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## **Army combatives warm up exercises**

"Combative" redirects here. For behavior between members of the same species that is intended to cause pain or harm, see Combativeness. Combativeness. Combatives within the United States military. History Sometimes called Close-Quarters Combat (CQC or close combat), World War II-era American combatives were largely developed by Britain's William E. Fairbairn and Eric A. Sykes had worked in the British Armed Forces and helped teach the Shanghai Municipal Police (SMP)[1] quick, effective, and simple techniques for fighting with or without weapons in melee situations. Similar training was provided to British Commandos, the First Special Service Force, Office of Strategic Services, Army Rangers, and Marine Raiders. Fairbairn at one point called this system Defendu and published on it, as did their American colleague Rex Applegate. Fairbairn often referred to the technique as "gutter fighting", a term which Applegate used, along with "the Fairbairn system". Other combatives systems having their origins in the modern military include Chinese Sanshou, Soviet Bojewoje (Combat) Sambo, and lsraeli Kapap. The prevalence and style of combatives training often changes based on perceived need, and even in times of peace, special forces and commando units tend to have a much higher emphasis on close combat than most personnel, as may embassy guards or paramilitary units such as police SWAT teams. De-emphasized in the United States after World War II, insurgency conflicts such as the Vietnam War, low intensity conflict, and urban warfare tend to encourage more attention to combatives. While the United States Marine Corps replaced its LINE combat system with Marine Corps Martial Arts Program in 2002, The United States Army adopted the Modern Army Combatives (MAC) program the same year with the publishing of Field Manual 3-25.150. MAC draws from systems such as wrestling, Krav Maga, Brazilian jiu-jitsu, judo, sambo, Muay Thai, boxing and eskrima, which could be trained "live" and can be fully integrated into current close quarters battle tactics and training methods. In August 2007, MAC training became required in every Army regulation 350-1. The Modern Army Combatives Program was adopted as the basis for the Air Force Combatives Program in January 2008.[2] In recent years the major tenets of MAC, namely "live" training and using competitions as a tool to motivate soldiers and units to higher levels of training, have been adopted by many of the major combatives systems such as Krav Maga and the Russian military hand-to-hand combat systems from Larsen, then a Sergeant First Class, established the United States Army Combatives School at Fort Benning. Students are taught techniques from the 2002 and 2009 versions of FM 3-25.150 (Combatives), also written by Larsen. The aim of the regimen is to teach soldiers how to train rather than attempting and only if training becomes routine. The initial techniques are simply a learning metaphor useful for teaching more important concepts, such as dominating an opponent with superior body position during ground grappling or how to control someone during clinch fighting. They are taught as small, easily repeatable drills, in which practitioners could learn multiple related techniques rapidly. For example, Drill One teaches several techniques: escaping blows, maintaining the mount, escaping the mount, maintaining the guard, passing the mount. The drill can be completed in less than a minute and can be done repeatedly with varying levels of resistance to maximize training benefits. New soldiers begin their Combatives training on day three of Initial Military Training, at the same time that they are first issued their rifle. The training begins with learning to maintain their tactical flexibility, what the tactical options are and how to implement them. The three basic options upon encountering a resistant opponent taught are:[citation needed] Disengage to regain projectile weapon range Gain a controlling position and utilize a secondary weapon Close the distance and gain control to finish the fight. During the graduation exercises the trainee must react to contact from the front or rear in full combat equipment and execute whichever of the three tactical options is appropriate and to take part in competitive bouts using the basic rules. The Combatives School teaches four instructor certification courses. Students of the first course are not expected to have any knowledge of combatives training. The basic techniques form a framework upon which the rest of the program can build and are taught as a series of drills, which can be performed as a part of daily physical training. While the course is heavy on grappling, it does not lose sight of the fact that it is a course designed for soldiers going into combat. It is made clear that while combatives can be used to kill or disable, the man that typically wins a hand-to-hand fight in combat is the one whose allies arrive with guns first. Subsequent courses build upon the framework by adding throws and takedowns from wrestling and judo, striking skills from boxing and the western martial arts, all of that combined with how to conduct scenario training and referee the various levels of Combatives competitions. There are several reasons that the combatives course is taught: To educate soldiers on how to protect themselves against threats without using their firearms To provide a non-lethal response to situations on the battlefield To instill the 'warrior instinct' to provide the necessary aggression to meet the enemy unflinchingly Training The straight ankle lock Larsen recognized in the development of the Modern Army Combatives Program that previous programs had suffered from the same problems. Invariably, the approach had been to pick a small set of what were deemed simple, effective, easy to learn techniques and train them in whatever finite amount of time was granted on a training calendar. This "terminal training" approach, which offered no follow-on training plan other than continued training. Instead, his approach was to use the limited amount of institutional training time to lay a foundation for training around the Army. Techniques were put together in a series of simple drills so that through repetition, such as during daily physical training or as a warm-up exercise, soldiers could be expected to not only memorize but master the basic techniques. Drills The mount Drills were designed to rapidly teach core concepts to students. The first and most widely taught drill is known as Drill One and is as follows: Student A starts in the mount on student B escapes from the mount by trapping one of A's arms and rolling him to his back A holds B in his guard to side control B achieves the mount by trapping one of A's arms and rolling him to his back A holds B in his guard to side control B achieves the mount by trapping one of A's arms and rolling him to his back A holds B in his guard to side control B achieves the mount by trapping one of A's arms and rolling him to his back A holds B in his guard to side control B achieves the mount by trapping one of A's arms and rolling him to his back A holds B in his guard B passes A's guard to side control B achieves the mount by trapping one of A's arms and rolling him to his back A holds B in his guard B passes A's guard to side control B achieves the mount by trapping one of A's arms and rolling him to his back A holds B in his guard B passes A's guard to side control B achieves the mount by trapping one of A's arms and rolling him to his back A holds B in his guard B passes A's guard to side control B achieves the mount by trapping one of A's arms and rolling him to his back A holds B in his guard B passes A's guard to side control B achieves the mount by trapping one of A's arms and rolling him to his back A holds B in his guard B passes A's guard to side control B achieves the mount by trapping one of A's arms and rolling him to his back A holds B in his guard B passes A's guard B p serve many pedagogical functions. They instill basic movement patterns and so internalize the concept of a hierarchy of dominant positions. When used as a part of a warm-up they maximize the use of available training time, allowing instructors to review the details of the basic techniques without taking time away from more advanced training. New techniques can be taught in context, for example a new choke can be practiced every time the appropriate position is reached. They allow students of different levels to work together. An advanced student will not necessarily pass the guard or achieve the mount in the same way as a beginner but the drill still functions as a framework for practice. The drills also allow Combatives training to become a routine part of every soldier's day. During physical training for instance soldiers could be asked to perform the drills interchangeable with callisthenic exercises. Submission techniques A sleeve choke (executed from the mount) The most beneficial category of submission technique is the chokehold. Students are taught a variety of different chokes and are taught how a properly applied choke feels so that they know the difference between a choke that they must break or submit to immediately and one that they can safely ignore if they have an opening for a submission hold of their own. A properly applied blood choke will prevent the flow of blood to and from the brain, resulting in unconsciousness in approximately 4–10 seconds. The best known example of this is the rear naked choke. The straight armbar Less preferred, but also effective techniques are joint locks do inflict large amounts of pain and can secure compliance from the enemy. This makes them especially useful in controlling opponents during crowd control operations or when someone is being clearly threatening, but the rules of engagement prohibit killing them (if the opponent is easily given to surrender under pain). If compliance cannot be secured or is not desired, the joint lock is in progress and simple discomfort. Army Combatives School Larsen founded US Army Combatives School in 2001 in building 69 at Fort Benning, Georgia. After years of developing the elite 75th Ranger Regiment's hand to hand program, he was assigned to the Ranger Training Brigade, the Combatives proponent at the time, to rewrite the Field Manual FM 21-150. Upon finishing this, it was published in 2002 as FM 3-25.150 (Combatives). He was asked by the 11th Infantry Regiment (a TRADOC unit) to develop a training course for their cadre. Advocacy for the Combatives doctrine was transferred to the 11th Infantry Regiment to follow him. An old, disused warehouse in Fort Benning, Georgia became the site of the school. Soon, units from around the Army were sending Soldiers to this course. Over the next several years, the program was developed around the idea of building virtually self-sustaining Combatives programs within units by training cadres of instruction for the entire US Army. Courses There were originaly four different courses taught at the Combatives Center: Combatives Train the Trainer – Skill level 1: a 40-hour, one-week course. It is tailored for developing the instructor base necessary to get basic combatives Train the Trainer per platoon. Combatives Train the Trainer – Skill level 2: an 80-hour, two-week course that builds on the skills introduced in the basic course. It is tailored to teach the more advanced techniques which illuminate why the basic techniques are performed as they are as well as the teaching philosophy/methodology of the program. The Army's goal was to have one skill level 2 trainer per company. Combatives Train the Trainer – Skill level 3: a 160-hour, four-week course that builds on the skills taught in the previous two courses. It is designed to take the skill level 3 trainer per battalion. Combatives Train the Trainer – Skill level 4: a 160-hour, four-week course designed to provide master trainers. The Army's goal was to have one skill level 4 trainer per brigade. Trainers at skill level 3 or 4 were certified to teach the level. In 2014, ostensibly to save money, the level III and IV courses were consolidated into the Master Combatives Instructor Course[5]. Competitions One of the fundamental aspects of Modern Army Combatives training is the use of competitions as a tool to motivate soldiers to train. Realizing the inherent problem with competitions as a tool to motivate soldiers to train. system of graduated rules that, combined with scenario based training, demand that Soldiers train on all aspects of fighting. There are four levels of competition: Basic: For competition for new soldiers such as basic trainees or for squad and platoon level, competition and for preliminary bouts in any tournament above company level, competitors begin from their feet. Straight leg and foot locks are allowed (twisted knee or ankle attacks are not allowed) and points are awarded in a scoring system based the way takedowns are scored in collegiate wrestling and positional dominance in ground grappling from Brazilian jiu-jitsu. Intermediate: For the finals at battalion and brigade level and semi-finals at division and above, Intermediate rules allowed to the body. Kicks are allowed to the body while standing and to the legs while on the ground. The fight consists of one ten-minute round. Advanced: For finals at division level and above, the advanced rules are essentially those of Mixed Martial Arts except that elbows and forearm strikes are not allowed. Combatives Belt System In 2010 Larsen initiated a belt system for Modern Army Championships by promoting the first three Combatives Black Belts.[6] Damien Stelly - Andrew Chappelle[7] - Tim Kennedy (fighter)[6][8][further explanation needed] Air Force Combatives Program The United States Air Force as a separate service in September 1947, General Curtis Lemay was appointed as the Commanding General of the Strategic Air Command (SAC). General Lemay, who had masterminded the US air attacks on the Japanese mainland during World War II, knew that US bomber groups in Europe had suffered more combat casualties than the US Marine Corps had in the Pacific. Many of the lost airmen ended up as German prisoners of war. He was determined that all of his flying personnel would have a working knowledge of hand-to-hand combat to aid in escape and evasion. In 1951, General Lemay appointed Emilio "Mel" Bruno, his judo teacher, a former national American Athletic Union wrestling champion and fifth degree black belt in judo, to direct a command wide judo and combative measures program. Bruno devised a program combining techniques from aikido, judo, and karate. In 1952 the Air Training Command took over the program. The Commanding General was General Thomas Power. Because of the deficiency in qualified instructors, Power sent two classes of twenty four airmen to train at the Kodokan Judo Institute for several weeks. Based upon the success of this trial and after an official delegation from the Kodokan toured SAC bases in the United States, Bruno set up an eight-week training course at the Kodokan. Students trained eight hours a day, five days a week, and upon return to the United States, Bruno set up an eight-week training course was a Japanese designed throughout SAC. The course was taught at Stead Air Force Base in Reno, Nevada. The 155-hour course consisted of: 36 hours of fundamentals of judo, 12 hours of aircrew self-defense, 18 hours of fundamentals of judo tournament procedures, 5 hours on code of conduct, and 48 hours on training methods. There were also a 20-hour Combative Methods course and a 12-hour Combative Survival course for aircrew members. [9] The program was dropped in 1966 in an effort to save money and reduce aircrew training time. With the wars in Iraq and Afghanistan, the demand for airmen with the ground troops on the battlefield grew significantly over their historic role. In response, commanders around the Air Force started independent training programs to both teach hand-to-hand combat and instill a warrior ethos in deploying airmen. Because of the decentralized nature of the training, approaches varied wildly. In 2007 the Chief of Staff of the Air Force Times about airmen training in one of the systems that was being widely used, the LINE system, which had previously been used and replaced in both the Marine Corps and the Special Forces, and ordered a review of all hand-to-hand combat in the Air Force. [10][11] He tasked the Air Education and Training Command (AETC) to form a study committee to plan a way forward. The AETC included Larsen and Dave Durnil, who had run the Combatives program for the US Army's 1st Infantry Division at Fort Riley Kansas and a program for both Army and Air Force ROTC at Kansas State University (KSU). Also on the AETC were Ed Weichers Jr. who had been the Air Force who were currently conducting combatives training of various sorts, including the Air Force Security Forces and the Air Force Special Operations Command. The committee was led by Lt. Col. Kevin Adelsen from AETC Headquarters and hosted by Col. Billy Walker, Head of the Physical Education Department, Directorate of Athletics at the Air Force Academy. before the first meeting, Lt. Col. Adelson visited Ron DonVito to witness and investigate LINE training, Matt Larsen at the Army Combatives School, and the Marine Corps Martial Arts Center of Excellence (MACE). After the first meeting Col. Walker led several of the Academy cadre to KSU to attend the Army Combatives Program but modified to fit the needs and culture of the Air Force. [2] In 2009 Dave Durnil was hired to work at the Air Force Academy, which was designated the Combatives Center of Excellence with Col. Walker as its director. Combatives elsewhere Combatives program includes a course in Jigo Tensin-Ryu Jujutsu, also known as Combat Jujutsu.[12] The Virginia Military Institute also has full-time civilian instructors for Level 1 Combatives that is offered to all students in addition to their mandatory boxing class. In 2005 the Modern Army Combatives that is offered to military personnel (active duty and ROTC) and university athletes, in addition to those available to the general student body.[13][14] The Kansas program S.C.A.R.S. (military) World War II combatives SPEAR System Krav Maga References ^ "Archived copy". Archived from the original on 21 December 2005. Retrieved 24 December 2005. Retrieved 24 December 2005. Retrieved 26 December 2005. Retrieved 18 April 2017. Retrieved 18 April 2017. Retrieved 18 April 2017. Retrieved 19 Archived copy as title (link) at archived copy at archived November 2014). "Combatives gets new master trainer course". armytimes.com. Retrieved 31 May 2021. ^ a b Roth, Matthew (26 July 2011). "Strikeforce Fedor vs. Henderson: Tim Kennedy Receives Combatives Black Belt". Bloodyelbow.com. Retrieved 23 October 2016. ^ [2] ^ "Three RU fighters receive Army black belts - - @TheRhinoDen - Home of All Things Military". Rhinoden.rangerup.com. Retrieved 23 October 2016. 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