

TECHNIQUE SMART CARD

TAN			
FUNDAMENTALS	BUTTSTROKES HORZ / VERT	CHOKES	ARMED MANIPULATIONS
BASIC WARRIOR STANCE	SMASH	REAR CHOKE	CNTR TO OVERHAND GRAB
ANGLES OF MOVEMENT	SLASH	FIGURE 4 VARIATION	CNTR TO UNDERHAND GRAB
PUNCHES	DISRUPT	THROWS	CNTR TO MUZZLE GRAB
LEAD HAND PUNCH	UPP BODY STRIKES	LEG SWEEP	HIGH BLOCK
REAR HAND PUNCH	EYE GOUGE	CNTRS TO STRIKES	LOW BLOCK
HOOK	HAMMERFIST (VERT / HORZ)	CNTR REAR HAND PUNCH	MID BLOCK
UPPERCUT	ELBOW STRIKES	CNTR REAR LEG KICK	RIGHT BLOCK
FALLS	FORWARD HORIZONTAL	CNTRS CHOKES N HOLDS	LEFT BLOCK
FRONT BREAK-FALL	VERTICAL (LOW-HIGH)	CNTR REAR HEADLOCK	KNIFE TECHNIQUES
BACK BREAK-FALL	LOWER BODY STRIKES	CNTR REAR BEARHUG	VERTICAL SLASH
RIGHT SIDE BREAK-FALL	FRONT KICK	CNTR REAR CHOKE	VERTICAL THRUST
LEFT SIDE BREAK-FALL	ROUND KICK	UNARMED MANIPULATIONS	
FORWARD SHOULDER ROLL	VERTICAL KNEE STRIKE	BASIC WRISTLOCK TKDWN	
BAYONET TECH.	VERTICAL STOMP	REVERSE WRISTLOCK	
STRAIGHT THRUST		ARMBAR TAKEDOWN	

GREY			
BAYONET	CHOKES	UNARMED MANIPULATIONS	REVERSE THRUST
DISRUPT AND THRUST WHILE	LOCATE CAROTID ARTERY	BASIC WRIST LOCK COME ALONG (SNC)	REVERSE SLASH
CLOSING W/ STATIC OPP.	FRONT CHOKE	ESCORT POSITION (SNC)	BULLDOGGING
WARRIOR ETHOS	HAZING	CORE VALUE: HONOR	CUSTOMS AND COURTESIES
UPPER BODY STRIKES	THROWS	ARMED MANIPULATION	WEAPONS OF OPPORTUNITY
CHIN JAB STRIKE	HIP THROW	OFF-BALANCING	STRAIGHT THRUST
FWD/REV KNIFEHAND	CORE VALUE: COMMITMENT	OPP. PUSHING STATIC	VERTICAL STRIKE
VERT KNIFEHAND	CNTR. TO STRIKES	OPP PULLING STATIC	FORWARD STRIKE
HORZ REAR ELBOW STRIKE	CNTR. LEAD HAND PUNCH	OPP PULLING MOVING	REVERSE STRIKE
VERT ELBOW (H-L)	CNTR. LEAD LEG KICK	CNTR OVRHND GRAB STRIKE W/ WPN	MARINE CORPS HISTORY
LEADERSHIP TRAITS	CODE OF CONDUCT	CNTR UNDRHND GRB STRIKE W/ WPN	GROUND FIGHTING
LOWER BODY STRIKES	CNTR. CHOKES & HOLDS	CORE VALUE: COURAGE	COUNTER TO THE MOUNT
HOR. KNEE STRIKE	CNTR. FRONT CHOKE	KNIFE TECHNIQUES	COUNTER TO THE GUARD
SIDE KICK	CNTR. FRONT BEAR HUG	FORWARD THRUST	PROFESSIONALISM & ETHICS
AXE STOMP	CNTR. FRONT HEAD LOCK	FORWARD SLASH	
LEADERSHIP PRINCIPLES	BAMCIS		

GREEN			
BAYONET	LOWER BODY STRIKES	REVERSE WRIST-LOCK COME ALONG	WEAPONS OF OPPORTUNITY
DISRUPT AND THRUST	PUSH KICK	ENHANCED PAIN COMPLIANCE	BLK FOR VERT STRK W/ FOLLOW ON
WHILE CLOSING W/ MOVING OPP	POW HANDLING	WRISTLOCK COME ALONG	BLK FOR FWD STRK W/ FOLLOW ON
BUTT-STRK OFFLN W/ STAT OPP	CNTR. TO STRIKES	CONTROLLING TECHNIQUES	BLK FOR REV STRK W/ FOLLOW ON
FOG OF WAR	CNTR. TO THE ROUND KICK	INFORMAL RESOLUTION SYSTEM	BLK STRGHT THRUST W/ FOLLOW ON
CHOKES	CNTR. TO THE ROUND PUNCH	KNIFE TECHNIQUES	FATIGUE
SIDE CHOKE	FORCE PROTECTION	BLK FOR VERT STRK W/FOLLOW ON	GROUND FIGHTING
RIGHT VS WRONG	UNARMED MANIPULATIONS	BLK FOR FWD STRK W/FOLLOW ON	ARMBAR FROM THE MOUNT
THROWS	ENHANCED PAIN COMPLIANCE	FEAR	ARMBAR FROM THE GUARD
SHOULDER THROW	REV WRISTLOCK		MARINE CORPS VALUES
COMBAT LEADERSHIP	BASIC WRISTLOCK		

BROWN			
BAYONET	SIDE CHOKE	FWD ARMBAR CNTR	FIREARM DISARMAMENT
1 ON 2 ENGAGEMENT	REAR CHOKE	REV ARMBAR CNTR	CNTR PISTOL TO FRONT
2 ON 1 ENGAGEMENT	FIG 4 VARIATION	LAW OF WAR	CNTR PISTOL TO REAR
2 ON 2 ENGAGEMENT	COMMUNICATION AND COUNSELING	FIREARM RETENTION	USMC RANK STRUCTURE
COMBAT READINESS	THROWS	BLOCKING TECHNIQUE	KNIFE TECHNIQUES
GROUND FIGHTING	MAJOR OUTSIDE REAP THROW	ARMBAR TECHNIQUE	BLOCK REV STRIKE W/ FOLLOW ON
BENT ARMBAR FROM SIDE MOUNT	OPP. PUSHING / PULLING	WRISTLOCK TECHNIQUE	BLOCK STRAIGHT THRUST W/ FOLLOW ON
BASIC LEG LOCK	COHESION	SAME SIDE GRAB (FRONT)	COUNSELING TECHNIQUES
CITIZENSHIP	UNARMED V. HANDHELD	SAME SIDE GRAB (REAR)	
GROUND CHOKES	HOLLOWING OUT W/ FOLLOW ON	BAND OF BROTHERS	
FRONT CHOKE	BENT ARMBAR CNTR		

BLACK			
BAYONET	CHOKES	FIREARM DISARMAMENT	STRONG SIDE FWD/REV SLASH
LOW LIGHT - 1 ON 1 ENGAGEMENT	TRIANGLE CHOKE	CNTR PISTOL TO HEAD ONE HAND	STRONG SIDE FWD/REV THRUST
LOW LIGHT - MULTIPLE ATTACKERS	GUILLOTINE CHOKE	CNTR PISTOL TO HEAD TWO HAND	REV GRIP FWD/REV SLASH
CONCEPT OF ETERNAL STUDENT	SUSTAINING THE TRANSFORMATION	DECISION MAKING	REV GRIP FWD/REV THRUST
THROWS	CNTR. CHOKES & HOLDS	UPPER BODY STRIKES	RISK MANAGEMENT
SWEEPING HIP THROW	KNEE BAR	CUPPED HAND STRIKE	WEAPONS OF OPPORTUNITY
CONCEPT OF A LEADER & FOLLOWER	MENTORING	FACE SMASH	GARROTE FROM THE REAR
UNARMED MANIPULATIONS	GROUND FIGHTING	VALUES & BELIEFS	GARROTE FROM THE FRONT
NECK CRANK TAKEDOWN	FACE RIP FROM THE GUARD	KNIFE TECHNIQUES	ETHICAL LEADERSHIP
LEADERSHIP STYLES	STRGHT ARMBR FROM SCARF HOLD	STRONG SIDE VERTICAL SLASH	
	BENT ARMBAR FROM THE SCARF HOLD	STRONG SIDE VERTICAL THRUST	
	MANEUVER WARFARE		