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SEAL TEAM TWO
AMPHIBIOUS FORCE, U.S. ATLANTIC FLEET
U.S. NAVAL AMPHIBIOUS BASE
NORFOLK, VIRGINIA 23521

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MEMORANDUM FOR RECORD

SUBJECT: SEAL TEAM TWO HWARANG DO HAND TO HAND COMBAT/SPECIAL WEAPONS AND SPECIAL TACTICS SCHOOL FOR INSTRUCTORS.

1. MR. MICHAEL D. ECHANIS HAS BEEN APPOINTED THE PERMANENT SENIOR ADVISOR AND HEAD INSTRUCTOR FOR THE SEAL TEAM TWO HAND-TO-HAND COMBAT/SPECIAL WEAPONS/SPECIAL TACTICS SCHOOL FOR INSTRUCTORS.

2. INCLUDED IN THE COURSE OF INSTRUCTION ARE THE FOLLOWING COURSES AND CLASSES:

A. UNARMED CLOSE-QUARTER COMBATATIVES

1. 9 METHODS OF FALLING AND ROLLING
2. 7 PHASES OF BLOCKING, STRIKING AND KICKING
3. 30 THROWING TECHNIQUES
4. 30 JOINT BREAKING TECHNIQUES
5. 30 FINGER PRESSURE POINTS
6. 15 CHOKING, NECK BREAKING TECHNIQUES
7. 50 VITAL STRIKING POINTS
8. 38 SELF DEFENSE TECHNIQUES AGAINST ARMED ATTACK
9. TEARING & RIPPING

B. SPECIAL WEAPONS FOR CLOSE-COMBAT

1. KNIFE FIGHTING
2. KNIFE THROWING/STAR THROWING
3. MACHETE FIGHTING
4. STICK FIGHTING

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5. GARROTS
 6. BLOW GUNS
 7. CROSS BOWS
 8. HAND GUN REACTION/VITAL BODY TARGETS
 9. SILENCED WEAPONS AND SNIPER SYSTEMS
- C. SPECIAL TACTICS FOR SUBVERSION BEHIND ENEMY LINES AND UNCONVENTIONAL WARFARE INSURGENCY.
1. BODY MOVEMENT, CAMOFLAGE AND CONCEALMENT STEALTH AND DISTRACTION TECHNIQUES
 2. MOVEMENT THROUGH BUILT-UP TARGET AREAS
 3. INFILTRATION/EXFILTRATION
 4. ESCAPE AND EVASION
 5. SENTRY DOG ELIMINATION OR NEUTRILIZATION
 6. SENTRY STALKING/SILENT KILLING-ELIMINATION OF KEY PERSONEL
 7. PENETRATION AND SABOTAGE OF ENEMY INSTALLATIONS AND BASE CAMPS.
 8. POW SNATCH AND CONTROL TECHNIQUES
 - a. COME ALONGS
 - b. TYING AND CONTROLLING
 - c. HAND CUFFING AND CONTROLLING AGENTS
 - d. TEAM TACTICS, DIVERSIONARY AND BLOCKING TECHNIQUES IN URBAN AND RURAL GUERRILLA WARFARE DURING BODY SNATCHING
 9. MIND CONTROL AND HYPNOSIS TECHNIQUES FOR COMBAT


B. VAN HEERTUM
LCDR USN

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DEPARTMENT OF THE NAVY

SEAL TEAM TWO
NAVAL AMPHIBIOUS BASE
NORFOLK, VIRGINIA 23521

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MEMORANDUM FOR RECORD

Subj: SEAL Team TWO HWARANG DO School for Hand to Hand
Combat and Special Weapons

1. Mr. Michael D. ECHANIS has conducted 3 two week courses of instruction in Hand to Hand at Fort A. P. HILL, UDT/SEAL Camp. The program trained 30 UDT/SEAL personnel in Hand to Hand Combat both armed and unarmed.
2. Included in the course of instruction were the following classes:
 - a. Unarmed Combat/Close Combat Techniques.
 - (1) Blocking, striking, kicking techniques
 - (2) 25 throwing techniques
 - (3) 30 joint breaking techniques
 - (4) 30 finger pressure points
 - (5) 10 choking, neck breaking techniques
 - (6) 50 vital striking points
 - (7) 30 self defense techniques against armed attack
 - b. Special Hand Weapons for Close Combat.
 - (1) Knife fighting
 - (2) Knife (Star) throwing
 - (3) Machete fighting
 - (4) Garrots
 - (5) Blow guns
 - (6) Cross bows
 - (7) Silenced weapons

- c. POW Snatch and Control Techniques.
 - (1) Come alongs
 - (2) Tying and controlling
 - (3) Hand cuffing
- d. Sentry Stalking/Silent Killing.
- e. Body Movement, Concealment and Escape and Evasion.
- f. Mind Control and Hypnosis Techniques.

Ira B Stevens
Ira. B. STEVENS
LT USNR

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DEPARTMENT OF THE ARMY
HEADQUARTERS
UNITED STATES ARMY
JOHN F. KENNEDY CENTER FOR MILITARY ASSISTANCE
FORT BRAGG, NORTH CAROLINA 28307

AFJK-GA-S

MEMORANDUM FOR RECORD:

SUBJECT: USAJFKCENMA Hwarang Do School for Hand to Hand Combat and Special Weapons.

1. Mr. Michael D. Echanis has been appointed Senior Instructor and Advisor to the USAJFKCENMA Hand to Hand Combat/Special Weapons School for Instructors. The program calls for training a total of 144 instructors for Special Forces units.
2. Included in the course of instruction are the following classes:
 - a. Unarmed Combat/Close Combat Techniques.
 - (1) Blocking, striking, kicking techniques (4 phases)
 - (2) 25 throwing techniques
 - (3) 30 joint breaking techniques
 - (4) 30 Finger Pressure Points
 - (5) 10 Choking and Neck-Breaking Techniques
 - (6) 50 Vital Striking Points
 - (7) 30 Self Defense Techniques Against Armed Attack
 - b. Special Hand Weapons for Close Combat.
 - (1) Knife fighting
 - (2) Knife throwing
 - (3) Short stick fighting
 - (4) Bayonet training
 - (5) Yawara sticks and vital striking
 - (6) Garrots
 - (7) Blow guns
 - (8) Cross bows
 - c. Underwater Fighting Techniques.
 - (1) Unarmed attack
 - (2) Knife attack and defense
 - (3) Power heads and vital striking areas



AFKL-GA-S

SUBJECT: USAJFKCENMA Hwarang Do School for Hand to Hand Combat and Special Weapons.

d. POW Snatch and Control Techniques.


- (1) Come alongs
- (2) Tying and controlling
- (3) Hand cuffing

e. Five Phases of Training:

- (1) Four phases of day training
- (2) Four phases of night training
- (3) Two phases of rain training
- (4) Two phases of sight detection
- (5) Two phases of hearing detection

f. Night Insertion, Body Movement, Concealment and Escape and Evasion.

g. Hand Gun Reaction, M-21 Sniper Rifle and Silenced Weapons, Booby Traps and Explosives.


JERRY C. WILLIAMS
MAJ, GS
Chief, PSD

USAJFKCENMA Hwarang Do School Schedule

<u>CLASS NO.</u>	<u>DATES</u>	<u>UNITS</u>
76 - 1	19 - 30 Jan 76	1st Bn, 5th SFGA 2nd Bn, 7th SFGA
76 - 2	2 - 13 Feb 76	3rd Bn, 5th SFGA HQ & Svc Co, 7th SFGA
76 - 3	16 - 27 Feb 76	HHC/Sig Co, 5th SFGA - 801st MID 1st Bn, 7th SFGA
76 - 4	1 - 12 Mar 76	2nd Bn, 5th SFGA 6th Bn, 4th PSYOP Gp
76 - 5	15 - 26 Mar 76	HHC/Sig Co, 7th SFGA - 705th MID 1st Bn, 4th PSYOP Gp
76 - 6	29 Mar - 9 Apr 76	8th Bn, 4th PSYOP Gp CMA - 96th CA Bn