

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

STUDENT READ-AHEAD MATERIAL

EXECUTE UPPER BODY STRIKES

MCCS-TAN-1005

MARINE CORPS EXPEDITIONARY AND COMBAT SKILLS TRAINING

M03L753

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1. SAFETY CONSIDERATIONS. To prevent injuries train the practical application portion of strikes in three stages:

a. Begin by executing the strikes "in the air." Do not make contact on an opponent or a target during the initial stages of training. Ensure you are spaced far enough so that you will not strike each other. When striking in the air, avoid full extension of the arms to prevent hyper-extension of the joints. When striking an object (e.g., heavy bag), hyper-extension is not as big a concern because the object absorbs the impact.

b. In the second stage of training, pair up and acquire target areas on your opponent. At no time will contact be made.

c. As proficiency is gained execute strikes on equipment (when available) such as an air shield, a heavy air bag, or a bayonet dummy.

d. For strikes with the arms, have the opponent student block the strike with the meaty portion of his forearm by elevating his arm, with elbow bent, above his head or to his side.

e. Strikes will not be executed at full force or full speed.

2. PURPOSE. The purpose of strikes is to stun the opponent or to set him up for a follow-up finishing technique. Strikes are unarmed individual striking techniques that are performed with the arms and legs as personal weapons.

a. The hands, forearms, and elbows are individual weapons of the arms that can be used to execute strikes including the hammer fist, knife hand, chin jab, eye gouge, and elbow strikes.

b. These strikes provide a variety of techniques that can be used in any type of close combat encounter.

3. PRINCIPLES. Regardless of the strike, there are several principles of execution that ensure its effectiveness.

a. Generating Power. In executing an effective strike, it is important to generate maximum power through weight transfer by:

(1) Rotating the hips and shoulders into the attack.

(2) Moving your body mass straight forward or backward in a straight line.

(3) Dropping your body weight into an opponent. Body mass can be transferred into an attack from high to low or from low to high.

b. Muscular Tension. There should be muscular tension in the hand and forearm at the moment of impact to maximize damage to the opponent and to avoid injury to your hand. The arms are relaxed until the moment of impact.

c. Follow-through. A strike should be delivered so that the weapon (e.g., hand, elbow) hits and remains on the impact site (target), and follows through the target. This technique will inflict maximum damage to the aggressor.

(1) Strikes with the arms 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.

(2) Contact on an opponent should be made with the arm slightly bent; the arm extends as it moves through the target.

(3) Using this technique, strikes do not have to be executed at full force to be effective.

d. Movement. Your movement will put you in the proper position for launching an attack against your opponent as well as to help protect yourself. Movement is initiated from the basic warrior stance and ends with resuming the basic warrior stance. Each strike can be performed with either the left or right arm depending upon:

(1) Your angle of attack.

(2) The position of the opponent.

(3) The available vulnerable target areas exposed on the opponent.

e. Target Areas of the Body. For each strike, there are target areas of the body which are the abdominals, ribs, kidneys, chest, and head. When struck, maximize damage to an opponent. Strikes use gross motor skills as opposed to fine motor skills. The target areas of the body are just that: areas. Pinpoint accuracy on a specific nerve is not needed for the strike to be effective.

4. FUNDAMENTALS.

a. INTRODUCTION TO UPPER BODY STRIKES.

(1) Eye Gouge

(a) Purpose. The eye gouge is used to attack an opponent's eyes, blinding him so follow-up strikes can be executed.

(b) Striking Surface. The striking surface is the tips of the fingers and thumb. The strike can be executed by either lead or rear hand.

(c) Target Areas of the Body. The target area is the eyes.

(d) Technique. To train the eye gouge, have students:

(1) From the basic warrior stance extend your left hand with your fingers slightly spread apart to allow entry into the eye sockets.

(2) With the palm of your hand either toward the ground or toward the sky, thrust your left hand forward into the aggressor's eyes.

(3) Thrust your hand forward at the aggressor's nose level so your fingers can slide naturally into the grooves of his eye sockets.

(4) When striking toward the nose, there is a better chance the fingers will slide up and into the eye sockets.

(5) Return to the basic warrior stance.

(2) Hammer Fist.

(a) Purpose. Striking with the hammer fist concentrates power in a small part of the hand which, when transferred to the target, can have a devastating effect.

(b) Striking Surface. The striking surface of the hammer fist is the meaty portion of the hand below the little finger.

(c) Target Areas of the Body. The hammer fist is ideal for targets such as arm and leg joints, the neck, the head, the ribs, and kidneys.

(d) Angles of Attack. The hammer fist can be thrown horizontally or vertically:

(1) When thrown horizontally, the hammer fist strike gets its power from hip and shoulder rotation.

(2) When thrown vertically, the hammer fist strike comes straight down in a straight line and gets its power from dropping your weight into the opponent by bending the knees and transferring your weight from high to low.

(e) Technique.

(1) From the basic warrior stance.

(2) Make a fist. Retract your right hand so your fist is next to your face and neck. Your arm is bent at approximately a 45- to 90-degree angle. At the same time, rotate your right hip and right shoulder backward.

(3) Thrust your fist forward onto the opponent while rotating your right hip and shoulder forward. Rotate your wrist so the hammer fist makes contact on the opponent. Contact should be made with the meaty portion of your hand below the little finger.

(4) Follow-through the target area with your fist.

(5) Return back to the basic warrior stance.

(3) Vertical Elbow Strike (low to high).

(a) Purpose. Elbow strikes in general are close range weapons that inflict a great amount of damage due to leverage and the transfer of your body weight.

(b) Striking Surface. The striking surface is two inches above or below the point of the elbow, depending upon your angle of attack, the opponent's attack angle, and the position of the opponent.

(c) Target Areas. The chin is the primary target of the vertical elbow strike (low to high)

(d) Angles of Attack. Elbow strikes can be performed from a variety of angles: vertically (low to high or high to low) and horizontally (forward or to the rear).

(e) Technique:

(1) From the basic warrior stance bend your right elbow, keeping your fist close to your body. Your fist is at shoulder level and your elbow is next to your torso.

(2) Thrust your elbow vertically upward toward the aggressor. Keep your elbow bent throughout the movement. Rotate your right shoulder and hip forward and drive up with your legs to generate power.

(3) Make contact on the aggressor with your right forearm two inches above the point of the elbow.

(4) Return to the basic warrior stance.

(4) Horizontal Elbow Strike (Forward).

(a) Target Areas. The temple, spine, jaw, and face, are excellent targets for the forward horizontal elbow strike. By changing the angle of attack slightly you can target the collar bone and other areas depending on your body positioning.

(b) Technique. To train the horizontal elbow strike executed forward, have students:

(1) From the basic warrior stance bring your elbow up and tuck your right fist near your chest with the palm facing the ground.

(2) Thrust your right elbow horizontally forward toward the aggressor. Your forearm is parallel to the deck. Keep your fist tucked near your chest with the palm heel facing the ground, and your elbow bent, throughout the movement.

(3) Rotate your right shoulder and hip forward.

(4) Return to the basic warrior stance.