

CHAPTER 2

TRAINING

This chapter discusses the trainer's role in teaching and sustaining effective hand-to-hand combat. It also discusses unit training training areas, teaching techniques, and safety precautions that must be considered before conducting combatives training.

Section I

TRAIN THE TRAINER

Professional instruction is the key to success in combative training. Instructors must be physically fit and highly proficient in the demonstration and practical application of the skills described in this manual. Confidence, enthusiasm, and technical expertise are essential for success in teaching hand-to-hand combat. Assistant instructors must also be properly trained to help supervise and demonstrate maneuvers. Highly trained assistant instructors under supervision may also provide supplementary combative training during off-duty hours.

2-1. IMPORTANCE OF SKILLED TRAINERS

Diligent effort is needed to perfect the various hand-to-hand combat techniques, to apply them instinctively, and to teach others to safely master them. The following instructor responsibilities are the core of planning and executing combative training.

- a. Seek maximum efficiency with minimum effort. Continually strive to reduce all unnecessary explanations, movement, and activity. Streamline the training without compromising content, efficiency, or safety.
- b. Stress cooperation and technical mastery. Minimize hostile behavior but promote *aggressiveness* and *power*.
- c. Reinforce the details of each technique, and provide positive feedback when warranted. Use occasional humor to motivate soldiers, but avoid degrading or insulting them.

d. Ensure serviceable training aids are present to use in sufficient quantities for all soldiers being trained. Ensure training areas are well maintained and free from dangerous obstructions.

e. Ensure instructors and assistant instructors are well rehearsed and prepared before all training sessions. Conduct instructor training at least five hours weekly to maintain a high skill level.

f. Develop as many skilled combative instructors for each unit as possible. Instructor-to-soldier ratios should not be less than 1 instructor for 20 soldiers. Encourage after-duty training and education for instructors.

g. Require strict discipline of all soldiers.

2-2. SAFETY PRECAUTIONS

To prevent injuries, the instructor must consider the following safety precautions before conducting combative training.

a. Supervise all practical work closely and constantly. Never leave a group unsupervised.

b. Familiarize the soldiers with each maneuver by a complete explanation and demonstration before they try the moves.

c. Do not allow the soldiers to get ahead of the instruction.

d. Ensure the training partner offers no resistance, but allows the maneuver to be freely executed during the learning stages and while perfecting the techniques.

e. Ensure there is adequate space between soldiers during all practical work—for example, allow at least an 8-foot square for each pair of soldiers.

f. Ensure that soldiers empty their pockets, and remove their jewelry, identification tags, and glasses before training.

g. Stress that only simulated strikes to vital points, such as the head, neck, and groin area, are executed. Soldiers may use light blows to other vulnerable areas; however, they must exercise caution at all times.

h. Establish a signal to indicate to the partner when to stop the pressure in grappling and choking techniques. Two handclaps or tapping the training partner with a free hand are examples.

i. Make sure soldiers warmup and stretch properly before practical work.

j. Teach and practice falls before conducting throws.

k. Ensure protective eye wear is available when executing training with practice bayonets, knives, or any sharp weapons.

l. Ensure that the soldier to be disarmed does not place his finger in the trigger guard during rifle and bayonet disarming.

m. Make sure soldiers keep scabbards on knives and bayonets firmly attached to rifles while learning bayonet disarming methods.

n. Use bayonet scabbards or rubber knives during knife disarming training.

o. Inspect all sandbags on retaining walls before conduct of instruction so that all bags are serviceable with at least 75 percent fill and that entire retainer wall is covered with sandbags. Any bag placed where personnel are likely to fall will be filled with the same consistency filler as the sawdust in the pit and will also provide a minimum of 6 inches of sawdust.

p. Maintain a buffer zone of 6 feet from retainer wall and demonstration area during all training, especially training requiring throws and takedowns by students.

q. Rake the training pit to loosen sawdust and remove all sharp objects. Properly inspect the pit so that all safety hazards are removed before instruction/demonstrations are executed.

r. Perform inspections on training pits two days before use to ensure that there is at least 6 inches of sawdust throughout the training pit area. This will allow time to acquire sawdust to resurface pit area if there is not 6 inches of surface sawdust.

Section II UNIT TRAINING

Although combatives are not likely to become part of a unit's mission-essential task list, commanders cannot overlook the importance of soldiers' skills in hand-to-hand combat. Hand-to-hand fighting is a possibility in any conflict, and a basic proficiency in combative may save soldiers' lives. Entry-level soldiers receive a training base in combative during basic training and in OSUT. Advanced individual training commanders should consider using hand-to-hand combat as part of the physical training program. They should review the training presented during basic training and, as time permits, expand into the more advanced techniques discussed in this field manual. Regular units must incorporate combative into an organized training program for soldiers to achieve and sustain proficiency levels.

CAUTION

WHEN PLANNING COMBATIVES TRAINING, INSTRUCTORS MUST TAKE PRECAUTIONS ACCORDING TO THE TIME OF DAY SEASON, AND ACCLIMATIZATION OF SOLDIERS. THEY MUST ALSO CONSIDER MODIFICATION OF THE UNIFORM, BREAK TIMES, AND OR THE AVAILABILITY OF WATER.

2-3. BASIC OR ONE-STATION UNIT TRAINING

Combative training in the basic or one-station unit training program is based on 10 hours of available training time, divided into five periods of 2 hours each. The following is a suggested POI for introductory-level combative training.

a. Period 1 - 2 Hours.

- (1) Introduction to combatives—safety.
- (2) Combat demonstration performed by instructors or trainers to gain attention and to motivate soldiers.
- (3) Vital points and vulnerable points.
- (4) Warm-ups.
- (5) Stretches.
- (6) Stances.
- (7) Elbows and knees.
- (8) Short punches and strikes.
- (9) Kicks.
- (10) Drills. Twenty-five repetitions for each strike—that is, elbows, knees, punches, and kicks—using vital and vulnerable points.
- (11) Combinations of strikes.

b. Period 2 - 2 Hours.

- (1) Warm-ups and stretches.
- (2) Review of strikes.
- (3) Falls.
- (4) Throws.
- (5) Proficiency development of falls and throws through repetition.

c. Period 3 - 2 Hours.

- (1) Warm-ups and stretches.
- (2) Review of falls.
- (3) Grappling.
- (4) Chokes.

d. Period 4 - 2 Hours.

- (1) Warm-ups and stretches.
- (2) Defense and counters against weapons.
 - Angles of attack and defenses of each angle.
 - Knife defense.
 - Knife attacks.
 - Three-foot stick defense.
 - Three-foot stick attacks.
 - Drills. Twenty-five repetitions of defenses against each angle of attack, knife attacks, and 3-foot stick attacks.

e. Period 5 - 2 Hours.

- (1) Warm-ups and stretches.
- (2) Overall review.

2-4. UNIT SUSTAINMENT TRAINING PROGRAM

Unit combative training is best done at company and platoon level. It is difficult for commanders to find time to conduct hand-to-hand combat training in typical training schedules. Combative training can be conducted during the times allotted for unit physical readiness training. Most units have at least one day a week when organized athletics are conducted for PT; this is a good time to train in hand-to-hand combat.

a. When the unit begins combative training, it starts with the basic training/OSUT program. After each soldier in the unit has attained the same basic skill level, the training can then progress to more advanced techniques and drills. If conducted once a week, this program takes 10 weeks to complete. A typical progression might be as follows:

- Defense and counters against weapons: 3 hours
- Field-expedient weapons: 3 hours.
- Sentry removal, silent kills, and quick kills: 2 hours.
- Advanced knife drills: 3 hours.

b. Once the unit has basic proficiency of the topics in Chapters 3 through 7, the commanders can easily plan future combative training. Unit trainers will know where emphasis should be placed in the unit's hand-to-hand training, and they can also create more advanced training exercises and drills based on soldier skill levels.

**Section III
TRAINING AREAS**

An advantage of combative training is that it can be conducted almost anywhere with little preparation of the training area. (See Appendix A.)

2-5. TRAINING FORMATIONS

Physical training formations may be used for combative training. (See FM 21-20.) If the extended rectangular formation is used, the first and third ranks should face the second and fourth ranks so that each soldier has a partner directly across from him.

a. When practicing throws or disarming techniques, soldiers need twice the normal interval between ranks. Instructors also try to pair soldiers according to height and weight.

以上内容仅为本文档的试下载部分，为可阅读页数的一半内容。如要下载或阅读全文，请访问：<https://d.book118.com/088061023021007046>