



DIRATHINST 1600.5  
06 APRIL 2009

DIRECTOR OF ATHLETICS INSTRUCTION 1600.5

Subj: NAVAL ACADEMY COMBATIVES REMEDIAL PROGRAM

Ref: (a) USNAINST 1610.3F  
(b) USNAINST 1610.4A  
(c) COMDTMIDNINST 5400.6K  
(d) COMDTMIDNINST 1600.2D  
(e) COMDTMIDNINST 1610.2C  
(f) COMDTMIDNINST 6100.3  
(g) COMDTMIDNNOTE 1710 dtg 30AUG07  
(h) Physical Mission Review Decision Directive Serial 002

1. Purpose. To provide a remediation process for deficiencies, in the Physical Education (PE) program.

2. Background. A tailored remediation system is necessary for designated midshipmen who require extra instruction in order to meet the graduation requirements for Combatives.

3. Discussion. The Combatives remediation program has the following elements:

a. The midshipman is placed in an environment where he/she is encouraged, given proper instruction, technique work, and allowed to increase their physical fitness and combative skills.

b. The Combative Arts Instructor will track and administer tests for each individual at the conclusion of the instructional series.

4. Procedures.

a. The Head of the Physical Education department has the authority to assign midshipmen to the Combative Arts remediation program.

b. A Midshipman who fails any portion of the Combative Arts requirement will be placed in the remediation program until they

satisfy the course requirements.

## 5. Requirements.

a. A schedule for the Combative Arts Remediation class series will be sent out at the beginning of each remedial period of opportunity.

b. Midshipmen will follow the list of priorities as outlined in COMDTMIDNINST 5400.6K.

c. Upon notification of their deficiency a midshipman shall:

(1) Acknowledge their deficiency with the Combative Arts Remediation Coordinator and their intent to attend all required remediation classes. If a midshipman believes that they are included in error, the midshipman must work with the Combative Arts Remediation Coordinator to resolve the conflict. If a midshipman is unable to participate in Combative Arts activities due to a medical chit, the midshipman must present this chit (as well as all changes or updated chits) at the next remediation session. Unless otherwise excused, a midshipman on chit is still expected to attend all classes in order to observe instruction.

(2) Consult with a cognizant senior in his/her chain of command for guidance in resolving conflicts.

(3) Inform all parties in advance if an obligation is overruled by a higher priority.

(4) Call or email Combative Arts Remediation Coordinator prior to the day's session with reason for absence.

(5) A copy of all medical chits will be given to the Marking Office as soon as possible for input into the Midshipmen Information Database System (MIDS) for accountability.

## 6. Conduct.

a. Midshipmen who fail to attend any Combative Arts remediation sessions will be subject to conduct action per conduct regulations.

b. A midshipman who fails to follow directions/orders by any PE Instructor or officer will have his/her name, alpha, and company taken down and forwarded to the Conduct Officer for input into the Conduct System.

## 7. Rules.

a. Midshipmen participating in Combative Arts remediation will abide by the following rules or else their name, alpha, and company will be taken down and they will be entered into the Conduct System.

(1) Safety Rules, by a midshipman or safety observer, will be obeyed in an effort to prevent injury. They include the following:

(a) Start slowly and increase speed with proficiency.

(b) Never execute a technique at full force or full speed in a training environment.

(c) When executing a "submission" technique always apply slow, steady pressure until the opponent "taps out" by tapping your body, the ground, saying "tap", or any other means of signifying that they submit. When in doubt, release (in training). "Submission" techniques are defined as any technique that applied without restraint will result in injury of opponent (i.e. chokes, armbars, leg locks, etc).

(d) Do not perform any technique which can not be controlled or stopped to prevent excessive harm (i.e. slams, knee bars, punches, kicks, strikes, biting, clawing, eye gouges, small joint manipulations, etc), unless specified by the instructor and proper safety considerations are taken and protective equipment is worn.

(e) An instructor may stop a fight at any time. If ordered to "break" by an instructor, a student must immediately stop all aggressive activity and look to the instructor for guidance.

(2) Midshipmen must have a partner in order to test. For group testing a partner will be selected by the instructor from the group. For individually scheduled tests, student must bring a partner who has completed the course requirements or is simultaneously enrolled in the course.

(3) All test scores are final. A midshipman will not debate or argue the results with PE instructors.

(4) The uniform for all testing/sessions is USNA issued PE gear.

8. PE Martial Arts Standards.

a. Fourth Class

(1) Graded

(a) Boxing/Wrestling class. Indoctrination to violence.

(b) Fight or flight scenario.

(c) Learning to react with aggression in a controlled manner to serious threat in order to overcome an attacking opponent.

(2) Pass/Fail

(a) Skills test

(b) 2 rounds 1-minute each boxing, 2 minute match wrestling, scored and judged by PE instructor.

b. Third Class

(1) Graded

(a) Introductory Level Martial Arts Skills.

(b) Marine Corps Martial Arts Program foundation level techniques.

(c) Basic introduction to ground fighting skills.

(2) Pass/Fail

(a) Skills Test.

c. Second Class

(1) Graded.

(a) Marine Corps Martial Arts Program enhanced fighting skills, focused on standing and taking fight to the ground and learning to control and dominate an opponent in a ground fighting scenario.

(b) Ground fighting skills and "submission" techniques.

(2) Pass/Fail. Skills test. 3-minute ground fight.

d. First Class (Elective only)

(1) Graded.

(a) Class Participation in mandatory activities to include ground fighting, sparring sessions, combat conditioning drills, and pugil stick fighting.

(b) Attendance is mandatory and will be graded. Students can make-up missed classes by attending the same week's class with another section, or by scheduling a make-up time with their instructor prior to their next meeting.

(2) Pass/Fail. MCMAP Tan Belt Skills test.

  
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