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 Keep children buckled, in the back seat.**

The Army Institute for Professional Development
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You have successfully completed the course listed below.

012 G1404
COMMANDER'S SAFETY COURSE

The Army Institute for Professional Development

Certificate of Completion

MAJOR RICHARD J NORIEGA

has successfully completed the
COMMANDER'S SAFETY COURSE

given at

The U.S. Army Training Support Center

this 22ND day of OCTOBER 2004



Joseph I Moore
COMMANDANT
The Army Institute
for Professional Development

James H Nunn
COMMANDING
U.S. Army Training Support Center
Fort Eustis, Virginia

MARINE CORPS MARTIAL ARTS PROGRAM
TAN BELT

TAN BELT PERFORMANCE TEST

NAME NORIEGA, RICHARD J. RANK LTC

SSN [REDACTED]

DATE 03 JUNE 05

Physical Discipline

a. Fundamentals

1. Execute the basic warrior stance
2. Execute angles of movement

Pass Fail Remediate
Pass Fail Remediate

b. Punches

1. Execute a lead hand punch
2. Execute a rear hand punch
3. Execute an uppercut
4. Execute a hook

Pass Fail Remediate
Pass Fail Remediate
Pass Fail Remediate
Pass Fail Remediate

c. Falls

1. Execute a front break-fall
2. Execute a back break-fall
3. Execute a right side break-fall
4. Execute a left side break-fall
5. Execute a forward shoulder roll

Pass Fail Remediate
Pass Fail Remediate
Pass Fail Remediate
Pass Fail Remediate
Pass Fail Remediate

d. Bayonet Techniques

1. Execute a straight thrust
2. Execute vertical buttstroke
3. Execute horizontal buttstroke
4. Execute a smash
5. Execute a slash
6. Execute a Disrupt

Pass Fail Remediate
Pass Fail Remediate
Pass Fail Remediate
Pass Fail Remediate
Pass Fail Remediate
Pass Fail Remediate

(Elbow)

e. Pugil Sticks

1. Participate in a pugil stick bout

Pass Fail Remediate

f. Upper Body Strikes

1. Execute an eye gouge
2. Execute horizontal hammer fist strike
3. Execute vertical hammerfist strike
4. Execute forward horizontal elbow strike
5. Execute vertical elbow strike low to high

Pass Fail Remediate
Pass Fail Remediate
Pass Fail Remediate
Pass Fail Remediate
Pass Fail Remediate

g. Lower Body Strikes

1. Execute a front kick
2. Execute a round kick
3. Execute a vertical knee strike
4. Execute a vertical stomp

Pass Fail Remediate
Pass Fail Remediate
Pass Fail Remediate
Pass Fail Remediate

h. Chokes

- 1. Execute a rear choke
- 2. Execute a figure-4 variation

Pass Fail Remediate
 Pass Fail Remediate

i. Throws

- 1. Execute a leg sweep

Pass Fail Remediate (FLUID)

j. Counters to Strikes

- 1. Execute counter to a rear hand punch
- 2. Execute counter to a rear leg kick

Pass Fail Remediate
 Pass Fail Remediate

k. Counter to Chokes and Holds

- 1. Execute a counter to rear choke
- 2. Execute a counter to rear headlock
- 3. Execute a counter to rear bearhug

Pass Fail Remediate
 Pass Fail Remediate
 Pass Fail Remediate

l. Unarmed Restraints

- 1. Execute a basic wrist-lock takedown
- 2. Execute a reverse wrist-lock
- 3. Execute an armbar takedown

Pass Fail Remediate
 Pass Fail Remediate
 Pass Fail Remediate

m. Armed Manipulations

- 1. Execute a counter to the muzzle grab
- 2. Execute a counter to the overhand grab
- 3. Execute a counter to the underhand grab
- 4. Execute a high block
- 5. Execute a low block
- 6. Execute a mid block
- 7. Execute a left block
- 8. Execute a right block

Pass Fail Remediate
 Pass Fail Remediate
 Pass Fail Remediate
 Pass Fail Remediate
 Pass Fail Remediate
 Pass Fail Remediate
 Pass Fail Remediate
 Pass Fail Remediate

n. Knife Techniques

- 1. Execute a vertical slash
- 2. Execute a vertical thrust

Pass Fail Remediate
 Pass Fail Remediate

In order to obtain tan belt the student must score 80%; student can fail no more than 10 techniques. If a student fails testing, he must wait a minimum of one day to retest.

Pass Fail Percentage 100%

Instructor Name (printed) Douglas W. YABEL Date 6-3-05

Instructor Signature Douglas W. Yabel (455) / USMC

MARINE CORPS MARTIAL ARTS PROGRAM GRAY BELT

98

GRAY BELT PERFORMANCE TEST

NAME NORIEGA, RS RANK LTC SSN DATE 6-17-05

Sustainment from Previous Rank (Tan Belt)

- | | | | | |
|-----------------|--------------|-------------------|--------------------|-------------------------|
| 1. Technique #1 | <u> ✓ </u> | Pass <u> ✓ </u> | Fail <u> </u> | Remediate <u> </u> |
| 2. Technique #2 | <u> ✓ </u> | Pass <u> ✓ </u> | Fail <u> </u> | Remediate <u> </u> |
| 3. Technique #3 | <u> ✓ </u> | Pass <u> ✓ </u> | Fail <u> </u> | Remediate <u> </u> |
| 4. Technique #4 | <u> ✓ </u> | Pass <u> ✓ </u> | Fail <u> </u> | Remediate <u> </u> |
| 5. Technique #5 | <u> ✓ </u> | Pass <u> ✓ </u> | Fail <u> </u> | Remediate <u> </u> |

*Sustainment- Student must pass all five techniques in order to continue.

Pass ✓ Fail

If a student fails testing, he must wait a minimum of one day to retest.

Physical Discipline

a. Intro to Bayonet Trainer (Blunt Bayonet Trainer)

- | | | | |
|--|-------------------|--------------------|-------------------------|
| 1. Disrupt and Thrust while closing w/ a static opponent | Pass <u> ✓ </u> | Fail <u> </u> | Remediate <u> </u> |
|--|-------------------|--------------------|-------------------------|

b. Upper Strikes

- | | | | |
|--|-------------------|--------------------|-------------------------|
| 1. Execute an outside/forward knifehand strike | Pass <u> ✓ </u> | Fail <u> </u> | Remediate <u> </u> |
| 2. Execute an inside/reverse Knifehand strike | Pass <u> ✓ </u> | Fail <u> </u> | Remediate <u> </u> |
| 3. Execute a vertical knifehand strike | Pass <u> ✓ </u> | Fail <u> </u> | Remediate <u> </u> |
| 4. Execute a chin jab/palm heel strike | Pass <u> ✓ </u> | Fail <u> </u> | Remediate <u> </u> |
| 5. Execute horizontal rear elbow strike | Pass <u> ✓ </u> | Fail <u> </u> | Remediate <u> </u> |
| 6. Execute a vertical elbow strike high to low | Pass <u> ✓ </u> | Fail <u> </u> | Remediate <u> </u> |

c. Lower Body Strikes

- | | | | |
|-------------------------------------|-------------------|--------------------|-------------------------|
| 1. Execute a side kick | Pass <u> ✓ </u> | Fail <u> </u> | Remediate <u> </u> |
| 2. Execute a horizontal knee strike | Pass <u> ✓ </u> | Fail <u> </u> | Remediate <u> </u> |
| 3. Execute an axe stomp | Pass <u> ✓ </u> | Fail <u> </u> | Remediate <u> </u> |

d. Execute Front Choke

- | | | | |
|------------------------------|-------------------|--------------------|-------------------------|
| 1. Locate the carotid artery | Pass <u> ✓ </u> | Fail <u> </u> | Remediate <u> </u> |
| 2. Execute a front choke | Pass <u> ✓ </u> | Fail <u> </u> | Remediate <u> </u> |

e. Hip Throw

- | | | | |
|------------------------|--------------------|--------------------|------------------------|
| 1. Execute a hip throw | Pass <u> </u> | Fail <u> </u> | Remediate <u> ✓ </u> |
|------------------------|--------------------|--------------------|------------------------|

f. Counters to Strikes

- | | | | |
|---|-------------------|--------------------|-------------------------|
| 1. Execute a counter to a lead hand punch | Pass <u> ✓ </u> | Fail <u> </u> | Remediate <u> </u> |
| 2. Execute a counter to a lead leg kick | Pass <u> ✓ </u> | Fail <u> </u> | Remediate <u> </u> |

g. Counters to Chokes & Holds

- | | | | |
|---|-------------------|--------------------|-------------------------|
| 1. Execute a counter to the front choke | Pass <u> ✓ </u> | Fail <u> </u> | Remediate <u> </u> |
|---|-------------------|--------------------|-------------------------|

3. Execute a counter to the front headlock

Pass Fail Remediate

3. Execute a counter to the front bearhug

Pass Fail Remediate

h. Unarmed Restraints

1. Execute basic wristlock come-along, non-compliant

Pass Fail Remediate

2. Execute the escort position to takedown, non-compliant

Pass Fail Remediate

i. Armed Manipulations

1. Execute off-balancing while stationery opponent is pushing

Pass Fail Remediate

2. Execute off-balancing while stationery opponent is pulling

Pass Fail Remediate

3. Execute off-balancing while opponent is pulling and moving

Pass Fail Remediate

4. Counter to overhand grab strike w/weapon

Pass Fail Remediate

5. Counter to underhand grab strike w/weapon

Pass Fail Remediate

j. Knife Techniques

1. Execute a forward thrust

Pass Fail Remediate

2. Execute a forward slash

Pass Fail Remediate

3. Execute a reverse thrust

Pass Fail Remediate

4. Execute a reverse slash

Pass Fail Remediate

5. Execute movement against an opponent (Bull-dogging)

Pass Fail Remediate

k. Weapons of Opportunity

1. Straight Thrust

Pass Fail Remediate

2. Execute a vertical strike

Pass Fail Remediate

4. Execute a forward strike

Pass Fail Remediate

5. Execute a reverse strike

Pass Fail Remediate

l. Nonlethal Baton

1. Execute a one-handed carry

Pass Fail Remediate

2. Execute a two-handed carry

Pass Fail Remediate

3. Execute a out-side arm carry

Pass Fail Remediate

4. Execute a modified baton carry

Pass Fail Remediate

5. Execute a cross draw

Pass Fail Remediate

6. Execute strong side draw

Pass Fail Remediate

7. Execute right block

Pass Fail Remediate

8. Execute left block

Pass Fail Remediate

9. Execute mid block

Pass Fail Remediate

10. Execute the strong side armlock

Pass Fail Remediate

m. Ground Fighting

1. Execute an armbar from the mount

Pass Fail Remediate

2. Execute an armbar from the guard

Pass Fail Remediate

In order to obtain gray belt the student must score 80%; student can fail no more than 9 techniques. If a student fails testing, he must wait a minimum of a day to retest.

Pass Fail Percentage: 98

Instructor Name (printed)

Douglas W. Yabel

Date

6-17-05

Instructor Signature

Douglas W. Yabel



NIMS Compliant



TEXAS ENGINEERING EXTENSION SERVICE

The Texas A&M University System

THE TEXAS DEPARTMENT OF PUBLIC SAFETY
GOVERNOR'S DIVISION OF EMERGENCY MANAGEMENT

Richard J. Noriega

has successfully completed

Texas Incident Exercise Program Hurricane Evacuation and Sheltering
Functional Exercise

Houston, Texas

26 Hours

May 2 - 4, 2006

Jack Copley, State Coordinator
Governor's Division of
Emergency Management (DEM)

Dr. G. Kemble Bennett, Executive Director
The National Emergency Response & Rescue
Training Center (NERRTC)



STATE AND LOCAL ANTI-TERRORISM TRAINING PROGRAM

THIS IS TO CERTIFY THAT

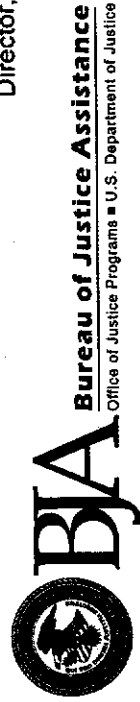
Richard J. Noriega

HAS SUCCESSFULLY COMPLETED 16 HOURS OF
STATE AND LOCAL ANTI-TERRORISM TRAINING

August 28-29, 2006
Laredo, Texas

A handwritten signature in black ink, appearing to read 'D. Herraiz', written over a horizontal line.

Domingo S. Herraiz
Director, Bureau of Justice Assistance



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