

GROUND COMBATIVES TRAINING



STEP-BY-STEP INSTRUCTION MANUAL

PICTORAL ANNEX FOR EXISTING TSP'S

Stand Up In Base - This is the most basic technique. It allows the Student to stand up in the presence of an enemy or potential enemy without compromising his base and thus making himself vulnerable to attack. The principles of body movement inherent in this technique make it so important that NCOs should reinforce it every time a Student stands up.

Fighter's Stance - Balance weight on feet. Elbows in and down. Lead hand 10-16 inches from face.



STEP 1

STEP 2

STEP 3

STEP 4

Step #1. The Student assumes a seated posture resting on his strong side hand with his weak side arm resting comfortably on his bent weak side knee. His feet should not be crossed.

Step #2 & 3. Placing his weight on his strong side hand and weak side foot, the Student will pick up the rest of his body and swing his strong side leg between his two posts, placing his strong side foot behind his strong side hand. It is important that the strong side knee should be behind the same side arm as shown.

Step #4. After placing his weight on both feet. The Student will lift his strong side hand from the ground and assume a fighter's stance.

Demonstrate Dominant Body Position



Rear Mount



Mount



Guard



Side Control

Escape the mount, trap and roll- This move starts with the Student on his back and the enemy mounted on his chest.



STEP 1

STEP 2

STEP 3

STEP 4

STEP #1 & 2. Using both hands the Student will secure one of the enemy's arms and will place his foot over the same side foot of the enemy, keeping his elbows tucked in as much as possible.

STEP #3. The Student will now lift the enemy straight up with his hips and because he has neither a hand nor a foot to stop him, the enemy will topple over.

STEP #4. As the enemy begins to fall, the Student will turn over ending within the enemy's guard.

Pass the guard - The Student is within the enemy's guard.



STEP 1

STEP 2

STEP 3

STEP 4

STEP 5

STEP #1. The Student will defend from enemy strikes by forming a lazy V with hands 8 to 10 inches from face.

STEP #2. The Student will then follow hands until forehead comes in contact with the chest. Then Student will move across the landmarks of the shoulder and pin enemy's biceps to the his sides.

STEP #3 & 4. The Student will then determine the side he will pass the guard on and lift that leg at a 90 degree angle from the enemy. This will form a space between the enemy's legs in which the Student will place his hand, fingers extended and joined, palm on the mat. NOTE: during this time the Student should turn head away from enemy's free hand.

STEP # 5. The Student will then use the arm to form a ramp to back away from enemy until shoulder is free.

Pass the guard - continued



STEP 6

STEP 7

STEP 8

STEP 9

STEP 10

STEP # 6. The Student must ensure that both of his hips are underneath the enemy. He will then reach his free arm across the enemy to place his thumb in the enemy's collar.

STEP # 7. The Student will then place his toe under the armpit of the enemy on the side that he is attempting to pass.

STEP # 8. He will then rotate the knee of that foot to the enemy's ear, at the same time, raising the back leg to support the enemy's spine. NOTE: At this time the student should attempt to place the elbow of the arm across the throat to the ground.

STEP # 9. At this time the enemy should be stacked on his shoulders and the student will remove his arm still in the guard and grab the enemy's back pocket.

STEP # 10. Student will then use his chest to push the enemy into the side control position.

Achieve the Mount from side control



STEP 1

STEP 2

STEP 3

STEP 4



STEP 5

STEP 6

STEP #1& 2. Place place far hand underneath the enemy's buttocks for leverage.

STEP #3. Sit through and place knee against enemy's hip. Keep your legs spread to avoid being rolled over

STEP # 4. Use the hand that was blocking the hip control the enemy's leg by pushing them down as the student begins to step over the enemy.

STEP # 5 & 6. Student then steps over the enemy and takes up the mount position.

Escape the mount, shrimp escape - This move also starts with the Student on his back and the enemy mounted on his chest.



STEP 1

STEP 2

STEP 3

STEP 4

STEP #1. If the Student is faced with an enemy that sprawls on top of him.

STEP #2. The Student should now use either his elbow or hand to hold the enemy's leg in place and bring his knee through the opening.

STEP #3. When his knee gets past the enemy's leg the student will place his weight on the same leg and turn towards the other side. This action will bring his knee up and create enough space to pull the leg out and place it over the enemy's leg. The Student will now use his hands to hold the enemy's other leg in place to repeat the actions from the first side

STEP #4. It is important that the Student lock his feet together around the enemy placing him in the guard.

Arm trap and roll to the rear mount-The Student starts this technique in the front mount.



STEP 1

STEP 2

STEP 3

STEP 4

STEP 5

STEP #1 & 2. When the enemy attempts to protect his face from punches by crossing his arms over it, the Student should use both hands to push one arm further across and capture it in place by using his body weight.

STEP #3. While keeping control with one hand the Student should use the other hand to reach around the enemy's head and grasp the wrist of the captured hand. The Student should now place the first hand on the enemy's elbow and by pushing with his chest, turn the enemy onto his stomach. The hand on the elbow should be used to hold the enemy in place while the Student repositions his chest for further pushing.

STEP #4. When the enemy is turned to his stomach the Student should sit on the enemy's back as if he was front mounted. Strikes can then be utilized to get the enemy to rise up. NOTE: Student should move heels of feet up to the enemy's hips.

STEP #5. From this position the enemy will normally try to rise up and get his knees under him. When he attempts this, the Student should bring both legs around "hooking" them inside of the enemy's legs. And grasp his hands together around the enemy's chest. One arm should be over the enemy's shoulder and the other should be under his arm becoming back mounted.

Escape the rear mount - This technique begins with the Student face down the enemy is on the student's back in the rear mount.



STEP 1

STEP 2

STEP 3

STEP 4



STEP 5

STEP 6

STEP#1. The Student must place an arm beside his own ear as shown. With the free hand he will gain hand control of the enemy's arm that is under his arm that is up.

STEP#2. He should now remove his arm that is up and trap the same arm that he already has control of.

STEP#3. At this time the Student will move his back on the the ground opposite of the arm that is trapped. Then he will remove his outside leg beyond the enemy's legs. Planting his foot on the ground.

STEP#4. The Student should then shrimp his inside leg to the enemy's hip and place it on the ground.

STEP#5 & 6. Then the Student will place the top of his foot from the outside leg behind the knee of the enemy's top leg. He will then use his knee and head as posts to raise his buttocks from the ground and rotate over the enemy and end in the mount.

Rear naked choke - Chokes are the most effective method of disabling an enemy. This technique should only be executed from the back mount after both leg hooks are in place.
NOTE: For initial training this move can be practiced with the enemy sitting, and the Student behind on his knees.



STEP 1

STEP 2

STEP #1. Leaving the weak hand in place, the Student reaches around the enemy's neck and under his chin with the strong hand.

STEP #2. The Student now places the biceps of the weak hand under the strong hand and moves the weak hand to the back of the enemy's head and completes the choke by expanding his chest.

Cross collar choke from the mount and guard - This technique can only be executed from the guard or the mount.



STEP 1

STEP 2

STEP 3

STEP 4

STEP #1. With the weak hand, the Student should grasp the enemy's collar and pull it open. While keeping a hold with the weak hand, the Student should now insert his strong hand fingers first onto the collar. The hand should be relaxed and reach around to the back of the neck grasping the collar.

STEP #2. After grasping the back of the enemy's collar, the Student should insert the weak hand under the strong hand and into the collar, fingers first, touching or very close to the first hand.

STEP #3. The Student should turn his wrists so that the palms face skyward, and bring his elbows to his side. He will complete the choke by expanding his chest and pulling with the muscles of his back.

NOTE- If the student is applying this choke from the mount, he should put his head on the ground on the side of the top hand and relax into the choke.

STEP #4. Steps 1,2,& 3 are repeated in the guard position.

Bent arm bar from the mount and side control.



STEP 1

STEP 2

STEP 3

STEP #1. When the Student has mounted, the enemy may try to cover his face by putting both arms up. Using the heel of his hand the Student should drive the enemy's wrist to the ground insuring that his elbow goes to the elbow notch (neck-shoulder).

STEP #2. With the other hand the Student reaches under the enemy's bent arm and grasps his own wrist. The Student raises the enemy's elbow and at the same time drags the back of his hand along the ground like a paint brush, breaking the enemy's arm at the shoulder.

STEP # 3. Steps 1 & 2 are repeated from the side control position.

Straight arm bar from the mount.



STEP 1

STEP 2

STEP 3

STEP #1. From the mount, the enemy may attempt to push the Student off with his arms. The student should place both of his arms on the enemy's chest insuring that his arm goes over the targeted arm.

STEP #2. Placing all of his weight on the enemy's chest, the Student should pop up and place his feet under him. Insuring that he keeps his butt low. Keeping his weight on the enemy's chest, he should now swing his leg around and over the enemy's head and slide down the arm.

STEP #3. The Student should now pinch the enemy's arm between his legs, grasp the arm at the wrist and fall back extending the arm. The breaking action is hip pressure against the elbow joint. NOTE: The enemy's thumb should be pointed skyward, and the Student should use a thumbed grip.

Straight arm bar from the guard.



STEP 1

STEP 2

STEP 3

STEP #1. When the Student is on his back with the enemy in his guard, the enemy will sometimes present a straight arm such as when trying to choke. The Student should secure the target arm above the shoulder. The Student should insert his other hand under the enemy's leg on the side opposite the targeted arm. The hand should be palm up.

STEP #2. By releasing his legs from around the enemy's waist and raising them above him, the student changes his center of gravity. He should now curl his back to give himself a point on which to spin and by pulling with the arm on the side opposite the targeted arm he should spin around and place his leg over the enemy's head, capturing the target arm between his legs.

STEP #3. The Student should now bring his hand from under the enemy's leg and secure the wrist of the targeted arm, completing the move by breaking the targeted arm with pressure from his hips.

Sweep from the arm bar attempt.



STEP 1



STEP 2



STEP 3



STEP 4



STEP 5



STEP 6

STEP #1& 2. Are done in the same fashion as Steps 1 & 2 of **Straight Arm Bar From the Guard.**

STEP #3. When attempting to catch the enemy's head as in the Straight Arm Bar the enemy drops his head. This will make the Student miss the head and not get an arm bar.

STEP #4. The Student will then drop the leg that attempted to catch the head to the ground.

STEP #5 & 6. Then the Student will use the momentum of dropping his leg, and pushing with his other leg to push the enemy off balance and onto his back. Then the Student will mount the enemy.

Front takedown to the mount - An enemy can most easily be controlled or disabled from a position on the ground. It is therefore important that a Student should understand how to take an enemy down. Takedowns, like all standing combative moves, require more practice than is normally available for combatives training. Takedown training should focus on the things that all successful combat takedowns must accomplish. These three things are:

1. Achieve the clinch without taking serious damage
2. Taking the enemy down by breaking his base
3. Ending in dominant body position

This technique not only has the above three elements but also has the added benefit of fostering an aggressive style for standup fighting.



STEP 1

STEP 2

STEP 3

STEP #1. The Student finds himself in a combative situation. The Student should take up the fighters stance.

STEP #2. Then at an opportune moment the Student quickly closes the distance with the enemy, keeping his chin tucked in and his hands up to protect himself from blows.

STEP #3 The Student aims his cupped hands toward the enemy's biceps. Stepping to the same direction every time the Student cups his hand over the far side arm and grips it between his own arm and body, ending in base beside the enemy controlling the far side arm.

Front takedown to the mount - continued



STEP 4



STEP 5



STEP 6

STEP #4. The Student grasps his hands together and, pulling with his arms and pushing with his neck breaks the enemy's base to the rear. As the enemy begins to fall, the Student steps over the enemy's hips.

STEP #5 & 6. The Student releases his clasped hands and finishes in the front mount. The NOTE: Student will not always dominate the takedown, but in order to defend himself and mount any offensive he must gain dominant body position.

Front guillotine choke - Many times this technique may be used as a counter to the double leg takedown.



STEP 1

STEP 2

STEP 3

STEP #1. As the enemy shoots in toward the Student's legs, the Student should insure that the enemy's head goes underneath one of his arms.

STEP #2. The Student should now wrap his arm around the enemy's head and under his neck. His palm should be facing his own chest. With the other hand, the Student should grasp the first hand, ensuring that he has not reached around the enemy's arm.

STEP #3. The Student should pull upward with both hands and lean back to choke enemy.

Rear Takedown to the Mount.



STEP 1

STEP 2

STEP 3

STEP 4

STEP 5

STEP #1. This takedown is used if the enemy turns when Student is attempting a front takedown. The Student will use a opposing thumbless grip around the enemy's waist, his will keep his head down in the small of the enemy's back.

STEP #2. The Student will then step up to the enemy, match his feet with the enemy's feet.

STEP #3. The Student will then sit back and pull the enemy over his leg that is on the side of the takedown. NOTE: The Student must ensure to release his grip just prior to reaching the ground.

STEP #4 & 5. When the Student hits the ground he must use the momentum of the takedown to swing his leg over the enemy and end in the mount.