



MMA Hand to Hand Combat: OFFICIAL U.S. Army Field Manual 3-25.150

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This OFFICIAL U.S. Army Field Manual 3-25.150 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 foot soldiers in the art of instinctive hands-on combat and rifle-bayonet fighting. The Hand-to-Hand portion of this field manual contains applied techniques applicable to civilian Mixed Martial Art conditioning and techniques.

CHAPTER 1: INTRODUCTION CHAPTER 2: TRAINING CHAPTER 3: BASIC GROUND-FIGHTING
CHAPTER 4: ADVANCED GROUND-FIGHTING CHAPTER 5: TAKEDOWNS AND THROWS
CHAPTER 6: STRIKES CHAPTER 7: HANDHELD WEAPONS CHAPTER 8: STANDING DEFENSE
APPENDIX A: GROUP TACTICS APPENDIX B: COMPETITION

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