

Combatives classes hits the mats Jan. 11

By Erin O. Stattel, Army War College, Public Affairs

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(Jan. 8, 2010)—In response to popular demand, a third combatives course will be offered to the Carlisle Barracks community at a later time on Mondays and Wednesdays.

Classes begin January 11 and will be held Mondays and Wednesdays at 3 p.m., 4 p.m. and 5 p.m.

Taught by former NCO and Army combatives instructor Brian Sarjeant, classes are open to the Carlisle Barracks community, ages 14 and older.

"I am proud that combatives is coming to the Army War College and we are hoping to grow the program," said Col. Bobby Towery, deputy commandant for the Army War College, during the Jan. 8 information brief about the classes. "I had the opportunity to work with Brian Sarjeant at Aberdeen Proving Grounds and I think this class is really going to benefit us here at the Army War College and Carlisle Barracks."

Sarjeant, who holds a level four modern Army combatives certification, will teach full spectrum Army combatives and participants must complete 20 hours in order to advance to the next level, said Chuck Gentile, sports director for Directorate of Family, Morale, Welfare and Recreation. Participants need to wear their Army combat uniforms or gym clothes with a collar, and have a mouth guard.

Maj. Eric Hiu of the Army War College's Department of Academic Affairs said combatives are a great way to face dangerous situations.

"I think it's important to know how to handle yourself in a situation," Hiu said. "It is a great workout and it is important for us to know these kinds of things."

Army War College student Lt. Col. Andy Lippert agreed.

"It is a tremendous workout and helps build flexibility," Lippert added. "This activity also builds confidence and that is something that is truly valuable in the Army."

Towery called the course a "great refresher" that will challenge students with the addition of the use of knees and elbows.

Participants wishing to sign up may call 245-4271 or send an email to ken.sjoberg@us.army.mil to register. Participants may also visit the sports office in the basement of the Root Hall Gym for additional registration instruction.

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