



**Figure 1**

### Combat Climbing Method One

In urban warfare, counter-terrorism and hostage rescue situations, it is often important that military troops be able to quickly and quietly enter into a building or onto rooftops without using doors or stairs. Methods that require one soldier to boost another soldier through a window using a lifting movement with the arms and hands is not only difficult but also expends a great deal of energy. As well, the soldiers doing the lifting are almost always required to set their weapons down – placing them at a distinct disadvantage should their movements be discovered by enemy personnel. The methods employed and taught in the Chinese military greatly improve upon the methods usually demonstrated in the West.



**Figure 2**

In this example, combatant #1 places his hands against the wall and assumes a slight squat (ma bu) as illustrated in **Figure 1**.

Combatant #2 begins his climb by first placing his foot on combatant #1's hip. (**Figure 2**.) He next places his other foot on combatant #1's shoulder and quickly finishes his climb to the roof. (**Figure 3**.)

Should the roof or window be slightly out of reach, the person supporting the climber simply stands up – giving the climber at least one or two feet of extra reach. (**Figure 4**.)



**Figure 3**

The obvious advantages to this type of assisted climbing are:

- Little strain or muscle fatigue on the person assisting the climber. Any lifting of the climber is done with the legs.
- Several soldiers can be rapidly inserted through a window or onto a low roof using this method.
- Combatants can hold their weapons in their hands while supporting the climbers.



**Figure 4**