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USMC Combat Conditioning: Marine Corps Martial Arts Program Exercise Book (Paperback)

By Joseph C Shusko

Createspace, United States, 2012. Paperback. Book Condition: New. 224 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.The Marine Corps exists to fight America s battles and make Marines. This means that everything we do as Marines is focused on our preparation for combat. For these reasons, the Marine is the ultimate warrior who must be prepared for uncertainty. Unlike the professional athlete, a Marine cannot afford to peak; rather, a Marine must maintain an optimal fitness level at all times. A Marine s training must combine strength, power, speed, and agility in order to enhance martial skills that can be applied at the optimal moment in a combat environment. Combat has no quarters, halftime or known time element. Therefore, a Marine is required to fight in any terrain and under any climatic condition when facing the rigors of the modern battlefield. This volume on Combat Conditioning consists of various components of fitness, as well as, the programs that are part of the Marine Corps Martial Arts Combat Conditioning Program.

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