

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

DETAILED OUTLINE

STRIKES (LOWER BODY)

INTRODUCTION

(6 MIN)

1. GAIN ATTENTION. The legs provide the most powerful weapons of the body with which to execute strikes because they use the largest muscles of the body. Legs are less prone to injury than are arms. The power with which the legs can be used can inflict serious damage upon an opponent. Like strikes with the arms, strikes with the legs are easily learned and sustained through training and can be easily incorporated into physical training. Like Marines before us, we must possess the ability to adapt and operate in hostile environments in order to accomplish our mission. Due to the variety of missions in which the Marine Corps is involved, Marines must be able to respond to such acts with the least amount of lethality and escalate the use of force only when necessary. This ability to adapt and operate in a hostile environment, which is part of our legacy, will also be discussed by the use of a specific example during the last portion of this class. We will discuss a selected warrior study that explains the actions of an ordinary Marine who accomplished extraordinary feats.
2. OVERVIEW. This lesson will cover the techniques for executing tan belt level strikes with the legs as well as discuss a pre-selected Warrior Study.
3. INTRODUCE LEARNING OBJECTIVES. The Learning Objectives pertaining to this lesson are as follows:
 - a. TERMINAL LEARNING OBJECTIVES.
 - (1) Given striking pad, mouthpiece, and without the aid of reference, execute lower body strikes in accordance with the references. (8550.01.07)
 - (2) Without the aid of the reference, participate in a Warrior Study in accordance with the reference. (8550.01.22)

b. ENABLING LEARNING OBJECTIVES.

(1) Given striking pad, mouthpiece, and without the aid of reference, execute lower body strikes in accordance with the references. (8550.01.07a)

(2) Given striking pad, mouthpiece, and without the aid of reference, execute a round kick in accordance with the references. (8550.01.07b)

(3) Given striking pad, mouthpiece, and without the aid of reference, execute a vertical knee strike in accordance with the references. (8550.01.07c)

(4) Given striking pad, mouthpiece, and without the aid of reference, execute a vertical stomp in accordance with the references. (8550.01.07d)

(5) Without the aid of the reference, discuss Marine Corps values demonstrated by the Marine who is the subject of the Warrior Study in accordance with the references. (8550.01.22a)

(6) Without the aid of the reference, discuss the leadership principles and traits demonstrated by the Marine who is the subject of the Warrior Study in accordance with the references. (8550.01.22b)

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

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

BODY _____ **(62 MIN)**

1. SAFETIES: In order to prevent injury to students during training the following safeties will be enforced:

a. All techniques will be taught and practiced in stages.

1. Begin with executing the strikes "in the air." Do not allow students to make contact on an opponent or a target during the initial stages of training.

2. As students become more proficient, turn and face one another to acquire target areas on the opponent. At no time will contact be made between students.

3. When students become proficient techniques will be executed on striking pads.

b. Ensure students avoid full extension of the legs when practicing techniques in the air to prevent hyper-extension of the joints.

c. Techniques will not be executed at full force or full speed.

2. KNEE STRIKE

(10 MIN)

Purpose: Knee strikes are excellent weapons close range of combat. Knee strikes are used to create and maximize damage to your opponent.

a. Vertical Knee Strike.

(1) Striking Surface. The striking surface is the thigh, slightly above the knee.

(2) Target Areas of the Body. If the opponent is upright, the groin is often the target. If the opponent is bent over, ideal target areas are the opponent's face and sternum.

(3) Technique. To train the vertical knee strike, have students:

(a) Grab the opponent's neck or gear

(b) Pull the opponent down at the same time raise your right knee driving it up forcefully into the opponent.

1. Power is generated by pulling the opponent down and thrusting the leg upward.

(c) Make contact on the opponent two inches above your right knee.

(d) Follow-through the target area with your knee.

(e) Rapidly retract to the basic warrior stance.

3. KICKS

(35 MIN)

a. Purpose. The purpose of kicks is to stop an opponent's attack or to create an opening in his defense in order to launch an attack. Kicks can be performed with the lead leg or the rear leg.

(1) Kicks with the rear leg have greater power because the hips can be rotated into the attack.

(2) However, the rear leg is further away from opponent, so a strike with the rear leg will not make contact on the opponent as quickly as a strike with the lead leg.

b. Front Kick. The front kick is executed when the opponent is in front of you.

(1) Striking Surface. The striking surfaces are the toe of the boot or the bootlaces.

(2) Target Areas of the Body. The target areas are the opponent's groin, knee, shin and inside thigh.

(3) Technique. To train the front kick, have students:

(a) Raise your right knee waist high and, pivoting your hips into the attack, thrust your right foot forward toward the opponent.

[1] You may have to shift your body weight to your left leg to maintain balance.

[2] Never extend your foot above waist high because it is difficult to maintain power and it is easier for the opponent to counter by blocking or catching your leg.

[3] Keep in mind it is difficult to change the direction of a kick after it is initiated because you have limited movement on one leg.

(b) Make contact on the opponent with the toe of your right boot or bootlaces.

(c) Follow-through the target area with your foot and leg.

(d) Rapidly retract to the basic warrior stance

c. Round Kick. The round kick is executed when the opponent is in front of you.

(1) Striking Surface. The striking surface is the shin slightly above the ankle.

(2) Target areas of the Body. The target areas are the opponents Peroneal Nerve (outside of the leg), Femoral Nerve (inside of the leg).

(3) Technique. To train the round kick, have the students:

(a) Raise your rear leg slightly off the deck; ensuring your knee is slightly bent, pivoting your hips and shoulders into the attack. Thrust your rear leg forward in an arcing motion towards your opponent, ensuring that the foot of the lead leg is pointed 45 degrees to the outside of the opponent.

[1] You may have to shift your body weight to your left leg to maintain your balance. Ensure that the foot of the lead leg is pointing 45 degrees to the outside.

[2] With your lead leg slightly bent, extend your rear leg towards your opponent in an arcing motion.

[3] Thrust your rear hip and shoulder forward to generate additional power.

(b) Make contact on the opponent with the shin of the rear leg or the top of the foot.

(c) Follow through the target area.

(d) Rapidly retract to the basic warrior stance

4. STOMPS

(15 MIN)

a. Purpose. A stomp is performed when the opponent is on the ground and you are standing.

b. Vertical Stomp.

(1) Striking Surface. The striking surface is the flat bottom of your boot or the cutting edge of your heel.

(2) Target Areas of the Body. The target areas are the opponent's head or extremities.

(3) Technique. To train the vertical stomp, have students:

(a) Raise the knee of your right foot above waist level.

[1] Your right leg should be bent at approximately a 90-degree angle.

[2] Shift your body weight to your left leg to maintain your balance.

(b) Forcefully drive the flat bottom of your right boot or the cutting edge of your right heel down onto the opponent.

(c) At the same time, bend your left knee slightly to drop your body weight into the strike.

(d) Rapidly retract to the basic warrior stance.

5. WARRIOR STUDY

(15 MINS)

SUMMARY:

(4 MIN)

The legs provide the most powerful weapons of the body to execute strikes because they use the largest muscles of the body. In addition, legs are less prone to injury. Strikes with the legs are among the primary techniques you will use in any close combat confrontation. This lesson covered strikes with the legs including knee strikes, kicks, and stomps. Once Marines understand and can apply these techniques, they can use them in a variety of situations to retain their weapons and control a person without unnecessarily escalating the violence of the situation. In the same manner, with proper training and the warrior spirit, Marines will continue to rise to the occasion and accomplish the mission no matter how arduous. This ensures that the legacy of the past will continue to the future and the Marine Corps will continue to be the world's finest fighting force.