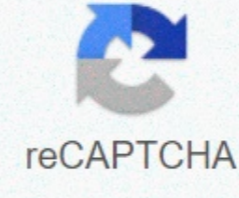




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Usmc mcmmap green belt syllabus

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(October 2016) (Learn how and when to delete this template message) Logo Marine Corps Martial Arts ProgramMCMAPFocusHybridCountry from usaCreator United States Marine CorpsParenthoodReal life-based combat weapons training and weapons training The Marine Corps Martial Arts Program (MCMAP, / ˈmɪkɪmæp/) is a combat system developed by the U.S. Marine Corps to combine existing hand-to-hand and close combat techniques and close proximity to the morale and functions and instructions of the team[1] The program, which began in 2001, trains Marines (and U.S. Navy personnel attached to Marine units) in unarmed combat, edged weapons, weapons opportunities, and rifle and bayonet techniques. It also emphasizes mental and character development, including responsible use of strength, leadership, and teamwork. Marine History demonstrates the MCMAP in Times Square for Fleet Week 2010 MCMAP was officially created by Marine Corps Order 1500.54, published in 2002, as a revolutionary step in the development of martial arts skills for Marines and replacing all other close combat related systems prior to its introduction. [2] MCMAP stems from an evolution stemming from the creation of the Marine Corps, starting with the martial arts capabilities of the Marine boarding party, which often had to rely on bayonet and cutlass techniques. During World War I this bayonet technique was equipped with unarmed combat techniques, which often proved useful in trench warfare. In between world wars, Colonel Anthony J. Biddle began the creation of standard bayonets and close combat techniques based on boxing, wrestling, savate and fencing. Also during this period, Captains Wallace M. Greene and Samuel B. Griffith learned Kung Fu techniques from the Chinese U.S. Marines and brought this knowledge to other Marines throughout the Marine Corps. In 1956, at the Marine Corps Recruit Depot San Diego, Lieutenant Colonel Ralph Hayward (captain of the Judo team at MCRD) made Gunnery Sgt. Bill Miller the new Unassigned Officer in charge of Hand-to-Hand Combat. Miller was ordered to develop a new curriculum that could be used by 110-or 210-pound Marines to quickly kill enemies. Miller created the program from a variety of martial arts such as Okinawan karate, judo, taekwondo, boxing, and jujutsu. Marine recruitment through MCRD is instructed in miller's combat curriculum. It also includes Special Operations Forces of all military and civilian entities. Then in 2001, retired Gunnery Sergeant Bill Miller was awarded a Black Belt Emeritus for pioneering Martial Arts in the United States Marine Corps. Eventually this different technique evolved into the LINE System in the early 1980s. Later, the system was found to lack flexibility and techniques for use in situations that did not require lethal force, such as peacekeeping operations. The Marine Corps is starting to look for a more effective system. The result was the Marine Corps Close Combat training program conducted in 1997–1999. McMAP was implemented as part of the Marine Corps Commander initiative in the summer of 2000. Commander James L. Jones commissioned Lieutenant Colonel George Bristol and Master Gunnery Sergeant Cardo Urso, with nearly 70 years of martial arts experience among them, to build a new MCMAP curriculum. In July 2011, MCMAP performers from San Diego demonstrated for the Kif (Koyamada International Foundation) U.S. Martial Arts Festival at the Redondo Beach Performing Arts Center in Redondo Beach, California. [4] Structure and belt system of MCMAP Belts See also: And (ranked) The program uses a color belt progress system similar to most martial arts. Different belt levels are: Tan belts, the lowest color belts and performed during beginner level training, signifying a basic understanding of mental, physical, and character disciplines. This is the minimum requirement of all Marines with a training time of 27.5 hours, and has no prerequisites. Recruits receive this belt after completing practical application tests on all basic Tan Belt techniques. The gray belt is the second belt achieved after 25 hours of training. This signifies a intermediate understanding of basic discipline. Marines must complete a Leading Marine course from the Marine Corps Institute, and most instructors will need a completed report to the Marine Raiders. The green belt is the third belt, requiring 25 hours of training. This belt signifies an understanding of the intermediate basics of various disciplines. This is the first belt level where one can become an instructor, allowing him to teach brown, gray, and green belt techniques with the power to deliver the appropriate belt. Prerequisites for this belt include recommendations from senior reporting. The brown belt is the fourth belt level that requires 33 hours of training. It introduces marines to the advanced basics of any discipline. In addition, as with green belts, they may be certified as MAI and teach chocolate through chocolate techniques. Prerequisites for this belt include recommendations for senior reporting. The 1 degree black belt is the highest belt color and requires 40 hours of supervised training, indicates knowledge of the advanced foundations of the Disciplines. Level 1 black belt instructors can teach the basics from tan to black belt and give the belt the appropriate. In addition, the black belt can be an instructor trainer, authorizing them to teach and deliver all belts, as well as teaching and certifying instructors. Prerequisites include senior reporting recommendations. There is an additional five degrees of black belt, with some of the same general prerequisites, including senior reporting recommendations, the appropriate PME level completed, should be MAI or MAIT at this time. The black belt level 2 to level 6 indicates that the holder is an authority in the Marine Corps Martial Arts Program. In addition to the above prerequisites, each belt also has its own rating requirements. Black belt 2 degrees Black belt 3 degrees Black belt 4 degrees Black belt 5 degrees Black belt 6 degrees Because the belt is worn with a Marine Corps Combat Utility Uniform, a complete range of belt colors such as red, yellow, or purple is excluded as a practical consideration. Once the Marines have earned their green belts, they can attend additional training courses (such as those at two Infantry Schools) to become secondary military occupational specialty (MOS) instructors 0916, formerly 8551). MCMAP instructors can train and certify other Marines to their current belt level (although as of November 2010 they can only certify Marines at one level below their current belt level). [5] Instructor status is enbump by a vertical brown line on the MCMAP belt. A Marine must have attended at least a Martial Arts Instructor (MAI) course to advance beyond the first-degree black belt. The only one who can train Marines to become instructors is the black belt martial arts instructor-trainers (MAIT). MAIT status is en dusted by a vertical red line on the MCMAP belt and secondary MOS 0917 (formerly 8552). To become an MAIT, a Marine must have completed a local MAI course. The Marines then attended an MAIT course at the Martial Arts Center of Excellence located in Raider Hall above Quantico Marine Corps Base. MCMAP techniques can be taught to other services and to foreign military members, and belts are given to those who complete the course. [6] Discipline One mind, any weapon. This motto focuses on developing mental and physical strength[8] MCMAP is a synergy of mental, character, and physical disciplines with applications across the full spectrum of violence. [2] Discipline is the basis of the MCMAP system, as it serves a dual purpose. MCMAP is implemented to improve combat efficiency, as well as increase the confidence and leadership capabilities of marines. As stated above, the three disciplines of MCMAP are mental, character, and Marines are required to develop their minds, bodies and spirits simultaneously and equally. Salvation also important, so equipment such as mouth guard and pads are used in line with techniques such as half-

speed exercise and break-falls to prevent injury. The Commander of the Marine Corps recently established that the disciplines studied in MCMAP are an integral part of marine functions, and has ordered that all Marines will achieve brown belt qualification by the end of 2007. In addition, all infantry Marines are required to achieve green belt qualification, and other combat arms must be eligible for the gray belt by the end of 2008. [9] The Mental Warrior study focuses on individuals who have demonstrated exemplary service on the battlefield, as well as discussion and analysis of combat citations. The Study of Martial Culture focuses on communities that produce soldiers either primarily or exclusively. Some of the martial arts cultures studied are Marine Raiders, Spartans, Zulu and Apaches. By studying these cultures, Marines learned fundamental tactics and methods in the past and reconnected themselves with the ethos of Marine Corps soldiers. Combative behavior studies interpersonal violence, as well as the Rules of engagement and Force Continuum (which determine when and how much power can be used in responding to missions, up to and including lethal force). For some belts, a PME course is a prerequisite. The development of this discipline also emphasizes situational awareness, tactical and strategic decision making, and Operational Risk Management (ORM). Character The purpose of this discipline is to create ethical warriors. It involves a discussion of the Marine Corps' core values, ethics, and good citizenship. An instructor can disappoint a Marine if he or she feels that the student does not have sufficient honor, courage, and commitment. Some belts also require the commander's approval before they are given. A force continuum is discussed, allowing a Marine to responsibly use the minimum amount of force required, including lethal force. Leadership qualities are also emphasized. In physical MCMAP, only a third of the training involves engineering and physical development. Physical disciplines include training in fighting techniques, strength, and endurance. This discipline also includes the sustainability of skills and techniques already taught, to improve skills and develop weak-side skills. Ground fighting, grappling, pugil bouts, bayonet dummies, and other techniques are used to familiarize Marines with the application of the techniques used. In addition, physical strength and endurance are tested and enhanced with a variety of techniques that often require teamwork or competition, such as calisthenics, running with full equipment, carrying logs, and boxing matches. Techniques can also be in water or in low light conditions to simulate combat stress. MCMAP techniques attract influence from several disciplines including including Jiu-Jitsu, Wrestling, Judo, Sambo, Budo Taijutsu, Boxing, Savate, Kickboxing, Isshin-ryū Karate, Muay Thai, Taekwondo, Kung Fu, Aikido, Hapkido, Eskrima, Sayoc Kali, Jujutsu, Krav Maga. [10] Marines practiced MCMAP after being exposed to Pepper spray. Marines practice ground combat in the rain. Marines practice throwing. Marines practice bayonets. Marines practice unarmed manipulation. Raider Hall, home of the Marine Corps Center for Martial Arts Excellence. The techniques used by MCMAP vary in lethal level, allowing the user to choose the most appropriate amount of power (usually the least). For example, a Marine who faces a nonviolent but non-compliant subject can use non-gun restraints to force compliance with minimal damage and pain. More aggressive subjects can be met with choking, holding, or attacking. Lethal force can be used on the subject as a last resort. Most techniques can be defensive or offensively used, with or without weapons; flexibility of Marines in combat and operations other than war (such as civilian control or humanitarian missions, as well as self-defense). An instructor can improve the training situation to better fit the mission of the unit, such as military police who practice after being hit by pepper spray. Tan Belt The brown belt syllabus focuses on developing the basics of armed and unarmed combat. Students start with Basic Warrior Stance and are taught break-falls for safety, then move on to: Basic blows, uppercuts, and basic upper body attack hooks, including eye gouge, hammer boxing, and elbow attacks Basic lower body attacks, including kicks, knee attacks, and Stomps Techniques Basic Bayonet choking, lock joints, and throwing counters to attack, choke, and hold the base restraints of unarmed and armed manipulation Basic knife techniques Basic weapons opportunities To get brown belt students must score 80%, students can fail no more than 10 techniques. If a student fails the test, he or she must wait at least 24 hours before retesting. The brown belt syllabus is part of the Primary School and recruiting training curriculum. Grey Belt Grey Belt Grey belt extends on basic techniques with: Medium middle bayonet technique Upper body attack including knife-hand (karate cut) and elbow attack Mid-lower body attack including kick, knee attack, and medium choking stomp, lock joint, and throw counter to attack, choke, and hold middle unarmed restraints and manipulation of arms/wrists Basic medium blade technique against Medium opportunity weapons In addition to new techniques studied, students should knowledge of the previous belt by executing 5 techniques of the tan belt. If a student performs one of 5 techniques incorrectly, the student fails the test evaluation. For To Gray belt students must score 80%, students can fail no more than 10 techniques. If a student fails the test, he or she must wait at least 24 hours before retesting. Green Belt Intermediate Knife Techniques Intermediate Weapon of Opportunity Techniques (Blocking) Intermediate Ground Fighting w/ Arm Bars Intermediate Bayonet Training Intermediate Chokes (from the side) Intermediate Throws (Shoulder) Lower Body Strikes Counters to Strikes Unarmed Joint Manipulations w/ Enhanced Pain Compliance Brown Belt advanced bayonet techniques advanced ground fighting and chokes advanced throws unarmed vs. Hand holding firearm retention firearms advanced knife technique Black Belt 1st Degree advanced bayonet choking technique advanced, holding, and throwing advanced ground fighting base against advanced upstream firearm techniques, including advanced knife strike and pressure point improvisational weapon counterattack Weapon Black Belt 2nd Degree rifle vs. short gun rifle vs unarmed rifle vs. MCMAP rifle and Warrior Ethos (PDF). United States Marine Corps. 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