

7. The Army Cadet Martial Arts Program (TACMAP).

7-1. Origin and History.

The U.S. Army Cadet Corps Martial Arts Program (TACMAP), as it is known today was originally founded in 1986 by Colonel James Sanchis, USAC. COL Sanchis is the founder and Soke of Military Combat Jukaikido (MCJKKD) and Ju-Jutsu-Do Combat, and is a world famous Martial Artist holding black belts in more than 17 different disciplines.

TACMAP uses MCJKKD as its main training format. MCJKKD is a combination of Self Defense, Judo, Aikido, Jujitsu, Karate, Boxing and Wrestling. USAC Cadets receive one hour of MCJKKD instruction each day during BCT and BLC. Training in MCJKKD may be conducted during unit drills, as long as all instructors hold at a minimum a certified MCJKKD blue belt. USAC officers and Cadets are not required to test for belts; however, the belt system is used to determine who may conduct MCJKKD training at the unit and national levels.

7-2. Basic Terminology.

While training in MCJKKD, you will hear many unfamiliar terms. These terms are of Japanese origin and are used in the teaching of many traditional Japanese martial arts, as well as MCJKKD. Learning these basic terms is very important as a first step in your martial arts training.

- Do – Way or path
- Karate – Empty hand
- Gedan - Low
- Chudan - Mid-Level
- Jodan - High-Level
- Seiza - Sitting position
- Kio-tsuke - Attention
- Yoi – Ready
- Sensei – Teacher
- Soke – Founder or Grand Master
- Kyu – Student ranks below black belt
- Dan – Black belt student ranks
- Gi - Karate Uniform
- Obi - Belt
- Dojo - Place of learning or practicing the martial way

7-3. Basic Safety Precautions and Rules of the Dojo.

Basic safety precautions include observing rules for sparring and practicing techniques, as well as basic stretching techniques.

Basic Stretching and Warm-up Techniques

You will learn the following stretching and warm-up techniques as you begin your training. You should always stretch before starting a MCJKKD training session to make sure your muscles are properly warmed-up and ready to be used. This helps you to avoid injury. You should also stretch on non-training days, especially focusing on those stretches that give you trouble. This will help you increase your flexibility with continued stretching. Remember, always stretch to the point you actually feel the stretch in the target muscle. DO NOT overstretch and DO NOT bounce when holding a stretch. Listen to your body and avoid pain when stretching. Basic stretches include:

- Neck flexion/lateral flexion and extension
- Triceps stretch
- Hip rolls
- Back roll stretch
- Knee rotations
- Standing thigh stretch
- Bridging
- Prone abdominal stretch
- Prone shoulder stretch
- Quadriceps stretch
- Seated lower back stretch
- Ankle rotation

Rules of the Dojo

You will learn in-depth rules for sparring and practicing techniques as you begin your white belt training; however, basic rules to be aware of include:

- Strict attention is to paid to the instructor at all times. Answer all question clearly and reply with “yes, sir.” No nodding.
- Profanity, loss of temper, horseplay, loud laughing or any display of lack of self-discipline will not be tolerated.
- Practice only those techniques/katas that have been presented to you by the instructor.
- No sparring without permission from the instructor.
- Everyone training is your partner. Always ensure your partner’s safety.
- Respect those more experienced. Respect those less experienced.
- Avoid talking during training and then talk only about the training taking place. You will improve quicker.
- Receive and follow instructions for training sincerely and to the best of your ability.

7-4. Belt System.

The origin of the colored-belt ranking system used in most martial arts is unknown and is applied differently between different styles of martial arts and in various schools. Regardless of the belt system used, most systems begin with the white belt at the

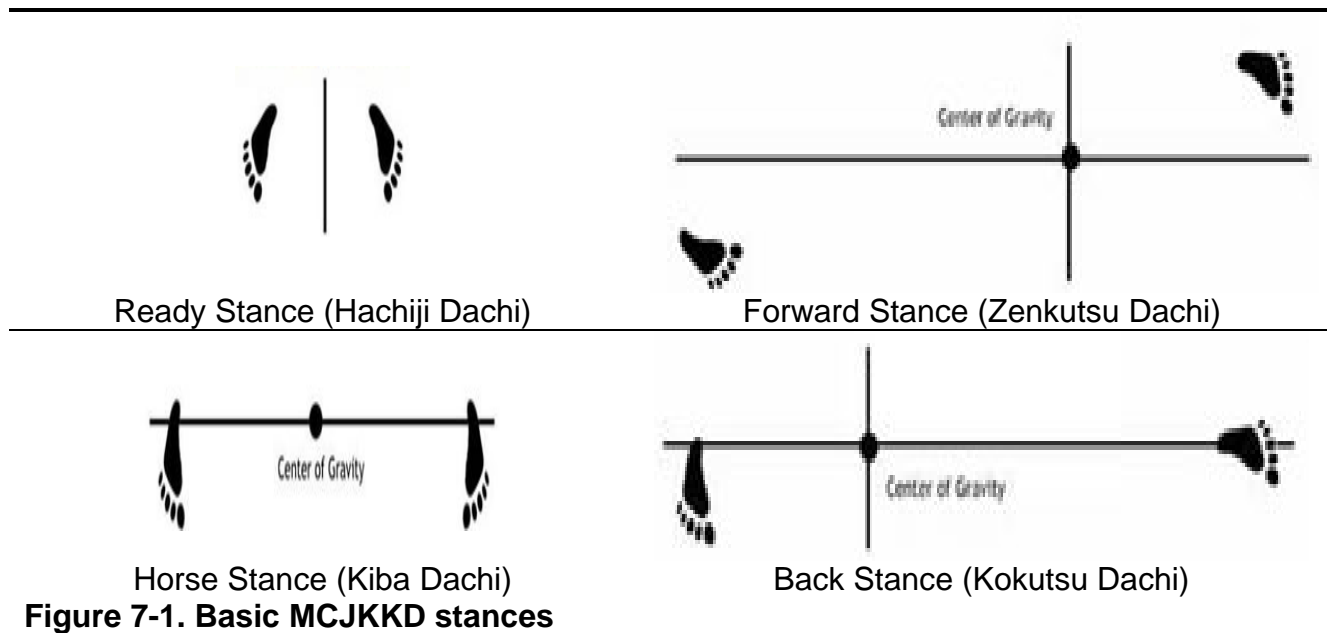
beginning and progress to the black belt for first-level Dan. MCJKKD also utilizes a colored-belt system to signify student progress. Basic details are described below.

**Table 7-1
MCJKKD belt system**

Belt Color	Description	Additional Cadet Requirements
White Belt (6 th Kyu)	Basic techniques	None
Yellow Belt (5 th Kyu)	Basic techniques	None
Orange Belt (4 th Kyu)	Basic and intermediate techniques	National PFT
Green Belt (3 rd Kyu)	Basic and intermediate techniques	National PFT
Blue Belt (2 nd Kyu)	Intermediate techniques	National PFT Milestone 6
Brown Belt (1 st Kyu)	Intermediate and advanced techniques	Presidential PFT Milestone 6
Black Belt (1 st Dan/ Shodan)	Advanced techniques	Presidential PFT Milestone 7
Black Belt (2 nd Dan/ Nidan)	Advanced techniques	Presidential PFT Milestone 8

7-5. Basic Stances.

Basic stances are the foundation of many MCJKKD techniques and forms. You will learn these stances quickly with practice, but you will spend the rest of your time studying martial arts perfecting these and other basic techniques. Basic stances are depicted in Figure 7-1.



7-6. Review Questions.

7-1. The martial arts training program utilized by the U.S. Army Cadet Corps is called:

- a. TACMAP
- b. MACMAP
- c. TACMAT
- d. TAPMAC

7-2. The form of martial arts that the U.S. Army Cadet Corps martial arts program is based on is called:

- a. Taekwondo
- b. Military Judo
- c. Military Combat Jukaikido
- d. Aikido

7-3. The founder of the martial arts training program in question 7-2 is:

- a. BG Charles R. Tornow, USAC
- b. COL James Sanchis, USAC
- c. MAJ Joseph Gorman, USAC
- d. 1LT James Sanchis, USAC

7-4. The proper term meaning “teacher” is:

- a. Sensei
- b. Soke
- c. Dan
- d. Nidan

7-5. Respect in martial arts is shown to:

- a. Instructors
- b. Students of lower rank
- c. Students of higher rank
- d. All of the above

7-6. The correct order of belts in the U.S. Army Cadet Corps martial arts program is:

- a. White, Yellow, Green, Orange
- b. White, Yellow, Brown, Red
- c. White, Yellow, Orange, Green
- d. White, Yellow, Blue, Orange