STUDENT READ-AHEAD MATERIAL

APPLY THE FUNDAMENTALS OF MARTIAL ARTS

MCCS-TAN-1001

MARINE CORPS EXPEDITIONARY AND COMBAT SKILLS TRAINING

M03L753

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1. **PURPOSE.** The purpose of close combat is to execute unarmed and armed techniques, in close proximity to another individual, that comprise both lethal and non-lethal ends, across a spectrum of violence within a continuum of force.

   a. Unarmed techniques include hand-to-hand combat and defense against hand-held weapons.

   b. Armed techniques include techniques applied with T/O weapon or a weapon of opportunity.

2. **PRINCIPLES.**

   a. **Ranges of Close Combat.** There are three ranges in which close combat engagements can take place: long-range, mid-range, and close-range. In any engagement, these ranges may blur together or may rapidly transition from one to another and then back again until the opponent is defeated or the situation is handled.
1. **Long-Range.** At long range, the distance between combatants allows engagement with a rifle and bayonet, these engagements that can expand from precision fire to small arms fire. Other elements to be use are also weapons of opportunity or non-lethal baton.

2. **Mid-Range.** At mid-range, the distance between combatants is such that they can engage each other with knives, punches, or kicks.

3. **Close-Range.** At close range, the distance between combatants is such that they can grab a hold of each other and may involve elbow and knee strikes and grappling.

b. **Weapons of the Body.**

1. **Arms.** The hands, forearms, and elbows are the individual weapons of the arm.

   (a) **Hands.** There are several areas of the hands that can be utilized as weapons.

   (b) **Fist.** The fist can be used as a weapon directed at soft tissue areas such as the throat. This will minimize the risk of injury to the hand. The striking surfaces of the fist are the first two knuckles of the hand or the meaty portion of the hand below the little finger.

   (c) **Edge of Hands.** The edge of the hand (inside and outside edge) can be used as a weapon. Similar to the fist, all strikes should be directed toward soft tissue areas.

   (d) **Palm.** The heel of the palm, because of its padding, can be used for striking or parrying.

   (e) **Fingers.** The fingers can be used for gouging, ripping, and tearing soft tissue (e.g., eyes, throat, and groin).
(f) Forearm. The forearm can be used as a defensive tool to deflect or block attacks. The forearm can also be used as a striking weapon to damage or break joints and limbs. Strikes with the forearm do not pose as high of a risk of self-injury as do strikes with the fist and fingers.

(g) Elbow. The elbow can be used as a striking weapon. Because of the short distance needed to generate power, the elbow is an excellent weapon for striking in the close range of close combat.

2. Legs. The legs are more powerful than the other weapons of the body and are less prone to injury when striking. The feet are protected by boots and are the preferred choice for striking.

(a) Foot. The ball of the foot, the instep, and the toe can be used to kick an opponent. The toe is only recommended for striking when wearing boots. The cutting edge of the heel and the heel can be used to stomp on an opponent.

(b) Knee. Like the elbow, the knee is an excellent weapon in the close range of close combat. Knee strikes are most effective while fighting close to your opponent where kicks are impractical. The groin area is an ideal target for the knee strike against an opponent standing upright. The knee strike can be a devastating secondary attack to the face following an initial attack that causes the opponent to bend at the waist.

c. TARGET AREAS OF THE BODY. During close combat, the parts of the opponent's body that are readily accessible will vary with each situation and throughout a confrontation. The goal is to attack those areas that are readily accessible. These areas are divided into five major groups: head, neck, torso, groin, and extremities.

1. Head. The vulnerable regions of the head are the eyes, temple, nose, ears, and jaw. Massive damage to the skull can kill an opponent.

(a) Eyes. The eyes are excellent targets because they are soft tissue areas not protected by bone or muscle. Any attack to this region may cause the opponent to protect the area with his hands. Secondary attacks to other target areas can then be successfully executed while the opponent's hands are occupied.
(b) Temple. The temple is one of the most fragile areas of the skull. Powerful strikes to the temple can cause permanent damage and death.

(c) Nose. The nose is very sensitive and easily broken. An attack to this area can cause involuntary watering and closing of the eyes, rendering the opponent vulnerable to secondary attacks. Unless the strikes to the nose are powerfully delivered, attacks to the nose may not distract the opponent because, through training, individuals can become accustomed to the effects of attacks to the nose.

(d) Ears. Attacks to the ear may cause the eardrum to rupture, but as with the nose region, this may not stop or even distract the opponent unless the strikes are delivered powerfully.

(e) Jaw. The jaw region, when struck forcefully, can cause unconsciousness. Strikes to the jaw can cause painful injuries to teeth and surrounding tissues (e.g., lips, tongue), but the risk of self-injury is great unless the strikes are delivered with a weapon of opportunity such as a helmet, rifle butt stock, or heel of the boot.

2. Neck. The vulnerable areas of the neck are the front and back of the neck.

(a) Front of Neck. The front of the neck or throat area is a soft tissue area that is not covered by natural protection. Damage to this region can cause the trachea to collapse, swell, and close the airway, which can lead to death.

(b) Back of Neck. The back of the neck or cervical region contains the spinal cord, the nervous system link to the brain. The weight of the head and the lack of large muscle mass in the neck area make the spinal cord vulnerable to attacks and injury. Attacks to this region can readily cause pain and immobilization of the opponent or even cause death.

3. Torso. The vulnerable areas of the torso are the clavicle, solar plexus, ribs and kidneys.

(a) Clavicle. The clavicle or collar bone can be easily fractured, causing immobilization of the opponent's arm.
(b) **Solar Plexus.** Attacks to the solar plexus or center of the chest can immobilize the opponent by knocking the breath out of an opponent.

(c) **Ribs.** Damage to the ribs can cause immobilization of the opponent and may cause internal trauma.

(d) **Kidneys.** Powerful attacks to the kidneys can cause immobilization, permanent damage, and death.

4. **Groin.** The groin area is another major soft tissue area not covered by natural protection. Any damage to this area can cause the individual to involuntarily provide protection to the injured area, usually with the hands or legs. The scrotum (male) is the main target since even a near miss will cause severe pain, contraction of the lower abdominal muscles, deterioration of the opponent's stance, and possible internal trauma. A strike to the groin area is more severe to a male than a female.

5. **Extremities.** Rarely will an attack to the opponent's extremities (arms and legs) cause death, but they are important target areas in close combat. Damage to a joint can cause immobilization of the opponent and damage to an artery can cause internal bleeding, leading to death.
DEMONSTRATE/IMITATE: .25 HR

3. **FUNDAMENTALS.**

   a. **BASIC WARRIOR STANCE.**

      (1) **PURPOSE.** The basic warrior stance provides the foundation for all movement and techniques in close combat situations. Marines must be able to assume the basic warrior stance instinctively.

      (2) **TECHNIQUE.**

         (a) Place your feet shoulder width apart.

         (b) Keeping your head and eyes on your opponent, take a half step forward with your left foot, and pivot on your heels so your hips and shoulders are at approximately 45-degree angle to the right.

         (c) Distribute your body weight evenly on both legs. Bend your knees slightly. Find a position that allows you to maintain your balance. You may have to re-adjust your feet to maintain your balance.

         (d) Curl your fingers naturally into the palm of your hand. Position the thumb across the index and middle fingers. Do not clench your fist. Not clenching the fists reduce muscular tension in the forearms and increases speed and reaction time.

         (e) Bring your hands up to your face at chin level, with the palms facing each other. Hold your fists up high enough to allow you to protect your head and neck. The fists should not block your field of view thus allowing for continuous eye contact of your opponent.

         (f) Tuck your elbows in close to your body to protect your body.

         (g) Tuck your chin down to take advantage of the natural protection provided by your shoulders.
The basic warrior stance is the foundation for all close combat techniques. To control the confrontation and enable an attack on accessible and vulnerable target areas of the body, you can move and change your angle of approach.

### DEMONSTRATE/IMITATE: .75 HR

b. **ANGLES OF APPROACH AND MOVEMENT.**

1. Angles of Approach

   (a) Consider a 360-degree circle around an opponent. Movement anywhere in this circle gains a tactical advantage and makes different target areas of an opponent's body accessible.

   (b) The worst place to be in a confrontation is directly in front of an opponent. The opponent can rely on his forward momentum and linear power to take a tactical advantage.

   (c) When facing an opponent, movement is made in 45-degree angles to either side of the opponent. Moving at a 45-degree angle is the best way to both avoid an opponent's strike and to put yourself in the best position to attack an opponent.

2. **ANGLES OF MOVEMENT**

   (a) **PURPOSE.** You should move to control the confrontation and to retain a tactical advantage. Consider yourself in a 360-degree circle as you move in 45-degree increments towards (8) different angles.

   (b) **TECHNIQUE.**

   (1) 360-degree movement around the opponent allows different target areas of your opponent's body readily accessible.
(2) Movement enables utilization of different weapons of the body and different close combat techniques that can only be performed on specific target areas.

(3) Movement can increase power and maximize momentum.

3. TECHNIQUES FOR MOVEMENT

(a) Since most close combat movements are initiated from the basic warrior stance, you must know how to move in all directions while maintaining your stance. During any movement, the legs or feet should not be crossed. Once a movement is completed, you should resume the basic warrior stance. This will help to keep yourself protected and to put yourself in the proper position for launching an attack against your opponent.

(1) **Forward.** To move forward from the basic warrior stance:
(a) When moving forward move the left foot forward approximately 12 to 15 inches. As soon as the left foot is in place, quickly step with the right foot 12-15 inches returning to the basic warrior stance.

(2) **Forward Left/ Right.** To move forward left/ right from the basic warrior stance:

(a) When moving to the forward left you must move the left foot forward at a 45-degree angle from your body, approximately 12 to 15 inches, keeping your toe pointed toward the opponent. As soon as the left foot is in place, quickly bring the right foot behind the left foot to return to the basic warrior stance.

(b) When moving to the forward right you must move the right foot forward at a 45-degree angle from your body, approximately 12 to 15 inches. As soon as the right foot is in place, quickly bring the left foot, toe pointing toward the opponent, in front of the right foot to return to the basic warrior stance.

(3) **Left/ Right.** To move left/ right from the basic warrior stance:

(a) When moving side to side/left or right you must move the left foot to the left approximately 12 to 15 inches. As soon as the left foot is in place, quickly bring the right foot behind the left foot to return to the basic warrior stance. To move to the right execute steps in reverse

(4) **Backward.** To move to the rear from the basic warrior stance, execute the forward movement in reverse:

(a) When moving backward you must move the right foot backward approximately 12-15 inches. As soon as the right foot is in place, quickly bring the left foot in front of the right foot to return to the basic warrior stance.
(5) Backward Left/ Right. To move back left/right from the basic warrior stance, execute the forward movement in reverse:

(a) When moving to the left you must move the left foot backward at a 45-degree angle from your body, approximately 12 to 15 inches, keeping your toe pointed toward the opponent. As soon as the left foot is in place, quickly bring your right foot behind the left foot to return to the basic warrior stance.

(b) When moving to the right you must move the right foot backward at a 45-degree angle from your body, approximately 12 to 15 inches. As soon as the right foot is in place, quickly bring the left foot, toe pointing toward the opponent, in front of the right foot to return to the basic warrior stance.

**PRACTICE:**

Varying the angles of approach and movement will allow a Marine to continue the attack and minimize damage to him or herself by controlling the opponent and his movement. We will now practice the techniques and fault check performance of the basic warrior stance and angles of approach and movement.

**EXPLAIN:**

4. **STRETCHING AND BODY HARDENING.**

   a. **SAFETY CONSIDERATIONS.** The following safety considerations apply when doing martial arts stretching.

      (1) Since all martial arts stretches are static stretches, avoid bouncing movements. The stretch is initiated and held during the entire count. Slowly release the stretch returning to the starting position upon completion.

      (2) Emphasis is placed on remaining relaxed while stretching in order to gain the maximum benefit from the stretch.
(3) Ensure that students do not stretch beyond a painful range of motion. They should be reminded that they will gradually increase their range of motion by regular and proper stretching.

(4) The unit leader should control the speed of the stretches. The count should be executed between 45 to 60 beats per minute.

b. PURPOSE. Stretching exercises practiced on a daily basis will ensure that your body is both tough and flexible. They can be easily integrated into an existing fitness program with the stretching exercises used to supplement those already being done as part of a unit or individuals PT routine.

c. FUNDAMENTALS. To begin stretching sessions:

(1) Slowly warm-up by doing the dynamic stretches that are a part of the daily exercise routine. The length and repetitions will begin low and be increased as proficiency and fitness is gained.

(2) Upon completing the warm-up phase begin with the following martial arts stretches. All martial arts stretches are static stretches and are executed as echo count exercises. Echo count exercises are done for a specific count, i.e., 10 to 30 seconds. The unit leader counts each second and the Marines echo (repeat) the count.

(3) The following exercises are done in sequence starting with the neck and working down the body. By regularly following this sequence you will develop habit and muscle memory retention of the skills. The sequence continues from standing and then moves to stretches done on the ground.
5. **STRETCHING EXERCISES**

   a. **Neck Flexion/ Lateral Flexion and Extension.** Stand with feet shoulder width apart, back straight and hands on hips. Flex the neck forward bringing the chin toward the chest. Extend the head back, chin to the sky. Tilt the head to the left side, bringing the left ear toward the left shoulder. Repeat to the right side. To be done properly and avoid injury the neck is held in each position for a count of 10. Repeat each direction twice.
b. **Triceps Stretch.** Standing, bend the left elbow and bring the left arm up and back placing the left hand between the shoulder blades. Gently pull the left elbow with the right hand behind the head. The stretch should be felt over the back of the upper arm. Repeat to the other side.

c. **Standing Shoulder Stretch (partner-assisted).** Begin by standing with feet shoulder width apart, back straight and hands extended to the rear. Arms are straight, palms are up, elbows pointing outboard, and arms are spread shoulder width apart. Your partner will grasp your arms at the wrist and under your command slowly raise your arms. Maintain an upright position with your head up. You control the distance of the stretch by telling your partner when you have reached the limit of the stretch. Hold the stretch for the length of the echo count. Begin with a 10 count and progress to a count of 30 with time.

d. **Standing Chest Stretch (partner-assisted).** This exercise is done in a similar manner to the standing shoulder stretch except the hand are clasped with the palms up and the elbows are also pointing up. Your partner will pull the arms up toward the head with you controlling the distance of the stretch. The stretch should be felt in the front of the chest and shoulders.
e. **Hip Rolls.** Flex the trunk in a circular motion starting to the right and making a complete circle. This exercise differs from trunk twisters in that the motion is fluid and the head remains stationary directly over the center of the body. Repeat for five to ten repetitions. Change direction and rotate to the left side. Repeat for five to ten repetitions.
f. Knee Rotations. Stand with your legs together, feet and knees touching and a slight bend at the knees. Bend at the waist placing your palms on your knees with your head up. Begin by rotating your knees in a circular motion to the right. Execute slowly for 5 to 10 repetitions and then repeat to the left.

g. Standing Thigh Stretch. Stand with the feet wider than shoulder width apart getting a full stretch in the groin. Face to the left, pointing the left toe to the left and the right toe pointing in the original direction with the inside of the right foot on the deck. Keep the right leg straight and the left knee bent. Place your palms on your left knee and stretch forward. Hold the stretch for a minimum of a 10 count, Repeat to the other side.
h. Bridging. Begin in a forward leaning rest position with the feet and palms shoulder width apart, flat on the deck and the top of the head resting on the deck. Roll back with the nose touching the deck, hold for a 10 count, roll forward as far on the rear of the head as possible and hold for another 10 count. Next roll the head to the left side touching the left ear to the deck, hold for 10 counts and repeat to the right. As proficiency and fitness is increased add several sets of each repetition.

i. Prone Abdominal Stretch. Lay on the stomach with the hands placed near the shoulders as if in the down position of a push-up. Slowly raise the upper body up, keeping the hips on the deck. The stretch should be felt over the abdomen. While executing, hold the count with the head to the front and turned to the left and then right. This will also stretch the neck and lower back. Hold each position for a 10 count.
j. Prone Shoulder Stretch. This exercise is done with each side stretching along three directions. Begin by assuming a position on your hands and knees, knees wider than shoulder width apart. Place the left arm straight out to the side with the shoulder touching the deck. Turn the head to the right and hold this position for a 10 count.

Next place the arm to the front palm down, head to the right and stretch by attempting to touch the left shoulder to the deck and hold for 10 count. Finally, place the left arm under the torso pointing to the right with the palm on the deck. Turn the head to the left and stretch by pushing your right shoulder down toward the deck holding for a 10 count. Repeat all three positions for the right shoulder.
k. **Quadriceps Stretch.** Lying in the prone position right arm extended straight out, head forward. Bend the left leg at the knee, grasp the left in-step with the left hand and pull the foot towards the buttocks. Do not hyperextend the low back. The stretch should be felt over the front of the left thigh. Hold for a 10 count and then repeat to the other side.
1. Seated Lower Back Stretch. Sit on the deck with the right leg extended straight and the left leg crossed over the right leg by bending the left knee and placing the left foot on the deck next to the right knee. Turn the upper torso to the left pushing the left knee to the right with the right elbow. The stretch should be felt over the low back and the left hip. Hold for a 10 count then repeat to the other side.

m. Modified Hurdler Stretch (partner-assisted). This exercise is done in three directions. Assume a seated splits position. Place one hand on each foot and bend over at the waist. The partner will assist by placing his hands on your back and applying downward pressure under your control. Hold for a 10 count. Bend to the left and place both hands on the left foot, assisted by your partner stretch forward. Hold for a 10 count then repeat to the right.
n. Groin Stretch (partner-assisted). Sit with both knees bent and the bottoms of the feet together. Grasp the feet and gently push the knees with the elbows toward the deck. A partner will assist by placing his chest on your back and his hands on your knees. He will push down under your control. Hold for a 10 count. The stretch should be felt over the inside of both thighs.

o. Ankle Rotation. Sit on the ground with the legs extended to the front, heels on the deck and the toe pointed up. Bend the left leg with the back of the calf resting on the right thigh. Holding on to the knee with the left hand use the right hand on the left toe to rotate the foot in a circular motion clockwise for a 10 count. Reverse the direction for another 10 count and then repeat with the right ankle.