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MARINE CORPS ORDER 1500.59A

From: Commandant of the Marine Corps
To: Distribution List

Subj: MARINE CORPS MARTIAL ARTS PROGRAM (MCMAP)

Ref: (a) MCO 6100.14
(b) NAVMC 3500.41B
(c) MCO 1510.32F
(d) MCO 1553.2C
(e) MCO 5040.6H
(f) SECNAV M-5214.1
(g) MCO P5102.1B
(h) SECNAV M-5210.D
(i) MCO 3500.27C
(j) MCO P1020.34G CH 1-5
(k) DoDI 6055.07 CH-1, "Mishap Notification, Investigation, Reporting and Record Keeping," 31 August, 2018
(l) MCDP 1
(m) SECNAV Notice 5210
(n) SECNAV M-5210.1 CH-1
(o) MCO 5210.11F
(p) 5 U.S.C. 552a
(q) SECNAVINST 5211.5F

Encl: (1) Marine Corps Martial Arts Program (MCMAP) Procedural Guidance
(2) Martial Arts Instructor/Trainer (MAI/T) Re-certification letter
(3) Tie-ins by Belt Level
(4) Basic Standards for Marine Corps Martial Arts Program (MCMAP) Physical Conditioning Drills For Belt Training
(5) Example Revocation Letter
(6) Marine Corps Martial Arts Program (MCMAP) Training Logbook

1. Situation. The mental, moral, and physical resiliency of the Marine Corps' warfighters will be of utmost importance to the Marine Corps winning battles in future conflicts. As a supporting effort to the Marine Corps Physical Fitness Program (MCPFP) in reference (a), Marine Corps Martial Arts Program (MCMAP) aims to strengthen the mental and moral resiliency of individual Marines through realistic combative training, warrior ethos studies, and physical hardening. This Order establishes procedures for effective management of MCMAP. This Order is in accordance with references (a) through (q).

2. Cancellation. MCO 1500.59

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3. Mission. Define the MCMAP and establish procedures for effective program management in order to create mentally tough, morally sound, and physically capable warfighters.

4. Execution

a. Commander's Intent and Concept of Operations

(1) Commander's Intent. The intent of MCMAP is to develop the moral, mental, and physical resiliency of individual Marines and ultimately the unit as a whole.

(a) We will accomplish this mission by exposing Marines to physical hardship and interpersonal violence by placing emphasis on Professional Military Education (PME), study of warrior cultures, and frequent experience with combative techniques and environments.

(b) The end-state of this program is to produce Marines and units that are more lethal, exhibit greater resiliency, and are equipped to handle the rigors of combat.

(2) Concept of Operations

(a) Main Effort. The main effort of MCMAP is the Martial Arts Instructor (MAI). MAIs are the unit's means of developing mental, moral, and physical strength of Marines through the use of MCMAP training. MAIs are the commander's Subject Matter Expert (SME) in martial arts, and it is expected that MAIs will:

1. Train Marines in Martial Arts techniques in order to give Marines the ability to defend themselves when the need arises.

2. Educate Marines in leadership, moral truthfulness, and warrior cultures.

3. Arm the Marines with tools they need to prepare, survive, and thrive in a combat environment.

4. Liaise with unit Force Fitness Instructors in order to synchronize unit fitness efforts with physical hardening required for MCMAP.

(b) Supporting Effort #1. Supporting effort (SE) #1 is the Martial Arts Instructor Trainers (MAIT). MAITs act as the liaison with the Martial Arts Center of Excellence (MACE), Force Fitness Division (FFD) and MAIs. MAITs also have a responsibility to their commander to produce MAIs for their units and ensure quality control of training.

(c) Supporting Effort #2. SE #2 is the MACE. The MACE's primary responsibility is to create MAIs and MAITs. The MACE will act as the main source of best practices, training material, and information sharing to the MAIs and MAITs throughout the operating force.

(d) Supporting Effort #3. SE #3 is the FFD (C469). The FFD's primary responsibility is to ensure that the unit commanders are educated on the capabilities of MAIs and MAITs through means of policy, site visits, inspections, and other communication. FFD will ensure the Program Of Instruction (POI), developed by Training Command (TRNGCMD) and taught by the

MACE, encompasses tough physical training, well developed PME on warrior cultures, and tactical decision games.

b. Subordinate Element Missions

(1) Commanding Generals, Marine Forces (CG MARFOR)

(a) Ensure MCMAP training is conducted in accordance with references (b) and (h) and Commanding General (CG), TRNGCMD (C47) approved POIs.

(b) Manage allocated MAI/T resident course quotas.

(2) Commanders, Marine Force Reserve (COMFORRES)

(a) Ensure MCMAP training is conducted in accordance with references (b), and (h), and CG TRNGCMD (C47) approved POIs.

(b) Manage allocated MAI/T resident course quotas.

(3) Commanding General, Training and Education Command (CG TECOM) (C469). FFD, as the executive agent for proponent level MCPFP tasks (reference (a)), is responsible for the following:

(a) Assume overall responsibility of MCMAP.

(b) Act as approval authority for all MCMAP joint, interagency, and coalition requests as well as public affairs interviews, events, demonstrations and displays.

(c) Provide oversight and guidance regarding the execution of MCMAP throughout the force and at the MACE.

(d) Review all MCMAP POIs to include resident, non-resident, and Mobile Training Teams (MTTs) conducted by the MACE and other Formal Learning Centers (FLCs). Ensure POIs are in accordance with references (b) and (d).

(e) Develop and maintain training and readiness (T&R) events related to MCMAP.

(f) Serve as MCMAP advocate at T&R and training input plan (TIP) conferences and other events requiring service-level advocacy.

(g) Ensure enlisted Marine recruits receive Tan Belt certification per reference (c).

(h) Provide inspecting official for required Commanding General Readiness Inspection.

(4) Commanding General, Training Command (CG TRNGCOM)

(a) Review and approve all MCMAP POIs to include resident, non-resident, and MTTs conducted by the MACE and other FLCs. Ensure POIs are in accordance with references (b) and (d).

(b) Ensure officers undergoing entry-level training receive at a minimum, Tan Belt certification per reference (d).

(c) Conduct MAI courses at FLCs and via MACE MTTs as requested to assist units that do not have the resources or facilities to hold MAI courses.

(d) Establish the MACE as the resident schoolhouse for the creation of MAI/T.

(e) Ensure the MACE is staffed appropriately to meet MAI production requirements.

(f) Forward all recommended changes to policy concerning MCMAP to Commanding General, Training and Education Command (CG TECOM) (C469) for approval.

(g) Ensure all enlisted recruits and officer candidates receive MCMAP Logbooks as part of the initial issue of publications at Officer Candidate School and Marine Corps Recruit Depots (MCRDs).

(5) Inspector General of the Marine Corps (IGMC)

(a) Coordinate with CG TECOM (C469) regarding the integration of provisions of this Order in the Inspector General of the Marine Corps (IGMC) Automated Inspection Reporting System checklist.

(b) Review implementation, execution, and management of the MCMAP during command inspections with support of CG TECOM (C469).

(c) Provide the Commandant of the Marine Corps (CMC) an annual assessment of MCMAP execution as part of the annual CMC IGMC report.

(6) Director, Safety Division (SD). Provide an annual assessment of MCMAP-related injuries and trends to CG TECOM (C469) no later than 28 February for the period 1 January through 31 December of the previous year in order to analyze and modify the MCMAP as necessary.

c. Coordinating Instructions

(1) Ensure Commanding Officers/Officers-In-Charge (COs/OICs) execute MCMAP-related responsibilities per enclosure (1), Chapter 5 of this Order.

(2) Ensure unit's MAI/Ts maintain a turnover folder for unit training procedures. Contact the MACE for an example. Ensure NAVMC 11432 (Instructor's Course Record) forms are maintained for a period of three years.

(3) Ensure completion of MCMAP belt advancement and MAI courses are reported into the Marine Corps Training Information Management System (MCTIMS) in accordance with reference (f). Submit NAVMC 11432 to the Director, MACE, upon MAI course completion. This reporting requirement is exempt from reports control per reference (f), Part IV, paragraph 7.

(4) Report all MCMAP-related injuries from technique training, sparring, and integrated MCMAP training to the Web Enabled Safety System (WESS) per references (g) and (k) and NAVMC 11738 (MCMAP Mishap Report). Send a copy of Mishap Report to the MACE. This reporting requirement is exempt from reports control per reference (f), Part IV, paragraph 7.

5. Administration and Logistics

a. Submit all recommendations concerning this Order to CG TECOM (C469) via the chain of command.

b. Records Management. Records created as a result of this Order shall be managed according to National Archives and Records Administration (NARA) approved dispositions per references (m) and (n) to ensure proper maintenance, use, accessibility and preservation, regardless of format or medium. Refer to reference (o) for Marine Corps records management policy and procedures.

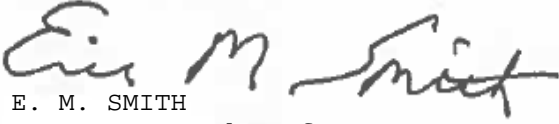
c. Privacy Act. Any misuse or unauthorized disclosure of Personally Identifiable Information (PII) may result in both civil and criminal penalties. The Department of the Navy (DON) recognizes that the privacy of an individual is a personal and fundamental right that shall be respected and protected. The DON's need to collect, use, maintain, or disseminate PII about individuals for purposes of discharging its statutory responsibilities shall be balanced against the individuals' right to be protected against unwarranted invasion of privacy. All collection, use, maintenance, or dissemination of PII shall be in accordance with the Privacy Act of 1974, as amended (reference (p)) and implemented per reference (q).

d. MCMAP-related forms can be found at Naval Forms Online and consist of the following: <https://navalforms.documentservices.dla.mil/web/public/home/>

- (1) NAVMC 11432 - MCMAP Instructor's Course Record
- (2) NAVMC 11738 - MCMAP Mishap Report
- (3) NAVMC 11739 - Tan Belt Performance Test
- (4) NAVMC 11740 - Gray Belt Performance Test
- (5) NAVMC 11741 - Green Belt Performance Test
- (6) NAVMC 11742 - Brown Belt Performance Test
- (7) NAVMC 11743 - Black Belt 1st Degree Performance Test
- (8) NAVMC 11744 - Black Belt 2nd Degree Performance Test
- (9) NAVMC 11745 - Black Belt 3rd Degree Performance Test
- (10) NAVMC 11746 - Black Belt 4th Degree Performance Test
- (11) NAVMC 11749 - MAI Course Command Screening Checklist
- (12) NAVMC 11750 - MAIT Course Command Screening Checklist

6. Command and Signal

- a. Command. This Order is applicable to the Marine Corps Total Force.
- b. Signal. This Order is effective the date signed.



E. M. SMITH
Deputy Commandant for
Combat Development and Integration

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Chapter 1

Marine Corps Martial Arts Program (MCMAP) Philosophy

1. Background. MCMAP is a synergy of mental, character, and physical disciplines. In concert with Marine Corps leadership principles, training in these three disciplines enhances the Marine both on and off the battlefield. The mental and character disciplines, the foundation of MCMAP, reinforce our core values of honor, courage, and commitment. The physical discipline of MCMAP gives Marines the armed and unarmed skills necessary to prevail in combat and the confidence to be ethical warriors. MCMAP is a complement to a unit's physical fitness program that enhances unit cohesion and fitness in the individual Marine.

2. Mental Discipline. Consists of warfighting doctrine and PME.

a. Warfighting. Warfighting is based upon Marine Corps doctrine outlined in Marine Corps Doctrinal Publication 1 (reference (1)) and its supporting publications. It reduces those tactical concepts outlined in reference (1) to the individual level through a building block approach to develop team concepts. It includes the study of the art of war, tactical decision making, the tactics, techniques, and procedures of expeditionary maneuver warfare, Marine Corps common skill training, force protection, and Risk Management (RM).

b. Professional Military Education (PME). PME is the mental development of each Marine to create the eternal student through formal schools, distance learning programs, the professional reading program, battle studies, warrior case studies, the historical study of war, and the study of Marine Corps history, customs, courtesies, and traditions. In order to ensure a certain level of maturity and mastery of the mental discipline, the following are PME requirements for advancement in MCMAP belt level:

(1) Lance Corporal: EPME3000A Leading Marines Distance Education Program.

(2) Corporal: EPME4000AA Corporal's Course Distance Education Program.

(3) Sergeant: EPME5000AA Sergeants Course Distance Education Program.

c. Warrior Case Studies. These are guided discussions using individual combat citations with battlefield perspectives that capture the spirit of warriors. They are designed to give the Marine the ability to compare and contrast aspects of warriors' individual actions with their own experiences in the Corps.

d. Martial Culture Studies. These are guided discussions highlighting societies and organizations who fostered a warrior culture. Participation in martial culture study discussions is mandatory for advancement in all belts from gray to black belt 1st degree. The following are martial culture study recommendations:

(1) World War II Marine Raiders for gray belt rank.

(2) Spartans for the green belt rank.

(3) Apaches for the brown belt rank.

(4) Zulus for the black belt rank.

3. Character Discipline. Development of the moral compass is required on and off today's complex battlefield. Marine Corps Core Values/Leadership Traits and Principles and tie-ins assist in developing the Ethical Warrior.

a. Marine Corps Core Values. The core values of honor, courage, and commitment form the cornerstones of the character discipline. MCMAP employs discussions integrating the principles of ethics, integrity, and leadership. Character discipline stresses the importance of the Marine's place as an ethical warrior on the battlefield.

b. Leadership Traits and Principles. The United States Marine Corps (USMC) Leadership Traits and Principles provide Marines with guidance on how to lead in any situation, despite the circumstances. Armed with the leadership traits and principles as discussed in depth throughout the resident/non-resident courses, Marines will have the tools to effectively lead their subordinate and peers no matter how dire their situation.

c. Tie-ins. MCMAP utilizes character development "tie-ins" which focus on values-based decisions, such as responsible use of force, substance abuse, social responsibility, suicide prevention, sexual responsibility, equal opportunity, etc. Tie-ins provide an opportunity for guided discussions led by the MAI/T, an experienced Marine, or SME. Tie-ins are an opportunity to fulfill annual training requirements on the discussed topics. An example is completing required "back in the saddle training" by use of MCMAP tie-ins. Conversely, annual training such as small group discussions on hazing, substance abuse, etc., can count towards the character discipline training requirement for MCMAP belt advancement. For example, a class on hazing led by small group discussions can count towards the "hazing" tie-in in the grey belt syllabus. A complete list of tie-ins can be found in enclosure (3) of this Order and is available on the FFD website www.fitness.marines.mil, under the MAI tab.

4. Physical Discipline. MCMAP is a weapons-based Martial Art that utilizes physical discipline to improve mental resiliency and confidence.

a. Martial Arts. Fighting techniques include stance, posture, movement, striking, cutting, thrusting, grappling, restraints, joint manipulations and weapons integration (rifle/bayonet, bladed weapons, weapons of opportunity), and unarmed techniques versus handheld. The training principles of sustainment and integration are employed in the application of martial art techniques. Martial arts refines the principles and fundamentals of:

(1) Biomechanics with its associated fundamentals of movement, balance, leverage, stance, and power generation.

(2) Combative principles of targeting with its associated fundamentals to include: ranges of close combat, weapons of the body, distance and timing, and controlling the space.

(3) Principles of economy of force with its associated fundamentals to include: tactical breathing, relaxation, and muscular tension.

b. Physical Fitness. Physical fitness allows Marines to temper physical abilities in order to react better to the demands of combat. Physical exhaustion is one of the most effective and available tools used to prepare Marines to handle the physical and mental fatigue associated with combat. Developing your Marines to be more physically fit will result in improved performance under stress, mental resiliency, and confidence. With each belt level there are specific times and distance limits. These times and distance limits are found in enclosure (4) of this Order and are available on the FFD website www.fitness.marines.mil, under the MAI tab.

Chapter 2

Sustainment and Integration

1. Sustainment. Sustainment is reinforcement training of previously tested techniques designed to accomplish the following goals: develop muscle memory, weak side proficiency, develop positional variation and combat mindset.

a. Muscle Memory. Sustainment training involves the execution of previously learned techniques through repetition in order to improve proficiency. The goal of sustainment is the mastery of a technique. Sustainment training will develop muscle memory through numerous repetitions. This ensures the gross motor skills associated with the specific techniques become reflexive. Additionally, this concept will ensure that the basic principles of posture, movement, and power generation are applicable to techniques at all belt levels and become reflexive. The development of muscle memory requires thousands of repetitions. The key to building good muscle memory is to focus on the quality of the quantity. This means that each repetition needs to be executed properly or the muscle memory developed will be flawed.

b. Weak Side Proficiency. Sustainment training also involves training techniques from the Marine's current belt level on the weak side or with the weak hand in order to add to the proficiency and lethality of each Marine. Weak side training is most effective when applied in conjunction with muscle memory.

c. Position Variation. Position variation is the training of basic techniques from a variety of positions. In order to mirror the unpredictable nature of combat, sustainment of techniques will be conducted from many different angles. However, when conducting belt testing, techniques will be performed from a static position to validate Marines knowledge of technique and ability to execute.

d. Combat Mindset. A proper sustainment training program also trains the combat mindset element of all techniques. Training Marines in situations that stimulate similar responses to those met in combat (i.e., low light training and scenario training) will allow Marines to develop a combat mindset. This will serve them well as they will be able to think more clearly, act faster, and perform more effectively if this skill has been exercised.

e. Belt Rank. Each belt rank has mandatory sustainment training which must be accomplished before the Marine can test at the next higher belt rank. Sustainment hours begin to accrue after belt attainment. These sustainment hours can be found in Chapter 4 of this Order.

f. Documentation. To document sustainment hours, a MAI/T must be present. Sustainment training will count toward hours required for each belt. Marines must ensure sustainment hours are documented in the MCMAP logbook and signed off by a MAI/T.

2. Integration. Integration is the blending of MCMAP techniques into Military Occupational Skills (MOS) skill training or a unit's Mission Essential Task List. Integration should introduce the tactical application

of MCMAP techniques. The goal of integration training is to synergize MCMAP techniques with all other training as described.

a. Realistic and Scenario Based Training. Integrating MCMAP techniques into realistic battlefield training can also complement a Marine's preparation for combat-related demands. This can include low light drills, training on uneven ground, and scenario-based training. Scenario-based training is an effective way to amplify integration by injecting problem solving and ethical decision making into the tactical exercise. Martial arts drills can be executed in conjunction with field training evolutions as long as additional safety considerations are followed.

b. Mental and Character Discipline. Mental and character discipline components of MCMAP (tie-ins, warrior case studies, PME) can be integrated with a unit's core values and leadership annual training programs. These classes can be used to complete the unit's annual training requirements.

c. Basic Martial Arts Principles. Integration involves the basic martial arts principles of stance, posture movement, timing and distancing to all techniques. This leads to integration of individual techniques into combinations based upon the battlefield situation. This enhances the ability to react to the fluidity of combat and adjust to its ever-changing situations. This can be done through the use of various drills and exercises. A list of approved drills and exercises can be found on the FFD website www.fitness.marines.mil under the MAI tab.

d. Utilizing a Fighting Load. Progressively adding the basic fighting load into MCMAP will reinforce a Marine's combat mindset and fitness. This requires additional safety considerations and must take into account different levels of fitness.

e. Physical Fitness Plan. MCMAP training can complement a Marine's fitness as part of an overall physical training (PT) program. This can be accomplished by incorporating MCMAP into individual and unit physical fitness programs per reference (a).

Chapter 3

Safety

1. Background. Due to the physical nature of MCMAP, all MAI/Ts are required to monitor and maintain a safe training environment. COs/OICs are required to ensure MCMAP is reviewed and executed safely as part of the unit's overall safety program.
2. Block Training. Block training is defined as any MCMAP training exceeding four hours per day. Block MCMAP training is only authorized at the MCRDs, The Basic School, and during MAI/T Courses. COs/OICs will not authorize more than four hours of MCMAP training per day.
3. Fatigue. Safely conducting lethal techniques in a dynamic environment is critical to developing MCMAP proficiency. Many MCMAP drills require Marines to execute techniques while fatigued to simulate combat-related stresses. Due to the increased probability of injury while fatigued, Marines must be supervised at all times and individual levels of fitness taken into account by MAI/Ts when assessing whether to progress a Marine in a drill or to maintain the level of difficulty. A balance must be maintained between exerting maximum effort and maintaining safe and effective exercise techniques. MAI/Ts will ensure the emphasis on exerting maximum effort do not predispose Marines to injury.
4. Communicable Disease. Due to the potential transmission of bodily fluids during MCMAP training, Marines infected with a communicable disease may not participate in MCMAP training until cleared by a medical provider. It is also important to keep all training equipment and training areas clean to avoid infections and the spreading of diseases.
5. Risk Management (RM). RM will be employed in all phases to minimize training related injuries per reference (i). Safety parameters are established for all martial arts and physical training. RM is practiced and reinforced by the supervising MAI/T per reference (i) and is the responsibility of the CO/OIC.
6. Medical Review. MCMAP techniques have been reviewed for safety by the Office of the Armed Forces Medical Examiner. At all levels of training, instructors and students must adhere to the use of proper safety equipment and procedures.
7. Uniform. When conducting MCMAP training, boots and utilities are required, at a minimum, and should be part of a progressive plan to eventually train while wearing the basic fighting load, to include flak jacket and Kevlar.
8. Safety Equipment and Training Conditions. Reference (b) describes safety equipment and conditions required when conducting MCMAP training.
9. Concussions. Personnel who experience any of the following signs or symptoms of a concussion during MCMAP training must be immediately referred to a medical provider for evaluation: headache or a feeling of pressure in the head, temporary loss of consciousness, confusion or feeling as if in a fog; amnesia surrounding the event; dizziness or "seeing stars"; ringing in the ears; nausea; vomiting; slurred speech; delayed response to questions; appearing dazed; or extreme fatigue in MCMAP training must be immediately

referred to a medical provider for evaluation. Personnel who have sustained a concussion within six months from any cause must be cleared by a medical provider prior to participating in MCMAP training. For safety reasons there will be no head shots at any belt level.

Chapter 4

Belt Ranking Achievement System

1. Background. Each MCMAP belt earned encompasses aspects of the three disciplines: mental, character, and physical. The MCMAP belt system incorporates a building-block approach, while progressively increasing the difficulty of the techniques and advancing the skill proficiency and leadership abilities of the individual Marine.

a. Tan through Green Belt emphasize armed and unarmed combat techniques, building character, and developing leadership skills. Brown and black belt emphasize armed and unarmed combat techniques against multiple opponents, strengthens character, and reinforces leadership skills.

b. Recommendation of the Marine's CO/OIC is required for advancements other than Entry Level Training (ELT) Tan Belt.

c. A rank requirement of Corporal is required for advancement to brown belt, and a rank requirement of Sergeant is required for advancement to black belt. All Marines who attained a belt level above their rank requirement prior to the publishing of this Order are grandfathered in and can maintain their current belt level.

d. The passing grade for the performance belt test at the user level is 80 percent, while the MAI/T is required to achieve a 90 percent.

e. The passing grade for the sustainment test taken prior to performance belt testing is 90 percent for the user and MAI/T.

f. Wearing of the MCMAP belt is governed by reference (j).

2. Training and Sustainment

a. Training hours. The three disciplines have specific training time requirements conducted in a group/classroom setting but logged by the individual Marine.

b. Sustainment hours

(1) Technique review hours are required for an individual Marine to conduct, review, and execute techniques in order to build proficiency and muscle memory.

(2) Free sparring includes both armed and unarmed sparring. The intent of sparring hours is to dedicate half of the required hours to both armed and unarmed sparring. Training hour guidelines for sparring sessions are intended for groups, not as a specific time requirement for an individual Marine. For example, a group of 12 Marines might conduct a sparring session for one hour where only two Marines are sparring at any given time, while the group is observing and resting. Actual fighting time for each Marine would not equal an hour, but the group session would result in one hour credit for each Marine involved.

3. Tan Belt. Introduction to the basic fundamentals of the mental, character, and physical disciplines. All Marines will earn a Tan belt before leaving ELT.

- a. Prerequisites - None
- b. Training hours - 27 hours 30 minutes
- c. Sustainment hours - 0
- d. Total training time - 27 hours 30 minutes

4. Gray Belt. Introduction to the intermediate fundamentals of each discipline. It is recommended that all active duty Marines attain a gray belt within two years of completing their primary MOS school. It is recommended that all reserve Marines attain a gray belt qualification within four years of completing their MOS school.

- a. Prerequisites
 - (1) Recommendation from CO/OIC.
 - (2) Completion of Tan Belt sustainment/integration.
 - (3) MarineNet course Leading Marines.
- b. Training hours - 20 hours
 - (1) Physical Discipline - 13 hours.
 - (2) Character/Mental Discipline - 7 hours.
- c. Sustainment hours - 5 hours
 - (1) Technique review - 2 hours.
 - (2) Free Sparring - 3 hours.
- d. Total training time - 25 hours

5. Green Belt. Intermediate fundamentals of each discipline. It is recommended that all active duty Marines attain a green belt qualification within four years of completing their primary MOS school. It is recommended that all reserve Marines attain a green belt qualification within eight years of obtaining their MOS.

- a. Prerequisites
 - (1) Recommendation of CO/OIC.
 - (2) Completion of Gray Belt sustainment/integration training.
 - (3) Rank appropriate distance or resident PME.
- b. Training hours - 17 hours 45 minutes
 - (1) Physical discipline - 11 hours 45 minutes.
 - (2) Character/Mental discipline - 6 hours.

- c. Sustainment hours - 8 hours
 - (1) Technique review - 2 hours 30 minutes.
 - (2) Free Sparring - 5 hours 30 minutes.
 - d. Total training time - 25 hours 45 minutes
6. Brown Belt. Introduction to advanced fundamentals of each discipline.
- a. Prerequisites
 - (1) Recommendation of CO/OIC.
 - (2) Completion of Green Belt sustainment/integration training.
 - (3) Rank appropriate distance or resident PME.
 - (4) Rank of Corporal or above.
 - b. Training hours - 18 hours 30 minutes
 - (1) Physical discipline - 12 hours 30 minutes.
 - (2) Character/Mental discipline - 6 hours.
 - c. Sustainment hours - 15 hours
 - (1) Technique review - 5 hours.
 - (2) Free Sparring - 10 hours.
 - d. Total training time - 33 hours 30 minutes
7. Black Belt 1st Degree, Advanced fundamentals
- a. Prerequisites
 - (1) Recommendation of CO/OIC.
 - (2) Completion of Brown belt sustainment/integration training.
 - (3) Rank appropriate distance or resident PME.
 - (4) Rank of Sergeant or above.
 - b. Training hours - 20 hours 45 minutes
 - (1) Physical discipline - 12 hours 45 minutes.
 - (2) Character/Mental discipline - 8 hours.
 - c. Sustainment hours - 20 hours
 - (1) Technique review - 8 hours.
 - (2) Free Sparring - 12 hours.

d. Total Training time - 40 hours 45 minutes

8. Black Belt 2nd Degree through 6th Degree. Marines desiring advancement above the Black Belt 1st degree must submit the corresponding advancement package to the MACE. The MACE is the only training facility and approving authority for advancement above 1st degree Black Belt. Advancement to the grades of Black Belt, 2nd through 6th degree, will be conducted using the same methodology as Tan through Black with emphasis on advanced methods. Only Marines possessing an instructor trainer designation of 0917 are authorized to pursue 2nd through 6th degree. MAI's who have received the 2nd degree status prior to the signature of this MCO will retain that advanced degree. Upon successful degree advancement, an entry into a Marine's Officer Qualification Record/Basic Training Record will be made. All supporting documentation for belt advancement will be forwarded to the MACE for review and approval. There are no waivers for rank, instructor, or MAI/T time-in-grade requirements.

a. 2nd Degree Requirements

(1) Prerequisite

(a) Rank of Sergeant or above.

(b) Serve 12 months' time-in-grade as a black belt 1st degree MAI/T.

(c) Must conduct at least two MAI courses, one of which the MAI/T will serve as the lead instructor.

(2) Training

(a) Sustainment hours - 30 hours.

(b) Advanced techniques - 15 hours.

(c) Complete a performance evaluation for Black Belt 2nd Degree syllabus, conducted by the MACE during MTT visits.

(d) Write a report on the meaning of mental, character, and physical discipline, and how you improved in each discipline in order to make yourself a better person, Marine, and leader. Reports will be a minimum of 2000 words.

(e) Write a paper on a significant Marine Corps battle or operation. Reports will be a minimum of 2000 words.

(f) Complete a minimum of 100 hours of documented volunteer time as a Black Belt 1st Degree MAIT. An example of the volunteer log book can be located on the FFD website www.fitness.marines.mil under the 'MAI' tab.

b. 3rd Degree Requirements

(1) Prerequisite

(a) Rank of Sergeant or above.

(b) Serve 24 months' time-in-grade as a 2nd degree MAI/T.

(c) Must conduct at least two MAI courses as a 2nd Degree MAI/T, one of which the MAI/T will serve as the lead instructor.

(2) Training

(a) Sustainment hours - 40 hours.

(b) Advanced Techniques - 13 hours.

(c) Complete a performance evaluation for Black Belt 3rd Degree syllabus, conducted by the MACE during MTT visits.

(d) Write a report detailing what you have done to improve your Marines and unit, using the three disciplines. Reports will be a minimum of 3000 words.

(e) Create and submit a unit training integration plan for review and approval.

(f) Complete a minimum of 110 hours of documented volunteer time as a Black Belt 2nd Degree MAIT. An example of the volunteer log book can be located on the FFD website www.fitness.marines.mil under the 'MAI' tab.

c. 4th Degree Requirements

(1) Prerequisite

(a) Rank of Sergeant or above.

(b) Served 24 months' time-in-grade as a 3rd degree.

(c) Must conduct at least two MAI courses as a 3rd Degree MAI/T, one of which the MAI/T will serve as the lead instructor.

(2) Training

(a) Sustainment hours - 50 hours.

(b) Advanced techniques - 15.15 hours.

(c) Complete a performance evaluation for Black Belt 4th Degree syllabus, conducted by the MACE during MTT visits.

(d) Write a martial culture study. The report will be a minimum of 4000 words covering historical background, training, values, and significant battles or operations; Marines may not use a martial culture that is used in the current belt system program (i.e., World War II Marine Raiders, Spartans, Apache, or Zulus). Exceptionally well written studies will be posted on the FFD website www.fitness.marines.mil and forwarded to the Marine Corps Gazette for possible publication.

(e) Complete a minimum of 120 hours of documented volunteer time as a Black Belt 3rd Degree MAI/T. An example of the volunteer log book can be located on the FFD website www.fitness.marines.mil under the 'MAI' tab.

d. 5th Degree. Eligibility is strictly for those Marines who have served at the MACE.

e. 6th Degree. Eligibility is strictly for those Marines who have served at the MACE.

9. Belt Rank Reduction/Revocation

a. COs/OICs have the authority to reduce a martial arts belt rank or revoke MAI/T credentials for conduct infractions or unacceptable behavior down to Tan Belt. CO/OICs retain authority to reduce a Marine's belt down to but not below the Tan belt for behavior out of line with that of the Marine Corps values. If desired, CO/OICs also have the option to suspend a Marine's belt reduction to a probation status. If a Marine is reduced in rank, then he/she must also be reduced in belt rankings In Accordance With (IAW) the belt requirement/rank prerequisites in Chapter 4 of this Order. If a Marine's belt ranking is reduced, then appropriate unit diary entries must be made in MCTIMS. Reasons for belt reduction are, but are not limited to:

(1) Conducting MCMAP training not in accordance with reference (b), approved POIs, and this Order.

(2) Being processed for administrative separation, being the subject of a competency review board, receiving a Non-Judicial Punishment (NJP), being found guilty at a court-martial and serving time in the brig. Belt reduction is not an approved punishment at NJP under Article 15 of the Uniform Code of Military Justice (UCMJ). A CO must handle the revocation separately.

(3) Falsifying MCMAP logbooks.

(4) Neglecting character tie-ins.

(5) Committing character violations.

(6) Failure to maintain a Marine Corps first class PFT and CFT for a MAI/MAIT.

(7) Failure to maintain Marine Corps body composition and military appearance standards, as outlined in the Marine Corps Body Composition and Military Appearance Program (MCBCMAP).

b. When determined by the CO/OIC, Marines whose belts have been suspended may retest at the previously held belt level without being required to complete the entire belt syllabus. Marines qualified as a MAI/T prior to revocation must recertify by going through a complete MAI/MAIT course to obtain their instructor or instructor trainer qualification. If the Marine was placed on probation, he will not need to be recertified.

c. Marines whose belt ranking certification has been reduced must complete the entire belt syllabus to obtain their previous belt ranking status. Marines, whose instructor or instructor trainer qualification has been revoked, must attend another MAI/T Course.

d. Any MAI/T conducting training outside of established safety procedures or neglecting the use of approved safety equipment will have their MAI/T credentials revoked and be reduced to Tan Belt.

e. COs/OICs will notify the MACE and FFD of any MAI/T credential revocations.

Chapter 5

Responsibilities

1. Commanding Officers/Officers-in-Charge (COs/OICs). COs/OICs have the following MCMAP-related responsibilities:

a. Ensure completion of MCMAP belt advancement and MAI courses is reported into MCTIMS. Submit NAVMC 11432 to the MACE director upon MAI course completion.

b. Record of all belt advancements will be maintained locally for a period of three years. These reporting requirements are exempt from reports control per Part IV, paragraph 7.p of reference (f).

c. Report abuse of MCMAP techniques, procedures, or associated drills by users or MAI/Ts techniques to the FFD and MACE Director.

d. Reduce a martial arts belt rank or revoke MAI/T credentials for conduct infractions or unacceptable behavior down to Tan Belt, when appropriate.

e. Notify the MACE and FFD of any MAI/T credential revocations.

f. Utilize MCMAP to complement the unit's physical fitness program in accordance with reference (a).

g. Maintain at least one MAI per 50 Marines and at least one MAIT per 500 Marines.

h. Ensure MAI/Ts conducting MCMAP training have current certification.

i. Permit other United States military services or allied military personnel to participate in MCMAP, if approval is gained from the other military service personnel's CO. Present martial arts belts/certificates to other military service personnel following completion of training. Navy personnel assigned to Marine units who meet Marine Corps standards are authorized to participate in MAI/T training.

j. Ensure martial arts gear is available for the command. Ensure proper accountability and serviceability of all equipment. Order replacement equipment or new equipment as needed when funding is available.

k. Report all MCMAP-related injuries that meet mishap reporting criteria per references (g) and (k) via the WESS. Send a copy of the mishap report to the MACE.

2. Director, Martial Arts Center of Excellence (MACE)

a. Responsible for overall development of MCMAP.

b. Maintain close liaison with operating force unit MAI/Ts and their commanders to ensure training is conducted in accordance with CG TRNGCMD (C47)-approved POIs.

- c. Conduct requisite number of MAI/T courses required to meet annual requirements as determined by CG TECOM (C469). Provide CG TECOM (C469), via the chain of command, the annual production plan.
- d. Ensure proper annotation is made in MCTIMS for graduates of MAI/T Courses held at the MACE.
- e. Develop and update course materials, advanced skills training packages, and special skill integrated training packages to enhance MCMAP and assist the operating forces.
- f. Conduct local MAI/T re-certification and advancement courses, advanced skills training courses, periodic quality assurance visits and other training, as required.
- g. Ensure MAI/T certification/re-certification requirements are maintained, revised as needed, and distributed to current MAI/Ts.
- h. Maintain a record of certified MAI/Ts and dates of re-certification.
- i. Approve all course materials developed by MAI/Ts.
- j. Maintain a current library of approved course material in MCTIMS and ensure distribution of the same to all MAI/Ts.
- k. Approve in writing all MAI Courses conducted by MAI/Ts not associated with the ELT sites.
- l. With CG TECOM (C469), conduct a course content review board every two years or as directed by CG TECOM (C469).
- m. Send newsletters to MAI/Ts every quarter with updates to the program and training opportunities. Forward newsletter to CG TECOM (C469) for publishing on the 'Martial Arts Instructor' tab of www.fitness.marines.mil for widest dissemination.
- n. Report all MCMAP-related injuries that meet mishap reporting criteria per references (g) and (k) via the WESS and per enclosure (1).
- o. Conduct annual site visits in order to provide quality assurance of MCMAP courses to include belt and MAI/T training.

3. Martial Arts Instructor (MAI) - Military Occupational Specialty (MOS) 0916

a. Conducts martial arts training and is authorized to advance Marines to the MAI's belt level. MAI certification or re-certification is valid for three years. To maintain certification an active MAI must:

(1) Maintain a first class PFT and CFT throughout certification. Failure to maintain a first class PFT and CFT will result in the suspension of MAI credentials and a reduction to the corresponding user level. MAI credentials are to be reinstated once the Marine obtains first class on the PFT and CFT.

(2) Maintain MCBCMAP standards.

(3) Instruct at least 40 hours of MCMAP training per year.

(4) Conduct re-certification to include practical examination by a MAIT in accordance with standards contained in enclosure (2).

b. Ensure MCMAP training is conducted properly within the command.

c. Commands will ensure the appropriate code for the MAI (belt level dependent) is entered into MCTIMS for MAI re-certification upon receipt of proof the MAI has been re-certified by a MAIT and has completed the above requirements. This updated martial arts code will set the Marine's new three year suspense date. A MAI whose certification has lapsed reverts to the current belt level without the MAI credential, loses the additional MOS, and is not authorized to award belts until completion of the full MAI course again. Commands will notify the MACE of all re-certifications for processing through the MACE.

4. Martial Arts Instructor Trainer (MAIT) - Military Occupational Specialty (MOS) 0917

a. Trains and Certifies MAIs and Conducts MCMAP training. A MAIT can train and certify up to a 1st degree black belt (user) or 1st degree black belt instructor. There is no limit to the number of MAIs each MAIT can certify, however the MAIT to student ratio in a specific course must not exceed 12 to 1. When conducting sparring training, the MAIT can get assistance from other MAI's to conduct the supervision required for 12 to 1 training. To be designated a MAIT, a Marine must meet the prerequisites for black belt 1st degree and complete the MAIT Course. MAIT certification or re-certification is valid for four years. Only the Director, MACE can designate a MAIT or any belt level above black belt 1st degree.

b. To remain an active MAIT, Marines must:

(1) Maintain Marine Corps first class PFT and CFT scores throughout certification. Failure to maintain a first class PFT and CFT will result in the suspension of MAIT credentials. MAIT credentials are to be reinstated once the Marine obtains a first class PFT and CFT.

(2) Maintain MCBCMAP standards.

(3) Conduct at least one MAI course per every two calendar years. This requirement can be waived by the first General Officer (GO) in the chain of command. MAITs will oversee conduct and reporting of events for accuracy. MAIT will ensure the MACE receives all MAI Course schedules 30 days prior to training event for approval. Supervise the planning for each course one month prior to execution to ensure enough time is allotted to make changes as necessary. Planning must consist of: training schedule, warm-up event flexibility diagrams, RM worksheets, and training support request. Hold a confirmation brief with all parties one week prior to the start of the course. After the completion of the course, produce and maintain an after action report. See Chapter 8 of this Order for more details on MAI course waivers.

(4) Commands will ensure the appropriate code for the MAIT is entered into MCTIMS for MAIT re-certification upon receipt of proof the MAIT has been re-certified and has completed the above requirements. MAITs must re-certify within four years of their certification date to maintain the MAIT

designation. A MAIT whose certification has lapsed reverts to his/her current belt level without the MAIT credential, loses the additional MOS, and is not authorized to conduct training or award belts until re-certification.

c. Black belt 3rd degree and higher may conduct MAI/T re-certifications at their belt levels.

d. Black belt 4th degree and higher can re-certify and advance black MAI/Ts.

e. Additional requirements of the MAIT include:

(1) Serve as liaison for all MCMAP issues between the FFD/MACE and the command. Remain in contact with the FFD/MACE to ensure all changes to MCMAP are received and distributed to members of the command.

(2) Maintain an accurate account for all Marines' belt ranks within the command.

(3) Maintain after action reports on all MCMAP training in accordance with reference (m).

(4) Create and maintain all RM worksheets pertinent to MCMAP training within the Command.

(5) Ensure all MCMAP-related injuries are properly documented and reported IAW this Order.

(6) Maintain a roster of all MAIs within the command to include name, contact information, duty location, belt, and certification status to ensure all MAIs hold proper qualifications.

(7) Meet with command MAI/Ts prior to training to review techniques and EDIP's. Work to ensure all MAI/Ts are teaching to the same standard.

(8) Ensure all MAIs within the command are maintaining first class PFT and CFT throughout certification and duration of being a MAI.

5. Re-certification and Extension. The MAIT certification is valid for four years. MAI/Ts who have not re-certified before the certification/re-certification expiration date lose the certification and MOS. In order to re-obtain certification and the MOS, the MAI/T must complete the initial certification course in its entirety. A one-year extension may be requested for consideration through the first GO in the chain of command. All extension requests should be submitted no later than 60 days prior to expiration of a Marine's certification in accordance with the waiver and exemption chapter of this Order.

6. Marine Corps Martial Arts Program (MCMAP) User (without instructor credentials). Execute MCMAP training per unit goals and training plans. Attain and maintain possession of individual Martial Arts Training Log. A training log book is available in enclosure 6 of this order and on the FFD website www.fitness.marines.mil, under the MAI tab.

7. Marine Corps Martial Arts Program (MCMAP) Designated Consultant. Designated consultants are advisors to MCMAP on a Service level, based upon their unique knowledge in the field of martial arts. These consultants are

designated by CG TECOM (C469) and are authorized to assist in program development. Additionally, designated consultants are authorized to assist in instruction under the supervision of a current MAI/T. They are recognized by one yellow stripe on a black MCMAP belt.

Chapter 6

Martial Arts Courses

1. Martial Arts Instructor (MAI) Course. The primary purpose of the MAI course is to certify Marines to instruct/monitor MCMAP training and advance Marines to the belt level held by the MAI. A MAI course is conducted by any command with a certified MAIT per the approved POI. The MACE is responsible for submitting POI course identifier for MAI courses.

a. Martial Arts Instructor (MAI) Course Documentation Requirements. All local commands planning to conduct a MAI course must submit the following CO/OIC approved documents to the MACE for review and approval prior to course execution:

- (1) Training schedule and letter of instruction.
- (2) Drills with diagrams.
- (3) RM worksheet.

b. Martial Arts Instructor (MAI) Course Student Prerequisites, nominees must be:

- (1) Recommended by their CO/OIC.
- (2) Corporal or above.
- (3) Marine Corps first class PFT and CFT scores.
- (4) Full duty status.
- (5) Complete the MAI command screening checklist contained in NAVMC 11749 and signed off by the CO. An example of the MAI command screening checklist can be located on the FFD website www.fitness.marines.mil under the 'MAI' tab.

c. Martial Arts Instructor (MAI) Course Characteristics. All course graduates will be certified as MAIs and advanced to a minimum of green belt. If a Marine reports to the MAI course as a brown or black belt, then that Marine must complete their appropriate belt level performance evaluation in order to be certified as a MAI. Upon graduation of the course, Marines will receive the free MOS (FMOS) of 0916.

2. Martial Arts Instructor Trainer (MAIT) Course. The primary purpose of the MAIT course is to certify Marines to conduct MAI courses. The MAIT course is only offered at the MACE.

a. Martial Arts Instructor Trainer (MAIT) course prerequisites, Nominees must be:

- (1) Recommended by their CO/OIC.
- (2) Sergeant or above.
- (3) Marine Corps first class PFT and CFT scores.

(4) Run the obstacle course five times within 30 minutes.

(5) Full duty status.

(6) Have a current MAI certification.

(7) Complete the MAIT Command Screening Checklist, NAVMC 11750. An example of the MAIT command screening checklist can be located on the FFD website www.fitness.marines.mil under the 'MAI' tab.

b. Martial Arts Instructor/Trainer (MAIT) Course Characteristics. All course graduates will be certified as MAITs and advanced to black belt 1st degree. Upon graduation of the course, Marines will receive the FMOS of 0917. All students are required to meet the mental, physical, and character standards in order to graduate. These three requirements will be evaluated by the MACE staff. If a student fails three total events, that student will be reviewed by a board convened at the MACE. The board will determine if the student returns to training or is dropped from the course.

Chapter 7

Marine Corps Martial Arts Program (MCMAP) Equipment

1. Marine Corps Martial Arts Program (MCMAP) Equipment. MCMAP equipment can be procured through the Marine Corps supply system.

a. The martial arts equipment is identified in the Marine Corps Supply System by specific National Stock Numbers (NSN) which are listed below.

b. Replenishment and replacement of martial arts equipment is a local Operations & Maintenance, Marine Corps funding responsibility.

c. The most current MCMAP equipment list can be found below, and at www.fitness.marines.mil under the MAI tab.

NSN Equipment Items	Nomenclature	Sizes	Recommended number
8415-01-519-8475	Duffel Bag Pugil Stick		4
8415-01-519-8462	Striking Pads		25
8415-01-519-7803	Training Aid, Pugil Stick		8
8415-01-519-7783	Training Aid, Rifle Mokoju		25
8415-01-519-7776	Training Aid, Sparring Dagger (Sharkee)		15
8415-01-519-7746	Training Aid, Berretta 9MM		15
8415-01-519-5029	Training Aid, Baton ASP		25
8415-01-519-7749	Face Mask	(M)	8
8415-01-519-7751	Face Mask	(L)	8
8415-01-519-7752	Face Mask	(X-Lg)	8
8415-01-519-7759	Football Helmet	(M)	8
8415-01-519-7763	Football Helmet	(Lg)	12
8415-01-519-7765	Football Helmet	(X-Lg)	8
8415-01-519-7787	Protective Gloves	14	8
8415-01-519-7788	Protective Gloves	15	8
8415-01-519-7771	Groin Protection	(M)	12
8415-01-519-7772	Groin Protection	(Lg)	12
8415-01-519-8465	Throat Protection, Black	(M)	8
8415-01-519-8467	Throat Protection, Red	(Lg)	8
8415-01-519-8468	Throat Protection, Royal Blue	(X-Lg)	8
8415-01-520-7449	Head Protection Boxing	(Sm)	8
8415-01-520-7451	Head Protection Boxing	(Med)	8
8415-01-520-7452	Head Protection Boxing	(Lg)	12
8415-01-520-6441	Boxing Gloves Pair		24
8460-00-606-8366	Kit, Flyer's Bag		6

2. Marine Corps Martial Arts Program (MCMAP) Belts. Units will provide a belt for Marines upon advancement through the belt ranking achievement system. Belts are available through the Marine Corps supply system. Marines may purchase additional belts through cash sales or other authorized vendors.

Chapter 8

Waivers and Exemptions

1. Types of Waivers and Exemptions. All waivers will be sent to the first GO in the chain of command for consideration and approval. Waivers and exemptions will be granted on a case by case basis, are only granted by the first GO in the chain of command, and forwarded to CG TECOM (C469) for the purposes of maintaining program records and inspections. Categories for waivers and exemptions are as follows:

a. Equipment Waiver. In the instances where MCMAP equipment is not available through the government supply system, creating an inability to perform required training, an equipment waiver to purchase items not listed in Chapter 7 may be requested. Requests for equipment waivers should include the equipment that requires substitution and market research on the substituted equipment. If equipment required for training cannot be obtained, commanders may submit a request to modify or exempt that specific part of training, but these instances require substantial justification and will only be approved in rare cases.

b. Re-certification Waiver. As stated in Chapter 5 of this Order, the MAI certification is valid for three years and MAIT is valid for four years. MAI/Ts who have not re-certified before the certification/re-certification expiration date lose the certification and MOS. In order to re-obtain certification and the MOS, the MAI/T must complete the initial certification course in its entirety. A one-year extension may be requested through the first GO in the chain of command for consideration. An example candidate would be reservist MAI/MAIT who is serving on independent duty assignment in an inspector-instructor billet. All extension requests should be submitted no later than 60 days prior to expiration.

c. Martial Arts Instructor (MAI) Course Supervision Waiver. As stated in Chapter 5, MAI/Ts are required to conduct at least one MAI course per every two calendar years. This requirement is waiverable to the first GO in the chain of command, in a case where the MAI/T is in a unit or location that makes conducting a MAI course not feasible. Some acceptable reasons for requesting a MAI course supervision waiver include: being stationed in a unit with limited number of permanent personnel, or duties associated with performing special duty assignment (SDA) exclude MAI/T from conducting course. This waiver, if granted, would last until the next permanent change of station assignment. Upon re-assignment to a new unit, the MAI/T has one year to conduct an MAI course.

d. Screenable Billet or Special Assignment Exemption. Marines whose MAI/T certifications will expire while on SDA orders should make every attempt to re-certify beforehand to avoid revocation of their certifications and MOS. Marines serving as Drill Instructors (MOS 0911), Recruiters (MOS 8411), Marine Security Guards (MOS 8156), Marine Combat Instructors (MOS 0913), and Marine Corps Security Forces (MOSs 8152 and 8154), and instructors at any formal MOS producing school may be authorized to have a one-year extension from MAI/T re-certification requirements. The one-year extension will remain in effect for up to 365 days from the departure date of the exempt duty.

Martial Arts Instructor/Trainer (MAI/T) Re-Certification Letters



UNITED STATES MARINE CORPS
OFFICIAL LETTERHEAD
FROM REQUESTING UNIT

1500
S-3
DD MMM YYYY

From: Certifying Martial Arts Instructor's (MAI) Rank/Name
To: Commanding Officer of the Martial Arts Instructor (MAI)
Being Re-Certified

Subj: MARTIAL ARTS INSTRUCTOR (MAI) RE-CERTIFICATION: CASE OF MAI's
RANK/NAME BEING RE-CERTIFIED

Ref: (a) MCO 1500.59A
(b) NAVMC 3500.41B
(c) MCO 1200.17E

Encl: (1) Explain, Demonstrate, Imitate, Practice (EDIP) Grading Sheet
(2) Tie-In Performance Checklist
(3) Warrior Study Performance Checklist
(4) Written Evaluation
(5) Current Belt Level Performance Test
(6) Platform Instruction Checklist
(7) Martial Arts Instructor's (MAI's) Training Log (Indicating 40
hours/per year of instruction)

1. Per the references, the enclosures are forwarded indicating Martial Arts Instructor's (MAI) rank/name successfully re-certified as a Martial Arts Instructor (MAI).

2. Results of the re-certification:

- Electronic Data Interchange Personal Identifier (EDIPI)
- Tie-In
- Warrior Study
- Written Evaluation
- Current Belt Level Performance Test
- Lecture Performance Evaluation Checklist
- Date Supervised a MAI Course POI approved Free Sparring Event: _____
- Date Supervised a MAI Course POI Approved Martial Arts Drill: _____
- Date Participated in a MAI Course POI approved Free Sparring Event: _____
- Date Participated in a MAI Course POI Approved Martial Arts Drill: _____

3. Certifying MAI/T's telephone number and email address.

MAI/T's Name



UNITED STATES MARINE CORPS
OFFICIAL LETTERHEAD
FROM REQUESTING UNIT

1500
S-3
DATE

From: Commanding Officer
To: Commanding Officer's Administration Center

Subj: MARTIAL ARTS INSTRUCTOR (MAI) RE-CERTIFICATION: CASE OF MAI's
RANK/NAME BEING RE-CERTIFIED

Ref: (a) MCO 1500.59A
(b) NAVMC 3500.41B
(c) MCO 1200.17E

1. Per the references, MAI's rank/name successfully re-certified as a MAI at the belt rank of XXXXX.

2. Per reference (a), the Marine's current information follows indicating the MAI fully meets the standards required of a MAI.

- PFT Score/Date:_____ CFT Score/Date:_____
- PME Complete?: Yes/No (if No, answer the next question)
- Enrolled in Appropriate Level PME?: Yes/No
- Meets the Appropriate Military Rank to wear current Marine Corps Martial Arts Program Belt Rank: Yes/No
- SNM Upholds our Core Values: Yes/No

3. Certifying Martial Arts Instructor Trainer's telephone number and email address.

Commanding Officer's Name



UNITED STATES MARINE CORPS
OFFICIAL LETTERHEAD
FROM REQUESTING UNIT

1500
S-3
DATE

From: Martial Arts Center of Excellence (MACE) Martial Arts Instructor
Trainer (MAIT) or Chief Instructor of Satellite School's Rank/Name
To: Director, Martial Arts Center of Excellence (MACE)
Via: Commanding Officer of the MAIT Being Re-Certified

Subj: MARTIAL ARTS INSTRUCTOR TRAINER (MAIT) RE-CERTIFICATION: CASE OF
MAIT'S RANK/NAME BEING RE-CERTIFIED

Ref: (a) MCO 1500.59A
(b) NAVMC 3500.41B
(c) MCO 1200.17E

Encl: (1) Explain, Demonstrate, Imitate, Practice (EDIP) Grading Sheet
(2) Tie-In Performance Checklist
(3) Warrior Study Performance Checklist
(4) Written Evaluation (4) NAVMC 11743
(5) Martial Arts Drill Letter of Instruction
(6) Platform Instruction Checklist
(7) NAVMC 11432s

1. Per the references, the enclosures are forwarded indicating MAIT's rank/name successfully re-certified as a MAIT.

2. Results of the re-certification:

- Electronic Data Interchange Personal Identifier (EDIPI)
- Tie-In
- Warrior Study
- Written Evaluation
- Current Belt Level Performance Test
- Platform Instruction Checklist
- Date Supervised a MAI Course POI approved Free Sparring Event: _____
- Date Supervised a MAI Course POI Approved Martial Arts Drill: _____
- Date Participated in a MAI Course POI approved Free Sparring Event: _____
- Date Participated in a MAI Course POI Approved Martial Arts Drill: _____

3. Certifying MAIT's telephone number and email address.

MAI/T's Name



UNITED STATES MARINE CORPS
OFFICIAL LETTERHEAD
FROM REQUESTING UNIT

1500
S-3
DATE

From: Commanding Officer
To: Director, Martial Arts Center of Excellence (MACE)
Subj: MARTIAL ARTS INSTRUCTOR TRAINER (MAIT) RE-CERTIFICATION: CASE OF
MAIT's RANK/NAME BEING RE-CERTIFIED
Ref: (a) MCO 1500.59A
(b) NAVMC 3500.41B
(c) MCO 1200.17E

1. Per the references, Martial Arts Instructor Trainer's (MAIT) rank/name successfully re-certified as a MAIT at the belt rank of XXXXX.
2. Per reference (a), the SNM's current information follows indicating the MAIT fully meets the standards required of a MAIT.

- PFT Score/Date:_____ CFT Score/Date:_____
- PME Complete: Yes/No (if No, answer the next question)
- Enrolled in appropriate level PME?: Yes/No
- Meets the Appropriate Military Rank to wear current Marine Corps Martial Arts Program Belt Rank: Yes/No
- SNM upholds USMC Core Values: Yes/No

3. Certifying MAIT's telephone number and email address.

Commanding Officer's Name

Tie-Ins by Belt Level

Tan Belt

Core Values - Punches
Suicide - Falls
Fundamentals of Marine Corps Leadership - Bayonet Techniques
Self-Discipline - Pugil Sticks
Defining Sexual Harassment - Upper Body Strikes
Warrior Study - Lower Body Strikes
Substance Abuse - Chokes
Equal Opportunity/Prohibited Activities and Conduct (PAC) Equal Opportunity - Throws
Personal Readiness - Counters to Strikes
Warrior Study - Counters to Chokes and Holds
Fraternization - Unarmed Restraints
Warrior Study - Armed Restraints
Sexual Responsibility - Knife Techniques

Gray Belt

Warrior Ethos - Bayonet Techniques
Leadership Traits - Upper Body Strikes
Leadership Principles - Lower Body Strikes
Hazing -- Chokes
Commitment -- Throws
Code of Conduct - Counters to Strikes
Troop Leading Steps - Counters to Chokes and Holds
Honor - Unarmed Manipulations
Courage - Armed Manipulations
Custom, Courtesies, Traditions - Knife Techniques
MC History - Weapons of Opportunity
Professionalism Ethics - Ground Fighting

Green Belt

Fog of War - Bayonet Techniques
Right VS Wrong -- Chokes
Combat Leadership -- Throws
Force Protection - Counters To Strikes
EPW/Detainee Handling - Lower Body Strikes
Informal Resolution System - Unarmed Manipulations
Dealing With Fear - Knife Techniques
Dealing with Fatigue - Weapons of Opportunity
Marine Corps Values - Ground Fighting

Brown Belt

Combat Readiness - Bayonet Techniques
Citizenship - Ground Fighting
Communication and Counseling - Ground Chokes
Cohesion - Throws
The Law of War - Unarmed vs. Handheld Weapons
Band of Brothers - Firearm Retention
Rank Structure (Leadership Roles) - Firearm Disarmament
Counseling Techniques - Knife Techniques

Black Belt

The Eternal Student - Bayonet Techniques
The concept of "The Leader and the Follower" -- Throws
Maneuver Warfare - Ground Fighting

Leadership Styles - Unarmed Manipulations
Sustaining the Transformation -- Chokes
Marine Leader Development Program (MLDP) Mentoring - Counters to Chokes and Holds
Mental Prep and Decision Making - Firearm Disarmament
Values and Beliefs - Upper Body Strikes
Risk Management - Knife Techniques
Ethical Leadership - Weapons of Opportunity

Basic Standards for Marine Corps Martial Arts Program (MCMAP) Physical
Conditioning Drills for Belt Training

MARTIAL ARTS DRILL						
Procedure/ Technique	Basic		Intermediate		Advanced	
	Tan	Gray	Green	Brown	1stBlack	MAI/T
Movement Techniques	20M	30M	30M	40M	40M	50M
Exercise	15 reps max		25 reps max		35 reps max	
Physical Technique	5 reps/30 sec		10 reps/1 min		20 reps/2 min	
Equipment	Boots Cammies	Flack Jacket	Helmet Rifle	LBV	25lb Pack	

PHYSICAL TRAINING INTEGRATION DRILLS						
Procedure/ Technique	Basic		Intermediate		Advanced	
	Tan	Gray	Green	Brown	1stBlack	MAI/T
Movement Techniques	20M	30M	30M	40M	40M	50M
Exercise	15 reps max		25 reps max		35 reps max	
Physical Technique	5 reps/30 sec		10 reps/1 min		20 reps/2 min	
Rough Terrain	1.5mi	2mi	2.5mi	3mi	3.5mi	4mi
Obstacle Course	1	2	3	4	5	
Equipment	Boots Cammies	Flack Jacket	Helmet Rifle	LBV	25lb Pack	

FIELD EXERCISE						
Procedure/ Technique	Basic		Intermediate		Advanced	
	Tan	Gray	Green	Brown	1stBlack	MAI/T
Movement Techniques	20M	30M	30M	40M	40M	50M
Exercise	15 reps max		25 reps max		35 reps max	
Physical Technique	5 reps/30 sec		10 reps/1 min		20 reps/2 min	
Equipment	Boots Cammies	Flack Jacket	Helmet Rifle	LBV	25lb Pack	

MARTIAL ARTS DEPLOYED DRILL						
Procedure/ Technique	Basic		Intermediate		Advanced	
	Tan	Gray	Green	Brown	1stBlack	MAI/T
Movement Techniques	20M	30M	30M	40M	40M	50M
Exercise	15 reps max		25 reps max		35 reps max	
Equipment	Boots Cammies	Flack Jacket	Helmet Rifle	LBV	25lb Pack	
Physical Technique	5 reps/30 sec		10 reps/1 min		20 reps/2 min	

AQUATIC CONDITIONING						
Procedure/ Technique	Basic		Intermediate		Advanced	
	Tan	Gray	Green	Brown	1stBlack	MAI/T
Movement Techniques	20M	30M	30M	40M	40M	50M
Exercise	15 reps max		25 reps max		35 reps max	
Equipment	B U	Cammies Boots	Helmet	Rifle	25lb Pack	
Physical Technique	5 reps/30 sec		10 reps/1 min		20 reps/2 min	

Example Revocation Letter



UNITED STATES MARINE CORPS
OFFICIAL LETTERHEAD
FROM REQUESTING UNIT

IN REPLY REFER TO:
1500
DATE

From: Commanding Officer, Instructional Training Company
To: Sergeant I.M. Marine XXXXXXXXXX/0311/0916 USMC

Info: Director, Martial Arts Center of Excellence (MACE)

Subj: REVOCATION OF MARINE CORPS MARTIAL ARTS INSTRUCTOR/INSTRUCTOR TRAINER
(MAI/T) CREDENTIALS AND MARINE CORPS MARTIAL ARTS PROGRAM (MCMAP)
BELT RANK

Ref: (a) MCO 1500.59A

1. Your current Marine Corps Martial Arts Program (MCMAP) Martial Arts Instructor/Instructor Trainer (MAI/T) credentials and Belt Rank of Black are hereby revoked, and you are reverted and reduced to the MCMAP Belt Rank of Tan.
2. This action is being taken in accordance with reference (a). Your unacceptable conduct is not in keeping with the values of MCMAP. The mental and character disciplines taught by MAI/T are the bedrock of the MCMAP. These disciplines imbue the core values of Honor, Courage, and Commitment into the future warriors you were responsible for training.
3. You are authorized to advance through the MCMAP Belt system, but you must complete all training requirements for each belt syllabus in order to be awarded the next MCMAP Belt ranking status. If you choose to be a MAI, you are required to attend another MAI course; the same is applicable for MAITs.
4. If your pending legal action is dropped, I will re-instate your MCMAP MAI/T credentials and Belt Rank of Green.

I.M.COMMANDER

Copy to:
SPT BN
IPAC/MCTIF
DIRECTOR MACE

FIRST ENDORSEMENT

From: Sergeant I. M. Marine XXX XX 1234/0311/0916 USMC
To: Commanding Officer, Instructional Training Company

1. I hereby acknowledge and understand that my MCMAP MAI/T credentials and Belt Rank of Black is hereby revoked and I have been reverted and reduced to the MCMAP Belt Rank of Tan.

I.M. MARINE

*Marine Corps Martial Arts
Training Log Book*



To print the training logbook in .pdf format:

- 1) Select print range pages 42-53*
- 2) Select "Print on both sides of paper"*
- 3) Select "Flip on short edge"*
- 4) Print. Keep pages in printed order. Fold in half.*

*"Victory is reserved for those who are willing to
pay its price"
-Sun Tzu*

Revised 2019

Log Book Sample

Class Code	Hours Earned	Date Completed	Instructor's Name	
			Printed	Signed
MCCS-GRAY-2001	1.0	20110125	Sgt I.M. Gungho	I.M. Gungho
MCCS-GRAY-2002	1.0	20110126	Sgt I.M. Gungho	I.M. Gungho
MCCS-GRAY-2002	.45	20110215	Sgt I.M. Gungho	I.M. Gungho
Lecture MCS Raiders	.5	20110218	Sgt I.M. Gungho	I.M. Gungho

Class code- Lesson designator for the required class.

Hours earned- Number of hours/minutes completed for that particular class.

Date completed- The date the class was completed.

Printed- The Martial Arts Instructor/Trainer (MAI/T) will print their name in this block.

Signed- The MAI/T will sign in this block

Every technique in the Marine Corps Martial Arts Program (MCMAP) will be followed by a Mental/Character Tie-in. Every Mental/Character Tie-in is highlighted in bold underneath each technique.



Instructor/Student Notes



Black Belt Examination

Score _____ Date _____

Retest _____ Date _____

Instructor Name _____ Unit _____

Instructor Signature _____

Date Black Belt issued _____

Black Belt log

Class Code	Hours Earned	Date Completed	Instructor's Name	
			Printed	Signed
MCCS-BLAK-2061	1.5	20110215	Sgt I.M. Gungho	I.M. Gungho

Tan Belt Lesson Designator

1	Hr	0	Min	MCCS-TAN-1001	Apply the fundamentals of martial arts Mental and Character Disciplines of MCMAP
1	Hr	45	Min	MCCS-TAN-1002	Execute Punches USMC Core Values Program
2	Hrs	25	Min	MCCS-TAN-1003	Execute falls Suicide Awareness and Prevention
2	Hrs	25	Min	MCCS-TAN-1004	Execute bayonet techniques Fundamentals of Marine Corps Leadership
1	Hr	45	Min	MCCS-TAN-1005	Execute upper body strikes Sexual Harassment
1	Hr	45	Min	MCCS-TAN-1006	Execute lower body strikes Warrior Study
1	Hr	25	Min	MCCS-TAN-1007	Execute chokes Substance Abuse and Prevention
1	Hr	25	Min	MCCS-TAN-1008	Execute leg sweep Equal Opportunity/ PAC
1	Hr	25	Min	MCCS-TAN-1009	Execute counters to strikes Personal Readiness
1	Hr	45	Min	MCCS-TAN-1010	Execute counters to chokes and holds Warrior Study
1	Hr	45	Min	MCCS-TAN-1011	Execute unarmed manipulations Fraternization
2	Hrs	30	Min	MCCS-TAN-1012	Execute armed manipulations Warrior Study
1	Hr	30	Min	MCCS-TAN-1013	Execute knife techniques Sexual responsibility
3	Hrs	15	Min	Performance based	Execute pugil stick engagements
0	Hr	30	Min	Lecture	Weapons of Opportunity
0	Hr	30	Min	Lecture	Structure and history of MCMAP
0	Hr	30	Min	Lecture	Responsible use of force
27	Hrs	30	Min	Training time	

Tan Belt log

Black Belt log

Class Code	Hours Earned	Date Completed	Instructor's Name	
			Printed	Signed
MCCS-Tan-1001	1.0	20110215	Sgt I.M. Gungho	I.M. Gungho

Class Code	Hours Earned	Date Completed	Instructor's Name	
			Printed	Signed
MCCS-BLAK-2061	1.5	20110215	Sgt I.M. Gungho	I.M. Gungho

Black Belt lesson designators

20	Hrs	0	Min	Performance based	Sustainment
		3			
1	Hr	0	Min	MCCS-BLAK-2061	Execute bayonet techniques <i>Eternal Student</i>
1	Hr	0	Min	MCCS-BLAK-2062	Execute sweeping hip throw <i>Concept of the leader and the follower</i>
		4			
1	Hr	5	Min	MCCS-BLAK-2063	Execute ground fighting <i>Maneuver Warfare</i>
1	Hr	0	Min	MCCS-BLAK-2064	Execute the neck crank takedown <i>Leadership Styles</i>
1	Hr	0	Min	MCCS-BLAK-2065	Execute chokes <i>Sustaining the transformation</i>
1	Hr	0	Min	MCCS-BLAK-2066	Execute knee bar <i>Marine Leader Development Program</i>
1	Hr	0	Min	MCCS-BLAK-2067	Execute firearm disarmament <i>Decision Making</i>
		3			
1	Hr	0	Min	MCCS-BLAK-2068	Execute upper body strikes <i>Values and Beliefs</i>
		3			
1	Hr	0	Min	MCCS-BLAK-2069	Execute knife techniques <i>Risk Management</i>
		3			
1	Hr	0	Min	MCCS-BLAK-2070	Utilize weapons of opportunity <i>Ethical Leadership</i>
0	Hr	0	Min	Lecture	Fundamentals of a Combat Mindset
		3			
0	Hr	0	Min	Lecture	Master of Arms
1	Hr	0	Min	Lecture	Martial Culture Study: Zulus
1	Hr	0	Min	Performance based	Free Sparring <i>Developing SubordinateTie-Ins</i>
1	Hr	0	Min	Performance based	Combat Conditioning
4	Hrs	0	Min	Performance based	Integration training
		4			
40	Hrs	5	Min	Training time	

Tan Belt log

Class Code	Hours Earned	Date Completed	Instructor's Name	
			Printed	Signed
MCCS-Tan-1001	1.0	20110215	Sgt I.M. Gungho	I.M. Gungho

Instructor/Student Notes



Tan Belt Examination

Score _____ Date _____

Retest _____ Date _____

Instructor Name _____ Unit _____

Instructor Signature _____

Date Tan Belt issued _____

Instructor/Student Notes



Brown Belt Examination

Score _____ Date _____

Retest _____ Date _____

Instructor Name _____ Unit _____

Instructor Signature _____

Date Brown Belt issued _____

Brown Belt log

Class Code	Hours Earned	Date Completed	Instructor's Name	
			Printed	Signed
MCCS-BRWN-2041	2.0	20110215	Sgt I.M. Gungho	I.M. Gungho

Gray Belt Lesson designators

5	Hrs	0	Min	Performance based	Sustainment
1	Hr	0	Min	MCCS-GRAY-2001	Execute bayonet techniques Warrior Ethos
1	Hr	45	Min	MCCS-GRAY-2002	Execute upper body strikes Leadership traits
1	Hr	30	Min	MCCS-GRAY-2003	Execute lower body strikes Leadership Principles
0	Hr	45	Min	MCCS-GRAY-2004	Execute front choke Hazing
1	Hr	0	Min	MCCS-GRAY-2005	Execute hip throw Commitment
1	Hr	0	Min	MCCS-GRAY-2006	Execute counters to strikes Code of conduct
1	Hr	30	Min	MCCS-GRAY-2007	Execute counter to chokes and holds Six troop leading steps
1	Hr	30	Min	MCCS-GRAY-2008	Execute unarmed manipulation Honor
1	Hr	0	Min	MCCS-GRAY-2009	Execute armed manipulations Courage
1	Hr	0	Min	MCCS-GRAY-2010	Execute knife techniques Customs, Courtesies & Traditions
1	Hr	0	Min	MCCS-GRAY-2012	Execute weapons of opportunity Marine Corps History
1	Hr	30	Min	MCCS-GRAY-2013	Execute ground fighting Professionalism and Ethics
0	Hr	30	Min	Lecture	Force Continuum
0	Hr	30	Min	Lecture	Martial Culture Study: Raiders
1	Hr	30	Min	Performance based	Free Sparring Warrior study
1	Hr	30	Min	Lecture	Combat conditioning
1	Hr	30	Min	Lecture	Integration training
25	Hrs	0	Min	Training Time	

Gray Belt log

Class Code	Hours Earned	Date Completed	Instructor's Name	
			Printed	Signed
MCCS-GRAY-2001	1.0	20110215	Sgt I.M. Gungho	I.M. Gungho

Brown Belt log

Class Code	Hours Earned	Date Completed	Instructor's Name	
			Printed	Signed
MCCS-BRWN-2041	2.0	20110215	Sgt I.M. Gungho	I.M. Gungho

Brown Belt Lesson Designators

15	Hrs	0	Min	Performance based	Sustainment
2	Hrs	0	Min	MCCS-BRWN-2041	Execute bayonet techniques Combat Readiness
1	Hr	30	Min	MCCS-BRWN-2042	Execute ground fighting Citizenship
1	Hr	0	Min	MCCS-BRWN-2043	Execute ground chokes Communication and counseling
1	Hr	0	Min	MCCS-BRWN-2044	Execute Major Outside reap throw Cohesion
1	Hr	30	Min	MCCS-BRWN-2045	Execute unarmed versus handheld weapon/ Law of War
2	Hrs	0	Min	MCCS-BRWN-2046	Execute firearm retention Band of Brothers
1	Hr	0	Min	MCCS-BRWN-2047	Execute knife techniques Counseling Techniques
1	Hr	0	Min	MCCS-BRWN-2048	Execute firearm disarmament Rank Structure
0	Hr	30	Min	Lecture	Warrior as a gentlemen
2	Hrs	30	Min	Performance based	Free Sparring
1	Hr	0	Min	Lecture	Martial Culture Study: Apaches
1	Hr	0	Min	Performance based	Combat Conditioning
2	Hrs	30	Min	Performance based	Integration training
33	Hrs	30	Min	Training time	

Gray Belt log

Class Code	Hours Earned	Date Completed	Instructor's Name	
			Printed	Signed
MCCS-GRAY-2001	1.0	20110215	Sgt I.M. Gungho	I.M. Gungho

Instructor/Student Notes



Gray Belt Examination

Score _____ Date _____

Retest _____ Date _____

Instructor Name _____ Unit _____

Instructor Signature _____

Date Gray Belt issued _____

Instructor/Student Notes



Green Belt Examination

Score _____ Date _____

Retest _____ Date _____

Instructor Name _____ Unit _____

Instructor Signature _____

Date Green Belt issued _____

Green Belt log

<i>Class Code</i>	<i>Hours Earned</i>	<i>Date Completed</i>	<i>Instructor's Name</i>	
			<i>Printed</i>	<i>Signed</i>
<i>MCCS- GREEN-2001</i>	<i>1.0</i>	<i>20110215</i>	<i>Sgt I.M. Gungho</i>	<i>I.M. Gungho</i>

Green Belt Lesson Designators

8	Hrs	0	Min	Performance based	Sustainment
2	Hrs	0	Min	MCCS-GREEN-2021	Execute bayonet techniques
0	Hr	45	Min	MCCS-GREEN-2023	Execute a side choke
1	Hr	30	Min	MCCS-GREEN-2024	Execute shoulder throw
1	Hr	45	Min	MCCS-GREEN-2025	Execute counters to strikes
0	Hr	45	Min	MCCS-GREEN-2026	Execute a push kick
1	Hr	30	Min	MCCS-GREEN-2028	Execute unarmed manipulations
1	Hr	0	Min	MCCS-GREEN-2029	Execute knife techniques
1	Hr	0	Min	MCCS-GREEN-2031	Employ weapons of Opportunity
1	Hr	30	Min	MCCS-GREEN-2032	Execute ground fighting
1	Hr	0	Min	Lecture	Anatomy & Physiology
1	Hr	0	Min	Lecture	Martial Culture Study: Spartans
2	Hrs	30	Min	Performance based	Free Sparring
1	Hr	30	Min	Performance based	Integration training
25	Hrs	45	Min	Training time	

Green Belt log

Class Code	Hours Earned	Date Completed	Instructor's Name	
			Printed	Signed
MCCS-GREEN-2001	1.0	20110215	Sgt I.M. Gungho	I.M. Gungho

Green Belt log

Class Code	Hours Earned	Date Completed	Instructor's Name	
			Printed	Signed
MCCS-GREEN-2001	1.0	20110215	Sgt I.M. Gungho	I.M. Gungho

APPENDIX A

Glossary of Terms and Abbreviations

CFT	Combat Fitness Test
CG	Commanding General
CO	Commanding Officer
EDIPI	Electronic Data Interchange Personal Identifier
ELT	Entry Level Training
FLC	Formal Learning Center
FFD	Force Fitness Division
GO	General Officer
IGMC	Inspector General of the Marine Corps
MACE	Martial Arts Center of Excellence
MAI	Martial Arts Instructor
MAI/T	Martial Arts Instructor/Trainer
MCBCMAP	Marine Corps Body Composition and Military Appearance Program
MCMAP	Marine Corps Martial Arts Program
MCPFP	Marine Corps Physical Fitness Program
MCRD	Marine Corps Recruit Depot
MCTIMS	Marine Corps Training Information Management System
METL	Mission Essential Task List
MOS	Military Occupational Specialty
MTT	Mobile Training Team
OIC	Officer in Charge
PFT	Physical Fitness Test
POI	Program of instruction
PME	Professional military education
RM	Risk Management
SNM	Said Name Marine
SME	Subject Matter Expert
TBS	The Basic School
TECOM	Training and Education Command
TRNGCMD	Training Command
WESS	Web Enabled Safety System