

Q1 FY20

MACE/FFRC NEWSLETTER



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24191 Gilbert Road Quantico, VA 22134

Q1 FY20

October 2019

FORCE FITNESS READINESS CENTER QUARTERLY NEWSLETTER

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From the Director:

Marines,

Please share the contents of this newsletter with your Marines, other Martial Arts Instructor Trainers (MAITs), Martial Arts Instructors (MAIs), Force Fitness Instructors (FFIs), and Marine Corps Instructors of Water Survival (MCIWS). The newsletter, course dates and information are also located online: www.fitness.marines.mil.

As we enter the 4th Quarter of 2019, we begin to wrap up this fiscal year and look forward to the challenges of next year. I'd like to congratulate Lt Col (Ret) Joseph C. Shusko on his retirement and thank him for his unwavering dedication and commitment to the MACE/FFRC. Good luck in your future endeavors and enjoy the time spent with family. I'd also like to welcome SSgt Gonzalez-Webb and Sgt Evans to the MCMAP team, as well as SSgt Szczerba and Sgt O'Rourke to the FFI team. All are welcomed members of the MACE/FFRC staff, and we are excited to have them onboard.

New to the Force Fitness Readiness Center (FFRC), starting with Force Fitness Instructor Course (FFIC) 6-19 and Martial Arts Instructor Trainer Course (MAITC) 3-19, the Marines will now have their own barracks room and utilize the chow hall aboard Camp Barrett, Quantico, Va. Also, every student attending the course will be issued a tablet/computer with all preloaded documents required for the course to better facilitate learning.

The Staff has been working hard in development, execution, and sustainment of the Force Fitness and Martial Arts Program for the Marine Corps. Below is a snap shot of current events and vital information.

SEMPER FIDELIS

Major C. T. Carter

Updates

MCMAP CCRB: In July the MACE hosted the first MCMAP CCRB in several years. In addition to updating the MAI and MAIT POI, the board reviewed the newest MCMAP order and the T&R. While the CCRB changes are still under review at the MACE and TBS you will see a renewed focus on Instructor Trainer development in the MAIT course, once approved by Training Command. We will be scheduling a T&R Conference for later this year, to complete the refinements.

MCMAP MCO: The newest MCMAP order is signed and available on www.fitness.marines.mil. All MAIT's and MAI's please take the time to review the changes.

FFIC CCRB: In August the FFRC hosted representatives across the service to refine the FFIC POI for the first time. The board was able to identify several areas of improvements for the POI. Additionally the board has a draft FFI recertification checklist that we will look to implement in FY21.

College accreditation: Kansas University evaluated the Force Fitness Instructor POI to determine if they were able to offer college credits for graduating the FFI POI or serving as a FFIT. The answer is yes and these programs are available if you are interested. To re-emphasize, the MACE/FFRC, any higher commands or the Marine Corps is NOT endorsing KU's programs. I am merely letting you know this is available and it will be briefed as an option to future students. There are other programs available that can be used as well. KU will look at each individual's JST and determine if they can apply additional credits to a program. POC is Mrs. Ashley A. Herda. Email: a.herda@ku.edu.

MCTIMS MCMAP Module: As many of you know we experience some errors with belt codes in MCTIMS. We will be working representatives from TECOM to fix those issues and create a means for tracking regular MCMAP training electronically.

FFI Recertification: Like MAIs and MAITs, soon Force Fitness Instructors will have recertification requirements. In order to provide you with program, movement, and technique updates we will be working with Semper Fit and FFD to ensure all FFIs and FFITs have access to an Interface called Club Connect. Club Connect will provide you a means to access Continuing Education Units that will be a part of the recertification process.

Black Belt Advancements: For those of you who are working on essays for advancements, the following link has the Marine Corps University's Style Guide which can greatly aid you in your writing. See the below for the style guide. (<https://slasheslashgrc-usmcu.libguides.com/lcsc>)

Initiatives

MCRP 3-02B: The reference publication for MCMAP is long out of date. We will be working with TECOM, FFD, and Training Command to ensure to update this year with the most up to date techniques which should be a valuable resource for all MAIs/MAITs.

Roadshow: The MACE used to dedicate time to maintaining close liaison with operating force unit MAITs and their commanders to review/reinforce standards and facilitate recertifications or advancements. Working with FFD, the MACE/FFRC will be pushing out representatives to do just that in FY20. As we get closer to finalizing FFI recertification requirements, these roadshows will provide units an opportunity to provide input, ensure quality assurance, and best practices are widely disseminated.

FORCE FITNESS INSTRUCTOR COURSE

Congratulations to the recent graduates of FFIC 6-19! Go forth and spread the wealth of knowledge and impart your coaching techniques in making the Marines a more sound and lethal force.

The Force Fitness Instructor Program just endured the courses first and much needed course content review board (CCRB), where more focus is centered around the POI, but some changes include a class focused on various forms of Recovery and potentially how and when to use certain methods. Another topic covered was timeline changes to better facilitate coaching



techniques on movement patterns vice placing an individual into a textbook position without proper functionality or muscle engagement. We also took a look at the FFIC prerequisites and FFI recertification process while the area specific experts were on deck. Much more to come in refining the best product we can offer in redefining physical fitness for the Marine Corps.

Reminder to ensure that units are utilizing the most up-to-date orders and screening checklists from the website prior to preparing and checking into the course. Both PFT and CFT must be ran within 30 days of checking in to the course and the students

are required to run a first class within the first



week of training. Due to a high number of prerequisite failures we are asking all FFI's to assist commands in screening their Marines prior to attending the course. Highest attrition rates are stemming from PFT/CFT performance.

Keep in mind, that not only is the FFIC physically challenging but also academically rigorous. There are over 20 evaluated events/tests condensed into a 6 week POI. Marines should be well prepared and of high caliber prior to attending the course. FFI Staff has also incorporated a swim qualification into the training schedule, as well as a MCWIS and MCMAP workshop.

As Marines tours come to an end, we are always looking for the next motivator to come on out. If you are interested in becoming an instructor at the FFRC for FFI, go over to www.fitness.marines.mil under "Force Fitness Instructor" and get in contact with the Course Chief or the SNCOIC. We would like to hear what you have to offer. Some prerequisites include being an FFI with force fitness implementation within a unit, CPTR Marinenet complete, and the ability to coach and give instruction.

October 2019

Head over to the FFI Facebook and Instagram and hit like or follow the page for updates and live stream events.

Facebook: Marine Corps Force Fitness

Instagram: @usmcfcefitness

Upcoming FY20 FFI Courses:

FFI Course 1-20: 14 Oct 2019 - 27 Nov 2019

FFI Course 2-20: 12 Jan 2020 - 25 Feb 2020

FFI Course 3-20: 15 Mar 2020 - 24 Apr 2020

FFI Course 4-20: 12 May 2020 - 13 Jun 2020

FFI Course 5-20: 12 Jul 2020 - 13 Aug 2020

FFI Course 6-20: 01 Sep 2020 - 02 Oct 2020



MARINE CORPS MARTIAL ARTS INSTRUCTOR/TRAINER COURSE

If you are missing a belt or credential in MOL, MCTIMS will not update. MAIs/MAITs, it is your job to ensure your personal records are updated; we will assist as needed. Additionally, Marines requesting to conduct MAI Courses are required to submit course material and documents 30 days prior to the course. You also need to include full EDIPI on the Course record NAVMC 11432, to ensure proper input into the system.

The Director remains the approving authority for advancements above First



Degree Black Belt. You must request authorization and be approved before conducting advancement training. Keep in mind, required advancement essays must be written correctly. For those advancing to Second Degree, do not only define the three disciplines, but also explain how you as an individual have improved in each discipline. For those advancing to Third Degree, explain what you have done to improve the Marine Corps, your unit, or your Marines as it pertains to the three disciplines of the program. In order for a MAIT to be granted a letter for delegation to train another MAIT to an Advanced Degree, the MAIT requesting to be trained must first submit a full Below are the POCs for specific MCMAP matters.



advancement package to the advancements point of contact at the MACE. Per MCO 1500.59A, Chapter 4 Par. 8, the MACE will no longer except advance degree MAI submissions. Upon recertification, current advance degree MAIs will recertify at their advance degree already obtained. All required documents and enclosures can be found in the current Marine Corps Order. Once the package has been reviewed and approved by the Director, the advancement POC will appoint an MAIT to train and test to the advance degree desired.

MAI/Ts, a reminder that “Culminating Events” are not authorized in MCMAP **USER** level training, only within authorized and **APPROVED** MAI Courses. Additionally, all MAI/Ts are required to wear PPE during training events. Instructor or Instructor Trainer status does not make you exempt. The MACE staff is also constructing a new Martial Arts Kit (MAK) for submission to Force Fitness Division. Once approved, NSN will be provided for unit purchase. As you reach back to the MACE please ensure you utilize our chain of command and proper points of contact.

- Advancements: Sgt Mueller at Dillon.mueller@usmc.mil
- Recertification: SSgt Gonzales-Webb at jess.gonzaleswebb@usmc.mil
- MAI End of Course Submission: Sgt Acton at aaron.acton@usmc.mil and Sgt Frank at jacob.frank@usmc.mil
- MAI Course Approval: Sgt Johnson at Daniel.johnson@usmc.mil
- Lead Instructor: Sgt Sutton at eric.j.sutton@usmc.mil
- MCMAP Chief: GySgt Jimenez at robert.jimenez@usmc.mil

We are still receiving several calls regarding MCMAP belts, credentials and advancements not accurately updated within Marine Online (MOL). Please make sure your Basic Training Record (BTR) reflects "ALL" current belt levels in sequential order for Marine Online to update.

(Below is an example).

MMP	20171122	00000000	BLACK BELT 4TH DEGREE
MMN	20160708	00000000	BLACK BELT 3RD DEGREE
MMM	20140417	00000000	BLACK BELT 2ND DEGREE
MMK	20160827	20190827	BLACK BELT 1ST DEGREE INST
MMJ	20160825	20190825	BLACK BELT 1ST DEGREE INST
MMH	20120620	00000000	BLACK BELT 1ST DEGREE
MMG	20160824	20190824	BROWN BELT INSTRUCTOR
MMF	20101015	00000000	BROWN BELT
MME	20160823	20190823	GREEN BELT INSTRUCTOR
MMD	20100625	00000000	GREEN BELT
MMC	20100510	00000000	GRAY BELT
MMB	20091002	00000000	TAN BELT



MARINE CORPS INSTRUCTOR OF WATER SURVIVAL

Ramer Hall Training Tank Lap Swim will be held daily from 0600-0730 and 1100-1230, unless otherwise posted. Open Swim Qualifications will be held weekly on Tuesdays at 0730, unless otherwise posted.



The MCIWS staff at the Training Tank have been working tirelessly to train all students of the BOC here at TBS, as well as any and

all Marines within the National Capital Region in swim qualification.



Since the beginning of the calendar year, the MCIWS staff has trained 1,680 Marines in Basic Swim Qual, 809 Marines in Intermediate Swim Qual and conducted 14 MCIWS recertifications.

Advanced Course

With the completion of Advanced Courses 1-19, 2-19, 3-19, 4-19, 5-19 6-19 and 7-19, 23 new Safety Swimmers have been added to the growing number within the Marine Corps.

The MCIWS staff at the Training Tank are diligently preparing for the last 3 Advanced Courses for this calendar year:

- 8-19: 16 Sep 2019 - 20 Sep 2019**
- 9-19: 07 Oct 2019 - 11 Oct 2019**
- 10-19: 11 Nov 2019 - 15 Nov 2019**

