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# The Hochheim Group Report

Spring 2004

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## DISPATCHES

### Dear Hock:

*I am a 31 year old businessman from New Delhi, India and I hold the 1st Dan Black Belt in Tae kwondo. After getting into certain situations lately, I realized that it is also very important to learn close quarter combat.*

*Very recently I got into an argument on the road and the fellow kept verbally abusing me a lot and kept enticing me to hit him. I did not hit him. Why?...I was too scared that I might injure him very badly and secondly, I have a wife and a kid. Tomorrow, if something happens to me, who will take care of them?*

*Now the problem is that all this is leaving me with very low self-esteem, I am also losing confidence in myself. Please advise if I am right by not hitting back. I am a small structured person (5'4" 138 lbs.) so people think they can take me for granted. Sumeet Chugh, India*

### Hock's Reply:

Nahhh! Relax Bubba! You survived an idiot's tirade. "Shake it off," is a sports term we use in the USA to forget a little pain. A big problem with martial arts training is it is hardly ever "situational." There is little time explaining to students the crazy environments that these techniques are actually used in.

### Dear Hock:

*"Flight or fight" and how to deal with it? I need to overcome the panic of a confrontation so I don't freeze. My*

*field of vision narrows, which prevents me from executing an attack. In other words, I think I cannot be loose and unafraid. I don't know if I can learn this but I am willing to try. Fred M., Maryland*

### Hock's Reply:

That is written about and talked about throughout all my books and DVDs. But actually the the last book: **Training Mission Ten**, will have all my main essays on major topics, to include fear management, pain management and the psychology of violence. There are two types of combat confrontations, or fighting:

- 1) Ambush and...
- 2) Interview.

#### The Ambush Confrontation

Some of the greatest armies in the world have been defeated by ambush. But learning quick responses can help. In the Army, we called it "Immediate Action Drills," but whatever the drills are, they must be as realistic as possible, based on realistic situations that might happen in your life. No matter the preparations, ambushes are the worst. The element of surprise!

#### The Interview Confrontation

Interview could be a question and answer encounter a full blown idiot yelling inches from your face. Either way, you are assessing the situation. This does give you a second or two to prepare, lessening the ambush factor.

#### The THREE Fs

Actually there are 3 "F's." Fight, FREEZE, or flight. The Freeze is often forgotten.

Training repetition responses (hundreds to thousands of times) makes your reaction almost automatic and often takes the thinking, and two of the three Fs, out of the mix. Your body should take over impulsively. Here is a true quote from a troop that's so like

recollections I have heard from vets for 30 years now:  
*"Damn! these guys are trying to kill me. I've been in the Army for 14 years and everything I'd been trained to do, I did then automatically. It was second nature."*

#### Adrenaline

People are blathering on and on about adrenaline and its negative aspects. But it has positive ones too. People report improved vision, increased strength and hearing and skill to overcome the enemy. I suspect these are the people in physical shape who can best handle the heart spike of sudden surprise.

People who train against screaming, yelling and cursing people may learn to ignore the problem. People who simply kickbox or do freestyle mixed martial arts training are better prepared to fight, over all, than someone who doesn't. In short, mix in a little fear factor with freestyle fighting exercise as an inoculation for the fight.

#### Quick solutions:

- 1) Train MANY smart repetitions to common attacks
- 2) Assess your probability dangers. Problem-solve those situations first.
- 3) Stay in shape to best handle that heart spike.
- 4) No quick fix.
- 5) No magic cure.

I have written tons on the specifics of this question. The upcoming **Training Mission Ten** will have it all. Meanwhile, the subject is mentioned throughout the seminars, books and DVDs. \*\*\*

**If you have a question for Hock, please email him at [HockHoch@aol.com](mailto:HockHoch@aol.com) or write Hock Hochheim, Lauric Enterprises, Inc., P.O. Box 601, Keller, TX 76244.**



## Inside the War Contract Business

*This article was reported by David Barstow, James Glanz, Richard A. Opper Jr. and Kate Zernike and was written by Mr. Barstow for The New York Times. Reprinted w/permission.*

**They have come from all corners of the world. Former Navy Seal commandos from North Carolina. Gurkas from Nepal. Soldiers from South Africa's old apartheid government. They have come by the thousands, drawn to**

**the dozens of private security companies that have set up shop in Baghdad. The most prized were plucked from the world's elite special forces units. Others may have been recruited from the local SWAT team.**

But they are there, racing about Iraq in armored cars, many outfitted with the latest in high-end combat weapons. Some security companies have formed their own "Quick Reaction Forces," and their own intelligence units that produce daily intelli-

gence briefs with grid maps of "hot zones." One company has its own helicopters, and several have even forged diplomatic alliances with local clans.

Far more than in any other conflict in United States history, the Pentagon is relying on private security companies to perform crucial jobs once entrusted to the military. In addition to guarding innumerable reconstruction projects, private companies are being asked to provide security for the chief of the Coalition Provisional Authority, L. Paul Bremer before his departure, and other senior officials; to escort supply convoys through hostile territory; and to defend key locations, including 15 regional authority headquarters and even the Green Zone in downtown Baghdad, the center of American power in Iraq.

With every week of insurgency in a war zone with no front, these companies are becoming more deeply enmeshed in combat, in some cases all but obliterating distinctions between professional troops and private commandos. Company executives see a clear boundary between their defensive roles as protectors and the offensive operations of the military. But more and more, they give the appearance of private, for-profit militias - by several estimates, a force of roughly 20,000 on top of an American military presence of 130,000.

"I refer to them as our silent partner in this struggle," Senator John W. Warner, the Virginia Republican and Armed Services Committee chairman, said in an interview.

The price of this partnership is soaring. By some recent government estimates, security costs could claim up to 25 percent of the \$18 billion budgeted for reconstruction, a huge and mostly unanticipated expense that could delay or force the cancellation of billions of dollars worth of projects to rebuild schools, water treatment plants, electric lines and oil refineries.

In Washington, defense experts and some leading Democrats are raising alarms over security companies' growing role in Iraq.

"Security in a hostile fire area is a classic military mission," Senator Jack Reed of Rhode Island, a member of the Armed Service committee, wrote last week in a letter to Defense Secretary Donald H. Rumsfeld signed by 12 other Democratic senators. "Delegating this mission to private contractors raises serious questions."

The extent and strategic importance of the alliance between the Pentagon and the private security industry has been all the

more visible with each surge of violence. In recent weeks, commandos from private security companies fought to defend coalition authority employees and buildings from major assaults in Kut and Najaf, two cities south of Baghdad. To the north, in Mosul, a third security company repelled a direct assault on its headquarters. In the most publicized attack, four private security contractors were killed in an ambush of a supply convoy in Fallujah.

The Bush administration's growing dependence on private security companies is partly by design.

Determined to transform the military into a leaner but more lethal fighting force, Mr. Rumsfeld has pushed aggressively to outsource tasks not deemed essential to war-making. But many Pentagon and authority officials now concede that the companies' expanding role is also a result of the administration's misplaced optimism about how Iraqis would greet American reconstruction efforts.



*Personal protection specialist working in Najaf.*

The authority initially estimated that security costs would eat up about 10 percent of the \$18 billion in reconstruction money approved by Congress, said Capt. Bruce A. Cole of the Navy, a spokesman for the authority's program management office.

But after months of sabotage and insurgency, some officials now say a much higher percentage will go to security companies that unblushingly charge \$500 to \$1,500 a day for their most skilled operators.

"I believe that it was expected that coalition forces would provide adequate internal security and thus obviate the need for contractors to hire their own security," said Stuart W. Bowen Jr., the new inspector general of the authority. "But the current threat situation now requires that an unexpected, substantial percentage of contractor dollars be allocated to private security."

"The numbers I've heard range up to 25 percent," Mr. Bowen said in a telephone interview from Baghdad. Mark J. Lumer, the Pentagon official responsible for overseeing Army procurement contracts in Iraq, said he had seen similar estimates.

But Captain Cole said that the costs were unlikely to reach that level and that the progress of reconstruction would eventually alleviate the current security problems.

Still, in many ways the accelerating partnership between the military and private security companies has already outrun the planning for it.

There is no central oversight of the companies, no uniform rules of engagement, no consistent standards for vetting or training new hires. Some security guards complain bitterly of being thrust into combat without adequate firepower, training or equipment. There are stories of inadequate communication links with military commanders and of security guards stranded and under attack without reinforcements.

Only now are authority officials working to draft rules for private security companies. The rules would require all the companies to register and be vetted by Iraq's Ministry of Interior. They would also give them the right to detain civilians and to use deadly force in defense of themselves or their clients. "Fire only aimed shots," reads one proposed rule, according to a draft obtained by **The New York**

**Times.**

Several security companies have themselves been pressing for the rules, warning that an influx of inexperienced and small companies has contributed to a chaotic atmosphere. One company has even enlisted a former West Point philosopher to help it devise rules of conduct.

"What you don't need is Dodge City out there any more than you've already got it," said Jerry Hoffman, chief executive of Armor Group, a large security company working in Iraq. "You ought to have policies that are fair and equal and enforceable."

Company executives argue that their services have freed up thousands of troops for offensive combat operations.

But some military leaders are openly grumbling that the lure of \$500 to \$1,500 a day is siphoning away some of their most experienced Special Operations people at the very time their services are most in demand.

Pentagon and coalition authority officials said they had no precise tally of how many private security guards are being paid with government funds, much less how many have been killed or wounded. Yet some Democrats and others suggest

that the Bush administration is relying on these companies to both mask the cost of the war and augment an over-stretched uniformed force.

Mr. Rumsfeld has praised the work of security companies and disputed the idea that they were being pressed into action to make up for inadequate troop levels.

Still, the government recently advertised for a big new contract - up to \$100 million to guard the Green Zone in Baghdad.

"The current and projected threat and recent history of attacks directed against coalition forces, and thinly stretched military force, requires a commercial security force that is dedicated to provide Force Protection security," the solicitation states. Danger Zones: Rising Casualties and Deal Making The words did not match the images from Iraq.

At a Philadelphia conference last week, a government official pitched the promise of Iraq to dozens of business owners interested in winning reconstruction contracts.

William H. Lash III, a senior Commerce Department official, said Baghdad was flowering, that restaurants and hotels were reopening. He told of driving around Baghdad and feeling out of place wearing body armor among ordinary Iraqis. In any case, he joked, the armor "clashed with my suit," so he took it off.

But the view from Iraq is considerably less optimistic, with contracting companies and allied personnel alike hunkering down in walled-off compounds. "We're really in an unprecedented situation here," said Michael Battles, co-founder of the security company Custer Battles. "Civilian contractors are working in and amongst the most hostile parts of a conflict or post conflict scenario."

One measure of the growing danger comes from the federal Department of Labor, which handles workers' compensation claims for deaths and injuries among contract employees working for the military in war zones.

Since the start of 2003, contractors have filed claims for 94 deaths and 1,164 injuries. For all of 2001 and 2002, by contrast, contractors reported 10 deaths and 843 injuries. No precise nation-by-nation breakdown is yet available, but Labor Department officials said an overwhelming majority of the cases since 2003 were from Iraq.

With mounting casualties has come the exponential growth of the little-known industry of private security companies that work in the world's hot spots. In Iraq, almost all of them are on the United States payroll, either directly through contracts with government agencies or indirectly through subcontracts with companies hired to rebuild Iraq.

Global Risk Strategies, one of the first security companies to enter Iraq, now has about 1,500 private guards in Iraq, up from 90 at the start of the war. The Steele Foundation has grown to 500 from 50. Erinys, a company barely known in the security industry before the war, now employs about 14,000 Iraqis.

In many cases companies are adapting to the dangers of Iraq by replicating the tactics they perfected on Special Forces teams. One, Special Operations Consulting-Security Management Group, has recruited Iraqi informants who provide intelligence that helps the company assess threats, said Michael A. Janke, the company's chief operating officer.

The combination of a deadly insurgency and billions of dollars in aid money has unleashed powerful market forces in the war zone. New security companies aggressively compete for lucrative contracts in a frenzy of deal making.

"A lot of firms have put out a shingle, and they're not geared to operate in that environment," said Mr. Hoffman, the Armor Group chief executive.

One security company, the Steele Foundation, recently turned down an 18 million dollar contract for a corporation that wanted a security force deployed within only a few days; Steele said it simply could not find enough qualified guards so quickly. Another company promptly jumped at the contract.

"They just throw bodies at it," said Kenn Kurtz, Steele's chief executive officer.

Early on in the war, private security contractors came mostly from elite Special Operations forces. It is a small enough world that checking credentials was easy. But as demand has grown, so has the difficulty of finding and vetting qualified people.

"At what point do we start scraping the barrel?" asked Simon Faulkner, chief operating officer of Hart, a British security company. "Where are these guys coming from?"

When four guards working for a subcontractor hired by Erinys were killed in an attack in January, they were revealed to be former members of apartheid-era security forces in South Africa. One had admitted to crimes in an amnesty application to the Truth and Reconciliation Commission there. "We were very alarmed," said Michael Hutchings, the chief executive of Erinys Iraq. "We went back to our subcontractors and told them you want to sharpen up on your vetting."



*Scientific Fighting Congress Member Bloss, killed in Fallujah in April 2004 as he worked as a private protection specialist. (Story at right.)*

"We were very alarmed," said Michael Hutchings, the chief executive of Erinys Iraq. "We went back to our subcontractors and told them you want to sharpen up on your vetting."

#### **Troops and Guards: Distinctions Are Hard to Keep**

For private security contractors, the rules of engagement are seemingly simple. They can play defense, but not offense. In fact, military legal experts say, they risk being treated as illegal combatants if they support military units in hostile engagements.

"We have issued no contracts for any contractor to engage in combat," Mr. Lumer, the Army procurement official.

What has happened, Mr. Lumer said in an interview, is that the Pentagon has, to a "clearly unprecedented" degree, relied on security companies to guard convoys, senior officials and coalition authority facilities.

No one wants regular troops "standing around in front of buildings," he said. "You don't want them catching jaywalkers or handing out speeding tickets."

But in Iraq, insurgents ignore distinctions between security guards and combat troops. And what is more, they have made convoys and authority buildings prime targets. As a result, security contractors have increasingly found themselves in pitched battles, facing rocket-propelled grenades, not jaywalkers.

It is in those engagements, several security executives said, that the distinctions between defense and offense blur most. One notable example came

#### **Scientific Fighting Congress Member Mike Bloss Killed in Iraq**

In April, Mike Bloss, 38, a British civilian and former paratrooper from Wales was shot during firefight in Iraq. Bloss was a Scientific Fighting Congress member. He attended one of Hock's seminars in Denver less than 5 months before leaving for Iraq. He was expertly trained and equipped, yet enemy fire killed him.

Bloss was in Iraq on a civilian contract to protect civilians as they go about their business of rebuilding the country.

"They were pinned down by fire," says Beth Fox, operations manager for the National Sports Centre for the Disabled, in the Winter Park ski resort where Bloss worked before going to Iraq.

"He was protecting three workers. They were able to escape. Mike held off the attackers, and Mike was killed."

Before deciding to go to Iraq and help out, Bloss worked at Winter Park, just 30 miles west of Denver. He became a certified adaptive ski instructor and did volunteer work for the center for five years before becoming a full-time member of the staff in 1999.

"The nice thing about Mike was how he would create rapport with the students," Ms. Fox recalled.

"He really cared about what they felt and what they thought. He wanted to help people experience the feeling of wind in their hair."

The gregarious Bloss once served in the military in Northern Ireland. Friends said that a debilitating foot injury allowed him to show great understanding for the needs of disabled skiers.

To earn extra money, Bloss signed up for contract security. He worked for Custer Battlefields, a Virginia company who specialized in private security. He left for Iraq in March.

"The staff begged him not to go," Ms. Fox says. "But he's a really upbeat guy and very confident." (*..continued next page*)

not long ago, when eight security contractors from Blackwater USA helped repel a major attack on a coalition authority building in Najaf. The men fired thousands of rounds, and then summoned Blackwater helicopters for more.

In an interview, Patrick Toohey, vice president for government relations at Blackwater, grappled for the right words to describe his men's actions. At one moment he spoke proudly of how the Blackwater men "fought and engaged every combatant with precise fire." At another, he insisted that his men had not been engaged in combat at all. "We were conducting a security operation," he said. "The line," he finally said, "is getting blurred." And it is likely to get more blurred, with private security companies lobbying for permission to carry heavier weapons.

"We will keep pressing for that," said Mr. Faulkner, the Hart executive - especially after four of his men spent 14 hours on a roof of their building in Kut fighting off 10 times as many insurgents. Another Hart employee was killed in the assault, his body later dismembered by the mob.

"I cannot accept a situation where four of our people are being besieged by 40 or 60 Iraqis, where they're talking to me on a telephone saying, 'Who's coming to help?'" Mr. Faulkner said. They are also seeking ways to improve communications with military units.

Recently, a team of private security guards fought for hours to defend a coalition authority building in Kut. They later complained that allied Ukrainian forces had not responded to their calls for help.

Even routine encounters between allied forces and private security teams can be perilous. Mr. Janke, the security company executive and himself a former Navy Seal, said that in a handful of cases over the last year, jittery soldiers had "lit up" - fired on - security companies' convoys. No one was killed, but standard identification procedures might have prevented those incidents, Mr. Janke said.

Sorting out lines of authority and communication can be complex. Many security guards are hired as "independent contractors" by companies that, in turn, are subcontractors of larger security companies, which are themselves subcontractors of a prime contractor, which may have been hired by a United States agency.

In practical terms, these convoluted relationships often mean that the governmental authorities have no real oversight of security companies on the public payroll.

In other cases, though, the government insists that security companies abide by detailed rules. A solicitation for work to provide security for the United States Agency for International Development, for example, contains requirements on everything from attire to crisis management.

"If a chemical and/or biological threat or attack occurs, keep the area near the guard post clear of people," the document states, adding in capital letters, "Remember, during the confusion of this type of act, the guards must still provide security for employees or other people in the area." The words are emphatic, but empty.

Government contracting officials and company executives concede that private guards have every right to abandon their posts if they deem the situation too unsafe. They are not subject to the Uniform Code of Military Justice, nor can they be prosecuted under civil laws or declared AWOL.

Scott Earhart said he left Iraq because he was disgusted at the risks he was asked to take without adequate protection or training. Mr. Earhart, 34, arrived in Iraq in October to work as a dog handler for a bomb-detection company hired by Custer Battles. A former sheriff's deputy in Maryland, he said that there were not enough weapons and that his body armor was substandard.

"If you didn't get to the supply room in time, you wouldn't have a gun," he said.

Mr. Earhart said the breaking point came when he was asked to drive unarmed to Baghdad from Amman, Jordan. "I felt my safety was in jeopardy," he said.

Mr. Battles, of Custer Battles, said that it had taken longer than expected to get weapons shipments, and that the company had had "growth issues, like everybody else." But, he emphasized, "under no circumstances did we let people out into the field without proper equipment."

The Foreign Office confirmed that Bloss had been killed, but details were not available.

Mr. Bloss sent emails home to friends often. Some were about sunbathing in Baghdad, but many mentioned rocket fire and attacks.

"The one that he sent before his death, on Wednesday just said he was dispatched to Fallujah, which set all our hair up straight, because we knew what was going on there," Ms. Fox says.

She was not surprised that Bloss died fighting.

"That's Mike's personality. He was there to do his job, and he was there to protect people," she says. "At the last minute he wasn't thinking of his own safety."

#### **Bloss' last emails:**

4/4/04

Hi,  
I'm being sent to the Fallujah area for a week, I'm not sure how much internet access I'll have there. I'm going to be working as an Assistant Team Leader (ATL).

After that, I'll be heading up to Mosul as a Team Leader (TL). I get a pay rise to go with the promotion, which is nice.  
M.

4/7/04

I am in serious shit here. The surrounding towns of Hit and Ramadi and the nearby Airfield of Al Asad have all been attacked today, as well as Fallujah, which is a short distance to the Sth-East.

We are expecting to be overrun tonight and we may have to fight our way to a safe haven. Unfortunately all the safe havens are already under attack.

I don't wish to alarm you, we'll probably be OK! I'll e-mail when I'm safe.  
M. \*\*\*

*"In memory of Mike Bloss, Custer Battles has opened a memorial fund, which will benefit Mike's niece, per Mike's request. All donations should be mailed to: Mike Bloss Memorial Fund, P.O. Box 702, Newport, RI 02840. For additional information please contact Jennifer Martin at 401-848-7500."*

## Clearer Rules: Search for Standards, Even a Philosophy

For more than a decade, military colleges have produced study after study warning of the potential pitfalls of giving contractors too large a role on the battlefield. The claimed cost savings are exaggerated or illusory, the studies argue. Questions of coordination and oversight have not been adequately resolved. Troops could be put at risk.

Several senior American commanders in Iraq and Kuwait, or who have recently returned, expressed mixed feelings about the use of private security companies.

"The key thing is there are many requirements that are still best filled with combat units that can call on gunship support - Apache and Kiowa Warriors overhead - medevac, and just plain old reinforcements," one senior Army general wrote in an e-mail message to **The Times**. "Our task is to outsource what MAKES SENSE given the enemy situation."

In an unusual reversal of roles, the push for industry standards is coming from security executives themselves. In Washington, Pentagon lawyers are reviewing the rules governing security companies. At the same time, coalition authority and Iraqi officials are drafting operating rules for the private security companies.

The draft rules urge the use of "graduated force" - first shout, then shove, then show your weapon, then shoot. And they spell out when the guards may use deadly force. But they do not cover precisely how security operators will be screened and trained. For now, companies are often writing their own rules and procedures for Iraq.

"It's an industry that if it's not careful could easily blend into what is usually referred to as war profiteers or soldiers of fortune or mercenaries, it is a very ill-defined operating space right now," Mr. Battles said. "We draw the lines."

Custer Battles went so far as to hire an expert in military ethics, Paul Christopher, who taught philosophy at West Point. Mr. Christopher is helping the company define its place and policies in the chaos of Iraq.

"He's the anti-Rambo," Mr. Battles said. "This is a deep thinker." \*\*\*

*Eric Schmitt contributed reporting from Washington for this article.*



## Scuttlebutt

**Last year** saw more suicide attacks, 98, than any other year. The modern use of bodies as weapons in the name of religion began in the Muslim world during the Iran-Iraq war when the mullahs of Iran sent children into battle zones to clear mines. The tactic was transformed into suicide bombing by Hezbollah, the Iranian-supported Shiite fighters in southern Lebanon, notably in the truck bomb that demolished the U.S. Marine barracks in 1983 and killed 241 Americans. Suicide bombing came to Israel in 1993, then moved around the world, eroding the trust necessary for ordinary people to live civilized lives, so that taking commuter trains in Madrid, planes in Washington, and buses in Jerusalem now confronts us as cause for death. - *Mortimer B. Zuckerman, Editor and Chief, U.S. News and World Report*

**Corrections Canada** won't let guards at maximum security prisons wear stab-proof vests because it sends a confrontational "signal" to prisoners. "If you have that kind of presence symbolized by (a stab-proof vest), you're sending a signal to the prisoner that you consider him to be a dangerous person," said Tim Krause. "It interferes with what we call 'dynamic security.' We want staff to talk to prisoners, to see how they are doing." Last month, Sun Media reported a guard at the Edmonton Institution was threatened with disciplinary action several times by prison brass for wearing a self-purchased stab-proof vest on the job. The guard, who asked not to be named, said he intends to keep wearing the Kevlar vest. "Yes, I'm violating the rules. But management is stepping on my right to defend myself," he said. Kevin Grabowsky, of the Union of Canadian Correctional Officers, said the notion that inmates might be "offended" is a "complete crock." - *Doug Beazley, Sun Media*

**At least 21 women** were trampled to death in India recently when a politician's announcement of a sari giveaway caused a stampede. More than 10,000 people were crowded into a Lucknow park, at a rally for prime ministerial aid Lalji Tandon.

When they heard that free saris, the colorful garments worn by Indian women, were being given out in honor of Tandon's birthday, the crowd surged, and dozens fell underfoot. Officials with the ruling Bharatiya Janata Party initially tried to blame the deaths on heatstroke, noting that "such things happen during a big gathering." Hours after the stampede, the park was littered with unclaimed saris.

**Twenty-four Disney World guests** have accused a costumed park employee of fondling them. "It appears all our complaints are focusing on Tigger," police said. Tigger, women said, often put one paw around their shoulders for photographs, while groping their breasts with the other. He felt up one woman while she was videotaping her 3-year-old daughter. "Her daughter asked her what Tigger was doing," a police report said, "and the victim jokingly said, 'I don't know. I guess Tigger likes Mommy.'" - *The Week*

**A deployed air bag** adds \$2,000 to the cost of repairing a crashed vehicle. That's often enough for insurance companies to declare the car "totaled." - *Business Week*

**Since 1994**, police chases in the U.S. have resulted in 3,146 deaths, according to the National Highway Traffic Safety Administration. About a third of those killed were innocent bystanders. - *Seattle Post-Intelligencer*

**Private security** contractors hired by the Pentagon have had about 50 employees killed in action in Iraq-more deaths than any U.S. ally has suffered during the occupation. - *Salon.com*

**Troops stationed** in Iraq have another hazard to worry about; the Baghdad boil. So far, 653 U.S. soldiers have been diagnosed with the disease, which causes ulcerous boils that can linger for months and even years. The condition, formally called leishmaniasis, is spread by parasite-carrying sand flies when they bite. Only 20 soldiers contracted the ailment during the first Gulf War. But for the current conflict, American forces arrived during peak sand-fly season and have stayed in the field much longer. Most cases affect only the skin, but a rarer and deadlier type also attacks the spleen, liver and other organs. No treatment is available in Iraq, all infected soldiers are flown to Walter Reed Army Medical Center, in Washington D.C. The sores are not contagious, but can leave permanent, burnlike scars. "This is really the largest outbreak in the history of the military since WWII," says Lt. Col Peter Weina of Walter Reed. \*\*\*

# **KNIFE GROUND FIGHTING!**

## **When Submission Wrestling Habits Can Get You Killed!**

**by W. Hock Hochheim**



***His silver blade is just inches from your face!***

When people hit the ground in a knife fight, it is perfectly common for them to recognize the obvious dangers and instinctively move apart. This is usually done by kicking and shoving the opponent with the legs. But, not so, with some martial artists trained in sport fighting. Over the years I have observed many knife killshot tournaments and quite a number of participants accidentally fall to the floor. I have seen these sport wrestling training habits put the practitioners in suicidal ground fighting positions!

Time and time again, martial art ground fighters competing in hardcore knife tournaments who tackle, or trip and fall in battle have this compulsion to wrap each other up closely and proceed to stab each other to simulated death. With our Killshot rules, if there is no clear winner, then both participants die and nobody wins. Non-martial artists and non-ground fighters avoid this ground clinch and snake away from each other's blades.

From organizing and refereeing these bouts, it became apparent to me years ago that hitting the ground and wrapping your legs around each other in a knife fight is little more than a suicide pact.

How has this foolishness started? There has been an obsession to promote the classic sport positions of the "guard" and the "mount" as some cure-all for all ground zero problems. Students mindlessly roll around and practice these ideas for hours and hours, year after year until sport wrestling methods become second-nature under all circumstance. Remember when under stress, we drop to our repetition training.

Sport ground fighters, even those within the current and popular trends of Mixed Martial Arts, and who think they are doing absolute reality fighting, have developed this muscle memory to hug, pin and control their opponents, especially with their legs, not to use their legs to kick someone away, or be free to improvise. There may well be a time and a place for the wrestling applications. But this isn't it.

### **Improvise!**

You need to keep your options open for review and selection. What if you are the only one armed with a knife, and he has none? If you have been attacked and in fear for your life, you may see fit, due to your confidence, skill and the mission-at-hand, to leg tie your unarmed attacker in close to you. Now he is captured and not easily able to elude your blade.

If you are unarmed against the knifer, you should try to evade as you hit the ground. Your muscle-memory cannot let you tie your legs around him and keep him near.



*There has been a martial obsession for years now to ground fight from the mandated, classic sport guard and mount positions.*



*When you are the only one armed, you may see fit, due to your confidence, skill and mission, to leg tie your unarmed attacker in close to you. Now he is captured and not able to easily elude your blade.*



*Sport Wrestler's Mistake. The suicide pact. "Let's just tie-up and kill each other."*



*Sport Wrestler's Mistake. The bottom-guy is unarmed. Top guy-armed. The bottom-guy mindlessly resorts to his sport muscle memory and leg ties the knifer to him. This wrestling based training, makes a bad situation even worse.*



In summary, combatives practitioners study all types of ground fighting to learn to defeat it, not become it. Practice the smart scenarios over and over again. Remaining free from sport routines mean remaining free to improvise. Improvisation is a key skill in overcoming the chaos in a fight. \*\*\*

If you'd like to learn more about Ground Fighting, purchase the Ground Fighting DVD series listed in the catalog at the back of this publication, or purchase online at [www.HocksCQC.com](http://www.HocksCQC.com)

*"The best swordsman in the world doesn't need to fear the second best swordsman in the world; no, the person for him to be afraid of is some ignorant antagonist who has never had a sword in his hand before; he doesn't do the thing he ought to do, and so the expert isn't prepared for him; he does the thing he ought not to do; and often it catches the expert out and ends him on the spot."*

**Mark Twain**

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# Barnhart's Ear

by W. Hock Hochheim

Listening in on a group of students gossiping at a European seminar recently, I overheard them laughing and retelling the famous tale of...Barnhart's Ear.

Not wanting to interrupt, I observed the sheer power and enjoyment of the tale and decided at some point I needed to make it official, and clear up any myths and rumors and finally set the record straight on *Stone Cold's* ear and how he almost lost it.

Oh...round about the year 2000 or so, I was making multiple teaching trips to the U.S. Marine Corp base, Camp Pendelton in southern California, USA. Both of Tom Barnhart's parents were in the Marine Corp and Tom thought it his patriotic duty to offer his help. Getting civilians on these bases could be tough even before 911. But somehow I got him on the list as an assistant and he came with me.

On this 3-day trip I was to teach a group of 50 or so Marines each day, usually knife fighting, but I was often free to cover a whole host of hand, stick and gun subjects. About an hour or so into the first day, I showed a combat scenario inside a circle of these Marines. I cannot recall what the movement was.

Barnhart attacked me, I blocked, struck back, did a prescribed takedown. The usual thing we have done thousands of times. Only THIS time, as Barnhart swirled downward I felt something rake across his ear. It seemed to me it would cause little more than a case of "red ear!" But NO! As Tom stood up, it was easy to see that his ear was torn significantly from his head, and in seconds, was bleeding profusely. Not *Kill Bill* bleeding, but bleeding down his neck and shoulder.

The Marines were silent. Tom stood, knowing he was bleeding and that his ear was dislodged. I said to him in a whisper,

"You know, we have to do this one more time."

He said,

"I know."

And I proceeded to do the same scenario again, this time trying to avoid any contact with the left side of his noggin. Then, I said

calmly to the 50-plus, "Can you try this?" and the Marines went to work. Tom and I waited a second or two until they got busy, then we stepped off to the side by a medic whereupon he was whisked away by jeep to the base hospital. Nearly 5 hours later Barnhart returned with his his head wrapped in a turban. I greeted the new Sahib, replete with numerous stitches, and he stepped in again, as the stunt man for the non-head contact scenarios.

Now this so impressed the Marines that they took an immediate shine to Barnhart. They crowded around him during breaks and enjoyed his advice as he toured the workout offering tips.

A few months later I was contacted again by Pendelton, setting up a session where I would teach 200 Force Recon Marines coming in from overseas some SDMS stick combatives. They said, "and oh yeah...bring Barnhart." At the end of that day, I had to pull Barnhart from groups of Marines that had crowded around him so we could leave.

Apparently the tale of Barnhart's ear had traveled a bit--like all the way around the world. Not that it was nearly ripped off, but more obviously because, when asked, he was the kind of guy who could and would "do it one more time." \*\*\*



*Tom's the kind of guy that if you are at war, you want him fighting on your side.*



## Stick Ground Fighting **CHOKER UP THE RIBS!**

by **W. Hock Hochheim**

***We live in an era where most ground fighting experts faced with holding a perfectly good weapon like a stick, simply toss their sticks away!***

**O**r, less realistic practitioners spend hours and hours on memorizing elaborate patterns of leg locks with sticks, in the pursuit of making their training partner to a tap-out surrender. This is simply because they are ignorant in the ways of hard core stick ground fight.

There are many tactics someone can use with an impact

weapon on the ground. A common reflex from an untrained person is to start wailing away on the enemy, standing or on the ground, and this of course can be very effective. But in a time such as will be described in this pictorial and in many other ground situations, it cannot strike the opponent with any efficiency.

In this option awareness scenario, the stick is extracted being pinned between the fighters. We use the stick as a ramming, stabbing drill into the rib cage. By using the word drill, I do not mean that the stick is spinning or rotating inside your hand. Instead I mean that the stick can be pushed against the ribs and the grip hand can make small circular motions while pushing. I have made this work several times, and it does seem to overcome common clothing and some level of the enemy's pain-killing adrenaline.



1) The sudden attack begins! Your stick is caught between you and the opponent as he charges in, his purpose is to tackle you and take you to the ground with sheer body weight and drive.

2) You land. As he begins his ground assault. You should counter-assault his eyes to distract his plans as you start to extract your stick out.

3) Place the stick against his rib cage. With this as a bracing point, let your hand slide up on the stick to get a stronger mid-point "choked-up" hand grip.

4) Then start ramming the stick into his ribs. Move and drill the stick as needed. Support this motion with the appropriate, angled pelvis raise, as needed.

5) Continue the shove. Once the pelvis raise has worked, next remember to turn and bend your body to complete the power movement need to expel the opponent.





6) To protect yourself against a possible kick, you raise the ground side leg up as a shield.



7) In this case, it appears that his arm may be temporarily pinned as you attempt to get up.



8) You continue to rise and take the next appropriate action for the situation. \*\*\*

# AND...ON THE 8TH DAY...GOD CREATED BLOCKS...

*by W. Hock Hochheim*

Some people just love techno jargon and acronyms. They wax philosophical for hours on the nerve endings and psycho babble that cause us to do this, that or the other movement under stress. Way less talk and much more walk still explains it all and gets the job done. I love this photo below of a slipped baseball bat because it demonstrates the two very common responses under sudden attack. Note the position of the arms and, since everyone is seated, the raising of the knee. Even standing people will often raise a leg when under attack, all in a desire to protect the head and torso.



**Two Arm Block**

These two universal blocks, two of several, are the **Two Arm Block**, shown to the left and the **Zone Block**, on the right. Both are demonstrated here in the 9 o'clock positions.

One is as easily executed as the other, both as reflexive. And, it is easy to see that the Zone Block covers much more space and, if the photo above is any evidence, this block just happens naturally.

There is no perfect block, just the right one for the moment. Key to how you block will be the position your hands and arms happen to be in the second before the attack. Since you will be attacked from both ambushes and combat ready positions, it is wise to practice all blocks.



**Zone Block**

# One Powerful Pistol Disarm! **THE BODY DROP** by W. Hock Hochheim



***It's not looking good at all.*** He has gotten the drop on you! You notice he has a single-hand pistol grip and he is orchestrating his crime scene, pointing and turning his head, the untrained methods of the common criminal. You have your hands up in that expected position of submission and surrender. Keep your hands moving so he will not be able to detect a sudden motion on your part.



1

*He comes near while he is slightly distracted!*



2

*You grab the gun and punch his throat. Punch as needed. (It could end there!)*



3

*You wrap his arm when he is stunned. An elbow to the sternum may help soften him up. Get a super tight grip on his wrist and hand.*



4

*Leap into his midsection. Get his gun arm across your beltline. Not in your armpit. Your beltline.*



*A full body commitment drop. This will absolutely devastate his arm and shoulder upon impact. Hang on to that pistol hand and wrist.*



*If this works, he should be demolished. Take the pistol. Take the appropriate action for the situation next.*

*If you'd like to know more about gun disarms, check out the Gun Disarm DVD in the catalog at the back of this publication, or online at [www.Hockscqc.com](http://www.Hockscqc.com). \*\*\**

October 28, 1952 Second Lieutenant George O'Brien, Jr. found himself thinking that this night could very well be his last. Warm, wet, mud clung to his body. It grabbed his legs preventing him from standing. The night before, many of his men had died on that very hill. As rifle platoon commander of Company H, Third Battalion, Seventh Marine Division, he was to lead his men up the rugged hillside that served as the main line of resistance. He was told to wait for the pre-arranged signal and then charge up the hill. One minute seemed like an hour.

Finally, the signal was given and Lieutenant O'Brien jumped up from his trench. He shouted to his men to follow him through the darkness. A hail of deadly small arms artillery and mortar fire met him immediately. The sound was deafening. He felt the warm flow of blood moving down his sleeve and knew that he had been hit. He turned to his men and shouted for them to follow. He paused on one occasion to give attention to a wounded Marine, before pushing onward.

The enemy was 20 feet from him, dug into a bunker. Without hesitation, he grabbed, pulled the pin and threw a grenade through the darkness at the bunker. He didn't have a chance to evaluate the accuracy of his toss. He was now engaged in hand-to-hand combat. Using his Carbine rifle as an impact tool, he struck down his opponents. The enemy was coming at him like, "bees on honey." When he looked down, at least three of the enemy lay motionless at his feet.

Lieutenant O'Brien pressed on moving closer to the hill's peak. The concussion force from grenades knocked him to the ground on three occasions. Each time, he got back to his feet and continued up the jagged hillside.

His platoon's assault took nearly four hours to complete. As the deafening roar of gun-

fire quieted, it was clear that they had succeeded in capturing this critical vantage point. While his men relaxed, the second lieutenant knew it wouldn't be anytime before a Korean counter offensive would be launched. Although wounded, he personally checked each position and attended to the others expediting their evacuation. Finally, the relief platoon was in place. Despite this, he refused to

# Heroes: Are They Born or Made?

*By James B. Wade, Ph.D*

leave the hill. He covered his troop's withdrawal, making sure that the others expedited their evacuation. He covered his troops until he was sure that no man was left behind.

George O'Brien, served as a source of inspiration for all who knew him. He played a critical role in capturing the strategic point on the main line of resistance. For all his valiant fighting spirit and determination, he was awarded the Medal of Honor. No one would question that these were heroic acts.

The question O'Brien's behavior raises is, "are people born heroes, or do life events create them? Are there biologic differences between those of us who are able to "thrive in chaos?" Of the people you know, who do you think in a crisis situation would behave "heroically?" To learn more, perhaps we should examine the neurobiology of combat readiness.

The U.S. Army Survival Course (ASC) prepares soldiers for the demands of independent survival in hostile environments and attempts to

reduce their vulnerability to captivity. In the following study (Morgan et., al., 2000) 38 Special Forces (SF) and 32 non-SF soldiers participated in the ASC at John F. Kennedy's Special Warfare Training Center, and School, located at Fort Bragg, North Carolina. Based on the classified nature of this course, I cannot provide a detailed description of the curriculum. What can be said is that the training experiences

are based on that of American captives held during World War II, Korea, Vietnam and the Gulf Wars.

Generally speaking, this training experience includes interrogations and problem-solving dilemmas assigned to test the subject's ability to use, and stick with their training an expected conduct. Prior to their interrogation, subjects were deprived of food for 12 hours, and remained seated alone in an isolation room for approximately four hours. During the interrogation, each remained standing and relatively immobile for 50 minutes. Both immediately after the interrogation and 24-hours later, blood and cerebrospinal fluid (CSF) samples were taken. All the subjects completed an inventory designed to assess the severity of dissociative symptoms. Dissociation describes the experience where a person feels, for example, like they are "outside their own body." Sometimes this is referred to as an "out of body experience."

A special focus of this study was on a chemical called Neuropeptid-Y (NPY). NPY is

a 36 amino acid peptide. It's involved in the regulation of both central and peripheral noradrenergic system functioning. Evidence suggests that it plays a role in the maintenance of vascular tone, appetite, and nerves as an anti-anxiety agent, buffering against the effects of stress on the brain. Prior to the interrogation, all the subjects showed roughly equivalent levels of NPY in their cerebrospinal fluid. After the ASC experience, both SF and non-SF subjects had more NPY in their CSF. Interestingly enough, 24 hours later, the two groups of soldiers differed in the amount of NPY in their CSF. While the NPY levels in SF soldiers returned to their baseline levels, non-SF subjects NPY levels were significantly beneath their baseline levels. The non-SF soldiers were producing less NPY than SF counterparts.

In summary, following the ASC exercise, non-SF subjects had depleted their NPY reserves, while SF soldiers bounced back to combat readiness. Also, those soldiers with higher levels of NPY performed better in the ASC. For example, they showed fewer signs of dissociation.

Morgan, et. al., 2002 tested whether those findings could be duplicated in a new sample of soldiers. This second study used U.S. Navy personnel rather than SF soldiers. Again, the subjects were involved in military survival training designed to give them skills that would enhance the likelihood of their survival behind enemy lines. This is a rigorous realistic experience, module after American prisoners of war from World War II, the Korean, Vietnam and Gulf Wars. Prior to survival training, baseline psychologic and biologic measures were collected from the subjects. Stress assessment occurred during the confinement phase of the course

and immediately after the conclusion of exposure to a stressful interrogation. The findings of this study supported the conclusions of the previous article. Plasma levels of NPY significantly increased during exposure to survival training experience. Furthermore, NPY levels were highest in those subjects who performed best during the survival experience. Other research has shown that combat veterans suffering from PTSD and symptoms of dissociation exhibit a reduced capacity for NPY release (Rasmussen et. al. 2000). So, whereas enhanced release of NPY helps soldiers function in combat situations, diminished capacity for NPY release means you are at greater risk for development of stress related illness, such as post-traumatic stress disorder.

Animal studies shed further light on the role of NPY. Maternal deprivation (i.e., separating the baby from its mother), a model of depression/vulnerability to stress, resulted in marked reduction of NPY in adult rats (Husum & Mathe, 2001). In contrast, adult rats with higher levels of NPY are resistant to stress and fear (Thorsell et. al., 2000).

These studies and others suggest that early life experience leads to long-term changes in NPY in brain regions such as the hippocampus, striatum and hypothalamus. These brain regions play a critical role in regulating mood, learning, memory, and response to stress. Combat readiness is enhanced by the combination of good skill training, the biology you inherit from your parents, and your life experience.\*\*\*

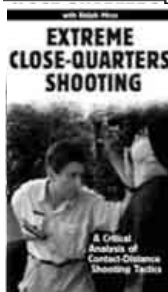
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**Ralph Mroz** will instruct live fire on the range, and is the host/agent-in-place of this camp. Ralph is police officer in Massachusetts, assigned to a narcotics/gang task force, and has been a student of the martial arts since 1973. He is a well-known defensive tactics and firearms author of books as well as over 250 articles in the professional law enforcement journals. He is a frequent instructor at the International Association of Law Enforcement Firearms Instructors conferences. Ralph has a black belt from the United States Judo Association, and holds multiple firearms and defensive tactics instructor certifications. He is the Training Director for the New England Police Officer's Safety Association, an outstanding individual and instructor.

If you are shooting on Thursday, please check in with him at [Mroz@comcast.com](mailto:Mroz@comcast.com) for more info

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⇨ **Bring martial training gear, helmet, stick, knives, and a real pistol and ammo** (just ask your airlines about transporting real weapons) Bring a replica rifle with sling and air soft BATTERY POWERED pistol with holster. Gas guns are too powerful for the close-up training we do. Buy one on the shop-site of [www.HocksCQC.com](http://www.HocksCQC.com). There will be some for sale at the camp. Bring a non-firing replica pistol & holster, two large focus mitts, eye protection, fingerless boxing/training gloves, two martial sticks (about 26 to 32 inches), one training knife. Bring a helmet of any type, even football style with mouth guard is better than none. Bring various forearm, shin, knee pads, and a mouth piece. Try to bring a clear, plastic face shield (like a welder's-get one at a hardware store.) Some of this may be available for you in an emergency, but we want you to bring it if you can, so we can outfit everyone.

For more? See [www.HocksCQC.com](http://www.HocksCQC.com) or call 817-581-4021. Pre-register now! Space limited!  
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## The Citizen's Self Defense League

**George Finch, 75**, was sleeping in his recliner when he heard the sounds of glass breaking. Someone had broken a back window and was now entering his home. Finch then got his gun and encountered the interloper in his kitchen. "He stepped into the kitchen and he was right there. My dad told him to stop," Finch's daughter, Debbie Skaggs, recalls her father telling her. Finch told her the man "just kept coming" so he fired one shot, hitting the would-be thief in the leg. The wounded man, later identified by police as Kevin Richardson, made his escape through the same window he had entered, ran a short distance and collapsed. Richardson, who died shortly thereafter, had a history of theft, trespassing and prostitution arrests. - **The Indianapolis Star**, Indianapolis, IN

**A Cambridge, MN man** awoke to the sound of breaking glass. He retrieved a shotgun and began checking rooms when he encountered three men who had entered his home. Two of the intruders fled, but the homeowner held the third man, later identified as Robert Hanson, at gunpoint while he awaited the arrival of police. The other two suspects were apprehended, and the three were charged with aiding and abetting felony first-degree burglary. - **Isanti County News**, Cambridge, MN

**A man** approached the clerk at Forest Service Center in Lowell, MA and asked for change. When he approached the clerk a second time, he brandished a knife, pointed it at the clerk and said, "Don't do anything stupid, and give me all the money." The clerk responded by drawing a handgun and ordering the would-be bandit out of the store, reported Lowell Police Chief Bernard P. Nally. - **Lowell Sun**, Lowell MA

**Barbara Holland** closed her used car lot

for the day and drove home. She had checked to make sure the handgun she has carried since 1992 was loaded after a strange encounter at the car lot left her feeling uneasy. Holland pulled the car into the driveway and, as she entered her side door, Holland bent down to retrieve something she had dropped. Suddenly a man armed with a gun came rushing at her. Holland tried to slam her door on him, but the man shoved the door open and Holland fell back on her landing. Lying on her back, Holland snatched her pistol from its holster ready to protect herself and her 14-year-old daughter who was home at the time. Her assailant's glare changed. "He looked surprised," she says. Holland recalls firing three times, but authorities later confirmed six shots. Police identified Holland's attacker, who died at the scene, as an ex-con named Calbe Hunt. - **Detroit Free Press**, Detroit, MI

**Ronnie Breland** and his son Joshua, drove out to some property the family owned after a neighbor warned them that trespassers had been seen in the area. Breland drove a pickup truck, and his son rode beside him, armed with a 9 mm pistol. Breland discovered two men standing by a truck hidden in some trees. As the Brelands approached the trespassers, one man crawled deeper into the woods as the other raised his arm, holding a gun in his hand. Joshua Breland raised his gun in response. When his father yelled to the interloper, "Hit the ground or you're dead," the younger Breland said the man hit the dirt immediately, and the other man crawled back out of the woods on his belly. "I held them at gunpoint while my dad duct-taped their hands and feet," Joshua said. "Duct tape was all we had." Mobile County Sheriff's Department deputies picked up the two men, charging them with manufacturing methamphetamine and second-degree criminal trespass. - **Mobile Register**, Mobile, AL

**Three armed men** attempted to rob a jewelry store on East Sepulveda Boulevard in Los Angeles. They confronted the storeowner demanding jewels and cash. When they began shooting, the owner returned fire, shooting one of the gunmen. The three fled the store, but the wounded robber collapsed in a nearby market and died. - **Los Angeles Times**, Los Angeles, CA

**Paul Ham and his son**, Jimmy entered a mobile home on their property to repair a water leak for tenant Kevin Clark. As they walked in, the Hams encountered a cou-

ple staying with Clark, William and Kristin Tuell. William Tuell immediately began shooting at the Hams, hitting the elder Ham in the head and shooting Jimmy Ham in the face. Both Hams then ran for their house, with Tuell and his wife on their heels. The attack continued in the Hams' home as Tuell and his wife attempted to shoot the entire Ham family. Kristina Tuell was wrestled to the ground by Ham's daughter, Sherry, but managed to escape. Though wounded, Jimmy Ham finally managed to secure a gun and kill Tuell with one shot. Kristina Tuell was later arrested after a massive manhunt and faces multiple charges, including attempted murder and assault with a deadly weapon. - **Jefferson Post**, West Jefferson, NC

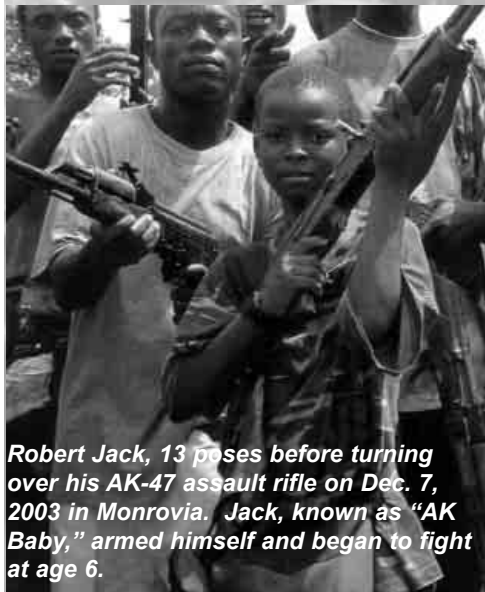
**A Plainview, Texas family** was awakened about 2 a.m. by the chilling sound of someone breaking a window in their home. Since his father worked nights and left him in charge, a 13-year-old took it upon himself to protect his mother and younger brother. Upon hearing the noise, the boy got his father's shotgun and, when he saw someone attempting to enter through the broken window, fired one shot. No one was injured, and the would-be burglar was not located. But Capt. Michael T. Carroll praised the boy's quick thinking that prevented his family from becoming crime victims. "We commend his bravery for protecting his mother," Carroll said. - **Lubbock Avalanche-Journal**, Lubbock, TX

**Melany Yancey** was home alone when two men wearing bandannas kicked in her front door and came upstairs about 2:50 a.m. Yancey later told police that she had locked herself in her bedroom and retrieved a handgun when she first heard the commotion. The intruders then attempted to break through the bedroom door. She fired a shot in their direction, and one man fired back at her. The men then moved into another bedroom and Yancey took the opportunity to flee her house, firing two more shots at the invaders as she ran outside. She was able to call 9-1-1 from a neighbor's home. Police found one of the suspects lying on the driveway, dead from a gunshot wound to the abdomen. The other suspect remained a large. - **Springfield News-Sun**, Springfield, OH \*\*\*

*Editor's note: Reprinted w/permission of America's 1st Freedom Magazine.*

# A Former Child Soldier Speaks Out

by Anuradha Herath



**Robert Jack, 13 poses before turning over his AK-47 assault rifle on Dec. 7, 2003 in Monrovia. Jack, known as "AK Baby," armed himself and began to fight at age 6.**

In 2003, Sri Lanka's rebel Liberation Tigers of Tamil Eelam (LTTE) continued to recruit child soldiers in contravention of international law. UNICEF reports indicate the LTTE recruited 709 children in 2003 and continues to hold about 1,300 children despite promises to release all children within its ranks. Only about 300 children have been released so far. In an eastern town in Sri Lanka, **World Press Review** spoke to a teenage girl hiding

after running away from the LTTE. (Reprinted w/permission)

**Q:** Can you tell us a little about yourself?

**A:** I'm 16.

**Q:** Before joining the LTTE, did you go to school?

**A:** No.

**Q:** Are you going now?

**A:** No.

**Q:** Why did you join LTTE?

**A:** It was a Saturday (in 2002). I joined out of curiosity. I didn't know they would give us such a hard training. I stayed for about nine months and came back last year.

**Q:** Were you forced or asked to join?

**A:** No.

**Q:** What kinds of things did you have to do?

**A:** Seven months of basic training. We learned to somersault, tiger crawl, side crawl, and do physical exercises.

**Q:** Can you take us through your day-to-day activities?

**A:** We did parades. Like when you do left, right in school - we did it really fast.

**Q:** What else?

**A:** We would get up at 3:30 a.m. By 4 a.m., we would have washed ourselves and drunk tea. Then we'd march until 10 a.m. After breakfast, from 10 a.m. to 2 p.m. we'd have training. Around 2:30, lunch. After that we had training again. After 4 p.m. they let us play. Then we'd study and then go and stand guard.

**Q:** What was difficult?

**A:** We didn't have any leave. We couldn't sleep properly at night. We would stand guard until early in the morning. It was

difficult to get water. So I decided to run away.

**Q:** Were there other children like you?

**A:** Yes. Three hundred of us were training. After that, they transferred us to a different place and there were 1,200 of us in our battalion.

**Q:** When you joined, did you know it was illegal for children to join the forces?

**A:** No, I didn't know that.

**Q:** Would it have changed your mind about joining if you'd known that then?

**A:** Yes.

**Q:** Did they treat you well?

**A:** No. Even if we had a fever, they wouldn't let us rest. If we didn't get up, they would hit us.

**Q:** Do you know if the other children with you joined voluntary?

**A:** Some volunteered, some did not.

**Q:** Has anyone from the LTTE tried to track you down?

**A:** Yes. They came and yelled at my parents and got a signature from them saying that I wasn't home.

**Q:** What are your future plans?

**A:** I don't want to go to school because kids would tease me since I ran away from the LTTE. I would like to do some kind of job because, financially, it's very difficult for us at home.

**Q:** What do you think about the war?

**A:** I don't like war. \*\*\*

## Upcoming Scientific Fighting Congress Seminars

July 24, 25: Denver (Brighton) Colorado Gun/Counter-Gun

August 14, 15: Bayside, NY

August 21, 22: Libertyville, IL (north of Chicago)

August 28-29: Las Vegas, NV

September 9-12: Harvard, MA

September 18-19: Vero Beach, FL

September 23-26: Kansas City, MO

October 2-3: Chattanooga, TN

October 9-10: Albuquerque, NM

October 16-17: Romeoville, IL

October 23-24: Denver, CO

October 30-31: Elsmere / Cincinnati, OH

November 6-7: San Antonio, TX

November 14-15: Melbourne, Australia

November 27-28: Perth, Australia

December 2-5: Capetown, South Africa

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**W. HOCK HOCHHEIM:** The Camp is taught mostly by CQC Group founder and architect W. Hock Hochheim. He will teach Hand, Stick, Knife and Gun Course Basic and Expert Levels. Hock is a world renown hand, stick, knife, gun combatives expert W. Hock Hochheim, a commended Texas police vet, former US Army Investigator, former private investigator and earner of multiple Black Belts. He was appointed an Arnis Guro in Manila, The Philippines in 1993. With his experience and research, he has forged the most modern, practical courses found anywhere. Hock has taught officers from over 260 police agencies as far away as the one National Police Academy in South Africa, the London Metropolitan Police and Victoria, Australia, plus elite groups like Frankfurt, Germany's SWAT team and more. He has instructed at the British SAS Barracks/Duke of York Hall in London, England. Hock has been a paid consultant and instructor for all 4 branches of the US Military. Each year he teaches thousands of people in 40 cities in 8 countries.

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> **Invading/Closing the Gap session by Bryan Stevenson.**

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Friday 10 am - 5 pm: Impact Weapons Day (plus themes)  
Saturday 9 am - 7 pm: Knife/Counter-Knife Combatives Day (plus themes)  
Sunday 9 am - 4 pm: Knife/Counter-Knife Day (plus themes)  
4 days-\$500. 3 days-\$450. 2 days-\$250. Any 1 Day-\$175.  
Remember these fees INCLUDE ALL rank you may achieve!**



<>**Just because you attend**, doesn't mean you will automatically become one of the few SFC prestigious CQCG instructors. You gotta' earn it by performing and passing physical and written tests! Get the *Training Mission* DVDs, tapes & books in advance. Come to all the seminars. If you are not training with Hock and his instructors with some regularity in seminars, it is unlikely you will achieve an advanced CQC instructorship after only one camp. **You may instead receive various rankings, possibly an instructorship in the individual courses, but not in the big CQC Group. OR JUST COME AND TRAIN HERE FOR KNOWLEDGE!**

<>**One, two or three day attendance is also possible!** While you must attend all four days to be a possible candidate for the CQC Group Instructorship, single, double or triple-day attendees may achieve status in the courses taught for that day, or the subjects of days attended. Rank fees are covered!

<>**Fly in the night before.** Fly out Sunday night AFTER 6:30 pm or on Monday. Book flights early to save money. If you are looking for the full CQC Group instructor rank, it is 4 full days and there are no excuses because of earlier flights.

<>**Bring martial training gear, helmet, stick, knives, and a real pistol and ammo** (just ask your airlines about transporting real weapons) Bring an replica rifle with sling and air soft BATTERY POWERED pistol with holster. Gas guns are too powerful for the close-up training we do. Buy one on [www.airsoft.com](http://www.airsoft.com). There will be some for sale at the camp. Bring a non-firing replica pistol & holster, two large focus mitts, eye protection, fingerless boxing/training gloves, two martial sticks (about 26 to 32 inches), one training knife. Bring a helmet of any type, even football style with mouth guard is better than none. Bring various forearm, shin, knee pads, and a mouth piece. Try to bring a clear, plastic face shield (like a welder's-get one at a hardware store.) Some of this may be available for you in an emergency, but we want you to bring it if you can, so we can outfit everyone.

See [www.HocksCQC.com](http://www.HocksCQC.com). Call 817-581-4021. Pre-register now! Space limited! See our partial payout payment plan.



## Buffalo Nickels

# Top Secret Plans to Save the World

### **G-T-G Force**

President Bush should create a "bring-the-500-lb. Gorilla-to-the-Guerrilla" force with a G-T-G Team.

**Step One:** Kill any famous fanatic terrorist immediately.

**Step Two:** Bomb the funeral.

Ever see those funerals on *CNN*? Hundreds of those idiots dress up in masks and uniforms and brandish their favorite automatic weapons. The place is full of wailing supporters. Bomb the funeral. Speaking of parading around? Bomb the parades too. You've seen those parades on TV! Decimate all those whackos on Infidel Parade Day. Ba-Boom! Hey, then think of the subsequent funerals from all that! Bomb those funerals too.

### **Increase Global Warming**

Turn our whole planet into a steamy, fertile jungle planet. Imagine the whole world looking like the Bahamas. Grow healthy tropical fruit in the desert. Some egghead mentioned once that the ice-caps might melt a bit, raising the ocean levels. Good. We could cut a gigantic channel through Los Angeles into the great American desert of Nevada and New Mexico, turn the wasteland into a beautiful gigantic saltwater lake for fishing.

Of course we'll save Las Vegas, so we all could gamble on whether or not this crazy scheme can be finished.

Hmmm, I guess a steamy, jungle world might put an end to

snow skiing huh? Well, scratch that plan. How's this? Put solar panels all over most of those desert states to gather electricity. Irrigate the rest and raise corn to fuel cars and trucks. Then set those toothless, robe and turban wearing terrorists back on their donkeys and camels and send them back to the deserts and mountains where they came from. Stop paying them! Wave goodbye now.

### **Invade the Mexico**

End the illegal immigration problem permanently. Invade Norte Mexicana. What the Hell, invade the South too. Think anyone there would complain except the drug lords? Our pre-invasion announcement letter could read something like this:

*"Dear President Fox. Remember that immigration policy you wanted? The answer is a big yes!*

*We will make your people citizens-- all of them."*

In one swoop we would bring all those U.S. factories back to U.S. soil and collect U.S. taxes on the products they make. Think that will boost the economy?

### **Alcatraz! Baby! Yeah!**

What we have here is a serious failure to communicate. We need to move the United Nations headquarters building from the plush side of New York over to Alcatraz Island. Why? Nuisances! Plus, handy jail cells. This way when we identify the 2,700 foreign bastards who conspired with Saddam Hussein to swindle billions

from the UN Food for Oil program we take them straight to jail? The same key officials that in countries that would not help us in Iraq because they were afraid they would lose income from their illegal bribes? Well the cell blocks are just waiting for them too. What a shock for Chirac! We'll let Martha Stewart decorate. She could dish out the real punishment by following them around all day like the most annoying, anal-retentive, pain-in-the-ass wife in the universe.

### **Issue 12 Inch Rulers to U.S. Elementary Schools**

Start whoppen' American kids in schools with 12 inch rulers. Regularly. Forget homework? Whoop! Didn't study? Whoop! Smart-ass remark? Whoop? Punk-ass, Rap music t-shirt? Whoops, there it is! If the parents complain, have a 36-inch yardstick for when they come to school. Whoop them too. Don't like my idea, metro-sexual boy? Whoop you too! (And wear some freaken socks with your shoes, you white-ankled, bastard ya.)

### **Make Double-Ought Sevens!**

You remember the double-Oughts? They have the British License to Kill? James Bond? Ought--Ought-Seven! The 911 Commission has been running on our break-room TV, and since I am a notorious screw-off (yours truly spends as much time as possible near the Twinkie and soda machines), I watched in amazement as many CIA, FBI and White House Counter-Terrorism supervisors sat answering questions.

Boys and girls, this is far worse than any Army outfit I have ever seen. There must be 427 different committees, groups and teams collecting intelligence. None of em' know what the other is doing, and all of them specialize in one thing-organizing more teams. And, they are real good in talking professional. (Today's words are "fuse" and "pulse") They are trying to "fuse" with each other and check the progress, er I mean -pulse-of the fusing.

What I want to know is where are all the Double-Ought-Sevens? You know the people that get up off their ass and fuse some bullets into some terrorists, ending their pulse? My plan is to assign one double-ought to each of the 427 teams. Find out something? Kill the bastard. Discover something? Kill the bastard. Then bomb the funerals. You see the cycle of splendid reform I am talking about? I know with 427 double-oughts out there, there might be some overlap, but hey! After a year or two, all the bases will be covered. Then we'll take a pulse on the program.

### **And hey! Leave the Dixie Chicks alone!**

They are just some dumb-ass girls that sing real purty.

Bye-Bye.

*"Buffalo Nickels" is a former special-forces operator who lives a quiet life somewhere in the United States, appearing on the surface to be a normal person. His crazed opinions are his alone and do not necessarily reflect those of this publication. \*\*\**

## **Avoid Stretching to Avoid Injuries**

*by Emily Sohn*

For decades, flexibility has been considered a key element of fitness. From the professional football field to the local health club, trainers have advocated stretching as part of a regular workout. But new research is showing that stretching does not prevent injuries or make you any less sore the next day. On top of that, it doesn't appear to improve performance.

Stretching might, in fact, cause more problems than it solves, say a growing number of researchers. This is especially true for women, who tend to suffer from knee, ankle and other soft-tissue injuries far more often than men do. Extra flexibility might be to blame. "It is so hard to believe that stretching could somehow be the enemy," say exercise physiologist Stacy Ingraham of the University of Minnesota-Twin Cities. "But there has never been any science that actually put stretching into the athletic world."

Indeed a recent review underscores how little support there is for the value of pulling, reaching and twisting. Researchers from the Centers for Disease Control and Prevention found only six studies designed to isolate the effects of stretching, and none showed a link between stretching more and getting hurt less, says lead researcher Stephen Thacker. In fact, says Ingraham, more-pliable muscles might cause more injuries than they prevent, especially if you stretch before you exercise.

One explanation for this is that stretching muscle fibers makes them less stable and less able to resist the jarring impact of running or jumping. Stretching may hinder performance because a stretched muscle can't produce the same kind of force as an unstretched one. And as muscle fibers lengthen, it takes longer for the brain's messages to tell the muscle to move.

Rather than stretching, experts encourage people to warm up by jogging slowly, doing whatever they need to do to achieve the range of motion required for their activity. Strengthening and conditioning exercises are also helpful, Ingraham says, because fatigue and muscle weakness cause more injuries.

Flexibility might even help explain why women are up to 10 times as likely as men to tear the anterior cruciate ligament in their knees, and four times as likely to have serious ankle sprains, among other injuries, Ingraham says. She studies a hormone called relaxin, which increases flexibility in women. Unlike men, women have receptors for the hormone in their ACLs and in their pubic ligaments. Levels of the hormone change throughout a woman's monthly cycle. In a study of 28 women over three months, Ingraham found, participants were more likely to get injured when levels of relaxin were highest. Stretching might have the same effect, she says.

Not all experts agree that stretching is all bad all the time. Light stretching is Okay as part of a cool-down after a workout because it won't affect performance and won't cause injury. The key is to do stretches that stay within your normal range of motion. \*\*\*

*Editor's Note: To learn more about flexibility, purchase **Full-Body Flexibility** by Jay Blahnik.*

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