

Close Quarter Combatives Group

Training Mission Two

By W. Hock Hochheim



Hand, Stick, Knife and Gun



The background of the entire page is a grayscale, textured image of the United States flag, showing the stars and stripes in a slightly wavy, draped manner.

W. HOCK HOCHHEIM'S
HAND, STICK, KNIFE, GUN
CLOSE QUARTER COMBATIVES

TRAINING MISSION TWO

CQCG

LAURIC ENTERPRISES, INC.

CQC GROUP: TRAINING MISSION TWO

by W. Hock Hochheim

Also by W. Hock Hochheim

CQCG Training Mission One
The Foundation: Knife Fighting Encyclopedia Volume 1
Military Knife Combat: Knife Fighting Encyclopedia Volume 2
Unarmed versus the Knife: Knife Fighting Encyclopedia Volume 3
Shooting from the Hip
Punches
Find Missing Persons
The Great Escapes of Pancho Villa

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WARNINGS!

This CQC Group course contains a wide spectrum of less-than-lethal and lethal training. Citizens, law enforcement, military and security personnel are expected to understand the moral, legal and ethical use of force continuum, and use the same behavior, maturity and restraint in unarmed, edged and impact weapon combatives as they do when using firearms in their line of professional duty or in the act of defending themselves or others.

Consult with medical authorities and make certain you are in physical shape before you begin this or any active course.

TRAINING MISSION TWO

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CQCG Course Review

CQCG Training Mission Progression Overview:

All training is expressed in a *Modular Concept*. A module includes learning the basic execution of a particular tactic, troubleshooting common counters to the tactic, skill and flow drill development of the tactic, counters, and using the tactic in standing, kneeling and ground positions, fighting against unarmed, stick, knife and gun weaponry. The bold/highlighted levels appear in this book.

CQCG Unarmed Combatives

The Strike Modules

Level 1	The Finger Strike Module
Level 2	The Palm Strike Module
Level 3	The Forearm Strike Module
Level 4	The Hammer Fist Module
Level 5	The Punch/Counter-Punch Strike Module
Level 6	The Elbow Strike Module
Level 7	The Body Ram Module
Level 8	The Limited Use/Head Butt Module
Level 9	The Strike/Block/Counter-Strike Module
Level 10	The Combat Scenario Performance Module

The Kick Modules

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Level 3	The Knee Strike Module
Level 4	The Rear Leg Round Kick Module
Level 5	The Front Leg Hook Kick Module
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Level 7	The Side Kick Module
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Level 9	The Counters to Kicks Module
Level 10	The Combat Scenario Performance Module

The Invasion Hands Modules (taught inside and as part of other modules)

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Level 2	The Inside and/or Palm Strike Contact and Strike Module
Level 3	The Outside Contact, Grab and Strike Module
Level 4	The Contact, Grab and Strike “Chain” Module
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Level 6	The Contact, Pass and Strike Module
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Level 8	The Invading Hands Combinations Module
Level 9	The Invading Hands Counters Module
Level 10	The Combat Scenario Performance Module

The Takedowns and Throws Modules (these include joint crank studies)

- Level 1 The Finger Attack Takedowns Module
- Level 2 The Circular/Wheel Takedowns Module**
- Level 3 The Rear Takedowns Module
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- Level 5 The Front Takedowns Module
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- Level 7 The Push/Pull Takedowns Module
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- Level 9 The Leg Attack Takedowns Module
- Level 10 The Combat Scenario Performance Module

CQCG Knife/Counter-Knife Course

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- Level 2 The Saber Grip Slash Knife Module**
- Level 3 Reverse Grip Slash Knife Module
- Level 4 The Saber Grip Hacking Module
- Level 5 The Reverse Grip Knife Stabbing Module
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- Level 7 The Pommel Strike and Closed Folder Strike Module
- Level 8 Counter- Crime and the Unarmed versus the Knife Modules
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 - Chain of the Knife
 - In the Clutches Of
- Level 10 The Knife/Counter-Knife Combat Scenario Module

CQCG SDMS (Single and Double-handed grip) Impact Weapon Course

- Level 1 The SDMS Introduction and Quick Draw Combat Module
- Level 2 The SMS Solo-Hand Grip Command and Mastery Module**
- Level 3 The DMS Double-Hand Grip Command and Mastery Module
- Level 4 The SDMS CQC Block and Strike Combat Module
- Level 5 The SDMS Weapon Disarms and Retention Combat Module
- Level 6 The DMS Push Grappling Series: Combat Module
- Level 7 The DMS Pull Grappling Series: Combat Module
- Level 8 The DMS Turn Grappling Series: Combat Module
- Level 9 The Unarmed Combatives versus SDMS Attacks Module
- Level 10 The SDMS Combat Scenarios Module

CQCG Gun/Counter-Gun Course

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- Level 3 The Control and Contain Arrest and Capture Module
- Level 4 The Gun Disarm Combat Module
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- Level 6 The Shoot/ Move/Cover Module
- Level 7 The Tactical Medicine Module
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- Level 10 The Gun Combat Scenarios Module

CQC Group Level 2

Level 2 consists of all the level 2 material within each hand, stick, knife and gun category.

CQC Group Rank and Instructorships

Various rankings in each or all the courses may be achieved in seminars and classes. Train with us and master these courses. CQCG Instructorships involve classroom training, hands-on practice and both written and physical testing in a designated camp or course.

<i>Basic CQCG Instructor</i>	<i>upon completing Level 3</i>
<i>Advanced CQCG Instructor</i>	<i>upon completing Level 6</i>
<i>Expert CQCG Instructor</i>	<i>upon completing Level 9</i>
<i>Master CQCG Instructor</i>	<i>upon completing Level 10</i>

Re-certification

As always, you must maintain proper ethical and moral standards. You cannot be a criminal or be attached to any radical or questionable organization of this or any other nation. I need to know that you are continuing to work out, teach, learn and grow. I need to see you in a training session at least once every 12 months for continued re-certification. These are the standards I demand.

My Training Promise To You

Civilian and martial arts courses are almost always off-base with real world needs and unplugged from the newest, scientific trends of combatting enemy soldiers, terrorists and criminals. Martial arts dynasties must be perpetuated. Traditions must be upheld. Military and police academies must spend time with political and non-combat related training agendas. SEALS need to swim. Rangers and Recon need to reconnoiter. Berets must master comms. Police need to understand traffic accident reporting. The list of non-combat training subject requirements for these groups is almost endless. There are classes on saluting, organized hazing and harassment, marching, etc. that subtract precious time from specific combatives study. Even courses designated as combat courses waste time on jumping jacks, marching and other steps to develop physical fitness. A true warrior is fit, comes fit and remains fit on his own time. As a result, 100 hours of training may have only 40 hours of actual combat tactics.

The CQC Group training mission books, this being the second of 10 books, will set forth comprehensive and insightful training doctrine and methods unlike any other. We bridge the gap between the military, the police, the martial artist and the aware citizenry. I have interfaced with many members of these groups around the world. I am convinced that this CQC course is the most comprehensive, complete, scientific, hand, stick, knife and gun, close quarters course in the world, bar none. Anywhere. This is my promise: The best of the best, forged from the best disciplines.

Epiphany.
It is all here for you already.
Are you ready for the next step?

Unarmed Combatives Level 2 Strike: The Open Hand, Palm Strike Attack Module

Open Hand Palm Strike Overview

The palm strike is favored by many military systems, and by police and street vets because it reduces the risk of breaking a hand that is so often results from closed fist striking the the skull of the opponent. Plus, the the term palm strike sounds less violent to the public than a closed fist strike, despite the fact that a properly executed palm strike can be devastating.

Palm Strike Studies and Observations 1) Palm Strike Delivery

The palm strike may be delivered in a thrusting manner or a hooking manner. The hooking manner can be both a harsh, solid impact as well as a snapping, quick slap. The power applications mean to land and stay on target. Slapping or *cuffing* strikes hit more with the fingers and/or near where the fingers and palm connect. These hooking strikes, executed with the inside (or sometimes the back of the fingers) are meant to hit the target and travel past it.

Palm Strike 1) A thrusting power palm strike
Palm Strike 2) A hooking palm strike



Thrusting palm strike.



Hooking, power palm strike.



A snappy, slap strike.

Palm Strike Studies and Observations 2) Body Synergy

Biomechanics experts and sports coaches dissect ways to produce maximum performance. In this vein, the palm strike must be executed with full body support when possible. Hip and shoulder rotation, proper balance and relaxation, with sudden explosiveness all contribute to success.

Palm Strike Studies and Observations 3) The Heel Striking Surface

When executing a thrusting palm strike, using the bottom of the palm maximizes power alignment. Hitting an opponent harshly with a thrust and using the high part of your hand may cause a backward wrist strain or sprain. Keep to the *sweet spot* of the lower heel. This is why so many systems refer to the strike as the *heel-palm* strike.

Palm Strike Studies and Observations 4) Stinging, Pain and Injury

While your fists may break when punching the head, and palm strikes are suggested, safer tools to strike with, your palms still can become injured. Numbness, stinging and throbbing may set in after some deliveries. Prepare now both physically and mentally to fight through such pain.

Palm Strike Studies and Observations 5) Training Methodologies

Solo Command and Mastery- As shown in *Training Mission One (TMO)*, the Clock Drill is one of our training methods. Create body synergy with practice in the air.

Striking Drills- Develop goal-specific strength, target acquisition and resistance experience with pad, mitt, wooden or padded posts and heavy bag drills.

Statue Drills- As shown in *Training Mission One*, the Statue Drills are also our main training methods. For a complete breakdown of the skill drill, please refer back to *TMO*.

Skill Drills- We introduce at least one skill/flow drill to develop superior execution. Do not obsess on multitudes of skill drills, obsess instead on combative applications.

Clinch Drill- We will work the tactic through the common body crash and clinch of opponents.

Ground Roll-We will work the tactic through the common ground fight positions.

Option Awareness Combat Scenarios- We will *crisis-rehearse* the tactics in standing, kneeling and ground combat scenarios fighting against hands, sticks, knives and guns.



A palm strike, or a finger slap, across the bridge of the nose can be a devastating disruption upon which to base further action. Such strikes are low on the use of force scale, yet disorient the opponent with stinging pain, swelling and watery eyes.

“Reach and Retain!” The Clock Striking Practice Method

As we did in *Training Mission One*, we again use the clock numbers as directional guidance points to develop angles of attack. Whether hooking or thrusting, the clock points offer great guidance.



You can use the four basic clock quadrants of 12, 3, 6 and 9 for quick basic understanding. Then incorporate all 12 numbers where possible for advanced training applications. Martial systems seem to breed a never-ending list of angle-numbering systems. Most are too complicated to remember without constant refreshing. No one forgets the clock!

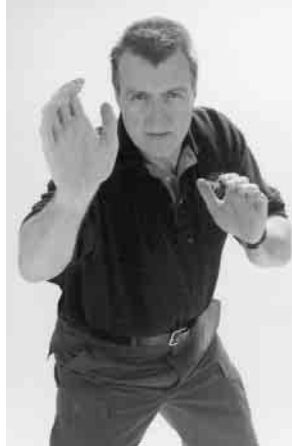
The two “R’s”-reach and retain. The mission of all teachers is to reach students and connect them to the material, and offer them the highest possible retention. Using the universal clock face as a basis for directional training is the best method to reach and retain.

The Palm Strike Synergy Drills

Use the palms to attack two ways, a more or less straight thrusting attack, or a hooking attack. The strike may hit, penetrate and linger, or hit, penetrate and snap back quickly.

The Thrusting Palm Strike Solo Command and Mastery

Practice these first in the air so that you can learn the orientations and body synergy.



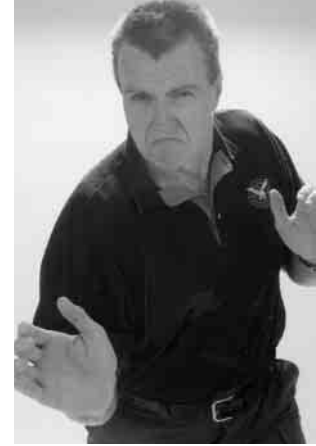
1) The 12 o'clock Thrusting Palm Strike



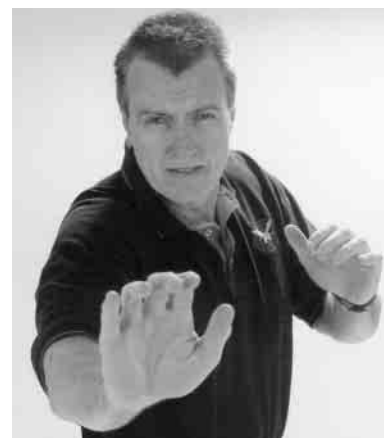
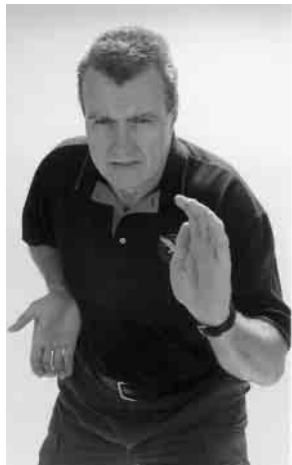
2) The 3 o'clock Thrusting Palm Strike



3) The 6 o'clock Thrusting Palm Strike



4) The 9 o'clock Thrusting Palm Strike



The Center Thrust

The Strikes

- 1) The top-side or 12 o'clock thrust strike.
- 2) The right-side or 3 o'clock thrust strike.
- 3) The low or 6 o'clock thrust strike.
- 4) The left-side or 9 o'clock thrust strike.
- 5) The center strike or axis clock thrust strike (see right).

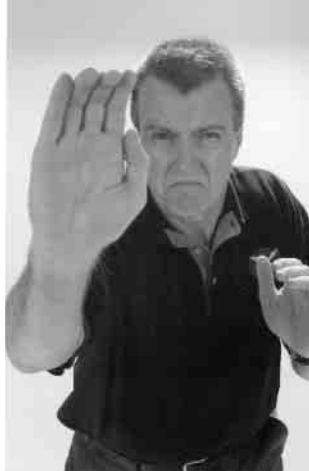
The Practice

- Practice with right and left hands.
- Practice with free and easy moving footwork.
- Practice knee-high.
- Practice down on your back.
- Practice down on your sides.

The Hooking Palm Strike Solo Command and Mastery



1) The 12 o'clock Hooking Palm Strike



2) The 3 o'clock Hooking Palm Strike



3) The 6 o'clock Hooking Palm Strike



4) The 9 o'clock Hooking Palm Strike



Whether thrusting or hooking, the palm strike can also block, deflect, pin, pass or push.

The Strikes

- 1) The top-side or 12 o'clock hooking strike.
- 2) The right-side or 3 o'clock hooking strike.
- 3) The low or 6 o'clock hooking strike.
- 4) The left-side or 9 o'clock hooking strike.

The Practice

- Practice with right and left hands.
- Practice with free and easy moving footwork.
- Practice knee-high.
- Practice down on your back.
- Practice down on your sides.

Two-Hand Strikes and Pushing Palms Solo Command And Mastery

The palm strike can also become a powerful push if reinforced with body dynamics. Pushing is one of the four ways people are forced to ground, especially if they trip over something after being pushed. Many street fights escalate from words to action with a push or two by the aggressor. Here are the four clock quarters demonstrating the push. You hook or thrust as needed. Take one or more powerful step with each movement for power and balance.



The 12 o'clock or high, forward push



The 3 o'clock or right push..



The 6 o'clock or low push



The 9 o'clock or left push



Remember to experiment with ground pushes.

The Strikes

- 1) The high, forward push
- 2) The right side push
- 3) The low quarter push
- 4) The left side push

The Practice

- with free moving footwork
- knee-high
- down on your back
- down on your sides

Palm Power Strike Developing

Strike training objects (10 strikes per set)

Hit focus mitts, sports pads, heavy bags and posts. They can be done two ways, alone and with a training partner. Like in boxing training methodologies, a trainer can flash a mitt, stalk and evade to enliven sessions.

10 Thrusting Palms to 12 o'clock
10 Thrusting Palms to 3 o'clock
10 Thrusting Palms to 6 o'clock
10 Thrusting Palms to 9 o'clock

10 Hooking Palms to 12 o'clock
10 Hooking Palms to 3 o'clock
10 Hooking Palms to 6 o'clock
10 Hooking Palms to 9 o'clock

10 Slaps

Execute right-handed
Execute left-handed
Execute standing
Execute kneeling
Execute on your back



The Palm Strike Statue Drill

The statue format both introduces to a new student, and reminds an old practitioner of thorough doctrine. The student works across the body. Outside, inside, split, inside, outside.



The statue arms can be high, low, mixed, pumping and one-step punch positions.

Remember the statue drills can cover:

- High fixed arms
- Low fixed arms
- Mixed high and low
- Pumping arm action
- Punching arm into a position near the prior practice zones.



The statue drill establishes the two main applications. The first, teaching your contact hand immediately strikes. The second, teaching the other hand immediately strikes. These mechanics must be absorbed. See below.

Palm Strike Statue Drills: The same-side hand makes contact and strikes series.



Outside contact.



Same hand strikes.



Inside contact.



Same hand strikes.



Split contact.



Both hands strikes.



Inside contact.



Same hand strikes.



Outside contact.



Same hand strikes.

These represent two possibilities of fighting contact-the point where and when two bodies clash. Contact is made, either by your aggression and his block, or from your defense-blocking his aggression. Arms meet. Contact. Some systems refer to this contact point as a reference point. Either way, the statue drill really explores and explains this to new students. It prepares them for the higher level, faster training later.

Passing across a training partner from outside, inside, split, inside, outside develops a simple, comprehensive training experience. Failing to see and do this drill, usually causes a practitioner to miss a contact point possibility, leaving a link missing in comprehensive doctrine.

In the series above, the first contact drives right in as a palm strike. The other hand remains up to offer cover. In the series on the next page, contact is established and the other hand charges in to strike with a palm attack.

As we progress through the CQC system we learn *invading hands*-methods to enter closely to the enemy. The Level 1 entry was a "backhanded" contact. Level 2 is a palm-side contact and is covered by the Palm Strike Module.

Palm Strike Statue Drills: The other hand strikes series



Outside contact and strike.



Inside contact and strike.



Split and ...



..double strike. (The forearms maintains contact).



Inside contact and strike.



Outside contact and strike.

The Palm Strike Block, Pass and Pin Drill

As with *Training Mission One*, we will use the six-count, block, pass and pin drill. This is the next step beyond the statue drill. Before-the still, or barely moving statue. Now-the flow of action and feel of energy. See our Training Mission DVDs to really capture the motion. The basic steps are:



1) He strikes. You block.



2) He is passed with a palm.



3) He is pinned with a palm.



4) He counters a palm strike.



5) He passes the strike.



6) He pins.

Above are the basic six steps. In this particular palm strike drill, nicknamed by my students as *Slap Hubad* (Hubad is a name of a popular Filipino flow drill.) we ask that students concentrate on using their palms since this subject of this module is palm striking. Lead with a palm strike and try to use your palms for all manipulations. Most practitioners practice the high right attack version. In the complete program, there are four corners of palm attacks for this drill- high right attack, high left attack, low right attack and low left attack.

BPP Drill Corner 1) -high right palm downward strike to start.

BPP Drill Corner 2) -high left palm downward strike to start.

BPP Drill Corner 3) -low uppercut palm up from the right to start.

BPP Drill Corner 4) -low uppercut palm up from the left to start.

Do the above walking back and forth and sideways. Then change the range.

Do them on the ground, on your back, one down, one over, and then side-to-side.

Performing these drills is not mandatory for performance testing, they are great skill developers. Do not over-do skill drills at the expense of other training, such as in combat scenarios. Always have a drill or so for the development of each tactic. This one develops tremendous coordination and speed.

Palm Strike 1/2 Beat insert practice

As a veteran of *Training Mission One*, you should already understand the mechanics of this drill and its half beat inserts. In this application, we look at two general skill goals.

Goal 1) Develop Quick Counter Attacks: Blocking hand immediately strikes.

Goal 2) Develop unique movements and applications.

The next series of photos will document some 1/2 beat strikes. They will fall after the main beats. The first series utilizes the blocking contact hand as an immediate striker. Then the second set has the other hand striking.



Insert Basic 1) Beat 1 1/2 Contact and same hand strike. Keep arm-to-arm contact.



Beat 2 1/2 Contact and strike-same hand. The attacking hand rakes across the enemy's arm.



Beat 3 1/2 contact and same hand strike. Note the constant arm-to-arm contact.



Insert Basic Series 2) Immediately palm strike with other hand.
Execute it as quickly as possible, ergo the phrase Beat 1-to-1 and 1/2.
Simultaneous block and strike contacts would be desirable.



Beat 2 to 2 1/2 The other hand strikes as quickly as possible.



Beat 3 to 3 1/2. The other hand strikes as quickly as possible.



Beat 4 and 1/2. He blocks. You strike.



Beat 5 and 1/2. He passes. You strike.



Beat 6 and 1/2. As he pins, you fire a strike.



Insert Basic 3 Series) On Beat 2 1/2: Unique movements and applications.

Advanced students can develop more palm striking skills out of this format. Here, after a contact point, the contact hand circles the arm as a cover hand takes over...



A sample. Upon beat 2, the contact hand rotates a small circle from outside to inside. Here a straight thrust is executed...



...or a hooking face shot.



The hook could catch the enemy's cover hand if held high, bashing it into his face.



Or, the hooking palm strike can slam a low guard hand into the chest as a set-up.

This page covers what many experts sometimes call *the running hand series*. The runner can thrust, strike the high, mid and then low down to the groin. Fighters need fast hands and these drills are superior developers. Remember that each palm strike is a brick breaker! Keep inventing practical and realistic responses. But don't overdo these drills. It's an enhancer, not the goal. Nothing replaces the combat scenario.

The Palm Strike and Clinch Drill

This drill produces palm-striking reflex in the common fighters clinch. Ram. Crash. Clinch. Train the palm strike.



The common clinch! Practice palm strikes for viability.

The Ground Roll Drill

This drill produces palm striking reflex in the common ground fight position. Start in a variety of ground positions and practice the strike with a trainer who is making you learn.



Palm Strike Option Awareness Combat Scenarios

Here are some option awareness combat scenarios you can practice that involve heel-palm strikes. Keep in mind that the palm strike may be used in countless ways, inside countless scenarios.

CS 1: The Swim



The common choke attack.



Bend and brace and spring/drive...



...like a swimmer, swim thru the arms and double palm strike.



The "breaststroke" has a special delivery. It includes a bending of the arms as I break through. Here Tom Barnhart and I lean over toward the camera's eye to demonstrate the wide-arm invasion.



Any realistic follow-up will do.

CS 2: The Smackdown

Again, we fight against the common angry choke or any extended arm grab around the collar or shoulder.



The common choke again! You slam down on the bends of the arms and spring up to a double palm strike. Then, any follow-up to finish the fight.

Mike Tyson once said:

“Everybody has a game plan, then you get punched in the mouth!”

...and so goes the combat scenario. You cannot predict exactly what will happen. Learn to thrive in the chaos of the moment. Problem-solve. Improvise.

CS 3: The Military Chin Jab / Rear Takedown

The upward, driving palm strike to the chin is a favored tactic by many militaries of the world. Most English speaking ones have nicknamed it a "chin jab." It powerfully upsets the head and equilibrium. If the enemy's mouth is open upon impact, or better yet-if his tongue is in the way, this blast can be very effective. In old US Army doctrine, the chin jab first hits the chin as a stunning strike, then stays glued to the head, where, combined with a rear leg takedown, it drives the enemy downward.



Block, strike, step and arm wrap. Keep the hand attached. Wrap the arm. Keep charging to pull the suspect off balance.



Charge, reap and drive. Bend the back for emphasis.

This is a lethal tactic.

The reaping leg plays a part in achieving the body arch that distinguishes this movement. More less-than-lethal aspects of the rear sweep/reap takedown will be explored in **Training Mission Three**, but a simple rear leg sweep without emphasizing the head smash is a less-than-lethal application.

CS 4: Counters to the Push Scenarios

Studies conclude there are four actions that cause a person to hit the ground. You are sucker-punched. You are pulled down, or tackled. You are pushed down. This push sometimes includes tripping over something in the environment. Four major, simple counters are:

- Counter-Push 1) Double arm shove to the right.
- Counter-Push 2) Split and attack center-line.
- Counter-Push 3) Double arm shove to the left.
- Counter-Push 4) Grab, drop back and stomach throw.



Walk the floor with give and take energy push and pull drills.



Double arm shove to the right or left. Get your body out of the way.



Split out the arms and blast down the center with any strike.



Falling anyway? Grab and roll back with the energy for the classic stomach throw.

Unarmed Combatives **Level 2 Kick: The Stomp Kick**

Since we graduate the school of survival with a major in targeting the eyes, throat, groin and top of the feet, the stomp kick is a priority lesson. In many close quarter combat standing encounters, the feet of the enemy are available for targeting. If the enemy is down? His entire body becomes a target. A stomp is defined in dictionaries as *to strike, beat, pound or crush forcibly downward with the foot*. Usually that is done with the bottom of the foot or in some cases the edge of the bottom.

Stomp Kick Studies and Observations 1) Targeting

The main target of the stomp is to the top of the foot, that appendage that houses in particular-the Metatarsal bones. These bones are some of the most fragile found of the human body. Significant smashing on these bones causes great electric pain and severely hinders the enemy's mobility. But heavy smashes to all areas of the foot and ankle can be devastating. Common, specific targets are as follows.

Versus a standing enemy:
Standing Target 1) The "shoelace area" on the top of the foot.
Standing Target 2) The ankle and shin.
Standing Target 3) Behind the knee, or calf area.



The "shoelace" and ankle area.



The shin shot and/or rake.



Knee or calve area.



Behind the knee or on the calf.

Versus a prone enemy:

Prone targets 1) The whole prone body, face up or down.

Prone targets 2) Smaller points like hand. The target depends on your circumstance.



Stomps to face, neck, ankle, knee, ribs and hands.

Stomp Kick Studies and Observations 2) Delivery

The stomp kick may usually hit about knee-high to straight down. Limber experts stomp at the pelvic area. Any higher than knee-height, and it begins to be re-classified in other kicking categories like thrust kicks or sidekicks.



The stomp kick can strike downward, or...



...at times it strikes both sideways and down, as high as the knees using the sides of your shoe or the bottom of your foot.



Attacks to front and sides of the knee are devastating. Make sure your opponent deserves this level of attack. These can produce devastating injuries.

The stomp can fire downward and outward, inward, forward and back directions.

Targeting the tops of the trainer's feet, the trainee will stomp:
 -the outside of the right foot,
 -then inside of the right foot,
 -then inside of the left foot,
 -then outside of the left foot.



Standing face-to-face format.



Standing bear-hug format.



The face-to-face version. Outside, inside, inside and outside stomp practice.



The bear hug version. Outside, inside, inside and outside stomp practice.

Stomp Kick Skill Developing Drills

SK Drill 1) The Outside/Inside Stomp Drill

There are two versions of this drill, one where the training partners face each other, and one where the trainer holds the trainee in a bear hug. In both positions, the trainee builds stomp kick muscle memory through repetition. It is a must for a new student to practice these options. Throughout the practice, the trainer stands in place so the trainee may develop basic skills. The trainee makes several passes across the body.

There is much advanced practice for these *outside/inside drills*. It can be a fantastic platform for the practice of many advanced techniques such as counters, takedowns and throws. One such progression might be:

- The stomp works, landing on the trainer's foot, as we have shown.
- Next, the trainer evades the stomp by moving his foot, usually and naturally backward.
- Then, the trainee reaps the standing leg as the trainer lifts the target foot to evade the stomp.

SK Drill 2) Power Practice with Pads and Devices

We need to develop the kick from standing and practical ground positions. To train, place a flat, thick pad as shown below on the ground, and stomp it. Take care that it might roll and cause you to injure your ankle (a care that you should remember when stomping rounded body parts too!) Next, angle a training device across the floor and wall or have a partner hold and angle the pad. Almost all of us have had the occasion to break a piece of firewood or a stick by bracing it like a bridge across the floor and wall and kick it into two pieces. This is the same maneuver.

- 10 vertical stomp kicks standing, with the right leg.
- 10 vertical stomp kicks standing, with the left leg.



Vertical stomps.

- 10 angle stomps standing, with the right leg.
- 10 angle stomps standing, with the left leg.



Shin and/or knee stomps.

- 10 horizontal stomps grounded, with the right leg.
- 10 horizontal stomps grounded, with the left leg.
- 10 right leg stomps to the left with body rollover.
- 10 left leg stomps to the right with body rollover.



Horizontal kicks.

Stomp Kick Option Awareness Combat Scenario 1) A Hard core Manifesto

Here is one hard core manifesto suggested from countless scenarios. We will use a combination of the Level 1 eye attack, Level 2 palm strike and Level 1 front groin kick following with the stomp kick featured in this chapter.



He attacks. You deflect.



A jab into the eyes and palm heel to the nose.



The groin kick.



A foot stomp across the shoe laces.

You can't get anymore hard core and simple than this combination of study! Remember, when you have new students working with each other in these scenarios, remind the attacker to act the part. He must react with some level of reality, else the whole purpose of scenario training is lost. In fact, it might be best to under-act a bit. Tell both parties that real combat will probably not proceed exactly like any scenario practiced in a classroom. Mentally prepare for the chaos. But we must train some crisis rehearsal. Fortune favors the prepared.

Stomp Kick Option Awareness Combat Scenario 2) Counter the Face Smash.

Hopefully, the attacker will be an untrained and inexperienced stomper, else his powerful foot may drive through your hopeful hands. Here, you try to catch the foot on the way up or just about to descend. If it is blasting down, you are in trouble. You are on your back. The opponent stomps at you. Catch and twist outward.



*The full
"Counters to
Kicks Module"
appears in
Training
Mission Nine.*

Unarmed Combatives

Level 2 Takedowns: The Circular Takedowns Module

Many takedowns and throws use the turns and twists of the body to facilitate grappling. Here in this Level 2 general collection, we will twist the neck, wrist, torso and leg/ankle, starting with the head twist takedown.

The Head Twist Takedown

“Where the head goes, the body goes,” so says the old martial adage and, more often than not, this is true. In a reach-around grip that facilitates maximum wheeling, you twist the head on a downward pivot, not a perfectly horizontal twist. Follow through with significant footwork and all this will typically produce a takedown.



This is not a productive grip.



This “reach-around” allows for more twist.



This is a one-hand version. Beware the oil and sweat. “Ledge” onto the nose.

zontal twist. Follow through with significant footwork and all this will typically produce a takedown.



Block and palm strike to the chin. Obtain this head grab, step back dramatically out and pull down.



People have solid strength when their heads face straight forward and when they tighten their necks in an isometric position (as in the upper left hand photo). To begin the head twist, you often have to overcome this power position. The thrusting palm strike to the chin with the fingers directing outward is an example of a strike that helps to break this isometric.

At the very extreme, this head twist may be lethal and is taught in some sentry killing programs. Be careful in training and in combat if you wish less-than-lethal results.

One Sample Ground Version of the Head Twist Takedown



He strikes!



You grab and pull!



Twist!



Pelvis left and side throw.



Do not roll with and up on the suspect for more wrestling. Kick!



The pelvis raise and bent side "shrimp-out" are important skills.



Escape the Rapist with an Eye Gouge Head Twist



Stick your thumb deep into the rapist's eye. Drive left eye to right ear, or right eye to left ear, deepening upon your eye attack. That will create a head turn and also assist your other hand's grab of the rapist's head. Should his hair be long enough? Grab hair. Then in the head twist concept, powered by the driving thumb, twist the head until the criminal rolls over. Remember the pelvis raise and shrimp out techniques displayed on the previous page to add power to the escape.

Here, we use the Level 1 Eye Gouge with the Level 2 Head Twist. As the CQC Group Training Mission Levels progress, all tactics will blend and compound into superior fighting scenarios.

Counter a Cross Drawn Pistol with a Single Hand Head Twist

Here we use a single hand head twist along with constant pressure to push the pistol into the enemy's holster. Push his gun into the holster. Twist the head back and down and jump/dive in the direction of your gun push. After some practice, you can extract your hand at the precise second he lands face down. Try to end up with your knee on his pistol-side arm if the elbow is exposed. Bang his head into the cement several times.



Ankle Wheel Takedown Samples

Two important leg wheels to practice originate at the ankle. The first will counter a foot stomp as shown on the previous pages. The second, known mostly as a heel hook, will counter a suspect's escape by locking him up and/or flopping him to chest down or chest up positions. All fighters should be familiar with the heel hook.



The classic surrender finish for the heel hook. Easy to disable the enemy. And, close-ups of the capture.

The Wrist Wheel Takedown

The human wrist moves in 5 directions. Rest assured that if you crank the wrist extremely in any of these directions, there will be some reaction. In a fight, always try to stun the head and the arm before trying these throws.



The human wrist:

- 1) Twists inward.
- 2) Twists outward.
- 3) Bends palm in.
- 4) Bends palm out.
- 5) Bends side-to-side.



Inward Twist



Outward Twist



Palm In



Palm Out



Both Sides

There are two major types of arm positions. Arm vertical, and arm horizontal. Both put the palm on the floor.



Arm Position 1) The arm is horizontal.



Arm Position 2) The arm is vertical.

Interrupt the Knife Attack Option Awareness Scenario



Strike to soften the arm and brain (if possible-brain first). Multiple strikes! Apply as needed!



Now the fighter is diminished. Execute a wrist-ripping takedown. Slam him and stomp. Disarm.

Counter the Head Twist Takedown with a Wrist Wheel



The stun was weak. You slap the chin, grab and obtain an upside down handshake grab.



*Stepping around the enemy, crank that palm to the floor.
Step where you need to step to get the job done.*

The outer wrist-lock throw shown in the two prior scenarios is a controversial technique in martial, police and military world. Though I have actually used it only three times in my police career, it is not a high choice on my list of things to do. Still, I receive a constant stream of reports of its success, enough for me to continue to teach it, and for it to retain a place in the overall CQC doctrine. I think an expert would be remiss not to be familiar with the tactic.

Stun the opponent! Critics naysaying the throw cannot condemn it if you explain that you have struck the neck or head first! Next, remember to twist that palm down to the floor as efficiently as possible. The three times I used this, I really did a lot of dynamic footwork around the person. Problem-solve your position as needed. As with most any grab, the natural response of the enemy is to pull back and/or lock up an attacked joint in an isometric. Add such trouble-shooting to your training. When in doubt? Smack him again...and again.

The Torso Wheel Takedown



Block and eye attack. Forearm bash to the carotid. Knee and hammer down to get a good bend.



Turn the wheel. Don't forget to maneuver around him as needed. Finish with strikes, drop knees or stomps.

This torso wheel is a fundamental movement that can be altered for many applications such as counters to tackles, or any time you get the opponent to bend over. See **Training Mission Two: The DVD** for many of these applications. Master these basic steps, and you be able to use the movement in many ways. There are many inserts available also like knees to head, side neck captures and cranks. Please take a look at the lower line of photos and see some counters-to-tackles possibilities.

The Body "Tornado" Wheel Throw

Here comes the big, John Wayne, barroom haymaker punch, one of the most common street punches. It almost always comes in with a charging step. Without that step this takedown is very difficult. Practice this versus stick and knife attacks also.



Step in deep, strike the neck. Grab the arm and pull in a downward spiral.



To assist, strike the neck with the blade of the hand, or with a hook punching forearm strike, as you make your turn.



Your Circular Takedown Practice and Summary

There are four big Wheel/Circular Takedowns The CQC Group emphasizes

- 1) The Head Twist Takedown
- 2) The Wrist Wheel Takedown
- 3) The Body Wheel Takedown
- 4) The Ankle/Leg Wheel Takedown

Perform

10 Takedowns and escapes from attacks using the Circular Takedowns.
2 of the 10 must be in ground fight problems.



The SMS Combat Module Level 2 Stick:

In **Training Mission One** we learned how to quick draw/present the impact weapon, whether that weapon is a long flashlight, solid stick, or expandable baton. Here, in **Training Mission Two** we begin to use the weapon in combat with a single-handed grip. Double-handed grips will be presented in **Training Mission Three**. Grappling with a single and double-handed grips will also come later.

SMS Studies and Observations 1) The Protocols for SMS Combatives

Practitioners must learn striking, blocking and grappling in standing, kneeling and ground positions.

- Protocol 1) Learn the SMS strikes.
- Protocol 2) Learn the SMS blocks.
- Protocol 3) Learn the counters to common strikes.
- Protocol 4) Learn the counters to common blocks.

SMS Studies and Observations 2) Review the Three Basic SMS Grips



Common Saber Grip.



Reverse Grip: The Cane Model.



Center Grip.

- SMS Grip 1) The "Saber," a common one hand saber grip
- SMS Grip 2) The "Cane," a reverse grip
- SMS Grip 3) The "Two Points," a choked-up, center stick grip

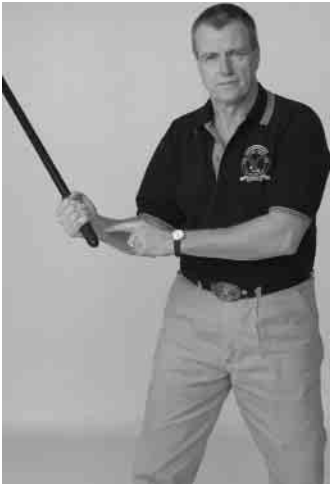
Studies and Observations 3) The Uncommitted Slash

When you attack, try to maintain enough control on the weapon, so as to change its path if needed.

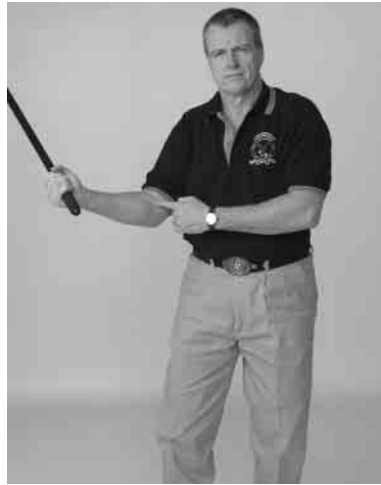
Studies and Observations 4) The SMS Impact Strikes

Strikes should be conservative in their delivery, yet as powerful as possible. Do not retract too far to deliver, or over-swing if you miss your target. Emphasize the swing from the elbow and wrist, not the shoulder.

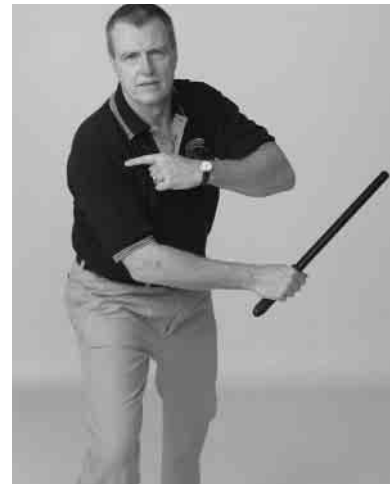
Hit training objects as hard as possible to experience real, impact shock. The impact weapon strikes with the shaft, the tip and the handle. A swing with too much shoulder movement allows an enemy to counter attack when the weapon is brought far back or when it is over done. The rearing back, or “chambering” of the stick is not a sound, tactical strategy.



A stick strike is mostly an event at the wrist...



...and at the elbow...



...not the shoulder.

SMS Studies and Observations 4) The Empty Hand

The empty hand must be up and ready in the window of combat- that symbolic rectangle that exists from your shoulders to about mid-thigh. It must be ready for any action needed such as distracting, disarming, striking, blocking, grabbing, pinning, passing, pulling or pushing the enemy.

SMS Studies and Observations 5) Exposure of The Handle/Pommel Strike

A reasonably sized, exposed pommel grip is a good striking surface and allows for hooking catches. It may leave a person susceptible to strip disarms (shown in *Training Mission Five*) however the many benefits of using the exposed handle outweigh the one disarm possibility.



Leaving some length of a handle for a saber grip is a good strategy for striking and hooking.



Many military, police and martial systems advocate grasping one hand's length from the end.

SMS Studies and Observations 6) The Combat Flashlight

Flashlights are mandatory gear for the professional, and in this day and age of smaller, powerful lights, some still prefer a long one, long enough to be used as an impact weapon. But the aggressive use of the flashlight and its technology doesn't stop at brightness and size! New scientific technology is creating light beams so powerful and unique they can blind and confuse the enemy. Consider the older, bigger flashlights as an impact weapon. Think of the smaller lights as a palm stick. (Much more on flashlights later in the upcoming *Walking Point* chapter.)

SMS Studies and Observations 7) The Myth of the Duel

It's dark. You are alone. Suddenly, you are confronted by a criminal who curses you, threatens your life and demands your money, jewelry and car keys. The thug is unarmed and shakes his fist and grits his teeth. You are not sure that even if you hand over these things precious to you, he will release you unscarred. Inside your pocket is a self-defense baton. You know you are going to draw it out and expand that baton. It is simple common sense. But, in the very first second of doing so...the complexion of the encounter changes! You are now armed, and he is not! If you use this weapon, in the fickle and unpredictable eyes of both civil and criminal law, what might happen to you? What can you do with it? How far can you go?

The armed good guy versus the unarmed bad guy, is a very likely occurrence for civilians, law enforcement, corrections and security. Sadly, most of our martial arts impact weapon training is stick-versus-stick dueling, a confrontation least likely to occur in our modern world. As I was asked many years ago by street-smart vets, "when was the last time you saw two guys fighting each other with sticks?" While such an encounter might happen, this myth of dueling confuses our sense of reality and distorts training doctrine. It makes us train in ranges least likely to occur at the expense of precious time on more realistic practice.

The presentation and/or use of the so-called "stick" has with it something of a brutal, negative stigma. A recent US Department of Justice study concluded that while police batons were used in only some 8 percent of nationwide use-of-force incidents, they accounted for over 20 percent of the lawsuits filed. There are no such statistics for civilians who use sticks to defend themselves, but attackers who excessively use their impact weapons upon victims often receive very harsh punishments, pay steep lawsuit fines and hang on to an expensive legal roller coaster ride.

Enforcement officers operate under strict rules of combat, higher scrutiny and lofty expectations when fighting an opponent. The same exact standards do not exist for civilians, who have a bit more leeway in their self-defense actions. Still, society will not tolerate or excuse abuse, even of a heinous criminal.

In **Training Mission One** we studied the two legal reasons to quick draw a weapon. The first is to present it to stop violence BEFORE it happens. The second reason is to stop violence WHILE it is happening. The presentation of the stick must be accompanied by a command presence that convinces the attacker to back off. This is a form of method acting that you must develop to match your physical appearance and your particular voice. How you look and what you say may save the day.

We understand that using the stick during the attack involves a serious study of striking, blocking and grappling techniques in standing, kneeling and ground fighting situations. The stick strike can knock someone unconscious, stun or disable body parts. The impact weapon strikes from the tip, the shaft and for extreme close quarters-the handle or pommel. Collect a competent angle of attack system and practice it in the air and then by hitting something hard and fast.

If you can stun the criminal and diminish his consciousness, you may be able to use an impact weapon as a lever to grapple, control and/or contain him. Your commitment to study stick grappling is where the true less-than-lethal results may manifest. The essence of successful stick grappling really relies on the use of two hands on your stick, though some manhandling may be done with one hand on a stick. The impact weapon essentially becomes a crowbar and as physics tell us, the longer the bar, the more the leverage. The smaller your impact weapon, the more footwork, body positioning and extra body leverage you'll need.

Stick grappling to the limbs and head allows you to maneuver your enemy for better strikes, takedowns or throws. It is not realistic to amuse yourself with elaborate stick joint locking tricks on fingers, arms and legs that lead to "tap-out" sport victories. As with unarmed joint locks, only a few will actually work against an adrenalized enemy in the streets and battlefields. Pain tolerance is different to everyone, case by case.

All too often, the martial arts style stick sparring found in some Filipino-based programs may create an unsafe foundation for reality. Training to duel stick vs. stick has many abstract benefits, but the head-banging practice for 19th century confrontations does not completely prepare students for the realities of today. People must understand the use of force continuum of lethal and less-than lethal tactics and the rules of engagement in law and combat.



Being able to articulate this information in the legal process can help you explain that you were defending yourself using the terms “in fear of your life,” and “in fear of bodily harm.” You will be judged inside the legal term “totality of circumstances”-the whole view of where you are and what is going on around you.

In Texas, USA in 2002, a man defended himself with a handy baseball bat against an unarmed attacker. He hit the criminal 16 times, most of those well after the criminal was down.

Witnesses say the fight was over after the third swing! It was the extra 13 strikes that got him arrested and, if the attacker had been killed or paralyzed, the victim would have been in serious financial trouble and facing a long term in prison.

You have a right and obligation to defend yourself on three standards. Moral. Ethical. Legal. Not just for your own personal conscience, but to save yourself from expensive lawsuits and even imprisonment. Do not let the myth of the duel interfere with your need to survive.

SMS Studies and Observations 8) The Diminished Fighter Theory

Remember that a stunned, wounded and tired person is slower, weaker and therefore easier to defeat. What appears to be an impossible technique against a fully-alert person, becomes feasible after he is stunned. Some opponents come to you diminished because they are drugged, drunk, uncoordinated, out-of-shape and unskilled.

The SMS Strikes

An impact weapon hits the shaft, the tip and the handle, or pommel as striking surfaces. This will be dissected in the pictorals and explanations that follow. As a matter of thorough training doctrine, these should be practiced standing, kneeling and on the ground. Practice the strikes from the angles of the hour numbers of the clock. Generally, the four quadrants 12, 3, 6 and 9 o'clock, or quarters of the clock, are effective education points of reference and very easy to remember- a strong plus when training police and military in brief and sporadic sessions.

Military and police experts report that under combat stress, while targeting specific points on the body, 40 percent of the time your strike will be high, 40 percent your strike will be low, 10 percent of the time you will miss and 10 percent of the time you hit as planned. This is called by Dr Kevin Parsons of American Systems and Procedures as the *40/10 Theory*. These stats support the four quarters of the clock striking approach. It is a quick study method where you simply strike down, from the right, the left and upward in general and powerful attacks. More time to practice should produce better targeting results. Classify your time, your goals, yourself and your students as the beginner, intermediate or advanced.

SMS Strike Study: The Shaft Strikes

- 1) Shaft Strike Saber Grip: Slashing strike
- 2) Shaft Strike Saber Grip: Hit and retract
- 3) Shaft Strike Reverse Grip: Slashing strike
- 4) Shaft Strike Reverse Grip: Hit and retract strike

SMS Strike Study: The Basic Pommel Strikes

- 1) Pommel Strike Saber Grip: Hooking attack
- 2) Pommel Strike Saber Grip: Thrusting Attack
- 3) Pommel Strike Reverse Grip: Hooking Attack
- 4) Pommel Strike Reverse Grip: Thrusting Attack
- 5) Pommel Punch (the side of the handle strikes)
- 6) Pommel strikes resulting from the center or “choke grip”

SMS Strike Study: The Basic Stabbings

- 1) Tip Strike Saber Grip: Hooking
- 2) Tip Strike Saber Grip: Thrusting
- 3) Tip Strike Reverse Grip: Hooking
- 4) Tip Strike Reverse Grip: Thrusting

SMS Strike Study: SMS Combination Strikes

These should be done so quickly that they appear to be one fluid movement.

- 1) Circle strikes double, triple or more hits.
 - big circles
 - small circles
- 2) Fan strikes-rapid wrist twists causing two or more strikes.
- 3) Double or multiple slashing on the approximately same line of attack.
- 4) X slashes, or figure eights. The stick returns on a different line of attack.
- 5) Slash and tip stab.
- 6) Tip stab and slash.
- 7) Slash and pommel strike.
- 8) Stab and pommel strike.
- 9) ...and many more combinations are numerically possible.



A basic shaft strike.



A basic stab.



A basic pommel strike.

Practice

- 1) In the air, to develop basics and body synergy.
- 2) Hit objects to feel realistic resistance and goal-specific strength.
- 3) Train with partners in choreographed sets and freestyle fighting.

The Enforcement High Noon-The High Police Strike

In most world-wide enforcement and corrections policy, the high-hand-over-head impact weapon attack is prohibited, largely because it signifies a head shot. Stick hits to the head easily render the enemy stunned and/or down and out and are your most successful, hard core, survival tactic. However they are virtually prohibited by enforcement agencies because agencies live on the fear of lawsuits. They concern themselves with this fear first, and *your safety* second. Get this equation- lawsuits come first, *you come second*.



This European officer is in a terrible position, surrounded by hostile, agitating people thrilled to photograph ANY action the officer takes. In some police agencies just raising a stick this high is a punishable by suspensions. Imagine being this officer! Imagine what he is thinking and feeling!

Instead, train this strike I call *The Enforcement High Noon* strike. The name High Noon from the famous western movie about a lawman, and because the strike is from our 12 o'clock position. This offers an impact weapon attack to the high center line that doesn't have to include the initial, oft times ethical and illegal, high, over-the-head, hand raise. This downward strike may be needed to hit the weapon-bearing limb of an opponent who might be reaching for a firearm, but this life-saving motion may be untrained and forbidden to you.



Here is the politically incorrect delivery.



The Enforcement High Noon Strike.

The weapon remains low, then extends forward in a snapping whip motion, able to reach out and smack the same general high target area, minus the problematic, telegraphic, high-rise attack.

The SMS Statue Drill

Throughout the CQC courses we use the so-called statue drill, first introduced in *Training Mission One* and reviewed in the prior Unarmed Combatives level of this book. This drill is the foundation for understanding the *point of contact* in combat. New students must be introduced to this full, basic training spectrum. The drill ranges from a solid statue, to the trainer taking a few primary attack steps, all in preparation for the student to face chaotic reality.

Many systems incorporate wooden posts or dummies for this type of training, which has advantages, but all too often training sessions consisting of larger groups will not have such abundant equipment. A live training partner *dummy* provides a suitable facsimile.

Statue Drill Studies and Observations 1) Contact

Contact may come from your strike that is blocked, or from your block defending against a strike. The contact point is a reference point for training. Contact points in an impact weapon encounter may clash:

- Clash 1) Your stick to his stick.
- Clash 2) Your stick to his arm.
- Clash 3) Your hand/arm.

Statue Drill Studies and Observations 2) The 3 Basic Possibilities

The study is broken down scientifically to following three possibilities:

- Possibility 1) Stick makes contact and stick strikes.
- Possibility 2) Empty hand makes contact and counter strikes with stick.
- Possibility 3) Simultaneous hand and stick contact and stick strikes.

Statue Drill Studies and Observations 3) The Statue Arms Vary

Depending on the training assignment, the trainer/statue may:

- Trainer Position 1) Have arms straight out and high.
- Trainer Position 2) Have arms bent and low.
- Trainer Position 3) Have arms pumping.
- Trainer Position 4) Steps in and strikes.

Statue Drill Studies and Observations 4) The Protocol

The SMS drill has 5 trainee body positions:

- Trainee Position 1) Outside of the right arm.
- Trainee Position 2) Inside of the right arm.
- Trainee Position 3) Split
- Trainee Position 4) Inside the left arm.
- Trainee Position 5) Outside the left arm.



The basic arms high statue.

Statue Drill 1) Stick Contact and Follow-Up Stick Strike

Here we make first contact with the stick, and strike quickly with the stick. The strike could land anywhere appropriate for the circumstances-neck, face, hand, torso or lower. Here, I work across the body, contacting and striking, starting from the outside, then inside, then the obligatory split movement that reminds practitioners to cover against both arms, then inside, then outside.



1) Outside right contact.



2) Stick strike.



3) Inside right contact.



4) Stick strike.



5) Split contact.



6) Stick strike.



7) Inside left contact.



8) Stick strike.



9) Outside left contact.

Move freely across the front of the trainer. Mimic a professional football player with side-to-side footwork. Try not to cross your legs. This is simply not an athletic step. The strike could come from the shaft, tip or handle.

You should make a run with:

- 1) Shaft strike.
- 2) Handle/pommel strike.
- 3) Tip stab.



10) Stick strike.

Practice these training sets.

Basic Set 1) Stick contact and stick strike- work across the body in five sets.
 Basic Set 2) Stick contact and any empty hand strike- work across the body in five sets.
 Basic Set 3) Stick contact and any kick- work across the body in five sets.

Advanced Set 1) Practice these sets on your back. The trainer looms over you.
 Advanced Set 2) The trainee charges in, makes contact and strikes in a dynamic manner.
 Advanced Set 3) The trainer actual strikes with a step into the zones of these five positions.
 Advanced Set 4) Hand strike after the contact (see next page photo).
 Advanced Set 5) Kick after contact (see next page photo).
 Advanced Set 6) Experiment with ground versions (see next page photo).

Note 1) The main set for certification is Basic Set 1. The rest are for foundation practice.
 Note 2) The ground set is for experimentation, to see what is, and is not, successful for you.



Any hand strike after contact.



Any kick after contact.



Experiment with ground versions.

Statue Drill 2) Empty Hand Contact and Follow-Up Stick Strike

Here, make contact first with the hand and/or the arm, and strike quickly with the stick.





1 thru 10) The trainee works across the trainer using the outside, inside, split, inside, outside formula, making hand contact on the limb first, then a stick strike.



Practice these training sets. One pass across the trainer is a set.

- Basic Set 1) Hand contact and stick strike- work across the body in five sets.
- Basic Set 2) Hand contact and the same hand strike - work across the body in five sets.
- Basic Set 3) Hand contact and kick- work across the body in five sets.

- Advanced Set 1) Practice these sets on your back. The trainer looms over you.
- Advanced Set 2) The trainee charges in, makes contact and strikes in a dynamic manner.
- Advanced Set 3) The trainer actual strikes with a step into the zones of these five positions.

- Note 1) The main set for certification is Basic Set 1. The rest are for foundation.
- Note 2) The ground set is for experimentation, to see what is, and is not, successful for you.

Statue Drill 3) Empty Hand and Stick Simultaneous Contact and Follow-Up Strike

Here your hand (or arm) and stick makes first contact and then counter strikes. In this photo series, the strike is with the stronger weapon-the stick.





Practice these training sets. One pass across the trainer is a set.

Basic Set 1) Hand/stick contact, stick strike- work across the body in five sets.
 Basic Set 2) Hand/stick contact, hand strike- work across the body in five sets.
 Basic Set 3) Hand/stick contact, and kick- work across the body in five sets.

Advanced Set 1) Practice these sets on your back. The trainer looms over you.

Advanced Set 2) The trainee charges in, makes contact and strikes in a dynamic manner.

Advanced Set 3) The trainer actual strikes with a step into the zones of these five positions.

Note 1) The main set for certification is Basic Set 1. The rest are for foundation.

Note 2) The ground set is for experimentation, to see what is and is not successful for you.



Remember to strike with the handle (above) and the tip (to the right) not just the shaft, when working these sets.



SMS Statue Drill Summary

It is vital that a system's doctrine be comprehensive. I have trained in systems that totally ignore the pommel strike, probably the key tool in close quarters. Some ignore or forget the tip stab. Some stick systems ignore the support hand strikes and kicks. These mandatory statue drills introduce a new practitioner to, and also remind an old one of, the full spectrum of single-hand grip offensive tactics and their mechanical applications.

SMS Strike Study

It is vital that practitioners experience three things that involve contact.

Contact 1: Hit something hard to feel true resistance and build goal-specific muscle.

Contact 2: Hit something on the move held by a trainer to develop targeting skills.

Contact 3: Hit back! The enemy can strike back.

I will develop these scientifically and start by prepping the trainer for the work ahead. After the trainee spends time developing the strikes in the air, then hitting a heavy bag, a war post or some similar impact device, he will begin working with a trainer to develop the mobile give and take of combat. The trainee will exercise all the strikes against a staff.

Many times in group exercise sessions, heavy bags are unavailable. Have one of the two partners hold up their stick for striking. This could be a large pole purchased cheaply at any lumberyard, or easily obtained, affordable martial arts equipment. The trainer will hold the pole in the four quadrant clock positions of 12, 3, 6 and 9 o'clock. This allows the trainee to shaft strike from all angles. For pommel and tip strikes, a boxer's focus mitt or Thai pad can be held as a target. Take care. Wear protection. Use common sense. Keep your hands as far apart as possible if you are using a single stick or staff.



The high noon position.



The 3 o'clock position.



The 6 o'clock position.



9 o'clock.



The 3 o'clock stab. Use pads and mitts for the targets to build stabs and pommel strikes.

When it's time to teach the stalking attack and counter-attack versus a mobile trainer, various techniques can be used. The first technique comes from the boxing sciences-feeding targets.



The stationary drill. The trainer holds back the stick, then produces it forward as a signal to be hit.





After some stalking, the trainer presents the stick for a strike. The trainee strikes out. But unlike before in the stationary drill.



The trainee must now worry about the trainer's strike! He can evade with mobility or by blocking the attack.

Trainers can use padded sticks and take vicious counter-swings at their padded trainees. For those eagles who dare! No pads. The next step is full blown killshot stick sparring, where both partners just fight. You must wear headgear and other safety devices. Our safety rules suggest that if both partners want to use hard sticks, they can. If only one opts to use a soft stick, then both use soft sticks. Smart people can still learn a lot from soft stick training.

Armed with our long and short sticks, gear and incentive, we will next list the training methodologies of each individual stick strike.

SMS Shaft Strike: The Saber Slash

The shaft strike hits the target, penetrates and rips across the target.



Practice the Basics:

Execute one set of 10 strikes per angle.

- Set 1: Slash the training staff downward from the 12 o'clock zone.
- Set 2: Slash the training staff inward from the 3 o'clock zone (shown above).
- Set 3: Slash the training staff upward at the 6 o'clock zone.
- Set 4: Slash the training staff backhanded from the 9 o'clock zone.
- Set 5: Slash the training staff from all 4 angles from a knee high position.
- Set 6: Slash the training staff from all 4 angles from a grounded position.
- Set 7: Switch hands. Slash the above 6 sets with your opposite hand.
- Set 8: Slash at a trainer who is moving, feeding you a target and striking back.

Note 1: Keep the slash economical and inside the window of combat before you.

Note 2: Keep the support hand up and ready.

Note 3: Maintain a good, athletic balance.



*Exercise all your tactics
from standing, knee-high
and ground positions.*



SMS Shaft Strike: The Saber Hit and Retract

The shaft hits, penetrates and then retracts in a whip-cracking like motion.



Swing.



Hit.



Retract.

Practice the Basics:

Execute one set of 10 strikes per angle.

- Set 1: Slash the training staff downward from the 12 o'clock zone.
- Set 2: Slash the training staff inward from the 3 o'clock zone (shown above).
- Set 3: Slash the training staff upward at the 6 o'clock zone.
- Set 4: Slash the training staff backhanded from the 9 o'clock zone.
- Set 5: Slash the training staff from all 4 angles from a knee high position.
- Set 6: Switch hands. Slash the training staff from all 4 angles from a grounded position.
- Set 7: Slash the above 6 sets with your opposite hand.
- Set 8: Slash at a trainer partner that is moving, feeding you a target and striking back.

- Note 1: Keep the strike economical and in the window of combat before you.
- Note 2: Keep the support hand up and ready.
- Note 3: Keep a good, athletic balance.
- Note 4: Think about striking a point beneath the surface of the target. Penetrate!
- Note 5: The quick retraction removes the weapon from the enemy's grasp.
- Note 6: The size and heft of your weapon may restrict your hit and retract abilities.

SMS Reverse Grip Shaft Strike: The Hit and Retract

The shaft hits, penetrates and then retracts in a whip-cracking like motion, all from a reverse grip handle.



The weapon is held in a reverse grip, similar to how one might carry a cane, or draw a belt-carried, fixed or expandable baton, or even a long flashlight.

The target is struck. Penetration is achieved, then the shaft is retracted back. One must practice many power strikes in this manner to develop solid impact strength.

A slashing shaft strike produces more of an undesirable glancing blow and usually barely scores pain in the opponent, but the hit and retract method produces better results.

Practice the Basics:

Execute one set of 10 strikes per angle.

- Set 1: Slash the training staff downward from the 12 o'clock zone.
- Set 2: Slash the training staff inward from the 3 o'clock zone (shown above).
- Set 3: Slash the training staff upward at the 6 o'clock zone.
- Set 4: Slash the training staff backhanded from the 9 o'clock zone.
- Set 5: Slash the training staff from all 4 angles from a knee high position.
- Set 6: Slash the training staff from all 4 angles from a grounded position.
- Set 7: Switch hands. Slash the above 6 sets with your opposite hand.
- Set 8: Slash at a trainer partner that is moving, feeding you a target and striking back.

Note 1: Keep the strike economical and in the window of combat before you.

Note 2: Keep the support hand up and ready.

Note 3: Maintain a good, athletic balance.

SMS Pommel Strike

The pommel strike is an effective close quarter weapon.



Hooking and thrusting the pommel from 12, 3 and a backhanded 6 o'clock positions...



...and 9 o'clock. Plus the four clock corners must be performed with a reverse grip.

Practice the Basics:

Execute one set of 10 strikes per angle.

- Set 1: Pound the target downward from the 12 o'clock zone.
- Set 2: Pound the target inward from the 3 o'clock zone (shown above).
- Set 3: Pound the target backhanded and upward at the 6 o'clock zone.
- Set 4: Pound the target backhanded from the 9 o'clock zone.
- Set 5: Pound the target from all 4 angles from a knee high position.
- Set 6: Pound the target from all 4 angles from a grounded position.
- Set 7: Switch hands. Pound through the above 6 sets with your opposite hand.
- Set 8: Pound on a trainer partner that is moving, feeding you a target and striking back.
- Set 9: Use a closed, expandable baton and strike on the clock angles.
 - Strike a series with both the top and bottom of the closed baton.

Note 1: Keep the slash economical and in the window of combat before you.

Note 2: Keep the support hand up and ready, and maintain a good, athletic balance.

SMS Stab Strike

The tip stab may be fired in with a straight thrust or with hooking thrusts.



The thrusting tip stab at 12, 3, and 6 pm...



9 o'clock thrusting stab.



Remember hooking stabs on the clock.

Practice the Basics:

Execute one set of 10 strikes per angle.

- Set 1: Slash the training staff downward from the 12 o'clock zone.
- Set 2: Slash the training staff inward from the 3 o'clock zone (shown above).
- Set 3: Slash the training staff upward at the 6 o'clock zone.
- Set 4: Slash the training staff backhanded from the 9 o'clock zone.
- Set 5: Slash the training staff from all 4 angles from a knee high position.
- Set 6: Slash the training staff from all 4 angles from a grounded position.
- Set 7: Switch hands. Slash the above 6 sets with your opposite hand.
- Set 8: Slash at a trainer that is moving, feeding you a target and striking back.

Note 1: Keep the slash economical and in the window of combat before you.

Note 2: Keep the support hand up and ready.

Note 3: Maintain a good, athletic balance.

SMS Combination Strikes 1: Double Slashes

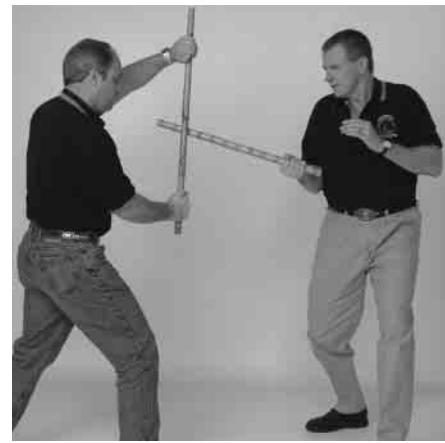
In this double slash, the return cut returns on more or less the same line. Usually only two slashes on the same plane will work, and the next attack will be of a different strike on a different angle.



Inward 3 o'clock slash.



It rips deep across the target.



It clears the target.



The palm turns down.



The backhand slash attacks.



The slash finishes.

Practice the Basics:

Execute one set of 10 strikes per angle.

- Set 1: Slash the training staff downward from the 12 o'clock zone.
- Set 2: Slash the training staff inward from the 3 o'clock zone (shown above).
- Set 3: Slash the training staff upward at the 6 o'clock zone.
- Set 4: Slash the training staff backhanded from the 9 o'clock zone.
- Set 5: Slash the training staff from all 4 angles from a knee high position.
- Set 6: Slash the training staff from all 4 angles from a grounded position.
- Set 7: Switch hands. Slash the above 6 sets with your opposite hand.
- Set 8: Slash at a trainer that is moving, feeding you a target and striking back.

Note 1: Keep the slash economical and in the window of combat before you.

Note 2: Keep the support hand up and ready.

Note 3: Maintain a good, athletic balance.

SMS Combination Strikes 2: The X Cuts

In this double slash attack, the return cut returns on a different line, creating the shape of an X or a figure eight pattern, a shape I present before Tom Barnhart.



The X shape.



Remember the ground work.

Practice the Basics:

Execute one set of 10 strikes per angle.

- Set 1: Slash an X on the training staff downward from the 12 o'clock zone.
- Set 2: Slash an X on the training staff inward from the 3 o'clock zone (shown above).
- Set 3: Slash an X on the training staff upward at the 6 o'clock zone.
- Set 4: Slash an X on the training staff backhanded from the 9 o'clock zone.
- Set 5: Slash an X on the training staff from all 4 angles from a knee high position.
- Set 6: Slash Xs on the training staff from all 4 angles from a grounded position.
- Set 7: Switch hands. Slash the Xs above 6 sets with your opposite hand.
- Set 8: Slash Xs at a trainer that is moving, feeding you a target and striking back.

Note 1: Keep the slash economical and in the window of combat before you.

Note 2: Keep the support hand up and ready.

Note 3: Maintain a good, athletic balance.

Note 4: Develop a smooth flow, but do not maneuver the stick in a flow like an orchestra/band leader.

SMS Combination Strikes 3: The Big Double Circle Hit

This involves two or more large, circular arm movements for strikes.



Practice the Basics:

Execute one set of 10 strikes per angle.

- Set 1: Double slash the training staff downward from the 12 o'clock zone.
- Set 2: Double slash the training staff inward from the 3 o'clock zone (shown above).
- Set 3: Double slash the training staff upward at the 6 o'clock zone.
- Set 4: Double slash the training staff backhanded from the 9 o'clock zone.
- Set 5: Double slash the training staff from all 4 angles from a knee high position.
- Set 6: Double slash the training staff from all 4 angles from a grounded position.
- Set 7: Switch hands. Double slash the above 6 sets with your opposite hand.
- Set 8: Double slash at a trainer that is moving, feeding you a target and striking back.

Note 1: Keep the slash economical and in the window of combat before you.

Note 2: Keep the support hand up and ready.

Note 3: Maintain a good, athletic balance.

SMS Combination Strikes 4: The Small, Double Circle Hit

This involves two or more small circular arm movements, concentrating on the wrist, that produces slashing strikes.



Practice the Basics:

Execute one set of 10 strikes per angle.

- Set 1: Double slash the training staff downward from the 12 o'clock zone.
- Set 2: Double slash the training staff inward from the 3 o'clock zone (shown above).
- Set 3: Double slash the training staff upward at the 6 o'clock zone.
- Set 4: Double slash the training staff backhanded from the 9 o'clock zone.
- Set 5: Double slash the training staff from all 4 angles from a knee high position.
- Set 6: Double slash the training staff from all 4 angles from a grounded position.
- Set 7: Switch hands. Double slash the above 6 sets with your opposite hand.
- Set 8: Double slash at a trainer that is moving, feeding you a target and striking back.

Note 1: Keep the slash economical and in the window of combat before you.

Note 2: Keep the support hand up and ready.

Note 3: Maintain a good, athletic balance.

SMS Combination Strike 5: The Fan Strike

This strike comes from a fanning motion at the wrist. The far end of the shaft strikes the target multiple times. The fan can flash horizontal as shown below, or vertical, or the clock angles in between.



Look at the above series of photos as an example of fan applications. The primary strike is from the 3 o'clock side. The fanning follow-up hits at 9 o'clock.

- Fan 1 Application) 12 o'clock primary, 6 o'clock follow-up fan strike.
- Fan 2 Application) 3 o'clock primary, 9 o'clock follow-up fan strike.
- Fan 3 Application) 6 o'clock primary, 12 o'clock follow-up fan strike.
- Fan 4 Application) 9 o'clock primary, 3 o'clock follow-up fan strike.
- Fan 5 Application) Work other clock numbers.
- Fan 6 Application) Hit multiple times at each angle. Fan 3 or more times.

Practice the Basics:

Execute one set of 10 strikes per angle.

- Set 1: Fan the training staff downward from the 12 o'clock zone.
- Set 2: Fan the training staff inward from the 3 o'clock zone (shown above).
- Set 3: Fan the training staff upward at the 6 o'clock zone.
- Set 4: Fan the training staff backhanded from the 9 o'clock zone.
- Set 5: Fan the training staff from all 4 angles from a knee high position.
- Set 6: Fan the training staff from all 4 angles from a grounded position.
- Set 7: Fan the above 6 sets with your opposite hand.
- Set 8: Fan at a trainer that is moving, feeding you a target and striking back.

Note 1: Keep the slash economical and in the window of combat before you.

Note 2: Keep the support hand up and ready.

Note 3: Keep a good, athletic balance.

Note 4: As delivered from the various clock positions, this attack can quickly strike...

-right side to left side.

-left side to right side.

-high to low.

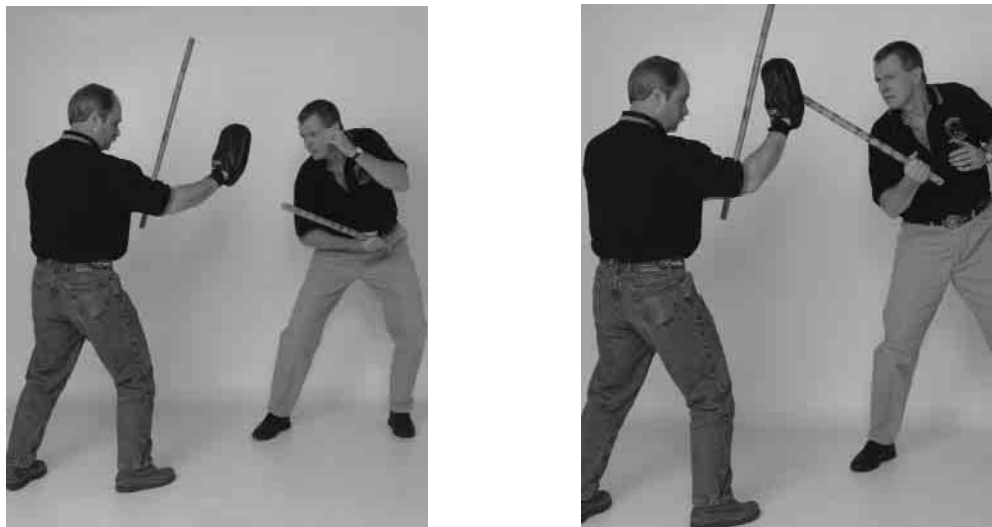
-low to high.

The SMS Combination Strike 6: Slash and Stab Strike

Slash first with the shaft, then stab with the tip. Note the trainer's gear.



Sample: A slash and stab. Note the efficient follow-through. Just enough space on the far side for...



...an effective stab.

Practice the Basics:

Execute one set of 10 strikes per angle.

- Set 1: Slash the training staff downward from the 12 o'clock zone, then stab upward.
 - Set 2: Slash the training staff inward from the 3 o'clock zone, then stab back.
 - Set 3: Slash the training staff upward at the 6 o'clock zone, then stab downward.
 - Set 4: Slash the training staff backhanded from the 9 o'clock zone, then stab back.
 - Set 5: Slash the training staff and stab from all 4 angles from a knee high position.
 - Set 6: Slash the training staff and stab from all 4 angles from a grounded position.
 - Set 7: Slash the training staff and stab above 6 sets with your opposite hand.
 - Set 8: Slash and stab at a trainer that is moving, feeding you a target and striking back.
- Note 1: Keep the strikes economical and in the window of combat before you.
Note 2: Keep the support hand up and ready.
Note 3: Maintain a good, athletic balance.

The SMS Combination Strike 7: The Stab and Slash Strike

Stab with the tip or handle, then any slash with the shaft. Here below are samples.



12 o'clock thrusting stab.



Any slash.

You can generate a great deal of energy at the wrist after the stab by whipping into the slash. Practice these maneuvers and impacts on heavy bags and other training objects. Similar tactics work with knives that will appear in later *Training Mission Books*.

Practice the Basics:

Execute one set of 10 strikes per angle.

- Set 1: Stab, then slash the training staff downward from the 12 o'clock zone.
- Set 2: Stab, then slash the training staff from the 3 o'clock zone.
- Set 3: Stab, then slash the training staff upward from the 6 o'clock zone.
- Set 4: Stab, then slash the training staff backhanded from the 9 o'clock zone.
- Set 5: Stab, then slash the training staff from all 4 angles from a knee high position.
- Set 6: Stab, then slash the training staff from all 4 angles from a grounded position.
- Set 7: Stab, then slash the training staff with the above 6 sets with your opposite hand.
- Set 8: Stab, then slash at a trainer that is moving, feeding you a target and striking back.

Note 1: Keep the strikes economical and in the window of combat before you.

Note 2: Keep the support hand up and ready.

Note 3: Maintain a good, athletic balance.

SMS Combination Strike 8: The Pommel and Slash Strike

You strike with the pommel. You slash with the shaft.



Sample of a 6 o'clock pommel strike.



Then, any stick shaft slash.

Practice the Basics:

Execute one set of 10 strikes per angle.

- Set 1: Pommel strike, then slash the training staff downward from the high, 12 o'clock zone.
- Set 2: Pommel strike, then slash the training staff from the 3 o'clock zone.
- Set 3: Pommel strike, then slash the training staff upward from the 6 o'clock zone.
- Set 4: Pommel strike, then slash the training staff backhanded from the 9 o'clock zone.
- Set 5: Pommel strike, then slash the training staff from all 4 angles from a knee high position.
- Set 6: Pommel strike, then slash the training staff from all 4 angles from a grounded position.
- Set 7: Pommel strike, then slash the training staff in the above 6 sets with your opposite hand.
- Set 8: Pommel and slash at a trainer that is moving, feeding you a target and striking back.

Note 1: Keep the strikes economical and in the window of combat before you.

Note 2: Keep the support hand up and ready.

Note 3: Maintain a good, athletic balance.

SMS Counter-Strike! Principles and Concepts in Blocking

Use three basic concepts-evading the force, force-to-force and passing the force.



Total evasion.



Force-to-force.



Passing.

Total evasion can occur when you have the alertness, space and mobility to dodge the attack. Force-to-force is self-explanatory. If you can't match or exceed the energy coming in, you lost that one. Passing is when you blend with the incoming force to deflect the strike away from you.

Counter-Strike 1) Evade the force.
Counter-Strike 2) Force-to-force blocking.
Counter-Strike 3) Pass the force, with...
-Deflection.
-Force-to-force for contact, then surrender to the energy.
-Shoveling.

Force-to-force is when you stand right in the attack path. You throw out a powerful blocking motion to stop the attack. This is the most commonly practiced tactic.

SMS Blocking Set 1) All Strikes are Blocks
SMS Blocking Set 2) Unsupported Blocking
SMS Blocking Set 3) Supported Blocking-High on the Weapon
SMS Blocking Set 4) Supported Blocking-Low on the Weapon
DMS Blocking Set 1) The Two-Handed Grip Block

Passing is when you can deflect an attack aside, or you can scoop or shovel pass the attack:

-with the stick shaft (Your empty hand may or may not help.)
-with the stick handle (Your empty hand may or may not help.)
-with you empty hand.
-with high or low motions.

Beware the slashing block, one that barely taps an incoming force. This quick slash is practiced by some martial artists. Some fancy practitioners may even slash down and have their stick touch the ground! This is an unsafe waste of energy. Such a block makes too brief a contact with the incoming strike barely hindering it at all. The slashing block may shave off only 20 percent of the enemy's force. Then, once clear of your blocking stick, the strike will smack you with the remaining 80 percent.



The block. So far, so good.



The pretty martial arts slash...



Pretty is as ugly feels!

The Clock Blocking Concept

Training methodologies are overloaded with elaborate numbering and angle systems that require memorization and religious practice. In my 30-years plus in the martial sciences I have seen everything from 4, to 6 to 144 angles of attack! I realized this must be standardized in the most digestible context. The clock! Who can forget the clock! I began to teach strikes and blocks based on the clock patterns and have had great success with student retention. Practitioners can absorb and remember the angles of attack with clock number applications. You will hear me usually refer to the 4 clock sections, 12, 3, 6 and 9, or sometimes will use all 12 number angles if such applies, not just with impact weapons, but with empty hand and edged weapon blocking. The clock is also an easy reference point for footwork drills if the clock face is laid flat on the floor.

In *clock blocking*, our stick blocks cover the four clock quadrants of high, right, low and left sides. Applying blocks in these zones may stop all hooking attacks. Plus, the path of the blocks, as the stick travels to the clock sides, intercepts straight attacks and deflects them.

With the clock as a foundational reference, you see tactics referred to as *sweeping under the clock* (a single hand low swing), or the *wall block* (protecting your back as the wall is behind the clock).



The mission of all teachers is to reach students and connect them to the material, and offer them the highest retention possibilities. Using the universal clock face as a basis for directional training is the best method to reach students and help them retain the material.

SMS Blocking: The Unsupported Block

This is a single-hand, saber grip block that is the commonly taught, commonly seen and completely misunderstood, over-estimated block.



The 12 o'clock block.



The 3 o'clock block.



The 6 o'clock block.



The 9 o'clock block.



Sweep under the clock.

What if a madman, brandishing a hefty stick, charged you from across a room? With all this momentum and power, do you think a one-handed block, such as the ones shown on this page, would stop the attack? Probably not! You will need the supported blocks on the following pages, yet this unsupported block is shown to martial artists, enforcement and military as a primary blocking tool. This block is best reserved against very close quarter strikes that will not carry much force. All strikes are blocks too, and perhaps this is the category where that statement has most meaning. Power in blocking, or striking out as though the block were a single-handed strike might have more success.

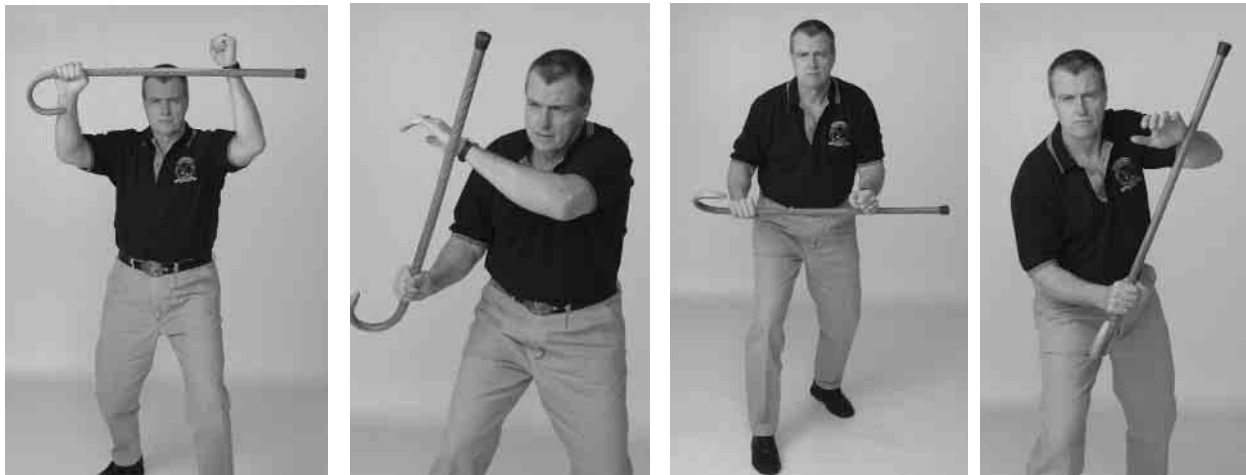
If forced to rely on one-hand blocking, think about the application of hammering a nail with the pommel of the stick, as shown below. With each hammering movement, more force and inertia travels to the shaft for a block. Let the block linger on the strike until the job is done.



*"Hammering the nail!"
This focus brings momentum
to the shaft, helping enhance
the energy of a block.*

SMS Blocking: The Supported Block-High on the Stick

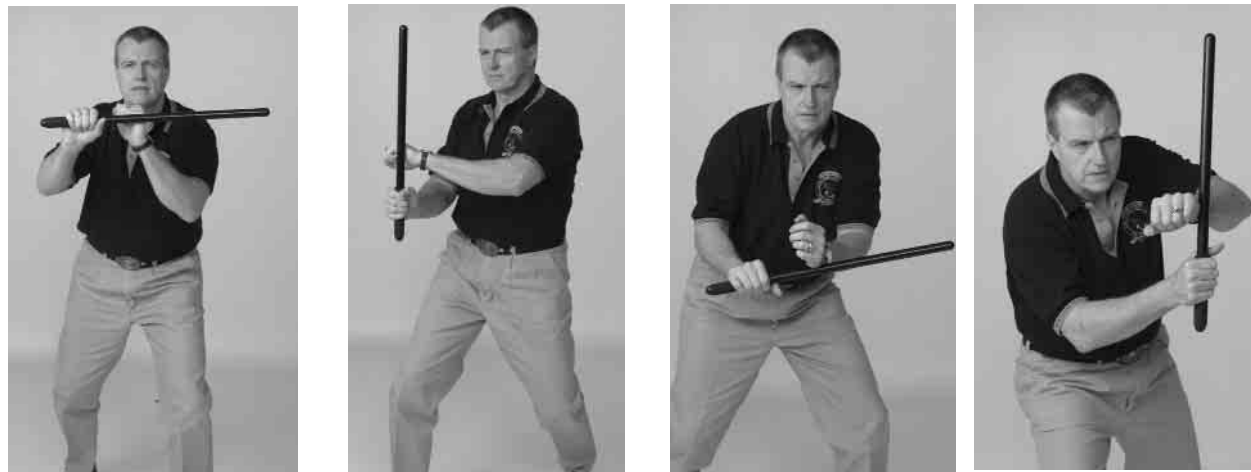
This is when the support hand helps brace the block. The hand is high on the stick. There may be a reverberation on your hand. It may hurt, but after all this is a fight.



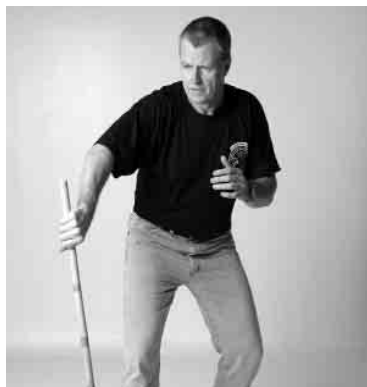
The Four Supported- High on the Stick, Clock Blocks.

SMS Blocking: The Supported Block-Low on the Stick

This is when the support hand helps brace the block. The hand is low on the stick. There may be a reverberation on your hand.



The Four Supported- low on the Stick, Clock Blocks.



Though weak, the stick-tip down blocks are sometimes your only resort.



The Wall Block." This block protects the head and spine.

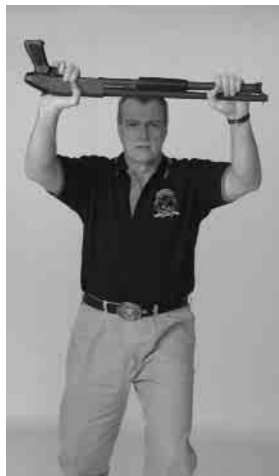
The Side-Handle Block

Some impact weapons have a side-handle grip. This grip actually offers little advantage when compared with the many tactics of the “slick,” or smooth, handle-free stick. To the right is the supported block offered by the side-handled baton. Still the shaft slides around a bit. These side-handle blocks can be exercised on the four corners of the clock.



DMS Blocking: Two-Handed Blocking

This block belongs to the DMS family of tactics shown later in *Training Mission Three*, but is introduced here to complete the blocking tactics so that we may properly practice the block and strike drills of *Training Mission Two*. In heavy, hard-core combat, one appreciates the muscle memory of the secure two-handed block.



The Four DMS, Two-Hand Clock Blocks.

Practice Block/Strike and Strike/Block Combinations

Work on strikes with blocks, and blocks with strikes.

Unsupported blocks
Supported blocks
Two-hand blocks

followed by...

Shaft strikes
Tip stabs
Pommel strikes

Shaft strikes
Tip stabs
Pommel strikes

followed by...

Unsupported blocks
Supported blocks
Two-hand blocks

Impact Weapon Deflecting/Passing

The weapon passes an incoming attack with the shaft or with the handle. The weapon can be passed either high or low. Passing has two major requirements. One is that the incoming, attacking cane must not retract after impact, but instead follow through on its path. The other is that one must have great ability to blend with the incoming strike and intercept and pass it. Passing is done by intercepting and "shoveling" the attack, or by hard force-to-force contact followed by the quick collapse of your weapon to steer the cane aside.

- Weapon shaft passes high right or left, the free hand may or may not help.
- Weapon handle passes high right or left, the free hand may or may not help.
- Weapon shaft passes low right or left, the free hand may or may not help.
- Weapon handle passes low right or left, the free hand may or may not help.
- The fanning pass/switch.



*The weapon handle or shaft passes high or low, right or left.
The free hand may or may not help.*



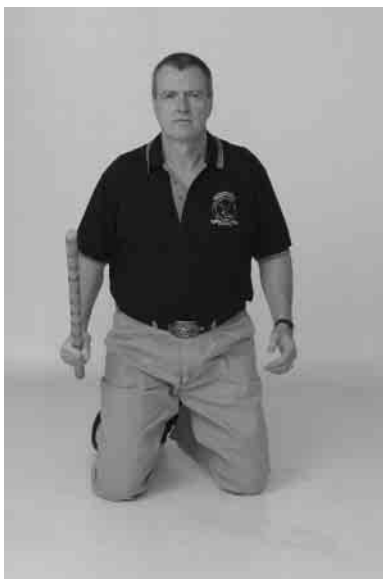
The Fanning Pass. This can be a "side-switcher" from the outside to the inside, or the inside to the outside. Note the wrist rotation. Note the fan strike to the head.

SMS Knee High Maneuver Drill

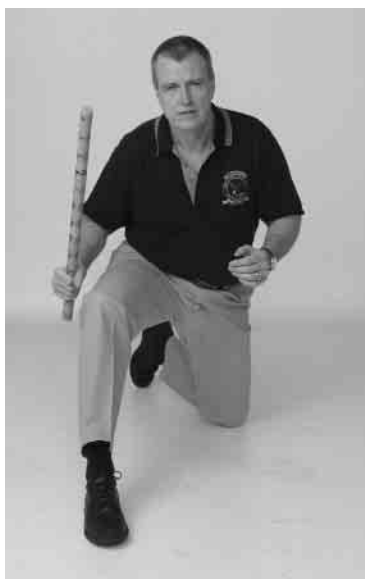
In close quarter combat, it is imperative to be confident and comfortable maneuvering knee high. If given an opportunity to do so, remaining knee high is usually as low as you should get if an opponent is on his back or chest. Knee high is the superior ground fighting position. It is where hand, forearm, elbow and knee strikes are easily delivered. Knee high is also the preferred arrest position. Real world combatives are not high school, college and sport judo matches. Of course, you must study these sports also, but to calculate how to defeat the tactics.

In order to enhance these skills, I have organized this knee high drill which I promote with empty hands, impact weapons, pistols, and knives in both saber and reverse grips. For the drill, imagine a clock laid down on the floor and you are at its center, down on both knees. You will start by stepping right foot, then left:

at about the 12 o'clock position, returning to the center.
at about the 1:30 and 10:30 o'clock positions, returning to the center.
at about 3 and 9 o'clock positions, returning to the center.
at about 4:30 and 7:30 o'clock positions, returning to the center.
at about 6 o'clock positions, returning to the center.



From the center or neutral axis-point of the clock...



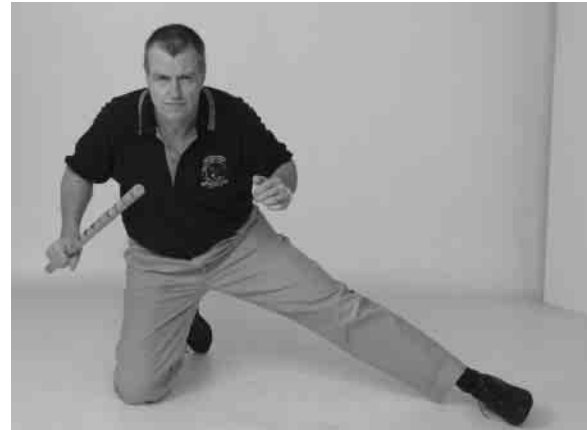
...step forward with the right foot, back to neutral, then step forward with the left foot.



Return to the neutral axis-point of the clock.



Right foot to 1:30. Return. Then extend left foot to 10:30. Then return to neutral axis.

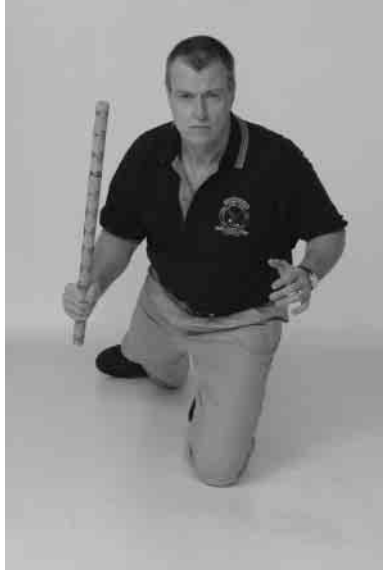


Right foot to 3 o'clock.. Back to neutral...

... left foot to 9 o'clock.



Then to neutral. Right foot to 4:30. Left foot to 7:30.



Back to the neutral. Right foot to 6 o'clock. Left foot to 6 o'clock.

SMS Falling

It is imperative that practitioners learn to fall while brandishing their weapons. Tuck the chin. Round off all corners of the body and expel a bit of air. A student will tumble:

- Fall 1) 12 o'clock or forward- north.
- Fall 2) 3 o'clock or to the right- east.
- Fall 3) 6 o'clock or to the rear- south.
- Fall 4) 9 o'clock or to the left- west.

Get up, and take a quick strike to finish each roll.

When you roll, immediately get up while executing a stick slash.



SMS THWART and THWARTED SERIES

Thwart the Common Attacks

The common strikes are shaft, tip and handle attacks. They are thwarted by blocks.

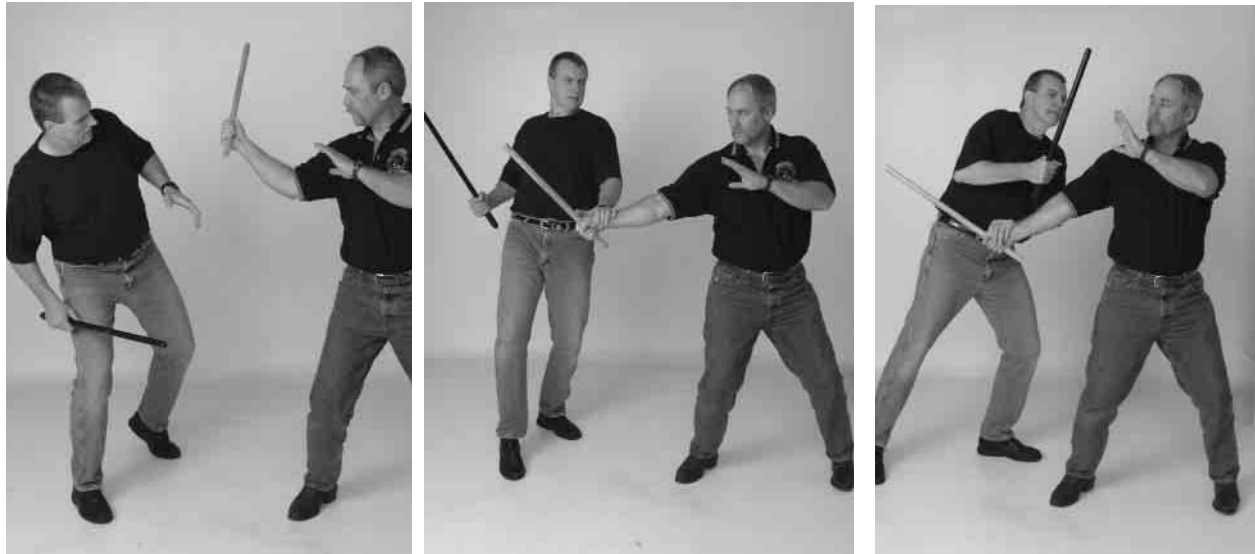
Thwart 1) Counter all three types of stick strikes with evasion/footwork.

Thwart 2) Counter the shaft slash with blocking.

Thwart 3) Counter the pommel strike with mobility and hand or stick blocking.

Thwart 4) Counter the stabs with hand or stick deflection/passing and blocking.

Thwart 5) Counter the shaft slash with mobility and if you can avoid contact, then counter-strike.



*Counter the shaft slash with mobility/evasion, stick or hand blocking. Strike back.
Above an example of evasion and strike back.*



*Counter the pommel strike with mobility/evasion, stick or hand or stick blocking. Strike back.
Above an example of a hand block and double slash.*



Counter the pommel strike with mobility and blocking. A sample. Above and below, the shaft interrupts the strike, then rolls into a pommel strike, and then strikes again.



Practice

Experiment with these right and left-handed.
Experiment with these involving knee high and ground predicaments.

Note: Remember this is only level 2! You do not have to expect complete combat scenarios from new students. Begin such practice here. In these courses, such skill will be taught and developed in later levels. Experienced students should be encouraged to create combat scenarios with realistic finishes.

Thwart the Common Blocks with Invading Hands

Should the enemy block your attack, follow these tactics and practice countering the block.

Counter the Block 1) Strike the blocking limb. Out maneuver the block so as to hit the limb.

Counter the Block 2) Re-direct a quick strike on another unprotected line of attack.

Counter the Block 3) Invading Hands! The empty hand strikes, pins, passing or pushing the limb.

Invading Hand 1) The hand strikes to stun, gaining closer entry.

Invading Hand 2) The hand pins to clear a path in.

Invading Hand 3) The hand passes the limb to clear a path in.

Invading Hand 4) The hand pulls to clear a path.

Invading Hand 5) The hand pushes to clear a path in.



The hand pins. A sample. In order for there to be a pin, the pressure must be AGAINST something. Usually, as shown here, the pin is against the body, or against a wall or the ground.



The hand passes the limb. A sample.



The hand grabs and pulls. Just one sample.



The hand pushes. A sample.

Charge!

Counter the opponent's evasive footwork with a persistent and quick chasing charge. You can run inward faster than he can back up. You see where you are going. He can't. Charge! Using your command and mastery skills, invade/drill in and around blocks, hand strikes and stick strikes.

Invading Sticks! An introduction to the axis strikes.

We have looked at invading hands. Now come the invading sticks. After stick-to-stick contact, there are three major ways a stick may invade, with the shaft, the tip or with the handle. In these stick-to-stick situations the enemy's blocking stick may act as an axis point from which your stick pivots and or slides on into a target. If you will operate under an aggressive, invading mindset you can become adept at entering into fight-finishing attacks to the head and neck. These tactics work best against a slow, uncoordinated attacker or someone who is stunned and injured.

Axis Invading Stick 1) Fencing tip stabs series.
Axis Invading Stick 2) Pommel strike series.
Axis Invading Stick 3) Sliding shaft series.

Invading Stick 1) The Axis Fencing Stabs.

The enemy blocks in such a manner that you detect a stab is the most efficient attack. On the clock practice, the quadrants of 12, 3 and 9 o'clock can work well. A 6 o'clock quadrant stab is uncomfortable and easily blocked. The stab should be to the face or neck. Remember mobility and a cover hand.



Block thwarted! Above, the stick slides over to fencing stab the face and/or neck. Below, the stick slides to the side. It's all in the wrist! These are timeless fencing moves.

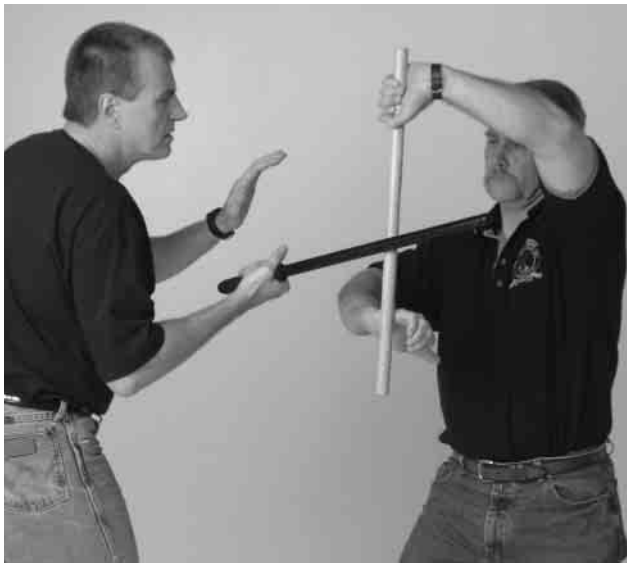


Invading Stick 2) Axis Pommel Strikes.

The enemy blocks in such a way that you decide a hooking pommel strike, rather than a stabbing attack, is the most efficient entry. Use his blocking stick as an axis point, and hook in. Using the clock format as a standard, we learn that this strike can work well against blocks held up in the quadrants of 12, 3 and 9 o'clock. Again, as with the fencing tip stab, the low 6 o'clock position is uncomfortable. Remember mobility and a cover hand. This must be done with lightning speed as the opponent will not keep a block up for long.



Thwarted with a high block? The pommel strike punches around the blocking stick for a strike. Experiment with finishing tactics.



Depending on how the opponent blocks, this hooking pommel strike may work its way in. As with the stab, this hook works on the 12, 3 and 9 o'clock, (top, right and left sides) best. The low, 6 o'clock attack applications are too awkward.

Invading Stick 3) Axis Sliding Shaft

You have made contact. Sometimes you have a chance to simply slide your stick down his stick and crack his hand that holds his stick. If you are "hand hungry" you will find these opportunities. Remember mobility and a cover hand up. Take special note of this rarely seen or taught tactic.



You have made contact. Sometimes you have a chance to slide your stick down his stick and crack his hand. This is not a fencing move because a hilt/hand-guard would normally protect the hand. With impact weapons, the hand is usually unprotected.

Invading Stick 4) Countering the Axis Strikes

Using basic stick and hand blocking methods, you may counter these axis strikes.



A quick hand (or stick) can stop a hooking handle.



A quick stick (or hand) can deflect a stab.

Your SMS Combat Drill Practice and Review

These drills teach combat footwork in conjunction with blocking and striking. Start out slow and smooth. Speed comes later.

SMS Combat Drill 1) Sets of 3

You step and strike three times. He steps back and blocks 3 times. Roles reverse.

SMS Combat Drill 2) Sets of 2

You step and strike two times. He steps back and blocks. Roles reverse.

SMS Combat Drill 3) Sets of 1

No real room for stepping here. You strike once. He blocks once. The role reverse.

SMS Combat Drill 4) Extreme Close Beats of 1

This exercise leaves no room for footwork and really develops stick handling skills. This does not lend well to photo series because photos cannot capture the motion and activity well. Start out slow and smooth. Speed comes later.

Round 1) Stick-and-hand versus stick-and-hand

Round 2) Stick-and-hand versus stick only

Round 3) Stick-and-hand versus hand only

-right hand only

-left hand only

Round 4) Stick-and-hand versus stick-and-hand

Round 5) Option for the daring-insert ad lib CQC kicks like the shin kick or foot stomp.

Round 6 and more) Invent inserts of your own.

SMS Combat Drill 5) Solo Shadow Boxing

When alone, you must exercise. After experiencing all of the above, use your experience with work-out partners for exercises in shadow boxing. You **MUST** imagine an invisible enemy.

SMS Combat Drill 6) Non-Contact Stick Sparring

With two novices far enough apart to prevent contact, fight against the attacks and blocks of a attacking person.

SMS Combat Drill 7) Killshot Stick Sparring

Fight against a real person! Respect the head shot.

Rounds of right hand versus right hand

Rounds of right hand versus left hand

Rounds of left hand versus left hand

Rounds of one trainee versus two opponents

Advanced hard core SMS stick drills, such as the challenging *Increasing 12s Drill* and much more are covered in **Training Mission Four**. We have a few more essentials to cover. These drills are demonstrated in the **TMF: The DVD**. Educate yourself by reading this, by watching the DVD and by physical practice in seminars and classes with proper coaching. Miss one step, and you miss the objective.

Your SMS Module Review and Practice Assignment

Single Strikes (hit a training object)

Practice these strikes and blocks:

- Right hand grip and a left hand grip
- From your knee-high position
- From on your back on the ground
- In the air
- Hitting solid objects like heavy bags or posts
- Hitting training sticks and pads held by trainers

____ Practice rolling/falling in all four clock directions with a stick.

____ Exercise the knee-high clock drill

____ One set of 16 saber grip slashing strikes (four from each clock corner).

____ One set of 16 saber grip hit and retract shaft strikes (four from each clock corner).

____ One set of 16 reverse grip, slashing strikes (four from each clock corner).

____ One set of 16 reverse grip, hit and retract strikes (four from each clock corner).

____ One set of 16 saber grip, hooking pommel strikes (four from each clock corner).

____ One set of 16 saber grip, thrusting pommel strikes (four from each clock corner).

____ One set of 16 saber grip, hooking pommel punch (four from each clock corner).

____ One set of 16 reverse grip, hooking pommel strike (four from each clock corner).

____ One set of 16 reverse grip, thrusting pommel strikes (four from each clock corner).

____ One set of 16 center or "choke grip" strikes (four from each clock corner).

____ One set of 16 saber grip, hooking, tip stabs (four from each clock corner).

____ One set of 16 saber grip, thrusting tip stabs (four from each clock corner).

____ One set of 16 reverse grip, thrusting tip stabs (four from each clock corner).

____ One set of 16 reverse grip, hooking tip stabs (four from each clock corner).

____ One set of 16 closed baton pommel strikes (four from each clock corner).

SMS Combination Strikes

- ___ One set of 16 saber grip double shaft slashes (four from each clock corner).
- ___ One set of 16 saber grip X or figure eight shaft slashes (four from each clock corner).
- ___ One set of 16 saber grip shaft, fan strikes (four from each clock corner).
- ___ One set of 16 saber grip, shaft, large circle double strikes (four from each clock corner).
- ___ One set of 16 saber grip, shaft, small circle, double strikes (four from each corner).
- ___ One set of 16 saber grip slashes and tip stabs (four from each corner).
- ___ One set of 16 saber grip, tip stab and slashes (four from each corner).
- ___ One set of 16 saber grip slashes and pommel strikes (four from each corner).
- ___ One set of 16 reverse grip pommel thrust and shaft strikes (four from each corner).

The Blocks

- ___ 5 Unsupported blocks (12, 3, 6, 9 and “sweep under the clock.”)
- ___ 4 Supported blocks, support hand high on the stick.
- ___ 4 Supported blocks, support hand low on the stick.
- ___ 4 DMS double hand grips blocks.

Combat Drill Sets

- ___ Sets of three.
- ___ Sets of two.
- ___ Sets of one.
- ___ Shadow boxing.
- ___ Two-person, non-contact sparring.
- ___ Stick sparring for exercise, footwork and experience.



Knife/Counter-Knife Combatives Level 2: The Saber Slash Module

In **Training Mission One** we learned how to quick draw the knife. Here, in **Training Mission Two** we will begin to use the weapon in combat. The mission covers the use of the saber grip as a base for a cutting or slashing attack. The Protocols for knife versus knife combatives are:

- Learn the strikes
- Learn the blocks
- Learn the counters to common strikes
- Learn the counters to common blocks

The Saber Slash Knife Assault Module

The saber knife grip, so simply put, is when the sharp end of the knife sticks out of the top of a hand, in a grip held like a sword-ergo the word saber. A slash of your knife's edge may cause great damage to your enemy, or make only a slight tear in clothing. A slash with big heavy knife can cause more damage than a smaller, lighter one.

Studies and Observations 1) Review of *Training Mission One*

Vital essentials about knife combatives are documented in **Training Mission One**. Review those before proceeding with the this segment of training.

Studies and Observations 2) Economy of Motion versus Velocity versus Penetration

Keep the slashing very economical, and in the *window of combat*- that rectangle loosely bordered by your shoulders and upper thighs. The tight, efficient slash comes from the extension of your wrist and movement at the elbow, not shoulder. Too much shoulder and you are giving your opponent a better chance to counter you. Remember that countering your knife slash can take place when you over extend the staging of your slash by rearing your knife back too far, or by slashing your blade too far past your target. Your practice must develop as much velocity as possible inside limited space. Then you must concern yourself with the power of penetration. All these methods may be exercised by striking training objects that you can actually slash into, such as meat, martial training bags and wooden posts.



Knife chambered and pulled too far to the rear.



Knife swung too far past target.

Studies and Observations 3) The "Apple on a String" Slash

Understand the "apple on a string," impact slashing concept. Strike as if you are hitting into an apple on a string and want to penetrate the apple with your slash as much as possible before the apple bounces away.



Studies and Observations 4) The "Uncommitted Slash"

Understand the "uncommitted slash" theory. You are striking out to hit a particular target, but should there be an obstacle suddenly in the way, you can stop that slash, manipulate and/or redirect the blade to an available target.

Studies and Observations 5) The "Wandering Thumb" Essay

There are some confusing interpretations on the saber grip. Part of the problem? People have defined positions about where the thumb goes. Some experts consider the saber grip as the "sword-saber grip" with the thumb atop the handle.

The mandatory high thumb may be too uncomfortable for people with big hands and long thumbs. The handles of almost all knives with hilt/guards do not accommodate large hands, interfering with grip strength. Thumb positions wander from knife to knife. Some experienced military experts even put the flat of their thumb tip on the side of the blade atop most knife maker insignias and still get some excellent slicing done, even with the knife somewhat sideways in their hand.

When you cut a tough steak or Christmas turkey, you will often reflexively brace your thumb atop the knife to generate more slicing power. Many knives are single-edged with a widened surface to support a thumb. Or put your thumb atop the handle. A grip that places a thumb on the flat of the blade, over the usual knife maker logo, or *fingerprint* is over 500 years old. Some place their thumb atop the guard/hilt and this grip requires knife-by-knife experimentation.

Put the edge of a dull, metal training knife against the chest of a training partner. Push him back with the blade. First, don't use the high thumb. It is difficult to project power through to the tip and move the man. Next, push him with the braced high thumb. With the thumb assist atop the knife you will push your partner's torso back further! This equates to slicing and penetration power. The thumb helps. Also, when you use the knife to block an incoming knife or stick attack you may NEED the thumb brace to help support the block.

There are people that will still lose their knife while holding it in a complete vice-like, hand wrap. Their solution? Go to the gym! Do some weight lifting that involves forearm strength. Get a rubber ball and exercise your hand squeeze. Slash and stab wooden posts to develop goal-specific strength.



Thumb atop the weapon.



Thumb beside the weapon.



Thumb on blade's "fingerprint."

The cancer grip is what I call a position where the thumb and ball of the thumb are high up and off the weapon. This is innocently practiced by many inexperienced martial artists. It offers zero gripping power. Upon first contact with the enemy the knife will fly right out of the bearer's hand.



Avoid the cancer grip.

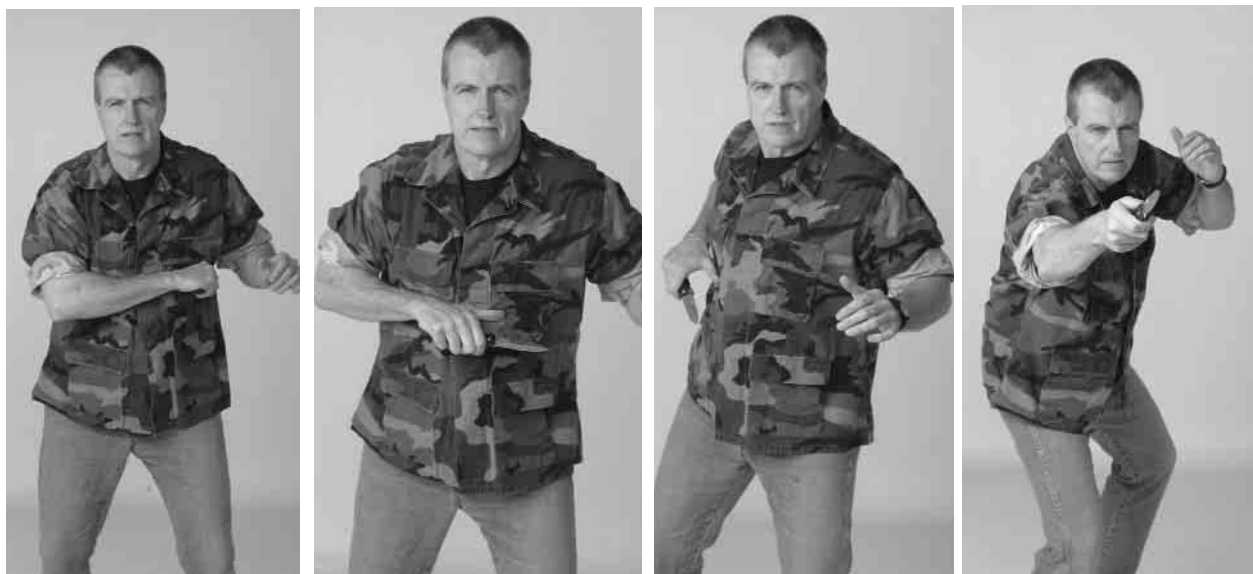


The rare, weak, flimsy, "cancer" catch.

To excuse its appearance, practitioners claim that the grip is good for catching and locking onto the opponent's arms. Even this flimsy catch is still an invitation to easy and accidental disarm. Its limited use does not justify the use that naive martial artists display as they perform their command and mastery in solo practice.

My friend Pak Victor de Thoars, the inimitable Guru of the Silat Serek Indonesian fighting system informed me the cancer grip may well originate from a misuse and misunderstanding of an Indonesian knife cross draw. He reports that the open thumb up and raking across the chest tells the bearer where his knife is as he draws the blade. He insists that once the blade is put into use a powerful grip must be clamped onto the handle to survive combat contact.

Whatever the source, some influential instructors have mindlessly replicated the cancer grip in their practice, mostly by thoughtless accident. The position has found its way on the covers of knife books and in the training of some martial systems, even done by some Navy SEALs alumni. Usually once the problem has been identified, the instructor immediately understands and never does it again, unless mindless muscle memory kicks in.



Demonstration of the close quarter Indo cross draw. The spread thumb rubbing across the body tips the bearer as to where the knife is during the drawing process. As soon as the knife comes into use, you MUST put the thumb back on the knife for support. I am not advocating this thumb-to-chest cross draw, I am just simply showing it to you for information.

Studies and Observations 6) Edge Awareness

It is important to know where the sharp edges of your knife are. Typically, there are three kinds of edge options:

- 1) Primary/single edge
- 2) Secondary/false edge-this is nomenclature that relates to what some call the back edge of the blade. The dubbed-false edge can be sharp from the tip to several inches down the back.
- 3) Double edge-this is when both edges of the knife are sharp.

When slashing, you may use any sharpened edge, which may involve turning your wrist so the sharpness faces your target- we call this being *edge-aware*.

Studies and Observations 7) The Slash is not a Knife Block Awareness

Beware the slashing block. The idea that a slashing knife (or stick) can stop an incoming attack is incorrect. It is so over practiced and misunderstood, I feel the need to include this awareness in the slashing module. A slashing knife may slow an incoming attack only to some degree. The opposing hand, knife or stick may still reach in to cut you. For this awareness drill, a trainer slashed Xs at a trainee, deeply, deep enough to make realistic body contact. The trainee experiments with a saber gripped knife and tries to block the attack. This starts out slowly, then in a resistance continuum, the speed continues. A slash at an incoming attack is not likely to stop it, just slow it down. If the knife is meant to block, do not slash with it.

Studies and Observations 8) The Other Hand



Beware the slashing block! It is not a block! Pay attention martial artists. A block must remain in place until the attack is thwarted. You will only lessen an attack, not stop it.

Keep the support hand in the window of combat-the rectangle loosely bordered by your shoulders and mid-thighs. The support hand blocks, strikes, grabs, confuses and throws.

Studies and Observations 9) Success of the Slash

Does anyone really need an anatomy lesson on how a knife destroys the body? Suffice to say human life is extremely tenacious. Many victims have survived 30 plus, sometimes over 100 stabs and slashes before death. This alone is not discussed in the training programs of many current martial systems. Civilian and military doctors will report that stabs cause most death, but slashes delivered in the right place can also be serious and deadly. Slashes need to attack main veins, muscle and nerve lines. The main impediment to slashing is clothing. Military uniforms and load-bearing vests protect the body.

Studies and Observations 10) Improvisational Edged-Weapons

If unarmed, what everyday items in your environment, can you snatch to use as a slashing (or stabbing) weapon. If you have some time before an impending combat, much can be manufactured. The blades of scissors can be split apart. Items that can hold an edge can be sharpened. Sturdy glass or plastic can be half wrapped with tape or cloth for a handle. A broken glass motel coffee pot, held by the handle is a weapon. Think about these things.

Knife Saber Slash Solo Command and Mastery

The Basic Single Slash Drills

Learn the essence of slashing with this drill.

Basic Slash Drill 1) Introduction to the Single Saber Slash:

12 slashes (long version). Execute a single slash for each angle, or number of the clock.

4 slashes (abbreviated version). Execute on the four corners of the clock, being 12, 3, 6, 9.

Do standing, walking, kneeling and on the ground, right-handed and left-handed.



We all recall the clock training patterns so there is no need to demonstrate them again here. Instead, we demo the standing, kneeling and ground positions from which to slash.

Combination Slash Set 1) Support Strikes

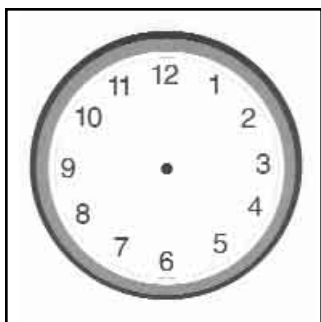
After the slash, you either hand strike or kick. Overuse the knife. The knife is a great equalizer, but it is not God's gift to equalization. You must use your entire body to fight.

Practice:

The clock numbers with any $\frac{1}{2}$ beat hand strike.

The clock numbers with any $\frac{1}{2}$ beat kick.

The abbreviated 4 corner version with each.



1/2 beat hand strike.



1/2 beat kick.

Combination Slash Set 2) Double Slashing

This is based on the angles, or numbers of the clock. Here, you practice striking back more or less on the same line of attack as the original slash. We introduce to the program the concept of being edge aware. If you have a double-edged knife, or a knife with a sufficient edge on the upper blade, you need not turn the blade for the return slash.



A sample: Double slashing, from the right to left, then back left to right. Palm-up to palm-down.

Combination Set 3) The Xs or Figure Eights

4 clock angles. X cuts or figure four cuts are vital flowing attack skills, honed by the edged weapon fighters of the world. Practice the angles of the drill. They can be expressed through two themes, the X cut, and the figure four. Four "X's" cut in the air in front of you. I have found that students respond best to the concept of cutting Xs. But should someone be very stiff and slow, they should be introduced to the figure four approach. This tends to inspire a flowing motion. Others respond best to the idea of specific slashing angles.



*The basic X design in vertical applications from 12 and 6 o'clock points.
Two downward slashes from 12 o'clock.
Two upward slashes from 6 o'clock.*



The basic X design in horizontal applications starting from both the 3 and 9 o'clock positions.

Hit Training Objects:

Stationary- Practice these cuts against training objects such as wooden posts or any object tough enough to withstand attack. Use a real knife and make the knife penetrate. Work with both fixed and folding blades.

Stalking- moving. It is an effective training drill in classes to use sticks fed by training partners. Flash the stick, and cover ground. Make the student chase and strike.



Strike a moving target.



Then, have the trainer strike back at you!

Saber Grip Knife Falls

In the rough and tumble, crash, burn and fall of combat, realistic training must include falling while holding your edged weapon. Learn to fall while holding a saber grip edged-weapon. Being aware of the tip and edges of your weapon execute:

- Knife Fall 1) Forward, or north at a 12 o'clock ground clock.
- Knife Fall 2) To the right, or east at a 3 o'clock ground clock.
- Knife Fall 3) Backward, or south at a 6 o'clock ground clock.
- Knife Fall 4) To the left, or west at a 9 o'clock ground clock.
- Knife Fall Note) Each time, come up slashing as a matter of practice.

The Knee High Knife Ground Clock Drill



Knee -High Knife Combatives!

The stomping foot captures a leg. The other knee and shin traps the weapon bearing limb. The knee high position is the superior ground combat fighting position.



It is vital that a practitioner is comfortable maneuvering knee high and while holding a knife. If given an opportunity to do so, remaining knee high is usually as low as one should get if an opponent is on his back or chest. Knee high is the superior ground fighting position. It is where you can deliver hand, forearm, elbow and knee strikes. For enforcement and correction officers, the knee high is also the preferred arrest position. Real world combatives are not high school, college and sport judo matches. Of course, you must study the lower wrestling levels too, but to calculate how to defeat the tactics.

In order to enhance these skills, I have organized this knee high drill which I promote with empty hands, impact weapons, pistols, and knives in both saber and reverse grips. For the drill, imagine a clock laid down on the floor and you are at its center, down on both knees. You will start by stepping right foot, then left;

- at about the 12 o'clock position, returning to the center.
- at about the 1:30 and 10:30 o'clock positions, returning to the center.
- at about 3 and 9 o'clock positions, returning to the center.
- at about 4:30 and 7:30 o'clock positions, returning to the center.
- at about 6 o'clock positions, returning to the center.



Starting position.



Right knee up.



Then left knee up.



Back to neutral.



Right leg to 1:30.



Left leg to 10:30.



Pass through neutral and right goes at 3 o'clock. Left at 9 o'clock.



Pass through neutral. Right goes out at 4:30. Left goes at 7:30. Back to neutral.



Right leg back at 6 o'clock. Then left leg back. Knee drill ends back at neutral.

Killshot Knife Sparring

Too much Dueling! Two opponents, squaring off for a duel is an event least likely to occur in our modern world. Yet, this 19th century model preoccupies most of contemporary, edged weapon training. Yes, a face-off, show-down duel still can occur, so this range of small conflict must be studied, but not at the expense of other more like CQC events. Here, we endeavor to document some “dueling/sparring.” for both the experience and exercise. Never forget that real duelers must cheat in this face-off, grabbing and/or using ANYTHING near them to get the edge. Pick up something to use as a battering ram or a shield.

Slash Sparring is a footwork enhancer, as well as to learn the harsh realities of the duel, should that event happen to you! In training, wear as much body protection as possible, especially eye cover, fight with soft training knives. Work one minute rounds:

Rounds of right versus right.
Rounds of left versus left.
Rounds of Left versus right.
Rounds of right versus left.
Rounds of double knife versus double knife.
Rounds of single versus double knife.
Rounds of knee-high versus knee-high, any grip.
Rounds of ground side-by-side, any grip.
Rounds of short knife versus long knife and/or machete.
Rounds of unarmed versus knife.

Start these rounds anyway you wish. Four main ideas?

Round Starter 1) Armed and facing off.

Round Starter 2) Armed and back-to-back.

Round Starter 3) Knives in sheathes, pocketed or otherwise closed.

Round Starter 4) Knives tossed on the ground.



*Face-off dueling can happen in the real world,
so you must train for the possibility.*

Slashing the Statue Drill

The Close Quarters Combatives Group uses the statue drill extensively, as introduced in **Training Mission One**, as a method of bridging new practitioners from practicing in the air, to making physical contact with opponents. It also reminds the experienced practitioner of vital tactics and strategies. In this drill we practice contacting the limbs of our trainer and striking. Remember, we used a still statue, and then a pumping statue, to wean the student into more realistic contact. You will also learn the pivot maneuver just to develop more skill. Against the arms of the statue, there are three practice options:

- Option 1) The knife makes arm contact and then moves to slash the throat.
- Option 2) The empty hand makes arm contact and the knife moves in to slash the throat.
- Option 3) Both hands make arm contact, then the knife moves in to slash the throat.

The Statue Pattern) Outside, inside, split, inside, outside

This drill introduces a practitioner to the applications of slash attack and cultivates an ambidextrous ability previously not cultivated. The repetition also de-sensitizes the practitioner to knife violence. The statue's arms can be in high, low and mixed positions. The arms can pump. The arms can be punched forward with a step.

- Practice: Execute right-handed.
- Practice: Execute left-handed.
- Practice: Slash different target such as the neck, or torso.



Outside knife contact.



Knife slashes. You pick the target.



Inside knife contact.



Knife slashes. You pick the target.



The inner split contact, and then the knife slashes any target.



Inside knife contact, and then the knife slashes any target.



Outside knife contact, and then the knife slashes any target.



Next, knife contact and the free hand strikes.



Finally, both hands make contact and either knife or hand may strike.

Your Statue Drill Practice

Session 1) The knife makes arm contact, and moves to slash the throat. Change targets at will.

Session 2) The empty hand makes arm contact, and the knife moves in to slash the throat.

Session 3) Both hands make arm contact, and the knife moves in to slash the throat.

Session 4) Vary the statue arm positions. Both high. Both low. Split high and low.

Session 5) You have a right-handed knife.

Session 6) You have a left-handed knife.

Session 7) The trainer pumps the arms to give the trainee a sense of attack.

Session 8) The trainer steps and strikes into the positions previously practiced.



Here, Barnhart holds a knife, strikes and steps. The statue drill progression teaches contact and prepares the student for the next, more freestyle, chaotic practice.

The Principles of Saber Grip Knife Blocking

Using the clock format, and usually using a thumb up tight on the back strap, here are the major saber grip blocks.



High, 12 o'clock block.



Right side, 3 o'clock.



Low, or 6 o'clock.



Left side, 9 o'clock.



*Axis of the clock.
A center zone block.*



*The empty hand "cross blocks."
A sample.*



*The empty hand "same-side" block.
A sample.*



*Sweep under the clock.
Right and left sweeps.*



*Always try to snatch something
up to block with. ALWAYS!*

Principles in Unarmed Blocking versus the Knife

Using the clock format, these are the major blocks of the unarmed combatant versus the knife attacker. Note that the tender insides of the arm are turned inward. Layers of clothing and special hard protective equipment may help protect the limb. The block is a reflexive act, often to protect vital body zones such as the face and neck. All slashes are bad, however we try to minimize wounds. If possible, always grab something nearby with which to block and fight. Unarmed blocking is a last resort.



12 o'clock.



3 o'clock block.



6 o'clock block.



9 o'clock block.



Sweep under the clock.



Always use something to block.

Common clothing can really add protection to your limbs and body. I have an expression, "What you can do successfully on the hot Pacific Islands 12 months out of the year, you cannot do in Minnesota 6 months of the year. Sweatshirts! Jackets! Clothing!"

Minimization of Wound Theory

Take action that minimizes your wounds, but don't "give-up" body parts, or "let" him cut you to gain some later presumed tactical advantage afterward.



Do I get slashed on the throat?



Or, do I minimize my un-escapable injury with a slash on the back of the arm.

Counters to Common Blocks Study

You've seen the slashing strikes. You've seen the armed and unarmed blocks. Next we have drill and skill developing sets to counter common blocks, all done in the same spirit as a football team running tires or running pass plays to develop their sharp turns and ball-catching skills. Isolate and drill important steps to hone performance. Start by practicing against an unarmed trainer, then eventually-an armed trainer, who throws up common reflexive blocks against your attacks. They are just knife manipulation drills. Here are the clock attack points and the common blocks for this CCB drill:



Downward, 12 o'clock slash.



Inward, 3 o'clock slash.



Upward, 6 o'clock slash.



The backhand, 9 o'clock slash.

The Four CCB Drill Attacks:

- 1) The 12 o'clock downward slash.
- 2) The 3 o'clock inward slash.
- 3) The 6 o'clock upward slash.
- 4) The 9 o'clock backhand slash.

(For lefties? Use your clock angles of 3 and 9 in reverse. You must train with both hands anyway.)

The Four Counters to Common Blocks

I have identified the four main ways to counter the enemy's block thrown up against your aggressive advance. They are as follows:

- Counter 1) Fake. A good fake sends the block out of your intended path.
- Counter 2) Cut the block before or even after to make contact.
- Counter 3) Re-direct your thwarted attack on another open line.
- Counter 4) Invading hands. Use your support hand to:
 - pin the block
 - pass the block
 - push the block
 - pull the block

(For clarity, see all these demonstrated in *Training Mission Two: the DVD.*)

Counter to Common Blocks 1) The Fake

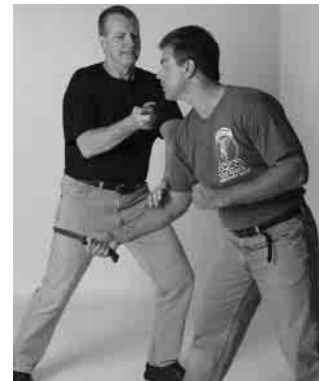
Attack convincingly on any line of attack. Observe the blocking reaction, then slash in on any opening you have just created with your fake.



The fake. Make it look good!



The opening. The invading hand and attack.



Practice your fakes with all the numbers of the clock. Slash on a clock number. Wait for a reaction, then attack in on an open zone. Every opponent's response will be different in recognition and speed.

Practice

Fake on 12 o'clock, slash on 9 o'clock.
Fake on 3 o'clock, slash on 12 o'clock.
Fake on 6 o'clock, slash on 3 o'clock.
Fake on 9 o'clock, slash on 12 o'clock.
Run other numbers.

Counters to Common Blocks 2) Cut the Block

You can see the block coming into your path? Settle for a cut on the blocking limb. Or, after limb to limb contact has been made, make a quick cut on the block.



A thwarted downward slash to the throat.



Next target! Quickly cut the blocking limb.

The above is a prime example of the *uncommitted slash theory*. You are coming in for one target, suddenly thwarted, then you may manipulate the knife for another attack. When you can perform mid-flight changes, switching targets as needed, you are exercising your command and mastery of your weapon.

Counters to Common Blocks 3) Re-Direct the Attack on Another Line

The block has made contact. Manipulate the knife into another attack.



*The 12 o'clock slash is blocked. Re-direct your knife to attack on another, more open zone.
(Note, my left hand as a cover hand up to monitor his blocking limb.)*

Counter to Common Blocks 4) Invading Hands

The empty support hand wrestles with the blocking limb. You try to bat, or push the arm out of the way. Below is a sample series of two IH tactics, an arm push and an arm wrap.



The thwarted 12 o'clock. My free hand bangs up with a push on his block.



He reflexively blocks my stab! I arm wrap his knife arm, and then use my hand to release his grip.



Practice the 4 Ps-the pinning, passing, pulling or pushing of the opponent's limbs using this formula.

The Saber Slash Block, Pass and Pin Drill

As a veteran of ***Training Mission One*** book and DVD, you should know the 6 main beats/steps of this popular skill drill. This will teach great speed, manipulation and target acquisition.



Block, pass with the blade, pommel fist or forearm, pin. Then you attack him. He does the same three.



The block, pass and pin format exists only to insert tactics in the half-beats or half-steps to isolate and develop specific skills. The initial attack can come from the high right, high left, low right and low left. Since our subject matter is the saber slash, we will insert these slashes on the half beats. Remember, do not become a drill expert. Instead, become a fighting expert. Use just enough drills to develop good skill. Do not overemphasize drills at the expense of combat scenario expertise.

1/2 Beat Slashing Inside the Block, Pass and Drill

After a few practice rounds of this 6 beat drill, start inserting 1/2 beat slashes, the subject of this module. Good practice targets are the lower arm, the upper arm and the throat.



Inside Arm: One beat 1 and 1/2 slash the lower, or upper arm, or throat for target acquisition practice.



Outside Arm: On beat 2 and 1/2 slash the lower arm, or the upper arm or throat for target practice.

Half beat slashing can target:

- 1) Lower arm.
- 2) Upper arm.
- 3) Throat.
- 4) Any other designated target.

Work all four corners of the drill and assign these targets to the half beats. Soon you will become very proficient with the blade.



Half-beat slashing action may also occur on beats 4, 5 and 6.

The Leg Block Pass and Pin Slash Drill

Often you will be faced with the kicking legs of your enemy after they have fallen, or after you have taken them down. This version of the drill familiarizes you with this knee-high versus prone enemy position. The drill teaches related knife-to-leg-target acquisition. Remember, a major skill in ground fighting is moving or *making your arms like your legs, your legs like your arms*. This drill also enhances Barnhart's ground fighting, leg skills.



Block.



Pass.



Pin.



He blocks.



He passes.



He pins.

1/2 Beat Leg Slashing Inserts Inside the Block, Pass and Drill

After a few practice rounds of the 6 beat drill, start inserting 1/2 beat slashes. Good practice targets are the lower leg, the upper leg and the groin. Cut them on beat 1 and 1/2 for this drill practice.



Lower leg.



Upper leg.



Groin.

Option Awareness Combat Scenario: Unarmed Encounters the Slash

Advanced and expert CQC Group training levels concentrate on unarmed combat versus knife attacks. Here in **Training Mission Two** (TMT) while on the subject of saber slashing, we will preview a worst case scenario. Your worst enemy is a trained person who slashes tightly and expertly. Here in this series, you receive a slash across the back of your defensive forearm.



You've taken a slash. The second the blade tip passes your forearm...



Bang down on the weapon arm and ram your fingers into his eyes. Deep! Crash and pin the arm.



The successful eye attack sets up the arm scoop.



Bash the back of the neck and keep scooping.



*Knee the head if, you can.
Strip the knife from the stunned man.*



*If all goes to plan? Next do what is
appropriate for the circumstances.*

Knife versus Knife Option Awareness Combat Scenario: The Slash and Bump

For this early basic training level, no combat scenario is required in testing, but it is wise to begin such practice as early in the course as possible. This is a very simple and powerful scenario, involving hard power slashes and a power stab with body bump. The trainee then makes an orderly retreat to safety.



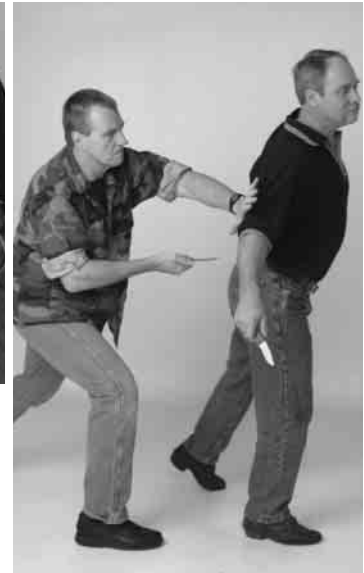
*He stabs deep with realistic force and intent. You dodge and strike
down on the arm for maximum impact and a possible deep cut.*



Next, swing up and club him with the knife edge into the throat/face/head area. It is like a punch "with a sharp edge" of the knife. Your cover hand is up and you crouch for...



...a full body "football" style ram as your shoulder and knife plow into the enemy. After this "bump" you shove him off, backing away and make good your orderly escape.



The Slash and Bump steps.

- 1) He stabs.
- 2) You dodge and cut down on the arm, with a power impact.
- 3) You strike the head or neck as hard as possible to stun him or knock him out.
- 4) Your cover hand comes up to monitor his knife arm.
- 5) You ram in with your knife tip leading the way, below the rib cage.
- 6) Your shoulder hits hard, knocking him away and off the knife.
- 7) You also retract the blade.
- 8) You conduct an orderly retreat. Back away while watching him. Escape.

Your Knife Saber Slash Module Review and Assignment Practice

Practice:

The Saber Slash on the 4 clock quadrants for quick study.

- Standing.
- Walking forward and back.
- Kneeling.
- Ground-on your back.
- Ground-on your side.
- All of the above:

- on a wooden training “war” post.
- on a stick held by a mobile partner.
- on animal meat hanging from a post.
- with both right and left hands.

The Two Saber Combination Slashes from the 4 clock quadrants.

- Double slashing (the second slash returns on the same or near line as the first).
- X slashing

Saber Grip Falling

- Learn to fall forward, backward and to the sides, while holding a saber grip.

Saber Grip Knee High Drills

- Learn to maneuver knee-high with this drill.

Saber Slash Statue Drill

- Practice the knife-to-arm contact, knife slash method.
- Practice the free hand to arm contact, then knife slash.
- Double arm contact and knife slash.

Practice the Saber Slash Blocks

- The clock block drills.

Counters to Common Blocks

- Learn to fake (to set up a clear opening).
- Cut the block after contact.
- Re-direct on another line after contact.
- Use the pulling, pinning, passing or pushing of “Invading Hands.”

Block, Pass and Pin Skill Drills

- ___ Slash on all the 1/2 beats to develop speed and target acquisition while:
 - standing
 - moving
 - on the ground.

Killshot Saber Knife Sparring. Perform rounds of:

- ___ Right hand versus right hand.
- ___ Left hand versus right hand.
- ___ Left hand versus left hand.
- ___ Short knife versus long knife-any hand.
- ___ Unarmed versus a slasher.

Option Awareness Combat Scenarios

- ___ Practice the *Unarmed Encounters the Slash* scenario.
- ___ Practice the *Slash and Bump*, knife vs. knife scenario.
- ___ Make some scenarios involving slashes of your own.

Remember Studies and Observations 2)

Economy of Motion versus Velocity versus Penetration.

Keep the slash very economical, and inside the *window of combat*- that rectangle loosely bordered by your shoulders and upper thighs. The tight, efficient slash comes from the extension of your wrist and movement at the elbow, not your shoulder. Too much shoulder movement, and you are allowing your opponent a better chance to counter you.

Countering your knife slash may take place when you over extend the staging of your slash by rearing your knife back too far, or by slashing your blade too far past your target. Your practice must develop as much velocity as possible inside limited space. Then you must concern yourself with the power of penetration. All these things may be exercised by striking training objects that you can actually hit hard and slash into.

Gun/Counter-Gun Combatives Level 2: WALKING POINT Searching Urban, Suburban and Rural Exteriors and Interiors

It's really a wonder any search can be successfully conducted, given all the potential danger and contradictory advice you hear. The ugly fact is a hidden, waiting, pre-meditated opponent has a strong chance of outfoxing you if you don't have flash-bangs, stun grenades, smoke, gas, a flashlight and a psychic talisman in your backpack. Most of us have way less than half of this kit, but still we must search.

In **Training Mission One** we learned to quick draw under the stress of an immediate attack. We pulled our pistol and long guns and shot the enemy, or made him freeze, or made him flee-which causes our sudden need to search. Level 1 brought us to the precipice of a search for the enemy. Here in level 2, we are *walking point*- a military phrase connoting the lead man in a search team, the one who looks, listens, smells and feels EVERYTHING around him. But unlike an advancing team, you are alone, acting as a point man, middle man and rear security.

Searching for people who will actually shoot you when you find them is a treacherous road. Odds are you will be searching alone as a civilian and even as an enforcement officer. You will likely be in the dark, or bad weather. If lucky, you may have a partner or two, but few partners can function in a cohesive unit like a trained team. Team maneuvers consist of volumes of tactics and hours of practice. But, alone or in a team, here are some rules for the successful search.

Walking Point Studies and Observation 1) Intelligence

All raids are searches, but not all searches are raids. In police or military raids, locales are hit in an effort to locate/search for persons and evidence. Having specific intelligence on your search area would be helpful. One time on a murder case in Texas, we had to raid the rented house of a gang of armed drug dealers responsible for a series of drive-by shootings and contract murder. I learned the name of the prior renter- a local postman- and we were able to sit with him and sketch the entire house for our raid. Maximum intel! But unfortunately, we rarely have such opportunity for intelligence as we fumble from one call or skirmish to the next.

Citizens search their homes and businesses when things go bump in the night, or walk their property, or that of their friends and relatives. They may even chase a criminal from a crime and may have to locate and detain them.

We can have some expectations when we plan to search or raid certain buildings and structures. Many houses (not counting third-world here) have doors, windows, bathrooms, kitchens, bedrooms, utility rooms, closets, attics and garages. Some neighborhoods are known for having basements. Stores and businesses have certain unique layouts. So too do drug labs and gang headquarters!

We can guess where light switches (by the doors) and phones are and that there may be a storage closet under the stairway. When we learn our turf, the convenience stores, backyard barns, or the caves of the enemy, we can anticipate certain searching problems. True professionals routinely collect this data on the schools, banks, abortion clinics and other potential hot spots of their baliwicks.

So much for the physical layout. What about intel on the suspect and/or suspects? Perhaps the greatest piece of advice on searching I can give you is to anticipate an ambush. Where would you ambush your enemy if you were hiding in this very situation? It helps to have a profile on your subjects. How sophisticated or unsophisticated are they? Sophisticated enemies create elaborate traps and expect you to respond certain ways, and then trap you in your response. If you are chasing an armed robber who missed his getaway car, it is unlikely he will have an elaborate ambush set up three blocks away in a stranger's backyard. If he runs into his own drug lab, he may

Don't crowd cover! Get behind cover!

Watch out for skipping rounds!

Don't be where he expects you to be!

Don't delay in one spot!

Proceed slowly!

Stay together!

Spread out!

Only look in your zone!

He could be anywhere!

have many explosive surprises for you. See the difference? In the heat of crime and battle, we may know neither the physical layout or the personality of our prey. But events may pressure us to press onward anyway.

Walking Point Studies and Observation 2) Lighting

Most civilian and police pistol gunfights occur between 6 pm and 6 am. Fighters must scour and grapple in the shadows. Even a high noon search for a suspect or an enemy soldier may find you suddenly in a pitch black basement or cave. If you *own the night* with the latest infra-red gadgets you have prepared well. But for the majority of us stumbling around in the dark, we need lights.

First, rarely are you ever in complete blackness. There is almost always some level of ambient light glowing from somewhere unless you are in the center of a building or deep in a cave. Each person's optics vary, but medical experts report it may take many minutes for your eyes to adjust to darkness. Even with this adjustment, you are still handicapped. Quick light may be vital. Quick light is from equipment on scene-like indoor and outdoor lighting, or equipment you carry-like flashlights. If you have it, should you put it on? In a search, whether you snap on a wall switch or click on a flashlight in every room should be a calculated event. Yes, the light would be nice for a quick scan, but the enemy may also see you clearly.

Light looks both ways. A small, night-light in your kitchen, may make you feel all cozy and warm inside, but it allows a home invader to see the layout of your home from the a crack in a window curtain while he peeps from outside. When an officer clicks on his flashlight, or draws his latest red laser beam guided pistol, the criminal knows right where he stands. A federal SWAT team approached a house at night recently and within the sidewalks, triggered the typical home motion-sensitive, outdoor security lights. The lights came on and the team was forced into a dynamic entry during which, one team member was killed! Now teams carry suppressed .22 firearms to silently snipe out security lights.

Sudden light in the darkness has disabilities for you other than being spotted. It can blind you to some degree. This is why a flashlight beam into the eyes of a suspect you hold at bay is a solid strategy. Many combat vets report the flash of close gunfire at night disturbing to their vision. Officers even complain that the spinning emergency lights on their squad cars can burn their eyes. If you can predict a sudden and temporary bright flash, such as a room light, or even a flare if on the battlefield, try to keep one eye closed to maintain night vision in that one eye.

There is an old combat rule that the enemy instinctively shoots at the light held before him, for two reasons. One, because it is a discernable product of his enemy- thing he sees. Second, he feels the light will find him and he wants to take it out. So, given all this information, where do you hold your flashlight in a search?



Cheek position.



Right of pistol.



Left of pistol.



Underneath pistol.

Some Basic Concepts in Holding Light



Light away from your body. Bad guys instinctively shoot at the light. This is a favored, general, searching concept by myself and many vets. Of course you do not have search in this exact position. Work around the idea. Move through many positions. Hey! It's all dangerous.

Many combat veterans and old-school law enforcement trainers refuse to hold a light too close to their bodies. Others hold lights on the top of, to the sides of, underneath, or behind their pistols as demonstrated on the prior page. In the United States, each simplistic holding method seems somehow worthy of its inventor's name as if the positions were some ground breaking, scientific experiment. Over obsessed with the two-hand pistol grip, most of these variations were created simply to wrestle the hand holding a light in and around the pistol hand to offer support close to the two-hand grip. In actuality, such configurations really do not offer good support for target acquisition or recoil management.

Searchers holding long guns have both hands busy and usually need their lights attached to their weapons. Most attached lights and even those smaller pistol friendly lights that are designed to work in conjunction with weapons have silent on/off buttons to their lights so as to at least limit their exposure to the enemy. You should use the element of darkness to your advantage and limit your light and sound exposure to your enemy.

Limiting your exposure often leaves you in the dark too. As you scan the area, certainly if it is a big outdoor area, do not look directly at something as to focus in on it. Rather, a general overall stare into a large area is suggested. Military science experts call this "off-center vision" and report that you will be more likely to catch unusual movement and as well as spot still objects in this manner.

In three decades of military and police work, and even private investigations and bodyguard assignments, I have searched thousands of homes, businesses, buildings, fields, arenas, alleys, etc. and I refuse to limit myself to any one stance or flashlight-holding method. Here is what I and many veteran experts feel are important about searching with hand held lights and in darkness:

- 1) Carry light with a silent on-and-off switch.
- 2) Be flexible in how you hold your light in conjunction with your pistol.
- 3) Your long gun probably needs an attached light.
- 4) Limit your exposure by limiting the use of your light.
- 5) Gas can interfere with your flashlight beam.
- 6) Maintain night vision by closing one eye if faced with temporary bright light.
- 7) Be aware of ambient light in the environment that may give your position away.
- 8) Use your light (if very powerful) to distract and stun the eyes of your suspect if you catch him.
- 9) Using a light and handling and shooting a pistol is a coordination issue. Train for it.
- 10) You do not have to aim light like a "sight picture" like a pistol. Use your gun for that chore.
- 11) Searching in the dark? Do not look directly at something. A general stare into a large area is more likely to catch unusual movement in dark environs. An old military adage is to look, at the "sides of something," rather than right at its center.

Walking Point Studies and Observation 3) Cornering, Doors and Windows

As a professional or “amateur” searcher you will find yourself hunting in areas you know-like your house or business, or outdoor property, or searching places you don’t. Either way you may well be confronted with corners, doors and windows, portals of vision, exit and entry. You will travel in, out and around buildings and once inside, you will also be faced with the usual rooms, hallways and stairs. They may be on part of any wall, on the floor to



In Building Searches Expect:

- Doors
- Windows
- Hallways
- Rooms
- Bathrooms
- Stairs
- Attics
- Basements
- Furniture
- Darkness
- Surprises

Do not linger in doorways and windows. Rather burst past or through them fast, as you are but a classic, perfect target.

a basement and on the ceiling to lofts and attics. Doors may be opened, locked or braced closed. They can be at the bottom or the top or in the middle of stairways. Indoor and outdoor windows offer the enemy a shot at you. One important safety tip is, do not stand in front of them! Your body silhouette can actually be transformed into a classic target. If you can, crawl under windows. Bullets will of course blast through glass, shades and drapes and punch through many types of doors, even walls. Dash in or by open doors.

Does the door open in or out? If you can see the door hinges, it opens to your side. If you can’t see them, the door opens the other direction. Try turning the door knob or lever without standing in the front of the door. If you push the door open, beware what is behind it. Look into the crack of the door, if possible. Try to push the door ALL the way open. You might consider throwing objects into the room to distract or draw fire.

There are three basic directions to enter a room. *Straight* in. Stay low and go for cover. *Cross-overs* from the right or to the left, or vice-versa, or *button hooks*- as in wrapping around the same side of the door and wall as you started on.) Make it fast. Decide how you will enter based on what you know and see of the occupants and furniture of the room.

Three Basic Room Entries

- 1) Straight in
- 2) Cross-overs
- 3) Button hooks

Some Delta Force and US Army Ranger veterans from Somalia told me that they incorporated this knife/gun posture shown on the right as a cornering method while searching inside buildings. Their plan was to spear out the knife and kill any inhabitants to delay firing weapons and alerting the enemy until the last second. But, this is problematic as one knife plunk does not a guard silence. We have learned from criminal and military history that one or more stabs are not likely to silence or shut down enemies. Survivors know that tens and tens of knife stabs and slashes still may not quick-kill some enemies. And it will not always silence a guard.



Cornering? What will your enemy see first?



Your two-handed grip first?



Just the pistol first?



Just your toe first?



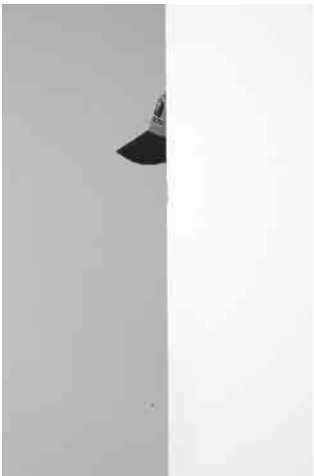
An elbow? Because...



...the elbow sticks out in the classic rifle shooting pose.



The elbow should be down.



Your hat brim?



Your light?



In heavy combat you let your bullets lead the way, or a flash/bang or smoke canister, if you have them.

Slicing the Pie

A main search technique for looking around the corners of doors, walls, trees, etc. is a classic tactic called *slicing the pie*. Standing sufficiently away from the corner, you sneak quick peaks into the danger area, scanning a percentage of the view at a time. Beware! In military and multiple opponent situations, your pie-slicing may have you stepping out into another hostile's line of fire.



You quickly peer out, seeing more and more segments, or "slices" of the room before you.



If a dedicated shooter is laying in wait for you...it's all dangerous!

Stack 'em Up and Move 'em Out!

I frequently plead with law enforcement special weapons teams not to overuse the so-called stack. For the novice reading this, the stack is the single-file, line-up of team members for transport to a specific vantage spot to prepare to take action. Through the years I have seen this stack march mindlessly deeper and deeper past that specific vantage spot and more into hot lines of potential enemy fire.

Documentaries, news footage and my own observations of police training, I see teams tiptoe right up to the cars and buildings of armed occupants in tight lines like toy soldiers. One single burst from an enemy semi-auto or shotgun could catch 1 to 3 of them in half a second.

Teams are even practicing to shoot from this lined-up stack, almost like from an Napoleonic warfare mindset. Officers learning to respond to the active shooters as in the infamous Columbine high school crime in Colorado, are searching the halls in tight four man groupings like conjoined quadruplets. These troops often complain to me how many times they are shot by painful simulated ammo, when their actor enemies open up on them from concealed positions. "The trainers yell at us not to split up!" One bruised Canadian officer told me.

Decades ago, we were taught to always avoid "bunching up" and to stay a shotgun blast apart from police trainers, and to remain a automatic burst apart in Vietnam-era Army trainers.

I am all for the stack idea in troop transportation from Point A to near Staging Point B. The key word being "near." When you get in range to be shot, it's time to break up and establish the widest possible lanes of fire for cover and movement.

Walking Point Studies and Observations 4) Combat Footwork for Searching

"The infantry learns to love the ground!" is an old military expression. After being on the receiving end of gunfire and lobbed explosives, a ducking troop instinctively sees where he can find the best cover. If there is none? He penetrates it with his entrenching tools, even his fingers will dig down deep if that is all he has.

Soon as he walks across the next potential hot zone, he reflexively studies the very lay of the land ahead. He now knows even the slightest, natural incline or man-made structure might save his life. Like the Infantryman who must learn to love the land, close quarter combat fighters with or without weapons, must learn to see and feel the ground they will do battle on and have the savvy, agility and strength to overcome the variables of weather, surface and space.

Consummate warriors learn to cover air, water and land. Exclusive of parachuting and scuba, for any citizen, enforcement officer or soldier, covering land is done three ways-by crawling, walking and running, over:

- 1) urban
- 2) suburban
- 3) rural terrain.

These terrains are defined as the outsides and insides of the vast variety of man-made buildings and structures. All this is traversed in differing kinds of weather and lighting, and under three shooting predicaments:

- 1) no fire conditions
- 2) light fire conditions
- 3) heavy fire conditions

Warriors traverse terrain. Nothing replaces running regularly to accomplish this goal. It builds wind, endurance and spirit. Experts will say that a regular regimen of jogging and wind sprints are the best combination. Treadmills are nice, but I believe you must run outdoors, and in all kinds of weather, to maximize your potential.

Searching is an athletic endeavor. Your survival may hinge upon your ability to perform combat footwork. The foundation for combat footwork comes from 3 main sources:

- 1) Walking and running footwork
- 2) Sports footwork
- 3) Obstacle courses footwork

Many think that fighting footwork comes from the boxing ring, relying on movements like the shuffle-step and the rocker. All martial arts have some pattern laid out on the floor upon which to dart back and forth. I prefer the clock.



For one example of clock footwork practice, a person may start by standing in the center or axis point, then his or her right foot steps to 12, then back, then the left foot steps to 9. Repeat. Change the numbers. Move faster! But, this clock practice is only a part of a much bigger combat footwork equation.

The Combat Footwork Equation

Your overall footwork development includes:

- 1) Proper foot wear
- 2) Jogging
- 3) Wind sprints
- 4) Leg strength training
- 5) Footwork floor patterns
- 6) Sport-related footwork practice
- 7) Obstacle courses-run them with:
 - a) pistols, (while shooting, too!)
 - b) long guns (while shooting, too!)
 - c) gear you'll use.

Being in better shape will also help you control your heart rate and related adrenaline problems. Fortune favors the prepared, and fitness is a vital step.

A Combat Search Walk or Trot

In between a walk and a run, there is certain, *knock-kneed* walk/trot that elite and special forces units like to teach their experts that creates for a smooth walk or fast trot, when searching for suspects. The overall concept is to attempt to stabilize the head and weapon for a smooth passage across terrain. It is really not absolutely mandatory that one walk knock-kneed and somewhat pigeon-toed to accomplish this smoothness. However it seems easier to teach this method for a unified, group training doctrine. You must develop and practice a walk and trot that will get you a bob-free passage and a smooth shooting platform.



Can you shoot better from a bumpy jeep ride or from a smooth, sedan with great shock absorbers? In a perfect world, we want the smoothest shooting platform...your barrel always on or near target as we approach. Your legs are the shock absorbers. Develop a ways to step forward and back, and side-to-side balanced and smoothly.

Walking Point Studies and Observation 5) Long Gun Selection

Select a rifle or shotgun that is practical for your mission. Remember the longer the barrel, the less space you have in close quarters to swing the weapon about for a search. Long guns can also become heavy in tiring, extended searches.

It is very physically demanding to follow a concept called "follow the muzzle to danger." Simply, it means that wheresoever your eyes look, you move the barrel of your weapon to that same spot at the same time. In theory, you are always in position to fire should your scanning and barrel discover the enemy. Over an extended search period this can become exhausting. Also, it is a physical fact that your eyes can dart faster than you can swing the barrels of a shotgun, carbine or even a pistol.

In military and police team tactical assaults, team members are assigned zones to eye search, such as "the left side of the room," when they enter. This is called by some as "areas of responsibility." In a perfect world, rooms and areas are pared off by disciplined partners. In these smaller, manageable environments, moving muzzle-to-danger tactics are easier because your assigned space is smaller. But when you are searching large areas, alone, or working with untrained partners this practice becomes difficult. This general idea has trickled on down from tactical teams to solo officers and citizens and the "muzzle follows eyes" concept may truly belong best to cohesive group operations. Allow yourself a quick darting eye. You are not part of a SWAT or SEAL Team. You have to scan everywhere!

Will your long weapon have a sling? Remember the sling of a long gun can be hooked on any number of objects. Try to keep it wrapped off and away from door knobs and banister knobs and all those other unforgiving, everyday things that will catch and hook you. The sling or clip device may prohibit you to obtain a barrel aiming shooting position if you suddenly drop. Veterans of such moves have rammed their chins into stocks, or rammed their barrels into muck and mire as they dropped for cover.

Walking Point Studies and Observations 6) Friendly Fire

Do you know how many pistols and shotguns I have had pointed at me? Hundreds! My partners' guns! During the search for and the arrest of dangerous suspects, my fellow officers have had their pistols, carbines and shotguns barrels aimed at the suspect while I have moved for cuffing. In a search or a chase we let the barrels of our guns traverse our allies. At times it is just unavoidable. And we have lost so many friends and comrades by such mistakes and mishaps of our own firepower. We have also wounded and killed ourselves.

One major way to prevent this tragedy is to keep your finger off the trigger until the very last second. Searches cover unpredictable terrain. Studies performed in Germany in the late 1990's set out to prove how an engaged trigger finger is accidentally fired by a theory called Sympathetic Discharge. The scientists wired the body of a man holding a handgun, with special attention in an around the trigger finger. Next, they had the man perform on a series of obstacle course like events, leaping, climbing and running while his finger was inside the trigger guard and on the trigger. The tests discovered incidental and accidental pressures applied on the trigger when the man performed these tasks. At times, such as when he landed after a jump, or stretched out to climb a ladder, he pulled in the trigger enough to cause a discharge.

Many keep their trigger finger straight.



Some like to keep a bent finger, claiming easier access into the trigger guard.



*A finger off the trigger until you **REALLY** need it there.*

That's how you accidentally shoot your friend. How do you accidentally shoot yourself? Three main ways, the two Hollywood grips- the muzzle up and down grips and during the steps of drawing and holstered process.

In movie ads and posters it is important for the star to have a pistol in the same photo frame as their face. But, there are cases on record of people shooting themselves in the chin and head as they covered search terrain! Movie stars also like to hold the gun downward. There are also accidents when people have shot their feet and lower legs. Life imitates arts as these poses are carried over to the real world by mindless replication. I report to you that some shooting instructors also complain that both these Hollywood positions are counter-productive shooting strategies because when the pistol is whipped either up, down or sideways upon a target, the barrel has a tendency to travel past the target and must be re-compensated back onto to it again in a final re-adjustment.



*Hollywood high!
Don't shoot your face off!*



*Hollywood low!
Don't shoot your feet off!*

Two ways to safely search are the two-hand tight center grip, and single-hand back grip shown below. In the single-hand, your free hand can be up and ready to perform tasks like holding a light, opening doors and other environmental chores, blocking, striking, pushing and grabbing.

In real-world searches sometimes you must holster your weapon to climb a wall or a fence, and/or drop considerable distances. Be aware of the dangers involved with accidental discharges.

3 Rules of Discharge Safety Awareness.

- Rule 1) Try to avoid muzzling/lasering.
- Rule 2) Keep your finger off the trigger until the last possible second.
- Rule 3) Don't shoot yourself or partner!



Two-hands tight, sometimes called the "third eye" because the gun is under your nose for the natural advantages of instinctual shooting. Barrel down and barrel up as needed.



Gun hand back. One hand positioned as needed for opening doors, moving things, etc.

Walking Point Studies and Observations 7) Gear and Technology

In professional environments, some searches are conducted by trained dogs, heat detectors, ladders, repelling gear, mirrors, even robots rigged with video cameras. Obtain any police gear catalog and see pages of this gear. While we all cannot obtain Robby the Robot, I want to advise you to keep three simple things available. A small mirror to peek around corners, and a length of rope to pull on doors and objects from safe positions, and a hand axe. At times, a heavy-duty fixed blade knife may substitute for an axe. These three simple, light-weight tools can work wonders. Since the average soldier, citizen and patrol officer does not have quick and easy access to breaching equipment, an axe may help with common entry problems.

Breaching doors is a major tactical team obsession. Doors that open outward toward you (you'll see the hinges on your side) are usually pried or hacked open around the lock area. Doors that open inward are usually rammed in. Be careful trying to kick doors open. Doors are made from a variety of substances and designs that will not give way too freely. Many invaders wind up with a kick knee-deep stuck in doors.

Walking Point Studies and Observations 8) Search Tips, Concepts and Ideas

Read these exercises of your five senses as a two-edged sword. What you detect about your enemy is what the enemy detects about you while searching.

General Detections!

- * Avoid complacency
- * Avoid shiny and visible objects like jewelry, or eye glasses, for examples.
- * Avoid objects clinking together, like keys, for example.
- * Avoid water sloshing in a canteen.
- * Avoid leaving radios on that suddenly receives static and traffic.
- * Avoid pagers going off.
- * Avoid cell phones going off.
- * Avoid tripping, heavy footsteps or unpredictably noisy flooring.
- * Avoid using lights. It will compromise your position. Use it and move!
- * Avoid talking to partners or yourself.
- * Avoid sudden movement out of sync with the overall terrain (especially at night).
- * Avoid being out of breath.
- * Avoid body emissions such as condensation from breath, sneezing, coughing, body odors or passing gas.
- * Avoid strong food odors.
- * Avoid laser sights. They look both ways! (So do tracer rounds.)
- * Avoid smells of cigarettes or cigars being smoked, abandoned butts, or visual smoke.
- * Avoid clothing that doesn't match the surroundings, such as forest camo in the desert for one example.
- * Avoid a glow in the dark watch.
- * Avoid shadows from sunlight, moonlight, man-made lights.
- * Does the residence have motion-sensitive security lights.
- * Use any possible reflective surfaces like glass, mirror like objects to peer around corners and into spaces.
- * Shooting! Your gun sound gives you away. At night, the gun flash signature adds to this. Shoot? Move!
- * Doors are most commonly booby trapped in military situations.
- * Loading weapons makes sounds. Common doctrine suggest a tactical reload at 50 percent ammo depletion. This sound may give away your position. (Clear plastic magazines tell both you AND HIM how much ammo you have left!)
- * You must continue to develop this list. Make it your own and add your notes.

General Tips and Clues!

- * The enemy may not be alone.
- * Be prepared to walk, run, crawl, and knee-walk in, under and around the environment.
- * Expect houses and buildings to have the usual collections of hallways, doors, closets, attics, etc.
- * Look up! Look down. Look all around you.
- * If you see hinges on the door? That means the door opens into your side.
- * Warm or hot engine hoods in cool or colder weather means recent arrivals on your site.
- * Try not to search past the open or closed door of an unchecked room.
- * Learn basic outdoor tracking skills.

- * Kitchen drawers partially open, or a clashing metal sound may mean your suspect is armed with a knife.
- * Glass has the potential to deflect bullets. Experts report that the use of .308 caliber or greater, a heavier bullet, will be more resistant to glass deflection.

* Two-person or more group search methods:

- 1) Leap Frog Method - you establish a line of observation and fire, then your partner moves past you. He establishes a line and you move past him.
- 2) Follow the Leader Method- One person "walks point." Others follow and support.
- 3) Signal Method- a team leader establish a silent, hand-signal way to communicate and directs movement, cover and positioning unique to the situation and environment.

* Do not immediately shoot everyone you discover just because you have found them. Many innocent strangers, bystanders, passer-bys, comrades and family members have been shot like this. Evaluate!

* When setting up a search perimeter, ALWAYS make one bigger than your first, quick estimation. I have been involved in countless armed and unarmed suspect searches and have learned that adrenaline will carry suspects very far, usually further than officers who do not jog and/or run can guesstimate. Non-runners have little concept of how far a desperate person can flee on foot in short periods of time.

These *Military Commandments* were passed on via Colonel David Hackworth, US Army (ret.)

- 1) Thou shalt not park thy helicopter in the open, for it bringeth the rain of steel.
- 2) Thou shalt not expose thy shiny mess gear, for it bringeth unwanted guests to chow.
- 3) Thou shalt not wear white T-shirts, or thine enemies will dye them red.
- 4) Thou shalt provide overhead concealment, for thine enemies' eyes are upon thee.
- 5) Thou shalt cover thy tall antenna, for fly swatters groweth not in yon wood.
- 6) Thou shalt use a red lens on thy flashlight, or it shall appear as a star in the East.
- 7) Thou shalt cover the glass on thy vehicle, for the glare telleth thine enemy thy location.
- 8) Thou shalt blend with thy surroundings, for trees groweth not in yon desert.
- 9) Thou shalt cover the tracks of thy vehicle, for they draweth pretty pictures.
- 10) Thou shalt cover thy face, hands, and helmet, for thine enemies maketh war not on bushes.
- 11) Thou shalt not drape thy net on thy tent, for it looketh like tent draped in net.
- 12) Thou shalt hide the wires of thy commo, for they pointeth to thee.
- 13) Thou shalt practice the art of dispersion, or one round will finish you all.
- 14) Thou shalt pick up thy trash and litter, for they exposeth thy presence.
- 15) Thou shalt conceal the noise of thy generator, for thine enemies are listening.

Your Walking Point Summary and Practice Drills

Walking Point Drill 1) Movement Drill:

With a weapon firing simulated ammunition, stand yards before an enemy hiding behind something and who is prepared to shoot at you.

- Advance forward. When he appears behind cover, shoot.
- Retreat backward. When he appears from behind cover, shoot.
- Use pistol and long gun.

Walking Point Drill 2) Cornering Drill:

- Corner right side against an armed attacker, using a pistol and then a long gun.
- Corner left side against an armed attacker, using a pistol and then a long gun.

Walking Point Drill 3) Search Drill:

Set up indoor and outdoor search scenarios versus armed and positioned suspects. And remember in a military search team you have one person walking point and one at "rear security." If you are alone, you have to do it all-front, back, sides, up and down.

* * * * *

Found 'em! And If He Doesn't Shoot?

Now you have searched and finally caught your enemy. If there is not a shoot-out, what happens next? Brandishing your firearm, how do you control and contain him? What if you do have to shoot him? As you approach him, how can you tell he is really dead, or just waiting in ambush? Read **Training Mission Three** and see!



CQC Group Level 2 Test

Unarmed Combatives Test

Experience official instruction in the Level 2 Unarmed Combatives, with sufficient mastery.

Perform combat scenarios

- ___ 3 combat scenarios using a palm strike.
- ___ 6 combat scenarios using or countering a stomp kick.
- ___ 6 combat scenarios using or countering a circular/wheel throw.

Impact Weapon Test

Experience official instruction in the Level 2 SDMS with sufficient mastery.

Perform the SMS Strikes.

- ___ One set of 16 saber grip slashing strikes (one from each clock corner).
- ___ One set of 16 saber grip hit and retract shaft strikes (one from each clock corner).
- ___ One set of 16 reverse grip, slashing strikes (one from each clock corner).
- ___ One set of 16 reverse grip, hit and retract strikes (one from each clock corner).
- ___ One set of 16 saber grip, hooking pommel strikes (one from each clock corner).
- ___ One set of 16 saber grip, thrusting pommel strikes (one from each clock corner).
- ___ One set of 16 saber grip, hooking pommel punch (one from each clock corner).
- ___ One set of 16 reverse grip, hooking pommel strike (one from each clock corner).
- ___ One set of 16 reverse grip, thrusting pommel strikes (one from each clock corner).
- ___ One set of 16 center or "choke grip" strikes (one from each clock corner).
- ___ One set of 16 saber grip, hooking, tip stabs (one from each clock corner).
- ___ One set of 16 saber grip, thrusting tip stabs (one from each clock corner).
- ___ One set of 16 reverse grip, thrusting tip stabs (one from each clock corner).
- ___ One set of 16 reverse grip, hooking tip stabs (one from each clock corner).
- ___ One set of 16 closed baton pommel strikes (one from each clock corner).
- ___ One set of 16 saber grip double shaft slashes (one from each clock corner).
- ___ One set of 16 saber grip X or figure eight shaft slashes (one from each clock corner).
- ___ One set of 16 saber grip shaft, fan strikes (one from each clock corner).
- ___ One set of 16 saber grip, shaft, large circle double strikes (one from each clock corner).
- ___ One set of 16 saber grip, shaft, small circle, double strikes (one from each corner).
- ___ One set of 16 saber grip slashes and tip stabs (one from each clock corner).
- ___ One set of 16 saber grip, tip stab and slashes (one from each clock corner).
- ___ One set of 16 saber grip slashes and pommel strikes (one from each clock corner).
- ___ One set of 16 reverse grip pommel thrust and shaft strikes (one from each clock corner).

Perform the Blocks

- ___ 5 unsupported blocks (12, 3, 6, 9 pm and "sweep under the clock").
- ___ 4 supported blocks, support hand high on the stick.
- ___ 4 supported blocks, support hand low on the stick.
- ___ 4 DMS double hand grip blocks.

Perform the Combat Drill Battle Sets

- Sets of three.
- Sets of two.
- Sets of one.
- Shadow boxing.
- Two-person, non-contact sparring.
- Stick sparring for exercise, footwork and experience.

Knife/Counter-Knife Test

Experience official instruction in the Level 2 Knife/Counter-Knife Course, with sufficient mastery.
Perform saber grip slashing on the clock format hitting a device like a wooden training post.
Perform the two saber combination slashes from the 4 clock angles on a training post.

- Double slashing (the second slash returns on the same or near line)
- X S slashing

Perform the saber grip blocks

- The clock block drills

Perform the Counters to Common Blocks

- Learn to fake (to set up a clear opening).
- Cut the block after contact.
- Re-direct on another line after contact.
- Use the pulling, pinning, passing or pushing of "Invading Hands."

Perform the Block, Pass and Pin Skill Drills

- Slash on all the 1/2 beats to develop speed and target acquisition while:
 - standing, moving, and on the ground.

Perform Two Option Awareness Knife Combat Scenarios

- Practice the "Unarmed Encounters the Slash" scenario.
- Practice the "Slash and Bump" scenario.

Gun/Counter-Gun Test

Experience official instruction in the Level 2 Gun/Counter-Gun, with sufficient mastery.
Experience a minimum of 16 hours of recognized range shooting.

WP Drill 1) Movement Drill: With a weapon firing simulated ammunition, stand yards away from an enemy hiding behind something and who is prepared to rise up and shoot at you.

- Advance forward. When he appears from behind cover, shoot.
- Retreat backward. When he appears from behind cover, shoot.
- Use pistol and long gun.

WP Drill 2) Cornering Drill:

- Corner right side against an armed attacker, using a pistol and then a long gun.
- Corner left side against an armed attacker, using a pistol and then a long gun.

WP Drill 3) Survive a search scenario versus armed and positioned suspects.



“...seen the elephant?”

Lauric would like to thank the following for their time and support in the production of this book.

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Hock with Remy Presas (now deceased) in St. Louis, Mo, USA, 1994.



Hock with Ernesto Presas in Manila, the Philippines, 1993.



Infantry Squad Tactics in Fallujah

The following unofficial "after action report" on Marine Corps close combat tactics in Operation Phantom Fury in Fallujah was compiled by three enlisted members of the 3rd Battalion, 5th Marine Regiment, which played a direct role in the assault on Iraqi guerrilla and terrorist positions in the city. The report was provided to DefenseWatch by a Marine Corps officer, who said the lessons learned contained in this document have received "a lot of interest at the highest levels of the Corps." The contributing Marines wish to remain anonymous.

This excerpt involves team search and entry in high-risk military battle, but I feel it is of great value for all to read for the life-saving information offered in dangerous entries and searching for the enemy.

Introduction

Historically speaking, military operations in urban terrain (MOUT) have created casualty figures that are extraordinary compared to similar operations conducted in different types of environments. The casualties in MOUT present a significant challenge to small unit leaders. Casualties hit Marine infantry squads and fire teams extremely hard because generally speaking they were already under the table of organization (T/O) standards. Some squads in 3rd Battalion, 5th Marines (3/5) commenced the assault on the Jolan with only six Marines. It is the small unit leaders' duty to accomplish the mission with the least amount of casualties possible. In order for small unit leaders to complete the above task they need tactics and techniques that will prevent casualties.

Section 1 of the Scout/Sniper Platoon has attacked and cleared buildings with all the line companies in 3/5. The authors have observed nearly all the squads in the battalion and have "rolled in the stack" with many of them. This is an experience which few in the battalion have. Knowing this, the authors believe it is their duty to consolidate their observations, produce a comprehensive evaluation of squad tactics and techniques, and pass it onto the squad leaders. The authors' intent is to give the squad leaders options in combat. It is by no means a "bible," but it is a guideline. All the tactics and techniques have been proven in combat by one squad or another. Section 1 does not take any credit for the information contained within. The information was learned through the blood of the infantry squads in 3/5.

The entire evaluation has one underlying theme: Accomplish the mission with the least amount of casualties possible.

Terrain and Enemy

Terrain:

The city of Fallujah, Iraq is unlike any city in which Marines have trained for. The layout of the city is random. Zoning distinguishing between residential, business, and industrial is non-existent. An infantry squad could be clearing a house and next door may be clearing a slaughterhouse or furniture wood shop. The streets are narrow and are generally lined by walls. The walls channelize the squad and do not allow for standard immediate action drills when contact is made. This has not been an issue because the majority of contact is not made in the streets, but in the houses.

The houses are densely packed in blocks. The houses touch or almost touch the adjacent houses to the sides and rear. This enables the insurgents to escape the view of Marine overwatch positions. The houses also are all made of brick with a thick covering of mortar overtop. In almost every house a fragmentation grenade

can be used without fragments coming through the walls. Each room can be fragged individually.

Almost all houses have an enclosed courtyard. Upon entry into the courtyard, there is usually an outhouse large enough for one man. The rooftops as well as a large first story window overlook the courtyard. Generally, all the windows in the house are barred and covered with blinds or cardboard restricting visibility into the house.

The exterior doors of the houses are both metal and wood. The wood doors usually have a metal gate over top on the outside of the house forming two barriers to breach. The doors have two to three locking points. Some doors are even barricaded from the inside to prevent entry. There are generally two to three entrances to the house. The entrances are the front, the kitchen, and the side or rear.

The interior doors are also made of metal and wood. The differences between the interior and exterior doors are the strength and durability of the doors. Interior doors only have one locking point and most of them can be kicked in. All doors inside and outside of the house are usually locked and must be breached.

The layout of all the houses is generally the same. Initial entry in the front door leads to a small room with two interior doors. The two doors are the entrance to two adjacent open seating rooms. The size of the rooms varies according to the size of the house. At the end of the sitting rooms are interior doors that open up into a central hallway.

The central hallway is where all the first floor rooms lead and it contains the ladderwell to the second deck. The second deck will contain more rooms and an exit to the middle rooftop. The middle rooftop will have an exterior ladderwell leading up to the highest rooftop.

Enemy:

The two types of insurgents that the squads are engaging will be labeled the Guerrillas and the Martyrs in this evaluation. The Guerrillas are classified by the following principles:

- 1) Their purpose is to kill many Marines quickly and then evade. They DO NOT want to die. Dying is an acceptable risk to the Guerrillas, but their intention is to live and fight another day.
- 2) The tactics used are classic Guerrilla warfare. The Guerrillas will engage Marines only on terrain of their choosing when they have tactical advantage. After contact is made, the Guerrillas will disengage and evade.
- 3) Their evasion route normally is out of sight of Marine overwatch positions.
- 4) The Martyrs are classified by the following principles:
- 5) The Martyrs' purpose is to kill as many Marines as possible before they are killed. Time does not have any significance. The Martyrs want to die by the hands of Marines. The final outcome of their actions results in dead Marines as well as their death.
- 6) Their tactics directly reflect their purpose. The Martyrs will make fortified fighting positions in houses and wait. Marines will come, they will fight, and they will die in place.
- 7) Both the Guerrillas and Martyrs employ the same weapons. The weapons used are mostly small arms, grenades, and rocket propelled grenades (RPGs). The Martyrs have used heavy machine guns and anti-air machine guns, unfortunately, with good effects.

The battle positions and tactics that the both employ are somewhat similar. The major differences between the two are the egress route and the fortifications. Guerrillas have an evasion plan, while the martyrs do not. The Guerrillas normally do not have fortified positions.

Marines have been engaged from mouse holes within the house, Guerrillas shooting down from the

rooftops when they are moving into the courtyard, Guerrillas and Martyrs shooting and throwing grenades down the ladderwells, in second deck rooms that are fortified or blacked out, and upon breaching of interior doors. Martyrs have emplaced machine gun positions in rooms facing down the long axis of hallways.

The egress routes the Guerrillas use are preplanned and well-rehearsed. They move in groups and withdrawal perpendicular to Marines' forward line of troops (FLOT). Their movement is through windows of houses, down back alleys, and from roof to roof (only when obscured from Marine overwatch positions). The routes minimize exposure in the streets. Escape routes do not cross streets that run perpendicular to the FLOT, only parallel. This is done because Marine snipers during 2nd Battalion/1st Marines' (2/1) attack last April devastated the insurgents when attempting to cross those streets. If contact is made with Guerrillas and the block is not isolated on all four sides then their chance of escape increases exponentially. Isolation of the block is absolutely necessary in order to prevent any "squirters."

Overall, the enemy has adapted their tactics and techniques in order to maximize their strong points and hit Marines when they are the most vulnerable. They have learned from 2/1's attack last April. This is common sense, but it must be said in order that Marines realize the enemy they are fighting is somewhat intelligent. In MOUT it only takes a miniscule amount of intelligence in order to create massive amounts of casualties.

Squad Tactics

Squad Movement:

1) During house-to-house detailed clearing attacks, squads must minimize exposure in the streets. The streets, especially in Fallujah, can become a death trap if a squad is engaged. The squad should run from house to house in a stack with all elements (security, assault and supporting) in their appropriate position. In the street the stack should be slightly staggered like a tight tactical column. The Marines should have some dispersion, and the pace of the running should not be so fast that the Marines are uncontrolled and not maintaining all around security. As soon as the point man/one man reaches the courtyard breach the stack should close the gaps of dispersion and swiftly move to accomplish their tasks.

2) All danger areas while on the move must be covered. Security must be three-dimensional and all around. Each Marine in the stack looks to the Marines to his front, assesses danger areas that are not covered, and then covers one of them. If every Marine does this then all danger areas will be covered.

Top Down vs. Bottom Up Assaults:

An infantry squad can assault structures using two different methods. Traditionally, the top down assault is taught as being the most ideal method for clearing a structure. Realistically, this may not be the best option for the infantry squad. Below are the advantages and disadvantages of both top down and bottom up assault methods.

Top Down: Advantages -

1) Surprising the enemy by moving from the top down may throw the enemy off balance. The enemy's defenses may not be prepared for a top down assault, and the squad could overwhelm the enemy rapidly.

2) The squad has more momentum when moving down the ladderwells.

3) If the squad knows that the enemy is inside, the roof can be breached in order so grenades and explosives could be dropped on top of the enemy.

4) The enemy's egress routes are greatly reduced because the squad can isolate the house by holding security on the back alleys and the front of the house from the roof.

Top Down: Disadvantages -

1) Once the squad makes entry and contact is made, pulling out of the structure is extremely difficult. This limits the options for the squad leader on how to engage the enemy. The structure must be flooded and Marines have to go overtop of casualties in order to kill the enemy. Momentum must not be lost. Marines have been left behind in houses because the momentum was lost.

2) If the squad decides to break contact they are moving opposite of their momentum and more casualties will result.

3) Marine squads may not have enough Marines to effectively flood the structure.

4) If casualties are taken they are nearly impossible to pull up the ladderwell with all their gear and a limp body. This is another reason why the structure must be flooded.

5) The casualties will not receive the immediate first aid because the entire squad must be committed to neutralization of the threat. The swiftness of medical attention may mean the difference between life and death.

Bottom Up: Advantages -

1) The squad leader has a slew of options when contact is made. The structure does not have to be flooded.

2) Momentum can be maintained in assaulting or breaking contact and the squad leader can switch rapidly from one to the other relatively quickly.

3) The structure can be cleared with fewer Marines because the clearing is more controlled and smooth whereas top down is always in high gear.

4) Casualties can be pulled out faster and easier simply because gravity is working for the squad.

Bottom Up: Disadvantages -

1) The squad is moving into the enemy's defenses. It is easy for the enemy to hold the second deck and ladderwell.

2) The squad is slow moving up the ladderwell, which makes it harder to maintain momentum.

3) The enemy has the ability to escape by using its preplanned routes.

Overall, there should not be a standard assault method. Rather the squad leader should understand the advantages and disadvantages of each, assess each structure quickly, make a decision on which method to employ, and then take actions that maximize its advantages while minimizing its disadvantages.

Gaining Footholds:

Footholds are extremely important. By establishing footholds the squad establishes strong points during the assault that can be used for consolidation, coordination, base of fire positions, rally points, and casualty collection points. The squad must move from one foothold to another, never stopping until each foothold is attained.

The succession of footholds that the squad establishes will be different when assaulting from either the top down or the bottom up. The following footholds should be seized in this order when assaulting from the top down:

- * All rooftops
- * The inside top deck
- * Each individual lower level to the bottom deck
- * The courtyard

The footholds seized when assaulting from the bottom up are in the reverse order. They are the following:

- * The front courtyard
- * The first two seating rooms
- * The central hallway
- * Each successive upper deck with its respective rooftop
- * Uppermost rooftop

At each individual foothold the squad can consolidate and coordinate its further clearing of the structure. If contact is made the footholds can be used to establish a base of fire in order to assault or break contact. When breaking contact they are used as rally points in order for the squad and fire team leaders to get accountability of all their Marines. The squad will bound back through each foothold. A foothold can also be used as a casualty collection point.

Structure Clearing:

Types of entry - During the assault on a structure there are three different tactics that the squad can use for entry into the structure. The three types of entry are dynamic, stealth and subdued. The dynamic entry is violently aggressively from start to finish. The commands are verbal and yelled. The squads lead by fire placing one or two rounds in every door that is closed or window that is blacked out. Fragmentation grenades, stun grenades, and flashbangs are used. At night, surefire flashlights are employed in order to clear. The movement of the squad is swift and overwhelming for the enemy inside.

The stealth entry is exactly the opposite of the dynamic entry. The squad breaches quietly, moves slowly, speaks only in whispers, and listens for any movement within the house. There is extreme emphasis placed on initiative based tactics (IBT). During night clearing, night vision goggles and PE Q-2s are used instead of surefire flashlights. The stealth entry confuses the enemy on exactly where the squad is in clearing the house and allows the squad to maintain the element of surprise.

Subdued entry is a combination of the two previous types. The squad moves quietly until they encounter a room. Upon entry into the room, Marines are violently aggressive. After the room is cleared, the Marines switch back to the stealth method of entry. This type of entry allows the squad leader to control the rate of clearing while maintaining some element of surprise.

It is important to note that squad leaders must vary the type of entry. The squad must constantly mask its movement through every form of deception that may confuse the enemy inside the building or room. It is up to the entire squad to use its imagination and vary the entry tactics and techniques as much as possible. The objective is to keep the enemy off balance and not allow him to get into the squad's rhythm.

Breaching:

There are three types of breaching that were used in Fallujah. The types of breaching are mechanical, ballistic and explosive. Mechanical breaching of the exterior walls of the courtyard or gate was mostly done by amphibious assault vehicles (AAV's), tanks, D-9 bulldozers, or HMMWVs. Sledgehammers and hooligans were used to breach both the metal and wooden doors of the house, but this was and is not the preferred method for breaching. Sledgehammers and hooligans are slow, and they require the breacher to stand in front of the door being breach. Obviously, standing in front of the door allows the enemy to engage the breacher through the door.

Ballistic breaching was used mostly on exposed pad locks. Both M16A4s and shotguns were used. The M16A4s were employed because there was not enough shotgun ammunition for the amount of locks that had to be breached. They were fairly effective on first round breaching of pad locks if the round was placed near the center. The M203 was also used for breaching. Squads would breach doors of houses that were 50 to 100 meters in front of their position with the M203. It worked extremely well on the exterior metal doors.

The last type of breaching employed was explosive. A multitude of charges were used in order to breach walls, gates, exterior doors and interior doors. Some of these will be discussed later in this evaluation. An important principle in breaching that was learned is the Marine making entry is NEVER the breacher. The breacher should always fall in the back of the stack and never go in first. Marines have died because they followed their own breach.

Speed is the most significant factor in all types of breaching. If one method of breaching is not working then the breacher must quickly transition to a different type. Standing in front of a door and beating it with a sledgehammer for ten minutes is unacceptable. The breacher must be able to employ different methods. The squad leader must ensure that the breacher has the necessary equipment and explosives for each method. Every time the squad is stalled because of a breach it is placed in a vulnerable position. Breaching swiftly and effectively is necessary in order for the squad to maintain momentum.

Movement of the Squad within the Structure:

Within the structure the squad should move from one foothold to another. The initial foothold is established by the security element. The security element rolls into the courtyard or rooftop and clears every room on the outside. The assault element proceeds directly to an entry point to prepare for the breach. The support element falls in trace and makes the breach.

After the breach is made the assault element makes entry and clears the first two sitting rooms simultaneously by splitting the stack or clears the entire top deck. The support element will assist the assault element by peeling off and clearing rooms or breaching any doors. Security will be left at the courtyard or rooftop foothold in order to isolate the structure and secure the squad's egress route. Security can be maintained by only two Marines. The rest of the security element will fall in the stack.

After the initial foothold in the structure, the stack will consolidate and then advance and clear to the next foothold. The succession will continue until the entire structure is cleared.

At all times the squad will move by using IBT and adhere to its principles. No Marine should make an uncovered move. The squad should move at a pace that is swift, but controlled, exercising "tactical patience."

Actions Upon Enemy Contact:

The squad leader's options for actions upon enemy contact vary according to where the squad is in its clearing and whether any casualties have been taken. In any contact, the squad and squad leader have two priorities. The two priorities are eliminating the immediate threat and pulling out any casualties. More often than not, the two priorities are connected because in MOUT the enemy is usually close (within feet) and the enemy fire has wounded a Marine. If contact is made in the courtyard or rooftop the squad should break contact, isolate the house or block, and call in supporting arms (tanks, tracks, etc.). There is no reason to place Marines into the building until it is thoroughly prepped.

If contact is made in the house then the squad leader must quickly evaluate the situation and decide the best course of action. Generally, the squad leader has the following three options:

Break Contact - Breaking contact is more of an option during the bottom up assault because of the difficulties in changing the momentum during the top down assault. If casualties are taken or the enemy resistance is strong then this may be the best action for the squad leader to take. Upon breaking contact, the squad will bound from one foothold to another getting accountability of all Marines and ensuring that no Marine is left behind. When leaving the house the squad can place a satchel charge or another explosive device in order to bring down the

house or burn the enemy out.

Flood the House - Squad leaders may choose to flood the house with Marines if a casualty is taken during the top down assault or if the enemy threat is not significant. Casualties cannot be dragged up the stairs quickly, therefore, Marines must neutralize or suppress the threat in order to extract the casualties. In some situations the only way to do this may be to flood the house.

Hold the Last Foothold and Clear by Fire - Footholds are strong points where the squad can fight from. At the foothold Marines can return fire, throw grenades, and use explosive devices to neutralize the enemy. After the enemy has been damaged the squad can move in and clear the house. If the rooftop is the foothold the squad is holding, then the roof could be breached by a directional charge. Grenades or incendiary devices can be thrown into the structure flushing out the enemy.

CASUALTIES MUST NEVER BE LEFT BEHIND! The squad leader must ensure that every Marine moves with a buddy. Each buddy is responsible for pulling the other out of the fight if he goes down. The squad leader and fire team leaders must have accountability for all their Marines at all times. There is no excuse for Marines being left behind in a building while the squad pulls out.

Organization of the Squad:

Some squad leaders in the battalion split their squads in two and assigned different sectors to the two different parts. They did this to move faster through the houses because they were tasked with clearing a lane that may have contained up to 50 or 60 houses. Although this worked and the squads moved faster through their assigned sector, it is not the best employment of their squad. The following reasons are given on why splitting the squad is not advisable:

If the squad contained 12 Marines and is split in two, that leaves two teams of six Marines. Clearing a structure with six Marines, even though the house is small, is extremely risky. If a buddy team of two Marines got hit and went down there would not be enough Marines to provide covering fire while pulling the casualties out. Critical seconds would be wasted waiting for the other team of the squad to come in the house and support the extraction of the casualties. The chances of wounded Marines getting left behind increases exponentially.

If contact is made by both teams simultaneously, then the squad could be cut down in a piecemeal fashion within a matter of seconds before other squads could even move to reinforce. When the squad leader organizes his squad he must think about enemy contact always. Squads must not be split in order to increase the speed of clearing. Commanders should not put stress on the squad leaders to clear at a speed that would force the squad leaders to split their squad. Tactical patience must be exercised at every level.

The squad should be organized by using the traditional three elements of assault, support and security. The amount of Marines contained within each element will vary according to the squad's number of Marines, the skills and abilities that each individual Marine possess, and the weapons systems that each Marine employs (M249 SAW, M203, and ACOG scoped M16A4s).

The assault element must contain no SAWs if that is possible. A SAW gunner must never clear rooms. The assault element should contain the most number of Marines because every room must be cleared with two Marines. The support element will supplement the assault by falling in the stack and peeling off to clear rooms.

Support should include any engineers or assault-man attached to the squad. A SAW gunner should be included in this section in order to provide massive firepower in the house if contact is made. The corpsman is also located in support because he can use his shotgun to breach as well as provide quick medical attention to casualties. The support section will fall in the stack behind the assault element to assist in any way.

Security should contain the other remaining SAWs in the squad. The security element is responsible for clearing and securing the courtyard or rooftop foothold prior to the assault element moving to the entry point. When assault and support make entry into the structure, two Marines are left behind to isolate the house (rooftop) and secure the squad's entry point. The rest of the Marines will fall in the stack behind the support section. The security Marines will hold security on all danger areas (mostly the stairs) when the assault and support

are clearing each foothold.

Squad leaders must appoint each fire team leader as an element leader. There are no longer fire teams, only assault, support and security sections. Each element leader will maintain accountability for his section. It is easier for the squad to maintain this organization until the attack is completed and then the traditional four-Marine fire team can be reinstated. The squad leader should emphasize unity of command and succession of command should the squad leader become a casualty.

Squad Communications:

Inter-squad communication between the Marines in the stack is both verbal and visual. Simple, clear, and universal language should be used. Universal language is words and phrases that are standardized so every Marine understands the other. Words and phrases such as, "Hold right," "clear left," and "Frag out." The one man should describe to the stack what he is seeing. In other words, the one man verbally paints the picture for the stack behind. Marines in the stack should be listening, not talking. Talking should be kept to a minimum.

After Clearing-Continuing Actions:

After the structure has been cleared, the squad must immediately conduct the detailed search of the house for weapons. The search must be quick but thorough leaving nothing untouched. Weapons were found in every conceivable place, underneath couches in the cushions, in between piled up blankets, etc.

Another continuing action would be to render the interior and exterior doors unable to close. This will help if the structure needs to be re-cleared later. Marines will use their creativity to think of ingenious ways to accomplish this task.

Mission or Time has Priority:

In detailed clearing attacks, time should never be the priority. Marines should never be rushed because they become sloppy and are forced to create shortcuts in order to accomplish the mission under the time restraints. This does not mean that the squads shouldn't be pushed. This means that a realistic timeline for the attack should be made; a timeline that takes into account the overwhelming task of clearing multiple blocks of houses that may contain platoon sized elements of insurgents.

Individual Techniques and Tactics

Training: Training is continuous, whether in a combat zone or not. The responsibility of the squad leader is to ensure his squad is combat ready. The individual Marines in his squad must be continuously trained, otherwise the Marines will lose proficiency in MOUT skills learned through experience during the attack.

Training does not have to be physical, it can be verbal. The most effective training in this environment is for the squad leader to sit down with his squad and talk. The squad should run through combat scenarios and have individual Marines tell the squad what their jobs are and how they will do it. Communication between Marines can be practiced by talking through universal language, such as, "Open door right, closed door left," or, "Peel right," and telling each other what is meant.

All Marines must exercise initiative during combat. Squad leaders must design training techniques in order to stress initiative. Marines must be able to look around, assess what his squad or partner is doing, feed off it, and act in order to support them. Initiative based training is paramount.

Constructive criticism should be encouraged. Every Marine debriefs each other, telling good and bad observations. The squad leader will also be critiqued by his Marines in an appropriate fashion. The criticism is not meant to undermine the squad leaders' authority. It is to allow the squad leader to instruct the Marines on why he chose to run the squad the way he did. Young Marines will gain knowledge about squad tactics that they may never have figured out if the squad leader did not tell them. It will prepare them for leadership billets. It will also give them confidence in their squad leader because they will trust him and his knowledge.

Techniques: Techniques that individual Marines need to be taught and practiced are the following:

- 1) Peeling off all danger areas. Even before entry into a room as many danger areas as possible should be peeled off leaving only one or two corners that need to be cleared. Don't blindly rush into a room, especially if the door is opened.
- 2) Using the buddy system. Two Marines always peel off the stack, never one.
- 3) Picking up uncovered danger areas, including when opening doors to furniture when it can fit a man inside.
- 4) Clearing obstacles, such as furniture.
- 5) Prepping rooms with grenades.
- 6) If the room is too small for two Marines or not enough Marines are clearing the house to hold security on all the danger areas, the two-man turns around and covers the rear of the Marine clearing the room.
- 7) Moving stealthily through a structure even with broken glass on the ground.
- 8) Making a stealth entry with NVGs and PEQ-2s.
- 9) Making breaching charges and placing them on the locking points of different types of doors.

These are just some of the techniques that need to be practiced and passed on to younger Marines.

Tactics: Initiative based tactics (IBT) should be taught. There are four rules of IBT. They are the following:

- 1) Cover all immediate danger areas.
- 2) Eliminate all threats.
- 3) Protect your buddy.
- 4) There are no mistakes. Every Marine feeds off each other and picks up the slack for the other. Go with it.

Every Marine needs to understand and memorize the rules governing IBT. These rules should not only apply to MOUT, but all small unit infantry engagements. Rule number four must be pounded into the squad. There are no mistakes when clearing a structure in combat, only actions that result in situations; situations that Marines must adapt to, improvise, and overcome in a matter of seconds.

Supporting Arms

Throughout contemporary American military history there has not been any opponent that could not be overwhelmed by American supporting arms. The United States Marine Corps has historically been an innovator with the employment of supporting arms. The Marine Corps created the concept of close air support (CAS) in Haiti during the Banana Wars, helicopter envelopment in Korea, and the combined arms team portrayed in the modern Marine Air Ground Task Force (MAGTF). Fallujah has been another proving ground for American supporting arms. The insurgents were completely overwhelmed by the massive indirect fires and close air support on the first two days of the battle.

At the squad level the results of the fires were felt through the type of enemy they encountered. The enemy dug in deep into the houses, not allowing themselves to get caught in the open. The infantryman of 3/5 have learned the advantages and disadvantages of fixed wing CAS, rotary wing CAS, tanks, combined anti-armor team (CAAT), AAVs, artillery, bulldozers, and 81 and 60 mm mortars through practical experience.

Fixed wing CAS is an enormous weapon that has great effects on the ground. The major problem with it is the amount of time it takes to get bombs on target. It took entirely too long for bombs to be dropped when Marines were in contact. The minimum safe distance of the ordnance was too great in order for even the block to be iso-

lated and that allowed the enemy to escape countless times. Fixed wing CAS should be used for deep targets. It should not be used when Marines have isolated the structure and trapped the enemy inside. A tank or CAAT section can be more effective. Marines do not have to be withdrawn from the cordon.

In contrast to fixed wing CAS, rotary wing CAS was extremely timely, but the effects on target were not extraordinary. The hellfire missiles used did not bring down entire structures, but they did do some damage. By far the best two supporting arms used were tanks and CAAT. Tanks and CAAT were the infantryman's best friend. The battle would have been incredibly bloodier if it hadn't been for tanks and CAAT. The tanks were able to provide a 120 mm direct fire weapon on the spot of any contact within a matter of minutes. The thermal sites were able to pinpoint exact position of snipers and then effectively neutralize them within seconds. CAAT was able to use its M2 .50 caliber machine guns and Mk19 grenade launchers to breach as well as destroy buildings where fire was received from. CAAT also helped the squads by clearing the buildings that lined the street in their lane. The infantry should never attack in MOUT without tanks or CAAT.

Mortars and artillery proved effective by forcing the enemy to stay in the houses and not allowing the enemy to fight the Marines in the streets.

Demolitions: The variety of explosives used during the fight for Fallujah will not be mentioned here. The few that will be explained have a common theme of being obscure and may be forgotten if they are not written down. Each explosive device was developed in response to the enemy's tactics and has been proven to work. The following is a list of explosives, a description, and their uses:

- 1) "Eight Ball" - 1/8 stick of C-4 - Used for breaching both interior and exterior doors, effective and doesn't use a lot of C-4.
- 2) "House Guest" (Named by 2nd squad, 1st platoon, I Company) - Propane tanks placed in the central hallway with C-4 used to ignite it, creates a fuel air explosive - Used for bringing down a house when contact is made inside, propane tanks must be full.
- 3) A 60 or 81 mm white phosphorous mortar round, wrapped three times with detonation cord and a 1/4 or 1/2 stick of C-4 - Used when contact is made in a house and the enemy must be burned out.
- 4) Molotov cocktails - one part liquid laundry detergent, two parts gas - Used when contact is made in a house and the enemy must be burned out.

All Marines should be familiar with explosives and proper placement of the charge for breaching. Any Marine should be able to cut time fuse, crimp a blasting cap, and put the blasting cap in C-4.

Randomness of Tactics and Techniques

The infantry squad must have a tool box of tactics and techniques. The squad should not fall into a pattern where they become predictable. Being predictable allows the enemy to prepare and modify his tactics in order to exploit the squad's weaknesses. The squad must be trained well enough to flow through or combine each tactic and technique fairly easily. Marines must use their imagination to think of ways to vary their tactics. The enemy must be kept off balance by changing, at random, squad tactics. For instance, vary the method of entry into the structure, lead by fire then don't, assault top down then bottom up, don't use the same entry point every time, throw a fragmentation grenade on the middle roof then assault bottom up. Avoid patterning by all means.

Combat Mindset

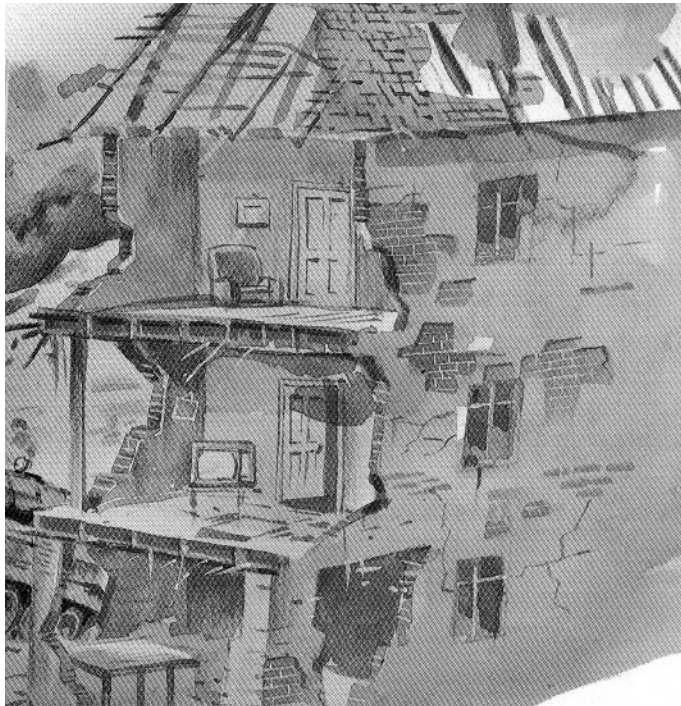
Preparing Marines for battle is a difficult task for the squad leader. Squad leaders must be the rock and drill into his Marines that no Marine will be left behind. Marine combat infantrymen understand the meaning of *Semper Fidelis*. No Marine is left behind. Marines have to prepare mentally for casualties and be able to rebound quickly in order to kill the enemy swiftly to prevent more casualties. The old saying, "Anything that can go wrong, will," is always in effect in combat.

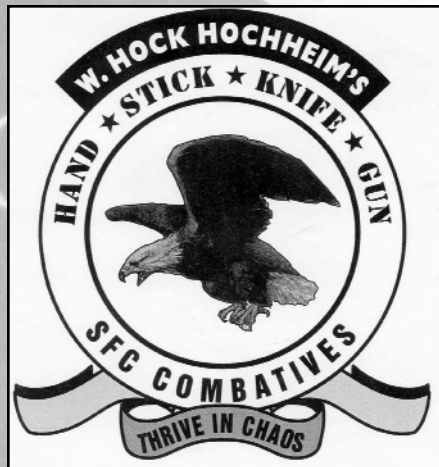
Every time a squad makes entry they should expect to make contact. Surprise, speed, and maximum violence wins small unit battles. Marines and leaders need to make quick decisions on the move and under fire, always remembering unity of command.

In combat, Marine leaders are required to stand up and take charge. Unfortunately, sometimes there are too many chiefs and not enough Indians. The "chief syndrome" will create mass confusion on the battlefield. Being a good combat leader sometimes means stepping back and allowing the Marines to do their jobs. Platoon commanders must allow squad leaders to lead their squads, squad leaders must allow element leaders to lead their elements, and element leaders must allow their Marines to take initiative.

Conclusion

In conclusion, this evaluation is nothing more than a guideline for infantry Marines. Squad leaders should take this evaluation, study it, critique it, give it to their squad, have them study it, critique it, and then sit down together to discuss it. The tactics and techniques contained in the evaluation were gained at an enormous price. Marines were killed on the field of battle developing these tactics. It is the duty of every Marine infantryman to not allow these lessons to die with time. This evaluation is only one step in passing on the knowledge.





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**UNARMED COMBATIVES COURSE
OUTLINES FOR LEVELS 2**

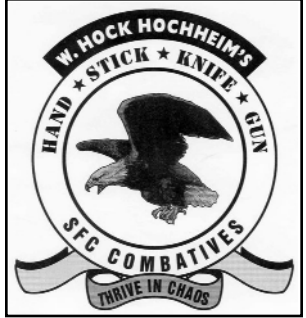
**"FORCE NECESSARY"
BASIC INSTRUCTORSHIP**



"Thrive in Chaos!"



W. HOCK HOCHHEIM'S UNARMED COMBATIVES LEVELS 2 COURSE OUTLINE



EXPERIENCE ^ TRAINING ^ COMMON SENSE

UC LEVEL 2

Level 2 Open Hand / Palm Strike Module

Hooking Palms Strikes
Thrusting Palms Strikes

Palm Strike Solo Command and Mastery (on the clock)

Right Hand Hooking Palms
Left Hand Hooking Palms
Right Hand Thrusting
Left Hand Thrusting
Double Hand Thrusting
Axis Web Strike right hand
Axis Wed Strike left hand

Stature Drills (arms high, arms low, arms split)

Same Hand Contact and Same Hand Strike
Opposite Hand Contact and Opposite Hand Strike

Focus Mitts Drills: 10 strikes of each attack

Block, Pass and Pin Drills

1/2 Beat Strikes
a) same hand
b) opposite hand

Palm Strike Aggressive/Defensive Drills in the Stand-off

Clinch Drill: Crash, clinch and groin palm strike

Main Counters

Duck Block Evade

Option Awareness Combat Scenarios

Any 3 combat scenarios using an eye jab
1 counter to a palm attack

Level 2 Stomp Kicks

Perform these kicks against pads. After each ground set, get up quickly and with a cover arm up for protection. Do not turn your back on the enemy.

YOUR NOTES

Studies and Observations 1)

Use of Force Review and Issues

"Whether thwarting crime or in combat, there are political, moral, ethical and legal considerations with each action you take."

All this information is further explained, with hundreds of photographs in Hock's Training Mission books. They are demonstrated in Hock's Training Mission DVDs.

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YOUR NOTES

Standing

- 10 stomps standing right leg neutral stance
- 10 stomps standing left leg neutral stance
- 10 frontal snap kicks standing right leg fighting stance
- 10 frontal snap kicks standing left leg fighting stance

Ground

- 10 stomps right leg
- 10 stomps left leg
- 10 right leg roll-over stomps
- 10 left leg roll-over stomps

Level 2) The Wheel/Circular Takedowns Module

Circular and/or twisting movements to the:

- 1) Head/neck
- 2) Torso
- 3) Wrist
- 4) Leg
- 5) Body

In this collective study we exercise at least one takedown in each.

1) The Head Twist Takedown

Do standing

Bottom side ground escape:

- use after full tackle and mount
- pass punch and do twist
- show eye attack, rape escape, then twist

Military head twist kill

2) The Torso (Puter Kapala) Takedown

Arm lever issue: straight arm vs. bent arm options.

Silat neck break application during process.

3) The Wrist Wheels: "The Little throw that won't go away"

Discuss methodologies:

- retentive hand grips
- vertical to horizontal spectrum

The mano-mano "split arm"

The protector vs. knife attack on 3rd party

4) The Ankle/Leg Circle:

Heel hook catch and turn vs. a kick

Counter the stomp kick on ground

5) The Torso Circle: The "Tornado" Energy Throw:

Common move vs. very common attack

Real close in? Biceps hook neck.

Medium close in? Forearm neck hook.

On the clock" means 12, 3, 6, or 9 angles or in some cases, all 12 numbers of the clock are angles."

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W. HOCK HOCHHEIM'S
SDMS

IMPACT WEAPONS
ROUGH GUIDE
BASIC LEVELS 2 OUTLINE



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SDMS: IMPACT WEAPON COMBAT COURSE OUTLINE

EXPERIENCE ^ TRAINING ^ COMMON SENSE

SDMS LEVEL 2) Introduction to SMS:

The single-hand grips

3 SMS Grips

SMS Grip 1) Saber

SMS Grip 2) Reverse

SMS Grip 3) Choke

SMS Delivery/Efficient Movement:

1) Wrist & elbow, less shoulder

2) Uncommitted Slash Theory

3 Strike Points

Point 1) The Tip

Point 2) The Shaft

Point 3) The Handle

The SMS Strikes

Shaft Strikes

Use the Basic 4 o' clock drill or Advanced 12 angle drill

Saber slash

Saber Hit & retract

Reverse grip shaft slash

Reverse grip shaft hit & retract

Experiment the shaft strikes with:

-1 set on back

-1 set on one knee

Pommel / Handle Strikes

Use the basic 4 o' clock drill or 12 angle drill

Saber pommel strike hooks

Saber pommel strike thrusts

Reverse grip pommel strike hooks

Reverse grip pommel strike thrusts

Experiment the pommel strikes with:

-1 set on your back

-1 set on one knee

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S
D
M
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IMPACT WEAPON COMBATIVES

Single and Double-Handed Blocking,
Striking and Grappling

YOUR NOTES

Tip Stabs

Use the basic 4 o' clock drill or 12 angle drill

Saber grip thrust stabs

Saber grip hook stabs

Reverse grip thrust stabs

Reverse grip hooking stabs

Choke/Center Grip Stabs (either side)

Experiment the tip strikes with

-1 set on your back

-1 set on one knee

SMS Combos

(Minimum 2 of any strikes. Many variations)

Slashes on the clock

2 set

-both same line

-second different line

3 set

-same lines

-multiple lines

More.....

X's / Figure eights on the clock

Slash & stab on the clock

Stab & slash on the clock

Pommel and slash on the clock

Fan strikes on the clock

Circles Big and Small on the clock

Support Hand and Kick Practice

* Stick strike and hand strike

* Stick strike and kick

* Block and hand strike

* Block and kick

SMS Impact Skill Drills

Hit Sticks: A trainer feeds a target stick in and out to hit.

-feeds 4 clock quadrants each, then,

-feeds random

Hit sticks with a trainer hitting you back with a stick. As in one of the aforementioned strikes.

Statue Drill

Shaft strike

stick contact first then hand next

Tip strike...with..

hand contact then stick next

Handle strike

double contact, hand or stick next

YOUR NOTES

The term "Stances" is really only good for command presence, for training, for mental prep and basic crowd control.

6 Combat Positions

1) Standing-stick forward

2) Standing-stick neutral

3) Standing-stick back

4) Knee-high

5) On your back

6) On your sides, right or left

A swing at 50 MPH delivers twice the force needed to cave in a skull.

*All this information is further explained, with hundreds of photographs in Hock's **Training Mission** books. They are demonstrated in Hock's **Training Mission** DVDs.
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Blocks (The defender is successful)

All strikes are also blocks
Unsupported blocks
Supported blocks
DMS blocks
Hybrid blocks
Passing
 -blending and
 -force-to-force

Counters to Common Blocks: (The attacker is successful)

Counter 1: Hit the blocking limb
 (designed for when you can't reach a more vital target)
Counter 2: Re-direct on another line
Counter 3: Stick invading hands
Counter 4: Introduce the axis strikes
 Axis - Fencing Stabs
 Axis - XCQC Hooking pommel Strikes
 Axis - Slide Stick Strikes to hands

SMS Fakes (via the clock 4 drill or 12 angle drill)

SMS Knee High, Ground Clock Drill

SMS Falling

SMS Give and Take Skill Drills (& test)

Beats of 3 Beats of 2 Beats of 1

-Switch hands
-2 sticks vs. 1 stick

Extreme Close Beats of 1

Round 1) stick & hand vs. stick & hand
Round 2) stick & hand vs. stick only
Round 3) stick & hand vs. hand only
 - right hand only
 - left hand only

Round 4) stick & hand vs. stick-and-hand
Round 5) Ad lib CQC kicks

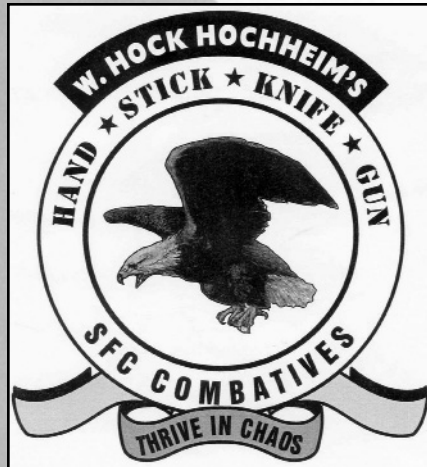
Solo Shadow Sparring

Non-Contact Sparring

Full Contact Killshot

YOUR NOTES

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**KNIFE/COUNTER-KNIFE COURSE
OUTLINES FOR LEVELS 2**

Rough Guide



"Thrive in Chaos!"



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KNIFE / COUNTER-KNIFE
COMBAT COURSE OUTLINE

BASIC INSTRUCTOR MODULES 2



EXPERIENCE ^ TRAINING ^ COMMON SENSE

Knife Level 2: The Saber Slash Module

Protocols for Knife versus knife

- P1) Learn the strikes
- P2) Learn the blocks
- P3) Learn the counters to common strikes
- P4) Learn the counters to common blocks

Saber Slash Studies and Observations

- 1) Review the Level 1 Quick Draw

- 2) The Grip
 - Wandering thumb
 - Textured needed

- 3) The Power Edge Push

- 4) Economy of Motion / Velocity/ Penetration

- 5) Differences: Big Knife / Small Knife

- 6) The Apple on a String

- 7) The Uncommitted Slash

- 8) Edge Awareness

- 9) Beware the Slash/Block?

- 10) Other hand strikes, grabs, blocks, Con

- 11) Overuse the knife: Equalizer Speech

- 12) Success of the Slash?

Saber Slash Solo Command and Mastery

The Basic Single Slash Drill
Basic 4 clock
Advanced 12 clock

- 12 o' clock standing right handed
- 12 o' clock standing left handed
- 12 o' clock kneeling on any one knee
- 12 o' clock walking
- 12 o' clock on the ground (back sides)

YOUR NOTES

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Basic Combination Slash Drills

Double Slash 4 clock
Xs or 8's on the 4 clock!
Advanced application...high, medium, low, R&L Xs
Any ½ beat hand strike
Any ½ beat kick

Hit Training Object

-Stationery -Moving -Hits back

Saber Grip Knee High Ground Clock Drill

Saber Grip Falling: Come up with a slash

Saber Slash Sparring

Warn about "myth of the duel"

Intro to Fakes with 4 or 12 o' clock

Battle Sets

Sets of 3	Sets one-hand saber
Sets of 2	Sets one-hand reverse
Sets of 1	Sets two knives versus two
Sets on the ground	

Knife Sparring

R vs. R
L vs. L
R vs. L
L vs. R
2 knives vs. 1
2 knives vs. 2
2 people vs. 1 person
2 people vs. 2 people

Basic Slash Statue Drill

Knife makes arm 1st contact, then slashes.
Hand makes 1st contact, then knife slashes.
Double contact, then knife slash.

Synergy Flow and Skill Drills

The Block-Pass-Pin Skill Drill

- * standing ½ beat slashing
- * right & left and low corners too
- * ground ½ beat slashing

Counters to Common Blocks Study

The trainer uses his empty arms and hands for your skill development.
Versus the 4 clock angles for basic training.

Counter 1) Cut block

Counter 2) Redirect slash on another line

- a) he blocks. You redirect.
- b) the trainer now holds a knife and tries to block your attack by the common strategy of hitting your weapon arm.

YOUR NOTES

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Counter 3) Invading hands

* The 4 P's

Pinning hands

Passing hands

Pulling hands

Pushing hands

-versus *1st layer

-versus * 2nd layer

Option Awareness Combat Scenarios (CS)

CS 1) The Bump and Run Combat Scenario

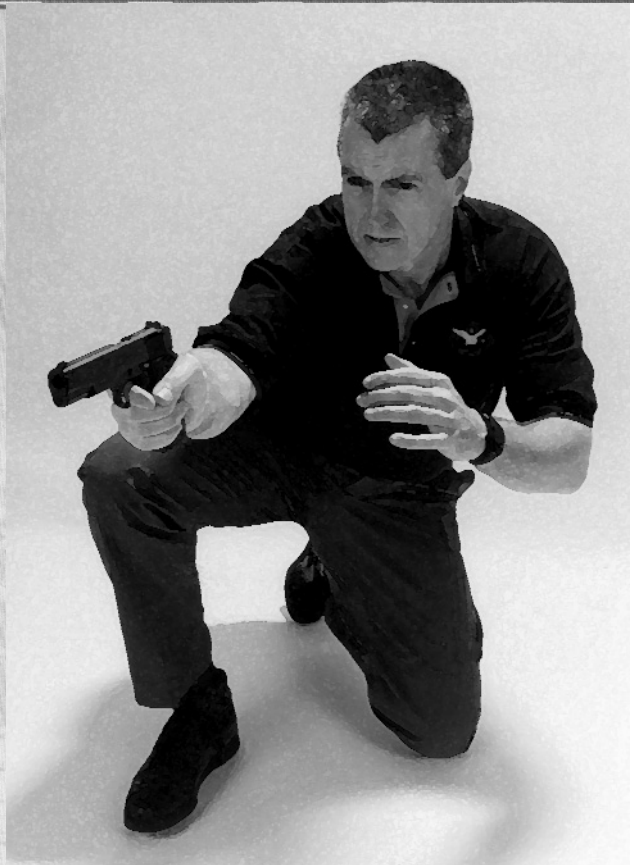
CS 2) UC Counter to the Tight Slash scenario

Level 2 Test requirement: Learn and perform all of the above to a sufficient mastery

YOUR NOTES

YOUR NOTES

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W. HOCK HOCHHEIM'S
GUN/COUNTER-GUN
ROUGH GUIDE

BASIC LEVELS 2 COURSE OUTLINE



Gun/Counter-Gun Level 2 Requirements

- >Must have successfully experienced this level of training.
- >Must have at least 20 total live-fire hours with Hock or with recognized shooting tactics instructor.
- >Must have experienced several search exercises.
- >Must be a member of the SF Congress
- >Must own ***Training Mission One and Two*** Books
- >Must own ***Training Mission One and Two*** DVDs
- >Must, barring emergencies, see Hock at least once a year for updated/re-certification training.
- >Physical testing fees: \$40

For Military, Police, Martial Artists and Citizens!

The Essence of Combat

This book is the second in a series of 10 *Training Mission* Books. No one in history has ever amassed such a comprehensive encyclopedia on this collective body of hand, stick, knife and gun CQC combatives, all a forged hybrid from military, police, martial arts and medical, historical and psychological disciplines.

Every citizen, martial artist, soldier, guard and cop must study Hock's courses and own these books. With all his experience, research, his books, DVDs, tapes and *Close Quarter Combat Magazine*, Hock has become an institution.

This book contains vital tactics, drills, scenarios, strategies and psychology on:

- . The CQC Group Review
- . Unarmed Combatives
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 - The Stomp Kick Module
 - The Palm/Inside-Arm Contact and Strike
 - The Circular Takedowns
- . SDMS Impact Weapon Combatives
 - The SMS Module
- . Knife/Counter-Knife Combatives
 - The Saber Slash Assault Module
- . Gun/Counter-Gun Combatives
 - Walking Point - The Search Module
- . CQC Group Level 2 Test Requirements



W. Hock Hochheim has instructed the U.S. Marines, Army, Navy, Air Force, allied troops, SWAT teams and police officers from over 170 police academies and agencies as well as thousands of citizens and martial artists around the world. He is a commendated Texas police and U.S. Army military vet with three decades of experience, a former private investigator and a graduate of many academies, street survival courses and combat schools. With Black Belts in Filipino, Japanese and Hawaiian systems, Hock was inducted into the prestigious *Black Belt Magazine* Hall of Fame. He was awarded the title of Guro in Manila, the Philippines in 1993. Author of the *Knife Fighting Encyclopedia* series, Hock published *Close Quarter Combat Magazine* and has produced over 40 acclaimed training videos and DVDs. With all this education, research and experience, Hock founded his international martial Congress and he is the architect of several modern, practical martial courses culminating in this CQC Group program.

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P.O. Box 601
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(817) 581-4021 (ph)
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