



MACP Modules 1-5



2nd Battalion, 29th Infantry Regiment

Module # 1

Techniques

- Fighting with a Rifle
- Control Range Standing using a Post
- Control Range Standing using a Frame
- Control Range Standing using a Hook
- Stand in base Using Post/Frame/Hook
- Employ Bayonet / Knife

Training Events

- Option 1-3 Drills

Module #3

Techniques

- Rear Naked Choke
- Cross Collar Choke
- Bent Arm Bar

Training Events

- Live Grappling for Submission

Module #4

Techniques

- Pummeling for Under-hooks
- Pummeling for Neck Control
- Knee Strikes
- Defend Knee Strikes

Training Events

- Live Clinch Fighting with Knee Strikes

Module #2

Techniques

- Escape the Mount (Trap and Roll)
- Pass the Guard
- Achieve the Mount
- Arm Push and Roll to the Rear Mount
- Escape the Rear Mount
- Escape the Mount (Shrimp to the Guard)
- Scissors Sweep

Training Events

- Live Grappling for Position

Module #5

Techniques

- Front Takedown
- Rear Takedown

Testing

- React to contact Front
- React to contact Rear





MACP Modules 6-10



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Module #6

- Attacks from Side Control
- Side Control Escapes
- Attacks from the Guard
- Pass the Guard
- North/South Escapes
- Knee Mounts
- Leg Attacks
- Chain Attacks

Module #7 (All Events trained both with/without Combat Equipment)

- Over to Under Lever
- Double Elbow Lift
- Knee Lift
- Pull Toward Knee, Inside Hook
- Pull Away from Knee Sweep
- Hand Check, Knee Strike, Snap Down
- Knee Lift from Modified Seatbelt Clinch
- 50/50, Catch and Lift
- Counter to Inside Control, Catch and Lift
- Hip Check Entry for Hip Toss

Module #8 (All Events trained both with/without Combat Equipment)

- Striking Footwork
- Punch Matrix
- Grappling with Strikes
- Strike Defense
- Kick Matrix
- Kick Defense

Module #9

- React to Contact as a buddy team
- Enter / Clear a Room
- Checkpoint Tactics
- Personnel Handling
- Use of Restraining Devices

Module #10

- Based on Unit Mission Training

