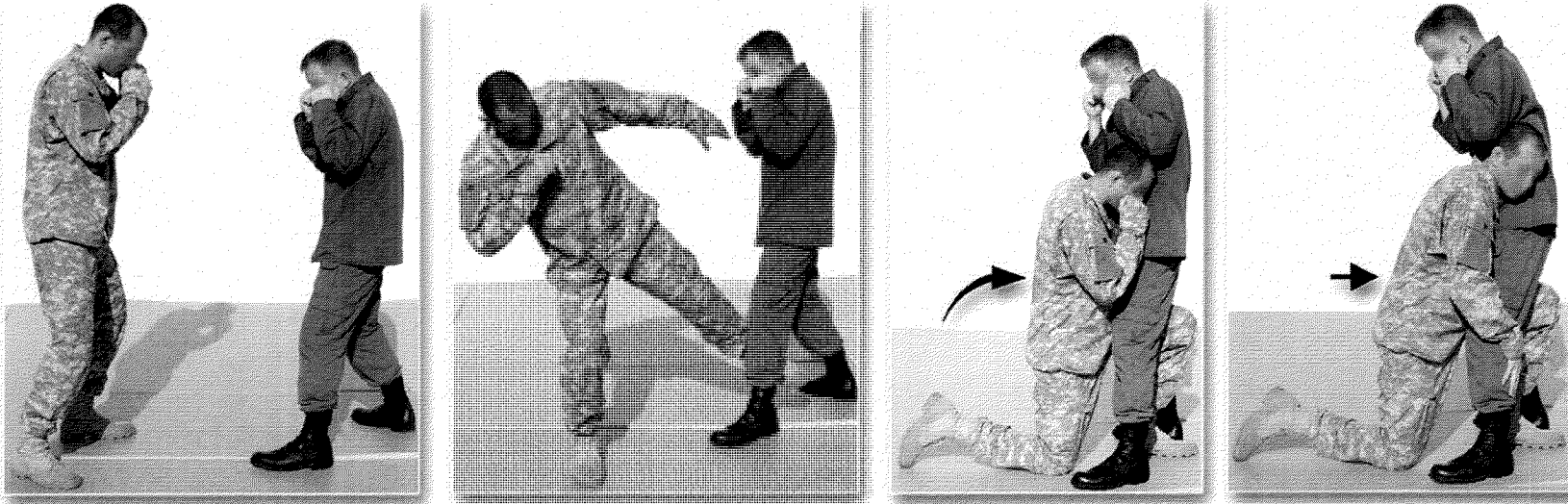
2) Bend at the knees, and step slightly to your opponent's back. Arch backward.

3) Extend your legs upward, and turn to your stomach. Release your grip before you reach the ground.

CLINCHFIGHTING—DOUBLE LEG ATTACKS

DOUBLE LEG ATTACKS

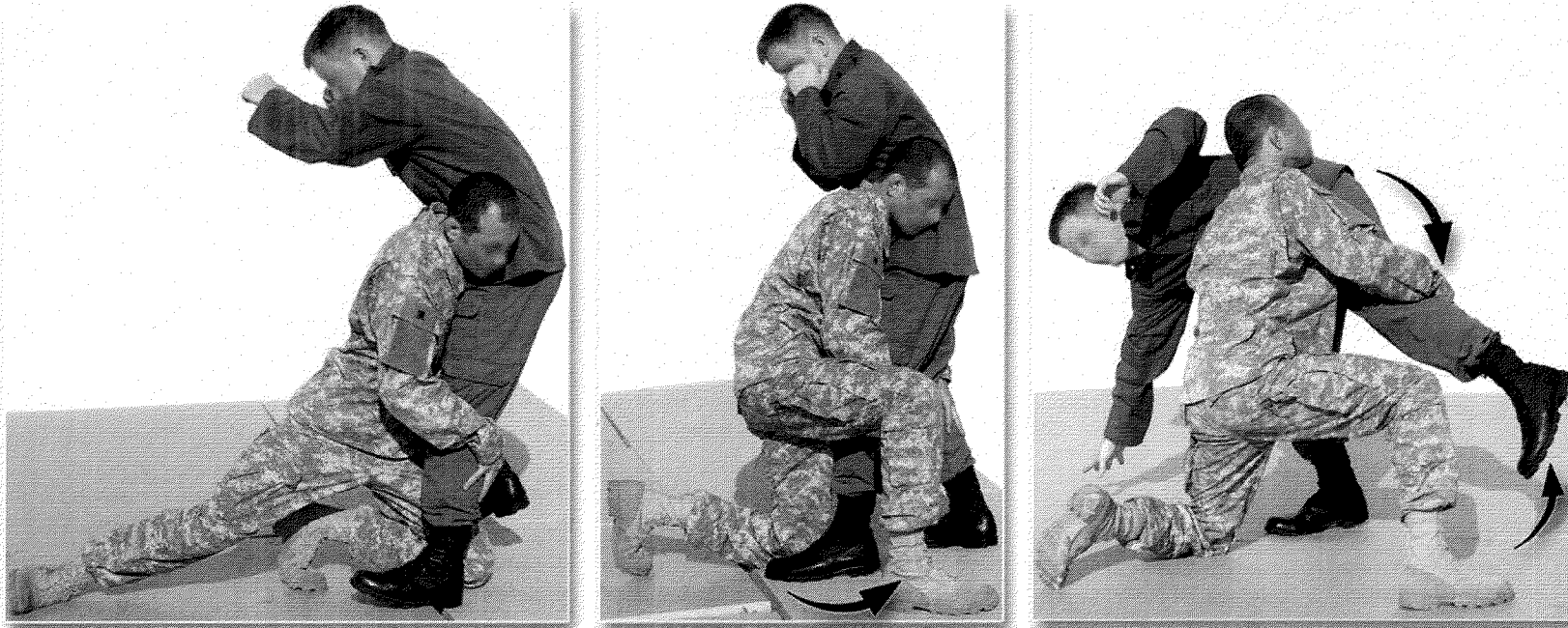
Going under the opponent's arms and straight to the legs is a very useful attack. There are several ways to finish depending on the opponent's actions, but the initial attack is the same.



- 1) When you find yourself relatively close to your opponent, change your level by bending both of your knees and drive into his midsection with your shoulder. Your lead foot should penetrate as deep as your opponent's feet.

CLINCHFIGHTING—DOUBLE LEG ATTACKS

DOUBLE LEG ATTACKS (continued)

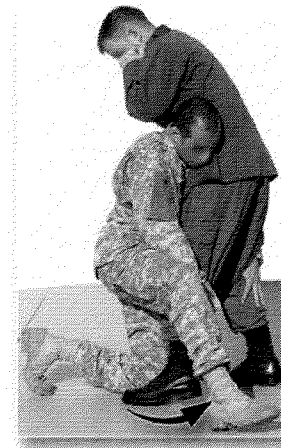


- 1) While driving forward, allow your lead knee to hit the ground. Bring your trail foot around in a circular motion. Keep your head tight to your opponent's body. Wrap both hands around his legs, with your hands grasping his calves with a thumbless grip.

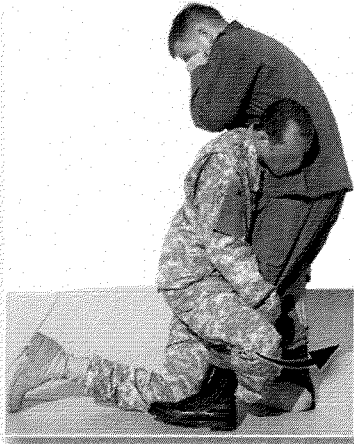
CLINCHFIGHTING—DOUBLE LEG ATTACKS

TRIP

If the opponent does not sprawl effectively, the fighter can trip him to complete the double leg takedown.



1) As you shoot the double leg, your opponent defends by walking backwards.

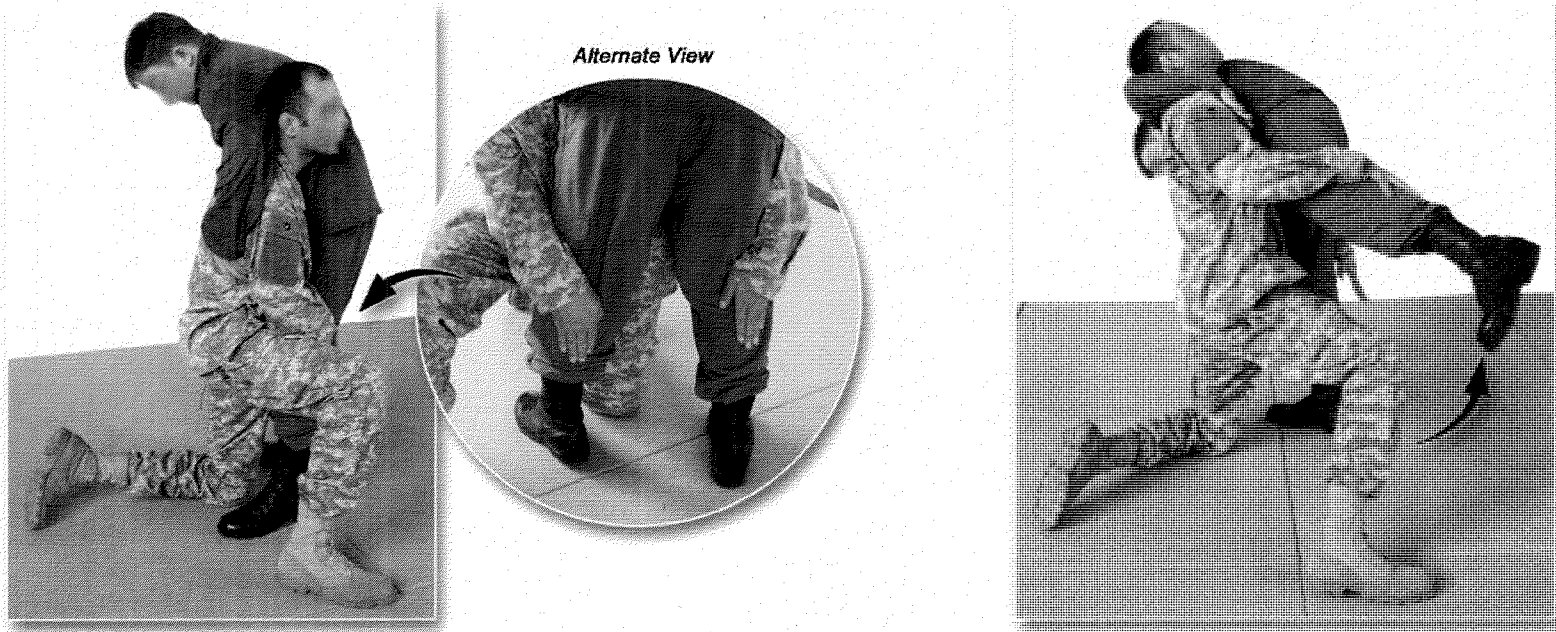


2) Hook your opponent's heel with your outside leg, and continue to drive through him.

CLINCHFIGHTING—DOUBLE LEG ATTACKS

TURN

After driving through your opponent and once you are under him, you should push with your head and leg to turn him.



- 1) As you shoot the double leg, your opponent defends by sprawling. Place your hands on his calves (use as an extension). Drive into him with your head, and push off the ground with your trail foot in a 45-degree angle.

CLINCHFIGHTING—DOUBLE LEG ATTACKS

TURN

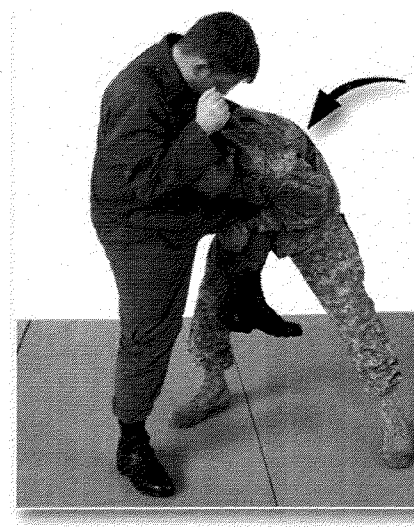
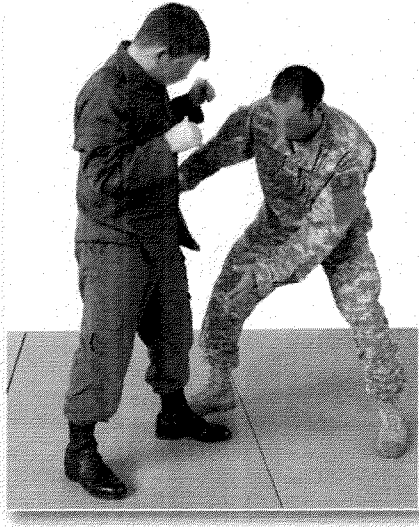


- 1) Finish in dominant body position.

CLINCHFIGHTING—DOUBLE LEG ATTACKS

SNATCH

The snatch is useful when your opponent leaves a leg forward (as in a fighter's stance) or attempts a lazy kick, allowing you to catch the kick.



- 1) Step the same-side leg outside of and slightly past the leg you intend to pick up.

- 2) Lower your posture at the knees, use your forehead to push into your opponent's armpit. Drive forward throwing your opponent off balance.

CAUTION

DO NOT bend at the waist, as this will allow your enemy to kick or punch your face.

- 3) Secure the target leg with a wrestler's grip (back-side hand on top) just below the knee.

CLINCHFIGHTING—DEFENSE

SPRAWL

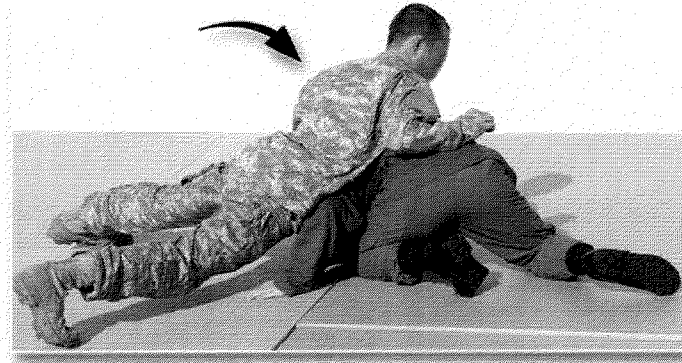
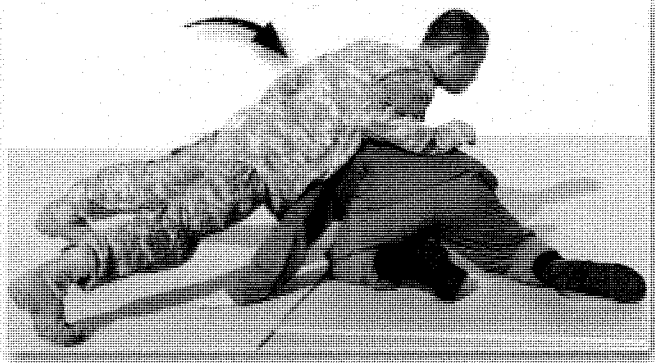
The fighter uses the sprawl when his opponent attempts to shoot a double leg takedown.



- 1) Start the sprawl before your opponent has the chance to drive all the way into your legs, and throw you off balance.

CLINCHFIGHTING-DEFENSE

SPRAWL (continued)



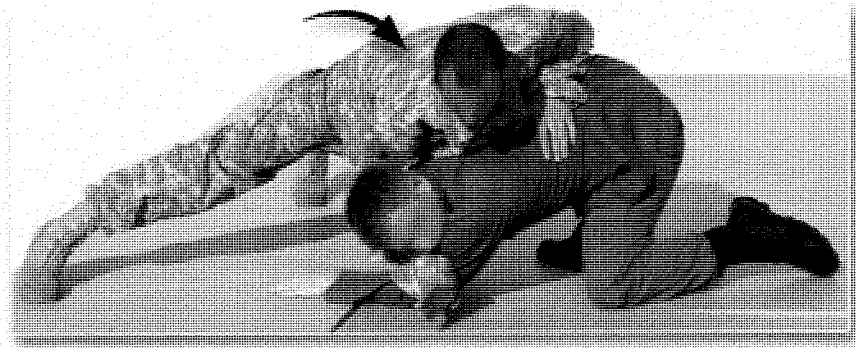
- 1) Throw your legs and hips behind you. Push your chest down, placing all of your weight on top of your opponent to drive him flat onto the ground.

Note. Get your legs as far away from your opponent as possible; he will be attempting to grab your legs and pull them back into him.

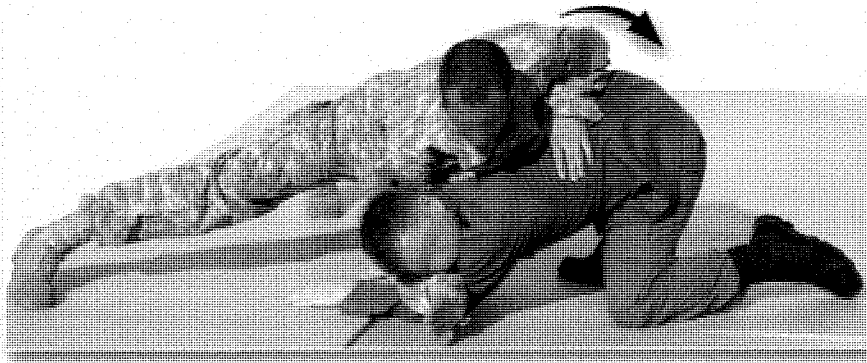
CLINCHFIGHTING-DEFENSE

CROSS-FACE

From the sprawl, the fighter uses the cross-face to turn his body and take his opponent's back.



- 1) Using your opposite side arm as the direction you wish to turn, place that forearm across your opponent's face and push against his head.
- 2) Using the head pressure to break your opponent's grip on your leg, keep your hips low and your weight on top of his back.

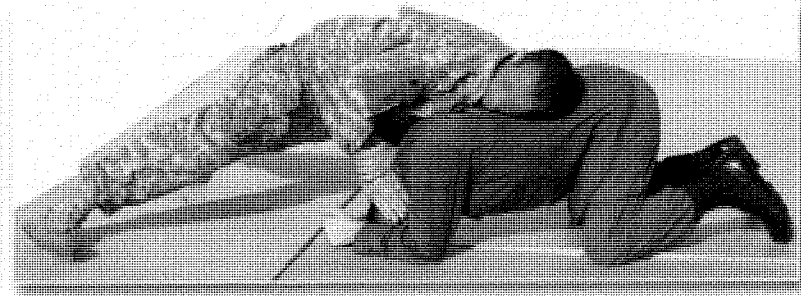
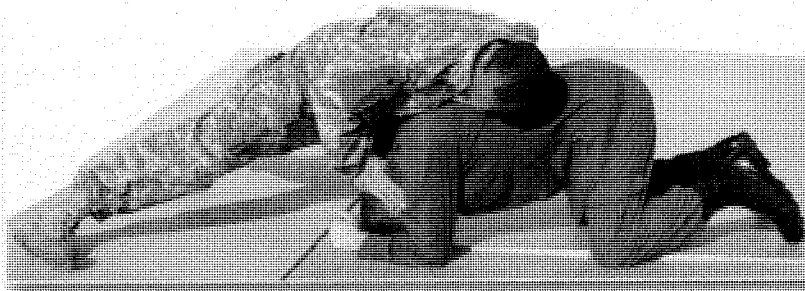


- 3) Turn your body with your legs to take your opponent's back.

CLINCHFIGHTING—DEFENSE

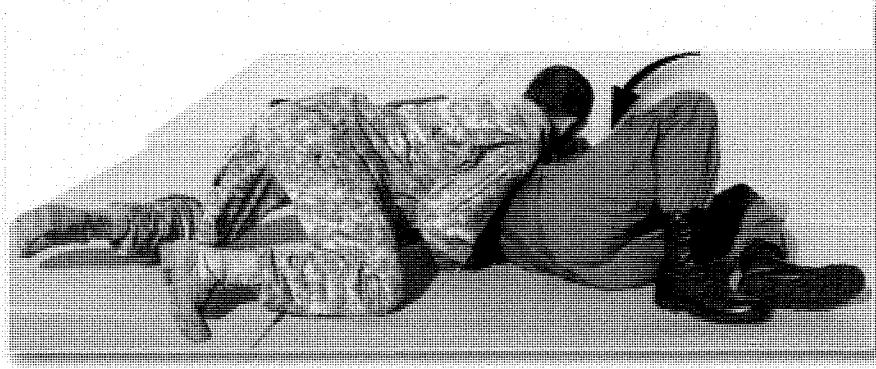
QUARTER NELSON

When his opponent attempts a takedown, the fighter uses the Quarter Nelson (in conjunction with the wizzer) to pressure his opponent's head. This allows him to turn his opponent and gain a dominant body position off of his opponent's takedown attempt. See Clinch Fighting—Pummeling for more information about the wizzer.



1) As your opponent attempts a takedown, sprawl into your opponent and overhook his arm at the shoulder. Place your opposite hand on the back of his head.

2) Grasp your wrist with your other hand.



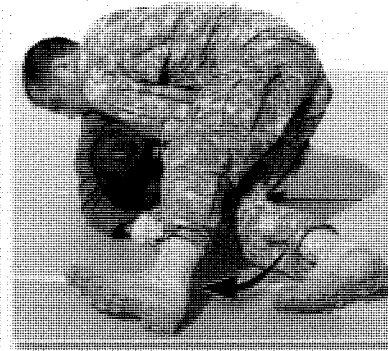
3) Apply pressure to the back of your opponent's head until he turns to his back.

4) Assume good side control.

CLINCHFIGHTING-DEFENSE

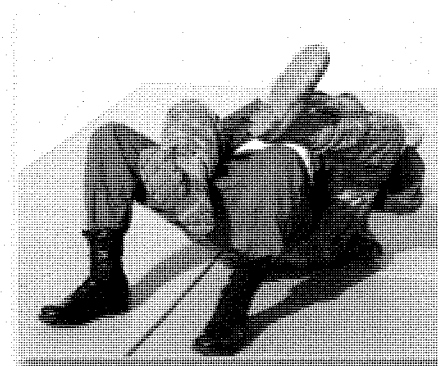
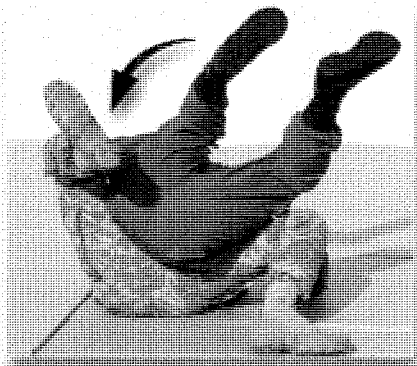
SHOULDER PRESSURE ROLL TO REAR MOUNT

This technique enables fighters to move from a position on all fours to the more dominant rear mount position.



- 1) Place your near-side knee between your opponent's arm and leg. Position your near-side arm over his back. Place your other arm under his far-side armpit, and grip with thumbless grip.

- 2) Drive your head to your opponent's far side, while walking around his head.



- 3) Roll over and under your opponent, pulling him on top of you into the rear mount.

CLINCHFIGHTING—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.

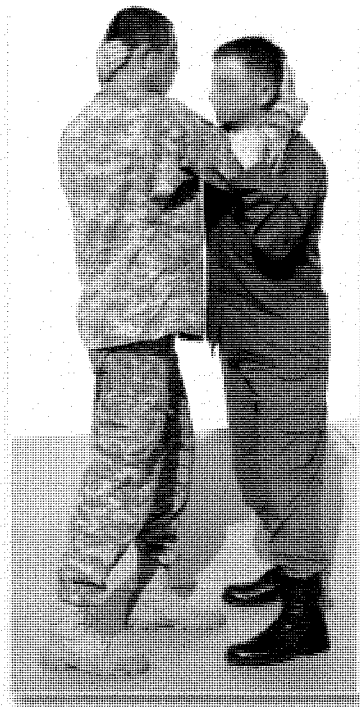


Place one hand on top of the other, both pulling your opponent's head downward.

CLINCHFIGHTING—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.

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.

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.

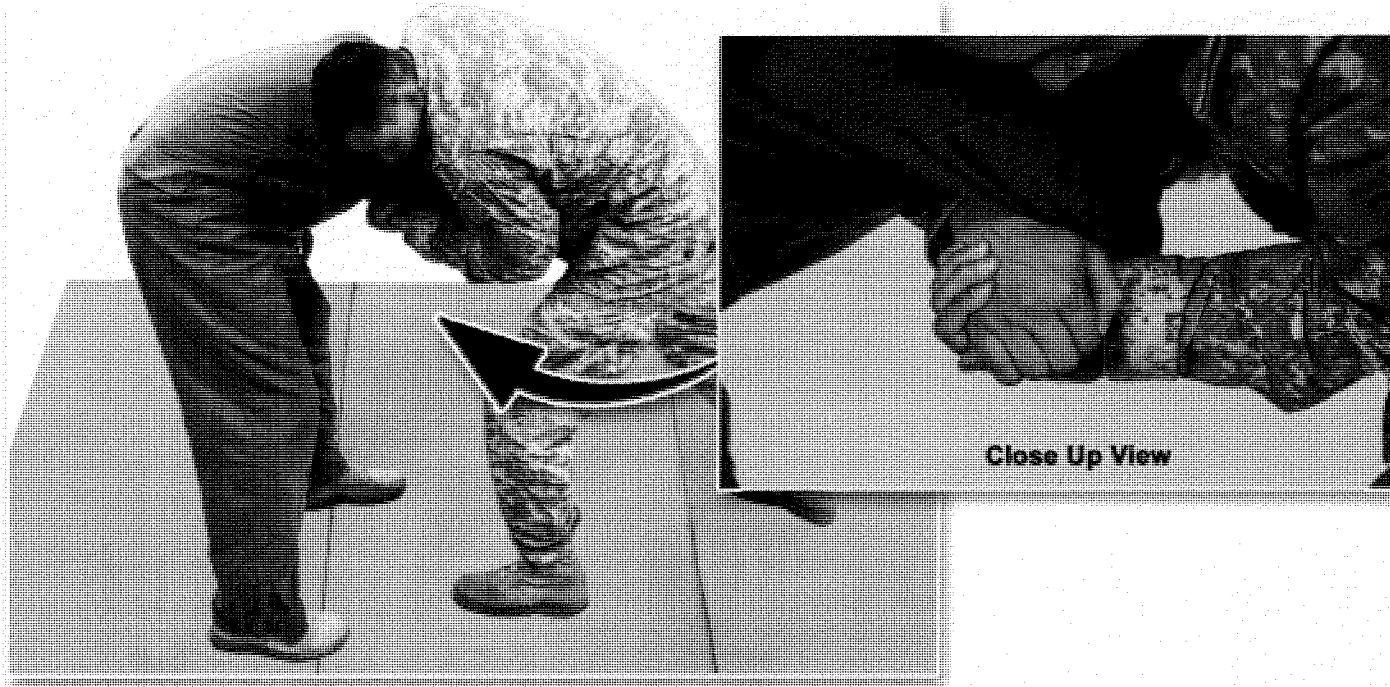


Lock your arms underneath your opponent's arms and behind his back.

CLINCHFIGHTING—ADVANCED CLINCH POSITIONS

FRONT HEADLOCK

By controlling the opponent's head and arm in a front headlock, the fighter is in an excellent position to attack with strikes or takedowns.

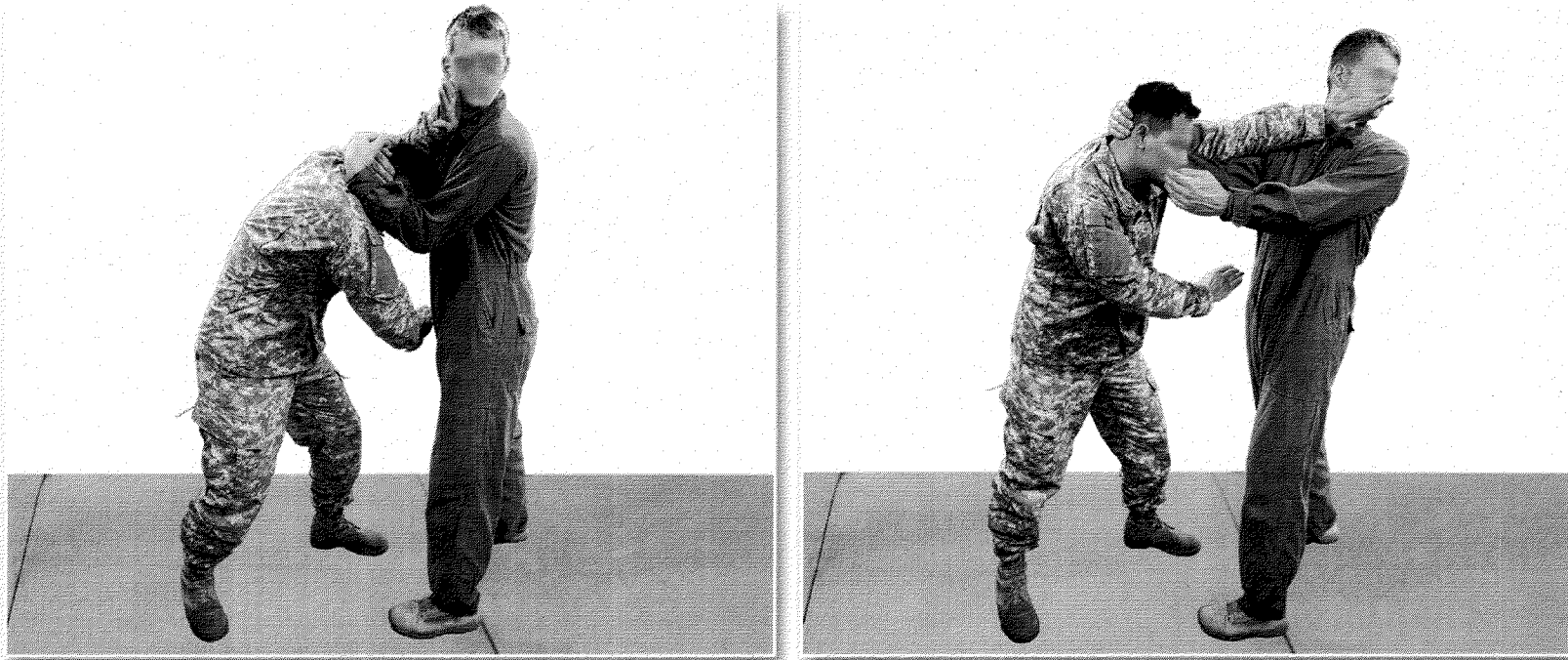


Place your opponent's head in your armpit. Control his arm with the arm around his neck.

CLINCHFIGHTING—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.

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.



CLINCHFIGHTING—PUMMELING

MODIFIED SEATBELT COUNTER

The fighter uses the modified seatbelt counter, when his opponent controls the fighter's attempt to achieve the basic clinch position by hooking his arm under the fighter's armpit.



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

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

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.



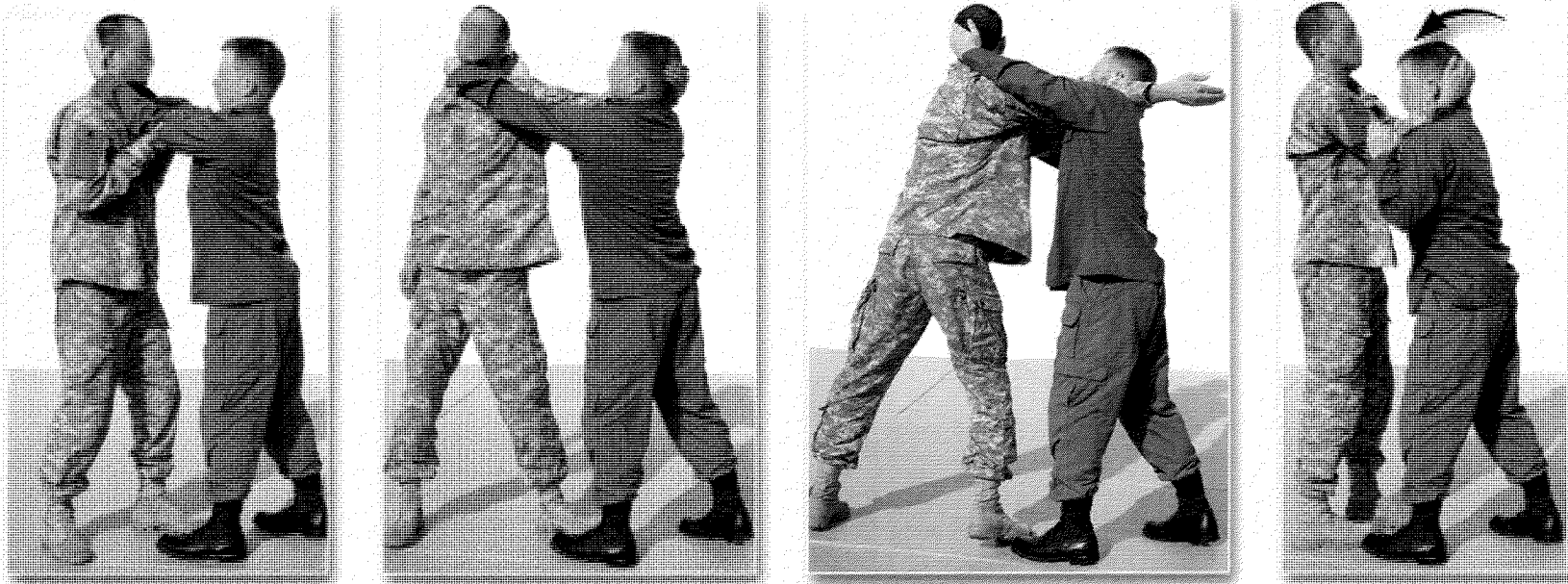
1) Snake your other hand into his armpit on the far side and change sides.

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

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.

CLINCHFIGHTING—PUMMELING

OVER TO UNDER LEVER

A fighter can defeat inside control by making a lever with his arms and using the power of his hips to achieve inside control.



- 1) Reach over one of your opponent's arms at the elbow, and place the back of your hand under his other elbow.
- 2) Place your palms together, and push your opponent's arms upward.

CLINCHFIGHTING—PUMMELING

OVER TO UNDER LEVER (continued)



- 1) Use the power of your hips to drive your opponent's elbow upward.
- 2) Use the space this has created to wedge one hand at a time into the inside control position.

CLINCHFIGHTING-PUMMELING

UNDER TO OVER LEVER

A fighter can defeat inside control by making a lever with his arms and using the power of his hips to achieve inside control.



1) Begin in your opponent's inside control.



2) Reach under one of your opponent's arms and over the other at his elbow.



3) Using your own elbow, push your opponent's arm upward by leaning with your shoulders.

Chapter 5

Advanced Ground Fighting Techniques

CLINCHFIGHTING—PUMMELING

UNDER TO OVER LEVER (continued)

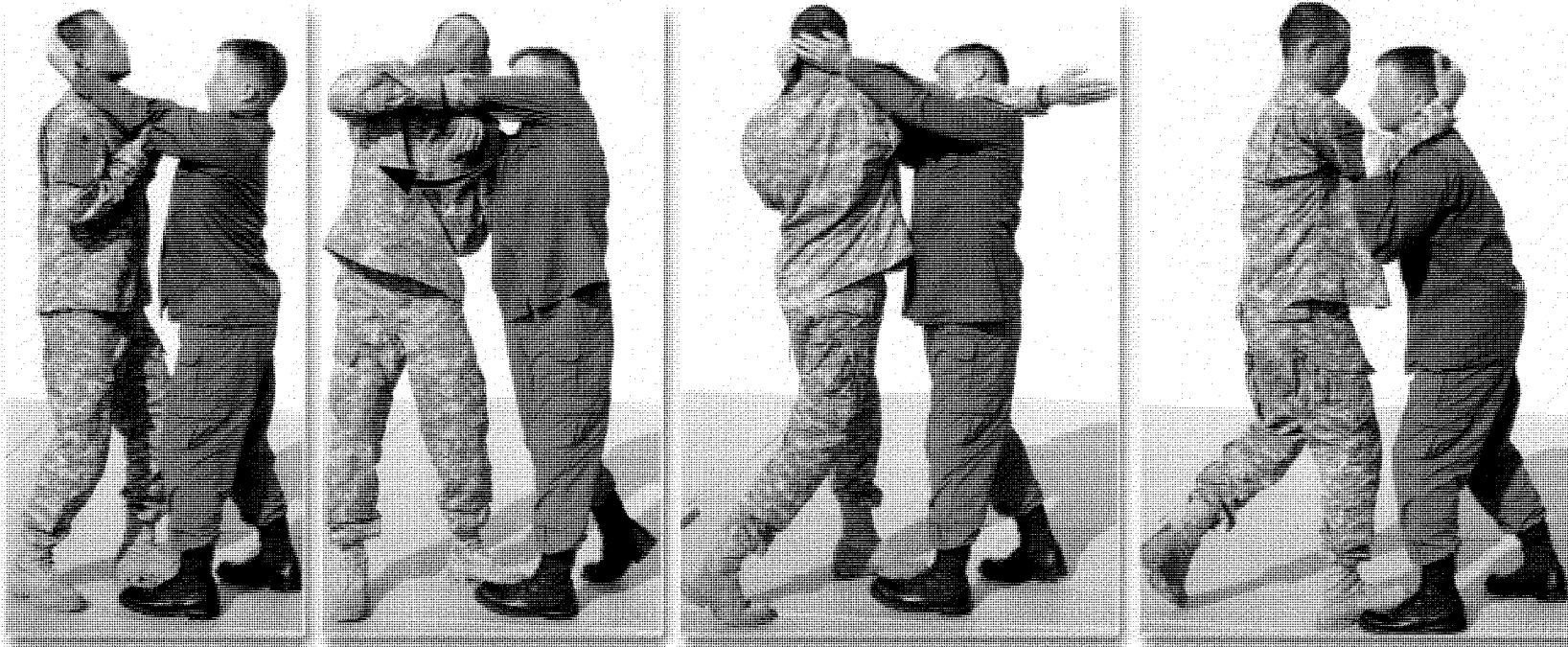


- 1) Use the space this has created to wedge one hand at a time into the inside control position.

CLINCHFIGHTING—PUMMELING

PUSH THE ELBOW INWARD

Fighters use push the elbow inward when their opponents squeeze their elbows together.



- 1) Grasp your opponent's elbow with one hand and push it inward, gaining power by simultaneously turning your shoulders.
- 2) With your free hand first, use the space this has created to wedge both hands into the inside control position.

CLINCHFIGHTING—PUMMELING

DOUBLE ELBOW LIFT

Fighters use the double elbow lift when their opponents squeeze their elbows together very tightly.



- 1) Grasp both of your opponent's elbows.
- 2) Position your hips under your opponent's elbows, and straighten his arms by pushing them both upward.
- 3) Use the space this has created to wedge one hand at a time into the inside control position.

CLINCHFIGHTING—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.

CLINCHFIGHTING—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.

CLINCHFIGHTING—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.

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.

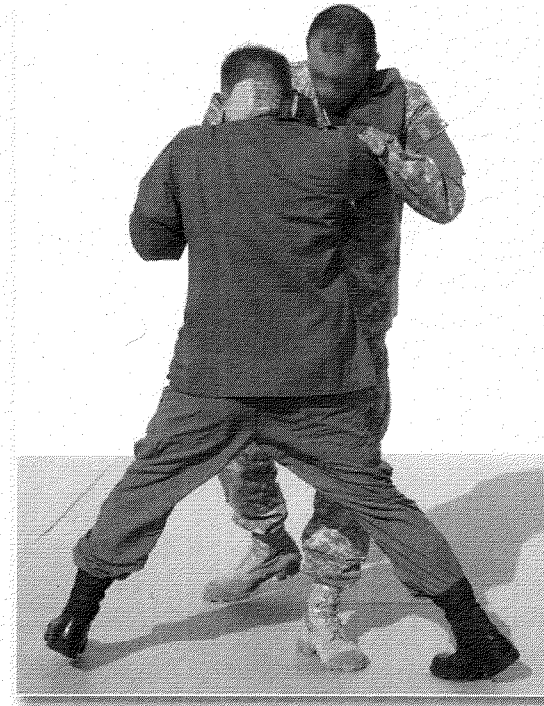


Keep a good posture. Move your hip inside of the strike. Your hip will meet the strike on your opponent's inner thigh. This reduces your opponent's ability to strike.

CLINCHFIGHTING—KNEE STRIKES, DEFENSE

PULL TOWARD THE KNEE

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

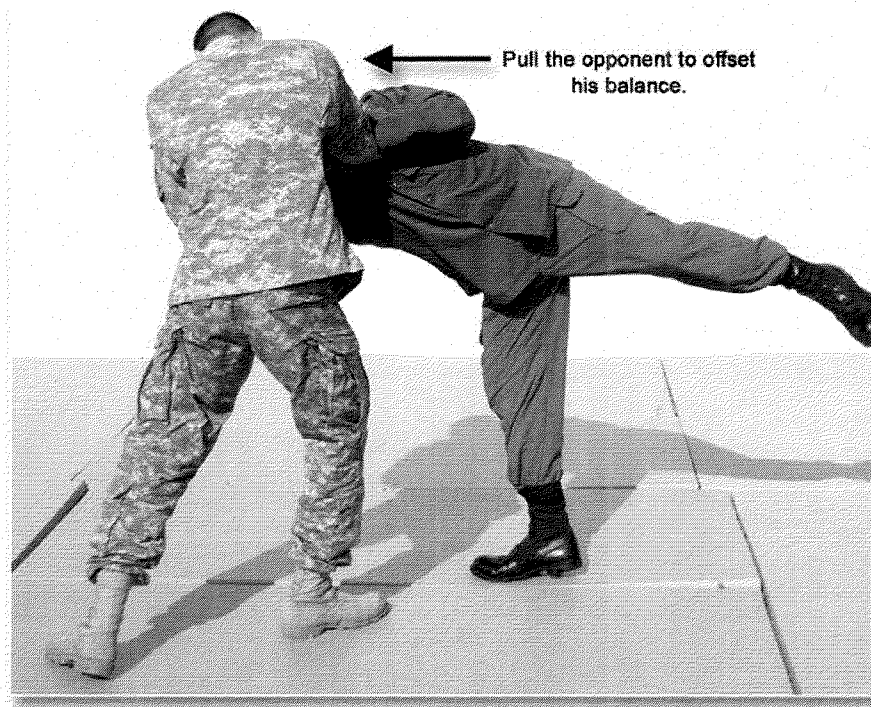


When your opponent picks up his leg to attempt a knee strike, pull him toward the leg he is attempting to strike with. He will be forced to place it on the ground to avoid falling.

CLINCHFIGHTING—KNEE STRIKES, DEFENSE

PULL AWAY FROM THE KNEE

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



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

CLINCHFIGHTING—KNEE STRIKES, DEFENSE

HAND CHECK

The hand check should be used sparingly because it exposes the fighter to head strikes.



When you feel your opponent pull backward in preparation for a knee strike, pull your hand away, and stop the strike by blocking his hip. Immediately replace your hand to a control position on top of your opponent's controlling arm to avoid exposing yourself to hand or elbow strikes.

CLINCHFIGHTING—KNEE STRIKES, DEFENSE

KNEE LIFT AND GRAB

The fighter uses this technique to mitigate an opponent's knee strikes. This technique ends in a position that gives the fighter several options, including the takedown.

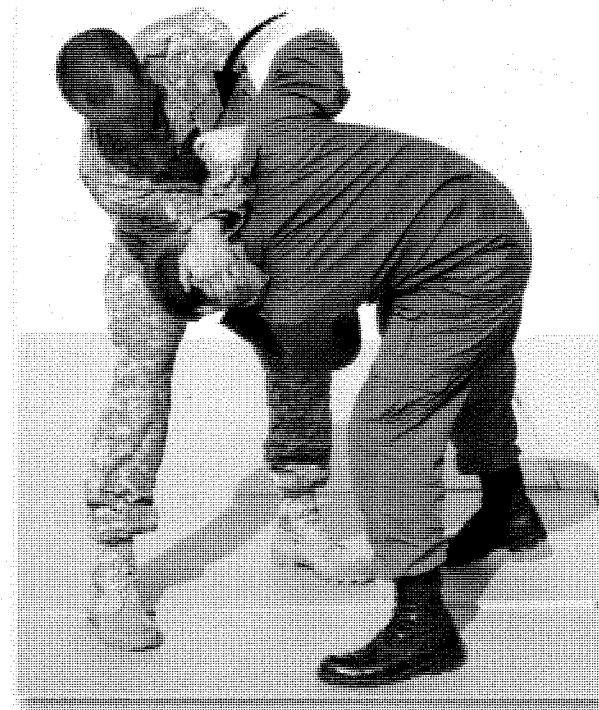


As your opponent's knee strike comes in, position your knee under his leg, and grasp his leg with your arm.

CLINCHFIGHTING—KNEE STRIKES, DEFENSE

TILT THE HEAD

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

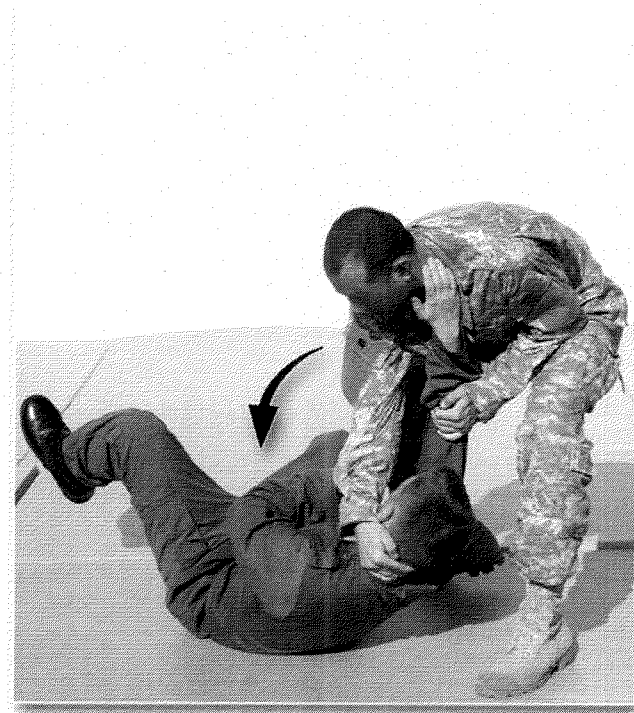


Assume the inside control position. As your opponent's knee strike comes in, control his ability to strike by tilting his head.

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.



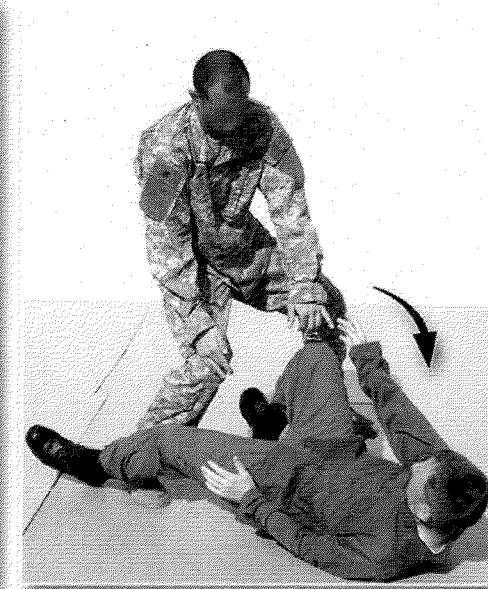
1) Stop your opponent's attempted knee strike with a hip check.

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

CLINCHFIGHTING—KNEE STRIKES, THROWS AND TAKEDOWNS AGAINST KNEE STRIKES

PULL TOWARD KNEE, INSIDE HOOK

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



1) Stop your opponent's attempted knee strike by pulling toward his knee.

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

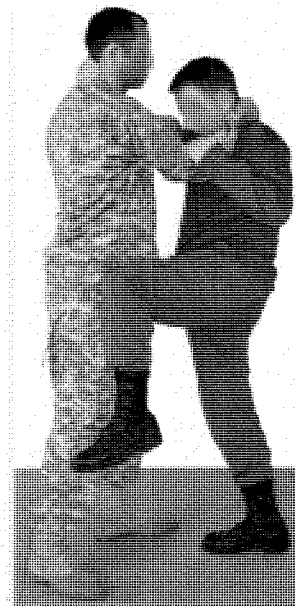
CLINCHFIGHTING—KNEE STRIKES, THROWS AND TAKEDOWNS AGAINST KNEE STRIKES

PULL AWAY FROM THE KNEE, SWEEP

When in the clinch, an opponent may throw knee strikes. If this occurs, the fighter pulls his opponent away from the strike, steps through, and executes a sweep.



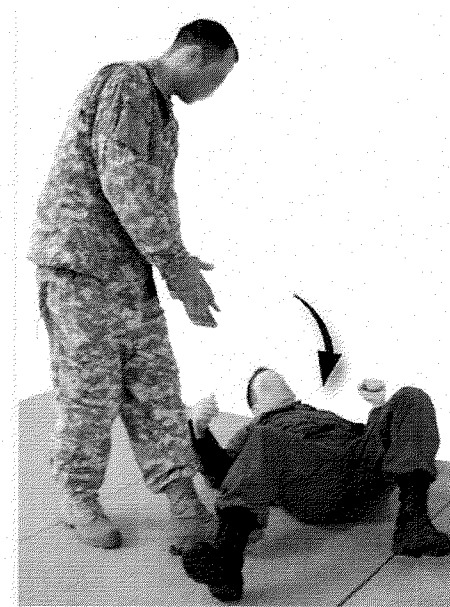
1) Stop your opponent's attempted knee strike by pulling away from his knee.



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



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



CLINCHFIGHTING—KNEE STRIKES, THROWS AND TAKEDOWNS AGAINST KNEE STRIKES

PULL AWAY FROM THE KNEE, THROW

This technique is similar to pull away from the knee, sweep, except that the fighter steps across the opponent to finish the throw.



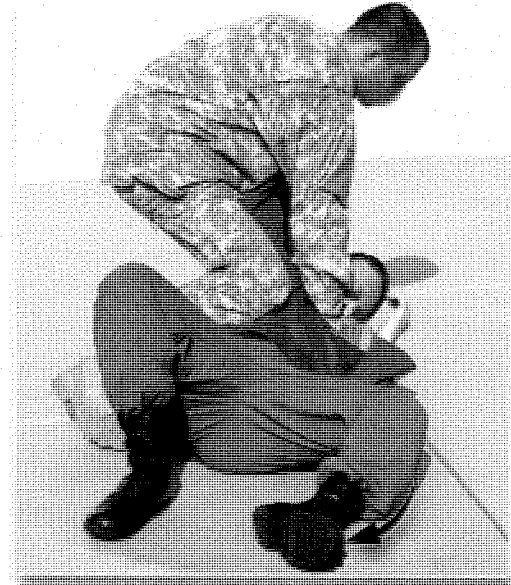
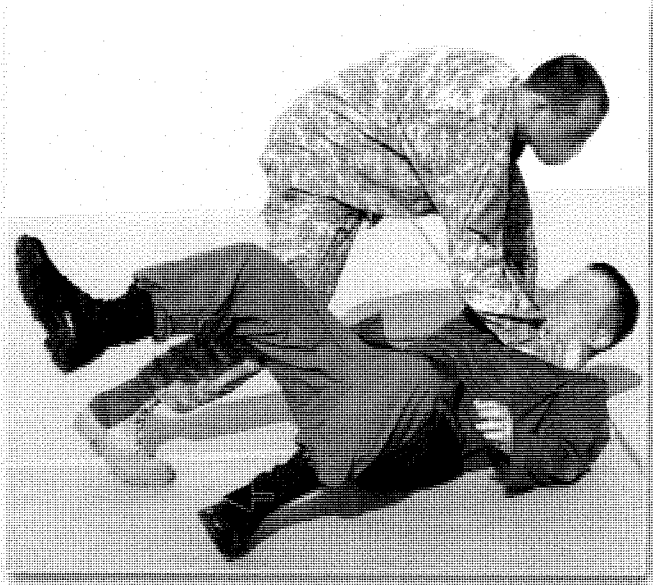
1) Stop your opponent's attempted knee strike by pulling away from his knee.



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

CLINCHFIGHTING—KNEE STRIKES, THROWS AND TAKEDOWNS AGAINST KNEE STRIKES

PULL AWAY FROM THE KNEE, THROW (continued)



- 1) Execute a throw with your opposite-side leg or hip.

CLINCHFIGHTING—KNEE STRIKES, THROWS AND TAKEDOWNS AGAINST KNEE STRIKES

KNEE STRIKE, SNAP-DOWN

When you have inside control you may be able to perform a takedown that will introduce new opportunities for strikes or transitions to dominant body positions.



- 1) From inside control throw a long knee or an up knee to your opponent's midsection or head.

CLINCHFIGHTING—KNEE STRIKES, THROWS AND TAKEDOWNS AGAINST KNEE STRIKES

KNEE STRIKE, SNAP-DOWN (continued)

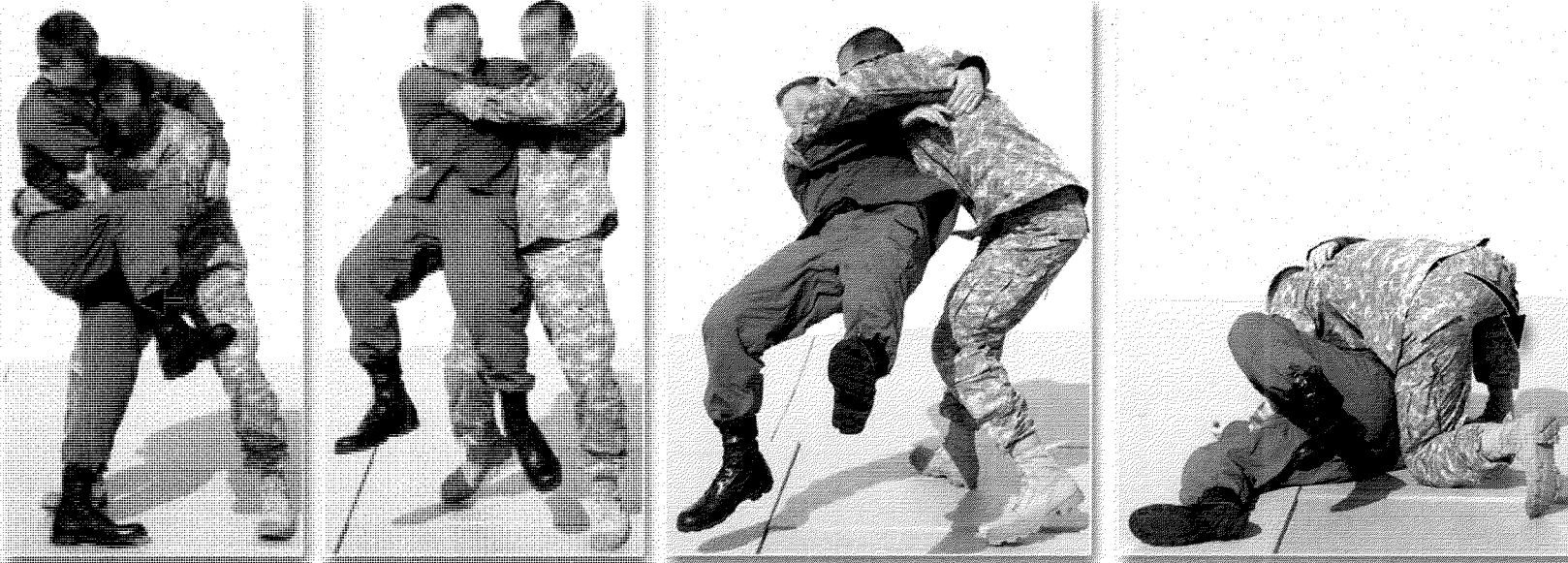


1) Immediately, snap your opponent down.

CLINCHFIGHTING—KNEE STRIKES, THROWS AND TAKEDOWNS AGAINST KNEE STRIKES

HIP BUMP FROM MODIFIED SEATBELT CLINCH

When a fighter has assumed the seatbelt clinch, he can land knee strikes effectively to his opponent's torso. If his opponent tries to strike back, his weight will come up with the strike, enabling the fighter to take him off his feet by bumping his post leg.

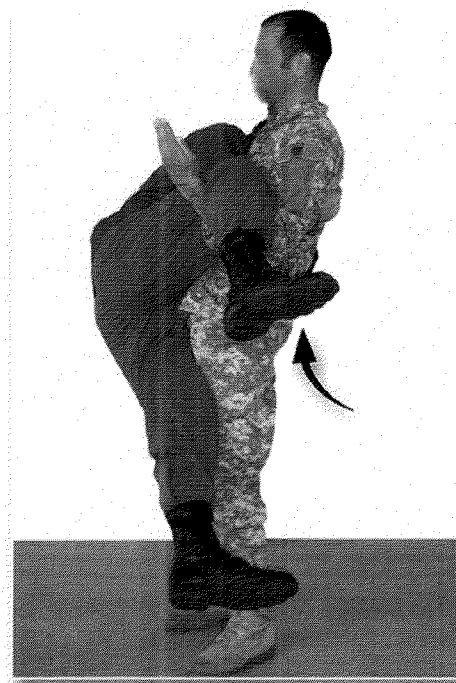
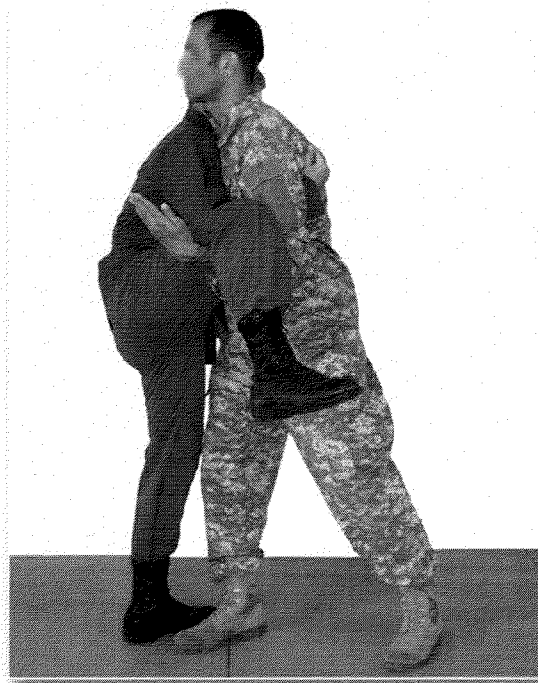


- 1) Assume the modified seatbelt clinch. Control your opponent's far-side arm at the biceps, as in the neck and biceps clinch position. Attack his midsection with knee strikes. As he tries to counter with knee strikes of his own, his weight will come forward.
- 2) Lift your opponent with your thigh that is behind his posted leg, and take him down to his back.

CLINCHFIGHTING—KNEE STRIKES, THROWS AND TAKEDOWNS AGAINST KNEE STRIKES

50/50, CATCH AND LIFT

When a fighter is in the 50/50 position with his hand inside of his opponent's legs, he can defend against the knee by circling his arm under his opponent's leg to control it.



1) Begin in the 50/50 position.

2) If your opponent tries to land a knee, hook his leg with your blocking arm.

3) Lift your opponent by driving your hips into the fighter and lifting the leg skyward. Take your opponent down, and assume side control.

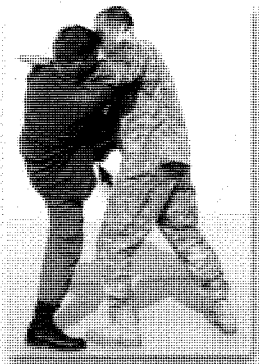
CLINCHFIGHTING—KNEE STRIKES, THROWS AND TAKEDOWNS AGAINST KNEE STRIKES

COUNTER TO INSIDE CONTROL, CATCH AND LIFT

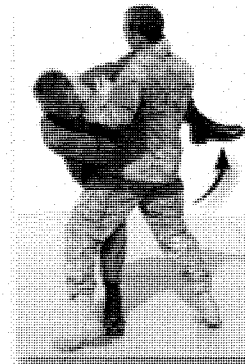
Sometimes, a fighter's opponent will attempt a knee strike to the fighter's midsection or head as the fighter uses counter to inside control. In this instance, the fighter should use counter to inside control, catch and lift.



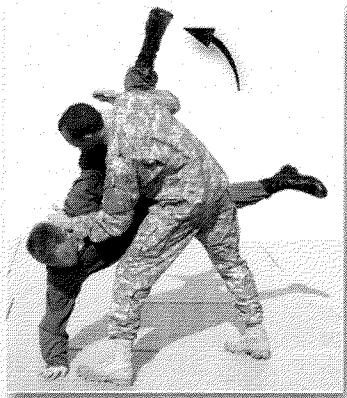
1) Begin in the counter to inside control.



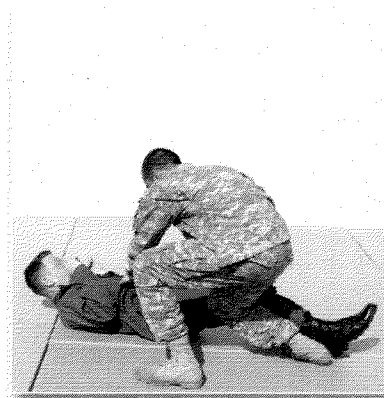
2) As your opponent throws the knee, counter by circling your bottom hand under his knee.



3) Have a good posture, and take your opponent off of his feet.



4) While lifting, drive your top arm into your opponent's neck. Transition his center of gravity over his posted foot

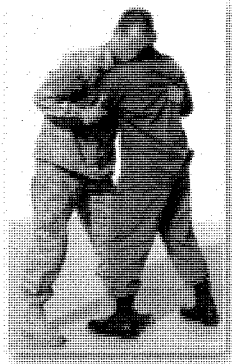


5) Finish in a dominant body position.

CLINCHFIGHTING—KNEE STRIKES, THROWS AND TAKEDOWNS AGAINST KNEE STRIKES

HIP CHECK ENTRY FOR HIP TOSS

After a fighter checks a round knee with his hip, he can execute a hip throw. If a fighter repeatedly uses a hip check to block a round knee, he can insert his hip farther for shallow hip-throwing techniques.



1) Begin in the 50/50 position.



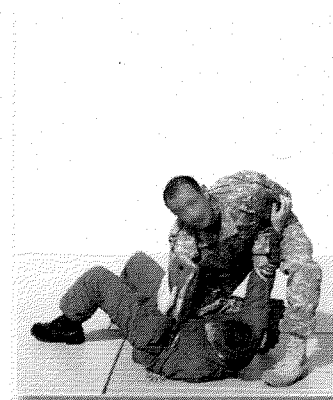
2) Insert your hip. Slide the center of your tailbone to your opponent's far leg, keeping your heels together. Move your arm from under your opponent toward his head.



3) Throw your opponent by pulling down on your overhooked hand just above your opponent's elbow. Move your underhooked hand deep into your opponent's armpit.



4) Use your hips to raise your opponent into the air.



5) Finish in a dominant position.

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Chapter 6

Contact Weapons

Contact weapons include thrusting weapons, bludgeoning weapons, and short-range weapons. This chapter also covers grappling with weapons.

THRUSTING WEAPONS

6-1. Thrusting weapons are those weapons which are designed to stab from a long range. The most commonly used thrusting weapon is the rifle with a fixed bayonet.

Notes. 1. All positions and movements described in this manual are for right-handed fighters. Left-handed fighters or fighters who desire to learn left-handed techniques must use the opposite hand and foot for each movement described.

2. All positions and movements can be executed with or without the magazine and/or sling attached.

ATTACK

6-2. To attack and defeat opponents with a rifle and fixed bayonet, fighters must use proper body positioning and body movements, and attack with enough force to disable the opponent.

BODY POSITIONING

6-3. The attack position is the basic starting position from which all attack movements originate. It generally parallels a boxer's stance.

BODY MOVEMENTS

6-4. When attacking, fighters must remain alert to counterattacks from all directions and determine the greatest immediate threat. If attacked from behind, fighters execute a whirl movement.

Notes. 1. When performing certain movements, two ranks will move toward each other. When the Soldiers in ranks come too close to each other to safely execute additional movements, a crossover movement is used to move the ranks a safe distance apart. On the command "CROSSOVER," the fighter and opponent move straight forward and, as they pass each other, the fighter's right shoulder passes the opponent's right shoulder. The fighter and the opponent continue moving forward about six steps, halt, and without command, execute the whirl. Then, they remain in the attack position and wait for further commands.

2. Left-handed personnel cross left shoulder to left shoulder.

ATTACKING WITH FORCE

6-5. Instinctive, aggressive action and balance are the keys to offense with the rifle and bayonet. There are four attack movements designed to defeat or disable the opponent:

- Thrust.
- Butt stroke.
- Slash.
- Smash.

6-6. Each of these movements may be used for the initial attack or as a counterattack, should the initial movement fail to find its mark.

MODIFIED MOVEMENTS

6-7. Two attack movements have been modified to enable the fighter to slash or thrust at an opponent without removing his hand from the weapon's pistol grip:

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- Modified thrust.
- Modified slash.

FOLLOW-UP MOVEMENTS

6-8. If the initial thrust, butt stroke, slash, or smash fails to make contact with the opponent's body, the fighter should instinctively follow up with additional movements until he has disabled or captured the opponent. Follow-up movements are attack movements that naturally follow from the completed position of the previous movement. For example—

- PARRY LEFT, BUTT STROKE TO THE HEAD, SMASH, SLASH, ATTACK POSITION.
- PARRY LEFT, SLASH, BUTT STROKE TO THE KIDNEY, ATTACK POSITION.
- PARRY RIGHT, THRUST, BUTT STROKE TO THE GROIN, SLASH, ATTACK POSITION.

DEFENSE

6-9. When faced with an opponent who does not present a vulnerable area to attack, the fighter can make an opening by initiating a parry or block movement, and then follow up with an attack. The follow-up attack must be immediate and violent.

PARRY MOVEMENTS

6-10. The objective of the parry movement is to counter the opponent's thrust, throw him off balance, and hit a vulnerable area of his body. Timing, speed, and judgment are essential factors in these movements. There are two parry movements:

- Parry right.
- Parry left.

BLOCKS

6-11. When surprised by an opponent, the block is used to cut off the path of his attack by making weapon-to-weapon contact. A block must always be followed immediately with an attack. Striking the opponent's weapon with enough power to throw him off balance. There are three blocks that you can use to counter an opponent's attack:

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Contact Weapons

- High.
- Low.
- Side.

BAYONETS

6-12. Standard military issued bayonets usually have longer blades than knives. Unattached, the fighter has more extension in which to attack an opponent. Attached to a rifle, the fighter has even more range.

KNIVES

6-13. Knives come in varied designs and have multiple uses. After that comes making the best use of its design features, and striking where it can cause the greatest damage.

Note. Although this section covers attacking with knives, it does not cover types of knives you could carry or where you should best store them. If you do carry a knife, place it where accessing it can be done quickly when grappling with an opponent. Remembering, what you can quickly access, so can an opponent.

GRIPS

6-14. A fighter can hold the knife using two grips:

- Straight grip.
- Reverse grip.

ATTACKS

6-15. All knife attacks fall into two basic categories:

- Slashing.
- Stabbing.

Slashing Attacks

6-16. Slashing type attack, where there is an attempt to cut the enemy with the blade of the weapon, are seldom fatal but can be useful tactically to create openings for more decisive attacks. They can also be done without full commitment to the attack. It is important to remember that against even a

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Chapter 6

very sharp blade, typical heavy clothing serves as armor against slashing type attacks and that during a life and death struggle people are capable of ignoring wounds that are not immediately debilitating. However, slashes against an enemy's hands or face can be very effective in eliciting action and creating openings.

Stabbing Attacks

6-17. Stabbing type attacks are much more likely to be fatal although they require much more commitment to the attack. Stabbing type attacks are most effective when directed around the body's natural body armor, such as under the rib cage or the front of the neck.

DEFENDING

6-18. An enemy may approach you with knife in hand, or after making contact, reach for one hidden on their person. You must therefore assume that any enemy may be armed. The surest way to do this is to gain and maintain control.

CONTROL

6-19. The first lesson in defending against any form of short-range contact weapon is to gain and maintain control of the enemy. A free hand which may not present much of a danger from a grappling perspective could be holding a knife.

Note. An example of how you may train for this during ground grappling is to use a low power stun gun to represent a bladed weapon, or a rubber knife coated with chalk. Both will provide feedback on how well you control the situation. The stun gun will provide immediate feedback by causing pain from receiving electrical shock, whereas, the coated knife will leave telltale marks.

DISARM

6-20. Since the stakes for failure are so high, the safer disarming techniques should be attempted first, only moving to the more dangerous techniques by necessity. Disarms include—

- Strikes.
- Leverage.
- Extension.

Contact Weapons

GRAPPLING WITH WEAPONS

6-21. The grappling range begins at the distance an opponent can reach the fighter before he can evaluate the threat, bring his weapon to bear, and decide whether to use deadly force. In this situation, the fighter may be too close to the opponent for any other action than rush in to him. If the fighter is armed, the fight will immediately become a contest of who can gain control of the weapon.

PRIMARY WEAPONS

6-22. 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 opponent, you have the following options:

- Muzzle strike.
- Tug of war.
- Rush the opponent.

SECONDARY WEAPONS

6-23. If a fighter is faced with a situation where he cannot employ his primary weapon, but has a secondary weapon, he can choose standing or ground grappling to gain control by subduing or dispatching the opponent.

STANDING GRAPPLING

Note. Struggling with an unarmed opponent, can be just as dangerous, if not more so. With both hands free, the opponent 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 fighters have not practiced in grappling over weapons.

6-24. Standing grappling is the easier of the two techniques and is used to control an opponent while transitioning to a secondary weapon.

Chapter 6

Contact Weapons

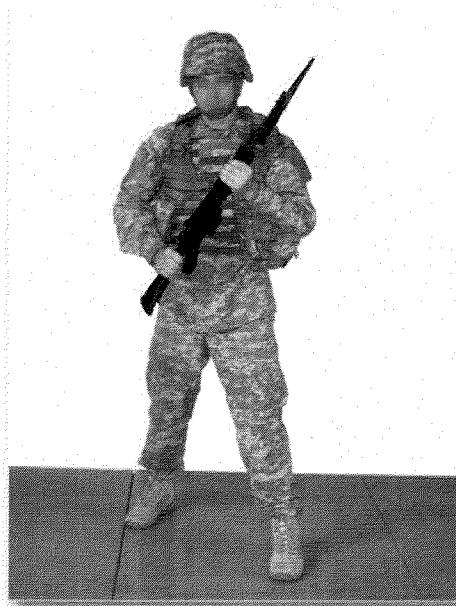
GROUND GRAPPLING

6-25. If the fight should go to the ground before a fighter has deployed his weapon, his primary concern must be to gain a position that allows him to employ his weapon, while keeping his opponent from employing his weapon.

THRUSTING WEAPONS—ATTACK, BODY POSITIONING

ATTACK POSITION

The attack position is the basic starting position from which all attack movements originate. It generally parallels a boxer's stance.

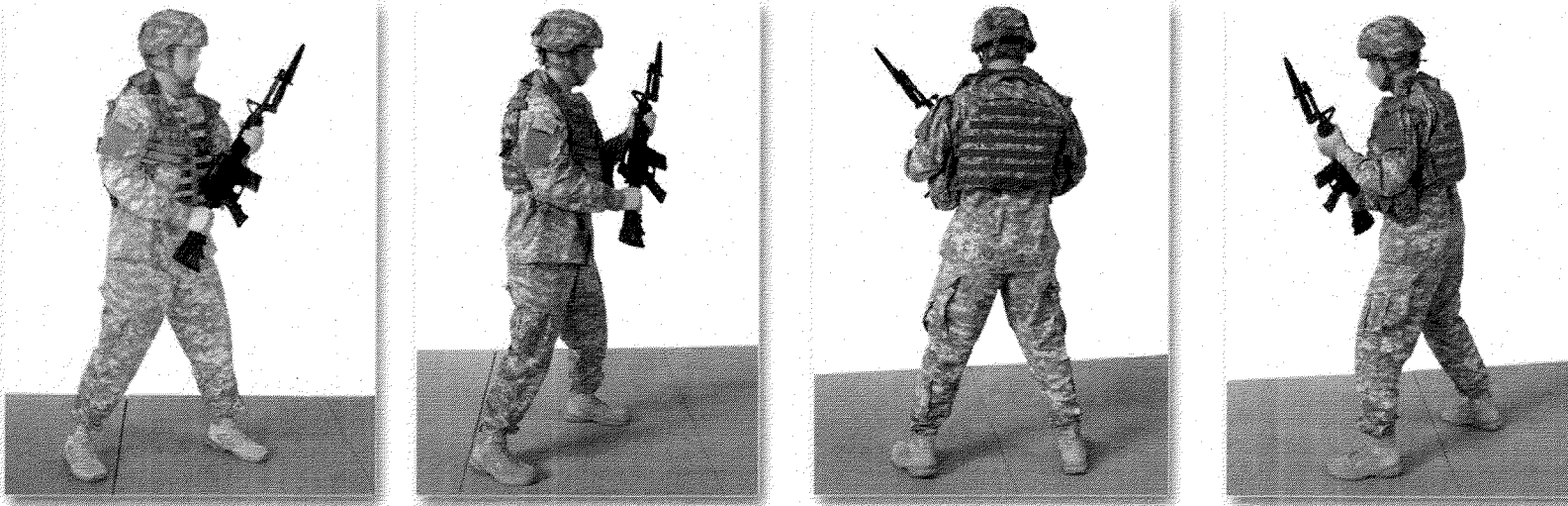


- 1) Hold the rifle firmly but not rigidly. Relax all muscles not used in a specific position; tense muscles can cause fatigue. Take a step forward and to the side with your left foot so that your feet are a comfortable distance apart.
- 2) Hold your body erect or bend slightly forward at the waist. Flex your knees, and balance your body weight on the balls of your feet. Hold your right forearm parallel to the ground and your left arm high, generally in front of the left shoulder. Maintain eye contact with your opponent, watching his weapon and body through peripheral vision.
- 3) Hold your rifle diagonally across your body at a sufficient distance from your body to add balance and to protect you from your opponent's blows. Grasp the weapon in your left hand just below the upper sling swivel, and place your right hand at the small of the stock. Ensure the sling faces outward and the cutting edge of the bayonet is toward your opponent.

THRUSTING WEAPONS—ATTACK, BODY POSITIONING

FRONT PIVOT (LEAD FOOT STATIONARY)

When properly executed, the front pivot allows the fighter to meet a challenge from an opponent attacking from the rear.



- 1) Spin around by pivoting on the ball of the lead foot in the direction of the lead foot.
- 2) At the completion of the front pivot, assume the attack position.

THRUSTING WEAPONS—ATTACK, ATTACKING WITH FORCE

THRUST

The objective of the thrust is to disable or capture an opponent by sticking the bayonet blade into a vulnerable part of his body.

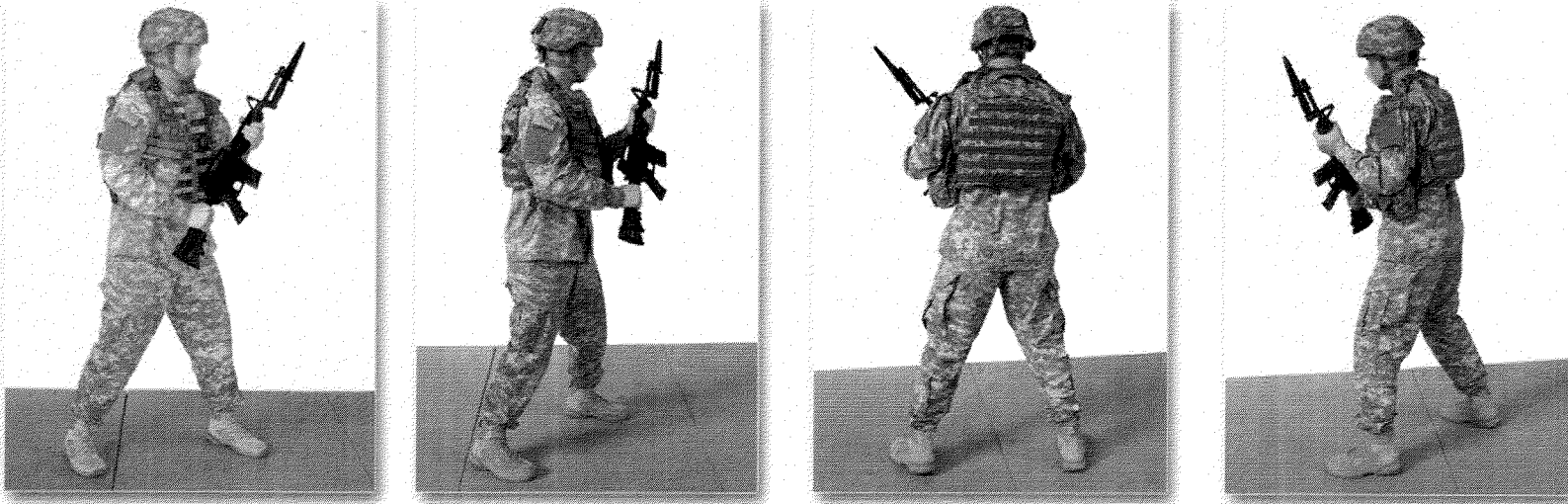


- 1) Lunge forward on your lead foot, and drive the bayonet into any unguarded part of your opponent's body.
- 2) Grasp the rifle firmly with both hands. Pull the stock in close to your right hip. Partially extend the left arm, guiding the point of the bayonet in the general direction of your opponent's body.
- 3) Quickly extend your arms and body as your lead foot strikes the ground so that the bayonet penetrates your target.
- 4) Withdraw the bayonet by keeping your feet in place, shifting your body weight to the rear, and pulling rearward along the same line of penetration.
- 5) Assume the attack position in preparation to continue the assault.

THRUSTING WEAPONS—ATTACK, BODY POSITIONING

FRONT PIVOT (LEAD FOOT STATIONARY)

When properly executed, the front pivot allows the fighter to meet a challenge from an opponent attacking from the rear.



3) Spin around by pivoting on the ball of the lead foot in the direction of the lead foot.

4) At the completion of the front pivot, assume the attack position.

THRUSTING WEAPONS—ATTACK, ATTACKING WITH FORCE

BUTT STROKE TO THE HEAD

The objective of this technique is to disable or capture an opponent by delivering a forceful blow to his head with the rifle butt.



1) Step forward with your trail foot



2) At the same time, use your left hand as a pivot to swing the rifle in an arc and drive the rifle butt into your opponent.

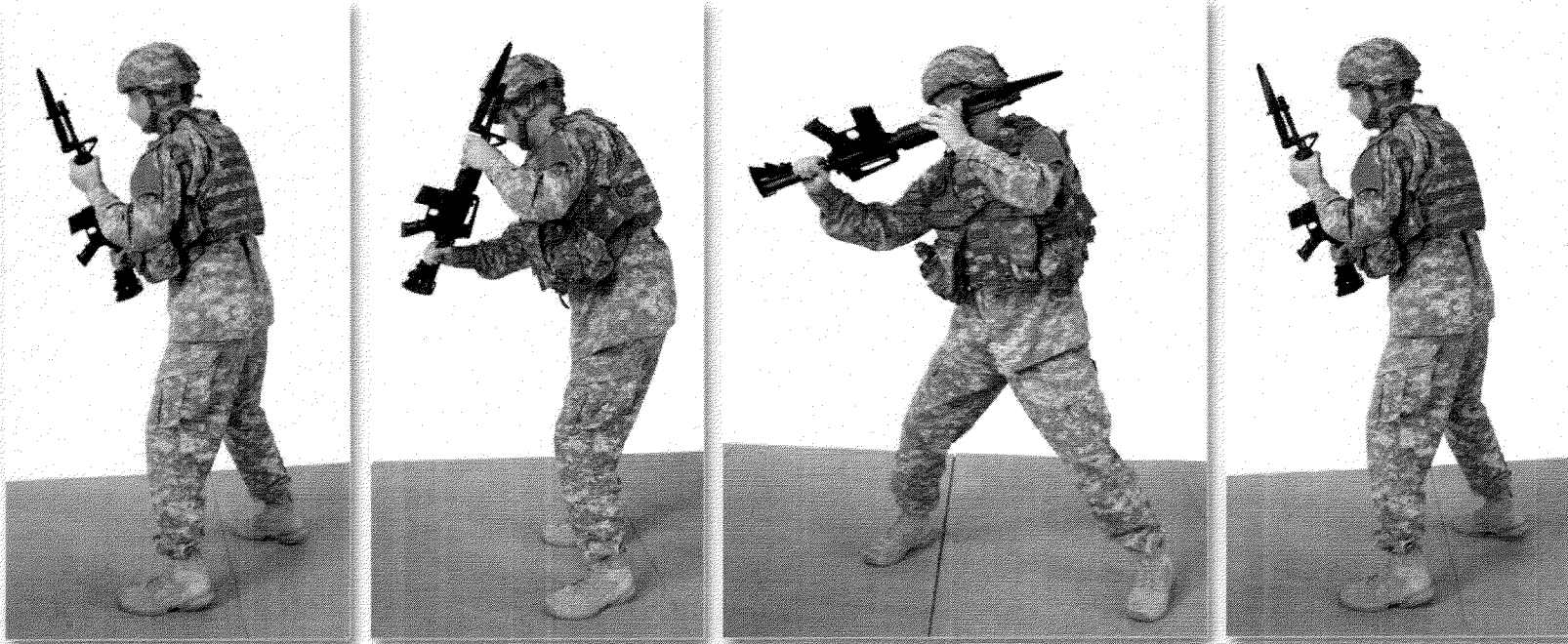


3) Recover by bringing your trail foot forward and assuming the attack position.

THRUSTING WEAPONS—ATTACK, ATTACKING WITH FORCE

BUTT STROKE TO THE GROIN

The objective of this technique is to disable or capture an opponent by delivering a forceful blow to his groin with the rifle butt.



- 1) Step forward with your trail foot.
- 2) At the same time, use your left hand as a pivot to swing the rifle in an arc and drive the rifle butt into your opponent.
- 3) Recover by bringing your trail foot forward and assuming the attack position.

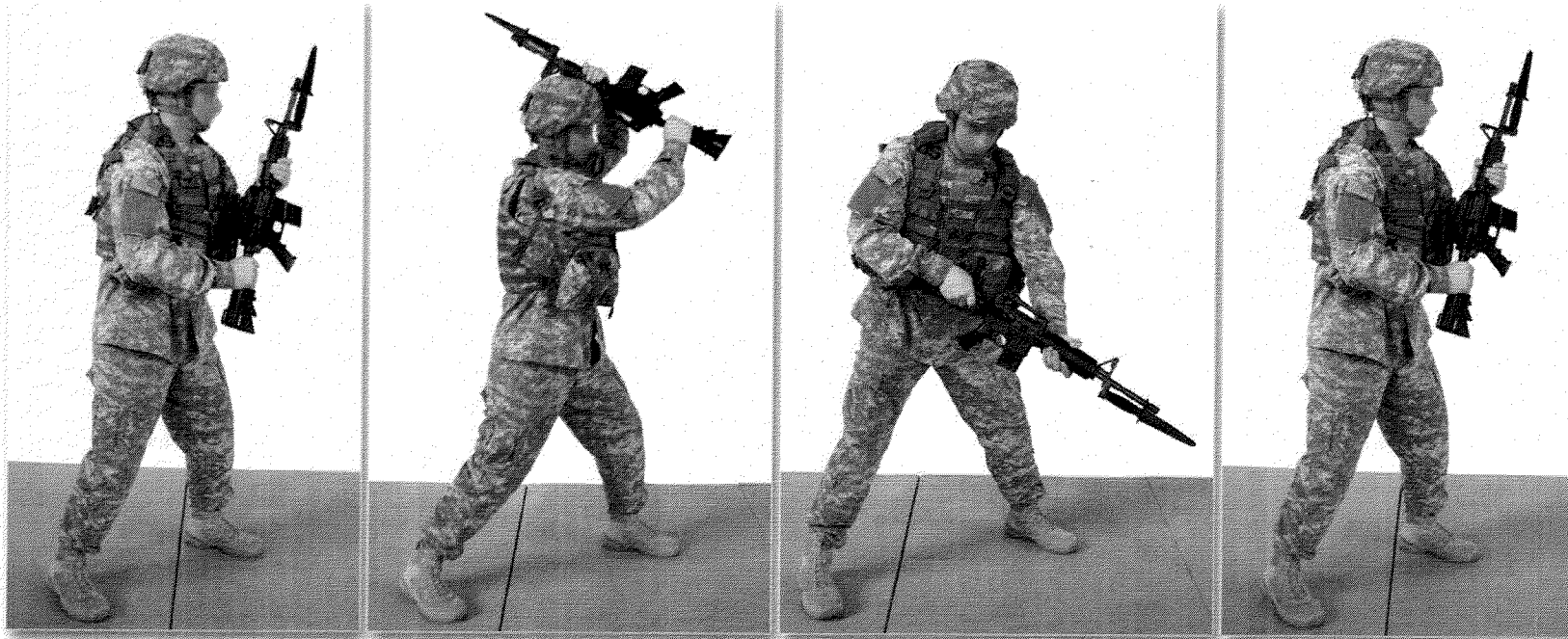
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Contact Weapons

THRUSTING WEAPONS—ATTACK, ATTACKING WITH FORCE

SLASH

The objective of the slash is to disable or capture the opponent by cutting him with the blade of the bayonet.

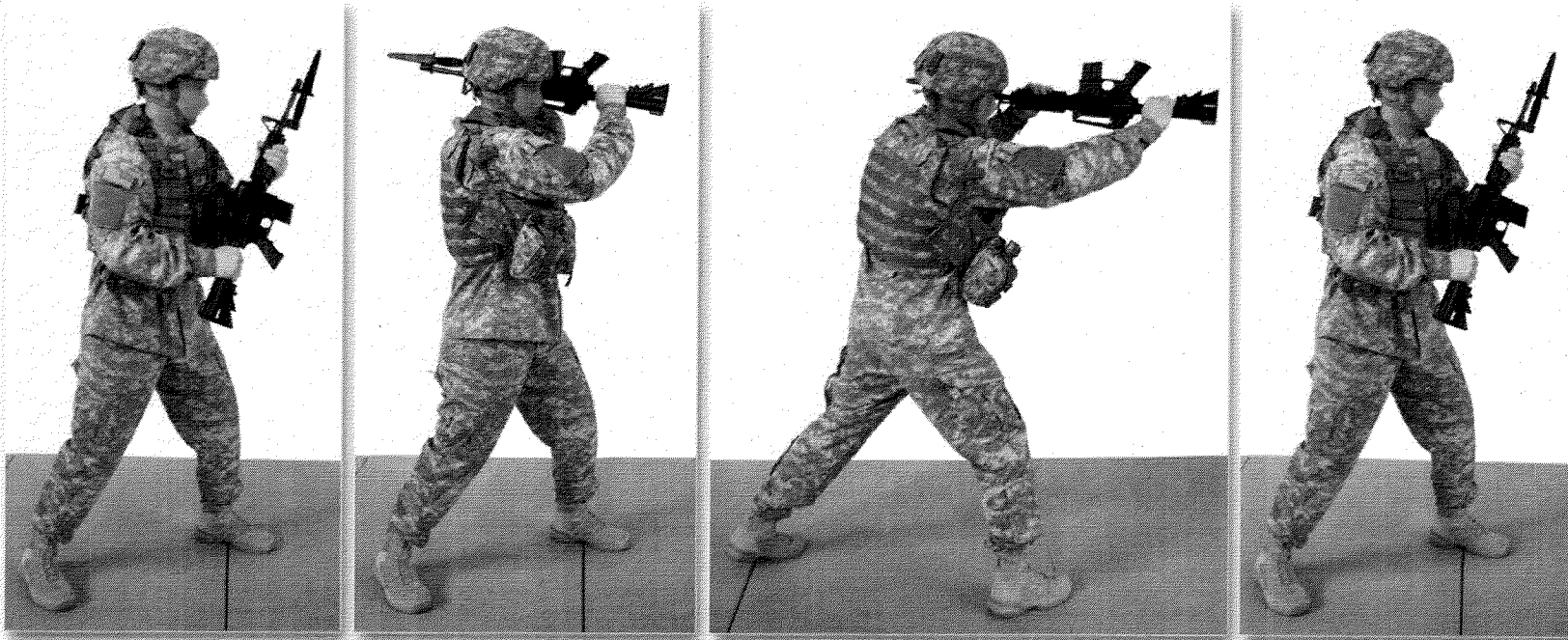


- 1) Step forward with your lead foot.
- 2) At the same time, extend your left arm, and swing the knife edge of your bayonet forward and down in a slashing arc.
- 3) Recover by bringing your trail foot forward and assuming the attack position.

THRUSTING WEAPONS—ATTACK, ATTACKING WITH FORCE

SMASH

The objective of the smash is to disable or capture an opponent by delivering a forceful blow to his face with the rifle butt. The smash is often used as a follow-up to a butt stroke.



- 1) Push the butt of the rifle upward until horizontal.
- 2) Push the butt of the rifle above the left shoulder, with the bayonet pointing to the rear, sling up. The weapon is almost horizontal to the ground at this time.
- 3) Step forward with the trail foot and forcefully extend both arms, slamming the rifle butt into your opponent.
- 4) Recover by bringing your trail foot forward.
- 5) Assume the attack position.

THRUSTING WEAPONS—ATTACK, MODIFIED MOVEMENTS

MODIFIED THRUST

The modified thrust is identical to the thrust with the exception of the right hand grasping the pistol grip.



- 1) Grasp the rifle firmly with the firing hand on the pistol grip and the non-firing hand on the forward hand grips. Pull the stock in close to your right hip. Partially extend the left arm, guiding the point of the bayonet in the general direction of your opponent's body.
- 2) Lunge forward on your lead foot, and drive the bayonet into any unguarded part of your opponent's body.
- 3) Quickly extend your arms and body as your lead foot strikes the ground so that the bayonet penetrates your target.
- 4) Withdraw the bayonet by keeping your feet in place, shifting your body weight to the rear, and pulling rearward along the same line of penetration.
- 5) Assume the attack position in preparation to continue the assault.

THRUSTING WEAPONS—ATTACK, MODIFIED MOVEMENTS

MODIFIED SLASH

The modified slash is identical to the slash with the exception of the right hand grasping the buttstock.



- 1) Grasp the rifle firmly with the firing hand on the buttstock and the non-firing hand on the forward hand grips. Pull the stock in close to your right hip. Partially extend the left arm, guiding the point of the bayonet in the general direction of your opponent's body.
- 2) Step forward with your lead foot.
- 3) At the same time, extend your left arm, and swing the knife edge of your bayonet forward and down in a slashing arc.
- 4) Recover by bringing your trail foot forward and assuming the attack position.

Chapter 6

Contact Weapons

THRUSTING WEAPONS—DEFENSE, PARRY MOVEMENTS

PARRY RIGHT

If the opponent carries his weapon on his right hip (right-handed), the fighter will parry right.



1) Step forward with your lead foot.

2) Strike the opponent's rifle, deflecting it to your right.

3) Follow up with a thrust, sash, or butt stroke.

THRUSTING WEAPONS—DEFENSE, PARRY MOVEMENTS

PARRY LEFT

If the opponent carries his weapon on his left hip (left-handed), the fighter will parry left.



1) Step forward with your lead foot.



2) Strike the opponent's rifle, deflecting it to your left.



3) Follow up with a thrust, slash, or butt stroke.

THRUSTING WEAPONS—DEFENSE, BLOCKS

HIGH BLOCK

The high block is used to ward off an armed opponent's attempt at using his weapon for a downward slashing movement.



- 1) An armed opponent attempts to use a downward slashing movement.
- 2) To block the movement, extend your arms upward and forward at a 45-degree angle. This action deflects an opponent's slash movement by causing his bayonet or upper part of his rifle to strike against the center part of your rifle.
- 3) Counterattack the block with a thrust, butt stroke, smash, or slash.

THRUSTING WEAPONS—DEFENSE, BLOCKS

LOW BLOCK

The low block is used to ward off an armed opponent's attempt to butt stroke the groin area.

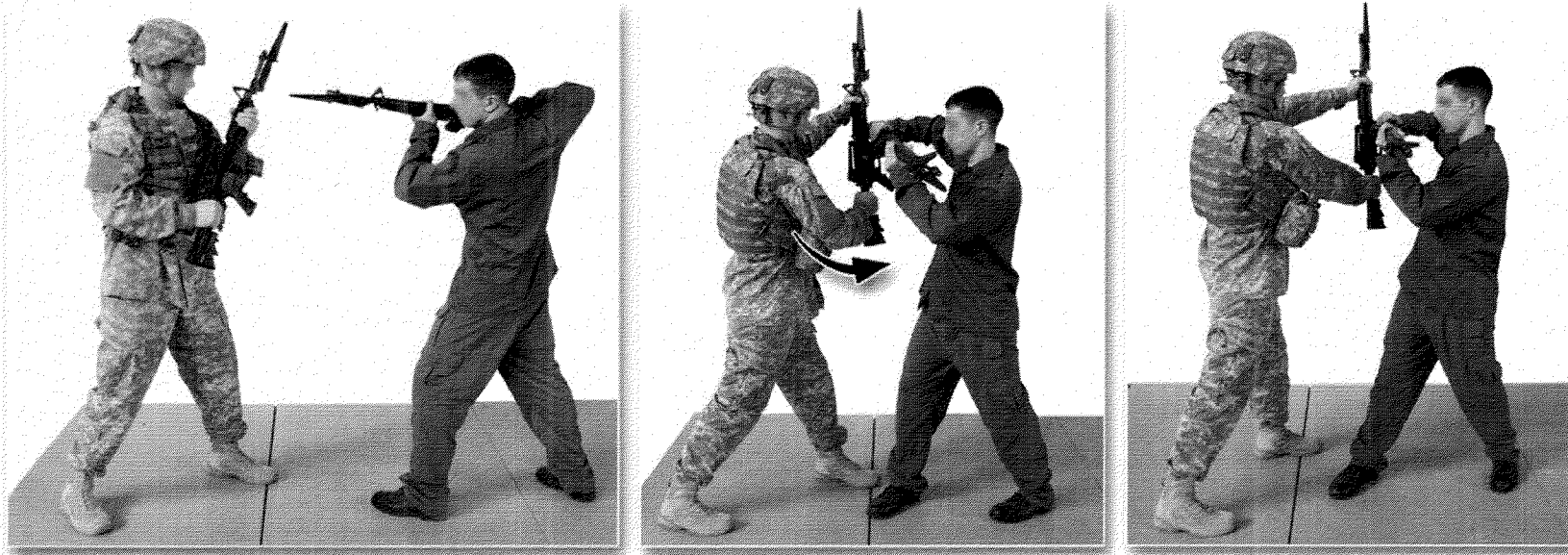


- 1) An armed opponent attempts to butt stroke the groin area.
- 2) To block the movement, extend your arms downward and forward about 15 degrees from your body. This action deflects the opponent's butt stroke by causing the lower part of his rifle stock to strike against the center part of your rifle.
- 3) Counterattack the block with a thrust, butt stroke, smash, or slash.

THRUSTING WEAPONS—DEFENSE, BLOCKS

SIDE BLOCK

The side block is used to ward off an armed opponent's attempt to butt stroke your upper body or head.



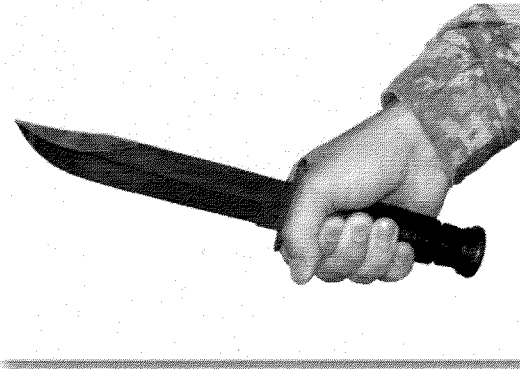
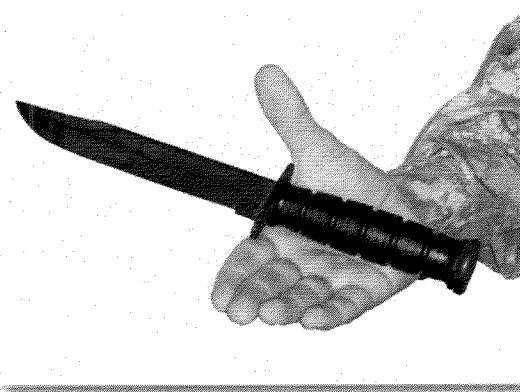
- 1) An armed opponent attempts to butt stroke the stomach or side area.
- 2) To block the movement, extend your arms with your left hand high and right hand low, holding the rifle vertically. Push the rifle to your left to cause the butt of the opponent's rifle to strike the center portion of your rifle.
- 3) Counterattack the block with a thrust, butt stroke, smash, or slash.

SHORT-RANGE CONTACT WEAPONS—KNIVES, GRIPS

STRAIGHT GRIP

The straight grip is primarily used for thrusting or slashing.

Hold the knife in your strong hand, forming a "V" with the handle resting diagonally across your palm. This allows the knife to fit naturally in your hand, as in gripping for a handshake.

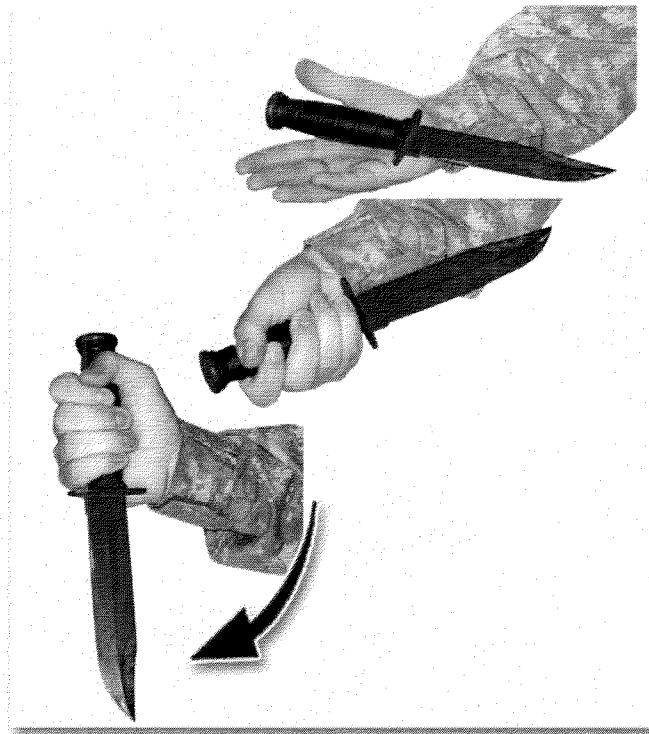


Point the blade toward your opponent, usually with the cutting edge down. You can hold the cutting edge vertically or horizontally.

SHORT-RANGE CONTACT WEAPONS—KNIVES, GRIPS

REVERSE GRIP

The reverse grip is used for slashing, stabbing, and tearing. It also affords the most power for lethal insertion.



Grip the knife handle with your strong hand, holding the blade parallel with your forearm, with the cutting edge facing outward. This grip conceals the knife from your opponent's view.

SHORT-RANGE CONTACT WEAPONS—KNIVES, DEFENDING, DISARMS

STRIKES

The safest disarming technique is to strike at the hand or wrist of the extended arm.



Strike at the hand or wrist of the extended arm using an arching strike, such as a downward hammer fist.

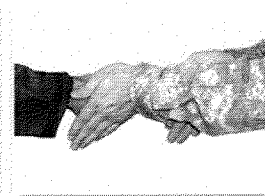
Note. This should be done at the apex of the extension.

SHORT-RANGE CONTACT WEAPONS—KNIVES, DEFENDING, DISARMS

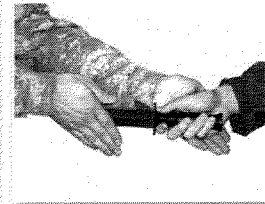
LEVERAGE

To disarm his opponent, the fighter can use leverage on the opponent's weapon or extended arm. There are two methods. The first method is to attack the weakness in the opponent's grip. Slightly more dangerous, but more likely to work, is to attack the grip itself.

ATTACK THE WEAKNESS IN THE OPPONENT'S GRIP

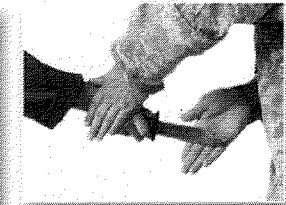


Reverse Side Views



Strike the blade with the palm of one hand and the back of your opponent's hand with the other in order to drive the handle of the weapon through the weakest point of the grip at the fingers.

ATTACK THE GRIP ITSELF



Side Views



(looking from overhead)

Strike the back of your opponent's hand with the palm of one hand and the inside of his wrist with the other. This action bends the wrist joint, which causes the grip on the weapon to loosen.

SHORT-RANGE CONTACT WEAPONS—KNIVES, DEFENDING, DISARMS

EXTENSION

Another method is to catch the arm or hand holding the weapon while extended and pull on it. Remember that the enemy had to extend with intent in order to be a threat. This gives you the opportunity to cause him to overextend. Overextension makes possible many techniques that seem impossible without the dynamics of a real fight. For example, a fighter could attack the elbow joint while maintaining control of the weapon hand.



- 1) The opponent lunges forward with the arm and knife extended.
- 2) Sidestep outside, and grasp the back of the opponent's wrist.
- 3) With the opponents arm extended, step toward the opponent, at the same time, slamming the palm of the opposite hand at the joint of the opponent's elbow, with enough force to break the arm.

GRAPPLING WITH WEAPONS—PRIMARY WEAPONS

MUZZLE STRIKE

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



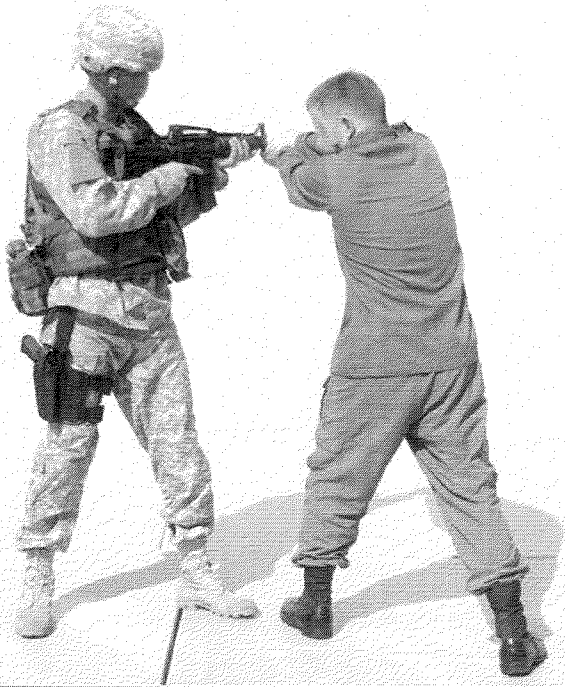
Use the muzzle of your weapon to jab an opponent's stomach, throat, face, or groin to stop or drop an opponent.

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.

GRAPPLING WITH WEAPONS—PRIMARY WEAPONS

TUG OF WAR

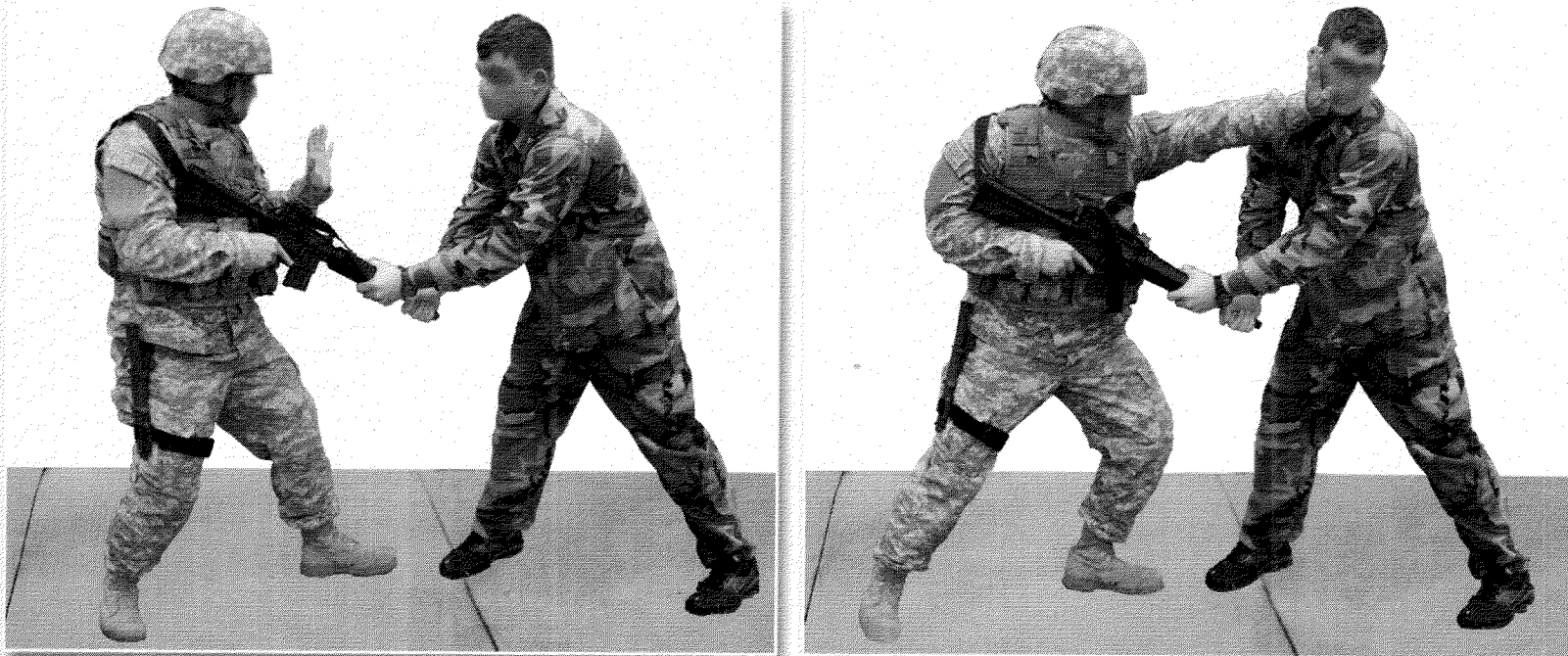
This technique is usually performed when an opponent tries to take the fighter's weapon.



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.

GRAPPLING WITH WEAPONS—PRIMARY WEAPONS

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.

GRAPPLING WITH WEAPONS—PRIMARY WEAPONS

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.

GRAPPLING WITH WEAPONS—PRIMARY WEAPONS

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.

GRAPPLING WITH WEAPONS—PRIMARY WEAPONS

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.