The U.R.B.A.N. (Ultimate Reality Based Attack and Neutralization) Military Combatives Course Manual

By Michael J. Warren, U.S. Army and Chris Heintzman

Revision 1

- CLOSE THE GAP -

Published by Defense Holdings, Inc., Arlington, Virginia
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An Introduction to the U.R.B.A.N. Combatives Instructor Course

The U.R.B.A.N. (Ultimate Reality Based Attack and Neutralization) Military Combatives Course was developed by drawing from the large body of fighting and combat experience and knowledge gained from intense studies in the field of armed conflict worldwide. As a combat instructor, you must assume ownership of the material and techniques presented here. Otherwise, this course will cease being a living, valid method of training.

Fighting in a combat situation is a highly perishable skill. Constant practice is necessary to meld the mind and body into a single reliably and efficiently functioning fighting unit. Remember: in combat, there are no second chances. Your own life as well as the lives of your teammates depends on your giving this material the attention it deserves.

U.R.B.A.N. coursework is designed to provide a core instructional foundation uniquely tailored to dynamically address your specific concerns. As such, this is your course.

This manual chronicles the material covered in your individualized U.R.B.A.N. coursework. It serves as a simple, concise guide helping to re-enforce the coursework you were taught, allowing you to maximize combat effectiveness and survivability for you and for your students.

This manual also allows you to continue to acquire “what works” from a variety of sources and add them to your own manual or “combatives toolbox” as you see fit. Keeping that in mind, the day-by-day lessons you received in the course are presented here in the order in which they were taught to help you quickly locate a given technique.

Throughout this manual you will also find familiar one-liners that clearly sum up the mental focus and logic behind each drill and principle of the U.R.B.A.N. Combatives™ System - Your System.
Level One U.R.B.A.N. Combatives Circuit Drills/Conditioning Exercises:

All U.R.B.A.N. Combatives exercises are designed to help you and your students develop increased strength, flexibility, a stable range of motion, and a greater level of proficiency in all Combatives techniques taught in the course. Emphasis is on correct form and deep breathing that maximizes the dynamic stretching incorporated into each drill. The movements presented here are largely based on time-tested Indian and Tibetan Yoga techniques practiced by pugilists for thousands of years. Some involve high intensity plyometrics training techniques focused on short, intensive movements that will help maximize your workouts and involve minimal equipment and time. These drills can be performed anywhere. In turn, you can develop hundreds of variations from this core set to suit any given situation.

These drills are to be performed prior to each training session. For the first few days, each drill should be performed for one minute.; afterwards, 2-3 minutes per drill. Drills are designed to be performed in a circuit, with one performed 30 seconds after the previous drill until all are completed. To increase the intensity of the sessions as you feel stronger and more able, change the order of the drills and add additional rotations. Remember: listen to your body. Early on, these drills are likely to make your muscles and body sore. But they’ll also help keep you strong and flexible. Eventually, each drill will actually help work the soreness out of your body.

U.R.B.A.N. COMBATIVES PRINCIPLES:

- Motto: “Close the Gap and Obliterate the Soul!”
- Combat Is Not A Game!
- Going to the Ground Can Get You Killed!
- E.M.T. = Alive
- Offensive/Active – Don’t Be the Victim
- Circuit Drills- Fast/Ballistic Movements that Mimic Fighting Actions
- BREATHE! It Works for Fighting As Well As Shooting.
- Get Rid of Your Sport Fighting Mentality.
Circuit Drills:

1) Hindu Push-ups. Similar to sprawl movement as far as position. Begin on your hands and feet, pressing back towards the feet. This will press your hips into the air, shaping the body into an A-frame. From this position, dip the forehead towards the hands and move all the way through to the arched up position looking skyward. Here the hips are down. From this position, move back to original position by reversing the original path. Repeat this exercise for 1 minute as a beginner, then 2 minutes as you feel able.

2) Trunk Twists. Standing with your feet at shoulder-width and your hands on your hips, twist your body to the right then left repeatedly for the duration of this drill. Keep your entire foot on the ground when twisting and DO NOT let your heels or toes come up off the ground. Repeat this exercise for 1 minute as a beginner, then 2 minutes as you feel able.
3) **Hindu Squats.** Start by standing with your legs shoulder-width apart with your hands to your sides. Swing your hands back behind you as you squat. As you reach the bottom of the movement, swing your hands forward, lightly touch the ground. Then, arms extended, rise on the balls of your feet, extending through the knees. At the top of the movement, pull your hands toward your chest as if you were rowing a boat. *Repeat this exercise for 1 minute as a beginner, then 2 minutes as you feel able.*

Throughout this manual, there is space left for your notes and ideas. Use these spaces to jot down additional performance points or ideas you have. Later, these notes will help you sharpen your focus when putting together your classes.

(Notes)
4) **Jump Squats.** Begin with feet parallel and about twice shoulder-width distance apart. Squatting down as deep as you can with your hands at your sides, jump up as high as you can while extending your arms above you. Try to land smoothly so you don’t jar your knees. Without pause, repeat the movement. *Repeat this exercise for 1 minute as a beginner, then 2 minutes as you feel able.*

*It’s very important to use your hands to help absorb the impact of landing to ease the strain on your joints. Placing your hands between your legs when you squat down will also reduce the stress on your spine.*

**Additional notes on the Jump Squats.** This exercise is also the basis for a strength building drill known as a “Trip to the Weeds.” To conduct this fun drill, you simply perform the Jump Squats while traveling a set distance. Make this more challenging by adding a greater distance and/or Individual Body Armor (IBA). This variation can also serve as a Level 1 punitive exercise. If a team or person fails to accomplish the goal, then this is perfect incentive to try harder the next time. The reason for this is to have students begin to associate failing with a negative response. In combat, that negative response is *death.* Examples of this would be failing to escape the cage in a two-on-one drill; and, to keep the resistance high, failing to keep the student in the cage for the two-man team.
5) **Medicine Ball or Uneven Push-ups.** Begin in the basic push-up position with a medicine ball, block, bucket, etc. next to your left hand. Hop the left hand on top of the object, and perform a pushup; then, hop to the left, again, placing the left hand on the ground and the right hand on the object performing the next pushup. *Repeat this exercise for 1 minute as a beginner, then 2 minutes as you feel able.*

![Exercise images](image)

**Note:** In addition to these exercises, students should have a review station of techniques from each day, and then incorporate this idea overall in their workouts. Students should feel free to mix and match the exercises and techniques as they are able.

All of the exercises presented here were developed to increase your fighting effectiveness and to reduce your chances of injury. Once you and your students are comfortable with performing a circuit of each exercise consisting of one station for a two minute period, start incorporating the fighting techniques as part of the drill. This enables students to understand why the exercises benefit them beyond mere physical fitness and increased strength. An example would be to add punches to the trunk twists.
Day 1:

Basic Techniques Followed by Key Points of Performance.

1) Comb Hair/Hair Gel Cover. This is a basic move to protect your head and neck. Reach your hand over your head as if you were slicking your hair back, placing your forearm to the side of your head and your elbow above your head to give you a great shield from incoming strikes. (*This is Top’s favorite.*)

(Notes)
2) **Jab and Cross.** These are basic punches from the offensive or relaxed posture. Both punches are a simple elbow extension movement, but it is important to work on extension and rotation using the hips. *Always return your hands to your head after each punch.*

**Note:** A **jab** is performed with the Lead Hand. The jab can become a fast eye flick if so desired.

![Image of jab and cross punches]

**Note:** A **cross** is performed with the rear hand, which crosses over the center line. This has greater power than the jab but is a little slower.
3) **Throat Strike.** Fastest kill and first choice to hit with. Strike at the throat at an upward angle. *For practice, strike the chest at an upward angle then slide your hand up, grabbing the throat and dump.*

**Note:** *Use big steps and don’t forget to dump your opponent’s head.*

4) **Hair Gel Cover and Strike.** Make simultaneous movements to cover your head while attacking and neutralizing the target. *This is also a side view of the above attack with an opponent to visualize the impact area.*

5) **Front Kick.** Turn your foot outward to make this basic kick a “high percentage shot.”
• The front kick is used defensively to stop kicks to the shin, knee, or thigh.

• The front kick is used offensively to “close the gap.”

6) Shin Kick. The shin kick is simple to learn and perform. This basic shin strike will put a ding on anyone.

• Strike low to the shin or thigh (to the inside or outside of the opponent’s leg).
7) **Break falls.** When falling, fall with your palms to the pavement (not your elbows), keeping your head off the ground. Be sure to exhale when hitting the ground. Quickly get back up into fighting posture.

- Back Falls

- Side Falls

(Notes)
8) **Sprawl.** This is a simple method to avoid a straight shot take-down/tackle attempt; keep your hands up when you come up.

   - Straight Sprawl. Employ a shoulder-stop with your hands or a full-out sprawl so that you splash the opponent to the ground.

9) **Aggressive/Fighting Posture.** Your basic fighting stance has your hands protecting your face, your body turned to the side, your knees bent and your rear heel off the ground.
10) **Non-threatening/Ready Posture.** While relaxed in the positions below, practice moving out of these positions so you do not hint that you are about to strike. Many options exist for strikes out of this stance.

11) **Cover/Throat Strike Transition** to a side-sweep sprawl, then return to your feet and execute two punches.

12) **E.M.T. - Energy + Motion = Timing** makes movements that are alive and can keep you alive. *Energy* is created from applying force and trying to actually hit something or someone. *Motion* is next in the equation so that you and your target are moving. *Timing* is a natural result of the first two components and is the most crucial.
13) **Flow.** Once you have someone off-balance, *never let them up.*

14) **Two-on-One Drill.** Break through two attackers to get to your objective.

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**Day 2:**

**Daily Preparation:** All Students Wear Individual Body Armor (IBA).

**Basic Techniques Followed by Key Points of Performance.**

1) **Circuit Drills.**
2) Review of Day 1.
3) Maintain Situational Awareness.
4) **Move First, Move Fast, Move Violently, Seizing the Initiative and Being Active (As Opposed to Reactive) When a Situation Goes Wrong.**
5) **Grip Your Weapon.**
6) Be Deceptive.
7) Add Punches to Sprawl.
8) Add Kicks to Hindu Squats.
9) Throttle Choke and Escape with IBA.
10) **Use Basic Shadow Boxing with Gear.**

(Notes)

11) **Push Hands.** This comes from Tai Chi and is used to teach in-close body control. Make three circles and start. This is free-moving and the goal is to unbalance the opponent so you can throw/control/strike at will. This is where we learn to turn the trunk (waist) to control others.

12) **Sakai.** A knife drill teaching basic control using the back of the forearm. This is a drill to teach sensitivity and blade awareness as well as the importance of using the back of the arm.
• Now apply the Sakai technique with a partner and a live blade.

13) **Knife Fighting Basics.** Control the knife hand as quickly as possible. Keep your knife between you and your opponents. Cut the closest thing to you, which is often the enemy’s hand holding his knife.

14) **The Knife Fighting Stances.**
   A) **The Front Aggressive Stance:**
      i) The knife is your primary shield and your empty hand protects your heart and neck from stabs and slashes.
      ii) Turn your empty forearm towards yourself to minimize the damage of cuts.
      iii) Keep your knees bent and stay on your toes for movement and agility.
B) The Neutral, Deceptive Stance:
i) The knife is hidden under the crossed arms, allowing for surprise.

C) Grips:
i) Ice-pick. Very powerful for ripping and tearing, but reduced reach and flexibility.

ii) Fencing. Very agile and fast, but beware of stabs and the hand sliding up the blade.

iii) Fencing 2. The thumb changes for increased flexibility, but decreased grip strength.
D) Cuts:

i) **X cuts.** From shoulder to hip, both a down stroke and an upstroke. *Remember to turn the blade in the direction of the cut.*
ii) **Cross cuts.** Left to right and up and down.
iii) Three Primary Stabs. Works in any grip with the key being the pivot in the elbow.

- Work the cuts with both grips and both hands.
- Ask yourself: What if I injure my dominant hand?
- Where is your knife, and why?

15) Deception. Employ disinformation to gain the advantage.

16) Violence of action. When you act, the action must be decisive. You will not get a second chance to do it right the first time and the second chance may never come.

17) Surprise. Your best friend in any situation.

1) r.v. sur·prised, sur·pris·ing, sur·pris·es
   1. To encounter suddenly or unexpectedly; take or catch unawares. 2. To attack or capture suddenly and without warning. 3. To cause to feel wonder, astonishment, or amazement, as at something unanticipated.
      a. To cause (someone) to do or say something unintended.
      b. To elicit or detect through surprise.
      c. The act of surprising or the condition of being surprised.

2) Something, such as an unexpected encounter, event, or gift, that surprises.
Day 3:

Daily Preparation:

- Stay alert on entry, even in familiar areas. *(Do you see the explosives?)*

- Check for I.E.D.s, mines, and trip wires on a regular basis before deployment so that it becomes a habitual act. Prep your vehicle when you exit.
• Attacks with the shock knife

• SOPs for HVTs

1) Circuit Drills.
2) Reviews of Days 1 and 2.

Basic Techniques Followed by Key Points of Performance.

3) Bicep/Forearm Slap and Trap. Reach out like you are going to hug the arm. Strike the bicep and forearm at the same time to collapse the arm, then transition into an arm-bar (standing figure 4 to the back or straight arm-bar to the front).
4) **Arm-Bars Front and Back with Kicks Added.** Both forward and backward. Take your opponent’s ground. **DO NOT** stand still.

5) **Redirecting Your Opponent’s Balance.**

6) **Kick Trapping.** Steamroll the target. Strike with a forearm when you charge the target. As you trap the kick, drop your arm straight to your side and you will have the leg. The chest strike is performed as the same time.
7) **Team SOPs for HVT.** Capture signals and methods. It is crucial to the mission that you work seamlessly as a TEAM. The more you practice your signals and SOPs, the more easily you will apply them in actual combat. This can be done anywhere to increase realism, like in a bar, grocery stores, etc.

8) **Prisoner Tackles.** Control the HVT’s limbs and zip them up; one man up top, one man down low. Communication is the key when working this way so you can zip-tie the target as quickly as possible. Using basic joint locks and strikes will enable your team to easily control the target.

9) **Three-on-Three Push Hands.** Work on developing teamwork in a force-on-force situation. Communication again is the key.

10) **Surprise Attacks.** This is *your* surprise attack, not the enemy’s. Students should emphasize forward motion, commitment to action, and inducing pain in the target so he is off-balance.

11) Continued Efforts and Aggression until Victorious.
12) Never *“Fall in Love”* with a Technique.
13) Isolate a HVT’s Limbs for Arresting.
14) Yoga.
Day 4:

Daily Preparation:

- Started with Toe Poppers and IEDs
- Situational Awareness at all times
- Circuit Drills
- Review

**Basic Techniques followed by key points of performance.**

1) **Escaping the Mount or Guard.** Use what works. Two arms in or two arms out.

*Escape the Guard*

*Escape the Mount*
2) Dirty fighting out of the ground, including spitting, biting, pinching, groin, eyes, throat.
3) DO NOT get caught up in playing the grappling/boxing game.
4) “Shrimping” Drills. Begin individually. Lay on your back with both feet flat on the floor and your knees bent 45°. Push off with your feet and extend the knee while leaning to the right or left side. This will put you in a shape on your side that looks like a shrimp – hence the name. This is a skill developed to move the hips quickly away from the control of your adversary so you can get back to your feet if you have been grounded. Eventually, practice moving through the legs of a line of soldiers standing in a row.

- Through a Line

5) Team-against-Team Push Hands. Four-on-four drills.
6) **Single-Leg Sprawls.** This technique is used to defeat takedown attempts without having to go all the way to the ground. Begin standing in a shoulder-width stance, feet side-by-side. Hands up in front of you, chest-height, and palms away. Launch your left foot back landing on the ball of the foot while rising up on the ball of the front foot. Balance here for a moment. Then jump into the alternate stance, landing on the balls of the feet.

7) **Cross-Face Takedown Defense.** This is a simple and effective method to stop a takedown attempt, combined with the single-leg sprawl. With a partner, begin facing each other. As the attacker attempts a single/double leg takedown, the defender single-leg sprawls and simultaneously strikes the attacker’s jaw-line with the forearm. This will turn the attacker’s head and neck upward, stopping the forward motion and defeating the takedown attempt. If the attacker gets tight to the leg, this defense can still be used by digging the hand down past the attacker’s ear touching the defender’s leg and gaining jaw-line control. Then you can grab the attacker’s skull using the eye sockets as handles and turn the head and neck for the neck-break or control.

8) **Vehicle Sweeps for IEDs, Mines, or Other Booby Traps.**
9) Yoga.

Day 5:

1) **Line drills.** Close the gap as fast as you can. The goal is to get to the target before the target can react. Putting together the previous lessons and adding a repetitive drill in a line, work on the following:

   A) Sprawl and get to a target.
   B) Roll backward and get to a target.
   C) Seated jump up and get to a target.
   D) Kick/Knife attack/control for takedown.
   E) Target tries to minimize your knife attacks and control your knife arm. (*Note the difficulty in this*).

   **Basic Techniques followed by key points of performance.** Focus today on elbows and knees both standing and to the ground. *Remember to keep your mobility.*

2) **Elbows.** Remember to turn your elbow outward to maximize your reach and power.
   A) **Cross.** Scratch your opposite shoulder.
B) **Upward.** Slick back your hair (just ask Top for help).

C) **Downward.** Reach into your opposite pants pocket.

3) **Knee strikes.** Execute knee strikes into a pad by pulling the opponent’s head and neck and driving your knee in with your hips thrusting forward. This can be done both standing and on the ground.

4) **Eye/Throat Strike/Knee Strikes.** Takedown drill. Knees on the ground
5) **Elbow and Knee Strike Combinations.** Practice three-piece movements to start.
   A) Cross Elbow.
   B) Elbow Extension.
   C) Knee to Body (somewhere-head/torso/leg).

6) **Team Push Hands Competition.**

7) **One-on-One Push Hands Competition.**

(Notes and other combinations you can think of so far.)

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**Day 6: IBA worn**
• “When you attack, commit completely and move with the ferocity of a pit bull.”

1) Circuit Drills. Application based. Incorporate the movements and techniques you are learning in a circuit-conditioning drill.
2) Review.
3) Knife-Fighting Fundamentals.
   • Protect your throat and wrists.
   • Keep your knife between you and your opponents.
   • When on the ground, isolate the knife against you or your enemy.
   • Act fast and act first!
4) Team-on-Team Push Hands.
   Basic Techniques followed by key points of performance.
5) Skip Knees.
6) Elbows, 6 Directions.
7) Knife Cuts and Stabs. X, Cross, Stabs.
8) Escape Drills One-on-Two.
   • Remember to fight dirty and don’t get caught up playing a grappling game.
9) Entry with crossing arms. 3 elbows and a throat slam.
   • Focus on taking your opponent’s ground and obliterating his soul.
10) Safety Brief. Next day’s training with CS and CN gas.
11) Yoga.

(Notes)
Day 7:

1) **Shooting, Running, HVT Capture?** It’s all in a day’s work.

   The focus on this day is applying the lessons learned thus far in the course while developing a real team-building experience. As such, the majority of the day is designed to test your reactions to new situations.

2) **Team-on-Team Push Hands.**

3) **Team-on-Team Knife and Ground Fighting.**

4) **Team-on-Team Escapes from the Cage.**
5) Safety Brief.

6) Shooting, Bombs, IEDs, and Grenades.

Basic Techniques Followed by Key Points of Performance.

7) Shoulder Rolls. Forwards, backwards, rolls with strikes and kicks, then holding weapons.

8) Team Competition Fighting.
9) Yoga.

Day 8:

This day is the culmination of the previous training days and is focused less on conditioning and more on teaching how to teach. We all lead by example and encourage questions without compromising your authority in the U.R.B.A.N. program. Get hands-on and dirty. Make the drill relative to the technique. Encourage creativity in the applications of the lessons.

1) Some Key Points to Remember.

- Time is your enemy in a fight. Less Time = Less Personal Risk!

- Exposure to the reality of death on the battlefield is a must to ensure that the training is taken seriously. One method is the video of an innocent person being executed by the enemy.

- Ensure safety without taking away the pucker factor. Do not let your students know all of the safeties you have in place until after the training. Ensure with your cadre that things are indeed safe though. Keep the students alert and only cover the critical components. We want to induce nervousness and adrenaline as much as possible without allowing the students the feelings of complacency that they might associate with school-house environments.

- Psychology on conflict and fighting: how are we perceived by the enemy? What can we do to take advantage of those perceptions? Constantly ask yourself and your students this. Understanding yourself is the key to victory. If you understand yourself and also understand your enemy, you are certain to prevail.

(Notes)
Basic Techniques followed by key points of performance.

2) **How to Escape the Rear Naked Choke.** Pull the hand behind the head.

Seizing the initiative is crucial, so ensure your students do so.

*Teach them to “CLOSE THE GAP AND OBLITERATE THE SOUL!”*

Everyone teaches a lesson from the review and all are critiqued by their peers to learn how they can best teach the material and demonstrate a grasp of the methods taught.

3) **More Yoga!**