



**JAN – JUL  
FY 2022**

# **MAFCE NEWSLETTER**



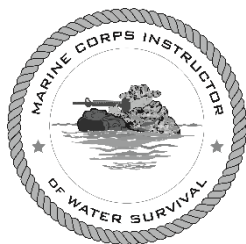
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**24191 Gilbert Road Quantico, VA 22134  
FY 2022**

# **MARTIAL ARTS & FITNESS CENTER of EXCELLENCE**

## **SEMI-ANNUAL NEWSLETTER**

Director  
Deputy Director  
Senior Enlisted Advisor  
Operations Officer  
Operations Chief  
MCMAP Course Chief  
FFI Course Chief  
MCIWS Course Chief  
Corpsman  
Athletic Trainer  
Strength & Conditioning Coach  
Phone Number:

Capt J. Poggio  
Mr. J. Alexander  
GySgt Lankenau  
Vacant  
GySgt J. Gonzales  
SSgt D. Mueller  
SSgt A. Heywood  
SSgt A. Barker  
HM1 N. Jeffrie  
Mr. E. Sedory  
Vacant  
(703) 432-6470

Marines,

In the past quarter we've had to say farewell to GySgt Dunlap, GySgt Ross, SSgt Johnson, and HM2 Beers. I would also like to welcome aboard Capt Poggio, our new Director; SSgt Young and Cpl Neathammer, our new MCIWSs; GySgt Bowen, our new MAIT; and HM1 Jeffrie our new Corpsman. We are excited to have them on our staff.

This first half of the year we have successfully executed two resident FFI courses and one MAIT course. Additionally, we have gone on the road and supported the FMF by providing one Mobile Training Team for FFI and one for MCMAP. I would like to once again, extend my sincere gratitude for the hard work of the MAFCE staff and the graduates for each of the courses – A job well done!

For the MAITs and FFIs out in the FMF, I encourage you to continue to be the example for your Marines and commanders. Your roles are your command's subject matter expert on MCMAP and Force Fitness are integral in your unit's readiness and mission accomplishment. Do not get this discouragement and keep attacking!

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](http://www.fitness.marines.mil)

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 V. H. Resillas





## Updates

If you missed it in the previous newsletter, Officers now rate the AMOS of 0919 FFIC. If it does not reflect on your MBS please bring a copy of your graduation cert to your local IPAC.

As our current FFIT, MAIT and MCIWS tours come to an end, we are always looking for the next driven Marine both mentally and physically to reach out if genuinely interested. If you are interested in becoming an instructor, please fill out the screening checklist below and forward it to the Senior Enlisted Advisor, GySgt Matthew Lankenau @ [matthew.lankenau@usmc.mil](mailto:matthew.lankenau@usmc.mil).

<https://www.fitness.marines.mil/Portals/211/Docs/MAFCE%20Staff%20Screening%20Checklist.pdf>

Facebook: Marine Corps Human Performance Branch

## FMF Support

We are continuing to work with The Marine Corps Training Information Management System (MCTIMS) personnel on updating the system to allow MAIs/MAITs to log Marines hours on MCTIMS instead of using paper logbooks.

If you received this newsletter by error, please reach out to the Human Performance Branch (HPB), formally known as Force Fitness Division, to have your email removed. We do not have the ability/permissions to remove anyone from the distro list.



## FORCE FITNESS INSTRUCTOR COURSE

Congratulations to the newest graduates of the recent Mobile Training Team (MTT) FFI course 1-22 and 2-22 here in Quantico! Go forth and spread the wealth of knowledge and impart your coaching techniques, making the Marines a more sound and lethal force.

The MTT was a great experience for the Marines and staff aboard Marine Corps Base, Camp Pendleton, California.



Next, the FFI staff will be conducting the local 3-22 course aboard MCB Quantico. We ask that you remain patient and continue diligently on becoming an instructor of any discipline, as we work through course refinements and progression through ultimately making a more lethal warfighting Marine.

The FFI Staff recently completed the final edits on the new FFIP order and it has been routed for final approval. Along with that order will come the FFI

recertification requirements to be met in order to retain the FFI certification. We ask that all FFIs remain diligent and steadfast in the execution of their duties in order to mitigate any surprises once the recertification process begins. The second iteration of the Force Fitness seminars will begin this fall; dates will be distributed via email from the Force Fitness SMB box, along with the social media pages listed below. We are aiming to bring updates and verify program execution. We are also looking to provide any assistance needed and bridge any gaps.

All Force Fitness Instructors are encouraged to utilize the Marine Corps COOL program (<https://www.cool.navy.mil/usmc/>) in order to obtain one of the multiple civilian fitness certifications fully funded by the program.

Currently, we are working on FitForce App refinements and the integration of TSAC-F, Resiliency and P3T into the POI. We continue to work with Semper Fit and HPO to get national accreditation. We are also looking at integration of wearable technology fitness related studies to improve a Marines capability.

### **Reminders:**

-Utilize the screening checklists from the website. PFT/CFT screening 30 days prior ensures a higher success of both tests executed the first week of the course.

-In order to monitor a PFT, CFT, or conduct BCP, it is required to have the MarineNet courses completed, as well as an official appointment letter by their command.





## MARINE CORPS MARTIAL ARTS PROGRAM

Congratulations to the graduates of MAITC 1-22. We are executing a MTT for 25th Marine Regiment in Massachusetts. Following that we will execute a local MAI course for the national capital region.

The new MCMAP technique book is on Marine net for all Marines. The next CCRB will not be held until the new MCMAP order and T&R have been solidified.

A reoccurring question that has been asked is what to do with Marines arriving to the unit without a Tan Belt in the system. Any MAI/T can do an "administrative filler" NAVMC for the Marine(s). All Marines graduating MCRD or TBS must have passed Tan Belt. The date on the new NAVMC can be the same as their graduation date from MCRD or TBS.

MAI course Packages are required to be submitted 30 days or more in advance. Marines that do not submit within that window will be denied. Please ensure your package is complete before sending it. It should include your signed LOI, signed RAWs, Drill Diagrams, and schedule. MAITs that run a MAI course without approval will be suspended or revoked.

Once the course is complete please send us a copy of your NAVMC to run in MCTIMS. Please understand when it comes to this system we do not control the timeline of credentials will "hit the system". The next biggest problem we see is Marines not ensuring their belts are correctly run in the system.

If you know of or have Marines that will be attending the MAIT course please assist them in preparation. PFT and CFT continue to be the cause of high attrition. MAIT 1-22 dropped 12 students due to pre-requisites not being met.

We have been seeing issues with free sparring across the Marine Corps. Ensure you are using the appropriate gear for the level of free sparring. We are seeing the most issues with weapons based free sparring and incorrect helmets. Ensure the helmet is made of a hard material that does not let a training weapon touch any part of the Marine's head. At the MAFCE we are now using Pugil Sticks for any bayonet related free sparring. There has been a marked difference between the Mokaju and Pugil Stick in terms of effectiveness. The Pugil Stick allows Marines to execute all the bayonet techniques they have learned in MCMAP.

We are continually looking for MAITs that would like to work at the MAFCE. The screening checklist is on the website. The MAFCE is a type II SDA and we fall underneath the Drill Instructor Monitor. Marines desiring to work here may contact the MCMAP Chief for any further information.

MAITs may reach out to us via phone, email, or on teams if you have any questions or need assistance.



Below are the POCs for specific MCMAP matters.

- MCMAP Chief: SSgt Mueller ([dillon.mueller@usmc.mil](mailto:dillon.mueller@usmc.mil))
- Lead Instructor: SSgt Enfinger ([chase.enfinger@usmc.mil](mailto:chase.enfinger@usmc.mil))
- Advancements: SSgt Mueller ([dillon.mueller@usmc.mil](mailto:dillon.mueller@usmc.mil))
- Recertification: SSgt Enfinger ([chase.enfinger@usmc.mil](mailto:chase.enfinger@usmc.mil))
- MAI End of Course Submission: SSgt Thigpen ([demetrius.thigpen@usmc.mil](mailto:demetrius.thigpen@usmc.mil))
- MAI Course Approval: SSgt Thigpen ([demetrius.thigpen@usmc.mil](mailto:demetrius.thigpen@usmc.mil))

We are still receiving calls regarding MCMAP belts, credentials and advancements not accurately updated within Marine Online (MOL). All Belt submissions are done through MCTIMS. Please make sure your MCTIMS record is correct in and 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

#### Upcoming FY22 MAI/T Courses

MAIT Course 3-22: 29 Aug 2022 – 14 Oct 2022





## MARINE CORPS INSTRUCTOR OF WATER SURVIVAL

New Lap swim hours are now Mondays and Tuesdays from 0600 - 0800, Monday - Thursday from 1100 - 1300 and on Wednesdays and Thursdays from 1900 - 2100. Any closures of the training tank will be posted via flyers at Ramer Hall and online to the TBS Facebook page. Mondays starting at 0800, Ramer Hall hosts Open Swim Qualifications for the Marines of MCB Quantico and of the National Capital Region.

The MCIWS staff at the Training Tank is still continuously supporting the students at The Basic School and the Marines of the National Capital Region. This Quarter, the MCIWS staff have trained (265) Marines in Basic swim qual, (419) Marines in Intermediate swim qual and (139) Marines in Advance swim qual. All MCIWS staff are now certified as Basic Underwater Egress (BUE) Instructors and have managed to train (929) TBS students in BUE this year. We have also supported over in BUE this year. We have also supported over (39) unit scheduled training events, including FFIC, MAITC, IOC, Marine Corps Reserve units, and various other units of the National Capital Region. Our efforts maintain the standard to make more lethal, combat effective Marines in the aquatic environment for the Fleet Marine Force.



### Upcoming Courses

#### Marine Corps Instructor of Water Survival Course

MCIWS Course 1-22: 17 Jul - 5 Aug 2022

#### Advanced Course

TBD

The MCIWS staff at the Training Tank are diligently working on a date for the next Advanced course and will update via the TBS Facebook page once planned.





(SSgt Barker)

Below are the POC's for specific MCIWS matters:

MCIWS Pool Chief and Recertification:

SSgt Barker [Alex.barker@usmc.mil](mailto:Alex.barker@usmc.mil)

MCIWS Lead Instructor:

SSgt Young [Dustin.a.young@usmc.mil](mailto:Dustin.a.young@usmc.mil)

Ramer Hall Training Tank Manager:

Cpl Neathamer [Jacob.neathamer@usmc.mil](mailto:Jacob.neathamer@usmc.mil)

Ramer Hall Pool Deck:

(703)432-6601

