



**Figure 4-9. Enhanced Pain Compliance from a Basic Wristlock.**

# Mcmap Training Manual

**Fernan Vargas**



## **Mcmap Training Manual:**

**The Official US Marine Corps Martial Arts Program (MCMAP) - Full-Size Edition** United States. Marine Corps, Us Marine Corps, 2017-07-04 FROM BEGINNER TO BLACK BELT Current 2017 edition REPLACES the obsolete Close Combat manuals All new photograph illustrations not the old version with line drawings The ideal foundation for any self defense or close quarters combat CQC training program rigorously designed by the USMC s world class Close Quarters Combat experts to enable anyone of any ability to achieve lethal hand to hand fighting skills easily and rapidly MCMAP takes martial arts from around the world and distills them into an unbeatable combination of core disciplines that will with training repetition and cultivation enable you to defeat any opponent BUILD YOUR WARRIOR ETHOS Full size format BIGGEST edition on Amazon 8 5 x 11 clear detailed print no more tiny text Complete unabridged 270 pages Created trusted by the US Marine Corps fighting troops the tip of the spear in power projection around the world Batteries last hours books last decades Get the print edition ONE MIND ANY WEAPON MCMAP FUNDAMENTALS BREAK FALLS BAYONET TECHNIQUES UPPER BODY STRIKES LOWER BODY STRIKES CHOKES THROWS COUNTERS TO STRIKES COUNTERS TO CHOKES HOLDS UNARMED MANIPULATION ARMED MANIPULATION KNIFE FIGHTING WEAPONS OF OPPORTUNITY GROUND FIGHTING GROUND CHOKES REAP THROWS UNARMED VS HANDHELD WEAPONS FIREARM RETENTION FIREARM DISARMAMENT NECK CRANKS COUNTER PISTOL TECHNIQUES IMPROVISED WEAPONS TRAINING SAFETY WARNING Techniques described in this manual can cause serious injury or death Practical application in the training of these techniques must be conducted in strict adherence with training procedures outlined in this manual PROCEED AT YOUR OWN RISK OVERVIEW The focus of Marine Corps Martial Arts Program MCMAP is the personal development of each Marine in a team framework using a standardized trainable sustainable close combat fighting system As a weapon based system all techniques are integrated with equipment physical challenges and tactics found on the modern battlefield The MCMAP is designed to increase the warfighting capabilities of individual Marines and units enhance Marines self confidence and esprit de corps and foster the warrior ethos in all Marines The MCMAP is a weapon based system rooted in the credo that every Marine is a rifleman and will engage the aggressor from 500 meters to close quarter combat The MCMAP Enhances the Marine Corps capabilities as an elite fighting force Provides basic combative skills for all Marines Applies across the spectrum of violence Strengthens the Marine Corps warrior ethos The motto of MCMAP best states the essence of the program One mind any weapon This means that every Marine is always armed even without a weapon He is armed with a combat mindset the ability to assess and to act and the knowledge that all Marines can rely on one another The Marine Corps was born during the battles that created this country Drawing upon the experiences of the first Marines we have developed a martial culture unrivaled in the world today This legacy includes not only our fighting prowess but also the character and soul of what makes us unique as Marines Search Amazon for CARLILE MILITARY LIBRARY to find more TOP FLIGHT

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Commander's Intent  
MCMAP is an integrated weapons based system that incorporates the full spectrum of the force continuum on the battlefield and contributes to the mental character and physical development of Marines It is the intent that MCMAP enhances the transformation from civilian to Marine by capitalizing on the zeal of entry level training and developing the Marine ethos in a progressive manner throughout a Marine's career

Concept of operations a All Marines regardless of age grade or sex must perform MCMAP qualifications b Commanders shall conduct MCMAP training in accordance with the instructions contained e The prescribed minimum requirements of this Order should not be interpreted as limiting the commander Commanders are encouraged to conduct additional MCMAP training in a progressive safe manner to enhance unit performance and fitness levels of Marines

**The Marine Corps Martial Arts Program** United States Marine Corps, Marine Corps Reference Publication MCRP 3 02B Marine Corps Martial Arts Program MCMAP is designed for Marines to review and study techniques after receiving initial naming from a certified Marine Corps martial arts instructor or martial arts instructor trainer It is not designed as a self study or independent course The true value of Marine Corps Martial Arts Program is enhancement to unit training A frilly implemented program can help instill unit esprit de corps and help foster the mental character and physical development of the individual Marine in the unit This publication guides individual Marines u leaders and martial arts instructors instructor trainers in the proper tactics techniques and procedures for martial arts training MCRP 3 02B is not intended to replace supervision by appropriate unit leaders and martial arts instruction by qualified instructors Its role is to ensure standardized execution of tactics techniques and procedures throughout the Marine Corps Although not directive this publication is intended for use as a reference by all Marines in developing individual and unit martial arts programs For policy on conducting martial arts training refer to Marine Corps Order 1500 59 Marine Corps Martial Arts Program MCMAP

WARNING Techniques described in this manual can cause serious injury or death Practical application in the training of these techniques will be conducted in strict adherence with training procedures outlined in this manual as well as by conducting a thorough operational risk assessment for all training

U.S. Marine Close Combat Fighting Handbook United States Marine Corps.,2011-01-26 There are currently more than 200 000 active duty U S Marines and another 40 000 in the reserves These Marines depend on the skills and techniques taught in this concise manual and now you can too Today's Marines operate in conflict situations that change from low intensity to high intensity over a matter of hours This fully illustrated guide features both the lethal and nonlethal techniques needed to responsibly handle any situation without unnecessarily escalating the violence The U S Marine Close Combat Fighting Handbook explains the methods to quickly neutralize any attacker in close quarters and teaches you how to use any part of the human body as a weapon It covers

breaking a fall defending against headlocks and chokes protecting against punches and kicks surviving armed attackers and more **USMC Marine Corps Martial Arts Tan & Gray & Green & Brown & Black Belt Instructor Manual ,**

**USMC Knife Counter Knife Combatives** Fernan Vargas,2017-08-08 This book explores the knife combat techniques of the United States Marine Corps **The Marine Corps Martial Arts Program (MCMAP) - Full-Size Edition** US Marine Corps,2025-03-14 **Military Review** ,2004 **Marine Corps Martial Arts Program** Us Marine Corps,2017-07-07 The official USMC Close Quarter Combat handbook Current 2017 edition REPLACES the obsolete Close Combat manuals All new photograph illustrations not the old version with line drawings Operational edition with low profile non reflective cover for use by active service personnel and civilian contractors in the field Full size format biggest edition on Amazon 8 5 x 11 clear detailed print no more tiny text Complete unabridged 270 pages Created and trusted by the US Marine Corps the tip of the spear in power projection around the world Batteries last hours books last decades Get the print edition OVERVIEW The focus of Marine Corps Martial Arts Program MCMAP is the personal development of each Marine in a team framework using a standardized trainable and sustainable close combat fighting system As a weapon based system all techniques are integrated with equipment physical challenges and tactics found on the modern battlefield The MCMAP is designed to increase the warfighting capabilities of individual Marines and units enhance Marines self confidence and esprit de corps and foster the warrior ethos in all Marines The MCMAP is a weapon based system rooted in the credo that every Marine is a rifleman and will engage the aggressor from 500 meters to close quarter combat The MCMAP Enhances the Marine Corps capabilities as an elite fighting force Provides basic combative skills for all Marines Applies across the spectrum of violence Strengthens the Marine Corps warrior ethos The motto of MCMAP best states the essence of the program One mind any weapon This means that every Marine is always armed even without a weapon He is armed with a combat mindset the ability to assess and to act and the knowledge that all Marines can rely on one another The Marine Corps was born during the battles that created this country Drawing upon the experiences of the first Marines we have developed a martial culture unrivaled in the world today This legacy includes not only our fighting prowess but also the character and soul of what makes us unique as Marines ONE MIND ANY WEAPON MCMAP FUNDAMENTALS BREAK FALLS BAYONET TECHNIQUES UPPER BODY STRIKES LOWER BODY STRIKES CHOKES THROWS COUNTERS TO STRIKES COUNTERS TO CHOKES AND HOLDS UNARMED MANIPULATION ARMED MANIPULATION KNIFE FIGHTING WEAPONS OF OPPORTUNITY GROUND FIGHTING GROUND CHOKES REAP THROWS UNARMED VS HANDHELD WEAPONS FIREARM RETENTION FIREARM DISARMAMENT NECK CRANKS COUNTER PISTOL TECHNIQUES IMPROVISED WEAPONS TRAINING SAFETY This publication supersedes MCRP 3 02B Marine Corps Martial Arts formerly Close Combat dated 18 February 1999 WARNING Techniques described in this manual can cause serious injury or death Practical application in the training of these techniques must be conducted in strict adherence with training procedures outlined in this manual as well as by conducting a

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**Individual Training Standards (ITS) System for the Marine Corps Martial Arts Program (MCMAP)** Department of the Navy,2013-05-16 The references establish the system used to publish all training standards provide policy and assign training responsibilities especially as applied to the Systems Approach to Training SAT ITSs establish the training requirements for all Marines in the same occupational field OccFld Military Occupational Specialty MOS or billet They provide a foundation upon which unit commanders Functional Learning Center FLC directors and distance learning DL developers build training packages for individual Marines as part of unit training plans or formal courses of instruction ITSs represent the skills that contribute to the unit mission as expressed in the Mission Performance Standards MPS Changes to doctrine or force structure or the introduction of new weapons or equipment may necessitate revision of this Order The order further defines the program s Mental and Character Skills and their interdependence with the Physical Skills and provides the basis for standardized instruction The Order also ties the three disciplines together and reinforces the Marine Corps Core Values through repetition and discussion The qualifications for Black Belt Second Degree through Black Belt Sixth Degree are identified for the first time in this Order Martial Arts Instructor MAI and Martial Arts Instructor Trainer MAIT skills include additional tasks that will improve instructor capabilities addressing ORM and other instructional techniques

**Marine Corps Common Skills (VOLUME 2) Training and Readiness Manual** Department of the Navy,U.S. Marine Corps,2008-02-12 Marine Corps Common Skills VOLUME 2 Training and Readiness Manual NAVMC 3500 19 establishes Core Capability Mission Essential Tasks MAT for readiness reporting and required events for standardization training of Marines and Navy personnel assigned to the Marine Corps It also provides tasking for formal schools preparing personnel for

service in the Marine Corps This NAVMC supersedes MCO 1410 90A *Marine Battle Skills Training Handbook, Book 1, PVT-CAPT, General Military Subjects With User's Guide, September 1999 ,2000* **Manuals Combined: U.S. Marine Corps Basic Reconnaissance Course (BRC) References** , Over 5 300 total pages MARINE RECON Reconnaissance units are the commander s eyes and ears on the battlefield They are task organized as a highly trained six man team capable of conducting specific missions behind enemy lines Employed as part of the Marine Air Ground Task Force reconnaissance teams provide timely information to the supported commander to shape and influence the battlefield The varying types of missions a Reconnaissance team conduct depends on how deep in the battle space they are operating Division Reconnaissance units support the close and distant battlespace while Force Reconnaissance units conduct deep reconnaissance in support of a landing force Common missions include but are not limited to Plan coordinate and conduct amphibious ground reconnaissance and surveillance to observe identify and report enemy activity and collect other information of military significance Conduct specialized surveying to include underwater reconnaissance and or demolitions beach permeability and topography routes bridges structures urban rural areas helicopter landing zones LZ parachute drop zones DZ aircraft forward operating sites and mechanized reconnaissance missions When properly task organized with other forces equipment or personnel assist in specialized engineer radio and other special reconnaissance missions Infiltrate mission areas by necessary means to include surface subsurface and airborne operations Conduct Initial Terminal Guidance ITG for helicopters landing craft parachutists air delivery and re supply Designate and engage selected targets with organic weapons and force fires to support battlespace shaping This includes designation and terminal guidance of precision guided munitions Conduct post strike reconnaissance to determine and report battle damage assessment on a specified target or area Conduct limited scale raids and ambushes Just a SAMPLE of the included publications BASIC RECONNAISSANCE COURSE PREPARATION GUIDE RECONNAISSANCE RECON TRAINING AND READINESS T R MANUAL RECONNAISSANCE REPORTS GUIDE GROUND RECONNAISSANCE OPERATIONS GROUND COMBAT OPERATIONS Supporting Arms Observer Spotter and Controller DEEP AIR SUPPORT SCOUTING AND PATROLLING Civil Affairs Tactics Techniques and Procedures MAGTF Intelligence Production and Analysis Counterintelligence Close Air Support Military Operations on Urbanized Terrain MOUT Convoy Operations Handbook TRAINING SUPPORT PACKAGE FOR CONVOY SURVIVABILITY Convoy Operations Battle Book Tactics Techniques and Procedures for Training Planning and Executing Convoy Operations Urban Attacks *The United States Marine* ,1989 [The Marine Corps Martial Arts Program](#) UNKNOWN.,2022-11-21 The Marine Corps Martial Arts Program MCMAP is a combat system developed by the United States Marine Corps to combine existing and new hand to hand and close quarters combat techniques with morale and team building functions and instruction in the Warrior Ethos The program which began in 2001 trains Marines and U S Navy personnel attached to Marine units in unarmed combat edged weapons weapons of opportunity and rifle and bayonet

techniques It also stresses mental and character development including the responsible use of force leadership and teamwork The program uses an advancement system of colored belts similar to that of most martial arts The different levels of belts are Tan belt the lowest color belt and conducted during entry level training signifies the basic understanding of the mental physical and character disciplines It is the minimum requirement of all Marines with a training time of 27 5 hours and has no prerequisites Recruits receive these belts after completion of a practical application test on all of the basic techniques of the Tan Belt Gray belt is the second belt attained after 25 hours of training It signifies an intermediate understanding of the basic disciplines The Marine must complete the Leading Marines course from the Marine Corps Institute and most instructors will require a report be completed on the Marine Raiders Green belt is the third belt requiring 25 hours of training This belt signifies understanding of the intermediate fundamentals of the different disciplines This is the first belt level in which one can become an instructor which allows him or her to teach tan grey and green belt techniques with the power to award the appropriate belt The prerequisites for this belt include a recommendation from reporting senior Brown belt is the fourth belt level requiring 33 hours of training It introduces Marines to the advanced fundamentals of each discipline In addition as with green belts they may be certified as MAIs and teach tan through brown techniques Prerequisites for this belt include recommendation of reporting senior Black belt 1st degree is the highest belt color and requires 40 hours of supervised training It signifies knowledge of the advanced fundamentals of the different disciplines A 1st degree black belt instructor may teach fundamentals from tan to black belt and award the appropriate belt *McMap Marine Corps Martial Arts Program* Usmc,2013-12 The Marine Corps Martial Arts Program MCMAP is a combat system developed by the United States Marine Corps to combine existing and new hand to hand and close quarters combat CQC techniques with morale and team building functions and instruction in the Warrior Ethos The program which began in 2001 trains Marines and U S Navy personnel attached to Marine units in unarmed combat edged weapons weapons of opportunity and rifle and bayonet techniques It also stresses mental and character development including the responsible use of force leadership and teamwork The techniques used by MCMAP vary in degrees of lethality allowing the user to select the most appropriate usually the least amount of force For example a Marine facing a nonviolent but noncompliant subject can use an unarmed restraint to force compliance with minimal damage and pain A more aggressive subject could be met with a choke hold or a strike Lethal force can be used on a subject as a last resort The majority of techniques can be defensive or offensive in use with or without a weapon allowing Marines flexibility in combat and operations other than war such as civil control or humanitarian missions as well as self defense *Marine Air Ground Task Force (MAGTF) Plans Training and Readiness (T&R) Manual* U.s. Marine Corps Department of the Navy,2011-09-19 b

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