

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

DETAILED OUTLINE

UPPER BODY STRIKES

INTRODUCTION (3 MIN)

1. GAIN ATTENTION. Strikes are an important part to the unarmed element of Martial Arts training. Punching is often not the best weapon to use, so one must hone other skills to minimize self-injury. These techniques involve simple movements and gross motor skills. To be effective, these techniques must be trained and practiced until they can be executed instinctively. Strikes are offensive skills. In combat taking the offensive is the key to success. At other times an offensive attitude is contrary to our warrior ethos. One aspect of this is our dealings with fellow Marines. All Marines share responsibility for maintaining the proper environment of mutual respect and confidence within their units. Teamwork, *esprit de corps*, and identity with a common purpose are the key aspects that make our Marine Corps what it is today; a proud, effective military force. Sexual harassment is one type of discriminatory behavior that erodes morale and discipline and is capable of destroying unit readiness.

2. OVERVIEW. This lesson will cover the techniques for executing tan belt level upper body strikes as well as understand the problems of sexual harassment and discuss why sexual harassment like all forms of discrimination is contrary to the warrior ethos of a Marine.

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 references, execute upper body strikes in accordance with the references. (8550.01.06)

(2) Without the aid of the reference, discuss sexual harassment in accordance with the references. (8550.01.23)

b. ENABLING LEARNING OBJECTIVES.

(1) Given striking pad, mouthpiece, and without the aid of references, execute an eye gouge in accordance with the references. (8550.01.06a)

(2) Given striking pad, mouthpiece, and without the aid of references, execute a horizontal hammer fist in accordance with the references. (8550.01.06b)

(3) Given striking pad, mouthpiece, and without the aid of references, execute a vertical hammer fist in accordance with the references. (8550.01.06c)

(4) Given striking pad, mouthpiece, and without the aid of references, execute a forward horizontal elbow strikes in accordance with the references. (8550.01.06d)

(5) Given striking pad, mouthpiece, and without the aid of references, execute a vertical elbow strike, low to high in accordance with the references. (8550.01.06e)

(1) Without the aid of the reference, discuss the DOD definition of sexual harassment in accordance with the references. (8550.01.23a)

(2) Without the aid of the reference, discuss the 4 areas of impact that sexual harassment has on combat readiness in accordance with the references. (8550.01.23b)

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

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

BODY **(85 MIN)**

1. INTRODUCTION TO STRIKES (10 MIN)

a. Purpose. The purpose of strikes is to stun the opponent or to set him up for a follow-up finishing technique. Strikes are unarmed individual striking techniques that are performed with the arms and legs as personal weapons.

(1) The hands, forearms, and elbows are individual weapons of the arms that can be used to execute strikes including the hammer fist, knifehand, chin jab, eye gouge, and elbow strikes.

(2) These strikes provide a variety of techniques that can be used in any type of close combat encounter.

b. Principles of Execution. Regardless of the strike, there are several principles of execution that ensure its effectiveness.

(1) Generating Power. In executing an effective strike, it is important to generate maximum power through weight transfer by:

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

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

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

(2) Muscular Tension. There should be muscular tension in the hand and forearm at the moment of impact to maximize damage to the opponent and to avoid injury to your hand. The arms are relaxed until the moment of impact.

(3) Follow-through. A strike should be delivered so that the weapon (e.g., hand, elbow) hits and remains on the impact site (target), and follows through the target. This technique will inflict maximum damage on the opponent.

(a) Strikes with the arms 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) Contact on an opponent should be made with the arm slightly bent; the arm extends as it moves through the target.

(c) Using this technique, strikes do not have to be executed at full force to be effective.

c. Movement. Your movement will put you in the proper position for launching an attack against your opponent as well as to help protect yourself. Movement is initiated from the basic warrior stance and ends with resuming the basic warrior stance. Each strike can be performed with either the left or right arm depending upon:

- (1) Your angle of attack.
- (2) The position of the opponent.
- (3) The available vulnerable target areas exposed on the opponent.

d. Target Areas of the Body. For each strike, there are target areas of the body which, when struck, maximize damage to an opponent. Strikes use gross motor skills as opposed to fine motor skills. The target areas of the body are just that: areas. Pinpoint accuracy on a specific nerve is not needed for the strike to be effective.

e. Safety Precautions During Training.

(1) To prevent injuries train the practical application portion of strikes in three stages:

(a) Begin by executing the strikes "in the air." Do not make contact on an opponent or a target during the initial stages of training.

[1] Ensure you are spaced far enough so that you will not strike each other.

[2] When striking in the air, avoid full extension of the arms to prevent hyper-extension of the joints. When striking an object (e.g., heavy bag), hyper-extension is not as big a concern because the object absorbs the impact.

(b) In the second stage of training, pair up and acquire target areas on your opponent. At no time will contact be made.

(c) As proficiency is gained execute strikes on equipment (when available) such as an air shield, a heavy air bag, or a bayonet dummy.

[1] For strikes with the arms, have the opponent student block the strike with the meaty portion of his forearm by

elevating his arm, with elbow bent, above his head or to his side.

(d) Strikes will not be executed at full force or full speed.

2. STRIKES WITH THE HANDS (30 MIN)

a. Hammer Fist. Striking with the hammer fist concentrates power in a small part of the hand which, when transferred to the target, can have a devastating effect.

(1) Striking Surface. The striking surface of the hammer fist is the meaty portion of the hand below the little finger.

(2) Target Areas of the Body. The hammer fist is ideal for targets such as arm and leg joints, the neck, the head, the ribs, and kidneys.

(3) Technique. To train the hammer fist strike, have students:

(a) Make a fist.

(b) Retract your right hand so your fist is next to your face and neck. Your arm is bent at approximately a 45- to 90-degree angle. At the same time, rotate your right hip and right shoulder backward.

(c) Thrust your fist forward onto the opponent while rotating your right hip and shoulder forward.

[1] Rotate your wrist so the hammer fist makes contact on the opponent.

[2] Contact should be made with the meaty portion of your hand below the little finger.

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

(4) Angles of Attack. The hammer fist can be thrown horizontally or vertically:

(a) When thrown horizontally, the hammer fist strike gets its power from a rotation of the hips and shoulder.

(b) When thrown vertically, the hammer fist strike comes straight down in a straight line and gets its power from:

[1] Dropping your weight into the opponent by bending the knees and transferring your weight from high to low.

[2] Rotation of the hips and shoulder.

b. Eye Gouge. The eye gouge is used to attack an opponent's eyes, blinding him so follow-up strikes can be executed.

(1) Striking Surface. The striking surface is the tips of the fingers and thumb.

(2) Target Areas of the Body. The target area is the eyes.

(3) Technique. To train the eye gouge, have students:

(a) Extend your left hand with your fingers slightly spread apart to allow entry into the eye sockets.

(b) With the palm of your hand either toward the deck or toward the sky, thrust your left hand forward into the opponent's eyes.

[1] Thrust your hand forward at the opponent's nose level so your fingers can slide naturally into the grooves of the opponent's eye sockets.

[2] When striking toward the nose, there is a better chance that the fingers will slide up and into the eye sockets.

3. ELBOW STRIKES (30 MIN)

a. Angles of Attack. Elbow strikes can be performed from a variety of angles: vertically (low to high or high to low) and horizontally (forward or to the rear).

b. Striking Surface. The striking surface is two inches above or below the point of the elbow, depending upon your angle of attack, the opponent's attack angle, and the position of the opponent.

c. Target Areas of the Body. Elbow strikes can be delivered to any part of an opponent's body.

d. Vertical Elbow Strike (low to high). To train the vertical elbow strike low to high, have students:

(1) Bend your right elbow, keeping your fist close to your body. Your fist is at shoulder level and your elbow is next to your torso.

(2) Thrust your elbow vertically upward toward the opponent.

(a) Keep your elbow bent throughout the movement.

(b) Rotate your right shoulder and hip forward to generate additional power.

(c) Make contact on the opponent with your right forearm two inches above the point of the elbow.

(3) Follow-through with the strike through the target area.

f. Horizontal Elbow Strike (Forward). To train the horizontal elbow strike executed forward, have students:

(1) Tuck your right fist near your chest with the palm heel facing the deck.

(2) Thrust your right elbow horizontally forward toward the opponent. The forearm is parallel to the deck.

(a) Keep your fist tucked near your chest with the palm heel facing the deck, and your elbow bent, throughout the movement.

(b) Rotate your right shoulder and hip forward.

(c) Make contact on the opponent with your right forearm two inches below the point of the elbow.

(3) Follow-through with the strike through the target area.

4. DEFINING SEXUAL HARASSMENT

(5 MIN)

a. Sexual harassment is a form of discriminatory behavior that erodes morale and discipline and, if not eliminated, can have an adverse effect on mission readiness. As a warrior sexual harassment is unacceptable behavior for military or civilian personnel. Such behavior will not be condoned or tolerated and will be reported when observed.

b. Before we begin our discussion, let's define sexual harassment. Sexual harassment is a form of sex discrimination that involves unwelcomed sexual advances, requests for sexual favors, and other verbal or physical conduct of a sexual nature.

c. The definition emphasizes that the conduct, need not result in concrete psychological harm to the victim, but rather need only be so severe or pervasive that a reasonable person would perceive, and the victim does perceive, the environment as hostile or abusive. For a Marine the concept of sexual harassment means more than just workplace behavior, it includes at all times and all places. We are Marines twenty-four hours a day, seven days a week, on or off duty. Therefore our conduct should reflect this at all times.

5. IMPACT ON READINESS

(5 MIN)

a. Why is it important to prevent sexual harassment. Because of the negative impact it can have. "The only reason the United States of America needs a Marine Corps is to fight and win wars. Everything else is secondary." Keep this quote in mind when discussing the impact that sexual harassment has on the mission/combat readiness.

(1) Low morale.

(2) Loss of cohesion.

(3) Undermines readiness and interpersonal work relationship's.

(4) Detracts from the mission.

6. LEADERSHIP RESPONSIBILITIES AND PREVENTION

(5 MIN)

a. Overall, "PREVENTION" of sexual harassment is a leadership responsibility. Such behavior is degrading to the individual, destructive of morale, and conduct unbecoming a warrior. It is the responsibility of the leader to maintain proper standards of behavior by all Marines in accordance with the Marine Corps' traditional requirement for good order and discipline.

b. Most importantly, the leader is responsible for ensuring that subordinates do not suffer any repercussions for reporting sexual harassment.

c. Additionally, every Marine shares responsibility for maintaining proper behavior with one another so that everyone can contribute their best efforts to the accomplishment of the unit mission.

d. The best way to prevent sexual harassment is to stop it before it occurs.

SUMMARY: _____ (2 MIN)

Strikes are among the primary techniques you will use in any Martial Arts unarmed confrontation. Individual strikes can be easily learned and sustained because they involve simple movements and gross motor skills. This lesson covered the hammer fist strike, the eye gouge, and elbow strikes. We have also had the opportunity to discuss a type of behavior that is contrary to our warrior ethos. Sexual harassment like any form of discrimination is conduct that goes against the very principles of a warrior. It is contrary to the values that make up the character of a warrior. Like any attack on a fellow Marine or our Corps it should be met and countered with the same aggressive spirit that motivates us on the field of battle.