

# **Military Unarmed Combat Course**



## **Phase One**

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**WARNING:**

**THESE LESSONS ARE INTENDED FOR MILITARY  
APPLICATIONS THEREFORE THESE TECHNIQUES ARE TO  
THE EXTREME AND CAN BE MODIFIED TO A LESSOR DEGREE**

<b>EDO 101</b>	<b>LESSON</b>	<b>DATE</b>
<b>EC 101.01</b>	<b>EDO-01</b>	<b>AUGUST 2002</b>

**LESSON OBJECTIVE**

1. **PERFORMANCE** : Defence against an unarmed attacker
2. **CONDITIONS** : Given: Classroom instruction.
3. **STANDARD** : IAW references, the trainee shall demonstrate techniques to defend against an unarmed attacker
4. **DATE REVISED** : Aug 2002                      **TIME** : 1 X 40 min period.

<p><b><u>TEACHING POINTS</u></b></p> <ol style="list-style-type: none"> <li>1. Defence against one hand lapel grab.</li> <li>2. Defence against two hand lapel grab.</li> </ol>	<p><b><u>METHOD/APPROACH</u></b></p> <ul style="list-style-type: none"> <li>- Theory</li> <li>- Practice *</li> </ul>
	<p><b><u>REFERENCE(S)</u></b></p> <p>Phase One Training Unarmed Combat (Basic Trg Manual) Vol 1 Chapter 1</p>
	<p><b><u>STUDENT LEVEL</u></b></p> <p>All</p>
	<p><b><u>TEST DETAIL</u></b></p> <p>Practical</p>
	<p><b><u>TRAINING AIDS</u></b></p> <p>nil</p>

# CAREER ADMINISTRATIVE ACTIONS

## INTRODUCTION

- WHAT** : In this lesson, defence against an unarmed attacker will be presented.
- WHERE** : This lesson is an Educational Objective and you will use the subject matter throughout your military career.
- WHY** : You must be familiar with these different techniques as they are tools that can be used any time to protect life from an unarmed attacker.
- ORGANIZATION** : This lesson consists of 2 stages, with 2 techniques per stage.
- TEST** : There will be a quiz at the end of this lesson. The contents of this lesson will also be tested at the end of Phase One trg.

### **CONTROL STATEMENT** :

- a. If you have any questions, raise your hand; and
  - b. When I ask a question, no group answers.
- 

## **STAGE 1**

### **DEFENCE AGAINST A ONE HAND LAPEL GRAB**

#### **INTRODUCTION**

1. In the CF, there are times when you may be confronted by an unarmed attacker. Different types of attacks will require different types of defences. Phase one training will give the soldier two basic defences for each of the common types of unarmed attacks. The first defence is against a one handed lapel grab.

#### **TECHNIQUE 1** (Attacker uses right hand)

- a) Using your left hand, take control of the attacker's grabbing hand with a reverse overhand grab and force the hand to your chest.
- b) Maintaining control of the attacker's hand, turn it counterclockwise so that the palm faces in and apply pressure on the back of the hand directly towards him. Simultaneously, take the first two fingers of your right hand and insert them into the hollow at the top center of the attacker's chest cavity ( esophagus).
- c) Maintaining control of the attacker's right hand, apply pressure with your right hand at a 45 degree angle downward to the acquired pressure point. Simultaneously, pulling with your left hand on his right hand and turning your body counter-clockwise force the attacker down to the ground.
- d) From this position, follow up by inserting your fingers into the notches behind the trachea and ripping.

## TECHNIQUE 2

- a) Using your left hand, take control of the attacker's grabbing hand with a reverse overhand grab and force the hand to your chest. Next, with your right elbow, break down on his right forearm, pulling it in flat across your body.
- b) While maintaining control of the attacker's right arm to your chest, continue to wrap your right arm around and behind his right arm around until the palm of your right hand is flat on his chest. Straighten your right arm as much as you can to complete the lock. This will give you the leverage required for the technique.
- c) With your left hand, let go of the attacker's right hand and place it underneath his nose. Push the attacker's head away and directly back. This action will force him to the ground. Maintaining your left hand under his nose while he is falling will ensure that his head hits first.
- d) Immediately, withdraw your hand and finish the attacker with a well placed strike to the neck.

### CONFIRMATION OF STAGE 1

"QUESTIONS FROM CLASS"  
"QUESTIONS TO CLASS"

- Q1.** In the first technique, what is the pressure point being applied?  
**A1.** The hollow at the top center of the attacker's chest cavity ( esophagus).
- Q2.** In the first technique, at what angle is the pressure point being applied?  
**A2.** Apply pressure with your right hand at a 45 degree angle downward.
- Q3.** In the second technique, how is leverage gained over your opponent?  
**A3.** By straightening your right arm as much as you can to complete the lock.

## **STAGE 2**

### **DEFENCE AGAINST A TWO HAND LAPEL GRAB**

#### **INTRODUCTION**

1. In the CF, there are times when you may be confronted by an unarmed attacker. Different types of attacks will require different types of defences. Phase one training will give the soldier two basic defences for each of the common types of unarmed attacks. The next defence is against a one handed lapel grab.

#### **TECHNIQUE 1**

- a) With your right had, reach under the attacker's arms and grab his right elbow.
- b) Pull his elbow in and across your body and simultaneously place the edge of your left hand under the attacker's nose pushing his head away and back thereby forcing the attacker to the ground.
- c) Bring your left hand back and grab the attacker's right hand thereby giving you control of the attacker's hand with both hands.
- d) Follow-up by applying a stomping kick to the attacker's neck while at the same time pulling up. This will certainly dislocate the attacker's shoulder, if not severely damage the attacker's neck.

#### **TECHNIQUE 2**

- a) Circle both of your arms around to the outside and above the attacker's arms.
- b) Break down on the attacker's forearms with your elbows. This action will force the attacker closer to you.
- c) Place one hand on the attacker's chin and one hand on the back of his head and rotate his head while canting it at a 45 degree angle thus breaking the neck.
- d) Maintain control of the attacker's neck as he falls to the ground. Apply a strike to a vital point in the event that the neck break was not effective.

### **CONFIRMATION OF STAGE 2**

"QUESTIONS FROM CLASS"  
"QUESTIONS TO CLASS"

- Q1.** In the first technique, how do you force your opponent to the ground?  
**A1.** By pulling his elbow in and across your body and simultaneously place the edge of your left hand under the attacker's nose, pushing his head away and back thereby forcing the attacker to the ground.
- Q2.** In the second technique, what is the pressure point being applied?  
**A2.** The attacker's chin.

**SUMMARY**

1. In conclusion, you must be familiar with these different techniques as they are tools that can be used any time to protect life from an unarmed attacker.

**TEST**

1. Practical demonstration with an opponent.

## CONCLUSION

WEAK POINTS : As per practical test

IMPORTANT POINTS :

1. Defence against a one hand lapel grab.
2. Defence against a two hand lapel grab.

FINAL MOTIVATION : This information will be useful in protecting your life and the life of others throughout your career and beyond.

NEXT PERIOD : As per trg schedule.

<b>EDO 101</b>	<b>LESSON</b>	<b>DATE</b>
<b>EC 101.02</b>	<b>EDO-01</b>	<b>AUGUST 2002</b>

**LESSON OBJECTIVE**

1. **PERFORMANCE** : Defence against an unarmed attacker
2. **CONDITIONS** : Given: Classroom instruction.
3. **STANDARD** : IAW references, the trainee shall demonstrate techniques to defend against an unarmed attacker
4. **DATE REVISED** : Aug 2002                      **TIME** : 1 X 40 min period.

<p><b><u>TEACHING POINTS</u></b></p> <ol style="list-style-type: none"> <li>1. Defence against a front choke.</li> <li>2. Defence against a close rear choke.</li> </ol>	<p><b><u>METHOD/APPROACH</u></b></p> <ul style="list-style-type: none"> <li>- Theory</li> <li>- Practice *</li> </ul>
	<p><b><u>REFERENCE(S)</u></b></p> <p>Phase One Training Unarmed Combat (Basic Trg Manual) Vol 1 Chapter 1</p>
	<p><b><u>STUDENT LEVEL</u></b></p> <p>All</p>
	<p><b><u>TEST DETAIL</u></b></p> <p>Practical</p>
	<p><b><u>TRAINING AIDS</u></b></p> <p>Nil</p>

## CAREER ADMINISTRATIVE ACTIONS

### INTRODUCTION

- WHAT** : In this lesson, defence against an unarmed attacker will be presented.
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- ORGANIZATION** : This lesson consists of 2 stages, with 2 techniques per stage.
- TEST** : There will be a quiz at the end of this lesson. The contents of this lesson will also be tested at the end of Phase One trg.

### **CONTROL STATEMENT** :

- a. If you have any questions, raise your hand; and
  - b. When I ask a question, no group answers.
- 

## **STAGE 1**

### **DEFENCE AGAINST A FRONT CHOKE**

#### INTRODUCTION

1. In the CF, there are times when you may be confronted by an unarmed attacker. Different types of attacks will require different types of defences. Phase one training will give the soldier two basic defences for each of the common types of unarmed attacks. The first defence is against a front choke.

#### TECHNIQUE 1

- a) Placing both of your hands palm flat together in the center of your body, strike the attacker in the solar plexus with your fingertips on a 45 degree angle upward for maximum effect.
- b) From this position, continue to wrap your arms between and around the attacker's arms so that your forearms end up directly underneath his elbows. With an upward motion, break his elbows with your forearms.
- c) Turn counterclockwise, maintaining control of both of the attacker's arms, and throw the attacker in a two arm shoulder throw. Having control of both of the attacker's arms will allow the attacker no means of cushioning his fall.
- d) As the attacker lands, apply a neck break from the rear.

## TECHNIQUE 2

- a) Circle both of your arms around to the outside and above the attacker's arms. Break down on the bends in the attacker's forearms with your elbows. This action will force the attacker closer to you.
- b) As the attacker is forced towards you, strike up into the attacker's eyes with your thumbs and grab the sides of the attacker's face with your fingers for control. Simultaneously, with your right leg, inner sweep the attacker's left leg.
- c) As you fall with the attacker, land with your knee in the attacker's groin. Follow-up with a strike to a vital point.

### CONFIRMATION OF STAGE 1

"QUESTIONS FROM CLASS"  
"QUESTIONS TO CLASS"

**Q1.** In the first technique, what angle will give maximum effect?

**A1.** On a 45 degree angle upward.

**Q2.** In the second technique, where are your fingers being placed to control the attacker?

**A2.** Strike up into the attacker's eyes with your thumbs and grab the sides of the attacker's face with your fingers for control.

## **STAGE 2**

### **DEFENCE AGAINST A CLOSE REAR CHOKE**

#### **INTRODUCTION**

1. In the CF, there are times when you may be confronted by an unarmed attacker. Different types of attacks will require different types of defences. Phase one training will give the soldier two basic defences for each of the common types of unarmed attacks. The next defence is against a close rear choke.

#### **TECHNIQUE 1**

- a) Grab the attacker's choking arm with both hands and pull it down away from your neck.
- b) Sidestep to the left and strike the attacker's groin. Simultaneously place your left leg behind his leg.
- c) Grabbing the attacker's leg, lift up and fall backwards.
- d) While the attacker is stunned, follow-up by rolling over, grabbing his trachea and ripping it out.

#### **TECHNIQUE 2**

- a) Grab the attacker's choking arm with both hands and pull it down away from your neck. Simultaneously, fall down on your right knee.
- b) Continuing the momentum, throw the attacker in a shoulder throw.
- c) As the attacker lands, maintain control of his arm and follow-up with a strike to the vital point or lock-up.

### **CONFIRMATION OF STAGE 2**

"QUESTIONS FROM CLASS"  
"QUESTIONS TO CLASS"

**Q1.** In the first technique, how do you force your opponent to the ground?

**A1.** Sidestep to the left and strike the attacker's groin. Simultaneously place your left leg behind his leg. Grabbing the attacker's leg, lift up and fall backwards.

**Q2.** In the second technique, how do you control the attacker?

**A2.** Maintain control of his arm and follow-up with a strike to the vital point or lock-up.

## **SUMMARY**

1. In conclusion, you must be familiar with these different techniques as they are tools that can be used any time to protect life from an unarmed attacker.

## **TEST**

1. Practical demonstration with an opponent.

## **CONCLUSION**

**WEAK POINTS** : As per practical test

**IMPORTANT POINTS** :

1. Defence against a front choke.
2. Defence against a close rear choke.

**FINAL MOTIVATION** : This information will be useful in protecting your life and the life of others throughout your career and beyond.

**NEXT PERIOD** : As per trg schedule.

<b>EDO 101</b>	<b>LESSON</b>	<b>DATE</b>
<b>EC 101.03</b>	<b>EDO-01</b>	<b>AUGUST 2002</b>

**LESSON OBJECTIVE**

1. **PERFORMANCE** : Defence against an unarmed attacker
2. **CONDITIONS** : Given: Classroom instruction.
3. **STANDARD** : IAW references, the trainee shall demonstrate techniques to defend against an unarmed attacker
4. **DATE REVISED** : Aug 2002                      **TIME** : 1 X 40 min period.

<p><b><u>TEACHING POINTS</u></b></p> <ol style="list-style-type: none"> <li>1. Defence against an extended arm rear choke.</li> <li>2. Defence against a full Nelson lock.</li> </ol>	<p><b><u>METHOD/APPROACH</u></b></p> <ul style="list-style-type: none"> <li>- Theory</li> <li>- Practice *</li> </ul>
	<p><b><u>REFERENCE(S)</u></b></p> <p>Phase One Training Unarmed Combat (Basic Trg Manual) Vol 1 Chapter 1</p>
	<p><b><u>STUDENT LEVEL</u></b></p> <p>All</p>
	<p><b><u>TEST DETAIL</u></b></p> <p>Practical</p>
	<p><b><u>TRAINING AIDS</u></b></p> <p>Nil</p>

## CAREER ADMINISTRATIVE ACTIONS

### INTRODUCTION

- WHAT** : In this lesson, defence against an unarmed attacker will be presented.
- WHERE** : This lesson is an Educational Objective and you will use the subject matter throughout your military career.
- WHY** : You must be familiar with these different techniques as they are tools that can be used any time to protect life from an unarmed attacker.
- ORGANIZATION** : This lesson consists of 2 stages, with 2 techniques per stage.
- TEST** : There will be a quiz at the end of this lesson. The contents of this lesson will also be tested at the end of Phase One trg.
- CONTROL STATEMENT** :
- a. If you have any questions, raise your hand; and
  - b. When I ask a question, no group answers.
- 

### STAGE 1

#### DEFENCE AGAINST AN EXTENDED ARM REAR CHOKE

##### INTRODUCTION

1. In the CF, there are times when you may be confronted by an unarmed attacker. Different types of attacks will require different types of defences. Phase one training will give the soldier two basic defences for each of the common types of unarmed attacks. The first defence is against an extended arm rear choke.

##### TECHNIQUE 1

- a) Step to the left and strike the attacker in the groin with your right hand. This will cause him to bend forward.
- b) Next place your right arm behind and over the attacker's left shoulder and over the attacker's left shoulder and grasp it with your left hand for control.
- c) Bending forward and pulling up on the attacker's left arm, force him to the ground.
- d) Grasp the attacker's left hand with your left hand and force his arm into a hammer lock. Follow-up at your discretion.

## TECHNIQUE 2

- a) Using your left hand, grab and control the attacker's right hand with an overhand grab.
- b) Turn clockwise and circle your right arm over and around the attacker's arms so the forearm of your right arm rests underneath the attacker's elbows. Lift upwards with your forearm to break the attacker's elbows.
- c) Withdraw your left arm and execute a knife hand strike to the attacker's throat.
- d) After the attacker slumps to the ground, continue with another strike to a vital point.

### CONFIRMATION OF STAGE 1

"QUESTIONS FROM CLASS"

"QUESTIONS TO CLASS"

**Q1.** In the first technique, how do you get your attacker to bend forward?

**A1.** Strike the attacker in the groin.

**Q2.** In the second technique, why do you circle your arm over and around the attacker's arm?

**A2.** So you can lift upwards with your forearm to break the attacker's elbows.

## STAGE 2

### DEFENCE AGAINST A FULL NELSON LOCK

#### INTRODUCTION

1. In the CF, there are times when you may be confronted by an unarmed attacker. Different types of attacks will require different types of defences. Phase one training will give the soldier two basic defences for each of the common types of unarmed attacks. The next defence is against a full nelson lock.

#### TECHNIQUE 1

- a) Reaching up with your right hand, grab the index finger of the attacker in an overhand grab.
- b) Pulling the finger down, turn clockwise into the attacker and grab his elbow with your left hand (acts as a base to maintain pressure).
- c) Forcing straight down on the attacker's finger take him to the ground.
- d) Maintaining the locked finger, deliver a hand attack to a vital point on the attacker's head or neck.

#### TECHNIQUE 2

- a) Reach up with both hands and grab the back of the attacker's head while pushing the thumbs into the pressure points directly below the attacker's ears, on the glands below the chin line.
- b) Left and turn the attacker's head counterclockwise. This will turn the attacker so that the attacker's body faces the other direction.
- c) Stretch the back of the attacker's neck across your right shoulder and fall down on your right knee. The combined falling, sudden stop and continued falling of his body weight will cause his vertebrae to break at the neck.
- d) If the technique is executed properly a follow-up is not required.

## **CONFIRMATION OF STAGE 2**

"QUESTIONS FROM CLASS"

"QUESTIONS TO CLASS"

**Q1.** In the first technique, how do you force your opponent to the ground?

**A1.** By controlling the index finger.

**Q2.** In the second technique, how is your attackers neck broken?

**A2.** The weight of his body falling.

### **SUMMARY**

1. In conclusion, you must be familiar with these different techniques as they are tools that can be used any time to protect life from an unarmed attacker.

### **TEST**

1. Practical demonstration with an opponent.

## CONCLUSION

WEAK POINTS : As per practical test

IMPORTANT POINTS :

1. Defence against an extended arm rear choke.
2. Defence against a full Nelson lock.

FINAL MOTIVATION : This information will be useful in protecting your life and the life of others throughout your career and beyond.

NEXT PERIOD : As per trg schedule.

<b>EDO 101</b>	<b>LESSON</b>	<b>DATE</b>
<b>EC 101.04</b>	<b>EDO-01</b>	<b>AUGUST 2002</b>

**LESSON OBJECTIVE**

1. **PERFORMANCE** : Defence against an unarmed attacker
2. **CONDITIONS** : Given: Classroom instruction.
3. **STANDARD** : IAW references, the trainee shall demonstrate techniques to defend against an unarmed attacker
4. **DATE REVISED** : Aug 2002                      **TIME** : 1 X 40 min period.

<p><b><u>TEACHING POINTS</u></b></p> <ol style="list-style-type: none"> <li>1. Defence against a head lock.</li> <li>2. Defence against a bear hug.</li> </ol>	<p><b><u>METHOD/APPROACH</u></b></p> <ul style="list-style-type: none"> <li>- Theory</li> <li>- Practice *</li> </ul>
	<p><b><u>REFERENCE(S)</u></b></p> <p>Phase One Training Unarmed Combat (Basic Trg Manual) Vol 1 Chapter 1</p>
	<p><b><u>STUDENT LEVEL</u></b></p> <p>All</p>
	<p><b><u>TEST DETAIL</u></b></p> <p>Practical</p>
	<p><b><u>TRAINING AIDS</u></b></p> <p>Nil</p>

## CAREER ADMINISTRATIVE ACTIONS

### INTRODUCTION

- WHAT** : In this lesson, defence against an unarmed attacker will be presented.
- WHERE** : This lesson is an Educational Objective and you will use the subject matter throughout your military career.
- WHY** : You must be familiar with these different techniques as they are tools that can be used any time to protect life from an unarmed attacker.
- ORGANIZATION** : This lesson consists of 2 stages, with 2 techniques per stage.
- TEST** : There will be a quiz at the end of this lesson. The contents of this lesson will also be tested at the end of Phase One trg.
- CONTROL STATEMENT** :
- a. If you have any questions, raise your hand; and
  - b. When I ask a question, no group answers.
- 

### STAGE 1

#### DEFENCE AGAINST A HEAD LOCK

##### INTRODUCTION

1. In the CF, there are times when you may be confronted by an unarmed attacker. Different types of attacks will require different types of defences. Phase one training will give the soldier two basic defences for each of the common types of unarmed attacks. The first defence is against a head lock.

##### TECHNIQUE 1 (Attacker uses left arm)

- a) With your right arm, reach behind and over the attacker's left arm and place the edge of your right hand under the attacker's nose.
- b) Pull back against the attacker's nose with your right hand and at the same time lift up with your left hand on the attacker's left leg forcing the attacker to fall backwards. As the attacker falls go down on your left knee and direct the landing so that the attacker's spine breaks across your right knee. While performing the break to the attacker's back, ensure that the pressure under the attacker's nose is maintained as the attacker falls across your knee as this will extend the attacker's spine into a weaker position.
- c) Follow-up with an attack to a vital point.

## TECHNIQUE 2

- a) With your right arm, reach behind the attacker's left arm and place the tip of your middle finger to the pressure point below the attacker's ear.
- b) Push on the pressure point in a circular clockwise motion. This will cause the attacker to release the headlock and turn in the direction of the pressure.
- c) As the attacker turns, release the pressure point and flow into a reverse headlock (guillotine). Lifting up with your forearm underneath the attacker's chin and pushing down with your body to the back of the attacker's head in a clockwise motion will cause the attacker's neck to break.
- d) If this technique is done properly, a follow-up is not required.

### CONFIRMATION OF STAGE 1

"QUESTIONS FROM CLASS"  
"QUESTIONS TO CLASS"

- Q1.** In the first technique, why is pressure under the attacker's nose being maintained?  
**A1.** This will extend the attacker's spine into a weaker position as the attacker falls across your knee
- Q2.** In the second technique, why is it important to push on the pressure point?  
**A2.** This will cause the attacker to release the headlock and turn in the direction of the pressure.

## STAGE 2

### DEFENCE AGAINST A BEAR HUG

#### INTRODUCTION

1. In the CF, there are times when you may be confronted by an unarmed attacker. Different types of attacks will require different types of defences. Phase one training will give the soldier two basic defences for each of the common types of unarmed attacks. The next defence is against a bear hug.

#### TECHNIQUE 1

- a) Side step to the left and strike the attacker in the groin with your right arm.
- b) Reach up with both hands and take control of the attacker's right arm and throw the attacker by the arm over your shoulder to the ground.
- c) As the attacker lands maintain control of the attacker's right arm with your left hand and strike the attacker in a vital point.

#### TECHNIQUE 2

- a) Clasp both hands together and drive them forward. Simultaneously, step left into a sitting stance and drop down about 6 inches.
- b) Bringing both hands back, strike the attacker in the solar plexus with a reinforced elbow strike.
- c) With your right hand reach up and grab the attacker's chin. Simultaneously, with your left hand, grab the back of the attacker's head.
- d) With your hands rotate the attacker's head counterclockwise and wind him around to the front of your body.
- e) As the attacker lands in front of your body, reverse the direction of the torque on the attacker's neck to cause it to break.

## **CONFIRMATION OF STAGE 2**

"QUESTIONS FROM CLASS"

"QUESTIONS TO CLASS"

**Q1.** In the first technique, how do you force your opponent to the ground?

**A1.** Reach up with both hands and take control of the attacker's right arm and throw the attacker by the arm over your shoulder to the ground.

**Q2.** In the second technique, why do you reverse the direction of the torque on the attacker's neck?

**A2.** To cause it to break.

## **SUMMARY**

1. In conclusion, you must be familiar with these different techniques as they are tools that can be used any time to protect life from an unarmed attacker.

## **TEST**

1. Practical demonstration with an opponent.

## CONCLUSION

WEAK POINTS : As per practical test

IMPORTANT POINTS :

1. Defence against a head lock.
2. Defence against a bear hug.

FINAL MOTIVATION : This information will be useful in protecting your life and the life of others throughout your career and beyond.

NEXT PERIOD : As per trg schedule.

<b>EDO 101</b>	<b>LESSON</b>	<b>DATE</b>
<b>EC 101.05</b>	<b>EDO-01</b>	<b>AUGUST 2002</b>

**LESSON OBJECTIVE**

1. **PERFORMANCE** : Defence against an unarmed attacker
2. **CONDITIONS** : Given: Classroom instruction.
3. **STANDARD** : IAW references, the trainee shall demonstrate techniques to defend against an unarmed attacker
4. **DATE REVISED** : Aug 2002                      **TIME** : 1 X 40 min period.

<p><b><u>TEACHING POINTS</u></b></p> <ol style="list-style-type: none"> <li>1. Defence against a two hand push.</li> <li>2. Defence against a wrist grab.</li> </ol>	<p><b><u>METHOD/APPROACH</u></b></p> <ul style="list-style-type: none"> <li>- Theory</li> <li>- Practice *</li> </ul>
	<p><b><u>REFERENCE(S)</u></b></p> <p>Phase One Training Unarmed Combat (Basic Trg Manual) Vol 1 Chapter 1</p>
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	<p><b><u>TEST DETAIL</u></b></p> <p>Practical</p>
	<p><b><u>TRAINING AIDS</u></b></p> <p>Nil</p>

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### **CONTROL STATEMENT** :

- a. If you have any questions, raise your hand; and
  - b. When I ask a question, no group answers.
- 

## **STAGE 1**

### **DEFENCE AGAINST A TWO HAND PUSH**

#### **INTRODUCTION**

1. In the CF, there are times when you may be confronted by an unarmed attacker. Different types of attacks will require different types of defences. Phase one training will give the soldier two basic defences for each of the common types of unarmed attacks. The first defence is against a two hand push.

#### **TECHNIQUE 1**

- a) As the attacker attempts to execute the push, execute a spreading block to open the attacker up.
- b) With hands still in a forward position, strike the attacker with a left knife hand to the side of his neck. Leaving your left hand in this position hook it around the rear top of the attacker's head and place your right forearm across the underside of his chin. Simultaneously, pull his head into your body.
- c) Lift up and clockwise with your right forearm while pushing down and clockwise with your left hand, thereby causing the attacker's neck to break.
- d) If this technique is executed properly, a follow-up is not required.

## TECHNIQUE 2

- a) As the attacker attempts to execute the push, execute a spreading block to open the attacker up and grab his lapel with both hands. (If the attacker is not wearing a shirt to grab onto, grab the attacker's arms.)
- b) Place your right foot into the attacker's lower stomach or groin.
- c) Continuing the momentum of the attacker's push, fall backwards, and with right leg, throw him over your body.
- d) Continue falling backwards in a rear roll until you end up on top of the attacker. Apply a strike to the attacker's throat to finish the technique.

### CONFIRMATION OF STAGE 1

"QUESTIONS FROM CLASS"  
"QUESTIONS TO CLASS"

**Q1.** In the first technique, why lift up and clockwise with your right forearm while pushing down and clockwise with your left hand?

**A1.** The technique causes the attacker's neck to break.

**Q2.** In the second technique, why place your foot in the attacker's lower stomach or groin?

**A2.** To assist in throwing him over your body.

## **STAGE 2**

### **DEFENCE AGAINST A WRIST GRAB**

#### **INTRODUCTION**

1. In the CF, there are times when you may be confronted by an unarmed attacker. Different types of attacks will require different types of defences. Phase one training will give the soldier two basic defences for each of the common types of unarmed attacks. The next defence is against a wrist grab.

#### **TECHNIQUE 1** (Attacker grabs your right wrist with a right overhand grab)

- a) With your left hand secure the attacker's right hand to your wrist with an overhand grab.
- b) Still maintaining your grab, rotate your right hand clockwise around the attacker's wrist to the top of his forearm. This will turn his wrist so that it is perpendicular to the ground.
- c) By placing pressure directly down on the top of the attacker's forearm with your right hand and pushing towards opposite shoulder will force the attacker to a kneeling position on the ground.
- d) The attacker is now in perfect position for a knee strike to the face.

#### **TECHNIQUE 2** (Attacker grabs your left wrist with a right overhand grab)

- a) With your right hand, secure the attacker's right hand to your wrist with an overhand grab.
- b) Still maintaining your grab, rotate your left hand clockwise around the attacker's wrist to the top of his forearm. This will turn his wrist so that it is perpendicular to the ground.
- c) By placing pressure directly down on the top of the attacker's wrist with your left hand and pushing towards the opposite shoulder you will force him to a kneeling position on the ground.
- d) The attacker is now in a perfect position for a strike to a vital point in the neck.

### TECHNIQUE 3 (Attacker grabs your right wrist with a left reverse overhand grab)

- a) With your left hand, secure the attacker's left hand to your right wrist with an overhand grab.
- b) Turn 90 degrees counter clockwise while simultaneously bringing your right elbow around to the top of the attacker's elbow.
- c) Pushing down with your right arm on the top of the attacker's left elbow will force him to the ground.
- d) Follow-up with a strike to a vital point or a break to the attacker's elbow.

### CONFIRMATION OF STAGE 2

"QUESTIONS FROM CLASS"  
"QUESTIONS TO CLASS"

**Q1.** In the first and second technique, what is the result of rotating your right hand clockwise around the attacker's wrist to the top of his forearm and pushing towards the opposite shoulder?

**A1.** It helps to force the attacker to the ground.

**Q2.** In the third technique, how do you force your attacker to the ground?

**A2.** By turning 90 degrees counter clockwise while simultaneously bringing your right elbow around to the top of the attacker's elbow and then pushing down with your right arm on the top of the attacker's left elbow.

### SUMMARY

1. In conclusion, you must be familiar with these different techniques as they are tools that can be used any time to protect life from an unarmed attacker.

### TEST

1. Practical demonstration with an opponent.

## CONCLUSION

WEAK POINTS : As per practical test

IMPORTANT POINTS :

1. Defence against a two hand push.
2. Defence against a wrist grab.

FINAL MOTIVATION : This information will be useful in protecting your life and the life of others throughout your career and beyond.

NEXT PERIOD : As per trg schedule.

<b>EDO 101</b>	<b>LESSON</b>	<b>DATE</b>
<b>EC 101.06</b>	<b>EDO-01</b>	<b>AUGUST 2002</b>

**LESSON OBJECTIVE**

1. **PERFORMANCE** : Defence against an unarmed attacker
2. **CONDITIONS** : Given: Classroom instruction.
3. **STANDARD** : IAW references, the trainee shall demonstrate techniques to defend against an unarmed attacker
4. **DATE REVISED** : Aug 2002                      **TIME** : 1 X 40 min period.

<p><b><u>TEACHING POINTS</u></b></p> <ol style="list-style-type: none"> <li>1. Defence against a shoulder grab to the side.</li> <li>2. Defence against a middle arm grab to the side.</li> </ol>	<p><b><u>METHOD/APPROACH</u></b></p> <ul style="list-style-type: none"> <li>- Theory</li> <li>- Practice *</li> </ul>
	<p><b><u>REFERENCE(S)</u></b></p> <p>Phase One Training Unarmed Combat (Basic Trg Manual) Vol 1 Chapter 1</p>
	<p><b><u>STUDENT LEVEL</u></b></p> <p>All</p>
	<p><b><u>TEST DETAIL</u></b></p> <p>Practical</p>
	<p><b><u>TRAINING AIDS</u></b></p> <p>Nil</p>

## CAREER ADMINISTRATIVE ACTIONS

### INTRODUCTION

- WHAT** : In this lesson, defence against an unarmed attacker will be presented.
- WHERE** : This lesson is an Educational Objective and you will use the subject matter throughout your military career.
- WHY** : You must be familiar with these different techniques as they are tools that can be used any time to protect life from an unarmed attacker.
- ORGANIZATION** : This lesson consists of 2 stages, with 2 techniques per stage.
- TEST** : There will be a quiz at the end of this lesson. The contents of this lesson will also be tested at the end of Phase One trg.
- CONTROL STATEMENT** :
- a. If you have any questions, raise your hand; and
  - b. When I ask a question, no group answers.
- 

### STAGE 1

#### DEFENCE AGAINST A SHOULDER GRAB TO THE SIDE

##### INTRODUCTION

1. In the CF, there are times when you may be confronted by an unarmed attacker. Different types of attacks will require different types of defences. Phase one training will give the soldier two basic defences for each of the common types of unarmed attacks. The first defence is against a shoulder grab to the side.

##### TECHNIQUE 1 (Attacker grabs your right shoulder with his left hand)

- a) With your right hand, circle on top and around the attacker's arm, trapping the attacker's arm under the elbow. Pushing on the attacker's chest will lock his arm.
- b) Maintaining the attacker's trapped arm, pivot 180 degrees into the attacker. Outside sweep the attacker's left leg with your left leg and hit the attacker's neck with a strike to the neck.
- c) As the attacker slumps to the ground, maintain the attacker's trapped arm and pull out on his trachea.

## TECHNIQUE 2 (Attacker grabs your right shoulder with his right hand)

- a) Circle 180 degrees into and to the rear of the attacker and grab the attacker's right wrist with your right hand.
- b) Place the palm of your left hand just above the attacker's elbow and keeping pressure on the back of the attacker's arm, make a fist with your left hand.
- c) With an up and down rubbing motion with your left fist, lock the attacker's arm out and force the attacker to the ground.
- d) Holding the attacker to the ground with your left hand on the back of his elbow, execute a follow-up strike to the base of the attacker's neck at the spine.

### CONFIRMATION OF STAGE 1

"QUESTIONS FROM CLASS"  
"QUESTIONS TO CLASS"

**Q1.** In the first technique, how can you lock the attacker's arm?

**A1.** By pushing on the attacker's chest.

**Q2.** In the second technique, how can you lock the attacker's arm?

**A2.** With an up and down rubbing motion with your left fist on the back of the attacker's arm.

## STAGE 2

### DEFENCE AGAINST A MIDDLE ARM GRAB TO THE SIDE

#### INTRODUCTION

1. In the CF, there are times when you may be confronted by an unarmed attacker. Different types of attacks will require different types of defences. Phase one training will give the soldier two basic defences for each of the common types of unarmed attacks. The next defence is against a middle arm grab to the side.

#### TECHNIQUE 1 (Attacker grabs your right arm with his left hand)

- a) With your right arm circle behind and around the attacker's arm and place your right arm on his left forearm while grasping your other arm.
- b) With a torquing motion, pivot away from the attacker 90 degrees and pull his arm into the side of your body. This will cause him to drop on one knee.
- c) Weave your right arm under the attacker's armpit and drive his head to the floor.
- d) Continue the motion to apply a hammer lock.

#### TECHNIQUE 2 (Attacker grabs your right arm with his right hand)

- a) Turn in towards the back of the attacker, while at the same time bringing your right hand to the rear and top of his arm and grabbing for control.
- b) Pull the attacker's right arm in across the front of the body. Simultaneously, weave your left arm around the front of his neck and place him in an upside down reverse headlock.
- c) While maintaining control of the attacker's right arm, lift up and back on his neck at a 45 degree angle. (This will cause the neck to break.)
- d) If done properly, follow-up is not required for this technique.

## **CONFIRMATION OF STAGE 2**

"QUESTIONS FROM CLASS"

"QUESTIONS TO CLASS"

- Q1.** In the first technique, how do you cause your attacker to drop on one knee?  
**A1.** Pivot away from the attacker 90 degrees and pull his arm into the side of your body.
- Q2.** In the second technique, how is the technique completed?  
**A2.** While maintaining control of the attacker's right arm, lift up and back on his neck at a 45 degree angle causing the neck to break.

### **SUMMARY**

1. In conclusion, you must be familiar with these different techniques as they are tools that can be used any time to protect life from an unarmed attacker.

### **TEST**

1. Practical demonstration with an opponent.

## CONCLUSION

WEAK POINTS : As per practical test

IMPORTANT POINTS :

1. Defence against a shoulder grab to the side.
2. Defence against a middle arm grab to the side.

FINAL MOTIVATION : This information will be useful in protecting your life and the life of others throughout your career and beyond.

NEXT PERIOD : As per trg schedule.

<b>EDO 101</b>	<b>LESSON</b>	<b>DATE</b>
<b>EC 101.07</b>	<b>EDO-01</b>	<b>AUGUST 2002</b>

**LESSON OBJECTIVE**

1. **PERFORMANCE** : Defence against an unarmed attacker
2. **CONDITIONS** : Given: Classroom instruction.
3. **STANDARD** : IAW references, the trainee shall demonstrate techniques to defend against an unarmed attacker
4. **DATE REVISED** : Aug 2002                      **TIME** : 1 X 40 min period.

<p><b><u>TEACHING POINTS</u></b></p> <ol style="list-style-type: none"> <li>1. Defence against a kick.</li> <li>2. Defence against a punch.</li> </ol>	<p><b><u>METHOD/APPROACH</u></b></p> <ul style="list-style-type: none"> <li>- Theory</li> <li>- Practice *</li> </ul>
	<p><b><u>REFERENCE(S)</u></b></p> <p>Phase One Training Unarmed Combat (Basic Trg Manual) Vol 1 Chapter 1</p>
	<p><b><u>STUDENT LEVEL</u></b></p> <p>All</p>
	<p><b><u>TEST DETAIL</u></b></p> <p>Practical</p>
	<p><b><u>TRAINING AIDS</u></b></p> <p>Nil</p>

## CAREER ADMINISTRATIVE ACTIONS

### INTRODUCTION

- WHAT** : In this lesson, defence against an unarmed attacker will be presented.
- WHERE** : This lesson is an Educational Objective and you will use the subject matter throughout your military career.
- WHY** : You must be familiar with these different techniques as they are tools that can be used any time to protect life from an unarmed attacker.
- ORGANIZATION** : This lesson consists of 2 stages, with 2 techniques per stage.
- TEST** : There will be a quiz at the end of this lesson. The contents of this lesson will also be tested at the end of Phase One trg.
- CONTROL STATEMENT** :
- a. If you have any questions, raise your hand; and
  - b. When I ask a question, no group answers.
- 

### STAGE 1

#### DEFENCE AGAINST A KICK

##### INTRODUCTION

1. In the CF, there are times when you may be confronted by an unarmed attacker. Different types of attacks will require different types of defences. Phase one training will give the soldier two basic defences for each of the common types of unarmed attacks. The first defence is against a kick.

##### TECHNIQUE 1 (Attacker executes a front kick with his left leg)

- a) Step forward to the right at a 45 degree angle and execute a scoop and grab with your right hand to the attacker's kicking leg.
- b) While maintaining the hold on the attacker's leg turn 180 degrees and hook the attacker's neck with your left arm.
- c) Throw the attacker over your hip using his neck.
- d) When the attacker falls to the ground, follow-up with a strike to a vital point.

## TECHNIQUE 2 (Attacker executes a roundhouse kick with his right leg)

- a) Step 45 degrees right to the inside of the attacker, absorb the kick on your upper arm and by scooping under the attacker's right leg with your left arm, hook the attacker's leg in the bend of your arm.
- b) Place your right hand over the top of the attacker's hooked leg and strike with a knife hand to the bend in the back of his knee, collapsing his leg.
- c) By turning your body slightly right and applying pressure with both arms, turn and bend the attacker's leg upward, thereby forcing the attacker to the ground.
- d) Follow-up with a strike to a vital point.

## TECHNIQUE 3 (Attacker executes a side kick with his right leg)

- a) Step forward to the right at a 45 degree angle and execute a scoop and grab with your right hand to the attacker's kicking leg.
- b) Grab the attacker's shoulder and sweep the attacker with your right leg until he lands face first on the ground.
- c) Fold the attacker's right foot over the crease of the attacker's left leg, and then fold the attacker's left leg with the attacker's right leg wedged in between.
- d) Then push the attacker's left leg towards the head locking the attacker up on the ground.

### CONFIRMATION OF STAGE 1

"QUESTIONS FROM CLASS"  
"QUESTIONS TO CLASS"

**Q1.** In the first technique, how do you avoid the attacker's kick?

**A1.** Step forward to the right at a 45 degree angle and execute a scoop and grab with your right hand to the attacker's kicking leg.

**Q2.** In the second technique, how do you force your attacker to the ground?

**A2.** By turning your body slightly right and applying pressure with both arms, turn and bend the attacker's leg upward.

**Q3.** In the third technique, how do you lock up the attacker?

**A3.** By folding the attacker's right foot over the crease of the attacker's left leg, and then fold the attacker's left leg with the attacker's right leg wedged in between.

## **STAGE 2**

### **DEFENCE AGAINST A PUNCH**

#### **INTRODUCTION**

1. In the CF, there are times when you may be confronted by an unarmed attacker. Different types of attacks will require different types of defences. Phase one training will give the soldier two basic defences for each of the common types of unarmed attacks. The next defence is against a punch.

#### **TECHNIQUE 1** (Attacker executes a hook punch with his right hand)

- a) Step in at a 45 degree angle with your left foot and execute an inside-outside block with your left arm.
- b) Continue wrapping your left arm around the attacker's right arm and underneath his elbow, thereby trapping his right forearm under your armpit and locking his elbow out straight. Simultaneously, strike and grab the attacker's trachea. Extra power for this lock up can be achieved by grabbing your right arm with your left hand.
- c) Continue to choke the attacker out to the ground.
- d) Follow-up with a strike to a vital point.

#### **TECHNIQUE 2** (Attacker executes a hook punch with his right hand)

- a) Step in at a 45 degree angle with your left foot and execute an inside-outside block with your left arm.
- b) Trapping the arm turn counterclockwise into the attacker and place your right arm under and over his punching arm.
- c) Securing the attacker's punching arm, throw him in a one arm shoulder throw.
- d) Maintaining control of the attacker's right arm, follow-up by applying a lock or strike to a vital point.

### TECHNIQUE 3 (Attacker executes a straight punch with right arm)

- a) Step at a 45 degree angle with your left foot in to the outside of the attacker's right arm and perform an inside-outside block and grab to the attacker's right arm.
- b) Pull the attacker's right arm straight across your chest while at the same time executing a clothesline to the back of the attacker's neck to get his momentum going forward.
- c) Immediately leg go of the attacker's right arm and with your right arm execute a vicious clothesline across the front of the attacker's neck.
- d) As the attacker lands on the ground, apply a strike to a vital point.

### TECHNIQUE 4 (Attacker executes a straight punch with his right arm)

- a) Step at a 45 degree angle with your right foot to the outside of the attacker's right arm. Simultaneously, parry the punch with your left hand and then grab it with your right hand.
- b) Pull the attacker's hand with your right hand in the direction of the punch (this will aid to straighten the attacker's arm) and place the middle knuckles of your left hand just above the attacker's elbow.
- c) With a back and forth rubbing motion of the left hand, rub the attacker to the ground.
- d) Maintaining pressure on the back of the attacker's arm with your left hand, apply a strike to a vital point with your right hand.

### CONFIRMATION OF STAGE 2

"QUESTIONS FROM CLASS"

"QUESTIONS TO CLASS"

**Q1.** In the first technique, how can you achieve extra power for the lock up?

**A1.** By grabbing your right arm with your left hand.

**Q2.** In the second technique, how do you get into position to throw your attacker with a one arm shoulder throw?

**A2.** By trapping the arm turn counterclockwise into the attacker and place your right arm under and over his punching arm.

**Q3.** In the third technique, how do you continue your attacker's momentum going forward?

**A3.** By executing a clothesline to the back of the attacker's neck

- Q4.** In the fourth technique, how do you force your attacker to the ground?  
**A4.** With a back and forth rubbing motion of the left hand.

### **SUMMARY**

1. In conclusion, you must be familiar with these different techniques as they are tools that can be used any time to protect life from an unarmed attacker.

### **TEST**

1. Practical demonstration with an opponent.

### **CONCLUSION**

**WEAK POINTS** : As per practical test

**IMPORTANT POINTS** :

1. Defence against a kick.
2. Defence against a punch.

**FINAL MOTIVATION** : This information will be useful in protecting your life and the life of others throughout your career and beyond.

**NEXT PERIOD** : As per trg schedule.

<b>EDO 101</b>	<b>LESSON</b>	<b>DATE</b>
<b>EC 101.08</b>	<b>EDO-01</b>	<b>AUGUST 2002</b>

**LESSON OBJECTIVE**

1. **PERFORMANCE** : Defence against an unarmed attacker
2. **CONDITIONS** : Given: Classroom instruction.
3. **STANDARD** : IAW references, the trainee shall demonstrate techniques to defend against an unarmed attacker
4. **DATE REVISED** : Aug 2002                      **TIME** : 1 X 40 min period.

<p><b><u>TEACHING POINTS</u></b></p> <ol style="list-style-type: none"> <li>1. Defence against an inside-outside knife thrust.</li> <li>2. Defence against an outside-inside knife thrust.</li> </ol>	<p><b><u>METHOD/APPROACH</u></b></p> <ul style="list-style-type: none"> <li>- Theory</li> <li>- Practice *</li> </ul>
	<p><b><u>REFERENCE(S)</u></b></p> <p>Phase One Training Unarmed Combat (Basic Trg Manual) Vol 1 Chapter 2</p>
	<p><b><u>STUDENT LEVEL</u></b></p> <p>All</p>
	<p><b><u>TEST DETAIL</u></b></p> <p>Practical</p>
	<p><b><u>TRAINING AIDS</u></b></p> <p>Training knife</p>

## CAREER ADMINISTRATIVE ACTIONS

### INTRODUCTION

- WHAT** : In this lesson, defence against an armed attacker will be presented.
- WHERE** : This lesson is an Educational Objective and you will use the subject matter throughout your military career.
- WHY** : You must be familiar with these different techniques as they are tools that can be used any time to protect life from an armed attacker.
- ORGANIZATION** : This lesson consists of 2 stages, with 2 techniques per stage.
- TEST** : There will be a quiz at the end of this lesson. The contents of this lesson will also be tested at the end of Phase One trg.
- CONTROL STATEMENT** :
- a. If you have any questions, raise your hand; and
  - b. When I ask a question, no group answers.
- 

### STAGE 1

#### DEFENCE AGAINST AN INSIDE-OUTSIDE KNIFE THRUST

##### INTRODUCTION

1. In the CF, there are times when you may be confronted by an armed attacker. Different types of attacks will require different types of defences. Phase one training will give the soldier two basic defences for each of the common types of armed attacks. The first defence is against an inside-outside knife thrust.

##### TECHNIQUE 1

- a) Step at a 45 degree angle to the left outside of the attacker's knife hand with your left leg and grasp the attacker's right hand with reverse overhand grab.
- b) Turn the attacker's hand counterclockwise so that his palm faces up and apply pressure to the upper portion of the back of the hand so that it bends towards the attacker.
- c) Step straight back with your left leg, continuing to bend the attacker's hand forward so that the knife point pierces the attacker's throat.
- d) If the technique is executed properly, a follow-up is not required.

## TECHNIQUE 2

- a) Step at a 45 degree angle to the left outside of the attacker's knife hand with your left leg and grasp the attacker's right hand using both hands with an overhand grab.
- b) Maintaining grasp of the attacker's hand rotate 180 degrees in and under the opponent's arm.
- c) Straighten the attacker's arm in a whip-like motion (pulling forward, down and back) so that the attacker flips.
- d) Still in control of the attacker's hand apply a reverse lock. Follow-up with either a break to the attacker's elbow or a strike to a vital point, or both.

### **CONFIRMATION OF STAGE 1**

"QUESTIONS FROM CLASS"  
"QUESTIONS TO CLASS"

**Q1.** In the first technique, how do you control the attacker's hand?

**A1.** By turning the attacker's hand counterclockwise so that his palm faces up and apply pressure to the upper portion of the back of the hand so that it bends towards the attacker.

**Q2.** In the second technique, how do you throw your attacker?

**A2.** By straightening the attacker's arm in a whip-like motion, pulling forward, down and back.

## STAGE 2

### DEFENCE AGAINST AN OUTSIDE-INSIDE KNIFE THRUST

#### INTRODUCTION

1. In the CF, there are times when you may be confronted by an armed attacker. Different types of attacks will require different types of defences. Phase one training will give the soldier two basic defences for each of the common types of armed attacks. The next defence is against an outside-inside knife thrust.

#### TECHNIQUE 1

- a) With your left leg, step directly into the attacker and, with your left arm, swing under and trap the attacker's right arm in the bend of your arm.
- b) With your right leg, outside sweep the attacker's right leg. Simultaneously, strike and grab the attacker in the throat with the open grip of your right hand.
- c) Maintain your grip on the attacker's throat as he falls to the ground. Upon landing rip backwards with your gripping hand thereby dislodging the attacker's trachea.
- d) If executed properly, a follow-up is not required for this technique.

#### TECHNIQUE 2

- a) With your right leg, step directly into the attacker and execute an inside-outside block and grab to the attacker's knife arm.
- b) With your left hand, strike the attacker in the carotid artery with a knife hand strike (this should put the attacker into a state of unconsciousness, or at least daze the attacker.)
- c) Continue the striking hand around to the back of the attacker's neck and rotate the attacker 180 degrees so that the lower back of his neck rests across your shoulder. Fall down on one knee while maintaining your grip on his head. This will cause his neck to break from his own body weight.
- d) If executed properly, a follow-up is not required for this technique.

## **CONFIRMATION OF STAGE 2**

"QUESTIONS FROM CLASS"

"QUESTIONS TO CLASS"

- Q1.** In the first technique, how do trap your attacker's arm?  
**A1.** With your left leg, step directly into the attacker and, with your left arm, swing under and trap the attacker's right arm in the bend of your arm.
- Q2.** In the second technique, how do you break your attacker's neck?  
**A2.** Continue the striking hand around to the back of the attacker's neck and rotate the attacker 180 degrees so that the lower back of his neck rests across your shoulder. Fall down on one knee while maintaining your grip on his head.

### **SUMMARY**

1. In conclusion, you must be familiar with these different techniques as they are tools that can be used any time to protect life from an armed attacker.

### **TEST**

1. Practical demonstration with an opponent.

## CONCLUSION

WEAK POINTS : As per practical test

IMPORTANT POINTS :

1. Defence against an inside-outside knife thrust.
2. Defence against an outside-inside knife thrust.

FINAL MOTIVATION : This information will be useful in protecting your life and the life of others throughout your career and beyond.

NEXT PERIOD : As per trg schedule.

<b>EDO 101</b>	<b>LESSON</b>	<b>DATE</b>
<b>EC 101.09</b>	<b>EDO-01</b>	<b>AUGUST 2002</b>

**LESSON OBJECTIVE**

1. **PERFORMANCE** : Defence against an armed attacker
2. **CONDITIONS** : Given: Classroom instruction.
3. **STANDARD** : IAW references, the trainee shall demonstrate techniques to defend against an unarmed attacker
4. **DATE REVISED** : Aug 2002                      **TIME** : 1 X 40 min period.

<p><b><u>TEACHING POINTS</u></b></p> <ol style="list-style-type: none"> <li>1. Defence against an overhand knife attack.</li> <li>2. Defence against a knife slash.</li> </ol>	<p><b><u>METHOD/APPROACH</u></b></p> <ul style="list-style-type: none"> <li>- Theory</li> <li>- Practice *</li> </ul>
	<p><b><u>REFERENCE(S)</u></b></p> <p>Phase One Training Unarmed Combat (Basic Trg Manual) Vol 1 Chapter 2</p>
	<p><b><u>STUDENT LEVEL</u></b></p> <p>All</p>
	<p><b><u>TEST DETAIL</u></b></p> <p>Practical</p>
	<p><b><u>TRAINING AIDS</u></b></p> <p>Training knife</p>

## CAREER ADMINISTRATIVE ACTIONS

### INTRODUCTION

- WHAT** : In this lesson, defence against an armed attacker will be presented.
- WHERE** : This lesson is an Educational Objective and you will use the subject matter throughout your military career.
- WHY** : You must be familiar with these different techniques as they are tools that can be used any time to protect life from an armed attacker.
- ORGANIZATION** : This lesson consists of 2 stages, with 2 techniques per stage.
- TEST** : There will be a quiz at the end of this lesson. The contents of this lesson will also be tested at the end of Phase One trg.

### **CONTROL STATEMENT** :

- a. If you have any questions, raise your hand; and
  - b. When I ask a question, no group answers.
- 

## **STAGE 1**

### **DEFENCE AGAINST AN OVERHAND KNIFE ATTACK**

#### INTRODUCTION

1. In the CF, there are times when you may be confronted by an armed attacker. Different types of attacks will require different types of defences. Phase one training will give the soldier two basic defences for each of the common types of unarmed attacks. The first defence is against an overhand knife attack.

#### TECHNIQUE 1 (Attacker uses right hand)

- a) Step directly in to the right outside of the attacker's left leg with your right leg and block the attacker's left hand using a high block and grab.
- b) Take your left hand and scoop under the upper arm of the attacker's left arm. Cross the edge of your left hand across the back of your right hand.
- c) Forcing straight back with both hands, lever the attacker to the ground. If done quickly and out on a slight angle will cause the attacker's shoulder to dislocate and the attacker will let go of the knife.
- d) While the attacker is in shock, let go of your lock, grab the loose knife and finish the attacker off or if the knife is out of reach strike a vital point.

## TECHNIQUE 2

- a) Step directly in to the left outside of the attacker's right leg with your left leg and grab the attacker's right hand using a high block and grab.
- b) With a pulling motion, straighten the attacker's right arm out while simultaneously strike the attacker in the throat.
- c) Maintaining control of the attacker's right arm strike under his elbow, thus breaking the elbow.
- d) Move the attacker's right arm from your left hand to your right hand. Grasp the attacker's hair and pull back so that the attacker's neck is exposed.
- e) Finish off by letting go of his right arm with your right hand and reaching up to grab and pull out his trachea.

### CONFIRMATION OF STAGE 1

"QUESTIONS FROM CLASS"

"QUESTIONS TO CLASS"

**Q1.** In the first technique, how do you lock your attacker's arm?

**A1.** Take your left hand and scoop under the upper arm of the attacker's left arm. Cross the edge of your left hand across the back of your right hand.

**Q2.** In the second technique, why do you pull the attacker's hair back?

**A2.** So that the attacker's neck is exposed.

## **STAGE 2**

### **DEFENCE AGAINST A KNIFE SLASH**

#### **INTRODUCTION**

1. In the CF, there are times when you may be confronted by an armed attacker. Different types of attacks will require different types of defences. Phase one training will give the soldier two basic defences for each of the common types of armed attacks. The next defence is against a knife slash.

#### **TECHNIQUE 1** (Attacker uses right hand)

- a) Step at a 45 degree angle to the inside of the attacker's arm and perform an inside-outside block and grab with your left arm.
- b) Circle the attacker's arm from your left hand to your right hand and maintain an overhand grab with both hands. Simultaneously, turn 180 degrees away from the attacker and break the attacker's arm over your left shoulder.
- c) Continuing the movement of the break over your shoulder throw the attacker in a shoulder throw.
- d) As the attacker lands maintain control of the attacker's hand and execute a strike to a vital point.

#### **TECHNIQUE 2**

- a) Step at a 45 degree angle to the inside of the attacker's arm and perform an inside-outside block and grab with your right arm.
- b) Circle the attacker's arm from your right hand to your left hand and maintain an overhand grab with your left hand. Simultaneously, turn 180 degrees away from the attacker. Step forward with your left leg and move the attacker's left arm over your head to the left side of your body.
- c) Continuing the motion of the arm, step backward with your left leg, maintain the strong grip on the attacker's hand and throw the attacker, using a whip like motion (pulling forward, down and back) with your left hand.
- d) As the attacker lands maintain control of the attacker's hand and execute a strike to a vital point.

## **CONFIRMATION OF STAGE 2**

"QUESTIONS FROM CLASS"

"QUESTIONS TO CLASS"

- Q1.** In the first technique, how do you control your attacker's arm?  
**A1.** Circle the attacker's arm from your left hand to your right hand and maintain an overhand grab with both hands. Simultaneously, turn 180 degrees away from the attacker.
- Q2.** In the second technique, how do you take down the attacker?  
**A2.** By continuing the motion of the arm, step backward with your left leg, maintain the strong grip on the attacker's hand and throw the attacker.

### **SUMMARY**

1. In conclusion, you must be familiar with these different techniques as they are tools that can be used any time to protect life from an armed attacker.

### **TEST**

1. Practical demonstration with an opponent.

## CONCLUSION

WEAK POINTS : As per practical test

IMPORTANT POINTS :

1. Defence against an overhand knife attack.
2. Defence against a knife slash.

FINAL MOTIVATION : This information will be useful in protecting your life and the life of others throughout your career and beyond.

NEXT PERIOD : As per trg schedule.

<b>EDO 101</b>	<b>LESSON</b>	<b>DATE</b>
<b>EC 101.10</b>	<b>EDO-01</b>	<b>AUGUST 2002</b>

**LESSON OBJECTIVE**

1. **PERFORMANCE** : Defence against an armed attacker
2. **CONDITIONS** : Given: Classroom instruction.
3. **STANDARD** : IAW references, the trainee shall demonstrate techniques to defend against an armed attacker
4. **DATE REVISED** : Aug 2002                      **TIME** : 1 X 40 min period.

<p><b><u>TEACHING POINTS</u></b></p> <ol style="list-style-type: none"> <li>1. Defence against a handgun to the front.</li> <li>2. Defence against a handgun to the side.</li> </ol>	<p><b><u>METHOD/APPROACH</u></b></p> <ul style="list-style-type: none"> <li>- Theory</li> <li>- Practice *</li> </ul>
	<p><b><u>REFERENCE(S)</u></b></p> <p>Phase One Training Unarmed Combat (Basic Trg Manual) Vol 1 Chapter 3</p>
	<p><b><u>STUDENT LEVEL</u></b></p> <p>All</p>
	<p><b><u>TEST DETAIL</u></b></p> <p>Practical</p>
	<p><b><u>TRAINING AIDS</u></b></p> <p>Training handgun</p>

# CAREER ADMINISTRATIVE ACTIONS

## INTRODUCTION

- WHAT** : In this lesson, defence against an armed attacker will be presented.
- WHERE** : This lesson is an Educational Objective and you will use the subject matter throughout your military career.
- WHY** : You must be familiar with these different techniques as they are tools that can be used any time to protect life from an unarmed attacker.
- ORGANIZATION** : This lesson consists of 2 stages, with 2 techniques per stage.
- TEST** : There will be a quiz at the end of this lesson. The contents of this lesson will also be tested at the end of Phase One trg.

### **CONTROL STATEMENT** :

- a. If you have any questions, raise your hand; and
  - b. When I ask a question, no group answers.
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## **STAGE 1**

### **DEFENCE AGAINST A HANDGUN TO THE FRONT**

#### **INTRODUCTION**

1. In the CF, there are times when you may be confronted by an armed attacker. Different types of attacks will require different types of defences. Phase one training will give the soldier two basic defences for each of the common types of armed attacks. The first defence is against a handgun to the front.

#### **TECHNIQUE 1** (Attacker uses right hand)

- a) Step to the left and turn clockwise out of the path of the gun. Simultaneously, using your left hand, grasp the attackers right hand with a reverse overhand grab and move it away from you.
- b) With your right hand, grasp the barrel of the gun and turn it up and towards the attacker (it might be hot if the weapon has already been fired, but remember your life is at stake).
- c) Strike the attacker's face with the gun in a forward motion.
- d) Then bring the gun back striking the back of the attackers head.
- e) Continue in this motion forcing the attacker to role in a circular motion.
- f) Restrain attacker in arm lock with gun cocked and ready to go.

## TECHNIQUE 2

- a) Step to the left and turn clockwise out of the path of the gun. Simultaneously, using both hands, grasp the attacker's right hand with reverse overhand grab and move it away from you.
- b) Turn the attacker's right hand counterclockwise and in so that the weapon points straight at the attacker.
- c) Walk into the attacker and continue to turn his right arm so that it goes to the right side of his body over and beyond his elbow.
- d) Removing your right hand, peel the gun away from the attacker, leaving the follow-up at your command.

### CONFIRMATION OF STAGE 1

"QUESTIONS FROM CLASS"  
"QUESTIONS TO CLASS"

- Q1.** In the first technique, how do you avoid being shot?
- A1.** Using your left hand, grasp the attackers right hand with a reverse overhand grab and move the gun away from you.
- Q2.** In the second technique, how do you control the attacker?
- A2.** By walking into the attacker and continue to turn his right arm so that it goes to the right side of his body over and beyond his elbow.

## STAGE 2

### DEFENCE AGAINST A HANDGUN TO THE SIDE

#### INTRODUCTION

1. In the CF, there are times when you may be confronted by an armed attacker. Different types of attacks will require different types of defences. Phase one training will give the soldier two basic defences for each of the common types of armed attacks. The next defence is against a handgun to the side.

#### TECHNIQUE 1 (Attacker stands to your right)

- a) Turn clockwise and, using your right hand, block and grab the attacker's hand using a reverse overhand grab.
- b) Pull the attacker's right arm so that his elbow rests cross your chest. Pull back on the arm and simultaneously, using your left forearm, strike the attacker across the throat. This action will break the attacker's elbow and cause him to drop the gun.
- c) Maintaining grasp of the attacker's right hand with your right hand, wrap your left arm around the front of the attacker's throat into an upside down reverse headlock.
- d) Lift up with your forearm across the base of the attacker's neck while pushing down with your armpit across his forehead. This will cause the attacker's neck to break.

#### TECHNIQUE 2 (Attacker faces the same way and uses his left hand)

- a) Turn clockwise and, using your right hand, block and grab the attacker's hand using a reverse overhand grab.
- b) Using your left foot turn into and sweep the attacker's left leg while simultaneously striking the attacker across the throat with the open grip of your left hand.
- c) As the attacker falls, break the attacker's elbow over your knee.
- d) Follow-up by breaking his neck.

## **CONFIRMATION OF STAGE 2**

"QUESTIONS FROM CLASS"  
"QUESTIONS TO CLASS"

- Q1.** In the first technique, how do you control your attacker?  
**A1.** By pulling the attacker's right arm so that his elbow rests cross your chest. Pull back on the arm and simultaneously, using your left forearm, strike the attacker across the throat.
- Q2.** In the second technique, how do you gain control of the handgun?  
**A2.** As the attacker falls, break the attacker's elbow over your knee.

### **SUMMARY**

1. In conclusion, you must be familiar with these different techniques as they are tools that can be used any time to protect life from an unarmed attacker.

### **TEST**

1. Practical demonstration with an opponent.

## CONCLUSION

WEAK POINTS : As per practical test

IMPORTANT POINTS :

1. Defence against a handgun to the front.
2. Defence against a handgun to the side.

FINAL MOTIVATION : This information will be useful in protecting your life and the life of others throughout your career and beyond.

NEXT PERIOD : As per trg schedule.

<b>EDO 101</b>	<b>LESSON</b>	<b>DATE</b>
<b>EC 101.11</b>	<b>EDO-01</b>	<b>AUGUST 2002</b>

**LESSON OBJECTIVE**

1. **PERFORMANCE** : Defence against an armed attacker
2. **CONDITIONS** : Given: Classroom instruction.
3. **STANDARD** : IAW references, the trainee shall demonstrate techniques to defend against an unarmed attacker
4. **DATE REVISED** : Aug 2002                      **TIME** : 1 X 40 min period.

<p><b><u>TEACHING POINTS</u></b></p> <ol style="list-style-type: none"> <li>1. Defence against a close handgun to the rear.</li> <li>2. Defence against an extended handgun to the rear.</li> </ol>	<p><b><u>METHOD/APPROACH</u></b></p> <ul style="list-style-type: none"> <li>- Theory</li> <li>- Practice *</li> </ul>
	<p><b><u>REFERENCE(S)</u></b></p> <p>Phase One Training Unarmed Combat (Basic Trg Manual) Vol 1 Chapter 3</p>
	<p><b><u>STUDENT LEVEL</u></b></p> <p>All</p>
	<p><b><u>TEST DETAIL</u></b></p> <p>Practical</p>
	<p><b><u>TRAINING AIDS</u></b></p> <p>Training Knife</p>

# CAREER ADMINISTRATIVE ACTIONS

## INTRODUCTION

- WHAT** : In this lesson, defence against an armed attacker will be presented.
- WHERE** : This lesson is an Educational Objective and you will use the subject matter throughout your military career.
- WHY** : You must be familiar with these different techniques as they are tools that can be used any time to protect life from an armed attacker.
- ORGANIZATION** : This lesson consists of 2 stages, with 2 techniques per stage.
- TEST** : There will be a quiz at the end of this lesson. The contents of this lesson will also be tested at the end of Phase One trg.
- CONTROL STATEMENT** :
- a. If you have any questions, raise your hand; and
  - b. When I ask a question, no group answers.
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## STAGE 1

### DEFENCE AGAINST A CLOSE HANDGUN TO THE REAR

#### INTRODUCTION

1. In the CF, there are times when you may be confronted by an armed attacker. Different types of attacks will require different types of defences. Phase one training will give the soldier two basic defences for each of the common types of armed attacks. The first defence is against a close handgun to the rear.

#### TECHNIQUE 1 (Attacker holds gun to the side of your head)

- a) Ensuring your hands are in a "hands up" submissive manner turn clockwise and using your right hand jam the attacker's gun into his body. Hit the attacker's elbow with your left hand to aid in pinning his arm between your body and his.
- b) Jamming the gun in closer to the attacker's neck reverse your direction throwing the attacker over your right leg to the ground.
- c) As the attacker goes to the ground, stay close, maintain the lock on his gun arm and land on him.
- d) On impact remove the gun from the attacker's hand and follow-up at your discretion.

## TECHNIQUE 2 (Attacker holds gun to your back)

- a) Ensuring your hands are in a “hands down” submissive manner turn clockwise into the attacker and, using your right arm, jam the gun to the attacker’s body. Continue to weave your right arm under the attacker’s right arm and around his back (this will pin the attacker’s gun arm).
- b) Staying close to the attacker so that he cannot move his gun arm, sweep the attacker to the ground with your right leg.
- c) As the attacker goes to the ground, stay close, maintain the lock on his gun arm and land on him.
- d) On impact remove the gun from the attacker’s hand and follow-up at your discretion.

### CONFIRMATION OF STAGE 1

"QUESTIONS FROM CLASS"  
"QUESTIONS TO CLASS"

**Q1.** In the first technique, what is the important thing to remember?

**A1.** Stay close.

**Q2.** In the second technique, how do you take the attacker to the ground?

**A2.** Staying close to the attacker so that he cannot move his gun arm, sweep the attacker to the ground with your right leg.

## STAGE 2

### DEFENCE AGAINST AN EXTENDED HANDGUN TO THE REAR

#### INTRODUCTION

1. In the CF, there are times when you may be confronted by an armed attacker. Different types of attacks will require different types of defences. Phase one training will give the soldier two basic defences for each of the common types of armed attacks. The next defence is against an extended handgun to the rear.

#### TECHNIQUE 1 (Attacker uses right hand)

- a) Quickly turn clockwise and, with your right hand, block and grab the attacker's right hand.
- b) Next, using a reverse overhand grab, grab the attacker's right hand with your left hand and cock the attacker's wrist counterclockwise so that the gun is pointed at his head.
- c) Snake your right arm over the attacker's forearm and underneath his armpit so that your right hand rests palm flat on the attacker's chest.
- d) You will now have complete control of the attacker's gun hand. Follow-up is at your mercy.

#### TECHNIQUE 2

- a) Quickly turn counterclockwise and, with your left hand, reach under, around and over the attacker's right hand and strike the attacker in the carotid artery with a left ridge hand.
- b) Bring your right hand up to the rear of the attacker's head and grab the attacker's chin with your left hand.
- c) Pushing counterclockwise and up on a 45 degree angle with your left hand, and counterclockwise and down on a 45 degree angle with your right hand will break his neck.
- d) If this technique is executed properly, follow-up is not required.

## **CONFIRMATION OF STAGE 2**

"QUESTIONS FROM CLASS"

"QUESTIONS TO CLASS"

**Q1.** In the first technique, how do you gain control of the attacker's gun hand?  
**A1.** Snake your right arm over the attacker's forearm and underneath is armpit so that your right hand rests palm flat on the attacker's chest.

**Q2.** In the second technique, how do you break the attacker's neck?  
**A2.** By pushing counterclockwise and up on a 45 degree angle with your left hand, and counterclockwise and down on a 45 degree angle with your right hand.

### **SUMMARY**

1. In conclusion, you must be familiar with these different techniques as they are tools that can be used any time to protect life from an unarmed attacker.

### **TEST**

1. Practical demonstration with an opponent.

## CONCLUSION

WEAK POINTS : As per practical test

IMPORTANT POINTS :

1. Defence against a close handgun to the rear.
2. Defence against an extended handgun to the rear.

FINAL MOTIVATION : This information will be useful in protecting your life and the life of others throughout your career and beyond.

NEXT PERIOD : As per trg schedule.