

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

DETAILED OUTLINE

PUNCHES

INTRODUCTION _____ (5 MIN)

1. **GAIN ATTENTION.** Under extreme stress and unusual situations it is human nature to act reflexively to a situation. This is a defense mechanism to survive. Generally in any hand-to-hand confrontations, punches are thrown. Most people resort to punching because it is a natural reaction to a threat, it is a physical reflexive action. In the same way, our behavior in these situations provides us with a glimpse of our true character. For our physical training there are techniques for correctly delivering a punch that maximize the damage to an opponent while minimizing the risk of injury to yourself. For our character development we rely on our core values training to deliver the desired results.
2. **OVERVIEW.** This lesson will cover the techniques for instructing punches including the lead hand punch, rear hand punch, uppercut, and hook; fault checking procedures; and safety precautions inherent in instructing punches. Additionally, we will discuss the Marine Corps core values that are the foundation of every Marine's character development.
3. **INTRODUCE LEARNING OBJECTIVES.** The learning objectives pertaining to this lesson are as follows:
 - a. **TERMINAL LEARNING OBJECTIVES.**
 - (1) Without the aid of the reference, given black leather gloves, and a striking pad, execute punches, in accordance with the references. (8550.01.02)
 - (2) Without the aid of the reference discuss the Marine Corps Values program in accordance with the references. (8550.01.18)
 - b. **ENABLING LEARNING OBJECTIVES.**
 - (1) Given black leather gloves, striking pad, and without the aid of reference execut a lead hand punch in accordance with the references. (8550.01.02a)

(2) Given black leather gloves, striking pad, and without the aid of reference execut a rear hand punch in accordance with the references. (8550.01.02b)

(3) Given black leather gloves, striking pad, and without the aid of reference execut a uppercut in accordance with the references. (8550.01.02c)

(4) Given black leather gloves, striking pad, and without the aid of reference execut a hook in accordance with the references. (8550.01.02d)

(5) Without the aid of the reference discuss Marine Corps core values in accordance with the references. (8550.01.18a)

(6) Without the aid of the reference discuss three elements of the core value "Honor" in accordance with the references. (8550.01.18b)

(7) Without the aid of the reference, discuss the two types of courage in accordance with the references. (8550.01.18c)

(8) Without the aid of the reference discuss the MCMAP discipline upon which core values is built in accordance with the reference. (8550.01.18d)

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

5. EVALUATION. This lesson will evaluated by performance and oral evaluations.

BODY **(80 MIN)**

1. INTRODUCTION TO PUNCHES **(10 MIN)**

a. Purpose. The purpose of punches is to stun your enemy or to set him up for a follow-up finishing technique. Punches should be practiced until they become instinctive and can be applied with speed and force.

b. Principles of Punches.

(1) Relaxation. Muscle relaxation must be emphasized at all times during instruction on punches. The natural tendency in a fight is to tense up, which results in rapid fatigue and decreased power generation.

(a) The fighter who can remain relaxed during a close combat situation generates greater speed, which results in greater generation of power.

(b) Relaxing your forearm generates speed and improves reaction time. At the point of impact, clench your fist to cause damage to the opponent and to avoid injury to your wrist and hand.

(2) Weight Transfer. Weight transfer is necessary to generate power in a punch. This is accomplished by:

(a) Rotating the hips and shoulders into the attack.

(b) Moving your body mass forward or backward in a straight line.

(c) Dropping your body weight into an opponent. Your body's mass can be transferred into an attack from high to low or from low to high.

(3) Rapid Retraction. When delivering a punch, rapid retraction of the fist is important. Once your hand has made contact with the target, quickly return to the basic warrior stance. Rapid retraction:

(a) Enables you to protect yourself from your opponent's counter-attack by returning your hand and arm to the basic warrior stance.

(b) Prevents the opponent from being able to grab your hand or arm.

(c) Permits the hand and arm to be "chambered" or "re-cocked" in preparation for delivering a subsequent punch.

(4) Telegraphing. Telegraphing a strike is informing your opponent of your intentions to launch an attack through your body movements.

(a) Often, an untrained fighter will telegraph his intention to attack by drawing his hand back in view of his opponent, changing facial expression, tensing neck muscles, or twitching. These movements, however small, immediately indicate an attack is about to be delivered.

(b) If your opponent is a trained fighter, he may be able to evade or counter your attack. If your opponent is an untrained fighter, he may be able to minimize the effect of your attack.

(c) Staying relaxed helps to reduce telegraphing.

c. Basic Fist. Punches are executed using the basic fist. To make the basic fist:

(1) Curl the fingers naturally into the palm of the hand and place the thumb across the index and middle fingers.

(2) Do not clench the fist until movement has begun. This increases muscular tension in the forearm and decreases speed and reaction time.

(3) Just before impact, apply muscular tension to the hand and forearm to maximize damage to the opponent and reduce injury to the Marine.

(4) Contact should be made with the first knuckles of the index and middle fingers.

(5) When striking with the basic fist, it is important that the first two knuckles are in line with the wrist to avoid injury to the wrist.

2. SAFETY CONSIDERATIONS

(6 MIN)

a. After ensuring students are paired by appropriate height and weight, train the practical application portion of punches in stages:

- will
1. Begin with students executing punches "in the air". Students not make contact on one another or equipment.
 2. As students become more proficient, students will face each other and acquire target areas without making contact on one another.

3. When student become proficient they will practice on striking pads. Ensure that contact is only made on the striking pad.
- b. When executing punches ensure the arm is kept slightly bent to avoid hyperextension of the joint.
- c. When executing punches the Marines should start slowly and increase their speed with proficiency.

3. LEAD HAND PUNCH

(10 MIN)

- a. Purpose. The lead hand punch is a snapping straight punch executed by the forward or lead (left) hand. It is a fast punch designed to stun the opponent away and to set up your follow-on attack. A lead hand punch conceals movement and allows you to get close to the opponent. Lead hand punches should strike soft tissue areas, if possible.
- b. Technique. To train the lead hand punch, the student will:
 - (1) Assume the basic warrior stance.
 - (2) Snap your lead hand out to nearly full extension, while rotating your palm to the deck. Do not over extend your elbow because this can cause hyper-extension of the joint and injury.
 - (3) Keep your rear hand in place to protect your head.
 - (4) Make contact on the opponent with the first two knuckles of your fist.
 - (5) Immediately retract your hand, resuming the basic warrior stance.

4. REAR HAND PUNCH

(15 MIN)

- a. Purpose. The rear hand punch is a snapping punch executed by the rear (right) hand. It is a power punch designed to inflict maximum damage on your opponent. Its power comes from pushing off your rear leg and rotating your hips and shoulders.
- b. Technique. To train the rear hand punch, the student will:

- (1) Assume the basic warrior stance.
- (2) Forcefully rotate your hips and shoulders toward the opponent and thrust your rear hand straight out, palm down, to nearly full extension.
 - (a) Shift your body weight to your lead foot while pushing off on the ball of your rear foot.
 - (b) Your rear heel may raise or flare off the deck.
- (3) Keep your lead hand in place to protect your head.
- (4) Make contact on the opponent with the first two knuckles of your fist.
- (5) Rapidly retract to the basic warrior stance.

5. UPPERCUT

(12 MIN)

- a. Purpose. The uppercut is a powerful punch originating below the opponent's line of vision. It is executed in an upward motion traveling up the centerline of the opponent's body. It is delivered in close and usually follows a preparatory strike that leaves the target area unprotected. When delivered to the chin or jaw, the uppercut can render an opponent unconscious, cause extensive damage to the neck, or sever the tongue.
- b. Technique. To train the uppercut, have the student:
 - (1) Assume the basic warrior stance.
 - (2) Bend your arm, rotating your palm inboard. The distance your arm bends will depend on how close you are to the opponent.
 - (3) At the same time, thrust your fist straight up toward the opponent's chin or jaw.
 - (a) Power is generated by transferring your body weight from low to high into the strike.
 - (b) Additional power can be generated by forcefully rotating your hips and shoulders toward the opponent.
 - (4) Keep your lead hand in place to protect your head.

(5) Make contact on the opponent with the first two knuckles of your fist.

(6) Immediately retract your hand, resuming the basic warrior stance.

6. HOOK

(12 MIN)

a. Purpose. The hook is a powerful punch that is executed close in and is usually preceded by a preparatory strike.

b. Technique. To train the hook, have the student:

(1) Assume the basic warrior stance.

(2) Thrust your right arm in a hooking motion toward the opponent, forearm parallel with the deck and palm towards the deck, forcefully rotating your right shoulder and hip toward the opponent. Do not telegraph the punch by extending the arm too far out to the side.

(3) Make contact on the opponent with the first two knuckles of your fist.

(4) Continue rotating your shoulder and hip, following through with your fist through the target.

(5) Immediately retract your hand, resuming the basic warrior stance.

7. CORE VALUES

(15 MIN)

a. You already know that Marines are different. For each of you, that was one of the reasons, maybe the only one that drew you to enlist in the Marine Corps. Today we will teach you what makes Marines different, our "Core Values." They govern our behavior towards one another and everyone else. They guide the actions of a warrior both on and off the battlefield. As a civilian, you may be able to get by without understanding what your values are or without having any values. As a Marine, you cannot because in the end you will fail without them.

b. The Marine Corps Core Values are Honor, Courage, and Commitment. They are the foundation of each Marines character. Our character is that

part of us which separates us from others, it is our spirit, our soul. Our Core Values give direction to our actions. If we live by them we will always make the right decision and take the right path. Why are our Core Values important?

c. Each day we will have to guard against lying, cheating or stealing in order to keep our reputation and that of the Corps untarnished. As men and women of honor we will be able to keep our reputation untarnished. We understand that our actions must be above reproach and our conduct exemplary. The core value of honor has three elements that make bedrock of our character.

(1) First, Marines are trustworthy. This element of honor is what ties each of us together. We trust each other to do the right thing, be honest in our dealings and truthful with each other. This trust will lead us to rely on each other in combat and trust each other with our lives. The warrior understands that trust is a fragile thing that must be handled carefully because once lost is difficult to restore.

(2) Second, Marines respect human dignity. We respect each other, we understand that the diversity of people who make up our Nation and Corps contribute to our strength and greatness. As warriors we are prepared to devastate aggressors with overwhelming force while respecting other cultures and their people.

(3) Third, Marines are accountable. Marines take responsibility for themselves, their duties, their actions, and their mistakes. They do not blame others for their shortcomings, nor do they shirk their obligations because they are unpleasant.

d. As Marines we will be faced on a daily basis with decisions that require us to exercise one or both of the two types of courage, moral and physical courage. We may be faced with the problem of doing something unpopular that requires the moral courage to stand up to criticism. In another situation we may find ourselves in combat facing certain death and must demonstrate the physical courage to overcome our fear. A sound character built upon our Core Values will enable us to find the courage we need.

e. Each day we will receive new missions to accomplish but with the temptation of taking shortcuts awaiting us along the way. With a commitment to do whatever is right the warrior will always be able to say "mission accomplished." Commitment means determination and dedication that leads to professionalism and mastery of the art of war. It leads to discipline for unit and self; it is the ingredient that enables 24-hour a day

dedication to Corps and Country; pride; concern for others; and an unrelenting determination to achieve a standard of excellence in every endeavor. Commitment is the value that establishes the Marine as the warrior and citizen others strive to emulate. Commitment implies hard work, pride in the quality one produces, and single-minded dedication to the tasks at hand. Commitment requires loyalty to the organization, expressed by adhering to Marine Corps requirements, showing discipline 24-hours a day,

f. Our Core Values are our moral compass. Each of us must set the proper direction and remain true to that course constantly. This application of Core Values applies to everything a Marine does. Without these Core Values to serve as a guide your conduct would not be that of a Marine. Our Core Values are the foundation of our character development and upon which the Character Discipline of the Marine Corps Martial Arts Program is based. Also remember that these Core Values are the foundation upon which we will also build Marine Corps leadership.

SUMMARY _____ (5 MIN)

In any hand-to-hand confrontation, people often resort to punching because it is a natural reaction to a threat. With proper techniques and execution, you will be able to correctly deliver a punch that maximizes the damage to an opponent while minimizing the risk of injury to the yourself. In the same way by developing a strong character based upon Marine Corps Core Values you will ensure that your conduct is such that your natural reaction is to do the right thing. In each instance we strive for muscle memory and professionalism. This is what sets us apart as Marines and has made our Corps the premier fighting force in the world. Because of this we each share a role in developing our fighting skills to perfection while developing our character in the same manner in order to maintain our reputation. Our reputation is that of the world's finest fighting force. A reputation for professionalism and integrity, that comes by way of Marines whose actions were guided by our Core Values.

Therefore it is important to remember that each of us has a responsibility to ensure our reputation does not become tarnished through misconduct or inaction. Like "real brass", each of us must do our part to keep our reputation polished.