

## MARTIAL ARTS DUMMIES



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The Marine Corps Martial Arts Program (MCMAP, / m k m p /) is a combat system developed by the United States Marine Corps to combine existing and new hand-to-hand and close quarters combat techniques with morale and team-building functions and instruction in the Warrior Ethos. The program, which began in 2001, trains Marines (and U.S. Navy personnel attached to Marine units) in

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### **Pankration Wikipedia**

Pankration (/ p n k r e t i n , - k r e n /; Greek: ) was a sporting event introduced into the Greek Olympic Games in 648 BC and was an empty-hand submission sport with scarcely any rules. The athletes used boxing and wrestling techniques, but also others, such as kicking and holds, locks and chokes on the ground. The only things not acceptable were

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