

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

**DETAILED OUTLINE**

**UNARMED MANIPULATION**

**INTRODUCTION** \_\_\_\_\_ (3 MIN)

1. GAIN ATTENTION. Marines are known for their ability to adept and react to any situation. Throughout this course we have covered martial arts techniques which are intended to cause death or serious injury of an opponent. Marines operate within a continuum of force on a daily basis, particularly in support of peacekeeping-type missions. In these situations, Marines must act responsibly to handle a situation without resorting to deadly force. In the third and fourth levels within the continuum of force, compliance techniques and defensive tactics are applied to control a situation. These actions include the martial art techniques of unarmed manipulation. As members of a Martial Culture, Marines are taught from their first day of training and understand that the military way of life consists of a rank structure, chain of command and positions of authority. These rules are not placed there to hinder the development of camaraderie, cohesion or esprit de corps, but infact are designed to enhance it. A military organization exists for a very specific and unique reason, combat. This requires a unique way of personal interaction.

2. OVERVIEW. This lesson will cover unarmed manipulation including wristlocks, armbars, takedowns as well as an understanding of what fraternization is and how it can damage the special relationship that must exist amongst members of a warrior society.

3. INTRODUCE LEARNING OBJECTIVES: The Learning Objectives pertaining to this lesson are as follows:

a. TERMINAL LEARNING OBJECTIVES:

1. Given opponent, mouthpiece, and with the aid of the references, execute unarmed manipulation in accordance with the references. (8550.01.13)

2. Without the aid of references, discuss fraternization in accordance with the references. (8550.01.27)

b. ENABLING LEARNING OBJECTIVES.

1. Given opponent, mouthpiece, and without the aid of references, **execute a basic wrist-lock takedown** in accordance with the references. (8550.01.13a)
2. Given opponent, mouthpiece, and without the aid of the references, **execute a reverse wrist-lock** in accordance with the references. (8550.01.13)
3. Given opponent, mouthpiece, and without the aid of the references, **execute an armbar takedown** in accordance with the references. (8550.01.13c)
- (4) Without the aid of references, **discuss the definition of fraternization** in accordance with the references. (8550.01.27a)
- (5) Without the aid of references, **discuss the Marine Corps policy on fraternization** in accordance with the references. (8550.0127b)
- (6) Without the aid of references, **discuss the relationships between Marines that do not normally constitute** in accordance with the references. (8550.01.27c)

4. METHOD/MEDIA. This period of instruction will be taught by means of EDIP and guided discussion.

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

**BODY** \_\_\_\_\_ **(85 MIN)**

**1. INTRODUCTION TO UNARMED MANIPULATION** (10 MIN)

a. Behavior of the Subject. In the third level in the continuum of force (Resistant - Active), the subject first demonstrates physical resistance.

- (1) The subject does not actively attack the Marine, but continues to openly defy the Marine's verbal commands.

(2) The following behaviors are the types the Marine could encounter at this level: continued refusal to comply with directions, pulling away, shouting, struggling, locking oneself in a car, or fleeing from the area. At this level, the physical threat to the Marine remains low.

b. Compliance Techniques. Compliance techniques are unarmed manipulation techniques used to physically force a subject or opponent to comply. Compliance can be achieved through close combat techniques of:

(1) Pain compliance using joint manipulation and pressure points. Pain compliance is the initiation of pain to get compliance on the part of the subject.

(2) Come-along holds.

c. Principles of Joint Manipulation. Joint manipulation is used to initiate pain compliance and gain control of a subject.

(1) Joint manipulation involves the application of pressure on the joints such as the elbow, wrist, shoulder, knee, ankle, and fingers. Pressure can be applied in two ways:

(a) Pressure is applied in the direction in which the joint will not bend. For example, joints such as the knees and elbows only bend in one direction and when pressure is applied in the opposite direction, pain compliance can be achieved.

(b) Pressure is applied beyond the point where the joint stops naturally in its range of movement (i.e., it does not bend anymore).

(2) There are breaking points on each joint. A slow steady pressure should be applied until pain compliance is reached. Continued pressure will break the joint and may escalate the violence of the situation.

(3) Joint manipulation additionally uses the principle of off-balancing. A subject can be better controlled when he is knocked off balance.

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

(1) When executing a joint manipulation in training and in combat, apply a slow, steady pressure until compliance is achieved. Bones can break if too much pressure is applied.

(2) Once a technique is applied to the point the student is uncomfortable, the student must "tap out" to indicate 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.

## **2. SOFTENING TECHNIQUES**

(5 MIN)

a. Softening or Distraction Techniques. If you are having difficulty releasing a subject's grip, you can use a softening or distraction technique such as a strike or kick to a pressure point to get the subject to loosen his grip so you can apply a wristlock.

(1) The Marine can add to the effectiveness of the joint manipulation by striking the joint.

(a) Strikes are executed with "heavy hands," i.e., the strike is executed by driving through with the strike to allow the weight of the hand to go through the target area of the body.

(b) Strikes do not have to be executed at full force to be effective.

(2) The hammer fist strike is an effective softening technique. The hammer fist strike is used to strike the thighs (femoral and peroneal nerves) and forearm (radial nerve) to:

(a) Distract or soften the subject so a joint manipulation or pain compliance can be performed.

(b) Redirect the movement of the subject or break him down. Striking the forearm in a down and inward movement with a hammer fist strike will cause the subject to bend his elbow so his direction can be controlled.

(3) A knee strike or kick on the inner or outer portion of the subject's thigh (femoral and peroneal nerves) can knock a subject off balance or cause him to loosen or weaken his grip. Knee strikes and kicks can be very effective because the subject may never see them coming.

(4) A stomp to the foot can also serve as a distraction technique.

### 3. WRISTLOCKS

(30 MIN)

a. Wristlock Principles. A wristlock is a joint manipulation which can be applied in a number of ways to achieve pain compliance.

(1) The wrist will rotate in a number of directions; it will bend in a single direction until its movement stops naturally. In a wristlock, pressure is exerted beyond that point by bending or twisting the joint, or both.

(2) A wristlock can be executed when a subject tries to grab the Marine or is successful in grabbing the Marine or his equipment. A wristlock can also be performed by the Marine when he wishes to initiate control of a subject.

b. Basic Wristlock Take Down. To train the basic wristlock takedown, have the student:

(1) Begin with the opponent placing his hands on your lapels.

(2) With your right hand, grab the opponent's left hand by placing your thumb on the back of his hand so your knuckles are facing to your left.

(3) Hook your fingers across the fleshy part of his palm below the thumb. Rotate the opponent's palm so that the opponenet's palm is now towards the opponent and the fingers pointing skyward.

(4) The left hand is brought up to join the right hand, place the left thumb next to the right on the back of the opponent's hand.

(a) You may place both thumbs on the back of the opponent's hand, with the thumbs crossed.

(b) Hook the fingers of both hands around the fleshy

part of the opponent's palm on both sides of his hand.

(5) Apply pressure downward on the back of the opponent's hand to bend the joint and rotate the wrist outboard twisting the joint.

(6) Applying downward pressure on the wristlock, pivot on the ball of your right foot and quickly turn to your right to take the opponent to the ground. This employs the theory of big circle/little circle.

(a) If you have a opponent in a wristlock, he can be easily off-balanced by quickly pivoting. You can better control the subject when you knock him off balance.

(b) While you turn in a small circle, the subject is forced around in a bigger circle and he cannot move as fast as you and he is knocked off balance.

(7) Continue to apply pressure on the wrist joint as the opponent lands on his back with his arm straight in the air.

(8) Slide your left foot under the opponent's back underneath his armpit.

(9) Apply pressure with your knee against the opponent's triceps while pulling back on his arm and maintaining downward pressure on the wrist.

c. Reverse Wristlock. A reverse wristlock is executed when you grab the subject's right hand with your right hand. To train the reverse wristlock, have the student:

(1) Begin with opponent placing his right hand on the student's left shoulder.

(2) With the right hand, place palm on the back of the opponent's right hand and wrap the fingers across the fleshy part of his palm below his little finger.

(3) Twist the opponent's hand to the right while placing the hand against the student's chest. Bring up the left hand to support the right hand by grasping the opponent's hand in between both hands. Apply downward pressure on the opponent's hand

against the chest. Leave the opponent's hand on the chest to fully control the opponent and to gain leverage. Opponent's hand should be rotated 90-degrees so that his palm is facing left.

(4) Step back with the right foot to maintain better balance and lean forward to use body weight to add additional pressure to the joint.

**4. ARMBAR TAKEDOWN**

(10 MIN)

a. Basic Armbar. An armbar is a joint manipulation in which pressure is applied on a locked elbow, at or above the joint, in the direction the joint will not bend. An armbar has to be locked in quickly, but still requires a slow, steady pressure to gain compliance.

b. Arm Bar Takedown. To perform an armbar takedown:

(1) Face the opponent.

(2) Grab the opponents right wrist with the right hand.

(3) Simultaneously step forward with the left foot at a 45-degree angle to the outside of the opponent, while off-balancing the opponent by pulling the opponents' wrist to the right hip.

(4) With the left forearm, apply downward pressure on or above the opponents elbow. Make sure you maintain control of the opponent's wrist by keeping it locked into your hip.

(5) Pivoting on the left foot, step back in a circular motion with the right foot and apply downward pressure on the arm by dropping body weight to take the opponent to the ground. This employs the theory of big circle/little circle.

**5. PRACTICAL APPLICATION FOR UNARMED RESTRAINTS** (15 MIN)

**6. WHAT IS FRATERNIZATION**

**(3 MIN)**

a. Fraternization is the term used to describe improper personal and business relationships among Marines of different ranks or positions. When contact and relationships exceed these standards and become those of "buddies" or peers, then fraternization exists. Look at the facts and circumstances of each case:

(1) Is there a compromise of the chain of command?

(2) Is there an appearance of partiality? (REMEMBER: when dealing with the subject of fraternization, perceptions are as deadly as reality.)

(3) Is there the potential for good order, discipline, morale, or authority to be undermined?

b. Overview. The Marine Corps policy regarding fraternization is the product of naval service customs. The Marine Corps specifically, and military society in general, has historically imposed social constraints on personal relationships between individuals of different rank, grade, or position.

**7. MARINE CORPS POLICY ON FRATERNIZATION**

(2 MIN)

a. Fraternization in any form is a violation of Marine Corps regulations, specifically:

(1) Article 134, UCMJ. Fraternization has been a listed offense under the UCMJ since 1984.

(2) Article 133, UCMJ. Whenever a commissioned officer, cadet, or midshipman engages in behavior which dishonors or disgraces the officer, such as dishonesty, unfair dealing, indecency, lawlessness, injustice, or cruelty, that officer may be prosecuted under Article 133.

(3) Article 92, UCMJ. Whenever a local command has established regulations or orders as to the conduct of relationships or fraternization, a Marine may be subject to prosecution for fraternization as a violation of an order.

b. More importantly fraternization is conduct that is contrary to the warrior ethos.

**8. RULES CONCERNING FRATERNIZATION**

(5 MIN)

a. Fraternization rules date back to the time of the Roman army. The purpose of such constraints is to:

(1) Maintain good order and discipline.

(2) Promote relationships of mutual respect and confidence between juniors and seniors.

(3) Prevent adverse impact upon a junior's response to orders, the senior's exercise of command, or the perception of others regarding the senior's impartiality.

(4) Preserve the integrity of the chain of command.

b. The key issue is whether a relationship has developed in which mutual respect of grade is ignored.

(1) The relationship need not be male-female.

(2) Though not a rigid test, normal social or business relationships between Marines within the following six divisions do not constitute fraternization. (However, under some instructor-student relationship, even relationships within a particular group, would be considered fraternization.)

(a) General officers.

(b) Field grade officers.

(c) Company grade officers (to include warrant officers).

(d) Staff noncommissioned officers.

(e) Noncommissioned officers.

(f) Junior enlisted Marines.

(3) While improper relationships within the same chain of command are the most obvious, there is no blanket requirement under the UCMJ that the relationship be within the same chain of command to be improper.

c. The military services demand a regard for authority by juniors towards their seniors which experience has shown is enhanced by the observance of decorum, tradition, custom, usage, and conventions which are peculiar to the services alone. The unquestioned obedience mandated in time of battle rests on regard and respect for authority.

This respect is lessened by the failure to observe niceties of military courtesy and other traditions and customs.

**9. SOLUTIONS**

(5 MIN)

- a. The responsibility for maintaining the customary and traditional standards of conduct lies with the senior. The line between acceptable conduct and fraternization will not be crossed unless the senior allows it to happen.
- b. The leader must be careful to avoid even the perception of fraternization without destroying the traditional fraternal bond between Marines of all grades.
- c. Educate your Marines about both the Marine Corps policy on fraternization and the reasons behind it.
- d. If we expect our Marines to respect us, there can't be even the hint of favoritism.
- e. Additionally, we must demand an obedience to lawful orders that is unhesitating. If the chain of command is allowed to be weakened by a lax attitude toward fraternization, we will not be able to depend on our traditional levels of discipline when it counts the most.

**SUMMARY:**

(2 MIN)

On a daily basis Marines operate and perform many varying duties. Some of these duties find Marines operating in various stages of the continuum of force. While in others we find that the level of professionalism may be challenged. No matter the situation, Marines must act accordingly, whether in a humanitarian mission in a 3<sup>rd</sup> world country or when dealing with fellow Marines. The unarmed manipulations we have learned today will provide us with a more flexible means to respond to specific physical confrontation situations. In the same way our understanding of fraternization ensures we act professionally and that Marines must not allow themselves to be manipulated. Fraternization is counter to the warrior ethos. The regulations and customs that we have against fraternization are not meant to prevent us from associating with our Marines. In fact, just the opposite is true. The regulations against fraternization are meant to ensure that the relationships we maintain with our Marines are of the most professional and productive nature. As warriors we will share common experiences regardless of rank that will

bind us into a "band of brothers". Fraternization serves only to loosen or cut these ties.