

# **MCMAP COMBAT CONDITIONING**

**MAIB1060**

***Marine Corps Martial Arts Program***

# OVERVIEW

- Objectives of Combat Conditioning
- Elements of Physical Fitness
- Combat Conditioning Exercises
- Combat Conditioning Drills
- Sustainment and Integration

# OBJECTIVES OF COMBAT CONDITIONING

Marine Corps Order 6100.13

“Every Marine must be physically fit  
regardless of age, grade, or duty  
assignment”

# OBJECTIVES OF COMBAT CONDITIONING

## Training Standards

- 30 minutes, 5 times a week
- Unit & individual training
- Martial arts, swimming, other training

## Leadership

- Self-discipline / personal commitment
- Way of life
- Not physically fit = detriment to the unit

# OBJECTIVES OF COMBAT CONDITIONING

## Overall Fitness

- Regular exercise, proper nutrition, education, fitness tests
- Maintained at all times (no off season)

## Combat Readiness

- Physically prepared for any task
- No fair fights in combat
- Discipline, morale, & esprit de corps

# OBJECTIVES OF COMBAT CONDITIONING

## MCMAP Disciplines

- Key element of physical discipline
- Develops mental toughness
- The will to overcome adversity
- Mitigate human factors
- Face the rigors of combat





# **ELEMENTS OF PHYSICAL FITNESS**

Components of Physical Fitness



# ELEMENTS OF PHYSICAL FITNESS

## Components of Fitness

- Cardio-Respiratory Endurance
- Muscular Strength
- Muscular Endurance
- Flexibility
- Nutrition

# ELEMENTS OF PHYSICAL FITNESS

## Principles of Fitness (PROVRBS)

- Progression
- Regularity
- Overload
- Variety
- Recovery
- Balance
- Specificity

# ELEMENTS OF PHYSICAL FITNESS

## FITT Factors

- Frequency
- Intensity
- Time
- Type





# **COMBAT CONDITIONING EXERCISES**

Core Specific

# COMBAT CONDITIONING EXERCISES

## Core Specific Strength Training

- Balance and stability
- Often neglected, leads to injuries
- Planks, crunches, hyperextensions, etc.

## Body Weight Exercises

- Basic skill and fitness
- Battlefield tasks
- Push-up, pull-up, squats, lunges, burpees

# COMBAT CONDITIONING EXERCISES

## Buddy Exercises

- Strength, endurance, & teamwork
- Adds weight and resistance
- Buddy sit-ups, push-ups, squats, dead lift, etc.

## Movement Exercises

- Simulate battlefield movement
- Individual or team
- Buddy drag, fireman's carry, bear crawl

# COMBAT CONDITIONING EXERCISES

## Strength Training with Field Equipment

- Common items in the field or deployed
- Ammo and water can exercises
- Sand bag medicine ball exercises
- Sand bag with a handle exercises

## Agility Training and Tactical Sprints

- Change direction quickly
- Increases coordination
- Cone drills & agility ladders

Movements with a Barbell



# COMBAT CONDITIONING EXERCISES

## Exercises with a Barbell

- Basic exercises for functional movement
- Squat, dead lift, power clean, push press
- Perfect body weight first

## Aerobic Training

- Improve endurance
- Long distance, pace, interval training
- Maximize performance





# **COMBAT CONDITIONING DRILLS**

# COMBAT CONDITIONING DRILLS

## Commander's Intent

- 1<sup>st</sup> thing to consider
- Establish the unit's goals
- Mission Essential Task List (METL)
- Upcoming deployment
- Communicate with the commander
- Support and guidance

# COMBAT CONDITIONING DRILLS

## Designing Drills

- Must be within these guidelines

<b><u>Combat Conditioning Drills by Belt Level</u></b>						
	Tan	Gray	Green	Brown	Black	MAIT
<b>Movement Techniques</b>	20M	30M	30M	40M	40M	50M
<b>Exercises</b>	15 reps		25 reps		35 reps	
<b>Physical Technique</b>	5 reps/30 sec.		10 reps/1 min.		20 reps/2 min.	
<b>Rough Terrain</b>	1 mi	1.5 mi	2 mi	2.5 mi	3 mi	
<b>Obstacle Course</b>	1	2	3	4	5	
<b>Equipment</b>	Boots Cammies	Flak Jacket	Helmet Rifle	LBV	25 lb. Pack	

# COMBAT CONDITIONING DRILLS

## Designing Drills

- Drill diagram
  - Dry erase board, pencil & paper, computer
  - Complete but easy to understand
- Risk Assessment Worksheet
  - Required for all combat conditioning drills
- Rehearse the drill
  - Run it yourself to confirm difficulty & safety
  - If you won't do it, don't expect your students to

# COMBAT CONDITIONING DRILLS

## Conducting Drills

- Brief
  - Marines must understand the drill
  - Clear expectations
  - Include demonstration & safeties
- Participate
  - Set the example
  - Balance participation with supervision

# COMBAT CONDITIONING DRILLS

## Conducting Drills

- Supervise
  - Immediate feedback
  - In-stride corrections
  - Hold the standard
- Safety
  - Time critical risk management
  - Responsible for the Marines well-being
- Mental and character disciplines
  - Tie-ins & warrior studies





# SUSTAINMENT AND INTEGRATION

- Vital to the success of MCMAP
- Blend MCMAP with all other components
- Develop well-rounded Marines
- MCMAP is NOT a unit's #1 priority
- Work with unit leaders
- Develop a balanced training schedule

# SUSTAINMENT AND INTEGRATION

## Sustainment

- Practice and improve skills already learned
- As dynamic as possible
- Sustainment drills
- Weak side training

# SUSTAINMENT AND INTEGRATION

## Integration

Goal: to blend MCMAP with all other training

- Physical fitness, water survival, MOS skills, Marine Corps common skills
- Field and live fire training
- Unit leadership & core values
- While deployed



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