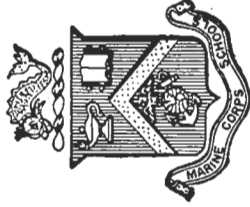


**PB 5206
B 5205**

**OFFENSIVE—DEFENSIVE
HAND TO HAND COMBAT**

(NAVMC—7349)



1955

Published For Instructional Purposes Only

**MARINE CORPS EDUCATIONAL CENTER
MARINE CORPS SCHOOLS
QUANTICO, VIRGINIA**

TABLE OF CONTENTS

Introduction	Page
Remember This	1
.....	1

STANCE AND MOVEMENT

Offensive-Defensive Stance	2
Offensive-Defensive Movement	2

FALLS AND ROLLS

Forward Roll	3
Backward Fall	4

DEFLECTING AND STRIKING BLOWS

Deflecting a Right Hand Blow	5
Deflecting a Left Hand Blow	5
Blocking a Swinging Right Hand Blow	6
Attacking an Opponent	7
Deflecting Kicks	7

THROWS AND TAKE DOWNS

Take Down from an Opponent's Left	8
Take Down from an Opponent's Left (Alternate)	9
Take Down from an Opponent's Right	10

BREAKING HOLDS

Wrist Holds	11
Rear Neck Hold	12
Rear Choke Hold	13
Front Choke Hold	14
Cross Wrist Front Choke Hold	15
Rear Head Lock	16
Front Head Lock	16
Throatlock	17
Grave-along	18

DISARMING OPPONENT—RIFLE WITH BAYONET

Blow Approach—Bayonet Low	19
Blow Approach—Bayonet High	20
Opponent Charging	20

KNIFE AND CLUB FIGHTING

Frontal Attack with Knife	21
Frontal Disarming—Opponent with Knife	22
Frontal Disarming—Opponent with Knife or Club	22
Attack from the Rear with Knife or Club	23

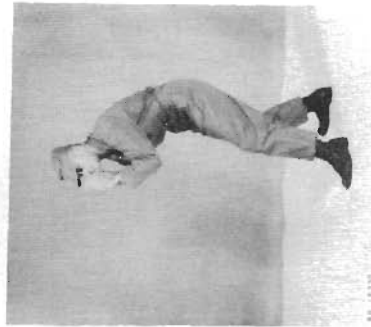
1. Offensive-Defensive hand to hand combat is a composite of boxing, wrestling, karate, judo, and football. It is easily learned and very effective.
2. This handout is to be used as a guide to show you how and in what sequence to teach offensive-defensive hand to hand combat.
3. Remember to caution your students as to effectiveness and possible consequences of what they are about to learn and of their responsibility to use their knowledge wisely.
4. In the first period of instruction explain and demonstrate that offensive-defensive hand to hand is designed to put the user in position to utilize his full strength and leverage against the opponent's vulnerable or vital spots, i.e.; the arch of the foot, the knee, the groin, the temple, the ears, the nerves under the ears, the solar-plexus, the throat, the bridge of the nose, the elbow, the collar bone, the eyes, the neck, the side of the jaw, the base of the spine, the small of the back, and the kidneys. The fingers, wrist and elbow are the easiest bones to break or dislocate. Caution your students of the fact that they do not have to break an opponent's arm, or knock him out to learn this instruction.
5. Prepare all demonstrations carefully and anticipate, if possible, any questions that might be asked. Remember, you have an interesting subject. Be confident. One of the easiest ways to gain the respect of your men is to put on a good course of instruction in hand to hand combat.

REMEMBER THIS . . .

1. Be Aggressive.
2. Keep your eyes on your opponent.
3. You are superior to your opponent.
4. Distract your opponent.
5. It's disable or be disabled.
6. Vary the attack to fit the situation.
7. Turn your defense into an unrelenting attack.

1. STANCE AND MOVEMENT.

a. **Offensive-Defensive Stance.**—Face your opponent with your left foot forward, toe slightly inboard, and knee slightly inboard, and knee slightly bent. Place your right foot to the rear and right of the left foot, toe straight to the front and with the knee slightly bent. Lean forward from the hips with your weight balanced evenly on both feet. Your left hand should be up protecting the left side of your face and head; left forearm and elbow protecting the left side of your body. Your right hand protects the right side of your face and head; right forearm and elbow protect the right side of your body. The palms of your hands should be inboard with the edge of your hands toward your opponent; fingers together and thumbs held tight against your forefingers. Be prepared to strike or grasp.



b. **Offensive-Defensive Movement.**—From the offensive-defensive stance to move forward, lift your left foot and move it forward approximately 18 inches, following it with your right foot. To shift left and forward, step left and forward with your left foot, pivoting on the ball of the right foot. To shift right and forward, step to the right and forward with your right foot pivoting on the ball of your left foot. To shift left and to the rear, step back and to the left with your right foot, pivoting on the ball of your left foot. To shift right and to the rear, step left and rearward with your left foot, and pivot on the ball of the right. To move directly rearward, move your right foot approximately 18 inches to the rear, and follow it with the left foot.

2. FALLS AND ROLLS.

a. **Forward Roll.**—Forward roll take two steps forward to build up momentum, then dive toward the ground. Place your chin against your left shoulder. Place your left hand at the left side of, and slightly above your head. Bending your right arm slightly at the elbow, break your fall with your right hand and forearm. When the left hand makes contact with the ground, roll forward on the right shoulder and back. When the feet make contact with the ground, spin left, facing to the rear, in the offensive-defensive stance.



b. **Backward Fall.**—To fall backward drop toward the ground as in sitting or in a straight backward fall, breaking your fall with your hands and forearms. Place your head on your chest. When your hands touch the ground, kick over with your feet in a backward roll. Assume offensive-defensive stance immediately.



3. DEFLECTING AND STRIKING BLOWS.

a. **Deflecting a Right Hand Blow.**—If your opponent attempts to strike you with a straight right hand blow, deflect the blow to your right with your left hand. Shift left and forward, pulling your opponent forward with your left hand on his wrist. Strike the opponent forward with the edge of your hand at the temple, throat, or side of the neck.



b. **Deflecting a Left Hand Blow.**—If your opponent attempts to strike you with his left hand, deflect the blow to your left with your right hand or forearm, grasp the opponent's left arm with your left hand. Shift forward and right, strike the opponent at the temple, jaw, or base of skull with the edge of your right hand, utilizing the momentum gained in your shift to add force to the blow.



c. **Blocking a Wide Swinging Right Hand Blow.**—If your opponent attempts to strike you with a wide swinging right hand, or roundhouse right, block the blow with your left hand or forearm, then grasp your opponent's right wrist or arm with your left hand, pull him toward you, strike the man simultaneously in the groin with the right knee and between the eyes with the edge of the right hand. Pivot left, throwing your opponent over your right thigh or knee.



d. **Attacking an Opponent.**—If your opponent threatens to strike you with a left hand blow, strike the outside of your opponent's left wrist with your left hand, shift right, and forward, deliver a blow to the temple, jaw, or base of skull with the right hand.



e. **Deflecting Kicks.**—If your opponent attempts to kick you with his right foot, shift forward and left, deflect the kick to your right and upward with your left hand. Force your opponent to his back, break his leg, or deliver a kick to his groin, or a blow to his throat, or bridge of nose. If your opponent attempts a kick with his left foot, shift right and carry out the disabling procedure.



4. THROWS AND TAKEDOWNS.

a. **Take Down from an Opponent's Left.**—Grasp your opponent's left wrist with your left hand and step toward the opponent with the right knee. Drive the right knee into the outside of his left knee, strike your opponent at the temple with the edge of your right hand. Place your right hand on the opponent's face, pushing him backward over your right knee, or thigh and dropping him. Follow through with a blow to the bridge of his nose or throat.



b. **Take Down from an Opponent's Left (Alternate).**—Grasp your opponent's left wrist with your left hand. Step forward with your right foot, driving your right knee into the outside of your opponent's knee. Pivot under your opponent's left arm, grasping the inside of his left leg at the knee, and driving your elbow into his solar-plexus or groin. Lift upward with your right hand. Release your opponent's left wrist when he begins to fall. Follow through with a knee to your opponent's left side, and a right hand blow to his throat, or the bridge of his nose.

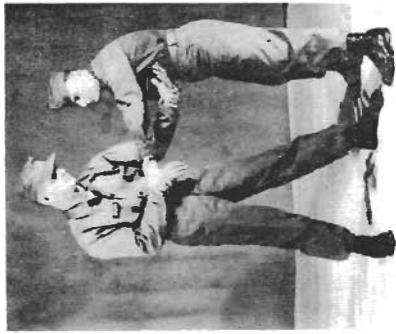
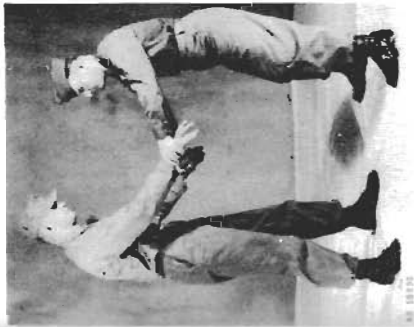


c. **Take Down from an Opponent's Right.**—Grasp your opponent's right wrist with your left hand, stepping toward the opponent with your right foot. Drive your right shoulder into your opponent's solar-plexus. Grasp the inside of your opponent's right leg at the knee and pull downward with your left hand. Lift upward with your right hand. Pivot left and drop to your left knee, throwing your opponent over your shoulder, while retaining your grip on your opponent's wrist. Once he is down deliver a blow to his temple, throat, or bridge of nose.



5. BREAKING HOLD.

a. **Wrist Hold.**—To break a front wrist hold with your opponent using both hands to hold you, pull back with your right hand, step forward with the left foot, pushing forward and upward with your left hand. Grasp your opponent's left elbow with your left hand, then shift right and forward. Follow through with a blow to your opponent's temple, jaw, neck, or kidney.



b. **Rear Neck Holds.**—To break a strangle hold from the rear with your opponent locking his right hand on his left arm and pushing forward on your head with his right hand, grasp the opponent's right elbow with your right hand, his left elbow with your left hand. Pull downward with your right hand, pushing upward with your left and pivot right. Follow through with a knee blow or throw.

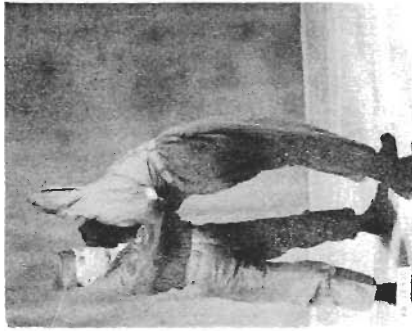
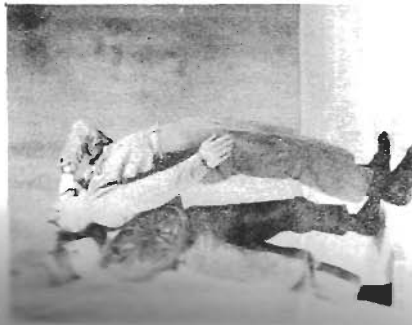


12-11374

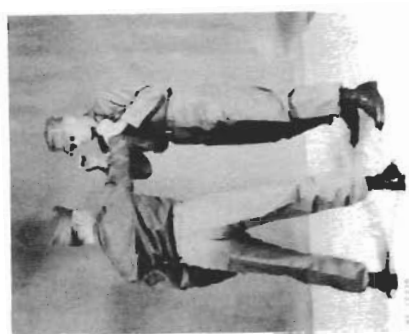


12-11375

c. **Rear Choke Hold.**—To break a choke or strangle hold from the rear with the opponent using one or both hands to hold you, grasp the opponent's left hand or wrist with your left hand, pivot left, retaining your grip on the opponent's hand or wrist. Follow through with a blow to the opponent's temple, jaw, neck, or throat.



d. **Front Choke Hold.**—To break a front choke, collar or tie hold with your opponent using his right hand or both hands to hold you, grasp your opponent's right wrist or hand with your left hand, shift left and pivot right. Follow through with a blow to the opponent's temple, jaw or throat. If the opponent is using his left hand to hold you, the procedure is reversed.



e. **Crossed Wrist Front Choke Hold.**—To break a front choke hold with the opponent using a crossed wrist collar choke, grasp the opponent's right hand or wrist with your right hand, shift left and forward. Pull downward with your right hand, lift upward with your left hand at the opponent's right elbow. Follow through with a knee to the kidney, or a blow to the neck.



h. **Hammerlock.**—To break a hammerlock and shoulder hold with your opponent holding your left arm behind you, step forward with the right foot. Bend forward from the waist. Pivot left and deliver a blow to the opponent's temple, jaw, or kidney.



f. **Rear Head Lock.**—To break a head lock from the rear with your opponent using one or both arms to hold your head under his right arm, grasp your opponent's left elbow with your left hand. Grasp your opponent's left knee with your right hand; step forward and left with your left foot, pull right and upward with your right hand. Follow through with a blow to the temple or throat.



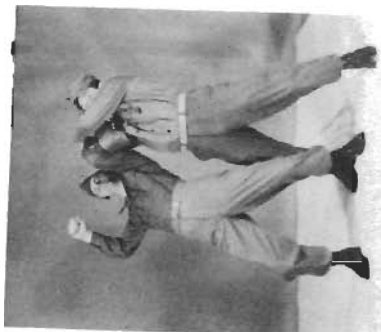
g. **Front Head Lock.**—To break a front head lock with your opponent locking a hand on your right shoulder, slide your right hand and arm over his right elbow with your left hand. Push down with your right shoulder and pivot left. Follow through with a throw or blow to his groin, or break his right arm.



i. **Come-Along.**—To break a come along with your fingers or hand downward, lift upward bending your against your opponent's hand or hands. Drive your right knee into the back of your opponent's left knee. Force the opponent to the ground and follow up with a knee, or blow to bridge of nose or throat. In the event your opponent is holding your left hand and arm, employ the left knee behind his left knee to help drop him.



RD 10330



RD 10331

6. **DISARMING OPPONENT—RIFLE WITH BAYONET.**

a. **Slow Approach—Bayonet Low.**—To disarm an opponent armed with a rifle and bayonet coming at you slowly, bayonet held low, reach forward and down with the left hand, deflecting the bayonet downward and to your left. Shift right and forward, and deliver a blow to the temple, neck, or the left elbow of your opponent.



RD 10332



RD 10333



RD 10334

Slow Approach—Bayonet High.—To disarm an opponent attacking you with a rifle and bayonet coming at you slowly, the bayonet high, deflect the bayonet to your left with your left hand, shift right and forward, taking the rifle from him. Deliver a blow to the opponent's elbow, temple, or neck.



c. **Opponent Charging.**—To disarm an opponent charging rapidly with a rifle and bayonet, shift forward and left, deflecting the bayonet downward and to your right with your left hand. Follow through with a blow to the opponent's neck, or bayonet him with his own bayonet.



7. KNIFE AND CLUB FIGHTING.

a. **Frontal Attack with Knife.**—Assume offensive-defensive stance. Hold knife in right hand, point toward opponent, blade flat, cutting edge outward. Advance toward opponent. If he attempts to grasp the knife, strike him a karate blow at the bridge of the nose. Shift to the left, place the left hand under the opponent's right elbow, lift up. Insert the knife in an upward motion above the opponent's belt. Slash outward, or to your right.



b. **Frontal Disarming—Opponent with Knife.**—To disarm an opponent thrusting at you with a knife, shift forward and left. Deflect the knife to your right with your left hand. Strike the back of the opponent's knife hand with the edge of your right hand. Follow through with an arm break or blow to the opponent's jaw, throat, or collar bone.



d. **Front Disarming—Opponent with Knife or Club.**—To disarm an opponent threatening you with a knife or club. Step toward your opponent with the left foot. Strike the inside of your opponent's right wrist with your left hand or wrist. Strike your opponent at the bridge of the nose with your right hand, and in the groin with your right knee. Follow through by breaking your opponent's arm, or employ a throw.



c. **Attack from the Rear with Knife or Club.**—To attack an opponent from the rear with a knife or club. In the use of the knife, if you desire silence, place a hand over the mouth of your opponent, or pull him back into the mugger's hold, insert the knife in an upward motion above your opponent's belt. In the event you are using a club, control your opponent by placing your left hand on his arm or shoulder, turn him slightly, and deliver a blow to the base of the skull.

