Follow-on by releasing the aggressor as he falls to the ground and transition to your firearm. See figure 5-20.

Same Side Grab: From Front

The same side grab from the front technique can be used when the aggressor grabs your pistol in the holster with his left hand.
**Technique**

- Begin with the aggressor facing you and grabbing the pistol in your holster with his left hand.
- With your right hand, trap the aggressor’s right hand by grasping his hand. Apply pressure against your body and on the pistol to trap it in its holster.
- Step back with the right foot, rotating the hip (right side) to the rear, at the same time with your left hand, strike the aggressor in the upper torso area (simulating a strike to the trachea). Striking surface will be the webbing between thumb and pointer finger.
- Follow up by releasing the aggressor’s hand, doubling the distance and transition to your firearm.

See figure 5-21.

**Figure 5-21. Same Side Grab: From Front.**
Same Side Grab: From Rear

The same side grab from the rear technique can be used when an aggressor grabs your pistol in the holster with his right hand.

Technique
~ Begin with the aggressor behind you and grabbing the pistol in your holster with his right hand.
~ With your right hand, trap the aggressor’s right hand by grasping his hand. Apply pressure against your body and on the pistol to trap it in its holster.
~ Execute a reverse wristlock using the following technique:
   • 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.
   • Twist the aggressor’s hand to the right while placing the hand against your chest. Bring up the left hand to support the right hand by grabbing the aggressor’s hand in between both hands, mimicking 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 that his palm is facing left.
   • Step back with your right foot to maintain better balance and lean forward to use body weight to add additional pressure to the joint.
   • Follow up by releasing the aggressor and transition to your firearm.
See figure 5-22 on page 5-30.
Figure 5-22. Same Side Grab: From Rear.
Section VII

Firearm Disarmament

The purpose of firearm disarmament is to disarm the aggressor and control the situation by performing counter to the pistol, either front or rear.

Refer to appendix A for corresponding safeties 1, 2, 6, 8, 9, and 13.

CAUTION
To prevent injury during training, the aggressor should grip below the trigger housing only, keeping his finger out of the trigger housing at all times.

Counter to Pistol: Front

The counter to the pistol to the front technique is performed when you are unarmed and your aggressor is in front of you pointing a pistol at your head or chest. The technique is the same if the aggressor sticks the pistol under your chin.

Technique
~ Begin with the aggressor presenting a pistol in his right hand to your chest. The pistol must be touching or very close to you for this technique to work.
~ Place your hands in a submissive posture even with your shoulders, elbows into the body, and palms facing the aggressor. Make a submissive verbal statement.
~ Clear your body from the line of fire by rotating your torso bringing the right shoulder back and, at the same time, grabbing the aggressor’s wrist in a C-grip with your left hand pushing the weapon offline. Maintain control of the aggressor’s arm.
~ Step into the aggressor with your right foot and grab the weapon with your right hand in a C-grip by placing your thumb underneath the pistol and your fingers over top of the pistol. This rotates the pistol in the aggressor’s hand. An incidental forward horizontal elbow strike to the aggressor is possible while removing the pistol from his grip.
~ Step back to create distance from the aggressor and transition to employ follow-on actions by performing an expedient press check on the firearm.

See figure 5-23 on page 5-32.

Counter to Pistol: Rear

The counter to the pistol to the rear technique is performed when you are unarmed and your aggressor is behind you pointing a pistol at the back of your head or your back.

Technique
~ Begin with the aggressor presenting a pistol in his right hand to your back. The pistol must be touching or very close to you for this technique to work.
Figure 5-23. Counter to Pistol: Front.
~ Place your hands in a submissive posture even with your shoulders, elbows into the body, and palms facing away from you. Make a submissive verbal statement and take a quick look in order to identify which hand the weapon is in.

~ Turn into the aggressor with your left foot, pivoting on your right foot while rotating your torso. The movement with the left foot should be deep enough to set up for the subsequent leg sweep. Use your left forearm to knock the weapon offline, doubling the distance between the weapon and your body, clearing you from the weapon’s line of fire. Keep your hands up.

~ Quickly over hook the aggressor’s right arm with your left arm trapping it in your armpit between the torso and the biceps, execute a right chin jab/palm heel strike.

~ Execute a leg sweep taking the aggressor to the ground. Maintain control of the aggressor’s right arm.

~ Place your right hand on the aggressor’s left shoulder or upper arm and your left palm on your right wrist to further control his arm and to affect an armbar.

~ Execute an armbar and continue to exert steady pressure against the arm to force the aggressor’s release of the weapon. Use your right knee to control his hips and/or abdominal area.

~ Once the aggressor releases the weapon, release his arm, retrieve the weapon, and step back to create distance from him. Execute follow-on actions by performing an expedient press check in order to ensure that a round is chambered in the firearm.

See figure 5-24 on page 5-34.
Figure 5-24. Counter to Pistol: Rear.
Section VIII
Knife Techniques

The purpose of knife fighting is to kill or cause enough damage and massive trauma to stop the aggressor by executing a block for a reverse strike or a block for a straight thrust.

Refer to appendix A for corresponding safeties 1, 2, 3, and 14.

Block for a Reverse Strike

The block for a reverse strike is effective against an aggressor that is executing a reverse strike.

--- Technique
~ From the modified basic warrior stance, move forward right, outside the arc of the aggressor's attack.
~ Block the attack with your left arm and knife. Keep your left arm bent so that your forearm makes contact with the aggressor's triceps. Make contact with the knife and slash the aggressor's forearm.
~ Maintain control of the aggressor's arm and follow through with at least three follow-on techniques to the available target areas.

See figure 5-25 on page 5-36.
Block for a Straight Thrust

The block for a straight thrust is effective against an aggressor that is executing a straight thrust.

**Technique**

~ From the modified basic warrior stance, bend at the waist, moving your hips backwards and jumping backwards with both feet moving away from the attack, hollowing out. Thrust both hands out forcefully, with your left hand making contact palm side down on the aggressor’s forearm. Your right hand holds the knife, making contact on the aggressor’s forearm with the knife. The knife is parallel to the fingers of your left hand.

~ Slash through the aggressor’s right arm, maintain control of it with your left hand and follow through with at least three follow-on techniques to the available target areas.

See figure 5-26.
Figure 5-26. Block for a Straight Thrust.
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CHAPTER 6

Black Belt

The Black Belt is the fifth belt ranking within MCMAP. Upon qualifying as a Brown Belt, all Marines are highly encouraged to continue MCMAP sustainment training in order to advance to Black Belt. At an advanced level, the purpose and principles remain the same as outlined in all of the previous belts.

**Black Belt Requirements.**

<table>
<thead>
<tr>
<th>Prerequisites</th>
<th>Recommendation of reporting senior</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Complete Brown Belt sustainment and integration training</td>
</tr>
<tr>
<td></td>
<td>Appropriate level PME complete</td>
</tr>
<tr>
<td>Training Hours</td>
<td>Minimum of 20.7 hours, excluding remedial practice time and testing</td>
</tr>
<tr>
<td>Sustainment Hours</td>
<td>Minimum of 20 hours of sustainment, excluding integration training time and practice time for testing</td>
</tr>
</tbody>
</table>
Section I
Bayonet Techniques

The purpose of bayonet techniques is to disable or kill the aggressor.

Refer to appendix A for corresponding safeties 1, 2, 4, 7, 8, 9, and 14.

Bayonet Training: Stage One

Stage one of bayonet training focuses on basic posture, movement, and sequence of movements against a compliant target:

- The placement of the right hand on the pistol grip allows greater generation of force when executing the forward thrust, which is the primary offensive bayonet technique. Additionally, it allows you to transition immediately to assault fire as needed by moving the finger back to the trigger. For safety reasons, the finger is kept off of the trigger when executing bayonet techniques, this prevents an accidental discharge and protects the finger.
- The left hand is placed on the handguards in a position that is comfortable for the individual. If the hand is placed too far forward it causes an over extension of the left hand and mitigates some of the power and control that is generated with the offensive bayonet techniques.
- The buttstock locked into the hip is critical because it provides stability during a bayonet engagement when locking up with an aggressor or ensuring optimum power is generated when executing the thrust or any of the other offensive bayonet techniques.
- The blade of the bayonet is always pointed at the aggressor in order to facilitate a rapid engagement. Movement should be within an imaginary box that is shoulder-width wide from your neck to your waist.

Bayonet Training: Stage Two

Stage two of bayonet training adds the movement against multiple aggressors and integrates multiple weapons systems and bayonet techniques.

Bayonet Training: Stage Three

Stage three of bayonet training develops the ability to react effectively in the dark. Using your eyes effectively at night requires the application of the principles of night vision such as dark adaptation, off center vision, and scanning. Applying night vision principles alone will not guarantee a victory in a low light environment. It is necessary to combine these techniques with all of the others that you have practiced such as movement, posture, and technique. Low light engagements also require you to adjust your approach and close speeds due to uncertain terrain.


Dark Adaptation

Dark adaptation allows the eyes to become accustomed to low levels of illumination. It takes approximately 30 minutes for you to be able to distinguish objects in dim light.

Off Center Vision

Off center vision is the technique that allows your attention to be focused on an object without looking directly at it. When you look directly at an object, the image is formed on the cone region of your eye, which is not sensitive at night. When you look slightly off center (optimum is usually 6 to 10 degrees of an object), the image is formed on the area of your retina containing rod cells, which are sensitive in darkness.

Scanning

Scanning uses off center vision to observe an area or an object. Since rod cells only retain an image for 4 to 10 seconds, you must shift your eyes slightly so fresh rod cells are used. This is accomplished by moving your eyes in short, abrupt, irregular movements over and around your primary target.

Common Error

It is common for the Marine to wait too long and thrust too late, also known as cocking the weapon. When at closing distance, you should begin to thrust the bayonet trainer so that you can engage the aggressor at the longest possible distance. As a result of waiting too long to thrust, you get caught up and entangled with your aggressor, the bayonet trainer, or both and tend to pull the weapon back too far with your arms. The results put the Marine at a serious disadvantage for the following reasons:

- It completely disrupts the Marine’s momentum. Often the Marine will find it necessary to completely stop and reverse direction of movement to clear the blade.
- Pulling the weapon back too far puts it in the Marine’s weaker range of motion, which negatively impacts the power and ability to execute follow-on bayonet techniques.
- Cocking the weapon at any time serves to telegraph the Marine’s intent to thrust the bayonet.

Allowing the aggressor to turn this into two, one-on-one engagements increases the chances of the Marines being separated and killed without the support or cover of his fellow Marine. While sometimes unavoidable, this is the least desirable of all outcomes.
Section II
Sweeping Hip Throw

A sweeping hip throw is particularly effective if the aggressor is moving forward or pushing on you. The sweeping hip throw is used to take your aggressor to the ground if your aggressor widens his stance in an attempt to prevent you from executing the hip throw. Execution of the sweeping hip throw uses the aggressor’s forward momentum. This is accomplished by sweeping your aggressor’s supporting leg and simultaneously continuing to take him to the ground while you remain standing. When teaching the sweeping hip throw, walk the students through the technique, step by step, working on the proper body position and execution.

Refer to appendix A for corresponding safeties 1, 2, 6, 13, and 15.

Technique
~ Stand facing the aggressor in the basic warrior stance.
~ Grab the aggressor’s right wrist with your left hand.
~ Step forward with your right foot even with or slightly inside of the aggressor’s right foot. Your heel should be between his feet, and your toes should be even with the aggressor’s toes.
~ Step back with your left foot, rotating on the ball of your right foot. Your feet should be in between the aggressor’s with your knees bent.
~ At the same time, rotate your waist and hook your right arm around the back of the aggressor’s body anywhere from his waist to his head, depending on the size of the aggressor. If the aggressor is shorter than you, it may be easier to hook your arm around his head.
  •Hand placement should allow you to control the aggressor and pull him in close to you.
  •Your back side and hip should be up against the aggressor.
~ Rotate your hip up against the aggressor. Your hips must be lower than his. Use your right hand to pull the aggressor up on your hip to maximize contact.
~ Pull the aggressor’s arm across your body and, at the same time, slightly lift him off of the ground by bending at the waist, straightening your legs.
~ Once the aggressor starts to come off of the deck, forcefully sweep his upper right thigh back with your right leg.
~ At the same time, continue to pull the aggressor’s right arm forcefully to the left across your body to assist in bringing him to the deck.
  •If the aggressor cannot be easily lifted, your body positioning is not correct.
  •Students will execute a minimum of 10 fit ins per throw.
See figure 6-1.
Figure 6-1. Sweeping Hip Throw.
The purpose of ground fighting is to apply the techniques that will allow you to get back to your
feet as quickly as possible and cause damage to the aggressor by executing the face rip from the
guard, the straight armbar from the scarf hold, and the bent armbar from the scarf hold.

Refer to appendix A for corresponding safeties 1, 2, 6, and 10.

Face Rip From the Guard

The face rip from the guard technique damages your aggressor and assists you in transitioning
back to your feet as quickly as possible gaining a tactical advantage. It is executed when you are
in the aggressor’s guard and the aggressor is trying to damage you by striking at your face and
head.

Technique

~ Lay on your back with the aggressor kneeling in your guard position.
~ The aggressor is trying to cause damage to you by striking your head.
~ Pull down on the back of the aggressor’s neck or head with both hands so that his head is on
  or next to your right shoulder, and his chin is facing outboard. Hug the back of the
  aggressor’s neck to keep him on your chest and to ensure that you have control of his head.
~ Reach around the back of the aggressor’s neck with your left arm and grab his chin with your
  left hand.
~ Place your right hand on the right side of the aggressor’s chin.
~ Twist the aggressor’s neck by pulling to the left with your left hand and pushing up with your
  right hand.
~ Push off of the ground with your right foot while blocking the aggressor’s right leg with your
  left leg. Continue to exert pressure on his leg, coming to the mount position over top of him.
~ Continue to apply pressure to the aggressor’s chin and face with your right hand and follow-
on with strikes with your left hand.

See figure 6-2.
Figure 6-2. Face Rip From the Guard.
Straight Armbar From a Scarf Hold

A straight armbar from a scarf hold technique causes pain compliance in your aggressor and assists you in transitioning back to your feet as quickly as possible in order to gain a tactical advantage.

Technique

~ Begin with the aggressor lying on his back. You sit to his right with your back/right side against the right side of his chest/ribs. Place the majority of your weight on your right hip. Wrap your right arm around the back of the aggressor’s neck and grasp his right triceps with your left hand.

~ Spread your legs to better maintain your balance and to reduce the chance of the aggressor rolling you.

~ Release the aggressor’s triceps with your left hand and grab his right wrist. Apply downward pressure with your left hand on his arm so that it is straight across your right leg. Maintain control of his head with your right arm.

~ Drape your left leg over the aggressor’s right forearm and apply downward pressure by forcing your left knee toward the deck, simultaneously applying upward pressure with your right leg in a scissoring motion. Maintain control of your aggressor’s arm.

~ Keep your head and chin tucked to avoid being grabbed or choked by the aggressor’s free hand. During training, apply slow, steady pressure giving your training partner a chance to tap out. For joint destruction, quickly scissor legs while maintaining control of your aggressor.

See figure 6-3.
Figure 6-3. Straight Armbar From a Scarf Hold.
Bent Armbar From a Scarf Hold

A bent armbar from a scarf hold technique causes pain compliance in your aggressor and assists you in transitioning back to your feet as quickly as possible in order to gain a tactical advantage in a fight. Attempt to put the aggressor in a straight armbar of the straight armbar from a scarf hold technique as shown in figure 6-3. The aggressor will often try to bend his arm to avoid the straight armbar from a scarf hold technique.

**Technique**

~ Elevate your right knee over the aggressor’s right wrist and trap his wrist in the bend of your right knee.

~ Press your right knee back to the ground while drawing your right foot toward your buttocks. At the same time, clasp your hands together and pull up on the aggressor’s head to apply additional pressure to the shoulder.

~ Keep your head and chin tucked to avoid being grabbed or choked by the aggressor’s free hand. During training, apply slow, steady pressure giving your training partner a chance to tap out. For joint destruction, quickly draw your legs back and jerk up on your aggressor’s head.

See figure 6-4.

![Figure 6-4. Bent Armbar From a Scarf Hold.](image-url)
Marine Corps Martial Arts Program

Chapter 6: Black Belt

Section IV

Unarmed Manipulation: Neck-Crank Takedown

Marines operate within a continuum of force, particularly in support of peacekeeping- or humanitarian-type operations. In these situations, Marines must act responsibly to handle situations without resorting to deadly force. Unarmed restraints and manipulation techniques, such as a neck-crank takedown, can be used to control an aggressor and gain the tactical advantage.

Refer to appendix A for corresponding safeties are 1, 2, 6, and 10.

Technique

~ Begin in a static position with your feet in line and shoulder-width apart in front of the aggressor. Step in with the right foot while quickly placing your left hand behind the aggressor’s head and firmly grasping his upper neck/lower head. At the same time, quickly place your cupped, right palm on the aggressor’s chin with your fingers extended across the left side of his face so that he cannot pull away.

~ Pull your left hand down and to the left as you forcefully push the aggressor’s chin up and to the right to off balance him.

~ Step back with your left foot and continue to apply pressure to the aggressor’s neck, forcing him to the deck.

~ Once the aggressor is on the deck, maintain control by applying pressure, keeping his head on the deck. Additionally place your knee on your aggressor’s shoulder for control.

~ Return to the basic warrior stance, creating a safe distance from the aggressor and maintaining awareness of your surroundings.

See figure 6-5 on page 6-12.
Figure 6-5. Neck-Crank Takedown.
Section V
Chokes

The purpose of a choke is to render your aggressor unconscious or gain control of a close combat situation through less than lethal force. Chokes are performed by either closing off the airway to the lungs, thereby preventing oxygen from reaching the heart or by cutting off the blood flow to the brain.

When executed properly, a blood choke takes between 8 to 13 seconds for the aggressor to lose consciousness. The air choke is least preferred because it takes longer to render the aggressor.

A blood choke, such as the triangle choke and the guillotine choke is performed on the carotid artery that carries oxygen-enriched blood from the heart to the brain. The carotid artery is located on both sides of the neck. When executed properly, a blood choke takes between 8 and 13 seconds for the aggressor to lose consciousness. The blood choke is the preferred choke because the intended effect is for the aggressor to quickly lose consciousness, ending the fight. A blood choke is used to render your aggressor unconscious or gain control of a close combat situation through less than lethal force.

An air choke is performed on the windpipe or trachea, cutting off the air to the lungs and heart. When executed properly, an air choke takes between 2 and 3 minutes for the aggressor to lose consciousness. Due to the length of time it takes to stop the fight with an air choke, air chokes are not recommended and will not be taught as part of MCMAP. This section covers the triangle choke and the guillotine choke.

Refer to appendix A for corresponding safeties 1, 2, 6, 10, 11, and 12.

Triangle Choke

The purpose of the triangle choke is to render an aggressor unconscious and quickly get back to your feet to gain the tactical advantage. This technique is executed if the aggressor is on top of you and your legs are wrapped around the aggressor’s waist. In the following scenario, the aggressor is trying to pass your guard position and gain the tactical advantage.

--- Technique
~ Begin by lying on your back with the aggressor kneeling between your legs in your guard position.
~ The aggressor tries to pass your guard position by reaching back with his right arm and attempting to throw your left leg over his head.
~ As the aggressor tries to throw your left leg over his head, turn your body slightly to the left, quickly place the back of your left knee along the right side of the aggressor’s neck.
~ Bend your left knee so that your calf is applying pressure on the back of your aggressor’s neck. If necessary, elevate your hips slightly to help achieve the position.
~ With both hands, grasp your aggressor’s left wrist and pull it forcefully toward your left hip.
~ Maintain control of your aggressor’s left arm, lift your right leg off of the deck, and place the back of your right knee on the top of your left ankle.
Exert pressure on your aggressor’s neck by pushing your right heel toward your buttocks. You can make this technique more effective by pulling on the back of your aggressor’s head with both hands and thrusting your hips up.

See figure 6-6.

Figure 6-6. Triangle Choke.
Guillotine Choke

The purpose of a guillotine choke is to render an aggressor unconscious and quickly get back on your feet to gain the tactical advantage. This technique is performed when the aggressor is trying to tackle you by either grabbing both of your legs or grabbing around your waist and forcing you to the ground to gain a tactical advantage. This technique can be performed from either the standing position or from the ground.

Technique
~ Begin by standing facing each other.
~ As your aggressor tries to tackle you, wrap your right arm around his neck and clasp your hands together, then wrap your right leg around his left leg.
~ By arching your back straight and pulling upward with the clasp of your hands, the force against the neck will cause your aggressor to choke out.
~ If the engagement reaches the ground, wrap both legs around your aggressor’s body (guard position), maintaining a tight clasp around the aggressor’s neck.
~ Use your ankles to separate the aggressor’s legs. Make sure that you arch your back and apply pressure with your legs and arms at the same time, causing the aggressor to choke out.

See figure 6-7.

Figure 6-7. Guillotine Choke.
Section VI

Knee Bar

The purpose of the knee bar is to apply joint manipulation to the aggressor’s knee in order to escape from a hold by executing the rolling knee bar or the sitting knee bar to gain a tactical advantage.

Refer to appendix A for corresponding safeties 1, 2, 5, 6, 10, and 13.

Rolling Knee Bar

The purpose of rolling the knee bar is to apply joint manipulation to the aggressor’s knee in order to escape from a hold and gain a tactical advantage. This technique requires that your arms remain free.

___ Technique

~ The aggressor executes a rear bear hug leaving your arms free.
~ Execute a rear horizontal elbow strike to loosen the aggressor’s grasp.
  • Horizontal elbow strikes are aimed at the head, but for training purpose they will be thrown in the air, do not make contact with your training partner.
  • Other distracters such as the vertical stomp to instep and the rear head-butt can be executed in a live situation.
~ Step out slightly with your right foot, bending at the knees and the waist.
~ Reach between your legs with both hands and firmly grasp the aggressor’s right leg at or below the knee.
~ Execute a forward shoulder roll and pull the aggressor’s right leg close against your torso.
~ Upon completing the forward shoulder roll you should be lying on your hip with the aggressor’s leg held tight against your torso.
  • Your left leg should be between the aggressor’s legs, tight to his groin, your left foot supported by your right foot. Keep your knees bent and pinched together so you can control the aggressor’s upper leg.
  • The aggressor’s knee should be at or slightly above your groin.
~ Maintain control of the aggressor’s leg and arch your hips into his knee while pulling back with your whole body. Your arms, which are holding his leg to your torso, and your feet will also cinch the aggressor’s leg and pull.
~ Thrust your hips forward quickly while yanking back on the aggressor’s leg for joint destruction. During training, apply slow, steady pressure for the submission with your training partner.

See figure 6-8.
Figure 6-8. Rolling Knee-Bar.
Sitting Knee Bar

The purpose of the sitting knee bar is to apply joint manipulation to the aggressor’s knee to escape from a hold and gain a tactical advantage. This technique requires that your arms remain free.

Technique
~ The aggressor executes a rear bear hug leaving your arms free.
~ Execute a rear horizontal elbow strike to loosen the aggressor’s grasp.
   • Horizontal elbow strikes are aimed at the head, but for training purpose they will be thrown in the air, do not make contact with your training partner.
   • Other distracters such as the vertical stomp to instep and the rear head-butt can be executed in a live situation.
~ Step out slightly with your right foot, bending at the knees and waist.
~ Reach between your legs with both hands and firmly grasp the aggressor’s right leg at or below the knee.
~ Sit back on your aggressor’s leg while simultaneously pulling the aggressor’s leg close against your torso.
~ After completing the sitting motion, you should be laying on your hip with the aggressor’s leg held tight against your torso.
   • Your left leg should be between the aggressor’s legs, tight to his groin, left foot supported by your right foot. Keep your knees bent and pinched together so you can control the aggressor’s upper leg.
   • The aggressor’s knee should be at or slightly above your groin.
~ Maintain control of the aggressor’s leg and arch your hips into his knee while pulling back with your whole body. Your arms, which are holding the leg to your torso, and your feet will also cinch the aggressor’s leg and pull.
~ Thrust your hips forward quickly while yanking back on the aggressor’s leg for joint destruction. During training, apply slow, steady pressure for the submission with your training partner.

See figure 6-9.
Figure 6-9. Sitting Knee Bar.
Section VII

Counter to Pistol to the Head

Firearm disarmament techniques are designed to counter a confrontation with a pistol while permitting you to gain the tactical advantage against an aggressor.

Refer to appendix A for corresponding safeties 1, 2, 6, 8, 9, 10, and 13.

Counter to Pistol to the Head: Two Handed

This technique is performed when you are unarmed and your aggressor has a pistol pointing at your head. The pistol must be in close distance to you for this technique to be effective.

Technique

Begin at close range with the aggressor pointing a pistol at your head. The aggressor is holding the pistol with both hands.

Assume a submissive posture, your hands about chest high and palms out. Place your hands as close to the weapon as possible without raising the aggressor’s suspicion. Make a submissive verbal statement.

Grab your aggressor’s wrists with both hands and thrust them upward. At the same time, drop your body and head down quickly, while bending your knees. You must do this at the same time to double your distance from the barrel of the pistol and to clear your head out of the line of fire.

• Maintain control of the aggressor’s arm(s).
• It does not matter which hand the aggressor is holding the weapon with, always grab his wrist(s) and clear your head in the same manner.

Step your right foot to the outside of the aggressor’s right foot and trap his arm in your right armpit. Rotate your torso and thrust your hip into him to off balance him.

Pull your right elbow in tight to your side to trap the aggressor’s arms. Retain a firm grip on the aggressor’s wrist(s) and do not allow them to rotate in your grasp.

Maintain your right over hook; grab the pistol with your left hand, rotating it out of the aggressor’s hand. Make sure the muzzle is never pointed at you and that you keep your hand clear of it.

Use your hips and your upper body leverage to off balance the aggressor and to put space between you and the aggressor. Turn toward the aggressor, perform an expedient press check, and prepare for follow-on actions.

See figure 6-10.
Figure 6-10. Counter to Pistol to the Head: Two Handed.
Counter to Pistol to the Head: One Handed

This technique is performed when you are unarmed and your aggressor has a pistol pointing at your head. The pistol must be in close distance to you for this technique to be effective.

Technique
~ Begin at close range with the aggressor pointing a pistol at your head. The aggressor is holding his pistol with his right hand and his left arm is down.

~ Assume a submissive posture, your hands about chest high and palms out. Place your hands as close to the weapon as possible without raising the aggressor’s suspicion. Make a submissive verbal statement.

~ Grab your aggressor’s wrist with both hands and thrust upward. At the same time, drop your body and head down quickly, while bending your knees. You must do this at the same time to double your distance from the barrel of the pistol and to clear your head out of the line of fire.
  • Maintain control of the aggressor’s arm.
  • It does not matter which hand the aggressor is holding the weapon with, always grab his wrist(s) and clear your head in the same manner.

~ Step with your right foot to the outside of the aggressor’s right foot and trap his arm in your right armpit. Rotate your torso and thrust your hip into the aggressor to off balance him.

~ Pull your right elbow in tight to your side to trap the aggressor’s arm. Retain a firm grip on the aggressor’s wrist and do not allow him to rotate in your grasp.

~ Maintain your right over hook; grab the pistol with your left hand, rotating it out of the aggressor’s hand. Make sure that the muzzle is never pointed at you and that you keep your hand clear of it.

~ Use your hips and your upper body leverage to off balance the aggressor and to put space between you and the aggressor. Turn toward the aggressor, perform an expedient press check, and prepare for follow-on actions.

See figure 6-11.
Figure 6-11. Counter to Pistol to the Head: One Handed.
Section VIII
Upper Body Strikes

The purpose of an upper body strike is to stun the aggressor by using the cupped hand strike and the face smash, which sets the aggressor up for follow up techniques.

Refer to appendix A for corresponding safeties 1, 2, 3, and 4.

Cupped Hand Strike

Striking with the cupped hand concentrates power in a small part of the hand which, when transferred to the primary target, can have a devastating effect.

Striking Surface

The striking surface of the cupped hand strike is primarily the palm of the hand.

Target Areas of the Body

The primary target areas of the body are the neck, the face, the head, the ribs, the groin, and the kidneys.

--- Technique
~ From the basic warrior stance, open your right hand about halfway, keeping your fingers and thumb together.
~ Retract your right arm so that your hand is next to the right side of 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 backwards.
~ Thrust your hand forward while rotating your right hip and shoulder forward.
~ Rotate your shoulder so that the concave portion of the cupped hand makes contact on the aggressor.
~ Follow through the primary target area with your hand and return to the basic warrior stance.
See figure 6-12.

Face Smash

Striking with the face smash concentrates power in a small part of the hand which, when transferred to the primary target, can have a devastating effect.

Striking Surface

The striking surface is primarily the palm of the hand, and secondarily, the fingertips.

Target Areas of the Body

The primary target area of a face smash is the face.
Technique

~ From the basic warrior stance, open your right hand. Spread and slightly bend your fingers with muscular tension. The hand looks like it could be holding a grapefruit at this stage.

~ Retract your right arm so that your hand is next to the right side of 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 backwards.

~ Thrust your hand forward while rotating your right hip and shoulder forward and forcefully step forward while pushing off on the ball of your right foot. Immediately bring your right foot up and return to the basic warrior stance.

~ Contact should be made with the palm of the hand and the fingertips.

~ Follow through the primary target area with your hand and rake the face of the aggressor with your fingers.

~ When thrown vertically, the face smash comes straight down in an arcing motion. The face smash gets its power by moving your body in a linear line and taking a forceful step forward with the left foot, pushing off on the ball of the right foot, while rotating your hips and shoulder into the attack.

See figure 6-13.
Section IX
Knife Techniques

The purpose of knife fighting is to kill or cause enough damage and massive trauma to stop an aggressor.

Refer to appendix A for corresponding safeties 1, 2, 3, and 14.

Lead Hand Knife

The purpose of a lead hand knife is to give you the ability to use more speed than power, it also gives you more space between you and the aggressor, especially if he is armed with an edged weapon. Your stance will be slightly different than your normal modified basic warrior stance.

Technique

~ The weak side hand serves as a vertical shield protecting the ribs, head, and neck. It will also be used to strike when bulldogging your aggressor.
~ Place your strong side leg forward, your strong side elbow slightly bent with the blade and tip pointing forward toward the aggressor's head. This position serves as an index point, where all lead hand techniques are initiated.
~ Your strong side forearm will be almost parallel to the deck and forward of your weak side elbow. The weapon will be held approximately chest high to belt level inside your box.
~ The weapon will be kept away from your body to facilitate quicker strikes and to control the distance.
~ Hold the knife in a hammer grip in your lead hand.

See figure 6-14.

Slashing Techniques

Slashing techniques distract the aggressor or cause enough damage so that you can close with him and apply more damaging techniques. Primary target areas are usually the limbs or any portion of the body that is presented. Black Belt vertical, forward, and reverse slashing techniques are identical to those in earlier belt levels, except these slashing techniques are performed with the strong side forward.
Vertical Slash

Technique
~ Stand in the modified basic warrior stance facing the aggressor.
~ Thrust your strong side hand out, and bring the weapon’s edge straight down on the aggressor.
~ Cut down through the aggressor’s body.
~ Return to the modified basic warrior stance.

See figure 6-15.

The Forward Slash

Technique
~ Stand in the modified basic warrior stance facing the aggressor.
~ Extend your strong side hand to cut the aggressor with the blade.
~ Rotate your palm up to make contact with the blade on the aggressor.
~ Do not move your arm outside of the box (shoulder width across from your neck to your waistline).
~ Upon contact, snap the wrist through the slashing motion to maximize contact with the blade on the aggressor.
~ Continue cutting with the knife through the aggressor’s body, from your strong side to weak side, in a forehand stroke.
~ Maintain contact on the aggressor’s body with the blade of the knife.
~ The movement ends with your strong side elbow or triceps against your body and the knife at your weak side, inside your box, and with the blade point oriented on the aggressor.
~ Return to the modified basic warrior stance.
See figure 6-16.

Reverse Slash

**Technique**
~ Stand in the modified basic warrior stance facing the aggressor.
~ Bend your strong side arm slightly, crossing your forearm to the weak side and forward of your body inside the box. Rotate your wrist palm down.
~ Extend your strong side hand to cut the aggressor with the knife blade.
~ Rotate your palm down to make contact with the blade on the aggressor.
~ Do not move your arm outside the box (shoulder width across from your neck to your waistline).
~ Upon contact, snap the wrist through the slashing motion to maximize contact with the blade on the aggressor.
~ Continue cutting with the knife through the aggressor’s body, from your weak side to strong side, in a backhand stroke. Maintain contact on his body with the blade of the knife.
~ Return to the modified basic warrior stance.
See figure 6-17.

Thrusting Techniques

The primary objective when fighting with a knife is to insert the blade into an aggressor to cause massive damage and trauma. This is done with a thrusting technique. Thrusting techniques are more effective than slashing techniques because of the damage they can cause. Black Belt thrusting techniques are identical to those in earlier belt levels, except in these thrusting techniques are performed with the strong side forward.
Vertical Thrust

**Technique**

~ Stand in the modified basic warrior stance facing the aggressor.

~ Thrust your strong side hand toward the primary target, inserting the knife blade straight into the aggressor.

~ Pull the knife out of the aggressor.

~ Return to the modified basic warrior stance.

See figure 6-18.

![Figure 6-17. Reverse Slash.](image1)

![Figure 6-18. Vertical Thrust.](image2)
Forward Thrust

Technique
~ Stand in the modified basic warrior stance facing the aggressor.
~ Thrust your strong side hand toward the primary target, palm down, inserting the knife blade into the aggressor.
~ Once the knife is inserted, twist the blade by rotating your palm up. This enables the cutting edge of the blade to be in a position to further cut the aggressor in a follow up action.
~ Turn the blade and cut your way out rather than pulling the knife straight out causes more damage and trauma to the aggressor.
~ This action can be taken when thrusting to the aggressor’s neck or abdomen region. However, if the aggressor is wearing body armor it may be difficult or impossible to bring the knife diagonally across his body.
~ Drop your strong side elbow and bring the knife to the opposite side of the aggressor’s body from where it was inserted. The movement ends with your strong side elbow or triceps against your body and the knife at your weak side, inside your box (shoulder width across from your neck to your waistline), and with the blade oriented toward the aggressor.
~ At the same time, rotate your hips and shoulders downward to bring your body weight to bear on the attack.
~ Return to the modified basic warrior stance.

See figure 6-19.

Reverse Thrust

Technique
~ Stand in the modified basic warrior stance facing the aggressor.
~ Bend your strong side arm slightly, crossing your forearm to the weak side and forward of your body inside the box. Rotate your wrist palm side up.
~ Thrust your strong side hand toward the primary target, palm side up, and insert the knife blade straight into the aggressor.
~ Once the knife is inserted, twist the blade by rotating your palm down. This enables the cutting edge of the blade to be in a position to further cut the aggressor in a follow up action.

~ Turn the blade and cut your way out rather than pulling the knife straight out causes more damage and trauma to the aggressor.

~ This action can be taken when thrusting to the aggressor’s neck or abdomen region. However, if the aggressor is wearing body armor it may be difficult or impossible to bring the knife diagonally across his body.

~ At the same time, rotate your hips and shoulders downward to bring your body weight to bear on the attack.

~ Return to the modified basic warrior stance.

See figure 6-20.

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**Reverse-Grip Knife Techniques**

Reverse-grip knife techniques are intended to give you different tactical options and different angles of attack. Your grip on the knife should be natural. The knife techniques described in the following subparagraphs are identical in purpose to those described earlier, with the exception of the changed grip. In reverse-grip knife techniques, the weak side is forward.

**Grip**

Your grip on the knife should be natural. Grasp the knife’s grip with your fingers wrapped around the grip naturally, with the blade edge at a 90-degree angle, and the point oriented toward the deck. This is commonly known as a reverse hammer grip.

**Stance**

- The left hand serves as a vertical shield protecting the ribs or the head and neck.
- The right elbow is bent with the blade edge pointing forward toward the aggressor and the point toward the deck. This position serves as an index point, where all techniques are initiated.

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Figure 6-20. Reverse Thrust.
• The weapon should be held at a level approximately from the top of the belt to chest high.
• The weapon should be kept in close to the body to facilitate weapon retention.

Reverse-Grip Forward Slash

Technique
~ Stand in the modified basic warrior stance facing the aggressor.
~ Extend your right hand in a hooking motion toward the aggressor, your forearm parallel with the deck, and your palm toward the deck to make contact on the aggressor with the knife blade.
~ Do not move your arm outside the box (shoulder width across from your neck to your waistline).
~ Upon contact, snap your wrist through the slashing motion to maximize contact with the blade on the aggressor.
~ Continue cutting with the knife through the aggressor’s body, from your right to your left, in a forehand stroke.
~ Maintain contact on the aggressor’s body with the blade of the knife.
~ The movement ends with your right elbow forward and forearm parallel to the deck and with the knife on the left side of your body, inside your box, and point oriented toward the aggressor.
~ Return to the modified basic warrior stance.

See figure 6-21.

Figure 6-21. Reverse-Grip Forward Slash.

Reverse-Grip Reverse Slash

Technique
~ Stand in the modified basic warrior stance facing the aggressor.
~ Start with your right elbow forward and forearm parallel to the deck and the knife on the left side of your body, inside your box, and point oriented toward the aggressor with your palm facing the ground.
~ Extend your right hand to make contact on the aggressor with the knife blade.
~ Rotate your palm up to make blade contact with the aggressor.
~ Do not move your arm outside the box (shoulder width across from your neck to your waistline).
~ Continue cutting with the knife through the aggressor's body, from your left to your right, in a backhand stroke. Maintain contact on the aggressor's body with the blade of the knife.
~ Return to the modified basic warrior stance.

See figure 6-22.

![Figure 6-22. Reverse-Grip Reverse Slash.](image)

**Reverse-Grip Forward Thrust**

--- Technique

~ Stand in the modified basic warrior stance facing the aggressor.
~ Thrust your right hand toward the primary target, palm side up, inserting the knife blade into the aggressor.
~ Once the knife is inserted, twist the blade by rotating your palm down. This enables the cutting edge of the blade to be in a position to further cut the aggressor in a follow up action.
~ Turn the blade and cut your way out rather than pulling the knife straight out causes more damage and trauma to the aggressor.
~ This action can be taken when thrusting to the aggressor's neck or abdomen region. However, if the aggressor is wearing body armor, it may be difficult or impossible to bring the knife diagonally across his body.
~ Raise your right elbow and bring the knife to the opposite side of the aggressor's body from where it was inserted. The movement ends with your right elbow forward and forearm parallel to the deck and the knife on the left side of your body, inside your box, and point oriented toward the aggressor.
At the same time, rotate your hips and shoulders downward to bring your body weight to bear on the attack.

Return to the modified basic warrior stance.

See figure 6-23.

Reverse-Grip Reverse Thrust

____ Technique

~ Stand in the modified basic warrior stance facing the aggressor.

~ Start with your right elbow forward and forearm parallel to the deck and the knife on the left side of your body, inside your box, and point oriented toward the aggressor with your palm facing the deck.

~ Thrust your right hand toward the primary target, palm down, inserting the knife blade into the aggressor.

~ Once the knife is inserted, twist the blade by rotating your palm up slightly. This enables the cutting edge of the blade to be in a position to further cut the aggressor in a follow up action.

~ Turn the blade and cut your way out rather than pulling the knife straight out causes more damage and trauma to the aggressor.

~ This action can be taken when thrusting to the aggressor’s neck or abdomen region. However, if the aggressor is wearing body armor, it may be difficult or impossible to bring the knife diagonally across his body.

~ At the same time, rotate your hips and shoulders downward to bring your body weight to bear on the attack.

~ Return to the modified basic warrior stance.

See figure 6-24.
Figure 6-24. Reverse-Grip Reverse Thrust.
Section X
Improvised Weapons

Improvised weapons, such as hard and soft garrotes, are made from locally available material. Unlike weapons of opportunity, improvised weapons are designed as a weapon for a specific function. The most common use of improvised weapons is for the silent removal of sentries during a raid, infiltration, reconnaissance mission, or other tactical scenarios as a means of incapacitating a potential prisoner or for use during a survival, escape, and evasion situation.

There are several methods for employing the various types of garrotes. The method chosen will depend on the tactical situation and intended results. The employment of a garrote is considered deadly force. In most cases, the garrote will be employed when silence and stealth are required. The approach and close with the aggressor should be deliberate and noiseless. Stay low with your body below the aggressor’s line of sight. The entry should be rapid while applying explosive force to achieve the best results.

Refer to appendix A for corresponding safeties 1, 2, 6, 10, 11, 12, 13, and 14.

Garrote From the Rear

The garrote from the rear is intended to allow you to apply deadly force to an aggressor before he is aware of your presence.

With a Flexible Garrote

- Place your left hand palm side up in the center of your aggressor’s back just below the neck.
- With your right hand, palm side down, loop the flexible garrote around your aggressor’s neck from right to left, forming an X across your aggressor’s back.
- With the inside of your right foot, collapse your aggressor down by striking the back of his right knee and riding it down to the ground.
- While staying close to your aggressor and still stepping on the back of his right calf, pull down and to the right with your right hand, while leaving your left hand in place until your aggressor is unconscious.
- See figure 6-25.

With a Hard Garrote

- Shoot the long end of a garrote across the aggressor’s neck. From right to left, palm side up with the right ulna bone making contact against the aggressor’s right carotid artery.
- With your left hand, grab the garrote palm side down placing the weapon across the aggressor’s left carotid artery.
- While keeping your elbows in tight, squeeze with both arms in a vise motion until the aggressor is unconscious.
- See figure 6-26 on page 6-38.
Figure 6-25. With a Flexible Garrote.
Figure 6-26. With a Hard Garrote.
Garrote From the Front

The garrote from the front is intended to apply deadly force to an aggressor before he is aware of your presence. You may not be able to get fully behind an aggressor and, in some instances, when attempting to apply a garrote from the rear, the aggressor may become aware of your presence and turn to face you. In this situation you would use the garrote from the front.

With a Flexible Garrote
- With both arms straight out in front of you, move forward toward the aggressor’s neck.
- Next, you will move around your aggressor’s right side to his back while simultaneously wrapping your right arm around the aggressor’s head so that the garrote ends up around the aggressor’s neck forming an X on the aggressor’s back. The right hand is palm side up, left hand is palm side down.
- Collapse the aggressor down to the ground by striking the back of the aggressor’s right knee with the inside of your right foot.
- While staying close to your aggressor and still stepping on the back of his right calf, pull down and to the right with your right hand, while leaving your left hand in place until your aggressor is unconscious.
- See figure 6-27.
With a Hard Garrote

- Shoot the long end of the garrote across the back of the aggressor’s neck, from your right to left palm side up with the right ulna across the aggressor’s left carotid artery.

- With your left hand, grab the weapon palm side down, placing the weapon across the aggressor’s right carotid artery.

- While keeping elbows in tight, squeeze with both arms in a vise motion until aggressor is unconscious.

- See figure 6-28.

Figure 6-28. With a Hard Garrote.
Appendix A

Training Safety Sheet

The following safeties are to be used for all belt levels.

I. Begin slowly and increase speed with proficiency.

II. Never execute techniques at full force or full speed.

III. When executing punches, ensure the joints are kept slightly bent to avoid hyperextension.

IV. Students will train under the supervision of a martial art instructor or on MAIT in accordance with all safety and logistical requirements and in the following stages:
   • In the air (e.g., shadow boxing/imaginary targets).
     Note: Punches or strikes are not applied to the pads.
   • On the striking pads or training tools.
   • On the body during free sparring.

V. Prevent injuries during training; train break-falls in stages from the lowest position to the highest position.

VI. Techniques will be performed on a soft-footed area.

VII. Begin by executing bayonet techniques in the air. Ensure bayonets are sheathed. Ensure contact is not made with an aggressor when doing the target acquisition phase of air drills.

VIII. Before training with any firearms, unload and show clear will be conducted.

IX. When handling weapons, the following four safety rules apply:
   • Treat every weapon as if were loaded.
   • Never point your weapon at anything you do not intend to shoot.
   • Keep your finger straight and off of the trigger until you intend to fire.
   • Keep your weapon on SAFE until you are ready to fire.

X. Techniques are applied with slow, steady pressure to the point where the aggressor is uncomfortable; the aggressor must then tap out. Marines must immediately release pressure or stop the technique. The aggressor will tap out by tapping on the deck three times, on himself three times, on the Marine three times, or by verbally saying “tap-tap-tap.”

XI. Never hold a choke for more than 5 seconds in training. The aggressor should never become light-headed during a choke.

XII. Do not apply pressure to the aggressor’s trachea during training.

XIII. Students being thrown should execute proper break-falls.

XIV. Conduct all practical application periods utilizing approved training gear.

XV. Ensure that calf-on-calf contact is being made.
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## Glossary

<table>
<thead>
<tr>
<th>Abbreviation</th>
<th>Description</th>
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</thead>
<tbody>
<tr>
<td>LINE</td>
<td>linear infighting neural OVERRIDE engagement</td>
</tr>
<tr>
<td>MAIT</td>
<td>martial arts instructor trainer</td>
</tr>
<tr>
<td>MCMAP</td>
<td>Marine Corps Martial Arts Program</td>
</tr>
<tr>
<td>MCRP</td>
<td>Marine Corps reference publication</td>
</tr>
<tr>
<td>MOS</td>
<td>military occupational specialty</td>
</tr>
<tr>
<td>PME</td>
<td>professional military education</td>
</tr>
</tbody>
</table>
References

**Marine Corps Orders (MCOs)**

1500.59    Marine Corps Martial Arts Program (MCMAP)

P3500.72A   Marine Corps Ground Training and Readiness (T & R) Program

**Marine Corps Institute (MCI)**

0337    Leading Marines