MCRP 3-02B

Marine Corps Martial Arts Program (MCMAP)

US Marine Corps

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Marine Corps Reference Publication (MCRP) 3-02B, *Marine Corps Martial Arts Program (MCMAP)*, is designed for Marines to review and study techniques after receiving initial training from a certified Marine Corps martial arts instructor or martial arts instructor trainer. It is not designed as a self-study or independent course. The true value of Marine Corps Martial Arts Program is enhancement to unit training. A fully implemented program can help instill unit esprit de corps and help foster the mental, character, and physical development of the individual Marine in the unit. This publication guides individual Marines, unit leaders, and martial arts instructors/instructor trainers in the proper tactics, techniques, and procedures for martial arts training. MCRP 3-02B is not intended to replace supervision by appropriate unit leaders and martial arts instruction by qualified instructors. Its role is to ensure standardized execution of tactics, techniques, and procedures throughout the Marine Corps. Although not directive, this publication is intended for use as a reference by all Marines in developing individual and unit martial arts programs. For policy on conducting martial arts training, refer to Marine Corps Order 1500.59, *Marine Corps Martial Arts Program (MCMAP)*.

This publication supersedes MCRP 3-02B, *Marine Corps Martial Arts* (formerly *Close Combat*), dated 18 February 1999.

WARNING

Techniques described in this manual can cause serious injury or death. Practical application in the training of these techniques will be conducted in strict adherence with training procedures outlined in this manual as well as by conducting a thorough operational risk assessment for all training.

Reviewed and approved this date.

BY DIRECTION OF THE COMMANDANT OF THE MARINE CORPS

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Marine Corps Martial Arts Program

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The techniques are written for right-handed execution. To train left-handed, reverse the lefts and rights in the descriptions. To be truly proficient at all techniques, develop each technique both right-handed and left-handed (strong side/weak side) during sustainment training. Each technique has its general applicable safeties numbered in its introduction. The numbers correspond to the safeties listed in appendix A.

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CHAPTER 1

Overview

The focus of Marine Corps Martial Arts Program (MCMAP) is the personal development of each Marine in a team framework using a standardized, trainable, and sustainable close combat fighting system. As a weapon-based system, all techniques are integrated with equipment, physical challenges, and tactics found on the modern battlefield. The MCMAP is designed to increase the warfighting capabilities of individual Marines and units, enhance Marines' self-confidence and esprit de corps, and foster the warrior ethos in all Marines. The MCMAP is a weapon-based system rooted in the credo that every Marine is a rifleman and will engage the aggressor from 500 meters to close quarter combat. The MCMAP:

- Enhances the Marine Corps' capabilities as an elite fighting force.
- Provides basic combative skills for all Marines.
- Applies across the spectrum of violence.
- Strengthens the Marine Corps warrior ethos.

The motto of MCMAP best states the essence of the program: "One mind, any weapon." This means that every Marine is always armed even without a weapon. He is armed with a combat mindset, the ability to assess and to act, and the knowledge that all Marines can rely on one another.

The Marine Corps was born during the battles that created this country. Drawing upon the experiences of the first Marines, we have developed a martial culture unrivaled in the world today. This legacy includes not only our fighting prowess but also the character and soul of what makes us unique as Marines. This training continued to evolve up to World War II. During these early years, the leadership and core values training that are our hallmark today developed in concert with the martial skills.

As World War II burst upon the Corps, individuals and units were developing specialized training based upon experiences of Marines from the interwar years. This included exposure of Marines to far eastern martial arts systems such as judo and karate. These various systems such as combat hitting skills, the O'Niel System, and those of the Marine Raiders were employed by Marines during the island-hopping campaigns. Additionally, the rapid expansion of the Marine Corps saw a refinement of character and leadership development programs. This trend continued after World War II through the post Vietnam war period. Marines tested and refined new techniques adapted to the technologies and the innovation of a new generation of Marines. In response to societal changes after Vietnam, professional military education and structured leadership training became the focus during the 1970s and 1980s.

The 1980s saw the development of the linear infighting neural-override engagement (LINE) system. The LINE system, developed in response to a perceived need for a standardized close combat system, was an important step in the evolution of a Marine Corps specific martial arts program. In 1996 a review of the LINE system, combat hitting skills, pugil stick training, and lessons learned from past programs were combined with the input of 10 subject matter experts from numerous martial arts disciplines to develop the Marine Corps Close Combat Program. This program combined all aspects of close combat into one program. In June 1999, Commandant James L. Jones detailed his vision of a martial arts program and, with his guidance, the close combat program underwent a period of testing and review that resulted in MCMAP. The MCMAP evolved into its present day form by combining the best combat-tested martial arts skills and time-honored close combat training techniques with proven Marine Corps core values and leadership training.

Structure

The MCMAP consists of three disciplines: mental, character, and physical. Each discipline is divided and presented systematically to Marines at each belt level. Those disciplines taught at lower belt levels are then reviewed and reinforced during follow-on training and at the next belt level. Many skills specific to one discipline reinforce the strengths of the other disciplines. Martial culture studies strengthen the mental character of Marines through the historical study of war, at the same time reinforcing the importance of character to a warrior and a martial society.

What makes this a complete program is the synergy of all three disciplines, which are inextricably linked to each other, and to the advancement process within the belt ranking system. Commanders are required to certify that the Marine meets annual training requirements and the prerequisites of each specific belt level and possesses the maturity, judgment, and moral character required for advancement. This ensures that as a Marine develops increased levels of lethality with additional physical skills, he also develops a commensurate level of maturity and self-discipline.

Mental Discipline

Mental discipline has two main components, warfighting and PME, that encompasses the following:

- Warfighting:
  - The study of the art of war.
  - Tactical decisionmaking training.
  - The tactics, techniques, and procedures of expeditionary maneuver warfare.
  - Marine Corps common skills training.
  - Force protection and operational risk management.
- PME:
  - The professional reading program.
  - Martial culture studies.
  - The historical study of war.
  - The study of Marine Corps history, customs, courtesies, and traditions.

Mental discipline creates a smarter Marine, who is capable of understanding and handling the complexity of modern warfare—a Marine who is tactically and technically proficient. This training begins with the transformation at recruit training and serves as the foundation of the future leadership of the Corps.

Character Discipline

Character discipline encompasses the study of the human dimensions of combat and has two main components: the Marine Corps core values program; which consists of honor, courage, and commitment, and the Marine Corps leadership training program; which consists of mentoring, and leadership schools and courses. This discipline is designed to instill the Marine Corps ethos into every Marine. Character discipline is the spiritual aspect of each Marine and the collective spirit of the Marine Corps. The components of the character discipline instill the warrior spirit in every Marine and emphasize the best traditions for developing esprit de corps, camaraderie, and a warrior mindset. By building the character of a Marine, the Marine develops as a warrior-defender who embodies the core values and who is self-disciplined, confident, and capable of making the right decision under any condition, from combat to liberty. The proverbial ethical warrior.

Physical Discipline

Physical discipline consists of two main components: fighting techniques and the combat conditioning program. The fighting techniques are trained as part of MCMAP, a weapons-based system beginning at assault fire and moving to the four elements of the fighting component (rifle and bayonet, edged weapons, weapons of opportunity, and unarmed combat). All four elements have a role across the entire spectrum of combat. The various armed and unarmed combat techniques are combined with physical preparedness into the Marine Corps combat conditioning program. It is the sinew of the Corps and prepares every Marine for his role as a basic rifleman—to seek out, close with, and destroy the enemy by fire and movement or repel his assault by fire and close combat. The Marine Corps combat conditioning program:

- Is battlefield oriented.
- Is based on being equipped for combat and develops the Marine's ability to overcome physical hardship and physical obstacles under any climatic condition and in any geographic location.
- Is designed on the philosophy that there are no time limits, level playing fields, or second chances in combat.
- Develops a physical toughness in every Marine that will translate into mental toughness.
- Produces Marines who possess combat fitness and the ability to handle any situation that confronts them.

Belt Ranking System

The MCMAP consists of a belt ranking system with five basic levels: tan, gray, green, brown, and black belt (see table 1-1 on page 1-4). The colored belt levels are identified as user levels and are designed to progressively develop the physical skills and lethality of the individual Marine so that he becomes a stronger link in the Marine Corps chain. The user's responsibilities include participating in all technique classes, tie-ins, warrior studies, and sustaining techniques. Marines must also participate in the appropriate belt-level drills and free sparring. Marines are responsible at all times for their individual actions and conduct.

Table 1-1 Marine Corps Martial Arts Program Belt Ranking System.

Tan Belt	Conducted at entry-level training as part of the transformation process. Requires proficiency in basic techniques and a basic understanding of Marine Corps leadership and core values.
Gray Belt	Follow-on training after entry level. Builds on the basics with introduction to intermediate techniques. Requires mastery of Tan Belt techniques and proficiency of Gray Belt techniques along with continued mental and character discipline training. Qualified to attend the instructor course and become MOS 0916.
Green Belt	Skill level for the noncommissioned officers. Continued development of intermediate level training. Requires mastery of Tan through Gray Belt techniques and proficiency of Green Belt techniques. Leadership and core values development training and PME requirements.
Brown Belt	Continued intermediate level training as well as introduction to advance techniques. Mastery of Tan through Green Belt techniques and proficiency of Brown Belt techniques. D Develop ability to teach leadership and core values training.
Black Belt: 1st Degree	Becoming a serious student of the martial arts. Advanced level skills training begins in earnest. Mastery of Tan through Brown Belt techniques and proficiency in Black Belt techniques. Proven leader and mentor.
Black Belt: 2d degree through 6th degree	Continued development and mastery of all components of the various disciplines. Proven leader, teacher, and mentor.

Testing

Advancement in the belt ranking system includes meeting mental and character discipline requirements and the prerequisites for each belt level. Each Marine will be required to show that he has maintained proficiency in the physical disciplines of his current belt and the physical disciplines of the next belt level.

Martial Arts Instructor

The martial arts instructor develops users at the small unit level and is responsible for teaching up to their own belt certification. An instructor teaches the physical techniques that are the

building blocks of our physical discipline and develops a unit's character and mental training to positively influence cohesion, esprit de corps, and readiness.

Martial Arts Instructor Trainer

The martial arts instructor trainer (MAIT) develops instructors within his unit, develops a unit level plan, and coordinates the resources and abilities of the instructors within the unit. The MAIT course is a 7 week, military occupational specialty (MOS) 0917-producing course held at the lead school in Quantico, VA. A MAIT can run the instructor courses at the unit level and also train and test Marines up to black belt instructor. Course attendance requirements are Green Belt instructor or higher, sergeant or above with appropriate level PME completed, commander's consent, a first class physical fitness test, and medical screening.

Tactics and Techniques

The MCMAP provides the individual Marine with a set of weapons-based and unarmed techniques for engaging in close combat across the spectrum of violence. Individual techniques can be combined into various procedures to fit the tactical situation. The MCMAP techniques, in the following subparagraphs, are key Marine Corps tactical concepts that are not standalone ideas but are to be combined to achieve an effect that is greater than their separate sum.

Achieving a Decision

An indecisive fight creates a loss of energy and possibly Marines' lives. Whether the intent is to control an aggressor through restraint or defend themselves in war, Marines must have a clear purpose before engaging in close combat and act decisively once engaged.

Gaining an Advantage

A basic principle of martial arts is to use the aggressor's strength and momentum against him to gain more leverage than one's own muscles alone can generate, thereby gaining an advantage. Achieving surprise through deception or stealth can also greatly increase leverage. In close combat, Marines must exploit every advantage over an aggressor to ensure a successful outcome. This can include employing various weapons and close combat techniques that will present a dilemma to the aggressor.

Speed

In close combat, the speed and violence of the attack against an aggressor provides Marines with a distinct advantage. Marines must know and understand the basics of close combat so that they can act instinctively with speed to execute close combat techniques.

Adapting

Close combat can be characterized by chaos, friction, uncertainty, disorder, and rapid change. Each situation is a unique combination of shifting factors that cannot be controlled with

precision or certainty. For example, a crowd control mission may call for Marines to employ various techniques ranging from nonlethal restraint to more forceful applications. Marines who adapt quickly will have a significant advantage.

Exploiting Success

An aggressor will not typically surrender simply because he was placed at a disadvantage. Marines cannot be satisfied with gaining an advantage in a close combat situation. Marines must exploit any advantage aggressively and forcefully until an opportunity arises to completely dominate the aggressor. Marines must exploit success by using every advantage that can be gained.

CHAPTER 2

Tan Belt

The Tan Belt is the first belt level in MCMAP and is the minimum basic requirement for all Marines. Tan Belt training includes the introduction to the basic fundamentals of the mental, character, and physical disciplines of MCMAP conducted during entry-level training. Warfighting concepts, character values, and the basic fighting techniques that are required of a basically trained Marine are also included in Tan Belt training. In addition to MCMAP requirements, Tan Belt training and readiness events are also a component of Marine Corps common skills volume I in accordance with Marine Corps Order P3500.72A, *Marine Corps Ground Training and Readiness (T & R) Program*.

Tan Belt Requirements.

Prerequisites	None
Training Hours	Minimum of 27.5 hours of instruction, excluding remedial practice time and testing
Sustainment Hours	None

Section I

Fundamentals of the Marine Corps Martial Arts Program

The MCMAP trains Marines how to execute unarmed and armed techniques, in close proximity to another individual, across a spectrum of violence within a continuum of force. Unarmed techniques include hand-to-hand combat and defense against handheld weapons. Armed techniques include techniques applied with table of organization weapons, edged weapons or weapons of opportunity.

Ranges of Close Combat Engagements

There are three ranges in which close combat engagements can take place: long-range, midrange, and close range. In any engagement, these ranges can rapidly transition from one to another and then back again until the aggressor is defeated or the situation is handled. At long-range, the distance between combatants allows engagement with a rifle and bayonet or weapons of opportunity. At midrange, the distance between combatants is such that they can engage each other with knives, punches, or kicks. At close range, the distance between combatants is such that they can grab a hold of each other and may involve elbow and knee strikes and grappling.

Target Areas of the Body

During close combat engagements, the parts of the aggressor's body that are readily accessible will vary with each situation and throughout the confrontation. The goal is to attack the areas that are readily accessible. These target areas are the head, neck, torso, groin and extremities. See figure 2-1.

Head

The vulnerable regions of the head are the eyes, temple, nose, ears, and jaw. Massive damage to the skull can kill an aggressor.

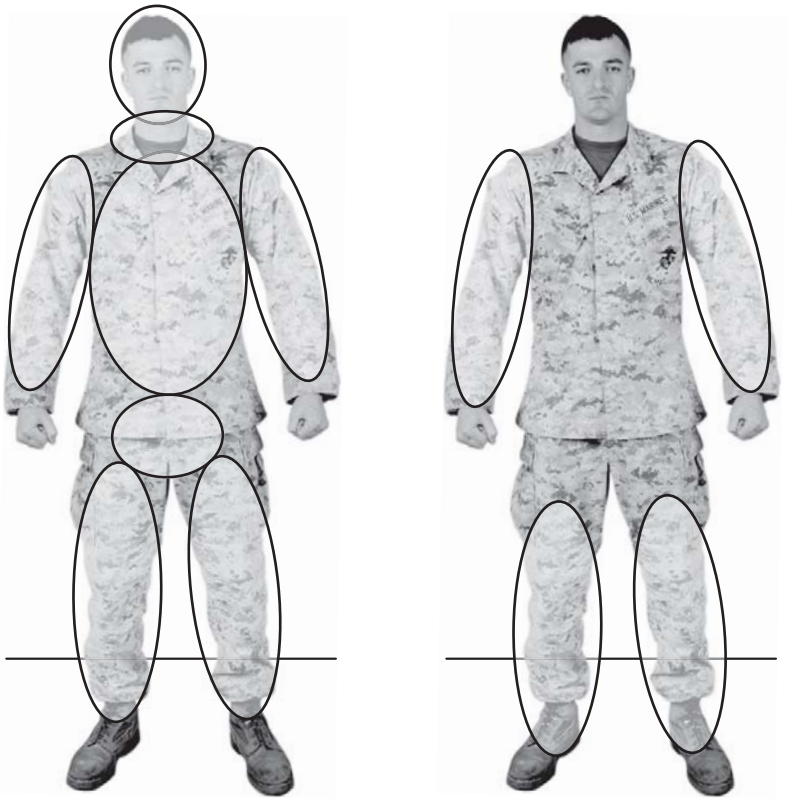


Figure 2-1. Target Areas and Weapons of the Body.

Neck

The entire neck is vulnerable as it contains vital blood vessels, the trachea, and the upper portion of the spine.

Torso

The clavicle, ribs, solar plexus, spine, and internal organs are vulnerable to attack.

Groin

This is a very sensitive area.

Extremities

Significant damage to joints and structure can cause immobilization or loss of the use of that limb.

Weapons of the Body

The weapons of the body are divided into two groups: the arms (to include the hands, forearms, and elbows) and the legs (to include the knees, shins, instep, toe, heel, and the ball of the foot). See figure 2-1.

Basic Warrior Stance

The basic warrior stance provides the foundation for all movements and techniques in a close combat situation using the feet, hands, elbows, and chin.

Feet Apart

Place the feet shoulder-width apart, take a half step forward with the left foot, and turn the hips and shoulders at approximately a 45-degree angle. Distribute your weight evenly by bending the knees slightly and adjusting your feet in order to maintain your balance.

Hands Up

Loosen your fists and bring your hands up to chin level or high enough to protect the head without obstructing your vision.

Elbows In

Tuck your elbows in close to your body protecting the torso.

Chin Down

Tuck your chin down taking advantage of the natural protection provided by the shoulders.

Angles of Movement

The purpose of movement is to take control of the confrontation and retain a tactical advantage. Movement is necessary because it—

- Makes the different target areas of the aggressor's body accessible.
- Enables the use of different weapons of your body.
- Increases power and maximize momentum.

When facing an aggressor, movement is made at approximately 45-degree angles to either side of the aggressor. Moving at a 45-degree angle is the best way to avoid an aggressor's strike and put yourself in the best position to attack an aggressor using all of your weapons of the body.

Since MCMAP techniques are initiated from the basic warrior stance shown in figure 2-2, you must know how to move in all directions while maintaining your stance. During any movement, the legs and feet should never cross. Once a movement is completed, you should return to the basic warrior stance. This will help to protect yourself and to put you in the proper position for launching an attack against an aggressor.

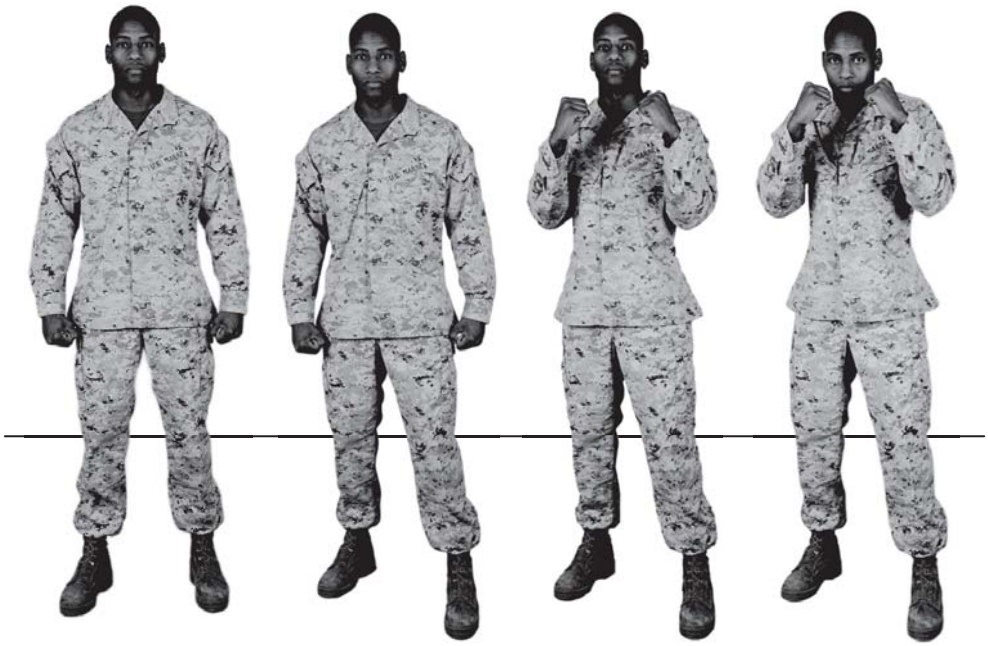


Figure 2-2. Basic Warrior Stance.

All movement is initiated by footwork as shown in figure 2-3. Move the first foot that is closest to the direction of movement. Take a 12- to 15-inch step with the first foot, moving your head and body simultaneously. The second foot will rapidly follow the first foot and return to the basic warrior stance. Always end your movement oriented on the aggressor.

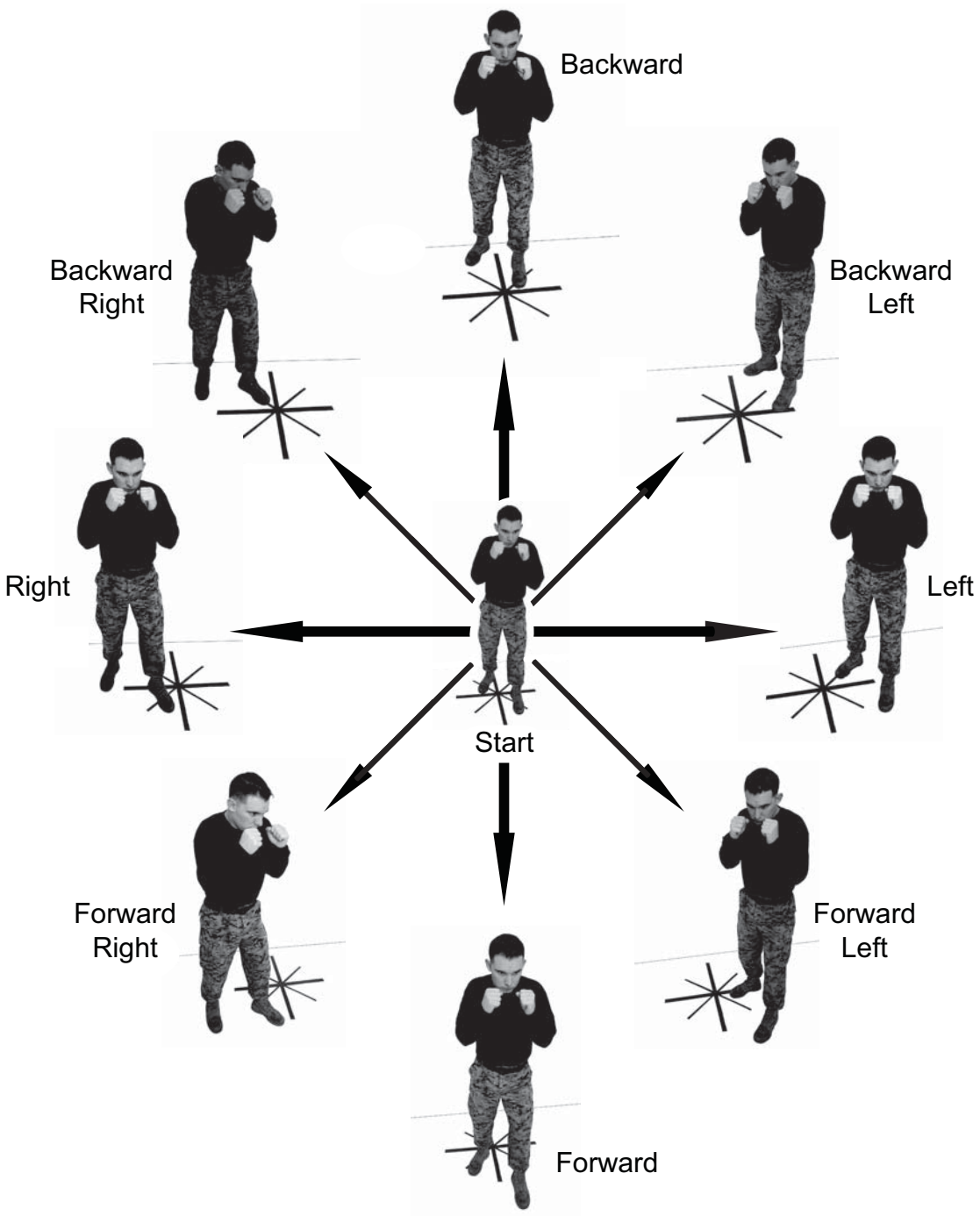


Figure 2-3. Angles of Movement Diagram.

Section II

Punches

Punches are used to stun the aggressor or to set him up for follow-on techniques. It is important to note that while we do not endorse punching in a combative engagement, it is understood that punching is a reflexive behavior. It is important to train in a way that maximizes the damage inflicted upon the aggressor and minimizes the damage to you.

Refer to appendix A for corresponding safeties 1, 2, 3, and 4.

Muscle Relaxation

During instruction on punches, muscle relaxation must be emphasized at all times. The natural tendency during an engagement is to tense up, which results in rapid fatigue and decreased power generation. The person who can remain relaxed during an engagement will generate greater speed, which results in greater power. Relaxing your forearm generates speed and improves reaction time. Clench your fist at the point of impact in order to cause damage to the aggressor and avoid injury to your wrist and hand.

Making a Fist

Punches are executed using the basic fist. When making the basic fist, curl the fingers naturally into the palm of the hand and place the thumb across the index and middle fingers (see fig. 2-4). Do not clench the fist until movement has begun. This increases muscular tension in the forearm and decreases speed and reaction time.

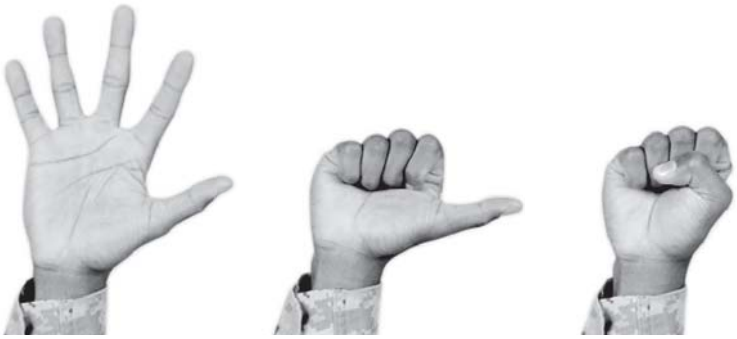


Figure 2-4. Making a Fist.

Just before impact, apply muscular tension to the hand and forearm to reduce injury to you and maximize damage to the aggressor. Contact with the fist should be made with the first two knuckles of the index and middle finger.

When striking with the basic fist, it is important that the first two knuckles are in line with the wrist to avoid injury to the wrist (see fig. 2-5).

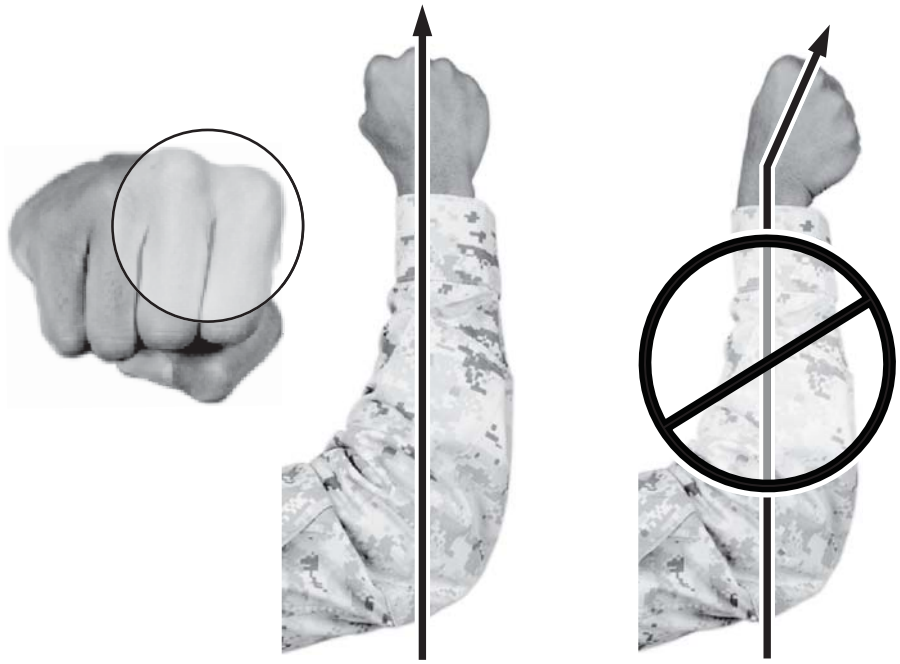


Figure 2-5. Striking Surface.

Weight Transfer

Weight transfer is used to generate power in a punch. This is accomplished by:

- Rotating the hips and shoulders into the attack.
- Moving your body mass forward or backwards in a straight line.
- Dropping your body weight into an aggressor. Your body's mass can be transferred into an attack from high to low or from low to high.

Rapid Retraction

When delivering a punch, rapid retraction of the fist will prevent the aggressor from being able to grab your hand or arm. Once your hand has made contact with the primary target area, quickly return to the basic warrior stance.

Rapid retraction enables you to protect yourself from your aggressor's counterattack by returning your hand and arm to the basic warrior stance. This technique permits the hand and arm to be chambered or placed in the most ideal position for a follow-on, which prepares you to deliver a subsequent punch.

Telegraphing

Telegraphing a strike informs your aggressor that your intentions are to launch an attack through your body movements. Often, an untrained fighter will telegraph his intention to attack by drawing his hand back in view of his aggressor, changing facial expression, tensing neck muscles, or twitching.

These movements, however small, immediately indicate an attack is about to be delivered. If your aggressor is a trained fighter, he may be able to evade or counter your attack. If your aggressor is an untrained fighter, he may be able to minimize the effect of your attack. Staying relaxed helps to reduce telegraphing.

Lead Hand Punch

The lead hand punch is a snapping straight punch executed by the forward or the lead hand. It is a fast, unexpected punch designed to stun an aggressor and to set up for follow-on techniques. A lead hand punch conceals movement and allows you to get close to the aggressor. If possible, lead hand punches should strike soft tissue areas.

Striking Surface

The striking surface is the first two knuckles of the fist.

Target Areas of the Body

Soft tissue areas such as the nose, the jaw, and the throat are the primary target areas.

Technique

~ Assume the basic warrior stance.

~ Snap your lead hand out to nearly a full extension, while rotating your palm to the deck. Do not over extend your elbow because this can cause an injury due to hyperextension of the joint.

~ Keep your rear hand in place to protect your head.

~ Retract your hand rapidly, returning to the basic warrior stance.

~ The fist will travel out and back in a straight line. A mistake that is commonly made is pulling back low and then resetting, which will leave you open to a counter punch.

See figure 2-6.

Figure 2-6. Lead Hand Punch.

Rear Hand Punch

The rear hand punch is a snapping punch that is executed by the rear hand. This is a power punch that is designed to inflict the maximum damage on your aggressor. The power comes from pushing off of your rear leg while rotating your hips and shoulders.

Striking Surface

The striking surface is the first two knuckles of the fist.

Target Areas of the Body

Soft tissue areas such as the nose, the jaw, and the throat are the primary target areas.

Technique

~ Assume the basic warrior stance.

~ Rotate your hips and shoulders forcefully toward the aggressor and thrust your rear hand straight out, palm down, to nearly full extension.

~ Shift your body weight to your lead foot while pushing off on the ball of your rear foot.

~ Your rear heel may raise or flare off of the deck.

~ Keep your lead hand in place to protect your head.

~ Make contact on the aggressor with the first two knuckles of your fist.

~ Rapidly return to the basic warrior stance.

~ The fist travels out and back in a straight line. A common mistake is to pull back low and then reset. This is incorrect and leaves you open to a counterattack.

See figure 2-7.

Figure 2-7. Rear Hand Punch.

Uppercut

The uppercut is a powerful punch originating below the aggressor's line of vision. It is executed in an upward motion traveling up the centerline of the aggressor's body. It is delivered in close and usually follows a preparatory strike that leaves the primary target area unprotected. When delivered to the chin or jaw, the uppercut can render an aggressor unconscious, cause extensive damage to the neck, or sever the tongue.

Striking Surface

The striking surface is the first two knuckles of the fist.

Target Areas of the Body

Soft tissue areas such as the nose, the jaw, and the throat are the primary target areas of the body.

Technique

~ Assume the basic warrior stance.

~ Rotate your fist so that your palm is facing you. Ensure that your lead hand stays up and in place to protect your head.

~ Power is generated from low to high. Start with your body weight low, legs slightly bent.

~ Explode upwards with your legs, hips, and shoulders, drive your fist straight up through the primary target area.

~ Rapidly retract your hand and return to the basic warrior stance.

~ Your fist should never drop below chest level or rise above the aggressor's head when executing this punch to the primary target area of the jaw. A common mistake is to drop the hand all the way to your waist during the execution of the punch, which is incorrect. This execution is used in an effort to get all the power from the arm that is executing the punch. Its power derives from the use of the lower body.

See figure 2-8.

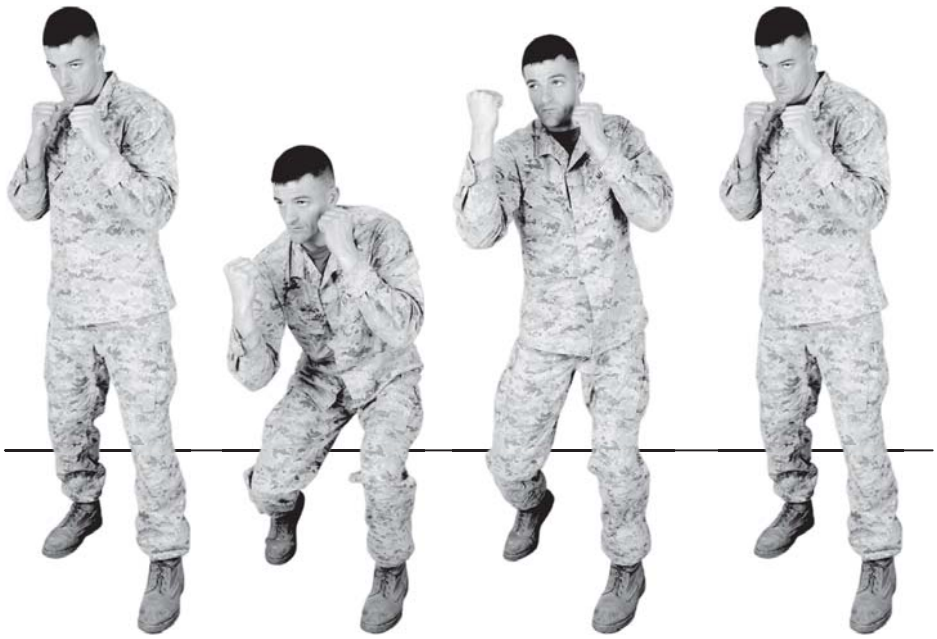


Figure 2-8. Uppercut.

Hook

The hook is a powerful punch that is executed close in and is usually preceded by a preparatory strike.

Striking Surface

The striking surface is the first two knuckles of the fist.

Target Areas of the Body

When delivered to the chin or jaw, the hook can render an aggressor unconscious or cause extensive damage to the neck. When delivered to the body it can cause pain, shortness of breath, and even break ribs.

Technique

~ Assume the basic warrior stance.

~ Rotate your rear fist, this will parallel your fist and forearm to the deck.

~ Power is generated from side to side by driving with your legs while rotating your hips and shoulders. Your body's rotation drives the fist through your primary target area making contact with the first two knuckles of the fist as your lead hand stays up and in place to protect your head.

~ Rapidly retract your hand and return to the basic warrior stance.

~ A common mistake is to extend the fist all the way out in an effort to get all of the power from the arm that is executing the punch, which is incorrect. The power derives from the use of the legs and rotation of the upper body.

See figure 2-9.

Figure 2-9. Hook.

Actions of the Aggressor

The aggressor should hold the striking pad tight to the body to avoid injury to his own hands or arms. The striking pad should be held in a position so that the person who is punching connects in the center of it.

Lead and Rear Hand Punches

The striking pad is held with one arm through the center straps and the other upholding the top strap protecting the head as shown in figure 2-10. While you execute the punches the aggressor stands directly in front of you holding the striking pad.

Figure 2-10. Lead and Rear Hand Punches.

Upper Cut

The striking pad is held with one arm through the center straps and the other upholding the top strap. The aggressor will extend his hand holding the top of the striking pad, creating a horizontal striking surface so that you can execute the uppercut (see fig. 2-11).

Hook

The striking pad is held the same as when executing the lead and rear hand punches. The difference is that the aggressor will turn 90-degrees to the side of the incoming hook (see fig. 2-11).

Figure 2-11. Upper Cut and Hook.

Section III

Break-Falls

The purpose of break-falls is to reduce the chance of injury. Break-falls are used to absorb the impact if you should fall or are thrown. This will allow you to quickly get back on your feet and minimize any injury sustained by the fall. This section will cover the front break-fall, back break-fall, left/right side break-fall, and the forward shoulder roll.

Refer to appendix A for corresponding safeties 1, 5, and 6.

Front Break-Fall

A front break-fall is executed to break your fall when falling forward and will never be executed from the standing position during training.

Technique

The front break-fall is taught and practiced in stages, from the deck and from a kneeling position. The front break-fall is never executed from the standing position.

From the Deck

~ Begin by lying on the deck on your stomach.

~ Place your forearms and palms flat on the deck, with your elbows bent and your chest and head raised off of the deck.

~ Raise your head and neck so that you are looking straight ahead.

~ Determine the proper hand placement that will allow your forearms and palms to support your upper torso and keep your head off of the deck.

~ Proper hand and forearm placement will disperse the impact of the fall and help to keep your head from hitting the deck.

~ Practice by raising the forearm and slapping the deck with the fingers extended and joined.

From a Kneeling Position

~ Assume a two-knee kneeling position and look up raising your chin.

~ Bend your elbows in close to your body and place your palms facing away from you in the position that will allow you to disperse the impact of the fall.

~ Fall forward, breaking your fall with your forearms and palms. The forearms and palms, should strike the deck simultaneously. Fingers will be extended and joined.

~ Keep your head up to avoid striking your chin on the deck.

See figure 2-12.

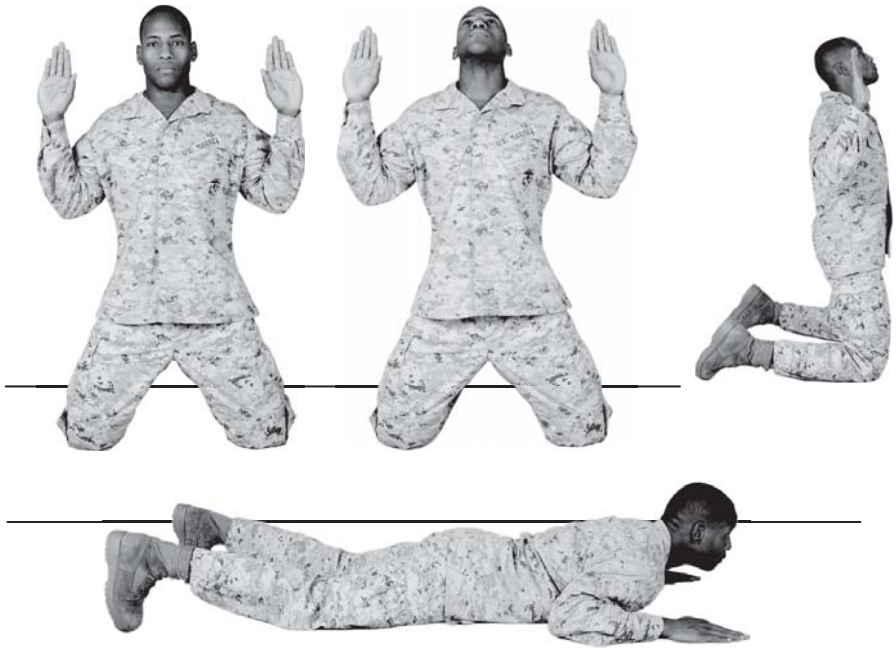


Figure 2-12. Front Break-Fall.

Back Break-Fall

A back break-fall is executed to break the fall when being thrown or falling backwards and will never be executed from the standing position during training. The back break-fall is taught and practiced in stages, from the deck and from a squatting position.

Technique

The back break-fall is taught in stages, from the deck and from a squatting position.

From the Deck

~ Begin by lying on the deck on your back as shown in figure 2-13.

~ Place your arms at approximately a 45-degree angle downward, out and away from your body, with your palms down.

~ Tuck in your chin.

~ Offer resistance with your arms to raise your head, neck, and shoulders off of the deck.

~ Determine proper arm placement that allows you to keep your head off of the deck.

~ Proper arm placement will disperse the impact of the fall.

~ Once proper arm placement is determined, cross your hands in an X in front of your chest.

~ Tuck in your chin to keep your head up off of the deck.

~ Bend your knees to raise them off of the deck.

~ Swing your arms out and slap the deck, making contact from your forearms to your palms. The forearms and the meaty portion of the palms, down to the fingertips, should strike the deck simultaneously. Your fingers and thumb will be extended and joined.

~ Offer resistance with your arms to raise your head, neck, and shoulders off of the deck.

~ Practice this step as many times as necessary to ensure proper arm placement to break the fall.

From a Squatting Position

~ Squat down on the balls of your feet, tuck your chin in and cross your arms in front of your torso, palms facing you, with fingers and thumb extended and joined.

~ Roll backwards, without pushing off or straightening your legs, keeping your chin tucked to protect your head from the impact.

~ Slap the deck with both extended arms and palms to help disperse the impact. Contact between the deck and your torso and arms should happen simultaneously and your arms should form a 45-degree angle to your body.

~ Keeping your head off of the deck will protect your neck and spinal column from injury.

~ Practice this step as many times as necessary to properly break the fall.

See figure 2-13.

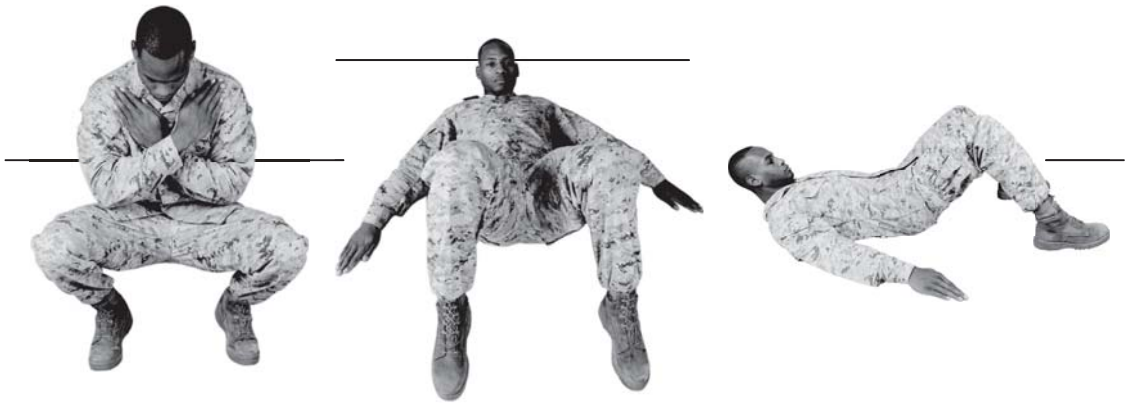


Figure 2-13. Back Break-Fall.

Side Break-Fall

A side break-fall is executed to break your fall, if you should fall on your side.

Technique

It is difficult to execute a break-fall in training because you have to be thrown in order to execute the break-fall properly, however this would create a potentially hazardous condition. The break-fall will be taught and practiced in stages, from the deck, from a squatting position, and from a standing position written for right side, reverse sides for the left.

From the Deck

~ Begin by lying on the deck on your right side. Your right leg should be straight and your left leg should be bent with your foot flat on the deck.

~ Place your right arm, palm facing down, at a 45-degree angle out and away from your body.

~ Raise your head and neck by tucking your chin and tilting your head up away from the deck.

~ Bring your right arm across your body so that your hand is next to your left shoulder with your palm facing inboard.

~ With your right arm, slap the deck making contact from your shoulder or forearm down to your hand. Tuck your chin and keep your head raised off of the deck.

~ Determine the proper arm placement that allows you to keep your head off of the deck. Proper arm placement will disperse the impact of the fall.

~ Practice this step as many times as necessary to determine proper arm placement.

From a Squatting Position

~ Assume a one-knee position.

~ Bring your right arm across your body so that your hand is next to your left shoulder with your palm facing inboard.

~ Fall on your side by sliding your right foot to the left and rolling on your right hip.

~ Break your fall with your right arm, slapping the deck, making contact from your shoulder or forearm down to your hand. The arm should strike the deck at a 45-degree angle with respect to your body while simultaneously tucking your chin and keeping your head raised off of the deck.

~ To disperse the impact, stretch out your right leg making contact with the deck. Bend your left leg and ensure that your foot makes contact with the deck.

~ Practice this step as many times as necessary to ensure proper arm placement to break the fall.

From a Standing Position Written for Right Side, Reverse Sides for the Left

~ From the basic warrior stance bring your right arm across your body so that your hand is next to your left shoulder with your palm facing you. Tuck your chin to the left to avoid striking the deck with your head.

~ Fall on your right side by sliding your right foot to the left and collapse to the right onto your right thigh, buttocks, and lat muscle.

~ Break your fall with your right arm by slapping the deck, making contact from your shoulder or forearm down to your hand. The arm should strike the deck at a 45-degree angle with respect to your body. Keep your head raised off of the deck.

~ Everything should make contact with the deck at the same time to disperse the impact. Your right leg is stretched straight to make contact with the deck. Your left leg is bent with the sole of your left foot flat on the deck.

See figure 2-14.

Figure 2-14. Side Break-Fall.

Forward Shoulder Roll

The purpose of the forward shoulder roll is to break a fall from an aggressor's attack and use the momentum to get back on your feet quickly.

Technique

The forward shoulder roll will be practiced in stages, from the kneeling position, and from the standing position.

From the Kneeling Position

~ Place your right knee on the deck and your left leg bent with the foot flat on the deck.

~ Extend your left arm down through your legs, tucking your chin into your chest. Lower your head and shoulders to the deck.

~ Push off with your feet to roll over your left shoulder to your right hip executing the proper finishing position for a right side break-fall.

~ With your right leg straight, slap the deck to absorb as much of the impact as possible. Your left leg is bent and the foot hits flat on the deck.

From the Standing Position

~ Place your feet shoulder-width apart with your left foot forward.

~ Extend your left arm down through your legs, tucking your chin into your chest. Lower your head and shoulders to the deck, but look skyward.

~ Push off with your feet to roll from your left shoulder to your right hip and buttock, allowing your forward momentum to bring you back to your feet (**DO NOT DIVE**).

~ Rapidly return to the basic warrior stance.

See figure 2-15 on page 2-20.

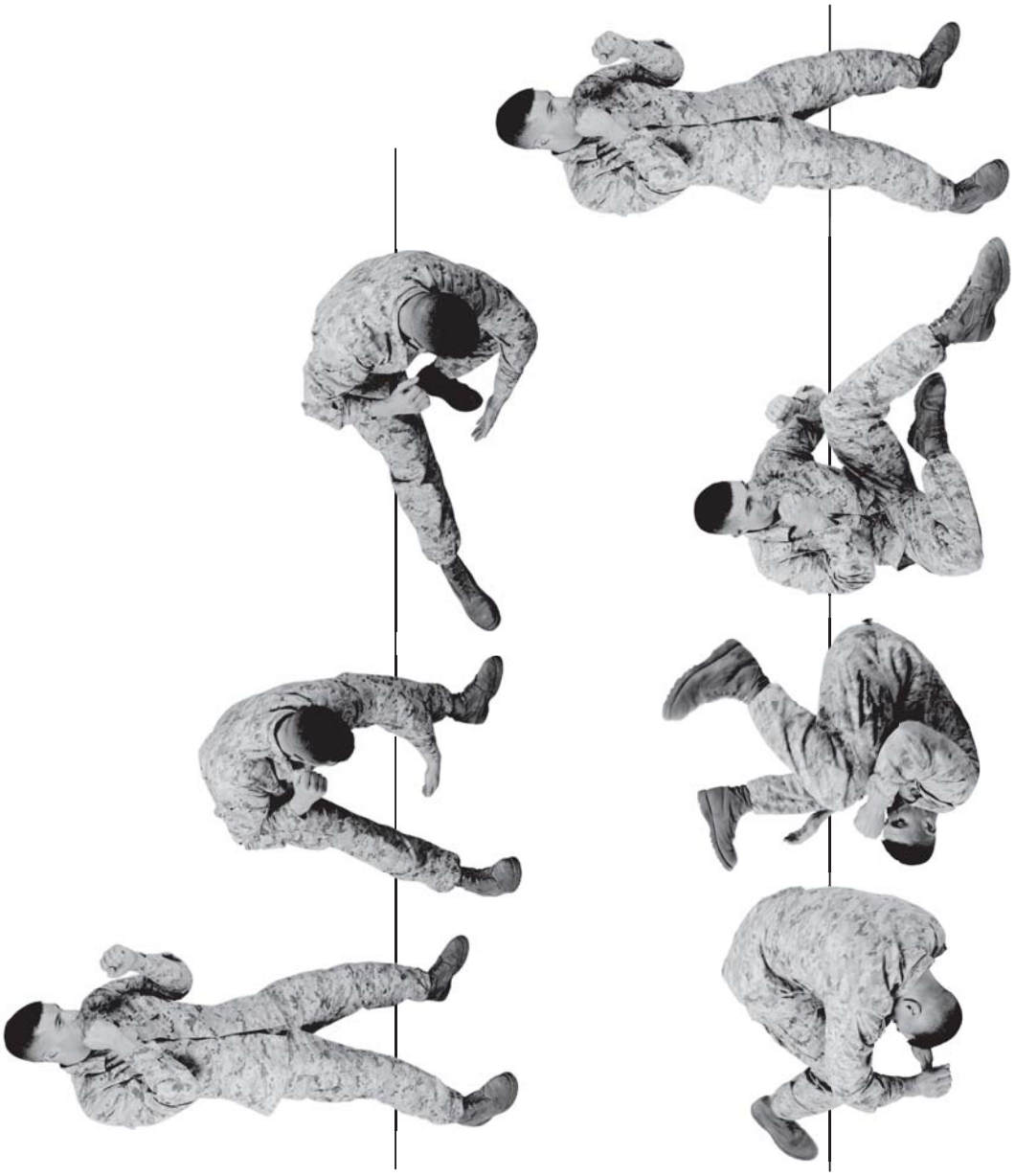


Figure 2-15. Forward Shoulder Roll.

Section IV

Bayonet Techniques

When executing bayonet techniques, the rifle is held in a modified basic warrior stance. All movement begins and ends with the basic warrior stance.

Grab the pistol grip with your right hand. Keep your trigger finger off of the trigger and include it in the grip. See figure 2-16. While it is possible to execute these bayonet techniques while gripping the buttstock of the weapon, use of the pistol grip allows greater generation of force. These are lethal, offensive techniques that can be used in conjunction with assault fire movement. The small of the buttstock grip is used in nonlethal situations.

With the left hand, grab the handguards of the rifle underhanded. Lock the buttstock of the rifle against the hip with the right forearm. Keep movements of the bayonet blade within a box, shoulder-width across from your neck down to your waistline. The aggressor has a greater chance of blocking your attack if you bring the blade in a wide sweeping movement. Your attacks should close with the aggressor. Bayonet techniques disable or kill an aggressor.

Refer to appendix A for corresponding safeties 1, 2, 4, 7, 8, and 9.

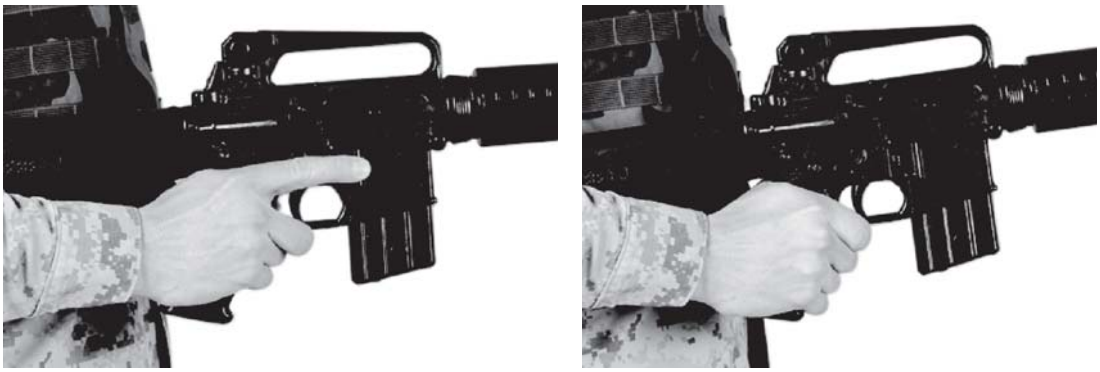


Figure 2-16. Bayonet Techniques.

Straight Thrust

The straight thrust is the most deadly offensive technique because it will cause the most trauma to an aggressor and is the primary offensive bayonet technique. The straight thrust is used to disable or kill an aggressor.

Target Areas of the Body

The primary target areas of the body are the aggressor’s throat, groin, or face. The aggressor’s chest and stomach are also excellent target areas if he is not protected by body armor or combat equipment.

Technique

- From the modified basic warrior stance step forward with your lead leg, driving off of the ball of your rear foot.
- At the same time, thrust the blade end of the weapon directly toward the aggressor by thrusting both hands forward.
- Retract the weapon and return to the basic warrior stance by stepping forward with the rear foot.

See figure 2-17.

Figure 2-17. Straight Thrust.

Horizontal Buttstroke

The buttstroke is used to weaken an aggressor's defenses, to cause serious injury, or to set him up for a killing blow. It is best executed after a thrust but should always be followed by a slash and a thrust.

Target Areas of the Body

For lethal applications, the head, neck, and unprotected torso are the primary target areas. In a nonlethal situation, the arms, shoulders, and meaty portion of the legs are the primary target areas.

Striking Surface

The strike is executed with the toe of the buttstock of the rifle.

Technique

~ From the modified basic warrior stance, step forward with your right foot and drive your right elbow forward, parallel to the deck while moving your left hand back toward your left shoulder.

~ Rotate the hips and shoulders into the strike to generate power.

~ Return to the modified basic warrior stance by stepping forward with your left foot and bringing your weapon back executing a slash.

See figure 2-18.

Figure 2-18. Horizontal Buttstroke.

Vertical Buttstroke

The buttstroke is used to weaken the aggressor's defenses, to cause serious injury, or to create space to set him up for a killing blow. It is best executed after a thrust but should always be followed by a slash, thrust, or smash.

Target Areas of the Body

For lethal applications, the head, neck, and unprotected torso are the primary target areas. In nonlethal situations, the arms, shoulders, and meaty portion of the legs are the primary target areas.

Striking Surface

The strike is executed with the toe of the buttstock of the rifle.

Technique

~ From the modified basic warrior stance, step forward with your right foot and drive your right elbow forward, straight up while moving your left hand back toward your left ear.

~ Rotate your hips and shoulders, rising slightly, driving with your legs to generate power.

~ Return to the modified basic warrior stance by stepping forward with your left foot and bringing your weapon down, executing a slash, or also followed by a smash.

See figure 2-19.

Figure 2-19. Vertical Buttstroke.

Smash

The smash is used as a follow-on technique to the vertical or horizontal buttstroke, primarily when the target was missed on a buttstroke or to gain proper striking distance for close-in engagements.

Target Areas of the Body

The primary target areas of the body are the head, neck, torso, and the arms.

Striking Surface

The strike is executed with the buttstock of the rifle.

Technique

~ Start from step one of the vertical buttstroke. Your right foot should be forward with the blade end of the weapon over your left shoulder, weapon roughly parallel to the deck.

~ Step forward with your right foot, driving off of your left foot to generate power. Strike the aggressor with the buttstock of the weapon by thrusting the weapon toward your aggressor.

~ As you retract the weapon back to the starting position, take a small step forward with the left leg. **DO NOT JUMP OR HOP**.

~ Return to the modified basic warrior stance shown in figure 2-20 by stepping forward with your left foot and executing a slash.

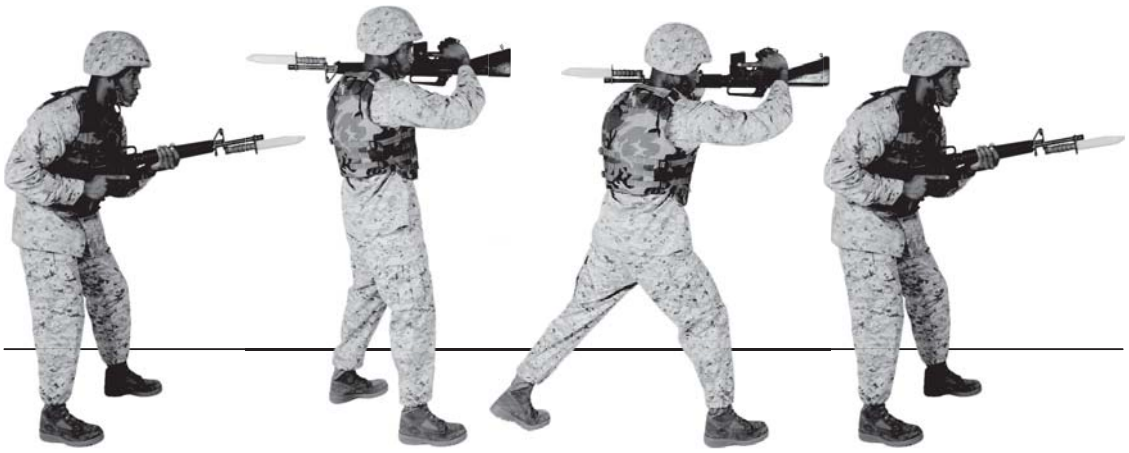


Figure 2-20. Smash.

Slash

The slash is used to cut through the aggressor's defenses or to kill him. It is best to follow up the slash with a thrust to maximize the damage and trauma to the aggressor.

Target Areas of the Body

The primary target areas are the aggressor's head, neck, torso, and the arms.

Striking Surface

The slash is executed with the primary cutting edge of the blade.

Technique

~ From the modified basic warrior stance, retract the left hand slightly toward the left shoulder.

~ Bring the left hand down and to the right (diagonally) cutting through the target with the blade. To generate more power take a small step with your left foot when you slash, rapidly bringing your right foot back up and return to the modified basic warrior stance.

See figure 2-21 on page 2-26.

Figure 2-21. Slash.

Disrupt

A disrupt is used as a defensive technique to redirect or deflect an attack in preparation for executing a thrust or other appropriate offensive bayonet techniques. A disrupt is a slight redirection of an aggressor's linear attack such as a straight thrust or a smash.

Technique

~ With the weapon locked against the hip with the right forearm, rotate the body to the right or left, moving the bayonet end of the rifle to disrupt the aggressor's attack. Rotation should generate from the hips.

~ Contact is made with the bayonet end of the rifle against the barrel or bayonet of the aggressor's weapon.

~ Redirect or guide the aggressor's weapon away from your body by exerting pressure against the aggressor's weapon with your weapon. A disrupt should be executed with an economy of motion. You only have to redirect the aggressor's weapon a couple of inches so that the weapon will miss your body.

See figure 2-22.

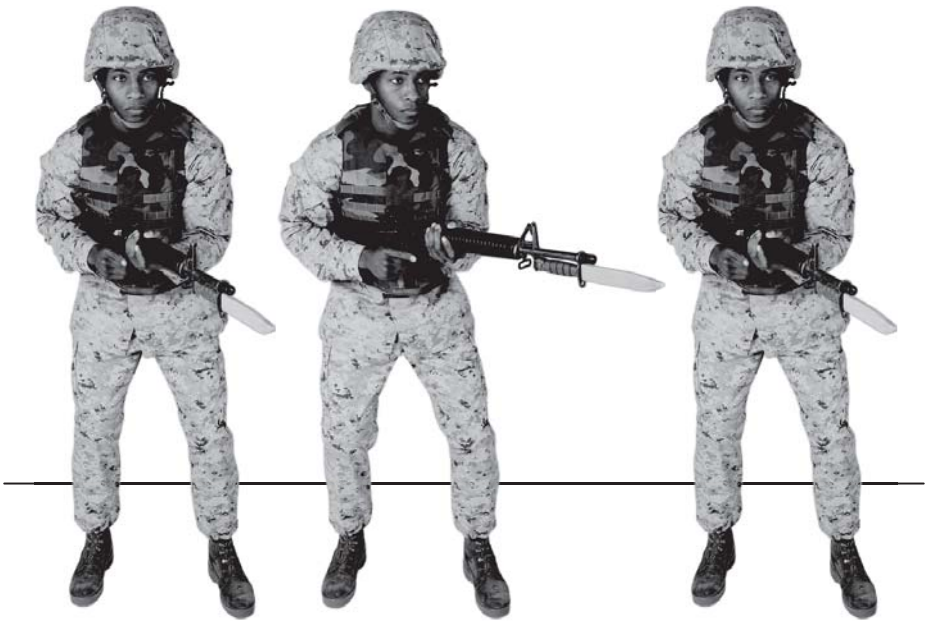


Figure 2-22. A Disrupt.

Section V

Upper Body Strikes

The purpose of upper body strikes is to stun the aggressor or to set him up for a follow up finishing technique. Strikes are unarmed individual striking techniques that are performed with the arms and legs as personal weapons. The hands, forearms, and elbows are individual weapons of the arms and can be used to execute strikes including the hammer fist, knife hand, chin jab, eye gouge, and elbow strikes. These strikes provide a variety of techniques that can be used in any type of close combat encounter.

Refer to appendix A for corresponding safeties 1, 2, 3, and 4.

Principles

Regardless of the strike, there are several principles of execution that ensure its effectiveness.

Generating Power

In executing an effective strike, it is important to generate maximum power through weight transfer:

- Rotate the hips and shoulders into the attack.
- Move your body mass straight forward or backwards in a straight line.
- Drop your body weight into an aggressor. Body mass can be transferred into an attack from high to low or from low to high.

Muscular Tension

There should be muscular tension in the hand and forearm at the moment of impact to maximize damage to the aggressor and to avoid injury to your hand. The arms are relaxed until the moment of impact.

Follow Through

A strike should be delivered so that the weapon such as the hand, or the elbow, hits and remains on the impact target and follows through the target. This technique will inflict maximum damage to the aggressor:

- Strikes with the arms are executed with heavy hands, which means that the strike is executed by driving through with the strike to allow the weight of the hand to go through the primary target area of the body.
- Contact on an aggressor should be made with the arm slightly bent, the arm extends as it moves through the target.
- Using this technique, strikes do not have to be executed at full force to be effective.

Movement

Your movement will put you in the proper position for launching an attack against your aggressor as well as to help protect yourself. Movement is initiated from the basic warrior stance and ends with returning to the basic warrior stance. Each strike can be performed with either the left or right arm depending upon—

- Your angle of attack.
- The position of the aggressor.
- The available vulnerable target areas exposed on the aggressor.

Target Areas of the Body

For each strike, there are target areas on the body: abdominals, ribs, kidneys, chest, and head. A strike to these areas can cause maximum damage to an aggressor. Strikes use gross motor skills as opposed to fine motor skills. The target areas of the body are just that, areas. Pinpoint accuracy on a specific nerve is not needed for the strike to be effective.

Hammer Fist

Striking with the hammer fist concentrates power in a small part of the hand which, when transferred to the target, can have a devastating effect.

Striking Surface

The striking surface of the hammer fist is the meaty portion of the hand below the little finger.

Target Areas of the Body

The primary target areas of the body are the arm and leg joints, the neck, the head, the ribs, and the kidneys.

Angles of Attack

The hammer fist can be thrown horizontally or vertically:

- When thrown horizontally, the hammer fist strike gets its power from hip and shoulder rotation.
- When thrown vertically, the hammer fist strike comes straight down in a straight line and gets its power from dropping your weight into the aggressor by bending the knees and transferring your weight from high to low.

Technique

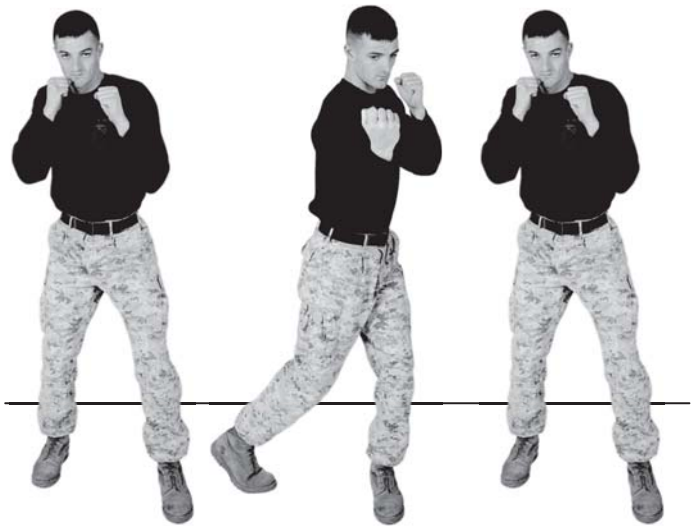
~ From the basic warrior stance, make a fist. Retract your right hand so that your fist is next to your face and neck. Your arm is bent at approximately a 45- to 90-degree angle. Simultaneously, rotate your right hip and right shoulder backwards.

~ Thrust your fist forward onto the aggressor while rotating your right hip and shoulder forward. Rotate your wrist so that the hammer fist makes contact on the aggressor. Contact should be made with the meaty portion of your hand below the little finger.

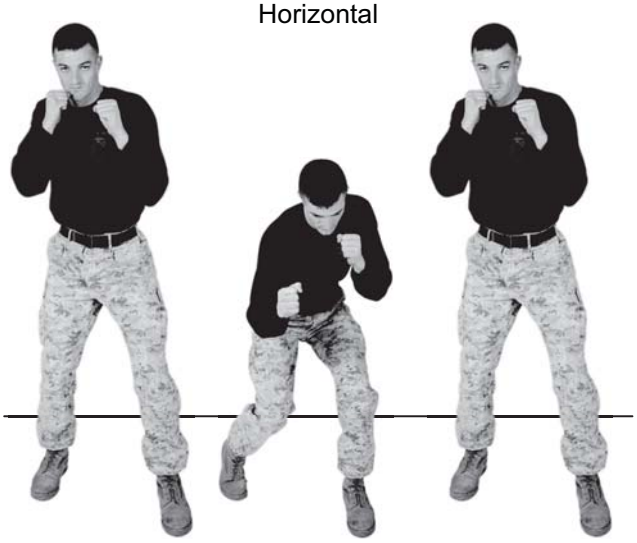
~ Follow through the primary target area with your fist.

~ Return to the basic warrior stance.

See figure 2-23.



Horizontal



Vertical

Figure 2-23. Hammer Fist.

Eye Gouge

The eye gouge is used to attack the aggressor's eyes, blinding him so follow-up strikes can be executed.

Striking Surface

The striking surface is the tips of the fingers and thumb. The strike can be executed by either lead or rear hand.

Target Area of the Body

The primary target area is the eye.

Technique

~ From the basic warrior stance extend your left hand with your fingers slightly spread apart to allow entry into the eye sockets.

~ With the palm of your hand either toward the deck or toward the sky, thrust your left hand forward into the aggressor's eyes.

~ Thrust your hand forward at the aggressor's nose level so that your fingers can slide naturally into the grooves of his eye sockets.

~ When striking toward the nose, there is a better chance the fingers will slide up and into the eye sockets.

See figure 2-24.

Figure 2-24. Eye Gouge.

Vertical Elbow Strike (Low to High)

Elbow strikes in general are close range weapons that inflict a great amount of damage due to leverage and the transfer of your body weight.

Striking Surface

The striking surface is two inches above or below the point of the elbow, depending upon your angle of attack, the aggressor's attack angle, and the position of the aggressor.

Target Area of the Body

The chin is the primary target of the vertical elbow strike (low to high).

Angles of Attack

Elbow strikes can be performed from a variety of angles: vertically (low to high or high to low) and horizontally (forward or to the rear).

Technique

~ From the basic warrior stance, bend your right elbow, keeping your fist close to your body.

~ Your fist is at shoulder level and your elbow is next to your torso.

~ Thrust your elbow vertically upward toward the aggressor, keeping your elbow bent throughout the movement.

~ Rotate your right shoulder and hip forward and drive up with your legs to generate power.

~ Make contact on the aggressor with your right forearm two inches above the point of the elbow.

~ Return to the basic warrior stance.

See figure 2-25.

Figure 2-25. Vertical Elbow Strike (Low to High).

Forward Horizontal Elbow Strike

Elbow strikes in general are close range weapons that inflict a great amount of damage due to leverage and the transfer of your body weight.

Target Areas of the Body

The primary target areas are the temple, the spine, the jaw, and the face. By changing the angle of attack slightly you can target the collarbone and other areas depending on your body positioning.

Striking Surface

The striking surface is two inches above or below the point of the elbow, depending upon your angle of attack, the aggressor's attack angle, and the position of the aggressor.

Technique

~ From the basic warrior stance bring your elbow up and tuck your right fist near your chest with the palm facing the deck.

~ Thrust your right elbow horizontally forward toward the aggressor, keeping your forearm parallel to the deck.

~ Keep your fist tucked near your chest with the palm heel facing the deck and your elbow bent throughout the movement.

~ Rotate your right shoulder and hip forward.

~ Return to the basic warrior stance.

See figure 2-26.

Figure 2-26. Forward Horizontal Elbow Strike.

Actions of the Aggressor

The striking pad should always be held in a position so that the person who is performing the technique connects in the center of the striking pad.

Vertical Hammer Fist

The striking pad is held out in front with both arms out like you are carrying a lunch tray as shown in figure 2-27. Transfer of the hips/torso into all techniques will generate power.

Horizontal Hammer Fist

The striking pad is held close to the body and the aggressor turns 45- to 90-degree angle to accommodate the angle of the strike.

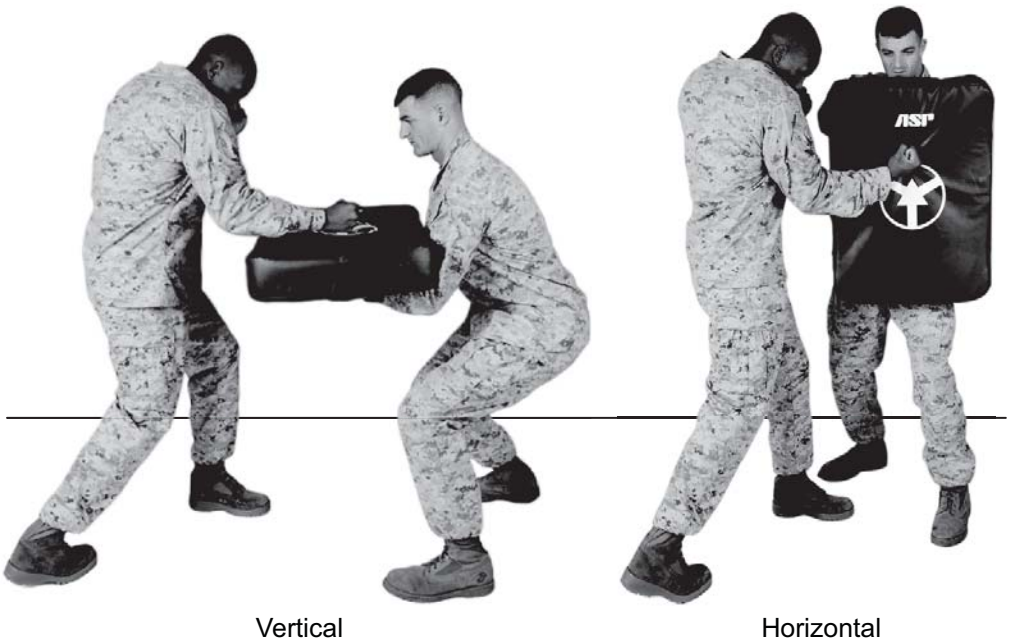


Figure 2-27. Vertical and Horizontal Hammer Fist.

Eye Gouge

The striking pad is held with both hands holding the straps. The aggressor extends his top hand allowing you to execute the technique on the top corner of the striking pad. You should never execute this straight into the striking pad. Take advantage of the slope of the striking pad to minimize the chance of jamming a finger while practicing this technique. See figure 2-28.

Figure 2-28. Eye Gouge.

Vertical Elbow Strike (Low to High)

The striking pad is held out like the eye gouge to create a horizontal striking surface replicating the aggressor's chin.

Horizontal Elbow Strike

The striking pad is held with one arm through the center straps as shown in figure 2-29, and the other arm upholds the top strap to protect the head. The aggressor holding the striking pad stands directly in front of you, while you execute the elbow strikes. The aggressor can change his angle to you up to 90-degrees in order to give you different angles of attack.

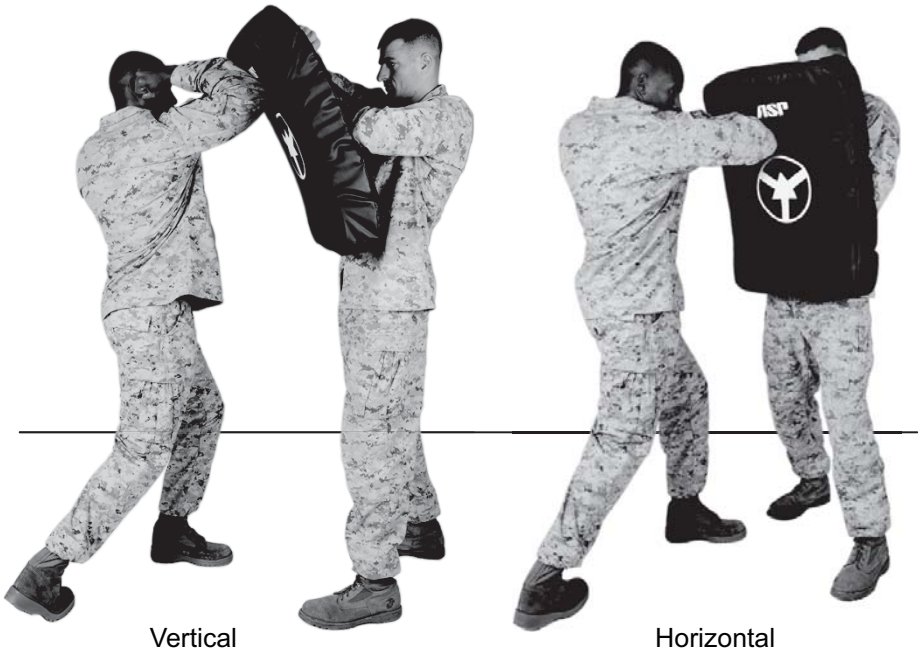


Figure 2-29. Vertical and Horizontal Elbow Strike.

Section VI

Lower Body Strikes

The purpose of lower body strikes is to stop an aggressor's attack or create an opening in his defense in order to launch an attack. The vertical knee strike, front kick, round kick, and vertical stomp are all lower body strikes that can be performed with either the lead or rear leg. Lower body strikes with the rear leg have greater power because the hips are rotated into the attack. However, the rear leg is further away from the aggressor allowing him a greater reaction time.

Refer to appendix A for corresponding safeties 1, 2, 3, and 4.

Vertical Knee Strike

Knee strikes are excellent weapons for close range combat and are used to create and maximize damage to your aggressor.

Striking Surface

The striking surface is from the top of the knee to two inches above it (not the knee cap).

Target Areas of the Body

If the aggressor is upright, the groin is often the primary target area. If the aggressor is bent over, ideal target areas are the aggressor's face and sternum.

Technique

~ From the basic warrior stance, grab the aggressor's neck or gear with both hands, without interlacing your fingers. If you interlace your fingers, your aggressor can pull back or reach behind your head and break the fingers.

~ Pull the aggressor down and at the same time raise your right knee driving it up forcefully into the aggressor. Pulling the aggressor down and thrusting the leg upward with your hips generates power.

~ Rapidly return to the basic warrior stance.

See figure 2-30.

Front Kick

The front kick is used to stop the aggressor's forward momentum or to set him up for follow-on techniques when the aggressor is in front of you.

Striking Surface

The striking surfaces are the toe of the boot or the bootlaces, depending on the target area.

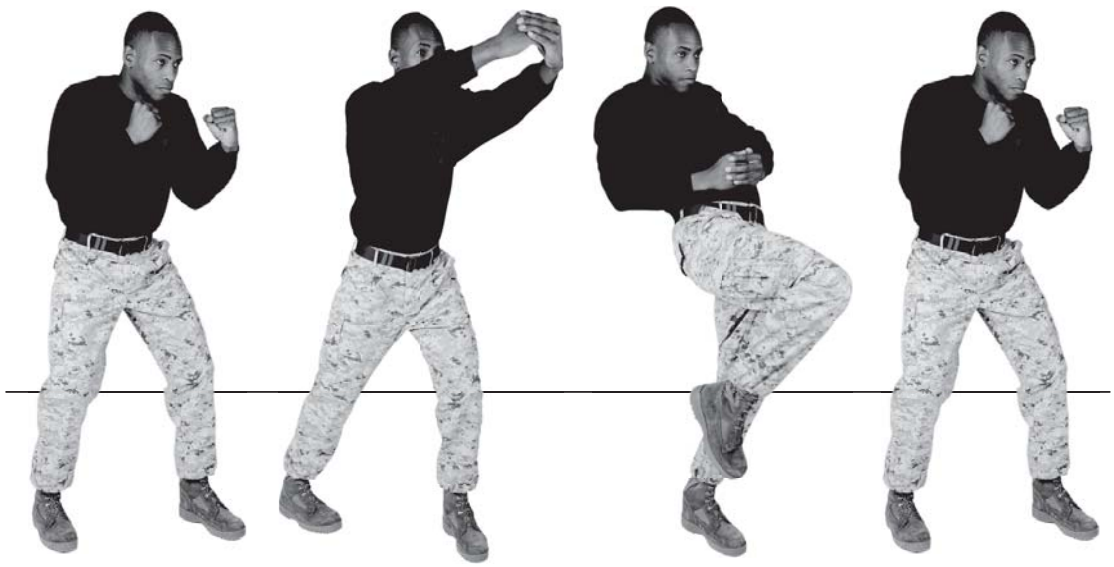


Figure 2-30. Vertical Knee Strike.

Target Areas of the Body

The primary target areas are the aggressor's groin, knee, shin, and inside thigh.

Technique

~ From the basic warrior stance, raise your right knee waist high and pivot your hips into the attack, thrusting your right foot forward toward the aggressor. You may have to shift your body weight to your left leg to maintain balance.

~ Never extend your foot above waist high because it is difficult to maintain power and it is easier for the aggressor to counter by blocking or catching your leg. Keep in mind it is difficult to change the direction of a kick after it is initiated because you have limited movement on one leg.

~ Make contact on the aggressor with the toe of your right boot or bootlaces.

~ Follow through the primary target area with your foot and leg.

~ Rapidly return to the basic warrior stance.

See figure 2-31 on page 2-38.

Round Kick

The purpose of the round kick is to cause maximum damage to the knee or to set the aggressor up for follow-on techniques.

Striking Surface

The striking surface is the bottom half of your shin (slightly above the ankle).

Figure 2-31. Front Kick.

Target Areas of the Body

The primary target areas are the aggressor's peroneal nerve (outer portion of the leg), femoral nerve (entire inside of the leg), knee, calf, and Achilles tendon.

Technique

~ Raise your rear leg slightly off of the deck, ensuring that the foot of the lead leg is pointed 45-degrees to the outside of the aggressor. With your knee slightly bent, pivot your hips and shoulders into the attack. Thrust your rear leg forward in an arcing motion toward your aggressor.

~ You will have to shift your body weight to your left leg to maintain your balance. Ensure that the foot of the lead leg is pointing 45-degrees to the outside of the aggressor.

~ With your lead leg slightly bent, extend your rear leg toward your aggressor in an arcing motion. Thrust your rear hip and shoulder forward to generate additional power.

~ Make contact on the aggressor with the shin of the rear leg or the top of the foot and follow through the primary target area.

~ Rapidly return to the basic warrior stance.

See figure 2-32.

Vertical Stomp

A vertical stomp allows you to remain upright and balanced, in order to rapidly deliver multiple blows with either foot and to quickly and accurately attack your downed aggressor.

Striking Surface

The striking surface is the flat bottom of your boot or the cutting edge of your heel.

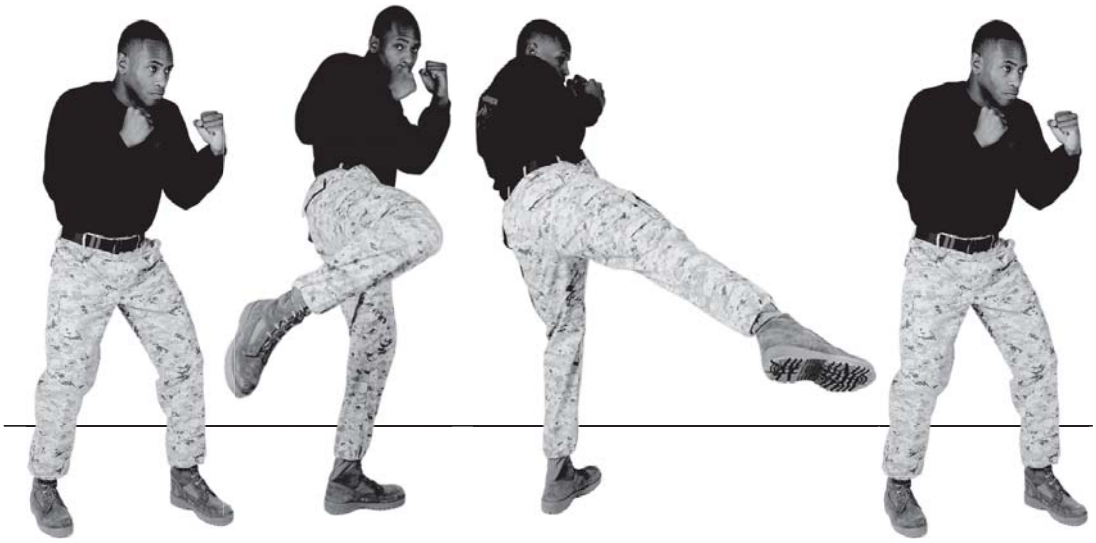


Figure 2-32. Round Kick.

Target Areas of the Body

The primary target areas are the aggressor's head or other exposed extremities.

Technique

~ From the basic warrior stance, raise the knee of your right foot above waist level. Your right leg should be bent at approximately a 90-degree angle. Shift your body weight to your left leg to maintain your balance.

~ Forcefully drive the flat bottom of your right boot or the cutting edge of your right heel down onto the aggressor. At the same time, bend your left knee slightly to drop your body weight into the strike.

~ Rapidly return to the basic warrior stance.

See figure 2-33.

Figure 2-33. Vertical Stomp.

Actions of the Aggressor

The striking pad should always be held in a position so that the Marine who is performing the technique connects in the center of the striking pad.

Vertical Knee Strike

The striking pad is held with one arm through the center straps and the other holding the top strap to protect the head. Hold the striking pad tight to your body to avoid injury to your extremities. Keep your top hand up to your head to protect yourself with the striking pad. See figure 2-34.

Figure 2-34. Vertical Knee Strike.

Front and Round Kicks

Use your hand to hold the top strap on the striking pad. Hold it along the back of your leg so all impact goes in the direction of your bent knee. The strikes should never go against the knee during practice, even with a striking pad. The angle of attack changes between the front and round kicks. The angle of attack for the front kick is vertically forward. The angle of attack for the round kick is horizontally forward.

Section VII

Introduction to Chokes

The purpose of chokes is to render your aggressor unconscious or gain control of a close combat situation through less than lethal force. A choke is performed by either closing off of the airway to the lungs, thereby preventing oxygen from reaching the heart, or by cutting off of the blood flow to the brain. Both types of chokes can result in unconsciousness and eventual death for an aggressor. Chokes are classified in two categories: blood chokes and air chokes.

A blood choke is performed on the carotid artery located on both sides of the neck, which carries oxygen-enriched blood from the heart to the brain. When executed properly, a blood choke takes between 8 to 13 seconds for the aggressor to lose consciousness. The blood choke is the preferred choke because its intended effect can be executed quickly, ending the fight.

An air choke is performed on the windpipe or trachea, cutting off the air to the lungs and heart. When executed properly, an air choke takes between two and three minutes for the aggressor to lose consciousness. The air choke is not recommended because of the length of time it takes to stop the fight.

Refer to appendix A for corresponding safeties 1, 2, 6, 10, 11, and 12.

Rear Choke

The rear choke is a blood choke performed when you are behind the aggressor, the aggressor is on the deck, or when you are taking the aggressor to the deck. When teaching the rear choke, do not begin by having students execute the entire technique. Instead, walk the students through the technique, step by step, beginning from a kneeling position and working up to a standing position.

Technique

From a Kneeling Position

~ Begin with the aggressor kneeling on the deck and you standing behind him.

~ With your right arm, reach over the aggressor's right shoulder and hook the bend of your arm around his neck. Ensure the aggressor's windpipe is positioned within the bend of your arm, but pressure is not being exerted on his windpipe.

~ Your chest should be against your aggressor's back.

~ With your left hand, clasp both hands together, palm-on-palm, with your right palm facing the deck.

~ Exert pressure with your biceps and forearm on both sides of the aggressor's neck on his carotid arteries. Pressure should be exerted with the forearm along the radius bone and the knuckles of the right hand should be facing straight up.

~ Ensure that the aggressor's windpipe is positioned within the bend of your arm, but pressure is not being exerted on his windpipe.

~ While maintaining pressure with your biceps and forearm on both sides of the neck, draw the aggressor closer to you by drawing your right arm in.

~ To increase the effectiveness of the choke, apply forward pressure to the back of the aggressor's head with your head by bending your neck forward.

See figure 2-35.

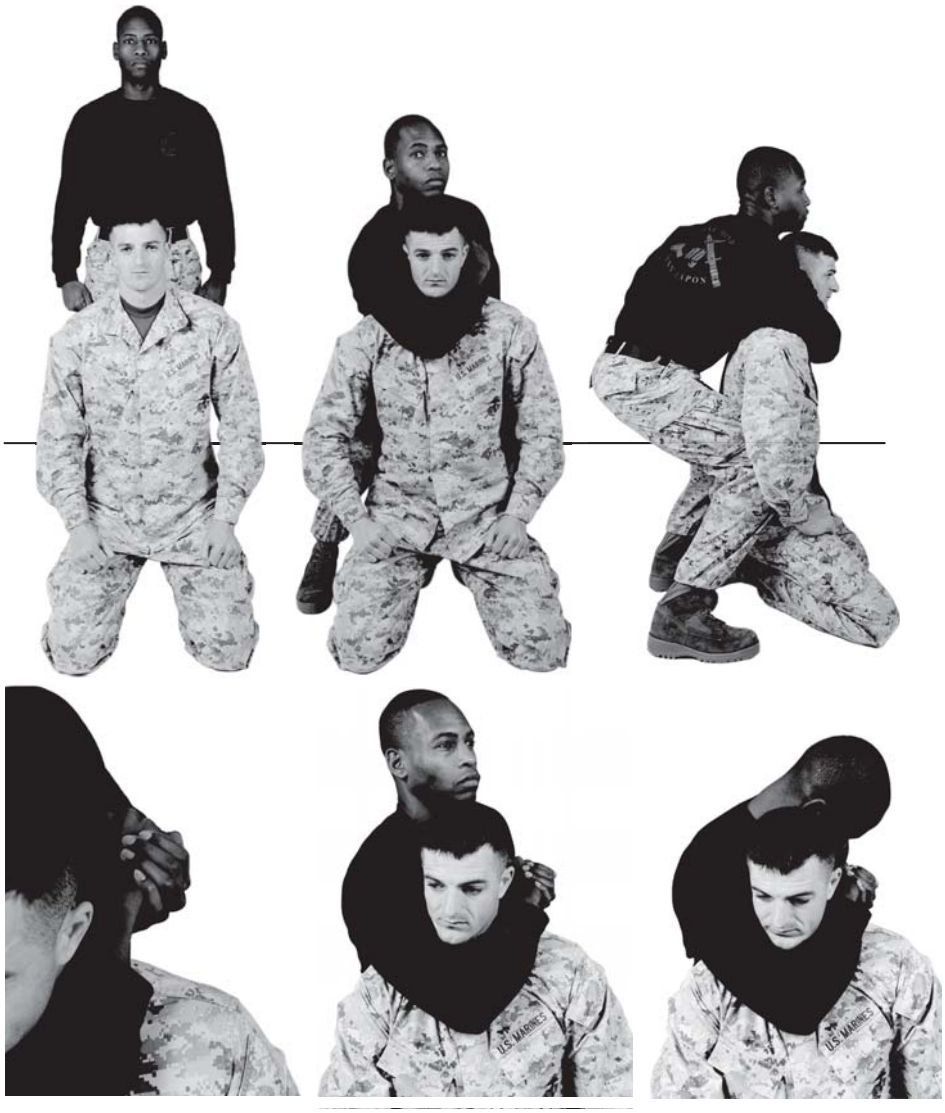


Figure 2-35. Rear Choke from a Kneeling Position.

From the Standing Position

If the aggressor is shorter than you, the procedures are the same as from a kneeling position. If the aggressor is taller than you or the aggressor is wearing bulky gear or a pack on his back, you must get the aggressor in a position where you can reach around his neck and gain leverage to execute the choke.

~ Begin by standing behind the aggressor.

~ Break the aggressor down by reaching over the aggressor's right shoulder with your right arm as you hook his chin, face, or neck with your hand, wrist, or forearm.

~ Step or push on the area behind the aggressor's knee with your foot. This will set the aggressor off balance and cause him to bend at the knees and fall forward.

~ As the aggressor is brought down, pull back on the aggressor's chin and slide your right forearm around his neck, hooking the bend of your arm around his neck.

~ You are now in position to execute the choke. The steps are the same as from the kneeling position.

See figure 2-36.

Figure 2-36. Rear Choke from a Standing Position.

Figure Four Variation

The figure four is a variation of the rear choke, which allows you to gain more leverage on the rear choke. If you cannot secure the rear choke, you may apply the figure four variation to increase the pressure of the choke on the aggressor.

Technique

~ Apply a rear choke. Your body should be against the aggressor's body.

~ Bring your left arm over your aggressor's left shoulder and grasp your left biceps with your right hand and place your left hand against the back of the aggressor's head.

~ With your left hand on the back of your aggressor's head and your elbows in, push the aggressor's head forward and down.

~ Draw your right arm in, maintaining pressure with your biceps and forearm on both sides of the aggressor's neck.

See figure 2-37 on page 2-44.

Figure 2-37. Figure-Four Variation.

Section VIII

Throws

The purpose of a throw is to bring an aggressor to the deck to gain the tactical advantage in a fight. Throws apply the principles of balance, leverage, timing, and body position to upset an aggressor's balance and to gain control by forcing the aggressor to the deck. When executing a throw, it is important to maintain control of your own balance while preventing the aggressor from countering a throw or escaping after he is forced to the deck.

Throw

The throw consists of three parts: entry, off balancing, and execution. The leg sweep is the most basic type of throw in MCMAP that is introduced at the Tan Belt level.

Entry

The first part of a throw is the entry. You want your entry to be quick and untelegraphed to prevent your aggressor from anticipating your movement and countering your attack. You also want to make sure that your body positioning is correct in relation to your aggressor to allow for proper off balancing and execution of the throw.

Off Balancing

The second part of a throw is off balancing. Off balancing techniques are used to control an aggressor by using the momentum of the aggressor to move or throw him. Off balancing techniques can be used to throw an aggressor to the deck while you remain standing or to put yourself in a position for a strike or a choke. Off balancing also aids in the execution of throws, as your aggressor is unable to fight your attack with full strength while off balanced.

Angles of Off Balancing. There are eight angles or directions in which an aggressor can be off balanced. The angles correspond to your perspective, not the aggressor's. Imagine the angles at your feet labeled with forward, rear, right, left, forward-right, forward-left, rear-right, and rear-left. The following are angles that will off balance an aggressor:

- Forward, rear, right, and left are straight angles.
- Forward-right, forward-left, rear-right, and rear-left are considered quadrants, at a 45-degree angle in either direction to your front or your rear.

Off Balancing Techniques. You can off balance the aggressor by pushing, pulling, or bumping him with your hands, arms, or body. Some off balancing techniques are as follows:

- Grabbing an aggressor with your hands and driving him forcefully to one of the rear quadrants or right or left perform pulling.
- Grabbing the aggressor with your hands and driving him forcefully into one of the front quadrants or right or left perform pushing.
- Bumping is executed in the same manner as pushing, but without using your hands to grab the aggressor. Instead, you use other parts of your body such as your shoulders, hips, and legs.

Principles of Off Balancing. Because off balancing techniques rely on the momentum and power generated by the aggressor, they are particularly effective techniques for men and women who may be outsized by their aggressor or the lack of strength that the aggressor has. Off balancing techniques rely on—

- The momentum of the aggressor. For example, if the aggressor is charging at you, you can pull him to drive him to the deck. If the aggressor is pulling you, you can push him to drive him to the deck.
- The generated power of the aggressor. In combat, you are often tired and may be outnumbered. Depending on the generated energy and momentum of the aggressor, you can employ these techniques with very little effort and still obtain effective results.

Practical Application for Off Balancing. Practical application of off balancing will allow the Marine to safely practice off balancing on an aggressor and being off balanced without completing the throw. Practical application is as follows:

- Begin the practical application with students facing one another. Designate one student as the aggressor and the other to perform off balancing.
- Direct the students to do the following; with your left hand, grasp the aggressor's right hand, with your right hand; grasp the aggressor's left shoulder.
- Practice each of the eight angles of off balancing. Ensure that the students push or pull just enough to see that the aggressor is off balanced, not to drive the aggressor to the deck. When the aggressor takes a step back or forward, he is off balanced and compensating to maintain his balance.

Execution

The final part of a throw is the execution. During this portion the aggressor is taken to the deck. This is the defining moment of the throw. Each step before execution is used to set up and assist this final process (see fig. 2-38 on page 2-48).

Leg Sweep

The leg sweep is the first type of throw taught in MCMAP. This throw is used exclusively from the standing position.

Technique

~ Stand facing aggressor in the basic warrior stance.

~ With your left hand, grasp the aggressor's right wrist.

~ Grab the aggressor's clothing or gear if you cannot grab his wrist.

~ Step forward with your left foot on the outside of the aggressor's right foot. At the same time, with your right hand, grasp your aggressor's upper right torso area either on gear or flesh. Your foot should be at least in line or behind the aggressor's foot.

~ Your foot should be placed outside of the aggressor's foot, far enough to provide room to bring the other leg through to execute the sweep.

~ Begin to off balance the aggressor by pulling his wrist downward close to your body and pushing his shoulder backwards.

~ When pulling the aggressor's hand, be sure to bring the hand down and close to the trouser pocket.

~ Raise your right knee no higher than waist high and bring your foot behind the aggressor's right leg, and stop. The leg should be bent at the knee. This action takes less movement than straightening the leg prior to the sweep. When your leg is raised you should be balanced and in a position to easily off balance the aggressor.

~ Sweep through the aggressor's leg, making contact with your calf on the aggressor's calf. At the same time, continue off balancing by pulling the wrist and driving your aggressor back with your right side shoulder.

~ In a combative engagement contact will be made with the cutting edge of the heel on the aggressor's Achilles tendon or the calf.

~ Bending at the waist, continue to drive through the aggressor's leg as you force him down to the deck. You have to release your grip on the aggressor's shoulder in order to maintain your balance.

~ Rapidly return to the basic warrior stance.

See figure 2-38 on page 2-48.

Actions of the Aggressor

The person being thrown should avoid placing too much weight on the right leg (one being swept). Placing all of your weight on the right leg causes you to have to use an undue amount of force to execute the technique that could cause injury to the aggressor. When practicing this technique, allow the person who is executing it to do so while gradually increasing resistance.

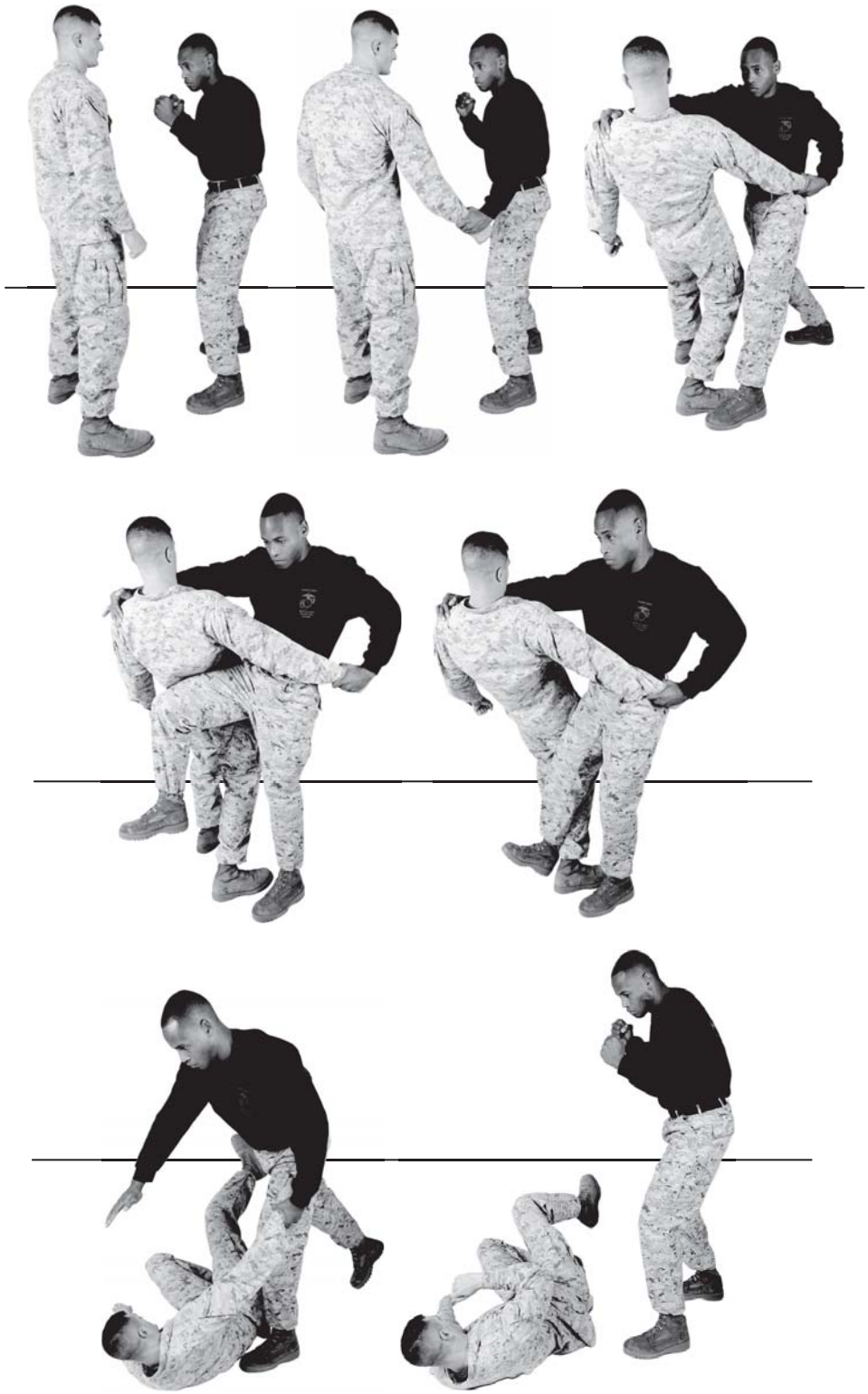


Figure 2-38. Leg Sweep.

Section IX

Counters to Strikes

The purpose of counters to strikes is to counter the aggressor's attack and gain the tactical advantage. This section will cover the counter to the rear hand punch and the counter to the rear leg kick.

Refer to appendix A for corresponding safeties 1, 2, 3, 6, 10, 11, 12, 13, and 15.

Counter to Strikes

Regardless of the strike, the counter to a strike requires you to move, block, and strike.

Move

The first step in countering a strike is to move out of the way of the impact of the strike. Movement should both remove you from the point of your aggressor's strike as well as put you in a position to attack. Movement is always initiated from the basic warrior stance and movement is executed at approximately a 45-degree angle to the front or rear. Following movement, return to the basic warrior stance with the toe of your lead foot pointing toward the aggressor.

Block

Different blocks are executed based on the strike. These will be covered with the individual counters.

Strike

Any of the upper body or lower body strikes or combinations of techniques can be executed as a follow-on attack as part of the counter to an aggressor's strike. The choice of follow-on strike depends on your angle to the aggressor, the position of the aggressor, and the available vulnerable target areas that the aggressor has exposed.

Counter to Rear Hand Punch

Counter to rear hand punch is used when the aggressor throws a rear hand punch.

Technique

~ Begin with the aggressor in the basic warrior stance extending his right hand in a rear hand punch.

~ Step forward and to the left at approximately a 45-degree angle, moving in toward the aggressor. At the end of the movement, return to the basic warrior stance with the left foot forward and the toe pointing toward the aggressor.

~ At the same time, raise your left arm and block or deflect the aggressor's rear hand. Do not over extend and reach for the block. Block with the meaty portion of the forearm.

~ Leave your left arm against the aggressor's right arm while stepping forward and to the right at approximately a 45-degree angle to close with the aggressor. Follow through by applying pressure against the aggressor's arm to redirect the strike and, in the process, throw the aggressor off balance. Continuing to step forward will position you to strike an exposed area on the aggressor.

~ Counter with at least three follow-on strikes or techniques to the aggressor's exposed target areas and return to the basic warrior stance.

See figure 2-39.

Figure 2-39. Counter to Rear Hand Punch.

Counter to the Rear Leg Kick

Counter to the rear leg kick is used when the aggressor executes a front kick with his right leg.

Technique

~ From the basic warrior stance, the aggressor should begin by extending his right leg performing a front kick.

~ Step forward and to the left at approximately a 45-degree angle, moving in toward the aggressor.

~ At the end of the movement, the left foot is forward with the toe pointing toward the aggressor. At the same time, raise your left arm and block or deflect the aggressor's leg.

~ Block with the meaty portion of your forearm. Move out of the way of the strike, which is better than bending down to block the kick.

~ Leave your left arm against the aggressor's leg while stepping forward and to the right at approximately a 45-degree angle to close with the aggressor.

~ Follow through by applying pressure against the aggressor's leg to redirect the strike, throwing the aggressor off balance. Continuing to step forward will position you so that you can strike an exposed area on the aggressor.

~ Counter with at least three follow-on techniques to the aggressor's exposed target areas and return to the basic warrior stance.

See figure 2-40.

Figure 2-40. Counter to the Rear Leg Kick.

Section X

Counters to Chokes and Holds

If executed properly, the counter to the rear choke, the counter to the rear bear hug, and the counter to the rear headlock can render your aggressor unconscious quickly. If a choke is improperly executed it often results in a hold. A hold allows the aggressor control and removes the ability for an attack. It is important that Marines be able to extract themselves from chokes and holds so that they can counterattack and regain the tactical advantage.

There are two principal actions that should be taken to counter any choke—clear the airway and tuck the chin:

- Clear the Airway. A choke can cause unconsciousness in 8 to 13 seconds. Therefore, the first movement in any counter to a choke is to clear your airway so you can breathe. Distracters can be used before or after you have attempted to clear the airway. These techniques include groin strikes, the eye gouge, and foot stomps. Softening techniques are used to loosen an aggressor's hold.
- Tuck the Chin. Once your airway is clear, tuck your chin to prevent the aggressor from re-applying the choke.

Refer to appendix A for corresponding safeties 1, 2, 3, 6, 10, 11, 12, 13, and 15.

Counter to the Rear Choke

The counter to a rear choke is used when the aggressor approaches from the rear and puts his right arm around your throat.

Technique

~ With both hands grab the aggressor's wrist and his forearm at the radial nerve, pull down just enough to clear your airway. Once the airway is clear, tuck your chin to protect your airway and to prevent the aggressor from re-applying the choke. At the same time, drop your body weight down, stepping out with your right leg. This places you more to the aggressor's right side and also makes space for your left foot to step through.

~ With your left foot, step behind the aggressor's right leg keeping both of your legs bent making contact on your aggressor with your left hip placing yourself in almost a squatting position.

~ It is important to keep your legs bent because this places your hips lower than your aggressor's hips so that you can easily off balance him. Bend your legs to the point that you can still maintain your own balance. Your legs need to be in a squatting position with enough balance to maintain control.

~ At the same time, turn forcefully to the left, strike and drive your left elbow into the aggressor's torso while rotating your hips and pivoting to your left. The aggressor should fall to his back or side, causing him to lose his grip.

~ Rapidly return to the basic warrior stance, ready for any follow-on techniques.

See figure 2-41.

Figure 2-41. Counter to the Rear Choke.

Counter to the Rear Headlock

The counter to a rear headlock is used when the aggressor approaches from the rear and puts his right arm around your neck, bending you forward and locking your head against his hip.

Technique

~ Bend forward at the waist. The aggressor faces in the same direction as the student and places his right arm around the student's neck and his forearm across the student's throat.

~ With both hands, grasp the aggressor's wrist and forearm at the radial nerve and pull down to clear your airway. Once the airway is clear, tuck your chin to protect your airway and to prevent the aggressor from re-applying the choke.

~ Take a 12- to 15-inch step forward with your right foot to off balance your aggressor. At the same time reach over your aggressor's right shoulder with your left hand. Once off balancing has been achieved, grab any part of the aggressor's face with the left hand and pull back while rising to a standing position.

~ With your right hand, execute a hammer fist to the aggressor's exposed throat. For safety, the aggressor should bring his free arm up to protect his throat. In addition, contact can be made on your aggressor's chest when executing this technique during practice.

See figure 2-42.

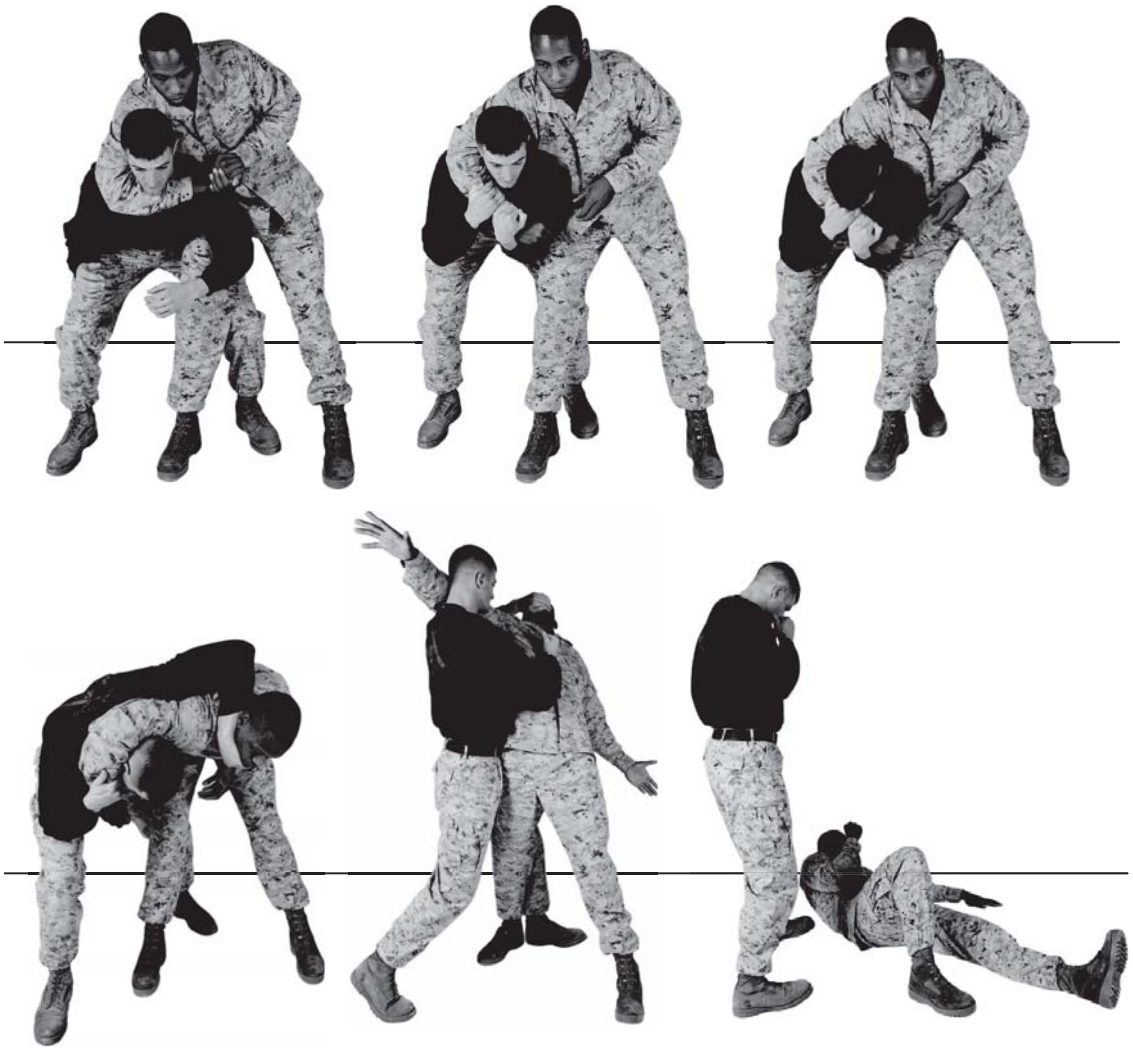


Figure 2-42. Counter to the Rear Headlock.

Counter to the Rear Bear Hug

The counter to the rear bear hug is used when an aggressor approaches from the front or rear. The aggressor will grasp around the arms so that you end up in a vulnerable position with no use of your arms.

Technique

~ The aggressor approaches you from behind and applies a bear hug with your arms included in his grasp.

~ Drop your body weight down, stepping out with your right leg. This places you more to the aggressor's right side and also makes space for your left foot to step through. Simultaneously hook the aggressor's arms with your hands, slightly flaring your elbows, preventing his arms from slipping off or up into a choke.

~ Step behind the aggressor's right leg with your left foot, keeping both legs bent, almost in a squatting position. The left side of your body should be against the aggressor's. Your left hip is in contact with the aggressor's right thigh/buttock, breaking his balance.

~ While keeping positive control of your aggressor's arms, turn forcefully to the left, strike and drive your left elbow into the aggressor's torso while rotating your hips and pivoting to your left. The aggressor should fall to his back or side causing him to lose his grip.

~ Rapidly return to the basic warrior stance, ready for any follow-on techniques.

See figure 2-43.

Figure 2-43. Counter to the Rear Bear Hug.

Section XI

Unarmed Manipulation

Marines operate within a continuum of force, particularly in support of peacekeeping- or humanitarian-type operations. In these situations, Marines must act responsibly, handling situations without resorting to deadly force. Unarmed restraints and manipulation techniques can be used to control an aggressor. Joint manipulation is used to initiate pain compliance and gain control of an aggressor. Unarmed manipulation consists of the basic wristlock takedown, reverse wristlock, and the armbar takedown. The subject does not actively attack the Marine, but continues to openly defy the Marine's verbal commands. Compliance techniques or distracter techniques can be implemented to remedy behaviors (continued refusal to comply with directions, pulling away, shouting, struggling, locking oneself in a car, or fleeing from the area) that the Marine could encounter at this level. At this level, the physical threat to the Marine remains low.

Refer to appendix A for corresponding safeties 1, 2, 6, 10, and 13.

Compliance Techniques

Compliance techniques are unarmed manipulation techniques used to physically force a subject or aggressor to comply. Compliance can be achieved through close combat techniques of pain compliance using joint manipulation and pressure points. Pain compliance is the initiation of pain in order to gain compliance on the part of the subject.

Distractor Techniques

If you are having difficulty releasing a subject's grip, you can use a softening or distraction technique such as a strike or kick to a pressure point to get the subject to loosen his grip so you can apply a wristlock:

- Add to the effectiveness of the joint manipulation by striking the joint. The strike is executed by driving through with the strike to allow the weight of the hand to go through the primary target area of the body. Strikes do not have to be executed at full force to be effective. The hammer fist strike is an effective softening technique. The hammer fist strike is used to strike the thighs (the femoral and peroneal nerves) and the forearm (the radial nerve).
- Distract the subject so joint manipulation pain compliance can be performed.
- Redirect the movement of the subject or break him down. Striking the forearm in a down and inward movement with a hammer fist strike will cause the subject to bend his elbow so that his direction can be controlled.
- Executing a knee strike or a kick on the inner or outer portion of the subject's thigh can knock a subject off balance or cause him to loosen or weaken his grip. Knee strikes and kicks can be very effective because the subject may never see them coming. A stomp to the foot can also serve as a distraction technique.

Joint Manipulation

Joint manipulation is used to initiate pain compliance and gain control of a subject. Joint manipulation additionally uses the principle of off balancing. A subject can be better controlled when he is knocked off balance. Joint manipulation involves the application of pressure on the joints such as the elbow, wrist, shoulder, knee, ankle, and fingers. Pressure can be applied in two ways:

- In the direction in which the joint will not bend. For example, joints such as the knees and elbows only bend in one direction and when pressure is applied in the opposite direction, pain compliance can be achieved.
- Beyond the point where the joint stops naturally in its range of movement. There are breaking points on each joint. A slow, steady pressure should be applied until pain compliance is reached. Continued pressure will break the joint and may escalate the violence of the situation.

Wristlocks

A wristlock is a joint manipulation that can be applied in a number of ways to achieve pain compliance. The wrist will rotate in a number of directions; it will bend in a single direction until its movement stops naturally. In a wristlock, pressure is exerted beyond the wrist's natural ability to bend or twist the joint. A wristlock can be executed when someone tries to grab you or is successful in grabbing you or your equipment. You can also perform a wristlock when you wish to initiate control of someone.

Basic Wristlock Takedown

Technique

~ Begin with the aggressor placing his hands on your collar/shoulders.

~ Grab the aggressor's left hand with your right hand by placing your thumb on the back of his hand so that your knuckles are facing to your left. Keep the aggressor's left hand centered on and close to your own chest.

~ Hook your fingers across the fleshy part of his palm below the thumb. Rotate the aggressor's palm so that it is now toward him and the fingers point skyward (keeping his palm close to your chest).

~ Bring your left hand up to join the right hand; place the left thumb next to the right on the back of the aggressor's hand. You may place both thumbs on the back of the aggressor's hand, with the thumbs crossed.

~ Hook the fingers of both hands around the fleshy part of the aggressor's palm on both sides of his hand.

~ Apply pressure downward on the back of the aggressor's hand to bend the joint and rotate the wrist outboard, twisting the joint.

~ Apply downward pressure on the wristlock, pivot on the ball of your left foot, and step back with the right foot, quickly turning to your right to take the aggressor to the deck. If you have an aggressor in a wristlock, he can be easily off balanced by pivoting quickly. You can gain better control of the aggressor once he is knocked off balance.

~ While you turn in a small circle, the aggressor is forced around in a bigger circle and he cannot move as fast as you and is knocked off balance.

~ Continue to apply pressure on the wrist joint as the aggressor lands on his back with his arm straight in the air.

~ Slide your lead foot under the aggressor's shoulder.

~ Apply pressure with your knee against the aggressor's triceps/elbow while pulling back on his arm and maintain downward pressure on the wrist until pain compliance is achieved.

See figure 2-44.

Reverse Wristlock Takedown

Technique

~ Begin with the aggressor placing his right hand on your left collar/shoulder.

~ Place the palm of your right hand on the back of the aggressor's right hand and wrap your fingers across the fleshy part of his palm below his little finger.

~ Twist the aggressor's hand to the right while placing that hand against your chest. Bring your left hand up, to support your right hand by grabbing the aggressor's hand between both hands, mimic praying. Apply downward pressure on his hand against your chest. Leave the aggressor's hand on the chest to fully control him and to gain leverage. The aggressor's hand should be rotated 90-degrees so that his palm is facing left.

~ Step back with your right foot to maintain better balance and lean forward to use body weight to add additional pressure to the joint.

See figure 2-45 on page 2-60.

Armbar Takedown

The armbar takedown is a joint manipulation in which pressure is applied on a locked elbow, at or above the joint, in the direction the joint will not bend. An armbar has to be locked in quickly, but still requires a slow, steady pressure to gain compliance.

Technique

~ Face the aggressor and grab his right wrist with your right hand as you step forward to the left, which will be to the right side of the aggressor. Set the aggressor off balance by pulling his wrist to your right hip.

~ Pivot on your left foot and step out with your right foot so that you face the same direction as the aggressor. Your right foot must be forward of your left foot.

~ Use your left forearm, perpendicular to the aggressor's arm to apply downward pressure on the aggressor's elbow. Maintain control of the aggressor's wrist by keeping it locked into your hip. Apply downward pressure on the arm by dropping your body weight to take the aggressor to the deck. Place your knee onto your aggressor.

See figure 2-46 on page 2-61.

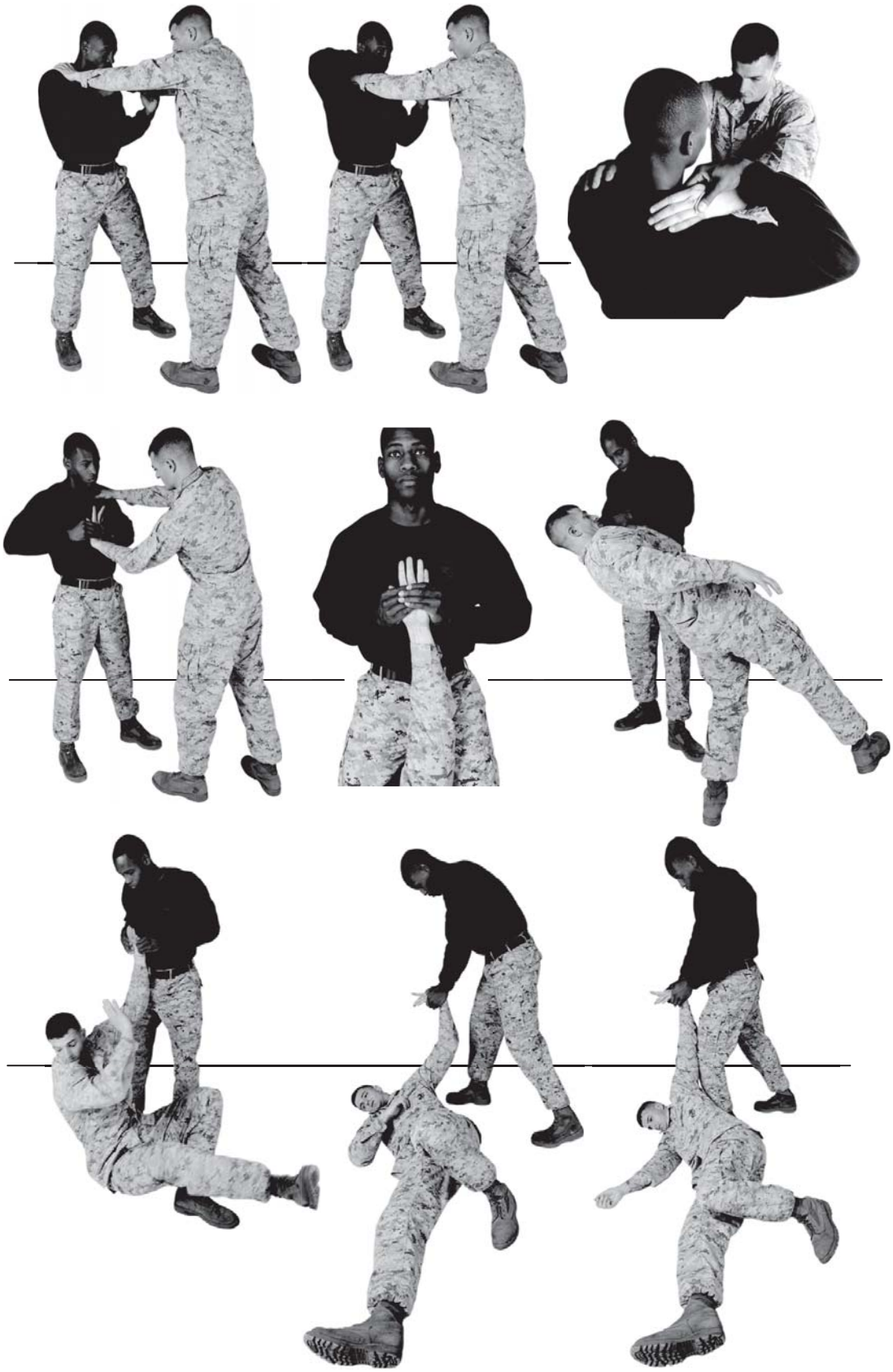


Figure 2-44. Basic Wristlock Takedown.

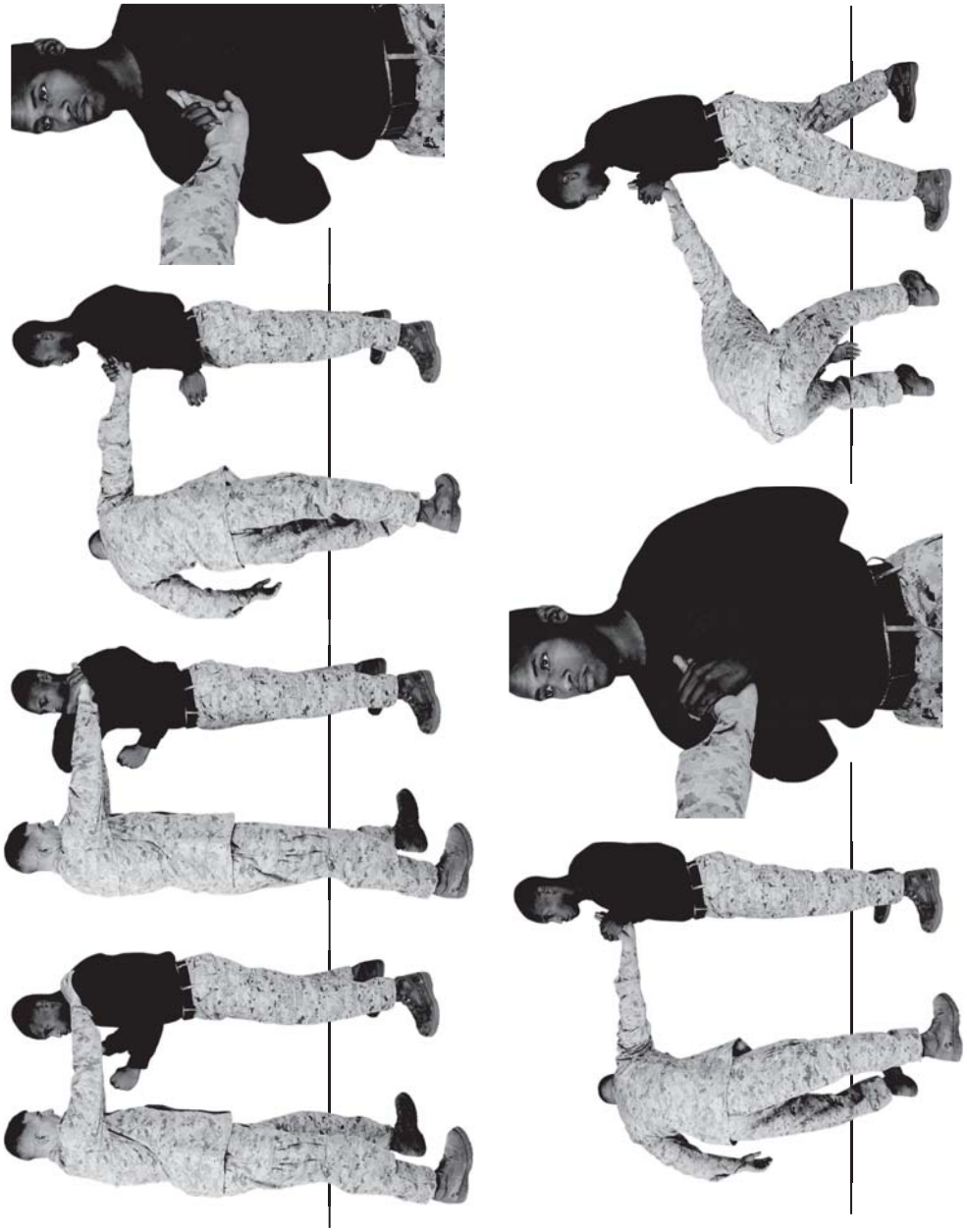


Figure 2-45. Reverse Wristlock Takedown.

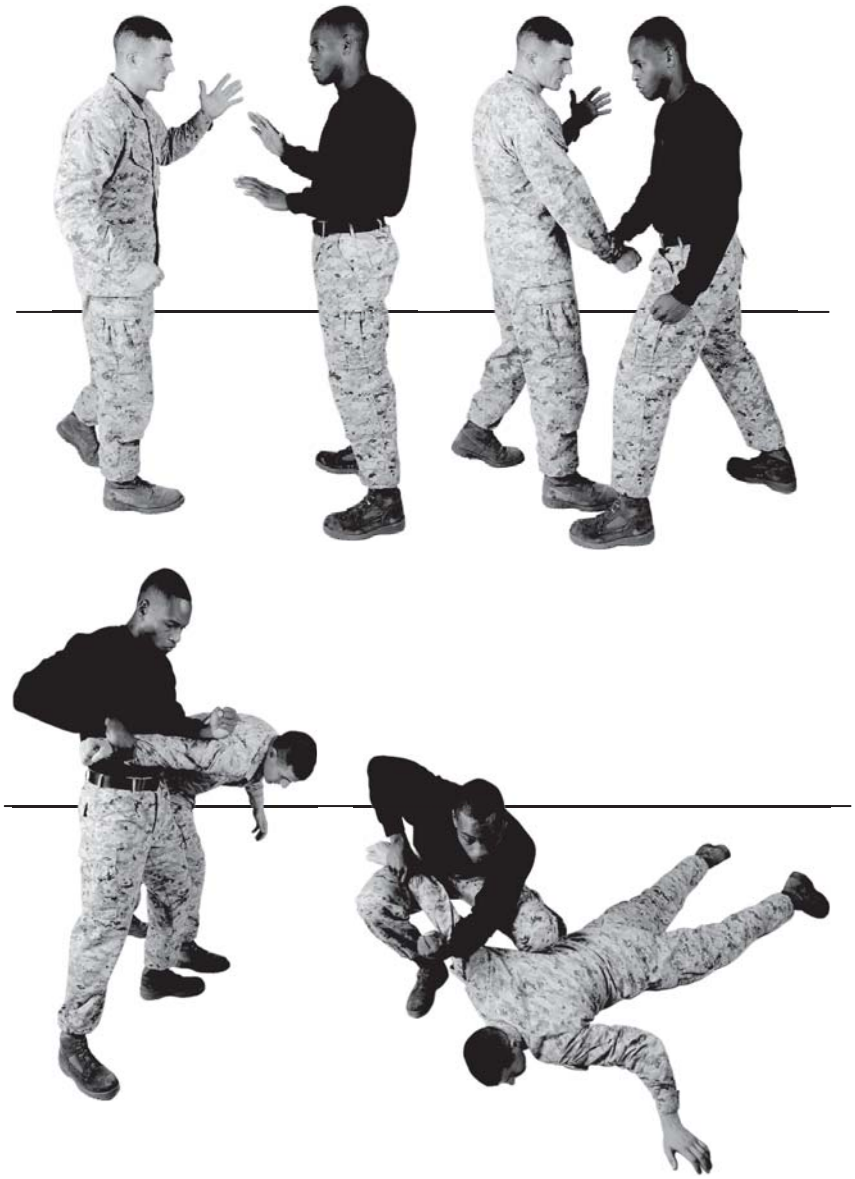


Figure 2-46. Armbar Takedown.

Section XII

Armed Manipulations

The purpose of armed manipulation is to ensure that Marines operate within the continuum of force utilizing rifle and shotgun retention techniques. The types of techniques that this section will cover are techniques to counter the muzzle grab, if the aggressor grabs the weapon over or underhand, as well as how to use the weapon correctly to block.

Refer to appendix A for corresponding safeties 1, 2, 8, 9.

Rifle and Shotgun Retention Techniques

With the proper training, Marines will be able to apply techniques so that they can retain their weapons and gain compliance if confronted by individuals who attempts to take away their weapons.

Counter to the Muzzle Grab

This technique is used when you are at port-arms and an aggressor grabs the muzzle of the rifle.

Technique

~ Assume the port-arms position.

~ Rotate the muzzle in a quick, circular action and then slash downward with the muzzle to release his grip. Rotating the muzzle against the aggressor's thumb is the most effective direction to clear the barrel quickly.

~ Step back with your right foot to increase your leverage and balance.

See figure 2-47.

Aggressor Grabs Your Weapon Over Handed

This technique is used when you are at port-arms and an aggressor grabs the handguards of your rifle, palms side down.

Technique

~ Assume the port-arm position. The aggressor grabs your handguards with either hand, palm side down.

~ Rotate the muzzle in a quick, circular action and then slash downward to release his grip. Rotating the muzzle against the aggressor's thumb is the most effective direction to clear the weapon quickly. Additionally, you may need to step back with your right foot to increase your leverage and balance.

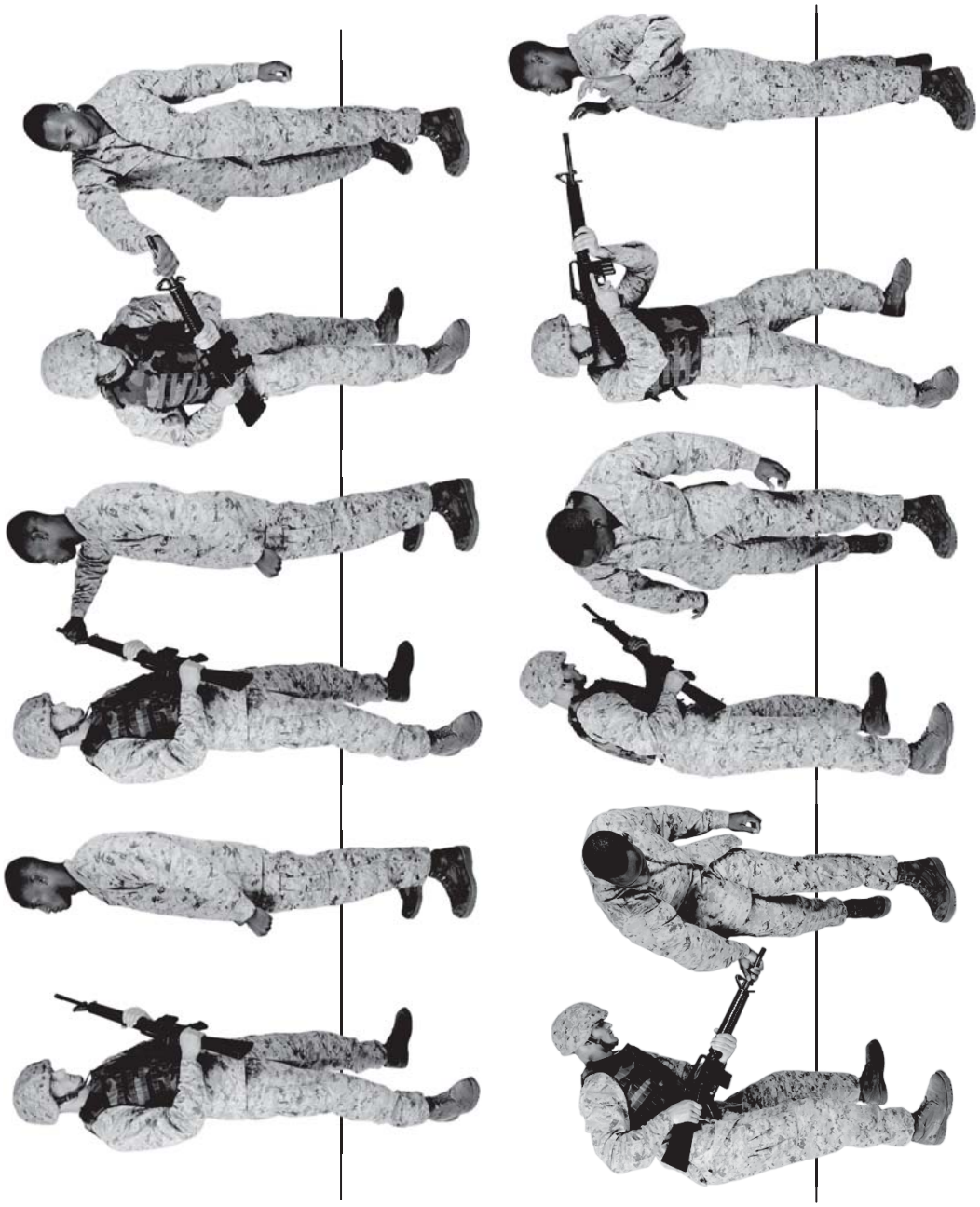


Figure 2-47. Counter to the Muzzle Grab.

~ When the aggressor releases the weapon, step back doubling the distance between you and the aggressor.

~ Execute the ready weapons carry and aim in on the aggressor.

See figure 2-48.

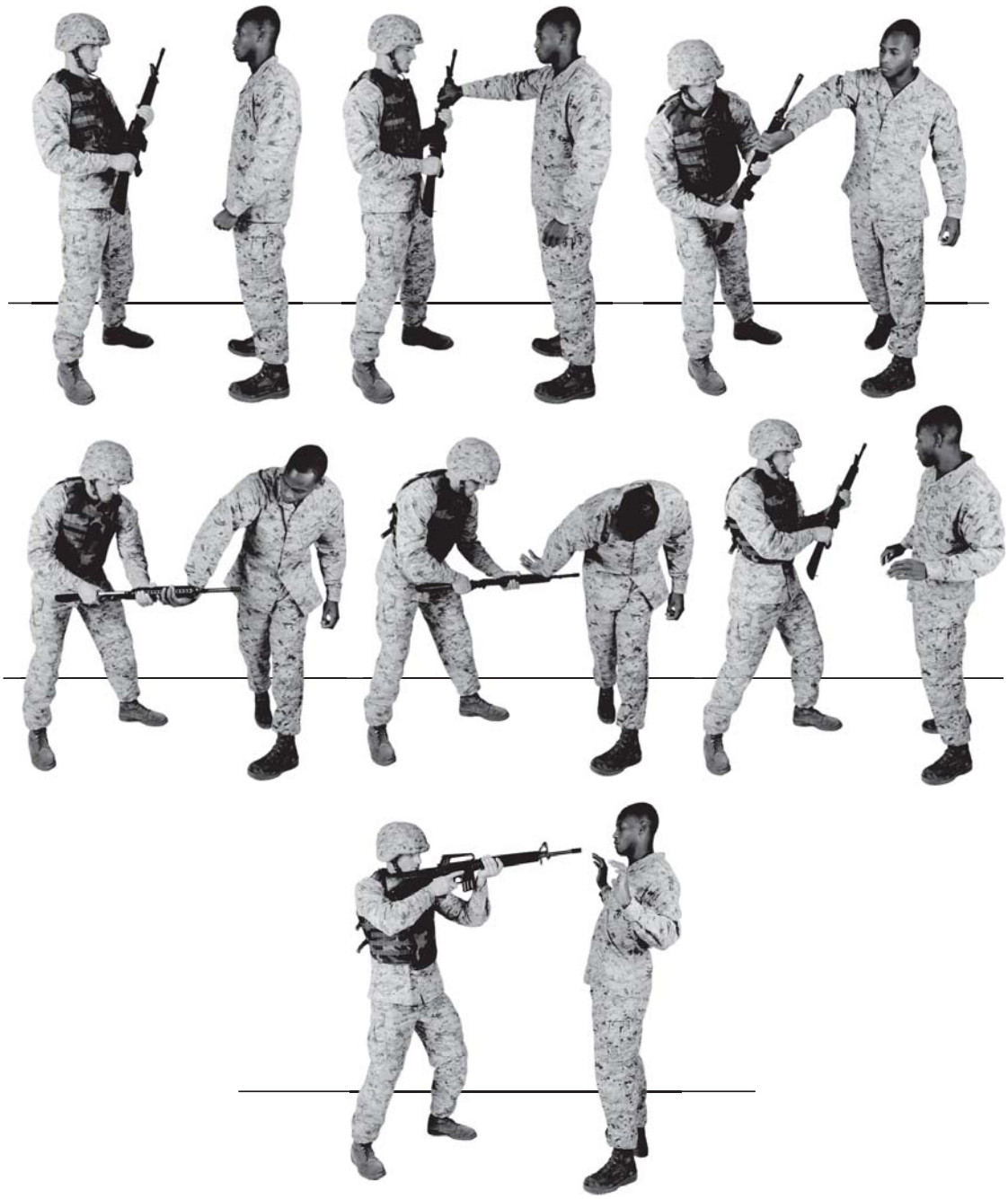


Figure 2-48. Aggressor Grabs Your Weapon Over Handed.

Aggressor Grabs Your Weapon Under Handed

This technique is used when you are at port-arms and an aggressor grabs the handguards of your rifle palms side up.

Technique

~ Assume the port-arms position. The aggressor grabs your handguards with either hand, palm side up.

~ Rotate the muzzle in a quick, circular action and then slash downward to release the aggressor's grip. Rotating the muzzle against the aggressor's thumb is the most effective direction to clear the weapon quickly. Additionally, you may need to step back with your right foot to increase your leverage and balance.

~ When the aggressor releases the weapon, step back doubling the distance between you.

~ Execute the ready weapons carry and aim in on the aggressor.

See figure 2-49.

Figure 2-49. Aggressor Grabs Your Weapon Underhanded.

Blocks

Blocking techniques are normally executed from the basic warrior stance and are used as a defensive technique to stop an attack. In an engagement, a block can be used if you are out of position and being attacked by an aggressor. In addition, the high block, low block, mid block, and left or right block can be used as primary movements when using the rifle during nonlethal engagements or civil disturbance situations.

The preferred grip for blocks is to hold the weapon at the small of the stock. If the technique is executed while holding onto the pistol grip the blocking surface of the weapon is reduced and there is a greater chance of injury to the hand. If the person lunges at or tries to grab you, block him with your weapon by thrusting it out firmly, with your elbows still bent. Do not try to hit the person with the rifle; the rifle is used as a barrier between you and the person.

High Block

A high block is executed against a vertical attack coming from high to low.

Technique

~ Step forward with your lead foot and forcefully thrust your arms up at approximately a 45-degree angle from your body. The weapon should be over the top of your head, parallel to the deck.

~ Ensure the weapon is over the head to block a blow to your head, with the pistol grip and magazine facing the attack.

~ The elbows are bent but there is enough muscular tension in the arms to absorb the impact and deter the attack.

~ Left hand grip will be firm on the handguards. The grip will not change from port-arms.

See figure 2-50.

Figure 2-50. High Block.

Low Block

The low block is executed against a vertical attack coming from low to high.

Technique

~ Step forward with your lead foot and forcefully thrust your arms down at approximately a 45-degree angle from your body. The weapon should be at or below your waist, parallel to the deck.

~ The elbows are bent with enough muscular tension in the arms to absorb the impact and deter the attack.

See figure 2-51.

Figure 2-51. Low Block

Mid Block

The mid block is executed against a linear/straight attack coming directly toward you.

Technique

~ Step forward with your lead foot and forcefully thrust your arms straight out from your body. The weapon should be held at a position similar to “present arms.”

~ The elbows are bent but there is enough muscular tension in the arms to absorb the impact and deter the attack.

See figure 2-52.

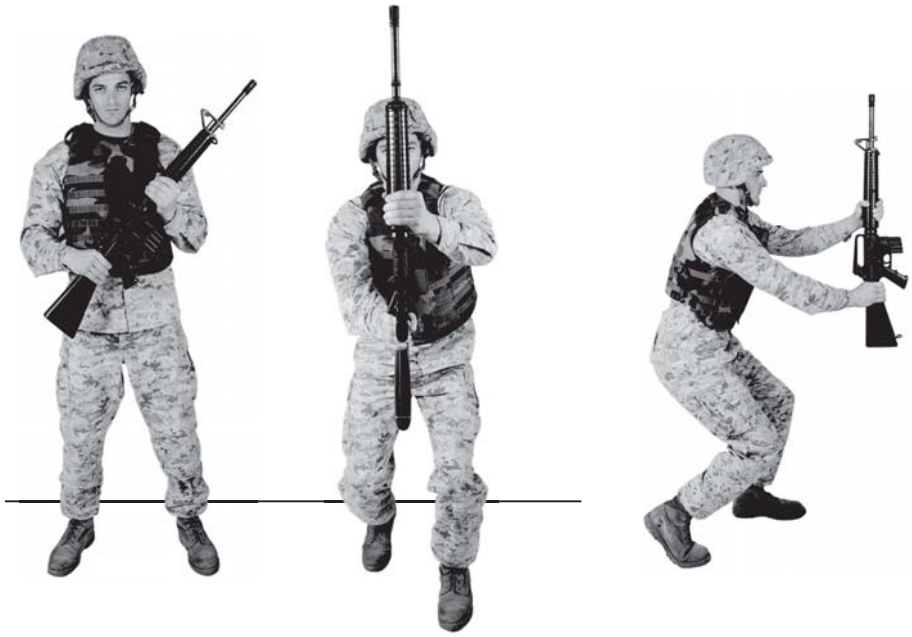


Figure 2-52. Mid-Block.

Left or Right Block

A left or right block is executed against a horizontal buttstroke or a slash.

Technique

~ Step forward-right or forward-left, at a 45-degree angle, and forcefully thrust your arms to the right or left, holding the rifle vertically in the direction of the attack.

~ The elbows are bent with enough muscular tension in the arms to absorb the impact and deter the attack.

See figure 2-53.

Figure 2-53. Left or Right Block.

Section XIII

Knife Fighting

The purpose of knife fighting is to cause massive trauma and damage to an aggressor by executing the vertical thrust or the vertical slash techniques. In any confrontation, the parts of the aggressor's body that are exposed or readily accessible will vary. The goal in a knife fight is to attack soft body vital targets that are readily accessible such as the face, the sides and front of the neck, and the lower abdomen or groin. The extremities function as secondary target areas.

Refer to appendix A for corresponding safeties 1, 2, 3, and 14.

Principles of Knife Fighting

When knife fighting, always execute movements with the knife blade within a box, shoulder-width across from your neck down to your waistline. The aggressor has a greater chance of blocking your attack if you bring the blade in a wide sweeping movement to the aggressor. Your attacks should close with the aggressor, coming straight to your target. Always keep the knife's blade tip forward and pointed toward the aggressor. In each of the knife techniques, apply full body weight and power. In preparation for a vertical slash or a vertical thrust, full body weight should be put into the attack in the direction of the blade's movement. Applying constant forward pressure with your body and blade will keep the aggressor off balance.

Angles of Attack

There are six angles from which an attack with a knife can be launched:

- Vertical strike coming straight down on the aggressor.
- Forward diagonal strike coming in at a 45-degree angle to the aggressor.
- Reverse diagonal strike coming in at a 45-degree angle to the aggressor.
- Forward horizontal strike coming in parallel to the deck.
- Reverse horizontal strike coming in parallel to the deck.
- Forward thrust coming in a straight linear line to the aggressor.

Target Areas of the Body

The goal in a knife fight is to attack soft body, vital target areas that are readily accessible such as the face, the sides and front of the neck, and the lower abdomen or groin. In any confrontation, the parts of the aggressor's body that are exposed or readily accessible will vary. Vital areas are as follows:

- Carotid arteries in the neck are good target areas because they are not covered by body armor or natural protection.
- The lower abdomen and groin region are not covered by body armor.
- The aorta, if not covered by body armor, is an excellent target, which, if struck, can prove fatal in a matter of seconds or minutes.

The extremities are secondary targets. Secondary target areas are those areas that will sever an artery and cause severe bleeding. These target areas are not immediately fatal, but will often become fatal if left unattended. For example—

- The femoral artery, located in the thigh, is a large artery that, when cut, will cause extensive blood loss.
- Attacks on the brachial artery, located between the biceps and triceps on the inside of the arm, can cause extensive bleeding and damage.
- Attacks on the radial and ulnar nerves of the arm can cause extensive bleeding and damage.

Movement

You can move anywhere within a 360-degree circle around an aggressor to gain a tactical advantage and make accessible to you different target areas of your aggressor's body. However, the worst place to be in a confrontation is directly in front of an aggressor. The aggressor can rely on his forward momentum and linear power to create a tactical advantage.

When facing an aggressor, movement is made in a 45-degree angle to either side of the aggressor. Moving at a 45-degree angle is the best way to avoid an aggressor's strike and to put you in the best position to attack an aggressor.

Knife Placement

When a Marine is issued a rifle he probably has been issued a bayonet. If the Marine has been issued a pistol then he probably has been issued a fighting knife. In either case, the knife must be worn where it is easily accessible and where it can best be retained. The specific location of the knife is as follows:

- It is recommended the knife be worn on the weak side hip, blade down. The fighting knife should be placed so its blade is facing forward.
- The knife should be placed behind the magazine pouch where it is easily accessible but not easy for the aggressor to grab.
- Do not place the knife next to something that can cover it like a canteen because the canteen can slide on the cartridge belt, covering the knife and making it inaccessible.

Grip

Your grip on the knife should be natural. Grasp the knife's grip with your fingers wrapped around the grip naturally as it is pulled out of its sheath. This is commonly known as a hammer grip. From this position, the blade end of the knife is always facing the aggressor.