

UNITED STATES MARINE CORPS

MARTIAL ARTS CENTER OF EXCELLENCE

THE BASIC SCHOOL

24191 GILBERT ROAD

QUANTICO, VIRGINIA 22134

STUDENT OUTLINE

MCMAP COMBAT CONDITIONING

MAIB1060

MARTIAL ARTS INSTRUCTOR COURSE

M02MMET

APPROVED BY: Maj. Carter, C.T. DATE: 1 January 2020

LEARNING OBJECTIVESa. **ENABLING LEARNING OBJECTIVES**

(1) Given a requirement, identify MCMAP combat conditioning drills to maintain technique proficiency. (0916-INST-2054a)

(2) Given personnel, equipment, and with the aid of references, conduct MCMAP combat conditioning drills to maintain technique proficiency. (0916-INST-2054h)

1. **OBJECTIVES OF COMBAT CONDITIONING.** Marine Corps Order 6100.13_ states every Marine must be physically fit. MCMAP emphasizes the requirement for all Marines to adopt a healthy lifestyle and a lifelong commitment to fitness. This combination has a direct and positive impact on job performance and combat readiness.

a. **Training Standards.** Marines must perform at least five combat conditioning sessions of 30 minutes duration, per week. This requirement can be satisfied by combining organizational and individual combat conditioning with the Marine Corps Martial Arts Program (MCMAP), Marine Corps Water Survival Training (MCWST), or other mission/operational specific training.

b. **Leadership.** Physical fitness is an indispensable aspect of leadership. The habits of self-discipline and personal commitment required to gain and maintain a high level of physical fitness are inherent to the Marine Corps way of life and must be a part of the character of every Marine. Marines who are not physically fit are a detriment and detract from the combat readiness of their unit.

c. **Overall Fitness.** Combat conditioning contributes to the overall health and wellness of every Marine through regular exercise, proper nutrition, health education, and periodic physical and combat fitness evaluations. Unlike a professional athlete, a Marine does not have the luxury of an off season. We must maintain an optimal fitness level at all times. This also creates a reserve level of physical fitness and endurance in all Marines in order to enhance their survivability in a combat environment.

d. **Combat Readiness.** MCMAP combat conditioning develops Marines who are physically capable of performing their job requirements in garrison, training, and combat. Unlike sports,

combat is not fought by units of equal size, has no halftime, and does not take place on a level playing field. Training instills individual self-confidence and a competitive spirit through shared physical challenge and adversity thereby enhancing organizational discipline, morale, esprit de corps, and combat readiness.

e. MCMAP Disciplines. Combat conditioning is a key element of the physical discipline that combines physical attributes with mental toughness and an iron will to overcome any foe or obstacle. Combat is the most physically, mentally and spiritually demanding activity a human will ever face. Combat conditioning is designed to mitigate the effects of human factors experienced during combat to allow a Marine to face the rigors of the battlefield encountered in modern combat.

2. ELEMENTS OF PHYSICAL FITNESS. The elements of physical fitness include the components of fitness, principles of fitness, and FITT factors.

a. Components of Fitness. The components of fitness are the methods your body uses to do work. Marines must be well rounded in all of these areas.

(1) Cardio-Respiratory Endurance. This is the body's ability to sustain physical activity in an aerobic state by oxygenating the muscles enough to continue the exercise for a sustained period of time.

(2) Muscular Strength. This is the body's maximum ability to exert enough force to move an object to do an exercise for one repetition only.

(3) Muscular Endurance. This is the body's ability to repeatedly sustain an exercise at sub-maximal effort.

(4) Flexibility. This is the body's ability to move a joint through a full range of motion.

(5) Nutrition. Nutrition is the fuel used by the body to perform any physical task.

b. Principles of Fitness. The principles of fitness are the roadmap to improve upon the components of physical fitness. The acronym PROVRBS outline the principles of fitness.

(1) Progression. Progression is the principle of finding the level of a Marine or unit's fitness and improving upon it based on the commander's intent and timeline of execution.

(2) Regularity. Regularity is the principle of maintaining consistency with your exercise.

(3) Overload. Overload is the principle of progressively introducing muscles to an advanced workload and allowing the body to adapt to it.

(4) Variety. Variety is the principle of constantly confusing the body to stimulate growth and increased performance. Also, to constantly engage the mind to prevent boredom and complacency.

(5) Recovery. Recovery is the principle of allowing your body the necessary time to rest and repair itself. Passive recovery does not involve any exercise, while active recovery includes light exercise or focusing on a different component of fitness.

(6) Balance. Balance is the principle of providing a fitness regimen that encompasses all the components of fitness.

(7) Specificity. Specificity is the principle of training focused on working recognized weaknesses, a specific need in an aspect of fitness based on the commander's intent, needs of the unit, and needs of the individual.

c. FITT Factors. Recent advancements in sports training recommend aerobic and muscle-strengthening activities be conducted more frequently, under higher intensity and of shorter duration. Doing so provides greater health benefits and results in higher levels of overall physical fitness. FITT factors are the ways to implement the principles of fitness in a combat conditioning program.

(1) Frequency. Frequency is the factor that refers to how often you conduct physical training. Marines must participate in combat conditioning five days a week.

(2) Intensity. Intensity is the factor used to determine the rate of exertion used while conducting physical training. By increasing the weight, repetitions, or time you also increase the intensity of the workout.

(3) Time. Time is the duration allotted for each physical training session. Thirty minutes is the minimum amount of time allotted for combat conditioning every day.

(4) Type. Type is the exercises chosen in each physical training session. Exercises selected should be appropriate for the desired goals.

3. COMBAT CONDITIONING EXERCISES. When designing combat conditioning drills ensure you alternate pulling, pushing, squatting, and overhead exercise; perform functional movements; and exercise explosive and mobile movements. The combat conditioning exercise book describes many exercises in detail and with pictures. They are broken down into the categories described below. Marines are not limited to these exercises but must apply their fundamentals to all exercises.

a. Core Specific Strength Training. Core strength development is crucial for fitness in the combative arena. Marines often train the abdominal region but not the lower back. This leads to lack of balance in this region that tends to lead to injuries. These exercises were developed to ensure balance and increase core strength. Core exercises include variations of the following: planks, bridges, crunches, leg raises, and hyperextensions.

b. Body Weight Exercises. The body weight exercises are designed to increase the Marines level of combative fitness using only the Marines body weight to perform regular battlefield oriented tasks. Body weight exercises include push-ups, pull-ups, squats, lunges, and burpees.

c. Buddy Exercises. Combat conditioning buddy exercises are designed to increase teamwork as well as adding additional weight or resistance during exercises to increase the Marines muscular strength and endurance for battle field oriented tasks. Exercises include buddy sit-ups, buddy push-ups, buddy squats, buddy dead lift, and more.

d. Movement Exercises. Combat conditioning movement exercises are designed for movement on the battlefield while under fire, moving to the objective, or moving a casualty to cover or an aid station. These movements can be executed individually or as a squad during drills and circuits. Some movement exercises are the pistol belt drag, fireman's carry, underarm drag, bear crawl, and crab walk.

e. Strength Training with Field Equipment. Strength training can be done using common items found while in the field or deployed. Combat conditioning incorporates ammunition (ammo) cans, water cans, and sand bags to develop strength and power through a full range of motion to assist in martial tasks while providing a foundation for combative skills.

(1) Ammo and Water Can Exercises. Ammo and water can exercises were developed to allow the individual Marine to use equipment other than that regularly associated within the gym environment. The use of austere equipment accentuates the importance of functional movements. Together, these movements improve core strength, develop strength and power, and increase range of motion.

(2) Sand Bag Medicine Ball Exercises. The sand bag medicine ball exercises were developed to allow the Marine to utilize the core strength, develop power; increase range of motion, and increase team work during combative movements and tasks. There are many different exercises that can be done such as: static, moving, or with a buddy.

(3) Sand Bag with Handle Exercises. The sand bag with a handle exercises were developed to train a Marine's explosive power utilizing hip extension and core strength. The multi-joint movements trained in these exercises allows the body to work as one unit increasing muscular strength and endurance, and reducing the risk of injury.

f. Agility Training and Tactical Sprints. Doing agility training gives you the ability to change directions quickly and reduces chances of injury to the body. Agility training addresses our bio-motor ability, center of gravity, equilibrium, movement patterns, and muscle programmability increasing our ability to move on the open battlefield with increased combat coordination. This can be done in many forms such as cone drills and agility ladders, but should always be integrated from simple to complex.

g. Exercises with a Barbell. The combat conditioning program was designed to give Marines knowledge and ideas for conducting physical training while deployed or in the field. If Marines have access to a gym with barbells and dumbbells, knowing the basic exercises can be an invaluable tool for training functional movement. The barbell is ideal for the following exercises: squat, dead lift, power clean, and push

press. Body weight exercises must be perfected by the individual Marine before any weighted movement is executed.

h. Aerobic Training. Aerobic training is often linked to endurance training. The purpose of aerobic conditioning is to improve the efficiency with which the body produces energy for working muscles by means of aerobic metabolism. By combining long distance, pace, and interval training, a Marine will maximize their performance during day-to-day physical activities and on the semi-annual fitness tests.

4. COMBAT CONDITIONING DRILLS. Combat conditioning drills should incorporate combat conditioning exercises, martial arts techniques, team building, and leadership training. Conducting this training requires the commander's intent, designing drills, conducting drills, and including the mental and character disciplines.

a. Commander's Intent. The first thing to consider when designing combat conditioning for your unit is the commander's intent. You must understand the organizational goals of your unit so you can tailor the training to meet these goals. Not all units will have the same goals because they will be based on the unit's mission essential task list (METL) or an upcoming deployment. Communicating with your commander will ensure you have their support and operate within their guidelines.

b. Designing Drills. The MAI/T will design combat conditioning drills to meet the needs of their unit, but they must follow the below guidelines established by belt level.

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

(1) Drill Diagram. The first thing you will do when designing drills is to make a drill diagram. This can be done using a dry erase board, pencil and paper, or a computer. The diagram should be complete but simple so all participating personnel can easily understand all parts of the drill.

(2) Risk Assessment Worksheet. MAI/Ts must ensure a deliberate risk assessment has been conducted and appropriate controls are in place prior to conducting the drill. This is extremely important when conducting drills involving dissimilar types of training. For example, standard safety procedures exist for bayonet and live fire training, but additional hazards are created when they are combined.

(3) Rehearse the Drill. Before you have your students conduct a new drill, you should run it yourself to ensure it is appropriate. Rehearsing the drill allows you to determine if it needs to be adjusted for difficulty, duration, or safety. If you are not willing to do the drill you designed then you should not expect your students to do it.

c. Conducting Drills. Your preparation will pay off when you conduct the drill. Ensure to brief, participate, supervise, and monitor safety while conducting all combat conditioning drills.

(1) Brief. The Marines need to understand all of the aspects of the drill. It is important to demonstrate all phases of the drill to the students so they understand what is expected of them. They must also know the related safeties and where to find safety personnel.

(2) Participate. You will set the example for your Marines by participating with them during combat conditioning drills. The amount of participation must be balanced with your ability to supervise.

(3) Supervise. You provide immediate feedback to the participants of the drill. If they are performing techniques incorrectly you should make the corrections without interrupting the flow of the drill. Hold the Marines accountable by enforcing the standards that have been established for the event. The result will be a better trained Marine who is part of a more cohesive team.

(4) Safety. Safety is always paramount, a concern of everybody in the chain of command. You are responsible for

conducting time critical risk management to avoid any unsafe situations. You are responsible for the health and well-being of the Marines you train.

(5) Mental and Character Disciplines. You must incorporate the mental and character disciplines with combat conditioning by using tie-ins and warrior studies. There are no specific tie-ins for combat conditioning; you should use personal experiences or stories that will give a positive message to the Marines.

5. SUSTAINMENT AND INTEGRATION. The success of the Marine Corps Martial Arts Program depends on our ability to blend MCMAP with all other components of the Marine Corps to help develop well-rounded Marines. MCMAP is only one part of a unit's training program, not a unit's number one training priority. It is essential the MAI/T work with commanders and unit leaders to develop a balanced training program.

a. Sustainment. Sustainment serves to reinforce the skill sets already learned. It ingrains the gross motor skills associated with the specific techniques and ensures that they become reflexive through constant repetition. It also gives the MAI/T increased opportunity to fault check thereby increasing the individual Marines proficiency.

(1) The techniques from previous belts must be constantly practiced to keep and improve proficiency. The amount of time needed for sustainment increases with the number of techniques the individual has learned.

(2) Sustainment should be as dynamic as possible. Once Marines have mastered the basic steps for the technique in a static environment, they should learn to apply them with a resisting opponent. This may include reaction drills and scenarios.

(3) Sustainment drills such as bag drills and bull-in-the-ring focus on sustaining the martial arts technique that you have already learned. They allow you to practice the techniques dynamically and provide a level of physical training.

(4) Incorporate weak side training to develop Marine's confidence, abilities, preparation for uncertainties, and ultimately their lethality.

b. Integration. The purpose of integration training is to blend martial arts training with all other Marine Corps training, contributing to the individual Marine and the unit. Leaders should seek to positively influence a unit's cohesion by providing combat ready Marines who are ready to meet the challenges and uncertainties of modern warfare. Techniques for integration include, but are not limited to:

(1) Combine martial arts training with traditional physical fitness, water survival, MOS skills, and Marine Corps common skills to develop a synergy of training. It can be combined with a hike, obstacle course, bayonet assault course, or endurance course.

(2) Combine Martial arts training with field and live fire training in order to increasing the realism of the combat environment. Down time in the field can be easily filled with martial arts.

(3) Use MCMAP as a training methodology for unit leadership, core values, and troop information training programs.

(4) Conduct integration training while deployed, whether on a ship or forward operating base. Ramp sprints, flight deck P.T., sand bag exercises, and buddy exercises are all easy ways to conduct training using limited resources.

REFERENCES:

Marine Corps Martial Arts Program, MCO 1500.59_

Marine Corps Martial Arts, MCRP 3-02_

Marine Corps Physical Fitness Program, MCO 6100.13_