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Now-or-Maybe-Never

By W. Hock Hochheim

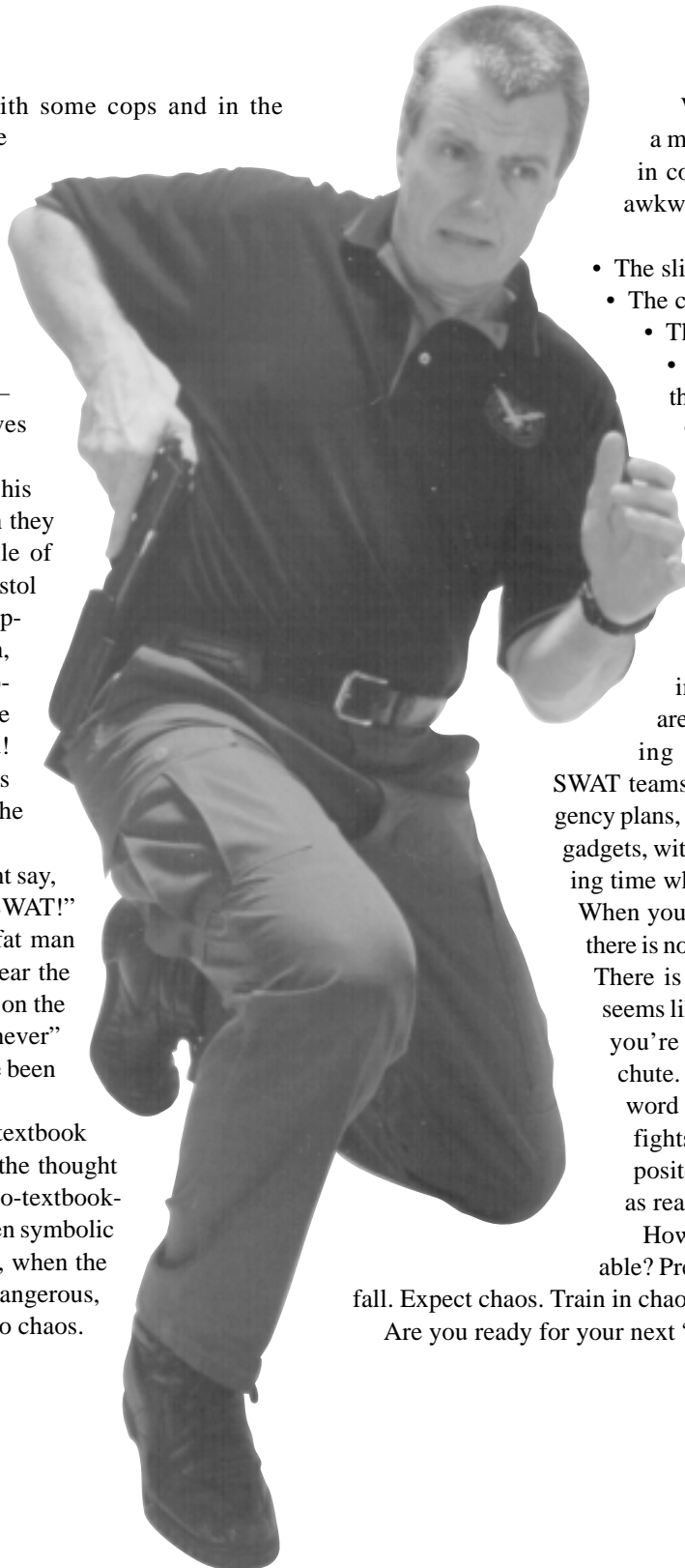
Sitting around my house with some cops and in the company of Jack Daniels the other night, the action-guy stories started flowing.

This was socializing at its best for me, and reminiscent of countless sit-downs through the years that I had in places as far away as South Africa. Most of my buddies are also in the training world—that is, trainers and trainees—and the bloodline theme always weaves back to tactics.

One vet told of a recent night he and his partner virtually stumbled upon a felon they were hunting, hidden under a deep pile of clothes in a back room closet. With a pistol drawn, one hauled the suspect out, grappling in the tiny confines with this man, who usually went armed. At this key moment, the second officer didn't even have a clear shot if a gun or knife fight ensued! The off-balance wrestling succeeded as both the deputies cuffed the felon on the bedroom floor.

Monday morning, desk jockeys might say, “just back out of the closet and call SWAT!” “Woulda. Shoulda. Coulda,” says the fat man in the cushioned seat. But when you hear the story, the officer virtually stepped right on the suspect, and it was a “now-or-maybe-never” move. Just leaving the closet could have been an invitation to a back shot.

I proclaimed out loud, “Whoa! No textbook tactic for that one,” in a half-laugh as the thought crossed my mind there were a million no-textbook-tactic moments. The word *moment* is even symbolic because it may be just a second or two, when the whole world hangs in the balance, a dangerous, tightrope step off the training charts into chaos.



When a police officer, a soldier, a martial artist or a citizen engages in combat, there is all too often an awkward moment when...

- The slick look gawky
- The cool look upset
 - The pretty look ugly
 - The safest are doing something extremely dangerous
 - And chaos rules
 - And there is no textbook tactic!

This is also the crucial, turning point when it can all go to hell, isn't it? Many of the craziest guidelines governing official rules of engagement are drawn by administrations trying to cover all these moments. SWAT teams create these elaborate contingency plans, usually based on equipment and gadgets, with the deadly side effect of wasting time while wounded victims bleed on. When you really, honestly think about it, there is no pat, safe answer for everything. There is only, “Go!” “Do!” Because it seems like now or never. You'll feel like you're in a free-fall without a parachute. Many survivors love to use the word “surreal” when describing their fights, but it truly is exactly the opposite, it is actually *real*, in fact it is as real as real can get.

How do you train for the un-trainable? Prepare yourself to be in that free-fall. Expect chaos. Train in chaos. Thrive in chaos. Thrive in it! Are you ready for your next “no textbook moment?” ★



Dispatches

E-Mail: Sir, I am a Trooper with the Kentucky State Police. Last week I was involved in my first shootout. I ended up moving through a labyrinth of a house with the Issue shotgun of our agency, a Remington 870, with a 20" bbl, rifle sights, and a speed feed stock. I suppose I was successful in that I wounded my adversary by shooting through a wall, and he decided to give up the fight. He did, however, fire first, and although he missed, I am disappointed that he got the first shot. Further, as we are not allowed to use magazine extensions on our shotguns, I fired my four rounds through the wall and then clawed like hell getting fresh rounds out of the speed feed stock and recharging my shotgun. I am submitting a memo to my command staff to the effect that in my opinion, a 14" barreled, standard bead sight, combined with a sidesaddle shell carrier would have been far easier to manipulate in the close confines of the house where my incident took place. I wonder if you would care to share your feelings in reference to the most appropriate length of barrel and mechanism for transporting fresh rounds on a combat shotgun. Respectfully,—Trooper JW/ KSP

Reply from Hock: FBI studies show that in 98 percent of the cases where officers are involved in shootings, the criminals had a 90 percent hit ratio, while the officers had a 41 percent ratio. It has long been a belief that officers are usually firing back and second in the response. The good guys are responding to the bad guys, so we often shoot second. May I involve my trusted friend, firearms expert, former military SWAT commander and Las Vegas Metro Officer Steve Krystek for some information for you?

Reply from Steve: Joel, first off, let me say how glad I am to hear that you prevailed in this encounter. DO NOT be disappointed about the suspect shooting first. It happens, and sometimes, it's beyond your control. In indoor/covert search situations, we rarely detect the adversary before they detect us, especially if we're on their turf. If he's made up his mind to shoot while lying in wait, the advantage is his. No sense in being concerned about what we can't dictate, there's too much else to think about. Instead, feel good about the fact that you were probably using good tactics, which minimized your chances of being hit and placed you in proper position for an effective response. We can control our tactics. This is a perfect example of a point I've made while teaching many classes...skill-at-arms is about how to hit your adversary, tactics are about how not to get hit by your adversary, and mindset ties it all together.

As for shotgun selection, the hands down winner in my opinion for addressing the circumstances you outlined is the 14" barrel

Mossberg 590A1 with the shortened Bantam model stock. This stock decreases the length of pull to 13" and shortens the overall length of the gun, which should make it user-friendly in close quarters. I have never been a big fan of speed feed stocks for a variety of reasons. This gun can come from the factory with an extended magazine tube (6 shot capacity) and a ghost ring sighting system (absolutely critical for extending the range of the weapon). Once received, these guns should be outfitted with side-saddle ammunition carriers, a quality sling and sling mounting system, and, if extra funding is available, Surefire weapon-mounted light systems that simply replace the factory fore-end. A final "luxury" modification would be a Vang Comp System barrel. This extra expense might be unrealistic for most agencies budgets, but should be seriously considered by individual officers purchasing personal weapons for duty use. In addition to being very reasonably priced, the Mossberg is also much easier to manipulate than the Remington 870 due to the placement of the controls (safety and action bar release). The dominant-hand firing grip does not need to be adjusted to depress the action bar release, there is less chance of the trigger finger inadvertently entering the trigger guard when disengaging the safety, and the safety is much more accessible for left-handed or bilateral shooting. The easier a weapon is to operate, the more efficient the operator will be under duress. If you have any questions, please feel free to call or reply and I'll be happy to elaborate. Stay safe. (702) 647-1126. www.PFCtraining.com

E-Mail: ...and, some cops suggested that I should be certified by the Department of Criminal Justice Services in the state. They said if I teach anything to law enforcement personnel and it is used incorrectly I could be sued.—MS, VA. (martial artist)

Reply: Pillow talk is what I call that. Sounds like true-blue, brainwashed, paranoid police, admin talk. If most police admin and their insurance companies had their way, we'd all be wearing pink pillows sewed to our hands. Teach on. Teach the truth. If you become certified by some state course, you will only be allowed to teach that state's material. Usually that is lame, timid and paranoid all at the expense of officer survival. You can't hit anybody. You can't hurt anybody. Don't touch here. Don't grab there. Don't. Don't. Don't. Then, when you have to really fight for your life, and you do something drastic, you are untrained and they shed blame, "Oh we didn't show him that! We just issue these pink pillows!"

The length and breadth of police training amazes me. I know of one police agency that has an official knife vs. knife Wednesday night training class. Knife versus knife! The city right next door prohibits their police from carrying any edged weapon.

First off, you need a good disclaimer that covers you, yours and any hosts. You may have insurance that covers injuries already. What needs to be emphasized in each class is the "Use of Force Continuum" which is nothing more than fighting with moral, legal and ethical methods as needed. That covers most all problems.

E-mail: The point: Friday the contributing members of Lynryd Skynyrd are playing at the club. Expecting 1,000 people and only hire five security officers. Is it legal to carry a Mag Lite flashlight and use it for defense? We did at Lakewood. Is mace legal for bouncers? One fellow wants to bring plastic zip ties to bind the unruly. (lawsuit?) Any free advice here would be appreciated.

Reply: Most bouncers and security carry the flexi-cuffs and handcuffs either on them or nearby. No problem there; but EVERY state has different rules about spray and other weapons. You would have to ask your friendly local police department. The flashlight? No problem to carry. And no problem to use if the action you take is legally responsible based directly on the level of threat the opponent offers you. It is all about that use of force continuum.

Send your e-mail questions to HockHoch@aol.com or land-mail to **Close Quarter Combat Mag, P.O. Box 601, Keller, TX 76244**

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The Combat Cane

Timeless. Legal, and—If Needed—Lethal

By Glenn Stone

The walking stick, or cane, has served us since the first man needed balance or support. It was depicted in the Bible, the Koran, toted by Zen masters, used by Egyptian sheep herders, waved by military commanders, carried by Zulu warriors. The first big movie screen introduction that revealed its fighting utility was in the *Trial of Billy Jack* in a scene where an outdoor demo with Tom Laughlin and Bong Soo Han, demonstrates the cane's many "martial" uses.

It is a common everyday tool sold at KMart, Wal Mart, Target, the local pharmacy or outdoor camping shop. At any airport they will stop you for a plastic Bic razor, but let you walk right by security with a 30-inch bludgeon—if it looks like a cane.

Though this object has been used as a combat tool for centuries and twirled in many a martial arts class, no man has done more to bring the combat applications of the cane into the 21st Century than Mark Shuey, Sr. Mark is a black belt in several martial arts and has founded an entire fighting system with thousands of techniques based on the fighting cane.

"This is a weapon with lethal and less-than-lethal potential," Shuey explains. "The common cane has a handle, a shaft and a tip. The handle comes in a variety of hook shapes. A large hook may catch various body parts. A smaller hook may still catch parts, but may serve as a devastating stabbing tool into places like the throat or groin. Some canes have a rounded knob that makes a great impact weapon. You may use the shaft to strike or grapple. The tip may be used for pushing, poking, even stabbing. Some people ask me if the typical rubber tip diminishes its effectiveness. Not really. A good shove with that rubber end keeps the stick on its target."

"The cane can deliver a diffuse blow. It can press against a sensitive area to issue a painful warning. With a little extra force, it can break bones. When used to jab a vital area like the solar plexus or the kidneys, it can easily drop an attacker to his knees—or worse."

"The beauty of the cane is that it's the only effective weapon you can carry everywhere. It's totally legal, unlike a nunchaku or a knife.

And it gives you an arm nearly 6 feet long."

Training fighting tactics with a cane provides universal practice that fits into all ages, styles and professions. Shuey finds himself teaching at karate schools, fitness centers, VA Hospitals, police departments and even retirement associations!

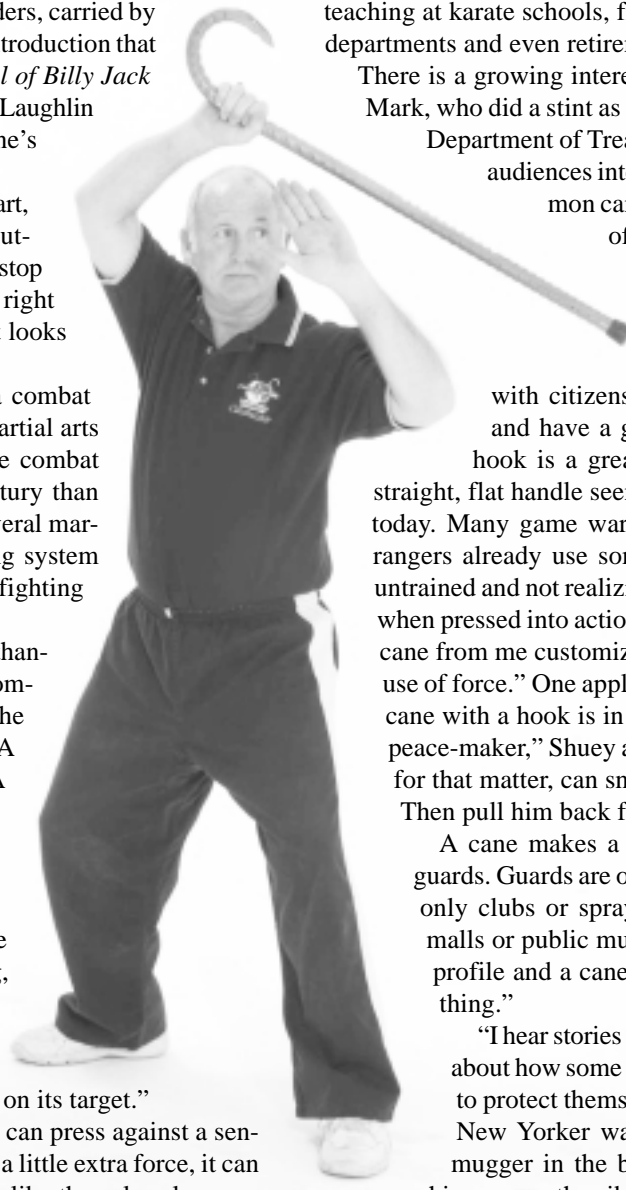
There is a growing interest from law enforcement agencies.

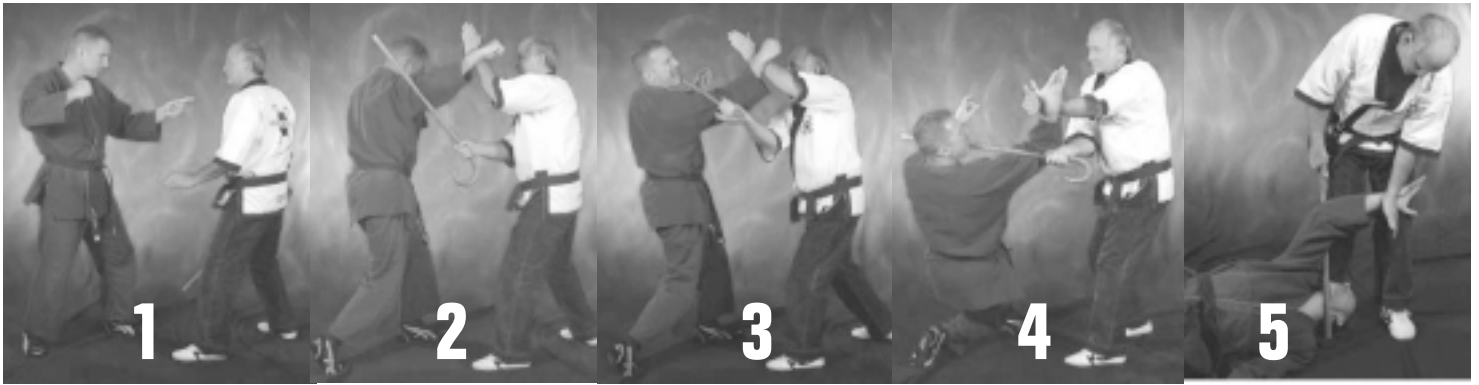
Mark, who did a stint as a defensive tactics instructor for the Department of Treasury, has discovered a multitude of audiences interested in his techniques. "The common cane is completely 'disarming' and in-offensive in appearance compared to police batons and the stigma they hold," he explains. "An officer can simply hook the handle on his belt and converse

with citizens, conduct a traffic stop, whatever, and have a great weapon at his fingertips. The hook is a great tool of restraint, superior to the straight, flat handle seen on so many enforcement canes of today. Many game wardens, rural police, park and forest rangers already use some form of cane or walking stick, untrained and not realizing how they can maximize this tool when pressed into action, or not realizing they may obtain a cane from me customized for their hiking needs as well as use of force." One application often missed is how handy a cane with a hook is in breaking up fights, as a third-party peace-maker," Shuey advises. "A police officer, or anyone for that matter, can snatch a fighter's limbs, or belt even! Then pull him back for more control measures."

A cane makes a perfect weapon for many security guards. Guards are often unable to carry pistols and have only clubs or sprays. Sometimes guards at shopping malls or public museums need to maintain a very low profile and a cane, customized for combat, is a great thing."

"I hear stories frequently in seminars, mail or email about how some of my students have used their canes to protect themselves," Shuey recalled. "One time a New Yorker was about to be mugged. He hit the mugger in the back of the legs and then smacked him across the ribs with a backhand with one of my Canemaster canes. The youth ran off. What was once a sign of weakness can be used as a self-defense tool today!"

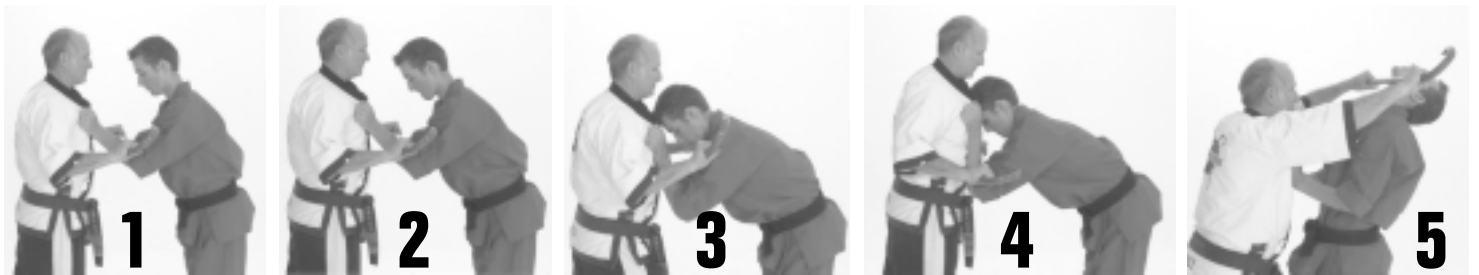




In this series, Mark Shuey defends against a right handed attack; by (2) blocking the strike with his left hand while at the same time striking the opponents upper arm with his cane; (3) maintaining contact with his arm against the aggressors arm, he then rotates the cane till the shaft is under the assailants chin; (4) then, using the arm as a fulcrum, he pulls back on the crook and takes the opponent down to the ground.



In series two against a bear hug, Shuey thrusts the cane forward and up while pushing his hips into the opponents waist; (3) then dropping down, he uses the crook to grab the assailants ankle and (4) pulls forward while at the same time squatting down to drop the attacker; (5) then it is a simple matter of pivoting on his foot to deliver a finishing blow.



Against a two handed grab (1) Shuey traps the arms against his chest; (3) slides the shaft of the cane down to the elbow; (4,5) then thrusts the cane into the attackers chin, face or nose.

Mark Shuey has made customized canes—thousands of them—in his school/factory/shop at Incline Village where he makes his home, overlooking beautiful Lake Tahoe in Nevada. Not only is Mark a life-long martial arts practitioner and recognized Grandmaster in several world-wide organizations, he is a former California building contractor and woodworking craftsman who loves to make canes with his handpicked staff through the weekdays. The cane-making process is long, layered and laborious as he produces a variety of styles in woods of all shapes and sizes. Then, almost every weekend he treks through the breathtaking mountains down to nearby Reno to catch another plane for yet another seminar. ☺

*You may reach Mark Shuey at P.O. Box 7301, Incline Village, NV 89452.
www.canemasters.com. (800) 422-CANE*

FEATURE

Hand to Hand Combat in the Land of the Vedas:

Kalaripayatt - The Mother of All Martial Arts

By Leland Belding



The Indian School of Martial Arts in Trivandrum, India is run by Balachandran Nair, a master of Kalaripayatt.

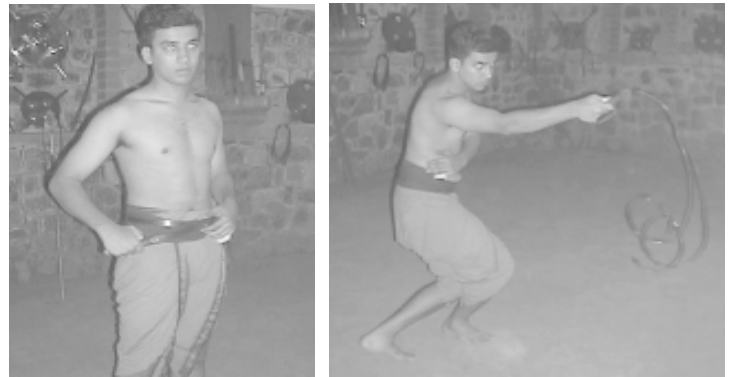
Kalaripayatt is the indigenous fighting art of southern India. According to historic traditions, Bodhidharma, a 4th Century Buddhist monk, traveled from southern India to China to spread the teachings of Buddha. In China, he taught the Shaolin monks breathing and exercise techniques to strengthen the body to handle the rigors of long meditation. He also taught them the combat applications so they could defend themselves from attackers.

The art of Kalaripayatt has been perpetuated through the centuries by the warrior class in southern India. The Nairs, as they are called, were feudal lords similar to the Japanese Samurai or European Lords who trained soldiers for the King's army.

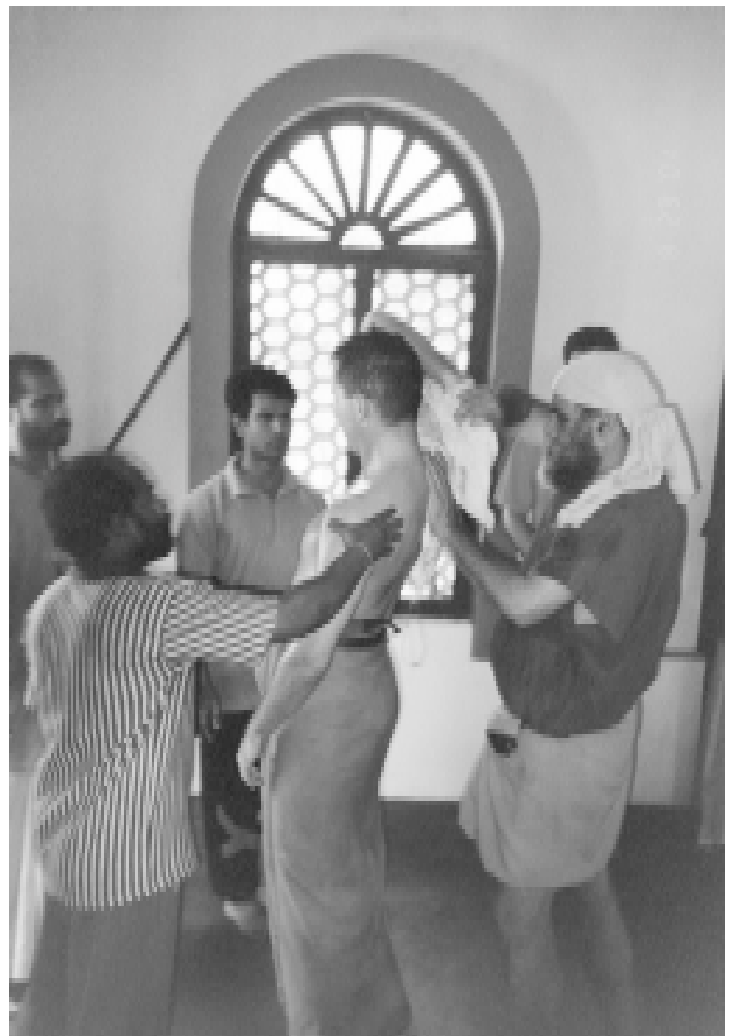
The Nairs maintained the Kalari (training hall), farmed the land, and maintained law and order. Although the Communists stripped the Nairs of their lands after World War II, the warrior traditions continue to be taught.

One of these great men is Balachandran Nair. Balachandran is a master of Kalaripayatt, a master healer, and a devout spiritual man who runs the Indian School of Martial Arts in Trivandrum, India. He is a decorated war hero whose fighting talents have been honed through combat experience as a Commando conducting special operations in the Indian Navy. After 12 years in the Navy, he retired and started teaching martial arts, performing security work for government officials, and employing his talents as a healer. His healing abilities are famous worldwide and he has cured diseases and injuries through his Ayurvedic health treatments.

I met Master Balachandran while he was in the U.S. lecturing on Ayurvedic Healing. A few months later, I traveled to India and stayed for a month at the Indian School of Martial Arts where I studied Kalaripayatt and underwent a three-week health treatment. Master Balachandran successfully treated a seven-year-old shoulder injury where massage, physical therapy, acupuncture, and chiropractic had previously failed.



Left: Balachandran's son, Girish, shows how the spring sword is worn as a belt. Right: The multi-bladed spring sword being displayed.



The author receives a shoulder treatment from Master Balachandran.

The art of Kalaripayatt is not just a martial art system, but also a way of life. At the advanced levels it includes healing arts and spiritual teachings in addition to the combat applications and physical conditioning. The first few years of training focus on conditioning and body mechanics through plyometric training and forms that I would best describe as "Combat Yoga."



1. Attacker starts downward knife stab.

2. Ravi blocks steps inside and blocks attack.

3. Ravi applies an inside



1. Attacker starts downward stick attack.

2. Ravi blocks move and moves behind attacker:

3. Ravi reaches under attacker's arms.

4. Ravi finishes wheel throw and can execute a knee strike to the head and stick disarm.

The physical conditioning techniques and concepts are very ancient yet very modern. There has been a resurgence of interest in training techniques of the past that focused on total body, functional conditioning for strength, endurance and flexibility. Plyometrics, dynamic stretching, and calisthenics are all a part of Kalaripayatt training.

The forms in Kalaripayatt are designed to condition the body, ingrain body mechanics and movement, and teach the individual to flow from technique to technique. They include the full spectrum of combat applications including strikes, kicks, low stances, spins, tumbling and jumping. There are over 80 forms in the system including stretching combinations, empty hand, short stick, staff, knife,

saber, saber and shield, spear and spring sword.

Kalaripayatt is a battlefield art, not a sport art. It emphasizes more of a stand-up, quick kill methodology as opposed to a sport style where you work for position, take them to the ground, and make them cry "uncle." Multiple opponent and weapon attacks are very common to this day. The training begins with strikes and kicks, moves on to joint locks and throws and then moves on to weapons training. The weapons training progression is: staff, short stick, knife, sword, sword and shield, and spring sword.

The spring sword is unique to Kalaripayatt and is their most dangerous weapon. It is composed of a 6-8 foot band of spring steel with sharpened edges and a handle. It is worn as a belt and employed by uncoiling and swinging like a whip. In the hands of a master it sounds like a tornado and is a blur to the eyes. It is said



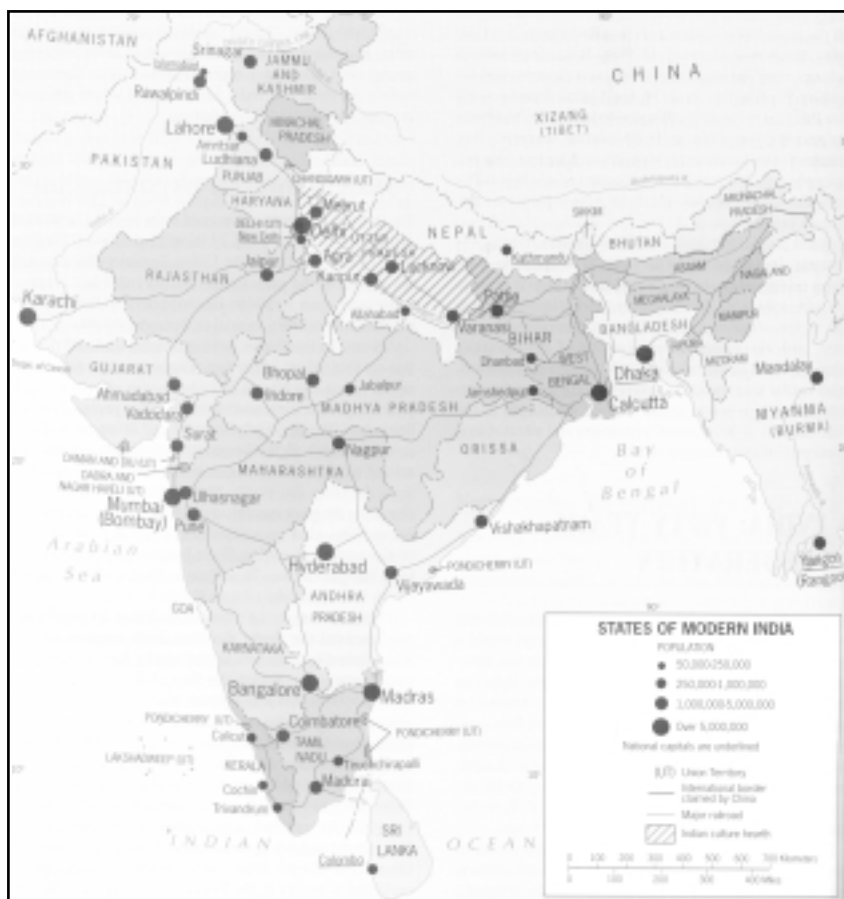
4. Ravi steps back, pulling attacker down.



5. Ravi finishes by pulling attacker face down.

that in the hands of a master, the spring sword can remove 100 heads and in the hands of a novice it will remove his own head.

The healing arts evolved from a duel need. First, to understand the human anatomy to more effectively attack the enemy's weak points, and second, to maintain the health of your soldiers and students. The Ayurvedic health system involves herbal remedies, physical manipulation (chiropractic and massage), first aid and manipulation of the subtle energy in the human body. There are 108 Marma or vital points in the body that can be attacked to harm or stimulated to heal. Masters have learned how to use these points to knock people out, paralyze them or kill them. Ever the practical art, students are first taught to focus on the *big* stuff such as the nose, throat, solar plexus, groin and knees that can be easily attacked in the chaos of battle. Advanced students (12+ years) learn the finer points of what the west calls pressure point fighting and acupressure healing.



The spiritual teachings involve meditation, visualization, prayer and breathing techniques. Although southern India is primarily Hindu, there are Hindu, Muslim and Christian Kalaripayatt Masters. The spiritual teachings are reserved for those who have the desire as well as the devotion to the master.

Kalaripayatt is an effective hand-to-hand combat system that develops warriors with incredible physical conditioning. The ancient training techniques used by Masters over the centuries are being rediscovered by modern society and gaining popularity as combat specific conditioning. The healing arts of Ayurveda are also popular today as an alternative to drugs and

surgery. The warrior way of life prescribed by Kalaripayatt is as relevant today as years past. ★

Leland Belding is a transportation engineer and a Major in the Iowa National Guard.

Add REALISM to Your Handgun Retention and Disarm Training

By Joe Niehaus

They hear voices — harsh, demanding voices, commanding them, ordering them to give up. “Gonna take that gun from you, cop.” “Should’ve called in sick tonight.” “You’re gonna pay now.” “You can’t stop me.” “You’re gonna regret coming here.” The voices circle them, surround them. Then, without a second notice, there is an attack on the officer and a grapple over his gun. The two participants lock into mortal combat over the weapon.

As the surprise of the attack diminishes, the officer is able to mount a counterattack. First, there’s an elbow strike to the chest, followed by a knee strike to the suspect’s stomach. The officer gains the edge. Is this the scene of an assault on a police officer? No, but it could be.

It was part of a weapon retention training session conducted by the Kettering Police Department (Ohio). The drill places the officer in a darkened room with the intention of retaining his weapon. A tactics instructor dressed in a padded suit attacks him. This drill is designed to elicit stress. During a life-and-death struggle, there is no award for second place.

After successfully completing such a training experience, officers gain the confidence of knowing they can retain their weapons and overcome the suspect. In short, they are shown they can win. To set this exercise into motion there are a few preliminaries that need to be completed. Prior to this kind of training, officers should be exposed to some handgun retention methods and practice them. There are plenty of good courses available, and the specific technique is not as important as making sure the officer understands the dynamics of retaining his firearm during a physical confrontation.

When it comes to techniques, the easier the better. Under stress, the ability to remember intricate techniques diminishes greatly. It is best to look for a method that teaches large motor-skill response. In addition to handgun retention techniques, a general defensive tactics program would be of benefit as well. Having a base of knowledge, the next step is to set the stage for the training exercise. The room should be cleared of any obstacles and should be large enough for a physical encounter to take place. If possible, a police strobe light should be installed, adding more realism to the scene and acting as a distraction. The last requirement is to have one person dressed in a protective suit, such as Redman, Hitman, Fist, etc. One

other person is to be the safety officer. He sets up the exercise, monitors it during progress and ends it when either the exercise is complete or there is a need for stoppage.

When it’s time to execute the exercise, the safety officer makes sure the student officer has no live ammo, firearm or weapons on him. This is very important during an intense exercise like this, an officer may instinctively resort to alternative weapons. While this is perfectly acceptable on the street, it could have disastrous results for the officer in the protective suit and will diminish the purpose of the exercise developing more confident retention abilities.

Once the weapons check is made, the student officer should be given a simulated firearm, preferably one similar to what he carries.

The student officer is then told to have his firearm out in the low-ready position and to close his eyes. He needs to keep his eyes closed until he feels the pull on the end of the gun or feels an attacker’s hand on his. This is a key point to the exercise, because when the student officer has his eyes closed and he knows he will be attacked, it builds anticipation and increases anxiety. This helps to simulate conditions that he would face if attacked on

the street. There would be an immediate feeling of anxiety because he would be fighting for his life. The officer needs to feel confident in his ability to perform effectively while facing this kind of stress. With eyes closed, the officer is led into the room by the safety officer. In order to disorient him, the safety officer should lead him around in the room in different directions while the attacker begins to taunt him. The attacker should use a variety of tactics to unsettle the student officer. Things like dropping objects that create loud noises and anything else imaginable to cause more anxiety.

Next comes the attack. It should be sudden and swift. The student officer can open his eyes when he feels the tug on his weapon. At this time, he is dealing with regaining his eyesight, figuring out what the attack is, responding to it appropriately and keeping his firearm. All of this must be accomplished in a very short time, or the attacker will be successful and take the firearm. Maintaining a firearm is but one part of the handgun retention. There is also the situation where the suspect has the firearm and the officer is struggling to get it back. How sure are you that, after getting your hands on that weapon, you will be able to hold onto it if it should be fired?



An interesting test was conducted at the Kettering Police Department. Officers were given gloves and told to take a firearm away from an instructor who held onto a gun loaded with blank ammunition. As soon as the officers gripped the gun, the instructor fired the weapon. When the gun discharged, the officers let go of it, allowing the instructor to gain a better tactical position. The officers were then given a second chance to

take the weapon away. On the second attempt, the majority of them were able to hold onto the weapon after it discharged. This is because, the officer had already been subjected to the sound and recoil of the firearm discharging while they were attempting to regain control of it. This experience showed how to work through the natural reaction of recoiling from the firearm and they were able to maintain their hold on the weapon; thereby

giving them a much better chance of survival should they experience a similar incident for real.

To prepare for situations involving firearms, officers should first be exposed to the dangers in a training environment. That way, if they are confronted with a life-threatening encounter on the street, they will be able to draw upon past experiences to get them through it. ★

Grab the Gun!

A Grab and Finger Crank Counters a Pistol Threat – A Sample Study

Here we are only investigating the mechanics as they relate to attacking the enemy's finger. The enemy presents a pistol in close range.



You put your hands up to surrender, an anticipated human reaction, and this allows you to get your hands up and closer to the weapon. You voice words of surrender.



You grab as much of the pistol, not his hand, as you can, while clearing your body of the barrel. This capture may render the firearm into a one shot or no-shot weapon, especially in the case of a semi-auto relying on a free slide to function. The more you grab his hand, the less hand, wrist and arm muscles he can use to resist you. The pistol becomes somewhat of a lever against his grip. Your two hands versus his one hand is a powerful advantage.



You immediately and efficiently crank that pistol so the barrel is pointed straight back at his face.



You capture the finger in the trigger guard on the way, breaking the finger. Rip the pistol down from angle of high shoulder position to an opposite hip.



Here is a clean, unobstructed photo, without your second hand, of what the finger capture should look like inside the trigger guard.



Finish as needed.

Joe Niehaus works as sergeant at the Kettering, Ohio police department. He is a Forensic Hypnotist and has written a book on the subject. As a defensive tactics instructor, he created his department's Defensive Tactics Unit and the DT course, "Emotion-Based Threat Response."

Use Your Head

By James B. Wade, Ph.D.

Using your head in self-defense situations presents many do's and don'ts.

Recent trends in neuroscience combined with traditional martial arts concepts may provide insight into their appropriate use. Before presenting these concepts, perhaps it's important to mention my frame of reference.

I grew up in New York City and for the past 17 years have practiced neuropsychology at a Southeastern university based medical school. I am one of five board certified neuropsychologists in the State of Virginia and hold a black belt in Tae Kwon Do.

Realizing that you or a loved one is in danger when you are in the thick of a fight may be too late. Physical confrontations typically last just a few seconds. You minimize your risk of harm, and increase your options with early recognition of the potential threat. More than 2000 years ago the Japanese masters taught their students the importance of maintaining the *continuous mind*, referred to as *Mushin*. Some martial artists feel that time alone will allow you to develop this sixth sense. Others suggest incorporating specific training exercises (e.g., sparring while blindfolded) to enhance awareness and martial skill.

Maintaining continuous awareness of your environment can deplete, to some extent, your mental energy capacity. Like dollars in a savings account, if you spend some of your cash (or mental energy) on buying that new car transmission, you have fewer dollars (available mental energy) for other purchases (cognitive processes). Using the savings account analogy, you are your brain's financial advisor, and can direct how your money (mental energy) is spent.

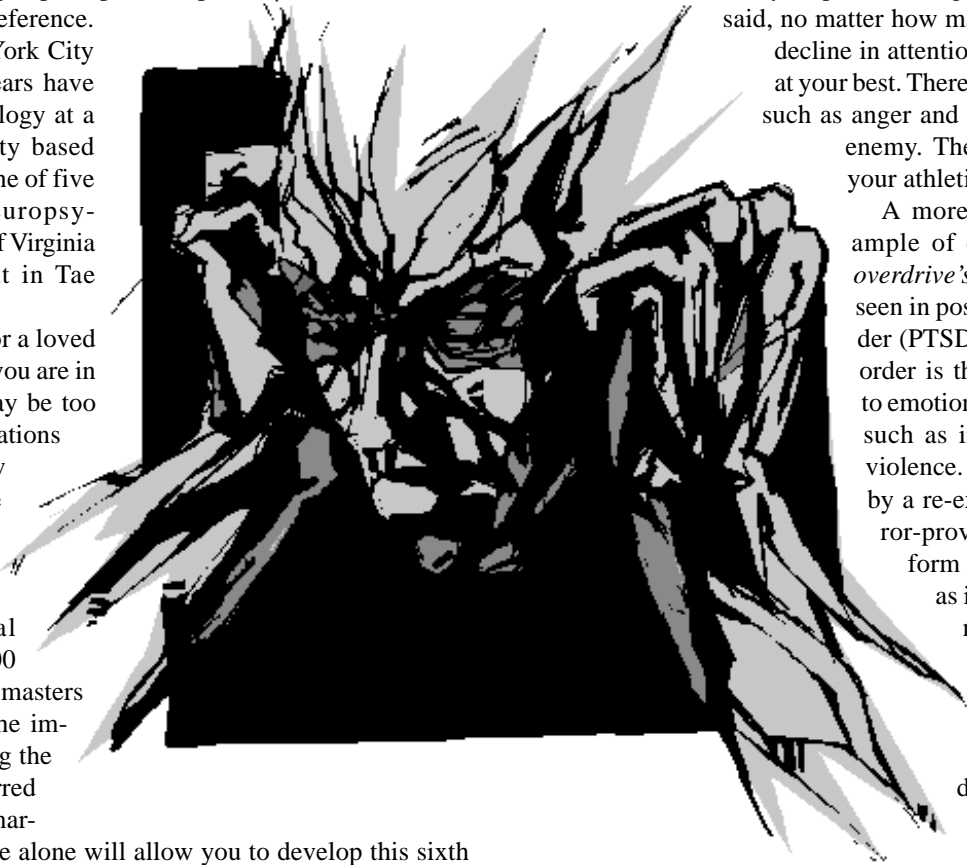
The anterior cingulate gyrus (ACC), a brain region just behind the frontal lobes, plays a critical role in maintaining attention. Research suggests that the ACC, in addition to playing a role in attention, is also involved in processing negative emotions, such as fear and anger. If the ACC is activated to process fear and anger, competition for its resources negatively impacts on your ability to maintain a heightened state of readiness. Wade et al., (2002) hypothesized that the attentional deficits he noted in chronic pain patients was the product of competition for ACC resources in processing

both emotional suffering and attention in these subjects. When we perceive potential threat the fight or flight program we were born with puts our sympathetic nervous system in overdrive. While some degree of emotional arousal is beneficial, too much arousal negatively impacts on cognitive processing. That said, no matter how many years of training, a decline in attention means you cannot be at your best. Therefore, negative emotions such as anger and fear can be your worst enemy. These emotions handicap your athleticism and training.

A more dramatic clinical example of continuous emotional *overdrive's* impact on attention is seen in posttraumatic stress disorder (PTSD). This psychiatric disorder is the product of exposure to emotionally horrific situations, such as in combat or domestic violence. PTSD is characterized by a re-experiencing of the horror-provoking situation in the form of nightmares, as well as images during wakefulness (referred to as flashbacks). Neuropsychological studies of individuals suffering from PTSD have demonstrated weakness on measures of attention and short-term memory (Koenen et

al., 2001). PTSD treatment often involves emotionally *desensitizing* the patient from the thoughts and images that torture them. The goal of the desensitization treatment is to have the patient confront the cues or images that remind them of the horror without becoming emotionally upset. Pain and PTSD research data provide support for the notion that intense emotional arousal either directly, or through indirect mechanisms, impacts on brain centers responsible for maintaining attention.

Along these lines Fire Safety Instructors recommend conducting monthly training exercises where family members role-play life saving escape procedures. These drills help families respond to fire without panic. Rehearsal reduces the risk of behavioral paralysis when every second counts. By analogy, perhaps involving family members in self-defense scenarios would serve a similar goal. Increasing environmental awareness and limiting our natural flight or flight response may allow us to resolve a conflict without physical engagement.



The Japanese masters emphasized in their teachings over 2000 years ago the importance of *blending* both physically and psychologically with an adversary. This may involve humbling yourself and remaining *egoless*. The best outcome from confrontation is an end without physical confrontation. Nevertheless, despite your best effort to avoid conflict the possibility exists that one day you will find yourself physically grappling with an opponent.

The concept of, *Use Your Head*, in combat needs to address the close quarter technique of using your head as an impact tool. The *head butt* has been made popular by television and movies. Typically, moving the head rapidly in a forward/backward or right/left direction performs the head butt. The target of contact is the opponent's head. The head butt's physical force stems from a rapid acceleration/deceleration event produced by the head and neck muscles. The head butt technique will diminish the opponent by creating disorientation, skull fracture, blood from a forehead laceration to obscure vision in one eye, or possibly render your opponent unconscious. The bony skull and cerebral spinal fluid (CSF) protect your brain. The CSF is produced in the cerebral ventricles and serves to bath the outer surface

of the brain, providing a cushion between the brain and its protector the skull. Without CSF a sudden twist of the head would cause the brain to bounce off the skull's inner surface (with associated risk of contusion, etc.).

The CSF is continuously being produced by the ventricles and drains from the skull through the sinuses. If the holes of the sinus are blocked, a condition referred to as hydrocephalus will result. It is beyond the

scope of this article to delve more deeply into hydrocephalus, as the head butt technique is not likely to clog the sinus's drainage holes. Like the enormous plates that make up the earth's surface, plates of your skull continue to shift and solidify up through our teenage years. The skull is the brain's great protector, as well as its enemy.

The skull protects the spongy, gelatinous, brain after it has inadvertently struck an ob-

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ject. The bad news is that despite the presence of CSF to protect the brain from injury, with sufficient physical force the brain will strike the skulls hard, rough inner surface. This can result in tissue contusion, blood vessel rupture, and/or fluid collections (hematoma) to develop. In mild traumatic brain injury the great white matter tracts that extend subcortically (beneath the brain itself) from brain stem to deep frontal lobe regions stretch. The stretching of these white matter tracts causes microscopic tears, referred to as shearing. Neuropsychologically the resulting deficit is manifested as difficulty with information processing speed and attention. Depending on the severity of head injury resulting from the head butt technique, the sequelae could be far more devastating.

Internationally, scientists look to four factors to classify severity of brain injury. Posttraumatic amnesia (PTA), or the inability to remember things taking place soon after the brain injury, is indication of a temporary hippocampal (the part of the brain associated with memory consolidation) retention deficit. Loss of consciousness (LOC), the second of four factors used to determine head injury severity, is actually a brain stem event. If the brain senses that there is limited availability of oxygen and/or glucose (its two main sources of nourishment) it shuts down almost all bodily activity to limit your demand for these two types of food. This represents an attempt on the brain's part to guarantee that when food is in short supply it continues to receive what is available. A rudimentary test administered by health care professionals called the Glasgow Coma Scale (GCS), represents the third of four defining factors of head injury severity. This scale involves examining the subject's ability to perform in three areas (i.e., eye and motor movement, as well as quality of verbal response to the examiners questions).

Evaluating for the presence of *hard* neurologic signs (e.g., skull fracture, cerebral bleed, development of a seizures, etc.) represents the final factor used to evaluate head injury severity. Diagnostic studies such as magnetic resonance imaging (MRI) are often used to clarify whether someone has suffered these signs of *hard* neurologic damage. The MRI procedure requires the individual to remain motionless while a picture is taken of the brain through the skull. Based on how the patient *loads* in the four areas that define head injury severity (e.g., LOC, PTA, total score on the GCS, and whether they manifest *hard* neurologic signs), the clinician determines whether the patient suffered a traumatic brain injury; and if so whether it would be classified as mild, moderate, severe or profound.

This brain injury classification schema has important implications for both the types of problems these patients will likely suffer, and their projected illness course (i.e., extent of expected improvement over time). It is beyond the scope of this article to address the different patterns of illness course associated with the four brain injury classifications.

The head butting technique can result in a mild traumatic brain injury (TBI). The types of cognitive problems seen in patients suffering mild TBI include decline in speed of information processing and sustained attention. This stems from the fact that the degree of physical force necessary to result in a mild TBI is sufficient to cause a stretching of the subcortical (beneath the brain itself) great white matter tracts. If the individual is young, free of other significant medical illness and has never suffered a prior head injury he/she will likely enjoy complete recovery over the next 3 to 6 months. You can see that there exists the distinct possibility that both you as well as your opponent will be *diminished* to some extent by using this technique in the self-defense situation.

Repeated practice using this technique in the training situation increases the likelihood that you will cause yourself significant physical compromise over time. This effect can be explained using the bank account analogy I referred to earlier in this article. You begin, like a savings account, with a certain amount of money (referred to as *cognitive reserve*). Each time you suffer a *ding*, you lose money from your bank account, which effectively reduces your ability to *bounce back* or recover from the next *ding*. This is why we see football players become unexpectedly incapacitated by a relatively minor injury. The fact that they had a prior history of accumulated *dings* reduced their cognitive reserve or ability to recover from future brain injury. In essence they *over drew* on their account. For these reasons including the head butt in your training arsenal is not recommended.

Perhaps this is one of the reasons why professional mixed martial artist organizations such as the Ultimate Fighting Championship, and its counter part, Pride Fighting no longer allow the use of the head butt in competition. Now that is using your head! 🗡️

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Action in the Skies?

Since January 2002, the U.S. Park Police has lost more than 30 officers to the Federal Air Marshal Service. The high salaries, good benefits and seemingly easy, jetset work offered by that agency has set off an exodus from local law enforcement agencies. And, like the Park Police, many departments are trying to stop the defections.

"Do you want to sit in an aircraft seat for 12 hours a day, 16 hours?" Virginia State Police recruiter John Wright asks troopers who are thinking of leaving. "Is that what you call being on the cutting edge of law enforcement?"

Since the air marshal program began recruiting after Sept. 11, nearly every local police department has lost officers. The U.S. Secret Service's uniformed division has been hit particularly hard: 130 of its 1,200 officers are leaving. The U.S. Capitol Police force has lost 29, and six more officers have air marshal applications pending.

D.C. police officials say that only about six officers have left to become air marshals. In some places, recruiting by the air marshal service has set off a chain reaction. In Bethesda, the tiny National Institutes of Health police department has been poached by the air marshal service. Thirteen members of the 50-member department have left, and 15 more are seeking jobs elsewhere, the union says.

Jason Abend, a former Secret Service recruiter who operates the Arlington-based Law Enforcement Jobs.com web site, said there has never been an employer like the retooled air marshal service, which was created in the 1970s but began a massive expansion after Sept. 11. "It's just never been seen at that level. That level of pay, that level of benefits nationwide," Abend said. "If somebody's considering going federal, they're not going to stay, at a local police department", he added.

The air marshal program has an official starting salary of \$31,500 a year, which is lower than what is offered by many Washington area law enforcement departments. But officers with certain skills or experience sometimes can command much more—up to \$80,000. In addition, air marshals can receive bonuses of 25 percent or more, depending on where they are stationed. Several local departments' starting salaries hover around \$38,000.

Atlantic City Democrats Knife Fight

The city Democratic committee's reorganization meeting ended in a knife fight one Monday in June. Jihad Callaway, brother of Craig Callaway, pulled a knife on Elijah Steele, a supporter of Mayor Lorenzo Langford, in front of Local 54's headquarters, witnesses said. Steele reportedly responded with his own blade. No one was seriously injured. Steele reportedly filed charges against Jihad Callaway, who according to his brother Craig, may file countercharges. The melee rose out of a power struggle for control of a committee. Union President Robert McDevitt said, "we'll let them have their meetings, but we'll have to install a metal detector like they have at the high school."

Manpads in the USA

The U.S. government has alerted airlines and law enforcement agencies that new intelligence indicates that Islamic terrorists have smuggled shoulder-fired anti-aircraft missiles into the U.S. Classified intelligence reports circulated among top Bush administration policymakers during the past two weeks identified the missiles as Russian-made SA-7 surface-to-air missiles or U.S.-made Stinger anti-aircraft missiles obtained covertly in Afghanistan, said intelligence officials who spoke on the condition of anonymity. Authorities are looking for three types of "manpads," or man-portable, air-defense systems, including SA-7s and Stingers, the officials said. The SA-7s have a range of more than 3 miles and can hit aircraft flying at 13,500 feet. Stinger missiles can hit aircraft flying at 10,000 feet and 5 miles away.

The 15 Second Rule

Many police defensive tactics instructors use the "15 second" rule as a guideline. With the age and fitness differences between the average arrestee and the average officer, the officer has 15 seconds to win a physical

struggle. After that, these experts claim the advantage starts going to the bad guy.

Carrying Knives

Each year it seems the carrying of knives by officers becomes more and more acceptable. Take care not to carry violent and combative knife names that suggest Rambo, War or Close Quarter Combatives. Lawyers warn that such aggressive names could be used against you in court. Use common sense when selecting the knife you carry on or off duty.

The Truth About Truth Serum

Looking for the ultimate interrogation trick? Think its truth serum? Maybe not. So-called truth serum is a barbiturate called thiopental sodium, better known as Sodium Pentothal, a trademark of Abbot Laboratories. It is a yellow crystal that can be dissolved in water or alcohol and administered orally or intravenously. It is used as sedative and as an anesthetic during surgery. It depresses the central nervous system, slows the heart rate and lowers blood pressure. Patients are usually unconscious in less than a minute. Because of its effectiveness as a sedative, it is usually administered by the U.S. Prison system during executions. In milder doses it becomes what some call "a truth serum." Those taking the drug become very communicative and share their thoughts without hesitation. Despite its nickname, it will not make a person tell the truth against his or her will. The recipient likely will lose inhibition and therefore may tell the truth.

Recruits up

Thirty-five thousand, six hundred and eighty nine new recruits took the New York City PD exam in June 2002. This is three times the number the same month last year.

Bouncing Off Hard

Some types of rubber bullets used by police to restrain unruly protectors kill and maim too often to be considered a safe method of crowd control, says Lancet Medical Journal. Rubber coated bullets are intended to inflict superficial painful injuries to deter rioters. But a several year study of their use by Israeli security forces found police often fire from too close and aim poorly. Even when properly fired, the bullets are inaccurate and cause unintentional injuries. Few agencies deal with so many disturbances as the Israelis and that is why this study is considered so important.

True Cop Story

The Robin Sage Traffic Stop Step-By-Step

By W. Hock Hochheim



“Deputy Butler did not know that two of the men were special operators on a mission!”

When: 2:30 p.m.
23 February, 2002

Where: In front of Acorn Ridge Baptist Church, Robbins, North Carolina.

What happened: When he spotted the pickup truck with someone crouching in the back, exposed to the blustery, 40-degree cold, Deputy Sheriff Randall Butler got suspicious.

“One was in the back of the truck and two were in the front of the truck. It was 40 degrees, and the wind was blowing. The one in the back was crouched down, and it just looked strange,” Butler said.

And then his fears were heightened after he pulled the truck over...

“I feared that they were trying to kill me,” Butler said.

What Butler apparently didn’t know was that two of the suspicious men were actually Army Special Forces soldiers training for their coveted green berets. Their guns contained blanks. The soldiers, in turn,

thought Butler was an actor in their role-playing exercise. But Deputy Butler’s pistol carried live .40 caliber ammunition.

What went wrong?

Who or what is Robin Sage?

Robin Sage is the name of a 19-day final exam portion of the Special Forces Qualification Course. The famous “Q” course of the 1st Special Warfare Training Group (airborne). Conducted since the 1950s in North Carolina, it tests skills in survival, tactics and dealing with people, as well as judgment, decision-making and ethics. It is conducted about four times a year and can cover as

many as 10 counties in central North Carolina and some 4,500 sparsely populated square miles. It is a role-playing exercise whose plot involves freeing the people of the fictional "Pineland." It is in essence an elaborate war game organized by the John F. Kennedy Special Warfare Center and School. It involves citizens of all types playing roles in the process. Often, this has included local police officers. There are families in this area, officially called Sand Hills, who have been part of the exercise for two and three generations, donating their time, land, vehicles, food and intelligence. Charles Leiber of Seagrove was one such person.

Event 1: While on routine patrol, Butler saw the three men in a pickup truck. One was in the rear of the truck.

Event 2: Lights, siren bleep and a radio dispatch of situation came, announcing the traffic stop.

Event 3: The pickup pulled over. It was driven by civilian role-player Charles Leiber.

Event 4: Leiber was invited back into Butler's squad car for an interview. Here Leiber increased the suspicion. He gave the deputy several different explanations as to what they were doing. He said they were "on recon," then that he was driving around migrant workers.

Event 5: With Leiber in the passenger front seat of the squad car, Butler approached the passenger front seat of the truck. There sat 1st Lt. Tallas Tomeny in plain clothes.

Event 6: Deputy Butler asked Tomeny about the black, canvas bag between his legs and what the contents were. Tomeny would not reveal the contents of the bag.

Event 7: Deputy Butler asked Tomeny to step outside the truck. Tomeny took the bag with him. Peering into the bag during this transition, Butler saw a disassembled long weapon, later identified as an M-4 Carbine.

Event 8: Butler drew his .40 Beretta, but he re-holstered the weapon after Tomeny walked away from him toward the rear of the truck. Butler considers the use of his pepper spray as an option.

Event 9: Tomeny dropped the bag and did a sudden about face charging the deputy.

Event 10: Butler pepper sprays, and Tomeny suffers the initial ill-effects. No physical contact yet.

Event 11: Tomeny yelled to his partner, Sgt. Stephen Phelps in the bed of the truck, and tells Phelps to shoot Butler.

Event 12: Phelps jumped from the truck and ran for the black canvass bag, despite Butler's commands for him to halt. Nearby, Tomeny still suffers from the effects of the spray.

Event 13: Phelps reached into the bag. Butler shot Phelps in the forearm and the chest, causing him to drop back away from the bag.

Event 14: Tomeny charged Deputy Butler. In the charge, Butler reports that Tomeny made a furtive gesture to his beltline in a motion similar to pulling a pistol.

Event 15: Butler fired several rounds, one shot hitting Tomeny in the upper chest. The bullet clipped his esophagus and an artery, killing him instantly.

Event 16: Deputy Butler secured the weapon bag and guarded Leiber while calling dispatchers and reporting the incident. Backup and ambulances were dispatched.

Even as ambulances and more police officers arrived at the scene, Butler said, Phelps, the soldier he wounded, "never said a word. He didn't even budge." But in the hospital after the shooting, the wounded soldier said repeatedly, "I can't believe it wasn't part of the plot."

"I have known in the past that soldiers would be training in our wooded areas. Never have I known them to come out in public like this." Butler said. But in fact, normal training announcements were

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on file to all local authorities and local police had been used as part of the exercise both on and off federal grounds.

But there have been other near-fatal mistakes, despite the alerts and warnings. Military insiders report to *CQCMag* that just one week earlier on 16 February, soldiers like these men had mistook another traffic stop as part of a military exercise. Robbin's Officer J.D. Garner stopped a truck of kevlar clad soldiers in his area. They opened fire on Garner with blank ammo. Fortunately Garner, who had volunteered as a role-player in the past, had recognized the civilian driver and knew it was a Robin Sage exercise. He also had been briefed in squad meetings that a Robin Sage was in effect. He did not fire back. He called to the men that he was not part of any role-playing scenario and the soldiers stood down.

Tomeny, 31, had been a member of a Special Forces Group with the Alabama Army National Guard based in Mobile. Brig. Gen. Mike Sumrall, adjutant general of Alabama, called Tomeny, "a fine Alabama Army Guard member." The Alabama Guard said Wednesday that Tomeny completed Officer Candidate School at Fort Benning, Ga., in August 2000.

Army officials said the shooting was the tragic result of a breakdown in communications. They said the Sheriff's Department had not been told about Saturday's exercise because the Army did not

think the department would be involved. The Army "will look at where the miscommunication happened and make sure we take some of the steps to ensure it doesn't happen again," said Maj. Gary Kolb, a spokesman at Fort Bragg.

No criminal charges will be filed, prosecutor Garland Yates said. Butler "reasonably believed that he was confronted with a threat justifying his use of deadly force," Yates said, and the soldiers believed Butler "was a participant in a legitimate training exercise."

Now, a handwritten memorial stands before the Acorn Church that reads:

"Our prayers are with the families of our two soldiers."

But our prayers need also to be with Deputy Butler. Despite all the legal justifications, he is also a victim of a tragedy, forced to take real action in a set of false circumstances. At night, he wakes up periodically and relives the trauma, he said.

"They were doing their training. I was out there doing my job," Butler said. "Those two don't mix." ❄

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Perfect for Police Officers!

Domestic Violence Kills Cop

By Jane Eden

Probably the most dangerous assignment a police officer receives is a domestic disturbance call. Frequently, officers find themselves thrust into complex situations where it's difficult if not impossible to determine victim from villain/truth from lie. Such was the case recently in White Settlement Texas when Capt. Scott Monier died from gunshot wounds sustained during his response to a call for backup at a domestic disturbance.



Captain Monier, past recipient of the Congressional Medal of Valor shot and killed during a domestic disturbance.

According to White Settlement Police Chief David Place, Monier and a 68-year-old man suspected of domestic abuse killed each other in a brief, 17-shot gunfight in which both emptied their weapons.

Monier staggered out of the house where the shooting occurred and died two hours later in surgery at a Fort Worth hospital.

SWAT team members found Southall dead when they stormed that house after repeated attempts to contact the man failed.

Evidence in the residence at 9009 Farmer Road indicated Southall fired nine shots possibly 10 and Monier eight, Place says.

“Both weapons were on the floor with their slides locked back. A loaded clip was found in Southall’s pocket.”

Monier, an 11-year veteran of the force responded as a backup to other officers at 1 p.m. Wed., when he entered the back door of the house and was shot, Place says. Evidence indicated Southall fired at least twice before Monier got off his first shot.

Betty Cook, 65, Southall’s girlfriend, said she could have calmed Southall, and neither man had to die.

“It was a useless death on Jim and on that officer,” she says. “If they would have listened to me, stayed away from my house, Jim would have never hurt me. I could have gone in, and we could have left, and all of this could have been avoided.

“I’m not putting the police down. I’m sure they felt they were doing their job. They were protecting me, but they should not have come in my house.”

Police went to the house after Cook’s granddaughter; 21-year-old Brandy Cook called 911 and said Southall had threatened her with a gun.

According to police, Monier, who had just returned from taking some employees to lunch to celebrate Secretary’s Day, was in the

dispatch office when he heard shots had been fired and three officers at the scene needed backup.

Monier, who routinely worked in the office and rarely on the streets, quickly rushed to the scene without putting on his protective vest. "I think he was more concerned about the safety of the citizens and also concerned for the officers on the scene," says Place.

Brandy Cook said Wednesday she called police after Southall pulled a gun on her and her 18-year-old sister after refusing to let them use the telephone. Minutes before, she said her grandmother had confided to them that Southall had struck her the night before.

However, Betty Cook said Thursday that her granddaughter misunderstood what she told them. She said Southall had thrown a key and hit her, and she doesn't believe his actions were intentional.

"Jim had never touched me, he never abused me, he never laid a hand on me," Cook insisted.

Southall displayed the gun to her granddaughters only after they refused to leave the house as he requested, she says.

"He had the gun, and he told them to leave and not to ever come back because they didn't do nothing but cause problems," Cook says. "I said: 'No, Jim. Just get in the house. Go put that up.'"

Cook said her boyfriend never chased the granddaughters as they told reporters after the shooting. Instead, he said, the granddaughters left, and she went to a nearby store to buy cigarettes. She said she returned to find police surrounding her home.

"I told them distinctly: 'Do not go in my house. I can take care of things. Leave him alone. Do not go in my house,'" Cook says. "They said, 'You don't go in there!'"

But Cook said she walked toward the front door, where Southall was standing with the gun.

"I was talking to Jim, and he was backing in the house to get away from them," Cook says.

"I said, 'Jim, go put the gun down.' He backed into the house. He wouldn't look at me. He was scared, but I knew he could hear me."

Cook said she next heard four to five gunshots ring out.

"I heard him hollering. I didn't know the officer was even inside," Cook says. "I thought [Southall] might have shot himself or was just shooting or they were shooting at him through the window. I couldn't figure out where the gunfire was coming through or who was doing it."

Cook says she believes Southall did not intend to hurt anyone, but was surprised at Monier's presence in the home and fired as a reflex.

"I think it was because he scared him," Cook says. "I'm sure the officer probably thought he could get up behind him and maybe apprehend him. I do feel that he [Southall] did not know he was in there."

Preliminary autopsy results revealed Capt. Scott Monier sustained five wounds and James Southall seven during an intense and brief shootout.

Cook said Southall was not as violent as portrayed.

She said she and Southall were childhood friends in DeLeon and that they reunited about 10 years ago after Southall, a divorced father, learned that Cook was living in White Settlement.

"We enjoyed each other's company," says Cook, whose husband died years ago. "We both were alone. We enjoyed traveling. We enjoyed being with each other. We could talk over old times."

Place said Cook called Thursday to complain about the condition of her house after the shooting. The Police Department will provide money from a special fund to help with cleanup and repairs, he says.

Cook said Southall was a retired Air Force pilot in the military's "secret service," unit and once served as a bodyguard to President Eisenhower.

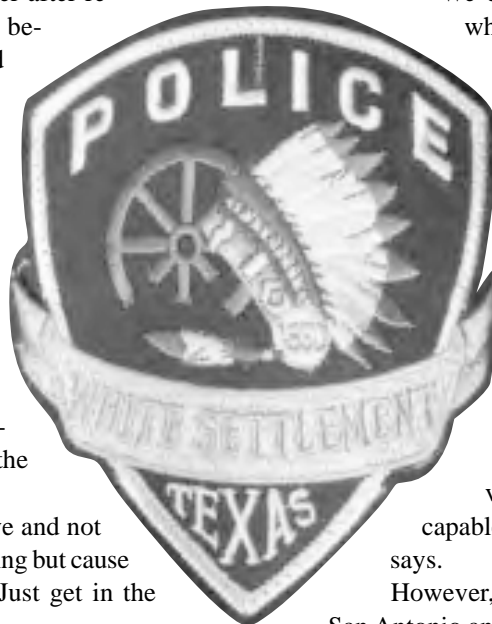
"He'd been all over the country. He was very intelligent, a very well-liked soldier, very capable of what the military demanded of him," Cook says.

However, officials at the Air Force Personnel Center in San Antonio and the Air Reserve Personnel Center in Denver could find no records showing that Southall was an Air Force retiree or that he had served.

Cook responded that the records had been sealed because of Southall's classified military assignments.

Monier was past recipient of the Congressional Metal of Valor, husband and father of two children. 🌟

If you wish to contribute to an established fund for the Monier family, you may send contributions to Omni-American Federal Credit Union, 7800 White Settlement Road, White Settlement 76108 or Weatherford Bank, Account No. 848552044, 101 N. Main St. Weatherford, TX 76086.



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Scuttlebutt

Ammo Low

U.S. military ammo stockpiles are very low. Ammo budgets have been hundreds of millions of dollars short every year during the past decade, reports a paper obtained by *CQCMag*, written last February, 2002 by the U.S. Army's Institute of Land Warfare. According to the report, 60 percent of the ammo in storage today is *substitute* rather than *preferred*. This means that soldiers must fight a war with munitions that fail to meet the range, performance and lethality requirements for peak performance.

Another report from the National Academy of Sciences concluded that government-owned ammunition plants, which are managed by the Army, lack modern equipment, have inadequate quality control processes and have not implemented modern business practices. Some raw materials needed to produce ammo are only available from foreign countries.

Collected notes from the Afghan front:

"The enemy is as tactically proficient as we are. They are professional soldiers, even if they don't wear helmets and patches. They are superior marksmen, not only with rifle and machine guns but with mortars and RPGs. They specifically targeted our mortar, but not necessarily our leaders. They adapt quickly and change tactics as required. They take notes and study us. Yes, some of their caves were as complex as the schematics in the magazines, with vents for air and to mitigate overpressure effects of munitions, with carved corridors as wide and tall as your office, with escape route, with twists and turns to slow enemy assaults, etc."

"Our soldiers are GOOD. A Chechen commander was killed. On his body was a diary that compared fighting the U.S. with fighting Russians. He noted that when you take out the Russian leader, the units stop

and mill about, not sure of what to do next. But he added that when you take out a U.S. leader, somebody always and quickly takes his place with no loss of momentum."

"A squad leader goes down, it may be a private that steps up to the plate before they can iron out the new chain of command. And the damn thing is that the private knows what the hell he is doing. When units came under fire immediately after disembarking from a helicopter, it was not uncommon for two members of the squad, without orders, will suppress the enemy and do the buddy team IMT. No need to fret about the quality of our troops from O-3 on down."

"There was close combat, although just reading news reports gives the impression that we were in holding positions enduring long range mortar fire. Our boys chased the Al Qaida and ran them down even with all of the battle rattle we were carrying. And we did it on their turf, in their environment. Gotta be in shape to do that. The body armor saved lives. At the end of the day folks were finding huge bruises on their bodies, but no holes. Also note that a great percentage of wounds are in the lower extremities. A word on helicopters. The Blackhawk has a tail rotor issue with thin air, probably why they aren't being used. The Chinook doesn't have that issue. The Apaches are there, and are in force, even though all the pictures we see are of USMC Cobras. The Apaches are being hit, making it back, and being returned in 48 hours or less. They proudly display patchwork on the airframe. One Apache ran for 30 minutes without oil...As advertised. In the hot LZ fight we all heard about, all but one Apache was hit but none went down."

New, Better Eye Protection

It will withstand a .15 caliber, 5.7 grain fragment at 640-660 feet per second. Soldiers and Marines soon will begin receiving a new generation of protective eyewear from the Army Soldier Systems Center. The latest glasses, called the Military Eye Protection System offer increased protection and work with a number of interchangeable lenses needed by today's gear. An estimated 10 percent of all battlefield injuries are to the eye. Explosive fragments, branches, blowing sand and rock and even lasers present hazards.



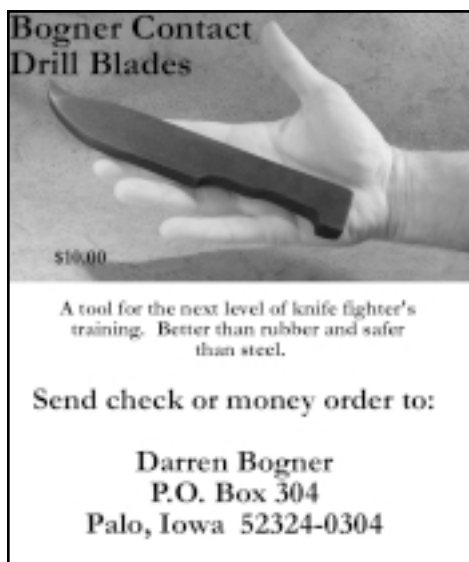
SAS to the Rescue

Ex-SAS soldiers and RAF officer have been hired by private plane charter specialist Air Partner to plan emergency evacuations from trouble spots. The company works with global corporations to arrange the hurried withdrawal of staff based in potential danger areas such as the Middle East and Asia. Air Partner will ensure planes are available for rescue missions.

Director David Saville stated, "we now have one plan to evacuate 8,000 employees of a firm from one country." The key is planning. We have put together a package where ex-SAS soldiers and RAF Wing Commanders go into a company and look for existing plans. The problem is in a coup or invasion the airport is usually among the first targets. If not then there are thousands of people there and no airplanes.

Overboard?

A new beacon may save the day, The U.S. Navy is deploying an alarm system designed to protect its 180,000 sailors at sea from falling overboard and drowning. Countless sailors have been lost since the first ships hit the water. Since 1980 more than 1000 sailors have been swept into the seas, and 133 of them have died. Current detection method? By sight only. This new system consists of a radio beacon worn by sailors while on deck at sea, a receiver that alerts crew members and rescue authorities of a man overboard and his or her direction.



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Wanna Be A Green Beret?

Recruiters are hitting the streets to enlist special operators. Some of the requirements are:

- Special Forces recruits must enlist for at least a five-year term.
- They cannot have reached their 30th birthday before they enter basic training.
- They must have their high school diploma. No GEDs.
- Candidates must have a General Technical score of at least 110.
- They must score at least an 85 on the Defense Language Aptitude Battery tests.
- By the time they complete infantry training, they must also have to score a minimum of 229 out of a possible 300 points on the Army physical fitness test. And they must score at least 60 points in each event of pushups, sit-ups and the two-mile run.



Landmine Shoes

This is the MedEng Spider Boot, which lifts the foot some 6 inches off of the ground. It is one of the many designs under way to overcome the increasing land mine problem facing our military.



To Be...Or Should have Been? Screwed up Military Quotes.

Quote collector and corrector Ralph Keyes, in his new book—*Nice Guys Finish Seventh*—has a few things he wants to say.

Winston Churchill is quoted to have captured the phrase, "blood, sweat and tears," in his famous speech in WW II. Actually he said, "I have nothing but blood and toil, tears and sweat."

★★★

General Sherman didn't say, "War is hell." He actually said, "There is many a boy here today who looks on war as all glory, but boys, it is all hell."

★★★

We all thought, Paul Revere cried, "The British are coming!" But he actually declared, "The Regulars are coming! The Regulars are coming."

★★★

Ralph tells us, "The time of the American Revolution is full of misattributions and fabrications. Did a 6-year-old George Washington really admit, "I cannot tell a lie?" No, it was likely a biographer's lie. And if Nathan Hale, a Revolutionary soldier, ever said, "I only regret having but one life to to loose for my country" before being executed as a British spy, then he was borrowing a line from Cato, (a playwright), "What a pity it that we can die but once to serve our country. Likewise, Col. William Prescott may have ordered, "Don't fire until you see the white's of their eyes!" during the Battle of Bunker Hill. But he was merely paraphrasing similar statements made decades earlier by both Prince Charles of Prussia and Frederick the Great.



Battlefield Diary

Shaka Zulu – Revolutionary Fighting Techniques

By E.A. Ritter

Very soon the regiment was doctored again for war. The biggest black bull available was driven into the cattle-kraal of the military barracks, and for an hour chased round and round. Then the regiment hurled itself on the animal with bare hands. Some of them were hurt, but the rest of them got a grip on the bull, wherever they could, and threw it to the ground. Then using the horns as levers they twisted its neck till the spinal cord was broken. The witch-doctors then got busy and cut off the parts required for the medicine—a mixture of herbs and stewed bull's meat made into a soup. The rest of the bull was roasted.

The warriors then filed past the witch-doctors, who gave each one some of the concoction to drink, while some of it was sprinkled over the person with an ox-tail. Now the warriors each had to go to a deeply dug pit and vomit, and thereafter repair to the cattle-kraal. Here bits of the roasted bull were thrown into the air, and each warrior had to catch a piece and eat it. After each one had partaken of this meat, whatever remained of the bull was completely incinerated, and the ashes buried.

In the following campaign Dingiswayo took personal command of the Ize-cwe regiment, brigaded with the Yengondlulu regiment. The year was 1810 and Shaka was 23-years-old. When the army marched, senior officers only knew its destination. Its first halt, after reaching the Umhlatazi River, was present-day Melmoth. Zulu armies were fed by a supply of cattle 'on the hoof' and some grain. Much interest was displayed by Shaka's comrades in the fact that he wore no sandals, and in the single massive stabbing-assegai (spear), which he carried instead of the usual throwing spear.

Nqoboka, Shaka's friend, foresaw that, bare-footed, Shaka would outrun his detachment and might be cut off among the enemy. Shaka maintained that all the army should go bare-foot and be armed as he was. Such an army would conquer all the tribes of Zululand. And he would prove it.

"Dadewetu ! (by our sister!)," he swore, "this day will I prove my words or feed the vultures!"

Then Nqoboka and Mgobozi swore to discard their sandals and follow Shaka should he need them.

As darkness gathered, the brigade moved forward again, but at a



slower tempo. Long before dawn, the objective was reached—the kraal of Pungashe, chief of the Butelezi tribe. At the first streak of dawn, the three regiments closed in, but found their quarry flown. Soon, however, Dingiswayo's scouts reported that the Butelezis were massing some five miles away, and with all speed the army advanced in this direction. Presently they came upon the Butelezis, who were only some 600 strong, but in a commanding position, in a narrow valley of a tributary of the White Umfolozi. Their cattle were behind them, and behind these were the women and children.

Dingiswayo ordered Buza, with the Izi-cwe regiment, to march up to within 100 yards of the Butelezis, and then dispatched a herald to summon them to surrender, in view of the overwhelming force confronting them. He promised them an amnesty if they would

acknowledge his over lordship. He was met with jibes and insults, and then the most renowned Butelezi warrior stepped forward some 20 yards, and shouted, "Go dog, to your toothless master and tell him to send someone who can fight with me, and not a yapping cur like you." Instantly, young Shaka bounded forward, and faced him at a distance of 50 yards. In stern tones he then called out, "You dried-out old cow's bladder full of wind, I will make you eat your words, and my assegai too. Now fight!" Then with mighty strides Shaka advanced on him. This was something entirely new to the Butelezi warrior, and in fact to all the spectators on both sides. A single combat, or a general fight, was hitherto always conducted with the opponents some 45 or 50 yards apart, each side hurling their spears at each other, and returning those which had been thrown, until one or the other side had had enough and fled; if they were then pursued, and dropped their remaining spear or spears, it was a token of surrender, and the captive's life would be spared.

With Shaka striding up to him, the Butelezi warrior was non-plussed and somewhat flurried. At 35 yards distance, he hurled his first spear, which glanced harmlessly off Shaka's shield. Shaka now broke into a swift charge, with his shield held at a slant to enable him to see what was coming. At 15 yards he caught the second spear on his shield, and two seconds later he closed with his man. In an instant he had hooked the left side of his shield round the left edge of his opponent's shield, and with a mighty wrench to the left



Zulu in warrior attire, complete with cowhide shield.

deprived the warrior of any opening for the light tear in his right hand, thus at the same time exposing his opponent's left armpit; into this, with a mighty swing stroke from the right, Shaka struck his broad-bladed spear with such force that its point not only went through heart and lung, but actually came out under the right armpit. As the Butelezi fell over dead in the direction of the thrust, Shaka used the weight of his falling body to disengage his spear, as he roared, "Ngadla!"

The two opposing forces were spellbound. Greater still was their astonishment when they now perceived Shaka, single-handed, advance across the remaining 20 yards which separated him from the Butelezi. It was then that Nqoboka and Mgobozi threw away, their sandals, and with the utmost speed proceeded to 'cover the back' of

their comrade. This was the signal for the whole of Shaka's guild, or company of 50, to follow suit, immediately to be followed by the whole Izi-cwe regiment.

Within a short time the bewildered Butelezi broke before the surge of the Izi-cwe regiment, and fled for protection amongst their cattle drawn up behind them, and only the timely arrival of Dingiswayo and his indunas stopped the carnage, which would otherwise have resulted, especially with Shaka in the van.

Chief Pugashe submitted with his whole tribe, and agreed to accept the suzerainty of Dingiswayo and to pay a moderate fine in cattle.

In the short encounter some 50 Butelezi were slain, including Bakuza, son of Senzan-gakona and his tenth wife, Sondaba, and therefore Shaka's half-brother. Dingiswayo's losses were about 20, for the Butelezi were no mean fighters.

After some 20 head of cattle had been killed for the victors and the vanquished, Dingiswayo told Buza, the commander of the Izi-cwe regiment, to present Shaka to him. He had already had a very favorable report on his first battle, and was greatly impressed by what he had seen that day.

At his first glance into the sharp and intelligent eyes of the huge young warrior, he instantly recognized a leader. After putting a number of questions to him, he was agreeably surprised at the prompt and clever replies. He then questioned Shaka on the matter of fighting without sandals, and with a single stabbing assegai, and conceded that Shaka was right as far as war only was concerned, but for the time being he was content to fight in a less sanguinary way, and to achieve his aims by persuasion with the minimum employment of force. However, after conferring with Buza and Ngomane, he there and then promoted Shaka to Captain of one hundred, or the equivalent of a leader of two guilds, and also presented him with 10 head of cattle. ★

Shaka Zulu is one of the most famous South Africans who ever lived, known for his outstanding and successful leadership of the Zulu tribe. A fierce and militaristic king, he contributed to the murder of an estimated million people; however, he also brought peace to his own people and devised a social system that made rape unheard of and crime of any other sort almost non-existent during his reign.

A tormented child, when Shaka turned 23, he was called to serve as a warrior and did so for the next six years. In battle, he found an outlet for his pent-up frustrations and developed his own political policy. He saw battle as the one safe method of political growth and never felt satisfied with a clan's submission before taking them to war. He fought for total annihilation. In addition, he developed a brutal and fatal weapon—a uniquely shaped spear, and further revolutionized warfare tactics. He became a formidable warrior and rose high in Zulu rank.

When the current ruler died, Shaka became the Zulu chieftain. He worked the Zulu warriors rigorously, treating them as clay for his molding. He killed anyone who hesitated, commanded his army to be celibate except for those already wed, placed them under one roof but separated them in specialty regiments, made weapons from scratch and instilled in the warriors the same fighting spirit he had. He spared himself no luxury of a true king. By 1817, the size of the Zulu territories had quadrupled.

On September 22nd, 1828, he was murdered. His half brothers from his father's side repeatedly stabbed him to death. They took the body and threw it in an empty grain pot, and then filled the pot with stones. This ended Shaka's 12-year rule. Forty-one-years-old at his death, Shaka's legacy lives on today.

Anyone interested in high adventure, ironic and fascinating history should read the many books on Shaka as well as watch the highly regarded and factual PBS-TV mini-series that is still available.

Combat Sports

By Colin Powell

Editor's Note: *The great Secretary of Defense Collin Powell remembers his days of commanding a unit in South Korea in the 1970's, and how a radical General "Gunfighter" Emerson created special warrior sports to keep his men aggressive and in shape.*

"You see, gentlemen, if you play football, you've only got 22 men on the field. Baseball nine men plus the runners. Basketball, 10." General Emerson had brought us together one fall morning, and I was the not sure where this commanders call was headed. "But we've got 18,000 men in the division," he continued. "And we want all of them to play. We want all of them to feel like winners. Pro-Life!" His solution was "combat sports."

Gunfighter went on to explain. We would start with combat football. Instead of conventional 11 man teams, we would field whole units—first platoon against second platoon, maybe 80 men at once. We would play on the soccer field, and the objective was to get the football into the opponent's net. How? Any way you can, the general explained. Run it, throw it, kick it, pass it. And, to liven up the action, we would use two footballs at once. The rules? None. You can tackle, block, clip, blindside, anything. Referees? No rules, so you don't need any referees. And no penalties.

As soon as we started combat football, the division doctors were in an uproar. They were being flooded with orthopedic cases, some serious. They threatened to blow the whistle on Gunfighter. We instituted minimal rules. We put in a referee to stop play at least when both balls first went out of bounds. We replaced combat boots with sneakers. We banned kicking, clipping and punching. The troops loved combat football, at least the spectators did, and Gunfighter Emerson adored it.

In every successful military organization, and I suspect in all successful enterprises, different styles of leadership have to be present. If the man at the top does not exhibit all these qualities, then those around him have to supplement. If the top man has vision and vision only, he requires a whip hand to enforce his ideas. If the organization has a visionary and a whip hand, it needs a "chaplain" to soften the relentless demands of the others.

"Gooooood morning, Camp Casey." The determinedly cheery radio voice woke me every day at 5:30 a.m. Another of Gunfighter Emerson's Pro-Life antidotes to brawling, drug abuse, boozing, lechery and trying to stab provost marshals was physical exhaustion. Consequently, we began the day with a four-mile run, to be completed in 32 minutes or less. "Last week's winner of the run was..." the announcer went on. "And today's temperature is..." Oh God, let it be 10 below zero. If it was that cold, we did not have to run. One degree higher, and we still had to pry ourselves from our warm bunks and start running in air that frosted our lungs—up a sloping hill, then up a steeper hill, to the halfway point at Camp Hovey,



Hank Emerson as a lieutenant general in 1977 while commanding XVIII Airborne Corps. He was known as "The Gunfighter" as reflected in his preference for a six-shooter rather than a regulation .45 caliber pistol.

located on a mountaintop, then back down to Camp Casey, all before breakfast. We ran the last two minutes at a sprint, hundreds of men yelling their guts out.

Right to the end, Gunfighter had surprises in store. In my last days, he called me in and said he wanted my battalion to try out a new sport, combat basketball. It did not sound quite as lethal as combat football, until he started describing the game. We would put 20 men on each side. The objective, as in the conventional game, would be to get the ball through the hoop. But instead of just passing and dribbling the ball, you could advance it by kicking it, rolling it, or tucking it into your gut and plunging ahead like a fullback. Blocking and tackling were also permitted. And to give more fellows a chance to shine, we would again use two balls.

It sounded crazy to me, but it fit General Emerson's athletic philosophy. Conventional team sports, with their rigid regulation, favor stars. But in anything-goes, no-holds-barred sports, finely developed skills become marginal. The 96 lb. weakling can trip the all county six-footer as easily as anyone else. In combat football, everyone's a quarterback. In combat basketball, everyone's a forward, a guard, a center. Gunfighter's goal was maximum participation. We inaugurated combat basketball in a big Quonset hut with steel beams arching down to the hardwood floor. I took no chances and posted an ambulance and medical team by the exit, which proved a wise precaution when players began bouncing off the girders. I could imagine the possible outcome: "The Secretary of the Army regrets to inform you that your son, while slam dunking, was..." one single episode of mayhem could end combat basketball...

After some leave, I returned in time for Gunfighter's latest enthusiasm, the Korean form of karate—tae kwon do. He brought in Korean army instructors to teach us the fine points. Everybody in



In the field in Korea as commander of the 1st battalion, 32nd Infantry in 1974.

the division was to perform tae kwon do every morning. Everyone was to join a team. Everyone was to earn a belt. And everyone was to wear the traditional tae kwon do white uniform. If you were going to do it right, Gunfighter said, you had to look right. Our G-4 (logistics) officer tried to explain that the U.S. government did not provide taxpayer funds for Korean martial arts attire. Gunfighter did not want to hear any nitpicking excuses. Soon every Korean tailor in sight was working day and night producing thousands of tae kwon do uniforms. I had progressed to a green belt when one day my driver landed a backward heel kick on my temple. My head exploded and I went down like a felled tree. I woke up to hear the driver moaning, "Oh my God! I killed the CO. I'm going to the stockade for sure!" ★

*CQCMAG thanks Secretary of State Powell, David Green, Joe Persico and Random House for their help in collecting this information and photos. We highly recommend **My American Journey** by Colin Powell with Joseph E. Persico, available from Random House. (reprinted with permission)*

Runner's High

A recent *New York Times* article calls the theory of a runner's high into question. The concept of the runner's high became widely accepted during the 1970's when scientists located a new class of brain chemicals. At the time, they believed the chemicals impacted the human system much like morphine during intense exercise. While there are many people who feel exercise reduces pain and produces a feeling of well being, few experience the intense euphoria and addictive urges described in '70's



Runners run near Victoria Avenue during the 2002 London Marathon. Participants surveyed run for a number of reasons. Some run for charity, some for personal satisfaction, many just for fun. Most think it's "bloody hard," few mention the endorphin rush as a primary reason to participate.

studies. The ones who do experience a noticeable high are usually marathon runners or cyclist. However, most say they believe their experience would not compare with morphine use. Thirty years after the initial study, there is not sufficient evidence to support the theory that exercise is addictive in the same manner that morphine is addictive.



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Sports Related Injuries for 15-24 year olds



Soccer chalks up 68,790 injuries per year.

Activity	Injuries
Baseball/Softball	88,340
Basketball	277,000
Bicycles	95,720
Exercise w/o equipment	38,560
Football	171,290
Gymnastics	8,080
Hockey	28,070
Ice Skating	12,290
In-line Skating	14,330
Skateboards	27,470
Snowboarding	29,700
Snow skiing	18,500
Soccer	68,790
Trampolines	13,080
Volleyball	27,570
Wrestling	26,290

Sources: Consumer Product Safety Commission, Center for Disease Control and Prevention.

Average Man Statistics

- Average man's waist size 35.9
- Average non-exercising, man has the most muscle mass between the ages of 18-25.
- Average man loses 1 lb. of lean muscle mass per year he does not exercise.
- Average man's testosterone level decreases 1 percent per year after age 40.
- Average male loses 40 percent of his muscle mass by age 70.
- Sixty-nine percent of men consider themselves physically fit.
- Thirteen-percent of men actually are physically fit.
- The average man can do 1 consecutive pullup.

Founder of Tae Kwon Do, Dead

By Ari L. Goldman

Gen. Choi Hong Hi, widely acknowledged as the founder of tae kwon do, a martial art that began in Korea and spread rapidly to community centers and storefronts around the United States, died June 15 in Pyongyang, North Korea. He was 83 and lived in Mississauga, Ontario, a suburb of Toronto.

Gen. Choi went home to die in Pyongyang after doctors in Canada determined that his stomach cancer was inoperable, says Craig Stanley, an assistant to Jung Hwa, the general's son. Gen. Choi developed tae kwon do in the 1940s as a combination of a Korean form, tae kwon, and the Japanese discipline karate. It is a method of unarmed combat intended for self-defense that engages the mind and the body. Gen. Choi's detractors, including officials in the South Korean government, say the discipline is merely a repackaging of old Asian martial arts techniques. But even they credit him with the name tae kwon do—*tae*, meaning to kick with the foot, *kwon*, meaning to strike with the fist, and *do*, meaning art. He came up with it in 1955.

Carol Davis Hart, the managing editor of *Tae Kwon Do Times*, a magazine published six times a year in Bettendorf, Iowa, said tae kwon do had, proved popular because it offered not only physical benefits but also "a whole philosophy behind it tied into courtesy, integrity, perseverance and spirit." Hart said that tae kwon do surpassed karate as the most popular martial art in the United States sometime in the 1980s. The International Tae Kwon Do Federation estimates that 40 million people practice the discipline in more than 100 countries. It was recognized as a medal sport at the Olympics for the first time at the 2000 Olympic Games.

Choi Hong Hi was born Nov. 9, 1918, in the Myong Chun district of what is now North Korea. According to stories recounted by his followers, he was a sickly but willful child who was expelled from school at age 12 for leading a protest against the occupying Japanese. His father then took him to a tutor to study calligraphy and Chinese characters. Recognizing his frail physique, the tutor also instructed him in the Korean art of foot fighting. In 1937, he went to Japan, where he studied English, mathematics and karate. On his return to Korea in 1942, he was drafted against his will into the Japanese army. After attempting to escape to join the underground Korean Liberation Army, he was arrested and sent to Pyongyang prison on charges of treason. He was freed in August 1945, just days before he was to be executed. In 1946, he was one of the founders of the South Korean army, in which he eventually became a general, training those under his command in the new martial art. In 1971, the South Korean government refused to let Gen. Choi's federation teach tae kwon do in North Korea, fearing that it would be used against the south. Gen. Choi was angry that the martial art was being treated as a political tool and went into voluntary exile and settled in Canada. (Reprinted w/permission **New York Times**)

- The average man can run 1.5 miles in 12:18 seconds in his 20s.
- The same man can run 1.5 miles in 12:51 seconds in his 30s.
- Average man has 15.9 percent body fat in his 20s.
- Average man has 19 percent body fat in his 30s.
- Average man can do 40 situps in his 20s.
- Average man can do 36 situps in his 30s.
- Men who go to the gym attend 97 times per membership.
- Men who go to Bally's attend 36.5 times per year of his membership.
- Average man goes to work out Monday and Wednesday night between 6-8 p.m.

The Instructor

The Way of the Six Steps?

By W. Hock Hochheim

Through the years, people ask me and many other instructors to: “Just show me six things I can use to fight with. Six! I don’t care or want to study anything else.”

Typically this person comes from the schools of thought that promote the *KISS Method*—that is the “keep-it-simple-stupid,” method. Then there is *Hick’s Law* and the *Startle Response*—that under stress too many techniques slow reaction time down because of the technique selection process. Selecting between two physical actions is supposed to take about 150 milliseconds. The more tactics, the more milliseconds. *Gross Motor Body Movement* courses train in techniques that must resemble movements like scratching your head, etc.

Science tells us it takes 1,000 milliseconds to make up just one second. I hate to split hairs, and I hate worse to argue over splitting 1000 milliseconds! However if the logic of Hick’s math is to be fully explored, then if a person is taught 25 tactics and he is attacked, he will therefore stand perfectly still and dumfounded for 5 to 8 seconds facing each and every single shove, punch and kick? His brain must run the numbers of possibilities? How does anyone complete even a single play in a football game if this is true?

Is throwing a football or riding a bicycle a gross motor movement? And startling? Police, military and street combatants usually have an incident brewing before the first combat begins. Being completely and totally surprised, shocked and startled will always be detrimental whether you view the world in milliseconds or seconds. How long do you stay startled?

I don’t mind considering some of the concepts as a very loose guideline, but not as a design limitation. We are not slobbering, Cro-Magnon. Houdini managed to pick handcuffs behind his back upside down and underwater. But we are all not Harry Houdini either. One thing we do know for an absolute, mental and physical training will improve our reflexes, strength and skills.

So you select these six things, mindful of the size and strength of the student. This could be tricky because what few tricks work for some body shapes, strengths and sizes, won’t work for others. For one example I have run across many people who regularly wrench their wrists doing the commando staple—the chin jab. Many commandos do chin jabs in the air, or simulate them on complying partners, but few practice hitting objects with realistic force and experience real resistance. And I know many others who have broken their hands using the boxing fist punch in real fights.



Keep training. Here are some practitioners at a combat camp on the run in Hock’s “Braveheart” drill, a short dash with a warrior’s mean face and howl. The Braveheart drills include clashes between groups either unarmed or with weapons.

But the instructor will run across many other such requests:

“I want to become a master! Show me everything.”

“I want the art! The art! Give me the art!”

“I want the exercise. Do whatever you want just make me sweat.”

Some students are not sophisticated enough to know exactly what they want. The one who wishes to be a master may quit in a week. Or some may forever be engaged in an endless chase of systems hopping, endless philosophical discussions and collecting redundant material from different systems. The exercise seeker may just want to sweat. And finger lock class day of standing still and learning to bend and crank fingers will really disappoint his aerobic goals. The minimalist may be too paranoid over any tactic that he perceives to be just a little challenging and therefore will add a few more milliseconds to his response time.

What to teach? To whom? When? You and your future instructors must try to know all good tactics, strategies and techniques for all shapes, sizes and predicaments. Fully understand the science of fighting. Become savvy. The instructors you create will be selecting those six things for their people too and then also be producing the instructors of the future.

There are some things you know and some things you feel. Given the tools of clean education, pure logic and insight, enlightenment comes from both knowing and feeling. Are you on this path? Or are you bogged down in junk science, shallow rhetoric and the vicious machine of franchise marketing?

While some students will stick with you through time, statistically most will leave you in a short period anyway. Don’t take it personally. They won’t remain at a gym or adhere long to a workout program, a diet, or for that matter even a marriage.

The student who only learns **his** six ways, should not go down the street and open up a school called, “Pete’s Six Ways of Combat.” His six is not your six. Or mine. Poor Pete. He is a worst victim of *KISS*. The word stupid is an “s” in *KISS* for a reason. The instructors remain stupid, the students stay at a stupid level, and so will Pete. Impatient, misguided and shortsighted, Pete didn’t study long enough to have this enlightenment. ☹

Combat Notebook

In The Clutches Of

By W. Hock Hochheim

In an extremely close quarters knife fight, many times through history participants have caught each other's weapon-bearing limbs. This combat scenario is one I teach inside my "In The Clutches Of" training module. This predicament involves high catches. Look over each step and try to see how the tactics may be used in general. Rarely if ever will a combat training scenario manifest itself step-by-step exactly as you practice it in training. The combat scenario is supposed to inspire you. These photos were shot in Frankfurt, Germany with Christof Froehlich.



1
The clash, and I manage to catch the attack.



2
Christof catches my counter attack.



3
I immediately stab into the catching arm. If the opponent has sleeved clothing, this may prevent injury.



4
I then lock my knife arm into a brace, involve my whole torso into a body turn against his presumably weakened arm and then stab his other arm.



5
Now, against the weakened arms, strike the head. You may hit with the knife or hit with your fist holding the knife.



6
Stabbed and weakened left arm. Stab and weakened right arm. Face or neck strike, or face or neck cut. Against a diminished fighter, now I charge off to the left and try to hook his knife arm.



7
This is an underarm takedown using your reverse grip as a hook. Keep his arm bent. Violently crank the shoulder joint. You may need to back kick through his closest leg, hook kick the leg, or stomp kick it to assist in the takedown.



8
Finish as morally, ethically, legally needed.

While on a seminar tour in the Pacific Archipelago, W. Hock Hochheim was able to conduct research into the fighting tactics of New Zealand's fierce Maori tribes. He spent research time with curators of two New Zealand museums, the Maori treaty grounds as well as interviewed ancestors of a tribal leaders and other experts on the Maori. Here are some of their fighting tactics, strategies and history.

The Fighting Tribes of New Zealand

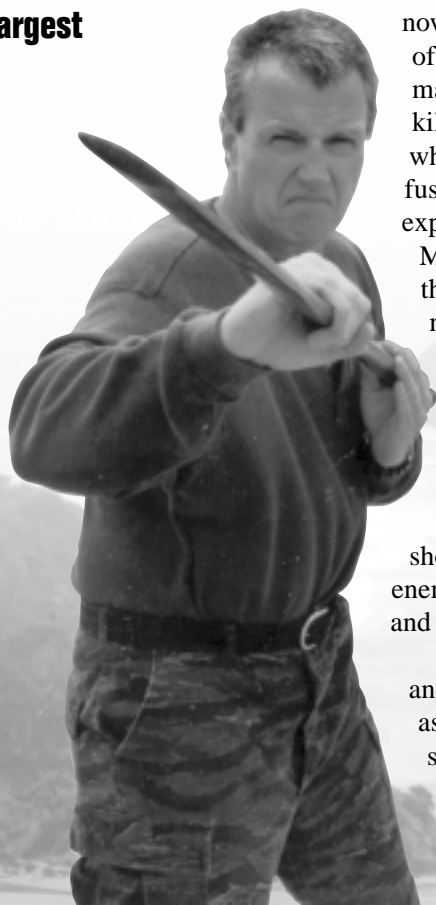
By W. Hock Hochheim

Many revere the skills, legends and mystique of the martial systems of the Pacific Ocean islands and we are always quick to emphasize Japanese, Filipino, Indonesian and the newer hybrid Hawaiian arts largely due to current day business marketing. Few martial artists know that one of the largest regional groups and true pioneers of the Pacific realm are the Polynesian peoples and they too had fighting systems with combat weapons, war strategies and frightening reputations.

To the east of Micronesia lies the very heart of the Pacific, enclosed by a massive triangle stretching from the Hawaiian Islands to Chile's Easter Island to New Zealand. This is now called Polynesia. In their beginnings the Polynesians were seafaring peoples, navigating by the stars and with maps made from bamboo sticks and cowrie shells. They explored in huge dugout double canoes first migrating from South Asia in 2000 B.C., They populated the islands of the South Pacific in courageous and monumental journeys across vast, uncharted waters for some 2,000 years.

These explorers settled early in New Zealand around 1,000 A.D. to become what is known as the Maori, a people now constituting about 10 percent or about 300,000 of that country's 3 million population. There were many tribes, some fierce warriors who fought, killed and cannibalized for fun, sport or survival while others were quite peaceful in nature. Confused by the arrival of British, French and Dutch explorers, (some were simply killed and eaten) the Maori surrendered their lands to the British in the 1840 Waitangi Treaty. The Maori wanted this new trade but did not like foreign interventions. A testy relationship, not unlike the one between the United States government and its American Indians began for this reason. The New Zealand Wars against the British Imperial and colonial for independence raged from 1845 to 1872. The war was a series of conflicts and showed the Maori to be an adaptive and cunning enemy. Their resistance against the highly trained and supplied British soldier was remarkable.

Despite the primitive war dances beforehand and the cannibalism afterwards, they performed as disciplined soldiers not unlike the Brits themselves.



Before the introduction of firearms to their culture, which estimated to be in the early 1800's, there were 26 major tribes and warfare between them could be better called raids rather than campaigns. Attacks were conducted to seize superior lands and supplies. Few captives were taken, unless they had political, nutritional (yes, cannibalism) and symbolic value. The raiding goal was to seek vengeance leaving no one alive. For most of these tribes, there were no full-time warrior classes and everyone had to contribute time and effort to the fishing and agricultural labor force to ensure survival. The Maori war strategies included fortifications and conversely the art of laying siege, command and mastery of several main weapons. If need be, it also included hand-to-hand fighting-established through training sessions and practice dances much like katas and forms found in other countries. Men were the main warriors, but women were also taught martial arts as a last line self defense.



No overview of the Maori combatives would be complete without a mention of "ta moko" or tattooing of the face and body, contrived to terrify, bewitch, conceal and bring special identity to warriors. Some tattoos completely covered the face.

There were two principal types of close quarter combat weaponry—the short club and the long club or staff. These weapons were considered family heirlooms and often given names such as "Kaitangata" or "man-eater." Maoris often used a frightening, tongue wagging, blood stirring dance called the Haku which is a traditional war dance before the enemy's eye. This dance is still done today by professional sports teams before their games and even by elements of the New Zealand Army before trainings and other deployments.

The Wahaika-the Patu or short club



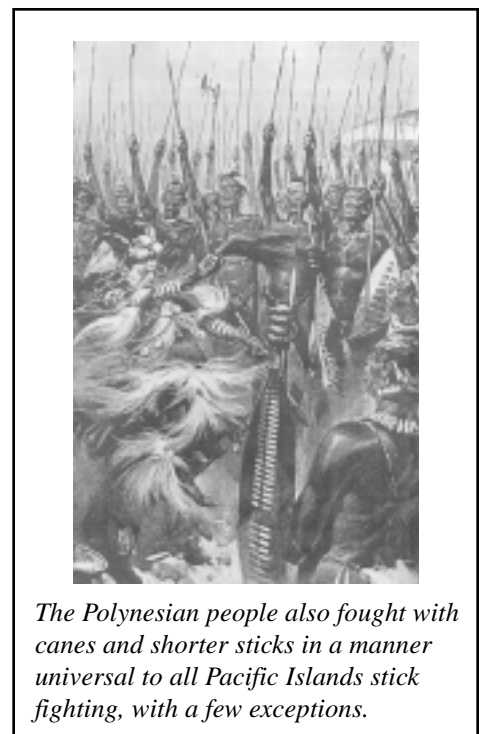
With a backdrop of Cook's mountain on the Pacific Coast of New Zealand, Hock holds two kinds of short clubs. These warclubs were usually made of wood, bone, stone or greenstone. They were used where quick in-fighting action required thrusting knife-like jabs and were often bludgeons, but the downward blows were considered by their training system to be too slow in combat. They were held secure by a thong of dogskin through a hole in the handle and looped around the wrist and thumb.



The weapon was used largely in a thrust or stab.



The warclub also made an effective bludgeon due to its left.

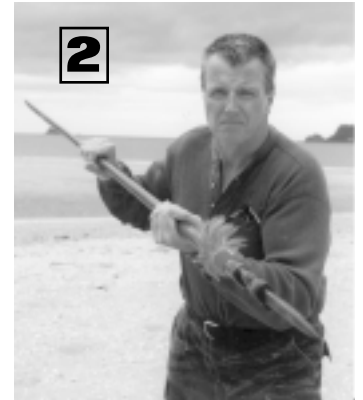


The Polynesian people also fought with canes and shorter sticks in a manner universal to all Pacific Islands stick fighting, with a few exceptions.

The Taiaha or Staff



Here, Hock displays a Taiaha, one of four similar shapes used in combat. The two-handed Taiaha was a long staff with a pointed spear-like end and flat, almost paddle-like on the other end. The spear tip was wooden and therefore as sharp as possible. The paddle end was used to smash the enemy. Some of the Taihas had different shaped "paddles" used to hook or gouge the enemy.



If the enemy stepped to the left of the spear to avoid it...

A commonly taught tactic was to stab the spear end of the staff at the enemy.



The "paddle" end would rear up and...

...the head and neck would be the next target.



The high strike used as a fake.



To set up for a low strike.

World Martial Arts League
 Armed Forces Martial Arts Association

For information on membership, school, expert instructor, rank certification, etc., and for stick, knife fighting, military close quarter combat strategies, police tactics, counter terrorism methods, woman's self-defense and rape prevention and awareness training contact:

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The VanCook View

Two Reasons to Point Shoot

By Jerry VanCook

People sometimes ask me, “Jerry, why do you continue to point-shoot when you’ve been trained in the more preferred *front sight* system of pistol-craft?” Well, there’s a long answer and a short one. I’ll give you the long one first.

will be the first to say that if you want to play gun games and win trophies, you’d better learn to look at that front sight with every shot. The top champions in every *combat shooting sport* train and shoot this way, and if you try to point-shoot your way to athletic fame you will be sorely disappointed. But I will also be the first to say that combat shooting sports have little, if any, relationship to combat. They are as misnamed as American Indians. The members of the various tribes indigenous to this continent are not from India, and winning a trophy or scoring the best target during police qualifications is not the same as facing an armed man intent on riddling your body with bullets. Not the same *at all*.

The difference is simple: Stress. Now, I have heard the ridiculous argument that worrying about losing a trophy duplicates the stress of an actual life and death encounter. Sorry if I’m being impolite, but *ridiculous* is the only word I can think of to describe that point of view. I have competed in pistol matches and, yes, I was tense and nervous both before and during these contests because I wanted to win. Sometimes I did win, and sometimes I didn’t, but on the occasions when I lost I didn’t end up at the funeral home—I just went home mildly depressed. And I knew that would be the case during the match. I’d be thinking, “Man, if I lose I’m going to really be sad and embarrassed.”

Does that compare, in any way, shape, or form, to “Man, if I lose I’m going to wind up dead?”

If you want to read a very good book get a copy of Bruce Siddle’s *Sharpening the Warrior’s Edge*. Bruce is a very intelligent and scientific-minded warrior and, like I was, a friend and student of Colonel Rex Applegate. *Sharpening the Warrior’s Edge* will explain to you in explicit detail what happens both psychologically and physiologically when you get into a shoot-out or some similar life-threatening situation. For non-scientific-types such as myself, it’s enough just to simply know that *everything changes*. Your large muscle skills get better and your small muscle skills get worse, and there are certain innate survival instincts, which come into play. That’s the real-



ity upon which point-shooting is based and the area in which the front-sight system fails miserably.

Now, with that in mind, let me back up a minute and explain the basic differences in point and front-sight shooting to anyone who might not already know them. I will use the term *instinctive* several times, and I can hear a few readers right now quoting another tired old cliché that *the only instinct is breathing*. Really? Don’t eat for a day or two and see if hunger doesn’t come pretty naturally. Play a game or two of Flinch and see if you aren’t trying to overcome what seems suspiciously like an instinctive desire to keep from getting hit. In point-shooting, you follow instinctive human behavior rather than fighting it. You crouch (an instinctive reaction to threat), raise the gun to shoulder level, look *directly* at the opponent (another instinctive reaction), and *pull* the trigger. It’s like pointing your finger, which is something you learned, and have been practicing, since you were a baby and wanted your milk bottle. Recoil? Forget it. You’re using a convulsive grip and recoil is not an issue. This, too, is instinctive. If you’ve never been in a gunfight, think about the time you almost got in that car wreck and realized afterward that you’d practically broken the steering wheel with your hands.

In the front-sight system you take a Weaver stance, which is a really cool-looking way to stand if you’re on the firing range or are a TV or movie cop, but a stance you’re actually going to be able to get into about one in every thousand times somebody tries to kill

you. Next, you get a front-sight *flash* picture—you don't look directly at the threat, you look at your front sight. This comes about as naturally as getting into a knife-fight and watching your blade instead of the other guy. It can, however, be done on the range and in competitive shooting because you aren't fighting the human instinct of survival under those conditions—in other words—nobody's shooting back at you. Since you are taking a moderately firm grip with both hands (and I've rarely had my gun out with both hands available at the same time) you must control the weapon's recoil with sort of a push-pull technique. (I'm going to try that moderate grip and the push-pull on my steering wheel next time I'm sliding across the ice and a tractor trailer is heading directly at me.) Finally, you *squeeze* your trigger rather than *pull* it, and that may be my favorite part of the whole overly-complex system. Maybe you should also take in a deep breath and let half of it out like bench rest shooters do. You're getting shot at, right? Conditions are *so conducive* to such elaborate behavior!

Now, at the risk of sounding as if I'm contradicting myself, let me tell you that all of the human instincts upon which the point-shooting system is based can be overcome—even under life-and-death conditions. All you have to do is practice so much that you override what is natural, and make the unnatural intrinsic. And then you have to keep practicing, over and over, or you'll revert back to *human* rather than *robot* reactions to threats upon your life. Special police and military units who get plenty of on-the-job training time and free ammunition do this, and the result is that they shoot a *tiny bit* more accurately than those of us who point-shoot. Of course it's not enough to make a bit of difference in a realistic gunfight, and to me it's sort of like the two ways I can get from Oklahoma City to Dallas. I can get on I-35 and drive south, and I'll be there in three to three and a half hours. Or, I can drive north as far as possible into Canada, take a plane over the North Pole, come down around the other side of the planet and then up through South America and Mexico. I'll end up in Dallas that way, too. Which makes more sense?

One final thought before I give you the short answer to why I point-shoot, as promised earlier. Do not confuse point-shooting with hip-shooting, as several well-known instructors/writers insist on doing. These men know better but their businesses and very names are tied to their front sights, and they can't afford not to do so. Hip-shooting and point-shooting are *not* the same thing. Point-shooting is not sighted fire. But it is *aimed fire* nonetheless.

Okay, the short answer to why I believe in point-shooting: I'm still walking around. ★

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.



The Bouncer

Training Day

By Joe Reyes

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.

I meet a lot of police officers in my bodyguard and bouncer jobs. Over the last few years, several encouraged me to teach tactics and strategies to their departments officially. In order to do this, I had to become certified by the state. Each state has a governing board of police training that sets standards. I recently acquired my M.O.I (method of instruction) certification in the State of Jersey. This allows me to teach in any N.J. police academy. In Jersey, you may obtain your certificate through your local police academy after passing a one-week course. The purpose of the course is to teach you how to train police recruits. State guidelines must be followed closely. All techniques are taught with liability issues first and foremost in mind. I found myself in a strange situation because almost everything I learned in the martial arts could not be taught to recruits.

In 1969 the area recruits had one day of self-defense training. Today its 10 days in a row. Of course this time is still not sufficient. Teaching recruits is far different from teaching regular martial arts students. When you teach a paying student who wants to be there and is eager to learn, it's one thing; but these recruits are required to attend, and many don't want to be there! You can see by the look on their faces they feel hand-to-hand combat or empty hand vs. a weapon is never going to happen to them, and they just bide their time. Part of a teacher's responsibility is to convince them anyone can find themselves involved in hand-to-hand combat. Success depends on preparation.

My first day was at the Essex County Police Academy. I worked side-by-side with great instructors like Capt. Nick (The Bear) Fresolone, an instructor at the academy for 33 years, he started the first PT and Defensive Tactics classes in 1969. He's a 10th degree black belt and 2-time hall of famer. Capt. Fresolone says, "I've taken martial arts and integrated it into law enforcement, changing things away from the weapon side." A lot of movements in martial arts



Second Shot Instructor Casper shows recruits a gun disarm at close quarters.



From left to right, Joe Reyes, Captain Nick Fresolone, Robert Casper and Sgt. Joe Fernandez.

require the use of the right hip (weapon side) forward that cannot be used because you expose your weapon to an opponent. Capt Fresolone has converted several of these movements by sidestepping or parrying to the outside away from the weapon side.

Day one I served with Chief Instructor Robert Casper. Casper holds a 7th degree under the Bear and various rankings in Filipino martial arts. Instructor Casper is a hardcore no-nonsense guy. We did various knife disarms. We drilled all day. On the second day we did gun disarms. We had various training guns, revolvers, semi-autos, etc. Instructor Casper showed the recruits how to grab the weapon with your hand over the slide and also chamber, keeping an empty round from ejecting from the gun and causing it to jam, also holding a revolver's cylinder and keeping it from advancing, therefore rendering it useless.

Capt. Fresolone works to make a course as well rounded as possible including weapons defense, grappling, PR 24 baton, ASP Baton and handcuffing. The day seemed to fly by. I returned the following week for the next group of recruits where I assisted Chief Instructor Casper again. Standing in front of 25 recruits at this facility is what it is all about for me! I also worked with Sgt. Joe Fernandez from the

dept of corrections. We discussed teaching his CRT (Critical Response Team) some unarmed vs. the knife because they run into this a lot at the jail knives, shanks and makeshift edged-weapons.

In New Jersey you need to teach at least once a year to keep your certification active. Together with this group of instructors, I feel part of an elite team. Working with them added to my existing knowledge of tactics and gave me a better understanding of the legal issues involved with handling rowdy patrons. For more information about how you might teach officers, check with your local police academy and ask them about local rules of certification. ✪

Citizen Self Defense League

Ever since the Blockbuster had been robbed last January, Robert Shockey kept watch over his son when he worked the night shift there. One night the protective father was waiting for his son as he closed out the cash register. Shockey had just entered the store when suddenly two masked men burst through the front door. The two intruders shouted obscenities and threatened to harm him and the two employees still in the store. One man, armed with a rifle, pointed the gun at Shockey, according to witnesses. But when the gunman turned away for a moment, Shockey saw his chance. "I pulled my gun and told him to freeze and drop the gun," he said later. Instead of complying, the gunman pointed his rifle at Shockey, who then fired two shots at the gunman, striking him in the chest and neck. The gunman's cohort then reached for the rifle, and Shockey shot him as well. "I felt like I didn't have a choice," he said. "I felt they had full intentions of killing us."—*News-Journal*, Daytona Beach, FL, 3/20/02

A Kansas City, MO, burglar's career was cut short when he was confronted by an armed citizen. A Jackson County, Mo., homeowner heard noises coming from his basement one Wednesday morning. He pulled a .38-cal. revolver from under his bed and went to see what was causing the noise. He discovered an intruder in his kitchen and asked him what he was doing there. The man raised his hands, and the homeowner, thinking the intruder had a gun in his left hand, shot him. The would-be burglar staggered to the door and collapsed. The homeowner then saw another man outside his house get into a blue car and drive off. Police later found the car and the burglar's accomplice. Records show the two planned to rob the home and stayed in contact by using walkie-talkies.—*Kansas City Star*, Kansas City, MO, 4/5/02

A 24-year-old Phoenix, AZ, man came to the aid of his neighbors by shooting their attacker. Investigators believe the shooting took place around 1:30 a.m., when a man identified as Martin Talavera showed up at a home on West Latham Street and began a loud argument with Jorge and Cardenia Guzman. Talavera allegedly shot both men. Upon hearing the commotion, the neighbor grabbed a gun and shot Talavera. He "did what he thought was right in a very deadly encounter," said Detective Tony Morales, a Phoenix police spokesperson.—*The Arizona Republic*, Phoenix, AZ, 3/29/02

A convicted bandit's latest crime spree was brought to a halt by an armed store clerk in a Muncie, IN, convenience store. A clerk at Zip's Deli told investigators a man (later identified as Willie Brown) came into the store, told the clerk he had a gun in his jacket and demanded money from the cash register. Brown allegedly got away with some cash, but not before the clerk fired his own gun at the robber, hitting him at least once. Police found the wounded man a few minutes later in a nearby home. Money allegedly taken from the deli was recovered as well, according to authorities. Brown has two previous convictions for robbery and burglary and was released from prison last May, according to state Department of Correction records.—*The Star Press*, Muncie, IN, 4/10/02

When a would-be robber pulled a knife on the owner of a Harlem, GA, convenience store, she responded by pulling out a .38-cal. revolver. Eunice Jernigan says she's been keeping a gun at her store for 20 years, ever since she was first threatened with a knife. On March 14, two young men entered her store, picked up several items and brought them to the counter. One man turned away from Jernigan and asked the other for some

money to purchase the items. When he turned back toward her, the man laid a knife on the counter. "He had his hand on it and he said, 'Give me the money out of the register.' I backed up and got my gun ... I pointed it straight at him," Jernigan said she then told him she would blow his brains out, "and out the door they went"—*The Columbia County News Times*, Martinez, GA, 3/20/02

An Arlington MA woman shot an intruder after he continued to advance on her when she pointed a gun at him and told him to leave her home. Police said the woman heard one of her dogs barking, retrieved her handgun and went toward her front door. There she saw a strange man standing inside her house. The woman warned him three times, but he said he would not leave, continuing to advance and threatening her. The woman later told police the man moved a hand toward his belt as if going for a gun, so she shot him. "This guy advanced even after he saw the gun, and that's the sign of an irrational person, or someone who doesn't have your best interest in mind," said John Serson of the Arlington Police.—*The Boston Globe*, Boston, MA, 3/19/02

A 73-year-old man staying at a Topeka, Kansas hotel shot and killed a man who attacked him during a robbery attempt. Anthony Hamilton knocked on Bobby Davis's door and asked if he could use the telephone. When Davis refused, Hamilton forced his way into the hotel room and grabbed him by the throat, demanding money, according to Lt. John Sidwell of the Topeka Police Dept. Hamilton was about to strike the older man when Davis shot him once with a small-caliber handgun.—*The Capital Journal*, Topeka, KA, 01/23/02

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Klaven52@aol.com

August 10, 11—Los Angeles, CA

Hand, Stick, Knife and Gun CQC Group material at the Victor De Thouars Academy in Bellflower, CA.
Contact John McCurry, (502) 602-0313.

August 17, 18—Albuquerque, NM

Unarmed Combatives seminar, hand vs. hand, unarmed versus the knife, countering and disarming pistol and long gun threats. Attend any of 3 Segments. \$125 for all three. Saturday night shooting \$25. Two unarmed combatives sessions, minus the gun session, \$100. Hand vs. hand, hand vs. stick, hand vs. knife, hand vs. gun threats.
Contact Mark Bradford, (505) 797-1077.

September 7, 8—San Antonio, TX

CQC Group material, emphasizing Levels 2 and 7 of the hand, stick, knife and gun material. Plus Archipelago themes.
Contact Sifu Steven Kern, School of Self Defense, (210) 822-3785. \o "mailto:sakenpokarate@satx.rr.com" sakenpokarate@satx.rr.com

September 14, 15—Vero Beach, FL

Hand, Stick, Knife Gun Extreme Close Quarter Combat seminar. The theme is teaching a seamless application of all tactics, strategies and techniques in all ranges of modern combat with and without modern weapons. SFC rank certification and instructor development are emphasized. We will review CQC Group Level 1 and 2, then study Level 3, plus much more advanced themes.
Contact David Roth, (561) 563-9333 of Vero Beach, FL and Steve Vaughn.

September 19-22—Des Moines, IA

CLOSE QUARTER COMBAT GROUP BASIC TRAINING CAMP at the National Law Enforcement and Security Institute (NLSI), 1673 NE 70th Ave, Ankeny/Des Moines, IA. Two weekdays, one weekend for four full days.
Contact Lauric Enterprises, (817) 591-4021 to make reservations.

September 28-29—Casper, WY

Hand, stick, knife and gun CQC seminar geared for rank certification and instructorships. \$100 for 2 days, \$80 for any one day.
Contact Smitty Smith, Eagle Academy, 410 North Beverly, Casper, WY (307) 473-7140.

October 5-6—Johnston/Cranston Area, Providence, RI

W. Hock Hochheim and JKD Legend Tim Tackett will conduct a hand, stick, knife and gun combatives seminar. Tackett will instruct JKD hand-to-hand fighting tactics and Hock will conduct knife and impact weapon courses.
Contact Raffi Derdarian's at his prestigious Modern Fighting Systems, 1010 Plainfield St, Johnston, RI. Call (401) 946-0384.



State of the Union

Congress Instructors! Remember this chap from England who has been calling us for years now with dozens of questions? He was working for a sports advertising marketing and research firm in Great Britain. He contacted me with the results and asked me to publish the following message.

Dear Sir,

I hope you remember me. We spoke last year about my research on Martial Arts and especially on Self-Defense, Reality Vs. Theory for a sports product company. I am writing today to let you know that after three years of research and after talking to 3,212 martial artists from various countries, we (as in myself and the committee of supervisors for the research) decided to proceed with a formal ranking of all those martial art instructors in terms of reality self-protection, efficiency in combat and so on.

I am happy to inform you that yourself and your organization came 1st, and as a matter of fact that decision was unanimous. I am not telling you this to compliment you because I have no need or any interest to flatter you. This was simply based on facts.

Your students and the instructors under your guidance should seriously feel lucky and privileged to gain such knowledge, and I sincerely hope your organization [the Congress] grows stronger and stronger. As the research goes on, I have realized that strengthening organizations such as yours, leads to the elimination of all those so-called self-defense experts that I call "pajama party martial artists" or "weekend warriors."

So focus on strengthening your organization to the MAXIMUM in all aspects including the financial so you will be in a position to eliminate (market-wise) all these characters that unfortunately claim to be masters. Anyway, I will contact you again in the near future. Take Care.

Regards

Peter Knowles,
United Kingdom

Response from CQCMag: Peter, thanks. We appreciate your enthusiasm and understand your frustration. In conversations with our staff you revealed many characters you interviewed from the classically trained to the commando trained. But, it is not our mission to eliminate these other folks, no more than a BBQ restaurant wishes to eliminate a Chinese restaurant across town. We actually supply good, quality food to both restaurants. Our mission is capture the essence of combat and bring that to all good folks. That is what our courses are about. It's what our magazine tries to do. However, we appreciate the support.

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- Black Belt Test
- Winter War- Rick Sikora

Knife/Counter- Knife Combatives Course

- JMan Series (2 hrs.)
- TMan Series (2 hrs.)
- Chain of the Knife
- In the Clutches Of
- Street Fight Modules
- Trapping/Invading
- Hands
- Folder for Handgun
- Retention
- Unarmed vs. the Knife
- Bowie and Big Knife
- Duelling (By D. McLenore)

Pacific Archipelago Combatives Course

- Study Progression 1
- Study Progression 2
- Study Progression 3
- Study Progression 4
- Study Progression 5
- Study Progression 6
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- Black Belt Test

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Buffalo Nickels

I Do Know Jack Shitz

In my school days, English 101 reading was *Catch-22* and I loved the weird names like Colonel Colonel and Major Major. James Bond had some great girlfriends, huh? Pussy Galore. Holly Goodhead. But the really wacko names are from real life. I was always amazed at that southern Governor Hogg had named his two daughters “Ima” and “Ura.”

Before I flunked out of college the first time (I finished college in the Army. Thank you Uncle Sam!) I actually met a guy named Jack Schitz. Swear to God. His clan pronounced it “She-ites,” but it didn’t work well on paper. You know how in school they were always reading off your name?

I never knew a Mike Hunt, but will the real Ben Dover please stand up? Benjamin Dover has a national financial radio show. Yeah. Ben Dover. I personally knew a Dick Johnson. What did he and his girl friend call his *schwanz* as a pet name? All couples have dick pet names. If she were hip, she would have nicknamed it Peter. Dick Johnson’s Peter. I should have asked him. There was a half oriental guy in high school I knew—Leo Fong Wang. Imagine his parents working that one combo out? Leo! We called him Gus. Man, could he roller skate. Other famous high school students? Joe Incognito. And, he was hard to get to know.

In the 1960s we had a gay English teacher named Cosmo Nesmopolitan. I swear! We use to wonder if Cosmo was short for Cosmopolitan? Then his full name would have been Cosmopolitan Nesmopolitan. He was a good cat too and hysterical. He was really overweight and his face looked like a slow-motion mudslide. I say this now in the year 2002 because no doubt he is dead and given his hobby, has no offspring to sue me.

Speaking of wet dirt, in the army I was stationed with a guy named Joe Mud. That’s it, Joe Mud. Not even two Ds, just Mud. And so he goes through life, Mr. Mud. He got as high as Corporal Mud before we parted ways. Let’s hope he never makes the Chief of Staff. General Mud. I also knew a Peter Door. It was funny to



“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.”

see his name on his barracks door in Germany. His doorplate read, “Private Door.” Nobody went in there.

There was also a guy named Arthur Show. Art Show for short. There were a few Navy Sailors named Sailor and a Marine with the last name-Jarheed. What a name for a “jarhead!” Jared Jarheed. One of the most famous Marines ever is a guy named Chesty Puller. He was a real superman, but his name is still sounds kinda funny when you hear it the first time. There was a General Din in Asia. Did he always cause a lot of background problems?

You’ll always find a Dr. Pain. Oh, they’ll spell it “Paine” or “Payne,” sometimes but they aren’t fooling me. When I drove through West Texas once I saw a sign that advertised “Billy Wingo’s Bingo Parlor.” Yeah! “Wingo’s Bingo.” Remember Nixon’s buddy? Bebe Rebozo? Take a look at that one. That has no nationality! He must have come from circus parents.

And “Big” is big in the name business. There’s a Big Knocker’s Driving Range in North Carolina. Golf. No topless women. Just knocking the ball in a big way. Some idiot decided to call it “Big Knockers,” and p-oed a whole bunch of Baptists. Would you buy insurance from Big “Bully” Bombay? Folks must in Arkansas. Or were they forced to? And Big Dick Archer has a great transmission shop in Mississippi. Yes ladies, Big Dick will fix your gearbox right up. And he will swap fluid if your husband uses the wrong kind.

Ever get real drunk in a city and open up the phone book and see if anybody lives there named “Dope?” I found a Doofus in the Boston area once. Mabeline Doofus. Then there was poor David Dolt in California. I can hear it

now, “Hey, hey you Dolt!” Would you go on a blind date with Ernestine Bizzairo in Kentucky? I don’t think so.

And what happened to the Hitler family? You know you never run across the Hitlers in the PTA, a phonebook, or playing little league ball. “Tonight... starting on second base, ...Little Bobby Hitler.” Never, ever do you run across a Hitler. Did the Hitlers all change their name? Or was there just a little reverse genocide going on? Oh I am sorry, I can’t hear your answer. General Din just walked into the room.

Bye Bye. ☛



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