

**PROPOSED  
FMFM 1-4**

# **HAND-TO-HAND COMBAT**



**MANUSCRIPT DRAFT**

**NOVEMBER 1966**

**COORDINATOR  
MARINE CORPS LANDING FORCE  
DEVELOPMENT ACTIVITIES**

## HAND-TO-HAND COMBAT

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PROPOSED FOREWORD FOR FIRST DRAFT

1. PURPOSE

To set forth techniques which will provide Marines a specific knowledge of hand-to-hand combat; to describe positions and movements used by the hand-to-hand combat fighter in individual attack and defense; and to set forth a program for teaching or learning the O'NEILL system of hand-to-hand combat.

2. SCOPE

This manual covers the present techniques of hand-to-hand combat employed by the Marine Corps. The discussions include offensive-defensive movements while armed and unarmed against armed and unarmed opponents; kicks, falls, and takedowns; and drill exercises to achieve proficiency in these techniques. Also presented is a brief history of Chinese footfighting and the evolution of the various systems of hand-to-hand combat to include the O'NEILL system.

3. APPLICABILITY

This draft has been prepared to provide a basis for field comments and for use as a text within the Marine Corps Schools prior to preparation of a final draft. It is made available to other Services for information and use as desired. When approved, it will supersede NAVMC 1146-A03, Hand-to-Hand Combat, dated 23 March 1957.

4. CHANGES

Recommendations for improving this manual are invited and should be addressed to the Coordinator, Marine Corps Landing Force Development Activities, Quantico, Virginia 22134.

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## SECTION 1

## INTRODUCTION

## 101. GENERAL

a. Background. --The O'NEILL System of Hand-to-Hand Combat is derived from Chinese footfighting, which existed over 3,000 years ago. Through the centuries, however, the names, forms, and techniques have changed. Chinese footfighting spread to Korea and Japan about 1570. In the Boxer Rebellion of 1900, the Chinese rebels had taken extensive training in hand-to-hand combat or boxing, hence the term "Boxers." The term boxing in Chinese means striking with the foot. The Chinese called footfighting CHI CHI SHU. The Japanese called Chinese footfighting JU JUT SU, a transliteration of CHI CHI SHU, which means "Initial retreat to gain ultimate victory." Occidentals had difficulty with the word JU JUT SU and called it Jujitsu. Jujitsu consisted principally of fighting without weapons. In 1882, a distinguished Japanese educator, Dr. Jigoro KANO, who had studied Jujitsu as a young man, devised a sport based on the principles of Jujitsu. He called his sport Judo. Dr. KANO improved and elevated the old jujitsu into a scientific system. His school was called, "KODOKAN," which means, "A school for studying the way." Judo was based on the principle of maximum efficiency or the best use of energy. For example, if an opponent was considerably stronger, and was pushing or pulling, Dr. KANO taught his pupils to yield while always maintaining proper body balance. When the opponent pushed, the judo pupil pulled by withdrawing his body. When the opponent pulled, the judo pupil would push by stepping forward. The opponent would therefore not meet the resistance he had expected and would consequently be thrown off balance, and his body strength would then be inferior to that of the judo player. At the proper moment, the opponent could be easily controlled by applying the proper judo principles. Judo consisted primarily of various high throws, such as leg, body, and shoulder throws. There were also various strangling and choking techniques. The disadvantage in judo was that it took hours of practice to become proficient and acquire the necessary rules of sportsmanship. Judo was a Japanese monopoly until the end of World War II.

b. Development of the O'NEILL System of Hand-to-Hand Combat. -- Mr. Dermot O'NEILL served with the International Police Force in Shanghai, China, from 1925 to 1938. He earned a Fifth Degree Black Belt in Judo during this period. During World War II, he was selected to train the First Special Service Force in hand-to-hand combat. Realizing that the men had to be trained in an unusually short period of time, and since there were no gymnasiums or special equipment available, Mr. O'NEILL trained the troops on open ground.

(1) As a solution to the problem, Mr. O'NEILL decided to teach Chinese footfighting. This system of hand-to-hand combat proved to be very effective. It was easy to teach and simple to learn. There were no complicated movements which would be easily forgotten. Size and weight were immaterial. Flexibility, speed, and knowledge were important. Later, in combat, when this type of fighting was conducted by well-trained troops, it turned into a vicious form of hand-to-hand combat for which the opponents had no practical defense. When combined with weapons, it was unbeatable in close quarter combat. Every man was taught to be extremely dangerous, armed or unarmed.

(2) The O'NEILL System uses a number of strikes and blows, as opposed to any form of wrestling. It can, therefore, be used in close quarter fighting, armed or unarmed.

(3) There are times on the battlefield, when a Marine may slip and/or fall during close combat; when the enemy may close during the time spent in reloading a weapon; or when a weapon may malfunction. At times such as these, a confident knowledge of Hand-to-Hand Combat is essential to the individual Marine.

(4) The O'NEILL System instills confidence, aggressiveness, and the will to fight.

## SECTION 2

## WARMUP EXERCISES

## 201. GENERAL

Warmup exercises are required to stretch and loosen muscles in preparation for instruction in hand-to-hand combat. These exercises are also necessary to prevent the possibility of pulled muscles.

## 202. THE DEEP SQUAT

The feet are spread about shoulder-width apart. The toes are turned slightly outward. The hands are on the hips. The body is erect. On **READY ONE**, complete a full knee bend and go into a **DEEP SQUAT**. The arms are thrust forward at shoulder level with fingers extended and together, palms down. On **Repetition One**, return to the starting position. (See figs. 1 and 2.)



Figure 1. --STARTING POSITION.



Figure 2. --THE DEEP SQUAT.

## 203. THE INVERTED "V"

a. In the starting position, the feet are about shoulder-width apart. The body is erect with the hands down at the sides. This is **READY ONE**.

On POSITION TWO, TOUCH THE DECK, bend forward at the waist and touch the deck with the fingers. The knees are locked. The head is down. (See figs. 3 and 4.)



Figure 3. --STARTING POSITION.



Figure 4. --TOUCH THE DECK.

b. On POSITION THREE, RIGHT KNEE, squat down on the right knee. Place the hands on the deck outside the knees, palms down. The hands are slightly turned inboard. The left knee is high, resting against the chest. The head is erect. On POSITION FOUR, INVERTED V, straighten the knees, but keep the palms flat on the deck. The head is brought down. The feet are parallel and a few inches apart. The heels stay flat on the deck. (See figs. 5 and 6.)



Figure 5. --RIGHT KNEE.

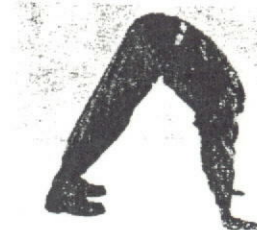


Figure 6. --INVERTED V.



c. On POSITION FIVE, ON THE DECK, keep the hands in place and push the body to its full length. Touch the deck with the forehead, hands, knees, and toes. Keep the feet together. The toes are tucked under. On POSITION SIX, HOLLOW BACK, straighten the arms by pushing up and locking the elbows. The head is held high. Keep the waist on the deck. (See figs. 7 and 8.)



Figure 7. --ON THE DECK.



Figure 8. --HOLLOW BACK.

d. On POSITION SEVEN, INVERTED V, keep the elbows locked. Force the feet forward and the hips high. Keep the knees locked. The head is brought down. The feet are parallel. The heels are flat on the deck. On POSITION EIGHT, LEFT KNEE, bring the right foot forward so that the right knee is resting against the chest. Drop the left knee down to the deck. Keep the palms on the deck. The hands are turned slightly inboard. Bring the head up. (See figs. 9 and 10.)



Figure 9. --INVERTED V.



Figure 10. --LEFT KNEE.

e. On POSITION NINE, TOUCH THE DECK, bring the legs parallel, straighten and lock the knees, bend forward and touch the deck with the fingers. The head is down. On POSITION TEN, Repetition One, return to the starting position. (See figs. 11 and 12.)



Figure 11. --TOUCH THE DECK.



Figure 12. --STARTING POSITION.

f. Commands for Drill. --The commands for drill are: READY ONE, TOUCH THE DECK, RIGHT KNEE, INVERTED V, ON THE DECK, HOLLOW BACK, INVERTED V, LEFT KNEE, TOUCH THE DECK, RECOVER.

## SECTION 3

## DEFENSIVE MOVEMENTS WHEN UNARMED

## 301. GENERAL

a. Defensive movements are taught to provide protection for the individual Marine, who defends initially, and then attacks. The attack is executed quickly and viciously to surprise the opponent. When attacking, the Marine is trained to shout. This is calculated to confuse the opponent or cause him to freeze momentarily.

b. In defending, the Marine waits until the opponent commits himself before using the appropriate defensive movement to counter the attack. The individual Marine must practice the drills to become proficient in defensive movements.

## 302. THE ON GUARD

a. **Front.** --The elbows are held close to the body for protection. The fingers are extended and together. The left forearm is held facing the opponent. The right forearm is held to the rear. The palm of the left hand is facing outboard. The palm of the right hand is facing the body. The head is held erect with the eyes on the opponent. The hands are held chin high. The side of the body is turned towards the opponent to provide protection of the vital organs. Should the opponent kick, he would only strike the left hip or leg. The knees are slightly flexed. Body weight is evenly distributed on the feet. The left foot is turned nearly  $45^{\circ}$  towards the opponent. (See figs. 13, 13a, and 13b.)



Figure 13. --  
STARTING POSITION.



Figure 13a. --ON  
GUARD FRONT.



Figure 13b. --ON GUARD  
FRONT (SIDE VIEW).

b. Rear. --If the opponent attacks from the rear, turn the head facing the opponent and move the hands across the body while moving away from the opponent. To move away from the opponent, step forward with the leading foot and follow with the rear foot. This is a gliding movement. The right forearm is facing the opponent. The left forearm is held to the rear. The hands remain at chin level. (See figs. 14 and 14a.)

c. Commands for Drill. --The commands for drill are: READY, ON GUARD. READY, REAR. READY, FRONT. REST.



Figure 14. --STARTING POSITION.

Figure 14a. --ON GUARD REAR

### 303. THE HIGH PARRY

a. Left. --To Parry Left, step back with the right foot to the on guard position and bring the left elbow across the body. The arm is held perpendicular to the deck with palm facing the opponent's weapon. The fingers are extended and together. This moves the body away from the opponent's weapon. Only the side of the body is visible. The forearm and elbow protect the rib cage. Keep the eyes on the opponent. (See figs. 15 and 15a.)



Figure 15. --STARTING POSITION.

Figure 15a. --HIGH PARRY LEFT.

b. Right. --To Parry Right, step back with the left foot to the on guard position and bring the right elbow across the body. The arm is held perpendicular to the deck with palm facing the opponent's weapon. The fingers are extended and together. Keep the eyes on the opponent. (See figs. 16 and 16a.)

c. Commands for Drill. --Commands for the High Parry Drills are: HIGH PARRIES commencing with your left, READY, ONE, TWO. ONE, TWO. On ONE, Parry Left and immediately return to the starting position. On TWO, Parry Right and immediately return to the starting position.



Figure 16. --STARTING POSITION. Figure 16a. --HIGH PARRY RIGHT.

### 304. THE LOW PARRY

a. Left. --To Parry Left, step back with the right foot to the on guard position and bring the extended arm across the body with the palm facing the opponent's weapon. The fingers are extended and together. This moves the body away from the opponent's weapon. Keep the eyes on the opponent. (See figs. 17 and 17a.)

b. Right. --To Parry Right, step back with the left foot to the on guard position and bring the extended arm across the body, with the palm facing the opponent's weapon. The fingers are extended and together. This moves the body away from the opponent's weapon. Keep the eyes on the opponent. (See figs. 18 and 18a.)

c. Commands for Drill. --Commands for the Low Parry drills are: **LOW PARRIES** commencing with your left, ready, **ONE, TWO. ONE, TWO.** On **ONE**, parry left and immediately return to the starting position. On **TWO**, parry right and immediately return to the starting position.



Figure 17. --STARTING POSITION. Figure 17a. --LOW PARRY LEFT.



Figure 18. --STARTING POSITION. Figure 18a. --LOW PARRY RIGHT.

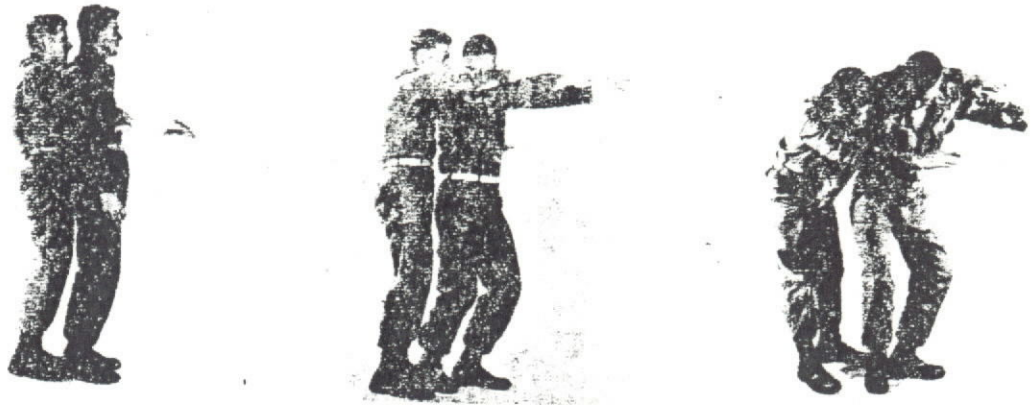
## 305. REAR HOLD FIST TO GROIN

a. Left. --When the opponent attempts to grasp around the shoulders or arms from the rear, quickly drop down and raise the arms upward swiftly. The arms are extended fully with palms down. This will force the opponent to release his grip. Quickly turn slightly to the left and deliver a hard blow to the opponent's groin with the back of the clenched left fist. The eyes are on the opponent's groin when the blow is delivered. The feet are formed into a modified "T" when delivering the blow. (See figs. 19, 19a, and 19b.)



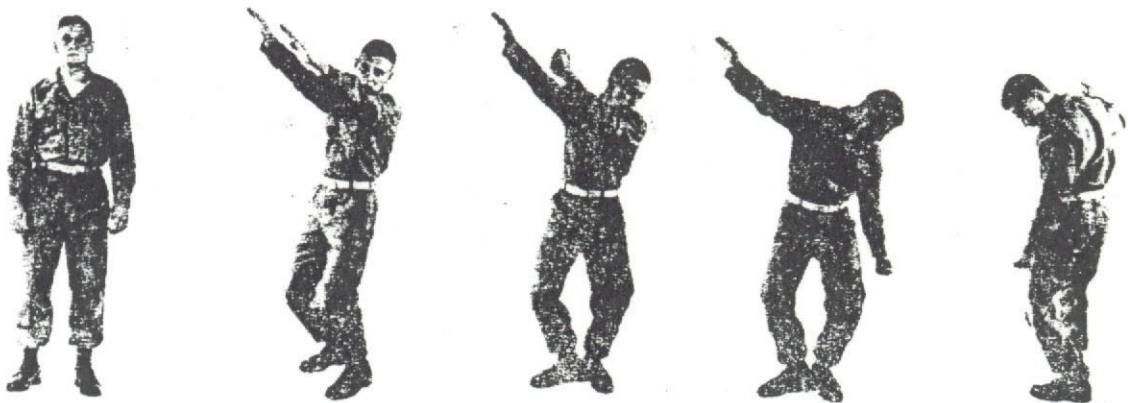
Figures 19, 19a, and 19b. --REAR HOLD-LEFT FIST TO GROIN.

b. Right. --When the opponent attempts to grasp around the shoulders or arms, from the rear, quickly drop down and raise the arms upward swiftly. The arms are extended fully with palms down. This will force the opponent to release his grip. Quickly turn slightly to the right and deliver a hard blow to the opponent's groin with the back of the clenched right fist. This is a check type blow where the forearm and wrist are snapped vigorously causing the clenched fist to be driven into the groin. The eyes are on the opponent's groin when this blow is delivered. The feet are formed into a modified "T" when delivering the blow. (See figs. 20, 20a, and 20b.)



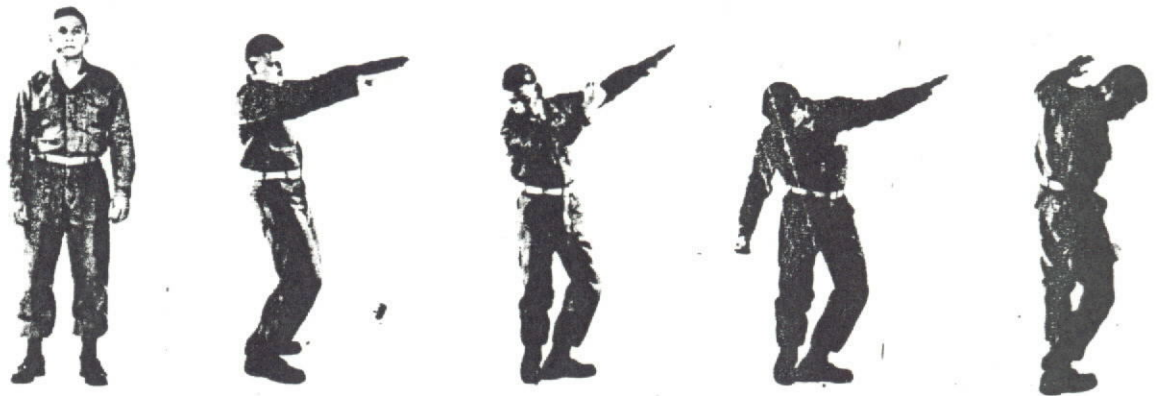
Figures 20, 20a, and 20b. --REAR HOLD-RIGHT FIST TO GROIN.

c. Commands for Drill. --Commands for the rear hold fist to groin drill are: **FIST TO GROIN** commencing with your left, ready, ONE, TWO. ONE, TWO. On ONE, deliver a left fist to the groin and immediately return to the starting position. On TWO, deliver a right fist to the groin and immediately return to the starting position. (See figs. 21, 21a, 21b, 21c, 21d, and figs 22, 22a, 22b, 22c, and 22d.)



Figures 21, 21a, 21b, 21c, and 21d. --REAR HOLD LEFT FIST TO GROIN DRILL.





Figures 22, 22a, 22b, 22c, and 22d. --REAR HOLD RIGHT FIST TO GROIN DRILL.

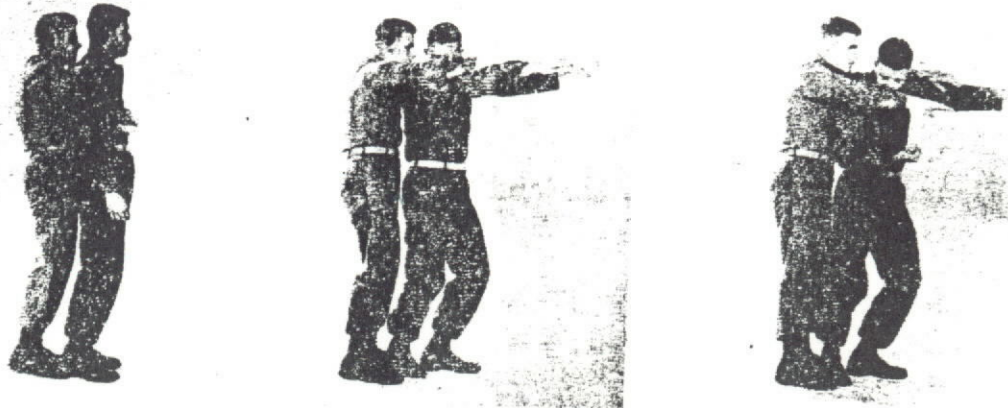
### 306. REAR HOLD ELBOW TO SOLAR PLEXUS

a. Left. --When the opponent attempts to grasp around the shoulders or arms from the rear, quickly drop down and raise the arms upward swiftly. The arms are extended fully with palms down initially. Quickly turn slightly to the left. Clench the left fist and hold the palm up. Deliver a hard blow to the opponent's solar plexus with the left elbow. When the palm is held up, the elbow is driven straight to the rear. The head and eyes follow the blow. The feet are formed into a modified "T" when this blow is delivered. (See figs. 23, 23a, and 23b.)



Figures 23, 23a, and 23b. --REAR HOLD-LEFT ELBOW TO SOLAR PLEXUS.

b. Right. --When the opponent attempts to grasp around the shoulders or arms from the rear, quickly drop down and raise the arms upward swiftly. The arms are extended fully with palms down initially. This will force the opponent to release his grip. Quickly turn slightly to the right. Clench the right fist and hold the palm up. Deliver a hard blow to the opponent's solar plexus with the right elbow. When the palm is held up, the elbow is driven straight to the rear. The feet are formed into a modified "T" when this blow is delivered. (See figs. 24, 24a, and 24b.)

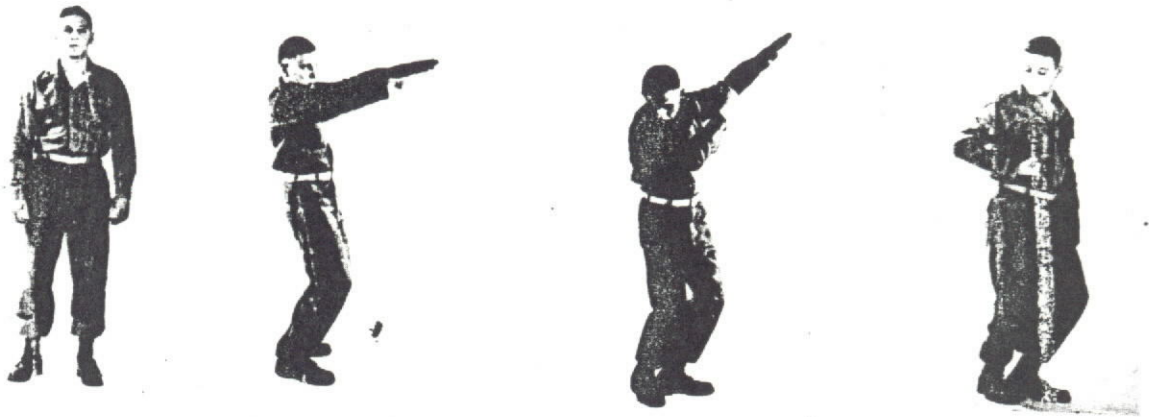


Figures 24, 24a, and 24b. --REAR HOLD-RIGHT ELBOW TO SOLAR PLEXUS.

c. Commands for Drill. --Commands for the rear hold elbow to solar plexus drill are: ELBOW TO SOLAR PLEXUS commencing with your left, ready, ONE, TWO. ONE, TWO. On ONE, deliver a left elbow blow to the solar plexus and immediately return to the starting position. On TWO, deliver a right elbow blow to the solar plexus and immediately return to the starting position. (See figs. 25, 25a, 25b, and 25c and figs. 26, 26a, 26b, and 26c.)



Figures 25, 25a, 25b, and 25c. --REAR HOLD-LEFT ELBOW TO SOLAR PLEXUS DRILL



Figures 26, 26a, 26b, and 26c. --REAR HOLD-RIGHT ELBOW TO SOLAR PLEXUS DRILL

### 307. REAR HOLD HIGH ELBOW BLOW TO HEAD

a. Left. --When the opponent attempts to grasp around the waist under the arms from the rear, drop down, grasp his left wrist with the right hand and deliver a left elbow blow to his head. Spin into the opponent when the blow is delivered as he is pulled forward and down by the right hand. Force the body weight into the blow. This is a quick reflex movement. (See figs. 27 and 27a.)



Figures 27 and 27a. --REAR HOLD HIGH LEFT ELBOW BLOW TO HEAD.

b. Right. --When the opponent attempts to grasp around the waist under the arms, from the rear, drop down, grasp his right wrist with the left hand and deliver a right elbow blow to his head. Spin into the opponent when the blow is delivered as he is pulled forward and down by the left hand. Force the body weight into the blow. This is a quick reflex movement. (See figs. 28, 28a, and 28b.)



Figures 28, 28a, and 28b. --REAR HOLD-HIGH RIGHT ELBOW BLOW TO HEAD.

c. Commands for Drill. --Commands for the rear hold elbow to head drill are: ELBOW BLOW TO HEAD commencing with your left, ready, ONE, TWO. ONE, TWO. On ONE, deliver a left elbow blow to the opponent's head and immediately recover to the starting position. On TWO, deliver a right elbow blow to the opponent's head and immediately recover to the starting position. (See figs. 29, 29a, 29b, and figs. 30, 30a, and 30b.)



Figures 29, 29a, and 29b. --REAR HOLD-HIGH LEFT ELBOW TO HEAD DRILL.



Figures 30, 30a, and 30b. --REAR HOLD-HIGH RIGHT ELBOW BLOW TO HEAD DRILL.

### 308. FRONT HOLD FINGER JAB TO RIGHT

a. When the opponent attempts to grasp around the waist from the right front, immediately go into the on guard for a finger jab. The body is turned so that the groin is protected by the right side. The fingers are extended and together, palms down. The thumbs are tucked under the fingers for protection. The left hand is held in front of the chest. The right hand is drawn back ready to thrust forward. Thrust the fingers forward into the opponent's eyes by extending the right arm swiftly. (See figs. 31, 31a, and 31b.)



Figures 31, 31a, and 31b. --FINGER JAB TO RIGHT.

b. If the opponent has grabbed around the waist, pull him into the body with the right hand and quickly thrust the left hand and fingers into his eyes. The right knee is bent and touching the opponent's right knee. This prevents the opponent from delivering a knee to the groin. The right toe is touching the deck. (See figs. 32, 32a, and 32b.)



Figures 32, 32a, and 32b. --FRONT HOLD-FINGER JAB TO RIGHT WITH LEFT HAND.

c. Commands for Drill. --Commands for front hold, finger jab to right drill are: ON GUARD, FINGER JAB TO RIGHT, ready, ONE, TWO. ONE, TWO. On ONE extend the right arm and fingers forward vigorously and immediately recover to the on guard position. On TWO, repeat the exercise. On the command, REAR, turn the head facing the opponent and move the hands across the body while moving away from the opponent. To move away from the opponent, step forward with the leading foot and follow with the rear foot. This is a gliding movement. On ONE, extend the left arm and fingers forward vigorously and immediately recover to the on guard position. On TWO, repeat the exercise. (See figs. 31a and 31b.)

### 309. FRONT HOLD FINGER JAB TO LEFT

a. If the opponent attempts to grasp around the waist from the left front, immediately go into the on guard for a finger jab. The body is turned so the groin is protected by the left side. The fingers are extended and together, palms down. The thumbs are tucked under the fingers for protection. The right hand is held in front of the chest. The left hand is drawn back ready to thrust forward. Thrust the fingers forward into the opponent's eyes by extending the left arm swiftly. (See figs. 33, 33a, and 33b.)



Figures 33, 33a, and 33b. --FINGER JAB TO LEFT.

b. If the opponent has grabbed around the waist, pull him into the body with the left hand and quickly thrust the right hand and fingers into his eyes. The left knee is bent and touching the opponent's left knee. This prevents him from delivering a knee to the groin. The left toe is touching the deck. (See figs. 34, 34a, and 34b.)



Figures 34, 34a, and 34b. --FRONT-HOLD FINGER JAB TO LEFT WITH RIGHT HAND.

c. Commands for Drill. --Commands for front hold, finger jab to left drill are: ON GUARD, FINGER JAB TO LEFT, ready, ONE, TWO. ONE, TWO. On ONE extend the left arm and fingers forward vigorously and immediately recover to the on guard position. On TWO, repeat the exercise. On the command, REAR, turn the head facing the opponent and move the hands across the body while moving away from the opponent.

To move away from the opponent, step forward with the leading foot and follow with the rear foot. This is a gliding movement. On ONE, extend the right arm and fingers forward vigorously and immediately recover to the on guard position. On TWO, repeat count one. (See figs. 31, 31a, and 31b and figs. 33, 33a, and 33b.)



## SECTION 4

## KICKING

## 401. GENERAL

Kicking is used during offense and defense and is an additional weapon for the Marine to increase his fighting ability.

## 402. SIDE KICK

a. Left. --When the opponent is attacking from the left side, deliver a side kick by extending the left leg in a forcible manner from the on guard position aiming the toe of the boot at the opponent's groin. The kick is delivered as the on guard position is assumed. (See figs. 35, 35a, and 35b.)



Figures 35, 35a, and 35b. --SIDE KICK TO LEFT.

b. Right. --When the opponent is attacking from the right side, deliver a kick by extending the right leg in a forcible manner from the on guard position aiming the toe of the boot at the opponent's groin. The kick is delivered as the on guard position is assumed. (See figs. 36, 36a, and 36b.)



Figures 36, 36a, and 36b. --SIDE KICK TO RIGHT.

c. Commands for Drill. --Commands for the side kick drill are: Ready, ON GUARD. ONE, TWO. ONE, TWO. On ONE, swiftly kick into the opponent's groin with the left foot. On the command REAR, turn the head facing the opponent and move the hands across the body while moving away from the opponent. To move away from the opponent, step forward with the leading foot and follow with the rear foot. This is a gliding movement. On ONE, swiftly kick into the opponent's groin with the right foot. On TWO, repeat count one. (See figs. 35, 35a, and 35b and figs. 36, 36a, and 36b.)

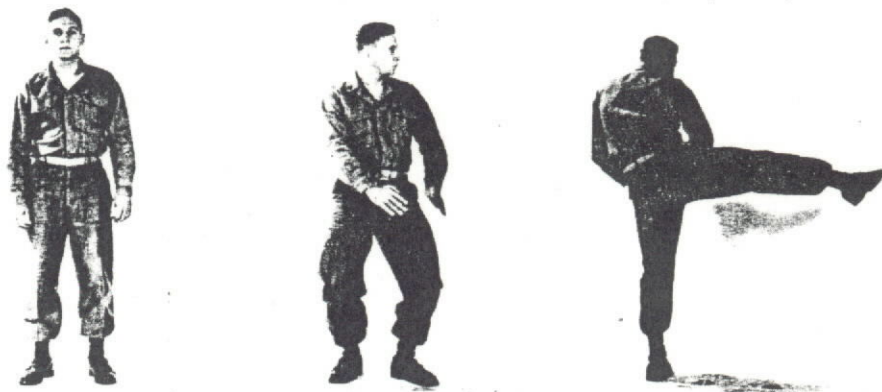
#### 403. PIVOT KICK

a. Left. --The pivot kick is an extremely fast kick, has more range, and is delivered with more power than the side kick. It is executed when the opponent is armed or unarmed. Initially face the opponent. When the opponent attacks, go into the on guard position while delivering the pivot kick. Before the kick is delivered, the body weight is distributed evenly on the feet. The hands are held down in front of the groin for protection and balance. The knees are slightly flexed. Spin to the right on the ball of the right foot and deliver a fast kick to the opponent's groin with the left foot. Contact is made with the toe of the boot. After kicking, bring the right foot forward to be in the on guard position for a pivot kick with the right foot. Always keep the eyes on the opponent. If the opponent uses an offensive-defensive stance similar to the O'NEILL system, the pivot kick is very effective. (See figs. 37, 37a, 37b, and 37c.)



Figures 37, 37a, 37b, and 37c. --PIVOT KICK WITH LEFT FOOT.

b. Right. --Initially face the opponent. When the opponent attacks, go into the on guard position while delivering the pivot kick. Before the kick is delivered, the body weight is distributed evenly on the feet. The hands are held down in front of the groin for protection and balance. The knees are slightly flexed. Spin to the left on the ball of the left foot and deliver a fast kick to the opponent's groin with the right foot. Contact is made with the toe of the boot. After kicking, bring the left foot forward to be in the on guard position for a pivot kick with the left foot. Always keep the eyes on the opponent. Lean the trunk and upper extremities away from the opponent if he is armed. (See figs. 38, 38a, and 38b.)



Figures 38, 38a, and 38b. --PIVOT KICK WITH RIGHT FOOT.

c. Commands for Drill. --Commands for the pivot kick drill are: Ready, ON GUARD. ONE, TWO. ONE, TWO. On ONE, spin to the left on the ball of the left foot and deliver a kick with the right foot. After kicking, bring the left foot forward to be in the on guard position for a pivot kick with the left foot. On TWO, spin to the right on the ball of the right foot and deliver a kick with the left foot. After kicking, bring the right foot forward to be in the on guard position. On the command REAR, turn the head facing the opponent and move the hands across the body while moving away from the opponent. To move away from the opponent, step forward with the leading foot and follow with the rear foot. This is a gliding movement. On ONE, spin to the right on the ball of the right foot and deliver a kick with the left foot. After kicking, bring the right foot forward to be in the on guard position for a pivot kick with the right foot. On TWO, spin to the left on the ball of the left foot and deliver a kick with the right foot. After kicking, bring the left foot forward to be in the on guard position. (See figs. 37, 37a, 37b, and 37c and figs. 38, 38a, and 38b.)

## SECTION 5

## FALLING AND ON GUARD ON THE DECK

## 501. GENERAL

a. A basic understanding of falling is important because the individual Marine could slip or fall. A knowledge of the proper method of falling is necessary to avoid injury and to remain protected. Additionally, it builds confidence in the individual.

b. After a fall, the on guard position on the deck is used to protect the body when an opponent attacks from any angle.

## 502. FALLING

a. Left. --From the starting position, extend the arms forward for balance with the palms down. The chin is tucked on the chest. Bend slightly forward at the waist and step back with the left foot. Squat down and sit on the left heel which is drawn to the rear as the body rolls back. As the body moves forward, place the left foot behind the right knee and continue to roll forward and up with the right side forward. Come back up to the starting position.

b. Right. --From the starting position, extend the arms forward for balance with the palms down. The chin is tucked on the chest. Bend slightly forward at the waist and step back with the right foot. Squat down and sit on the right heel which is drawn to the rear as the body rolls back. As the body moves forward, place the right foot behind the left knee and continue to roll forward and up with the left side forward. Come back up to the starting position. (See figs. 39, 39a, 39b, and 39c.)



Figures 39, 39a, 39b, and 39c. --FALLING.

c. Commands for Drill. --Commands for falling DRILL are: Ready, DOWN and UP. Ready, DOWN and UP. On the command DOWN, step back with either foot and go down and then back up to the starting position.

### 503. ON GUARD ON THE DECK

a. Left. --In the on guard position to the left, the left leg is tucked under the right knee when facing the opponent who is to the left. The right leg is protecting the groin. The right hand and forearm are held up in front of the body to parry blows and protect the rib cage. The right hand is always held below eye level when parrying. The fingers are extended and together. The palm of the right hand is facing to the left. The left hand is flat on the deck with the fingers turned towards the body. The body can be turned 360° on the deck. The head is erect. The eyes follow the opponent. (See figs. 40, 40a, and 40b.)



Figures 40, 40a, and 40b. --ON GUARD ON THE DECK TO THE LEFT.

b. Right. --In the on guard position to the right, the right leg is tucked under the left knee when facing the opponent who is to the right. The left leg is protecting the groin. The left hand and forearm are held up in front of the body to parry blows and protect the rib cage. The left hand is always held below eye level when parrying. The fingers are extended and together. The palm of the left hand is facing to the right. The right hand is flat on the deck with the fingers turned towards the

body. The body can be turned 360° on the deck in this manner. The head is erect. The eyes follow the opponent. (See fig. 41.)

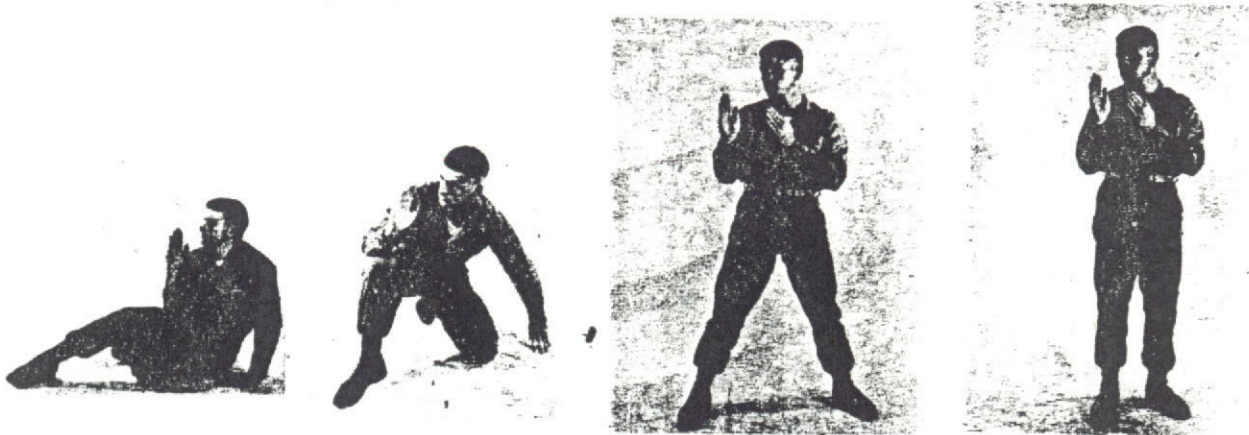


Figure 41. --ON GUARD ON THE DECK TO THE RIGHT.

c. Commands for Drill. --Commands for the on guard on the deck DRILL are: Ready, DOWN. Ready, CHANGE. CHANGE. Ready, UP and BACK. On the command DOWN, drop down to the on guard to the left. On the command CHANGE, change from the on guard to the left to the on guard to the right quickly by placing the right hand on the deck. The left arm is brought up to the guard position. Face to the right while reversing the legs; i. e., placing the left leg over the right leg. On the command, UP and BACK, push off with the right hand to the right knee and come up to a standing position. Immediately step back with the right foot and draw the left foot back to be in the on guard position to the right.

#### 504. ON GUARD ON THE DECK TO ON GUARD STANDING

a. From the on guard on the deck to the left, push off with the left hand and come up on the left knee. The right hand and forearm are held up in front of the body for protection. As the body is moved up and the left knee leaves the deck, bring the left hand forward and up to assume the on guard position. Step back with the left foot and bring the right foot back to assume the on guard position. Keep the eyes on the opponent. The right leg and thigh are facing the opponent thereby providing protection for the groin. (See figs. 42, 42a, 42b, and 42c.)



Figures 42, 42a, 42b, and 42c. --ON GUARD ON THE DECK  
TO ON GUARD STANDING.

b. Commands for Drill. --Commands for the on guard on the deck  
to on guard standing drill are: Ready, DOWN. Ready, UP and BACK.

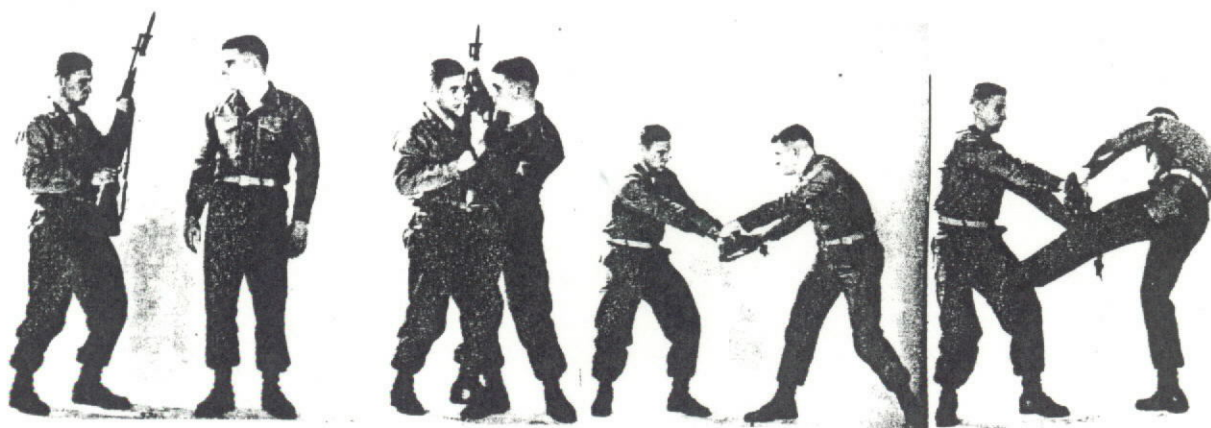


## SECTION 6

## DEFENSIVE MOVEMENTS AGAINST A BAYONET WHEN UNARMED

## 601. DEFENSE AGAINST A SLASH

When the opponent has his weapon in the high port position and his attention has been diverted, jump into him and block his weapon with the forearms. The right side of the body is touching the opponent to prevent from being kicked or kneed in the groin. The arms are spread apart, hands open, and palms facing the weapon. Pull his weapon back hard forcing his arms to extend fully. Deliver a hard kick to the groin with either foot. (See figs. 43, 43a, 43b, 43c.)

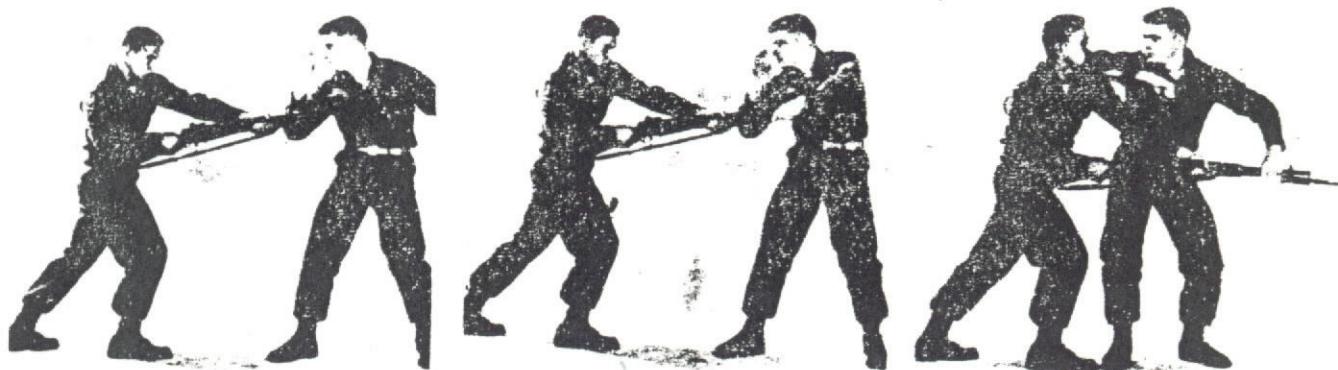


Figures 43, 43a, 43b, and 43c. --DEFENSE AGAINST A SLASH.

## 602. DEFENSE AGAINST LONG HIGH THRUST

High parry the weapon with the right forearm as the on guard position is assumed and quickly reach over the weapon with the left hand grasping behind the bayonet. The left hand must come over the weapon. Pull forward with the left hand and with knees bent deliver a high elbow blow to the opponent's head with the right elbow. The opponent's weapon is controlled by the left hand. The opponent has no protection for his

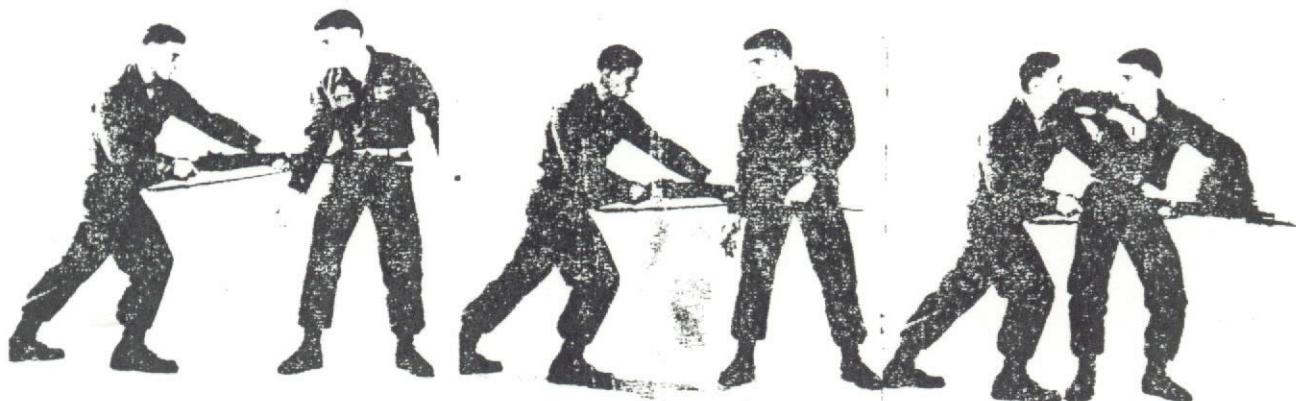
head. If the opponent is left handed, his weapon must be parried with the left forearm. (See figs. 44, 44a, and 44b.)



Figures 44, 44a, and 44b. --DEFENSE AGAINST LONG HIGH THRUST.

### 603. DEFENSE AGAINST LONG LOW THRUST

Low parry the weapon with the right forearm as the on guard position is assumed and quickly reach over the weapon with the left hand grasping behind the bayonet. Pull the weapon forward with the left hand and with knees bent deliver a high elbow blow to the opponent's head with the right elbow. The opponent's weapon is controlled by the left hand. The opponent has no protection for his head. If the opponent is left handed, his weapon must be parried with the left forearm. (See figs. 45, 45a, and 45b.)



Figures 45, 45a, and 45b. --DEFENSE AGAINST LONG LOW THRUST.

#### 604. DEFENSE AGAINST SHORT LOW THRUST

Low parry the weapon with the right forearm as the on guard position is assumed and quickly reach over the weapon with the left hand grasping behind the bayonet. Pull the weapon forward with the left hand. Spin on the ball of the right foot to the right and deliver a pivot kick to the groin with the left foot. (See figs. 46, 46a, and 46b.)

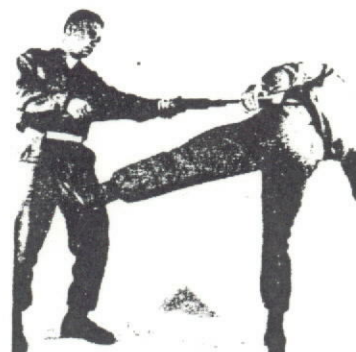
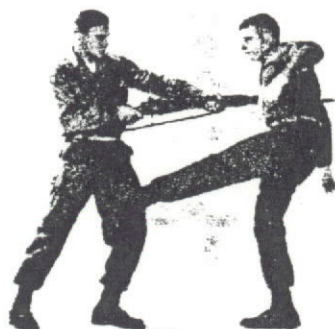
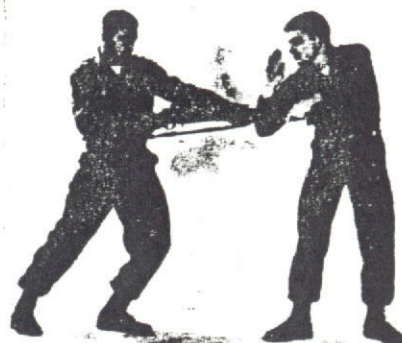


Figures 46, 46a, and 46b. --DEFENSE AGAINST SHORT LOW THRUST.

#### 605. DEFENSE AGAINST SHORT HIGH THRUST

a. High parry the weapon with the right forearm as the on guard position is assumed and quickly reach over the weapon with the left hand grasping behind the bayonet. Pull the weapon forward with the left hand. Spin on the ball of the right foot to the right and deliver a pivot kick to the groin with the left foot.

b. If the opponent is left handed, the weapon must be parried with the left forearm. (See figs. 47, 47a, 47b, and 47c.)



Figures 47, 47a, 47b, and 47c. --DEFENSE AGAINST  
SHORT HIGH THRUST.

## SECTION 7

## DEFENSIVE MOVEMENTS AGAINST A BAYONET WHEN ARMED

## 701. GENERAL

a. The basic O'NEILL on guard position is superior to the Seidler on guard as set forth in FMFM 1-1, Marine Bayonet Training, in that the bayonet is extended forward of the body, which forces the opponent to maintain greater distance. The left side is turned toward the opponent for protection of the groin. This position is a variation of the Biddle System, in that the left arm is not extended fully forward and locked. The on guard position is very effective because the individual Marine will be delivering kicks combined with thrusts, slashes, and jabs. When attacking, the bayonet is thrust at the opponent's eyes, face, throat, or chest to force him to raise his weapon to parry. The kick is then delivered simultaneously catching the opponent completely off guard. Another disadvantage of the Seidler on guard is that the broad portion of the body is turned towards the opponent so that a quick kick combined with an attack movement would disable him.

b. When whirling, always pivot on the forward foot thereby pivoting away from the opponent who may be attacking from the front, right front, right side, right rear, rear, left rear, left side, or left front. If the opponent is closing fast from the rear, it may be necessary to step forward and pivot away from him to avoid being struck. To move away from the opponent, step forward on the leading foot and pivot to the right or left facing the opponent.

## 702. THE O'NEILL ON GUARD POSITION

a. The body weight is evenly distributed on the feet. The knees are slightly flexed. The left side is turned towards the opponent for protection of the groin. The weapon is held by the right hand behind the trigger guard. The left arm is bent and the weapon is held by the left hand behind the upper sling swivel. The right forearm is braced along the top of the stock. The stock is held against the right hip. The eyes follow the opponent. (See figs. 48 and 48a.)



Figures 48 and 48a. --THE O'NEILL ON GUARD POSITION.

b. Commands for Drill. --Commands for the on guard drill are: Ready, ON GUARD. REST. From the starting position, come to the on guard. In the starting position the feet are shoulder width apart. The weapon is held at arms length in front of the hips. On the command, ON GUARD, step to the rear with the right foot and immediately bring the weapon up to the on guard position. On the command, REST, return to the starting position.

### 703. BLOCK AGAINST A SLASH

Block an attempted slash by stepping forward on the left foot and extending the arms and rifle outward and upward. Contact is made with the opponent's weapon above the upper sling swivel. Quickly deliver a hard kick to the opponent's groin with the left foot. Follow with various attack movements. (See figs. 49 and 49a.)



Figures 49 and 49a. --BLOCK AGAINST A SLASH.

**704. PARRY RIGHT**

Parry the opponent's weapon to the right by extending the left arm from left to right. Step forward with the left foot. Deliver a kick to the groin with the left or right foot depending on the opponent's position. Follow with various attack movements. (See figs. 50, 50a, and 50b.)



Figures 50, 50a, and 50b. --PARRY RIGHT.

## SECTION 8

## OFFENSIVE MOVEMENTS WHEN ARMED

## 801. GENERAL

When armed and attacking, the basic O'NEILL on guard is utilized. This is a very versatile and flexible system. The various Seidler System attack movements such as the Slash, Horizontal Slash, and Jab as set forth in FMFM 1-1, Marine Bayonet Training, are still valid. The Vertical Butt Stroke, Smash, and Horizontal Butt Stroke are only used to finish off an opponent who has been disabled. With the O'NEILL kicks included for additional effectiveness, the Marine is extremely dangerous and lethal during the attack. After the initial attack, the Marine kicks with either foot which will depend upon the opponent's position.

## 802. THE SLASH

Lunge forward about fifteen inches with the left foot from the O'NEILL on guard position. Extend the left arm to the right. The right forearm is braced against the stock. The edge of the bayonet is swung forward and to the right in a slashing arc aimed at the opponent's neck and throat. When the delivery of the blow is complete, the bayonet is flat. Deliver a kick with the right leg into the opponent's groin. (See fig. 51.)

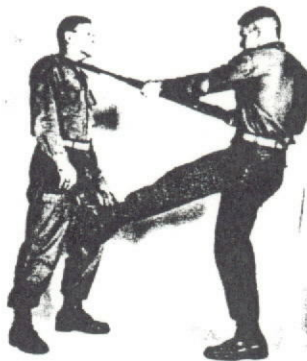


Figure 51. --THE SLASH.



**803. THE HORIZONTAL SLASH**

Lunge forward with the left foot and rotate the body to the right by pivoting on the right foot. At the same time, bring the weapon to a horizontal position. The right elbow is held high. The blade is flat. Simultaneously the right arm is pulled across the body and a hooking action is executed with the left arm. The slash is directed at the opponent's neck and throat. Deliver a kick with the right leg into the opponent's groin. (See fig. 52.)

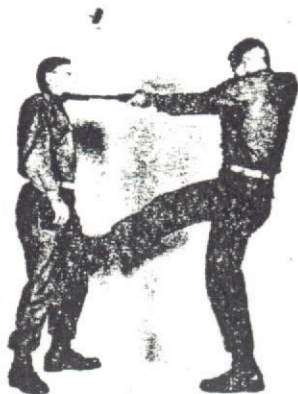


Figure 52. --THE HORIZONTAL SLASH.

**804. THE JAB**

From the on guard position, pull the small of the stock to the rear with the right hand until the cone of the stock is near the hip. The right forearm is braced along the stock. The blade is flat. The blade is pointed towards the opponent. Lunge forward on the left foot and thrust the bayonet into the opponent's throat. Deliver a kick with either foot into the opponent's groin. (See fig. 53.)



Figure 53. --THE JAB.

## 805. SHORT THRUST

a. Lunge forward on the left foot as the bayonet is thrust forward into the opponent's face. To recover, quickly bring the right foot forward to assume the on guard position. If the opponent should parry or block the weapon, quickly deliver a side kick with the left foot. (See fig. 54.)

b. Commands for Drill. --Commands for the short thrust drill are: Ready, ON GUARD. Ready, ATTACK. Ready, ATTACK. Whirl right 180°, MOVE, REST. The commands for the short thrust and kick drill are: Ready, ON GUARD. Ready, ATTACK. Ready, ATTACK. REST. On the command, ATTACK, complete the short thrust and then deliver a side kick with the left foot.



Figure 54. --SHORT THRUST.



Figure 55. --LONG THRUST.

## 806. LONG THRUST

a. Lunge forward with the right foot as the bayonet is thrust forward into the opponent's face. If the opponent should parry or block the weapon, quickly spin on the ball of the right foot and deliver a pivot kick with the left foot. To recover from the long thrust, quickly bring the left foot forward to assume the on guard position. (See fig. 55.)

b. Commands for Drill. --Commands for the long thrust drill are: Ready, ON GUARD. Ready, ATTACK. Ready, ATTACK. Whirl right 180°, MOVE. REST. The commands for the long thrust and kick drill are: Ready, ON GUARD. Ready, ATTACK. Ready, ATTACK. REST. On the command, ATTACK, lunge forward with the right foot as the bayonet is thrust into the opponent's face. This will force the opponent to raise his weapon to protect his face. Before recovering, spin on the ball of the right foot and deliver a pivot kick with the left foot.

## SECTION 9

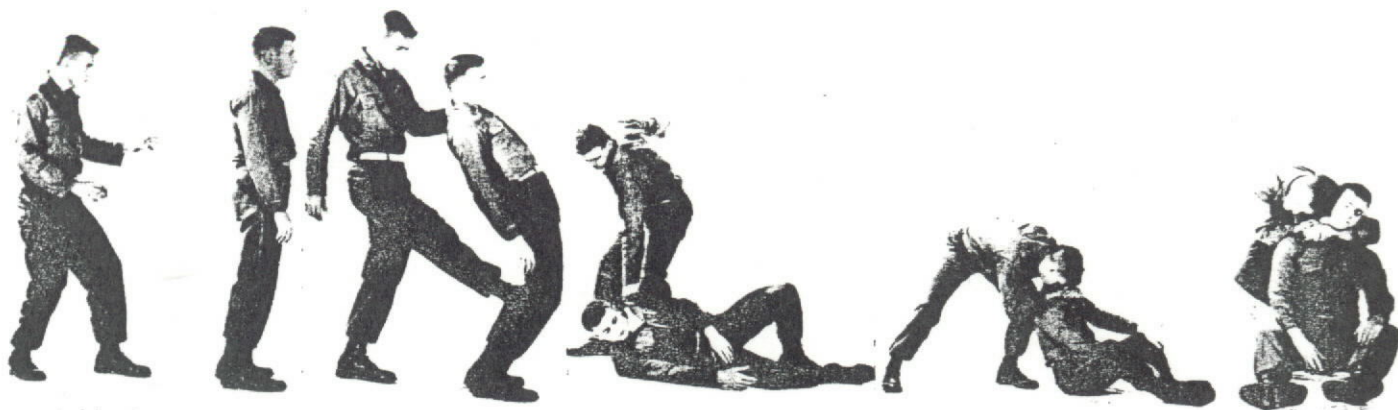
## TAKEDOWNS

## 901. GENERAL

Takedowns are necessary to kill the opponent quickly and silently. Takedowns are normally used against an unsuspecting sentry. It is imperative that the individual Marine practice the strangle hold until he becomes proficient.

## 902. TAKEDOWN FROM REAR, NECK LOCK, AND STRANGLE HOLD

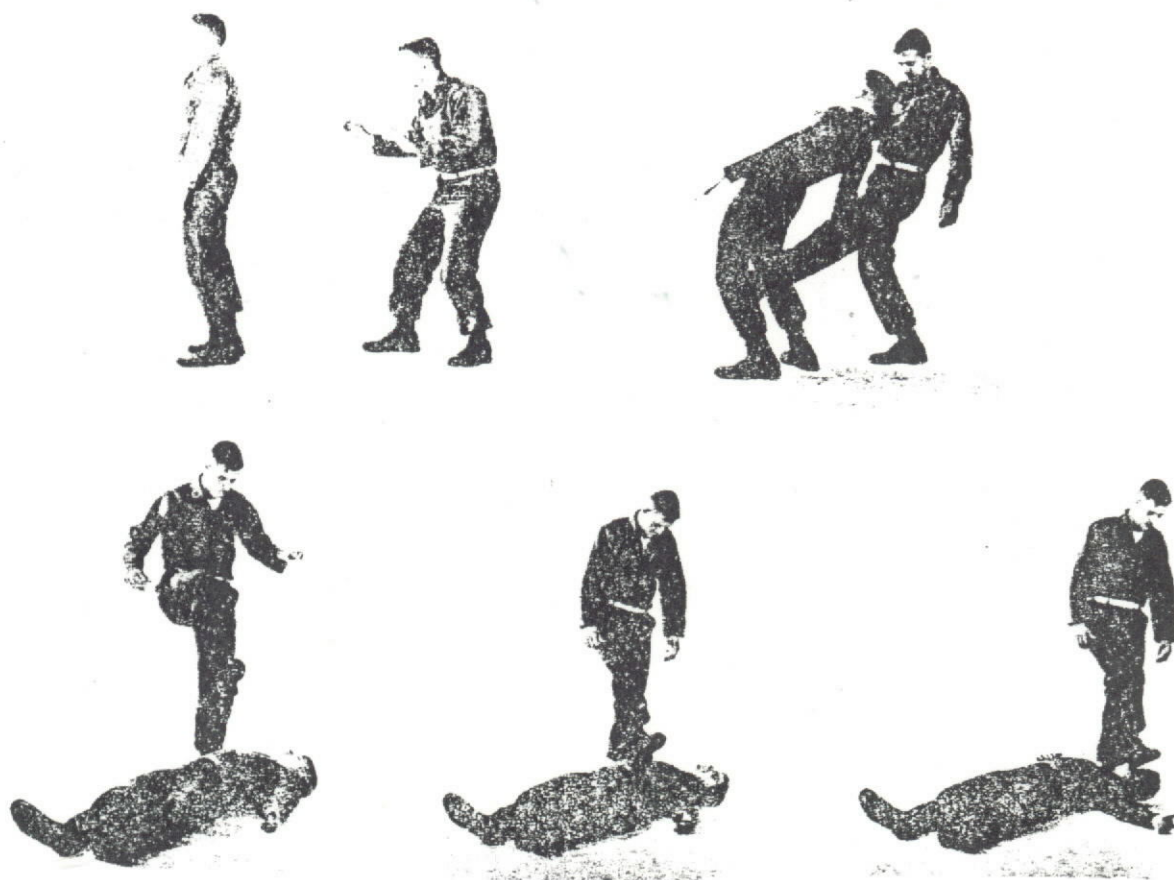
Approach the opponent from the rear quietly. Grasp the opponent's left shoulder with the left hand as the right foot is driven into the back of his right knee and slam him to the deck. This will stun the opponent. Quickly pull the opponent up to a sitting position for the neck lock. Strike the opponent's adam's apple with the boney portion of the left wrist. This will rupture the adam's apple. Grasp the left hand with the right hand and apply pressure. The opponent's neck is locked between the left shoulder and left wrist. The left knee is forced into the opponent's spine. The right leg is extended to the rear directly behind the left leg. When applying the neck lock, the feet are never brought together. The body is never leaning over the opponent, or kneeling, because the opponent could pull his attacker down to the deck. Apply pressure to the opponent's neck by drawing the left arm to the rear and pushing the left shoulder forward. Always apply pressure from front to rear from the direction the opponent is facing. This will kill the opponent. (See figs. 56, 56a, 56b, 56c, and 56d.)



Figures 56, 56a, 56b, 56c, and 56d. --TAKEDOWN FROM REAR, NECK LOCK, AND STRANGLE HOLD.

## 903. TAKEDOWN FROM REAR AND HEEL STOMP

Approach the opponent from the rear quietly. Grasp the opponent's right shoulder with the right hand as the left foot is driven into the back of his left knee and slam him to the deck. This will stun the opponent. Deliver a heel stomp to the rib cage by extending the right leg vigorously driving the right heel into the opponent's chest. Attempt to straighten the leg. This will break the ribs. The heel stomp is delivered while standing directly over the opponent. To kill the opponent, deliver a heel stomp to the side of the head. This will crush the skull. When delivering the heel stomp, the heel is always down and the toe of the boot is always up. (See figs. 57, 57a, 57b, 57c, and 57d.)



Figures 57, 57a, 57b, 57c, and 57d. --TAKEDOWN FROM REAR AND HEEL STOMP.

### 904. TAKEDOWN FROM FRONT WHEN OPPONENT IS ARMED

When under an armed guard and his attention has been diverted, jump in and grasp his weapon with the left hand as the left leg is hooked behind his left leg and the right hand has grabbed his shoulder. Keep the head down to prevent the opponent from countering the attack. Pull down with the right hand as his left leg is kicked to his front. Maintain control of the opponent's weapon as he is forced to the deck. Continue to maintain control of his weapon until the heel stomp is delivered. Quickly deliver a heel stomp to the opponent's rib cage or head. This will depend on his position after he has been forced to the deck. The second Marine under armed guard will assist in diverting the opponent's attention initially and then assist in killing the opponent after he is forced to the deck. (See figs. 58, 58a, 58b, 58c, and 58d.)



Figures 58, 58a, 58b, 58c, and 58d. --TAKEDOWN FROM FRONT WHEN OPPONENT IS ARMED.

## SECTION 10

## CLUB OR KNIFE ATTACKS

## 1001. GENERAL

a. When armed with the knife or club always strike for the opponent's face. This will force the opponent to raise his weapon to parry or block the blow. Then deliver a side or pivot kick to his groin, pit of stomach, or knee with either foot.

b. When unarmed and defending against the knife or club, some object must be thrown or thrust into the opponent's eyes such as a helmet or dirt. If the object requires both hands to hold, such as a chair, entrenching tool, or board, thrust these into the opponent's eyes. Immediately follow with a hard fast kick. Do not close with an opponent armed with a knife, because the knife in one hand can be moved quickly and normally cannot be parried. The steel helmet can be used as a shield or aggressive weapon when held by the inside liner straps.

## 1002. ATTACK AGAINST AN ARMED OPPONENT

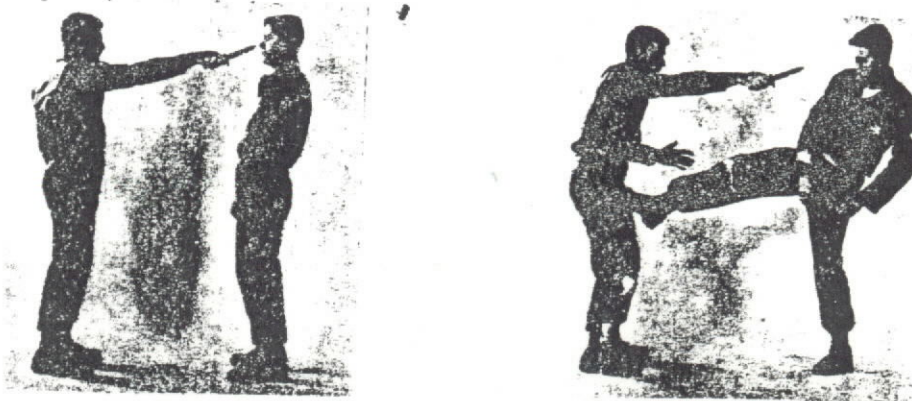
If armed with a knife, from the on guard position strike quickly into the opponent's eyes. The opponent will attempt to parry or block the blow. Deliver a fast kick to the opponent's stomach, groin, or knee. The striking movement is similar to the finger jab. The knife should be held close to the body in a comfortable position until attacking. (See figs. 59 and 59a.)



Figures 59 and 59a. --ATTACK AGAINST AN ARMED OPPONENT.

## 1003. DEFENSE AGAINST AN ARMED OPPONENT

When the opponent attempts to attack, armed with the knife, deliver a hard fast kick to his groin. The leg outranges the knife. The upper body may have to be drawn away from the blade when delivering the kick. If the opponent attempts to strike with an overhead blow, a fast hard kick can be delivered to the groin without drawing the upper body away. (See figs. 60 and



Figures 60 and 60a. --DEFENSE AGAINST AN ARMED OPPONENT.

## 1004. DEFENSE AGAINST A CLUB

When the opponent attempts to attack armed with a club, deliver a hard fast pivot or side kick to his groin. The leg outranges the club. The upper body may have to be drawn away from the club to avoid being struck. If the opponent attempts to strike with an overhead blow, a fast hard kick can be delivered to the groin without drawing the upper body away. (See figs. 61 and 61a.)

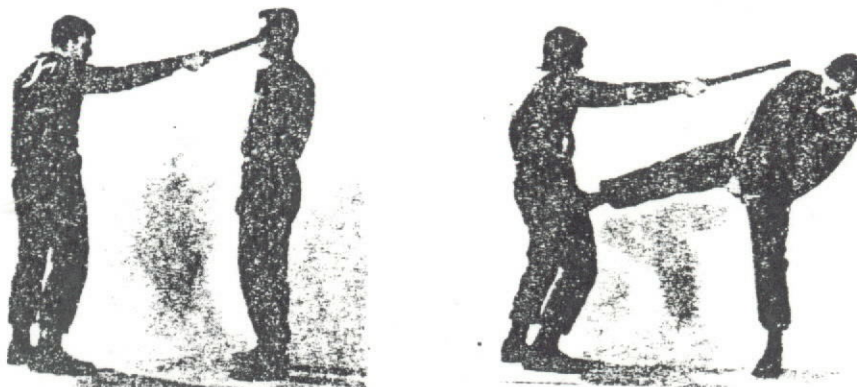


Figure 61 and 61a. --DEFENSE AGAINST A CLUB.