



The Marine Corps Martial Arts Program: The Complete Combat System

United States Marine Corps

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The complete manual to the fighting system of the United States Marine Corps. The Marine Corps Martial Arts Program (MCMAP) was designed as a synergy of mental, character, and physical disciplines with application across the full spectrum of violent encounters. MCMAP draws from the best martial arts techniques of boxing, jiu-jitsu, judo, sambo, krav maga, karate, aikido, escrima, arnis, hap ki do, karate, tae kwon do, kung fu, and kick boxing. Fighting techniques including: battle skill orientation; stance; posture; movement; weapons handling and function; striking; cutting; grappling; restraints and manipulations; and integration of weapons. The program teaches lethal and nonlethal techniques as well as pain inducing compliance techniques to provide a Marine with the maximum flexibility for adapting to any possible threat level. Since its introduction, MCMAP has been continually tested, evaluated, and refined. It combines the best combat tested martial arts training and time-honored, close combat training techniques. This manual was published in November 2011 and includes the latest updates to the Marine Corps Martial Arts Program. The chapters cover all of the required techniques for the basic level tan belt through the expert level black belt. Subjects include: Fundamentals of the Marine Corps Martial Arts Program Ranges of close combat engagements, target areas of the body, weapons of the body, basic warrior stance, and angles of movement. Punches-muscle relaxation, making a fist, weight transfer, rapid retraction, telegraphing, lead hand bunch, rear hand punch, upper cut, hook, and actions of the aggressor. Break-Falls-front, back, and side falls, and forward shoulder rolls. Bayonet Techniques-straight thrust, horizontal and vertical butt strokes, smash, slash, and disrupt. Upper Body Strikes-principles, hammer fist, eye gouge, elbow strikes, chin jab/palm heel strike, knife hand strike, inside/reverse knife hand strike, rear horizontal elbow strike, and face smash. Lower Body Strikes-vertical knee strike, front kick, round kick, vertical stomp, horizontal knee strike, side kick, and axe stomp. Chokes-front, side, and rear choke, and the figure four variation, ground choke, triangle choke, and guillotine choke. Throws-hip throw, shoulder throw, and outside reaping throw. Counters to Strikes-counter to rear and leading hand punches, counter to rear and leading leg kicks, counter to round punches and kicks. Counters to Chokes and Holds-counter to front and rear chokes, counters to headlocks, counter to front and rear bear hugs, and counter to front choke. Unarmed Manipulation-compliance techniques, distraction techniques, wrist lock come along and takedown, enhanced pain compliance, controlling techniques, and neck crank. Joint Manipulation-wrist locks, and arm bar takedown. Armed Manipulation-rifle and shotgun retention techniques. Knife Fighting-principles of knife fighting, vertical and forward slashes, vertical and forward thrusts, and reverse slash. Bayonet-fundamentals of bayonet techniques, execution, movement, and closing. Weapons of Opportunity and Improvised Weapons Ground Fighting-counter to the mount position, counter to the guard position, arm bars from the mount and guard positions, basic leg lock, face rip, and rolling and sitting knee bars. Firearms Retention and Firearms Counters

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Clifford Hudgins:

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