



197th IN BDE, Forever Forward

Modern Army Combatives Program Competitions

Training the Soldiers and future Leaders of the Army!



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Competition:

The act of striving against another force for the purpose of achieving dominance or out of a biological imperative such as survival.

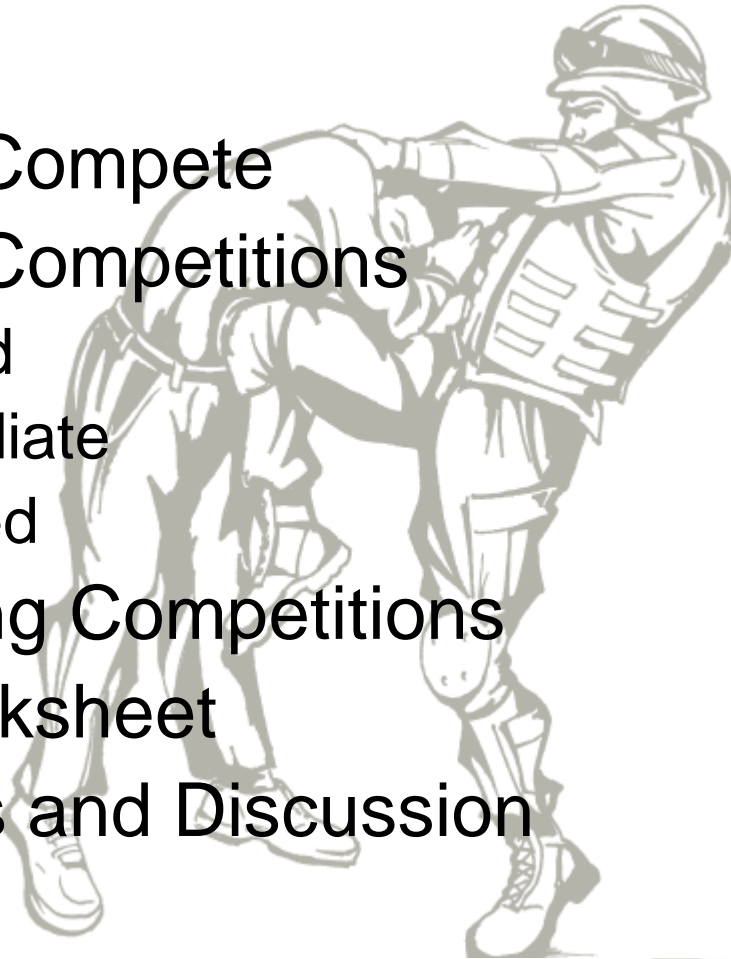


AGENDA



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- Why We Compete
- Types of Competitions
 - Standard
 - Intermediate
 - Advanced
- Conducting Competitions
- CRM Worksheet
- Questions and Discussion





WHY WE COMPETE



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- **Army Regulation 350-1 As of 13 January 2006**
- **4-12. Combatives training**
- *a.* The Army Combatives Training Program recognizes that Soldiers who possess discipline, confidence, and personal courage enhance units' readiness. Commanders must therefore implement Combatives training as a regular part of the unit's training strategy. For Soldiers to achieve and sustain proficiency levels, units must incorporate Combatives into an organized training program, including situational training exercises and unit collective training.
- *b.* Command emphasis is the key to a successful Combatives program and should be posted on the unit training schedules at company and platoon level.
- *c.* Commanders will ensure instructors are properly trained to conduct safe and professional Combatives training and **competitions**. See FM 3-25.150, which serves as the instructional guide for Combatives training.
- *d.* Commanders will determine the appropriate frequency of training to support mission readiness.



WHY WE COMPETE



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- FM 3-25.150
- The boxer is a better puncher than the traditional martial artist not because of the mechanics of punching, but because his technique has been refined through competition.
- Competitions encourage the pursuit of excellence in Soldiers.



WHY WE COMPETE



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Successes and failures motivate Soldiers to improve their fighting abilities.

Modern Army Combatives Facilitates a Units Ability to execute its
METL

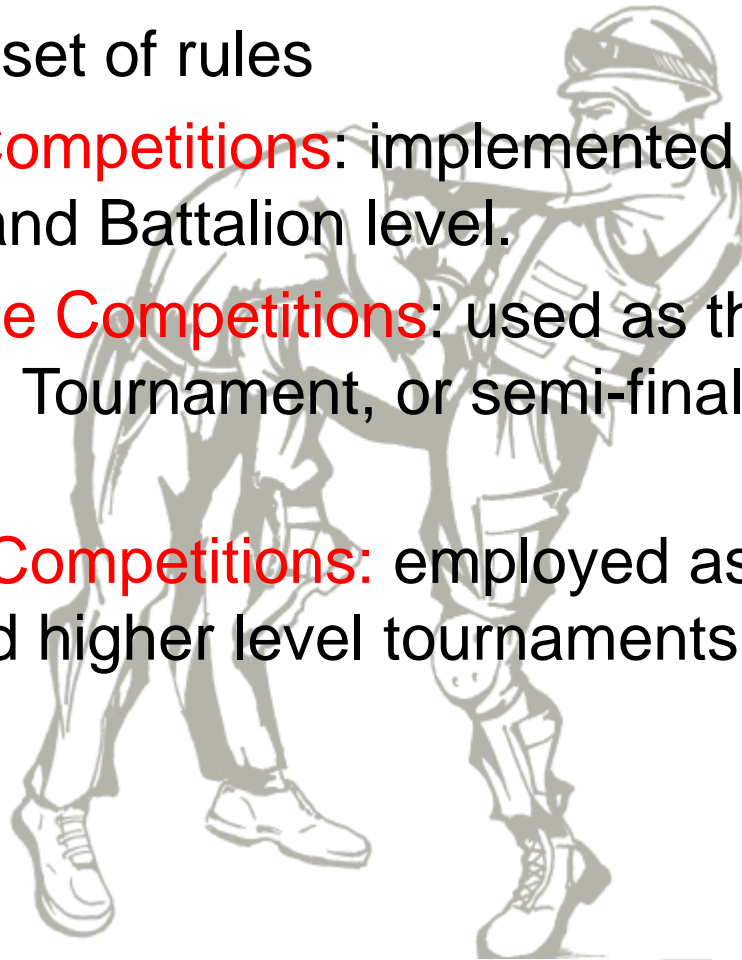


TYPES OF COMPETITIONS



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- Graduated set of rules
- **Standard Competitions:** implemented at the Company and Battalion level.
- **Intermediate Competitions:** used as the finals at a Regimental Tournament, or semi-finals at Division or higher.
- **Advanced Competitions:** employed as the finals for division and higher level tournaments.





TYPES OF COMPETITIONS



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- The primary draw back of competitions is that the participants will focus on “Tournament Techniques”
- The Army relies upon a graduated set of rules to ensure that the best fighters employ sound battlefield techniques not just tricks for the “tournament scoring system”.



STANDARD COMPETITIONS



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- Soldiers begin from standing position, work for takedown to dominant position.
- Fighters use chokes, joint locks (shoulder, elbow, straight ankle and straight knee), and muscle manipulation to submit their opponent.
- Level II certified instructors plan for, conduct and supervise the bouts.

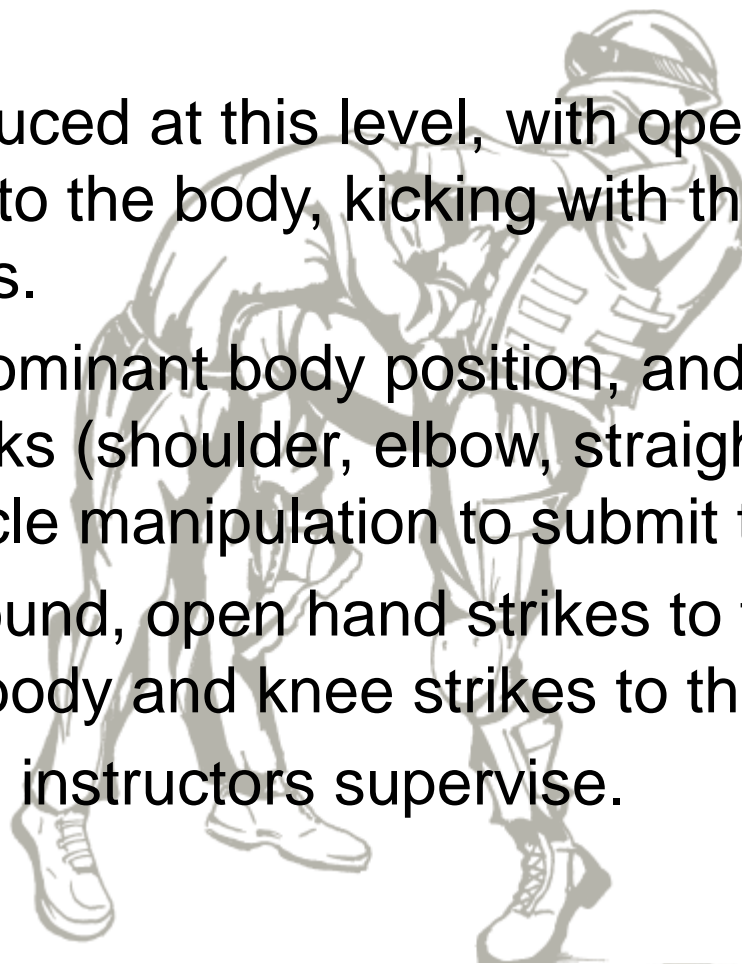


INTERMEDIATE COMPETITIONS



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- Striking is introduced at this level, with open hand strikes to the face, closed fist to the body, kicking with the foot and shin, and knees to the legs.
- Takedowns to dominant body position, and ground fighting with chokes, joint locks (shoulder, elbow, straight ankle and straight knee), and muscle manipulation to submit their opponent.
- While on the ground, open hand strikes to the face, closed fist punches to the body and knee strikes to the legs.
- Level III certified instructors supervise.



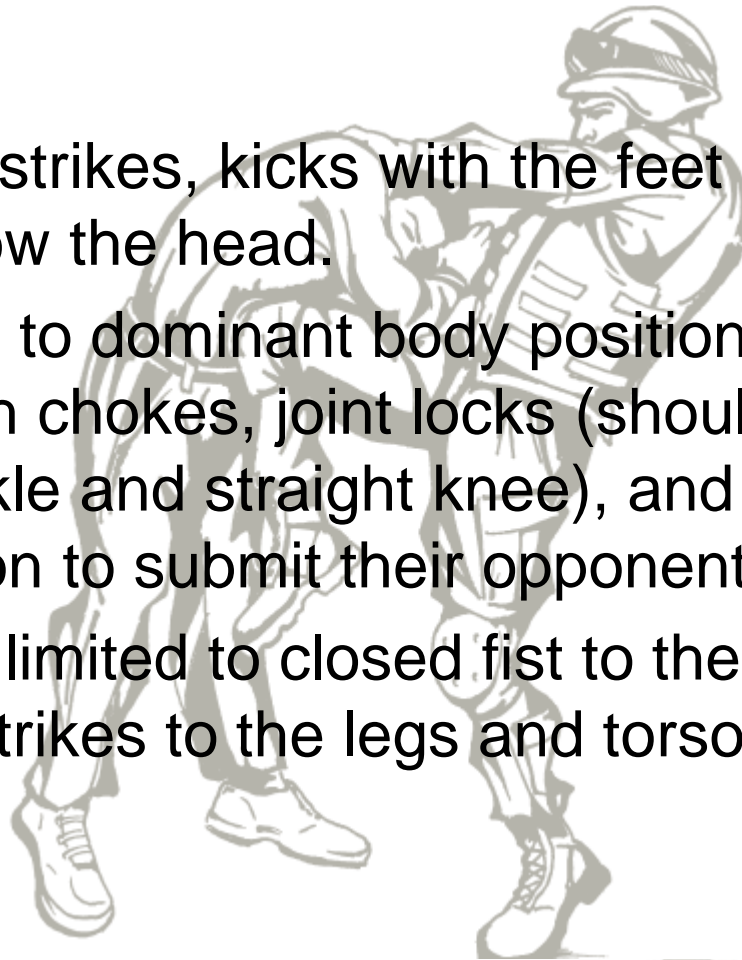


ADVANCED COMPETITIONS



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- Closed fist strikes, kicks with the feet and shins, knee strikes below the head.
- Takedowns to dominant body position, and ground fighting with chokes, joint locks (shoulder, elbow, straight ankle and straight knee), and muscle manipulation to submit their opponent.
- Strikes are limited to closed fist to the head and body, and knee strikes to the legs and torso.



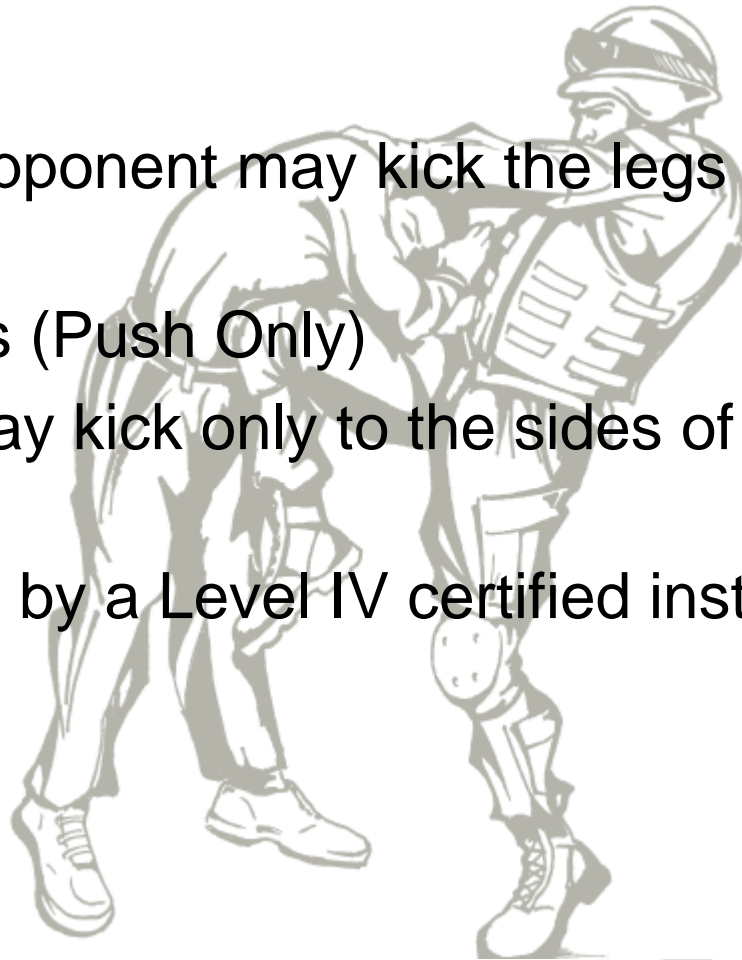


ADVANCED COMPETITIONS



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- Standing opponent may kick the legs of a downed opponent.
- No up kicks (Push Only)
- Downed may kick only to the sides of a standing fighter.
- Supervised by a Level IV certified instructor.





SAFETY



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- Rules are a form of avoidance control measures.
- Graduated set of rules allows best trained fighters to advance from safer more restrictive forms of competition, to higher risk rule sets.
- Minimizes high risk exposure to large population.
- Those who do not train effectively will find themselves unprepared for the additional techniques allowed, and will not advance.



SAFETY



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- Sparring ethic: Soldiers fight as hard as they would if they are going to spar five days in a row.
- Sparring ethic recognizes that all of our service members will go to war together and injuries harm our war fighting ability.
- Difficult to instill during competition due to Soldiers motivation to win at any cost.



APPROPRIATE RULES



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- Fire teams, Squads, and Platoons should begin and end with Standard competition.
- Companies and Battalions should use Standard competition rules.
- Regimental level tournaments should use standard competition rules for preliminary rounds and intermediate rules for the finals.
- Division level tournaments and higher use standard competition rules for preliminary rounds, intermediate rules for semifinals, and advanced rules for the finals.



WHO SHOULD COMPETE



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- Every Soldier who is medically fit should compete in fire team, squad, and platoon level tournaments. These competitions should be held regularly, and it should be a normal part of soldiering. The opportunity to become a champion should exist at every echelon.
- Warriors who demonstrate superior skills can compete at higher levels.



WHAT IS REQUIRED



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- Company and Battalion level tournaments require some kind of facility with matted floors, and Level II and III certified trainers present for judging.
- Colored belts (3 sets) present at the scores table, with paper and pen for the scorekeeper, a stopwatch for the timekeeper, a towel to throw in at the end of time, and a scorekeeping device to illustrate the current score.



BRACKETING



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- Battalion and lower level tournaments, have fighters weigh in prior to fighters brief, and bracket them into 8 man groups according to weight.
- Regimental and higher level tournaments have pre-designated weight classes (no more than 15 pounds difference) to ensure Soldiers involved in striking competitions are not badly out weighed for safety.



WHO IS RESPONSIBLE



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- Level I certified instructors conduct fire team, squad, and platoon level competitions.
- Level II certified instructors conduct company level competitions, and assist for higher level tournaments.
- Level III certified instructors conduct battalion level tournaments and assist with higher level competitions.
- Level IV certified instructors conduct all tournaments regimental and higher.



Standard Competition CRM Worksheet



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- Task: Perform Modern Army Combatives Standard Competition at the Company Level.
- Condition: Given a grassy field or matted surface, supervised by MACP Level II instructor, with all equipment required to administer and officiate matches.
- Standard: Execute a standard competition with competitors separated into appropriate weight classes. Match winners will be determined by points awarded or submission.

COMPOSITE RISK MANAGEMENT WORKSHEET

For use of this form, see FM100-14; the proponent is TRADOC

1. MSN/TASK All Army Combatives Tournament		2a. DTG BEGIN 31 August 2006		2b. DTG END 30 August 2007		3. DATE PREPARED (YYYYMMDD) 20060831	
4. PREPARED BY:							
a. LAST NAME BARRON			b. RANK SFC		c. POSITION CHIEF TRAINER		
5. SUBTASK	6. HAZARDS	7. INITIAL RISK LEVEL	8. CONTROLS	9. RESIDUAL RISK LEVEL	10. HOW TO IMPLEMENT	11. HOW TO SUPERVISE (WHO)	12. WAS CONTROL EFFECTIVE?
Overall	General Situational Awareness	Moderate	<ul style="list-style-type: none"> - Read and review the risk assessment. - Identify soldiers with medical problems having the potential impact training to include minor illness, head trauma, or previous heat injuries. All participants will be screened by a Medical Doctor. - Ensure that EVAC procedures have been reviewed. Plan to evacuate soldiers with allergic reactions, heat injuries, or anyone injured. The Medical Doctor will direct an air medevac when the danger of loss of life, limb, or eyesight exists. 	Low	<ul style="list-style-type: none"> 1. IAW USAIC Safety SOP 385-6, Risk Mgt for Operations and Training. - Doctor will review all medical history questionnaires. - Cadre Rehearsal 	MEDICAL DOCTOR	
Additional space for entries in Items 5 through 11 is provided on page 2.							
13. OVERALL RISK LEVEL AFTER CONTROLS ARE IMPLEMENTED (Check One)							
<input type="checkbox"/> LOW <input checked="" type="checkbox"/> MODERATE <input type="checkbox"/> HIGH <input type="checkbox"/> EXTREMELY HIGH							
				MATTHEW C. LARSEN Director Modern Army Combatives		DAVID W. CHASE LTC, IN Commanding	

ITEMS 5 THROUGH 12 CONTINUED:							
5. SUBTASK	6. HAZARDS	7. INITIAL RISK LEVEL	8. CONTROLS	9. RESIDUAL RISK LEVEL	10. HOW TO IMPLEMENT	11. HOW TO SUPERVISE (WHO)	12. WAS CONTROL EFFECTIVE?
Overall (cont.)	General Situational Awareness (cont.)	Moderate	<ul style="list-style-type: none"> - Ensure Soldiers have been given time to have a minimum 6 hours of sleep during the previous 24 hours. Brief the importance of sleep to maintain conditioning during the event. - Conduct daily risk assessment in consultation with cadre considering at a minimum all items in above note. 	Low	<ul style="list-style-type: none"> 1. IAW USAIC Safety SOP 385-6, Risk Mgt for Operations and Training. - Safety Brief 	NCOIC	
Ground Fighting	Cuts and Abrasions from Clothing or Equipment	Moderate	<ul style="list-style-type: none"> - Uniform consisting of BDUs and barefoot or wrestling shoes. No watches, rings, belts, ID tags pin-on rank. 	Low	<ul style="list-style-type: none"> - Combatives SOP: FM 3-25.150 - USAIC 385-6 - FM 5-19 - Safety Brief - Cadre Rehearsal - Direct Supervision 	REFEREE	
	Injury Due to Choke or joint lock	Moderate	<ul style="list-style-type: none"> - Soldiers will be instructed to 'Tap Out' when having a joint lock applied prior to muscle failure to avoid joint dislocation. - Soldiers will release the choke, arm-bar, or joint lock when tapped by their training partner. - Referee has the ability to stop the fight at any time. 	Low	<ul style="list-style-type: none"> - Combatives SOP: FM 3-25.150 - USAIC 385-6 - FM 5-19 - Safety Brief - Direct Supervision 	REFEREE	
	Passing Out from a Choke	Moderate	<ul style="list-style-type: none"> - If a soldier does pass out from being choked, put soldier in supine position, keep other soldiers from leaning over the soldier. 	Low	<ul style="list-style-type: none"> - Combatives SOP: FM 3-25.150 - USAIC 385-6 - FM 5-19 - Safety Brief - Cadre Rehearsal - Direct Supervision 	REFEREE	
	Neck, shoulder, ribs, arm injury due to shrimping to escape the mount	Moderate	<ul style="list-style-type: none"> - Advise of neck, shoulder, or rib injury while being stacked. - Advise of shoulder or rotator cuff injury during arm push and roll technique. 	Low	<ul style="list-style-type: none"> - FM 5-19 - Safety Brief - Cadre Rehearsal - Direct Supervision 	REFEREE and NCOIC	

ITEMS 5 THROUGH 12 CONTINUED:							
5. SUBTASK	6. HAZARDS	7. INITIAL RISK LEVEL	8. CONTROLS	9. RESIDUAL RISK LEVEL	10. HOW TO IMPLEMENT	11. HOW TO SUPERVISE (WHO)	12. WAS CONTROL EFFECTIVE?
Ground Fighting (cont.)	Injury due to unauthorized fighting techniques	Moderate	-Soldiers will be monitored closely during bouts for unauthorized fighting techniques or dangerous situations.	Low	- Combatives SOP: FM 3-25.150 - USAIC 385-6 - FM 5-19 - Safety Brief - Cadre Rehearsal - Direct Supervision	REFEREE	
	Injury from ground surface	Moderate	-Provide an adequately padded fighting area with mats on the floors. - Advise of impact injury due to falling improperly and lack of speed control.	Low	- Combatives SOP: FM 3-25.150 - USAIC 385-6 - FM 5-19 - Safety Brief - Cadre Rehearsal - Direct Supervision -Area inspection and prep by instructors prior to TNG	REFEREE	
Environmental Consideration (illumination, temperature, visibility, etc.)		Moderate	- Medical Doctor supplied with emergency medical equipment -Centrally located facility with hardwired phone lines and access to EMS system. - Radio Communications available. - Medical Doctor will evaluate and determine method of EVAC if needed. -Call 911/ Range Control for cases of severe trauma.	Low	-Facility inspection by instructors -Unit conducting TNG properly resources facility - Combatives SOP: FM 3-25.150 - USAIC 385-6 - FM 5-19 - Safety Brief - Cadre Rehearsal - Direct Supervision	NCOIC/ MEDICAL DOCTOR	

ITEMS 5 THROUGH 12 CONTINUED:							
5. SUBTASK	6. HAZARDS	7. INITIAL RISK LEVEL	8. CONTROLS	9. RESIDUAL RISK LEVEL	10. HOW TO IMPLEMENT	11. HOW TO SUPERVISE (WHO)	12. WAS CONTROL EFFECTIVE?
Intermediate Rules	Head Trauma	High	<ul style="list-style-type: none"> -Identify competitors that have received any head trauma within past seven days. Any competitor with this condition will not participate in the tournament. -Referees will be Master Combatives Instructor qualified -Referee will stop the fight if a fighter is not intelligently defending themselves -Referees will be trained in head injury prevention. -Competitors will receive safety brief from Chief Combatives Trainer. -Advise of impact injury due to striking improperly and lack of speed control. -All competitors will wear mouthpiece. -Open hand strikes below the eyes only. -Closed fist punches to the body only. -Soldiers must wear BDU top, bottom, brown T-shirt, cloth shin and instep pads, groin protection, and mouthpiece. -Each bout will be 10 min and controlled by a certified cadre referee. -All competitors will receive an examination from the Medical Doctor. -No spiking takedowns. 	Moderate	<ul style="list-style-type: none"> Combatives SOP: FM 3-25.150 - USAIC 385-6 - FM 5-19 - Cadre Rehearsal - Direct Supervision - Referee is present for all bouts - Medical Doctor present for all bouts - Rules Brief 	Medical Doctor, NCOIC, and REFEREE	
Intermediate Rules Ground Fighting	Injury due to Ground Fighting	Moderate	<ul style="list-style-type: none"> -Bout will be stopped due to tap out, verbal submission, medic stoppage, coach, or referee stoppage if competitor cannot intelligently defend himself. -No spiking takedowns. -The bout will be 10 minutes and be controlled by a certified cadre referee. -If a competitor is stunned and cannot intelligently defend himself the bout will be stopped immediately and the Soldier will be examined by the Medical Doctor. 	Low	<ul style="list-style-type: none"> Combatives SOP: FM 3-25.150 - USAIC 385-6 - FM 5-19 - Cadre Rehearsal - Direct Supervision - Referee is present for all bouts - Medical Doctor present for all bouts - Rules Brief 	REFEREE	

ITEMS 5 THROUGH 12 CONTINUED:							
5. SUBTASK	6. HAZARDS	7. INITIAL RISK LEVEL	8. CONTROLS	9. RESIDUAL RISK LEVEL	10. HOW TO IMPLEMENT	11. HOW TO SUPERVISE (WHO)	12. WAS CONTROL EFFECTIVE?
Advanced Rules	Head Trauma	High	<ul style="list-style-type: none"> -Identify competitors that have received any head trauma within past seven days. Any competitors with this condition will not participate in the tournament. -Referees will be Skill Level 4 qualified, Master Combatives instructor, and receive safety brief prior to exercise from NCOIC. -Referees will be trained in head injury prevention. -Competitors will receive safety brief from NCOIC. -Advise of impact injury due to striking improperly and lack of speed control. -All students will wear mouthpiece. -Only open hand strikes are allowed to the face when one competitor is considered "on the ground." -Each bout will be no more than 3 rounds lasting 5 minutes each and controlled by a Master Combatives certified cadre referee. -Bout will be stopped due to tap out, verbal submission, medic stoppage, competitors coach, or referee stoppage if fighter cannot defend himself. - Competitors may only kick or knee a downed opponent to the legs. - No elbow strikes are allowed. - If a competitor is stunned and cannot 	Moderate	<ul style="list-style-type: none"> - Combatives SOP: FM 3-25.150 - USAIC 385-6 - FM 5-19 - Cadre Rehearsal - Direct Supervision - Certified Referee is present for all bouts - Medical doctor present for all bouts - Rules Brief 	Medical Doctor and REFEREE	

ITEMS 5 THROUGH 12 CONTINUED:							
5. SUBTASK	6. HAZARDS	7. INITIAL RISK LEVEL	8. CONTROLS	9. RESIDUAL RISK LEVEL	10. HOW TO IMPLEMENT	11. HOW TO SUPERVISE (WHO)	12. WAS CONTROL EFFECTIVE?
Advanced Rules	Sprained Wrist	Moderate	intelligently defend himself, the bout will be stopped immediately and the Soldier will be examined by a medical doctor. -All soldiers will wear hand wraps and hand protection (4oz gloves).	Low	- Combatives SOP: FM 3-25.150 - USAIC 385-6 - FM 5-19 - Cadre Rehearsal - Direct Supervision	REFEREE	
	Broken / Cracked Teeth	Moderate	-All competitors will wear a mouthguard.	Low	- Referee present for all bouts - Medical doctor present for all bouts	REFEREE	
	Pulled muscle	Moderate	-Dedicated facilities and adequate time available for warm up.	Low		NCOIC	
	Head/Neck Injury	Moderate	-No spiking takedowns	Low		REFEREE	
	Dehydration	Moderate	-Water provided for competitors	Low		NCOIC	



FAQs



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#1: How can YOU help Soldiers face their fears about competing?



FAQS



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- Fear of competing stems from many factors. The First is poor training level. Soldiers who are afraid to compete because they do not know enough, simply need training. Senior soldiers who feel it will undermine their “powerbase” may need opportunities to execute Leader Combatives. In the end, True Leaders will not stand in front of a man and ask, tell, or order a man to do something that he is not currently doing, has not done in the past, or is not capable of doing. Encourage the seniors in your unit to embrace this idea.

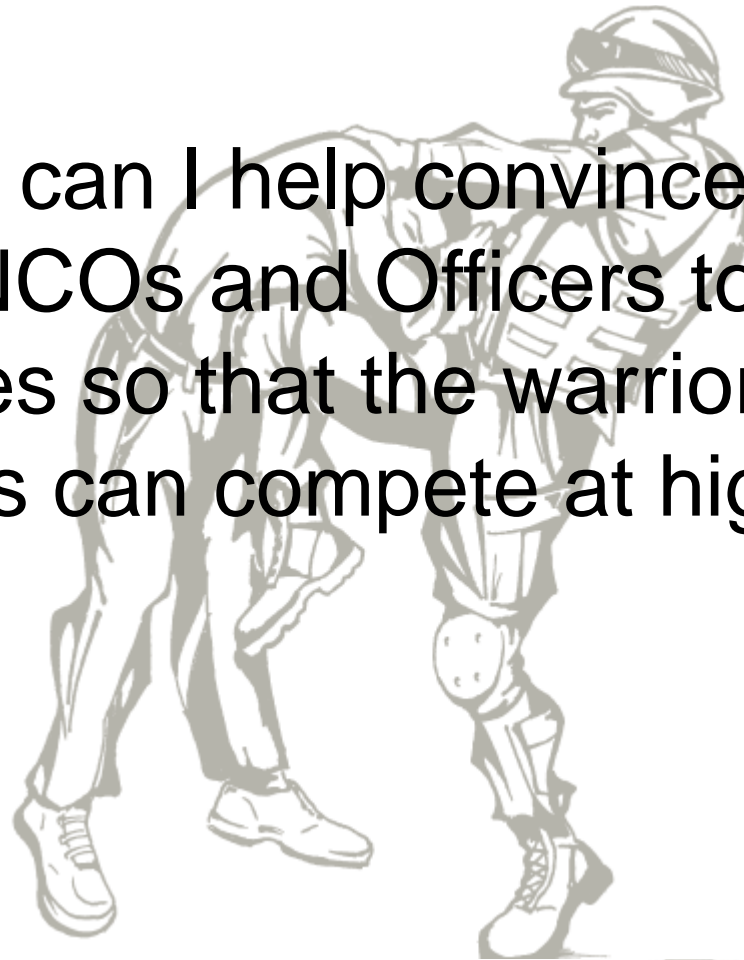


FAQs



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- #2: How can I help convince risk averse Senior NCOs and Officers to invest resources so that the warriors in their elements can compete at higher levels?





FAQs continued



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Step one is to make Combatives a part of what happens around post every day. When senior leaders go conduct PT every morning they see Soldiers running. It is not difficult for these leaders to support troops as they prepare for the Army ten miler. If senior leaders saw Soldiers fighting while they were out running, it would foster an environment where fighting is normal, and these leaders would be better prepared to support it.



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QUESTIONS?



Training the Soldiers and future Leaders of the Army!



Point of Contact



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Combatives School: (706) 545-2811 / combatives@benning.army.mil
Master Trainer: SFC Kevin Rice
Chief Trainer: SSG James Hanson



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