US ARMY SPECIAL FORCES ONLY ST 31-204

HAND-TO-HAND FIGHTING

(KARATE / TAE-KWON-DO)

HAND-TO-HAND

FIGHTING

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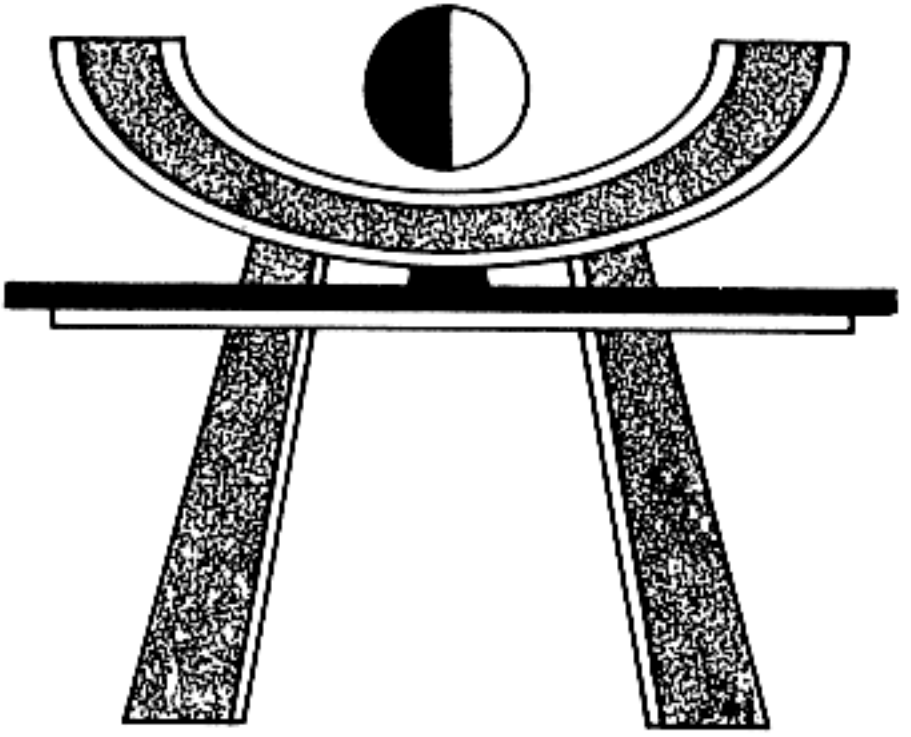
CHAPTER 1 INTRODUCTION



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CHAPTER 1

1. PREFACE. One of the major goals of Special Forces training is the development and maintenance of skills required to insure maximum chance of survival and mission accomplishment. Many of our missions require operating deep within enemy territory where the possibility of engaging in hand-to-hand combat increases. The soldier trained only in the use of his basic weapon loses his effectiveness if his weapon fails to fire or breaks. The soldier skilled in hand-to-hand fighting can continue to defend himself, engage the enemy, and accomplish the mission.

2. PURPOSE. This manual provides - -

a. Commanders and staffs with a basic reference for training Special Forces soldiers in hand-to-hand fighting techniques.

b. Instructors with basic techniques, programs of instruction, and methods for certifying student proficiency.

c. The individual soldier with a reference from which he can continue to develop and practice his hand-to-hand fighting skills on his own.

3. RATIONALE FOR THIS MANUAL.

a. The particular hand-to-hand techniques and programs of instruction described in this manual were selected according to the following criteria. The program - -

(1) Should develop an effective hand-to-hand fighter.

(2) Should be relatively easy to train and learn.

(3) Should utilize the most effective techniques currently available.

(4) And finally, should provide the soldier with a training program through which he could progress to an effective fighting level, and if he desired, be able to continue his training at specialized nonmilitary schools to attain expert capabilities.

b. Hand-to-hand combat training not only develops a proficient hand-to-hand fighter, but also - -

(1) Develops the individual's self-confidence and aggressiveness and instills the will to fight.

(2) Increases unit confidence, cohesiveness, and morale.

4. HISTORY OF HAND-TO-HAND COMBAT.

a. The origin of hand-to-hand combat probably dates back to the beginnings of man. Throughout the centuries, soldiers and civilians have had to use their bodies to defend themselves against attack when weapons were not readily available.

b. The first attempt at organizing and developing the techniques of hand-to-hand combat is believed to have originated in China as a means of unarmed defense against outside invaders. Not much is known about subsequent development; however, historians believe similar systems of fighting were developed by Buddhist Monks around A.D. 1000 as a defense against the numerous robber bands of that time. Judo and Karate are modern forms of these ancient self-defense systems.

c. Judo is basically a form of wrestling, and the history of its development is clouded.

d. Karate is basically a form of boxing and evolved from the Okinawa technique (Okinawa-Te or Okinawa Hands) of unarmed combat. Okinawa-Te, in turn, is believed to have developed from the Chinese art of Kempo (fist way).

(1) According to Chinese legend, Kempo was originated by an Indian Buddhist monk. The monk had traveled from India to teach Buddhism to Chinese monks at a monastery called Shaolin-szu; however, the pace and discipline set by the monk was so physically demanding that his students fainted from exhaustion. The Indian monk recognized that the objective of Buddhism was salvation of the soul; but his students were in such poor physical condition, they were not able to perform the mental practices necessary to attain spiritual enlightenment. So he developed a set of exercises designed to improve the physical and mental condition of his students. In time, the discipline they practiced evolved into Kempo and the Shaolin-szu monks became the most feared fighters in China.

(2) Okinawa is located near mainland China, and much of its early cultural development can probably be traced to Chinese influences to include the introduction of Kempo. The early adaptation of Kempo to Okinawa-Te has not been accurately documented, but old stories generally say it began about 400 years ago. At that time, so the stories go, the Ryukyu Islands (Okinawa) were conquered and united into one kingdom. To ensure his rule, the king confiscated and banned possession of weapons by people other than his troops. A second ban on weapons was instituted by Japanese conquerors approximately 200 years later. These two incidents are generally credited as the cause for the intense development of the emptyhanded fighting techniques of Okinawa-Te. In the early 1900's, an Okinawan demonstrated Okinawa-Te techniques in formal exhibitions in Japan as part of a Japanese-sponsored exposition on physical training. From there, modern karate was born, became popular and eventually was introduced to the Western World. Karate, meaning empty hands, is a term that has been adopted to generally cover the various Okinawan and Japanese fighting styles. Tae-kwon-do, meaning the way of fist and feet, is Korean and covers the various Korean styles. The basic techniques of Okinawan, Japanese, and Korean styles are the same and are the techniques presented in this manual.

CHAPTER 1 PRINCIPLES & CONDUCTING

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1. SCIENCE. Karate and Tae-kwon-do techniques are generally regarded by the American public as being mysterious and very difficult to learn. This is not true! These techniques are none other than applications of well known scientific principles of physics and anatomy. Let us discuss the basic physical principles:

a. Striking Power. The hitting force of a fist or foot is inversely proportionate to the time required to apply the force. This means, then, the force developed by the punch is primarily dependent on the speed at which the punch lands. The scientific formula reads: force equals mass times velocity squared. The techniques described in this manual will show you how to use your muscles to develop maximum speed without loss of power.

b. Focus of Power.

(1) First: The essence of an effective strike (punch, kick) is the concentration of maximum force at the right place and at the right time. We all know that a punch delivered with a bare fist is more devastating than with 16-ounce boxing gloves. The primary reason for this is because the force is concentrated in the small area of the knuckles rather than dissipated over the larger area of the glove. FOCUS.

(2) Second: The more effective use we make of our muscles, the more force will be delivered by the strike; therefore, the muscles of the entire body are used to focus the power in the knuckles at the instant of the strike. The techniques described in this manual will show you how to use your muscles in proper order to develop greater power, speed, and concentration of force. FOCUS.

c. Opposite and Equal Reaction. We know that for every action there is an opposite reaction. This principle of physics is widely used in hand-to-hand striking techniques. For example, when a punch is thrown, the other hand is simultaneously retracted to the hips thereby reinforcing the strike. Similarly, when punching, the rear leg is pressed hard against the ground resulting in an opposite reaction being transmitted through the leg, body, and arms to add to the force of the blow. FOCUS.

2. CONCENTRATION. We mentioned earlier that the essence of an effective strike (punch, kick) depends on concentrating maximum force at the right place at the right time. To do this, we must be able to see the opening presented by our opponent and attack. Similarly, when we are on the defense, we must see our opponent's strike, block it, then concentrate our power into a counterattacking strike: Both the attack and counterattack focused with maximum power and speed to hit a vital open point at the right time. This concept of seeing your opponent's actions and reacting to them is probably the most difficult to master in hand-to-hand fighting. It requires a mind clear of other distractions and capable of focusing on the business at hand; that is, neutralizing your opponent. Therefore, you must concentrate on the fight and your opponent, detect an opening or block his strike, and then attack or counterattack using the proper technique. Constant practice will develop these skills and you will be surprised, if you practice diligently, at how soon you will be able to detect openings and react. You will be developing reflex actions.

HAND-TO-HAND FIGHTING TECHNIQUES

3. BLOCKING/ATTACKING. Hand-to-hand fighting is divided into two major areas composed of BLOCKING techniques and ATTACKING techniques. This manual is oriented towards these techniques.

4. NO JUDO. You have probably already asked yourself "What about throwing and takedowns like in Judo?" We have purposely excluded throws and takedowns (Judo techniques) because - -

a. Throws and takedowns are normally only an intermediate step to taking your opponent out. After your opponent is thrown to the ground, you will probably still have to strike him to finish him. So, let's just block his attack and finish him with counterstrikes instead of blocking, throwing, and then striking as in Judo.

b. Throwing puts you in a vulnerable position. To throw your opponent, you must first grab him! This puts you in close to your opponent and vulnerable to his attack.

c. Throws are slower than striking to execute, and as a result, are easier to counter.

d. To learn to throw, you must also learn to fall (very well). Learning to fall requires lots of time and practice and does not contribute significantly to developing an effective hand-to-hand fighter. The time can be used more effectively in learning to block and attack.

5. TECHNIQUES. Now back to Blocking and Attacking techniques. Blocking and attacking can be organized or broken down into hand, foot, stance, alignment, and moving techniques.

a. Hand Techniques. Hand techniques can be separated into two broad categories: Punching and Striking.

(1) Punching: In punching, the blow normally starts from the hips and is thrown directly to the target (like a straight punch).

(2) Striking: In striking, the blow can originate from near the ears, in front of the face, etc., and can take a circular path to the target as well as directly to the target.

b. Foot Techniques. Foot techniques can be organized into three categories: snap kicking, thrust kicking, and stomping.

(1) Snap kicking: In snap kicking, the foot is usually snapped (whipped) from the bent knee position in a curved line to the target, normally striking with the toe or instep of the boot.

(2) Thrust kicking: In thrust kicking, the foot is usually thrust (like a punch) from the bent knee position directed to the target, normally striking with the heel of the boot.

(3) Stomping: When stomping, the foot is usually thrust from the bent knee position down to the target, normally striking with the edge or heel of the boot.

c. Stances. The stances can be organized into three categories: Natural stances, stances facilitating sideward movements, and stances facilitating forward and backward movements.

d. Alignment. These are the positions in which you face your opponent, and they can be organized into three categories: Front (shoulders square with the opponent), oblique (shoulders approximately at 45° angle to your opponent), and side (shoulders at a 90° angle to your opponent).

e. Movements. These are the methods of moving from one position or stance to another, and they can be organized into three categories: Stepping, sliding, and turning.

6. GENERAL. The training in this manual is organized into three phases (basic, intermediate, advanced) and is designed to - -

a. Allow the soldier to progress in developing his skill at executing these defensive and attacking techniques.

b. Allow the training to be conducted at the unit level as part of the physical fitness training (PT) program.

7. TRAINING CYCLE.

a. Basic Phase (8 hours):

(1) The basic phase is designed to introduce the soldier to the particular hand-to-hand fighting techniques contained in this manual and to stimulate his interest towards further developing his fighting skills.

(2) This phase is designed to be taught by the Special Forces School during Phase 3 training; however, it can also be taught at the unit level as part of the PT program.

(3) A suggested program of instruction is contained in appendix A.

b. Intermediate Phase (48 hours):

(1) The intermediate phase is designed to teach the soldier the fundamentals of correct attacking and counterattacking techniques. Instruction will include hand, feet, stance, alignment, and moving techniques.

(2) This phase is designed to be taught at the unit level as part of the PT program. It is recommended that 2 hours be devoted to each session and that sessions be alternated every other day with the usual exercises of the PT program.

(3) A program of instruction and examination to certify this level of proficiency is contained in appendix A.

c. Advanced Phase (60 hours):

(1) The advanced phase is designed to reinforce the fundamentals already learned and to teach additional techniques. During this process, the soldier will learn the techniques and develop the speed and confidence needed to become an effective hand-to-hand fighter.

(2) This phase is designed to be taught at the unit level as part of the PT program. It is recommended that 2 hours be devoted to each session and that sessions be alternated every other day with the usual exercises of the PT program.

(3) A program of instruction and examination to certify this level of proficiency is contained in appendix A.

d. Continuing Training. After the soldier has completed the advanced level, he can maintain his speed and his proficiency by continuing to practice weeks 8 through 14 of the advanced phase POI. If he desires to learn additional techniques and advance to MASTER levels of proficiency, we recommend he attend a professional martial-arts school of his choosing.

8. MAJOR POINTS OF HAND-TO-HAND TRAINING.

a. Always use the principles and techniques outlined in this manual. There is no doubt that most beginning students will find the initial sessions dull and will want to advance to the more exciting sparring sessions. However, you must build a firm foundation in the basic techniques first, or your progress will eventually be hampered and your skill will never be developed to its potential. The basic techniques are your most effective killing techniques.

b. The more you practice, the better you will get. Try to practice on your own or with a partner daily.

c. When an opponent is in a vulnerable position, press the attack to the finish. You are learning a killing skill, not a sport, and you don't give the other guy the chance to recover.

9. THE INSTRUCTOR.

a. The instructor should be in good physical shape, must be able to perform all of the techniques in this manual, and must possess the leadership qualities necessary to inspire his students. At present, there are individuals in Special Forces units who are skilled in the martial arts. These individuals should be selected as instructors. As unit training progresses, talented students from the advanced phase can be used as assistant instructors and eventually as instructors.

CAUTION: Instructors must be cautioned to teach the techniques in this manual rather than their own individual styles. The techniques in this manual form the basic techniques from which most hand-to-hand fighting has developed, and once the student has mastered these, he can then develop very sophisticated styles. Approximately one instructor/assistant instructor for 10 student pairs (20 students) is an adequate ratio.

10. SAFETY.

a. Supervise all training sessions closely.

b. Do not allow horseplay. Remember, these men are learning to kill!

c. Do not allow intentional striking of an individual by another. As speed, power, and techniques are developed, it won't be long before the student possesses the ability to kill with one or two well placed blows.

d. During the stages of learning and perfecting techniques, student partners must be made aware of the particular technique to be practiced before it is executed.

e. When practicing counter knife, bayonet, pistol, or rifle techniques, insure that scabbards are firmly attached and that fingers are not placed in trigger guards.

11. FORMATIONS. The regulation physical training formations in FM 21-20, Physical Readiness Training, may be used for training sessions. In the extended platoon formation, have the 1st and 3d ranks face the 2d and 4th so that each student will have a partner.

12. COMMANDS.

a. Most of the techniques described in this manual can be divided into steps or phases. To command execution of a specific technique, all that is required is identification of the technique and intermediate commands to signal execution of each phase or step. For example: The block-and-reverse-punch combination is a five-step technique in practice. To prepare the students, announce:

FROM FRONT FORWARD STANCE, EXECUTE RIGHT INSIDE BLOCK AND REVERSE PUNCH: Students hold natural stance.

HUP: Students assume front forward stance.

HUP: Students execute right inside block.

HUP: Students execute left reverse punch.

HUP: Students resume natural stance.

b. Until students are completely familiar with the names of movements, it is recommended that an assistant instructor demonstrate the technique before students execute it.

c. After the students have learned the technique, this particular movement could be executed in two phases. For example:

FROM FRONT FORWARD STANCE, EXECUTE RIGHT INSIDE BLOCK AND REVERSE PUNCH: Students hold natural stance.

HUP Students step into front forward stance simultaneously executing right inside block, then execute left reverse punch, then resume natural stance.

d. Similar commands can be used for the other techniques discussed in this manual.

13. CALISTHENICS.

a. Calisthenics are an essential part of all athletics, and this is especially true for hand-to-hand fighting. You must develop mobility, flexibility, and strength to maximize your fighting potential. The better conditioned fighter has the edge.

b. Hand-to-hand calisthenics are divided into four (4) parts: Flexibility and warm up exercises, strength building exercises, increasing reaction and speed exercises, and stamina exercises. The calisthenics described in FM 21-20 may be used for training and specific exercises should be selected by the instructor.

14. TRAINING AREAS. Any area with sufficient space (approximately 8 square feet per pair of students) is suitable for use in training the techniques in this manual. A grassy open field is preferable; however, training may be conducted indoors or outdoors on any surface that is not slippery.

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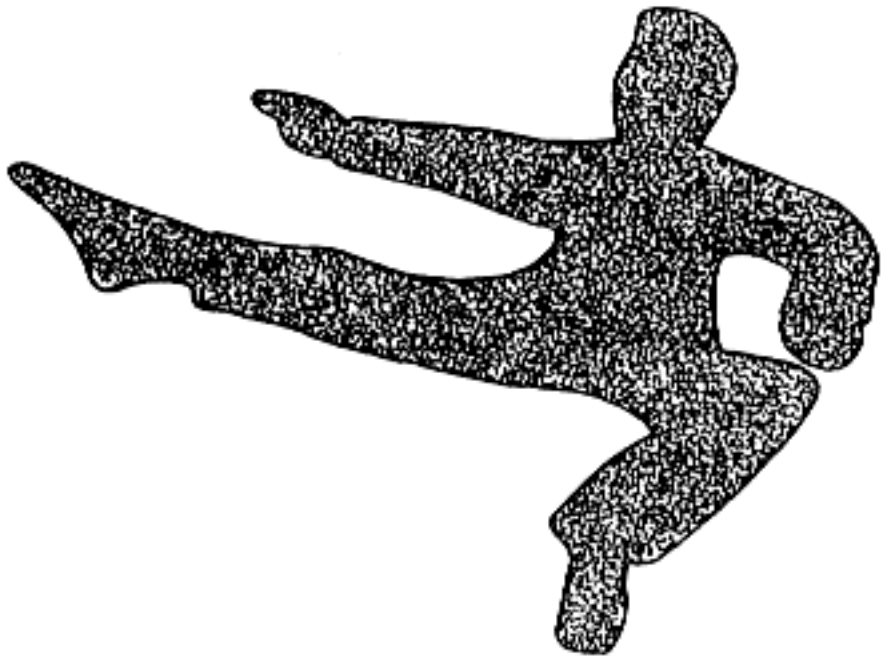
CHAPTER III TECHNIQUES



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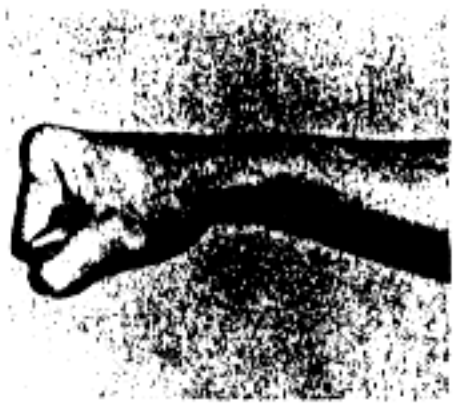
TECHNIQUES

1. STRIKING SURFACES AND VULNERABLE POINTS:

The essence of effective hand-to-hand fighting is the concentration of maximum force at the right place at the right time. In this section, we will discuss the natural weapons available to the soldier for use in the defense and attack. Although the entire body could be used (head, teeth, etc.), we will cover only those points where maximum force can be concentrated: primarily the arms and legs.

a. Fist. The fist is the most commonly used weapon in hand-to-hand fighting. Constant practice is needed to develop and maintain a strong fist. The first two knuckles of the fist are the striking points. All striking power is concentrated there. The top of the fist/forearm and the face of the fist form a 90° angle. A straight line can be drawn from the center of the forearm out through the center of the two knuckles. To gain maximum force from the body, through the arm and to the knuckles, the arm and fist must be kept straight. Do not bend the wrist. You can feel the central bones of the forearm forming a line pointing to the center of the two knuckles.



b. Backfist. Used mainly in attacking face.

c. Bottom Fist. Used mainly to attack head, base of back, top of spine, elbow joints, and other hard surfaces. Also used in blocking.

d. Foreknuckle Fist. Press fingers together with thumb. Keep top of hand straight. Do not bend wrist. Used to attack Adam's apple, between nose and upper lip and temple.

e. Oneknuckle Fist. Extend knuckle of forefinger and hold down with thumb. Used to attack temple, between eyes.

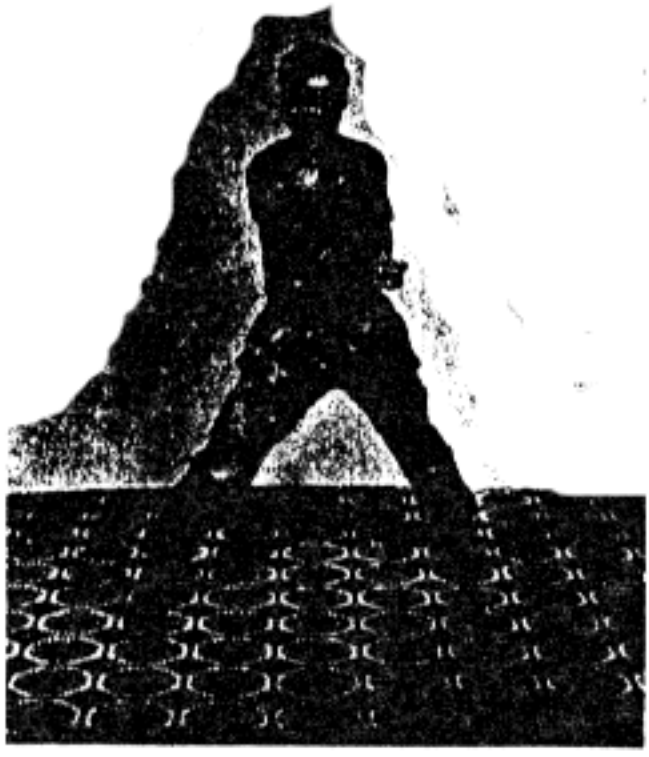
f. Knife Hand. Form a rigid hand by tensing muscles (press thumb in). Keep wrist straight. Strike with meaty portion of hand. Used to attack neck, temples, collarbone.

g. Hand Heel. Similar to knifehand except wrist is bent. Used to attack collarbone.

h. Palm Heel. Used to jam bottom of nose up.

i. Two-Finger Spear. Used in attacking eyes.

j. Forearm. Used in strong blocking techniques.



k. Elbow. Used in close range attack to chin, chest, ribs, solar plexus.

1. **Knee.** Used in close range attack to face, solar plexus, groin.

m. Instep. Used in front snap kicking to attack groin.

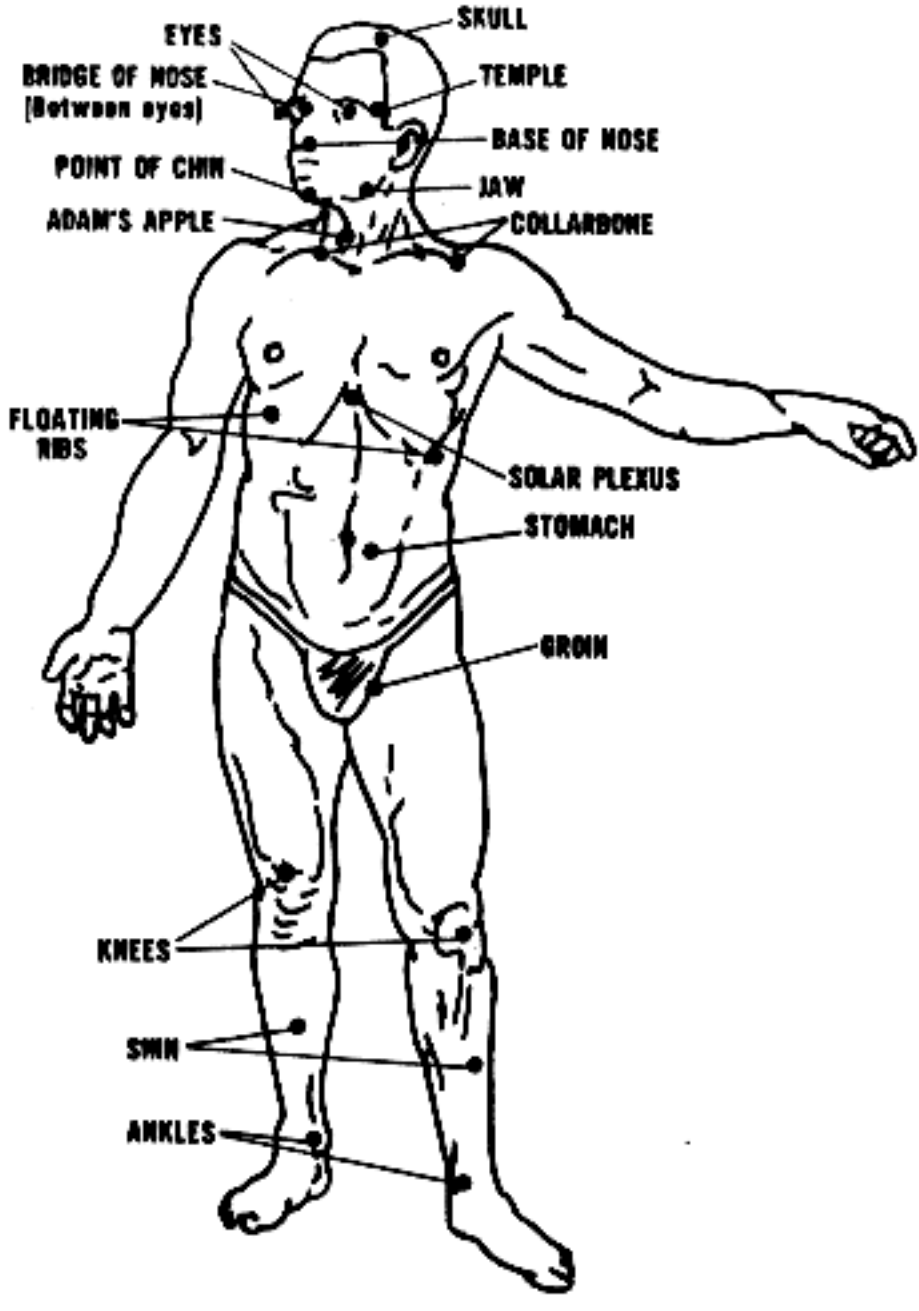
n. Boot Toe. Used in front kicking to attack face, solar plexus, ribs, groin, knee joints, etc.

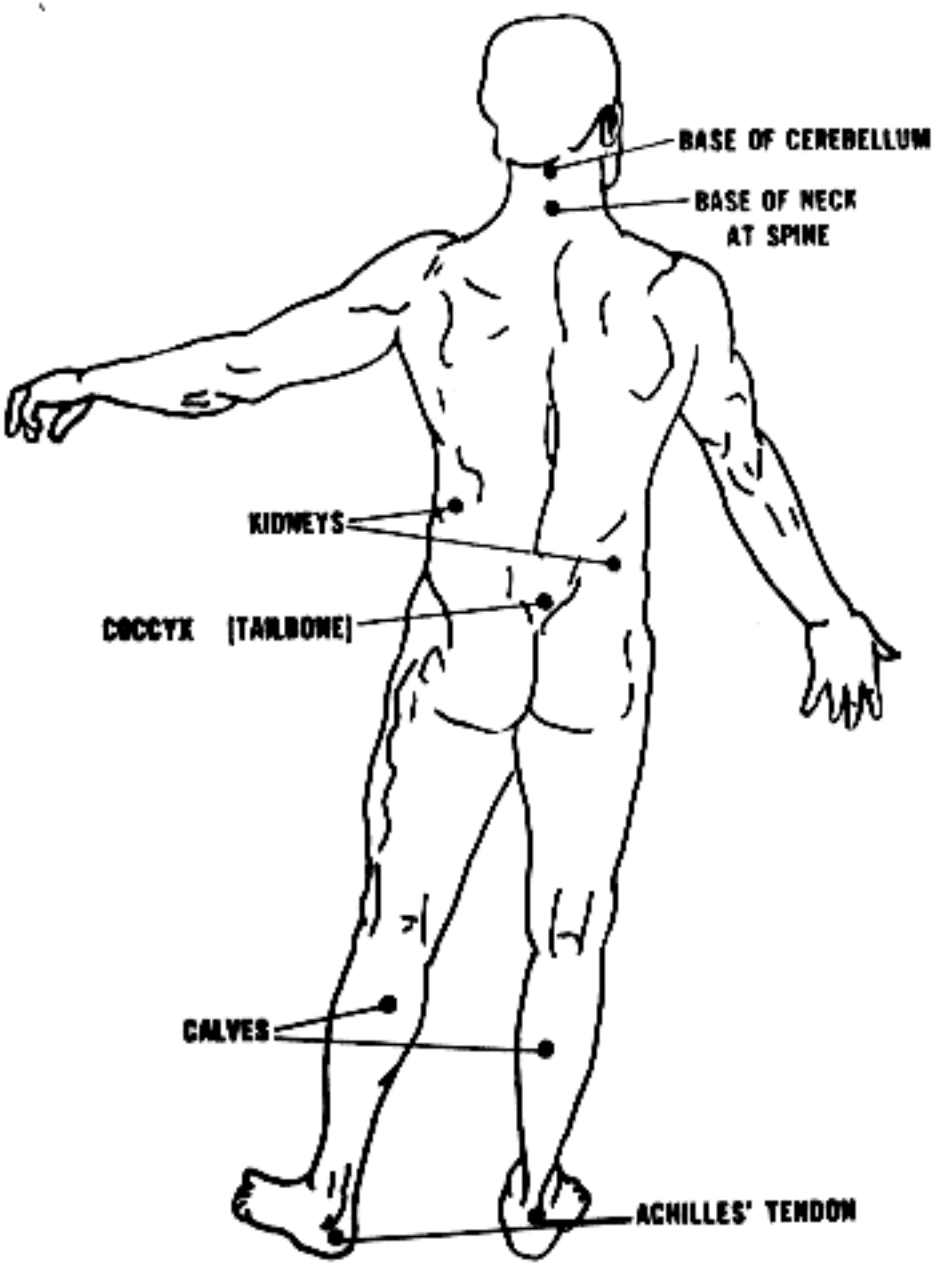
o. Boot Edge. Used in side and stomp kicking to attacking face, ribs, solar plexus, knee joint, shins, ankles, etc.

p. **Heel.** Used in side, back and stomp kicking to attack face, solar plexus, ribs, knee joint and ankles.

q. Sole. Used primarily in foot blocking techniques.

VITAL POINTS

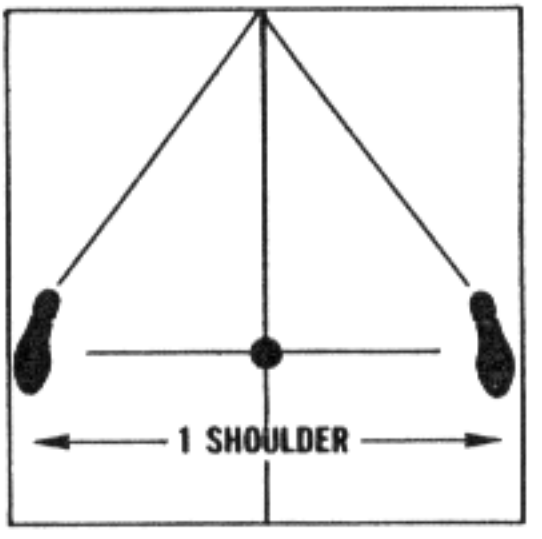

SKULL
EYES
BRIDGE OF NOSE
(Between eyes)
TEMPLE
BASE OF NOSE
POINT OF CHIN
JAW
ADAM'S APPLE
COLLARBONE
FLOATING
RIBS
SOLAR PLEXUS
STOMACH
GROIN
KNEES
SHIN
ANKLES


BASE OF CEREBELLUM
BASE OF NECK AT SPINE
KIDNEYS
COCCYX (TAILBONE)
CALVES
ACHILLES' TENDON

2. STANCES. In hand-to-hand fighting, balance is of primary importance. An individual who is off-balance is susceptible to attack and conversely cannot press the attack when an opening is presented. Stances are the foundation of good balance, and they provide the platform from which effective defensive and attacking techniques are executed. Stances can be organized into three categories: Natural stances, stances facilitating sideward movements, and stances facilitating forward and backward movements. Since every person has his own physical characteristics, stances may have to be adapted to fit your stature; however, try to duplicate the stances as closely as possible.

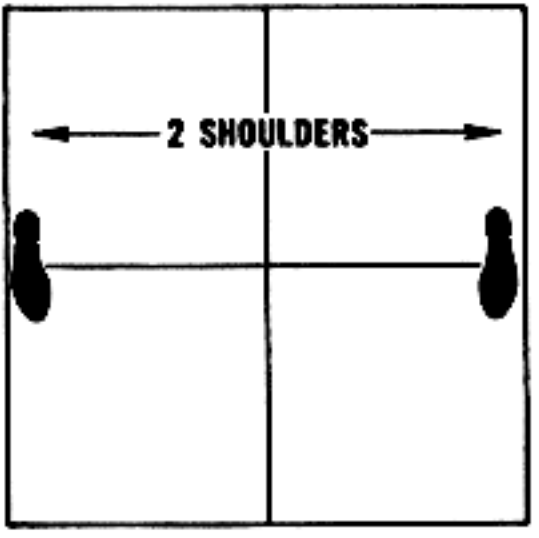
a. Natural Stance. The natural stance is not a direct part of any specific hand-to-hand technique. It is used for practice and developing technical skills. It also teaches the student how to move from natural positions to fighting stances.

Place feet flat on the ground about shoulder width apart, legs straight, arms in front of you, body relaxed.



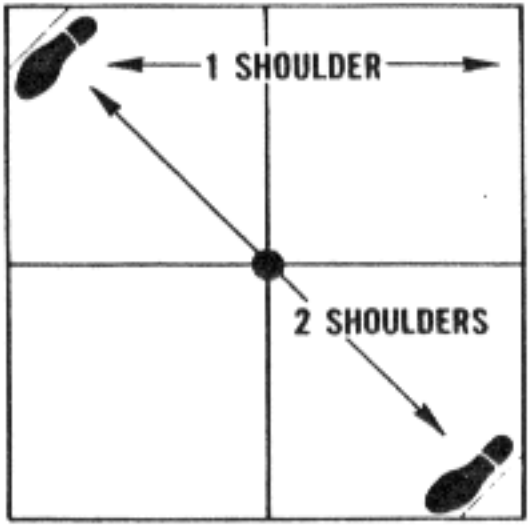
b. Straddle Stance. This is a strong stance for sideward movement.

Plant feet firmly on ground with feet about two shoulder widths apart. Toes are pointed forward. Knees are bent with slight pressure exerted outward at the knees. Hip and leg muscles should be tensed. Knees should be directly over the big toes. Keep back straight and weight evenly distributed. Hands should be clenched in a fist. This stance resembles a rider straddling a horse. The pressure at the knees gives you the sideward mobility.



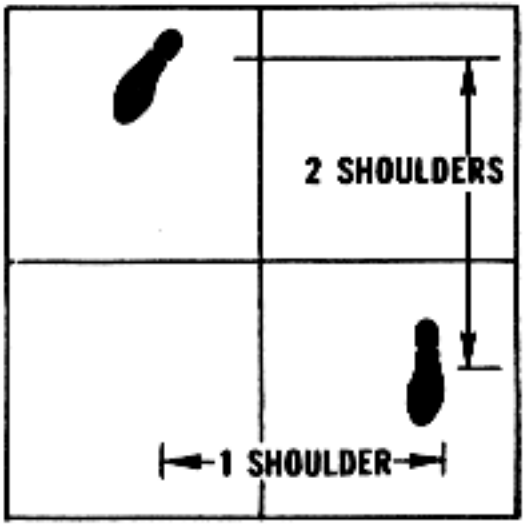
c. Forward Straddle Stance. This is a strong stance for sideward, forward and backward movement and is used in the attack and defense.

This is the same as the straddle stance with feet turned about 45°. Feet are placed flat on the ground two shoulder widths apart with weight evenly distributed. Both knees are bent and tensed outward. The front knee is over the big toe and the rear knee about one foot forward of the big toe. The upper body is straight and is facing forward towards opponent (45° from direction of feet).


1 SHOULDER
2 SHOULDERS

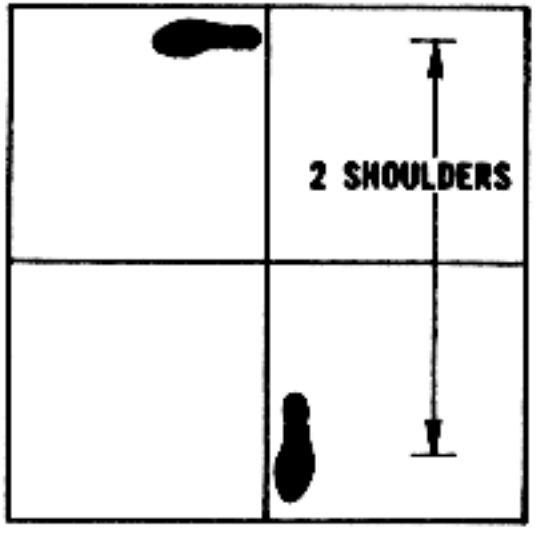
d. Forward Stance. The forward stance is used mainly for attacking forward and blocking attacks from the front.

Feet are placed flat on the ground. The front foot is placed two shoulder widths ahead of the rear foot. The front foot is pointed straight ahead, the leg bent at the knee with the knee directly over the big toe. The rear foot points outward at about 45°, the leg straight. The upper body is straight and facing forward towards opponent. Approximately 60% of body weight should be on the front leg with 40% supported by the rear leg.



e. Back Stance. The back stance is used mainly for kicking but is also good for moving forward and backward.

Feet are placed flat on the ground about two shoulder widths apart. The front foot is pointed directly forward and supports about 30% of body weight. The rear foot is pointed outward at a 90° angle, the knee is bent and supports about 70% of body weight. The upper body is straight and facing forward towards opponent. You can move into a forward stance by merely shifting weight forward to the front leg and slightly moving the rear foot. The opposite is also true.



3. ALIGNMENT. The angle at which you face your opponent will strengthen your attack or defense. In hand-to-hand fighting, the three general alignments are front, oblique, and side.

a. Front. Used mainly in attacking. Shoulders are parallel to your opponent.

b. Oblique. Used mainly in defense. Shoulders are at a 45° angle to your opponent. Reduces the amount of your body exposed.

c. **Side.** Used in both the attack and defense. Shoulders are at a 90° angle to your opponent. Provides least amount of body exposure yet facilitates attacking techniques.

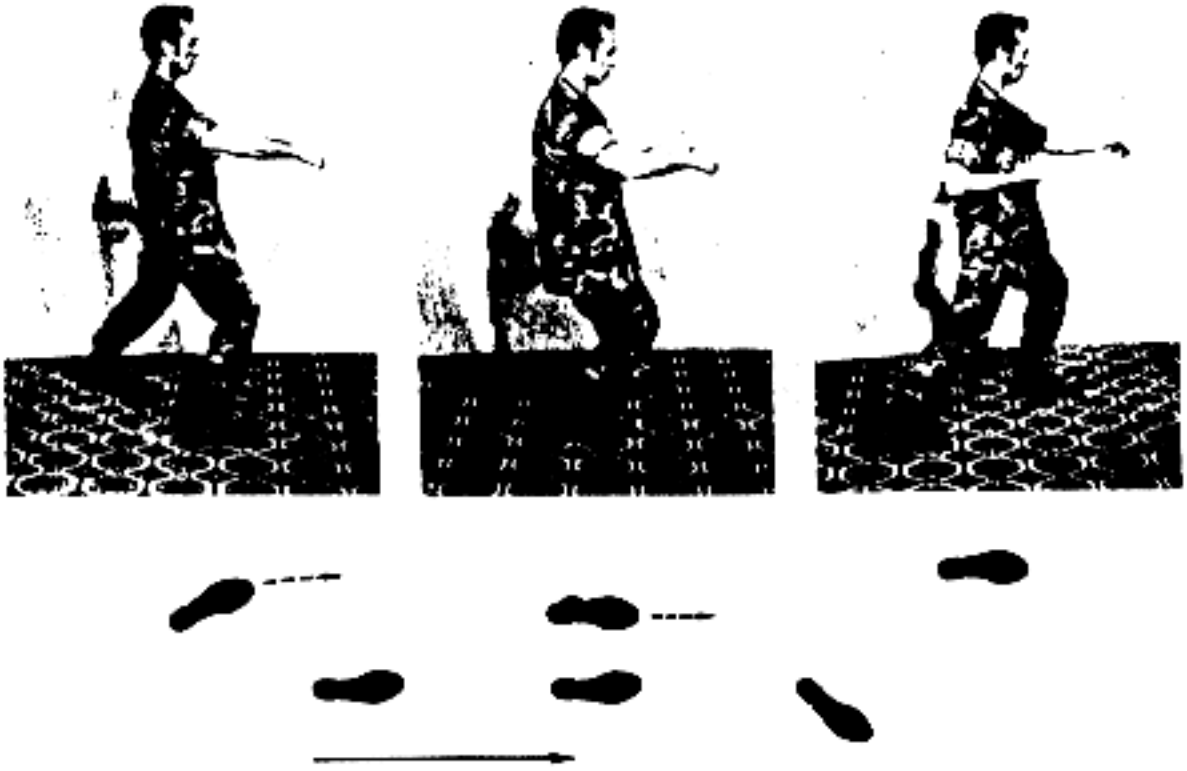
4. MOVING. In hand-to-hand fighting, you will be continuously moving from one stance to another and continuously moving sidewards, backwards, or forward to employ effective defensive or attacking techniques. Throughout these movements, it is essential that you

- maintain your balance,
- shift your weight smoothly, and
- maintain the correct posture.

The three basic methods of moving are stepping, sliding, and turning.

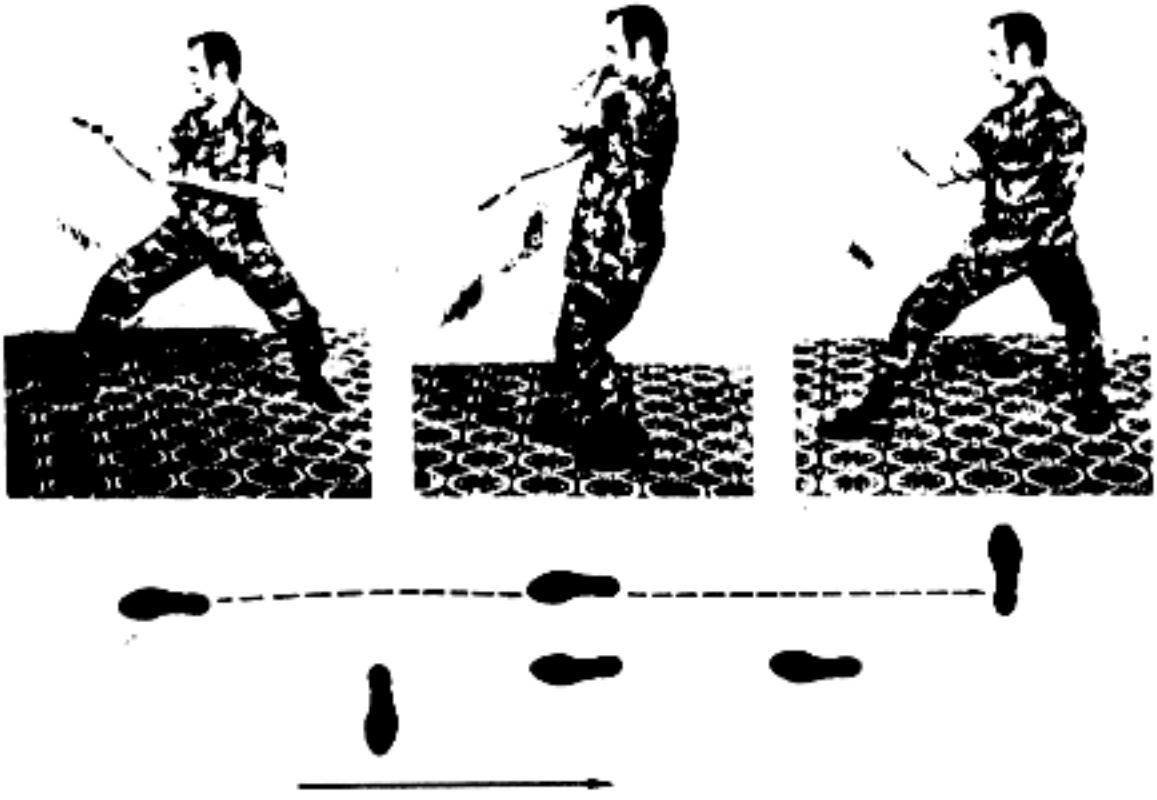
a. Stepping. Stepping is used to make a relatively large change of position and is used primarily from the front stance, back stance, or straddle stances.

(1) STEPPING FORWARD FROM THE FORWARD STANCE:



The rear foot should be raised only slightly above the ground. While moving the foot forward, move it in a slightly curved path toward your forward foot (to maintain your balance and protect your groin) and then forward to the forward stance position. During the first part of the movement, the forward leg remained bent with the foot firmly planted on the ground. As the rear foot passed the front foot, the rear leg was extended and the foot turned so the toes pointed outward at about 45°.

(2) STEPPING BACK FROM THE BACK STANCE:



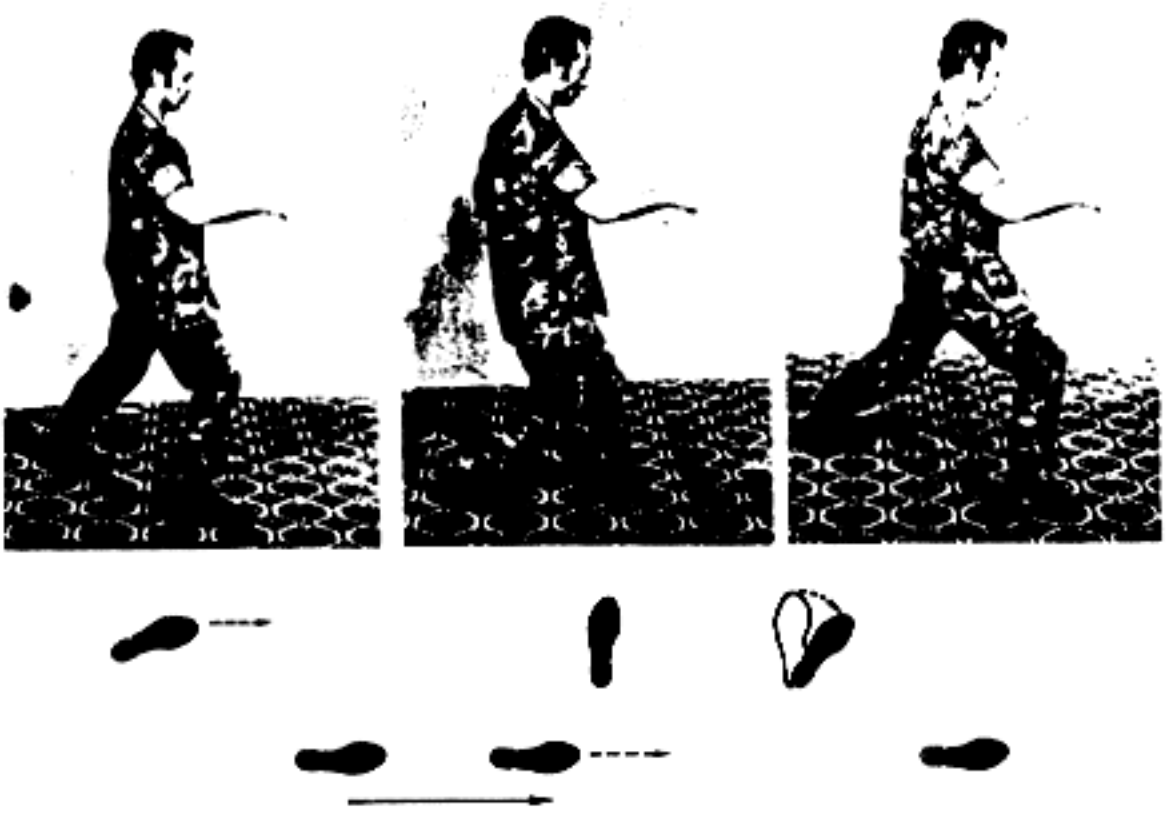
This movement technique is similar to stepping forward from the front stance.

The front foot should be raised only slightly above the ground, moved past the rear foot rearward into the back stance position. The rear foot remains firmly planted on the ground, the knee remains bent throughout the movement and the foot is turned (so the toes face forward toward your opponent) simultaneously with planting the other foot.

(3) DOUBLE STEPPING:

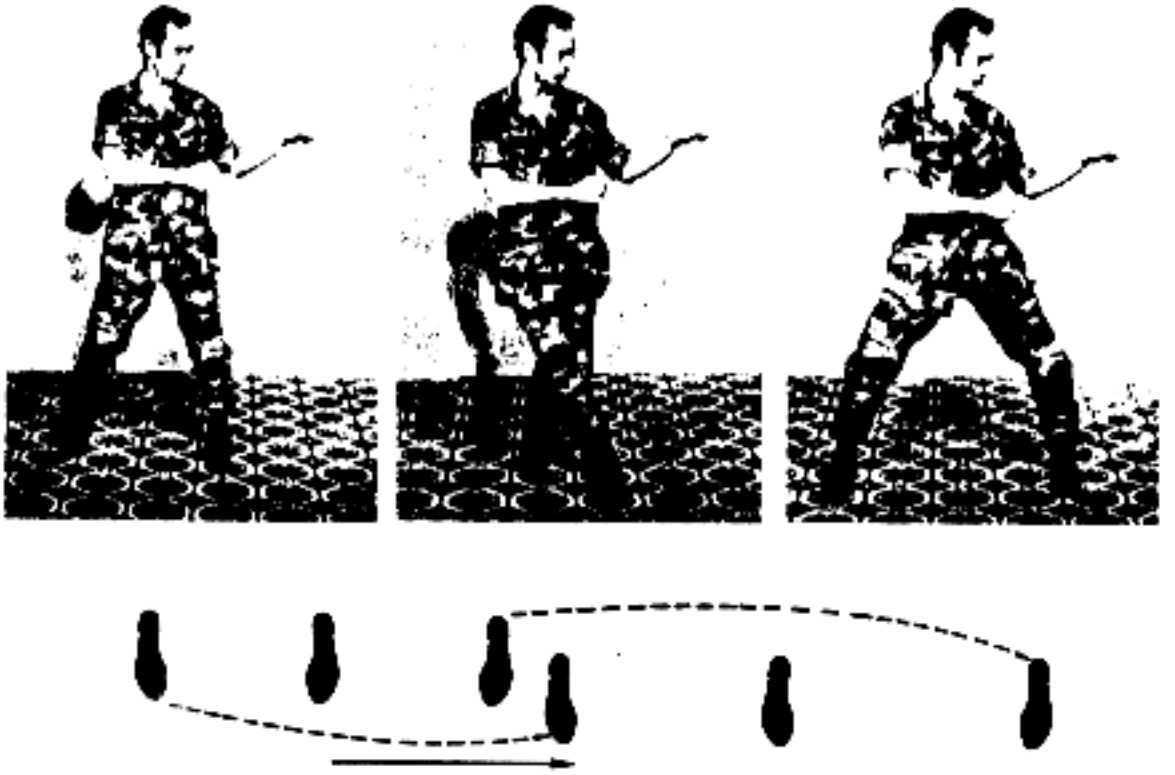
Double stepping is used when you want to make a large change of position without moving your upper body. It is used to prevent your opponent from anticipating your moves. It is used primarily to move forward or sideward.

(4) DOUBLE STEPPING FROM THE FORWARD STANCE:



The rear foot is moved forward to a position just ahead of the front foot. The front foot is then moved forward to the forward stance position. Knees should always remain bent. Hips and shoulders should continue to face your opponent throughout the move.

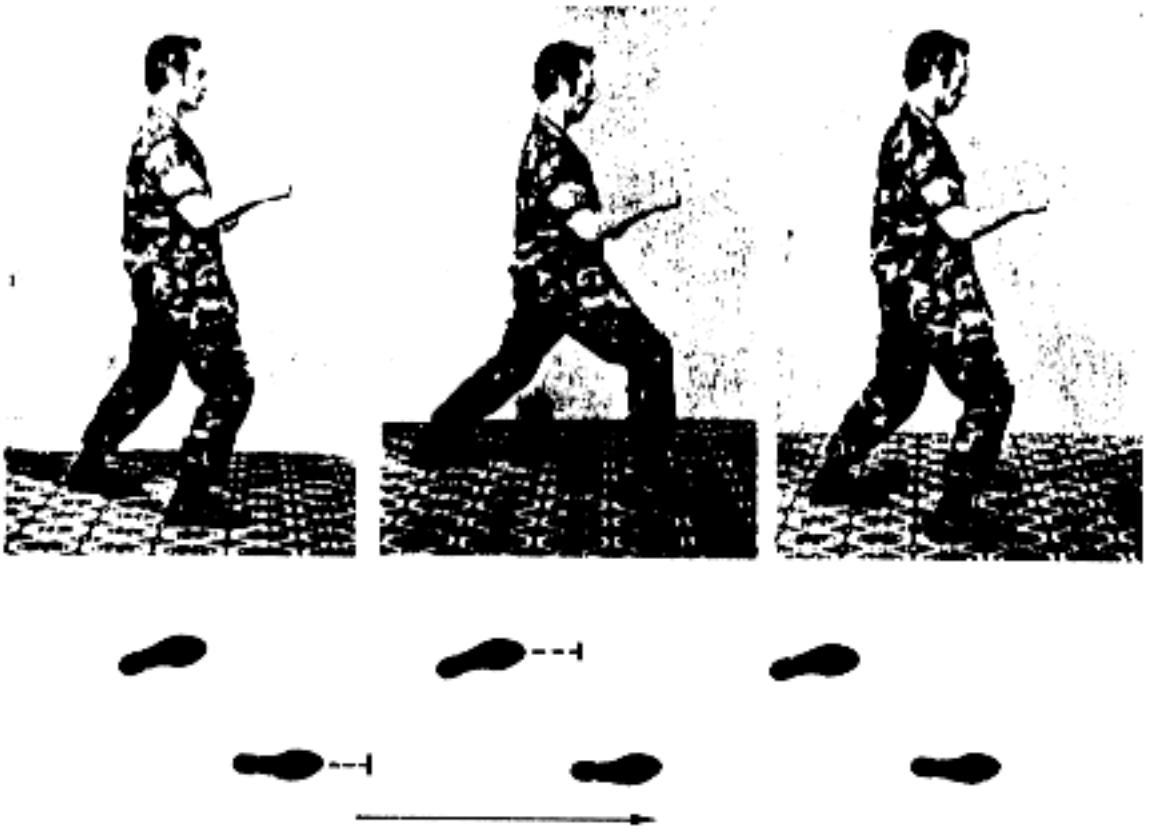
(5) DOUBLE STEPPING FROM THE STRADDLE STANCE:



The first foot is brought up even and close to the other foot. The other foot is then moved sideward to the straddle stance position. Feet are raised only slightly above the ground, knees are kept bent, and hips and shoulders continue to face your opponent throughout the movement.

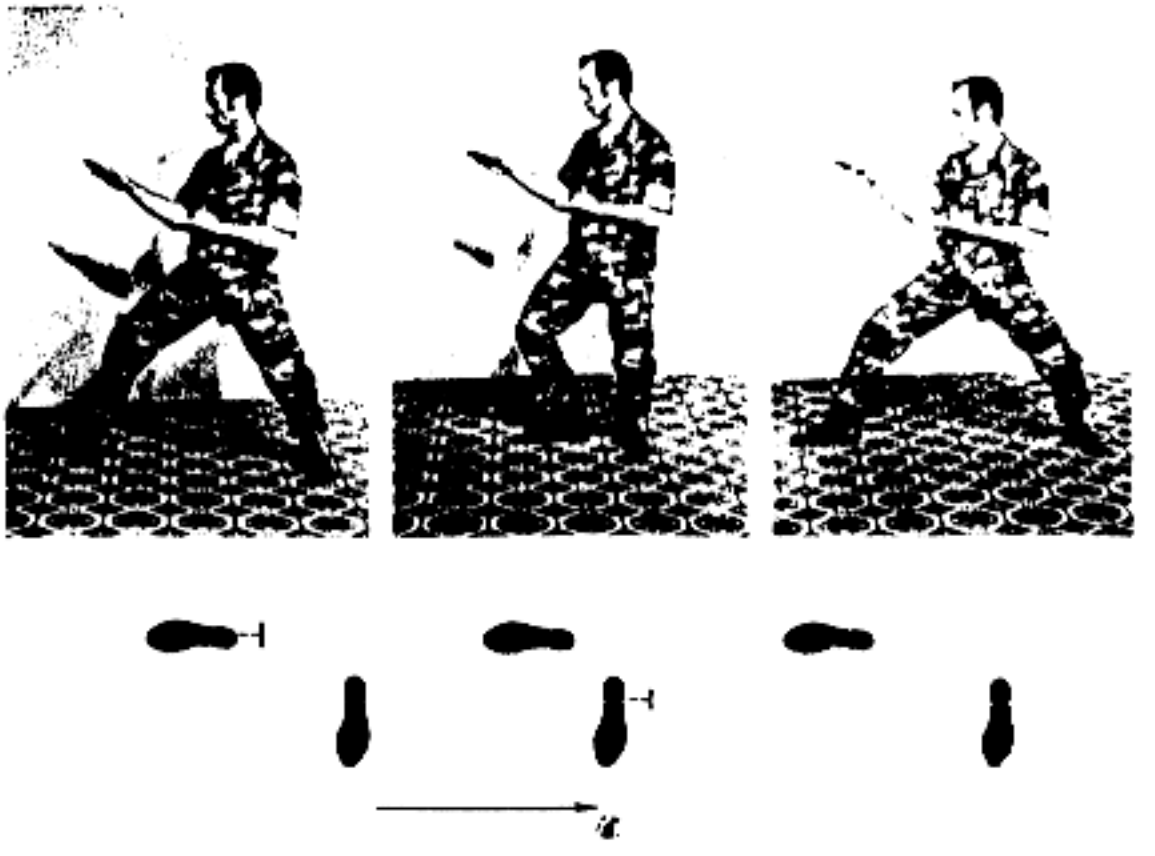
b. Sliding. Sliding is used to cover short distances while in the same stance. It is used to move forward, backward, or sideward from the forward stance, back stance, or straddle stances.

(1) SLIDE FORWARD FROM FORWARD STANCE:



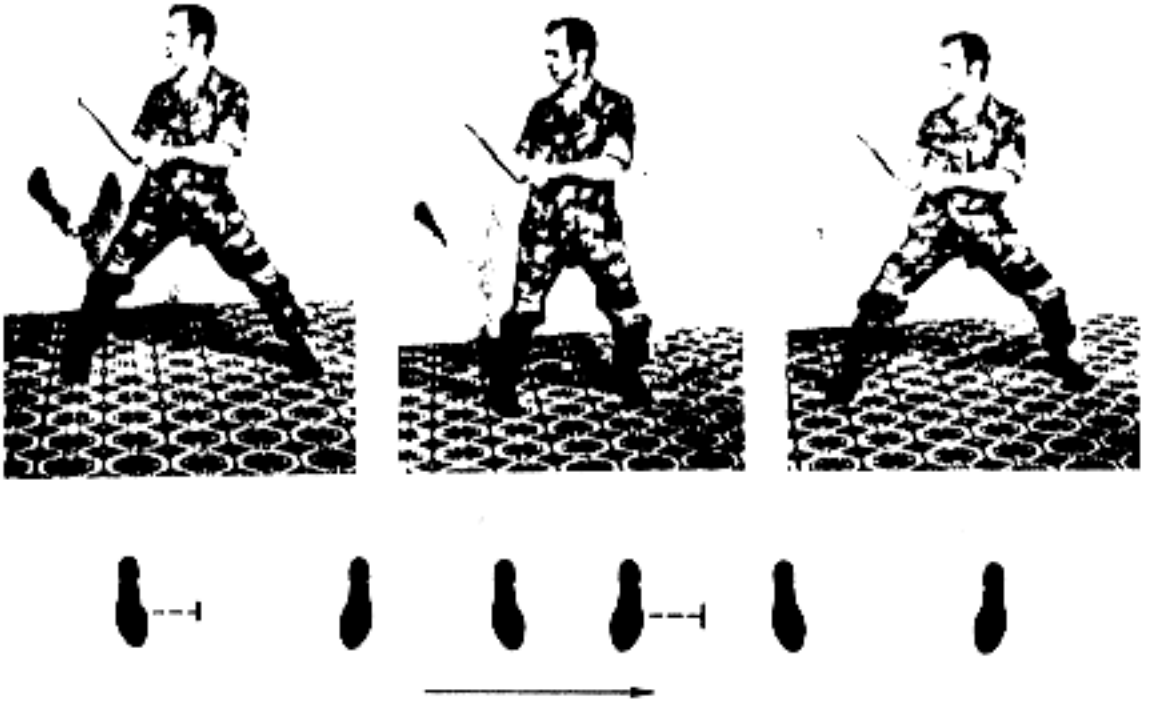
Using the forward thrust of the tensed rear leg, slide the front foot forward about one-half shoulder width. Allow the rear leg to follow naturally. Keep the same stance throughout the movement.

(2) SLIDE BACKWARD FROM THE BACK STANCE:



Slide the front foot backward about one-half shoulder width, then slide rear foot backward the same distance. Keep the same stance throughout the movement. Make sure the rear leg is always bent.

(3) SLIDE SIDEWARD FROM STRADDLE STANCE:



Maintain stance and slide one foot about one-half shoulder width towards the other foot. Then slide the stationary foot to assume a straddle stance.

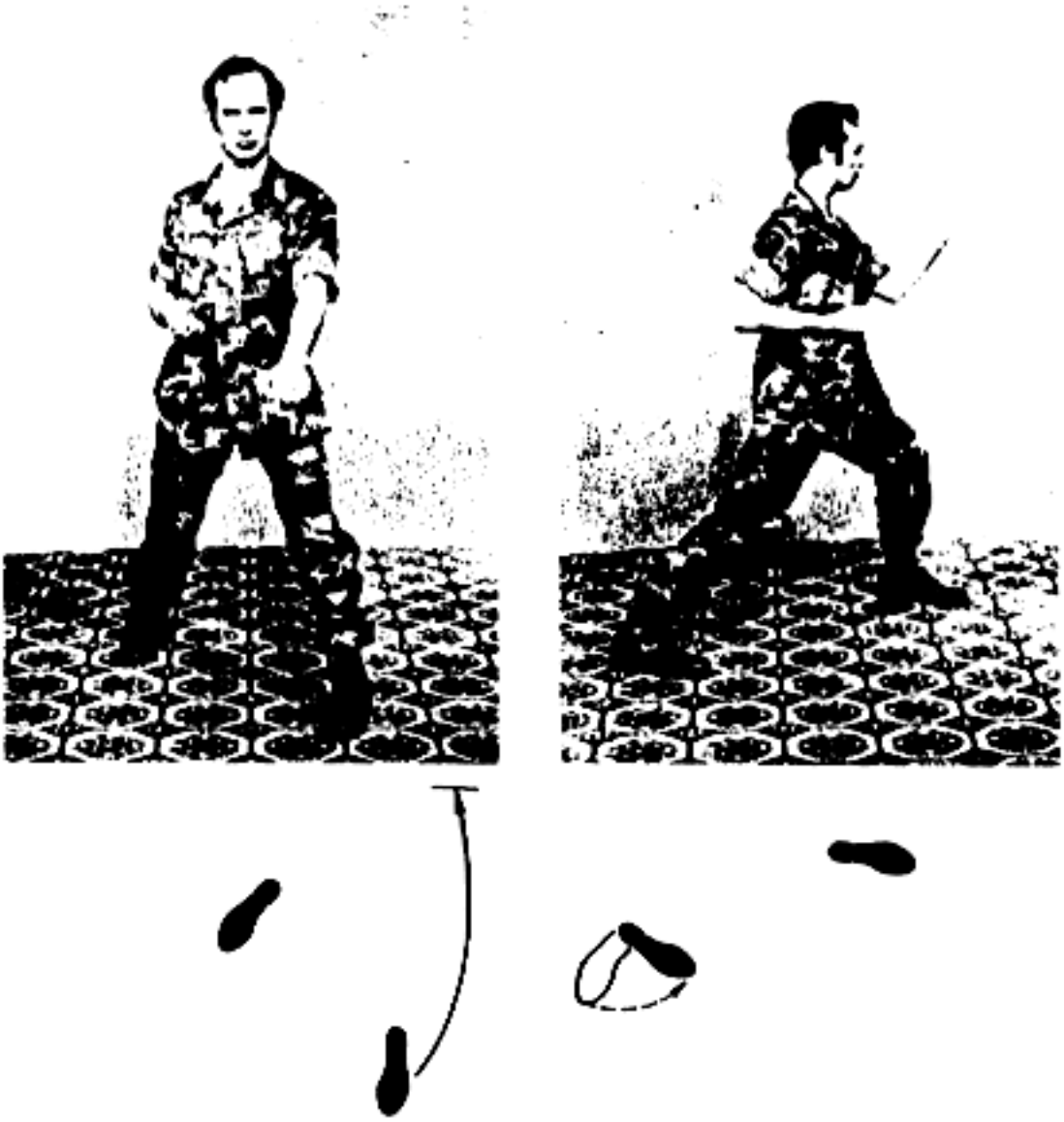
(4) SLIDE-STEPPING:

A combination of sliding and stepping can be used to cover greater distances than is feasible with sliding alone. The slide is completed first, then the stepping movement.

From the forward stance, slide forward as shown in 4b(1), then step forward as shown in 4a(1). The same types of movement can be done from the back stance.

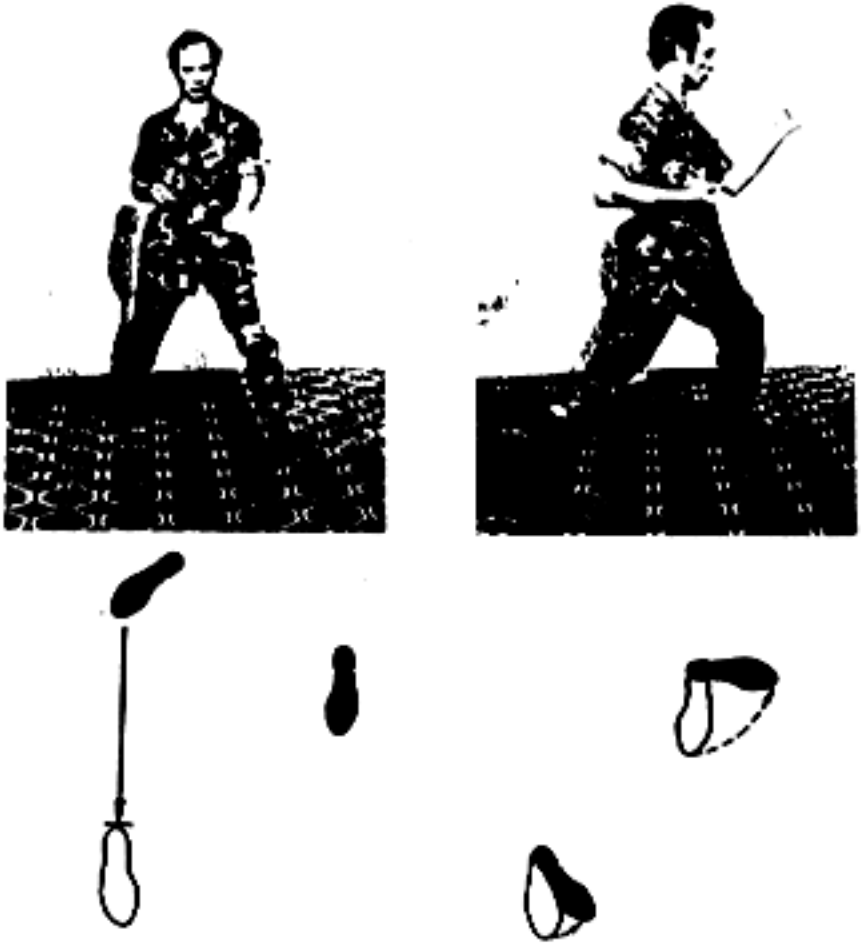
c. Turning. Turning is used to move your position and change the direction in which you are facing. It is accomplished by stepping and pivoting, can be used to change directions 90° or 180° and can move you closer or farther away from your opponent.

(1) 90° TURN (CLOSER TO OPPONENT) FROM FORWARD STANCE:



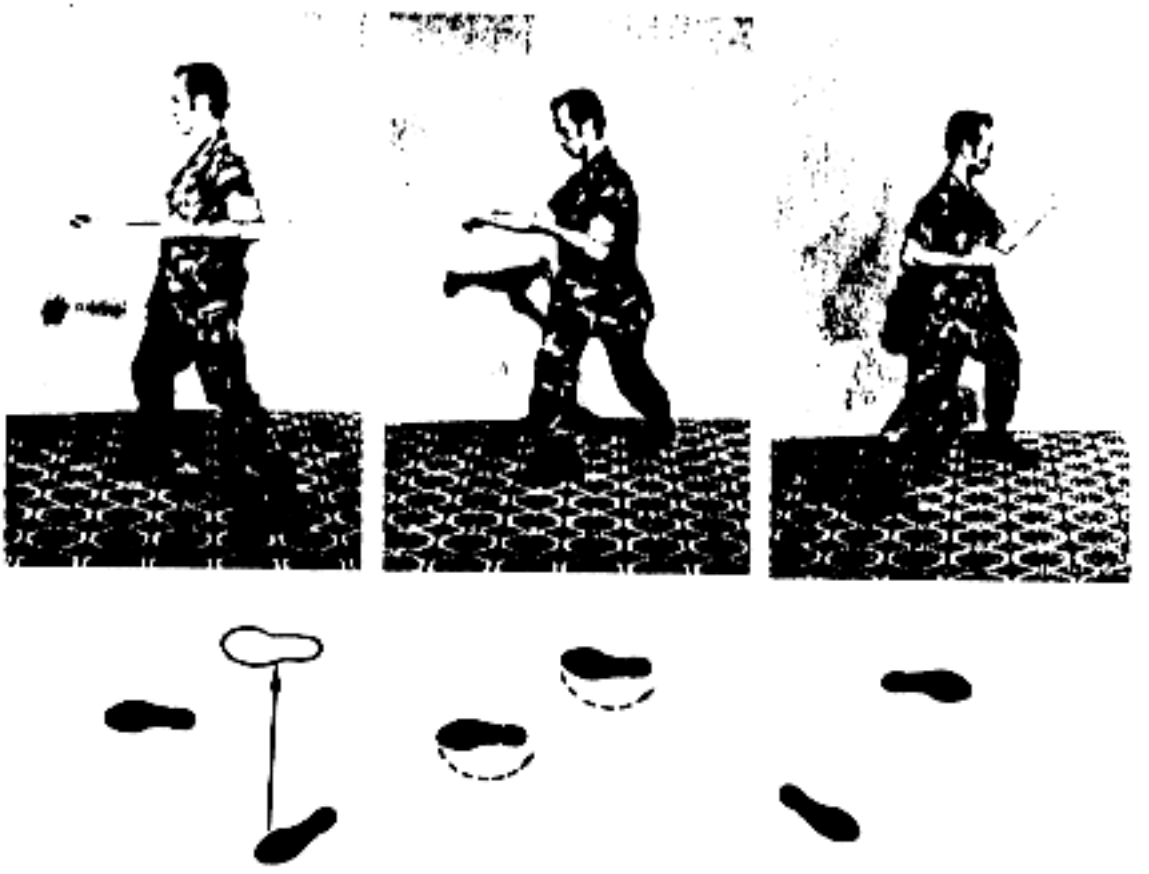
Step 90° to the left with the front foot into a front stance while simultaneously pivoting on the rear foot. The knee of the rear leg is slightly bent to maintain your balance while turning and then reextended to form a strong front stance as the front foot is placed in position. This turn is executed in one movement.

(2) 90° TURN (AWAY FROM OPPONENT) FROM FORWARD STANCE:



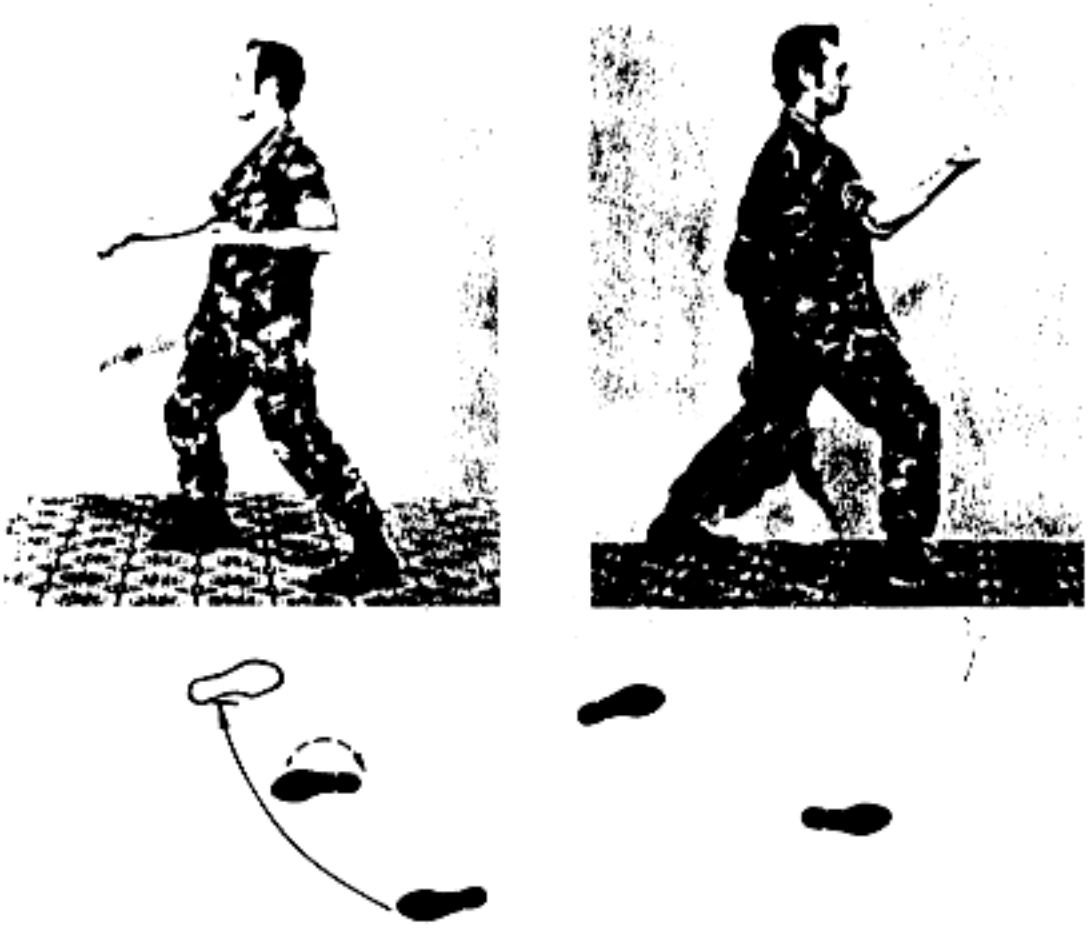
Step forward and slightly to the right with the rear foot. The front foot is pivoted 90° to the left simultaneously as the rear foot is placed in position to form a strong front stance. The front knee remains bent throughout the movement.

(3) 180° TURN (CLOSER TO OPPONENT) FROM FORWARD STANCE:



Move rear foot sideward about two shoulder widths, then pivot 180° on the balls of both feet to form a strong front stance.

(4) 180° TURN (AWAY FROM OPPONENT) FROM FRONT STANCE:



Step forward and diagonally with rear foot (as in stepping forward) while simultaneously pivoting 180° on the balls of the front foot to form a strong front stance.

5. HAND TECHNIQUES. In an earlier section, we discussed the various striking surfaces of the arms and hands. We will now talk about the proper application of these different weapons in both the attack and defense.

a. Attacking.

(1) Punching: The punch is probably the most effective weapon in hand-to-hand fighting because it can be delivered with great speed and accuracy. Basic punching should be practiced slowly at first, to insure proper technique. After the technique is developed, speed and power will come with speed and power exercises. Remember, punches follow a straight line to the target.

(a) DEVELOPING THE PUNCH:

Assume the STRADDLE STANCE.

Place the punching hand just above the hips with the inside of the hand touching the waist. The fingers should be facing up with the elbow pointing straight back.

The other hand is extended in front of you in a guard position.

Thrust the punch directly in front of you to an imaginary target. (Use your opponent's heart as a target for beginning practice). As the arm goes forward, forearm should lightly brush against your waist.

After the elbow passes your body (your fist will be about 8 inches away from your target), rotate the arm and fist 180° as it continues forward.

The arm should be fully extended, with the fingers of the fist down, at impact.

As the punch was thrown, the on-guard arm was simultaneously retracted to the hip, ready for a followup punch.

The twisting of the punching arm did two things to increase the effectiveness of your punch:

FIRST: It allowed you to use the muscles in your arm naturally, thereby increasing speed.

SECOND: The circular motion at the end of the punch created a snap and added to the velocity of the punch at the point of impact.

The retracting of the on-guard hand also did two things to increase your effectiveness:

FIRST: It added to the force of your punch by utilizing the opposite reaction principle.

SECOND: You are ready for a followup punch.

You should practice this punching technique constantly. First by single punching at an imaginary target (face, heart), then, double and triple punching in quick succession.

(b) LUNGE PUNCH: The LUNGE PUNCH is used when the distance between you and your opponent is considerable. It is normally delivered from the FORWARD STANCES using the hand corresponding to the front foot.

Assume the FORWARD STANCE The hand corresponding to the front leg is out at the onguard position. The hand corresponding to the rear leg is positioned at the hip ready to punch.

Step forward to assume another FORWARD STANCE

Just before the stepping leg is planted, begin the punch.

Straighten the rear leg and press it to the floor, tense the muscles of the hip and stomach, and simultaneously impact the punch as the stepping foot is planted.

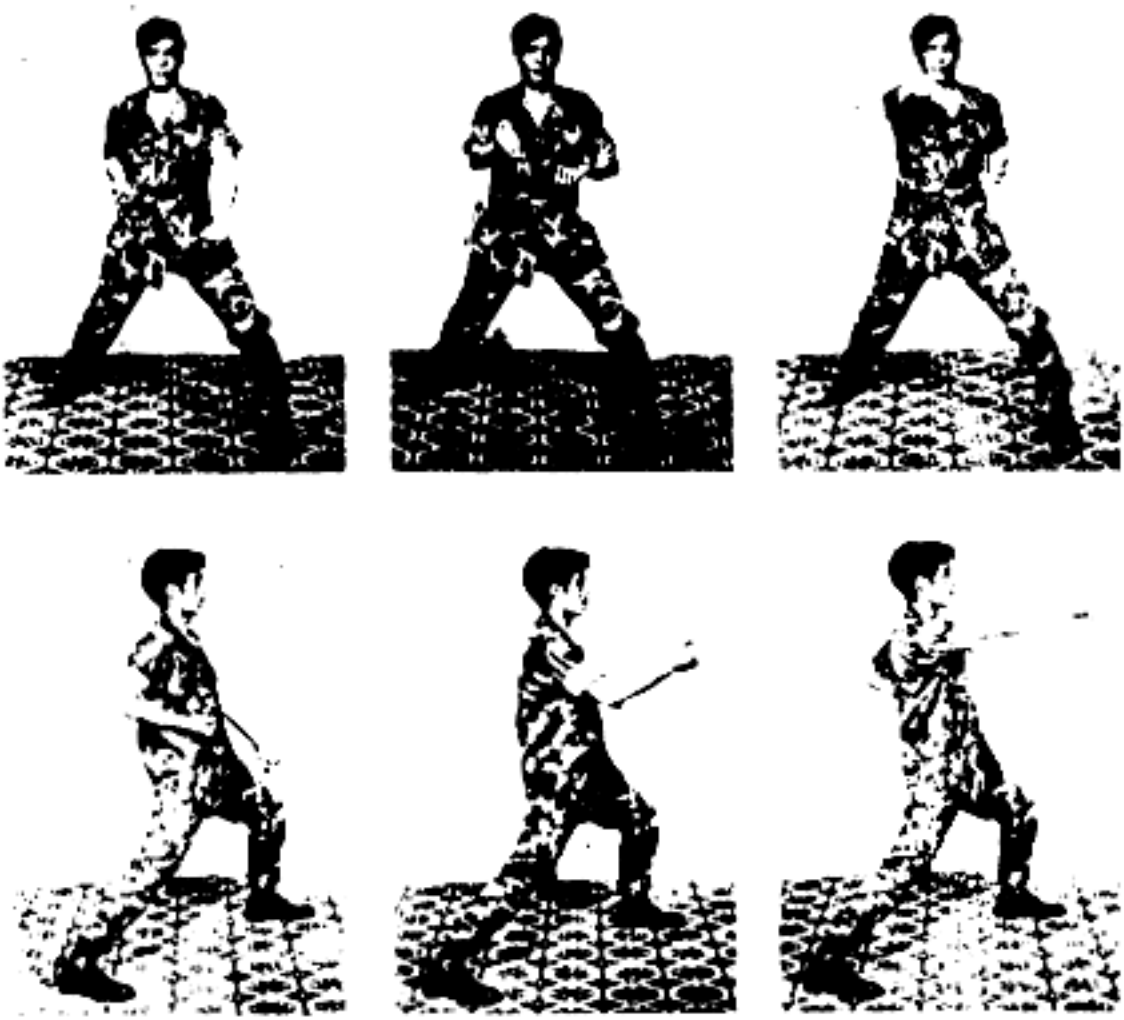
Throughout this technique, the upper body kept its upright posture and knees were bent when moving into the forward stance. Common errors are - -

Landing the punch too early (note opposite hand not fully retracted).

Leaning forward or twisting the punching shoulder towards the target when punching.

Remember, you are focusing the entire strength of your body (from the rear leg on the floor, through the stomach, down the arm and to the two knuckles) to develop maximum force at impact. FOCUS.

(c) REVERSE PUNCH: The REVERSE PUNCH is used when you are close to your opponent. It is normally delivered from the FORWARD STANCES using the hand corresponding to the rear leg.



Assume the FORWARD STANCE. The hand corresponding to the front leg is out at the onguard position. The hand corresponding to the rear leg is positioned at the hip ready to punch.

The punch is thrown the same as described in the paragraph on DEVELOPING THE PUNCH except that you are in one of the FORWARD STANCES.

Remember, use the strength of your entire body. FOCUS.

(d) PUNCHING WITH VARIOUS SURFACES: Although the striking surfaces vary, the punching techniques are the same as previously described.

b. Striking. Remember, **strikes normally follow a curved path to the target, get most of their force from the snapping action of straightening the elbow, and are used to attack - -**

Especially hard targets (like the skull).

When a punch is not feasible; i.e., when you need to strike to the side or deliver a descending blow.

When surprised; i.e., a backfist to the face.

(1) BACKFIST STRIKE:

It is normally used to attack the face in close-in fighting either in a horizontal or downwards movement. It is used from the forward stance or straddle stances.

(a) SIDE BACKFIST STRIKE:

Assume the NATURAL STANCE.

Bring the STRIKING fist up to the opposite ear. Simultaneously bring the other hand up in front of your stomach.

Start the STRIKING elbow towards the target, arm parallel to ground.

When the elbow is extended, snap the fist horizontally towards the target (this is a flowing motion - - there is no pause between elbow extension and snap).

While the strike is being delivered, simultaneously withdraw the other hand to the ready position on the hip (opposite reaction principle).

As soon as contact is made, retract both hands immediately to the starting position.

(b) DOWNWARD BACKFIST STRIKE (Very similar to side backfist strike):

Assume the FORWARD STANCE.

Bring FRONT fist up to the opposite ear. Simultaneously bring the other hand up in front of your stomach.

Point elbow towards target and then snap fist over and downward towards target (this is a flowing motion, there is no pause between pointing the elbow and the snap).

While the strike is being delivered, simultaneously withdraw the other hand to the ready position on the hip.

As soon as contact is made, retract striking hand.

Blocking a punch, then attacking with backfist to the face (for surprise) and following up with a reverse punch.

(2) KNIFE HAND: It is normally used to attack the neck or temples. The strike is usually delivered horizontal to the ground but may occasionally be delivered using a downward strike. The strike utilizes a twist of the hand in addition to the elbow snap to increase force. The KNIFE HAND, like the HAMMER FIST uses the meaty portion of the hand and reduces the chance of injury.

(a) INSIDE KNIFE HAND STRIKE (very similar to side backfist strike):

Assume the FORWARD STANCE.

Bring the STRIKING hand up to the opposite ear. Simultaneously bring the other hand up in front of your stomach.

Swing the STRIKING arm in a horizontal arc to the target (side of neck) while simultaneously withdrawing the other hand to the hip. The back of the striking hand is facing towards the target during the initial movement.

Just before impact, twist the hand so the palm is down.

(b) OUTSIDE KNIFE HAND STRIKE:

Assume the FORWARD STANCE.

Bring the STRIKING hand up to a point near the same ear. The elbow should be pointing out in a line with the shoulders. Simultaneously bring the other hand up in front of the stomach.

Swing the STRIKING arm in a horizontal arc to the target (side of neck) while simultaneously withdrawing the other hand to the hip.

The palm of the striking hand is facing up at impact.

(3) HAMMER FIST: This strike is delivered in the SAME WAY as the KNIFE HAND STRIKE except that the bottom of the fist is used instead. It is used to attack hard surfaces such as the skull, backbone and neck/back joints, etc. The advantage of this strike is that it uses the meaty portion of your fist and reduces the chance of damaging your hands.

(4) ELBOW STRIKE: The elbow strike is used in close-in fighting and is normally used to attack the solar plexus, ribs or chin. It is especially useful in breaking strangle holds.

Assume the NATURAL STANCE with one hand at the hip and the other hand at the on-guard position.

Retract the on-guard hand, driving the elbow directly backward past your waist into an imaginary opponents ribs. Simultaneously, thrust the other hand forward (opposite reaction). Fingers of the striking elbow should be facing up at impact.

Elbow to the ribs from a stranglehold. Delivering an elbow to the chin in close-in fighting.

c. Blocking. Blocking is used to counter an opponent's attack and to create an opening for your counterattack. It is executed with maximum force (trying to inflict damage to opponent's striking arm) or is executed as a parry (pushing opponent's striking arm or leg aside; thus, pushing him off balance). Remember, when blocking - -

Always maintain your balance and a good stance.

Make sure you do not offer your opponent an opening.

You are setting up your opponent for your counterattack.

(1) OVERHEAD BLOCK:

The OVERHEAD BLOCK is usually used to counter an attack to the face or head. The OUTER edge of the forearm is the blocking surface.

Assume the FORWARD STANCE.

Bend the ON-GUARD arm about 90° in front of your stomach.

Simultaneously, bring your other arm up behind the ON-GUARD arm (ON-GUARD arm will be used to block).

Snap the blocking arm upwards while twisting so that back of fist is facing you. Simultaneously retract your other arm to the hip ready to counterattack. Your blocking arm should be about 3 inches in front of the top of your head.

Blocking a club attack and countering with reverse punch.

(2) OUTSIDE BLOCK.

The OUTSIDE BLOCK is used to counter an attack to the face or upper body. The OUTER edge of the forearm is the blocking surface.

Assume the FORWARD STANCE.

Bring ON-GUARD hand (blocking arm) back to point near ear. Simultaneously extend the other hand forward (on-guard).

Swing blocking arm forward and simultaneously retract other hand to hip (ready for counterattack).

Just before contact, the fingers of the fist are facing you, and your elbow is in front of your body.

Blocking punch to chest and countering with backfist punch.

(3) INSIDE BLOCK:

The INSIDE BLOCK is used to counter an attack to the face or upper body. The INSIDE edge of the forearm is the blocking surface.

Assume the FORWARD STANCE.

Bring both arms in front of your body. Blocking arm on the outside.

Snap forearm of blocking arm up and out twisting the hand so the fingers are facing you. Simultaneously retract the other hand to the hip.

Blocking arm is in front of you in line with the shoulder.

Blocking punch to chest.

(4) DOWNWARD BLOCK:

The DOWNWARD BLOCK is used to counter hand or leg attacks to the stomach area or groin. The OUTSIDE edge of the forearm is the blocking surface.

Assume the FRONT STANCE.

Bring ON-GUARD hand (blocking arm) to a point near the opposite ear. Simultaneously extend other arm forward to the ON-GUARD position.

Swing BLOCKING ARM downward and across your body while simultaneously retracting the other hand to the hip.

Snap the forearm down (from the elbow) and twist the hand so the knuckles are pointing towards your opponent.

Blocking hand is in front of you in line with your front leg.

Blocking kick to groin and countering with a reverse punch.

(5) TWO-HAND CROSS BLOCK:

The TWO-HAND CROSS BLOCK is a strong block. It can be directed UPWARDS to block attacks to the face and head or DOWNWARDS to block attacks to the stomach or groin.

(a) UPWARD TWO-HAND CROSS BLOCK:

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Assume a NATURAL STANCE.

Step forward into a FORWARD STANCE, simultaneously thrust both hands UP in front of you.

Wrists of both hands should be crossed forming a "V" and contact should be made as the front foot is placed.

The wrist should be head high and in front of you at contact.

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Blocking an overhead strike to the head and countering with a hammerfist.

(b) DOWNWARD TWO-HAND CROSS BLOCK:

Assume NATURAL STANCE.

Step forward into FORWARD STANCE, simultaneously cross hands in front of your body and then thrust both hands DOWN in front of you.

Wrists should be crossed forming a "V" and contact should be made as the front foot is placed.

Do not bend over when executing this block. Keep a strong stance.

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Blocking a kick to groin, twisting opponent's leg to throw him off balance, and then countering with a kick.

6. FOOT/LEG TECHNIQUES. In an earlier section, we discussed the various striking surfaces of the foot and leg. We will now talk about the proper application of these different weapons in both the attack and defense. It is important to remember to ALWAYS KEEP YOUR BALANCE.

a. Attacking.

(1) FRONT KICK: There are two types of front kicks: The SNAP FRONT KICK and the THRUST FRONT KICK. These kicks are usually performed from the forward, back or straddle stances.

(a) SNAP FRONT KICK:

Assume the BACK STANCE.

Raise the knee of the front leg towards your chest.

Using the action of the knee, snap the foot up and out towards the target. Your shoulders are facing your opponent.

Contact should be made with the instep (to the groin) or toe of the boot (to stomach, knee, etc.)

After contact is made, immediately withdraw the foot to the position where the knee is raised near your chest.

Lower leg and reassume the back stance.

(b) THRUST FRONT KICK:

The THRUST FRONT KICK is executed in the same way as the SNAP KICK except that - -

The foot is thrust forward instead of snapped with the knee.

The HEEL and TOE of the boot are the striking surfaces instead of the instep.

REMEMBER:

Always keep your balance.

Your back is always straight up and down. DO NOT BEND FORWARDS or BACKWARDS.

Recover kicking leg immediately back to your chest after contact. If you don't, your opponent could grab it and take you down.

Reassume a strong stance and be ready to continue the attack or block.

Snap kick to the groin and a thrust kick to the stomach.

(2) SIDE KICKS: Like in front kicks, there are two types of side kicks: The SIDE SNAP KICK and the SIDE THRUST KICK. These kicks can be executed from any stance; however, a set-up position is assumed just prior to executing the kick.

(a) SIDE SNAP KICK:

Assume the STRADDLE STANCE.

Shift weight to one leg. Keep this knee bent.

Raise knee of the kicking leg with the foot up close-in to the opposite leg. Your shoulders are perpendicular to your opponent (set-up position).

Snap foot (using knee action) towards target (stomach, chest, face, etc.) while simultaneously bending upper part of the body away from target.

Strike with outside edge of boot.

Immediately retract leg to SET-UP position.

Reassume STRADDLE STANCE.

(b) SIDE THRUST KICK:

The SIDE THRUST KICK is executed in the same manner as the SIDE SNAP KICK except that the foot is thrust in a straight line to the target.

Side thrust kick to the ribs under opponent's guard.

REMEMBER:

Always keep your balance.

You can kick from any stance, but you must assume the SET-UP POSITION first.

Recover kicking leg quickly.

You will have to bend your upper body away from the target, but don't overdo it, or else you will lose your balance.

(3) BACK KICKS: As in FRONT and SIDE KICKS, there are two types of back kicks: The BACK SNAP KICK and the BACK THRUST KICK. These kicks are usually executed from the FRONT STANCE or STRADDLE STANCES.

(a) BACK THRUST KICK:

Assume the FRONT STANCE.

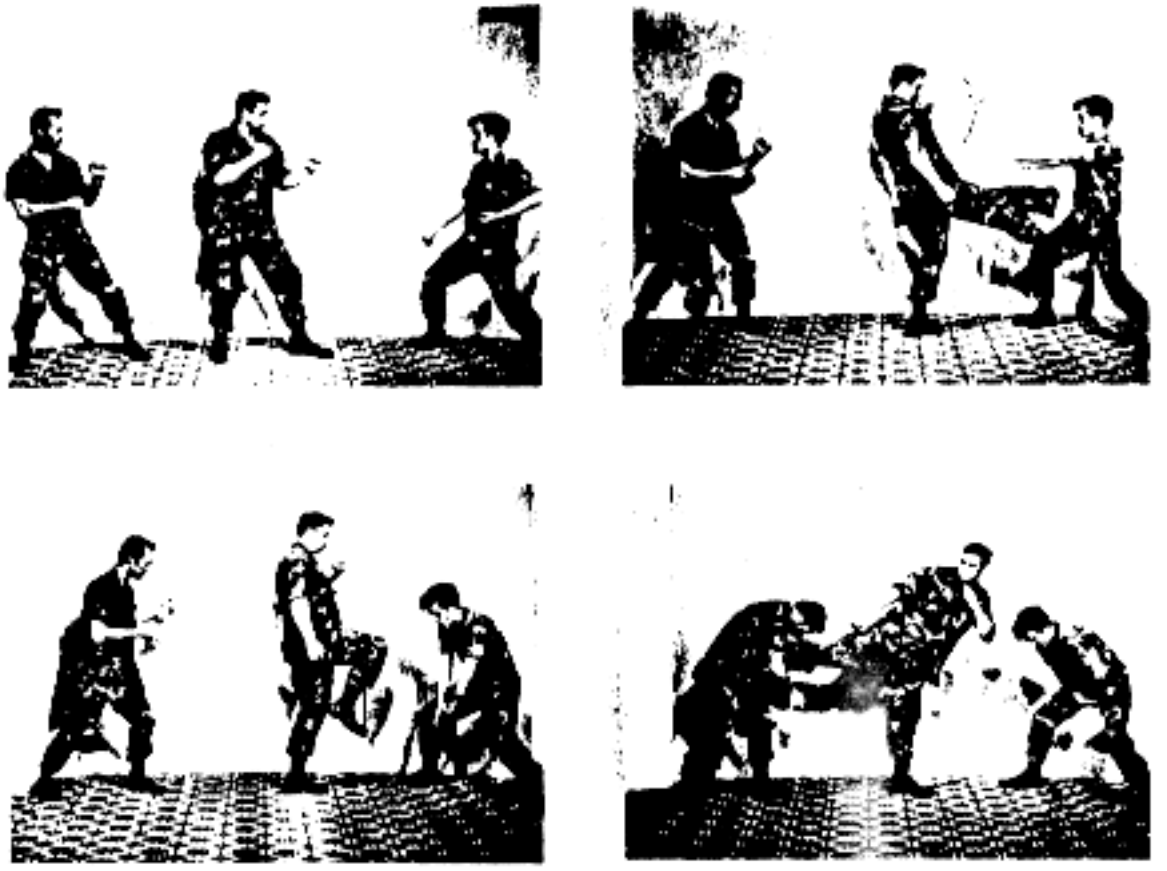
Raise knee of the rear leg to your chest (same as in the front kick).

Thrust leg directly to the rear while simultaneously bending forward slightly at the waist to maintain your balance.

Strike with the sole or heel of the boot.

Immediately recover leg to the chest position.

Reassume FRONT STANCE.



(4) TWO-MAN ATTACK: Front kick to one opponent, retracting leg and immediately delivering back thrust kick to the other opponent.

(b) BACK SNAP KICK:

The BACK SNAP KICK is executed in the same manner as the BACK THRUST KICK except that the foot is also snapped upward using knee action. This kick is primarily used to attack the groin and contact is made by the heel.

Delivering an elbow strike to ribs followed immediately by a back snap kick to the groin.

(5) STOMPING KICKS: Again there are two types of STOMPING KICKS: The THRUST STOMP and the SNAP STOMP. These kicks can be executed from any stance and are aimed downwards or at an opponent on the ground. These kicks are directed forward, to the sides or backwards.

(a) STOMP THRUST KICK:

Assume the BACK STANCE.

Raise knee of the kicking leg to the chest.

Thrust foot downward and forward to target (opponents knee cap).

Strike with the heel or side of boot.

Recover knee of the kicking leg to the chest.

Reassume the BACK STANCE.

Stomp kick to knee joint.

(b) STOMP SNAP KICK:

The STOMP SNAP KICK is executed like the kickoff in football and is used to finish off an opponent on the ground.

(6) KNEE: The KNEE is effective in close-in fighting. It is directed straight ahead and up or in a circular motion from the side to the front. It is used to attack the groin or ribs, or after pulling your opponent off balance, the stomach area and face.

Assume a FORWARD STANCE.

Step forward, and simultaneously lift stepping leg as it passes front leg to a bent knee position.

Direct knee upwards and forward to target (groin).

Reassume forward stance.

Knee to groin, face, and kidney.

b. Blocking. Blocking, with the legs, is normally used to counter your opponent's kick to your legs or groin. Basically, these are moves to cover up your own vital points.

(1) INSIDE PICK:

This block is primarily an escape from a leg sweep or a stomp to your lower legs. It is performed very quickly; therefore, it is not necessary to shift your body weight.

Assume the STRADDLE STANCE.

Kick the bottom of your foot in and upward to just about knee height.

Reassume STRADDLE STANCE.

Blocking a stomp to the leg, knocking off balance, and countering with a punch.

(2) KICKS AS BLOCKS: Although kicks are designed primarily as attacking techniques, on occasion they can also be employed as blocks. The kick blocks use the same techniques as described previously for the various kicks and are aimed at the opponent's attacking arm or leg. The goal is to divert or at least weaken the power of your opponent's blow.

c. Combinations Up to now, you have been shown each attacking and defensive technique in isolation; that is, only one action or technique at a time. It is obvious to anyone, that to be an effective hand-to-hand fighter, you will have to apply these techniques in COMBINATIONS in order to destroy your opponent.

There are numerous combinations that can be employed:

Block after block until you gain an advantageous position for a counterattack.

Attack after attack until you finish off your opponent.

Block-attack-block-attack combinations where the advantage changes.

The major points to remember are - -

Always maintain your balance.

Execute each technique (defense or attack) properly.

Keep cool - - don't attack until you have an opening.

Focus your attack (hit a vital point with maximum strength and speed).

Follow up (pursue the advantage to the kill).

Some combinations to practice are - -

(1) BLOCK AND PUNCH.

Block with an overhead, inside, outside or downward block (vary block).

Execute reverse punch (vary target - - face, heart, etc.).

Immediately reassume on-guard position.

(2) BLOCK AND KICK.

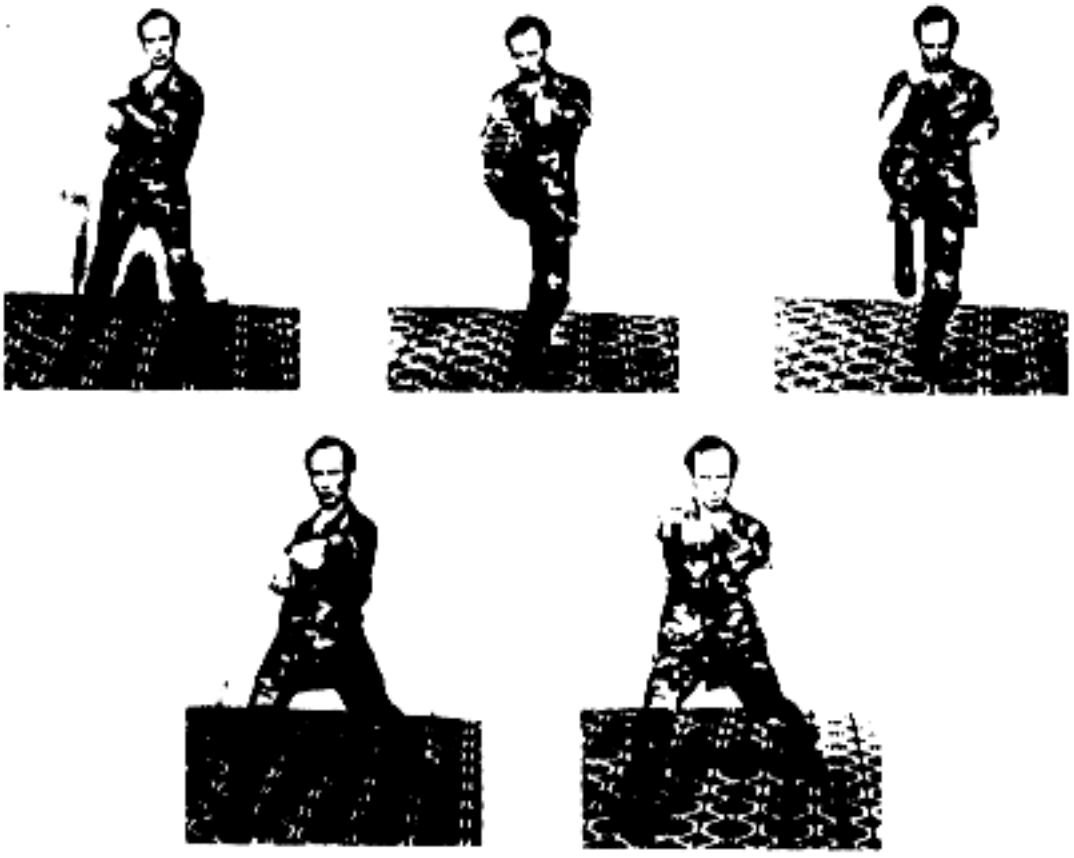
Block with an overhead, inside, outside or downward block (vary block).

Shift to BACK STANCE.

Execute front kick (vary between thrust and snap kick) (vary target - - groin, stomach, knee, etc.).

Reassume FRONT STANCE.

(3) BLOCK-KICK-PUNCH-PUNCH.



From FRONT STANCE, block with an overhead, inside, outside or downward block.

Step forward and execute FRONT KICK.

Retract leg.

Step into FORWARD STANCE and simultaneously execute REVERSE PUNCH.

Execute another PUNCH with other hand.

(4) BLOCK-BACK FIST PUNCH-FRONT KICK.

Block with an inside or outside block.

With blocking hand, execute BACKFIST to face.

Step forward and execute FRONT KICK.

Step into FRONT STANCE and simultaneously execute LUNGE then REVERSE PUNCH.

d. Self-Defense. We will be discussing a few techniques for countering an opponent who is armed with a rifle, bayonet, pistol, or knife or who has grabbed you and has a hold on you.

These techniques are basically composed of two phases: ESCAPING and COUNTERATTACKING with either phase occurring first. It is important to remember that whatever phase you lead with (escape or counterattack), you MUST also execute the other phase. Additionally, once you commit yourself, DO NOT HESITATE - - vigorously complete the action.

(1) ARMED OPPONENT: If you are facing an opponent armed with a rifle or pistol who is out of your reach, there is basically nothing to do except try to bluff it out. An opponent armed with a knife or bayonet, however, will have to close with you to do damage; and, in the process of attacking, could leave himself open for your counterattack. Here are some rules which may help you.

FIRST: Never underestimate your enemy.

SECOND: If possible, try to escape.

THIRD: If you can't escape, wait for an opening and give it your best shot.

(a) RIFLE AT YOUR BACK.

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Note which hand is at the trigger.

Swing your opposite arm down to deflect the rifle. Simultaneously, step forward and across the same leg pivoting 180° to face your opponent.

Attack with a kick-and-punching combination.

(b) RIFLE IN FRONT.

Note which hand is at the trigger.

PUSH the rifle to the side with the same hand (right hand on trigger - push with right hand). Simultaneously, step back with the opposite leg and pivot 90°.

Execute side kick and followup with punch combinations.

Note which hand has pistol.

Swing the same arm down to deflect the pistol. Simultaneously pivot 180° in the same direction as the arm swing (away from opponent).

Execute front kick and followup with punch combinations.

(c) PISTOL IN BACK.

(d) PISTOL IN FRONT.

Note which hand has pistol.

Push the gun aside with the opposite hand. Simultaneously pivot 90°in the same direction as the push (away from opponent).

Execute side kick and followup with punch combinations.

(2) THINGS TO REMEMBER ABOUT RIFLES AND PISTOLS:

If you can't reach the pistol or rifle with a fast hand movement, don't try it. Hopefully you'll get the chance later.

Always pivot away from your opponent. If you pivot into him, the pressure will probably cause him to pull the trigger by reflex.

Always deflect the front part of the rifle toward the trigger hand. If you deflect it the other way, you probably will get a butt stroke.

(3) PARRIES TO BAYONET THRUSTS.

Note which hand is on the top guard.

Pivot 90° away from your opponent to the same side as the hand on the top guard. Simultaneously, deflect the rifle away.

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Execute kick-and-punching combinations.

Alternate Method.

(1) KNIFE DEFENSES.

The best defense against a knife is a gun. However, since we are discussing hand-to-hand fighting, the techniques used to counter kicks and punches are basically the same ones used to counter a knife attack. The main points to remember are - -

Don't underestimate your opponent.

Keep out of slashing and stabbing range.

Counterattack only when he has overcommitted himself and is off balance. Be patient.

Remember, his weapon is probably only the knife. BUT DON'T COUNT ON IT. He might have kick, punch, and knife combinations, too.

Use any weapon available to you. Throw dirt/sand into his eyes, throw rocks, hit him with a big stick.

Finally, always keep your balance.

(2) ESCAPING FROM HOLDS: The key to escaping from holds is VIGOROUS action. Do not grab your opponent's hands and try to pry them loose; instead, execute the appropriate escape and counterattack techniques.

(a) FOREARM CHOKE FROM REAR.

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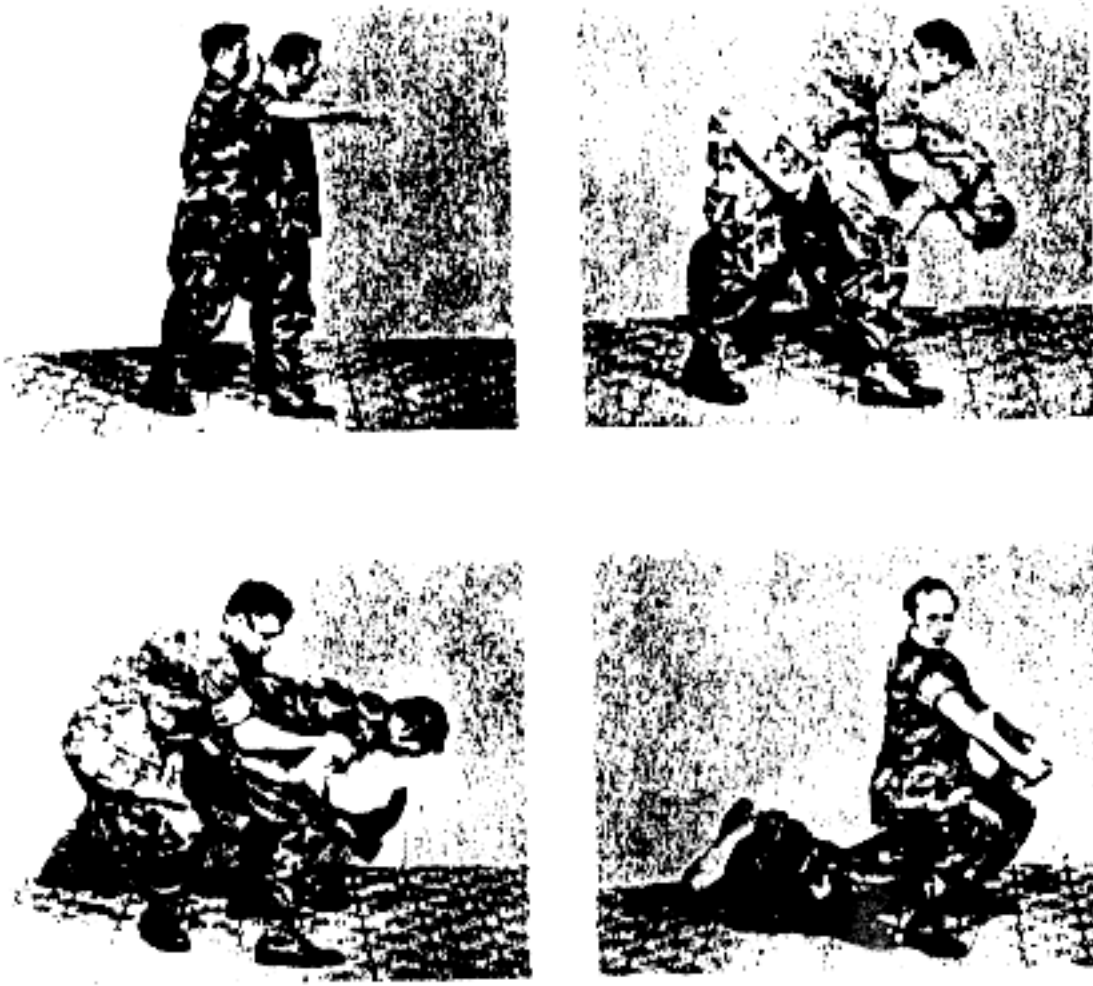
Step sidewards and simultaneously drive elbow to solar plexus.

Follow up with hammer fist to groin.

Pivot 90° away from opponent.

Follow up with punch to face.

(b) FULL NELSON.



Bend forward and grab leg. Pull forward and up, knocking opponent off balance. Break knee by sitting on it.

(c) TWO-HAND LAPEL GRAB.

From natural stance step back into FORWARD STANCE and simultaneously execute inside block with both hands.

Execute backfist strike to face and follow up.

Execute front kick to groin or reverse punch to chest.

Alternate:

NOTES

APPENDIX A

PROGRAMS OF INSTRUCTION

I. Introduction:

A. The sample programs of instruction, presented below, are examples and should be modified to fit the needs of the personnel or groups being trained. In all cases, progress must be regulated to insure that basic techniques are mastered before advancing.

B. Each practice session should be about 2 hours in duration. Start each session with warm-up exercises (approximately 5 minutes) and end with a short run (approximately 1 mile can be done in place). Each session should include basic practice and should consist of techniques already learned. A sample class schedule follows:

Warm-up and limbering exercises 5 minutes

Basic practice 30 minutes

punching

kicking

blocking

striking

Combinations 30 minutes

Semi-free sparring 20 minutes

Free-style sparring 30 minutes

Calisthenics (run) 5 minutes

II. Programs of Instruction:

A. Basic Phase (8 hours):

1. The basic phase is designed to introduce the soldier to hand-to-hand fighting. This phase is designed to be taught by the Special Forces School during Phase III Training; however, it can also be taught at the unit level as part of the PT Program.

2. POI:

WEEK 1

Intro to Hand-to-Hand fighting

Vulnerable Points

Natural and Forward Stance

Developing the punch and lunge punch

Alignment: Front, obligue and side

Outside block

WEEK 2

Review

Straddle and Back Stance

Stepping forward, stepping back

Knife Hand Strike (Inside, Outside)

Reverse Punch

Snap Front Kick

Overhead block

B. Intermediate Phase (48 hours 12 weeks):

1. The intermediate phase is designed to teach the fundamentals of attacking and counterattacking techniques. This phase is designed to be taught at the unit level as part of the PT Program. Recommend that each session be approximately 2 hours and that sessions be alternated every other day (twice a week) with the usual exercises of the PT Program.

2. POI:

WEEK 1

Review and reinforce Week 1 and 2 of basic phase.

Intro to punching and kicking post to develop power and ranging.

WEEK 2

Review

Double stepping from front stance and straddle stance

Backfist Strike (side, downward)

Inside Block

Downward Block

WEEK 3

Review

Forward Straddle Stance

Slide Forward, Slide Backward

Hammer Fist Strike

Two-Hand Cross Block

Side Snap Kick

Exercises to Develop Speed

WEEK 4

Review

Thrust Front Kick, Side Thrust Kick

Slide Sidewards
Slide-Stepping
WEEK 5
Review
90° Turn (Closer to Opponent)
180° Turn (Closer to Opponent)
Elbow Strike
Back Thrust Kick
Back Snap Kick
WEEK 6
Review
90° Turn (Away from Opponent)
180° Turn (Away from Opponent)
Stomp Thrust Kick
Stomp Snap Kick
Inside Pick Block (Legs)
WEEK 7
Review
Combinations
WEEK 8
Review
Intro to Free-Style Sparring
Kicks as Blocks
WEEK 9
Review
Free-Style Sparring
Combinations
WEEK 10
Review
Free-Style Sparring
Combinations
WEEK 11
Review
Combinations

WEEK 12

Certification Test Student must be able to execute:

a. Combinations while maintaining proper balance and posture.

b. Each defense and attack technique properly

C. Advanced Phase (60 hours 15 weeks):

1. The advanced phase is designed to reinforce the fundamentals already learned and to teach additional techniques. The principal thrust of the advanced phase is to develop the speed, power and confidence to become an effective hand-to-hand fighter. It should be recognized that some individuals will progress faster and farther because of athletic ability and motivation; therefore, instructors will need to recognize these individuals and tailor their instruction to advance these students as far as possible. Although not included in this text, formal exercises or "Kata", should be taught to advanced students and a variety of them (at least three) should be mastered by the student. Recommend that the "Heian" systems be used and that the students be required to learn Heian 1, 2, and 4 as a minimum.

2. POI:

WEEK 1

Review

Heian 1

Self-Defense (Rifle at Back, Rifle in Front)

Semi-free Sparring

Free-Style Sparring

WEEK 2

Review

Formal Exercise

Self-Defense (Pistol in Back, Pistol in Front)

Free-Style Sparring

WEEK 3

Review

Formal Exercise

Self-Defense (Bayonet Thrusts)

Semi-free Sparring

Free-Style Sparring

WEEK 4

Review

Formal Exercise

Self-Defense (Escaping from Holds)

Semi-free Sparring

Free-Style Sparring

WEEK 5

Review

Heian 2

Formal Exercise

Free-Style Sparring

WEEK 6

Review

Formal Exercise

Self-Defense (All Techniques)

Free-Style Sparring

WEEK 7

Review

Heian 4

Free-Style Sparring

WEEKS 8-14

Each session should contain the following:

Warming-up and limbering exercises (5 minutes) Basic practice (30 minutes)

punching

kicking

blocking

striking

Formal exercises (15 minutes)

Combinations performed in semi-free sparring (30 minutes)

Free-Style sparring (30 minutes)

Calesthenics (10 minutes)

The instructor should insure that all techniques learned in weeks 1 through 7 are reinforced and perfected during weeks 8 through 14. (Weeks 1 through 7 may be repeated as weeks 8 through 14).

WEEK 15

Certification Test Student must be able to execute:

1. Heian 1, 2, and 4 with proper:
   a. tensing and relaxing of the muscles of the body,
   b. extending and withdrawing the striking points of the body.
   c. speed and rhythm,
   d. posture and,
   e. correct facing of imagined enemies.

2. Self-defense techniques properly.
3. Free-style sparring under control (proper ranging, posture, technique, speed).

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