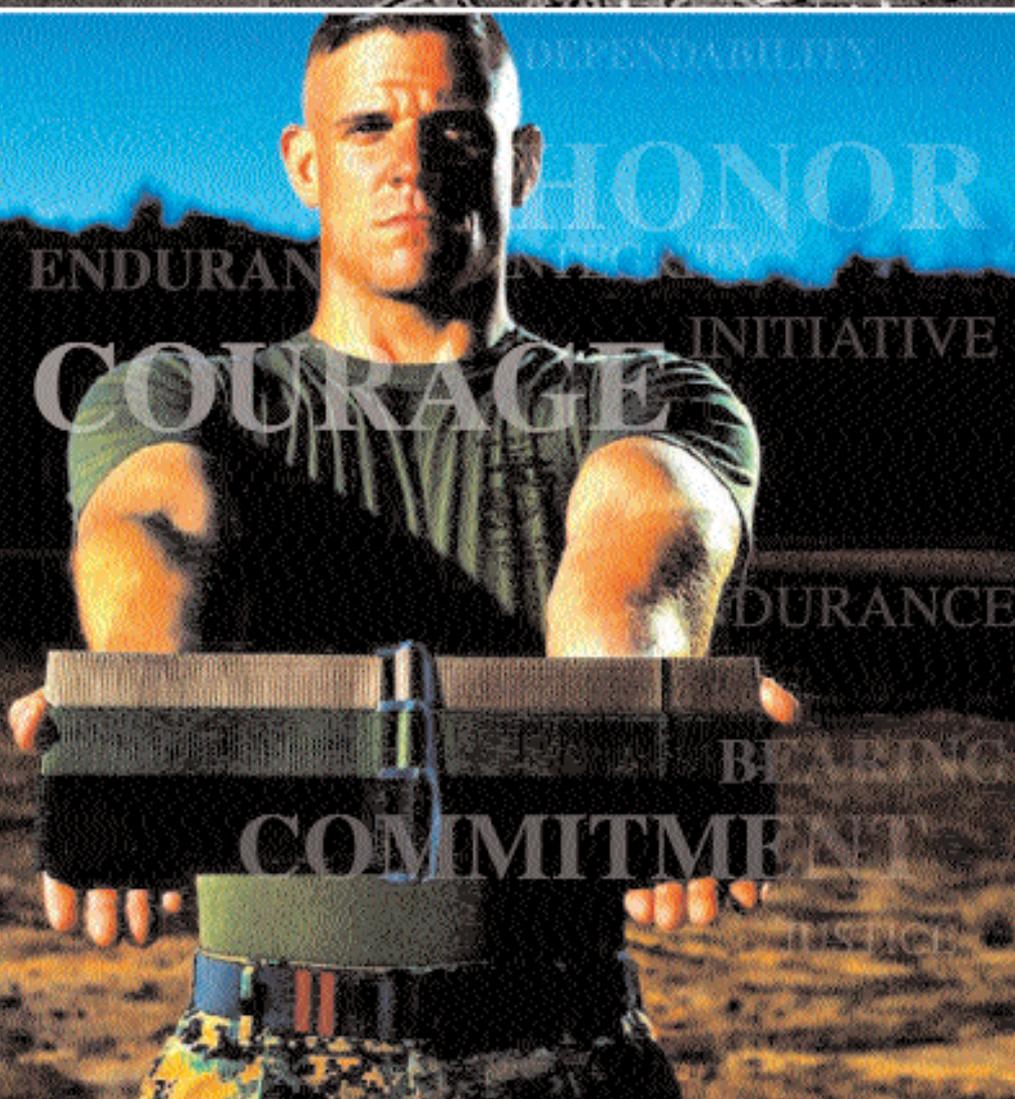


United States Marine Corps

# Martial Arts Training Log



RANK/NAME



## *Marine Corps Martial Arts Program*

The Marine Corps Martial Arts Program consists of a belt ranking system that begins at Tan Belt and progresses up to 6th Degree Black Belt. Each belt level consists of specific techniques of the four components of the physical discipline; Rifle & Bayonet, Edged Weapons, Weapons of Opportunity, and Unarmed Combat. Techniques begin with fundamentals and become more difficult as each level is reached. In addition each belt level has a corresponding number of Mental and Character discipline requirements that help develop the Warrior Ethos in conjunction with the increased levels of lethality. The ultimate goal for each of us should be to become a Master-at-Arms, the epitome of the professional warrior.



## *Introduction*

The Marine Corps Martial Arts Program (MCMAP) is designed to improve the warfighting capabilities of individual Marines and units, enhance Marines' self-confidence and esprit de corps, and foster the warrior ethos in the Corps. The focus will be the personal development of each Marine in a team framework, using a standardized, trainable, and sustainable close combat system. MCMAP is distinctively a weapons based system, integrating combat equipment, physical challenges, and tactics typically found in the combat arena. The program:

- Is a true Martial Art (battlefield/military oriented, not sport)
- Enhances the view of the Marine Corps as an Elite Fighting Force
- Provides skills for all Marines
- Is applicable throughout the Spectrum of Violence
- Strengthens ethos and morale
- Enhances recruiting and retention

MCMAP is a progressive system, with each successive level improving on and enhancing skill sets learned in the previous level. Furthermore, the individual Marine will continue to advance through the program throughout his career.

## Overview

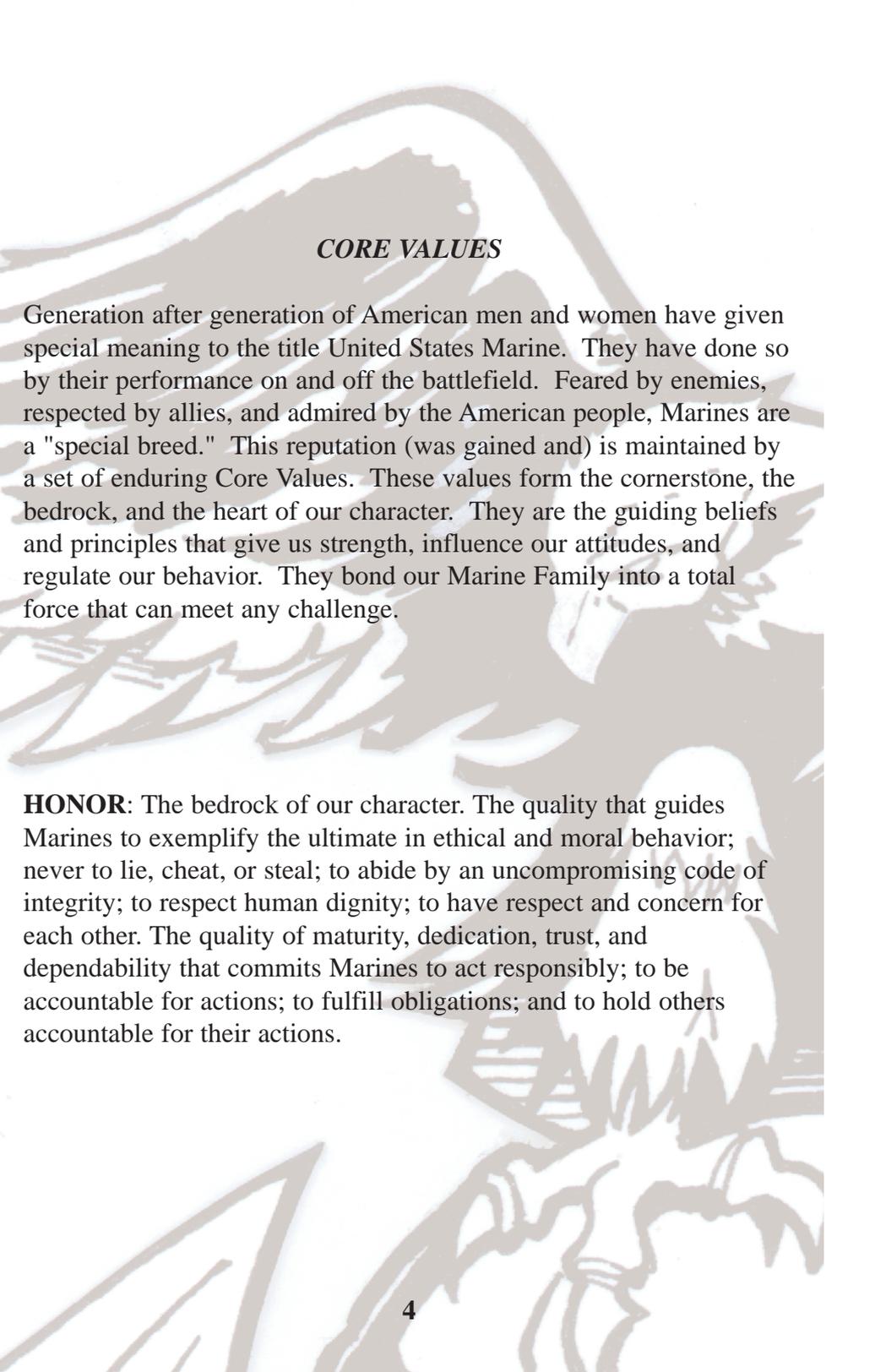
This logbook provides an overview of the Marine Corps Martial Arts Program (MCMAP), discussion of the disciplines of MCMAP, reminders that help reinforce our Core Values, as well as a mechanism to record your training throughout your career.

The Marine Corps Martial Arts Program molds the Mental, Character, and Physical Disciplines for the Marine Corps in order to imbue Marines with the ability to honorably deal with the moral dimensions of conflict and to make ethical decisions in life, whether on or off the battlefield. MCMAP is a skill progression program offering Martial Arts Training through a system of belt rankings from Tan through Sixth Degree Black Belt. The program is a reflection of our warrior ethos and provides a superb tool to increase a Marine's self-worth and to enhance unit cohesion. Some of the benefits of the program are:

### Combat fit Marines

Marines with a combat mindset who can overcome their fears

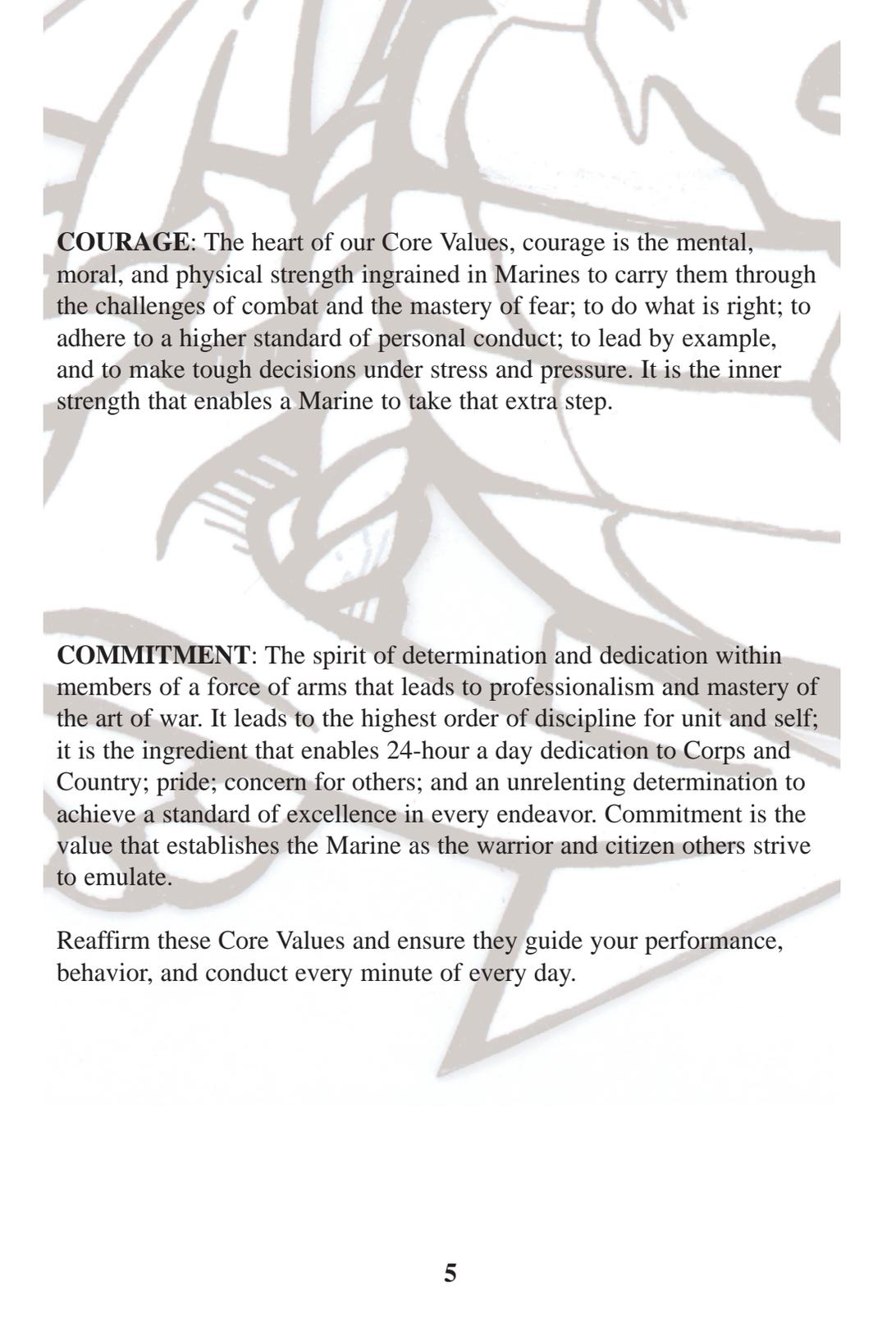
Our combative martial arts training builds individual skills and teamwork, but more importantly gives Marines confidence in both themselves and in the Marines around them. When you see Marines with a Martial Arts Belt, you know they've not only earned the belt but they are good ethical leaders, spiritually connected to their fellow Marines.



## *CORE VALUES*

Generation after generation of American men and women have given special meaning to the title United States Marine. They have done so by their performance on and off the battlefield. Feared by enemies, respected by allies, and admired by the American people, Marines are a "special breed." This reputation (was gained and) is maintained by a set of enduring Core Values. These values form the cornerstone, the bedrock, and the heart of our character. They are the guiding beliefs and principles that give us strength, influence our attitudes, and regulate our behavior. They bond our Marine Family into a total force that can meet any challenge.

**HONOR:** The bedrock of our character. The quality that guides Marines to exemplify the ultimate in ethical and moral behavior; never to lie, cheat, or steal; to abide by an uncompromising code of integrity; to respect human dignity; to have respect and concern for each other. The quality of maturity, dedication, trust, and dependability that commits Marines to act responsibly; to be accountable for actions; to fulfill obligations; and to hold others accountable for their actions.



**COURAGE:** The heart of our Core Values, courage is the mental, moral, and physical strength ingrained in Marines to carry them through the challenges of combat and the mastery of fear; to do what is right; to adhere to a higher standard of personal conduct; to lead by example, and to make tough decisions under stress and pressure. It is the inner strength that enables a Marine to take that extra step.

**COMMITMENT:** The spirit of determination and dedication within members of a force of arms that leads to professionalism and mastery of the art of war. It leads to the highest order of discipline for unit and self; it is the ingredient that enables 24-hour a day dedication to Corps and Country; pride; concern for others; and an unrelenting determination to achieve a standard of excellence in every endeavor. Commitment is the value that establishes the Marine as the warrior and citizen others strive to emulate.

Reaffirm these Core Values and ensure they guide your performance, behavior, and conduct every minute of every day.

## ***CONTINUUM OF FORCE***

1. Compliant (Cooperative): Verbal Commands
2. Resistant (Passive): Contact Controls
3. Resistant (Active): Compliance Techniques\*
4. Assaultive (Bodily Harm): Defensive Tactics\*
5. Assaultive (Serious Bodily Harm/Death): Deadly Force\*

\* Martial Arts techniques

**Continuum of Force.** Is the concept that there is a wide range of possible actions, ranging from verbal commands to application of deadly force, that may be used to gain and maintain control of a potentially dangerous situation.

**Deadly Force.** Deadly force is that force which a person uses with the purpose of causing death or serious bodily harm, or which a reasonable and prudent person would consider likely to create a substantial risk of causing death or serious bodily harm. Deadly force is only employed as a last resort, and only after all lesser means of force have failed to produce the intended result, or when circumstances prevent the use of lesser means.

*"Nothing gives one person so much advantage over another as to remain always cool and unruffled under all circumstances"*

— Thomas Jefferson

The first page for each belt level contains a list of lesson designators. It also contains the start of the log to record training. The blank log is continued on the next two pages. The following is an example of how to fill out the log.

***SAMPLE***

<i>Class Code</i>	<i>Hours Earned</i>	<i>Date Completed</i>	<i>Instructor's Name</i>	
			<i>Printed</i>	<i>Signed</i>
<i>MA-3.01</i>	<i>1</i>	<i>20010327</i>	<i>Sgt I.M. Gungho</i>	<i>I.M. Gungho</i>
<i>MA-3.02</i>	<i>1.5</i>	<i>20010415</i>	<i>Sgt I.M. Gungho</i>	<i>I.M. Gungho</i>

***Class Code*** - Lesson designator for the required class.

***Hours Earned*** - Number of hours completed for that particular class.

***Date Completed*** - The date that the class was completed.

***Printed*** - The Martial Arts Instructor (MAI) or Martial Arts Instructor Trainer (MAIT) will print their name in this block.

***Signed*** - The MAI or MAIT will sign in this block.

On the bottom of the third page is a place for the student and the MAI/MAIT to date and sign to indicate that all training above was completed. On the next line is a place for the Marine's Commanding Officer to certify that the Marine meets all prerequisites and possesses the maturity and judgment necessary to be tested for the next belt level.

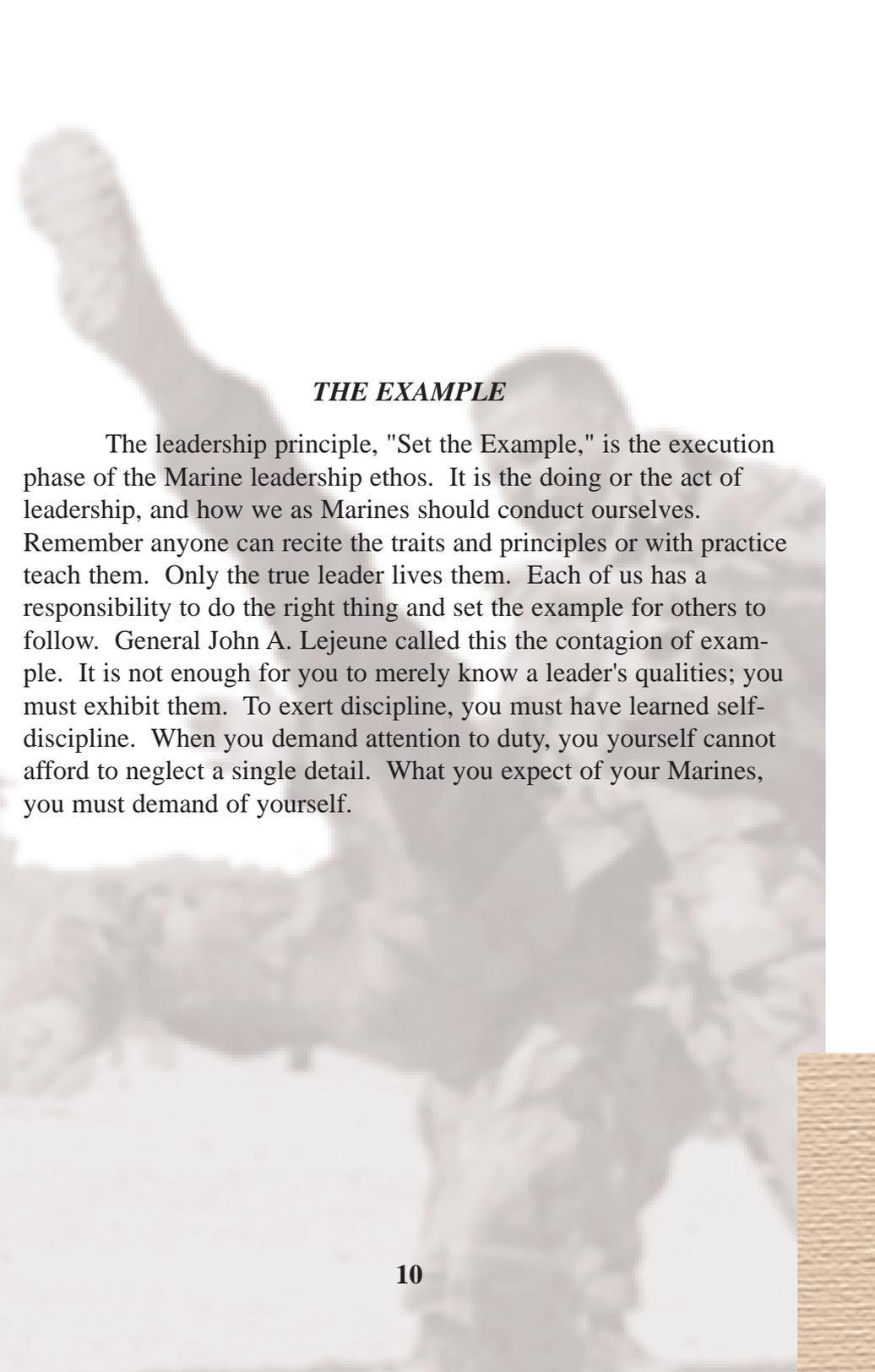
The fourth page contains room for the MAI/MAIT or student to take notes. This page also has space to record the score for the specific belt test taken, as well as the name of the MAI/MAIT giving the test. It further serves to record the issuance of the specific belt by local unit supply.

*Tan Belt Lesson Designators*

- MA-1.01 Fundamentals & Mental and Character Discipline  
*The Foundations of Marine Corps Martial Arts*
- MA-1.02 Punches & Introduction to Marine Corps Core Values  
*Honor, Courage and Commitment*
- MA-1.03 Falls & Suicide Awareness  
*Recognizing & Coping with an Emotional Fall*
- MA-1.04 Bayonet Techniques Introduction to Leadership  
*Follow me!*
- MA-1.05 Pugil Sticks I & Self-discipline  
*Knowing and Doing what is Required*  
Pugil Sticks II & Warrior Study  
Pugil Sticks III & Warrior Study
- MA-1.06 Upper Body Strikes & Sexual Harassment  
*Respect Yourself and Others*
- MA-1.07 Lower Body Strikes & Warrior Study  
*Legacy of Valor*
- MA-1.08 Rear Choke & Substance Abuse  
*Separation from Reality and Responsibility*
- MA-1.09 Leg Sweep & Equal Opportunity  
*All Marines are created equal...treated according to their abilities*
- MA-1.10 Counters to Strikes & Personal Readiness  
*Any Clime, any Place...are you Ready?*
- MA-1.11 Counter to Chokes and Holds & Warrior Study  
*Chapter in the Marine Corps Legacy*
- MA-1.12 Unarmed Manipulations & Fraternization  
*Camaraderie and Appropriate Relationships*
- MA-1.13 Armed Manipulations & Warrior Study  
*Story of Heroism*
- MA-1.14 Knife Techniques & Sexual Responsibility  
*Long-term Costs*
- MA-1.15 Weapons of Opportunity & Warrior Study  
*Legacy of Valor*
- MA-1.16 Structure and History of MCMAP
- MA-1.17 Responsible Use of Force
- Sustainment Time.....7 Hours

Tan belt training was developed for entry-level training at Marine Corps Recruit Depots and The Basic School.





## ***THE EXAMPLE***

The leadership principle, "Set the Example," is the execution phase of the Marine leadership ethos. It is the doing or the act of leadership, and how we as Marines should conduct ourselves. Remember anyone can recite the traits and principles or with practice teach them. Only the true leader lives them. Each of us has a responsibility to do the right thing and set the example for others to follow. General John A. Lejeune called this the contagion of example. It is not enough for you to merely know a leader's qualities; you must exhibit them. To exert discipline, you must have learned self-discipline. When you demand attention to duty, you yourself cannot afford to neglect a single detail. What you expect of your Marines, you must demand of yourself.

## Gray Belt Lesson Designators

- MA-2.01 Bayonet Techniques & Marine Warrior Ethos  
*Mission Accomplishment First, Troop Welfare Always*
- MA-2.02 Upper Body Strikes & Leadership Traits  
*14- JJ DID TIE BUCKLE*
- MA-2.03 Lower Body Strikes Leadership Principles  
*11- Qualities that separate Marines from others*
- MA-2.04 Front Choke & Hazing  
*Treat Marines with respect & honor*
- MA-2.05 Hip Throw & Commitment  
*Devotion to the Corps and my fellow Marines-Corps Value Card*
- MA-2.06 Counters to Strikes & Code of Conduct  
*Responsible Actions as a Prisoner of War*
- MA-2.07 Counters to Chokes & Holds & Troop Leading Steps  
*Tactical focus- BAMCIS*
- MA-2.08 Unarmed Manipulations & Honor  
*Worthiness of Respect*
- MA-2.09 Armed Manipulations & Courage  
*Firmness of Mind, Body and Spirit Regardless of Danger*
- MA-2.10 Knife Techniques & Customs, Courtesies & Traditions  
*Semper Fidelis*
- MA-2.11 Non-lethal Baton techniques & Meaning of Your Oath  
*"Special Trust and Confidence"*
- MA-2.12 Weapons of Opportunity & Marine Corps History  
*"To Those That have Gone Before"*
- MA-2.13 Ground Fighting & Warrior Study  
*Story of Heroism*
- MA-2.14 Force Continuum
- MA-2.15 Martial Culture Study: Marine Raiders  
*Marine Raiders Epitomize Fighting Spirit- Gung Ho*
- MA-2.16 Nutrition, Weight Management and Performance  
Free Sparring & Warrior Study  
*Chapter in the Marine Corps Legacy*
- Combat Conditioning
- Integration Training
- Sustainment Time.....14 Hours







*Instructor/Students Notes*

***Gray Belt Examination***

*Score* \_\_\_\_\_ *Date* \_\_\_\_\_

*Retest Score* \_\_\_\_\_ *Date* \_\_\_\_\_

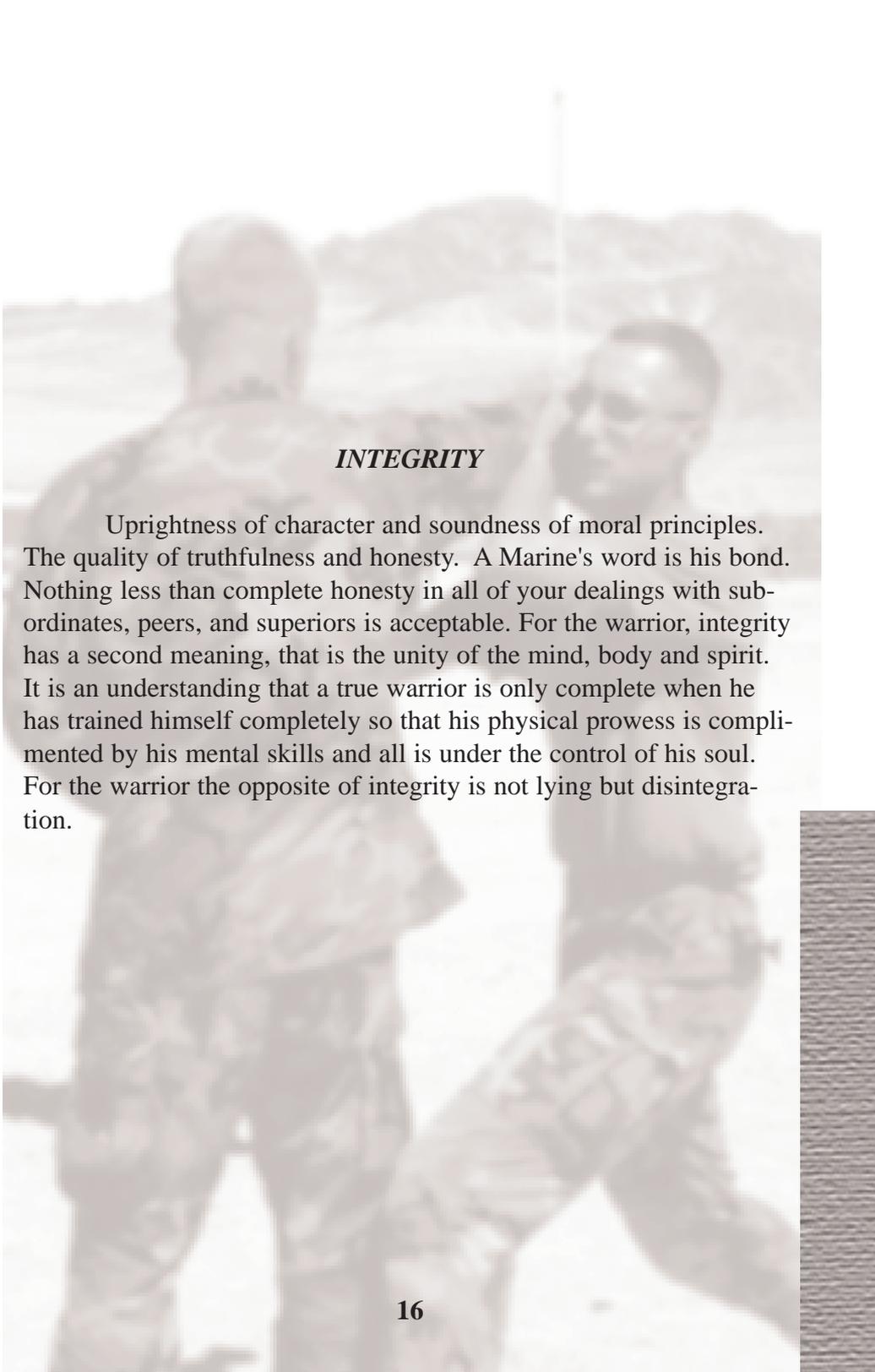
*Instructor Name* \_\_\_\_\_ *Unit* \_\_\_\_\_

*Instructor Signature* \_\_\_\_\_

*Gray Belt Issued* \_\_\_\_\_ *Date* \_\_\_\_\_

*“My philosophy as a Company Commander was simple, grenades followed-up by point-blank rifle fire...”*

—Capt “Cold Steel” Walker, USMC



## ***INTEGRITY***

Uprightness of character and soundness of moral principles. The quality of truthfulness and honesty. A Marine's word is his bond. Nothing less than complete honesty in all of your dealings with subordinates, peers, and superiors is acceptable. For the warrior, integrity has a second meaning, that is the unity of the mind, body and spirit. It is an understanding that a true warrior is only complete when he has trained himself completely so that his physical prowess is complimented by his mental skills and all is under the control of his soul. For the warrior the opposite of integrity is not lying but disintegration.

## *Green Belt Lesson Designators*

- MA-3.01 Bayonet Techniques & Stresses of Combat  
*Forces Acting Against the Body, Mind and Spirit*
- MA-3.02 Muscular Gouging & "Character"  
*Attributes that Distinguish a Marine*
- MA-3.03 Side Choke & Right versus Wrong  
*Making Ethical & Moral Decisions*
- MA-3.04 Shoulder Throw & Who is a Combat Leader  
*Step Up, Take Command, and Continue the Mission*
- MA-3.05 Counters to Strikes & Force Protection  
*A Leadership Shield*
- MA-3.06 Unarmed Manipulations & Informal Resolution  
*Finding Solutions to Interpersonal Conflict*
- MA-3.07 Knife Techniques & Combat Leadership: Fear  
*Actions: In an Environment of the Emotions and Danger*
- MA-3.08 Non-lethal Baton Techniques & Profession of Arms  
*The Unique Role of our Military in America*
- MA-3.09 Weapons of Opportunity & Fatigue  
*Actions: The Will to Act When Exhausted*
- MA-3.10 Ground Fighting & Professionalism and Ethics  
*"In war, truth is the first casualty"*
- MA-3.11 Martial Culture Study  
*Story of a Warrior Society*
- MA-3.12 Anatomy and Physiology
- MA-3.13 Combat Fitness
- Free Sparring & "Setting the Example"  
*How you Behave is Who You Are*
- Combat Conditioning
- Integration Training
- Sustainment.....21 Hours





*Instructor/Students Notes*

***Green Belt Examination***

*Score* \_\_\_\_\_ *Date* \_\_\_\_\_

*Retest Score* \_\_\_\_\_ *Date* \_\_\_\_\_

*Instructor Name* \_\_\_\_\_ *Unit* \_\_\_\_\_

*Instructor Signature* \_\_\_\_\_

*Green Belt Issued* \_\_\_\_\_ *Date* \_\_\_\_\_

*"What is character... that quality of man that is going to make a man."*

— Douglas S. Freeman

## *MENTAL DISCIPLINE*

The Mental Discipline encompasses the study of the art of war to include professional military education (PME) and the professional reading program, Marine Corps Common Skills Training (MCCS), decision making training, the historical study of war, the tactics and techniques of expeditionary maneuver warfare, risk operational management, force protection, and a study of Marine Corps history, customs, courtesies and traditions. In order to advance in the Marine Corps Martial Arts Program a Marine must meet specific PME requirements as well as show the tactical and technical proficiency required of a basic rifleman. Each Marine will participate in Martial Culture Studies that will enhance their understanding of being a warrior and part of a warrior society. These Martial Culture Studies will add to both the Mental and Character Disciplines.

As a warrior our profession is inherently dangerous. Each Marine will be educated from the beginning of his Marine Corps and martial arts training with the fundamental principle that safety is a key consideration in all that we do on or off duty. This includes not only individual safety measures but will comprise training leaders in the art of operational risk management and assessment.

The Mental Discipline will create a smarter Marine, capable of understanding and handling the complexity of modern warfare. It will create a Marine who is tactically and technically competent, and capable of decision making under any condition from combat to liberty. This training, beginning with the transformation of recruit training will be the foundation of the "strategic corporal" and the future leadership of our Corps.

## *Brown Belt Lesson Designators*

MA-4.01 Bayonet Techniques & Combat Readiness <i>To Be Most Ready... When the Country is Least Ready</i>	
MA-4.02 Ground Fighting & Citizenship <i>Participate in your Democracy</i>	
MA-4.03 Ground Chokes & Communications and Counseling <i>Guiding and Interchange: The Unique Marine Corps Way</i>	
MA-4.04 Outside Reap Throw & Cohesion <i>The Force that Unites Us</i>	
MA-4.05 Unarmed vs. Hand Held Weapons & Law of War <i>Governing Armed Conflict</i>	
MA-4.06 Firearm Retention & Band of Brothers <i>Facing Hardship and Danger Together</i>	
MA-4.07 Firearm Disarmament & Leadership Roles <i>Leader and Follower at Once</i>	
MA-4.08 Knife Techniques & Counseling Techniques <i>Mentor, Coach, Leader</i>	
MA-4.09 Non-Lethal Baton & Rules of Engagement <i>Guidelines for Appropriate Actions</i>	
MA-4.10 Weapons of Opportunity & Safety On and Off Duty <i>Protecting our Most Valuable Weapon: the Marine</i>	
MA-4.11 Human Dimensions	
MA-4.12 Martial Culture Study <i>History of a Military Group</i>	
MA-4.13 Warrior as a Gentleman	
Free Sparring & Discipline Morale and Esprit de Corps <i>The Spirit of a Unit</i>	
Combat Conditioning	
Integration Training	
Sustainment Time.....	28 Hours





*Instructor/Students Notes*

***Brown Belt Examination***

*Score* \_\_\_\_\_ *Date* \_\_\_\_\_

*Retest Score* \_\_\_\_\_ *Date* \_\_\_\_\_

*Instructor Name* \_\_\_\_\_ *Unit* \_\_\_\_\_

*Instructor Signature* \_\_\_\_\_

*Brown Belt Issued* \_\_\_\_\_ *Date* \_\_\_\_\_

*"The battle was not won by simply ordering... It was won months and years before."*

— MajGen Oscar F. Peatross, USMC

## *CHARACTER DISCIPLINE*

Character is that quality of a Marine that is defined by their actions. Another word for character is spirit or soul. It is the collective personality traits that together form who we are and directs how we will act. It has been said that you will know how a Marine will act in war by their actions in peace. True character is that quality that allows a Marine to always do the right thing.

The Character Discipline of the Marine Corps Martial Arts Program is designed to develop the spirit of the warrior in each Marine. It is designed to instill the Marine Corps Ethos into every one of us. The Character Discipline consists of the Marine Corps Core Values, leadership and troop information training as well as the study of the human dimensions of combat. Additionally, the character discipline consists of other components that instill the warrior spirit. These will re-emphasize the best of our traditions for developing esprit de corps, camaraderie and a warrior mindset. It will include; Warrior Studies, Guided Discussions, the Mentoring Program, "Band of Brothers" opportunities, i.e., Mess Nights, Dining-Ins, Bosses Nights, Warrior Nights, Birthday Ball Ceremony, NCO/SNCO/Officer Calls, Hails and Farewells, and Combat Leadership Panels with Marines of our past.

The most important of the three disciplines of the Marine Corps Martial Art, it will produce a Marine warrior that embodies our Core Values. It is the spiritual aspect of each Marine and collectively that of the Corps.

***Black Belt 1st Degree Lesson Designators***

- MA-5.01 Bayonet Techniques & Eternal Student  
***Thirst and Hunger for Knowledge and Learning***
- MA-5.02 Sweeping Hip Throw & Leader and Follower  
***Assuming Many Roles***
- MA-5.03 Ground Fighting & Expeditionary Maneuver Warfare  
***Venture Forth to do Battle***
- MA-5.04 Neck Crank Takedown & Leadership Styles  
***Expressions of Leadership Traits and Principles***
- MA-5.05 Triangle Choke & Sustaining the Transformation  
***Constantly Becoming a Marine***
- MA-5.06 Rolling Knee-bar & Mentoring  
***Building Trust and Loyalty***
- MA-5.07 Counter Pistol to the Head & Tactical Decision Making  
***Identify and Exploit the Gaps***
- MA-5.08 Upper Body Strikes & Instill and Develop Values  
***Creating an Environment that Enhances our Core Beliefs***
- MA-5.09 Knife Techniques & Operational Risk Management  
***Thinking about Consequences- Making Good Decisions***
- MA-5.10 Improvised Weapons & Ethical Leadership  
***Timeless Principles of Conduct***
- MA-5.11 Combat Mindset
- MA-5.12 Advanced Elements of Anatomy and Physiology
- MA-5.13 Martial Culture Study  
***Aspects of a Military Group***
- MA-5.14 Discussion Leading Techniques
- MA-5.15 Master at Arms
- Free Sparring & Developing Subordinate Leaders Tie-in  
***Cultivating Good Decision-Makers***
- Combat Conditioning
- Integration Training
- Sustainment Time.....35 Hours





*Instructor/Students Notes*

***Black Belt 1st Degree Examination***

*Score* \_\_\_\_\_ *Date* \_\_\_\_\_

*Retest Score* \_\_\_\_\_ *Date* \_\_\_\_\_

*Instructor Name* \_\_\_\_\_ *Unit* \_\_\_\_\_

*Instructor Signature* \_\_\_\_\_

*Black Belt Issued* \_\_\_\_\_ *Date* \_\_\_\_\_

*"Death is as light as a feather; duty, heavy as a mountain"*

— Emperor Meiji

## *PHYSICAL DISCIPLINE*

The sinew of what every Marine must be prepared to execute; to seek out, close with and destroy the enemy by fire and movement and repel their assault by fire and close combat. This is how we win the nation's battles and win the three-block war. The Marine Corps Martial Arts Program is a weapons based system beginning at assault fire, moving to the bayonet, edged weapons, weapons of opportunity and ending, potentially in unarmed combat; unarmed combat having a role across the spectrum of combat.

Assault Fire Techniques (advanced combat marksmanship techniques are the starting point from which bayonet training flows); this ties-in the battle proven Marine Corps marksmanship program with the Martial Arts Program, creating a synergy between the two. From assault firing the battle is joined with bayonet, edged weapons, weapons of opportunity, and finally unarmed combat.

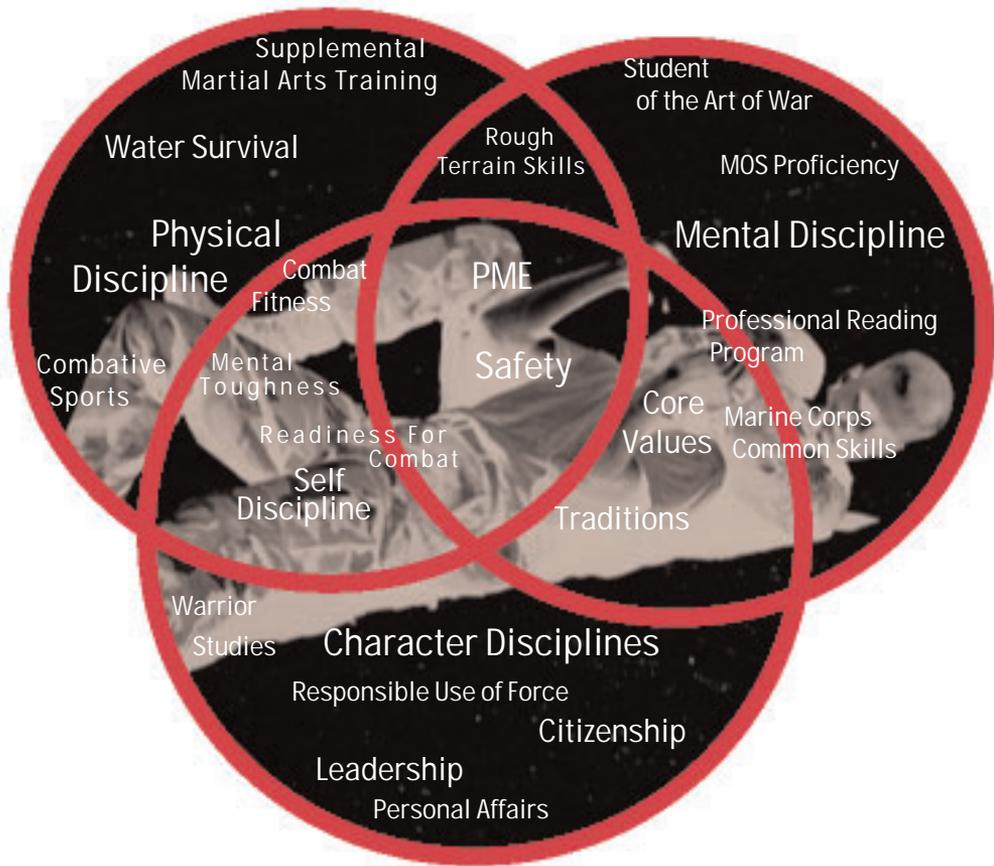
A key element of the physical discipline is combative conditioning - a program that goes a level beyond our current physical fitness program. It combines the physical fitness dividends of combative arts training with those of traditional physical fitness, water survival training, and rough terrain skills training. It is designed to mitigate the human factors experienced during combat that have a physically debilitating effect on the human body, allow a Marine to fight in any terrain and under any climatic condition, and face the rigors of the dispersed battlefield encountered in modern combat.



## *Summary*

The end state of MCMAP is to develop a professional Marine who is an arms carrying combatant who cannot only fight, but understands the moral dimensions of conflict, makes ethical decisions in any situation, and upholds the image and high moral fiber the Corps has prided itself on for over 200 years. If Marines accept the training and live up to the intent, the potential exists to generate and foster a Corps of martial and ethical warriors bound to the safety and welfare of their Marines. MCMAP is the vehicle the Corps will employ to propel the transformation from civilian to Marine and promises to develop the characteristics and traits we seek in our leaders.

# THE DISCIPLINES OF MCMAP





*"The best form of  
troop welfare is  
tough, realistic  
training."*