

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

STUDENT READ-AHEAD MATERIAL

EXECUTE UNARMED MANIPULATIONS

MCCS-TAN-1011

MARINE CORPS EXPEDITIONARY AND COMBAT SKILLS TRAINING

M03L753

REVISED 07/23/2020

EXPLAIN/DEMONSTRATE :

3. **PRINCIPLES.**

a. Behavior of the Subject. In the third level in the continuum of force (Resistant - Active), the subject first demonstrates physical resistance.

(1) The subject does not actively attack the Marine, but continues to openly defy the Marine's verbal commands.

(2) The following behaviors are the types the Marine could encounter at this level: continued refusal to comply with directions, pulling away, shouting, struggling, locking oneself in a car, or fleeing from the area. At this level, the physical threat to the Marine remains low.

b. Compliance Techniques. Compliance techniques are unarmed manipulation techniques used to physically force a subject or opponent to comply. Compliance can be achieved through close combat techniques of:

(1) Pain compliance using joint manipulation and pressure points. Pain compliance is the initiation of pain to get compliance on the part of the subject.

(2) Come-along holds.

c. Distracter Techniques. If you are having difficulty releasing a subject's grip, you can use a softening or distraction technique such as a strike or kick to a pressure point to get the subject to loosen his grip so you can apply a wristlock.

(1) The Marine can add to the effectiveness of the joint manipulation by striking the joint.

(2) Strikes are executed with "heavy hands," i.e., the strike is executed by driving through with the strike to allow the weight of the hand to go through the target area of the body. Strikes do not have to be executed at full force to be effective.

(3) The hammer fist strike is an effective softening technique. The hammer fist strike is used to strike the

thighs (femoral and peroneal nerves) and forearm (radial nerve).

(4) Distract or soften the subject so a joint manipulation pain compliance can be performed.

(5) Redirect the movement of the subject or break him down. Striking the forearm in a down and inward movement with a hammer fist strike will cause the subject to bend his elbow so his direction can be controlled.

(6) A knee strike or kick on the inner or outer portion of the subject's thigh (femoral and peroneal nerves) can knock a subject off balance or cause him to loosen or weaken his grip. Knee strikes and kicks can be very effective because the subject may never see them coming. A stomp to the foot can also serve as a distraction technique.

d. Principles of Joint Manipulation. Joint manipulation is used to initiate pain compliance and gain control of a subject. Joint manipulation involves the application of pressure on the joints such as the elbow, wrist, shoulder, knee, ankle, and fingers. Pressure can be applied in two ways:

(1) Pressure is applied in the direction in which the joint will not bend. For example, joints such as the knees and elbows only bend in one direction and when pressure is applied in the opposite direction, pain compliance can be achieved.

(2) Pressure is applied beyond the point where the joint stops naturally in its range of movement (i.e., it does not bend anymore).

(3) There are breaking points on each joint. A slow steady pressure should be applied until pain compliance is reached. Continued pressure will break the joint and may escalate the violence of the situation.

(4) Joint manipulation additionally uses the principle of off balancing. A subject can be better controlled when he is knocked off balance.

e. Principles of Wristlock A wristlock is a joint manipulation, which can be applied in a number of ways to achieve pain compliance.

(1) The wrist will rotate in a number of directions; it will bend in a single direction until its movement stops naturally. In a wristlock, pressure is exerted beyond that point by bending or twisting the joint, or both.

(2) A wristlock can be executed when a subject tries to grab the Marine or is successful in grabbing the Marine or his equipment. The Marine can also perform a wristlock when he wishes to initiate control of a subject.

4. FUNDAMENTALS.

a. INTRODUCTION TO UNARMED MANIPULATION.

(1) Basic Wristlock Take Down Technique.

(a) Begin with the aggressor placing his hands on your collar/shoulders.

(b) Grab the aggressor's left hand with your right hand by placing your thumb on the back of his hand so your knuckles are facing to your left. Keep the aggressor's left hand centered on and close to your own chest.

(c) Hook your fingers across the fleshy part of his palm below the thumb. Rotate the aggressor's palm so it is now toward him and the fingers point skyward (keeping his palm close to your chest).

(d) Bring your left hand up to join the right hand; place the left thumb next to the right on the back of the aggressor's hand. You may place both thumbs on the back of the aggressor's hand, with the thumbs crossed.

(e) Hook the fingers of both hands around the fleshy part of the aggressor's palm on both sides of his hand.

(f) Apply pressure downward on the back of the aggressor's hand to bend the joint and rotate the wrist outboard twisting the joint.

(g) Apply downward pressure on the wristlock, pivot on the ball of your left foot, ("opening the gate") and step back with the right foot quickly turning to your right to take the aggressor to the ground. If you have an aggressor in a wristlock, he can be easily off-balanced by pivoting quickly. You can better control the aggressor when you knock him off balance.

(h) While you turn in a small circle, the aggressor is forced around in a bigger circle and he cannot move as fast as you and is knocked off balance.

(i) Continue to apply pressure on the wrist joint as the aggressor lands on his back with his arm straight in the air.

(j) Slide your left foot under the aggressor's back, your foot underneath his armpit.

(k) Apply pressure with your knee against the aggressor's triceps/elbow while pulling back on his arm and maintain downward pressure on the wrist until pain compliance is achieved (training partner taps out).

PRACTICE:

INSTRUCTORS NOTE: *To execute a wristlock, the opponent's hand must be grabbed below the wrist in a manner that does not support the wrist, but allows the wrist joint to be bent and twisted.*

Explain to the students that when executing the basic wristlock with your left hand, grab the subject's hand so your knuckles are facing to your right, and rotate and twist his/her hand to your left

DEMONSTRATE/IMITATE :

(2) Reverse Wristlock Technique.

(a) Begin with the aggressor placing his right hand on your left collar/shoulder.

(b) Place the palm of your right hand on the back of the aggressor's right hand and wrap your fingers across the fleshy part of his palm below his little finger.

(c) Twist the aggressor's hand to the right while placing that hand against your chest. Bring up your left hand up, to support your right hand by grabbing the aggressor's hand between both hands, mimic praying. Apply downward pressure on his hand against the chest. Leave the aggressor's hand on the chest to fully control him and to gain leverage. The aggressor's hand should be rotated 90-degrees so his palm is facing left.

(d) Step back with your right foot to maintain better balance and lean forward to use body weight to add additional pressure to the joint.

PRACTICE :

NOTE: *To prevent injury during training, ensure the following safety precautions*

When executing a joint manipulation in training, apply a slow, steady pressure until compliance is achieved. Bones can break if too much pressure is applied.

DEMONSTRATE/IMITATE :

.25 HR

(3) ARM BAR TAKEDOWN.

(a) Purpose. An arm bar is a joint manipulation in which pressure is applied on a locked elbow, at or above the joint, in the direction the joint will not bend. An arm bar has to be locked in quickly, but still requires a slow, steady pressure to gain compliance.

(b) Technique.

(1) Face the aggressor and grab his right wrist with your right hand as you step forward-left to the right side of the aggressor. Off-balance the aggressor by pulling his wrist to your right hip.

(2) Pivot on your left foot and step out with your right so you face the same direction as the aggressor. Your right foot must be forward of your left foot. Use your left forearm, perpendicular to the aggressor's arm, to apply downward pressure on the aggressor's elbow. Maintain control of the aggressor's wrist by keeping it locked into your hip.

(3) Apply downward pressure on the arm by dropping body weight to take the aggressor to the ground. Place your knee onto your opponent.