



UNITED STATES MARINE CORPS  
MARINE CORPS RECRUIT DEPOT/ EASTERN RECRUITING REGION  
PO BOX 19001  
PARRIS ISLAND, SOUTH CAROLINA 29905-9001

IN REPLY REFER TO:  
DepO 1510.29C

G-3

**JAN 3 2013**

DEPOT ORDER 1510.29C

From: Commanding General  
To: Distribution List

Subj: RECRUIT MARTIAL ARTS TRAINING ORDER

Ref: (a) MCO 1500.59 Marine Corps Martial Arts Program  
(b) MCO 1510.122B Individual Training Standards (ITS) System for the Marine Corps Martial Arts Program  
(c) MCRP 3-02B Marine Corps Martial Arts Program  
(d) Program of Instruction for Recruit Training (MCTIMS)  
(e) DepO 1513.6D Recruit Training Order  
(f) M06MME3-Martial Arts Instructor Course  
(g) 0304-Free Sparring Martial Arts Instructor Lesson Plan  
(h) Pugil Stick Training Syllabus MA-1.05 Tan Belt

Encl: (1) Mission, Duties, and Responsibilities of Training Personnel  
(2) Safety  
(3) Bayonet/Armed Manipulations/Pugil Stick/Body Sparring Training  
(4) Pugil Stick/Body Sparring Safety Officer Checklist  
(5) Pugil Stick/Body Sparring Medical Screening  
(6) Unarmed Martial Arts Techniques  
(7) Unarmed Martial Arts Techniques Safety Officer Checklist  
(8) Unarmed Martial Arts Techniques Medical Screening  
(9) Communications Requirements  
(10) Operational Risk Management Assessment (ORAW)

1. Situation. The techniques and procedures contained in this Order are published for information and compliance by all personnel conducting and supervising in the Marine Corps Martial Arts Program (MCMAP) in support of Recruit Training Regiment (RTR) operations. This Order specifically applies to entry level martial arts training, which includes pugil stick and body sparring training during the conduct of the Crucible. The contents of this order must be strictly enforced in order to provide safe and effective training.

2. Cancellation. DepO 1510.29B.

3. Mission. To promulgate procedures for safe and effective martial arts training, consistent with the references, for use aboard Marine Corps Recruit Depot Parris Island (MCRD PI).

4. Execution

a. Tasks

(1) Assistant Chief of Staff, (AC/S) Operations and Training (G-3)

(a) Conduct a detailed annual review of this Order in coordination with the CO, RTR; CO, Weapons and Field Training Battalion (WFTBN); Director, Branch Health Medical Clinic (BHMC); Officer-in-Charge, and Force Preservation. Publish revisions as required.

1. The G-3 will be responsible for maintaining the lesson plans for the conduct of the martial arts periods of instruction, to include pugil sticks, body sparring, and the Martial Arts Instructor Course.
2. The G-3 will conduct an annual review of the lesson plans per the concept and timeline outlined above.
3. Requests to change any MCMAP lesson plans will be forwarded to the G-3.
4. No change to any lesson plan is authorized unless approved by the Commanding General.

(2) AC/S, Quality Management (QM)

(a) Conduct frequent and regular Quality Assurance assessments of all MCMAP training events to ensure compliance with this order.

(3) Commanding Officer, RTR. Qualify recruits, in accordance with the references, the approved martial arts lesson plans, and this Order.

(4) Commanding Officer, WFTBN. Ensure the martial arts training conducted during the Crucible are in accordance with the references, the Depot Crucible Order, approved martial arts lesson plans, and this Order.

b. Coordinating Instructions

(1) The approved martial arts lesson plans, this Order, the Recruit Training Order (RTO), and the Depot Crucible Order must be reviewed concurrently to ensure they are in agreement. If at any time the martial arts lesson plans, the RTO, or the Depot Crucible Order conflict with the safety guidelines provided herein, the more

restrictive guidance will take precedence until the conflict is resolved. Anyone discovering a conflict in guidance will immediately notify the G-3. Safety is paramount and will always take precedence over training.

5. Administration and Logistics

a. This revision contains a substantial number of changes, which requires that it be reviewed in its entirety.

b. This order is punitive in nature. Violations may result in prosecution under the UCMJ, as well as adverse administrative actions.

6. Command and Signal

a. Command

(1) This Order is applicable to recruit training at MCRD Parris Island.

(2) Training safety and compliance with applicable Orders are inherent responsibilities of command. Commanders, at all levels, will observe and evaluate training, throughout the prescribed POI, in order to provide recommendations to improve the safety and effectiveness of the MCMAP training to the Commanding General (Attn: G-3).

b. Signal

(1) Commanders will adhere to the chain of command and communicate, via command channels, on matters pertaining to recruit martial arts training and this Order.

(2) Other than where specifically authorized within this Order, no subordinate commander or staff will communicate or conduct liaison with external higher, or adjacent headquarters, without first coordinating with the Commanding General or the appropriate Depot Staff Section.

(3) Direct liaison is authorized, via established command channels, between Depot Staff exercising functional cognizance and subordinate commands' staff.

(4) Commander to Commander communication on significant training and/or safety issues is encouraged.

  
L. E. REYNOLDS

DISTRIBUTION: A

DepO 1510.29C

THIS PAGE LEFT BLANK INTENTIONALLY

MISSION, DUTIES, AND RESPONSIBILITIES OF TRAINING PERSONNEL

1. Concept of Training. The purpose of Marine Corps' Martial Arts Program during recruit training is to train recruits in armed and unarmed martial arts techniques which are designed to increase a recruit's individual self-confidence and survivability in a close combat situation. Recruits will begin to learn fundamental martial arts skills to build upon throughout their careers as Marines.

a. The Marine Corps' Martial Arts Program:

- (1) Provides basic combative skills for all Marines.
- (2) Strengthens Corps Values and the Marine Corps' warrior ethos.
- (3) Develops the mental, physical, and spiritual pillars of resiliency.

b. Martial Arts instruction is the responsibility of the Martial Arts Section, Instructional Training Company (ITC), Support Battalion, RTR. All personnel will adhere to their respective duties and responsibilities as defined herein. The overall execution of training, however, is a shared responsibility with a number of specific individual responsibilities, to include:

- (1) Company Officers (who fulfill the role of the Safety Officer and are responsible for the overall safe execution of a particular period of instruction)
- (2) Martial Arts Instructors (MAIs)
- (3) Martial Arts Instructor Trainers (MAITs)
- (4) Drill Instructors (DIs)
- (5) Medical Personnel

2. Values and Traits Instilled. The values and traits instilled and reinforced by all martial arts training are:

Courage - Developing a spirit that enables a recruit to face a potentially dangerous situation with confidence.

Aggressiveness - Demonstrating the "warrior spirit" through application of offensive and defensive techniques and maneuvers.

Discipline - Engaging in a "physical confrontation" with an opponent while maintaining composure, proper technique, and the ability to follow instructions.

Espirit de Corps - Demonstrating enthusiasm and the desire to join the warrior fraternity.

Motivation - Instilling an unending drive for excellence, both individually and as a team.

Self Confidence - Developing trust in one's abilities through training and practical application.

Tenacity - Developing an ethic of persistence; giving 100% effort at all times; never quitting.

### 3. Training Guidance

a. The approved MCMAP Tan Belt lesson plans, derived from references (a) and (c) provide the learning objectives to be accomplished during each period of instruction. These lesson plans, and the guidelines for pugil sticks and body sparring contained in references (g) and (h), this order, the Depot Crucible Order, and the RTO will complement each other and must be reviewed concurrently to ensure they are in agreement. If at any time the martial arts lesson plans, this Order, the Recruit Training Order, or the Depot Crucible Order conflict with the safety guidelines provided herein, the more restrictive guidance will take precedence until the conflict is resolved. Anyone discovering a conflict in guidance will immediately notify the G-3. Safety is paramount and will always take precedence over training.

b. In the event that a disagreement arises between the safety officer and the MAI/T on an issue involving recruit safety, the training event will STOP and the Commanding Officer, Instructional Training Company will be notified immediately for resolution.

c. Verbiage relating to killing, death and maiming is deemed appropriate as an instructional method when teaching recruits on the seriousness, purpose, and results of properly executed techniques. However, verbiage such as "knock his head off" or "kill him" is prohibited by MAI/Ts, company staff members, or recruits.

### 4. Duties and Responsibilities

a. Commanding Officer, ITC. Under the direction of the Commanding Officer, Support Battalion, RTR, is responsible for overseeing all matters related to martial arts instruction. This also includes:

(1) Conduct tan belt martial arts training and qualification for all recruits, and make appropriate Marine Corps Martial Arts Program (MCMAP) entries, by Training Day 28, into the Marine Corps Training Information Management System (MCTIMS), per reference (a). Include attainment of the tan belt as a graduation requirement.

(2) Report all MCMAP related injuries to the Director, Martial Arts Center of Excellence (MACE), per reference (c).

b. Martial Arts Staff Non-Commissioned Officer-In-Charge (SNCOIC). Under the direction of the Commanding Officer, Instructional Training Company, Support Battalion, RTR, the SNCOIC will be an 0917 MOS, Martial Arts Instructor-Trainer (MAIT) and is responsible for overseeing all matters related to martial arts instruction. This also includes:

(1) Serve as the primary source of MCMAP training within the Depot, and maintain informal liaison with the MACE. However, this liaison does not extend to issues of policy or substantive matters. Such matters will be routed, via the formal chain of command.

(2) Conduct martial arts sustainment training for entry-level recruits.

(3) Conduct Martial Arts Instructor Courses in accordance with the approved Period of Instruction (POI) and reference (a), and certify the MAIs are in accordance with reference (e).

(4) Maintain a MCMAP library containing all reference materials.

(5) Educate and train all MAIs/MAITs in the procedures and safety precautions set forth in this Order, the RTO, the Depot Crucible Order, and all approved lesson plans.

(6) Ensure company/series teams are aware of their training/safety responsibilities during the conduct of martial arts training.

(7) Oversee an aggressive maintenance program for martial arts equipment and facilities.

c. MAIs/MAITs. In accordance with reference (a), all MAIs/MAITs will be qualified as a MAI/MAIT, MOS 0916/0917 respectively, and are responsible for the following:

(1) Teach only approved class material, in accordance with this Order and the approved lesson plans.

(2) Brief the company/series team regarding their specific responsibilities and actions per this Order and the approved lesson plans.

(3) Ensure the safety of the recruit. If an unsafe condition exists, the instructor will immediately stop training and correct the unsafe condition.

(4) Before each class, the instructor will:

(a) Systematically follow all applicable orders and approved martial arts lesson plans. Conduct safety and equipment serviceability checks, to include inspecting all gear, terrain, and respective fighting areas to ensure they are in a safe and serviceable condition.

(b) Ensure a company officer has signed for the class, per the applicable safety checklist in enclosure (4) or enclosure (7), receives a copy of this Order, receives a copy of the approved lesson plan, and a Mishap Report Binder.

(c) Verify that the company/series has the correct number of safety vehicles and corpsmen present.

(d) Conduct a medical screening, per enclosure (5) for pugil sticks and body sparring. Those answering "yes" on the screening will not participate in pugil sticks or body sparring. The instructor also needs to conduct a medical screening, per enclosure (8) for unarmed techniques. Recruits answering "yes" to the questions in enclosure (8) will be referred to a medical provider for evaluation prior to conducting unarmed techniques.

d. Company/Series Team. Company Officers will supervise their recruits and ensure that the martial arts training is safe and effective. He or she will ensure that:

(1) A safety officer is appointed and present at all times during training. The safety officer is the Commander's direct representative and is responsible for the overall safe conduct of that period of training. When both male and female companies are on track for training, each officer remains collectively and collaboratively responsible for the safety of their respective recruits. The safety officer leads the training company team consisting of the Chief Drill Instructor (CDI) and the Senior Drill Instructor (SDI). The safety officer will sign for the martial arts training using the applicable checklist, provided in either enclosure (4) or enclosure (7), and assume the duties described therein.

(2) Training is conducted properly and safely. This includes proper positioning of the company team at respective fighting areas, per this Order, and debriefing recruits after their bouts to further enhance the overall training value of the event.

(3) The proper number and billets of recruit supervisors, safety vehicles, and corpsmen are provided for each class, per reference (e).



(4) Recruits are screened two days prior to any martial arts training involving physical contact (Pugil Sticks I, II, III, Unarmed Martial Arts Techniques Training, and Event 2 of the Crucible) for any physical conditions that may disqualify them from this form of training. The disqualifying conditions and clearance authority are found in enclosures (5) and (8). Company DIs will ask the questions, per enclosure (5) and enclosure (8), and then send those recruits who answered "yes" to a medical provider.

(5) Per enclosure (2), a medical screening will be coordinated with either the respective Battalion Aid Station (BAS) or Branch Health Medical Clinic (BHMC).

(6) Recruits found to have any form of disqualifying medical illness/injury will not fight.

(7) All recruits are weighed no more than 48 hours prior to pugil stick/body sparring/unarmed technique training events so that the MAI/Ts, DIs, and recruits have an accurate weight.

(8) Recruits are in the designated training areas, at the prescribed time, with the appropriate gear, per enclosures (4) and (7). This includes each recruit having a form-fitting mouthpiece.

(9) Changes to the martial arts training schedule are reported to the G-3, via the Regimental S-3, as soon as it is identified.

(10) Communications requirements, as outlined in enclosure (9), are available and operational.

(11) DIs serve as time keepers for each pugil stick and body sparring bout. MAI/Ts will not serve as time keepers.

(12) DIs assist MAI/Ts in making all necessary corrections/remediations.

(13) Company/series team members ensure the safety of the recruits. If an unsafe condition occurs, company team members will immediately stop training and correct the unsafe condition.

(14) DIs will supervise all recruit preparations for training.

(15) All members of the company/series team must complete a period of martial arts instruction prior to each company pickup. The focus of this training is to review the duties and responsibilities of all personnel, per this Order. It is important that the series teams review all aspects of the martial arts training package. This will enable the recruit trainers to better facilitate/reinforce the values-based training their recruits will receive during the martial arts periods of instruction. During pickup training, a MAIT will take

the company/series team through the following: Unarmed Technique Training; review of the standard operating procedures and validate skills through practical application; pugil sticks and body sparring; verbal review of procedures and setup for each period of instruction; review the Company Officer, SDI, and DI responsibilities and locations before and during training at Leatherneck Square.

e. Corpsmen. During coverage of all martial arts training, corpsmen are responsible for:

(1) Stopping training if a medically unsafe condition exists.

(2) Initial assessment and referral of injured recruits to the Branch Health Medical Clinic (BHMC).

SAFETY

1. General. Safety is paramount and is a responsibility shared by everyone. Anyone noting an unsafe condition will immediately stop any bout or period of instruction. Certain medical limitations require, in some cases, "clearance" by a medical provider before allowing a recruit to participate in certain martial arts training. Training companies are responsible for screening and arranging a medical provider's evaluation prior to executing martial arts training. (See enclosures (5) and (8) for the respective medical screening checklists). As an additional measure, MAI/Ts will read the respective enclosure to recruits prior to the start of the applicable training.

2. Training Limitations

a. Recruits will not be allowed to wear glasses, contacts, or dentures during the practical application portion of any martial arts training. Nothing will be worn around the neck except the neck roll provided during pugil sticks. Eyeglasses are authorized during martial arts periods of instruction and demonstrations.

b. All pugil stick bouts will end whenever the first of the following events occur: a scoring blow is delivered, time expires, or a symptom for the termination of training exists.

3. Injuries. A recruit will not participate in pugil sticks training if he/she complains of an ailment (i.e., headache, sore neck, chest pain, and wrist or shoulder pain,, etc.). The recruit will be immediately referred to the duty corpsmen for assessment/treatment. In all cases of head trauma, or symptoms of a concussion, the duty corpsmen will immediately call a medical officer at the BHMC for further guidance.

4. Supervision and Safety Requirements.

a. Personnel. For each series; one officer, one Chief Drill Instructor (CDI), all series or company DIs.

b. Corpsman. Leatherneck Square (LNS) events will be covered by two corpsmen, regardless of number of series or companies present.

c. Safety Vehicle. There will be one safety vehicle on-hand for each series. A safety vehicle is defined as a pick-up truck. A van, without back seats and with rear doors that open, may be used as a safety vehicle if necessary.

5. Hot Weather Condition Procedures

a. The Martial Arts Section will take the following action in order to monitor the heat index:

(1) Monitor the heat index website  
"<http://parrislandintranet.nmci.usmc.mil/G3/default.aspx> --UNIT  
LINKS--MCRDPI Weather"

(2) Comply with reference (e) for heat index procedures.

(3) A MAI/T will take a reading 15-minutes prior to the beginning of the training event. Once the training event commences, and if the heat index rises, the following will happen:

(a) If a reading indicates a heat index of yellow flag or higher, martial arts section personnel will take a reading every 30 minutes.

1. If martial arts training is taking place under shelter/shade, then it is allowed to continue during all flag conditions, as long as the heat index is reading below 90 degrees in the shade.

2. No martial arts training will take place during an administrative black flag condition.

(b) The reading will be taken via the heat stress website or calling the Emergency Operations Center (EOC) at (x3712) in order to maintain an accurate heat flag condition at LNS, (i.e., areas outside of shade/shelter).

(c) A hygrometer will be referenced for temperatures underneath the LNS Thunder dome. This will continue until one of two things occur:

1. The local index indicates that the heat flag condition has decreased to a green flag or no flag. The index will be checked once per hour when in either green flag, or a no flag condition.

2. The period of instruction has concluded.

b. Heat condition flags will only be displayed while training is occurring at LNS.

6. Scheduling. Head injuries sustained during pugil stick training can be very serious and even fatal. Second Impact Syndrome (SIS) is a phenomenon in which a second concussion occurs before recovery from the first concussion has taken place. In order to reduce the risk of severe injury, pugil sticks training will be scheduled no less than seven days apart.

BAYONET TECHNIQUES/ARMED MANIPULATIONS/  
PUGIL STICK/BODY SPARRING TRAINING

1. General. All bayonet/pugil stick/body sparring training periods of instruction will be taught in accordance with the appropriate lesson plan and will closely follow all safety guidelines.
2. Training Requirements. The bayonet techniques/armed manipulations/pugil stick/body sparring lesson plans provide the learning objectives to be accomplished during the conduct of training.
3. Equipment. The following table outlines the required safety equipment for all bayonet, armed manipulations, pugil stick, and body sparring training events.

	Bayonet Techniques & Armed Manipulations	Pugil Sticks I	Pugil Sticks II	Pugil Sticks III	The Crucible Engagement (Body Sparring & Pugil Sticks IV)
M16A4 w/RCO (if applicable)	YES	NO	NO	NO	NO
Bayonet	YES	NO	NO	NO	NO
C-belt/ Harness/ (2) Canteens	YES	NO	NO	NO	NO
Mouth Pieces	YES	YES	YES	YES	YES
Pugil Stick	NO	4/PLT	4/Bridge	4/PLT	4 Per Side
Groin Protection	NO	6/PLT	6/Bridge	10/PLT	6 Per Side
Neck roll	NO	6/PLT	6/Bridge	10/PLT	6 Per Side
Kevlar Helmet	YES	NO	NO	NO	NO
Football Helmet	NO	6/PLT	6/Bridge	10/PLT	6 Per Side
Flak Jacket	NO	6/PLT	6/Bridge	10/PLT	6 Per Side
Hockey Gloves	NO	NO	NO	NO	3 Pairs per Side
18oz Boxing Gloves	NO	NO	NO	NO	3 Pairs per Side
Sparring Helmets	NO	NO	NO	NO	3 per Side
Stopwatch	NO	1/Ring	1/Bridge	1	2
Whistle	NO	1/MAI/SC	1/MAI/SC	1/MAI/SC	1 per MAI and Company Officer

4. Supervision/Medical/Vehicle Requirements.

a. Personnel. For each series; one officer, one Chief Drill Instructor (CDI), all series or company DIs.

b. Corpsman. Leatherneck Square (LNS) events will be covered by two corpsmen, regardless of number of series or companies present.

c. Safety Vehicle. There will be one safety vehicle on-hand for each series. A safety vehicle is defined as a pick-up truck. A van, without back seats and with rear doors that open, may be used as a safety vehicle if necessary.

5. Bayonet Techniques and Armed Manipulations

a. Recruits will learn:

(1) How to fix bayonets.

(2) The modified basic warrior stance.

(3) The five basic attacks: slash, straight thrust, horizontal butt stroke, vertical butt stroke, and smash.

(4) The six basic defensive moves: static disrupt, block (high/mid/low), and block (right/left).

(5) Approach and close: using basic warrior stance and how to approach a target.

b. Company/Series SDIs will supervise and make corrections during all practical applications.

6. Pugil Sticks. The following applies to all periods of pugil stick training:

a. Remediation. The bayonet techniques and armed manipulations class is a prerequisite to Pugil Sticks I. Any recruit who missed the bayonet techniques and armed manipulations class will receive remedial instruction from a MAI before participating in Pugil Sticks I.

b. Safety Brief/Medical Screening. The Safety Officer will conduct a safety brief per enclosures (4). MAI/Ts will conduct a medical screening per enclosure (5).

c. Competition. There will be no intra- or inter-platoon competition, either formal or informal (i.e., score keeping, trophies, recognition, etc.). Emphasis for all will remain positive and focused on motivation, enthusiasm, and accomplishment of the terminal and enabling learning objectives for the respective period of instruction.

d. Weight Regulations. Series teams will weigh recruits no more than 48 hours prior to pugil stick training so that the MAI/Ts, DIs, and recruits know a recruit's weight. Weights will be recorded on a roster, under the supervision of a DI, and brought to the training event. The recruits will be arranged by their DI, from heaviest to lightest, before entering the engagement area and will fight in that order.

(1) Pugil Stick participants will be in one of two weight classes:

(a) 165 lbs. or below

(b) 166 lbs. or above

(2) Recruits weighing 165 lbs. or below may fight other recruits of the same weight class who are within +/- 10 lbs.

(3) Recruits weighing 166 lbs. or above may fight other recruits of the same weight class who are within +/- 15 lbs.

(4) Recruits from different weight classes may fight each other provided their weight differential is +/- 10 lbs. (i.e., a 156 lbs. recruit vs. a 166 lbs. recruit; or a 165 lbs. recruit vs. a 175 lbs. recruit, etc.).

e. Control. Bouts will be controlled by one or more MAI/T's, per designated fighting area. These MAI/T's are the sole authority to instruct; their voices are the only ones which control the bout. If an unsafe condition occurs during the bout, the safety officer, company officers, DIs, or corpsmen will immediately stop training and bring the issue to the attention of the MAI/T. Company officers and DIs can positively encourage recruits at any time provided they do not interfere with the MAI/T's ability to control the bout.

(1) For all pugil stick events, noise will be kept at a volume so that the MAI/T's can maintain safe control of the event, recruits who are observing can learn from the MAI/T's corrections/instructions, as well as allow supervisory personnel to intervene if necessary.

(2) MAIs/T's will immediately take corrective action should the noise level interfere with their ability to control the bouts, or if recruits who are engaged in bouts cannot hear their commands.

(3) Recruit supervisory personnel will position themselves where they can best control their recruits and ensure the safe conduct of training.



f. Ending a Bout. A bout is defined as one engagement of a specified time. A bout ends when the first of either of the following events occur: a scoring blow is delivered, time expires, or a recruit exhibits the symptoms for termination from further pugil stick training. Each event is described below.

(1) Scoring Blow. A "scoring blow," for bout termination purposes, is an offensive technique delivered to a vulnerable area of an opponent, with sufficient force and precision to kill or disable an opponent, assuming that the pugil stick was a rifle with a fixed bayonet.

(2) Time Expires. DIs will serve as time keepers and will use the stopwatch provided by the martial arts section for all pugil stick bouts. The time keeper will shout "time" and the MAI/T will blow their whistle for" bouts when the prescribed time has elapsed.

(3) Symptoms for the Termination of Training. Medical conditions could develop that require the immediate ending of a bout or that could make further participation in pugil sticks training unsafe. Recruits will be continuously observed for medical conditions that would make their participation in pugil stick training unsafe. A bout will immediately end, and a recruit will not participate in further pugil stick training if any medical condition is present. Specifically, a recruit will not participate in pugil sticks training if there are any indications of the following:

(a) Head Injury. Head injuries sustained during pugil stick training can be very serious and even fatal. Second Impact Syndrome (SIS) is a phenomenon in which a second concussion occurs before recovery from the first concussion has taken place. A recruit will not participate in pugil sticks training without a medical officer's evaluation, and approval, if he/she displays any of the following symptoms of a concussion or head injury:

1. Vacant stare (dazed, befuddled facial expression)
2. Delayed verbal and motor responses (slow to answer questions or follow instructions)
3. Confusion and inability to focus attention (easily distracted)
4. Disorientation (walking in the wrong direction; unaware of time, date, or place)
5. Slurred or incoherent speech (making disjointed or incomprehensible statements)

6. Motor skills observed to be uncoordinated  
(stumbling, inability to walk in a straight line, clumsy)
7. Emotions out of proportion to circumstances  
(distraught, crying for no apparent reason)
8. Memory deficits (exhibited by asking the same question that has already been answered, can't remember being knocked down or hit)
9. Any period of loss of consciousness

(b) Other Injuries or Ailments. A recruit will not participate in pugil sticks training if he/she complains of an ailment (e.g. headache, sore neck, chest pain, and wrist or shoulder pain). The recruit will be immediately referred to the duty corpsmen for assessment/treatment. In all cases of head trauma, or symptoms of a concussion, the duty corpsmen will immediately call a medical officer at the BHMC for further guidance.

g. Interrupting a Bout. If an unsafe condition develops during a bout, the bout will be interrupted and will not resume until the condition that made the bout unsafe is corrected, or a decision is made to end the bout. An unsafe condition exists when:

(1) A recruit is unable/unwilling to defend himself/herself. This includes the following categories:

(a) A recruit who drops to a knee, falls, or makes his/her head vulnerable to a downward strikes or blows to the back of the head.

(b) A recruit who lowers his/her stick and/or stops fighting.

(c) If a recruit cannot or will not defend himself/herself after counseling or remediation, the recruit will not participate in pugil stick training. The bout will end.

(2) Any condition deemed unsafe in the judgment of the instructor, recruit training company personnel, corpsmen, or any authorized observer, to include:

(a) Safety equipment becomes unsecured or presents a safety hazard.

(b) Safety equipment is not fitted or worn properly.

(c) A recruit's mouth piece falls out of his/her mouth.

- (d) A recruit moves outside of the engagement area.
- (e) A recruit's gear becomes unserviceable or broken.
- (f) A recruit loses his/her grip on the pugil stick.
- (g) A recruit fails to use proper techniques.

(3) The pugil stick will not be used as a baseball bat. The use of unauthorized techniques will result in expulsion from the fighting area. Only techniques taught in bayonet and armed manipulation training are authorized.

(4) When interrupting a bout, recruits will be separated and the stopwatch will be paused. The unsafe condition will be corrected. To resume the bout, recruits will assume a modified basic warrior stance three to four feet apart. The bout will continue upon the instructor's whistle blast.

h. Stopping a Bout. Instructional commands to end a bout are as follows:

(1) Repetitive whistle blast by a MAI/T or Company Officer for all pugil sticks events.

(2) "Stop" by a MAI/T.

(3) "Time" from the time keeper.

(4) "Stop" by any authorized observer; i.e., safety officer, DI, corpsman, for any pugil stick training.

i. Pugil Sticks I (The Ring)

(1) Concept.

(a) Each recruit will participate in two, one recruit vs. one recruit, free-sparring rounds lasting 15 seconds each or until a scoring blow is registered within that time.

(b) Bouts will occur inside a ring on a flat, soft-footed surface that is free of debris or any other hazard.

(c) Recruits will wear a mouthpiece, groin protection, hockey gloves, football helmet, neck roll, and flak jacket at all times while engaged in fighting.

(d) DIs will arrange recruits by weight, heaviest to lightest, and they will fight in that order. DIs will also inspect their safety equipment prior to entering the engagement area.

(e) Recruits are authorized to use all five offensive techniques and the six defensive techniques. The MAI/T will instruct the recruits that during pugil sticks, they will maintain a proper modified basic warrior stance keeping their head up at all times.

(2) Control.

(a) One MAI/T will control the bout.

(b) Round time will be maintained by a DI at each fighting area being utilized.

(c) On signal from the MAI/T, one recruit from each team will walk, not run, into the engagement area, with pugil sticks raised above their heads, halt in the center, and face each other approximately three to four feet apart.

(d) After the recruits' body weights have been verified, and their safety equipment has been inspected by the MAI/T, the signal will be given by the MAI/T for the bout to begin.

j. Pugil Sticks II (The Bridge)

(1) Concept.

(a) Each recruit will participate in two, one recruit vs. one recruit, free-sparring rounds lasting 15 seconds each or until a scoring blow is registered within that time.

(b) Bouts will occur on a bridge that is free of debris or any other hazard. The bridge height will be no more than two feet from the surface of the ground or other impact medium.

(c) Recruits will wear a mouthpiece, groin protection, hockey gloves, football helmet, neck roll, and flak jacket at all times while engaged in fighting.

(d) DIs will arrange recruits by weight, heaviest to lightest, and they will fight in that order. DIs will also inspect their safety equipment prior to entering the engagement area.

(e) Recruits are authorized to use all five offensive techniques and the six defensive techniques. The MAI/T will instruct the recruits that during pugil sticks, they will maintain a proper modified basic warrior stance keeping their head up at all times.

(f) Recruits are prohibited from pushing their opponent off of the bridge. If a recruit falls off the bridge, the bout will cease, the MAI/T will reset the recruits on the yellow stripes on the bridge, and the recruits will continue fighting for the remaining time.

(2) Control.

(a) One MAI/T will control the bout.

(b) Round time will be maintained by a DI at each fighting area being utilized.

(c) On signal from the MAI/T, one recruit from each team will walk, not run, into the engagement area, with pugil sticks raised above their heads, halt on the yellow stripes centered on the bridge, and face each other approximately three to four feet apart.

(d) After the recruits' body weights have been verified and their safety equipment has been inspected by the MAI/T, the signal will be given by the MAI/T for the bout to begin.

k. Pugil Sticks III (The Engagement Area at LNS)

(1) Concept.

(a) Each recruit will participate in two, one recruit vs. one recruit, free-sparring rounds lasting 15 seconds each, or until a scoring blow is registered within that time.

(b) Bouts will occur inside the engagement area on a flat, soft-footed surface that is free of debris or any other hazard.

(c) Recruits will wear a mouthpiece, groin protection, hockey gloves, football helmet, neck roll, and flak jacket at all times while engaged in fighting.

(d) DIs will arrange recruits by weight, heaviest to lightest, and they will fight in that order. DIs will also inspect their safety equipment prior to entering the engagement area.

(e) Recruits are authorized to use all five offensive techniques and the six defensive techniques. The MAI/T will instruct the recruits that during pugil sticks, they will maintain a proper modified basic warrior stance keeping their head up at all times.

(2) Control.

(a) One MAI/T will control the bout.

(b) Round time will be maintained by a DI at each fighting area being utilized.

(c) On signal from the MAI/T, one recruit from each team will walk, not run, into the engagement area, with pugil sticks raised above their heads, halt in the center, and face each other approximately three to four feet apart.

(d) After the recruits' body weights have been verified, and their safety equipment has been inspected by the MAI/T, the signal will be given by the MAI/T for the bout to begin.

1. The Crucible Engagement (Pugil Sticks IV and Body Sparring). The Crucible Engagement is part of Event 2 of the Crucible. The Crucible Engagement is designed to challenge recruits physically and mentally and reinforce tan belt techniques that have been previously taught. The Crucible Engagement consists of Pugil Sticks IV and Body Sparring.

(1) Pugil Sticks IV

(a) Concept

1. Each recruit will participate in two bouts of pugil sticks. Pugil sticks will consist of two pairs of one recruit vs. one recruit fighting, lasting 15 seconds each bout, for a total of 30 seconds or until a scoring blow is registered within that time.
2. MAI/Ts will gather the recruits, conduct the Pugil Stick/Body Sparring Verbal Medical Screening, per enclosure (5).
3. Bouts will occur in an engagement area located on a flat, soft-footed surface that is free of debris or any other hazard.
4. Recruits will wear a mouthpiece, groin protection, hockey gloves, football helmet, neck roll, and flak jacket at all times while engaged in fighting.
5. DIs will arrange recruits by weight, heaviest to lightest, and they will fight in that order. DIs will also inspect their safety equipment prior to entering the engagement area.
6. Recruits are authorized to use all five offensive techniques and the six defensive techniques.
7. The MAI/Ts will instruct the recruits that during pugil sticks, they will maintain a proper modified basic warrior stance keeping their head up at all times.

(b) Control.

1. Two MAI/Ts will control the bouts.
2. Round time will be maintained by a DI assigned to each bout.
3. On signal from the MAI/T, two (2) recruits from each team will walk, not run, into the engagement area, with pugil sticks raised above their heads, halt in the center, and face each other approximately four to six paces apart.
4. After the recruits' body weights and safety equipment have been verified by the MAI/T, the signal will be given by the MAI/T for the bout to begin.
5. Recruits will only engage their opponent; one on one. Engaging your partner's opponent, two on one, is not authorized.

(2) Body Sparring.

(a) The following applies to the body sparring training event:

1. The weight regulations used for pugil sticks also applies to body sparring.
2. For all body sparring events, noise will be kept at a volume so that the MAI/T's can maintain safe control of the event, as well as allow supervisory personnel to intervene if necessary.
3. Recruits will be screened for any previous fighting experience. MAI/Ts will conduct a final screening for prior fighting experience during the Pugil Stick/Body Sparring Verbal Medical Screening.
4. Any recruits who have been identified as having previous fighting experience (i.e., boxing team, golden gloves, mixed martial (MMA) amateur/semi-pro fights etc.) will fight each other first.
5. Those recruits will be briefed that they will fight at or below the level of the opponent. If the recruits with fighting experience cannot fight at or below their opponent's level, they will exit the engagement area and not fight.
6. All punches must land to the front of the torso.

7. The only authorized punches are the lead-hand punch, rear-hand punch, hook, and upper cut: all of which have been taught during tan belt training. Punches below the belt are prohibited.
8. No punches will fall to the head, neck, groin, back, kidneys, or spine.
9. "Hands Out." This is a position taken by a recruit who cannot safely continue. When this happens, the MAI/T will immediately stop the bout and evaluate the recruit. The MAI/T will notify the safety officer if the recruit is able to safely continue or if the bout must cease.

(b) Concept

1. Each recruit will participate in one bout of body sparring. Body sparring will consist of two pairs of one recruit vs. one recruit fighting, lasting a total of 30 seconds or until a scoring blow is registered within that time.
2. Bouts will occur in an engagement area located on a flat, soft-footed surface that is free of debris or any other hazard.
3. DIs will arrange recruits by weight, heaviest to lightest, and they will fight in that order. DIs will also inspect their safety equipment prior to entering the engagement area.
4. Recruits will wear a mouthpiece, groin protection, sparring head-gear, and 18 oz. boxing gloves at all times while engaged in fighting. Females will wear flak jackets, males will not.
5. Recruits are authorized to use the four different punches.
6. The MAI/Ts will instruct the recruits that during body sparring, they will maintain a proper modified basic warrior stance keeping their head up at all times.

(c) Control

1. Two MAI/Ts will control the bouts.



2. Round time will be maintained by a DI assigned to each bout. If a bout is paused, the applicable DI time keeper will stop the time, and then continue time once the MAI/T signals for the bout to resume.
3. On signal from the MAI/T, two (2) recruits from each team will walk, not run, into the engagement area, with pugil sticks raised above their heads, halt in the center, and face each other approximately four to six paces apart.
4. After the recruits' body weights and safety equipment have been verified by the MAI/T, the signal will be given by the MAI/T for the bout to begin.
5. Recruits will only engage their opponent; one on one. Engaging your partner's opponent, two on one, is not authorized.

PUGIL STICK/BODY SPARRING SAFETY OFFICER CHECKLIST

Initial each number and sign at the bottom:

1. A Company Officer will gather all personnel involved in executing Pugil Sticks I-III or The Crucible Engagement (Pugil Sticks IV & Body Sparring), to include MAI/Ts, CDIs, SDIs, and DIs and brief the following verbatim: The safety of all recruits is a shared responsibility. All Marines present are safety officers and have full authority to stop any portion of this event if they witness an unsafe condition. Examples of what warrants the stoppage of this event include, but are not limited to, the following:

- Safety gear becomes unsecured/broken/unserviceable
- Safety gear is not properly fitted
- A recruit loses his/her mouthpiece
- A recruit is rendered unconscious
- A recruit becomes disoriented from a blow
- A recruit appears to be dazed or confused
- A recruit cannot understand / respond to orders
- A recruit cannot remember being hit
- A recruit has slurred speech or clumsy movements
- A recruit is unable to defend himself / herself
- A recruit fails to keep his/her head, guard up at all times
- A recruit makes the back of his head vulnerable to downward strikes
- A recruit loses control of his/her pugil stick
- A recruit guards his/her face and takes a knee
- A recruit assumes a "hands out" position
- A recruit refuses to fight or defend himself / herself
- A recruit complains of an injury or ailment
- A recruit falls off of the bridge or moves outside of the engagement area
- A scoring blow is registered, a scoring blow is an offensive technique delivered to a vulnerable area of an opponent with sufficient force and precision to disable an opponent
- The time of the bout expires

- Have all recruits been weighed within 48 hours?

If anyone thinks an unsafe condition exists; stop the event immediately. If there is a dispute over the conditions surrounding an event stoppage, the MAI/Ts will confer with Company Officer/Safety Officer who has the ultimate authority in making a decision.

2. I will be positioned in a location (either the observation platform, or fighting area ground level) where I have the best situational awareness of the event. In addition, I will maintain a whistle as a final measure to stop the event if necessary, utilizing repetitive short whistle blasts until all action has ceased.

3. All recruits have received their Rules of Engagement brief and a verbal Medical Screening.

4. I have been provided a copy of the applicable Orders, (DepO 1510.29C, Martial Arts Training and DepO 1513.8B, The Crucible) and understand the regulations governing the pugil stick/body sparring events in which I am the Safety Officer.

5. Questions regarding the conduct of the event will be referred to the applicable orders and/or the MAI/Ts.

6. There is at least one safety vehicle present with:

- o 1 Stretcher
- o 2 Coolers with ice and sheets
- o 5 5-gallon water cans (full)

7. The appropriate personnel are present:

- o 1 Training company officer (safety officer).
- o 1 Corpsman with radio connectivity to CAS or the ACA.
- o 2 Certified MAI/Ts.
- o 2 Drill Instructors/Crucible Squad Leaders in team staging areas to supervise recruits

8. Any recruit who has had any serious fighting experience has been identified to the MAI/Ts.

9. Recruits will fight within their weight class.

- o If the recruit is 165 pounds or less, the weight class is plus or minus 10 pounds.
- o If the recruit is 166 pounds or more, the weight class is plus or minus 15 pounds.
- o Recruits have been weighed no more than 48 hours prior to the bout.

10. The equipment for body sparring is:

- o Mouthpiece
- o Sparring head-gear
- o Groin protection
- o 18 oz. boxing gloves
- o Flak jacket (females only)

11. The equipment for pugil sticks is:
  - o Mouthpiece
  - o Football helmet
  - o Neck roll
  - o Flak jacket
  - o Groin protection
  - o Hockey gloves
  - o Pugil stick
12. Properly inspect helmets for installed cranium and jaw pads, chinstraps, and face mask attachment clips. Chinstrap should have four mounting points. Helmets should be free of cracks.
13. Properly inspect sparring head gear for padding integrity. No tears on padding or significant rips on the nylon webbing.
14. Properly inspect boxing gloves, ensuring no significant tears or missing padding.
15. Properly inspect flak jackets to ensure neck roll is attached and buckles secure to front of jacket.
16. Properly inspect groin protection to ensure all straps and velcro secure properly.
17. Properly inspect hockey gloves for excessive wear and tear (deep cuts or gashes, torn or missing fingers).
18. Ensure all recruits have a mouthpiece.
19. Ensure female recruits let their hair down to ensure proper fit of the helmet.
20. Properly inspect pugil sticks to ensure all foam padding is attached and the stick is not protruding through the end of the padding.
21. Ensure the engagement area is free from protruding nails on boards, ground is free from trip hazards, and general area is in a safe condition.
22. Ensure mulch is over-turned/fluffed and level prior to the beginning of any bouts. Only mulch and dirt shall be in the engagement area; no foreign debris.
23. If a recruit requires medical care beyond that provided on scene by the Corpsman for an injury sustained during any MCMAP or LNS training, including Crucible Pugil Sticks/Body Sparring, the training company must submit a written RIR to the Martial Arts Section SNCOIC within 24 hours. The Safety Officer will re-inspect the recruit's equipment; any damage will be annotated in the RIR and turned over to the MAI/T. Serviceable equipment will return to training.

24. The Safety Officer is responsible for compliance with mishap reporting procedures, timelines, and for preservation of valuable information. The Safety Officer must possess and refer to a Mishap Reporting binder to ensure adherence to the applicable safety orders and guidelines.

25. If Medic 1 is called, training will cease, and the MAI/T instructor will immediately notify the ITC/Support Battalion chain of command. Training will not resume until the MAI/T notifies the ITC Co 1stSgt or higher and the safety officers collect the relevant mishap information.

26. It is my responsibility to ensure Martial Arts Instructors keep control of the bouts and to stop the bouts if I become concerned about the welfare of the recruit.

27. If I am replaced by another Officer, I will ensure the new Officer fills out and signs a new checklist and that the Martial Arts Instructors are aware that there has been a turnover.

28. I understand the duties and responsibilities required of me as the Safety Officer for Pugil Sticks/Body Sparring and accept them.

---

(Safety Officer's Signature) (Print Name)

---

(Company) (Date)

PUGIL STICK/BODY SPARRING MEDICAL SCREENING

The MAI/T will cover the following prior to conducting training with all participants:

1. Prior to all pugil stick and body sparring training, you must ask participating recruits the following questions. Recruits answering "Yes" to any of the following questions will not participate in pugil stick or body sparring training.

**NOTE:** Recruits who identify themselves as having medical issues including, but not limited to only those listed, will not be viewed adversely by company personnel when tallying final Crucible pass/fail criteria (Recruits will be informed of the aforementioned provision.)

- a. Who is light duty?
- b. Who is currently restricted to wearing running shoes by medical personnel?
- c. Do you currently have a headache or lightheadedness?
- d. Who has had dental surgery within the last 72 hours?
- e. Are you in a limited duty or no duty status, or do you have a sick call chit stating "no martial arts training"?
- f. Who has stitches or staples on their body?
- g. Do you have an ear infection/pain?
- h. Do you currently have a sinus infection?
- i. Do you have a facial injury, either a black eye or facial bruising?
- j. Have you participated in pugil stick bouts in the last 7 days?  
**NOTE:** Second Impact Syndrome. A blow to the head will bruise the brain. A second blow to the head can cause death. This is known as the Second Impact Syndrome. There must be at least seven days between pugil stick bouts to prevent possible injury or death.
- k. Who has had a broken bone (including stress fractures) within the last six months?
- l. Who has had a head/shoulder injury within the last five years?
- m. Who has ever dislocated their shoulder?
- n. Who has received a blow to the head within the last seven days, for any reason?
- o. Who has had a concussion within the last six months and has not been medically screened since arriving for training?
- p. Do you have a history of recurring headaches and have not been medically screened since arriving for training?
- q. Have you ever sustained an injury in pugil stick training?
- r. Have you ever been knocked out during a recruit training event?
- s. Have you become disoriented as a result of a blow received in martial arts training?

2. "Disoriented" is defined as a student who either:
  - a. Appears to be dazed or confused;
  - b. Does not respond to/understand commands;
  - c. Can't remember being knocked down or hit;
  - d. Has slurred speech or appears abnormally clumsy;
  - e. Delayed verbal and motor responses (slow to answer questions);
  - f. Emotions out of proportion to circumstances; (distraught, crying for no apparent reason)
  - g. Memory deficits (exhibited by asking the same question that has already been answered, can't remember being knocked down or hit);
  - h. Any period of loss of consciousness
3. Do you have a medical condition not covered above that prevents you from participating in MCMAP training?

UNARMED MARTIAL ARTS TECHNIQUES TRAINING

1. General. All periods of instruction in martial arts unarmed techniques will be taught in accordance with MCRP 3-02B, as implemented by this Order, and the appropriate lesson plans. All safety guidelines will be closely followed.
2. Training Requirements. The lesson plans provide the required learning objectives to accomplish during the conduct of training and will not be repeated herein.
3. Instruction. A qualified MAI/MAIT (MOS 0916/0917) will give all periods of instruction. The MAI/T will use another MAI/T, or DI from the series, to demonstrate techniques. Instructors will not demonstrate on recruits. Instruction will be presented, then followed by practical application. The series team will assist in reinforcing the period of instruction during the practical application. DI supervision is essential to safe and effective practical application of the martial arts techniques. DIs will make corrections, or critique recruit performance, throughout all unarmed techniques training.
4. Equipment. Except for a mouthpiece, no personal protective equipment is required for training in unarmed martial arts techniques. Striking pads are required for all periods of instruction on MCMAP punches and strikes.
5. Supervision/Medical/Vehicle Requirements

a. Personnel required per event:

Class	Officer	CDI	DI
Fundamentals of Martial arts	1	1	2/plt
Basic Warrior Stance	1	1	2/plt
Falls	1	1	2/plt
Punches	1	1	2/plt
Strikes (upper body)	1	1	2/plt
Strikes (lower body)	1	1	2/plt
Throws	1	1	3/plt
Chokes	1	1	3/plt
Counter to Chokes & Holds	1	1	3/plt

b. Corpsmen. Two corpsmen will cover Leatherneck Square (LNS) events, regardless of the number of series or companies present.

c. Safety Vehicles. A safety vehicle is required for each series. A safety vehicle is a van without back seats and with rear doors that open. Pick-up trucks may be used as the second vehicle only if an additional van is unavailable.



6. Safety

a. A safety screening, per enclosure (8), will be conducted by the series team two days prior to participation in training and by the MAI/Ts just prior to the commencement of training. Prior to conducting any remedial training of unarmed techniques, the series team will again conduct the safety screening.

b. Safety Considerations. Practical application of any unarmed techniques will stop immediately if an unsafe condition exists.

c. Many of the unarmed techniques are inherently dangerous and could cause serious injury if executed with the intent of hurting someone. In the training environment, in accordance with the approved lesson plans, recruits will not execute any unarmed techniques at greater than 50% or half force/speed.

(1) Supervisors will emphasize technique over force/speed.

(2) MAI/Ts will conduct a safety brief with company personnel prior to instruction, per enclosure (8). This brief will cover the safety precautions and procedures found in the appropriate lesson plans and references.

(3) Chokes. In addition to briefing the safety precautions related to chokes, the MAI/Ts will review the following with company/series leadership prior to the class:

(a) Recruits will utilize "tap out" procedures as soon as they feel the effective application of the technique. "Tapping out" tells the recruit's opponent to immediately release pressure or stop the technique. The recruit "taps out" by firmly tapping his/her hand on himself/herself, his/her opponent, the ground, or by saying, tap, tap, tap. The recruit should never go to the point of becoming light-headed during a choke.

(b) Recruits will stop applying the technique when the first of either of the following occurs:

1. Their opponent "taps out."
2. A MAI/T or safety observer gives the command "STOP."
3. More than five seconds have elapsed.

(c) Except for when a recruit "taps out," MAI/Ts will control the duration of applied pressure during practice of all choking techniques. The MAI/Ts will accomplish this by commanding "Ready...Choke," for recruits to execute the choke. (Choking techniques will not be applied for more than four seconds) The MAI/Ts will then countdown "3...2...1...STOP." If their opponent has not yet "tapped out," recruits will release pressure of the technique upon the command "STOP."

d. During inclement weather, unarmed technique training may be taught indoors, however, recruits will only conduct "fit-ins." "Fit-ins" are executing a technique up until the point of taking an opponent down to the deck. Techniques that involve impact with the deck will not be executed unless there is protective padding.

#### 7. Training Company Remediation of the Unarmed Martial Arts Techniques

a. Remediation conducted by training company personnel will take place only in areas with an appropriate impact medium. Mattresses are not authorized training mats.

b. Remediation of falls, throws, chokes, or counters to chokes and holds will only take place on suitable soft footed areas and not take place in recruit squadbays.

c. Proper break-fall techniques are essential to preventing injury when practicing techniques that involve impact with the deck. DIs will review proper break-fall techniques prior to remediation of all throws, counter to the rear choke, counter to the front head lock, counter to the front bear hug, and counter to the rear bear hug.

d. Remediation of all punches and strikes (upper and lower body) will be conducted "in the air." Recruits will not execute any of these techniques on each other.

e. The safety precautions found in the approved lesson plans and references will be adhered to when conducting remediation of the unarmed martial arts techniques.

f. Remediation will be subject to flag condition training limitations as outlined in the current edition of reference (e).

THIS PAGE INTENTIONALLY LEFT BLANK

UNARMED MARTIAL ARTS TECHNIQUES  
SAFETY OFFICER CHECKLIST

Initial each number and sign at the bottom:

\_\_\_\_1. I have been provided a copy of DepO 1510.29C Martial Arts Training Order and am familiar with the contents.

\_\_\_\_2. I will direct all questions pertaining to interpretation of this checklist and the Martial Arts Training Order to the MAI/T.

\_\_\_\_3. Medical screening has been accomplished per enclosure (8).

\_\_\_\_4. The proper number of safety vehicles and Corpsmen are present:

    ▶ A safety vehicle is defined as a pick-up truck. A van, without back seats and with rear doors that open, may be used as a safety vehicle if necessary.

    ▶ Two corpsmen will cover Leatherneck Square (LNS) events, regardless of the number of series or companies present.

\_\_\_\_5. The appropriate supervisory personnel are present.

\_\_\_\_6. The required equipment (mouthpieces), safety equipment, and communication means (See enclosure (9)), are present and are in working order.

\_\_\_\_7. I understand that recruits will not execute any unarmed technique at greater than 50% or at half force/speed.

\_\_\_\_8. I understand that it is my responsibility to ensure that training in the unarmed techniques will stop if an unsafe condition exists, to include, but not limited to, the following:

A.\_\_\_\_A recruit's mouthpiece falls out of his/her mouth.

B.\_\_\_\_A recruit becomes disoriented.

C.\_\_\_\_A recruit is unable or fails to defend himself/herself.

D.\_\_\_\_A recruit complains of an ailment.

\_\_\_\_9. Ensure the corpsman attending the martial arts training has a handheld radio, in working order, with connectivity to the ACA. Verify the land line at LNS thunderdome(x2342) is working. Additionally, company officers and CDIs should have cellular phones available on their person.

\_\_\_\_10. If Medic 1 is called, training will cease, and the MAI/T instructor will immediately notify the ITC/Support Battalion chain of command. Training will not resume until the MAI/T notifies the ITC Co 1stSgt or higher and the safety officer collects the relevant mishap information.

\_\_\_\_11. The Safety Officer is responsible for compliance with mishap reporting procedures, timelines, and for preservation of valuable information. The Safety Officer must possess and refer to a Mishap Reporting binder to ensure adherence to the applicable safety orders and guidelines.

\_\_\_\_12. If a recruit requires medical care beyond that provided on scene by the Corpsman for an injury sustained during any MCMAP, or LNS, training, the training company must submit a written RIR to the Martial Arts Section SNCOIC within 24 hours. The Safety Officer will re-inspect the recruit's equipment, any damage will be annotated in the RIR and the equipment will be delivered to the MAI/T following the event. Serviceable equipment will return to training.

\_\_\_\_13. I understand the duties and responsibilities required of me as the Safety Officer for Unarmed Martial Arts Techniques and accept them.

\_\_\_\_\_  
(Safety Officer's Signature)

\_\_\_\_\_  
(Print Name)

\_\_\_\_\_  
(Company)

\_\_\_\_\_  
(Date)

UNARMED MARTIAL ARTS TECHNIQUES  
MEDICAL SCREENING

The MAI/T will cover the following prior to conducting training with all recruits:

1. Prior to conducting unarmed techniques, you must ask participating recruits the following questions. Recruits answering "Yes" to questions (a-g) will not participate in the unarmed techniques training.

- a. Who is light duty?
- b. Who is currently restricted to wearing running shoes by medical personnel?
- c. Do you currently have a headache or lightheadedness?
- d. Who has had dental surgery within the last 72 hours?
- e. Are you in a limited duty or no duty status, or do you have a sick call chit stating "no martial arts training"?
- f. Who has stitches or staples on their body?
- g. Do you have an ear infection/pain?
- h. Do you currently have a sinus infection?
- i. Do you have a facial injury, either a black eye or facial bruising?

2. Prior to conducting unarmed techniques, you must ask participating recruits the following questions. Recruits answering "Yes" to questions (j) must receive clearance from a medical provider in order to conduct unarmed techniques training.

- j. Have you participated in pugil stick bouts in the last 7 days?  
**NOTE:** Second Impact Syndrome. A blow to the head will bruise the brain. A second blow to the head can cause death. This is known as the Second Impact Syndrome. There must be at least seven days between pugil stick bouts to prevent possible injury or death.
- k. Who has had a broken bone (including stress fractures) within the last six months?
- l. Who has had a head/shoulder injury within the last five years?
- m. Who has ever dislocated their shoulder?
- n. Who has received a blow to the head within the last seven days, for any reason?
- o. Who has had a concussion within the last six months and has not been medically screened since arriving for training?
- p. Do you have a history of recurring headaches and have not been medically screened since arriving for training?
- q. Have you ever sustained an injury in pugil stick training?
- r. Have you ever been knocked out during a recruit training event?
- s. Have you become disoriented as a result of a blow received in martial arts training?

3. Are you "Disoriented," which is defined as a person who either:
  - a. Appears to be dazed or confused;
  - b. Does not respond to/understand commands;
  - c. Has slurred speech or appears abnormally clumsy;
  - d. Delayed verbal and motor responses (slow to answer questions);
  - e. Emotions out of proportion to circumstances (distraught, crying for no apparent reason);
  - f. Memory deficits (exhibited by asking the same question that has already been answered, can't remember being knocked down or hit);
  - g. Any period of loss of consciousness
4. Do you have a medical condition not covered above that prevents you from participating in MCMAP training?

COMMUNICATION REQUIREMENTS

1. General. In the event that a recruit is seriously injured during martial arts training, all training personnel must be able to immediately call for assistance. Additionally, recruit trainers must have the capability to be continuously aware of the status of emergency response assets aboard the Depot. Company leadership will ensure that at least two different forms of communication are available and op-checked before training commences.

2. Required Equipment

a. Before any MCMAP training commences, the Safety Officer and MAI/T's will ensure that the telephone at Leatherneck Square (x2342), and/or at the Crucible COC (x3669), is in working order and that personnel are in position to respond. As a secondary means of communication, company leadership will turn on and maintain their company cell phones during the execution of training.

b. The corpsmen attending the MCMAP training will have a hand-held radio that has been op-checked to ensure that there is connectivity with the medical providers at the ACA/CAS.



# OPERATIONAL RISK ASSESSMENT WORKSHEET

Period of Instruction:		Date:			
Falls		20120801			
Prepared by:		References:			
Staff Non-Commissioned Officer In Charge of Martial Arts Section		MCRE 3-02B			
Movement / Technique	Hazards Identified	Assessment of Hazard	Develop Controls	Determine Residual Risk	Implement Controls
All Fall Techniques	1. Recruits could collide and injure themselves.	Moderate	MAIs/MAITs and DIS ensure proper distance between recruits to prevent them from colliding.	Low	Training of MAIs/MAITs in giving the period of instruction and educating the supervisors (DIS) on proper execution (Pick-up training/safety briefs).
Front Break Fall	2. Elbow wrist or hand injuries due to falling incorrectly.	Moderate	Recruits begin practicing techniques on the deck and progress to the kneeling position. Emphasis on proper technique and supervision by MAI/MAITs and DIS.	Low	Training of MAIs/MAITs in giving the period of instruction and educating the supervisors (DIS) on proper execution (Pick-up training/safety briefs). Adhere to the lesson plan and Order regarding technique progression and supervision.
	3. Facial injury from improper head position during the fall.	Low	Recruits begin practicing techniques on the deck and progress to the kneeling position. Emphasis on proper technique and supervision by MAI/MAIT and DIS	Low	Training of MAIs/MAITs in giving the period of instruction and educating the supervisors (DIS) on proper execution (Pick-up training/safety briefs). Adhere to the lesson plan and Order regarding technique progression and supervision.
Side Break Fall	4. Elbow wrist or hand injuries due to falling incorrectly	Moderate	Recruits begin practicing techniques on the deck and progress to the kneeling position. Emphasis on proper technique and supervision by MAI/MAIT and DIS	Low	Training of MAIs/MAITs in giving the period of instruction and educating the supervisors (DIS) on proper execution (Pick-up training/safety briefs). Adhere to the lesson plan and Order regarding technique progression and supervision.

# OPERATIONAL RISK ASSESSMENT WORKSHEET

	5. Recruits begin practicing this technique from their knees. One's leg could get caught, injuring their knee as they practice this fall.	Moderate	Recruits should begin practicing this technique in a squatting position vice on their knees.	Low	Modify the lesson plan so that a recruit practices this technique in the squatting position vice from the knees.
	6. Elbow wrist or hand injuries due to falling incorrectly.	Moderate	Recruits begin practicing techniques on the deck and progress to the kneeling position. Emphasis on proper technique and supervision by MAI/MAIT and DIs	Low	Training of MAIs/MAITs in giving the period of instruction and educating the supervisors (DIs) on proper execution (Pick-up training/safety briefs). Adhere to the lesson plan and Order regarding technique progression and supervision.
	7. Recruits could hit their head on the deck if executed improperly.	Moderate	Recruits begin practicing techniques on the deck and progress to the squatting position. Emphasis on proper technique and supervision by MAI/MAIT and DIs.	Low	Training of MAIs/MAITs in giving the period of instruction and educating the supervisors (DIs) on proper execution (Pick-up training/safety briefs). Adhere to the lesson plan and Order regarding technique progression and supervision.

# OPERATIONAL RISK ASSESSMENT WORKSHEET

Period of Instruction:		Date:			
Punches		20120801			
Prepared by:		References:			
Staff Non-Commissioned Officer In Charge of Martial Arts Section		MCRP 3-02B			
Movement/ Technique	Hazards Identified	Assessment of Hazard	Develop Controls	Determine Residual Risk	Implement Controls
Executing all punches "in the air" (lead hand, rear hand, uppercut, hook)	1. Hyperextension of joints if punches are over extended.	Low	Techniques are executed slowly at first. Speed increases with proficiency. Instructor emphasizes the importance of avoiding full extension of arms.	Low	Training of MAIs/MAITs in giving the period of instruction and educating the supervisors (DIs) on proper execution (Pick-up training/safety briefs).
Executing all punches for "target acquisition" (lead hand, rear hand, uppercut, hook)	2. Injuries could occur if recruits are too close and accidentally hit each other.	Low	MAI/MAITs and DIs will ensure the proper distance between recruits is maintained.	Low	Training of MAIs/MAITs in giving the period of instruction and educating the supervisors (DIs) on proper execution (Pick-up training/safety briefs). Adhere to the lesson plan and Order regarding technique progression and supervision.
Executing all punches on the striking pad (lead hand, rear hand, uppercut, hook)	3. Recruits could get injured if the striking pad is held too close to the face.	Low	MAI/MAITs will instruct recruits on the proper way to hold the striking pad.	Low	Training of MAIs/MAITs in giving the period of instruction and educating the supervisors (DIs) on proper execution (Pick-up training/safety briefs). Adhere to the lesson plan and Order regarding technique progression and supervision.
	4. Recruits could injure their own wrists or another recruit if they punch the striking pad with excessive force	Moderate	MAIs/MAITs and DIs will emphasize technique over power. Recruits will be instructed to use no greater than (#50) half force when executing the techniques.	Low	Training of MAIs/MAITs in giving the period of instruction and educating the supervisors (DIs) on proper execution (Pick-up training/safety briefs). Adhere to the lesson plan and Order regarding technique progression and supervision.

# OPERATIONAL RISK ASSESSMENT WORKSHEET

Period of Instruction:		Date:			
Strikes (Upper Body)		20120801			
Prepared by:		References:			
Staff Non-Commissioned Officer in Charge of Martial Arts Section		MCRP 3-02B			
Movement/ Technique	Hazards Identified	Assessment of Hazard	Develop Controls	Determine Residual Risk	Implement Controls
Executing all strikes for "target acquisition" (Hammer Fist, Knife Hand, Chin Jab, Eye Gouge, Vertical Elbow and Horizontal Elbow)	1. Injuries could occur if recruits are too close and accidentally hit each other.	Low	Instructors and DIS will ensure the proper distance between recruits is maintained	Low	Training of MAIs/MAITs in giving the period of instruction and educating the supervisors (DIS) on proper execution (Pick-up training/safety briefs).
Executing all strikes on the striking pad (Hammer Fist, Knife Hand, Chin Jab, Eye Gouge, Vertical Elbow and Horizontal Elbow)	2. Recruits could injure their own wrists, hands, fingers or another recruit if they punch the striking pad with excessive force.	Moderate	MAI/MAITs and DIS will emphasize technique over power. No techniques will be executed at greater than (850) half force / speed.	Low	Training of MAIs/MAITs in giving the period of instruction and educating the supervisors (DIS) on proper execution (Pick-up training/safety briefs). Adhere to the lesson plan and Order regarding technique progression and supervision.
Knife Hand Strike	3. Possible injury to fingers due to incorrect execution of techniques (wrong striking surface of the hand).	Moderate	MAI/MAITs will re-iterate proper striking surface prior to execution. DI's will vigilantly fault check techniques throughout execution	Low	Training of MAIs/MAITs in giving the period of instruction and educating the supervisors (DIS) on proper execution (Pick-up training/safety briefs). Adhere to the lesson plan and Order regarding technique progression and supervision.
Eye Gouge	4. Possible injury to fingers when executing techniques on striking pad.	Moderate	Recruits will not utilize a striking pad to practice this technique. It will be practiced "in the air" and for "target acquisition" only.	Low	Training of MAIs/MAITs in giving the period of instruction and educating the supervisors (DIS) on proper execution (Pick-up training/safety briefs). Adhere to the lesson plan and Order regarding technique progression and supervision.

# OPERATIONAL RISK ASSESSMENT WORKSHEET

Period of Instruction:		Date:			
Strikes (Lower Body)		20120801			
Prepared by:		References:			
Staff Non-Commissioned Officer In Charge of Martial Arts Section		MCRP 3-02B			
Movement/ Technique	Hazards Identified	Assessment of Hazard	Develop Controls	Determine Residual Risk	Implement Controls
Front Kick	1. Recruits could hyperextend or injure their knee if executed improperly or at full force/speed.	Low	Techniques are executed slowly at first. Speed increases with proficiency. Instructor emphasizes the importance of avoiding full extension. MAI/MAITs and DIS will emphasize technique over power. No techniques will be executed at greater than (50) half force/speed.	Low	Training of MAIs/MAITs in giving the period of instruction and educating the supervisors (DIS) on proper execution (Pick-up training/safety briefs). Adhere to the lesson plan and Order regarding technique progression and supervision.
	2. Recruits could pull a muscle if attempting to kick too high or fast (especially if not stretched out).	Low	Recruits will undergo stretching/ warm-up exercises prior to instruction. MAI/MAITs and DIS will emphasize technique over speed.	Low	Training of MAIs/MAITs in giving the period of instruction and educating the supervisors (DIS) on proper execution (Pick-up training/safety briefs). Adhere to the lesson plan and Order regarding technique progression and supervision.
Side Kick	3. Recruits could hyperextend or injure their knee if executed improperly or at full force/speed.	Low	Techniques are executed slowly at first. Speed increases with proficiency. Instructor emphasizes the importance of avoiding full extension. MAI/MAITs and DIS will emphasize technique over power. No techniques will be executed at greater than (50) half force/speed.	Low	Training of MAIs/MAITs in giving the period of instruction and educating the supervisors (DIS) on proper execution (Pick-up training/safety briefs). Adhere to the lesson plan and Order regarding technique progression and supervision.
	4. Recruits could pull a muscle if attempting to kick too high or fast (especially if not stretched out).	Low	Recruits will undergo stretching/ warm-up exercises prior to instruction. MAI/MAITs and DIS will emphasize technique over speed.	Low	Training of MAIs/MAITs in giving the period of instruction and educating the supervisors (DIS) on proper execution (Pick-up training/safety briefs). Adhere to the lesson plan and Order regarding technique progression and supervision.

# OPERATIONAL RISK ASSESSMENT WORKSHEET

Ax Stomp	5. Recruits could pull a muscle if attempting to kick too high or fast (especially if not stretched out).	Low	Recruits will undergo stretching/ warm-up exercises prior to instruction. MAI/MAITs and DIS will emphasize technique over speed.	Low	Training of MAIs/MAITs in giving the period of instruction and educating the supervisors (DIS) on proper execution (Pick-up training/safety briefs). Adhere to the lesson plan and Order regarding technique progression and supervision.
	6. Recruits could injure their knee if it is not slightly bent during the stomp.	Low	MAI/MAITs and DIS will emphasize the importance of keeping the knee slightly bent during execution of this technique.	Low	Training of MAIs/MAITs in giving the period of instruction and educating the supervisors (DIS) on proper execution (Pick-up training/safety briefs). Adhere to the lesson plan and Order regarding technique progression and supervision.
	7. Practicing Stomps could aggravate over-use injuries	Moderate	Recruits identified as having over-use injuries or possibly developing them will be screened.	Low	Training of MAIs/MAITs in giving the period of instruction and educating the supervisors (DIS) on proper execution (Pick-up training/safety briefs). Adhere to the lesson plan and Order regarding technique progression and supervision.
Vertical Stomp	8. Recruits could injure their knee if it is not slightly bent during the stomp.	Low	MAI/MAITs and DIS will emphasize the importance of keeping the knee slightly bent during execution of this technique.	Low	Training of MAIs/MAITs in giving the period of instruction and educating the supervisors (DIS) on proper execution (Pick-up training/safety briefs). Adhere to the lesson plan and Order regarding technique progression and supervision.
	9. Practicing Stomps could aggravate over-use injuries	Moderate	Recruits identified as having over-use injuries or possibly developing them will be screened.	Low	Training of MAIs/MAITs in giving the period of instruction and educating the supervisors (DIS) on proper execution (Pick-up training/safety briefs). Adhere to the lesson plan and Order regarding technique progression and supervision.

# OPERATIONAL RISK ASSESSMENT WORKSHEET

Period of Instruction:		Date:			
Counters to Strikes		20120801			
Prepared by:		References:			
Staff Non-Commissioned Officer In Charge of Martial Arts Section		MCRP 3-02B			
Movement/ Technique	Hazards Identified	Assessment of Hazard	Develop Controls	Determine Residual Risk	Implement Controls
Counter to the Lead Hand Punch	1. Injuries could occur if recruits punch with the intent of making any degree of forceful contact on their opponent.	Low	MAI/MAITs and DIS will ensure recruits understand that the punch is executed only for the purpose of giving their opponent the opportunity to counter the technique. The punch will not be executed with any force.	Low	Training of MAITs/MAITs in giving the period of instruction and educating the supervisors (DIS) on proper execution (Pick-up training/safety briefs). Adhere to the lesson plan and Order regarding technique progression and supervision.
Counter to the Rear Hand Punch	2. Injuries could occur if recruits punch with the intent of making any degree of forceful contact on their opponent.	Low	MAI/MAITs and DIS will ensure recruits understand that the punch is executed only for the purpose of giving their opponent the opportunity to counter the technique. The punch will not be executed with any force.	Low	Training of MAITs/MAITs in giving the period of instruction and educating the supervisors (DIS) on proper execution (Pick-up training/safety briefs). Adhere to the lesson plan and Order regarding technique progression and supervision.
Counter to the Front Kick (front leg)	3. Injuries could occur if recruits kick with the intent of making any degree of forceful contact on their opponent.	Low	MAI/MAITs and DIS will ensure recruits understand that the punch is executed only for the purpose of giving their opponent the opportunity to counter the technique. The punch will not be executed with any force.	Low	Training of MAITs/MAITs in giving the period of instruction and educating the supervisors (DIS) on proper execution (Pick-up training/safety briefs). Adhere to the lesson plan and Order regarding technique progression and supervision.
Counter to the Front Kick (rear leg)	4. Injuries could occur if recruits kick with the intent of making any degree of forceful contact on their opponent.	Low	MAI/MAITs and DIS will ensure recruits understand that the punch is executed only for the purpose of giving their opponent the opportunity to counter the technique. The punch will not be executed with any force.	Low	Training of MAITs/MAITs in giving the period of instruction and educating the supervisors (DIS) on proper execution (Pick-up training/safety briefs). Adhere to the lesson plan and Order regarding technique progression and supervision.

# OPERATIONAL RISK ASSESSMENT WORKSHEET

Period of Instruction:		Date:			
Throws		20120801			
Prepared by:		References:			
Staff Non-Commissioned Officer In Charge of Martial Arts Section		MCRP 3-02B			
Movement / Technique	Hazards Identified	Assessment of Hazard	Develop Controls	Determine Residual Risk	Implement Controls
Leg Sweep	1. Recruits could be injured if the technique is executed with too much force or speed.	Moderate	MAI/MAITs and Dis will emphasize technique over power. No techniques will be executed using full force. Recruits will execute all techniques at no greater than (50) half speed/force	Low	Training of MAIs/MAITs in giving the period of instruction and educating the supervisors (Dis) on proper execution (Pick-up training/safety briefs). Adhere to the lesson plan and Order regarding technique progression and supervision.
Leg Sweep	2. Recruits being thrown could be injured if they do not properly execute the break fall techniques.	High	MAI/MAITs will remediate proper fall techniques prior to instructing recruits in throws. Dis will supervise to help ensure proper execution.	Moderate	Training of MAIs/MAITs in giving the period of instruction and educating the supervisors (Dis) on proper execution (Pick-up training/safety briefs). Adhere to the lesson plan and Order regarding technique progression and supervision.
Leg Sweep	3. Recruits are more susceptible to numerous types of injuries if not paired with someone of similar height and weight.	High	Recruits will be paired according to their height and weight.	Low	Training of MAIs/MAITs in giving the period of instruction and educating the supervisors (Dis) on proper execution (Pick-up training/safety briefs). Adhere to the lesson plan and Order regarding technique progression and supervision.
Leg Sweep	4. Recruits could injure their Achilles' tendon or their calf if they do not use the alternate striking surface. (calf on calf).	High	MAI/MAITs will emphasize the use of the alternate striking area. Dis will supervise to ensure the technique is properly executed.	Moderate	Training of MAIs/MAITs in giving the period of instruction and educating the supervisors (Dis) on proper execution (Pick-up training/safety briefs). Adhere to the lesson plan and Order regarding technique progression and supervision.
Hip Throw	5. Recruits could injure their hands, wrists or arm, if they grab the belt or belt loops of their opponent when performing the technique.	Moderate	MAI/MAITs will instruct recruits to simply grab the upper torso or waist of their opponent when executing this technique. Grabbing the belt or belt loops will not be allowed.	Low	Training of MAIs/MAITs in giving the period of instruction and educating the supervisors (Dis) on proper execution (Pick-up training/safety briefs). Adhere to the lesson plan and Order regarding technique progression and supervision.



# OPERATIONAL RISK ASSESSMENT WORKSHEET

Period of Instruction:		Date:			
Chokes		20120801			
Prepared by:		References:			
Staff Non-Commissioned Officer In Charge of Martial Arts Section		MCRP 3-02B			
Movement/Technique	Hazards Identified	Assessment of Hazard	Develop Controls	Determine Residual Risk	Implement Controls
Rear Choke, Rear Choke Figure 4 Variation	1. A recruit could pass out if the choke is held too long.	Moderate	Recruits will be instructed on "tap out" procedures and will not attempt a choke for more than three seconds. Once a recruit feels the choke being applied, he/she will "tap out." MAI/MAITs will give a command for recruits to start and stop choking. Recruits will not hold the choke for longer than 3 seconds. DIs will fault check.	Moderate	Training of MAIs/MAITs in giving the period of instruction and educating the supervisors (DIs) on proper execution (Pick-up training/safety briefs). Adhere to the lesson plan and Order regarding technique progression and supervision.
Rear Choke, Rear Choke Figure 4 Variation	2. Recruits carotid arteries could collapse if the technique is applied with too much force or speed.	Moderate	Recruits will be instructed to apply chokes using slow, steady pressure and to stop when either the opponent feels the technique being applied or the command to stop is given, whichever comes first.	Low	Training of MAIs/MAITs in giving the period of instruction and educating the supervisors (DIs) on proper execution (Pick-up training/safety briefs). Adhere to the lesson plan and Order regarding technique progression and supervision.
Rear Chokes	3. A recruit's trachea could be crushed or bruised if the technique is applied with too much force.	High	MAI/MAITs will emphasize the proper location to apply pressure (carotid artery vice trachea). Recruits will be instructed to apply chokes using slow, steady pressure and to stop when either the opponent feels the technique being applied or the command to stop is given, whichever comes first.	Moderate	Training of MAIs/MAITs in giving the period of instruction and educating the supervisors (DIs) on proper execution (Pick-up training/safety briefs). Adhere to the lesson plan and Order regarding technique progression and supervision.

# OPERATIONAL RISK ASSESSMENT WORKSHEET

Period of Instruction: Counters to Chokes and Holds		Date: 20120801			
Prepared by: Staff Non-Commissioned Officer In Charge of Martial Arts Section		References: MCRP 3-02B			
Movement/ Technique	Hazards Identified	Assessment of Hazard	Develop Controls	Determine Residual Risk	Implement Controls
All Counters to Chokes (Counter to the Front Choke and Rear Choke)	1. An injury to the throat could occur if the attacker is too aggressive, executing the technique with the intent of actually choking the opponent.	Low	MAI/MAITs and DIS will ensure recruits understand that the Front Choke is executed only for the purpose of giving their opponent the opportunity to counter the technique. It will not be forcefully executed. All "tap out" procedures will apply.	Low	Training of MAIs/MAITs in giving the period of instruction and educating the supervisors (DIS) on proper execution (Pick-up training/safety briefs).
Counter to the Front Choke	2. As they execute the Chin Jab, recruits could get injured if they make forceful contact.	Low	No contact will be made when practicing the technique. MAI/MAITs will explain and demonstrate the technique without making contact	Low	Training of MAIs/MAITs in giving the period of instruction and educating the supervisors (DIS) on proper execution (Pick-up training/safety briefs). Adhere to the lesson plan and Order regarding technique progression and supervision.
Counter to the Rear Choke	3. The attacker could be injured if he/she does not properly execute the break fall techniques.	High	MAI/MAITs will remediate proper fall techniques prior to instructing recruits in Counters to Chokes and Holds. DIS will supervise to help ensure proper execution.	Moderate	Modifying the lesson plan to reflect "fall remediation" prior to instruction. Training MAI/MAITs in giving the period of instruction.
Counter to the Rear Headlock	4. A recruit could receive an injury to the eye if the alternate striking area is not utilized (forehead vice eye sockets)	Moderate	MAI/MAITs will emphasize the alternate striking area. Recruits will execute the technique slowly at first and never greater than (450) half speed/force.	Moderate	Training of MAIs/MAITs in giving the period of instruction and educating the supervisors (DIS) on proper execution (Pick-up training/safety briefs). Adhere to the lesson plan and Order regarding technique progression and supervision.

# OPERATIONAL RISK ASSESSMENT WORKSHEET

Period of Instruction:		Date:			
Pugil sticks		20120801			
Prepared by:		References:			
Staff Non-Commissioned Officer In Charge of Martial Arts Section		MCRP 3-02B			
Movement/ Technique	Hazards Identified	Assessment of Hazard	Develop Controls	Determine Residual Risk	Implement Controls
Pugil sticks	1. Recruits will be hit in the target areas of the body possibly sustaining injuries.	Moderate	<p>Recruits will wear all the required safety gear (helmet, neck roll, mouthpiece, flak jacket, groin protector and gloves.</p> <p>- Recruits will execute the proper blocking technique and maintain good situational awareness.</p>	Moderate	<p>-MAI/MAIT's will instruct recruits on the conduct of the event, required safety gear, and demonstrate its proper fit and wear.</p> <p>-Series Officers will ensure the safety officer checklist is completed and that recruits receive a verbal medical screening from the MAI/MAITs prior to the event.</p> <p>-MAI/MAIT's as well as DIS, SDIS, CDIS, and Series Officers will ensure that recruits wear all required safety equipment and will inspect each recruit to ensure that all safety equipment fits properly.</p>
Pugil sticks	2. recruits aggravate pre-existing conditions.	Moderate	<p>- Recruits will inform corpsman or MAI/MAIT's of any recent or current injuries and will not participate in the pugil stick bout if they are on limited or light duty.</p>	Moderate	<p>-Series Officers will ensure the safety officer checklist is completed and that recruits receive a verbal medical screening from the MAI/MAITs prior to the event.</p> <p>-Recruits who answer "yes" to any questions on the checklist will be evaluated by the Corpsman and will not participate without approval from a medical officer.</p> <p>-Absolutely no recruits on light or limited duty will participate.</p>

# OPERATIONAL RISK ASSESSMENT WORKSHEET

Pugil Sticks	3. A recruit becomes a heat casualty due to dehydration.	High	<p>-Company staff will ensure Recruits' arrive to training with appropriate gear and hydrate as necessary.</p> <p>-Additional water will be available in the safety vehicle.</p>	Moderate	<p>-Recruits will constantly drink water.</p> <p>-Company Staff and MAI/MAIT's will inspect to ensure all recruits have water available.</p> <p>-Company Staff and MAI/MAIT's will be observing for possible signs of dehydration throughout training.</p> <p>-In the event that a recruit becomes a heat casualty all training will stop and the affected recruit will be treated immediately by the Corpsman.</p>
Pugil Sticks	4. Recruits become disoriented from a blow to the head.	High	<p>-Recruits will execute the proper blocking technique and maintain good situational awareness.</p> <p>-Company Staff, MAI/MAITs will discontinue fighting if a significant head blow is observed during a bout.</p> <p>-Safety vehicle and Corpsman will be present at all times.</p>	Moderate	<p>-MAI/MAIT's will ensure recruits are using proper defensive techniques.</p> <p>-Corpsman will be present.</p> <p>-In the event a recruit sustains a significant blow to the head, the bout will be stopped immediately.</p> <p>-The severity of the injury will be assessed on sight by the Corpsman. If necessary, EMS will be called or the recruit will be sent to medical immediately in the safety vehicle. Absolutely no training will commence until EMS has departed or the safety vehicle returns from Medical.</p>
Pugil Sticks	5. Recruits become injured due to an encounter with obstacles/terrain	Moderate	<p>-Bouts will be conducted in the center of the Octagon, Pits, or Bridge to reduce the chance of recruits falling into an obstacle or other terrain.</p>	Minor	<p>-Series Officer will conduct an inspection of the training area prior to event. Company Staff and MAI/MAITs will monitor training area throughout ensuring area is safe.</p> <p>-MAI/MAIT's will stop the fighting immediately if any unsafe condition is observed. Fighting will not resume until condition has been corrected.</p>

# OPERATIONAL RISK ASSESSMENT WORKSHEET

Pugil Sticks	7. Recruits sustain sprains or strains from improper movement.	Moderate	<ul style="list-style-type: none"> <li>- Recruits are instructed on proper movement techniques.</li> <li>- Recruits will train on suitable, debris free terrain.</li> </ul>	Minor	<ul style="list-style-type: none"> <li>-MAI/MAIT's will demonstrate proper movement techniques.</li> <li>-MAI/MAIT's will ensure recruits are using proper movement techniques.</li> <li>-Company Staff and MAI/MAIT's will ensure training is conducted on a suitable surface, free of debris.</li> </ul>

Period of Instruction:		Date:	
Body sparring		20120801	
Prepared by:		References:	
Staff Non-Commissioned Officer In Charge of Martial Arts Section		MCRP 3-02B	
Movement / Technique	Hazards Identified	Assessment of Hazard	Develop Controls
			Implement Controls
		Determine Residual Risk	

# OPERATIONAL RISK ASSESSMENT WORKSHEET

Body Sparring	1. Recruit injures hands when punching.	Moderate	<p>-Recruits are instructed on proper punching techniques.</p> <p>-Company staff and MAI/MAITs will ensure recruits wear proper safety equipment.</p>	Minor	<p>-Series Officers will inspect gear and ensure a Verbal Medical Screening is conducted prior to starting event.</p> <p>-MAI/MAIT's will demonstrate proper punching Techniques.</p> <p>-MAI/MAIT's will instruct recruits on what safety equipment is required.</p> <p>-MAI/MAIT's will demonstrate how to wear proper safety equipment.</p> <p>-MAI/MAIT's will ensure recruits are using proper technique.</p> <p>-MAI/MAIT's will ensure recruits are wearing all required safety equipment before participating.</p>
Body Sparring	2. Recruits receives trauma from punch to the head.	High	<p>-Recruits are instructed on proper punching techniques.</p> <p>-Company staff and MAI/MAITs will ensure recruits wear proper safety equipment.</p> <p>-Recruits will be instructed on target areas and off limit target areas. Bouts will be stopped if recruits do not comply</p>	Moderate	<p>-Series Officers will inspect gear and ensure a Verbal Medical Screening is conducted prior to starting event.</p> <p>-MAI/MAIT's will demonstrate proper punching Techniques.</p> <p>-MAI/MAIT's will instruct recruits on what safety equipment is required.</p> <p>-MAI/MAIT's will demonstrate how to wear proper safety equipment.</p> <p>-MAI/MAIT's will ensure recruits are using proper technique.</p> <p>-MAI/MAIT's will ensure recruits are wearing all required safety equipment before participating.</p> <p>- MAI/MAIT's will ensure recruits are not striking off limit areas.</p>

# OPERATIONAL RISK ASSESSMENT WORKSHEET

Body Sparring	3. Recruit receives injuries to the ribs or kidneys from punches.	Moderate	<ul style="list-style-type: none"> <li>- Recruits will wear proper safety equipment.</li> <li>- Recruits are instructed on how to protect themselves.</li> </ul>	Moderate	<ul style="list-style-type: none"> <li>- MAI/MAIT's will instruct recruits on what safety equipment is required.</li> <li>- MAI/MAIT's will demonstrate how to wear proper safety equipment.</li> <li>- MAI/MAIT's will demonstrate target areas and those that are off limits.</li> <li>- MAI/MAIT's will ensure recruits are using proper technique.</li> <li>- MAI/MAIT's will ensure recruits are wearing all required safety equipment before participating.</li> <li>- MAI/MAIT's will ensure recruits are protecting themselves.</li> </ul>
Body Sparring	5. Recruit sprains or strains from improper movement.	Moderate	<ul style="list-style-type: none"> <li>- Recruits are instructed on proper movement techniques.</li> <li>- Recruits will train on suitable, debris free terrain.</li> </ul>	Minor	<ul style="list-style-type: none"> <li>- MAI/MAIT's will demonstrate proper movement techniques.</li> <li>- MAI/MAIT's will ensure recruits are using proper movement techniques.</li> <li>- MAI/MAIT's will ensure training is conducted on a suitable surface, free of debris.</li> </ul>

# OPERATIONAL RISK ASSESSMENT WORKSHEET

Body Sparring	6. Recruit may fall and sustain an injury.	Moderate	<ul style="list-style-type: none"> <li>- Recruits are instructed on proper movement techniques.</li> <li>- Recruits will train on suitable, soft footed terrain.</li> <li>-Recruits are instructed on proper break falls.</li> </ul>	Minor	<ul style="list-style-type: none"> <li>- MAI/MAIT's will demonstrate proper movement techniques.</li> <li>- MAI/MAIT's will demonstrate proper break falls.</li> <li>- MAI/MAIT's will ensure students are using proper movement techniques.</li> <li>- MAI/MAIT's will ensure training is conducted on a suitable, soft footed terrain.</li> </ul>
---------------	--	----------	--	-------	---