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W. HOCK HOCHHEIM'S

# Close Quarter Combat

Tactics and Strategies for Military, Police,  
Law Enforcement, Corrections and Citizens

MAGAZINE

**February/March 2002  
ISSUE #11**

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# Close Quarter Combat

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February/March 2002

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*About the Cover: Tom Barnhart portrays the combatant while his students, Lake Dallas Police officers Steve Williams (left) and Aaron Yates attempt to control him. The action in the photos looked so real that neighborhood onlookers summoned Texas State Troopers to the scene to break up the fight. After some explanation, the photo shoot continued. Tom Barnhart owns Cyclone Motorcycles in Texas. Cyclone imports, sells and races Italian motorcycles. For additional information write [ratdog@airmail.net](mailto:ratdog@airmail.net). Photo by Robin Barnhart.*

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# The Eyes of the Devil—

## *Empathy and Combat*

By W. Hock Hochheim

“I’ll poke him right in the eye!” declares both the braggart and/or the housewife, raising the visage of this famous self-defense technique. The braggart perches on his stool at the local tavern, talking tough. The woman imagines fighting a rapist. And true—the eye attack is a devastating tool. Even King Kong raging atop the Empire State Building would suffer if his eyes were hit by the machine guns mounted on those biplanes attacking him.

We’ve all seen the movies. The protagonists do battle with their hands smeared all over each others faces, pushing against the heads. Jaws grimace. Necks strain to near explosion in resistance. You scream from your couch or from the theater seat with frustration, “poke him in the eye, for God’s sakes!” You know what quick results will befall this Hannibal Lector if blinded. But then the two-hour movie would become a mere 60 minutes with a timely eye attack!

However, executing this or any other severe tactic under the stress of combat and against a real person has psychological implications above and beyond the simple physical act. The study of human violence has many layers, and one is empathy.

The dictionary defines empathy as “the action of understanding, being aware of, being sensitive to and vicariously experiencing the feelings, thoughts and experience of another.”

Normal, psychologically healthy people have empathy. Often we wince at the prospect of people hurt in sports, crime, accidents and war. The limb break in football, the body squashed in a car wreck, the pulverized of the plane crash—these events cause us to become hypnotized and gasp. Whether we realize it or not, we have a “feeling” and ponder for the person during the seconds of pain, shock and death. We have an imagination about surviving families and friends. Few truly walk away from a funeral without the passing idea buried deep in our psyches, “at least it wasn’t me,” or “at least I didn’t get that cancer,” ...and so on. Empathy and these compassionate roots of empathy allow us to connect with our surroundings in a deep and important way.

Years ago, before the world became so politically correct, before the science of killing people for survival became buried in make-happy-face, pop jargon, some very hardcore military units experi-



*Military Manuals like U.S. Army FM 21-50 have long been espousing the eye gouge.*

mented with various gruesome training methods. Trainers would acquire bushels of grapefruits and pass them out to their troops. The drill? The soldier holds the grapefruit in the palms of his two hands and with both thumbs proceeds to gouge two deep holes into the pulp. This was to simulate an eye gauge and offer the student a real wet feeling of the process. Warm grapefruits were better. Some units went so far as to tape the grapefruits to the faces of half their men, and the remaining soldiers would now attack a life-sized target, ramming their thumbs in the same areas as the real eyes. Documents report that even some of the toughest characters, many veterans of prior wars,

wincing at this process. Yet, the simple, physical movement is not unlike peeling that grapefruit or orange sitting on your back porch.

Faced with this CQC encounter, would the men actually do this? Few have. Why do many stutter at the idea of gouging any eye out, cutting a throat or shooting the face? One main reason is empathy. We imagine—if even in a split second and on a primal level—what it would be like to have our own eyes gauged out; to lose a kneecap; a hand or to see our blood spray from our neck. We hesitate. And in doing so, empathy may get you killed!

Should trainers ask a person to shed their empathy? NO! In order to become a whole and complete person, one who builds and supports a world of freedom, safety and justice, you need empathy and compassion as essential characteristics. Without it, YOU would become the next Hannibal Lector, Stalin or Herman Goering. All I ask is that you see and understand this big picture and park empathy aside when action is needed. Psychologists often refer to this as compartmentalizing. To live and survive in true lethal combat the rules must change. We must train our mind and body to overcome these empathetic inhibitions for those horrible, dark moments of worst-case scenarios.

Never stop educating yourself and debating legal, moral and ethical issues. It is criminal not to lecture a student on these considerations when showing lethal techniques, for they must be taught at the far end of a continuum. We have to see the devil for what he is, call the devil a devil, look the devil right in the eyes...and then rip his eyes out. ♣





# Dispatches

**Land Mail:** I am a U.S. Marine stationed in Camp Lejeune, North Carolina. I subscribe to your magazine and have been impressed by its great depth and understanding. I have trained in the martial arts for six years and have trained in Silat, Muay Thai, Kempo and Japanese Jujitsu. I have also been in several street conflicts prior to the Marine Corps as well as in it. I would like to commend you for your work on hand-to-hand combat. I have been with many Marine Corps martial arts instructors and the Marine Corps martial arts system. Many of the instructors who teach these methods are hopelessly robotic and having grappled and done some heavy contact with them, I have been shown that they cannot defeat an unarmed opponent who has an understanding of good martial arts movements. They cannot even usually beat a high school wrestler, let alone stand against a driven, or drug-crazed opponent who has proper combat training. These movements are great if you go into a fight wearing light jackets, t-shirts and agree to rules, but they will end up getting a Marine killed in a true fight. Thank you for exposing a different point of view and the importance of knowing some of the best parts of the better martial arts. Maybe it will save a few lives. — Oohrah! SW McLaughlin

**Reply:** STILL getting mail on the Brazilian Jujitsu versus Military H2H cover story a few issues back.

**E-Mail:** Those who question hypnosis (see October/November CQCMag) do so because any behavior that has supposedly been produced in such a state has also been produced outside of such a state. Indeed, my offer of \$100,000 to anyone who could prove the existence of a hypnotic state has been challenged only once, unsuccessfully in a court of law. There is no such thing as hypnosis, but there is a power of suggestion, a phenomenon that exists in many aspects of our waking life. The time involved and the interaction between hypnotist and subject are the key factors in generating belief. — The Amazing Kreskin, West Caldwell, NJ

**Land Mail:** These Taser guns, these handguns that shoot the darts attached to electric wires back the gun and stun a man... how can they work against a person wearing lots of clothing?

**Reply:** I have never shot a Taser or even used a stun gun on a person. A lot of police agencies will not authorize their use, and mine was one of them. However, I have been in police

survival schools where they have been demonstrated and have received instruction in their operation. There have always been naysayers and disbelievers (especially in the 1980's) who volunteered to be shot by these gadgets in our hands-on workouts. To their surprise and our entertainment, the shocks work!

Another time I was at an off-duty police party, where, after a couple of beers, two officers had a duel with stun guns. Lunging and ducking under the white-light crackle, under the shouts and goads of onlookers, the two duked it out until one could no longer stand and fell paralyzed to the floor. You can't pay for entertainment like this! After some spasms, both knuckleheads recovered, completely.

But seriously, I was instructed that the electricity from the Taser dart will jump through thick clothing and hit the body underneath. I have seen it work in training.

One of the first times a Taser was used was on a fellow who just wouldn't go down. He had been hosed down by pepper spray and unbeknownst to the officers the spray had some alcohol-based delivery system. The man kept fighting so they brought out the Taser. The weapon fired, hit the guy and to all's surprise, he ignited in a ball of fire when the spark hit the alcohol residue left from the spray. Ba-Boom!

We used to daydream in training when the instructor would present the science behind our police products. "Yeah, yeah sure, alcohol-based delivery system. Ho-hum." But the more techno we get, the more these things count.

**Land Mail:** I guess the events of September 11 and the war will really influence the magazine now, huh? — CH, Albuquerque, NM

**Reply:** Yes, and no. We have been reporting on Osama Bin Laden, Muslim radicals and the Taliban since the inception of this magazine two years ago. Unheard of books that I had to special order on these subjects two years ago are actually now on the international bestseller lists. It really is business as usual. But new is that managing editor Jane Eden has recently created a working relationship with the respected "Jane's Review," a research and

intell group that even the CIA checks in with for updates and in the last issue they let us publish one of their fantastic "says it all" reports on the Osama. It doesn't get any better than that.

We deal in such overall synopsis. We will not however be able to track the breaking combat news. No monthly or bi-monthly publication can possibly keep abreast of the ever-changing events. Watch FOX NEWS for that. Even weeklies like *TIME* cannot keep pace. Plus, if I feel you are getting inundated with Afghan news anyway, my gut instinct steers the magazine content away from such redundancy. So the answer to that one is yes and no.

**E-Mail:** Congrats on being inducted into Black Belt Magazine's Hall Of Fame! — TC, Grand Rapids, MI

**Reply:** Thank you to all who have voted. Thanks to Dean Goldade of Austin, Texas for drumming up the cause for me. There are all kinds of Halls of Fame. In most you send in your \$75 and you get in. Thousands do every year. The dirty little secret is that the owners have an incredible moneymaking machine. I have nothing to do with those except maybe to accept a teaching gig at some event. I skip the dinner! But not Black Belt Magazine Hall of Fame. They review votes, material, influence and impact. It's the one that really counts. Triple thanks!



Send your e-mail questions to [HockHoch@aol.com](mailto:HockHoch@aol.com) or land-mail to **Close Quarter Combat Mag,** P.O. Box 5372, Ft. Oglethorpe, GA 30742.

# Long Gun Quick Draws

## From Sling Carry to Combat

By W. Hock Hochheim

### *Ambush!*

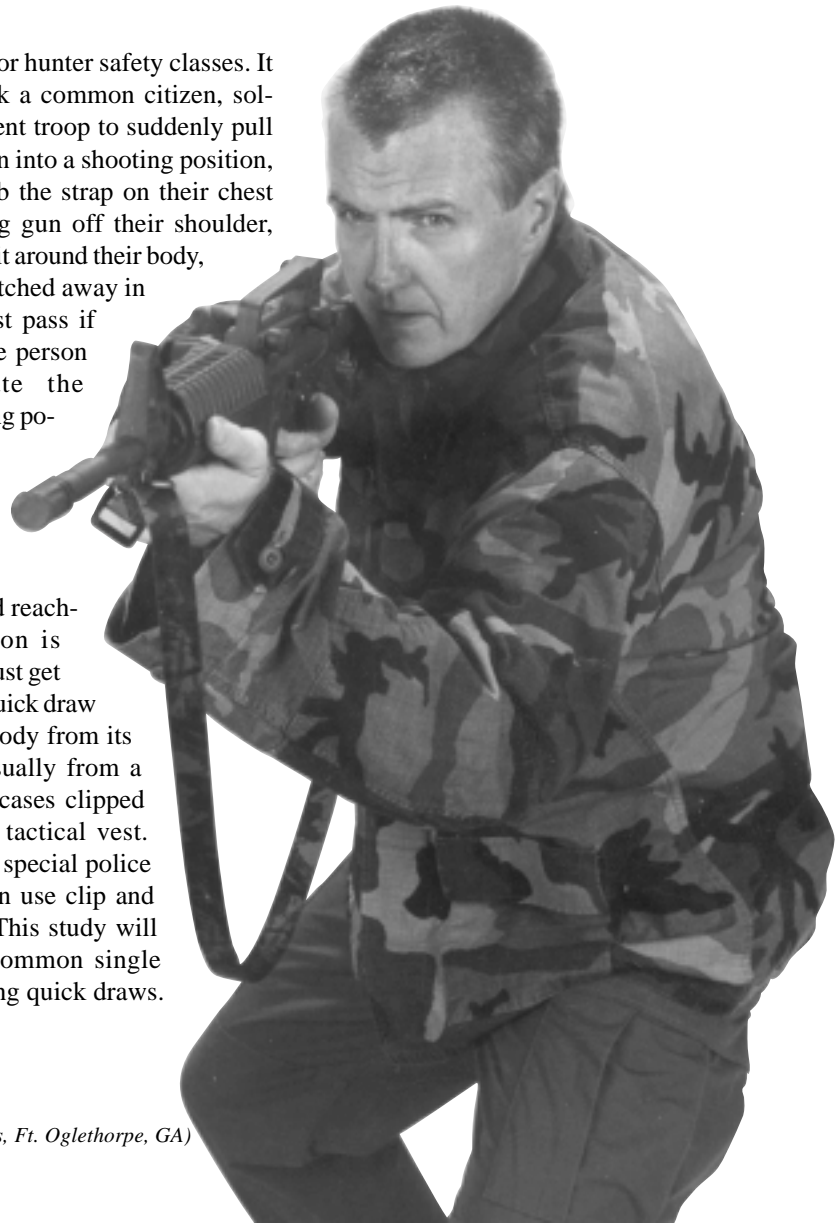
***Ambushes and surprise attacks strike down the greatest armies of the world. Upon attack, the intended victims must snap instantly into war mode from eating, walking, sitting around, talking, daydreaming or even sleeping. Even posted guards or patrols function in varying degrees of readiness and respond depending upon the circumstances.***

Once alerted, next they must get their weapons up to fire. Sometimes these weapons are nearby, or slung around a shoulder. Even animal hunters often snatch their weapons up when surprise game appears.

In this article we will explore long gun quick draws from various shoulder and sling carries. One might assume this information is taught at common military basic training,

police academies or hunter safety classes. It is not. In fact, ask a common citizen, soldier, or enforcement troop to suddenly pull their slung weapon into a shooting position, and they will grab the strap on their chest and yank the long gun off their shoulder, sending it into orbit around their body, left only to be snatched away in the air on the first pass if possible. Then the person must manipulate the weapon into a firing position.

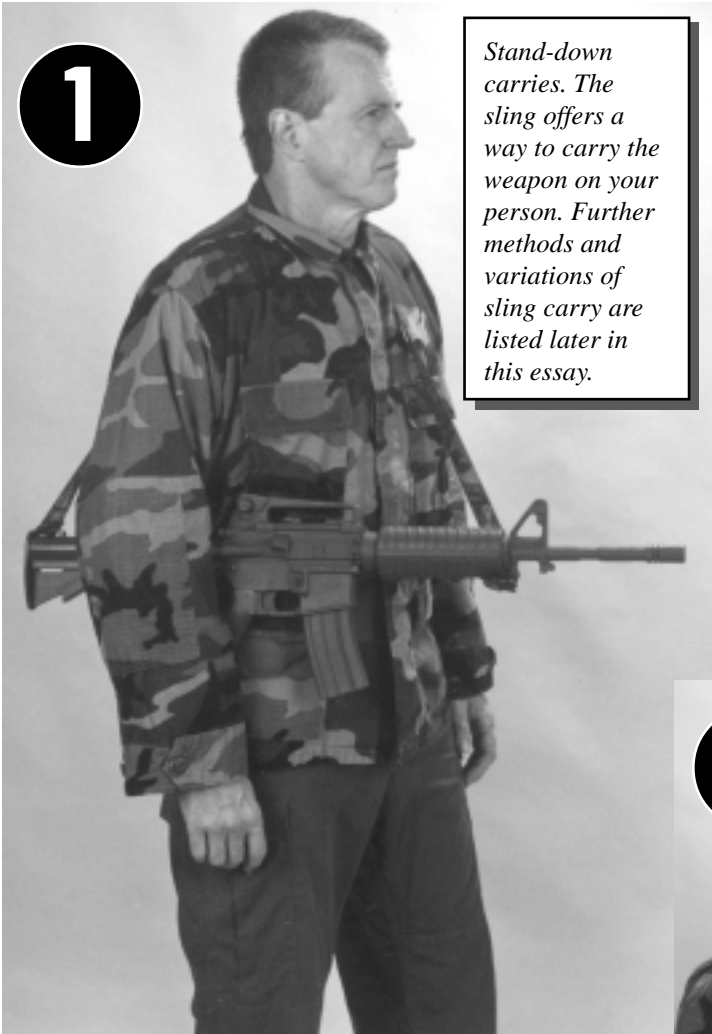
There are two general types of long gun quick draws. One is a lunge and reach—where the weapon is nearby and you must get to it. The second quick draw is right off your body from its carry position, usually from a sling or in some cases clipped to or strung to a tactical vest. Elite military and special police tactical units often use clip and lanyard devices. This study will cover the most common single strap shoulder-sling quick draws.



(Photos by Rick Owens, Ft. Oglethorpe, GA)

## The four main uses of a sling are:

1



*Stand-down carries. The sling offers a way to carry the weapon on your person. Further methods and variations of sling carry are listed later in this essay.*

2



*General shooting support. The sling helps you balance and secure the weapon during presentation and combat.*

3



*Target shooting support: Wrapping the sling around your lead arm offers more barrel control.*

4



*Crawling: An infantryman learns to love the ground. Weapons can be carried during low crawls in various positions. The sling offers a variety of options. But tactics can call for crawling and other combat maneuvers that mandate the sling be "secured," or wrapped around the weapon in some manner so as not to catch or hook nearby items as your travel.*

# The Basic Quick Draws from Sling Carries

Maximize your combat quick draw by taking note of the beginning carry positions in each of the following photo series. Reckless and unplanned carries will not allow you a quick draw and add multiple, unnecessary steps that could cost you your life in combat.

The consummate gunfighter can shoot well from both right and left-handed positions. Work toward that goal, but most people cannot train this extensively. A strong-side carry is when the weapon is hanging by your strong and coordinated hand. Right-handed people usually pull the trigger with their right trigger finger, vice-versa for lefties. A weak-side carry is when the weapon is hanging on the weak side and a quick draw must deliver the trigger to the strong-side trigger finger.

The quick draw firing positions will be from the hip to the shoulder. Under gunfire, human sympathetic nervous system usually causes a person to crouch, a movement very conducive to raising the weapon up simultaneously to fire.

The weapon may be carried on a body in these following combinations. Equipment and gear carried along with mission specifics will cause the variances. Here is a list of variables:

- 1) Strong side-weapon hanging on your strong side.
- 2) Weak side-weapon hanging on your weak side. Sometimes elite troops with pistols on their strong side will opt to carry their long weapon on their weak side.
- 3) Front hang. Across the chest, the butt of the weapon should point to the strong side for quick access.
- 4) Rear hang. Across the back, the barrel of the weapon downward and may point to the strong side or weak side. A proper quick draw can produce a good firing position.
- 5) Barrel up.
- 6) Barrel down.
- 7) Sling wrapped on same shoulder as weapon.
- 8) Cross sling. Sling wrapped on opposite shoulder of weapon and over your head.
- 9) Head loop. The sling is looped around the neck and weapon hanging somewhere on the chest.

## The G.I. Quick Draw

This is the most common carry, barrel up and weapon on strong side.



*The weak hand grabs the weapon and lifts to help the sling clear of any load-bearing gear and/or shoulder epaulets.*



*The strong hand slips through the weapon and sling as the body blades and sling away from the enemy.*



*The hands manipulate into shooting position.*



*The fighter engages the enemy.*



## The Commando Quick Draw

This is when the fighter has the sling strung over his head and the weapon hangs horizontal under his or her strong side arm. This is the extreme readiness position. All the troop has to do is grab the weapon properly and fire from the hip or rise up for better target acquisition. This quick grab and fire also holds true for the weapon that is looped around the neck and hanging up front. Every weapon has differing attachments for slings. Often the weapon hung in this manner, when let to hang free, will hang sideways, making the fighter turn the weapon upright in the drawing process.



1) The Commando Carry



2) Acquisition under combat stress

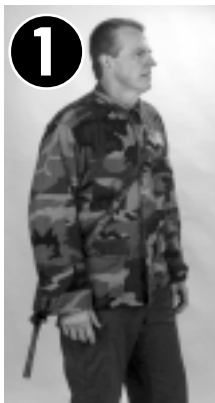


## The Aussie Quick Draws

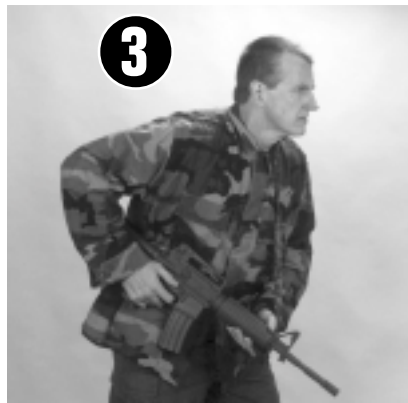
Nicknamed in England and the United States the “Aussie” since the barrel is pointed down to the other side of the earth, this quick draw is not called this in Australia. Nor is it called the “American” down under. This barrel down carry is mostly referred to as an inclement weather carry, one that keeps the moisture from going down the barrel. But, the weapon may be shoved back from a combat position or pitched over your shoulder to attain this barrel-down carry. In the Aussie carry, one must remember to keep the barrel clear of any ground debris. Simply sitting down can project the barrel into whatever is around you.

The barrel-down position can allow for several quick draws under stress. Here are two different kinds of Aussie carries, one with the sling on the same shoulder as the weapon, one where the sling is running over the head on the opposite shoulder, crossing the torso. From these two positions there are some variables.

### Aussie Commando Quick Draw: sling wrapped on the strong side shoulder



The strong hand grabs the barrel area.



You manipulate the gun into shooting position as quickly as possible.



This carry is obtained by the fighter’s commando carry shoved straight back on his back so that the barrel is down and the butt is up. Or the commando carry can be shoved all the way over his shoulder until the barrel is pointing downward, butt up.

## Aussie Quick Draw: sling wrapped on the weak shoulder



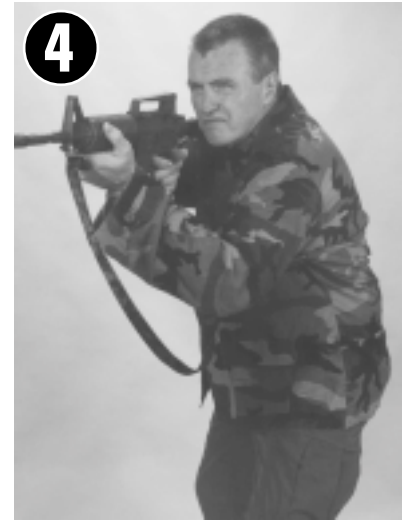
*The Aussie Carry—sling not over the head.*



*The same side hand grabs the barrel and lifts the weapon, to clear the shoulder of any carry gear or epaulets.*



*With this grip you raise the weapon barrel forward, turning it counter-clockwise. Your other hand seeks out the trigger.*

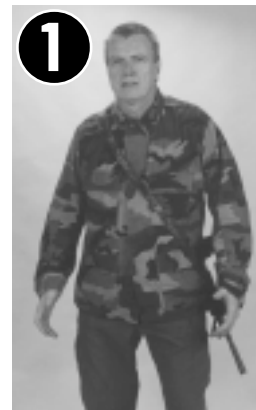


*Firing position.*

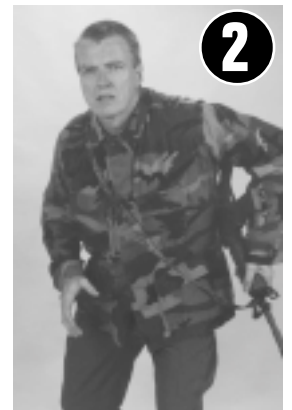
## Aussie Cross-Carry Quick Draw: sling over the head

This provides a very safe and secure way to carry your weapon when you need both hands for running and climbing over tough terrain.

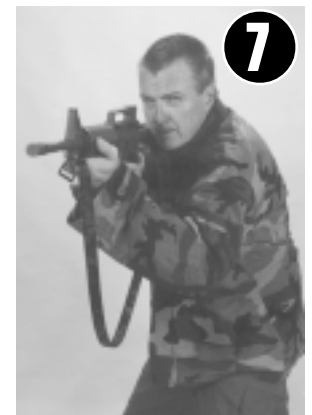
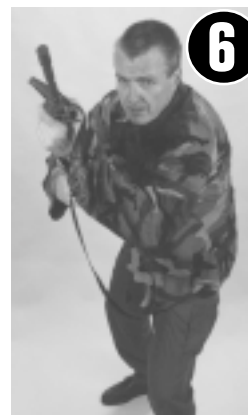
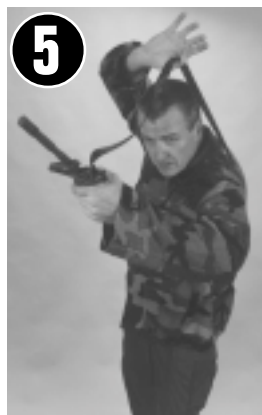
You may also fire from a lefty position.



*Cross carry, an over-the-head sling carry.*



*Same side hand grabs and lifts the weapon.*

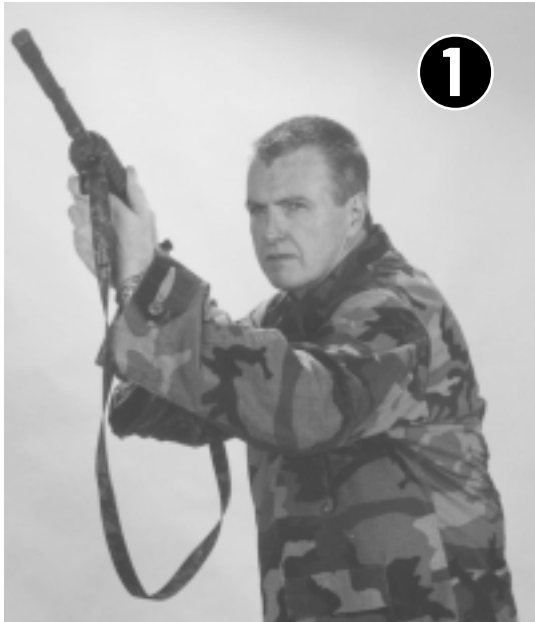


*The other hand snatches the sling and clears the head or any cover (headgear). This step is vital.*

*You seek the trigger, upright the weapon and fire.*

## The Combat Re-Sling

Now what if you need your hands to fight, search or climb? Here is a quick re-sling of your weapon that will place it in a prime position for a future quick draw.



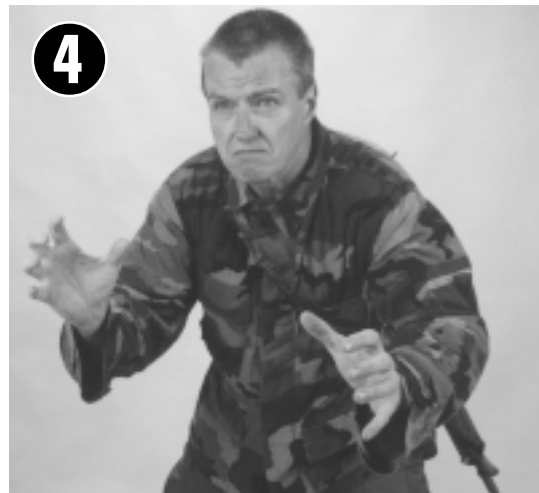
*The shooting is over. You need your hands.*



*Stab your weak hand through the sling. Start ducking.*



*Clear your head and any headgear.*



*Pitch the weapon over your back. Try to keep the magazine topside for future cross body quick draws. Your hands are free, your weapon very secure.*

## Summary

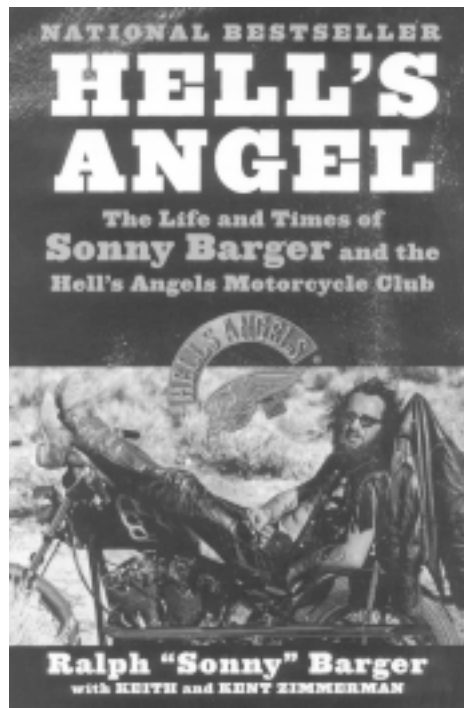
You may grasp exact scientific breakdowns of all these positions and probabilities quickly with just a very short period of practice. Practice these long gun quick draws. See what you can use and then modify them with your body size, equipment and mission. You must also modify your sling as much as possible. My purpose here is to show you the basics and inspire you to customize them to suit your needs, each and every time you step into potential combat. All combat veterans modify and position their gear as their education, experience and mission demand.



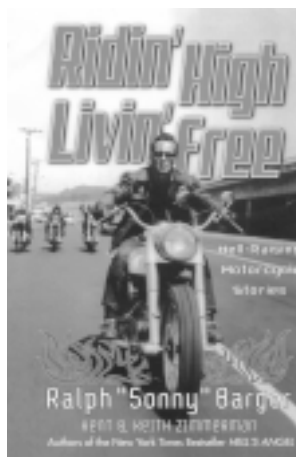
# Barfights, Fistfights and Gun Fights of the Hell's Angels

As told by Sonny Barger

**Hell's Angels love to fistfight. There's never a shortage of drunks or foolhardy motherfuckers willing to take us on, and a lot of times we'll take on each other. Armand Bletcher stood 6'8" and weighed 350 lbs. He was so strong he could pick up a couple of motorcycles and put them on the back of a pickup truck. In the early '70s Armand could bench-press 705 lbs., but he had to arch his back to do it. He was never in competition, but he took steroids and was unbelievably big.**



*Sonny's new book will appear in bookstores everywhere soon.*



Only Johnny Angel would dare pick a fight with Armand Bletcher. Armand turned to me one day, almost crying, practically begging, "Sonny, please let me fight him."

"Armand," I said, "if you do it, we're all going to have to jump on you."

We would have ended up stabbing him, because there was no way in the world we could have beaten this guy in a fair fight. He probably could have wiped out everybody in the room.

Armand once got into an argument on the phone with a friend and warned him, "I'm coming over and kick your ass." When Armand walked through the door, his friend hit him over the head with a baseball bat, which only made him madder.

"I'm going to stuff that bat right up your ass."

His buddy dropped the bat, pulled out a gun, and shot Armand dead in his tracks.

James "Fu" Griffin was an Oakland Hell's Angel who had transferred from the Fresno club. Once, Fu got sent to the joint after his house got raided. The feds busted in with guns drawn and shooting while Fu grabbed his gun and started popping caps back at the feds. They machine-gunned Fu out of the house, and he got hit once in the arm. When Cisco went to visit him in San Quentin, he wore his bullet wound like a proud trophy. As long as we held on to the house, we always left those machine-gun bullet holes in the walls, drapes, and doors as a reminder of Fu.

Another favorite Oakland Hell's Angel pastime was the Bakersfield drags. Other

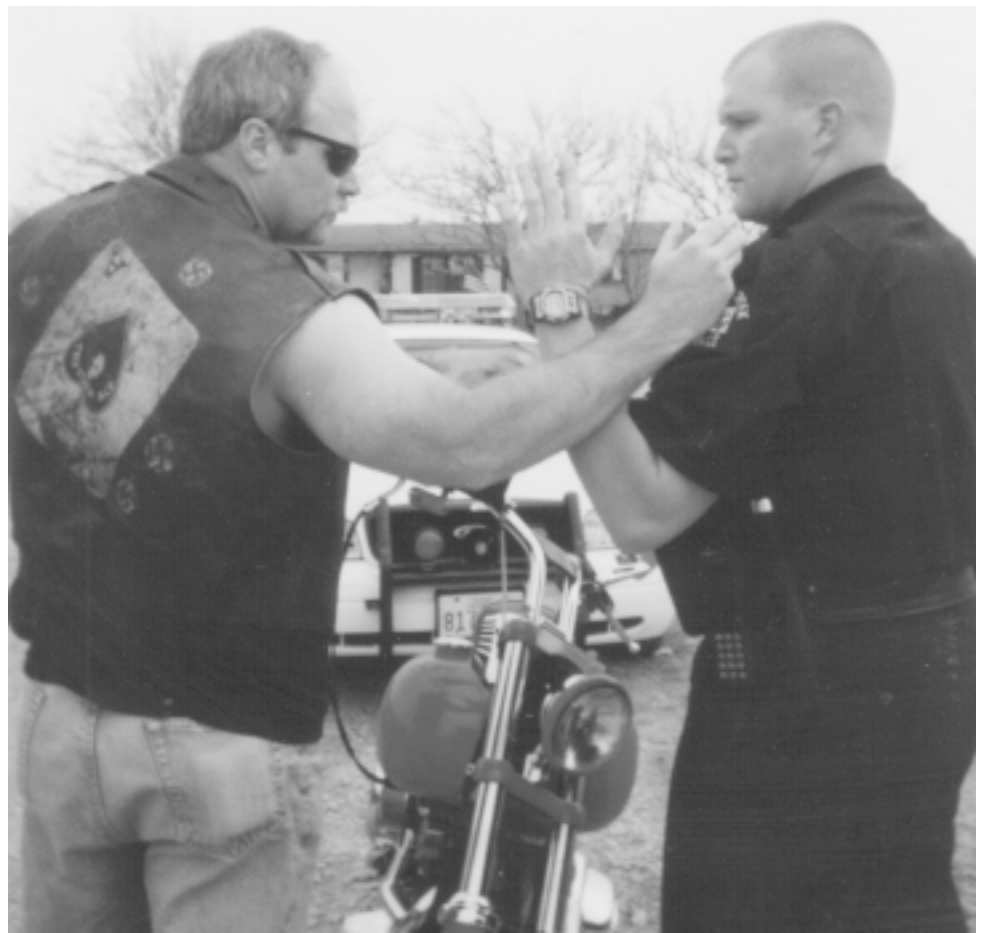
clubs had their patches, and while there were lots of motorcycle clubs in California—especially ones out of the Los Angeles area—going to the drags, we were different. Forty or 50 of us would get on our bikes and leave the clubhouse together. When we'd show up in Bakersfield, the people's reaction was off the fucking map. They couldn't believe our vibe and what we looked like. Some of us had hair down to our waist and foot-long beards. We drove stripped-down Harleys instead of full dressers and didn't dress up in fancy head-to-toe leather outfits. Our tattoos were our calling card. Everywhere the Hell's Angels went we'd out drink, out fuck, and out fight everybody. People would take one look at us and step back. They were just plain scared. We became the show.

We were usually too broke to pay to get in, so we'd camp by the side of the road. The cops went nuts, worrying like a bunch of schoolgirls. That was before law enforcement organized mutual aid pacts, meaning the cops weren't able to call nearby counties to come in to help control anything.

In the Bakersfield bars, there was usually trouble between Hell's Angels and the Okies. Cowboys and bike riders have always clashed. Put them both in one room and there's always a fight. A lot of the cowboy types worked as oil riggers or ranchers, and a lot of them came out of the Oklahoma Dust Bowl '30s. Man, they liked to fight, and they were tough as hell too. In many ways, we were all the same animal, except the Bakersfield Okies drove trucks and rode horses. We Angels rode motorcycles.

We'd fight right inside the bars. Like Hell's Angels, Okies didn't call the cops when things got rough. When Scraggs played the bars down there, we'd usually turn the place upside down. We liked country music too, so when the fighting was over, everyone would just settle down, and we'd all start drinking and get hammered together.

Okies weren't the only guys who liked to test the Angels. Cops always thought they had bigger dicks. From the beginning, the cops in Oakland made it their mission to bust the Hell's Angels, starting with a flood of traffic tickets and bullshit citations. When cops would retire or be transferred, the new recruits who would take their place would hassle our asses from the get-go. After 40 years, I've been through three or four complete shifts and generations of Oakland cops



*Okies weren't the only guys who liked to test the Angels. Cops always thought they had bigger dicks.*

hell-bent on breaking us. It hasn't happened yet, and it never will.

Oakland during the '50s and '60s was still a tough town, a blue-collar area overshadowed by glittery Frisco-by-the Bay. There were cops in Oakland like Tommy. He'd take his badge off and if you whipped his ass, you weren't drunk. If he whipped your ass, you were drunk and disturbing the peace, so it was off to jail for a couple of hours. Fifteen or 20 bucks later you were bailed out.

A vice squad cop named Bob was another old-style Oakland cop. During any fight, he'd pull off his badge and take you on one-on-one, off the record. The Oakland PD boys didn't lose a lot of fights either; they were pretty tough. There were a lot of Oakland cops like Tommy and Bob during the early days of the Hell's Angels. These were guys who walked the beat and stayed in shape. They didn't drive around in air-conditioned squad cars eating doughnuts and talking to their boyfriends on their cell phones. The

OPD once came by a biker bar called Frank's Place and jumped a bunch of our members, beat the shit out of them, and then took them to jail. Afterward they said to me, "Now we're even for last month."

"I know I've paid a terrible price for my freedom. I've learned the hard way that to understand my heart is to understand the evil that lurks inside. I can't hide behind religious traditions and superficial heroes. It's impossible to be delivered away from man's constant inhumanity to man. As a warrior, you've got to know pain and sadness alongside joy and solitude. It is to those who long to ride—forever free—that I write these words...and the Angels shall be Kings! ★

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**Editor's Note:** *Sonny is a survivor of many road trips, cancer, many fights, legal scrapes and prison time. He's a movie star, and national best selling author.*

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# Maximizing Your Combat Focus

By James B. Wade, Ph.D.

**All of us have had someone say, “You are not paying attention.”**

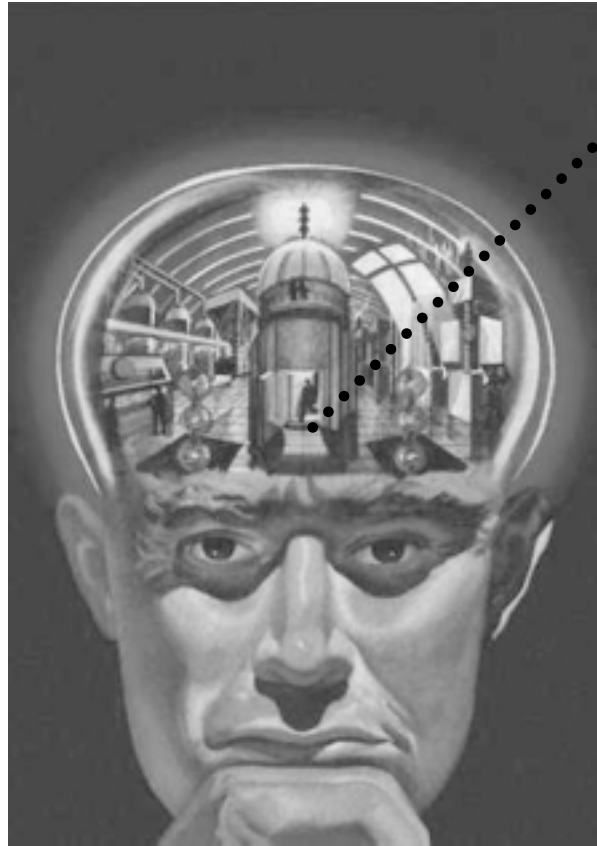
**N**o matter how physically strong you are, or how developed your motor, learning, and memory skills are, if you are unable to maintain keen awareness in a combat situation, you are vulnerable to defeat. Quite simply, attention is the foundation of all thinking. Poor attention undermines your God-given athleticism and the skills you have developed over years of training. The goal of this article is to help maximize your performance in the combat situation. We will pinpoint how attention can be enhanced by integrating the latest neuroscience research with traditional martial arts concepts.

Over 2000 years ago, Japanese martial arts training emphasized the need to maintain combat readiness through, in part, maintaining an *open* and *continuous* mind. The construct, *Mushin*, involved the principle that your internal voice, or thinking, would interfere with your being present with the moment. It was important not to think, but rather to maintain a state of calm even in the face of battle. A related concept dealt with discovering the voice within. *Zanshin* reflects a mind with focused alertness. Ideally, by remaining continually alert, and ready to react to potential threats, you are able to respond with mercurial speed and be impenetrable.

Today, scientists describe four different types of attention. Consistent with the Japanese concept of *Zanshin*, **selective attention** is the capacity to focus on the one or two important stimuli while suppressing awareness of competing distractions. In lay terms, we call this concentration.

Navy personnel monitoring radar screens searching for an unidentified incoming object use another type of attention. This form of **sustained attention** is referred to as *vigilance* and involves the capacity to maintain an attentional activity over an extended period of time.

A third category of attention is referred to as **divided attention**—the ability to respond to more than one task at a time, or to multiple elements or operations within a task. Of the forms of attention pre-



viously described, this type is particularly vulnerable to intervening conditions, such as fatigue.

The final category is, **alternating attention**, and reflects your ability to shift focus while performing a task.

Now, for the bad news, many things can serve to reduce your attentional capacity. For example, as we age our attentional capacity (in all four categories noted above) declines. There are also differences in attention between individuals by virtue of your genetic inheritance. Just in the same way people differ in terms of intelligence or IQ, people differ from one another with regard to their attention skills. Not only does attentional ability differ from person-to-person, but it also can significantly vary for each of us from day-to-day. For example, fatigue, our response to physical pain, time of day, and our

current mood state (e.g., anxiety, frustration, fear and anger) may alter our attention skills.

One of the most familiar attention problems, a condition referred to as Attention Deficit Disorder (ADD), demonstrates how significantly biological factors impact attention capacity. Environmental events can also threaten your attention. A very common complaint of individuals following closed head injury is a decline in attention. It is beyond the scope of this article to address specific martial art training approaches, or the use of specific combat techniques (e.g., head butting) and how they leave you vulnerable to impaired brain function. Nevertheless, it is important to point out that any technique that serves to reduce your attention capacity undermines your ability to protect yourself and your loved ones in the combat situation.

Today we have tools that show us where different cognitive processes, such as attention, take place in the brain. Functional Magnetic Resonance Imaging (fMRI), and Positron Emission Tomography (PET) are two such techniques. Briefly, the brain eats or consumes two types of food, sugar (in the form of glucose) and oxygen. The brain imaging methodology involves attaching a radioactive isotope to the blood's oxygen molecule monitoring it to see what portion of the brain becomes active as the individual performs a task; this allows us for the first time to localize where *thinking* takes place in the brain. Using this technique we have learned that



more than one area is important for attention to be maintained. The brain stem, frontal lobe and anterior cingulate cortex (ACC) are important attention brain centers. Specifically, the dorsal region of the ACC plays a critical role in attention. It facilitates sustained attention and limits the interference of irrelevant distracting stimuli. Increased activation of this region has been noted when a subject anticipates having to perform a cognitive task.

Attention and emotional processing utilize, in part, the same brain regions. In order to make this point it's important to address what brain regions are involved when we feel sad, angry, frustrated, and scared. An unlikely population, chronic pain patients, provided us with a window into emotional processing in the brain.

One study (Rainville et al., 1987) had subjects immerse a hand in freezing cold water. Each subject did this twice and received different hypnotic suggestions on each occasion. The subject was told in one case, "this is going to hurt you really badly, but don't pull your hand out of the cold water." In the second condition the same subject was told, "this water is delightfully cool, it feels like the breeze you would feel on a sandy beach." However, the water temperature remained exactly the same in both conditions. The only thing that differed was the hypnotic suggestion; serving to either increase or decrease how emotionally upsetting the freezing cold water was for the subject. PET brain imaging demonstrated what part of the brain changed under these two conditions.

What we learned is that the ACC, the same region known to be a crucial center for attention, is very active when hypnosis was used to increase emotional suffering ('this water feels really cold, but don't take your hand out of it'). In contrast, the same brain region was significantly less active when hypnosis was used to decrease suffering (e.g., "this water feels like a cool breeze on your skin").

In summary, the ACC appears to be involved for both attention and human suffering.

The big question is, then can the ACC become overtaxed by emotion and subsequently interfere with your attention during combat? Wade et al., (2001) administered measures of attention and emotional suffering to 736 chronic pain patients. The problems in attention noted in these patients were the sole result of their emotional turmoil and not due to their physical pain. This supports the notion that the same brain region associated with attention (ACC) is also involved with human suffering. We propose that greater suffering limits the reserve capacity of the ACC to support attention.

Another study (Beilock et al., 2001) looked at this issue from a slightly different angle. They examined the impact that negative thinking can have on the putting performance of novice golfers. There were three groups in this experiment. Group 1 did not use any visualization before putting a golf ball toward the hole. Group 2 thought in a positive way before putting. For example, they viewed themselves getting the ball into the hole with their first attempt. Group 3 was the negative imagery condition. Before putting, the subjects viewed themselves either undershooting or overshooting the target. The results were consistent with the Wade et al., (2001) data. The golfers' putting performance was influenced by what type

of imagery the subjects were using. They thought positively about making the putt, and they enjoyed the best performance of the three groups. In contrast, the putting performance of the negative imagery group was the poorest of the groups.

The bottom line is that what you think influences your performance, despite your actual skill level. What implications does this have for a combat situation or martial arts training?

**The bottom line is that what you think influences your performance, despite your actual skill level. What implications does this have for a combat situation or martial arts training?**

It appears that the same brain region (ACC) is involved for both attention and processing negative thoughts (and images). If you think or feel negatively (e.g., angry or frightened) your attention will decline and your actual performance will suffer due to "ACC overload." Therefore, the 2000-year-old Japanese teachings of *Zanshin* and *Mushin* have contemporary neuroscience support. In the heat of battle, it is crucial to remain as *cool* as you can, and focus on the objective. In order to remain calm in battle it will be important to avoid negative emotions such as frustration, anger, or fear. Placing yourself as often as possible in a battle scenario (e.g., sparring) will help desensitize you from becoming scared in combat. Rehearse the battle before it occurs, and use as many possible scenarios as you can.

If possible, train where the battle is likely to occur. Use a vacant elevator, escalator, plane, living room, bathroom, etc. Involve the people you may be asked to defend or protect (e.g., friends and loved ones). Include the *what if's* in these training sessions, and respond with alternate strategies.

The actual encounter never goes as perfectly as it was practiced in the studio. We need the benefit of changing our tactics in mid-stream in response to chaos. Practice the real stuff, not just the one-step sparring combinations.

The bottom line is, make these re-enactments as real as possible. Remember, motorically complicated, artistic motor movements are not likely to have the pay-off you desire in combat. In the heat of battle we lose a significant portion of our complex motor-skill and depend on our simple, gross motor programs to see us through. ★

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# Police Blotter

## THE SQUAD ROOM



The driver of a car in Florida narrowly avoided choking to death on a hamburger because he didn't wear his seatbelt. While driving, 43-year-old Dean R. Woodring

started to choke on a hamburger. He couldn't breathe and passed out at the wheel. His car struck a telephone pole, blacking out electrical service for more than two hours. Because Woodring did not wear his seatbelt, upon impact the steering wheel struck him in the chest causing the bite of hamburger to shoot out of his mouth. He walked away from the accident with only minor injuries. He was charged with driving carelessly and not wearing a seatbelt.

**AUSTRALIA**—Senior Detective Ben Piper of St. Kilda CIB found himself on the wrong end of a bullet back in 1990. He was airlifted to safety by paramedics, and spent a couple of weeks recuperating at The Alfred Hospital. Piper is now training to be an ambo himself.

"It hit me in the middle of the chest, the top part of the sternum. I was actually shot by another copper, so it was a pretty nasty and unfortunate kind of friendly-fire affair. The weapon was a police revolver, a .38-caliber Smith and Wesson.

"If you can imagine putting a railway spike against your chest and hitting it with a sledgehammer, that would be pretty close to the sensation. After the initial impact pain, it was probably more a burning sensation that lasted for a period of five to 10 minutes. I stayed conscious throughout the ordeal, and all I remember is lying on the floor looking up at a light on the ceiling.

"I then felt myself going into shock, and my vision started going fuzzy and blurry. I remember saying to myself, "Look, if I just concentrate and fix my eyes on an object, I'll probably be right here." After 10 minutes, I knew I wasn't going to pass out and die then and there. I just had that feeling inside.

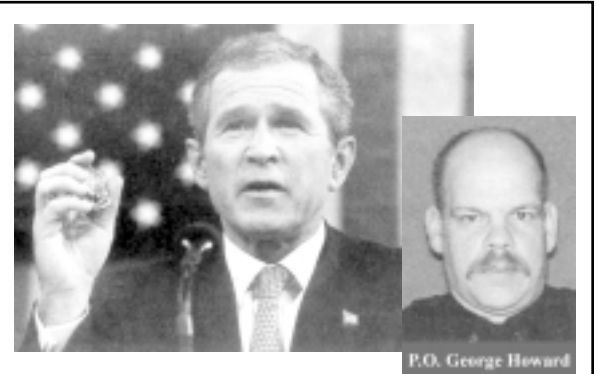
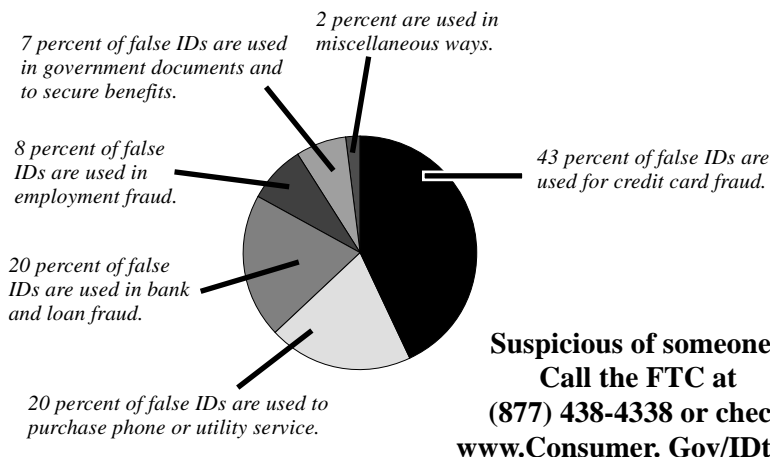
"I went through surgery that night where they repaired a severed vein in my lung. Three months later, I was back at work."



In Sao Paulo dummies hang from a billboard as part of a new safety campaign. The sign reads, "You could be the next one murdered: React." A local businessman organized the sign display in an attempt to curtail the city's excessive murder rate.

### My name, my name is Slim and Shady....

The Federal Trade Commission maintains a profile of about 94,000 identity-theft victims. Here's how the felonies (not misdemeanors) shake down:



"This is my reminder of lives that ended and a task that does not end," said Bush at a recent speech before a joint session of Congress. He held up the badge of Officer George Howard, one of the Port Authority officers who died during rescue efforts at the September 11 Trade Center Disaster.

### Retirement Fantasies

Chuck Lee, who spent 30 years as a Las Vegas detective is now retired and living his dream. He owns and operates a brothel in rural Nye County, just 65 miles west of Vegas. Big plans are in the works to spend millions to turn the operation into a sex theme park. "It's going to have a beauty salon for the girls, tennis courts, restaurants and overnight facilities," reports Ray Slaughter, the sex ranch's current manager.

### Rocket Launcher Showdown

Last fall, French police in Beziers confronted a drug-dealing Islamic fundamentalist after he challenged them to a duel and threatened to shoot a city Mayor's aide. One rocket sent a police sedan into the air in a fireball. The second rocket failed to explode. The police bullets did explode in and around Saphi Bghouia and he went down in less than a fireball, but still quite effectively. Pro Osama Bin laden groups have been very active in France.

### Something Smells Fishy

In the 1800s, wily British fugitives discovered rubbing a red herring across their escape trail would easily divert the bloodhounds authorities used to track them. Later, in debates and detective mysteries, a red herring came to mean any clever device used to distract and confuse people from the main issue.

### Blotter Quotes

*"If you drive 10 miles to buy a Powerball ticket, you are 16 times more likely to get killed in a car crash on your way than you are to win."*

– Michael Orkin,  
University of Cal State

*"I hate you people for leaving me out of so many fun things. You people had my phone number, and I asked and all, but no, no no, no, no don't let the weird-looking Eric kid come along."*

– Eric Harris, Columbine shooter in portions of his journal



*At a shooting range in China, troops train with target handlers sitting below the targets, making accuracy imperative.*

### Hate is Back Up

FBI agents tell *CQCMag* that hate groups across the country are using fear from the 11 September attack to recruit new members. Word is that some groups are looking to develop "lone wolves" who will go out and perpetrate violence.

### Seized

The amount of illegal drugs stopped at the U.S. border rose 16 percent in the last year. The Customs Service said inspectors confiscated 1.79 million pounds of illegal drugs in fiscal 2001.

#### TITANIUM DIVE KNIFE

Last of small overrun U.S. manufacture  
6% Al / 4% V Titanium Alloy Sterile  
Dive Knives with Dive Sheath and  
Leg Straps • Produced for Two  
Foreign Governments • 12-3/4" DAL  
• 7-3/4" x 1-3/8" Spearpoint Blade  
• 1 Edge Serrated  
• 1 Edge 65% Sharpened  
Disassembles into 3 Pieces:  
• Polymer Handle  
• Titanium Pommel  
• Titanium Blade  
with Hidden Tang



**\$274<sup>00</sup>**  
JIM KOSTER  
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Tucson, AZ 85716  
Call: 520-327-2918  
Fax: 520-321-1773

### Overtime

The New York City PD will pay approximately \$1.7 billion in overtime this fiscal year, the biggest chunk starting at 11 September.

### Computers Detect "Hinky"

Security cameras are great for capturing evidence of crimes, but not very helpful in calling for help before the crime. But a tech school in Singapore has taught a computer to tell the difference between normal hand and leg movements and hostile actions starting a fight. When the fight is detected it flashes an alert for security.

Meanwhile, British researchers at the university of Leeds have developed an experimental system called Croacia that spots aberrant behavior mathematically.

### State Prisons Bed Check

Two point one million people reside in United States prisons. Here is a roll call on some categories.

94 percent are men  
6 percent are women  
33 percent are whites  
46 percent are blacks  
17 percent are Hispanic

48 percent are in for violent crime  
Robbery – 14 percent  
Murder/manslaughter – 13 percent  
Assault – 10 percent  
Rape and other sex crimes – 9 percent

21 percent are drug offenders

### Gunman Not Alone

Charles Crenshaw, 68, died last December of natural causes in Fort Worth, TX. He was one of the doctors who treated John Kennedy's gunshot wounds. Crenshaw said that the President was shot twice from the front in addition to having been shot from behind. He wrote his arguments in the book *JFK: Conspiracy of Silence*.



# True Cop Story

## One Night of Terror

By Charles F. Adamson

**Editor's Note:** Chicago Robbery Detective Frank Pape was a living legend in a day when big city cops hit the streets hard and shot straight. His work through the decades as a detective and robbery unit commander inspired many of the episodes of the famous TV series "M Squad" starring Lee Marvin in the late '50 and early '60s. Charles Adamson, another Chicago cop and author was inspired to write about Pape in the book *The Toughest Cop in America*. Here is just one gritty, bloody case of Pape's.

Thomas Daley and John Kuesis were on a collision course. Speculation was, that Daley was displeased with the work Kuesis had done on his car. Kuesis, a mechanic on the South side, was also suspected of being an informant for a Robbery Detective. So Daley took two friends, Lowell Fentress and James Morelli, to Kuesis' garage to set things straight.

Before the night was over, the newspapers were calling it the most sadistic, indiscriminate killing since the St. Valentine's Day Massacre.

Thug Thomas Daley and Detective Frank Pape had never met. Considering their respective attitudes, it was inevitable that they would, even if it was for the briefest minute. However, the events that led to the meeting were to dictate how well they were going to get along.

In September of 1947, the Daley gang invaded the home of Mrs. Eleanor Leonard. They pistol-whipped her and escaped with a modest amount of cash and jewelry. The gang was arrested for this robbery, but the record is unclear as to how the arrest came about.

However, the record becomes clearer when Thomas Daley started boasting that he was going to kill Detective Emil Smicklas

and Sergeant Jack Hanrahan, Commanding Officer of the Robbery Unit. Those officers were in fact involved in the arrest of the gang for the Leonard Robbery. But Daley reasoned that John Kuesis was the person responsible for providing the police with the information that led to his arrest.

Daley, Fentress and Morelli entered the garage and immediately accosted John Kuesis, accusing him of being a "stool pigeon." Daley and Kuesis ended up in the alley alongside the garage and once again, Kuesis was giving his adversary a beating. Everyone had come outside to watch the fight, when James Morelli appeared with a gun. As the two men grappled on the ground, Morelli shot John Kuesis in the head, killing him instantly.

Not wanting to leave any witnesses to the murder at the scene, an enraged, drunken and beaten Thomas Daley ordered Fentress and Morelli to place the four witnesses in their car. As Nick Kuesis was being placed in the car at gunpoint, Daley told him that he was going to kill the whole Kuesis family.

With Fentress driving and Daley and Morelli seated in the front seat, the four hostages, Nick Kuesis, Frank Baker, Emil Schmeichel and Theodore Callis, pleaded for their lives. The pleas fell on deaf ears. As they headed toward the western suburbs of Chicago, Daley thought he would entertain his friends by playing "Russian Roulette" with his prisoners. He removed the bullets from a revolver, then replaced one cartridge and spun the cylinder before closing it. Then he would point the gun at each one of the hostages and pull the trigger as they pleaded for their lives.



As they approached the suburb of Brookfield, Thomas Daley turned and shot Nick Kuesis in the neck. Then he calmly aimed his gun at Frank Baker and shot him in the chest.

Pulling alongside a ditch that ran beside the highway, Daley ordered Fentress to stop and drag the bodies down into the concealed location.

Theodore Callis and Emil Schmeichel were terrified as they watched the bodies of Kuesis and Baker removed from the car. At least they thought they were bodies. Although seriously wounded in the neck, Nick Kuesis pretended he was dead and Frank Baker, shot in the chest (a near fatal wound) picked up on the ruse and also pretended to be dead. After throwing the two men in the ditch, Lowell Fentress thought he saw Baker's leg move. He fired a shot into the snow, returned to the car and told Daley that he had shot Baker again to be sure he was dead.

Sergeant Jack Hanrahan and his squad were cruising the north side of the city in the area of Devon and Western Avenues,

working another robbery pattern, when the first police radio reports were broadcast regarding the murder of John Kuesis at the south side garage. He alerted all robbery cars to report to the scene of the shooting, as he had recognized the name of the victim. Detective Emil Smicklas was off duty, but nonetheless was notified at his home to meet at the murder scene.

Nick Kuesis was badly wounded and losing a lot of blood. He lay motionless in the snow at the bottom of the ditch until he was sure the car was gone and not going to return. He'd had enough of Thomas Daley; now he had to get to a telephone to warn his other brothers that Daley had gone crazy, killed John and threatened to kill the whole family. He crawled to the top of the ditch and saw a house less than half-mile away. There he called the police.

Driving back into Chicago, Daley insisted on trying to find Detective Emil Smicklas and Sergeant Jack Hanrahan. He wasn't going to be happy until they were dead, too. But Fentress and Morelli were tired and wanted to go home. Reluctantly, Daley agreed, but only if they took up the hunt the following day. He didn't know it, but he had one more confrontation to deal with that night. His name was Frank Pape.

When Fentress was dropped off, he let himself into the apartment with his key, saw the light on in the kitchen and called out to Peggy. She didn't answer.

"Put your hands behind your head. Move, and you're a dead man," said the first burly-looking detective.

All four men had their guns trained on Fentress, waiting for him to decide his fate. He complied and was thrown against the wall to be frisked for weapons by another of the detectives.

Sergeant Bob Gibbons then told one of the members of his squad to notify Sergeants Hanrahan and Pape, who were on the street looking for Daley, that Fentress was in custody.

Frank Pape and Jack Hanrahan arrived back at the Fentress apartment and it was only a matter of minutes before Fentress realized that he was more afraid of them than he was of Daley. Frank wasn't exactly on his best behavior; but neither was anyone else that Fentress had been involved with during the evening. He wasn't surprised. Murder has a way of bringing out the worst in everybody, particularly detectives who have to confront a murderer. That's because

they don't want to become the murderer's next victim. So after Fentress picked himself up off the floor several times, he decided he had better tell Pape exactly what he wanted to know.

He gave a detailed account of the evenings activities. Blow by blow, shot by shot, death by death. He named Thomas Daley and James Morelli as the principal killers. He also admitted his participation. He told of the killing of Callis and Schmeichel and how Daley was going to kill some guy from the Bureau named Smicklas, who had arrested him for robbery. Oh, yeah and some other mick flatfoot whose name he couldn't remember.

When asked where Daley and Morelli could be found, Fentress told the detectives that Daley had dropped Morelli off at his apartment on Winchester. He didn't know the address, but he could show them the building.

They drove down Winchester Avenue with their lights off. It was well past midnight and they wanted to draw as little attention as possible.

"This is it," said Fentress, as he pointed to a large apartment building at 820 S. Winchester Avenue. "There are apartments in the back and Morelli's is on the third floor."

After obtaining a description of Daley and Morelli, Pape directed several detectives to the rear of the building to cut off any escape routes. Other Detectives guarded Fentress in the Squad car.

Frank, Pape and Rudy Friedl made their way to the third floor of the apartment building. They stood in silence in the dark hallway, listening for any voices or movement from within Murrells's flat. The only noises they heard were their own hearts pounding. Guns in hands and as ready as they could get for whatever might confront them, they inched along what felt like a mile of corridor toward the door. Suddenly there was a burst of machine gun fire, followed by a shotgun blast from the direction of the alley.

Frank turned to Friedl and whispered through the darkness; "Go down there and find out what the hell is going on."

With that, there was a quick movement from within the apartment. Alone now in the hallway, Frank quickly considered his options.

"It was the only time in my police career that I knew I was going to get shot. I could feel the bullets tearing into my stomach. It wasn't a good feeling."

Now he raced toward the door and kicked it in. Total darkness. He held his flashlight away from his body and quickly moved through the small apartment. There was a young woman with a panicked look on her face sitting up on a bed that was located in the living room. His instinct told him that she was panicked over more than his kicking the door down. There was another room to his right. He splayed his flashlight beam off the walls and caught the figure of a man standing with his back to the wall with guns in both hands. The man lunged toward Pape, bringing his guns up to fire. Frank fired five quick shots, striking the man twice in the head and three times in the chest. Thomas Daley fell to the floor. He didn't live to feel the impact. He died instantly.

"The adrenaline was blasting through my body. I could hardly hear my gun going off, so I just kept pumping at this guy, waiting to get hit myself," Pape later said.

The earlier machine gun and shotgun fire had been Sergeant Joe McCabe and Detective Emil Smicklas clearing their throats as James Morelli fled the apartment through a side window, leaving Daley to fend for himself.

Morelli made good his escape by jumping into the open window of an apartment in the next-door building, making his way to the roof, then jumping from rooftop to rooftop, until he reached a building at the end of the block; then safely made his way to the street amidst the flurry of police activity. He surrendered in his attorney's office two days later, closing out the hunt for what the press had called, "The Mad Dog Killers."

Frank Pape went home to his family that night a little later than usual. His wife, Kitty and his children, Jerry and Judy were asleep. As was his custom, he looked in on them and counted his blessings that the Good Lord had been on his side again. He went to his bedroom and sat on the edge of his bed, trying to be quiet enough not to wake his wife. He thought about the events of the past night and shook his head in the wonderment of it all.

"What time is it?" asked Kitty as she stirred awake.

"Later than usual—go back to sleep," replied Frank.

"Must have been a busy night," suggested Kitty.

He turned and looked at her and smiled: "It was a hell of a night, and I'm happy to be home." 🌟

# Tactical Medicine

**Class I**—A blood loss of approximately 15 percent of total body volume or less, easily compensated by a healthy adult male.

**Class II**—A loss of 20 to 25 percent. The initial survey will show definite signs, including increased pulse and pale, sweaty skin. The patient may be able to converse and answer questions and may still be able to aid you in his own treatment.

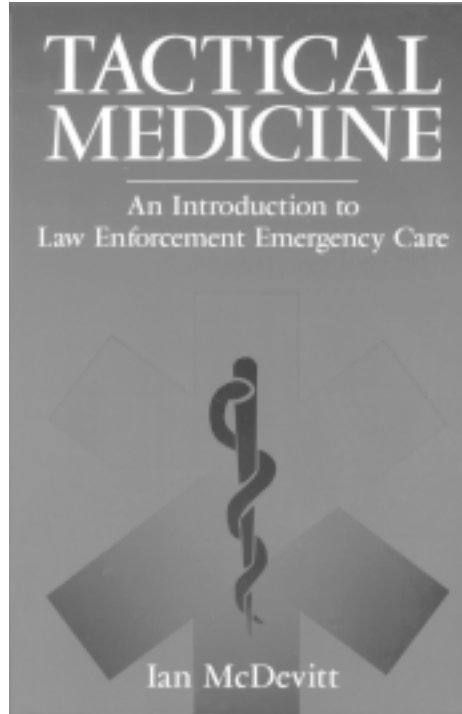
**Class III**—A loss of 30 to 35 percent. Now we see the classic late signs of failing blood pressure and rapid pulse. The patient will more than likely not be responsive.

**Class IV**—40 percent or more of blood volume is lost. There will be no blood pressure and the patient will be unresponsive. During most medics' initial training, they are taught the five basic life support steps to control bleeding.

These are:

1. Direct pressure
2. Elevate above the heart
3. Apply a pressure bandage
4. Apply a pressure point
5. Tourniquet

The first four steps are widely accepted as common procedure. The fifth step is the most controversial. Normal pre-hospital emergency medical training strongly advises against tourniquet use. It is commonly thought that a limb is written off after a tourniquet is applied. Those beliefs are incorrect. Application of a tourniquet will not cause significant tissue damage for the limited amount of time it will be applied during tactical medical scenarios. Patient's undergoing some types of surgery routinely have tourniquets applied on a short-term basis like this. If the tourniquet is left on for more than three hours, however, the patient may have some ischemic/necrosis problems (lack of oxygen and tissue death) below the injury. The tourniquet is most effective when used to treat a partial amputation. The human body is a fantastic piece of engineering. The arteries are able to constrict or clamp off naturally when they are completely severed. It is the partial tearing of the vessel that is the most dangerous because it does not allow the vessels to constrict. We must remem-



*Tactical Medicine by Ian McDevitt may be purchased from Paladin Press.*

ber that we are talking about extreme situations. Tactical medicine is about as extreme as one can get. Consider the following scenarios.

#### **Example A:**

In a military setting, an infantry squad is conducting a routine security patrol around a known base perimeter: The point man steps on a "toe-popper" mine and suffers a partial amputation of the lower leg. The medic is called up and reaches the patient while the rest of the patrol provides cover. He proceeds to control the bleeding immediately and assesses the patient further using the global survey method. He assesses the wound and the overall situation and decides to jump immediately to the application of a tourniquet as initial treatment of the injury. He has taken into consideration the location of the patrol to the fire base and the availability of further medical help. He knows the threat of bleeding to death from the injury is great, and in his estimation, direct pressure with a pressure bandage will

only delay the team's evacuation and may delay effective treatment of the injury. He applies the tourniquet and marks the patient accordingly so other emergency care providers will know what he's done.

#### **Example B:**

In law enforcement setting, an entry team is stacked and ready to go. They gain entry with breaching charges and, before the dust clears, they are up and moving to control the scene inside the house. They immediately start taking sporadic rifle fire, and the third man in line goes down with a 7.62 x 39mm round in the right thigh. The rest of the team neutralizes the suspects while the medic moves in to treat the injured officer. Using the total body survey method, he notices immediately the volume of blood loss from the partial amputation of the limb. The medic instructs the downed officer to hold direct pressure on the wound while removing the officer's own tourniquet from his web gear: After applying it and marking the patient, the medic begins evacuation to a more secure area.

Application of the tourniquet should be taught and practiced as an immediate action drill. Each officer in the team should carry a tourniquet on a common area of his web gear. They should be instructed to apply it as close to the wound as possible, not over a joint, and to apply it tight enough so that distal blood flow to the extremity is cut off. They must also mark the team member with a prearranged mark indicating a tourniquet has been applied (e.g., the letter T on the forehead). If a protective mask is still in place, there should be another type of agreed-upon mark as standard operating procedure for the unit. Once the tourniquet is applied an effort should be made not to cover it up. The tourniquet itself should be a broad band at least 3 inches wide, nonelastic, with a self-locking buckle. Do not use anything with a small diameter as it will swiftly cause necrosis (tissue death) or nerve damage around the area. ⚡





# Battlefield Diary

## Medal of Honor

By Sgt. Roy P. Benavidez, USA SF (Ret.) with John R. Craig

*McKibben flew straight into the gunfire, zigzagging the chopper and making every attempt to dodge the bullets that were being fired at the aircraft. I crossed myself one last time, threw a bag of medical supplies out the doorway, and rolled out with nothing but my buddies on my mind.*

Gunships above us were diving and firing in a desperate effort to draw enemy fire away from us. I managed to get safely to a tree line, but I hadn't been on the ground more than a few seconds when the first bullet hit my leg. To be honest, I thought it was a thorn until I took a good look at it. That's how pumped up I was.

The gunships overhead were now out of ammo and were almost out of fuel. They headed back to Loc Ninh to rearm and refuel.

I found Mousseau first, and even though I knew the team was in trouble, I was shocked by what I saw. Mousseau had taken a round in the eye and in the shoulder. His right eye had been blown out of its socket, and his eyeball was hanging down on his cheek. He had dragged himself to a tree and propped himself up against it, running out of energy. But he was a good soldier, and he could still fire his weapon. He was determined to keep going. The CIDGs were in what seemed to be a pool of blood, but everyone seemed to be patched up as well as could be expected.

I used Mousseau's radio to call McKibben. "You better come get us fast," I said. "We're in real bad shape."

The firing had died down some. I couldn't see any of the enemy, and I figured that the gunship strikes might have slowed them down. But I did see O'Connor, and he indicated that two of them were still alive.

I told O'Connor that we were going to get out. "We're going to live. We don't have permission to die yet. Not here." He and the other survivor, his interpreter, half dragged themselves toward us, but suddenly the firing started up again, and I motioned them back.

That's when I took another round, in my thigh. I wondered how I was going to walk back to the chopper, but I sent green smoke up to signal McKibben anyway, and yelled for everyone to run for the chopper.

Everyone who could make it got in. The crew inside dragged the men into the chopper, but O'Connor and the interpreter were still out there. I ran along the tree line, spraying it with an AK-47 until I reached O'Connor. McKibben and the chopper were right behind me.

"What does Wright still have on him?" I asked O'Connor. He told me Wright had been carrying the Standard Operating Instructions (SOI), some maps, and the intelligence-gathering device. I knew the documents were classified, and if I left them on his body, they would fall into enemy hands. I would have to get them. There was no choice.

I tried to get the interpreter to his feet, but he couldn't make it. He begged me not to leave him, and I promised I wouldn't. I told



Roy receiving the Medal of Honor from President Reagan.

him to crawl toward O'Connor, and for both of them to get to the chopper. Then I went looking for the SOI.

I needed the documents, but I also needed Wright. I had no intention of leaving him there like that. But as I was crying and dragging him toward the chopper, a third shot caught me square in the back. I dropped my friend's body and fell forward.

I guess I was knocked unconscious. When I woke up, I rolled onto my stomach and got to my knees. I had a hard time breathing and I was soaked in blood. I knew I was going to have to leave Wright. I didn't have the strength to carry him.

But when I turned to run to the chopper, I saw that it was nothing more than a smoking mess. It had crashed to the ground just before I had passed out. McKibben was dead, I knew that much. The copilot, Fernan, ran from around the nose. He had a blood-covered tree branch sticking out of his ear. He was waving a gun, dazed and in pain.

O'Connor and the interpreter were lying about 10 feet from the crash. They hadn't made it all the way there. A CIDG, who seemed to be only mildly wounded, also lay on the ground. I sent him to get O'Connor's radio, certain he was dead, but I was mistaken. He called that he was okay.

Five men, including Mousseau, had survived the crash. They were hanging out of the chopper's tail, returning enemy fire. I knew I had to get them out of there. The NVA could have easily blown up the whole chopper with them inside. When we got the men out, I shot out the radio so it could no longer transmit.

We tried to set up a perimeter around a small clump of trees. We divided into two groups, and I followed Mousseau's team. I called for heavy air supports and when it came, I dispensed morphine shots. One of the CIDGs who was badly wounded pleaded with me to kill him. The poor guy's guts were hanging out, and with the sun and wind, they were drying up. Man, that's a tough thing to take. Our air force forward air controller was Lieutenant Robin Tornow, who was now overhead. He had located two F-100s, with ordinance on board, in the area being flown by Captains Howard Howie' Hanson and Robert Knopoka. He was calling them as the ground battle kept getting worse.

Tornow called out, "This is a Daniel Boone tactical emergency. I say again. This is a Daniel Boone tactical emergency."

Captains Hanson and Knopoka had taken off from Phan Rang Airbase, Republic of South.

Just before they received clearance to drop, they heard Tornow on the UHF guard channel requesting immediate assistance for U.S.-troops in heavy contact.

With FAC clearance they screamed across the border from South Vietnam into Cambodia and were the first fighters on the scene. Tornow, at great personal risk, hung tight and vectored the F-100s to the target.

The following minutes belonged to TAC AIR and gunship strike after strike after strike. They were pouring it on the PZ and back into the wood lines and the clearing in front of us that intersected with the small road.

Branches, slivers of wood, metal, dirt, and body parts were stinging us from the percussion caused by the bombing. We could feel the tremendous heat of the afterburners of the F-100s. That's how low they were flying.

Gunships were diving and diving between the passes of the jets.

The air support was like a swarm of killer bees attacking us. It later reminded me of that passage of scripture from the Book of Revelations about the sky turning black with locusts.

Through the middle of this moment of hell came a lone slick that touched down about 20 to 30 meters away. We knew that this was our last hope to leave alive.

We loaded the last of our ammunition.

This was it.

Now or never.

I learned later that the fighters had run their fuel down to a level that would not allow them to return to Phan Rang, so they diverted to Bien Hoa near Saigon, where they refueled and flew back to Phan Rang.

I got to O'Connor and gave him his third shot of morphine. I also took another shot in the leg. We were under heavy fire again, and I wasn't sure what was going to happen to us, even though I tried to reassure O'Connor. He must've thought I was losing it because I don't think any of us really thought we were going to get out of there.

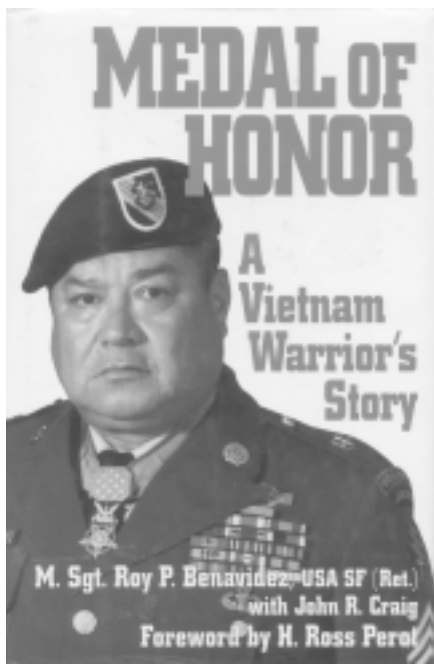
We were surrounded. There was no way we could fire back at the NVA because it was impossible to tell where their shots were coming from. They seemed to be coming from everywhere. We had no way of knowing until later that our LZ was surrounded by over 350 NVA and 30 crew-served weapons (machine guns).

The air attack managed to stop the assault for a few moments, but it was long enough for that single chopper to lower right in front of us, and a Special Forces medic, Sergeant Sammons, ran to us from the aircraft. Roger Waggie and his newly formed crew of volunteers, W.O. Bill Darling as crew chief and W.O. Smith as door gunner, came to our rescue. What I saw was the American fighting man at his best.

The two of us carried or dragged as many of the men as we could. But the NVA were firing directly at the chopper, shooting the men as they were lifted aboard. Two of the men were shot in the back as they tried to crawl to safety inside the chopper. I could barely see through the matted blood in my eyes due to shrapnel wounds on my face and head. Waggie's chopper was badly shot up. He and his copilot were shooting through their front windshield with their 38 pistols, while Darling and the door gunner and Smith were firing the M-60s at separate groups of NVA charging from the sides. Darling and Smith had volunteered to man a gun because they knew we were running out of men, and as officers they didn't have to volunteer for this situation. All I know is that because they did, soldiers would live.

I made another trip to find Mousseau. He was lying in the grass. I tried to carry him to the chopper. I didn't even notice when one of the NVA soldiers, lying on the ground, got to his feet. I also didn't notice when he slammed his rifle butt into the back of my head. I turned to look at him. Both of us were surprised, I because I hadn't seen him and he because I had turned around after he had delivered the blow, but he reacted quickly and hit me again. I fell, my head swimming in pain.

I now had only one weapon with me, my Special Forces knife. I reached for it, and when I did he pointed his bayonet at the front of my belly. Fortunately, he hesitated, and it gave me enough time to get to my feet. He sliced my left arm with the bayonet, and I shouted to O'Connor to shoot him. But he was too drugged to move, so I did



the only thing I could. I stabbed him with every bit of strength I had left, and when he died, I left my S.F. knife in him. The last round in my stomach had exposed my intestines and I was trying to hold them in my hands. I could see Mousseau lying on the floor, staring at me with his one good eye. I reached down and clasped his hand and prayed that he would make it until we reached Saigon, where the medics could help him. Sadly, he would be among the approximately 200 men who

some bodies on the chopper, and I prayed that his was among them. The problem was that I couldn't always see what I was doing because I was bleeding profusely, and the blood obscured my vision.

How Waggie flew that chopper is a miracle itself. No instruments left, badly shot up, the cabin floor ankle-deep in blood, and we were headed in the wrong direction. Some air force jets showed up and turned us around for home. Later, I learned that LeRoy did make it out of the jungle. Sergeant Rodolfo 'Banzai' Montalvo led a platoon of Chinese Nung mercenaries into the area the next day on a body recovery mission. He located LeRoy and the other dead CIDGS. My next semiconscious memory was that of lying on the ground outside the chopper. I couldn't move or speak. I was in deep shock, but I knew that the medics were placing me in a body bag. They thought I was dead, and I couldn't respond. To this day I can still hear the sound of the snaps being closed on that green bag. My eyes were blinded. My jaws were broken. I had over 37 puncture wounds. My intestines were exposed. Jerry Cottingham recognized my face in the body bag before it was closed. I remember Jerry screaming, "That's Benavidez. Get a doc!" When the doctor placed his hand on my chest to feel for a heartbeat, I spat into his face. He quickly reversed my condition from dead to, "He won't make it but we'll try."

died on both sides during that battle. I hoped that LeRoy was with us, that at least his body was going home to his family. I had loaded

I was truly once again totally in God's hands. ✪



## Ask Major Corrigan

*War veteran, Major Gordon Corrigan, retired British Military, has spent decades with the Gurkhas and was once one of their training commanders. In his regular column he answers questions on British military history and combat.*

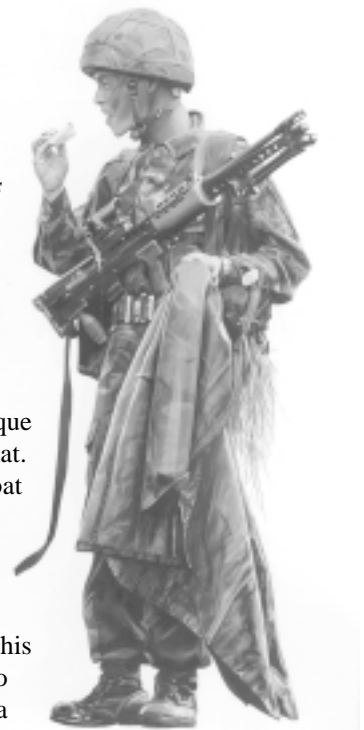
**Editor's Note:** Major Corrigan is on vacation. The information in this issue is furnished by Chris McNab, author of *Modern Military Uniforms* published by Chartwell.

### Question: How does a Gurkha uniform differ from those of other countries?

There are many items of uniform, which distinguish the Gurkhas as a truly unique fighting unit, not least, the infamous kukri knife and the broad-brimmed Gurkha hat. Yet being an operational unit serving under British auspices, their modern combat uniform is virtually identical to most other British regiments.

This soldier's uniform is the 1984-pattern DPM combat shirt and trousers with 1958-pattern webbing (1958-pattern webbing has a traditional metal buckle fitting whereas the current Personal Load-Carrying Equipment webbing has plastic quick-release buckles). In his left hand is his poncho roll, while noticeable on his left hip is a handful of natural camouflage materials which could be applied to either helmet or webbing straps. The helmet is the GS Combat Helmet Mk 6, a thoroughly modern piece of defensive headwear, which replaced the Mk 4 steel helmet. Made of ballistic nylon, the Mk6's durability is equal to that of Kevlar and it has recesses over the years which allow the use of a radio headset. It is also designed to be compatible with the British issue respirator when both need to be worn together.

The weapon carried is the 5.56mm L86 Light Support Weapon (LSW), which fires the same round as the virtually identical SA80 but relies on a longer and heavier barrel to provide extra accuracy and range. Both the SA80 and the LSW have come under some criticism since their introduction, and modifications have been made to their original designs.







# Scuttlebutt

## Combat Blood Loss

Important treatment for combat wounds are being developed by the U.S. Army and Red Cross that may be able to stop bleeding wounds in seconds. Three new products may save lives on the battlefield. One is a bandage designed for soft-tissue and arterial injuries, one is a foam for bullet and knife wounds, and one a spray for burns and lacerated muscles. All contain freeze-dried clotting agents of fibrinogen and thrombin, already found in human blood but captured here in high quantities. When the bandage, foam or spray come in contact with blood, they form a sticky lattice called *fabrin*, which adheres to live tissue and becomes a scab. The products have already stopped serious bleeding in animals within 15 to 60 seconds, reducing blood loss by 50 to 80 percent.

## Anchors and Champagne Away!

It might seem an expensive waste of good champagne, but the idea of breaking these bottles to launch naval ships was actually adopted as a cost saving measure! Previously, ships of the British Empire were christened or named with a standing cup, a very large ceremonial cup made of precious metal. When the ship began to move down the slipway on its maiden voyage, the presiding official took a sip of wine from the cup and then poured the rest on the deck or bow. Next, this expensive cup was thrown overboard. It became the property of whosoever retrieved it. After checking the budget, they switched to champagne.

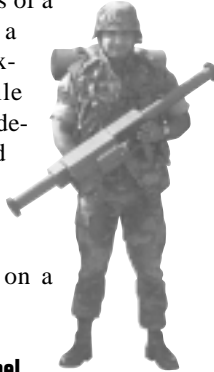
## Under the Hat of More Beret Switching?

The success of commandos in Afghanistan and the scarcity of regular Army troops there have the Pentagon considering converting conventional Army units into special operations forces. Insiders tell *CQCMag* that one plan was to move elements of XVIII Airborne Corps that includes the 82<sup>nd</sup> and 101<sup>st</sup> Airborne divisions to Spec Ops. There is much opposition to the move.

## Enter the Spike



Navy engineers have designed a small, low-cost, guided missile that would fit in a backpack for the Coast Guard, Marines and SEALS. The fire and forget missile called the Spike consists of a 4 lb. guided missile and a 5 lb. launcher. It is expected to have a 2-mile range. The Spike was designed to hit lower-end targets with little or no armor. Armor-less objects constitute 80 percent of all the targets on a typical battlefield.



## Happy Holidays from Colonel David Hackworth

The Colonel reports to *CQCMag*...  
“Eilhys and I and all the gang at *Soldiers for the Truth* and *Defending America* wish you and yours a great 2002 and beyond. Thanks to all of you for your support to *Soldiers for the Truth*. Each day our effort gets stronger and has a bigger impact. Remember our mission is to look after our troops. Have a look at *SFTT*’s Honor Roll [www.sftt.org](http://www.sftt.org). It lists the names of the men and women who have dug into their pockets and provided *SFTT* the dough to do the job. I am told our campaign to get our warriors in Afghanistan the tax break hit the Prez’s desk only days after we blew the whistle. And an Army Top Kick writes to us:  
‘Sir, I’m sure you probably already heard, but a circular is going around telling us to talk and listen to our soldiers more, so they won’t be so compelled to talk and complain to such as “COL. Hack.” It listed you by name. Thought you would enjoy that. Seems our chains of command are jealous or (at long last) concerned?’

I know we are getting to them. I now have four tape recordings of Army generals bad mouthing *Soldiers for the Truth*, tapes qui-

etly made by *SFTT* members—and really having a shot or two at yours truly. About half of what they say is fairly accurate, and the other half is the stuff great defamation suits are made of. Two of these sacks of shit were four stars—Meigs and Hendricks. Maybe someday they’ll spend their time taking care of the troops instead of trying to zap the messengers. I am saving all of these little nasties for a future book or a lawsuit. So keep sending ‘em in.”

The *SFTT* is a non-profit organization that *CQCMag* supports completely. Our commitment to proper and realistic training and intelligence gathering makes us perfect partners. Give to the *SFTT* at the web address listed above.

## Scuttlebutt Quotes

“One day I tell myself, screw everything! I’m eating fried chicken three nights in a row... then the next day I say – wait a minute. Life goes on. Maybe I should watch my diet.”

– Poor Barbara Streisand on her worries in life after 911



Photo by Amy Etra

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# World Watch

## Bags and Bombs

Since 1955, airlines have grappled with crashes caused by bomb-laden suitcases. The major ones:

1955—A United Airlines flight exploded over Colorado killing 44 after a man placed a bomb in his mother's bag.

1985—An Air India plane crashed off the Irish Coast, killing 329 after a bomb was set by Sikh extremists.

1988—Pan Am flight exploded over Scotland killing 270. Plastic explosives were hidden in an unaccompanied, checked bag.

1994—A blast ripped a hole in Philippines Airlines Flight, killing one passenger. It was part of a test by terrorists in a plot to attack U.S. passenger planes.

## Never-Ending Holy Wars

On other fronts, Christians and Muslim are still battling in some areas of Indonesia.

## Swiss Reject Proposal to Scrap Their Army

Last December the citizens of Switzerland rejected a referendum to abolish their armed forces.

## The Philippines

The CIA has assigned 75 additional intelligence analysts to the Pacific. The U.S. Military is already in southern Philippines to help their army against the radical Muslim Abu Sayyaf's guerrilla forces.

Filipino police insiders tell *CQCMag* that their country has become a pivotal point for gunrunning and explosives smuggling for the region that includes Pakistan, India and Indonesia. It is also a center for funding radical, violent movements.

## Pakistan Vs. India

Pakistan is currently hard at work to strengthen its ties with China. This is believed to be in preparation to intimidate India. Troops are moving around on their borders in a bluffing chess game.

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# Arena Briefing

## High Jump

Rodd Millner, former Australian commando plans to ride for two and one-half hours in a balloon up to the stratosphere of 130,000 feet, (25 miles high) and jump out. Rodd claims free-falling through the ozone layer will push the boundaries of science and records of what the human body can endure. A special balloon and suit with oxygen will be required for the 6-minute fall at about 120 miles per hour. The big jump is planned for March over Aussie's red desert.

## Are Enterprise Hollow Decks Far Behind?

Captain Picard, Ryker, Tasha Yar and Mr. Warf all battled laser beings for their training, able to ratchet up the resistance with a barked command to the computer. Now Play Station's "Fighting Arena" is going a step beyond our primitive standard with a game touted as the first video game with accessories that allows players to stand up and fight a figure on the screen. Set with four sensors such as foot sensitive mat and sensor poles bordering the mat, the system detects strikes and kicks and the televised enemy reacts. Thus far the main complaint is the inability to get combination strikes to show up.

The military constantly works on computer simulation training, which works best in hydro-lift sim planes, tanks and fixed firepower positions. The infantry still has to get up and "move out!"

The company that develops Tom Clancy's video games recently licensed the so-called "game engine" of Tom's Rainbow Six Rouge Spear to a defense department contractor who develops training systems for U.S. special operations.

## Brain Trust

Voted the best webpage on the human brain by Popular Science...check [brainmuseum.org](http://brainmuseum.org) for your research.

## Twitch Way Did They Go?

Last November when the turkey was passed around the table, someone offered, "white meat or dark meat?" But the color does mean something more than just flavor. The breasts are white and the legs are somewhat red or dark.

Like a turkey, we have two basic kinds of muscle fibers. Pale or white fibers have low concentrations of blood vessels and red colored fibers are rich with blood vessels. Due to the oxygen capacity from the blood, the red muscles have lots of endurance for the tasks we choose. But, the red fibers contract about 1/5<sup>th</sup> as fast as white fibers, and therefore are called slow twitch. White fibers are called fast twitch. Athletes vary considerably in muscle composition. Sprinters have unusually high proportions of white fast twitch muscle fibers while enduring marathon runners have high percentages of red, slow twitch.

Oh, and the average weight gained during the holidays? Would you say 6 lbs.? How about 7 lbs. Both guesses would be wrong. The actual average gain is just 1 lb.

## Food for Thought

In the United States, food pathogens cause an estimated 76 million illnesses, 325,000 hospitalizations and 5,000 deaths yearly. Much of this originated from imported food-components of meals. The importation of food is a weak link in the international war on terrorism.

## The Four S's of Physical Talent

World Champion Athlete Dan Millman reports that physical talent is composed of primary qualities, each of which begins with the letter S: *strength, suppleness, stamina* and *sensitivity*. When we call someone talented, we are pointing to these key elements. Most learning blocks encountered in games, music, dance or martial arts, are related to a deficiency in one or more of these four aspects of physical talent. Millman states as you develop and integrate strength, suppleness, stamina and sensitivity you raise your potential, and you become more talented. We often call talented athletes gifted, as if they were given their prowess as a birthday gift. Although your genetic makeup

does contribute toward your overall potential, preparation and work have greater influence on talents than genetics.

## Arena Quotes

"The credit belongs to the man who is actually in the arena...who strives valiantly, who knows the great enthusiasm, the great devotion, and spends himself in a worthy cause. Who, at best knows the triumph of high achievement and who, at worst if he fails, fails while daring greatly so his place shall never be with those cold and timid souls who know neither victory nor defeat."

– Theodore Roosevelt

"Who are they to lecture us? We have 5,000 years of history, and eating dog is part of our culture."

– Kim Dong Soo of South Korea, under pressure to ban dog eating in advance of hosting Soccer's World Cup.

## Lennox Lewis delivers the winning blow against Hasim Rahman.

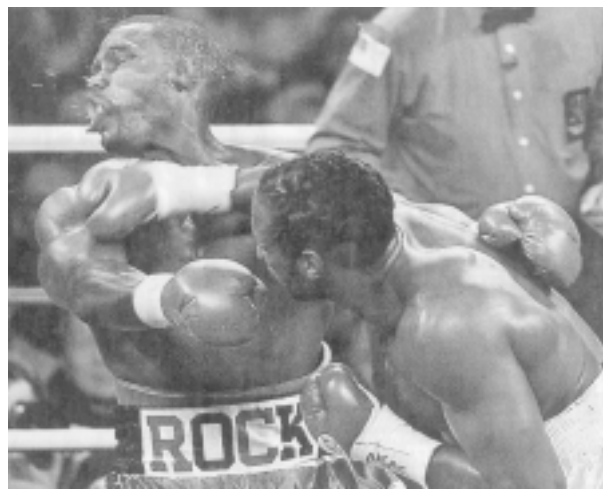


Photo by Amy Bennet, AP via Las Vegas Review-Journal



# Martial Training Systems

## *America Rough and Tumble Fighting: Martial Arts in Early America*

By Pete Kautz



**“Martial Arts? You mean like Kuhroddy? Hell no! Americans don’t do that stuff. Can you picture your ancestors in 1776 dressin’ up in pajamas and yellin’ like their foot got caught in a bear-trap? We sure do like to fight, though! At one time, no one was considered as dangerous in a scuffle as an American was, and for damn good reason. Let me tell you a little about your noble heritage of violence, son, but get me another beer, first.”**

**T**oday, people are quick to think of martial arts as an Asiatic endeavor. Since the founding of America, there has always been a strong martial component in the American psyche. From the first pioneers who settled the land, Americans have taken great risks to get what they want. If they have to risk death, then, by God, they will. We have always been a people ready to fight for what we hold dear, be it our family, lives, property or honor. Some of us just like to fight because we can, and because we do it well. From the beginning of the United States of America in 1776, we fought with guns, swords, knives and our fists like no other race on earth.

Humorist Charles Woodmason wrote the “Burlesque Sermon” in the early 1770’s, advising men: “When you fight, act not like tygers and bears, as these Virginians do, biting one another’s lips and noses off, and gouging one another – that is, thrusting out one another’s eyes, and kicking one another on the cods, to the great damage of many a poor woman.”

Though he wrote satirically, this was the reality of the time! This kind of fighting had been going on in the New World ever since the first Europeans hit shore, and references to fighting as a popular past time among men can be found as early as 1735. By 1746, laws against this Early-Colonial Ultimate Fighting were enacted in North Carolina after four men died as the result of the barbarous and inhumane manner of boxing that so much prevails among the lower sort of people. Specific reference is made in laws from this time period to gouging, plucking or putting out an eye, biting or kicking or stomping upon any person, indicating that these were common crimes. Some states would make it a capital offense to additionally sever a bodily part from another person—Mike Tyson might have gotten more than a fine and suspension!

These laws, however, did little to stop this kind of rough fighting. These fights would be recorded in the history books as boxing matches; they certainly were not demonstrations of the polite English sport. By the 1800’s, this American hybrid combat art would be referred to as rough-and-tumble fighting, to differentiate it from gentlemanly fisticuffs, or fighting by the rules. One English traveler who witnessed a fight concluded that the English prizefight was humanity itself compared to Virginia combat.

For the next hundred years or so, the name rough and tumble would remain a constant, as would the basic techniques of fighting. Rough and tumble was seen in some form in every state at the time,

*(continued on page 30)*

# Combat Notebook

## Extreme CQC Pistol Quick Draw Drilling

By W. Hock Hochheim

**A** two-handed shooting grip, traditionally involves drawing and punching the handgun forward as the other hand rises to meet the pistol hand. This free hand can engage the shooting hand in various types of hand-on-hand contact. Basically there are two methods. One is a platform method where the gun hand rests atop the other hand to varying degrees. The second involves the hands in push/pull pressures.

While there is a two-handed grip that tucks the weapon tight back against the torso, almost all are taught with extended arms. Then the body can face straight forward like a triangle or bladed.

It concerned me throughout my police career that shooting programs do not track the statistics of real world combat with criminals. One thing I have learned is that combat is messy and very often unpredictable. Ear-splitting rounds are exchanged in extreme close-quarters. I interface with many law enforcement officers and civilians interested in shooting. So many are mindlessly locked into drawing and firing from these model two-handed shooting stances.

In most gun courses this grip is mandatory. Many instructors will admit it's a range safety issue. One-handed shooters may accidentally shoot their other hand if that hand is up and mimicking close quarter blocking, grabbing, pushing or striking tactics. A southern police officer told me recently he did not want to ever practice shooting with a one-hand grip because it would ruin his two-handed muscle memory. He was a veteran, but apparently had not grasped my message. Few have experienced extreme CQC combat or even read the stats. This is not the thought process of just one man, but rather representative of entire police and civilian training doctrines.

The two handed, extended grip allows for a lot of countering opportunity on the part of the criminal or enemy soldier. The arms and gun are simply up and out too long and too close to the enemy. In these nose-to-nose encounters the one-handed shooting makes much more sense.

A practitioner can develop extreme close quarter, one-handed quick draws in many ways but the following is a two-person drill inspired by martial art systems. The Block, Pass and Pin Synergy Drill takes six steps, or beats, between two partners. Partners first master the six steps/beats and then execute half-beat inserts-in this case pistol quick draws-where possible.

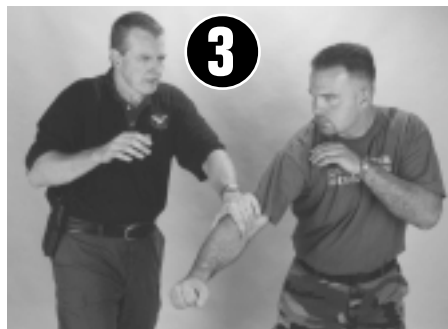


**Here are the six steps:**

*Step/beat 1:  
Left hand  
blocks an  
attack.*



*Step/beat 2:  
Right hand  
passes the  
attack.*



*Step/beat 3:  
Left hand pins  
the attack.*



*Step/beat 4:  
Defender now  
attacks,  
reversing the  
pattern.*

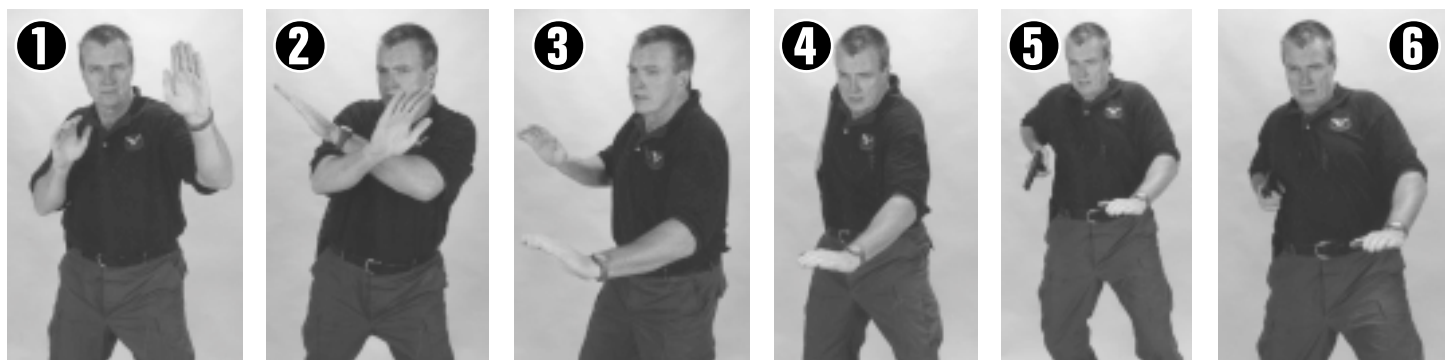


*Step/beat 5:  
Pass the attack.*



*Step/beat 6:  
The process  
repeats.*

Here is the solo demonstration of the move with a powerful push on beat 3, a step back and quick draw. The weapon is maintained back, one-handed and away from the opponent.



Defender blocks.

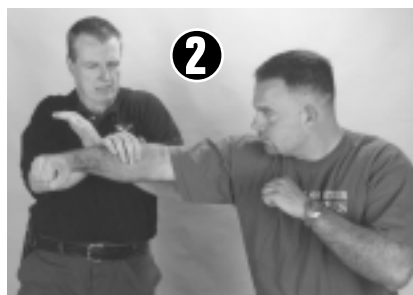
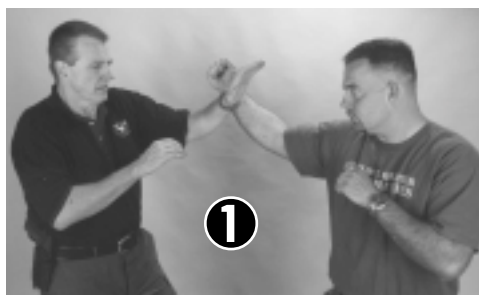
Defender passes the attack.

Defender pushes the opponent.

Defender acquires a pistol.

The defender quick draws and points weapon for threat or fire.

Here is the drill in conjunction with a training partner.



Here on beat 3 1/2, I draw my pistol.



You must practice this format further by:

- **Variation 1**— Drawing on other half-beats.
- **Variation 2**— Drawing with cross draws and seeing what works best.
- **Variation 3**— The opponent really charges back at you to interfere with your draw.
- **Variation 4**— Perform the drill with the gun drawn, finger off the trigger. Practice re-holstering on some half-beats. Stress re-holstering is an important skill for times when you have drawn your gun, yet cannot legally use it.
- **Variation 5**— The unarmed partner should be able to practice counters to quick draws.
- **Variation 6**— Perform the drill on your back. Remember many high threat retention holsters will not allow a quick draw in many ground positions.
- **Variation 7**— Invent new variables.

This is a great drill to develop CQC pistol quick draw and battle. It simulates very close, forearm-to-forearm conflict and gives a practitioner familiarity with this common combat crash and clash. I believe completely in the training concept, “fighting first, systems second.” I believe that all men and women facing potential combat must start in this CQC range first, battling their way through quick draws under the stress of an enemy, spit-to-spit, nose-to-nose. ★



# Martial Training Systems

*continued from page 27*

but was predominantly found along the Mississippi River and in the South.

Among the boatmen along the Mississippi, each boat crew had a champion fighter who fought rough and tumble. It became the custom for them to wear a red turkey feather in their hair or cap as a sign of who they were, and it was an open challenge to fight no holds barred. When two boats were tied up at a town, there was a challenge given, and a fight between the champions, “Invariably followed by free-for-all fighting and rioting which drove respectable citizens behind the barricaded doors of their homes.” When bored, these guys would sometimes get drunk and go out looking for the town’s bad boys to fight. They might walk through town, banging on a tin cup, singing something rude like “I’m looking for the bully; oh where can he be found?” It was likely enough that this sort of genteel behavior might start a fray.

Though most folks would never take part in these sorts of fights in their lifetime, it was part of your daily reality, and you would see people on the street, or in town, who were missing eyes, fingers, noses and ears from this kind of fighting. These were big scary people! Imagine seeing a big, scarred-up Tank Abbot kind of person when you went into town who everybody knows is this bad boy fighter, and who is doubtfully making money by any decent or legal means, or having an evil Mick Foley sit near you on a boat while you are traveling...now you understand why good law abiding citizens in the 1800’s would carry guns and Bowie knives!

There were few rules in a rough and tumble fight; all attacks were legal and you fought until one man could no longer continue, or called, “Enough.” I think Mike Fink said it best—“There’s no cheating in fighting rough-and-tumble, the best man takes the day, each one doing his best in his own way.” There were no rounds or referees to call a break, and there was not even a prepared ring; simply the circle formed by the spectators. The winning techniques were part boxing, part wrestling, and part dirty fighting. Though not every fight was to the death, there was always the possibility of being maimed to contend with. What might start

## The Unlucky 13 Techniques of Rough- and-Tumble Fighting

1. Biting the ear, nose, finger or lip
2. Breaking the nose
3. Clawing and slapping strikes
4. Crushing and squeezing: bear hugs (Cumberland), small cranks to neck, skin grabs
5. Head butting to the face, chest, stomach or under the chin or pressing with head
6. Cupping the ears, driving something into the ear
7. Cutting with the thumbnail
8. Eye jabs and gouging the eyes
9. Grabbing the hair, ears, throat, or groin (vs. wrestler, work defense and grabs)
10. Kicking the shin (booting), groin, stomach, knees, kicking to and from the ground
11. Knees and knee drops: double leg and knee drop, knee drop on elbow
12. Any 19<sup>th</sup> Century wrestling technique
13. Any 19<sup>th</sup> Century boxing technique

as a friendly fight might turn mean; that was the chance you took.

Before the fight would start, the men would stalk and taunt each other. This was as much the beginning of the fight as bowing or shaking hands is to other sports. They would make outlandish boasts about their prowess back and forth. This custom of pre-fight boasting was also seen in Ireland at the time, where it was called the Wheel and Counter. This kind of verbal assault and battery was raised to an art form, again as best demonstrated by the legendary hero of the Mississippi, Mike Fink.

“I’m a salt river roarer! I’m a ring-tailed squealer! I’m a regular screamer from the old Massasip! Whoop! I’m the very infant that refused his milk before it’s eyes were

open and called out for a bottle of the old Rye! I love the women, and I’m chockfull o’ fight! I’m half wild horse and half cock-eyed alligator and the rest o’ me is crooked snags an’ red-hot snappin’ turtle! I can out-run, out-jump, out-shoot, out-brag, out-drink, an’ out-fight, rough-an’-tumble, no holds barred, any man on both sides of the river from Pittsburgh to New Orleans an’ back ag’an to St. Louiee. Come on, you flatters, you bargers, you milk white mechanics, an’ see how tough I am to chaw! I ain’t had a fight for two days an’ I’m spilein’ for exercise. Cock-a-doodle-doo!”

When time for talking ended, the men would start the fight trading kicks and boxing blows, but with no referee to intervene, and with a ring of pushing, grabbing, involved fans, the fights would usually end up in a tangle on the ground. Unlike today, in place of any attempt at submission holds, the fighters would go for the quickest, most brutal, techniques available to them. Unlike boxing, a fall did not end the round – it only made the man easier to kick.

One of the most common techniques mentioned in these fights was eye gouging. Anyone who has ever gotten even a few grains of sand in the eye knows how debilitating this is; much less having someone clawing you with sharpened fingernails! Biting was another popular tactic, and in researching these fights many references found to combatants biting off their opponent’s lips, ears, and noses. In one case a father yells to his son “bite off his nose, or you ain’t no son of mine!” Attacking the groin is another popular tactic, but in some cases the rough-and-tumble fighters would literally thrust their hand down their opponent’s pants to secure a better grip on the man’s genitals! “But what is worse than all,” observed Isaac Weld in 1800, “these wretches in their combat endeavor to their utmost to tear out each other’s testicles.”

Some of the longest and clearest descriptions of what might have gone on in these fights are from the exploits of the legendary Mike Fink, himself. Having read descriptions of dozens of these rough and tumble fights, against adversaries such as “the Kentuckian,” “the Kicking Sheriff” and “the Pet Child of Calamity,” here are the “Unlucky 13” most common techniques mentioned. Note, however, that rough and tumble is not about doing things by the rules, and Fink is often noted to win by using some kind of

unexpected trick his adversary never sees coming. He relies on his cunning, and is occasionally beaten by a better fighter when there are rules to play by in the stories about him.

Rough and tumble fighting was not an exclusively a male pastime, either. One of these American-Amazonians was the legendary Annie Christmas. She was said to stand 6' 8", 250 lbs., and keep a neatly trimmed mustache. For years she worked on the docks and boats, sometimes dressed as a man, before investing her money in a floating brothel. Not content to be just the captain of this love boat,

she was also said to be the best employee. One legend of the Mississippi has it that she was the reason Mike Fink never ventured too far south, as she had vowed to fight him if he dared. There were a number of other vicious women, like New Orleans' Bridget Fury, who fought rough and tumble, and were literal man killers.

The Civil War pretty much signaled the end of the rough-and-tumble era, and you'd not find this Art practiced except in the most remote backwaters...until pay-per-view came along! Today we have our gladiators that step out to fight no holds barred, and one can



Against the wrestler, as he closes you intercept him with an explosive straight punch to the throat. Strike with the right hand to the back of the head, grabbing the hair and pulling him down. Strike with the left hand, and drive him face down.

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only speculate how any of them would adapt to the rough-and-tumble style, but they will likely never face this situation in the padded cage. You however, on the average Friday night, just might get to though!

Biting, gouging, and groin ripping are still quite viable today, and reflect the reality of the street attacker, particularly by someone who is emotionally disturbed. Even in the laid back Central New York town I live near, there was an incident not too long ago where a policeman's nose was bitten off in just such a scenario. Wrestling on the ground one moment, and then... Many more people are bitten each year in assaults than you would imagine. Having read these accounts will, I hope, help you avoid being on the receiving end of one. The Biter is a wily adversary, and one who can take a souvenir from you in a flash.

*Dealing with the "Biter"? Now, that's another story—and before I tell it, why don'tcha get me another beer...and something to munch on? ★*



As the range closes, punch the back of his hand. Follow with the rounding blow, striking under the ear and driving through. By comparison, John Styers terms this type of strike the wheeling blow in *Cold Steel*. Grab the groin, and drive his throat back with the other forearm.

*“A Kentuckian was attacked by a huge bear, and defeated it by chewing off its nose and scratching out its eyes. “They can’t stand the Kentucky play,” the settler proclaimed,” biting and gouging are too hard for them.”*

*“A. met B one morning coming from a fight.” Heyday, man!” he exclaimed; “Your eye is hanging on your cheek.” “Yes,” replied B.; “But I guess I’ve been a match for the rascal.” And holding forth his hand, he exhibited an indubitable proof that with a gripe and wrench, he had unmanned his adversary.”*

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# The Instructor

## *“Don’t Know Much About Geography...”*

By W. Hock Hochheim

“I am the king of all that I can see!” declared Ralph, a school owner I know, as he crossed his arms over his swelling chest, posed in front of his martial arts training center in Wellington, Australia. “I, and I alone am the certified instructor of Lipma in the Tri-cities Metroplex!”

Lipma is the official course of Tartara in middle Europe, a country that has been at war for decades. It is said that every man, woman and child in Tartara knows Lipma. It is a super commando, self-defense system. Ralph did recently bump into and talk with two Tartarians at the airport and neither had ever heard of Lipma. Also some Tarter soldiers told him that Lipma was about as popular as oh, say something like Shotokan karate in Tartera, with no official connection with the Ministry. But Ralph didn’t let that interfere with his large marketing strategy.

Ralph had recently traveled to Ohio to Lipma headquarters and spent no less than \$10,000 to become certified to teach Lipma and become the Metroplex franchise owner. He bought the required Lipma t-shirts, vitamins, jock straps, running pants, gloves and so forth to sell to his new, eager Lipma Metroplex students. He carefully applied the giant Lipma decal logo on the front window and began advertising in the newspapers and yellow pages.

“This and my karate classes will help make me rich! Students will journey from far and wide to study Lipma with me!” King Ralph decreed.

So on Tuesday and Thursday nights from 7 to 9 p.m. the Lipma classes started. He got a few calls from afar. Three guys called from Bay City, just 30 miles southwest of the school. They tried to get to the classes, but there was a factor not calculated in all of Ralph’s conquest planning—Bay City was a 30-minute drive away at 2 a.m., but between the 4 and 7 p.m. the Tri-Cities rush hour was bumper-to-bumper crippling. The three guys gave up when they discovered the trip took two grueling hours! Just getting to Wellington at night was impossible. The exclusive part just wasn’t working out because folks outside Wellington couldn’t get to class after work.

Through time, Ralph discovered that hardly anyone could get to Wellington due to traffic. When he counted his shillings at the end of the month, he had only a few new adult students that came right



from his immediate neighborhood. Ten thousand dollars later, he had signed on six new students. These six do not cover the monthly tithing and yearly franchise fees. He complained to me about his woes.

“Why don’t you do Lipma seminars on Saturdays or Sundays?” I asked Ralph. “You can avoid rush hour and raise extra funds.”

“I can’t,” he said, “Only Lipma instructors from the Lipma headquarters can do seminars.”

“Can you rank test and promote your people to get some operating monies?”

“I can’t,” he said. “Only Lipma instructors from headquarters can promote people. I have to bring them in for an expensive seminar and then they test my people.”

Look,” I said. “I have seen Lipma. There’s nothing new there. It’s the same old stuff. Quit Lipma!” I said.

“I can’t. I have already spent too much money with Lipma to quit now. And in

January the franchise fees come again. They are pressuring me to have at least 10 students in my Lipma class.”

Instructors and school owners can be land-locked several different ways. One is by the system’s organizational rules themselves. Before you hook up and invest in the Lipmas of the world, calculate all these unforeseen factors. Also, simple geography always has a knack for getting in the way of world domination. A small school in a small city only has a limited draw from its population. A big school in a big city has a limited draw too! Simple and easily overlooked elements like rush-hour traffic can turn your big city location into a small town operation and put your dreams in a financial retreat.

Oh yeah...Ralph is still with Lipma. His karate classes, made of students living mostly from three square miles around him, keep it all afloat. Lipma headquarters is none to pleased with Ralph. He can’t seem to get enough students. The Bay City guys eventually bought the Lipma videos and are working out together in their garage. They hope to raise enough funds to become Lipma instructors themselves.

Win-win for Lipma. Lose-lose for Ralph. ♣

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**Editor’s Note:** *The martial arts system, Lipma, is fictional.*



# The VanCook View

## *Faulty Martial Arts Training*

By Jerry VanCook

**R**ecently, another magazine published excerpts from my book *Real World Self-Defense*. I appreciate that—it's free publicity. But, unfortunately, someone in the editorial department took it upon themselves to write several paragraphs of introduction, and made no attempt to differentiate his additions from my own writing. That I *don't appreciate* because, not only was it poorly written, several statements were made under my name with which I categorically disagree. One of the most glaring was, "Any martial arts training is better than no martial arts training." To put it as politely as I can, that's horse manure. It's sort of like saying, "If you can't find a math teacher who teaches that  $2 + 2 = 4$  go to one who teaches that  $2 + 2 = 5$ ." And teaching someone that  $2 + 2 = 5$  is *not* better than nothing. It's *worse* than nothing. Transferred from a math class to the realm of close quarters combat that kind of thinking can get you killed.

The reason faulty self-defense training is worse than no training at all is that it instills a dangerous false confidence in the naive student. In short, it sends him into a fantasyland where he thinks he can handle situations that he can't. The math student who writes 5 as the answer to  $2 + 2$  flunks the test. But the man who falls victim to bad martial arts training, if tested, flunks *life*.

Why is there so much faulty teaching out there these days? One reason is inexperience on the part of many instructors. I'm talking about real world experience—not a studio window full of kata and kumite trophies. Black belts today are more numerous than ashtrays at an Alcoholics Anonymous meeting, but 99 percent of them have never been in a real fight. What this results in is a lot of instructors teaching a *looks good on paper but doesn't work in real life* program. The blame can't fall fully on them, however, because they mostly fall victim to the teaching of their own teacher who has never seen a fist raised in anger either. This problem may go back countless student-teacher generations before you find anyone who has ever actually fought for real. Each successive teacher perverts true close quarters combat a little more as they parrot the transcendental strategies they themselves learned while adding a few of their own presuppositions to the mix. Don't get me wrong—I'm not suggesting that instructors go out and pick fights in order to become better teachers. But I *am* pointing out the problems that inevitably arise when they have no pragmatic experience. The more intelligent of these men and women know that true self-defense is not the same as sparring. But unless they've been there and done that they



*Bad training is worse than no training. However, the best scenario is to train regularly with a group supervised by someone who has done time in the trenches and knows all the possible close quarter combat scenarios.*

can't imagine *how radically different* it is. They think it's like the difference between baseball and softball. The truth is it's more like the difference between golf and football. If I had time and we had space I could cite hundreds, if not thousands, of misconceptions instructors who have never *seen the elephant* have. But I don't, and we don't, so let's just look at a couple of specific examples.

I've heard martial arts teachers tell students to *rip the guy's ear off*. Sounds simple enough, doesn't it? But has that instructor ever actually ripped an ear off, or even known anyone who did? I doubt it because I *did* try to tear a guy's ear off once, and I didn't get it done because it's not that easy. Oh, he howled like a timber wolf, but he kept fighting like one, too. And his ear stayed right there on the side of his head where God had put it. As a deputy sheriff, I also worked a couple of child abuse cases where children were yanked off the ground and swung around by one or both ears, and while it was painful to the child and abominable behavior by the adult, the ears stayed in place. The bottom line is that while I'm sure it's possible to tear off an ear, it's a lot tougher than you'd think if you've never tried it. Neither is it likely to be a disabling technique against an attacker high on drugs or alcohol, or even someone with a high pain threshold. But the martial arts instructor who gained all his knowledge in a climate-controlled dojo doesn't know that. And he teaches what he's been taught, and no, it's *not better than nothing*.

Another popular technique taught by the real-world-inexperienced instructor is the chest punch. Before anyone starts yelling—



These students train with martial arts sticks, but the self-defense skills they learn would transfer well to everyday items you could use as weapons, such as: a tree limb, a broom handle, a golf club. All provide excellent weapons with adequate training.

yes, it can be effective under certain specific conditions. But those conditions are so few that I've found it to be all but useless on the streets. The chest punch is often taught in a highly irresponsible way—as if it will *always* work. The truth is that if your attacker is larger than you, stronger, and his abdominal muscles are in good condition this technique has minimal effect unless the sternum is struck perfectly. And have you ever tried to strike a target as small as a sternum perfectly under the stress of a serious fight? When your attacker is moving, and doing his best to turn you into a puddle of formless ooze? Be honest with yourself; can you even be sure of the exact location of the sternum if the guy has a shirt on? Maybe yes, maybe no. Regardless, there are dozens of other easier, and more effective, techniques you could employ instead of a chest punch against a strong opponent. When I see some 230 lb. *sensei* teaching the chest punch to 90 lb. woman and telling her it will keep her from getting raped, I want to *scream*.

In the encounters I've had during my lifetime I have found myself using almost as many things I learned playing football and other sports as those I learned in martial arts. And here's something else to think about: I have never, *ever*, successfully used any technique I had not learned long before green belt level in any art I had studied. I got cocky and tried some fancy stuff one time and I'm lucky to be able to sit here and type this now.


While I still respect the traditional martial arts, I don't think they should ever be confused with actual, down and dirty, close quarters combat. The techniques for true fighting can be found *somewhere* in most systems, but they are often buried so deep they're nearly impossible to find. Good martial arts instructors—who know the difference—bring them quickly to the surface and show them to you out front. Bad teachers, including those who lack reality training don't do that because they don't know how. They provide faulty instruction, and you'd be better off going with the movements you've learned swinging a tennis racket or throwing a baseball than listening to them.

No, in my book, bad instruction is worse than none at all. I guess I'm doomed to always believe that  $2 + 2 = 4$ . ☛

A well known author of more than 40 books, **Jerry VanCook** is also an instructor in Okinawan karate. He has studied Aikido, Thai Boxing, Kung Fu, Kali, and is a Rokudan (6th Degree Black Belt) in Bei-Koku Aibujutsu. In 1998 he was inducted into the World Head of Family Sokeship International Martial Arts Hall of Fame, and received their "Writer of the Year" award. His titles include Real World Self Defense and Going Undercover. 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.

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# The Bouncer

## *Night Club Takes a Bad Rap*

By Joe Reyes

**R**emember hearing about the Israeli night club floor that crashed several stories under the pressure of hundreds of dancers? Many died. America thought it had its own version last November, 2001. A strange incident at The Ramada Inn in Rochelle Park, NJ gave the Metro Lounge night club where I run a security team, a lot of bad national press. The Metro is attached to the Ramada and the hotel has several banquet rooms and an indoor hotel pool that can be fixed up as party room. I am contracted to work at the Metro, not the Ramada. We will however help out with emergency problems because they are our “open-door” neighbors. Like so many hotels, nightclubs share hallways and bathrooms.

The cold, winter night in question, this Ramada banquet room/ hotel pool had a private party of about 500 people. It was rented by a hip-hop group, and the place was packed with people fully decked out in heavy leather jackets and jewelry. When the pool area is leased by the hotel for parties, the swimming pool is covered with a steel and plexiglas dance floor. At about 2:09 a.m. this temporary dance floor gave way and patrons took a cold, chlorine bath.

The national media, even the New York City news reported a club floor collapsing and in some markets the news reported that Metro dancers fell as much as 25 feet! The Metro was actually totally unaffected, well almost...

All hell broke loose!

Fights broke out in the pool area as people crawled out of the water. The party-goers were breaking bottles and throwing chairs, all angry at the...building. People tried to stop the vandalism, and fights broke out. Most of the Metro security was asked from the club to the Ramada banquet room to try to calm down the crowd. It was a full-blown riot! The local police were called, and Jersey State Troopers also responded. After a while the chaos subsided and some people were taken to the hospital. I think about five times as many went the next day, all looking to file a lawsuit.

While all of this was happening, our security team was sent next-door, we quickly secured the bar and door money as a team, and only one guard was left temporarily in the Metro. Just as the news and chaos hit the Metro air, two or three fights broke out in our place. Our guy was on his own and he called in for back-up on the radio. When he assumed help was on the way, he tried to breakup some of the fights.

Subsequently, he got banged up pretty bad. He was tripped and hit the still solid Metro floor where he was kicked and punched repeatedly. I'll tell you now that crowds are fickle, moody and dangerous. NEVER, NEVER, NEVER do anything alone. Always wait for help. If patrons want to kick the hell out of each other and you are alone? Let them. It is dangerous.



*If patrons want to kick the hell out of each other and you are alone? Let them. It's dangerous to intervene. Get back-up before you intercede.*

After all was said and done, the press and the news media had this one all ass backward. Every article or headline read, “Metro Lounge dance floor collapses.” “People drop land in pool.” “Metro floor collapsing and lucky dancers land in pool below.” It was crazy.

The chief of police ordered a criminal investigation by the Bergen County prosecutors office but his request was denied and it was quickly ruled an accident. The Ramada owner had nothing but praise for our security team, and it was said that the crew rose to the occasion and kept cool in a bad situation.

Lawsuits are always around each bar corner, and especially in a major event such as this one. It is sound strategy to make no comments to the media because the words can be twisted and worked to sound the wrong way. Make the words “no comment” part of your emergency vocabulary. Your club or boss will soon contact a lawyer and all communication should come from your attorneys.

I know from experience that at times your boss or club owner may not be smart enough to take this advice. Protect him. Steer him from the media. Get a mouthpiece—an attorney.

There is more than one way to take a bath! ☼

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**Joseph Reyes, Jr.** serves as a bodyguard and security supervisor for one of the largest nightclubs in northern New Jersey. A 10-year veteran bouncer and a veteran martial artist, Reyes is an Advanced Instructor in the SFC System. You may contact him at (973) 694-4348 or e-mail [CombatArnis@aol.com](mailto:CombatArnis@aol.com).

# Citizen Self Defense League

## *Surviving Nuclear Attack*

By Jane Eden

### Why you need to prepare

Late last year Russian security forces intercepted a deal made by Balashikha criminals for Uranium 235. The uranium can be used to build weapons. The price tag for weapons grade Uranium? You can purchase enough Uranium to blow up New York for less than the cost of a new Volvo, about \$30,000 for 2 lbs. It's enough material to create mass destruction nearly anywhere at any time. Buyers are abundant and seem happy to pay.

The Russian security forces have reason to be proud of their work. But the situation becomes more common every day. With the supply of nuclear contraband and radioactive material increasing, the potential for the material to fall into the wrong hands is almost inevitable. Most stockpiles are loosely guarded, without even surveillance equipment. A significant amount of material has already been stolen and flows freely through the black market to more than 200 potential terrorist organizations around the world. In Turkey, undercover officers recently arrested smugglers selling 2.5 lbs. of non-weapon grade uranium for \$750,000. During an apartment raid in Paris last July three men were arrested when highly enriched Uranium was discovered, along with several tickets to East European countries.

There are at least 100 facilities in the former Soviet Union that house old warheads and weapons material. Most are not secure. Along the eastern coastline more than 80 nuclear subs lay abandoned with radioactive leaks. Power plants in that country may be just as vulnerable. However, Russia is not the only country having troubles containing its nuclear material. The U.S. is faced with containment issues as well.

What can we do if this material falls into the wrong hands? At this point the question may not be so much if, as when. A terrorist



*This photo of Hiroshima demonstrates how a direct nuclear attack burns and melts everything in its path except thick stone.*

group exploded a test nuclear weapon in the wiles of Australia two years ago. It's not unreasonable to think a terrorist group may test one in a highly populated area at some point in the future.

### What to expect from a nuclear explosion

So what happens during a nuclear attack? When a nuclear weapon explodes, three killers are released: heat and light, blast, and radiation. Heat and light from the flash reach temperatures higher than the sun, and include ultra-violet, infrared and visible light rays, which will burn human skin and also set fire to flammable materials such as timber. The good news about a nuclear flash is that it only lasts a few seconds.

If you are exposed to the direct blast of a nuke, you will die. The blast comes in two forms: an initial shock wave, and then air that is sucked back into the vacuum that has been created by the blast. The initial blast will demolish buildings and the vacuum effect may bring down structures that have been weakened. There will be danger from flying glass and small objects as well as col-

lapsing buildings.

Radiation is the third killer and the most disturbing feature of nuclear weapons. It comes in two forms—radiation released by the explosion and residual radiation. In the explosion three types of radiation are released: Alpha, Beta and Gamma. As with all contaminant, shielding is the only method of survival. The danger from alpha particles comes from inhalation, since they will not penetrate the skin and can be deflected by clothing or paper. Beta particles will not usually penetrate the skin, and can be deflected by a thin metal shield. Gamma rays, however, will go right through a human being with devastating effect, but about half of them can be stopped by 10 inches of tightly packed earth or 7 inches of concrete.

### How do you survive?

Your exposure and ability to survive depend on many factors; the size of the weapon, its point of detonation, the type of terrain and, most importantly, on how well you are protected.

There are three types of blasts, airburst,

*(continued on page 39)*

# Barricade Tactics

## *Basic Use of Cover and Concealment*

By Steve Krystek

**P**op! Pop! Pop! You hear these uncomfortable sounds. What do you instinctively do? Hopefully, you move to cover. Armed professionals and citizens should condition their minds to instantaneously react in predetermined ways to specific danger cues. The sounds of gunfire, or possible gunfire, need to elicit a move-to-cover response. Making use of available cover and/or concealment establish a tactical advantage if the popping sounds turn out to be incoming rounds.

### **When and Why?**

Use cover and/or concealment when a projectile weapon threat exists if three conditions are present:

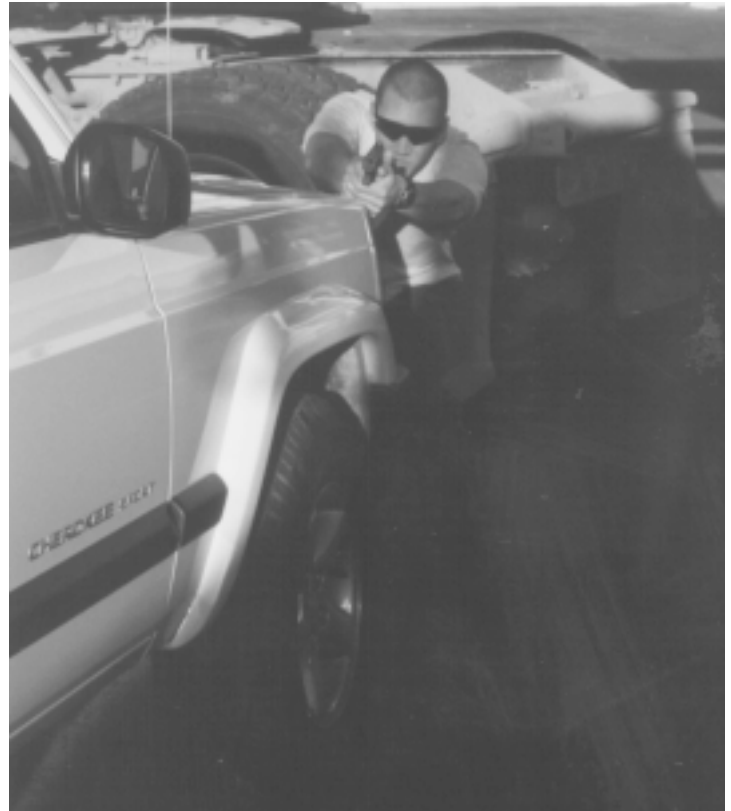
- 1) It is available, and you know where it is located.
- 2) You have time to safely utilize it.
- 3) There is an appropriate amount of distance between you and the threat.

These factors, dictated by the circumstances of the confrontation, will determine whether it is unsafe or impractical to move to cover before engaging the threat. In close-quarter combat, a counter-attack will almost always precede moving to cover, even if it is nearby. If time and distance are not on your side, address the threat first, then reposition yourself behind something ballistically protective. If possible, most combative gun handling should take place from a covered position. Tactical Reloads, Emergency Reloads, and Class III/Remedial Action malfunction clearance drills can take anywhere from 1.5 to 8-plus seconds to execute. Being exposed and defenseless for this amount of time during a gunfight should be avoided at all costs.

### **Identification and Selection**

What is cover? Cover constitutes any object or barrier that will protect you from being shot as well as conceal your position. Some examples would include the engine block area of a vehicle, a solid brick wall, or a concrete planter. Concealment, on the other hand, only serves to hide or obscure your location. It does not provide ballistic protection.

Some examples of concealment include bushes, vehicle doors, the interior walls of most structures, and even darkness. In certain situations, concealment is better than nothing, provided you possess the element of surprise. Look for something large and solid



*The engine block of a car or truck provides excellent cover because of the high density, bullet blocking potential.*

when selecting any barricade position. Ideally, choose a barrier that will allow you to shoot from around one side or the other as opposed to over it. In reality, we may never know what size, shape, or medium of cover will be available when rounds begin flying in our direction. Therefore, it is critical that we learn to shoot from behind a variety of facades in all types of positions.

### **Keep Your Distance**

Once you reach a position of cover, ensure that you keep an appropriate amount of distance from that barrier. This is a sound tactic for several reasons. First, you negate the possibility of “flagging” your weapon into an unknown area. Not only would this action notify an adversary of your presence, it could provoke a sudden close-quarter struggle and the subsequent abduction of your firearm.





*Keeping appropriate distance from your cover prevents you from flagging your weapon and provides some degree of safety from ricochets.*

The second reason we maintain a safe distance from a barricade is to avoid being hit by ricochets. If we are near the corner of a barricade, the corresponding vertical or horizontal plane of that barrier, if hit, may cause a round to ricochet off that plane (depending on the medium) at an extremely obtuse angle and travel its length only a few inches from the surface. By not crowding the corner of a barricade, we may give the ricocheting round a chance to travel and elevate enough so as to continue its flight past our position.

Maintaining a reactionary gap from an unknown/danger area is another reason for staying back from the barricade. If you are in close-quarters, this distance will allow you the time to react if a threat spontaneously appears. If you are outdoors with plenty of open area surrounding your barricaded position, this reactionary gap will also give you the space to move forward, thereby cutting down the angle of exposure if the adversary attempts to flank your position.

The final reason we keep our distance from a barricade has to do with following one of the most important tactical principles of personal combat: maximize your distance from a threat in order to minimize your exposure. The environment and the size of the barrier will determine the distance you can safely establish. You want to remain as far away from the barrier as practical, but not so far as to over-expose yourself. In some cases, such as indoor close-quarter environments, you may have no choice but to crowd a corner for cover or concealment. No matter what the circumstances, adapt to your surroundings and use everything to your advantage. ★

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**Steve Krystek** previously served as the senior team leader and trainer of a military special weapons and tactics team, and later as a member of the U.S. Department of Energy's nuclear protective force. He has trained with more than 120 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 a full-time police officer for a major metropolitan police department and Director of the Las Vegas-based Progressive F.O.R.C.E. Concepts, a personal combat training organization. For information about training opportunities in your area, call: (702) 647-1126 or visit: [www.PFCtraining.com](http://www.PFCtraining.com)

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## *Surviving Nuclear Attack*

*(continued from page 37)*

ground burst and subsurface bursts. Subsurface bursts are generally used only for testing. Airbursts knock out all communications and electrical equipment, but radiation fallout is not as extensive. Ground bursts, are dirty with heavy fallout and long periods of radioactivity.

If you anticipate that nuclear weapons might be used, prepare protection shelters — which should be at least a foxhole with a covering, at most a fully buried concrete chamber with walls at least 7 inches thick. In the shelter, keep all your equipment—food, water, guns, blankets soap and medical equipment etc.—together to prevent loss in the high winds. If you are caught unprepared, find an expedient shelter. Wear your individual protection equipment whenever you are outside if you anticipate a blast.

At the time of the blast, seek cover if it's less than a few meters away. You may use trash dumpsters, walls, hills, dips in the

ground, drainage ditches, culverts or any feature that will give you some protection.

If you are in the open and cover is not available, lie down on your stomach, cover your face and lay with your feet toward the blast, and stay where you are until the blast and the vacuum subside. Cover as much of your body as possible—especially your head—and seek shelter immediately.

After the explosion, keep under temporary cover until the fallout has stopped. Seek more extensive shelter as soon as possible. Once you reach a secure site, decontaminate your clothing and equipment. Eliminate any dirt you may have brought to your secure site with you. As soon as possible, remove all clothing and brush and wash it in decontaminated water and set it aside for 48 hours. Wash your entire body with special attention to hairy parts, body openings and creases. Scrub your hands and nails thoroughly. Put on uncontaminated clothes if possible.

Cover all wounds to prevent alpha and beta particles from entering. Burns caused by the fireball flash or radiation should be washed with clear water and covered. Radiation reduces resistance to infection, so simple precautions should be taken against respiratory infections.

Sealed meals will be proof against most of the contamination caused by radiation: fresh dairy products and foods with a high salt or preservative content are more prone to contamination. Water from underground wells and springs is likely to be the least contaminated. Avoid unprotected water for at least 48 hours after a detonation. Arguably, nuclear survival depends on how far the war develops. An exchange of tactical weapons may be survivable, but if strategic weapons are employed the possibility of a 'nuclear winter' caused by dust from several large explosions blocking out the sun makes survival more questionable. ★



# State of the Union

## Congress, International

United States, England, France, South Africa, Canada, Germany, Australia and Mexico are the countries hosting W. Hock Hochheim seminars this year.

## Bowie and Big Knives

Army Lt. Col. **Dwight McLemore** has closed a deal with Paladin Press to publish his great, fully illustrated book on Bowie fighting called *Paradoxes of a Deadly Myth*.



**The Paradoxes of a Deadly Myth**  
The new deadly weapon involves a stance in the opponent's left, outside his guard. This is a right cutting attack where the blade crosses approximately 45 degrees off the flat of the blade in an horizontal plane with the ground. The Paradoxes can be mounted with the same gripping body action and from striking movement in the right stance.



**Terminology Note:**  
The new deadly weapon involves a stance in the opponent's left, outside his guard. This is a right cutting attack where the blade crosses approximately 45 degrees off the flat of the blade in an horizontal plane with the ground. The Paradoxes can be mounted with the same gripping body action and from striking movement in the right stance.

Dwight has meticulously drawn each diagram himself. We (Lauric Enterprises) produce and sell The Colonel's new video on Bowie and Big Knife Dueling. Hock is so impressed with this video he has taken his "Knife Showdown/Dueling" video off the market and now only sells The Colonel's in its place on the subject.

## Krystek Up and Running

Las Vegas Metro PD Officer, Congress Instructor and author Steve Krystek's new video page is up. Check out [www.PFCTraining.com](http://www.PFCTraining.com)

## Mike Gillette-SEAL Headhunter

National Law Enforcement and Security Institute Training Director Mike Gillette has

headhunted a former SEAL TEAM SIX Navy Vet. David Rogers. Rogers is the newest instructor in the Iowa N.S.L.I. staff and newest former SEAL Congress member. We both will rely heavily on his knowledge. David will be one of the instructors in Des Moines CQC Basic Instructor's Camp this September. Gillette is lining up top-flight law enforcement and military shooting courses with Rogers. See [www.NLSI.net](http://www.NLSI.net) for information.

## Gone To Texas

The Congress headquarters will relocate back to the Dallas, Texas area within the next few months. All phones and mail will be re-

routed at that time. However, you may use the same phone number to leave a message for at least a year. Watch for updates in your mail.

## Email Subscriptions

Want to get your CQC magazine via e-mail 6 times a year? For \$29.95 you can get each issue sent to you via the Internet automatically. This is especially handy and affordable for international customers battling their Customs and expensive mailing fees. Enroll on line now. You may purchase back issues this way as well. In addition, we hope to offer electronic versions of all our books online soon.

## 2002: HOCK'S HAND, STICK, KNIFE, GUN SEMINARS

No matter the theme, remember also that each seminar allots time for *your individual* test requirements, instructor development and special requests. Keep checking [www.HocksCQC.com](http://www.HocksCQC.com) for updates. Refresh the constantly updated pages.

### February 2, 3 - Las Vegas, NV

Hand, Stick, Knife, Gun Combatives Group.  
Contact: Steve Krystek, (702) 647-4745

### February 9, 17 - Johannesburg, South Africa

CQC Group  
email [marke@yebo.co.za](mailto:marke@yebo.co.za)

### February 23, 24 - West Palm Beach area, FL CQC Group.

Contact: Steve Vaughn, (561) 562-9610  
[cqcm@aol.com](mailto:cqcm@aol.com)

### March 1, 2, 3 - Omaha, NE

1<sup>st</sup> Annual Pacific Archipelago Combatives Camp by W. Hock Hochheim & Silat Guru Brandt Smith  
Contact: Brant Smith, (937) 866-4879

### March 9, 10 - Honolulu, HI

CQC, SDMS and AC  
Contact: Charles-Robert Hamilton, (808) 383-9497

### March 16, 17 - San Antonio, TX

Pacific Archipelago Combatives  
Contact: Todd Compton, (210) 690-8342

### March 23, 24 - Thunder Bay-Canada

CQC Group  
Contact: Phil Roussin, (807) 475-3631

### April 6, 7 - Kennewick, WA

CQC Group  
Contact: Steve Cooke, (509) 628-2304

### April 12, 15 - London, England

CQC Group  
Contact: Joe Hubbard, 02-08-549-8150

### April 20, 21 - Paris, France

CQC Group  
Contact: Gerald Barnet, 011-33-620-79-4757

### April 27, 28 - Fredericksburg, VA

CQC Group Levels 1 and 2 and other themes  
Contact: Mike Steele, (540) 310-0184

### May 4, 5 - Romeoville, IL

CQC Group CQC Group Progression Levels series continues  
Contact: Ed Cavasos, (815) 485-7344

### May 18, 19 - Warsaw/Indianapolis, IN

CQC Group  
Contact: Steve Zorn, (219) 269-7209

### May 25, 26 - Kansas City, MO

SDMS and Knife-Counter-Knife  
Contact: Bryan Stevenson, (816) 690-8006

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- \_\_\_ Hand to Hand Combat Level 3
- \_\_\_ Hand to Hand Combat Level 4
- \_\_\_ Hand to Hand Combat Level 5
- \_\_\_ Hand to Hand Combat Level 6
- \_\_\_ Hand to Hand Combat Level 7
- \_\_\_ Ground Zero! Ground Kick Fighting
- \_\_\_ Unarmed Combatives Solo Command and Mastery
- \_\_\_ Hand to Hand Skill Drills

Level 8 under production

## ARCHIPELAGO COMBATIVES

- \_\_\_ Level 1 Study Progression
- \_\_\_ Level 2 Study Progression
- \_\_\_ Level 3 Study Progression
- \_\_\_ Level 4 Study Progression
- \_\_\_ Level 5 Study Progression
- \_\_\_ Level 6 Study Progression
- \_\_\_ Archipelago Knife Camp (\$52.95)

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- \_\_\_ Level 4, 5, 6: Tradesman Series (2 hrs.) \$52.95

Levels 7, 8, 9, 10 under production

## KNIFE THEME VIDEOS

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- \_\_\_ Knife "Combat the Mad Rush Attack"
- \_\_\_ Knife "Combat the Torso Stab Attack"
- \_\_\_ "Sinawali" and "Alleycat" Knife Fighter Systems
- \_\_\_ Chain of the Knife System
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- \_\_\_ SDMS 4: Command and Mastery

## TRAINING MANUALS

(Purchase only if you work actively in the system or have videos to which you may refer.)

- \_\_\_ The Hand to Hand Combat Course \$25 plus \$6 postage
- \_\_\_ The Archipelago Combat Course \$25 plus \$6 postage
- \_\_\_ The Knife Combatives Course \$25 plus \$6 postage
- \_\_\_ SDMS Combatives Course \$25 plus \$6 postage

## BOOKS (bookstore quality, oversized paperbacks)

- \_\_\_ *The Knife Fighting Encyclopedia Vol.1: The Foundation.* 1,000 how-to photos. \$39.95 plus \$6 postage
- \_\_\_ *The Knife Fighting Encyclopedia Vol.2: Military Kife Combat.* 205 pages, 187 how-to photos. \$25 plus \$6 postage
- \_\_\_ *The Knife Fighting Encyclopedia Vol.3: Unarmed Versus The Knife.* 146 pages, 500 how-to photos. \$25 plus \$6 postage

## T-SHIRTS

- \_\_\_ Congress Logo T-Shirt. Dark blue with gold Congress logo. \$25 plus \$2.50 postage
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- \_\_\_ Official Congress Metal Training Knife "The Normal." Fixed blade with Congress logo on blade. \$29.95 plus \$5 postage
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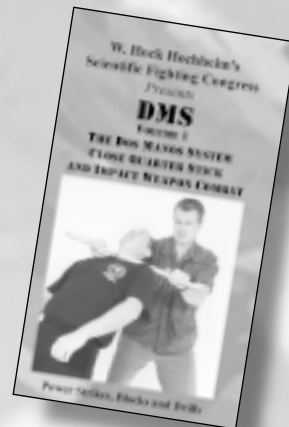
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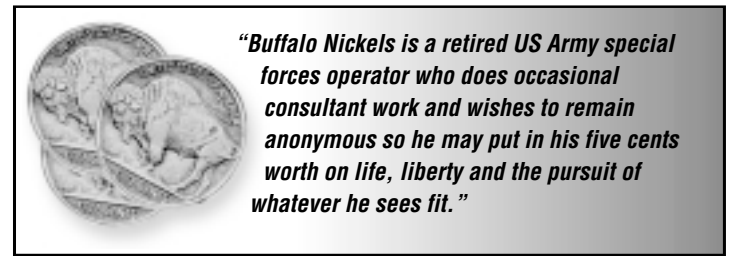
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# Buffalo Nickels



*"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."*

## ***Nuclear Egnog: New Years Rules for the Road, Sex, Life and the God-Given Pursuit of Happiness***

By Buffalo Nickels

**A**s I write this, it's the Holiday Season. Every third year, in rotation with my sisters-in-laws, we have a houseful of people. Too many people. Too many people I don't like. I always offer to make the eggnog punch, with added butter pecan ice cream, and I secretly load it with a bucket of whiskey. For you racing fans, I have found butternut flavor really hides the whiskey flavor. Sprinkle in a few walnuts and a cover of cinnamon for looks. Then I serve huge amounts to everyone, even the kids. It's great. All the kids act silly, stumble around and fall. Then they take long quiet "naps." They wake up ash-faced and feeling real sick. "I wanna go home!" they whine to their yuppie mommies. Which is good because I want them all to go home as early as possible. I have a hammock and a thermos full of martinis calling my name.

The adults get slaphappy too. At each Buffalo household event my wife's purebred Christian uncle gets snookered and thinks it's the flu coming on. He sucks down my nuclear eggnog mix, and starts fanning himself. "Oh! Oh my. I am getting hot. Is it hot in here?" He doesn't know it's just the radiation. I just love to see him throw up. I also love to hear him brag about never having even a drop of alcohol so much as pass his lips. Right on, Pat-fucking-Boone! Now, have some more of my special creamy eggnog.

Friends don't let friends drive drunk.

Friends do let in-laws drive drunk. Ole! Adios amigo!

Anyway, it's New Year's and time for Senor Buffalo's New Years Rules for the road, life and advice for all perpetuity. Get yourself some nuclear eggnog and gather round Pappy Buff. Good idea to pack your pistol.

### **Buffalo Rule 1: Never get in the way of a white man who wants land.**

Think about that. Just ask an Indian. Ask any Indigenous anywhere.

### **Buffalo Rule 2: Never screw with a Muslim. They never forget!**

This is an old rule of mine back from my Afghan vs. Russia days when I served some time there now and then. Friendly folks. Share their last bit of tea and *nan* with you. But don't screw with them. They just can't seem to let it go!

### **Buffalo Rule 3: The world is a better place with one less bug.**

Keep killing bugs. They are ugly and need killing; and they multiply like mad. You can't kill them fast enough. I heard once that Chairman Mao ordered each resident of China to catch and kill 100 flies. This would presumably put a squash on the current fly populations and future growth. Now there's a political leader! "Vote for me, and I promise to kill flies in this country!" Local commie block leaders counted the squashed and battered flies. Fines were levied. Grand kids had to kill flies for their grandmas to keep them street legal. Millions killed their share, and still China is amok with flies.

The dinosaurs didn't go extinct. They evolved into a superior survivor. They became bugs. Kill as many as you can. We may all evolve into bugs someday too. It's happening to some of us already. Have you seen some of the new rock bands? Dennis Rodman? Barry Manilow? Coolio?

### **Buffalo Rule 4: Never kiss a woman who smokes.**

It's like licking a dirty, full ashtray at the Marlboro factory. YUCK! Oh, wait a second. I think people who make cigarettes are too smart to

smoke them. Lets make it a full, dirty ashtray at....ah....ah...high school! Yeah, a high school! YUCK!

### **Buffalo Rule 5: How to find the perfect wife.**

What is the perfect wife? A mute, nymphomaniac who owns her own liquor store. Why then do you ask, how's come I married a loud, bossy dame who makes a hobby of acquiring secret estimates for my castration by third world doctors? Bad karma, dude!

I wondered why she kept asking for a vacation in beautiful downtown Mogadishu. She had me lined up for a ball whacking on March 16<sup>th</sup> at 3 p.m. with a certain Doctor Marobi. I found the brochures hidden in her nightstand; you know the place where she keeps all her porno magazines? Dr Marobi is mostly a veterinarian, but carves on people too using some form of jungle voodoo. This Marobi guy gives me the Willie Nelsons.

### **Buffalo Rule 6: Stay away from religious fanatics—and/or my wife when she's holding a screwdriver.**

I used to go the church of Flaming Sacrosnyict Pentecoastal Harmonicats, but they told me I couldn't swear, spit, dance, drink, watch cable, listen to Jimmy Hendriks, or leer and make lewd comments about Ann Margret—who is the goddess of all womanhood. Needless to mention, Ann's poster is still on my workshop wall. It has a gash about rib high now where my wife once threw a flathead screwdriver into it. We were having an argument in the garage and well...you get the picture...jealous wench.

### **Buffalo Rule 7: Own and shoot many guns.**

Killing has been around since Barnaby Jones was a kid. People need to know how to kill things. Look at history. There's always killing involved, huh? Ancient ape skulls have been found bashed in by a handy leg bone. Keep sharp! You never know when Dr. Marobi might come around.

Speaking of Buddy Ebsen. He is still alive. He's 150 and a half and looks like somebody stuck one of those vacuum pack hoses down his throat. I'll bet he still tap dances a little. Go Buddy go!

### **Buffalo Rule 8: Anal sex is out!**

"Exit only!" You sick, sick fuck.

### **Buffalo Rule 9: Keep plenty of nuclear eggnog, butter pecan ice cream and whiskey on hand for unexpected guests.**

Ya never know how quick a sick kid will get the parents out of your hair. "Oh my, we have to leave now. Kyle is suddenly not feeling too well." (That's cause your son has had a pint of Jack Daniels in eggnog, a pound of nacho cheese chips and half a banana.) Just remember, whatever you do, don't let them take any of your eggnog home—no matter how much they beg. Forensics could identify the ingredients. You don't want that. Believe me.

### **Buffalo Rule 10: If you ain't Airborne, you ain't shit!**

Self-explanatory.

Now, I've got to get back to my hammock and martini thermos.

Bye-Bye. ☼

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