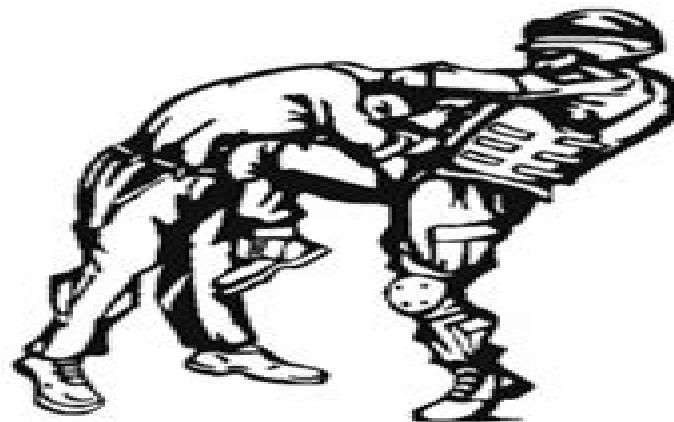
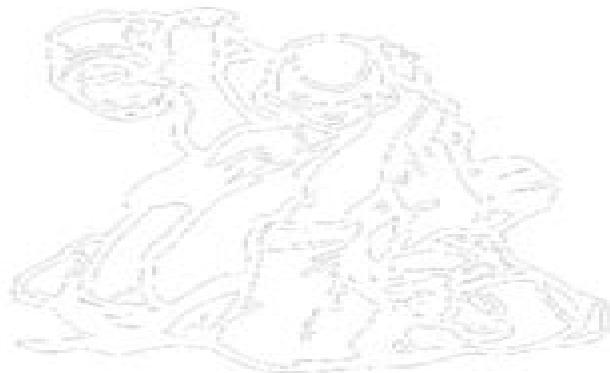


December 5, 2014



**BASIC MODERN**  
**ARMY COMBATIVES**  
**Level I Handbook**

# Army Combatives Level 1 Manual

**U. S. Army**

## Army Combatives Level 1 Manual:

*Publications Combined: Army Combat Fitness Test (ACFT) Training Guide, Handbook, Equipment List, Field Testing Manual & More ,2019-03-05 Over 600 total pages CONTENTS Army Combat Fitness Test Training Guide Version 1 2 FIELD TESTING MANUAL Army Combat Fitness Test Version 1 4 Army Combat Fitness Test CALL NO 18 37 September 2018 FM 7 22 ARMY PHYSICAL READINESS TRAINING October 2012 IOC TESTING ACFT EQUIPMENT LIST 1 X LANE*

REQUIREMENT Version 1 1 4 September 2018 ACFT Field Test Highlight Poster Final OVERVIEW The Army will replace the Army Physical Fitness Test APFT with the Army Combat Fitness Test ACFT as the physical fitness test of record beginning in FY21 To accomplish this the ACFT will be implemented in three phases Phase 1 Initial Operating Capability IOC includes a limited user Field Test with approximately 60 battalion sized units from across all components of the Army While the ACFT is backed by thorough scientific research and has undergone several revisions there are still details that have not been finalized The ACFT requires a testing site with a two mile run course and a flat field space approximately 40 x 40 meters The field space should be grass well maintained and cut or artificial turf that is generally flat and free of debris While maintaining testing standards and requirements commanders will make adjustments for local conditions when necessary The start and finish point for the two mile run course must be in close proximity to the Leg Tuck station When test events are conducted indoors the surface must be artificial turf only Wood and rubberized surfaces are not authorized as they impact the speed of the Sprint Drag Carry When environmental conditions prohibit outdoor testing an indoor track may be used for the 2 Mile Run The Test OIC or NCOIC are responsible to inspect and certify the site and determine the number of testing lanes There should not be more than 4 Soldiers per testing group for the SPT HRP and SDC The OIC or NCOIC must add additional lanes or move Soldiers to a later testing session to ensure no more than 4 Soldiers per testing group Concerns related to Soldiers graders or commanders will be addressed prior to test day The number of lanes varies by number of Soldiers testing A 16 lane ACFT site will have the following ACFT specific test equipment requirements 16 hexagon trap bars 60 pounds each with a set of locking collars While all NSN approved hexagon bars must weigh 60 pounds there is always a small manufacturer's production tolerance The approved weight tolerance for the hexagon bar is 2 pounds 58 62 pounds Weight tolerance for the hexagon bar and therefore the 3 Repetition Maximum Deadlift does not include the collars On average hexagon bar collars weigh 2 0 pounds per pair and are considered incidental to the total weight of the MDL weight Approximately 3 000 lbs of bumper plates 16 x 10 lb medicine ball 16 x nylon sled with pull straps 32 x 40 lb kettle bells Permanent or mobile pull up bars 16 x pull up bars at approximately 7 5 feet off the ground with step ups for shorter Soldiers Common unit equipment for set up and grading 16 stop watches 8 x 25m tape measures 8 x wooden or PVC marking sticks for the SPT One stick for every two lanes 70 x 18 traffic cones 50 field dome cones A soft flat dry test area approximately 40m x 40m on grass or artificial turf half of a soccer or football field A site that is free of any significant hazards A preparation area can be same as briefing

area to conduct Preparation Drill A generally flat measured running course with a solid improved surface that is not more than 3 percent uphill grade and has no overall decline start and finish must be at the same altitude **Index of Doctrinal, Training, and Organizational Publications** United States. Department of the Army,1978 **Special Warfare** ,2009

**U.S. Army Combatives Hand-To-Hand Manual** ,2024-12-11 The Official US Army Combatives Handbook - Current, Full-Size Edition U. S. Army,2017-10-02 BUILD YOUR WARRIOR ETHOS AND OVERCOME ANY FOE Current edition TC 3 25 150 big 8 5 x 11 LANDSCAPE FORMAT large clear text extensive all new photo illustrations 400 pages complete unabridged This edition supersedes the old FM 3 25 150 and FM 21 150 Batteries last hours books last decades Get the print edition Hand to hand combat is the ultimate test of a Soldier s ability to combine mind and body into a single powerful force focused on defeating the enemy with whatever weapons are available As used by the Modern Army Combatives Program MACP at Fort Benning GA the U S Army s experts and instructors have created this handbook with the benefit of decades of experience teaching students of every ability to implement the physical and mental skills required to effect lethal devastation on their adversaries in conflicts around the world The simple direct and effective skills and training procedures contained in this book will enable you whether training within a unit with a partner or alone to achieve deadly ability and matchless confidence as a close combat fighter SHARPEN THE DEFINING CHARACTERISTIC OF A WARRIOR THE WILLINGNESS TO CLOSE WITH THE ENEMY PLEASE NOTE in order to maximize the space available for illustrations this book is presented in landscape format PURPOSE SYSTEM PRINCIPLES SYSTEMATIC CONTINUOUS TRAINING COMPETITION DRILLS LIVE TRAINING INTEGRATED TRAINING COMBAT FEEDBACK SAFETY PRECAUTIONS RISK ASSESSMENT TRAINING AREAS INJURIES RESPONSIBILITIES OF INSTRUCTORS HOW TO CONDUCT TRAINING BASIC FIGHT STRATEGY GROUND GRAPPLING CLINCH FIGHTING INTERMEDIATE FIGHT STRATEGY GRAPPLING WITH STRIKES REGAINING THE INITIATIVE ADVANCED GROUND FIGHTING TECHNIQUES STRIKING SKILLS DEFENSE ADVANCED CLINCH POSITIONS PUMMELING KNEE STRIKES CONTACT WEAPONS THRUSTING WEAPONS WEAPON ATTACK DEFENSE GRAPPLING WITH WEAPONS COMPETITIONS DRILLS TRAINING EVALUATION Search for CARLILE MILITARY LIBRARY to find more TOP FLIGHT SQUARED AWAY publications for your professional bookshelf Information purposes only Proudly published in the U S A by CARLILE MEDIA **U. S. Army Combatives Hand-To-Hand Manual** U. S. Army,2019-09-07 p BEWARE Many other sellers on Amazon are selling the Obsolete FM 21 50 This is the updated official FM 3 25 150 which contains more pages and updated information The printed Combatives Hand to Hand Manual is in the convenient 8 5 x 11 inch format The book contains over 260 pages and hundreds of photographs Hand to hand combat is the ultimate test of a Soldier s ability to fight and test their toughness mentally and physically The U S Army s experts and instructors have created this handbook with the benefit of decades of experience to teach how to fight win and survive The Modern Army Combatives program draws the best and most practical combat techniques from Brazilian Jiu Jitsu Muay

Thai Boxing and Escrima The book is created trusted and battle tested by the US Armed Forces It should be part of every bug out bag and vehicle and used by preppers hunters climbers campers outdoorspeople hikers and anyone looking to survive natural or man made disasters Contents of the Army Combatives Hand to Hand Manual include Training Techniques Safety Principles Ground Fighting Techniques Advanced Ground Fighting Striking Kicking Grappling Takedowns and Throws Handheld Weapons Field Expedient Weapons Standing Defense Knife Fighting Bayonet Fighting Much Much More BUY YOUR COPY TODAY **21st Century U. S. Army Combatives Field Manual** U. S. Department of Defense

Staff,2002-04-01 The preface to this U S Army manual FM 3 25 150 states This field manual contains information and guidance pertaining to rifle bayonet fighting and hand to hand combat The hand to hand combat portion of this manual is divided into basic and advanced training This manual serves as a guide for instructors trainers and soldiers in the art of instinctive rifle bayonet fighting According to the manual Hand to hand combat is an engagement between two or more persons in an empty handed struggle or with hand held weapons such as knives sticks or projectile weapons that cannot be fired Proficiency in hand to hand combat is one of the fundamental building blocks for training the modern soldier Soldiers must be prepared to use different levels of force in an environment where conflict may change from low intensity to high intensity over a matter of hours Many military operations such as peacekeeping missions or noncombatant evacuation may restrict the use of deadly weapons Hand to hand combatives training will save lives when an unexpected confrontation occurs More importantly combatives training helps to instill courage and self confidence With competence comes the understanding of controlled aggression and the ability to remain focused while under duress Training in combatives includes hard and arduous physical training that is at the same time mentally demanding and carries over to other military pursuits The overall effect of combatives training is the culmination of a successful physical fitness program enhancing individual and unit strength flexibility balance and cardiorespiratory fitness and building personal courage self confidence self discipline and esprit de corps As such this manual provides a unique heavily illustrated training manual for a number of hand to hand combat techniques Chapter Three deals with basic ground fighting techniques Basic ground fighting techniques build a fundamental understanding of dominant body position which should be the focus of most combatives training before moving on to the more difficult standing techniques Ground fighting is also where technique can most easily be used to overcome size and strength Before any killing or disabling technique can be applied the soldier must first gain and maintain dominant body position The leverage gained from dominant body position allows the fighter to defeat a stronger opponent An appreciation for dominant position is fundamental to becoming a proficient fighter because it ties together what would otherwise be a long confusing list of unrelated techniques If a finishing technique is attempted from dominant position and fails the fighter can simply try again If on the other hand a finishing technique is attempted from other than dominant position and fails it will usually mean defeat Attacks include the collar choke single wing choke straight arm bar arm lock

guillotine choke scissors sweep Captain Kirk ankle grab knee push triangle choke knee mount leg attacks straight ankle lock and figure four ankle lock Striking called an integral part of all actual fighting includes pass the guard with strikes striking from side control defending against strikes and more Takedowns and throws are covered in detail Later chapters cover handheld weapons using the bayonet or knife which may be the ideal weapon to dispatch the enemy Field expedient weapons are discussed including the entrenching tool three foot sticks and six foot pole Standing defense techniques against unarmed and armed opponents are reviewed Restrictive force scenarios include two against one three against two one against two and two against three    **Soldier of Fortune** ,2004    **The Official Us Army Combatives Handbook** Headquarters US Army,2017    **The Official US Army Combatives Handbook - Current, Full-Size Edition** US Army,2025-02-13

**Books In Print 2004-2005** Ed Bowker Staff,Staff Bowker, Ed,2004    **21st Century U.S. Military Manuals**

Department of Defense,U. S. Military,U. S. Army,2017-08-27 The Combatives Field Manual FM 3 25 150 FM 21 150 contains information and guidance pertaining to rifle bayonet fighting and hand to hand combat The hand to hand combat portion of this manual is divided into basic and advanced training This manual serves as a guide for instructors trainers and soldiers in the art of instinctive rifle bayonet fighting Topics covered include hand to hand combat rifle bayonet fighting knife assault and fighting techniques Hand to hand combat is an engagement between two or more persons in an empty handed struggle or with hand held weapons such as knives sticks or projectile weapons that cannot be fired Proficiency in hand to hand combat is one of the fundamental building blocks for training the modern soldier Soldiers must be prepared to use different levels of force in an environment where conflict may change from low intensity to high intensity over a matter of hours Many military operations such as peacekeeping missions or noncombatant evacuation may restrict the use of deadly weapons Hand to hand combatives training will save lives when an unexpected confrontation occurs More importantly combatives training helps to instill courage and self confidence With competence comes the understanding of controlled aggression and the ability to remain focused while under duress Training in combatives includes hard and arduous physical training that is at the same time mentally demanding and carries over to other military pursuits The overall effect of combatives training is the culmination of a successful physical fitness program enhancing individual and unit strength flexibility balance and cardiorespiratory fitness building personal courage self confidence self discipline and esprit de corps This field manual has been converted for accurate flowing text e book format reproduction As a bonus this reproduction includes FM 1 The Army Field Manual a capstone manual containing the vision for the Army sold separately for 5 99 FM 1 establishes the fundamental principles for employing Landpower The most important of these are the Army s operational concept and the fundamentals that support it They form the foundation for all Army doctrine All Soldiers should understand and internalize them FM 1 describes the American profession of arms the Army s place in it and what it means to be a professional Soldier This is a privately authored news service and educational publication of Progressive Management    **U.S. Army**

**Hand-To-Hand Combat** U. S. Army,2012-03-01 Originally published in 1954 the U S Army Hand to Hand Combat guide was the official field manual for soldiers It covers hand to hand combat in all areas with and without short range weaponry and includes training methods defending and disarming methods throws holds chokes escapes knife combat dominant positions and vulnerable body parts This handbook is a useful and authoritative guide relevant for those interested in learning self defense and close range fighting techniques The U S ARMY is one of three military departments in the United States Army Navy and Air Force which reports to the Department of Defense It is comprised of two distinct and equally important components active and reserve The reserve components are the United States Army Reserve and the Army National Guard The U S Army frequently releases publications and training manuals intended to instruct both soldiers and civilians The Journal of the National Education Association National Education Association of the United States,1942 **Booklist** ,1942

**The Official U.S. Army Combat Skills Handbook** Department of the Army,Matt Larsen,2018-05-01 Modern combat is chaotic intense and shockingly destructive A soldier will experience confusing and often terrifying sights sounds smells and dangers and he must learn to survive and win despite them This field manual containing the essential combat skills the U S Army teaches its soldiers is the Army s most recent edition which has been completely updated for Lyons Press by the soldier who wrote the manual for the army Sergeant First Class Matt Larsen Distributed to all soldiers this is the must have guide for those who want to know how U S Army soldiers are trained to prepare for and perform during combat It includes photos illustrations and diagrams throughout depicting weaponry combat maneuvers warrior drills survival techniques fighting positions camouflage and basic field medicine The Journal of Health and Physical Education ,1942 **Booklist**

,1943 Journal of Health, Physical Education, Recreation ,1942 U.S. Army Combat Skills Handbook Army,2013-02-08 Recognizing that wars are not won by machines and weapons but by the soldiers who use them this comprehensive manual not only informs the reader of the timeless skills necessary to survive on the battlefield but also instructs the soldier on how to perform and execute these tasks to succeed in combat From concealment and mobility to first aid and personal care you too can possess the knowledge armed service people are equipped with so they can do their jobs properly and confidently This informative and exhaustive guide draws upon the real life experiences of soldiers who have faced warfare and lived in combat zones Practical and explicit instructions on team formation proper positioning for offensive and defensive maneuvers and handling of equipment and weaponry are thoroughly explained Also included is advice on life saving CPR and wound care techniques sections on combat intelligence and nuclear biological and chemical warfare and appendices covering mines demolitions obstacles combat in urban areas tracking and evasion and escape Illustrations throughout the book depict various field scenarios that soldiers face in a war zone See what it takes to perform inspire and lead in the U S Army

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