

UNITED STATES MARINE CORPS
FIELD MEDICAL TRAINING BATTALION-EAST
PSC BOX 20042
CAMP LEJEUNE, NORTH CAROLINA 28542-0042

STUDENT READ-AHEAD MATERIAL

EXECUTE COUNTERS TO STRIKES

MCCS-TAN-1009

MARINE CORPS EXPEDITIONARY AND COMBAT SKILLS TRAINING

M03L753

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EXPLAIN:

.75 HR

1. **SAFETY CONSIDERATIONS.** All techniques taught during this lesson are for right handed students. Left handed students should reverse instructions as necessary. To prevent injury to students during training, ensure the following:

a. Perform the techniques slowly at first, and increase the speed of execution as they become more proficient.

b. Have opponents execute the punches and kicks slowly.

2. **PURPOSE.** The purpose of counters to strikes is to counter an opponent's attack and gain the tactical advantage.

3. **PRINCIPLES.**

a. Principles of Counters to Strikes. Regardless of the strike, the counter to a strike requires the Marine to move, block, and strike.

(1) Move. The first step in countering a strike is to move out of the way of the impact of the strike. Movement should both remove you from the point of your opponent's strike as well as put you in a position to attack.

(a) Movement is executed at approximately a 45-degree angle to the front or rear.

(b) Movement is always initiated from the basic warrior stance.

(c) Following movement, return to the basic warrior stance with the toe of your lead foot pointing toward the opponent.

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

(3) Strike. Any of the upper body or lower body strikes or combinations of techniques can be executed as a follow-on attack as part of the counter to an opponent's strike. The follow-on strike used will depend on your angle to the opponent, the position of the opponent, and the available vulnerable target areas exposed on the opponent.

a. INTRODUCTION TO COUNTERS TO STRIKES

(1) Counter to a Rear Hand Punch.

(a) Purpose. This counter is used when the opponent throws a rear hand punch.

(b) Technique.

(1) Begin with the opponent extending his right hand in a rear hand punch, from the basic warrior stance.

(2) Step forward and to the left at approximately a 45-degree angle, moving in toward the opponent. At the end of the movement, get back to the basic warrior stance with the left foot forward, toe pointing toward the opponent.

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

(4) "Hit and stick" by leaving your left arm against the opponent's right arm while stepping forward and to the right at approximately a 45-degree angle to close with the opponent. Following through by applying pressure against the opponent's arm will redirect the strike and, in the process, throw the opponent off balance. Continuing to step forward will position you to strike an exposed area on the opponent.

(5) Counter with at least three follow on strikes or techniques to the aggressor's exposed target areas

(2) Counter to a Front Kick (Right or Rear Leg).

(a) Purpose. This counter is used when the opponent executes a front kick with his right leg.

(b) Technique.

(1) From the basic warrior stance, begin with the opponent extending his right leg (front kick).

(2) Step forward and to the left at approximately a 45-degree angle, moving in toward the opponent. Movement may be executed to the rear to avoid an aggressive or powerful strike, but it is not recommended because it does not put you in a position to counter with a strike of your own.

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

(4) Block with the meaty portion of the forearm. Do not bend down to block the kick. It is better to move out of the way of the strike than have to bend down to block the kick.

(5) "Hit and stick" by leaving your left arm against the opponent's leg while stepping forward and to the right at approximately a 45-degree angle to close with the opponent.

(6) Following through by applying pressure against the opponent's leg will redirect the strike and, in the process, throw the opponent off balance. Continuing to step forward will position you to strike an exposed area on

Punches and kicks are often used by an opponent to launch an attack. To be prepared for any confrontation, you must know and be able to apply the techniques for counters to strikes. Regardless of the strike an opponent launches, you must counter by moving, blocking, and striking. Explain to students the following are plausible counter strikes: inside knife hand strike to the neck, knee strike or kick to the inside or outside thigh.

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