



U.S. Marine Combat Conditioning

United States Marine Corps.

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U.S. Marine Combat Conditioning is a complete reproduction of the combat conditioning program that was completed by all World War II-era Officer Candidates while at OCS in Quantico, Virginia. Combat Conditioning is defined as the physical and mental conditioning of individual Marines for hand-to-hand combat and is an essential part of the progressive training of all Marines. In addition to conditioning the Marines physically, the program is designed to help them overcome inhibitions toward physical contact. The goal is not only to gain physical strength, agility, and endurance but also to develop confidence as a hand-to-hand fighter both with and without weapons. Additionally, this manual serves as the guide for individual Marine units when establishing their own combat conditioning programs.

An invaluable part of U.S. military history, the lessons remain relevant even to-day. With over 200 photographs, *U.S. Marine Combat Conditioning* demonstrates—in vivid detail—the exercises and training techniques used by marines to prepare for combat as well as their proper application. The program incorporates mass physical drills, competitive games and exercises, and specially designed obstacle and assault courses. In addition to the rigorous physical training, it includes combat instruction in judo as well as the use of knives, bayonets, clubs, silent weapons, and pistols.

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Mark Logan:

A lot of people always spent all their free time to vacation or maybe go to the outside with them family or their friend. Were you aware? Many a lot of people spent many people free time just watching TV, or even playing video games all day long. If you need to try to find a new activity that's look different you can read the book. It is really fun in your case. If you enjoy the book which you read you can spent the whole day to reading a book. The book U.S. Marine Combat Conditioning it is extremely good to read. There are a lot of folks that recommended this book. These were enjoying reading this book. If you did not have enough space to create this book you can buy the actual e-book. You can m0ore quickly to read this book from your smart phone. The price is not very costly but this book possesses high quality.

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This U.S. Marine Combat Conditioning is great reserve for you because the content which is full of information for you who all always deal with world and possess to make decision every minute. This kind of book reveal it info accurately using great arrange word or we can point out no rambling sentences inside it. So if you are read that hurriedly you can have whole data in it. Doesn't mean it only gives you straight forward sentences but tricky core information with attractive delivering sentences. Having U.S. Marine Combat Conditioning in your hand like having the world in your arm, data in it is not ridiculous one particular. We can say that no reserve that offer you world inside ten or fifteen small right but this book already do that. So , this is good reading book. Heya Mr. and Mrs. busy do you still doubt which?

Shawn Stoltzfus:

In this time globalization it is important to someone to acquire information. The information will make you to definitely understand the condition of the world. The health of the world makes the information easier to share. You can find a lot of sources to get information example: internet, classifieds, book, and soon. You can view that now, a lot of publisher which print many kinds of book. The particular book that recommended for you is U.S. Marine Combat Conditioning this reserve consist a lot of the information in the condition of this world now. This particular book was represented how can the world has grown up. The language styles that writer make usage of to explain it is easy to understand. Typically the writer made some investigation when he makes this book. Honestly, that is why this book acceptable all of you.

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