

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

STUDENT READ-AHEAD MATERIAL

EXECUTE FALLS

MCCS-TAN-1003

MARINE CORPS EXPEDITIONARY AND COMBAT SKILLS TRAINING

M03L753

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EXPLAIN:

.10 mins

To reduce the chance of injury, break-falls are used to absorb the impact if you are thrown or fall to the deck. This will allow you to quickly get back to your feet and minimize any injury sustained by the fall. There are four types of break-falls.

1. **FUNDAMENTALS.**

a. BREAK-FALLS. On the battlefield the last place we want to find ourselves is on the ground. We increase our vulnerability and reduce our chances of survival. However, there will be times during an encounter with an opponent that you will lose your balance or be thrown to the deck.

(1) Physical break-falls. The purpose of a break-fall is to absorb the impact of the fall and to use its momentum to maintain motion after hitting the ground. If you know how to properly execute a break-fall, you can reduce your chances of injury and get back on your feet quickly in order to re-establish a position of control.

(a) Break-fall techniques use the large muscles of your body (back, thighs, and buttocks) to protect vital organs and bones from injury and immobilization.

(2) Emotional break falls. The emotional break fall is a mind-set that allows individuals to deal with personal problems and the stresses of life. The emotional break fall uses positive character development, an understanding of the risk factors and signs associated with suicide, and the bond that exists between Marines in taking care of our own.

2. FRONT BREAK-FALL.

a. Purpose: A front-fall is executed to break your fall when falling forward.

b. Technique. It is difficult to execute a break-fall in training because you need to be thrown to truly execute the break-fall properly, however this would create a potentially hazardous condition. Instead we will learn and practice the front break-fall in stages. The front break-fall will never be executed from the standing position in training.

(a) From the Deck.

(1) Begin by lying on the deck on your stomach.

(2) Place your forearms and palms flat on the deck, with your elbows bent and your chest and head raised off the deck.

(3) Raise your head and neck so you are looking straight ahead.

(4) Determine proper hand placement that allows your forearms and hands to support your upper torso and keep your head off the deck.

(5) Proper hand and forearm placement will spread and better absorb the impact of the fall and help to keep your head from hitting the deck.

(6) Practice by raising the forearm and slapping the deck with the fingers extended and joined.

(b) From a Kneeling Position.

(1) Assume a two-kneel kneeling position and look up to raise your chin.

(2) Bend your elbows in close to your body and place your palms facing away from you in the position that will allow you to spread and absorb the impact of the fall.

(3) Fall forward, breaking your fall with your forearms and palms. The forearms and hands, should strike the ground simultaneously. Fingers will be extended and joined. Keep your head up to avoid striking your chin on the ground.

EXPLAIN/DEMONSTRATE :

.50 HR

3. BACK BREAK-FALL.

a. Purpose. A back break fall is executed to break the fall when being thrown or falling backward.

b. Technique. The back break fall is taught in stages and is never practiced from the standing position.

(1) From the Deck.

(a) Begin by lying on the deck on your back.

(b) Place your arms at approximately a 45-degree angle downward, out and away from your body, palms down.

(c) Tuck your chin.

(d) Offer resistance with your arms to raise your head, neck, and shoulders off the deck.

(e) Determine proper arm placement that allows you to keep your head off the deck.

(f) Proper arm placement will spread and better absorb the impact of the fall.

(g) Once proper arm placement is determined, cross your hands in an "X" in front of your chest. Tuck your chin to keep your head up off the deck. Bend your knees to raise them off the deck.

(h) Swing your arms out and slap the deck, making contact from your forearms to your hands. The forearms and hands, down to the fingertips, should strike the deck simultaneously. Finger and thumb will be extended and joined.

(i) Offer resistance with your arms to raise your head, neck, and shoulders off the deck.

(j) Practice this step as many times as necessary to ensure proper arm placement to break the fall.

(2) From a Squatting Position.

(a) Squat down on the balls of your feet while tucking your chin and cross your arms in front of your torso, palms facing you with fingers and thumb extended and joined.

(b) Roll backward without pushing off, or straightening your legs. Keep your chin tucked to protect your head from impact, slap the ground with both extended arms and hands to help absorb and spread the impact. Contact with the ground and your torso and arms should happen simultaneously and your arms should form 45° angles to your body.

(c) Keeping your head off the deck will protect your neck and spinal column from injury.

(d) Practice this step as many times as necessary to properly break the fall.

4. SIDE BREAK-FALL.

a. Purpose. A side break-fall is executed to break your fall on your side.

b. Technique. It is difficult to execute a break-fall in training because you need to be thrown to truly execute the break fall properly, however this would create a potentially hazardous condition. We will also learn and practice the side break fall in stages.

(1) From the Deck.

(a) Begin by lying on the deck on your right side. Your right leg should be straight and your left leg should be bent with your foot flat on the deck.

(b) Place your right arm, palm facing down, at a 45-degree angle out and away from your body.

(c) Raise your head and neck by tucking your chin and tilting your head up away from the deck.

(d) Bring your right arm across your body so your hand is next to your left shoulder with your palm facing inboard.

(e) With your right arm, slap the deck making contact from your shoulder or forearm down to your hand. Tuck your chin and keep your head raised off the deck.

(f) Determine proper arm placement that allows you to keep your head off the deck. Proper arm placement will spread and better absorb the impact of the fall.

(g) Practice this step as many times as necessary to determine proper arm placement.

(2) From a Squatting Position.

(a) Assume a one knee position.

(b) Bring your right arm across your body so your hand is next to your left shoulder with your palm facing inboard.

(c) Fall on your side by sliding your right foot to the left and rolling on your right hip.

(d) Break your fall with your right arm, slapping the deck, making contact from your shoulder or forearm down to your hand. The arm should strike the deck at a 45° angle with respect to your body. At the same time, tuck your chin and keep your head raised off the deck.

(e) To spread and absorb the impact, stretch out your right leg to make contact with the deck. Bend your left leg and make contact with the deck with your foot.

(f) Practice this step as many times as necessary to ensure proper arm placement to break the fall.

(3) From a Standing Position. (Written for right side, reverse sides for left.)

(a) From the basic warrior stance bring your right arm across your body so your hand is next to your left shoulder with your palm facing you. Tuck your chin to the left to avoid striking the ground with your head.

(b) Fall on your right side by sliding your right foot to the left and collapse to the right onto your right thigh, buttocks, and lat muscle.

(c) Break your fall with your right arm by slapping the deck, making contact from your shoulder or forearm down to your hand. The arm should strike the deck at a 45° angle with respect to your body. Keep your head raised off the deck.

(d) Everything should make contact with the ground at the same time to spread and absorb the impact. Your right leg is stretched straight to make contact with the deck. Your left leg is bent with the sole of your left foot flat on the ground.

EXPLAIN/DEMONSTRATE :

.75 HR

5. FORWARD SHOULDER ROLL. The last of the physical break falls is the forward shoulder roll. The forward shoulder roll is particularly effective because it uses the momentum of the fall to maintain motion after hitting the ground so you can get back on your feet quickly.

a. Purpose. To break a fall from an opponent's attack and use the momentum to get back on your feet quickly.

b. Technique. To learn the forward shoulder roll we will practice in stages:

(1) From the Kneeling Position.

(a) Place your right knee on the deck and your left leg bent with the foot flat on the deck.

(b) Extend your left arm down through your legs, tucking your chin into your chest. Lower your head and shoulders to the ground.

(c) Push off with your feet to roll over your left shoulder to your right hip executing the proper finishing position for a right side break-fall.

(d) With your right leg straight, slap the deck to absorb as much of the impact as possible. Your left leg is bent and the foot hits flat on the deck.

(2) From the Standing Position.

(a) Place your feet shoulder width apart with your left foot forward.

(b) Extend your left arm down through your legs, tucking your chin into your chest. Lower your head and shoulders to the ground, but look skyward.

(c) Push off with your feet to roll from your left shoulder to your right hip and buttock, allowing your forward momentum to bring you back to your feet [DO NOT DIVE].

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