

# **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**

# **Marine Corps Combat Conditioning Manual**

**Joseph C. Shusko, Rgi Media and  
Publications, Combat Camera Camp  
Johnson**



## **Marine Corps Combat Conditioning Manual:**

**U.S. Marine Combat Conditioning** United States Marine Corps.,2011-02-23 Presents a reproduction of the combat conditioning program used by World War II era officer Marine Corps candidates demonstrating physical drills and exercises along with combat instruction in judo and the use of knives bayonets clubs silent weapons and pistols *Manuals Combined: U.S. Marine Corps Basic Reconnaissance Course (BRC) References* , Over 5 300 total pages MARINE RECON

Reconnaissance units are the commander s eyes and ears on the battlefield They are task organized as a highly trained six man team capable of conducting specific missions behind enemy lines Employed as part of the Marine Air Ground Task Force reconnaissance teams provide timely information to the supported commander to shape and influence the battlefield The varying types of missions a Reconnaissance team conduct depends on how deep in the battle space they are operating Division Reconnaissance units support the close and distant battlespace while Force Reconnaissance units conduct deep reconnaissance in support of a landing force Common missions include but are not limited to Plan coordinate and conduct amphibious ground reconnaissance and surveillance to observe identify and report enemy activity and collect other information of military significance Conduct specialized surveying to include underwater reconnaissance and or demolitions beach permeability and topography routes bridges structures urban rural areas helicopter landing zones LZ parachute drop zones DZ aircraft forward operating sites and mechanized reconnaissance missions When properly task organized with other forces equipment or personnel assist in specialized engineer radio and other special reconnaissance missions Infiltrate mission areas by necessary means to include surface subsurface and airborne operations Conduct Initial Terminal Guidance ITG for helicopters landing craft parachutists air delivery and re supply Designate and engage selected targets with organic weapons and force fires to support battlespace shaping This includes designation and terminal guidance of precision guided munitions Conduct post strike reconnaissance to determine and report battle damage assessment on a specified target or area Conduct limited scale raids and ambushes Just a SAMPLE of the included publications BASIC RECONNAISSANCE COURSE PREPARATION GUIDE RECONNAISSANCE RECON TRAINING AND READINESS T R MANUAL RECONNAISSANCE REPORTS GUIDE GROUND RECONNAISSANCE OPERATIONS GROUND COMBAT OPERATIONS Supporting Arms Observer Spotter and Controller DEEP AIR SUPPORT SCOUTING AND PATROLLING Civil Affairs Tactics Techniques and Procedures MAGTF Intelligence Production and Analysis Counterintelligence Close Air Support Military Operations on Urbanized Terrain MOUT Convoy Operations Handbook TRAINING SUPPORT PACKAGE FOR CONVOY SURVIVABILITY Convoy Operations Battle Book Tactics Techniques and Procedures for Training Planning and Executing Convoy Operations Urban Attacks

U.S. Marine Combat Conditioning United States Marine Corps.,2011-02-23 U S Marine Combat Conditioning is a complete reproduction of the combat conditioning program that was completed by all World War II era Officer Candidates while at OCS in Quantico Virginia Combat Conditioning is defined as the physical and mental

conditioning of individual Marines for hand to hand combat and is an essential part of the progressive training of all Marines In addition to conditioning the Marines physically the program is designed to help them overcome inhibitions toward physical contact The goal is not only to gain physical strength agility and endurance but also to develop confidence as a hand to hand fighter both with and without weapons Additionally this manual serves as the guide for individual Marine units when establishing their own combat conditioning programs An invaluable part of U S military history the lessons remain relevant even to day With over 200 photographs U S Marine Combat Conditioning demonstrates in vivid detail the exercises and training techniques used by marines to prepare for combat as well as their proper application The program incorporates mass physical drills competitive games and exercises and specially designed obstacle and assault courses In addition to the rigorous physical training it includes combat instruction in judo as well as the use of knives bayonets clubs silent weapons and pistols

Publications Combined: Marine Combat Training (MCT) Battalion Course Materials , To the Marines Welcome to Golf Company and the next step in your journey to becoming part of the world s premier fighting force Many have failed or never even attempted what you have accomplished thus far take pride in that However your journey has just begun At Marine Combat Training we will train and educate you in the common combat skills necessary to operate within any environment The basic skills you will learn were forged over two centuries of battles they are timeless and vital to yours and the Corps success now and in the future Our Combat Instructors will Lead Teach Mentor and Guide every one of you through a rigorous 29 day program of instruction You will be taught by the most experienced professional and knowledgeable Staff Non commissioned Officers and Non commissioned Officers that the Marine Corps has to offer These SNCO s and NCO s were hand picked out of hundreds of applicants to come to the School of Infantry to be Combat Instructors I highly encourage you to prepare your mind and body for this training the knowledge you gain here will carry you throughout your Marine Corps career During the training cycle I expect you to commit yourself to your training and education by learning as much as you can from our Combat Instructors Finally when you graduate I expect you to retain what you learned and uphold the time honored traditions of our Marine Corps Remember that regardless of military Occupation Specialty every Marine is a Rifleman first Every Marine regardless of his military occupation is trained as a Rifleman This concept has been around since the Marine Corps inception in 1775 when every man who volunteered was required to bring his own musket In the early 1900s as the Marine Corps grew and additional military occupations were created the Commandant General John A Lejeune ensured that every Marine regardless of his Military Occupational Specialty MOS received marksmanship training During the Korean War the Marine Corps was the only service to create rifle companies entirely from cooks drivers and other non infantry Marines From this war the proverbial saying Every Marine a Rifleman was born In the nineteen eighties the Commandant General Al Gray recognized the need to train all Marines in more than just basic marksmanship but in modern day combat skills The School of Infantry was assigned to conduct this training known as Common Skills because it is common

to every Marine These common skills allow every Marine regardless of MOS to act as Rifleman when called upon MCT Battalion generates Marine Riflemen to possess a foundational understanding of and their role in applying the Marine Corps warfighting ethos core values basic tenets of maneuver warfare leadership responsibilities mental moral and physical resiliency in order to contribute to the successful accomplishment of their unit s mission New Rifleman Definition A Marine Rifleman embodies the Marine Corps warfighting ethos offensively minded lethal with their weapon mentally morally physically resilient proficient in basic field craft and possessing a foundational understanding of leadership and the basic tenets of maneuver warfare CONTENTS MCT Student Outline 296 pages Student Preparation Guide 10 pages MCDP 1 Warfighting 113 pages Physical Training Playbook 19 pages **USMC Marine Corps Martial Arts Tan & Gray & Green & Brown & Black Belt Instructor Manual** , *Fundamentals of Military Medicine* Francis G. O'Connor, Eric B. Schoomaker, Dale C. Smith, 2019-06-03 An introduction to military medicine for medical students new to the military Military medicine is the application of medical art and science in a military setting for the benefit of the military organization through optimal care of the combatant Topics include the history of military medicine leadership the management and treatment of trauma and mass casualties in frequently austere field and ship environments the humane clearing of the battlefield vaccines and protection against exotic global pathogens both manmade and naturally occurring unique psychological stressors of war biodefense against chemical and nuclear weapons facilitating return to duty and the eventual return and reintegration home of valuable human resource This first of its kind textbook offers both authoritative scholarship and the experience of high level medical officers for the new medical officer within any of the armed services ranging from medical surgical nursing dental veterinary and more It also provides health education and research for the military health professional s deployed to save enlisted military lives and helps to educate medical students with military medical practices and leadership

**Manuals Combined: U.S. Marine Corps Special Operations Command MARSOC Prep Guides, Training Guides And Example Gear Lists** , Well over 500 total pages Today s dynamic and persistent operating environment has placed unprecedented demands on our military personnel At no other time have the potential threats been more varied requiring individuals who are highly intelligent agile ethical tenacious and physically fit to succeed in any climate or terrain The Marine Corps Forces Special Operations Command MARSOC is preparing professional combat athletes who are ready to execute missions in the largely unstructured battlefields of today and the future MARSOC s Performance and Resiliency PERRES ideology is integral to that preparation By focusing on mind body and spirit PERRES ensures that Marines not only are physically strong but also possess the mental focus and unconquerable spirit necessary to persevere under the extreme stress of a high operational tempo and through the unknowns of asymmetric warfare PERRES trains with renewal in mind focusing on the resilience of the individual unit and family PERRES is unique in integrating high level athletic training and nutrition with a focus on warrior values including dedication to family country unit and mission This approach ensures that

Marines are not only ready for combat missions but also are resilient for life Includes MARSOC Prep Guide Assessment And Selection 10 Week Prep Guide MARSOC ASSESSMENT AND SELECTION A S PREPARATION GUIDE MARSOC Training Guide Marine Corps Forces Special Operations Command MARSOFC Pub 1 MARSOC Command Packet MARSOC By The Numbers Marine Special Operations School UNSW SO Duty Examination Frequently Asked Questions STUDENT OUTLINE KNOTS AND ROPE MANAGEMENT Various Example Gear Lists Various Example Read Ahead Packages MCWP 3 43 1 Formerly FMFM 7 32 Raid Operations Usmc Combat Conditioning Joseph C. Shusko,Rgi Media and Publications,Combat Camera Camp Johnson,2012-12-03 The Marine Corps exists to fight America s battles and make Marines This means that everything we do as Marines is focused on our preparation for combat For these reasons the Marine is the ultimate warrior who must be prepared for uncertainty Unlike the professional athlete a Marine cannot afford to peak rather a Marine must maintain an optimal fitness level at all times A Marine s training must combine strength power speed and agility in order to enhance martial skills that can be applied at the optimal moment in a combat environment Combat has no quarters halftime or known time element Therefore a Marine is required to fight in any terrain and under any climatic condition when facing the rigors of the modern battlefield This volume on Combat Conditioning consists of various components of fitness as well as the programs that are part of the Marine Corps Martial Arts Combat Conditioning Program *Crescent City Marine* ,1986

*Manuals Combined: USMC / MWTC Marine Corps Winter And Summer Mountain / Wilderness Medicine, Survival And Warfare Leader* , Over 3 600 total pages Contains the following publications Small Unit Leader s Guide to Mountain Warfare Operations Mountain Leader s Guide to Winter Operations Mountain Leader s Guide to Mountain Warfare Operations Cold Region Operations Mountain Warfare Operations SUMMER SURVIVAL COURSE HANDBOOK WINTER SURVIVAL COURSE HANDBOOK ASSAULT CLIMBERS HANDBOOK COLD WEATHER MEDICINE COURSE WILDERNESS MEDICINE COURSE MOUNTAIN LEADER BOOK SUMMER MOUNTAIN LEADER MANUAL WINTER **The World's First SWAT Team** Leroy Thompson,2012-10-24 In turbulent Shanghai in the years between the World Wars the International Settlement was a mercantile powerhouse that faced unrest from Communist labor unions criminal gangs spies political agitators armed kidnappers and assassins Adjoining the Settlement were the French Concession and the Chinese city both hotbeds of intrigue and crime themselves Called the most sinful in the world the Settlement relied on its police the Shanghai Municipal Police one of the most advanced forces in the world After an incident in 1926 when the police fired upon demonstrators which resulted in unrest and strikes W E Fairbairn was charged with forming a specialized unit to deal with riots and armed encounters The resulting Reserve Unit became the prototype for future SWAT teams as it developed tactics for using snipers in barricade and hostage incidents techniques for use of the submachine gun during raids hostage rescue tactics aggressive riot dispersal tactics and various other tactical innovations Out of the experiences of the unit came many of the techniques later taught by W E Fairbairn E A Sykes Pat O Neill and others to the Commandos Rangers SOE OSS 1st Special Service

Force and other Second World War elite units Those same techniques still resonate today with special forces and police tactical units

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 Marine From fitness to first aid to firing positions this book covers all subjects in which every troop regardless of rank must maintain proficiency 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 fitness routines to get into the best shape of your life Read the detailed section on first aid and learn how to perform CPR make braces for broken limbs dress and bandage wounds improvise slings and transport injured victims Find out about the symptoms and treatment of chemical agents and learn how to safely travel through a contaminated area Also included in the U S Marine Guidebook are marksmanship requirements navigation tactics and nuclear biological and chemical defense The U S Marine Guidebook details procedure during combat including code of conduct in war and when to use deadly force Because these subjects are first taught and tested during recruit training they are the distinctive qualities of a Marine and his training Anyone who is interested in what makes a Marine the strong brave and skilled individual he or she must be will find this book fascinating

*Publications Combined: Marine Corps Expeditionary Combat Skills Training (MCECST)* , Marine Corps Expeditionary Combat Skills Training MCECST was originally Chaplain and Religious Program Specialist Expeditionary Skills Training CREST RP and was established in October 1996 at the Field Medical Service School Marine Corps Base Camp Lejeune renamed Field Medical Training Battalion in 2007 The purpose of MCECST is to train Navy Occupational Specialty NOS B720 in the skills essential for combat survival delivery of religious program support in an expeditionary environment and the several associated technical military tactical and defensive techniques required for duty with the Marine Corps operating forces

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**Marine Corps Marine Corps University Corporals Noncommissioned Officers Program Historic Student Handout And Presentation Course Materials** , Instruction Covered Physical Conditioning Program Drill Marine NCO Sword Manual Hip Pocket Training Military Justice Inspection Preparation History Customs and Courtesies Conduct And Proficiency and Enlisted Career Force Controls ECFC **Sambo and Systema: Russia's Prominent Martial Arts** Michael DeMarco, M.A.,2016-07-18 Russia is rich in martial traditions deriving from a highly diverse population Sambo developed by the Soviet Red Army became the most recognize martial art associated with Russia mainly because of its presence in international competitions Another style to become recognized for its great practicality and encompassing training regimen is Systema Originally created for Russian Special Operations Units Systema s teaching gradually spread world wide after the fall of the Soviet Union in 1991 This anthology contains writings about Systema and Sambo that present essential information for anyone interested in the history theory and practice of these combative systems In the first chapter Kevin Secours shows that ground fighting and grappling are necessary components of a complete tactical arsenal Specific emphasis is on the role of defending the takedown in a modern survival scenario In chapter two he summarizes the prevailing theories and findings pertaining to the science of fear as it relates to surviving violence How these findings have been interpreted by modern combative systems in the West are compared with approaches to the traditional Russian martial arts and their application in the Russian Special Forces The next three chapters focus on Sambo Jacques and Anderson detail the historical development of Sambo Vasili Sergevich Oshchepkov a student of Jigoro Kano and Victor Spiridonov worked to develop this combative system However despite the judo jujutsu influence Sambo was born of native Russian and other regional grappling and combat wrestling styles bolstered with many useful and adaptable concepts and techniques from the rest of the world This chapter presents details of the early development up to recent times The fourth chapter by Polyakov Yankauskas and DeRose



focuses on some of the fundamental techniques that are legal for Sambo competition The purpose of this study was to examine and compare the most successfully used submission techniques of three of the greatest figures in the history of sambo competition Michael Burdikov Alex Feodorov and David Rudman Sambo has become well known largely due to the success of Sambo fighters in various mixed martial art venues Stephen Koepfer s final chapter offers a description of its development as well as a delineation of one of Sambo s hallmark strategies offensive rolling Examples of proper forward rolling and three related offensive techniques are presented May readers of this anthology come to appreciate the great depth of Russian martial traditions and the unique developments that emerged in the arts of Systema and Sambo     **The Marine Corps Gazette** ,1972     **Soldier of Fortune** ,2002     Military Construction Appropriations for 1961 United States. Congress. Senate. Committee on Appropriations. Subcommittee on Military Construction,1960

Immerse yourself in heartwarming tales of love and emotion with Explore Love with is touching creation, **Marine Corps Combat Conditioning Manual** . This emotionally charged ebook, available for download in a PDF format ( Download in PDF: \*), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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