

U.S. MARINE CLOSE COMBAT FIGHTING HANDBOOK

**Stances & Target Areas · Falling & Rolling Techniques
Striking & Blocking Skills · Knife & Bayonet Fighting
Throws, Chokes, & Holds · Kicks, Sweeps, & Stomps
Unarmed Combat, Grappling, & Joint Manipulation**



United States Marine Corps
Foreword by Jack Hoban, subject matter expert,
Marine Corps Martial Arts Program

U S Marine Close Combat Fighting Handbook

RM Cervero



U S Marine Close Combat Fighting Handbook:

U.S. Marine Close Combat Fighting Handbook United States Marine Corps, Today s Marines operate within a continuum of force where conflict may change from low intensity to high intensity over a matter of hours Marines are also engaged in many military operations other than war such as peacekeeping missions or noncombatant evacuation operations where deadly force may not be authorized During non combative engagements Marines must determine if a situation warrants applying deadly force Sometimes Marines must decide in a matter of seconds because their lives or the lives of others depend on their actions To make the right decision Marines must understand both the lethal and nonlethal close combat techniques needed to handle the situation responsibly without escalating the violence unnecessarily Marine Corps Reference Publication MCRP 3 02B Close Combat provides the tactics techniques and procedures of Marine Corps close combat It also provides the doctrinal basis for the Marine Corps Close Combat Training Program MCCCTP This manual contains the following chapters Overview of Close Combat 1 Purpose of Close Combat 2 Continuum of Force 3 Marine Corps Tactical Concepts Chapter 1 Fundamentals of Close Combat 1 Ranges of Close Combat 2 Weapons of the Body 3 Target Areas of the Body 4 Pressure Points of the Body 5 Basic Warrior Stance 6 Angles of Approach and Movement 7 Balance and Off Balancing 8 Falls Chapter 2 Lethal and Nonlethal Weapons Techniques 1 Bayonet Techniques 2 Nonlethal Rifle and Shotgun Retention Techniques 3 Nonlethal Handgun Retention Techniques 4 Firearm Disarmament Techniques Chapter 3 Hand Held Weapons 1 Fundamentals of Knife Fighting 2 Knife Fighting Techniques 3 Weapons of Opportunity 4 Fundamentals of Combative Stick 5 Combative Stick Techniques 6 Blocking Techniques 7 Unarmed Against Hand Held Weapons 8 Counters to Hand Held Weapon Attacks Chapter 4 Strikes 1 Principles of Punches 2 Punches 3 Strikes with the Upper Body 4 Strikes with the Lower Body 5 Counters to Strikes Chapter 5 Throws 1 Turning Throw 2 Hip Throw 3 Leg Sweep Chapter 6 Chokes and Holds 1 Types of Chokes 2 Chokes 3 Counters to Chokes and Holds Chapter 7 Ground Fighting 1 Offensive Ground Fighting 2 Defensive Ground Fighting 3 Ground Fighting Chokes Chapter 8 Nonlethal Techniques 1 Unarmed Restraints and Manipulation 2 Nonlethal Baton Appendix A Pugil Stick Training 1 Pugil Stick Training 2 General Rules and Regulations Governing Pugil Stick Bouts 3 Directions for Making Pugil Sticks Appendix B Safety Precautions During Training 1 General Safety Precautions 2 Safety Precautions for Individual Techniques

U.S. Marine Close Combat Fighting Handbook United States Marine Corps.,2011-01-26 There are currently more than 200 000 active duty U S Marines and another 40 000 in the reserves These Marines depend on the skills and techniques taught in this concise manual and now you can too This fully illustrated guide features the LINE linear in fighting neural override engagement system which is designed to be learned and memorized through repetition Once the techniques are fully acquired they should be applied instinctively The U S Marine Close Combat Fighting Handbook explains the methods to quickly neutralize any attacker in close quarters and teaches you how to use any part of the human body as a weapon It covers breaking a fall

defending against headlocks and chokes protecting against punches and kicks surviving encounters with armed attackers and more *U.S. Marine Guidebook* United States Marine Corps.,2010-02-15 Here is everything there is to know about the essentials of life as a U S Marine Learn the Military s Code of Conduct understand the dos and don ts of surviving as a POW and grasp the foundation of military law Find out about marine customs uniforms and drills Follow the Marine Corps s fitness routines Read the detailed section on first aid to learn how to perform CPR make braces for broken limbs dress and bandage wounds improvise slings and transport injured victims **U.S. Marines Close-Quarters Combat Manual** U. S. Marine Corps,2016-01-19 There s tough and then there s Marine tough This is the official U S Marines guide to close quarters combat If you re serious about learning to fight and defend yourself then this is the book for you Because if there s one thing the Marines take seriously it s winning fights This no nonsense manual is fully illustrated and describes the renowned linear in fighting neural override engagement LINE system that each and every active duty U S Marine relies on in the field With comprehensive sections on stances falls punches kicks blocks holds and more this book teaches skills that will enable you to neutralize your most vicious enemies It even has a chapter on handling yourself in close combat situations with knives and bayonets If you re ready to get real and treat self defense like more than a weekend hobby you need your own copy of the U S Marines Close Quarters Combat Manual Accept no substitute [U. S. Marines Close-Quarters Combat Manual](#) US Army,2016-01-19 There s tough and then there s Marine tough This is the official U S Marines guide to close quarters combat If you re serious about learning to fight and defend yourself then this is the book for you Because if there s one thing the Marines take seriously it s winning fights This no nonsense manual is fully illustrated and describes the renowned linear in fighting neural override engagement LINE system that each and every active duty U S Marine relies on in the field With comprehensive sections on stances falls punches kicks blocks holds and more this book teaches skills that will enable you to neutralize your most vicious enemies It even has a chapter on handling yourself in close combat situations with knives and bayonets If you re ready to get real and treat self defense like more than a weekend hobby you need your own copy of the U S Marines Close Quarters Combat Manual Accept no substitute **Fight Like a Marine - Close Combat Fighting (Official U.S. Marine Handbook)** U.S. Department of Defense,2024-01-15 This book thoroughly explains military techniques of close combat fighting necessary for self defense in every situation They will enhance your strength flexibility balance and cardio respiratory fitness The practice will help you build personal courage self confidence and self discipline Be as prepared and skillful as a U S Marine and act instantly when an unexpected confrontation occurs Close combat fighting is an engagement between two or more persons in an empty handed struggle or with hand held weapons such as knives or sticks Table of Contents Introduction Definition of Combatives Purposes of Combative Training Safety Training Responsibilities of Trainers Safety Precautions Warm Ups and Stretches Crawl Walk and Run Execution at Combat Speed Drills Basic Ground Fighting Techniques Back Mount Front Mount Guard Side Control Body Positioning Moves Finishing

Moves Drills Defense Against Headlocks Advanced Ground Fighting Techniques Advanced Body Positions Pass the Guard Attacks from the Mount Attacks from the Back Mount Attacks from the Guard Knee Mount Leg Attacks Striking from Side Control Defending Against Strikes in the Guard Takedowns and Throws Breakfalls Closing the Distance and Achieving the Clinch Takedowns from Against a Wall Double Leg Attack Single Leg Attack Attacks from the Rear Throws and Takedowns Strikes Arm Strikes Punching Combinations Kicks Transition Between Ranges Handheld Weapons Angles of Attack Rifle with Fixed Bayonet Knife against knife sequence Entrenching Tool Three Foot Stick Defense Against the Knife Standing Defense Lethal Force Scenarios Restrictive Force Scenarios Two Against One Three Against Two Group Tactics Lethal Force Scenarios Restrictive Force Scenarios Competitions

The U.S. Marine Manual for Close Combat Fighting U.S. Department of Defense, 2022-11-13 The U S Marine Manual for Close Combat Fighting is a comprehensive guide that encapsulates the principles and techniques of hand to hand combat reflecting the rigorous training and discipline ingrained in Marine Corps culture With a straightforward and pragmatic literary style the manual breaks down complex maneuvers into digestible segments supported by detailed illustrations that underscore its instructional intent This text emerges from a historical context marked by evolving warfare strategies emphasizing the need for Marines to excel not only in conventional tactics but also in close quarter engagements ensuring their readiness for any combat scenario The U S Department of Defense acting as the author of this manual draws on decades of military experience and extensive research into martial arts psychology and battlefield effectiveness The synthesis of this knowledge is indicative of the Department s commitment to enhancing the capabilities of its fighting forces This manual serves not only as a training resource but also as a reflection of the martial ethos fundamental to Marine identity embodying the principle that every Marine must be prepared for close combat This manual is indispensable for martial artists military historians and anyone interested in the physical and mental rigors of combat training Its practical approach offers insights into the Marine Corps ethos of resilience and adaptability making it a valuable resource that transcends military applications

U.S. Marines Close-quarter Combat Manual U.S. Marine Corps, 1996-05-01 The LINE linear in fighting neural override engagement is the most efficient and complete system of military close combat ever developed This official USMC instruction manual provides comprehensive instruction in all aspects of this deadly system including unarmed combat methods knife and bayonet fighting and use of improvised weapons

Handbook of Summer Athletic Sports Various, 2019-12-05 The Handbook of Summer Athletic Sports is a meticulously compiled resource that serves as both an instructional guide and a historical chronicle of various summer sports This anthology brings together contributions from esteemed sports historians and professionals illuminating the rules techniques and cultural significance of activities ranging from track and field to swimming and tennis The literary style is both accessible and authoritative showcasing extensive research while ensuring clarity for enthusiasts and practitioners alike It situates the evolution of summer athletics within a broader cultural framework analyzing how societal values and

technological advancements have shaped these popular pursuits The editors of this handbook include respected voices in sports studies who drew on their extensive backgrounds in athletics education and coaching to create this comprehensive volume Their collective experiences and insights reflect a passionate commitment to both the art of sport and the importance of sharing knowledge Many contributors have firsthand experience in competitive environments which lends authenticity and depth to their discussions For athletes coaches and sports enthusiasts alike the Handbook of Summer Athletic Sports is an essential read It not only delineates the intricacies of summer sports but also inspires a deeper appreciation for the discipline and dedication required to excel Whether you seek to refine your skills or broaden your understanding of the athletic landscape this handbook promises to be an invaluable companion

The Seaman's Medical Instructor N. D.

Falck,2019-11-27 In The Seaman s Medical Instructor N D Falck presents a meticulously crafted manual that serves as both an educational resource and a practical guide for maritime professionals Written in a clear and accessible style the book delves into crucial medical knowledge essential for seafarers including first aid procedures treatments for common ailments encountered at sea and guidance on maintaining health on long voyages Situated within the broader tradition of maritime literature Falck s work stands out for its rigorous attention to medical accuracy and its alignment with contemporary nautical practices making it an essential reference for sailors navigating the complexities of healthcare in isolated environments N D Falck a seasoned medical professional and sailor draws on his extensive experience at sea to inform the content of this invaluable guide His passion for maritime medicine and commitment to improving the health and safety of seafarers drive the book s comprehensive approach Falck s insights garnered from years of firsthand experience combine scholarly research with practical application reflecting both a deep understanding of maritime challenges and an unwavering dedication to service This book comes highly recommended for mariners maritime educators and maritime students alike With its blend of practical advice and comprehensive information The Seaman s Medical Instructor equips readers with the critical medical knowledge necessary for ensuring well being at sea Whether as a teaching tool or a practical reference Falck s guide is an indispensable addition to any maritime library

Surviving the Coming War James C. Jones,2025-01-14

Practical survival knowledge for civilians in the gravest extremes of war In an era fraught with uncertainty and escalating global tensions survival requires more than just hope it demands preparation resilience and strategic foresight In Surviving the Coming War James Jones delivers a comprehensive guide to navigating the perils of modern warfare Driven by a sense of urgency and a commitment to empowering citizens Jones provides readers with the tools they need to thrive in the face of adversity From basic survival skills to advanced tactics this book covers everything you need to know to prepare for the challenges ahead Surviving the Coming War tackles a wide range of topics including Survival challenges of wartime when combat is limited to foreign locations but infrastructure economic political and supply chain issues will have devastating effect on life and freedom Surviving in a war zone where missiles bombs drones and even insurgencies will create chaos and hazards for every

civilian Navigating a true combat zone environment where shelter escape evasion and armed combat may be a necessity even for civilians How to provide the necessities of life for you and your family under severe long term warfare conditions How to stay alive and free when war comes to American towns and streets How to survive and stay free under military political and technological occupation Ten principles of survival applied to the coming war What you need to have with you and at home under a variety of war related disaster conditions Bold insightful and eminently practical this is a must read for anyone concerned about the future of our world Whether you re a seasoned prepper or simply looking to prepare for the unknown this book offers invaluable guidance for navigating the challenges of modern warfare and emerging stronger on the other side As Jones reminds us preparedness is not just a duty it s a necessity in an increasingly uncertain world *The Secret Apparatus* Cynthia Farahat,2022-09-27 The world s most dangerous terrorist group is not hiding in the caves of the Hindu Kush or in the Saharan wilderness it operates inside the United States and its members have sworn to fight eternal jihad The Muslim Brotherhood is a fraternal cult inspired by the Order of the Assassins and modeled after Joseph Stalin s Secret Apparatus It s an incubator for Islamic terrorist organizations and it has implemented a one hundred year plan to destroy the West The Muslim Brotherhood claims to be a reformist non violent political organization but it is a terrorism apparatus with a political facade which its founder Hassan al Banna called an industry of death The Secret Apparatus proves the Muslim Brotherhood s clandestine militia the secret apparatus is still operational The Brotherhood leadership s own words internal documents and highest ranking defector confirm the Brotherhood founded most modern terrorist groups including al Qaeda and the Islamic State This book examines the Brotherhood s history political theology and secret alliance with Iran and offers policy recommendations needed to stop an existential threat to the United States and the world **Become a Rifle Expert - Master Your Marksmanship With US Army Rifle & Sniper Handbooks** U.S. Department of Defense,2024-01-16 In *Become a Rifle Expert Master Your Marksmanship With US Army Rifle Sniper Handbooks* the U S Department of Defense compiles essential techniques and principles crucial for mastering rifle marksmanship and sniper tactics This instructional manual is steeped in military tradition and methodology reflecting a rigorous commitment to precision and discipline By drawing on the extensive experience of the U S Army the text offers a blend of instructional prose detailed visuals and practical exercises that underscore the significance of both mental acuity and physical skill in shooting The book s content is tailored to both novices and experienced marksmen making it a comprehensive guide within military training literature As a federal agency responsible for national defense the U S Department of Defense serves not only as the backbone of American military strategy but also imparts essential skills that relate to wartime readiness This handbook is rooted in the collaborative expertise of accomplished soldiers and military strategists which undoubtedly aids in the confidence building and skill enhancing framework for aspiring sharpshooters I highly recommend *Become a Rifle Expert* to anyone interested in improving their shooting abilities whether for sport self defense or military preparation Its authoritative content and

structured approach make it an invaluable resource for musicians eager to elevate their marksmanship skills *Black Belt*, 2004-10 The oldest and most respected martial arts title in the industry this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self defense in the world including techniques and strategies In addition Black Belt produces and markets over 75 martial arts oriented books and videos including many about the works of Bruce Lee the best known marital arts figure in the world Black Belt, 2004-12 The oldest and most respected martial arts title in the industry this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self defense in the world including techniques and strategies In addition Black Belt produces and markets over 75 martial arts oriented books and videos including many about the works of Bruce Lee the best known marital arts figure in the world Black Belt, 2004-11 The oldest and most respected martial arts title in the industry this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self defense in the world including techniques and strategies In addition Black Belt produces and markets over 75 martial arts oriented books and videos including many about the works of Bruce Lee the best known marital arts figure in the world

Marine Corps Martial Arts Program Us Marine Corps, 2017-07-07 The official USMC Close Quarter Combat handbook Current 2017 edition REPLACES the obsolete Close Combat manuals All new photograph illustrations not the old version with line drawings Operational edition with low profile non reflective cover for use by active service personnel and civilian contractors in the field Full size format biggest edition on Amazon 8 5 x 11 clear detailed print no more tiny text Complete unabridged 270 pages Created and trusted by the US Marine Corps the tip of the spear in power projection around the world Batteries last hours books last decades Get the print edition OVERVIEW The focus of Marine Corps Martial Arts Program MCMAP is the personal development of each Marine in a team framework using a standardized trainable and sustainable close combat fighting system As a weapon based system all techniques are integrated with equipment physical challenges and tactics found on the modern battlefield The MCMAP is designed to increase the warfighting capabilities of individual Marines and units enhance Marines self confidence and esprit de corps and foster the warrior ethos in all Marines The MCMAP is a weapon based system rooted in the credo that every Marine is a rifleman and will engage the aggressor from 500 meters to close quarter combat The MCMAP Enhances the Marine Corps capabilities as an elite fighting force Provides basic combative skills for all Marines Applies across the spectrum of violence Strengthens the Marine Corps warrior ethos The motto of MCMAP best states the essence of the program One mind any weapon This means that every Marine is always armed even without a weapon He is armed with a combat mindset the ability to assess and to act and the knowledge that all Marines can rely on one another The Marine Corps was born during the battles that created this country Drawing upon the experiences of the first Marines we have developed a martial culture unrivaled in the world today This legacy includes not only our fighting prowess but also the character and

soul of what makes us unique as Marines ONE MIND ANY WEAPON MCMAP FUNDAMENTALS BREAK FALLS BAYONET TECHNIQUES UPPER BODY STRIKES LOWER BODY STRIKES CHOKES THROWS COUNTERS TO STRIKES COUNTERS TO CHOKES AND HOLDS UNARMED MANIPULATION ARMED MANIPULATION KNIFE FIGHTING WEAPONS OF OPPORTUNITY GROUND FIGHTING GROUND CHOKES REAP THROWS UNARMED VS HANDHELD WEAPONS FIREARM RETENTION FIREARM DISARMAMENT NECK CRANKS COUNTER PISTOL TECHNIQUES IMPROVISED WEAPONS TRAINING SAFETY This publication supersedes MCRP 3 02B Marine Corps Martial Arts formerly Close Combat dated 18 February 1999 WARNING Techniques described in this manual can cause serious injury or death Practical application in the training of these techniques must be conducted in strict adherence with training procedures outlined in this manual as well as by conducting a thorough operational risk assessment for all training PROCEED AT YOUR OWN RISK Search Amazon for CARLILE MILITARY LIBRARY to find more TOP FLIGHT SQUARED AWAY publications for your professional bookshelf Published in the U S A by CARLILE MEDIA *The Official US Marine Corps Martial Arts Program (MCMAP) - Full-Size Edition* United States. Marine Corps, Us Marine Corps, 2017-07-04 FROM BEGINNER TO BLACK BELT Current 2017 edition REPLACES the obsolete Close Combat manuals All new photograph illustrations not the old version with line drawings The ideal foundation for any self defense or close quarters combat CQC training program rigorously designed by the USMC s world class Close Quarters Combat experts to enable anyone of any ability to achieve lethal hand to hand fighting skills easily and rapidly MCMAP takes martial arts from around the world and distills them into an unbeatable combination of core disciplines that will with training repetition and cultivation enable you to defeat any opponent BUILD YOUR WARRIOR ETHOS Full size format BIGGEST edition on Amazon 8 5 x 11 clear detailed print no more tiny text Complete unabridged 270 pages Created trusted by the US Marine Corps fighting troops the tip of the spear in power projection around the world Batteries last hours books last decades Get the print edition ONE MIND ANY WEAPON MCMAP FUNDAMENTALS BREAK FALLS BAYONET TECHNIQUES UPPER BODY STRIKES LOWER BODY STRIKES CHOKES THROWS COUNTERS TO STRIKES COUNTERS TO CHOKES HOLDS UNARMED MANIPULATION ARMED MANIPULATION KNIFE FIGHTING WEAPONS OF OPPORTUNITY GROUND FIGHTING GROUND CHOKES REAP THROWS UNARMED VS HANDHELD WEAPONS FIREARM RETENTION FIREARM DISARMAMENT NECK CRANKS COUNTER PISTOL TECHNIQUES IMPROVISED WEAPONS TRAINING SAFETY WARNING Techniques described in this manual can cause serious injury or death Practical application in the training of these techniques must be conducted in strict adherence with training procedures outlined in this manual PROCEED AT YOUR OWN RISK OVERVIEW The focus of Marine Corps Martial Arts Program MCMAP is the personal development of each Marine in a team framework using a standardized trainable sustainable close combat fighting system As a weapon based system all techniques are integrated with equipment physical challenges and tactics found on the modern battlefield The MCMAP is designed to increase the warfighting capabilities of

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always armed even without a weapon He is armed with a combat mindset the ability to assess and to act and the knowledge
that all Marines can rely on one another The Marine Corps was born during the battles that created this country Drawing
upon the experiences of the first Marines we have developed a martial culture unrivaled in the world today This legacy
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