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Student Outline - United States Marine Corps

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Your fist is at shoulder level and your elbow is next to your torso. (2) Thrust your elbow vertically upward toward the opponent. (a) Keep your elbow bent throughout the movement. (b) Rotate your right shoulder and hip forward to generate additional power.

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marines training in martial arts. Please realize this was more for fun than anything else. Don't take it so personally

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The Marine Corps Martial Arts Program 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 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,

Marine Corps Martial Arts Program - Wikipedia

Buy The Marine Corps Martial Arts Program (MCMAP) - Full-Size Edition: From Beginner to Black Belt: Current Edition, Complete & Unabridged - Build Your Warrior Ethos! MCRP 3-02B (Carlile Military Library) by US Marine Corps, Carlile Media (ISBN: 9781795795364) from Amazon's Book Store. Everyday low prices and free delivery on eligible orders.

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