

HAND, STICK, KNIFE, GUN

CLOSE QUARTER COMBAT

MAGAZINE

April/May 2000

**MILITARY, POLICE AND
MARTIAL CLOSE-
QUARTER STICK
COMBAT**

**DISARM KNIFE
ATTACKERS**

**GEORGE HARRISON'S
KNIFE FIGHT FOR LIFE**

**FIREFIGHT! VEHICLE
COUNTER-ASSAULT
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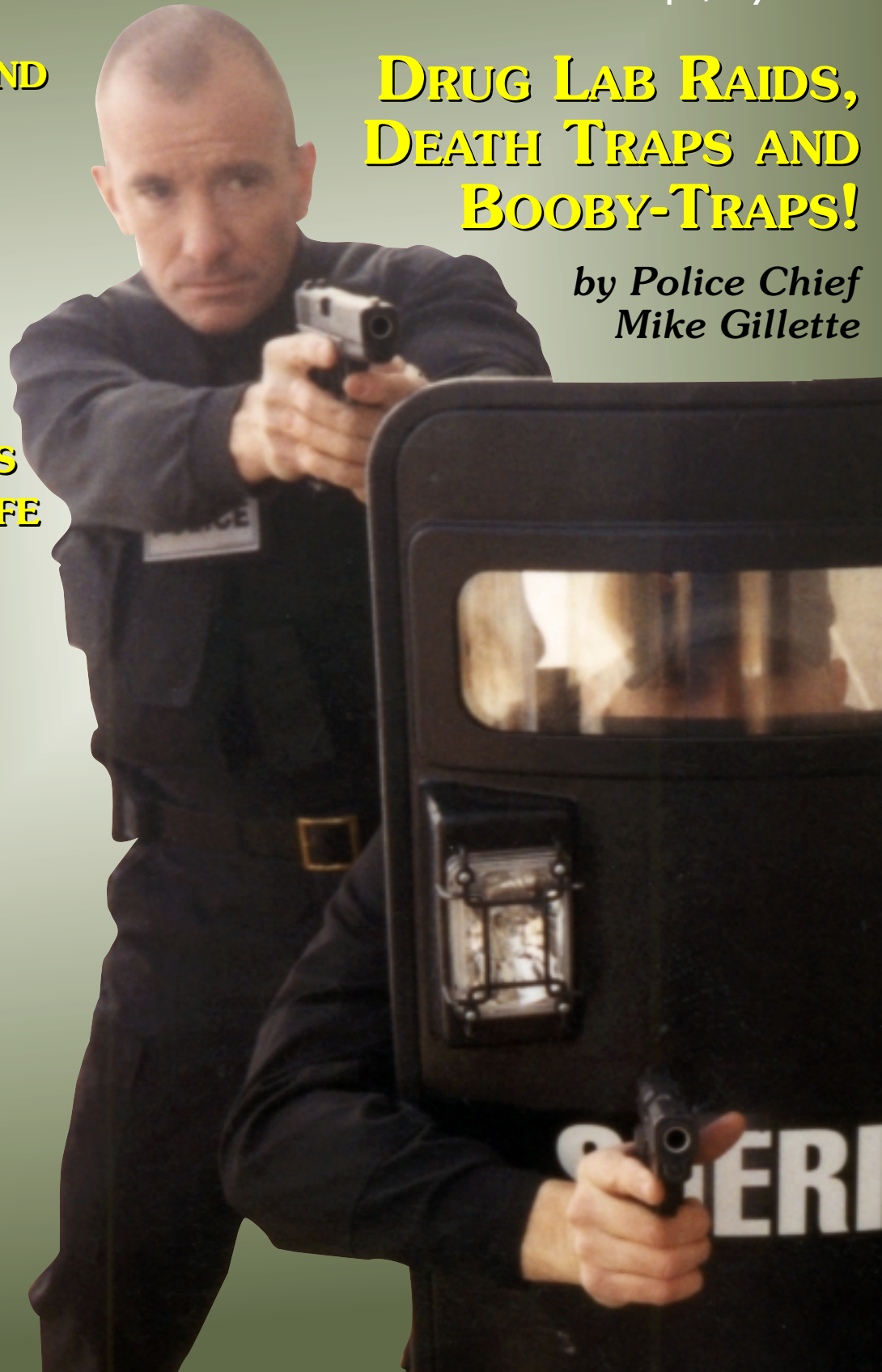
The Squad Room
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and more!

**DRUG LAB RAIDS,
DEATH TRAPS AND
BOOBY-TRAPS!**

*by Police Chief
Mike Gillette*



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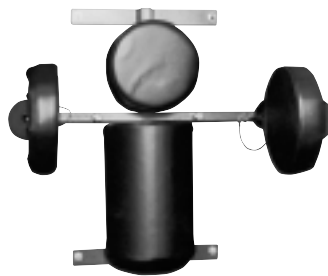
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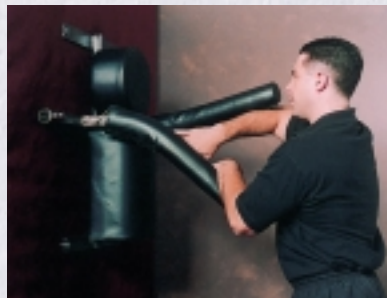
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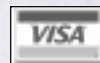
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From Publisher W. Hock Hochheim

THE SMOKE OF THE ENEMY'S FIRES

*"In years six hundred, no Spartan woman has beheld the smoke of the enemy's fires."
— old Spartan adage*

Six hundred years! How confident they must have felt, how unsullied and untouched they remained for centuries while the ravages of invasion and conquest raged all around them. Of course history reveals to us that Greece, like Rome, like the British Empire, the Soviet Union and so many other superpowers saw a reign of centuries, then fell by war, or slow erosion. To this day, the Spartans are renowned as perhaps the hardest-core warrior culture and STILL they fell from invading Persians! The lesson? In the big picture of mankind, ALL empires come and go, rise and fall. This change is one true thing we do know to be self-evident—that and weakness is a vacuum for evil.

Groups of all races, creeds and colors since antiquity, have congregated both officially and unofficially in "fighting classes" of one kind or another. Martial historians know well how these eternal "work-out" groups have practiced. Aside from full-time military training, in places like Greece, Rome, in Medieval Europe or on the plains of Africa to name a few, citizen/soldiers have gathered much like the Army Reserves or National Guards of today, to practice defending their lands. Their sessions often ended in picnics and festivals. While some peoples practiced their martial arts in regular classes, in occupied lands natives hid from their local governments while instructing their systems like silat and karate, because their fighting arts were considered forbidden tools for revolution and resistance. STILL they gathered! Openly or covertly, still the knowledge of combat was passed on from generation to generation.

The American military had a saying similar to that of the Spartan campfire theme, that "the only way a foreign soldier would drink from the Ohio River, or camp in the Smokies, was by invitation!" In this same vein, I was struck decades ago while stationed in South Korea and talking with one of their ROK Marine sergeants while we were on a foot patrol. "Nobody ever invade United States!" he said in his broken English. "Everybody got guns. Everybody can get guns!" Really?

Now, as we sit perched atop our little decadent sugar cupcake we call the United States, the forces of famine, unrest,



violence and evil rages around us. Narcoterrorism in Columbia. Coups in Equator. The CIA declares that Russia is "virtually a full-fledged kleptocracy." The Chinese loom over the Panama Canal and thirst for Taiwan. Ethnic cleansing in Europe and Africa. Turmoil in Indonesia. Middle eastern, religious jihads. Biological warfare. Terrorists sneak in through Canadian borders ... need I go on? History is a book written by what Professor Jared Diamond calls Guns, Germs, and Steel. What makes us believe that the tides of almighty, unfair and fickle time won't surprise us with bullets, biological warfare and the end of a

knife? Yet the small-minded push their tunnel-istic view and the ignorant sit back and let our liberal laws strip us of guns and whittle our military down to a confused police force. Is there ever really a "peace-time army?"

The few civilian fighting schools we have today are sadly preoccupied with fair play and sport fighting, and cluttered with children, from which only the most abstract of real-world fighting skills can be developed. I have a saying when conducting my seminars; "These techniques we teach are geared for two opponents — the enemy soldier and the criminal. Sometimes we take them prisoner. Sometimes we kill them."

Indeed it might be uncomfortable for many to imagine using some of the close quarter combat tactics shown in this magazine or that I teach, but once educated in history you learn that these "dark and violent" things must be kept alive. Must — as they have been for centuries — be passed on as before from generation to generation. When you educate yourself in the ways of hand, stick, knife and gun combat — when you learn how to really fight for your life you touch upon this ancient and natural lineage.

While you may not use these violent means yourself, that is not the point! Your great grandson may have to use them to kill a "commie" on the steps of the Capitol! Stranger things have happened in our real world! Just ask the raped Spartan women, found staring lifelessly at the smoke of the enemy's campfire. ❖

Drug Lab Raids, Death Traps and Boobytraps

By Mike Gillette



Among the potential threats encountered by law enforcement officers in the field, one of the most dangerous is the use of boobytraps. At the very least they will announce an officer's presence to a suspect. They may also injure or kill. Of particular concern is the increasing use of boobytraps among persons engaged in the drug trade. With assets and inventory in the balance, criminals will use every means at their disposal to protect their interests.

Because of the relationship between drugs and boobytraps, officers are especially at risk during raid actions. During a raid, the element of surprise is a short-lived phenomenon. Personnel must capitalize on a small window of time in order to secure a given area. While on the move an operator will logically focus on detecting high probability (human) threats. The emphasis on speed as a security measure can cause personnel to literally race through a structure that may contain boobytraps or other unseen hazards. Experienced raid personnel will often admit

rushing because of adrenaline or the thought of losing drug evidence.

Acknowledging that boobytraps exist and are regularly employed by criminals is the first step in reducing the threat they pose to emergency responders. The second step is to learn more about these devices from both a strategic and functional standpoint. Investigator Dan Healy from the Marion, Iowa Police Department has served both as a bomb technician for over 10 years and participated in numerous raids while serving a three year stint on a Federal Drug Task Force. He had this to say on the topic of boobytrap strategy:

"You must realize that most boobytraps are not intended to take out law enforcement officers. Many criminals recognize that there are enhanced penalties for killing police, firefighters and other first-responders. Besides, most of them think cops are too stupid to even find their dope. The primary purpose is to protect drugs and cash from other drug dealers. There is so much stealing going on between these guys that they resort to

A blasting cap and an electrical power supply/battery stick.



boobytraps to protect themselves. But remember, the boobytrap does not distinguish between good guys and bad guys.”

Boobytrap Types

Boobytraps can loosely fall into three categories; passive alarms, active alarms—designed to injure, and boobytraps designed to injure or kill. A passive alarm functions as an early warning device and may produce sound or light when it is initiated. The purpose of such a trap is to indicate the presence of others entering a

predetermined area. These traps can be easily improvised, such as in the example of string-triggered fireworks. Common household items are also employed to devastating effect. Investigator Healy commented on the low-tech nature of some of these passive and active alarms. “The boobytrap does not have to be a sophisticated operation to be effective. Heavy objects propped up above doorframes can be hard to detect and will cause injury to the first person through the doorway. Beer cans suspended overhead using fishing line are common and make plenty of noise when you have to go through them, Fishhooks hung the same way will entangle and injure officers as they move past. Something as simple as a clothespin can be used as the mechanical trigger for a boobytrap. With thumbtacks inserted into the grip end and wires soldered to the thumbtacks, the wires can be con-

nected to a power supply. A small piece of cardboard placed between the thumbtacks and attached to a length of string provides the trigger. When the string gets pulled, the cardboard is removed and the thumbtacks make contact with each other to complete the circuit.

While the use of improvised devices is common, developing technologies have spawned a variety of commercially available alarms. For under \$50 you can purchase a small, self-contained alarm marketed for travelers who frequent hotels. These units can be attached to doorknobs or windows in less than a minute. An entire apartment could be equipped in this manner for a few hundred dollars. While most alarms of this type emit a loud

Heavy object above doorway. ▼



String-triggered Fireworks

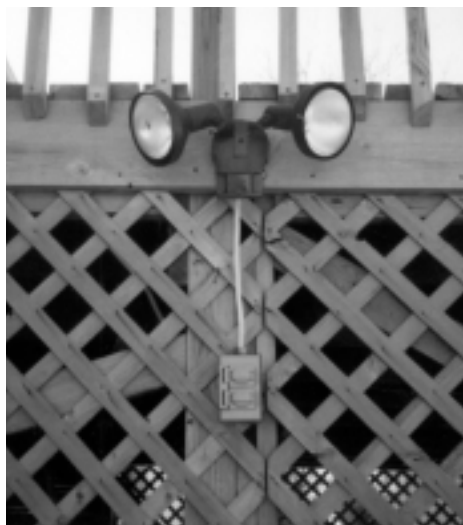


▲ Above, a firework next to its box.

▼ Below, rigged to a door knob.



A motion-sensor light switch. ▼



noise when triggered some will also produce repeated flashes of high-intensity light. To an officer entering a darkened room, the combined stimuli would replicate the sensory overload of a “flash-bang” distraction device. The officer’s subsequent ability to perceive threatening activity would be severely jeopardized.

In outdoor areas, other simple devices can be just as dangerous. At night in a residential area, a simple “security” light can cause unintentional danger to an officer responding to a crime in progress. Officers on foot moving through yards will often pass by the motion detector switch of such lights and find themselves bathed in a floodlight beam. With their night vision and location compromised, they must seek cover from any possible suspects before they may effectively continue. Minor modifications to these same motion detector switches can be made by criminals to activate an endless variety of improvised devices,

Responding to crimes in outdoor or rural areas poses other dangers as well. It is likely that personnel will not be well acquainted with the area that they investigate. This makes it hard to determine if objects have been moved or arranged in some specific manner. Available vegetation can shroud boobytraps in fields or wooded areas making them nearly undetectable. Holes dug into the ground can cause approaching officers to fail or direct them into other boobytraps. These might include sharpened stakes or nails driven through boards. Short-term effects of such traps might be a twisted ankle or

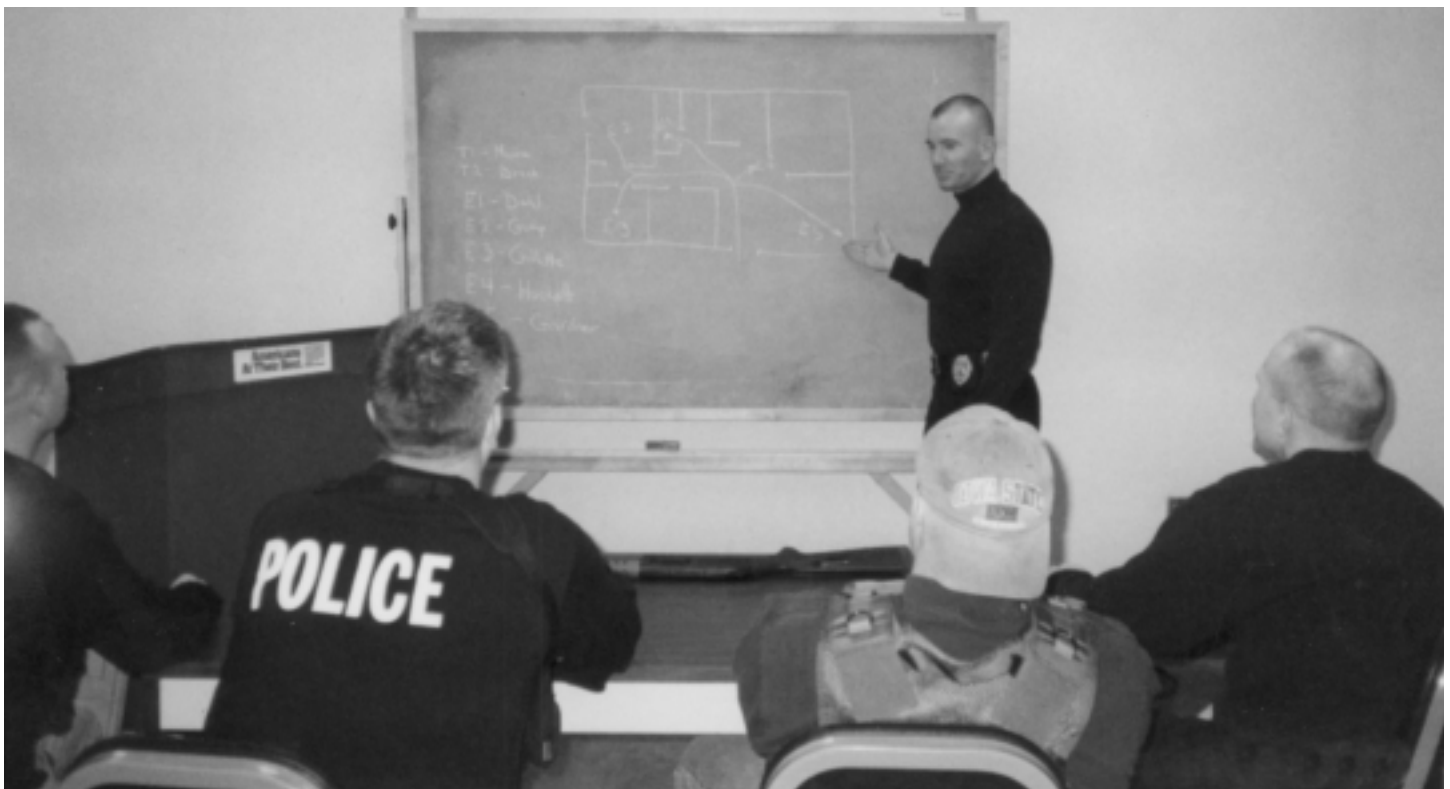


puncture wounds. The long-term effects could include serious infection or illness if the spikes are coated with a toxic substance or body fluid. Vegetation can also hide spring-loaded animal traps. An animal trap’s low profile affords maximum concealment and is triggered by the pressure of a footstep. These traps are graduated in size depending on the type of animal for which they are used. Traps large enough to be employed as an anti-personnel device can generate enough force to shatter a shin bone or even sever the lower leg.

Boobytrap Detection

Here are some general guidelines that will assist in the recognition and detection of boobytraps:

Location: While travelling on the primary routes to a given target, be alert on roads, paths, driveways or bridges. Once at the target site pay extra attention to



A pre-raid briefing.

Good intelligence about the target of the operation can provide the critical difference.

exterior gates, main and interior doorways and stairs.

Incongruous Items: Watch for objects that do not fit their immediate environment. Shiny or geometrically shaped objects are seldom found in nature and may indicate the presence of a nearby boobytrap. In rural areas be alert for discarded items on the ground, especially if it appears that they were intentionally concealed from view. Look for items like foil, tape, wire and product packaging. Pay particular attention to what the original contents of the package was, such as batteries, chemicals or anything else that could be used in a boobytrap. Some items themselves may be boobytrapped and be specifically left in view to attract attention. A wallet, weapon or magazine can be examined out of curiosity with disastrous results. Chemical odors such as gasoline, kerosene, alcohol or other volatile compound can be another important clue in indicating a boobytrap's presence.

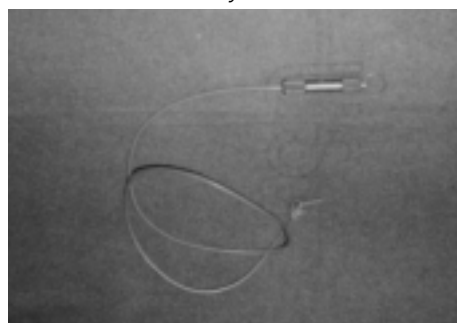
Alterations to the Environment: The ground itself can yield valuable information about the presence of boobytraps. The most obvious sign to look for is foot-

prints — take note of where they lead and if they lead back away from an area. This might indicate a person's path to and from a boobytrap site. Check also for impressions in the ground where a rock or log may have been moved or where digging may have taken place. Freshly dug earth may be evident where a device has been buried out of view. If you observe vegetation where no other vegetation is found, be suspicious. Leaves do not fall from trees in localized piles and arrange themselves. If you observe any patch of vegetation that is dead while surrounding vegetation is still living, there may be a boobytrap concealed underneath.

Successfully locating and identify potential boobytraps requires both good

training and good intelligence information. While an abundance of training programs does not exist, networking with experienced bomb technicians, arson investigators and E.O.D. specialists can get you started. You must also remember the adage, "You're only as good as your information." The intelligence gathering phase of any investigation must not be limited to evidentiary information alone. Get as much background on your suspects as possible—gang affiliations, extreme political views, military experience or other special talents. All of these are potential indicators to the likelihood of boobytraps or armed resistance. Remember, whenever your mission takes you someplace that someone else does not want you to be, stay alert! ☛

A military fuse. ▼



Mike Gillette is Chief of Police for a city in Iowa. His experience spans more than 10 years in law enforcement with an extensive military operations background. Gillette worked various assignments as a Tactical Team Commander, Rangemaster, Patrol Supervisor and Field Training Officer. As a Use-of-Force Trainer, he has taught officers and agents across the country. In the military he served in the 82nd Airborne and the 194th Long Range Surveillance Det. (Airborne).

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Harrison Fights for His Life

By Jane Eden

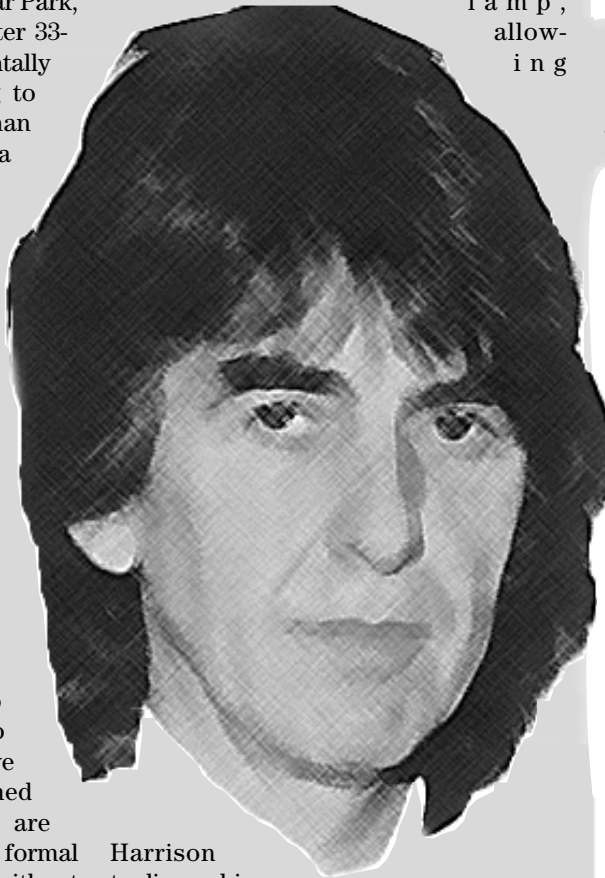
When former Beatle George Harrison prepared to retire for the evening Dec. 29, 1999 he had no idea that before morning, he would fight for his life, unarmed against a knife attacker in his own home. He thought his home was well protected. He had an elaborate security system that included a 10-foot-high fence topped with barbed wire, dogs, security system, lights and video cameras. Yet in the end, the security system at Friar Park, likened to Fort Knox, did not deter 33-year-old Michael Abrams, a mentally disturbed loner, from attempting to take Harrison's life. Rather than accessing the property through a network of subterranean caverns that reportedly surround the former Nunnery, Abrams apparently managed to penetrate the elaborate security system and enter the house by smashing a kitchen window. With a six-or seven-inch knife, he attacked Harrison who, having heard the noise, had thrown on a dressing gown and gone to investigate.

Like Harrison, most of us don't go to bed at night expecting to have to fight for our life before we wake up the next morning. However, it can happen to anyone—and frequently does. The first and most important step to surviving such an attack is to grasp the fact that you CAN survive an attack from an armed assailant—even if you are unarmed—even if you have no formal combat training. If you surrender without a fight, you have lost any chance of survival if murder becomes your assailant's objective. You CAN fight and survive. You have a chance. In the chaos of a fight, anything can happen. However, to survive, you must maintain hope, and you must keep a cool head.

Harrison received significant chest

wounds as well as a punctured lung and Olivia, his wife, sustained a head injury as the couple fought off the intruder at their Oxfordshire estate. The knife blade narrowly missed Harrison's major organs. Despite significant wounds, he managed to hold off his attacker. According to sources, Harrison fought off the intruder through several bedrooms for approximately 15 minutes as he struggled to hang on to Abrams's knife hand. Eventually, Olivia managed to club Abrams with a

l a m p ,
allow-
i n g



Harrison to disarm his attacker. Afterward, Harrison and Olivia tied Abrams up, reportedly with a lamp cord, to subdue him until the police arrived. Quick thinking and utilizing their environment wisely—the lamp as a club—the cord as a restraining device—saved Harrison's life as well as Olivia's. **THEY SURVIVED!**

Editor's Note: Most home invasions take place late at night. Usually the intruder has more on his mind than robbery. It could be rape? It could be murder? Statistics are in your favor that this won't happen to you. And, nothing can take the place of training to disarm an attacker. However, it is also important to prepare your home so you can better fend off such an intrusion, if necessary. While it didn't help Harrison, security systems are still a good idea. Also, keep side arms close at hand. Have multiple arms available for easy access for yourself and your spouse (if applicable.) Weapons can include, sticks, knives, baseball bats or a gun. If attacked in your home use everything at your disposal to fend off the attack. Fight for your life.

-
- Grasp the fact that you can survive.**
 - Keep a cool head.**
 - Make use of elements in your environment.**
 - Call for help whenever possible.**
 - Fight for your life!**
-

CLOSE-QUARTER STICK COMBAT

By W. Hock Hochheim

"...and then you use your stick to disperse the crowd." The SWAT instructor concluded his speech at a tactical police seminar in Austin, Texas in the '80's.

An officer raised his hand and asked, "But how?"

"You ... ahhh ... you disperse the crowd!" the SWAT instructor replied. "... you ... enter into the crowd, break it up and steer the people off."

Still confounded, the inquirer sat silent. We all knew exactly what he really wanted to know. How do you physically, step-by-step, utilize your stick to strike, push or pull human beings, who refuse to move and in some instances actually fight you. How do you get them to "disperse?"

It was a good "what if" question. I've been confronted by such hostile groups, from a rock-throwing crowd during the Vietnam evacuation to a small neighborhood mob that made me feel like a riot might happen right ON ME at any second! Crowds and mobs are fickle beasts.

"What if a rioter grabbed my stick?" was another commonly asked question in these police courses throughout the '70's, '80's, and '90's. Even today most state courses offer little in the way of a response. One perplexing solution offered to a state corrections officer as late as 1999 was...

"Let him have the stick. We'll get you another one!"

Can you believe it? We haven't come very far in three decades have we? I have yet to see a supply clerk with a duffel bag of sticks mustering behind officers passing out replacement batons. Hand off a few sticks like that and we have armed the enemy! Meanwhile there are some simple countering releases to any grab that takes about a minute to learn and a second to execute! It appears that many life-saving answers — the actual step-by-step tactics for these conflicts — have either been forgotten through time or lost through political correctness, inexperience or simple ignorance.

Since the early '70s I've collected stick fighting tactics from both the military and civilian police authorities. While serving as a U.S. Army military policeman, I gathered many from rough, old-timers circa the '50s and '60s who taught us, along with some tough, veteran MPs who once worked bars, clubs, streets, camps and forts all over the world. Their set-ups, fakes and tricks are still some of the best stick work I've ever seen. The stick can be used not just to push back and bash, but also to hook, maneuver, throw,

disarm, choke and control people. Their fakes and set-ups were great. From them I learned that one vs. one tactics can also be applied to one vs. many encounters.

Those old-timers had plenty of answers to the "what if" game, all but lost now to the lame, timid, paranoid "thigh-striking" techniques taught to officers today, geared more for the protection of police agency's insurance company, than the protection of an officer's life. For example, a man with a baseball bat attacked someone I knew. After thousands of thigh-hitting repetitions (it takes from 3,000 to 5,000 reps to build a reflexive action) in modern police courses, instead of reflexively putting his stick up in the air for a block against the bat, he instead struck the attacker — as trained — on the THIGH! The unobstructed bat crashed down upon my friend's skull, sending the officer into a coma. He

almost died! Bad muscle memory training, but very politically correct. His agency wasn't sued and the attacker took the thigh shot and barely knew anything hit him at all. Sometimes, most times really, you just can't hit that small special nerve, point or sweet spot on a moving, rabid target — the curse of pressure point training in the real world.

In 1987, when I began to study the Filipino arts, I learned that military and police training courses lacked a "stick-

A threatening attacker is busy yelling. His mouth, not the stick, is his weapon of choice for the moment.





1 Quickly snatch the stick and...



2 strike the head to stun the man.



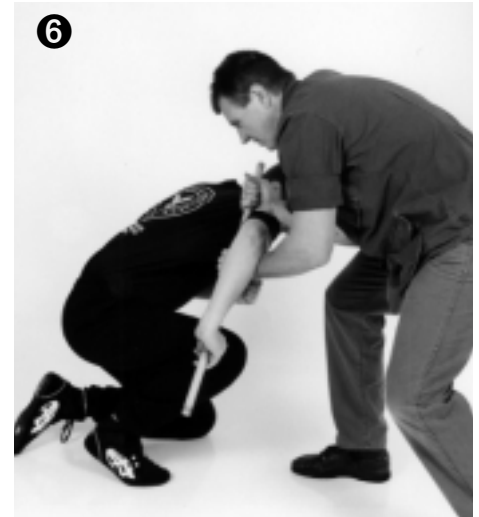
3 Pass the tip between the body and the arm.



4 Obtain the DMS grip. At this point he may or may not let go of his stick.



5 If your catch is true, it will not matter. Fire a knee.



6 Step back and pull down.

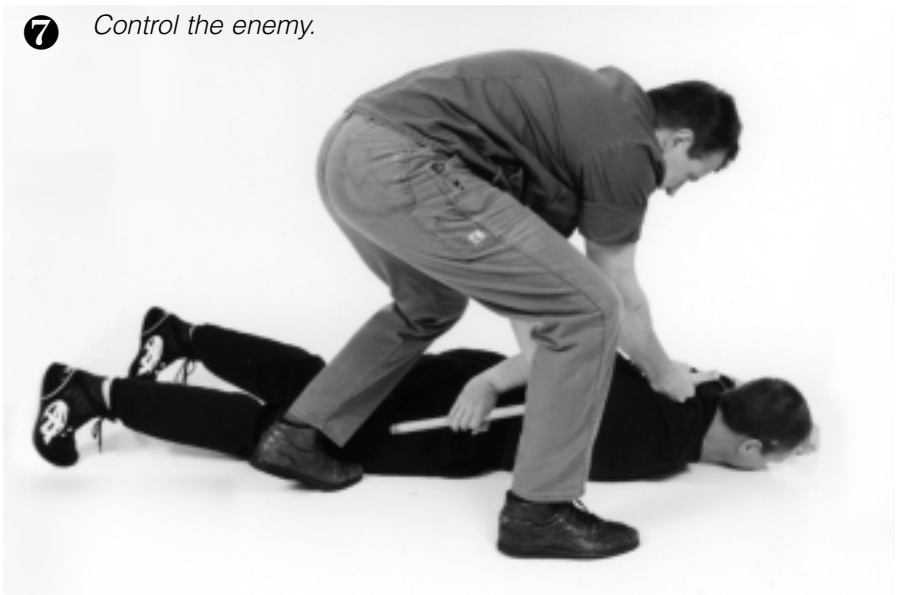
dedicated” martial system along with skill developing drills such as ones typically found in the Philippines. Supported by psychological and athletic research the civilian world offers, I reconfigured how they would all relate to the confrontations of today. It seems that while the Filipino arts had some solutions, they aren’t doing the crafty things that the police old-timers and military pugilists did. Plus they, like the Japanese, can become too “artsy” at times and hence unsubstantial for the chaos of combat. It became clear that if each group knew the best of what the other had, we could solidify an outstanding course best insuring our safety, success and cause. The result? I created DMS — the Dos Manos System, which translates to “two-hands” named in the tongue of its primary source — the Filipino connection.

No one source has ever compiled and blended all this information together before, and as a result I have taught DMS to elements of over 50 law enforcement and correctional agencies, police SWAT teams, and at the U.S. Marine Close Quarter Combat Advanced Instructor Course at Quantico, as well as to Air Force police, Army Rangers, and well over a thousand martial artists. I have come to believe that if you only know how to fight with a single-handed grip you are only half a stick fighter! DMS adds another powerful dimension, the second half, to control or to grapple the opponent off his feet.

DMS best functions under one universal combat premise — the opponent is either a criminal or an enemy soldier. Sometimes we take them prisoner. Sometimes we kill them. With this hardcore and realistic focus established we can turn to the scientific explanation of DMS weaponry.

A DMS weapon is any tool that can become both an impact weapon and a grappling crowbar. The simple stick, or impact weapon, is a tool that can strike with three areas — the tip, the handle and the shaft. In closer quarter combat, it can be used as a lever or crowbar to contain, pull, push or turn. The princi-

ples relate to other stick-shaped tools. If you are utilizing the cane or a real sturdy umbrella, then you have a handle to hook. The magazine and other features on some rifles and automatic weapons can offer the same service. Sometimes the handle or the magazine can get in the way!



7 Control the enemy.



1 You play dead or unconscious. The enemy comes to see your condition.



2 You loop the closest leg with a DMS catch and...



...pull as you roll.

The Impact Weapon Applications

It is vital you customize a weapon that is sized for you. When evaluating sticks and batons, their length must allow you to fight both single-handed and double-handed with equal success. The riot baton is usually more substantial in weight, thickness and length than your typical martial arts stick, police nightstick or expandable baton. And such bigness is not always bad. But not too big! If your stick is too long, it begins to take on the characteristics of a staff and limits your overall fighting potential. On the other hand, if your stick is too short, you cannot use it to grapple with and like a smaller crowbar, it has limitations. Such shortness is the curse of many expandable batons and “standard issue” sticks of some Filipino systems.

So what is the “size” summary? Your stick should be short enough for one-hand impact tactics and long enough for two hands “crowbar” work. Do not let some Filipino system textbook or a department issue weapon restrict your personal safety. Make sure your weapon is sized for your arm-length, body shape and strength! You!

Long Gun Applications

Many of us have visions of Davie Crockett swinging his empty flintlock down on the enemy at the Alamo. What about using a rifle or shotgun for a bludgeon? This is common strategy when one...

- a) wishes to take a prisoner,
- b) runs out of ammo,
- c) cannot fire due to close proximity of “friendlies,”
- d) knows discharging a weapon will alert the enemy.



4 Capture the leg in a lock if possible and...

The Crowbar Applications

Once inserted between or around the limbs, head and torso, the stick can be pulled, pushed or turned as a crowbar producing throws, takedowns, chokes and control measures. The old expression “it ain’t over till it’s over,” is very true in the unpredictable world of combat. A standing, stunned opponent, with or without a weapon, may still be capable of violence at some level. The enemy must be hit and put down and put out when



5 Stun and capture the enemy.



You block.



*The key shot! A stunning stab to the face!
You wrap the arm counter-clockwise.*



Create a DMS bridge just above the elbow.



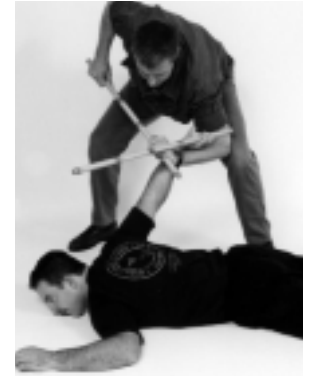
Pull down and knee the face.



Once on the ground...



...note this strip and send disarm.



Rip up to send the stick away.

possible. Like a TKO punch, sometimes this can be done with a power shot, but often times not. CQC stick grappling is an imperative solution.

A few skeptics claim that with single-handed power swings hardly anyone can get a chance to use a stick in a DMS manner against them. But these practitioners are always wearing helmets and hits to the head without headgear, however minor, can be quite disabling. There is higher consciousness — and that is training without helmets! The reality of even a slight ding to a bare skull can stun and diminish the opponent to the point where DMS follow-ups are more than possible. Helmeted stick systems that ignore or fail to center their training on the head strike are making a deadly mistake. The litmus test for this is simple. If half or more of

your stick fight bouts are turning into ground wrestling matches you are simply not training for real stick combat. If you want to dominate the fight, attack the head. It's all about the head.

DMS Ground Fighting

You must also learn to apply the standing strategies and tactics through knee high positions and then horizontal on the ground. Aside from knee-high, “flat” ground fighting includes side-by-side, topside and bottom-side tactics. The science of “ground zero stick fighting” has had an unfortunately limited evolution because in the past martial artists have consulted the more media-famous ground fighters for ideas on the subject with no real feel for weaponry and the true chaos of a life and death battlefield.

courtroom trial, any news event, bad weather, EVEN Woodstock may turn into a city decimating, violent experience.

Here is a ground skull rake.

Keep your stick ends as sharp as possible! The handle can be used for chokes, for pressing into weak points of the skull.



Across the country soldiers, police and correction officers stand on levels of alert. For the average citizen or martial artist, one look at the nightly news will tell you that you don't have to face a large-scale riot to find yourself in need of an impact weapon and some solid tactics. What if? ☹

W. Hock Hochheim tours the country teaching modern, tactical hand, stick, knife and gun combatives, a hard-core hybrid based upon his years in the military, policing and martial arts.



DMS offers many differing tactics.



DMS and Self Defense

Today, a jail riot, any championship sports game, the results of any



The enemy grabs your weapon...



and attempts a punch! You raise your shotgun up to block.



Raise the butt up and then crash it down upon the forearm...



...for a release.



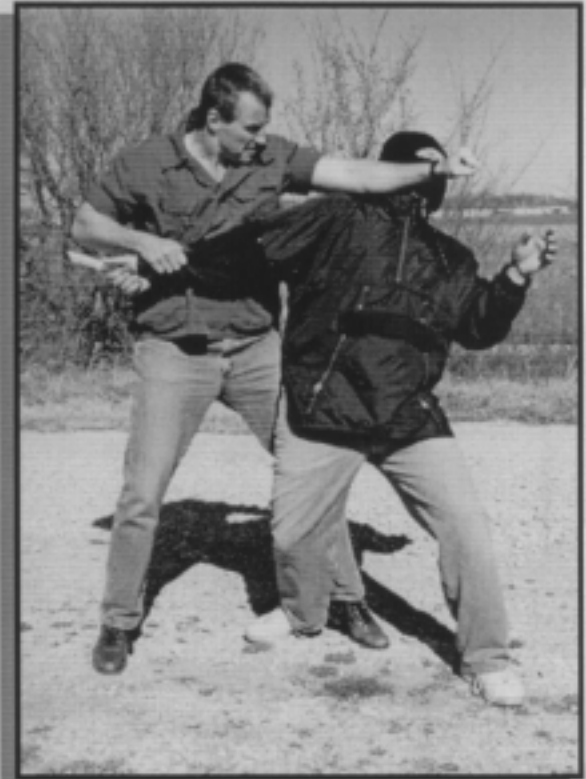
Fire the weapon back into the enemy!

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*"I don't consider myself a martial arts instructor, but rather a friendly drill sergeant teaching real-world survival skills."
Hock*

Hock has instructed U.S. Marines, Army, Air Force, SWAT, as well as officers from over 50 police and correctional agencies, plus thousands of martial artists. He is a retired 23 year military and police vet, graduate of many street survival and combat schools, with Black Belts in Filipino and Japanese systems. Hock is the author of the acclaimed KNIFE FIGHTING ENCYCLOPEDIA and producer of over 35 hard-core, how-to combat videos. He is the founder of the S.F. Congress with over 1700 members world-wide. Rank and instructorships are available, or just train in all or one of the following realistic, tactical courses...

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Vehicle Counter-Assault Tactics

By Steve Krystek



When the words “vehicle” and “assault” are used in the same sentence, people tend to think of SWAT teams “taking down” a car during a hostage rescue scenario, or swift engagement of a combative suspect holed-up in a vehicle to resolve a barricaded subject problem. In today’s world, at some point, you too may have to fight for your life in, and/or around a motor vehicle. People spend a great deal of time in transit. The number of road rage incidents continues to climb. Travelers are statistically vulnerable to criminal attack. Under such circumstances it’s important to analyze the dynamics surrounding such incidents and learn from them.

Such analysis helps develop a **personal combat perspective**. Our only objective in self-defense is to **survive**. With regard to vehicle-related attacks, we must understand how to employ practical measures and tactics to counter assaults and accomplish our primary goal.

Tactical Driving

The first step toward self-defense is to remain alert to your surroundings i.e. effective attack recognition. Are you boxed in by traffic? Do you scan ahead to recognize potential hazards or road-blocks? Do you notice the stranger walking beside your car? These are subtle cues that precede an assault. So should you “ready” a sidearm every time you pull up to a stoplight with a suspicious looking driver or passengers? Absolutely not! Live in *Condition Yellow* and be prepared (not paranoid) for a life-threatening encounter to safely evade and/or escaping critical danger.

Hollywood has glamorized evasive driving actions like the *J-Turn* or *Bootleg* through action-adventure films and television shows. In reality, these exciting maneuvers usually create more problems than they solve. The top tactical and protective driving schools for professional operators and military protective services personnel teach one simple, easy to

remember, easy to implement under stress tactic ... MOVE!

This thought encompasses logical responses such as:

- Accelerate through the kill zone (even if it means going through a red light).
- Throw the car in reverse, and aggressively back out of an assault.
- Drive quickly at an oblique angle to avoid a sudden obstacle intended to slow you down or control your movement (even if it means hopping the center median).
- And, if necessary, ram a vehicle blocking the road at one of its axle points to clear a path for your emergency escape.

If your attacker holds you at gunpoint as you sit behind your running engine, even justifiable vehicular homicide presents a legitimate option. Performing a tactical driving maneuver to

◀Facing Page

Proper use of vehicle cover during multiple target engagement scenario. The shooter engages only the closest threat from the front of the truck, then moves to the rear, firing upon the remaining target.

avoid an attack may not always be an available course of action. The ability to quickly recognize an attack will result in your best chance for survival.

Weapon Selection

In an unexpected criminal attack near or in your vehicle, tactically employing a firearm greatly enhances your chances of survival. If your assailant wishes only to rob, by all means give him what he wants and drive away. However, if your attacker wishes to injure you or a loved one AND you have NO MEANS of escape, then the attack justifies your use of deadly force. Contingent upon local laws, an appropriately selected handgun serves as a primary weapon. I say primary weapon, because it should not be the only weapon available.

The handgun's prime virtues are concealability, and availability in a sudden crisis situation. The semiautomatic pistol is a practical tool for close-quarter combat, initial adversary engagement, and rapid threat response. You can present it from the holster while seated behind the wheel, use it to suppress adversary actions as you deploy from the vehicle to reach cover, or put it into action quickly when time runs out and an attacker closes on you. But, the most important reason to use a handgun in vehicle defense is simple, to fight your way to a long-gun.

A shotgun is the logical secondary option in a vehicle defense situation for several reasons. When evaluating the typical scenarios, the capabilities of the shotgun address the needs of the emergency better than that of the pistol. Aside from the fact that shotgun ammunition provides greater terminal ballistics and "stopping" power than pistol ammunition, this weapon is capable of accurate shot placement well beyond 50 meters and reliable penetration of hard barriers. Why is this important?

If a hostile confrontation warrants the retrieval of a secondary, more powerful weapon (i.e. shotgun), the distance of the threat may encompass a considerably extended range. If this is the case, pene-

tration is a key factor in the effectiveness of your fire.

So how do we accomplish these feats of extended-range engagement and barrier penetration with a tactical shotgun? A rifled slug cartridge provides the answer. For this application, there is absolutely no need for 00 Buckshot. The rationale is simple. Buckshot isn't an incredibly accurate or decisive "stopper" beyond 15-18 meters. At this range, you theoretically may need to employ your handgun anyway because the proximity of the threat may not allow you the time to transition weapons. It also does not penetrate objects sufficiently, such as a car door, and if an extended-range engagement were necessary you would need to perform select slug drills, which take time and can leave you temporarily vulnerable.

More progressive police departments in the country equip their patrol shotguns with rifled slugs exclusively—Burbank, CA P.D. for example. They understand the realities of such situations and take the necessary proactive measures to ensure they prepare their equipment tac-

tically for anything.

The tactical carbine provides another option when selecting a firearm for vehicle defense. Employed properly and loaded with the correct ammunition, this weapon serves well to counter a vehicle attack. It holds more rounds than a tactical shotgun and its precision and speed give it some attractive qualities. The major considerations are availability, bullet penetration capabilities and social/legal acceptance. A tactical shotgun is far less expensive and easier to obtain than a quality tactical carbine. There are fewer legal restrictions pertaining to shotguns, and they are more socially acceptable (i.e. sporting goods vs. assault weapon) for transportation in a motor vehicle than a decked out carbine configured for anti-personnel work.

The latest ballistics studies conclude a typical slug penetrates vehicle material with greater consistency and post-penetration effect than a M metal jacketed .223 caliber bullet fired through a 16 inch CAR barrel. I personally prefer a tactical shotgun over a carbine for two reasons. A slug-equipped shotgun may reliably stop



Notice how shooter's position affords him some degree of protection from one adversary while he engages another.



◀ *Rear threat engagement while seated behind the wheel.*

threatening actions of an aggressor even if shot placement impacts an area other than vital organs and because of the significant difference in value. While not a primary issue in weapon selection, I prefer the loss of an easily acquired \$450.00 Mossberg 590 over a rare \$1,450.00 CAR-15 if my vehicle were stolen.

Where you store or stage your long-gun depends on the type of vehicle you drive. Safety, security, accessibility, and the local laws governing firearm transport provide many determining factors. Now what tactics should we employ when faced with certain threats?

Fries with Your Surprise Attack

It's 10:00 p.m. You're seated in your vehicle at a drive-thru at a local fast food restaurant waiting to place your order. Environmental obstacles block you in on each side and customers block you front and rear. When it's your turn, you pull up to the speaker, and when you roll down your window, a masked man rushes from behind nearby shrubbery. The man reaches through your driver's side window, grabs your throat with one hand, displays a knife with the other, and demands you give up your money. Now, if this threat will go away by simply providing him with money, then doing so constitutes the logical source of action. However, if his actions dictate that your life is in jeopardy regardless, and that he will apply additional force anyway, then you must consider your options.

Since nature and customers have you

boxed in, an evasive driving maneuver is out of the question. This is a scenario that requires a speedy threat response in extremely close-quarters. To counter the attack using a practical method, present the handgun to the close-contact position and orient your upper-body toward the adversary. Use your support arm in a manner that shields your face and the side of your head from strikes or edged weapon attacks. Cause the assailant to release any holds he applied, and stage the support arm for a counter-strike. If the opportunity presents itself, and the force is justified, you may engage the assailant effectively from this position.

The muzzle blast alone at such distance would probably cause the individual to stop. As an alternate response, keep a two-handed grip on your pistol and utilize weapon-striking techniques to reject a grab, deflect a strike, or protect against the slash or stab of a blade.

If a shot occurs and the criminal falls to the ground next to your driver's side door, you must make a decision. Do you barricade yourself in the car until the police arrive and risk a follow-up attack by the adversary or perhaps an unseen associate? Or, do you evacuate the area, run inside the fast food restaurant and dial 911?

Specific circumstances will dictate. What if your family is with you, could you quickly and safely evacuate them from the area before an additional threat appeared? To resolve a situation like this, you must fight, if it is an option. You have nowhere to go, no distance to gain, no cover to utilize, and an opponent who made the first move.

How could all this have been prevented from the beginning? An adherence to the basic principles of environmental awareness and a *Condition Yellow* mindset may alert you in time to decide rolling down the window might not be a good idea when you see a suspicious masked man hiding in the nearby bushes.



Frontal target engagement while seated in the vehicle. Notice shooter getting as low as possible and minimizing exposure by transferring the pistol to the support hand for firing.

Parking Lot Problem

Our second combat scenario occurs in a shopping center parking lot during the middle of the afternoon. You complete your errands and walk out to your pick-up truck parked at the end of the lot. As you get inside the truck, you notice two male strangers in your driver's side-view mirror. As you turn to observe their actions, one of the men's hands disappears into his waistband; the other man shouts, "Don't move. Don't move or we'll cap you!" The distance of these attackers is approximately 12-14 feet, which means you don't have time to start up the truck and step on the gas. The command they've issued is significant because it is an attempt to verbally control you and essentially restrain you from free movement through fear of physical force; in this case probable deadly force.

If you immediately start to exit the truck out the passenger side in an attempt to give up the vehicle and escape, you leave your back vulnerable and risk your life that they don't mean what they say. Keep in mind, these individuals may not want just your truck. If they just robbed a bank or committed some other crime nearby, they may want to take you along for the ride as an insurance policy. Far-fetched? This kind of thing happens every day in many major metropolitan areas. If you just step out of the truck on the driver's side to surrender, you're in the same situation, only worse. You've now decreased the distance between you and the "threat" and probably provoked a negative response of physical force from one or both of the aggressors by defying their commands. If you sit there, you still risk your life by giving up control to thugs who could care less about your survival.

So what would be a tactical solution to this problem? When attackers rapidly approach you, you must slow them down, give them something to worry about, and allow yourself time to mount a counter-offensive.

The driver, in a situation like this, should unhesitatingly present his hand-



Frontal target engagement while seated in the vehicle. Notice shooter getting as low as possible and minimizing exposure by transferring the pistol to the support hand for firing.

gun and turn to fire outside the driver's side window on these individuals while still seated in the truck. This initial engagement should accomplish the first three objectives previously mentioned. Now our driver has bought himself a few seconds to exit stage right and increase his distance from the adversary. Depending on the reactions of the assailants and the effectiveness of the shot placement, the driver should attempt to retrieve his shotgun, which in a pick-up truck would ideally be staged behind the seat in the cab. One important principle to remember when determining where to exit a vehicle during the chaos of an attack is to always follow the path of least resistance.

If a threat is received from the passenger side and you must exit the vehicle for whatever reason, exit on the driver's side. If you receive an attack from the dri-

ver's side, exit out the passenger door. In this scenario, our driver puts himself in a safer tactical position by bailing out on the passenger side, away from his attackers.

In part two of this scenario, Thug No. 1 who stuck his hand in his waistband has been shot and is now kneeling next to the driver's side rear tire. Thug No. 2 moved wide and ran behind a car parked one space over to the driver's side of the truck. He has emerged over the hood of this parked car and fires several shots at the driver (you) with a semi-automatic pistol. By now, you have safely escaped the initial kill zone and brought your shotgun into action. The next decisions where best to position to return fire, avoid being shot, and cover all the danger areas? More than likely, a side-step to the right will put you in this position. You'll be behind the engine block/

front end area of your truck and capable of observing the actions of both your opponents. The best tactical option available now, based on the current positions of all parties involved, would be to fire at Thug No. 2 from around the front of the truck. Move to the rear of the truck using it as cover and concealment, engage Thug No. 1 again, if he's still a threat, and then immediately re-engage Thug No. 2 from that same position. By constantly moving, distributing fire evenly when necessary, and engaging the adversary from alternating positions, you can keep your opponent(s) busy, confused, and on the defensive. This situation is also an example of the benefits a slug-loaded shotgun can provide. If Thug No. 2 has inadequate understanding of cover, the confrontation would quickly resolve if he tries to hide behind the other car's trunk or vehicle doors.



After initially engaging the adversary, driver exits vehicle on the passenger side, opposite of the threat.

Universal Tactics

There are many tactics designed to assist in vehicle defense situations. If exiting the vehicle is your best option, you should always maximize the distance from the threat to minimize exposure. Make yourself a small target by staying further away or find concealment behind a barrier. Keep as much cover between you and the attacker as possible.

If attacked from the front or the rear and the threat is within an appropriate range, engage your target while seated behind the steering wheel. For rear engagement, twist the torso, lean out the window, and place your shots. For frontal engagement, lean out to your left, get as low as possible, and engage. If you're outside a vehicle and using it for cover, do not discount the technique of assuming an *Urban Prone* shooting position behind a tire/wheel to engage an attacker from a lower profile.

If necessary, skip rounds off the roadway until they strike the target if your target is in a difficult position to hit. During a recent North Hollywood Bank

Robbery Shootout, the LAPD SWAT officer shot the ankles of the suspect by employing this tactic. The suspect was shot below the knees with .223 until he eventually hit the ground. Immobilized, he became an easy stationary target for covering officers.

Finally, proper use of cover is just as important as identifying cover. Maintain a safe distance from your barricade and always shoot around your barrier as opposed to over it. Maintaining a safe distance will help you avoid ricocheting rounds impacting the barricade in front of you. Avoid using your barricade for support while firing the weapon. Give yourself room to move forward in order to cut down the angle on an adversary attempting to flank your position. Shooting around cover versus over provides less exposure of vital areas.

If you're faced with multiple targets, it is much easier to traverse these targets over the hood of a car than around the front end. The problem with this option is, you're allowing them to fight you 2 against 1. If you choose a corner of the vehicle from which to engage and work

your angles correctly, you can deal with multiple adversaries one at a time.

Strategies and concepts such as these represent the essence of sound combat tactics regardless of the defensive situations in which you apply them.

If you are unable to escape or evade assault and are forced to fight for your survival within or around an automobile, be aggressive, be accurate, and above all, be smart. Using some of the principles outlined here, an immediate, practiced and tactical threat response can assist in keeping you safe through even the worst-case vehicle assault scenario. ☛

Steve Krystek is a former senior team leader and team trainer of a military special weapons and tactics team and a guest instructor for law enforcement and civilian organizations around the country where he teaches tactical shooting and close-quarter combat. He works as a nuclear counter-terrorism/protective force for the U.S. Department of Energy. He remains active in special operations and tactical firearms. For information about training dates in Las Vegas and Southern California areas, Contact: stevekrystek@cs.com

Force/Counter-Force Knife Disarming

The Push/Pull Disarm

By W. Hock Hochheim



Knife disarms should be part of an overall strategy, such as this one with a chair.



The enemy is diminished, and this allows for a grab of the weapon-bearing limb. . .

“You can’t disarm a knife! It is suicide!” Some martial instructors will bark at you. Indeed, your common martial artist tends to envision a certain type of ninja enemy holding a knife before them, a trained, fast Bruce Lee type, if you will. They can’t help but envision a movie-like encounter in an open space like a dojo. “Bruce will cut you to ribbons!” Under this initial umbrella of futility, with their hands thrown up in the air, entire groups refuse to learn or practice a single disarm! Any random disarms that are suggested are ridiculous, like doing a crescent kick to the knife hand, and many do not consider the environment and circumstances of the fight.

What if the knife wielder is not Bruce Lee? What if he is a big fat guy who is easily winded, slow, with no endurance? What if he is a real skinny? What if he is uncoordinated? What if he is slow, or drugged or drunk? What if he is really a coward? What if he cannot overcome the common psychological barriers that prevent normal people from stabbing and

slashing flesh? My goodness! I think I have just described most of the common criminals that statistically will pull a knife on you! What if you smacked the attacker in the head with a heavy ashtray or chair and further diminished his abilities?

One knife disarm I executed once as a police officer was a simple quick yank of a knife from the hand of a drunk shoplifter on a supermarket parking lot. Mechanically it was the force/counter force or a push/pull disarm. Like all martial practice compared to reality combat, it barely looked like the clean, precision move one practices in a sterile environment. It was quick, ugly and I growled, “Give me this!”

I grabbed the man’s hand and pushed explosively against the blade with my open palm. When the knife

came free, I grabbed it and handed it to the nearby manager (whom I knew) and cuffed the drunk. The drunk could barely stand. Now that’s diminishment!

Based upon my research and 28 years military and police experience, I will confidently state that each week across America there are probably some 5 to 10 people disarming knives from attackers in various predicaments.

. . .then a disarm





In a knife vs. knife encounter, a hard cutting or hacking impact on the weapon-bearing limb...

Around the world who knows how many! And these disarms and take-aways are often executed by the totally untrained, acting on sheer instinct. Some will remain unscathed, some will receive stitches, some worse. Some may die. Many live!

Many live—like a recent Oklahoma rape victim. The very day I wrote this article, my friend, ex-cop and author Jerry VanCook called me from Oklahoma City to report an emergency room interview he conducted of a rape victim who disarmed her knife attacker and stabbed the man in the chest with his own knife. She was receiving stitches on her fingers. The rapist was in emergency surgery. According to CNN News, an untrained New Yorker recently stripped a box cutter from a crazed attacker in a subway. I am here to proclaim that you can disarm knives! Ask any cop, EMT, crime beat reporter! Open newspapers! Read history! If you can't run because your children may be left behind, or you may be the only able-bodied person that stands between the bloodshed of a school or cafeteria mass murder, you have a chance to win!

Through time, I have learned that there are four general disarm strategies.

Strategy 1: The Impact Disarm

Strategy 2: The Push/Pull Disarm

Strategy 3: Any Harsh Twisting on the Weapon Bearing Limb

Strategy 4: Hybrid Combinations of the above

In the chaos of combat, the key to understanding where and when any of these knife disarms can work is to practice the disarm into a reality situation. For example, what if you hit the attacker in the head with a chair as demonstrated in the

attached photo series? Suddenly, so-called “impossible” disarms become more probable don't they?

One of the most common disarms is the so-called “take-away” or the push/pull force/counter force disarm. I would like

to dissect for your knowledge this common force/counter-force disarm. Needless to say, you can't stand before the enemy and think, “Wait until I do the push/pull on this guy!” Instead, your muscle memory stands armed with many tactics and should fire into action to do whatever you must to win!

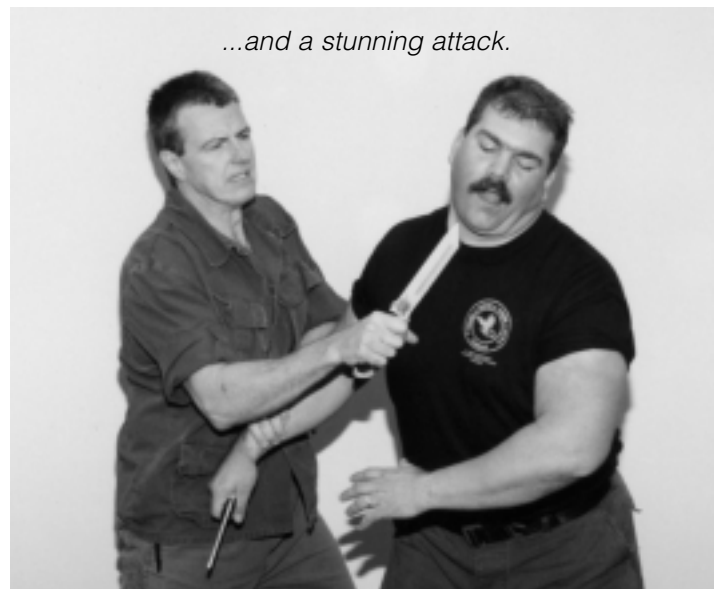
The Push-Pull Possibilities

There are a few positional possibilities. You must modify the basic movements through these situations...



...may cause diminishment and allow for a grab...

...and a stunning attack.



Position 1: The knifer is right-handed

Position 2: The knifer is left-handed

Position 3: You are on the outside of the weapon-bearing limb

Position 4: You are on the inside of the weapon-bearing limb



Now comes the disarm.



The pushing portion of the disarm should include skin raking on the fingers.



Sometimes grabbing the enemy's thumb is a possibility. This reduces the grip strength.

The Limb Grab

Key to creating the force-counter-force is seizing the weapon-bearing limb. You need to develop strong hands by exercising your fingers and forearms in a variety of athletic means. Tossing up into the air and then snatching a pliable yet heavy ball, bean bag or similar item will blend snatching speed with strength. Beyond strength, another goal-specific way to improve your skill is to stand before a training partner who will either feed you angles of attack or stand before you in a fighting stance. Practice seizing the limb from these angles of attack. Then aggressively seize the knife arm of the fighting stance. So you have two problem situations to practice...

Practice 1: Defensive: Seize attacking limbs

Practice 2: Aggressive: Seize limbs of an enemy fighting stance

A training source from Great Britain is touting that a capture of the upper arm of a weapon-bearing limb is easier and should be emphasized; however I feel this to be unsafe. The attacker's elbow and wrist are still free joints to maneuver and continue their attack in the space between your bodies. The longer the forearm and blade, the less safe the upper arm catch is. The closer your grab is toward the hand the better. The ultimate catch is getting your fingers and/or hand wrapped to some degree around the opponent's hand and thumb.

If you are outside of the captured arm, take your grip and pull in or jerk inward suddenly. The counter force is the sudden shove or push against the knife with your weapon or body as shown in the series of photos, in the opposite direction of the pull. From the inside of the arm, work the opposite motion.

Knife vs. Knife Scenario

After you either sense you can get a disarm, or diminish his consciousness prior in the fight, you might seize the enemy's weapon-bearing limb. You are on the outside of the arm? Pull on the arm and push with the side of your blade on the side of his blade violently. To optimize this knife vs. knife disarm, rake the edge across his fingers as part of your stripping push.

Empty Hand vs. the Knife Scenarios

The same push/pull applications can be made with empty hands. Some are shown in photos under very sterile model conditions for demonstration purposes. From the outside position you can use...



knife. If you are cut, fight on viciously from there. Fight through the stab, the slash, the pain. Fight on.

Whether you are facing off against a fully alert Bruce Lee with a knife or stumbling drunk, you are risking your life in knife combat. But you can win! You have a chance! But you must cheat. Cheat! Use that chair! (When a knifer recently attacked Beatle George Harrison in his home, his wife used a lamp on the intruder's head! Suddenly they disarmed the knife). Cheating must be built into your fighting system every day and in every way. Suddenly many options for survival open.

Don't for one moment let some naive instructor tell you that you cannot disarm a knife and learning disarms is a waste of time. Some call knife disarms a fantasy! The only fantasy involved with disarming is claiming that they never happen,

Back of the hand push ▲

- Back of the hand vs. the knife
- Palm of the hand vs. the knife (Don't close your fingers too soon)
- Forearm vs. the knife
- Back of the upper arm vs. the knife

From the inside position...

- Hand or forearm vs. the knife

Muscle Tension, Counters and Hand-Offs

We expect a certain amount of tension in the arm and on the grip of the knife, some resistance on the part of the opponent for our success. Therefore a major counter to these force disarms is a surrender of strength, or a very limp, bending wrist. This takes the snap discharge right out of the push/pull. Another major and commonly overlooked counter is to simply hand-off your about-to-be-ejected knife to your other free hand.

Death or Stitches?

One of our Scientific Fighting Congress members working as a Guardian Angel pushed/pulled a knife from an attacker in New York City and got a small cut on his pinky. Others may suffer more severely. The Oklahoma City rape victim previously mentioned had several fingers sliced. The choice may be yours—death or stitches? Try not to close your fingers around the blade and use them as a flat surface against the flat of the

▼ *Palm of the hand push. (Common real-world takeaway)*



Upper arm push ▼

▲ Forearm push



cannot happen, and will never happen! Learn the basics and then plug them into real world situations. Don't leave your muscle memory empty without a single technique! We have trained your mind now start training your body. Remember, experts say 3,000 to 5,000 repetitions will make it yours. ✪

W. Hock Hochheim tours the country teaching modern, tactical hand, stick, knife, gun fighting tactics, a hybrid, hard-core course based upon his years in military, police, and martial arts experience.

POLICE BLOTTER

By Police Chief Mike Gillette

The Voodoo that You Do

U.S. Customs agents report that voodoo threats are nothing new. Agents frequently pull charms, such as bottles filled with sacrificial animal parts, makeshift dolls and pictures of catholic saints, out of stashes of cocaine shipped from Haiti.

Train for Real

These statistics have been gathered recently from multiple studies by POST-California Commission on Peace Officers Standards and Training, OIS-Officer Involved Shootings, and several FBI findings on police officer murders in the United States. Most involve sudden, spontaneous assaults on patrol officers as they answer complaint calls, stop motorists and investigate suspicious incidents and people..

- * Approx. 50 percent of all officers killed were shot from less than 5 feet.
- * Approx. 75 percent from less than 10 feet.
- * Approx. 90 percent from less than 20 feet.
- * Approx. 92 percent of the suspects had prior criminal histories.
- * Most officers were assaulted and killed between 6 p.m. and 6 a.m.
- * Many officers were killed by "bystanders" in group incidents.

Survive with..

- * Body armor
- * Learn to read the "body language" of suspects
- * Train for spontaneous attacks with tactical reflex-building
- * Practice safe handcuffing
- * Emphasize the "win" mentality
- * Learn weapon retention, and get a good holster
- * Train to fight and shoot at night
- * Train most of your shooting in close quarter range
- * Train to shoot and move
- * Increase instinct/point shooting skills
- * Learn counters to handgun and knife quick draws.

Where Should Cops Carry Their Knives?

Last February, CQCM publisher W. Hock Hochheim taught a collective of city, county and state SWAT team members from north Texas agencies. Hock says, "one major question they asked was where they should carry their fixed blade or folding knife. Several officers opted to carry on their strong side, very near their pistol. This is not my preferred choice. We did several handgun retention combat scenarios with the knife carried on their weak side belt or pocket. This weak side carry-or lefty for most people" allowed for free access to the knife while the gun was grabbed." Hock also taught scenarios where both the strong side gun was grabbed AND the weak side knife draw was intercepted. "There are many solutions. We just need to crisis rehearse them enough times to give them some problem-solving muscle memory."

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Mike Gillette is Chief of Police for a city in Iowa. His experience spans more than 10 years in law enforcement with an extensive military operations background. Gillette worked various assignments as a Tactical Team Commander, Rangemaster, Patrol Supervisor and Field Training Officer. As a Use-of-Force Trainer, he has taught officers and agents across the country. In the military he served in the 82nd Airborne and the 194th Long Range Surveillance Det. (Airborne).

THE LIONESSE CHIP

by CNN News Anchor, Lynne Russell

There is a protective-aggressive component in every woman [and man]. I call it her Lioness Chip. Each of us manifests it in her own way and in her own time.

Mine seems to have hijacked a good portion of my brain at an early age. Perhaps it had something to do with my military upbringing. During my father's decades in the army, we did a lot of traveling.

You also learned to take the concept of military preparedness to heart, even in the playground. I remember in the second grade — on an army base during recess — a nasty little bully approached me menacingly, demanding I relinquish the basketball, threatening me with unspeakable humiliation because his father outranked mine. I gave him the ball, all right, squarely on the forehead.

Later, as a teenager, when I found myself sitting one night in a car beside a Neanderthal with 12 hands and boundless energy, I came to understand the more serious benefits of the kind of disciplined self-defense that martial arts can provide — the concept of your body as the only weapon that someone can't take away from you and use against you.

Quite often, even the suggestion of a woman's [or man's] ability to hit a guy so hard that when he stops rolling his clothes will be out of style is all you need to improve your day. On a recent hot, spring afternoon, I went into a liquor store for cognac (for cooking, I swear) and I



(reprinted courtesy of St. Martin's Press)

stepped up to the register, breaking through a circle of a half-dozen burly, sweaty beer and wine delivery men who were in no mood to move. I was wearing short sleeves, which revealed the tattoos I'd gotten to celebrate my two black belts.

When the startled, Korean clerk recognized the words *pil sung*, "Certain Victory," emblazoned on my arm and asked me about them, I explained my bone-crunching training, with special emphasis on the incredibly painful and incapacitating effects of breaking one's legs and the ease with which that can

be accomplished regardless of the opponent's size. The six muscular deliverymen took two steps backward in unison.

It's always better to avoid a messy confrontation than to let one happen and then have to deal with it. And one of the best ways to do that is to prepare yourself by planning what you'd do if you were, for instance, alone in elevator with someone who became a threat. Or plan what you'd do if someone tried to car jack you in the parking lot of a supermarket. Many, many experts suggest that it's better to take your chances right where you are, because when you get in a car with someone else in charge, you have lost your freedom and your options and you are on the road to disaster. This is a personal choice each of us has to make, and it should be made before such a thing ever happens. Think about it. Think about what you'd do if someone came up to you at the ATM, appeared to be armed, and demanded your cash. I say, give it to

them. A lot of people, people who love a good fight and have a better than average chance of winning, also agree with me. It's a matter of assessing the situation. ♣

*Lynne Russell is a longtime anchor for CNN's **Headline News** and the published author of "How to Win Friends, Kick Ass & Influence People" (St. Martin's Press). She is also a Fulton County sheriff's deputy, a private investigator, a SCUBA diver, and the holder of two black belts in the Korean martial art of Chooi Kwang Do. She lives in Georgia.*

TRUE COP STORIES

Rhodesian Manhunt

Editor's note: I discovered this out-of-print book originally published in England in the 1950's, *No Escape from Adventure* by Sir Michael Bruce, and recognized it as a real gem. The brother of Nigel Bruce — one of the first cinema "Dr Watsons," — I researched more of Sir Michael's history. The first half of his adult life he spent in the early 1900's as a Rhodesian policeman. This is a tale of just one his many adventures. Not only is this book an action-packed combat, but the nuances speak of policing at a different time and a different place. Here now is but one exciting excerpt from *No Escape from Adventure*.

One day, while walking my horse Greywings at a drowsy pace back from Commonage village patrol, I had reached the kopje on which the police camp was perched when the trumpet sounded the alarm. A second later the town bell tolled. A convict had escaped from the town jail.

I spurred Greywings into camp. Troopers were dashing toward the stable lines while servants doubled out with saddles and the Black Watch [night shift] fell in before the troop office. A corporal shouted to me: "There's shooting down by the railway. Get there as quick as you can."

I swung Greywings round. At that same time, my commander, Major St. John, ran from the office. "It's a lifer who killed his jailer and bolted," he said. "Bring him back dead or alive, but get him!"

"Yes sir!" I said, and spurred Greywings down the path to the main street and railway station. Shoppers scattered from the flying hooves, yelling abuse as I passed. At the end of the road a warder, his rifle at the ready, was watching the rest of the convict gang.

"Which way did he go?" I yelled.

"Down the spruit. Look out — he's armed!" the warder shouted back.

I raced past him down the drift into the donga that marked the course of the

river, now as dry as dust. Here the veldt [open grassland with few shrubs] is fairly open, a thing of long grass slopes broken here and there by granite outcrops and patches of Manpani trees, or crossed by dirt watercourses that in the rainy season are rushing, turbulent streams. The river has cut itself a winding bed through the vlei toward Portuguese territory two miles away.

I felt sure that my quarry would keep to the course of the river for it provided his only cover. He would try and break across into Portuguese East Africa where my writ did not run. Even if I went beyond my territory my task would be difficult, for beyond the land fell away steeply to the lowlands and the sides of the escarpment were covered with bush and scrub which, coupled the sharp decline, made it almost impossible for a horse to follow. If I was to head him off from this refuge I must get between him and the border. Giving Greywings a shake, I galloped to a spot where I knew the bed of the stream flattened out over a stony outcrop. From this vantage-point, I would see him as he crossed the rocks.

I raced across the veldt. As I did so, two native boys waved their arms frantically, and I turned toward them. They told me a native rushed at them, grabbed their assegais [spears] and knobkerries, [sticks/canes] and darted back into the trees.

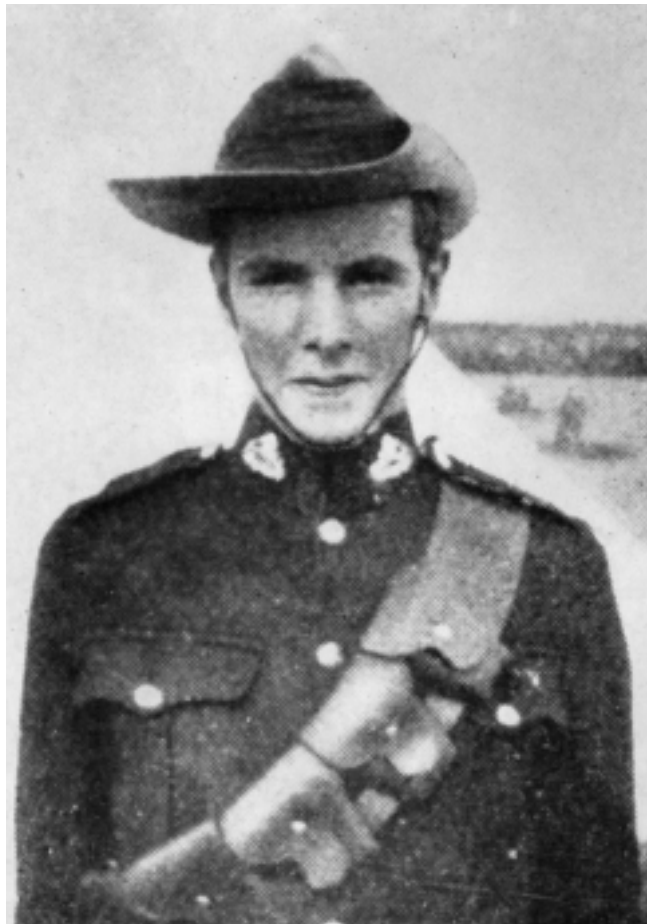
I swung down into the bed of the river. Suddenly, something instinctive I suppose, made me look upstream. There,

resting on the branch of a tree not 20 feet away, was the barrel of a Martini rifle and behind it, squinting along the sights most unpleasantly in my direction was the face of the murderer.

I drew my revolver and fired. At the same moment I felt a sudden zip in the air as a bullet passed harmlessly over my head.

Greywings was dancing like a ballet-girl, partly from excitement and partly from the noise of the guns. Before I could get her down, the killer had dashed across the spruit and was away over the veldt toward the large ravine that marked

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POLICE BLOTTER

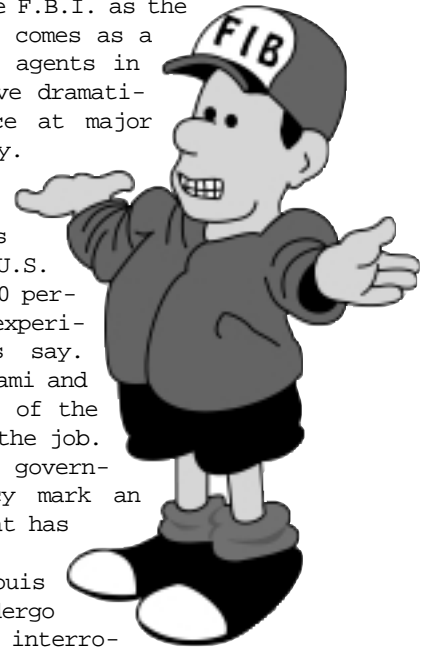
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What is the New "I" in F.B.I.?

Old timers are jokingly referring to the F.B.I. as the Federal Bureau of the... "Immature." This comes as a result of adding thousands of new FBI agents in the past five years. These rookies have dramatically reduced the level of experience at major bureau field offices across the country.

In New York for example, where the office controls some of the nation's most important investigations, cases that include headliners like the U.S. Embassy bombings in Africa, more than 40 percent of the agents have five years of experience or less, senior FBI officials say. Roughly the same is true in Chicago, Miami and Washington. In Los Angeles, 50 percent of the agents are in their last five years on the job. The new demographics at the federal government's largest law enforcement agency mark an unprecedented changing of the guard that has not gone unnoticed.

Beginning this year, FBI Director Louis Freeh is requiring new agents to undergo additional training in skills such as interrogation, informant development and case management. Promotion to journeyman status, which includes a nearly \$10,000 pay increase, will be tied to completion of a "core skills program" within five years of joining the bureau. Agents in Washington, for example, would see base pay jump from \$51,204 to \$60,890. "We certainly have safety concerns," says special agent-in-charge James DeSamo Jr., whose Los Angeles field office ranks as the second largest. "Many times, new agents are going out on the job with other agents with about the same amount of experience. We always had the old salt to show new agents the ropes, but we're losing those." A retired agent from the Dallas office told CQCM that "street smarts" is way, way down. "They are just college kids that the Bureau has to take in to raise." ❖



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MILITARY BRIEFING

RUSSIAN WATCH

The Russian military had based its Grozny battle plan against the Chechen rebels in the hopes that a high-profile victory would destroy their will. But after the Russian military prematurely declared in December, 1999 and then again in January, 2000 that they have broken the backs of Chechen rebels, they found themselves further bogged down in the ruins of the shattered Chechen capital, a scene likened by one NPR reporter to Dresden. In February, 2000, rebel forces backed away from their guerrilla combat and leaked into nearby mountain strongholds.

Questions remain regarding why one of the world's largest armies struggled for months to take a single city? Why couldn't a military with 1.7 million troops defeat a few thousand guerrillas who have no tanks, planes or heavy artillery? At first Russia tried to turn this conflict into the surgical precision performances the U.S. rendered in its last OTW (other-than-war) encounter. Then that dirty little thing happened...urban, street by street, building to building close quarter combat—something U.S. troops did not have to take on.

Military and Intelligence sources report that with years of political and economic decline in Russia, the military is more like an armed mob than a modern army. Morale, the psychological force that gives soldiers the will to fight, has all but collapsed while young soldiers sometimes go hungry and endure brutal hazing by older soldiers. Most combat units are made up of untrained teenage conscripts who reportedly can barely use a weapon. Many officers are as ill trained and demoralized as their men. Many Russian soldiers killed in Chechnya had only been in the army for six weeks. Most soldiers are drafted for two years' service and are desperate to get out of the military. Chechen's military chief Mamudi Saidayev disputes claims of Russia's successes and says rebels re-supply themselves by buying food and weapons from Russian soldiers.

All these weaknesses have been exposed in the battle for Grozny. Reluctant Russian soldiers are being hurled against experienced guerrillas who are fighting fanatical determination in an attempt to keep their homes. The rebel defenders of the city have thousands of places to hide, and every building can serve as a fortress. The untrained, demoralized Russian infantry is totally unprepared for this kind of difficult and up-close war. When their fumbling ground attacks meet resistance, the Russians call in air and artillery strikes to clear the way. But the air strikes rarely cause casualties among the Chechen fighters, who anticipate the Russian tactics and pull back before the bombardment. The shelling demolishes empty buildings, only to create new hideouts, cover and concealment for the Chechens in the rubble. At night, the Russians often pull back to fortified bases, giving up the very territory they have just taken, then the guerrillas reoccupy this ground. The Russians must awake and seize it all over again, losing more men.

Despite Russian claims, the military's encirclement of Grozny has failed to seal off the city and rebels move in and out with supplies, especially at night when the Russians pull back. Sources say that the Chechens chose to fight in Grozny because it gives them the best chance to inflict casualties on the Russians. As predicted, the guerrillas, when taking more severe losses, pull out. The rebels likely will shift the struggle into the hills and fight on as they did after they lost Grozny during the 1994-96 fighting. Chief Saidayev told western news reporters that the guerrilla war will never be over. Rebel Commander Khizar Khauchukayev told AP reporters, "It was much better for the Russians when we were concentrated in Grozny. Now that we are in the mountains, they will face more trouble." To make matters worse for the Russians, the rebel's crusade has inspired regional Islamic radicals to join their cause. Afghanistan's Osama bin Laden has reportedly "freed-up" some of his associates to help fight the Russians.

GEORGIA WATCH

Texas Police Sgt. Roger White recently traveled to the newly independent country of Georgia (once attached to the Soviet Union) on an international police exchange program. Sgt. White reported to CQCM that while on patrol with local authorities he was taken aback by a suspicious-looking military headquarters. It was Russian! Georgians told him the Russians have four military bases there, despite being ordered to abandon them and leave the country. The Russians remain, heavily armed and unheeding since the break-up of the Soviet Union, leaving Georgians suspicious of future Russian plans for the area.

BURMA WATCH

With their recent raid on a Thailand hospital, national media attention fell upon a group of Burma terrorists of Karens called God's Army. This radical group is lead by none other than 12-year-old twin children, Johnny and Luther Htoo, who rely on legend and mysticism to command their soldiers.

Meanwhile, the Burmese military government is launching an unprecedented forced relocation of 50,000 people out of prime opium-growing areas under a program designed to turn one of the world's biggest drug-producing zones into a drug-free area by 2005. The plan calls for stripping the region of drug manufacturers by removing the workforce necessary to support the business. The territory is controlled by the United "Wa" State Army, which has been described by the U.S. State Department as the world's largest drug- trafficking organization and Southeast Asia's leading producer of heroin that reaches the United States. The government's anti-drug czar, Col. Kyaw Thein and Wa leaders said they are committed to eradicating drugs from Burma.

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Battlefield Diary

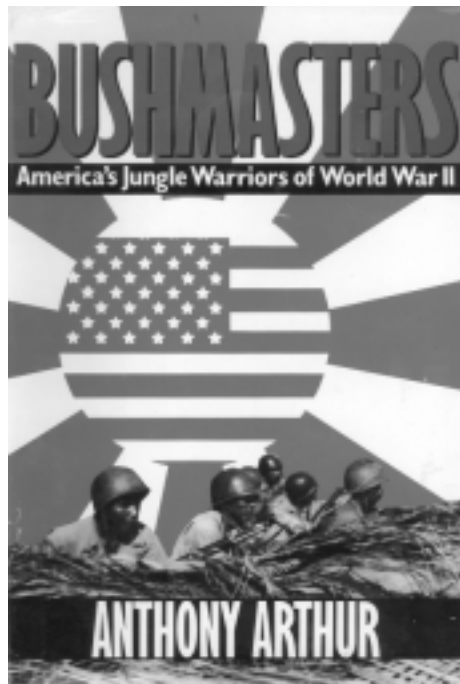
Editor's Note: This excerpt taken from "Bushmasters" published by St Martin's Press, 1987. Here, author and Bushmaster Vet. Anthony Arthur recalls combat in the South Pacific during WWII.

The attack on Morago's machine-gun position finally came, at 2:30 a.m., not from the direction of the mangrove tree as Morago had feared but from behind. A grenade landed next to Carson, and it blew him into the hole. The machine gun was off its stand and pointing skyward. Morago lunged at it, saw it was jammed, and stripped off the ammo belt. He turned to see several men from a BAR position down the line; they had tumbled into his hole, making them about seven now. One of them crouched against the side, weeping hysterically. There was no time to think, but it flashed through Morago's mind that the Japanese must have overrun the remaining anti-aircraft positions and were now all in and around them.

An enemy soldier lay next to Carson, dead; he had several sticks of dynamite strapped to his legs and an unexploded grenade in his hand. Christ! Morago thought. A human bomb! There was a scratching noise behind him; he saw the outlines of two Japanese about to leap into his hole. He reached for one, who thrust at him with his bayonet and sliced through his calf. Morago grabbed the rifle by the sling and pulled; the soldier let go and fell backward out of sight. The heavy thud of a mortar was followed by a flare.

Morago's hole was empty of all but dead Imperial marines, three of them, but he heard desperate sounds from the ammo-bearers' hole next to him, where Mauzaka, Mode, and Altieri were. He grabbed his carbine and fired at one of the enemy who was standing on the edge of their hole, thrusting downward. The light from the flare had faded too much by then for Morago to see if he hit anything or not.

Ted Mode didn't know who knocked him to the ground when the attack began. Maybe Vito Altieri. He didn't know what to do. He was afraid of firing and hitting Altieri or Mauzaka, so he broke his carbine in half and started swinging. He felt the crunch of wood against bone and a body fell on top of him. He knew it was the enemy by the stink—we both stink, he thought, but they stink different. He tried to throw the dead weight from him, but was shocked to find that his left arm was numb. His right hand followed the line from left shoulder to wrist, and stopped at the elbow; the shattered edges of bone stuck through his zoot suit. Mode nearly



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fainted with a sudden rush of pain, like a crazy-bone bump multiplied a thousand times.

Silence. Then inching, cautious movement... a footstep by his ear... a spade crunching into sand. No, not a spade, a bayonet. And not sand, but the body of the dead soldier half covering him. With a horrified flash of understanding, he realized that the Japanese

were methodically working their way through the hole, like peasants spading a garden, with their bayonets. The next sound was that of ripping rubber, as a blade cut through the poncho Mode had earlier placed beneath himself for ground cover. The fabric of his pants gave way... the bayonet was so sharp that when it went through his thigh he hardly felt it—it was like a shaving cut, which you didn't feel until you see the blood. Except that he was beginning to feel this one. He bit his lip to keep from crying out and guaranteeing a second thrust. He could hear nothing but his own roaring pulse.

Ted considered rolling silently onto his side from the second thrust, if it came. That would reduce the size of the target, but it would double the damage if it did hit him. A flare lit the sky and he saw the enemy soldier poised above him. The soldier saw him too, and hoisted his rifle awkwardly above his head, both hands around the rifle butt, ready to plunge it downward like a post-hole digger. A single shot rang out and the soldier dropped into the hole next to the American. Ted shrugged out from under the enemy body that had saved his life, lowered his face into the dirt and passed out.

At first light on the morning of May 31 a solitary swimmer stroked his way through the placid surf, toward Wakde Island. Hal Braun's brother-in-law from the Signal Corps had definitely chosen the wrong time to observe life in the trenches. Thanks to the Pimas, Julian survived the night attack, but he was leaving now without trying to say goodbye or even to wait for the barge that had never arrived the previous evening.

Behind him the swimmer left hundreds of men who no doubt envied his freedom, and dozens of others who were beyond envy or fear. The battalion officers—Paul Shoemaker, Herb Erb, Frank Reuwer, and others—walked the site of the battle, assessing the damage.

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Buffalo Nickels

Oh Baby! It's Cold Outside!



We were cold. Cold! The wind chill where I live was 40 degrees below zero last January. New record. No, it's not friggin' Alaska. It's the northeastern coast of the U.S. of A. Ordinarily the cold does not bother me because of the many cold places the Army has dropped me off. When you know that kind of cold, then you know cold and it ain't cold running from your preppy, family SUV to the nice restaurant door, or getting the newspaper 10 feet from your stoop. Cold is being out in it. A long time. Being hungry in it. Being wet in it. Hours in it. Sleeping in it. Bleeding in it. Living in it and with it. The Army taught me cold.

After my special forces training, I surprised my gombas back on the block at home by telling them little stories about my first assignment. When they first saw me back then they expected to hear some "Guns of Navarone" ala or a "Man from UNCLE/I Spy" story. Found them standing around on the street corner bundled up in jackets, and I had on a light windbreaker. Cold and I had become friends.

"Where ya been?" they asked.

"I was skiing." I told them.

"Skiing?" the skinny little block pounders asked.

Skiing. We were training to fight a potential winter war, and I learned how to ski. Even to shoot while skiing. Then we blew old Army shit up in the snow. It was a real kick, but...it was always cold. Especially when they would drop us off in the snowy woods at night and tell us to find out way home. Oh yea by the way, they would hunt us with flares and baseball bats...It took about 27 hours to fight my way to a hot cup of coffee. Hot coffee. I wanted to stick my dick in it I was so cold. Ever get that cold? Cold enough to fuck heat?

They taught us how to survive and some of those lessons hit home hard. On one of those excursions we almost lost a man from New Mexico. He must have gotten snow blind and lost. After we made it in, they selected a search party to hunt for him. They found him way off the chart curled up in a ball and almost frozen to death. Sleep is the last stage of death by cold and it sneaks up on you like a rat-bastard, pinko whore. We heard he had frostbite, and we never saw him again! It was a risky exercise but part of the training. We shook hands with real, long-term cold.

Now they are telling us that the "wind chill" factor is not what they calculated. For decades they have been telling us wrong (are these the same linoleum-heads that have calculated the Ozone layer thing?) I have worked off of a different factor. "My eyes are freezing" factor is my invention. Or my famous,

"my sinuses are ice cubes" factor. These are real events without equations. But things like wearing a hat, wrapping your neck, layering your clothes all help. And don't let clothing cut or hinder your circulation like tight sleeves at the wrist or tight pants at the ankles. The warm blood has got to flow. The feet go very early, the toes especially, and they need attention. Like the fingers. When you sit or lay down, you immediately start shooting heat out of your ass and into the ground.

Under certain unusual circumstances you stick to the cold ground! Like Staff Sgt. "Dingle Balls Johnson." He is by far the most grievous cold related injury I have ever seen and it came the night me and my drinking buddies in Germany were pissed to the gills on the thick German jet fuel they call ale. If we turned our heads too fast...? Beer would lop out of our mouths. We left one tavern on our way to another hall and decided to, well, being dizzy, sit for a minute. It was of course very goddamn "mountain" cold. I backed up against a tree and passed out. When I woke up my ass and thigh were dead. They had passed on, and I didn't know whether I should try to catch up with them or not. I got to my feet and started to rub my ass and the back of my leg. It was like touching an ice block! I cursed and limped around until I took note of my two fellow elite special forces team members. Passed out on the ground I knew that they would be suffering the same dead body parts and I hobbled over to them.

"Hey wake up." I shook them. Smith got up, but Johnson didn't. (I've changed the names to protect the ignorant.) I shook Johnson's chest violently, and his whole body moved...but not his head! I got close to his head to see the problem. Johnson had thrown up, then passed out, and his face landed in the throw up. The vomit had frozen to the ground and then his face. Dingle balls and the ground had become one.

"Johnson!" Smith and I yelled and kicked. "Johnson get up." He mumbled, and we picked him off the ground, peeling his

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BACK CUT!

PEPE! Dueler Don Jose Liulla

By Dwight C. McClemore

In the 19th Century the city of New Orleans became widely known as a dueling ground. Many proud aristocratic Creoles became obsessed with building their reputations on the field of honor. Duels were fought over anything from the most trivial slight to the open insult. The encounters ended with death, serious injury, or surrender.

Many of these duels took place in the New Orleans City Park underneath the famous Dueling Oaks. One Sunday in 1839, 10 duels took place. Fencing (Dueling) schools began to open throughout the Crescent City to meet the demand for weapons proficiency.

Into this environment came a Spaniard named Don Jose Liulla, commonly referred to as "Pepe." He had been a whaler and slaver in his youth and this rather hazardous trade had taught him to use knife, fist and pistol equally well with a special flair with the sabre, broadsword and rapier. Almost immediately after opening his own school, Pepe came into conflict with the other fencing masters because he possessed no European diploma.

When a local French master saw to it that Liulla was excluded from a grand assault d'arms — a very popular and local exhibition — a broadsword duel resulted. Liulla, with the patented speed and calm precision that was to become his trademark, opened the French master's flank in two places! Almost immediately after the engagement, Liulla "apologized" for doing so much bloody damage...without the proper qualifications.

Liulla's speed and skill became legendary. Pepe broke all records by participating in 30 full-scale duels. He liked to finish his fights quickly. All too frequently his opponents never saw his move until the steel entered their body. Pepe was also known for his compassion and courtesy — so skilled was he that it was not always necessary to draw the blood of his opponent. Most duels ended at his own suggestion with the tip of his blade at his opponent's throat.

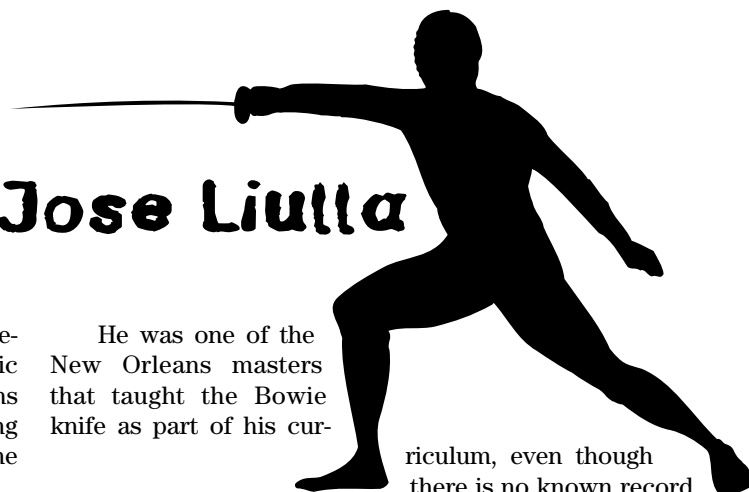
He was one of the New Orleans masters that taught the Bowie knife as part of his cur-

riculum, even though there is no known record

of his ever meeting either of the Bowie brothers. Rather, he incorporated his prior knowledge and experience, as did virtually all others, to fit the size of the weapon. One occasion Pepe and a Master L'Alouette had a disagreement over Bowie knife technique. To settle the issue, both agreed to fight a duel using wooden training Bowies. The point was settled when Liulla broke two of the Frenchman's ribs in a flurry of counter-cuts.

Personality-wise, Liulla was a calm and unassuming person, never boastful. An interesting sidelight of his career was that he owned and operated what is today known as St. Vincent de Paul Cemetery on Louisa Street. A local joke was that if Pepe killed you, a cut-rate deal would be given on the cost of burial in his cemetery. Naturally, Liulla denied this.

Pepe won his last duel in 1870 with pistols. After this he retired with his family and lived to the age of 73. He was buried in his own cemetery. ♣



Dwight C. McClemore is one of the nation's leading authorities on all types of edged weapon history and techniques.

A retired Lt. Co. in the US Army, he currently works as a consultant for the Army's TRADOC — their think tank training brain center. He is an advanced S.F. Congress Knife Instructor and the owner/operator of the School of Two Swords in Poquoson, VA. 757-868-5051



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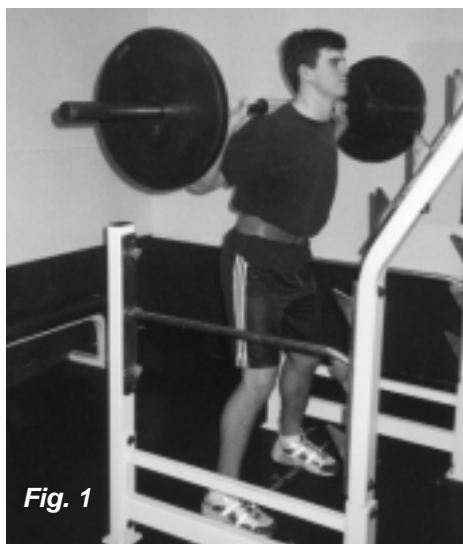
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The Back Squat— The King of all Lower Body Exercises

By Trent Suzuki

As an experienced martial artist and combatant, it should come as no surprise that in order to be a serious fighter, you need superior strength, speed and agility in your lower extremities. The cornerstone of a lower body strength program for the serious combat enthusiast is the back squat.



The back squat is a comprehensive, multi-joint, compound movement universally accepted among professional athletes as the ultimate strength, speed and agility enhancer. That translates to real staying power in combat and other situations where strength and agility may save your life.

This exercise involves the hip and knee joints, as well as the quadriceps, hamstrings, gluteals and low back muscle groups. It is the ideal movement for martial artists, law enforcement officers and military personnel who need powerful and explosive action capability in their day-to-day functions at work. Stepping, striding, jumping or running explosively toward, or after an opponent, perpetrator, or enemy is key to superior posture and successful confrontations of any type.

Using the back squat as an integral part of your lower body program will pro-

vide excellent results and directly and positively impact your punching, kicking and grappling skills!

Let's look at this critical leg strengthening exercise in detail and break down its movements one step at a time.

Exercise: Back Squat

Muscles involved: Quadriceps group (Rectus Femoris, Vastus Lateralis, Vastus Medialis, Vastus Intermedius), Hamstrings group (Biceps Femoris, Semitendonsis, Semimembranosus), Gluteals (Gluteus Maximus, Gluteus Medius, Gluteus Minimus), Sartorius, Adductors



Explanation:

- 1) Using a medium-to-wide overhand grip, grab the bar while raising the elbows up in the air to create a muscular shelf (on the posterior deltoids and upper trapezius) on which the bar can ride. Make sure to not place the bar on your neck; it should sit below the neck.
- 2) Position both feet and hips under the bar as you straighten your legs to unrack the bar.
- 3) Step back and into a set position; stance should be slightly wider than hip-width with toes parallel or pointed slightly out. Your eyes, head,

shoulders and chest should all be up with a tight back throughout the lift. (Figure 1)

- 4) Squat down slowly, leading with the hips and keep the eyes up and the lower back straight until the thighs are parallel to the ground. Be careful not to bounce at the bottom. Make sure the knees are in line with the toes, and do not allow knees to stray inside or outside normal knee tracking. Keep the weight evenly displaced over the feet; do not shift weight forward to the toes or allow knees in front of the toes in the bottom parallel position. (Figure 2)
- 5) Raise the bar explosively by extending the hips and knees while maintaining correct body position. Keep the hips underneath you; do not rock your back and lean forward on your feet. (Figure 3)
- 6) After completion of the set, slowly walk the bar back into the rack with both feet and hips underneath the bar. Squat down and lower the bar onto the rack.

Continues next page



Tips:

Sets and repetitions:

Beginner—3 sets at 15-20 repetitions
Intermediate—3 to 4 sets at 12-15 reps
Advanced —3 to 5 sets at 8-12 reps

Choosing weights amounts:

One should use weight amounts that they can comfortably execute the required number of repetitions in a safe and controlled manner. Only advanced lifters should lift so heavy that they might require a spotter.

Inhale through the nose as you descent, exhale through mouth on effort.

Always wear a lifting belt to help support the lower back throughout movement. ☼

Editor's Note: Trent Suzuki holds a Master's Degree in Exercise Physiology/Exercise Biomechanics; and is a Certified Strength and Conditioning Specialist from the NSCA. Through his company, AthElite Training International, Trent trains many professional athletes. Among his many degrees and affiliations, he holds a 4th Degree Black Belt and Master Instructor in Soo Bahk Do Moo Buk Kwan; and is a former U.S. Amateur Champion in Boxe' Francaise Savate a 3 time World Karate Champion. For more information about physical fitness, contact Trent at 888-400-2074.



Buffalo Nickels



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head off the turf. The skin on his face tore off onto the frozen puke. He couldn't feel it!

"Where's my hat? He mumbled.

"Your fucking hat!" I said," You drunk bastard, half your fucking face is gone! You should wonder where your left cheek is." Smith found the cap and picked it up.

Smith and I grabbed Johnson and together the three of us all made one person so we could walk. We went to Smith's barracks and collapsed. I took a warm shower — had to — to try and coax my zombie leg to join up with the rest of me. Smith was okay. He just threw up, listened to some folk records and then wanted to drink more beer! But poor Johnson. Johnson's face looked like a mix between the measles, the mumps, cholera, road rash and South Pacific herpes. He got a new nickname that night, "Mr. Puke Pillow." It replaced his old "dingle balls" — which is a quaint little story I will have to tell at another time, because it has nothing to do with the cold.

Often, soldiers of other countries make fun of we Americans in the field. We immediately make tents, bathrooms, buildings, work out rooms, video arcades, ball fields, you know...the creature comforts. They call us soft! Yet, their sorry asses are out there in the cold with bad food and bad quarters. It wears them down, takes their morale and their energy. We rest, rejuvenate and re-cooperate where and whenever possible! It helps us survive and win.

So the next time you see a news clip of GIs comfortable in some overseas place and call them pussies, think twice! It is those very comforts that make us stronger. Don't worry, shortly they will be out in the very cold, or they have just trained out in the cold. Remember the words of the ol' great General MacPatike, "That which does not chill you, makes you stronger." ☼

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The VanCook View

Tune In and Turn On!

Close Quarter Combat Magazine. Man, the NAME says it all. If you're like me, you probably read other magazines every month. No, wait a minute. Let me rephrase that. I read parts of other magazines every month. There are some good rags out there that focus on martial arts, weaponry, the military, and law enforcement. And by good, I mean I can usually find a few articles of direct interest to me. But I don't read them cover to cover because a lot of what's between those covers has nothing to do with . . . close quarter combat.

And next to God, my family, and my writing, that's what interests me most in life: Real-life, no-frills, no-nonsense, close quarters combat. Call it what you like, self-defense, self-protection, hand-to-hand combat, or close quarter combat — that's what trips my trigger. I'm not interested in choreographed dances in which practitioners strike the air, or firearms that can put three rounds in the same hole at 500 yards. I have only a passing inquisitiveness in regard to the best skinning or bird and trout knife — I have made do when hunting and fishing with blades not specifically designed for such purposes and done just fine.

I'm not saying there's anything wrong with people who hold interest in these areas; it's just that I don't. What concerns me is the best techniques, firearms, sticks, and knives for self-defense. And I don't want to collect them, I want to know how to USE them most efficiently in order to best defend myself, my loved ones and my property.

Like I said, I've been culling such articles out of other magazines over the years, and I will continue to do so because many are very good. But the focus of these magazines is not usually directly on self-defense. Let me repeat—there's absolutely nothing wrong with wanting to collect old pocket knives, or learning what grit belt some custom knife maker uses to polish his blades. There's nothing wrong with being interested in who won the latest "gun game", judo tournament, or kata competition. Just because I don't care about these things personally does not mean I don't think they are worthwhile endeavors for others—just like tennis, or golf, or cross-stitching, or drag racing.

I am, however, pretty sick of wondering who will be the next "master" to run an ad that takes up half the magazine in which he claims he's the one who's finally found the "secret" to combat. And I'm sick of instructors who once had a Navy SEAL walk into their dojo and, because of that, bill themselves as "Instructor to the U.S. Navy SEALs." I personally don't give a

hoot which writers think Ken Shamrock can beat Royce Gracie or vice-versa. I'm so weary of articles like "Which is Better? Karate or Judo" I could throw up. I'm also tired of the .45 versus 9 mm debate, and all its variants, and while I happen to like the Government Model 1911, I don't pray to it or consider it the ONLY good gun on the market. And if I see one more of these .45s dressed up like a Barbie Doll on a magazine cover, I may use my own to blow my brains out.

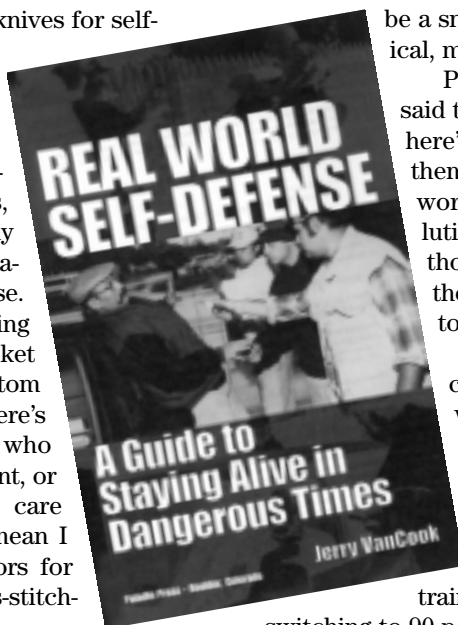
So I think it's going to be nice — very nice — to have *Close Quarter Combat Magazine* on the market. I suspect I'm going to savor it more like a good book than a magazine — start at the beginning and read it to THE END.

So, what's my role in the VanCook Viewpoint? "VanCook's" view is going to be about whatever I'm "on about" at any given time in regard to the world of pragmatic self-defense. Sometimes, this column may be about specific techniques, tactics or strategies. Sometimes it will be about more general concepts. Some columns will deal with the psychological aspects of self-defense, and mindset, and sometimes we'll explore various moral and legal aspects of close quarter combat. I may occasionally come across a new product that I feel merits special attention, and when I do, "VanCook View" readers will be the first to hear about it. All in all, this column is going to be a smorgasbord in which we look at various physical, mental, and spiritual aspects of fighting.

Please don't get the idea from what I've just said that I think I have all the answers. I don't. But here's a nasty little secret some instructors keep to themselves—neither do they. No one does. The world of close quarter combat is in constant evolution, both inside and outside the individual, and those who reach a point where they don't think they have anything left to learn are either lying to themselves or just downright stupid.

Now, since this has been the introduction column, I'm left with fewer words to tell you what I'm "on about" than I'll have in the future. So like good writers are supposed to do, I'm going to try to say a lot with those few words.

I used to believe, and tell students, that successful self-defense was about 80 percent mental preparedness and 20 percent training. The older I get, the more I catch myself switching to 90 percent and 10 percent, and someday I suspect I'll catch myself using the numbers 99 and 1. You see, the more students I train, the more I develop the ability to sense who REALLY understands what an unwarranted attack is like, and who doesn't.



Continued on page 37

The Bouncer

Messing with the Line

As bouncer for The Metro Lounge, one of the largest nightclubs in North Jersey, my job closely resembles that of a police officer with one big difference. "Response time!" When the action starts, it takes time for the cops to arrive. Frequently the action's over by the time they get there. Not so for a bouncer! We are there! It's an action-packed hot spot where quick thinking often provides the only barrier between peace and chaos!

Crowd control makes up a large portion of my job. Part of that control means working the "line." Many large clubs like the Metro check every patron for ID when they enter and do a quick visual for weapons. Often we have a history with some of our customers. A few months back Tom Kochis, head of security at the Metro, escorted a young male about 25-years-old out of the club for drunk and disorderly conduct. The man resisted, but Tom ejected him without incident. This individual came back on our entry line two weeks later with a few friends and tried to enter the club. We work the doors tightly, filtering out troublemakers. I recognized him and told him he could not enter the premises due to the prior incident. He grew abusive and started "getting in my face,"—his first mistake.

So, you gonna play me like this," he said. "You nothing but a pussy-ass bouncer, and I'll kick your ass!"

I remained cool. As a bouncer, taking

verbal abuse is part of my job, and I take pride in keeping a cool head. Like a cop on call, I take note of a person's demeanor and body language. I noticed his slurred speech. His eyes appeared glassy — definitely under the influence of ... who knows what! He proceeded to threaten me and called me every name in the "Bouncer's Book of Names," but you can't hurt someone with words. If that's all he brought, I thought, he could pack up his tools and go home!

I continued to work the line, however my critic started to attract attention. A crowd began to form. He followed me, in my face at every opportunity. I kept my eyes on his hands and watched his movements. His friends attempted to yank him away from the line, but he refused to leave. Often bouncers can depend on such friendlylies for help in quelling a disturbance. His friends struggled with him in an attempt to persuade him to leave. As he pulled away from them he slammed into a young lady on the line. She yelled her surprise, and he immediately grabbed her by the face and shoved her back. His last mistake.

Quickly, I stepped in and blasted him with a right elbow to the lower jaw. "Bullseye!" I wrapped his head for a head twist take down, but as he fell, my economy of motion happened to drive my knee into his face! He fell off the curb, and I got on top of him with my knee in his chest and my thumb in his throat. There I delivered one short straight punch to his face that ended the encounter. All this

happened in seconds. He tried to get up several times, but couldn't get his balancing act together. As Tom, my backup, and I watched, the friendlylies picked up their stumbling partner and hauled him to the car.

As bouncers, we must represent the establishment where

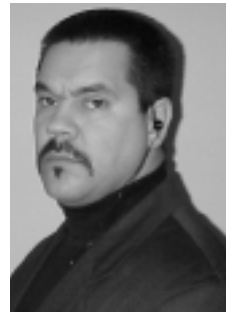
we work with efficiency and professionalism. We don't like physical encounters and try to avoid them. However, if an encounter must take place it's imperative to handle it quickly and as safely as possible. The safety of the patrons and ourselves depends on our vigilance and fighting skill....and nobody messes with my line! ✪


Tips for Line Control

- 1) Watch the patrons carefully for signs of intoxication or drugs.
- 2) Scan all patrons for weapons; when in doubt deny entry.
- 3) Remain cool in the face of verbal abuse—most of the time it means nothing.
- 4) Closely monitor body language—if a patron demonstrates physical signs of aggression position yourself between him/her and innocent bystanders to avoid additional crowd involvement and/or injury.
- 5) Mentally note if backup from either other professionals or friendlylies is available. Plan accordingly.
- 6) If a confrontation is inevitable, do not hesitate to use sufficient force to bring the hostile patron under control.

Joseph Reyes, Jr.

serves as a body-guard and security supervisor for the Metro Lounge, the largest nightclub in Northern New Jersey. A 10-year-veteran bouncer and a veteran martial artist, Reyes holds a Black Belt in martial arts.





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The VanCook View

Tune In and Turn On!

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Men and women who have never trained in the fighting arts often have a difficult time understanding just how willing, and capable, the predators of society are of hurting them. They can tell themselves as many times as they want that they have overcome the denial cliché “it can’t happen to me” but they rarely have. You see, they haven’t had a chance to overcome it—they’re good people, and until they experience true street violence first hand, they do not possess the ability to understand that depths to which bad people will sink to get what they want.

Even well-trained practitioners of the combative arts can fall prey to this if they’ve had no real life experience. I know some very, very tough and realistic black belts out there. But I know at least as many others wearing black around their waists who wouldn’t last three seconds in an actual attack with even a mediocre street thug. In short, they couldn’t fight their way out of rice-paper bag. Ladies and gentlemen, real street violence bears about as much resemblance to a Bruce Lee movie or an episode of “Walker: Texas Ranger” as it does a bowling match or the Rose Bowl Parade. Bruce Lee and Chuck Norris, I’m sure, would be the first to tell you that. But it’s pretty amazing as I continue to tool down life’s highway to see how many accomplished martial artists, shooters, and others who don’t fully understand this. Oh, they know a real fight isn’t going to be QUITE like kumite or an IPSC match. But they don’t fully comprehend how EXHAUSTIVELY different the real thing is from any form of training they’ve ever had. There still exists, often deeply hidden within their psyches, at least some small belief in the romantic-fantasy of combat. And it only takes a tiny touch of this latent self-delusion, surfacing at the wrong time, to get you killed.

I’m not saying don’t keep training. By all means, do so! But take a realistic look at what’s going on inside your head as well, and see if you’ve prepared yourself properly in the mental department as well as the physical. You may get a rude surprise. But better now than when some guy is beating your head in with a baseball bat after your spinning back kick with a triple flip and half-gainer didn’t work.

So now you know what I was “on about” this issue. I’ll be on about something else next time. Until then, be nice but be tough, too. ☛

A well known author of more than a 40 books, **Jerry VanCook** also is an instructor in Okinawan karate. He has studied Aikido, Thai Boxing, Kung Fu, Kali, and is a Rokudan (6th Degree Black Belt) in Bei-Koku Aibujutsu. In 1998 he was inducted into the World Head of Family Sokeship International Martial Arts Hall of Fame, and received their “Writer of the Year” award. His titles include *Real World Self-Defense* and *Going Undercover*. He is a certified National Rifle Association firearms and personal protection instructor. VanCook spent 14 years in law enforcement with the Garfield County Oklahoma Sheriff’s Department, a federally funded undercover task force, which operated throughout the Southwest, and the Oklahoma State Bureau of Investigation.






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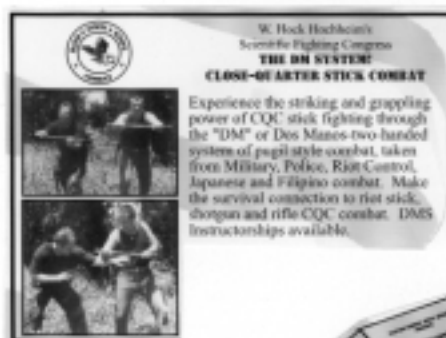
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MILITARY BRIEFING

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INDIA and PAKISTAN WATCH

The Indian and Pakistan armies confront each other constantly along the Line of Control in Kashmir. More than 500 Indian soldiers were killed in the summer of 1999 largely from gunfire and mortar fire. There are no statistics available for Pakistani casualties. The January, 2000 hijacking of an Indian airliner has, fueled by dueling nuclear tests, experts saying that relations between the two countries are almost as slow as they were in 1971 when they fought their third full-out war.

SOUTH AFRICAN WATCH

South African, formally Rhodesia, boasts one of the best trained militaries in Africa. However, their nation's deputy defense ministry recently reported 2 in 5 of its soldiers may be infected with HIV. World health officials claim as high as 40 percent of the soldiers in 10 of the Central and Southern African armies may be HIV positive.

UNITED STATES WATCH

Waco and Delta Force

Depositions of two Army Delta Force operators revealed 10 members of their Delta team rotated in and out of the Branch Dividian Waco standoff and their involvement was strictly to assist with surveillance gear. Military specialists from America and France will attempt to determine if the flashes of light seen on arial infrared surveillance tapes are gunshots, sunspots or glitches.

Nutrition Patch

By 2025, soldiers on the go may be nourished by way of a patch worn on their skin. "The Transdermal Nutrient Delivery System is not going to replace a meal," reports project director Gerald Darsch. However, the patch could transmit vitamins and nutrients through the skin to enhance performance.

Aircraft Report

1999 was the Army's worst year for aviation accidents since the 1991 Gulf war. There were 126 aviation accidents in fiscal 1999, killing 20 soldiers and destroying 10 aircraft. These accidents can also include collisions with...vehicles. Last November at the Elgin Air Force Base, a military policeman dropped his cell phone while driving and, when he reached for it, coasted into an F-15 jet at about 25 miles per hour. \$62,000 damage to the jet resulted, and \$20,000 to the car.

Recent deaths

Jean MacArthur, the 101-year-old wife of General Douglas MacArthur, recently passed away.

Ever Hear of Echelon?

Echelon is a little known global scanning and intelligence organization run by America's NSA—The National Security Agency, affiliated with Great Britain, Canada, Australia and New Zealand. Reportedly, Echelon is used to steal intelligence information from non-participants and allows the countries in partnership to spy on each other's citizens, something that is technically illegal for these countries to do on their own citizens. ☛

Battlefield Diary

Continued from page 30

Japanese dead lay within and without the perimeter line of defense: small, twisted humps, not yet swollen by the sun, they seemed alien, somehow inhuman. Their dead bodies aroused no pity, only revulsion and a kind of wonder: how could these inanimate forms have created such havoc? And yet they had: the evidence was all around them in the form of wounded, dead, and missing Bushmasters. Clarence Fennell knew one of the dead men well. It was Joe Stewart — not even an American but an Englishman — the old man passed 40 who had served with the British during World War I.

There were others too: Dixie Walker was telling Frank Reuwer that he hadn't lost any men when they heard a distraught call from Hubert Ashby and ran over to his position next to Jay Morago's machine gun. Morago was slumped, exhausted, against the base of his gun barely conscious, blood oozing from his calf. Frank DeRossa stared vacantly into space, but seemed unhurt. Ashby held his hand to his stomach; no, he wasn't hit, he said, just sick. He gestured weakly toward Jack Carson, who had either fallen or rolled onto a grenade which had exploded onto his stomach. When they turned his body over it looked as though a shark had been at it. A few feet away, in the next foxhole, Vito Altieri lay dead from a bayonet wound. Next to him, his wire rim glasses firmly in place over his large brown eyes, was Gus Mauzaka. A bayonet had pierced his heart.

There was no sign of Ted Mode. Also missing was Lucky Les Viands, who had been stationed in the middle of the perimeter.

Japanese soldiers from the Ooki Battalion would later file impressionistic reports, indicating a significant victory; some had heard "the sound of waves and the roaring of large motor-powered boats"; others said "the Americans ran away crying," rushing panic-stricken to the beach and escaping by boat; still others told of occupying American positions and seizing weapons, canned food, and cigarettes.

The Bushmaster count of enemy dead was 50, and they thought many more had been carried away after the attack had finally ended at 4:40 a.m. American deaths, including the anti-aircraft artillerymen, came to 12, with 10 wounded. All along the line, from Colvin's position to the west — where his tactics had worked efficiently in spite of Sandlin's misgivings — to Company B's on the east, the Bushmasters has held. As the more objective report of the higher Japanese command would later put it, "the attack penetrated the outer part of the enemy perimeter, but ... lacked the means to exploit the initial success."

As military engagements go, it had not been a large battle—worth a few sterile sentences of summary in both the Japanese and American histories of the war. But for those who experienced and survived the attack at Arare, it would remain the single most memorable night of their lives. ☛



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P. Johnson's AFS, 678-473-0885

July 8, 9 – Fort Knox, KY
CQC Seminar. Contact Sgt. Jim Mahan;
Military-based CQC training for military
AND CIVILIANS. Contact Sgt. Mahan at
knife1@aol.com; or Hock at 706-866-
2656

July 15, 16 – Hesperia, CA
Contact Carl Mayhugh, 760-247-5579

August 4, 5, 6 – Kalamazoo, MI
Hock appears with Filipino
Grandmaster Ernesto Presas. Call
J. Morris, 616-372-1444

August 12, 13 – Huntsville, AL
Contact Congress Instructor Ronnie
Young, 256-539-8035

August 19, 20 – Norfolk, VA
EAST COAST KNIFE FIGHTER SUMMIT!
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Instructor Dwight McLemore and his
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August 26, 27 – Lake George, CO
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email him at quinnp1@aol.com. Space
is limited! Call ASAP!

Sept 9, 10 – Clarksburg/Philippi, WV
Contact Sifu David Wolfe, 304-457-4348

Sept. 16, 17 – West Palm Beach, FL
Contact Paul Pawella, 561-842-1688

Sept. 23, 24 – Torrance, CA
Contact John McCurry 562-602-0313
and David Contraras 310-375-8567

October 7, 8 – Pigeon Forge, TN
Contact Barry Meadows, 423-429-4302
or bladewerks@aol.com

October 14, 15 – Ft Worth, TX
HAND-TO-HAND COMBAT CAMP! The
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Combat Camp! Contact Congress
Instructor Francisco Sanchez
Zambrano, 817-870-1502

October 21, 22 – Romeoville/Chicago, IL
Contact Eddie Cavazos, 815-485-7344.

November 11 thru 27 –
Melbourne & Sydney–Australia, &
Auckland-New Zealand!
Glenn Zwiers, 03-9735-3799

December 2, 3 – San Diego, CA
WEST COAST KNIFE FIGHTER SUMMIT!
Contact Trent Suzuki, 888-400-2074

*More seminars coming up. Contact Hock
at 706-866-2656 for details on hosting a
seminar. However, please hurry! Dates
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TRUE COP STORIES

Rhodesian Manhunt

Continued from page 27

the boundary. I jammed in my spurs and went after him, firing a round. He turned and ducked behind a rock, waiting for me to approach. I saw he was trying to reload the single shot weapon, but he dropped the rifle as I came nearer and flung his first assegai. I dodged low in the saddle. Next moment I heard a thud and felt it strike my revolver holster.

As he picked up his second assegai, I tried another snap shot. This time, by a stroke of luck, the bullet hit the blade of his spear, knocking it from his hand.

I shouted to him to surrender, but he turned and ran for the spruit, I galloped after him, trying to ride him down. Suddenly he twisted round and, swinging up the knobkerrie, aimed a vicious blow. I saw his face, distraught with hatred, fear and rage. Then I pulled the trigger of my revolver and he disappeared. Greywings plunged and bucked like a horse at an American rodeo and, as I fought to control her, I saw that the man had fallen across a rock.

I dismounted. Covering him with my revolver, I tried to start toward him, but Greywings would not budge. She strained back, almost pulling the reins out of my hand, and eventually I was forced to tie her to a bush while I examined my quarry. He was stone dead. My bullet had gone straight between his eyes and a red smear was all that was left of his head.

I could not leave him. Already the vultures were gathering in the sky. In a few minutes their beaks would tear him to rib-

bons, and he would be unrecognizable. Greywings still refused to come any nearer and, desperately, I looked around.




Suddenly I remembered the native boys who had been robbed of their assegais and, climbing on a rock, saw them some distance away, watching, wondering, too frightened to approach. I called to them. Hesitantly, with dragging steps, they came up to me. Hanging on the bucking Greywing's head, I ordered them to hoist the body across the pommel of my saddle.

Greywings snorted and reared in protest, but eventually we managed to do it, and I swung up behind him. He hung, a limp black-grey shape, his legs dangling on one side of the horse and his arms and head over the other. The blood from his wound dripped down my stirrup-irons and boots and ran down Greywings' leg.

I told the boys to collect their weapons and to follow me to the police camp. Then I turned for home and set out slowly across the veldt toward the township. In the distance I could see other horsemen, spread out in a line. It was the rest of the troop, reinforced by some of the citizens, who had come out to hunt the murderer. I turned away down the spruit and sent one of the boys to tell them that the hunt was over. I did not want congratulations or company. I felt sick and ill. Avoiding the town, I rode back to camp where some of the Black Watch, at my peremptory command, took "this thing" away.

I dismounted and marched into the office. I started to tell Major St. John my story. St. John made me sit down, fetched me a good stiff double Dop [Cape Brandy] and ginger and, when I had got myself in hand again, heard my story. He questioned me for a few moments, then told me to go to the skoffkia and get my lunch. As I walked across the camp yard, I glanced at my watch. It was still less than an hour since the corporal had first given me my orders. I suddenly found myself crying. I was still only 17. ☺

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