

**UNITED STATES MARINE CORPS**  
**FIELD MEDICAL TRAINING BATTALION**  
Camp Lejeune, NC 28542-0042

FMST 204

**Individual Movement Techniques**

**TERMINAL LEARNING OBJECTIVE(S)**

1. Given an individual weapon, as a member of a unit, **perform individual movement techniques** to arrive at the objective. (HSS-MCCS-2013)
2. Given an operational environment, camouflage materials, individual field equipment, an individual weapon, and while wearing an assault load **camouflage self and equipment** to avoid detection and preserve the fighting force to accomplish the mission. (HSS-MCCS-2022)

**ENABLING LEARNING OBJECTIVE(S)**

1. Without the aid of reference while wearing individual combat equipment, **perform individual actions during fire and movement**, in accordance with the Marine Rifle Squad, MCRP 3-11.2. (HSS-MCCS-2013g)
2. Without the aid of reference while wearing individual combat equipment, **perform the techniques for negotiating obstacles**, in accordance with the Marine Rifle Squad, MCRP 3-11.2. (HSS-MCCS-2013h)
3. Without the aid of reference, given a description or list, identify types of cover, **concealment, and camouflage**, without any errors, per FM 21-75, Combat Skills of the Soldier and STP 21-1-SMCT, Soldiers Manual of Common Tasks. (HSS-MCCS-2022a)

## 1. **METHODS OF MOVEMENT:**

a. **LOW SILHOUETTE MOVEMENTS** - The rush is not always the best movement to use. Sometimes you will find yourself using one of the three types of crawls. The situation will dictate what type of crawl you will use. The three types of movements are: High, Low, and Back crawl.

(1) **High Crawl** - The high crawl permits faster movement and still allows for a low silhouette. Use this crawl when there is good concealment but enemy fire prevents you from getting up.

(a) Keep your body off the ground and rest on your forearms and lower legs. Carry the weapon at modified port arms with one hand on the stock and the other on the rail cover/heat shield. Keep the muzzle off the ground. Keep your knees well behind your buttocks so your body will stay low.

(b) To move alternately advance your right elbow and left knee, then your left elbow and right knee.

(2) **Low Crawl** - The low crawl gives you the lowest silhouette. Use it to cross places where the concealment is very low and enemy fire or observation prevents you from getting up.

(a) Keep your body flat against the ground. With your firing hand, hook your weapon sling at the upper sling swivel using your thumb. Let the rail cover/heat shield rest on your forearm, keeping the muzzle off the ground, and let the weapon butt drag.

(b) To move push your arms forward and pull your firing leg forward. Then pull with your arms and push with your leg. Continue this throughout the movement.

(c) Look forward by bending your neck, keeping the side of the helmet on the ground. Do not lift up your head.

(d) Be sure your dust cover is closed and don't stick the muzzle of your rifle in the dirt. You will want your weapon to function when you close with the enemy.

(3) **Back Crawl** - This will be used so that you can crawl under wire obstacles that the enemy sets up on the battlefield or around his defensive positions.

(a) To crawl under a wire obstacle, slide head first on your back. Use your weapon to push the wire away from your body, grasp the hand guards palm up. Push forward with your heels and keep your head slightly off the deck so you're not pushing dirt. Wiggle your shoulders to assist in movement. Rest the muzzle of the weapon on your helmet. To keep the wire from snagging on your clothes and equipment, let it slide along your weapon. Feel ahead with your free hand to find the next strand of wire and any tripwire or mines. Do not pull yourself through by tugging on the wire; it may be booby-trapped.

b. **RUSHING**

(1) **Individual Rush** - The rush is the fastest way to move from one position to another. Each rush should last from 3 to 5 seconds. (Remember, think to yourself “I’m up, he sees me, I’m down.”) The rushes are kept short to keep enemy machine gunners or rifleman from tracking you. However, do not stop and hit the ground in the open just because 5 seconds have passed. Always try to hit the ground behind cover. If you hit the deck in the open, you are only presenting the enemy with an easy, stationary target. Before moving, pick out your next covered and concealed position and the best route to it. Start your movement from the prone position as follows:

- (1) Slowly raise your head and pick your next position and the route to it.
- (2) Slowly lower your head.
- (3) Draw your arms into your body (keeping your elbows in).
- (4) Pull your right leg forward.
- (5) Raise your body by straightening your arms.
- (6) Get up quickly.
- (7) Run to the next position. Don’t run in a straight line; zigzag to confuse anyone trying to track you.
- (8) When you are ready to stop moving; plant both feet.
- (9) Drop to your knees.
- (10) Fall forward, breaking the fall with the butt of your rifle.
- (11) Move to a prone position.
- (12) If you do not make it to your next position, high crawl to the Covered position and assume a good prone posture sighting in down range.
- (13) If you have been firing from one position for some time, the enemy may have spotted you and may be waiting for you to come up from behind cover. Before rushing forward, roll and crawl a short distance from your position. By coming up from another spot, you may fool an enemy who is aiming at one spot, waiting for you to rise. When the route to your position is through an open area, rush by zigzagging. If necessary, hit the ground, roll right or left, then rush again.

(2) **Team Rushes** - Occur when fire teams rush in a series of alternating team rushes. Fire team rushes are movement by one part of the team during cover by fire by the other part of the team. Generally, first the Rifleman and Team Leader will move ahead, being covered by the Automatic and Assistant Automatic Riflemen, then the Automatic and Assistant Automatic Riflemen will move up to

the Rifleman and Team Leader, being covered by the Rifleman and Team Leader. The process is repeated until no forward progress is possible without serious risk to the entire fire team. This theoretically increases the safety of the team members during movement

(a) Team member assignment “on my command” - When the fire team leader directs individuals to rush.

(b) Rushing without verbal commands - Rushing when you are the furthest fire team member back or when you are rushing in buddy teams and your buddy has completed their rush and it is your turn.

c. Fire and Movement - Is individuals, fire teams and squads providing cover fire while other individuals, fire teams or squads advance toward the enemy or assault the enemy position.

d. Fire and Maneuver - The process whereby elements of a unit establish a support by fire position to engage the enemy, while another element maneuvers to an advantageous position from which to close with and destroy, or capture the enemy.

## 2. NEGOTIATING OBSTACLES

a. Small Wall - Encountering short wall-like obstructions in your direction of movement

(1) Approach the wall at the alert carry. Brace your lead foot up against the wall and search the other side keeping the muzzle above the wall.

(2) “Short-stock” the weapon; Keep the muzzle above the bulkhead.

(3) Take a step back from the wall and step over with your lead foot first.

b. Large Wall - Used when there is no way to get around the wall.

(1) Approach and brace your shoulder against the wall. “Wall, body, weapon.” Stay approx. 12-18 inches away from the wall to avoid ricochets.

(2) Carefully and stealthily feel the top edge of the wall for traps using the “piano feel” method for a length of 6 to 8 feet giving yourself enough room to go over the wall.

(3) Very quickly take a step back from the wall and “turkey peek” the other side to see if it is clear of obstacles and the enemy.

(4) With your weapon in your firing hand, reach up and grab the top of the wall placing the weapon on top and simultaneously swing your legs on top. Keep a low profile while rolling over the wall and quickly seek cover on the other side.

c. Tangle Foot - Used when encountering ankle level wire.

(1) Day walk through the tangle foot “boot top high.”

d. **Clearing Culverts** - Used when encountering tunnels or similar openings.

(1) Both members will pie away from and converge together on the culvert entrance ensuring the muzzle stays out of the culvert.

(2) Utilize two Marines/Sailors by placing one on each side of the culvert entrance. Each member will check for booby traps by “piano feeling” from their 12 o’clock to their 6 o’clock around the culvert entrance.

(3) While communicating one member will enter the culvert while the other remains outside to cover.

(4) Member inside the culvert will walk to the end at will “piano feel” the outside opening.

(5) Once the opening has been cleared the member will yell “CLEAR” to the other member and exit the culvert providing cover. The other member will then make their way through the culvert.

e. **Wire** – Various methods are used to maneuver when encountering wire on the battlefield. The speed of advance will determine the method used.

(1) **Back Crawl** – Used to crawl under wire obstacles the enemy sets up on the battlefield or around defensive positions.

(2) **Breeching** - Used for rapid access through wire obstacles through cutting or use of explosives to open a hole in the wire for crossing. The enemy situation will determine which method should be used. Cut the bottom strands until you can crawl through but do not cut the entire obstacle unless it is necessary.

(3) **Bridging** – Used for rapid access over obstacles. The goal is to lay material over the top of the wire forming a make shift bridge allowing troop movement over the obstacle.

f. **Danger Areas** - A danger area is any place where one may be exposed to enemy observation or fire. Some danger areas that you may have to cross are open areas, trails, and enemy positions. Avoid these areas whenever possible and if they must be passed or crossed, use speed and caution.

g. **Booby Traps** - Always assume an obstacle or danger area is booby trapped. Attempt to go around them. If you cannot go around, visually and physically inspect them before crossing.

(1) When visually inspecting an obstacle, look for obvious signs such as trip wires or something attached to it. Then physically check the obstacle by feeling for wire, glass, or anything unusual.

(2) When visually inspecting a danger area, look for trip wires, mounds, depressions, or anything unusual.

### 3. **COVER, CONCEALMENT AND CAMOUFLAGE**

Each Marine/Sailor must use terrain to give themselves cover and concealment. They must supplement natural cover concealment, and comouflage.

a. **Cover** - Protection from the fire of enemy weapons. It may be natural or man made.

(1) Natural cover can be trees, logs, stumps, ravines, hollows, reverse slopes

(2) Man-made cover includes fighting holes, trenches, walls, rubble, abandoned equipment

b. **Concealment** - Anything that can hide a person from enemy. Concealment does not protect you from enemy fire, i.e. brush.

c. **Camouflage** - Anything that keeps yourself, equipment, and position from looking like what they really are.

(1) Movement

(2) Shadows

(3) Fighting Positions-not where enemy expects to find them

(4) Shiny Object/Light Source

(5) Shape (familiar shapes)-breakup outlines

(6) Colors-easily detected if contrasting

(7) Dispersion

#### **REFERENCES:**

MCRP 3-11.2

STP 21-1-SMCT

## Individual Movement Techniques Review

1. Explain the different types of low silhouette movement.
2. Explain the different types of rushes.
3. Explain the difference between Fire and Movement and Fire and Maneuver.
4. Explain the difference between cover, concealment and camouflage.