

# **Tactical Combatives Course (Level II) Performance Test**

**Soldier must pass 7 out of 10 techniques**

## **Opponent Mounts, Post Both Arms**

- Assume good mounted position
- Point head outside opponents arm
- Secure the arm with both hands, thumbless grips
- Trap arm and same side leg
- Arch hips and roll into opponents guard

## **Opponent Mounts, Arm around Neck**

- Trap opponents arm with head and thumbless grip, elbows tucked in
- Opposite hand on opponents hip
- Trap same side leg
- Arch hips and roll into opponents guard

## **Opponent Mounts, Larger Enemy Pins Wrist**

- Move one hand in an arch, over opposite hand
- Roll to that side, pinning opponents leg
- Roll over into opponents guard

## **Push the Propped Knee**

- Control the near side hip
- Switch your base
- Push the propped knee all the way to the mat and lift far side shoulder
- Drive knee across opponents hip, hooking his knee with your foot
- Allow opponents spine to unwind and assume a good mount position

## **Pull the Propped Knee**

- Control the near side hip
- Switch your base
- Pull the opponents propped knee to you and pressure the far side shoulder
- Step over and hook his top knee with your heel
- Allow opponents spine to unwind and assume a good mount position

### **Defend against attempts to mount, Arch**

- Both feet flat on the ground
- Hold the hip down
- Arm through the armpit
- When he attempts to swing the leg over, arch into him
- Roll up on top

### **Defend against attempts to mount, back door**

- Face the enemy with your leg flat on the ground
- Elbow blocking his thigh
- When he tries to drive his knee across, lift his leg with your forearm
- Slide your leg under the back side
- Hook your leg over his
- Climb on his back or shrimp to the guard as appropriate

### **Escape the half guard**

- Stabilize your position, placing him flat on his back
- Walk your foot closer to his buttocks by alternately advancing your heel and toe
- Place your hand on his knee
- use a rocking motion and push his leg off of your knee
- Drive your knee over him to the ground
- If he attempts to push your knee, place your arm under his elbow and walk it towards his head
- Clear your foot to mount

### **Escape the head lock, form the frame**

- Form the frame
- Scoot your hips away
- Reach with both legs to grab his head
- If he lets go of the headlock, squeeze his neck with your legs
- If he does not let go of the headlock, go to your knees and walk around behind him
- Use the hand closest to the legs to clear them and step over

- Place your heel against his hipbone
- Arms out to stabilize
- Form the frame
- Lean towards his head to break his grip
- Capture his arm
- Place your hand on the ground in front of his face or on top of his head
- Point your foot away
- step over to finish with the straight arm bar

### **Escape the head lock, follow the leg**

- Attempt to form the frame
- If his head is tucked in too tight, step your leg over his hip
- Using your leg as a guide, climb on top of him
- If he rolls with you, go until you are behind him and finish with the straight arm bar as before
- If he keeps his leg out to prevent rolling with you, pull your bottom hand free
- Isolate all of your weight into the back of his shoulder, forcing him to let go

### **Escape the head lock, Arch over**

- If the enemy has control of your arm preventing the previous escapes
- Gasp your hands together
- Attempt to tuck in your elbow in a quick motion
- When he adjusts his position, arch him up on the near side
- Roll him over above your head to reverse the position

### **Paper cutter choke**

- Open the collar with the weaker hand
- Place the thumb of the other hand inside the collar and as far back as possible
- Release the grip with the first hand and grasp the other lapel, pulling it tight
- Drive the elbow to the ground

### **Nut cracker choke**

- Grasp the collar with one hand on each side, knuckles pointing in toward the neck
- Pull the collar tight against the back of his neck
- Line the pointer finger knuckles up with the outside of the Adam's apple
- With the pinky knuckle as the fulcrum lever in

### **Leaning choke**

- Grasp the collar loosely with the knuckles of one hand facing in
- With the same hand stretch the collar across his neck to line the pinky finger knuckle up just over the Adam's apple
- Pull the opposite lapel tight against the back of his neck
- Without straightening the arm, drive the knuckle into his neck

### **Collar choke**

- Begin from the rear mount with one hand under his arm and the other over his shoulder
- With the hand under the armpit, pull the collar open
- Insert the thumb of the other hand inside, grasping as far back as possible
- Release the grip with the armpit hand and grasp the other lapel, pulling it tight against the back of his neck
- Tighten the choke by straightening both arms

### **Single wing choke**

- Begin from the rear mount as before
- Open the collar and grasp the collar as before
- Release the grip with the armpit hand and turn it palm up in the bend of his elbow
- Move your arm in a circle, maintaining control of his arm at the elbow, until your hand is behind his head
- Tighten by straightening both arms

### **Reverse bent arm bar from side control**

- From side control, control the hip with your hand and sit through as if to mount in the basic way
- Insuring that you do not compromise your base, grasp his arm at the wrist
- With your other arm, entwine the target arm gripping your own wrist

- Switch your hips and use chest pressure to push his arm to the ground
- push his wrist towards his head to place your elbow on the ground and insure his arm is bent at 90 degrees
- Bring your knees together at his hip and slide the one closest to his head, along his side until it is under his arm
- Change your hips to face his head
- Keeping your hip on the ground, step your top foot over his head
- Lean back to raise his shoulder and pressure his wrist downward

### **Triangle choke**

- When your opponent places one arm through your legs in an attempt to pass, release your legs
- Place the foot of the leg that is still around his waist on the ground and uses it to turn 90 degrees the other direction
- Reach up with the other leg and pull his neck down, ensuring that the bones of your lower leg are perpendicular to his spine
- Use both hands to pull his arm across your chest
- Maintaining control of his arm, reach up to grasp your shin, pulling your leg tight against the back of his neck
- Reach your other leg over your ankle, locking it behind the bend of your knee
- Place both hands on the back of his head
- Use hip pressure to finish

### **Elevator sweep #1**

- When your opponent has inserted one arm through in an attempt to pass but has not placed the leg on his shoulder, rotate your lower leg to hook your foot under his knee
- Raise your leg to sweep with the same action as the scissors sweep

### **Elevator sweep #2**

- While escaping the mount by shrimping to the guard, do not clear the foot of the second leg
- Instead, lift his leg and finish with the elevator sweep as before

### **Reverse bent arm bar from the guard**

- If your opponent should place his hand on the ground while inside your guard, grasp his wrist with a thumb grip
- Release your legs and sit up, reaching over the captured arm with the opposite side arm

- Wrap your arm around his, forming the figure four by grasping your own wrist
- Place your foot over his on the same side as the captured arm
- Fall backwards keeping his arm tight to your body
- Escape your hips, and place your leg across his lower back to prevent him from rolling forward
- twist your body toward his head to attack the shoulder

### **Timing sweep**

- If your opponent should lean backwards while inside your guard, release your legs and sit up
- Reach across his body and over his opposite arm
- Grasp his arm at the elbow
- Lay your near side leg flat and drive your hips into him with the other leg
- Maintain control of his arm and finish in the mounted position

### **Guillotine choke from the guard**

- If he tries to avoid the timing sweep by hugging your waist, post your hand on the ground and scoot your buttocks backward until you are sitting upright
- Reach around his neck
- Grasp the hand of the arm around his neck with the other hand, both palms should be facing your stomach
- Cinch up the choke by pulling upwards

### **Pass the guard with the knee on the tailbone**

- Grasp the opponent's uniform with both hands and work your hands back one at a time until they are both holding his pants. Insure that your elbows are tucked in
- Lean to one side and place the knee of the opposite leg against his tailbone
- Slide the other leg back to ninety degrees and break the grip of his legs by pushing with your hip
- At this point there will be two options

### **Pass the guard with the knee on the tailbone #1 under one leg**

- Bring your arm under your opponent's near side leg and raise it to your shoulder, you should control his leg with your head above his knee and your hand below it
- Pivot on your knees to bring your knee toward his armpit
- Grasp the opposite side of his collar with your thumb on the inside

-- If you have the chance brings your arm through his legs and grasps his pants at the middle of the waistline.

-- Pick him up, assume good posture, and pass as in the basic technique

### **Pass the guard with the knee on the tailbone #2 under both legs**

-- If your opponent places his weight on the near side leg to avoid you placing it on your shoulder, bring your other arm under the opposite leg and grasp his pants with both of your hands. You should have a hand under each leg

-- Pull with both hands to place him on your lap and reach both hands around his legs grasping them together, as low as possible, with the opposing thumbs grip

-- Feed the collar with one hand and grasp across with the other, thumb on the inside

-- Walk around to one side to assume good posture

-- The opposite side hand should move to the middle of his waistline to help you stack

-- Pass as in the basic technique

### **Pass the guard with the near side leg through**

-- After breaking your opponents guard open, push the one leg down and drive your near side knee over his thigh, your toe should remain hooked

-- Hook one arm under his other knee and place your other arm over his shoulder and around behind his neck

-- Back step over his leg so that your hips are facing skyward

-- Push his leg, to control his hips, as you switch your hips to standard side control

### **Pass the guard with the far side leg through**

-- After breaking your opponents guard open, push one leg down and drive your opposite side knee over his thigh, your toe should remain hooked

-- With the same side arm as the knee you have driven through, reach across his body and hook under his armpit

-- With your other leg, step over his trapped leg and at the same time grasp his arm at the elbow with you remaining arm and pull it upward

-- Sit your hips through so that your leg goes under his shoulder

-- Switch your hips back to standard side control

### **Defense against punches in the guard**

#### **Close;**

-- If your opponent tries to punch you from within your guard, swim both hands through the middle and pull him down on you. One hand should be pulling and the other pushing his head to avoid the head but and you should tuck your head in and avoid punches with your elbows

--When he begins to attack your ribs, use your elbows to lift his arms enough to get your knees under them.

-- Your knees will protect against shots to the ribs and your arms will continue to protect against head shots

### **Middle;**

-- If your opponent tries to pull away to make more room for punching, slide your hands over his upper arms

-- Work your feet up to his hips. At this time your knees will be in front of his shoulders and they will be the main thing defending punches

-- Your hands hooked over his upper arms are to keep him from bringing his arms back to load up a strike. If he should snake them around to free them you must also snake around to keep control

-- If he does get an arm loose and is able to load up for a big strike, push with your knee to increase the distance and reach your arm across to cover your face

-- When he tries to land the punch, guide his arm back over your knee and resume the controlling position with your hand

### **Far;**

-- If he tries to pull away to stand up, sit up with him

-- Assume a stand in base posture and kick with the bottom leg to create space

-- Stand in base and immediately attack

### **Pass the guard with punches**

-- Defend punches and trap the biceps just as in the basic technique

-- Land a couple of head butts and stand up, changing your grip to his jacket and assuming good posture by pushing with your hips

-- At this point strike to his face with your palm to make him loosen his legs

### **If he loosens his legs;**

-- If he lets go with his legs, pinch them together with your knees to make his feet point outward

-- With the hand you used to strike, wheel your arm back to hook his leg and bring it all the way forward until you grasp his collar

-- Assume good posture and pass as in the basic technique

### **If he does not loosen his legs;**

-- Step back with the same side leg as your striking arm and turn your hips

-- Slide the knife-edge of your hand through the gap and place it on your knee



- Squat down sliding your elbow on the outside of your knee to break the grip of his legs
- Swing his leg around with your arm to grasp his collar
- Assume good posture and pass as in the basic technique

### **Strikes from side control**

- From side control, move your arm that is controlling his hip and pummel it under his armpit
- Place the other arm under his head from the near side and push his face away with pressure from your shoulder
- Bring your knees together at his hip
- Slide your knee along his side and under his arm until you have his arm captured between your arm and leg
- Place your palms face down and your forehead on the ground
- Reach up with the foot closest to his legs, pointing toward the sky, and knee him in the ribs
- When he attempts to block with his knee, step over to mount

### **Drop to the single leg**

- After achieving the clinch, if he tries to step away from you with the far leg, drop down to gain control of the near leg
- Your head should be in front with your forehead up, pointing toward his hip
- Your back knee will be on the ground and your front knee up so that you can drive into him
- Your arms should be extended and controlling his leg, with the back hand on top
- Drive into him and lift his leg, attempting to place it between your legs

### **Superman double leg takedown**

- With his leg between yours, jump backwards to stretch him or make him hop towards you
- Jump forward, extending both arms to grasp his far leg at the knee
- Climb up into a dominant position

### **Dump**

- If his leg is in front of yours, reach back and gain control of his heel
- With your back leg, step across his front
- Take a large circular step backwards with your front leg, pushing with your head to drive him to the ground. This should be a pulling and spiraling down action and your head should pressing into his thigh throughout.

-- Climb up into dominant position

### **Treetop**

-- If his leg is in front you can alternately, use the knee of your back leg to raise his leg up

-- Switch your back hand under his leg or grasping his ankle from the bottom

-- Step away from him, pulling and then lifting his leg upwards to put him on his back

-- Move into a dominant position

### **Block the far knee**

-- If he hooks his foot on your hip, clasp your hands together with the front hand on bottom

-- Drive your hip into him and raise his leg as much as you can

-- Step across his front and reach with your front hand to the far side of his other knee

-- Block his knee with that hand and drive him over it by raising his leg

-- Move into dominant position

### **Hip throw**

-- After achieving the clinch, he may try to face you by stepping back with the leg that is closest to you.

-- Step through the hole that this creates and place your foot between his turning it as much as possible

-- Relax your arm that is around his waist so that your hand can come up behind his shoulder and, maintaining a good grip on his other arm, drive your hip through the hole you just stepped through

-- At the same time that your hips are going through, pull your second foot in so that your heels are together and your feet are at a 45 degree angle

-- Use a scooping motion to lift him over your hips. He should go over and not around.

-- Control his landing and come down in dominant position

### **Defense against the standing guillotine - jumping around the side**

-- If the enemy gets you in the guillotine and attempts to finish the choke by lifting you, Place your arm over the opposite shoulder and your palm on the same side thigh

-- As he lifts, hop around to the opposite side of the choke, using your hand on his thigh to stop him from turning with you

-- Bump the back of his knee with the side of yours and as you break his balance, keep pressure downward so that he cannot regain it

- Slowly put him down, making sure that you do not end up inside his legs or land on your head
- Break his grip on your neck by pushing either your shoulder or forearm into his neck

**Defense against the standing - defending knee strikes**

-- If he attempts to land knee strikes, block the near side leg by placing the heels of your hands together against his thigh

-- Step up with the same side leg

-- Step between his legs with the other leg and sit on your heel

**Defense against the standing head lock - with punches**

-- Reach over his punching arm with your front arm to stop 3.

-- Feed it to your back arm and control it at the elbow with a thumb less grip

- Without punches