

# THE OFFICIAL U.S. ARMY **COMBATIVES HANDBOOK**

CURRENT, FULL-SIZE  
EDITION



**BATTLE-TESTED HAND-TO-HAND COMBAT**  
**THE MODERN ARMY COMBATIVES PROGRAM (MACP) MANUAL**  
**FULL-SIZE, CLEAR PRINT**  
**COMPLETE & UNABRIDGED**  
**TC 3-25.150 (FM 3-25.150, FM 21-150)**

# Modern Army Combatives Manual

**U.S. Department of the Army**

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## **Modern Army Combatives Manual:**

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 Judo 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     The Official US Army Combatives Handbook - Current, Full-Size Edition US Army,2025-02-13     *U.S. Army Combatives Hand-To-Hand Manual* ,2024-12-11     **The Official Us Army Combatives Handbook** Headquarters US Army,2017     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

**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

*Technical Report* Human Resources Research Organization, 1967 [Taiho-Jutsu](#)

Steven Kaplan, 2010-12-27 Steven J Kaplan is the Dean of the Graduate Theological Institute in Margate Florida A State classifi ed Chaplain holding a doctorate in psychology he is additionally an ordained rabbi who has taught both Jewish studies and psychology at the college and university levels Dr Kaplan has been engaged in pastoral psychotherapy for thirty fi ve

years     *Martial Arts of the World* Thomas A. Green, Joseph R. Svinth, 2010-06-11 This book is the most comprehensive and authoritative reference ever published on the wide range of martial arts disciplines practiced in cultures around the world

ABC CLIO's *Martial Arts of the World: An Encyclopedia of History and Innovation* is the most authoritative reference ever published on combat disciplines from around the world and across history. Coverage includes Shaolin monks jousting knights, Roman gladiators, Westerner gunfighters, samurai warriors, and heavyweight boxers. These iconic figures and many more are featured in this title as well as representatives of less well known but no less fascinating systems, all vividly characterized by expert contributors from around the world who are themselves martial arts practitioners. *Martial Arts of the World* comprises 120 entries in two volumes. The first volume is organized geographically to explore the historic development of martial arts styles in Asia, Africa, Europe, and the Americas. The second volume looks at martial arts thematically with coverage of belief systems, modern martial arts competitions, and a wide range of such topics as folklore, women in martial arts, martial arts and the military, and martial arts and the media.

**Shadow Warrior Edition** Ron Collins, 2022-04-16 Linear Infighting Neuro Override Engagement or LINE was the US Marine's Hand to Hand Combat System from 1989 to 2002 until it was replaced by the Marine Corps Martial Arts Program. It was taught to US Army Special Forces Units from 1998 to 2007. Created by Ron Donvito, this Close Quarters Combat system is in the public domain as the US Marine Corps Close Quarters Combat Manual. The Shadow Warrior LINE Combative Manual contains the original USMC CQC Manual analysis by Ron Collins, a former US Army Hand to Hand Combat Instructor, awarded for the supplemental information he added to Modern Army Combatives generation one that are similar to the material found in Gen II MACP, though Mr. Collins denies any credit to this similarity. This LINE manual is suggested study for all American Homeguard Hand to Hand Combat Self Defense Combatives certified Instructors in the American Homeguard Survival Academy.

**Pro-Systems: Combatives Volume One** Joseph Truncale, 2015-03-14 This is the first volume of the Pro Systems Combatives PSC system. This manual has all the basic techniques, principles, and essential warm up drills required to learn the entire basic Pro Systems Combatives PSC self-defense/offense system. This volume also covers responses to punching attacks, kicking attacks, wrist/arm grab attacks, counters, body grab counters, and drills. Volume two covers the Pro Systems Combatives PSC self-defense responses to chokes, headlocks, knife/gun, multiple subjects, and ground attack counters.

**Ultimate Guide to U.S. Army Combat Skills, Tactics, and Techniques** Jay McCullough, 2010-07-01 Nearly 1,000 pages of instruction on how to fight and win from the team that created The Ultimate Guide to U.S. Army Survival Skills, Tactics, and Techniques.

**Modern Army Combatives Program** United States Army Combatives School, 2012-09-24 Every Fight Is A Grappling Fight. Every Fight Is Over Weapons. There Is No Short Cut To Developing Fighting Skill. The Modern Army Combatives program draws the best and most practical combat techniques from Brazilian Jiu Jitsu, Judo, Muay Thai, Boxing, and Escrima. More than just a simple self-defense strategy or mixed martial arts system, Modern Army Combatives is designed to bring the most brutally effective

combat system to the battlefield to render an enemy incapacitated FM 3 25 150 Modern Army Combatives contains step by step illustrations for basic intermediate and advanced techniques including Basics Fighting Stance and Various Grip Techniques Basic Intermediate and Advanced Ground Fighting Techniques Rear Mount Mount Guard and Side Control Arm Trap and Roll Passing the Guard Mount from Side Control Escaping the Rear Mount Rear Naked Choke Cross Collar Choke Bent Arm Bar Straight Arm Bar Guillotine Choke Scissors Sweep Sweep from the Attempted Arm Bar Attacks from the Mount Paper Cutter Choke Nutcracker Choke Leaning Choke Sleeve Choke Attacks from the Rear Mount Collar Choke Single Wing Choke Straight Arm Bar from Rear Mount Attacks from the Guard Triangle Choke Elevator Sweep Reverse Bent Arm Bar Knee Mounts Escape from the Headlock Straight Ankle Lock and Straight Knee Bar Basic Intermediate and Advanced Takedowns Single Leg Superman Double Leg Dump Tree Top Block the Far Knee Foot Hook and Hip Throw Clinch Fighting Closing the Distance Modified Seatbelt Clinch Double Underhooks Rear Clinch Front and Rear Takedown Contact Weapons Thrusting Weapons Bludgeoning Weapons Stick Fighting Strikes and Blocks and Short Range Contact Weapons Knives Weapons Retention Techniques and Grappling with Weapons Complete Competition Guidelines Rules and Procedures

U.S. Army Physical Readiness Training Manual U.S. Department of the Army, 2012-01-14 Time tested physical training from the U S Army now available to U.S. Military Pocket Survival Guide U.S. Army, Marine Corps, Navy, And Air Force, Matt Larsen, 2009-07-01 The latest version of the stranded behind enemy lines manual included in the survival kits of all branches of the U S military A distillation of the information contained in the survival bible the USAF s enormous tome on Survival Training AFR 64 4 and updated from the previous version which contained a significant amount of outmoded information Now a multiservice publication used by all branches of the U S military FM 21 76 1 MCRP 3 02H NWP 3 50 3 AFTTP I 3 2 2 6 U.S. Army Combatives FM 3-25.150 Department of Defense, 2016-08-01 This is the 2002 Printing 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 **Soldiers**, 2000 *The Self-Defense Handbook* Sam Fury, 2020-05-11 Teach Yourself Self Defense Inside this four part self defense training manual you will learn The Principles of Self Defense The information in this section is more valuable from a self defense point of view than any of the individual techniques Basic Self Defense Techniques Simple and effective moves to escape your attacker s and get to safety Advanced Strikes Strategies Use these tactics when the basic self defense techniques are too aggressive such as in a friendly pub or schoolyard brawl Weapon Disarms Advanced lessons on how to disarm an attacker and fight multiple opponents This is the only self defense training manual you need because these are the best street fighting moves around Get it now Discover Real Street Fighting Tactics The best target areas for self defense and which strikes to use How to achieve street fighting knockouts Ground fighting techniques for self defense Easy to apply strategies for attack and defense The correct way to use

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**Special Warfare** ,2009



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