

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

DETAILED OUTLINE

COUNTERS TO STRIKES

INTRODUCTION _____ (3 MIN)

1. GAIN ATTENTION. In a close combat situation, your opponent will attempt to strike you, generally with either punches or kicks. When your opponent uses a strike, you must first avoid that strike. This is accomplished with movement and blocks. The movements and blocks must be executed quickly. Your second objective is to put yourself in an offensive position. This will allow you to use strikes to attack your opponent. In the same way, by understanding and ensuring personal readiness a warrior develops a counter to the unexpected situations of life. The readiness required to counter a physical attack is the same as the personal, family, and unit readiness required by the Nation's force in readiness, the United States Marines.

2. OVERVIEW. This lesson will cover the techniques for training counters to strikes to include principles of counters against strikes, counter to a rear hand punch, and counter to rear leg kick. Additionally a discussion will be held concerning the importance of personal readiness.

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 counters to strikes in accordance with the references. (8550.01.10)
2. Without the aid of references, discuss personal readiness in accordance with the references. (8550.01.26)

b. ENABLING LEARNING OBJECTIVES.

1. Given opponent, mouthpiece, and without the aid of the references, **execute a counter to a rear hand punch** in accordance with the references. (8550.01.10a)
2. Given opponent, mouthpiece, and without the aid of the references, **execute a counter to a rear leg kick** in accordance with the references. (8550.01.10b)
3. Without the aid of references, **discuss the three components of readiness** in accordance with the references. (8550.01.26a)
4. Without the aid of references, **discuss the six components of effecting personal readiness** in accordance with the references. (8550.01.26b)

4. METHOD/MEDIA. This class will be taught by EDIP and guided discussion.

5. EVALUATION. Topics from this lesson will be evaluated by a performance and oral evaluation when requirements are met.

BODY _____ **(55 MIN)**

1. INTRODUCTION TO COUNTERS TO STRIKES (5 MIN)

a. Principles of Counters to Strikes. Regardless of the strike, the counter to a strike requires the Marine to move, block, and strike.

(1) Move. The first step in countering a strike is to move out of the way of the impact of the strike. Movement should both remove you from the point of your opponent's strike as well as put you in a position to attack.

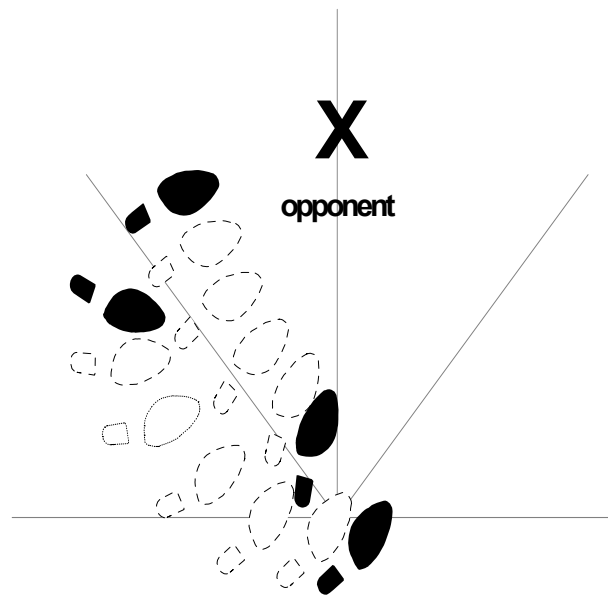
(a) Movement is executed at approximately a 45-degree angle to the front or rear.

(b) Movement is always initiated from the basic warrior stance.

(c) Following movement, return to the basic warrior stance with the toe of your lead foot pointing toward the opponent.

(2) Block. Different blocks are executed based on the strike. These will be covered with the individual counters.

(3) Strike. Any of the upper body or lower body strikes or combinations of techniques can be executed as a follow-on attack as part of the counter to an opponent's strike. The follow-on strike used will depend on your angle to the opponent, the position of the opponent, and the available vulnerable target areas exposed on the opponent.



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

(1) Have students perform the techniques slowly at first, and increase the speed of execution as they become more proficient.

2. COUNTERS TO PUNCHES

(17 MIN)

a. Counter to a Rear Hand Punch. This counter is used when the opponent throws a rear hand punch. To train the counter to the rear hand punch, have students:

(1) Begin with the opponent extending his right hand in a rear hand punch.

(2) Step forward and to the left at approximately a 45 degree angle, moving in toward the opponent.

(a) Movement is always to the outside of the opponent's attacking arm.

(b) At the end of the movement, you are reset to the basic warrior stance with the left foot forward, toe pointing toward the opponent.

(3) At the same time, raise your left arm and block or deflect the opponent's rear hand.

(a) Block with the palm of your hand or the meaty portion of the forearm.

(b) "Hit and stick" by leaving your left arm against the opponent's right arm while stepping forward and to the right at approximately a 45-degree angle to close with the opponent.

[1] Following through by applying pressure against the opponent's arm will redirect the strike and, in the process, throw the opponent off balance.

[2] Continuing to step forward will position you to strike an exposed area on the opponent.

(4) Counter with a strike to the opponent's exposed target areas.

3. COUNTERS TO KICKS

(18 MIN)

a. Counter to a Front Kick (Right or Rear Leg). This counter is used when the opponent executes a front kick with his right leg. To train a counter to a front kick, have students:

(1) Begin with the opponent extending his right leg in a front kick.

(2) Step forward and to the left at approximately a 45 degree angle, moving in toward the opponent.

(a) Movement is always to the outside of the opponent's striking leg.

(b) Movement may be executed to the rear to avoid an aggressive or powerful strike, but it is not recommended because it does not put you in a position to counter with a

strike of your own.

(c) At the end of the movement, the left foot is forward with the toe pointing toward the opponent.

(3) At the same time, raise your left arm and block or deflect the opponent's leg.

(a) Block with the palm of your hand or the meaty portion of the forearm.

[1] Do not bend down to block the kick.

[2] It is better to move out of the way of the strike than have to bend down to block the kick.

(b) "Hit and stick" by leaving your left arm against the opponent's leg while stepping forward and to the right at approximately a 45-degree angle to close with the opponent.

[1] Following through by applying pressure against the opponent's leg will redirect the strike and, in the process, throw the opponent off balance.

[2] Continuing to step forward will position you to strike an exposed area on the opponent.

(4) Counter with a strike to the opponent's exposed target areas.

4. PERSONEL READINESS

(15 MIN)

a. The Marine Corps prides itself on being the Nation's force in readiness. This continual state of mission readiness demands round-the-clock vigilance by all Marines everywhere. Commitment to readiness requires attention beyond just developing our warfighting skills, it requires that each of us be personally ready for whatever we are asked to do. Just as readiness within the Marine's unit must be maintained, so must the Marine's personal and family matters be constantly addressed. Personal, family, and unit readiness are absolutely essential components of mission readiness.

b. Personal, family, and unit readiness are essential components of mission readiness. Personal readiness refers to an individual Marine's organization for daily living. Family readiness is an extension of personal readiness to include the wider circle of a Marine's family members. Unit readiness includes manpower, training, and equipment factors.

Taken together, these three -- personal, family, and unit readiness -- contribute to overall readiness to meet any mission requirement. In other words:

**PERSONAL READINESS + FAMILY READINESS + UNIT READINESS
= MISSION ACCOMPLISHMENT**

c. Clearly, unit readiness requirements are constant. But why are personal and family readiness such key components of making the Marine Corps "the Nation's force in readiness"? Because when personal affairs are in order, Marines and their commanders can fully focus on the mission. And while no amount of planning can provide for every eventuality, careful preparation in these areas will significantly reduce distractions, allowing the Marine's full attention to the military matters at hand. Distracted Marines can be a burden on their command and a danger to themselves and fellow Marines.

(1) Marines whose personal affairs are not in order will place an administrative and leadership burden on a command. This is not the same as taking the time to help a Marine who has an unforeseen problem. This is the Marine who through neglect creates problems that take the leaders time and focus away from the mission. He also lets the rest of his team down.

(2) A Marine who has not properly managed his personal affairs will eventually have them overwhelm him. When this happens he will become distracted and may endanger himself or others during a dangerous or critical time during the mission. In a worse case this Marine's problems may become so severe that he becomes combat ineffective and is as useless to the unit as if he had become a battle casualty.

d. If you recognize the need for personal and family readiness early on and reinforce it in everything you do, then readiness will become automatic. As leaders all Marines must understand the components of personal and family readiness to ensure proper preparedness for themselves and their Marines.

e. The following are six general areas of personal affairs readiness concerns. In follow-on discussions each will be discussed in greater detail.

(1) Administrative Issues. This involves your personal administrative matters and include: Annual audit of your military records, records updates as needed: RED, SGLI, BAQ/VHA applications and allotments. In addition, Marines with dependents will also need to consider the following: ID cards, DEERS enrollments, dental plan enrollments,

Family Care Plan (for single Marines with minor children, or those with military spouses and minor children and additional allotments).

(2) Legal Issues. This area applies if you are single or married and include: wills (your and spouses), powers of attorney (both general and special), federal and state tax filing requirements, single parent and joint household plan for children, and estate planning.

(3) Financial Issues. These include building a good budget that is financial fit by taking charge of your credit, car buying, renting or buying a home, and insurance. Involve the spouse for married Marines. Decide on the best way for bill-paying. Will the method used to pay bills while in garrison continue to work when the Marine is away? What arrangements can be made for bill-paying during extended training, school, or deployment conditions? Discuss the value of a good credit record. If married who handles these arrangements? Adjustments to pay. Acknowledge that there are many categories of adjustments and that they can become complicated.

(4) Medical/Dental Readiness Issues. Missing or incomplete records cause and administrative burden and hinder proper treatment. Missed appointments do the same. For family members this can be aggravated by failure to enroll dependents in the DEERS system and the Tri-care program.

(5) Support Programs. Educate yourself and your Marines concerning the various support programs available to assist the individual Marine and family members as part of the readiness program. These include the unit Family Readiness Officer (FRO), Chaplain, Base and Station Family Service Center (FSC), Key Volunteer Network, Exceptional Family Member Program (EFMP), Navy Marine Corps Relief Society (NMCRS), American Red Cross (ARC), United Service Organization (USO), Navy Mutual Aid Society, and federal, state and local Human Service agencies.

(6) Practical Issues. This section covers a wide variety of practical matters often overlooked. Your own experience, combined with a review of readiness checklists, should serve to highlight the most important considerations. Important documents. Discuss storage of important papers such as wills, insurance papers, etc. in a desk drawer, file cabinet, fireproof container, or safe deposit box. Protecting your property. Discuss unit plans for vehicle and personal property storage.

Emphasis the advantage of always having a back-up plan. Stress how important it is for Marines to review with their spouse the matters noted above and those following.

(a) Encourage completion in partnership with the spouse -- to take this responsibility together. Include the need for all family members to know the complete work address and phone for the Marine and spouse. If there are children, include address and phone number of each child's school or child care location. Write it down, explain abbreviations, and keep it updated.

(b) Keep vehicles safe, insured, and registered. Some bases require Marines under a certain age to attend a drivers' school; check to see if your base is one of them. Also, note safety in the home (locks, fire detectors).

SUMMARY:

(2 MIN)

In any confrontation, you must be prepared to counter an opponent's attack to gain the tactical advantage. Sustainment of these skills requires regular practice of the techniques. This lesson covered the techniques for executing counters to strikes including counters to punches and counters to kicks. A counter to the unexpected situations of life in the Marine Corps is being personally prepared. There are some important points that should be reinforced before you end your session. Foremost among them is a clear understanding of the benefits resulting from each Marine's attention to personal and family readiness as a continual responsibility. The reward for the Marine is peace of mind that comes from knowing their family, their interests, and their property are secure. The reward for the unit is fewer distractions or emergencies arising from a Marine's need to take care of unexpected personal situations. Emphasize the individual's ongoing responsibility for readiness to self, family, and unit. While the command provides the resources and opportunity, the Marine must get the job done. Because we are professionals a Marine leaves nothing to chance. Careful preparation should be something that we all do. It is the actions of a warrior.