FINE POINTS
of
HAND TO HAND COMBAT

HAND TO HAND COMBAT
COMMITTEE

BCT COMMITTEE GROUP

TA 12J
12 JAN 68
The ADVENTURES of a SOLDIER in HAND to HAND COMBAT

TA 121
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INTRODUCTION

This pamphlet is distributed to each basic trainee in the hope that he will spend some time at night or on weekends thumbing thru its pages, studying the movements involved in hand to hand combat. The movements illustrated in this pamphlet are correct and will aid you tremendously in your study of hand to hand combat.

HAND TO HAND
COMBAT COMMITTEE

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Five Fundamentals
of a Hand to Hand Fighter

1. Use of available and natural weapons
   A. Available Weapons - Any object with which you can
      inflict injury or death upon your opponent.
   B. Natural Weapons - Any part of your body that you
      can use to inflict injury or death upon your opponent.

2. Maximum strength against vulnerable points
   If your opponent has one of his vulnerable points
   within your reach, strike it as quickly as possible
   with all your strength.

3. Balance
   A. Physical - Keep yours - cause your opponent to
      lose his.
   B. Mental - Sound off with a loud "Kee-Yah" just before
      you deliver a blow. This destroys your opponent's
      mental balance.

4. Momentum
   Use your opponent's momentum to your advantage.
   Do not attempt to stop him if he is coming at you,
   but step out of his way and kick or trip him as he
   passes.

5. Training
   Through training you will develop the speed and
   accuracy necessary to quickly kill your opponent.
VULNERABLE POINTS of the HUMAN BODY

- EYES
- NOSE
- NECK
- ARM JOINTS
- STOMACH
- GROIN
- KNEE
- INSTEP
- KIDNEYS
STANDING GUARD POSITIONS

1. Head and eyes over right shoulder
2. Right forearm at a 45° angle to the ground
3. Fingers and thumbs of both hands extended and joined
4. Left forearm across chest
5. Knees unlocked
6. Feet shoulders' width apart
7. Weight rested over trailing foot

1. Head and eyes over left shoulder
2. Left forearm at a 45° angle to the ground
3. Fingers and thumbs of both hands extended and joined
4. Right forearm across chest
5. Knees unlocked
6. Feet shoulders' width apart
7. Weight rested over trailing foot
**BACKWARD ROLL**

His opponent catches him by surprise, knocking him off his feet, or he just falls to the ground. He must regain a guard position.

He tucks his chin into his chest and squats down.

He then rolls onto his back, throwing his feet over his head, and his palms down beneath his shoulders.

His momentum will carry him onto his feet which will allow him to come into a standing guard position.
Ground Fighter's Position

His opponent knocks him to the ground and he does not have time to get up.

He points the heel of his boot at his opponent and brings his right arm across his neck and chest, extending and joining the fingers of his hand. He rests his weight on his left elbow.

When his opponent moves in close enough to him, he kicks out from the knee into either his opponent's groin or leading knee.
SIDES KICK

His opponent confronts him, facing him squarely. He snaps into a guard position quickly and sounds off with a "Kee-Yah."

He shifts his weight to his trailing foot, lifts his leading leg up flexed at the knee, turns his toe down and points his leg at his opponent.

Then he kicks out from the knee into his opponent's groin with violent force. He then passes thru the flexed-leg position and back to the guard position.
PIVOT KICK

His opponent confronts him and comes into a corresponding guard position.

He drops both fists in front of his groin, shifts his weight to his leading foot, cocks up his trailing leg, cocked at the knee, and turns his toe out. Keeping his trailing leg cocked and flexed at the knee, he pivots 180 degrees to his front.

He then kicks his opponent in the kidneys with the toe of that trailing boot, using all the strength he can muster.

Next he returns his leg to the flexed position, and then sets it down shoulder's width apart. He then assumes the opposite guard position.
He has kicked his opponent to the ground, momentarily rendering him helpless.

He quickly moves within three or four inches of his opponent. He then cocks up either leg and turns his toe up and the cutting edge of his heel down.

Forcefully he drives the cutting edge of his heel into one of the vulnerable points of his opponent. He then reflexes his leg, bringing it straight up and then back down to a guard position of the feet.
REAR STRANGLE TAKEDOWN

To silence a sentry, he quietly sneaks up behind him. He strikes him in the kidneys with his left fist. At the same time, he chops him across the Adam's apple with the bony part of his right wrist.

He pulls to the rear and steps backward, pulling the sentry toward the ground. He keeps his chin over his opponent's left shoulder and right wrist across his Adam's apple.

He then falls to the ground on his stomach. Keeping his left arm under his opponent's back, he pushes forward with his right shoulder, and pulls back with his right wrist, locking it under his own chin. He keeps his feet spread apart to prevent his opponent from turning over.
Finger Jab To The Eyes

His opponent gets too close to him and he must get away from him. Sounding off with a "Kee-Yah," he snaps into a guard position.

In a single quick forward movement, he snaps out his leading arm, locking it at the elbow, and, with palm down, he violently jabs his opponent's eyes.
Check Blow To The Groin

Having sneaked up behind him, his opponent pins his arms to his sides. He must react quickly.

First, he flexes six to eight inches at the knees, at the same time throwing his buttocks to the rear and his arms to the front. This breaks his opponent's hold.

Then he looks under his right armpit while making a fist of his right hand. He shifts his weight to the left, moves his hips out of the way, and swings down, back, and up into his opponent's groin with vigorous force. The elbow could also be driven into his opponent's stomach or solar plexus.
Check Blow To The Head

His opponent sneaks up behind him and grabs him, leaving his arms free. His opponent's right wrist is on top.

First, he grasps his opponent's right wrist with his left hand and pushes down, breaking the hold. Then he flexes six to eight inches at the knees, bends forward at the waist, cocks his right arm at the elbow, and makes a fist of his right hand. At the same time, he pulls his opponent forward and off balance, twisting his right elbow toward his left boot.

Then he straightens up at the waist and pulls his opponent's right arm away from him. Using his opponent's arm as a guide, he drives his elbow into his opponent's head, knocking him to the ground.
Counter To The Rear Strangle

Having approached him from the rear, his opponent tries to strangle him by using his right hand and arm.

Forming a "V" with the thumb and forefinger of his left hand, he then places his hand between his opponent's arm and his own neck, enabling him to grasp his opponent's wrist and pull his arm down to allow himself breath. He then flexes six to eight inches at the knees, bends forward at the waist, cocks his right elbow, and twists his right shoulder toward his left boot.

Straightening up, he throws his opponent's right arm out from his body with his left arm. Using his opponent's right arm as a guide, he comes back with an (right) elbow to the armpit.
HEAD TWIST TAKEDOWN

His opponent grabs him from the front, leaving his arms free.

He makes a "V" with the thumb and forefinger of his right hand and grasps his opponent's jaw, pushing it up and back. At the same time, he grasps the back of his opponent's head with his left hand and twists it back, throwing his opponent to the ground.
Front Check Blow To The Groin

His opponent grabs him from the front, pinning his arms to his sides.

Immediately he thrusts his buttocks to the rear. Then he smashes his opponent's groin with the knuckles of both fists.
Counter To The Side Or Pivot Kick

His opponent, knowing a little of hand to hand combat, assumes a corresponding guard position.

Then he tries to kick him with a side or pivot kick.

He immediately swings his leading arm down, making a fist on that hand, and blocks the kick by striking the lower part of his opponent's leg with the back of his fist or forearm. This knocks his opponent off balance and spins him to the ground.
Block, Catch, And Follow-Up

His opponent attempts to kick him from the opposite guard position.

He makes a fist on his leading arm and drops it across his chest. He then rotates his body to the front and blocks the kick with that forearm.

Next, he grasps the heel of his opponent's kicking boot with his trailing hand and starts his pivot kick.

Pivoting on the ball of his leading foot, he kicks his opponent in the groin with the toe of his trailing boot.
Counter To The Conventional Kick

Your opponent is not a hand to hand fighter and, facing you squarely, he attempts to kick you. What actions should you take?

First, he picks up his leading foot and by placing the arch of that foot across his opponent's kicking leg just above the ankle, blocks the kick.

Then, with a down and out movement of his foot, he kicks his opponent's leg out of the way. Next, he flexes his leg at the knee and, without setting it down, side-kicks his opponent in the groin with violent force.
High Parry And Follow-Up Action

His opponent attacks him in the upper part of his body with a long thrust of his rifle and bayonet.

Bending his right arm at the elbow, he raises his forearm to a position vertical to the ground and brings it into contact with the small of the rifle barrel. Next, he pivots on the ball of his right foot 90 degrees to his left rear and re-establishes a standing guard position of the feet.

Then he makes a fist of his right hand, raises his arm cocked at the elbow, above the rifle so that his forearm is parallel to the ground. As his opponent is recovering from his rifle thrust, he then smashes him in the nose with his elbow.

This knocks his opponent to the ground. Leaving his weapon alone, he quickly moves into position and renders a heel stomp to his opponent.
Low Parry And Follow-Up Action

His opponent attacks him in the lower part of his body with a rifle and bayonet.

He extends his right arm at a 45 degree angle, placing the inside portion of his forearm against the small of the barrel.

He then reaches up and over the tip of the bayonet with his left hand and grasps the small of the barrel. Simultaneously he makes a fist of his right hand and drops it in front of his groin.

Next he pivots on the ball of his right foot and kicks his opponent in the "GROIN" region with the toe of his left boot.
THE "SOLDIER" IS ALIVE TODAY BECAUSE HE PAID ATTENTION TO HIS HAND TO HAND COMBAT INSTRUCTION IN BASIC TRAINING, AND THE MATERIAL SHOWN IN THIS PAMPHLET.
FIRST AID TREATMENT

Heat Exhaustion: Remove patient to cool place; remove outer clothing; elevate feet; move legs up and down or massage legs; give all the water patient will drink; give two salt tablets or 1/4 teaspoonful salt with each canteen of water. Seek medical aid.

Heat Stroke: Carry patient to shady place. Remove clothing; sprinkle or bathe patient with cold water and fan; massage trunk, arms and legs. SEEK AID OF MEDICAL OFFICER AT ONCE.

Heat Cramps: Remove patient to cool place and remove outer clothing; give water and salt as above; send patient to hospital if cramps are severe.

OVER FOR SYMPTOMS
ADVERSE EFFECTS OF HEAT

SYMPTOMS

Heat Exhaustion  COOL MOIST SKIN, PROFUSE SWEATING. Headache, dizziness, weakness, rapid pulse.

Heat Stroke  HOT DRY SKIN. Headache, dizziness, weakness, and rapid breathing and pulse. Severe cases — unconsciousness.

Heat Cramps  Severe cramps of the muscles of abdomen and legs following overheating.

PREVENTION: Increase salt and water consumption during hot weather. Use two salt tablets or ¼ teaspoon salt to each canteen of water.

OVER FOR FIRST AID TREATMENT