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Close Quarter Combat

W. HOCK HOCHHEIM

MAGAZINE

**April / May 2001
ISSUE #6**

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Marine Corps
Black Belt Course**

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**BarSafe
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Close Quarter Combat

April / May 2001

MAGAZINE

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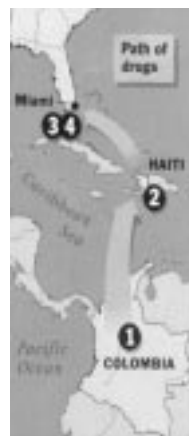
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ABOUT THE COVER

Captain Maceo Franks looks up and chokes Cpl Daniel Finley. Captain Franks serves as commanding officer for Military Police Company, 1st Marine Division, Camp Pendleton, Ca. He also serves as chief coordinator for the 1st Marine Expeditionary Force's Non-Lethal Weapons Course. His military certifications include defensive tactics instructor, non-lethal weapons instructor and primary marksmanship instructor. He is a graduate of the Army's Special Reaction Team Course, the Marine Corps' High Personnel Shooting Course, and the Georgia PSM Executive Protection Course. With over 13 years of Martial Arts experience, he is a member of the Okinawa Konanryu Karatedo Kyokai and holds the rank of Shodan in Matsukaze-Ryu Jujutsu, 1st degree Black Belt in American Kenpo Karate. Additionally, he holds ranks in American Goju Ryu Karate, Hapkido and Judo. He is also a high-ranking competitor in Sombro where he competed on the Quantico Judo/Sombro Team for three years. Capt Franks currently teaches Matsukaze-Ryu Jujutsu and Sombro aboard Marine Corps Base, Camp Pendleton, Ca.



Beyond The Mask of Killing

By Publisher W. Hock Hochheim

fired warning shots—which are now so taboo—but they so often worked. Quick draws saved my life and other's lives by freezing the opponent. "Getting the drop" as we use to call it, has enforced the peace-

ful surrender of many.

And in those years I have had situations where I could have legally killed people. Some of these were armed with knives, some with guns, even replicas. Somehow I saw fit that I could handle the situation. All these are stories I hope to tell through the years in this magazine and books, not just for entertainment sake, but to pass on for education.

Often I would hear, "why didn't ya shoot em. Well, I'd just shoot him!" from someone, usually a wanna-be tough-guy about a threatening situation. It is very common for the ignorant and naïve to make such blurbs—even soldiers and cops. So ill equipped are they to grasp the physical, mental and legal conundrums of such real-world action. But it sounds tough, doesn't it.

Violence, you see, can be learned two major ways. One is from seeing and feeling violence as a child. The other is to be trained for it. As our youth joins the armies and police agencies of the world, as citizens arm themselves, as martial arts instructors teach only the killer instinct, many have been weaned on action movies, books, violent games, personal definitions of patriotism and justice. This can be a destructive cocktail. And secretly, in this confusing mix, some may wait anxiously for any opportunity or any excuse to kill as if it

were a badge of courage, some ultimate experience. Any excuse. Any reason. I know because I have wandered that dark road myself. But it is wrong. Admit it. See it. Recognize it for wrong. Wrong. I, like so many, have been lucky.

I reached a point in my career and in my adult life that when trying to shoot those that needed killing, coming so close, squeezing the trigger almost to that fatal explosion, or actually cranking off rounds that have missed, I knew that the action was justified, not just by some paranoid police policy or state law, but in my heart. I knew that I would not suffer regret. The action was proper. The action was right. On the other hand, a mistaken killing would be an abusive violence that would haunt me terribly, forever. As well it should.

I am not a religious man. But I believe in an organization and a karma to the universe, and you MUST be on the good side. If you do the right thing, you will know it because you will find solace and peace in the action. This is what I hope and want for you—the citizen in defense, the soldier and the cop—this understanding, this maturity, this balance. You do what you have to do with your hands, sticks, knives and guns, kill if need be, but for the right reasons. Do the right thing.

On the do or die mask of the truly seasoned veteran about to go into action, this is the truth you will find beyond the mask, buried deep...and just a bit south. He'll kill ya in a minute and won't look back if it's right. I can only hope that reading this essay shortens the learning curve and keeps you from wandering or staring at that wrong, dark road. There is an awful lot at stake. ★

Rookies are always tugging on, re-adjusting and touching their guns. As a regular instructor in Texas Police Academies, I would preach to the new recruits that eventually, through their careers, carrying their guns would feel like carrying their pens, in that they are tools and part of their uniform. You need a pen; you reach for it and pull it out. You need your gun. You reach for it and pull it out. This is a level of understanding and maturity that comes with experience and enlightenment. It's easy to preach. It's easy to read here. It's easy to nod your head in intellectual agreement. But it's hard to pass on to the soul. I have seen the nodding masks of many a recruit, or martial students from similar lessons, but it is beyond their face and that mask that I really needed to reach, and touch maybe a bit south, to their heart and soul.

I have been very close to death, seen it, smelled it, studied it, ducked it, and touched it for three decades. I have pulled my gun more times than I can remember since 1974. I have never killed anyone. But I have tried and missed. In my 23 years in law enforcement and three years in private investigation in Oklahoma, South Korea and Texas, I have been involved in several gunfight exchanges and group shootings, disarmings, assorted vehicle and foot chases where rounds went off. Sometimes I



Dispatches

LANDMAIL: *I thought this magazine was conservative and patriotic. Yet your recent glorification of the radical Marine Smedley Butler and his liberal ways confuses me and muddles your position. I am not so sure I like it!* —DM, Provo, Utah

REPLY: One thing you will never confuse is this. I am in support of, in sympathy with, and in conspiracy with the soldier in the trench, the sailor on the ship, the cop on the street, the citizen walking through life. That is where my loyalty lies, and these are the individuals I wish to educate and arm. It is a tragedy when a soldier dies in combat. It is an unfathomable tragedy when a soldier dies for a stupid cause, or mistake, or a lie in combat. Smedley Butler has a message for us all, one well worth reviving from time-to-time and not just about businessmen and politicians, but the upper brass. In the words of award winning, war historian Bruce Catton, "They were learning the reality of war, getting face-to-face with the sickening realization that men get killed uselessly because their generals are stupid, so that desperate encounters—where the last drop of courage has been given—serve the country not at all and make a patriot look like a fool."

Civilizations, governments and militaries often rot from the top first on down, yet somehow we at the bottom are always the first to go face down. Hunt the truth. Be always patriotic to the truth. When we fall from the truth, we lose it all. Now there's something to muddle over.

LANDMAIL: *Another three Marines are dead. This makes the death toll 30 from accidents involving the V-22 Osprey tilt-rotor aircraft. How many more Marines will die before they pull the plug on this aircraft? It has never worked since the first day it was tested. But with a potential profit in the billions, the military war*

machine contractors keep promising they can fix the fatal errors. Their promises would seem funny except our young and best are paying for those perspective profits with their lives. Remember also these crashes happened in ideal weather. But, unfortunately, wars are not fought in ideal weather conditions. Sometimes it rains, it snows, the wind gusts, it freezes, there is fog. Sometimes the carrier deck pitches in high seas. Has anyone asked what will happen when Ospreys have to fly in the real world?

In the meantime, our politicians look the other way because their states may share in the profits earned from the airplane's assembly. How many more will die before somebody stops this insanity? —AR, Atlantic Beach, FL

LANDMAIL: *I read your headquarters memo on simple, complicated and thorough systems. What do you think of gross motor skills and the KISS (Keep it simple stupid) method? Isn't simple better?* —JO, West Virginia

REPLY: Remember when you study the Keep-It-Simple-Stupid Method...you're still stupid when you're finished. The instructor stays stupid and gears the whole lesson toward stupidity. People are capable of doing all kinds of multi-task chores, like driving cars and playing baseball and football that go well beyond gross motor skills. Yet when it comes to learning tactics many trainers expect citizens, cops and soldiers to have all the developmental skills of a Neanderthal. They think if the tactic doesn't resemble some gross, basic, motor skill, individuals won't have the ability to learn it. The dumbing down of martial training disgusts me. It destroys our educational system. Don't let me hear the excuse of "no time." The challenge of professional trainers is to identify better ways to teach in lim-

ited time and then campaign for more time.

Duck! Incoming! Shotgun Email

EMAIL: *...really enjoyed your magazine, even though it seems to be more military than martial arts. That's ok, but I want you to know.* —LK, Scranton, PA

EMAIL: *The real fighters today are in the armed forces. Covering what they do and how they think cuts to the quick.* —AS, Corpus Christi, TX

EMAIL: *...if you just remove all that martial arts, karate junk, you would have a better magazine. Too much Karate! More reality.* —JM, Santa Clara, CA

EMAIL: *Too bad your magazine is too police oriented. It is interesting, but you need to cut back on police science materials and add more martial arts.* —GG, Columbus, Ohio

EMAIL: *The answer to it all is Brazilian Jiu-jitsu.* —ME, El Paso, TX

EMAIL: *The secret to close quarter battle is in the classics, hidden inside the Japanese forms. Study the forms and learn.* —LC, Omaha, NE

REPLY TO ALL: You know, sometimes it's hard to have a magazine on just plain, simple fighting.

Send your email questions to
HockHoch@aol.com or land-mail to
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Box 5372, Ft. Oglethorpe, GA 30742.
As Fox's Bill O'Reilly would say,
"keep your comments pithy."



State of the Union

"THE BUSINESS AND NEWS OF SFC MEMBERSHIP"

By Jane Eden and Staff



THE CONGRESS KNIFE COURSE CHANGES

Hock created the knife course, once called the Congress of American Knife Fighters, back in early 1996. Then the Congress became international and he produced several other courses, like the hand-to-hand course. The old knife name no longer applied. Thus, the name Knife/Counter-Knife Combatives title is now the official course title, and we find it to be user-friendly to citizens, the military and the police. It also is a non-political name for martial artists to explore outside the realm of their sometimes, confining arts. Of course, individual school operators and teachers can still use whatever names they chose for their classes and businesses as always. Along with the name change, through the last four years Hock has improved several important areas. Overall knife ranks have changed and are now much easier to identify.

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Level 3
(upon completion-Journeyman Instructorship)

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Level 4
Level 5
Level 6
(upon completion-Tradesman Instructorship)

The Expert Series

Level 7
Level 8
Level 9
(upon completion-Expert Instructorship)

Master Level 10

(upon completion-master instructorship)

If you have taken the extensive old Level 6 Expert test already—Congratulations! You have taken your level 10 Knife

Masters test already! Now all you have to do is cover the ranks through level 9 and you will automatically be awarded. Also some of the material has been moved and revised for a better evolution. "I first organized this progression in 1996. Not only have I learned much more since then, but I have learned to become a better teacher, organizer and have better learned the needs and questions of students. This has caused me to re-write and re-prioritize material," Hock explains.

All new knife manuals now reflect these revisions. You have until June, 2002, or some 15 months to comply with these few changes. In the meantime, the old format and manual can also be used. Your current knife rank is transferable and will always remain the same. Also remember, each level requirement has a listing that says, "area instructor requirements" that is where you, the regional instructor, can add what you wish atop the listed requirements. You can still teach the same way now. Just remember the combat skeleton.

Joe "The Bouncer" Reyes is hard at work constructing "Igodojo.com" Check it out.

Phony SEALS, POWs and Heroes Beware!

New SFC members now include the Prisoner of War NETWORK, a group of concerned professionals, retired military whom expose phonies claiming to be both POWs and military vets like SEALS, Green Berets, Gurkhas, Rangers, heroes, etc. Any questionable people you want to check on? Simply

contact the Network at www.Pownetwork.com. We will soon do a feature story on the POWNETWORK in an upcoming issue. Hock has been invited into the dedicated group and is already involved in investigating some of the cases.

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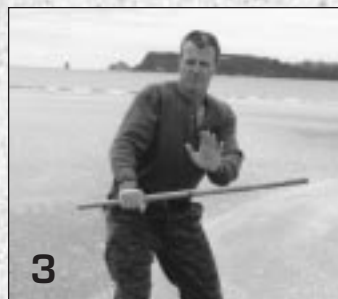
Impact Weapon Blocking

By W. Hock Hochheim

An impact weapon has an aggressive name, but in theory half of its mission is defensive—to block or deflect incoming attacks. No matter what your tool, martial art stick, umbrella, walking cane, expandable baton, riot stick, rifle or shotgun, you may use all to intercept, counter-attack and attack with one-hand or two-handed grips. The following pictorial shows blocks broken down into quadrants of north, south, east or west, or the unforgettable learning aid of using the clock points by way of 12, 3, 6 and 9 o'clock positions (as referenced by the stick holder.) Use whatever best suits your memory, or that of your students'. It is important to burn these movements into your muscle memory by executing 3,000 to 5,000 repetitions. This photo series shot on the rugged Pacific Coastline of New Zealand, displays the basic long weapon blocks from the differing clock positions, plus a few other miscellaneous positions.

Unsupported Blocks

These are the weakest of all blocks, unfortunately the one practiced the most by martial artists, police and the military. These are for times of close quarter combat when you detect an incoming strike is not powerful enough to need full support. This block will not stop the madman's killer head bash because both his and your sticks will collapse on you. In unsupported blocking, hammer a nail with the bottom of the handle or pommel of your stick. This hammering movement will place more blocking inertia into the shaft and offer a little more protection.



▲ Unsupported Blocks



▲ Supported Blocks. The support hand is high on the stick.



▲ Supported Blocks. The support hand is low on the stick.



▲ DMS Blocks or Two-Handed Blocks

These may be executed with a rifle grip, which is one palm up, one palm down, or the stick grip both palms facing the same direction. Be sure to leave space between the hands to ensure as much blocking surface as possible.



▲ Batting Blocks



▲ Here you see a problem-solving shield block.



▲ This demonstrates a problem solving back block.



▲ All strikes may serve as blocks too.

Impact Weapon Blocking Consists of:

- *Unsupported blocks*
- *Supported blocks*
- *DMS or two-handed grip blocks*
- *Hybrid blocks*
- *All strikes may serve as blocks too*



▲ These blocks must be practiced while kneeling and flat on the ground. ►



▲ The flat hand support. Off a few degrees? This spells trouble. You may smash your hands and fingers, and your stick may slip off your hand and hit you! This constitutes a common martial artsy stick mistake.



▲ Cupped hand support. This provides little chance for a glancing blow. Less chance for a broken hand.

Beware! The Flat Hand Support

Some practitioners use a flat open hand to support blocks. This requires superior, exact position to save your fingers. The attacking stroke must stand a perfect 90 degrees into your block, or you will mash your hand, and/or your stick might glance off you flat hand and hit you. The hand or hands holding your impact weapon are always at risk. Try to maximize your safety with the best hand position.

Whether you are a police officer, security, a soldier, a martial artist, a business person, a hiker, a jogger, a walker, whatever and have access to a long tool, practice these universal command and mastery blocking movements.



▲ Many of these blocks may apply to the long guns of security, police, military and defending citizens.



◀ When you hike in places like the mountains of Georgia, USA, you may use a common walking stick or cane to block attacks.

Hybrid Blocks

Are those unusual blocks that problem-solve unusual attacks or help you find quick shelter from a previously difficult position.

Beware! The Slashing Block

If you always train with a partner who never really targets your head, but rather mindlessly targets your stick, or one who never extends his wrist upon delivery, the person on the receiving end may get away with murder! Martial artists who live too long in this unreal world may over-confidently slash back at an incoming attack, never really stopping true incoming energy. Since the trainer never penetrates any deeper anyway, it seems your pretty slashing block worked! Do that a few thousand times, and you have terrible muscle memory against a real head basher. ☆



▲ The umbrella appears less suspicious and more practical in differing climates! You may use a sturdy custom-built umbrella as a blocking device in the same maneuvers. A young healthy man or woman carrying a walking stick in an ordinary town like Chattanooga, TN, USA may seem suspicious or pretentious. However an older man or woman might carry a stick with some success. These blocking strategies apply to such circumstances regarding the cane.

Pirates Rules

Ever wonder how the predators of the seas, pirates, managed to stay on those ships for so long and not just kill each other off? Pirate ships were often run more diplomatically than strict military ships. Researchers have amassed a set of general "pirate's rules," obeyed and understood by most.

- Every man shall obey Civil Command. The captain shall have one full share and a half of all Prizes. (Usually this was actually a double share.)
- If any man shall offer to run away, or keep any secret from the Company, he shall be maroon'd with one Bottle of Powder, one Bottle of Water, one small Arm and shot.
- If any man shall steal any Thing in the Company, or gain, to the value of a Piece of Eight, he shall be marooned or shot.
- That man who shall strike another whilst these Articles are in force shall receive Moses Law (that is 40 stripes lacking 1 on the bare Back).
- That Man that shall snap his Arms or smook Tobacco in the Hold without a Cap to his pipe, or carry a Candle lighted without a Lanthorn, shall suffer the same Punishment as in the former article.
- That Man that shall not keep his Arms clean, fit for an Engagement, or neglect his Business, shall be cut off from his Share and suffer such other Punishment as the Captain and the Company shall think fit.
- If any man shall lose a Joint in time of an Engagement he shall have 400 Pieces of Eight; if a limb, 800.
- If at any time you meet with a prudent Woman that Man that offers to meddle with her without her consent shall suffer present death.



With such rules the pirates went out to search for ships and treasure.

(Excerpt from Jolly Roger with an UZI by Jack A. Gottschalk and Brian P. Flanagan, published by Naval Institute Press (800) 233-8764. Reprinted with permission.)

The custom edge on the web!

Perrin: La Griffe
 Corbett: Shobu
 Chaver: Monocacy
 Griffith: Tanto
 Greco: Hatch-It
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 Anderson: Polaris
 Crawford: Kasper Combat Folder
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BarSafe Plus

By Mike Gillette



“You’ve had too much to drink,” and “you must leave the premises” are all in a night’s work for a bouncer.

During my years as a law enforcement use-of-force officer, one particular phenomena has drawn my attention repeatedly. It’s happened so frequently, that I’ve given it a name. I call it Incident-Driven Training.

Incident-Driven Training often results because a situation has ended badly either because it arrived unexpectedly or the officer was not adequately prepared. The magnitude and ferocity of the riots that took place in Seattle during the World Trade

Organization conference took Seattle police by surprise. That event led to an intense examination of how the agency would handle such incidents in the future. Subsequent training exercises took into account the problems caused by a well prepared, trained and equipped group of agitators. This year when demonstrations were staged to celebrate the one-year anniversary of the WTO, the Seattle PD provided an effective and efficient response.

Incident-Driven Training may occur in

a variety of contexts. Fire departments, hospitals and airports have all had to upgrade training and procedures in response to such events. There is also a financial imperative to enhance readiness, as fines administered under the authority of the Occupational Safety and Health Act become increasingly common. Other financial incentives can take the form of negligence lawsuits or higher insurance premiums. Increased incidents of workplace violence have brought the same types of scrutiny and sanctions to the private sector.

Unfortunately it seems that it nearly always takes a negative event to bring about Incident-Driven Training.

One such event that brought much needed focus on a significant void in training occurred on February 17, 2000. The setting was Des Moines, Iowa. The city itself is widely recognized for being unremarkable. Many companies test-market new products in Des Moines because demographic studies suggest it is the most typical city in the United States.

The incident began in a nightclub one evening in this typical city. There club bouncers asked a certain young man to leave the premises because he violated the establishment’s dress code. The man left the club but returned a short time later. What happened next is now the subject of a criminal trial and will be revisited in a civil trial during 2001. When the man returned, there was an altercation in the club that involved him and two bouncers. The bouncers eventually restrained the man on the floor. A short time later, he died. His name was Charles Lovelady, Jr.

Five days after Lovelady’s death, I found myself on the phone with Preston Daniels, the Mayor of Des Moines. Daniels had an idea he hoped would prevent another incident like this one. He wanted to develop a training program specifically for nightclub bouncers. Lovelady died tragically, but there was another factor that kept the event in the headlines. The two bouncers involved in the altercation were white while Lovelady was an African-American.

During our phone conversation, Daniels asked me what I thought bouncers



▲ *Position refers to where you place yourself in relation to another person.*

should know to avoid an incident like this one. I said the single most important task for anyone who deals with the public is effective communications skills. This is even more critical for bouncers who often have to tell individuals what they do not want to hear. “You’ve had too much to drink,” and “you must leave the premises” are all in a night’s work for a bouncer. These are the routine situations that, if mis-handled, can end badly for all concerned.

Prior to learning physical skills, any public-contact employee needs training to learn how to deal with people in a way that decreases the likelihood of violence. Many people seem surprised when they hear me say this. With my military, martial arts and law enforcement background, they might assume that all I do is teach how to hurt people. As I explained to the mayor, “the only fight you can win is the one you prevent.” Before we finished our conversation, the mayor asked me to appear at a

press conference where he would detail his plan to the public.

One month later the details for the training program were finalized. Bearing the name “*BarSafe Plus*,” it is composed of four separate parts. In the program these parts are called phases and are structured as a three-phase response model. In the order presented these phases are:

- Verbal Intervention
- Physical Intervention, and
- Self-Defense

There is also a “pre-phase” component to the course. Included in this segment are foundation topics such as legal guidelines for the use of force, civil rights, responsible alcohol service, altered ID’s and how to prepare an incident report.

While developing the course, I knew the biggest limitation would be time. If this program eventually became mandatory throughout the state, the length of the class would become an issue. In resolving this, I



▲ *As the name would suggest, an attachment is the “where” you hold onto someone.*



▲ Direction of force, depending on the type of technique, may be applied upward, downward, forward, rearward or in a spiral.

worked with members of an organization who specialized in presenting training programs for restaurants and nightclubs. The Iowa Hospitality Association partnered with me in the development of the course and provided such resources as course handbooks and scheduling assistance. Based on their feedback, the program was constructed around a four-hour time frame.

In an effort to maximize the information presented in the shortest amount of time, I built the hands-on material around principles whenever possible. By teaching physical principles instead of just individ-

ual techniques, learning time decreased. We combined this concept with the idea of developing a goal-oriented mind set. This is in contrast to the more common task-oriented teaching of physical skills. Police trainer and martial artist Phil Messina first championed this idea.

If we use the example of a bouncer making contact with a nightclub patron, task thinking leads the bouncer to focus solely on the mechanics of a specific technique. If the technique is not working correctly, task thinking stays focused on trying to make it work. This creates tunnel vision, which, in this example could be dangerous. A goal orientation allows the bouncer to focus on his overall objective, the safe physical control of the patron.

During times of stress the brain has difficulty processing information. Goal-oriented thinking helps reduce clutter in the mind. It becomes easier for the goal-oriented person to achieve his or her objective by thinking further ahead.

To illustrate how we present the physical principles, we take a look at how an escort technique may be broken down into separate components.

The first component, which is also the most essential quality of any technique, is **BALANCE**. Balance is taught in terms of how to maintain your own and how to manipulate the balance of others. Students learn how to assume a stable position and to use that position as their primary posture when dealing with other people. They then develop the ability to sense when their own balance becomes compromised.

POSITION refers to where you place yourself in relation to another person. Factors such as distance, direction and posture all relate to this component. Students learn the safest way to achieve a favorable position in order to perform the various escort methods. The relationship of distance and time is also taught so students can better determine the threat poten-

tial of a subject.

An **ATTACHMENT** is the physical contact made with a person. As the name would suggest, an attachment is the “where” you hold onto someone. This is the critical stage of any contact and the one where most assaults occur. By watching for sudden movement and shifts in balance, students may learn to sense the intention of a patron after an attachment is made.



▲ Double Escort



▲ Escourt turns to violence!

Establishing **LEVERAGE** is the next step in the process and may be categorized as either structural or postural. Structural leverage occurs by manipulating a part of the body so the skeletal system becomes temporarily immobilized. Postural leverage is based on the positional relationship or placement of one body to another. Both types of leverage are intended to reduce the need for struggling with another person. The idea is to work smarter not harder.

The last component is **DIRECTION OF FORCE**. Depending on the type of technique, force may be applied upward, downward, forward, rearward or in a spiral. When escorting a person, force is usually directed forward. The idea is to make it easy for a person to move in the direction that you want them to go. The methods

taught in the BarSafe Plus program may be used to not only to move a person, but also to direct that person to the ground if they try to assault the employee.

At the beginning of the program employees learn that the goal of BarSafe Plus is to resolve problems at the very first phase, Verbal Intervention. Because this is not always possible, they also receive a solid foundation of physical skills and strategies. Other topics such as first-aid, crime scene preservation and advanced tactics are taught by request. Due to the types of circumstances that bouncers routinely face, most people are surprised that this type of training has not been widely available before now. That is the nature of Incident-Driven Training. The necessity of

it only becomes obvious after the incident has occurred. ★

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 taught officers and agents across the country. In the military he served in the 82nd Airborne and the 194th Long Range Surveillance Det. (Airborne). (515) 795-2149.



The 2001 U.S. Marine Black Belt Course

By Jane Eden

When US Marine Commandant General James L. Jones served during the Vietnam War he took notice that his Marines appeared to be intimidated by their allies, the Republic of South Korea Marines, called informally by many as “Rock” (ROK) Marines. When questioned, the Americans said their Korean counterparts were all black belts in Tae Kwon Do and were feared by the NVA and Vietcong as ruthless warriors. General Jones recalls that “the ROK was described as Attila the Hun. I thought that even if it’s not true, what a good thing it is to be able to intimidate people that way.”

Once promoted to Marine Corps Commandant, Gen. Jones began his list of improvements, and he ordered a serious martial arts initiative—“giving every grunt an opportunity to earn the equivalent of a black belt.” He designed the course to teach their established military tactics, already a conglomeration of more than a dozen systems, and augments material from certain outside instructors with the proper experience, mindset and teaching abilities.

LINE—the Linear In-fighting Neural Override Engagement program is out! It has been out for four years now despite civilian publishing houses, videos and martial arts magazines misconceptions. In its place, the Marines adopted an extensive and competent manual on the subject with no real flamboyant course title or acronym. With the new push from Gen. Jones, this material evolved into the “Black Belt” pilot program, which kicked off 1 May 2000 with

Non-lethal Weapons School Officer in Charge Capt. Maceo Franks squeezes the consciousness out of Cpl. Finley with a choke, supported by a sleeve grab. Chokes and counters to chokes are an important part of the course.

SSGT Sal Castilleja of the MEF Non-Lethal Weapons Course at Pendleton plies a regulation arm bar on Cpl. Daniel Finley. ►



Marines from the 3rd Battalion, 4th Marine Regiment at Twenty-Nine Palms, Ca. From there, they reviewed and enhanced the system even more.

The US Marines define close quarter combat as the physical confrontation between two or more opponents, involving lethal and non-lethal, unarmed and armed fighting techniques that range from enforced compliance to deadly force. With this definition and these directives issued, a driving force and hands-on organizer of this new Black Belt course is Master Gunnery Sergeant Cardo Urso, the head of the Close Combat School in Quantico. The quintessential Marine, Urso has vast experience and multiple black belts in the combat arts. Urso works in the trenches running his outfit, teaching and traveling. Master Gunny Urso and staff are creating the instructors who spread the operation across the Corps, first solidified in the infantry, then to every occupational specialty.

"The new system went into full swing, the result of three years of hard work by more than a dozen subject matter experts," reports Urso. His outstanding work on the

The new system went into full swing, the result of three years of hard work by more than a dozen subject matter experts.

material has not only made for a more hard-core approach, but also

improved safety by way of smarter training methods. The levels are designated by t-shirt colors and the following are the actual physical and training time requirements.

The Tan Shirt

To attend this training, the Marine must complete basic training.

- Fundamentals of fighting -1 hour
- Punches -1.5 hours
- Falls 2 -hours
- Bayonet techniques -2 hours
- Pugal sticks -6 hours
- Upper body strikes -2 hours
- Lower body strikes -2 hours
- Throws -1.5 hours
- Counters to strikes -1.5 hours
- Counters to chokes and holds -1.5 hours
- Unarmed restraints -1.5 hours
- Armed manipulations -1 hour
- Knife techniques -1 hour

- Introduction to weapons of opportunity -1 hour
- Total of 26 physical hours, plus classes on structure and history of the martial arts program
- Responsible use of force
- Warrior case studies
- Reinforce core values and combat leadership

The Gray Shirt

To attend this training, the Marine must receive the recommendation of reporting senior. Marine must complete the Fundamentals of Marine Corps Leadership course.

- Introduction to bayonet trainer -3 hours
- Upper body strikes -2 hours
- Lower body strikes -1.5 hours
- Execute front choke -1 hour
- Hip throw -1 hour
- Counters to strikes -1 hour
- Counters to chokes and holds -2 hours
- Unarmed restraints -1.5 hours
- Armed manipulations -1 hour
- Knife techniques -1.5 hours
- Weapons of opportunity -1 hour
- Ground fighting -1.5 hours
- Repeat practice -8 hours
- Skill sustainment and overall review -14 hours
- Total of 40 physical hours plus
- Martial culture study of the Raiders
- Nutrition and lifestyle
- Informal resolution system
- Warrior case studies
- Foundations of leadership
- Professionalism

The Green Shirt

To attend this training, the Marine must receive a recommendation from a reporting senior.

- Must rank as a corporal or above.
- Must have appropriate PME level completed.
- Blunt bayonet trainer -3 hours
- Muscular gouging -0.5 hours
- Side choke -1 hour
- Shoulder throw -1 hour
- Counters to strikes -1 hour
- Unarmed restraints -1.5 hours



- Weapons of opportunity -1 hour
- Ground fighting -1.5 hours
- Free sparring -2.5 hours
- Repeat Green practice -14 hours
- Skill sustainment and overall review 23 hours

- Total of 50 physical hours plus
- Killology instructor course
- Human dimensions instructor course
- Components of cohesion course
- Sustaining the transformation course
- Martial culture study of the Spartans
- Leadership roles training
- Combat leadership training
- Ethics and standards of conduct training

Brown Shirt Level

To attend this training, the Marine must receive a recommendation from a reporting senior. Must rank corporal or above. Must have appropriate PME level completed.

- Bayonet trainer (multiple attackers) 2.5 hours
- Ground fighting -2 hours
- Ground chokes -1.5 hours
- Unarmed vs. hand-held weapons -1.5 hours
- Firearm retention -1 hour
- Firearm disarmament -1 hour
- Non-lethal baton -1.5 hours
- Weapons of opportunity -1 hour
- Free sparring -2 hours
- Repeat Brown practice -19 hours
- Skill sustainment and overall review 27 hours

- Total of 60 hours of physical hours plus
- Anatomy and physiological effects
- Killology advanced
- Human dimensions advanced
- First aid and medical response
- USMC counseling
- Developing subordinates
- Martial culture study Apache
- Mentoring program participation
- Warrior as a gentleman training

Black Level Shirt

To attend this training the Marine must have recommendation from a reporting senior, must be SGT of above, must have an appropriate PME level.

- Bayonet techniques -3 hours
- Seeping hip throw -1 hour
- Face rip -1 hour
- Neck manipulation takedowns -0.5 hours
- Triangle choke -1 hour
- Rolling knee bar -1 hour
- Straight-arm bar -1 hour
- Bent arm bar -0.5 hours
- Counter pistol top the head -0.5 hours
- Striking techniques -1 hour
- Knife vs. hand-held weapons -1 hour
- Anatomy -2 hours
- Free sparring -2 hours
- Black material practice -25 hours

- Skill sustainment and overall review -30 hours

- Total of 70 physical hours plus
- Anatomy advanced
- Leadership training techniques
- Martial culture study Zulu
- Mentoring program participation
- Core values training

Marine officers worry that their men and women might not have, or find the time away from their regular duties for all these training courses. Then they worry about quality control. "Will the instructors across the world understand and teach correctly?" Such is always the problem in large institutionalized training programs. Other leaders express the common sense concerns of Marines getting rowdy at bars off hours and getting into fights. No matter what the military training, this is always a concern solved by discipline and integrity. The course generates great self-esteem, enthusiasm, morale and interest. Vocal members of the US Army are jealous over the progress, "at least the Marines are trying!" one G.I. says, comparing their lack of such an initiative.

Civilian martial artists running schools in the United States wondered what will happen when a glut of these black belted Marines end their tour of service in the future and attempt to open schools in their marketplaces.

These are not the overall concerns of General Jones who says, "Putting it in warrior like terms, I have no problem with Marine Expeditionary Units or deployed battalions landing on some foreign shores, and I would like whoever it is that wishes us harm to think every one of those Marines coming their way is a black belt." ☛

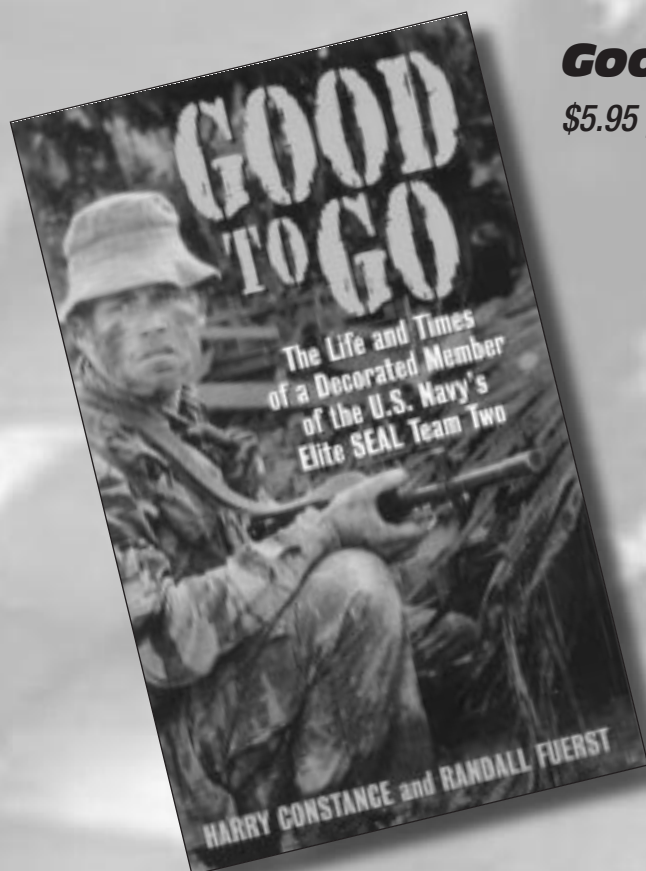


▲ The one and only master Gunnery Sgt. Cardo Urso. (Right)

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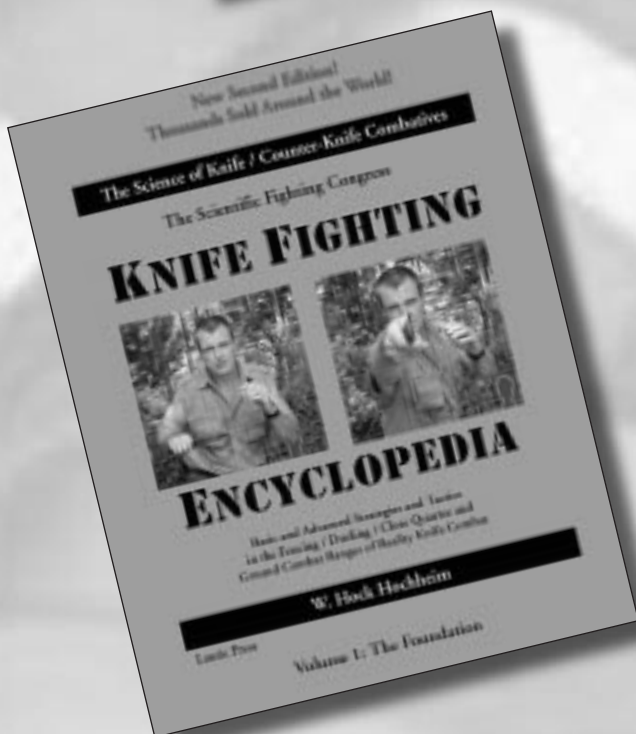
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Police Blotter

Ambush/Assassination in Georgia



Assassination is an appropriate label for what happened," says Mildred Jones, a spokesperson for the Dekalb County Public Safety Department—the second largest county in the state. Forty-six-year-old Derwin Brown, the new sheriff-elect and a 22-year police veteran of that County, was gunned down the night of Friday December 15 in front of his home. Brown was shot multiple times by a large-caliber weapon. The prime suspects? Not some ex-con Brown caught. Brown was expected to turn the agency upside down, fire 10 employees and rid the agency of alleged corruption.

Police Duties

In the United States, many police agencies are busy organizing Easter egg hunts, block parties, cook books and other community service, all officer friendly chores better suited for unarmed, untrained city and county personnel, not first response emergency personnel like armed police officers. But in many nations, like South Africa, the Middle East and Europe, the standard issue is not the pistol but the machine gun! In some of the countries, after the daily squad meetings and briefings, the officers must breakout from their police buildings at a dead run, fanning across the area, fearing as they sniper fire and ambush as they exit the doors.



Serbian police patrol in Bujanovac after armed clashes.



A Palestinian policeman crawls for cover after a clash with Israeli soldiers in Khan Younis.

Kumbaya my DEA, Kumbaya

DEA vets are wondering about new business cards being printed and distributed. The cards read "Intelligence Up Front" on one side. Then on the back "Three Essential Thoughts."

1) You are important.
2) What we are doing matters and makes a difference.

3) Together we can do the EXTRAORDINARY.
So far agents are described as somewhat shocked. Says one narc, "You gotta be kidding."

The Squad Room, a place for briefings, training, coffee, war stories, station-house gossip, and ass-chewings...

Corruption Waiver

L.A. Police Chief Bernard Park's thinks he has a tool disclosure to fight police corruption. He and others wish to have officers sign a narrowly tailored financial closure requirement that would allow the PD to investigate an officer's private finances. Police unions argue this is an unfair intrusion. Rebounding off of the recent LAPD corruption charges (many of which have become difficult for prosecutors to prove in trials) very high officials inside Los Angeles tell *CQCMAG* honest officers resent the intense scrutiny. They fear any aspect of doing their job beyond report taking will open them up to all kinds of civil rights violations, use of force investigations and such. The L.A. official reports, "this has caused kind of a slow-down. It hurts the citizens."

Mothers in Jail

The female population in US prisons has risen 650 percent in the past two decades. Of the more than 149,000 women inmates, 70 percent have at least one child less than 18 years of age.

From Hollow Point to Hollow Threat 40 Weapons

The St. Tammany Parish S.O. of Louisiana, USA introduced its new line of non-lethal weapons, one agency in a national movement to increase such technology. SWAT's new pepper ball rifle shoots spray pellets upon contact. Stun guns were also purchased. Opponents argue that when the criminal only risks a shocking bruise from an officer's rubber gun instead of death and/or dismemberment, offender resistance may increase. They use the rubber bullet versus rock analogy of the Middle East conflict. Everyone knows that if the rock throwers knew they would be hit by real bullets they would cease and desist. Meanwhile rubber bullets to the head do cause death in the Middle East. The body count continues.

Texas Manhunt



"You haven't heard the last of us yet," a note left at the scene of a December prison break read. Statewide Texas police wore bulletproof vests and increased their firepower for the biggest manhunt in the state's history. Seven escaped convicts amassed an arsenal of weapons stolen during their prison break and during a robbery of a sporting goods store in Irving, Texas that resulted in the shooting death of an Irving officer on Christmas Eve. Six of the seven convicts were captured six weeks later living at a campground in Colorado. The seventh committed suicide to avoid capture. Prison officials claim guards failed to follow procedures, which lead to the break out. Some guards tell *CQCMag* low pay and poor working conditions make them hesitant to risk their lives to prevent a break out. Currently top pay for Texas prison guards runs about \$28K per year.

Casino Robberies

As the movie industry remakes "Oceans Eleven" with George Clooney—the old Rat Pack caper involving heists at Vegas casinos—despite the heavy proliferation of armed guards and high-tech security systems, casino robberies continue to plague Las Vegas. LVPD LT. John Alamshaw says it takes a combination of violence and arrogance to pull them off. Usually two robbers confront a cashier, leap over the counter and often attack the clerk. They steal the money and disappear into the crowd. It takes only a minute. Last November at Treasure Island, a robber shot at and missed two security guards. New customer friendly counters without cages create this opportu-

nity. There are no plans to cage in the cashiers at this time. Now that casinos are corporation owned businesses, and not Mafia controlled, the fear of mob retribution has declined.

More Attacks on Cops and Police Stations in South Africa

Two armed bandits held up the Groblershoop police station in the Northern Cape region and escaped with 370,000 of their dollars, called "rand." The criminals locked up officers in a strong room and fled the scene.

National Cop Museum

The US House of Representatives has passed Bill 5.1438, which will establish a 50,000 square foot national Enforcement Museum in Washington DC. For additional information visit: www.Nleomf.com

No Two Trees are Alike!

The Royal Canadian Mounted Police have developed DNA identification systems that allow them to trace stolen trees back to their stumps. Stolen trees account for a loss of 20 million dollars a year in Canada.

Father Thwarted in Abusive Traditional Practice

Earlier this year, a court in Kenya Africa ruled, for the first time, that a father should not force his daughters to undergo female genital mutilation.

Colombia Mayor Killed

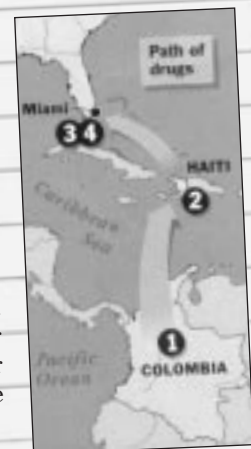
Two men on a motorcycle—a very common assassination team tactic in Colombia—conducted a drive-by murder of Putumayo mayor Carlos Julio Rosas in December 2000. The motive was to terrorize and take revenge on politicians who support the US backed drug crop eradication program. In November the mayor of Sibundoy escaped a bomb explosion that killed several police officers and nearby civilians.

Errant Nuke Mailings

The US Energy Department, already scarred with security problems now acknowledges that 15 percent of classified documents mailed from three nuclear weapons labs last year went to addresses not approved to receive such material such as unapproved civilian contractors.

Suicide, Korea and the Internet

Two people in Seoul, South Korea were arrested for a contract murder and a suicide pact arranged over the Internet. Authorities arrested a 26-year-old man last December for failing to prevent the suicides of two people he met through a suicide web site. There are two-dozen suicide sites in Korea. Some offer advice and support to prevent suicides, but others seem to advocate and offer tips on methods. About one-third of South Korea's 47 million people use the Internet.



Haiti becoming a "Narc State"

In the past few years, cocaine transport from Colombia through Haiti has increased from 5 percent to 15 percent amounting to about six tons a month.

International Crime Report

What happens when you are stabbed in another country? New Zealander Wade Sim, age 31, thought he had only been punched while hanging out in a bar in Thailand, until he saw his intestines hanging out.

Sim and his vacation partner Rachel Black went to a safe-looking Chiang Mai bar in the early a.m. hours of 10 November. As he waited for his drink, he said a friendly "giddy mate" to an American, an Anglo face in a foreign land. A close look at the mate revealed that he looked like one of those society drop-out types. He acknowledged but seemed to look right through Sim.

As they left, their paths crossed, and Wade says, "See ya later." And the man, in a sudden blitz, attacked Sim from his side.

"I fell backward, and he went berserk. He was a very big guy, and I didn't even get a chance to react or to punch him back. I thought he was punching me."

Sims crawled back and escaped as witnesses dragged the American away. Sim got up and saw a lot of blood.

"I thought that he'd been cut somehow!" says Rachel.

"She yelled out that I had been cut," says Sim. I looked down, and I could see my intestines. I stood there with them in my hand. I was lucky. I had a few drinks, so that probably helped me because I didn't realize how bad it was. I was stabbed nine times, six in the back, twice in the throat and once in the side."

Black and some English backpackers they met earlier carried Sim to the street and hailed a taxi. Black and an English woman maintained pressure on the gaping abdominal wound and tried to stem the flow of blood from the throat. Sim went into shock during the ride. When they arrived at a medical center five minutes away, the doctors refused to treat him. Black was screaming that Sim had lost a lot of blood, but later claimed she wasn't sure that the doctors even knew what to do.

One of the backpackers held the taxi, and they got back in. By this time Sim was completely unconscious, and they had to carry him. They drove to yet another hospital four or so minutes away. This time the doctors went to work immediately and 65 stitches and a six-day stay later Sim made plans to leave the country.

Police arrested the American, shortly after he left the scene and charged him with attempted murder. However, during Sim's recovery his would-be assassin showed up at the hospital with flowers somehow evading the police guard posted at the door to Sim's room.

"I think he actually came to threaten us. He was supposed to remain in custody for a minimum of 12 days, but they let him out in six. I insisted he leave the room, and he did."

The Embassy suggested they attend a court hearing and then leave the city as quickly as possible.

"The Embassy promised to keep watch on the proceedings," reported Sim, who was off first to Australia and then back to New Zealand. "There must be a lot of corruption over there. How did he know my name and what hospital I was in? Where was the guard?"

Squadroom Quote

"I feel like I have a shotgun in my mouth, my finger on the trigger, and I like the taste of metal."

—Actor Robert Downy Jr. to a criminal court judge.

True Cop Stories

Gotta Kill Me a Cop!

By Connie Fletcher

Editor's Note: The following excerpt taken from *What Cops Know* by Connie Fletcher presents an accurate hard-hitting picture of what a career in law enforcement may involve. The book is a must read for anyone considering a career in law enforcement. Available through Villard Books, a division of Random house.

I was with two other traffic officers, and we were on our way to meet an informant that was going to set up a drug buy with Willie "The Wimp" Stokes. I was in the backseat, and my two partners were in the front. I'm looking out the back window, and there's a car speeding up behind us, the driver's flashing his lights at us, blowing the horn. It's a male black driver, and he's got a little kid with him. Should we stop? We don't want to stop; We're on the way to a drug buy. We're in an undercover car, but it's got identifiable plates, so if we don't stop, we'll be in trouble.

I exited the car and approached the car behind us. Now this guy had done the *perfect* police stop, it's what they teach you in the Academy: half of his car, the passenger's half, was lined up with the center of our car. His right headlight was dead center with the back of our car. A perfect police stop. They teach you never to pull directly behind the car you're stopping, but to park your car halfway on the car you're stopping so you give yourself some cover.

As I approached the car, I could see this guy, and he's holding a gun. Now, everything starts going through my mind; He's got the gun because this kid tried to rob him, or the kid's a burglar he caught in his house, or it's his kid and he found him with a gun—everything runs through my mind except what actually happened.

I go up to the man and tell him to put the gun on the dashboard. I see it's a .32 Magnum. The guy says nothing. He starts firing at my partners, who are coming out of the car; the way he had parked his car, my partners were in an awkward situation,

they were coming out of the car with their backs to the guy. I returned fire as I began to run toward cover, toward this telephone pole. I hit the guy in the chest, so I thought I got him. That's it. But he's not dead. He turns and shoots me twice; my partners are pinned in the car; they're half in and half out. He hit me in the groin; if he'd gotten me an inch lower, I'd be speaking a few octaves higher. It felt like someone punched me real hard. I flipped in the air and landed on my back. When I was on the ground, I felt the blood running down, trickling down between my legs on the right side of my body, but the pain was all on the left side, that's where the bullet hit

bone. I could feel where one bullet came through and hit my pelvis. It slid right around and almost came out the upper thigh of my left leg. I kept shooting. I never went unconscious. I continued returning fire and eventually killed him.

One of my partners was on the radio screaming, "10-One, 10-One!" He's all excited. I could hear the dispatcher asking him, "Where are you?" He looks at the light pole on the corner and tells dispatch, "I don't know. Someone stole the street sign." So I called on my own radio—"I know where I'm at, and I'm bleeding, and I want to go to the hospital." I was pretty calm. I remember thinking, I hadn't done enough in my life to have it end right here.

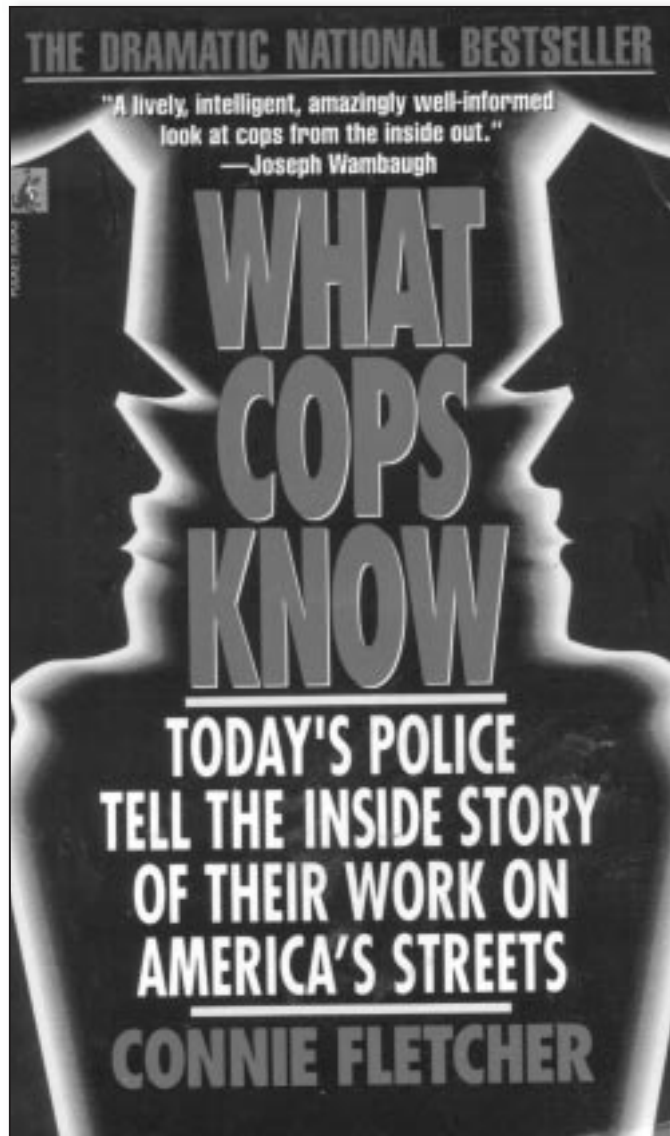
It seemed like it took 15 or 20 minutes from start to finish, but actually from the time the guy stopped us to the time I was thrown in the back of the wagon, and I mean they took me and threw me in there, it took all of three minutes.

The only time I felt really weird was in the wagon on the way to the hospital. I started hyperventilating. One of the police officers with me raised my legs up; he said it'd get more blood to my brain. He said, "Stop breathing so hard." It worked.

When we got to the hospital, I'm holding where I think I'm shot. It felt like a large knot. The doc said, "No, you're shot over here"—

on the other side—"You see the holes right here?" It just didn't hurt where I was shot.

Later on I talked to the youth officer that interviewed the little kid. The kid told him that his father was very upset that day. He'd been stopped by some police earlier. The kid said, "My dad was really mad, and he said he was going to kill some cops." The kid said that when his dad saw our car, he said, "Those are policemen. I'm gonna kill them." The amazing thing was, the kid didn't get a scratch. There were 20 bullet holes in that car, the glass was all broken, and the kid is totally okay. I found out his dad was a security officer for the Board of Education. ☺



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Notes from the Citizens Self Defense League

Ditching Mr. Wrong

Editor's Note: Everyone experiences fear; the sweaty palms and racing heart can get the best of even the most confident person at times. Most individuals go to great lengths to hide their fear, sometimes failing to admit it even to themselves. However, according to Gavin DeBecker, fear can protect you too. It warns you of hidden danger and allows you to survive. In *The Gift of Fear: Survival Signals That Protect Us from Violence*, DeBecker explains the many faces of fear and outlines how to make fear a tool for good.



Looking for Mr. Right has taken on a far greater significance than getting rid of Mr. Wrong, so women are not taught how to get out of relationships. That high school class would stress the one rule that applies to all types of unwanted pursuit; do not negotiate.

Once a woman has made the decision that she doesn't want a relationship with a particular man, it needs to be said one time, explicitly.

Almost any contact after that rejection will be seen as negotiation. If a woman tells a man over and over again that she doesn't want to talk to him, that is talking to him and every time she does it, she betrays her resolve in the matter.

When a woman gets 30 messages from a pursuer and doesn't call him back, but then finally gives in and returns his calls, no matter what she says, he learns that the cost of reaching her is leaving 30 messages.

Of course, some victims are worried that by not responding they'll provoke him, so they try letting him down easy. Often the result is that he believes she is conflicted, uncertain, really likes him but just doesn't know it yet.

When a woman rejects someone who has a crush on her and she says, "It's just that I don't want to be in a relationship right now," he hears only the words "right now."

The rejection should be: "I don't want to be in a relationship with you."

If she says, "You're a great guy and you have a lot to offer, but I'm not the one for you; my head's just not in the right place these days," he thinks: "She really likes me; it's just that she's confused. I've got to prove to her that she's the one for me."

Unwanted pursuers may escalate their behavior to include such things as persistent phone calls and messages; showing up uninvited at a woman's work, school, or home; following her.

If any of these things happens, assuming that the woman has communicated one explicit rejection, it is very important that no further detectable response is given.

(Reprinted with permission from Little Brown Press. You may purchase *Gift of Fear* at all major bookstores.)

THE SQUAD ROOM

"A FILM THAT IS INTELLIGENT AND CHALLENGING ON EVERY LEVEL... IT ABSOLUTELY BLEW ME AWAY."
—Alan Smith, *NY*

"NEVER LET THE TRUTH GET IN THE WAY OF A GOOD YARN."



Coming Soon:

ERIC BANA IS

CHOPPER

"BEETHOVEN HAD HIS CRITICS TOO..."
—*Chopper*

"ULTRA VIOLENT... TRANSGRESSES THE ACCEPTABLE NORMS OF SOCIETY... IT'S LIKE RUBBER NECKING"
—Bernard D. McQuinn, *POWEREPT*

"SAVAGELY CONFRONTING AND BRILLIANTLY FUNNY... ERIC BANA IS THE MOST STUNNING FILM LEAD DEBUT WITNESSED BY THIS CRITIC IN 14 YEARS OF REVIEWING."
—*THE LIVING, DEAD MORALE*

AUSTRALIAN PSYCHO - Andrew Dominik's scarring, brutal, hilarious *Chopper* is the biopic of notorious Melbourne hard man Mark Brendan "Chopper" Read, dubbed "Australia's most infamous living criminal" and, as represented by Eric Bana, an unusually charismatic psychopath. Making a name for himself in Melbourne's Pentridge prison, he kills another inmate, is betrayed and stabbed by a friend and runs off his own car to effect a transfer. Upon release he assaults his girlfriend, shoots a drug-dealer, kills another man and goes back inside. All up, he claims to have been involved in 10 deaths and has spent exactly half of his 40 years in prison. He has also published nine bestsellers, self-consciously pulpy, self-aggrandizing memoirs: with such titles as *How to Shock Friends and Influence People* and *No Tears for a Tough Guy*.

So he's a brash rogue and he's also a psycho and a brilliant orator, and there is something peculiarly Australian about the combination. "The average man in the street, when I do, he applauds," says a self-satisfied Read in the film's re-creation of an infamous television current-affairs interview. "I'm just a bloody normal bloke who likes a bit of torture." Read has played the Mad Kelly mad, so it's no surprise that *Chopper* has been enormously controversial in Australia's more polite circles, where Read remains a kind of working-class bogymon, everything bad about white Australia wrapped up in one person.

Those who saw Bana's perfectly drawn caricature as the slick-looking, trucknut-wearing son-in-law in *The Castle* will hardly recognize him here. He is much heavier, and tattooed, but the transformation is beyond physical. The narrative opens in Pentridge in 1978, and Bana presents his younger Read as downish, boyish, already a manipulator and a showman, faking naïveté, trying it on. He also has a superhuman tolerance for pain, stabbed, he stays standing and keeps talking while bleeding from the chest.

He is likable in unlikely ways and you can see why *Chopper* has hooked Australian audiences: it doesn't offer the condemnation or judgement that *Boogie Woogie* or *The Boys* did. His approach to criminality is equally ambiguous and could even be the inevitable side-effect of the best piece of advice that Read's dad ever gave him: "Don't be a sack." Philip Matthews, an immense crowd

"PISS-YOUR-PANTS FUNNY" "AN INSTANT CLASSIC."



Votes

By far the biggest worldwide scuttlebutt **CQCMAG** hears is over the recent attempted blocking of the absentee US presidential election ballots in Florida, many of which were submitted by members of the military. Enlisted and commissioned alike direct great venom toward Al Gore. They either believe he is the cause of the lawsuits, or believe he lied about his involvement and deceptively used a Florida democrat as a front man to erase their predominately republican votes. Meanwhile last December, in the midst of the "every vote must count," campaign, key democrats blocked legislation that would allow election polls on domestic and overseas US military bases-whose purpose is to make it easier for uniformed personnel to vote. The Jacksonville, Florida **Times-Union** newspaper reports the Clinton Administration asked Senate Democrats to put a hold on the bills—a tactic used to kill bills.



Gulf War Nerve Gas Alert

The US Pentagon plans to notify 35,000 Gulf War veterans they may have been exposed to sarin gas after US troops blew up the Khamsiyah weapons facility in southern Iraq March 10th 1991. Troops involved include the demolition units and those in the predicted gas plume roughly 300 miles long and 30 miles wide south of the plant. The CIA believes there were 225 rockets destroyed releasing approximately 820 lbs. of sarin and cyclosarin. For more information visit www.gulfink.osd.mil.

Shrinking the Size of Government

A soon-to-be retired naval officer stationed in Washington DC suggested **CQCMAG** look past former Vice President Al Gore's

Scuttlebutt

claim that the Clinton administration reduced the size of US government. One major method used during the Clinton administration to reduce the number of military personnel was to replace them with contractors who are not officially listed as employees. The officer reports, "I plan to retire and then returning to my exact same job as a contractor, where I will receive twice the pay for performing the same job."

Berets

The second biggest scuttle is the upcoming plans to issue black berets to all members of the US Army instead of just to the Rangers and a smattering of other units. Retired and active duty beret wearers object in various letter and protest campaigns, including some heated correspondence to the US Congress. The Pentagon is trying to reassure the complainants that the move is not meant to "knock the Rangers down a peg," but rather to improve teamwork and morale. Rangers come by this concern legitimately. Former Special Forces vets reported to **CQCMAG** that they were assigned to military installations where the base commanders refused to allow them to wear their berets. "They were jealous. They would say things like, 'I wear an Army hat so we all will wear an army issue hat.' So there I was, an Airborne Ranger walking around in a ball cap."

Hostage Cover

During the 1950 Cuban Revolution, Castro's guerrillas captured and held US Marines hostage at key places to discourage bombing.

The Sneezer

On 26 December, one Michael McDermott walked into his place of employment at Edgewater Technology in Wakefield, MA with an AK-47 rifle, a shotgun and a pistol and killed seven workers. His motive? IRS garnished his wages for back taxes. In 1980 he passed stringent psychology tests in the US Navy to serve on the nuclear submarine the USS Narwhal. One of his crewmates



"Get the inside scuttle on the military, from the decks of ships, the posts and bases from around the world."

said that when somebody got into his personal space, McDermott would sneeze right into that person's face.

Excuse me, but could you please move that aircraft carrier?

Officials of the US Navy staff are chuckling at a White House staffer who asked them to move the USS Eisenhower aircraft carrier so (then) President Clinton's Cole disaster memorial service would have a clear sea behind him for better photographs.

Flea Bombs

Three days before the United States dropped two atomic bombs on Japan, its Imperial Air Force prepared to drop a chemical bomb of the bubonic plague over San Diego, CA. Small test runs were made on China's Manchuria, successfully infecting hundreds of unsuspecting Chinese. Following Nagasaki and Hiroshima and before Japan officially surrendered, it ordered the destruction of the chemical warfare plant to hide its intentions. Years of interrogation and post war friendships brought the plot to the attention of military intelligence but not to the media and the American public. The bug bomb was a huge ceramic container of thousands and thousands of meticulously infected fleas scheduled to drop on Southern California. If President Truman had not acted when he did, a bombing raid, the likes to overshadow Pearl Harbor, may have occurred.

Help the Gurkha Fund

The Gurkha Welfare Trust was established in 1969 for the relief of poverty-stricken retired Gurkha soldiers and their dependents. It aims to provide financial, medical and community aid and to alleviate hardship and distress among Gurkhas who live in conditions in Nepal that are unimaginable to westerners. For more information, write The Gurkha Welfare Trust, Third Floor, 88 Baker Street, London W1M 2AX.

Tolerability of Death

Westerners have a low tolerance for casualties. In 1879 the British government and her people could lose 1,500 men in an hour

Continued on page 35

Buffalo Nickels

Klingons, Ears and other Mysteries of the Universe

Star Trek Star Date Feb 2001. Ever imagine what a Klingon dick looks like? I mean, we have seen what his head looks like. What about his dick? As a flaming heterosexual, I don't like the look of dicks anyway...but a Klingon's?

Ever notice how now that all these satellites and shuttles are flying around mapping and observing every swinging inch of the Earth, and looking off into places only Einstein dreamed of...there are no more UFO sightings? Have UFO's been scared off? Or have there ever really been any? And why do UFO's need lights anyway? What's with having a light on your flying saucer in outer space? 'fraid of collision? What? And now that we have satellites that can penetrate oceans and count the scales on bottom dwellers...where the hell has the Loch Ness Monster gone?

If aliens are smart enough to penetrate the universe, don't cha think they would have an X-ray machine or an MRI to do the body probing for them instead of those stainless steel anus and skull drills abductees like to whine about?

If God isn't human then he's—not of this earth, right? So is he or she an alien? Does this mean all these churches are really worshipping an alien? So when is somebody going to get the balls to tell them?

How old is Willie Nelson?

If we can put a man on the moon, why can't we do the following?

a) If democrats want to save the world with more social programs and taxes, why not have a check-off box on tax returns that reads something like this..."I am a democrat, and I hereby volunteer to pay more taxes, so please accept an additional 10 percent of my income to go for more social programs," and leave the rest of us and our money alone! Then, let's see how many of them check it off and send it in the cash.



"Buffalo Nickels is a retired US Army special forces operator who does occasional consultant work and wishes to remain anonymous so he may put in his five cents worth on life, liberty and the pursuit of whatever he sees fit."



"Funny looking, but all ears look a lot alike."

b) Talk to Hitler? There's an ESP guy on TV now that talks to dead people. Somebody in the audience mentions a name like Pete, and the ESP guy says, "Oh yeah, Pete. Pete died with red socks on." The person in the crowd jumps up and down and then cries. Sho-nuff, Pete had his reds on the night of the head-on.

Another big fat woman on TV sits with Larry King and talks to dead people. She doesn't even need to see the person on the phone asking her about certain dead guys. Just mention a name on the phone, and she starts right in talking about that dead guy. In a second! She just picks up the ESP vibe through Larry's telephone. King sits there like a big dumb-ass with his jaw hanging. King asks her a question about Heaven that my 3-year-old nephew would think of.

Why don't they ask important shit? Are ghosts wearing clothes? What's the furniture like there? Are they all blurry blobs of light? And why doesn't the lady talk to Hitler? Or Mother Teresa? What about Lee Harvey Oswald? Lee Harvey could fill us in on the Kennedy assassination. I want to hear what Hitler has to say, don't you? Bring his ass up! Wouldn't you like to tell Hitler to get fucked! Every murder victim could tell us who killed them! No! It's always about shit like

colored socks. Fuck Pete's socks! Who killed Pete!

The Real Big Mystery

Religious guys on TV see God all the time, or at least they say they talk to him. But they must just be having a lot of business meetings with him because in the end, they always need more money. I think that God is an alien and he comes and goes when he feels like it. He is not the everyday, everywhere Big Daddy in the sky story that has been around since Zeus.

Speaking of Zeus, I like him better. At least you know where you stood with Zeus. Zeus drank and would fuck with people just cause he was bored. You knew this and expected problems. It always hurts and surprises you when God fucks with you. It's so not like him!

I understand all this from looking at ears. Yeah, ears. Ears are funny things. Funny looking, but all ears look a lot alike. White guy ears. Black guys ears. Asian ears. African ears. European ears. I have seen strings of ears, ears on sticks, hung from belts—dried ears strung into necklaces.

You see ears are trophies to some soldiers, like a body count. Why? It's another mystery. They have to be all from one side you know. Say, all left ears. I mean, if you had right and left ears that could be one kill and your macho kill rate would be in question. Gotta be the same side ears. One night I stuck my hand in the rucksack of a dead soldier and found the ear of small child. It had an earring on the lobe. I guess it was a girl's? I don't know, but the ear was very small. That was the night I decided God was an alien who got this rocky yo-yo we call Earth rolling and then bailed out to see if he left his UFO lights on.

Will he be back? Hope so. He'd better not crash out there! Better keep those UFO lights on! He ain't dead! We know this from the fat lady on TV. She told Larry King that God was alive and well. Whew! Huh? Pray all you want, but we human folks have been left standing here on this strange alien landscape, cause the Enterprise transporter is broken, just broken down flat. Our mission? To hang on to our ears as best we can until they fix it. Oh well, it all works out in some mysterious way, just ask the fat lady.

Oh, and watch out for those Klingons! Yeechh!

Bye Bye ☺



Battlefield Diary

Fighting Mad

By Michael Calvert

We were still several hundred miles from the border and the days of marching through hot, sticky jungle were some of the toughest I have ever experienced, coming as they did on top of weeks of strenuous action. I can still feel the wonderful surge of relief when we reached a tributary of the Chindwin and gazed at the cool, swirling water. The temptation was too hard to resist. We were not out of danger yet, but we all badly needed a soaking and we had neither seen nor heard of any Japs in the past day or two. I gave the order to strip off for a bath. The men didn't need telling twice. The river was at its pre-monsoon level, with a swiftly flowing current but nothing like the raging torrent it would become in a week or two. At this point there were little promontories of tree-covered land nosing their way into the water with sandy coves between them, like a coastline in miniature. I undressed with the men in one of the coves then wandered off by myself. Looking back I still can't think exactly why I did so. Perhaps I felt that, although we got along well together, they might like a few minutes to themselves without an officer present. Or perhaps I needed a moment or two away from my responsibilities.

I walked round a little headland knee-deep in the deliciously cool water then dived in and got myself wet all over before taking a look at my surroundings. I saw that I was in a cove similar to the one where I could hear the men splashing about and shouting cheerfully to one another, but

slightly smaller. I also saw that I was not alone.

On the beach, as naked as I was, stood a Jap. A pile of clothes lay near his feet and in my first startled glance I

to-face with the enemy at a completely unexpected time and place, and for the second time we were both too startled to speak. I wondered what he was doing alone in that little cove, and then I heard more splashing and shouting from the other side of the far promontory. This time the voices were Japanese.

Fantastic as it seemed I could only conclude that he was out with a patrol and had made the same decision as I had, namely to wander off on his own while his men went swimming. I watched him carefully in case he dived for his gun, but he appeared to be listening for something. Then a strange gleam came into his narrow eyes, and I realized he had heard my men.

I was baffled. If I yelled for help, the Jap patrol would hear me, as well as my own. There were 12 of us, but there might be 20 or 30 of them; in that case their superior numbers would give them the advantage if it came to an all out fight in the confined cove.

While I was still thinking hard, the Jap officer stepped into the river and came toward me. I think his mind must have been working much like mine; he could see that I was unarmed, but if he used his gun it would bring both patrols running, and he did not know our strength. We were behind the main retreat, but for all he knew I may have collected a large band of stragglers. Anyway, he wasn't taking any chances on an open fight, which would needlessly risk his men's lives. He preferred to tackle me with his bare hands.

He knew his ju-jitsu and the water on his body made him as slippery as an eel, but I was the bigger and stronger. We fought in silence except for an occasional grunt, and struggled and slipped and thrashed around until we were at times waist deep in the swirling



(Reprinted with permission from Bantam Books. Book cover artwork by George Tsui. For more information about books that feature real-life combat scenarios about World War II, we recommend Bantam's War Series.)

took in the insignia of an officer on his bush shirt. It was the second time within a fortnight that I had come face-

river. It was an ungainly fight, almost in slow motion, for it is extraordinarily difficult to keep balance or move quickly and surely in two or three feet of water. Our breathing became heavier and the Jap got more vicious as he jabbed his fingers at my face in an attempt to blind me. I think it was not until then that I fully realized this would have to be a fight to the death.

I was a trained soldier, taught how to kill with a gun, or a bomb, or a bayonet or even a knife in the thick of battle. Somehow this seemed different, more personal, as the two of us, naked as we were, fought in the water. Apart from anything else, I had come to admire this game little Jap. He had all the guts in the world. He could so easily have called up his men and let them fight it out, but he had chosen to protect them by taking me on alone.

Now he was putting up a tremendous show, and I was hard put to it to hold him. I pulled myself together. Brave or not, I had to kill him. Or he would kill me. I was thankful for one lesson I had learned: never to take my boots off in the jungle outside camp. Other clothes can be scrambled on in a moment but boots take time, and time can cost lives. Even on this occasion I

It was the second time within a fortnight that I had come face-to-face with the enemy at a completely unexpected time and place, and for the second time we were both too startled to speak.

had stuck to my rule, which was just as well. I managed to grab the Jap's right wrist and force his arm behind his back. And I buried my face in his chest to stop him clawing my eyes out. Then, as he lashed out with his left arm and both feet, I forced him gradually under water. My boots gave me a firm grip, and I shut my eyes and held him under the surface. His struggles grew weaker and weaker, flared again in frantic despair and then he went limp. I held on for a few seconds longer before releasing my grip. Slowly I opened my eyes and for a moment could see nothing except the eddies of water caused by his final efforts to break free. Then his body emerged on the surface a couple of yards away and floated gently off downstream.

I watched it, fascinated as it bobbed along, face upward, like a ghastly yellow Ophelia. It seemed hours since I had left my men and met up with this unfortunate Jap. Gradually the training and discipline and will to survive took over in my mind and I forced myself to think straight. How long was it, in fact? Probably fifteen minutes. His men would miss him soon. There was

no time to be lost. I turned, waded onto the beach and staggered round the headland. The desperate fight for my life had taken a lot out of me, and I felt physically ill.

My men were mostly out of the water now, lazing about in various stages of undress. Two of them were singing "We do like to be beside the seaside," while the others laughed and joked about how good the weather was for this time of the year at Brighton.

Then my sergeant saw me and ran up to help. The singing and laughing faded out and the men stared in amazement. They thought I had been bathing and resting and here I was scratched and bruised all over and obviously exhausted.

"What happened, sir?"

"Japs," I croaked. "In the next cove but one. They don't know we're here, but they will in a moment ... I killed their officer. Get after them now."

They grabbed their guns and went off quickly and quietly. They found about 20 Japs, took them completely by surprise and killed them all. There was no place for prisoners at that time; we had little enough food and water as it was, and in any case

guarding them on a 2 or 300-mile jungle trek when we might run into another Jap patrol at any moment would have been an impossible task. The sergeant told me later that they had only just made it in time. Soon after they reached the Japs' cover the officer's body floated past.

Left to myself on the beach, I was violently sick. I had never felt so wretched before. I told myself that this was war, and the type of free-lance war I specialized in could be as nasty as the wholesale bombing of helpless civilians in a town. In fact this had been a fair fight. The Jap had asked for no quarter and would certainly have given none. I told myself all this, but it did not help much.

Some sensational press reports have said that I killed more Japanese single-handed during the war than any other British or American soldier. I don't know if this is true; but I do know that I felt like a murderer that afternoon over that particular Jap.

Even now, so many years afterward, the memory of it is too clear and comes back to me too often. ☛

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World Watch

Balkan Watch:

British Jail for Serbs

Serbian war criminals, some of the most wanted men in the world, could be held in British jails if found guilty of ethnic cleansing. The cells offered to the UN war tribunals once housed IRA criminals and could now be used for the Serbs such as Slobodan Milosevic and Ratko Mladic—men accused of some of the worst ethnic cleansing since Hitler and Nazi Germany.

Congo Combat

Economists and military advisors report that the war in Africa's Congo is the world's largest, affecting at least 10 countries and 16 million people. The UN report describes Congo's war as one of the worst humanitarian crises in history. The fighting between differing, political factions of the six neighbors, is all done by ill-trained soldiers with small arms.

Europe Watch:

Swiss Army "Keeps Their Knives"

Swiss voters have overwhelmingly rejected a move to slash their long cherished "civilian" army. In a nationwide referendum, 1.1 million voters, opposed by a 68-32 percent majority, rejected a proposal for a peacetime cutback of the military budget by left wing humanitarian critics. With part-time military service required for each Swiss man, the country has long prided itself on its militia system that stands ready to defend the Alps homeland. Citizens are issued and maintain heavy military equipment like machine guns in their homes. Critics declared that there is no obvious threat to the neutral country. One Swiss

resident replied, "All invaded countries start out as neutral."

tion has begun to determine how the inmates obtained the weapons.

Thailand Watch:

Thai Commandos Shoot Straight

With precision shooting, last November, a small squad of Thai commandos shot and killed nine Thai prison inmates when they attempted to escape. The declared murderers and drug suspects took and held three prison officials hostage during an ambush as they attempted to flee Thailand. The armed escapees, originally from neighboring Burma, obtained a cache of guns during their incarceration and killed a visiting Buddhist lecturing at the jail before they commandeered a pickup truck and attempted to drive back to their homeland. The Commandos attacked the truck near Burma. One hostage sustained serious injuries from gunfire in the raid on the vehicle and another suffered a minor stab wound from the inmates. A third hostage escaped unscathed. An investiga-

Middle East Watch:

UN Uniforms Stolen

Hezbollah guerillas, disguised as UN peacekeepers, seized three Israeli soldiers at the Lebanese border October 2000.

Archipelago Watch:

Bullets vs. Arrows in Indonesia

In an effort to thwart an independence movement not unlike one in East Timor, Indonesian President Wahid dispatched thousands of heavily armed troops to the jungles of Irian Jaya— a province on the western half of the island of New Guinea that has about 2 million residents from various cities and tribes. In December 2000 this force opened fire on rebels while they took down the Indonesian flag and tried to hoist a freedom banner. Some of the rebels shot back with bows and arrows. This island houses the world's largest copper

UNEXPECTED TERROR

The U.S. Navy has elaborate plans to ensure the safety of American ships as they cruise into distant—and sometimes dangerous—ports. But smart terrorists can find deadly holes to exploit. Here's how one group took on the U.S.S. Cole.

OCT. 9
OCT. 12
U.S.S. Cole attacked

LENGTH
WEIGHT
SPEED
CREW 26
LAUNCHED
HOME PORT
Phalanx (computer-guided, weapons system)
Missile launcher (holds 29)
5-in./54 gun

1 The \$1 billion destroyer steams into Aden after a trip through the Red Sea. Its goal: to top off its 480,000-gal. tanks with enough fuel to carry it thousands of miles—into the Persian Gulf and back.

2 As the Cole approaches, harbor boats from a local port company zip out to meet the destroyer. The visit has been arranged through the U.S. military attaché in Yemen.

Reprinted with permission of Time Magazine.

CQC MAG stands watch where conflicts may begin and explains why we must train to prepare for them.

and gold mines, operated by United States Company Freeport-McMorgan.

The Indo Flight

At least 163 people drowned when two boats carrying illegal immigrants from Indonesia sank in stormy seas last December. About 1,000 people have fled to Australia by boat since July 2000.

Special CQCMAG Report:

Land Mines

There are an estimated 60 to 70 million undetonated land mines in countries around the world. Their active life may span 50 years or more. These landmines were manufactured in US, Italy, Germany and other countries. Designed to cause non-fatal leg and genital injuries, these weapons continue to maim and kill long after war ends. An estimated 24,000 individuals sustain injuries from land mines each year. The areas worst affected are villages in Europe, Africa, Vietnam, Cambodia, and Afghanistan, to name a few. Most exist in relatively uneducated areas where medical help is not readily available. Many prevent ready access to key roadways and passages to farmlands, markets and schools. UNICEF is heavily involved in locating and excavating these traps by training and dis-



patching experts to problem areas, as well as supplying artificial limbs to victims. Contact your local UNICEF for help. Meanwhile, sea mines left in ports around the world continue to injure and cause damage to ships.

Mexico Watch:

Rebels in Mexico

Mexico's new President Vicente Fox plans to meet with his country's rebel forces, the Zapatista, who hold zones in the impoverished reaches of Chiapas. Rebels wearing ski masks appeared before the media to cast doubt on the possibility of success for peace with their group. The group was founded in 1994 to battle for human rights, autonomy and socialism.

Fox has also begun his campaign to rid Mexico of police corruption. He plans to hire young officers with no prior experience in law enforcement, hoping to mold them fresh from the start. In order to prevent Mexican border police "shakedowns" of immigrants as they return from Christmas holidays, Fox appeared at various border crossings himself to welcome returning Mexicans with open arms.



President
Vicente Fox

Continued on page 37

World Watch Quotes

"There almost seem to be two Colombians: a sophisticated South American Milan attached to a brutal South American Congo."

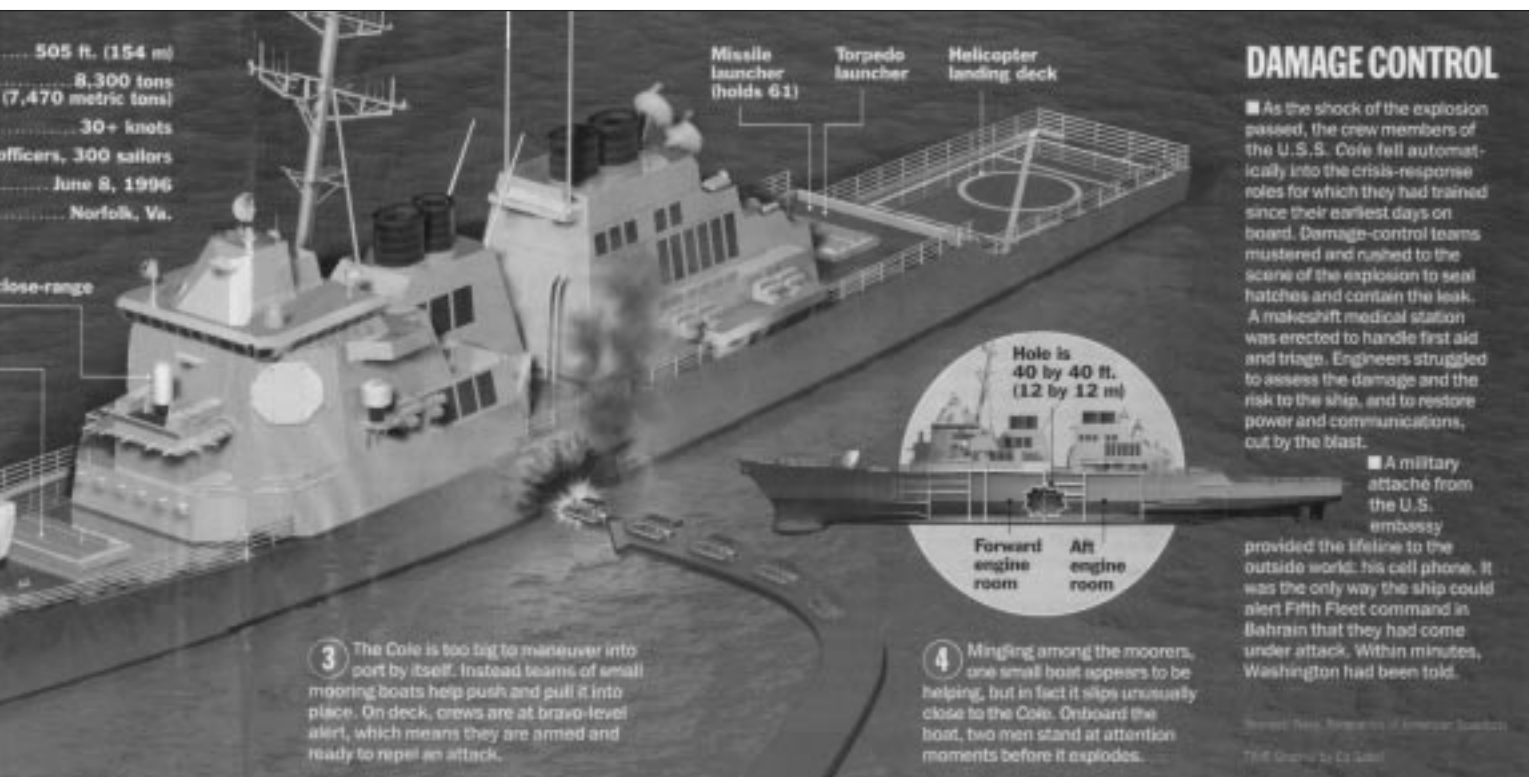
— Internationalist Brian Jenkins

"Exacerbating the problem, Pakistani militant groups are now exporting their version of jihad all over the world. The Khudamudeen Madrash, according to its chancellor, is training students from Burma, Nepal, Chechnya, Bangladesh, Afghanistan, Yeman, Mongolia and Kuwait."

— Jessica Stern,
Harvard's University's
Kennedy School of Government

"In fact, 27 million self-employed business people have not even registered to pay taxes. Seventy to 80 percent of Chinese citizens have had no dealings with tax officials in their entire lives."

— William Gamble, a principal in
Emerging Market Strategies, a forecast
and risk management firm





Street Fighter's Training Notebook

The Survival Equation

By Steve Krystek

What element increases your odds for surviving a force-on-force confrontation more than anything? Distance! Distance becomes your best friend when faced with a physically violent threat. If you carry a firearm for self-defense, you find this principle paramount. The following equation demonstrates the relationship between distance and surviving a lethal force threat:

Distance = Time. Time = Marksmanship. Marksmanship = Hits. Hits = Survival.

Gain distance by any means necessary. Creating a reactionary gap allows time to:

- Assess the threat
- Make tactical decisions
- Evade or escape the threat
- Employ a weapon (gun, knife, baton, OC spray, etc.)
- Move to cover and/or counter-attack

Breaking contact may not always happen easily. This is one of the major reasons

why gunfighters must also possess empty-hand skills. If your attacker gains physical control, you may find an empty-hand escape necessary to counter their hold before you draw a weapon. Depending on the type of control hold, you may use a knife or gun to assist in the escape.

Gaining distance may not always happen easily. The nearby environmental features may prevent you from backing up or moving laterally. In this worst-case scenario, consider moving aggressively past or *through* your attacker to gain distance, inflicting bodily harm on the way.

If the preconditions to use deadly force exist, distance allows time to present and fire our handgun. With more time available, you may acquire a better sight picture. The better sight picture you acquire, the better chance you have for accurate shot placement. The better the shot placement—the greater the chance to stop the threat.

As you move further away from an adversary, the threat decreases and chance of survival increases. Always attempt to avoid a conflict if possible. If you cannot avoid contact, attempt an escape. If you cannot make a safe escape, counter-attack and create as much space as possible between you and the problem. ★

Steve Krystek previously served as the senior team leader and trainer of a military special weapons and tactics team. He has trained with more than 100 law enforcement agencies, military units, and civilian groups throughout the United States and overseas in close-quarter combat, tactical firearms, and special operations. Steve is currently employed by a contractor for the U.S. Department of Energy. For information regarding training opportunities in your area, or through the Las Vegas-based Progressive F.O.R.C.E. Concepts, call or email: (702) 647-4745 stevekrystek@cs.com.



1) Criminal waits to make his move.



2) Sudden close-quarter attack! Grab the "gun-side" wrist!



3) Immediate empty-hand counter to break contact and gain distance.



4) Attacker escalates the threat to deadly force.



5) Armed citizen moves, draws and engages.



6) Shooter uses the time available to acquire a precise sight picture during extended-range engagement.

Scuttlebutt

Continued from page 28

of combat in Africa's Isandhlwana and move right in to conquering Zululand. In 1994 the United States was forced out of Somalia after 18 men were killed.

Screwed

In the African Battle of Isandhlwana, in 1879, between the British and the Zulus, a shortage of screwdrivers designed to open up ammunition boxes caused great problems. The sturdy boxes were wooden and bound with thick copper straps held together with heavy slot-head screws. When the Brits shot the ammo on their bandoliers, they couldn't open the screws and were forced to use bayonet and fisticuffs against experienced Zulu's with spears and shields for combat.

Sitting at the Head

The US Navy announced it plans to consider replacing its urinals with stainless steel toilets. Concerned the change might be



construed as caving in to radical feminists, Rear Admiral S.R. Pietropaoli wrote a testy letter to *The Washington Times* stating the Navy plans to remove "trouble-plagued urinals" have nothing to do with gender politics. This comes after a women's anti-urinal movements in Sweden, Germany and Australia based on the idea that males who stand up while urinating are committing a nasty macho gesture that is somehow suggestive of violence to women.

M-4 to Replace M-16?

The M-16A2 reportedly heads for the US Marine mothballs as soon as 2002. Its replacement will be determined over the next few months. The likely successor may be the M-4 carbine or its cousin the M-4A1, cut-down and lighter version of the M-16, shorter and more easily adapted for differing situations. The Marine Corps Combat Development Command in

Quantico, VA is overseeing the evaluation, and tests are expected there in and around camp Lejeune. The lighter, more compact M-4 has a better, more modular "rail system" that can support more accessories like sights, lights, laser designators, etc. The M-16 has a few more penetration and range advantages. The 16 is more deadly in close quarters. The lighter M-4 requires more strength when used to smash an enemy's skull in simulation testing. The US Army began issuing M-4s to special operation units about 5 years ago.

Helmet or No Helmet

Serious head injuries are just that—serious. After pouring over hospital records from WW II veterans, doctors reported to *The New England Journal of Medicine* that receiving a bad blow to the head may be linked to Alzheimer's. The soldiers injuries were probably more extreme than those suffered by civilians falling off scooters or playing football. The veterans were unconscious at least 24-hours.

More Men of Honor

It seems that Carl Brasher was not the first black sailor admitted to the diver's school in Bayonne, NJ as depicted in the movie "Men of Honor." Two other black sailors graduated previously.

Military Quotes

"He gave a great battle speech, saying victory and liberation and death to the enemy and some of us would die and peace cost a price and so on. Then he said, 'I want to shake the hand of each one of you tonight, so line up.' And with that, he reached down, pulled his knife from his boot and raised it

high above his head, promising us in a battle cry: 'Before the dawn of another day, I'll sink this knife into the heart of the foulest bastard in Nazi land!' A resounding yell burst forth from all 2,000 of us as we raised our knives in response."

— Lt. Carl Cartledge describing the speech of Colonel Howard "Jumpy" Johnson off the 501st PIR

"...without physical occupation, warfare is nothing more than punishment from a distance, something that any nation with a will to resist can endure indefinitely."

— Major General Robert Scales, from "A Sword with Two Edges: Maneuvers in 21st Century Warfare"

"When I fight in the air I need to know my opponent's aircraft and weapon system capabilities, and I enter the fight believing that he is the best fighter pilot in the world. In one turn I can tell if he is the best. If he isn't, I kill him quick."


— Duke Cunningham, U.S. Navy pilot ace in Vietnam

"A prisoner of war is a man who tries to kill you and fails, and then asks you not to kill him."

— Winston Churchill

"To delight in war is a merit in the soldier, a dangerous quality in the captain and a positive crime in the statesman."

— George Santayana



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Combat Calisthenics

(Figure 1)

Your hands extended out in front of you, palms down. Inhale. Keeping your back somewhat straight, lower your buttocks until your thighs are parallel to the floor.



Deep Squats

By Trent Suzuki

Editor's Note: *Combat Calisthenics and More Low Rep Advantages* (page 38) outline two vastly different opinions regarding the execution of squats and their results. Suzuki's column focuses on cardiac improvement; Tsatsoulina's on muscle development. CQC cannot endorse any exercise program for everyone because individual needs vary. Our goal is to make our readers aware of different philosophies so they may select the exercise program that best suits their physical fitness ability and goals.

(Figure 2)

As you lower your buttocks to the floor, your hands will hang relaxed behind your back, as they follow you to the ground. As you get to the bottom, your heels should lift from the floor. Exhale.



Deep Squats are the primary combat exercise for the lower extremities. Actually a throwback exercises of the late 19th and early 20th Century. Combat athletes for years have looked to Deep Squats to provide the basis for explosive leg thrusting, power and overall leg strength. Grapplers such as Greco-Roman/Free Style Wrestlers, Catch-as-Catch-Can Wrestlers, Sambo-stylists, Shooto-stylists, and Brazilian Ju-jitsu stylists have done this exercises, or a variation thereof, as part of their core training for many years.

A compound exercise, Deep Squats, utilize the quadriceps, hamstrings, glutes, calves, and adductors, as their primary muscle groups. They build strength and endurance throughout the lower body, but most importantly, they build great lung power. In comparison, running several miles at a decent pace or using one of the new, high tech cardiovascular machines such as the Stepmill, or Elliptical Trainer pale in comparison to doing one set of 500 reps of Deep Squats.

Start with 2-3 sets of 25-50 repetitions. When you can do a set of 100 without stopping, you're starting to get there. When you can do one set of 500 consecutive reps, you approach greatness! Go for it!

Begin with your feet shoulder width apart and your toes pointing straight ahead. Your hands extended out in front of you, palms down. Inhale. (Fig. 1)

Keeping your back somewhat straight, lower your buttocks until your thighs are parallel to the floor.

your heels should lift from the floor. Exhale. (Fig. 2)

To get back up, swing your arms upward and push off with your toes, raising your body to the upright, beginning position.

Remember to inhale as you stand, exhale as you lower your body. ☸

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 US Amateur Champion in Boxe' Francaise Savate a three time World Karate Champion. For more information about physical fitness, contact Trent at (888) 400-2074.



World Watch

Continued from page 33

Afghanistan Watch:

High Drama in Afghanistan

High in the rocky peaks of the Hindu Kish the last surviving TV station in Afghanistan battles on. It broadcasts nightly, offering two to four hours of old serials, movies and nature shows. The industry faces extinction at the hands of the Taliban mullahs (leaders) who believe people should not be photographed. The mullahs control 90 to 95 percent of the country. The strict and violent religious police invade homes and shops and smash most television sets. Observers say the TV station remains in operation only because it's located in a remote area upon a high mountain range.

The United Nations has withdrawn most of its foreign staff from Afghanistan for fear disgruntled Afghans will retaliate against the new UN sanctions denouncing the ruling Taliban militia. The sanctions are designed to squeeze the country into handing over Osama Bin Laden. US intelligence remains hard at work to link Bin Laden to the Yeman USS Cole bombing attack. FBI Insiders tell *CQC*MAG no substantive link has surfaced to date.



Bin Laden

Peace

Ethiopia and Entrea signed a peace deal in December that ended a two-year war, which began over a border dispute and cost thousands of lives.

China Watch

The Russian Sovremenny-class destroyer and its SS-N-22 missile system were designed to do one thing: kill American aircraft carriers and American Aegis-class cruisers, as well as similar allied force ships. The SS-N-22 missile skims the surface of the water at two and one-half times the speed of sound; then, just before impact, it lifts up and heads straight down in the target's deck. Its 200-kiloton nuclear warhead has almost 20 times the explosive power of the atomic bomb dropped over Hiroshima, Japan. The PLA-People's Liberation Army of China has at least two Sovremennys on order from Russia. The US Navy has no defense against this missile system. ☛

BackCut

Close Quarter Combat Colonial Style

By Dwight McLemore



When we hear the year 1776 most of us think of the American Revolution and visions of colonial militiamen sniping from the woods against highly organized British regulars. In actuality this was also a time of conflict with the numerous Indian tribes where combat was characterized by small unit operations not unlike what occurred in Southeast Asia this past century. Fighting was brief and very intense and, due to limitations of the muzzle loading rifles of the time, much of it ended up in bloody hand-to-hand combat. While doing research on this period, one of my students ran across an extremely graphic description of a fight during the Great Cherokee War of 1776 at Island Flats on the Holston River in Tennessee. The story went much like this.

The Indian chief that led the Cherokees in their attack was a large man. He charged straight at Lieutenant Moore covering ground extremely fast. Moore's first shot missed the mark, passing low and into the Indian's leg. The chief kept coming, hurling his tomahawk. Moore ducked the flying weapon, and tugged his large butcher knife from his belt and leaped to meet the incoming attacker. As they closed, the chief attempted to grab Moore's arm, but seized the blade instead. Moore grasped the Indian's other arm to prevent him from drawing another weapon. The

two fell to the ground. As the two tumbled over and over, Moore continued to twist, and turn the knife in the Indian's hand almost severing it. Moore gained the upright position, freed his left hand, drew his tomahawk, and struck the Indian in the head. That ended the fight.

What do we learn from this encounter? First, it is pretty clear that there is definitely a need to train in both close quarter and ground fighting, both armed and disarmed. Second, always have a backup weapon. ☛

Dwight McLemore holds a Masters of Education degree, and is a retired combat arms officer in the US Army with extensive knowledge in combat operations. He has been awarded several commendations to include the Meritorious Service Medal. With over 16 years in the martial arts, self-defense and gymnastics, McLemore holds a 1st Degree Black Belt in the Japanese sword fighting Art of Kendo, is certified in Chinese Kung Fu and is an Expert Instructor in the S.F.C. He currently works as a consultant with the Army's TRADOC at Fort Monroe, VA and owns and operates the School of Two Swords, teaching all forms of combat. Humbly calling himself an "ardent" student of history and edged weapons, he may be contacted at (757) 868-5051. www.twoswords.com.



More Low Rep Advantages

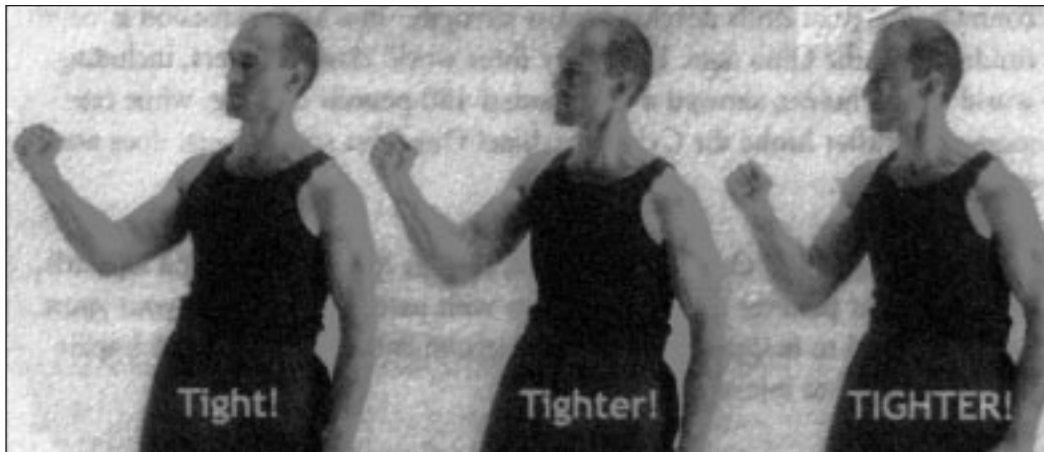
By Pavel Tsatsouline

Wimps like squawking about the exaggerated 'dangers' of low repetition heavy training and love pitching a high rep Barbie and Ken workout as the 'safe alternative.'

Wrong. Heavy low rep training is the safest way to lift. No, I have not been hit on the head a few times too many in the Soviet military. I will give you at least three reasons why heavy training with up to five reps is much safer than lifting a light weight many times.

First, the stabilizing muscles are prematurely fatigued during high-rep sets—anything over five in my book. Take the squat (please!). Although your legs are doing the job of hoisting the load, your back muscles have to work fulltime to stabilize the spine in a proper alignment. Your quads, gluts and hammies get to contract and relax like pistons and thus pump fresh blood through them. Your lower back, on the other hand, stays locked from the first to the last rep and will unavoidably die first. Once your back gives out—you are toast! One strength training authority who crusades for 15 to 50 rep squats and dead lifts as a 'safer' form of training has a list of injuries worthy of a Purple Heart; torn knee menisci, multiple pec tears, rotator cuff tears, an arm fracture...

Contrary to what the public thinks, "Most serious injuries occur during...fatigued states and from moving out of position, and not during maximum (1RM) attempts," as top US strength experts, Drs. Stone and O'Bryant, like to point out. Power lifters have a saying that 'five is the most reps God intended for a power lifter to do.' Not because, as one smart alek said, they cannot count higher than five. Because with the monster loads they are handling they have a very narrow margin for



error and are forced to do everything they can to maximize safety. Dr. Joseph Horrigan who has treated many sports injuries in the Los Angeles area observed that bodybuilders—who generally train to failure—suffer from a lot more pec tears than power lifters, although the latter bench a lot heavier.

If you take the hint and do no more than five reps, the involved muscles get fatigued at about the same rate. When the set takes only 15 to 20 seconds to complete, you are forced to rack the weight for reasons other than compromised circulation. In the example of the squat your back and other stabilizing muscles will not bail out on you just when you needed them most.

The second reason for the superior safety of low rep heavy training is concentration. When you do something five versus 25-times it is a lot easier to keep your mind on the task at hand. Besides, heavy weights command high respect while light ones do not.

Third, lifting heavy weights allows you to develop awesome strength without training failure. I have explained this point in the last chapter. You must agree that taking a weight that you could lift six times—the 'six rep max,' or 6

RM—and lifting it only five times is a lot safer than cranking out 10 reps with a 10RM load!

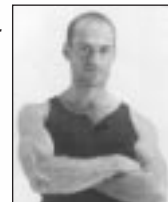
A better quality of life delivered by low rep weight training is nothing to sniff at either. "I do three sets of 10 to 20 reps on all of my exercises," a martial artist asked me once in a magazine, "and I get so sore and tired, that I have no energy left for my martial arts practice!" No wonder. It is well documented in the former Soviet Union by Roman and other scientists that repetitions in excess of five, and especially 10, make one a lot more sore and systemically fatigued than three to five rep sets.

Heavy training, if not overdone, even energizes you! Low rep heavy work, for example three sets of three reps at 90 percent of the athlete's maximum (3x3@90%1RM), is often employed by Russian coaches to produce a tonic effect on their athletes' nervous systems. You can see why the old time strongman said that after a good workout he felt 'ready to battle for kingdom!'



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Pavel Tsatsouline, Master of Sports, is a former physical training instructor for Spetsnaz, the Soviet Special Forces, an articulate speaker, and an iconoclastic authority on flexibility and strength training. Pavel was nationally ranked in the Russian ethnic strength sport of kettle-bell lifting and holds a Soviet Physical Culture Institute degree in physiology and coaching. Tsatsouline has authored *Beyond Stretching, Beyond Crunches, and Power to the People*. For more information visit www.dragondoor.com or email pavelizer@aol.com



True Paramedic Stories - Scoop & Run

"Butt - It's your head!"

By David "Smitty" Smith

My partner John and I received the call as we polished off the last of our breakfast at our favorite greasy spoon one Saturday morning, "Two kids down at the local High School, on the soccer field." And off we went.

Apparently two kids ran into each other while playing soccer. Their heads butted each other as one of them changed directions suddenly, and down they went. The blow knocked them both out. One kid was just waking up when we arrived.

I called for an EMT rig as John and I assessed our patients. John examined the conscious kid, and I took the one that was still out. I found little sign of injury aside from a large hematoma (swollen bump) on the side of the skull just above the right temple. I radioed the EMT's to bring two backboards and another c-spine gear. I asked a bystander to support the kid's head and keep it in line with his spine as I started an IV with D5W. The kid was out, but responded to painful stimuli, a good sign.

When a person is deeply unconscious they won't respond to pain, usually a knuckle rub to the sternum will elicit an automatic response, and in this case it did.

When we arrived at the hospital the ER physician did a quick evaluation of both patients and then focused on the unconscious one that I brought in. He ordered c-spine films, a CAT scan and called in a neurologist. So far the kid was still out, but a few minutes later he started to vomit forcefully. We quickly turned him backboard and all onto his side and suctioned his airway so he wouldn't choke. Inhaling vomit may cause pneumonia.

After John and I finished our paper work, we checked on both patients. John's was going to spend the night for observation and mine was still unconscious.

His CAT scan appeared unremarkable, and he still responded to pain. The neurologist planed to meet with my charges parents. I didn't envy him the job of explaining to the parents that their son may wake up in five minutes, five years or never, only time will tell. I went home but found it difficult to forget the life or death struggle I left behind.



The next day my wife called me from the ICU where she happens to work and told me the kid I took in the night before woke up that morning. I'm relieved that he won't become a vegetable all because of soccer.

This story is an excellent illustration of what may happen when you smash your head into something hard, like someone else's head. The kid that became comatose had the misfortune of receiving a hit in a more critical spot than his teammate, but his injury was no more than two inches from where his teammate was struck.

The skull is a group of strong bones that house the brain. We like to think of our brain as a muscle but in reality it is about the consistency of very firm Jell-O. When your skull impacts upon something and comes abruptly to a stop, the brain keeps moving. It bounces against the rigid bones of your skull.

Grade 1: Mild Concussion

The mild concussion occurs when the person does not lose consciousness but may seem dazed.

Grade 2: Moderate Concussion

The moderate form occurs when the person does not lose consciousness, but has a period of confusion and does not recall the event.

Grade 3: Severe Concussion

The severe concussion is marked by a loss of consciousness and no memory of

the event.

Concussions are far more common than most people realize. Mild head injury accounts for more than 600,000 hospital admissions annually in the US. Symptoms may be delayed for hours or even days. If the brain is slowly swelling it may take a long time for symptoms to appear. All head injuries should be taken seriously, and a health care professional should evaluate each victim. The symptoms of concussion include but are not limited to: severe headache, dizziness, vomiting, increased size of one pupil or sudden weakness in an arm or leg.

The person may seem: restless, agitated or irritable.

The person may suffer: memory loss or seem forgetful.

If the person is difficult to awaken or passes out, get help ASAP.

The brain is especially sensitive to repeated trauma. Most physicians recommend a person refrain from sports for at least two weeks even after a mild concussion. Receiving more than one head injury in a short space of time is potentially very serious.

You may see from the example and from the technical information about traumatic head injury that the skull is definitely NOT an impact weapon. Hock frequently talks about the head butt being overemphasized in some systems. Myself, I prefer to stay well away from the head butt, "Butt - It's your head!"

David "Smitty" Smith, a retired paramedic, works in the EMS field in Texas, California and Nevada. He instructs paramedics, nurses and doctors in advanced cardiac life support. He spent a tour in the Air Force as a security police law enforcement officer. Smitty has 30 years of martial arts experience, is a fourth degree black belt in Judo, holds a Bronze Medal from the 1996 Senior Nationals Masters Championships, and works as an SFC instructor currently in the San Francisco Bay Area. (510) 261-1896.





The VanCook View

Blind Faith

By Jerry VanCook



Last night I watched the University of Oklahoma beat Florida State in the Orange Bowl. There was one touchdown, and a safety, in the fourth quarter but for most of the game the only points on the scoreboard came from the foot of OU kicker Tim Duncan. This got me thinking about my own short-lived career as a place kicker, and reminded me of a valuable lesson this experience taught me. So bear with me for a few paragraphs while I tell you an old football story, and keep in mind that it's actually a metaphor for learning close quarters combat or the study of any other subject, for that matter.

From the moment I put on my first pair of shoulder pads in grade school, I was a lineman. The only thing wrong with being a lineman is you don't get to score points. (That once-in-a-lifetime fumble recovery in the opponent's end zone skipped my life.) So I got it into my head that in addition to learning to grab people and throw them on the ground, I'd learn to kick the football. I spent long hard hours practicing place kicking. And I got pretty good, if I do say so myself.

It's important to keep in mind at this point that NO ONE TAUGHT ME HOW TO KICK. I learned it on my own, mainly by watching kickers on TV. By the time I was 13-years-old I was regularly sending the ball through the uprights from the 30 to 40 yard line. I even became the first junior high school player in my hometown to actually kick extra points in games. Until then, it had just been assumed that no kid that age could kick with enough consistency to be counted on, and extra point attempts were always run. I proved that thinking wrong. I was one proud pubescent little dude, and couldn't wait to get to high school and then college before starting my career as a kicker in the NFL.

Now flash forward to the beginning of my first year in high school. Scene II of this little mini-drama finds me sweating out the last week of two-a-day pre-season football practices during a hell-hot Oklahoma August. The first game is a week away, and the coaches are about to pick the special teams—punt return, kick-off, receiving, and of course place kickers. One of them—a rookie coach who had just gotten out of the marines—yells, "Okay, any of you maggots who think you can kick get your ass over to the goal posts." I go. I want to be the kicker very badly, and I am confident that I will be.

I vividly recall the center snapping the ball, the

holder placing it on the tee, and my foot making contact. The ball went flipping, end over end, through the goal posts and far beyond. It was as perfect as a kick could be. But instead of the “Atta boy” I was expecting, I was shocked to hear the coach scream, “#%@#%\$ it, VanCook! That’s NOT the way you do it!” This brand new coach then proceeded to mimic a small hop I always made in my second step during my approach to the ball. “What the hell is that stupid sissy-looking hopscotch step?” he screamed. “Kick it again, and don’t look like such a fairy this time!” This coach didn’t tell me why it was so important that I look a certain way while I kicked, and up until then I had thought the only important thing was making sure the ball went through the uprights. And I didn’t ask him about it, either; I was 15-years-old, and all my life I’d been told that if I wanted to be successful at anything I should listen to those who knew (coaches and teachers), and do exactly what they told me to do. So I kicked the ball again, this time making sure I didn’t have any “sissy hopscotch step” in my approach. And I missed.

What I didn’t understand yet was that some instructors—call them coaches, teachers, senseis, whatever you want—don’t have the foggiest idea what they’re talking about and SHOULD NOT BE LISTENED TO. Years later, I would learn that this brand new coach had never been a kicker himself, and knew far less about the subject than I did. By learning to kick without a coach, I had followed my instincts and what he called my “sissy hopscotch step” was simply my personal style. This coach was insecure in his first year on the job, and he was out to prove that he was in charge and had things under control. I simply became his way of improving his own self-esteem.

I spent more long hard hours trying to learn to kick without my “sissy hopscotch step.” And the harder I worked, the worse I got. One afternoon, this same coach called me into his office after practice. I can’t remember his exact words but they went

something like this: “Blah blah blah blah blah . . . team unity . . . blah blah blah blah . . . 110 percent effort . . . blah blah blah . . . leadership ability . . . blah blah blah . . . I’ve found another kicker.”

And that, ladies and gentlemen, is why you do not have a TOPS football card with my picture on it. (Okay, that and maybe a thousand other reasons.)

At 15-years-of-age I did not yet understand that I should not blindly follow the

In the end,
you are responsible
for your own
education.

instruction of this coach; he was in a position of authority, and I assumed he knew what he was talking about. I did not yet understand that my own opinion was as valuable as his, and that on the subject of place kicking I actually knew far more than he did. Neither did I realize that my “sissy hopscotch step” was necessary to my timing, and that there was nothing wrong with it (and nothing “sissy” about it, for that matter).

So I accepted my fate and went on tackling people while others put the points on the scoreboard. And, believe it or not, years later I’m glad it worked out that way. If it hadn’t, I would not have learned that while there are times to follow the advice of teachers, there are other times when you should blow off what they tell you as utter nonsense or at least something which, for whatever reason, doesn’t apply to you. Yes, you should have some faith in your teachers but the operative word is “some.” In the end, you are responsible for your own education. You must be your own “bottom line”

on what you accept and what you reject.

Applied specifically to martial arts and close quarters combat, this means that next time some instructor shows you a technique and that nagging little voice in the back of your brain whispers, “Bull defecation” you should probably listen to it. Chances are very good that it’s a technique that he learned and has never actually “field tested.” Or if he has, and it worked for him, he just assumes it will work for everyone. Instructors who do not take into consideration the individual differences of their students, and the fact that different people must do things different ways, are as stupid as my old high school kicking coach. In fact, the world would be a far better place if they’d follow his lead and fail at selling real estate, then insurance and then drop from sight forever.

You are all thinking organisms or you wouldn’t be able to read this column in the first place. So think for yourself, and when necessary buck the system and do things YOUR WAY. Perhaps some slack should be given to a 15-year-old boy who allows himself to be misled like I was, but most of you aren’t 15 any more, and I’m not sure my age was even a very good excuse then. Blind faith should be reserved for God. You should question anything a teacher tells you which doesn’t ring true. This applies to all teachers—me probably most of all. And don’t worry; you won’t have any trouble recognizing me; I’ll be the one hopscotching around like a sissy. ☆

A well known author of more than 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 Beikoku 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. VanCook spent 14 years in law enforcement with the Garfield County Oklahoma Sheriff’s Department, a federally funded undercover task force, and the Oklahoma State Bureau of Investigation.

The Bouncer

How Much Force is too Much?

By Damien Martin and Peter Rowe

Recently a bouncer conflict in the Star City Casino in Australia ended in the death of patron Peter Dalamangas. The incident brings into question yet again, how much force is sufficient, and how much force is too much? Damien Martin and Peter Rowe of Security Oz Magazine, examine the incident and make recommendations regarding law enforcement and security issues.

The incident at Sydney's Star City Casino on January 31st 1998 started off routinely enough with security personnel escorting a belligerent young man from the Casino premises. He was soon joined by a group of supporters, including his brother. The incident ended in a brawl with massive media coverage and intense speculation on the circumstances of the death of 23-year-old Peter Dalamangas, the brother of Jim Dalamangas, the man ejected.

More than two and a half years have passed with a coronial inquiry and two autopsies, and still the exact cause of death is shrouded in controversy.

Claims of murder by the security personnel and a deliberate police cover-up have been made by the grieving family and aired constantly by the national media. The loudest complaints of all, however, have come from the instigator of the incident, the brother of the deceased, Jim Dalamangas.

It is of interest to review what apparently happened as shown on the video footage from the Channel 9 show, *A Current Affair*.

A group of five men and two women arrived at the Star City Casino at 04:45 after spending the night at a Kogarah nightclub. The group separated and played poker

Claims of murder by the security personnel and a deliberate police cover-up have been made by the grieving family and aired constantly by the national media.



(Left to right) High school buddies Kon Artakianos, Peter Dalamangas and Alex Dimitrades.

asked to leave, Jim became argumentative and appeared to refuse. At 06:17, after he had been speaking to security for approximately five minutes, two security guards grabbed him by the arms. Jim's friends became involved in the fray, which resulted in Jim ending up on the floor.

At 06:19 Jim arrived at the front door escorted by a number of security personnel. There were more guards at the door.

At 06:21 Jim initiated the ensuing brawl by slapping a nearby security officer in the face. His bigger (but younger) brother, Peter, immediately became involved, almost climbing over Jim to get at security officers. Witnesses saw Peter grabbed by several security personnel, including one who grabbed him around the neck. Peter was immediately restrained on the floor.

At the same time Jim, dragged back by his shirt collar by a friend, continued to throw punches at security officers. He was

there was no pulse.

After being loaded into the back of a police van, having been arrested for assault, Jim Dalamangas lapsed into a coma for nine hours. His brother Peter, after more than an hour of attempted resuscitation, was declared dead when he arrived at the hospital.

Jim claimed that he had been strangled, first by the guards' ties, and then by a 2-way radio microphone cable during the incident. He claimed this also happened to his brother Peter and the action resulted in his death.

He, as did the other men in the brawl, claimed the security personnel at the casino deliberately murdered Peter, and that the murder was deliberately covered up by the police. *A Current Affair* ran at least four stories on the brawl. They called in a number of experts who were all extremely critical of security personnel and police, and supported the story told by Jim Dalamangas, the victim's distraught brother, and his family.

The jury inquiry found security personnel used excessive force. However, the NSW State Coroner, Mr. John Abernathy, who was to have ruled on the case on August 22nd, delayed handing down his findings and recommendations.

The family rejected the findings by the original forensic pathologist, Dr. Allan Cala, which stated that Peter died as a result of

machines for approximately an hour and a half. At 06:12 Jim Dalamangas tripped on a coin tray and then kicked the tray, sending several coins flying – not more than 10 feet from a security officer.

When approached by security and

also taken to the ground and restrained.

All of the five men in the group ended up being restrained on the ground by security personnel.

At 06:27 a security officer checked Peter Dalamangas' pulse and discovered



▲ Video image of security staff restraining Dalamangas.

head and neck compression in association with coronary artery disease. The family even brought in pathologists from Greece and lobbied for Peter's body to be exhumed for a second autopsy to reveal the evidence of a cover up. Not surprisingly the application of the second autopsy claimed Peter had been strangled and the evidence covered up.

The Aftermath

So what happened to Peter Dalamangas and how (if at all) were security personnel to blame?

At the time of the incident, security personnel at the Casino were exempt from holding a license (this is still the case in some states). This has since changed. As a result there was no 'standard' level of training or knowledge of the law. They were not required to undergo the compulsory pre-license training, which successfully reduces the incidence of assault behavior by security personnel.

Additionally, a great deal of criticism occurred regarding the number of security personnel involved in the incident, and on the surface, some of this may be justified. However, there were seven people in the group being ejected. Therefore, in the interest of officer safety, a larger number of security personnel were necessary to escort them out should they decide to turn violent. More guards were at the front door, stationed in the natural course of events, checking ID's and greeting patrons. When the two groups met, it appears as if an excessive number of security personnel were present when the group was ejected.

Once at the door, the majority of security officers should have returned to their stations, allowing the door staff to handle and deescalate the heated situation a situation, which arose from the manner in which Jim had previously been treated. Instead, every-

one appeared to wait by the door to witness the argument. When Jim struck the guard in the face, all parties present became involved. Whether or not the involvement of this many security staff was justified, it gives the impression of excess.

Another problem commonly associated with deploying large numbers of security personnel to incidents is it tends to actually inflame many situations, and the mob mentality can take over. Once the adrenaline kicks in, normally professional officers get emotionally involved and do the most uncharacteristic things. In the video, one officer clearly takes his jacket off and aggressively throws it down onto the ground. His whole posture and body language say, "here I am – let's get it on." Yet, he actually had neither a real role in the altercation nor a need to be there.

Another guard became emotionally involved and on the video clearly knees the pinned Jim Dalamangas in the back at least three times and in the head at least twice. He was later charged and convicted of assault.

Once the situation appeared to be under control, other guards moved from

The family rejected the findings by the original forensic pathologist, Dr. Allan Cala, which stated that Peter died as a result of head and neck compression in association with coronary artery disease.

group to group to collect the stray clip-on ties other security personnel lost during the altercation (leading to the allegations of the ties being used to strangle people). Had there not been excess personnel, this might not have occurred.

In a later incident, a witness, who complained to security officers and police, was allegedly thrown to the ground with a hip throw for no apparent reason other than that he appeared to annoy them. The former incidents are all examples of the type of behavior that makes a bad incident appear downright criminal.

Aside from the excess of security staff present, the incident was for the most part handled quickly and professionally. The antagonists (Jim, Peter and their friends) were grounded quickly and held for police to arrive. Jim and his friends threw most of the punches thrown. Peter, the largest of them all and, at least on the surface the biggest threat, never threw a punch.

Peter Dalamangas was pinned by three security officers, not eight as his brother claimed, and held in a neck restraint for at least four minutes – possibly longer. At 06:24 he can still be seen on the video kicking his legs, albeit weakly. At 06:27 an officer checked his pulse only to find he had none.

The original cause of death was given as neck and chest compression in association with coronary heart disease. The family disputed this and experts said Peter died of strangulation and asphyxiation. They also stated excessive force was further demonstrated by the fact that Peter had broken ribs, caused by the beating sustained at the hands of the security officers. It should be

pointed out that at no stage does the video evidence support this theory. However, it is quite common for people who have CPR, as Peter did for about an hour, to sustain fractured ribs.

Neck Restraints

There is no doubt that, among other things, being held in a neck restraint position for an extended period of time contributed to Peter's death. This was stated in the pathologist's report. Even if the intent of the officers involved had been to render him unconscious, mechanical compression on the neck should have ceased immediately after he stopped struggling.

Respiratory restraints vary considerably from vascular restraints, and while some people believe that no form of neck restraints are acceptable at all*, I would disagree. The infamous sleeper hold, as taught in martial arts and self-defense schools, is a typical example of a respiratory restraint commonly employed by security personnel.

***Note:** In most national and international jurisdictions, any form of neck restraint, whether lateral vascular or respiratory, are considered potentially lethal use of force under the use of force guidelines. They are therefore not recommended for use.

Respiratory restraints establish control by restricting the airway using mechanical compression of the trachea, usually applied with the forearm. This can cause the more delicate upper section of the trachea to become damaged and totally block the airway. Additionally, respiratory restraints tend to cause the subject to panic and resist more, thus necessitating a higher level of force to establish control. It becomes a Catch-22, the subject struggles more because they can't breathe and the officer applies more force to control the struggling subject. This may lead to oxygen starva-

tion and, in a relatively short period, death. This type of neck restraint is deemed by most law enforcement use-of force instructors to be a potentially lethal technique.

Vascular neck restraints on the other hand, restrict blood flow to the brain by applying pressure to the outside of the neck, while protecting the trachea with the elbow. There are four elements needed to effectively execute this type of hold:

- Restriction of blood flow to the brain via the Carotid Artery
- Restriction of blood flow from the brain via compression of the Jugular Veins and other blood vessels from the brain;
- Stimulation of the vagus nerve (in the side of the neck);
- Pressurization of the chest cavity (known as the valsalva maneuver).

All four elements must exist to effectively apply the technique.

A correct application of the vascular neck restraint has three levels of control; rear neck lock or hold with no compression; mechanical compression until conscious compliance; and mechanical compression until unconsciousness.

When properly applied, the technique should control a resistive subject in less than five seconds. With the level of manpower available at Star City Casino, there should have been no need to maintain compression beyond the point of establishing control.

Conclusion

The Casino and the NSW Government have already addressed many of the things that went wrong at Star City. The relatively new NSW Security Industry Protection Act no longer exempts Casino employees from holding a license. They too, must now have at least completed the required training in law and procedure.

The casino has also had expert instructors in Control and Restraint training their personnel in techniques that are tactically, legally and medically sound to ensure that a similar tragedy does not occur.

While the death of Peter Dalamangas on January 31st 1998 was a tragedy that his family will have to live with for the rest of their lives, it was also a major blow to the professionalism and reputation of the security industry.

It is important that as professionals and as an industry, we endeavor to prevent this from ever happening again. You must train for your operational environment – constantly. ☸



▲ Video footage of the incident inside Star City Casino.

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