

Tom Antion's

Brutal Self-Defense:

How to Keep You and Your Loved Ones Safe During Violent Encounters

The more u sweat the less u bleed

<https://youtu.be/tqphKlMv92A> Want me to show you tough?

Introduction

Not a point fighting competition. Not Martial Arts. Not Even No Holds Barred (NHB)

ONLY ONE RULE – _ _ _ _ _

Enormous Number of Techniques, Tools and Gadgets
Fast Pace – These two days will go fast. I need your total concentration.

Your body type, physical abilities and mental attitude determine what you can and can't do.

“Absorb what is useful, discard what is useless and add what is specifically your own”
- Bruce Lee

Pick Out the Best Things for You

“I fear not the man who has practiced 10,000 kicks once, but I fear the man who has practiced one kick 10,000 times.”
- Bruce Lee

“The Jack of All Trades but the Master of None
Master a Few and Jack Everyone.”

- Greg Nelson

I'll mix in physical learning and practice with Theory.

Both Physical and Mental Training

Defense Gadgets

Weapons

Improvised Weapons

Bare Hands and Feet

Not covering firearms, but will be covering defense against firearms.

I'm Not perfectly organized. First time doing the seminar and I virtually never complete a handout.

You are not competing against anyone else. Just making yourself better.

Disclaimer

I'm not endorsing any products during this seminar. Just showing you what's available. I am endorsing anything by Alain Burrese and Tony Cecchine

Safety –

- I don't want any injuries. Put holds on lightly and increase pressure slowly.
- Do not use full power unless you feel physically capable and you are hitting a BOB Dummy, Focus Mitt, or Punching Bag
- When BOTH you and your partner get more experience you can go faster and harder.

- When using weapons or simulated weapons keep plenty of space between you and other teams of partners.
- Tapping Out Information:
 - Tap the other person when possible. Make the tap audible if possible.
 - Say “tap” or “stop”
 - You may tap for ANY reason
 - You are expected to respect your practice partner and stop what you are doing immediately upon becoming aware of a tap.
 - WITH CHOKES PEOPLE MAY PASS OUT LONG BEFORE YOU WOULD EXPECT THEM TOO. PAY ATTENTION TO A LIMP / HEAVY FEELING.
 - Anyone in the room can stop the entire room if they see something dangerous happening or about to happen.
- Dangerous and potentially lethal techniques demonstrated and practiced. **YOU MUST BE CAREFUL!**

Woofing, Touching & Whacking –

Woofing is verbal and physical assault training to desensitize people to freezing in a real world dangerous setting. (Adrenal Stress Training)

No Warm Ups – An attacker will not give you a chance to warm up. We will concentrate on gross motor skills techniques that can be done totally cold.

“I’m not good enough to use finesse.” Joseph Simonet

When you see the word **“Drill”** in your handout. That’s when we’re going to do something physical.

No Blocks – There are no blocks in my system!

- Don’t block. Fend off while attacking.

Protect Your Head - Drill

“If you get knocked unconscious, unconscionable things will happen to you.” – Tom Antion

- **Supported Elbow Frame** – Joseph Simonet and others
- **Horizontal Elbow Strikes**

Run Away!

“A quick temper will make a fool of you soon enough.” - Bruce Lee

- I’m Not Teaching you to be a bouncer or police officer.
- **Virtually everything we do in this seminar is designed to give you a chance to escape.**
Exception - there is no help at hand, nowhere to escape to and/or the bad guy(s) have a loved one or innocent person you need to protect.
- **Proper way to run away: “Drill”**
- Knock debris behind you as you run.

Merriam – Webster Definition: Self-defense is -

- 1** a plea of justification for the use of force or for homicide
- 2** the act of defending oneself, **ONE'S PROPERTY**, or a close relative or innocent party.

**YOU MUST KNOW THE LAWS
WHEREVER YOU ARE!!!**

Google (verb)

“Justifiable Use of Force (your location)”

**Self-defense Claims are Tough if ANY
of the Following is True:**

You were drug or alcohol-impaired

You used unnecessary force

You were doing something illegal

You did not call 911

You used an illegal weapon

You had a hidden motive

You are accused of racism

You stood your ground

You tampered with evidence or lied to police

You have a criminal record

The attacker was unarmed

The attacker was provoked
The attacker was back-shot or head-shot
The attacker was a non-violent thief
The attacker was underage

Self-defense Claims Must Have All

- **Ability – Physicality, Disparity of Force: Multiple Attackers, Mobs/Gangs, Fake Gun/Real Gun, Loaded or Unloaded Gun, Knife, Bat, Tire Iron, etc.**
- **Opportunity – Distance, Barriers**
- **Intent – Has already attacked, Brandishing, Verbal Threat, Obvious Intention with Positioning**

There is NEVER ANY GUARANTEE YOUR DEFENSE WILL FLY depending on the prosecutor and atmosphere where you are.

Pay Attention to Distance (Drill)

From the “Missing Link” by Bill Kipp

- Friends who are a Non Threat 1 arm’s Length
- Non Friends / Non Threat 1.5 – 2 Arm’s Length.
- Unknown people should never be closer than that to you when in open spaces.
- 4 Ranges of Fighting: Kicking, Punching, Clinching, Grappling

Move Forward Drill

“Wherever you are standing, you are in my spot.” Joseph Simonet

You will get clocked if you back up at the wrong time!

This is NOT in conflict with the concept of “distance is your friend”.

Haymaker

Pool Cue

Bat

Hammer

Pipe

Crowbar

2x4

Tire Iron

First Rule of a Violent Encounter

- **Don't Be There!**

GUARANTEE FOR THE BRUTAL SELF-DEFENSE SEMINAR:

You will survive 100 percent of the attacks you are not involved in.

“Don't go to stupid places with stupid people and do stupid things.”

“Nothing good happens in bars after midnight.”

“Rowdy companions are dangerous company.”

“The ‘bad’ part of town is called that for a reason.”

Stay Lucid:

- Limit Alcohol Intake
- Don't ever have an open drink that's left alone.

From “ArrestProof Yourself”

by Dale Carson (FBI Agent, Street Cop and Now Defense Attorney)

“Honest people work during the day. At night they're at home asleep. People who work the night shift are at work at night. The only people wandering around, hanging out or driving in areas where there is no shift work are bad guys.”

NEVER, NEVER, NEVER, NEVER, NEVER

- **GO TO SECONDARY LOCATION!**
- **GET IN A VEHICLE!**
- **ALLOW YOURSELF TO BE DRAGGED TO DARK AREA!**
- **ALLOW YOURSELF TO BE RESTRAINED! (Duct Tape, Rope, Handcuffs)**

Remember: Anyone that threatens with a weapon in public will use it in private.

Awareness, Avoidance & De-Escalation

“Be polite, be professional, but have a plan to kill everybody you meet.”

Major General James Mattis

“No amount of training will keep you safe if you go through life with your head up your ass.” – Tom Antion

What is the most dangerous possession you have???? _____

<http://www.dailymail.co.uk/news/article-3444971/Slasher-attack-New-York-leaves-woman-20-six-inch-gash-face-requiring-26-stitches.html>

Young girl slashed.

“She had just gotten off the No. 2 train and was walking home on Friday at 12.15am while speaking to a friend **on the phone.**”

If you don't know someone, don't let them near you!

I live this. I walk away from you if I'm passing you in a parking lot.

Victims say all the time:

- “I never saw him coming.”
- “He came out of nowhere.”
- “It happened so fast.”
- The victim from the above slashing said it occurred “Suddenly”
TRANSLATION: “You weren't paying attention.”

Watch People

- **WATCH THEIR HANDS!!!**
- Are they dressed appropriately for the weather?
- Do they display odd mannerisms?
- Are they paying too much attention to you or someone else?
- Are they following you or someone else? If you think they are following you, see if they are “pacing” you.
- Are they looking around nervously with head on a swivel?
- Use peripheral vision, scan your environment and use reflections (shop windows, mirrors, reverse view glasses,) iPhone adapter

- Who might help me if something happens?

Reading Posture

- One foot back means fighting stance
- Hands clenched.
- Eyes locked on.
- Hands in pockets or obscured in some way

“His hands were in his pockets and I feared he had a weapon.”

Interviews / Auditions

- Other than sucker punches and the knockout game virtually all attacks begin with a verbal interview. (see ‘Fail Your Audition’ Below)

Your Surroundings

- Where are the exits?
- What are my choices?
- Where should I walk?
- Where are the danger spots?

Strikes

Kelly McCann AKA Jim Grover S.W.A.M.P. Method

Stay Relaxed

Weapon First

Accelerate

Move in the Direction of the Strike

Plunge

- Scream when striking, “put down the knife/gun etc.” This alerts bystanders and also tightens your midsection in case you receive a blow while you’re striking.
- The more you can use your whole body, the better off you’ll be.
- Your power comes from your hips and legs.
- Hit through the target. Aim for a foot behind the target.
- Do not damage yourself. (no punches)
- Must be able to strike without telegraphing (winding up) Surprise them.

Palm Heel Strike

- To Chin with tip to eyes
- Strike right up centerline low to high **NOT HORIZONTAL**

Open Hand/Slap

<https://youtu.be/gzxUWDNoPgE> Ear drum hole due to slapping

<https://youtu.be/wFOj0tQKhUk> Ear drum trouble common in Indian ladies left ear from right hand slapping by men

<https://youtu.be/oznnUbYb01s> Slap knockout

Combat Mindset and Cooper Color Code

White – Unprepared and Unaware. Only thing that will save you if the attacker is inept. Most people have head up their ass.

Yellow – Alert – This should be your standard state other than when sleeping.

- Aware but not paranoid

Orange - When you feel any threat at all.

- Bad Dog Voice.
- Deeper stance.

Stances (Drill): Stances, Then Stances and Strike [Kimbo Video]

- Thinker
- Open Hand

Red – The threat continues and fight is imminent
You are feeling cornered
If you try to run, you will get over taken.

If you face the threat (Drill Stance plus Strong Voice)

- Clear Phrases. Tell exactly what you want.
“Back off!”, “Leave now!” “Go away now!”
- If they stay, now the fight is on.
- Stronger stance
- Lean forward

- Chin tucked
- Heavy eye contact looking out the top of your eyes makes you look meaner. (But don't ignore hands or succumb to Tunnel Vision)
- Heavy voice.
- Don't back up too much you will look like a victim.

Black – (not Cooper, but USMC) Fight is in progress

Avoidance

- Avoid and escape whenever possible
- See first rule of violent encounters above
- Avoid obvious places like armored trucks parked in front of a store, bank lobbies unless absolutely necessary, rowdy bars, etc.

De-Escalation

- **Totally Passive Response makes predators salivate (escalation).**
 - Shuffling around
 - Hands down
 - Poor eye contact
 - Non-assertive voice.
- **Over aggression creates escalation**
 - Too Aggressive and bad language will be remembered by witnesses.
 - Hands on hips. Bad attitude.
 - Pointing. Bad gestures can escalate.
 - You pushed the person looks like you provoked the fight.

- **Stance**
 - Cross Arm Stance is unassuming
 - Cross Arm Stance allows you to hide a weapon
 - Open hand in front of your stance is easier seen by witnesses
- **Apologize** (without being wimpy)
 - Regardless of who was wrong
 - Non threatening voice
 - Don't "stand your ground"
- **Leave**
 - Whenever possible just leave, regardless of the inconvenience
 - **Be EXTREMELY careful** when leaving that you aren't followed to a more secluded crime scene.
 - Keep in mind: It's not worth a police report or trip to hospital or worse.

Note: You can't de-escalate every situation

Strikes - Drill

- Scrape
- Hammer Fist

Second Rule of a Violent Encounter

Be invisible – Become a “Gray Man”

<http://www.itstactical.com/intellicom/mindset/gray-man-strategies-101-peeling-away-the-thin-veneer-of-society/>

- No NRA Bumper Stickers
- No “I Don't Call 911” T-shirts (Normal Clothes)

- No “This House Protected by Smith & Wesson” signs

How to Disappear Like Magic (Drill) (or how to get behind someone)

- There is great benefit from carefully getting behind someone.
- **There is great danger in letting someone else get behind you.**
- Arm Drag
- Push Pull

Third Rule of Violent Encounters

- **Be assertive! – NICE PEOPLE DON’T WANT TO OFFEND. THIS CAN GET YOU KILLED.**

Fail Your Interview/Audition

- Set and defend boundaries.
- Criminals will test your boundaries
- They will ask you questions or get near you to see how you react.
- Use voice as weapon. **Make a scene. Be Firm, Loud, Commanding (Drill)**
- **Calm but assertive when away. Savage when near**

Fourth Rule of Violent Encounters

- **Be Distant** – Most of the Time Distance is Your Friend
- **Stay away from unknown people**
- **Keep your vigilance around known people.** (Women are most likely to be attacked by someone they know.)
- **Stay away from corners!!!**

Strikes - Drill - Knees

Powerful Strike which can be an integral part of Low/High Sequence

Two parts of knee to strike with.

- Short knee strikes top of knee.
- Thrusting knee strikes point of knee. Use Glichia (spelling ?) or hip thrust.
- Make Knee sharp by trying to hold heel to your own butt
- Hold on to target when possible

DON'T PULL THEM DIRECTLY TOWARD YOU OR YOU WILL HEADBUTT YOURSELF!

- Knee to Body
- Knee to Groin
- Knee to Thigh
- Knee to Head – Pull Head down (don't try to go up to head)
- Against a kicker - Knee is like flashlight always pointing toward their shin.

Other things to Do with Knees

- Knee on Chest,
- Knee on Head,
- Knee on Shin
- Knee on Back

Mental

- **Acceptance of injury.** You must understand that you may suffer a grievous wound and that does not necessarily equal death.

“When DEATH is the alternative, INJURY has its appeal.”

Unknown Vietnam Vet

First Aid

It has become common in some of the better Self-defense "communities" online to suggest carrying a "Blow-Out Kit" or "BOK," for short. Battle dressings and especially the "IZZY-D" Israeli Dressing and various other items. Bandanas and cloth triangular (muslin) dressings can act as overall securements to these dressings as well.

- Tampons (to stuff into wounds)
- Tourniquet Kit – Swat and/or Combat Application Tourniquet “CAT”
- Quik Clot
- Izzy-D Bandage

=====

- **WILL TO WIN!** Unless you get an immediately lethal injury, you can keep on fighting. What are you fighting for?your wife, your husband, your child?
- One arm fighting. **Drill** – [Baby in Park Video]
- Get off the X, I.e. move or do something. This gives you a chance of success.
- Run first. Throw stuff at him. Throw stuff for him to trip over, run, run, run
- **YOU MUST NEVER QUIT.** You must fight till the threat is stopped permanently, or at least until you can make a safe escape.

“It's not the size of the dog in the fight, it's the size of the fight in the dog.”

Mark Twain

Kamla Devi – Fought off Leopard for 30 minutes

<http://www.theguardian.com/world/2014/aug/27/leopard-killed-indian-woman-kamla-devi>

- You will make a continuous assault until the threat subsides. Don't give him even 1 second to relax.
- **Defending is losing.** . . It's better to act on a bad feeling and be wrong than not act and be right. You must attack first when justified.
- Assume your attacker is the greatest fighter in the world.
- Train for worst case

Train for 10 only get 7 You're good.
Train for 7 get 10. You're screwed.
Do not stop your attack until threat is neutralized.

- Every day play the “What would I do if.....?” game.
- Take out emotion. Desensitize yourself to the attacker. The attacker is a robot with no feelings. He/she is worse than a wild animal. Probably a psychopath.

Strikes - Drill – Elbows

- Very powerful
- Short range / close quarters
- Horizontal
- Upward elbow strike hard to see
- Horizontal elbow strike is good for protecting head and getting limb control
- Backward elbow strike very powerful
- Lawnmower elbow strike
- Elbow strike up to down ads body weight.

High Low Theory Drill

- Multiple strike theory.

Fight or Flight / Adrenaline Response (The Good)

Source: Wikipedia

The physiological changes that occur during the fight or flight response are activated in order to give the body increased strength and speed in anticipation of fighting or running. Some of the specific physiological changes and their functions include:

- Increased blood flow to the muscles activated by diverting blood flow from other parts of the body.
- Increased blood pressure, heart rate, blood sugars, and fats in order to supply the body with extra energy.
- The blood clotting function of the body speeds up in order to prevent excessive blood loss in the event of an injury sustained during the response.
- Increased muscle tension in order to provide the body with extra speed and strength.

Fight or Flight / Adrenaline Response (The Bad)

- **Labored Breathing**
- **Tunnel Vision** - Defective sight in which objects cannot be properly seen if not close to the center of the field of view resulting in a constricted circular tunnel-like field of vision
- **Auditory Exclusion** – Temporary loss of hearing during high stress

Woofing, Touching & Whacking Drill

Combat / Tactical Breathing Drill

When you get scared this can help reverse the adrenaline response.
During both these drills scan your environment

Method 1 Drill

When You Have to Take That First Step Into Danger

- **4 Quick inhale/exhales then it's "Go Time"**

Method 2 Drill To Calm Yourself Down

- Breathe in count of 4 through nose with diaphragm
- Hold breath for 4 seconds
- Exhale count of 4 through mouth
- Hold out for 4 seconds.

Remember: the more training you have, the more skills you can keep under pressure,

Strikes - Drill – Headbutt AKA “Croatian Kiss”

Use above your eyes to strike below their eyes.

- Front, back and side are OK.
- Should be looking up. Not horizontal.
- Easiest when they are taller than you.
- Try to aim for nose, chin, jaw cheek.
- Avoid Teeth.
- Hands around head thumbs pushing head back.
- Grab their clothes and push them away. When they resist back

toward you headbutt them.

- Can headbutt down from either on the ground or standing up. [Video]
- Put entire body into it by squatting and lunging up.
- Good time to use headbutt is if you are struggling with a weapon and they are focused on that. They'll never see the headbutt coming.

Defense Against HeadButt

- Don't let your face get near the top of their head.
- Supported Elbow Frame
- Horizontal Elbow Strikes

Visualization:

Si vis pacem, para bellum is a Latin adage translated as,

“If you want peace, prepare for war.”

Vegetius 4th Century Writer.

-Protecting Yourself

- If you can't defend yourself for yourself, do it for a loved one. I don't mean to be morbid. I mean to paint a harsh picture of reality.

-Protecting Yourself for Someone Else

Who will be affected by your demise?

Visualize them seeing you in a body bag being loaded into an ambulance.

Visualize them at your Funeral. (who will be crying hysterically)

Visualize them at the cemetery.

Visualize them the day after your funeral.

Visualize them a month after your funeral.

Visualize them a year after your funeral.

Visualize them 5 or 10 years after your funeral.

From the above, what is your trigger(s) to turn savage?

Dear _____ I love you but I don't love you enough to fight my way out of this situation so I'm just going to quit and be killed.

Sincerely,

Your Name Here

Credit: Mykel Hawke

Go Time Drill

(keep in mind everyone you are doing this for)

From Meek to savage (Acting skills are great for self-defense)

Someone behind you will yell go at any time during your de-escalation process. You will immediately attack savagely with multiple strikes.

Victimology

“Know your enemy and know yourself and you will be safe in 100 battles”

- Sun Tzu.

Victim Selection:

How Criminals Select You as a Soft Target.

Do you look and act like an easy target?

Criminals want people who are weak, submissive, and unlikely to fight back.

Selection is NOT BASED on race, age, size, or gender.

- Are you a woman?
- Are you talking on a cell phone or otherwise distracted?
- Are you wearing earphones/earbuds?
- Do you look lost and unsure of your surroundings?
- Are you in an isolated area?
- Does your body language make you look weak?
- Do you look controllable?
- Are you elderly? Disabled?
- Did you fail your audition?
- Do you appear too nice? (Nice people hesitate)
- Do you shuffle your feet?
- Do you walk slower than the normal walking speed in that area?
- Do you appear to be walking without purpose?
- Do you look at the ground?

- Are your hands in your pockets?
- Are your shoulders slouching?
- Are you walking with small steps?
- Do you look scared?
- Do you look mousy or timid?

Criminals want people that will be easy victims. If you don't want to be a victim, don't look like one.

Criminals make their mind up about this in about 7 seconds.

Exploitability (Excerpt From "Marked for Mayhem" article)

<https://www.psychologytoday.com/articles/200901/marked-mayhem>

In a classic study, researchers Betty Grayson and Morris I. Stein asked convicted criminals to view a video of pedestrians walking down a busy New York City sidewalk, unaware they were being taped. The convicts had been to prison for violent offenses such as armed robbery, rape, and murder.

Within a few seconds, the convicts identified which pedestrians they would have been likely to target. What startled the researchers was that there was a clear consensus among the criminals about whom they would have picked as victims—and their choices were not based on gender, race, or age. Some petite, physically slight women were not selected as potential victims, while some large men were.

The researchers realized the criminals were assessing the ease with which they could overpower the targets based on several nonverbal signals—posture, body language, pace of walking, length of stride, and awareness of environment. Neither criminals nor victims were consciously aware of these cues. They are what psychologists call "precipitators," personal attributes that increase a person's likelihood of being criminally victimized.

The researchers analyzed the body language of the people on the tape, and identified several aspects of demeanor that marked potential victims as good targets. One of the main precipitators is a walking style that lacks

"interactional synchrony" and "wholeness." Perpetrators notice a person whose walk lacks organized movement and flowing motion. Criminals view such people as less self-confident—perhaps because their walk suggests they are less athletic and fit—and are much more likely to exploit them.

Just like predators in the wild, armed robbers often attack the slowest in the herd. People who drag their feet, shuffle along, or exhibit other unusual gaits are targeted more often than people who walk fast and fluidly.

End of Excerpt

Tunnel Vision / Auditory Exclusion / Scanning Drill

You must actively fight to overcome these problems.

One person punches/kicks/attacks BOB. Three attackers move behind person. One person has a gun, one person has a knife and one person has a stick. Puncher person must call out each weapon when attackers show them. Fourth attacker says a number in a regular voice. Puncher must call out number.

Ready Position (When You Know There's a Threat)

- Assertive body language strong physical presence (prior to the threat which may inhibit the attack in the first place)
- Open Hands. - Hands move slightly at the height of the threat.
- Assertive, but non-threatening voice
- Say things like “I don’t want any trouble.”, “I don’t want to fight you.”, “Don’t come near me.”, “I didn’t mean to spill your drink. I’ll buy you another one.” etc.

- You do not want to look like the aggressor.
- You must create your own Good witnesses.
- My arrest story and well-meaning witnesses
- Be ready to protect your head if ambushed by his buddies
- Scan from his hands to his eyes while still avoiding tunnel vision and auditory exclusion. If his buddy is sneaking up on you he may give it away with his eyes.
- If he's really close, try to keep your hands on or near his hands. Head butt drive forward hand in crotch drive him to his back.
- If attack is imminent call out for people to call 911. If you see a weapon call out, "Call 911 he's got a knife, gun, etc." (don't let these call outs get in the way of protecting yourself!!!)

Strikes - Drill – Shoulder

- From Clinch
- From Side when you are bent over. Keep shoulder arm straight down. Opposite hand covers face.
- Fend then shoulder strike to chest.
- Use shoulder to protect your head (chokes, back kicks)

Weapons

“Unarmed combatives are only for those foolish enough to be caught without a weapon.”

William E. Fairbairn

However, never forget, “You are the weapon. Everything else is only a tool.” – Special Forces Saying.

- Most top trainers suggest keeping less than lethal weapons at hand. You must survive. Nothing is dirty.
- Don't get fixated on your own weapon.

“A good warrior knows how to use many tools. A great warrior knows when to abort them and go to something else.”

- Tony Blauer

- Most people get killed or hurt with their own weapon(s). –
YOU MUST TRAIN!

Environmental Weapons and Shields

“You mean, you'll put down your rock and I'll put down my sword, and we'll try and kill each other like civilized people?” From “The Princess Bride”

Armoire

Bar

Bench,

Bus Stop

Cars, car doors, bumpers etc.

Chair,

Concrete anything

Curbs

Dirt

Displays at retail stores

Door
Door Jam
Fence
Fire Hydrant
Ground
People
Park Bench
Pool / Lake / Pond / Ocean
Railing
Sand
Shelving
Grocery Cart / Shopping Cart
Tables
Television / Monitor
Treadmill
Trees [video where guy knocks himself out]
Walls
Windows

Strikes - Drill – Kicks

- Kick Below Waist,
- Kicking to Knee use wide part of foot. Don't kick straight.
- Kick inside or outside of knee. It's weak side to side.
- Kicking above the knee gives you better chance of hitting because it's harder to get that part of the leg out of the way as compared to from the knee to the ground.
- Kick Shin, Le Defense Savate
- Inside ankle Kick (with boots)
- Kick Toward Groin or low to get their hands down and their head forward
- Back Kick. Look backwards but protect your head by tucking it under your shoulder and look around shoulder.

Human Body Targets

“Your entire body is a weapon. Your opponent’s entire body is a target.”
Tony Cecchine “Snap / No Tap” Series

Pressure, Striking & Cutting Points

- Forehead,
- EYES, EYES, EYES, EYES, EYES, EYES, EYES, EYES, EYES
- Both eyes react even if only one hit.
- Nose,
- Chin,
- Jaw,
- ~~Teeth~~
- Ear,
- Temple,
- Back of Head, (even the UFC doesn’t allow strikes here)
- Throat – Front - Windpipe AKA Trachea
- Throat – Just off Front - Carotid Artery
- Throat – Just off Front - Vagus Nerve

- Throat – Side -- Sterno cleido mastoid muscle SCM – Steer someone like a horse
-

- Suprasternal Notch AKA Jugular Notch
- Nipples,
- Armpit
- Liver shots,
- Kidneys,
- Brachial Artery https://youtu.be/eTy6PH9j_Gs Inside of arm just under bicep.
- Radial Artery Thumb side of wrist. Superficial at wrist. Pulse is taken there (don't use thumb) To Remember which side radial artery is on “Thumb a Radial Ride”
- Inguinal Area,
- Groin,
- Femoral nerve (inside thigh),
- Femoral Artery (inside thigh),
- Popliteal Artery (behind knee),
- Knee inside and outside,
- Shin,
- Achilles Tendon,

- Dorsalis Pedis Artery (top of foot),
- Foot

No matter which way the human body turns, there's always a target to shoot for.

“Take opportunities that present themselves.”
- Doug Marcaida

Striking Weapons

Short

- Flashlight,
- Collapsible Baton,
- Hammer,
- Kubotan,
- Key Chain(s) Monkey Fist, Stinger, Kubotan, Cat Ears, etc.

Long

- Umbrellas,
- Canes,
- Bats,
- Tire Iron,
- Pool Cue,

- Axe Handle,
- Axe,
- 2x4

Cane and Walking Sticks – “Martial Cane Concepts”, **Alain has a Cane Video** <http://www.SurviveAndDefend.com/alain-burrese-dvds/>

Pros

- Can be carried anywhere
- Works well with two handed stick fighting. (see below)
- Can stay further away from attacker.
- Just like other weapons if you get fixated or if they take it away it could do more harm to you than good.

Cons

- Large and unwieldy
- In closed spaces you may hit walls.
- Much cane stuff is art and requires so much skill and athleticism that it's ridiculous.

How To:

- Mostly hit low. A heavy weapon is too slow and telegraphs too much when trying to hit high
- Do not swing wildly.
- You can strike on both your forward swing and backswing,
- Thrust can be very effective and give you better control.

Two Handed Stick Fighting - Drill – Joseph Simonet

- Stick,

- Axe Handle,
- Golf Club,
- Folding Chair,
- Cane, <http://www.SurviveAndDefend.com/alain-burrese-dvds/>
- Umbrella

Strikes – Drill – Knife Hand

- Inside – Great for getting to neck forehand and backhand
- Outside – Knockout Story from the Old Days

Irritants

Designed to give you the opening to escape or finish the job.

- At close range you might get some on you. Make sure bulk goes on bad guy.
- You **MUST** practice with all of them to see their spray pattern and effective distance.
- Most of the cans / containers can be used as a striking weapon.
- Some may cause permanent damage to eyes. Review the manufacturers information before deciding on what's best for you.
- Mace / Pepper Spray Pen,
- Pepper Spray - Fog is best, Make S Pattern, **(Drill)**

- Bear Spray,
- Hair Spray,
- Water/Ammonia Mixture in spray bottle (used by many postal workers against dogs),
- Lemon Juice,
- Aerosol Cans,
- Bug Spray,
- Paint,
- Oven Cleaner,
- Spray De-Icer,
- Tabasco Sauce,
- Fire Extinguisher – Dry,
- Brake Cleaner,
- Starter Fluid,
- Toilet Bowl Cleaner,
- Any Household Cleaner,
- Gasoline,
- Napalm,

- Vinegar,
- WD-40,
- Dish Soap,
- Whistle,
- Salt Water,
- Salt
- http://www.amazon.com/gp/search/ref=as_li_qf_sp_sr_il_tl?ie=UTF8&camp=1789&creative=9325&index=aps&keywords=spraytect&linkCode=as2&tag=blesthisstuf-20 Pepper Spray Case for iPhone 4. Not sure if available for 5 or 6.

Pay Attention to Wind!

How to Defeat Irritants:

Pull Hat Down. Pull shirt up. Cover with arm.

“Sudecon” Irritant Spray Decontamination Wipe to clean up if you get sprayed.

Head Control

Where the head goes the body will follow

- Neck is strong when chin down.
- Weak when chin up

- Head control. Hug entire head to chest with hands wrapped around front of face. This is done from behind. (Krav Maga push demo & Drill)
- **How to pull hair**

Electronic Weapons

- Stun Gun,
- iPhone
- <http://www.yellowjacketcase.com/> Stun Gun Case for iPhone
- **Flashlight ONE OF THE BEST THINGS YOU CAN CARRY CONSTANTLY (with strobe)**
Flash Blindness - visual impairment during and following exposure to a light flash of extremely high intensity. It may last for a few seconds to a few minutes.
- Flashlight Bat
- Body Cam

Strikes – Drill – Stomps

- Use Heel of Foot
- When opponent is standing can stomp to knee, shin, foot
- When opponent is on ground can stomp to head, chest, hand, knee, just above ankle
- Keep your knee bent
- Don't go so crazy you get yourself off balance.

Improvised Weapons

Fend Off, Strike, Distract, Choke

2x4,
Aerosols,
Ash Tray/Candy Dish,
Backpack,
Bandana,
Barrette,
Bat, Tee-Ball
Belt & Belt Buckle (drill)
Beverages,
Billiard Ball,
Blanket (small),
Books,
Bottles,
Bottle Opener / Can Opener,
Broom/Mop,
Candle,
Cans (soda, soup, paint, etc.),
CD / DVD Case,
Candy Bar,
Cardboard Box,
Chain (kusari fundo), (Drill)
Chopsticks,
Clipboard,
Coat Hanger,
Coffee Mug,
Coffee Pot,
Coins,
Comb (Regular & Rattail),
Compact, Computers, Corkscrew,
Credit Card, Crutches, **Cue stick,**
Cups, Dirt, **Dirty Diaper,** Dishes,
Dog Brush, Dog Leash (with collar if
spiked), Dog Poop, **Dog Treats,** Duct
Tape, **Eye Glasses, Eye Glass Case,**
Fan, Fire Extinguisher, Fireplace
Poker, Flagpole, Flashlight, **Flowers,**
Food, **Frozen Candy Bar / Power**
Bar, **Garbage Bag,** Garbage Can,

Glassware, Golf Clubs, Golf Bag,
Golf Balls/Tees, Golf Shoes, Hammer
(business end vs claw end), **Hammer**
come a long with groin, Hairbrush,
High Heels, Ice, Ice Scraper, iPad,
Irrigation Pipe, Jacket, Jumper
Cables, Keyboard Cleaner,
Keychains, Lamps, Lanyards, Laptop,
Lemon Juice, Lighter, Lipstick,
Mirror, Shoes, Shopping Bag, Maces,
Magazine, Money Clip, Nail File,
Neck Tie, Newspaper, Oil, Pan, Paper
Clip, **Pen/Pencil,** Phone, Picture
Frame, Pillow / Pillow Case, Pipe,
Pizza Box / Pizza, Plants, Plastic Bag,
Plunger, Poop Scoop, Poster, Powder
Puff, Purse, Remote Control, Rolling
Pin, Rope, Safety Pin, Salad Tongs,
Salt, Sand, Scissors, Screwdriver,
Shoe, Shoehorn, Shopping Cart,
Shovel/ Rake, Rebar, Silverware /
Plastic ware, Sock (as a flail), Spatula,
Spike, Spit, Spit water or hot sauce,
Stapler, Staple Puller, Steak Sauce, et.
al, Straw (Metal), Straw to spray
liquid, Suitcase, T-Shirt, Takeout
Food, Tape Dispenser, Tent Stake,
Thumb Tacks, Toilet Bowl Cleaner,
Toilet Water **Tank Lid,** Toilet Paper,
Toothbrush, Torch Cigarette Lighter,
Towel, Toys, Track Shoes, Trophy,
Turkey Baster, Tweezers, Umbrella,
Weights, Whistle, Windshield Wiper,
Wire, Wood Dowel, Wrapping Paper,
Wrench, **Wrist Watch** (with Strike
Spike or escape tools), Yard
Stick, Vinegar, **Rock in a Tee-shirt,**
Lock on a Belt or on a Dog Leash.

Beverages / Liquids Water Bottles, Coffee, Gasoline, Hot Water on Stove (pot is a striking weapon), lemon juice, soda, spit, ink, black light ink,

Food – Salt, Pepper, Oil, sandwiches, spaghetti, pizza, salad,

Joint Locks – Drill

- **One of My favorites**

Alain's Choice

-
-
-

Flexible / Wearable Protection and Weapons

Ball Caps

- If he has one on backwards hold the Velcro to his forehead and pull the brim down behind him. (If it's on the regular direction reverse and pull him into a knee strike.)
- In close, put your ball cap on him and do the same as above.
- Sap Hat (commercial or homemade) My site www.CacheCap.com (not up yet)
- Strike Spike
- Gotcha

Glasses

- See behind glasses
- Use glasses as a distraction by throwing
- Strike with Glasses Case
- Tear off their glasses, or strike their glasses
- Practice all your techniques sometimes with your glasses on and sometimes with them off so either way it doesn't throw you off.

Bandanas & Scarves

- Unloaded
 - Snapping it like a towel takes lots of practice
 - Use as a distraction
 - Two handed Blocks, wraps and chokes
 - Wrapping your own hand to protect against knife or punching
 - Bandana to nose or mouth. Hides pepper spray, knife, etc.
- Loaded
 - Load really fast
 - Load to conceal

Rope and Leather Crop

Sjombok

Hoodie

- Grab sleeve and pull over his hand to take that hand out of the fight
- Take advantage of poor peripheral vision
- Grab hood from front to blind, disorient and/or control head

- Grab hoodie strings
- For shirt or Hoodie when they are bent forward pull waist over head.
- Sport Coat / Jacket
 - Coming toward you throw (Judo)
 - Spinning
- Necktie <https://youtu.be/VKvkBQukTgU> Crazy Jimmy Kimmel Video
 - Wear clip on like some police forces are required to do
 - Get a tailor to add a breakaway section to the middle of the tie

Bulletproof Coats/Vests/Plates/**Backpacks**/Laptop Cases, etc.

<http://www.bulletblocker.com/>

Minimum Level IIIA - Stops up to 44 Magnum. The highest blunt trauma protection rating in soft body armor. **Minimizes blunt force trauma injury.**

Sagging Pants

- Pull their pants down.
- Run

Belts

- Regular – Swing Buckle, Protect Hand, Make a Flail with a Padlock, Use like Bandana with two hands, choke
 - Tactic. Start swinging short. Attacker thinks they are safe just out of range, then release loop around hand to make belt longer.
- Belts with Secret Compartment

- Knife Belt
- Paracord Belt
- <https://youtu.be/AVLIyk0BZZ8> Belt Fight

Rings

- Spiked Ring
- Pepper Spray Ring
- <http://www.streetarmor.com/jewelry.php> All kinds of sharp street fighting rings. (These would definitely be called weapons in court)

Watches

- Band - Choke
- Strike Spike
- Drag watch across face

Gloves

- Sap Gloves
- Knuckle Gloves
- Fingerless Gloves
- Cut Resistant Gloves
- Gauntlets

Shoes & Socks

- Steel Toe Boots
- Puncture Insert

- Kuba-Kickz
- High Heels
 - Pimp Sues Nike for 100 Million for Not Warning That Shoes Could be Dangerous
 - http://usnews.nbcnews.com/_news/2014/01/11/22268548-pimp-sues-nike-for-not-warning-shoes-could-be-dangerous-if-used-to-beat-people
 - Two women were followed home after a fight at a Dallas nightclub and one was attacked so violently with a high heel shoe that it will likely result in permanent disfigurement.
 - A woman in London was charged after stabbing a man through the eye with her stiletto heel.
 - http://www.huffingtonpost.com/2010/02/11/stiletto-stabbing-woman-c_n_458157.html
 - Ana Trujillo of Texas was sentenced to life in prison for stabbing her boyfriend to death with a 5½-inch stiletto heel
 - **Stilettos and Self-defense Class (Video)**

In depth article about high heels by Martial Arts lady

<http://www.mcsweeneys.net/articles/column-2-dressing-up-looking-down>

If heel breaks off, use as Kubotan

- Socks with Secret Compartment

Firearms

If they wanted to shoot you now, they would have already done it. They want something from you. **This is what gives you your break to attack.**

If you use firearms, you **MUST** get training. Start with a revolver. The shorter the barrel, the more dangerous the gun is to you and those innocents around you. Also, a shorter barrel is harder to aim,

Firearm Recognition

- Revolver
- Large Semi-Automatic Handgun
- Small Semi-Automatic Handgun
- Assault Rifle
- Combat Shotgun

Disarming Handguns - Drill

Some Basics to watch for before a gun is drawn on you

- Cover garment is not appropriate for the weather.
- Look for printing. – Form of a handgun showing through clothes.
- Look for them checking if the weapon is there.
- Why don't criminals wear holsters?
- Pants slid down further on that side.

- Watch hands and try to foul the draw. (while beating them senseless)

Immediately After Disarming Handgun

- You can strike them with the gun, but strike with barrel so barrel doesn't point at you.
- Back away rapidly (glance to see what's behind you)
- Slap, Rack, Bang or

Throw away / disable their gun and draw your own weapon.

- Gun to Head
- Gun to Chest
- Gun to Side in front of Arm
- Gun to Side behind arm
- Gun to back

Gadgets

- Pens – Tactical,
- Pencils – Eyeliner,
- Sap Purse,

- Storm whistle,
- Mace Noisemaker,
- Keychains,
- Impact kerambit travel wrench
- <http://www.thetasklab.com/> Swiss Army like case for cell phones. Couldn't take on a plane.
- <http://www.knucklecase.com/> Brass Knuckle Case for iPhone
- <http://unbreakableumbrella.com/> Unbreakable Umbrella(s)
- <http://www.dudeiwantthat.com/style/watches/anti-kidnapping-watch-band.asp> Anti-Kidnapping Watch Band
Note: Lots of stuff at this site is in concept only. Many have Kickstarter crowdfunding campaigns going.
- Various Types of Handcuff Keys

Larger Opponents

Remember: Bigger people are usually less experienced fighters. And if you get them off balance they fall faster and harder.

- Eyes, Eyes, Eyes, Eyes, Eyes,
- Action is faster than reaction. You must deliver first strike and be able to justify it.
- **Suprasternal Notch (Drill)** AKA Jugular Notch Push in with two fingers and push down. Hold back of neck as a base. Doesn't matter how big and strong they are.

- Get him moving backwards, **(Drill)**
- Pressure down center with straight punches, eye gouges,
- If taller kick low to get them to bend over and expose their head.
(Drill)

Protection Dogs

Pros

- Criminals Hate Dogs (Deterrents)
- Dogs are extremely scary to most criminals or attackers.
- Dogs are more alert than you are.
- Dogs are faster than you.
- The right dog is fearless and will not freeze up in the face of danger.
- Dogs are the bullet you can recall.
- Dogs can protect your vehicle while you are shopping.
- Dogs are good companions.
- Dogs are fun and lovable.
- Dogs can be trained for specific scenarios
- Dogs can ward off other animals.
- Dogs have more peripheral vision and also see better at night

- Properly trained dogs can't be bribed.
- They are faithful willing to die for you.
- You can make more safety mistakes if you have a dog with you.
- You will have more Peace of Mind

Con's

- Liability – Get Insurance
- Feeding
- Vet Bills
- Training
- Dog Hair/Grooming
- Boarding

Shoving - Drill [Video]

Push them:

- Down Stairs,
- Out a window,
- Into a Wall,
- Into Something Sharp (door jamb),

- Best when you have the edge or are in control, they are off balance or they are almost incapacitated

How to:

- Bend Knees,
- Bend Arms,
- Use entire body to push in and up (raising them up makes their center of gravity rise and makes them fall over easier)

Safety Tactics when Out

- In Elevator,
- Do not walk near corners,
- Do not walk too close to shadows,
- Do not walk (or drive) down narrow, poorly lit alleys
- Do not go near a store that has an armored truck out front.

Safety Tactics at Home

- Lighting outside your home. Motion Lights. Look around at night to see hiding places.
- Door Jammers,
- Take off any stickers on your door immediately. Thieves put them on there to see if you take them off. If you don't, they know you're not home,

- Peep Holes, home and hotels,
- Don't open door to delivery driver if you aren't expecting a package. Look for their truck if possible.
- Electronic Peep Holes,
- Noise makers,
- Alarm system, Stickers for all your windows and doors,
- Security Cameras or Fake Security Cameras,
- Bushes trimmed,
- Windows locked,
- Garage Doors locked,
- Gravel on ground in front of windows.
- Doors locked,
- No tools, tricycles, etc. laying around in yard.
- Lock door leading to your garage
- Don't leave Garage door opener in your car,
- If leaving for a long time, padlock your garage door,
- **Put dog bowls out front (scuff them up),**
- **Work Shoes out front,**

- Don't ignore someone ringing your doorbell. If they think you aren't home, they'll break in. Answer with Intercom,
- Get a dog,
- Driveway alarm,
- If coming home with strange car in driveway, leave and call police,
- Must have a home defense plan. Choke point. Family practiced on what to do,
- Flashlight, gun,
- Don't leave garbage cans on the street,
- Don't let mail pile up,
- Good Locks

http://www.consumerreports.org/cro/news/2015/03/most-doors-can-be-defeated-so-a-good-lock-is-key/index.htm?EXTKEY=NS0S01601&utm_source=acxiom&utm_medium=email&utm_campaign=20160113_nsltr_safetyalertjan2016

- Safe Rooms,
- Retreat as far as possible, barricade the door, have cell phone with you calling 911, call out to criminal that you are armed, you will shoot, and police have been called,

Chokes (Drill)– EXTREME DANGER

Blood Chokes (AKA) Vascular Neck Restraint Note: Some chokes can be either airway or blood choke. (Technically this is a “Strangle”)

<http://www.SurviveAndDefend.com/alain-burrese-dvds/>

- Causes attacker to pass out much more quickly.
- Front Face Lock / Guillotine
- Rear Naked Choke (Sleeper)
- Standing choke

Scientific Test <http://jap.physiology.org/content/112/3/396>

Airway Chokes (Lethal)

- Takes Longer
- Induce violent struggling because of the very scary sensation of “air hunger”. (Pillow Choke you see on TV and Movies)
- Compresses Airway. Can Damage Larynx (Voice Box), Break Hyoid Bone, Thyroid Cartilage (Adam’s Apple)
- Rear or Front Compression Choke (on front of neck)
- Throat c grip with Thumb and middle finger.
- Arm Drag to Choke
- Emergency Tracheotomy

Choke Defense

- Don’t get in them.
- Front Face Lock/ Guillotine (Von Flue Choke In response of

Guillotine held on too long after you have countered.)

- Rear Naked Choke
Do NOT let them get behind you.
Shoulders Up / Chin Down
Grip Fight
BEND FORWARD WHEN EVER POSSIBLE
- Krav Maga Defense, Bend Forward, Pivot Hips, Slap Groin, Poke Eyes, Turn out, if you get stuck turn back in
 - Grab head behind you and grind their cheek into your head.
 - On the ground, if it's sunk in deep, arch back reach for two or three fingers to strip off back hand.
- Shin Lock

Neck Cranks - **EXTREME DANGER**

- Standing straight up from front
- Standing attacker who is bent over facing you or rushing you with head down. (Also you can do things to cause head to come down...punch to stomach, low kick)
- Standing full Nelson from behind
- Standing full Nelson from behind variation
- Attacker on knees possibly injured and you have to stall to let someone else escape or finish him off.

Face Locks – **EXTREME PAIN**

Targets

- (both sides can be done with the same leading hand) Jaw, Cheekbone, Eye Socket, Forehead, Bridge of Nose, Nose, Upper Lip, Chin. Temple.

Positioning

- Slight Angle, - You cut off part of their tools, but you have all of yours.
- Turning someone with their head. (My most used move in the nightclub days)
- Pushing someone off balance – (Line Through Heel Drill)

Active Shooter

https://www.dhs.gov/xlibrary/assets/active_shooter_booklet.pdf

Recognizing the signs of an active shooter:

[Audio of Fully automatic fire and semi-automatic fire]

AK47

AR 15

Combat Shotgun

Semi Auto Handgun (Probably Large)

- How to disable an assault rifle.
<https://youtu.be/oB0Kph-viLY> Disable AR or AK
- How to Disarm someone with a long gun.

- **Aces and Eights** – “The Dead Man’s Hand” Wild Bill Hickok
Do not sit with your back to the door.
- Report chained or locked exit doors in your workplace. Know where they go.
- Scope out good hiding places in advance.
- In any public place know where the exits are.
- If at a concert, try not to sit in middle seats where you have to climb over people to get out.
- Surviving Grenades - Jump on Ground lay flat feet together and towards Grenade.
- When binding someone don’t just encircle the bones. Wrap them first to prevent wriggling out.

Recognizing a Potential Suicide Bomber Info from United Nations and Others.

- May have tan lines on face where freshly shaved beard was.
- May have hair cut short.
- May smell like perfume (herbal or floral scented water).
- Wearing heavy clothing despite hot weather.
- Wearing an excessively baggy outfit.

- Sweating a lot.
- Talk to themselves.
- Look over-focused or spaced out.
- Walk with determination toward a potential target.
- Has a disproportionate silhouette, with a particularly big torso,
- Lack of mobility of the lower torso.
- Has a bag or backpack held with unusual firmness.
- Awkward attempt to blend in.
- Unconcerned about receiving change for a purchase.
- Detonator held in a clenched fist (although an accomplice or supervisor may be able to detonate remotely)

Ripping, Grinding, Pinching, Gouging, Scraping et.al.

Ripping Purpose is to create pain, psychological response and control of head.

- **Ripping Cheeks** - Sneak around back of head. Get hold of side of lips with fingers between cheek and teeth. Pull. **Be careful not to get bit.**
- **Ripping Eyes** AKA Eye Claws– From behind standing or bad guy

laying on stomach - rip eyelids up or to side.

- **Ripping Ears** – From Front Cup four fingers around back of ears. (Thumbs can be in eyes – see below) Rip.

Gouges (Standing, on back, from behind)

- **Gouge Eyes** - Thumb into inside of one eye while holding ear
- **Gouge Eyes** - More brutal. Hold head by ears and put thumbs in both eyes
- **Gouge Eyes** - Chin on heel of hand and index and middle finger to eye. - **Practice these with eyes closed to simulate darkness**
- **Gouge Eyes** - Most brutal palm on jaw and use pointer and middle finger to force in behind eye and hook behind it.
- **Gouge Eyes** - Hand on top of skull slide down with thumbs. (in darkness)

Eye Claws

- From Behind eye claws standing or he's on his stomach

Note: On Gouges the more you twist the thumb the more damage you do.

Note: If they're wearing glasses. Smash their glasses into their eyes.

Grinds

- Grind Knuckles into Ribs
- Grind Elbow into Spine

- Grind Elbow into Femoral Nerve (inside thigh)

Pinches (and twist)

- Pinch eyelids
- Pinch ears
- Nipples
- Chest Hair

Scrapes

- Eyes

Escape From Restraint Techniques

DO NOT LET THIS HAPPEN TO YOU. FIGHT IT OUT BEFORE GETTING RESTRAINED

- Duct Tape Hands in Front – Elbows Tight so tape is tight.
- Cable Ties – Try to get locking mechanism on top between wrists or close to it. Use your teeth if necessary to reposition it.
- Rope – Elbows apart to try to create space. Shimmy or Paracord. (Paracord Belt)
- Hand Cuffs – Hide Keys

Other Common Escapes

- **Hair pull from Behind** – Capture hand pulling hair with both your hands. Twist toward attacker and kick to groin. Attack arms, body and face with weapons.
- **Headlock** – Turn your head in toward attacker’s stomach. Step around behind attacker. Throw arm up over back put hand on attacker’s face. Slip hand behind attacker’s thigh. Pull attacker’s face backwards while lifting his thigh. Throw him backwards.

Protecting Others

- Talk and practice with them ahead of time.
- Stay between threat and person you are protecting.
- Grab Young Children by the Hair
- Practice one arm fighting
- Practice basic control moves (drill)

Alternative Surfaces

Attacks don’t happen in a well-lit room with a padded floor

Asphalt

Concrete Sidewalk

Concrete Garage Floor (oily)

Grass

Gravel

Uneven Rock

In Water (creek/river bed)

Sand

Icy Conditions

Wet Conditions

Uphill
Downhill
Crosshill

Multiple Attackers

- Always expect more than one assailant. (Fight off tunnel vision and audio exclusion)
- Expect that at least one will have one or more weapons.
- Take out the biggest threat first . . . not necessarily the one closest to you.
Chinese Saying: “The best way to train a monkey is to slaughter a chicken in front of him.”
- Use clinch. - Use one guy as a blocker against one of the others.
- **Leave the camera man alone. This may be your only evidence of why you killed five people.**
- Continually moving.
- Circle away from getting cornered.
- Stay on feet no matter what. Get up no matter what.
- Do not use any technique that ties you up for more than a few seconds with one person.
- Do not let anyone get behind you
- Multiple attackers give you more leeway legally.

Theory One: Attack one, then attack another, then back to the first one (or to another)

Theory Two: Attack one. Keep attacking him and using as a shield against second attacker.

My preference is Theory One so both are diminished somewhat, BUT if I can easily finish one off permanently I will do so.

Multiple Attacker Drill –

- Do not cross over feet.
- When moving keep hands up.
- Do not split them unless one is down or moving away.
- Add strikes and kicks once you are good at the basic movements.

Biting (Kino Mutai)

UNINTERRUPTED biting and gouging (You must have a base)

- This escalates things.
- The reason to do these is to get room to escape
- Small bites then rip your head back if possible and push him away for a double ripping action
- Growl and snarl for psychological effect.
- Bite where there is flesh.

<https://youtu.be/aDos80YWVwM> she bit off boyfriend's ear

<https://youtu.be/wN1YFg5ac0Y> Ground Biting Meat Oliva

<https://youtu.be/7W-fRygZYX4> Bruce Lee Biting

<https://youtu.be/d23M-D06Fv8> Paul Vunak Biting to Defend the Rear Naked Choke

<https://youtu.be/w3j1AfVsbP8> Biting Nipple

<https://youtu.be/9Tq6Ca0V-Wo> Example of getting out of getting hit with biting. Biting from bottom.

<http://www.tigerclaw.com/blog/2010/12/biters-vs-fighters/> Article

<https://youtu.be/82KupfHErfg> Biting Intro video

<https://youtu.be/hoKToW0etPk> Better one tattooed guy

Defense against bite.

- DON'T PULL AWAY. Push in to it to smother him.

Edged Weapons

**MOSTLY CONSIDERED LETHAL FORCE
BE PREPARED TO DEFEND YOURSELF
LEGALLY**

- Laws about length of blade and opening mechanisms
- Bigger knives are better for self-defense, but harder to justify

legally.

- **THIS IS VERY UGLY BUSINESS!!!**
- Box Cutters
- Folders
- Butcher Knife (used in more homicides than any other blade)
- Prison knife fighting Grab and stab (Drill)
- Cut forehead. Blood will flood into eyes.
- Pen Knife
- Coin Knife
- Key Knife
- Belt Knife
- Lipstick Knife
- Kubotan Knife
- Cane Knife
- Umbrella Knife
- Neck Knife
- Boot Knife
- Balisong (Butterfly Knife) Take enormous practice.

Major Knife Targets for Bleeding and Loss of Mobility

Exsanguination - Blood loss leading to death

Carotid Artery

Brachial Artery

Groin

Femoral Artery

Kidneys (Renal Artery)

Liver

Spleen

Heart

Aorta

Achilles Tendon

Bicep

Forearm

Wrist

Defense Against Knife - Drill Lee Morrison

If he knows what he's doing and he really wanted to stab you, he would have done it already and you wouldn't see it coming.

If he doesn't know what he's doing and wants to attack you, you have a great chance to survive.

If he is holding the knife on you, he wants something from you. This gives you an opportunity to deal with the situation. In most cases you are now justified to use deadly force against the attacker.

If he attacks, you will probably get cut in the hands and/or arms. You must accept these non-fatal injuries to have a chance to survive. IF YOU PANIC AND BACK UP, THE REST OF THE CUTS WILL PROBABLY KILL YOU.

Pre-Emptive

- **WATCH HANDS.**
- Attack before weapon is accessed.
- Foul the draw
- Attack the head repeatedly trying to knock him unconscious. (We call this “Taking Out the Trash”)

If he is brandishing and you see it coming:

- Use environmental items (chairs, coats, barstools, etc.), keep distance, use belt, swat at knife and attack, - (Kali – Defang the Snake)
- Crash inside and fend off with backs of hands. We are vulnerable on the inside of arms, legs and midsection. You may get cut but probably not lethally.
- Flank and attack. Most people are right handed. **DO NOT STOP UNTIL THE THREAT IS ENTIRELY ELIMINATED!**
- Keep stomach and chest away.
- Don't back up. It gives him room to keep attacking.
- **You cannot grab the knife or knife hand. That is horseshit. You will get killed.**
- Keep fighting to win!!!

Tactics

Psychological Tactics

- Your attack should surprise the attacker. (be a good actor)
- Your attack should create an emergency for him/her so they are worried about their own pain instead of attacking you.
- If you're defending, you are losing.
- Talking / asking questions while striking, / pattern interrupts
- Non-threatening posture,
- Attack while he's talking. Can break jaw, bite tongue, knock out.
- Act like your Watch/Ring/Necklace/Bracelet is precious (whether it is or it isn't) When bad guy is focused on it, attack. **NOTE: if it doesn't appear there will be physical danger to you just give him the stuff and run away.**
- Either defuse or use a Pre-emptive strike, "You're Dead and Don't Know It" Joseph Simonet
- When you want to intimidate (or look tougher than you are). Keep your chin tucked. Look out top of your eyes. It protects your throat and makes you look more like a non-victim.
- Keep most cash away from your wallet.
- Keep cash in two different pockets. If held up. Pull out small amount of cash from one pocket and throw it on the ground as you run the other way. (don't diss the attacker)

- Use a throwaway wallet. Fake promotional credit cards, some cash, fake family photos.
- At ATM if you have bad feeling....hit cancel and scream at the machine “What do you mean insufficient funds” (make yourself a less valuable target)
- Try not to let someone see where you keep your real stash of cash like when leaving the ATM machine.
- Act Crazy. Lady walked down middle of the street late at night talking loudly to herself.

Physical Tactics

- Watch Hands!!!
- Get them moving backwards. You can move forward faster than they can move backwards.
- Going forward when in close
- Killer Mindset when in close / Relaxed when Out of range
- When you get on the inside glue yourself to the person and keep striking kicking gouging until the threat is done or you can escape.
- “His feet are where my feet should be.” Kelly McCann
“Wherever you are standing, you are in my spot.” Joseph Simonet
- Any entry must be significant right off the bat.
- Using newspapers/magazine/scarfs for distraction

- Large Movements mask small movements. Car example with seatbelt.
- Don't give up back. Don't get choked.
- Distract Low, Hit High and vice versa
- Thinker stance is unassuming
- Hands up stance is good
It's hard to find movement out of movement. When diffusing the situation move a little which will cover your surprise attack. Also talk and ask questions.
- Take advantage of balance (line through heels demo)
- If you are going to run. Don't turn your back until a safe distance.
- Do not let anyone get behind you

Ground Fighting Drill

NEVER GO TO THE GROUND ON PURPOSE IN STREET FIGHTING!

If knocked down, tuck chin to keep your head from smashing the ground

- Spider Technique
- **Do not turn back to try to get up.**

If flat on back with attacker on top of you (ground and pound POTENTIALLY LETHAL):

- Knee technique while he is striking. Go out the back door.
- Hold him tight technique

- Kino
- Get to your folder knife if you are confident you can get to it quick with one hand and use it savagely.

If flat on back with attacker on top of you (attempted rape)

- Inguinal area
- Eye gouge
- Kino
- Get to your folder knife if you are confident you can get to it quick with one hand and use it savagely.

Automobile Safety

- Don't put home address in GPS
- **If broken down in secluded place hide outside of car,** (carry blankets in winter)
- At Gas Station, (video)
- In Parking Lots, do not walk near other cars.
- Learn to use key fob
- Keep valuable stuff off your seats in your car so you don't get robbed. Do it before you get to your destination.
- Dash Cam to continuously record with GPS Real Time Logger (Helps prevent "Swoop and Squat" and "Brake Checking")

- Run Flat Tires/Inserts [Beginning Video of Asian Couple and Child] [Second Video of Flat Tire and Beating]
- Heavy Duty Bumper (Picture) xxxxx
- Dual Battery Installation (Picture) xxxxx
- Carjackings on the rise because it's more difficult to steal a car now.
 - 77% involve a weapon (most are guns)
 - 54% committed by two or more people
 - Way more likely to be jacked if you're alone. Criminals do not like groups of people.

DO NOT LEAVE WITH THE CAR JACKER. NEVER, NEVER, NEVER, NEVER, NEVER, NEVER, NEVER, NEVER.

FIGHT IT OUT THERE!!!!!!!!!!

They want to take the car while it's running.

- **If a child is in the car assertively tell carjacker you are going to get the child (Do not ask permission. CLOSE THE DRIVER'S DOOR while you head toward the back seat to retrieve the child.)**
- In car, if you have time, set off smoke grenade or pepper spray grenade. <http://www.BurglarBomb.com> They don't recommend mounting in a car. I'm just giving you ideas and options.
- **Bump and Rob** - Car bumps you. You get out. You get robbed.
- 20 Dollar Bill on Windshield Trick

- Waving you down as if there is something wrong with your vehicle. **DON'T STOP**. Check your gauges and drive to nearest safe place.
- Approaching you in a parking lot with offer to fix your flat, repair your dent, fix your windshield etc. (they may have done the damage to your car in the first place.)
- **Good Samaritan** (don't help a stranded motorist other than calling 911 from a distance) it could be a set up. Or (Jan 23, 2016 Blizzard Murder of Good Samaritan helping guy who ran off road.)
- Lock Doors
- Windows Up - Always
- Be especially vigilant when stopped.
- Be especially vigilant when leaving or entering your vehicle
 - Entering Vehicle** –
 - Look all around.
 - Have keys ready
 - Have at least one hand available.
 - Glance at tires on your side (or both sides if it doesn't put you in danger)
 - Unlock and only Open only the driver's door
 - **IMMEDIATELY LOCK DOOR**
 - Be EXTREMELY cautious when a vehicle has parked beside you that you cannot see inside (especially vans)
 - Remember, you can always buy more stuff.
 - I can't think of any decent store that wouldn't provide you with an escort to your car if you asked.

When Parking and Leaving Vehicle -

- Look all around when approaching parking space.
- Park as close as possible to stores in well-lit areas.

- If you see anyone that looks even remotely suspicious, keep on driving to another space.
- DO NOT park next to a van with no windows, or a vehicle you cannot see inside.

- Use “Combat Parking” whenever possible.

- Turn car off and guard the keys

- Many cars stolen in cold weather during warm ups.

- If someone approaches car, **WATCH HANDS** and be ready to move. (movement is safety)

- ½ = empty

- **Check if you are being followed.** Make strange maneuvers and watch to see what the following car does. If being followed, drive to nearest highly visible public area or police station.

- Evasive driving class. Look where you want the vehicle to go.

- **WHEN STOPPED BE ABLE TO SEE TIRES OF CAR IN FRONT OF YOU.**

- Ramming a vehicle forward (25MPH or Less). You lean back in case airbag deploys. Hold gear shift. Use front corner to hit an axle line. Floor it in rear wheel car. If the car is still moving, try to hit trailing end.

- Ramming backward. Hold on to seat back, aim the best you can. Don't floor it. Give steady gas in rear wheel car.

- In most cases it's easier to ram rear of car because it's usually lighter because the engine is in the front.

- To spin out a car passing you, wait till his rear wheel passes your front bumper.
- J-Turn
- Bootlegger Turn
- If your car is dead and you're facing bullets it may be better to get away from car and find other cover.
- Don't get stuck in the cone of open door and driver's seat unless you have plenty of time to start the car and take off.
- Don't shop when armored truck is out front of store or bank.

Fighting Inside Car Drill (Much more difficult to fight in a car)

- Three-person team.
- One holds chair.
- One gets in chair
- Other person comes up to get kicked.

Gun disarm with guy outside car. Push gun against dash. Drive forward (only works if no cars in front)

Legal

Note: You cannot Depend on anything in this section. You should have your own legal representative explain the laws where you live.

Create Your Own Favorable Witnesses

- Use a ready stance that appears to be defensive.
- Retreat if you can do so safely (even in “stand your ground” states this will make you look WAY better in court)
- Draw positive attention to yourself. Witnesses have selective memory. You want positive stuff coming out of them when they talk to police.
- Do everything you can to de-escalate and be able to articulate what you did. Be loud about it so others can overhear you.
- **Showing Restraint** will help you in court. I.e. you did everything possible to avoid a confrontation AND you didn't pulverize the person although you could have.

Be Able to Show That:

- You tried to calm the situation down.
- You weren't puffing up and making things worse.
- You didn't start the trouble in the first place.
- You called 911
- You haven't been putting stupid signs up at your house and on your car/t-shirt, etc.

Things You Can Yell Out:

- “Put down the knife/gun/bat/pipe, etc. Someone Call 911”
- “Stop hitting me!”
- “Don't hit me!”
- “Leave me/us alone!”
- “Quit following me!”

- “I don’t want to fight you!”
- Use a Dash Cam or Personal Body Cam to prove what you are saying to police.
- Pre-Emptive strikes are ok if: You can prove you were in imminent danger. Posturing, verbal threats, brandishing, etc.

A jury can acquit you for any reason. Give them lots of reasons.

Reasonable Force

- Only the force reasonably necessary to repel the attacker’s force.
- Enormous gray area

Disparity of Force

<https://www.usconcealedcarry.com/disparity-of-force/> Good discussion and a must read.

- Multiple attackers give you more “leeway” legally.
- If you’re unarmed against someone armed. Gives more leeway legally.
- Someone much larger and stronger going against someone much smaller and weaker gives you more leeway legally.

Some of the factors considered in disparity of force are:

- Age
- Overwhelming size
- Overwhelming strength
- Force of numbers
- Advanced skill in unarmed combat

Please carefully read the article above and read more articles and books on this topic. Try to see where you would fit into different situations against various opponents.

After an Incident

- Be prepared mentally to be arrested, handcuffed, and taken to jail. In many places this is standard procedure until they can figure things out.
- **Be cooperative the entire time.**
- **Unless necessary to keep an attacker at bay, do not have a weapon in your hand when police arrive.**

What to say to 911

<http://www.secondcallddefense.org/after-shooting-steps> Also, read this carefully. I am not endorsing this group, but information is sound.

Do the best you can to compose yourself before you call, unless there is imminent danger or immediate need for medical assistance.

- Your name
- Street address (where you are located at the moment)
- What happened (Very Brief- “I was attacked. There was a shooting.”)
- Request for ambulance and police
- Your location at the address (“I’m at the service entrance behind the building.”)
- Description of yourself (“I’m a white male, 6’2” tall, heavy build wearing sweat pants and a fisherman’s vest.”)

You could add. I feel upset and sick and can't talk any more.

What to Say to Police

- Officer, this person attacked me.
- I will sign the complaint.
- Here is the evidence (whatever tool the assailant used to attack you).
- These are the witnesses (if there are any).
- You will have my full cooperation within 24 hours after I meet with my attorney. Until then, I wish to assert my 5th Amendment right and remain silent.

Book about use of force:

“Scaling Force: Dynamic Decision Making Under Threat of Violence”

by Rory Miller and Lawrence Kane

Video about use of force:

BulletProof Legal Defense: Save Your Life & Stay Out of Prison by Peyton Quinn

I.M.O.P = Intent, Means, Opportunity, Preclusion

Intent: You must be able to explain how the attacker showed intent to harm you.

Means: You must be able to explain how the intent was legitimate and could be carried out.

Opportunity: You must be able to explain that the bad guy actually had the access to you to do the harm. (a big tough guy with a club that's 50 yards away across a stream does not have "opportunity")

Preclusion: You must be able to explain that you had no safe alternatives other than force.

Misc. Legal

Virginia has a "**minutest of faults doctrine**," which means that you cannot instigate behavior that would ultimately require you to defend yourself.

A robber brandishes a knife or a gun, and threatens you with it, both Florida and Virginia allow you to use lethal recourse to defend yourself without attempting to retreat first.

In Virginia, you cannot use lethal force just because someone has invaded your home. You must have a reasonable fear of death or serious bodily harm." You have a "Duty to Retreat" as opposed to "Stand Your Ground" (Florida has a "presumption of Fear" if someone enters your home)

In Virginia, car owners have no duty to retreat, but, again, can only use deadly force to defend against a reasonable fear of death or great bodily harm.

Florida permits the use of deadly force to repel forcible felonies. That means that Florida law permits you to shoot at a carjacker even after the car has been stolen and the carjacker is driving away.

Confined & Dangerous Spaces

Attacks don't always happen in a well-lit room with a padded floor

- Use the wall to pin the opponent and as a buddy to strike him.

- Use wall to slam opponent against
- You may not have room to kick
- Bathroom Stall,
- In car
- Elevators - Where to stand
- Hallway,
- Closet,
- Near Railings / Train Tracks
- Storage Rooms
- Port-a-Potty
- In Vehicles

Travel Tips

- Don't be afraid to ask for an escort to your room.
- Cover your peep hole in hotel (Reverse Peep Hole Viewers)
- See Behind Sunglasses
- 90 Degree Video Gadget – You can use your phone to photograph stuff, without looking like a tourist.

- **Door Alarms**
- **Door Jams** – Not a great idea if you have health problems because emergency help can't get to you.
- Personal Alarms
- <http://www.spyville.com/password-recovery.html> Stealth Webcam recorder. Motion Activated. Great if you leave your laptop on your desk in a hotel room even if they steal the laptop photos automatically emailed to you of who did it.
- **Photo Trap App** – Compares before and after pictures of your stuff to see if anyone messed with it.
- **Money Belt**
- **Cache Cap**
- **RFID Wallet**
- **Money Socks**
- **Only use Legitimate Transportation Services**

=====

My Combative Influences in Alphabetical Order

*Actually Studied with this person

***Joey Agustin** – City of Norfolk K-9 handler. Protection dog training and weight training.

Massaad Ayooob – Use of lethal force

***Alain Burrese** – Hapkido 5th Dan Joint and Wrist locks and controlling techniques.

***Tony Cecchine** – One of the top 20 streetfighters in America as voted by BlackBelt Magazine – Limb Destruction, Ripping and Tearing

Lauren Christensen – All kinds of seriously kickass stuff.

***Al Clark** – Cofounder of the infamous Blackwater Security. Navy Seal Trainer. Combat handgun.

Jason Hanson – Former CIA escape and evasion techniques

***Nicole Hubert** – World class working dog trainer. Protection dog training and handling

***Stephane Hubert** – World Class Decoy. Protection dog training and handling.

Michael Janich – Basic Cane fighting, Joint Manipulation, Knife Handling

James Keating – Bandana Fighting

Bill Kipp – Performing under high stress, De-escalation Techniques

***Jon Kolb** – Former Superbowl Champion for the Pittsburgh Steelers. Brutal Wrestling Techniques

Kelly McCann AKA Jim Grover – Founder of the Crucible. Combat Baton, Improvised Weapons, Pepper Spray technique

***Ron McCloskey** – My first Karate teacher in high school. Breaking technique, mental toughness, discipline.

Lee Morrison – Knife Defense

***Kent Mote** – Founder C2 Shooting Center, Basic Sniper and Sub-Machine Gun Training

Erik Paulsen – Neck Cranks

***Nick Petronka** – My high school wrestling coach. He was undefeated in high school and college wrestling. Brutal Wrestling Techniques

***NRA Instructors** -- Holster Qualification, Concealed Carry Virginia, Concealed Carry Utah, Defensive Handgun Inside the Home, Defensive Handgun Outside the Home, Tactical Handgun Shooting on the Move

***Master Mike Snyder** – Combat KungFu teacher in college

Dr. Ruthless – Women’s self-defense

***Jerry Seaman** – PIAA Champion and Hall of Fame Wrestler - Brutal Wrestling Techniques

Wade Schalles – Guinness Book of Records World Record Holder for Number of Pins – Causing Pain within the rules or “Legal Pain”

Joseph Simonet – Two Handed Stick Fighting, Supported Elbow Frame (with others)

Dave Spaulding – 36 Years Law Enforcement, 12 Years SWAT Trainer -Combat Handgun

Paul Vunak – Kali Expert. Kino Mutai and Defanging the Snake (taking out their limbs)

Jim Wagner – Anti Terror Training

Gregg Wooldridge – Body Guarding and protecting loved ones

Trav <http://howtofightnow.com/> Former pro fighter. A little crazy, but lots of free info and courses.

Greg Nelson - Clinching

Probably at least 100 Other people I've learned a technique or a nuance of a technique from.

Resources:

<http://www.cutlerywholesaler.com/defense-weapons.aspx>

Alain Burrese <http://SurviveAndDefend.com> Survive and Defend is all about safety, self-defense and survival. There are free resources and reviews, and a low fee membership site that contains hundreds of pages of information that saves lives. Information to keep you safe and defend yourself is continuously added. There are not only Alain's DVDs, but over 100 other great DVD resources.

<http://www.Burrese.com> This is Alain's personal hub that shares the topics he speaks, teaches and writes on. This includes safety and self-defense, hapkido and martial arts, and communication skills for conflict resolution.

Tony Cecchine <http://catchwrestling.com/> Devastating Membership Site
<http://catchwrestle.com/> Snap / No Tap DVDs and other training

<http://www.pcawa.org/> Peel committee Against Women Abuse

<http://www.donrearic.com/main.html> Lots of interesting articles about weapons and all kinds of stuff.

Some hard to find resources. Please let me know if you run across any references or products by these people. I'm trying to find the following:

Herman Suwanda had about the best video material on the Sarong.

Vladimir Vasiliev - Jacket Fighting

Dr. Brett Jacques and Vladimir Vasiliev - Fighting with Furniture

Articles

“Marked for Mayhem”

<https://www.psychologytoday.com/articles/200901/marked-mayhem>

“Mistakes Women Make” by a Woman Cop

http://www.kevincoffey.com/women_safety/women_safety_tips_from_a_woman_cop.htm

In depth article about high heels by Martial Arts lady

<http://www.mcsweeneys.net/articles/column-2-dressing-up-looking-down>

Stilettoes and Self-defense

http://www.nytimes.com/2015/11/15/fashion/high-heels-self-defense.html?_r=0

15 Shoes That Double as Weapons

<http://www.racked.com/2013/4/24/7675075/protect-yourself-15-shoes-that-double-as-weapons#4510234>

The Advantage of Strobe Flashlights

<http://dailycaller.com/2013/11/21/tactical-the-advantages-of-strobing-flashlights/>

For Protection Dogs

<http://www.ProtectionDogsElite.com>

For Advanced Internet Training:

<http://www.GreatInternetMarketingTraining.com>

For Internet Marketing Distance Learning Certificate:

<http://www.IMTCVA.org>

Lots of Free Webinars by Tom Antion and Others

<http://www.TomAntionWebinars.com>

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