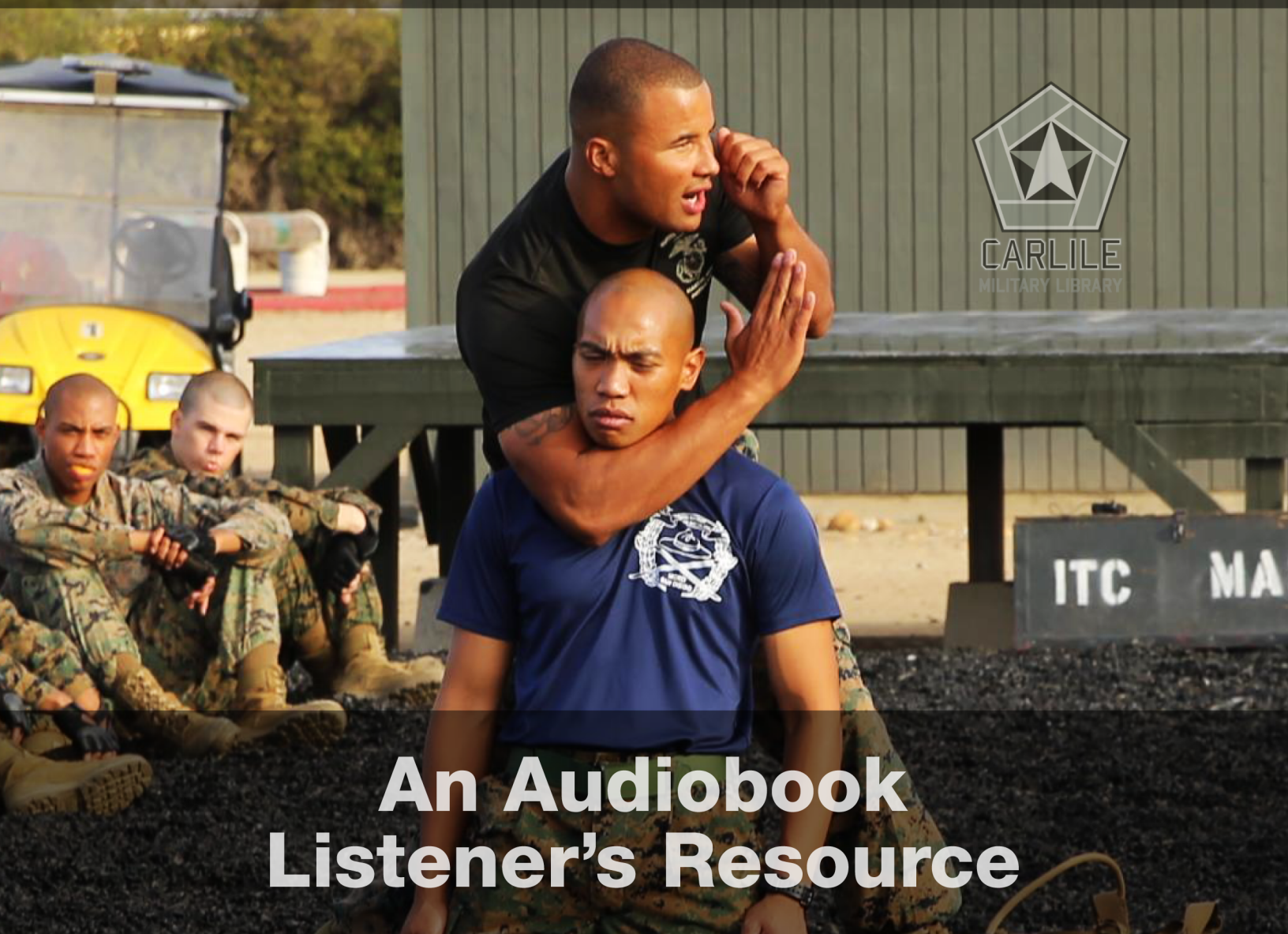


Figures From

THE MARINE CORPS MARTIAL ARTS PROGRAM (MCMAP)



**An Audiobook
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Figures From
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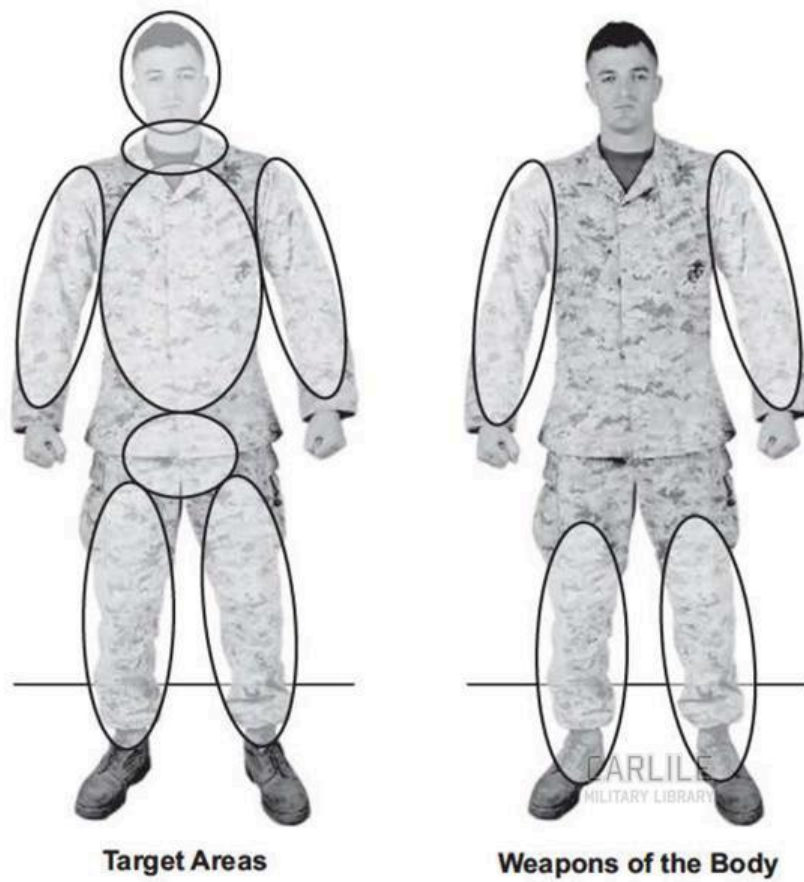


Figure 2-1. Target areas and weapons of the body.



Figure 2-2. Basic Warrior Stance.

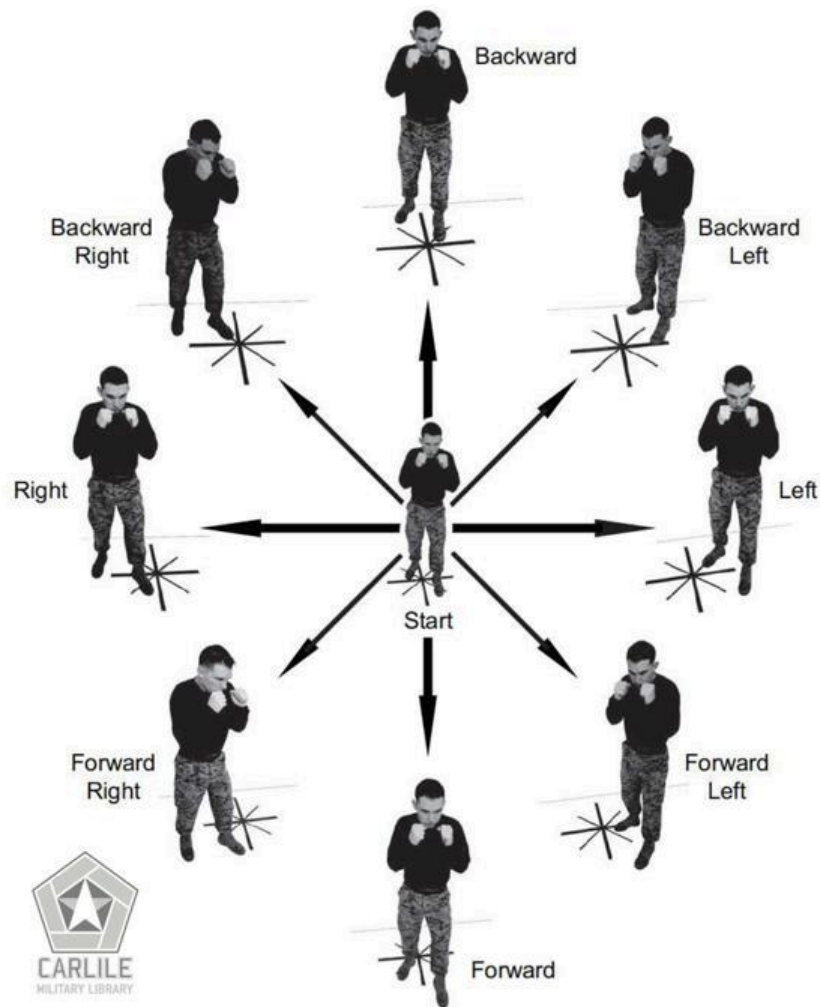


Figure 2-3. Angles of Movement Diagram.

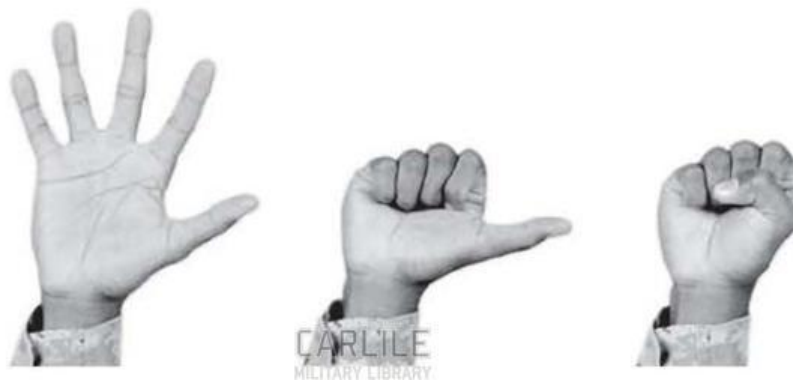


Figure 2-4. Making a Fist.

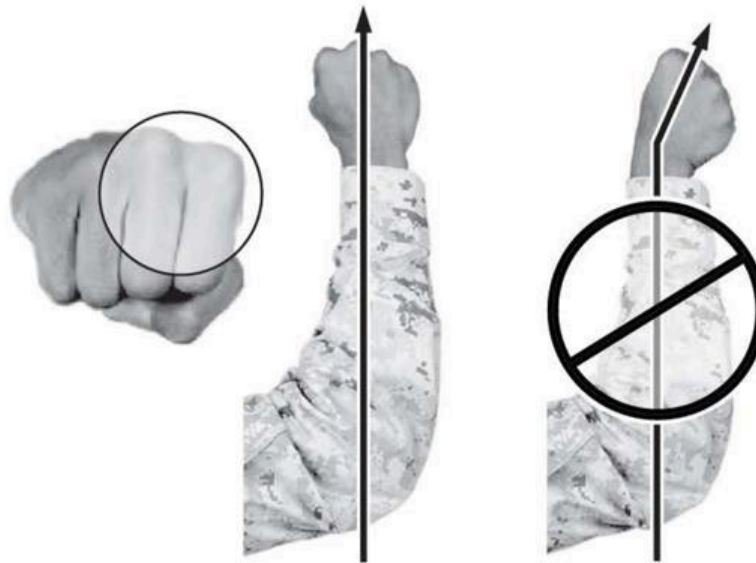


Figure 2-5. Striking Surface.



Figure 2-6. Lead Hand Punch.



Figure 2-7. Rear Hand Punch.



Figure 2-8. Uppercut.



Figure 2-9. Hook.

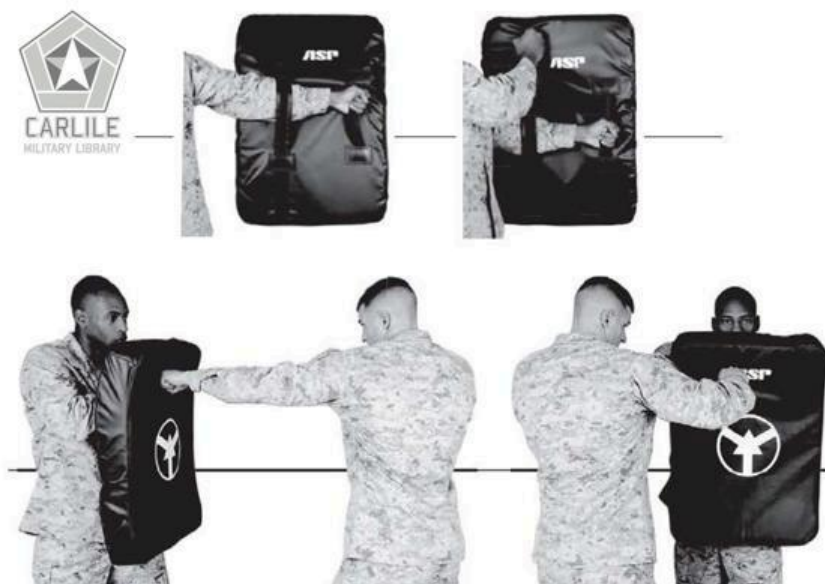


Figure 2-10. Lead and Rear Hand Punches.



Figure 2-11. Upper Cut and Hook.

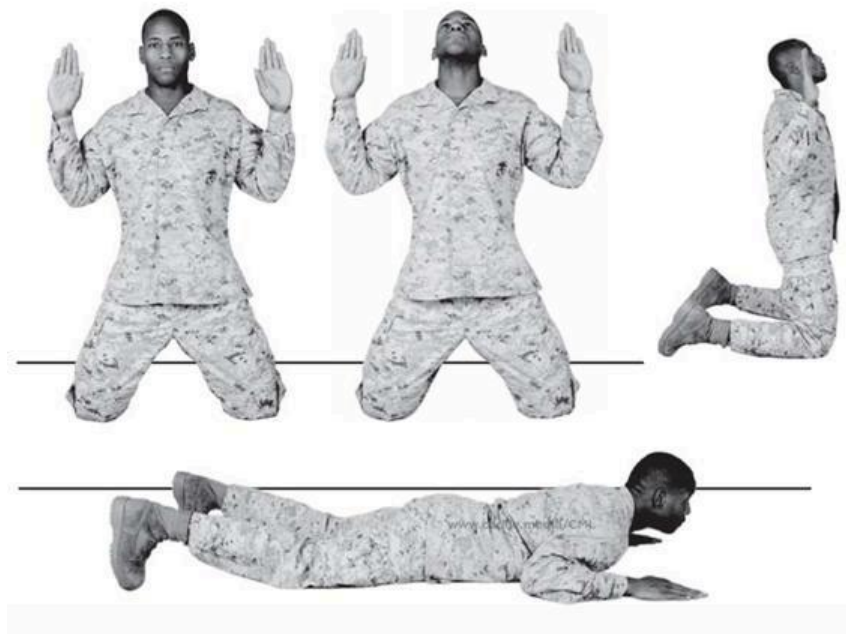


Figure 2-12. Front Break-Fall.

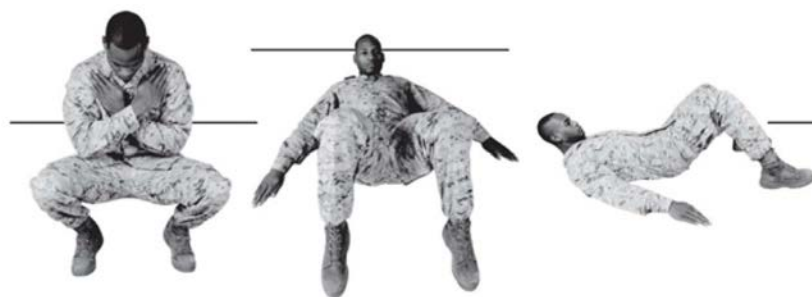


Figure 2-13. Back Break-Fall.



Figure 2-14. Side Break-Fall.



Figure 2-15. Forward Shoulder Roll

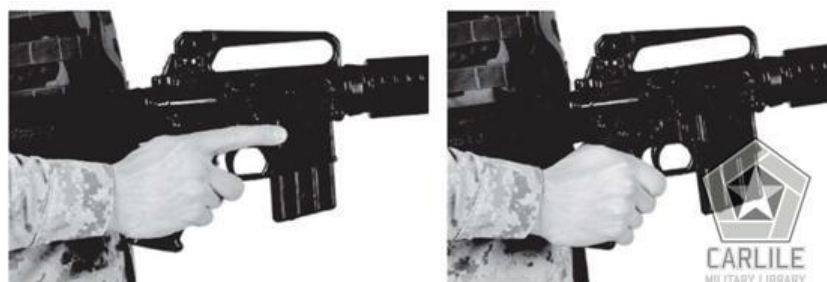


Figure 2-16. Bayonet Techniques.



Figure 2-17. Straight Thrust.



Figure 2-18. Horizontal buttstroke.

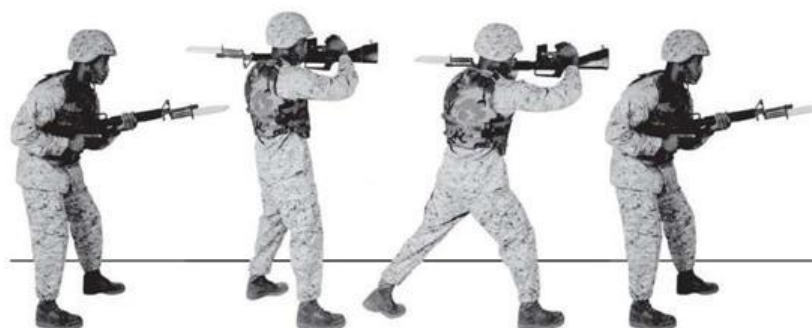


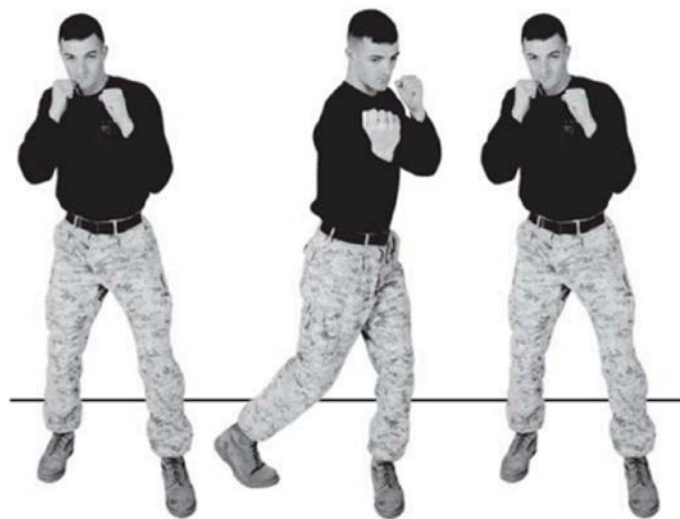
Figure 2-20. Smash.



Figure 2-21. Slash.



Figure 2.22. A Disrupt.



Horizontal



Vertical

Figure 2-23. Hammer Fist.

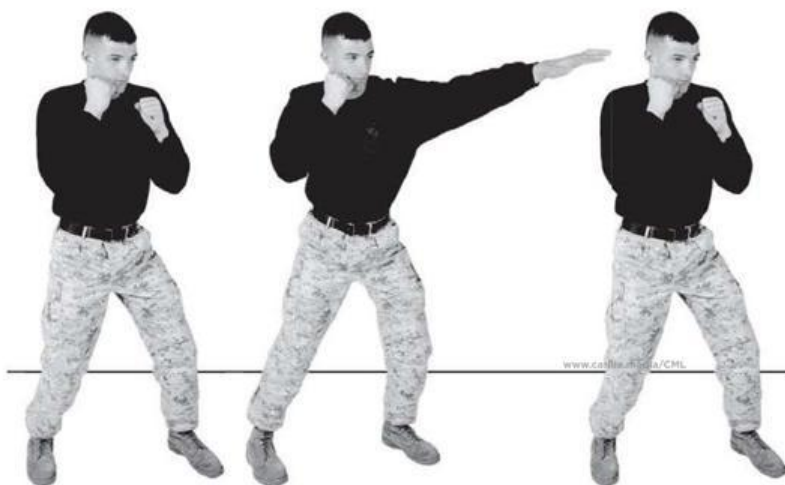


Figure 2-24. Eye gouge.



Figure 2-25. Vertical Elbow Strike (Low to High).



Figure 2-26. Forward Horizontal Elbow Strike.





Figure 2-28. Eye Gouge.



Figure 2-29. Vertical and Horizontal Elbow Strike.



Figure 2-30. Vertical Knee Strike.



Figure 2-31. Front Kick.

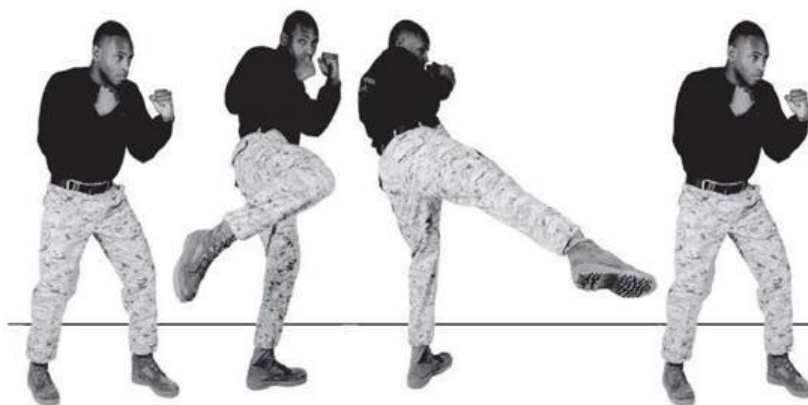




Figure 2-33. Vertical Stomp.



Figure 2-34. Vertical Knee Strike.

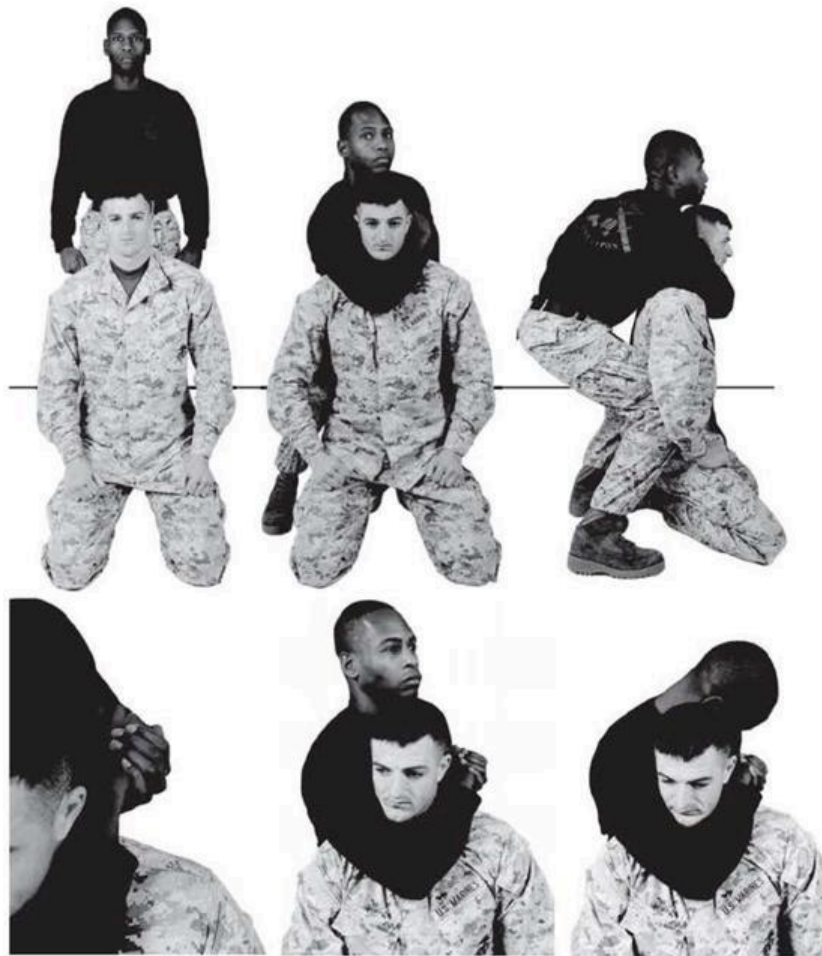


Figure 2-35. Rear Choke from a Kneeling Position.



Figure 2-36. Rear Choke from a Standing Position.



Figure 2-37. Figure-Four Variation.

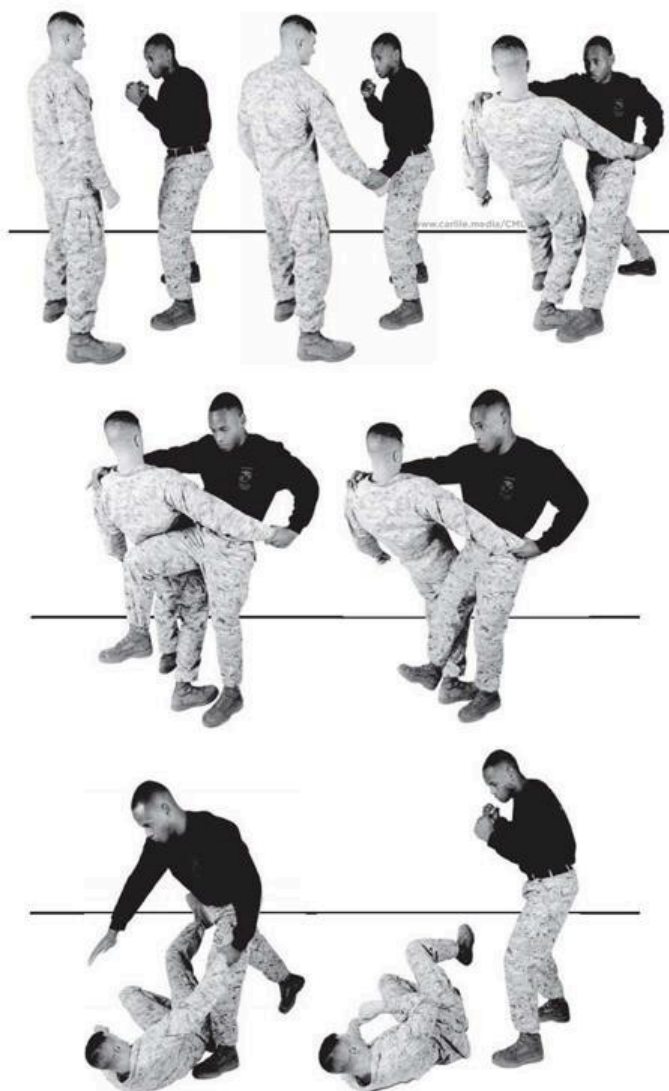


Figure 2-38. Leg Sweep.



Figure 2-39. Counter to Rear Hand Punch.



Figure 2-40. Counter to the Rear Leg Kick.



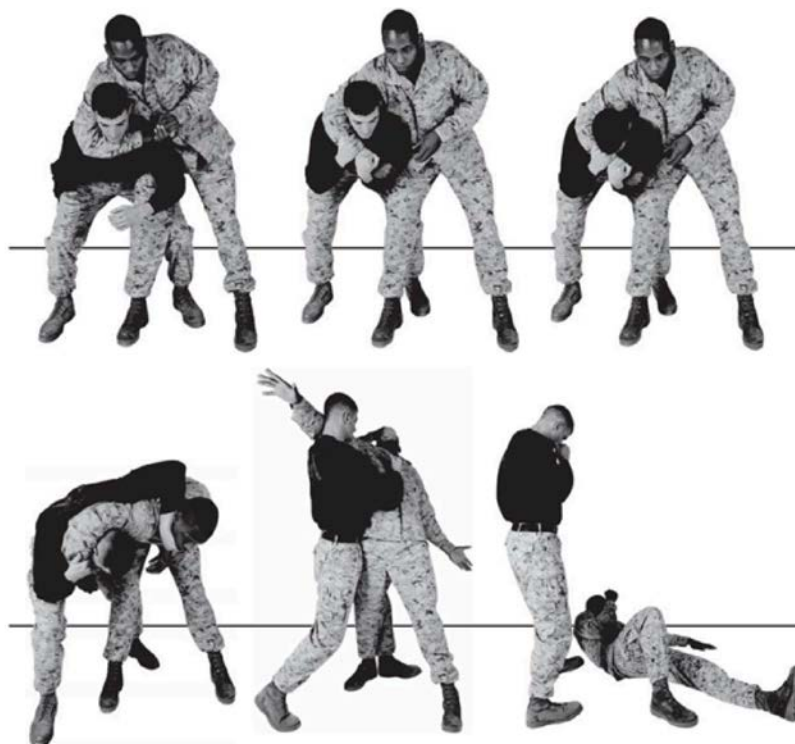


Figure 2-42. Counter to the Rear Headlock.

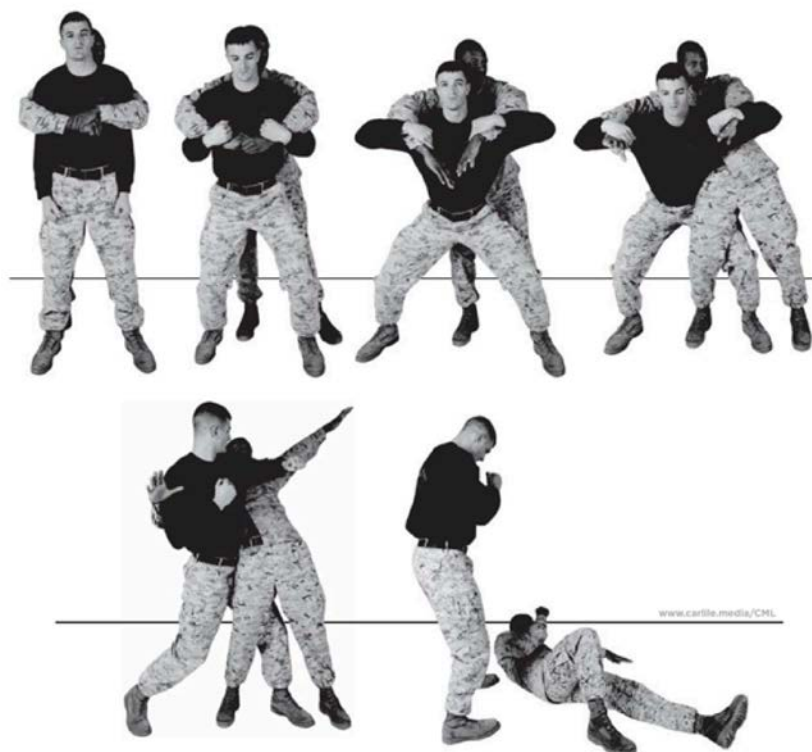


Figure 2-43. Counter to the Rear Bear Hug.

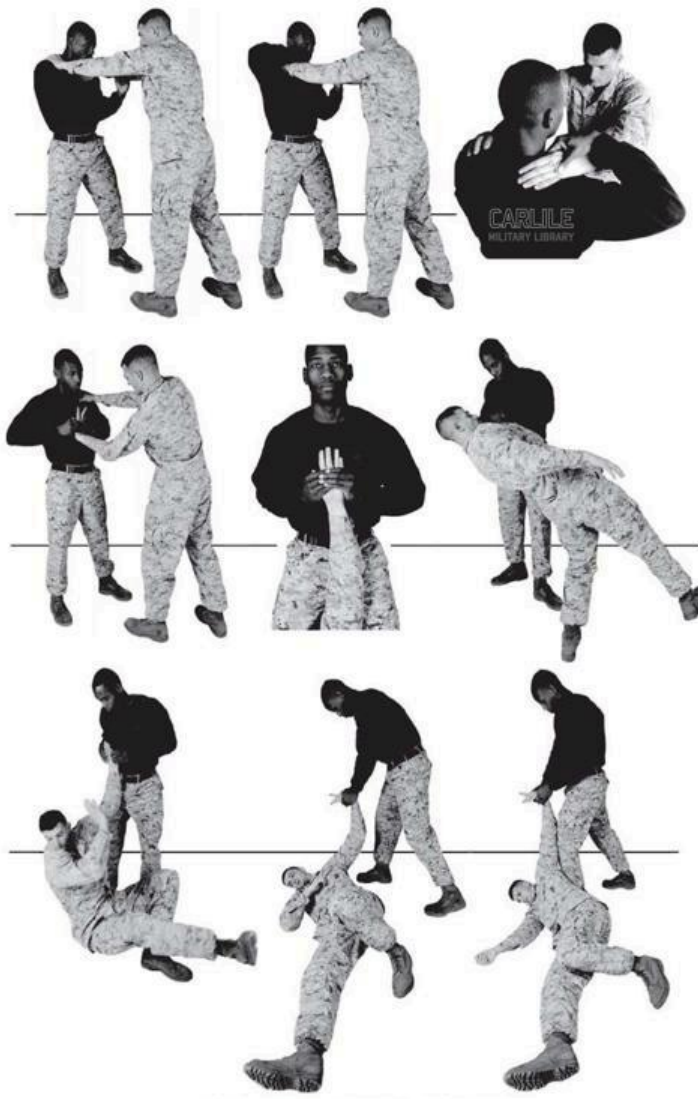


Figure 2-44. Basic Wristlock Takedown.

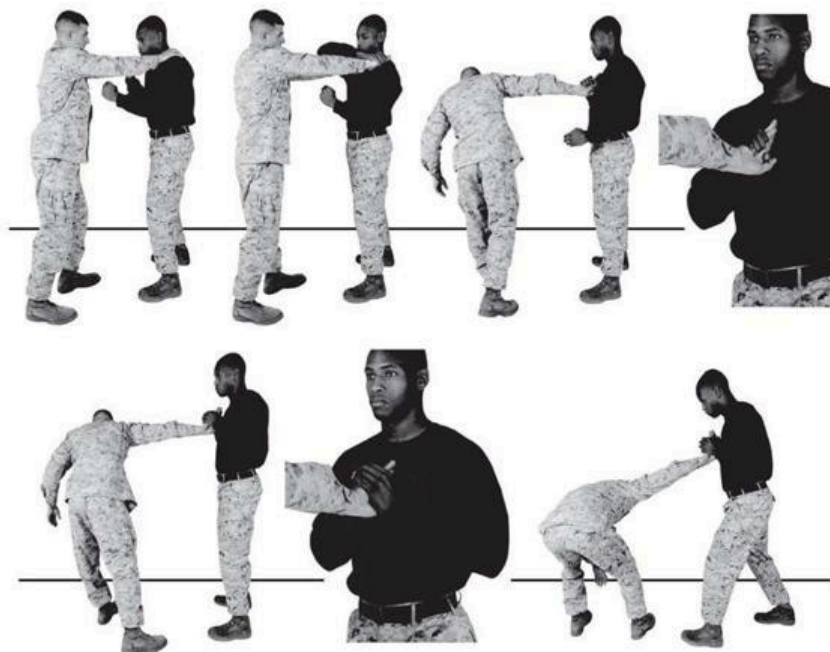


Figure 2-45. Reverse Wristlock Takedown.

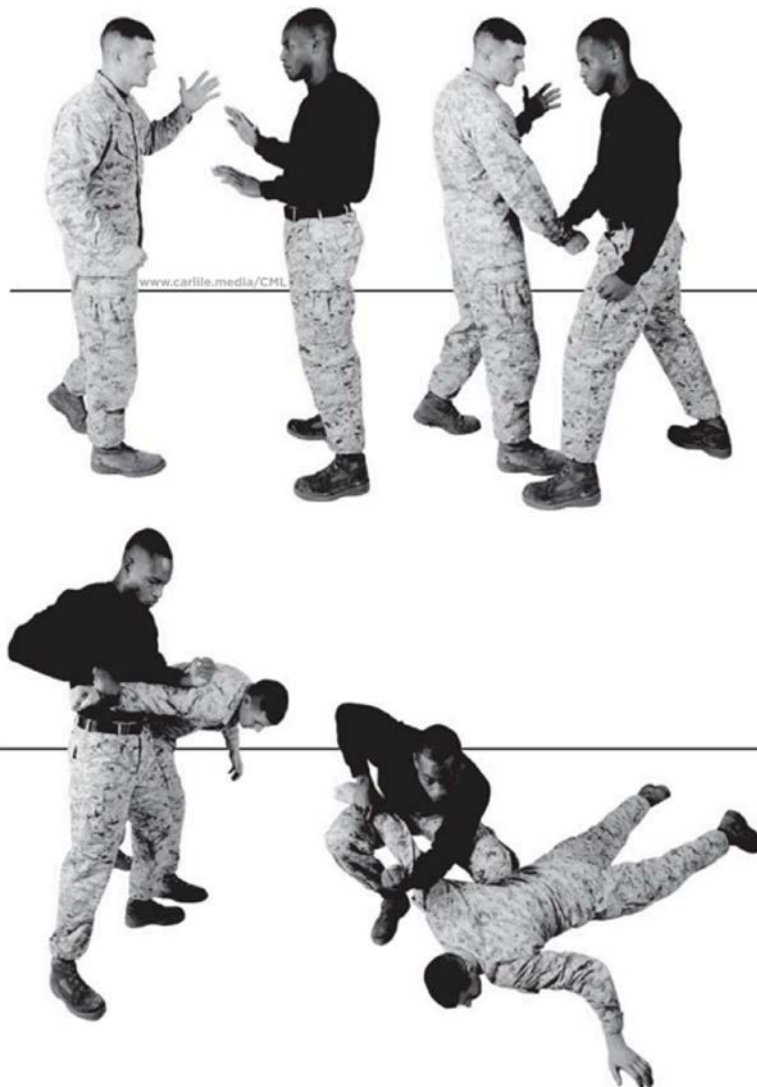


Figure 2-46. Armbar Takedown.

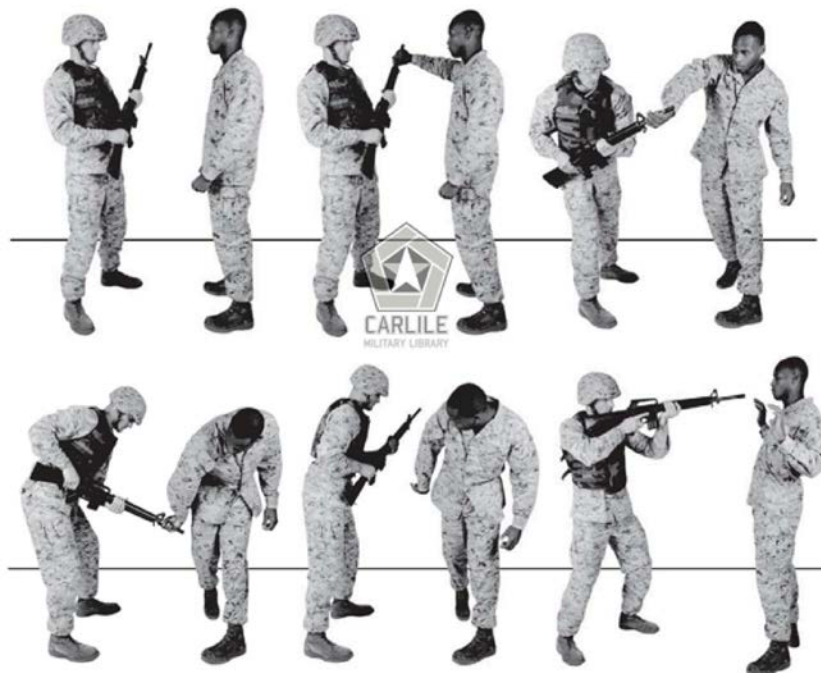


Figure 2-47. Counter to the Muzzle Grab.

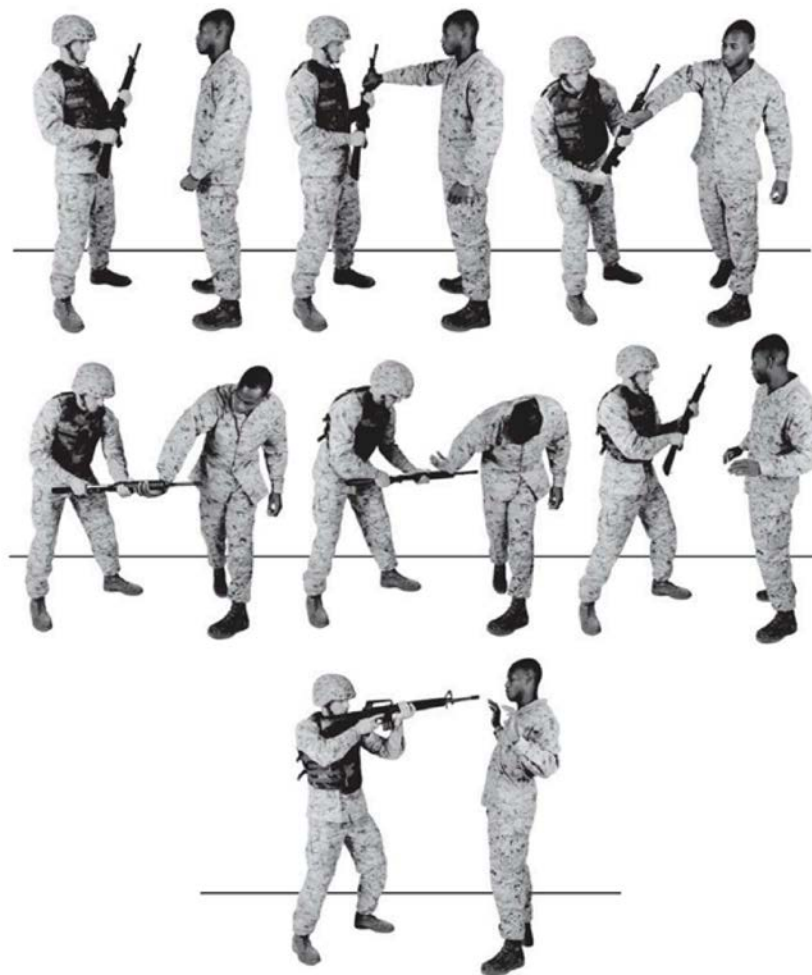


Figure 2-48. Aggressor Grabs Your Weapon Over Handed.



Figure 2-49. Aggressor Grabs Your Weapon Underhanded.



Figure 2-50. High Block.



Figure 2-51. Low Block



Figure 2-52. Mid-Block.



Figure 2-53. Left or Right Block.



Figure 2-54. Vertical Slash.



Figure 2-55. Vertical Thrust.



Figure 3-1. Modified Basic Warrior Stance.



Figure 3-2. Hand Placement.



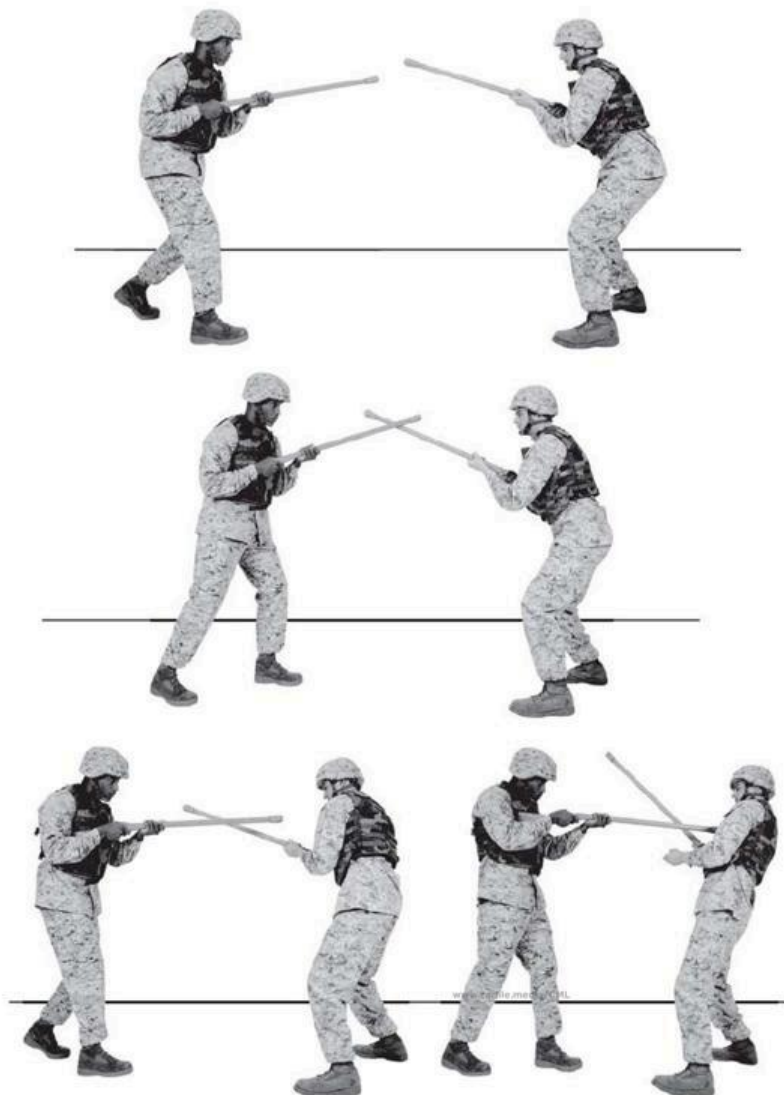


Figure 3-4. Bayonet Techniques.



Figure 3-5. Chin Jab/Palm Heel Strike.



Figure 3-6. Outside/Forward Knife Hand.

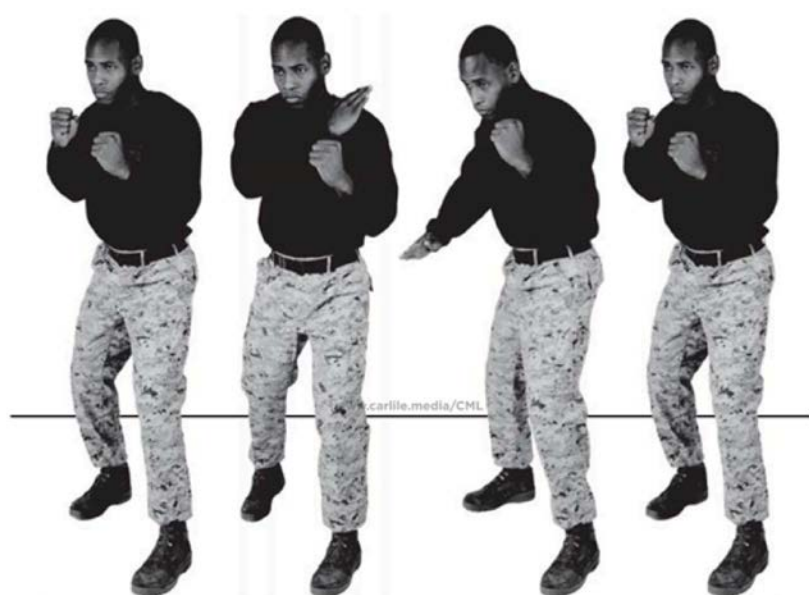


Figure 3-7. Inside/Reverse Knife Hand.



Figure 3-8. Vertical Knife Hand.



Figure 3-9. Rear to Horizontal Elbow Strike.



Figure 3-10. Vertical Elbow Strike (High to Low).

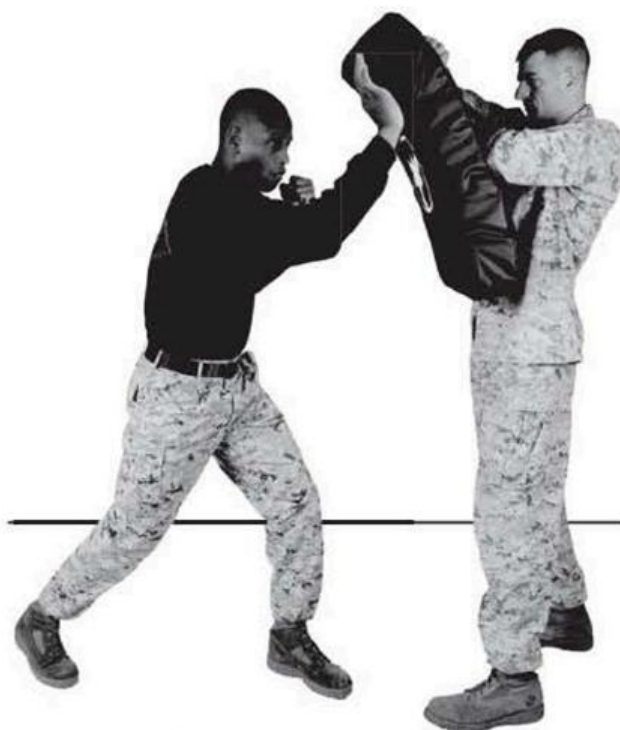




Figure 3-12. Outside/Reverse and Inside/Forward Knife Hand.



Figure 3-13. Rear Horizontal Elbow Strike.



Figure 3-14. Horizontal Knee Strike.



Figure 3-15. Side Kick.

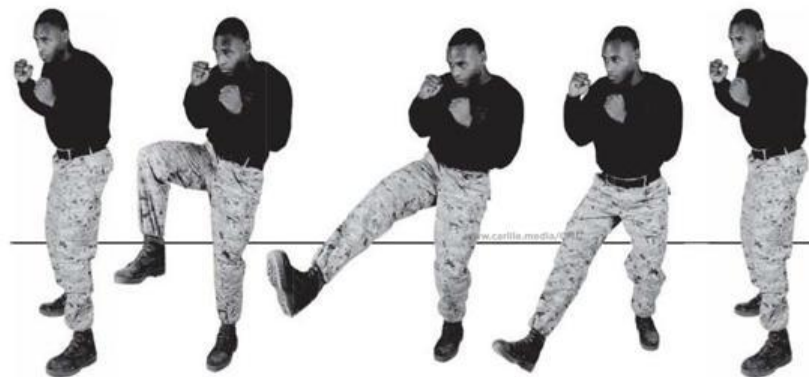




Figure 3-17. Horizontal Knee Strike.



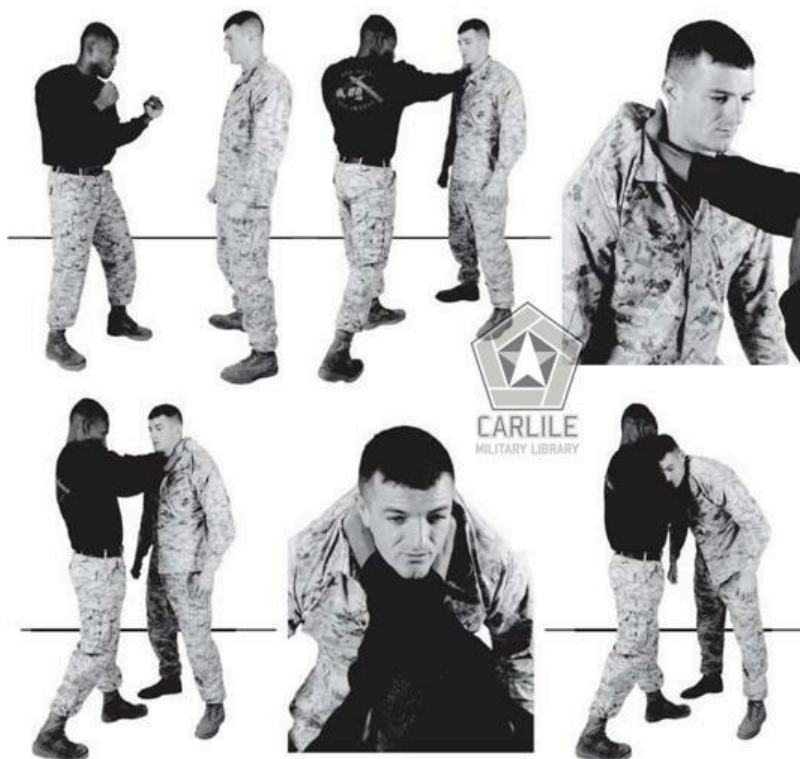


Figure 3-19. Front Choke.

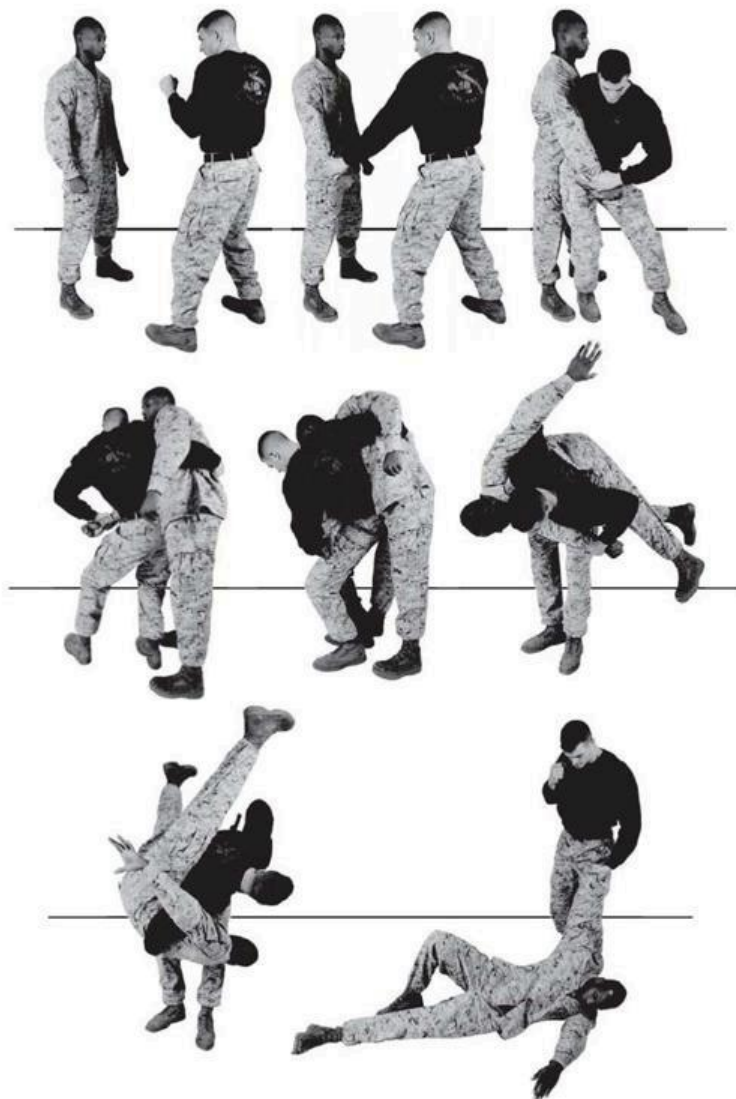


Figure 3-20. Hip Throw.

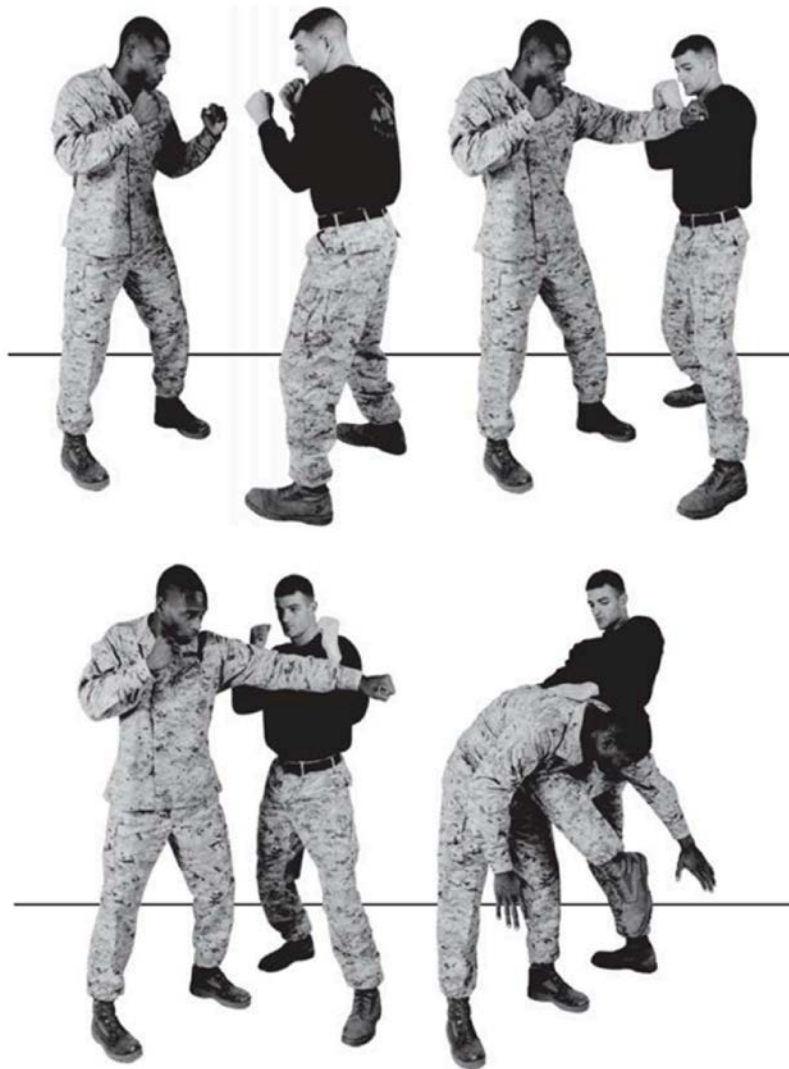


Figure 3-21. Counter to Lead Hand Punch.

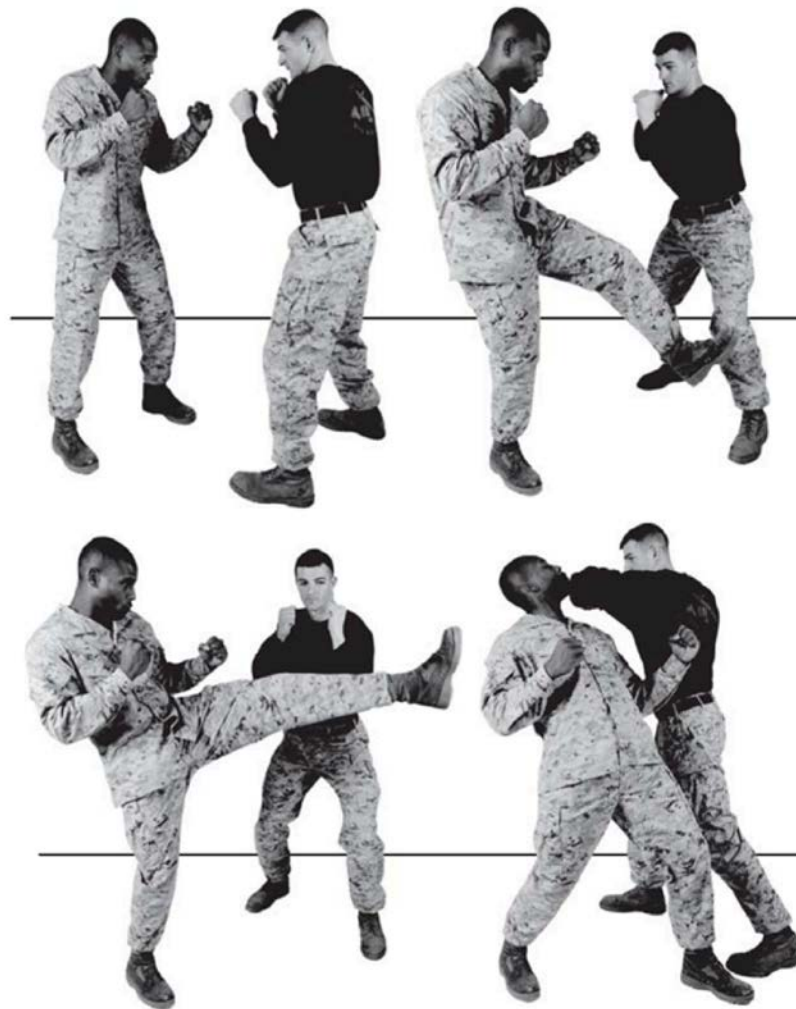


Figure 3-22. Counter to Lead Leg Kick.



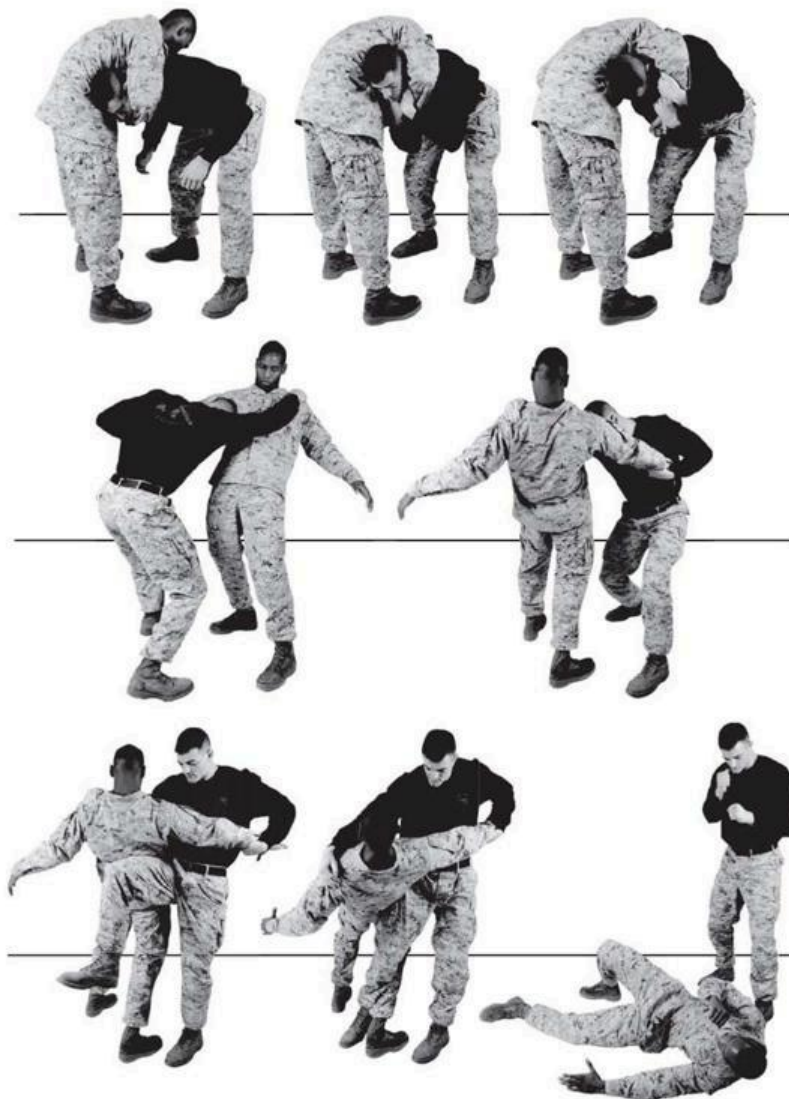


Figure 3-24. Counter to Front Headlock.

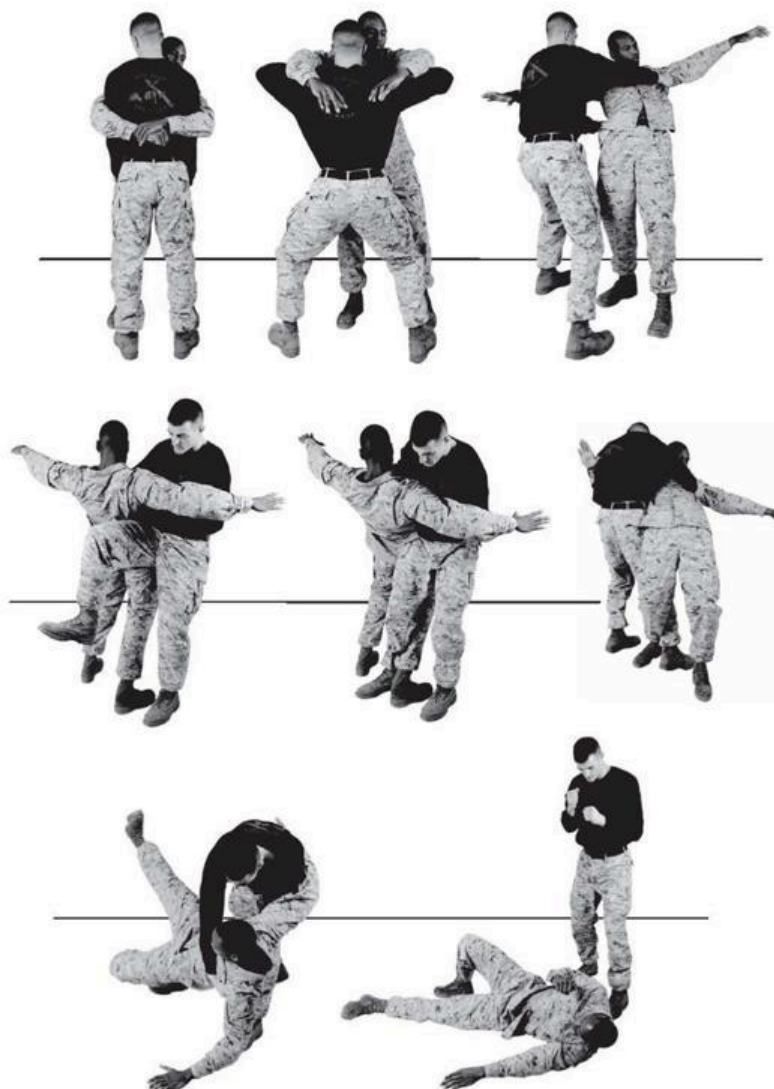


Figure 3-25. Counter to Front Bear Hug.

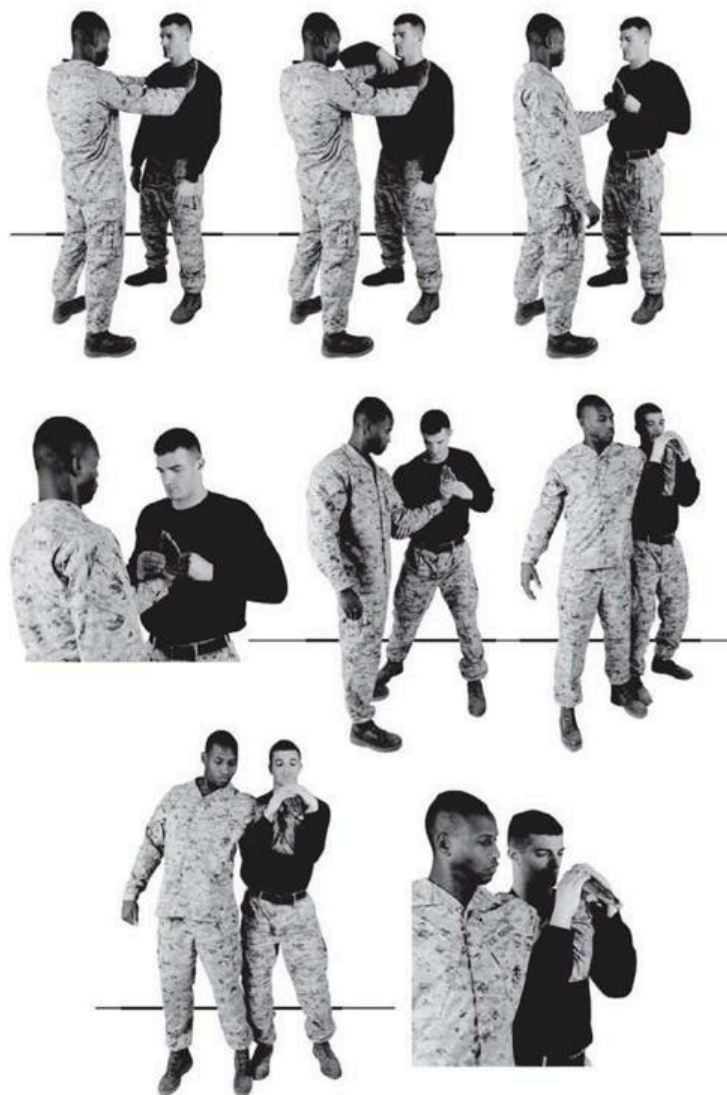


Figure 3-26. Wristlock Come-Along.

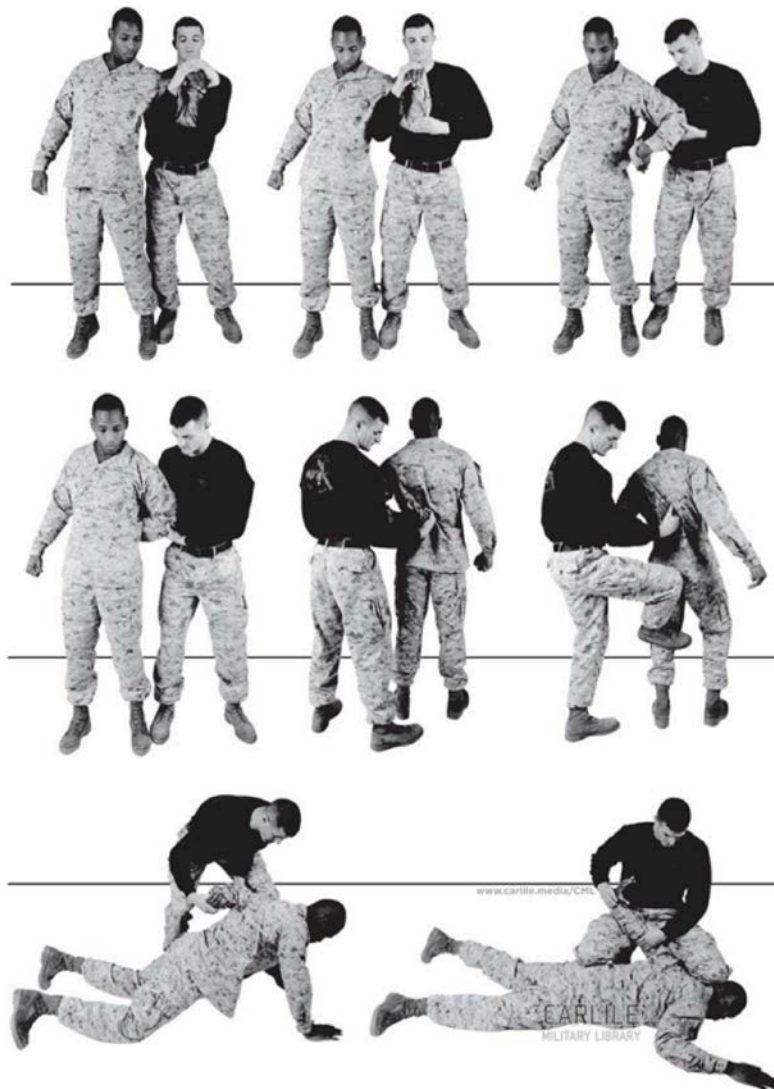


Figure 3-27. Takedown from a Wristlock Come-Along and Double Flexi Cuff.



Figure 3-28. Applying Double Flexi Cuffs.

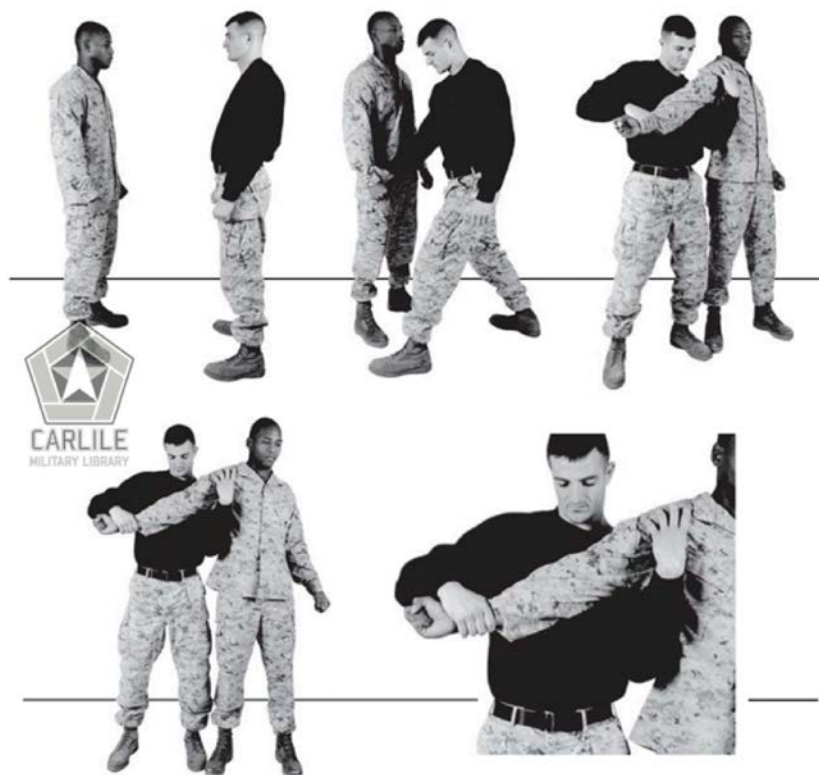


Figure 3-29. Escort Position.

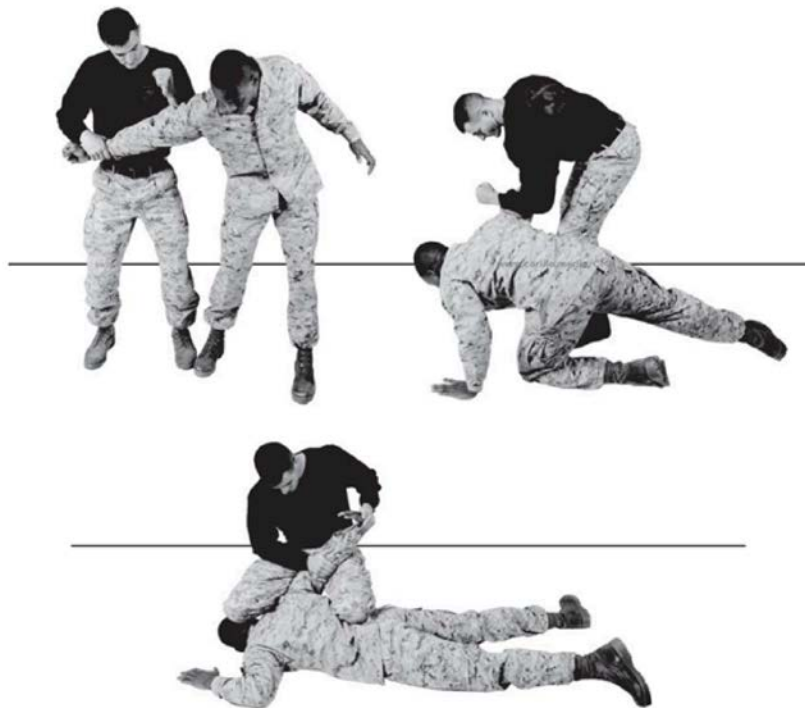


Figure 3-30. Escort Position Takedown and Single Flexi Cuff.

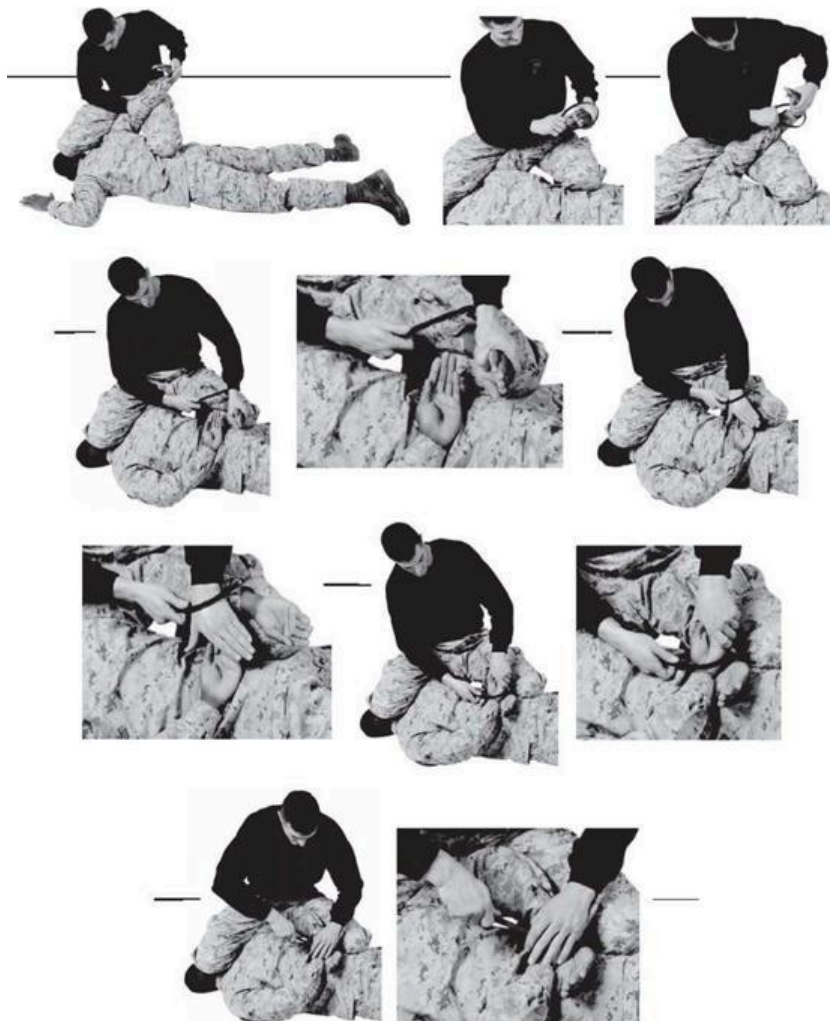




Figure 3-32. Aggressor Grabs with Both Hands (Pushing).

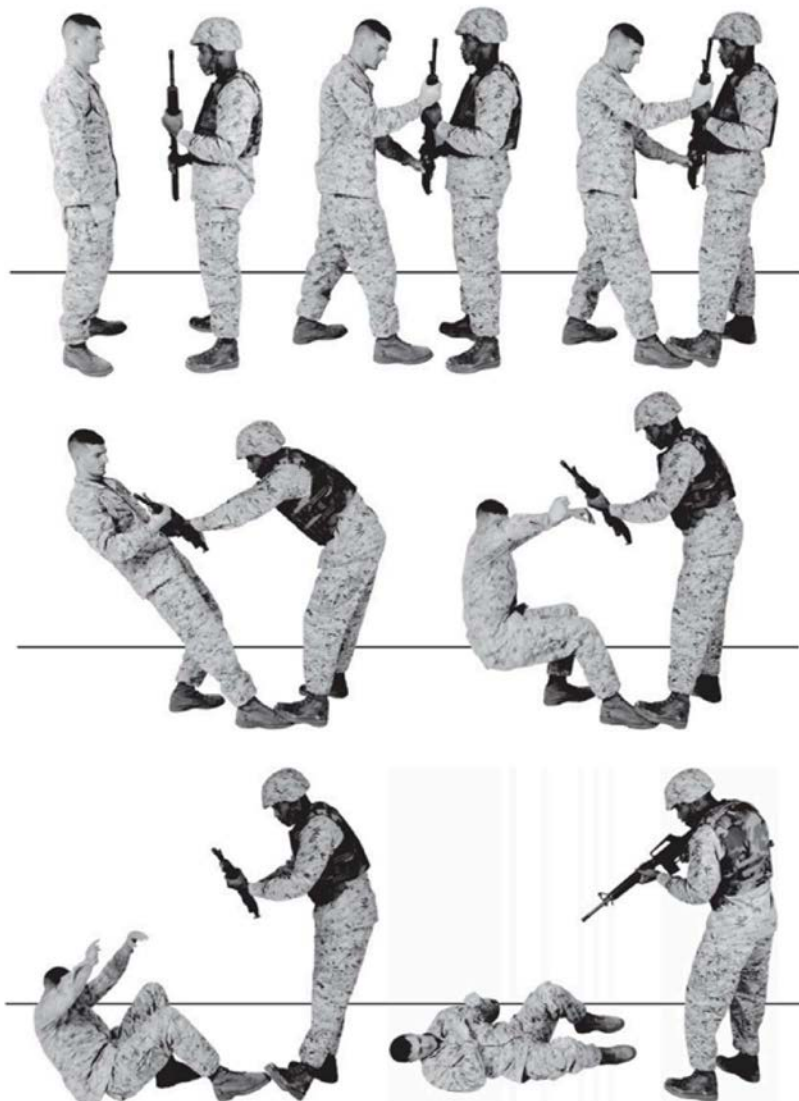


Figure 3-33. Aggressor Grabs with Both Hands Pulling (Stationary).

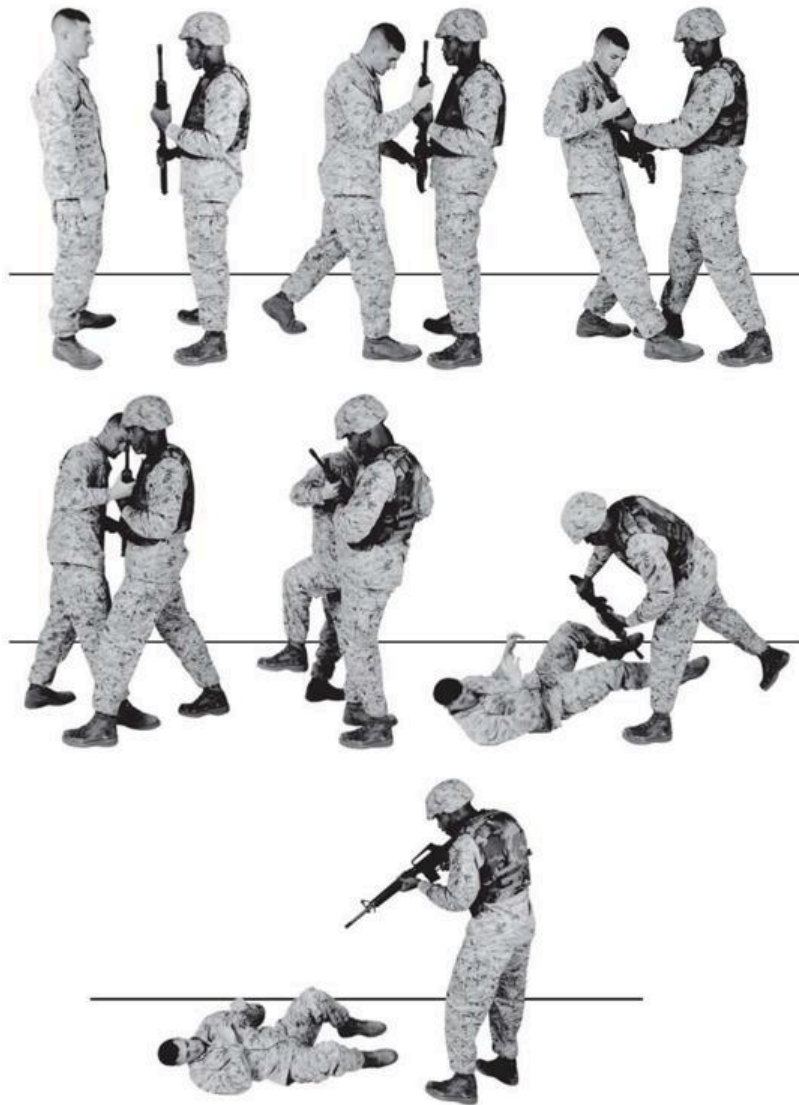


Figure 3-34. Aggressor Grabs with Both Hands Pulling (Moving).



Figure 3-35. Aggressor Grabs Over Handed with Strikes.



Figure 3-36. Aggressor Grabs Under Handed with Strikes.

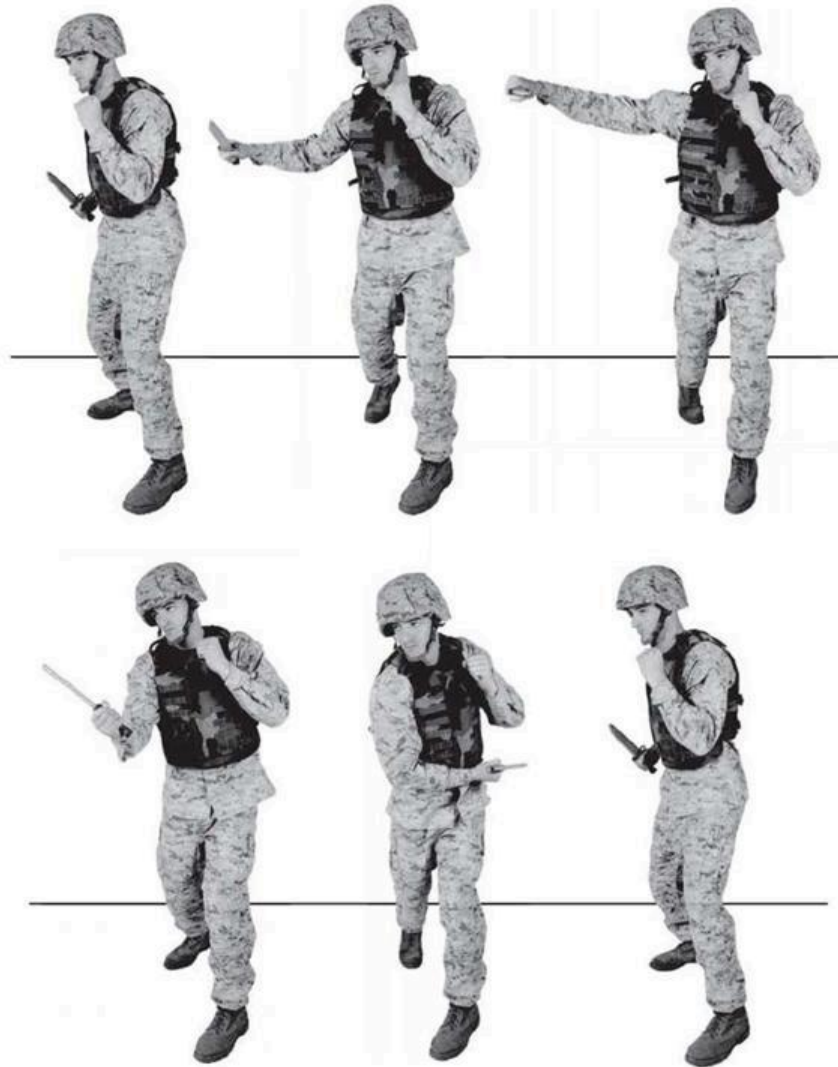


Figure 3-37. Forward Thrust.



Figure 3-38. Forward Slash.

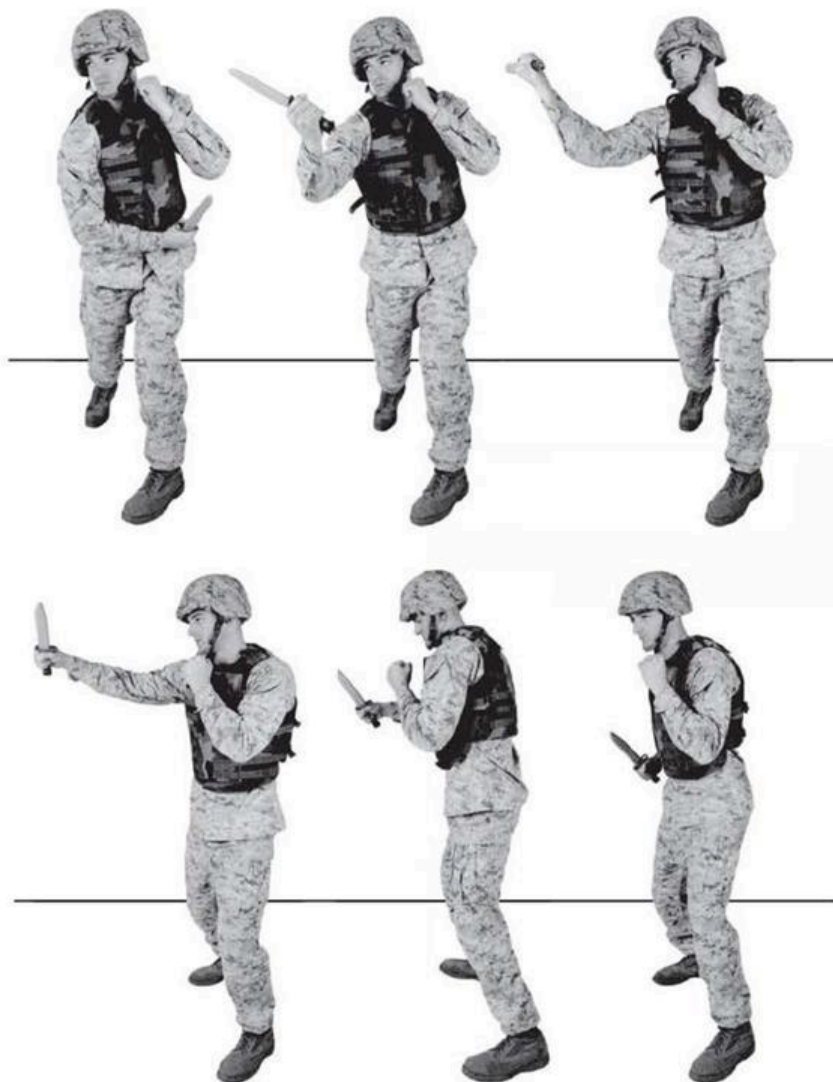


Figure 3-39. Reverse Thrust.



Figure 3-40. Reverse Slash.

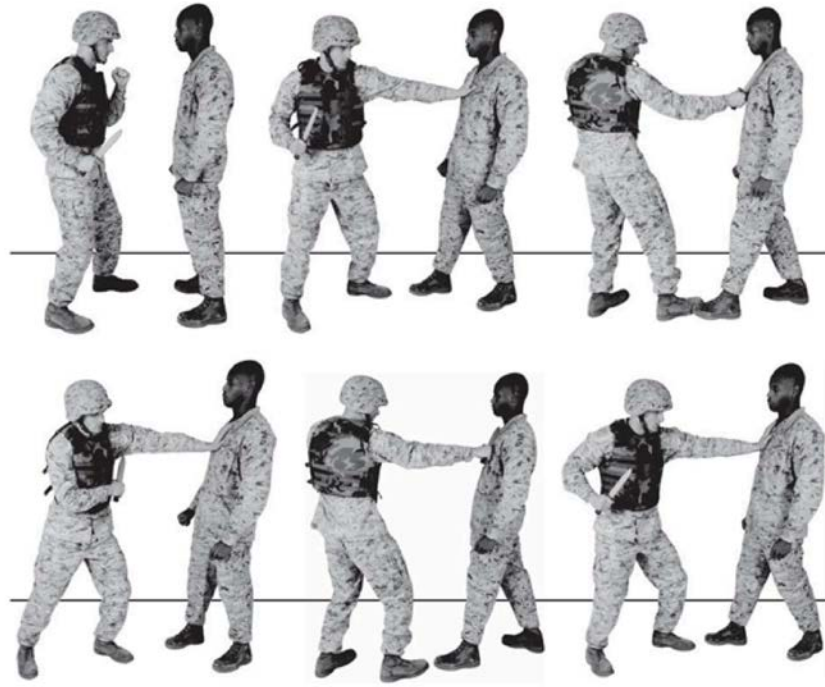


Figure 3-41. Bulldogging.



Figure 3-42. Straight Thrust.



Figure 3-43. Vertical Strike.



Figure 3-44. Forward Strike.



Figure 3-45. Reverse Strike.

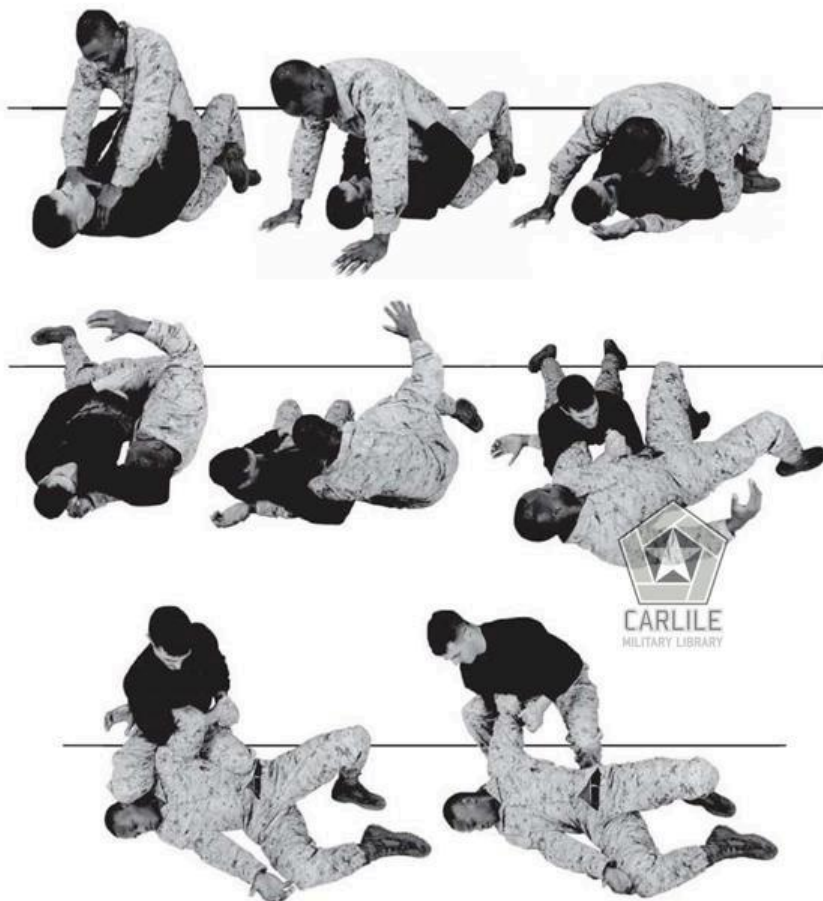


Figure 3-46. Counter to Mount Position.

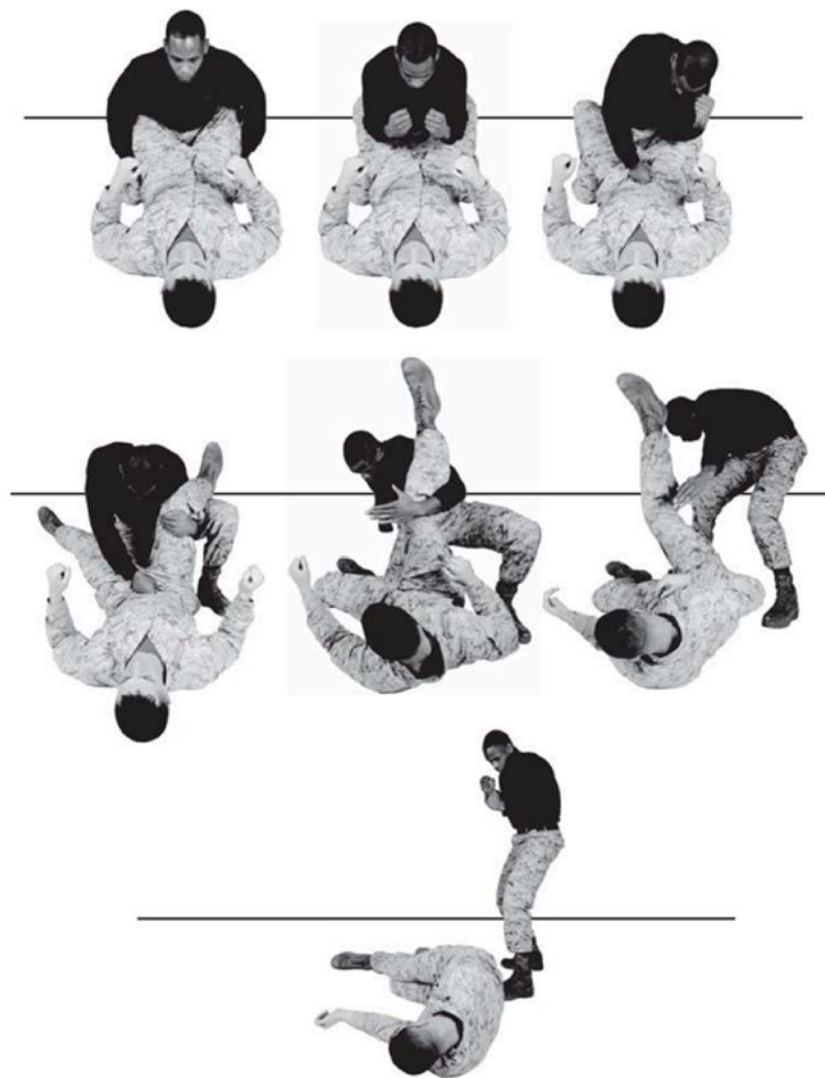


Figure 3-47. Counter to Guard Position.

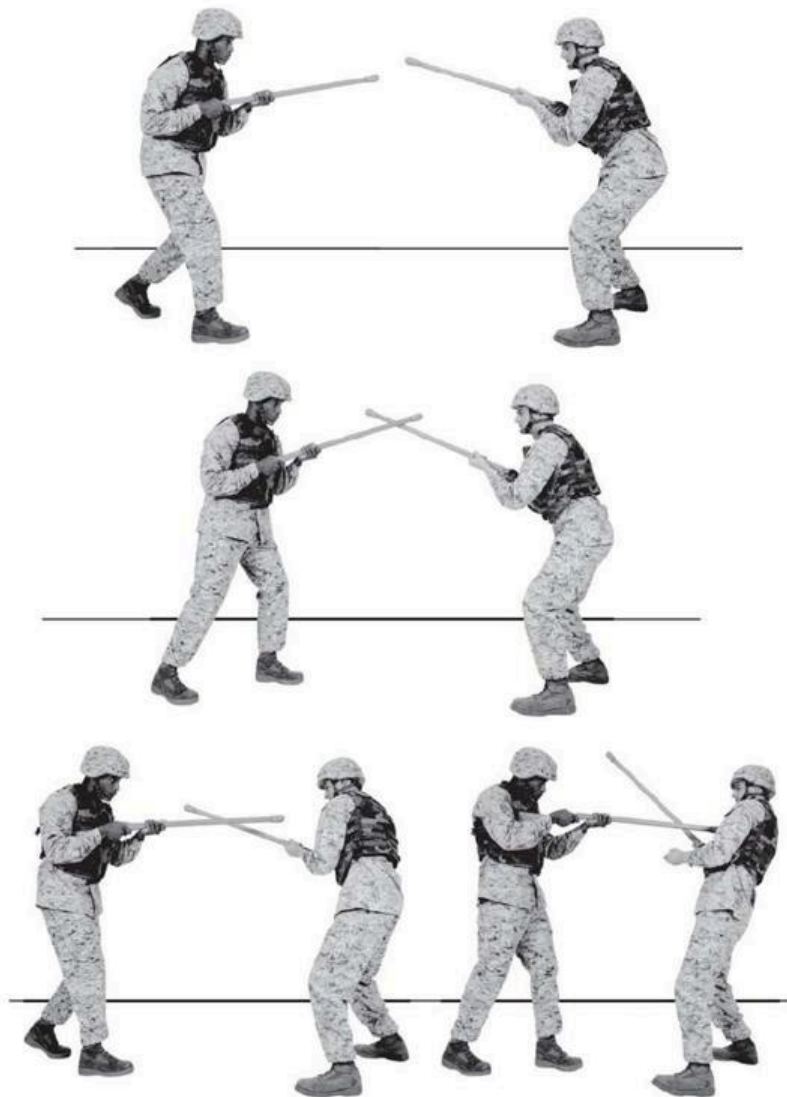


Figure 4-1. Disrupt and Thrust While Closing with a Moving Aggressor.

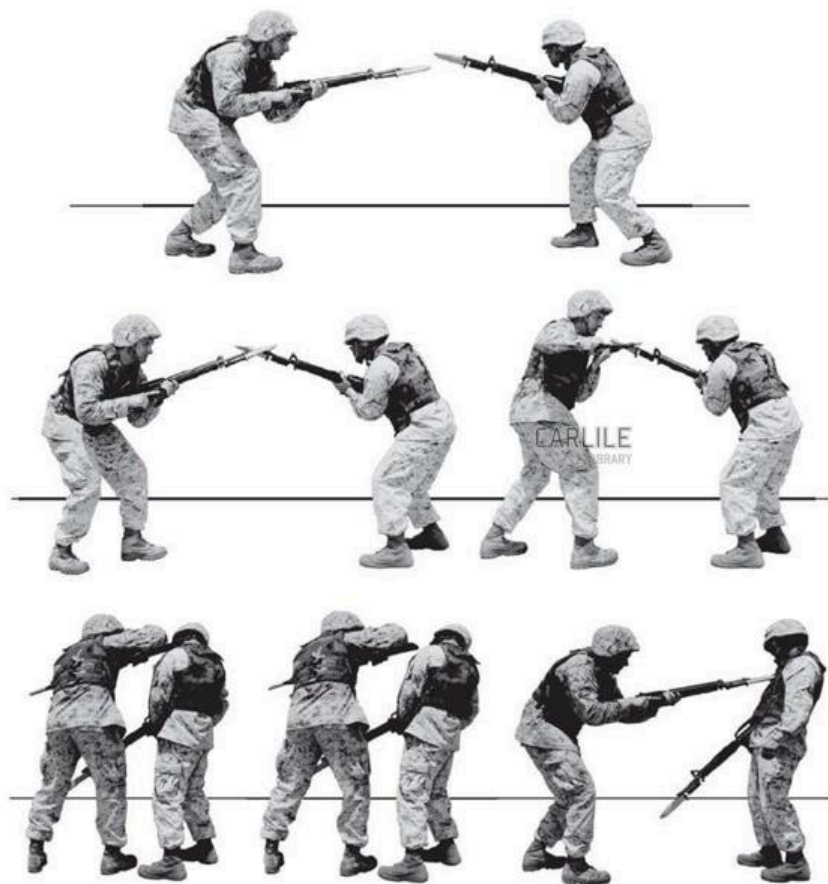


Figure 4-2. Buttstroke Offline.



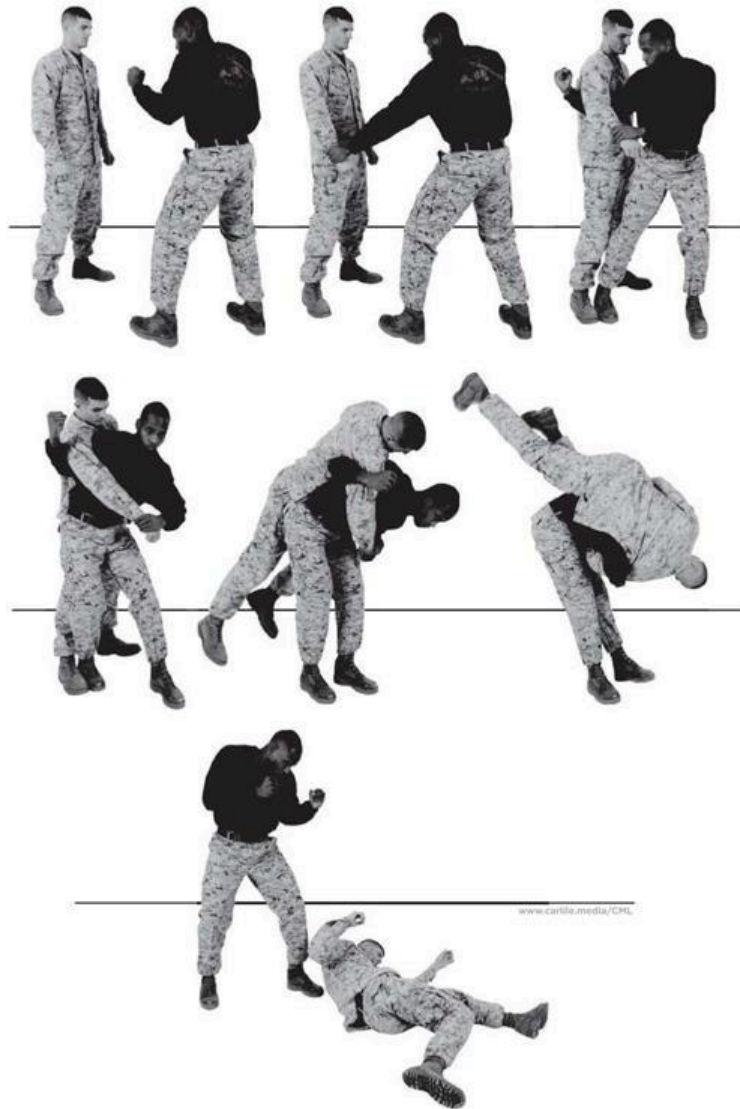


Figure 4-4. Shoulder Throw.



Figure 4-5. Counter to a Round Punch.

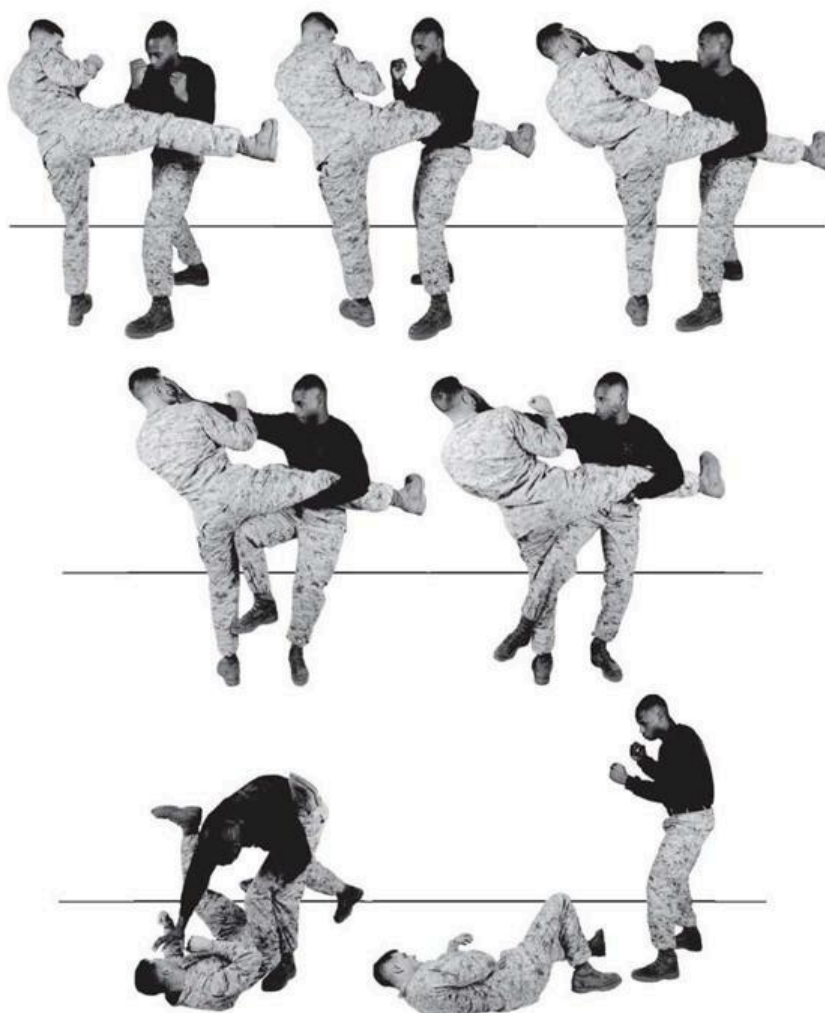


Figure 4-6. Counter to Round Kick.

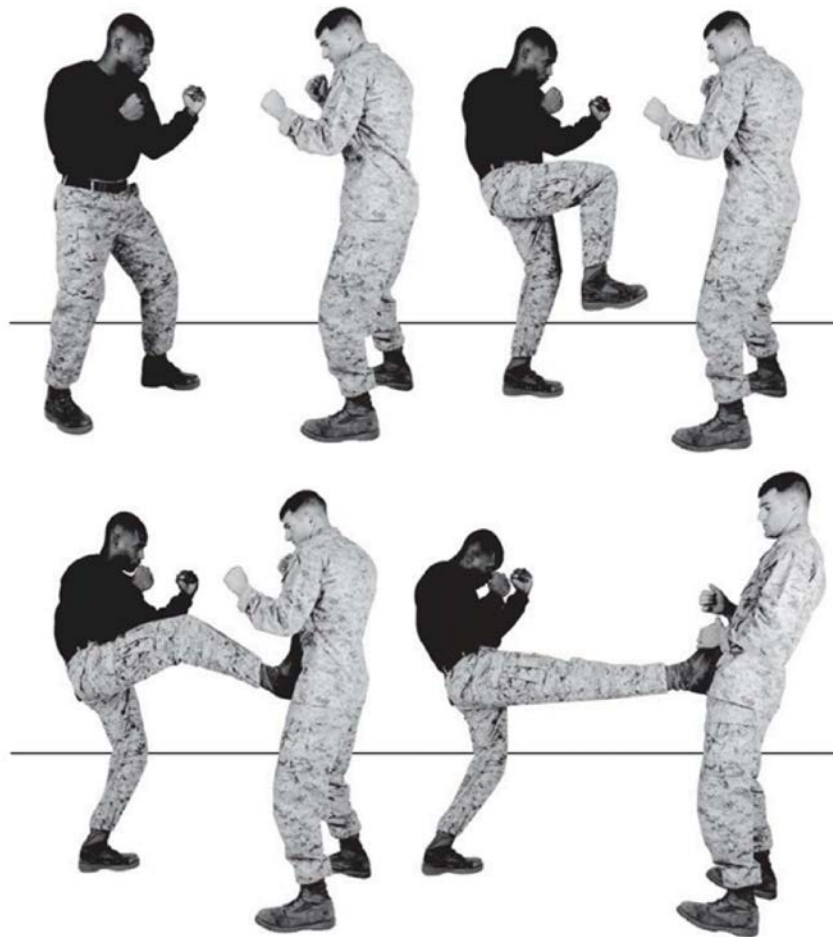


Figure 4-7. Push Kick.

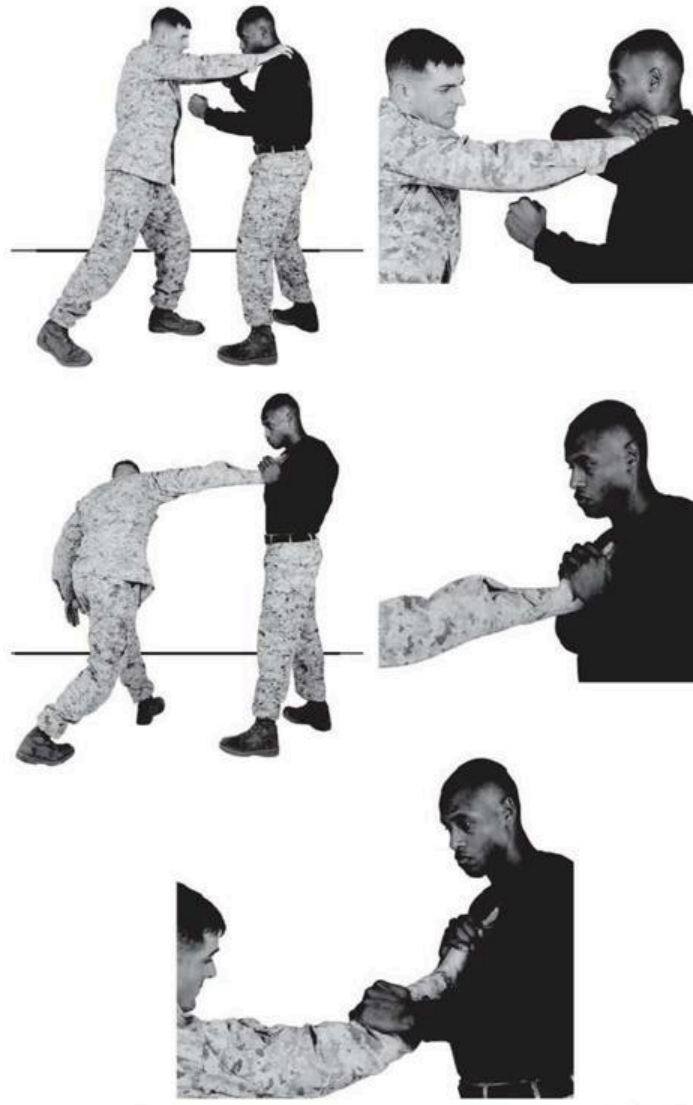


Figure 4-8. Enhanced Pain Compliance From a Reverse Wristlock.

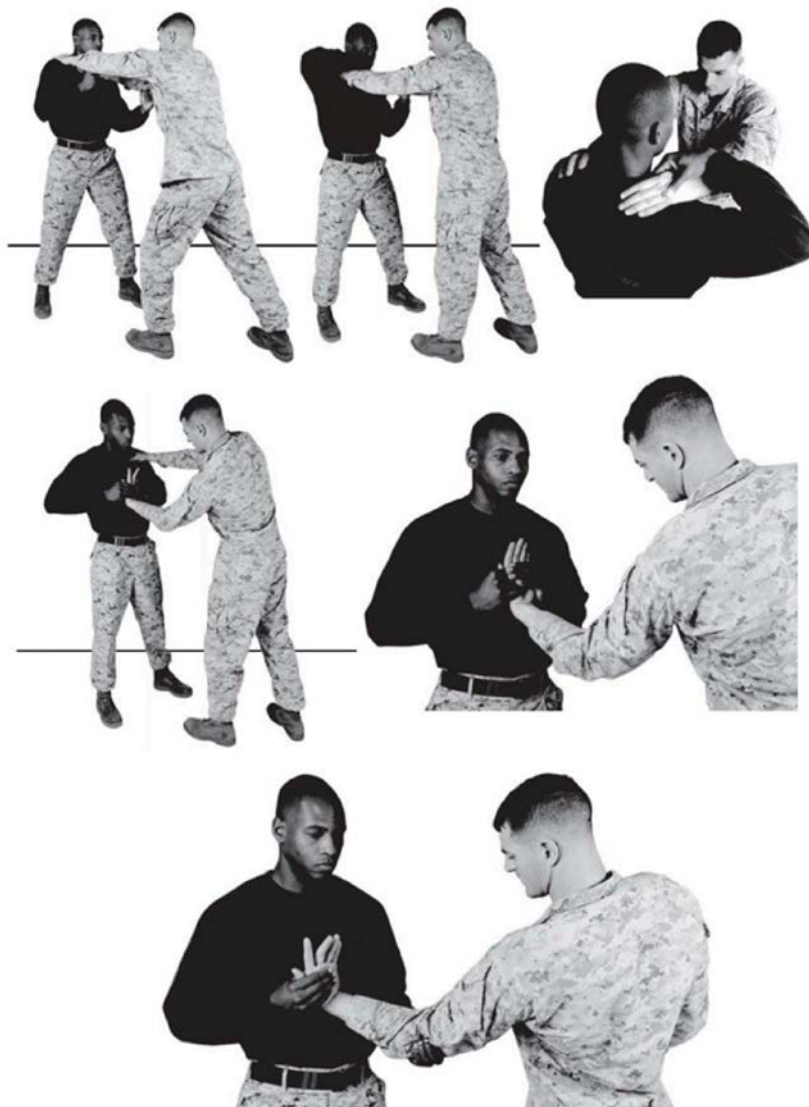


Figure 4-9. Enhanced Pain Compliance from a Basic Wristlock.



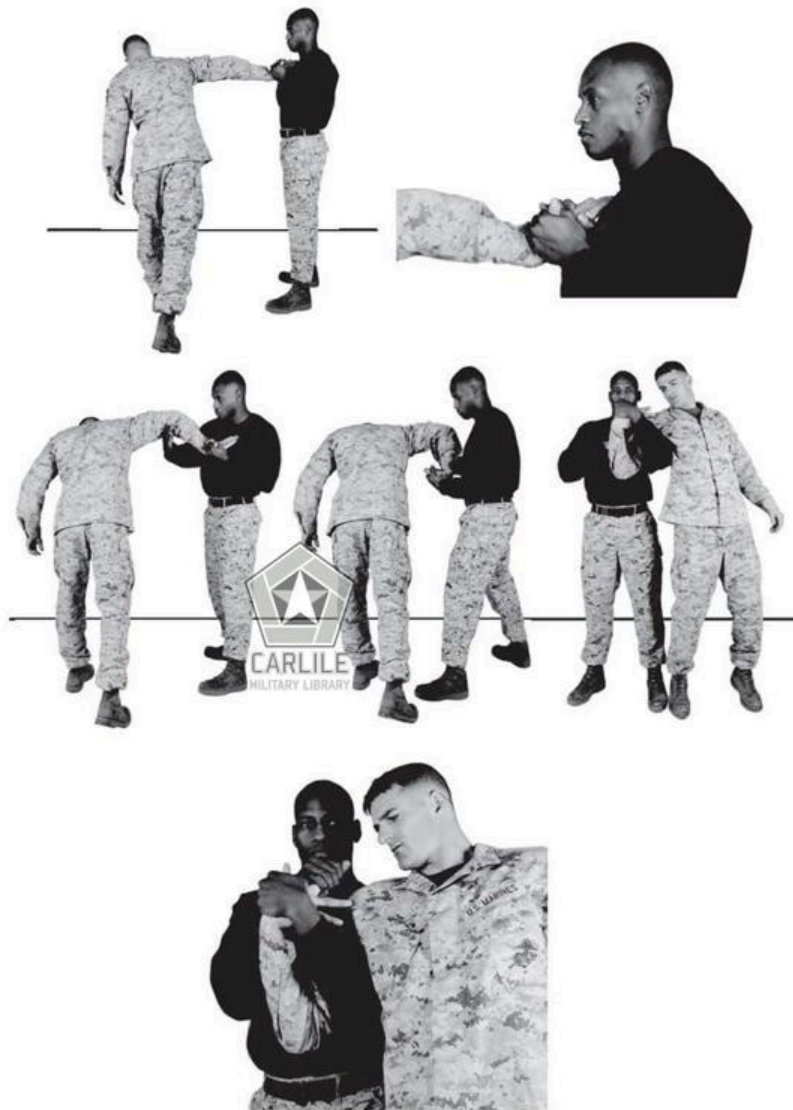


Figure 4-11. Reverse Wristlock Come-Along.

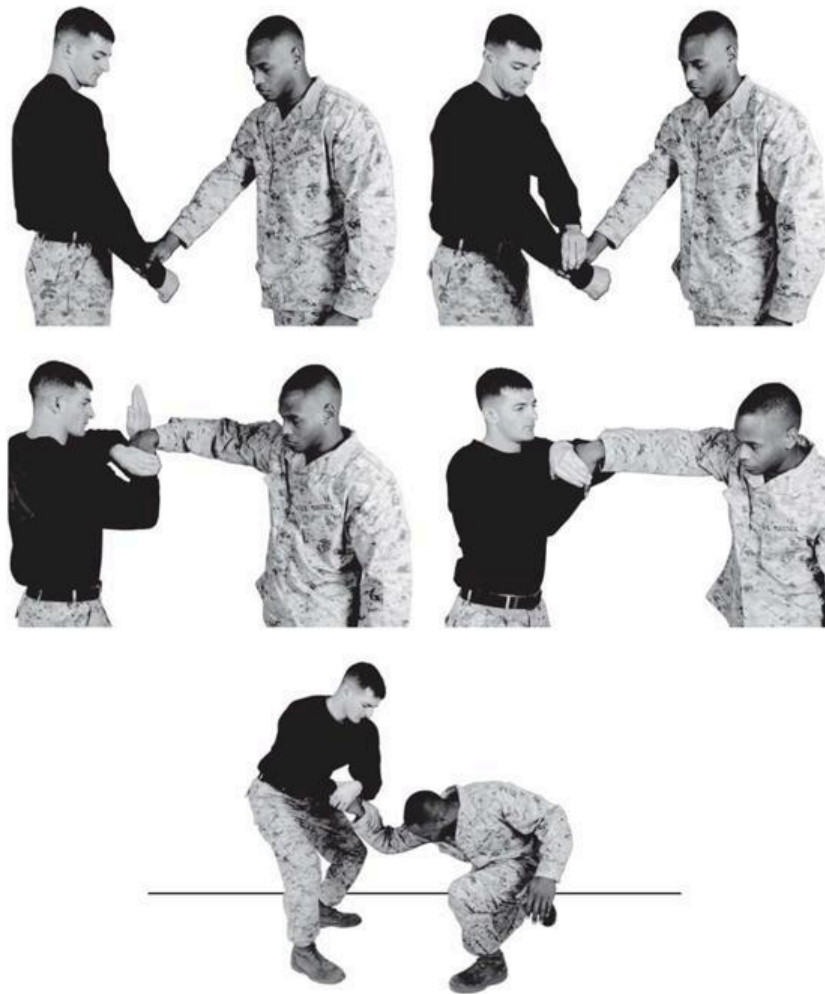


Figure 4-12. Opposite Side Grab.



Figure 4-13. Same Side Grab.



Figure 4-14. Counter to a Vertical Strike.



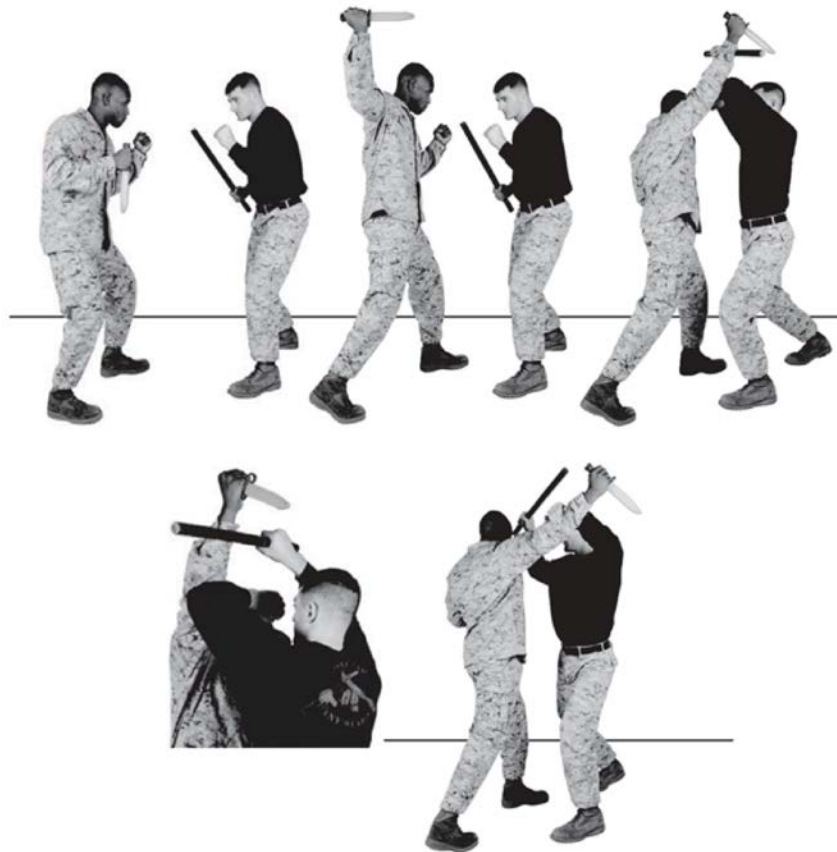


Figure 4-16. Block for a Vertical Strike.



Figure 4-17. Block for a Forward Strike.



Figure 2-16. Bayonet Techniques.

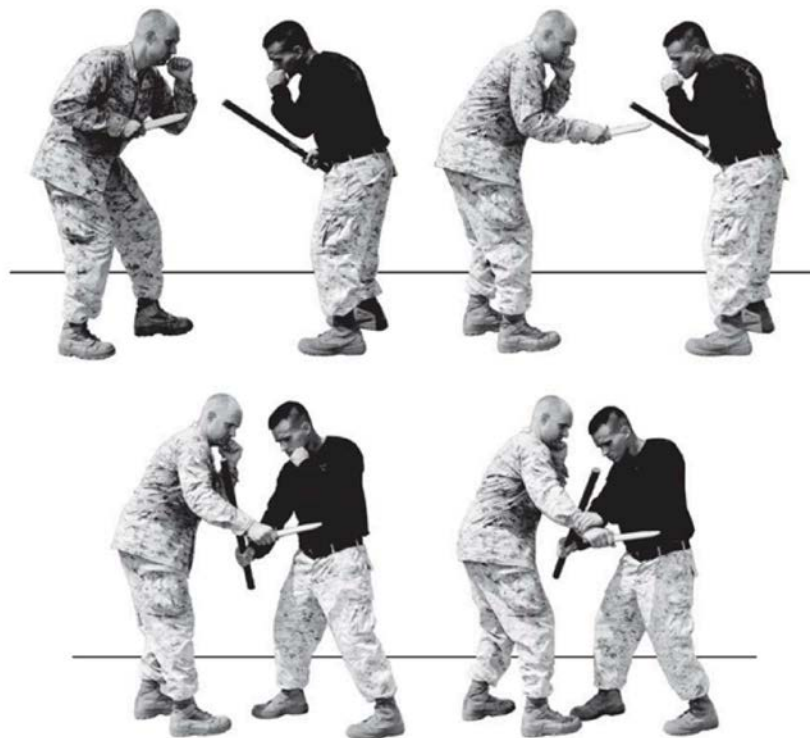


Figure 4-19. Block for a Straight Thrust with Follow-on Strikes.

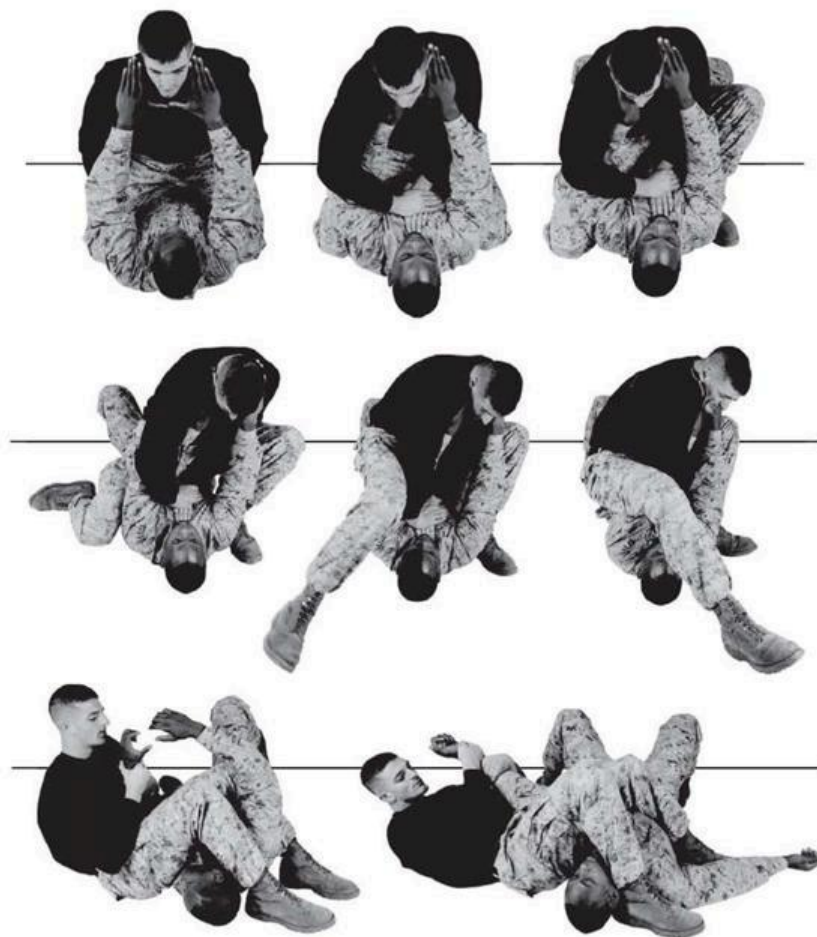


Figure 4-20. Armbar From Mount Position.

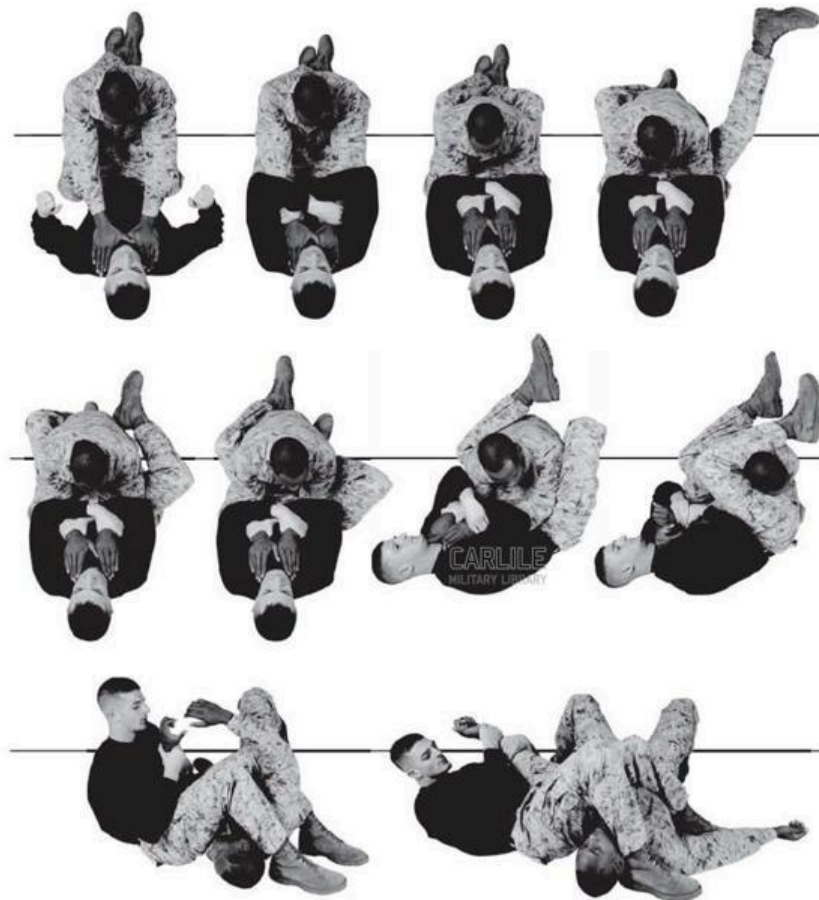


Figure 4-21. Armbar From Guard Position.



Figure 5-1. One-on-Two Engagement.

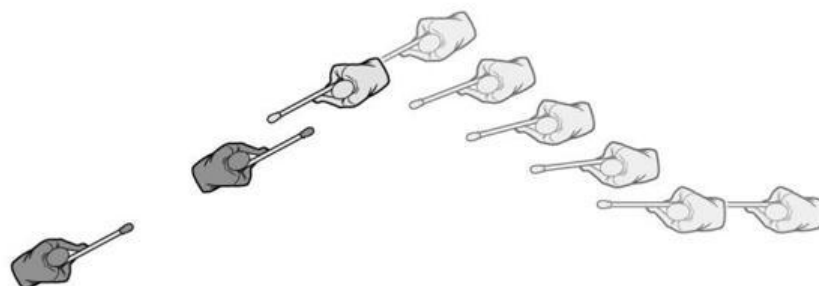


Figure 5-2. One-on-Two Engagement.



Figure 5-3. Two-on-One Engagement.

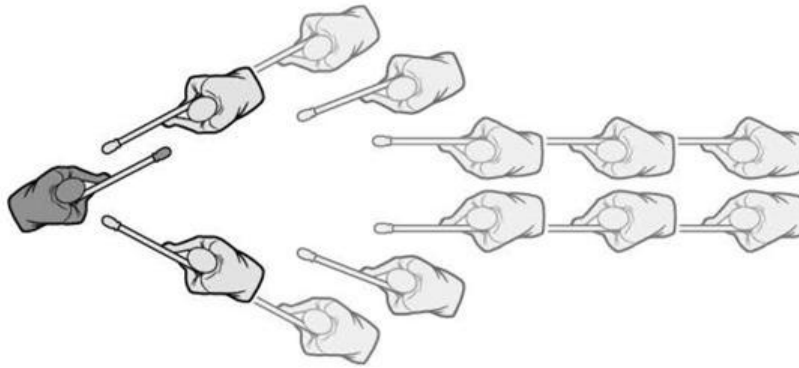


Figure 5-4. Two-on-One Engagement.

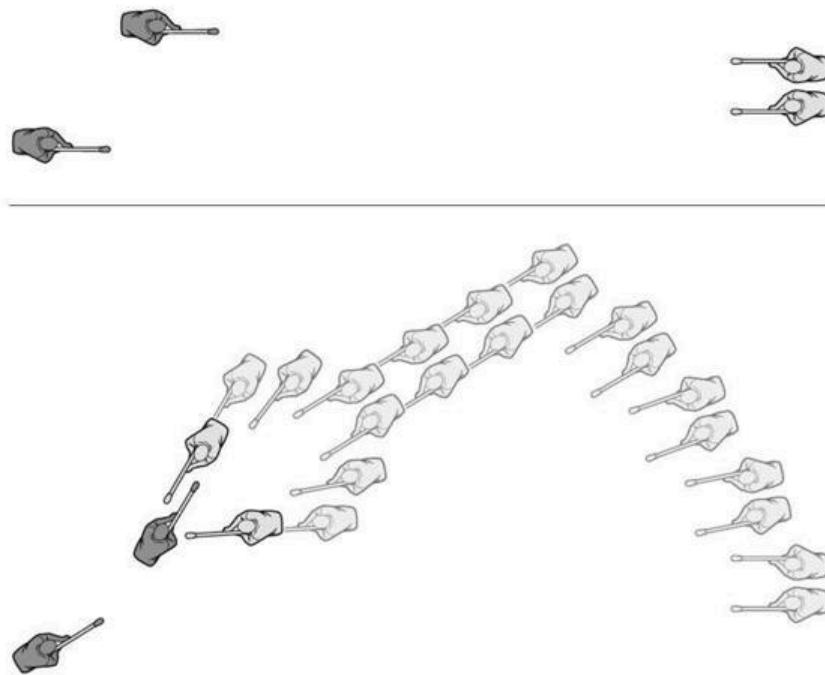


Figure 5-5. Two-on-Two Engagement.

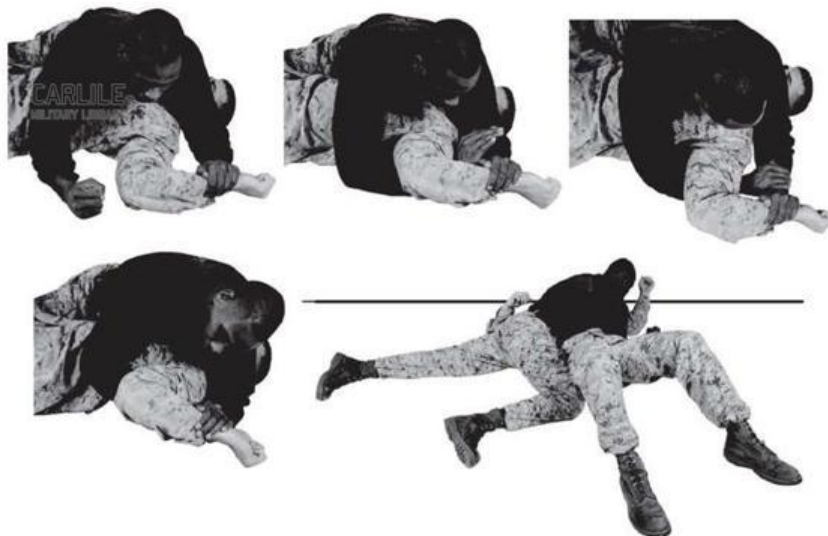


Figure 5-6. Bent Armbar From the Side Mount Position.

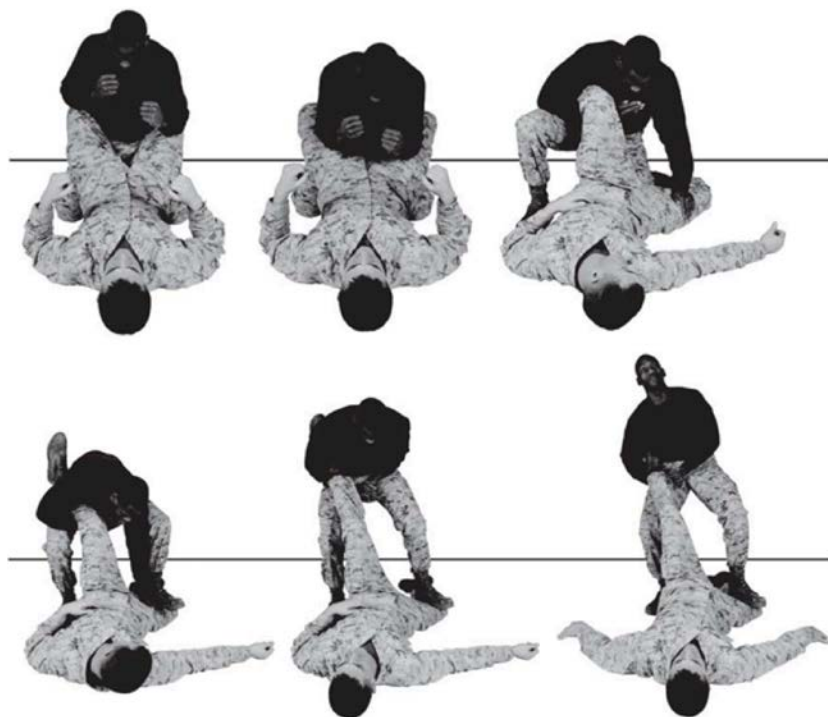


Figure 5-7. Basic Leg Lock.

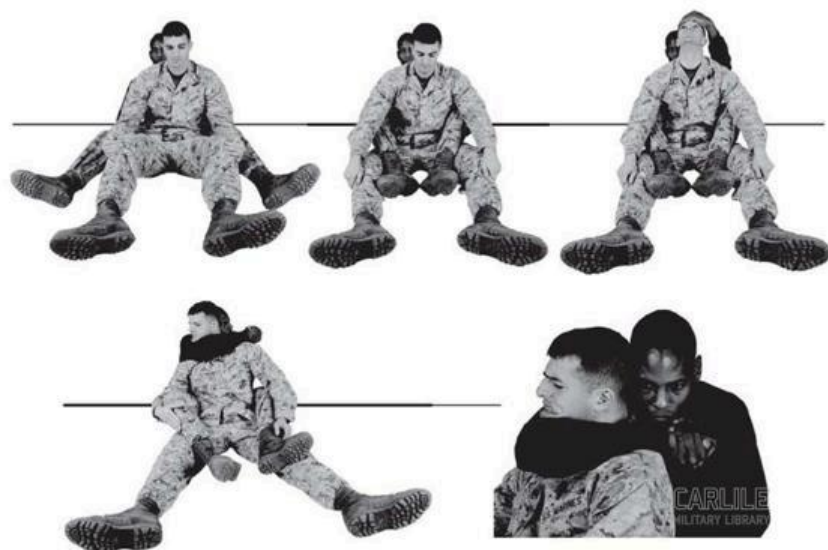


Figure 5-8. Rear Ground Choke.





Figure 5-10. Front Choke.



Figure 5-11. Side Choke

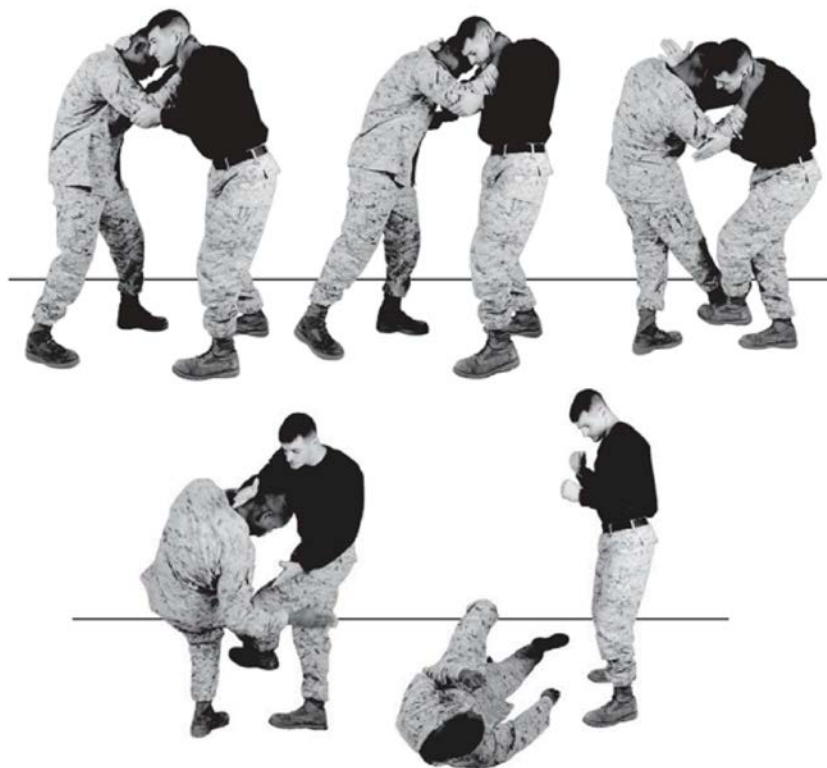


Figure 5-12. Major Outside Reap Throw: Aggressor Pushing.

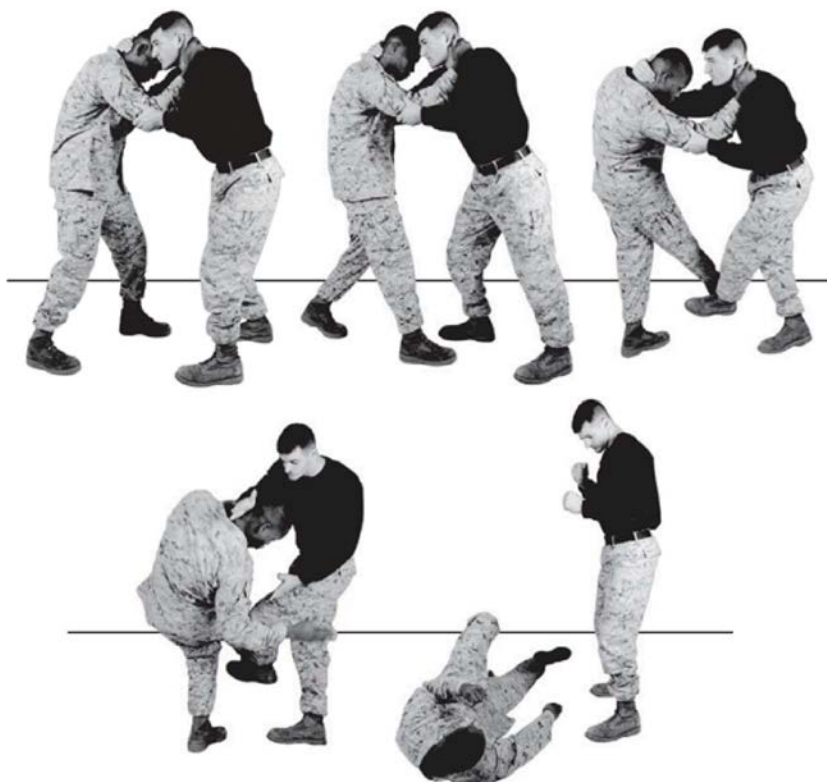


Figure 5-13. Major Outside Reap Throw: Aggressor Pulling.

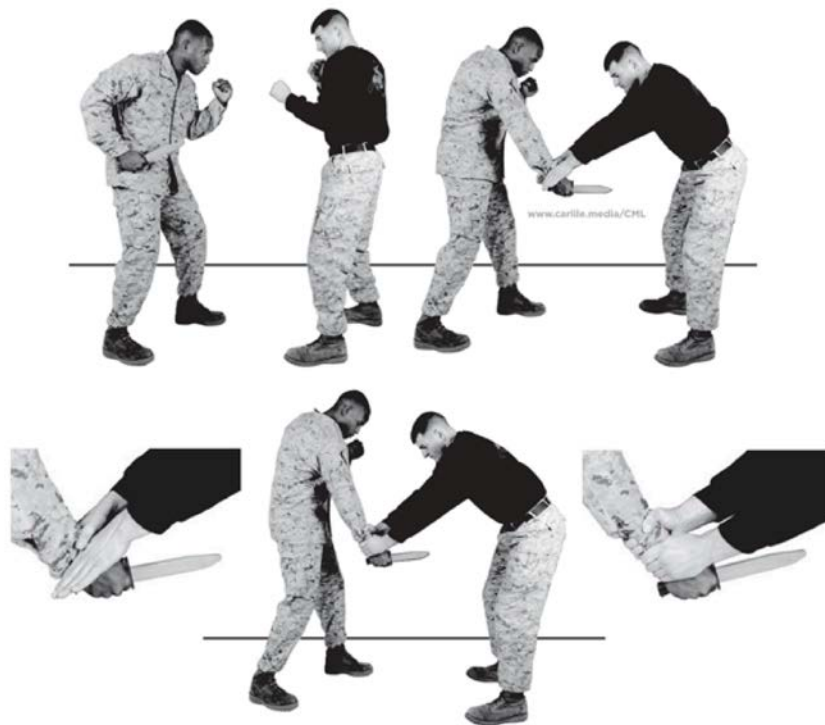


Figure 5-14. Hollowing out with Follow-on Technique.

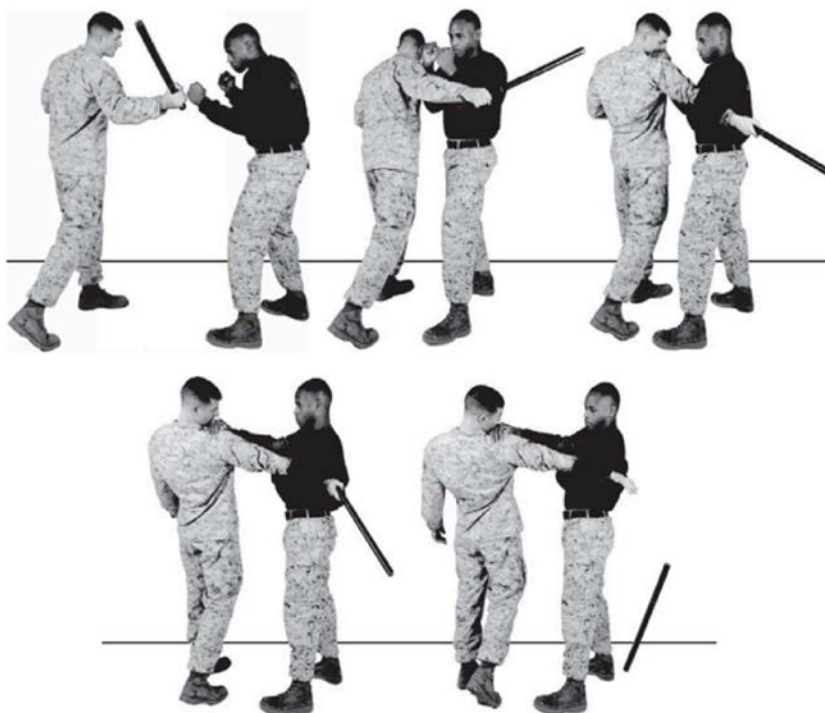


Figure 5-15. Forward Armbar Counter.

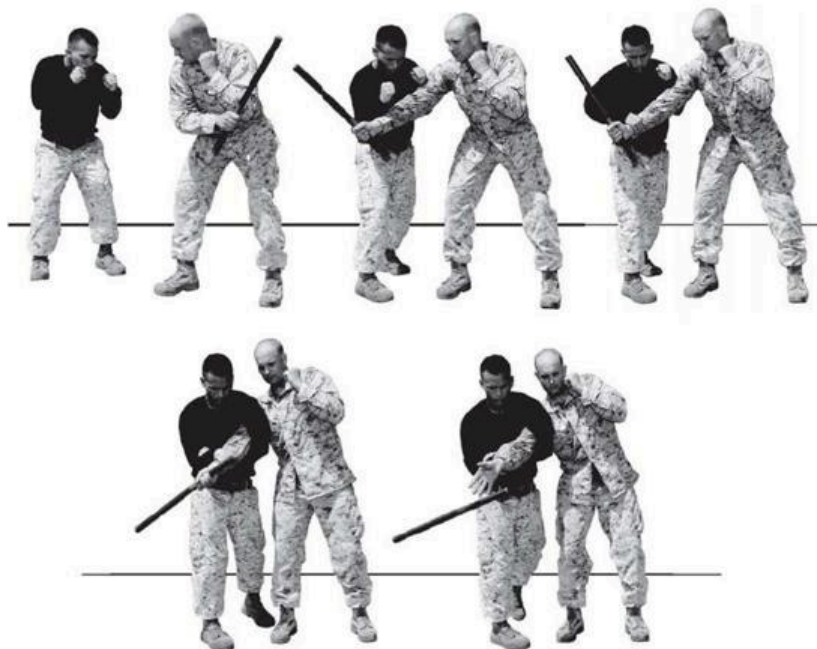


Figure 5-1 6. Reverse Armbar Counter.

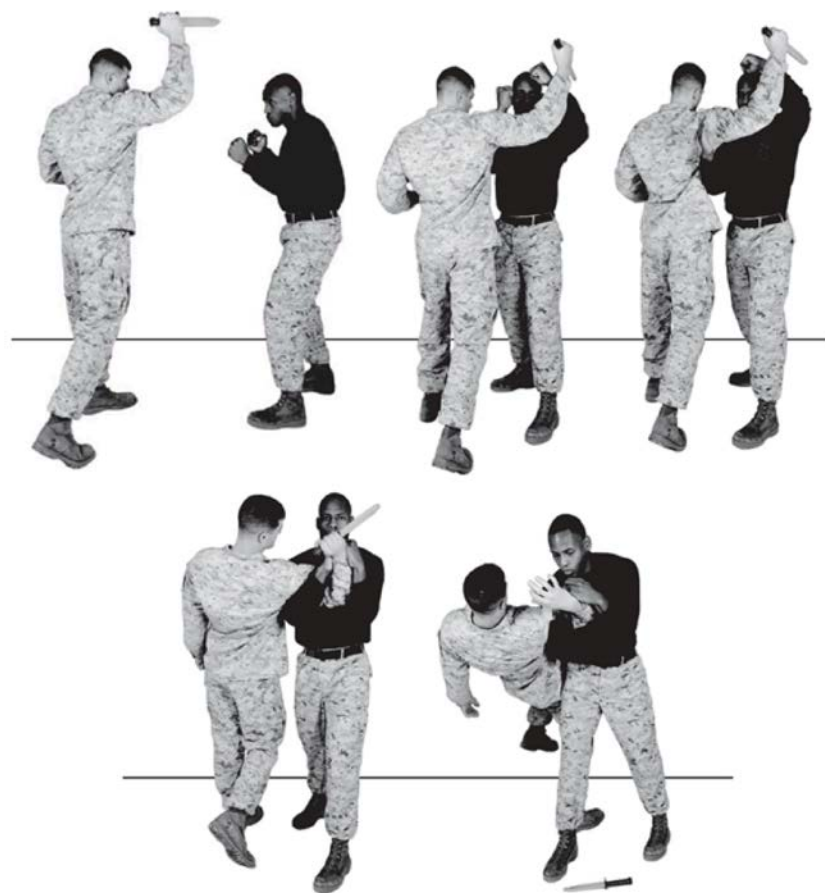
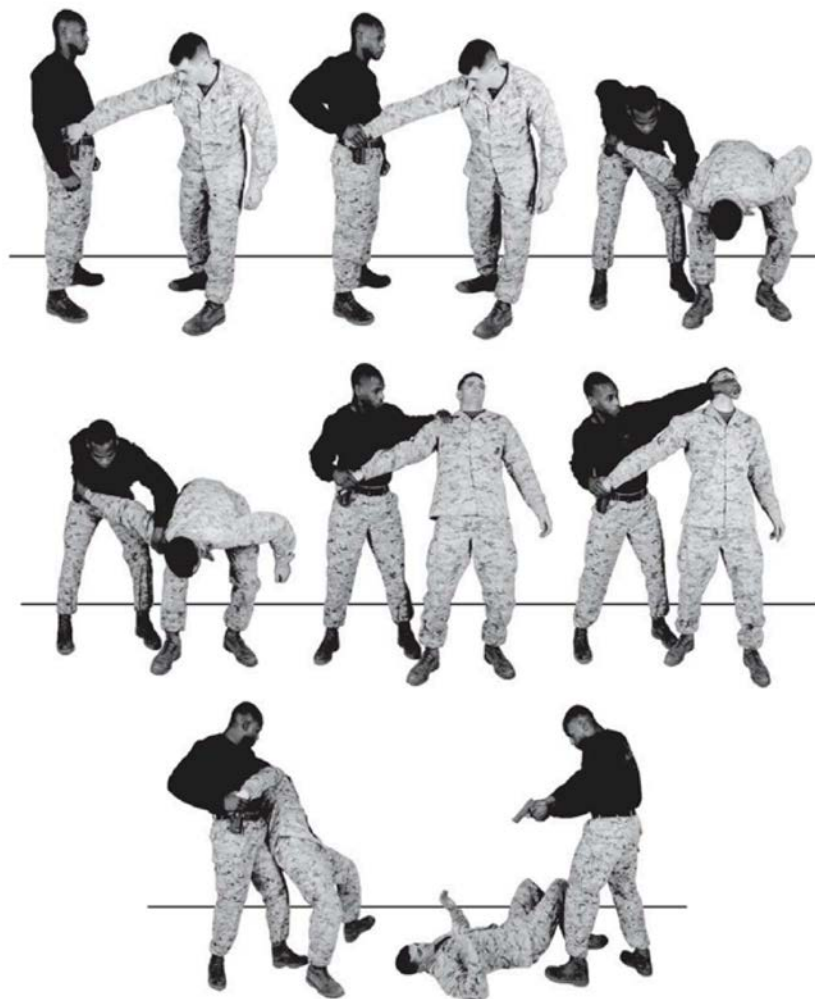


Figure 5-17. Bent Armbar Counter.



Figure 5-18. Blocking Technique.



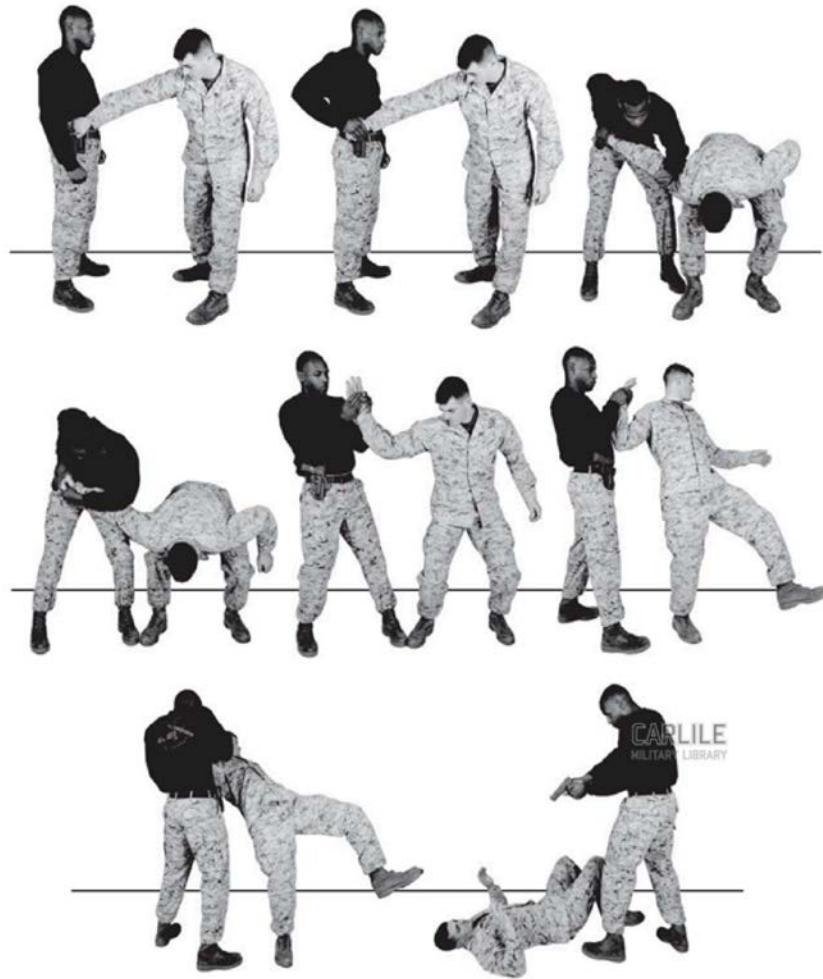


Figure 5-20. Wristlock Technique.

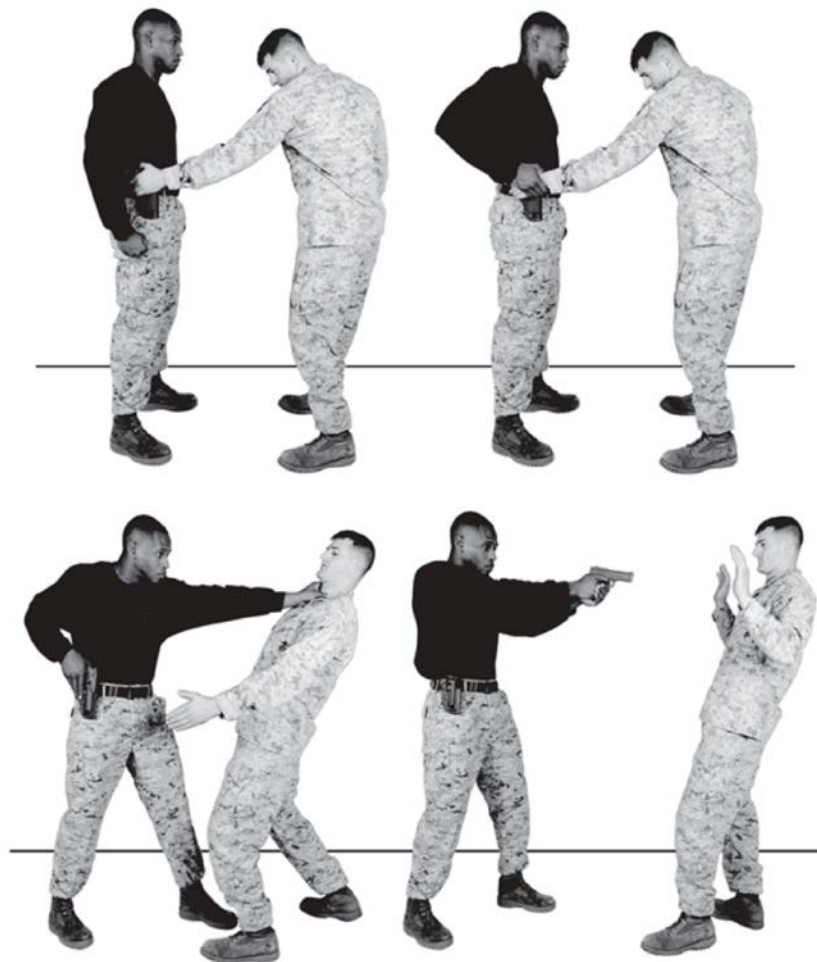
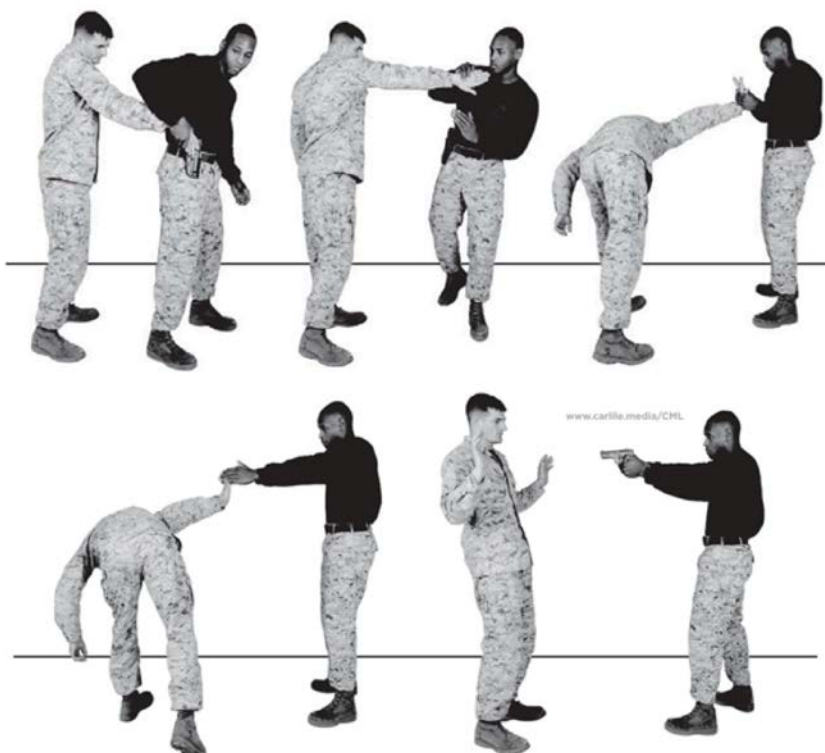


Figure 5-21. Same Side Grab: From Front.



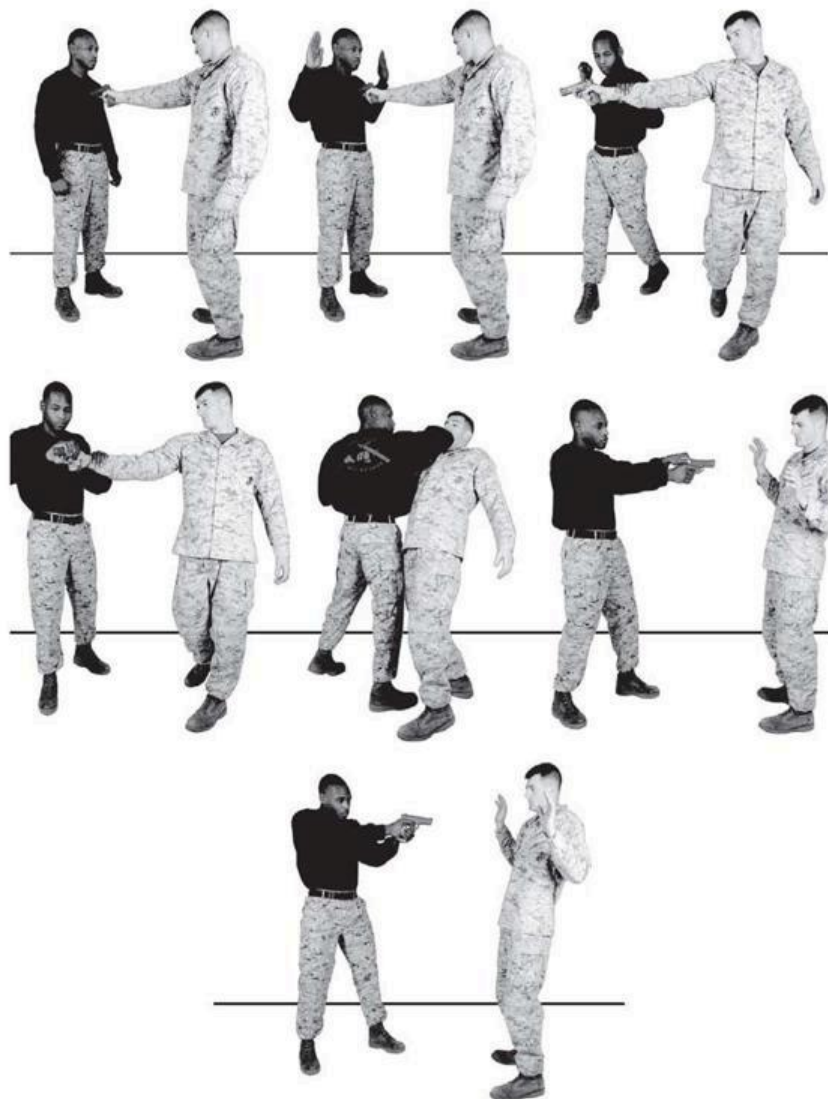


Figure 5-23. Counter to Pistol: Front.

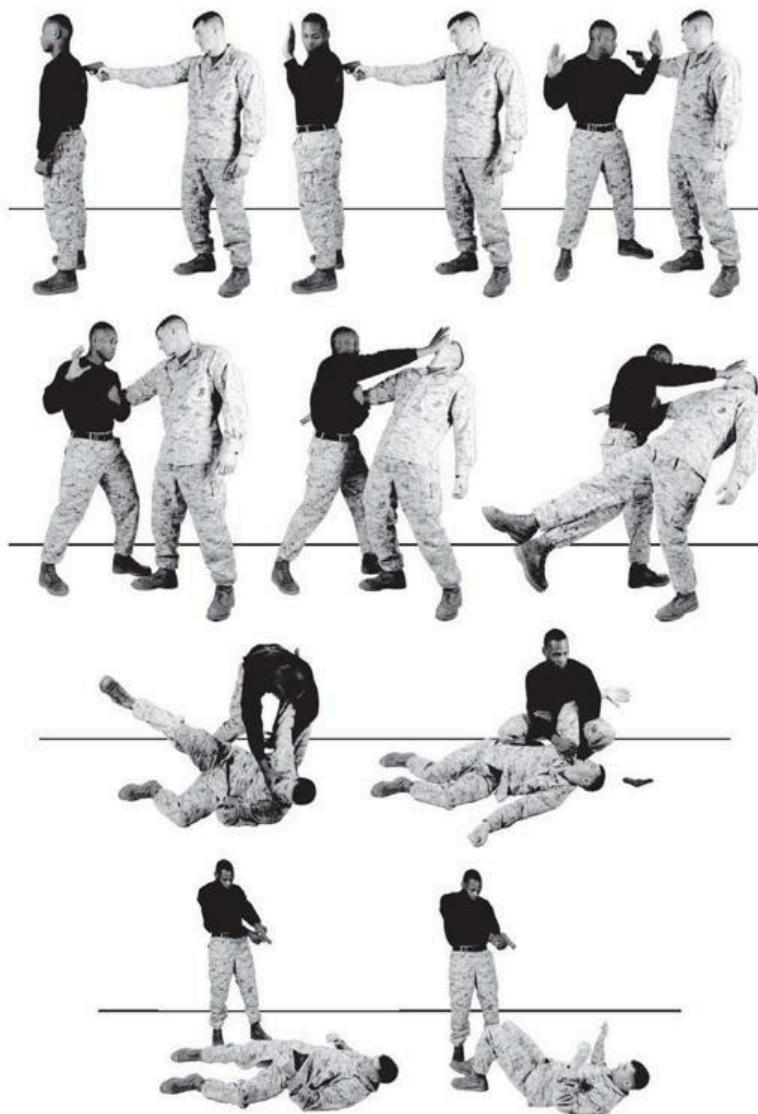


Figure 5-24. Counter to Pistol: Rear.

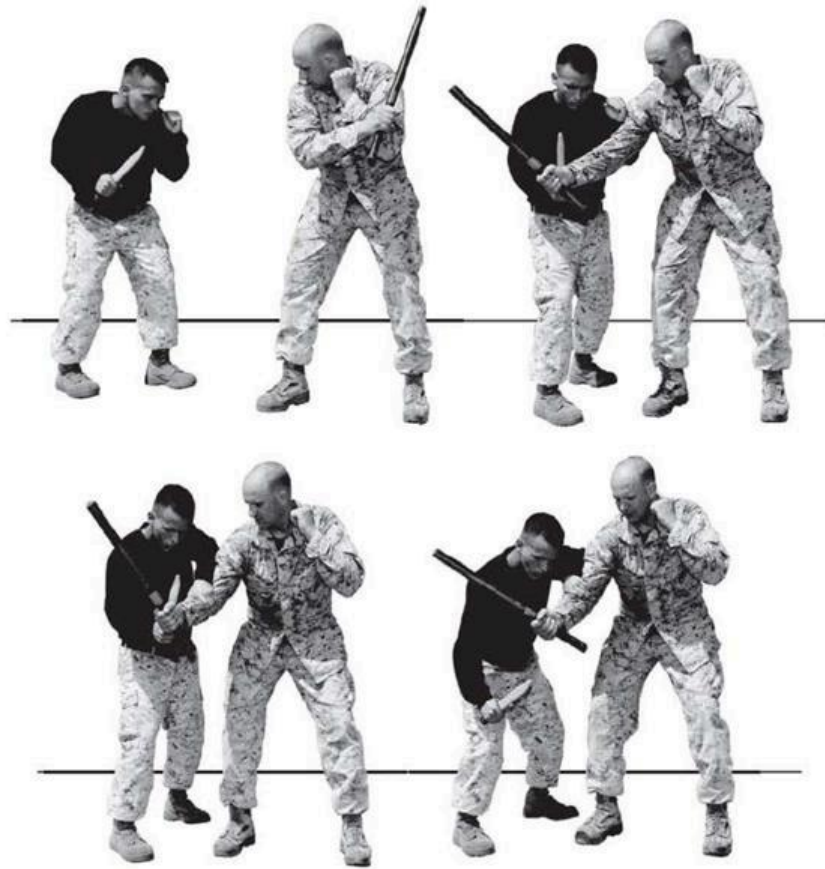


Figure 5-25. Block for a Reverse Strike.



Figure 5-26. Block for a Straight Thrust.

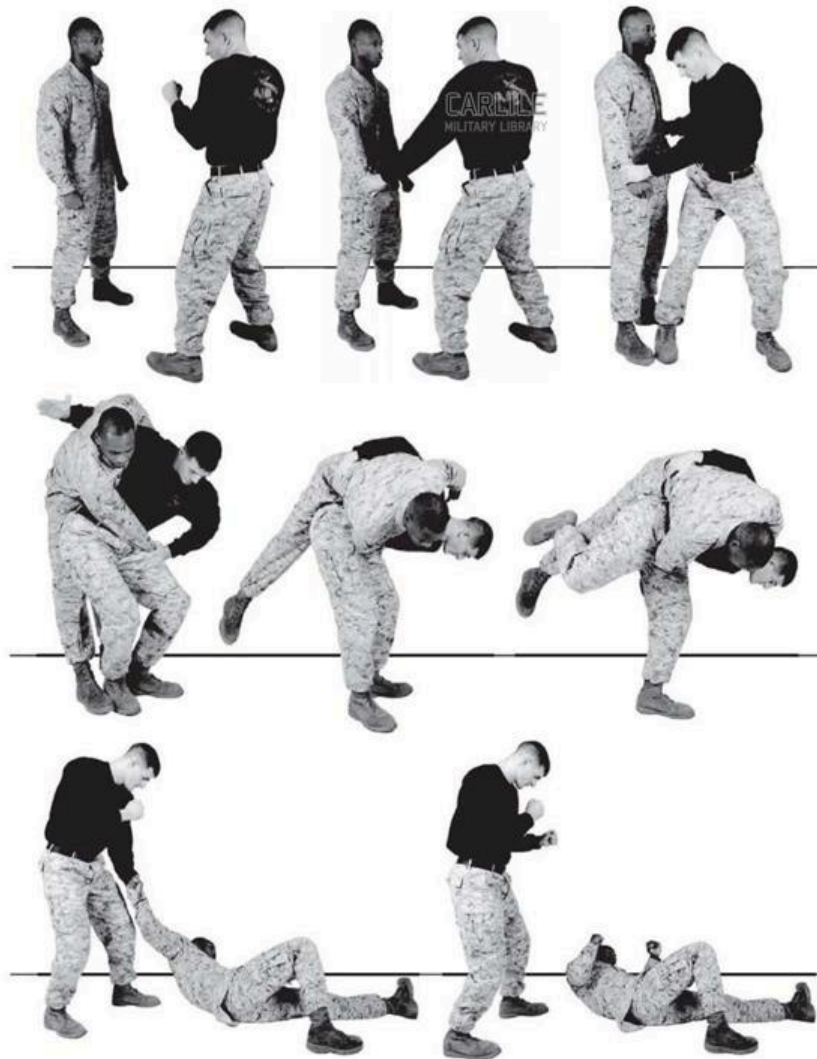


Figure 6-1. Sweeping Hip Throw.

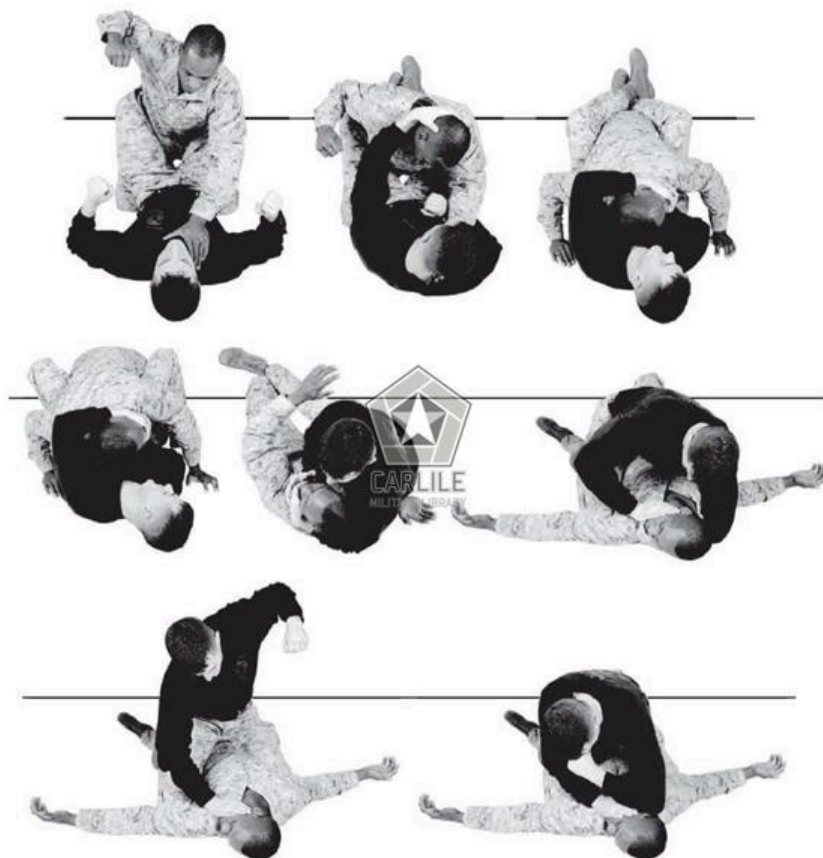


Figure 6-2. Face Rip From the Guard.

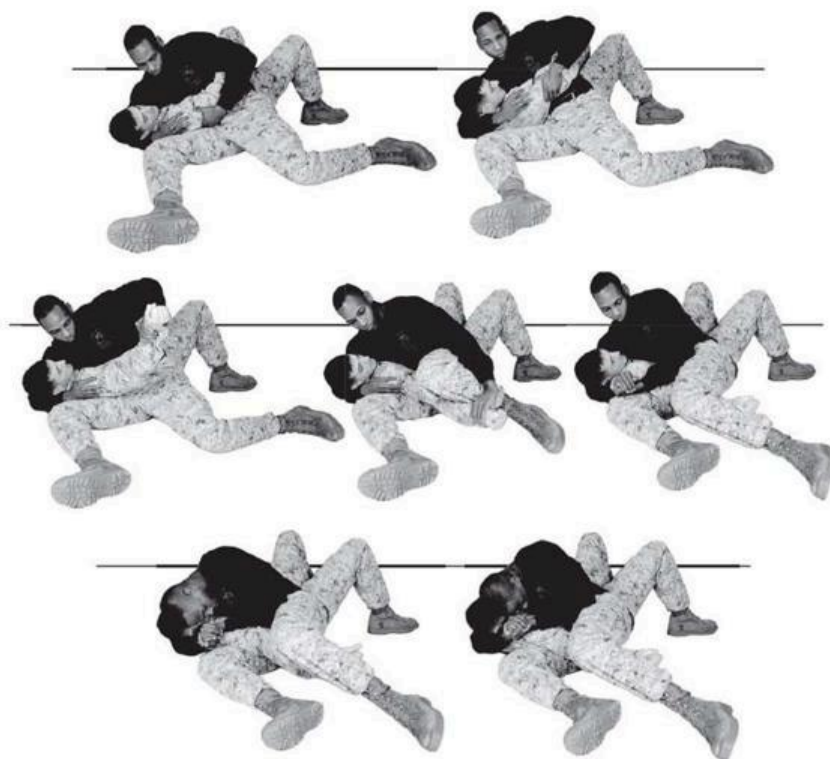


Figure 6-3. Straight Armbar From a Scarf Hold.

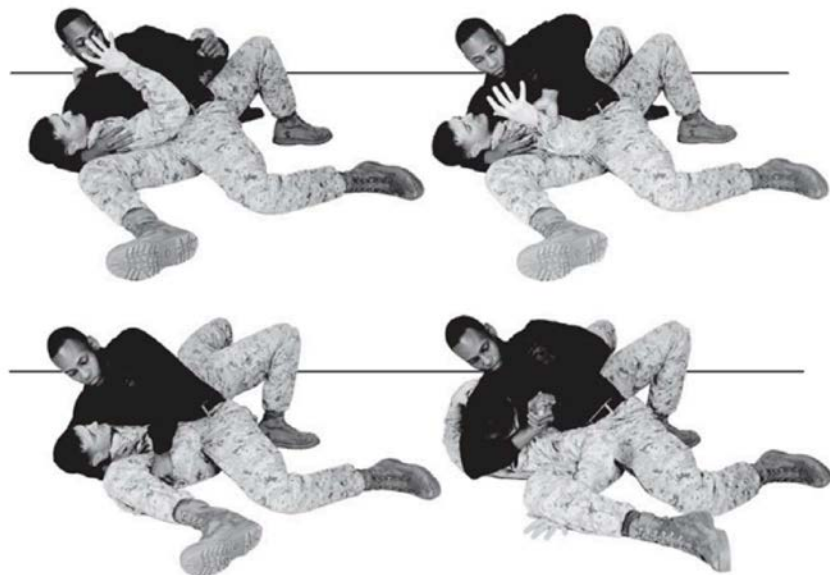


Figure 6-4. Bent Armbar From a Scarf Hold.

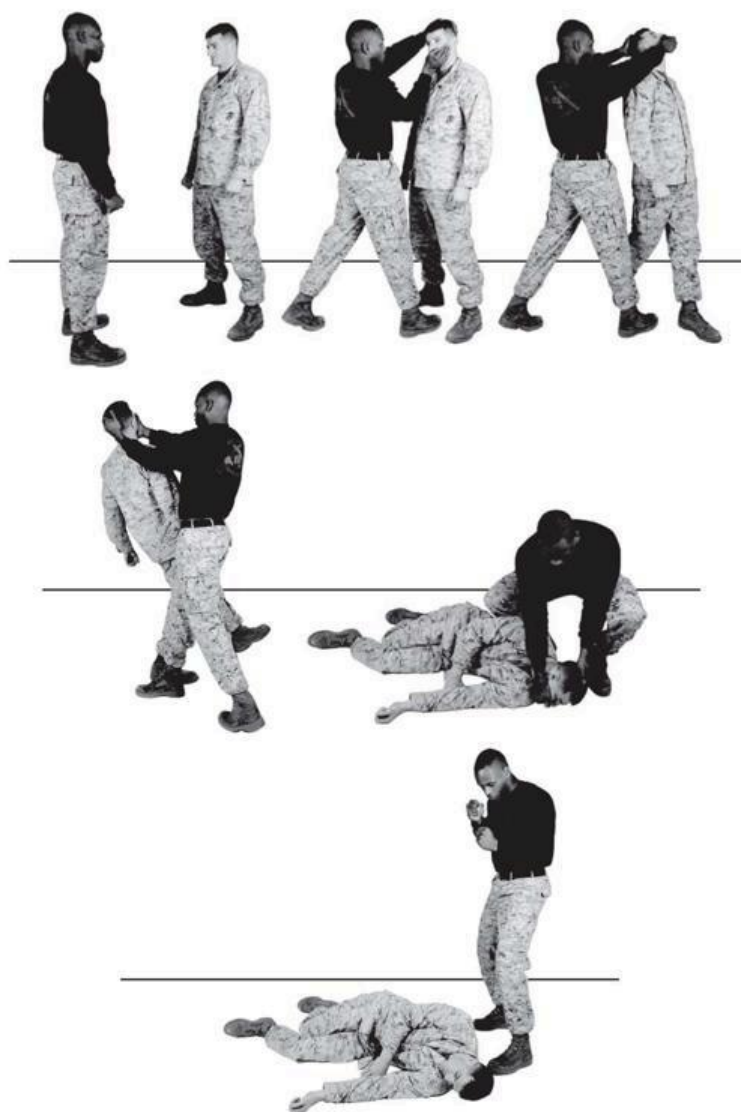


Figure 6-5. Neck-Crank Takedown.

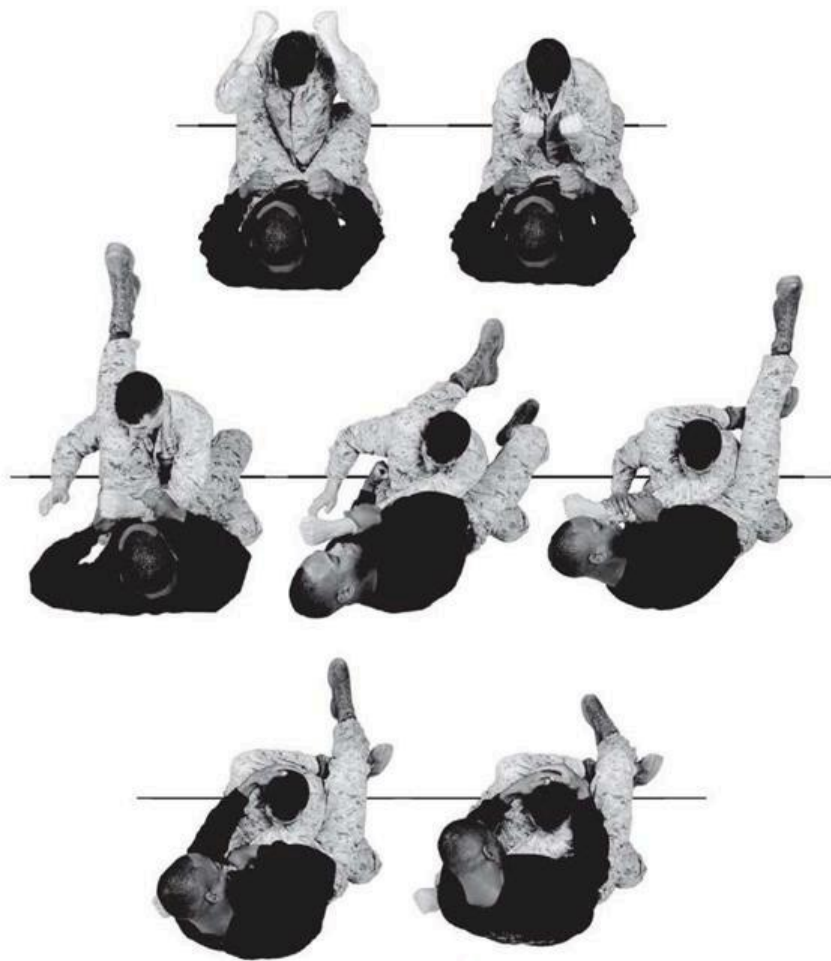
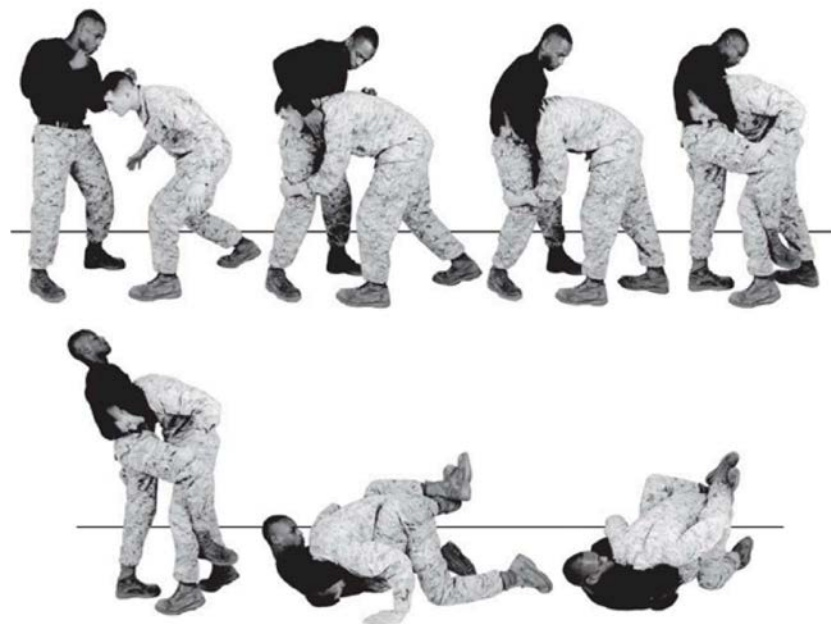


Figure 6-6. Triangle Choke.



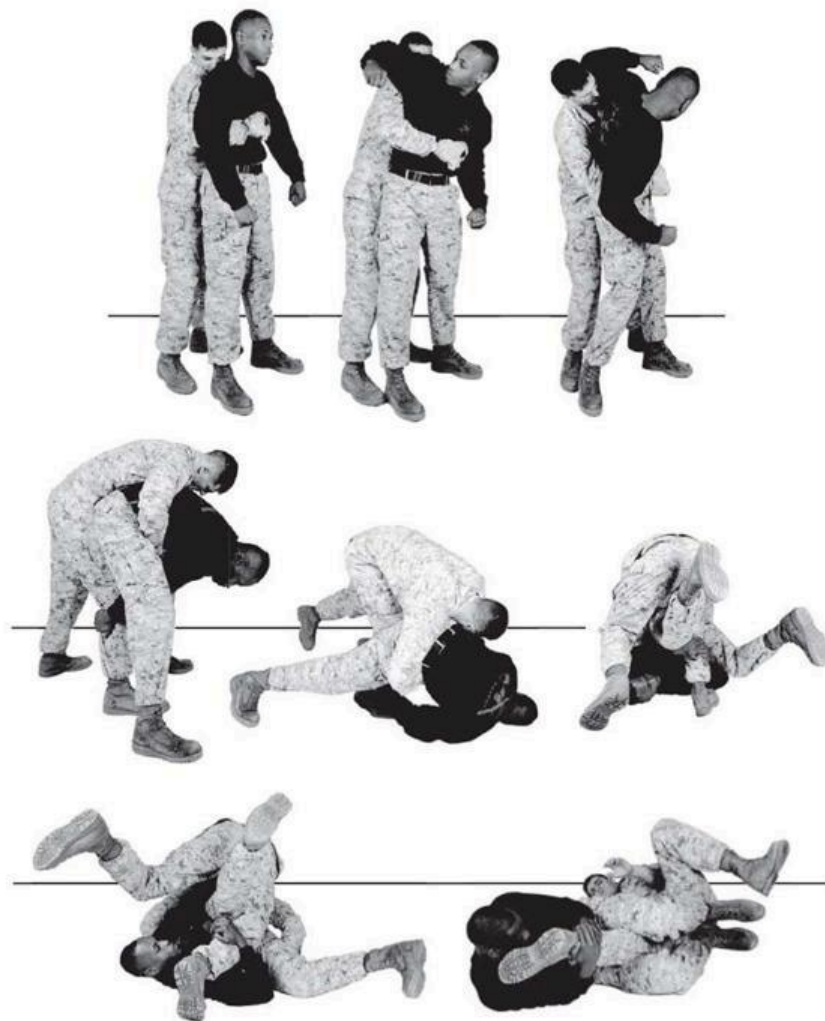


Figure 6-8. Rolling Knee-Bar.

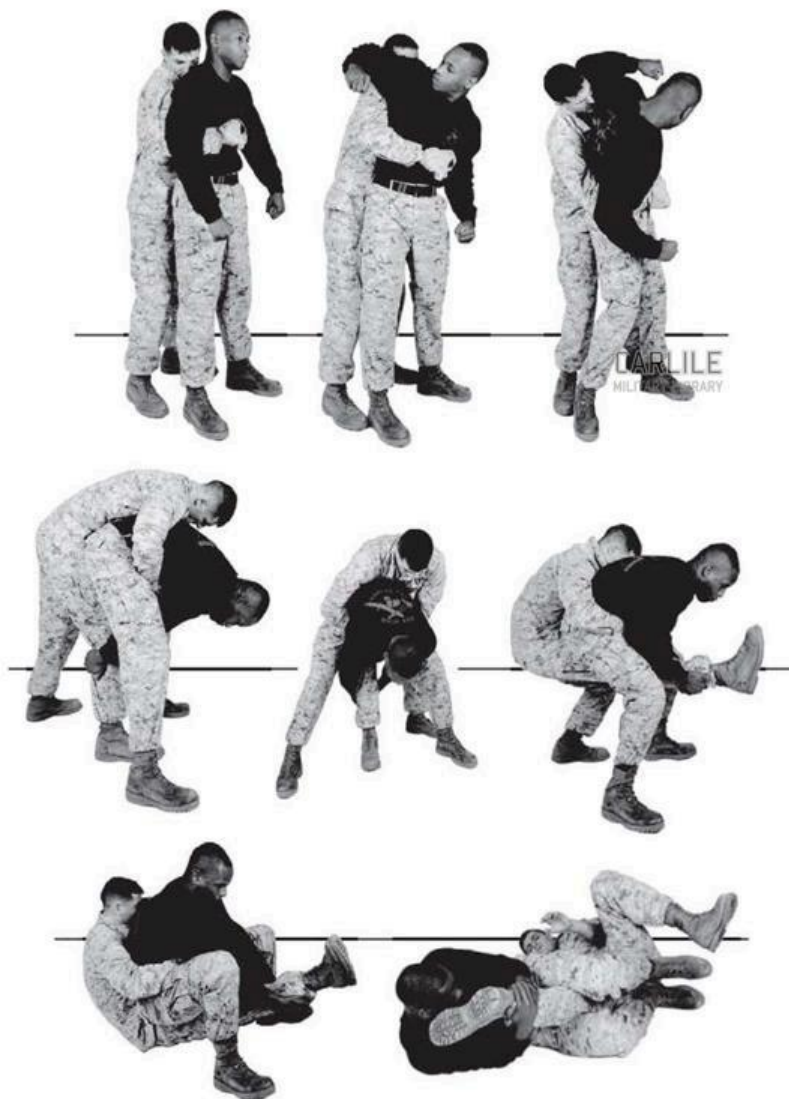


Figure 6-9. Sitting Knee Bar.

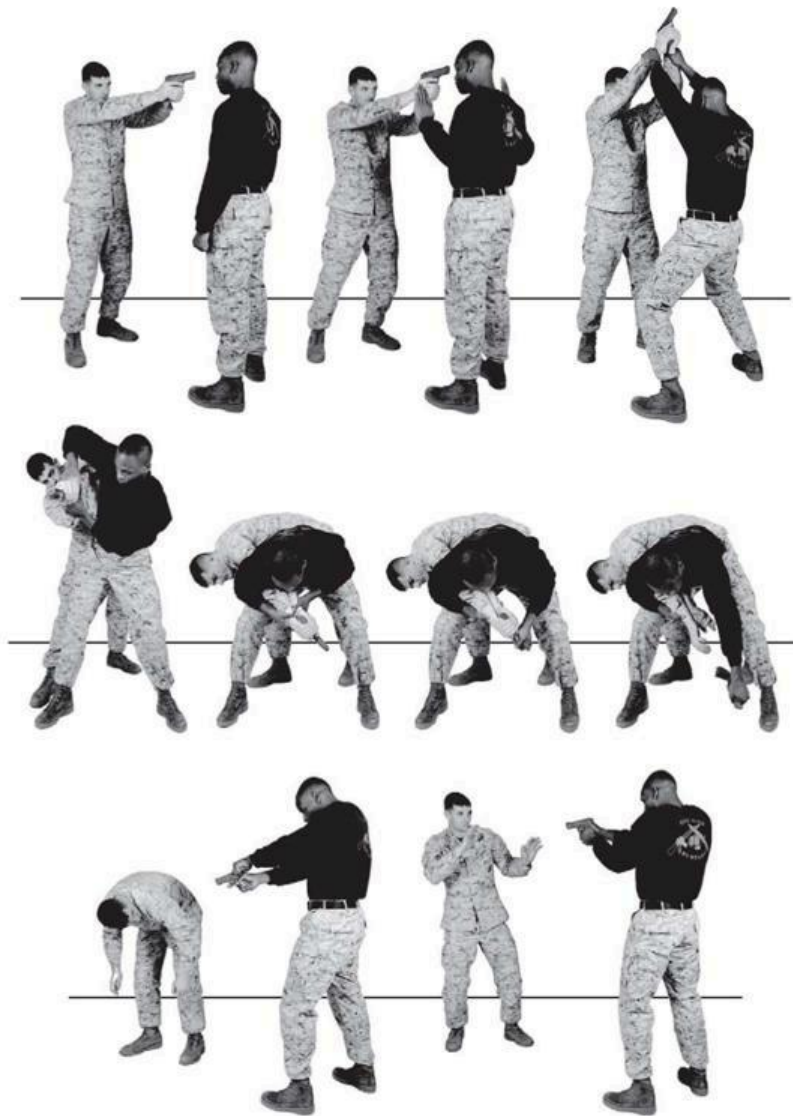


Figure 6-10. Counter to Pistol to the Head: Two Handed.

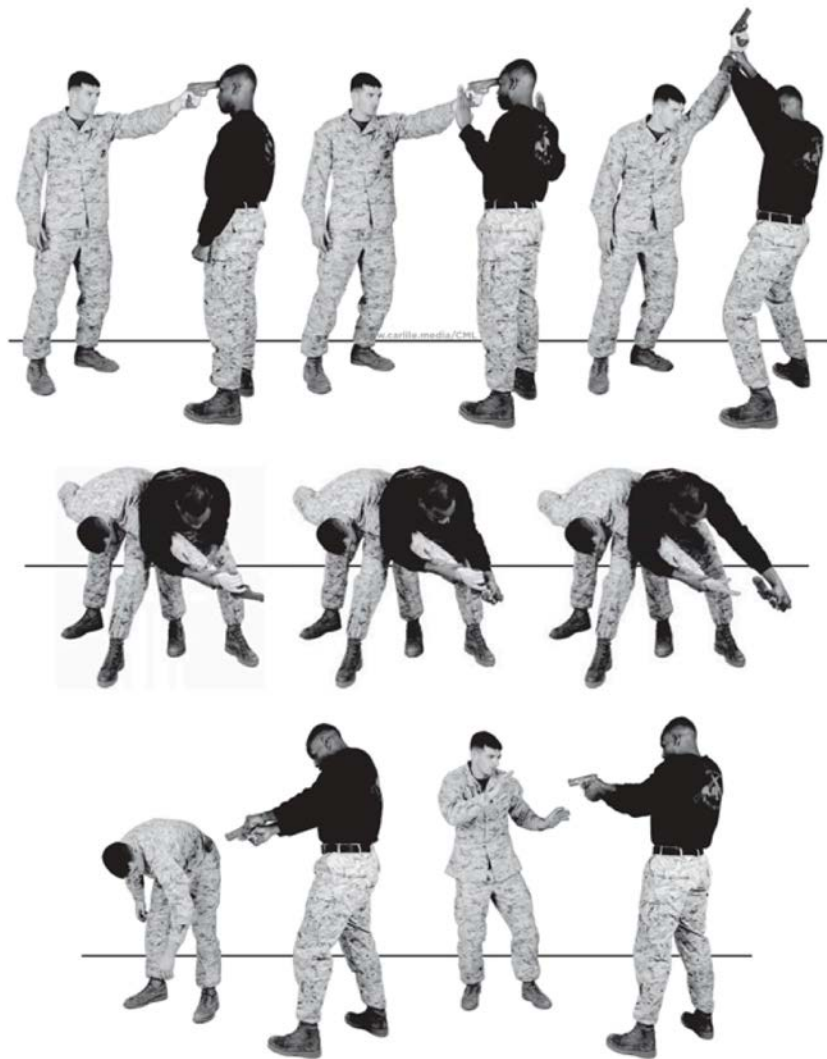


Figure 6-11. Counter to Pistol to the Head: One Handed.



Figure 6-12. Cupped Hand Strike.



Figure 6-1 3. Face Smash.



Figure 6-14. Lead Hand Knife.

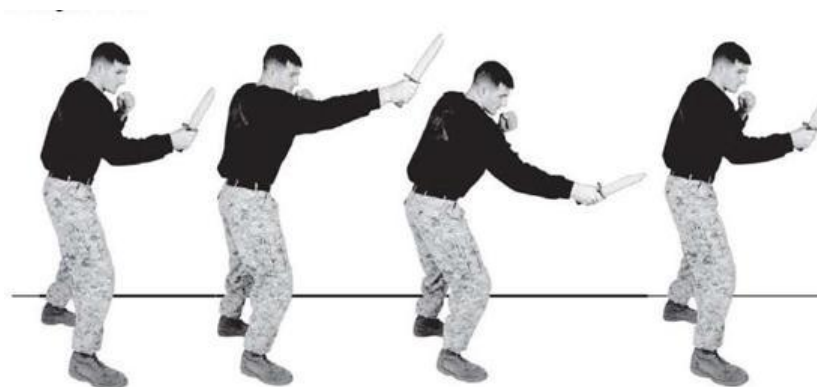


Figure 6-15. Vertical Slash.

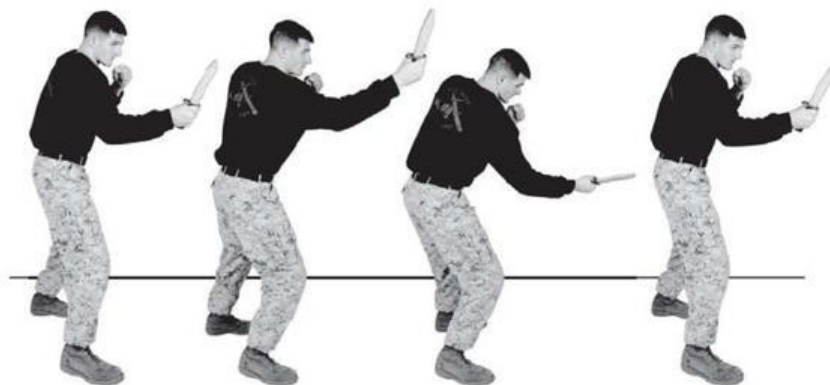


Figure 6-16. Forward Slash.

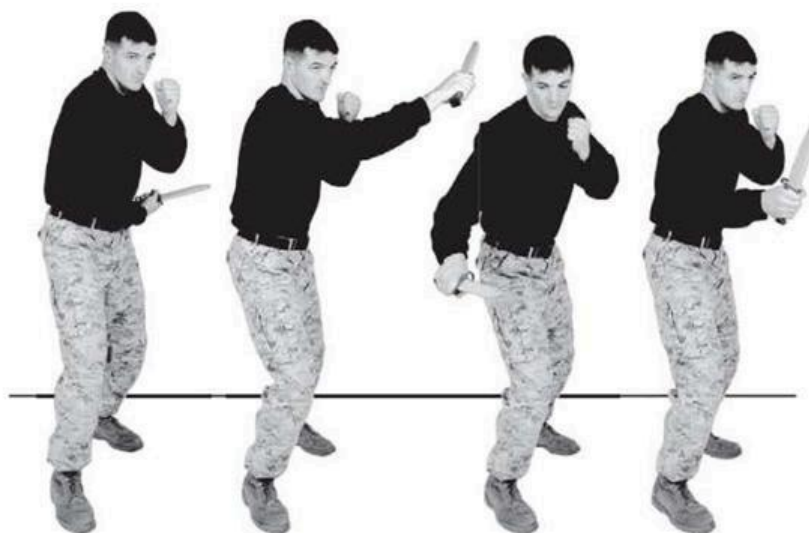


Figure 6-17. Reverse Slash.



Figure 6-18. Vertical Thrust.

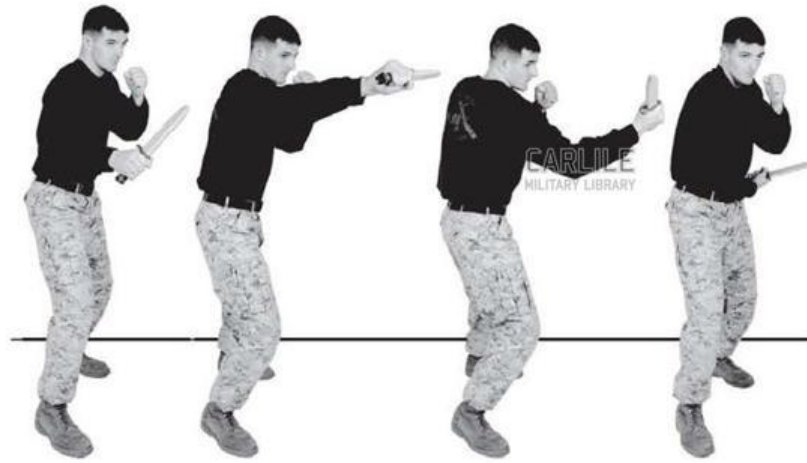


Figure 6-19. Forward Thrust.



Figure 6-20. Reverse Thrust.



Figure 6-21. Reverse-Grip Forward Slash.

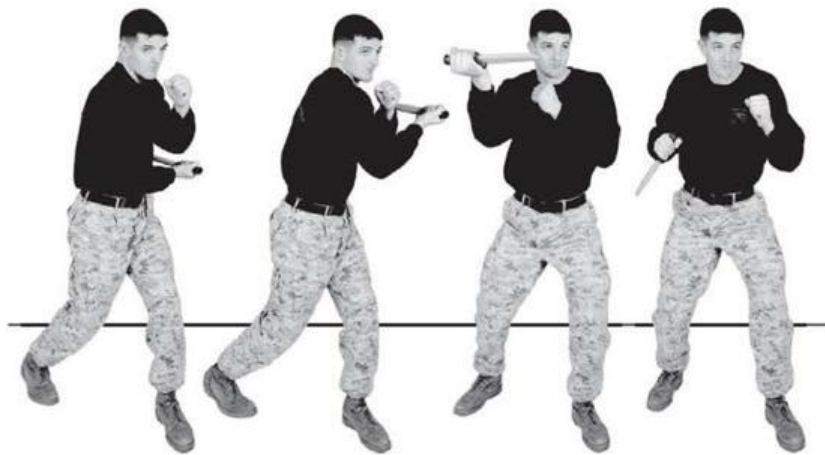


Figure 6-22. Reverse-Grip Reverse Slash.



Figure 6-23. Reverse-Grip Forward Thrust.





Figure 6-25. With a Flexible Garrote.

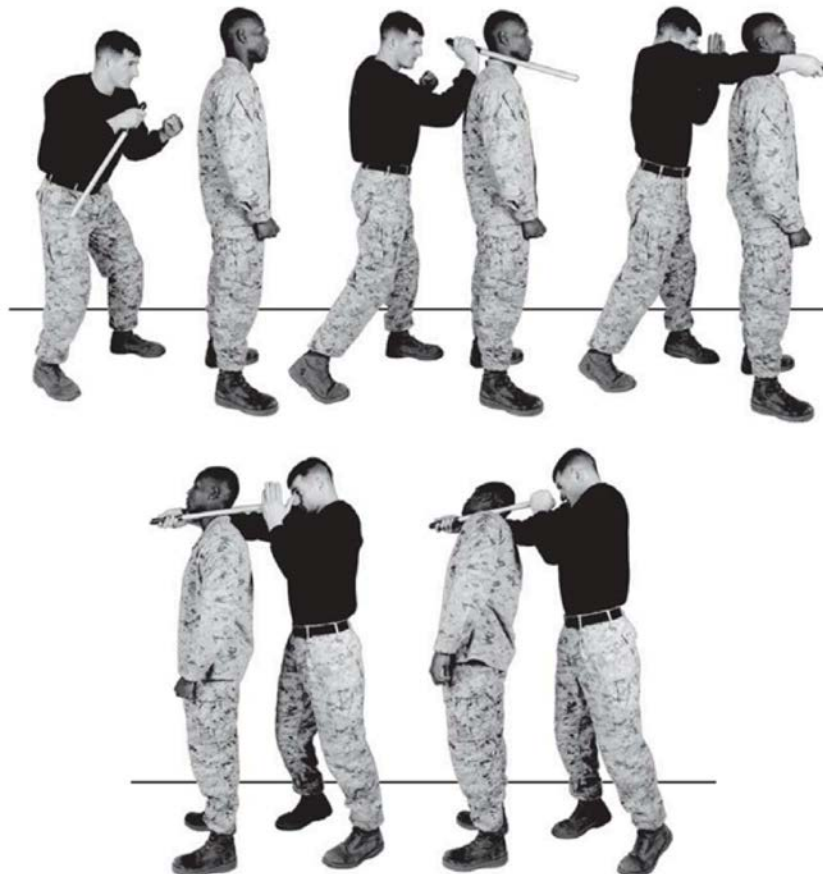


Figure 6-26. With a Hard Garrote.

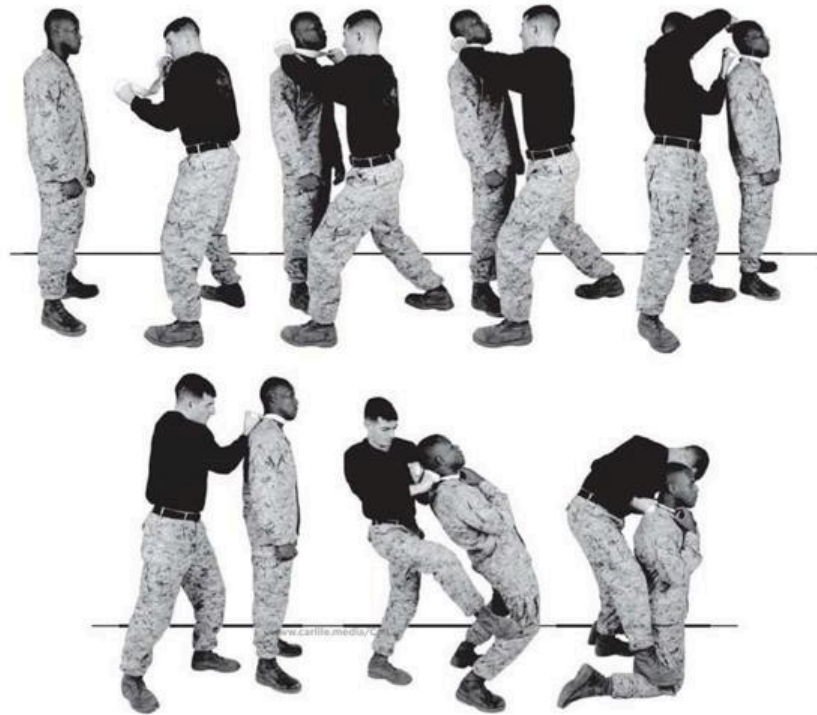


Figure 6-27. With a Flexible Garrote.

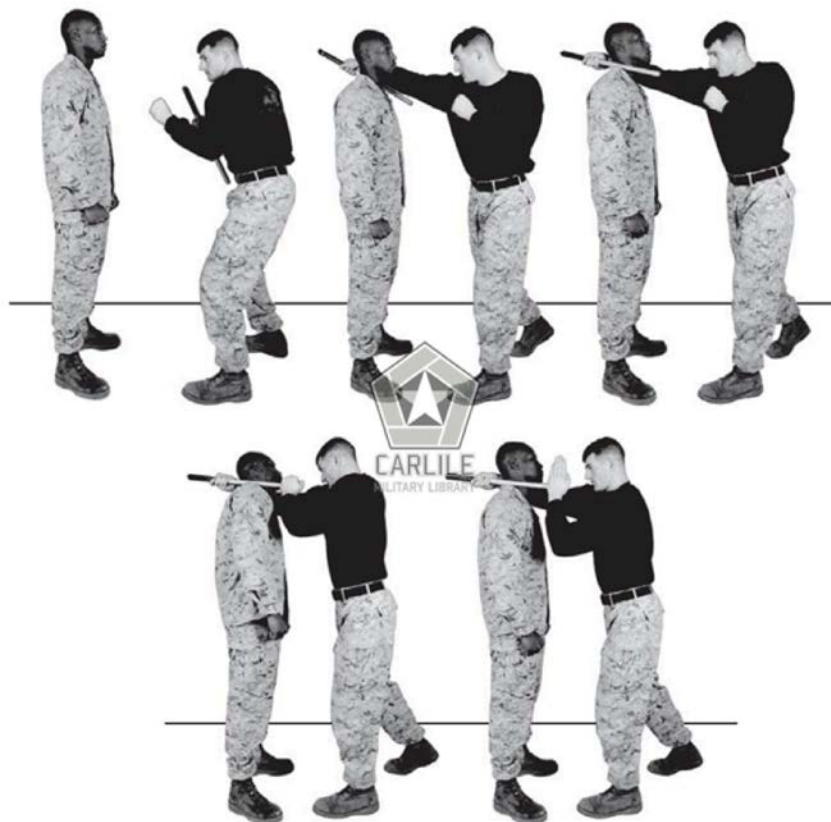


Figure 6-28. With a Hard Garrote.