

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

DETAILED OUTLINE

THROWS

INTRODUCTION _____ (3 MIN)

1. GAIN ATTENTION. In any combat situation, sizes and strengths of your opponents will vary. Marines will never have the opportunity to choose their enemies on the battlefield and will need the skills to handle any situation with any opponent. Just as Marines know there are different sizes and strengths of enemy, so are there different races, colors, creeds, sexes, and religions within our Corps. In the Marine Corps though, we view that diversity as a strength. By our differences, we balance each other and together our team is stronger.

2. OVERVIEW. This lesson will cover the three parts of a throw, techniques for training off-balancing and the Leg Sweep. We will also discuss Equal Opportunity, how it affects us as Marines, and why it is so important.

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 leg sweep in accordance with the references. (8550.01.09)

2. Without the aid of references, discuss the Marine Corps Equal Opportunity Program in accordance with the references. (8550.01.25)

b. ENABLING LEARNING OBJECTIVES.

1. Given opponent, mouthpiece, and without the aid of the references, execute entry in accordance with the references. (8550.01.09a)

2. Given opponent, mouthpiece, and without the aid of the references, execute off-balancing in accordance with the references. (8550.01.09b)
3. Without the aid of the reference, discuss the definition of equal opportunity in accordance with the references. (8550.01.25a)
4. Without the aid of the reference, discuss prejudicial attitudes that effect equal opportunity in accordance with the references. (8550.01.25b)
5. Without the aid of the reference, discuss the Marine Corps policy on equal opportunityprejudicial attitudes that effect equal opportunity in accordance with the references. (8550.01.25c)

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

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

BODY _____ **(55 MIN)**

1. INTRODUCTION TO THROWS (5 MIN)

a. The purpose of a throw is to bring an opponent to the deck to gain the tactical advantage in a fight. Throws apply the principles of balance, leverage, timing, and body position to upset an opponent's balance and to gain control by forcing the opponent to the deck. When executing a throw, it is important to maintain control of your own balance and, simultaneously, to prevent the opponent from countering a throw or escaping after he is forced to the deck.

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

- (1) Select a training area with soft footing such as a sandy or grassy area. If training mats are available, use them. A flight deck or hard surface area is not appropriate for training throws.
- (2) Perform the techniques for throws slowly at first and increase the speed of execution as proficiency is developed.

(3) Students being thrown should execute the appropriate break fall to prevent injury. To reduce head and neck injuries, ensure chins are tucked and hand placement is correct so students' heads do not hit the deck during the fall.

2. THREE PARTS OF A THROW

(15 MIN)

a. Entry. The first part of a throw is the entry. Your entry to be quick and untelegraphed to prevent your opponent from anticipating your movement and countering your attack. You also want to make sure that your body positioning is correct in relation to your opponent to allow for proper off-balancing and execution of the throw.

b. Off-Balancing. The second part of a throw is off-balancing. Off-balancing techniques are used to control an opponent by using the momentum of the opponent to move or throw him. Off-balancing techniques can be used to throw an opponent to the deck while you remain standing, or they can be used to put you in a position for a strike, a choke, etc. Off-balancing also aids in execution of throws because your opponent is unable to fight your attack with full strength due to being off-balanced.

(1) Angles of Off-Balancing. There are eight angles or directions in which an opponent can be off-balanced. Imagine the angles at your feet labeled with Forward, Rear, Right, Left, Forward Right, Forward Left, Rear Right, and Rear Left.

(a) The angles correspond to your perspective, not the opponent's.

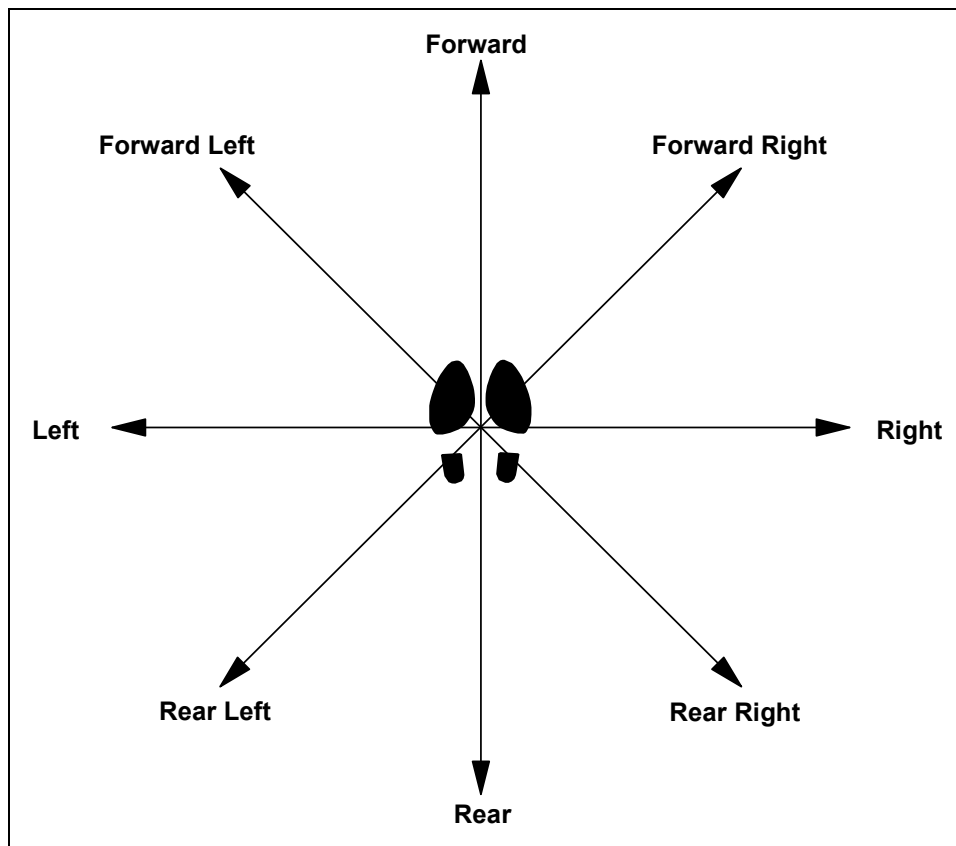
(b) Forward, Rear, Right, and Left are straight angles.

(c) Forward Right, Forward Left, Rear Right, and Rear Left are considered quadrants, at a 45-degree angle in either direction to your front or your rear.

(2) Off-Balancing Techniques. An opponent can be off-balanced by pushing or pulling. An opponent can be pulled or pushed with your hands, arms, or body.

(a) Pulling. Pulling is performed by grabbing an opponent with your hands and driving him forcefully to one of the rear quadrants or right or left.

(b) Pushing. Pushing is performed by grabbing the opponent with your hands and driving him forcefully into one of the front quadrants or right or left. Bumping is executed in the same manner as pushing, but without using your hands to grab the opponent. Instead, you use other parts of your body such as your shoulders, hips, and legs.



(3) Principles of Off-Balancing.

(a) Off-balancing techniques rely on the momentum of the opponent. For example, if the opponent is charging at you, you can pull him to drive him to the deck. Likewise, if the opponent is pulling on you, you can push him to drive him to the deck.

(b) Off-balancing techniques rely on the generated power of the opponent. In combat, you are often tired and may be outnumbered. Depending on the generated energy and momentum of the opponent, you can employ these

techniques with very little effort and still obtain effective results.

(c) Because off-balancing techniques rely on the momentum and power generated by the opponent, they are particularly effective techniques for men and women who may be outsized by their opponent or lack their opponent's strength.

(4) Practical Application for Off-Balancing.

(a) Begin the practical application with students facing one another. Designate one student as the opponent and the other to perform off-balancing.

(b) Direct students: With your left hand, grasp the opponent's right hand, with your right hand, grasp the opponent's left shoulder, etc.

(c) Practice each of the eight angles of off-balancing. Ensure students push or pull just enough to see that the opponent is off-balanced, not to drive the opponent to the deck. When the opponent takes a step back or forward, he is off-balanced and compensating to maintain his balance.

c. Execution. The third and final piece of a throw is the execution. Whatever steps remain in the throw to take the opponent to the deck are utilized here. Each piece before this, is just to set up and assist in this final process.

3. LEG SWEEP

(20 MIN)

a. Leg Sweep. A leg sweep can be used to take the opponent to the deck while you remain standing. A leg sweep is particularly effective if the opponent is already off-balanced and moving backward or pulling on you.

b. Training the Technique. To teach the leg sweep technique, walk students through the technique, step by step, working on proper body position and execution. To teach the leg sweep, have the student:

(1) Stand facing opponent.

(2) With your left hand, grasp the opponent's right wrist. Grab the opponent's clothing or gear if you cannot grab his wrist.

(3) Step forward with your left foot on the outside of the opponent's right foot. At the same time, with your right hand, grasp your opponents upper right torso area either on gear or flesh.

(a) Your foot should be at least in line or behind the opponent's foot.

(b) Your foot should be placed outside of the opponent's foot, far enough to provide room to bring the other leg through to execute the sweep.

(4) Begin to off-balance the opponent by pulling his wrist downward close to your body and pushing his shoulder backward.

(5) Raise your right knee (no higher than waist high) and bring your foot behind the opponent's right leg, and stop. The leg should be bent at the knee.

(a) This action takes less movement than straightening the leg prior to the sweep.

(b) When your leg is raised you should be balanced and in a position to easily off-balance the opponent.

(6) Sweep through the opponent's leg, making contact with your calf on the opponent's calf. At the same time, continue off-balancing by pulling the wrist and driving your opponent back with your right side.

(a) In a combative engagement contact will be made with the cutting edge of the heel on the opponent's achilles tendon or calf.

(7) Bending at the waist, continue to drive through the opponent's leg as you force him down to the deck. You have to release your grip on the opponent's shoulder in order to maintain your balance.

(8) Rapidly return to the basic warrior stance.

4. EQUAL OPPORTUNITY

(15 MIN)

a. Definition. To begin with we will discuss the definition of the term equal opportunity. "Equal Opportunity" is a concept which requires that the objectives of fair and equal treatment and equality of opportunity for all be applied to all management functions and leadership actions. What does this mean to each of us? Understanding what equal opportunity is, we will now discuss some of the prejudicial attitudes and additional definitions that will help us to understand what equal opportunity is and isn't.

(1) Discrimination. An act, policy or procedure that arbitrarily denies equal opportunity because of race, color, religion, sex, age or national origin to an individual or group of individuals.

(2) Ethnic Group. A segment of the population that possesses common characteristics and a cultural or national heritage significantly different from that of the general population.

(3) Minority. A group differing from the predominant section of a larger group in one or more characteristics: e.g., ethnic background, language, culture or religion. As a result, a minority group is often subjected to differential treatment.

(4) Prejudice. The holding of a judgment or opinion without regard to pertinent fact, typically expressed in suspicion, fear, hostility, or intolerance of certain people, customs, and ideas.

(5) Race. Any of the major biological divisions of mankind distinguished by color and texture of hair, color of skin and eyes, stature, bodily proportions, or other genetically transmitted physical characteristics.

(6) Sexual Harassment. Influencing, offering to influence, or threatening the career, pay, or job of another person in exchange for sexual favors; or deliberate or repeated offensive comments, gestures, or physical contact of a sexual nature in a work or work-related environment.

b. Finally let us discuss the Marine Corps policy on equal opportunity and why equal opportunity is important to a warrior.

(1) The Marine Corps will provide equal opportunity for all military members without regard to race, color, religion, sex, age or national origin, consistent with requirements for physical and mental capabilities. Marines must recognize the importance, dignity, needs and aspirations of the individual.

(2) As warriors, each Marine is part of a team whose primary purpose is to prepare for and fight our Nation's battles. This means there must be a fully integrated Marine Corps in which all personnel are striving for the common goals. Further, there is a need for the development of each individual to the highest degree of responsibility possible, dependent only upon individual talent and diligence. The achievement and maintenance of these goals is integral to full development of the *esprit de corps*, pride and individual readiness that are essential to combat readiness. Ensuring that fairness and equality of opportunity are extended to all personnel in each and every action that affects the individual Marines is an inherent function of leadership and will be given appropriate consideration in performance evaluation. On the battle field the race, creed, sex, or ethnic origin of the Marine on your left and right is irrelevant. Being a Marine and working together are what matters.

(3) All Marines should understand that adherence to our basic leadership traits and principles provides for the fundamentals equal opportunity addresses. We also must recognize that discrimination based upon race, color, religion, gender, age, or national origin, consistent with the law and regulations are alien to the basic values of the Marine Corps. Therefore, discrimination is alien to the actions of a Warrior.

SUMMARY: _____ (1 MIN)

Throwing techniques rely on off-balancing to throw an opponent to the deck while you remain standing, thereby gaining the tactical advantage.

Throwing techniques are particularly effective techniques because they are size and gender neutral because they rely on the momentum and power generated by the opponent, rather than the strength or size of the Marine. This lesson covered off-balancing techniques and the leg sweep throw. In keeping with the Marine Corps leadership philosophy, the responsibility for accomplishing equal opportunity goals is not dependent on authority and is not the function of any special staff officer. Rather, all Marines are expected to exert proper leadership by promoting harmonious interactions among individuals, regardless of age, race, color, religion, gender, or national

origin, by exemplifying fair treatment for all Marines and identifying unfair practices to higher authority via the chain of command.

We all need to understand that the effects that prejudicial attitudes have in off-balancing individual Marines and the unit. As warriors, each Marine understands that as a "band of brothers" each of us is critical to the success of our Corps and its mission. While each of us is unique, the fires of recruit training and officer candidate schools bind us in a sameness that means being a Marine.