

FREE SPARRING

ONE MIND

MAIB1020

ANY WEAPON

Marine Corps Martial Arts Program¹

OVERVIEW

- Purpose of Free Sparring
- Conduct of the Bout
- Levels of Free Sparring
- Safeties
- Briefing

PURPOSE OF FREE SPARRING

2 Primary Purposes

- Bridge from static to dynamic
 - Final stage of training (air, bag, body)
 - More realistic environment
 - Resisting opponent
- Inoculation to interpersonal violence
 - Introduction to the body, vaccine
 - Violence on a personal level

A large, light gray watermark of the MMA logo is centered in the background. It features a circular design with the words "ONE MIND" at the top and "ANY WEAPON" at the bottom. In the center of the circle is a detailed illustration of a mixed martial arts fighter in a dynamic pose, holding a knife.

QUESTIONS?



CONDUCT OF THE BOUT

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Combat Mindset

- Emphasis on combatives
- NOT sport fighting

Maturity

- Touching gloves / shaking hands
- Control egos and tempers
- Immaturity = not participating

CONDUCT OF THE BOUT

Time Limit

- Entry level 2-3 minutes
- All others 3-6 minutes
- Fitness level and skill

Weapons

- Half of time sparring
- Killing blow
- Whistle blasts

CONDUCT OF THE BOUT

MAI Participation

- As much as possible
- Referee and RSO
- At, slightly above, slightly below
- Fault check students
- Develop student's skills

*NOT to beat up students or show skill



QUESTIONS?



LEVELS OF FREE SPARRING

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Tan Belt (Pugil Sticks)

- Target Areas
 - Front of the face
 - Front of the torso
 - No strikes: back of the head, neck, or groin
- Techniques
 - Bayonet techniques
 - Straight thrust, butt strokes, smash, slash, disrupt
 - Principles and fundamentals

LEVELS OF FREE SPARRING

Tan Belt (Body Sparring)

- Target Areas
 - Front of the torso
 - No strikes: head, neck, back, groin
- Techniques
 - Punches
 - Lead hand punch, rear hand punch, hook, uppercut
 - Principles and fundamentals

LEVELS OF FREE SPARRING

Gray Belt (Ground Fighting)

- Target Areas
 - Carotid artery, large joints (submissions)
 - No eye gouges, fish hooks, heel hooks, or small joint manipulations
 - Stay on the ground
- Techniques
 - No strikes
 - Ground fighting techniques
 - Principles and fundamentals

LEVELS OF FREE SPARRING

Green Belt (Standing Striking)

- Target Areas
 - Front of the torso
 - Inside and outside of legs
 - No strikes: head, neck, back, groin, knees
- Techniques
 - Upper and lower body strikes
 - No elbows, knees, stomps
 - Principles and fundamentals

LEVELS OF FREE SPARRING

Brown Belt (Standing to Ground)

- Target Areas
 - Front of the torso
 - Inside and outside of legs
 - No strikes: head, neck, back, groin, knees
 - Carotid artery, large joints (submissions)
- Techniques
 - Upper and lower body strikes
 - Throws, ground fighting techniques
 - Very light elbows and knees
 - Principles and fundamentals

LEVELS OF FREE SPARRING

Black Belt (Integrated Skills Free Sparring)

- Final event for black belt
- Dynamic and realistic
- No specific procedures
- Leadership, different weapons, rough terrain, multiple opponents, low light
- Disadvantageous situations
- MAIT must supervise



QUESTIONS?



SAFETIES

SAFETIES

Personnel

- Fighters: medically screened
- Referee: controls the fights
 - No other responsibility
- RSO: strictly safety
- Corpsman: required
- Time Keeper: if needed
- Coach: optional

SAFETIES

Safety Gear

- Pugil Sticks / Weapons
 - Helmet w/face cage, mouthpiece, neck roll, flak jacket, groin protection, hockey gloves, training weapons
- Body Sparring
 - Head gear, 16 oz. (min) boxing gloves, groin protection
- Ground Fighting
 - Mouthpiece, groin protection (optional)

SAFETIES

Safety Gear

- Standing Striking
 - Head gear, 16 oz. (min) boxing gloves, groin protection, shin protection, flak for females
- Standing to Ground
 - Head gear, mouthpiece, 4 oz. (min) MMA gloves, groin protection, shin protection
- Integrated Skills Free Sparring
 - Determined by the MAIT

SAFETIES

Training Area

- Soft footed, non-slippery
- Sand or grass (clear of debris)
- Rubber MCMAP pit
- Mats, ring, octagon

Second Impact Syndrome

- Concussion: bruising brain tissue
- Second concussion may cause death
- 7 days between pugil sticks

SAFETIES

Hands Out Procedures

- Fighter cannot safely continue
- Wind knocked out, injured, gear
- Referee stops the fight
- Evaluate the fighter

Tap Out Procedures

- Four ways to tap out
- Tapping the opponent is preferred
- Immediately release pressure

SAFETIES

Unsafe Conditions

- Defenseless fighter
- Safety gear problems
- Possible injury (screaming)
- Referee/RSO stop the fight
- Restart the fight once corrected

The background of the slide features a large, faint, circular seal of the Federal Bureau of Investigation (FBI). The seal contains the words "ONE MIND" at the top and "ANY WEAPON" at the bottom, both in a serif font. In the center of the seal is a detailed illustration of a hand holding a handgun, with a knife positioned diagonally across the hand and the gun. The word "QUESTIONS?" is superimposed over the center of the seal in a bold, olive-green, sans-serif font.

QUESTIONS?

BRIEFING

Complete Brief

- Purpose of the event
- Conduct of the event
- All related safeties
- Debrief after free sparring
 - Discuss lessons learned
 - Reiterate mindset and principles

*Examples

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REVIEW

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