

# **ACCELERATED BATTLEFIELD COMBATIVES**

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## ACCELERATED BATTLEFIELD COMBATIVES

### Part 1: Close Combat Toolbox

Welcome to Accelerated Battlefield Combatives. But before we dive right into the meat of this course, we need to have a very serious talk about everything I'm about to show you. You see, the concepts of personal protection, fighting, self defense and martial arts, is a very touchy subject and it all has to do with the simple fact that the actual act of fighting is all based solely upon our survival instinct. What I mean is that no sane person, even soldiers, professional fighters or trained martial artists truly want to hurt or kill another human being. But when it comes to that kill or be killed moment, your natural survival instinct will take over and do whatever it can to save your life.

Therefore, learning to properly defend yourself is much more than just avoiding injury, humiliation, or even death. It's a way of confident living on all levels by harnessing those natural survival instincts to combat our greatest enemy of all: fear. And it's that underlying notion of fear is what makes debating what is the best martial art just as pointless as debating what is the best religion, or what is the best political standpoint. Because no matter what you say, no one, after being a devout Christian, Jew, Republican, Democrat, karate guy, MMA fighter, kung fu master, judo Olympian, whatever, is going to suddenly say 'hey, you're right. Everything I've been doing my entire life has been wrong. I'll gladly throw away all those years' devotion, study and sacrifice and instantly change my position, just because you made a good argument.'

Luckily, again, just like religion and politics, martial arts can be divided into separate factions to accommodate every individual's wants, needs, abilities, and interests. Thanks to movies, TV, the internet and the simple fact that post World War II there is no actual proof of any one method of fighting being completely dominant in all situations that these once important divisions of martial arts have blurred to the point of nonexistence. That being said, it's important for you to understand that there are actually three types of martial arts. There are cultural fighting arts, combative sport and self-defense. All have many overlapping elements, but each category is distinctively different and must be treated as such. But with hundreds of styles and martial arts out there, which is which and what is the difference between them all?

Well, let's break it down. The first category, cultural fighting arts is everything from traditional Karate to Hapkido, to Kenpo, to Eskrima to Aikido, to Kung Fu, to the countless other cultural fighting arts that have been developed throughout history by almost every civilization. All are fun to do, all are very interesting, and all provide a very well rounded education in world culture and martial theory. However, no cultural fighting art has any proof of dominant effectiveness in the modern world. Yes you read that right. Aikido, Karate, Kung Fu, etc., is not proven effective self-defense. Nor does it classify as proven, effective, combat sport. Therefore without an abundance of proof, it is only martial theory, not fact.

The second category is combative sport. Combative sports include Olympic Judo, Tae Kwon Do, Brazilian Jujitsu, Muay Thai kick boxing, all forms of wrestling, western boxing, and most recently, MMA, Mixed martial arts which has been popularized by events such as UFC and Pride Fighting. In combative sport you are forced to prove the effectiveness of your methods and skill in live combat. There is no guesswork, no debate. In other words, either it works and you win or it doesn't work and you lose. We all saw Royce Gracie easily pick apart the cultural fighting art

practitioners in the first couple of UFC's. Search the internet for Muay Thai knock outs, and you'll see some talented and hard working combative athletes blasting each other until unconsciousness, but it too is not self defense. It is only a training and conditioning method for self defense.

A great example of this is how the ancient Greeks used wrestling, boxing, and other Olympic events as training for war, not as the actual techniques used on the battlefield. But even a more simplistic explanation is simply that the rules, regulations, and referees that are required in combative sport are not going to be there when someone is trying to kill you in a dark alley. So no, Brazilian Jujitsu, Muay Thai, wrestling, Judo, boxing, etc., are not methods of self defense either. Training for self-defense application, yes, self-defense, no. Combative sport is what you use to train yourself to make sure that your self-defense works under battle stress conditions.

So finally, let's talk about self-defense. Self-defense defined is protecting yourself from attack. It sounds simple, right, and it is. The real trick is that there are a million and one different ways you can be attacked. Everything from a drunk tackling you at the local bar to an armed mugging on your way home from work, to a car jacking, to being caught in the middle of a military or terrorist operation. Self defense has one purpose and one purpose only: to survive. And that brings us back to full circle to the fact that survival is dependant on the manipulation of fear into something you can use which is exactly what we are going to cover in this course. So listen, learn, and practice. Do not abandon or quit any cultural fighting art or combative sport you currently participate in, if any. Replacement is not the purpose of this course, our company, or any of our material. It's simply to add to your existing knowledge base a tool box of methods that work under any conditions to save your life when that time comes.

Fighting is a funny thing. Watch any professional combative sport and you'll eventually see that anyone can beat anyone else on any given day. Like most things in nature, there's no 100% answer to anything. But when it comes to matters of life and death, the smart thing to do is stack the odds in your favor. Based on that logic, there's only one method of self defense that has been documented and statistically proven effective under any circumstances for any individual and that method is a system of World War II combatives. I train at the Zenshin school of Tekkenryu Jujutsu and Kodokan Judo. This is a special place for me as it is where I first learned the truth about self defense. Opened by self defense specialist Damian Ross until recently, this sight has served as the only place on the planet to learn the full curriculum devised by the last direct expert of World War II combatives, Carl Cestari. Like many of us whom he took under his wing, Carl began as an avid practitioner of both cultural fighting arts and competitive combat sport. But through his work as a soldier and police officer, he realized that there were blatant and obvious gaps in these methods of martial training, the nagging doubt that what you were practicing would not work in real kill or be killed combat.

After seeing his sergeant, an old World War II vet, walked away completely unscathed from a bloody biker brawl, Carl sought out and trained personally with World War II self defense legend Charlie Nelson. His continued research and passion for the subject led him to Colonel Rex Applegate, author of the famous military manual 'Kill or be Killed', and again, in turn, to the lost works and methods of Biddle, Sykes, O'Neal, and most importantly their teacher, William Fairborn. You see in preparation for war against the greatest threat the world has ever seen, the Nazis, the British Foreign Services funded an effort to discover what really worked in both armed

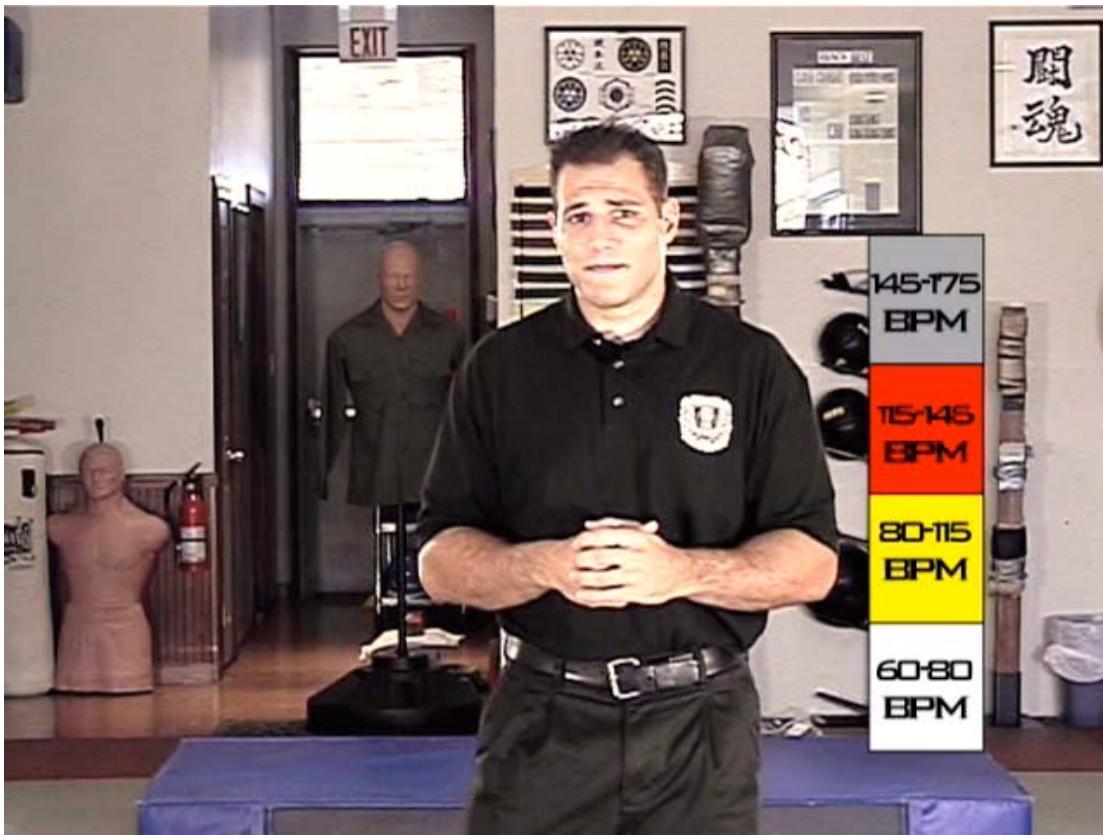
and unarmed close combat in the 1920's and 30's. In other words, did this exotic martial arts stuff really work, or was it just a lot of smoke and mirrors?

William Fairborn was the man that they trusted with this project, and for good reason. Fairborn was not only an expert in judo and jujitsu by way of Japan, but he put it, and everything else he learned from his eastern and western travels, to good use defending the most violent city in recorded history as commander of Shanghai municipal police prior to World War II. Taking his vast and proven in combat knowledge back to England, Canada, and the United States, Fairborn trained commandos, spies and Special Forces to take on and neutralize the Nazi threat.

Fairborn to Biddle, Kelly, Sykes, O'Neal and Applegate, Biddle, Kelly and Applegate to Charlie Nelson, Applegate and Nelson to Cestari, Carl Cestari to the five ranking instructors of The Complete Method of World War II Combatives: Damian Ross, Clint Sporman, Roger Jones, Peter Barry and me, Chris Pizzo, The executive board of the International Association of Close Combat Professionals, and now us to you starting with this accelerated battlefield combatives learning course.

So why exactly is World War II combatives the only proven and documented method of successful self-defense? One word: fear. To understand this fully, you have to understand what actually happens to your body during kill or be killed combat and to understand your body, we need to look to what actually controls it; your heart. At 60-80 beats per minute you're in a resting heart rate and everything in your sympathetic nervous system is performing normally. But when frightened to 115 beats per minute, your fine motor skills deteriorate. The ability to put a key into a car door or even tie your shoes rapidly goes down the drain. However from 115 to 145 beats per minute is the optimal survival and conduct performance level for complex motor skills, visual reaction time, and cognitive thinking. Complex motor skills are multi muscle involved movements as found in all martial arts; reverse punch, front kick, wrist lock, arm bar, hit throw, etc., and this is the reason why it is so important for police officers, soldiers and other people who are constantly in harms way, to practice some sort of combative sport as well as learn the methods of World War II combatives that we're going to show you.

If you are able to train your body to respond appropriately to fear induced stress under competitive conditions, you will be better able to perform your duties during battle. Because at 145 beats per minute your complex motor skills immediately begin to deteriorate and at 175 beats per minute you can't think straight, you lose peripheral vision, your hearing excludes everything not in that tunnel vision and vascular constriction sets in as a natural way to reduce bleeding from any wounds you're about to suffer. Then, above 175, is where irrational fight or flight sets in, as well as natural submissive behavior, combat freezing and the emptying of your bladder and bowels. At this point the only movement ability you have left is gross motor skills; running, charging the wide arcing of your limbs. But this is exactly where World War II combatives operate, at the gross motor movement level and therefore can still be performed perfectly and effectively under any level of fear induced combat stress. Now, let's start filling your tool box with these methods.



Okay, the first thing we're going to talk about is your stance. Now the big misconception is that 'well if I'm suddenly attacked am I even going to be able to get into some sort of stance, boxing, karate, kung fu, whatever?' The reality is no, but you have to have some sort of tool to at least fall back on and so if you are suddenly attacked, you know the first thing to do is at least fix your stance to make sure you're not knocked to the ground, to make sure that you're not bowled over. The big important concept that's going to carry throughout this course is the concept of constantly driving forward, which is a basic military tactic of driving forward and taking ground.

## STANCE



So our stance and whether we're talking to someone or we're feel threatened or somebody suddenly pops out of somewhere or whatever, it doesn't matter, you're first priority is to get to this stance. This stance is simply a staggered stance so your weight is balanced, your back foot on your toes and your weight distributed evenly. The reason that your back foot and your heel is off the ground is very simple: it stops any forward momentum.



Now when you add to that hand positions, and many police officers will know exactly what I'm talking about, automatically adding your hand position to your staggered stance puts you entirely in another field of experience against any random attacker. Your hands must always be above your attacker, your assailants, your opponents. Whether you're talking to somebody, feel threatened or not, it's just a great habit to start getting used to doing the hand and feet stance. It's completely unobtrusive; they don't feel threatened at all.



It's not rude, it's just good practice and you'll notice that all of us on the instructor staff, even shooting video sometime, the way we stand is just like this, it's just a habit, keeping your hands above the other person.

If the person has their hands at their waist when you're talking, you can have your hand on your belt, as long as they're above their hands. If they have their hands on their belt or their waistline or their hips, you can cross your arms.



Do not fold your arms because then you're tying yourself in a knot.



Just place them on top of one another.



If their arms are crossed you're up here.



If you need to drive back in, you can drive back in. As long as something is above it because if he

comes in you have the higher ground, it's another important military concept that's proven effective throughout history; forward momentum, drive, staying above.



If the person is up here or that has their hands high or even gets into some sort of fighting stance you go to 'hey, I don't want any trouble', alright? This is still having their hands higher, if you need to get to them, down and then you can come in. If they come in on you, it doesn't matter, you can do everything.

Just a quick review: staggered stance, make sure your weight should be evenly, maybe 70-30 on your back foot so you can push forward, defend yourself against being attacked and pushed backwards. Seriously, stand up and just get in the stance. You automatically, naturally feel it. Whether you, the fear response and the competitive environment, this is natural, again gross body movement stances that are, that regardless of your heart rate you're able to manipulate yourself into these.

### Finger Dart & Whip Kick

Okay the first technique we're going to talk about is a finger dart. The big misconception on this is that we are actually going to drive our finger into somebody's eye or somewhere very specific. We've already covered that when your heart rate gets above 145 beats per minute that you have no fine motor movements. Your complex motor movements just flew out the window. Everything is gross. You will not be able to target anything exactly, thanks to your fear induced state.



So a finger dart, again we get in our stance, keep our hands comfortable above our opponents or aggressor and the finger dart is simply shooting your full arm out with your fingers extended, and that's it.

Anywhere you hit them on the face is going to make them automatically at least pause for a fraction of a second and that's all we're looking for. We're not looking to gouge their eye out, we're not looking to break their nose, we're not looking to fish hook their mouth, we're not looking to knock them out. All we're looking to do is stop them for a split second, boom, to get that reaction.



Okay, that reaction's what we're looking for. Just that split second pause to open something up, whether it's to run or whether it's to drive back in, it doesn't matter.

It is intently important to stop that forward drive and the finger dart does a great job on it. Now hey, if you happen to get them in the eyes or in the mouth, some sort of fish hook, rip their cheek through or drive their face back, that's entirely another move but hey, that's all good. There's no rules, regulations in kill or be killed combat.

### **WHIP KICK**

Dove tailing off of that, is a whip kick. Traditional front kick, traditional side kicks are excellent, excellent techniques but they're complex motor movements and again in the fear induced state you're not going to be able to do that. You're not going to be able to chinch your leg up and drive out perfectly.



What you are going to be able to do is lift your leg and that's all the whip kick is. That's it.





Finger dart with a kick stops their momentum. Notice how his weight went on his back foot. This works whether he's charging from running from a quarter mile away into you or just pops around the corner. This stops any move momentum, as long as he's on his back heel, it gives you now the opportunity to drive back in and do what you need to do.

## ELBOWS & KNEES



Okay, elbows, especially in combative sports like Muay Thai, there's loads of different ways to do elbows. What we're interested in doing for this application is to continue with the concepts of gross motor movement in that in Muay Thai the object is to is to either cut your opponent or knock them out, which is why they either come across the top or they come to the cross ear and up to open it up.

For self defense applications unless you are a highly trained individual, again those are still complex motor movements because you are using thought process to manipulate gross motor movements. There's a big, big difference between that and this. Doing this is gross motor movement, boom. Doing that is complex; you're engaging your shoulder, your deltoids, even your tricep into this. So for us, elbows are a small elbow packet, that's the best way to describe it.



You're literally lifting your elbow into an elbow spike.



They come in too fast to get off the finger dart or whip kick, elbow spike.



Same thing for rear elbow shots. It's nothing complex.





Just lifting and using the torque of your gross motor skills to do pretty serious damage whether it's down low, whether it's up high, whether it's from the side this way, even over here, this is still gross motor movements. As long as you don't add in the cutting movements of combative sports

the principal is still the same. To drive your body mass using one of the hardest parts of your body, your elbow, into their body mass and take ground.



Again, Muay Thai kick boxing uses various different, side knees along with knee thrusts, and even in traditional karate there is the same thing, the knee thrust. The difference is that in combative sport and cultural fighting arts is that after you hit you are coming back because you have to prepare yourself for their counter. Because it's a sport, there are rules and regulations. Obviously that doesn't hold water in the real world





When you are throwing a knee for self defense purposes what you're going to do is knee and stomp. Knee and stomp. If you're stomp hits their foot or their shin or whatever, great, but what this is doing is that it's getting full extension through your gross motor movement through your hip and your leg, just lifting it, natural movement allowing you to take ground right afterwards. This allows you to drive through the opponent and put their weight back on their back foot where it's real easy to just push them off.



Same thing if you get somebody bent over, and you have the back of here and you need to knee them in the stomach and the groin and in the face, it's still the same concept. You are driving forward, driving forward. Same thing as with the elbow you're driving forward, driving forward.

### **TIGER CLAW**

Okay we've already talked about extending your arm with the finger dart, there is a little more to it but again this is an introductory course and I'd rather have you take baby steps and know that 'hey, flicking my hand in somebody's face is a very good move as long as it's followed by whip kick or something else'. Do the same thing you did with the elbow spike. If you have enough distance and you know somebody is coming to do something not very nice to you, you use the tiger claw.

The tiger claw, there's nothing simpler, just like the finger dart, nothing simpler than sticking your hand in someone's face. Most people don't expect it; most people are expecting some sort of punch or strike or something or other that's more linear or more traditional in nature. But nothing is more natural than just reaching your hand out and clawing and that's all the tiger claw is. There's no very specific way that you have to have your fingers positioned.



It's not like a kung fu cat claw. It's literally sticking your hand in their face, digging your hand in and driving their head back. That's all it is. If you hit them hard, more of like a traditional palm strike, that is the general idea. Now you're just adding in the rest of it to push through. The finger dart, blading yourself and protecting yourself are all well and good and that will stop the

attack but if you need to drive back into that person immediately, nothing's better than the tiger claw.

## THE EDGE OF HAND

Alright, the edge of hand is probably the most magic technique in all the martial arts you've ever seen and if you have any experience in martial arts you've seen it before. It's a karate chop, a judo chop, whatever. The difference is that in karate Shuto, their edge of hand is very rigid, it's very technique whether it's a knife hand block or it's a knife hand chop or it's a breaking. Your hand is very rigid; it's very structured, again, bringing it back to more complex motor movement.



Edge of hand whether it's a short hack, or whether it's a short chop, or whether it's a long axe chop, it is gross motor movements. All you're doing is swinging your arms loosely.



Doesn't matter but where you're trying to hit is from the tip of your pinkie to the edge of your elbow or to the bottom of your elbow.



Your main target areas are the collar bone and above because that's where it does the most damage. So whether you use a short edge of hand, okay, hit the collar bone, hit the side of the neck, hit the side of the face, on the ear, hit the temple, hit the jaw line, hit the top of the head, it does not matter. It's still going to do devastating damage to your adversary.





Adding the fact that as a gross motor movement it is using velocity and our large muscle groups, it becomes very dangerous to do. So again the best, the three edge of hands that we're going to use in this introductory course is just either a short hack, to the collar bone or a hack to the face or hack anywhere, it doesn't matter.





A hack, a side edge of hand chop, doesn't matter whether it's in the throat, doesn't matter if it's in the gut, it doesn't matter whether your hack is in the leg as you're going to see, doesn't matter whether it's on the clavicle or his traps, doesn't matter side of the neck, back of the neck, top of the head, back of the ear, under the nose bridge, as an upper cut it's all the same.

Short hack, short chop, long chop. These all require you to drive forward, otherwise it's just basically a slap. The difference is when you drive forward with a stomping motion, with this driving foot, your body weight carries into the velocity of your arm and if you do some damage or break something, great. If not it's going to at least stop them or push them backwards.

## CHIN JAB

The last part of the tool box for this series is the chin jab. The chin jab is literally a finishing move. After you have used the finger dart, whip kick, edge of hand, edge of hand, the chin jab is what you use to finish off the opponent. Now whether finishing off means really finishing it off or finishing off enough that you can get the hell out of dodge, that's your own decision. But the chin jab is the most deadly move I've pretty much ever seen.



By driving in and taking their chin and driving it back over, and driving them back over their back heels so their weight is completely gone, driving their head straight into the ground, that is a fight finisher and that's the concept of a chin jab.



There's multiple ways to do a chin jab. The best way and the way everybody should practice is by doing a chin jab with a post which is me posting on the back so when I chin jab him over I'm able to bend him the way that I want him.



Your forearm should be in the chest, elbow down. It should not be over here, that's the tiger claw. The tiger claw is just a straight extension, chin jab is down here. It is not an upward strike; it is a strike, claw, bend over, and slam.

There's no way to do this move safely to a practice partner. I know for a fact Carl, Damian, Clint, these guys have all tried for years, whether it's with Bogu armor or we've tried it in a Redman suit, there's no safe way to practice this. It has to be, if you are at home and you're going to do this on a training partner, you go to the dojo or dojang and you do it to a training partner, you have to be careful because we all know what happens when in the heat of practicing. You get a little excited or whatever else, and this can really do some irreparable damage to someone. So we usually do this at about a 60% speed.



I feel threatened, I blade myself, throw out the finger dart to get the reaction.



Whip kick that opens everything up.







And follow with an edge of hand, edge of hand, chin jab, down. In reality you're going to slam his head into the floor.

## ACCELERATED BATTLEFIELD COMBATIVES

### Part 2: Close Combat Offense

#### ATTACKS

The difference between the combatives that we're practicing here and any other fighting is that in cultural fighting arts and combative sport, you're taught to react to a very specific attack. Whether it's somebody punching you, whether it's somebody kicking you, or whatever else, in real life it's a mess and you don't have the freedom or liberty to, or even the time, to practice against every single, specific attack. Therefore when using gross motor skills in a fear induced state, you are not going to recognize that the man is throwing a punch at you, a kick, he's trying to throw you or whatever else, and so it's very important that you learn non specific attack defenses.

Conveniently, there are really only eight directions of attack that somebody can get you from. The front is one; the back is two, three, four, five, six, seven, eight. That's all there is. The important thing for you to realize is that even though somebody is attacking you from these directions is that there are no rules and regulations or laws that say you have to do something, and the most natural instinct is to either run or fight, so the trick is to take advantage of those by stepping off line.



Step off line when somebody is coming in on you, you stepping out and getting back into your stance.



Stepping off line and you're taking the angle, it satisfies both your fight or flight reflex.

Worse case scenario, somebody's coming at you and you step off line, that's your flight. If you need to you can run. Realistically is it's not really such a good idea, you need to take that attacker out which is why then you engage the fight mechanism which we're going to talk about right now.

## PRACTICING BY THE NUMBERS

When most people learn something they usually use the, especially kinesthetic movement skills, they learn the crawl, walk, run analogy, basically you have to do stuff very slow at first, especially, so if you're doing any sort of martial art, cultural fighting arts or even a combat sports you have to do, start everything very slowly.





Complex motor movements are very difficult to learn unlike gross motor movements.

The best thing about learning gross motor movement fighting skills is that you can completely bypass the crawl, walk, and run process. You can actually start with walk, go to run and finish with sprint because gross motor movements. Since you're not using specific defenses per moves, using very natural gross motor skills to drive back into your opponent are natural and you already know how to do them. We talked about you already know how to raise your arm, you already know how to drop it, manipulating that into edge of hand, you already know how to put your arm out and manipulating that into a finger dart or tiger claw, very naturally. You know how to lift your leg into a whip kick; you already know these moves.

There's no point in wasting time and saying 'well how do I figure this out, how do I figure out how to do the edge of hand, how do I...' It doesn't matter because there's no wrong answer. There is a wrong answer if you're learning to throw a punch; everything from coming into the target area, where I need to hit, if I need to turn my fist, how to engage my hips, because throwing a punch is a complex motor movement. With gross motor movement it doesn't matter, you can completely bypass that.

One of the most useful ways to teach somebody who's never had any sort of fighting experience or martial arts experience, or even those who are still beginners, is to use that the number system. And the reason being is that when people come into a martial arts school or they watch a martial arts video or they even think about fighting, it automatically creates a mental block because it drives them way back into that fight or flight response. Everything having to do with fear for their life, fear of humiliation, ego, testosterone for guys, real physical fear for themselves for women and that becomes an ultimate mental block.

When you use the actual numbers of one, two, three, four, five, six, seven, eight, what that does is associate the movements of self defense or fighting with something that's meaningless, that's just a number. Numbers are not associated with anything in your mind, with anything more than a sequence. Talking and dove tailing sequences together is exactly what self defense is about. So the way we practice is that when we call out the number one, two, three, four, that's the number, you respond to. You don't respond to whatever they're doing.

It doesn't matter if B.J. is throwing a punch, doesn't matter whether he's doing a double leg take down, doesn't matter if he's throwing a kick, doesn't matter if he's trying to head butt me or anything, it's still the same response. And because of that association to a number, all you have to remember is that I have to drive back forward and that's it.





One is, go back into that attacker.



Two is either, if the attacker's in the front, blade yourself, defend yourself that way, or drive back into your attacker. It's very simple.



Three and four, the left and right so three is just me stepping off line, getting out of the way.

It doesn't matter what he's doing, I'm doing what I need to do. Now for you guys who are experienced, you don't really have to use the number system because you have other tools at your disposal, you aren't easily frightened because you have been conditioned to see somebody attack, you still should not practice for self defense specific attack defenses, but the number system for you guys, when teaching somebody else, your wife, your girlfriend or if girls are watching, your husband, boyfriend, your kids, you know whoever you're teaching as students, I highly recommend using the one through eight number system.

Okay now we're on the edge of real meat of the course which is actually defending yourself against attacks. When training with someone, gross motor movements are so random and so chaotic that it's very easy to hurt your training partner which is why it's important to either practice in air, to practice on a heavy bag or if you're practicing with a training partner and to use pads. We rarely except for in the most advanced classes that where people have been doing this for so long and we do random assault and stuff like that, where we allow people to interact with one another using gross motor skills to hit each other without pads.



You can pickup a standard Thai pad in pretty much any martial store.



And the other thing is a dummy head that somebody I made for us. Damian has acquired some wonderful toys over the years.

## EIGHT DIRECTIONS

We already determined that attacks can only come from eight directions. So let's learn to defend ourselves from those eight directions. One is front, number two is back, number three is left, number four is right, number five is left front corner, number six is right front corner, number seven is back left corner, number eight, back right corner.

Okay, so the first thing we're going to do is you have one attacker in front. Whether you are standing minding your own business or whatever else, you realize that somebody's there, part of this is always awareness but we'll get into that a whole other time, another discussion. What to do when your aggressor's coming at you from the front. All these should be standing, in your stance above wherever they are, you can start like this, and you can start like this.



The first movement is simply when they walk in is front kick, tiger claw. After you do your front whip kick, before your foot hits the ground is when you launch your tiger claw. What this is going to do is going to use all the momentum of your body to put into this tiger claw.







Whip kick, tiger claw, edge of hand, edge of hand, chin jab.



If you are suddenly surprised or some sort of close you need to create some distance, you need to go to number two. It's very similar. The attackers still in front, its blading the body; we've done

this before, finger dart, whip kick, edge of hand, edge of hand, edge of hand, chin jab.



Number three, you're going to step to the side number three is to the left side. It's when your attacker comes through; all you're going to do is step off line.





Step off line, whip kick, edge of hand, edge of hand, and a tiger claw.





The tiger claw, when you're on the side of somebody, you can't drive them forward, is a twisting corkscrew. We talked about it before, about doing corkscrews and being complex motor movements but since you are ready in a bladed stance, it's your natural reaction. Just think about driving your hand as far through their face as possible and your arm automatically corkscrews.





Number four, whip kick, edge of hand, edge of hand, tiger claw. You do the same thing for both sides.



Front left or front right corner are just a tad different just because of the fact that when you step

to the front corner, there's not the same distance as there is from number three.

So if you're stepping to number five there's not that much distance between the two of you. The reason you might do this; who knows? There could be anything. There could be a wall right here, there can be your car, okay, and that's the whole point of all this is that it doesn't matter. Which ever way you move back, from back into them, left, right, front corner left, it's all the same stuff. It also works.



Front corner moves, number five, when you step off line to the number five, it is a whip kick, not a round kick, it's a whip kick but twist it. Your side whip kick is not your front, just think of it as with your rear leg you need to front whip kick this man. Whether it's in the gut, in the groin, in the shin, in the ankle, in whatever you can do, it doesn't matter; it's going to stop the momentum.



It's front, edge of hand, edge of hand, tiger claw.



Front right the same exact thing. Whip kick, edge of hand, edge of hand, tiger claw.

So far we've done one, two, three, four, five, six, and now we're going to do seven and eight which are what you need to create some real distance between you and your opponent. Yes, this is great for when being bladed like in number two might not be convenient. There might be a wall right behind you, so number seven is stepping off line, back. When you move to these front corners or even to the side, your footwork is very important it's actually harder to think about it than it is to do because it is how you naturally move. If I need to go to the right, which of my feet is going to move first? It's not going to be some sort of ninja cat cross dance. It's going to be that 'hey, I need to move to the right', right, left, move to the left. If I need to move to the left front corner, which foot is going to move first anyway? Left, right, I need to move to the back it is right, left. So it's not, when you think about it, it's much harder than it is to do it, but just beware that the side that you're moving to, whether it's front corner left, front corner right, back, sides, that's the foot that moves first. Otherwise you are not creating any distance.



Number seven. Step out of the way so you can create distance from you and the attacker.



Whip kick



Tiger claw



Edge of hand, edge of hand



Chin Jab



Number eight; whip kick, edge of hand, edge of hand, chin jab. Exactly the same.

If you can add anything in, you take something out, it doesn't matter. I did what I did on the left side, I did tiger claw, edge of hand, on the right side I did edge of hand, and it doesn't matter. It's all the same, its gross motor movement. Whatever happens. If the persons face is in front of you, do tiger claw. If his face is on the side of you, do edge of hand. There's nothing wrong. The only wrong thing to do is stop.

Alright next we're going to do the same, exact methods of attack but from multiple angles. The first time, what we did is when your attacker's in front of you. When you see them you know it's coming depending on your environment you have to move out of the way and do what we just talked about. Multiple angles is not multiple attackers. You're not going to be able to dispatch man to front, man to left, man to right, man behind you. That is complete Hollywood myth. It just does not happen. Your best bet in any sort of multiple attacker scenario is to either drive through your attacker or escape to a known area. Do not believe in the junk you see on U Tube.

Alright, multiple angles are again, the same eight directions. Number one it's almost identical to what we just did except for, because a person winds up for number two in back of you, , even five and six on the left and right hand corners are still are a little different just because of the fact that you are not moving into them, they are moving into you. That's really the main difference.

Number one is the same exact move we did before: whip kick, tiger claw, edge of hand, edge of hand, chin jab.





Number two, you always stay where you are, your attacker always moves; two is just a whip kick to



the back, it can be as simple if you don't have flexibility it doesn't matter. This stuff is not made for that. You should be able to do this whether you're injured, or whether you're handicapped, it doesn't matter. You do what you can and you manipulate the gross motor movements to whatever you're able to do.



So your backward kick, if you are a trained martial artist and you're not afraid you can throw a back kick, alright, but this is just literally lifting your leg up to stop the attack.



edge of hand, edge of hand,



chin jab.



When attacked on sides three and four respond with whip kick, edge of hand, edge of hand, chin jab.







The interesting thing here and the question we get a lot about is the edge of hand. How is it going to get through the defense? Well that's the beauty of it is, is it doesn't matter; it doesn't have to get through the defense.





You just chop right through the defense and get to what you need to do.

Because you're using eight gross motor movements and parts of your body that are either, very hard; your elbow, side of your hand, your forearm here, you hurting yourself, isn't really an issue. You hurting them, from here, you chopping through, you're going to hurt them.





So don't worry so much about 'well hey my edge of hand's not going to make it through', even a tiger claw from here, if it doesn't go through the defense it doesn't matter. It's still pushing them back into it and then you can chop it down to do whatever you need to do.







Number five, I'm in my stance. I'm here talking at the bar to somebody. Somebody comes up from the side; whip kick, edge of hand, edge of hand, chin jab.







Number six to the upper right hand corner, its whip kick to the front, tiger claw, edge of hand, edge of hand, chin jab. The same exact movement as if somebody was straight up in front of you.





Number seven; you're not moving into them like before, but the movement is the same. Whip kick, edge of hand, edge of hand, tiger claw.



Number eight, whip kick, edge of hand, edge of hand, tiger claw. There are only eight directions of attacks.







If they're throwing a punch, okay, it's the same movement. If I blocked it, hit it, I wasn't trying to do anything except for put my hand in front of my face into his. Just because this happened, it's completely random. Now that I have, I can drive forward, edge of hand, edge of hand, chin jab. Same thing if the man is squared up on you and he takes even one step forward to throw a good right cross or something like that, it doesn't matter. If you are sticking your hand out in their face, alright, if you're going to the side and moving off line, if you're coming to the front whip kicking, if you are coming back here and doing it, doesn't matter. If he is behind you when we were doing the multiple angles, boom, doesn't matter.

You do not wait for the man. It's very difficult in today's civilized world that is very lawyer happy to fully be able to guess, and this is a problem for police officers also, to guess whether this man standing in front of me is going to try to punch me in the face, is going to try to shoot me, going to try to stab me, or we're actually having a real conversation. By focusing on these non specific attack defenses is that yeah, sure, if that person makes a wrong movement you can step off line, you can drive to the side, but also if you need to initiate the attack, if this person acts a little funny, they start going for anything, boom, you go right in. These are offensive moves. Just because we are moving off line does not mean that we are being defensive. We are the aggressor; we are taking aggression back to the attacker. That is the whole point of all these attack defenses.

## ACCELERATED BATTLEFIELD COMBATIVES

### Part 3: Close Combat Defense

#### THE TRUTH ABOUT GRABS

The big misconception and the truth about grabs that you won't hear in any martial arts school is that grabs actually aren't the attack.



Me grabbing B. J. here, that is not the attack. What I'm grabbing him for is to pull him in so I can level him. Or in more of a woman's case, for some sort of abduction, so me standing here and grabbing the wrist, that's not an attack.



Standing here grabbing, and yanking, is an attack.



Me standing here grabbing, punching him is an attack and so on down the line.

It doesn't matter if it's one wrist, it doesn't matter if double leg takedown, it doesn't matter if it's a headlock. The truth about grabs is that the grab itself is not the attack. It's what the person is doing with that grab. Therefore, since you have no idea of what the person is going to do, just like striking attacks, with grab attacks you cannot guess what that person is going to do and have a million different grab specific defenses. So again, non specific grab defenses, which are very similar to the non specific attack.

We do teach advanced wrist escapes, locks, stuff that are complex motor movements, however that's far, far down the line. You have to be able to do what we're going to teach you right now first. Then you can add in whatever you know. So this whole series is about base line self defense, and this is not about replacing what you know, it's just about adding what actually works. Then as you get more confident with this and you train longer and harder and you've been doing this for years, then you can add in, manipulate, whatever else.

What's great is that all of us who learned this, Carl, Damian, myself, we all started in Karate and Tae Kwon Do and wrestling and judo and that built a great foundation. But if I could go back and do this all over again I most certainly would have liked to learn what we're learning here first to use as my foundation and then add in the cultural fighting arts and the combative sport. I feel that both my experience in those would have been greatly enhanced.

## **SINGLE HAND GRABS**

Damian calls it the wrist grabbing epidemic, where somebody's just going to come up to you and grab your wrist again. If they're grabbing you, they're grabbing you to hit you.





So whether he is grabbing to throwing a punch or he uses it to pull me in and do a double leg, you don't know so you better have one defense for all of those.



Grab



A punch stop



Regular Tiger Claw



Punch Stop



A punch stop is simply tiger clawing his shoulder area instead of his face.

If he's throwing that punch okay, this is stopping it. It's not only stopping the punch, it's stopping his forward momentum so I can drive back into him.







Grab, punch, stop, you just stop that momentum but it's not enough, especially if the person outweighs you, your attacker, you have to drive back into them again. Punch stop, tiger claw, make sure to step, don't let go of that wrist, punch stop, tiger claw, edge of hand, edge of hand, edge of hand.

Throw in corkscrew chin jab afterwards or a tiger claw and then whatever you want. That sequence of movements is going to carry us through pretty much all the other grabs.

## CROSS WRIST GRAB



When I used to work as a bouncer and security and I used to see this happen to people, it's usually a cross wrist grab, is not followed by a punch. You don't know if it's going to be or not so I'm just relating a story to you, but what I used to see was cross grab as a method of dragging people away, whether it was some drunk guy grabbing his girlfriend, some girl grabbing another girl or one of the fellow bouncers dragging somebody out. Again, you can't take that as law. This person might be grabbing you to pull a gun out, or a knife. You don't know.





You start with that cork screw tiger claw, edge of hand, edge of hand, edge of hand, finish off with your rear hand if you need to.



We are, we're filming right now, obviously and we cannot go out of a certain area and again, since this is the first time you're seeing this along with everything else that comes with this course, in our advanced tapes it's a little more I think detailed in that we have much more movement into it. The reason I'm saying this is because when B.J.'s grabbing me and I'm coming through, and stepping through, if I kept on moving, I'll eventually wind up all the way over here in the lights. But the concept that you keep on having to drive through and move is not limited to your stepping off line, it's on these attacks also. It's everything, you have to neutralize what's going on and you have to drive yourself back in.



So this, him grabbing me, me doing this is nothing. I could be hitting him as hard as I want, and I can hit pretty damn hard, but it's not going to be nearly as effective as me coming across, pushing, edge of hand, chopping, driving, kneeing, and constantly driving him through. It's very important. I just wanted to make sure that you didn't lose up on that concept.

So far we've done the single hand grab same side, the punch is coming, you punch stop even if the punch is not coming, say he's getting in for a charge or even a double leg. This punch stop stops everything. Punch stop, tiger claw, edge of hand, edge of hand. Cross grab, corkscrew. The other side is no difference, you drive immediately back into them.







Edge of hand, you wind up behind them like this and you can't reach their head, edge of hand to the back of the neck, edge of hand to their kidneys. You can edge of hand to the ribs, edge of hand to the thigh. With the edge of hand, it doesn't matter where you hit, as long as you hit something it's going to do some damage.

## DOUBLE HAND GRAB

Double hand grab, when this happens this is definitely some sort of abduction or their trying to control you.



You have to clasp your hands together; I don't care if this man is 280 pounds and you are a 90 pound woman, you are always able to put your hands together.



You are going to immediately drive back into the person. If you're very short and you manage to hit them in the groin, or the stomach or the solar plexus, great. You drive back and in and in and in, keep on taking distance. Again I'm not taking distance fully for camera purposes.





As soon as you feel their grip letting up, you pull back out and you slam back in with an elbow, edge of hand, edge of hand, chin jab.

Your assailant grabs both of your wrists so clasps your hands together, and drive back into them. If that doesn't work I do it again, if that doesn't work I do it again, the only wrong thing you can do is stop. When I feel that grip loosen up I pull back using all my body weight and gross motor skills to pull back and then what do I do? Do I run? No, because he's still very close, I drive right back in with an elbow to the face, to the side of the body, it doesn't matter. Non specific target areas. Drive back, as soon as there's a little bit of difference you change your elbows back to edge of hands, as soon as something opens up you follow through with tiger claw or your chin jab.

Now that we've covered the three main single hand grabs, single same size grab, single cross grab and the double wrist grab let's move on. To something a little more complex, it's not really complex but just a different area that somebody will grab you with the same side hand. So we did single wrist before, both same side and cross, what if they grab you on the upper arm? Whether they grab you the cloth of your shirt or they grab something or they grab your shoulder or whatever, is it any different than what we just did for the same side wrist grab? Not at all, because what are they grabbing you for? To get a good hold so they can level you.





The person grabs you so, throw a punch stop, tiger claw, edge of hand, edge of hand, edge of hand, and edge of hand (you get the idea). If you know one way then you know them all.



Alright, single hand to the throat, it's the same thing. They're grabbing your throat so they can get a grip to level you or a myriad of different things but if they grab with one hand, trust me, that other hands coming.





Punch stop, tiger claw, edge of hand, edge of hand, edge of hand. If he's just hanging out and wants to be a tough guy and grab your throat, it doesn't matter, you wail on him with that punch stop anyway, because it is slamming him around.

We already did the two wrists, but what if somebody comes and gets you in the two collar hold? Because your wrists are free you do not obviously need to clasp your hands and come back in. What you need to do when somebody is grabbing you nobody's just going to say hey, they're going to come up and they'll push you. They're going to push you or they're going to pull you into them and forward one way or the other and that's what you have to defend against.



Not the grab itself, is not the attack, it's what happens with the grab. They're securing, so B. J.'s going to secure me, and he's either going to drive into me or pull me where he wants me, so you have to defend against this. The way you defend against it.







You step back, just like we did with our bladed stance before, you can grab this wrist, or not and you're going to swing across and attempt to hit them with this gross motor elbow, with the ridge of your hand or the tiger claw, whatever, but you have to come across to stop this forward movement.



It's very, very, difficult for somebody to move you if your like this.



If I'm standing like this it is very easy.

The person comes into you, you step back, hit them with whatever's coming across, doesn't matter, non specific, come back, right back into them until something let's go then you can go to your other techniques; edge of hands, chin jabs, knees, elbows, whatever else.



Luckily the old Frankenstein move is the same exact defense. I've seen more martial arts demonstrations, videos, techniques than I care to admit with the defense starting at 'okay, I'm choking you', that's not the way a choke works.



When somebody chokes you, I'm not going to do the real choke. When somebody is trying to choke you, they're trying to kill you, but they are going to just like with the 'hey, I'm going to beat you up', they are going to drive you back. What you're going to do is get you in close and drive you back into something. It's just human nature to want to do that. Must be very angry at you, I don't know what you did.





Same defense as before so come across, hit something, come back in, elbow, edge of hand, edge of hand, edge of hand, edge of hand, knee, drive forward, knee, drive forward, whatever you want to do. Even with the knee and the driving forward, whether if it's from, all these techniques, whether it's an edge of hand, chin jab, like we said there's no exact order to doing any of these.

What I've been demonstrating is technically out of Carl Cestari's curriculum, of how to do it, but he was the biggest champion of hey, if you're not in the right position don't be stupid and do it. Do what you need to do. Whether it's a chin jab, knee, whether it's an edge of hand, edge of hand, knee, as long as your knees drive forward and you step through the person. When that happens, you're good to go.

## **BEAR HUGS AND TACKLES**

Most of the time, especially as of late, the big, popular thing is that it's okay to go to the ground. Well I hate to tell you but when you go to the ground that's where you get killed. What this is not about; submitting somebody and this is not about choking someone out or making them tap, this is about staying alive and making sure that the person who is trying to kill you is taken care of so maybe they don't do that to somebody else.

So first thing we're going to cover is a front bear hug with both arms trapped. This is either going to be a bear hug and a lift if it's somebody giant or if it's somebody, a wrestler, or a judo player, jujitsu player, they're going to fold you over and drive you backwards. But all you need to know is that they are just like everything else, going to be attacking you.



This like the other grabs, this is not the attack.



This, pushing back, what they do next, is the attack and that's what you have to defend against.



You have to sprawl. You either put your hands on their hips or grab something, driving forward,

your number one priority is stopping the forward momentum, and the only way to do that is you have to step back into an extended stance.





Then all you're going to do is you're going to grab and you're going to knee, drive forward, knee, drive forward, knee, drive forward, knee, drive forward, until those hands loosen then you can go

back to everything we just covered, okay, with overage.

It takes practice to learn how to do this, that's easy, that's natural movement, you don't want somebody pushing you off, but it takes practice of feeling what it's like to have somebody grab you and push you off your balance, which we talked about in the very beginning, combat sports, judo, Brazilian jujitsu, Muay Thai, boxing, wrestling, they're all so critical to really becoming skilled in self defense that anybody who does not participate in those and says they know, or teach self defense, is not truthful. Because you have to be able to know what it feels like in some sort of competitive training environment to effectively learn this and like they used to say, judo is what makes your jujitsu work, and the same principal applies here.



Alright double leg, the big similarity between whether it's a high up or is that their head is buried.

What it's very, very important for you to do is just like we did before; expand your stance and drop your weight. Now, what you have to do is to drive them back. They have a lower center of gravity than you right now. There's no way you're going to be able to, just because you stopped the forward momentum that you're going to be able to walk them back.





You have to take them off balance to one of those eight angles, alright. And the way you do that is you put your hand either in their eyes, their eye sockets, or for practice purposes we just hog nose them, but them under the nose, drive them back up, chin jab all the way back down. But it is a chin jab; it's not a grappling extravaganza over here.

Under the arms, whether they're here, same thing, back, alright if you need to drive the head butt in, or if you need to push the face back, that's fine. Think about pushing their head. It doesn't matter what happens, but pushing back to get them off line and then start, if they won't let go, you can start the knees, driving forward until they do let go, then drive back and then once you drive them off of you, guess what? You do edge of hand, tiger claw, edge of hand, edge of hand, edge of hand.



Under the arms, head butt, you can drive forward but you have to drive the head, if they're not letting go knee, drive forward, knee, drive forward until they do, then it's a matter of tiger clawing again, edge of hand, edge of hand, edge of hand.

Again, you have to know what it feels like for someone to tackle you and the only way you're going to get that is a combat sport. Depending on the school where you're at, we're pretty lax at all our schools and we kind of allow little, dirty things like hog nosing and stuff like that but during traditional, even traditional Judo, you have to know what that feels like.





Okay, side bear hug with the arms trapped. Do the same exact thing as before. See, what you have to do is expand and what this does is opens up everything. You need to edge of hand the groin, edge of hand the leg, whatever you can. Edge of hand, edge of hand, edge of hand, as soon as that loosens up you go to elbow, elbow, elbow, as soon as that creates space edge of hand, edge of hand, chin jab. But you have to stop this, from him driving through. It's very important in all of these to know that, like I said before, the only wrong thing you can do is stop. If this doesn't work once, then you try it again, but you expand your space. Eventually he's going to get tired or eventually you're going to hit a solid object so you better be prepared to do this.

There's no reason why you can't, while you're trying to do this, start hacking him in the leg or the groin and come back up to your elbows and then to your edge of hands. Again, the only wrong move is to stop.

Now the side bear with your arms free is actually very easy because of the fact that if he doesn't have your arms, right, you can actually, you don't have to free yourself but you still have to broaden your base to stop the forward momentum and drive back in but you can immediately stop and drive back in the best you can. Immediately as soon as that grip is loosened, you go to elbows, solar plexus, ribs, sternum, head, as soon as that.... go right back to edge of hand and finish off with the tiger claw or chin jab.



The rear bear hug over the arms is pretty common actually, but what's going to happen is that this really is the person is going to either pick you up to take you somewhere, if you're a woman or a child or little, or if you're a big dude, they're going to lift you up to slam you back to the ground. So what you have to prepare for is that lift. Just like when we did with the single hand grabs that you knew that the other side punch or strike was coming, it's the same thing with this. You have to be prepared for whatever it is in the non specific way. So if he lifts you up, you start running in place by kicking him back in the shins or the thigh or the groin or whatever's there.

Now, if he doesn't lift you off, it's the same thing, you stomp, kick backwards, kick backwards, kick backwards, okay, until you can loosen yourself, drive, elbow, elbow, elbow, edge of hand. It's just because, again this is non specific defense, you do not have any idea if this man's going to throw me in a van, kidnap me or that he's holding me for his other friend that's stabbing me in the face or whether he's going to pick me up and wrestler slam me. So you have to have the same defense for everything. Over the arms, if there's a lift you run, kick back, into his groin, and shin area, if he keeps you on the ground and is driving you forward, same thing. Kick backwards, see that's not too pleasant, kick backwards, stomp on the feet, stomp on the feet until this loosens up, elbow, elbow, edge of hand, chin jab. Pretty easy.

Again, just like we talked about with the tackles, these bear hugs, if you have not experienced this before in a competitive environment, you cannot expect to do this. You have to know what it feels like for somebody to grab you. Just because you're sitting there watching this right now doesn't mean that's enough. Hell, even if you go down to a local college wrestling club or whatever else and get on the mat for one day, that's good enough. Yeah, you're going to be sore and you're not going to be very good, but you know what? You're going to know exactly what it feels like for all this stuff.

So grab me from under the arms from the rear. Rear bear hug like this, this I've seen a zillion times too, and there's tons of martial arts and combative sport ways to get out of this, everything from hitting the knuckles to loosen it up or bending the thumb back or doing some sort of wrist lock.



But, again, that all works in a controlled environment, you don't know what this person doing. If his friend is coming from the side with a baseball bat and he's holding you here, I'm screwed. So you cannot be wasting time doing fancy, dancy stuff because that bat is still going to hit me in the face. What you have to do is take the attack back and the same thing as we did before

whether they lift you or not, you kick back, stomp, elbow, elbow, elbow, edge of hand, edge of hand, if his friends there, push him into his friend.





All gross motor movements, all work all the time regardless of your opponent, man, woman, beast, child. Whether your heart rate is 115 or whether your hearts 175 beats per minute, this all works because these are all natural movements and defenses to somebody's attack. We've got two more things to do.

Gross motor movements are very limited non specific targeted attacks, non specific defenses to everything and it all flows together in a very nice gross motor movement which is why you can use it if you are scared for your life. The last two moves we're going to do are a big concern for a lot of people. They are either a side headlock or a rear headlock/choke, whatever. The reality is most people don't know how to really choke someone, so we'll show you if someone drapes their arm around their back.



There's a lot of different ways to escape this on varying levels, again for more experienced martial artists to kind of bridge all this stuff together, to our Law Dog police grappling series and even to Guerilla Grappling. All those series we show a zillion different ways to get out of this kind of situation but again, those are all well and good but they're not; your baseline works under all conditions.



One of the other ways to get out of this is very simply, and they show this in many other martial arts is grab on the inside and grab on the top and throw the man backwards, off balance. But what if your arm, what if this guy is so big that you can't reach? What if he has you so tight that

you can't reach? Well then you're crap out of luck, but what we're going to do works under any and all conditions just like everything else.



You're put into a side headlock; it's very, very easy to get out of. With your free hand that is not doing anything, you take it and you hack, edge of hand leg, edge of hand groin, edge of hand, edge of hand, edge of hand, alright? As soon as that grip loosens up you push yourself off and drive back in. There's certainly a way to get out of this by using the roundness of your head, that actually can help you in this situation also, but you have to realize that by doing this is not very pleasant for him and that everything else that you will learn, whether it's escape through body mechanics, if it's an escape through some sort of other move, it's all made much easier, the guys not even holding on to me in the first place because I hit him in the leg and groin so many times that he can't possibly hold on.



Now if somebody tries to choke you from the rear.

Most people when they choke, alright most untrained people which are who is going to be attacking you. It's not like criminals go and practice in martial arts five times a week, or are training to be an ultimate fighter, and even those guys who are trained military fighters, it's not like you're going to get in a fight with them at a bar because they're training. They're not going to fight you or pick on you because they have a fight next week. So the concept of you fighting another trained fighter is so astronomical, that it shouldn't even be a concern.

Rear choke, what they call the rear choke, most people it's just a rear headlock. That's all it is. They think that by putting pressure on the neck they're going to choke somebody out. We choke each other about, everybody at this school, everybody at the Brazilian jujitsu school where I train at, everybody at the other judo schools, we choke each other about 100 times a week, and you better know how to choke us if you're going to choke us, just to prove my point before. So to get out of a rear headlock, what you're going to want to do is to whip your head back and crack the guy in the face, might work, if you stand up and start hacking and elbowing and hacking and hacking and hacking and driving back in, that's what actually works

Very simple, okay, use your free hands, use your free elbows to hack and drive through the man. It's as simple as that for everything we've done and everything I've shown you. Take ground, use gross motor movements, non specific defenses to attacks, move naturally and always again, take ground and drive back into your opponent and you're going to be okay.

While I certainly do recommend getting up and practicing as much as possible, the simple fact is that the gross motor movements are already naturally programmed into your muscle memory. You already know how to lift your arm and bring it down, but turning that into an edge of hand requires no more thought. Now of course this is just the beginning, and if you are truly serious about properly learning to defend yourself, defending your family and wish to gain that supreme

confidence in your abilities and yourself that can only come with mastery of true close combat skills, then you must continue your journey.