

# Close Combat



## U.S. Marine Corps

12 February 1999

# NONLETHAL TECHNIQUES

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Note: This is Chapter 8 of the Marine Corps manual on Close Combat. The layout (2 column manual format) only has been modified for easier reading and comprehension.

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This chapter describes all techniques for a right-handed person. However, all techniques can be executed from either side.

In drawings, the Marine is depicted in woodland camouflage utilities; the opponent is depicted without camouflage.

In photographs, the Marine is depicted in woodland camouflage utilities; the opponent is depicted in desert camouflage utilities.

The Marine Corps' involvement in military operations other than war e.g., humanitarian, peace-keeping, or evacuation missions has greatly increased. These missions require skills that span the spectrum of conflict and support operations within a continuum of force. But the Corps' day- to-day existence also demands a responsible use of force. Nonlethal techniques are among the skills Marines use to apply a responsible use of force.

## 1. Unarmed Restraints and Manipulation

Marines operate within a continuum of force, particularly in support of peacekeeping or humanitarian types of missions. In these situations, Marines must act responsibly to handle a situation without resorting to deadly force. Unarmed restraints and manipulation techniques including joint manipulation, come-alongs, and takedowns can be used to control a subject without resorting to deadly force. Marines must train to become proficient in nonlethal techniques and to respond in a responsible manner. These techniques are referred to as compliance techniques, and they are applied in the third level in the continuum of force.

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### WARNING

During training, never apply the techniques for unarmed restraints and manipulation at full force or full speed. Use a slow and steady pressure to avoid injury.

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## Compliance Techniques

Compliance techniques are unarmed restraint and manipulation techniques used to physically force a subject or opponent to comply. Compliance can be achieved through the close combat techniques of;

- Pain compliance using joint manipulation and pressure points. (Pain compliance is the initiation of pain to get compliance on the part of the subject.)
- Come-along holds.

## Principles of Joint Manipulation

Joint manipulation is used to initiate pain compliance and gain control of a subject. It involves the application of pressure on the joints (elbow, wrist, shoulder, knee, ankle, and fingers). Pressure is applied in two ways:

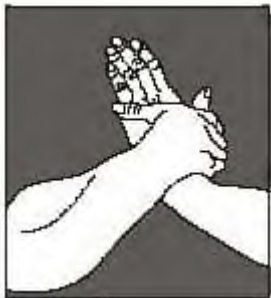
- In the direction in which the joint will not bend. For example, joints such as the knees and elbows only bend in one direction and when pressure is applied in the opposite direction, pain compliance can be achieved. Beyond the point where the joint stops naturally in its range of movement (i.e., it no longer bends). Since each joint has a breaking point, Marines should apply slow steady pressure only until pain compliance is reached. Continued pressure will break the joint and may escalate the violence of the situation.
- Joint manipulation also uses the principle of off-balancing. A subject can be better controlled when he is knocked off balance.

# Wristlocks

A wristlock is a joint manipulation that can be applied in a number of ways to achieve pain compliance. The wrist rotates in a number of directions and will bend in a single direction until its movement stops naturally. In a wristlock, pressure is exerted beyond that point by bending or twisting the joint. A wristlock is executed when an opponent tries to grab Marines or is successful in grabbing Marines or their equipment. A wristlock can also be performed by Marines if they wish to initiate control of an opponent.

## Basic Wristlock

A basic wristlock is executed when Marines grab the opponent's left hand with the right hand. To execute the basic wristlock, Marines use the right hand to grab the opponent's left hand by placing the thumb on the back of the opponents hand so that the Marine's knuckles are facing to the left. Hook the fingers across the fleshy part of the opponents palm below the thumb.



The fingers are used to anchor the hand so leverage can be applied to twist and bend the joint. Exert downward pressure with the thumb to bend the opponent's joint.



Rotate the opponent's hand to the right to twist the joint.



Step in to the opponent to keep the opponent's hand in close to the body to control him and provide more lever-age on the wristlock.

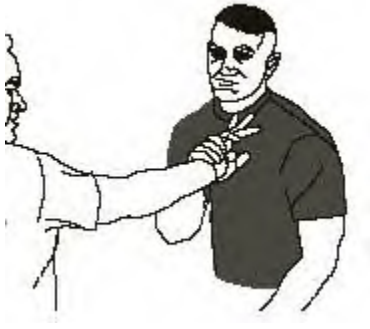
Note: When executing the basic wristlock with the left hand, the Marine grabs the opponent's hand so that the Marine's knuckles are facing to the right, and then rotates and twists the opponent's hand to the left.

## **Reverse Wristlock**

A reverse wristlock is executed when Marines grab the opponent's right hand with the right hand. To execute the reverse wristlock, Marines place the right palm on the back of the opponent's right hand and wrap the fingers across the fleshy part of his palm below his little finger.



Twist the opponent's hand to the right while stepping in to place his hand against the chest. Apply downward pressure on the opponent's hand against the chest. Leave the opponent's hand on the chest to fully control the subject and to gain leverage. Use the left hand to further control the opponent.



Lean forward to use body weight to add additional pressure to the joint.

## **Two-Handed Wristlock**

Both hands can be used in the wristlock to maximize the leverage and pressure needed to bend and twist the joint. To execute the two-handed wristlock, Marines place both thumbs on the back of the opponent's hand, thumbs crossed.



Hook the fingers of both hands around the fleshy part of the opponent's palm on both sides of his hand. Step into the opponent and apply pressure down-ward on the back of his hand to bend the joint and rotate his wrist away from the body to twist the joint.



## **Enhanced Pain Compliance on Wristlock**

Enhanced pain compliance techniques are applied in the third and fourth levels in the continuum of force. Additional pain be applied to a wristlock by adding downward pressure to the elbow with the other hand or elbow by using the fingers to pull in on the opponent's radial nerve located on the in-side of the forearm. When pressure is added to the opponent's radial nerve, his direction can be con-trolled.



Applying pressure against the opponent's finger joint to bend it in a direction it cannot bend (i.e., splitting the fingers).

## **Come-Along Holds**

Marines use a come-along hold to control and move an opponent.

### **Escort Position**

A common come-along hold is the escort position.



To execute the escort position, Marines face the opponent. Use the left foot to step forward at a 45 degree angle. Turn to face the right side of the opponent. Use the left hand to further control the opponent.



Use the right hand to firmly grasp the opponent's right wrist. With the left hand, firmly grasp the opponent's right triceps. Position the opponent's controlled arm diagonally across the torso, keeping his wrist against the right hip. The Marine should be standing to the right of and behind the opponent.



Note: This technique works well when escorting an opponent on either the right or left side. Take caution when escorting an opponent by ensuring his controlled hand is not in a position to grab the holstered weapon. The preferred escort position is from the Marine's left side, so that the opponent is kept further away from the weapon.

## **Wristlock Come-Along**

To execute the wristlock come-along, Marines use the left hand to execute a basic wristlock. Incorporate the right hand in a two-handed wristlock for more control.



Maintain pressure on the opponents wrist with the right hand, step forward, and pivot around to stand next to the opponent.



Release the left hand, quickly reach under the opponent's arm from behind, and grab his hand.



Use the left hand and apply downward pressure on the opponent's wrist.

## Controlling Technique

The following controlling technique is used when an opponent grabs the Marine's wrist. To execute the technique, Marines trap the opponent's hand with the palm of the other hand.





Rotate the opponent's trapped hand up and on his forearm while maintaining downward pressure on his trapped hand. Apply downward pressure with both hands until the opponent is taken to the ground.



## Armbars

An armbar is a joint manipulation in which pressure is applied on a locked elbow, just above the joint, in the direction the joint will not bend. An armbar has to be locked in quickly, but still re-quires a slow, steady pressure to gain compliance.

### Basic Armbar

To execute a basic armbar, Marines use the right hand to grab the opponent's right wrist.



Bring the left hand down on or above the opponents elbow joint. To gain additional leverage, pivot to face the opponent. Use the left hand to apply downward pressure on or above the opponent's elbow joint while pulling up on his wrist.

### Armbar from a Wristlock

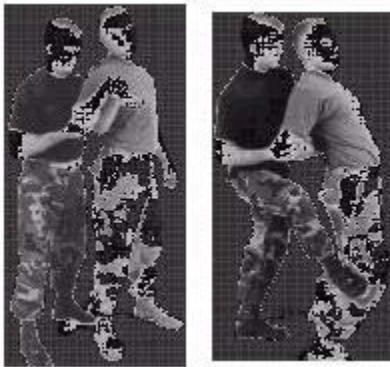
To execute an armbar from a wristlock, Marines use the right hand to grab the opponent's right hand and execute a reverse wristlock. Bring the left hand down on or above the opponents elbow joint. Use the left hand to apply downward pressure on or above the opponent's elbow joint while pulling up on his wrist.



## **Takedowns**

A takedown is used to bring an opponent to the ground to further control him.

### **Takedown From a Wristlock Come-Along**



To take the opponent to the ground from a wristlock come-along, Marines use the right foot to push down on the opponent's calf or Achilles tendon. Maintain control of the opponents wrist and elbow and apply a slow, steady pressure to bring him to the ground.

### **Armbar to a Takedown**

This technique is used to take a noncompliant opponent to the ground from an armbar. To execute the armbar takedown, Marines use the right hand to execute a reverse wristlock.



Bring the left hand or forearm down on or above the opponent's elbow joint. Pivot so the back is facing the opponent and, at the same time, lift the left elbow and slide the body so it is against the opponent, placing the armpit high above the opponent's elbow joint. Lean back, placing the body weight on the opponents arm until he complies or is taken to the ground.

Note: This technique may break the opponent's arm. Therefore, this technique should not be employed if the objective is a nonlethal takedown.

## Wristlock Takedown

This technique is used to take a noncompliant opponent to the ground from a basic wristlock and to put him in a position where he can be handcuffed, if necessary. To execute the takedown, Marines use the right hand to execute a basic wristlock. Incorporate the left hand in a two-handed wristlock.



Apply downward pressure on the wristlock, pivot on the ball of the right foot, and quickly turn to the right to take the opponent to the ground. Continue to apply pressure on the wrist joint as the opponent

lands on his back with his arm straight in the air.



Slide the left foot under the opponent's back, underneath his armpit. Apply pressure with the knee against the opponents triceps while pulling back on his arm. Continue applying pressure with the knee on the opponent's arm. Pivot and step around the opponents arm to roll him on his stomach. Kneel down with one knee on the opponent's back. The other knee is placed on the opponent's neck and shoulder on either side of his arm.



Apply inward pressure with the knees to lock his arm in place. Tell the opponent to put his other hand in the middle of his back. Bring the opponent's controlled hand to the center of his back.

## **Escort Position Takedown**

This technique can be used to control a noncompliant opponent from the escort position.



To execute the escort position takedown, Marines lock the opponent's arm straight across the body while rotating his wrist away from the body. Use the left hand or forearm and apply downward pressure above the opponent's elbow where the triceps meet. Step back with the right foot and, keeping the opponents hand controlled against the hip, pivot to the right while continuing to apply downward pressure on his arm to bring him to the ground.

Note: This technique works well when escorting a subject on the Marine's right or left side. When taking down a subject from the right side, step back and pivot to the left.

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