

CRM LESSON PLAN REPORT
STRIKING TECHNIQUES (TACTICAL)
071-FRGBB001 / 02.0 ©

Approved
30 Apr 2018

Effective Date: 30 Apr 2018

SCOPE:

During this period of instruction, students will learn to perform, and demonstrate Tactical Combatives Striking Skills Techniques. The students will correctly apply, conduct and employ this techniques in accordance with TC 3-25.150, and the performance in this lesson plan: Conduct Striking Movements, Conduct Arm Strikes, Conduct Kicking Strikes, and Striking Skills Combinations.

Distribution Restriction: Approved for public release; distribution is unlimited.

Destruction Notice: None

Foreign Disclosure: FD3 - This training product has been reviewed by the developers in coordination with the G2, MCoE, and Fort Benning GA 31905 foreign disclosure officer. This training product cannot be used to instruct international military students.

SECTION I. ADMINISTRATIVE DATA

All Course
Masters/POIs
Including This
Lesson

Courses

<u>Course Number</u>	<u>Version</u>	<u>Title</u>	<u>Phase</u>	<u>Status</u>
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None

POIs

<u>POI Number</u>	<u>Version</u>	<u>Title</u>	<u>Phase</u>	<u>Status</u>
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9E-F11/950-F7 (MC)	02.0 ©	Tactical Combatives	0	Analysis
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Task(s)
Taught(*) or
Supported

<u>Task Number</u>	<u>Task Title</u>	<u>Status</u>
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Reinforced
Task(s)

<u>Task Number</u>	<u>Task Title</u>	<u>Status</u>
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Knowledge

<u>Knowledge Id</u>	<u>Title</u>	<u>Taught</u>	<u>Required</u>
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K7613	Considerations for delivery of instruction	No	Yes
K7725	Knowledge of delivery methods	No	Yes
K26154	Apply learning theory styles within an adult learning environment	No	Yes

Skill

<u>Skill Id</u>	<u>Title</u>	<u>Taught</u>	<u>Required</u>
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S2032	Applying critical thinking skills	No	Yes
071-CMD-0017	Instill the Will to Win	No	Yes
S0411	Ability to practice safety at all times.	No	Yes

Administrative/
Academic
Hours

The administrative/academic (50 min) hours required to teach this lesson are as follows:

<u>Academic</u>	<u>Resident Hours / Methods</u>		
Yes	7 hrs	20 mins	Drill and Practice
Yes	0 hrs	20 mins	Discussion (Small or Large Group)
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Total Hours(50 min):	7 hrs	40 mins	

Instructor
Action
Hours

The instructor action (60 min) hours required to teach this lesson are as follows:

<u>Hours/Actions</u>			
0 hrs	10 mins	Classroom Breakdown	
0 hrs	10 mins	Classroom Setup	
0 hrs	10 mins	Facilitate Discussion	
0 hrs	10 mins	Student Re-train	
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Total Hours (60 min):	0 hrs	40 mins	

Test Lesson(s)

<u>Hours</u>	<u>Lesson Number</u>	<u>Version</u>	<u>Lesson Title</u>
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None

Prerequisite Lesson(s)**Hours**

None

Lesson Number Version**Lesson Title****Training Material Classification**

Security Level: This course/lesson will present information that has a Security Classification of: FOUO – For Official Use Only.

Foreign Disclosure Restrictions

FD3. This training product has been reviewed by the developers in coordination with the G2, MCoE, and Fort Benning GA 31905 foreign disclosure officer. This training product cannot be used to instruct international military students.

References

<u>Number</u>	<u>Title</u>	<u>Date</u>
AR 350-1	ARMY TRAINING AND LEADER DEVELOPMENT	10 Dec 2017
ATP 3-34.5	Environmental Considerations	10 Aug 2015
ATP 5-19 (Change 001 09/08/2014 78 Pages)	RISK MANAGEMENT	14 Apr 2014
TC 3-25.150	Combatives	31 Mar 2017
TC 3-34.489	The Soldier and the Environment.	08 May 2001

Student Study Assignment

Student Study Assignments defined:

1. Study...Master the details of the subject and fix them in your mind through application of the study process (survey, question, read, review, and recite). Prepare to test on the subject (orally, written, and/or performance).
2. Read...Be proficient in the subject for discussion in the classroom. Prepare to take one or more practical exercises on the subject (orally, written, and/or performance).
3. Scan...Be familiar with the topic(s). Read the topic sentence of each paragraph. Prepare to participate in checks on learning during classroom discussion (orally, written, and/or performance).
4. Review...Review is used for material previously discussed in class. Review all notes, Advance Sheets, and any material related to the class as applicable.

Student must read the following pages in accordance with TC 3-25.150: pages 5-31 thru 5-49.

Instructor Requirements

1. Primary instructor must be a graduate of the Combatives Master Trainer Course (CMTC) and the alternate instructor a Tactical Combatives graduate or a CMTC graduate.

2. Completion of the Common Faculty Development Program-Instructor Course (CFDP-IC).

Support Personnel Requirements

Support personnel must be licensed or certified in accordance with Ft. Benning regulations to operate all equipment and facilities required for this lesson plan.

Combat Lifesaver (Enlisted)

Additional Support Personnel Requirements**Name**

Combat Lifesaver
Remarks:

Student Ratio

1:36

Qty**Man Hours**

**Equipment
Required
for Instruction**

<u>ID - Name</u>	<u>Student Ratio</u>	<u>Instructor Ratio</u>	<u>Spt</u>	<u>Qty</u>	<u>Exp</u>
1090-01-C14-9367 - Sling, M4/M16 Three Point: MS2 Multi-Mission, Black Remarks:	0:0	0:0	No	0	
4110-01-485-3548 - Chest, Ice Storage, White, 162 Quart Capacity Remarks:	0:0	0:0	No	0	
4120-01-481-6048 - Cooler, Air, Evaporative Remarks:	0:0	0:0	No	0	
4470-01-359-2799 - 1050 Notebook, Special Remarks:	0:0	0:0	No	0	
6515-01-541-8147 - SUPPORT,CERVICAL Remarks:	0:0	0:0	No	0	
6530-00-405-5391 - Litter-Splint, Extrication, Metal, Carrying Case, with Zipper, Adjustable Strap Remarks:	0:0	0:0	No	0	
6530-00-783-7510 - Litter, Nonrigid, Poleless, Nylon, 78 X 26 Inch, Retaining Straps, Field Use Remarks:	0:0	0:0	Yes	3	No
6530-01-380-7309 - Litter, Folding, Rigid Pole 91.60 Inches Remarks:	0:0	0:0	No	0	
6530-01-464-4424 - Pad, Cooling, Chemical, Instant, Non-Toxic, Non-Caustic, 5 X 8 Inch Remarks:	1:6	0:0	No	0	No
6545-01-572-9963 - Medical Equipment Set Combat Lifesaver Remarks:	0:0	0:0	Yes	2	No
6645-00-126-0286 - Stopwatch Remarks:	0:0	1:1	No	0	No
6685-01-590-1047 - Monitor, Heat Stress: Questemp 44 Remarks:	0:0	0:0	No	0	
6730-01-484-2886 - SCREEN,PROJECTION Remarks:	0:0	0:0	No	0	
6730-01-C15-8387 - Projector Overhead, Portable TY SZ STY : PT-F200U Panasonic Remarks:	1:36	0:0	No	0	No
6910-01-C05-2267 - Mat, Floor: Zebra Mats Z700 Remarks: The requirement is to have an 8' X 8' or 64 square feet of training space per Soldier.	23:18	0:0	No	0	No
6910-01-C05-3780 - Interval Timer, High Intensity: Pit Ring Remarks:	0:0	0:0	Yes	2	No
7210-00-081-1417 - Sheet, Bed Cotton White Remarks:	0:0	0:0	Yes	3	No
7240-00-098-3827 - Can, Military Remarks: One can per six students.	1:6	0:0	No	0	No
7330-00-781-3859 - Jug, Insulated, 5 Gallon Remarks:	0:0	0:0	Yes	6	No
7730-01-C91-4112 - Television LED HDTV, 26LD350, LG Electronics U.S.A. Inc. Remarks:	1:36	0:0	No	0	No
7810-01-078-5665 - Bag, Training, Boxer's, 14 Inch Diameter, 42 Inch Long, 70 Pounds Remarks:	1:2	0:0	No	0	No
7810-01-571-4668 - Mat, Mixed Martial Arts Remarks:	0:0	0:0	Yes	256	No

7810-01-C12-6454 - Gloves Boxing, Grant Hook & Loop Remarks:	1:3	0:0	No	0	No
7830-01-127-4181 - Mat, Wrestling, 42- 1/2 X 42-1/2 Foot Remarks:	0:0	0:0	Yes	25	No
7830-01-C16-4886 - Heavy Bag Freestanding, Functional: Everlast Commercial Heavy Bag Remarks:	1:12	0:0	No	0	No
8415-01-519-7772 - Groin Protector Remarks:	1:1	0:0	No	0	No
8415-01-520-7449 - Head Protection, Boxing Remarks:	1:1	0:0	No	0	No
8465-01-F00-4006 - Mitts, Punch - Modern Army Combatives Kit (MACK) Remarks:	1:3	0:0	No	0	No
<i>(Note: Asterisk before ID indicates a TADSS.)</i>					

Materials Required

Instructor Materials:

Lesson Plan, PowerPoint slides of content, Practical Exercise, Student Handouts as needed, visitor's folder, white board, dry erase markers, and references pertaining to this lesson plan.

Student Materials:

Lesson Plan, PowerPoint slides of content, Student Handouts as needed, and references.

Classroom, Training Area, and Range Requirements

<u>ID - Name</u>	<u>Quantity</u>	<u>Student Ratio</u>	<u>Setup Mins</u>	<u>Cleanup Mins</u>
17136BEL3-36 CRXXIB-EL3: Classroom XXI Automation-Aided Instructional Building Advanced Technology-Enhanced Level 3, 36 Persons Remarks: This classroom is located in building 933, on Main Post Fort Benning, GA.	1	0:0	0	0
85210-3700 Organizational Vehicle Parking, Paved, 3700 Square Yard Remarks: Parking used by Students, Instructors and Visitors.	1	0:0	0	0
17120-108630-36 General Instruction Building, 108630 Square Foot, 36 Persons Remarks: Briant Wells Fieldhouse building 933.	1	0:0	0	0

Ammunition Requirements

<u>DODIC - Name</u>	<u>Exp</u>	<u>Student Ratio</u>	<u>Instruct Ratio</u>	<u>Spt Qty</u>
None				

NOTE: Before presenting this lesson, instructors must thoroughly prepare by studying this lesson and identified reference material.

NOTE: Before presenting this lesson, instructors must thoroughly prepare by studying this lesson and identified reference material. To prevent injuries, the instructor must consider the following safety precautions before conducting Combatives training:

- a. Supervise all practical work closely and constantly. Never leave a group unsupervised.
- b. Familiarize the Soldiers with each maneuver by a complete explanation and demonstration before they attempt the moves.
- c. Do not allow the Soldiers to get ahead of the instruction.
- d. Ensure the training partner offers resistance, but allows the maneuver to be freely executed during the learning stages and while perfecting the techniques.
- e. Ensure there is adequate space between Soldiers during practical work, for example, allow at least an 8-foot square for each pair of Soldiers.
- f. Ensure that Soldiers empty their pockets, and remove their jewelry, and identification tags before training.
- g. Stress that only simulated strikes to vital points, such as the head, neck, and groin areas are to be executed.
- h. Ensure that Soldiers understand the use of both physical tapping and verbal signals to indicate to the partner when to stop the pressure in grappling and choking techniques.
- i. Make sure Soldiers warm up and stretch properly before practical work.
- j. Teach and practice fall before conducting throws.
- k. Ensure that the Soldier to be disarmed does not place his finger in the trigger guard during rifle and bayonet disarming.
- l. Make sure Soldiers keep scabbards on knives and bayonet firmly attached to rifles while learning bayonet disarming methods.
- m. use bayonet scabbards or rubber knives during knife disarming training.

NOTE: Two demonstrators a (Tactical or Master Trainer) will perform the technique at combat speed, assistant instructor must not allow student to get ahead.

NOTE: Instructors will immediately address any disrespectful behavior, unsportsmanlike conduct, or overly enthusiastic Soldiers during the practical exercises. While an increase in resistance creates more realistic training for the Soldiers, it can also lead to overly competitive displays of strength and frustration. Bruised egos, hurtful pride, and inexperience can all quickly become safety hazards in the classroom environment. To facilitate this, instructors should foster an environment of respect among Soldiers as well as exercise control while training.

NOTE: The most common injury in ground grappling occurs to the Soldier's ribs. The cause of these injuries is often improper transition from position to position. It must be stressed to students that while transitioning from one position to another, space between the Soldiers must be minimized. The Soldier moving to the dominant position must continually strive to stay tight to their training partner. Not only is this safer, but will preclude allowing space for the Soldier to escape the position.

General Lesson Guidance:

1. Two (Combative Master Trainers) or (Tactical Combative Instructor) will act as demonstrators and perform the techniques at combat speed.

2. The instructor will then talk the two demonstrators through the technique using the step-by-step method of instructions.

instructor will then talk the students through the technique using the step-by-step method of instructions.

3. The instructor will have the student pair up and "drill" the technique slowly, while observing the student pairs and illuminating any key points.

4. Review presentation and develop a list of questions to use during class.

5. Have on hand identified reference material linked to lesson plan.

6. Review and properly prepare conference / discussion material presented.

7. Ensure all equipment listed for this lesson plan (LP) is present, operable, and set up for use before class.

8. Refer to the practical exercise, Appendix C, of this lesson plan. If required, develop additional situations to use during the practical exercise.

9. PowerPoint users: Ensure the SLI file you are using has been called up using Microsoft PowerPoint Viewer and SLI / slide 1 is showing on the screen before class.

10. Whenever noted, slides are available to assist in explanation of task steps. Use slides as needed during class or practical exercise to reinforce training. The instructor may choose to use / not use the LP SLIs as developed, modify the existing SLIs content / order or insert new material as is necessary based on audience analysis to assist in Soldier learning. Changes must be annotated as a pen / ink changes on the vault file master LP, be approved through the Senior Instructor and 316th CAV Development Team notified. Content must support lesson objectives.

11. Whenever necessary, ask leading questions of Soldiers in order to prompt Soldier discussion.

12. Most materials associated with this LP are provided to resident AC Soldiers in digital format loaded on their school issued laptop computers unless stated in instructional notes. TASS BN instructors will have to issue all necessary materials to Soldiers in hard copy unless they have individual Soldier laptop / digital capability.

13. Encourage Students to relate their first hand experiences during the activities.

14. Facilitate this lesson using appropriate methodologies.

15. Control group activities using appropriate Instructor techniques.

Instructor will utilize the current OE, CALL Lessons Learned/ OIL to draw interest and apply relevance during their Instructional Lead in and to solicit feedback/ draw upon Soldiers' experiences.

Instructor will implement approved Lessons Learned that affect existing lesson plans and programs of instruction without resource implications (resource growth). These changes can be made to lesson plans and POIs by way of redlining the documents and updating lesson plans in the TDC database. Recommended changes will be forwarded to the MCoE Training Directorate in order to affect changes/updates to the POI for submission to TOMA, G3 TRADOC. This phase is conducted by the Squadron and followed up by the Brigade L2I representative to verify actions have been completed. For changes which require additional resources or growth, the Brigade will develop a rationale submission, and submit to DOTD to go through the MCoE resource approval process.

<http://call.army.mil>

This Lesson Supports the Course Outcome:

1. Illustrate the fundamentals of striking and stand-up fighting

2. Participate as assistant instructor for Basic Combatives Certification
3. Demonstrate the ability to exercise restraint while performing as punchers during Optin 3 drill
4. Plan, conduct and supervise company's Basic Competitive Events.
5. Advise command on increasing Combatives effectiveness within their units.

This lesson supports the following General Learning Outcome:

1. Soldiers and Civilians proficient in leader attributes and competencies.
2. Soldier and Civilians proficient in character, competence, and commitment as trusted Army Professionals.
3. Soldier and Civilians demonstrate proficiency in mission command philosophy.
4. Soldier and Civilians demonstrate capacity in creative-critical thinking.
5. Soldier and Civilians demonstrate proficiency in communications skills.
6. Soldier and Civilians demonstrate demonstrate proficiency in cultural awareness, cross cultural competencies in the strategic environment of 2025 and beyond.
7. Soldier and Civilians pursue Comprehensive Fitness/ Resiliency Skills and Performance Enhancement Skills.
8. Soldier and Civilians pursue Lifelong learning, self-assessment, and goal setting.
9. Soldier and Civilians support Army Policies, programs, and processes.
10. Soldier and Civilians are technically and tactically competent.

Consideration during Facilitations:

Keys to facilitation

A. Create action in the classroom

1. Avoid lecturing
2. Engage students in learning through activities

B. The classroom layout sets the tone

1. What layout is best for the desired setting?
 - a. Group work: tables and semi-private or secluded workspaces
 - b. Take focus off of the instructor and placed on the group but still allowing interaction with the instructor

C. Create expectation in students that they will participate in learning

1. This is difficult if students have been conditioned to be passive learners
 - a. Be patient and provide guidance and positive reinforcement
 - b. As students succeed they will change their expectations

D. Some will continue to want to be passive learners despite your best efforts – do not be discouraged, eventually they may participate or other students may influence them to participate

Tips for facilitating discussion:

1. Two demonstrators (Combatives Master Trainer)
2. The instructor will then talk the 2 demonstrators through the technique using the step-by-step method of instructions.
3. The instructor will then talk the students through the technique using the step-by-step method of instructions.
4. The instructor will have the student pair up and "drill" the technique slowly, while observing

- the student pairs and illuminating any key points.
5. Have on hand identified reference materials linked to the lesson plan.
 6. Review presentation and develop a list of questions to use during class.
 7. Review and prepare conference/discussion material presented.
 8. Ensure all equipment listed for this Lesson Plan (LP) is present, operable, and set up for use before class.
 9. PowerPoint users: Ensure the Instructor's file has been called up using Microsoft PowerPoint Viewer and Instructor/slide 1 is displayed on the screen before class.
 10. Whenever noted, slides are available to assist in explanation of task steps. Use slides as needed during class or practical exercise to reinforce training. The Instructor may choose to use/not use the LP SLIs as developed, modify the existing SLIs content/order or insert new material as is necessary based on audience analysis to assist in Soldier learning. Changes must be annotated as a pen/ink change on the vault file master LP, VIP LP, and Instructor LP.
 11. Whenever necessary, ask leading questions of Soldiers in order to prompt Soldier discussion.
 12. Most materials associated with this LP are provided to Soldiers in digital format loaded on their school issued CD and student handout unless stated within instructional notes. Instructor will have to issue all necessary materials to Soldiers in hard copy unless they have individual Soldier laptop/digital capability.
 13. Encourage Soldiers to relate their first hand experiences during the activities.
 14. Facilitate this lesson using Instructor's methodologies.
 15. Control group activities using Instructor's techniques.

**Proponent Lesson
Plan Approvals**

<u>Name</u>	<u>Rank</u>	<u>Position</u>	<u>Date</u>
Mark Fariello	Not available	Approver	30 Apr 2018

SECTION II. INTRODUCTION

Method of Instruction: Discussion (Small or Large Group)
Mode of Delivery: Resident Instruction
Instr Type (I:S Ratio): Military - ICH (1:12)
Time of Instruction: 10 mins

Motivator

Instructor will facilitate a brief Soldiers' discussion on the lesson plan motivator. A motivator can be in the form of a discussion, short demonstration, or video that should:

1. Provide relevance and significance to the lesson.
2. Gain Soldier's interest and focus the Soldier's on what they are to learn.
3. Explain why the Soldier's need to perform the learning objective and the consequences of nonperformance.
4. Explain the actual job or battlefield conditions that make mastering the terminal learning objective essential for the Soldiers.
5. Cadre will utilize OE, CALL Lesson Learned/OIL to draw interest and apply relevance.

Terminal Learning Objective

NOTE. Inform the students of the following Terminal Learning Objective requirements.

At the completion of this lesson, you [the student] will:

Action:	Apply Striking Skills Techniques
Conditions:	In a combative training facility, wearing the Modified PT Uniform, bare feet or wrestling shoes and proper protective equipment including standard head gear, mouth piece, groin protection, handwrap, and 16 oz gloves against a equally trained opponent.
Standards:	At the completion of this lesson, you (the students) will have correctly demonstrated proficiency of the following techniques as outlined in the following Enabling Learning Objectives (ELO)s. 1. Conduct Striking Movements 2. Conduct Arm Strikes 3. Conduct Kicking Strikes 4. Conduct Striking Skills Combinations
Learning Domain - Level:	Psychomotor - Precision
No JPME Learning Areas Supported:	None

Safety Requirements

Classroom:

1. There are no special safety considerations for this lesson. Instructors will use the facility Standing Operation Procedure (SOP) to provide a safety brief as part of the introduction. Soldiers will react to any emergency situation In Accordance With (IAW) the facility SOP.
2. In the event of a fire, Soldiers will exit the classroom in an orderly manner (last one out closes the door); meet at the location the Primary Instructor has designated; class leader will

hold an accountability formation and report his findings to Primary Instructor.

3. In the event of severe weather or tornado, Soldiers will exit the classroom in an orderly manner; move to the location the Primary Instructor has designated (basement or center of building); class leader will hold an accountability formation and report his findings to Primary Instructor.

Field:

1. Soldiers will be given a safety brief. Seasonal conditions affecting weather, daylight, and night will affect maneuver and Training.
2. Risk assessment level will be determined by the Instructor in the field IAW applicable MCoE Policies and the approved DD Form 2977 (Deliberate Risk Assessment Worksheet) SEP 2014.
3. Senior Instructor will conduct a daily risk assessment IOT identify changed conditions.

Risk Assessment Level

Medium - The operations officer, in cooperation with the principal instructor, will prepare a risk assessment using the before, during, and after checklist and the risk assessment matrixes contained in Risk Management ATP 5-19.

Assessment: NONE

Controls: NONE

Leader Actions: Safety briefing to all students.

Environmental Considerations

NOTE: Instructor should conduct a risk assessment to include environmental considerations IAW the current environmental considerations publication, and ensure students are briefed on hazards and control measures.

This statement is automatically placed in environment:

NOTE: Instructor should conduct a Risk Assessment to include Environmental Considerations IAW FM 3-34.5, Environmental Considerations {MCRP 4-11B}, and ensure students are briefed on hazards and control measures.

Based on its commitment to environmental protection, the Army will conduct its operations in ways that minimize environmental impacts. It is the responsibility of all Soldiers, DA civilians and Government Contractors to protect the environment from damage.

Instructional Lead-in

In this lesson you will learn how to apply Tactical Striking Techniques effectively and how to move as to control the range at which you are throwing these strikes. With combinations and counter strikes you will be able to properly fight an opponent and finish the fight on your feet, if the situation deems it so.

1. The instructor will verify the classrooms, ranges and/or training areas have been scheduled.
2. The instructor will ensure all training materials, equipment is available and operational. Ensure that there is adequate space between Soldiers during all practical work (i.e., allow at least an 8-square-foot training space for each Soldier).
3. The instructor will set-up the classroom, range and/or training area at a minimum of 30 minutes prior to the start of training.
4. Instructor will identify the technique to present and paraphrase the instructional lead-in.

5. Two demonstrators (Combatives Master Trainers or Tactical Combatives Instructor qualified) will perform the technique at combat speed.
6. The instructor will then talk the demonstrators through the technique using the step-by-step method of instructions.
7. The instructor will then talk the students through the technique using the step-by-step method of instructions.
8. The instructor will have the student pairs "drill" the technique slowly, while observing the student pairs and illuminating any key points. Do not allow Soldiers to get ahead of the instruction.
9. As needed, the instructor will repeat steps three and four until students are proficient at the technique.

SECTION III. PRESENTATION

NOTE: Inform the students of the Enabling Learning Objective requirements.

A. ENABLING LEARNING OBJECTIVE

ACTION:	Conduct Striking Movements
CONDITIONS:	In a combative training facility, wearing the Modified PT Uniform, bare feet or wrestling shoes and proper protective equipment including standard head gear, mouth piece, groin protection, handwrap, and 16 oz gloves against a equally trained opponent.
STANDARDS:	At the completion of this lesson, you (the students) will have correctly demonstrated proficiency of the following techniques as outlined in the following Learning Step Activity (LSA)s. 1. Employ Basic Footwork 2. Employ Weight Shift Drill
LEARNING DOMAIN - LEVEL:	Psychomotor - Precision
No JPME LEARNING AREAS SUPPORTED:	None

ELO A - LSA 1. Learning Step / Activity ELO A - LSA 1. Employ Basic Footwork

Method of Instruction: Drill and Practice

Mode of Delivery: Resident Instruction

Instr Type (I:S Ratio): Military - ICH (1:12)

Time of Instruction: 30 mins

Media Type: Unassigned

Other Media: Unassigned

Security Classification: This course/lesson will present information that has a Security Classification of: FOUO – For Official Use Only.

Objectives:

1. Understand the proper procedures and techniques in employing Basic Footwork.
2. Demonstrate the proper procedures and techniques in employing Basic Footwork.

A. BASIC FOOTWORK

Before effective strikes can be launched, a Soldier must have a solid base, as well as the ability to move while both attacking and defending.

NOTE: When training basic footwork, begin with movement in the four cardinal directions. Leading with the wrong foot will cause crossing of the feet and imbalance in the stance. Movements should be short, with four to six inch increments. Note that lead and trail feet are different for left- and right-handed Soldiers.

B. MOVING FORWARD

Step forward with the lead foot, and drag the trail foot the same distance. Stay balanced on the balls of the feet, with the heels slightly raised. Keep a good fighter's stance.

C. MOVING BACKWARD

Step backward with the trail foot, and drag the lead foot the same distance. Stay balanced on the balls of the feet, with the heels slightly raised. Keep a good fighter's stance.

D. MOVING RIGHT

Step to your right with your right foot, and drag your left foot. Stay balanced on the balls of the feet, with your heels slightly raised. Keep a good fighter's stance.

E. MOVING LEFT

Step to your left with your left foot, and drag your right foot. Stay balanced on the balls of the feet, with your heels slightly raised. Keep a good fighter's stance.

F. MOVING DIAGONALLY

When moving diagonally, the foot that moves first will be the foot closest to the direction you are moving. The guiding factor is that you should never cross your feet.

NOTE: Instructors should ensure Soldiers do not cross their feet during the footwork drills.

Check on Learning:

Assess the Soldiers developing (skills/knowledge/situational awareness) by observation, question and Soldier explanations.

Review Summary:

Facilitate brief discussion with students to determine if lesson objectives/concepts have been covered.

ELO A - LSA 2. Learning Step / Activity ELO A - LSA 2. Employ Weight Shift Drill

Method of Instruction: Drill and Practice

Mode of Delivery: Resident Instruction

Instr Type (I:S Ratio): Military - ICH (1:12)

Time of Instruction: 30 mins

Media Type: Unassigned

Other Media: Unassigned

Security Classification: This course/lesson will present information that has a Security Classification of: FOUO – For Official Use Only.

Objectives:

1. Understand the proper procedures and techniques in employing Weight Shift Drill.
2. Demonstrate the proper procedures and techniques in employing Weight Shift Drill.

NOTE: Weight Shift is the key to generating punching power.

A. The Soldier stands with both feet on the ground and the Soldier distributes their

weight evenly on both feet.

B. The Soldier then shifts their body weight to one foot then pivots the other leg on the ball of the foot. The Soldier turns their heel out and moves their knee in and down, then turns their hips, mid-section and upper body as one unit toward the weighted leg.

NOTE: The Soldier should keep their knees bent throughout the movement.

C. The Soldier turns their body to its original position, then the Soldier shifts their weight onto the other leg. The Soldier repeats the process but uses the other leg and turns in the opposite direction. The Soldier repeats this process several times, while learning to shift their weight and pivot smoothly.

Check on Learning:

Assess the Soldiers developing (skills/knowledge/situational awareness) by observation, question and Soldier explanations.

Review Summary:

Facilitate brief discussion with students to determine if lesson objectives/concepts have been covered.

CHECK ON LEARNING (ELO A):

Assess the Soldiers developing (skills/knowledge/situational awareness) by observation, question and Soldier explanations.

REVIEW SUMMARY(ELO A):

Facilitate brief discussion with students to determine if lesson objectives/concepts have been covered.

B. ENABLING LEARNING OBJECTIVE

ACTION:	Conduct Arm Strikes
CONDITIONS:	In a combative training facility, wearing the Modified PT Uniform, bare feet or wrestling shoes and proper protective equipment including standard head gear, mouth piece, groin protection, handwrap, and 16 oz gloves against a equally trained opponent.
STANDARDS:	<p>At the completion of this lesson, you (the students) will have correctly demonstrated proficiency of the following techniques as outlined in the following Learning Step Activity (LSA)s.</p> <ol style="list-style-type: none">1. Employ Arm Strike Attacks2. Employ Arm Strike Defense
LEARNING DOMAIN - LEVEL:	Psychomotor - Precision

No JPME LEARNING AREAS SUPPORTED:	None
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ELO B - LSA 1. Learning Step / Activity ELO B - LSA 1. Employ Arm Strike Attacks

Method of Instruction: Drill and Practice

Mode of Delivery: Resident Instruction

Instr Type (I:S Ratio): Military - ICH (1:12)

Time of Instruction: 1 hr 30 mins

Media Type: Unassigned

Other Media: Unassigned

Security Classification: This course/lesson will present information that has a Security Classification of: FOUO – For Official Use Only.

Objectives:

1. Understand the proper procedures and techniques in employing Arm Strikes.
2. Demonstrate the proper procedures and techniques in employing Arm Strikes.

A. JAB

The jab is thrown with the lead hand and is used for controlling the range and setting up further techniques.

1. Soldier begins in the Fighter's Stance.
2. Soldier slightly bends the lead knee and pushes it forward of their toe. At the same time, Soldier pushes with the rear leg and slightly twists their torso.

NOTE: Soldiers should keep their lead heel on the ground and not bend at the waist.

3. Soldier extends their lead arm.

NOTE: When executing straight punches (Jab/Cross), Soldiers move their fist in a straight line directly from its defensive position to the target. Soldiers maintain a defensive position with their rear hand while they throw the jab. Do not flail the elbow, but use it as a hinge. At the point of impact, twist the fist to land the blow with the palm facing down striking with the first two knuckles, throw the jab at eye-level or above.

4. Soldier returns their fist to its defensive position.

B. CROSS

The cross is a power punch thrown from the rear arm. It is often set up by the jab or thrown in a combination.

1. Soldier begins in the Fighter's Stance.
2. Soldier transitions their weight to the lead leg and pivots on the ball of their trail foot until your hips and shoulders are positioned 45 degrees past the enemy combatant.

NOTE: Soldiers should bend the knee of their trail leg, and position it facing inward with their heel turned out.

3. Soldier rotates their arm so that they strike with the knuckles up and palm facing down.

NOTE: Throw the punch straight out from the face and do not flail the elbow out to the side. Keep the lead hand up in a defensive position to protect the opposite side of your head, and move the trail shoulder up to protect the near side.

4. Soldier returns the trail hand into a defensive position.

C. HOOK

The hook is a power punch that is usually thrown from the lead arm but in practice can be thrown from either side. It is very powerful and works well in combinations. One of its main advantages is that it can be fully executed outside of the enemy combatant's field of vision. Soldiers often confuse the hook with a looping arm punch or haymaker. In reality, a powerful hook does not involve very much arm movement and instead generates its power from the Soldier's leg, hip, and shoulder movement. It is often thrown after the cross, as the body's weight has been shifted forward and can be redistributed toward the trail leg during this punch.

1. Soldier begins in the Fighter's Stance.

2. Soldier shifts their weight onto the lead foot and shifts his weight back to the rear foot while simultaneously pivoting on the lead foot.

NOTE: Soldiers should turn their hips and shoulders (toward the inside), and rotate the heel of the lead foot to the front.

NOTE: Soldiers should plant their trail foot to prevent over-rotating during the Hook.

3. Soldier raises their elbow as they turn so that their punch lands with the lead arm parallel with the ground and their palm facing toward their chest or the ground.

NOTE: Keep the trail foot planted and the trail hand in a defensive position covering the face.

4. Soldier tucks their elbow back into their side and turns their shoulders.

NOTE: Ensure students strike with the first two knuckles to prevent injury when the palm is down.

D. UPPERCUT

The uppercut is effective against an enemy combatant who crouches or tries to avoid a

clinch. The Soldier can throw this strike with the lead hand or the trail hand.

a. LEAD HAND

1. Soldier begins in the Fighter's Stance.
2. Soldier turns their hips and shoulders slightly to face the enemy combatant.

NOTE: Soldier dips their lead shoulder downward, and bends their knees.

3. Soldier keeps their elbow tucked in and drives off of their lead leg to land the punch.

NOTE: Keep the palm facing up and the wrist straight and firm. Keep the trail hand in a defensive position covering the face.

4. Soldier returns to the Fighter's Stance.

b. TRAIL HAND

1. Soldier begins in the Fighter's Stance.
Begin in the fighter's stance. Turn your hips and shoulders slightly to face the enemy combatant. Dip your rear shoulder downward, and bend your knees.
2. Soldier turns their hips and shoulders slightly to face the enemy combatant.

NOTE: Soldier dips their trail shoulder downward, and bends their knees.

3. Soldier keeps their elbow tucked in and drives off of their trail leg to land the punch.

NOTE: The Soldier's arm will be slightly more extended than the lead hand punch. Keep the lead hand in a defensive position covering the face.

4. Soldier returns to the Fighter's Stance.

Check on Learning: Assess the Soldiers developing (skills/knowledge/situational awareness) by observation, question and Soldier explanations.

Review Summary: Facilitate brief discussion with students to determine if lesson objectives/concepts have been covered.

ELO B - LSA 2. Learning Step / Activity ELO B - LSA 2. Employ Arm Strikes Defense

Method of Instruction: Drill and Practice

Mode of Delivery: Resident Instruction

Instr Type (I:S Ratio): Military - ICH (1:12)

Time of Instruction: 1 hr

Media Type: Unassigned

Other Media: Unassigned

Security Classification: This course/lesson will present information that has a Security Classification of: FOUO – For Official Use Only.

Objectives:

1. Understand the proper procedures and techniques in employing Arm Strikes Defense.
2. Demonstrate the proper procedures and techniques in employing Arm Strikes Defense.

Jab, Cross-Front Cover, Hook-Rear Cover, Uppercut

There are two methods to defend the jab: catch and slip. When fighting against a matching lead, the easiest is to catch the punch.

A. Jab

1. To catch a jab thrown at their face, the Soldier turns the palm of their same side hand toward their enemy's punch and catches it keeping their hand near their face.

NOTE: The Soldier does not reach for the punch as this will give their enemy an opportunity to land a hook.

2. To slip a jab, the Soldier moves slightly outside of the punch of the incoming jab so that it either barely misses or strikes only a glancing blow

B. Cross, Front Cover

This technique enables the Soldier to defend the cross without moving their head.

1. When the enemy throws a cross, the Soldier slightly raises their same-side hand and brings it near their forehead, and keeps their chin tucked.
2. The fighter uses their body particularly their knees to absorb the impact of the strike by being supple and giving some when the punch lands on their arm.

NOTE: The Soldier should not put their head down or bend at the waist.

C. Hook, Rear Cover

This technique enables the Soldier to defend the hook without moving their head.

1. The Soldier establishes the rear cover by bringing their same-side hand to cover up the side of his face from the side of the punch is being thrown.

NOTE: The Soldier keeps their rear elbow tight to cover their ribs.

2. The Soldier bends slightly at the knees to absorb some of the impact of the strike.

NOTE: The Soldier keeps a straight trunk and avoids putting their head down.

D. Uppercut

There are two methods to defend the uppercut: cover and catch. The easiest way is to bring the elbows in tight to cover, although this does not leave the Soldier in a very good position to counter with their own punches. The more difficult way, and yet more effective once mastered is to catch the incoming uppercut. This method leaves the Soldier in a much better position to throw punches and regain the initiative.

Cover

The Soldier assumes the fighter's stance with both hands covering their face, the Soldier brings both elbows in tight to their front and allows the punch to slide up their arm and past their head.

NOTE: The Soldier avoids bending forward at the waist during the Cover and Catch.

Catch

The Soldier assumes the fighter's stance with both hands covering their face, then turns their same side hand down.

Check on Learning:

Assess the Soldiers developing (skills/knowledge/situational awareness) by observation, question and Soldier explanations.

Review Summary:

Facilitate brief discussion with students to determine if lesson objectives/concepts have been covered.

CHECK ON LEARNING (ELO B):

Assess the Soldiers developing (skills/knowledge/situational awareness) by observation, question and Soldier explanations.

REVIEW SUMMARY(ELO B):

Facilitate brief discussion with students to determine if lesson objectives/concepts have been covered.

C. ENABLING LEARNING OBJECTIVE

ACTION:	Conduct Kicking Strikes
CONDITIONS:	In a combative training facility, wearing the Modified PT Uniform, bare feet or wrestling shoes and proper protective equipment including standard head gear, mouth piece, groin protection, handwrap, and 16 oz gloves against a equally trained opponent.

STANDARDS:	At the completion of this lesson, you (the students) will have correctly demonstrated proficiency of the following techniques as outlined in the following Learning Step Activity (LSA)s. 1. Employ Striking Kicks 2. Employ Striking Kicks Defense
LEARNING DOMAIN - LEVEL:	Psychomotor - Precision
No JPME LEARNING AREAS SUPPORTED:	None

ELO C - LSA 1. Learning Step / Activity ELO C - LSA 1. Employ Striking Kicks

Method of Instruction: Drill and Practice

Mode of Delivery: Resident Instruction

Instr Type (I:S Ratio): Military - ICH (1:12)

Time of Instruction: 1 hr

Media Type: Unassigned

Other Media: Unassigned

Security Classification: This course/lesson will present information that has a Security Classification of: U - Unclassified.

Objectives:

1. Understand the proper procedures and techniques in employing Striking Kicks.
2. Demonstrate the proper procedures and techniques in employing Striking Kicks.

Students will employ the following striking kicks: Round kick, Switch kick and the Push kick (Teep).

A. Round Kick

The round kick is a powerful strike that is used against an enemy's legs, ribs or head. It is normally thrown as part of a combination following the jab or hook in a traditional stance.

1. The Soldier pushes off on the ball off of their trail leg foot and then steps somewhat toward the target and laterally to the outside with their lead leg. The Soldier transitions their body weight toward the ball of their lead foot keeping their lead knee slightly bent.

NOTE: Always remember that punches beat kicks, and the enemy is likely to close the range and strike the Soldier.

2. The Soldier begins rotating their lower body into the direction of the kick, simultaneously bringing their lead hand around to cover any exposed portions of their head. The Soldier transitions their trail hand down and around as a counter balance to the rotation of their kick. The Soldier rotates their body through the target leading with the hip, followed by the trail shoulder (keeping the trail shoulder high to help block their

face). The Soldier whips the bent trail leg through the target, making contact with the enemy with the last couple inches of shin bone just above their foot.

Warning: Kicking with the instep of the foot, toes or top of the foot will often result in broken bones of the foot.

NOTE: When targeting their enemy's leg the fighter aims below the hipbone at the quadriceps, the calf or the sides of back of the knee joint. The Soldier throws these kicks and kicks to the enemy's head in an arch (the shin lands in a downward motion) to avoid the check.

NOTE: When targeting their enemy's ribs the Soldier aims above the hipbone at the lower portion of the ribcage. The Soldier throws this kick as a rising kick to avoid colliding with the arm covering the ribcage.

B. Switch Kick

The switch kick is a fast powerful kick thrown to an enemy's legs, torso, or head. It can be thrown as part of a combination following the cross or singularly in the case of a cut kick.

NOTE: When targeting their enemy's leg the Soldier aims below the hip bone at the quadriceps, the calf, or the sides or back of the knee joint. The Soldier should throw this kick in an arch so that the shin lands in a downward motion to avoid the check. When targeting the enemy's ribs the Soldier aims above the hip bones at the lower portion of the ribcage. This kick will be thrown as a rising kick to avoid colliding with the arm covering the rib cage.

1. The Soldier starts from a fighter's stance with dominant side foot trailing and the non-dominant side slightly forward, he then steps offline with the trail leg by pushing off the ball of the lead foot, then stepping toward the target and laterally in the direction of the kick.

2. The Soldier transitions their bodyweight toward the ball of their dominant foot. The Soldier bends their dominant knee and rotates their lower body into the direction of the kick. The Soldier brings their dominant hand around to cover any exposed portion of their head and transitions their non-dominant hand down as a counterbalance to the rotation of the kick.

The Soldier rotates their body through the target, leading with their hip followed by the non-dominant shoulder. The Soldier keeps the non-dominant shoulder high to help block their face. The Soldier whips their non-dominant leg through the target making contact with their enemy with the last couple inches of shin bone just above the foot.

*****Warning: Kicking with the instep of the foot, toes or top of the foot will often result in broken bones of the foot.**

C. Push Kick (Teep)

The Push kick is used to create range or beat the enemy's leg kick. It is often followed by a Jab and a Cross when thrown as part of a combination. The Push kick is a pushing type kick thrown with either leg, depending on the range to your enemy and the action required.

1. After the Soldier establishes the appropriate range to their enemy, the Soldier lifts the knee of their kicking leg straight up, while keeping their back straight. Simultaneously, the Soldier thrusts their hips forward (this is where the power of the kick comes from), and straightens their leg at the knee. The Soldier kicks the target with the bottom of the foot.
2. To create range, the Soldier kicks their enemy in the torso or face then aims at the enemy's center of mass to avoid having their foot slip to the left or right.

Check on Learning: Assess the Soldiers developing (skills/knowledge/situational awareness) by observation, question and Soldier explanations.

Review Summary: Facilitate brief discussion with students to determine if lesson objectives/concepts have been covered.

ELO C - LSA 2. Learning Step / Activity ELO C - LSA 2. Employ Striking Kicks Defense

Method of Instruction: Drill and Practice

Mode of Delivery: Resident Instruction

Instr Type (I:S Ratio): Military - ICH (1:12)

Time of Instruction: 1 hr

Media Type: Unassigned

Other Media: Unassigned

Security Classification: This course/lesson will present information that has a Security Classification of: FOUO – For Official Use Only.

Objectives:

1. Understand the proper procedures and techniques in employing Striking Kicks Defense.
2. Demonstrate the proper procedures and techniques in employing Striking Kicks Defense.

Students will learn the following Striking Kicks Defense: Evading a Kick, Beating a Kick, Catch a Kick, and Checking a Kick.

A. Evading a Kick

When an enemy attempts to initiate a kick the Soldier can evade the kick.

The Soldier executes a quick rearward movement to get out of range of the strike, then the Soldier immediately reestablishes a good Fighter's Stance or counter-strikes to avoid the additional punches and kick combinations.

B. Beating the Kick

Beating the kick requires a good read of the enemy's body language. The enemy's ability to land an effective kick depends on having the appropriate range to strike with the lower portion of the leg.

NOTE: Do not cross legs when moving.

1. The Soldier closes the range to the enemy so the kick will be ineffective.
2. The Soldier immediately pushes forward on the ball of their trail foot, and steps forward with their lead foot and delivers a punch to their enemy's face.

C. Stopping a Kick

The kick can be stopped using either the cut kick or the push kick.

Cut Kick

When the enemy steps off-line to deliver the round kick it leaves the inside of their lead leg exposed. The Soldier throws the cut kick to the inside of their enemy's lead calf, knocking the enemy off-balance causing them to abandon the kick.

Push Kick

When the enemy steps off-line to kick the Soldier aims the push kick at their enemy's hip on the side of the body that the kick originates from.

NOTE: This kick must occur in a rapid sequence and is often thrown with the lead leg.

D. Catch a Kick

Catching a kick is an available option, especially for lazy or half-hearted kicks and particularly when they have not been set up with good punches.

1. The Soldier closes the distance by stepping forward with their lead leg and bending at the knee so that when the kick lands, it will slide up their lead leg.
2. The Soldier secures an overhook around their enemy's leg with their own arm on the same side.
3. The Soldier then throws a cross and performs the takedown.

E. Checking a Kick

As a kick defense, checking is the least desirable course of action; however, this technique is frequently used especially against well-thrown or well-setup kicks.

1. The Soldier lifts their targeted leg skyward, with the shin facing slightly outward to meet the kick.
2. The Soldier then keeps the foot of the targeted leg parallel to the ground as the Soldier raises their leg they check the kick, and lower their leg so that if they have a solid platform when they put their foot on the ground.
3. Immediately following the check, the Soldier plants their feet and fires a cross at their enemy and as their enemy may be somewhat off balance.

NOTE: The Soldier does not attempt to check the kick with hand or arms as this will expose their head for strikes.

Caution: Be aware that checking an enemy's kick will result in shin-to-shin contact, and can cause some pain and damage.

Check on Learning: Assess the Soldiers developing (skills/knowledge/situational awareness) by observation, question and Soldier explanations.

Review Summary: Facilitate brief discussion with students to determine if lesson objectives/concepts have been covered.

CHECK ON LEARNING (ELO C): Assess the Soldiers developing (skills/knowledge/situational awareness) by observation, question and Soldier explanations.

REVIEW SUMMARY(ELO C): Facilitate brief discussion with students to determine if lesson objectives/concepts have been covered.

TLO - LSA 1. Learning Step / Activity TLO - LSA 1. Employ Punching Combinations

Method of Instruction: Drill and Practice

Mode of Delivery: Resident Instruction

Instr Type (I:S Ratio): Military - ICH (1:12)

Time of Instruction: 1 hr 30 mins

Media Type: Unassigned

Other Media: Unassigned

Security Classification: This course/lesson will present information that has a Security Classification of: U - Unclassified.

Objectives:

1. Understand the proper procedures and techniques in employing Punching Combinations.
2. Demonstrate the proper procedures and techniques in employing Punching Combinations.

NOTE 1: Safety equipment should be used appropriately - to prevent injury, not pain. Overpadding during training will cause unrealistic responses on the battlefield, which can endanger Soldier's lives.

NOTE 2: The Soldier always completes the combination using a Jab Out "Shadow boxing" by moving in any direction away from the enemy while executing a jab to control the range.

NOTE 3: Strikes must be thrown in combinations to be effective and practicing these combinations enables the Soldier to correct their technical mistakes with a proficient opponent.

NOTE 4: Punching combinations must be practiced until they become a Soldier's natural pattern of movement. When learning the basic combinations, Soldier should return each hand to a defensive posture after it is used. When a Soldier is within punching range, so is their opponent; therefore, Soldiers should make good defense an integral part of their offense.

***Caution: When a holder is using traditional boxing mitts, the holder should turn their wrist up or down when throwing a jab. The edge of the mitts can be hard. A Soldier should anchor their chin to their chest during this exercise. Lifting the chin exposes a vulnerable area to strikes.**

The basic combinations for ease of learning are as follows.

1. Jab, Cross, and Hook
2. Jab, Cross; Jab, Cross; Jab, Cross (advancing to the head)
3. Jab, Cross, Low-Hook to the body; Hook
4. Cross, Hook, Cross
5. Jab, Jab, Jab, Hook, and Cross

Check on Learning:

Assess the Soldiers developing (skills/knowledge/situational awareness) by observation, question and Soldier explanations.

Review Summary:

Facilitate brief discussion with students to determine if lesson objectives/concepts have been covered.

SECTION IV. SUMMARY

Method of Instruction:	Discussion (Small or Large Group)
Mode of Delivery:	Resident Instruction
Instr Type(I:S Ratio):	Military - ICH (1:12)
Time of Instruction:	10 mins

Check on Learning

Assess the Soldiers developing (skills/knowledge/situational awareness) by observation, question and Soldier explanations.

Review/ Summary

Facilitate brief discussion with students to determine if lesson objectives/concepts have been covered.

SECTION V. STUDENT EVALUATION

Testing Requirements

1. This lesson plan will be informally assessed/evaluated during class using checks on learning such as questions and answers and a practical exercise that is performance based.
2. This lesson plan will be formally assessed/evaluated in (FRBB012), and in accordance with the Individual Student Assessment Plan (ISAP). See training schedule for time.
3. Evaluation determines whether a standard was met; success or failure
4. Assessment provides feedback on performance; Strengths, Areas of Improvement, and Insights

Feedback Requirements

Feedback is essential to effective learning. Instructor will give formative verbal feedback to students throughout the lesson. Schedule and provide feedback on the assessment/evaluation and any information to help answer Soldiers questions about the training exercise.

Appendix A - Viewgraph Masters

Striking Techniques (Tactical)
071-FRGBB001 / Version 02.0 ©

Sequence	Media Name	Media Type
None		

Appendix B - Assessment Statement and Assessment Plan

Assessment Statement: None.

Assessment Plan: None.

Appendix C - Practical Exercises and Solutions

PRACTICAL EXERCISE(S)/SOLUTION(S) FOR LESSON 071-FRGBB001 Version 02.0 ©

Appendix D - Student Handouts

Striking Techniques (Tactical) 071-FRGBB001 / Version 02.0 ©

Sequence	Media Name	Media Type
None		