

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

STUDENT READ-AHEAD MATERIAL

EXECUTE LOWER BODY STRIKES

MCCS-TAN-1006

MARINE CORPS EXPEDITIONARY AND COMBAT SKILLS TRAINING

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There are a variety of techniques that may be used with the legs to strike an opponent. The weapon of the body is used to execute a strike, and the target area to which you will deliver a strike will depend upon your position in relation to the opponent and the available target areas on the opponent. The feet are the preferred choice for striking because they are protected by boots. The knees, feet, and heels, are used to execute knee strikes, kicks, and stomps.

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

a. All techniques will be taught and practiced in stages.

b. Begin with executing the strikes "in the air." Do not allow students to make contact on an opponent or a target during the initial stages of training.

c. As students become more proficient, turn and face one another to acquire target areas on the opponent. At no time will contact be made between students.

d. When students become proficient techniques will be executed on striking pads.

e. Ensure students avoid full extension of the legs when practicing techniques in the air to prevent hyper-extension of the joints.

f. Techniques will not be executed at full force or full speed.

2. PURPOSE. The purpose of lower body strikes is to stop an aggressor's attack or create an opening in his defense in order to launch an attack.

3. PRINCIPLES. Kicks or knees can be performed with either the lead or rear leg. Kicks and knees with the rear leg have greater power because the hips are rotated into the attack. However, the rear leg is further away from the aggressor allowing him a greater reaction time.

4. FUNDAMENTALS.

a. KNEE STRIKES. Knee strikes are executed in the range of combat fighting where you and your opponent are close enough to grab a hold of each other.

(1) Vertical Knee Strike.

(a) Purpose. Knee strikes are excellent weapons for close range combat. Knee strikes are used to create and maximize damage to your opponent.

(b) Striking Surface. The striking surface is from the top of the knee to two inches above it (not the knee cap).

(c) Target Areas of the Body. If the opponent is upright, the groin is often the target. If the opponent is bent over, ideal target areas are the opponent's face and sternum.

(d) Technique.

(1) From the basic warrior stance grab the aggressor's neck or gear with both hands, without interlacing your fingers. If you interlace your fingers, your opponent can pull back or reach behind your head and break the fingers.

(2) Pull the aggressor down and at the same time raise your right knee driving it up forcefully into the aggressor. Power is generated by pulling the aggressor down and thrusting the leg upward with your hips.

(3) Rapidly return to the basic warrior stance.

b. KICKS. Kicks are excellent strikes used in the mid-range of combat fighting where you and your opponent are too far apart to execute knee strikes.

(1) Purpose. The purpose of kicks is to stop an opponent's attack or to create an opening in his defense in order to launch an attack. Kicks can be performed with the lead leg or the rear leg. Kicks with the rear leg have greater power because the hips can be rotated into the attack. However, the rear leg is further away from the opponent, so a strike with the rear leg will not make contact on the opponent as quickly as a strike with the lead leg.

(2) Front Kick.

(a) Purpose. The front kick is used to stop the aggressor's forward momentum or to set him up for follow on techniques when the opponent is in front of you.

(b) Striking Surface. The striking surfaces are the toe of the boot or the bootlaces depending on the target area.

(c) Target Areas of the Body. The target areas are the opponent's groin, knee, shin and inside thigh.

(d) Technique.

(1) From the basic warrior stance, raise your right knee waist high and pivot your hips into the attack, thrusting your right foot forward toward the opponent. You may have to shift your body weight to your left leg to maintain balance.

(2) Never extend your foot above waist high because it is difficult to maintain power and it is easier for the opponent to counter by blocking or catching your leg. Keep in mind it is difficult to change the direction of a kick after it is initiated because you have limited movement on one leg.

(3) Make contact on the opponent with the toe of your right boot or bootlaces.

(4) Follow-through the target area with your foot and leg.

(5) Rapidly retract to the basic warrior stance.

For the vertical knee strike feet shoulder width apart, striking surface of pad facing deck, place left hand through first strap, grasp second strap palm down, right hand will be palm down on the forward edge of pad, striking pad held firmly against the waist, attacker will be directly in front of pad.

(Kicks are powerful strikes using rotation of the hips and the strength of the leg muscles to generate power into the strike)

(3) Round Kick.

(a) Purpose. The purpose of the round kick is to cause significant damage, immobilization of the knee, or to set up the aggressor for follow on techniques when the opponent is in front of you.

(b) Striking Surface. The striking surface is the bottom half of your shin (slightly above the ankle).

(c) Target areas of the body. The target areas are the opponent's peroneal nerve (outside of the leg), femoral nerve (inside of the leg), knee, calf, and Achilles tendon.

(d) Technique.

(1) Raise your rear leg slightly off the deck; ensuring that the foot of the lead leg is pointed 45 degrees to the outside of the opponent. Your knee is slightly bent, pivoting your hips and shoulders into the attack. Thrust your rear leg forward in an arcing motion towards your opponent.

(2) You will have to shift your body weight to your left leg to maintain your balance. Ensure that the foot of the lead leg is pointing 45 degrees to the outside.

(3) With your lead leg slightly bent, extend your rear leg towards your opponent in an arcing motion. Thrust your rear hip and shoulder forward to generate additional power.

(4) Make contact on the opponent with the shin of the rear leg or the top of the foot and follow through the target area.

(5) Rapidly retract to the basic warrior stance.

The following kick techniques are performed with the rear leg. Stomps are strikes that generate power by dropping your body weight from high to low into the attack.

c. STOMPS.

(1) Vertical Stomp.

(a) Purpose. A stomp or vertical stomp allows you to remain upright and balanced, to rapidly deliver multiple blows with either foot and to quickly and accurately attack your downed aggressor.

(b) Striking Surface. The striking surface is the flat bottom of your boot or the cutting edge of your heel.

(c) Target Areas of the Body. The target areas are the opponent's head, extremities or other exposed vulnerable targets.

(d) Technique.

(1) From the basic warrior stance, raise the knee of your right foot above waist level. Your right leg should be bent at approximately a 90-degree angle. Shift your body weight to your left leg to maintain your balance.

(2) Forcefully drive the flat bottom of your right boot or the cutting edge of your right heel down onto the opponent.

(3) At the same time, bend your left knee slightly to drop your body weight into the strike.

(4) Rapidly retract to the basic warrior stance.

To prevent injury, ensure the students keep the knee slightly bent during execution of the technique.

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