

UNITED STATES MARINE CORPS
Martial Arts Center of Excellence
The Basic School
Marine Corps Combat Development Command
Quantico, Virginia 22134

DETAILED OUTLINE

CHOKES

INTRODUCTION _____(3 MIN)

1. GAIN ATTENTION. When performed correctly, a choke can render an opponent unconscious in as little as eight to thirteen seconds. Chokes can be easily performed regardless of size or gender. However, to be effective, you must fully understand how to apply the techniques. As a Marine we all face various temptations in life. Like the rear choke that we are about to learn these temptations can choke off our ability to think and act intelligently. Substance abuse can choke the spirit of a warrior.
2. OVERVIEW. This lesson will cover the techniques for executing a rear choke and the figure-four variation of the rear choke, as well as discuss the problems of substance abuse.
3. INTRODUCE LEARNING OBJECTIVES. The Learning Objectives pertaining to this lesson are as follows:
 - a. TERMINAL LEARNING OBJECTIVES.
 - (1) Given opponent, mouthpiece, and without the aid of the references, execute chokes in accordance with the references. (8550.01.08)
 - (2) Without the aid of references, discuss substance abuse prevention in accordance with the references. (8550.01.24)
 - b. ENABLING LEARNING OBJECTIVES.
 - (1) Given opponent, mouthpiece, and without the aid of the references, execute a rear choke in accordance with the references. (8550.01.08a)
 - (2) Given opponent, mouthpiece, and without the aid of

references, execute a figure 4 variation to the rear choke in accordance with the references. (8550.01.08b)

- (3) Without the aid of the reference discuss the Marine Corps policy concerning distribution, possession and use of illegal drugs in accordance with the references. (8550.01.24a)
- (4) Without the aid of the reference discuss the Marine Corps policy on the use of alcohol in accordance with the references. (8550.01.24b)
- (5) Without the aid of the reference discuss the Marine Corps policy on the abuse of alcohol in accordance with the references. (8550.01.24c)

4. METHOD/MEDIA. This class will be taught by E.D.I.P. and guided discussion.

5. EVALUATION. Topics from this lesson will be evaluated by performance and oral evaluation.

BODY _____ **(55 MIN)**

1. INTRODUCTION TO CHOKES (10 MIN)

a. Types of Chokes. A choke is performed by either closing off the airway to the lungs, thereby preventing oxygen from reaching the heart, or by cutting off the blood flow to the brain. Both types of chokes can result in unconsciousness and eventual death for an opponent. Chokes are classified in two categories.

(1) Blood Choke. A blood choke is performed on the carotid artery which carries oxygen-enriched blood from the heart to the brain. The carotid artery is located on both sides of the neck.

(a) When executed properly, a blood choke takes between eight and thirteen seconds for the opponent to lose consciousness.

(b) The blood choke is the preferred choke because its intended effect (i.e., the opponent losing consciousness) can be executed quickly, ending the fight.

(2) Air Choke. An air choke is performed on the windpipe or trachea, cutting off the air to the lungs and heart.

(a) When executed properly, an air choke takes between two and three minutes for the opponent to lose consciousness.

(b) Due to the length of time it takes to stop the fight with an air choke, air chokes are not recommended and will not be taught in this course.

(c) As an instructor, you need to know the difference between a blood and air choke because, when a blood choke is incorrectly performed, most likely the student is applying pressure to the windpipe and executing an air choke.

b. Safety Precautions During Training. To prevent injury to students during training, ensure the following:

(1) Never execute a choke at full force or full speed during training because the carotid artery could collapse.

(2) Once a technique is applied to the point the student is uncomfortable, the student must "tap out" to indicate to his opponent to immediately release pressure or stop the technique. The student "taps out" by firmly tapping his hand several times on any part of the opponent's body that will get his attention. The student should never go to the point of becoming light headed during a choke.

(3) Do not hold a choke for more than five seconds in training.

(4) Do not apply pressure to the opponent's throat during training because the trachea and windpipe can be crushed. During training ensure students apply the procedures properly for blood chokes and do not execute air chokes.

2. REAR CHOKE

(15 MIN)

a. Purpose. The rear choke is a blood choke performed when you are behind the opponent, the opponent is on the ground, or when you are taking the opponent to the ground.

b. Training the Technique. To teach the rear choke, you do not begin by having students execute the entire technique. Instead, you walk students through the technique, step by step, beginning from a kneeling position and working up to a standing position. To teach the rear choke, have the student:

(1) From a Kneeling Position.

(a) Begin with the opponent kneeling on the deck and you standing behind him.

(b) With your right arm, reach over the opponent's right shoulder and hook the bend of your arm around his neck.

(1) Ensure the opponent's windpipe is positioned within the bend of your arm, but pressure is not being exerted on his windpipe.

(2) Your body should be against the opponent's body.

(c) With your left hand, clasp both hands together, palm-on-palm, with your right palm facing the deck.

(d) Exert pressure with your biceps and forearm on both sides of the opponent's neck on his carotid arteries.

(1) Pressure should be exerted with the forearm along the radial bone.

(2) The knuckles of the right hand should be facing straight up.

(3) Ensure the opponent's windpipe is positioned within the bend of your arm, but pressure is not being exerted on his windpipe.

(e) While maintaining pressure with your biceps and forearm on both sides of the neck, draw the opponent closer to you by drawing your right arm in.

(f) To increase the effectiveness of the choke, apply forward pressure to the back of the opponent's head with your head by bending your neck forward.

(2) From the Standing Position. If the opponent is shorter than you, the procedures are the same as from a kneeling position. If the opponent is taller than you or the opponent is wearing bulky gear or a pack on his back, you must get the opponent in a position where you can reach around his neck and gain leverage to execute the choke.

(a) Begin by standing behind the opponent.

(b) To break the opponent down:

(1) With your right arm, reach over the opponent's right shoulder and hook his chin, face, or neck with your hand, wrist, or forearm.

(2) In addition, you may step or push on the area behind the opponent's knee with your foot. This will off-balance the opponent and cause him to bend at the knees and fall forward.

(c) As the opponent is brought down, pull back on the opponent's chin and slide your right forearm around his neck, hooking the bend of your arm around his neck.

(d) You are now in position to execute the choke and the steps are the same as from the kneeling position.

c. Figure-Four Variation. A variation of the rear choke is the figure-four choke. The figure-four choke allows you to gain more leverage on the rear choke. If you cannot secure the rear choke, you may apply the figure-four variation to increase the pressure of the choke on the opponent. To teach the figure-four variation of the rear choke, have the student:

(1) Apply a rear choke. Your body should be against the opponent's body.

(2) Grasp your left biceps with your right hand and place your left hand against the back of the opponent's head.

(3) With your left hand, push the opponent's head forward and down.

(4) Draw your right arm in, maintaining pressure with

your biceps and forearm on both sides of the opponent's neck.

3. POLICY

(5 MIN)

a. The Marine Corps has a zero tolerance policy in regards to the illegal use of controlled substances. This policy is explained to every potential recruit before joining the Marine Corps and continues to be reinforced throughout a Marines career. No one can say, "I didn't know." By being honest with ourselves and living by our Core Values the temptation of drug use should be something that each of us can avoid.

b. In regards to alcohol consumption the Marine Corps abides by the local, state and federal regulations to include overseas commands. For the majority of Marines this means the drinking age is 21. Along with this, all leaders in the Corps teach that for those who are old enough and want to drink, they have a responsibility to do so responsibly. For those not yet 21 they are bound by the need for self-discipline and the requirement to follow regulations. For those authorized to consume alcohol, you need to be aware of its affects on you body and mental ability.

5. SUBSTANCE ABUSE AND THE WARRIOR VIEW

(10 MIN)

a. For the Marine Warrior substance abuse is contrary to our ethos. We train hard to prepare ourselves for the physical rigors of combat, why would we then do something to destroy the efforts of all that training. A warrior is a man or woman of integrity. We know the laws and regulations concerning illegal drug use, drunk and disorderly conduct, or driving under the influence, why would we demonstrate a lack of integrity by ignoring these laws. As a warrior we would not. More importantly as a warrior we should be smart enough to know that when we use illegal drugs or abuse alcohol we are undermining everything that makes us a warrior...Our body, mind and spirit.

b. When we use drugs or abuse alcohol we cloud our mind. With each drink our judgement becomes more impaired, we are no longer capable of sound judgement and in many cases make decisions that get us into trouble, and the next day we ask ourselves what was I thinking.

c. When our judgement is impaired and we are faced with moral or ethical decisions will we make the right one or will we dishonor ourselves and make a decision that we will be ashamed of later.

d. Finally, we become physical helpless. As you train in the physical discipline of the martial art you become tougher and more lethal. But after

too many beers could you defend yourselves, or would you find yourself assaulted, injured, powerless to defend yourself? At this point all your training is useless and the only use you will have for your black belt is as a tourniquet to stop the bleeding.

e. If you drink know your limits, enjoy yourself and relax but never let your guard completely down.

SUMMARY: _____(2 MIN)

Chokes are effective techniques for quickly ending a fight. Chokes can be easily performed regardless of size or gender. Therefore, a student learning the technique may not realize its swift effectiveness in injuring an opponent. Therefore, when you are learning the technique, you may not realize its swift effectiveness in injuring an opponent. This lesson covered the techniques for executing the rear choke with figure-four variation. In the same way substance abuse can choke you physically, mentally and morally. Substance abuse is contrary to our warrior ethos. We train hard and should always be in control of ourselves. This does not prevent you from enjoying yourself or taking a well-deserved break. It simply means you do so without ever compromising your values or standards and never giving up your self-control.