



Figure 4-9. Enhanced Pain Compliance from a Basic Wristlock.

Mcmap Training Guide

Us Marine Corps



Mcmap Training Guide:

A Civilian's Guide to the U.S. Military Barbara Schading, Richard Schading, Virginia Holeman, 2006-12-22 Attention
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The Marine Corps Martial Arts Program
United States Marine Corps, Marine Corps Reference Publication MCRP 3 02B Marine Corps Martial Arts Program MCMAP is designed for Marines to review and study techniques after receiving initial training from a certified Marine Corps martial arts instructor or martial arts instructor trainer It is not designed as a self study or independent course The true value of Marine Corps Martial Arts Program is enhancement to unit training A properly implemented program can help instill unit esprit de corps and help foster the mental character and physical development of the individual Marine in the unit This publication guides individual Marines unit leaders and martial arts instructors instructor trainers in the proper tactics techniques and procedures for martial arts training MCRP 3 02B is not intended to replace supervision by appropriate unit leaders and martial arts instruction by qualified instructors Its role is to ensure standardized execution of tactics techniques and procedures throughout the Marine Corps Although not directive this publication is intended for use as a reference by all Marines in developing individual and unit martial arts programs For policy on conducting martial arts training refer to Marine Corps Order 1500 59 Marine Corps Martial Arts Program MCMAP WARNING Techniques described in this manual can cause serious injury or death Practical application in the training of these techniques will 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 Baghdad to Fallujah Brian Van Gorden,2024-08-30 This is a Marine infantryman's combat memoir from the Invasion of Iraq to the Battle of Fallujah. It chronicles firsthand accounts of war while serving with the most combat deployed Marine Corps battalion of the Iraq War the 3rd Battalion 4th Marines. Initially trained as an infantry platoon radio operator and then as a team leader with a scout sniper platoon, Brian Van Gorden portrays the battles that took place in a complex war and the hardships experienced from repeated combat deployments. *2015 MCMAP Publications Combined: USMC Martial Arts Instructor Course Student Outline; Tan, Gray, Green, Brown & Black Belt; Gear List & Log; The High Intensity Tactical Training Methodology & More*, 2019-02-26. Commander's Intent: MCMAP is an integrated weapons-based system that incorporates the full spectrum of the force continuum on the battlefield and contributes to the mental character and physical development of Marines. It is the intent that MCMAP enhances the transformation from civilian to Marine by capitalizing on the zeal of entry level training and developing the Marine ethos in a progressive manner throughout a Marine's career. Concept of operations: a. All Marines regardless of age grade or sex must perform MCMAP qualifications. b. Commanders shall conduct MCMAP training in accordance with the instructions contained herein. The prescribed minimum requirements of this Order should not be interpreted as limiting the commander. Commanders are encouraged to conduct additional MCMAP training in a progressive, safe manner to enhance unit performance and fitness levels of Marines.

Guide to Joining the Military Peterson's,2013-11-12. Guide to Joining the Military includes topics like women in the military, details on opportunities available within all branches of the military, what to expect from a military career, information on joining the National Guard and Reserve, coverage of the ASVAB examination, details on the physical exam and background investigation, basic training facts, daily schedules, training regimens, physical conditioning, and more. **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 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 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 To Be a U.S. Marine S. F. Tomajczyk, 2004-11-20 S F Tomajczyk s To Be a U S Marine reveals the training methods used in forging one of the nation s most efficient military armed forces Comprised of smart highly adaptable men and women the Marine Corps serves as the aggressive tip of the US military spear Theirs is a smaller more dynamic force than any other in the American arsenal and the only forward deployed force designed for expeditionary operations by air land or sea It is their size and expertise that allow them to move faster Working to overcome disadvantage and turn conflict into victory they accomplish great things and they do so together In the Marine Corps there is a motto that describes their commitment to each other their organization and their country It is Semper Fidelis or Semper Fi Translated from Latin it means Always Faithful With unprecedented access to the men in training around the country including California North Carolina Virginia and Okinawa S F Tomajczyk provides a behind the scenes look at Marine recruit training Boot Camp the 13 week process that transforms a young person with the courage to succeed into a mature highly disciplined and fully capable Marine During this time drill instructors teach individuals how to care for themselves and others function as a member of a team and to achieve success together Their training includes first aid water survival skills marksmanship tactics while also focusing on customs traditions and history that have made the

Marine Corps respected around the world Includes Color Photographs **The Marine Corps Martial Arts Program (McMap) - Full-Size Edition: From Beginner to Black Belt: Current Edition, Complete & Unabridged - Build Your Wa** Us Marine Corps,2019-02-10 FROM BEGINNER TO BLACK BELT Current edition REPLACES the obsolete Close Combat manual LINE system 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 available 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 CONTAINS 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 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 Search for CARLILE MILITARY LIBRARY to find more TOP FLIGHT SQUARED AWAY publications for your professional

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Parents of adult children around the world will laugh and cry as they share in this Marine Corp Mom s journey through
USMC Boot Camp McRp 3-02b Marine Corps Martial Arts Program (McMap) Headquarters United States Marine
Corps,2017-09-02 The Marine Corps Martial Arts Program MCMAP is a combat system developed by the United States
Marine Corps to combine existing and new hand to hand and close quarters combat techniques with morale and team
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teamwork Marine Corps Reference Publication MCRP 3 02B Marine Corps Martial Arts Program MCMAP is designed for
Marines to review and study techniques A fully implemented MCMAP program can help instill esprit de corps and help foster
the mental character and physical development of the individual Marine in the unit This publication guides individual
Marines team leaders and martial arts instructors instructor trainers in the proper tactics techniques and procedures for US
Marine Corps martial arts training **Police Psychology and Its Growing Impact on Modern Law Enforcement**
Mitchell, Cary L.,Dorian, Edrick H.,2016-09-12 Police psychology has become an integral part of present day police agencies
providing support in the areas of personnel assessment individual and organizational intervention consultation and
operational assistance Research based resources contribute to those efforts by shedding light on best practices identifying
recent research and developments and calling attention to important challenges and growth areas that remain Police
Psychology and Its Growing Impact on Modern Law Enforcement emphasizes key elements of police psychology as it relates
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Individual Training Standards (ITS) System for the Marine Corps Martial Arts Program (MCMAP)
Department of the Navy, 2013-05-16 The references establish the system used to publish all training standards provide policy and assign training responsibilities especially as applied to the Systems Approach to Training SAT ITSs establish the training requirements for all Marines in the same occupational field OccFld Military Occupational Specialty MOS or billet They provide a foundation upon which unit commanders Functional Learning Center FLC directors and distance learning DL developers build training packages for individual Marines as part of unit training plans or formal courses of instruction ITSs represent the skills that contribute to the unit mission as expressed in the Mission Performance Standards MPS Changes to

doctrine or force structure or the introduction of new weapons or equipment may necessitate revision of this Order The order further defines the program s Mental and Character Skills and their interdependence with the Physical Skills and provides the basis for standardized instruction The Order also ties the three disciplines together and reinforces the Marine Corps Core Values through repetition and discussion The qualifications for Black Belt Second Degree through Black Belt Sixth Degree are identified for the first time in this Order Martial Arts Instructor MAI and Martial Arts Instructor Trainer MAIT skills include additional tasks that will improve instructor capabilities addressing ORM and other instructional techniques

“””,Alexander Bennett,2005-10 **The Marine Corps Martial Arts Program** United States Marine Corps,2013-06 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 This training continued to evolve up to World War II During these early years the leadership and core values training that are our hallmark today developed in concert with the martial skills **The Marine Corps Martial Arts Program** UNKNOWN.,2022-11-21 The Marine Corps Martial Arts Program MCMAP is a combat system developed by the United States Marine Corps to combine existing and new hand to hand and close quarters combat techniques with morale and team building functions and instruction in the Warrior Ethos The program which began in 2001 trains Marines and U S Navy personnel attached to Marine units in unarmed combat edged weapons weapons of opportunity and rifle and bayonet techniques It also stresses mental and character development including the responsible use of force leadership and teamwork The program uses an advancement system of colored belts similar to that of most martial arts The different levels of belts are Tan belt the lowest color belt and conducted during entry level training signifies the basic understanding of the mental physical and character disciplines It is the minimum requirement of all Marines with a training time of 27 5 hours and has no prerequisites Recruits receive these belts after completion of a practical application test on all

of the basic techniques of the Tan Belt Gray belt is the second belt attained after 25 hours of training It signifies an intermediate understanding of the basic disciplines The Marine must complete the Leading Marines course from the Marine Corps Institute and most instructors will require a report be completed on the Marine Raiders Green belt is the third belt requiring 25 hours of training This belt signifies understanding of the intermediate fundamentals of the different disciplines This is the first belt level in which one can become an instructor which allows him or her to teach tan grey and green belt techniques with the power to award the appropriate belt The prerequisites for this belt include a recommendation from reporting senior Brown belt is the fourth belt level requiring 33 hours of training It introduces Marines to the advanced fundamentals of each discipline In addition as with green belts they may be certified as MAIs and teach tan through brown techniques Prerequisites for this belt include recommendation of reporting senior Black belt 1st degree is the highest belt color and requires 40 hours of supervised training It signifies knowledge of the advanced fundamentals of the different disciplines A 1st degree black belt instructor may teach fundamentals from tan to black belt and award the appropriate belt

McMap Marine Corps Martial Arts Program Usmc,2013-12 The Marine Corps Martial Arts Program MCMAP is a combat system developed by the United States Marine Corps to combine existing and new hand to hand and close quarters combat CQC techniques with morale and team building functions and instruction in the Warrior Ethos The program which began in 2001 trains Marines and U S Navy personnel attached to Marine units in unarmed combat edged weapons weapons of opportunity and rifle and bayonet techniques It also stresses mental and character development including the responsible use of force leadership and teamwork The techniques used by MCMAP vary in degrees of lethality allowing the user to select the most appropriate usually the least amount of force For example a Marine facing a nonviolent but noncompliant subject can use an unarmed restraint to force compliance with minimal damage and pain A more aggressive subject could be met with a choke hold or a strike Lethal force can be used on a subject as a last resort The majority of techniques can be defensive or offensive in use with or without a weapon allowing Marines flexibility in combat and operations other than war such as civil control or humanitarian missions as well as self defense

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

CONTENT ANNEX A USMC Orientation MCRD HIST 1001 02 03 Marine Corps History MCRD HIST 1004 Rank Structure of the USMC MCRD LDR 1015 Marine Corps Leadership MCRD MGTF 1001 2 3 Mission Organization of USMC MCRD UNIF 1001 02 05 06 Marine Corps Uniforms MCRD UNIF 1003

04 Civilian Attire and Personal Appearance ANNEX B Marine Corps Martial Arts Program MCRD TAN 1001 Apply the Fundamentals of MCMAP MCRD TAN 1002 Execute Punches MCRD TAN 1003 Execute Falls MCRD TAN 1004 Execute Bayonet Techniques MCRD TAN 1005 Execute Upper Body Strikes MCRD TAN 1006 Lower Body Strikes MCRD TAN 1007 Execute Chokes MCRD TAN 1008 Execute Legs Sweeps MCRD TAN 1009 Execute Counters to Strikes MCRD TAN 1010 Counters to Chokes and Holds MCRD TAN 1011 Unarmed Manipulations MCRD TAN 1012 Execute Armed Manipulations MCRD TAN 1013 Execute Knife Techniques ANNEX C Combat Life Saver MCRD MED 1013 14 Treat Heat or Cold Injury ANNEX D Ministry In Combat 2401 ADMN 2002 Manage a Marine Corps Command Religious Program CRP 2401 ADMN 2003 Religions Practices Brief 2401 MED 2005 Religious Ministry Support in a Mass Casualty 2401 OPS 2001 Facilitate Religious Ministry in an Expeditionary Environment 2401 OPS 2002 Memorial Ceremony 2401 PAT 2001 Religious Ministry Team Force Protection MCRD LDR 1001 Personal Assistance MCRD LDR 1007 Operational Culture MCRD LDR 1016 17 19 Combat Leadership MCRD LDR 1018 Combat Operational Stress Control MCRD LDR 1021 22 23 Code of Conduct and Your Rights and Obligations as a Prisoner of War ANNEX E USMC Combat Skills MCRD CBRN 1001 Employ the Field Protective Mask FPM MCRD COMM 1001 Hand and Arm Signals MCRD IND 1002 Camouflage Self and Equipment MCRD IND 1003 Field Sanitation MCRD IND 1004 March Under an Assault Load MCRD PAT 1002 3 Introduction to Basic Map Reading the Lensatic Compass Land Navigation MCRD PAT 1005 Individual Movement Techniques MCT CMBH 1001 02 03 04 Combat Hunter MCT COMM 1002 Limited Visibility Devices MCT COMM 1003 04 Radio Communications MCT DEF 1001 2 Defensive Fundamentals MCT IED 1001 2 Improvised Explosive Devices IED MCT IND 1004 Maintain Sleep Hygiene MCT MOUT 1001 Military Operations on Urban Terrain MCT PAT 1001 3 4 5 Patrolling Fundamentals ANNEX G Rifle Familiarization Marine Corps Reference Publication 3 01A Rifle Marksmanship

Sustaining the Marine Corps Martial Arts Program, 2005 Close combat is vital to the Marine Corps a service that prides itself on being able to locate close with and destroy the enemy The Marine Corps has adopted many programs designed to dispatch the enemy at close range Unfortunately programs like Close Combat Instruction CCI and the Linear In fighting Neurological override Engagement LINE system did not completely satisfy the Marine Corps needs and were virtually incompatible with other Marine Corps training programs due to their limited focus on unarmed combat only Therefore the Marine Corps Martial Arts Program MCMAP was implemented in the summer of 2000 under the direction of General James L Jones 32nd Commandant of the Marine Corps MCMAP is an integrated synergistic fighting system incorporating mental character and physical disciplines that apply across the entire spectrum of violence MCMAP is a program that offers added value to the Marine Corps both on and off the battlefield It mirrors the Marine Corps ethos and arms Marines with skills knowledge and values that will continue to be useful to them throughout their careers and lives The Martial Arts Center of Excellence should constantly sell the program whether it is to the potential recruit the gunnery sergeant with 15 years of service or the Commandant himself The leaders of the Corps at all levels must

be the primary target audience and recognize the value that MCMAP brings to the table Moreover they must require MCMAP participation of themselves and all their Marines Ultimately the Marine Corps needs to reinforce its commitment to this program by implementing requirements that place the program on equal footing as other established programs such as professional military education rifle range and the PFT MCMAP may be short lived unless the Marine Corps does a better job of selling the program to all Marines establishes and enforces overdue requirements and receives the support of senior leadership

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Table of Contents Mcmap Training Guide

1. Understanding the eBook Mcmap Training Guide
 - The Rise of Digital Reading Mcmap Training Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Mcmap Training Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Mcmap Training Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Mcmap Training Guide
 - Personalized Recommendations
 - Mcmap Training Guide User Reviews and Ratings
 - Mcmap Training Guide and Bestseller Lists
5. Accessing Mcmap Training Guide Free and Paid eBooks
 - Mcmap Training Guide Public Domain eBooks
 - Mcmap Training Guide eBook Subscription Services
 - Mcmap Training Guide Budget-Friendly Options
6. Navigating Mcmap Training Guide eBook Formats

- ePub, PDF, MOBI, and More
- Mcmap Training Guide Compatibility with Devices
- Mcmap Training Guide Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Mcmap Training Guide
 - Highlighting and Note-Taking Mcmap Training Guide
 - Interactive Elements Mcmap Training Guide
- 8. Staying Engaged with Mcmap Training Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Mcmap Training Guide
- 9. Balancing eBooks and Physical Books Mcmap Training Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Mcmap Training Guide
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Mcmap Training Guide
 - Setting Reading Goals Mcmap Training Guide
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Mcmap Training Guide
 - Fact-Checking eBook Content of Mcmap Training Guide
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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