

# United States Marine Corps



*Takes pleasure in presenting this diploma to*

***Rich Castanet***

*certifying that he has met all the requirements  
and has successfully completed the syllabus prescribed for*

**Black Belt**

**in the Marine Corps Martial Arts Program**

*Given at The Basic School, Marine Corps  
Combat Development Command Quantico, Va.,*

*This 30th day of March, 2004*

  
\_\_\_\_\_  
Director, Marine Corps Martial Arts Program

# Mcmap Black Belt Certificate

**Department of the Navy**

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the Department of the Navy text.

## **Mcmap Black Belt Certificate:**

**2015 MCMAP Publications Combined: USMC Martial Arts Instructor Course Student Outline; Tan, Gray, Green, Brown & Black Belt; Gear List & Log; The High Intensity Tactical Training Methodology & More**

,2019-02-26 Commander's Intent MCMAP is an integrated weapons based system that incorporates the full spectrum of the force continuum on the battlefield and contributes to the mental character and physical development of Marines. It is the intent that MCMAP enhances the transformation from civilian to Marine by capitalizing on the zeal of entry level training and developing the Marine ethos in a progressive manner throughout a Marine's career. Concept of operations a All Marines regardless of age grade or sex must perform MCMAP qualifications b Commanders shall conduct MCMAP training in accordance with the instructions contained e The prescribed minimum requirements of this Order should not be interpreted as limiting the commander. Commanders are encouraged to conduct additional MCMAP training in a progressive safe manner to enhance unit performance and fitness levels of Marines Military Review ,2004 **Black Belt** ,2003-11 The oldest and most respected martial arts title in the industry this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self defense in the world including techniques and strategies. In addition Black Belt produces and markets over 75 martial arts oriented books and videos including many about the works of Bruce Lee the best known martial arts figure in the world **The Marine Corps Martial Arts Program** [United States Marine Corps,2016-05-08 2016 Reprint of 2011 Edition Full facsimile of the original edition not reproduced with Optical Recognition Software The Marine Corps Martial Arts Program MCMAP is a combat system developed by the United States Marine Corps to combine existing and new hand to hand and close quarters combat techniques with morale and team building functions and instruction in the Warrior Ethos. The program which began in 2001 trains Marines and U S Navy personnel attached to Marine units in unarmed combat edged weapons weapons of opportunity and rifle and bayonet techniques. It also stresses mental and character development including the responsible use of force leadership and teamwork. The program uses an advancement system of colored belts similar to that of most martial arts. The different levels of belts are Tan belt the lowest color belt and conducted during entry level training signifies the basic understanding of the mental physical and character disciplines. It is the minimum requirement of all Marines with a training time of 27.5 hours and has no prerequisites. Recruits receive these belts after completion of a practical application test on all of the basic techniques of the Tan Belt. Gray belt is the second belt attained after 25 hours of training. It signifies an intermediate understanding of the basic disciplines. The Marine must complete the Leading Marines course from the Marine Corps Institute and most instructors will require a report be completed on the Marine Raiders. Green belt is the third belt requiring 25 hours of training. This belt signifies understanding of the intermediate fundamentals of the different disciplines. This is the first belt level in which one can become an instructor which allows him or her to teach tan grey and green belt techniques with the

power to award the appropriate belt The prerequisites for this belt include a recommendation from reporting senior Brown belt is the fourth belt level requiring 33 hours of training It introduces Marines to the advanced fundamentals of each discipline In addition as with green belts they may be certified as MAIs and teach tan through brown techniques Prerequisites for this belt include recommendation of reporting senior Black belt 1st degree is the highest belt color and requires 40 hours of supervised training It signifies knowledge of the advanced fundamentals of the different disciplines A 1st degree black belt instructor may teach fundamentals from tan to black belt and award the appropriate belt In addition a black belt can become an instructor trainer which authorizes

**The Official US Marine Corps Martial Arts Program (MCMAP) - Full-Size Edition** United States. Marine Corps, Us Marine Corps, 2017-07-04 FROM BEGINNER TO BLACK BELT Current 2017 edition REPLACES the obsolete Close Combat manuals All new photograph illustrations not the old version with line drawings The ideal foundation for any self defense or close quarters combat CQC training program rigorously designed by the USMC s world class Close Quarters Combat experts to enable anyone of any ability to achieve lethal hand to hand fighting skills easily and rapidly MCMAP takes martial arts from around the world and distills them into an unbeatable combination of core disciplines that will with training repetition and cultivation enable you to defeat any opponent BUILD YOUR WARRIOR ETHOS Full size format BIGGEST edition on Amazon 8 5 x 11 clear detailed print no more tiny text Complete unabridged 270 pages Created trusted by the US Marine Corps fighting troops the tip of the spear in power projection around the world Batteries last hours books last decades Get the print edition ONE MIND ANY WEAPON MCMAP FUNDAMENTALS BREAK FALLS BAYONET TECHNIQUES UPPER BODY STRIKES LOWER BODY STRIKES CHOKES THROWS COUNTERS TO STRIKES COUNTERS TO CHOKES HOLDS UNARMED MANIPULATION ARMED MANIPULATION KNIFE FIGHTING WEAPONS OF OPPORTUNITY GROUND FIGHTING GROUND CHOKES REAP THROWS UNARMED VS HANDHELD WEAPONS FIREARM RETENTION FIREARM DISARMAMENT NECK CRANKS COUNTER PISTOL TECHNIQUES IMPROVISED WEAPONS TRAINING SAFETY WARNING Techniques described in this manual can cause serious injury or death Practical application in the training of these techniques must be conducted in strict adherence with training procedures outlined in this manual PROCEED AT YOUR OWN RISK OVERVIEW The focus of Marine Corps Martial Arts Program MCMAP is the personal development of each Marine in a team framework using a standardized trainable sustainable close combat fighting system As a weapon based system all techniques are integrated with equipment physical challenges and tactics found on the modern battlefield The MCMAP is designed to increase the warfighting capabilities of individual Marines and units enhance Marines self confidence and esprit de corps and foster the warrior ethos in all Marines The MCMAP is a weapon based system rooted in the credo that every Marine is a rifleman and will engage the aggressor from 500 meters to close quarter combat The MCMAP Enhances the Marine Corps capabilities as an elite fighting force Provides basic combative skills for all Marines Applies across the spectrum of violence Strengthens the Marine Corps

warrior ethos The motto of MCMAP best states the essence of the program One mind any weapon This means that every Marine is always armed even without a weapon He is armed with a combat mindset the ability to assess and to act and the knowledge that all Marines can rely on one another The Marine Corps was born during the battles that created this country Drawing upon the experiences of the first Marines we have developed a martial culture unrivaled in the world today This legacy includes not only our fighting prowess but also the character and soul of what makes us unique as Marines Search Amazon for CARLILE MILITARY LIBRARY to find more TOP FLIGHT SQUARED AWAY publications for your professional bookshelf Published in the U S A by CARLILE MEDIA

**Individual Training Standards (ITS) System for the Marine Corps Martial Arts Program (MCMAP)** Department of the Navy,2013-05-16 The references establish the system used to publish all training standards provide policy and assign training responsibilities especially as applied to the Systems Approach to Training SAT ITSs establish the training requirements for all Marines in the same occupational field OccFld Military Occupational Specialty MOS or billet They provide a foundation upon which unit commanders Functional Learning Center FLC directors and distance learning DL developers build training packages for individual Marines as part of unit training plans or formal courses of instruction ITSs represent the skills that contribute to the unit mission as expressed in the Mission Performance Standards MPS Changes to doctrine or force structure or the introduction of new weapons or equipment may necessitate revision of this Order The order further defines the program s Mental and Character Skills and their interdependence with the Physical Skills and provides the basis for standardized instruction The Order also ties the three disciplines together and reinforces the Marine Corps Core Values through repetition and discussion The qualifications for Black Belt Second Degree through Black Belt Sixth Degree are identified for the first time in this Order Martial Arts Instructor MAI and Martial Arts Instructor Trainer MAIT skills include additional tasks that will improve instructor capabilities addressing ORM and other instructional techniques

Black Belt Fitness for Life Grandmaster Tae Sun Kang,2015-08-11 Develop and maintain a healthy body using advanced Taekwondo training principles In Black Belt Fitness for Life Grandmaster Tae Sun Kang applies his four decades of experience to guide you through an innovative method of fitness using Taekwondo principles Whether you re a beginner or veteran to stretching and exercise you can easily follow Grandmaster Kang s 7 week routine based on the belt system of Taekwondo an ancient Korean martial art With each week of the regimen you will learn new skills and techniques that culminate in the mastery of the techniques necessary to continue exercising and eating right for life Through the use of Taekwondo stretches and movements this black belt Combined Dynamic Stretching method will improve your flexibility and balance stamina and strength as well as your focus and mental health You ll stretch multiple parts of your body at the same time improving circulation and building mental strength while warming up to minimize injuries As part of his holistic approach to health and fitness Grandmaster Kang also outlines an eating plan designed to help you lose weight naturally Unlike extreme diets and workouts that emphasize drastic results

quickly the Grandmaster's approach is a balanced easy to follow and most importantly realistic plan designed for your life. Friend and longtime student of Grandmaster Kang actor Michael Imperioli wrote the foreword for the book and shares his experience in training under Grandmaster as well as the benefits he has received in following Grandmaster's philosophy.

*Karate: Road to a Black Belt* Jerry E. Pyne, 2020-10-03 When you start training in martial arts you become part of a worldwide alliance. As part of that exclusive and dedicated community Jerry Pyne shares his wisdom and experience to support you on your journey of expertise. The only way to learn martial arts is to put yourself in front of a qualified instructor and practice; there are no shortcuts, no magic; you can learn from books and videos. There are emotional and physical hurdles that can get in the way of your training and critical choices that can make or break your martial arts success. This book is not specific to one discipline but can be used to earn your Black Belt in whatever style you choose. Training for your Black Belt is a realistic goal that you can achieve and should aspire to. You will always wear your rank with pride and with the practical, experienced advice in *Karate Road to a Black Belt* you will reach your goals.

*The Marine Corps Martial Arts Program* UNKNOWN., 2022-11-21 The Marine Corps Martial Arts Program (MCMAP) is a combat system developed by the United States Marine Corps to combine existing and new hand-to-hand and close quarters combat techniques with morale and team building functions and instruction in the Warrior Ethos. The program, which began in 2001, trains Marines and U.S. Navy personnel attached to Marine units in unarmed combat, edged weapons, weapons of opportunity, and rifle and bayonet techniques. It also stresses mental and character development, including the responsible use of force, leadership, and teamwork. The program uses an advancement system of colored belts similar to that of most martial arts. The different levels of belts are: Tan belt, the lowest color belt and conducted during entry level training, signifies the basic understanding of the mental, physical, and character disciplines. It is the minimum requirement of all Marines with a training time of 27.5 hours and has no prerequisites. Recruits receive these belts after completion of a practical application test on all of the basic techniques of the Tan Belt. Gray belt is the second belt attained after 25 hours of training. It signifies an intermediate understanding of the basic disciplines. The Marine must complete the Leading Marines course from the Marine Corps Institute and most instructors will require a report be completed on the Marine Raiders. Green belt is the third belt requiring 25 hours of training. This belt signifies understanding of the intermediate fundamentals of the different disciplines. This is the first belt level in which one can become an instructor, which allows him or her to teach tan, grey, and green belt techniques with the power to award the appropriate belt. The prerequisites for this belt include a recommendation from reporting senior. Brown belt is the fourth belt level requiring 33 hours of training. It introduces Marines to the advanced fundamentals of each discipline. In addition, as with green belts, they may be certified as MAIs and teach tan through brown techniques. Prerequisites for this belt include recommendation of reporting senior. Black belt 1st degree is the highest belt color and requires 40 hours of supervised training. It signifies knowledge of the advanced fundamentals of the different disciplines. A

1st degree black belt instructor may teach fundamentals from tan to black belt and award the appropriate belt **The Road To Shodan: A Guide To Reaching First Degree Black Belt** Bill Menees, 2006-09-17 This book covers the quest for black belt like no other book before It is not about individual techniques or styles Instead it s about the common experiences that occur across all major styles of martial arts on the road to black belt It is a concise manual of best practices that will help you to Understand your motives and goals for training Progress faster and with deeper understanding Identify your dominant method of learning Develop physical discipline and mental strength Be aware of important developmental milestones Gain a deeper understanding of martial arts as a whole Apply martial arts training to daily life See past the allure of trophies and awards Discover the ultimate goal of martial arts The primary audience for this book is anyone interested in practicing a martial art who has not yet reached the rank of black belt It can also be a valuable guide for advanced martial artists who are instructing others on their Road to Shodan [The Marine Corps Martial Arts Program \(McMap\) - Full-Size Edition: From Beginner to Black Belt: Current Edition, Complete & Unabridged - Build Your Wa](#) Us Marine Corps, 2019-02-10 FROM BEGINNER TO BLACK BELT Current edition REPLACES the obsolete Close Combat manual LINE system All new photograph illustrations not the old version with line drawings The ideal foundation for any self defense or close quarters combat CQC training program rigorously designed by the USMC s world class Close Quarters Combat experts to enable anyone of any ability to achieve lethal hand to hand fighting skills easily and rapidly MCMAP takes martial arts from around the world and distills them into an unbeatable combination of core disciplines that will with training repetition and cultivation enable you to defeat any opponent BUILD YOUR WARRIOR ETHOS Full size format BIGGEST edition available 8 5 x 11 clear detailed print no more tiny text Complete unabridged 270 pages Created trusted by the US Marine Corps fighting troops the tip of the spear in power projection around the world Batteries last hours books last decades Get the print edition CONTAINS MCMAP FUNDAMENTALS BREAK FALLS BAYONET TECHNIQUES UPPER BODY STRIKES LOWER BODY STRIKES CHOKES THROWS COUNTERS TO STRIKES COUNTERS TO CHOKES HOLDS UNARMED MANIPULATION ARMED MANIPULATION KNIFE FIGHTING WEAPONS OF OPPORTUNITY GROUND FIGHTING GROUND CHOKES REAP THROWS UNARMED VS HANDHELD WEAPONS FIREARM RETENTION FIREARM DISARMAMENT NECK CRANKS COUNTER PISTOL TECHNIQUES IMPROVISED WEAPONS TRAINING SAFETY WARNING Techniques described in this manual can cause serious injury or death Practical application in the training of these techniques must be conducted in strict adherence with training procedures outlined in this manual PROCEED AT YOUR OWN RISK OVERVIEW The focus of Marine Corps Martial Arts Program MCMAP is the personal development of each Marine in a team framework using a standardized trainable sustainable close combat fighting system As a weapon based system all techniques are integrated with equipment physical challenges and tactics found on the modern battlefield The MCMAP is designed to increase the warfighting capabilities of individual Marines and units enhance Marines self confidence and esprit de corps and foster the warrior ethos in all Marines

The MCMAP is a weapon based system rooted in the credo that every Marine is a rifleman and will engage the aggressor from 500 meters to close quarter combat The MCMAP Enhances the Marine Corps capabilities as an elite fighting force Provides basic combative skills for all Marines Applies across the spectrum of violence Strengthens the Marine Corps warrior ethos The motto of MCMAP best states the essence of the program One mind any weapon This means that every Marine is always armed even without a weapon He is armed with a combat mindset the ability to assess and to act and the knowledge that all Marines can rely on one another The Marine Corps was born during the battles that created this country Drawing upon the experiences of the first Marines we have developed a martial culture unrivaled in the world today This legacy includes not only our fighting prowess but also the character and soul of what makes us unique as Marines Search for CARLILE MILITARY LIBRARY to find more TOP FLIGHT SQUARED AWAY publications for your professional bookshelf Published in the U S A by CARLILE MEDIA Information purposes only      **Black Belt Karate** Jordan Roth,2011-12-20 Written by one of America s most outstanding karate teachers this is a no holds barred no frills handbook sure to aid the student s rapid advancement to the rank of black belt A holder of the black belt degree since 1959 the author has distilled and preserved the hard won techniques and know how of years of practice and experimentation Over 800 techniques and exercises and more than 1 860 photographs reveal the speed and power inherent in properly taught karate Part One is a general introduction to the history the mentality and the various rules and formalities of karate including a summer training schedule designed to toughen the tenderest feet Part Two is devoted to training focusing on vital areas of the body weapons stances blocks attacks special exercises and many other aspects of karate Part Three is given over to sparring and its various intricacies with instructions on creating openings breaking the opponent s balance and closing distances In each part owing to his broad knowledge and experience the author is so straightforward and lucid in his presentation that even the slowest student cannot help but make steady improvement The average student will progress rapidly and find his growing skill sufficient proof of the value of Black Belt Karate      *The Journey to Black Belt* Kevin L. Brett,2011-02-01 Everything for Parents and Beginning Martial Artists Parents do you feel lost confused about the zillions of martial arts schools and styles and how to get yourself or you child off to a great start Want to know what it will take to get the most out of your martial arts experience Simple questions with simple answers Maybe you re planning to sign up your children or yourself for a martial arts program but you really don t know where to start And once you ve started do you really have a road map and an idea where you want this journey will take you Journey to Black Belt covers the benefits from the character development like self discipline and respect This book provides a strong focus on transforming your character and your life through martial arts Full of useful checklists and questions to ask when shopping for a school including what answers to be wary of It explains how to get started with your training and what you will need to do to succeed The Journey to Black belt also provides useful explanations of the differences between many major styles of martial arts to help you decide what s best for you Contains



MANY useful checklists and tip sheets with more than 250 pointers on topics including What parents need to know ask and expect Questions to ask when shopping for a school How to care for your uniforms and equipment Essential martial arts terms and concepts for beginners A brief history of martial arts and its evolution and your options Listings of martial arts organizations school directories Training and goal setting tips to help you or you child succeed Tips on instilling martial arts values in children Web resources for further study and research Self Defense training concepts and more Kevin Brett is a certified martial arts instructor and author of *The Way of the Martial Artist Achieving Success in Martial Arts and in Life* He has more than twenty years of teaching experience and has trained federal and local law enforcement and the military He was one of the co founders of United Karate Institute of Self Defense Inc and has developed numerous training manuals and martial arts videos for students and instructors

**Black Belt Tae Kwon Do** Yeon Hwan Park,Jon Gerrard,2013-08 Black Belt Tae Kwon Do combines a complete explanation of the physical aspects of the martial art with a full description of the philosophical elements of its training This reference and study guide for black belt level students is mindful that the ultimate aim of Tae Kwon Do is to bring its practitioners into harmony with the universe and help others achieve the same goal Cover p 4

**Hapkido: 2nd Degree Black Belt Requirements** Marc Tedeschi,2013-05-02 This is a discontinued edition New editions is ISBN 13 978 1484945186

**Hapkido** Marc Tedeschi,2022-07-14 HAPKIDO MANUALS An invaluable series of study guides summarizing all Hapkido belt ranks from novice to master level Concise affordable easy to use VOLUME 8 of 9 This manual is part of a series of manuals summarizing promotion requirements and techniques for specific Hapkido color belt and black belt ranks These manuals are intended to be used as a quick reference for techniques already learned as a study guide for test preparation and as an aid to serious long term training These manuals are not stand alone texts but should be used along with Marc Tedeschi s 1136 page Hapkido book Students new to Hapkido may wish to first obtain Mr Tedeschi s 128 page Hapkido book which contains a concise overview of Hapkido s history philosophy and techniques along with fundamentals Collectively these groundbreaking books and manuals constitute a comprehensive curriculum encompassing all ranks from novice to master This volume includes 1410 b w photographs 369 techniques 4th Dan only Concise captions and notes View samples online at [marctedeschi.com](http://marctedeschi.com)

**Black Belt Krav Maga** Darren Levine,Ryan Hoover,2009-12 As the official defensive tactics system of Israeli police military and elite special operations units krav maga has proven its effectiveness from front lines to back streets Black Belt Krav Maga teaches and illustrates the discipline s most lethal fighting and self defense moves in book format

**A Path to Black Belt** David Deich,2010-05-07 A Path to Black Belt provides new insights into the methods used in martial arts training Both Eastern and Western perspectives are used to explain how the historical training methods worked together to create the complete martial artist What creates an effective martial artist The raw material matters but what about the training To be an effective martial artist you have to understand the training If you knew the most efficient ways to train wouldn t you choose those for your martial regimen Unfortunately

much of the historical training knowledge gained through centuries of martial development has been misplaced. The training map has been distorted so that the current training directions can often create more problems than they solve. How do you plot the right course? The author answers this question and more by taking you step by step through the historical training methods. Each method's place in an overall training regimen is explained from Eastern and Western perspectives. How and why you train is just as important as what you train.

Marine Corps Martial Arts Program U. S. Marine Corps, 2010-10-04

The Marine Corps Martial Arts Program consists of a belt ranking system that begins at Tan Belt and progresses up to 6th Degree Black Belt. Each belt level consists of specific techniques of the four components of the physical discipline: Rifle, Bayonet, Edged Weapons, Weapons of Opportunity, and Unarmed Combat. Techniques begin with fundamentals and become more difficult as each level is reached. In addition, each belt level has a corresponding number of Mental and Character discipline requirements that help develop the Warrior Ethos in conjunction with the increased levels of lethality. The ultimate goal for each of us should be to become a Master at Arms, the epitome of the professional warrior.

*International Standard for Martial Arts Black Belt Forms* Len Losik Ph D, 2020-01-26

This standard provides a desk reference that benefits those students and Black Belts seeking a traditional and repeatable instruction and enduring learning process. This standard is for traditional Forms that can stop the continuous refinements in execution of Forms that degrades the traditional learning process for students and Black Belts. This standard is for teaching and learning a traditional martial art's Forms up to 10th Dan Black Belt and allowing those who have postponed their training to return without having to start over, increasing the likelihood that past students and Black Belts will return to training. The posted use of this standard in a conspicuous location to be easily seen may increase student attendance by allowing students and Black Belts who have stopped training to return, and returning students and Black Belts will help to grow a school by using a standard's demanding process. The use of this standard will also improve the quality of the students' effectiveness and instruction by Black Belts teaching requirements for a traditional martial arts training program. This standard has become necessary due to a large number of people claiming to have earned a Black Belt Instructor whose training is suspect, particularly those individuals who are quick to criticize others that are usually projecting their own incompetence. Since it is common to employ the strategy that says the best defense against being incompetent is to attack others' competence, claiming they are incompetent, this document is one in a series of standards for martial arts instruction that identifies the fundamental information in Forms that Black Belts need to have for a repeatable training program devoid of refinements. This standard will be maintained by releasing corrected and/or improved revisions to keep this standard as a viable tool for maintaining the quality of traditional martial arts programs by increasing the quality of the behavior from Black Belts and students.

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