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Close Quarter Combat

February / March 2001

MAGAZINE

**End the Fight -
Tactical Handgun
Target Strategies**

**Combat
Climax - Finish
the Fight!**

**War is a
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CLOSE QUARTER COMBAT MAGAZINE

FEBRUARY / MARCH 2001

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Publisher

W. Hock Hochheim

Editor-in-Chief

Jane Eden

Contributing Editor(s)

Lloyd & Elizabeth Fitzpatrick

Graphic Design

Lisa Blanks Ellis

Photography

Keith Dempsey

Contributing Writers

Leland Belding,
Mike Gillette, Jack Girsham,
Steve Krystek, Dwight McLemore,
Buffalo Nickels, Joseph Reyes Jr.,
David "Smitty" Smith,
Trent Suzuki, Barry W. Szymanski,
Jerry VanCook

Visit CQCMAG on the
World Wide Web

www.HocksCQC.com

E-mail us at LauricPres@aol.com

LAURIC ENTERPRISES, Inc.

P.O. Box 5372,

Fort Oglethorpe, GA 30742

Phone: (423) 400-9458

Fax: (706) 866-2657

CQCMAG is published bimonthly by Lauric Enterprises, Inc. Back Issues \$10.00 in U.S.A. \$20.00 overseas. Subscription rates per year are \$30 U.S.; \$50 Canada and \$70 International. Manuscripts, illustrations and/or photographs must be accompanied by a self-addressed, stamped envelope. The publisher assumes no responsibility for unsolicited material. Copyright 2000 by Lauric Enterprises, Inc.

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hibited. Printed in the
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About the Cover... Special weapons and tactics trainer Steve Krystek demonstrates the integration of tactical shooting and close-quarter combat. Photography by Slade Hart.



Hock teaches rifle disarms, along with hand-to-hand and knife combatives recently to Navy, Marine and Law Enforcement personnel at the US Naval Academy in Annapolis, Maryland.

Find the Right Fighting System

By W. Hock Hochheim

In your search for competent fighting systems you may battle many odds and scour many reviews. Your odds of finding the best system relies on the right exposure and education so you may make proper choices. The Yellow Pages is not your prime source. Usually, it bases system reviews upon ignorance, bias, jealousy, politics and money/business.

In the end there are three kinds of martial systems:

- Simple
- Complicated
- Thorough

Simple

The simple ones may become dangerously over-simplified. Their dedication to the grossest motor skills approach and lack of confidence in the practitioner's learning abilities may leave the student without backup options should their "karate chop," and chin jab fail. They lack the much-needed skill-developing drills, problem solving and knowledge of counters.

Complicated

Complicated systems collect and collect and collect material. Instead of absorbing only the best parts, they insist on piling on ways to do the same thing in different sets by different masters, things that only

the most esoteric historian really cares about. On top of all that, they invent their own complicated sets of techniques. They make you take what you may already know and memorize it all over again in different numbering systems or sets.

An example? One complicated guy in Pennsylvania lists approximately 200 boxing combinations in his own numbering system, and he mandates his students memorize them in his numbering succession. Meanwhile, these students already know the major boxing strikes and can flow through them all in combinations, but now must memorize HIS way. Meanwhile, Mike Tyson just takes his much smaller and thorough list and may kick all their asses. See the difference? The complicated will report they teach you how to "fight," yet mire you down for years in redundancy and take your money. Remember! Complication is a curse to survival.

Thorough

A thorough system collects only the best. It teaches the big how-to's.

- how to execute the move,
- how to problem-solve the move should the opponent move to escape,
- how to counter the move should you be attacked by it.

Then it adds a few superior skill-developing drills to improve performance.

It seamlessly teaches you how to fight standing, kneeling and on the ground.

Expect complicated systems to declare all of their competition too simple and basic. Expect simple systems to declare all their competition too complicated. Thorough systems receive attacks from both sides for being neither one nor the other!

I hope this brief outline helps you decide on a path. It did me. One day about six years ago, I decided my martial training should target criminals and enemy soldiers. Sometimes we take them prisoner. Sometimes we kill them. It was just that simple. It came as both an intellectual decision and an emotional enlightenment. From that day forth, I began to distance myself from the martial art establishment. With this clarity of purpose, I committed my life to creating the Congress, this magazine and several goal-specific, thorough systems. I constantly try to improve on simplicity and obsessively search to be thorough, with only a slight, passing, hobby-like interest in esoteric and martial history.

I believe being thorough to be the superior path. Path? Hell! It's a super highway! ☆



Dispatches

LAND MAIL:

I am always confused about the politics of other nations. How do you keep all the players straight? – Michael Wagner, Huntsville, AL

REPLY:

It can get confusing, but this concept helps me. Think of the different political parties inside the United States, Canada, Australia or Great Britain, all with governments our readers should relate to. Think of all the diverse factions inside the Democratic Party, or the Republican Party. Inside are so-called right-wingers, pro-life, left wingers, religious advocates etc. All these groups vie for control of the party, in route to steering the entire country.

Now, imagine all these groups have guns, and their own little military training camps! From time-to-time they get mad at each other and shoot or blow each other up! It really is just that simple. In England they might debate in Parliament, but in the Middle East, Europe, Asia or Africa they may debate AND raid, ambush and bomb! Now add in militant religions fighting among the groups. Now add revenge for past bloodshed to the equation. All this results in a swirling, bloody cauldron of activity.

EMAIL:

I have never seen a single counter to a joint lock until I picked up CQCMag Issue 3! Thank you! – E.C. Bristol, TN

REPLY:

You're welcome. Some grappling systems never show them or worse, don't know them. I believe if you show a tactic, you must show how to problem solve and counter it also.

EMAIL:

Your article on counters to joint locks was a foolish waste of time. All you have to do is lock quickly and the subject will go down. – P.K., Miami Beach, FL

REPLY:

You must enjoy a nice view from the puffy clouds above a perfect world. Oh, and tell Mother Goose hello for me when you see

her this afternoon for tea.

EMAIL:

Why are you teaching at the Naval Academy? They just graduate and go off on ships! – T.S.K., NV

REPLY:

Actually the US Naval Academy at Annapolis is a war college, a service academy that produces Navy, Marine or Air Force personnel, even a rare Army officer, but they usually come from West Point. Let's not forget Naval SpecWar, involved in all types of operations. These troops go off to many countries and participate in sea service. I feel proud to teach at Annapolis every seven months. The Academy graciously opens the event to active and Reserve Marines, local National Guard, law enforcement. They even allow us to invite some pre-approved citizens to attend.

Speaking of which! Last October at the Naval Academy we took a huge group photo and all the Navy personnel brought rifles and bayonets. Unforgettable photo, yet mine was too blurry and dark! Please, if some of you who attended took snapshots, could you send me one?

EMAIL:

I hear US airport security receive training to shoot terrorists or hijackers in the groin first in case they wear body armor-the logic being that they will then bend forward making them prone to a shot to the top of the head. Is this an unrealistic plan of action? I need to make a plan against a carjacker who might be wearing Kevlar. – S.M., MO

REPLY:

You know the Lone Ranger would just shoot them in the pinky to make them drop their gun. Seriously, a solid loaded and designed bullet from a decent caliber handgun still knocks the snot out of a guy wearing Kevlar. It can hit him like a baseball bat, and sometimes knocks him right off his feet. It may disrupt his grip on a weapon. All have happened at one time or another. A big simple center mass shot, way more instinctive (as most close quarter shooting

is) is easier than pinky or groin shots. A stopped, stunned or even knocked down opponent is an easier target.

In a perfect world a sniper, aiming at a perfectly still target may make all kinds of pretty plans about where he intends to shoot. But would it work at ground zero? The enemy turns, moves, charges, cuts, bobs, and weaves. Pinkies and groins and tops of heads... move a whole lot.

Common carjackers usually do not wear Kevlar, but who knows, huh? Sometimes just pulling your gun and pointing it at a carjacker can save your life. Though it was not a carjacking, I faced a similar situation with a crazy guy back in the '70's. While seated in my squad car, I pulled my Colt Python revolver on a guy who approached my car and started to pull a small handgun from his pants pocket. I got the drop on him so to speak, and told him I'd kill him and to put his empty hands up. He gave up his quick draw, but at that moment if he had continued his draw, I would have gladly pounded him anywhere with my magnum bullets. Pinky shots where the furthest thing from my mind.

If you fire your big caliber weapon inside the confines of your car, get ready for the explosion that happens way too close to your face. At night (when most shootings occur) the flare affects your eyes and the blast takes out your ears. It can come with its own "mini-shock wave." Keeping your mouth open may help absorb some of the shock.

Carjackers often charge you blind-sided in an ambush with a gun trained usually right on your head, throat and shoulders. He *has the drop on you!* It's a tricky business. Sometimes you have to let the car go and get another one later. In this case, life sucks...but with a little luck, you don't die.

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

Combat Climax!

Finish the Fight! By W. Hock Hochheim

How do you finish off the enemy soldier or criminal after he attacks you? In criminal or military combat two end results may occur. Sometimes we take the enemy prisoner. Sometimes we kill him. We can take him prisoner by eliciting his cooperation by threat, stunning him or knocking him unconscious and binding him up. We kill him by devastating his body beyond survival function.

Here is a skeleton structure for finishing the fight. Most modules are prepared with the combat principle of you remaining in standing, partially standing or knee high positions to remain as mobile as possible and to allow for scanning your environment for other attackers. Only the fifth module allows for choking and other lower level strategies, based totally upon your assessment that your enemy is alone.

After the stunning impact, or any amount of impact strategies, you disrupt his balance and throw the opponent down.

Here are the basic modules to finish the fight.

Climax 1) The Weapon Assault (not pictured)

Climax 2) The Military Stomp Assault

Climax 3) The Brick Breaking Assault

Climax 4) The Knee Plunge Assault

Climax 5) The Control and Contain Assault

Climax 1) The Weapons Assault

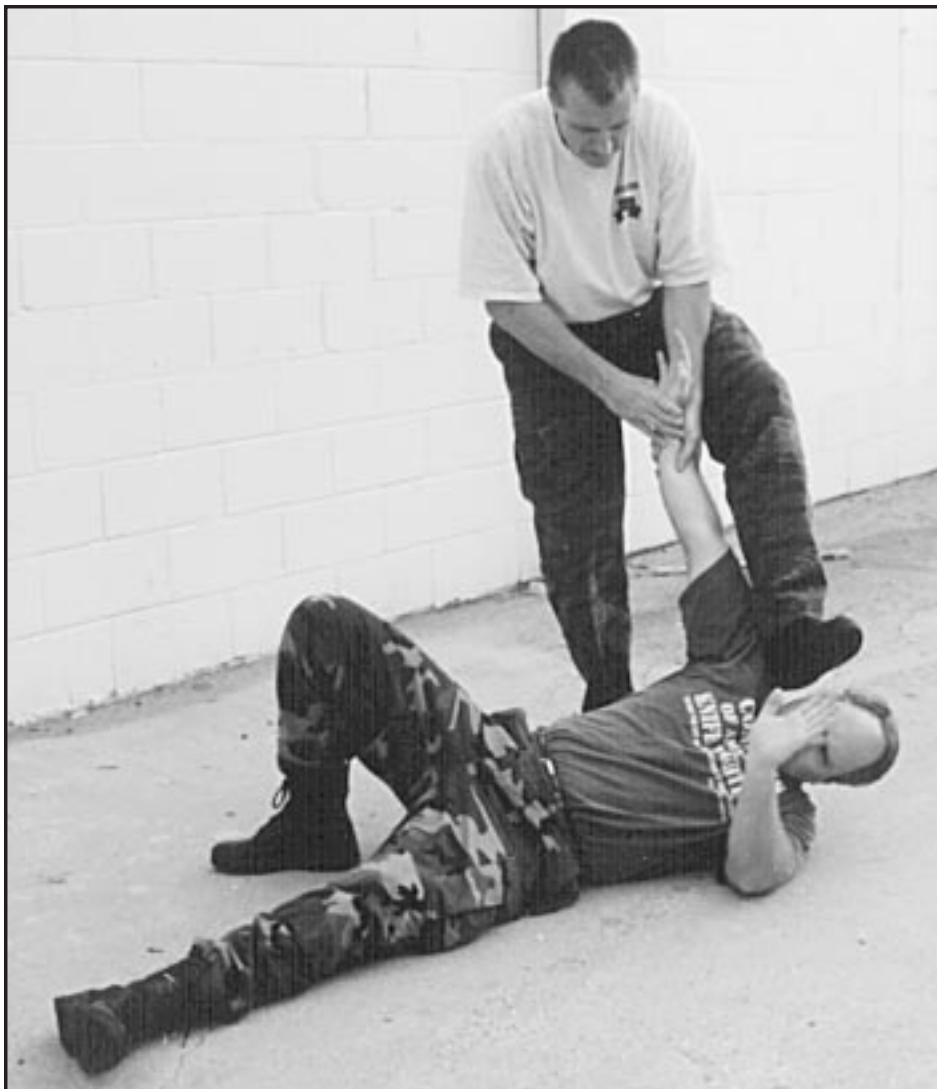
If weapons were involved and you have disarmed your opponent, or if you pull your own weapon, you may rain down your weapons upon the fallen enemy to restrict



▲ First, we drill on the tactics and strategies to take him down!



▲ After the stunning impact, or any amount of impact strategies, you disrupt his balance and throw the opponent down.



▲ *Climax 2) The Military Stomp Assault*

his combat ability, such as tendon slashes, or lethal force.

Climax 2) The Military Stomp Assault

Stomp the fallen enemy with your footwear on vital targets, especially the face.

Climax 3) The Brick Breaking Assault

Bring hand strikes down upon the fallen enemy on key targets such as the neck, groin and ribs. The name is derived from the Japanese concept of breaking boards, bricks and ice blocks, the original practical intent of such practice.

Climax 4) The Knee Drop Plunge Assault

Forged from your own body weight,

bring multiple knee drops upon the enemy. Great targets are the face and ribs. These are common Indonesian strategies.

Climax 5) Control and Containment Assault

Sometimes we must take the enemy prisoner. After some of the stunning follow-ups listed above, we must tie up the enemy through the use of ligatures, lock-ups and if possible, if you are positively alone, chokes. A total body crush is good to control the enemy to prepare for the ligatures.

This is the time to issue threats to bolster control. While controlling the enemy primarily with threats appears dangerous, it may be successful. Against overwhelming skill and odds, a spiritually broken enemy soldier or criminal may well surrender. I



▲ *Climax 3) The Brick Breaking Assault*

still strongly suggest ligatures.

Ligatures

Handcuff them fast and around back. Worry about the keyholes and other small things later. Watch for the “Houdini Stretch,” someone who can bend their body and loop their cuffed hands from behind them to the front.

Use cable ties, even belts, as seen in *Figure 1*, to secure the enemy. Here a dress belt knot tied around the stunned or surrendered enemy hands subdues him.

Use judo-like moves to lock up and control the enemy, such as those demonstrated in *Figure 2* above—an arm bar supported by a leg up front of the torso to capture the torso from twisting out to



Climax 4) The Knee Drop Plunge Assault



Figure 1) Use cable ties, even belts, as seen in this photo, to secure the enemy.



Climax 5) Control and Containment Assault



Figure 2) Use judo-like moves to lock up and control the enemy.

Defeat the One Knee Mount

When you are not in control and you stumble, or someone knocks you down, you practice combat from all positions—on your back, on your side, or sometimes even topside. Do not limit yourself to submission wrestling. The photo series on the following page shows one way to escape the one knee mount.

Remember the old saying, “It’s not over till it’s over,” and these combat climaxes must be realized and burned into your muscle memory. ✪

escape—that could dislocate the shoulder. You need a goal with these grappling finish moves. Always ask the question, “what happens next?” How long should you or can you hold someone down?

Or you may use chokes when you are absolutely positive you are alone and cannot be jumped while tying up your enemy.



1) See the punch coming.



2) Manage to pass the punch.



3) Sit up against the high knee, while covering your face. Take vital note of the one or two legs swiveled atop the enemy's grounded left calf and ankle. This is key.



4) Collapse the right knee and get up. Already, the enemy's left leg is crushed and twisted.



5) The other captured grounded leg is suddenly put in joint-ripping and/or severe pain, as...



6) ...you yank your leg away from the painful capture.



7) Next, kick your best targets. And resort back to the combat climax options.

Strive for 100 percent vital zone hits during every engagement. If this does not occur, slow down, concentrate, and revisit the basics.



End the Fight

Tactical Handgun Target Strategies

By Steve Krystek

Somebody sticks a gun in your face! What do you do to survive?

1. Assess the circumstances that surround the confrontation.

Are you up against a young punk with a sub-compact pistol held in a Gangster-Grip, or are you the target of a disgruntled former coworker hell-bent on revenge and armed with an assault rifle? Determine the distance, recognize environmental features, identify the presence of other threats and evaluate the specific means and degree of force that opposes you. You must answer these questions in seconds to devise an appropriate response.

2. Protect yourself, if possible.

MOVE! Remember the bullet from the gun is the threat. If available, take cover nearby. In close-quarter encounters, time and distance may not favor you. If that's the case, skip step two and proceed immediately to step three.

3. Counter attack!

Shoot back! Strike the adversary with bullets until he or she is no longer a deadly threat. To do this effectively under gunfight conditions, you need a clear understanding of the principles, strategies, and techniques associated with combat marksmanship.

Combat

Combat marksmanship differs from the classic principles of shooting marksmanship because of time constraints and

stress during the weapon firing process. Most shooters learn marksmanship basics by hitting the "Ten-ring" of a bulls-eye target and printing the tightest group possible under no time limit or stress. New shooters slow-fire drills emphasize that consistent accuracy is essential to develop a solid grasp of the basics. As skill improves, you learn how to relate and modify these basic principles to achieve effective combat accuracy.

Combat accuracy is accomplished when the rounds you fire hit a target at or near the desired point of impact, within an appropriate time frame considering the threat.

While realistically a slight margin for error might exist it's important not to consciously accept or train with this notion in mind. If true, the theory you will perform half as well in a real-life gunfight as you did during your best day on the range, then

accept nothing less than perfection during training.

An eight-inch, two-round group is acceptable if fired in less than two seconds at a live aggressor five yards away. This same eight-inch group fired at a five-yard cardboard target on a stress-free firing line is not. Strive for 100 percent vital zone hits during every engagement. If this does not occur, slow down, concentrate, and revisit the basics. Push yourself to perfection during training, then fight the way you train when it's life or death.

The Basics

No matter what circumstances you face, the core fundamentals always apply to place shots accurately. Those core fundamentals are sight alignment, sight picture, and trigger control.

Sight alignment forms the correct relationship between the front and rear sight based on the specific sighting system used.

Sight picture means to super-impose the aligned front and rear sights to the desired point of impact on the target. You should focus on the front sight during sight picture acquisition and the degree of refinement should relate to the threat.

Trigger control consists of pressing the trigger straight to the rear without disturbing the sight picture until the shot fires. Ideally you will experience a surprise break to avoid jerking the muzzle down at the last moment in an attempt to compensate for anticipated recoil. You may maintain further trigger control by allowing the trigger to travel forward enough to reset and stage for the next press. These core fundamentals are inter-related and inter-dependent. If one element is absent, your shot may miss.

Other fundamentals such as grip, stance, breathing, follow-through, etc. are important; however, they are more shooter-specific factors and not critical for accuracy. It doesn't matter how you stand, how you hold the gun, or how you breathe; if you align the sights, acquire an appropriate picture and pull the trigger correctly, the bullet will hit the target.

You study shooting stance and firing grip to provide a consistent platform to practice core fundamentals. The ones outlined here serve as a basis to advance more detailed strategies and concepts.

Methods of Marksmanship

The **Index Firing Technique** applies during *close-range engagement* when the target/threat is approximately three yards or less away. It is used exclusively with the accelerated pair and/or accelerated single combat firing modes. To perform this style of point shooting, the shooter's body and weapon should index and align to the threat while the shooter focuses on a specific point located on the target. No sight picture is acquired. The shooter maintains a controlled focal point looking over the weapon's sights and squeezes the trigger. If body mechanics and target focus are correct and consistent, the shooter will achieve rapid combat accu-

racy.

The **Flash Sight Picture Technique** is used during *mid-range engagement*. This method is ideal for shooting at distances of approximately three to 15 yards where precise front and rear sight alignment is not necessary to achieve combat accuracy. You should acquire a *flash* front sight only picture as you pull the trigger and focus should remain toward the front sight. Combat marksmanship fundamentals remain the same, however, the sight picture acquisition process speeds up considerably. Controlled pairs are the combat firing modes used with this marksmanship technique.

During *extended-range engagement*, the **Precise Sight Picture Technique** is required. When shooting at targets approximately 15 yards away or farther, you must accomplish precise front and rear sight alignment as quickly as the existing threat allows. Marksmanship fundamentals are vital to accurate shot placement in this range of combat. Due to the size of the target, this sighting method should also be used when a brain cavity/head shot is necessary. The Precise Sight Picture Technique is used exclusively with the dedicated pair and dedicated single combat firing modes.

Structured Shooting

Combat firing modes are classified strings of fire designated for use under various combat conditions. Two disadvantages of the semi-automatic pistol are its limited ammunition capacity (as compared to other tactical small arms) and its inability to be a reliable stopper. To account for these shortcomings, combat firing modes assist to conserve ammunition supply and multiply the ballistic effects felt by an adversary. Follow these principles to ensure the appropriate number of rounds are fired at a suitable cadence given the distance of the target.

You may use the following five combat firing modes independently or in combination with one another to comprise defensive shooting responses.

Standard Defensive Response

Controlled Pair

The first and most basic firing mode is the *controlled pair*. This involves firing two rounds to the center of visible mass of the chest/thoracic cavity at a *controlled* rate; sight, shoot, recover, sight, shoot. Firing a controlled pair is applicable when distances range from six to 18 yards. Within this interval of mid-range engagement, the distance of the threat is too great or the profile of the target is too small to fire at an accelerated rate. While you may fire controlled pairs quickly with consistent practice, you should follow the principles and marksmanship techniques associated with mid-range engagement to ensure accurate shot placement as well as speed. The cadence of the two shots is controlled by acquiring one sight picture for each shot fired as opposed to one sight picture for two immediate shots in close-range engagement. In this range of gun combat, speed and accuracy are equally important and must be balanced according to the existing threat.

*If true, the theory
you will perform
half as well in a
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accept nothing less
than perfection
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When shooting at targets approximately 15 yards away or farther, you must accomplish precise front and rear sight alignment as quickly as the existing threat allows.

Accelerated Pair

The next firing mode is the *accelerated pair*. An accelerated pair is two rounds fired to the center of visible mass of the chest/thoracic cavity at an accelerated rate; sight, shoot, recover, re-align, verify, sight, shoot, shoot. This firing mode, also known as the Hammer or Double Tap, is applicable during close-range engagement at distances of approximately five to six yards or less. Because of the close proximity of the target, rounds may be fired more quickly and split times cut to a minimum while still achieving combat accuracy. This is important to understand because threats at these distances will typically require more speed of engagement.

If the sights are used while firing an accelerated pair, only one flash sight picture is required with two immediate trigger presses following the sight acquisition. There is no need, nor time, to acquire a second sight picture for the second shot. A solid shooting platform is important when firing in this mode because it allows the pistol to automatically return to the same general line of engagement used during the first shot. At this range, speed is more essential than accuracy.

Dedicated Pair

A *dedicated pair* is also the firing of two rounds to the thoracic cavity's center

of visible mass. These rounds, however, are fired at a dedicated rate; sight, shoot, recover, re-align, verify, sight, shoot. This firing mode is reserved for extended-range engagement, shooting targets or threats at approximately eighteen yards or farther. In these situations, accuracy is more critical than speed. Although you may need more precision to accurately hit the target, which consumes more time, you may have more time because the threat theoretically decreases as distance increases. With a dedicated pair, there is considerably more dwell time between shots than the other two-round firing modes.—Hence the name. Each round fired and each process of firing that round should be dedicated and independent of the other.

Why fire two rounds? Contrary to popular belief, a bullet, especially that of a pistol caliber, is not a magical ray of death. One bullet impacting the thoracic cavity of an adversary may not be sufficient to stop



The Hammer or Double Tap is applicable during close-range engagement at distances of approximately five to six yards or less.

that adversary's actions. Even if by chance, a one-shot stop occurs, you should never expect or anticipate the fight to end here. Firing two rounds to the chest area is known as the Standard Defensive Response. This is our initial, reactive firing mode to almost every threat of deadly force regardless of proximity or rate with which we will fire.

By firing two rounds in succession, you may double the effects of trauma experienced by the adversary and multiply your odds of stopping the aggressor. Why not fire three rounds to the body instead of just two? You must restrain yourself from ini-

tially responding with more than two rounds for two reasons.

First, you do not want to deplete the magazine(s) any more than necessary. And second, after a subject is shot twice to the body, the effects of subsequent rounds striking the same area are marginal at best as the nervous system becomes desensitized to further trauma. There are better solutions to this problem than unloading a magazine, barrel first, into the torso of an attacker who just won't go down.

One Press at a Time

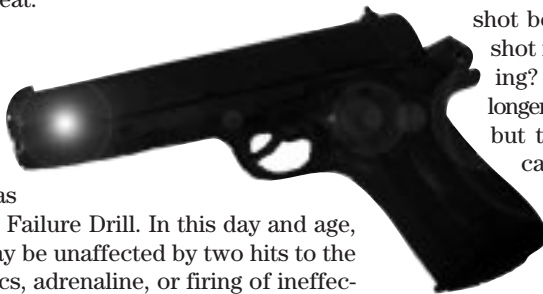
Use the *dedicated single firing* mode when you target the brain cavity. This type of shot might be necessary to stop the actions of an adversary already engaged by rounds to the thoracic cavity but who continues to threaten or holds a third-party hostage. When used in the latter scenario, this firing mode is known as the Hostage Defense Response. Precise shot placement is paramount due to the small area of desired impact known as the Inverted Triangle. The outside corners of the eyes and the bottom of the nose border this area. Due to the size of the target and the head's tendency to move, this is an extremely difficult shot. You are restricted to firing only one round in this mode because of the time required to hit the targeted area and the potential for a stray second shot. This firing mode is not recommended for use when the threat is beyond 10 yards.

The *accelerated single* is a specialized firing mode applied only during equal threat multiple target engagement in a series of other accelerated singles. When confronted with more than one adversary at close-range exhibiting the same levels of deadly force capability, you must evenly distribute fire to suppress their actions and avoid bodily harm. Respond by firing one round to the thoracic cavity of each adversary and repeat.

Special Responses

When a standard defensive response does not immediately stop an aggressor's actions, transition to Plan B. This is known as the Failure to Stop Response or, Failure Drill. In this day and age, it is possible that an assailant may be unaffected by two hits to the body due to body armor, narcotics, adrenaline, or firing of ineffective ammunition. The human nervous system may shut down and go into shock after it receives a hit with the first and/or second bullet. A dedicated assailant, operating on adrenaline alone, may continue to act for approximately 10 to 15 seconds after receiving a shot in the thoracic cavity. Ten to 15 seconds is a long time in a gunfight.

If your adversary is still active and fighting, you must respond appropriately to this failure to stop and prevent their continued harmful actions through other means. If the threat still exists after the initial pair, you should fire one shot to the brain cavity. Take this shot carefully and consciously apply marksmanship fundamentals. Ensure that your point of aim is that inverted triangle bordered by the eyes and nose if your attacker is facing you, or the center of visible mass of the head if he is turned sideways. Your first two shots to the body are generally quick, making it difficult to shift gears, slow down, and dedicate one single press to the head.





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During training, make an effort to pause before and after elevation of aim for the brain shot. Focus on hitting your target and ending the fight. Make it quick, but make it count.

In situations where a failure to stop occurs and the brain shot just isn't available for whatever reason (erratic movement, bystanders, distance, etc.), the non-standard response is an option worth considering. This concept advocates the use of compound-accelerated or compound-controlled pairs to the lower half of the torso, in addition to tactics (movement, repositioning, etc.), until the brain shot becomes available. The rationale here is if the head-shot isn't there, what are you going to do, just stop shooting? Of course not. We shoot tactically until the threat no longer exists. True, the effects may not result in severe damage, but they will serve to diminish the adversary's fighting capabilities, an important concept in any martial art.

With a firm understanding of these combat marksmanship principles, the ability to shoot using various aiming techniques, and the savvy to respond with tactically correct firing modes, we possess skills unknown by 99 percent of the criminal element. When conducting your own firearms training, use this information to form a foundation that leads to more advanced shooting and tactics. Our goal, through repetitive practice, should be to make these applications reflexive and automatic under as much stress as we can simulate. This way, when the odds are against you, you may consciously focus on specific tactics and problem solving instead of how to hit the target. ☛

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

War is a Racket

Smedley Butler—Marine Corps Legend

By Jane Eden



Left to right: Captain F.H. Delano, Sergeant Major John H. Quick, Lieutenant Colonel W.C. Neville, Colonel J.A. Lejeune, and Major S.D. Butler (MCU Archives)

Smedley Butler became a legend in his own time. He earned two Congressional Medals of Honor during his service, which began at an extremely early age. Despite small stature and poor posture he became a US Marine Officer, and a talented one. He served his country worldwide and rose to the highest possible rank, yet remained modest despite his tremendous success. However, he proved a renegade more than once during his illustrious life. Born a Quaker in Pennsylvania July 30th, 1881, Butler considered a military career until the Battleship Maine sank in Havana Harbor Feb 16th, 1898 during the Spanish American War.

Afterward, Butler attempted to enlist in the Army, but they turned him away because he was only 16 years old and looked small for his age. Finally, his US Congressman father requested an appointment for him as a Navy Apprentice. Butler traveled to Washington DC to take the exam for officers and did extremely well. He then lied about his age and promptly received a commission as a 2nd Lieutenant in the Marine Corps. Soon afterward the small thin, hunched youth traveled to Cuba after only a token amount of training.

The war ended before Butler saw combat, and he returned to the US. As 1st Lieutenant, the Marines sent him to the Philippines where he saw some skirmishes, and then he went on to China in June of 1900 to relieve the Foreign Legations in Peking under attack by Chinese Nationalists called the “Boxers.”

Butler landed with a force of Marines at Taku, China. Immediately the Chinese ambushed them, and they had to pull back. When Butler realized one of his group had sustained wounds and lay behind them, he

and five others fought their way back to the man and carried him out of harms way. They then carried the man 18 miles through hostile territory to a hospital. The four enlisted men in this group received the Medal of Honor, and Butler received a promotion.

Next Butler led a company of Marines in an attack on the walled city of Tientsin, and again carried a wounded man to safety. He himself sustained a shot to the leg but refused aid until everyone else's wounds were tended. He soon returned to battle despite his leg wound, a fever and an abscessed tooth. Butler soon dragged a British soldier to safety during battle. While under fire, a bullet glanced off one of his tunic buttons. Afterward, he refused a British Medal for his actions because US regulations forbid US soldiers from receiving metals in Foreign Service.

The military shipped Butler back to the States with Typhoid Fever in 1900. A Marine Captain, and a bona fide hero of a tough military campaign, he was not yet 20 years old.

Eighteen months later he left for the Island of Culebra, off Puerto Rico. Here he experienced his first confrontation with his superiors. His men were ordered to fortify a 400-foot hill on this

island. In the heat it became unbearable work. Water and supplies had to be packed into the area and as a result were quite scarce. After fortifying the hill, Navy Officers ordered Butler's Marines to dig a canal from the ocean to the lagoon in the middle of the island. This work in the horrible heat caused the men to drop with fever and exhaustion.

Concerned for his men, Butler wrote to the Navy, but received no help. When his father found out about the conditions, he used his influence in Washington to rectify them, and the Navy received a reprimand.

Butler never forgave the Navy Brass for the way they treated his Marines. In 1903 Butler was sent to Honduras with the Marines to protect American interests from rebels. After this, he returned to the States and married in 1905 (Bay Head, NJ). This same year he traveled to the Philippines and again had a run-in with the Navy.

Working on gun embankments in the hills surrounding Subic Bay, the men found themselves out of supplies. Every day they saw a supply boat pass within hailing distance, and they tried to contact it. The boat never acknowledged their presence. Finally, Butler borrowed a native boat and along with a group of Marines headed for the supply camp.

They traveled through a harrowing storm to arrive at the camp five hours later. They then commandeered a tug, filled it with supplies and went back to their base enduring another storm. Navy commanders were furious. They ruled his behavior a "nervous breakdown" and sent him home for nine months to recuperate.

In September 1908, physicians tested Butler and judged him ready to re-enter the Corps. A month later he received a promotion to Major. In December 1909 he was sent to Panama as Commander of the 3rd Marine Battalion as protection for the men building the canal. He was also sent at various times from Panama to Nicaragua, in 1909, 1910 and 1912 to protect American interests against bandits and revolutionaries.

When construction on the canal was complete, Butler went to Mexico. There anti-Americanism sentiment posed significant danger to American interests and citizens. He first went to Mexico City dressed in civvies to evaluate the situation. Later he landed with the Marines at Vera Cruz and won the Medal of Honor for bravery under fire. He brushed off any praise, saying he considered it his job. He refused the medal, accepting it years later only because he was ordered to do so. Throughout his career he maintained that he was nothing special and that any good Marine would do what he had done under similar circumstances. ☼

***When his father
found out about the
conditions, he used
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Fort Riviere, Haiti 1915 during the capture, by D. J. Neary; illustrations of Major Butler, Sergeant Iams, and Private Gross (USMC art collection)

Both Germany and France threatening to send troops to Haiti for unpaid debts. To counter any foreign intervention in the area, President Wilson sent the Marines in 1915. Here Butler won his second Medal of Honor. With only 100 men, Butler led an attack on rebels at the impregnable Fort Riviere. Butler destroyed it in one afternoon. Third into the fort, Butler and two Marines held off rebels in violent hand-to-hand combat until help arrived.

Major General Smedley Butler, USMC

Editor's Note: The excerpt came from a speech Major General Smedley Butler made in 1933. General Butler TWICE received the Medal of Honor, in 1914 and again in 1917.

"War is just a racket. A racket is best described, I believe, as something that is not what it seems to the majority of people.

Only a small inside group know what it is about. It is conducted for the benefit of the very few at the expense of the masses.

I believe in adequate defense at the coastline and nothing else. If a nation comes over here to fight, then we'll fight. The trouble with America is that when the dollar only earns 6 percent over here, then it gets restless and goes overseas to get 100 percent. Then the flag follows the dollar and the soldiers follow the flag.

I wouldn't go to war again as I have done to protect some lousy investment of the bankers. There are only two things we should fight for. One is the defense of our homes and the other is the Bill of Rights. War for any other reason is simply a racket.

There isn't a trick in the racketeering bag that the military gang is blind to. It has its 'finger men' to point out enemies, its 'muscle men' to destroy enemies, its 'brain men' to plan war preparations and a 'Big Boss' Super-Nationalistic-Capitalism.

It may seem odd for me, a military man to adopt such a comparison. Truthfulness compels me to. I spent thirty-three years and four months in active military service as a member of this country's most agile military force, the Marine Corps. I served in all commissioned ranks from Second Lieutenant to Major General. And during that period, I spent most of my time being a high-class muscleman for Big Business, for Wall Street and for the Bankers. In short, I was a racketeer, a gangster for capitalism.

I suspected I was just part of a racket at the time. Now I am sure of it. Like all members of the military profession, I never had a thought of my own until I left the service. My mental faculties remained in suspended animation while I obeyed the orders of higher-ups. This is typical with everyone in the military service.

I helped make Honduras "right" for American fruit companies in 1903. I helped make Mexico, especially Tampico, safe for American oil interests in 1914. I helped make Haiti and Cuba a decent place for the National City Bank boys to collect revenues in. I helped in the raping of half a dozen Central American republics for the benefits of Wall Street. The record of racketeering is long. I helped purify Nicaragua for the international banking house of Brown Brothers in 1909-1912. I brought light to the Dominican Republic for American sugar interests in 1916. In China I helped to see to it that Standard Oil went its way unmolested.

During those years, I had, as the boys in the back room would say, a swell racket. Looking back on it, I feel that I could have given Al Capone a few hints. The best he could do was to operate his racket in three districts. I operated on three continents."

Police Blotter

Josey Bears

Police in northwestern New Jersey report having a bear of a time. In this, the most densely populated state in the US, a growing community of some estimated 1,200 bear roam, some getting as far east as the Hudson River. The animals rarely demonstrate aggressive behavior, but frighten residents when they raid the suburbs in search of food. The Diary Queen dumpster, screened-in porches, open doors and windows become bear stomping grounds if they smell seductive. Some residents report intense fights between dogs and bears. In all, 1,700 complaints were filed last year, up 85 percent from the year before. Hunting is one proposed solution.



Cell Phones and Cancer



The September 2000 issue of *Scientific American* magazine reports recent research rules out cell-phones as a possible cause for cancer. Results are not conclusive at this time, but outlooks remain positive. However, similar research indicates cell phones may contribute to traffic accidents.

Flaming Troubles Down Under

Australian police report attacks upon the traveling Olympic Torch. One man ran up to the bearer and tried to douse the flame with a fire extinguisher. One teenager snatched the torch and ran off. Authorities recovered the torch after a brief chase. However the largest

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

exposure the torch received in the Down Under was when some Aussies dropped their pants and mooned the torch runners as they pasted by.

Cambodia's Sex Industry

Cambodia recently dubbed a haven for pedophiles. Since the infra structure of the entire country was destroyed by the communist genocide of the Khmer Rouges decades ago, children have fallen through the cracks. A recent report says the country has about 500,000 prostitutes and half of them are little more than juvenile slaves. Cambodia promises to inspect and cut questionable travel visas, but UN officials predict existing corruption and bribery may interfere with their plans.

Lying Face and Eyes

Police training teaches that some liars may give themselves away through their eyes or facial expressions. The October issue of *Nature* medical journal reported in October 2000 that scientists found Aphasics, people who lost their language abilities due to a stroke or another form of brain damage, could spot lies based on facial expressions 73 percent of the time compared to the 50 percent of all other groups involved. Aphasics also rely on their own facial expression and eye movements to express themselves to others.

Prison Population Rate Slows

Statistics for the most popular weekend movie make it to the Monday morning news, yet we must wait until nearly 2001 to learn the 1999 incarceration statistics in the US. The Justice Department reports that prison populations rose at the lowest rate since 1979 and recorded the smallest increase since 1988. In 1999, the 2,026,596 people behind bars were held as follows:

- 1,284, 894 in State and Federal Prisons
- 18,394 in Territorial Jails
- 605,943 in Local Jails
- 7,675 in Facilities Operated by the US Immigration Service
- 2,279 in Military Facilities
- 1,621 in American Indian County Jails
- 105,790 in Juvenile Facilities

For more research statistics you may review the full report at [www. Ojp.usdoj.gov/bjs](http://www.Ojp.usdoj.gov/bjs)

Approximately 536,000 of the more than 22.2 million individual applications to purchase firearms were rejected based on federal, state or local laws since 1994, only a few as a result of the Brady Act. State laws setting "no-gun-ownership" punishments on individuals guilty of domestic violence or felony convictions, along with the Brady Act contribute to the results.

Facing the Blade

By Mike Gillette



▲ Contact, capture, counter-strike and stabilize. ►

To the layperson, holding a gun cancels out the use of any other weapon except a gun. But in many circumstances a dependence on a firearm alone might get you killed. Circumstances should dictate your tactics and many preclude the use of a firearm. Close proximity to noncombatants or a sudden attack launched from contact-distance gives you a reason to develop alternate responses to your firearm. Sometimes strategies such as creating distance, using cover or disengaging are not tactically plausible or possible.

It's important to develop an empty-hand response capability to a bladed/sharpened weapon attack. At this point I will not go into multiple paragraphs about how deadly knife attacks are. That's old news. I am also not going to say, "If you confront an assailant with a knife, you will get cut."

Many people will tell you this, but it's just not true. As a rookie officer, I once got too close to a subject

threatening suicide who had slit his own throat. While mesmerized by his wound, I crept close enough to touch him before I saw the knife in his hand. I grabbed the knife, and the fight was on. Inexplicably, I was not injured in that encounter. But do not confuse good luck with good tactics. It's better to realize if you face a knife attacker, you may get cut. It's important to mentally prepare for that. Prepare to fight on despite an injury. Also remember, it's absolutely counterproductive to adopt a mind-set of defeat.





▲ Versus an attempted quick-draw, stabilize in pocket, counter-strike.



▲ Ground variation: Contact, capture, counter-strike, roll-over, stabilize and contain the weapon. ►



As you develop empty-hand capability, don't get overly concerned about pre-determined techniques. Don't expect a specific process to always determine a favorable outcome. Instead, work from the other direction. Work backward from the fight. First determine what outcome you want. Since our topic is knife defense, a realistic goal might be to control the situation with a minimum of injuries. At the end of the encounter we want the good guy up and the bad guy down and the weapon contained. As simple as this may sound, in application the process is complex and potentially deadly. At its core is a fundamental concept at odds with your body's own survival mechanisms: In order to control the knife, you must move toward your attacker.

To achieve the goal we use a four-step framework. These four steps occur in the same sequence whether in training or in field application. They remain constant regardless of such variables as knife trajectory, (stabbing or slashing motions) knife grip, or blade configuration. To add clarity and purpose to our response, I've given each of the four steps a descriptive name, 20 • Close Quarter Combat Magazine

which helps to define them as sub-goals. Remembering these steps by their names will guide you to your goal.

Step 1 – Contact

The contact refers to any tactile contact made by your hands with the weapon-bearing limb of the assailant. You may initially make contact with the hand, wrist, forearm, or even upper arm. You may consider any contact successful and work on from that position. This contact could be confused with the term *block* since we attempt to interrupt the incoming motion of the attack. But a block alone will not take us to the next step in our framework. Block is also a troubling term because it suggests a simple, passive motion. Defending against a knife attack is neither simple, nor passive.

Step 2 – Capture

This second step is your most significant. As long as the weapon is in motion your life is in significant danger. You cannot

move on to control the assailant until you have first successfully stabilized the weapon. You will determine your capture motion based on the manner in which you achieve contact. If you ended up with both hands palm down on the assailant's forearm, then you would capture or grab their arm at that point. If your hands were on either side of the assailant's upper arm, then you would capture the arm there. Regardless of the positional relationship, you will make the most secure capture of the limb possible. You must also recognize that stabilization is a relative term. The assailant will still move and jerk his arm around, but you have control because you use your two arms to his one.

Step 4 – Stabilize

This final step refers to the optimum position to control the assailant: stabilized on the ground. How do you accomplish this? I have a framework I developed called the Takedown Formula. With an understanding of this framework, untrained operators may develop their own takedown methods based upon their relative positioning. The framework consists of three elements.

The first is a *Handle*. The handle is a momentary attachment to the assailant. You could use a limb, shoulder, head, neck or hip. For knife defense our goal is to capture the

weapon-bearing limb. That limb becomes our handle.

The second element is *Leverage*. Leverage may be structural or postural. Obtain structural leverage by maneuvering a body part to

create an imbalance or pain. A joint manipulation or a control hold creates structural leverage. You may achieve postural lever-

age by achieving a positional advantage. For example a football tackle illustrates a postural leverage. In this collision-style takedown, the person with the lower center of gravity gains the positional advantage.

The third element is the application of *Force*. You may apply force forward, rearward, upward, downward or in a spiral. Ideally, you will apply force in a direction that maximizes whichever type of leverage you achieve.

After you stabilize the attacker, follow up. Retrieve and secure any loose weapons, assess and treat injuries, position or relocate the attacker.

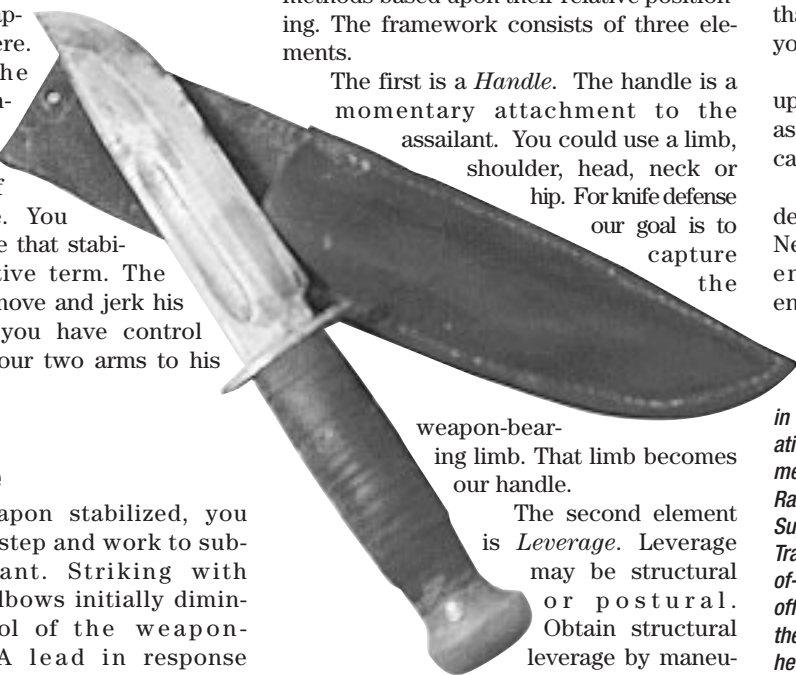
And finally, no matter what your job description, the legal aftermath will follow. Next issue, I'll prepare you for the legal and emotional aftermath of such an encounter. ★

Mike Gillette is Chief of Police for a city in Iowa. His experience spans more than 10 years in law enforcement with an extensive military operations background. Gillette worked various assignments as a Tactical Team Commander, Rangemaster, Patrol Supervisor and Field Training Officer. As a Use-of-Force Trainer, he taught officers and agents across the country. In the military he served in the 82nd Airborne and the 194th Long Range Surveillance Det. (Airborne). (515) 795-2149.



Step 3 – Subdue

With the weapon stabilized, you move to the third step and work to subdue your assailant. Striking with your hands or elbows initially diminishes your control of the weapon-bearing limb. A lead in response using kicks, knees or crushes optimizes your control. Your counter-attack lasts until you successfully move to the final step.



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True Cop Stories

Texas Jail Break!

By W. Hock Hochheim

It was a late afternoon, August 25th in the early '80's. Egg-frying Texas hot, Sgt. Howard Kelly and I cruised back into Denton after locating a stolen travel trailer out in the country. I laid my arms on the dash to collect some air conditioning up the short sleeves of my damp shirt. As we drove past the County Sheriff's Department on our way to the city PD headquarters next door, the county dispatcher squawked over the car radio, "Jailbreak! Jailbreak! All available units report to the SO immediately."

The county jail cells were located in the floors above the Sheriff's office. Instantly, Kelly whipped the car around, and he roared the big police cruiser toward the SO parking lot. We stopped and bailed out, pistols drawn by the back lobby doors. We were one of the first responders to arrive. Over my shoulder some city patrolmen armed with shotguns scrambled from our PD, their western boots slapping the pavement. County deputies could be many miles away, patrolling one of the largest counties in Texas.

Kelly and I charged inside in time to watch the jail elevator sliding open on the first floor. We trained our barrels on the inside, expecting it to explode with angry inmates, but no inmates! Instead a jailer lay on its floor, howling and quaking in a uniform tattered and bloody.

County Lt. Jim Neel ran in and knelt over him, "Who did this to you? Who stabbed you?" he hollered as he scoured the wounds for heavy bleeders. Howard and I crowded the door, and someone flipped the kill switch.

"Crebbs! Crebbs did this. It's a jailbreak up there Crebbs, CREBBS! He's set everybody loose on the third floor."

Last we heard, there were some 80 inmates on that floor. There were only two avenues of escape from the third floor—the elevator with the wounded jailer, or the stairway to our left. The lobby civilian elevators did not stop on the jail floors. So Lt. Jim Wilson turned a hallway corner, reporting to our small gathering of troops that he had sealed off the stairways with armed officers. So far, the break had been contained on the third floor. A wailing ambu-

lance slid up to the back door as Neel, Howard and I hauled the jailer out by his legs. *Crebbs.* Officers began arriving from everywhere. Wilson set up a perimeter. *Crebbs.* Civilian employees screamed at the horror of a friend, a co-worker lying prostrate with multiple stab wounds as Wilson ushered them out the back door. The hall erupted into a state of total confusion. *Crebbs.* I am not a religious person, but something close to a religious experience came over me. I felt like someone, something had put me there for a purpose that afternoon, a reason. The odds of me handling all the Crebbs cases, and then being just around the corner for this...

Crebbs. He did this. He was upstairs awaiting us, awaiting me. He was armed. He was incarcerated awaiting his third trial, his first two accumulating him 22 years of prison time. He had threatened escape, said he would never go to the pen, threatened revenge on the jurors, even his relatives found him so dangerous they testified willingly against him. *Crebbs.* He was trapped, a desperate man who had previously tried to commit suicide by drinking bleach, a man with nothing to lose . . . trapped and waiting.

These were the days before SWAT teams, when a police officer was expected to rescue cats from trees and the same day kick in doors brandishing a shotgun to apprehend drug dealers. The good old days. About seven of us, all veterans of countless "SWAT-like" raids, hit the stairwell—Howard, Wilson, Jim Bush, the others I can't recall, all on our way to the third floor and who knew what. There was just no telling what we would find up there. No telling, but I was with good company. Wilson was a crack shot. Bush was a former Marine and Vietnam Vet sniper. We made it into the jail security office off the stairway. This had



"Jailbreak! Jailbreak! All available units report to the SO immediately!"
Kelly whipped the car around, and he roared the big police cruiser toward the SO parking lot. We stopped and bailed out, pistols drawn by the back lobby doors.

been locked after two deputies heard the screaming jailer over an intercom system and rescued him off the floor. Great heads up work! Wilson unlocked the door and we barged in, drawing down upon and shouting to the inmates in the office. They backed off into the cell hallways. One lay on the floor in surrender.

We advanced into the cellblocks and our order to these freed inmates was simple—"Get in the cell, or die." Teamed up, with two patrolmen back guarding the main block door with shotguns, we secured the floor cell by cell, shoving inmates in and slamming the doors. Most were freed with no plans to leave. But, I quickly tuned to my own personal hunt, shouldering my way between the inmates to find Crebbs. I could hear him yelling down one metallic hall. I peered through a food slot in the bay area, and I spotted him barking commands into a pay phone. He was trying to arrange

his escape ride, his makeshift knife near his hand by the phone. I put the barrel of my .357 Ruger in the slot and aimed at his chest, preparing to bark my own command for him to surrender, but there was too much around him, table, cars, and columns for him to drop behind or dash for cover.

I carefully withdrew the barrel without an alarming metal-on-metal click from the slot and stepped around to the open bay area door behind him. He turned at the last second to see me coming. He was bladed away from me. I couldn't see his right hand to know for sure if he picked up the weapon. I put my pistol in my left hand and with my right, belted him in the face. The cigarette in his mouth flew out the other side, and he staggered off his feet and back up against the cinderblock wall. I remember yelling at him, "Get that cigarette out of your mouth!" I don't know why. I just did. As if I might be hurt more by his burning cigarette than the shiv in his hand!

I just had a feeling that I would shoot him with a Magnum round from the gun in my left hand if his knife hand came at me when I hit him. I holstered my gun and pushed his face and chest against that wall. I can't remember for sure, but I think it was Bush who found me and came charging in. We cuffed him. The knife was still back by the phone, some two feet away.

In some kind of bizarre "double custody" he was re-arrested in jail. We took him downstairs to booking where that entry process had to be repeated. Hitting the pandemonium of the first floor—TV cameras, news reporters, officers, civilians, Howard and I slowly faded back from walking behind Crebbs as they whisked him into their CID offices. I was a city detective, and this was a county case and the County deputies took over. I would go back to the city and type a statement of my activity in this mess and hand it over to their CID Lt. Ron Douglas. I might actually escape the whole event with only a two-page statement instead of a loose-leaf sized case report for a change!

I had thought I was through with Crebbs except for some last courtroom appearances, but our strange relationship continued. Crebbs refused to talk to anyone and Lt. Douglas ran out to Howard and me on the parking lot as we were climbing into our car. Ron knew I had served no less than 18 arrest warrants on Crebbs and collected multiple confessions from him on rape, armed robbery, drugs and burglary.

"He won't say anything," Douglas said, "and we need to know who helped him. Who was gonna pick em' up. Are there any more knives up there? You know 'em Hock. Will you go talk to 'em?" I looked at Howard, and he nodded.



About seven of us, all veterans of countless "SWAT-like" raids, hit the stairs Howard, Wilson, Jim Bush, the others I can't recall, all on our way to the third floor and who knew what.

Minutes later, I sat behind the desk in Douglas' office alone with Crebbs. There we were again, like so many times before. This time, gone was the wild bushy hair, the acid rock T-shirt, and the tough, curled lip. He was manicured for his courtroom demeanor. Present still were the wild sinister eyes, the arms bobbing nervously, the tightly clenched hands, the heavy breath. He stared at the floor.

I said calmly and curiously, as though we were two buddies talking on a street corner, "Martin, what in the hell happened up there?" This has always been my most effective confession technique. The Jack Webb formal/robotic approach usually doesn't work. Create a rapport, talk some overall business, and then read the bad guy his rights in a very casual manner. Unlike on TV, you do not have to read someone their Miranda rights the first second they are arrested, only if you want to officially "use" what they say. I would often take low escape risk prisoners to restaurants and sit, and we would both eat while I questioned them. Or we would just drive around.

He slowly raised

his head and met me eye-to-eye, "I tried to escape," he said, and told the entire story, eventually giving me our 30th written confession together. Crebbs told me how he had removed two tension bars off the front wheel of a jail exercise bike, honing the ends to fine points on the cement floor. Towels were used as handles. The escape plan, to be implemented between 3 p.m. and 5 p.m. while there was only one jailer on the floor, was executed on the lone jailer who was attacked while transferring a prisoner into Crebbs' cell. Crebbs stabbed him seven times in the chest, and tried a plunge his shiv into the jailer's temple, but only sliced him there. He also stabbed the trustee in the stomach.

The jailer and trustee survived, and Crebbs and his accomplice each were charged with attempted capital murder. Lt. Douglas put his squad to work and over a dozen statements were collected from prisoners and jail mates who witnessed or had knowledge of his many escape plans. Almost all involved the planned murder of deputies or jailers.

The saga will continue for Crebbs, now serving 54 years, until the day he dies whether it comes at the hands of another psychopath (as so many psychopaths do die) or in a prison fight. Someday his luck will run out, or he'll cross the wrong person, and he'll lose one final time. He was almost beaten to death a year after this incident and was stabbed four times three years later. He will continue to commit crimes even in prison. It is the nature of the beast. ★



Sgt Howard Kelly and myself, circa early '80's. Our city neighbors Dallas and Ft. Worth and for years both were in the top 10 crime capitals in the country. We were in an understaffed squad of some 10 very gung ho detectives that ran down a lot of bad guys together. We lived for it! We went through several Lieutenants, but Howard led the team street level for well over a decade. He was a shooter, a fighter and 24-hour a day Texas lawman. They simply DO NOT make them like Howard Kelly anymore! No sir. After some 40 years of service, Howard retired and still lives in Denton County.



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Death by Ecstasy

Nine teenagers died recently from a clone-like version of the popular club drug Ecstasy. The Drug Enforcement Administration and US customs say dealers claim the amphetamine PMA (paramethoxyamphetamine) is much like its weaker cousin Ecstasy. By looking at it, you cannot tell the difference. Because of the similarity the user may ingest too much of the drug, which can lead to overdose.

Ecstasy has grown increasingly popular among teenagers and young college students over the last few years. Now the introduction of PMA makes drug use increasingly hazardous.

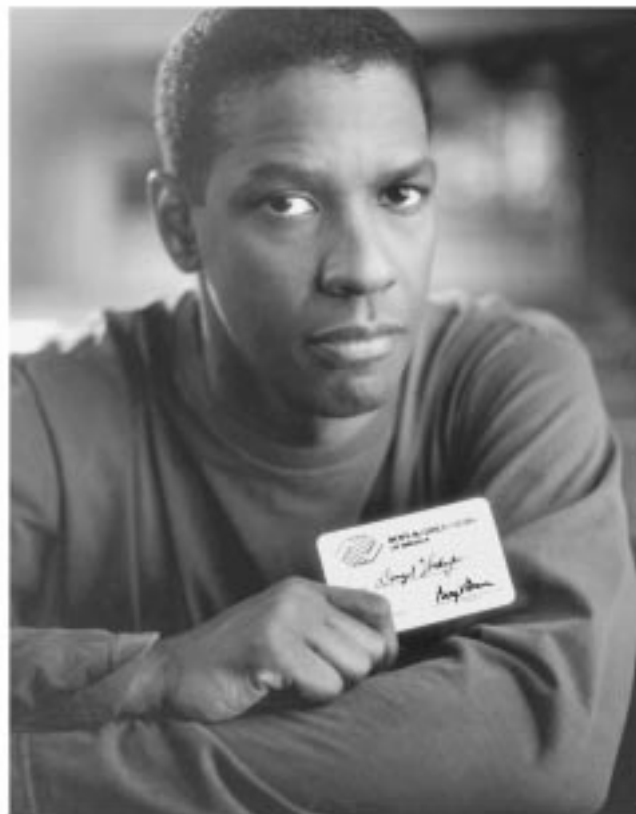
Steven Lorenz, 17, died May 7 in McHenry, Ill, after taking PMA thinking he ingested Ecstasy. Seven days later Sara Aeschlimann, 18 of Naperville, Ill, over-dosed after taking a few PMA pills during a movie with friends. May 27, Jason Burnett, 20, of Lisle, Ill died when he took a mixture of cocaine and heroin and PMA.

The Florida Department of Law Enforcement attributes six deaths to PMA since July—five in Orlando alone.

Spokespersons for the DEA state the source of PMA stems from Canada, Michigan and Virginia. Authorities shut down two labs in Germany earlier this month. Additional labs have been traced to Central Europe.

Code name for PMA on the streets is "Death" or "Double-Stack," because it sports a double triangle logo much like Mitsubishi. Fifty milligrams of the drug ingested result in a high similar to Ecstasy. It speeds pulse, raises blood pressure and provides the user with a sense of euphoria.

Larger doses cause irregular heartbeats, heart attacks, breathing difficulty, kidney failure, convulsions, coma and death. Death generally happens when body temperature rises sufficiently high to shut down the central nervous system.



Denzel Washington

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Battlefield Diary

A Bag of Salt and Five Hundred Rupees

By Jack Girsham

Editor's Note: Jack Girsham lead a life many men and women only dream about. He falls into the same category as Lawrence of Arabia, Count Luckner and Sir Hubert Wilkins. Published in 1971, sadly his book *Burma Jack* is no longer in print. Your only hope is to acquire it from your local library. We strongly recommend the book for winter reading. It's packed with real-life adventure of the authentic kind. We give our whole-hearted thanks to W.W. Norton, Co., Inc. for their kind permission in letting us print this excerpt. We strongly encourage you to explore their other titles. They print extremely high quality books of a timeless nature.

When the Japanese put a price on my head, I didn't know a thing about it. All I knew at the time was that I was fighting the soldiers from Nippon in the jungle, doing my best to see that as few of them as possible got away in one piece. My first campaign against them was over and done with before I learned in a roundabout way of the compliment the invaders of Burma had paid me.

I was recuperating at a military rest area in Shillong, Assam. We used to take our meals four at a table, and I noticed an officer at another table glancing in my direction every so often. Finally he came over and addressed me. "Are you Captain Girsham?" "I am," I answered, "but who are you?" He identified himself as Jock Stuart Jones of the Gurkha Rifles. Recently when he was being released from St. Luke's Hospital in Chabua, the matron suggested that he get in touch with a former patient, now in Shillong-me.

"I was one General Orde Wingate's men," Jock Stuart Jones explained. "We had to retreat through the jungle. When we reached Bhamo District, a chief told us to go down by way of N' Sop Zup in the Sumprabum area, where we'd meet a certain Captain 'Kassim.' That was how he pronounced your name; he couldn't say 'Girsham' properly. The chief added that this Captain 'Kassim' and his Kachins were fighting so successfully that the Japanese had put a price on his head— 500 rupees and a bag of salt. Unfortunately, we took a different route out instead of going through Sumprabum, so I didn't see you there. I'm glad I caught up with you here."

The news flattered me. Not the 500 rupees, a small enough sum as wartime bribes were, but the bag of salt, which was really valuable.

After we were dug in, I ordered the riverbank to be cleared to get an unimpeded firing line in case the enemy should attack from that direction. We used an old method in defending the jungle, one common among Burmese hunters. The Kachins suggested it to me,

and I agreed because I had used it for hunting wild boar. We got big bamboos, sharpened the ends into spikes, and hardened them over the fire. These spears, long enough to impale a man, are called pangees. They are terrible weapons, their points unbreakable and sharp as a razor. In hunting, the Burmans would plant a row of pangees at one exit from a patch of jungle, stampede the pigs into the opening, and collect the beasts when they impaled themselves in their mad dash to get away.

Starting on the opposite bank from where we were, my men cleared the jungle on the right side of the road from an area perhaps 300 hundred yards by 50 to a 100 yards. The trees there were

small and sparse and grew amid short grass that offered no cover. My plan was to open up a good field of fire if the Japanese ran across this space for the cover higher up the slope. The other side of the road sloped downward through long grass to the river 300 yards away. In this long grass I had the pangees fixed into place. The rounded butts were hammered into the earth about three feet. The shafts, three feet long, stood out at various angles to the ground, pointing toward the road. We planted many rows, the points of each row fitting into the spaces of the row ahead, alternately high and low, which gave us virtually a solid wall of deadly weapons hidden in the grass. We had 15,000 pangees—many more than we could have produced by ourselves, but some villagers came out to help us.

With the trap baited, all we required was a quarry to drive into it. When the Japanese came out in the open, and we fired at them, they naturally would dive for cover—and onto the pangees. That was the strategy, and one of my men, Jemandar Nawng Seng, kept reminding the rest that the enemy soldiers were near and might be advancing on us at any moment. One day, while writing notes in a trench, I heard firing in the direction of the jungle. The group assigned to clear the jungle was coming back. "What happened?"

One of them answered, "This Jemadar Nawn Seng has been putting us on guard by pretending the Japanese were attacking. Today he said the same thing, and we didn't believe him, and then we heard voices shouting, 'Hey! Hey!'"

"And when we turned and looked, we saw two Japs gesturing at us. We put down our knives, grabbed our rifles, and fired at them. They fired back, but nobody was hit, and they ran off."

Since the Japanese had seen us, we expected them to attack. And four days later they did: Sixty or more came along the road. I had an expert Bren gunner named Zaura who wanted to open up on

*...the Japanese ran into
the nearest cover, the
long grass, from which
there came screams and
curses as they plunged
into the pangees.*

them at 400 yards. "Wait," I said. "What have we got those pangees for? Let's not run them down the road. We want them to head into the grass when they realize we're strong enough to stop them on the road."

The Japanese moved forward without realizing they were parallel to the pangees. I waited until those in front reached the pangees nearest to our position, and then I ordered my men to open up with everything we had. We fired rifles, tommy guns, Bren guns, and all the other weapons we were armed with. We shouted and yelled abuse at the enemy. As I expected, the Japanese ran into the nearest cover, the long grass, from which there came screams and curses as they plunged into the pangees. I came out, "Fire wherever the grass is waving! We'll hit more of them!" And we did.

When the Japanese commander realized what was happening, he ordered his men to retreat, taking the dead and wounded with them. Later some of our agents who went into the Japanese camp to exchange fish for salt reported, "There was any number of bodies laid out in the camp.

The Japanese took them away and covered them with large tarpaulins. Then they loaded them on trucks and took them back by night to headquarters in Myitkyina."

Eventually they avoided the stretch where the pangees lay hidden and attacked us from other angles. We pushed them back no fewer than five times. However, they had plenty of men to keep up the attacks. They would get in between the pangees and the river and move through the jungle to the assault, but we never let them cross the N' Sop until they brought up artillery. Since we had nothing to hit back with, we retreated stopping at N' Gip Kha, four miles to the rear. We had a respite of only 24-hours, for the Japanese were on our heels with their artillery, and we had to retreat another four miles, to Tiang Zup, where we dug in and held fast. They were getting too far from their base, and they probably thought they had taught us enough of a lesson to prevent us from coming back.

One evening while we were at Tiang Zup, Colonel Gamble arrived for an on-the-spot inspection of the situation. He wasn't at all pleased with the retreat, and showed his feelings quite plainly. This was the first time he had come into the battle zone where real fighting was going on, and he might not have come just then except that he had been accepting congratulations for our previous successes. We had been sending back the spoils of war, including items of equipment taken from one dead Japanese-helmet, bayo-

net, grenades, rations, and parts of his uniform. These made nice exhibits for Colonel Gamble to show at headquarters. He wasn't quite so happy when we had to pull back. He demanded to know exactly what had happened at the battle of N' Sop Zup.

I didn't like having to explain, and he didn't like my explanation, so afterward I said, "Colonel, I'd like to take out a patrol and go back and see what the Japanese are doing in my old position." He agreed, so I struck into the jungle with Captain Rae, Lieutenant Butler, and Jemadar Nawng Seng.

Everything was quiet as we moved forward. Still, they could be setting a trap for us, a possibility I began discussing with my Burmese assistant. Suddenly I figured we were too far out in the open road, in an ideal spot to be caught by an ambush. "Let's get down into the grass and the undergrowth," I suggested.

I took the lead, walking rapidly because the light was failing, and we had eight miles to go to get back to camp to report to Colonel Gamble. Abruptly I stopped moving. Something was holding my leg back. I pushed harder. My leg still wouldn't move. I looked down and saw two small pangees sticking right through my trousers, into my leg. Hundreds of other pangees looked at me hungrily from the grass, waiting for my damn fool body to fall on them.

Captain Rae was so close behind he nearly fell over me. "I'm stuck!" I explained. He replied, "I'm stuck too!" Jemadar Nawng Seng, a small chap, had impaled himself through the thigh. Butler was the only one who managed to keep off those terrifying pangees. With his help, the rest of us got free, but we carried painful injuries back to camp.

When we reached Tiang Zup, two American officers were there, Colonel Eifler and Colonel Coughlin. They had come to see what methods I was using for jungle warfare. Seeing our wounds, they offered to

take us back to Sumprabum for medical treatment, an offer we were only too happy to accept. At Sumprabum I reported to a colonel, who sent me back to base camp in Calcutta to get my leg tended.

There, after a few days at Fort Hertz, I had some drinks with an old friend, who was not impressed with my "wounded" legs. He invited me to join in a game of football. I protested feebly. He looked at the pangee cuts with a critical eye. "Just a flesh wound!" he pronounced. "Nothing to stop a Girsham!" Well, I agreed,

and during the game I fractured my knee. Now I was laid up for five months.

They sent me to St. Luke's Hospital in Chabua. From there I went to Shillong to recuperate—and to hear about the price on my head, 500 rupees and a bag of salt. ☸



Jacket Design by Tim Gaydos



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Teeth to Tail

For every US combat soldier or Marine there are approximately 12 support personnel. It takes 15 men or women to back up the combat actions of a single sailor.



For every fighter-bomber pilot in the US Air Force there are 32 other active duty personnel. In other words, for every combat soldier, marine, sailor there are up to three dozen more in support infrastructure to feed, clothe, arm, transport, transmit and receive messages, fuel, arm and repair his tank, ship, plane, tell him about the weather and the enemy,

teach, entertain and should he die, retrieve the body, embalm and bury him.

Today 475,595 men and women in the US Army work in positions to support the 60,000 troops that specifically equipped and trained for combat. Three hundred and sixty-three thousand four hundred and forty-nine support the 16,000 who actually fly or navigate combat aircraft in the Air Force. Atop this, civilian contractors are employed to provide even more information.

Carry Computers

Evolving from the laptop to the back carry, military combat computer science is in a revolutionary stage. Small computers (unfortunately adding an additional 16 pounds to the already over-laden combat troop, offer systems of global positioning, communication, camera, heat detection, night vision and more hard wired into web gear, vests and helmets.

Ground troop-to-troop and troop-to-command post intell will



Scuttlebutt

transmit and cover instantly. But insiders in the defense industry and military report to *CQCMAG* that countless security problems must be worked out. What if a single soldier is caught and the enemy seizes his computer and manages to decipher the entire position and battle plan with a hacking program? What if all this positioning and camo is intercepted through the air? Once again, the ciphers and decoders, some of the most important players in previous wars, may well again be the battle code breakers.

All to Wear the Black Cover

In order to improve morale and enlistment, the US Army, the new standard headgear issue will be the black beret. Formally the "cap" of the elite Ranger, this has been met with some controversy. Veteran Lorne Quebodeaux of LA writes, "as someone who is qualified for the US Army Airborne Ranger units, I am very disappointed by the decision to allow every soldier to wear a black beret. But if that is the decision, then make those berets pink or mauve or taupe. And those who want a black beret, maroon or green beret should do what I did—become an Airborne Ranger."



Ranger Hall of Fame

Collin Powell was recently inducted into the US Army Ranger Hall of Fame.

21st Century US Military Mission

Military experts at the US Pentagon predict the following four missions in the next century.

Mission 1: Homeland defense against weapons of mass destruction.

Mission 2: Conventional dominance: long

term superiority over potential opponents.

Mission 3: Short term contingencies: Deploying troops and equipment much like during the Gulf War.

Mission 4: Peace maintenance, or international police work.

Lack of Trust

A recent US Army study of officers at its elite command and staff college concluded that, "Top-down loyalty doesn't exist. Senior leaders throw subordinates under the bus in a heartbeat to protect or advance their careers."



Sit-ups

The US Navy got rid of sit-ups in their fitness test a decade ago, the US Marines in 1998. The major reason was complaints of lower back pain. The Air Force replaced sit-ups with crunches—which place less stress on the lower back. Only the Army retains the sit-up as part of an intensive study.

"500 yards ahead Captain! A Deer!"

Military thermal imaging technology aided General Motors with a move to add "night vision" a \$2,000 option, to many civilian automobiles. A camera in the grill allows for a small, transparent projected image to appear on the windshield. This adds 300 yards of vision on a dark road beyond traditional high beams.

Alert!

Contaminated Drinking Water

The Marine Corp estimate that the 16,500 children born at Camp Legune, NC along with thousands of adult and civilian personnel during 1968 to 1985 may have consumed contaminated drinking water. If you were stationed at Camp Legune during this time, please call (800) 639-4270 or visit their website at: www.Usmc.mil



Buffalo Nickels

Is It True? Balds Have More Fun?

Editor's Note: The always shocking, frequently bizarre Buff is out of control and CQCMAG takes absolutely no responsibility for what he says and may God help us all...what he might do.

I walked around a County Fair the other day with Mrs. Buffalo, and I took note of the off-duty cops working overtime. Most were bald. Then I started looking at the other men. So many were bald. Some were bald with little stubble around the chin and mouth that it made them look like W. Shakespeare. Some were bald with earrings. I commented to Mrs. Buff, "Look at all these bald guys." She eyed my cranium.

"Look in the mirror lately?" she asked me.

I am bald. A natural bald. Irish, with a bit of a freckle, I started losing my hair when I was 18 years old. I felt insecure about this, hiding my disappearing do under various Superfly hats. My, oh my. Then I enlisted, and they shaved my head anyway. I grew it back a little through time. But my company got hit hard with an enemy raid of head lice. We were marched into a barbershop and summarily skulled.

PX barbers. What a job that is. Show up at work, look at your buddy drinking coffee and know that you both will shave 500 heads that day. Skill-less task. Not much to fuck up. Whack open a boil or something, maybe? They could make a drive thru window. Pull up, shove your head out, couple a passes and boom. Telly Savalas. Hairs are all outside blowing in the wind. No sweeping.

I got a case of crabs once from a little foreign number overseas. They issued us an OD can of powder designed to kill lice and all that, but when Westmoreland ran out of Agent Orange and started using the powder to deforest acreage in Nam, we got the message. Had to shave my underarms and pubic hairs. Doctor's orders!

Now that was a sight! Did it myself. I would trust such a task to the PX barber-

shop? It was difficult. Got a Schick razor and a small mirror, and I spread out like a centerfold in a bad sex/yoga magazine. There were hairy parts of me that I needed to use the small mirror to reflect into a bigger mirror to see where I was skinning. Patches where I never knew I had hair!

Hair can protect your head. In the summer your bald head gets so hot the skin begins to dry out and shrink. I started to look like Joan Rivers, so I bought a hat. In the winter they say heat escapes out the top of your head, which is invisible to the naked eye unless you take an infrared photo or you're on LSD. Anyway, that makes for a pretty scary picture, all your life-force shit shooting out of the top of your head.

So, I bought a winter hat. Now I guess my life-shit just shoots out of my ears like jet streams. Have to get some earmuffs. Next stop. Nostrils.

Nits, louse, etc. get a happy little death grip on your hair shaft and just hang out. Ya' gotta' pick them off like a baboon party because shampoo just seems to clean and refresh the little fuckers. There is a parasitic food chain for sure. I hope lice have smaller lice eating on them. It's only fair!

I read in a newspaper that in Bulgaria, the school kids have learned that if you get a dose of head lice, they send you home for three days. The kiddos began to capture lice in matchboxes and sell them to each other for a quickie leave. Now if I were the principle I would hire a bunch of retired PX barbers and shave all their little Bulgarian heads. Read the headlines, "Mercenary barbers invade Bulgaria!"

I have a bullet head. Very little support shaving required any more. I use to have to trim off the Bozo sides, but even that is gone now. It's okay, but I would rather have a ponytail like Sean Connery did in

Medicine Man. Yeah! Remember when Sean brought in the famous "old fucker pony tail." Then old fuckers had pony tails for a few years. Then that fad left. Now old and younger fuckers have Savalas heads and some Shakespeare chins.

Some bald guys have earrings. They are wrong. Don't argue with me. You know earrings are wrong. There is no excuse for a man to wear earrings. Deep down you know you're just WRONG!

Then there are fads where some numbskulls decorate their heads with tattoos. I have an idea. Why tattoo your head with eagles, Nazi shit, Betty Boop and scorpions? You are doing it to show off your rebellious, sick-fuck side. Right? Go for the gusto! Just tattoo a big crack of an ass right down the

middle of your head. Shade it just right. Maybe let a few hairs grow back here and there in the right places. Now there's a tattoo! What a conversation piece!

Some geniuses have buried studs in their bald scalps so they can screw in different spikes, chains and other adornments. What a waste! I want to see a guy with a can opener attached to his head! Now's there's a useful idea. Very handy. Why not combine the both. Have the can opener coming out of the ass crack tattoo! Now that's art! I can respect that much gusto!

But these cops and these civilians walking around the Fair were not natural baldies. Surely, de-lousing was not the cause of these sickly butter beans. It a fad, like the old fucker ponytail. Black guys look cool with shaved heads, like Michael Jordan. He started it all. These young white guys, especially the out-of-shape, fat ones, just look like they have cancer-unless they have a real cool tattoo like the big ass-head. So get one! Now! Please. The Fair can be pretty boring.

My suggested cure for head lice? Hand grenades. There are few problems in life that can't be solved with hand grenades.

Bye-Bye. ☼



"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."



RPG at MI6

British police reported that the September explosion at Britain's MI6 Intelligence London headquarters resulted from the explosion of an RPG—a rocket propelled grenade. Scotland Yard located portions of a launcher in a nearby park. The Anti-Terrorist Branch identified similar parts in IRA arms caches and believes the dissidents inside the Irish Republican Army who oppose the current peace process are responsible.

TACTICAL OVERVIEW: Since the Cold War both MI6 and the US CIA have stepped down security, in many instances they have become friendlier and more open to the public. Physical security will increase and bomb-proofing reconstruction is already under way. RPG's are prolific in Third World countries and in European Theaters of conflict. They can be easily obtained on the weapons black market.

Bin Laden Watch

Bin Laden remains at large. Some of his proclamations such as the ruling to kill Americans and their allies—both civilian and military—are an individual duty for every Muslim who has access in any country possible. Many Muslims consider hostility toward America a religious duty and believe God will reward their actions.

TACTICAL OVERVIEW: Since the mid-1990's the CIA set up a special cell to monitor Bin Laden's activities and links with other

regional authorities. Bin Laden remains in an area where Muslim sympathizers exist and fear reigns. With the year 2000 attack on the USS Cole, investigations of Bin Laden and his potential involvement in the attack deepen.

China Watch

A *CQCMag* reporter recently traveling in a remote area of China reports seeing signs along many rivers warning citizens, "Do not throw babies into the river. They pollute the water." This dictum comes as a result of China's stiff population mandates and a renewed effort to decrease the female population.

Throughout history China has met dissension with torture and the executioner's sword. Unauthorized assembly and the practice of non-state backed religions lead to abuse and death for many Chinese citizens.

A religious demonstration in September 2000 at the political flashpoint Tiananmen Square, resulted in beatings and multiple arrests for protesters. However, religious enthusiasts are not easily dissuaded. Today, there are three primary religious or philosophical foundations, Taoism, Confucianism, and Buddhism, all declared illegal by the government. In order for them to survive, most practice in secret sects. Unable to beat back Catholicism, China runs its own version of the Catholic Church, that denounces the Pope, the Vatican and all other outside Catholic sources.

The Internet, once thought to be a wellspring of free information and ideas to despot dictatorial countries has met its match with China. The government is hard at work creating electronic barriers to prevent Internet Communications to the free world. Chinese Internet Police have created virtual firewalls that are extremely difficult to penetrate, but not impossible.

World Watch

Islamic militants. In the past, they have dispatched squads to capture him, but have called them back recently due to difficulties with local,

TACTICAL OVERVIEW: Intelligence communities both inside and out are trying to thwart these barriers and bring the message of freedom to China.



Under the watchful eyes of children, abuse of any non-government sanctioned religion continues in China.

Philippine Watch

Six hundred Filipino Muslim rebels of the Islamic Liberation Front surrendered in an agreement to create peace talks. They represent only one of two rebel armies. The second, under Abu Sayyaf, the group responsible for recent tourist kidnappings and killings, is still at large. In the Filipino backrooms and boardrooms, charges of corruption aimed at President Joseph Estrada continue, claiming he received millions from illegal gambling. An impeachment investigation is underway.

TACTICAL OVERVIEW: The Filipino Army expanded its search for the remaining rebels. President Estrada is building his legal defense team and plans to fight the impeachment.



Rebel Leader Malupandi Cosain (left) surrenders his rifle to Philippine president Joseph Estrada (right). Another rebel faction remains at large.

*CQCMAG stands
watch where conflicts
may begin and explain
why we must train to
prepare for them.*

Iraq Watch

Iraq recently asked permission to use its air space for regular flights to and from Moscow.

Panama Watch

Panama shares a 170-mile border with Colombia and benefits greatly from both anti drug campaigns spearheaded by the US and Colombian drug money used to invest and build in Panama.

Afghanistan/Pakistan Watch: Intell A SPECIAL REPORT

Munkrat-Taliban's Feared Religious

"..the Taliban massacred up to 8,000 enemies in the town of Mazar-I-Shariff in 1998. The Hazara men were killed because they were considered ethnic enemies of the Taliban. Many were shot in their streets, homes or hospital beds; others were boiled, asphyxiated, or crammed into metal containers to roast under the relentless August sun. Victims were left in the streets as a warning to others where they were eaten by dogs."

-United Nations Report

Taliban means religious school, but through time has become a title for a militant group, representing the severest form of Muslim religious interpretation. Taliban has secured physical territory in vicious combat in areas around the Middle East and continues on a successful march to take control of Afghanistan. As one Afghan mainstream Muslim fearfully put it, "50,000 thugs with guns control millions of people without guns."

Many of its original members were trained by the CIA in the 1980s and early 1990s in an effort to curb Russian control of the region. The Russians retreated, bolstering their ideology and confidence to conquer non-Taliban tribes and countries. Now, many of these CIA trained veterans are dead and disabled and new, young brainwashed teenagers fresh from religious school must often fill the ranks to purify all Muslim religions and convert ALL religions to their radical interpretation of the Koran.

Taliban supports many rebels with

manpower, arms and equipment around the world such as the factions of the Filipino rebel armies to name one. They are financially supported because they control a huge regional opium trade and, to a lesser extent, they create toll "check points" where they collect tariffs on all commerce allowed in and out of controlled territories. While Taliban followers are forbidden to use drugs, they may grow and sell drugs to infect westerners and non-followers as a means to an end.

Once under Taliban control, citizens fall victim to the Munkrat-the Religious Police. Strict interpretation of Koran creates an unusual list of bizarre laws like not owning or playing with birds, no kite flying, and absolutely no music played anywhere, to name a few.

Maulvi Qalamuddin is described as a frightening and powerful man who runs the Amar Bil Maroof Wa Nahi Al Munkar-the department of the promotion of virtue and prevention of Vice-and/or the Department of Religious Observances. The people under Taliban rule call him and his thousands of zealots who patrol the land with whips, long sticks and rifles many derogatory names.

Religious police beat men in public because their beards are not long enough and for failing to "curb" their women. They arrest and beat women for a host of crimes such as making too much noise with their feet while walking, or letting to much facial cheek appear under their mandatory total body robes. The police carry citizens to jail or their homes where they beat them. Overwhelming, women are victims and are prohibited from working except in clearly defined and controlled medical capacities. This has virtually shut down the medical and educational systems and eliminated any opportunity for women professionally. ★

Military Quotes

"I just killed your husband" a male voice told Yossi Avahami's wife when she tried to contact her husband by cell phone to check on him. Avahami was lynched when he strayed into Palestinian territory in October 2000.



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BackCut

Bronze Age Duel

By Dwight McLemore

The weapons were usually bronze tipped spears and crudely forged short swords more effective at “beating the hell out of an opponent” than at true cutting.



For years, I've always kept a copy of the Iliad in my nightstand. I never read it for long, usually the elaborate wording, and dense, ancient phraseology were sufficient to put me to sleep. I carried it with me on many Army assignments in different parts of the world. Hell, didn't Alexander the Great keep a copy at his bedside too? I could do worse. Then a few nights ago I picked it up and began to read the account of the fight between Hector and Achilles or the Trojans and the Greeks, respectively. Although at the time the city Hector hailed from was called Ilium rather than Troy. That came later.

As I struggled through the long descriptions of why this or that Greek God intervened and the elaborate speeches the combatants made during the course of the fight, it suddenly dawned on me. For all his literary rambling, Homer documented a pretty good description of what Bronze Age close quarter combat was like.

He detailed not only the method of attack but also the fear and elation the warriors felt. I examined the combat methods used by the Mycenaean warrior. Organized battle tactics by units didn't come along until much later. This represented the age of individual combat, one-on-one, up close and personal as personal as any modern street fight today. So, dear reader, for your reading enjoyment I present my researched and educated view of the fight between Hector and Achilles.

It was the time of the Mycenaean warrior—A long time before the day when organized armies fought with tactics and battle plans. This was the age of the individual when reputations and martial prowess were gained through single combat. Although armies did exist, they were loosely organized around tribal or family lines and usually fought in those formations rather than under any sort of unified command.

When two armies met, a general melee usually ensued, after the initial clash, fighting degenerated into small group fights or individual leaders singling each other out for one-on-one combat. Thus was the way of combat at the time of the Trojan War, sort of like a large-scale bar brawl. The weapons were usually bronze tipped spears and crudely forged short swords more effective at “beating the hell out of an opponent” than at true cutting.

The warrior came equipped with leather armor to protect the torso and groin. Such armor combined rough-woven layers of cloth and leather repeatedly treated with a varnish-like substance to make it stiff. Helmets were made of the same material some with boars' teeth and bone added for additional protection. For those who could afford it, usually the leaders, this protection was made of bronze. Most warriors carried a large hourglass shaped shield made of leather stretched over a

wicker or wood frame. These too were treated with varnish to make them blow resistant.

I won't bore you with the details of how the Trojan War started, but let's just say that in historic reality it probably was not as romantic as Homer portrayed it. In all probability it was nothing more than a Mycenaean raid across the Hellespont to loot the small Hittite fortress town Ilium, later called Troy, in Turkey. At any rate the fight between the Mycenaean Leader Achilles and the Trojan Warrior Hector came about because of an incident that occurred shortly after the Mycenaean raiders landed at Troy.

Achilles must have been one hell of a leader because, as Homer states, his forces were very effective in running up big body counts during the initial engagements. He was all over the battlefield, and the Trojans were definitely afraid of him.

During one of the celebrations after the day's fighting, Achilles got into an argument with the raiding expedition leader Agamemnon over a rather comely slave girl. The rest of the expedition leaders backed Agamemnon in this dispute. Angry, Achilles refused to fight with Agamemnon and stalked off to his tent to sulk. For days he refused to come out of his tent, and apparently the battles began to turn in favor of the Trojans. The Trojan leader Hector, without the threat of Achilles, reigned freely on the battlefield and losses were quite high. At one point they were almost successful in burning the Mycenaean ships.

Achilles' close friend, Patroclus' plea to come out and help his fellow warriors was refused. Even Agamemnon, fearing the worst began to sent gifts of apology trying to coax Achilles back to battle. When Patroclus saw the morale of Achilles' warriors beginning to wane at the inactivity, he again went to Achilles. After a lot of persuasion, he convinced Achilles to loan him his bronze armor and helmet so he could lead the troops as if he were Achilles himself. This Achilles reluctantly agreed to do.

Up to this point Hector and Achilles had not managed to come into sufficient contact to engage in combat. However, each could recognize the other by their armor. They may have shouted insults across the battlefield, but had not made headway toward an isolated fight. On this day Patroclus, wearing Achilles armor, made contact with Hector, and the fight began. It did not take Hector long to make short work of Patroclus and strip the body of its armor.

Achilles was heartbroken at Patroclus' death. Vowing revenge, he ordered new bronze armor made and sent a challenge to Hector to meet him outside the main gate of Troy to fight to the death.

On the day of the fight, the Mycenaean raiders assembled on the plain before Troy called Xanthus. The warriors of Troy assembled on the walls. Achilles walked across Xanthus. He could see Hector waiting for him outside the main gate below the large watchtower. Achilles cursed when he saw Hector wearing the armor he had given to Patroclus. He broke into a fast trot across the open area toward Hector. To his surprise, Hector set his shield

against the wall picked up his spear and turned to run away from Achilles around the walls. Achilles launched into a dead run after Hector. Although Homer states that this was in fear of Achilles, in all probability it may have been Hector's strategy to wear the superbly conditioned Achilles down before he had to meet him face-to-face.

Homer states Achilles chased Hector around the walls of the city several times. On more than one occasion, Hector tried to lure Achilles into arrow and spear range of the warriors on the wall. Each time Achilles increased his speed, he cut Hector off and chased him back out into the open plain. When the strategy to run Achilles to ground failed, Hector topped a small rocky rise near a hot spring and turned to face Achilles.

As Achilles bore down on the stationary foe, he threw his spear. Hector ducked, rebounded and hurled his own spear at Achilles. Achilles deflected the spear with his shield, he charged the unarmed Hector and grabbed his own spear embedded in the high ground a short distance behind.

It was too far for Hector to go to retrieve his spear so he drew his short sword and charged straight into Achilles to trap his shield. Achilles met the incoming Hector with his shield pinning his sword arm, simultaneously driving his spear through Hector's throat. Hector fell forward, rolled over, attempted to speak, and died.

Achilles rested a moment and then waved for his battle cart to come to him. When the cart arrived, he tied Hector's feet to the back, and in a gesture of contempt, dragged the body around and around the walls of Troy.

Although the storytelling style of Homer's day rambles on giving one the impression that this was a long fight, an analysis of the event (without all the comments of the Greek Gods and Hero's speeches) gives a picture of a short, quickly fought engagement representative of the methods of that day.

Any lessons learned from this? Never underestimate the level of conditioning of your opponent and never over-commit yourself to one specific plan of action. Be prepared to take advantage of the opportunities the fight allows you. ☸

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



During one of the celebrations after the day's fighting, Achilles got into an argument with Agamemnon over a comely slave girl.



Street Fighter's Training Notebook

The Palm Strike and the Boxer's Fracture

By Leland Belding

One of the most overrated fighting techniques in the world is the closed fist punch to the head. TV glorifies head punches where antagonists batter each other's heads with little more than the cursory exclamations of pain and hand flexing. Boxers with their padded gloves have perfected the sweet science of using their hands to punch their opponents in every conceivable combination while protecting their own heads by placing their wrapped, taped and padded fists between their head and the incoming punch. This technique results in hand injuries so often in sports and real fights that the injury is commonly referred to by doctors as the Boxer's Fracture.

The Boxer's Fracture is the common name for a break in the end of the small finger metacarpal bone. The break usually occurs when someone punches something harder than the hand, such as a wall or another person's head. The end of the metacarpal bone takes the brunt of the impact, usually breaking at the narrowest area near the end, and then bends down toward the palm. The metacarpal bones are some of the most delicate, and our hands contain some of the most intricate parts in the body, yet we continually try to use our hands as mere clubs.

The skull is well designed to protect the brain from impact. For all intents and purposes, the skull is a bowling ball with only a few soft areas that are viable targets to strike. If you are a soldier in hand-to-hand combat, the enemy may wear a helmet. In that case, the largest and best target is the upper neck, lower jaw area. When you punch this area it gives, the bones are smaller, and if the opponent ducks there is less chance of impacting with the forehead or helmet. The major problem with this is that striking the mouth tends to result in cut knuckles and a guaranteed infection. It's possible to acquire an infection from a blood borne disease and die years later.

The temple and nose are popular strike areas as well, but if the opponent tilts or rotates his head slightly, there is a good chance you may strike the "bowling ball" and fracturing your hand. The temple strike is considered by many martial arts systems as a killing blow and, unless you are a soldier in combat intent on killing the other person, it's best to avoid this blow. It's dangerous and may result in legal action and/or incarceration.



A doctor may set the bone, but many times the bone falls back into its broken position after the set.

One of the basic combat principles not taught often enough is *hit something hard with something soft and hit something soft with something hard*. A closed fist punch is great for hitting the body, penetrating through the soft tissue, and breaking the ribs. The palm strike is the best method for striking hard surfaces such as the skull. The skin on the palm is naturally more durable than the knuckles, the padding disperses the impact over a larger area of the hand, and the curvature of the palm matches the curvature of the skull, which improves the chance of a solid hit.

The palm strike may be thrown with a hook motion, striking the side of the head, a linear motion straight into the face, or an upward motion into the groin. With the fingers extended (not balled into a fist) you have the added ability to grab areas like the groin after you strike or poke or rake the eyes. For soldiers, you may palm strike the head and then grab the helmet for a head manipulation or takedown. The palm strike is easy to learn, simple to execute, and poses fewer risks for injury when employed.

Treatment for a Boxer's Fracture

Immediate treatment includes ice, elevation, and immobilization with a compression dressing. A doctor may set the bone, but many times the bone falls back into its broken position after the set. Most of the time the break heals without any real problem even if the bone heals with a bit of a bend. If it heals with too much bend it may inhibit tendon action that straightens the other finger joints, and may result in a permanent bend in the middle knuckle of the finger. If the break is bad enough, setting it with pins and medical hardware may provide better healing. ☛



The Boxer's Fracture is the common name for a break in the end of the small finger metacarpal bone.

Leland Belding holds the rank of Major in the Iowa Army National Guard. He teaches CQC in Coralville, Iowa. (319) 351-6628.

Combat Calisthenics

THE ARENA

Roller-Coasters

By Trent Suzuki



I first explored roller-coasters during high school football and wrestling. They provide an interesting alternative to other pushup styles you may already do. Used by American Indian wrestlers for centuries, this exercise builds upper body strength and endurance. The best part is the exercise not only builds strength and endurance, but also promotes and increases range of motion in the spine, shoulders and hips. Mobility and range of motion are vital in close quarter combat.

This is a compound movement, which means it uses multiple muscle groups and joints so it may be difficult to do multiple sets at first. Be patient and remember that just because you bench-press 300-400 lbs., one or two reps at a time does not mean you can do 25 roller-coasters!

Remember, one of the secrets to dynamic combat performance is to develop long-term conditioning in addition to short bursts of high performance. These traditional body weight exercises promote long-term strength. Start with 2-5 sets of 25 each and work your way up to one consecutive set of 125-150 reps.

This exercise works the pectorals, deltoids, triceps, spinal erectors, hamstrings, calves, abs and glutes. Let the soreness begin.

(Figure 1)

Start with your hands on the floor, shoulder-width apart, and your feet spread shoulder width apart. Start with buttocks in the air, chin pointed toward your navel.

(Figure 2)

Flex at the elbows and lower your whole body in a circular arc, much like doing the limbo forward underneath a bar, until your arms are straight. Hold your chest high. Your hips should nearly touch the ground.

(Figure 3)

Focus your eyes up in the air, exhaling through the motion.



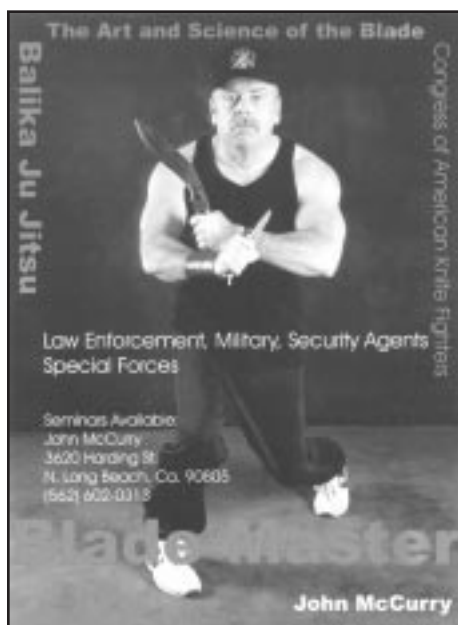
(Figure 4)

Push your body back with your arms toward your heels. Straighten your arms and stretch your hamstrings as you push. Your calves should return to the starting position.

Repeat. ♀

Trent Suzuki holds a master's degree in exercise physiology/exercise biomechanics; and is a certified strength and conditioning specialist from the NSCA. Through his company, AthElite Training International, Trent trains many professional athletes. Among his many degrees and affiliations, he holds a 4th degree black belt and master instructor in Soo Bahk Do Moo Buk Kwan; and is a former US Amateur Champion in Boxe' Francaise Savate a three time World Karate Champion.

For more information about physical fitness, contact Trent at (888) 400-2074.





The VanCook View

It's US Not THEM Who Are Different

By Jerry VanCook

I'm an adjunct instructor at a local university, and teach one or two writing classes each semester. For years now, I've devoted at least one night to talking about the psychological and emotional hazards of being a professional writer. Part of that spiel is always about how to handle the fact that other people simply don't understand what writers do or how they do it. Since free-lance writers don't work for anyone else, and no one else works for them, and they're home all day, the general consensus is that they don't really work at all. Friends and relatives seem to think that a "flexible schedule" is synonymous with "free", and that writers are available, at all times, to run their errands and perform other tasks which they—having REAL JOBS—simply don't have time to take care of.

For years, this was a source of great irritation to me. No one—even my family—seemed to take my work seriously. They appeared to think that all those novels, short stories, and magazine articles that came out under my name (or a pseudonym) magically wrote themselves, and that I probably just sat around the house all day drinking whiskey and watching porno movies on the VCR.

Then, something I had been told years ago by Sid Cookerly, the man who trained me in undercover work suddenly sank into my brain at a new level. Maybe I should let you in on that story so you'll understand where I'm going with all this.

I was between marriages, and in pretty foul temper. Sid and I were on our way from Oklahoma City to Mexico. For several hundred miles, I kept up a running commentary that could probably have been entitled "Life Sucks." In short, I'm sure I became a royal pain in the ass to be shut up with inside a car. Sid listened patiently, however. But somewhere south of San Antonio, around three o'clock in the morning, his patience finally gave out.

"Just shut up," he finally said. "Your problem is you expect people to understand you, and that's not ever going to happen. Most people are not like us, Jerry. They don't possess the capability to understand us, and they aren't interested enough to even try to understand us even if they did."

That was some of the best advice anyone ever gave me. And it applies not only to writers but also to warriors.

In regard to warriors, or martial artists, or fighters, or whatever you

choose to call the unique personality types who read a magazine like *Close Quarter Combat*, keep in mind that we are, indeed, different than the average run-of-the-mill human being. We are a *true minority*. Most people do not have the slightest inkling of how we think, why we believe the things we believe, or why we care so much about the things we care about and care so little about what they think is important. The average human being may not say so but they think we are insane to spend hours a week training for altercations that will rarely, if ever, come. They also suspect since we practice methods of hurting other people, we secretly hope we get a chance to do so. In that, of course, they are wrong—at least about 99 percent of us. But the point is, you'll never make them understand no matter what you say or do. Like Sid said, they simply don't have the ability to understand it.

Now, the title of this column was "It's Us Not Them Who Are Different." Do not confuse different with either *better* or *worse*. Do not fall into the trap some people have set for you designed to make you feel like some knuckle-dragging, bloodthirsty barbarian. But beware as well about viewing the average man in today's society with contempt because he's such a sissy. Today's average man is indeed a big pansy-ass, but when you view life as a whole, he has probably adapted to the times better than we have. Certainly he has adapted better than I have.

The average man or woman knows, in the back of their minds that they NEED a few people like us around. You see, occasionally someone has to be willing to do the dirty work of which they are not willing or capable. But except for those occasions they would prefer not to even think about us or recognize our existence. And they certainly do not like having to face the fact that they need us. Such realities are very uncomfortable and unsettling for them.

To understand all this, all you need to do is think about how people react to police or military personnel. If someone is being murdered, raped, or otherwise assaulted, they are delighted to see a cop. But the rest of the time they would be happier if they never saw one at all. During, and shortly after, popular wars (heavy emphasis on POPULAR) military

*God and soldier we adore,
In time of trouble,
not before.
When the trouble is over
and all things righted,
God is forgotten and the
soldier slighted.*

—lines often quoted by
General George S. Patton, Jr. to his
family. (From the book *The Fighting
Pattons* by Brian S. Sobe

personnel are viewed as the heroes we already know them to be. But it doesn't take long for the indifference and sometimes even outright contempt toward soldiers to return to the hearts of the general public. They might as well come right out and say, "The war is over. Now disappear until we need you again."

After being involved in a shooting one time years ago, I spent the next day getting the feeling that most everyone with whom I came into contact were afraid of me. I told myself it must be my imagination. By the third day, I realized that it was not my imagination at all—they WERE afraid of me. You see I had done something they knew had to be done but which they could not do for themselves. But even though they knew it had to be done, they did not have the ability to understand anyone who could do it. The bright side of this was that the fear soon wore off. You see, most people forget to be afraid of you almost as fast as they forget that you risked your life for them.

Yep folks, it's YOU that's the odd duck, not them. You're different or you wouldn't be reading this. Get used to it. Live with it; it's really not so bad.

I sure wouldn't trade places with any of the *normal* people. Would you? ☆

A well known author of more than 40 books, Jerry VanCook also is an instructor in Okinawan karate. He has studied Aikido, Thai Boxing, Kung Fu, Kali, and is a Rokudan (6th Degree Black Belt) in 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.

"Each man must for himself alone decide what is right and what is wrong, which course is patriotic and which isn't.

You cannot shirk this and be a man. To decide against your own conviction is to be an unqualified and inexcusable traitor; both to yourself and to your country, let men label you as they may.

— Mark Twain

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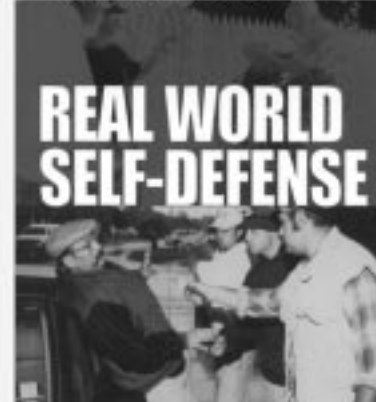


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The Bouncer

Nightclub Ecstasy

By Joe Reyes

Designer drugs come named for the places they are most often used. Clubs. Parties. Raves. I can't tell you how many times I've carried a young girl out of a club, or dragged out a guy who's overdosed. They do too much, or they just can't handle the drug they take.

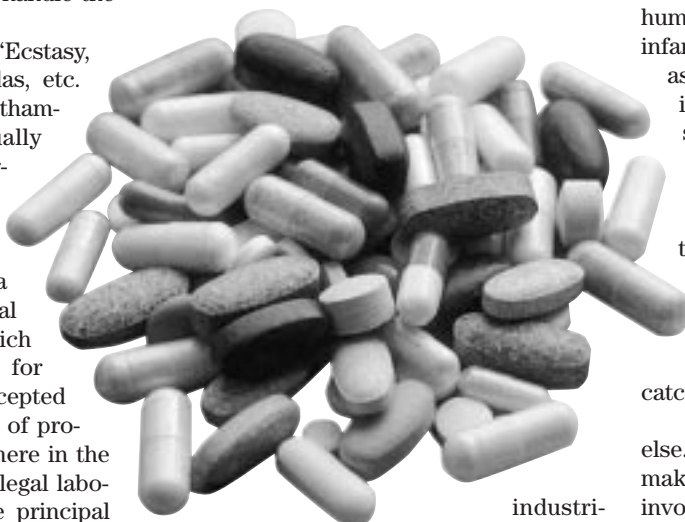
Let's talk about what's hot. "Ecstasy," aka E, X, TXC, or purple adidas, etc. Three or four ethylenedioxymethamphetamine, is what they usually take. It's a synthetic mind-altering stimulant like amphetamine, which also possesses hallucinogenic effects like mescaline. It's classified as a Schedule I drug under the Federal Controlled Substances Act, which means it has a high potential for abuse and has no medically accepted use in the US. No legal method of production of Ecstasy exists anywhere in the world. It's made in makeshift, illegal laboratories around the world. The principal production today takes place in Holland. Abandoned factories, farms, old cellars provide excellent locations for manufacturing the drugs.

The people who produce the drugs have no regard for the users who purchase them. Their only concern is making money. Next time you visit a club or popular nightclub stand back and observe the number of people drinking bottled water. Nine out of 10 are whacked out of their minds. And I don't think it's the water.

Ecstasy damages specific neurons in the brain that release serotonin, the neuron transmitter that helps regulate mood, pain perception, sleep, appetite and sexual activity. The greater the drug use, the greater the damage to these neurons. The drugs also cause brain transmitters to ignore messages that the body is over heating. This leads to a high incidents of heat related casualties and sometimes fatalities. Recently a teenager died at a Jersey Shore nightclub when his body temperature exceeded 107.1 degrees. When I bring these kids out of the club, they are covered in sweat, steam rises off their bodies.

This brings us to GHB aka G, G-juice, Georgia Homeboy, etc. These names usually refer to Gamma Hydroxybutyrate, a powerful synthetic drug that acts as a depressant on the central nervous system and produces euphoria and hallucinatory states.

The bootleg manufacturing of this drug sometimes takes place in bathtubs and garages, some of the chemicals used are GBL (gamma butyrolactone or (23h) Furanone di-hydroxy) and sodium hydroxide GBL is a common



industri-
al solvent used to clean heavy machinery. Sodium hydroxide is also known as a caustic acid or lye commonly used as a chemical drain cleaner. I had a kid fall out on this shit recently.

I got a call to the men's room for a possible do. When I got there this guy was standing there holding on to the paper towel holder and shaking so hard it looked like he was vibrating. Not a sight I'm likely to forget anytime soon. Sweat rolled down his face. I quickly grabbed him and helped him outside. "I'm sorry but you can't die in my club no matter how bad you want to." We called the ambulance, and they quickly arrived on the scene.

They cut away his shirt and took his vital signs. He was in bad shape. Once they got him on the rig, he flat lined. They gave him a shot of adrenaline straight through his chest and brought him back to life. He spent four days in the hospital. His mother called the club and thanked us for saving his life. He still comes in. We call him the adrenaline man.

It's a shame. The guy speaks with a stutter now that he didn't have before. You can't tell these kids. They have to learn for themselves. You can only hope it doesn't cost them their lives.

Next up Ketamine, aka K, Special K, Super K, etc. is actually Ketamine Hydrochloride, which is a synthetic mind-

altering hallucinogen chemically related to PCP. The popular term for overdosing on this drug is being in a K-hole where some people experience a mind-body separation. This drug is primarily used by veterinarians as a general anesthetic and for specialized human surgeries especially those involving infants. The drug is usually manufactured as a liquid, but many dealers process it into powder form. It can be snorted, smoked, or dissolved into drinks. This is a popular date rape drug because you can slip it to someone without them knowing it. Its effects don't last too long only about 30 minutes. If they want to continue, they must do more. We see these kids going back and forth to the rest rooms and hiding out in dark corners. When we catch them, they're done!

"Good night! Do your shit somewhere else." I see this happen night after night. It makes me wonder why parents aren't more involved with their kids. If you are a parent, make sure you get in between your kids and this shit any way you can. If we catch anybody using any of these drugs we instantly removed them from the club. If we catch anybody dealing drugs, we remove them via the kitchen aka (the attitude adjustment training center). There we explain it over and over to them that we do not wish to see them again.

According to information compiled by US customs, many distributors pay Dutch or Israeli smuggling rings \$100,000 for bringing them 200,000 pills from the Netherlands or Belgium. They sell those pills to dealers for eight to 11 dollars apiece, earning a profit of \$1.5 million. That might seem like a lot of Ecstasy to unload, but the demand is so high that most dealers purchase by the thousand. At any rate, all this shit adds up to only one thing—Bad! It steals our kids, and in many cases kills them. Drug dealers are scum, and the less scum we have the better. ☹

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.



True Paramedic Stories

Scoop and Run

By David "Smitty" Smith

Does Size Matter?

You've heard the old adage, "It's not the size of the *fighter* in the *fight* that matters, but rather the size of the *fight* in the *fighter* that counts." This story is about the time I discovered how much truth there is in that old saying.

When I worked in Reno as a paramedic it was common practice to not send the fire department on medical calls. So all of the private paramedic ambulance companies employed basic EMT's to handle the less serious calls and free up the paramedic rigs. We often used these EMT rigs to triage calls for us if they were closer to the scene and also to provide much needed backup on difficult calls. This arrangement worked well because we had our own backups we could call in a pinch.

So often we would end up with two or three EMT's on scene with one of our paramedics. Early one evening my partner John and I were dispatched to assist one of EMT rigs with a violent mental patient. Upon our arrival we found Dave, an ex-Army Vietnam Vet, and Leslie a part-time mud wrestler and a nursing student, engaged in a no holds barred wrestling match with the patient. The "patient" was a 98 lb. ferret of a woman. The experienced EMT's looked like hell. Leslie's right eye was swollen shut; Dave had scratches all over and a badly swollen finger.

John and I, being the well-seasoned professionals, did a 6-12 o'clock split around the woman coming in at opposing angles. John dove in first going for the feet. He intercepted a heel kick with his ribs. I went for the head, intercepting an open hand intended for my face as I closed. As I secured her head, she spat in my face. As Dave, Leslie and John struggled to keep her limbs under control, I held her head. She twisted an arm free and smacked Leslie in the face again.

At this point, I had enough, "Leslie back out," I barked. As she moved out of the way, I swung around the little ball of hate and anger and mounted her. I used my left knee to secure her right arm and shoulder. "Leslie go get the gurney and restraints, and bring some ice packs, we need 'em."

Splat, another round of spit hit my face. "That's enough," I shouted at the woman.

"F*&^ you," she replied.

John gave me this *what are you waiting for* look. So I sank in a knuckle choke. The woman was a ball of hell fire, but she was a pencil neck. So even with nothing to grab, it was easy to just knuckle in and put her to sleep.

Whew everyone breathed a sigh of relief as we tossed her limp body on the gurney and restrained her. "Leslie, you take your rig. Dave you drive us in, John's with me." So John and I piled in with the psycho as she began to regain consciousness.

"John, let them know what we've got."

"Sure," he replied as he started to radio the ER. I tried to keep

the patient still as she struggled in her restraints.

Even though her arms and legs were in leather restraints designed for psychpatients, she thrashed and bucked like a wild horse. So I knelt across her body with one leg. In spite of my 250 lbs., I had to hold the gurney rails to maintain my balance. Man this woman was a fighter. She screamed and yelled as John talked to the ER on the radio. She continued to spit, curse, and fight all the way to the hospital. Bouncing around the interior of the ambulance, desperate to control her before we spilled out on the highway, I found myself putting her back to sleep for the second time that evening.

Two nurses and two orderlies meet us as we unloaded the sleeping hurricane. "She doesn't look violent to me," blurted one of the nurses. "Don't worry, she will be very soon," I replied. So we took her in the ER and transferred her to one of their gurneys. The patient was still out, and I grew concerned that I might have choked her longer than I thought.

As I started to restrain her, the ER nurse stopped me saying, "I don't think we will need those."

"Oh yes you will," I replied.

"No, No, that's okay, we can handle her," she responded.

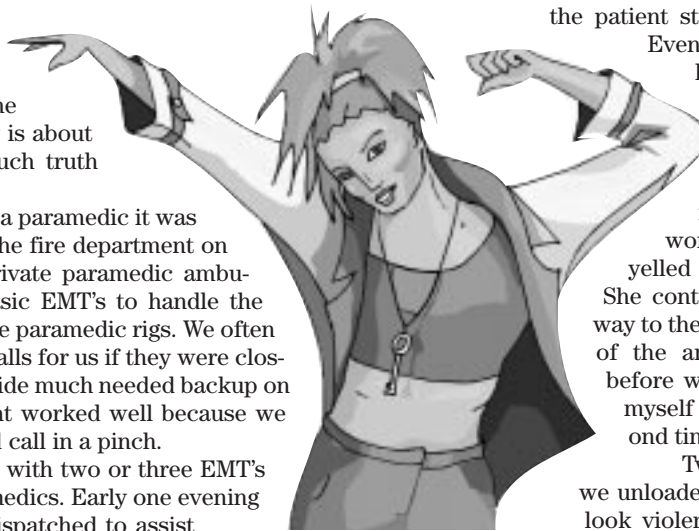
"Okay," I replied as I grabbed our restraints.

A few minutes later John and I were standing at the ER nursing station processing paperwork when we heard the same nurse scream for help. An ER doc and a couple of nurse's headed toward our favorite patient's curtained area.

John and I waited a couple of minutes listening to the battle before we headed in and offered our help. Five people struggled to restrain our little woman as we jumped in. With the seven of us, along with a significant dose of Halodol and a few more bruises we managed to get her back in full restraints.

This woman had more fight pound for pound than anyone I've ever encountered in 15 years of Judo competition, and years of street work as a cop and a paramedic. I honestly believe she would have chewed her leg off to get away. Like they say, "you can't judge a book by its cover." ☺

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



"She doesn't look violent to me," blurted one of the nurses. "Don't worry, she will be very soon," I replied.



Legal Self-Defense

When Fighters Go to Trial

By Barry W. Szymanski

Editor's Note: In the Dec/Jan issue of CQCMag Szymanski outlined the general concepts of legal self-defense. Here he discusses how a jury might hear a case presented against a person for battery. The facts are that you, a martial artist, are at an outdoor concert with a friend when the people in front of you start pushing and shoving each other. Their elbows strike you and your friend in the knees. You ask them to stop, and one of the elbowers stands up, turns and attempts to deliver a round-house punch at you and your friend. You stop the punch, seize the person's arm, and in the process dislocate a joint. Security comes. The elboweer claims his shoulder is hurt. He sues you in civil court for battery. The elboweer seeks medical expenses and personal injury damages.

At trial, a jury receives the evidence in a number of ways. They examine the evidence closely, and if the opposing attorney objects to the evidence, the judge decides the admissibility.

EVIDENCE MAY BE:

- The testimony of a witness during the trial while examined by the attorneys for the parties.
- Testimony taken at a deposition.
- All exhibits received by the judge during the trial.
- In a battery case, exhibit evidence may include photographs of the parties' bodies, photographs of the scene, blood test results, and audiotapes.

Jurors are told not to consider facts not testified to; but rather to consider only the facts received into evidence or heard in the courtroom. They are also told the credibility of a witness should be judged on: The witness' interest in the trial outcome, The demeanor of the witness on the stand, and



the clarity of the recollection of the witnesses in answering questions.

Generally, in a civil case, the jury is told to use "light of reason and common sense," and to weigh the totality of the evidence. Individually, they may take into account common knowledge and their personal observations and experiences in life. They may also hear testimony from experts in a battery case such as a black belt from your system, or a police defense and arrest tactics instructor, to testify regarding the force you used, and was it reasonable in light of the facts?

YOUR TESTIMONY AS A MARTIAL ARTIST:

You may testify as to the options presented.

Did you consider leaving the scene?

If not, why not?

What did you say at the scene during

each phase of the confrontation?

In describing your speech, you may testify you used a non-threatening normal conversational tone, or even a soft soothing tone to attempt to diffuse the situation.

What were the complainant's facial expressions?

Attitude?

Did s/he crowd you or touch you?

What did the complainant say? Accurately state all the profanities and other words used.

What did other people say? Do?

Did you consider others at the scene to be a threat to you? Why?

Were they friends of the complainant?

Did you consider the physical size of the complainant in relation your size? Did size of either party constitute an advantage? What were they?

What is your gender and that of the complainants?

What is your age and that of the complainants?

What did the complainant do?

What did you do?

Did the complainant either have or threaten to have a weapon? Did you?

Was this a dynamically unfolding incident? Or did it occur over time? How much?

Were different options available to you at different stages of the confrontation?

You may testify to the amount of agitation in the complainant's body. You should also testify to the posture of the complainant, for example, whether the complainant went into a martial arts or a boxing type stance, whether his/her fists were clenched, the shoulders were shifting or

rolling, and s/he was making glances at your body targets. Or whether the complainant went into a "stare of one thousand yards"!

Did you create a temporary bodily dysfunction?

Where, if at all, did you strike the complainant?

Did you know the effect of a strike in that area?

How would you describe each strike?

Did you intend to cause harm?

Was the tactic you used a violent tactic?

Did the complainant assault you? If so, how?

As soon as you stopped the complainant's assault, what did you do? Did you continue?

You may testify to your friends, if any were at the scene.

Were you alone? With a minor child?

What age?

And most importantly, did you feel the complainant's behavior caused or imminently threatened to cause death or great bodily harm to you or another person[s]?

Helpfulness: What did you do after the incident? Did you help find medical assistance, police or security? What was your demeanor? Did you gloat?

Expert Testimony: The judge will instruct the jury to consider witness credibility and his/her qualifications. The jury should consider whether the expert's opinion was based on the facts of the case as received by the judge. The judge should instruct the jury that they need not be bound by an expert's opinion.

What may an expert have an opinion on? First, the words used by each side in the confrontation and, especially, what words were used by the martial artist in trying to diffuse the situation before the physical contact was made. Second, that the physical contact by the martial artist was so efficient and safe that no other persons were involved or injured. Third, that the complaining party was so out of control and actively combative that the martial artist was eventually left with no other options.

The expert can testify that certain words, threats, or actions by the complainant showed that s/he showed a certain fighting skill level which should have placed you, the martial artist, on a higher level of self-defense awareness.

The expert can testify that based upon the behavior you encountered by the complainant that you did use only "reasonable and necessary" force; and that you did not use indiscriminate force, and that, in fact,

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other scenarios, showed by hypothetical questions [if allowed by the judge] would have resulted in severe injury.

The expert, or a psychologist, may be able to testify to the short-term nature of a temporarily emotionally disturbed person. This type of person is normally behaviorally correct, but because of conflict aggravated by alcohol, sports, argument, or confrontation, will develop into a crisis during which they cannot be self- or other-controlled. However, after the situation, the person will return to the normal behavior which their family and friends are familiar with and which they are showing to the jury today. But the expert may testify that the facts of the case showed a different face of the complainant on the day of the incident.

The expert may help explain to a jury that "imminent threat" means that the complainant must have indicated intent to cause great bodily harm or death to you or another person; have a weapon [which weapon could be fists, arms or legs] capable of inflicting great bodily harm or death [or which could be a conventional or unconventional weapon, i.e. beer bottle]; and that the complainant had a means of delivery to utilize that weapon. ☼

Barry W. Szymanski is a Member of the SFC Close Quarters Combatives Group and a rank holder in the Hand-to-Hand Combat, Knife, and Combat Arnis programs. Szymanski works as an attorney, a defense and arrest tactics instructor at MATC Police Science Recruit School, and with a state of Wisconsin police agency as a detective.s



"I tell you how it should all be done. Whenever there's a big war coming, you should rope off a big field and sell tickets. And on the big day, you should take all the kings and cabinets and their generals, put them in the center dressed in their underpants and let them fight it out with clubs."

— Louis Wolheim, as Kaczynsky in *All Quiet on the Western Front*

Master the Mind

After winning several archery contests, a young and rather boastful champion challenged a Zen master who was renowned for his skill as an archer. The young man demonstrated remarkable technical proficiency when he hit a distant bull's eye on his first try, and then split that arrow with his second shot. "There," he said to the old man, "see if you can match that!"

Undisturbed, the master did not draw his bow, but rather motioned for the young archer to follow him up the mountain. Curious about the old fellow's intentions, the champion followed him high into the mountain until they reached a deep chasm spanned by a rather flimsy and shaky log.

Calmly stepping out onto the middle of the unsteady and certainly perilous bridge, the old master picked a far away tree as a target, drew his bow, and fired a clean, direct hit. "Now it is your turn," he said as he gracefully stepped back onto the safe ground. Staring with terror into the seemingly bottomless and beckoning abyss, the young man could not force himself to step out onto the log, no less shoot at a target.

"You have much skill with your bow," the master said, sensing his challenger's predicament, "but you have little skill with the mind that lets loose the shot."

**Thanks to Major Kevin L. Plagman
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State of the Union

Scientific Fighting Congress Member News



A true competitor, **Joe "The Bouncer" Reyes** continues to win knife and stick fighting contests throughout New Jersey and New York.

"The Mayor of Des Moines, Iowa recently asked **Police Chief Mike Gillette** to step

in from nearby Madrid and help organize a course for D. M.'s restaurant and bar security personnel, all in an effort to curb a recent trend of so-called "bouncer violence." In response, Chief Gillette created **Bar Safe Plus**, a professional certification program that educates security on the "use of force" continuum, verbal persuasion, on up to appropriate physical tactics. In addition he covers many other vital session topics like "first aid for sudden trauma," and "preserving the crime scene for police," to name a few. The program has met with great success especially



with establishment owners who wish to educate their staff. Chief Gillette is available to conduct **Bar Safe Plus** seminars nationwide upon request. His course provides excellent training complete with certification for you to add to your resume. Instructorships also are available. You may contact Gillette at (515) 321-6035.

Steve Krystek represented the SFC this year at the annual Las Vegas Soldier of Fortune Convention where he manned a

booth, passed out information and answered questions about the SFC. In addition, Krystek presented tactical demonstrations.

"Our man in Ft. Worth, **Francisco Sanchez Zambrano** departed October 16th for Thailand where he will study Thai boxing. Taking over FranSanZam's teaching are Clay "Claymore" Finley and Jeff Evans.



Fifty-five people from Australia, France and the United States attended the September 2000, hardcore, 1st Annual Archipelago Combatives Camp in Des Moines, Iowa.

SFC Black Belt **Tom Pierce** started his classes at Shindo Kai Dojo, 203 E Main St., Cumming, Ga. 30040. Congratulations, Tom!

EDITOR'S NOTE: As a member of the Scientific Fighting Congress, have you accomplished something exciting lately? If so, we want to hear about it. Write us at Lauric Enterprises, Inc., P.O. Box 5372, Ft. Oglethorpe, GA 30742. Or email us at LauricPres@aol.com. We want to know about your accomplishments, and welcome your comments. ✪

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RANK TRAINING

OVERALL RANK LEVELS

Hock is a recognized 10th Dan Grandmaster/Founder by one of the largest martial arts Grandmaster groups in the world – The World Global Alliance, as well as other national and international organizations. All rank achieved through the Scientific Fighting Congress is respected and recognized. If you are interested in rank and instructorships, each course exists in a separate progression some material overlaps and cross training is an option. You may work in one area or all areas.

Hand to Hand – Level 1-10

Archipelago Combat – Level 1-10

Knife Counter-Knife – Level 1-10

Dos Manos System – Level 1, 2, 3 (plus instructorships)

(Additional Dan Black Belt and Master Levels available)

(Theme videos that focus on individual skills available in the Knife Counter-Knife System).

American Combat Kempo (ACK). Hock also empowers you with an American Combat Kempo rank. ACK is a secondary, “support” rank and alternative option/title to the Hand-to-Hand Combat program. The material is the same, but you may choose to teach it in the framework of a Karate-type class, to enhance your business success. Convert appropriate material into a lucrative kid’s class. An ACK rank comes free with each H-to-H rank.

SFC Instructor Levels

- 1) Class Organizer - leads official workout groups to develop skill
- 2) Basic Instructor
- 3) Advanced Instructor
- 4) Black Belt Degree Instructors

Basic and advanced instructors are not Black Belts but may teach and promote their students up to one rank under their rank. Black Belts may become instructors upon request. A one-time \$50 fee for Basic; and \$50 for Advanced Instructorships. Basic Instructorships start at Level 5.

Must Instructors Teach only Congress Material?

NO! You are free to do as you wish. Some Congress instructors...

- 1) Exclusively teach Congress material.
- 2) Run Congress courses in their school or other schools.
- 3) Mix Congress material into their existing program.
- 4) Lease time in schools, gyms, rec centers, etc.
- 5) Use their backyards and garages.
- 6) Travel and develop their own seminar circuit.
- 7) Are instructors involved in other famous courses.

HOW DO I TRAIN?

The SF Congress has members in 26 different countries that train and/or network thru *Close Quarter Combat Magazine*; with over 75 instructors and even more class organizers with whom you may train. Hock travels to more than 30 states and overseas several times each year. Train...

- 1) With Congress area instructors and organizers.
- 2) With Hock in seminars, camps, privates and semi-privates.
- 3) To acquire the rank and theme videos, the books and manuals.
- 4) And test for the first 3 levels by home/video testing.

Hock offers two full day private training sessions in your area before or after the seminars. This includes any rank and instructorship fees you achieve. You need a workout partner. Weekdays are best!

- 1) \$1,200 for one person (you need a “stuntman” to work with)
- 2) \$850 for two more interested people (per person)
- 3) \$2,500 for a group of 10 or more (plus expenses)

Host a seminar? There are several programs available. Base your plan on a minimum of 25 or more people and it can happen anywhere! Call Hock for details.

HOW DO I GET STARTED?

It's simple. Just order the first level of any of the four courses.

- Hand to Hand
- Knife/Counter Knife
- Archipelago Combatives
- Dos Manos System (DMS)

or start with The Foundation – *The Knife Fighting Encyclopedia*

The CLOSE QUARTER COMBATIVE GROUP

You may progress in separate programs or cross-train in all. Remember, courses are based upon the essence of combat, and some material overlaps. If you rank in all three courses, you begin to amass certification in the CQC-Group, an elite insider group with special expertise in the Congress.

JOIN THE SFC THROUGH MEMBERSHIP PROGRAMS.

Program 1: U.S. residents \$30. Canadian residents \$50.

Outside the U.S. and Canada residents \$70. This one-year membership connects you with a special group of police officers, military, martial artists and aware civilians, and entitles you to the bi-monthly publication *Close Quarter Combat Magazine*. (Certificates available upon request)

Program 2: Visit the webpage at www.HocksCQC.com or ask about special video purchase packages that include membership and magazine.



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- _____ Hand to Hand Combat Level 6
- _____ Hand to Hand Combat Level 7
- _____ Hand to Hand Combat Level 9
- _____ Hand to Hand Combat Level 10: The Black Belt Test
- _____ Ground Zero! Ground Kick Fighting Level 8 under production

FILIPINO COMBATIVES VIDEOS

- _____ Level 1: Yellow Belt
- _____ Level 2: Blue Belt
- _____ Level 3: Blue One Stripe
- _____ Level 4: Green Belt
- _____ Level 5: Green One Stripe
- _____ Level 6: Green Two Stripes
- _____ Level 7: Brown Belt
- _____ Doble Baston - The Filipino Double Sticks

Levels 8, 9, 10 under production

KNIFE COMBATIVES VIDEOS

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- _____ The Knife Combatives Course \$25 plus \$6 postage

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paperbacks)

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COLD STEEL - DON STIVERS

Captain Lewis Millett leads Easy Company, 27th Infantry Regiment in its bayonet assault Hill 180, Soam Ni Korea, February 7, 1951

Like all new commanders, Captain Lewis Millett wanted to put his own stamp on the outfit he had inherited. This he did with the bayonet.

While many soldiers in Korea had thrown away the antiquated weapon, Millett re-supplied it and drilled the men of Easy Company in its use. They kept bayonets fixed, and went about stabbing strawstacks and mudbanks in impromptu charges ordered by Millett on the march. The bayonet became the unit's symbol.

On February 7, 1951, Millett led his men up Hill 180 as part of Operation Punch. Throwing grenades, turning back to call for more firepower when he saw the ground ahead crawling with Chinese, he seemed constantly upright and exposed standing under fire, urging the others on. At the crest he took shrapnel from a grenade. The men saw him silhouetted on the skyline and heard him now, shouting, "Use grenades and cold steel!"

That day the bayonet was used liberally. Some say it was the most complete bayonet charge by American troops since the Civil War. Of 47 enemy dead, 18 had been killed by the bayonet. For his courage and leadership in the action, Captain Millett was awarded the Congressional Medal of Honor. And atop Hill 180, like their own special medal to their new commander, the men left a bayonet stuck in a crack in a rock holding a sign that read, "Compliments of Easy Company."

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