APPENDIX A

PUGIL TRAINING

Training in pugil techniques prepares the soldier to confidently and aggressively use the rifle-bayonet. It furnishes the rifle-bayonet fighter with an opponent who can think, move, evade, fight back, and (most important) make corrections. It provides realism.

Section I EQUIPMENT

Pugil equipment consists of the pugil stick and protective gear that is especially designed to protect the soldier during training. It allows the soldier to participate in pugil training without incurring or fearing injury. Participation with no fear of injury helps the soldier to develop an individual style of fighting and improve his ability to fight with the rifle and bayonet. Pugil equipment (Figure A-1) is designed to prevent injuries to the head and face, chest, groin, and hands.

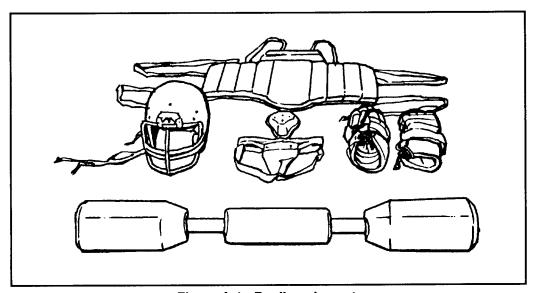


Figure A-1. Pugil equipment.

A-1. SECURING EQUIPMENT

Units can construct pugil sticks or obtain them from the Training Support Center. The helmets with attached face masks, gloves, chest protectors, and boxers' protective cups are nonstock-type commercial items. Locally used nonstandard stock numbers identify these commercial items, which are obtained through TSC or local purchase.

A-2. HEADGEAR

Headgear consists of a regulation football helmet with a face mask attached (Figure A-2). When purchasing these helmets, you should consider the varying head sizes of individuals. For each 100 helmets purchased, it is recommended that 10 percent be 6 1/2 to 6 3/4 in size, 80 percent be 6 7/8 to 7 1/8 in size, and 10 percent be 7 1/4 to 7 1/2 in size. Adjust helmets that are too large for an individual by adding foam rubber to the inside of the helmet. To secure the helmet to the head, use a chin strap made of vinyl plastic and foam rubber.

A-3. GROIN EQUIPMENT

A boxer's protective cup of the variety used in athletic competition protects the groin (Figure A-3).

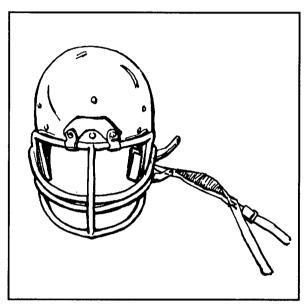


Figure A-2. Pugil headgear.

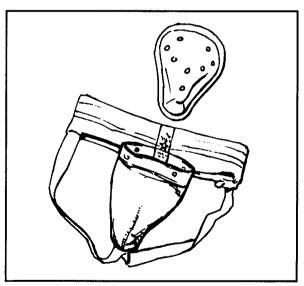


Figure A-3. Boxer's protective cup.

CAUTION

GLOVES AND CHEST PROTECTORS MUST BE WORN DURING TRAINING.

A-4. HAND EQUIPMENT

Gloves are required in pugil training. Hockey gloves (Figure A-4) provide maximum protection for the fingers and joints of the hands and wrist and aid in controlling the stick.

A-5. CHEST PROTECTORS

Soldiers must use chest protectors (Figure A-5) during pugil training to prevent injuries. Baseball catchers' chest protectors or martial arts protectors are recommended. If chest protectors are unavailable, substitute flak vests.

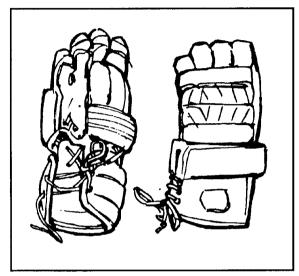


Figure A-4. Hockey gloves.

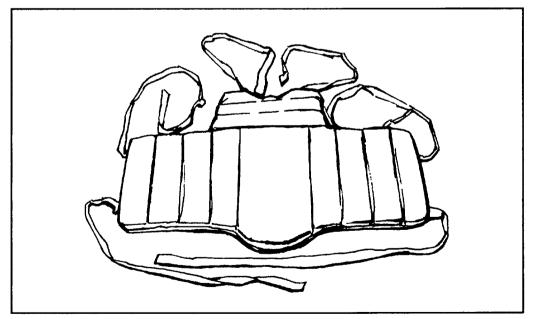


Figure A-5. Chest protector.

A-6. PUGIL STICK

Pugil sticks (Figure A-6) may be obtained from the local TSC or call Devices Section, TSC, Ft Benning, GA, DSN 835-1407.

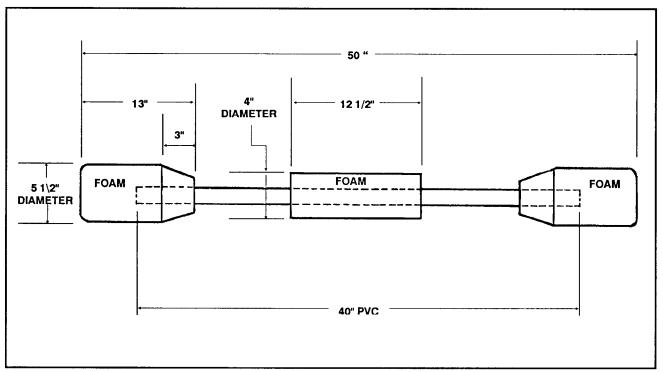


Figure A-6. Materials in pugil stick construction.

Section II TECHNIQUES

Pugil training is a way to teach the soldier to use the rifle-bayonet with confidence and aggression. After the soldier becomes skilled in the basic positions and movements with the rifle-bayonet, he should be introduced to pugil training techniques.

A-7. VALUE OF PUGIL TRAINING

Since pugil fighting is a rugged contact activity, the soldiers must remain alert. They act and react from instinct, thus affording an opportunity to develop their individual rifle-bayonet fighting skills. Little effort is required by the instructor to motivate the soldiers—the pugil stick is the motivating force. Soldiers derive much physical benefit from pugil training, and they develop an aggressive mental spirit that is so essential if the rifle-bayonet fighter is to be successful in combat (Figure A-7).

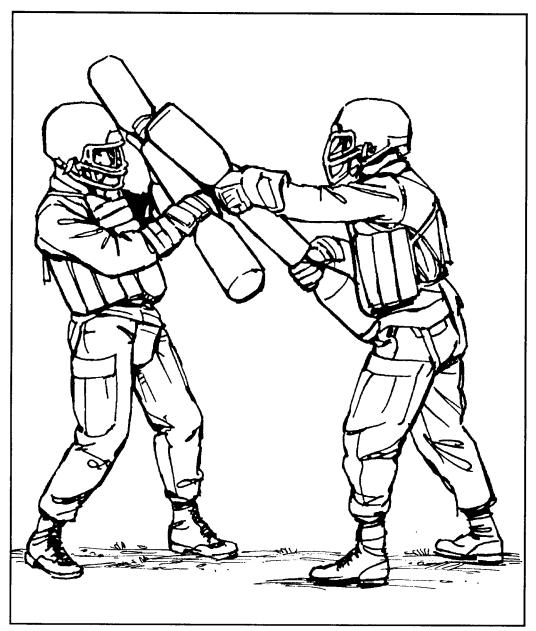


Figure A-7. Man-to-man contact.

- a. The instructor must consider several factors to gain maximum effectiveness from pugil training. These include training, control, supervision, safety, and protective equipment.
- b. The instructor should teach the rifle-bayonet fighter the basic positions and movements, as well as the series of follow-up movements, with the rifle-bayonet before beginning pugil training.

c. The pugil stick should approximate the length and weight of the M16 rifle with bayonet attached for maximum training benefit. Substitution of the pugil stick for the rifle provides an opportunity to improve skill and test each soldier's ability to perform against a realistic, evasive target. All the positions and movements with the pugil stick are the same as with the rifle and bayonet (Figure A-8).

A-8. CONTROL, SUPERVISION, AND SAFETY

Instructors supervising pugil training must understand its values and limitations. The instructor maintains control of the bout at all times; his best method of control is by blowing a whistle to start and stop action. He is alert to prevent wild swinging of the pugil sticks, and he ensures that the soldiers keep their eyes on each other. For safety reasons, he should pair soldiers who are about the same height and weight.

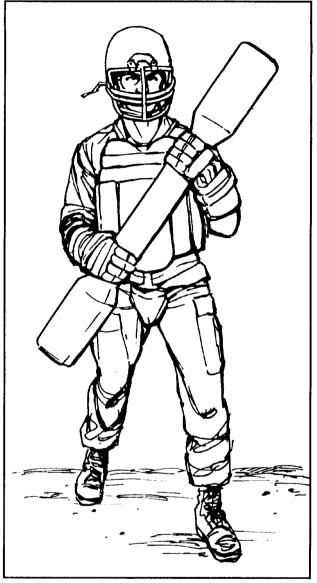


Figure A-8. Substitution of the pugil stick for the rifle.

- a. Soldiers use only the positions and movements that they have been taught in rifle-bayonet training. They must hold the stick and deliver blows as if using the rifle-bayonet.
- b. One instructor is necessary for each bout; however, he needs assistance to supervise the fitting and exchanging of equipment. The instructor makes sure the equipment fits properly and watches constantly for any loose or broken equipment. As soon as he sees any insecure equipment, he stops the

bout to prevent possible injuries. After deficiencies have been corrected, the round is resumed.

- c. The instructor insists that the soldiers growl during the bouts; this adds to their aggressiveness and tends to reduce tension.
- d. Soldiers with medical problems, such as hernias, frequent headaches, previous brain concussions, recent tooth extractions, or lacerations with stitches, must be excluded from pugil training for safety reasons. Therefore, before conducting pugil training, it is necessary to determine if anyone should be eliminated from participation. Finally, instructors should always be alert for the unexpected and, if in doubt, stop the bout immediately to prevent injury.

A-9. WARM-UP ROUND

In the early stages of pugil training, maximum benefit is gained by working with platoon-size groups (or smaller) in a circular formation. Two soldiers engage in a pugil bout in the center of the circle. An instructor critiques them so all soldiers can learn from observed mistakes. The soldiers assume the attack position 12 steps from each other. In the first round, the instructor allows them freedom of movement to prove to soldiers that the equipment provides ample protection from a hard blow. Everyone should take part in as many bouts as necessary to gain skill before going on to more advanced training. Immediately after the warm-up round, the soldiers engage in graded bouts.

A-10. GRADED BOUTS

During graded bouts (Figure A-9, page A-8), the opponents face each other, 12 steps apart. The instructor should be in a position where he can best control the bout. Each bout consists of three rounds. To score a point or win a round, a soldier must score a solid blow with either end of the pugil stick to a vulnerable point—the head, throat, chest, stomach, or groin region.

- a. To start a bout or a round, the instructor blows the whistle, and the soldiers move toward each other in the attack. The instructor awards one point to the soldier striking the first disabling blow. A disabling blow is any blow that is delivered to a vulnerable part of the opponent's body. When a soldier strikes such a blow, the instructor uses a whistle to stop the round. At the end of the round, soldiers move back to their respective lines, assume the attack position, and wait for the signal to start the next round. The soldier who wins two out of three rounds wins the bout.
- b. The instructor should encourage soldiers to move in aggressively and to attack violently, using any of the attack movements learned during rifle-bayonet training. If the soldier misses or his opponent sidesteps, he should immediately follow up until he has landed a blow to a vulnerable spot.

- c. The soldier who hesitates to strike his opponent realizes that defeat can be quick; therefore, he tries to be aggressive and overcome his opponent in the shortest possible time.
- d. Because training is done in two-man bouts, a squad, platoon, and finally a company champion may be selected. The instructor should encourage competition throughout the pugil training program.

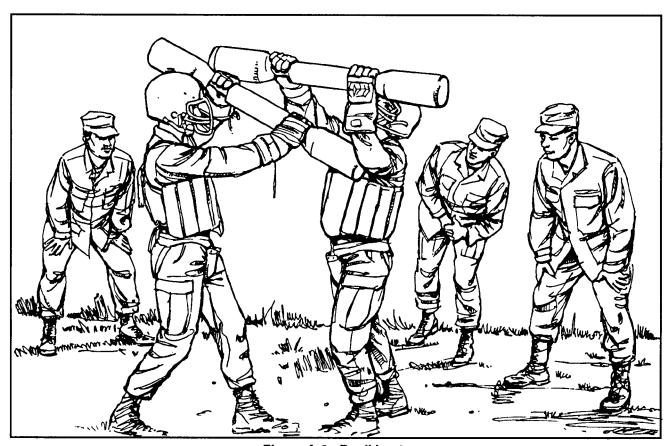


Figure A-9. Pugil bout.

A-11. PUGIL COURSES

After several two-man bouts, the rifle-bayonet fighter is ready for the human thrusting target course and the human thrusting assault course.

a. **Human Thrusting Target Course.** Eight to ten soldiers are lined up in file formation, 12 steps apart. The instructor selects each soldier to act as a specific-type target. The rifle-bayonet fighter, also in pugil gear, walks to each human target, moving with the pugil stick at the attack position. As the rifle-bayonet fighter approaches an opponent, the opponent shouts the movement that the rifle-bayonet fighter is to execute—for example, thrust,

slash, butt stroke. After executing the movement, the rifle-bayonet fighter pauses long enough for the instructor to make corrections, then he moves to the next target. The number of walk-throughs depends on each soldier's ability to execute the movements correctly. Next, he runs through the course at full speed, growling and executing the called movements with maximum force against his opponents. The duties are rotated so that all soldiers get to act as fighters and as human targets.

b. **Human Thrusting Assault Course.** A qualification-type course can be conducted to measure each soldier's skill. This course should approximate an obstacle course in length, obstacles, and terrain. The course layout should take advantage of natural obstacles, such as streams, ditches, hills, and thickly wooded areas. Soldiers in pugil equipment can be placed among the obstacles to act as human targets. The rest of the unit, in pugil equipment, can negotiate all obstacles and human targets, using instinctive rifle-bayonet fighting movements.