



**Q4 FY21**

# **MAFCE NEWSLETTER**



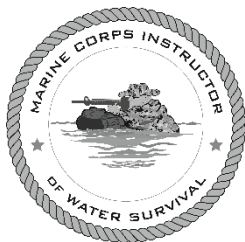
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24191 Gilbert Road Quantico, VA 22134

Q4 FY21

# MARTIAL ARTS & FITNESS CENTER OF EXCELLENCE

## QUARTERLY NEWSLETTER

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Phone Number:

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From the Director:

Marines,

In the past quarter we've had to say farewell to Capt Brennan, GySgt Su, SSgt Ross, Sgt Mignogno, Cpl Peterson and HM3 Chadeayne. I would also like to welcome aboard Cpl Branham, our new MCIWS, SSgt Walshak, our new FFIT, and HM2 Rhode our new Corpsman. We are excited to have them on our staff.

This was a busy quarter. We completed our first Force Fitness Instructor Course (FFIC) Mobile Training Team (MTT) in support of 7th Marine Regiment, completed our last resident Martial Arts Instructor Trainer Course (MAITC) for the year, and continued to support the National Capital Region and The Basic School with Water Survival Training. The only reason we have been able to continue to get after the mission unimpeded is due the hard work and professionalism of our fully vaccinated staff that has gone through great lengths to ensure we abide by all safety and hygienic protocols to mitigate the risk to mission and force.

As we now focus our efforts to update our Period of Instructions through the Course Content Review Board process, we want to say "thank you" to all the students that provided us with quality feedback to make our courses better. One change that we hope the Fleet Marines Forces (FMF) and Commanders take advantage of, is the sequencing of our FFIC and MAITC. Starting next calendar year, we will be offering FFICs followed by MAITCs. This will allow Commanders to send a Marine to attend both courses back-to-back. We will be offering three iterations of each course. This will ultimately allow us time to execute MTTs in support of the FMF. Please reference the Marine Corps Training Information Management System (MCTIMS) for course dates. Lastly, due to the recent change that has made the Pfizer vaccine mandatory, we will not be accepting Marine who is NOT fully vaccinated into our courses.

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 Staff has been working hard in the 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 SNCOIC, Anthony.sanders3@usmc.mil.**

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

Facebook: USMC MAFCE

## FMF Support

We are currently slated to conduct/provide seminars IOT provide program updates for MAI/MAIT/FFI. The dates are as follows:

### **MCMAP:**

- **SOI-E MCMAP 29 November-3 December**

### **MCFFIP:**

- **SOI-E 2-5 November**
- **SOI-W: 15-18 November**
- **Far East (MCB Hawaii): 29 November– 2 December**



## COVID-19 Risk Mitigation

There is no official COVID mitigation policy for MCMAP, which is intentional. The goal was to allow each command to determine their own acceptable level of risk was vice creating an overly restrictive policy across the service. See the below recommendations for all units looking to implement MCMAP training in their schedules. These recommendations have been reviewed by HQMC and have been successfully incorporated in MCMAP Training:

Limit the personnel. Only allow Marines to train with individuals that they are in close contact with on a daily basis. Examples of close contact personnel would include roommates, a squad, or a platoon. If one person in a close contact group becomes symptomatic, then the entire group should go into a restriction of movement status.

Ruthlessly employ social distancing. Any technique that can be taught and practiced at a distance will be done so. Additionally, masks, and tactical gloves could be worn at all times. Free sparring occurs within limitations—e.g. only with roommates for ground fighting or with pugil sticks only within the close contact group, but the equipment should be disinfected before each bout.

Regimented disinfecting in addition to the gloves and masks, which should reduce the transmission. Disinfecting all equipment at the end of each day and any time it is exchanged from person to person. So striking pads for example, after one Marine practices the technique all the pads are disinfected before the next Marine touches them. Remember to use the chemicals and times denoted on the CDC website.

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. Additionally, MAIT's should see an additional year added to their instructor credentials in the coming months in order to give them a four year certification.

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 4-21! 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 the first one in a couple of years and was a great experience for the Marines and staff aboard Marine Corps Air Ground Station 29 Palms.



Currently the FFI staff is conducting the local 5-21 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 will be conducting the first iteration of the recertification seminars

and are publishing the dates and locations on the social media pages listed below. This will be an initial visit to discuss/recertify FFIs that have been in the fleet for some time. 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:**

-Local COVID-19 restrictions require a 14 day restriction of movement period prior to the course convening. Ensure Marines come prepared.

-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, official letter appointment by their command.



**Upcoming FFI Seminar Dates:**

**School of Infantry (East): 2 November 2021 – 5 November 2021**

**School of Infantry (West): 15 November 2021 – 18 November 2021**

**MCB Hawaii: 29 November 2021 – 2 December 2021**

**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**



## MARINE CORPS MARTIAL ARTS INSTRUCTOR TRAINER COURSE

Congratulations to the graduates of MAITC 3-21. The MAFCE currently is in preparation for an upcoming Course Content Review Board (CCRB). MCMAP staff will be reviewing and updating all content within the program. Forthcoming changes will be solicited to MAITs across the fleet for recommendations and input.

This goal over the next year for the MCMAP is to update and modernize all aspects within the program. From incorporating some force fitness methodologies to re-alignment of the techniques from tan-fourth degree. MAI/T level classes, tie-ins, and training requirements will see changes. We will also take a look at increasing the responsibility of the individual MAIT dependent upon their degree.

The new MCMAP technique book is on Marine net for all Marines. This book will remain in "draft" format due to the upcoming CCRB. The Advanced degrees book will be dropped soon as well and it is encouraged for all MAIs/MAITs to read through and learn all of the techniques.

For all MAITs, the following is information that we need your assistance with when you are conducting training in the operating forces. If you are missing a belt or credential in MCTIMS, it 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 it is properly captured in

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, advancement essays are required and 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 advancement package to the appropriate point of contact at the MAFCE. Per MCO 1500.59A, Chapter 4 Par. 8, the MAFCE will no longer accept advance degree MAI submissions. Upon recertification, current advance degree MAIs will recertify at their advance degree already obtained.



Below are the POCs for specific MCMAP matters.

- MCMAP Chief: GySgt Lankenau ([matthew.lankenau@usmc.mil](mailto:matthew.lankenau@usmc.mil))
- Lead Instructor: SSgt Mueller ([dillon.mueller@usmc.mil](mailto:dillon.mueller@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

MAI Course 1-22: 18 Oct 2022 – 5 Nov 2021

MAIT Course 1-22: 28 Feb 2022 – 14 Apr 2022

MAIT Course 2-22: 31 May 2022 – 15 Jul 2022

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



# MARINE CORPS INSTRUCTOR OF WATER SURVIVAL

New Lap swim hours are now Mondays and Thursdays from 0600 - 0800, Monday - Thursday from 1100 - 1300 and on Tuesdays & Wednesdays from 1900 - 2100. Any closures of the training tank will be posted via flyers at Ramer Hall and online to the MAFCE 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 tirelessly supporting the students at The Basic School and the Marines of the National Capital Region. This Quarter, the MCIWS staff have trained (302) Marines in Basic Swim Qualification, (492) Marines in Intermediate Swim Qualification. We have also supported over (39) unit scheduled training events, including FFIC, MAITC, 10C, 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.



## Advanced Course

**7-21: 4 October 2021 – 8 October 2021**

The MCIWS staff at the Training Tank are diligently preparing for the upcoming Advanced course and the events on the training schedule.







(SSgt Barker)

Below are the POC's for specific MCIWS matters:

MCIWS Course Chief and Recertification:	SSgt Barker; alex.barker@usmc.mil
MCIWS Lead Instructor:	Sgt Branham
Ramer Hall Training Tank Manager:	Vacant

