

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

STUDENT READ-AHEAD MATERIAL

EXECUTE LEG SWEEPS

MCCS-TAN-1008

MARINE CORPS EXPEDITIONARY AND COMBAT SKILLS TRAINING

M03L753

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

a. Select a training area with soft footing such as a sandy or grassy area. If training mats are available, use them. A flight deck or hard surface area is not appropriate for training throws.

b. Perform the techniques for throws slowly at first and increase the speed of execution as proficiency is developed.

c. Students being thrown should execute the appropriate break fall to prevent injury. To reduce head and neck injuries, ensure chins are tucked and hand placement is correct so students' heads do not hit the deck during the fall.

d. Whenever training throws all Marines will execute a minimum of ten "Fit-In's" for every one throw in order to ensure maximum proficiency and minimal risk.

e. Calf on calf contact during training.

2. **PURPOSE.** The purpose of a throw is to bring an opponent to the deck to gain the tactical advantage in a fight. Throws apply the principles of balance, leverage, timing, and body position to upset an opponent's balance and to gain control by forcing the opponent to the deck. When executing a throw, it is important to maintain control of your own balance and, simultaneously, to prevent the opponent from countering a throw or escaping after he is forced to the deck.

3. PRINCIPLES.

a. THREE PARTS OF A THROW

(1) Entry. The first part of a throw is the entry. You want your entry to be quick and un-telegraphed to prevent your opponent from anticipating your movement and countering your attack. You also want to make sure that your body positioning is correct in relation to your opponent to allow for proper off-balancing and execution of the throw.

(2) Off-Balancing. The second part of a throw is off-balancing. Off-balancing techniques are used to control an opponent by using the momentum of the opponent to move or throw him. Off-balancing techniques can be used to throw an opponent to the deck while you remain standing, or they can be used to put you in a position for a strike, a choke, etc. Off-balancing also aids in execution of throws because your opponent is unable to fight your attack will full strength due to being off-balanced.

(a) Angles of Off-Balancing. There are eight angles or directions in which an opponent can be off-balanced. Imagine the angles at your feet labeled with Forward, Rear, Right, Left, Forward Right, Forward Left, Rear Right, and Rear Left.

(1) The angles correspond to your perspective, not the opponent's.

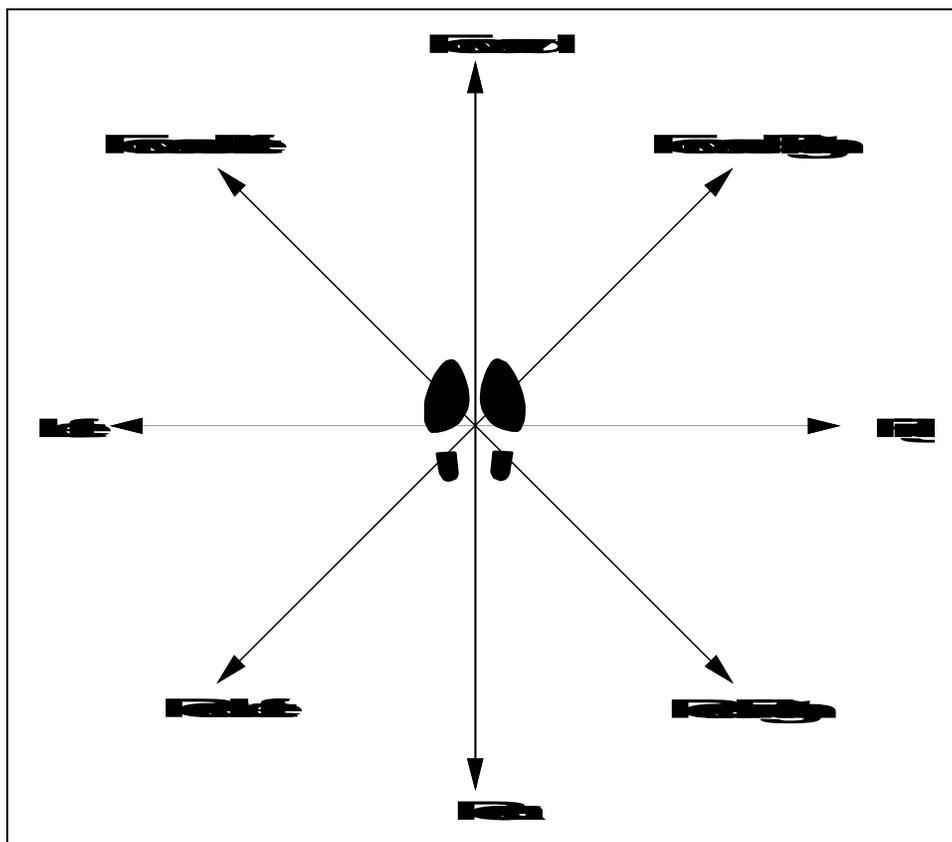
(2) Forward, Rear, Right, and Left are straight angles.

(3) Forward Right, Forward Left, Rear Right, and Rear Left are considered quadrants, at a 45-degree angle in either direction to your front or your rear.

(b) Off-Balancing Techniques. An opponent can be off-balanced by pushing or pulling. An opponent can be pulled or pushed with your hands, arms, or body.

(1) Pulling. Pulling is performed by grabbing an opponent with your hands and driving him forcefully to one of the rear quadrants or right or left.

(2) Pushing. Pushing is performed by grabbing the opponent with your hands and driving him forcefully into one of the front quadrants or right or left. Bumping is executed in the same manner as pushing, but without using your hands to grab the opponent. Instead, you use other parts of your body such as your shoulders, hips, and legs.



(c) Principles of Off-Balancing.

(1) Off-balancing techniques rely on the momentum of the opponent. For example, if the opponent is charging at you, you can pull him to drive him to the deck. Likewise, if the opponent is pulling on you, you can push him to drive him to the deck.

(2) Off-balancing techniques rely on the generated power of the opponent. In combat, you are often tired and may be outnumbered. Depending on the generated energy and momentum of the opponent, you can employ these techniques with very little effort and still obtain effective results.

(3) Because off-balancing techniques rely on the momentum and power generated by the opponent, they are particularly effective techniques for men and women who may be outsized by their opponent or lack their opponent's strength.

(3) Execution. The third and final piece of a throw is the execution. Whatever steps remain in the throw to take the opponent to the deck are utilized here. Each piece before this is just to set up and assist in this final process.

4. FUNDAMENTALS.

a. INTRODUCTION TO THROWS

(1) LEG SWEEP.

(a) Purpose. The purpose of the leg sweep is to take the opponent to the deck while you remain standing. A leg sweep is particularly effective if the opponent is already off-balanced and moving backward or pulling on you.

(b) Technique. To teach the leg sweep technique, walk students through the technique, step by step, working on proper body position and execution. To teach the leg sweep, have the student:

(1) Stand facing opponent in the basic warrior stance.

(2) With your left hand, grasp the opponent's right wrist. Grab the opponent's clothing or gear if you cannot grab his wrist.

(3) Step forward with your left foot on the outside of the opponent's right foot. At the same time, with your right hand, grasp your opponent's upper right torso area either on gear or flesh. Your foot should be at least in line or behind the opponent's foot.

(4) Your foot should be placed outside of the opponent's foot, far enough to provide room to bring the other leg through to execute the sweep.

(5) Begin to off-balance the opponent by pulling his wrist downward close to your body and pushing his shoulder backward.

(6) When pulling the opponents hand, ensure to bring it down and close to the trouser pocket.

(7) Raise your right knee (no higher than waist high) and bring your foot behind the opponent's right leg, and stop. The leg should be bent at the knee. This action takes less movement than straightening the leg prior to the sweep. When your leg is raised you should be balanced and in a position to easily off-balance the opponent.

(8) Sweep through the opponent's leg, making contact with your calf on the opponent's calf. At the same time, continue off-balancing by pulling the wrist and driving your opponent back with your right side (shoulder). To prevent injury, ensure contact is made calf on calf during the leg sweep.

(9) In a combative engagement contact will be made with the cutting edge of the heel on the opponent's achilles tendon or calf.

(10) Bending at the waist, continue to drive through the opponent's leg as you force him down to the deck. You have to release your grip on the opponent's shoulder in order to maintain your balance.

(11) Rapidly return to the basic warrior stance.