

UNITED STATES MARINE CORPS
Martial Arts Center of Excellence
The Basic School
Marine Corps Combat Development Command
Quantico, Virginia 22134

DETAILED OUTLINE

COUNTERS TO CHOKES AND HOLDS

INTRODUCTION _____(3 MIN)

1. GAIN ATTENTION. Often in a close combat situation, your opponent may apply a choke or hold on you. Chokes and holds put you in a vulnerable position. When a choke is applied correctly, you can lose consciousness in eight to thirteen seconds. A hold will allow your opponent to control you and thus remove your ability to attack. It is important to be able to extract yourself from chokes and holds so that you can counter with a strike, eventually ending the engagement. The ability to adapt and operate in a hostile environment that are part of our legacy will also be discussed by the use of a specific example during the last portion of this class. We will discuss a selected Warrior Study that details actions of an ordinary Marine who accomplished extraordinary feats.

2. OVERVIEW. This lesson will cover counters to chokes and holds including the counters to a rear choke, a rear headlock, and rear bear hug.

3. INTRODUCE LEARNING OBJECTIVES. The Learning Objectives pertaining to this lesson are as follows:

a. TERMINAL LEARNING OBJECTIVES.

1. Given an opponent, mouthpiece, and without the aid of the references, execute counter to a rear choke in accordance with the references. (8550.01.11)
2. Given opponent, mouthpiece, and without the aid of references, execute counters to holds in accordance with the references. (8550.01.12)
3. Without the aid of references, participate in a warrior study in accordance with the references. (8550.01.22)

b. ENABLING LEARNING OBJECTIVES.

1. Given opponent, mouthpiece, and without the aid of references, execute **clear the airway** in accordance with the references. (8550.01.11a)
2. Given opponent, mouthpiece, and without the aid of references, execute **tuck the chin** in accordance with the references. (8550.01.11b)
3. Given opponent, mouthpiece, and without the aid of references, **execute entry** in accordance with the references. (8550.01.11c)
4. Given opponent, mouthpiece, and without the aid of references, **execute off-balancing** in accordance with the references. (8550.01.11d)
5. Given opponent, mouthpiece, and without the aid of the references, **execute counter to a rear headlock** in accordance with the references. (8550.01.12a)
6. Given opponent, mouthpiece, and without the aid of the references, **execute counter to a rear bear hug** in accordance with the references. (8550.01.12b)
7. Without the aid of references, **discuss Marine Corps values** demonstrated by the Marine involved in the warrior study in accordance with the references. (8550.01.22a)
8. Without the aid of references, **discuss the leadership principles and traits** demonstrated by the Marine involved in the warrior study in accordance with the references. (8550.01.22b)

4. METHOD/MEDIA. This class will be taught by EDIP and guided discussion.

5. EVALUATION. Topics from this lesson will be evaluated by performance and oral examination when requirements are met.

BODY _____(85 MIN)

1. SAFETY PRECAUTIONS DURING TRAINING (5 MIN)

To prevent injury to students during training, ensure the following:

- a. Select a training area with soft footing such as a sandy or grassy area. If training mats are available, use them. A hard surface area is not appropriate for training counters to chokes and holds.
- b. Have students perform the techniques slowly at first, and increase the speed of execution as they become more proficient.
- c. Never apply a choke at full force. During training on counters, the opponent should place his forearm around the student's throat without placing pressure against the trachea.
- d. Once a technique is applied to the point the student is uncomfortable, the student must "tap out" to indicate to his opponent to immediately release pressure or stop the technique. The student "taps out" by firmly tapping his hand several times on any part of the opponent's body that will get his attention.
- e. Never execute softening techniques at full force or full speed.

2. COUNTERS TO CHOKES

(15 MIN)

a. Fundamentals. Regardless of the choke, there are two fundamental actions that should be taken to counter an opponent.

(1) Clear Airway. A choke can cause unconsciousness in eight to thirteen seconds. Therefore, the first movement in any counter to a choke is to clear your airway so you can breathe.

(a) Softening techniques can be used to loosen an opponent's grip to enable you to clear your airway. These techniques include groin strikes, an eye gouge, foot stomps, etc. Softening techniques are not offensive, rather they are used to loosen an opponent's hold.

(b) Softening techniques are particularly effective for women and men who lack the physical strength of their opponent.

(c) Softening techniques should only be applied after you are unsuccessful of clearing your airway.

(2) Tuck Chin. Once your airway is clear, tuck your chin to prevent the opponent from reapplying the choke.

b. Counter to a Rear Choke. The counter to a rear choke is used when the opponent approaches from the rear and puts his right arm around your throat. To train the technique, have the student:

(1) With both hands, grasp the opponent's wrist and his forearm (at the radial nerve) and pull down just enough to clear your airway. Once the airway is clear, tuck your chin to protect your airway and to prevent the opponent from re-applying the choke.

(2) With your left foot, step behind the opponent's right leg keeping both legs bent making contact on your opponent with your left hip (almost in a squatting position).

(a) It is important to keep the legs bent because this places your hips lower than your opponent's hips so you can easily off-balance him.

(b) Bend your legs to the point that you can still maintain your own balance.

(3) At the same time turn forcefully to the left, strike and drive your left elbow into the opponent's torso while rotating your hips and pivoting to your left.

(a) The opponent should fall to his back or side causing him to lose his grip.

3. COUNTERS TO HEADLOCKS

(15 MIN)

b. Counter to a Rear Headlock. The counter to a rear headlock is used when the opponent approaches from the rear and puts his right arm around your neck, bending you forward and locking your head against his hip. To train the technique:

Technique:

(1) Begin by having the student bend forward at the waist. The opponent faces in the same direction as the student and places his right arm around the student's neck, his forearm across the student's throat.

(2) With both hands, grasp the opponent's wrist and forearm and pull down to clear your airway. Once the airway is clear, tuck your chin to protect your airway and to prevent the opponent from re-applying the choke.

(3) With your left arm reach over the opponent's right shoulder and grab any part of the opponent's face (chin, nose, eyes) and pull back while rising to a standing position.

(4) With your right hand, execute a hammer fist strike to the opponent's exposed throat.

4. COUNTERS TO BEAR HUGS

(15 MIN)

a. Counter to a Rear Bear Hug. The counter to a rear bear hug is used when the opponent approaches from the rear and puts both of his arm around your body, trapping your arms to your sides. To train the counter to a rear bear hug, have the student:

(1) Drop you body weight in almost a squatting position and hook opponents arms with your hands slightly flaring the elbows, preventing his arms from slipping off or up into a choke.

(2) With your left foot, step behind the opponent's right leg, keeping both legs bent (almost in a squatting position). The left side of your body should be against the opponent's.

(a) It is important to keep the legs bent because this places your hips lower than your opponent's hips so you can easily off-balance him.

(b) Bend your legs to the point that you can still maintain your own balance.

(3) At the same time turn forcefully to the left, strike and drive your left elbow into the opponent's torso while rotating your hips and pivoting to your left.

(a) The opponent should fall to his back or side causing him to lose his grip.

5.WARRIOR STUDY

(15 MIN)

SUMMARY: _____(2 MIN)

When a choke is applied correctly, you can lose consciousness in eight to thirteen seconds. A hold will allow your opponent to control you and thus remove your ability to attack. Therefore, it is important to be able to execute a counter to a choke or hold so that you can regain the tactical advantage and finish the fight. This lesson covered the counters to; the rear choke, rear headlock, and rear bear hug. As we have seen in the Warrior Study, Marines will continue to rise to any occasion and accomplish the mission, no matter how arduous. Actions like these will ensure that the legacy of the past will continue into the future and the Marine Corps will continue to remain at the forefront of the world's finest fighting forces.