

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

STUDENT READ-AHEAD MATERIAL

EXECUTE CHOKES

MCCS-TAN-1007

MARINE CORPS EXPEDITIONARY AND COMBAT SKILLS TRAINING

M03L753

REVISED 07/14/2020

When executed properly, a blood choke takes between eight and thirteen seconds for the opponent to lose consciousness. When a blood choke is incorrectly performed, most likely the student is applying pressure to the windpipe and executing an air choke.

1. **SAFETY CONSIDERATIONS**. To prevent injury to students during training, ensure the following:

a. Never execute a choke at full force or full speed during training because the carotid artery could collapse.

b. Once a technique is applied to the point the student is uncomfortable, the student must "tap out" to indicate to his aggressor to immediately release pressure or stop the technique. The student "taps out" by firmly tapping his hand several times on any part of the aggressor's body, tapping on him or herself, on the ground or by verbally saying "tap". The student should never go to the point of becoming light headed during a choke.

c. Do not hold a choke for more than five seconds in training.

d. Do not apply pressure to the opponent's throat during training because the trachea and windpipe can be crushed. During training ensure students apply the procedures properly for blood chokes and do not execute air chokes.

2. **PURPOSE**. The purpose of chokes is to render your opponent unconscious or gain control of a close combat situation through less than lethal force.

3. PRINCIPLES.

a. Types of Chokes. A choke is performed by either closing off the airway to the lungs, thereby preventing oxygen from reaching the heart, or by cutting off the blood flow to the brain. Both types of chokes can result in unconsciousness and eventual death for an opponent. Chokes are classified in two categories: Blood Chokes and Air Chokes.

(1) Blood Choke. A blood choke is performed on the carotid artery, which carries oxygen-enriched blood from the heart to the brain. The carotid artery is located on both sides of the neck.

(a) When executed properly, a blood choke takes between eight to thirteen seconds for the opponent to lose consciousness.

(b) The blood choke is the preferred choke because its intended effect (i.e., the opponent losing consciousness) can be executed quickly, ending the fight.

(2) Air Choke. An air choke is performed on the windpipe or trachea, cutting off the air to the lungs and heart.

(a) When executed properly, an air choke takes between two and three minutes for the opponent to lose consciousness.

(b) Due to the length of time it takes to stop the fight with an air choke, air chokes are not recommended and will not be taught in this course.

(c) As an instructor, you need to know the difference between a blood and air choke because, when a blood choke is incorrectly performed, most likely the student is applying pressure to the windpipe and executing an air choke.

4. **FUNDAMENTALS.**

a. INTRODUCTION TO CHOKES.

(1) REAR CHOKE.

(a) Purpose. The rear choke is a blood choke performed when you are behind the opponent; the opponent is on the ground, or when you are taking the opponent to the ground.

DEMONSTRATE/IMITATE:

(b) Technique. To teach the rear choke, you do not begin by having students execute the entire technique. Instead, you walk students through the technique, step by step, beginning from a kneeling position and working up to a standing position. To teach the rear choke, have the student:

(c) From a Kneeling Position.

(1) Begin with the opponent kneeling on the deck and you standing behind him.

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

(3) Your chest should be against your opponent's back.

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

(5) Exert pressure with your biceps and forearm on both sides of the opponent's neck on his carotid arteries. Pressure should be exerted with the forearm along the radial bone and the knuckles of the right hand should be facing straight up.

(6) Ensure the opponent's windpipe is positioned within the bend of your arm, but pressure is not being exerted on his windpipe.

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

(8) To increase the effectiveness of the choke, apply forward pressure to the back of the opponent's head with your head by bending your neck forward.

DEMONSTRATE/IMITATE :

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

(1) Begin by standing behind the opponent.

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

(3) Step or push on the area behind the opponent's knee with your foot. This will off-balance the opponent and cause him to bend at the knees and fall forward.

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

(5) You are now in position to execute the choke and the steps are the same as from the kneeling position.

(2) Figure-Four Variation.

(a) Purpose. The figure-four is a variation of the rear choke and it allows you to gain more leverage on the rear choke. If you cannot secure the rear choke, you may apply the figure-four variation to increase the pressure of the choke on the opponent.

(b) Technique.

(1) Apply a rear choke. Your body should be against the opponent's body.

(2) Bring your left arm over your opponents left shoulder and grasp your left biceps with your right hand and place your left hand against the back of the opponent's head.

(3) With your left hand on the back of your opponents head, and your elbows in, push the opponent's head forward and down.

(4) Draw your right arm in, maintaining pressure with your biceps and forearm on both sides of the opponent's neck.