



AIR POLICE COMBAT PREPAREDNESS **PERSONAL PROTECTION**

LACKLAND MILITARY TRAINING CENTER

LACKLAND AIR FORCE BASE, TEXAS

1. **Exercise Drill:** Personal protection must be coordinated with body conditioning. The following drill will be conducted prior to each period of instruction. Continue to practice this drill after completion of the course. It will enable you to maintain proficiency and keep physically fit.
 - a. *Half Knee Bends.* Assume a standing position. On the order to exercise, squat halfway down, extending both arms out and keeping heels flat on the ground. To complete the exercise, return to the standing position.
 - b. *Basic Conditioning Exercise.*
 - (1) Assume a standing position.
 - (2) Bend down and touch the ground. Keep your legs straight and heels flat on the ground.
 - (3) Touch the right knee to the ground, placing body between arms. Keep your torso erect.
 - (4) With hands flat on the ground, kick your legs back, elevating the buttocks to form an inverted "V". Keep your legs straight and heels flat on the ground.
 - (5) Assume a pushup position by kicking the legs to the rear. Do one, two or three pushups.
 - (6) Kick legs forward, forming an inverted "V". Keep hands and heels flat on the ground with legs straight.
 - (7) Touch the left knee to the ground, placing body between arms and keeping the torso erect.
 - (8) Return to the standing position.

2. Positions and Movements

- a. *Standing Guard Position.* The standing guard position is assumed to the right or to the left. If your opponent is in a guard position, assume a corresponding guard position. That is, if he is in the right-guard position, assume the right-guard position. This affords you protection from a pivot kick by your opponent. In the right-guard position (see figures 1 and 2), the right side of the body faces your opponent. Stand relaxed with the feet spread at approximate shoulder width, your weight on the left foot. Flex the knees and keep your body erect. Place your forearms in a near vertical position, right arm leading. The left arm remains in front of the body. Fingers are extended and joined. Head and eyes face your opponent. Assume the left-guard position by pivoting on the left foot, turning the body to the rear; reverse the position of the arms, the head, and the upper body, and simultaneously shift the weight to the right foot (see figure 3).
- b. *Sitting Guard Position.* Assume a sitting position, flexing the left leg at the knee and placing the leg flat on the ground with the heel near the buttocks. Place the right leg over the left leg, knee flexed, sole flat on the ground. Place the right elbow on the right knee, with the forearm in a near vertical position, fingers extended. Place the left hand flat on the ground near the buttocks for support. The sitting guard position is shown in figure 4. Use this position only when you find yourself on the ground without time to rise to the standing guard position.
- c. *Standing Guard from the Sitting Guard Position.* Figures 5, 6, 7 and 8 show how to rise from a sitting guard position to a standing guard position. Push with the left hand and raise the weight of the body over the bent left leg, keeping the lower portion of the left leg flat on the ground. Keep the left foot fully extended so that a straight line is formed from the toes to the knee. Immediately rise to the standing guard position by taking a long shuffle to the rear with the left foot.
- d. *Shuffle.* The shuffle is a movement used to gain distance from your opponent. With the foot farthest from your opponent, take a long stride away from the direction of attack. Shuffle back with the other foot, assuming the appropriate guard position. If you are in the right-guard position and the attack is from the front, shuffle with the left foot, remaining in the right-guard position. If the attack is from the rear, shuffle away from the attack with the right foot and assume the left-guard position.

2

- e. *Rear Fall.* The fall to the rear is used to minimize the danger of injury when falling backwards. As you fall backward, bend forward at the waist and sit down. (Figures 9, 10, and 11) Pull your chin in close to the chest to prevent your head from striking the ground. Keep your arms in front of your body. Roll onto your back, keeping your body in a tucked position. As you roll onto your back, bring your left leg underneath the right as in the sitting guard position. Immediately roll forward into the sitting guard position. The rear fall is taught in conjunction with the sitting guard position to emphasize the fact that any time you are on the ground, the sitting guard position will be assumed.
- f. *Kicking.* Execute the kick from either the right or left-guard position. Direct your kick to the groin region of your opponent. To kick, raise the knee, then deliver your kick forcefully by snapping the knee and ankle in a rapid movement. Return immediately to the guard position. The leg should return as quickly as it went out and travel through the same path. Speed of return is important to prevent your opponent from catching your foot. Figures 12 through 18 show the side kick and the pivot kick.
- g. *Counters to Kicks.* To deflect a side or pivot kick by your opponent, pivot away, swing your leading arm downward and scoop upward, grasping his lower leg with your hand; then pivot back in and deliver a kick to the groin. This technique is shown in figures 19, 20 and 21.
 - (1) If your opponent attempts to kick you with a conventional kick, raise your nearest foot and meet his kick with the instep of your boot across his shin as shown in figure 22.
 - (2) Another means of checking a kick is to block with your forearm and snap upward with your arm catching his leg. The blocking arm is bent at the elbow and is held rigidly at chest height to protect your head from his kick.
- h. *Vital Points.* Figures 23 and 24 illustrate those areas of the body you can strike, punch or kick to kill or maim an enemy.

3



Figure 1. STANDING GUARD POSITION – FRONT VIEW.



Figure 2. STANDING GUARD POSITION – SIDE VIEW.

4



Figure 3. STANDING GUARD POSITION –
LEFT GUARD – FRONT VIEW.



Figure 4. SITTING GUARD – RIGHT SIDE.

5



Figure 5. RISING FROM THE SITTING GUARD POSITION - SITTING GUARD.



Figure 6. RISING FROM THE SITTING GUARD POSITION - RAISE WEIGHT OVER LEFT LEG.

6



Figure 7. RISING FROM THE SITTING GUARD POSITION - TAKE LONG GLIDE TO REAR.



Figure 8. RISING FROM THE SITTING GUARD POSITION - ASSUME STANDING GUARD.

7



Figure 9. REAR FALL – BEND FORWARD AT WAIST AND SIT DOWN.



Figure 10. REAR FALL – ROLL BACKWARD.

8



Figure 11. REAR FALL – ROLL TO SITTING POSITION.



Figure 12. SIDE KICK – FROM GUARD POSITION.

9



Figure 13. SIDE KICK – LEG IN COCKED POSITION.



Figure 14. SIDE KICK – KICK FULLY EXTENDED INTO GROIN.

10



Figure 15. SIDE KICK – KICK RETURNING THRU SAME PATH.



Figure 16. PIVOT KICK – PIVOT ON RIGHT FOOT, COCKING LEFT.

11



Figure 17. PIVOT KICK - IMPACT OF KICK TO GROIN.



Figure 18. PIVOT KICK - RETURNING TO GUARD POSITION.

12



Figure 19. PIVOT BACK FROM ATTACKER, COMING TO LOW PARRY POSITION.



Figure 20. GRASP FOOT OF ATTACKER.

13



Figure 21. MOVE INTO POSITION TO DELIVER COUNTER TO GROIN.



Figure 22. BLOCKING KICK WITH EDGE OF BOOT.

14

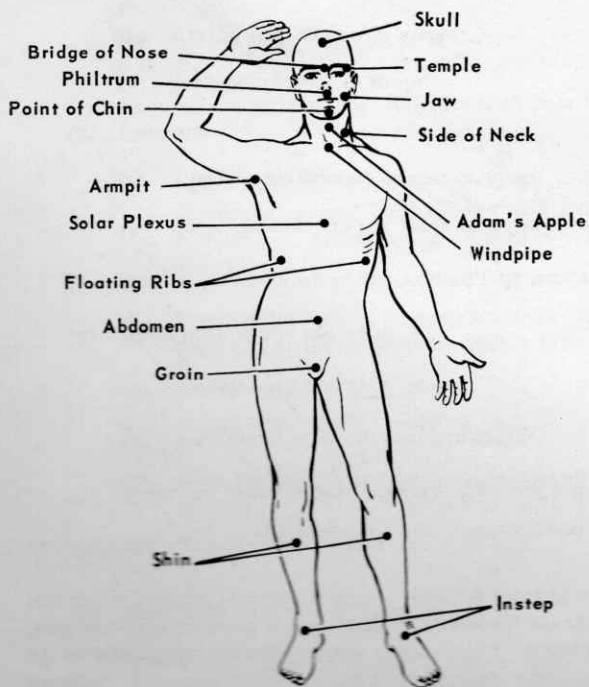


Figure 23. VITAL POINTS - FRONT POSTURE.

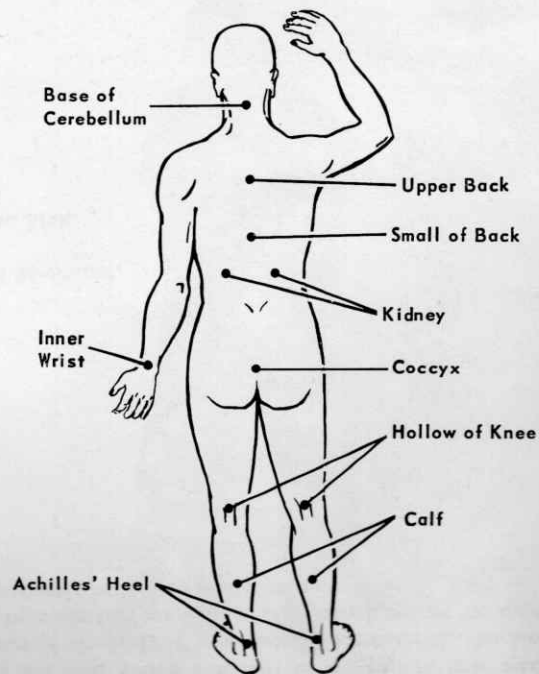


Figure 24. VITAL POINTS - BACK POSTURE.

15



Figure 26. LOWER BODY BY DROPPING DOWN – RAISE BOTH ARMS AND EXTEND OUTWARD PALMS DOWN, BREAKING ATTACKER'S HOLD.



Figure 27. COUNTERATTACK BY PIVOTING SIDEWAYS WITH A BACK FIST STRIKE TO THE GROIN.

18

swinging arms down. Hold opponent's arm tightly between elbows and body, move into forward stance, twist hips and throw opponent to the ground.

(b) Deliver final punch.

(3) When two opponents pull both hands backward and hold shoulders:

(a) Attack one opponent with a back thrust kick.

(b) Then withdraw leg, assume straddle-leg stance, and attack other opponent with an elbow strike to the ribs.

(c) If required, finish with punch, strike, or kick.

(4) When one opponent holds hands from behind and another opponent approaches to attack:

(a) Block attacker's punch with kick block and with same leg quickly thrust kick to his solar plexus.

(b) Then with same leg attack the other opponent with a back kick to the groin.

(c) Finish with punch, strike, or kick.

4. **Defense Against Knife:** When possible strike your opponent with any weapon to keep him from striking you with a knife, club, bottle, or pipe. If a weapon is not available, throw sand, dirt or any article to distract him, and then kick his knees, leg, or groin. Most men have a tendency to dodge too far from an armed attacker, making a counterattack difficult and giving the opponent a chance to attack again. Be sure to guard against this tendency. (EXAMPLE: Throw dirt with right hand and simultaneously kick attacking arm with foot; then kick groin with other foot.)

19

5. **Defense Against Club:** The defense against a club is the same as against a bolo knife, bottle, tree limb or any type of slashing or swinging weapon. The most important element in defending against attacks by such weapons is effective body shifting. You must anticipate the attack, move in quickly and rapidly eliminate your opponent.
- a. **Unarmed Defense.** Assume the left-guard position as the majority of your opponents will be holding their weapon in the right hand, consequently, you can protect your groin and move in quickly parrying with your left hand as it will be in line with, and close to, your opponent's weapon. If your opponent is left handed, use a right-guard position.
- (1) **Overhead Smash:** Anticipate attack, move in quickly, simultaneously thrusting left hand out blocking attacking arm of opponent; attack opponent with forward elbow strike to solar plexus or knee to the groin. Defense against the overhead smash is shown in figures 30 through 34.
 - (2) **Roundhouse Attack:** Anticipate attack, move in quickly thrusting right arm around opponent's body, simultaneously blocking opponent's attacking arm with your left arm. Attack opponent's eyes with your left hand.
 - (3) **Backhanded Smash:** Anticipate attack, block with right hand, simultaneously pushing attacking elbow back and attack opponent with reverse fist punch to side and finish with kick.
- b. **Armed Defense.** In this area of training, you will be given a club which will represent a machete, bottle, or any type of slashing or swinging weapon. Your position will be the right-guard position with the exception of your hands. The weapon is to be held in your right hand in a vertical position against your right hip with your left hand placed on the top of your right wrist as shown in figure 35. In order to utilize your weapon, it will be necessary to rapidly shuffle toward your opponent, anticipating his attack, simultaneously striking him with a rapid punching action rather than slashing or swinging.
- (1) **Overhead Smash:** Anticipate attack, move in quickly smashing opponent's head keeping your left hand ready to block.
 - (2) **Roundhouse Smash:** Anticipate attack, move in quickly, smash opponent's arm with your club using your left hand to block.
 - (3) **Backhanded Smash:** Anticipate attack, move in quickly, smash opponent's arm with your club, keeping left hand ready to block.

22



Figure 30. ATTACKER MOVES IN TO DELIVER OVERHEAD SMASH.



Figure 31. DEFENDER MOVES IN QUICKLY BLOCKING WITH LEFT ARM.

23



Figure 32. MOMENTUM OF ATTACKER CARRIES BLADE DOWN SIDE OF DEFENDER - IT IS IMPORTANT THAT DEFENDER BE IN CLOSE.



Figure 33. DEFENDER FOLLOWS WITH KNEE ATTACK TO GROIN.

24



Figure 34. DEFENDER SHUFFLES BACK TO LEFT-GUARD POSITION.



Figure 35. ON-GUARD POSITION WITH CLUB.

25

6. **Defense Against a Bayonet:** The bayonet, primarily an infantry weapon, has changed very little during the past three hundred years. It was used extensively during World War I in the seizure of enemy trenches. This led to the publication of the first U.S. Army manual on bayonet fighting techniques. A bayonet fight is depicted as lasting only a few seconds during which time the bayonet fighter is to kill his opponent or be killed. Perhaps you are wondering why you, an Air Policeman, need to know defensive tactics of bayonet techniques. You will not be required to learn the many uses of the bayonet such as slashing, horizontal butt strike, etc. You will be taught techniques of defense against the bayonet using the parry and kick to the groin, executing the parry with either your arm or bayonet.

- a. **Speed of Bayonet.** The primary factor in fighting an opponent armed with a bayonet is conquering your own fear. If you were to move your hand with a bayonet as someone jabbed with it, the hand would move very slowly. When a rifle is held with both hands it is impossible to move it rapidly. Consequently, you have plenty of time to defend yourself against a bayonet attack.
- b. **Parrying.** Parries are always executed toward the side on which the opponent is carrying his weapon to prevent his following up the attack.
 - (1) **High Parry:** The high parry is used when the opponent thrusts at the upper portion of your body. Stand facing your opponent with your feet a comfortable distance apart as shown in figure 36. As your opponent thrusts, pivot on the ball



Figure 36. HIGH PARRY - FROM FRONT POSITION.

26

of the right foot bringing the left foot back in line with the right. Simultaneously, parry the weapon to the left using the inside portion of the right forearm as shown in figure 37. Keep the palm forward. Grab the weapon with the left hand, strike opponent with right elbow or kick to groin. If the weapon is carried on the left side of your opponent's body, the actions would be reversed.

- (2) **Low Parry:** To parry a thrust at the lower portion of the body, shift your body out of the way in the same manner as in the high parry. Parry the weapon with the arm fully extended, palm forward, fingers pointing downward as shown in figure 38.
- (3) **Sitting Parry:** From the sitting guard position, parry the weapon in a movement similar to the high parry. It is important that you parry the weapon to the side on which the weapon is being carried to prevent your opponent from following through with a butt stroke or elbow strike. After parrying, grasp the forward portion of the weapon with the left hand. At the same time grasp your opponent's arm just above the elbow with the right hand. Pull the weapon in tight against your left hip. When he attempts to withdraw the weapon, use this motion to let him pull you up and immediately kick him in the groin. These techniques are shown in figures 39 through 42.
- (4) **Defense Against Slash:**
 - (a) Assume left-guard position.
 - (b) When opponent attempts to slash, move in quickly, block weapon with bottom side of both arms, immediately grab weapon with both hands, step back with right foot and kick opponent in groin.
- (5) **Armed Defense:** When both you and your opponent are armed with rifle and bayonet the defense will simply be for you to either parry his weapon or make the jab yourself and let him parry your weapon simultaneously kicking him in the groin.

27



Figure 41. FOLLOWUP MOVEMENT TO SITTING PARRY – GRASP TOP OF WEAPON RISING WITH ATTACKER AS HE WITHDRAWS.



Figure 42. FOLLOW WITH KICK TO GROIN.