

DEPARTMENT OF THE ARMY
Headquarters and Headquarters Company
5th Special Forces Group (Airborne)
Fort Campbell, Kentucky 42223

AOSO-SFA-HC

15 DEC 2003

MEMORANDUM FOR RECORD

SUBJECT: Assessment and Recommendation of Training of Gracie G.R.A.P.L.E. Course.

1. From 1- 5 Dec 2003 Combatives Training was conducted with the Gracie Jiu-Jitsu Academy and Army personnel.
2. All training received by Rorion Gracie, Renner Gracie and their Staff was professionally taught and meticulously executed. Furthermore, the teaching style and methodology that is used by Rorion and Renner are passed on to the students. Compared to other forms of instruction we have received in the past, this methodology makes instruction to all levels of ability virtually effortless. This method also allows for the instructor to teach without words. This is crucial for Foreign Internal Defense (instruction to host nation personnel) making the language barrier virtually disappear.
3. Of the 27 Personnel trained all 27 received their instructor certification in Military G.R.A.P.L.E. and improved their overall fighting ability.
4. The students have all given positive feedback on the training and the command has received requests for follow up training. Some students noticed a marked increase in kicking ability, due to their increased confidence with ground fighting. The stand up fighters were not afraid to fully commit themselves to a head kick, thus, increasing the likelihood to make full contact with the first kick.
5. This course is ideal for starting up a combatives program within the unit and having trainers organic to the unit to continue and sustain the program throughout the year.
6. Point of contact is the undersigned at [REDACTED].

ALAN G. JOHNSON
1SG, USA
First Sergeant

CC: Spiro Demetriadi