



197th IN BDE, Forever Forward

Option Three Drill Standard Operating Procedures



Training the Soldiers and future Leaders of the Army!



PURPOSE



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The purpose of this standard operating procedure is to establish all standards, criteria, and environment for the Option Three Drill.



General



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- REFERENCE. FM 3-25.150 Modern Army Combatives Program, Annex A SOP (Nov 2010)
- The Option Three Drill is conducted on the Third day of the five day Basic Combatives Course.
- The Safety NCOIC/OIC briefs Punchers and Clinchers on the purpose of the drill, safety considerations, and the drill itself.



General



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- The drill will be performed four times with each student.
- The Drill will start in sequential order hook/frame/post and projectile weapons range.
- Student attempts to achieve the clinch while the puncher utilizes the “Universal Fight Plan”.



Purpose of the Drill



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It is the overall intent that each student succeeds in the drill, and gains the personal confidence to close with the enemy. This means the puncher will usually have to allow the student to succeed. The Drill is not a right of passage!

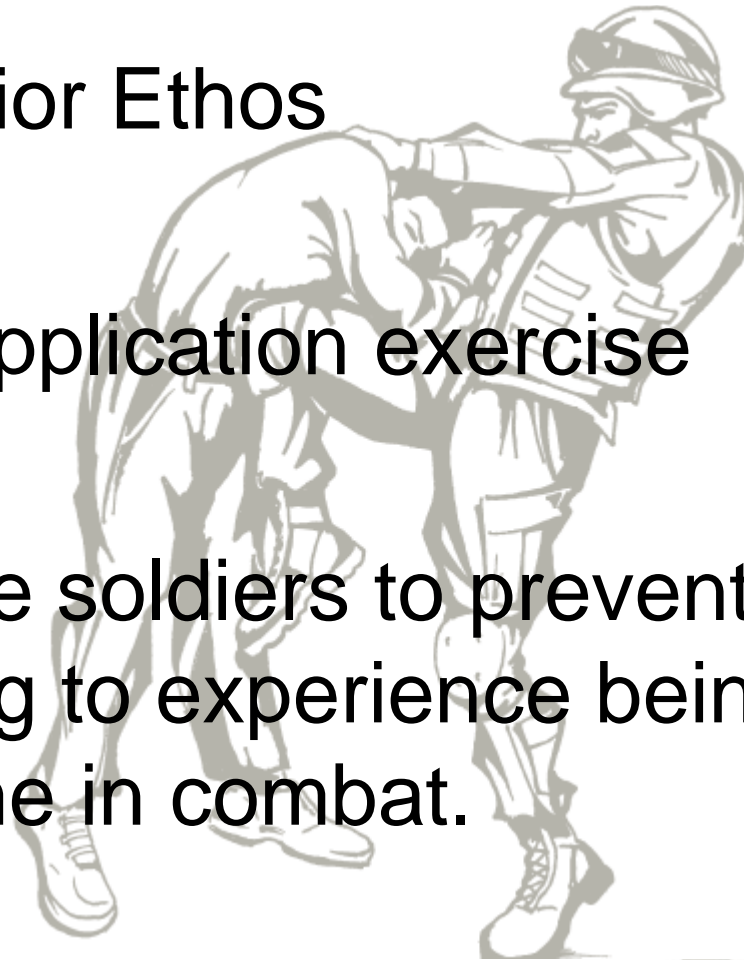


Three purposes of the Option Three Drill



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1. Instill Warrior Ethos
2. Practical application exercise
3. Desensitize soldiers to prevent soldiers from having to experience being hit for the first time in combat.



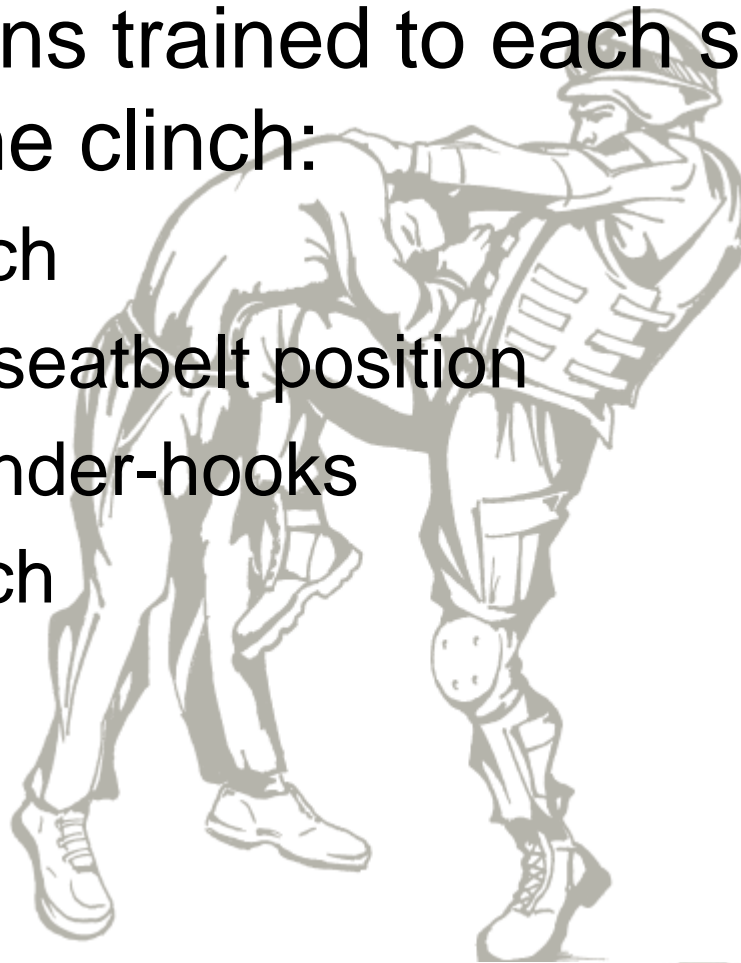


Training the Clinch prior to the Drill



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- Four positions trained to each student for achieving the clinch:
 1. Rear clinch
 2. Modified seatbelt position
 3. Double under-hooks
 4. Wall Clinch





Rear clinch



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Modified seatbelt position



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High double under-hooks



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Low double under-hooks



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Wall Clinch



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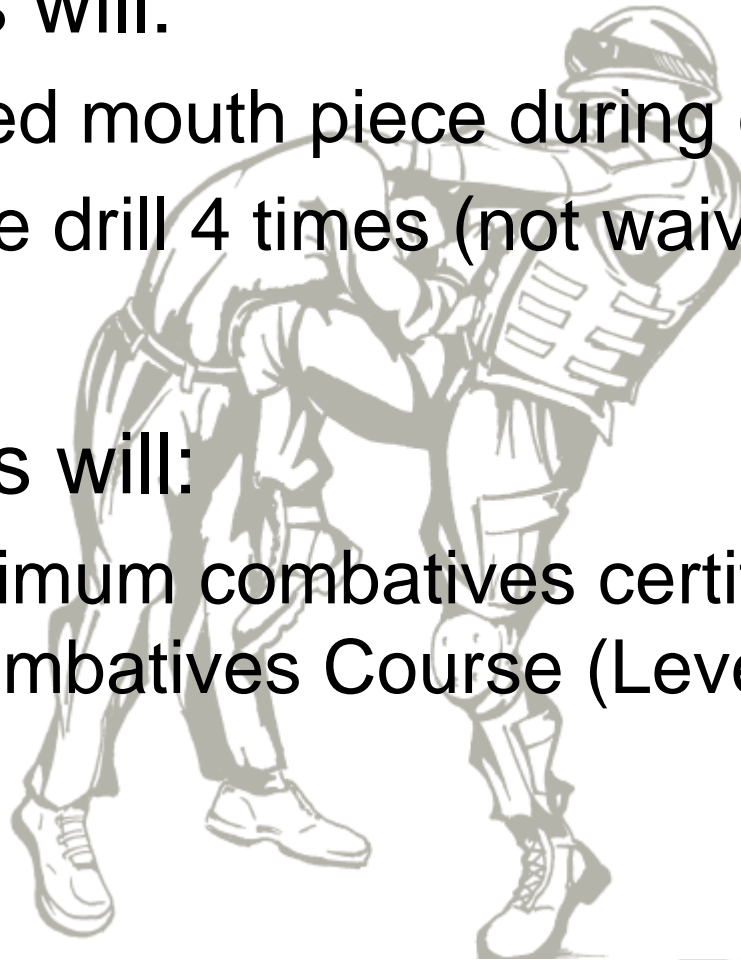


Criteria for performing the Drill



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- All Students will:
 - Wear a fitted mouth piece during drill
 - Execute the drill 4 times (not waiverable)
- All Punchers will:
 - Hold a minimum combatives certification of Tactical Combatives Course (Level 2)





Criteria for performing the Drill



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- Individuals with a recent head injury (possible concussion within last 7 days) may not conduct the Drill without written consent of a Dr.
- Individuals with TBI will at the written consent of a Dr conduct the drill without being hit in the head.
- Individuals who have had laser eye surgery must wear approved head gear during the Drill.

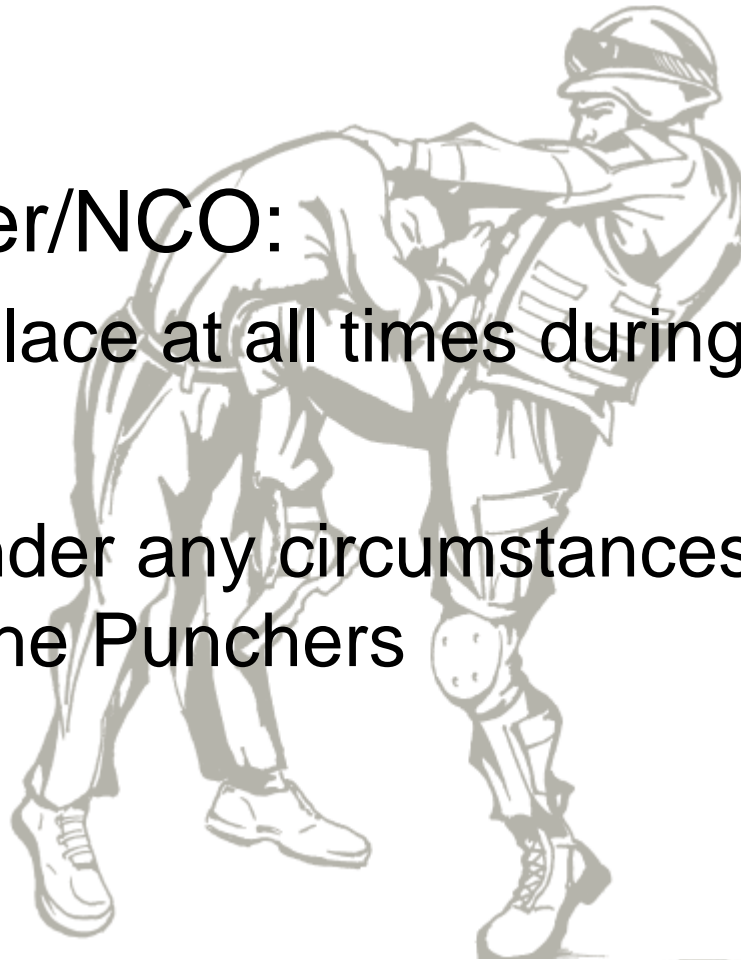


Criteria for performing the Drill



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- Safety officer/NCO:
 - Will be in place at all times during the drill
 - May not under any circumstances participate as one of the Punchers





Briefing of Punchers prior to Drill



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- Briefer will be the Safety NCOIC/OIC; at a minimum Basic Combatives Instructor Course (Level III) certified.
- Briefer will brief:
 - The purpose of the drill
 - Identify the NCOIC and safety officer/NCO
 - Safety considerations
 - A rotation plan for multiple punchers and/or multiple rings



Briefing of Punchers prior to Drill



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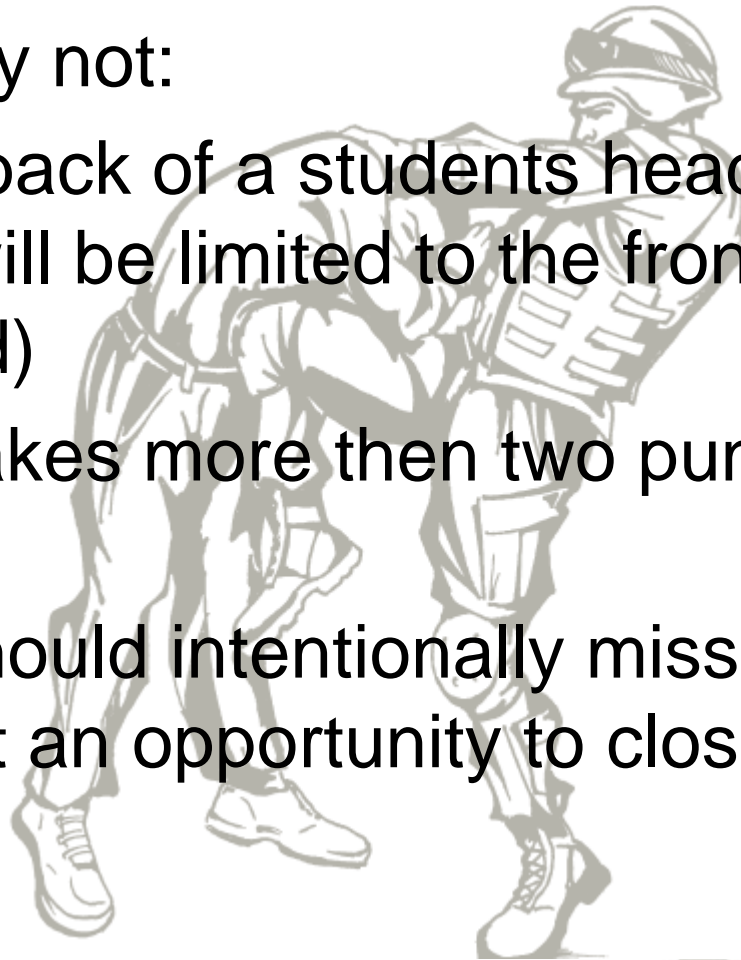
- Briefer will brief(cont):
 - Hand and arm signals
 - Exits to the designated training area
 - What to do in case of injury or altercation
 - Intensity for each student will be used relative to size and shape
 - What to do if a fight moves to the ground
 - “Universal Fight Plan”
 - Use of the “Plumb” or “Hard Wizzer”



Briefing of Punchers prior to Drill

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- Punchers may not:
 - Strike the back of a students head. (Head Punches will be limited to the front and sides of the head)
- If a student takes more then two punches to the head:
 - puncher should intentionally miss, allowing the student an opportunity to close



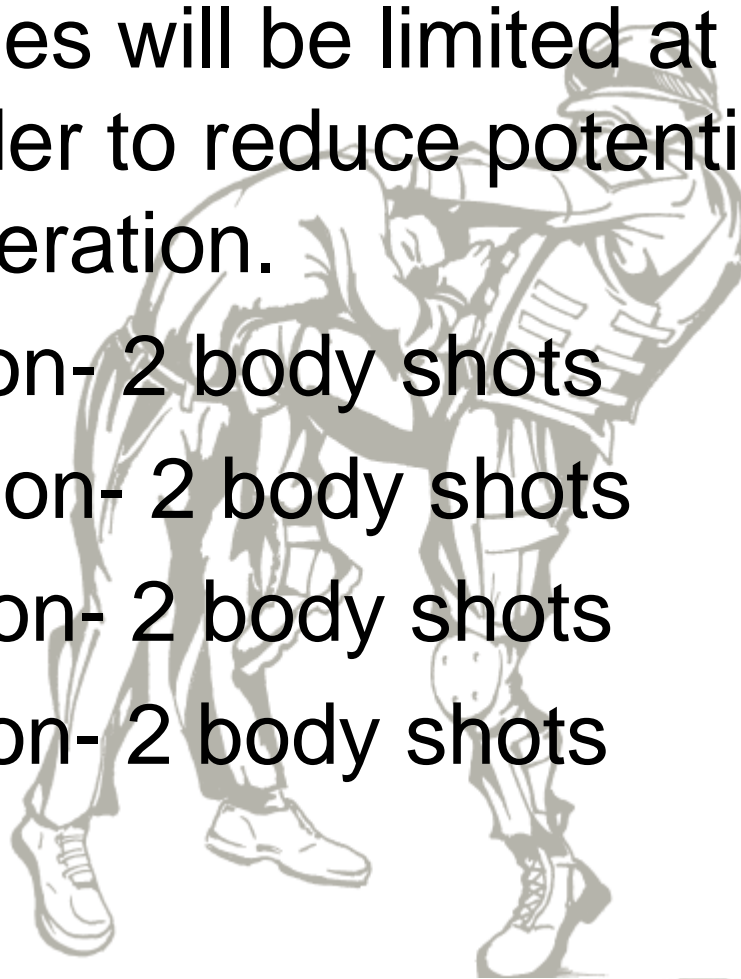


Briefing of Punchers prior to Drill



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- Body punches will be limited at Clinch range in order to reduce potential of injury to two per iteration.
- – 1st Iteration- 2 body shots
- – 2nd Iteration- 2 body shots
- – 3rd Iteration- 2 body shots
- – 4th Iteration- 2 body shots

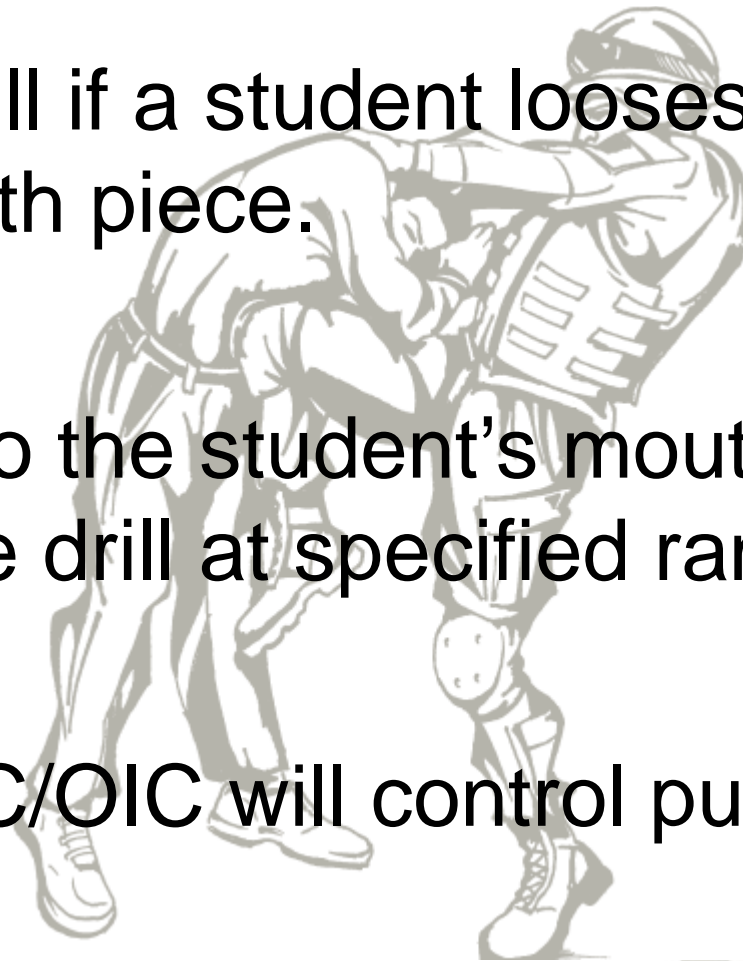




Briefing of Punchers prior to Drill

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- Stop the Drill if a student looses or spits out his mouth piece.
- Reinsert into the student's mouth and continue the drill at specified range.
- Ring NCOIC/OIC will control punchers





Briefing of Punchers prior to Drill

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- In case of any type of injury, altercation, or any questionable circumstance the puncher will look to the ring NCOIC/OIC for guidance.
- Neither student nor puncher will attempt to take the fight to the ground at any time.



Briefing of Students prior to Drill



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- Briefer will be the Safety NCOIC/OIC; at a minimum Basic Combatives Instructor Course (Level III) certified.
- Briefer will brief:
 - Exits to the designated training area
 - Safety considerations
 - The purpose of the drill
 - Not to attempt in any way to take the puncher to the ground
 - Identify the NCOIC and safety officer/NCO

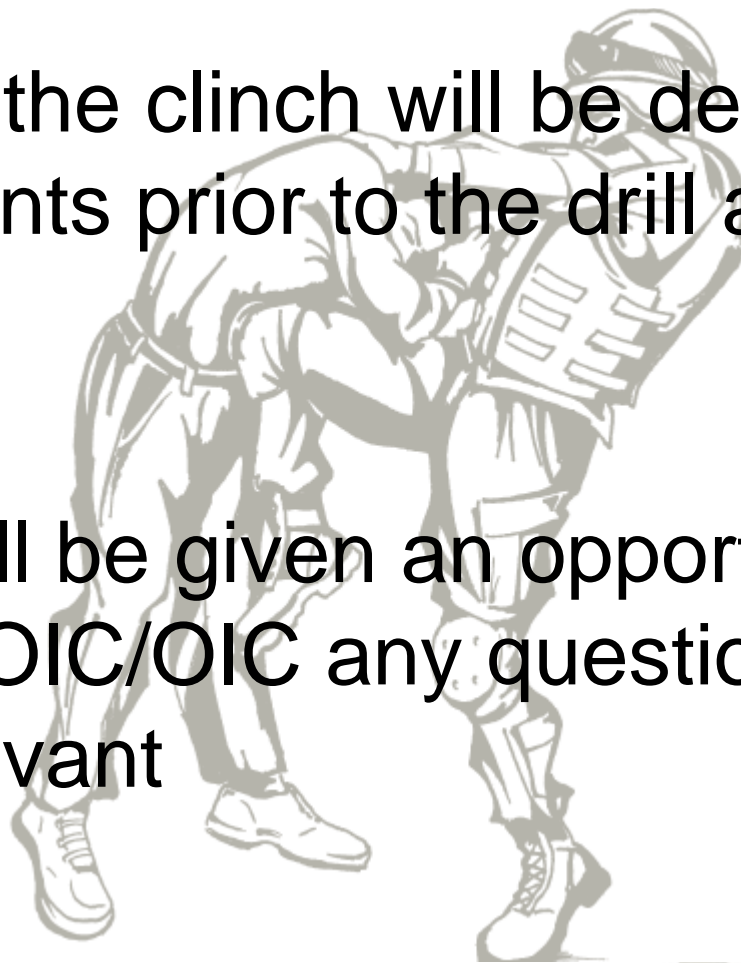


Briefing of Students prior to drill



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- All forms of the clinch will be demonstrated to the students prior to the drill as part of the Brief
- Students will be given an opportunity to ask the NCOIC/OIC any questions they feel are relevant



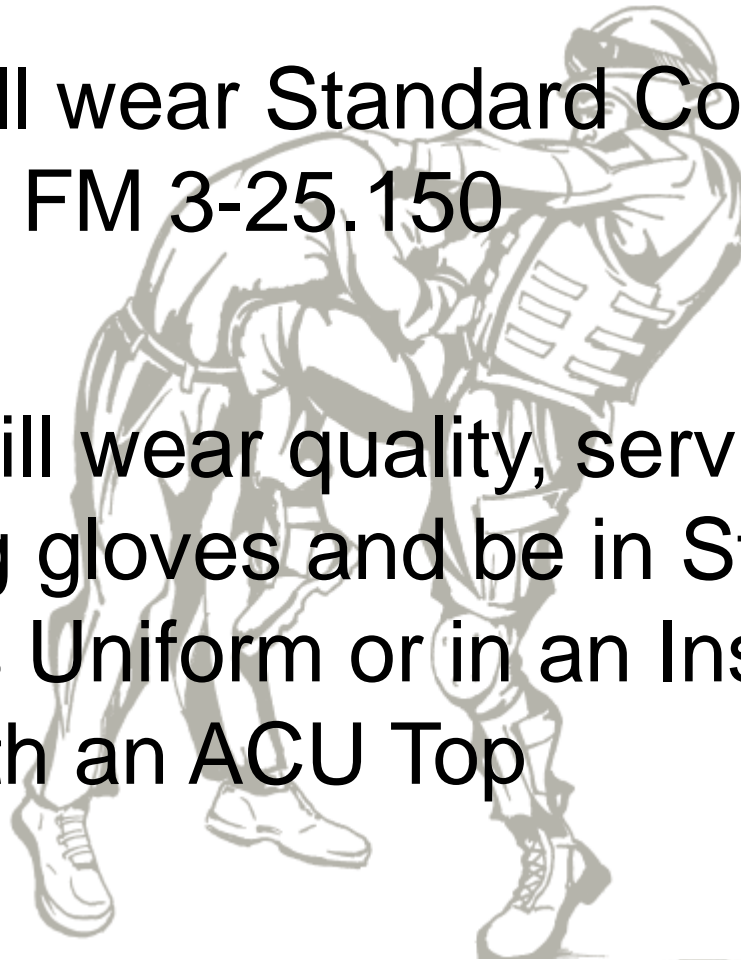


Uniform



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- Students will wear Standard Combatives Uniform per FM 3-25.150
- Punchers will wear quality, serviceable 16oz boxing gloves and be in Standard Combatives Uniform or in an Instructor Uniform with an ACU Top





Drill Completion



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- Will be determined by the NCOIC/OIC
 - Student or Puncher is seriously injured
 - NCOIC/OIC observes unsafe conditions
- Student achieves one of four Clinch position.
 - Rear-clinch
 - Modified seatbelt
 - Double under-hooks with body-lock
 - Wall clinch



Drill Completion



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- “Ten Second Rule” Student is stabilized and dominates in the clinch for ten seconds
 - If ten seconds go by after closing the distance, and the student is **actively attempting** to obtain the clinch position for ten seconds, they will be awarded the clinch.
- If both the puncher and student end up on the ground, the drill will restart from appropriate range.
 - If student falls, puncher will stand in front of student, but allow student to stand in base.

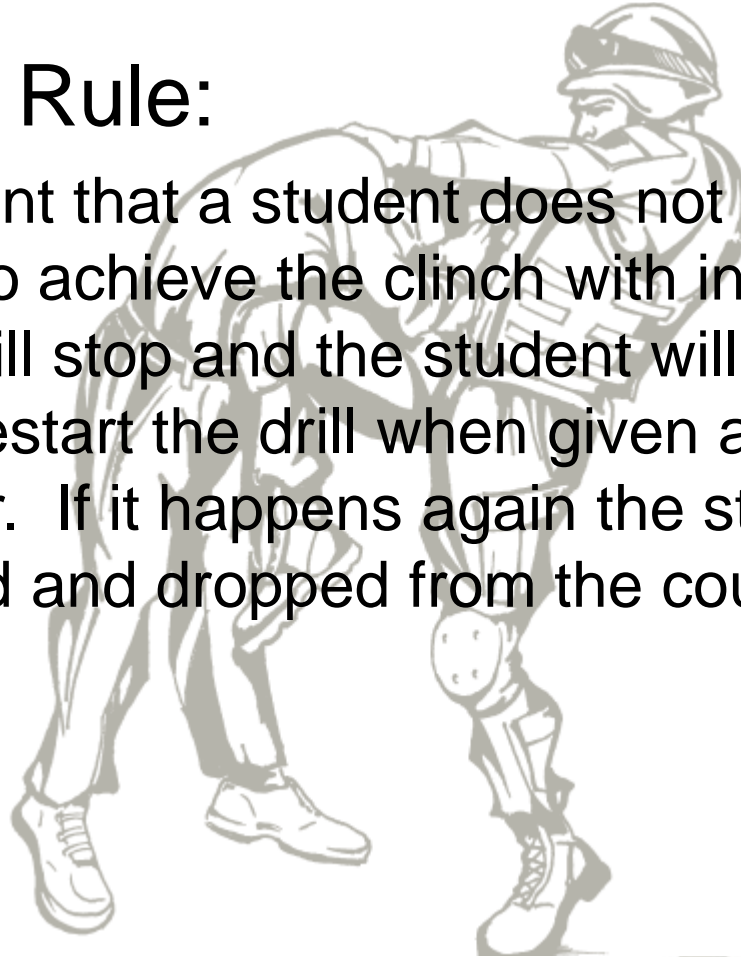


Drill Completion



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- One Minute Rule:
 - In the event that a student does not have the aptitude to achieve the clinch within one minute, the drill will stop and the student will be retrained, and will restart the drill when given adequate time to recover. If it happens again the student will be counseled and dropped from the course.



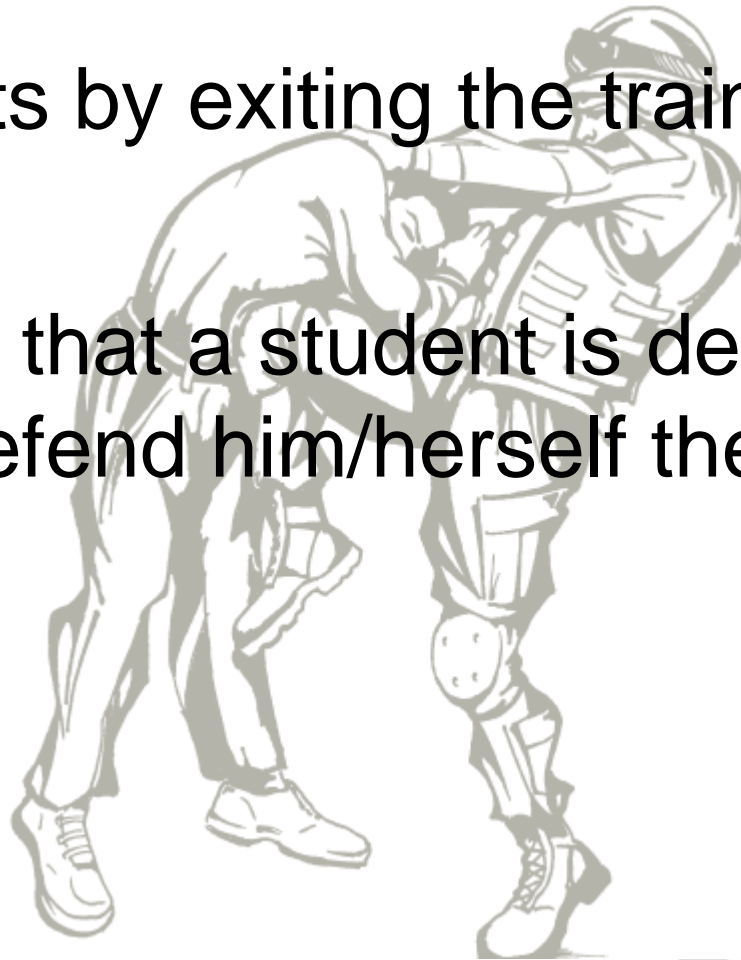


Drill Completion



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- Student quits by exiting the training area
- In the event that a student is deemed to be unable to defend him/herself the drill will be stopped



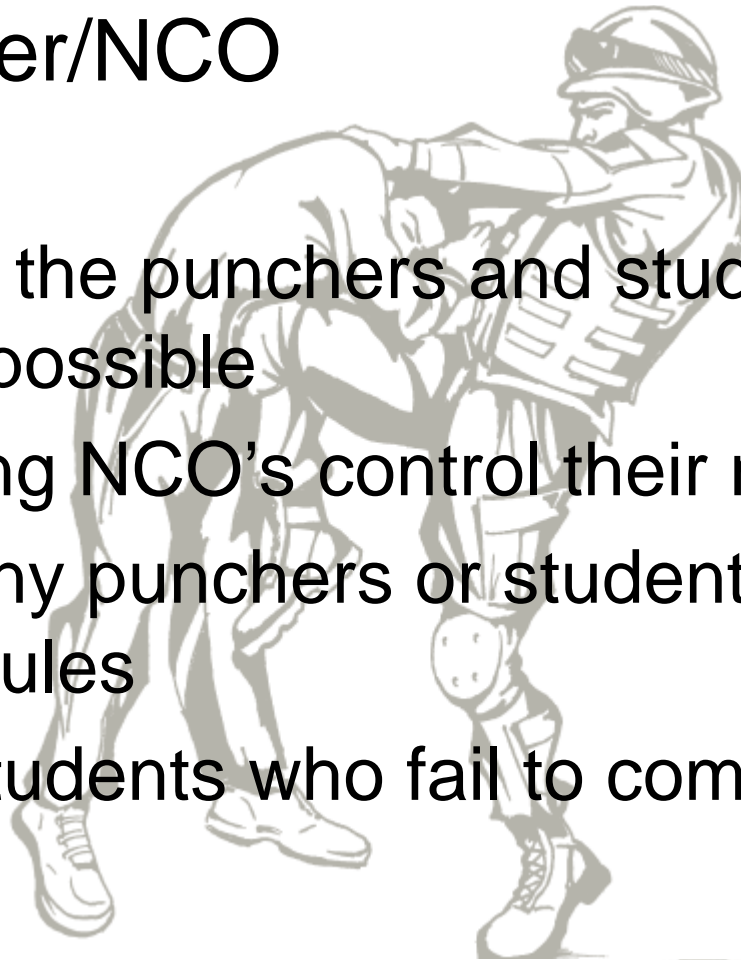


Safety Officer/NCO Responsibilities



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- Safety Officer/NCO
 - Briefs both the punchers and students whenever possible
 - Ensures ring NCO's control their rings
 - Councils any punchers or students who fail to follow the rules
 - Councils students who fail to complete the drill



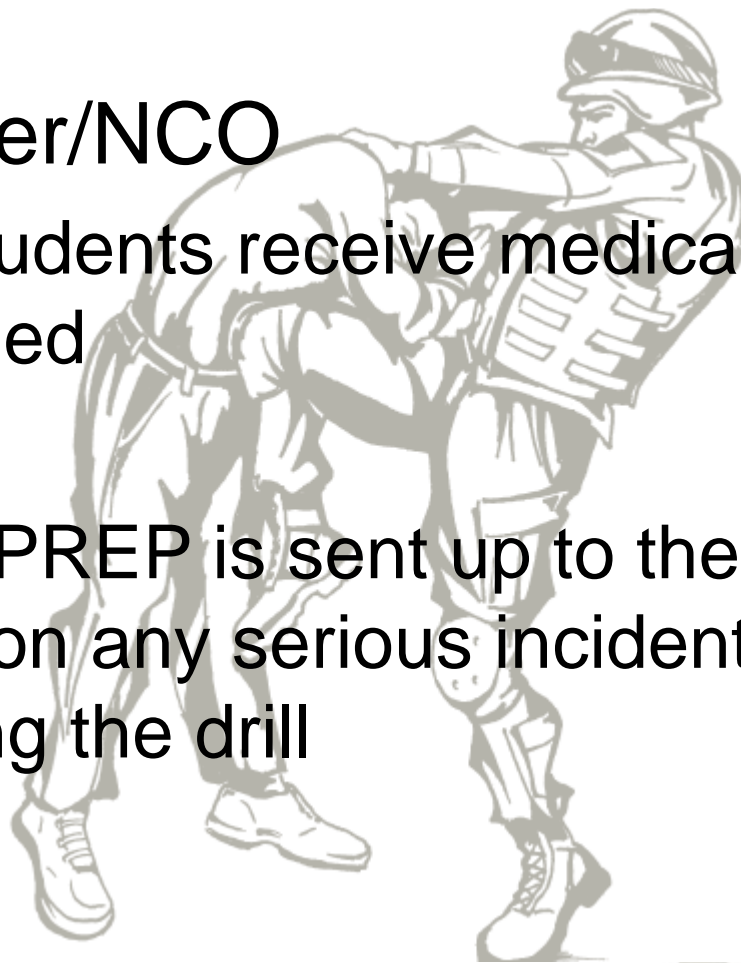


Safety Officer/NCO Responsibilities



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- Safety Officer/NCO
 - Ensures students receive medical attention when needed
 - Ensures OPREP is sent up to the chain of command on any serious incident that may occur during the drill



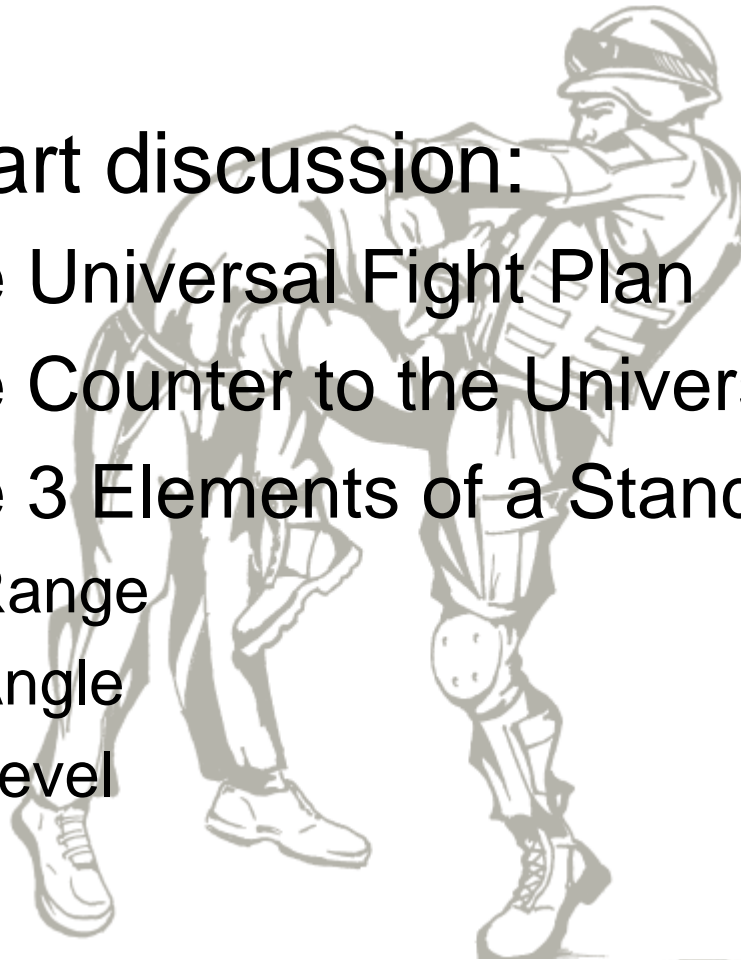


Train up prior to Drill



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- Five-part discussion:
 1. The Universal Fight Plan
 2. The Counter to the Universal Fight Plan
 3. The 3 Elements of a Stand-Up fight
 1. Range
 2. Angle
 3. Level



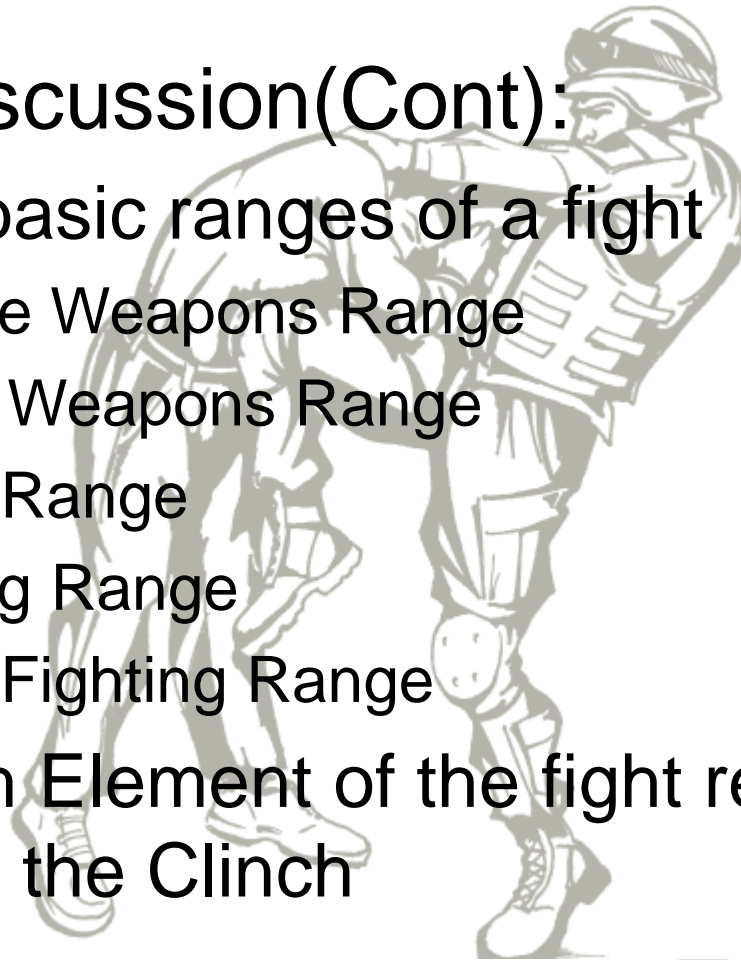


Train up prior to Drill Continued



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- Five-part discussion(Cont):
 4. The five basic ranges of a fight
 1. Projectile Weapons Range
 2. Contact Weapons Range
 3. Striking Range
 4. Clinching Range
 5. Ground Fighting Range
 5. How each Element of the fight relates to achieving the Clinch



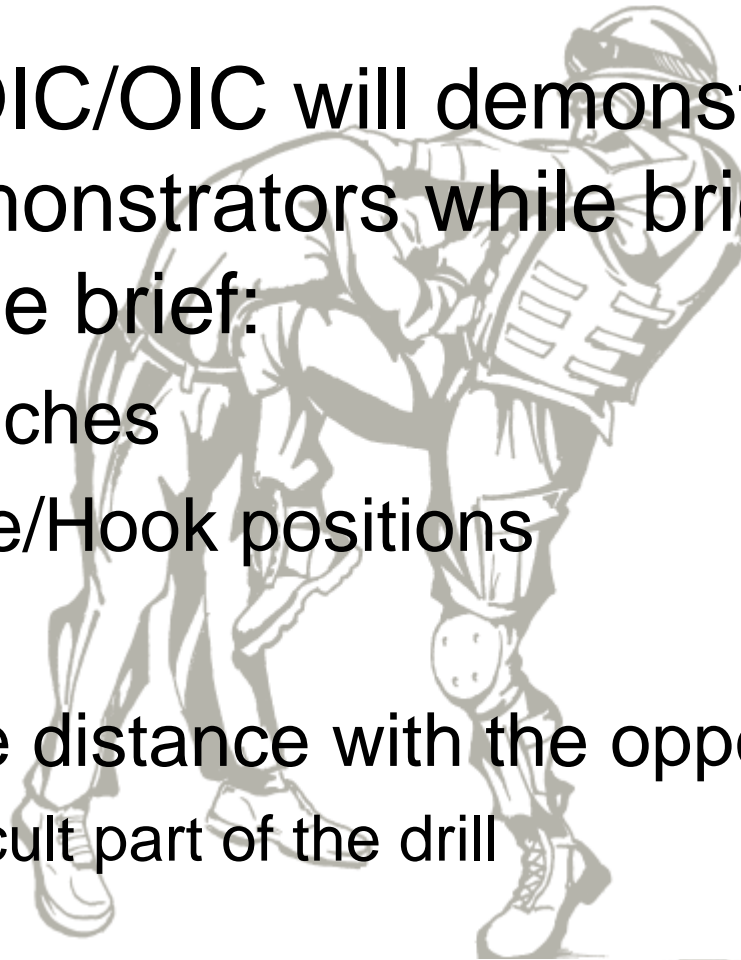


Demonstration prior to the Drill



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- Safety NCOIC/OIC will demonstrate or will provide demonstrators while briefing this portion of the brief:
 - All four clinches
 - Post/Frame/Hook positions
 - Scenario
 - Closing the distance with the opponent
 - Most difficult part of the drill





Training Drills prior to the Drill



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- Drills:
 - Controlling range with Post/Frame/Hook
 - Basic Pummeling to four clinch positions
 - Closing the distance with your opponent
 - The King Louis Drill
 - Turn the Corner from the 50/50 position into the modified seatbelt position
 - Close the distance and go into the Modified Seatbelt Position
 - The Over-hook Counter Drill (same side and switch sides)
 - Option one/ Option two from Post/Frame/Hook



Post



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Frame



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Hook w/Head Control



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Closing the distance with your opponent



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Striking Range (Starts from Projectile Range)

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Closing the distance with your opponent



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Changing Levels

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Closing the distance with your opponent



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Step in and bury Head into Chest

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Hands trace Chest, Shoulders, Biceps



The King Louis Drill



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Bicep control



Opponent attempts to slap

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The King Louis Drill



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Table top



Maintain Table top, Turn the corner

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Close the distance and go into the Modified Seatbelt Position



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Pummeling/Swim



Achieving the Clinch



Modified Seatbelt Clinch



Turn the Corner from the 50/50 position into the modified seatbelt position



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50/50 Clinch



Shoot Arm Skyward, Step with knee up



Achieve Basic Clinch



The Over-hook Counter Drill (same side and switch sides)



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Over-hook counter



Pummel/Swim



Pummel/Swim



The Over-hook Counter Drill (same side and switch sides)



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Shoot Arm Skyward, Step with Knee up

Turn the Corner

Shoot Arm out to avoid Punches, trace from Shoulder, to Triceps

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The Over-hook Counter Drill (same side and switch sides)



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Achieve Basic Clinch

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Basic Pummeling



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50/50 under-hook side foot to the forward

Both pummel/swim over hook side inward

Switch feet to adjust with under-hook/over-hook, back to 50/50

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Basic Pummeling



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Both pummel/swim over-hook side inward



Over turns into under-hook, under-hook turns into over-hook



Switch feet to adjust with under-hook/over-hook, back to 50/50



Training Drills prior to the Drill



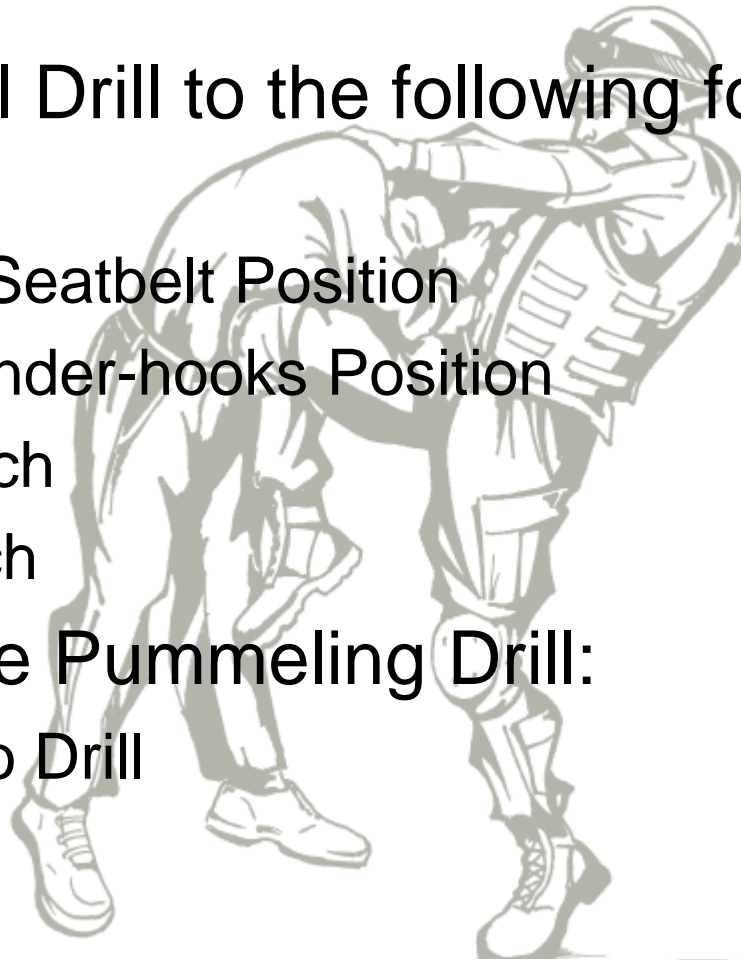
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– The Pummel Drill to the following forms of the Clinch:

- Modified Seatbelt Position
- Double Under-hooks Position
- Rear Clinch
- Wall Clinch

– Competitive Pummeling Drill:

- The Sumo Drill





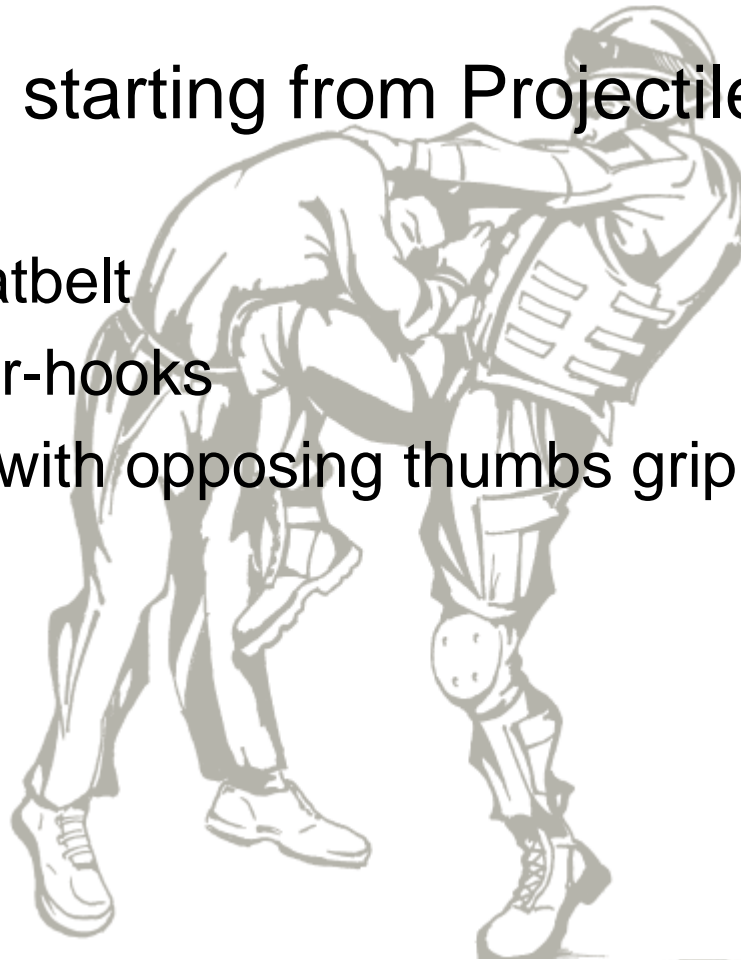
Training Drills prior to the Drill



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– The Slap Drill starting from Projectile Weapons Range

- Modified Seatbelt
- Double under-hooks
- Rear-Clinch with opposing thumbs grip
- Wall Clinch



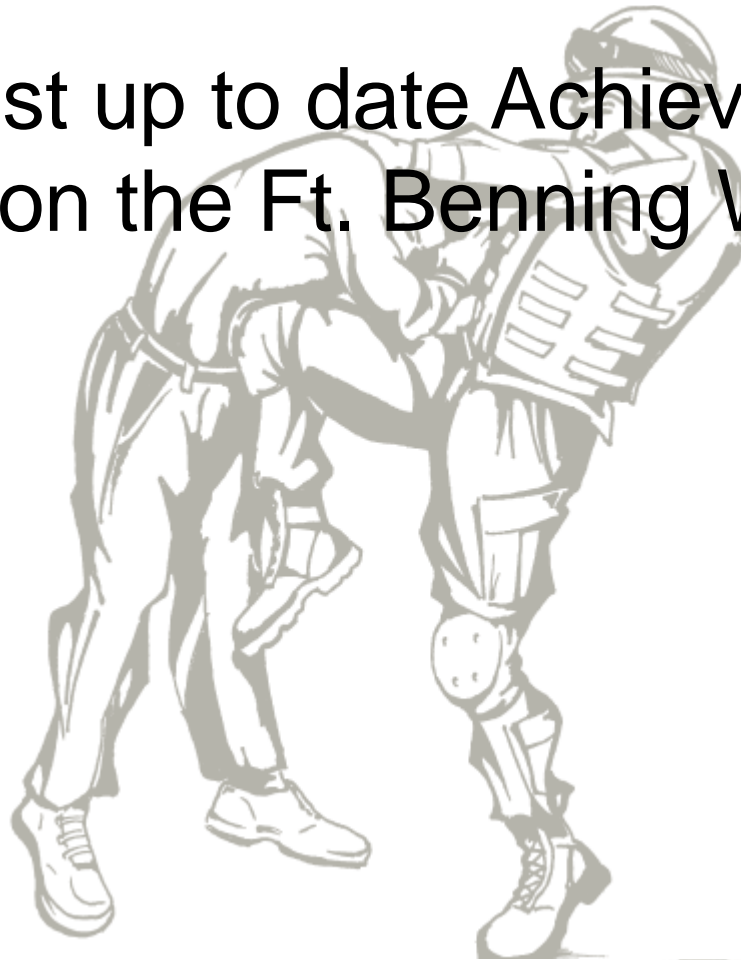


Achieve the Clinch



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- Find the most up to date Achieve the clinch SOP on the Ft. Benning Website





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Questions???



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Point of Contact



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Master Trainer: SFC Kevin Rice

Chief Trainer: SSG James Hanson

