

1000

DEADLY SKILLS

COMBAT EDITION



A Navy SEAL's Guide to Crushing
Your Enemy, Fighting for Your Life,
and Unleashing Your Inner Badass



Navy SEAL, Ret.

CLINT EMERSON

New York Times Bestselling Author

100

DEADLY SKILLS

COMBAT EDITION

*LIVE ACTION
SKILL VIDEOS
INCLUDED*

A Navy SEALs Guide to Crushing
Your Enemy, Fighting for Your Life,
and Embracing Your Inner Badass



Navy SEAL, Ret.
CLINT EMERSON

New York Times Bestselling Author



100 DEADLY SKILLS

COMBAT EDITION

**A NAVY SEAL'S GUIDE TO CRUSHING YOUR
ENEMY, FIGHTING FOR YOUR LIFE, AND
EMBRACING YOUR INNER BADASS**

CLINT EMERSON

NAVY SEAL, RET.



LIONCREST
PUBLISHING

COPYRIGHT © 2021 CLINT EMERSON LLC AND CONFIDENTIAL COMMUNICATIONS CONSULTANTS INC.

All rights reserved.

100 DEADLY SKILLS: COMBAT EDITION

A Navy SEAL's Guide to Crushing Your Enemy, Fighting for Your Life, and Embracing Your Inner Badass

ISBN 978-1-5445-1886-2 *Paperback*

ISBN 978-1-5445-1885-5 *Ebook*

Contents

a note to readers

Welcome to the third installment in the *100 Deadly Skills* series, a special combat edition featuring embedded video content. The skills featured in its pages were provided by special operations personnel, professional fighters, outlaw motorcycle club members, and world-class martial artists—a cadre of experts who have tested the limits of their endurance, precision, and ingenuity under life-threatening conditions. Lending their deadliest protocol to the cause of enhancing public safety, they’ve shared secrets of the trade meant to assist anyone faced with a dangerous situation.

The resulting manual is intended to expose civilians to a variety of fighting systems, martial arts, weapons, and firearms used in combat, on the streets, and in the ring. Adapted for civilian use, the skills in this book are meant to help you overcome a range of deadly situations, from getting ambushed by armed robbers to being caught in the crosshairs of an active shooter or stabbed by a psychopath. The book’s purpose is to save lives—yours and those of the people around you.

Still, as the title of the book implies, some of the skills are extremely dangerous, and many should only be attempted in the direst of situations. All require the application of personal judgment, their necessity in any given situation highly dependent on context. The authors, subject-matter expert contributors, illustrator, and publisher disclaim any liability from any injury that may result from the use, proper or improper, of the information contained in this book. The stated goal of the book is not to enable deadly actions but to entertain while simultaneously introducing a body of knowledge that may come in handy in the absolute direst of emergencies.

Be deadly in spirit but not in action (unless the actions against you are deadly). Respect the rights of others and the laws of the land. May the strongest survive.

Introduction

That smartphone in your pocket isn't going to save you from an unexpected left hook or a weapon you didn't see coming. In volatile times, self-reliance and education are key.

While the first two volumes in the *100 Deadly Skills* series prepared readers for a range of situational threats, the combat edition focuses on close-range encounters requiring hand-to-hand engagement or the use of defensive weaponry. To prepare you for a variety of unique dangers, the hundred deadly skills you're about to encounter have been adapted from a variety of sources—the world of special operations and long-range snipers, along with a shadow realm of badass fighters populated by ninjutsu practitioners and outlaw bikers. The arsenal of weaponry is equally diverse, covering everything from a handgun to the improvised use of a hammer, wrench, or cane. You'll even learn how to use environmental features, such as doorframes and curbs, to your advantage and your opponent's detriment.

Borrowing communications protocol from the author's military background, each skill is broken down into its most critical parts using what's known as a “warning order,” or WARNO. The components include:

1. Situation: A concise statement of the scenario and your goal—this is the “Who, What, Where, When, and Why.”
2. Mission: An overhead view of the skill you're about to learn.
3. Execution: A breakdown of the steps you'll need to take to execute the skill.
4. Service and Support: Everything you need to know about gear and training.
5. Command and Control: The remaining steps for gaining control over the situation. (In a military context, this part of the WARNO provides essential chain-of-command information.)

Many of the skills are also accompanied by embedded video content accessible via QR code. See box below for instructions.

HOW TO ACCESS VIDEO CONTENT



To view the video content embedded throughout this book, you'll need a smartphone. Try it out by putting your phone in camera mode and pointing it at the QR code below. Use the default photo mode—portrait mode won't work. And make sure all edges of the barcode are visible. When your phone "reads" the code, you'll either be automatically jumped to the video or see a drop-down link to click on.

Enough talking. Let's get ready to practice some deadly combat strategies and techniques—"practice" being the key word. Lather, rinse, and repeat. In a survival situation, fast-twitch muscle memory is your friend. Practice the skills in this book until they become second nature. Who knows? One day you just might run into me.

BLAUER, TONY

THE BADASS



Code Name: Coach

Primary Skillset: Behavior-based
combatives

Secondary Skillset: Founder of the
SPEAR System

Background: Tony Blauer is the founder and CEO of Blauer Tactical Systems. Tony has pioneered research and training methodologies that have influenced and inspired defensive tactics and combatives and martial arts instructors around the world since 1987.

With more than forty years of professional training experience, Tony is highly sought out by progressive trainers, departments, and organizations interested in enhancing their personnel's safety and survivability through his unique approach to mindset and confrontation management psychology. He also specializes in a brain-based and scientific approach to scenario training and extreme close quarter tactics.

Tony's company, Blauer Tactical Systems (BTS), is one of the world's leading consulting firms specializing in the research and development of combatives training and equipment for the military, law enforcement, and self-defense communities.

CHARLES MANSON

THE ENEMY



Background: An American criminal and cult leader, in mid-1967 Manson formed what became known as the Manson Family, a quasi-commune based in California. In July and August 1969, his followers committed a series of nine murders that shocked the nation. Manson was also convicted of first-degree murder for the deaths of Gary Hinman and Donald Shea. Before the murders, Manson had spent more than half of his life in correctional institutions.

001. SPEAR

SPONTANEOUS PROTECTION (STARTLE FLINCH) ENABLING ACCELERATED RESPONSE (LOADING TOWARD DANGER)

Situation: Fight or flight is the body's survival response to a perceived threat or danger. During this reaction, hormones like adrenaline and cortisol are released, increasing heart rate, slowing digestion, shunting blood flow to major muscle groups, and changing various nervous system functions, giving the body a burst of energy and strength. A split second before hormones are released, the startle flinch engages to protect the brain and body. We all physically react somewhat the same when startled. Our hands fire up to protect our head, we widen our stance, we bend at the knees bracing for impact, sounds get louder, and our vision gets narrower. Embracing these physical response characteristics and directing them toward danger sets us up to survive, regardless of stimuli.

Mission: Use your startle flinch as a bridge to engage danger.

Execution: Upon confrontation, and especially when caught off guard, your nonviolent posture should adapt slightly to the threat. Move your strong side to the rear with a slight step to adopt a more solid sport stance. Your fingers are slightly curled and splayed wide open, and your elbows are outside of ninety degrees to act as both a spear and a shield. Your weight is distributed evenly on both legs and you anchor to the ground through the balls of your feet. There are three types of flinches: primal covering of your head, pushing away danger, and oblique, as you turn to the side with your chin tucked in

and cover your head. Then, as you are now in an ideal position to engage, keep the fingers splayed, thumbs and index fingers touching to form a SPEAR, and drive your hands toward the danger while changing the elevation and the angle of your counterattack.

Service and Support: To simulate your survival response when training, practice getting your hands up and into position, followed by shifting to a strong sport stance, facing toward your opponent.

Command and Control: Maintain space or create it. Keeping your arms outside ninety degrees will allow you to maintain the space between yourself and your adversary. However, if your elbows are less than ninety degrees, it will be easier for your adversary to pull you in and reduce the space, and will potentially give him an unwanted advantage.

NO. 001: SPEAR



002. Determine Your Nonviolent Posture

Situation: Without saying a word, body language is 60 percent of how we communicate. And whether your adversary is an expert at reading body language or not, instinctively, they will feel whether or not you are a trained or untrained person. Your goal is to use your body language to mask your fighting capability. Ideally, and when done correctly, your nonviolent posture can also serve as a de-escalation tool. At the same time, it can also be your most valuable weapon.

Mission: Weaponize your nonviolent posture.

Execution: There is no right or wrong posture, for the most part. The typical nonviolent posture includes hands up, feet shoulder-width apart, feigning fear, and deceiving your adversary. This pose positions your hands closest to the target's head and allows you to protect your head from strikes. As a bonus, it's an instinctive move and easy to learn. Another pose could be thumbs hooked on your pant pockets and squared off to the adversary. Your nonviolent posture is an innocent stance that is de-escalating in presentation but positions you ready for the fight. Your chosen posture should appear harmless to your adversary, third parties, and potential witnesses to the conflict.

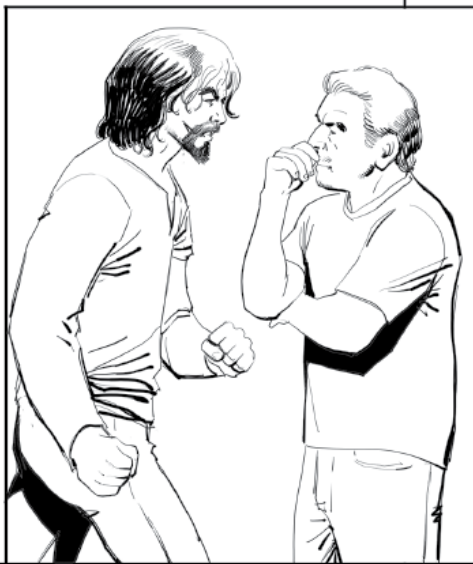
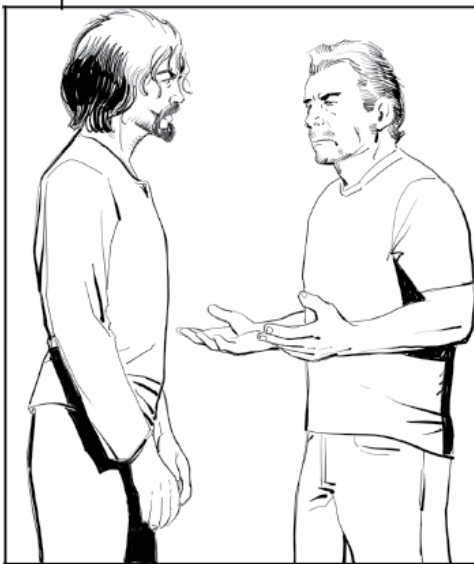
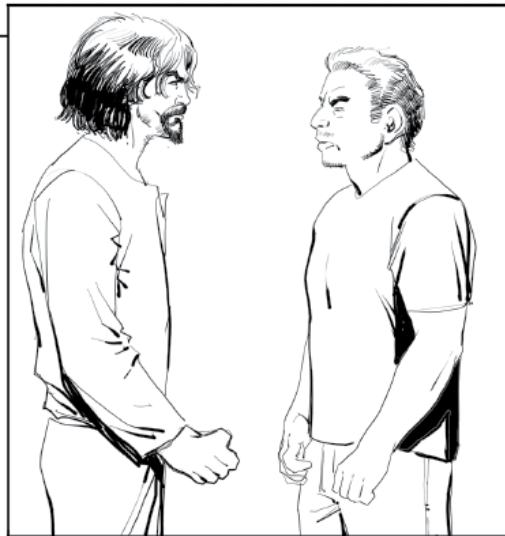
Service and Support: Train your nonviolent posture (NVP) by making it your start or ready position for everything you do. If you choose the standard hands-up NVP, train your jab, knife stroke, pistol draw, and other offensive responses from that position.

Do the same for defensive responses.

Practice these ten times in a mirror before you leave your home each day, and over time, your nonviolent posture will become surprisingly fast and instinctive.

Command and Control: Keep in mind that your body language also includes facial expressions, gestures, eye movements, touch, how you use space, and overall behavior. Most of your body language happens without conscious awareness. It is the interpretation of body language and behavior that regulates interactions between people. A nonviolent posture will tell a story to your adversary and onlookers. Keep other elements of your body language as neutral as possible to sell the deception.

NO. 002: DETERMINE YOUR NONVIOLENT POSTURE



003. How to Index Palm a Face

Situation: A well-trained nonviolent posture will afford multiple strike options. With your hands up, patting the air with a slightly bladed stance, you communicate to your adversary that you don't want any trouble. This communication will prepare you for an opportunity to preemptively end the conflict if you feel escalation is imminent. In some cases, a strike that is followed by a combination of strikes will do the job. In other instances, it might benefit you more to turn your strike into a face grab that allows you to control your adversary's head and movements and end the conflict more effectively.

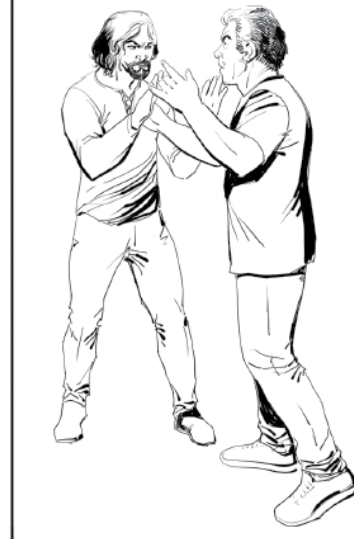
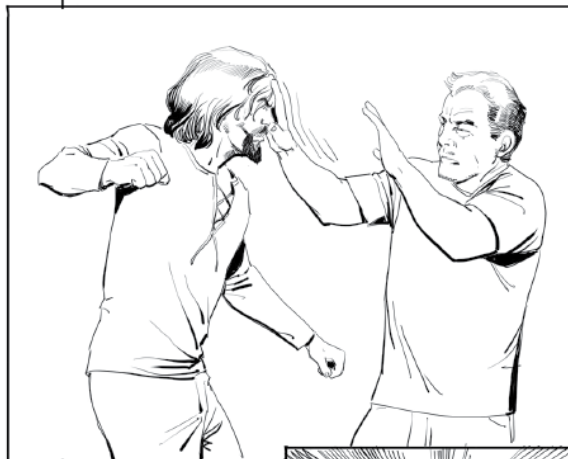
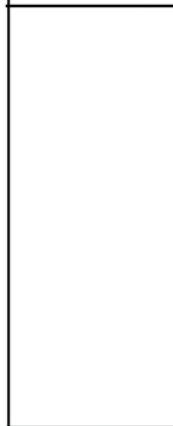
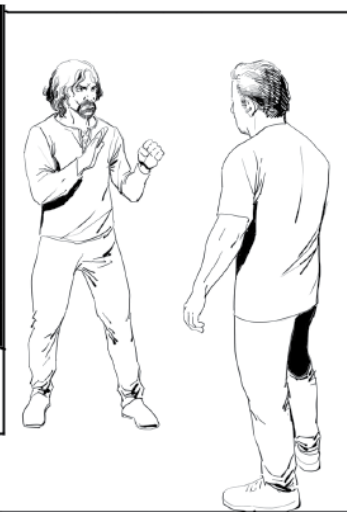
Mission: Control the head to control the body.

Execution: Like a jab, your lead hand will fire out toward your adversary's face. With your fingers splayed open and slightly curled, you shoot a palm strike. The defining difference between an index palm and a palm strike is that you're not recoiling the palm back; instead, you're indexing your adversary's face.

Service and Support: Like any movement, you have to train it to be effective. Training in a clinical setting is good, but putting helmets and pads on is far better. Tony has an assortment of gear that supports very realistic training scenarios to test your skills effectively. A partner with protective gear allows you to refine your techniques and determine responses and counter-responses.

Command and Control: Zone awareness of the distance between you and your adversary is a critical skill that should be in use at all times. Zone awareness allows for greater situational awareness, whether you're in a confined space or facing multiple threats. Managing the zone puts time on your side, and time allows for options.

NO.003: HOW TO INDEX PALM A FACE



004. How to Throw a Rear Palm Strike

Situation: Understanding punch or strike terminology is important for all skills related to hand-to-hand combat. In the boxing world, one is a jab, and a two is a cross. A one-two combo is also interchangeable with a lead and rear combo. The lead hand is the hand closest to the target, and the rear hand is the hand that's further from the target. Typically, your lead hand is your weak side, and your rear hand is your strong side as you stand in a slightly bladed stance. Palm strikes can be thrown like fist strikes, but without suffering the higher probabilities of broken bones. The last thing you want is to break something in the middle of a fight, decreasing your capability and effectiveness and giving your adversary the upper hand.

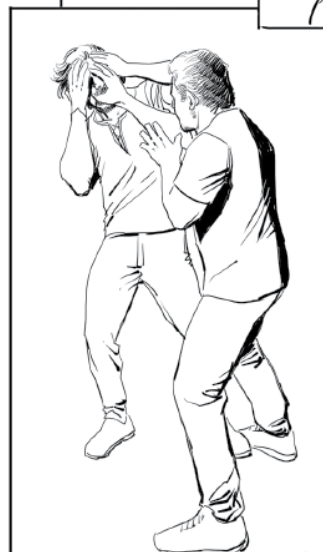
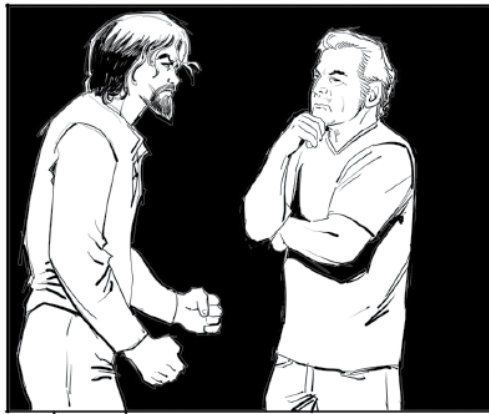
Mission: Lead with speed; devour with power.

Execution: All strikes can be thrown individually but are better paired with a series or combination of other strikes to increase the odds of impacting the target. Lead with an index palm to your adversary's face and hold it in place for the rear palm strike. Because the index palm is not a strike—it's a grab—it stays in place until the very last second. Your index palm rolls the head back, opens up the neck, and exposes the bottom of the jaw. Just afterward, the rear palm strike slides in with power, nice and low. It is aiming for the top of the sternum or base of the neck. If your palm strike glances off the top of an attacker's chest, this increases the odds of it also slamming the bottom of his exposed jaw.

Service and Support: Your hand movements are only one part of the equation and usually the last. Speed and power are both full-body exercises. Driving in with a step while you index palm will increase your speed while engaging the torque that starts at the pivot of your rear foot and goes through your hip. When this force arrives at your rear palm strike, it will deliver a powerful blow to your adversary's "off switch."

Command and Control: Know where you are in the fight. You are either fighting inside or outside. Inside the fight, you are within striking range of any punch to any part of the body. Outside the fight, you are out of range of most strikes and generally safe. Your and your adversary's height and range will play an important role in determining where the fight can go. When throwing an index palm in combination with a rear palm strike, you're going to the inside. Maintain awareness and anticipate the counterstrikes.

NO.004: HOW TO THROW A REAR PALM STRIKE



005. Understand the Proper SPEAR Stance

Situation: In martial arts, stances are trained “ready” positions and rarely consider the element of surprise. Most stances are taught as if you always have advance knowledge of when you’re about to fight. This unrealistic assumption is excellent for competition or inside a ring but unrealistic for defending yourself on the street. Different stances may be taught and may vary, whether they are offensive or defensive techniques. Your stance might be:

1. Open or closed, which refers to the distance between both feet, long or short, or the distance between your lead and rear foot and the angle of your feet
2. High or low, which refers to the amount of bend in the knees and height relative to a normal standing position
3. Weighted or unweighted, which refers to how one’s body weight is distributed on one or both feet

While all of these factors are worth considering, none of them consider our natural reflexes built in to protect us when we get caught off guard. The SPEAR stance is based on these natural human responses instead of trained stances for specific movements.

Mission: Allow natural instincts to drive your stance.

Execution: Your lead hand fires up, with your elbow outside of ninety degrees, and your fingers are splayed and pointed toward the enemy. Your rear hand fires up to protect the face, with your fingers splayed and the back of your palm anchored between your nose and mouth. Your core engages with a slightly staggered stance, and your weight is distributed evenly to each foot’s ball. This position allows you to shift your weight to either leg based on enemy actions.

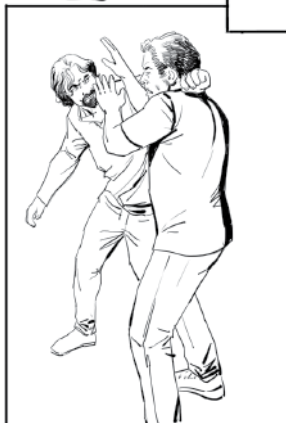
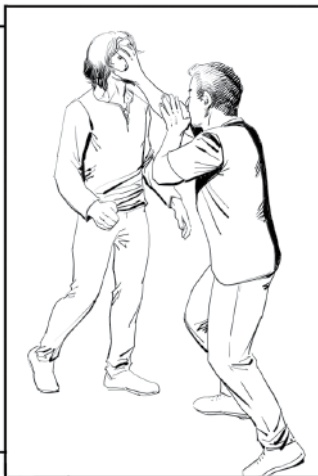
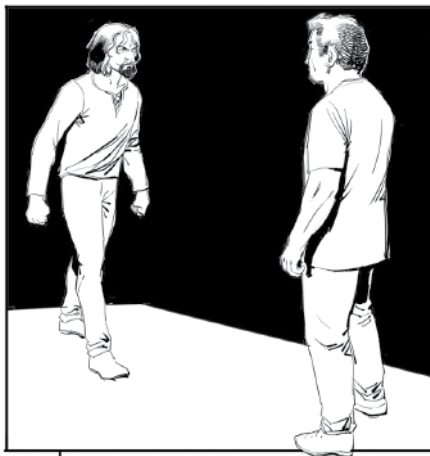
Service and Support:

1. Train your hands to react first and adopt a stance second.
2. With a partner, walk toward one another without reaction to feel danger and better understand the distance and the reactionary gap.
3. Shift into a SPEAR stance when your danger zone is penetrated.

Your hand movements always lead your footwork.

Command and Control: The SPEAR stance is your bridge to the next move.

NO. 005: UNDERSTAND THE PROPER SPEAR STANCE



006. How to Perform a Tactical SPEAR

Situation: Spartans fought with a shield and spear in hand. Despite the Hollywood heroic depiction of epic Spartan battles and one-on-one fights with short swords, most were won by the push and shove of shields. Lines of Spartans went toe to toe, and shield to shield, and engaged an enemy line using similar tactics. The Spartans could dig in and deliver devastating blows to their enemy—knocking them back or down using only a single short blow of their shields. Bruce Lee’s one-inch punch is much the same. He could transfer power from his legs, through his hips, and into his fist—one inch from his target—to break boards and drive people back. Generating and releasing this kind of power requires a coordinated effort of several gross motor skills, not brute force. The tactical SPEAR is just that, gross motor skills combined to deliver devastating short blows.

Mission: Use your closest weapon against your closest target.

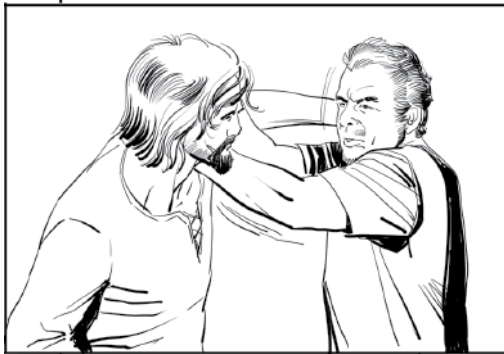
Execution: After the initial engagement, reengage with reciprocating energy. The SPEAR stance, with your fingers splayed wide open and elbows past ninety degrees, will allow you to stop your adversary in their tracks. Immediately afterward, you’re going to reengage with deliberate power by stepping through your target while delivering a shocking double-forearm shove at the point of engagement.

Service and Support: With a training partner, put the tactical SPEAR to the test. Engage each other with different strikes and takedowns while using your forearms as both shield and spear.

Command and Control: A lack of space or time does not necessarily prevent you from acting with power or speed. Understanding the biomechanics required to generate and release power within close quarters will suddenly make them feel not so close. Spatial awareness is the key to

creating space and utilizing it to your advantage.

NO. 006: HOW TO PERFORM A TACTICAL SPEAR



JEFFRIES, TONY

THE BADASS



Code Name: Coup de Grace

Primary Skillset: Professional boxer

Secondary Skillset: Boxing coach

Background: Born in Sunderland, England, Tony grew up around the city's East Herrington area and attended Farrington Community Sports College. He began to box at the age of ten, inspired by his uncle William Young "Billy" Bryce, a former professional boxer, and joined the Sunderland Amateur Boxing Club. Tony won the School Boys' Championships in 1999, gold in the European Cadets (U17) in 2001, and the juniors of the YMCA International Cup in New Delhi in 2003. He was also a semifinalist in the 2003 Junior Brandenburg Cup and the 2003 European Junior Championships in Warsaw. Tony has won nine English National titles and numerous medals, and has fought for England / Great Britain 56 times, in 106 fights (96 amateur and 10 professional).

Tony qualified for the 2008 Olympics and won a bronze medal after losing to the Irish boxer Kenny Egan in the semifinal round. On September 23, 2012, Tony announced on Facebook that he was retiring. Numerous issues with his hands and unsuccessful surgery and treatment left him with no choice but to retire. Tony now owns and works at Box 'N Burn boxing gym in Santa Monica, California.

RICHARD REID

THE ENEMY



Background: Richard Colvin Reid, also known as the "Shoe Bomber," is a British terrorist who attempted to detonate a shoe bomb while on American Airlines Flight 63 from Paris to Miami in 2001. Born to a father who was a career criminal, as a young man in prison, Reid converted to Islam after years as a petty criminal. Later, he became radicalized and went to Pakistan and Afghanistan, where he trained and became a member of al-Qaeda.

007. How to Throw a Jab

Situation: The jab will allow you to stun your adversary in less than a second. Especially if you are already in a nonviolent position with your hands up, your lead hand can deliver the jab before your adversary says something inappropriate about your mother. A good jab serves as a multifaceted tool. You can use it to test a person's defense, distract them, break up your opponent's combo attack, and as a range finder. The jab is a universal strike that can be used independently on the offense and the defense. But, most of the time, it serves as a setup for a bigger and devastating blow.

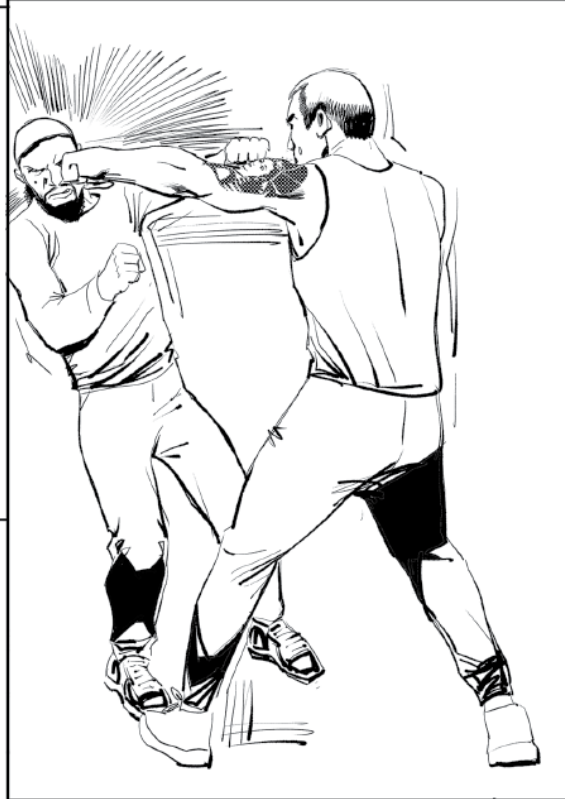
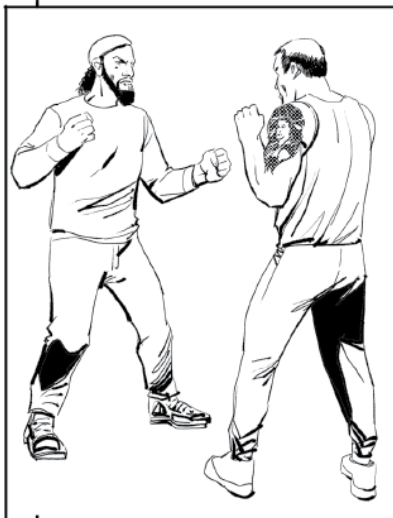
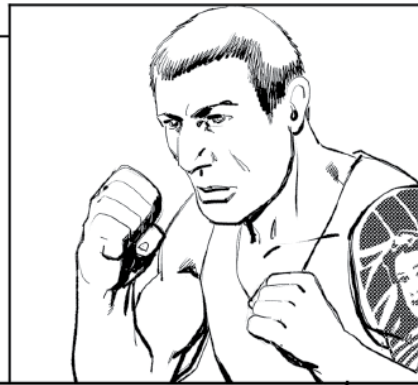
Mission: Set them up for the kill.

Execution: With your hands up, guarding your head, your lead hand becomes your jab fist. Your stance determines your lead- and rear-hand assignments. With your left foot slightly forward, your left hand will be closer to your adversary and will become your lead hand. The converse is true as well. Extending your arm completely and simultaneously rolling your forearm and knuckles inward will generate a proper jab. The goal is to snap it out and back to the guard position as quickly as possible. Your jab needs to work in coordination with your feet. Your feet should move forward a step just as you land your punch. As you retract your jab back to the guard position, your feet should move back with it.

Service and Support: Train for your job. You will throw jabs more than any other strike. With training and practice, they are efficiently executed and very powerful when combined with proper footwork. Jabs are great to distract your opponent while you dance around to keep him in check and measure your range for the big finale. Once he relaxes his guard, even for a split second, you can launch the knockout blow.

Command and Control: Stunning your adversary with a jab as quickly as possible will keep him on his heels, keep him off-balance, and give you the advantage to move in with a bigger hit or a takedown. Use the jab to distract him or even break up a combination of blows that he's throwing your way. Using your jab to inflict pain will make him think twice about moving into your space.

NO.007: HOW TO THROW A JAB



008. How to Throw a Cross

Situation: Never confuse a cross power punch with a big haymaker that alerts your adversary in slow motion that you're about to hit them. A proper power punch, commonly known as a cross, will not telegraph or "tell" your opponent what's about to break their jaw. Ideally, every strike you throw should be an ambush leveraging stealth, speed, and, most important, the element of surprise. The cross can be set up with something like a jab or thrown alone to end a confrontation quickly. The cross is one of the safest strikes because it's thrown from the strike zone's outer limits.

Mission: Break their face, not your hand.

Execution: The fighting stance allows you to generate power from the ground, through your hips, up to your core, and into your fist. A properly executed cross is elegant, with the pivot of your rear foot, the twist of your hips, and the extension of your arm all working simultaneously to create a beautiful knockout.

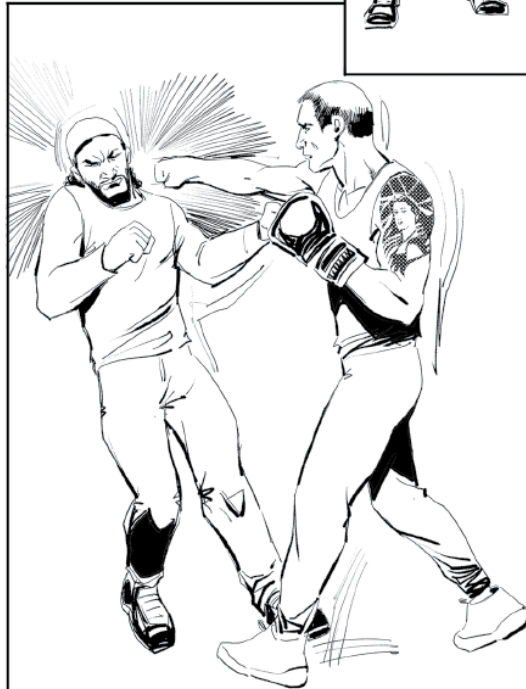
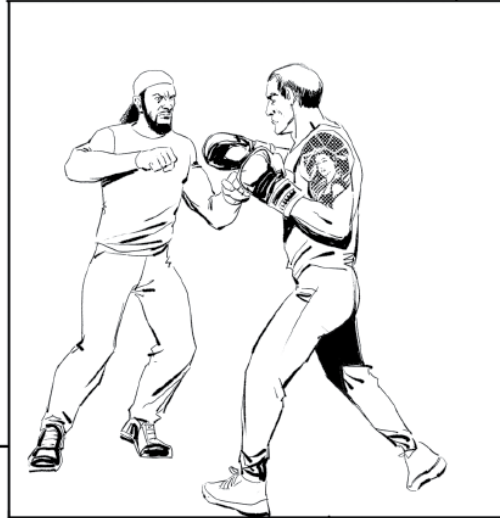
Service and Support: Always keep both hands raised so that the non-striking arm and hand are guarding your head for potential blows. Your feet should always be moving, along with your shoulders and head, to make counterattacks more difficult. Staying in motion will also make you more elusive and hide your next move.

Command and Control:

1. Be deliberate with your movements, and never assume that you're going to hit your target.
2. Strive to punch through the target, but always be ready to miss.
3. Don't allow yourself to get caught off guard by generating the power required for the cross.

A knockout is the result of a cross that your opponent didn't see coming.

NO.008: HOW TO THROW A CROSS



009. Understand Body Strikes

Situation: Body strikes are one of the most effective and deadliest weapons in a fighter's arsenal. However, despite their effectiveness, they are most often underutilized in street encounters and even by professional fighters. Perhaps the reason why is that they are very tricky to throw and require precise timing. It also requires a leap of faith for a fighter with little training to drop their hands for body shots and leave their head exposed to an opponent's attack. Instead of taking a chance with body shots, many fighters elect to "play it safe" and stick with headshots. The lure of a flashy knockout blow to the head is seductive and is what you see most often in movies and on television. In contrast, however, body shots are usually noticeable only toward the end of a fight when a depleted combatant is on the ropes and getting pounded in the midsection. The earlier setup and the strikes thrown in preparation are less visible than the end results. When your opponent finally drops his guard to protect his middle, he leaves his head open for the winning knockout punch.

Mission: Kill the body and the head will die.

Execution:

1. Distribute your weight more on your front foot and lean into your opponent. Keeping your head closer to his will limit your exposure to his fists.
2. Keep your elbows in to protect your ribs and midsection, and keep your hands close to your face.
3. Set him up by pounding his face. Though your blows may not be significant, they'll force him to keep his hands up.
4. As you sense the right moment, lower your left hand down and back as you drop your left shoulder slightly.

5. Rotate your hips forward to leverage your torque as you drive your left fist into his midsection.
6. Repeat with the right hand and continue your body shots until he drops his guard and you can end the fight with a knockout shot to the head.

Service and Support: Developing both the power and timing for body shots requires practice and training. Until you've had your midsection pounded so hard that you can't breathe, you won't appreciate the devastating impact of a body shot and the advantage it will provide for ending a fight.

Command and Control: The pain from a solid body shot is often delayed by a second or two before it reaches your brain. However, it arrives as a scream and a plea for mercy from your ribs, diaphragm, and kidneys. If your mind wasn't in doubt previously about your chances of winning the fight, the first seeds of uncertainty have now been planted. Because the effect of shots to the midsection is cumulative, your opponent will soon be reconsidering his decision to attack you in the first place as he drops his guard to protect his middle. Altering his fighting style to stop the body shots eventually leaves him open for the inevitable shot to the head that ends it all.

NO.009: UNDERSTAND BODY STRIKES



010. How to Throw a Hook

Situation: Finding yourself entangled with your opponent happens all of the time. Sometimes it's caused by confined space, a crowded environment, or just leaning on each other due to depleted energy levels. Finding yourself on the "inside," or up close and personal, however, can reduce your strike options. Elbows, knees, and the traditional body strike with a hook are great choices from the "inside." A hook to the body can be one of the most painful blows thrown and a great option when dancing with your least favorite partner.

Mission: Make 'em piss blood.

Execution: The hook is performed with the entire arm in a fixed position, like a hook. Your arm should be a pipe with a ninety-degree bend at the elbow from your fist to your shoulder. Like most strikes, power is generated from your core unwinding torque, which terminates at your opponent's flanks. Your target should be floating ribs and kidneys, both of which will experience excruciating pain within a horrifying second or two delay after the blow.

Service and Support: Remember always to keep the non-striking hand up to protect your head. Otherwise, throwing a good body strike can leave your head in a vulnerable position. When fighting on the "inside," beware of takedowns. Gross motor skills will instinctively tell your opponent to grab you and go to the ground to stop the pain.

Command and Control: When one strike is successful, go for it again. Keep your wits about you and always watch your opponent's hands. It's easy to be blinded when in close proximity and in the middle of a fight. Once the flank opens up, you should pound it until the body falls. Maintain your stance for continuous power, but be ready to move and create distance. Don't

let your opponent take advantage of your low posture while throwing hooks.

NO. 010: HOW TO THROW A HOOK



011. How to Shadowbox

Situation: Preparing your body for a workout is one of the essential pre-habilitation injury prevention tasks you can do. Standing in front of the mirror and facing yourself should provide you with the first opponent to fight every day. It's more than just a warm-up exercise and provides you with a great full-body workout. During these rounds, you're working your chest, shoulder, arm, and leg muscles against a fast and elusive opponent: your very own reflection. Boxing against yourself allows you to maintain and hone your fighting rhythm and gives you an idea of what is working, what is not working, and what needs to be fixed.

Shadowboxing is not limited to just the art of boxing. Mixed martial arts and other sports have learned the power of movement in front of a mirror. One of the most beneficial yet most accessible training methods to make you a better fighter in almost any of the disciplines is shadowboxing. It takes very little space and can be done just about anywhere. You can go outside and use your shadow, but boxing in front of a mirror is ideal. A simple full-length hotel-room dressing mirror can provide you with all of the training equipment you need to get a full-body workout.

Mission: Be more lethal than the person in the mirror. Never let your reflection win.

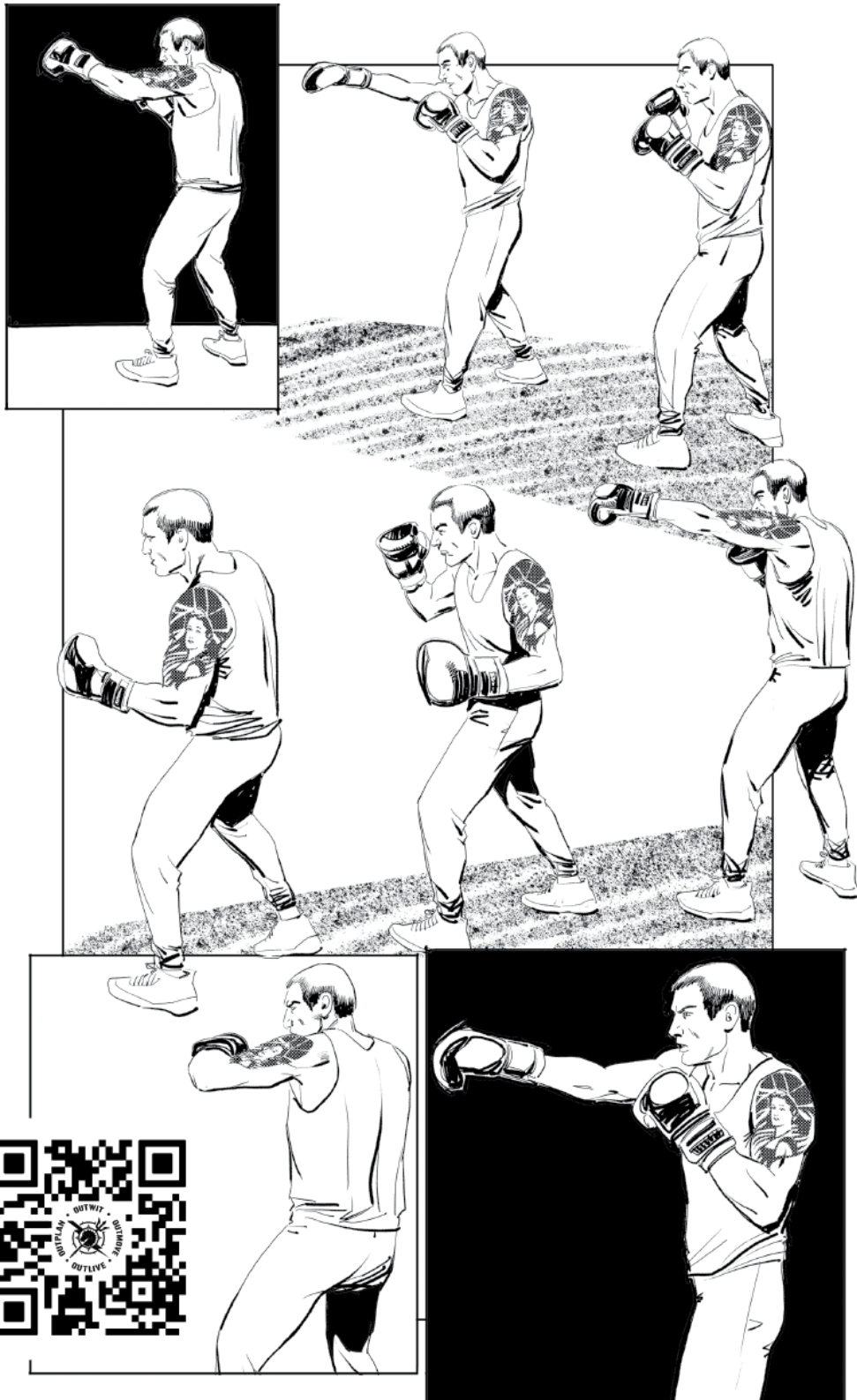
Execution: While in front of the mirror, start slowly with a couple of jabs and then incorporate a cross. Practice a one-two combo to start to warm up your shoulders. The goal is to punch your reflection and, at the same time, avoid the punch. Shadowboxing requires you to start using your feet as you bob and weave to miss your punches. Pace yourself with timed rounds of boxing. Begin with one-minute rounds and rest a full minute before repeating. Over time, you can lengthen the rounds and reduce the interval. Experience has taught that going faster and harder for shorter rounds provides a more intense workout and sufficient time to recover before repeating the cycle. Another advantage of shorter bursts of intensity is that

such “interval” training allows you to maintain good form and footwork. Multiple rounds that are more intense, faster-paced, and are performed with proper form will benefit you more than more prolonged rounds in which you become fatigued and lose your form. When done correctly, performing shadowboxing at intervals is a winning combination and, over time, will transform you into an unbeatable fighter.

Service and Support: Always pay attention to your form. Make corrections and adjustments as needed, based on what you see in your reflection. The mirror serves as a trainer and will identify your flaws. Be alert for dropping your guard or throwing your punches too slowly. If you’re outside and using your shadow, the same lessons apply. Adding gloves to your shadowboxing routine will also increase the intensity of your workout. Boxing gloves always feel light at first, but very quickly become the heaviest weights in the world.

Command and Control: Don’t get tunnel vision while focused on the mirror. Always pay attention to your peripheral vision and ensure that you see the whole picture. You can further advance your eye-hand-foot coordination by shadowboxing around the furniture in your living room, office, or bedroom. Working around furniture forces you to consider obstacles while working on your timing and footwork as you throw your strikes.

NO.011: HOW TO SHADOWBOX



012. Perform a One-Two Combination

Situation: Combining different punches creates what's called combinations. Throwing a series of combinations increases the odds of knocking out your adversaries. Being a good striker starts with boxing punches. There are four different strikes, and each punch is universally numbered and known around the world.

- One is the jab.
- Two is the cross.
- Three is the hook.
- Four is the uppercut.

The one-two combo is a short sequence of punches. First one, the jab, followed by two, the cross. The jab serves two functions, used both as a range finder and to set up your opponent's head for the knockout. Though this is the simplest of combinations, it's still one of the most devastating.

Mission: Knock the motherfucker out!

Execution: Use the jab to set up the cross. Think of the jab as a distraction for your adversary. It will cause his eyes to close for a split second and his guard to adjust for a moment. The jab also serves to determine distance before you strike. The target, of course, is your opponent's chin. The cross is loaded and ready to strike immediately after landing the jab. Keeping your hands up guards against strikes coming your way from the other guy. Anytime you are throwing combinations, ensure your non-striking hand is always guarding against your adversary's punches.

Service and Support: Effective footwork is essential if you expect to throw effective combinations. Keep your feet moving and coordinated with the punches thrown. Your stance powers each strike as you step and pivot.

Command and Control: The one-two combo is all about getting within range and landing a power punch. Spatial awareness increases the odds of landing each punch on target. Most important is that you pay attention to your proximity and angle of attack. Landing punches is of much greater importance than merely throwing them. Sure, you can strike wildly and hope for the best, but wasted energy could turn the tide of victory against you. Looking for the right opportunity to strike instead of hoping for the best is what separates the killers from the brawlers.

NO. 012: PERFORM A ONE-TWO COMBINATION



013. How to Generate Power

Situation: Power is generated from the legs, up through the body as a unit, and through the punch. Power is generated from the ground up, such that force from the ankles transfers to the knees, force from the knees transfers to the thighs, force from the thighs transfers to the core, from the core to the chest, from the chest to the shoulders, from the shoulders to the forearms, and finally, the compounded force transfers through the fist into an opponent. So the most powerful punchers are able to connect their whole body and channel the force from each portion of the body into a punch.

Mission: Punch like a badass.

Execution: There are five components to punching power that must be present to be considered truly powerful:

1. Punching with your entire body, not your arms
2. Proper weight shifting
3. Stepping in during a punch
4. Pivoting with a punch
5. Using proper footwork

Service and Support: A proper punch requires the development of a strong core. The core is perhaps the most important element in a powerful punch since it connects the powerhouse of the legs to the delivery system of the arms.

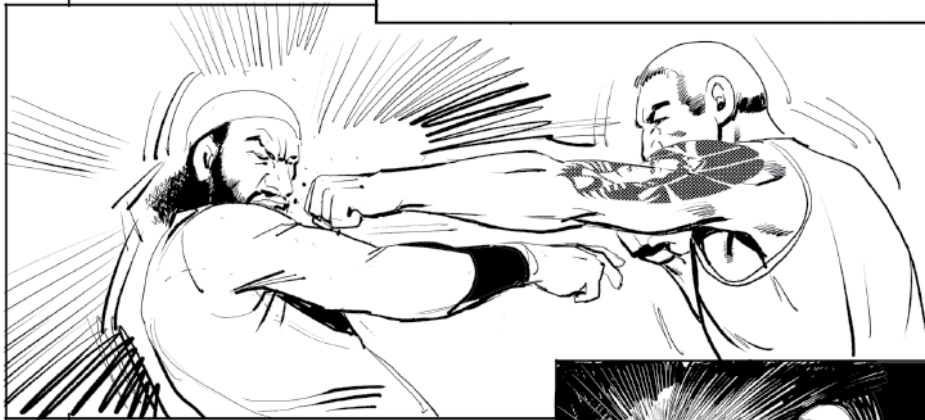
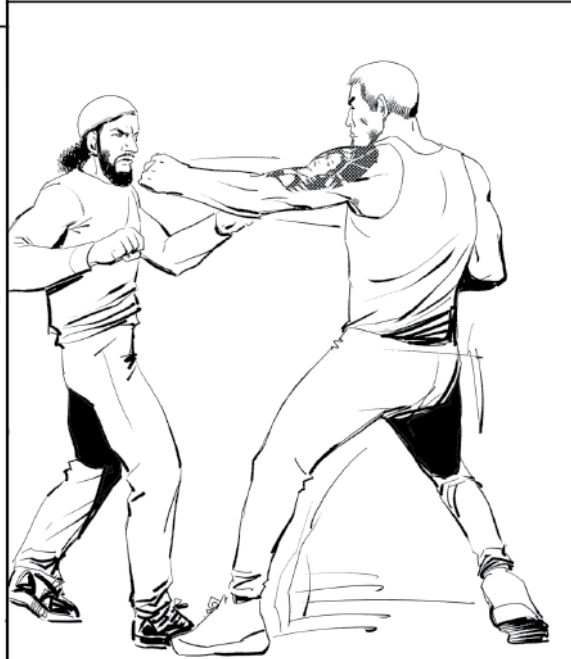
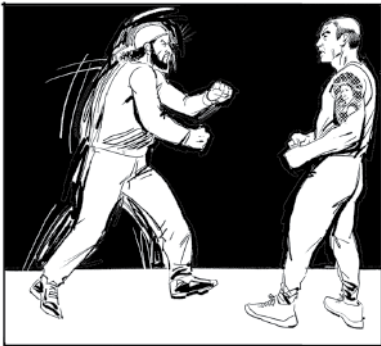
Command and Control: To throw a powerful punch, it helps to leverage the basics of physics to your advantage:

1. Speed is not power. Power equals mass times acceleration. You can throw a fast punch, but it must have weight behind it to be

impactful.

2. Move your entire body. Punches thrown only with your arm strength will lack power. Use your entire body and try to move it all at the same time.
3. Move your legs. These are the strongest muscles in your body and generate the most power.
4. Stay within your range. Punches at the limit of your range lack sufficient power. For maximum effect, stay closer and punch through your opponent.
5. Angles create opportunities. Throw your punches at different angles to give them more power and cause more damage to your opponent.

NO. 013: HOW TO GENERATE POWER



014. Increase Footwork, Speed, and Agility

Situation: Very few would argue that mobility is the number one lifesaver before, during, and after a confrontation. Your feet can make a difference between winning, losing, and, at extremes, loss of life. Unfortunately, the average person overlooks the importance of footwork and has no idea where to begin to get better, faster, and more stable feet. It's no surprise that your feet become the most important tools you have when you need to exit a confrontation. Running, however, is not the only use for your feet in surviving certain situations. You have to know how to use your feet to move around your adversary, generate power for a strike, and increase the distance so that you don't get hit yourself. Your feet need to be nimble enough to engage a target by moving side to side and forward and backward, but also be unyielding to plant for a split second and deliver devastating blows.

Mission: Don't just stand there.

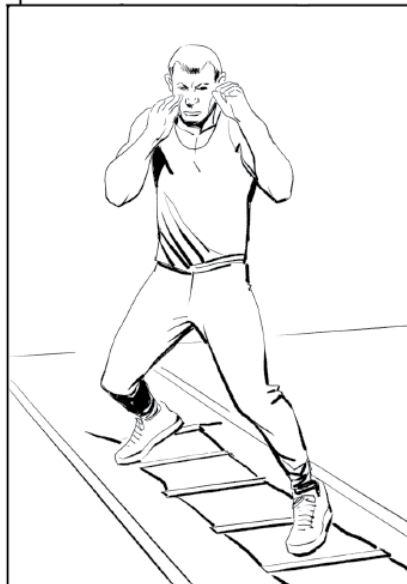
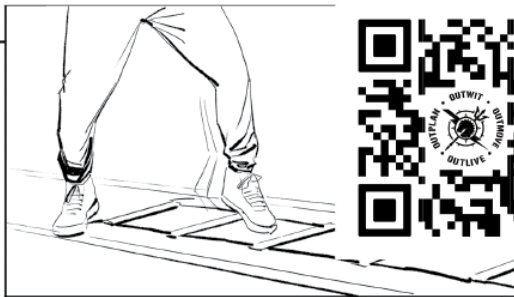
Execution: Anytime you're doing footwork drills, your goal should be to never let either foot remain on the ground any longer than it has to be. You want to learn to tap dance during your drills. Once accomplished, your feet will start to move faster. Footwork drills incorporate the entire body, eyes, hands, and feet, working together to establish a good offense or defense. Footwork drills increase your performance structurally, muscularly, and neurologically.

Service and Support: Increase your inventory of footwork drills by visiting Tony Jeffries's website and social media. He has an incredible inventory of drills and even a boxing academy that you can sign up for to get better.

Command and Control: Showcasing how light you are on your feet can be intimidating to your adversary. How fast you move can demoralize your opponent, crack his confidence, and give you an advantage before the fight

begins. The nimbler you are, the less likely you are to get hit, but the more likely you are to land a punch. Your ability to get in and out of the kill zone quickly can mentally destroy an adversary and frustrate them into making mistakes. Once accomplished, you can end it quickly.

**NO. 014: INCREASE FOOTWORK,
SPEED, AND AGILITY**



015. Strengthen Your Punch Power

Situation: It's no surprise that increasing the power of your strikes increases the odds of knocking a motherfucker out. Make no mistake; power by itself won't do the job. Ideally, it is combined with speed, accuracy, and surprise to generate maximum results. The beauty of working on your power is that it will inadvertently increase your speed and accuracy as well. Boxers, unlike MMA fighters, learn how to leverage their entire body when they throw a punch. And just as important, they learn how not to be punched. Both skills make boxing a powerful tool for overall badassness.

Mission: Make them forget their name.

Execution: A boxer involves his entire body every time he throws a punch. Three minutes of boxing can seem like an eternity when you find yourself grasping for strength and air within the first thirty seconds. Throwing powerful punches requires that you engage the muscles in both your feet and legs. To throw punches with power, you must dig into the canvas or the ground with your feet. It's in that split second that you're not hopping around on the balls of your feet. Power is generated through your legs as you begin to engage your hips and back. The resulting torque comes out through your punching arm.

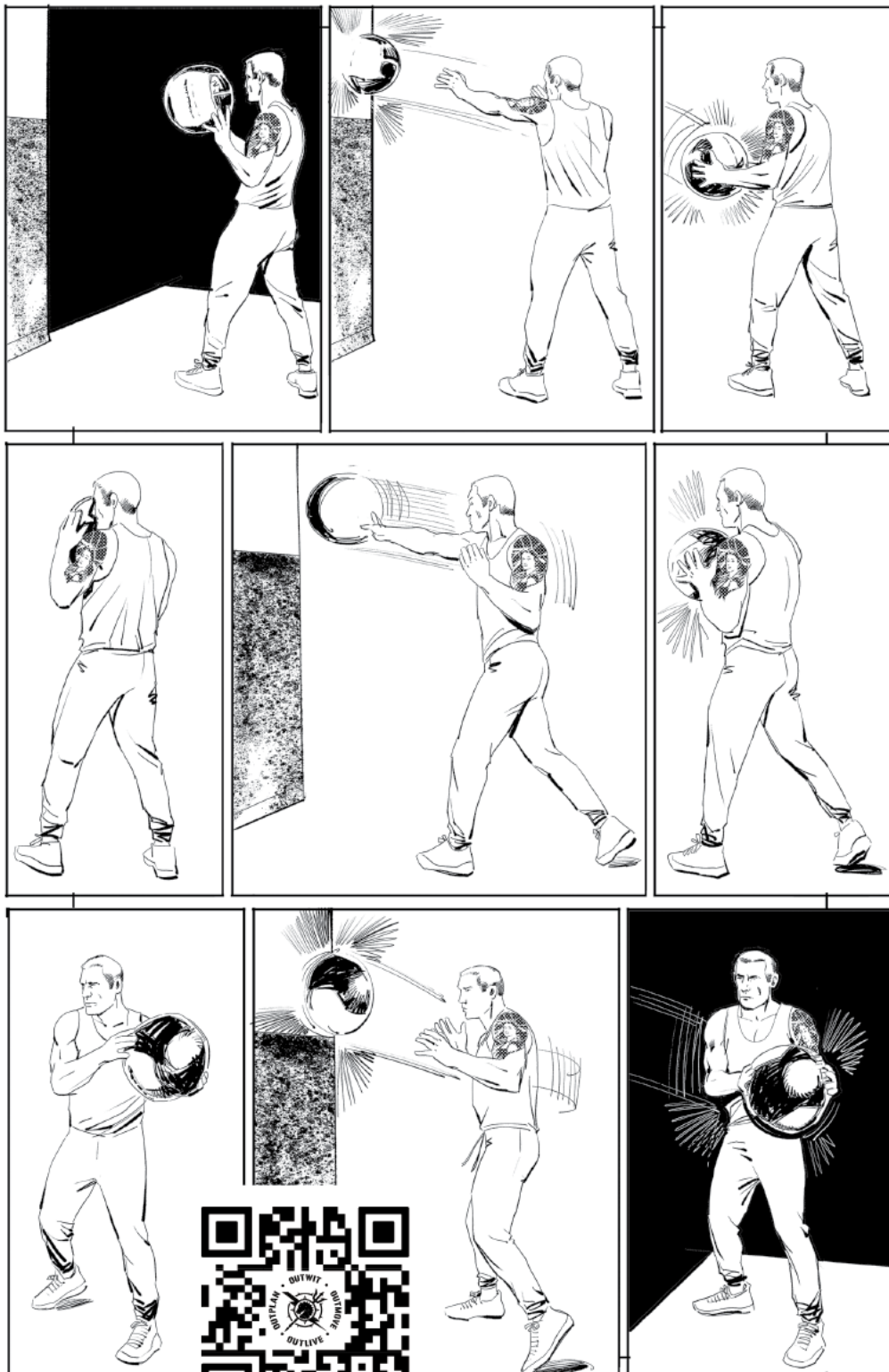
Service and Support:

1. Start with lighter medicine balls before attempting heavier ones.
2. Check the distance from where you stand to the wall and give yourself enough space for the rebound.
3. Do your best to maintain a fighting position throughout the entire exercise.
4. Be disciplined and don't wind up for the punch.

Bad habits in training accumulate, and you'll end up telegraphing your real punches. Always keep your non-throwing hand up in a guard position near your head.

Command and Control: Punching power begins with your mindset. At first, you're just learning how to fight, looking for an opening, and deciding when to throw a punch. As you advance, however, throwing power punches begins to happen instinctively. Over time, you will start to anticipate an opening in your opponent's defenses even before it happens, and your resulting punch will be more powerful.

NO. 015: STRENGTHEN YOUR PUNCH POWER



TORGERSON, MARCUS

THE BADASS



Code Name: Taz

Primary Skillset: Expert 3 Krav Maga

Secondary Skillset: Second-degree
black belt Uechi-Ryū karate

Background: A hand-to-hand defensive tactics subject-matter specialist, Marcus has more than forty years of martial arts experience. If there is a need to educate and empower a civilian quickly and easily, Marcus is your man. He can assess and choose the appropriate action to quickly prepare a student (mentally and physically) to become a bad guy's worst nightmare. Marcus is a reflective individual who deeply believes in "being kind to dumb animals and drunks," thanks to his two decades of working security in nightclubs.

The one thing he is overly sensitive and empathetic about is people with special needs and physical and mental handicaps.

ADOLF HITLER

THE ENEMY



Background: A German politician and leader of the Nazi Party, Hitler rose to power as the chancellor of Germany in 1933 and then became führer in 1934. During his dictatorship, from 1933 to 1945, he initiated World War II in Europe by invading Poland in 1939 and was closely involved in military operations throughout the war. Under Hitler's leadership and racially motivated ideology, the Nazi regime was responsible for the genocide of about six million Jews and millions of other victims whom he and his followers deemed to be socially undesirable. Hitler and the Nazi regime killed an estimated 19.3 million civilians and prisoners of war. In addition, 28.7 million soldiers and civilians died as a result of military action in the European theater.

016. Understand Situational Awareness

Situation: We hear a lot about situational awareness, but not so much about the three major fields of view, or worse, a lack of view. Situational awareness systems usually employ a variety of mental observation techniques to make detecting threats a little easier. These systems are used to collect and analyze the surrounding environment to enhance your safety and security. The intent is to decrease your response time in emergencies. Most situational awareness systems rarely highlight fields of view, peripherals, or blind spots, other than to say, “Keep your head on a swivel.” Sometimes, the most straightforward and least complicated systems are as simple as red, yellow, and green.

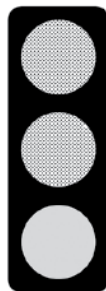
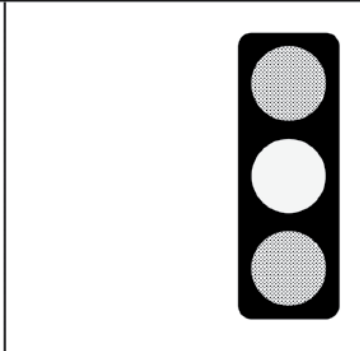
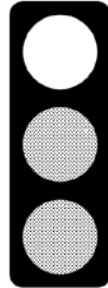
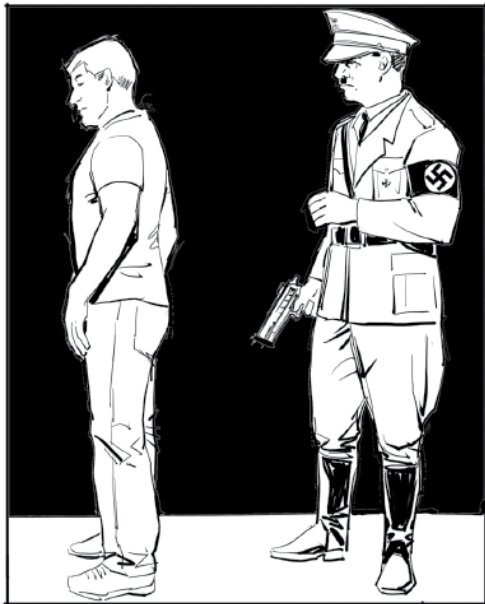
Mission: Always try to eliminate the red.

Execution: Simply putting your back to a wall and eliminating the red zone exponentially increases your safety and security. The only fields of view that will require observation are yellow and green. By definition, green is anything in your direct line of sight, yellow is anything in your peripheral field of view, and red is anything behind you, where you have zero visibility. By putting your back to a wall and continually scanning your environment from left to right to left, you’re increasing your time in green, limiting time in yellow, and eliminating red. When there are no walls to use to limit your exposure, green and red become equal. By only paying attention to your fields of view, you’re paying attention to your environment and better off than using some of the more elaborate situational awareness systems.

Service and Support: Using a wall as you position yourself is just one of many ways to eliminate red. Any object that you can put your back against will help prevent attacks from behind. Looking behind yourself from time to time will temporarily turn red to green and increase your awareness.

Command and Control: Next time you're walking and you decide to check your phone for messages, stop first and put your back to a wall. You should always be walking with your head erect and scanning the environment. The next time you're parking your vehicle, back it into a spot closest to walls, barricades, or other obstacles that prevent you from getting hit from behind. If you're always trying to eliminate red, then you're more likely to stay in the green.

**NO. 016: UNDERSTAND
SITUATIONAL AWARENESS**



017. How to Palm Heel Strike Your Adversary

Situation: Krav Maga strikes include the straight punch, hammer fist, palm heel strikes, eye gouges, and throat strikes. The palm heel strike can be thought of as a straight punch with the heel of the palm. The body mechanics of throwing a palm heel strike are the same as for the straight punch and hammer fist. The type of strike you select is usually determined by what you are targeting. If you stood in front of a brick wall and had a choice of punching it with either a fist or a palm, a smart move would be to use your palm. Instinctively, you know that punching a brick wall with your fist will most likely result in some broken bones, a whole lot of pain, and an undamaged wall.

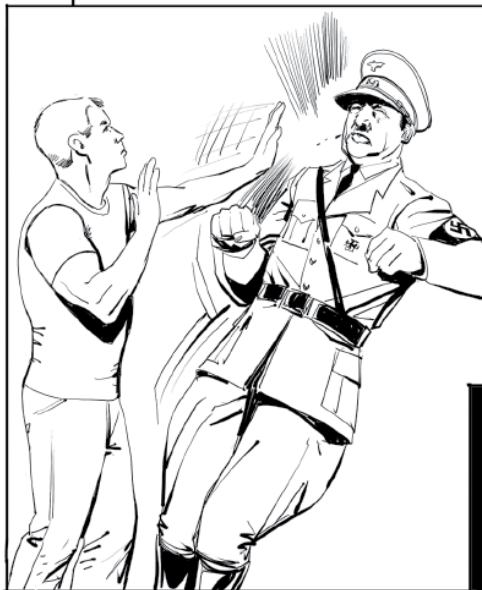
Mission: High-five their jaw.

Execution: Krav Maga heel palm strikes are set up by simply pulling the fingers of the striking hand back and jutting the palm of the striking hand forward. Rotating the hips and shoulders as you throw the strike is imperative to generating power. You should strike at the soft targets of the face using a straight punch or hammer fist. Because the palm strike uses an alternative striking surface instead of the top two knuckles, it can be used at different angles. Fingers can be extended and straight up or tilted inward at forty-five degrees. This shifts the striking surface from the middle of your palm to the blade of your palm.

Service and Support: Keep your thumbs in, tight against the knuckle of your index finger and slightly bent. This will prevent thumb injuries when you strike and miss. During training sessions, mix up your combinations with fists and palm strikes. Remember, save your fists for soft surfaces and your palm strikes for hard surfaces.

Command and Control: To completely overwhelm your adversary, a series of alternating palm strikes in rapid succession can be unstoppable, especially when your adversary is caught off guard.

NO. 017: HOW TO PALM HEEL STRIKE YOUR ADVERSARY



018. How to Throw an Elbow Strike

Situation: Elbow strikes are usually reserved for close fighting situations. In Krav Maga, there are seven different elbow strikes. Each elbow strike is numbered accordingly. An elbow number one is a horizontal high elbow strike. Elbow number two is a sideways elbow strike. Elbow number three is a horizontal backward elbow strike, and so on. The vertical elbow strike is elbow number seven. It is not the easiest to learn, but is certainly one of the most useful when up close and personal with your adversary. Unlike its horizontal counterpart, a vertical elbow can be thrown at any time without telegraphing the movement.

Mission: Smell your armpit?

Execution: If your hands are up in a standard negotiation posture, you are already set up to throw a vertical elbow strike. With hands open and your adversary's jawline in your sights, quickly drive your elbow straight up while simultaneously running your hand past the side of your head and ear. While the elbow is driving upward, you are also stepping forward, as if throwing a jab. Forward and upward power delivers incredible knockout impact.

Service and Support: As with any strike, your footwork generates the power and allows you to drive through your adversary. Power from your legs and core is necessary for a successful vertical elbow strike.

Command and Control: Don't forget about your other arm. It should always be on guard and ready for the counterattack. Your other hand can also be used to clinch your adversary's head and hold it in place while delivering your elbow strike. The resulting impact will be significantly more damaging.

NO. 018: HOW TO THROW AN ELBOW STRIKE



019. How to Side Kick Your Opponent's Knee

Situation: The knee is an important target in close combat. It is the largest joint in the body and is also the most complicated. The knee connects the two longest mechanical levers in the human body, the femur and the lower leg bones, the tibia and the fibula. An injured knee can lead to a loss of mobility and end the fight immediately. The amount of force required to cause ligamentous injury is minimal. Whether the knee is flexed or extended, it is always vulnerable to attack.

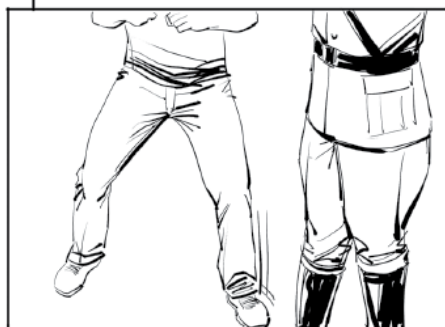
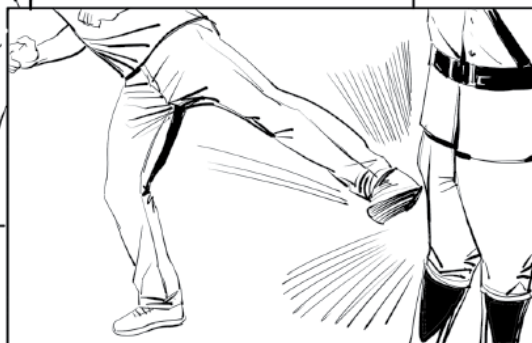
Mission: Break a leg, not yours.

Execution: If caught off guard and attacked from your flank, your hands should always flinch upward to protect your head. Simultaneously lift the knee closest to your target and drive upward while extending the bottom of your foot out to meet your attacker's closest leg. Pull your toes toward your shin to allow the bottom of your foot to make contact just below your adversary's knee. Drive your weight downward and smash your kicking foot through the target leg, which will, in turn, dislocate your adversary's knee joint and take him out of the fight.

Service and Support: For instant gratification, start with one broomstick leaning against a wall and practice your side kick. One will snap fairly easy. Try two and then three taped together to learn just how much force it takes to snap the body's biggest bones.

Command and Control: Your response should never end with one strike. Continue striking until your adversary is no longer a threat to you or others around you, and you can withdraw to a place of safety and contact the authorities.

NO. 019: HOW TO SIDE KICK YOUR OPPONENT'S KNEE



020. How to Front Kick a Pair of Balls

Situation: Testicles begin their development near your kidneys, establishing a major nerve that reaches from your abdomen down to your scrotum. It is for this reason that kicks to the groin are so effective. The penis and testicles are essentially bundles of nerves that love light pressure but feel earth-shattering pain from too much. A strike to the groin will cause severe pain at the point of impact and a more intense or referred pain that shoots up the abdominal cavity. This pain can last up to fifteen minutes, which is plenty of time for you to get as far away as possible.

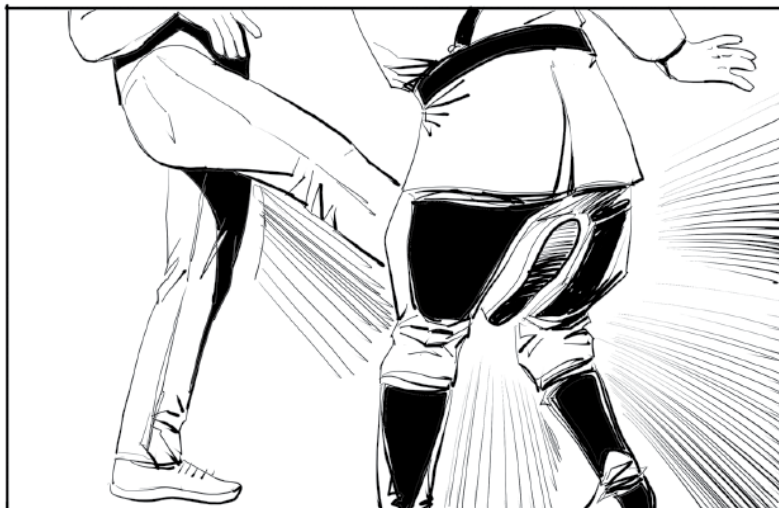
Mission: Kick 'em in the balls.

Execution: From your nonviolent posture, you will drive the knee of your trailing leg upward. Once your femur is parallel to the ground, extend your foot out quickly to your target. In a perfect scenario, the top of your foot will drive straight up and crash dead-on into your adversary's testicles. Once the kick is complete, recoil your leg back to the starting position or let it drop straight down after impact.

Service and Support: Keep in mind that kicks can be a huge vulnerability. For a moment in time, you will be balancing on one leg. If you're striking leg gets caught by your adversary, or you miss, you could find yourself off-balance. Kicks have to be trained, and without practice, they'll end up slow and sloppy.

Command and Control: Distract your adversary with a fake jab or palm strike. This will get them to raise their hands and look upward just as you are launching a kick between the legs. If their hands are up, they are also less likely to catch your kick.

NO.020: HOW TO FRONT KICK A PAIR OF BALLS



021. Escape a Rear Bear Hug

Situation: The Krav Maga philosophy is brutally simple: cause as much damage as possible to your attacker and get off the X as quickly as possible. Krav Maga focuses on aggression and your offense more than de-escalation and your defense. This is a key differentiator from traditional martial arts, mixed martial arts, and competitive fighting, where “self-defense” is practiced. Its background explains why: it was developed and employed by the Israel Defense Forces, Israeli special forces, and regular infantry units. It is as simple and ruthless as it is efficient. For example, if attacked by surprise from behind, like a bear hug attack, your defense must be offensive, decisive, and damaging.

Mission: Cause damage, create pain, and get off the X.

Execution: If you find yourself in a bear hug:

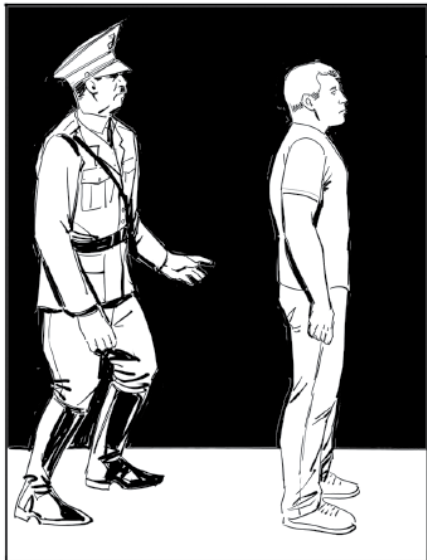
1. Maintain control of your attacker's clasped hands.
2. Drive your chest forward and hips back to make it difficult for your attacker to pick you up and throw you to the ground.
3. While driving your weight forward, step to one side or the other and simultaneously bash his groin with a hammer fist.
4. Recoil your striking hand back up and maintain control of his clasped hands.
5. Pull clasped hands away while stepping back to escape the hug.
6. Shove your adversary and use the momentum of the shove to launch yourself in the opposite direction for an escape.

Service and Support: Like any series of combinations, you have to train each move before putting it all together. Remember also to practice controlling the clasped hands wrapped around your chest. Let your partner

throw you around to get a better feeling for your options. Train your footwork by stepping to the left or right with resistance applied by your partner. Move through each phase of the escape, and once you're confident with each move, practice them all together.

Command and Control: Unfortunately, the element of surprise always exists but can be limited by surveying your red zones regularly. Ideally, when you are grabbed from behind, your attacker won't have time to clasp their hands together and achieve a complete bear hug, because you will have been regularly checking your red zone and will detect the attack early.

NO.021: ESCAPE A REAR BEAR HUG



022. Stop a Knife Attack

Situation: In 2019, there were just over 180,000 aggravated assaults in the United States using firearms. In comparison, there were only over 110,000 aggravated assaults employing knives or other cutting instruments. Statistically, the odds of being shot versus stabbed are narrower than one would think. The solution seems simple: carry a gun. Unfortunately, an ambush knife attack will require you to first deal with the knife until an opportunity to draw and fire your handgun presents itself.

Mission: Don't get stabbed.

Execution: Getting control of your adversary's knife-wielding extremity and shifting your major organs away from the line of attack are the priorities. Meeting your attacker's elbow joint with your forearm will help prevent the knife from reaching your torso. Hinging at the hips and stepping sideways will also make for a smaller target that is further away. Use your other arm to keep the attacker in check and off-balance. Once the opportunity arises, step into the attacker's knife arm using your arms like hooks to gain positive control of the weapon hand and arm. From this position, you can articulate your adversary's joint, shove him away, and create space to either run or draw your firearm.

Service and Support: Decide now where you would want to be stabbed. In other words, understand areas of your body that are least likely to be life-threatening when punctured a couple of times.

Command and Control: Be loud. Yell at your attacker. Be heard by others. Shouting also aids in providing focus and channeling inner energy as you impart more power to your strikes, blocks, and grabs. Just like a battle cry, the shout also serves as a fighter's declaration of confidence and is intended to either startle or intimidate an opponent. Letting out a fierce *kiai* or *kihap*

accompanied by a proper stance indicates that you will not back down. Lastly, a loud one-syllable shout tightens your core muscles and helps shield your vital organs from puncture.

NO.022: STOP A KNIFE ATTACK



023. Snatch a Bad Guy's Gun

Situation: Pistols are manufactured in all makes and models. Knowing the difference between a revolver and a semiautomatic handgun pointed at your face decreases your tactical decision-making time. Ideally, your techniques to disarm your assailant are designed to win, regardless of the kind of pistol pointed at you. However, it is essential to know the characteristics of different types of weapons to better disarm this life-threatening situation. The main difference between a revolver and a semiautomatic pistol is how ammunition gets into a position to be fired. Each time the trigger is pulled on a revolver, the cylinder rotates, and a new round moves into the firing position. A semiautomatic holds the ammunition in a separate magazine. The magazine is like a Pez dispenser and holds a stack of ammunition on top of a spring. Each time the trigger is pulled, an expended ammunition casing is ejected, and a new cartridge is pulled off the top of the magazine and placed into the gun's firing chamber. Just know that when grabbing a revolver, more than one round can be fired until you get total control of the handgun. Whereas with a semiautomatic, tightly grabbing the barrel, which also includes the slide, will limit firing to a single shot.

Mission: Be deliberate; be violent.

Execution: Raise your hands into an NVP and try to de-escalate the situation. As you talk, try to draw the attacker within arm's reach and look for your opportunity. Once you see it, thrust your hand out and C-clamp grip the front portion of the pistol. Simultaneously, your other hand grabs the back of the handgun. With both hands on the gun, drive the barrel upward and the back of the handgun downward as you strip it from your assailant and deliver a distracting and hopefully painful kick to his balls.

Service and Support: When training this combination of moves, ensure that the handgun is safe and clear of ammunition. Ideally, use rubber training aids or toy pistols to increase safety and prevent any accidental injuries or death.

Command and Control: Maintaining positive control of the gun becomes more important than controlling the bad guy. The weapon is your target and should never be out of your grip or sight until you have 100 percent positive control. Once you have control, you can either use it against your adversary or—depending on the situation, environment, number of assailants, and your own medical status and capability—escape the area.

NO.023: SNATCH A BAD GUY'S GUN



024. Knife to Throat Escape

Situation: Having a knife pressing against your throat evokes the worst kind of fear and trepidation. For good reason: this is a very dangerous situation and one in which you could die, or at the least suffer a gory, bloody, and life-threatening wound. The neck itself is vulnerable to life-threatening injuries because it contains the cervical spine, major arteries and veins, and of course, your airway. If the adversary's intent is only to rob you, gladly give up your money. But if someone intends to cause you serious bodily harm or intends to take you as a hostage, you must take action.

Mission: Whoever controls the knife, controls the life. Control the knife no matter what.

Execution: If you are caught off guard and a knife is pressed against your throat, immediately grab your adversary's knife hand with both hands. Once you have positive control of the knife hand, simultaneously thrust your elbows back and throw a rear headbutt. Driving your elbows back as hard as you can while the knife hand is in your grip will also provide power as you rear headbutt your adversary's face. Drive your chest forward and hinge at the hips while stepping outside your adversary's stance and pulling the knife hand with you. Once you've escaped his grip, shove the hostage taker in the opposite direction of your escape.

Service and Support: When training, ensure that you're using a safe plastic molded training knife. Fake toy knives are also a great alternative.

Command and Control: There is a philosophy in hand-to-hand combat, sometimes known as the "two-to-one rule." Anytime you can use both your hands to control one of your adversary's extremities, especially when they are yielding a weapon, you should apply the rule. Two hands versus your assailant's one hand will increase your odds of winning the battle and

surviving.

NO.024: KNIFE TO THROAT ESCAPE



HAYES, STEPHEN

THE BADASS



Code Name: Ninja

Primary Skillset: Ninjutsu master

Secondary Skillset: To-Shin Do master

Background: has spent his entire adult life pursuing perfection through the study of Asian martial arts and spiritual traditions. He has lived and traveled throughout North America, Japan, Europe, the Arctic, China, Tibet, Nepal, and India. He travels the world as a teacher, seminar leader, and lecturer while promoting the benefits of life mastery through martial arts. Stephen inspires others by translating his extensive background in martial arts and meditation into practical lessons for handling the pressures and uncertainties of life. Students, readers, and seminar participants have reported that his teachings have brought them deep encouragement and empowerment and have inspired them to achieve new levels of success in their personal and professional lives. He is peerless in his ability to share real, honest ninja combat secrets enriched by unparalleled insights from the Himalayan meditative mind sciences. His genius is his ability to translate exotic esoteric concepts from ancient cultures into practical, useful understanding for Western seekers. His gift is his ability to deliver a complete and all-inclusive approach to personal security and personal power.

THEODORE JOHN KACZYNSKI

THE ENEMY



Code Name: The Unabomber

Background: Kaczynski is an American domestic terrorist, anarchist, and former mathematics professor. He was a math prodigy, but he abandoned his academic career in 1969 to pursue a more primitive lifestyle. Between 1978 and 1995, he killed three people and injured twenty-three others in an attempt to start a revolution by conducting a nationwide bombing campaign targeting people involved with modern technology. In conjunction with this effort, he issued a social critique opposing industrialization while advocating a nature-centered form of anarchism.

025. How to Counter a Boxer's One-Two Combination

Situation: The one-two-three combo is popular amongst trained fighters. It usually consists of a jab followed by a cross and a hook or kick to complete the combination. Because it's so popular, it only makes sense to learn a defense against the combination. With a lot of training, you can dip, slip, and dodge most strikes. However, if you are just getting started, it may be easier to block the combination with footwork alone.

Mission: Block, move, and repeat.

Execution: Blocking a strike and stepping laterally rely on one another to counter a punch effectively. Stepping off-line to the right or left while your lead forearm meets the strike will prevent a direct hit and divert your opponent's momentum. Keep in mind that while you might still get hit in the head, an effective block reduces the chances of injury or knockout. Essentially, this is a flanking maneuver that takes both of your opponent's striking capabilities off-line and opens them up to counterattack.

Service and Support: Blocking the jab with a lateral movement changes the attack angle, stops the rest of the combination, and opens your opponent up to counterattack. Blocking and lateral movement are more effective when combined.

Command and Control: No matter where you are or what you're doing, always have a combination of movements in mind as an exit strategy. If you're caught off guard and find yourself in a fight, it's one less thing you will have to worry about. Be prepared to block, move, counterstrike, and exit the scene.

NO.025: HOW TO COUNTER A BOXER'S ONE-TWO COMBINATION



026. How to Counter a Drunken Flurry of Fists

Situation: Some people just want to be dummies. The untrained person is usually the one that mindlessly throws haymakers. It is the untrained person that talks smack and acts tough while being watched by third parties. It's almost always an untrained person that shoves you or throws the first punch. Sometimes he gets lucky because he's only targeting an equally untrained person. Trained fighters are usually the last ones to start a fight because they know that you can never underestimate a person you might have to go toe to toe with. One of the little-recognized skills of a trained warrior is the discipline and self-control to avoid a fight.

Mission: Leverage the attack and shift to your advantage.

Execution: The power of a lateral step can prevent the impact of an aggressive attack. Sometimes fighting is not about punches; it's all about angles and reach. When someone is telegraphing with giant, slow punches, they leave themselves open on the inside. Jabbing them in the eye while stepping laterally, followed by an elbow to the head, is an excellent way to stop your adversary's forward momentum. If they cling on, you can leverage the physics and throw them to the ground.

Service and Support: Using a hammer fist to strike your opponent can be just as devastating as a fist or palm strike. Holding the head in place with the opposite hand during an elbow strike increases the impact since the head has no place to go.

Command and Control: Visual acuity is always crucial with unpredictable and belligerent people. Though they are untrained, you should keep your wits about you and your eyes on the target at all times.

NO.026: HOW TO COUNTER A DRUNKEN FLURRY OF FISTS



027. How to Escape an Abdominal Blade Attack

Situation: Stabbing is the penetration of a person with a knife or pointed weapon at close range. Stabbings today are common among gangs in prisons because knives are cheap, easy to acquire or manufacture, easily concealable, and relatively effective. The human skin has a somewhat elastic property as a built-in self-defense, and when the human body is stabbed by a thin object, such as a small kitchen knife, the skin often closes tightly around the object when it is inserted and closes again if the object is removed. As a result, blood is often trapped within the body. It has been falsely speculated that the fuller, any elongated concave depression in a metal blade, functions to let blood out of the body to cause more damage. This misconception has led to fullers becoming known as blood grooves. Instead, the fuller is actually a structural reinforcement of the blade, similar in design to a metal I-beam used in construction.

Mission: Do not bleed out.

Execution: Your goal is to trap the knife hand as quickly as possible. The reality is that in a knife attack, you're probably going to get stabbed at least once or twice until you can stop the knife-wielding uppercuts. As quickly as possible, hinge forward at the waist to move your abdominal area back and out of reach of the knife. Attacking and gaining control of your adversary's elbow joint will limit his reach and should become your number one priority. If you then work your way from the elbow down your adversary's forearm to his wrist, you can take total control of that arm and the knife.

Service and Support: You have to train with these techniques to be effective.

Command and Control: Once you have control of the knife, do not let it

go. Your two hands on your adversary's one arm will allow you to maintain control. Putting your body in between his two arms will prevent his other hand from getting in the fight.

NO. 027: HOW TO ESCAPE AN ABDOMINAL BLADE ATTACK



028. How to Counter a Knife-to-Throat Threat

Situation: Something has gone horribly wrong if you find yourself with an attacker at your rear and a knife at your throat. The reality is, however, that knife encounters usually don't start face-to-face. Knife attacks tend to be ambushes; most often, you never see them coming. And more times than not, a person who's been stabbed thinks they've only been punched. A knife to your throat is a serious situation, and regardless of whether the odds are in your favor that it will never happen to you, you should still know how you would get out of the situation alive.

Mission: Keep your head on straight.

Execution: Feign compliance and push your head and upper back into your adversary. Raise your arms up, and let your attacker know that you mean no harm. Leaning into him and raising your arms sets you up to trap the elbow against your head with your raised arm. Once the attacker's knife arm is trapped, immediately gain positive control of the knife. Trap it and strip it from his hand as quickly as possible.

Service and Support: Everything is fair game when your life is threatened, including manipulating an attacker's fingers, wrists, or elbows. All of them are fair game to twist, bend, or break in order to survive. Keep in mind that some of these techniques require fine motor skills, and once your adrenaline starts flowing, they might become challenging unless you train regularly. Relying on your gross motor skills instead is always a good bet.

Command and Control: Gaining control of the knife is your top priority. Remember, the two-to-one rule will always give you the upper hand. Meaning if someone has a knife or a gun, you need to direct all your attention and your two hands to the one hand holding the weapon.

NO.028: HOW TO COUNTER A KNIFE-TO-THROAT THREAT



029. How to Counter a Gun-to-Head Threat

Situation: First and foremost, you should avoid hostage situations altogether, if at all possible. Common sense would tell you to remain calm, and if your captors want something, give it to them. There is nothing more valuable than your life, so whatever they want, provide it, and hope that it prevents you from being taken or kept hostage. The FBI keeps it pretty simple and lists five tips for negotiating with a bad guy.

1. Active listening: Listen without judgment and make sure the party you're listening to knows that you heard them.
2. Empathy: Whether you agree or not, try to put yourself in their shoes and understand what they're feeling.
3. Rapport: Once you understand their state of mind and motives, you need to step into their mind and build a relationship.
4. Influence: It's not about making them do something that they don't want to do. It's more about helping them get to their objective differently.
5. Behavioral change: The first four steps will hopefully lead to a modification of the original behavior enough to achieve an acceptable outcome for everyone involved.

Mission: Survive to tell the story.

Execution: Putting your hands up provides some advantage and also feigns compliance. The key is to ensure that your arm is outside and behind the gunman's elbow. This position will allow you to collapse the elbow against the side of your head and lock it into place by grasping your head. This movement will force the pistol out of alignment with your head and make it possible to trap and strip it away from the adversary.

Service and Support: Theatrics can play a part in gaining an advantage. Acting scared and pushing back into your adversary with your shoulders can mentally disarm them for your next move. Pretending to be afraid and fearful for your life can also stroke their ego, give them a greater sense of power, and make them feel like they're winning.

Command and Control: Your awareness of the gun's alignment is crucial and should determine when you make your move. Once you are ready, your move must be violent and decisive.

NO.029: HOW TO COUNTER A GUN-TO-HEAD THREAT



030. How to Throw a Throwing Star

Situation: Contrary to popular belief, throwing stars were not primarily intended as killing weapons. Instead, they were used in a secondary role, as a nuisance or distraction to target exposed parts of the body, including the eyes, face, hands, or feet. The throwing star may sometimes be thrown so that the target receives only a glancing blow and is left confused about the cause of his wound.

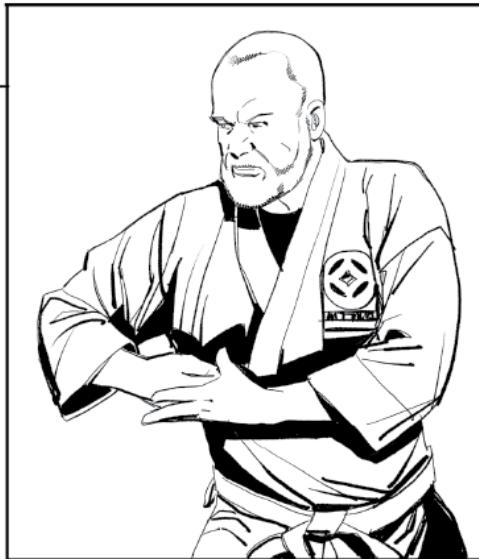
Mission: Make it count.

Execution: Instead of throwing it like a baseball, you're flinging it like a frisbee. When thrown correctly at a target, your throwing-hand index finger should end up pointing where you want the throwing star to impact. It is not difficult at close range, but as you increase the distance, your level of accuracy will decrease.

Service and Support: Modern throwing stars are most often made of stainless steel and commercially available in many knife shops in Europe and North America. They are illegal to possess or carry in some countries.

Command and Control: Anytime you're throwing edged weapons, you always have to consider the foreground and the background to ensure that no one could be injured unintentionally.

NO.030: HOW TO THROW A THROWING STAR



BATHORY, ZOLTAN

THE BADASS



Code Name: Rock 'n' Roll

Primary Skillset: Judo

Secondary Skillset: Jiu-jitsu

Background: Zoltan is a Hungarian-born American musician and martial artist. He is the founder and rhythm guitarist of Las Vegas-based heavy metal band Five Finger Death Punch. In 2010, *Metal Hammer* magazine's Golden Gods Awards named him "Best Shredder." Zoltan is also a founding board member of the nonprofit Home Deployment Project, for veterans in Las Vegas, and sits on the board of advisers at VETPAW (Veterans Empowered to Protect African Wildlife), an anti-poaching organization operating on the African continent, composed of US combat veterans.

In his private life, Zoltan is a martial artist who practices judo and Brazilian jiu-jitsu and often appears in martial arts magazines. He is a member of the Gracie Humaitá Jiu-Jitsu Competition Team, under fourth-degree black belt Professor Amilcar Cipili and seventh-degree black belt Master Royler Gracie. Zoltan has won the silver medal at the Abu Dhabi Pro Jiu-Jitsu World Trials and at the North American Grappling Championship, and he placed third in his division at the 2012 Masters World Championship. He is one of the few civilians certified by the US Army as a level 1 Modern Army Combatives instructor in close quarter combat. Zoltan also practices Wing Chun kung fu under Grand Master Randy Williams of the CRC Academy and Guerilla Jiu-Jitsu under Professor John Simons III.

ANWAR NASSER AL-AWLAKI

THE ENEMY



Background: Al-Awlaki was a Yemeni American imam and alleged militant. According to US government officials, he was a senior recruiter and motivator, and was centrally involved in planning terrorist operations for the Islamist militant group al-Qaeda. Al-Awlaki became the first US citizen to be targeted and killed by a US drone strike, in Yemen in 2011.

031. How to De-escalate a Potential Fight

Situation: The predator/prey mentality shows itself through body language. Predators seek out and enjoy the chase. A lot of times, they like to go after what they know they can kill. They want to win and win with as much ease as possible. If faced with a belligerent idiot in a bar, in parking lot, or at your favorite coffee shop, de-escalation may mean standing your ground with a little show of force that says, “I’m not easy prey.”

Mission: Do not be easy prey.

Execution:

1. Present your hands, palm to palm, in a peaceful position of prayer.
2. Blade your hands through the air, back and forth ever so slightly.
3. Keep your facial expressions natural and say, “You don’t want to do this; there is nothing for you here.”
4. Stand your ground and flank the threat by sidestepping to the right or left to keep your adversary off-balance and his striking systems off-line.

Service and Support: There are many nonviolent postures. As mentioned before, there is no right or wrong position, as long as it’s a position you train, can react from, and allows you to present yourself as nonthreatening.

Command and Control: Mind games are part of winning the mental fight and de-escalating before the real fight takes place. Backing off can feed a belligerent idiot’s confidence and fuel his desire to fight, so stand your ground. Going toe to toe and matching his behavior will also ensure

fisticuffs. Ultimately, you want your new friend to recognize your confidence and question his own ability to win.

NO.031: HOW TO DE-ESCALATE A POTENTIAL FIGHT



032. How to Block Strikes

Situation: One of judo's key principles is *kuzushi*, the art of breaking your opponent's balance. *Kuzushi* consists of pulling and pushing an opponent to destabilize and quickly apply the *nage-waza*, or a throwing technique. Experienced judo fighters know the ground is their other friend in the fight. A properly executed throw of your adversary against the ground can end the fight just as quickly as a knockout punch. To knock your opponent off-balance and perform a rib-cracking throw, you have to block the attack and close the gap.

Mission: Be comfortable on the inside.

Execution: The prayer position, with hands together at eye level, allows several blocking options. Whether it's a jab, cross, or even some kicks, your forearms are up and ready to block the strike. It also forces outside attacks, due to its centerline posture. Meaning your hands will always be inside of any strike that's thrown, leaving your opponent's upper body vulnerable to your counterattack. Counterattacks can consist of pushing or pulling your adversary off-balance or using their momentum against them to throw them to the ground.

Service and Support: There are many ways of moving that will result in your opponent responding predictably. Once you can anticipate his movements, taking advantage of him can be simple. If you step forward and push your opponent, this usually results in him stepping back, bracing, and pushing you back. His forward momentum allows you to throw him forward in the direction of the push. The most common way to force your opponent off-balance is to use combination throws. The first attempted throw puts the opponent into an unstable position so that a subsequent attack can be successful.

Command and Control: Most people do a fine job of getting off-balance by themselves. One way to apply judo throws is to exploit every opportunity that is presented to you. It is just not possible to move without creating some degree of imbalance. In attacking you, your opponent's force and momentum leave them vulnerable to your counterattack.

NO.032: HOW TO BLOCK STRIKES



033. How to Counter Your Adversary's Grip

Situation: Untrained and belligerent bad guys only know what they know. What comes naturally to them are big shoves, grabs, and a haymaker or two. These moves are the extent of the fighting capabilities of most bullies. They win with intimidation and not because they are skilled fighters. A trained fighter who understands and respects the art will never underestimate someone walking down the street and will not start a fight or randomly pick on someone. Trained fighters are typically disciplined and do not intimidate with their skills. They also understand the importance of never underestimating a stranger.

Mission: Use their grip against them.

Execution: Whether it's a clinch or a less aggressive grab of your neck, collar line, or shoulders, your opponent's elbows and shoulder joints combined are the weak links in their grip. Using your forearm as a fulcrum and the torque of your core can break the strongest grips.

Service and Support: Footwork is part of ensuring success. Pay attention to your opponent's stance and ensure your footwork takes advantage of any moment they are out of balance.

Command and Control: Once an untrained person has a grip, they tend to hold on because they have a false sense of control. In return, this tendency allows you the advantage that they don't anticipate and never see your response before you strike.

NO.033: HOW TO COUNTER YOUR ADVERSARY'S GRIP



034. Use Your Hooks to Trip Your Opponent

Situation: There are over sixty judo throws, and each is a climax of skills just as important as the throws themselves. Judo is an art of balance and imbalance versus an art of throwing your opponent to the ground. You have to understand your balance, its vulnerabilities, and its advantages. By doing so, you will understand your opponent's. You are not waiting for your opponent to put themselves in a vulnerable position. You are pushing and pulling them into vulnerable positions. Once you can create your opponent's imbalance, the throws become easy.

Mission: Put them on their ass or face.

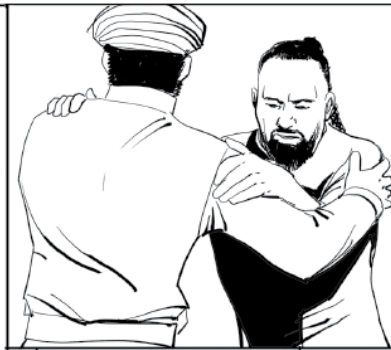
Execution: Pulling your toes to your shin will create a hook. Using that hook to push and pull your opponent will make them fall on their face or ass. You can hook the back of their leg from the outside or the inside. Your adversary's foot position and direction of travel determines the most effective hook for that moment in time. Employing a combination of hooks while driving your opponent backward will increase your odds of success and put your opponent on their ass.

Service and Support: Keep in mind that every time you lift your foot off the ground, using your remaining foot for balance, you potentially put yourself at a disadvantage. Every hook you commit to creates a vulnerability in your balance.

Command and Control: Imbalance is very often thought of as simply pushing or pulling. At more advanced levels, however, it is much more than that. For example, breaking your opponent's balance can also be achieved by breaking his rhythm and employing fake attacks, body position or grip changes, and even *kiai* (loud shout). Be creative with how you disrupt your

opponent's capabilities.

NO.034: USE YOUR HOOKS TO TRIP YOUR OPPONENT



035. Learn Judo Throws to Stop the Fight

Situation: One of the most significant benefits of judo as a sport and self-defense is that it has minimal physical limitations in terms of technique. Judo incorporates techniques that can be performed by an average person. Due to the lack of kicks, punches, and other kinds of strikes, almost anyone can learn and apply judo techniques. What makes judo useful for self-defense is its ability to redirect energy and allow you to take down much larger opponents. Also, the minimal expenditure of energy leads to more extended periods of fighting before fatigue sets in.

Mission: Never accept the current position.

Execution: When going toe to toe with your adversary, and whether they try to shove you or grab you, the first step is to trap one of their arms. This trap will serve as an anchor for your hip-wheel rotation, also known as a *Koshi-guruma* throw. Once you have counter-gripped your adversary's arm, your other arm strikes your opponent's neck with forearm and bicep. Maintain pressure against your adversary's neck while rotating in a downward spiral. Hinging at the hips while maintaining positive control of your adversary's arm and applying pressure with your other arm against your adversary's neck will inevitably force him to the ground.

Service and Support: This particular judo move is banned from competition due to possible neck injury. Use caution when training with your partner.

Command and Control: Judo is known for its throws, but the reality is that it provides a better understanding of your own body, balance, and how to make big moves with little energy.

NO.035: LEARN JUDO THROWS TO STOP THE FIGHT



036. Turn Your Blocks into Strikes

Situation: A boxer's fracture is when you break a bone in the base of your finger, near the knuckle or neck of the bone. That bone is known as a metacarpal, and the break is often called a fifth metacarpal fracture. It usually happens to the pinky finger or the ring finger and is most common in men. This injury is the most significant disadvantage to throwing a punch with a fist. If done improperly or sloppily, the potential of breaking your hand in the middle of the fight is possible. A hammer fist or palm strike may be a better option, regardless of your fighting capabilities.

Mission: Break the enemy's bones, not your own.

Execution: Kung fu masters teach that you block and strike with the same hand by holding your hands together in a prayer position. Your hand can either stay open and strike with the palm of your hand or closed and strike with the bottom of your fist. Whichever you choose, know that they are both just as effective as a fist but without the potential for injury.

Service and Support: The skull is a hard, bony, and irregularly shaped surface. Even the most skilled boxers end up with broken metacarpals because of the human skull's shape and rigidity. A good rule of thumb is to go "soft against hard, hard against soft." Use your fist for body strikes and your palm or hammer fist for head strikes.

Command and Control: Transitioning your arm from blocking into striking will certainly catch even the most advanced fighters off guard. Most of the time, your adversary will fail to anticipate a counterstrike from the blocking arm.

NO.036: TURN YOUR BLOCKS INTO STRIKES



HAYES, STEPHEN

THE BADASS



Code Name: Cane Maestro

Primary Skillset: Grand master,
American Cane Self Defense

Secondary Skillset: Japanese Aiki
jiu-jitsu

Background: Joe Robaina is the founder and developer of American Cane Self Defense (ACSD)—a comprehensive tactical system designed for using a cane to confront real-world threats—and a pioneer of the cane arts and culture. With an international following and over three decades of teaching and promoting cane self-defense, Joe has been instrumental in the global standardization of reality-based cane self-defense training. Master Joe emphasizes that selecting a good walking cane is essential for mobility and personal protection. Well-made canes are sturdy, powerful, and legal to carry anywhere you go, including on flights! However, all canes are not equal, and Master Joe is very particular about the canes he uses and recommends. ACSD offers several custom canes created in cooperation with Cane Masters LLC, the country's leading producer of handcrafted canes for mobility and personal protection. You'd never want to depend on a drugstore cane for either mobility or personal protection, whereas those produced by Cane Masters are individually designed for each user's preferences. Whether you're traveling to a troubled international hot spot or you're heading out for a night on the town, it is legal to have a quality cane by your side wherever you go!

ACTIVE SHOOTER/ACTIVE KILLER

THE ENEMY



Background: An active shooter or active killer is the perpetrator of a type of mass murder (or attempted murder) marked by rapidity, scale, randomness, and often suicide. The United States Department of Homeland Security defines an active shooter as "an individual actively engaged in killing or attempting to kill people in a confined and populated area; in most cases, active shooters use firearms and there is no pattern or method to their selection of victims."

037. Use a Cane's Horn as Brass Knuckles

Situation: Confined spaces can be difficult for both offensive and defensive tactics unless you train for it. Knowing what to do in different environments sets you apart and will give you an advantage over the average thug. Unfortunately, a career criminal knows what works and what doesn't and usually sticks to successful tactics. Some bad guys focus on stairwells, elevators, and so on to take advantage of people. Confined spaces provide benefits of concealment, reduce the number of possible witnesses, and provide a path for a clean getaway—especially in elevators, where the attack starts on one floor and ends on another. Most would think that cane strikes depend on the length of the cane to be successful. However, the cane is also excellent for strikes in a confined space where the range is more intimate. If you fear for your life, use the horn of the cane like an extended pair of brass knuckles to reduce your adversary's motivation and ability to harm you.

Mission: Be devastating.

Execution: Grip the neck of the cane closest to the crook, with the horn pointed forward. Raise it and your support hand in a nonviolent posture that makes it appear that you are surrendering. The support hand can either palm strike or hold your adversary's head to increase each strike's impact with the horn of the cane. Strike the predator as many times as necessary to end the attack and allow you to escape and contact the authorities.

Service and Support: Confined-space attacks can limit your field of view. Ensure you always keep your adversary's hands in view while pummeling their face. They could present a weapon at any given time, and you will have no choice but to deal with that obstacle. Remember to always be in motion and moving. Staying off the walls and taking a step to the left or right can be lifesaving in small spaces.

Command and Control: Attempt to control the predator's head. If you control his head, you control his body. Maintain control until an "out" (an escape route) presents itself or the adversary is incapacitated. You should always yell loudly for help to bring awareness to your problem and report the incident to authorities as soon as you reach a place of safety.

**NO.037: USE A CANE'S HORN AS
BRASS KNUCKLES**



038. Take Out Multiple Threats with a Windshield Wiper

Situation: Having multiple bad guys presenting themselves as a threat always makes for a bad day. However, the reality is that they may be targeting you because you have a cane and appear vulnerable. Most predators prey on the weak and seek defenseless victims. Most species move up the food chain, and predators are no different. What your adversaries don't know, however, is that the cane is a devastating defensive tool that has been around and part of martial arts for centuries. In a practitioner's hands, the cane tip can swing up to one hundred miles per hour with relatively little training. The windshield wiper tactic causes the tip of the cane to move at maximum velocity and will make your adversaries think twice before engaging you.

Mission: Intimidate or make them suffer the consequence. It's their choice.

Execution: The windshield wiper movement is a massive gross motor skill. The horn is pointed upward, and the crook is held between your curled fingers and thumb. When swung across the body to the chamber position, you can expect speeds approaching one hundred miles per hour. The tip of the cane will break any bone your attacker puts in its path. As you prepare for the strike, position your cane under your dominant arm with the horn pointed upward. When ready to strike, extend your right arm outward as you swing the cane in a smooth arc to the opposite side. The mere sound of a cane moving near the predator's head at speeds approaching one hundred miles per hour is frightening and will quickly dispel his misconception that you will be a compliant victim. If the planned attack against you was only random, he'll begin retreating almost immediately and look for an unprepared victim elsewhere.

Service and Support:

1. Always maintain a casual stance with your weight evenly distributed.
2. As you begin the windshield wiper movement, position your support hand up near your chest (solar plexus) and at the ready position to protect your heart.
3. As you complete the movement, chamber your cane on the opposite side and be prepared to repeat the strike in reverse.

Command and Control: Once the attacker(s) are incapacitated, fall back to a safe position, and be the first to report the incident to authorities.

**NO.038: TAKE OUT MULTIPLE THREATS
WITH A WINDSHIELD WIPER**



039. Smash a Nut and Crack a Skull

Situation: When you are in fear for your life, seize the opportunity to take advantage of blind spots. Aggressors rarely pay attention to what's above, below, or on their flanks as they attack a victim they see as vulnerable and defenseless. Tunnel vision is blinding and opens up vulnerabilities we can exploit when faced with a life-threatening situation. As the distance between you and the attacker closes, his blind spots become even more extensive. The cane quickly changes roles from that of an ambulatory tool to one that may save your life. Ultimately, your cane may enable you to catch your adversary off guard just as he is about to do you harm.

Mission: Smash a nut, crack a skull.

Execution:

1. Hold your cane with the cane tip on the ground, in the reverse grip, and the horn pointed toward the attacker.
2. Without telegraphing, rotate your wrist holding the cane upward to cause the tip to strike your adversary's groin.
3. Immediately reverse the cane's motion and rotate it up and over in a 360-degree arc to strike his upper body. Whether the groin strike connects or not, the second strike serves as a backup or finishing strike to end the confrontation and allow you to retreat.

Service and Support: Your support hand should always be on guard and ready for the unknown. Maintain a relaxed sport stance and prepare for the momentum of your adversary to fall toward you. A slight step backward after the groin strike will set you up for an escape.

Command and Control: Verbal commands during and after the attack will serve as a distraction and demoralize your attacker. A cane strike in the groin and his command-and-control center will motivate him to stop the attack and flee. Strong verbal warnings also increase others' awareness around you and may provide witnesses later when you report the incident.

NO.039: SMASH A NUT AND CRACK A SKULL



040. Attack the Wrist and Take the Gun

Situation: Using only a cane as a defense against a gun is an alarming situation for anyone. Having a gun pressed against your forehead is never fun, but very seldom do you randomly end up in this position. Some decisions you made along the way or other factors had to go completely wrong for you to find yourself at the mercy of a gun-holding predator. However, having a cane in your hand may prove to be the key to saving your life. Though it sounds foolish at first, having a gun pressed against your forehead at least gives you a fighting chance for surviving. If the predator were five feet away (or further), it could become a death sentence. If he wanted to kill you first, he likely would have already done so. But to rob or assault you, he needs to draw closer. Your chances of surviving (and even prevailing) increase dramatically as the gunman approaches to within an arm's length. If you believe that you can survive by surrendering your money and valuables, you should always give them up. However, if you fear for your life or think that this is a prelude to being taken hostage, being prepared with the proper cane tactic can be the difference between living and dying.

Mission: Make their gun yours.

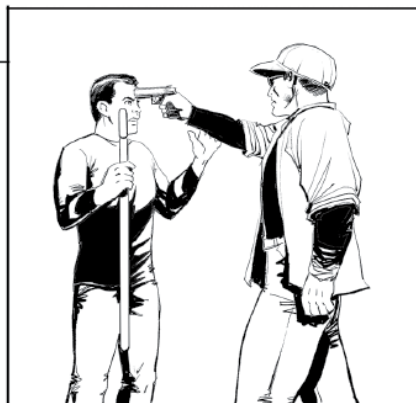
Execution: This technique uses a combination of two tactics: a “strike” and a “strip” to disarm your adversary. Your cane hand and support hand are presented in a nonthreatening posture near your head and with your palms facing outward to the attacker. You wave your hands from side to side, offer your money and jewelry, and plead for your life. Giving the predator multiple reasons to believe that you will be a compliant victim causes him to relax his guard. As he presses the gun to your forehead and demands money, you spring into action. The cane hand and support hand coordinate with one another to target the adversary's gun hand. The cane strikes the inside of his gun-hand wrist and targets the radial nerve. At the same time, your support hand grabs the pistol and wrests it from his control. The two opposing

motions will break his gun grip and allow you to disarm him and take ownership of the weapon. To be successful, the “strike” and “strip” need to take place almost simultaneously.

Service and Support: The radial nerve and ulna bone are very close to the surface and vulnerable. The pain caused by your cane strike to the inside of the predator’s wrist will be intense. Wrestling the gun out of his hand will make it even worse. As your support hand takes control of the weapon, it pushes the barrel away from your head and prevents any more than a single shot from being fired.

Command and Control: Maintaining control of the handgun is always the number one priority. Ensuring the barrel is pointed in a safe direction until you get positive control is a must. Loudly calling out “Gun! Gun! Gun!” will also alert others in the area to take cover.

NO.040: ATTACK THE WRIST AND TAKE THE GUN



041. Use a Figure Eight to Intimidate

Situation: Predators and other criminals sometimes see a walking cane as a sign of weakness and vulnerability. However, with training, the cane can be a devastating defensive tool against most weapons. If you are attacked and you have your cane in hand, you can unleash the figure-eight movement and incapacitate them before they even know what happened. The powerfully built Joe Robaina uses his cane to demonstrate the classic figure-eight movement smoothly. In his hands, the cane moves, as if by magic, in elegant and powerful arcs. The sight of this movement alone will likely make most attackers turn tail and run in the opposite direction. They have rarely seen anything like a cane being used defensively and quickly realize that they tried to hurt or rob the wrong person. The figure eight has been around for centuries and has been used as a technique with swords, staffs, and other handheld weapons. Unfortunately, you can't legally carry any of those other weapons with you all of the time. However, the cane is a mobility and ambulatory tool first, and you have a legally protected right to carry it with you. The figure-eight motion presents an unknown threat to an attacker, and only the person wielding the cane knows when he will launch an additional strike in the middle of the movement. The movement effectively creates a buffer space between you and your adversary. Once it's in motion, no bad guy is going to walk into that flurry of ass-kicking without paying the price for his foolishness. Sometimes the most basic movements are the most effective and may save your ass.

Mission: Overwhelm your enemy.

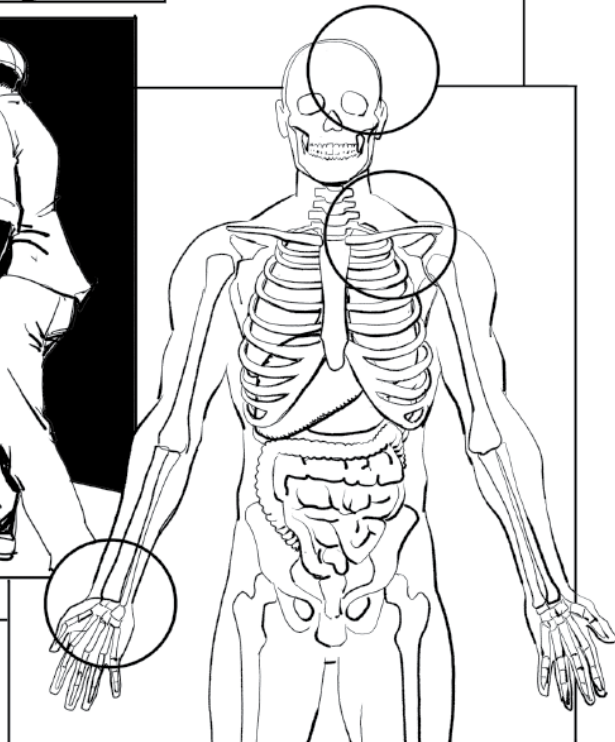
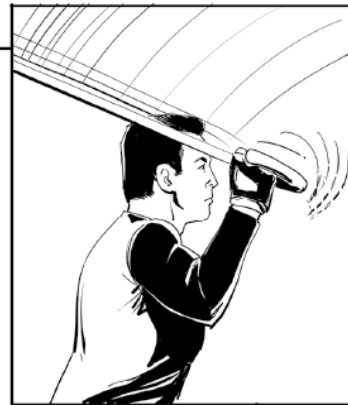
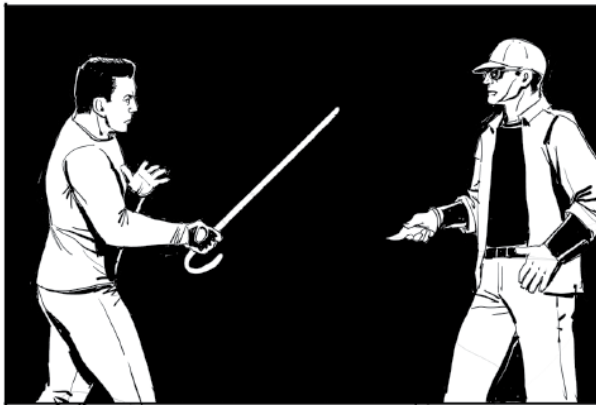
Execution: The easiest way to execute this, especially when learning, is with an empty hand. Extend your arm out in front of you, at eye level, with palm down, knuckles up, and fingers curled. Lift your arm to head level, rotate your knuckles with arm extended, then drop the arm down and across your body, just above waist level. With arm extended and cross-body, raise the arm to eye level. Return your arm to the starting point, and this will

complete your figure eight. Practice this motion and round out the corners to create an “8” lying on its side. Once you have the movement down, you can try it with the cane in your hand. Keep your elbow tucked to your ribs, use a reverse grip (horn facing upward), and hold the crook’s center with a loose grip. Regardless of your dominant hand, the horn is always pointing toward the weak side. Always keep your support hand in the guard position to protect your chest.

Service and Support: Moving slightly side to side or front to rear will allow you to generate more power from your core as you spin your cane in the continuous figure-eight movement. It’s essential to train the movement and integrate footwork accordingly. Once the figure eight is in motion, you will find that your body becomes a gyro, and the movements of your feet will have to synchronize with the movement of the cane. The figure eight will take some practice to learn and refine, but it will become one of your favorite and most effective cane tactics over time. Remember, movement keeps you unpredictable. Never be a static target. A cane tip moving at one hundred miles per hour isn’t going to be cool for any attacker to encounter.

Command and Control: Using voice commands during the figure eight will certainly intimidate your adversary and also reinforce your will to stay in the fight. Being loud will also gain the attention of others and hopefully prevent the confrontation altogether.

**NO.041: USE A FIGURE EIGHT
TO INTIMIDATE**



HALLIDAY, BRIAN

THE BADASS



Code Name: Outlaw

Primary Skillset: Thai kickboxer

Secondary Skillset: Outlaw tactics, improvised weapons

Background: Many of Brian's two-hundred-plus violent real-world altercations occurred after his time in the Navy, both before and during his time as the sergeant at arms of one of the largest 1 percent outlaw motorcycle clubs in America. He has traveled and trained around the world, most notably training in full-contact Muay Thai kickboxing in Thailand. Brian is the founder of Proactive Self Reliance and utilizes hardcore life experience in edged weapons, firearms, urban survival, and martial arts to help everyday people gain a better perspective on how to be their own first responder. Brian preaches that mindset, situational awareness, and heart are the three traits everyone must start with before training can begin. In essence, the software comes before the hardware. Knowledge, practice, and repetition can be taught, and anyone with the necessary traits can develop their own self-reliance.

JOAQUÍN ARCHIVALDO GUZMÁN

THE ENEMY



Code Name: El Chapo

Background: Guzmán oversaw operations whereby mass amounts of cocaine, methamphetamine, marijuana, and heroin were produced and then smuggled into and distributed throughout the United States and Europe, the world's highest-consumption areas. He achieved this by pioneering the use of distribution cells and long-range tunnels near borders, which enabled him to export more drugs to the United States than any other trafficker in history. Guzmán's leadership of his cartel also brought him immense wealth and power; Forbes ranked him as one of the world's most powerful people between 2009 and 2013, while the Drug Enforcement Administration (DEA) estimated that his influence and wealth matched those of Pablo Escobar.

042. Outlaw Awareness and Bar Fighting Tactics

Situation: An ambush is a long-established military tactic in which one force takes advantage of concealment, speed, and the element of surprise to attack unsuspecting adversaries. Throughout history, ambushes have taken place, from ancient times to modern warfare, and are regularly conducted all over the globe. Ambushes can be complex, multiphase operations that take considerable planning and rehearsals. Or they can be as simple as waiting for a person to be distracted long enough to be sucker-punched. Outlaws leverage bar scenes to deal with rivals or assholes. The most important common characteristic between a military ambush and an outlaw ambush is determining the kill zone.

Mission: Always use a stall.

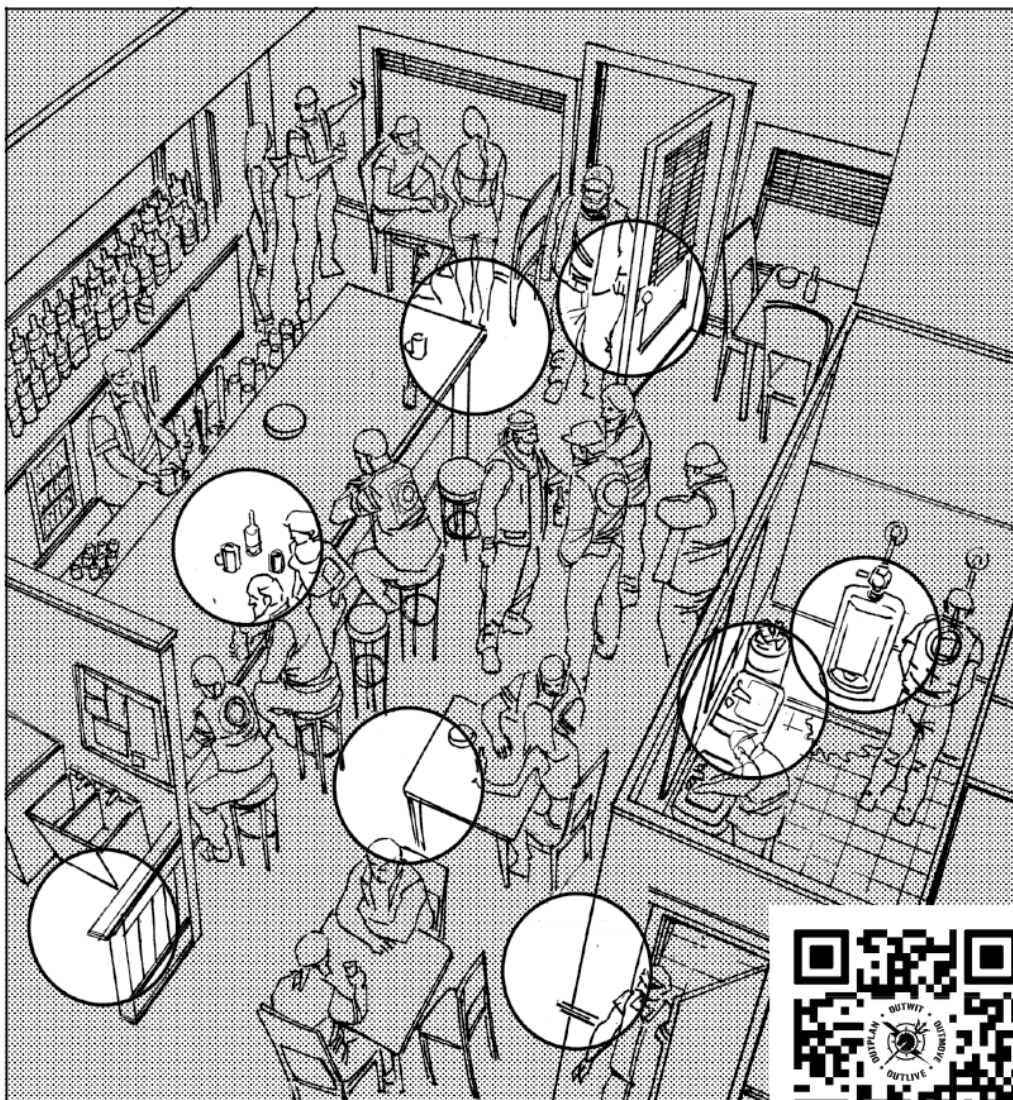
Execution: Outlaws may task “mamas” or “sweet butts” as honey pots and leverage their good looks for nefarious purposes. When an attractive female shows interest and buys drinks for the target, he’s a dead man walking. Her goal is simple; keep him occupied at the bar by filling up his bladder. Eventually, he’ll have to empty his bladder and make his way to the bathroom and the kill zone. Timing is critical, as one or two outlaws will occupy the stalls ahead of time. Another will be assigned to follow the target after a fifteen-second delay to allow him time to stand on the X, the urinal. Once he is stationary with his dick in his hand, the attack begins.

Service and Support: It doesn’t matter whether it’s restaurants, bars, the grocery store, or some other part of your daily pattern of life, you should always look for ambush points, also known as the X—and avoid them.

Command and Control: Anytime you go to a public restroom, regardless of the number of stalls or urinals, lock the door behind you. Own and occupy

that space for as long as you need, and don't worry about everybody waiting outside.

NO.042: OUTLAW AWARENESS AND BAR FIGHTING TACTICS



043. Creative Everyday Carry Weapons

Situation: If there's one group of people that understand how to take care of business, it's outlaw motorcycle clubs. This brotherhood of biker-soldiers are often labeled as criminals. The truth is that there are guys who make bad decisions amid these motorcycle clubs and end up in jail or prison. Depending on their crimes, the state in which they live can determine whether they can later possess weapons like knives and guns. If restricted, they inevitably get creative and either make improvised weapons or use other off-the-shelf tools to take care of business.

Mission: Beware of the everyday object.

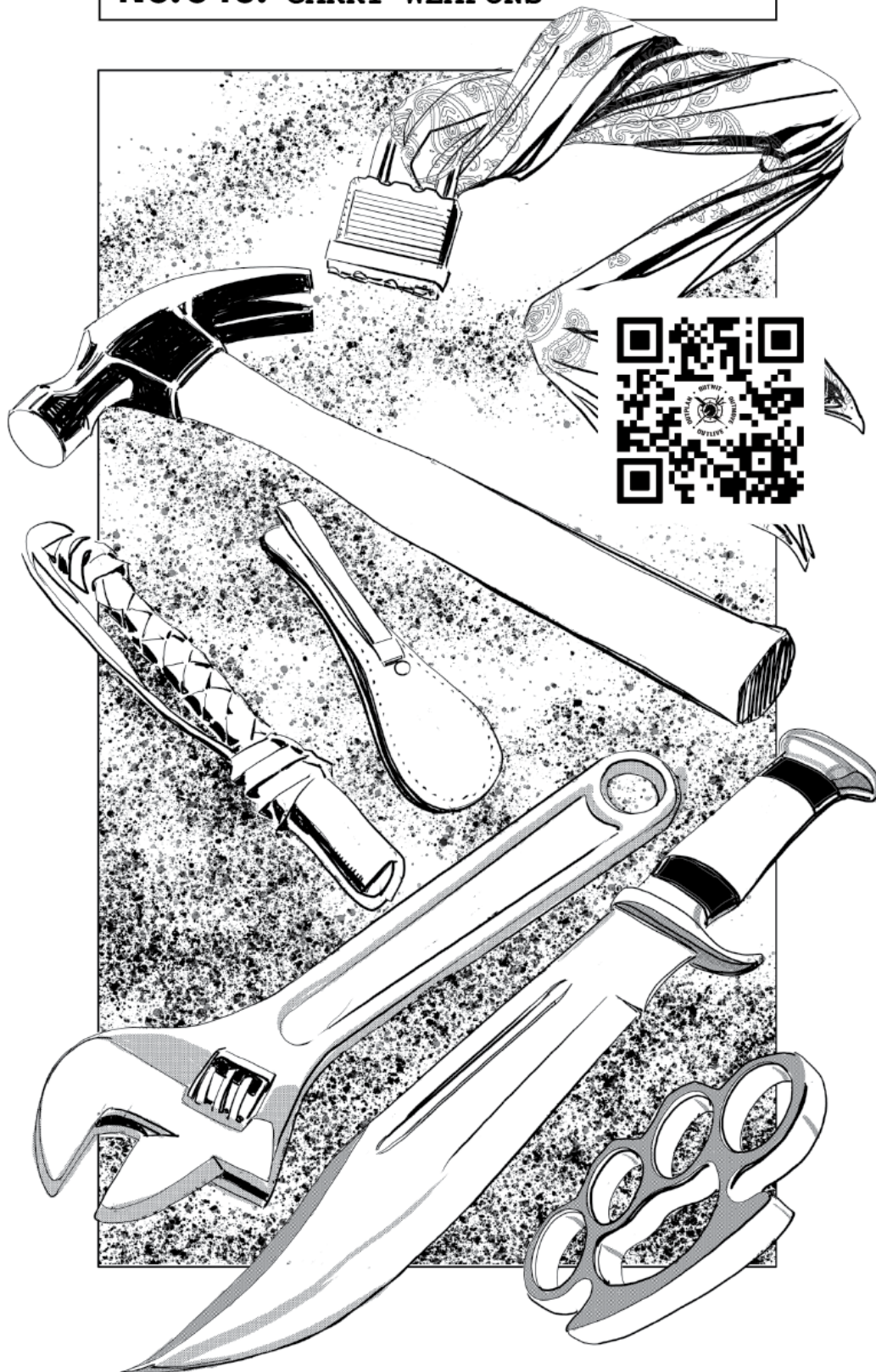
Execution: Most bludgeons are intended for ambushes. Sure, you can stand toe to toe with someone, but they are better used on unsuspecting bad guys. If you're using dusters (brass knuckles), ensure that they are canted in your palm to prevent the partial degloving of your knuckles. A single strike or two will deliver a knockout blow with leather weighted saps and blackjacks. A rolled handkerchief looped through the hasp of a padlock can do surprising damage. A full-size wrench carried on your chopper will also end a fight very quickly along those same lines.

Service and Support: Anything with sufficient mass can be a bludgeon. Clubs, baseball bats, lead pipes, and even medieval maces all meet the legal definition. Most of these weapons are openly available, but their legality varies from country to country and state to state. Most state laws carefully define each of the weapons that you are not allowed to possess. The laws get murkier, however, regarding improvised weapons, but make a subjective judgment as to intent. For example, it is perfectly legal in all states to walk down the street carrying a small table with four legs. However, if you break off one of the table legs and carry it separately, it becomes a club. As well, a baseball bat in the back seat of your automobile will likely be considered a weapon if you are stopped by law enforcement with a car full of bikers.

However, the same bat carried along with a glove and ball won't draw a second glance if it's on the passenger seat when your mother-in-law is stopped for speeding en route to a ball game.

Command and Control: Never underestimate any handheld, non-kinetic, non-edged weapon. Especially be wary of random objects that an emotionally charged person may grab in anger. Increasing the distance between yourself and an unstable individual will increase your odds of surviving. Protect your nervous system as required.

**NO.043: CREATIVE EVERYDAY
CARRY WEAPONS**



044. Identify Improvised and Environmental Weapons

Situation: Situational awareness is essential, not just for typical personal safety and security but as a fundamental building block for collecting actionable information. Being aware of your surroundings and identifying potential threats and dangerous situations is tiring but necessary if you consider yourself possible prey. On the other hand, predators are examining their environments in a much different way, one that is based on action versus reaction. For outlaws, it includes identifying exits, rival clubs, law enforcement, and allies. More importantly, they identify their immediate environment's physical features that may serve as force multipliers when it's time to conduct some dirty business. They don't examine their settings based on becoming a victim; it's the opposite.

Mission: Think like a predator, not prey.

Execution: Start viewing your environment from a predator's point of view. Some of the items to look for in any environment are as follows:

- Environmental weapons are defined as impact weapons that you slam heads and ribs against. These include, but are not limited to, aluminum doorframes, doors, bar tops, bar top corners, fixed tabletops, tabletop corners, wall corners, walls, urinals, sinks, sink faucets, and any other permanent fixtures that increase damage via blunt force trauma.
- Improvised weapons are defined as impact weapons that you can pick up and use against your adversary. These include, but are not limited to, salt and pepper shakers, glass bottles, forks, knives, spoons, chairs, and any other movable objects within arm's reach.

- Diversionary weapons are defined as any object that distracts your adversary momentarily to gain the upper hand. These include, but are not limited to, chairs, beverage glasses, hot coffee, spit, and any other items that catch your adversary off guard.

Service and Support: Environmental, improvised, and diversionary weapons can all be used to coordinate with and possibly supplement your concealed-carry weapon system. Often, they may present you with less-lethal options.

Command and Control: Observing your environments like a predator on overtime will provide the upper hand and allow you to turn predators into prey.

NO.044: IDENTIFY IMPROVISED AND ENVIRONMENTAL WEAPONS



JOHNSON, JASON

THE BADASS



Code Name: Flay

Primary Skillset: Professional knife thrower

Secondary Skillset: Close quarter disassembly instructor

Background: As America's professional combat knife thrower, blade concept and design consultant, and educator, Jason Johnson's authority in the edged weapons arena is well respected. An accidental social media sensation, Jason is best known for his unconventional yet remarkably effective combat knife throwing systems.

An Omaha, Nebraska, native, this champion knife thrower lives a life in pursuit of balance between his craft and philosophy. Jason is a diligent student of martial arts history, lifeways, and combat systems, and he is the real deal: an American-made original who blends generations of tradition and unapologetic swagger.

Featured on the History channel's *Forged in Fire: Knife or Death* series, Jason has rapidly earned accolades and respect from peers and contemporaries alike and is in demand for seminars and master classes worldwide.

JEFFREY EPSTEIN

THE ENEMY



Background: Jeffrey Epstein was a New York-based financier with high-profile ties to the world's ultra-wealthy and powerful. Accused of sexually abusing many underage girls, Epstein was finally arrested and charged for soliciting a minor for prostitution in Florida in 2008 and became a registered sex offender. Of his eighteen-month prison sentence, he served only thirteen months. In July 2019, Epstein was arrested again, this time on federal charges of sex-trafficking minors. While awaiting trial, he was found dead in his jail cell on August 10, 2019.

045. Understand Different Knife Throwing Draw Strokes

Situation: The best way to win a knife fight is to not be in one at all. The second-best option is to get your knife out before it's too late. The third is to cut your adversary before they even have a chance to stab at you. Finally, your draw stroke and knife throw will hopefully keep your adversary at a safe distance with a one-pound piece of metal sticking out from his throat. If you can't get to your knife, you will be doomed. Your draw stroke can be the difference between life and death. When executed correctly, your draw stroke puts time on your side in case you're caught off guard. Practice your draw stroke regularly to maintain a high level of proficiency.

Mission: Have a fast draw stroke.

Execution: Before you start throwing knives, it's a good idea to get your draw sorted first. Working your draw stroke should be broken into phases. Define your ready position first; whether it's hands up in a nonviolent posture or arms loosely crossed, that's where you should start your draw stroke. Next, work on the mechanics to get your garment out of the way and get a positive grip on the handle of your knife. Once you have a positive grip, work on how to throw your knife from the sheath to the target. Practicing in front of a mirror is always a good idea and gives you the ability to self-correct throughout your draw. Without saying, you don't want to throw your knife at the mirror. Refine and practice each element of the drawing sequence before linking them together. Once your form is correct and ingrained into your muscle memory, speed will come as a by-product of repetition.

Service and Support: Practicing with an edged weapon can result in injury, even more frequently than with a pistol. It would be best to use only training aids when practicing your draw stroke until you are comfortable with both

your knife and sheath.

Command and Control: Once you have your basic knife draw sorted out, start thinking about scenarios where you have to draw your knife while entangled with an attacker. Or if someone flanked you, how would you get to your knife? It's a good idea always to run different scenarios through your mind and physically train out your response.

NO.045: UNDERSTAND DIFFERENT KNIFE THROWING DRAW STROKES



046. How to Grip like a Knife Thrower

Situation: Throwing a knife accurately and throwing a knife effectively are two different skills. The ability to throw a knife, regardless of which part of the knife hits the target, is accuracy. The ability to throw a knife accurately and penetrate the target with the pointy end is an effective throw. To be effective with a throwing knife, you have to understand the physics behind controlling the knife's spin while it's in flight. Your grip and the distance to the target control the spin and increase the effectiveness of your throw.

Mission: Use a proper grip based on the distance to your target.

Execution: The two elements of your grip that are adjusted based on your distance to the target are your thumb position and grip position along the handle's length. Your thumb will either be extended along the spine, known as "thumb on" or "rolled in," like a hammer grip. Grip position will either be closer to the blade, known as "full grip," or closer to the pommel, which is known as "half grip." The adjustment of these two elements in your grip and release will determine the effectiveness of your throw.

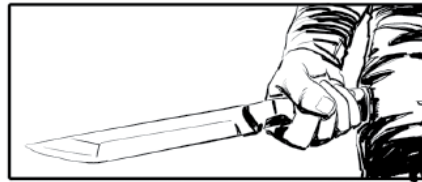
Service and Support: Training will require targets. Pine, palm, spruce, and poplar trunk slices are softwoods that work great as targets for edged weapons. Of course, synthetic woven foam targets for archery work great as well. As you begin training, start at closer distances and work your way back as your throwing confidence increases. Becoming comfortable with the different grips at varying distances will help you become a better instinctive thrower.

Command and Control: Anytime you're throwing pointy objects, you have to think about your background and foreground, along with the area for rebounds. Knives are dangerous when they bounce off a target, due to their unpredictable flight and direction.

NO.046: HOW TO GRIP LIKE A KNIFE THROWER



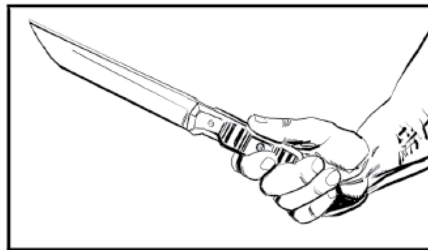
1 TO 10 FEET



10 FT.
10 TO 12 FEET

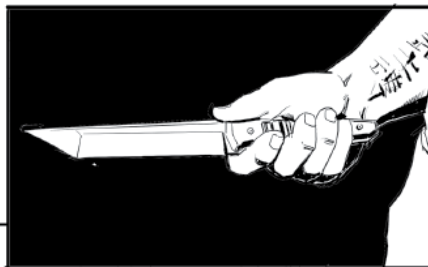


12 TO 15 FEET
12 TO 17 FEET



20 FT.

17 TO 30 FEET



30 FT.



047. Distance Determines Grip

Situation: Thrown weapons consist of darts, knives, axes, stars, thorns, needles, throwing clubs and sticks, javelins and spears, hand arrows, and flying forks. Thrown weapons were a big part of melee combat, both in ancient and current times. When people don't have guns, they immediately turn to items they can throw. All thrown weapons have the same common denominators that determine their effectiveness: thrower capability, distance to the target, and accuracy. Throwing a knife effectively requires understanding those three common denominators. Keep in mind, effectiveness is defined as accuracy combined with penetration.

Mission: Draw, throw, and go!

Execution: Your distance to the target determines your grip, which in turn controls the spin. By controlling the spin, you're ensuring that the point of the knife penetrates the target. Standing ten feet or less from the target, use a "full grip, thumb on." This is also known as a "no spin grip." Between ten and fifteen feet, use a "half hammer grip." Between fifteen and twenty feet, use the "half hammer thumb on grip." From twenty to thirty feet, use "full grip, thumb on," also called the "no spin grip."

Service and Support: The distances above are only approximate and not definite lines in the ground. Each thrower must develop a feel for grip and distance according to their height, strength, and technique.

Command and Control: Pay attention to your body mechanics, especially before, during, and after the throw. Your legs should always be ready to move in any direction based on your adversary's actions and reactions.

NO. 047: DISTANCE DETERMINES GRIP



048 Proper Knife Throwing Technique

Situation: Knife throwing over the centuries has been used as an art, sport, combat skill, and even for entertainment. It was first used for hunting and later in martial arts applications. It has been incorporated into the martial disciplines of the Japanese, and African and Native American tribes. In Central Africa, knives were used as weapons of war (thrown horizontally) and for ceremonial purposes. Throwing a weapon when fighting is generally thought of as a risk. If unsuccessful, it can leave the thrower without a weapon and arm the attacker. However, many warriors traditionally carried two or more weapons at the same time.

Mission: Remember, it's never the knife's fault.

Execution: For self-defense and combat applications, the throw or cut projection is similar to the one-strike in kali drills. A one-strike is similar to throwing a baseball without the windup. With the proper grip, arm slightly bent and extended overhead, throw the knife and let it leave your hand vice. Keep your wrist locked forward as you slice through the air during your throw. The release point is usually happening at eye level, where the weight of the knife and apex of the throw create a seamless departure from your hand. Unlike throwing a baseball, you will step using the leg on the same side as your throwing arm.

Service and Support: Training to throw from the sheath should be broken into phases and practiced individually at first. Once you get the mechanics of each phase figured out, you can start putting it all together. Throwing knives are available at knife stores and online, but their quality may vary widely. Jason makes high-quality throwing knives that come with Kydex sheaths and are ready for this kind of application.

Command and Control: Have an exit plan before you commit to the throw.

As you complete the throw, begin moving off the X. Ideally, you exit the area and take cover to determine your next move.

NO.048: PROPER KNIFE THROWING TECHNIQUE



GRAHAM, RICH

THE BADASS



Code Name: Rogue

Primary Skillset: Lead Instructor at Full Spectrum Warriors

Secondary Skillset: NAUKA Fighting Coach, Head USA Representative

Background: Richard Graham III is a Navy SEAL veteran and founder of Full Spectrum Warrior. He provides firearms training and tactics to law enforcement and civilian shooters in North and South America. Rich has also studied many martial arts and combatives systems and is one of the leading Nauka fighting style coaches. Rich has spent years as a personal trainer and has developed multiple functional programs, including the Combat Mobility System and Navy SEAL Kettlebells. Rich loves adventure and challenges and has used these passions along with his teammates to raise over \$1 million for charities through challenges such as cycling more than three thousand miles from San Diego, California, to Virginia Beach, Virginia. Rich is currently the president of the Home Front K9 Project, a nonprofit corporation that provides service dogs to special forces families.

KIM JONG-UN

THE ENEMY



Background: Kim's leadership has followed the same cult of personality as that of his grandfather and father. In 2014, a UN Human Rights Commission report suggested that Kim could be put on trial for crimes against humanity. He has ordered the purge or execution of several North Korean officials; he is also widely believed to have ordered the 2017 assassination of his half brother, Kim Jong-nam, in Malaysia. Kim expanded North Korea's nuclear program, which heightened tensions in the 2017–2018 North Korean crisis.

049. Rich's Everyday Carry

Survival is a game of adaptability. Many of the skills in this book focus on fighting for your life and sometimes using readily available tools at the last minute. However, a small amount of well-chosen gear goes a long way. Every man or woman must tailor their own everyday carry (EDC) kit to the environment and their habits. Whether you're looking to fine-tune your existing gear or starting from scratch, you should consider a few lightweight items as baseline necessities.

Here is Rich's baseline for everyday carry.

1. Monster Energy drink
2. Sig Sauer P365
3. Extra magazine
4. Brous Blades folder
5. Cash and credit cards
6. Getaway vehicle key

NO.049: RICH'S EVERYDAY CARRY



050. Understand Basic Knife Grips

Situation: you never want to have your weapon taken from you and then used against you. Losing a weapon happens quite frequently with inexperienced victims that have never trained or learned the proper retention techniques. Your grip is a potential single point of failure in the striking chain. Whether you're gripping a knife, pistol, or rifle, the weapon may be lost if the grip is broken. Never let your grip be broken.

Mission: Do not lose your grip.

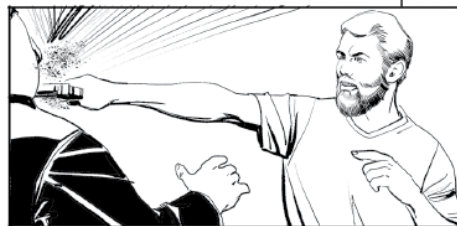
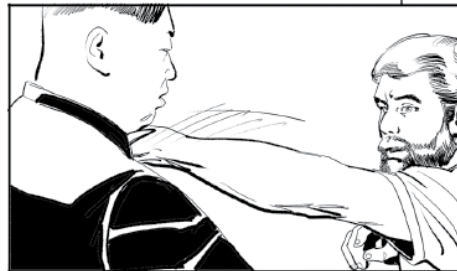
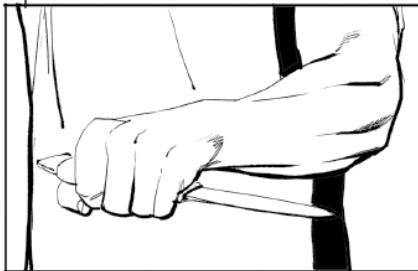
Execution: Gripping a weapon is a natural human action. It's very similar to grabbing a hammer or any other type of tool. The handle is placed in the center of your palm, and your fingers curl in and over the handle while your thumb drops down and rests over and on top of your fingers. You're essentially making a fist around the handle of your chosen weapon. When holding a knife, the position of the blade determines the name of the grip. If the blade is upright, extending from your index finger and thumb, it is a standard grip. If the blade is pointing down from your pinky and heel of your palm, it is a reverse grip.

Service and Support: Having a firm grip is just as important as knowing how to grip. There are grip-strengthening exercises that will increase your overall hand strength and allow you to handle your weapon more securely. The first order of business is to get rid of any straps you currently use when lifting weights. Pinching plates while doing "farmer carries" or bicep curls is another way to increase overall grip strength. You can do this with single plates or by trying to pinch two plates together. Towels can also be used to improve the power of your grip. Loop your towel over a pull-up bar and do pull-ups while gripping the towel instead of the bar.

Command and Control: A light grip allows for quick movements. A tight

grip allows for solid impact and retention of the chosen weapon. Your grip should be light just before impact and tighten at the moment of impact. This way, you're getting the most out of your grip, maintaining positive control of your weapon, and increasing the devastation of your strikes.

NO.050: UNDERSTAND BASIC KNIFE GRIPS



051. How to Stab

Situation: We tend to think of a stab as any cut inflicted by a knife. Rich describes a stab, however, as one of four mechanical motions that can be used regardless of whether you have a knife, a pistol, a rifle, or even your own bare hands. The stab with a knife option uses a standard underhand grip with the pointy end toward your adversary. Like a jab, your knife hand fires (extends) and retracts as quickly as possible. The movement is circular, with the extension to the target higher than the retraction and increasing the strike's speed because it is not just straight in and out. The stab can be used with your knife, a pistol, a rifle, and even your bare hands. The mechanical motion remains the same, regardless of weapon. The stab allows the greatest reach of all strikes when using your leading (most forward) arm. You can also use your rear arm to stab so that your forward arm can be utilized for other offensive or defensive moves.

Mission: Stab with what you have.

Execution: The stabbing motion with a pistol is no different from the motion with a knife. Rich preaches that:

1. The barrel of the pistol is in line with your elbow and becomes an extension of your arm.
2. The motion with the muzzle strike is the same and can be just as deadly as with a blade.
3. The stabbing motion with a rifle, however, requires both hands. With your forward grip, you move and drive the rifle in the same stabbing motion toward your adversary.
4. Like the pistol, the rifle can be very dangerous when used in different ways.

Service and Support: Rich will tell you that maintaining a light grip until impact will allow for faster movements. Bruce Lee was one of the first to declare that you should keep a loose (relaxed) hand all the way until the striking point, when it becomes tight and hard as a rock for maximum effect. Afterward, it becomes loose again when you recock and prepare for the next strike. It's no different when you have a weapon in your hand. You initially maintain a loose grip so that you can move quickly and easily, but tighten up just before making an impact.

Command and Control: Any piece of steel slammed against your head is devastating. If you have a rifle and are clearing your home because you heard something scary in the night, a muzzle strike using the stab might be a better option than shooting the intruder. The situation, environment, and your skill level will make those decisions for you or should at least be part of your tactical decision making.

NO.051: HOW TO STAB



052. How to Use the Breaker

Situation: The breaker strike can be used to break up your own fight. When you need to create a gap between yourself and your opponent, the breaker becomes especially useful. At any given point, you can find your arms collapsed, hands close to your chest, and elbows completely bent so the forearms are touching your bicep, and you need to create a gap. The breaker strike is perfect to launch from this position. You would never want to be in that position in the first place, but combat is unpredictable. The breaker strike uses the reverse side of your forearms and the tip of your elbow in big, sweeping circular motions to create space between you and your opponent.

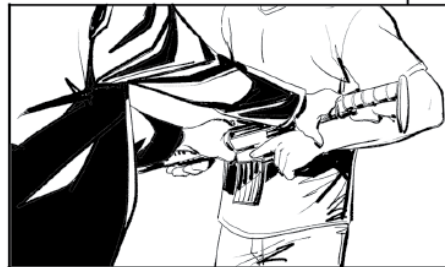
Mission: Create the gap; finish the fight.

Execution: A breaker strike is a lot like throwing an elbow strike, with one additive. As the elbow strike sweeps across your opponent's face, you instantaneously bring it back, in reverse, across his face. The follow-on move in reverse is almost guaranteed to catch an attacker by surprise and create your gap. The same motion can be used with a knife, pistol, or rifle serving as a secondary weapon to increase the strike's effectiveness.

Service and Support: A breaker strike should not be a shoulder-only motion. Instead, your whole body and core should twist as you generate torque to deliver the strike and create the gap.

Command and Control: Maintain your composure at all times, and especially when your opponent gets really, really close. Anytime your opponent is close enough to use the breaker strike, they are already close enough to take you to the ground and make a bad situation even worse. Use the breaker strike to create the necessary gap, and transition to strikes or weapons that will quickly end the fight.

NO.052: HOW TO USE THE BREAKER



053. How to Cut

Situation: The cut strike is a blocking motion that stops the forward momentum of your adversary. Though the strike's name implies a knife, the mechanics will allow you to cut-strike with empty hands, a pistol, or a rifle. All of Rich's strikes are intended for use with any weapon you can put in your hands.

Mission: Be the shield and the sword, all at once.

Execution: Like most of Rich's strikes, elongated circular motions enable the strike and reset quicker than just a straight out-and-back movement. The cut strike extends out to stop the forward aggression of your attacker. As your forearms, knife, pistol, or rifle impact your opponent, it will equate to a heavy and hard hit. The strike has stopping power as well as striking power.

Service and Support: Body mechanics and good footwork will increase the power of the cut-strike. Preventing your arms from collapsing past ninety degrees or bending in toward your thoracic spine will increase the shock factor of the strike and keep your opponent at a safe distance.

Command and Control: Keep an eye on your opponent's hands and pay attention to his body language. Both can be very telling and will dictate your responses and reactions. The strike is both offensive and defensive, but your opponent's attack will let you know when to use it because of its blocking power.

NO.053: HOW TO CUT



054. How to Hack

Situation: In a fight, you can find your hands and arms in different positions at any given moment. Understanding how different strikes can flow together becomes very important should you find yourself in a potentially compromising situation. Fights are often chaotic, and you can find yourself off-balance, pressed against the wall, and even turned around within a second. The hack strike has many purposes and can be used offensively and defensively, especially if you find yourself with your hands up and elbows out.

Mission: Hack his face, not his computer.

Execution: The hack starts from the ready position and consists of four parts:

1. Hold your hands up, guarding your head.
2. Hold your knife in a hammer fist with a reverse grip.
3. The pointy end of the blade is pointing skyward as you hammer your fist downward toward the opponent in a circular motion.
4. Immediately after making contact at the strike's apex, pull back and repeat the sequence as needed.

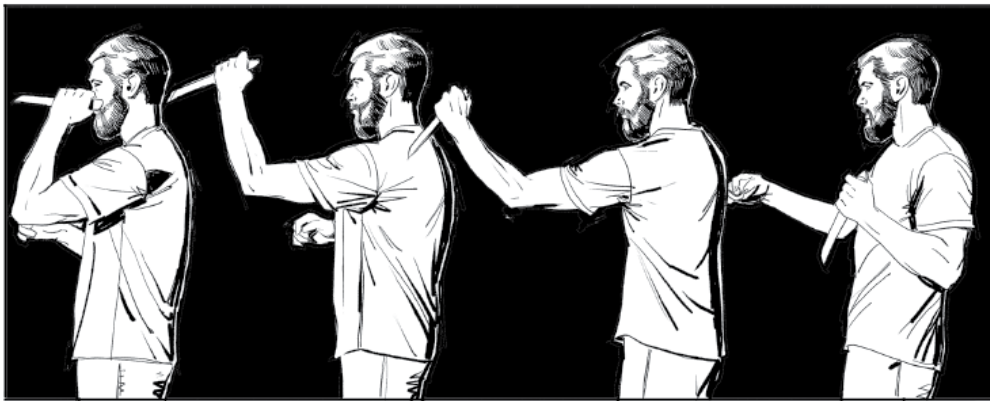
When using a rifle, sweep the adversary's head with a semicircular motion and make contact with the muzzle or rifle's rails.

Service and Support: Regardless of whether you use a knife, pistol, rifle, or bare hands, your footwork and core will play a significant role in leveraging the effectiveness of your strikes.

Command and Control: Using your pistol or rifle for strikes may lead to a malfunction. Take the time to inspect your weapon frequently for potential

problems.

NO.054: HOW TO HACK



ROE, TREVOR



Code Name: Quick Draw
Primary Skillset: Gunslinger
Secondary Skillset: Gunslinger

Background: Trevor Roe's interest in shooting began at age four with a .22 rifle in the California desert, and he was a sponsored master class competitor in USPSA-style action shooting by the age of fifteen. Raised in a family with a history of military service, Trevor attended West Point to study law and mechanical engineering and graduated in 2004. While at the academy, he was the overall winner of the Service Academy shooting championship three years in a row. After graduation, Trevor served for five years as an infantry officer in the Army, with combat deployments to Iraq and Afghanistan. Trevor was given the rare opportunity to attend the US Army sniper school as an officer and was the honor graduate for his class. After achieving the rank of captain, Trevor left the military to attend the Southern Methodist University MBA program and transition to civilian life. He held various strategic and operational roles in private industry, and then assumed the role of CEO of firearms manufacturer Shadow Systems in May of 2017. Trevor resides in Plano, Texas, with his wife, three children, and three disgruntled house cats.

THE BADASS

MS13



Background: The Mara Salvatrucha (MS13) is one of the world's largest and arguably most violent street gangs. After relatively humble beginnings in Los Angeles in the 1980s, it has spread and become a central focus of law enforcement in both hemispheres. In 2017, President Trump held a press conference and described the gang's activities: "They kidnap, they extort, they rape and they rob. They prey on children. They shouldn't be here. They stomp on their victims, they beat them with clubs, they slash them with machetes, and they stab them with knives. They have transformed peaceful parks and beautiful quiet neighborhoods into blood-stained killing fields. They're animals."

THE ENEMY

055. Trevor's Everyday Carry

A basement full of emergency supplies is an excellent starting point for disaster preparedness. Even the trunk of your car is an underutilized mobile gear bunker. Stocking your waistline will provide ready resources at the point of crisis. Everyday carry, or EDC, are readily available items consistently carried on your person or in a backpack, messenger bag, or purse. Items vary from handguns and knives to tourniquets and other emergency response tools and are with you all of the time, not just when you have the luxury of anticipating trouble. For most, what they carry is very personal and customized to their capabilities. Here is what Trevor carries every day to survive potential threats.

1. MR920L pistol
2. Comp-Tac MTAC holster
3. Magpul PMAG GL9 fifteen-round magazine
4. 147 grain HST +P ammunition
5. ProTac 1L flashlight
6. Leatherman Skeletool CX
7. Spyderco knife
8. Waterman Expert fountain pen

NO.055: TREVOR'S EVERYDAY CARRY



056. How to Draw a Concealed Handgun

Situation: You have assessed your immediate area and determined that you cannot escape an adversary without loss of life. You only know what's in front of and behind your adversary. Your life or those of others near you are under threat, and there is no viable path for escape. Deadly force is generally authorized when faced by an immediate, inescapable threat. After quickly evaluating your options, you have concluded that deadly force is justified.

Mission: Be faster than your adversary.

Execution: Using your support hand, properly sweep your garment to expose your concealed handgun. Simultaneously, your gun hand executes a three-finger grasp of the pistol grip. Pull the pistol up and clear of the holster before rotating the barrel toward the adversary. As the gun clears the holster and garments, index your finger on the trigger. Your support hand then joins your gun hand, and your weapon points toward the adversary—fire for effect. The movements break down into the following steps:

1. Grab a big handful of the shirt with your gun hand and lift it high to your chest. Your support hand will then be waiting to control your shirt as your gun hand drops to the pistol.
2. Quickly but firmly, grab the pistol. Do your best, as you may not have time to fix your grip. Exaggerate pulling the gun high in practice. Doing so ensures you have cleared the holster and positions the gun for instinctive (point) shots from a retention position if your opponent has closed the distance. Finish this step by orienting the muzzle toward the threat.
3. Bring your hands together in the center of your chest. During the movement, your firing grip will begin to form, and you should see the pistol's front sight in your peripheral vision.

4. Press the front sight toward the target. As the gun moves forward, your final firing grip forms, and your sights come into alignment. You can shoot on the way out if necessary.
5. Make the shot as you finish the presentation. You should see your sights (or dot) and know where that shot is going. Your elbows should be slightly unlocked in your final firing position.

Service and Support: A concealed-carry education, license, and insurance policy, together with consistent sustainment training, are recommended. Remember that your ability to draw your gun is just as important as accurate shot placement. Ensure that your holster retention clip does its job and retains the holster throughout the cycle of your drawing motions. Ensure the tolerance between your gun and holster is tight enough to retain the pistol but not so tight as to hinder your draw.

Select a holster that thoroughly covers the trigger guard and stays in position where you put it. Many holsters now use Kydex thermoplastic, which is form-fitted to the pistol and positively “clicks” while inserting or removing the gun. Kydex also does not collapse after the draw and make it challenging to reholster your pistol. Always remember to slow down and use caution when reholstering your weapon. Many negligent discharges occur when shooters carelessly ram the gun back into their holster or don’t notice that their shirttail is wrapped around the trigger. Insert the gun in the holster deliberately and slowly.

Command and Control: Issuing a verbal warning during your drawing stroke is optional. Even if face-to-face with an adversary, and if gunfire has already erupted, verbal commands may distract the bad guy long enough for you to gain a tactical advantage. If your adversary isn’t already targeting you, withhold all loud verbal commands to maintain the element of surprise until you have achieved a tactical advantage.

NO.056: HOW TO DRAW A CONCEALED HANDGUN



057. Proper Stance, Balance, and Grip

Situation: The foundation of good pistol shooting is proper stance, balance, and grip. These techniques have changed over the years, but the “modern technique” (a two-handed grip and use of the sights) has generally eclipsed older point-shooting and single-handed firing techniques.

Mission: Be a tank turret on top and a boxer below.

Execution: Squarely face your target and advance your support-side leg forward—it should feel like you were walking along and suddenly stopped mid-stride. About 60 percent of your weight should be on your lead leg, with your chest positioned slightly over your knees. This movement keeps your balance forward to help control recoil. It is also a versatile stance that allows you to move quickly and shift into alternate positions that take advantage of cover. It is common to see inexperienced or untrained shooters leaning back, away from the gun, so avoid this tendency even when you are practicing.

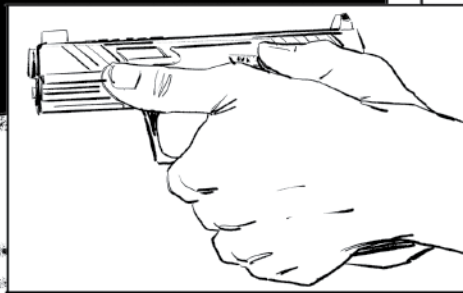
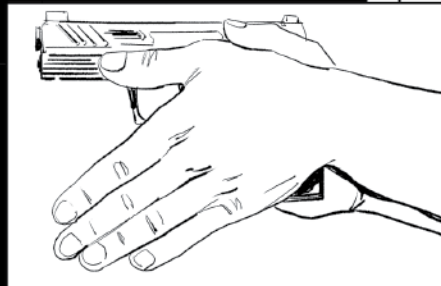
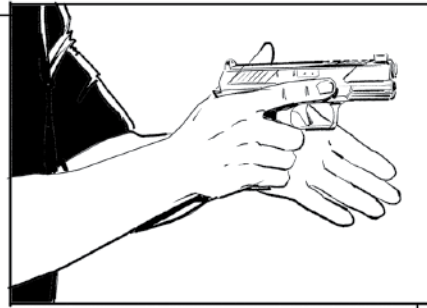
Place your firing hand high on the grip of the pistol. You should feel the web of your hand pressed against the “beavertail” on the back of the pistol. A high grip prevents the gun from getting leverage on you during recoil. Wrap your firing-hand fingers naturally around the pistol grip. Your support hand then wraps around your firing hand, with the heels of your hands coming together at the back of the grip. Your firing hand will leave a portion of the grip panel exposed, and your support hand should nestle into place to create the maximum “meat to metal” on the gun. Whatever you do, avoid the cup and saucer grip (where your support hand is the saucer) as this does little for recoil control and is wobbly and inconsistent. Finish by laying your thumbs along the side of the frame and pointing them toward the target, firing thumb on top of support thumb.

Service and Support: As you grip the pistol, you should feel about 60 percent of your total grip pressure from your support hand. Reducing tension in your firing hand keeps your trigger finger from locking up when firing

multiple rapid shots. What you wear on your feet is important as well. Always wear shoes in which you can run or fight. High heels and flip-flops will hinder balance and stance or an escape from the situation.

Command and Control: Accurately placed rounds are a by-product of your stance, balance, and grip. All of them combined allow you to take control of your immediate battlespace. Most adversaries will never know or understand this point. Stand your ground correctly and own every round you fire.

NO. 057: PROPER STANCE, BALANCE, AND GRIP



058. Trigger Control and Sight Alignment

Situation: Unless your opponent is within range of your fists, you should probably be using your gun sights. Even an imprecise “flash” sight picture enormously increases the odds of a center-mass hit versus a wild “spray and pray.” On modern combat handguns, we see both iron sights (notch in the rear and post in the front) and optical sights (typically a miniature, battery-powered red dot sight). We will address the proper employment of both.

Mission: Don’t anticipate the shot.

Execution: Iron sights are simple, rugged, and amazingly fast in the hands of a capable shooter. However, your eye can only focus on one plane at a time. Do we focus on the rear sight, front sight, or target? The correct answer is the front sight. Front sight focus tells you virtually everything you need to know about where the shot will land. Competitive speed shooters will tell you that they got all their hits on days where they had crisp front sight focus. On days where they lacked that focus and tended to watch the target, they lost the match. Having the discipline to momentarily shift your focus from your identified threat to your front sight takes practice. Sight discipline is best ingrained through dry fire (practicing techniques with an unloaded gun).

- Electronic and optical sights: These project a red dot on a lens and have become more popular on pistols. They simplify the aiming process, as the shooter only needs to superimpose the dot on the target to get a hit. They also have the advantage of allowing the shooter to focus on the target. Having a fast focus helps target identification. Most shooters find they struggle to find the dot when first learning to use red-dot sights. If your grip and stance are not solidified and consistent, focus on those things first, as they must be well established to find the dot

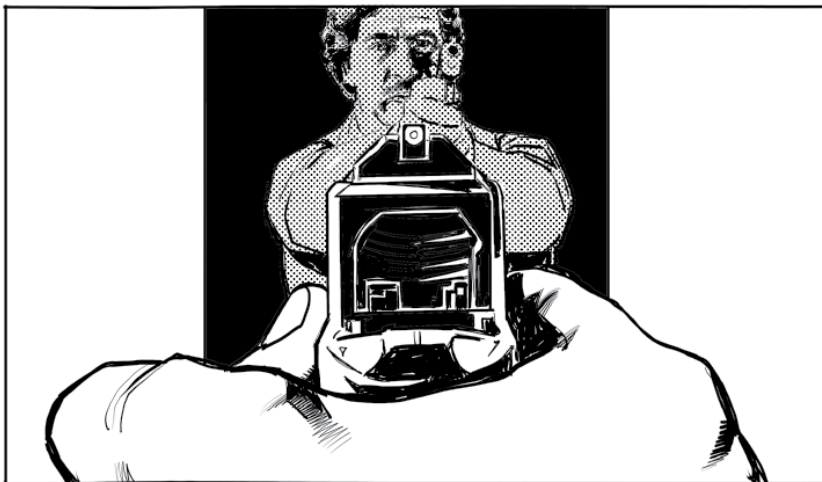
consistently. Then give yourself a thousand dry-fire draws, and you will find that the dot is waiting for you in the window each time as you present the gun to the target.

- **Trigger squeeze:** Depending on the kind of pistol you select, you may choose to “prep” a long trigger pull by first taking out the slack. You can then make the shot as the sights come into final alignment. The number one cause of missed pistol shots is anticipating recoil (flinching) and jerking the trigger. In live-fire training, recoil masks the problem, and right-handed shooters wonder why all their hits are low and to the left. Dry fire slowly cures this, but so does squeezing the trigger and letting the gun surprise you. Combat shooting compresses the process, but the critical point here is that you are more prone to miss if you jerk the trigger and flinch.

Service and Support: Whether you choose iron or optical sights, know that you will only sacrifice a fraction of a second when bringing them to eye level and using them with practice. Fast misses do not count, so learn to use your sights, and you will soon be capable of very rapid, fight-stopping hits.

Command and Control: Confidence comes with practice. These are skills you can practice in privacy with a clear and safe weapon. Using consistent dry-firing techniques, you can develop highly effective defensive skills without firing a single round. Remember, front sight—focus, trigger—squeeze.

NO.058: TRIGGER CONTROL AND SIGHT ALIGNMENT



059. Tap, Rack, Bang

Situation: Guns are machines, and even the ultrareliable AK-47 is prone to jam from time to time. You should have a contingency plan for this to happen in a fight and be prepared for an instantaneous and immediate response when it does. There are four basic malfunctions of which you need to be aware. There is no need to stop and diagnose these in a fight, but understanding what you are fixing is essential.

1. Failure to fire: Something has prevented the cartridge from firing. You also might not have chambered a round. Sometimes this problem is referred to as “click, no bang” or “dead man’s gun.”
2. Failure to extract: Either a fired casing or a loaded round is still in the chamber, and another round is feeding into the back of it. Sometimes this is called a “double feed.”
3. Failure to eject: The fired casing didn’t extract out of the action. Also called a “stovepipe.”
4. Failure to feed: The chamber is waiting for the next round, but something prevents it from loading.

Mission: Don’t die with a “dead man’s gun.”

Execution:

1. Slam the magazine’s bottom toward the barrel (tap) to make sure it is fully seated. Aggressively pull the slide rearward (rack) and roll the gun to the right to clear the action of a spent casing. Release the slide, and the gun is back in action (bang). This sequence will clear all the malfunctions above, except for the failure to extract or double feed.

2. If tap-rack-bang doesn't work, immediately move to clear a suspected double feed using the lock-rip-rack-reload method. Lock the slide to the rear to free up and then rip out the magazine (retain or drop it), rack the slide three times to clear the chamber of a stuck casing, and reload (insert a fresh magazine and rack a round into the chamber).

Service and Support: Practice these skills during dry-fire training and use them at the range if a malfunction happens. Do not squander the opportunity to test your skills by casually peering into the action and administratively fixing the problem. During an attack, time is a luxury and may cost you your life if wasted. After shooting, always clean your gun to remove carbon and debris out of the action and permit the slide to move freely. Cleaning your weapon also forces you to examine each of the parts and detect defects or show irregular wear. Only carry high-quality, expanding ammunition that feeds reliably in your gun. Your pistol needs to give you a minimum of two hundred trouble-free rounds before being worthy to carry.

Command and Control: Control the gun; don't let the gun control you. Maintain your composure and work the gun until it's clear. Creating good muscle memory only comes with practice. Once mastered, however, it will allow you to overcome a malfunction before your adversary even knows that you are (temporarily) out of action. Don't let the gun work you, or you will define "dead man's gun."

NO.059: TAP, RACK, BANG



060. Target Engagement

Situation: Get used to the idea that pistols are inherently underpowered weapons compared to their rifle counterparts. A pistol should be thought of as a tool to keep you alive until you can get to a rifle. But if that is not possible, you must understand the engagement options with a pistol and achieve proper shot placement in a vital zone. Two is one, and one is none. Apart from rare cases requiring a precise headshot, every threat receives two rounds, minimum. Called a “controlled pair” or “double tap,” this technique maximizes trauma to your opponent and increases the likelihood of a terminal hit. At extremely close range (inside seven yards), you can get by with one sight picture and two rapid presses of the trigger. At seven yards and beyond, plan for two different sight pictures. Even with two sight pictures, experienced shooters quickly achieve 0.20 seconds between shots. That’s fast. Two is not enough in some cases, and you will need a “failure drill” after a failure to stop. The “failure drill” consists of a third shot to the head. The final shot might occur as a controlled pair or after a pause and assessment. You may also perceive that the opponent is so close or so dangerous that you fire this shot sequence immediately.

Mission: Get home alive.

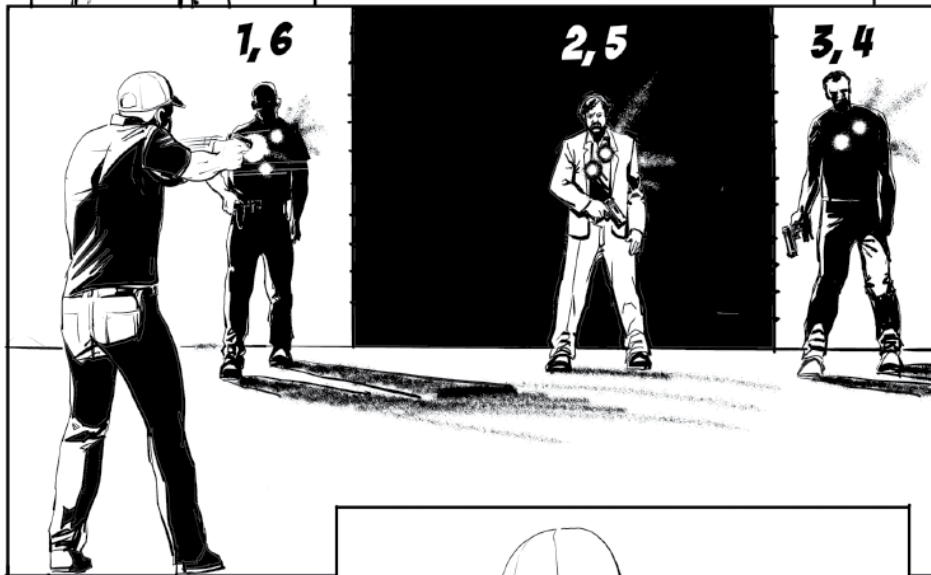
Execution: If multiple opponents are attacking you, time is of the essence. If you methodically fire two shots at each, that final opponent has too much time to react. Consequently, most tactical instructors teach a firing sequence where you shoot everyone once and then “clean up” whoever is left standing with a second or third shot. If you face three threats in the open, plan for one shot on the first, one on the second, two on the third, one more on the second, and another on the first.

Service and Support: Ensure that you have at least one extra magazine in addition to the one in your gun. Multiple threats will eat up a lot of bullets. Always move toward cover while engaging the threats. Once again, training

will increase your proficiency and increase your likelihood and level of success.

Command and Control: Finish all engagements with a “breathe, search, and assess.” Practice this on the range so that it is ingrained. It is quite common for people to become target fixated or hyperventilate after an engagement. Breathing and turning your head from side to side to search for the next threat helps you keep your wits about you and avoid being surprised by a new attack.

NO.060: TARGET ENGAGEMENT



McNAMARA, PATRICK

THE BADASS



Code Name: Blaze

Primary Skillset: Gunslinger, Lead Instructor at TMACS Inc.

Secondary Skillset: Professor, University of Badassery

Background: Patrick McNamara spent twenty-two years in the US Army and worked with multiple special operations units. While working in the nation's premier special missions unit, he became an impeccable marksman and shot with accurate, lethal results and tactical effectiveness. Patrick has created tactical training applications to teach shooting to people of all levels of marksmanship. Regardless of whether they are civilians with little to no experience behind the trigger, police officers who work the streets, or varsity-level soldiers, everyone can benefit from his training. Patrick's military experience quickly taught him that there is more to tactical marksmanship than merely squeezing the trigger. Utilizing his years of experience, Patrick developed a training methodology that is safe, effective, and combat relevant, and encourages a continuous thought process. This methodology teaches trainees how to maintain safety at all times and choose their targets wisely and with accountability. His courses cover several categories, including individual, collective, online, and standards. While serving as his unit's marksmanship noncommissioned officer, he developed his marksmanship club with NRA, CMP, and USPSA affiliations. Patrick ran monthly IPSC matches and semiannual military marksmanship championships to encourage marksmanship fundamentals and competitiveness throughout the Army. He retired from the Army's premier hostage rescue unit as a sergeant major and is the author of *TAPS Tactical Application of Practical Shooting* and *Sentinel*.

SADDAM HUSSEIN

THE ENEMY



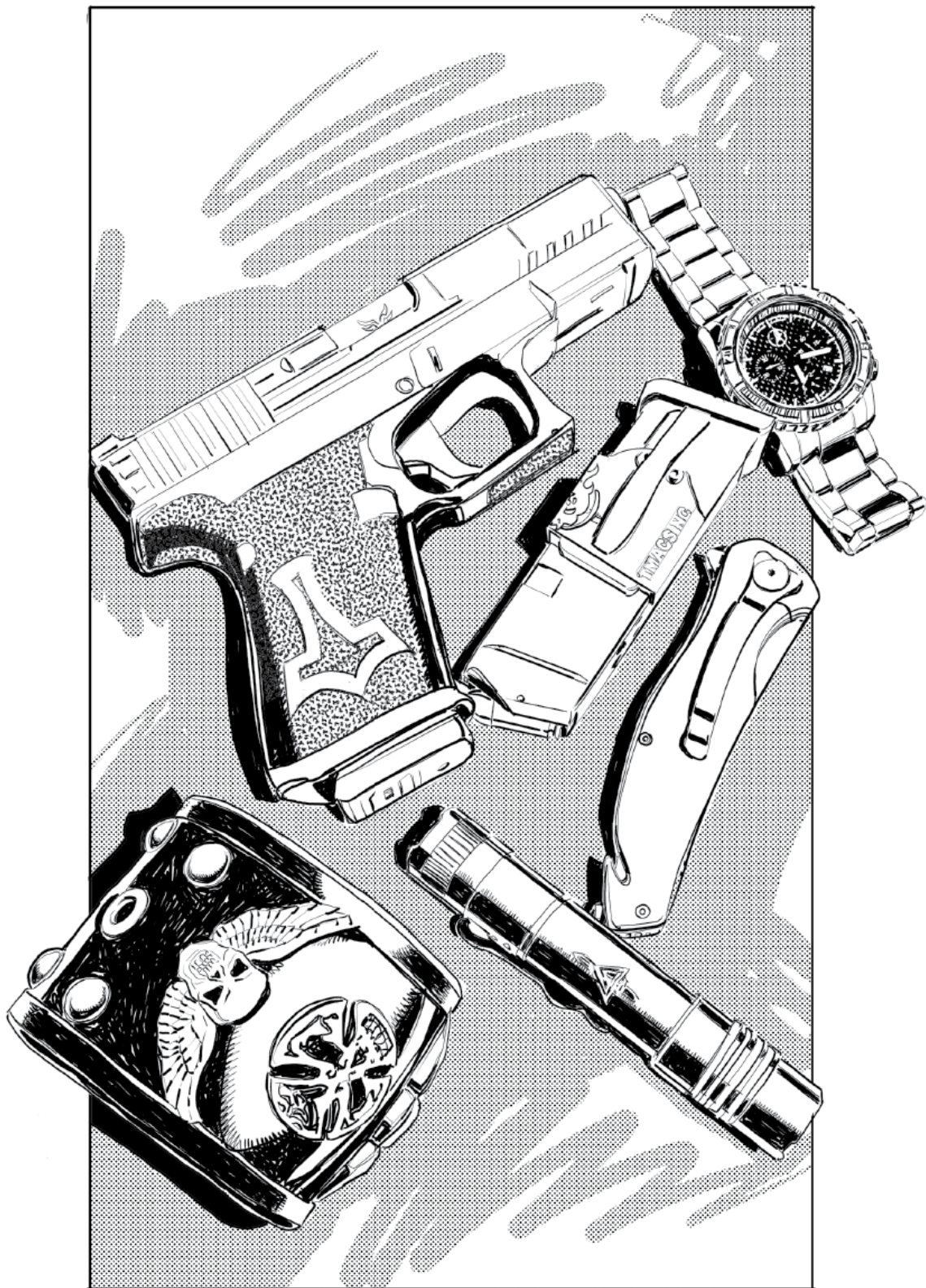
Background: Hussein formally rose to power in 1979, although he had already been the de facto head of Iraq for several years. He suppressed several movements, particularly Shi'a and Kurdish movements which sought to overthrow the government or gain independence, respectively, and maintained power during the Iran-Iraq War and the Gulf War. Hussein's rule was a repressive dictatorship. The total number of Iraqis killed by the security services of Hussein's government in various purges and genocides is conservatively estimated to be 250,000. Hussein's invasions of Iran and Kuwait alone resulted in hundreds of thousands of deaths.

061. Pat's Everyday Carry

Survivability isn't just a matter of carrying the right tools or following the most punishing physical training regimen available. Beyond muscle, brawn, and crisis-oriented readiness kits, the most important element of survival training begins with the adoption of a preemptive, proactive mindset. A survival mindset rejects the lure of passivity and instead prepares you to encounter a range of undesirable possibilities. Regardless of what you carry on your waistline, in your backpack, or your purse, your mind is your most important everyday carry weapon. Here are some of the tools that support Pat's killer mindset.

1. SSVI Glock 19
2. Extra magazine with NeoMag holder
3. Brous Blades folder
4. Streamlight flashlight
5. Cool metal cuff
6. BCM watch

NO. 061: PAT'S EVERYDAY CARRY



062. Tactical Deception

Situation: A deception is an act or statement which misleads, hides the truth, or promotes a belief, concept, or idea that is not true. It is often done for personal gain or advantage. Deception can involve dissemination, propaganda, sleight of hand, distraction, camouflage, or concealment. You never want to give up your capabilities blatantly. Instead, assume a posture that leans toward de-escalation instead of appearing to be looking for a fight.

Mission: Your ready position should look like you're not ready.

Execution: It's pretty straightforward; your body language should tell third parties that you mean no harm. When people look at you from a distance, it should appear that you don't want any trouble. Little do they know that when your hands are up, you are already defensive and ready to counter strike if needed. That's how you should train, and that's what will allow you to win. No one else, however, will know that or see that.

Service and Support: A lateral step is an option but could be perceived as a flanking maneuver to the trained adversary and alert him to your deception.

Command and Control: Maintain awareness and remember, where there is one, there may be many. Don't allow yourself to get tunnel vision on the person who is directly in front of you and lose sight of the big picture. Take a moment to ensure that no one else is flanking you or coming up from behind during your lateral step. Zone awareness is always a critical component of surviving the encounter, and you don't want to be blindsided as your opponent's buddies suddenly appear behind you.

NO.062: TACTICAL DECEPTION



063. One-Two Combo with a Lateral Move

Situation: The jab and cross are covered in detail (skills 007 and 008), so for this skill we're going to highlight the importance of lateral movement while throwing your combinations. Most fighters, and especially boxers, feel like backstepping can get them out of a flurry of combinations coming their way. In their minds, you simply step out of range, and nothing can hit you. Here's the big *but*. As soon as your opponent steps forward, however, and back in range, you are eating punches again, and so on. However, taking a step or two laterally puts them on the outside, which prevents your opponent from actually landing punches. Statistically, sidestepping is safer than blocking, rolling, or ducking. If you circle around your adversary in either direction, you never run out of space or compromise your balance. The biggest and most fundamental reason that lateral movement is far better than backstepping is that it keeps you in range to throw your punches. You can't fire counters if you keep jumping backward and out of range.

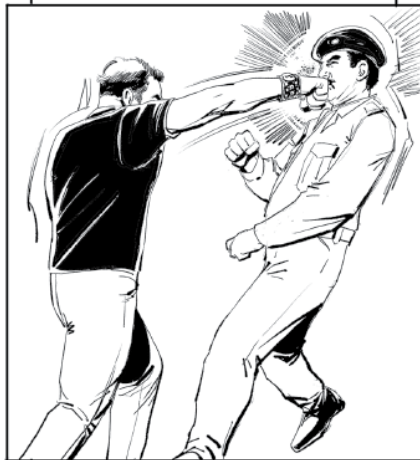
Mission: Strike and move, move and strike.

Execution: Using your jab as a range finder will increase the odds of your cross making it to the target, which is your opponent's jaw. Both the jab and cross are thrown consecutively in a rapid manner, with lateral movement to the right or left after you deliver each combination of strikes. The ultimate goal is to land punches without being punched in return. When you move laterally, you will always be moving away from one hand of your opponent, which will be out of reach, while simultaneously moving toward the other hand, which will be at a bad angle.

Service and Support: There are many ways to circle your opponent with lateral movement by changing your body position from square to sideways. When you're more sideways, your opponent will feel like you are taller and farther away. If you circle your opponent while facing forward or square, it can make him think that you are closer and a greater threat.

Command and Control: Lateral movement is usually thought of as a defensive move because after you throw your combination, you're moving so that a counter won't hit you. However, the reality is that it's an essential part of your offense because you are effectively taking control of your adversary's movements and forcing him to react to your every move.

NO.063: ONE-TWO COMBO WITH A LATERAL MOVE



064. Hook to the Body

Situation: The hook is one of the most effective punches in sport boxing. The hook is so effective because it travels the shortest distance between the launch point and the target. If thrown correctly, the compact hook carries a lot of power. You can use it to target the head and the body when the distance between you and your opponent is tight. Hooks to the body can momentarily take all the wind out of your opponent and are especially useful against fighters who appear impervious to hits to the head.

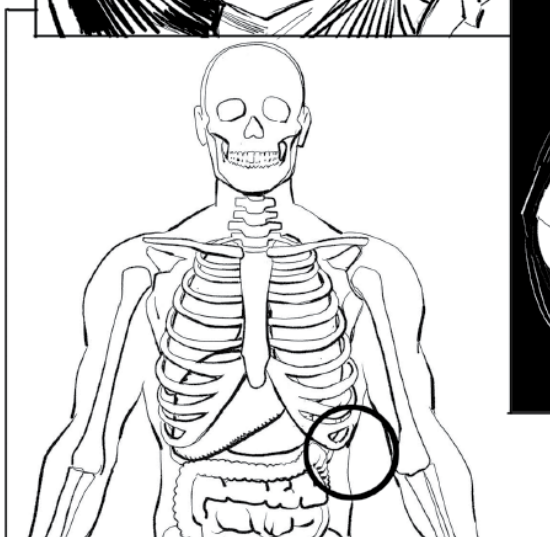
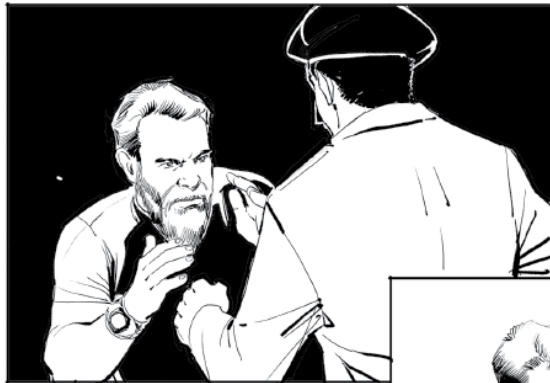
Mission: Kill the body and the head will die.

Execution: Lean over slightly or step to the left when you feint to get a better view of your target and get your foot into the correct position. The angle of the shot is similar to the previously discussed hook. Practice getting the punch to go diagonally at an upward angle and strike your opponent's side with the knuckles of your fist. This type of shot can do significant damage to the rib cage and internal organs if your fist lands at an upward angle. This strike can also be used after a one-two combination.

Service and Support: You can hook with both your left and right hands, but the most common is the left hook to the body. The reason is that a left hook to the body targets the liver, kidney, and ribs in one punch, whereas the right hook to the body only targets the second kidney and ribs.

Command and Control: In training, practice throwing the left hook at different angles, and when sparring, do the same and see what works. Try to be attentive to your training partner's reactions after each punch so you can gauge its effect in different situations. Most people are mindless about the mechanics of the punches they throw, and this is your opportunity to perform better than the rest.

NO.064: HOOK TO THE BODY



065. SPEAR to Sternum Strike

Situation: Within confined spaces like elevators and stairwells, you can find yourself with limited options to put your adversary out of commission. For certain, most strikes require space, and where you don't have space, you sometimes need to create it. At times, you might need to push someone away from you to make the distance to launch a strike. In other situations, the strike might come first to create the space. I would love to tell you that there is no right or wrong, but the reality is that you're either going to win or lose based on your decisions.

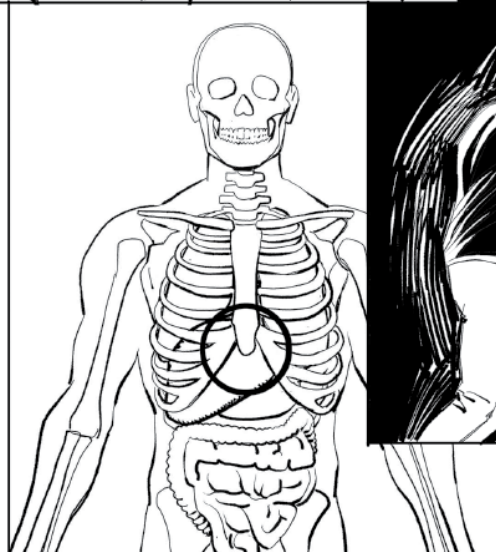
Mission: Create the opening and seize the moment.

Execution: Using a strong blocking arm to maintain whatever space you already have will position you for a more accurate and powerful strike. Using Tony Blauer's SPEAR, with your arm outside ninety degrees and fingers spread apart, will keep the aggressor at bay while you deliver a straight power punch to the center of their chest.

Service and Support: Remember that your foundation, your legs and feet, are essential for generating power and maintaining your balance. In a confined space, the walls can also help you maintain a strong upright posture and prepare you to launch powerful punches. Keep in mind that the walls can also be used against your opponent.

Command and Control: Maintain your awareness throughout the struggle. Ensure that your opponent's hands are always empty and that you know where your weapon system is at all times. In close quarters, where the struggle is far more intimate than out on the streets, the fight's intensity can be dramatically worsened because both people feel trapped.

NO.065: SPEAR TO STERNUM STRIKE



066. Teep to the Chest

Situation: Every fighter knows the importance of range and reach. You need to measure it, manage it, use it defensively, and use it offensively, all within the same window of time and opportunity. If your opponent is taller or has excellent jabs, your legs might be a necessary response. The Muay Thai push kick, also known as the *teep*, is a go-to technique when you're looking to affect your opponent at long range. It's important to understand that this is not a karate-style front snap kick. The *teep* is a push kick and a much more powerful, stable, and rangy technique which concentrates your full body weight into a very small and focused area.

Mission: Stop them in their tracks.

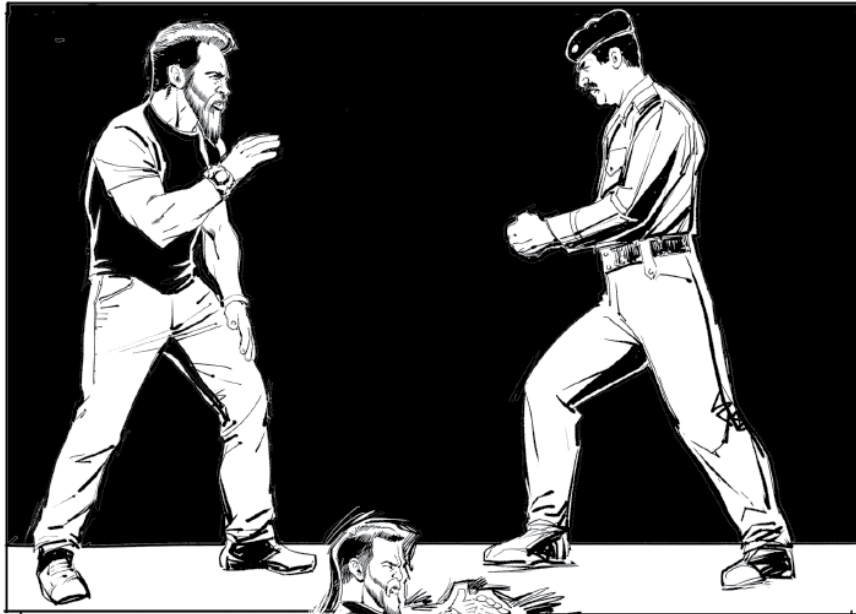
Execution: To perform the kick correctly with the front leg, the fastest and most common variation, the leg must be lifted almost straight, with a slight bend at the knee, and the sole of your foot pointed toward the opponent. At this point, the power is generated by the hips driving forward with a thrusting motion. The resulting impact is with the ball of your foot and sometimes the heel, rather than your foot's entire surface.

Service and Support: The front Muay Thai push kick also works well at stalling and stopping an aggressive opponent in their tracks. If you find that your opponent is charging in and trying to get too close, try using a succession of quick front leg *teeps* to keep him at bay. While it may not be the strongest technique, it has a lot of stopping power.

Command and Control: Targets for the front kick vary widely, and each has a different purpose. Starting at the bottom and working upward, you have several useful attack points. The opponent's front leg's thigh is an excellent choice if you're looking to interrupt his attack and break down his base and stance. Continued push kicks to the thigh will disrupt an opponent's

rhythm and may create opportunities for a follow-up attack. The push kick can also be aimed at the opponent's hip to reduce his stability. The torso and stomach are targeted less commonly than the chest, but repeated blows will disrupt your opponent's breathing and drain his enthusiasm for continuing the fight.

NO.066: TEEP TO THE CHEST



067. Achieve Separation and Draw Stroke

Situation: Lethal or deadly force is the use of force that is likely to cause serious bodily injury or death to another person. In most jurisdictions, the use of deadly force is justified only under conditions of extreme necessity as a last resort, when all lesser means have failed and cannot reasonably be employed. Three requirements for the use of deadly force in self-defense are ability, opportunity, and jeopardy. Ability is defined as the capability or means to cause great bodily harm or death. Opportunity is defined as your adversary being in a position to cause great bodily harm or death. Jeopardy is defined as an overt threatening move or gesture that could cause great bodily harm or death. There is no golden rule to cover every situation. One thing is for sure: once you go lethal, there's no going back. You can't put the bullet back in the gun. Ensure that your adversary's presentation is deadly, escape or retreat isn't possible, and he deserves an equal response.

Mission: Do not end up a murderer.

Execution: Your adversary's hands will more than likely determine your appropriate level of response. If he has a knife or a gun, then your response had better be equal to or greater than his to survive. If you find yourself entangled and observe a weapon, creating space will buy you time, and time will give you options. Your options may include gaining space or ground in the form of running away from the threat. Options also include going lethal and ending the threat. These situations are complicated, but having the skills to know how and when to separate and when to go lethal will govern your response.

Service and Support: Holsters come in varying shapes and sizes and can be worn in many locations. It's essential to train your draw just as much as your shooting. The last thing you want is to draw your gun and your holster be on the end of your barrel. You have to train your draw stroke regularly, along with being an accurate shooter. For beginners, practice drawing from

different locations from your waistline to determine which works best for you. When carrying a concealed gun, there are many considerations, and it's best to experiment with all of them to determine what works best for you. No matter what holster you choose or the location you carry, you have to train to survive.

Command and Control: When achieving separation, verbal commands can go a long way toward reaching a safe place with your ass intact. If an adversary presents a knife or a gun, announcing that you have a weapon as well and you're willing to use it can potentially de-escalate the situation without you firing a shot. Use strong verbal commands and let everyone hear you. Third-party bystanders are potential future witnesses and may determine whether you spend the rest of your life in prison. Unfortunately, you may have to exaggerate your actions for the people and cameras that may be watching, but if you think that way, then you'll probably make the right decisions. Everyone has a phone with a camera these days, and always assuming that somebody's watching, listening, and recording a video of your words and actions will force you to make better decisions.

NO.067: ACHIEVE SEPARATION AND DRAW STROKE



LOVELL, JOHN

THE BADASS



Code Name: Poet

Primary Skillset: Concealed carry, single-man room clearing, night vision, fighter mindset

Secondary Skillset: Martial arts, emergency medical, epic dad jokes

Background: John Lovell founded the Warrior Poet Society, an organization that provides tactical training to civilians, law enforcement officers, and military personnel. John's training activities range from pistol and rifle skills to night vision employment for tactical teams and room clearing. His time serving in special operations with the 2nd Ranger Battalion, 75th Ranger Regiment, and his five combat tours to Iraq and Afghanistan provide him with real-world knowledge of gunfighting. John's wrestling, Brazilian jiu-jitsu, and Krav Maga backgrounds provide him with well-rounded martial arts experience. He is also cross-trained in combat medicine as an emergency medical technician-basic. John's obsession with studying earned him the unofficial title of a Warrior Philosopher: one who stresses the importance of always fighting smarter. Over the last seven years, he has primarily focused his mind and energy on concealed-carry problems and helping civilians defend themselves against ambushes by predators. John's passion lies in communicating the Warrior Poet ethos to his rapidly growing following of more than one million people. This ethos encourages people to win at war and win at life by living for a higher purpose and being willing to sacrifice themselves in defense of others. John currently resides in Georgia with his wife and two children.

MAO ZEDONG

THE ENEMY



Background: In an attempt to reassert his authority over China, Mao launched the Cultural Revolution in 1966, aiming to purge the country of "impure" elements and revive the revolutionary spirit. This resulted in 1.5 million people dying and much of the country's cultural heritage being destroyed.

In September 1967, with many cities on the verge of anarchy, Mao sent in the army to restore order.

068. The GTF Combo

Situation: The goal of any fight is to end it as soon as possible. You never want to hang around and discover someone's other skillsets. Throw a robust set of combinations early in the fight so that you can win, move on, and not deal with anything else. Always assume that "where there is one, there are many," and take decisive action sooner rather than later, when you may be overwhelmed. You always want to have your hands raised as if in compliance to show that you aren't a threat. In reality, you are only lulling the adversary into a false sense of security that will allow you to do what needs to be done.

Mission: Be a flurry of ass-kicking.

Execution: Launch the front kick as quickly as possible so that you can reset your foundation. Anytime you throw a kick, you're giving up a leg and potentially leaving yourself vulnerable to being knocked down or put off-balance. Throw it and drop back down to the ground as quickly as possible. Recover into a solid sport stance. A palm strike to the throat can be devastating and even deadly, but when your own life hangs in the balance, you must use every technique at your disposal to survive. The bad guy's airway can be obstructed by crushed cartilage and or the hyoid bone with enough impact. Even the lightest pop to the throat can make someone feel like they are suffocating. There are many ways to throw an elbow strike, but the easiest is to anchor the thumb of your striking arm to your chest and rotate your shoulder. Twisting your torso and hips adds even more power to the strike.

Service and Support: Keep your guard up at all times. Quick strikes are essential to overwhelm your adversary.

Command and Control: Committing to the GTF combo is critical.

Maintain your situational awareness throughout to avoid surprises. Do not rely solely on a single combination of strikes. Think about and practice possible movements and combinations as part of your regular training. Ideally, these sequences of movements will already be in your muscle memory.

NO.068: THE GTF COMBO



069. Double-Leg Takedown

Situation: The double-leg takedown has many variations, but ultimately, it's all about getting your opponent off their feet and onto their back quickly. Keep in mind that you never really want to go to the ground, where you could get kicked in the face by your opponent or his buddies, in a street fight. Depending on the circumstances, however, this may be an excellent alternative to dying.

Mission: Never go to the ground.

Execution: The double-leg takedown is a basic move in which you explosively attack both of your opponent's legs at once and take him to the ground. The takedown includes a movement in which you take a step with one foot between your opponent's feet and wrap your arms around his knees. As you step forward with your trailing foot, drive your opponent down to the mat. Remember to keep your head up and your ear tight to your opponent when you perform a double-leg takedown.

Once the bad guy is on his back, he isn't out of the fight or incapacitated. You will still have to maintain the mounted position, blast him in the face, assess your immediate environment, and look for and engage in the next fight. If there are no other attackers, get off the X and move out of the area as quickly as possible.

Service and Support: A single-leg takedown is an offensive technique used by wrestlers of all skill levels. When done quickly, it can put your opponent on their back in seconds. A single-leg takedown is a basic takedown where you're attacking only one of your opponent's legs, and your head will be on the inside of their leg.

Command and Control: Be prepared to turn your double-leg takedown into a single-leg takedown if necessary. Once you are in contact with someone,

the dynamics can change in less than a second. The grip on the back of their thighs or knee may slip, and you'll end up with only one leg. If it happens, that's okay. Just make sure you're comfortable with the difference between a double-leg takedown and a single-leg takedown. As long as you know what each feels like, going from a double-leg to a single-leg takedown won't be such a big deal. It's a good idea to be comfortable with both techniques because the dynamics of the environment or your opponent's skill level may leave you with no other alternative.

NO.069: DOUBLE-LEG TAKEDOWN



070. Taking Your Adversary's Back

Situation: If you can't win a street fight with a single blow in the very beginning, about 70 percent of the time, it's going to the ground. In such encounters, approximately half of the time, one participant initiated a martial art or wrestling move to gain an advantage. Experience shows that such tactics are successful, as the initiator almost always wins or doesn't lose. However, the number is even higher in fights between two women, with 90 percent of altercations going to the ground. Likely, this is because women tend to clinch (grapple while standing) during altercations.

Mission: Get on top and stay on top.

Execution: Use your martial art or grappling moves to win the fight in the clinch. If you're headed to the ground, however, secure the top (mounted) position. Once you've softened your opponent up with hammer fists:

1. Push one of his elbows across his face and lie on top of it.
2. Put one arm behind his head and push the wrist of the pinned arm into the hand you have behind his head.
3. Pull the wrist underneath his head while using his elbow to help turn him in the same direction.
4. Release your weight by rising to one knee so you can allow enough room to roll your adversary over.

Service and Support: Learn the necessary grappling skills to take your opponent to the ground and stay on top. If you cannot be on top, develop a guard position to prevent being injured, and figure out how to get on top.

Command and Control: Ground fighting is a reality that you must plan for. While grappling skills may provide you with an initial advantage, they also leave you vulnerable to an attack by a third party. As you're scrapping away,

you have limited knowledge of who's sneaking up on your flank with a baseball bat. If your opponent wasn't alone before the fight, his buddies will likely soon be joining in. Once you're on the ground, however, it's difficult to disengage and respond to new threats.

NO. 070: TAKING YOUR ADVERSARY'S BACK



071. One-Arm Rear Naked Choke

Situation: Before we discuss the single-arm rear naked choke, we need to understand a standard rear naked choke. A rear naked choke renders your opponent unconscious if done correctly. They will fall fast asleep within seconds of you applying pressure to their carotid arteries. The jiu-jitsu and wrestling community use the *gi* (a martial arts garment) or other clothing to create different air and blood chokeholds. The word “naked” refers to the lack of clothing required to choke your opponent out.

Mission: Make them go night-night.

Execution: A single-arm rear naked chokehold uses one arm and your neck to choke your opponent out. The choke arm encircles the neck no differently than the standard rear naked choke. The difference is your choke-arm hand will clasp the back of your neck. This movement allows your other arm to be free to search, trap concealed or held weapons, or draw and use your weapons against other threats.

Service and Support: In a traditional rear naked chokehold, you are encircling your opponent’s neck with one arm and placing the crook of your elbow right up under their chin. The choking arm hand grips the opposite arm’s bicep while your opposing hand is placed behind your opponent’s head. By flexing the choking arm and applying counterpressure to the back of your opponent’s head, you are anatomically pinching off the carotid arteries that supply oxygen to the brain. The result is that your opponent passes out.

Command and Control: Obviously, you have to be positioned behind your adversary to execute this choke. Whether you are standing or their back ends up available to you in the middle of a fight, it’s an excellent choke to end the fight. Once you have the choke in place, hold on to it, no matter what, until

they pass out. Keep in mind that if you hold the choke for too long, you can kill someone. Your goal is never to harm or kill someone but to incapacitate the threat long enough to allow yourself to retreat and contact the authorities.

NO. 071: ONE-ARM REAR NAKED CHOKE



072. Feign Compliance to Survive the Threat

Situation: Having a gun pointed at you in close proximity may sound alarming, but it is preferable to a gun pointed at you from further away. The thought process is simple: the closer the weapon is to me, the greater are my odds of controlling it. Like many of the other contributors and experts, John believes in using *fait accompli* against your adversary. In other words, you appear to be surrendering to the will of your adversary as a deception while you're setting yourself up for success.

Mission: Never surrender unless to deceive your enemy.

Execution: Gaining control of the pistol and controlling its aim is the essential aspect of this technique. Driving the barrel toward the sky may save your life and allow you to maintain control of the bad guy. Allowing the bad guy to maintain a grip on the pistol may be considered a good thing because at least it's keeping one of his two hands occupied. As you maintain awareness of his hand and arm, drive through the adversary's body while drawing your concealed pistol with one hand. Index (position) your pistol against your flank and point toward the pelvis of your adversary. Firing into his pelvis, a big bony bowl where the bullet can ricochet around and rip apart vital arteries and veins, is a great way to drop your adversary where he stands.

Service and Support: Admittedly, there are not many considerations in these types of situations. You can only control what you can see, how you draw your weapon under stress, and how you engage the adversary in close proximity. In a scuffle, it's essential to maintain good muzzle discipline. In close-quarters combat situations, you don't want to inadvertently shoot yourself in the thigh or foot during a struggle.

Command and Control: John likes to use shout phrases that are likely to momentarily confuse the threat, such as “Same side, same side! We are on the same side!” Other times, a phrase may be used purely as a deception, such as looking past the adversary and saying “Thank God the cops are here.” Whatever you choose to say, the goal is always to distract the bad guy for a split second so that you can gain the upper hand.

NO.072: FEIGN COMPLIANCE TO SURVIVE THE THREAT



073. Survive an Ambush

Situation: Being outnumbered is never cool. Should you find yourself in such a situation, remove yourself as quickly as possible. Unfortunately, there are situations in which you can't exit peacefully. Let's face it, bad guys want to be bad, and killing you may be just one part of their plan. You have to be realistic as well as creative, and quickly contemplate exit strategies for seemingly impossible situations. There are very few situations where revealing or brandishing a concealed weapon of any kind will be okay. If you are caught off guard and come around a corner to find three guys with guns standing there, you're already behind the eight ball. Pulling out your concealed weapon will likely be a futile and short-lived effort. You're outnumbered from the outset and don't have a viable option involving your gun. Your chances for surviving are much higher to feign *fait accompli* and attempt to de-escalate the situation. However, in the back of your mind, you have to be ready to act quickly and decisively if you have no other viable options.

Mission: Do not get into this situation in the first place.

Execution: Drawing your gun and firing the first round has potential legal ramifications. However, because you were facing multiple threats with weapons, the odds are you will come out of court okay if you are fortunate enough to survive the encounter. Unfortunately, these days, you always have to think over your actions' legal ramifications before you engage. Once you fire that round and move toward cover, ensure that you keep your eyes on the threats as best as possible. Keep your head down and continuously reassess your environment as you go through a mental checklist. Make sure that:

1. Your cover is sufficient and will stop the bullets heading your way, and there are no civilians in the background.

2. No one is sneaking up behind you.
3. You are ready to engage all of the immediate threats.
4. You are looking for your next exit and escape route.

Remember, your goal is not to stick around and continue engaging in a firefight. Your goal is to deliver enough firepower so that you can leverage your out, get off the X, and disappear.

Service and Support: Cover is defined as any object that can stop bullets. Concealment is defined as any object that conceals you but does not necessarily stop bullets. Always be aware of the types of firepower you may be up against and have a general idea of the effective penetrating power of rounds that may be fired against you. For example, the type of cover necessary to protect you from a street thug armed with a small-caliber pistol is different than the type necessary when facing off against members of a Mexican drug cartel armed with AK-47s. A typical hollow cinderblock wall may protect you against a low-velocity handgun but will look like swiss cheese if hit with rounds from an AK-47. In a similar vein, an unarmored car door is not a safe place to find cover. Most standard pistol rounds will penetrate a car door and kill anyone inside. A rifle shot will likely pass through both sides of the automobile. Forget what you've seen on television and the movies—avoid using any part of a car unless you want to look like a sieve.

Command and Control: Equalizing the situation might mean you have to show that you are armed and willing to use your weapon. It could be as simple as showing the gun as you turn for cover to throw your attackers off-balance. They will likely begin seeking their own cover and concealment if they believe you may start firing. Everybody wants to be a hero, but no one wants to bleed. Even a short period of indecision by the bad guys may make enough of a difference to allow you to escape.

NO. 073: SURVIVE AN AMBUSH



RASO, DOM



Code Name: Spartan

Primary Skillset: Reduced signature
combatives and tactics training

Secondary Skillset: Covert apparel
and equipment design and development

Background: Dom Raso is a chief special operator (SEAL) with twelve years of active-duty combat experience. He had the privilege of executing hundreds of missions in an extraordinary career. After transitioning out of the military, he founded Dynamis Alliance, a company dedicated to developing tier one equipment, apparel, and training systems to lead the modern-day warrior. Dynamis is a Greek word meaning "the will to fight." This was a mindset forged during Dom's experiences before, during, and after his military career that he wants to share with the world. Every challenge, obstacle, adversity, and triumph requires "the will to fight" and a "crush everything" attitude.

Dom is a warrior for Christ, a loving husband, and a father of four. His passion is helping others become the best version of themselves by providing motivation, mindset, physical training, and the best equipment and apparel available. Dom's training is available to everyone who seeks self-improvement and an expansion of their capabilities. Dom has enjoyed working with a broad audience, from professional sports teams and athletes (including the New England Patriots) to business executives, first responders, and stay-at-home moms. As he often states, "You are only as good as your last move."

THE BADASS

BASHAR AL-ASSAD



Background: The Assad regime has used chemical weapons (chlorine gas) against civilians and conducted torture and extrajudicial killings. Assad has also used "indiscriminate and disproportionate aerial bombardment and shelling," which "led to mass civilian casualties and spread terror."

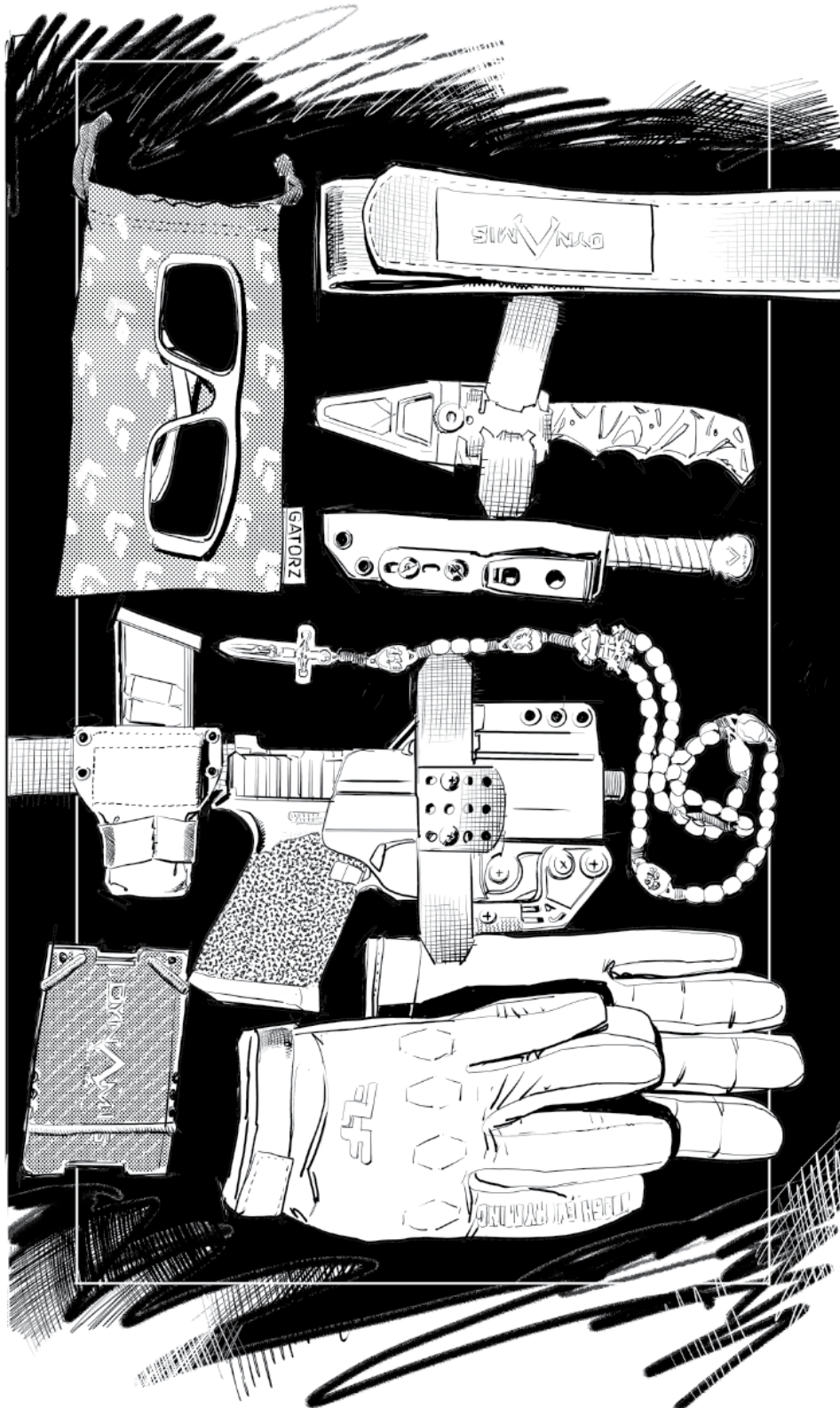
THE ENEMY

074. Dom's Everyday Carry

Most civilians living in relatively peaceful modern societies move through their daily routines in a haze of passivity while assuming the worst that will happen is a missed deadline, a parking ticket, and an argument with loved ones. The ground is stable beneath their feet. The only risk presented by a Saturday night movie or ball game is that the newest superhero sequel disappoints or their favorite team loses. But as we've learned, sophisticated urban centers aren't immune to the threat of conflict or to the unpredictable menace caused by lone actors whose sinister plans may escape the notice of their closest friends and family. Dom's everyday carry is, without a doubt, ready for those evil acts of violence.

1. Dynamis Alliance Glock 19 holster
2. Glock 19
3. Dynamis Razorback blade
4. Gatorz sunglasses
5. Dynamis combat flathead
6. Dynamis gauntlet gloves
7. Dynamis LoPro belt
8. Dynamis extra mag pouch

NO. 074: DOM'S EVERYDAY CARRY



075. Chin Jab Flow

Situation: Understanding escalation is a critical first step to understanding how to de-escalate potentially violent situations. In short, a conflict's intensity can drive escalation up or down. Intensity can be altered by interactions and reactions, external forces, and the addition or subtraction of the people involved. These indicators also drive our de-escalation techniques, which include:

1. Remaining calm, maintaining a neutral posture (both verbally and in body language)
2. Presenting yourself as nonthreatening
3. Trying to remove yourself from the situation
4. When all else fails, chin jab flow

Mission: De-escalate until violence is required.

Execution:

1. Assume and maintain a nonviolent posture.
2. Ensure your base has a fifty-fifty weight displacement and that you're ready to move in any direction.
3. If your adversary moves into your reactionary gap or increases his intensity, end the fight as quickly as possible.

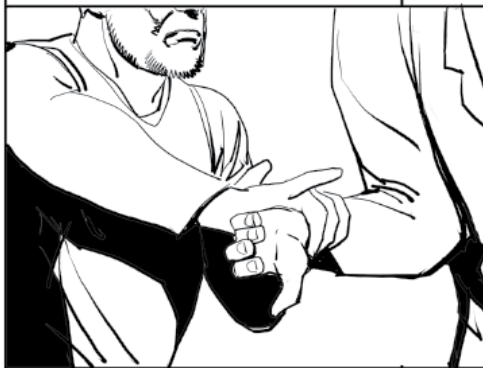
Trapping the triceps muscle and pulling the arm while simultaneously chin-jabbing dramatically increases the impact of the strike. Trapping the arm also allows you to control your adversary and removes that limb from the equation.

Service and Support: Like many combinations, it's better to train each

movement individually. Understand that any combination can change in sequence at any given moment. Train your gross motor skills and let them evolve to become instinctive, no matter the order in which you do them. Check out Dynamis Alliance for training and gear.

Command and Control: OODA loop: Observe, Orientate, Decide, and Act. Developed by an Air Force fighter pilot, John Boyd, the OODA loop is designed to let you get inside your adversary's head, outmaneuver him, and win. When first confronted, quickly observe the environment, filter information to orientate yourself to the situation, make decisions, and carry them out as soon as possible.

NO.075: CHIN JAB FLOW



076. Blade Draw and Flank

Situation: Almost all animal species are programmed not to kill each other. They will certainly fight each other for a female or for territory but otherwise very rarely kill each other. It is a natural trait to keep the species alive. Though it's a primitive trait, humans are no different. We have a frontal brain, and we have a midbrain. The frontal brain is what makes us human, and the midbrain is what makes us primal. When life-threatening situations present themselves, the midbrain can kick in, and our ability to kill each other becomes easier. Life-or-death situations for you or your family may require instantaneous, violent responses to survive.

Mission: Kill or be killed.

Execution: This combination of moves and techniques requires practice. Each component move is a stand-alone skill in itself. The nonthreatening posture is a skill. Swimming through your garments is a skill. Obtaining a master grip is a skill. The draw stroke is a skill. The strike to your adversary's eye socket is a skill. Flanking the adversary and stacking other adversaries is a skill. Each one is basic, but when linked together, the combined movements can be extremely violent.

Service and Support: Like any other combination of movements, break it all down and practice each part, step-by-step. Once you've mastered the basics, consolidate it all. Pay attention to how you carry your knife, how it rides in your waistline, and if it imprints or gives itself away while concealed under your garments. There are many knives and sheaths on the market, but I highly recommend Dom's series of blades and practice blades. Try them and you won't be disappointed. If you're serious about learning and training, check out Dom's courses of instruction.

Command and Control: In a multi-threat environment, tunnel vision will

get you killed. Eliminating one threat often isn't the end, as you have to rack and stack and always position yourself for the next fight. If you have family with you, you have to ensure your position protects them as well. Every move you make has to be violent, swift, and thoughtful to ensure your survivability and that of your loved ones.

NO. 076: BLADE DRAW AND FLANK



077. Shield to Pistol Draw

Situation: A multi-threat that's up close and personal and requires a lethal response likely requires forethought. You have to identify for yourself the dangers the threat might pose that would legally justify a deadly response. Remember, the attackers have to be capable of causing immediate bodily harm or death and demonstrate the intent to kill you. All of these factors often become subjective and debatable in a court proceeding. But the time to think about all of this is before you pull the trigger. Does the threat justify a lethal response? Is retreating a viable option? Running these kinds of scenarios through your mind will often help increase your awareness should a violent situation ever confront you.

Mission: Be deliberate in thought, violent in action.

Execution: Your job is to protect yourself and your loved ones, and get off the X as quickly as possible. The X is defined as the spot your adversary chooses to attack, based on elements of surprise, stealth, and speed. You have to identify the Xs and avoid them regularly. When confronted by serious bodily harm or death, shield your central nervous system immediately to prevent a knockout. Simultaneously drive forward and smash your adversary in the chest with the bony point of your elbow while drawing your pistol and delivering shots to the pelvic bowl. Maintain awareness and engage other targets if necessary. Assess the environment and get off the X as quickly as possible.

Service and Support: The foundation of high-intensity human performance is a strong core. The transverse abdominis, erector spinae, obliques, and your lower lats work as stabilizers for the entire body and enable you to deliver impactful strikes and blocks, and manhandle your adversary. To be clear, you have to regularly work out if you want the strength, power, and endurance required to promote swift conflict resolution.

Command and Control: Dom breaks down conflict into three distinct phases: the pre-fight, in-fight, and post-fight. In certain military operations, this is referred to as pre-crisis, crisis, and post-crisis planning. Pre-crisis consists of last-minute intelligence gathering, assessing the current state of the environment, and ensuring logistics and equipment are good to go. Crisis is the fight or physical actions and reactions that make up the crisis. Post-crisis includes battle-damage assessment, exfiltration, and extraction from the area. The ultimate goal is to move from pre-crisis to post-crisis as quickly as possible and limit your time in the crisis phase.

NO.077: SHIELD TO PISTOL DRAW



THOMPSON, GREG

THE BADASS



Code Name: Garrote

Primary Skillset: Jiu-jitsu

Secondary Skillset: Mixed martial arts

Background: Greg Thompson has been training special operations units since 1998. In 2004, UFC legend Royce Gracie gave out his first black belts to Greg and four other students at Greg's mixed martial arts school, Team ROC. Greg had been training with Royce since the early nineties, and Team ROC is known for training some of the top no holds barred fighters on the East Coast. Team ROC has participated in many high-level competitions—including the Ultimate Fighting Championship, the Ultimate Fighter, K-1, Rumble on the Rock, and King of the Cage—and *Tapout Magazine* has ranked them as the number one MMA school in North Carolina. Greg is a certified instructor in Muay Thai and has black belts in several other systems. Greg was also the 2003 NAGA World Champion Advanced Division winner, Triangle Grappling and Guerreros Gauntlet Superfight champion, 2000 Pan-Am silver medalist, and Gracie National 200 to 210 pound champion. Greg is the author of *H2H Combat*, which illustrates striking, clinching, weapon offense and defense, weapon transition, and retention into and over objects. In July 2019, Greg was mentioned in an article on Martial Arts World Report called "The Innovators: Five People Who Are Changing the Face of Martial Arts."

SOMALI PIRATES

THE ENEMY



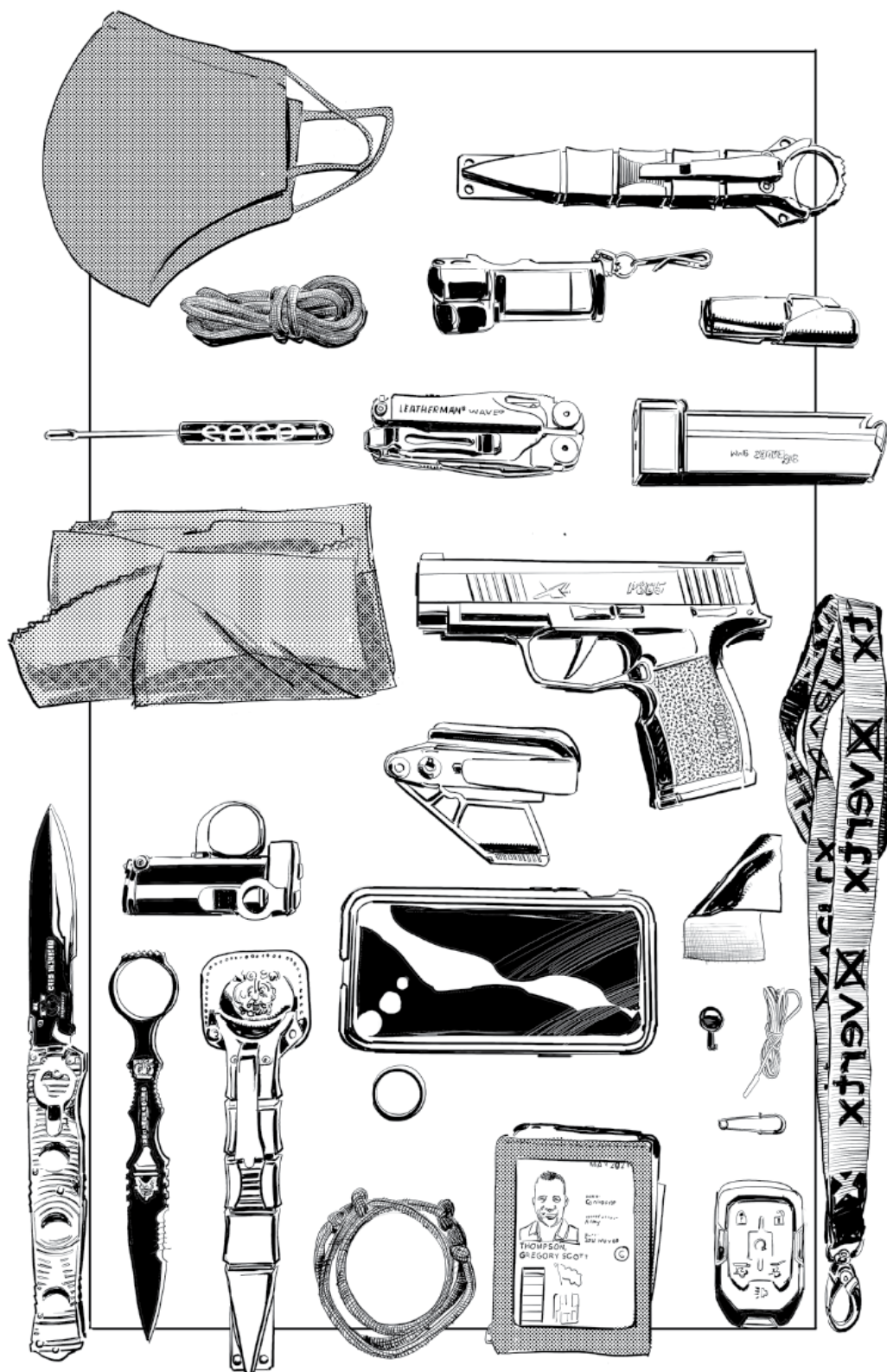
Background: Somali pirates have attacked hundreds of vessels in the Arabian Sea and Indian Ocean region, though most attacks do not result in a successful hijacking. In 2008, there were 111 attacks, which included 42 successful hijackings. However, the targeted vessels are only a fraction of the up to thirty thousand merchant vessels that pass through that area annually. The rate of attacks in January and February 2009 was about ten times higher than during the same period in 2008, and there were "almost daily attacks in March," with seventy-nine attacks, twenty-one successful, by mid-April. Most of these attacks occurred in the Gulf of Aden, but subsequently, the pirates increased their range and started attacking ships as far south as off the coast of Kenya in the Indian Ocean.

078. Greg's Everyday Carry

The average civilian approaches emergency preparedness from a life-support perspective that prioritizes food and water supplies (stored deep in a basement at home) and excludes weapons and escape tools. True preparedness, however, must acknowledge and confront the violence of our modern world. Whether the worst-case scenario comes or not, the EDC also provides an edge against unexpected threats of all types, from environmental disasters to terrorist strikes and lone-wolf attacks. Greg's everyday carry sets him up for success when a good day goes bad.

1. SOCP rescue tool
2. Kevlar cord
3. OC/mace spray
4. Ceramic box-cutter blade
5. Small screwdriver
6. Leatherman multitool
7. Extra magazine
8. Bandanna
9. Sig Sauer 365 XL
10. Lanyard
11. SOCP folder
12. SOCP dagger
13. SOCP flashlight
14. Custom cord bracelet
15. Wallet
16. Getaway vehicle key fob

NO.078: GREG'S EVERYDAY CARRY



079. Rhino Block

Situation: The elbow is the hardest and sharpest point on the human body. When combined with momentum and a calculated angle of attack, an elbow strike can result in a knockout, tearing the skin and causing serious injury. Now let's flip that around. The hardest and sharpest point being used as a shield to guard your head can be equally destructive. Whether it's a haymaker, kick, jab, or powerful cross, the elbow can prevent knockout and injure your adversary with their momentum.

Mission: Block and respond.

Execution: The rhino block utilizes both arms to protect the head and establish a counter-response.

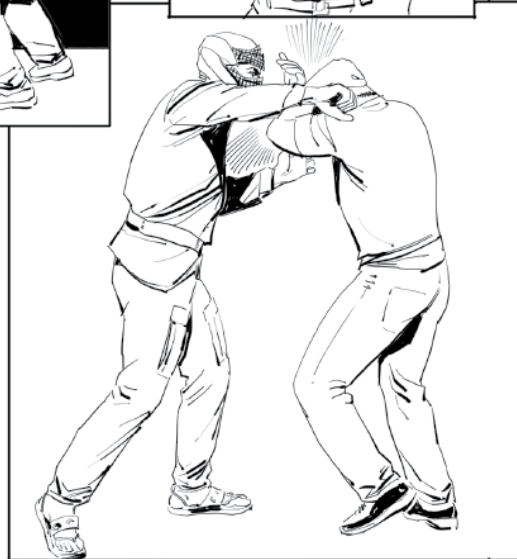
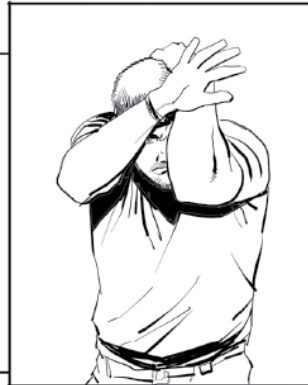
1. Run your fingers through your hair and stop once your elbow is pointed straight in front of you at eye level.
2. Shrug your shoulder up tight against your jawline and tuck your chin against your bicep.
3. Raise your other hand so that the back of your palm is anchored above your jawline on your cheekbone, temple, or center forehead.
4. Combine the two movements to provide maximum protection and maximum response.

Service and Support: Make the rhino block part of your daily shadowboxing routine. Execute it a minimum of one hundred times a day using both arms, and ingrain it into your flinch response.

Command and Control: The rhino block puts the most prominent ("boniest") human weapon out front and can break a striking foot or fist

when hit. It serves as a thorn for your adversaries to impale themselves against.

NO. 079: RHINO BLOCK



080. Rhino Block to Guillotine and Garment Choke

Situation: Training for the worst-case scenario will prepare you well for real-world events. Wrapping up just one bad guy can take all of your fighting resources off-line, especially when utilizing a Thai clinch with a transition to a traditional gauntlet. Both moves require both arms. But we must accept, unfortunately, that where there is one bad guy, there are likely to be many. You have to adapt and free up your resources to survive. Your hands and feet become exponentially more valuable as the number of threats increases. Understanding how to weaponize your clothing provides a much-needed helping hand when one bad guy turns into two or three.

Mission: Weaponize your garments.

Execution: Utilizing the rhino block naturally positions you on the inside and allows for an easy transition to the Thai clinch. The most common Thai clinch is the double collar tie. Use your hands to pull your opponent's head down and use your elbows to lock his head and shoulders. Doing so will allow you to control him. While performing the double collar tie, make sure to squeeze your elbows together to prevent your opponent from escaping. Jerking your opponent left and right will keep him off-balance and allow your surprise transition to the guillotine choke. The movement is also known as a front naked choke, but in this case, it won't be naked because you will be leveraging your garments to complete the choke. This technique also allows you to draw a weapon and engage other threats.

Service and Support: Consider this series of moves as a flow drill: leveraging your rhino block, transitioning to a Thai clinch, and transitioning to either a naked front choke or a garment-assisted front choke. Each technique can be trained as a stand-alone technique or performed as a combination with one another. Practice each of them first, and then put them

all together. Over time, you'll gain an understanding and appreciation of where each technique belongs in a fight.

Command and Control: Controlling your adversary's head will allow you to control their spine, which, in return, will allow you to control their body. Make each transition violent and swift—this will demoralize your enemy and take away their will to fight before it's even over.

NO.080: RHINO BLOCK TO GUILLOTINE AND GARMENT CHOKE



081. Rhino Block to Garment Choke

Situation: You've heard it once, and you'll hear again: you never want to take your enemy to the ground in a street fight. Rolling around on the ground can leave you vulnerable to attack from other threats. But there are some valuable ground fighting techniques you can employ standing upright. A traditional Ezekiel choke leverages your sleeve, and, depending on your opponent's neck position, the blade of your hand can create pressure against the trachea or carotids. If your shirt is sleeveless, it's even more effective to use your opponent's clothing to achieve the same kind of choke. Using their shirt against them will free up one of your hands to deal with other threats.

Mission: Use your sleeve and save your life.

Execution: Step into your adversary's strike with the rhino block. With forward pressure, transition your rhino block arm to trapping the opponent's striking arm triceps. Your other hand grabs a wad of your opponent's shirt collar. In one motion, push the collar away from you across your adversary's neck and step under their trapped arm. Take your opponent's back and transition the wad of the collar from one hand to the other, sealing off your opponent's air. To prevent them from rolling out of the choke, step under their trapped arm. While they go unconscious, your free hand can draw other weapons and engage other threats.

Service and Support: Each move should be practiced individually. The Rhino Block, trapping the striking arm, grabbing the garment collar, the collar choke, and so on—each move is pretty basic. By mastering the basics, you will become very advanced.

Command and Control: This kind of choke can either be a blood choke or an air choke, depending on where the pressure is applied. Both will render your adversary unconscious. Blood chokes are fast, with less of a struggle,

and air chokes are the opposite—mainly because your opponent knows he is being choked out. Some bad guys deserve a nice, slow air choke.

NO.081: RHINO BLOCK TO GARMENT CHOKE



082. Counter Multiple Outside Attackers

Situation: Don't get tunnel vision when you spot a single threat in front of you. Always look for other threats in the background, to your flanks, and behind you. If you can escape and exit the scene, you should make every attempt to do so. The last thing you want is to end up hog-tied and in the back of a van. Once you've identified all threats, you have to visually frisk the environment and understand how you're going to deal with each threat as it presents itself. Mentally start stacking the threats before the fight even begins. Once the first person makes a move, maintain your alignment with the rest of the threats. Ideally, you want to keep the closest bad guy between you and his next-closest buddy.

Mission: Tickle the tonsils; stir the pot.

Execution: With one arm tied up and a second bad guy only feet away, you have to move quickly to eliminate the first threat so that you can deal with the second. Glide your thumb up the inguinal canal to the edge of your untucked T-shirt and draw your dagger. At the same time, take a step behind the adversary holding your arm. This step helps contain him while you stab him in the throat. Bury the knife into the neck and try to tickle his tonsils, and then start stirring the pot. Keep the first bad guy between you and the approaching bad guy, and use the first as a shield against the second. While behind him, draw your pistol and fire for effect

Service and Support: It's a good idea to have two weapons available to both hands. In the world of combatives, being ambidextrous is a must, and you should start training that way.

Command and Control: Stacking your threats should be a priority in the middle of the fight. It takes practice and complete awareness, but by doing so, you're maintaining a one-on-one fight even though there are multiple

aggressors.

NO.082: COUNTER MULTIPLE OUTSIDE ATTACKERS



083. Use a Lanyard Choke

Situation: If you find yourself all tied up in a sumo wrestler's bear hug, you should take advantage of the situation and determine your next move. First and foremost, a quick frisk of your opponent's waistline can provide valuable information, like whether or not he has a gun or a knife. If you determine he has weapons, you can keep his arms tied up or you can shove him away and make a run for it. The situation, environment, and other potential threats will help you decide. If embracing him makes the most sense, keep him close and keep his arms busy, and end the fight quietly and quickly. Conceal carrying a loop of parachute cord or an identification lanyard is perfectly legal and, surprisingly, serves as an excellent submission tool.

Mission: Strangle him gently.

Execution: While in a fifty-fifty over-under bear hug, take the opportunity to pat down and frisk your opponent's waistline quickly. Maintain a fifty-fifty position while keeping your opponent's arms in check and ensuring they can never go for a weapon. Maintaining ear-to-ear contact and grinding your head against his will prevent your opponent from seeing you reach for your lanyard. Once it is behind your opponent's back, place one end of the loop around your wrist and grip the opposing side of the loop with your other hand. Anchor your loop grip on your opponent's back while driving the lanyard across the opponent's throat with the blade of your other hand. One side of your opponent's throat should have pressure from the lanyard, and the other side will have pressure from the blade of your hand. Creating a scissor effect between the lanyard and the blade of your hand will cut off blood flow to your opponent's brain.

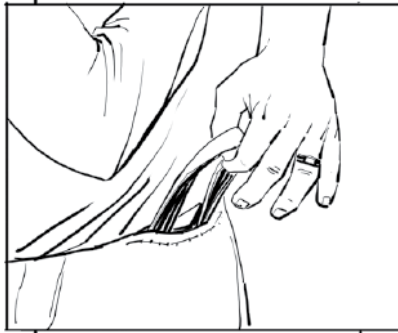
Service and Support: Most durable cords can be used to make your lanyard. Ideally, it's parachute cord, also known as 550 paracord. Kevlar cord is also a great alternative. Whatever material you choose, ensure it has

enough tensile strength for the technique and is not too narrow, or it will cut you open. Be sure to use a nonslipping knot.

Command and Control: Controlling your opponent's arms is a priority with danger-close scuffles. Once weapons come out, controlling the situation becomes very difficult. Prevention is easier than mitigation. Fights are not fair, and if you have the opportunity to pull his weapons and use them against him to de-escalate the situation or end the fight, then do so.

This kind of choke can either be a blood choke or an air choke, depending on where the pressure is applied. Both will render your adversary unconscious. Blood chokes are fast, with less of a struggle, and air chokes are the opposite—mainly because your opponent knows he is being choked out. Some bad guys deserve a nice, slow air choke.

NO.083: USE A LANYARD CHOKE



084. Dagger Draw and Concealment

Situation: Never give third parties free information. These days, you have to assume that someone is sizing you up and scrutinizing what you wear, how you walk, and what you say, and making a judgment about you without ever getting to know you. Because of this, you need to ensure that your weapon systems are indeed concealed in public. Finding the balance between concealment and timely acquisition can be challenging. Your guns and knives must be concealed but also quick to draw. Your choice of weapons, holsters and sheaths, the clothes you wear, and the environment you live in all play a part—and sometimes you have to be creative.

Mission: Keep it out of sight but not out of mind.

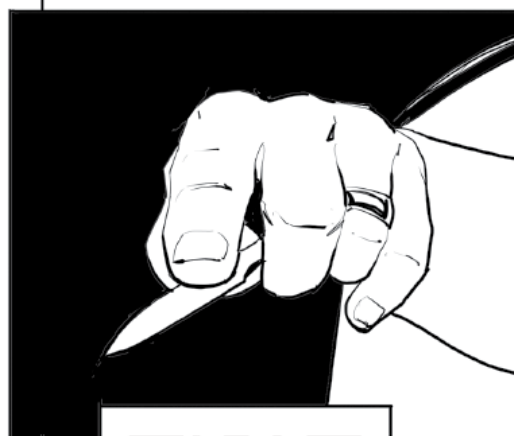
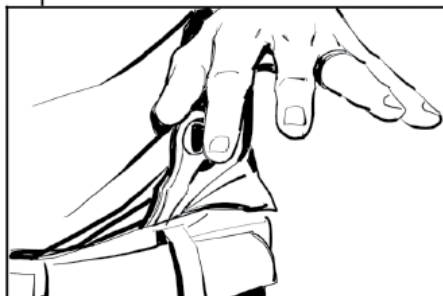
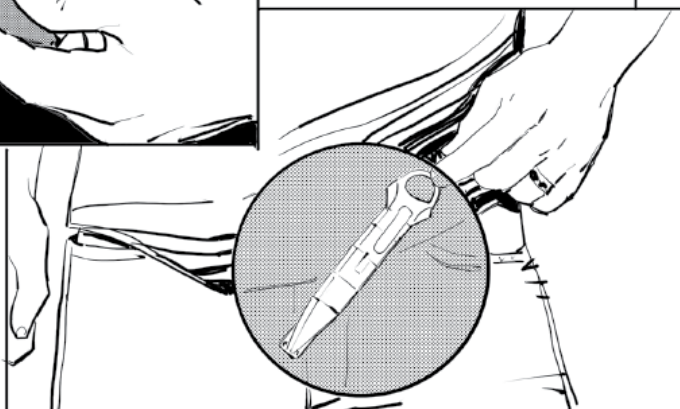
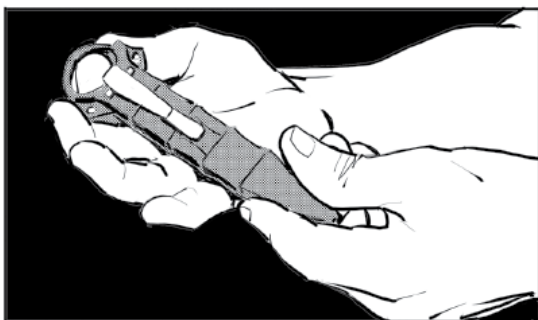
Execution: The SOCP dagger sheath comes with a low-visibility clip that allows it to be carried inside the waistband for concealment. The sheath-clip profile is short enough to be concealed behind a belt while inside the waistband. If you need a deeper concealment option, use paracord to create a waistband inside your real waistband and anchor the dagger along your inguinal canal.

Service and Support: There are many fixed-blade knives to choose from, and many of the experts in this book have their favorites or make their own. All of them have advantages that make purchasing decisions difficult. The SOCP dagger is available through Benchmade Knife Company and is a great blade for everyday carry.

Command and Control: Your choice of clothing and how you wear it play a role in concealing your weapons and getting to them quickly. You may need to purchase pants with an inch-longer inseam to create a comfortable gap to hide your weapons of choice. Tucking your shirt in limits your concealment options. Untucking your shirt increases your concealment

options and allows for quick deployment of your handguns and blades.

NO.084: DAGGER DRAW AND CONCEALMENT



RAPIER, BILL



Code Name: Wild Bill

Primary Skillset: Integrated
combatives expert

Secondary Skillset: Jiu-jitsu, Sayoc
Kali, Thai boxing

Background: Bill retired after twenty years in the Navy and served on assignments for several years at SEAL Team 3 and for more than fourteen years at Naval Special Warfare Development Group. Bill held positions that included being an assaulter, breacher, sniper, team leader, troop chief, and military working-dog department senior enlisted adviser. He has always been an avid shooter and is heavily involved in combatives. Bill is also recognized as one of the world's top instructors in combative techniques, a position he achieved through years of intensive training. He is a black belt in Brazilian jiu-jitsu and trained under Gustavo Machado (Virginia Beach). He has been training in Sayoc Kali since 2006 and trained in Western and Thai boxing as well. With his background, it's no surprise that many of the courses he instructs at Amtac Shooting encompass far more than firearms proficiency. Rapier teaches his students that their gun may not be the only available tool in a fight.

THE BADASS

OSAMA BIN LADEN



Background: Bin Laden is most well-known for his role in masterminding the September 11, 2001, attacks, which resulted in the deaths of nearly three thousand people and prompted the United States to initiate the War on Terror. He subsequently became the subject of a decade-long international manhunt. On May 2, 2011, bin Laden was shot and killed by US Navy SEALs inside a private residential compound in Abbottabad, Pakistan, where he lived with a local family from Waziristan.

THE ENEMY

085. Understand the Reactionary Gap

Situation: The reactionary gap is the distance you must keep between yourself and your adversary in order for you to respond to any sudden threat. The distance is about six to nine feet if you can see your adversary's hands and twenty-five feet if you can't. The danger zone is anywhere inside the reactionary gap. Once inside the danger zone, the odds of successfully reacting to your adversary's attack decrease exponentially to almost zero. Bottom line: whoever makes the first move wins when you're inside the reactionary gap.

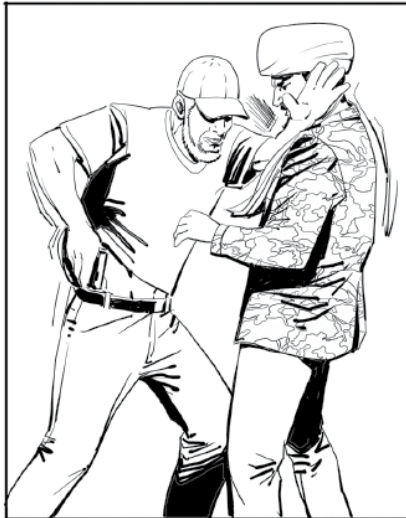
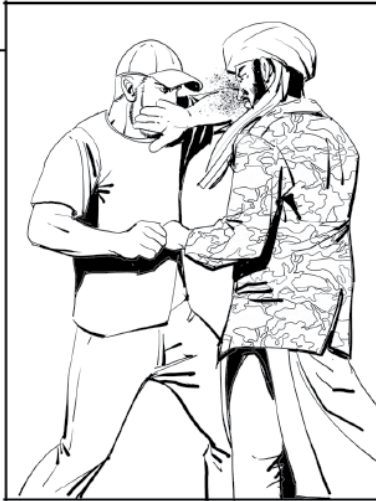
Mission: Strike first when inside the gap.

Execution: Once you understand that the reactionary gap is based on action and reaction, you immediately know that space is just as valuable as time. Increasing the distance between yourself and the threat increases the odds of reacting to your adversary's moves and countermoves.

Service and Support: When training your actions and reactions for movements inside the reactionary gap, be realistic and stay away from patterns. Throwing the same strike over and over is no different than telegraphing a strike. Leverage your nonviolent posture and make your moves decisive and swift in order to determine what works best for you. Play both roles during training to improve your overall understanding and respect for time and space.

Command and Control: Maintaining a solid nonviolent posture provides cover and protection from the unexpected strike while inside the gap. Keep in mind that once you feel sufficiently threatened or can identify weapons, clenched fists, bloody hands, or any other indicator that negotiation will likely fail, feel free to strike first, strike hard, and show no mercy until the adversary is incapacitated.

NO.085: UNDERSTAND THE REACTIONARY GAP



086. Perform Cross Elbow Strikes

Situation: In sporting terminology, telegraphing is to unintentionally alert an opponent to one's immediate situation or intentions. Telegraphing always refers to a reflexive physical action rather than a protracted or intellectual giveaway. For example, a boxer rotating his shoulders to throw a hook would be telegraphing. While telegraphing in a sporting competition is only a "tell," it is particularly risky in a life-threatening situation. You do not want your adversary to know what you're going to do. Instead, you want your strikes to be a surprise. There are very few exceptions to the "zero telegraphings" rule. A cross elbow strike requires a certain amount of setup, but once it's thrown, it doesn't matter whether your adversary knows it's coming or not, due to its destructive behavior.

Mission: Don't stop what works.

Execution: Your forearm bones are surrounded by muscle. When you make a fist, the muscle encapsulates the forearm bones. When you leave your hand open, with fingers splayed open, this exposes the forearm bone and makes it ideal for throwing any elbow strike. With an open back palm anchored to your cheekbone and your elbow drawn back, wind up your core so that your entire body can be used to release the strike to your opponent's knockout triangle.

Service and Support: If you have the ability to clinch your adversary's neck or tie up an arm, this will keep his head or upper body in place and increase the impact of your elbow strike. This is the kind of strike you can throw over and over and over again until your adversary de-escalates or goes limp.

Command and Control: Always look for opportunities to strike what's called the knockout triangle. The apex of the triangle extends from just under your earlobe, where your jaw hinge meets your skull, across to the

other ear, and down to the chin. You should always strive to protect your own knockout triangle during any conflict. The last thing you want is to go unconscious.

NO.086: PERFORM CROSS ELBOW STRIKES



087. How to Uppercut and Shield with Elbows

Situation: It's essential to understand that elbow strikes are more than a smash attack. When done properly, they serve as much as a shield as they serve as a sword. You can cut and smash your adversary's face while protecting your face from the same injuries—all in one move. The point where your forearm and upper arm meet is only one aspect of the elbow strike. The forearm and upper arm connected to your shoulder also serve as offensive and defensive tools when coupled with forward momentum.

Mission: Use the whole arm, not just the elbow.

Execution: When your hand drives past your ear, your elbow will naturally drive upward. It is in this upward direction that an uppercut can be delivered to your opponent. In the same motion, you are shielding the knockout triangle from incoming attacks. By combining the elbow's upward drive with forward-driving footwork, you can put your adversary on their heels and provide yourself with a fighting advantage to end the conflict.

Service and Support: Your other strong hand should control your adversary's other arm or clinch, strike, or draw a blade or gun as required. Stepping forward with an explosive lunge will increase the impact of your uppercut elbow.

Command and Control: Any opportunity to drive your opponent's head off-line takes their command and control entirely away. If they can't see, they can't respond. Driving their head to the left, right, or straight back provides you with time and options.

NO. 087: HOW TO UPPERCUT AND SHIELD WITH ELBOWS



088. How to Headbutt

Situation: Traditionally, headbutts are thought to be the rearward cocking and forward snapping movements that result in your forehead smashing an opponent's face. The only accurate part of this statement is the end state: smashing an opponent's face. The rest isn't necessarily wrong but is certainly not the most effective technique and could be more hazardous to you. As soon as you cock your head back, you are telegraphing to your opponent what you're about to do, and worse, you are exposing the bottom of your chin and neck. When you snap your head directly forward without a windup and strike with your forehead, you significantly increase the odds of knocking yourself out.

Mission: Headbutt their face; don't face-butt their head.

Execution: First and foremost, the hardest part of your head starts at your hairline and extends to the top back of your skull. The goal is simply for the top of your head to smash your opponent's face. To do so, keep all your vertebrae stacked in line and straight. The top of your head should be in line with your tailbone. The power comes from your legs. Dropping into a half squat and exploding upward while clenching your adversary's head is the most effective way to deliver a headbutt.

Service and Support: Some of your more basic barbell exercises can increase the explosive power of your headbutt. Squats, deadlifts, and box jumps are just some of the explosive exercises that will increase the destructive power of your headbutt.

Command and Control: Clinching your adversary's neck provides control and is the setup for a more impactful headbutt. It also allows you to feel and almost predict your opponent's next move. Always remember, control of the head or neck also allows for control of the body. Once you can do that, you

can destabilize an opponent, throw him off-balance, and end the fight.

NO.088: HOW TO HEADBUTT



089. How to Draw Your Blade

Situation: Being able to clear your cover garment and draw with one hand is essential to increasing your overall defensive capability. You should strive to push, pull, punch, or hold some part of your attacker while drawing a blade. Unless you are a uniformed police officer or on active-duty military service, you should do all of your blade and gun draw strokes with one hand from concealed waistline locations.

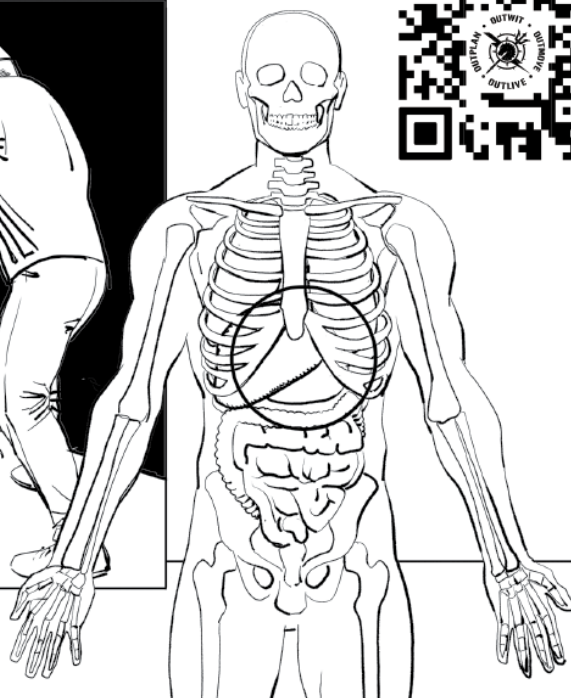
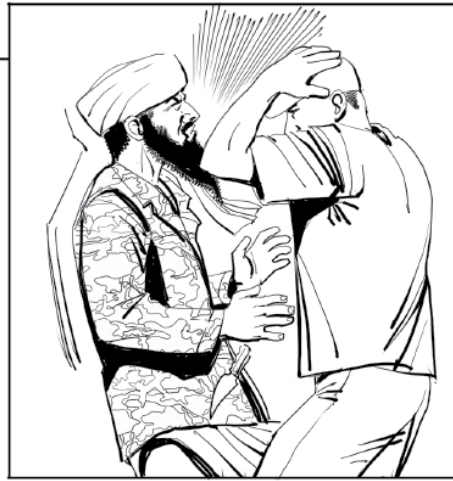
Mission: Master the one-handed draw stroke.

Execution: If there is one skill to apply the old saying “Slow is smooth and smooth is fast,” it’s the one-handed draw stroke. The location of your blade determines where the draw stroke begins. Clearing the garment is your number one priority. You have to get the garment out of the way to acquire a master grip. Your draw-hand thumb tip should track up your inguinal crease, hooking the bottom of an untucked shirt edge. With your thumb leading and fingers following, the raised garment will clear the blade handle and allow a four-finger grip to initiate the draw.

Service and Support: When training your draw stroke, be sure that you’re using a training blade to ensure safety and prevent injury. Amtac Blades also come with a training blade that works interchangeably with the provided sheath. This extra blade allows for realistic training of your knife tactics.

Command and Control: There is a certain amount of deception, as in magic, when drawing your blade. Shifting your body to prevent your adversary from seeing the draw stroke provides an element of surprise and violence of action, all in one movement. Simultaneously pushing, clenching, or cross-body checking can distract the enemy while the knife is surreptitiously deployed.

NO. 089: HOW TO DRAW YOUR BLADE



090. Blade to Pistol Transition

Situation: Having to resort to a lethal option can happen at any given moment in the middle of chaos. Often, you have no advance notice, and a situation that you thought was going to de-escalate goes wrong in a split second. In the worst case, you could find yourself facing multiple adversaries intent on killing you. When facing multiple threats, you have to move from threat to threat as quickly as possible before being overpowered, outgunned, or knocked unconscious by a blow to the head or a bullet to the chest. The fight for your life will require holistic combative actions tied to effective weapon deployment.

Mission: Transition from tool to tool until you win.

Execution: Stack your adversaries as quickly as possible. Putting one bad guy between yourself and the others forces one-on-one battles until all the threats are down. Understand that one-on-one battles have to be swift and violent. Use your tools as efficiently as possible and move from threat to threat to avoid ever facing all of them at once. This may require transitioning from elbow strikes to a blade draw to a pistol draw, in no particular order and within seconds.

Service and Support: Training your transitions should be done step-by-step. Once you've got each step mastered, you can then link them all together into one advanced combination. This requires constant training of the different arts and regular practice.

Command and Control: Stacking your adversaries and constantly flanking to keep them lined up and off-balance will exponentially increase your survivability. Try and maintain a wide aperture, and always check your six. The one you thought was down can also be the one getting back up.

NO.090: BLADE TO PISTOL TRANSITION



091. Weapon Retention

Situation: Whether it's your knife or a handgun, weapon retention starts with personal awareness. Keeping your tools in check and ensuring they remain concealed at all times is a habit that may save your life. Establish index points that provide instant status without visual examination. An example of an index point is the bottom edge of your garment. If you can feel the untucked edge lying over your waistline flat, without disruption, you can safely assume your weapons are properly concealed. Utilizing reflections in a mirror or store window can also determine if your weapons are unintentionally revealed or "imprinting." Ultimately, you don't want to showcase your capability to third parties accidentally.

Mission: Keep your weapons yours.

Execution: Whether you're in a crowded environment or a scuffle with your adversary on a lonely hiking trail, you must always prevent weapon disarmament. With weapons still holstered and sheathed, if your adversary attempts to grab your weapons intentionally or by accident, use the bones of your forearm to trap his hand and prevent the total capture of your weapons.

Service and Support: Train this technique from different locations along your waistline. Regardless of whether you're a three o'clock or five o'clock pistol carrier, you need to know how it feels in case your waistline and weapons shift around in the middle of a fight. Pay attention to the gaps between your arm and body when applying pressure to prevent your arm from being tied up and leaving your weapons vulnerable.

Command and Control: Personal awareness is all about managing your projection and demeanor. It involves looking in the mirror before you walk out the door each day. Ensure that you're not wearing anything that draws attention. Ensure that your shirt covers your waistline properly without

revealing a trace of your concealed weapons. Double-check your predetermined index points to ensure that you know what to feel for.

NO. 091: WEAPON RETENTION



092. Elbow Strike to Handgun Draw Combo

Situation: Both you and your adversary have a timing advantage or disadvantage while inside the reactionary gap. The winner is likely determined by who makes the first move. If your adversary throws the first strike and you realize that it was a stab and not a punch, you are the loser. If your adversary pulls a gun or knife, you must respond with a violent blast that creates enough space and time for you to gain a lethal advantage and survive.

Mission: Heave a flurry of elbows and go to guns.

Execution: From inside the reactionary gap:

1. Throw an uppercut elbow and a cross elbow strike.
2. Transition into a cross-body check.
3. Draw your weapon.

Maintain the area of separation by launching rounds into the adversary's pelvic girdle and not into his chest, to prevent accidentally shooting your arm.

Service and Support: Footwork plays a significant role in keeping your opponent on their heels while you gain real estate and a master grip of your pistol. Ensure that you train with clear and safe handguns or, even better, use rubber training guns to maintain a safe training environment. Always double-check your weapon and confirm that you can see daylight down the barrel and through the magazine well. You can never conduct too many weapons checks as it relates to safety.

Command and Control: A cross-body check can easily transition to a

choke at any given point during a shoving match if an adversary advances aggressively. Slide your forearm up the chest until it meets the throat, and their forward momentum will choke them out.

NO.092: ELBOW STRIKE TO HANDGUN DRAW COMBO



093. Use the Circle of Awareness to Keep Rifle Ready

Situation: Know your weapon status at all times. With any firearm, the last thing you want to hear is a click instead of a bang. This is also known as a “dead man’s gun.” This failure can be eliminated by knowing the condition of your rifle at all times. Firearm condition levels are primarily a way to declare the readiness of a weapon. For example, condition 0 means the magazine is inserted, a round is in the chamber, and the safety is off or on fire. Condition 1 means a magazine is inserted, a round is in the chamber, and the safety is on or on safe. As the numbers increase, the level of readiness decreases. These condition levels are good to know but are very general. A combat rifle requires a more thorough system check to ensure it’s always ready for battle.

Mission: Keep your rifle battle ready using the circle of awareness.

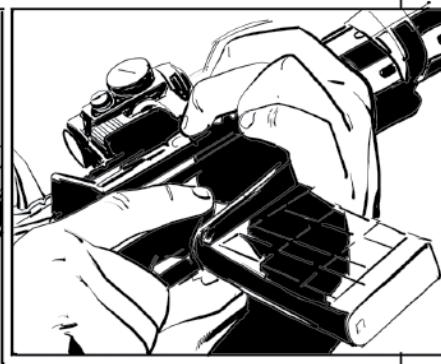
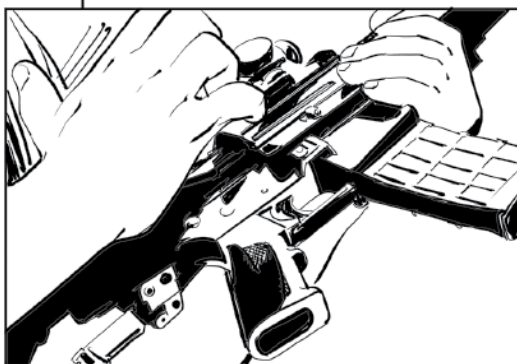
Execution:

1. Properly insert, seat, and tug your magazine to ensure it is locked in place.
2. Simultaneously roll the rifle and push the bolt release by sliding your thumb up from the magazine grip.
3. Visually confirm a round in the chamber by pulling the bolt back a short distance.
4. Hit your forward assist three times.
5. Close your dust cover.
6. Tug magazine one more time.
7. Present your rifle and adjust optics accordingly.
8. Ensure that your laser and lights are operating properly.

Service and Support: Flowing through the steps to confirm proper function will take practice, but over time, it will become instinctive and will ensure readiness. Add stress by putting yourself on a clock and trying to beat your time each time you conduct the awareness circle.

Command and Control: Frame your rifle in your workspace. Your workspace is right in front of you at eye level. This allows you to see the background at all times to identify possible threats.

**NO. 093: USE THE CIRCLE OF AWARENESS
TO KEEP RIFLE READY**



094. Proper Rifle Grip and Control

Situation: How you hold your rifle is directly related to accuracy, recoil management, weapon retention, and other critical factors for becoming a competent shooter. There are four primary field shooting positions: standing, kneeling, sitting, and prone. Standing is the high position that provides the most mobility. Kneeling and sitting are intermediate positions used to lower your profile and take advantage of cover. The prone position is the lowest and most stable. For the most part, how you hold your weapon should work effectively in all four positions. Anytime you can take advantage of more-stable shooting platforms and give your arms a break, you should.

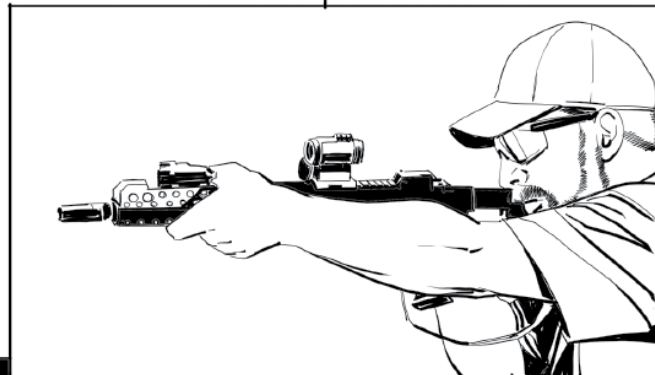
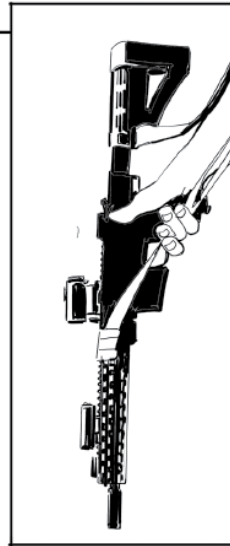
Mission: Manage your rifle; don't let your rifle manage you.

Execution: Ideally, your trigger hand grips the rifle pistol grip and aligns your wrist with the barrel. Your trigger-finger hand should be loose—a loose hand allows for a quick trigger finger. Depending on the situation and during movement, your pistol grip will increase. Instead of your head canting over to your rifle sights, your trigger-finger hand will cant the rifle slightly inward and allow your sights and optics to align with your head in the upright position. Your support hand should clamp the foregrip at a place where your elbow will be slightly bent. The support arm will also pull the rifle into your shrugged shoulder.

Service and Support: Train your grip and stance together as one. Practice can be done in your home or out on the range. When training at home, use a safe rifle that is clear of ammunition. Remove the magazine and any rounds from the chamber, lock the bolt to the rear, and ensure that you can see daylight from the ejection port through the magazine well. Double-check and triple-check as needed. Work your grip and rifle control from all four positions.

Command and Control: You should always know the status or condition of your rifle. Always know if your rounds are correctly seated in the magazine, whether or not there's a round in the chamber, if the bolt is forward or locked to the rear, and if you are on safe or fire. You should always be asking yourself these questions and ensuring that your weapon's condition matches the readiness level of what you are about to do.

NO.094: PROPER RIFLE GRIP AND CONTROL



095. Proper Rifle Fighting Stance

Situation: Your fighting stance is your fighting stance. Whether empty-handed, gripping a blade, drawing a handgun, or even firing a rifle, your stance should remain the same. It must withstand impact from all directions yet be agile enough to allow you to dodge attacks. Your weight should be displaced evenly through both legs to decrease your pivot, sidestep, and other movement reaction times.

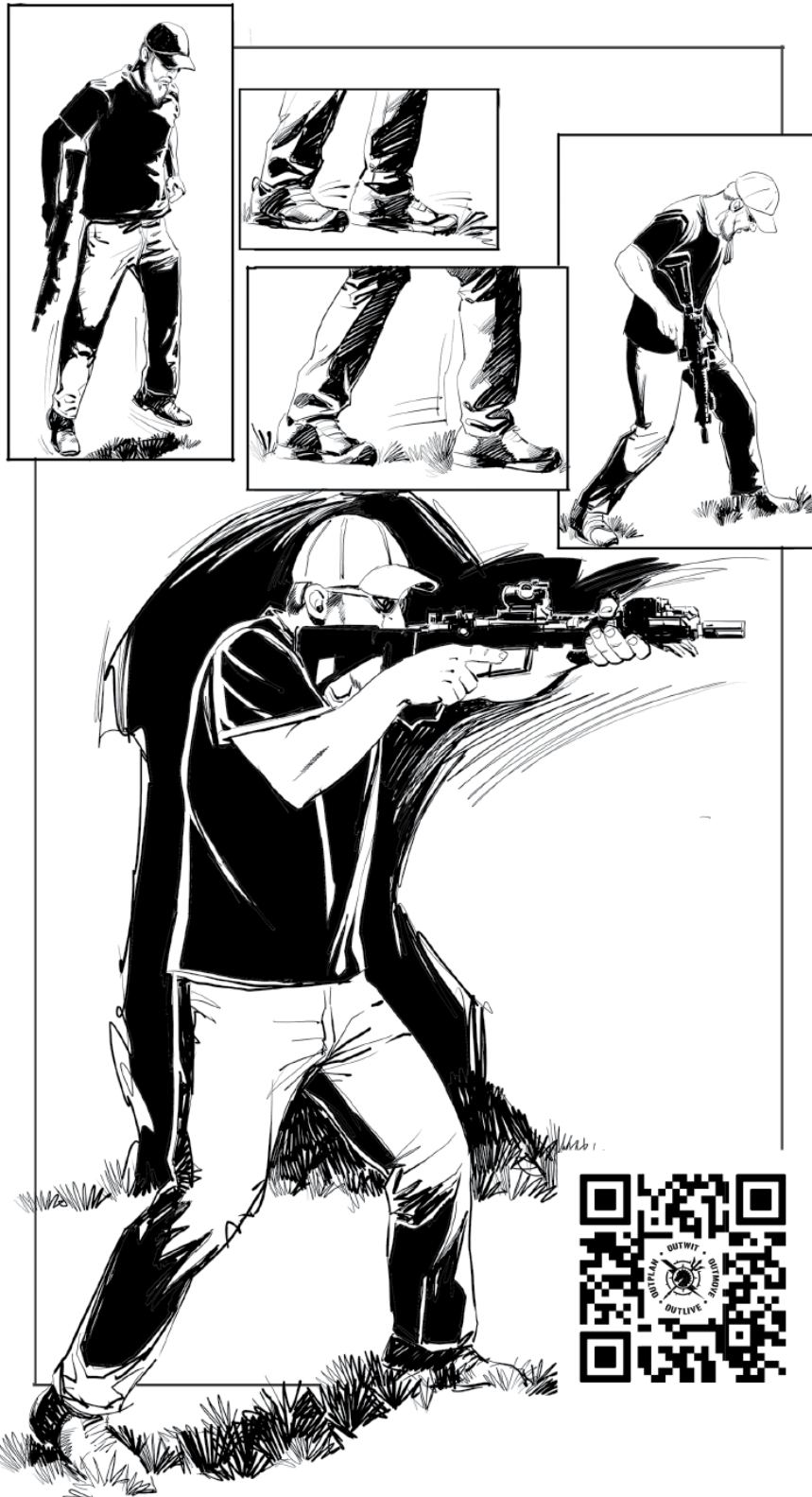
Mission: Dig in, but be nimble.

Execution: Jump up and down to naturally land with your feet just outside shoulder-width apart. Take a slight step forward with your weak-side leg and square your hips toward the target. Grip the earth with your toes, slightly engage your core, and lean in toward your green zone.

Service and Support: Your choice of shoes can directly support your fighting stance. Adventure racing shoes have replaced the knee-high combat boot throughout the special operations community. Professional athletes have moved from high-top shoes to low-profile cross-training shoes. Wear shoes that allow you to both run and fight. Lightweight shoes that will dry out quickly provide increased capability.

Command and Control: Confidence starts with a strong fighting stance. Overall, it will increase the effectiveness of your strikes, draws, targeting, and shooting accuracy. Being a boulder that flows like water is the ultimate goal.

NO.095: PROPER RIFLE FIGHTING STANCE



096. How to Muzzle Strike with Your Rifle

Situation: A rifle is not just for shooting. It's a metal pipe with handles and perfect for smashing your adversary's face. The old saying "Never point your weapon at something or someone you're not willing to shoot" really limits your options. That rule certainly applies for safety briefs on a range, but you don't necessarily have to pull the trigger just because you're pointing your rifle at something or someone in the real world. In other words, you can intentionally point your rifle at someone and not shoot them. There are instances where striking them may also make more sense than shooting them. Low-lighting conditions or a surprise face-to-face encounter may not provide the opportunity to determine if they are a friend or foe. A muzzle strike is an intermediate solution until you can collect more information.

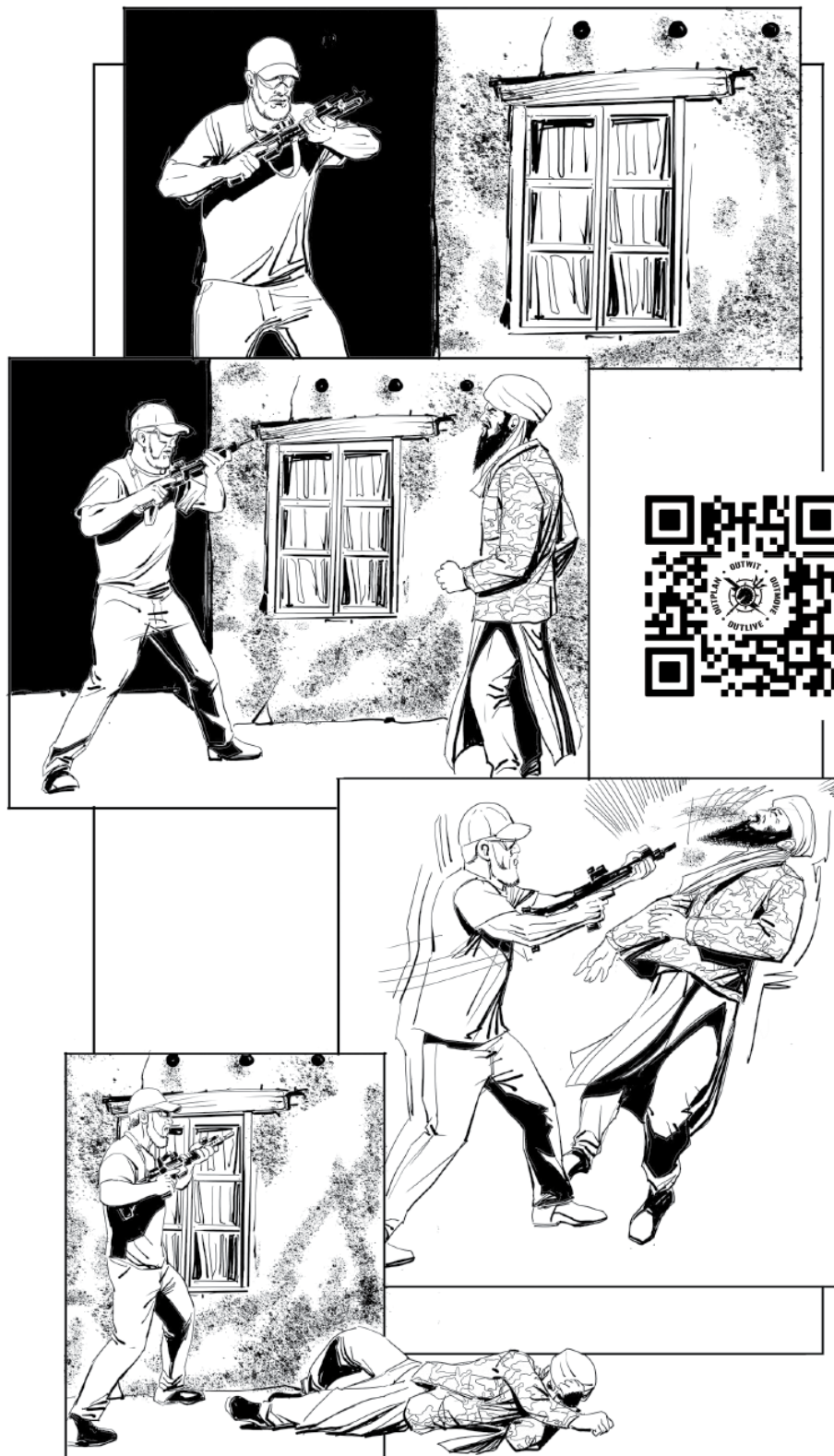
Mission: Jab your rifle into your adversary's face.

Execution: From the strike-ready position and in a solid fighting stance, your rifle will extend out to meet your adversary's face or chest. The strike-ready position is set with your rifle stock high under your armpit and your rifle pistol grip cocked outward about thirty-five degrees with the muzzle inline and at eye level. From this position, you are essentially throwing a jab with your rifle. Like any jab, you will step into the strike to increase impact with your adversary. After the strike, immediately recoil the rifle back to the strike-ready position.

Service and Support: You can train at home or on the range. When at home, ensure you have a clear and safe weapon. You can shadowbox and work both the rifle jab and forward step in unison with your rifle. With a partner and fighting pads, you can practice the accuracy of your muzzle strike. However, keep in mind that if you decide to strike heavy bags or other pads, the odds are that you will punch a hole through the fabric.

Command and Control: Muzzle strikes can be lethal, especially if you target the skull. To decrease lethality, strike the unknown person in the chest until you can determine their threat level.

NO.096: HOW TO MUZZLE STRIKE WITH YOUR RIFLE



097. How to Shoot an Assault Rifle

Situation: Before discussing shooting procedures, we must first cover safety. Four basic rules apply at all times when handling firearms:

1. Always treat every firearm as if it were loaded. Even when you know it's unloaded.
2. Always keep firearms pointed in a safe direction. Usually, this means downrange.
3. Keep your finger off the trigger until a conscious decision is made not to.
4. Survey your foreground, target, and background. You do not want to shoot what you did not see.

Mission: Safety, touch point, slack, shot.

Execution: From the strike-ready position, use these four steps to put your first round on target as fast and as accurately as possible.

1. While raising your rifle, use your thumb to switch from safe to fire.
2. Establish a touch point where your cheek meets the stock and your sights are aligned.
3. Pull the slack out of the trigger while acquiring your target.
4. Once your target is in your sights, complete the trigger squeeze.

This sequence of actions will allow you to get the first round downrange as quickly and as accurately as possible. Immediately shoulder the rifle and continue the fight as needed. The intention is not to keep the rifle at the touch point, as it is only a temporary index point to get the first shot off as quickly as possible.

Service and Support: This will take time and practice. Start slow and concentrate on each step. Speed will follow. The skill can be trained at home or on a range. When training at home, ensure the weapon is clear and safe and that there are zero rounds in the chamber or near the rifle. It's also a good idea to practice with both optics and iron sights and become comfortable with both.

Command and Control: The element of surprise can only be defeated with training. You have to train to respond in a timely manner. If you find yourself behind the power curve and your adversary has the upper hand, you have to get your weapons online and move at the same time.

NO.097: HOW TO SHOOT AN ASSAULT RIFLE



LECLAIR, MONTY

THE BADASS



Code Name: Overwatch

Primary Skillset: Sniper, long-range shooter

Secondary Skillset: Rifle builder

Background: Monty LeClair is a decorated combat veteran with more than twenty years of special operations experience with Naval Special Warfare. During his service, he deployed with SEAL teams 4, 5, and 7. He worked at the Naval Special Warfare Command in combat system development and operational testing and evaluation. Monty spent three and a half years as a certified protection officer instructor for the Naval Special Warfare sniper course. As a gun enthusiast and builder for more than twenty-five years, Monty focused on the AR-15/M4 in all configurations, AR-10/SR-25, bolt action sniper rifles, and 1911 handguns. As the primary designer and product developer for Centurion Arms, he draws on years of special operations combat experience to bring the best possible product to the end user.

MUAMMAR GADDAFI

THE ENEMY



Background: Gaddafi once killed his foreign secretary, then kept the corpse in a freezer in his palace so that he could regularly gloat over the body. He would visit classrooms of fifteen- and sixteen-year-old girls, patting the ones he liked on their heads. The selected girls would be dragged off by Gaddafi's security team, gynecologically inspected, and shown pornographic videos (to educate them in Gaddafi's expectations) before being raped and then put away in asylums. He deliberately shot down one of his domestic airliners, partly for the sheer hell of it and partly as a ruse to show the West that its sanctions weren't hurting Libya so severely that it couldn't afford to maintain its aircraft. His regime was so ruthless that it murdered police officer Yvonne Fletcher outside the Libyan embassy in London, England, in 1984 and destroyed Pan Am Flight 103 over Lockerbie, Scotland, in 1988, claiming the lives of 270 people.

098. How to Sight-In a Rifle Scope

Situation: The objective of sighting-in is to align your rifle's sights and its bore. The first issue to understand is the difference between sighting-in a rifle and accuracy, as the two are sometimes confused. Accuracy is the measure of a rifle's ability to place repeated shots close together. A rifle could be accurate but still not be hitting the target. A rifle that is inherently accurate must be sighted-in, or you won't hit what you're aiming at. Conversely, a rifle that is sighted-in properly won't automatically shoot tight groups. A properly sighted-in rifle is simply one that is predictably placing its shots at certain known distances (accuracy) and landing them at the desired impact point, such as the center of a bull's-eye. The rest of the shooting equation falls on the abilities of the shooter.

Mission: Aim small, hit small.

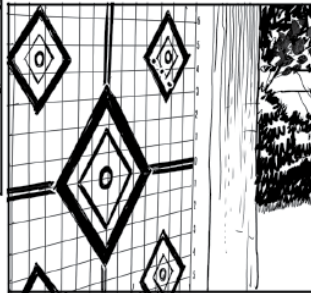
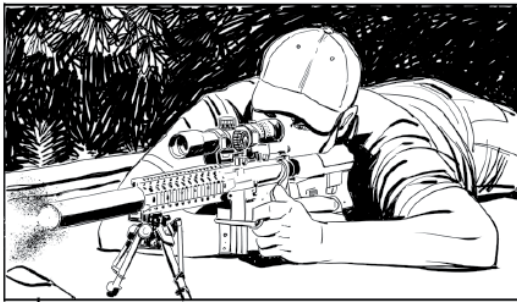
Execution: Sighting-in your rifle, whether it's a scope or iron sights, is not complicated but can be confusing. Your first shot should be made at no more than fifty yards, and ideally at twenty-five yards, just in case your rifle and scope are grossly out of alignment. If you start further away, your first shots might not even hit the paper, and you won't be able to make the necessary adjustments. So, start nice and close to the target to ensure that you get bullets on paper and are dialed in for a longer sight-in. When adjusting iron sights, remember to move the rear sight up-down and left-right in the direction you want your shots to move. With a scope, read the manual to determine whether the scope's adjustments are quarter-inch, half-inch or one inch at one hundred yards. Because these adjustments are based on one hundred yards, if you're shooting at just fifty yards, you will need to double the number of clicks, and at twenty-five yards, you will quadruple the number of clicks to achieve the same change in the impact point on the target.

Service and Support: Physics begins playing a role the instant you pull the

trigger. As the bullet leaves the rifle's muzzle, gravity forces the bullet to start dropping toward the ground. The point at which it hits the ground will depend on how high you aim and the cartridge's ballistics. By sighting-in a rifle, we determine how high the rifle must be aimed to hit the target at various known distances.

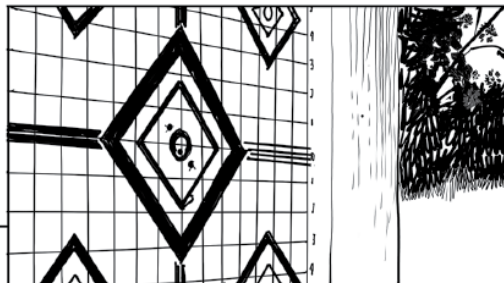
Command and Control: Always adopt and employ a good body position to ensure that you “become one with the rifle.” The longer the shot, the more critical your body mechanics and breathing become. When it's time to squeeze the trigger, the only thing moving should be the trigger. There should be no breathing and no body movement other than pulling the trigger. The trigger movement should be so gradual that you are almost surprised when the round goes off.

NO.098: HOW TO SIGHT-IN A RIFLE SCOPE



CLICK...
CLICK...
CLICK...
CLICK...

CLICK...
CLICK...
CLICK...
CLICK...



099. How to Stalk and Kill

Situation: The primary mission of a sniper is to eliminate selected enemy targets with long-range precision fire. How well the sniper accomplishes his mission depends on knowledge, understanding, and application of various field techniques that allow him to move, hide, observe, and detect targets.

Mission: Observe but do not be observed.

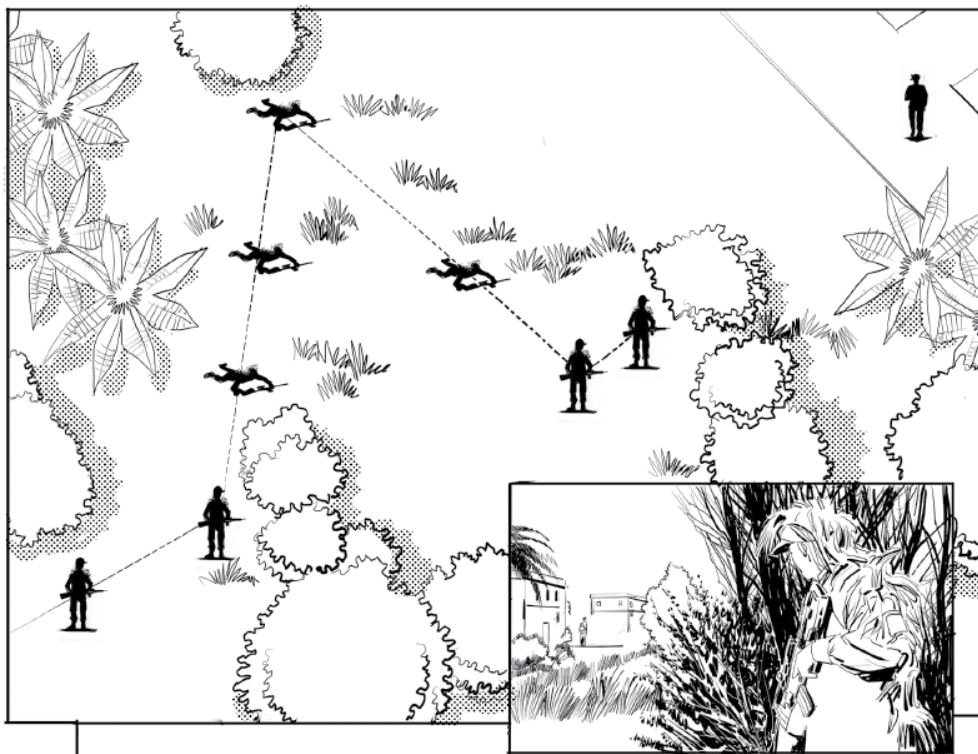
Execution: Camouflage is one of the basic weapons of warfare. Effective camouflage can mean the difference between a successful or unsuccessful mission. To the sniper, it can also mean the difference between life and death for himself and his target. The art of stalking includes hiding, blending in with the surroundings, and deceiving your enemy. When camouflaged, a sniper can use artificial or natural vegetation to become invisible to onlookers. Remaining in a stationary position for hours at a time can sometimes be one of the most challenging aspects of stalking your prey. Movement against a stationary background makes the sniper stand out clearly. Snipers move inches at a time, slowly and cautiously, and are always scanning ahead for their next position.

Service and Support: Sound and movement are also considerations when stalking your prey. Remember that sound is most notable during hours of darkness. Sound may be caused by the sniper's movements, equipment rattling, or talking with his spotter. While some small noises may blend in with other sounds in the environment, talking never naturally occurs and if detected can be identified. Sound discipline is always of paramount importance when moving toward your target. Movement is most noticeable during the hours of daylight, when observers can spot you. The human eye is attracted to movement before it detects anomalies of color or form. Quick or jerky movements will be detected sooner than slow and methodical movements.

Command and Control: The four elements of the observation process include awareness, understanding, recording, and response. Each of these elements may be accomplished as a separate process or at the same time.

1. Awareness is being consciously attuned to a specific fact. A sniper must always be aware of the surroundings and take nothing for granted.
2. Understanding is derived from education, training, practice, and experience. It enhances the sniper's knowledge about what should be observed and his ability to view and consider all aspects.
3. Recording is the ability to save and recall what was observed. Usually, the sniper uses mechanical aids such as writing utensils, sniper data books, sketch kits, cameras, and other support items to record events.
4. Response is the sniper's action toward processing information and completing his mission. It may be as simple as recording events in a sniper data book, making a communication call, or firing a well-aimed shot.

NO.099: HOW TO STALK AND KILL



100. How to Build an Urban Hide

Situation: Positions in urban terrain are quite different from positions in the field. In an urban environment, a sniper typically has several places to choose from. These can range from inside attics to street-level positions in basements. This type of terrain is ideal for a sniper, and a sniper team can stop an enemy's advance through its area of responsibility.

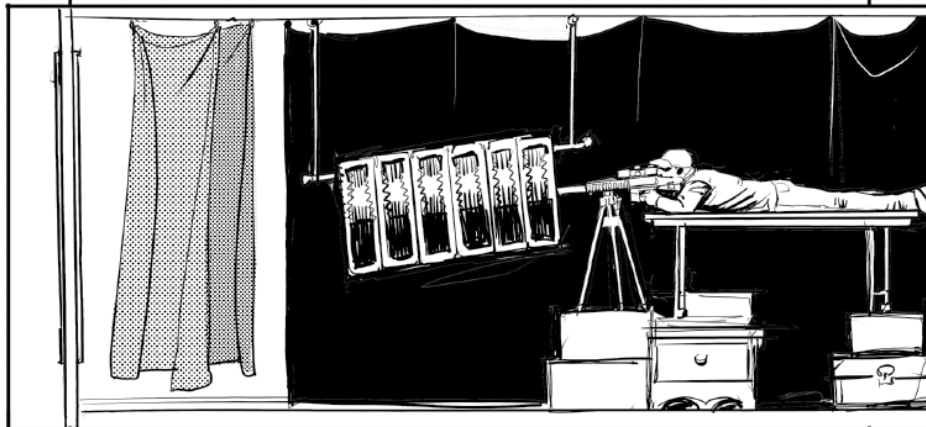
Mission: Kill first, die last.

Execution: For a room hide, the sniper uses an existing room and fires through a window or loophole. The available furniture, desks, or tables should be arranged to provide support for weapons. When selecting a suitable location, a sniper must consider both the front and back window positions to avoid silhouetting. Using a backdrop constructed from a dark-colored blanket, canvas, or carpet, and a screen will reduce your position's visibility from the outside. Screens are essential since they provide the sniper with the ability to maintain maximum observation of the target area while reducing the enemy's ability to spot your hide. Curtains should not be removed, but windows may be opened and panes of glass removed selectively. Remember, when taking out a pane of glass in your hide, you must also remove panes from other windows nearby so that your position is not apparent.

Service and Support: When constructing an urban position, the sniper must be aware of the entire structure's outside appearance. Shooting through loopholes in barricaded windows is preferred, but the team must make sure all other nearby windows are barricaded as well. Constructing loopholes in other windows may also provide more positions to engage targets. When building loopholes, the team should craft openings in different shapes and sizes and avoid perfect squares or circles. Urban sniper positions may include the room hide, crawl space hide, and rafter hide.

Command and Control: Throughout history, possessing accurate information about an opposing force's strength, equipment, and location has resulted in battles being won and nations being conquered. As the sniper performs the secondary mission of collecting and reporting intelligence, the commander can act rather than react.

NO.100: HOW TO BUILD AN URBAN HIDE



Note from the Author

The skills within this book should be known, practiced, and trained safely, but more importantly, I hope you never have to use them. Be deadly in spirit but not in action (unless the actions against you are deadly). Respect the rights of others and the laws of the land. May the strongest survive.

About the Authors

Clint Emerson, retired Navy SEAL, spent twenty years conducting special ops all over the world while attached to SEAL Team 3, the National Security Agency (NSA), and a special mission unit.

H. Keith Melton, a graduate of the US Naval Academy, is an intelligence historian and a specialist in clandestine technology, espionage, and tradecraft. Melton is the author of many spy books.

About the Illustrator

Tom Mandrake has created and illustrated books, comics, and graphic novels for over forty years. Some of the titles he has worked on include *Batman*, *The Spectre*, *The Martian Manhunter*, *The Punisher*, *The New Mutants*, *The X-Files*, *Creeps*, *To Hell You Ride*, and *Kros: Hallowed Ground*.