



F.I.G.H.T. C.U.T. With Beginning Knife

By David Sgro

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Dimensions: 11.0in. x 8.5in. x 0.1in. What is F. I. G. H. T. C. U. T. F. I. G. H. T. C. U. T. (Fully Integrated Grappling and Hitting Techniques, Close Up Techniques) is a Military Combatives Course. The standing joint locks, take downs and throws are based on techniques that draw from Japanese Ju-Jitsu, Judo, and Brazilian Jiu-Jitsu; the striking techniques draw from Tang Soo Do (Karate); the ground fighting techniques draw from Brazilian Jiu-jitsu; and the knife fighting techniques are drawn from Filipino Arnis, Kali, and Escrima. F. I. G. H. T. C. U. T. is designed to teach the greatest amount of knowledge in the shortest period of time. There is a tremendous need for military personnel to train in Combatives, especially in the following areas: 1) Striking 2) Throws and take downs 3) Grappling 4) Wrist locks, arm bars, joint dislocations 5) M4 and SAW Gunner techniques (when the M4 or SAW malfunctions) 6) KnifeStick Fighting 7) Non-lethal Force Protection Human Rights (ASP) 8) Tomahawk F. I. G. H. T. C. U. T. was specifically developed for military personnel. The techniques were selected...



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