

CHAPTER 2

TRAINING

This chapter discusses the trainer's role in teaching and sustaining effective hand-to-hand combat. It also discusses unit training training areas, teaching techniques, and safety precautions that must be considered before conducting combatives training.

Section I

TRAIN THE TRAINER

Professional instruction is the key to success in combative training. Instructors must be physically fit and highly proficient in the demonstration and practical application of the skills described in this manual. Confidence, enthusiasm, and technical expertise are essential for success in teaching hand-to-hand combat. Assistant instructors must also be properly trained to help supervise and demonstrate maneuvers. Highly trained assistant instructors under supervision may also provide supplementary combative training during off-duty hours.

2-1. IMPORTANCE OF SKILLED TRAINERS

Diligent effort is needed to perfect the various hand-to-hand combat techniques, to apply them instinctively, and to teach others to safely master them. The following instructor responsibilities are the core of planning and executing combative training.

- a. Seek maximum efficiency with minimum effort. Continually strive to reduce all unnecessary explanations, movement, and activity. Streamline the training without compromising content, efficiency, or safety.
- b. Stress cooperation and technical mastery. Minimize hostile behavior but promote *aggressiveness* and *power*.
- c. Reinforce the details of each technique, and provide positive feedback when warranted. Use occasional humor to motivate soldiers, but avoid degrading or insulting them.

d. Ensure serviceable training aids are present to use in sufficient quantities for all soldiers being trained. Ensure training areas are well maintained and free from dangerous obstructions.

e. Ensure instructors and assistant instructors are well rehearsed and prepared before all training sessions. Conduct instructor training at least five hours weekly to maintain a high skill level.

f. Develop as many skilled combative instructors for each unit as possible. Instructor-to-soldier ratios should not be less than 1 instructor for 20 soldiers. Encourage after-duty training and education for instructors.

g. Require strict discipline of all soldiers.

2-2. SAFETY PRECAUTIONS

To prevent injuries, the instructor must consider the following safety precautions before conducting combative training.

a. Supervise all practical work closely and constantly. Never leave a group unsupervised.

b. Familiarize the soldiers with each maneuver by a complete explanation and demonstration before they try the moves.

c. Do not allow the soldiers to get ahead of the instruction.

d. Ensure the training partner offers no resistance, but allows the maneuver to be freely executed during the learning stages and while perfecting the techniques.

e. Ensure there is adequate space between soldiers during all practical work—for example, allow at least an 8-foot square for each pair of soldiers.

f. Ensure that soldiers empty their pockets, and remove their jewelry, identification tags, and glasses before training.

g. Stress that only simulated strikes to vital points, such as the head, neck, and groin area, are executed. Soldiers may use light blows to other vulnerable areas; however, they must exercise caution at all times.

h. Establish a signal to indicate to the partner when to stop the pressure in grappling and choking techniques. Two handclaps or tapping the training partner with a free hand are examples.

i. Make sure soldiers warmup and stretch properly before practical work.

j. Teach and practice falls before conducting throws.

k. Ensure protective eye wear is available when executing training with practice bayonets, knives, or any sharp weapons.

l. Ensure that the soldier to be disarmed does not place his finger in the trigger guard during rifle and bayonet disarming.

m. Make sure soldiers keep scabbards on knives and bayonets firmly attached to rifles while learning bayonet disarming methods.

n. Use bayonet scabbards or rubber knives during knife disarming training.

o. Inspect all sandbags on retaining walls before conduct of instruction so that all bags are serviceable with at least 75 percent fill and that entire retainer wall is covered with sandbags. Any bag placed where personnel are likely to fall will be filled with the same consistency filler as the sawdust in the pit and will also provide a minimum of 6 inches of sawdust.

p. Maintain a buffer zone of 6 feet from retainer wall and demonstration area during all training, especially training requiring throws and takedowns by students.

q. Rake the training pit to loosen sawdust and remove all sharp objects. Properly inspect the pit so that all safety hazards are removed before instruction/demonstrations are executed.

r. Perform inspections on training pits two days before use to ensure that there is at least 6 inches of sawdust throughout the training pit area. This will allow time to acquire sawdust to resurface pit area if there is not 6 inches of surface sawdust.

Section II UNIT TRAINING

Although combatives are not likely to become part of a unit's mission-essential task list, commanders cannot overlook the importance of soldiers' skills in hand-to-hand combat. Hand-to-hand fighting is a possibility in any conflict, and a basic proficiency in combative may save soldiers' lives. Entry-level soldiers receive a training base in combative during basic training and in OSUT. Advanced individual training commanders should consider using hand-to-hand combat as part of the physical training program. They should review the training presented during basic training and, as time permits, expand into the more advanced techniques discussed in this field manual. Regular units must incorporate combative into an organized training program for soldiers to achieve and sustain proficiency levels.

CAUTION

WHEN PLANNING COMBATIVES TRAINING, INSTRUCTORS MUST TAKE PRECAUTIONS ACCORDING TO THE TIME OF DAY SEASON, AND ACCLIMATIZATION OF SOLDIERS. THEY MUST ALSO CONSIDER MODIFICATION OF THE UNIFORM, BREAK TIMES, AND OR THE AVAILABILITY OF WATER.

2-3. BASIC OR ONE-STATION UNIT TRAINING

Combative training in the basic or one-station unit training program is based on 10 hours of available training time, divided into five periods of 2 hours each. The following is a suggested POI for introductory-level combative training.

a. Period 1 - 2 Hours.

- (1) Introduction to combatives—safety.
- (2) Combat demonstration performed by instructors or trainers to gain attention and to motivate soldiers.
- (3) Vital points and vulnerable points.
- (4) Warm-ups.
- (5) Stretches.
- (6) Stances.
- (7) Elbows and knees.
- (8) Short punches and strikes.
- (9) Kicks.
- (10) Drills. Twenty-five repetitions for each strike—that is, elbows, knees, punches, and kicks—using vital and vulnerable points.
- (11) Combinations of strikes.

b. Period 2 - 2 Hours.

- (1) Warm-ups and stretches.
- (2) Review of strikes.
- (3) Falls.
- (4) Throws.
- (5) Proficiency development of falls and throws through repetition.

c. Period 3 - 2 Hours.

- (1) Warm-ups and stretches.
- (2) Review of falls.
- (3) Grappling.
- (4) Chokes.

d. Period 4 - 2 Hours.

- (1) Warm-ups and stretches.
- (2) Defense and counters against weapons.
 - Angles of attack and defenses of each angle.
 - Knife defense.
 - Knife attacks.
 - Three-foot stick defense.
 - Three-foot stick attacks.
 - Drills. Twenty-five repetitions of defenses against each angle of attack, knife attacks, and 3-foot stick attacks.

e. Period 5 - 2 Hours.

- (1) Warm-ups and stretches.
- (2) Overall review.

2-4. UNIT SUSTAINMENT TRAINING PROGRAM

Unit combative training is best done at company and platoon level. It is difficult for commanders to find time to conduct hand-to-hand combat training in typical training schedules. Combative training can be conducted during the times allotted for unit physical readiness training. Most units have at least one day a week when organized athletics are conducted for PT; this is a good time to train in hand-to-hand combat.

a. When the unit begins combative training, it starts with the basic training/OSUT program. After each soldier in the unit has attained the same basic skill level, the training can then progress to more advanced techniques and drills. If conducted once a week, this program takes 10 weeks to complete. A typical progression might be as follows:

- Defense and counters against weapons: 3 hours
- Field-expedient weapons: 3 hours.
- Sentry removal, silent kills, and quick kills: 2 hours.
- Advanced knife drills: 3 hours.

b. Once the unit has basic proficiency of the topics in Chapters 3 through 7, the commanders can easily plan future combative training. Unit trainers will know where emphasis should be placed in the unit's hand-to-hand training, and they can also create more advanced training exercises and drills based on soldier skill levels.

**Section III
TRAINING AREAS**

An advantage of combative training is that it can be conducted almost anywhere with little preparation of the training area. (See Appendix A.)

2-5. TRAINING FORMATIONS

Physical training formations may be used for combative training. (See FM 21-20.) If the extended rectangular formation is used, the first and third ranks should face the second and fourth ranks so that each soldier has a partner directly across from him.

a. When practicing throws or disarming techniques, soldiers need twice the normal interval between ranks. Instructors also try to pair soldiers according to height and weight.

b. A large, grassy outdoor area free of obstructions is suitable for training. Each pair of soldiers should have an 8-foot square training space. Indoor areas, such as gymnasiums, are also appropriate; however, sharp or hard weapons are not used on gymnasium floors or on mats.

2-6. PIT CONSTRUCTION

The most common area for teaching hand-to-hand combat is a sawdust pit. Figure 2-1, shows a training area for 200 soldiers with a sawdust pit surrounding an instructor and demonstrator platform.

a. To construct the pit, dig out and level an area 50 meters wide and build a retaining wall at least 24 inches high. The wall can be cinder blocks, sandbags, or dirt if other materials are not available. To prevent injuries from a cinder block retaining wall, cover the wall and the top of the wall with sandbags. Place a layer of plastic sheeting on the ground to prevent the growth of grass and weeds, and place a sand base up to 12 inches deep on top of the plastic. Then, place a layer of sawdust at least 6 inches deep on top of the sand.

b. Build a 14-foot square demonstration area (Figure 2-1) in the center of the pit with the same type of retaining wall described in paragraph a. This area is large enough for two demonstrators and the primary instructor.

2-7. BAYONET ASSAULT COURSE

The bayonet assault course provides the commander a unique training opportunity. It allows his soldiers to employ rifle-bayonet fighting skills under simulated combat conditions. The course can be built and negotiated so that demands placed on the soldiers' abilities and on their endurance approach those experienced under combat conditions. Realistic sights and sounds of battle—fire, smoke, confusion, and pyrotechnics--can also be created to enhance realism. (See Appendix B.) The training objectives of the bayonet assault course include:

- Improving rifle-bayonet fighting skills.
- Improving physical fitness and soldier aggressiveness.
- Improving speed, strength, coordination, and accuracy.
- Providing realistic rifle-bayonet fighting under near combat conditions.
- Challenging the soldiers' determination and stamina, which are needed in combat.
- Providing an opportunity for team and squad leaders to develop their leadership and control measures.

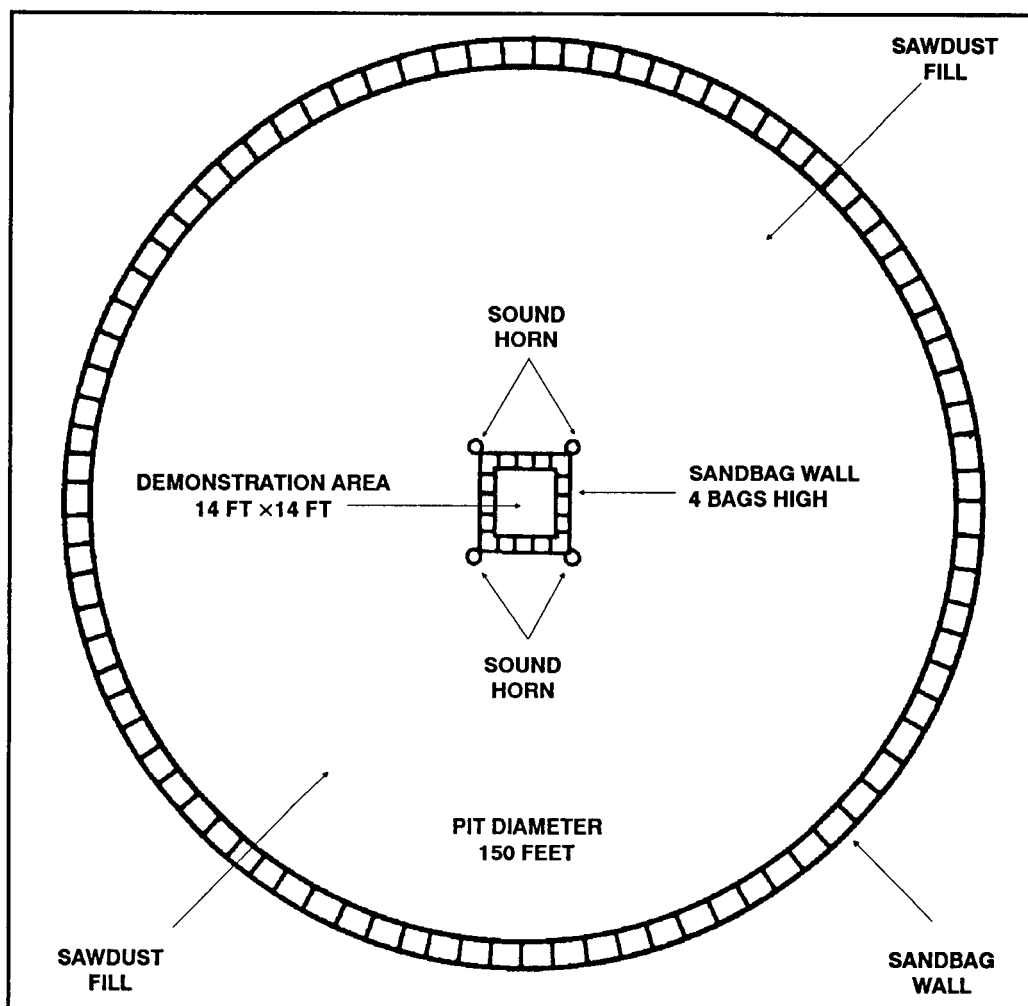


Figure 2-1. Combatives training pit.

CAUTION

SOLDIERS MUST CARRY AND USE THE PROTECTIVE MASK WHILE PARTICIPATING IN TRAINING THAT INCLUDES THE USE OF SMOKE.

a. **Safety.** The safety of the soldiers should be a constant concern of the instructor and his assistants. The best safety aids are constant control and supervision. In addition, instructors should brief soldiers at the beginning of each class on the requirements for safety during rifle-bayonet training. Instructors use the following safety measures:

(1) Bayonets must be fixed and unfixed only on command.

(2) Rifles should be grounded near the targets when the soldiers are ordered to move to the instructor's platform for explanations or demonstrations.

(3) A level surface that does not become slippery when wet should be provided for the training court.

(4) Left-handed soldiers should be positioned so that they are opposite another left-handed soldier when working against the targets. This type of arrangement prevents possible injury when executing a series of movements.

(5) When using the M16 rifle against a target, the force of contact during the thrust movement may drive the hand, gripping the small of the stock, into the forward assist assembly (on the right-hand side of the weapon near the stock). To prevent injury to the hand, the soldier must maintain a firm grip on the small of the stock; gloves should be worn as part of the training uniform when weather dictates.

b. Layout. The 300-meter-long course consists of a series of targets to attack and obstacles to negotiate. Lay it out over natural terrain, preferably rough and wooded areas. Include natural obstacles, such as streams, ravines, ridges, and thick vegetation. Build artificial obstacles, such as entanglements, fences, log walls, hurdles, and horizontal ladders (Figure 2-2).

c. Targets. Use a variety of targets to provide experience in different attacks. The local TSC can build the targets. Those composed of old tires are appropriate as well as the ivan-type targets used by range control—that is, the E-type silhouette, three-dimensional personnel target (large), FSN 6920-01-164-9625 or the F-type silhouette, three-dimensional personnel target (small), FSN 6920-00-T33-8777. Targets should be durable but should not damage weapons. Place a sign near each target to indicate the type of attack to be used.

d. Usage. An example of how to conduct the bayonet assault course is as follows:

(1) **Task.** Negotiate the bayonet assault course.

(2) **Conditions.** Given nine lanes on a 300-meter bayonet assault course over irregular terrain with four types of targets: thrust; parry thrust target; parry, butt stroke to the groin target; and parry, butt stroke to head target (Figure 2-3, page 2-10). The targets are marked with a sign to indicate the required attack. Given seven types of obstacles as shown in Figures 2-4 through 2-10, pages 2-11 through 2-14. Given a soldier in battle dress uniform with load-carrying equipment and a rifle with a fixed bayonet.

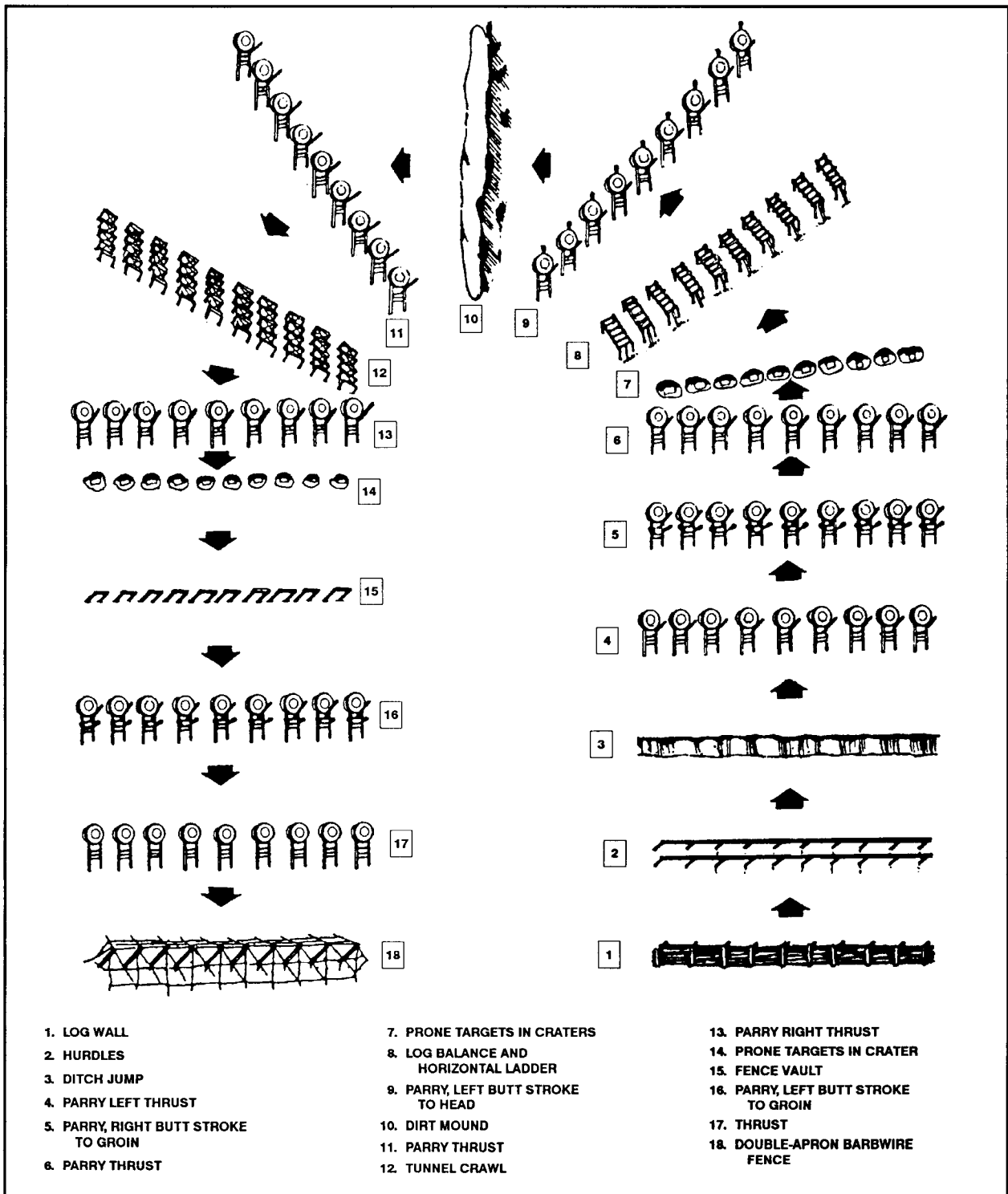


Figure 2-2. Example of nine-lane, 300-meter bayonet assault course.

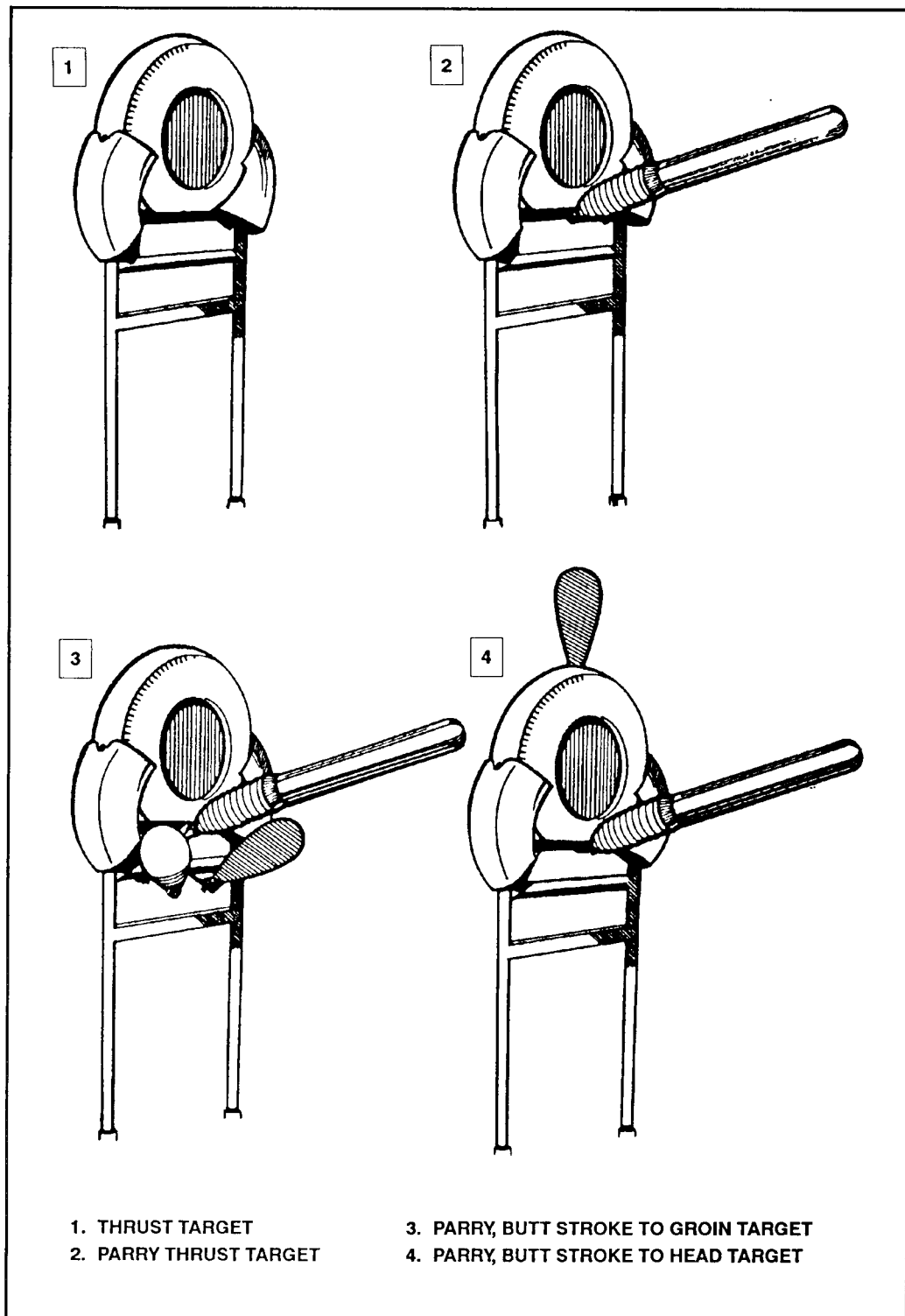


Figure 2-3. Types of targets.

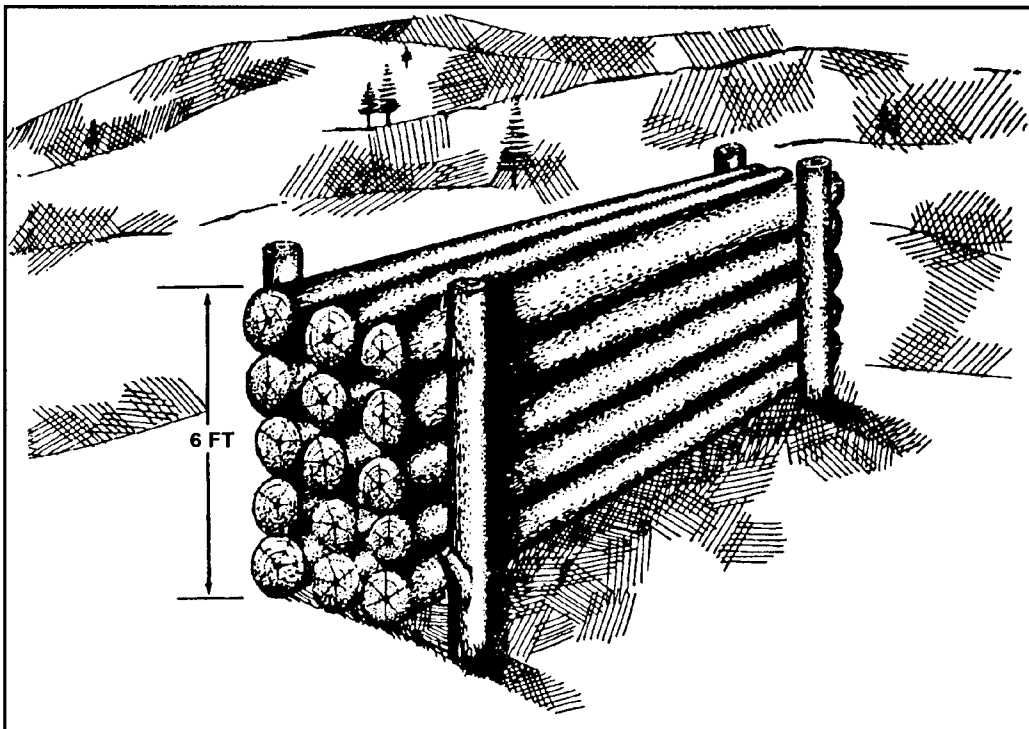


Figure 2-4. Log wall.

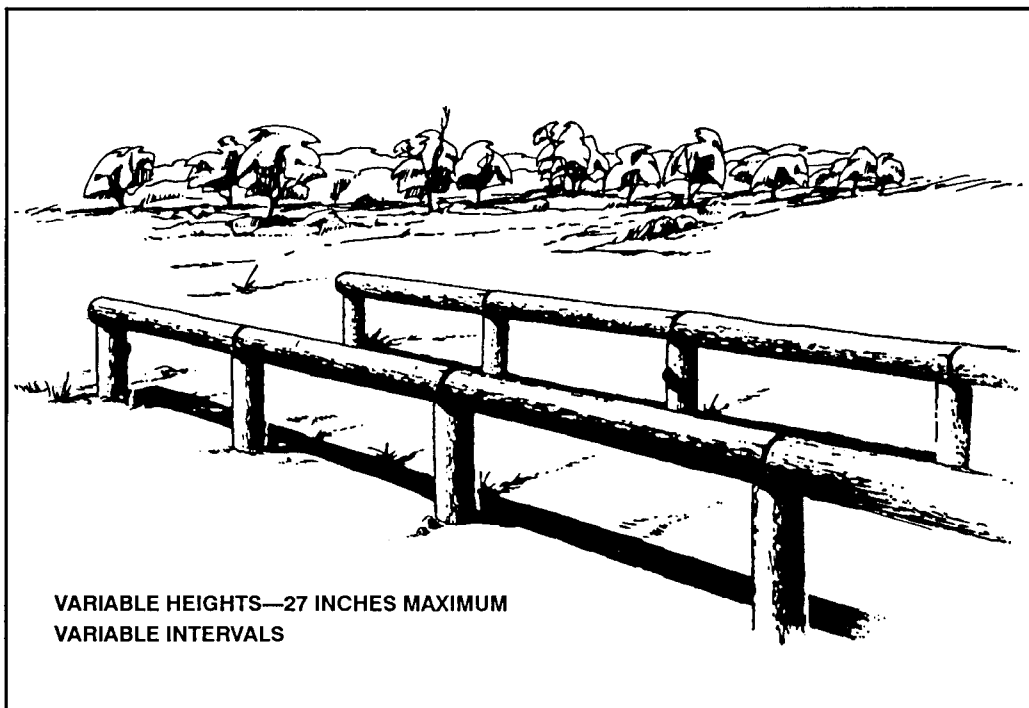


Figure 2-5. Hurdles.

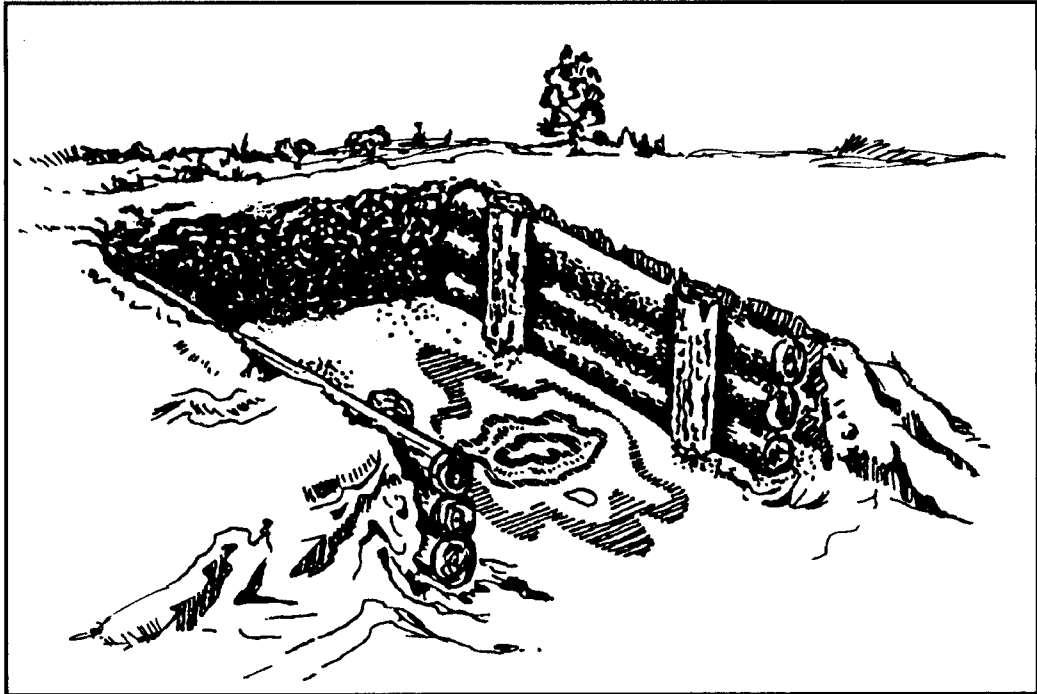


Figure 2-6. Ditch jump.

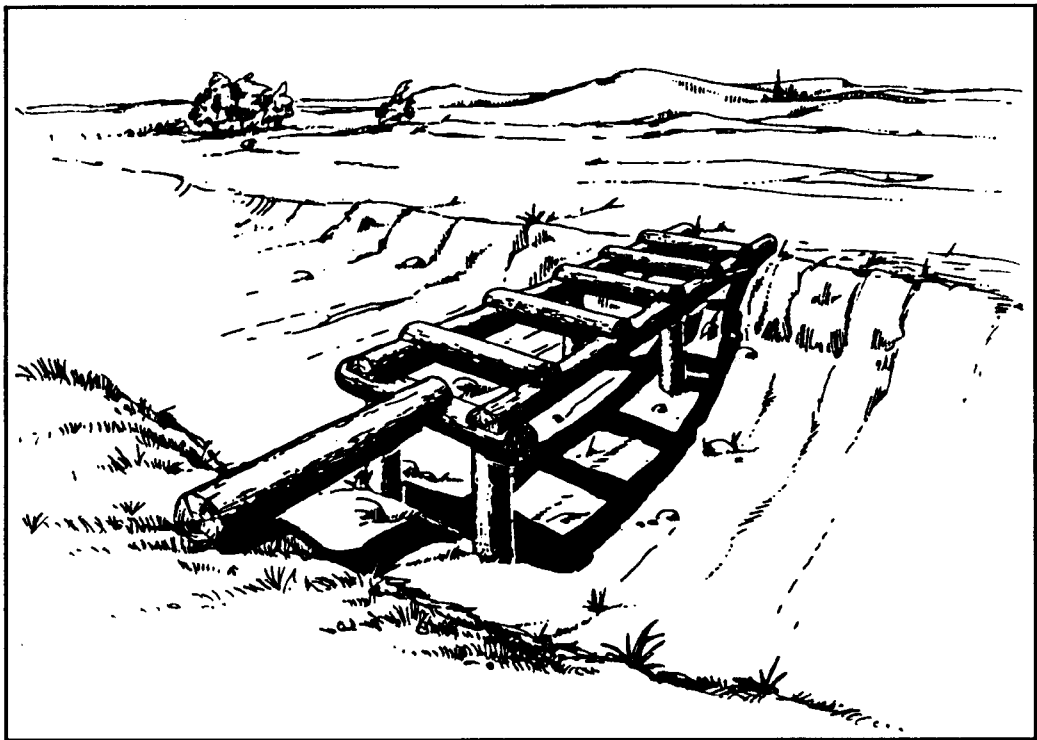


Figure 2-7. Log balance and horizontal ladder.

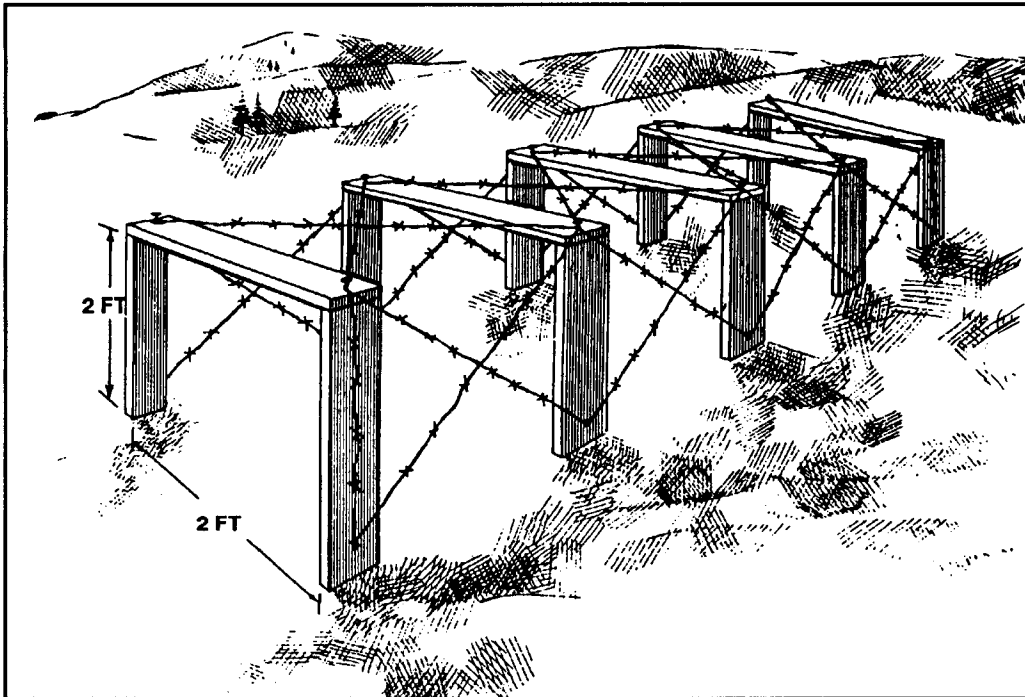


Figure 2-8. Tunnel crawl.

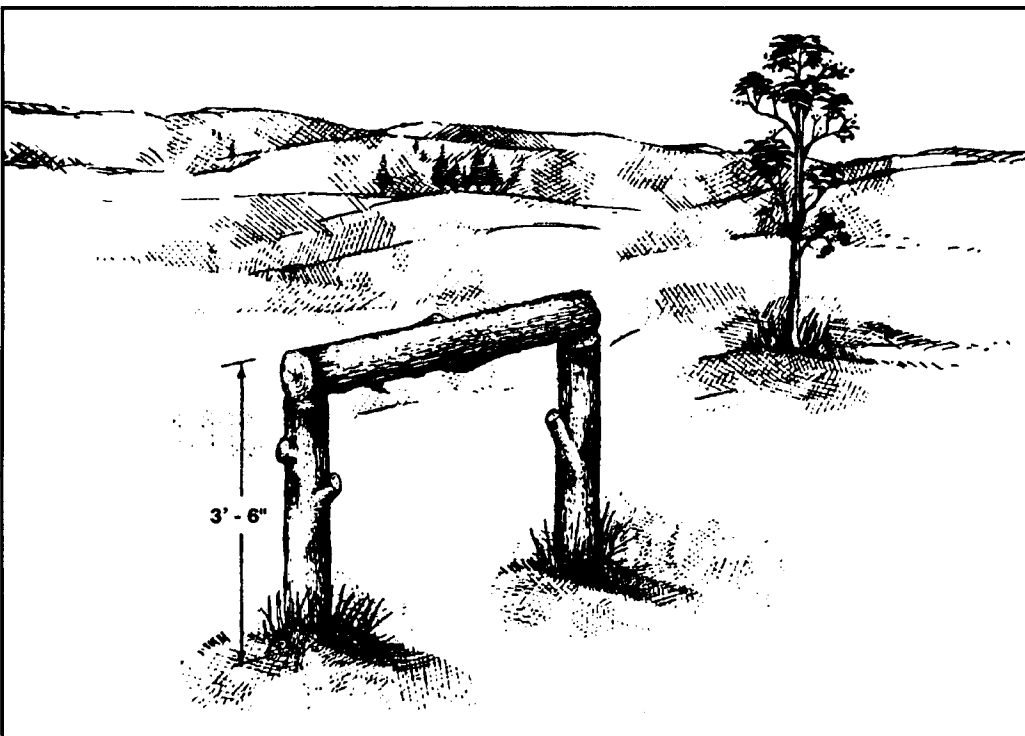


Figure 2-9. Fence vault.

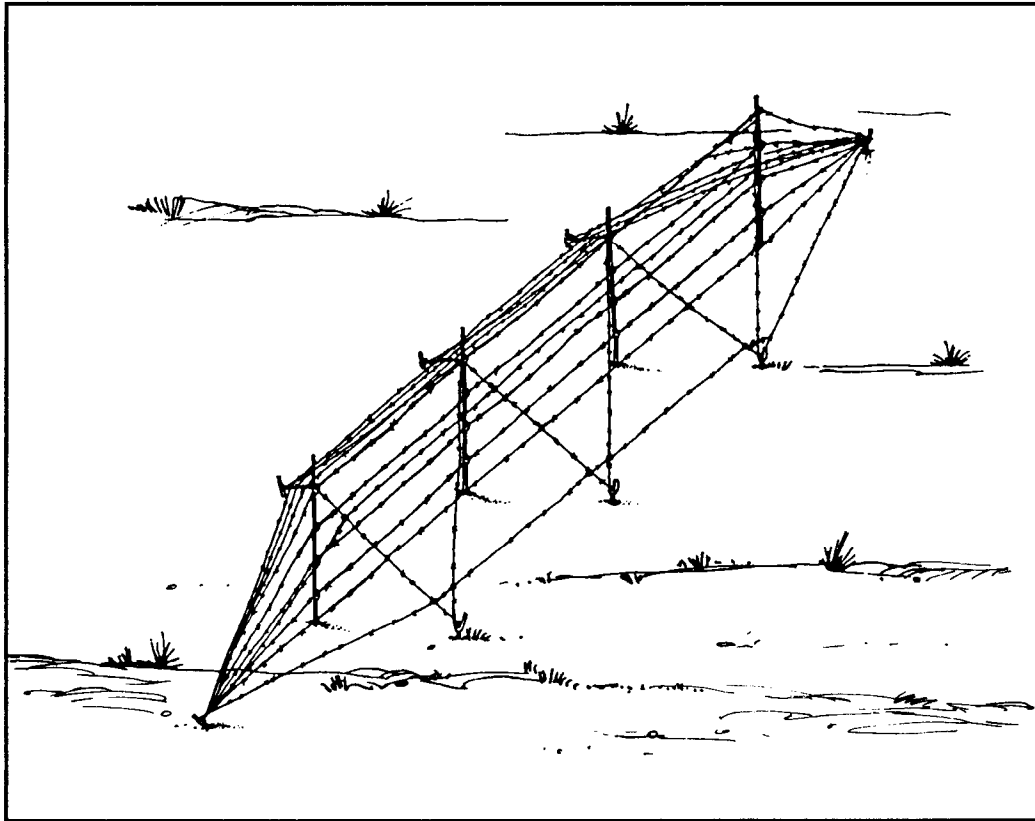


Figure 2-10. Double-apron barbwire fence.

(3) **Standards.** The course must be successfully negotiated by all soldiers in the class with each soldier obtaining kills on 75 percent of the total targets in his lane. The course must be negotiated in 5 minutes or less (about 30 seconds for each 50 meters and time to attack and negotiate obstacles).

WARNING

TO AVOID INJURY, INSTRUCTORS ENSURE THAT THE PROPER INTERVAL IS CONSTANTLY MAINTAINED.

**Section IV
TEACHING TECHNIQUES**

This section discusses a variety of effective teaching techniques to use while conducting combative training.

2-8. WARM-UPS AND STRETCHES

Before combative training, the soldier must be prepared for the upcoming physical stress. A warm-up period gradually increases the internal temperature of the body and the heart rate. Stretching prepares the ligaments, tendons, muscles, and heart for a workout, decreasing the chances of injury.

a. **Warm-up Exercises.** To begin warm-up exercises, rotate the major joints—neck, shoulders, hips, and knees. The warm-up should at least include 7 to 10 minutes of stretching, running in place or jogging around the training area, and calisthenics. Grass drills and guerrilla exercises are a good approach as a warm-up for combative training. They condition the body through motion in all ranges, accustom the soldiers to contact with the ground, and promote aggressiveness.

b. **Stretching Exercises.** Any of the stretching exercises in FM 21-20 are recommended for hand-to-hand combat training. Five other exercises that increase flexibility in areas of the body that benefit hand-to-hand combat movements are as follows:

(1) **Backroll stretch.**

(a) **Position:** Lay on ground on back with legs extended and arms by sides, palms down.

(b) **Action:** Raise legs over head and roll back as far as possible, trying to place toes on the ground behind head. Keep knees locked and feet and knees together; hold for 20 seconds (Figure 2-11). Gradually, return to starting position. Repeat two or three times.

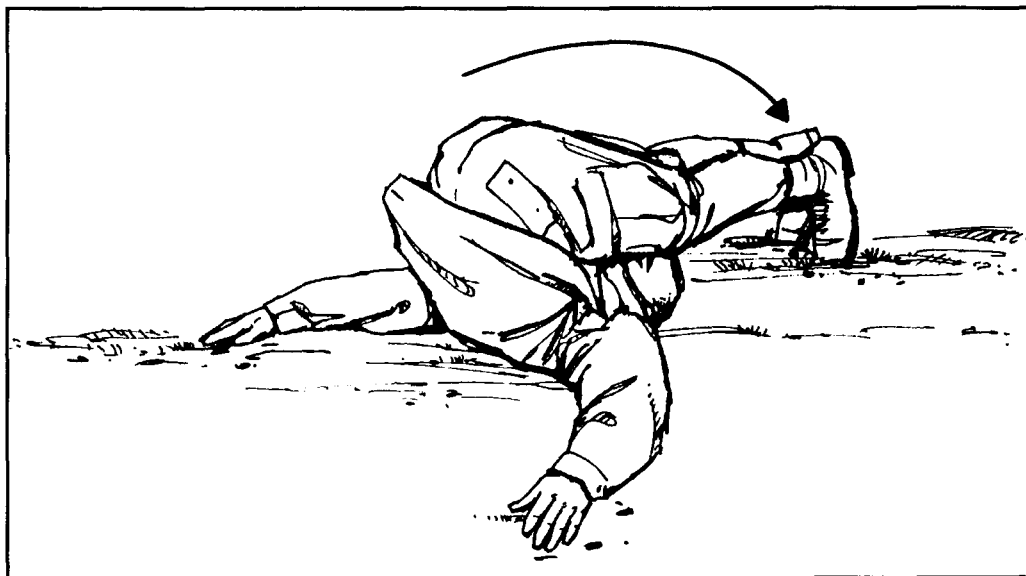


Figure 2-11. Backroll stretch.

(2) **Buddy-assisted splits (leg spreader).**

(a) **Position:** Sit on ground facing buddy with legs extended and spread as far as possible. Position feet inside ankles.

(b) **Action:** Interlock hands with buddy and alternate pulling one toward the other, causing the buddy to bend forward over the hips until a stretch is felt (Figure 2-12). Hold this position for 20 seconds, then alternate and have him pull you into a stretch. Do sequence two or three times each.

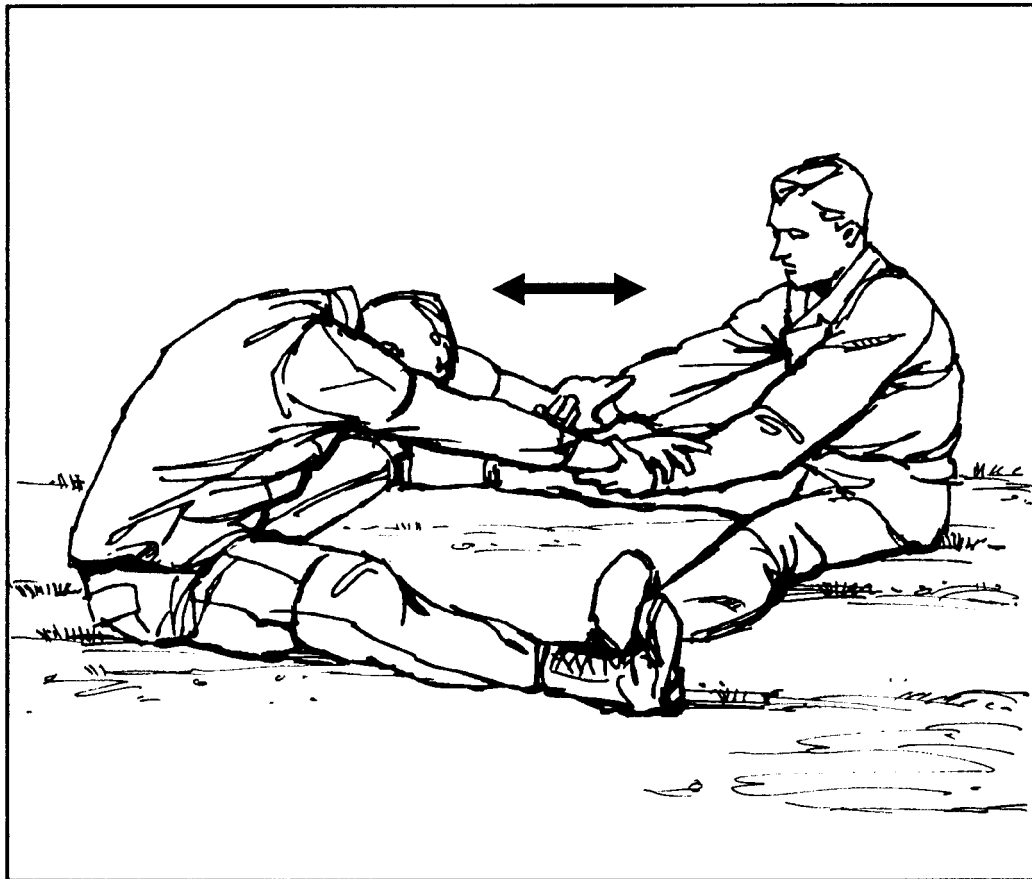


Figure 2-12. Buddy-assisted splits (leg spreader).

(3) **Buddy-assisted hamstring stretch.**

(a) *Position:* Sit on ground with right leg extended to front and foot pointing up. Bend left leg with sole touching to inside of right thigh. Have buddy kneel behind you with his hands on your shoulders (Figure 2-13).

(b) *Action:* Slowly bend forward from hips over the right leg and reach your hands toward ankles until stretch is felt (Figure 2-13). Hold this for 10 to 15 seconds. The buddy then applies downward pressure and allows you to adjust your stretch. Hold for 10 to 15 seconds and repeat. Alternate legs and positions after two or three sequences.

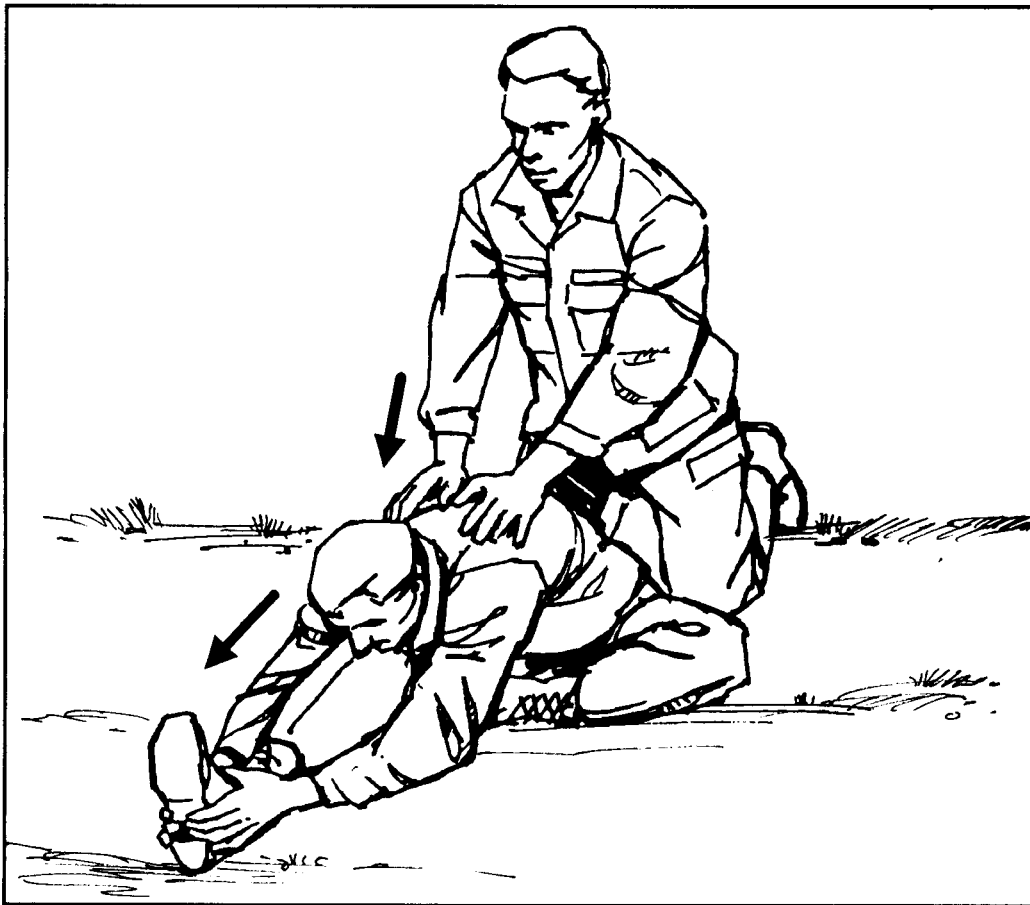


Figure 2-13. Buddy-assisted hamstring stretch.

(4) **Buddy-assisted groin (butterfly) stretch.**

(a) *Position:* Sit on ground with the soles of your feet together, close to the torso. Hold ankles with hands. Have buddy kneel behind you with his hands on your knees.

(b) *Action:* The buddy places his hands on top of your thighs at the knees. The buddy's weight is supported by your shoulders while little weight is placed on the thighs. Then, the buddy increases downward pressure on your thighs until stretch is felt (Figure 2-14). Hold for 20 seconds, then alternate positions.



Figure 2-14. Buddy-assisted groin (butterfly) stretch.

(5) **Buddy-assisted back stretch.**

(a) **Position:** Stand back-to-back with buddy and interlock arms at your sides.

(b) **Action:** Bend forward at the waist and pull buddy up on your back over your hips. The buddy allows his back to arch and tells you when an adequate stretch is felt (Figure 2- 15). Hold this position for 20 seconds, then, change places.



Figure 2-15. Buddy-assisted back stretch.

2-9. STANCES

A fighter's stance (Figure 2-16) is the position he takes in readiness for an unarmed fight. He may launch an attack or defend from this stance.

a. A fighter's stance not only places his body in a good position from which to attack or defend, but it influences his mental attitude and aggressiveness.

b. He holds his hands high to protect his head and face. His fists are clenched, but relaxed. His elbows are close to his body and his weight is evenly distributed on both feet, creating a stable base. He is light on his feet with his knees slightly flexed to allow quick movement in any direction.



Figure 2-16. Fighter's stance.

2-10. FALLS

A soldier must learn how to fall to the ground without getting hurt, both during training and during combat. If he loses his balance or is thrown during a fight, his use of basic fall techniques enables him to escape injury or to quickly recover to protect himself.

WARNING

TO HELP PREVENT ACCIDENTS DURING FALLS, IT IS IMPORTANT TO EXHALE UPON IMPACT WITH THE GROUND. THIS HELPS THE BODY ABSORB THE IMPACT

a. **Laying Side Fall.** The laying side fall is a training exercise that teaches the basic movements for executing a side fall. To be safe, the fall is learned from the squatting position until soldiers can fall properly. From the

squatting position (Figure 2-17, Step 1), the soldier extends one leg across the front of the body and raises his arm on the same side across his face (Figure 2-17, Step 2).

Then he rolls onto the exposed side, allowing the extended leg and side to absorb the shock of the fall. He slowly lowers his arm to stabilize his body. He raises his other hand to guard against future strikes (Figure 2-17, Step 3).

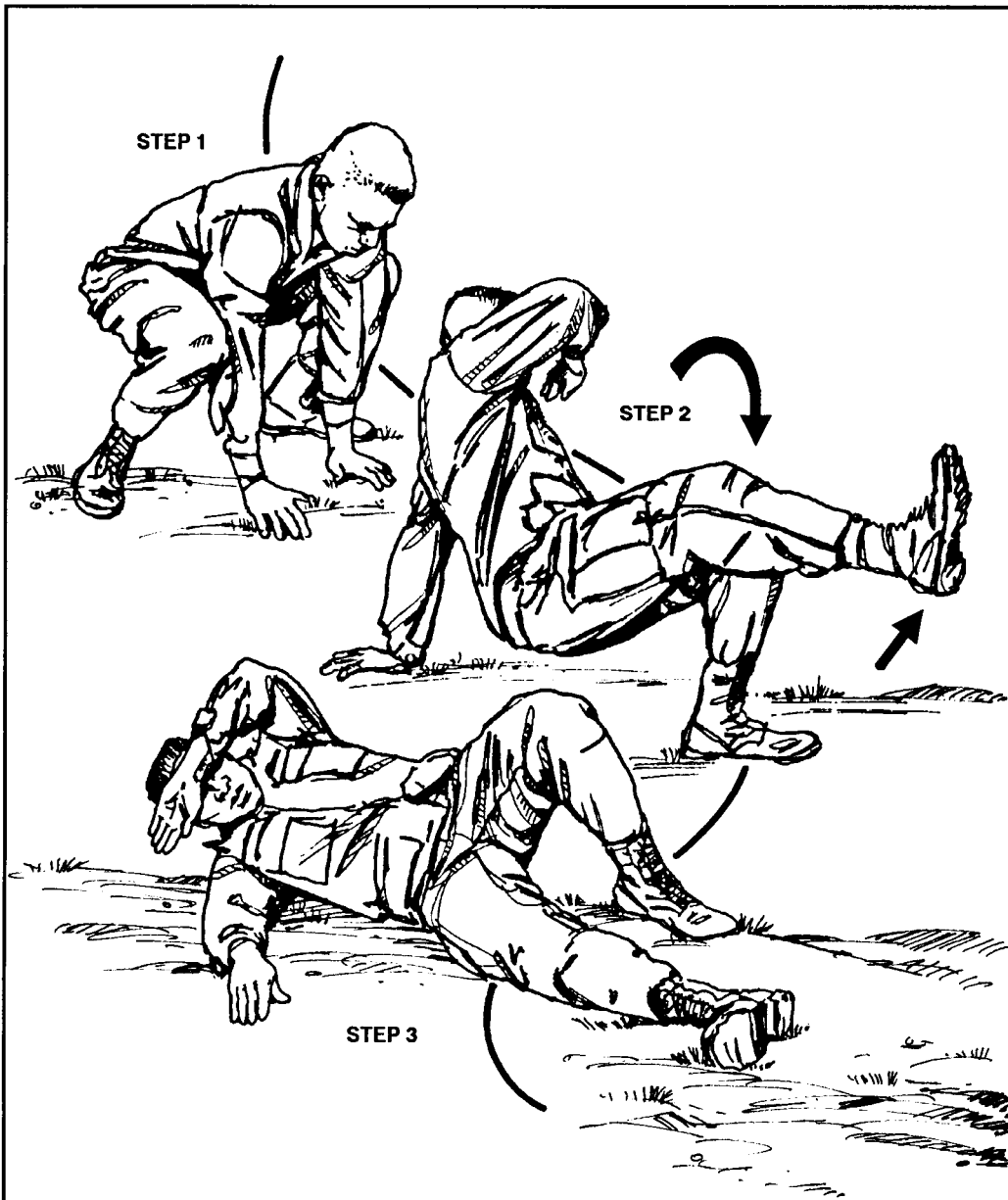


Figure 2-17. Laying side fall.

b. **Standing Side Fall.** The soldier starts the fall from the standing position (Figure 2-18, Step 1).

He lowers his weight on the supporting leg and extends the other leg across the body (Figure 2-18, Step 2).

He then distributes his body weight by rolling along the exposed side from the ankle of the extended leg to the back muscle. The arm on the ground is used to stabilize himself; the other hand is used to guard the body (Figure 2-18, Step 3).

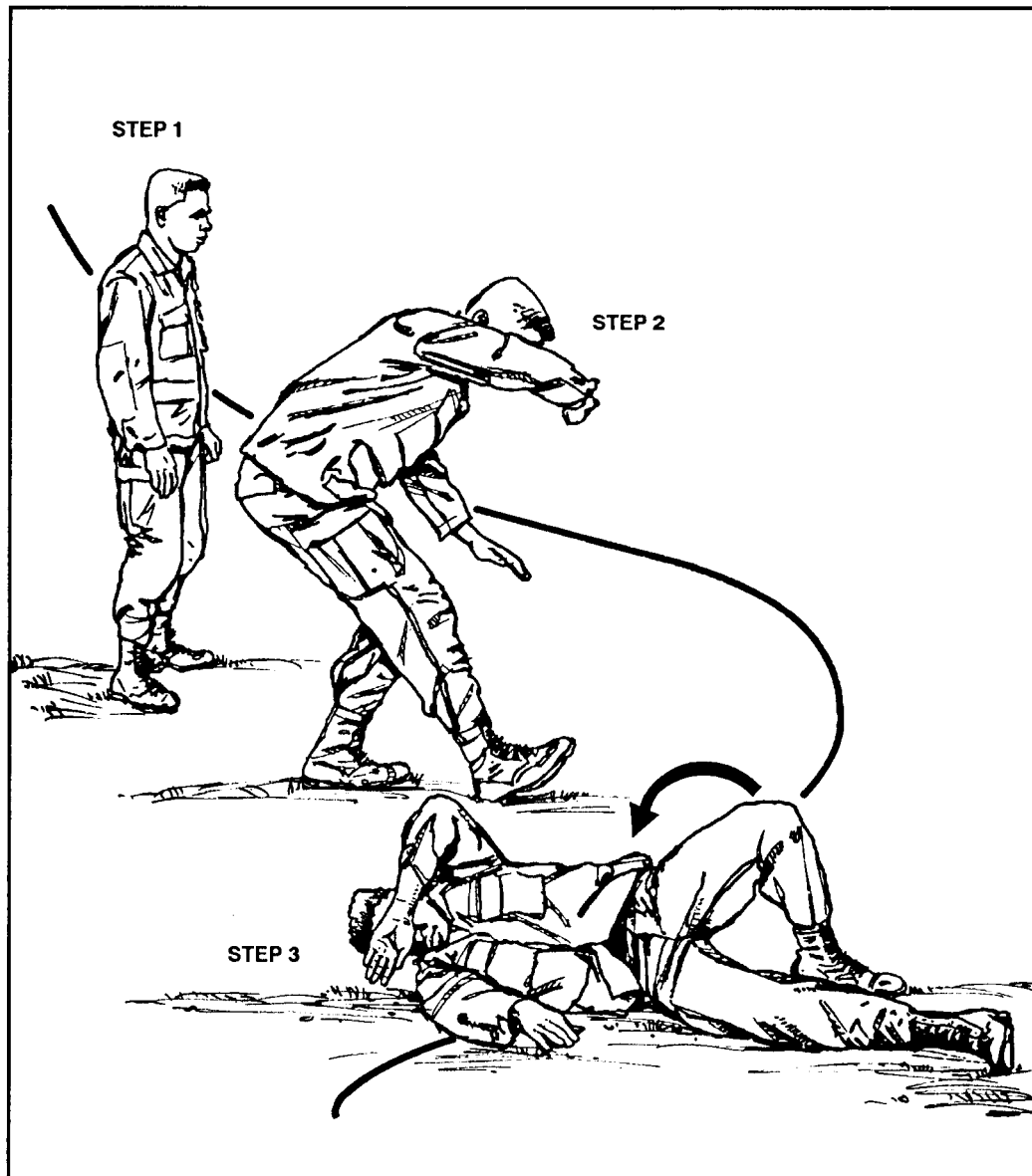


Figure 2-18. Standing side fall.

c. **Forward Rolling Fall.** The soldier starts the fall from the standing position (Figure 2-19, Step 1). He raises one arm to expose his entire side, places both hands on the ground, and bends both knees.

He rolls forward across the body along the hand, arm, and back to the opposite hip (Figure 2-19, Step 2) and ends in a good side fall position (Figure 2-19, Step 3).

He keeps his left leg flat on the ground, knee slightly bent. His right knee points upward and bends inward to help protect the groin. He keeps his right heel and sole flat on the ground behind the left leg.

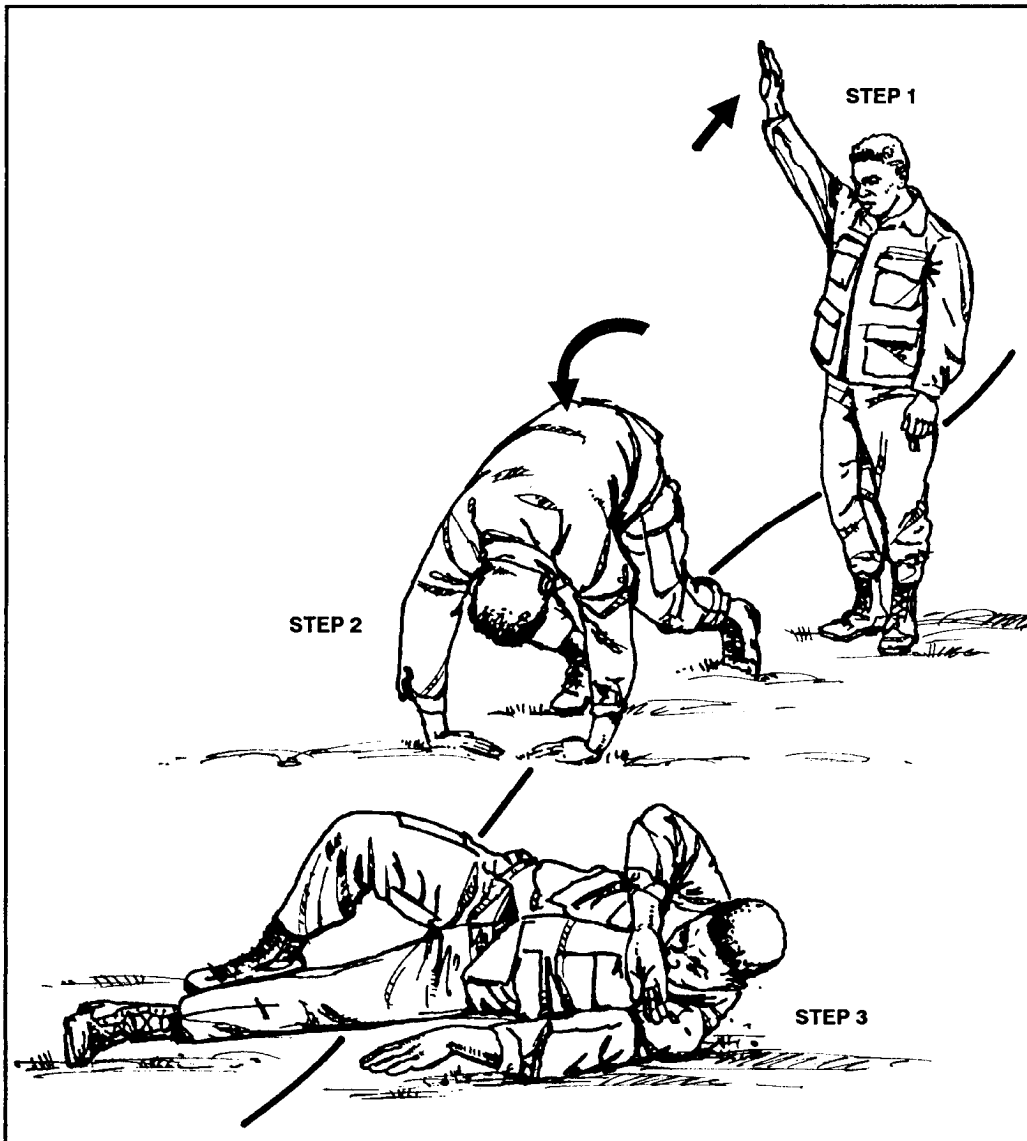


Figure 2-19. Forward rolling fall.

d. **Rear Fall.** The soldier starts the fall from the standing position and keeps his head forward to reduce the chance of head and neck injuries (Figure 2-20, Step 1).

He then falls backward and lowers his center of gravity by bending both knees. As his buttocks touch the ground, he rolls backward to absorb the momentum of the fall (Figure 2-20, Step 2).

He keeps his hands cupped and slaps his hands and arms down to help absorb the shock of impact and to stabilize his body (Figure 2-20, Step 3). He keeps his chin tucked on his chest.

Then, his legs come down slowly with knees bent and make contact with the ground (Figure 2-20, Step 4). He raises his hand to protect his face from kicks or blows. The soldier can kick his opponent from this position.

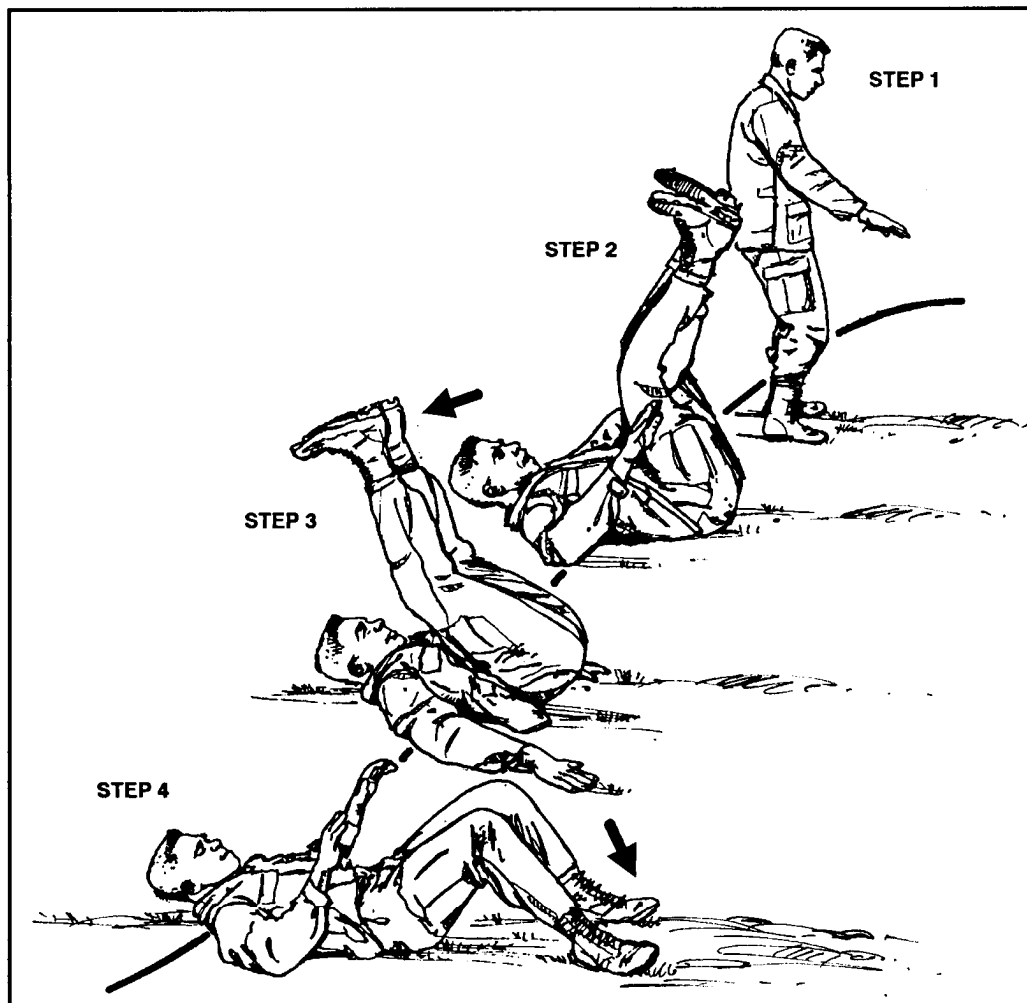


Figure 2-20. Rear fall.

2-11. CRAWL, WALK, AND RUN

Training can be conducted using the crawl, walk, and run techniques, which may be applied on two levels.

a. **First Level.** The instructors use these techniques during each initial training session.

(1) **Crawl phase.** New techniques should be introduced, taught, demonstrated, and executed by the numbers.

(2) **Walk phase.** During this phase, soldiers practice the new techniques by the numbers, but with more fluid movement and less instructor guidance.

(3) **Run phase.** Soldiers execute the techniques at combat speed with no guidance.

b. **Second Level.** The instructors use these techniques when developing unit combatives programs. Before conducting combatives training, the instructor considers the abilities and experience level of the soldiers to be trained. During training, those soldiers with prior martial arts experience can be a great asset; they may be used as demonstrators or as assistant instructors. The crawl, walk, run approach to unit training ensures a high skill level throughout the unit and minimizes the risk of training injuries.

(1) **Crawl phase.** During the crawl phase, the instructor introduces combatives to the unit. Here, the basic skills that set the standards for advancement to other levels are mastered. Emphasis is placed on proper technique when executing stances, falls, and hand-and-foot strikes. Studying the new techniques in this method ensures that the movements are correctly programmed into the soldiers' subconscious after a few repetitions. It also develops the flexibility of soldiers.

(2) **Walk phase.** Once a unit has developed a sufficient proficiency level in basic skills, begin the walk phase. Instructors introduce soldiers to throws, combination strikes with body weapons, reaction drills, knife/bayonet fighting, grappling, and expedient-weapons training.

(3) **Run phase.** In the run phase, unit soldiers engage in full sparring, advanced-weapons fighting, and sentry removal.

2-12. DEMONSTRATIONS

A well-coordinated demonstration and professional demonstrators are crucial for successful learning by soldiers. Unrehearsed presentations or inadequately trained demonstrators can immediately destroy the credibility of the training. There are two methods appropriate for the demonstration of combative techniques to soldiers. These are based on the size of the group to be taught.

a. **Company-Size Formation or Larger.** The instructor or demonstrator uses the talk-through method. The primary instructor talks the

demonstrators through the techniques by the numbers, and then the demonstrators execute at combat speed. The soldiers can see how to apply the move being taught in relation to the instructor or demonstrator. The primary instructor is free to control the rate of the demonstration and to stress key teaching points. The demonstrators must be skilled in properly applying the techniques so soldiers can adequately grasp the intended concepts.

b. Platoon-Size Formation or Smaller. A good method for demonstrating to a smaller formation is for the primary instructor to apply the technique being taught to an assistant instructor. The primary instructor talks himself through the demonstration. He stresses correct body movement and key teaching points as he does them.

2-13. EXECUTION BY THE NUMBERS

Instructors use execution by the numbers to break down techniques into step-by-step phases so soldiers can see clearly how the movements are developed from start to finish. Execution by the numbers also provides soldiers away to see the mechanics of each technique. This teaching method allows the instructor to explain in detail the sequence of each movement. For example: on the command PHASE ONE, MOVE, the attacker throws a right-hand punch to the defender's face. At the same time, the defender steps to the inside of the attacker off the line of attack and moves into position for the right-hip throw. Assistant instructors are able to move freely throughout the training formation and make on-the-spot corrections.

2-14. EXECUTION AT COMBAT SPEED

When the instructor is confident that the soldiers being trained are skilled at executing a technique by the numbers, he is ready to have them execute it at combat speed. Executing movements at combat speed enables soldiers to see how effective a technique is. This builds the soldier's confidence in the techniques, allows him to develop a clear mental picture of the principles behind the technique, and gives him confidence in his ability to perform the technique during an actual attack. The command is, THE RIGHT-HIP THROW AT COMBAT SPEED, MOVE. The soldiers then execute this technique from start to finish.

2-15. DRILLS

Drills are used to maintain soldiers' skills in executing techniques through repetition. During these drills, techniques or phases of techniques are repeated as often as necessary to ensure programmed learning by the soldiers. Subconscious programming usually occurs after 25 repetitions of movement.

Technique drills help soldiers retain their skills, and they are a good tool for reviewing techniques already learned.

2-16. FOAM PADS

Foam pads (Figure 2-21) are highly recommended to enhance training. The pads allow full-forced strikes by soldiers and protect their training partners. The pads enable soldiers to feel the effectiveness of striking techniques and to develop power in their striking. Instructors should encourage spirited aggressiveness. Pads can be tackle dummy pads or martial arts striking pads.

a. The use of pads is especially recommended for knee-strike practice drills, kicking drills, and 3-foot-stick striking drills. The pad is ideally placed on the outside of the training partner's thigh, protecting the common peroneal nerve. Pads can also be held against the forearms in front of the head and face to allow practice knee/elbow strikes to this area.

b. Training pads can be requisitioned through supply channels or purchased locally.

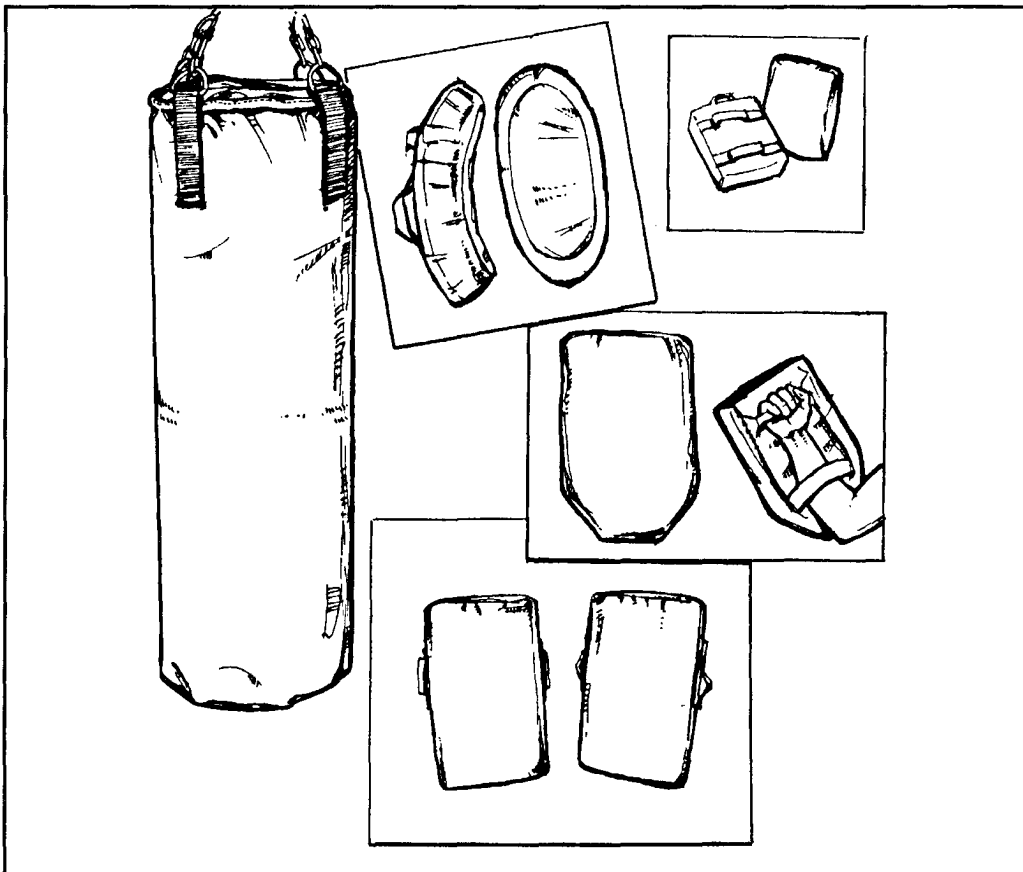


Figure 2-21. Training pads.