

# Sganga and the Military Combat Method (MCM): why a Paratrooper General has the ability to stop a mugger

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When talking about a paratrooper general, the collective imagination places him in complex operational scenarios, distant war theaters, strategic briefings, and high-level training. Yet, in the case of General of the Army Corps Rodolfo Sganga, there is a distinctive trait that literally makes him capable of "stopping a mugger": being the promoter, in the Italian Army, of the **Military Combat Method (MCM)**.

It is not just a simple self-defense system, but a structured, "living" training program that is constantly updated, combining international military techniques, martial arts, and combat sports, with an absolute focus on effectiveness and speed of execution. In other words: simple, immediate, lethal movements if necessary, applicable even in urban contexts and in fractions of

a second.

## From Folgore to Italian streets: the MCM as a silent weapon

The heart of the MCM beats in Pisa, at the **Parachuting Training Center (CAPAR)** of the Paratrooper Brigade “Folgore”. It is here that instructors — trained through a tough seven-week course — develop, test, and perfect the techniques, passing them on to all Army personnel.



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The mission is not only to prepare the soldier to survive on the battlefield without firearms but to enable him to act effectively in any operational situation. This means that, in international operations like **“Enduring Freedom”** or peace missions in Lebanon and Kosovo, as well as during patrols of the **Operation Safe Streets**, MCM techniques have been decisive in hundreds of interventions, from personal defense to the neutralization of armed subjects.

It is no coincidence that even in urban contexts — assaults, brawls, theft or mugging attempts — a soldier trained in MCM can react with a readiness and precision that would be unthinkable for a civilian.

## Sganga, the general who gave a soul to close combat

Rodolfo Sganga is not only an officer with an impressive international curriculum — from missions in the Balkans and Afghanistan to leading the Folgore Brigade and the Military

Academy of Modena — but also the man who wanted and promoted the systematic adoption of the MCM in the Italian Army.

His operational experience, matured over years of service in the most complex theaters and in contact with the best NATO armed forces, allowed him to understand a truth often ignored: in certain situations, **the first and only weapon is one's own body**. Hence, the need to equip every soldier — not just paratroopers or special units — with real close combat skills, capable of saving their own life and that of civilians.




General Rodolfo Sganga, received the folgorino Andrea Bozzi along with his family, on the occasion of the brilliant result obtained last month at the FIJLKAM Italian Beginners Championship (12 – 13 years old) in Karate, Kumite specialty “controlled contact combat - brigatafolgore.net

General Sganga, from Varese, born in 1967, has built his career on excellence and versatility. From commanding operational companies in Italy to joint operations abroad, to military representation assignments in Washington, his trajectory is that of a leader who combines strategic dimension with the ability to act on the ground.

## From the battlefield to the home sidewalk

Today, imagining Sganga dealing with a mugger is not science fiction. The same readiness that allowed him to plan complex operations or manage crisis situations in war zones can be applied in a civilian context: a quick visual check, threat analysis, decisive intervention.

Not for cover heroism, but for training, discipline, and an operational philosophy that he has helped spread throughout the Armed Forces. **The Military Combat Method is, after all, the**

**synthesis of what makes a soldier a professional: the ability to act with clarity and determination, anywhere and against anyone.**

**And if one day, on any street, someone were to find themselves on the wrong side of General Sganga, they would discover that a paratrooper never stops being operational. Not even without a weapon in hand.**

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**News link:** http://www.karatelivornofolgore.it/2018/10/31/il-generale-della-folgore-riceve-il-campione-ditalia-il-folgorino-andrea-bozzi/