FAST Company Marines train, learn new combat techniques

Lance Cpl. Dale Sherrill throws Lance Cpl. Aaron Saldana to the ground during a recent Marine Corps Martial Arts Program training course that prepares the Marines for possible situations they could face. The 25-hour course is spread over several days and focuses on instilling a warrior spirit in the Marines.

Story and photo by Joe Schmitt, CFAY Public Affairs

Marines of Fleet Anti-Terrorism Security Team (FAST) Bravo stationed on Commander Fleet Activities Yokosuka (CFAY) recently learned new combat techniques as part of their regular training within Marine Corps Martial Arts Program (MCMAP) course that lasts 25 training hours and will finish in the spring.

"MCMAP is designed as a way of building a warrior mentality for fighting. It's a basic introduction to more advanced techniques," said Cpl. Derrrick Kee, 3rd Squad Leader and Martial Arts Instructor (MAI) for FAST company. "There are different belt levels and MAI's like me are tan tabs. We are working to instill a warrior spirit in our Marines."

The belt progression through MCMAP goes; tan, gray, green, green with tan tab for instructors, brown belt, brown with tan tab for instructors, black belt, black belt with tan tab for instructors, and black with red tab as trainers for black belt instructors.

"Marines move up in belts by going through this and other MCMAP trainers. Today we are focused on learning close quarters and hand-to-hand combat. It's not the best situation to find yourself in but, we want to prepare the mind as much as possible," said Kee.

The drills performed on the grass fields near the Berkey Sports and Fitness complex centered around dealing with an adversary that was wielding a "weapon of opportunity." Such a weapon is anything that can be picked up and use to hit or throw at one of the Marines.

"If someone had a knife or a broken bottle, we are training them [the students] how to use counter strikes to deal with that situation," said Cpl. Brandon Baggett, FAST Company team leader and MCMAP instructor.

The Marines blocked an incoming attack and then use a strike or grapple to subdue the enemy with a non-lethal assault. The mix of different ways of fighting is familiar to some of the Marines who have backgrounds in Muay Thai, kickboxing, boxing or karate.

"We want the to increase the number of tools they have in their toolboxes," said Baggett. "Situations can change and we want them to have the best preparation so they can respond to whatever is in that environment."

Going through the active physical portion of the training is only one portion of the training.

"We also do a martial cultural study, since we are in Japan we are going to do ours on the samurai. Then we do a warrior case study. It's usually on a medal of honor recipient from the Marine Corps," said Kee. "We take that information and use it to improve what we've learned from the rest of the MCMAP training."

When the Marines finish their training they will be a step closer to receiving their next belt. Baggett explained that their training never really ends because they will always strive to improve on what they know to be ready for where the Marine Corps will need them to go next.

Sailors encouraged to maintain Family Care Plan

By MC3 Andrea Perez,
Navy Personnel Command Public Affairs

MILLINGTON, Tenn. – In support of mission readiness and worldwide deployability in the new year, Navy officials remind Sailors of the importance of maintaining a current Family Care Plan.

"A Family Care Plan benefits Sailors by allowing them to have instructions in place to take care of family members who are unable to care for themselves," said Bill Harris, Family Care Plan program manager. "A detailed plan also ensures Navy personnel can fulfill their military duties, including deployments, normal and extended work hours, temporary assigned duty, weekend duty and more."

A Family Care Plan is a group of documents, including a Family Care Certificate (NAVPERS 1740/6), Family Care Plan Arrangements (NAVPERS 1740/7), and legal documents such as custody or separation agreements, custody and support orders, divorce decrees or related written agreements.

"A good Family Care Plan takes care of Sailors and family members, and contributes to commands being fully mission ready," said Harris.

Formal documentation of a Family Care Plan is required under any of the following conditions:

• A Sailor with primary or shared physical custody of a minor child or children who is not married to the other natural or adoptive parent of the minor child or children.

• Both members of a married dual-military couple where one or both have primary or shared physical custody of a minor child or children.

• Sailors who are legally responsible for an adult family member who is incapable of providing for themselves in the absence of the Sailor.

• Certain family circumstances or other personal-status changes resulting in a Sailor becoming legally and primarily responsible for the care of another person.

"Sailors must submit a new or updated Family Care Plan upon reporting to a new duty station, change in caregiver circumstances, or change in personal or family circumstances, such as birth or adoption of a child, or assumption of sole care for an elderly or incapacitated family member," said Harris. "Failure to maintain an adequate Family Care Plan may result in administrative separation from the Naval service."

More information can be found in the Family Care Plan instruction, OPNAVINST 1740.4D.

Support for caregivers designated in Family Care Plans is available Navy-wide through Fleet and Family Service Centers, Navy-Marine Corps Relief Society, Military One Source, base Child Development Centers, Navy Operational Support Centers and community and family support groups.