

# 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)**

# Army Combatives Manual

**U. S. Department of Defense Staff**

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the text 'U. S. Department of Defense Staff'.

## **Army Combatives Manual:**

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** 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** ,2024-12-11     *The Official US Army Combatives Handbook - Current, Full-Size Edition* US Army,2025-02-13     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 The Official Us Army Combatives Handbook Headquarters US Army,2017 **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 totalweight 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

**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 U.S. Marine Manual for Close Combat Fighting** U.S. Department of Defense, 2023-12-29 The U S Marine Manual for Close Combat Fighting serves as a comprehensive guide to the techniques strategies and philosophies underpinning hand to hand combat training within the United States Marine Corps Written in a clear instructional style this manual utilizes a pragmatic approach blending military discipline with practical self defense tactics Embedded within its pages are essential principles prioritized by the Corps emphasizing not just physical skill but also mental resilience and situational awareness reflecting a broader militaristic ethos that values both honor and duty in combat scenarios The U S Department of Defense as the author draws upon decades of military tradition martial arts innovation and operational experience to craft this manual It encapsulates various influences including close combat techniques from historical martial arts adapted to meet the rigorous demands of modern warfare This collaboration of seasoned military experts resulted in a text that both honors tradition and embraces evolution in combat training methods This manual is highly recommended for military professionals martial arts practitioners and anyone interested in the systematic study of close combat Its blend of straightforward instruction and deep philosophical insights makes it an invaluable resource for enhancing one s understanding of self defense and the broader essence of combat readiness

**Ultimate Guide to U.S. Army Combat Skills, Tactics, and Techniques** Jay McCullough, 2010-07-07 Here for the first time in one place is everything you need to know about modern military combat Drawn from dozens of the U S Army s well written field manuals on every conceivable aspect of conducting combat operations this huge compendium contains everything for any combatant anywhere armed or unarmed

and in all conditions and terrains including desert jungle mountain and house to house fighting training for rifle mortar mines and sniper operations mental preparedness and leadership for combat and combat stress tank and artillery tactics forward and reconnaissance operations z construction of defensive positions combat in nuclear biological and chemical environments land navigation map reading first aid and camouflage Last but not least this book also includes a complete section on hand to hand combat so that you can use your bayonet or kill with your bare hands With hundreds of photographs and illustrations demonstrating priceless tips and techniques if it s not in TheUltimate Guide to U S Army Combat Skills Tactics and Techniques your Army of One don t need it

Ignite the flame of optimism with is motivational masterpiece, Find Positivity in **Army Combatives Manual** . In a downloadable PDF format ( \*), this ebook is a beacon of encouragement. Download now and let the words propel you towards a brighter, more motivated tomorrow.

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## **Table of Contents Army Combatives Manual**

1. Understanding the eBook Army Combatives Manual
  - The Rise of Digital Reading Army Combatives Manual
  - Advantages of eBooks Over Traditional Books
2. Identifying Army Combatives Manual
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Army Combatives Manual
  - User-Friendly Interface
4. Exploring eBook Recommendations from Army Combatives Manual
  - Personalized Recommendations
  - Army Combatives Manual User Reviews and Ratings
  - Army Combatives Manual and Bestseller Lists
5. Accessing Army Combatives Manual Free and Paid eBooks
  - Army Combatives Manual Public Domain eBooks
  - Army Combatives Manual eBook Subscription Services
  - Army Combatives Manual Budget-Friendly Options
6. Navigating Army Combatives Manual eBook Formats



- ePub, PDF, MOBI, and More
- Army Combatives Manual Compatibility with Devices
- Army Combatives Manual Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Army Combatives Manual
  - Highlighting and Note-Taking Army Combatives Manual
  - Interactive Elements Army Combatives Manual
- 8. Staying Engaged with Army Combatives Manual
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Army Combatives Manual
- 9. Balancing eBooks and Physical Books Army Combatives Manual
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Army Combatives Manual
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Army Combatives Manual
  - Setting Reading Goals Army Combatives Manual
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Army Combatives Manual
  - Fact-Checking eBook Content of Army Combatives Manual
  - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
- 14. Embracing eBook Trends
  - Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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