



Figure 4-3. Side Choke.

### *Section III*

#### *Shoulder Throw*

The purpose of a shoulder throw is to bring an aggressor to the ground and gain the tactical advantage in a fight. If an aggressor is moving toward you to attack, a shoulder throw can be used to take him to the ground while you remain standing. A shoulder throw is particularly effective if the aggressor is moving forward or pushing on you. Execution of the shoulder throw uses the aggressor's forward momentum.

There are a minimum of 10 fit ins for each throw during sustaining. Walk through the technique, step by step, working on proper body positioning and execution.

Refer to appendix A for corresponding safeties 1, 2, 6, 13, and 15.

#### **— Fit in**

- ~ Stand facing the aggressor in the basic warrior stance.
- ~ Grab the aggressor's right wrist with your left hand and pull it into your left hip.
- ~ Step forward with your right foot to the inside of the aggressor's right foot. Your heel should be between the aggressor's feet and your toes should be even with the aggressor's toes.
- ~ Step back with your left foot, rotating on the ball of your right foot. Your heels should come close together as if you were in the position of attention. Your feet should be in between the aggressor's feet with your knees bent.
- ~ At the same time, under-hook the aggressor's right arm with your right arm, pinching his arm between your biceps and forearm. You may grasp the aggressor's upper arm with your right hand for more control.
  - Hand placement should allow you to control the aggressor and pull him in close to you.
  - Your backside should be up against the aggressor. Your hips should be slightly lower than your aggressor's hips.
- ~ Pull the aggressor's arm across your body. Lift the aggressor by straightening your legs and bending slightly at the waist.

#### **CAUTION**

Have students stop prior to throwing the aggressor to the deck. Practice this step prior to continuing.

- ~ Pull your aggressor's arm down and away with your left hand while bending straight over at the waist; throw your aggressor over your right shoulder.
- ~ Return to the basic warrior stance.

See figure 4-4.

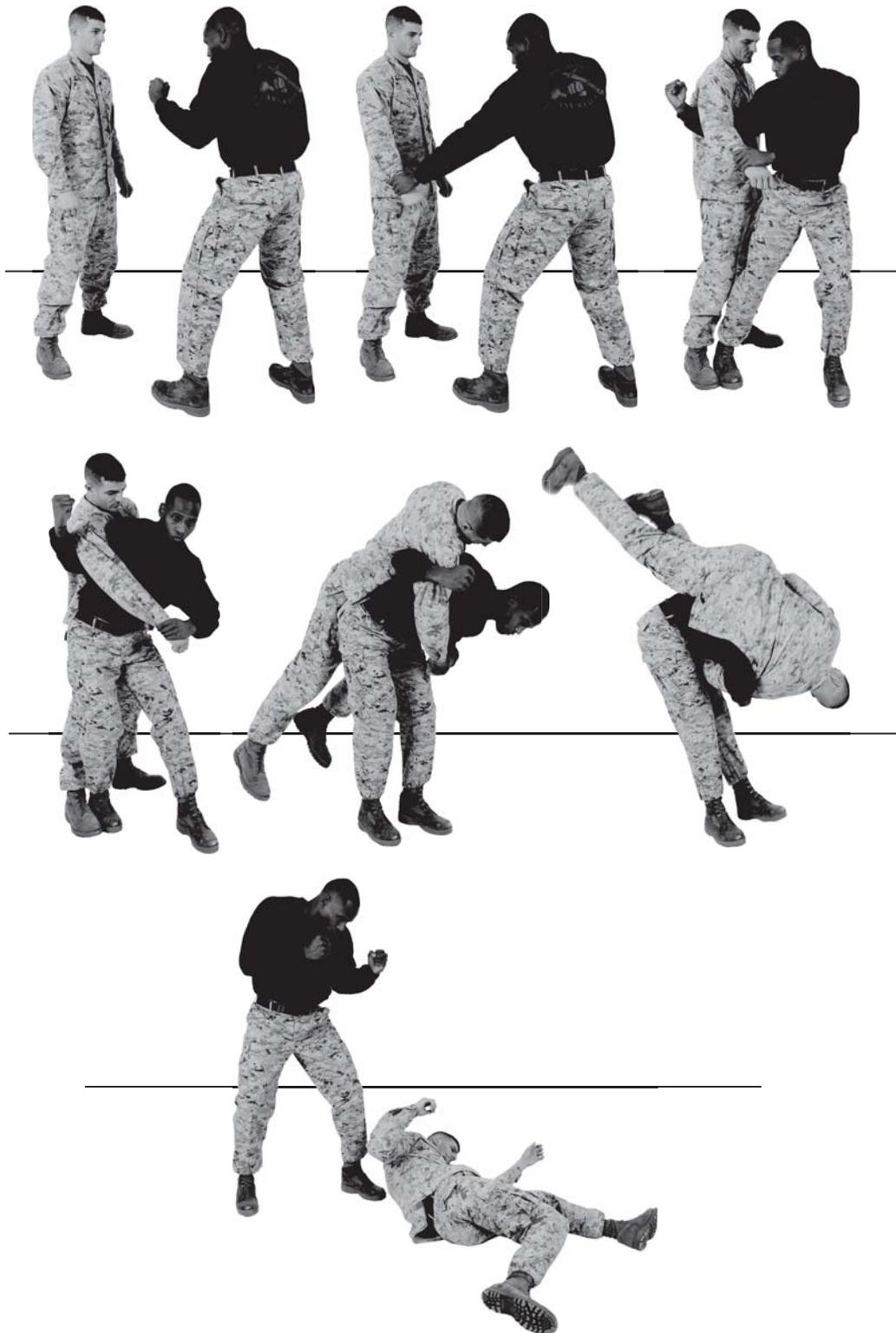


Figure 4-4. Shoulder Throw.

*Section IV*  
*Counter to Strikes*

A counter to a strike counters the aggressor's attack and allows the Marine to gain the tactical advantage.

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

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**Counter to a Round Punch**

The counter to a round punch will stop your aggressor's forward attack and gain control of the situation.

---

**Technique**

- ~ From the basic warrior stance, begin with the aggressor extending his right arm as if executing a round punch, forward-left to the inside of the aggressor's attacking arm.
- ~ This immediately moves your body out of the line of attack and places you inside the strike. Do not move backwards. You increase your chances of being hit because the outside of your aggressor's arm is moving faster than the inside and this is where all the power is generated.
- ~ Attack with both arms bent so that your forearms make contact with the aggressor's biceps and forearm. Block the attack with the force of a strike, applying the principle that every block is a strike.
- ~ With your left arm, over hook the aggressor's right arm at or slightly above the elbow.

- ~ Control the aggressor's arm by pinching it between your bicep and torso and execute a right inside knife hand strike to the right side of your aggressor's neck.
- ~ Grab the back of your aggressor's neck with the right hand, apply downward pressure, execute a right vertical knee strike to the aggressor's available target areas. After a minimum of three combination strikes, create distance between you and your aggressor. Return to the basic warrior stance.

See figure 4-5.

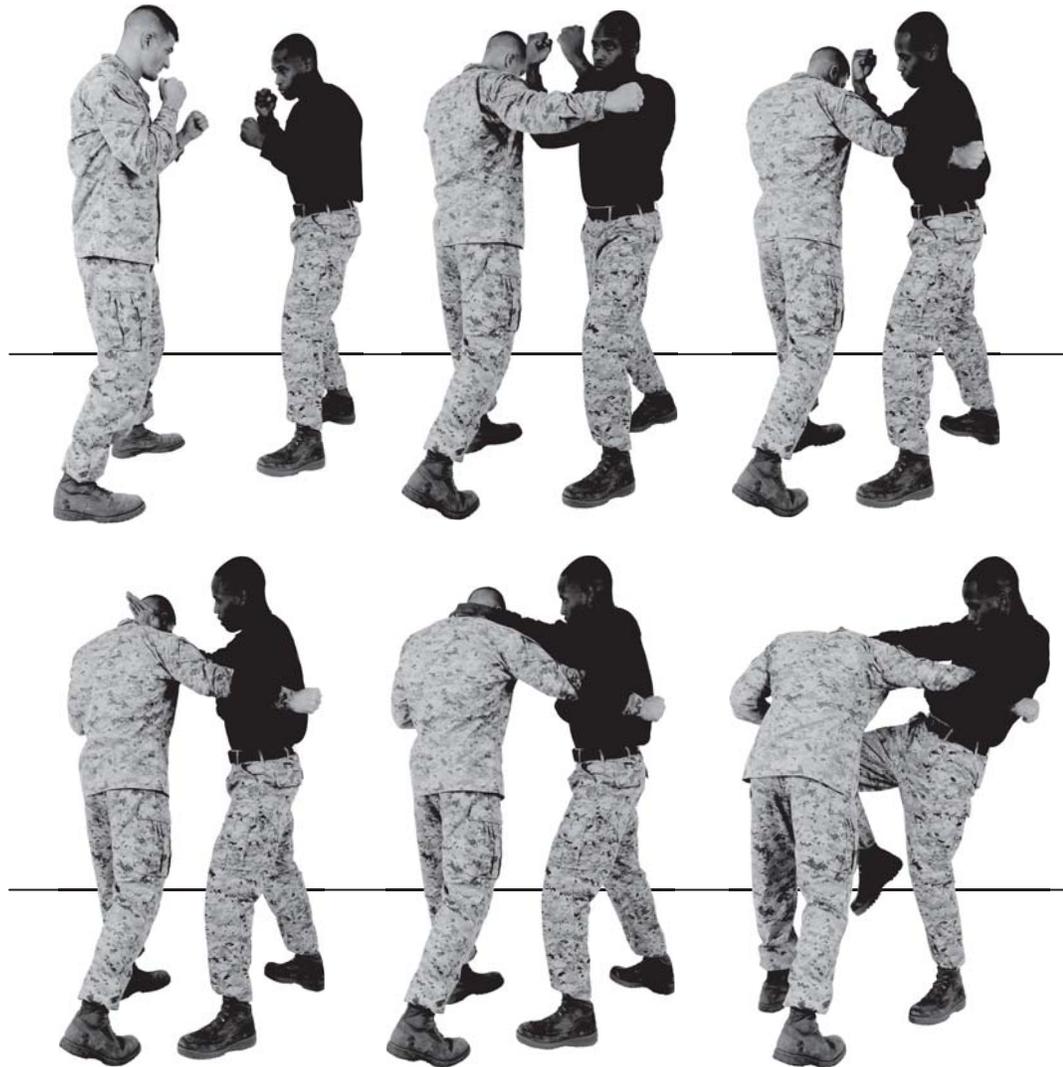


Figure 4-5. Counter to a Round Punch.

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**Counter to a Round Kick**

The counter to the round kick is used when the aggressor executes a round kick with his right leg. A counter to a round kick allows you to take your aggressor to the deck and gain the tactical advantage over the situation.

---

**Technique**

- ~ Begin with the aggressor extending his right leg, approximately waist level or slightly higher, in a round kick fashion. As the student's proficiency increases, the technique can be taught so that the student can defend against an aggressor executing a round kick.
- ~ From the basic warrior stance, forward-left to the inside of the aggressor's attacking leg.
- ~ This moves your body out of the line of attack and places you inside the power of the strike.
- ~ At the same time, block your aggressor's attacking leg with the meaty portion of your forearms. Do not bend down to block the attack. Make two points of contacts on the attacking leg with both of your arms.
- ~ Wrap your left arm over the aggressor's attacking leg, at or below the knee, and trap it between your bicep and torso.
- ~ With your right hand, forcefully grasp the aggressor's face, push forward and to the left to further off balance the aggressor.

- ~ For greatest effectiveness and efficiency of movement, you would insert your fingers deeply into the aggressor's eyes as you grasp his face. Executing a chin jab is acceptable.
- ~ Simultaneously execute a leg sweep and drive the aggressor to the deck by pushing with your right arm against your aggressor's upper torso.

See figure 4-6.

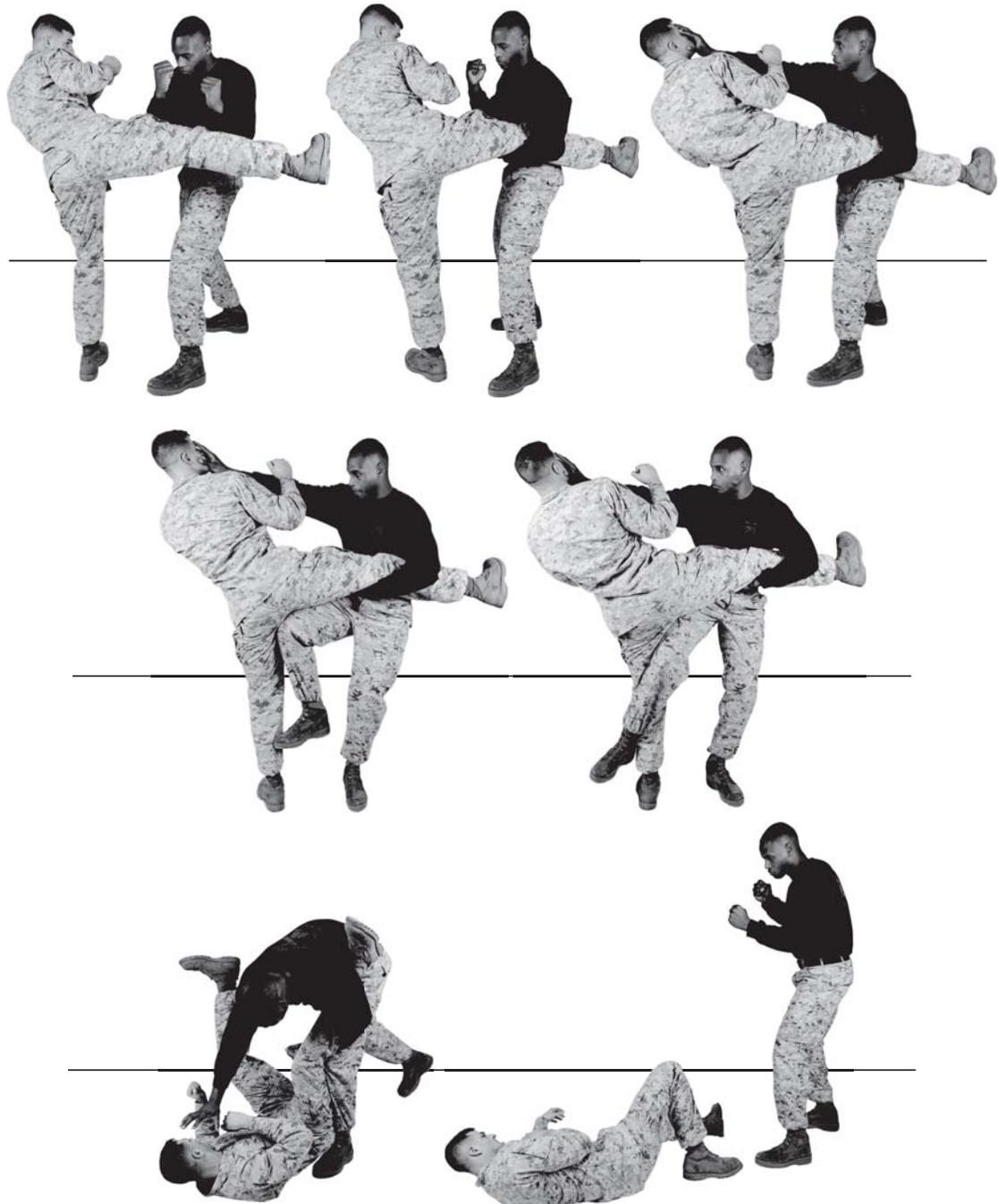


Figure 4-6. Counter to Round Kick.

## *Section V*

### *Lower Body Strikes*

Lower body strikes are used to stop an aggressor's attack or create an opening in his defense in order to launch an attack. The legs provide the most powerful weapons of the body with which to execute strikes because they use the largest muscles of the body and are less prone to injury. The feet are the preferred choice for striking because boots protect them. The feet, heels, and knees of the legs are used to execute knee strikes, kicks, and stomps. Never kick high, because this jeopardizes your balance and leaves you more vulnerable to a counterattack.

The push kick is executed when the aggressor is in front of you and you need to stop an aggressor's attack or to create an opening in his defense in order to launch an attack. The striking surface is the ball of the foot. Primary target areas of the body are the aggressor's upper torso, any targets below the waist line, and the front of the thighs all the way down to the knees.

#### **— Technique**

- ~ Always keep your right knee waist high or parallel to the deck.
- ~ Always keep your hands up to protect yourself from any strikes.
- ~ Make contact on the aggressor's abdomen with the ball of your rear foot. There is limited movement on one leg, so keep in mind that it is difficult to change the direction of a kick after it is initiated.
- ~ Follow through the target area by thrusting your hips forward toward your aggressor.
- ~ Rapidly return to the basic warrior stance.

See figure 4-7 on page 4-16.

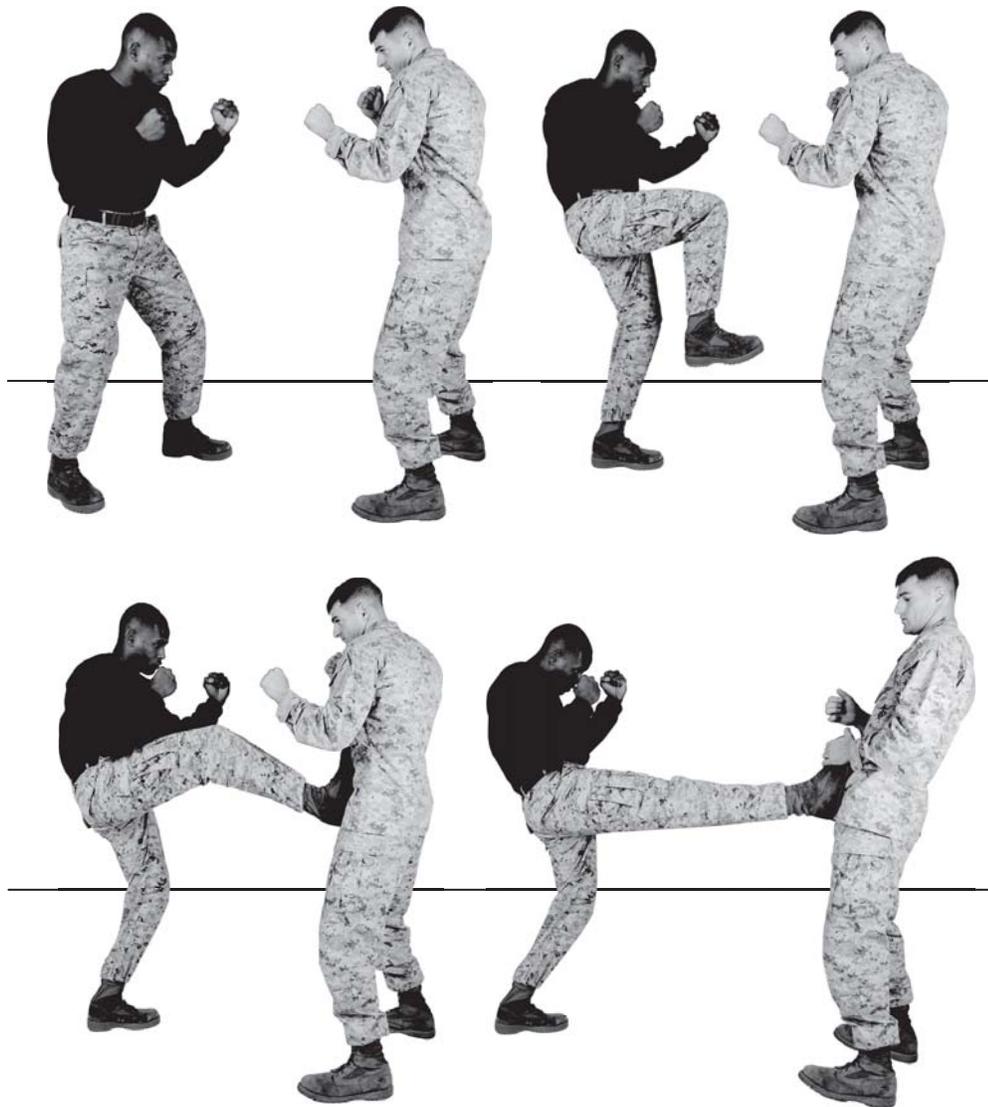


Figure 4-7. Push Kick.

## *Section VI*

### *Unarmed Manipulations*

The purpose of unarmed manipulations is to teach Marines how to operate within the continuum of force, particularly in support of peacekeeping- or humanitarian-type missions. In these situations, Marines must act responsibly to handle situations without resorting to deadly force.

Unarmed restraints and manipulation techniques such as enhanced pain compliance, the reverse wristlock come-along, and controlling techniques can be used to control an aggressor.

Refer to appendix A for corresponding safeties 1, 2, 6, 8, 9, 10, and 13.

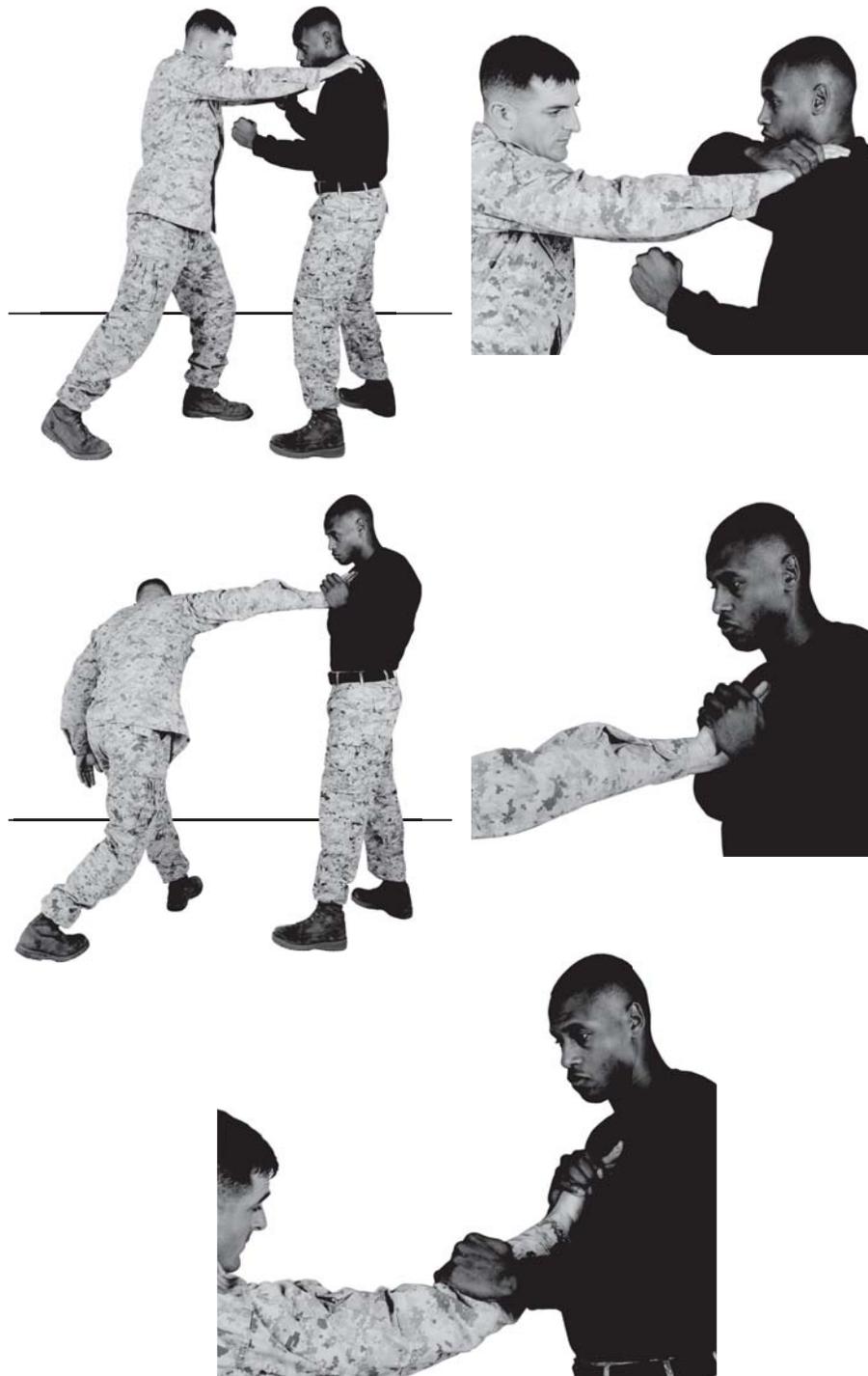
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#### **Enhanced Pain Compliance**

Applying two points of pain enhances control and leverage while applying a technique.

#### **≡ Technique**

- ~ From a reverse wristlock, continue to control the aggressor's right hand with your right hand. Use your left hand to pull down and apply pressure on the aggressor's radial nerve. When pressure is added to the radial nerve, do not loosen your right hand's grip on the reverse wristlock. See figure 4-8 on page 4-18.
  - Pressure can be added to the nerve by moving out and down, in a circular motion.
  - It is acceptable to strike with the left hand before grabbing the radial nerve is.



**Figure 4-8. Enhanced Pain Compliance From a Reverse Wristlock.**

- ~ From the basic wristlock, maintain control of the meaty portion of the aggressor's left hand with your right hand, use the left hand to maintain control of the lower forearm and elbow with the palm side up. Taking the left thumb and pushing it into the aggressor's ulnar nerve located just above the joint will add pressure. Pulling up on the elbow in the opposite direction of the hand also adds pressure. See figure 4-9.

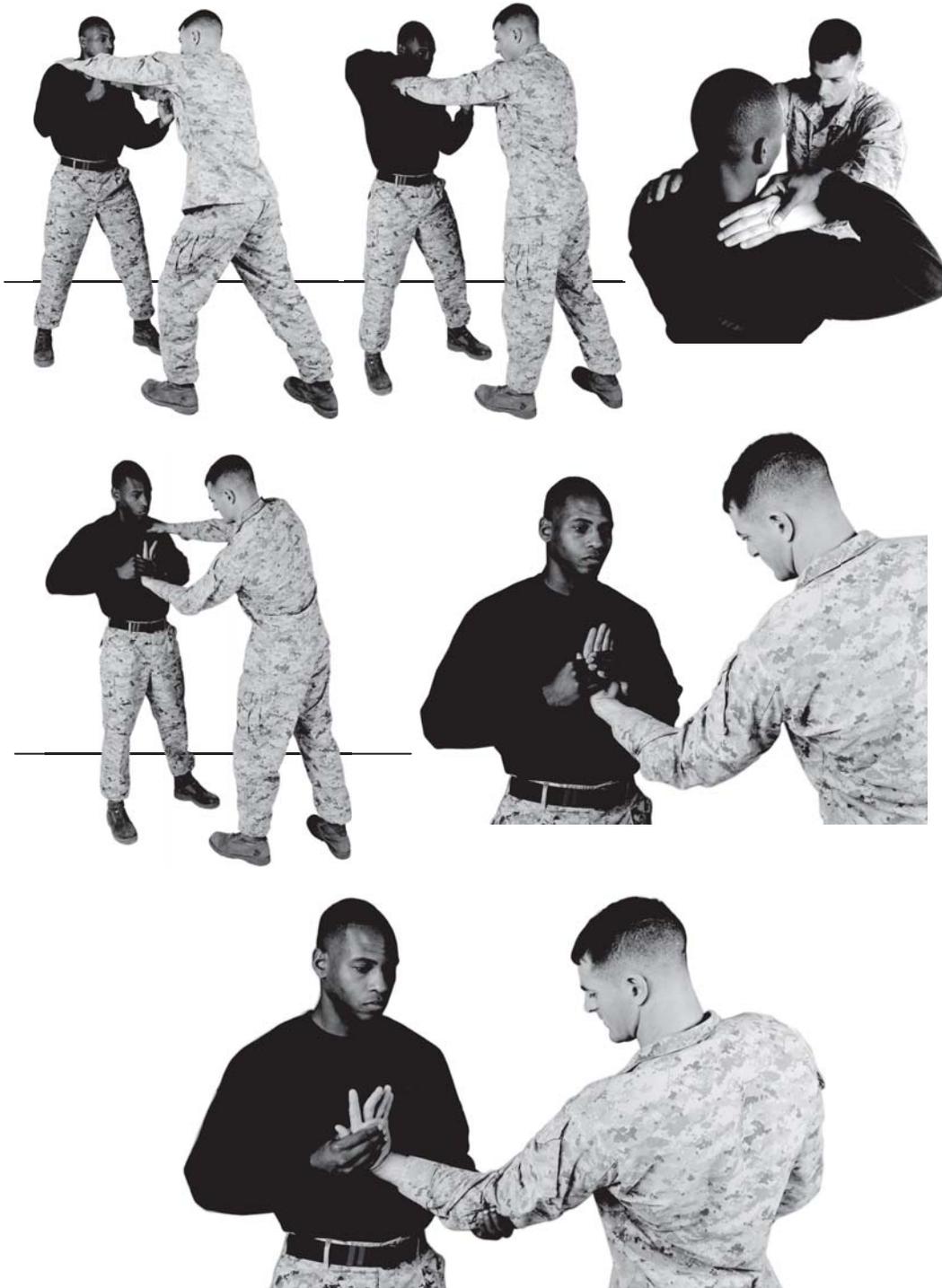


Figure 4-9. Enhanced Pain Compliance from a Basic Wristlock.

- ~ From the wristlock come-along, maintain control of the wrist with both hands, and lock the aggressor's elbow with the forearms. Apply pressure against the finger joints to bend them away from each other, splitting the fingers in opposite directions. See figure 4-10.



**Figure 4-10. Enhanced Pain Compliance from a Wristlock Come-Along.**

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### **Reverse Wristlock Come-Along**

The reverse wristlock come-along is effective when transporting a subject from one location to another. It can be used as follow-on technique to the reverse wristlock.

#### **Technique**

- ~ With your right hand, execute a reverse wristlock. Instead of stopping the rotation at 90-degrees, continue the rotation until the aggressor's palm is facing straight up toward the sky.
- ~ Ensure you keep the aggressor's hand close to your chest.
- ~ With your left hand, grab the meaty portion of the aggressor's thumb and as much of the palm as possible.
- ~ With your right hand, collapse the aggressor's right arm by applying pressure or striking the inner portion of his elbow.
- ~ At the same time step forward with the left foot pivoting on the ball of your right foot so that you are facing in the same direction as your aggressor.
- ~ With your right hand pull the aggressor's elbow to your chest as you bring your left arm high into your aggressor's armpit.
- ~ Maintain upward pressure with your left arm to keep your aggressor off balance.
- ~ Keep pressure on your aggressor's wrist by rotating your palm toward you while keeping downward pressure on the hand to maintain compliance over your aggressor.
- ~ Your right hand will move on top of the aggressor's right hand. Keep your elbows tight to control the aggressor's arm.

See figure 4-11.

*Note:* For enhanced pain compliance release with your right hand and re-grasp the bottom two fingers on the aggressor's hand and pull them down and away from his hand.

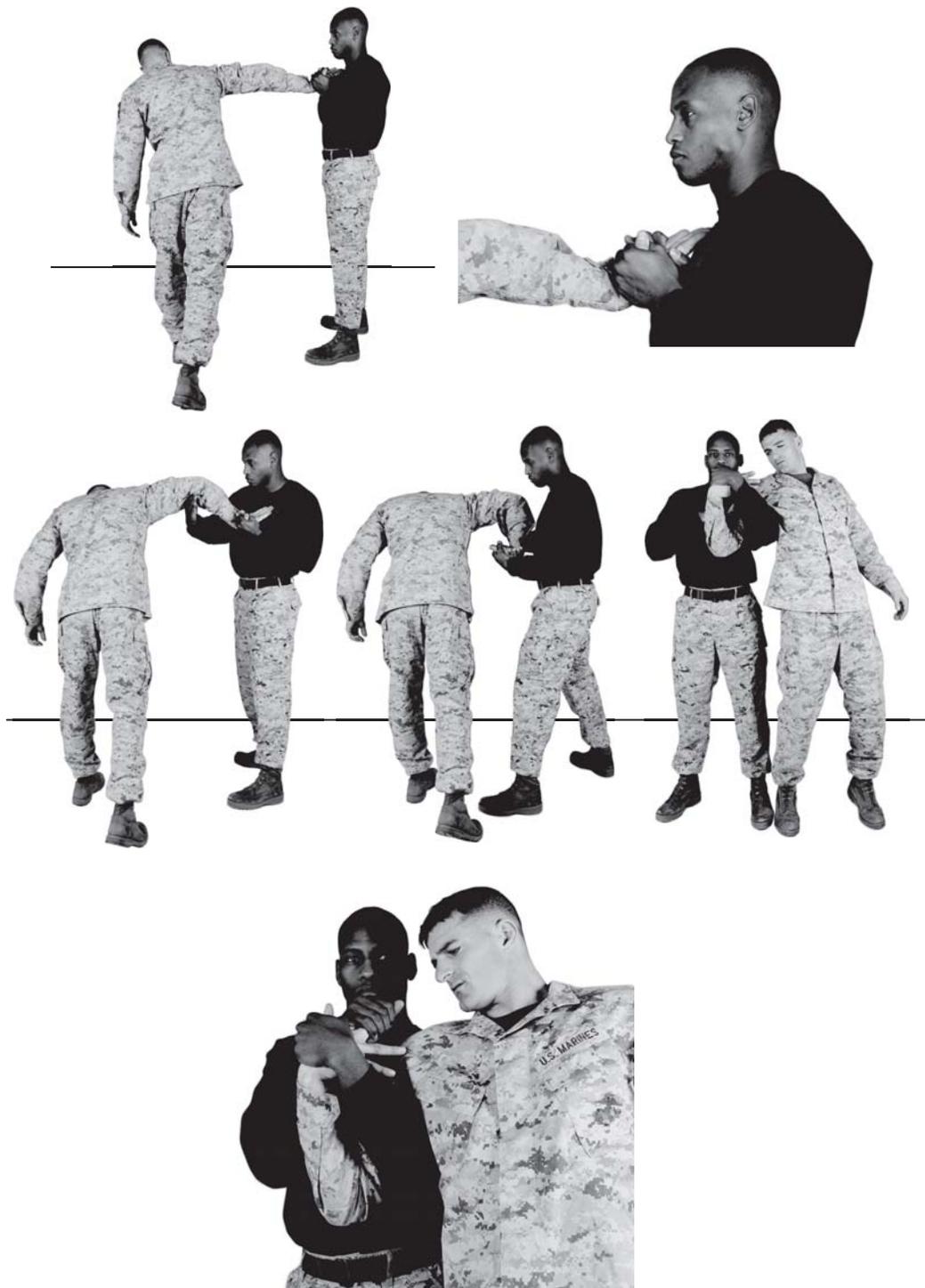


Figure 4-11. Reverse Wristlock Come-Along.

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## Controlling Techniques

### *Opposite Side Grab*

The opposite side grab is effective if someone tries to grab your wrist.

### — Technique

- ~ Begin with the aggressor grabbing your right wrist with his right hand.
- ~ Trap the aggressor's right hand in place on the right wrist with the palm of your left hand.
- ~ Rotate your right hand to reach up and grasp the aggressor's right forearm while maintaining downward pressure on the aggressors trapped right hand, with your left hand.
- ~ The target area to grasp on the right forearm is the radial nerve.
- ~ Apply downward pressure in and down with both hands until the aggressor is forced to one knee and is effectively controlled.

See figure 4-12.



Figure 4-12. Opposite Side Grab.

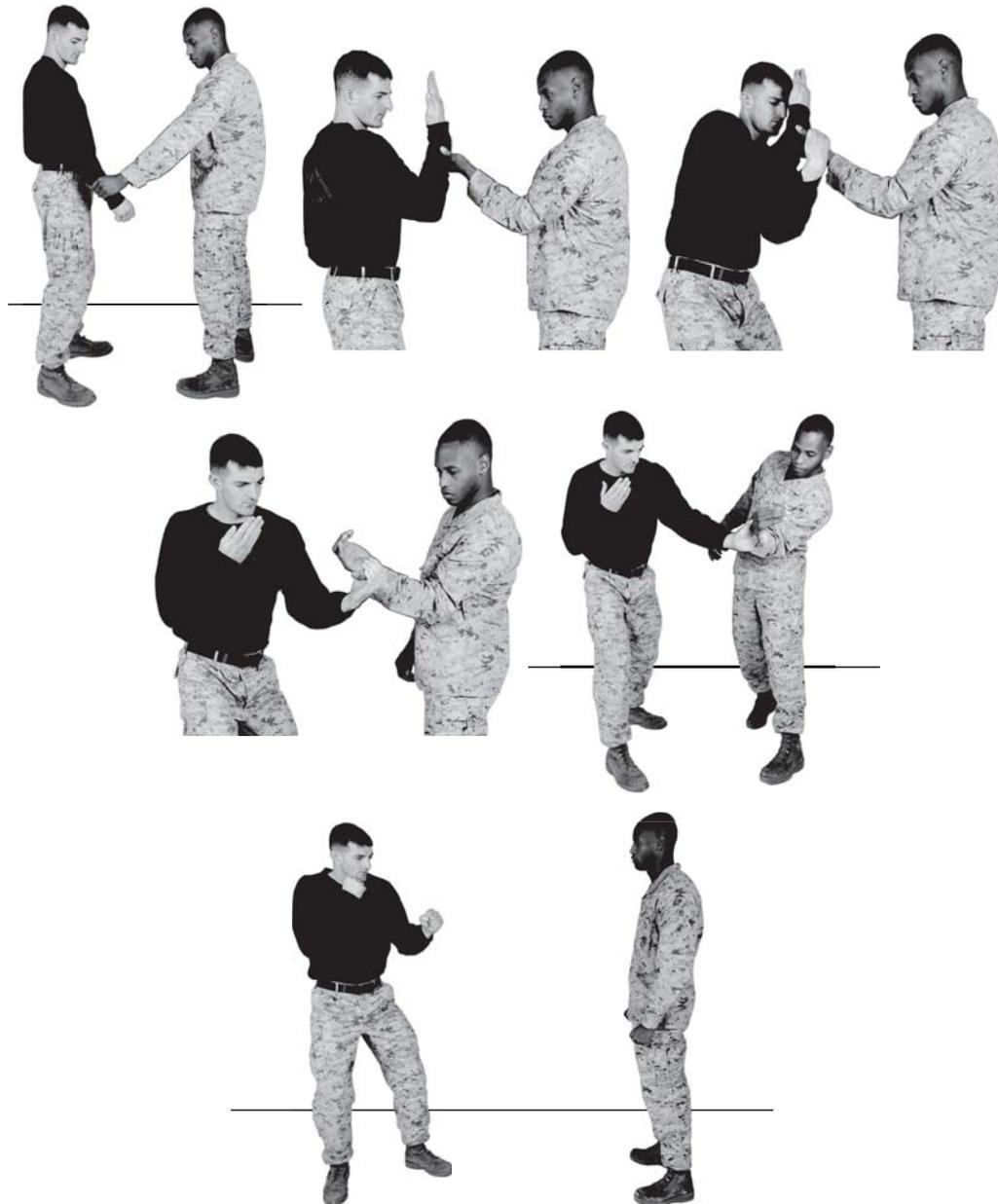
### *Same Side Grab*

The same side grab is effective if someone tries to grab your wrist.

#### — Technique

- ~ Begin with the aggressor grabbing your right wrist with his left hand.
- ~ Rotate your right palm upward.
- ~ Grab the backside of the aggressor's hand with your left hand, palm side up, wrapping your fingers around the meaty portion of his thumb.
- ~ Continue to rotate the aggressor's palm outboard until control or compliance is achieved.

See figure 4-13.



**Figure 4-13. Same Side Grab.**

## *Section VII*

### *Knife Techniques*

The purpose of knife techniques is to cause enough damage and massive trauma to stop an aggressor by properly executing a counter knife strike from a vertical attack and a forward strike.

Refer to appendix A for corresponding safeties 1, 2, 6, 8, 9, 10, and 13.

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#### **Counter to a Vertical Strike With Follow-on Techniques**

---

##### **Technique**

- ~ From the modified basic warrior stance, move forward, inside the arc of attack.
- ~ Block the attack, over and in front of your head, with your left arm. The arm is bent so that your forearm makes contact with the aggressor's forearm.
- ~ At the same time execute a vertical thrust into the aggressor's neck and follow through with at least three more killing techniques, preferably thrusting to available target areas. Control the aggressor's attacking arm throughout.

See figure 4-14.



**Figure 4-14. Counter to a Vertical Strike.**

## Counter to a Forward Strike With Follow-on Techniques

### Technique

- ~ From the modified basic warrior stance, move forward-left, inside the arc of the attack.
- ~ Block the attack with your left arm bent so that your forearm makes contact with the aggressor's forearm.
- ~ At the same time, use the blade to block the aggressor's upper arm or bicep. Then slash downward on the biceps dropping your body weight to develop maximum force.
- ~ Follow through with at least three more killing techniques preferably thrusting to available target areas on the aggressor. Control the aggressor's attacking arm throughout.

See figure 4-15.



Figure 4-15. Counter to a Forward Strike.

## *Section VIII*

### *Weapons of Opportunity*

The purpose of weapons of opportunity is to enable each individual Marine to be creative and utilize any object on the battlefield in order to inflict maximum damage to the aggressor. A Marine should be ready and able to use anything around him to serve as a weapon. This may mean throwing sand or liquid in an aggressor's eyes to temporarily impair his vision or executing blocks: the block for a vertical strike, the block for a forward strike, the block for a reverse strike, and the block for a straight thrust. Weapons of opportunity blocks are effective when you are blocking attacks and the aggressor is using a weapon of opportunity. In any given confrontation, a Marine must use whatever it takes to win and move on to the next aggressor.

Refer to appendix A for corresponding safeties 1, 2, 3, 4, and 14.

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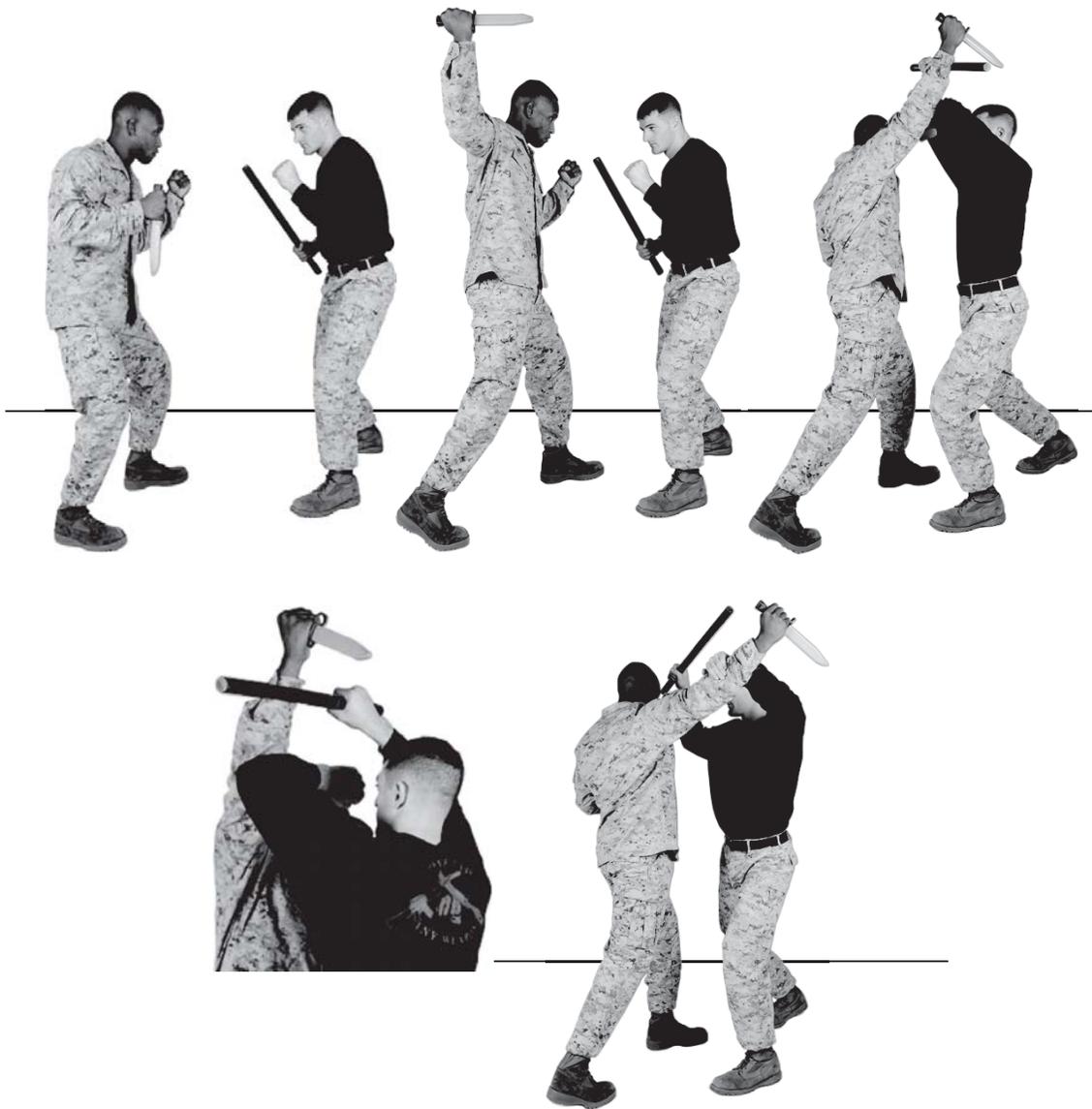
#### **Block for a Vertical Strike With Follow-on Strikes**

All blocks being taught in this lesson will begin from the one-handed carry or two-handed carry. When the aggressor has a weapon, blocks are executed with your weapon.

#### **Technique**

- ~ Begin in the modified basic warrior stance with a one-handed grip. The aggressor extends his right hand in a vertical attack.
- ~ Move forward to get your body inside the arc of attack. This movement gets you inside the aggressor's strike and his generated power. When you step in forcefully, you prevent the aggressor from developing power in his swing and you stop his momentum.
- ~ Block the aggressor's weapon by making two points of contact to disperse the impact of the attack.
- ~ Block the aggressor's weapon by positioning your weapon so it is perpendicular to the aggressor's weapon. If your weapon is not perpendicular to the aggressor's weapon, the aggressor's weapon can slide through and make contact on you.
- ~ With the muscular portion of your left forearm, block the aggressor's wrist or forearm with two points of contact. Control the arm with your left arm or grip the arm with your hand to maintain control.
- ~ If you are closer to the aggressor, use your weapon to block the aggressor's arm. It is the same movement, except now you block the aggressor's arm with both your weapon and your arm.
- ~ Follow up with strikes to lethal target areas on the aggressor.

See figure 4-16 on page 4-28.



**Figure 4-16. Block for a Vertical Strike.**

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### **Block for a Forward Strike With Follow-on Strikes**

#### **— Technique**

- ~ Begin in the modified basic warrior stance with a one-handed carry. The aggressor extends his right hand in a forward strike.
- ~ Move forward-left to get your body inside the arc of the attack.
- ~ To disperse the impact of the attack, block with two points of contact. Block the aggressor's wrist or forearm with the meaty portion of your left forearm and maintain control of the arm.
- ~ Strike the aggressor's attacking biceps with your weapon.

- ~ Control the arm with your left arm or grip the arm with your hand to maintain control.
  - ~ Follow up with strikes to lethal target areas.
- See figure 4-17.



**Figure 4-17. Block for a Forward Strike.**

---

### **Block for a Reverse Strike With Follow-on Strikes**

#### **Technique**

- ~ Begin in the modified basic warrior stance with a one-handed carry. The aggressor extends his right hand in a reverse strike.
- ~ Move forward-right to get your body inside the arc of the attack.

- ~ To disperse the impact of the attack, block with two points of contact. Block the aggressor's weapon by positioning your weapon so that it is perpendicular and making contact with the aggressor's weapon.
- ~ With your left arm, block the aggressor's forearm with the muscular portion of your forearm. If you are in closer to the aggressor, block the aggressor's triceps with the back of your left forearm and strike his forearm with your weapon.
- ~ Control the arm with your left arm or grip the arm with your hand to maintain control.
- ~ Follow up with strikes to lethal target areas.

See figure 4-18.



**Figure 4-18. Block for a Reverse Strike.**

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### **Block for a Straight Thrust With Follow-on Strikes**

#### **— Technique**

- ~ Begin by facing the aggressor with his right arm straight out in front of him, simulating a straight thrust.
- ~ Block your aggressor's attack by striking his arm perpendicular with yours as you step forward-right with your right foot, to the outside of your aggressor's left foot.
- ~ With your left hand, reach across the block and grasp and control your aggressor's attacking limb. This will prevent a follow-on attack with his weapon and leave him open for you.
- ~ Follow up with strikes to lethal target areas.

See figure 4-19.

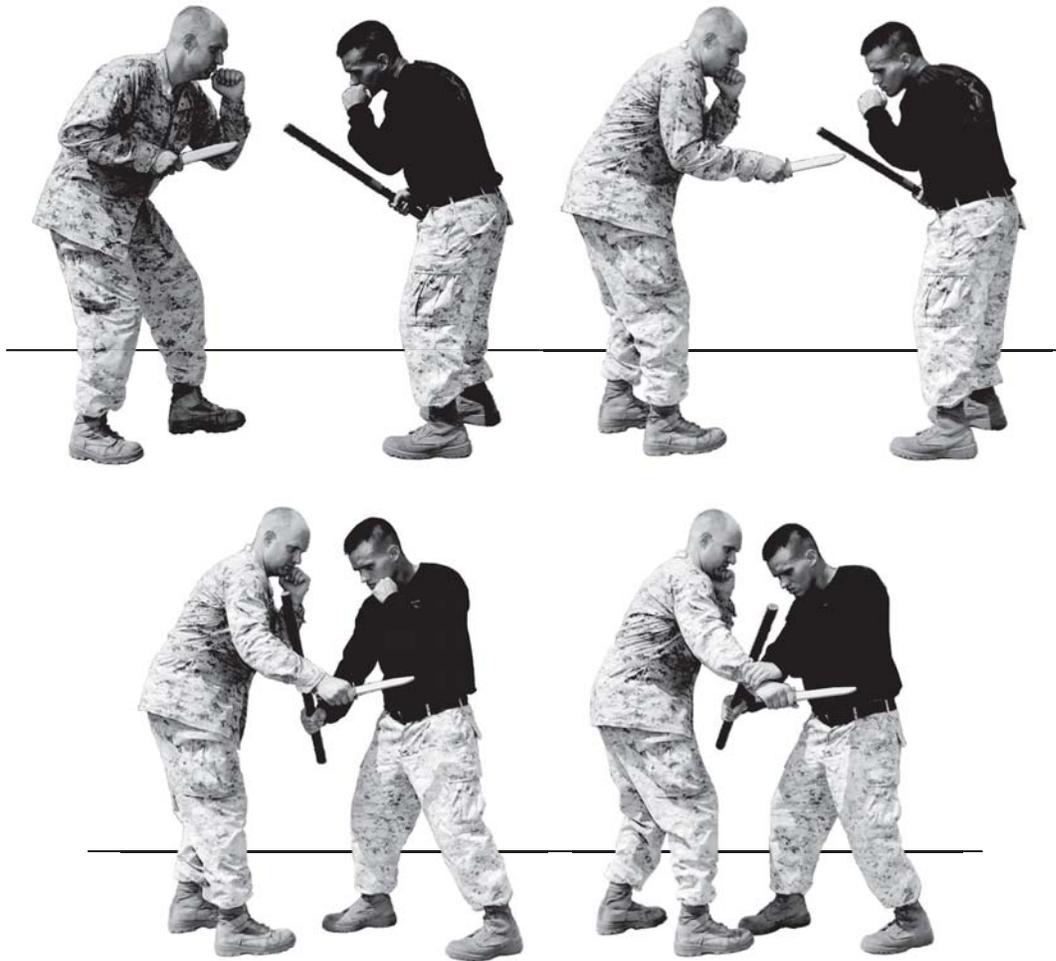


Figure 4-19. Block for a Straight Thrust with Follow-on Strikes.

## *Section IX*

### *Ground Fighting*

In any close combat situation, the fight may end up on the ground. The purpose of ground fighting techniques is to allow you to return to your feet as quickly as possible and regain the tactical advantage. Techniques that can be used in ground fighting are the armbar from the mount position and the armbar position from the guard position.

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

---

#### **Armbars From Mount Position**

The armbar from the mount position is effective for causing damage to an aggressor's arm providing you with a tactical advantage and allowing you to get on your feet.

#### **== Technique**

- ~ Begin with the aggressor on his back, on the ground.
- ~ Sit astride on the aggressor's abdomen. Both legs are bent, with your knees touching the ground. Use your weight and hips to control your aggressor. Keeping all of your weight on your knees makes it easier for the aggressor to maneuver and escape.
- ~ The aggressor attempts to choke or push you off of him with straight arms.
- ~ Place both palms in the center of the aggressor's chest. Your right arm will weave over the aggressor's left arm and your left arm under his right arm. Post the majority of your weight on your two hands pinning the aggressor to the ground.
- ~ Keep your right hip/upper, inside thigh in constant contact with your aggressor's body, creating pressure on the aggressor's left triceps. Turn your body to face left and swing your right leg over the aggressor's head.
- ~ Pull your feet in toward your buttocks to trap his body and pinch your knees together to trap his arm, hug his left arm to your chest and sit back with your upper body to straighten and lock out the aggressor's arm.
- ~ Maintain pressure against the aggressor's neck with the back of your right foot and against his side with your left foot underneath his armpit. Your legs are on either side of the aggressor's left arm. Use your hips to make pressure into the aggressor's elbow in the direction of his left pinky. Your aggressor's left palm should be facing the sky.
- ~ Falling back quickly and thrusting your hips up strongly against the aggressor's elbow can break or dislocate the aggressor's elbow. It is important to do this slowly in training in order to give your training partner an opportunity to tap out and avoid injury. The aggressor will tap out by tapping on the deck three times, on himself three times, or by verbally saying *tap-tap-tap*.
- ~ Return to your feet, gaining the tactical advantage. You can follow-on with controlling techniques to lethal force depending on the temper and intent of your adversary.

See figure 4-20.

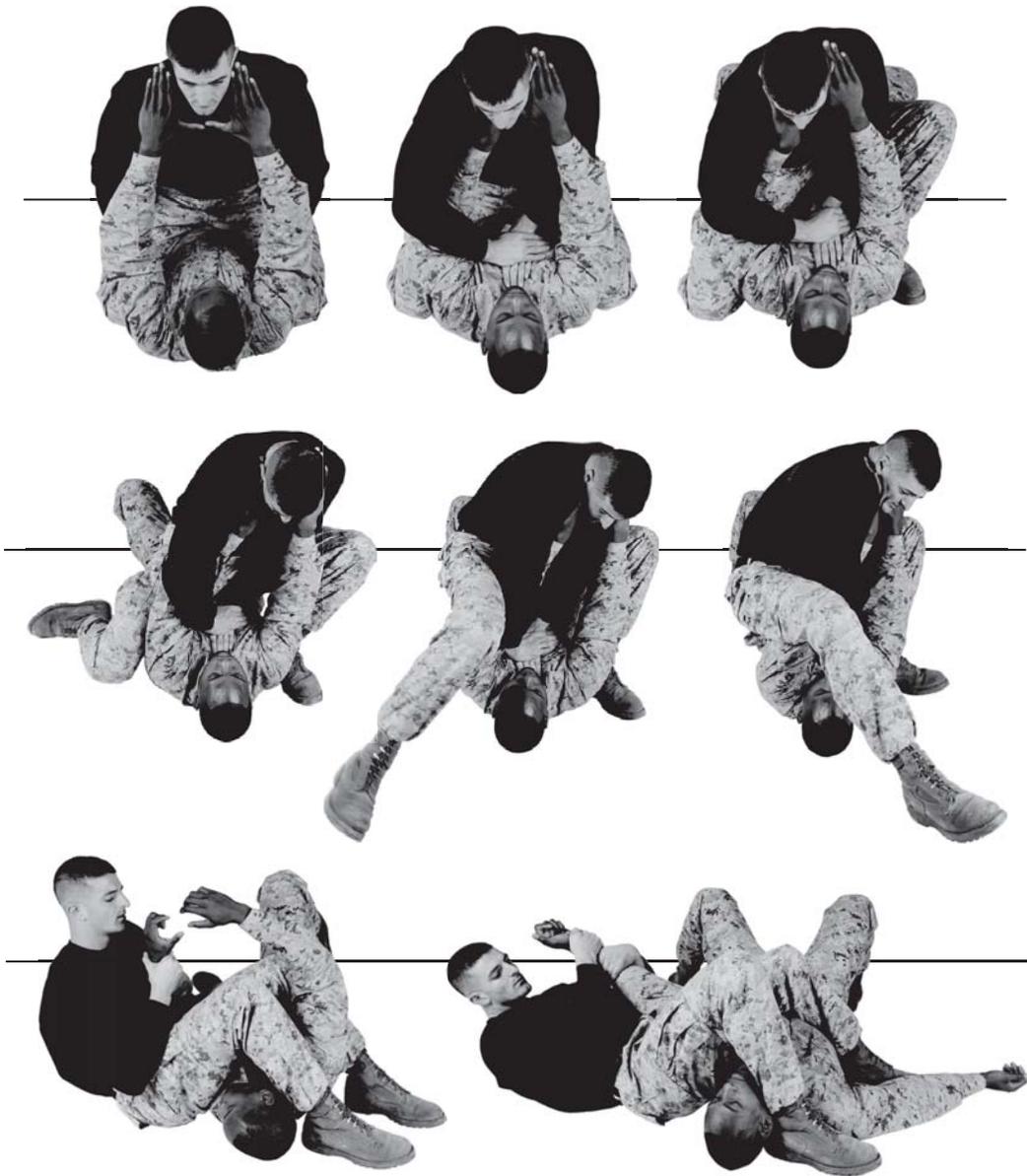


Figure 4-20. Armbar From Mount Position.

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### Armbar From Guard Position

The armbar from the guard position is effective for causing damage to an aggressors arm and providing you with a tactical advantage and allowing you to get on your feet.

#### — Technique

- ~ Begin by lying on your back with the aggressor kneeling between your legs with his hands around your neck. Wrap your legs around the aggressor's waist.
- ~ Trap the aggressor's hands on your chest by crossing your hands on your chest so that your forearms are resting on his/her forearms.
- ~ With the cutting edge of your right heel, strike the outside of the aggressor's left thigh. This will cause the aggressor to jerk to that side.
- ~ Quickly move your head to your left and swivel your hips to your right while maintaining positive control of your aggressor's left arm. Simultaneously, bring up both of your legs so that they are on the right side of the aggressor's body.
- ~ Bring your right leg down, hooking the aggressor's neck and head, and exert downward pressure to roll him over on his back. Grasp and maintain control of the aggressor's left arm.
- ~ You should end up sitting up with your legs bent over the aggressor while maintaining control of his left arm. Your buttocks are tight against the aggressor's shoulder. Move closer to your aggressor if necessary. Your legs are on either side of the aggressor's right arm.
- ~ Keeping your legs and knees bent, maintain pressure against the aggressor's neck with the back of your right foot and your left foot underneath his armpit against his side. Squeeze your knees together, tightly locking in the aggressor's arm.
- ~ Pull the aggressor's arm straight up and fall back sharply, pulling his arm to the side in the direction of his little finger. Your aggressor's left palm should be facing the sky. This action will break the aggressor's arm. Raise your hips slightly and pinch your toes in around the aggressor's shoulder to maintain control and to generate power in the break.
- ~ Return to the basic warrior stance.

See figure 4-21.

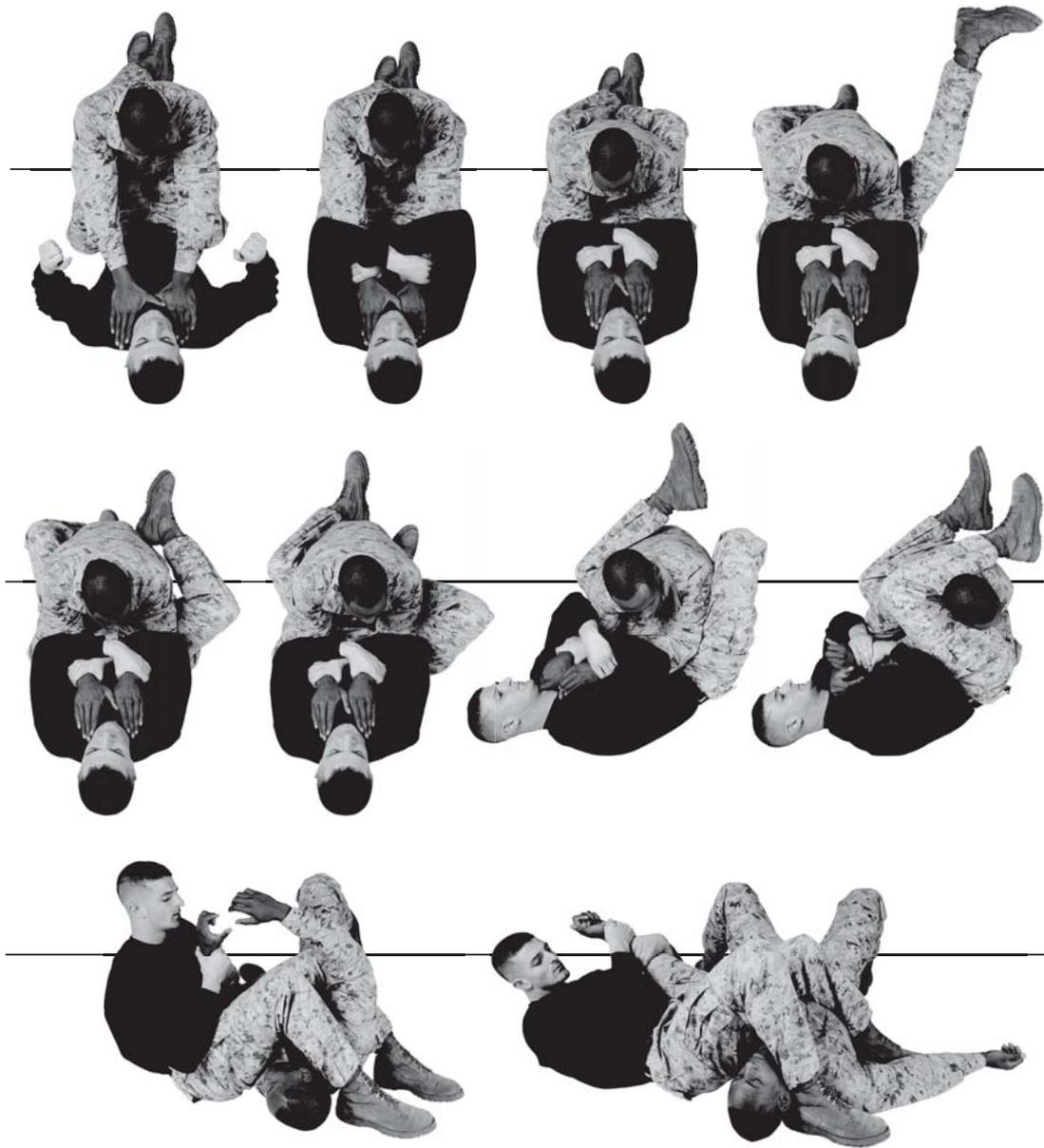


Figure 4-21. Armbar From Guard Position.

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## *Brown Belt*

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The fourth belt ranking within MCMAP is Brown Belt. Upon qualifying as a Green Belt, all Marines are highly encouraged to continue MCMAP sustainment training in order to advance to Brown Belt. Brown Belt is the introduction to advanced fundamentals of each discipline. Brown Belt is the minimum training goal of all infantrymen. Purpose and principles remain the same as in Gray Belt.

### **Brown Belt Requirements.**

Prerequisites	Recommendation of reporting senior Complete Green Belt sustainment and integration training Complete PME
Training Hours	A minimum of 18.5 hours, excluding remedial practice time and testing
Sustainment Hours	A minimum of 15 hours of sustainment, excluding integration training time and practice time for testing

## *Section I*

### *Bayonet Techniques*

The purpose of bayonet techniques is to disable or kill the aggressor. When engaging in combat, mindset, more often than not, will be the determining factor of success or failure, regardless of technical proficiency. Anyone can train in a martial skill, but few have the mind and will to use their skills to kill or injure. Mindset is often the mental trigger in the defining moment that forces you to commit to an aggressor with the goal of injury or death.

If faced with one-on-two engagements, two-on-one engagements, or two-on-two engagements, execute the bayonet techniques such as the straight thrust and the slash that you learned earlier in your martial arts training.

The following bayonet training principles are applied to bayonet fighting:

*Disrupt.* A disrupt creates an opening in the aggressor's defense by bringing the aggressor's weapon off line.

*Entry.* Entry is the movement that is made in order to get inside the aggressor's defense and find a path to the target. A movement can be a step forward or a small step to an oblique to get within striking distance of the aggressor.

*Modified Basic Warrior Stance.* All movement begins and ends with the basic warrior stance.

*Channeling the Aggressor.* Move using the approach and close principles of movement while attempting to place one aggressor in front of the other. Use the angles of approach learned earlier in your martial arts training.

Refer to appendix A for corresponding safeties 1, 2, 4, 7, 8, 9, and 14.

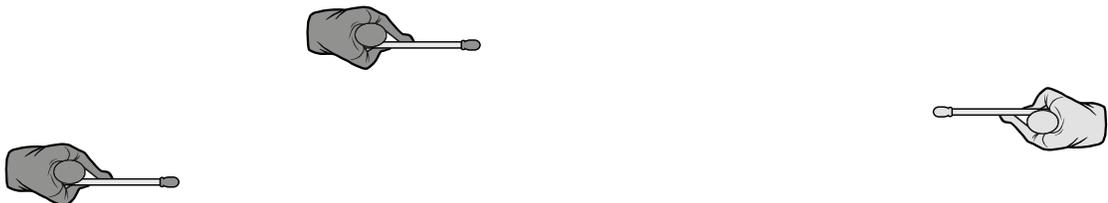
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#### **One-on-Two Engagement**

##### **— Technique**

- ~ Assume the modified basic warrior stance.
- ~ Stagger two aggressors, approximately 10 meters in stationary positions, away from you.

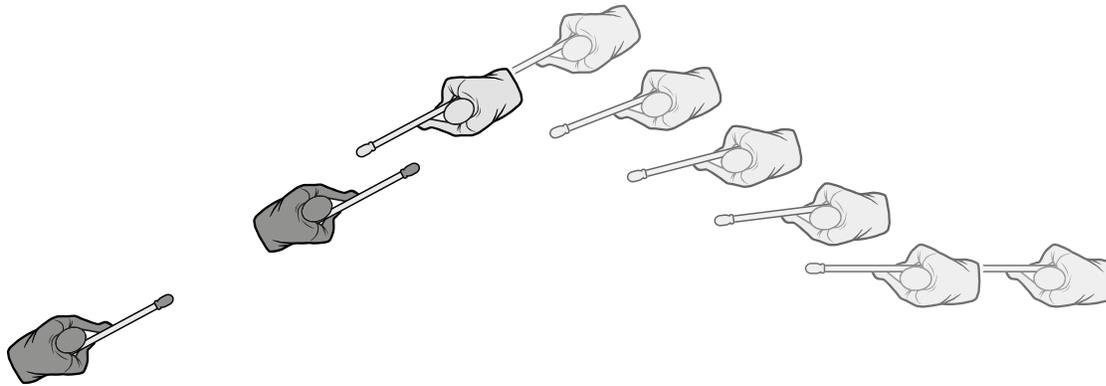
See figure 5-1.



**Figure 5-1. One-on-Two Engagement.**

- ~ Execute movement toward aggressor.
- ~ While moving toward aggressor, use angles of approach to place one aggressor in front of the other.

See figure 5-2.



**Figure 5-2. One-on-Two Engagement.**

- ~ Use an economy of motion and no hesitation while moving toward aggressors.
- ~ Utilize natural terrain features and/or obstacles to channel aggressors along with movement.
- ~ Attempt to engage one aggressor at a time. Do not hesitate at any time.
- ~ The primary technique used is the straight thrust, unless a disrupt is needed to disrupt your aggressor.
- ~ When at closing distance, the student should begin to thrust bayonet trainer so that the students can engage the aggressor at the furthest possible distance.

---

### Two-on-One Engagement

#### Technique

- ~ Assume the modified basic warrior stance.
- ~ Place two Marines, in a stationary position, 10 to 20 meters away from the aggressor.

See figure 5-3.

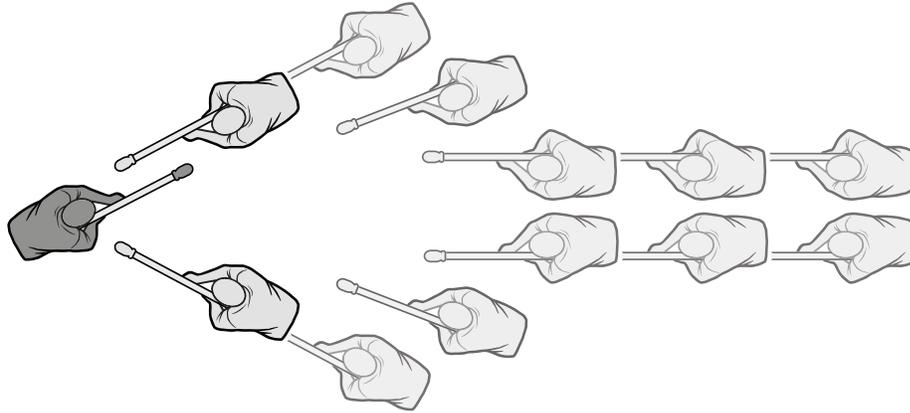


**Figure 5-3. Two-on-One Engagement.**

- ~ Execute movement toward the aggressor.
- ~ While moving toward the aggressor, do not allow him to use angles of approach to place one Marine in front of the other.

- ~ Stay together in a manner that allows Marines to attack simultaneously, covering each other's movement and attack. This can be accomplished by either staying shoulder-to-shoulder or within a 90-degree angle of approach to each other. Communication with each other is essential.

See figure 5-4.



**Figure 5-4. Two-on-One Engagement.**

- ~ Use an economy of motion and no hesitation while moving toward the aggressor.
- ~ Utilize natural terrain features and/or obstacles to canalize the aggressor along with movement.
- ~ The primary technique used is the straight thrust, unless a disrupt is needed to clear a path for your blade.

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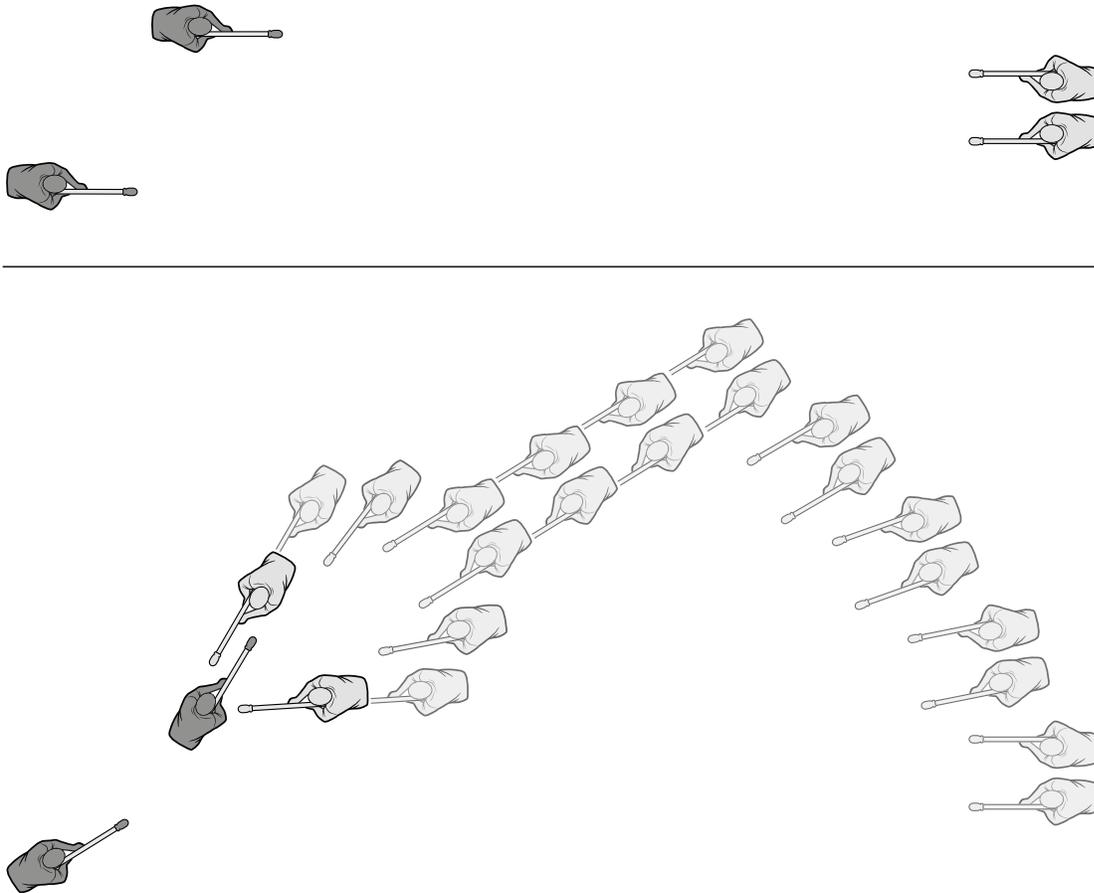
### **Two-on-Two Engagement**

#### **== Technique**

- ~ Two Marines assume the modified basic warrior stance.
- ~ Stagger two aggressors in a stationary position, 10 to 20 meters away from the other Marines.

See figure 5-5.

- ~ Execute movement toward the aggressors.
- ~ While moving toward the aggressors, use angles of approach to place one aggressor in front of the other. At the same time, do not allow the aggressors to use angles of approach and movement to place you in front of the other Marine.



**Figure 5-5. Two-on-Two Engagement.**

- ~ Stay together in a manner that allows both Marines to attack one aggressor at a time, covering each other's movement and attack. This can be accomplished by either staying shoulder-to-shoulder or within a 90-degree angle of approach to each other. Do not allow the aggressors to turn this into two, one-on-one engagements.
- ~ When at closing distance, begin to thrust the bayonet so that you can engage the aggressor at the furthest possible distance.

## *Section II*

### *Ground Fighting*

The purpose of ground fighting is to apply techniques that will allow you to get to your feet as quickly as possible and cause damage to the aggressor.

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

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#### **Ground Fighting Techniques**

Ground fighting techniques are used to cause damage to the aggressor using the bent armbar from the side mount position and the basic leg lock, which will enable you to get to your feet.

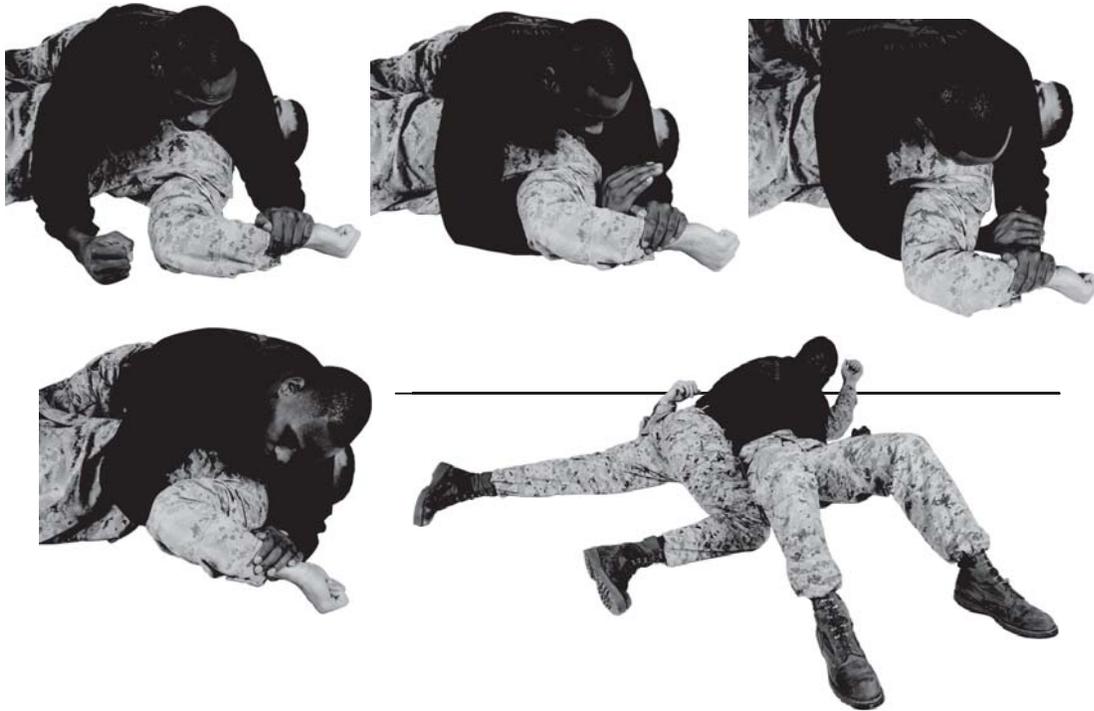
##### *Bent Armbar From the Side Mount Position*

The bent armbar from the side mount position technique can be executed from many positions, but we will focus on executing this technique from the side mount position, while the aggressor uses his free hand to attempt an eye gouge.

#### **Technique**

- ~ Begin with the aggressor lying flat on his back. Position yourself in the right side mount position, chest to chest with the aggressor.
- ~ Your left leg is straight and your right leg is bent, on the ground at the aggressor's hip. Your body weight will control the aggressor.
- ~ The aggressor attempts an eye gouge with his left hand.
- ~ With your left hand, grab the aggressor's left wrist and place your left elbow against the aggressor's left ear.
- ~ With your right hand, reach underneath the aggressor's left triceps and grab your left wrist, both palms down.
- ~ Apply downward pressure as you pull the aggressor's wrist toward his hips or feet, simultaneously elevating his left elbow by raising your right elbow. For submission, apply slow and steady pressure.
- ~ For joint destruction, rapidly execute full force and full speed while raising the right elbow or your aggressor's left elbow.
- ~ Return to your feet and assume the basic warrior stance.

See figure 5-6.



**Figure 5-6. Bent Armbar From the Side Mount Position.**

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### **Basic Leg Lock**

The basic leg lock can be executed when you are in your aggressor's guard, prior to him locking his ankles together. In the following scenario, the aggressor is attempting to gain the superior position.

---

#### **Technique**

- ~ Begin in the aggressor's guard without him locking his ankles together.
- ~ With your left elbow, strike the inside of the aggressor's right leg, on the femoral nerve. Maintain pressure on his leg, pinning it to the ground with your left hand until you replace your hand with your left foot in step five.
- ~ At the same time bring your right leg forward and to the right, at a 45-degree angle, placing the sole of the foot on the deck.
- ~ Quickly over hook your right arm around the aggressor's left leg, between the lower calf and the heel.

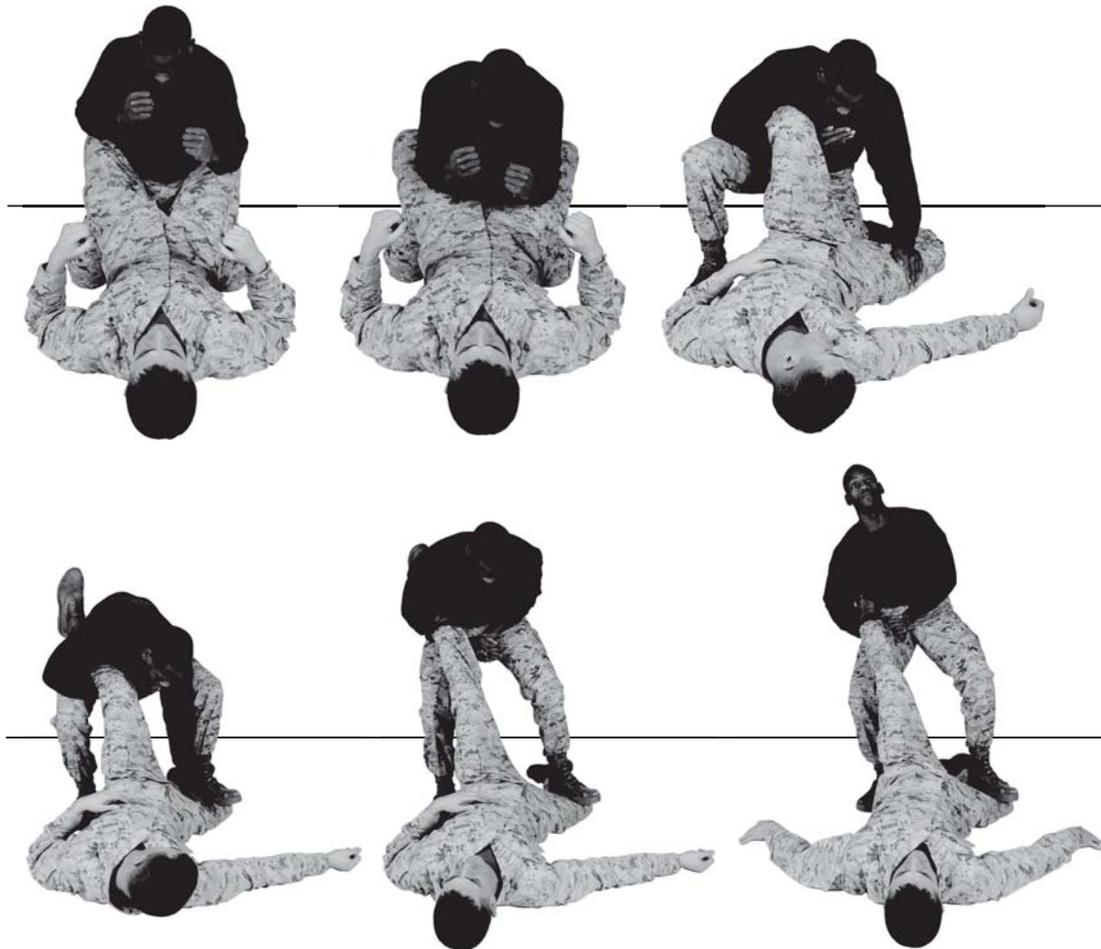
- ~ Quickly come to the standing position, maintaining control of the aggressor's legs, keeping your back straight and your knees slightly bent. With your left leg, execute a vertical stomp on the aggressor's groin region. For safety, place your foot on your aggressor's thigh.

**CAUTION**

For safety during training, simulate stomping the groin by placing your left foot on the inside of the aggressor's thigh.

- ~ Clasp your hands together; palm-to-palm, with your right palm toward the deck. Apply bone pressure to the aggressor's Achilles tendon by rotating your right radius bone up and into the Achilles tendon. Maintain pressure on the aggressor's Achilles tendon throughout the movement. Slowly straighten your back and look up to increase the pressure for the submission. Stand quickly, arching your back for the joint destruction.
- ~ Return to the basic warrior stance.

See figure 5-7.



**Figure 5-7. Basic Leg Lock.**

### *Section III*

#### *Ground Chokes*

The purpose of ground chokes is to render the aggressor unconscious as quickly as possible by using the rear ground choke, figure-4 variation, side choke, or front choke.

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

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#### **Rear Ground Choke**

The rear ground choke is a blood choke that is performed when you are behind the aggressor on the ground.

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#### **Technique**

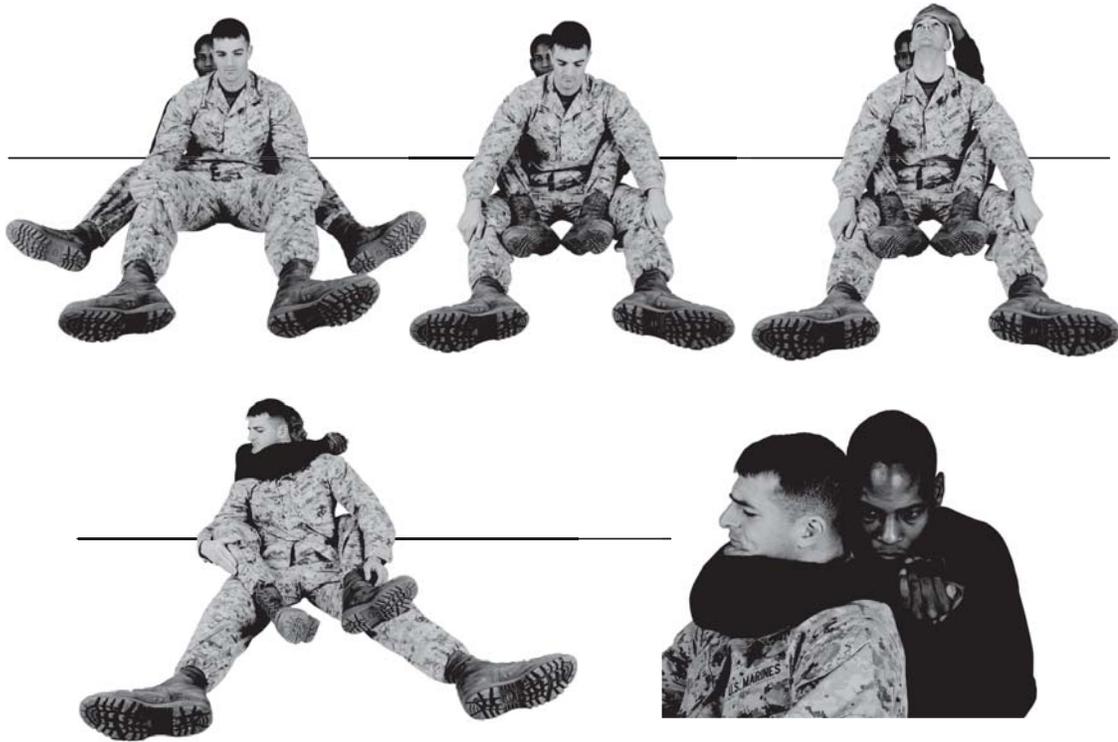
- ~ Begin by sitting on the ground with the aggressor sitting between your legs with his back to your chest.
- ~ Place your lower legs over the aggressor's thighs, this should be done simultaneously or after the choke is executed in order to prevent a counter. Do not cross your ankles at any time, this will compromise your position and places you in a vulnerable position to counter-attack. Use your insteps and toes to create constant pressure on the aggressor's thighs.

*Note:* Do not try to get your toes under the aggressor's legs.

- ~ With your left arm, reach up and grab the aggressor's forehead and pull back.
- ~ With your right arm, reach over the aggressor's right shoulder and hook the bend between the forearm and bicep of your arm around his neck. Ensure that the aggressor's windpipe is positioned within the bend of your arm and that pressure is not being exerted directly on his windpipe.
- ~ With your left hand, palm side up, clasp both hands together, palm-to-palm.

- ~ Exert pressure with your biceps and forearm on the carotid arteries on both sides of the aggressor's neck; while maintaining pressure, 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. Stretch out the aggressor by straightening and arching your body while maintaining your hooks and arm positions.

See figure 5-8.



**Figure 5-8. Rear Ground Choke.**

#### **Figure-4 Variation of Rear Choke**

The figure-4 variation of the rear choke is also a blood choke and is performed when you are behind the aggressor.

#### **Technique**

- ~ Follow steps one through three for the rear choke.
- ~ Grasp your left bicep or shoulder with your right hand and place your left hand against the back of the aggressor's head.
- ~ With your left hand, 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.
- ~ To increase the effectiveness of the choke, stretch the aggressor out by straightening and arching your body while maintaining your leg and arm positions.

See figure 5-9.



Figure 5-9. Figure-4 Variation of Rear Choke.

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### Front Choke

The ground front choke is a blood choke performed when you are in your aggressor's guard or in the mount position. This choke is performed the same as outlined in chapter 3, Gray Belt.

#### Technique

- ~ Begin in the mount position.
- ~ With your right hand, grab the back of the aggressor's right collar, making certain that your palm is facing up.
- ~ Keeping the collar tight in your right palm, reach under your right arm with your left hand and grab the back of the aggressor's left collar, making certain that your palm is facing up, forming an X with your wrists. Attempt to make your thumbs touch.
- ~ Grab the collar with your elbows facing down, curl your wrist inward, and pull down while at the same time attempt to place your head over the aggressor's left shoulder. Your radius bone will cut off the aggressor's carotid artery.
- ~ Make sure you apply pressure on the carotid artery and not on the throat (trachea or windpipe).

See figure 5-10.

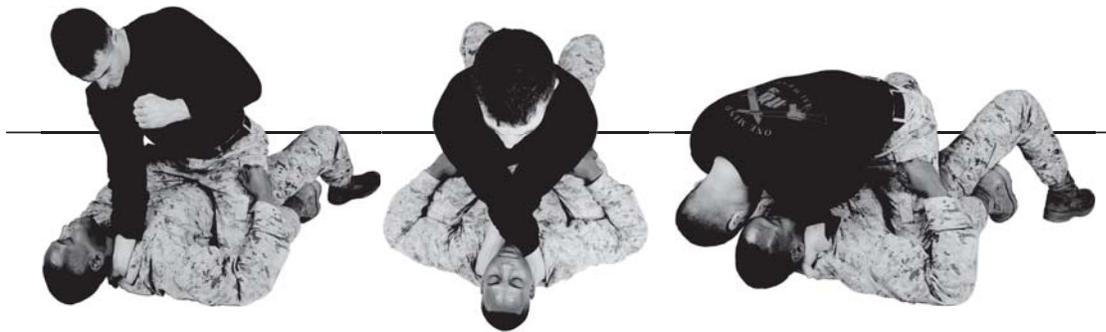


Figure 5-10. Front Choke.

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## Side Choke

The side choke is a blood choke performed from the mount position and is particularly effective when the aggressor raises his arms and places them on your chest or throat. The side choke is performed the same as outlined in the Green Belt chapter.

### Technique

- ~ Begin facing the aggressor in the mount position.
- ~ The aggressor will push up on you in an effort to get you up and off of him.
- ~ Disrupt the aggressor's right arm inboard, cross-chest with your left hand.
- ~ Bring your right arm underneath the aggressor's right arm and place your wrist and radius bone across the aggressor's carotid artery along the left side of his neck. Your right palm should face down with your fingers extended and your thumb pointing toward you.
- ~ With your left hand, reach around the back of the aggressor's neck and clasp your palms together with your left hand, palm side up. The aggressor's right arm should be over your right shoulder.
- ~ Pull the aggressor toward your chest, exerting pressure on the side of his neck with your forearm. At the same time, push up with your shoulder and head against the aggressor's triceps, driving his shoulder into his right carotid artery. This allows you to apply pressure on the carotid artery and not the trachea or windpipe. Finish by pulling your clasped hands towards your chest.

See figure 5-11.

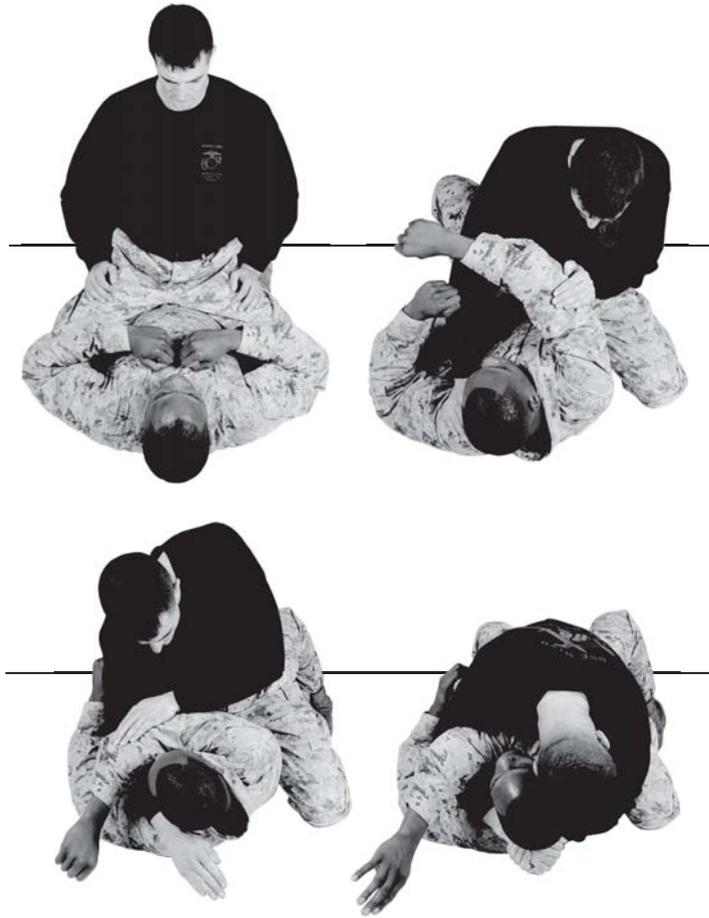


Figure 5-11. Side Choke.

## *Section IV*

### *Major Outside Reap Throw*

This technique is used to bring your aggressor to the ground from an extremely close range when tied up in a clinch using the outside reap throw, both pushing and pulling.

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

---

#### **Major Outside Reap Throw: Aggressor Pushing**

A major outside reap throw can be used to take the aggressor to the deck while you remain standing. It is particularly effective if the aggressor is already off balance, pushing you and defending against the leg sweep.

#### **Technique**

- ~ From the clinch, (right hand behind the aggressor's neck and left hand on aggressor's right triceps), off balance the aggressor by pulling his right arm in and downward with your left hand.
- ~ With your right hand on the left side of his neck or head, push down and to your left in an arcing movement.
- ~ While off balancing the aggressor, just before weight is transferred back on to the aggressor's right foot, sweep his right leg across his body with the inside of your left foot.

See figure 5-12.

#### **CAUTION**

For safety during training, make sure that you do not strike directly on your aggressor's ankle with the inside of your boot.

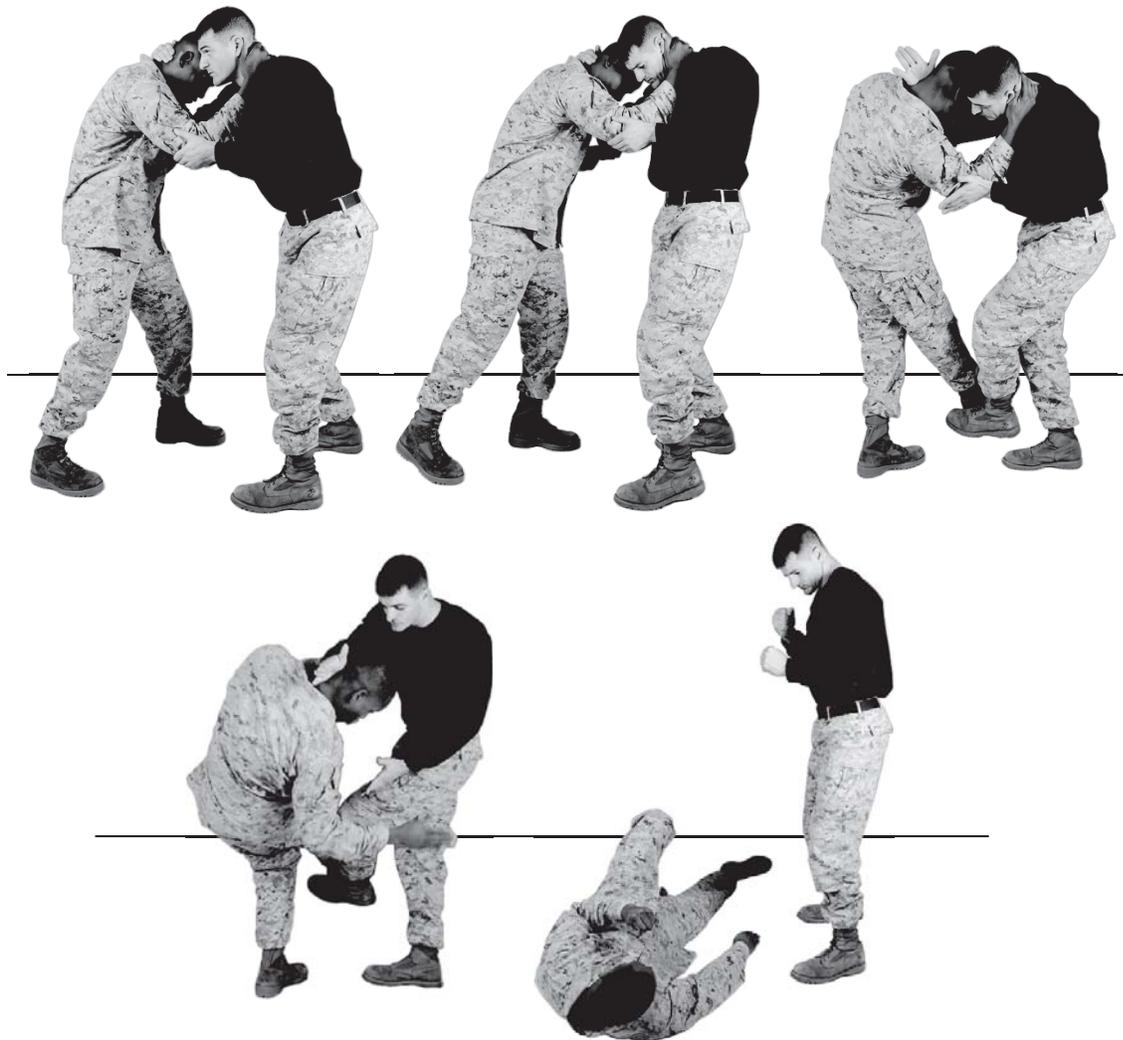


Figure 5-12. Major Outside Reap Throw: Aggressor Pushing.

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### **Major Outside Reap Throw: Aggressor Pulling**

A major outside reap can be used to take the aggressor to the deck while you remain standing. It is particularly effective if the aggressor is already off balance, pulling you and defending against the leg sweep.

#### **Technique**

- ~ From the clinch (right hand behind the aggressor's neck and left hand on the aggressor's right triceps) off balance the aggressor by pulling his right arm in and downward with your left hand.
- ~ With your right hand on the left side of the aggressor's neck or head, push down and to your left in an arcing movement.
- ~ While off balancing the aggressor, just before weight is transferred off of the aggressor's right foot, sweep his right leg across his body with the inside of your left foot.

See figure 5-13.

#### **CAUTION**

For safety during training, make sure that you do not strike directly on your aggressor's ankle with the inside of your boot.

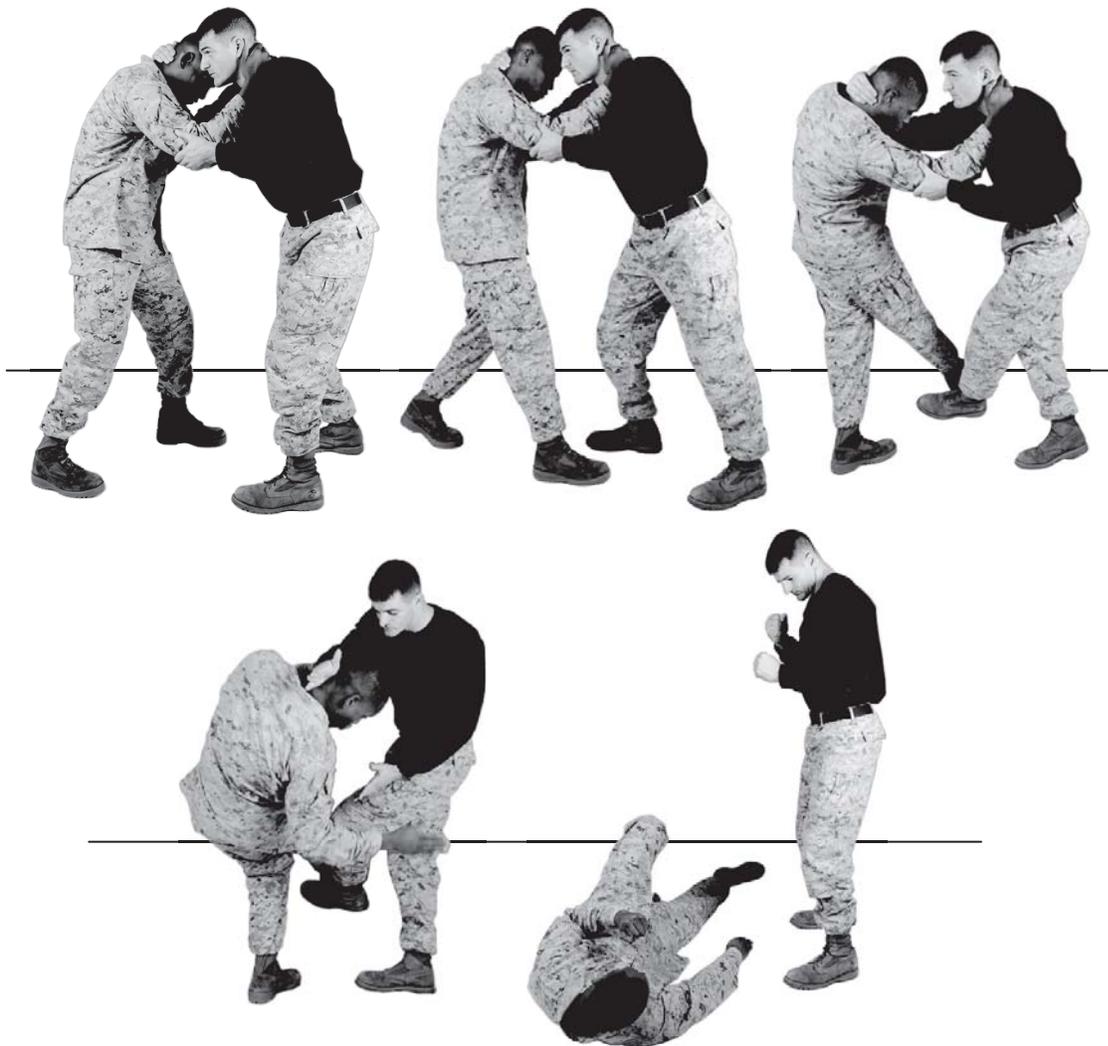


Figure 5-13. Major Outside Reap Throw: Aggressor Pulling.

## *Section V*

### *Unarmed Verses Handheld*

The purpose of unarmed versus handheld is to be able to disarm the aggressor without the aid of a weapon using hollowing out and follow-on techniques, reverse armbar counter, or bent armbar counter.

In any engagement against a knife, a stick, or some other weapon of opportunity, you must establish and retain a mindset to go on the offensive rather than be on the defensive. Your survival depends on it.

A counter is used to control the situation, in order to regain the tactical advantage and end the fight. Regardless of the type of weapon or angle of attack, the following actions apply to countering the attack with a handheld weapon.

- The first action in a counter is to move out of the line of attack. Movement is executed in a 45-degree angle forward to the left or right.
- The second action is to block the attack.

*Note:* The first and second actions are taken simultaneously.

- The third action is to control the weapon by controlling the aggressor's hand or arm, whichever is holding the weapon. Never attempt to grab the aggressor's weapon.
- The fourth action is to execute appropriate follow ups to end the fight such as strikes, joint manipulations, throws, or takedowns. You should continue your assault on the aggressor until you end the fight.

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

---

#### **Hollowing Out with Follow-on Technique**

Hollowing out allows you to move away from an aggressor's attack in order to create space for follow-on strikes.

#### **— Technique**

- ~ Start from the basic warrior stance, facing the aggressor who attacks with a straight thrust.
- ~ Bend at the waist moving your hips backwards and jumping backwards with both feet moving away from the attack. This action is known as hollowing out.
- ~ Hollow out and block the attack with your elbows slightly bent and hands together on top of the attacking arm.
- ~ Your hands should be palm down and slightly overlapped so that one thumb is on top of the other hand's index finger; the other thumb should be under the other hand's index finger in an inverted V.
- ~ Maintain control of the aggressor's attacking arm by firmly grasping his wrist.
- ~ Follow-on techniques, such as strikes and joint-locks, are used to control the weapon, subdue the aggressor, and remove the weapon.

See figure 5-14.

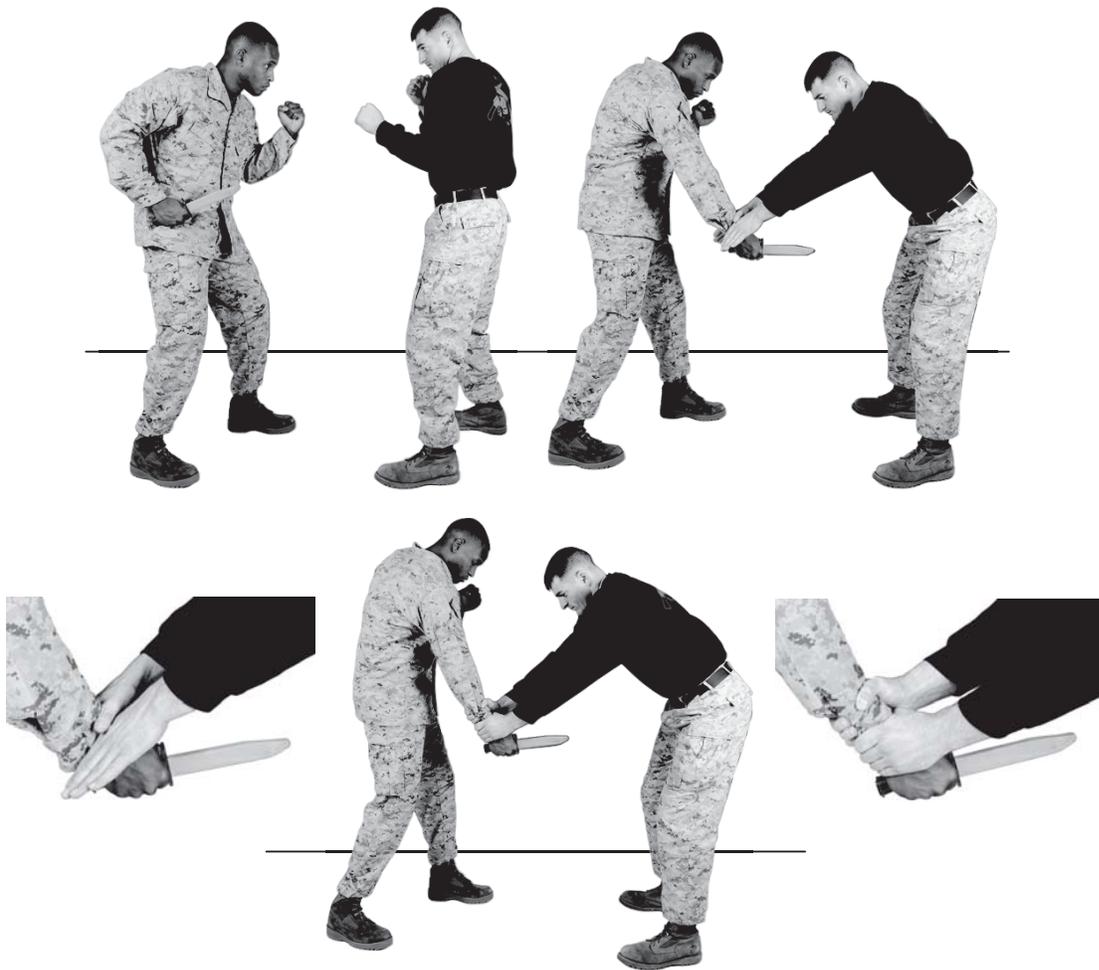


Figure 5-14. Hollowing out with Follow-on Technique.

### Forward Armbar Counter

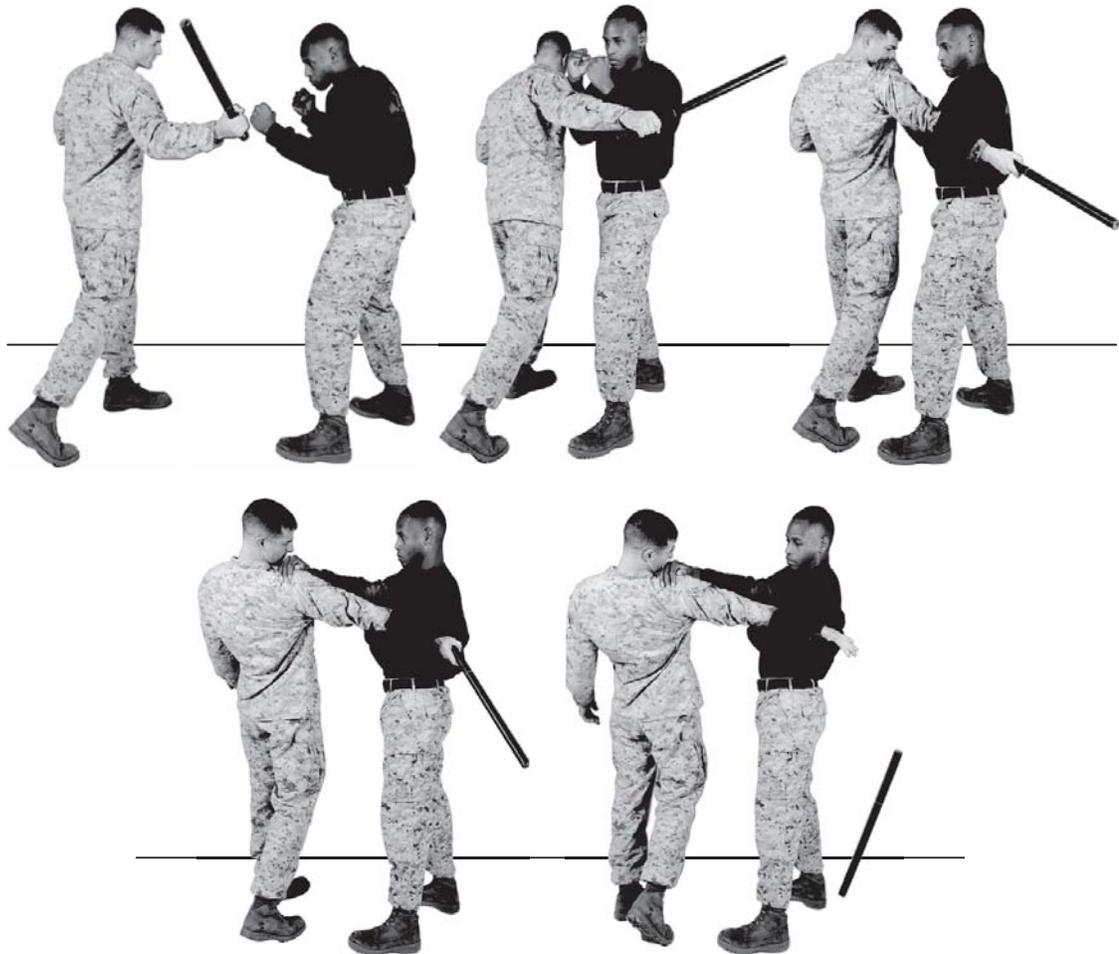
The forward armbar counter is effective against an opponent that is executing a forward strike.

#### Technique

- ~ Face the aggressor in the basic warrior stance. The aggressor attacks with a forward strike coming in anywhere from a 45-degree angle of attack to parallel to the deck.
- ~ Move forward-left, inside the arc of the aggressor's attack.
- ~ Block the attack with both arms bent so that the outside of your forearms makes two points of contact with the aggressor's biceps and forearm.
- ~ Immediately after making two points of contact, over hook or wrap your left arm over the aggressor's arm, trapping his attacking arm between your bicep and your torso by pulling your elbow in. His forearm should be under your armpit with your left forearm making pressure on the aggressor's right elbow.
- ~ Place your right hand on the aggressor's shoulder or upper arm and your left palm on your right wrist to further control his arm and to effect an armbar with your left forearm exerting pressure on his right elbow.

~ Follow-on techniques, such as strikes and joint-locks, are used to control the weapon, subdue the aggressor, and remove the weapon.

See figure 5-15.



**Figure 5-15. Forward Armbar Counter.**

### **Reverse Armbar Counter**

The reverse armbar counter is effective against an opponent executing a reverse strike.

#### **Technique**

- ~ Face the aggressor in the basic warrior stance. The aggressor attacks with a reverse strike coming in anywhere from a 45-degree angle of attack to parallel to the ground.
- ~ Move forward-right, outside the arc of the aggressor's attack.
- ~ Block the attack with both arms bent so that your forearms make two points of contact with the aggressor's biceps and forearm.
- ~ While maintaining control of the aggressor's wrist with your right hand, pivot to your right so that your back is against the aggressor's right side. Immediately over hook the aggressor's right arm with your left and wrap your arm tightly around his arm, trapping his attacking arm between your biceps and your torso.

- ~ The aggressor's bicep should be under your armpit. You must control the aggressor's arm on his elbow in order to affect an armbar from this position.
- ~ Control the aggressor's arm by pinching it between your arm and your torso.
- ~ With your right hand, twist the aggressor's wrist and hand outboard, palm side up.
- ~ Complete the armbar by grabbing the top of your right wrist with your left palm. (If your arms are too short it is permissible for you to grab your own gear or utilities at your chest with your left hand to make the pressure and secure the lock).
- ~ Apply downward pressure on the aggressor's upper arm and shoulder. Your body is used to apply pressure by arching and/or dropping body weight into the aggressor.
- ~ Apply upward pressure on the aggressor's elbow while applying downward pressure on his wrist.
- ~ Perform follow-on techniques.

See figure 5-16.

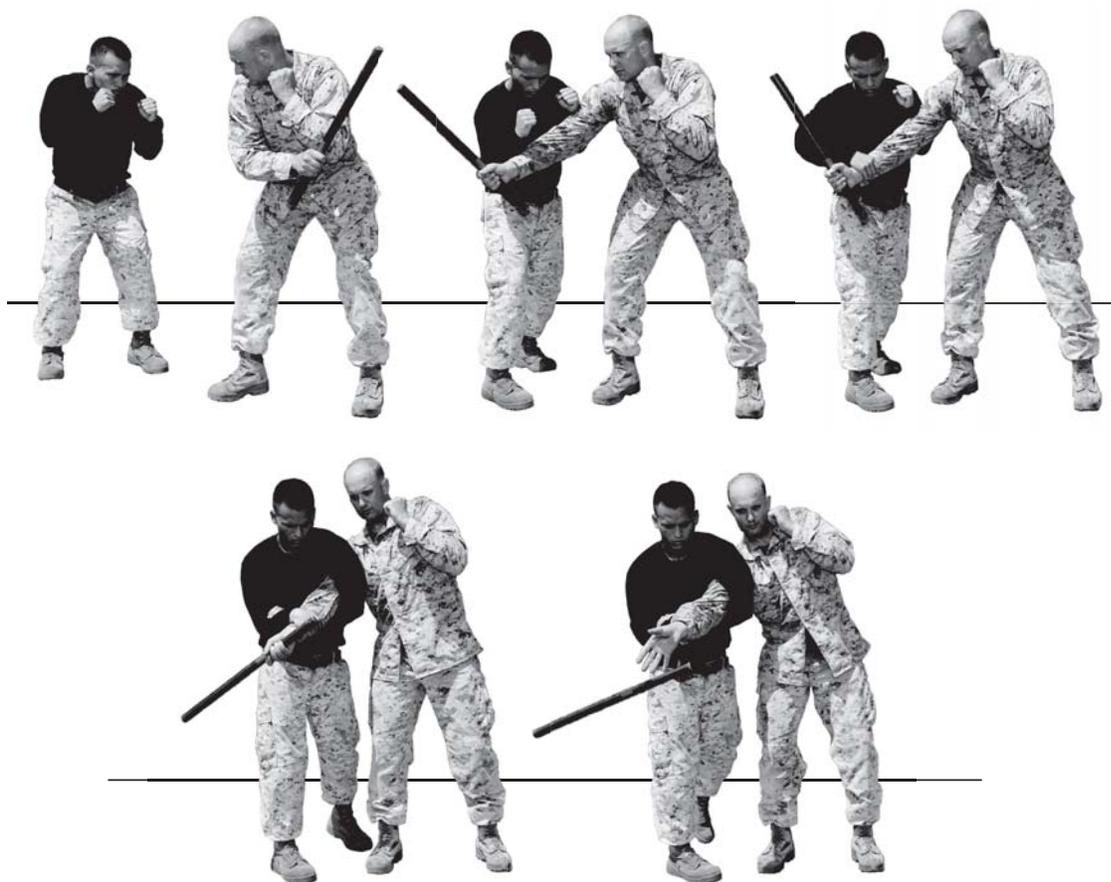


Figure 5-16. Reverse Armbar Counter.

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### **Bent Armbar Counter**

The bent armbar counter is particularly effective against a vertical attack.

#### **Technique**

- ~ Face the aggressor in a basic warrior stance. The aggressor attacks you with a vertical strike.
- ~ Move forward-left to the inside of the aggressor's attacking arm.
- ~ Block the attack with both arms bent so that your forearms make contact with the aggressor's biceps and forearm.
- ~ With your left hand, grab the aggressor's right wrist. At the same time, slide your right arm underneath his triceps and hook his forearm or wrist with your right hand, hand over hand, bringing your elbows close together.
- ~ Apply pressure forward and down with your hands against the aggressor's forearm to off balance him. Keep the aggressor's arm bent and elbow in close to your body to maintain leverage. This action can dislocate or damage the aggressor's shoulder.
- ~ To take the aggressor to the ground, step past him with your right foot, while keeping the aggressor's arm tight into your body, execute the leg sweep.

See figure 5-17.



Figure 5-17. Bent Armbar Counter.

## *Section VI*

### *Firearm Retention*

Firearm retention techniques are designed to provide Marines with the skills necessary to maintain positive control of their weapons and, if necessary, restrain aggressors that are attempting to disarm them. This can be accomplished by executing the blocking technique, armbar technique, wristlock technique, or same side grabs.

Refer to appendix A for corresponding safeties 1, 2, 6, 8, 9, 10, and 13.

---

#### **Blocking Technique**

The blocking technique is used when the aggressor attempts to grab your pistol from the holster.

#### **Technique**

- ~ While you are facing the aggressor, he attempts to grab your holstered pistol with his right hand.
- ~ Step back with your right foot pivoting your body away from the aggressor while placing your hand on the grip of the pistol.
- ~ Extend the forearm of your left arm and block, deflect, or strike the aggressor's arm, while forcefully yelling *Get Back* or any authoritative command.
- ~ Continue to create distance between you and the aggressor to enable you to access and present your weapon or set up for follow-on actions that are appropriate to the situation and conditions.

See figure 5-18.



**Figure 5-18. Blocking Technique.**

---

## Armbar Technique

The armbar technique is used when an aggressor grabs your pistol in the holster with his right hand or if you are left-handed and the aggressor grabs your pistol with his left hand.

---

### Technique

- ~ Begin with the aggressor facing you and grabbing the pistol in your holster with his right hand.
- ~ Trap the aggressor's right hand by grabbing his wrist or hand with your right hand and applying pressure against your body and the pistol to keep it in its holster.
- ~ Step back with your right foot and pivot sharply to your right, off balancing the aggressor, so that you are next to him. Bring your left arm perpendicular to, and down on, the aggressor's elbow.
- ~ At the same time, straighten the aggressor's arm and apply an armbar. The aggressor's trapped arm should be straight across your torso. From here you should be able to control and take the aggressor down. In the case that you are unable to control the situation in this manner and the aggressor is fighting to straighten up, you should execute the following steps:
  - Execute a crossface, by turning his head to the opposite direction and off balancing him.
  - Grab the aggressor's face, apply both back and down pressure to his face, and step back with the left foot in order to take him to the ground. Maintain control of the aggressor's right hand at your right side the entire time.
- ~ If you are unable to crossface your aggressor, the following steps are used:
  - Grab the aggressor's right shoulder with your left hand.
  - Digging your fingers into his brachial plexus tie-in, bring him up far enough to crossface your aggressor.
  - Follow-on by releasing the aggressor as he falls to the ground and transition to your firearm.

See figure 5-19 on 5-26.

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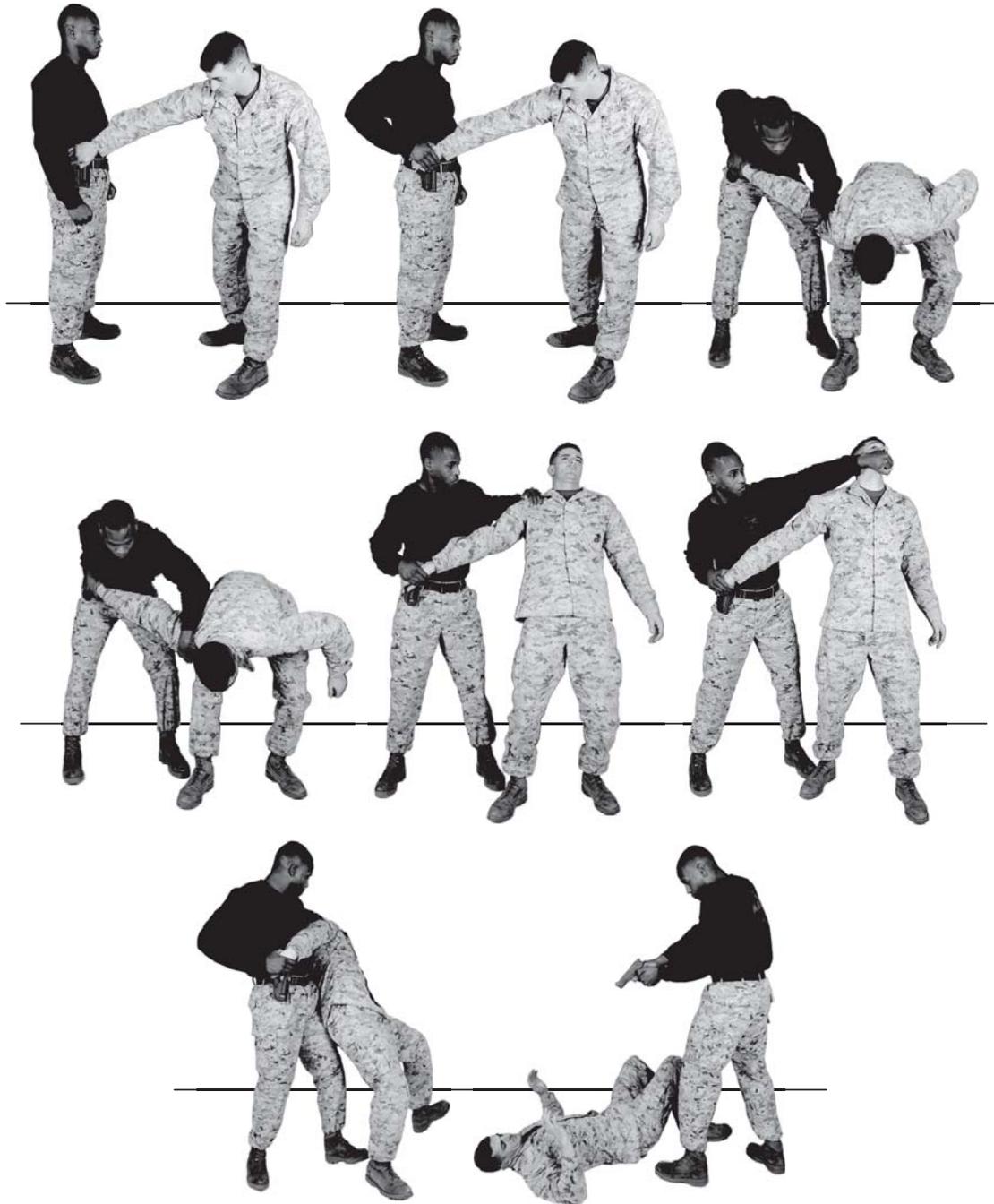
## Wristlock Technique

The wristlock technique is used when an aggressor grabs your pistol in the holster with his right hand.

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### Technique

- ~ Begin with the aggressor facing you and grabbing the pistol in your holster with his right hand.
- ~ With your right hand, trap the aggressor's right hand by grasping his hand and apply pressure against your body and on the pistol to trap it in its holster.
- ~ Step back with your right foot and pivot sharply to your right, off balancing the aggressor, so that you are next to him while bringing your left arm perpendicular to and down on his elbow.
- ~ Maintain pressure on the aggressor's right elbow with your left elbow and maintain a slight bend at the waist. Pivot your left hand to trap the aggressor's right hand so that your forearm is parallel with the aggressor's attacking arm.



**Figure 5-19. Armbar Technique.**

- ~ Execute a wristlock using the following technique.
  - Place your left thumb on the back of the aggressor's right hand so that your knuckles are facing to your left.
  - With your left hand, hook your fingers across the fleshy part of the aggressor's palm.
  - Incorporate your second hand into the wristlock, exert downward pressure with your thumbs, and rotate the aggressor's hand to your left. Step back with your left foot, pivoting to your left to off balance the aggressor and drive him to the ground.