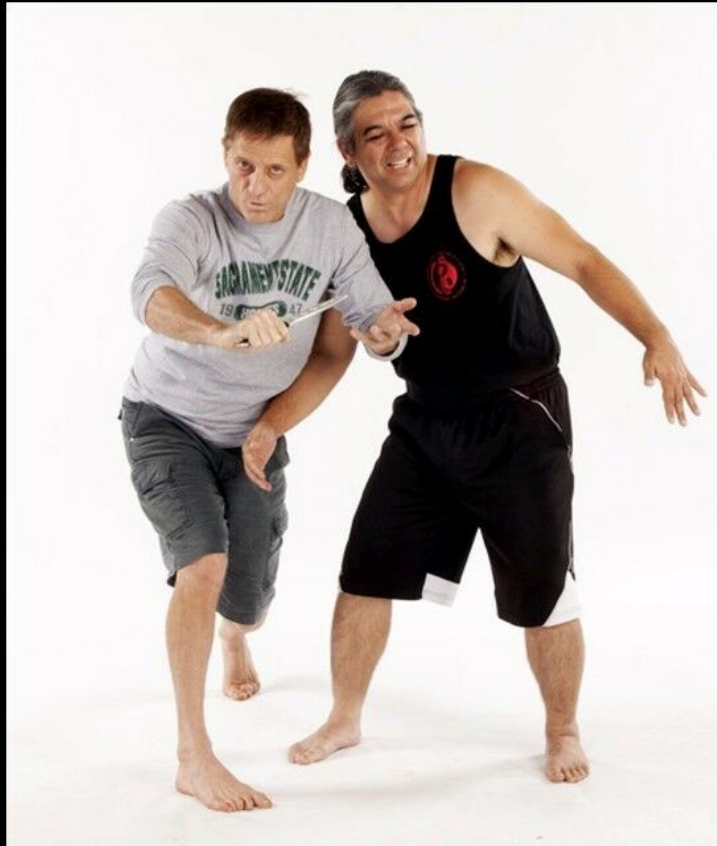


# Paul Vunaks 45 Combat Secrets

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## Vunak's Top Combat Secrets Ch. 1 **Chapter 1 - Stress Inoculation:**

*"In any kind of combat situation, be it military, weapons, or empty hands, the emotional dimension is first and foremost the most difficult obstacle to overcome. How one deals with physiological responses, has very little to do with natural ability, and everything to do with a desensitization process. Basically what I am saying here is, the more you do something, the less it rattles you emotionally."*

Certain training methods that I originally devised for SEAL Team 6, were created to desensitize these young soldiers in their early 20s to the rigors of combat. On a scale of 1 to 10, 10 being the most intense, the methods that I am going to share with you would be somewhere between a 2 and a 3. The following is one of my favorite stress inoculation drills for ground fighting. Our ultimate goal on the Ground is to be emotionally relaxed in any position. And this task is impossible when one is so uncomfortable, so claustrophobic, and exhausted that they are in a panic. Therefore our goal with Stress Inoculation is to get the subjects brain chemistry in that same panic modality. And then gradually and progressively increase this level of stress until an actual emotional/physiological inoculation occurs.

- Step 1: Turn up the Heat in the room.
- Step 2: Wear three layers of sweat clothes.
- Step 3: Wrestle with your friend – (who is shirtless cool and comfortable) to the point of extreme exhaustion (no finishing holds).
- Step 4: Do this twice a day for a month. Each time try to double the length of time you were able to endure.
- Step 5: Repeat Step 1 through 4, and now get an additional person. You should now be wrestling two shirtless opponents while still wearing 3 sweatshirts. The heat should be blasting.

Once you are pretty much able to play defense indefinitely under these conditions you can truly say that you are on your way to understanding the concept of stress inoculation and the eventual mastery of the *"emotional dimension"*

## Vunak's Top Combat Secrets Ch. 2 **Chapter 2 - Stress Inoculation Standing-Up**

Most beginning martial artists learn, within the first 6 months of their training, that when somebody throws a punch at them they are going to flinch. This response from flinching gets slowly desensitized as the students get more and more punches thrown towards their face (in a small way this is stress inoculation). Obviously with our military paradigm, while training Navy Seals, everything has to be ramped up to the n'th degree. After the beginning student gets used to taking punches and kicks, now we spar two on one.

In the beginning everyone is going about 50%. Gradually this sort of sparring can be escalated to whatever degree is appropriate. It is important to know that the team of two, are acting as coaches and teachers at the same time, and must work in tandem when assaulting one individual. Sometimes knowing when to give the man a little rest and let him up, other times intuiting when to really put the "screws" in.

Once one has put in roughly 10 hours of 2 on 1 sparring, and then they go back to sparring with just one individual, the feeling is deliciously indescribable. The usual issues that intimidate you don't any more, moments that you would normally be in an uncomfortable or panicky position, you aren't any more.

When you have twice as many punches hitting your face, it almost feels like a machine gun. Just as you get out of the way of one guy, it seems like you are stepping right into another guys punch. One's line familiarization, reflexes, agility, footwork and of course pain tolerance(the ability to take a punch) are all tripled as a consequence of this type of training.

Once this is accomplished kickboxing, the absolute same principles can be applied with single stick, double stick, stick and knife, etc... Most professional fighters will tell you, the most challenging issues of training is finding a sparring partner that even resembles the abilities of the fella you are fighting. Well when you are sparring two people, that issue becomes irrelevant. So in conclusion stress inoculation training, I consider to be one of the very very highest principles relative to training someone for actual functional combat. I wouldn't recommend allowing your students to run rampant with this type of training, as this is advanced teaching, and should be done by advanced teachers.

Vunak's Top Combat Secrets Ch. 3

### **Chapter 3 – The Accordion Drill – “*The bread and butter backbone of all of our drills*”**

The accordion drill is the most complete and realistic drill that we have in our arsenal. The one thing that is guaranteed in a fight is that nothing is guaranteed. The only constant in a fight, is the knowledge that there are no constants. Real combat, flexes and undulates, in perpetual motion. And as this real fight flexes, and “*breathes*”, so do the weapons, number of opponents, and actual fight locations. As Bruce would say, “*be like water and be able to adapt to any container*”, I would say, in my slightly less ethereal way, “*be complete*”. If you are a complete fighter, you can now adapt to the various changes and permutations that occur during most fights. In order to be complete, we must first, ascertain what types of fights there are in the real world. And basically we have, weapons fights, which can be broken down into blunt, or edged weapons, we have stand-up fights, which can be broken down into, one on one, or mass attack. Then there are ground fights, which can be further broken down into one on one or mass attack or with weapons (a blunt weapon such as a stick in most cases is a hindrance on the ground, we find edged weapons more viable).

In real combat, which is fighters bent on each other's destruction, most fights vacillate between all of the above mentioned scenarios. One moment, we are standing up with the stick in our hand, the next moment we are tackled to the ground and in a world of jiu-jitsu, perhaps we can do a quick bite, come to our feet and be chased for a half of a block, end up fighting two guys, and maybe somewhere in there you find another weapon and this entire violent encounter recycles.

As Bruce said, “*one will fight the way they train and train the way they fight*”. For this reason the accordion drill is the ultimate training method for this end.

Directions:

Load two of your students up with a stick in their hand, and put a knife in the back of their pants. Now initiate long range stick fighting, allow your students to spar for about 30 seconds, and then have them seamlessly throw down their stick and pull out their knife.

Now allow them to knife spar for about another 20-30 seconds, and then have them kickbox, let this continue for a while, and perhaps instruct them to clinch, allow them to do the Thai clinch and pummeling while they are sparring, and perhaps yell "hit the ground", now your students are practicing sparring on the ground, using mainly their jiu-jitsu, hopefully simulating their kinomutai. And the teacher, if he or she chooses, can instruct their students to come to their feet, and start all over again with a knife. It is important to know as a teacher, you are allowed to... infact it is your duty ... to literally makeup these various sparring permutations on the spot. Your students should never know what they are going to do, till you tell them to do it.

Eventually when you have some of your top guys, going full speed through out this entire accordion drill, going from knife fighting to ground fighting to biting to kickboxing, back to stick etc etc...

It is of dire importance, that the students know, that this drill must continue through all the transitions (Don't break the flow !!!) of one weapon to another. In other words, one cannot stop, put down the stick, stand-up, scratch their butt, pull out the knife, bow, etc... What they should do is viscerally and effortlessly flow from thing to thing.

Your higher-level students will come to the correct conclusion that every time they come to class they are actually in a streetfight, hidden by a group class. The proverbial broccoli inside the chocolate.

Vunak's Top Combat Secrets Ch. 4

## **Chapter 4 - Takedown Defense**

In order for someone to take us to the ground, they must be inside of our kicking range. The moment they take a step in, our first defense is the shuffle kick to the groin(this is the closest target with our longest weapon). This person also must manage to lower the elevation of the head while traversing through boxing range. This implies that they would have to get through our jab. So the average person, big or small, attempting to take us to the ground is a very difficult task for the aforementioned two reasons.

On the other hand, when dealing with a super skilled and very large grappler who dives 6 inches from your ankles, bent on taking you to the ground, in my experience they are going to accomplish their goal 95 out of a 100 times. Therefore, one can occasionally acquiesce and allow the takedown to happen, and instantly pull guard, and tie up his arm and neck simultaneously (I call this move bug out). When doing this, you will find that even a strong big man, has extreme difficulty getting their posture. It is very important not to do any offense at this point. Simply, hold on to this person, and let them burn themselves out. This process takes anywhere from 10 seconds to 3 minutes. They will try to slam your back on the ground many times, do not let go. They will try to punch you in the face, with weak pussy shots, do not let go. They will try to punch you in the side of the ribs, do not let go. After a while, as you become one with this person, you will notice they will stop for a brief moment and get their breath. In that split nano-second, you begin biting. Over and over and over, tearing through the face and the tip of the nose. You will feel this person get stronger, and want to get away from you instantly. Do not let GO !! Keep biting. After a few more seconds, push the person off with you hand, bring your feet up to their chest and kick them off.

The two most important points of this move, are that:

1. As you pull guard the assailant does not get their posture
2. You ride the bucking bronco until it gets tired, and then bite when the bronco is least expecting.

In order to do this right, there are a litany of exercises that one must do in order to have the tendon strength to hang on to a 300 lbs man. Fortunately for us, the single greatest proponent of this type of strength is Singh. And I defer exercises to him.

Vunak's Top Combat Secrets Ch. 5

## **Chapter 5 – My Favorite Takedown**

In my 25 years of Brazilian Jiu-Jitsu, and various other grappling arts, there is only one takedown that is appropriate for us (on the cement). When watching 2 people square off, and one of these individuals is preparing to do a takedown. There are certain requirements necessary to accomplish his goal. The grappler must shoot in with a reasonable amount of speed. Depending on which takedown they are doing, this inertia 9 out of 10 times slams their knees directly into the cement (I have many many grappling friends that have blown out their knees tackling people in the cement).

The other very common takedown is a plain old body slam from the front, or the traditional suplex from the rear. Nine out of ten times, when either one of these moves are attempted, the first thing that hits the ground is the grapplers head. So for the aforementioned reasons, please allow me to share with you my favorite takedown. And believe it or not, yes by some amazing coincidence it is done out of my favorite position, our termination phase of the R.A.T. The Thai Clinch. When in said Thai Clinch, simply remove one arm from the neck, and wrap the opponents arm as tight as possible, and now simply sit down. As you sit down, you have three options, you can sit back in the butterfly guard and sweep him, you will now be mounted.

*Option 2*, our individual out weighs us by 60 pounds, and his base appears too solid. Now we simply sit straight down, and pull him in the guard. *Option 3*– This person out weighs you by more than 60 pounds, you end up wrapping the arm, and during your attempt to sit down, nothing happens. Now, pull yourself up to him, into a leaping guard, and initiate an instant Kino Mutai nose Bite. If you practice these techniques a 100 times a day, on the cement, I promise you will not find it deleterious to your health

### **How to train this takedown.**

Our favorite way to train this takedown is out of MMA style Kickboxing, one person initiates a R.A.T., enters to the Thai Clinch position, wraps the opponents arm and sits down and either pulls sweep or pulls guard, then both people stand up, re-initiate kickboxing and switching now to the other partner.

In conclusion, remember takedowns are for rare occasions... say you catch a burglar, or a thief in action, or you are an officer of some kind and you need to detain this person by taking them to the ground. Remember for our needs we are usually trying to get off the ground, not the other way around.

Vunak's Top Combat Secrets Ch. 6

### **Chapter 6 - Bruce Lee's Straight Blast**

The Straight Blast was Bruce Lee's absolute favorite move. "*I would watch him revert to it, time and time again when ever he was serious in a fight*", Dan Inosanto. There are very few things more direct, and emotionally devastating than the straight blast. One of the things that differentiate a blast from, all other techniques, is the fact that, whoever is the recipient of this particular technique, has been reduced from a fighter to a pedestrian. Why is that ? Because unlike, punches, kicks, elbows, knees, etc...The straight blast causes, everyone to instantly back pedal, literally running backwards. And when any human being is flailing backwards, they have instantly lost, the two absolute and immutable perquisites, for any fighter. Base, and Balance. Without which, simple put, one is reduced to a pedestrian. Additionally, when someone is climbing down your throat, literally doing the 50 yard dash down your centerline, while simultaneously using your head as a speed bag, there is a visceral emotional response that every recipient has. The best word I can come up with, within the confines of our human lexicon is "frozen".

Imagine leaning back in a chair day dreaming, and your prankster friend sneaks up behind you, and quickly tips the chair back, and there is that brief nanosecond where you are shitting in your pants, you are that perverbial deer looking into head lights. This is what I mean when I say "*frozen*". So if you can imagine, being instantly hit with a technique, that freezes you emotionally, shuts you down physically, and turns someone from a fighter to a pedestrian. All at once its no wonder, why this is the absolute favorite move of Bruce Lee, Dan Inosanto, along with myself.



First and foremost, the first punch of the Blast has to connect. Pain must precede the Blast. This means, that the assailant, is coming towards you and you first kick him in the groin and then follow-up with the blast, and then things should go your way. Another example, perhaps he steps in, and you wrap him on the thai with a thai boxers thai kick, and then straight blast him. And again, things should go your way. Re-iterating that in both aforementioned examples, pain preceded the blast. If you are going to initiate with a straight blast, it is absolutely positively paramount that the first punch of that blast makes contact (thus abiding by our law, of Pain preceding blast). Now that we have established that the first punch has to hit first, it is only logical, to ascertain what is that punch. Well, it is the jab. All straight blasts, must start with a jab(unless you have created pain elsewhere). So from now on, when you are sparring with whom ever, every time you hit them with a jab, think of that being your portal to your straight blast. Now ones mission is to simply hit them with a jab, follow up with a cross, and then hit them with just one more jab. And presto, you have got yourself a straight blast.

Vunak's Top Combat Secrets Ch. 7

## **Chapter 7 - Bruce Lee's Pendulum**

Attacking the eyes and attacking the groin, are probably two of the most common targets in most Kung-Fu and Karate systems. As each system has their own specific ways of moving, each system also has their own similar way of attacking the eyes and the groin. If you are a Karate style perhaps hard-style, thrusting to the eyes is very rigid as is the kick to the groin. If you are a circular style, perhaps kung-fu, your attacks to the eyes would be in an elliptical fashion, many times imitating an animal, perhaps a Crane's Beak. Therefore the biomechanics of the eye jab and groin kick are predicated upon the idiosyncrasy of the system. Since we all have similar morphologies, there should only be one perfect way of attacking said eyes and groin. These moves should be immutable, for example there are thousands of different golfers, with thousands of different styles, ethnicities and idiosyncrasies', but only one way to do a perfect golf swing. The biomechanics of a perfect golf swing trump everything else. Same thing with throwing a football, hitting a baseball, and of course jabbing the eyes and kicking the groin. What is biomechanically the most efficient eye jab/groin kick. Bruce Lee found this to be what is called the Pendulum.

The Pendulum requires that we break the number one rule of Boxing. And shift most of our weight on our front foot, causing us to stretch out leaning into the eye jab. When a person stretches out too far, and leans too much weight, on their front hand, they have automatically nullified the power of the rear hand. However, Bruce was not interested in following up with crosses, hooks, uppercuts, and overhands after his eye jab. The nano-second after Bruce jabs you in the eyes, his only interest is to kick you in the groin. When one leans into the eye jab with their head, and then shifts the head back and then kicks the groin, this action is smooth, precise, and biomechanically perfect.

*Phase 2 of the Pendulum. The PIP. The Progressive Indirect Pendulum.*

This requires that our first leaning eye jab is a very fast fake, causing the opponent to literally flinch backwards. When this flinching occurs the pelvis exposes the groin for the second part of the Pendulum. The groin kick. Often Bruce would initiate the attack with the groin kick. Then initiate, a fake with the groin kick, and instantly attacking the eyes. Thus reversing the progressive indirect attack from Low to High. This perpetual, faking of the eyes, kicking of the balls, and then faking the balls and hitting of the eyes, when done properly through a progressive indirect cadence, is simply the best way on this earth, one human being can attack those specific targets. Once again our criteria for “*best*”, is biomechanical. It is wise to know, that after the initial score to either the eyes or the groin, once again from a biomechanical, efficient point of view, is to follow up with a straight-blast. And most likely ending up on the neck. Thus ending in the R.A.T.

Vunak's Top Combat Secrets Ch. 8

## **Chapter 8 - The secret to intercepting !**

For me the epiphany that enabled me to stop kickboxing and start intercepting, happened in the office of the old Kali Academy at about 2 in the morning with Larry Hartsell, drinking dark beer and watching Bruce Lee sparring footage (this was our routine, every Tuesday and Thursday night). When Bruce Lee sparred, the way he moved forward and backward, was not the way he described it in his books. In his books, we hear about a step and slide forward, backwards, and then slide step forward and backwards, etc. The very first thing that stands out, when watching Bruce spar, is this freaky shrimp like movement that he would do, that would project him, backward about 10 feet! When the normal person wants to go backward, they do a step and slide backwards, when Bruce wanted to retreat, he would do the shrimp like movement and is called piking. When one pushes off, their front leg and pikes backward, this move is reminiscent of a shrimp (piking is the opposite of arching).

I'm a firm believer, that this was just a natural idiosyncratic gesture of Bruce's freakish athleticism (I seriously doubt that he knew consciously that he did this, and I can tell you for a fact that it was never memorialized in writing). Now imagine Bruce's opponent throwing some strike at Bruce, he retreats with our shrimp move and all of a sudden he would be at the other end of the room. The opponent would obviously encroach, chasing Bruce, and Shazaaamm ! The interception would take place. This is when it hit me, I jumped up into Larry's arms, screaming like a little kid. I got it, I got it, rewind. Bruce wasn't intercepting punches or kicks, he was simply intercepting the opponent perpetually encroaching on him ! And the whole reason why the opponent, continually encroaches on Bruce over and over, boils back down to our shrimp movement. The opponent would encroach, Bruce would back up, the opponent would attack again, Bruce would back up again. Usually somewhere around the third time, this frustrated opponent, would launch in again, and bingo interception. From this point on, I understood the secret to the stop hit. And to put it in a nutshell, one's footwork must be reminiscent of Mohammed Ali, perpetually going backward (however using the shrimp), and not like Joe Frazier continually moving in.

After I understood Bruce's shrimp movement, I tried to pass this concept on to my students. In those days my most athletic student with a lot of hard work, would finally understand this movement after, about a year or two. The average student, would take 2 to 4 years. And some just simply, could never ever integrate it into their sparring. After about 5 years of sweat tears and blood, trying to teach this movement, one day Inosanto caught my consternation out of the corner of his eye. He approached me and said, "*Vunak there is a much better way to teach this movement*". Then he went up to my student (who was no Michael Jordan), pulled out a knife, and took a slice at the student's stomach, and I watched the most athletic, agile and precise shrimping movement that I have ever seen. Dan shined his knife, looked me in the eye, gave me a wink and walked away. In conclusion, the secret to intercepting is you do not intercept the strikes you intercept the opponent encroaching on you. *Number 2*, the best way to ensure that the opponent encroaches on you, is the shrimp. *Number 3*, the best way to teach a shrimp, is to slash angles 3 and 4 at your students.

Vunak's Top Combat Secrets Ch. 9

### **Chapter 9: The Art of Defanging (the only weapons technique you will ever need)**

Defanging the snake is the most underutilized and affective technique for all weapons. When a person grabs any weapon, there is one immutable constant, whether he is Chinese, Japanese, young or old, big or small, karate or kung-fu, etc... The flexor muscles must contract to grip the weapon (this movement also involves tendons and ligaments).

Once this weapon is in the hand of the assailant (say perhaps a pipe or a stick), the very tip of the weapon can be moving as fast as a 120mph. It is difficult to grab, difficult to block, even difficult to see and this is why weapons can be so dangerous.

The more we incrementally creep towards the hand, the slower the weapon is moving. As you get to the actual hand, you will find that it is a relatively slow and easy target to hit. It is important to remember here that we are talking about a real street fight. Therefore the weapons that would be applied, are heavy, hard and brutally affective, and make pain tolerance a moot point. A human being can take a punch in a fight or a kick. But from a physiological point of view, when 10, 20 or 30 bones in the hand are instantly smashed by a steel pipe. It is no longer a physical possibility to hold and retain the weapon. This same principle applies for all edged weapons. Once the tendons and ligaments are cut in the hands and wrist, it is a physical impossibility to grasp the weapon with the hand.

Therefore when two individuals are weapons sparring the \$64,000 question becomes, what are the best moves, techniques, or angles to hit the opponents hand. The answer that I am about to give you, has been field tested, for 100s and 100s of years, and has been passed down from the Filipino masters that have lived through real warfare and subsequently passing down to the next generation. This technique has also been field tested through Bruce Lee, Dan Inosanto, and myself for the past 30 years. And though what I am about to tell you is extremely profound, the actual answer might be a little anti-climactic. Are you ready, here goes, the angle #2. Whatever one has in their hand, stick, knife, etc... When you smash your opponents hand using an angle 2, the odds of your success are increased exponentially (think of being blind folded and breaking a piñata, if you come straight down, you could miss vertically. If you swing at your piñata horizontally, you could miss it that direction also. However with a diagonal angle two, it is easy to see how ones odds are greatly increased).

I have personally studied the reason for this for over 20 years, and a volume of books could be written on this very subject. However suffice it to say, due to principles of geometry, morphology, and proclivity of movement, all of the aforementioned masters throughout history were right.

Once the opponents hand is smashed using our aforementioned angle 2, now other blows are meant to be delivered. These blows are geared to have more power as we call them "*finishing blows*". These blows include, abenico, bacalau, upward figure 8, rodandos, and soonketees. It is very important to know that none of these strikes were meant to fight with, they are all follow-up blows, after we have defanged our opponent, using our angle 2.

In conclusion think of the angle 2, like an eye jab and a straight blast, and then think of all of the follow-up blows, like our headbutts, knees, and elbows. A smile should come to your face, as you see the formula is the same.

Vunak's Top Combat Secrets Ch. 10

## **Chapter 10 : Isometrics the Secret to the Guard**

As we have discussed before, when one has been taken to the ground, by a larger stronger opponent, in most cases we will be on the bottom. From the bottom position there is only one thing to do, there is only one posture that is viable for fighting a larger man, and that is the guard. And also, as we have discussed before when the opponent is in your guard(closed guard), it is imperative that we wrap their head and arm, so that they are unable to get their posture. At this point it is very important that we differentiate between sports jiu-jitsu and street fighting jiu-jitsu. In sports jiu-jitsu, the assumption is that the weight classes will be the same. Therefore the axiom of the best defense is a good offense is correct and appropriate. When someone is in your guard that is your size, to perpetually attack makes sense from several vantage points. When your opponent is defending himself he is not passing your guard. When your opponent is defending himself he is not attacking you. Additionally it is more difficult for your opponent to defend multiple attacks than it is to defend one single attack. As the man on the bottom, when you are perpetually bugging the arm, bugging the arm, and then attacking and bugging the neck, and going from the arm and the neck to the sweep, back to the guillotine, back to the triangle, eventually the strategy of keeping your opponent on defense will pay off and they will trip over something.

On the other hand, when one is in a serious street fight and your opponent in your guard outweighs you by 50 pounds or more there is one tactic and only one tactic to use. The person on the bottom prevents the person on top from getting their posture, by simply hanging on and clinging to them. (This is the only way for David to beat Goliath). What will happen eventually is that the person on top will struggle for several seconds to several minutes and they usually get their posture for a brief second, long enough to throw a few punches at you, then the man on the bottom simply re-grabs and hangs on again. This process of clinging and hanging on, getting hit a few times, pulling the opponent back off posture, and clinging again and then getting hit a few times again, and then clinging and hanging on, this process will repeat itself until eventually the person on top gets tired (much like a rodeo clown on a bull).

The guy on the bottom will notice instantly when the fellow on top is getting tired. There will be an obvious perceptible gasping of wind, and an instant cessation of struggling. This is when David must strike. In Royce Gracie's case, usually this would take 20 – 25 minutes. And then eventually someone would trip over a lock or a triangle. When the average person, watches Royce's fights due to the lack of attacking, they call this a boring fight. When a world class street fighter, watches one of Royce's fights, we all shake our heads in amazement. As I know for a fact, that the aforementioned strategy is the only viable way for David to beat Goliath on the ground. There is still a chance for failure. What I noticed happening to me in my 20s, the first couple of times I fought someone this big was that after about 15 minutes my legs and arms got simply too tired to hang on. Eventually the Bad Guy broke posture, and succeeded in beating me by ground and pound. As they say, a wise man learns from his mistakes, yet a wiser man learns from someone else's. So before one tries to hold, a strong sweaty Goliath in the guard, David better have a strong Guard !

### Solution:

What I am about to give you in my opinion is the most viable and profound Isometric drill available... Jump up on your heavy bag, and wrap your legs around it. Hooking your ankles as if you had someone in your closed guard. Now, let go with your hands, and simply hang on to the bag with the strength of your inner loins only. Your first attempt will have you hanging on to the bag between 2 and 4 minutes. Your goal is 45 minutes !

Vunak's Top Combat Secrets Ch. 11

## **Chapter 11 : Bruce Lee's One Inch Punch**

I believe Bruce Lee's One Inch Punch to be one of the most important and functional things a person can train. I also believe that the One Inch Punch is the most overrated and least affective tool in martial arts. All though these statements appear paradoxically they can indeed co-exist. When one throws any punch or series of punches for the very first time, they will have a proclivity to wind up, exaggerate, be off balance, and have no body mechanics. Conversely as that person puts in more time training and improving their punches, there will be absolutely positively no telegraph at all. Additionally each punch that is thrown, will have the full force and weight behind it. Now as that very same person, puts in even more time and gets even better the actual extension and trajectories of all of the punches will get smaller and tighter. Picture starting off boxing somebody, with a 3 foot head. And then after a few years they have a two foot head, then a one foot head. Pretty soon as this individual escalates into the professional ranks, the trajectories of his punches could vary from several feet, to as tight as several inches. Therefore, "*if we back are way in on this problem*" so to speak and work Bruce Lee's one inch punch first we would indeed be emphasizing and working the same muscle kinesiology as our pro boxer. Simply put the attributes gained from training the one inch punch, can directly transpose themselves and even turbo charge one's regular punches.

So for these aforementioned reasons Dan Inosanto stressed with me over the years just why it is so important to learn the one inch punch. Ironically enough, too have the ability to hit somebody hard from an inch away is about as helpful in a street fight as being able to guess their birthday. Think about it. If you are battling some person bent on your destruction when and how would your fist attempt to punch their face, stop at exactly one inch and then continue the deadly one inch punch. Once you are an inch from someone's face, most likely you have already hit them. When Bruce Lee came to America he spent much time and effort demonstrating his art of Jeet Kune Do through sparring. And when doing so, 95% of the time would end up straight blasting his opponents. Subsequent questions, after his many demonstrations always came from Karate people, saying the same thing. "*Yeah but, you maybe hitting this guy, but since you are not "chambering on the hip, there is no power behind the punches"*", and Bruce being Bruce decided to intercept that question by adding an addendum to his demo. This time after he sparred, and straight blasted his opponents into the next zip code, he did a subsequent demo. And asked someone in the audience to hold a phone book on their chest, and Bruce proclaimed that he was going to strike this person from an inch away. After a couple snickers and a few eye roles, Bruce would launch his punch. The demo partner would go flying backward 3 feet, slam into a chair and be toppled over. And the phone book would go flying off in the other direction at 90 miles an hour. From that point on no one in the audience ever questioned the power of Bruce's short range punches again.

Vunak's Top Combat Secrets Ch. 12

## **Chapter 12 : Super Coordination I**

Have you ever heard any one say trapping doesn't work ! Have you ever heard anyone say that pac saos, lop saos, jut saos, and jao saos are ineffective! If you have, most likely these are the same people that are denigrating self-perfection drills. In the world of martial arts, there are simple techniques that can be pulled off quickly. For example eye jab, groin shot, head butt, bite, etc.... And then there are more advanced techniques that take a longer time to develop. For example a flip or a throw or a sweep, and still yet there are what I call advanced techniques, these techniques are for the full time martial artist only. These techniques require a lot of high-level attribute development. Such as those infamous trapping techniques that people say won't work, pac-saos, lop-saos, etc... The coordination, sensitivity, spatial relationship, line familiarization, and timing that it takes to pull these techniques off during sparring, most people in life simply never acquire.

It is no coincidence that the same folks who dislike trapping also dislike self perfection drills. So in a nut-shell, if you want to pee in the tall grass with the big dogs, and do the advanced techniques, that your predecessors have done, you either have to be born Bruce Lee, Michael Jordan, or have a super advanced scientific training regiment. The following concept that I am about to give you, quadruples the difficulty level of every existing drill that you already know.

So here it goes... name a drill that you know, it does not matter which drill, lets say hubbad, perhaps lop sao drill, chi-sao, sumbrada, numerada, etc... Now think of yourself performing those drills from the waist up only. From the waist down we are going to be doing something entirely different...from the waist down we are going to be actually sparring. The only art that I know that allows one enough sophisticated kicking combinations, in such close range, is our beloved pananjakman. The lenty of kicks that pananjakman provide us, all fall under the purview of close quarter combat. It is important to understand, that his is not simply, one person performing their drill, and arbitrarily throwing in a pananjakman kick. But instead, this is about two people, both sparring with pananjakman. Both playing offense and defense. This "sparring match" takes place from the waist down. And from the waist up, one is simply performing, their desired drill. When we cut the body in half, and allow the upper half to perform self perfection drills, and the lower half we allow to spar, we are increasing our attribute development exponentially. Once one has drilled in this manner, for months/years, the notion of performing pac saos and lop saos, and pretty much any trap you want, becomes not only plausible but probable !

Vunak's Top Combat Secrets Ch. 13

### **Chapter 13 : The Secret to De-Fanging The Snake**

When two street fighters are engaged in a edged weapons match, 99 out of a 100 times, the victor will be the person who understands "*De-Fanging the Snake*". When we use this expression, the snake refers to the opponent and the fang refers to the weapon. So de-fanging the snake simply means, cutting the opponents weapon hand(once the tendons and ligaments are severed in the hand, the snake is defanged, at this point one can kill it or let it go).

Approximately 1 in 100 weapons fighters actually know and apply this principle. And if you are lucky enough to be one of those people, who know to attack the opponent's weapon hand you will be in the 1% of people that are victorious in combat.

Lets say out of 10,000 legitimate weapons fighters, the top 1 % of these folks, all know the principle of de-fanging the snake. So that would be 100 people. Now lets say you take 1 person out of this 100, and teach this person our "flash-light" principle. He would beat the other 99 people, 99 out of 100 times.

De-fanging the snake and then applying the "*flash-light*" principle together will make a world class knife fighter. So by now, you must be asking your self, what in the heck is the "*flash-light*" principle.

Most individuals that pick up a weapon, usually hold it incorrectly (As if they were boxing). This incorrect method of holding a knife not only points your weapon directly at your own face, it simultaneously leaves your hand wide open for an attack. In order to prevent this, we point the tip of our knife directly at the opponent's hand. Now when the opponent tries to cut your hand, he gets his own hand cut. The tip of the knife serves to protect your hand. When the opponent sees this strategy, they will cease coming in directly, and start tacking in at different angles. So in order to prevent this, we simply imagine our knife as a flash-light and we attempt to illuminate the opponents attacking hand. Where ever this opponent moves their hand, the tip of our knife follows. It is important to note, that this action need only take place at the wrist. The rest of the arm should be snuggled up and actually touching the body.

When one's knife hand is about a foot from the body and one's arm is touching the body, and only ones wrist is moving, continually following the opponents weapon hand, in conjunction with Mohammed Ali type of footwork, this is as close to an air tight defense that one can posses. Now out of this continual movement, combined with our flash-light principle, if we want to apply offense we simply lash-out and cut the opponent's hand. Most of the time this is an angle 2 trajectory. That is an extremely quick snapping motion, however it is imperative that the knife returns back to the flash-light instantly. If you can picture the scene, one is way out in long-range, dancing around with foot-work like Mohammed Ali, the knife is close to the body, and moving independent of our footwork, and there is an occasional lash out at the opponent's hand, de-fanging the snake, and return back to flash-light.

So we have footwork, faking, flash-light, and the occasional defang.

### Training Drill:

After 30 years of various evolutionary training methods, I can give you the single best. Yes the bulls-eye of all training methods with a knife. Buy a laser pointer, duct tape it to your knife, spar with whomever, and log several hours keeping their hand illuminated. After several hours of this type of sparring, you will notice that your wrist appears to have a brain of its own, moving in one direction and your feet independent of the wrist will have a brain of they're own moving in yet another direction. When two of my very top knife fighters, say Cruse and Singh, are engaged in sparring, it usually takes between 5 and 10 minutes for somebody to score 1 point. And if you think about it, putting so much emphasis on defense, is a logical paradigm when you are fighting with a razor. Welcome to the world of world class.

Vunak's Top Combat Secrets Ch. 14

## **Chapter 14 : The Mother of All Drills**

What is the single best training drill on planet earth? I have been asked this question in one shape or form, for the last 20 years. And the fact that my answer never changes, I guess is a good one. It's my way of multiplying my division. The best training drill on the planet has to have the following criteria:

1. The setting must be as realistic as possible for the street.
2. The mode of attack must be as realistic as possible, ie, kicking, punching, trapping, and grappling.
3. Our drill must include weapons of some sort, and finally, in a perfect setting we should all be pre-exhausted before we attempt to apply our techniques.



So now the next phase of this writing will be the how to phase. And you will notice that by the time I'm done giving you directions, on how to perform this drill, all of the aforementioned criteria will be included.

*Step 1*– Get together with ideally two advanced students, the three of you throw on a pair of levis, a long sleeve sweatshirt, tennis shoes, elbow pads, knee pads, cup, eye goggles (swimming goggles) and MMA gloves. Each of you stash a wooden sparring knife in your pants, and take off on a jog down any street, any side walk or any alley, while the 3 of you are jogging, roughly every two minutes, one of you lunge out and attack the other person, either kick boxing, clinching, ground fighting, or knife. Two of you engage in some  $\frac{3}{4}$  speed sparring, while the third person is watching your back for stray cars, dogs, cops, etc... After a 3 minute round, each of you take off, and simply alternate attackers. As you get creative, you can work on two on one, three on one, knife fights, etc... At the end of the day, what we are doing is sparring, in the most realistic setting, the actual street, in the most realistic way (MMA and Escrima) against the most realistic odds (sometimes even sometimes not), and under the most realistic physiological conditions. And that state is exhaustion, because your sparring is coming out of running.

It is important to note, that if one does not know how to kick box/thai box, and if one does not know how to grapple, or knife fight, they have no business applying this advanced drill. Conversely, once someone has taken the time and effort to get their stand-up and ground game up to speed, I believe that investing a minimum of 10 hours getting familiarized with your art on cement in alleys against walls, down curbs, and through traffic, will exponentially improve ones likely hood to win.

So in a nut shell add this to your tool box, it is my absolute favorite, and remember to save it for last. It is our most advanced drill.

Vunak's Top Combat Secrets Ch. 15

### **Chapter 15 – The "U-Drill" our most empowering drill.**

90% of the battle of teaching someone how to defend themselves lies within the emotional dimension. Once someone has the self confidence that what they do will work the odds of that happening are increased exponentially. Any coach in any sport can affirm this belief. So now the all important question becomes, how do you instill self-confidence in students in a quick and efficient manner?

Since self confidence is an attribute, and attributes are developed by drills then the question becomes, what is the best drill? After 30 years and 30,000 drills later my humble answer to you is the “*U-Drill*”. For those of you who don’t know, the “*U-Drill*” comes from our knife training. One side has a knife, one side does not. The person without a knife, gently place or rest one hand on your partners forearm(the forearm holding the knife). The person holding the knife is the teacher executing the drill. The mission of the teacher with the knife is to slowly take, slices at your partners stomach. Think of these slices resembling a tennis forehand and backhand stroke(the mechanics of this action resemble a U). The recipient doing the drill, should switch from right hand back to left hand, occasionally both hands can be checking the knife. As the knife feeder, as you notice your student effortlessly deflecting the blade, you eventually start to speed up. Soon you will find, that your students body is moving nimbly, moving with agility, nimbleness and cat like movement. Once the teacher as ascertained the students maximum speed, it is now time to put on a pair of goggles on your student and grab a live blade. Start out slow again feeding, and work your way up in speed. I will give you my personal guarantee, that as a teacher, when you feed this drill properly to a student in front of a class, going full speed, using a live blade for about 2 minutes, and then stop and the whole class screams out with applause, your students eyes, are as round as quarters. Their heart is pounding, and they themselves are amazed at what they just accomplished. Again in my most humble opinion, I believe this to be the most profoundly and powerful drill, that one can do for self-confidence. And all of this can be accomplished in one hour.

Vunak's Top Combat Secrets Ch. 16

## **Chapter 16 : How To Double Your speed !**

Speed is a very important attribute. However, most people feel you either have it or you don't. I believe as with all attributes this is half correct, however speed as with all attributes can indeed be developed ! There are four types of speed. Initiation speed, this is speed off the line. Also can be called quickness. Performance speed, this is purely miles per hour. Alternation speed, this is the ability to alternate from punch to punch, or kick to kick. Also called speed in combination. And 4'th, reaction speed. This is when speed is relative to ones opponent. This is closely linked to reflexes.

In the development of speed, the simplest way to look at any motion is to break it in half.

*Drill #1* - Lets say we take a jab, start in your fighting stance, and count backwards from 10 in your head. Knowing that as each number gets closer to one, you are becoming more and more intense. More and more emotional content. Picture the scene, you are in your stance, 10,9,8, and the moment you get to one, BAM, you explode, not the whole jab, but just the first half of the jab. Now we reset, and simply do the same drill again. Count backwards in your head, wait for 1 to occur, which should result in an emotional climax, explode into the first half of your jab. And repeat. I would recommend doing this approximately 100 times on each side.

*Drill #2* - Instead of starting from your fighting stance, extend your jab 50% of the way out. Now from this position, start your countdown on your way down from 10, and explode the second half of your jab. Repeat this process again, start your jab half way out, count backwards from 10, and explode. When one breaks any motion in half, we instantly become twice as fast. Once we have put in our 100 reps per weapon a day, for about 3 months, it is time to advance to the final level.

*Drill #3* - Grab a one – two pound weight, put it in your hand, and repeat both drills, 100 reps per day, exactly the way you did, for another 3 months, this time with a weight in your hand(one can use ankle weight for kicks) !

If Bruce's amazing drill doesn't make you twice as fast, I will give up martial arts, move to Sussex and raise worms.

Vunak's Top Combat Secrets Ch. 17

## **Chapter 17 - The Flagship of Kettlebells**

This week I would like to discuss the values of the kettlebell. It has completely changed my morphology, increased my speed, and I haven't been injured in 5 years since I started working kettlebells.

According to Bruce Lee, physical conditioning and strength development are the most neglected phases of athletics. Often times too much time is spent in the development of skill and too little to the development of the individual that is performing the skill.

Before movements can take place, there must be a change in muscular tension on both sides of your joints. The effectiveness of this muscular teamwork is one of the main factors that determine the limits of speed, endurance, power, agility, and accuracy in all athletic performances.

Endurance or energy conservation is the most important attribute one can develop for a street fight. You can look at Endurance as doing more reps, and getting stronger, or you can look at Endurance as performing your technique or exercise in the most efficient manner so that you do not waste or leak any energy.

Kettlebell Strength System is an internal training method that is concerned with the harmonious coordination of our physical and psychological being. Your training is disconnected or incomplete if it does not incorporate the mind, body, and spirit as one complete whole. We are not out there mindlessly lifting kettlebells, instead we are lifting to sharpen the mind.

There are 3 main components to the Kettlebell Strength system.

1. Manipulation of External Forces(Kettlebells and Gada(Indian Mace)).
2. Manipulation of your own body weight in all planes of motion.
3. Development of Body Mechanics or sports specific skill.

Every exercise is concerned with integrating the mind and body into one complete whole. There is no isolation of muscles, there is no split between resistance training and cardio.

In Tai-Chi, Jiu-Jitsu, Wing-Chun or Western Boxing there is one universal theme. Regardless of the style the secret to the success of their individual techniques is dependant on one's posture, breathing, and intent.

One of the very best exercises that unite the body into one complete whole is the Kettlebell Snatch(Indeed their very Flagship).

### Posture:

The bell is positioned between your feet and back towards your heels. Keeping your back straight, bend at the waist and squat down to pick up the kettlebell. You load your hamstrings as you pick up the bell creating tension which, when unleashed will propel the kettlebell up into the finishing position which will be locked out overhead.

Once you have a good hold of the bell, explode with the hips and thighs duplicating the same form you would use in performing a standing long jump. Remember that the hip and leg drive are what project the kettlebell up and overhead. 80% of the energy required to perform this lift correctly comes from the hip and thigh explosion. Do not lift with your arms, squeeze your butt, tense your quads, and make sure to drive your heels through the ground.

As the kettlebell comes up over your head, dip down slightly under the bell and drive your fist up towards the sky and stand tall. When viewed from the side the bell, your wrist, your locked out elbow, shoulder, spine, knees, and heels must be in one continuous line at this lockout position above your head. It is like doing a Karate style reverse punch up to the sky. This will allow the kettlebell to gently flip over your wrist. This part of the lift will take a little practice, as most new comers tend to allow the bell to smack against their wrist. Also just like in a punch, make sure that your wrist is locked out, like you are going to break a board, there should be no bend in the wrist. A couple of these with bad form and a heavy kettlebell will wake you up to the advantages of proper posture in a hurry. I don't endorse the usage of a heavy kettlebell when starting out. Use an 18 pounder till you get the form right, and then progress up.

A correct finish has your arm locked out over head and the kettlebell positioned slightly back behind the ear. The major mistake made in the finishing position is the kettlebell is too far forward. Your bicep should be even with or behind the ear. Now, bend at the waist to get the momentum started down and let the kettlebell flip back over your wrist and down between your legs. Allow the bell to swing back between your legs (like you are hiking a football) this helps in correctly reloading the thighs and making sure that you are not overloading your back.

### Breathing:

As you take the kettlebell back between your legs, inhale through your nose, and like a rocketship exhale through your mouth. Make a short hissing sound as you exhale, this will help to correctly fire your abdominal muscles as your breath drives the physical movements described in the postures above. As the bell comes down, you inhale and start the cycle again.

### Intent(Philosophy):

Imagine that you are drawing up the energy from the ground. The soles of your feet are like the roots of a tree, that go deep into the center of the earth. As you breathe in the vital energy from the heavens above, you will become one with heaven and earth. Your mind will become quiet, and the exercise will become easier and easier, and you will use less and less effort. You are now on your way to becoming a more efficient being that is impeccable in conserving energy.

## Chapter 18 – What Makes Us Different ?

In our martial art careers, just as we want to protect our families, we also want to protect our respective businesses. In the 40 years that I have been training martial arts, I've seen some very original people in my days. People that we would now look at and regard as pioneers. However, each of these pioneers, has had detractors, each of these pioneers has had imitators. Although they say imitation is the most sincere form of flattery. In the business world, imitation can dilute and minimize us.

Reality based fighting, is the hippest and easiest venue to teach, and unfortunately the easiest venue to imitate.

And when one is imitating you, the actual things that they are imitating are the finishing moves. Think about it...what do you think of when you see an arm lock on the ground. Most likely that would be jiu-jitsu. What do you think about when you see, a knee to the face out of a Thai clinch, most likely that would be Thai Boxing. Or perhaps what do you think about when you see a bite on a face, I would say your first instinct would be Kinamutai. However, in all of these cases, each of these folks, performing these finishing moves, could be librarians, who have never thrown a punch their life. Anyone can imitate finishing moves. However, what they can not imitate, are the attributes, and skill set that it takes, to proceed the finishing moves.

So therefore what makes us different from our imitators, are the amazing drills, that were passed on to us from Bruce Lee and Dan Inosanto. And when we do our techniques, we do them out of these drills. If we are going to do a headbutt, or if we are going to do a knee, or if we are going to do an elbow, or a pac sao, or a savate kick, each of our techniques are being done again out of one of our drills. Which drills are we referring too? Chi-Sao, Hubbad, Sumbrada, Numerada, Serrada, etc... If we are talking about self-preservation, we are now referring to doing things out of MMA.

The implications behind these statements are as follows: While you are working, whatever specific technique, say a pac sao, If you are doing this out of MMA, this fella could be kicking your thigh, jabbing your nose, shooting for your legs, etc... You must have all of these answers, in other words, you must know MMA. So getting back to what makes us different, think of each of these drills as a different canvas, to paint your picture on. Our imitators, maybe able to imitate a Pac Sao, but they can not imitate a Pac-Sao out of MMA!

Our imitators might be able too, imitate a Savate kick, however, they can't imitate it out of Serrada. Our imitators, might try to imitate a bite, however, they can not imitate it out of the canvas of Jiu-Jitsu. So at the end of the day, it is not the techniques, that will bring you to the forefront, but the body mechanics, footwork, all of the other attributes and the knowledge of each separate canvas, that make us different. Without these canvases, one can imitate but they can never duplicate.

## Chapter 19 – The Power of the Fork

Not a pitch fork, not a spoon and fork, not a fork lift, not a fork in the road, but a fork in chess. This is an offensive move that, not only attacks one piece, but it attacks two pieces simultaneously. For all of you non chess players, imagine two pawns 20 feet apart, and a horse gallops right in the center, the horse is now 10 feet from each pawn. With one leap he could get either one. If the pawn on the east runs away, he hits the pawn on the west. If the pawn on the west runs away he hits the pawn on the east. The value of attacking two things simultaneously, is immense, deep and even profound. This concept is universal and immutable. Regardless if we are discussing business, chess, debate, or martial arts. And in martial arts, the style of kick boxing that truly illustrates this point is Savate. If a regular kick boxer kicks your thigh, they aim, point and kick, directly at your thigh. If that same regular kick boxer wants to kick your head, they will aim, point and kick, directly to your head. If a Savate man however, wants to execute the same moves, he will aim and point his knee in between the thigh and the head. This move will be executed in the form of a fake, and will evoke a reaction from the adversary. They will either guard their head, in which case the Savate man will kick their thigh, or they will guard their thigh, in which case the Savate man will kick their head. Not only does this make it difficult, it makes it down right impossible for the opponent to know which attack will be finally executed. The opponent would literally have to have a crystal ball. Now these forks that we are referring too, when executed be a true "savateur" are always done in combinations. Say two, three, and as many as four at a time.

To me the most amazing thing about watching a "Savateur" perform a combination of forks, is exactly how slow these fellas can pull this off, when they want too. When one is crafty enough, they can literally kick and land, at 25% speed (pinpointing the jaw, the groin, solar plexus, kidneys or thigh) ! There is literally no speed required when one uses a fork. This is why, in Savate, the best Savateurs are between 50 and 70!

And of course the Brazilians have their fork... The difference between a purple belt and a black belt, is how they attack. Both can attack in single direct attacks, both can attack in combination attacks. However what differentiates the two, is the black belt is executing the progressive indirect attack i.e. the fork. The black belt is always attacking two, sometimes 3 things at one time. I put in 6 hours of private wrestling with Rickson every week for 4 and half years. Sometimes literally meeting him at 5 in the morning. And I can honestly tell you, that in the thousands and thousands of times that I have tapped from that man, every single solitary time he faked me out!

He would attack my arm, I would defend my arm, and in a nanosecond he would be attacking my foot, I would pull my foot in, and within a nanosecond I would be tapping to a choke. I am one of the few people that have had the privilege of spending thousands of hours with most of the Gracie brothers, Rolyer, Royce, Rorion, and Rickson. Many people have subsequently asked me how do they differ ?

Vunak's Top Combat Secrets Ch. 20

Chapter 20 – The double progressive indirect attack (the greatest fake in the world).

When two novices are throwing blows at each other, the likely hood that these will be exaggerated single direct attacks is about 99%. When we watch John Wayne movies (or most television shows for that matter) we see the director's idea of a fight. Exaggerated single direct attacks. It would be easy to extrapolate from various examples, that man kind does not throw combination striking naturally. The most natural blows are single directs. However, when we train individuals, we teach that combination punching is more effective. The second blow, and the third blow, usually have a higher percentage of hitting than the first blow. So now the trained fighters, throw in rhythms of one -two, one-two-three, sometimes all the way up to six.

"It does not matter what ever style we are referring too karate, kung-fu, kicking , punching, etc..."

This is why the trained fighter, will beat the untrained fighter. When all other factors are equal. For example if we take two identical twins, and teach one brother how to punch and kick in combinations, for six months, and then let them fight. Now even though DNA and family upbringing are moot points, twin number 2 would win 99 out of 100 times. Now lets say you took both twins and taught them both how to punch and kick in combinations. If these two cats were to fight, out of a 100 times, it would be close to 50-50. Now we take the same two twins, that know how to hit in combination, and teach one of them how to throw fakes, and if they were to go back and fight each other 100 times in a row, the twin that faked would win 95% of the time. When we throw fakes, to quote the old commercial. The opponent never knows if it is real or if it is Memorex. The ability to throw fakes, not only increases the odds of hitting the opponent by twenty, it also enables one to fight outside of their weight class. The game is now less about size and strength and power, and more about technicality and precision. When one fakes this deflects the energy into more of a chess game. Especially when you are faking the eyes and going to the groin, or faking the groin and going to the eyes !

This method of attack is not single direct, is not attack by combination, but progressive indirect attack. It is progressive in that it takes up distance, and indirect in that it takes up time.

Up until about 18 months ago, progressive indirect attacking has been considered the highest level. However the \$64,000 question is what if both identical twin brothers each know how to execute progressive indirect attacks. Picture the scene... brother A fakes high, and kicks low, and brother B knows its coming. Now brother B fakes low and strikes high, and brother A knows its coming. This impasse that occurs amongst the highest level kick boxers is due to the fact, that subconsciously each knows the others game.

What we are about to discuss is extremely difficult to pull off, and should only be attempted by your most advanced students. Lets say we pull one of the brothers off, and teach him the following... Instead of faking high and striking low, or faking low and striking high, execute two fakes in a row. Fake high and fake low, now strike your opponent a third time, back to high. I will write this in a very simple binary code to make it even easy for aliens. A 1 is a strike a 0 is a fake. Instead of the typical progressive indirect attack , 0-1, when one is attempting to execute the double progressive indirect it would look like this, 0-0-1. Picture anyone who is advanced in kick boxing, and picture how they are hardwired to receive a progressive indirect attack. After they receive any fake, they will always know the real thing is coming. What if the real thing didn't come, what if after the fake, the second blow was also a fake. Now the third blow, becomes the real strike. This my friends is how to beat your contemporaries. This is how to get out of a rut. And get to the next level. And this also happens to be the greatest fake in the world.

## Chapter 21 – Locking the Art of Joint Reversals

Many people say that you can never pull off an arm lock in a real fight (standing up), and still there are many other people that teach nothing but locks (without adding anything else) and the truth lies somewhere in between.

In a real mean street fight, jabbing the eyes, blasting, kicking the groin, head butts, knees, elbows, biting, etc... Are all tools that I would put at the forefront. However, of 100 fights that we may get into, usually “less than 5 are real mean street fights”, the other 95, I would categorize as simple physical altercations, for example you maybe driving down the street and get into a fender bender. Unless you are unlucky enough to crash into Rampage Jackson’s new truck, most likely who ever you crashed into is an average person, perhaps a business man, and if said altercation does turn physical, the last thing in the world you need to do is pull out eye jabs, biting, and head butts. So in a nut shell, in most cases... in most fights... moves such as sweeping, restraining, and locking are actually viable.

The problem however, as with all martial art problems, lie within the training methods, or the lack there of. If your training method in locking starts from a lapel grab, no matter how many locks you know, no matter how many fancy combinations you can do, the truth of the matter is, when a person is throwing a punch at you, all of those techniques and 50 cents will get you a cup of coffee. One must first have a viable method of defending the blows. And then secondarily, segway into the locks. Conversely, if one tries to apply a lock straight out of a punch the first thing they will find out is, that the punch has already retracted or hit your face, before you ever get a chance to apply your lock. One can not train against a static target, and then expect to apply their techniques against a moving target. It would be like surfing in the desert. So what is the answer....

Step 1: Learn destructions. The best way we know to deal with strikes is to destroy the incoming blow. Now said hand is both slowed down and injured, and ripe for a lock.

Step 2: When applying destructions, the feeder can not go full speed. Therefore we have come up with a drill that is somewhere between a lapel grab, and a full speed blow. To put it simply, it resembles slow motion punching, and we call this numerada. This drill that we call numerada, teaches us to do destructions against moving punches. And now we are ready for step 3.

Step 3: Applying locks out of numerada, after destructions. Picture, one person, throwing a series of jabs, crosses, etc... At 50% speed. In the numerada fashion, now picture the training partner, the recipient, destroying these punches and flowing to a lock combination. After two or three locks, the recipient lets go and allows another punch to come in. This process is repeated over and over to some nice rhythmic music, and after several hours turns into several months the notion of destroying a punch and putting the adversary in some lock, turns from the impossible in to the viable.

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## Chapter 22: Footwork



On April 10, 2010, Frankie Edgar defeated BJ Penn to win the UFC light weight championship of the world. There is just one minor problem with this fact. BJ Penn is 3 times a better athlete than Frankie, his boxing skills are three times greater, he is 100% more powerful. His clinch game is twice as good, his takedown defense is the best on planet earth, and his jiu-jitsu skills are roughly three times better than Frankie's. However knowing this empirical data, the fact of the matter is, BJ still lost. Why .... For this answer I will refer you to the title of our chapter, Footwork !

They say there are no superior attributes (like the game rock paper and scissors), however if there were, footwork would be on the top of my list. When one has great footwork, as with Frankie Edgar they can use it to nullify just about every other attribute on their opponent.

It is footwork that enabled Bruce Lee to intercept, it is footwork that makes the straight blast work, and at the end of the day the reason why we loose a fight, when we get tired is because we lost a certain attribute. Yes you guessed it, footwork !

When we look back at individuals with super footwork, individuals like Mohammad Ali, Sugar Ray Leonard, Roy Jones Jr, and more currently Frankie Edgar. They are popular because, these particular sports (boxing, mma), showcase these individuals and put them in the lime light.

However, behind the scenes, please let me share with you, some other folks that you can watch, who I believe have even better footwork than these aforementioned individuals, there is a tape on the internet floating around, that showcases Master Johnny Lacoste doing carenzza. He was 86 at the time. When I asked Inosanto one day, if he felt anyone on this earth had better footwork than Master Lacoste, or perhaps Bruce Lee, he stopped what he was doing, looked up and to the left, about 6 seconds went by, and then he caught me right in the eyes, and said Fred Astaire, and then he gave me a wink !

Needless to say, I spent the next year becoming the Fred Astaire buff, however perhaps not so needless to say, I learned more from this endeavor about footwork, than any thing any martial art teacher ever taught me. I watched Fred Astaire bursting forward and backward, traversing laterally, dropping elevation, twisting, pivoting, breaking rhythm. I saw male triangles, female triangles, bisexual triangles, etc... In a nutshell, the athleticism exuded from this 70 year old man blew away the athleticism exuded from younger martial artists. It was now my mission in life to find out why, was it just that Fred Astaire was so special, was it just that Fred Astaire was the "Michael Jordan" of footwork. Or could it have been something else. So I started investigating other dancers. I investigated different types of dancing, different styles, ethnicities, cultures, and I found over 100 Fred Astaires out there. I found folks, that did things with their feet (and could be directly related to martial arts) that no martial artist, has or could even ever attempt. This led me down, a principle that has molded me for the last 25 years... Music is magical, music improves, clarifies, and enhances, music usurps complacency, transmutes boredom, and literally metamorphasizes ones ability.

Roughly one week after these revelations hit me, I became a musician, and have never looked back. Happy Footwork !

Vunak's Top Combat Secrets Ch. 23

## Chapter 23 – The nut cracker (*the best drill in the world against the street ground and pound*)

Notice in our title, we say **street** ground and pound as apposed to sport ground and pound. The expression ground and pound refers to two things. First a takedown, and secondly repeated punches on the face. When one is in a sport situation, they are only fighting one opponent, and that opponent always starts in front of them. In a street situation, the actual takedown can flank you from the side, the blind spot, or from directly behind you. When we are takedown from any of these aforementioned angles it is a completely different experience. More like the feeling of being tackled in football, and less like the feeling of being in a wrestling match. However in football, like in street fighting, one can be taken down from literally any angle. However once this occurs in football the play is over. Once this occurs in a street fight you have just begun. The nano second that one hits the ground, from some unseen angle their objective is to try and land softly on the cement(as opposed to slapping out), and instantly spin and pull guard.

While we have landed safely and are spinning the opponent in the guard, we must simultaneously grab their head and wrap one arm. Once this maneuver is achieved, we hang on for a while, and at the appropriate time do a face bite and kick off and simply come to our feet.

This is the best and safest thing any human can do against another human attempting a ground and pound. However with that said as with all techniques this maneuver should be trained repeatedly and intensely. So as to become hardwired in the subconscious. The best way that we have found to do this is the nut cracker. The nutcracker drill means we have between 6 and 12 people participating, one person in the middle. The person in the middle is roughly 10 – 15 feet away from everyone. Each person around the circle is given a number, and the instructor arbitrarily calls these numbers out. When your number is heard, from whatever angle you are at, relative to the man in the middle. You simply shoot in and attempt a ground and pound. The guy in the middle will spin, pull guard, wrap the arm and neck, hang on for 5 seconds, then they instantly stand up and within 3 seconds the instructor is yelling out another number. This entire process is repeated, 10 to 20 times on each poor bastard in the middle. But by the end of the day, this and an apple will keep the doctor away.

Vunak's Top Combat Secrets Ch. 24

## Chapter 24 – The Missile, Boxing's Greatest Move

In this chapter we are going to be isolating the art of western boxing... In the art of western boxing there are typically 5 blows that are thrown. Jab, Cross, Hook, Uppercut, and Overhand. These 5 blows all start slightly different.

With the exception of the jab (which can usually be thrown without a telegraph), the other 4 boxing strikes are all launched slightly different. This slight differentiation, pro boxers can pick up as a telegraph. Therefore, in most cases to remedy this, they precede each of these blows with a jab. Jab-Cross, Jab-Cross-Hook, Jab-Hook-Cross, etc... The problem with this, is when both people get stuck in this cadence. And typically find themselves at a conundrum, where nothing is landing. There are however, some folks at such a high level of boxing, they have found little tricks to work around this.

The single most potent, and affective trick I call the missile. The missile is a posture that professional fighters find themselves in. This posture also serves as a non telegraphic “delivery system” by which most of boxing strikes can be launched.

Step 1: Get in a perfect fighting stance. Rear hand on the telephone, front hand equal to the nose, elbows in, knees bent, etc... Now keeping perfect form, push off your rear leg, and attempt to head butt his chest with the top of your head. To train this properly, I would move around and put in a minimum of 10 3 minute rounds, doing nothing but repeating this precise move. Over and over again. While boxing lightly. It is important to know, the person doing the drill, should not work any offense. Just footwork, slip, bob, weave, duck, and hit your training partner in the chest with your missile. (When one actually makes contact with our training partner, and the top of our head actually smashes the chest. Our spine should be as horizontal as possible. (Think of yourself as a bull and you went to gore your training partner in the chest).

Step 2: Now the fun begins. And we get to launch our weapons (If you execute this properly, it is next to impossible for the opponent to see your strikes). Do the exact same drill, and one nanosecond before your head hits your training partner’s chest, fire a cross ! Now move around some more, launch your missile, and this time, one nanosecond before the top of your head hits his chest, launch an overhand. Now when you move around for the third time, and you launch your missile, this time your training partner has absolutely no way of knowing if the cross or the overhand is going to come. This time your training partner, must have a crystal ball. Actually, he must have more than one crystal ball. As you move around with your training partner for the 4th time, launch your missile, instead of a cross, instead of an overhand, you launch a horizontal hook, or perhaps a vertical uppercut straight to the groin. So what we are actually saying here, is that from this missile. Four blows could be launched. Without the opponent ever possibly being able to differentiate. This takes away 90 % of the need for speed, and can take any boxing enthusiast into a fun and functional training well into their 70’s.

Vunak's Top Combat Secrets Ch. 25

## Chapter 25 – Contemporary JKD's Progression

As stated before in our previous articles, mixed martial arts has boiled down to really two arts, Thai boxing, and Brazilian jiu-jitsu. And as mentioned before, we were aware of this revelation around 1985. And since that time, we have had plenty of years to devise ways to improve this Thai boxing – Brazilian jiu jitsu cocktail. Adding Kinamutai was our first priority. The single most important thing that we wanted to do, was defeat another person that also knows Thai boxing and Brazilian jiu jitsu, and happens to be bigger, stronger, younger, etc... Kinamutai filled this hole, next we found that by injecting Wing Chun, we were able to control the opponents center line, trap the opponents hands, and even apply follow up arts. Some of these follow up arts can include, but are not limited too, savate, dumog, tai-chi, etc...

When two people are trading blows, in a typical MMA fashion, and all of a sudden somebody enters with a Pac Sao, and the perhaps a Lop Sao, and then if they were to go to a double leg takedown, continuing the match on the ground, we would see a visceral response of most of the audience sitting up in their chair, extremely impressed, in deed this scenario has actually occurred once in the UFC.

Joe Rogan, perhaps the most sophisticated man on planet earth, when it comes to knowing fighters, was blown away by Vitor Belfort's Straight Blast on Vanderlai Silva. In fact, Joe actually got up out of his chair, and declared at a very high decibels, did you see that he, "Wing Chuned him".

Once this perfectly timed Wing Chun entry occurs, and you have Pac Saoed and Lop Saoed your opponent, controlling his center line, there is a brief window in which we can actually flow to the enigmatic but functional art of Tai Chi. Picture the opponents hands crossed, and you square up your body and sail him, straight across the octagon, or perhaps a street fight, sailing the opponent into a 65 Chevy. Now we have a contemporary JKD person, able too trade blows in the world of Thai boxing, able to trade counters in the world of jiu jitsu, yet also able to put more sophisticated and sublime arts in, that are more germane to the street, again weather these follow up arts are Wing Chun or Tai- Chi, or locking, or throwing, there main purpose, is to add to the potential degree, of violence, necessary to win the encounter.

Training Drill:

Step 1: Get your Thai boxing and jiu jitsu skills as high as possible.

Step 2: Integrate the Pac Sao as a Portal to enter.

Step 3: Make sure you can perform said Pac Sao on the retraction of any punch or kick.

Step 4: Trap the rear barrier (Wu Sao).

Step 5: Once the students are able to get all the way up to this final point, add the two basic Tai Chi shoves.

Step 6. Add Foot sweeps

Step 7: Add Dumog

Step 8 : Add Savate

Step 9: And now finally by step 9, we should see our students, looking very similar to two MMA cats sparring in the Octagon. They should be trading blows, not too dissimilar from Thai Boxing. Integrating Ground Fighting, integrating biting, indeed if we could for a moment, lets shut our eyes and picture this one combination.

Thai Kick – Pac Sao -Lap Sao - double leg takedown - ground and pound - sweep occurs from the bottom person - the sweeper comes to his feet, with a blitzing straight blast, and a Tai-Chi Sail into the Octagon, concluding with a knee strike.

In conclusion when one can seamlessly integrate, tai chi, locking, biting, with Thai boxing and jiu jitsu, they can fight out of their weight class by 70 pounds, when they are 70 years old.

## Chapter 26 – Flawless Body Mechanics

When we think of power, Thai boxing comes to mind. When we think of leverage, jiu-jitsu comes to mind. However, when we think of body mechanics (a more subtle and sublime attribute) it is difficult to pin point an art. Or is it? The most graceful coordinated and super tight, athletes/martial artist that I have ever trained with, are Kali and Escrima masters. I am not referring to people 40 or under, that refer to themselves as master, I am talking about true masters in their 70's and 80's. For some time it took me a while to understand, just why there is such a mark difference, in the movement of authentic 70 year plus Kali masters, and only as we delve into history, can we find our answers. The original art that migrated from the Philippines to America, was called Kali. Kali, is a semantically shortened down version of the word Kalis, which means knife or edged weapon. This original Filipino art brought to America, was 90% about blades. As the years went on, and these masters started passing away, and their new generations of students, would begin to sprout up, we began to notice, less and less knife techniques, and more and more stick techniques. Stick fighting, became, very vogue in America, so much so, to the point of actually changing the name of the art from Kali to Escrima. As we look at various escrimadors, there is a considerable less proclivity, for body mechanics. When one makes contact with an edged weapon, in order to cut the skin, there must be a slicing action occurring, this slicing action, facilitates a bending of the knees and twisting, which are the staples for body mechanics, world wide. Now as the years move on, we see a further delusion, of the art, as stick fighting becomes so popular, that stick tournaments sprouted up all over America, like mushrooms after a rain.

Due to the idiocy of the rules of these tournaments, what little mechanics, folks practicing escrima had, went right out the window. Resulting in two participants, flailing at each others head, reminiscent of a pillow fight. As these tournaments became more and more popular, the Filipino martial arts got more and more diluted. The participants of this homogenized version of fighting, called themselves Arnis practitioners. And all though these people may have a weapon in their hand, the quality of movement, doesn't even resemble the old masters who practiced with live blades. So at the end of the day, if one wants to take their body mechanics to the next level, I would recommend the first thing that they do, is in addition to sticks, add 50 blades, to your training arsenal, long blades, short blades, single edged, double edged, straight edged, and wiggly.

Once roughly after 50 hours of edged weapons training has been accrued, when you look at yourself in the mirror, you won't even recognize that dude.

## Chapter 27 – The Secret to Keeping Students

All of my travels, doing seminars world wide have afforded me the opportunity to view thousands of schools inside and out. When I say inside, I'm referring too the books. The amount of students each respective school has, it's relationship to overhead, and eventual success. I used to think the success of a school depended on it's size and extravagance, there was also a time when I thought the success of a school depended upon the martial arts style, however at the end of the day, what makes a school equitable, are the amount of students that one has and it's relationship to the overhead.

Most people in life, enter into various hobbies/sports and then get out, and then dabble into yet another hobby and sport, to eventually end up getting out of that one. The reason we don't see many people, excelling to excellence in one sport or subject is due to the fact, that very few people are tenacious enough to stay in any subject for longer than about a year or so. Most martial art schools do not have permanent students, they simply have a perpetual influx. In order for success to occur, it is crucial that one increases the longevity of their students participation. In other words increase the flight training time, from one year to ten years plus(I personally have over 100 students that have been with me for over 20 years).

What I am about to share with you now, may appear simple and obvious, perhaps as obvious as the trees in a forest.

Here are the 3 secrets to success...

1. Each student must get a great workout .
2. Each student must learn something
3. Each student must have fun

Regarding point #1, the single most successful, type of classes out there now a days, are aerobics classes. No one learns martial arts, actually no one learns anything. But when everyone leaves class they all have that physiological training buzz. Their bodies are loaded with serotonin, dopamine, and nor epinephrine. When people leave their aerobics class, that's probably the best feeling they feel all week. And while they are driving home, they are justifying to themselves why they went, "I'm loosing weight !", "I'm getting in shape". So in a nutshell, regarding point #1, the last ten minutes of every class, I make sure my students are exhausted.

#2, it is imperative to human nature, that one feels the feeling of growth, one must know that there is some fruit at the end to justify their labor. In 85% of martial art classes, folks are going through the same stuff they learned on day one. In 85% of classes, when folks get in their car to drive home, they don't feel like they have learned something. They sort of just went through the motions. So for me, I take a long hard look at each group class, I remember what each of my students know, and what they do not know. And I put in the effort to simply teach everyone something new, in every class.

And finally we have #3 – Perhaps the most important ingredient of all, Fun ! Fun guarantees students, longevity, and financial success. Fun, is going past the practicality of a workout, fun is even going past the practicality of learning something. Fun is very child like and visceral. And the end result when you know if a class is having fun... there all enthusiastic. If you ever want to multiply your division to confirm if people are having fun, simply watch their enthusiasm. A few of my favorite tips for fun, #1 – if you see a pair of people working together, “that are not connecting”, or are at such a disparity in level, simply change partners. Next, in each class play music. To have a radio going in the back ground is one of my most important tools. Next, get some live drums, did you ever wonder why we play with live drums? Drums increase movement by a 100%. Our bodies are subconsciously responding to the various accents and rhythms of the music. 3rd, we have incense. The most powerful sense in our body is smell, and the nanosecond we smell the incense it takes us to a martial place and helps us quiet our mind. In conclusion, remember if we give our students a great workout they are satiated physiologically. If we teach them something new they are satiated mentally. And if they are having fun, smelling incense, kicking it to some music, they are satiated emotionally. And guess the news, if your students are satiated physiologically, mentally, and emotionally, you will be satiated financially.

## Chapter 28: Quietening the Mind: Physical Meditation with Ancient Indian Exercises

**Dands**(Hindu Push-Up) and **Bethaks**(Hindu Squat) are two ancient Indian bodyweight exercises that are the core of the Action Strength training system. They are designed to develop strength, flexibility and unite the mind, body and breath into one complete functioning unit.

Dands are jackknife style push-ups and Bhetaks are comparable to deep knee bends. These two exercises when done together provide a complete body workout and can be done anywhere at anytime.

The most important feature of dands and bethaks is that they should be performed rhythmically and at a steady pace. The performance of thousands of repetitions of these two exercises produces a trance like mental state. The dands and bhetaks transport the practitioner into an altered state of consciousness from which he or she can derive great strength, focus and mental clarity. It is like doing a physical meditation.

### **Bhetak**

From a standing position with feet set shoulder width apart, squat down onto the balls of your feet, while lifting the heels clearly off of the floor. From here push yourself up back to the start position(standing) but do not let your heels touch the ground.

Make sure that when you squat down that your knees track in front of your feet. Don't let your legs bow in or out. Keep your back straight and abdominals tensed the whole time. Your arms should be relaxed and sway back and forth with the movement of the body to help you keep your balance. Your hands sway back before you drop down into .... the squat (they naturally sway back to the start position as you stand back up).

Indian wrestling champions would do between 2 and 3 thousand a day. Average wrestlers would do between 500-1000 a day.

### **Dands**

One starts a Dand face down, in the push up position by placing their arms slightly wider than shoulder width, and their feet are placed slightly wider than the width of their arms. To begin, one cocks the body back by lifting one's buttocks into the air while straightening both arms and legs. Then by bending at the elbows, one dives forward so that the chest glides between the palms close to the ground. One then arches up while straightening the arms and thrusting the pelvis down towards the ground. One then re-cocks the body to the starting position. At no time does your back arch, or bend, it must be kept in straight line at all times.

In the traditional training method one should do half as many dands as bhetaks. Wrestling champions would do between 1000-1500 a day.

Here is a Classical Training Progression that provides a road map from beginner to champion wrestler.



5 Sets of 15 Dands and 30 Bhetaks (Beginner) 5 Sets of 25 Dands and 50 Bhetaks 5 Sets of 50 Dands and 100 Bhetaks  
5 Sets of 100 Dands and 200 Bhetaks 5 Sets of 200 Dands and 400 Bhetaks (Champion Wrestler)

## Chapter 29 : The Great Eight

When people ask me over the years why Dan Inosanto's students move differently from other Jeet Kune Do factions ? The empirical answer is they are better athletes. Long answer, gets into why... In martial arts as with any other sport there are specific techniques of the game that enable us to differentiate between football, basketball, mma, stick fighting etc... When these techniques are given to a cross section of people, regardless of what sport or martial art style we are talking about, then the quality of these people at the end of the day is determined by the better athlete.

So out of a 100 people, you will most likely have 5 that excel to the top of their game, additionally you will most likely have 5 that have extreme difficulty doing basic stuff, and the other 90 folks, are on a floating DNA scale. And their success, in their chosen sport or art, has been pre-determined by their respective level of attributes. This includes but not limited too, speed, power, timing, coordination, lateral footwork, conditioning, line familiarization, etc...

When I met Dan Inosanto in the mid 70s, he explained to me how he figured out how to work around this genetic conundrum. He explained, that if we practice our techniques out of drills that involves movement and resistance, that not only will be learning the techniques but we will be improving our attributes simultaneously. As opposed to practicing our techniques out of some lapel grab, or fake punch. Over the many years of training with Bruce Lee and other Filipino masters, and out of the 30 years that I have trained with Dan, there are 8 such drills. Each one of these drills brings out a different set of attributes and a different type of movement.

1. Hubbad
2. Chi-Sao
3. The Thai Clinch Drill
4. Pummeling
5. The Lop-Sao Drill
6. Sumbrada
7. Numerada
8. Serrada

These 8 drills combine, weapons with empty hands, Kali with Wing Chun, single direct attacks, attacks by combinations, PIAs, etc... These drills are purely magical. I have witnessed Dan, and I have myself made athletic street fighters out of clumsy mild mannered people.

These drills like anything else can be done at a very basic level, where folks are just repeating the shell of the drill. Or each of these drills, can have full contact sparring, (complete with eye jabs, face bites, and jiu-jitsu) intrinsically woven in to the confines of the drill. The reason why these particular 8 drills, create a functional fighter, is complicated enough to fill 5 encyclopedias. However for now, suffice it to say, that by returning back to each drill, in between our very lethal techniques, this returning back to the shell of the drill, is extremely difficult and requires exceptional athleticism. Standing in the middle of the ring and duking it out takes very little other than a set swinging, conversely when two people are duking it out for a few brief seconds, and then they must return back to a specific drill say, chi sao, this returning back to chi sao, enables a fighter to forever protect his centerline for the rest of his life. The returning back to Hubbad on the other hand gives one the ability to angle or zone. Returning back to sumbrada say with a stick or a knife, gives one the ability to flow without thinking. Returning back to serrada out of full contact stick sparring, gives one the reflexes of a startled mongoose etc, etc...

In conclusion when we give our students these 8 drills, and then teach them our agenda out of these drills, not only are we guaranteeing the functionality of our students, we are also keeping it fun, which guarantees the functionality of our check book.

## Chapter 30 – The First Minute of the Fight

Encounters can be broken down several different ways. In this case we are going to be emphasizing how a fight actually starts and what to do in the very first minute.

In order to facilitate this we are going to divide a street fight into two areas. One is a mugging type energy, in this sort of fight you go from 0-100 in a nano-second. In this sort of fight one is walking down the street and they are literally mugged. This type of encounter dictates that we circumvent the preliminary analysis and pot shoting and go directly into the rally. This kind of encounter happens so quickly, in many occasions, one doesn't even get the chance to feel that typical adrenaline dump. Like a knee jerk, if I started and you ended it, using just the rally. This particular type of fight happens less than two percent of the time. In far more cases physical altercations are preceded with a minor vehicular collision, name calling, verbal abuse, pushing, and eventually escalating to a full blown street fight.

So now let us address this type of scenario, once again which in deed will happen 95% of the time. Using Bruce Lee's lexicon, the first twenty seconds of the match is called preliminary analysis. One's goal during this stage is two fold.

#1. Take several deep breaths and calm yourself down. While you are doing so, from the very safe distance, analyze your opponent. Get a feel for how this fella is moving. If he is squared off with his knees bent, and an obvious look on his face that, "I'm going to come at you with a double leg takedown", you will smell wrestler.

If his hands are down, with know sense of distance or form, and swinging wild elliptical blows, you will sniff out that this guy is a street fighter. And finally if he is in some low convoluted stance with his hands on his hips, then the answer to your analysis is Karate Man.

Once these first 10-30 seconds have gone by, and we have taken several deep breaths, calmed ourselves down, and have a sense for who we are fighting, our next goal is to dictate the range and cadence of this match.

And the two best tools to do this are, a jab and a shuffle kick. We use these two tools because, the Jab can equate to the eyeballs, the shuffle kick can equate to the groin, both tools can be flicked out with an excellent risk to reward ratio.

Again this stage of the match is called pot shotting. Picture that you have figured your opponent out and you stick him in the face with a couple of jabs, then you fake a jab, and come to the groin. Then Fake the groin, come back with a jab. This continual attack enables us to go high-low-high, engaging progressive indirect energy. And at the same time, if either of these blows land, it could end the match. Now that we have our opponent, flinching, scared, nervous, and biting on our fakes. It is time to close this deal and go home to our family. Enter Rally...The termination of this fight that we call a rally, is best executed by a straight blast, with a succession of head butts, knees, and elbows, from a Thai clinch(sound familiar). In conclusion, the first 20 seconds of this fight we stay at a safe distance, take several deep breaths and check out this fella. Next we go to pot shotting, where we stick him with jabs and shuffle groin shots. And finally, after one of said shots connects, we follow up with the rally. And during this final stage of rally, should be our greatest explosion of punches, knees, headbutts, elbows, and face bites. And just like a math problem, if we ever want to test Bruce's theories, just multiply your division by watching a world class MMA match. These same principles are now being applied some 40 years later(see St Pierre vs Koschek 2, Dec 11, 2010).

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## **Chapter 31 – The first minute of the fight part 2**

Guys... this particular chapter obviously hit a cord. As we were flooded with emails and questions, which included but were not limited to several "Yeah Buts". Please forgive the fact that I am going to be bouncing around a little bit as the impetus of part two was based on several questions, that I will try to answer.

What is the best weapon to hit somebody with, should I go to the eyes or the groin first ? Is it true that a better first shot is initiated if we can fool the opponent to look the other direction either verbally or with our eyes ? Which lead should I be in when I initiate my first shot ? Questions that all have this general tenor, assume one thing, and that is that we are in a range to already hit our opponent, furthermore it is us that gets to choose which blow and which target. The problem with this is a simple one, if you can hit the opponent he can hit you. If you can jab the opponents eyes, the opponent can jab your eyes. Therefore the first rule of Jeet Kune Do is to Intercept. In order for an interception to occur, we must be outside the range of our opponent.

If an altercation looks like it's going to escalate into something physical, in those first seconds of the match one needs to get in a safe range(Bruce Lee named this period Preliminary Analysis). As you see in part 2, we are reverse engineering Bruce's process to help give you guys the whys.

Now our particular altercation takes us up to, stepping out in to a safe range during our preliminary analysis, taking a deep breath and beginning Phase 2.

Phase 2 has us relaxed in a fighting stance, breathing, and in safe range. Conversely, our opponent is doing none of the above, and out of rage and stupidity, the opponent is encroaching upon us, in order for his attack. Now using Bruce Lee's # 1 principle of economy of motion, we strike with our longest weapon to the opponent's closest target. This is of course the shuffle kick to the groin.

This will do one of two things. It will either end the fight completely. Or create a relationship between you and your opponent, where you are the puppeteer and the opponent is your puppet. When you hit the groin, the opponent's in pain. When we fake the groin, the opponent drops his hands, and then we attack the eyes. Then we reverse this process, fake the eyes, and then go to the groin. This second stage of the fight Bruce appropriately named "Pot Shotting".

I will begin Phase 3 by answering a few questions. I stated that our phase 3 termination was elbows, knees, headbutts, and biting. This facilitated several questions... Is there anything more violent than that? Is that the very limit? My answer is a definitive no, hell no! If one is in the middle of their phase 3 rally, with headbutts, elbows, and knees, and know that there are two other guys in the wings while our assault out of the Thai clinch is occurring, one may step it up by of course grabbing a bottle, breaking it, with repeated jabs and soonketties to everyone's face in the bar, combining this with projectile weaponry, pool balls, bottles, and Kinamutai face bites that would make Hannibal lector look timid.

One escalates the game to these heights to protect their family during a lethal mass attack, once any of these blows land, people tend to scream and bleed profusely. And we use this asymmetric military paradigm to affect our escape. I hope this answers all of your questions...

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## **Chapter 32 – A Successful School**

When we say a successful school, we must first define the criteria for success? Some people's definition of success is purely motivated by finances, other people's definition of success is having a school of kick ass fighters that does well on the sport circuit. Be it jiu-jitsu, mma, boxing, kickboxing, etc... (This type of success tends to satiate one's ego in lieu of one's wallet).

My definition of success for school owners, is that a school provides a balance for them. The balance by which we are referring is between finances and your own personal training. In many cases, in our quest to have a successful school, there is too much emphasis on teaching and not enough emphasis on one's personal training.

As Inosanto has told me repeatedly for over 30 years, our school should be our job and our sand box to play in at the same time.

A successful martial arts school is a combination of brick and mortar and flesh and blood. What do I mean by this? Back in the 60's and 70's we saw schools popping up under the auspices of a franchise. What I mean by this is if someone had a big name, they would parlay their name into a chain of schools. Chuck Norris had a chain of schools, the Tracy brother's had their chain of schools, Ed Parker had his chain of schools, etc, etc... (This is the flesh and blood paradigm). This business paradigm of the times did not require that the schools look good, did not require that they were equipped well, hell it did not even require that they were hygienic. However, people came, that business paradigm was a success for a while, but like building a house on a foundation of sand, it eventually crumbled.

As we got into the 80's the business model shifted, and school owners no longer had to be stars, or champions, the only requirement in the 80's was that the schools were decked out. When you came into a school in those days it looked like a 24 hour fitness. Equipped with wooden dummies, matts, bags, etc... This particular paradigm of the 80s, what I like to call the brick and mortar paradigm, was also successful for a while, and it also eventually failed miserably. Students would go to the same classes, being taught the same stuff by a litany of mediocre student/instructors. These instructors of the times did not need talent, fighting ability or even personality. All they needed was their very large decked out / expensive facility.

As we fast forward to 2010 and review this subject again, it is quite obvious, that the contemporary paradigm has way more to do with brick and mortar and way less to do with flesh and blood. And this is the epicenter of our topic this Sunday.

95 out of 100 school owners now a days, are absolutely anonymous. By this I mean they have no reputation as fighters, no reputation as teachers, and have put far too many of their eggs into their school, and far too few of their eggs into themselves. (At this point I shall attempt to address the 5 greatest ways that one can one can put their eggs into "themselves").

### **#1 Become an author, and write articles for magazines.**

The nano-second anything is put into writing, the writer is automatically assumed an expert. And "you" the writer also becomes a star. And finally you the writer gets one more thing... each article is a minimum of 6 pages long. Each full page costs roughly 2 grand in advertising. You the writer gets to advertise yourself and your school, through black belt magazine or Inside Kung-Fu, whatever, with what would equate to a \$12,000 ; once this process gets up running, one can advertise in 5 magazines each month, which is \$60,000 in adds, and literally do this in perpetuity.

### **#2. Make your own instructional video tape.**

Just like one who writes their own articles, one who stars in their own video tapes, is also projecting authenticity and recognition. When I made my first video tape in 1985, I remember spending back then, \$10,000. Now that same process can be done for under \$1000. Each video tape, back in 1985, cost \$7 a piece ! Now a days, an entire 8 DVD set can be done for under 6 bucks. In simple numbers, if one sells a 6 dvd set for \$100, and simply just sells one package per day, they would be making \$36,000 a year, for free advertising.

### **#3. Travel the World Teaching Seminars.**

As long as you have something cutting edge to offer. And as long as you have some sort of name / some sort of reputation it is guaranteed that their will be school owners world wide that will want to bring you in to do a seminar. If you do, 1 seminar per month, and your fee for the seminar is \$2000, and you sell 10 of your tapes while you are there, you are now promoting your school, and yourself for free, while making another \$36,000 a year.

### **#4. Further Your Authenticity as An Author, and Write your Own Book !**

It is one thing to own a martial art school, and it is something all together different to be an author who owns a martial art school. I can speak for myself when I say, my career, took off more, when I wrote my first book, than anything else I've done. When one is an author, they are not looked at, as the Rocky esq type guy, who is simply a fighter/thug. When one writes their own book, there is a genuine respect, inherent, with someone not only physical but cerebral. Now lets talk money, I will not reveal any of my personal figures to you, however this I will say, I make more money with my books, than all of my videos put together !

### **#5. Now I have saved the best for last. (Intensive Personal Training Programs)**

There are 1/10 of 1% of martial artists on this planet, that have acquired sufficient clout, respect, and reputation to pull off the most lucrative and personally fulfilling aspect of martial arts today, Intensive Personal Training Programs... We have invented, formulated, and perfected the art of flying in anyone from all over the world, training them for 2 days, and completely metamorphoses these folks into fighters. And in tandem with this persons new abilities, we certify them as an **apprentice instructor in Bruce Lee's Jeet Kune Do.**

From this point on whoever receives this certification can count on doubling their income for the rest of their days. It is our experience that people literally trip over themselves to be certified in Bruce Lee's Jeet Kune Do. And that is why, it is so important to us to create instructors, with appropriate scruples to not take advantage of this fact. In conclusion, please allow me to sum up the theme of our topic. It is my opinion that school owners now a days, put too much emphasis on their schools, and too little emphasis on themselves. Over the past 30 years, and literally thousands of trials and tribulations, we have concluded that the aforementioned 5 ways, are the most expedient route to financial success. In summing up... Attempt to become an author and write for major magazines. (When the average person attempts this feat they will find that their articles are put on a waiting list for up to 3 years). For all of our members, I circumvent this process, help edit your article, and get it on the editors desk within a month ! #2 attempt to make your own instructional video tape. When the average person tries to make their own video tape, it literally looks like something Clark Griswold put together in his spare time. It has taken me 20 years, and thousands of permeations in order to find the write formula for a successful videotape. For all of our members, you fly out to California, and I literally produce, direct, and star in your own instructional video tape for you. When you leave my home in one weekend, you will have a product, that you can sell and be proud of for the rest of your life. #3 When the average person attempts to advertise themselves, for seminars, they will find few people are interested in flying them in. For all of our members I give you our professional official certificates, with Bruce Lee embossed on the background! I sign one signature as Head Instructor, and my members sign the other signature as Instructors. Once again the recipient of this certificate is now certified in our Company Progressive Fighting Systems, as an apprentice instructor in Bruce Lee's Jeet Kune Do. #4 When the average person attempts to write a book, they will find that they have spent several months, lots of hard work, and at the end of the day, they will have nothing but a hand full of papers. This is due to the fact, that it is very difficult to get a book published. Without the right publishers, that book doesn't mean much. For all of our members, we have our own publishing company. Additionally, we work in tandem with several other publishing companies, included but not limited to Black Belt, Inside Kung-Fu and Century. #5 When the average person advertises for Intensive Personal Training Courses, ie, individuals flying across the country for training, they will find that they have done nothing but waist, advertising dollars. There is not substantial motivation to justify such a trip in most peoples eyes. Does anyone know the next 5 words that I am about to say ? ... You got it...

For all of my members, they can advertise certifying someone in Bruce Lee's Jeet Kune Do.



Furthermore this certificate will be accompanied by my signature and **endorsed by Progressive Fighting Systems!**

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## Chapter 33 – The Three Most Common Asked Scenarios

Throughout the several decades that I have been involved in martial arts, there have been 3 questions that seem to permeate through out the minds of students. I believe these next three scenario questions are immutable, and actually go beyond age, size, gender, and ethnicity. Indeed these are the three scenarios that everyone seems to fear.

What do I do against a 300 lbs man charging at me ? How do I stop a large 300 lbs man from pinning me to the ground ?  
What is the best defense for a headlock ?

Let us take these one at a time, starting with the 300lbs man charging you. It is best when confronted with this type of energy to dissect the charge into two categories, if the man is charging you above the waist or if the man is charging you diving below the waist. If the person is sprinting at you straight up and down, and they go to tackle you, above your waist, the best move to do is to double up your jab and shuffle backward simultaneously. A few little pop pop type of movements with the jab, as we dissipate the opponents energy by backing up. If you were to ask this question to 1000 martial artists, they would all tell you the same thing, do not back up in a straight line, instead zone on an angle. I happen to disagree, if the person is charging you from above your waist, it is better to double up the jab while you are shuffling backwards. My experience is that when I try to make a sharp cut angling in either direction, my opponent can make the appropriate arm adjustments(like a middle line backer), and end up clinching me. Conversely double jabbing and going backwards is my preferred method. However don't listen to me... as Bruce would say, try both ways and discover the cause of your own ignorance. The final charging scenario, comes from somebody more seasoned in the world of grappling, and at the last second of their charge they will dive below the waist, for what is called a single or a double leg takedown. If we see the opponent coming a mile away, the best defense is to raise your knee in their face. There is a tremendous amount of power in this move, due to the fact that both forces are colliding, and the collision is face against knee ! On some occasions, our seasoned grappler will shoot for a double leg takedown, we hardly get the chance to see it coming. In this case, a sprawl, is the best thing to do. And once there is a cessation of pressure from our opponent due to our sprawl, now we can drive the knee into his face.

**2. The proverbial 350lbs man, that has you pinned to the ground...**When we are on the bottom in grappling, 99 out of a 100 times, our opponent is cross side on us. From this bottom cross side position, there are over 50 ways to get someone off of you. None of them work. Actually I should say, all of them work, against someone your own size and weight. However if we are giving up 250lbs, there is absolutely nothing you can do from the bottom cross side position. Therefore we must change this impotent position to a more formidable one. This involves one move(perhaps the flagship move of Brazilian Jiu-Jitsu), the ability to slide your hip and pull guard. Once you pull guard, grab the opponents neck to prevent him from gaining posture, the best way to grab is reminiscent of a rear naked choke. Now bite his face, nose, cheek or lips, using Kinomutai tearing techniques, once half of the face has been removed, raise your knees to your chest, and kick this 300lbs, screaming bully into the next zip code.

**3. What is the best defense for a headlock ?....** This question was undoubtedly asked, because headlocks are the most common move applied by a larger man on to a smaller man. If you are in a fight with a larger man, and you are lucky enough to have him go for his patented headlock, then you know one thing, 99% of this persons weapons have been rendered useless. From his headlock, he can not head butt you , he cannot punch you , he cannot elbow you , he cannot knee you, he cannot armlock you, and furthermore he cannot do a proper choke. All this fella can do, is hold on to your neck and squeeze. This well tend to cut off one artery and not the other. If the person in the headlock simply breathes, and relaxes, they will be fine. After this breathing and realization that you are fine, usually at this time the opponent gets the brainy idea to release one hand, and start applying these short little pussy rabbit punches to your face. When this occurs, simply reach behind the opponents back and hook his arm. This will prevent him from punching you. Now take your other arm, and palm slap him in the groin several times. In some occasions, the opponent chooses not to relinquish one arm and punch you, instead the opponent tends to keep on squeezing, hoping you will pass out. (As stated before, you will not pass out, because one of the arteries is not cut off).

While the opponent is holding his breath, squeezing as hard as he can, simply counter grab him around his waist, hold your grip as tight as you can, and now you start biting his nipple. At this point the fella turns the from the coyote into the rabbit, he is no longer squeezing your neck, he is now trying to push you away from him, with a look of sheer panic. However you will find that he cannot push you away from him, you have already thought of that, by gripping your hand around his waist. After about 3 seconds, usually the whole t-shirt is red with blood by then, and usually it is a good time to let go and walk home. In closing, I hope I was able to answer these three fears appropriately. However, a more important principle that I would like to leave with everyone, and that is to teach you how to deal with all of your fears. As I promise you there will more than just these three coming up. I would rather teach you how to fish, rather and simply give you a fish. Here's my answer, anything and everything that you are afraid of, confront it, never stop confronting it. Never, ever stop confronting it.

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## Chapter 34 – Sizzle Sells

Dan Inosanto once told me, to be a complete martial artist you need three things.

1. Be a good teacher.
2. Be a good fighter.
3. Be a good technician(in other words look good)

I understood being a good teacher, and I understood being a good fighter. But I asked Dan at that time, what was the purpose of being a good technician ? Dan's answer was simple, and typical Inosanto esq, "it's no good being a good teacher, if you have no students to teach". When one is a good technician, when one looks good at what they do, this makes the students emotional, and people buy on emotion(They later justify on logic, but that's another article). This lesson came slow for me, and over the years was definitely a work in progress. As a pragmatic, Italian Polok, who grew up in the streets, I grew up with a paradigm that states... I would rather be called a thief, or a murder, than a hypocrite. And in the martial art world, Hypocrisy runs ramped. Martial Art instructors, proclaiming to teach how to fight, and attracting their audience by breaking boards, bricks, and tongue push ups(Nothing to do with fighting).

When one is brain washed from youth, that the only thing that matters is to be functional, it is counter intuitive, when your teacher tells you how important it is to look good. However for the first 5 years of seminars, I averaged about 15-20 people. Flew all over the country, charged \$500 per seminar, and would sleep on the sponsor's sofa. And by the way my curriculum in those days, wasn't too pretty, straight blast, headbutt, knee, etc. However I could always manage to fill the stadium, where ever I went, with about 12 people. Go figure ?...?

Then one day during a seminar, I went off on some tangent, and I started to imitate a litany of fast trapping combinations with an eventual goal of stating all this crap isn't necessary. However, I never got to finish my point, because everybody in class stood up and started applauding. For the first time in my life, I got to see 12 people that looked like little kids at Christmas, and for the first time in my life, I really understood what Dan meant.

From then on, I made it a point to be particularly observant, and see exactly what technique gets people emotional. I call these techniques the chocolate. However in addition to teaching my normal functional curriculum (the broccoli) , this time I mixed the fancy stuff with the functional stuff. I actually coated the broccoli with chocolate. The next time, I returned to that school, I had 65 people ! So please allow me to pass on some pointers, that will teach you how to make the curriculum more palatable, and your audiences larger.

1. Whatever technique you do, get in the habit, of surrounding it with Fancy moves. For example, if you are feeding Numerada, instead of just feeding an angle 1,2,3 or 4, before each angle bust out a florette, then a one, a florette, then a two, etc...(A florette, is a fancy twirl with a stick).
2. If one is doing some kick boxing technique, occasionally bust out a Savate kick to your partner's face.
3. If you are doing some functional trapping combination on someone, finish it off, punctuate it, with an exclamation point, by this a I mean a tai-chi shove, an arm lock, or perhaps a footsweep.

So in closing, your new paradigm is to be empathetic. Place yourself, in your student's mind, and ask yourself what would make them emotional.

And remember this...getting someone emotional is not limited to martial arts technique. When someone walks in your garage, their senses should be instantly hit, they are smelling incense, there is some appropriate music in the background, there are mats at their feet, bamboo, mirrors, and pictures in front of their face, as they look up on an alter with all of your certificates and a painting of your Grandfather, Bruce Lee. And if that was ambiguous to anyone, just take notes at our Retreat this year.

Our students are not in some stuffy banquet room, but they are at a campsite on the beach. We make sure that the weather is perfect, the evenings are 75-80 degrees. There are 10 bonfires, 10 wooden dummies, all dug in the sand, scattered around the periphery of the campsite, overlooking the sunset. There is a 20 foot barbeque grill, with the smell of T-Bone steaks in the air, waves breaking in the background, and a 20 foot movie screen, playing Enter The Dragon. Need I say more ?

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## Chapter 35 – The Best Curriculum

In this particular column, we are going to further our exploration and refinement in the Art of Teaching. Remember...In Descendants of the Masters, we like to break things down from the 30,000 foot view in 3 aspects.

1. We want our instructors to be masterful at sparring and fighting.
2. We want our martial art to be our business. Our financial income to provide for our families.
3. And finally we want to use our Martial Art as a vehicle to enter the spiritual door(this is the art of giving back).

To a martial artist, their curriculum is their product. Typically when students are searching for whomever they are going to be taught by(The flagship that initially attracts them is one's curriculum), so the \$64,000 question is, what is the best curriculum ? Of course when we use the term best, we must first define what the term best actually means. Simply put, with our business hats on, as business men, the word best means, that one is able to get the most people possible, as emotional as possible.

So what are the things, that actually impress most people ? The most popular subject in martial arts, and the most popular martial artist is Bruce Lee. The members of this club, actually get the privilege of using this gentleman's name, because you are descendants of the man. So assuming, it is ethical and legal that one can use Bruce Lee's name, the next most popular curriculum would revolve around MMA. People in the know, understand that the best fighters on the planet are in Mixed Martial Arts. The third most popular buzz word/curriculum, is Brazilian Jiu-Jitsu. And finally, fourth place belongs to the enigmatic and direct art of Wing Chun.

So when one is devising a curriculum, it would be profoundly invaluable to use one of these aforementioned popular arts. After all there are over 3000 martial arts styles on the planet. If one is lucky enough to have one of these 4, they are going to do financially well. Now my question to you is, what if you could use all 4 of them, in one curriculum? My question to you is, what if you then threw eye jabs, groin shots, kinamutai on top of this curriculum ? Ladies and gentleman, members of our club, I can guarantee you, you can write your own ticket. If there is one catch, in this formula of wealth, it would be how do you combine all of these arts, into a two day seminar format ? Remember, my members have been and continue to travel around the world doing seminars (and most seminars are 2 days long, over the weekend). Regarding my question, (how do you combine all of this in a 2 day seminar), the answer is simple. You spend the next 20 years developing, refining, refining, developing, developing, refining, until you finally have, well it is the product that I am about to give you !!!

The 30,000 foot view of this curriculum is the ability to apply Wing-Chun, Tai-Chi, Footsweeps, and all of our self-perfection/self-preservation moves out of MMA. To this day people do not apply their martial arts techniques out of Mixed Martial Arts. They apply their techniques out of their own style. Finally after we have done all of our techniques out of the matrix of MMA, and combined Kinamutai, we integrate stick fighting, and the simple concept of De-fanging the Snake. I realize that some of you understood exactly what I just said, and to others their still might be a bit of ambiguity. So allow me to give you a literal and specific agenda.

1. Pac Sao of the retracting jab. 2. Double Pac Sao of the retracting jab. 3. Pac Sao Lop Sao of the retracting jab. 4. Jow Sao High of the retracting jab. 5. Jow Sao Low off of the retracting jab. 6. After said traps have been completed, engage in the Thai Clinch Drill. 7. After said traps have been completed, engage in the Pummeling Drill 8. After both drills have been completed, complete a takedown, and engage in our specific Kinomutai advanced bite flow(This is the flow pattern that Singh did at the retreat).

Now the next two numbers that I am going to give you 9 and 10, are disproportionately more important than the previous 8.

9. One must do this curriculum with professional body mechanics. Remember you are going to have imitators all over the world. When separating those that imitate from those that duplicate there are two words, body mechanics.

And then finally there is number 10. Number 10, is when finally you have impressed everyone with your curriculum while exuding professional body mechanics. Now you have one final mission. Whoever brought you in, is going to undoubtedly want to spar with you. I'm not saying this is going to be any big dramatic challenge, I'm not saying this is going to be some big blood bath. But I am going to say this, ego is ego. And every sponsor that has flown me in, in their own way has wanted to spar with me.

Sparring can be broken down in 4 areas, standing up, ground fighting, weapons sparring, and chi-sao. If you do a great seminar, and loose to the sponsor sparring, they will never call you back again. If you do a great seminar, and beat the sponsor sparring, there is a 50/50 chance they will call you back. However, if you do a great seminar, beat the sponsor sparring, and then do it in a humble way, then you complement the sponsor so that he feels good about being beaten. Now we have a win win for everyone, you, your sponsor, and your career.

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### **Chapter 36 – Rickson's Jiu-Jitsu**

Back in the early 80's when Brazilian Jiu-Jitsu first came to America, I was fortunate enough to train with Rorion Gracie. At that time he was their representative. After a couple of years with Rorion, he and I became close friends and I decided to institute Gracie Jiu-Jitsu in my seminar circuit world wide. This enabled me to meet the rest of their family, and get a feel for some of the other fighters. My next teacher was Royce. Royce amazed me in a similar way that Rorion amazed me. These guys would get on top of you and overwhelm you with footlocks, leglocks, armlocks, etc... And just when I thought every single orifice in my body had been raped, Royler came along. Now whatever, Rorion and Royce did, Royler did it even faster. In Brazil they call Royler the Snake. Royler can pass your guard and armlock you before you tighten your Gi Belt. Although I was enamored with the skill sets of all of the brothers, the one sibling that I had not met, that everyone mentioned over and over again, was Rickson. Rickson was the consummate street fighter in the family, and took on all challenges in Brazil. One day when I was helping train Royler with some stand up, and after about 6 hours of training, he must have taken me to the ground a thousand times(And obviously tied me up in knots once I was there). At the end of one long day, he looked at me and said, "ah yes, but my brother Rickson, is 20 times better than me..."

Then it happened, and I finally got to meet Rickson. I can say one thing, Brazilians do not exaggerate. Rickson was everything they said he was and more. The genius behind Rickson Gracie was that he was able to take the sport of Jiu-Jitsu and apply it on the cement streets of Brazil. I quickly became one of Rickson's most dedicated students, we hung out 8 hours a day. And in the 5 or 6 years, that I had the honor of spending with the man, and the 1000's of hours I have had the honor of rolling with him, what I would like to do in this Sunday Night's column is sum up Rickson's style and what actually made him so different and perhaps the greatest street fighter in Brazil.

### **#1 – Move Slowly**

Rickson, never got out of second gear. Every opponent he rolled with, he made sure, he never put in more than 50% energy. While other jiu-jitsu practitioners are jumping around from lock to lock, Rickson would move like a slow sloth. And once one gets used to rolling slowly, the tangential benefits are immense. I remember a particular seminar I took him to in Boston. There were 300 people there, Rickson started at 9 am in the morning and rolled with every single person till 6 in the afternoon.

### **#2 – Emphasis on Passing the Guard**

“What separates the men from the boys in my father's art, is one's ability to pass the guard” – Rickson Gracie.

Many folks in the MMA world choose to stay in the guard and punch it out. This would be akin to breaking the door down, rather than turning the door knob. Once one has the skill set to pass the guard, then when they decide to punch, those punches are exponentially more powerful.

### **#3 – Base**

Just like with Inosanto, all I heard was forward pressure, forward pressure. With Rickson all I heard was Base, Base. According to Rickson, Base was the most important attribute in Jiu-Jitsu. When you see sports Jiu-Jitsu tournaments nowadays, they appear to be getting more and more flamboyant. The greatest athletes are surfacing to the top, the best steroids are being taken, and sometimes tournaments are won through knowing the latest and greatest cutting edge trick.

However this paradigm can be countered with old school jiu-jitsu. According to Rickson, once you pass some bodies guard and now you go either cross side or mount, to hold them down long enough to get them panicky they will always give you an arm, they will always give you their back. And for the street fight this philosophy is exponentially greater.

### **#4 - And finally the 4'th thing that differentiates Rickson from everyone, no Human on this planet can hold Rickson down.**

By hold down, I mean take the cross side position and stop him from pulling guard, or stop him from getting to his feet. The ability to pull guard from the bottom, and hold guard is as equally important as the ability to have base from the top. And when you add passing the guard, and conserving energy, what you come up with, well I will just quote the founder of the art, Helio Gracie. “My son Rickson is the greatest living proponent of my Art”.

## Chapter 37 – The Prolific Primordial Rear Naked Choke

In the world of grappling or street fighting in general, getting to someone's back(hooks in the full Monty) and choking them out is like a hole in one. It is the proverbial home run of mono-e-mono. I don't know why this is exactly, I didn't make up the rules, but clearly during a fight or a tournament any educated crowd comes to their feet when someone busts a move to someone else's back. If you think about it it is probably the most emotionally vulnerable position one could ever be in. When your opponent has skill-fully found their way to your back and has their hooks sunk in like an Alabama tick. His arms are wrapped around your neck, constricting your air flow, and for a brief moment, perhaps just a brief moment one has the realization that not only is this fella going to beat you if he wants... He could also rape you. Hell even the name must give homophobes night mares(rear naked choke). So without any further adieu, please let me share with you my favorite two rear naked chokes.

### From the top position:

When one gets to the back of a competent opponent from the top position the person on the bottom will turtle up. In other words pop up like a turtle and cover the neck. It is a most common error, for even some black belts to try to go for a choke on an opponent when he is still in the turtle position. He will be able to unhook you and do a shoulder shiver, and you will slide right off his back. In lieu of this I highly recommend once the hooks are in you apply a rear bear hug, under the opponents armpits, counter grabbing your own hand. Now... **arch your back, straighten out your legs**, and you will flatten this fella out like a pancake.

Step 2. **While keeping one hundred percent pressure on your locked out legs**, let go of your bear hug, descend a vertical elbow on the back of his head, three times in a row, not if... when... he reaches up with both hands to protect his head, insert your arm for the classic rear naked choke. Checkmate !

### Rear Naked Choke from the bottom position:

Sometimes when we are crafty enough to get to the opponents back, he ends up on top of us. Since this is not our preferred position, it is always best to try and role over to take the top(When one is on the bottom, if the opponent spins he is now in the guard. When one is on top and if the opponent spins one is now mounted).

Some folks have a natural base, they are bigger and stronger than you and they feel you trying to role them towards the bottom. They will spread their legs and arch their back and the two of you can find that you are at an impasse, mutually draining energy. This is when you simply straighten out your hooks and start playing babalu on his groin with your heels. After a few solid heel shots to the groin, not if but when, he puts his hands down to protect those little family jewels, we simply take one of our legs and hook his arm like a chimpanzee. Now simply apply your rear naked choke. (And just before he is about to pass out, if you want you can execute what we call the Rickson option. What is the Rickson option ? I'll end this weeks column with a quote. "Of my 400 street fights, I have won 3 fourths of them with a rear naked choke. And before each one of those 300 people went to sleep, I whispered in their ear, "what does it feel like to Die ?" – Rickson Gracie)

## Chapter 38 – The Neck Crank

The Neck Crank is my favorite all time Jiu-Jitsu move. The Irony is however, most black belts will tell you, it isn't even a legitimate move.

The reality is that when people tap to a neck crank, they are tapping to a combination of uncomfortability, fear, and panic. However with that said, when one is rolling, playing the Jiu-Jitsu game, the gentleman's game, the goal is to make the opponent tap. Before we get into the meat of this week's column, let me confirm that we are all on the same page, and actually define the neck crank. The actual move that we are referring, is identical to a rear naked choke. The only difference between a rear naked choke and a neck crank is one is not behind the opponent, one is in front of them. Chest to chest. This precise posture occurs in Jiu-Jitsu, two times and two times only. The guard and the mount. Let us take the guard first( closed guard) . First we prevent the opponent from gaining his posture. As we are applying what would look like a rear naked choke to the front of our opponent, out of the guard, loosen your leg grip by 50 %, and raise your legs as high as you can on your opponents arm pits (Rickson used to call this the high guard stretch). Now simultaneously straighten your spine and apply the rear naked choke until tap is achieved (in order to make these kinds of moves functional one must put in 50 hours in our specific Action Strength training).

Second the mount. Once we have achieved the mount on our opponent, we drop our head completely down, straighten both legs and put our hooks in. Now with our head down, hooks in, we begin our neck crank again... exactly the same way one would do a rear naked choke. You will hear that lovely tapping sound more often from the mounted position rather than the guard position due to leverage and physics.

At this point I have told you that the neck crank is my all time favorite Jiu-Jitsu position,(that is the what). I have told you which posture to achieve said position(that is the how). And now I will teach you the most important aspect of the rear naked choke the why !

This is going to be the simplest explanation that you have ever heard in your life. You will find it logical, serendipitous, and ironic all at the same time. The greatest martial art in the world for self preservation is Kinomutai. The two greatest kinomutai positions ever invented, perhaps exponentially greater... happen to be the face bite, yes the infamous face bite that you have heard me joking about for 30 years, the one that makes Hannibal Lector look like Pee Wee Herman. The postures on kinomutai's face bite are identical not similar, not 99.999 % similar, they are identical to aforementioned neck cranks. ALL ONE LITERALLY HAS TO DO FROM THE TWO BRAZILIAN JIU-JITSU NECK CRANK POSTURES IS BITE ! OR AS A KINOMUTAI MAN WOULD SAY TEAR !

In conclusion as a 5'10, 170 lbs American practicing Brazilian Jiu-Jitsu, one of my single most empowering revelations while wrestling with folks that are usually much better than myself was how easily we could evoke our greatest principle of Instantaneous Asymmetric Violence, which gets me filled with so much creative energy, that it brings the poet out in me. The quickest way to win a fight, is to go from the neck crank to the face bite.



## Chapter 39 – “Handicap” Training for the Ground

In the mind of Rickson Gracie, Brazilian Jiu-Jitsu is not about winning trophies or tournaments but rather functional self-defense for the street. His brothers and contemporaries were and are calibrated differently. They enjoy friendly competition, etc... Rickson, however is wired differently, and like myself, the art is out of practicality. Speaking of practicality... one thing that we know in a street fight is that there are no weight classes. How this fact empirically translates into functional self-defense implies that in any position we are “handicapped”. Simply put... in 98% of Rickson's 400 fights he was out weighed by 40 lbs or more. And therefore Rickson more so than most people in Brazil at the time was known for being David, of David and Goliath.

His legion of black belt students were notoriously known to be meticulous. They were all there for the subtle “nuances” between Rickson and the rest of the world. These were the nuances that enabled he and his coterie of students to all fight outside of their weight class. And the very diamonds that I spent 6 and a half years under the man collecting. I personally have taken these collection of gems, prioritized, collated, organized, defined, and eventually taught them. And the best vunaraku that I can come up with is the word Handicapped. So what I am about to do is share with you some of his gems that again I classify as handicapped training.

Step 1 – Put your training partner in your guard and spend the next hour fighting him from the guard. If he passes your guard, do not keep training. Instantly and seamlessly go back to the guard. The person on the bottom, look for your triangles, look for your sweeps, bust all of your moves, relax, and enjoy yourself. Oh Yeah... I forgot one thing, you don't get to use your arms.

(If you think it is demoralizing getting beaten by your teacher in the first 10 seconds of training, try getting beaten in the first ten seconds of training and looking over and he is not even using his arms.)

Step 2 – Go cross side on your opponent, the person on top is doing the training. The person on top is getting handicapped, your goal is to keep your partner pinned to the ground and of course the catch 22 is you will have your hands behind your back. If your partner pulls you into the guard or oopas you off of him, start over. When one has spend a full hour keeping someone pinned to the ground, without the use of their arms they are turbo charging their attributes and will find it exponentially easier once they can eventually use their arms again. (Not to mention their teeth).

In conclusion it is important that you understand the catalyst that makes this training method of Rickson's eventually harden and internalize is flight time. Flight time is not ambiguous, not vague, not esoteric. (When you tell somebody you have studied 20 years, is that an hour a day, a week or a month). Flight time can be measured, quantified, and defined in an empirical schedule. So here it goes... 50 hours gets you your handicapped Blue belt. 100 hours gets you your handicapped Purple Belt. 150 hours gets you your handicapped brown belt. 200 hours and presto convertito, you are a handicapped Black Belt. Now get to work !

## Chapter 40 – How to perform a proper Mount (Brazilian Jiu-Jitsu that is !)

In most grappling arts the best position one can be in (in terms of hierarchy) is cross side. In Brazilian Jiu-Jitsu however, we consider the mount an improvement even over the cross side. There are three reasons for this...

#1 – If it is a street fight and one chooses to punch the mount is a much better position.

#2 – Again if it is a street fight and if one chooses to bite, the (low) mount is the greatest position of all.

#3- And finally if one is in a fight in “cross side” on an opponent, and the opponent oopas you, that same opponent can stand and go to the ground and pound. If you are **mounted** on the opponent however, and the opponent oopas you, now he is in your guard and half a second away from getting his face removed. Therefore one could extrapolate from this that the mount takes the sport of grappling into a real fight.

In my 25 years of Jiu-Jitsu I have learned about 12 different types of mounts. However I feel that is a bit much and have Vunaked it down to 3 of my favorite mounts for 3 specific scenarios. So here goes...

Mount # 1 – The High Mount : In the high mount we want to get our hips away from our opponents hips. The best and safest way to do this is to ride up as high as you can to try to get your legs under the opponents armpits. When one is in this position, their spinal column is lined up straight with the opponents nose, they can reign punches down on the opponent with ferocity and they are away from the opponents hips to protect themselves from the opponents oopa.

Mount #2 – The Low Mount: Low Mount means your face is all the way down with his face, you have his neck literally in a rear naked choke position, and your hips are thrusting forward and both of your hooks are sunk in like an Alabama tick. This position is akin to being completely behind someone with a loaded gun cocked to their head. When one is in this position they are a half a second away from changing this persons life forever. If it is a gun, you pull the trigger, if it is a low mount you tear into the face like a T-bone steak. If this fella has 50lbs or more on you there is a good chance he will arch his back and he will oopa you. If this happens... the steak is just as tasty from the bottom.

Mount #3 – The Half Mount : The last mount has one knee on the opponents chest and one foot on the ground. Our posture again has our spine straight up and down. And like the high mount we are reigning punches down on the opponents face. There is one a main reason we choose the half mount over a full mount...If you are fully mounted on your opponent and you have to dismount instantly your opponent can grab your leg or cling on to you in some way and make this process difficult at best; Conversely when one is half mounted, and say you hear cars pulling up, his friends or sirens, whatever your reason, etc,etc,etc... one can disengage from the half mount instantly.

In conclusion one of my favorite drills to do is a flow pattern from the high mount to the low mount to the half mount right to the half mount left.

## Chapter 41 – Footlocks

In the world of Brazilian Jiu-Jitsu, armlocks, triangle chokes, rear naked chokes and gi chokes are their predominant offensive weapons. When we look at Russian Sambo, leglocks, hip locks, knee locks, foot locks, heel hooks, anything attacking the legs, these are their predominant weapons. When two people are rolling on the matt, and one fella gets stuck in another's guard, if the person in the guard is good, he will not try some futile attack from an inferior position, but instead, instantly attempt to pass the guard. Now, we are at the junction of the game where the rubber meets the road. Getting out of somebody's guard is what separates the men from the boys. Which brings us to a very logical question. What happens if you can not pass this person's guard? The answer for most Brazilians with a chuckle is ... "Well my friend, if you cannot pass my guard, you will eventually get exhausted trying, and you will trip over a sweep, a choke, an armlock, or a triangle. We in Jiu-Jitsu, call this the way of the Dodo".

However, there is another option, if you can not pass the guard. Attack the feet. When one shifts from an attempted guard pass, to a foot attack, they must fall on their back and simultaneously snake the ankle. When this happens, both fighters are in a mutual reference point. One person is no longer in the other person's guard. But instead, both are in the identical position like a mirror. Now the \$64,000 question becomes, who has spent most time in this position? To give this answer it's due diligence, we must digress for a moment and talk about psychology. The reason Brazilians are not particularly good at footlocks, has to do more with honor than attributes. If you are in a tournament in Brazil, and you see one fella attacking the foot instead of passing the guard, even if he makes his opponent tap, everyone whistles. (Whistling in Brazil is like Boing). The Brazilian paradigm/protocol mandates that one passes the guard, goes cross side, and attacks. This is the way real men do it. Therefore one can extrapolate that if footlocks are considered "pu55y moves" then very few folks will ever get really good. At the end of the day, whoever has spent the most hours training footlocks and counters, from the footlock position is going to win. In conclusion as we have obviously navigated this problem through and through, I will give you my favorite answer. Spend two hours a day **from the footlock position only** for 50 days, and you will have logged 100 hours at footlocks, this is probably considerably more time than most Black Belts have put in in their career. And now when you are stuck in the guard of a great Jiu-Jitsu man, instead of failing to pass his guard over and over to complete exhaustion, and eventually falling the way of the dodo, your new option (after a month and a half of training) is to sit back, take the foot, hear the tap and call it a day.

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## Chapter 42 – The Deadly Dungeonus Defense against the Prolific Primordial Rear Naked Choke I

Thank you for the kind words on our column on the rear naked choke. We are glad it was able to help. Yes of course we will respond to your several requests and allocate this Sunday, for a thorough defensive breakdown on the rear naked choke. At the end of the day, Jiu-Jitsu is a game of math, 0's and 1's, chess, and strategies. In most cases for someone to accomplish a successful rear naked choke they must do the following five things in a particular order.

1. First and foremost while you are both engaged in the normal ebb and flow of your jiu-jitsu match, your opponent must “bust a move on you” (literally leaving your proverbial jock strap on the matt) and angle to your back. This maneuver would be akin to two fighter pilots, jockeying for position and instantly one busts the same said maneuver and is able to tack in on an angle and shoot the pilot. In the world of jiu-jitsu just getting to the man’s back is akin to running to the 1 yard line.

2. Once your opponent has gotten your back, the next thing that must happen is he must insert his hooks. Trying to choke someone out from the rear, without inserting your hooks, will be like trying to ride a horse by hanging on to it’s neck, as opposed to getting in the saddle. In order to defend the hooks, we must feel the pressure of our elbows touching our hip bone. This feeling should be visceral. In a similar way to the boxer feeling the glove nestled on his cheek. Therefore to a blackbelt in Jiu-Jitsu, this sort of awareness and form is automatic.

3. If we screw up and the opponent gets our back, and then we screw up again and the opponent gets their hooks in, the third thing that he must accomplish is to start the neck choke with the first arm. This arm must literally wrap all of the way around your neck. In order for us to prevent this from happening, we simply cover our neck. If we cover our neck the way a boxer covers for punches, there will still be a “gap” for the opponent to snake in. Therefore to prevent this we cross our arms in an “X” position, tightly to our chest and our chin is now going to be snuggled into the “V” position. This can be accomplished while simultaneously touching our elbows to our hips. 4. If the opponent takes our back, if the opponent gets in a hook, and if the opponent gets in the first arm, 95 out of a 100 times the opponent is not big enough or strong enough to choke you out. Just for shits and grins, have your buddy take your back, set in the hooks, take your neck and start to choke you. However before you do this make sure you do one thing, twist your neck away towards his fingers, as if your opponent is literally pointing the correct direction to defend. Another way to look at it... never go into his elbow, never twist your head into the crotch of his elbow. So provided you do what I have always told you to do, and you don’t do what I told you to never do, you should find out that this fella is going to squeeze and squeeze but you still have oxygen !

5. Now we are up to the final stage just before the opponent chokes us out. This means he has our back, he has the hook in, he has one arm in/and you have defended this one arm properly by twisting your head towards his fingers, and finally the opponent is about to secure his second hand. All you do is raise your arm straight up in the air, when you do this the side of your face and your arm should be touching. This essentially is your block against his second hand. When this occurs, reach up with both of your hands and pull his second arm into your armpit, by wrapping his arm, now fall on that same side, you are essentially trapping his hand with all of your body weight. When this occurs your final move is to spin into his centerline. Think Wing-Chun. Match chest to chest ! Match centerline to centerline ! Provided that you spin the proper direction you should end up in his guard.

In closing, once again... If we look at Jiu-Jitsu like a methodical Chess game, full of basic positions, with basic counters, this tends to take the “emotion” out of the fight. In other words the fear can be taken out of the fight. Simply do what the next move requires. You will be successful at defending the attack, then throw in a little asymmetrical violence and call it a KinaMu-Day !

## Chapter 43 – The Curriculum

The first and most basic premise of business is to somehow differentiate yourself from the competition. This difference can manifest itself either in product or in customer service. In the martial art world, at the end of the day the way we differentiate our self is through our curriculum. Back in the late 70's and early 80's the students at Dan Inosanto's Filipino Kali Academy were on the combat cutting edge for those times. Indeed, I would put that school up against any other school in the world. The reason for this has to do with the title of this weeks column, Curriculum. Dan Inosanto was teaching the very curriculum that he and Bruce developed(Jeet Kune Do). It is important to note that the curriculum by which we are referring is in constant flux. This curriculum evolves with time. As a part of this evolutionary process, Inosanto decided to bring Chai to the Kali Academy and add Thai Boxing to our curriculum. For many years the Kali Academy was the epicenter for sparring in Southern California. We invited folks from every walk of life to come into the school, glove up and at the end of the day test their "curriculum" against ours. These were indeed very fun days ! Our school began getting a reputation **and business was good(\$\$)**.

This curriculum took another leap in the early 80's as we were the very first school in America to train Brazilian Jiu-Jitsu. In those days it was unheard of to do seminars. If you owned a martial art school... and you invited another martial artist to come teach your students how to fight that would be akin to asking someone to fly in town and show you how to bang your wife properly. However, Dan Inosanto had another secret weapon that managed to sneak by their huge ego. The most unique and functional curriculum. Therefore in addition to having a successful school, everyone wanted Inosanto to come do a Seminar with them. Whoever was showing this unique curriculum had the students and had the Money. In the mid 80's, after much discussion, Dan and I decided that the next logical way to spread this curriculum was in this unique medium called video. Subsequently I made the first Jeet Kune Do Instructional video set. And my career was launched... Not because I was some world champion fighter, or some super man, but simply I had a unique curriculum that people wanted. A few years later some top secret folks in our military got wind of this curriculum. I was then asked to move to Virginia and work with SEAL Team 6. The reason why things were so extraordinary...simply put, this curriculum could turn soldiers into fighters in a matter of days! It was not Paul Vunak that became famous, persay, but Bruce Lee's curriculum taught by Paul Vunak.

The next evolution involved MMA and the integration of many of Bruce Lee's and Dan Inosanto's Techniques, performed out of MMA. Not only does this current contemporary curriculum contain Thai Boxing and Brazilian Jiu-Jitsu, but also has Wing Chun, Savate, Kali, and Kinomutai. I currently have many government agencies, MMA fighters, and Jiu-Jitsu fighters alike, all very enthusiastically flying to my home every weekend and the top 30 of my instructors are all making 6 figures. I say this in a matter of fact way as a humble person, that is truly gracious that I've been given this curriculum. Our latest endeavor with our club, Descendants of the Masters is to help our members create a similar business. Clearly the most efficient/JKD way to go about this is to stream my class to all of our members. And as we do so, I do not dictate, but I can only recommend what to do with my knowledge. If in all of your respective schools, you are teaching your students with your existing curriculum, you will have no way to differentiate yourself from your competition. Please allow me to humbly recommend, that you all empty your cups, so you may taste my cup of Tea !

And try teaching the curriculum that I teach. I promise you by doing so, you will decrease the drop out rate of your schools by roughly 500% and increase the rate of Adults by 100%. Most schools get students, that's not the problem, however keeping students that is the problem. Not only is this curriculum the best bate to attract all the fish you will ever need, it is done with a functional and fun training method that keeps ones students getting better and better !

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## Chapter 44: The Emotional Dimension Part 1

Pardon the cliché, but I have saved the best for last. Before we can defeat somebody physically, we must defeat them emotionally. Before we defeat someone else's emotions we must be in command of our own. Before we can be in command of our own emotions, we must be able to know, feel, differentiate and process them, period !

Now let us reverse engineer paragraph one. By starting to take the myriad of complicated emotions and reduce them to a simple 6. It is helpful before we do this to completely understand why. The six emotions that I am about to share with you absolutely, positively, must first and foremost be understood and differentiated. So here we go... Mad, Sad, Glad, Afraid, Ashamed, Hurt. (When one is in a street fight these 6 emotions are all thrown in one "soup". The implications of this are, the anger you could have for somebody, could be amplifying your fear, and make you debilitated and you don't even know why. Where the fear that you have in this fight, maybe due to simple adrenaline, and one is unable to process it properly due to physiology! Or it could mean that you have "Afraid", enmeshed with "Mad", and you are wondering why you are unable to turn on your killer Instinct !

I could go on, giving examples of what happens when people are out of touch with their feelings, 8 hours a day for a year and never repeat myself. That is how prevalent the problem is, both in a street fight and in life itself.)

Now getting back to our 6 emotions, lets take one at a time. Mad, we can pretty much relate too. Sad, most of us understand what Sad means. Glad, simply means happy. Afraid, is another word for Fear. Ashamed, is another word for Shame, Guilt, and perhaps Embarrassment. And Hurt, which tends to be a bit ambiguous for everybody. It has to do with loss. If you lose a loved one the pain you feel would actually lean more towards hurt than sad. Now that we know what the 6 simplified emotions are, and have done a differentiation. Let us now proceed to a rudimentary readers digest version of how to process these different emotions.

First and foremost, understand this... 99 out of 100 people do not know how to feel, differentiate, or process, all they do is stuff. Once we stuff one emotion on top of another, we create this "emotional toxic Lasagna", which resembles a Volcano that could literally blow up at any time for any reason. Now let us get back to the proper way to deal with emotions, in lue of stuffing we process ! There is a formula that we use, just like Martial Arts, just like the R.A.T.

Here goes... When you\_\_\_\_\_ I feel\_\_\_\_\_.

This formula guarantees that you are not degrading, humiliating, or exacerbating the situation, it simply guarantees that you inform someone, that when they behave a certain way, this is how you feel. Eg, "Sam, when you raise your voice at me, I feel sad." Or, "Judy, when you laugh at me, I feel hurt", etc, etc... The next emotion to process is sad. When something typically makes us sad, we try to take our mind off of it with distractions. May, I humbly suggest, that you meditate on what is making you sad. Sit down, breath deeply, cry if you have too, and as you breath into the sadness, this "non resisting" energy will process the sadness away.

The next emotion, is glad. Which means happy, enjoy your sh!t eating grin. The next emotion Afraid, which means fear. Shine the light on your fear and it will disappear as quickly as darkness disappears when you shine the light on it. What ever your fear, face it, confront it, and embrace it. When I started Brazilian Jiu-Jitsu, Rickson used to give me panic attacks, we would wrestle for a couple of hours straight, he would mount me in the 102 degree heat of California, and I used to panic. All I ever did was fight to get the hell off the bottom. Fight, fight, fight ! And then, eventually when he got me on the bottom, my resistance would turn to panic.

Answer... for the next 6 months, after bowing to Rickson and starting my wrestling, I simply started off by laying on my back. I embraced the position, that used to demoralize me. Indeed to this day, I prefer starting from my back. Fear is gone. The next emotion, ashamed. This is the same as shame, guilt and embarrassment. This means that you have judged your behavior, the behavior is in the past, and you have been unable to forgive yourself. Answer, just like fear, shame can not exist in the light. Whatever is in the deepest darkest bowels of your closet, bring them out, talk about them, and the light will disintegrate them. Our final emotion is Hurt. Hurt is a sadness caused from a loss. First and foremost we have to properly grieve from this loss, and the second half of healthy grieving is to replace what was lost. This could include a puppy, a car, or a husband. In conclusion I realize by so rapidly changing course on the "combat " index, and going from headbutts and elbows, to feeling feelings, might be a bit much for some of you. Indeed, I can picture a few of my New York buddies, with disgruntled looks, grabbing their crotch, simultaneously proclaiming, "Yo Vu, If I wanted Dr Phil I wooda, put on Oprah"... Forget about Oprah boys, she don't got no ground game.

Vunak's Top Combat Secrets Ch. 45

## **Chapter 45 – Differentiating Emotions**

Before we master the emotional dimension it is imperative that we understand the actual "end game". First and foremost, no person on earth can control their feelings, that is one of man kinds biggest misnomers. Think about it... If you are walking your child across the street, and they get hit by a vehicle, is it possible to not be sad ? If you are walking down that same street, and that vehicle is chasing you and your child, is it possible not to feel fear ? So at the end of the day, none of us are in control of our feelings. What differentiates a warrior from the average person however, is how one reacts to their feelings. If the average person while walking their child is suddenly confronted with a violent speeding vehicle, there is a good chance their fear will debilitate them. Their reaction, instead of grabbing the child and evading the vehicle, would more resume a dear staring frozen in headlights. A warrior on the other hand, will feel the exact same fear as an average person. However, that "feeling", not only will not debilitate them, that "feeling", will actually improve their agility, and nimbleness. The so called, war hero, who does amazing things in battle, I can assure you feels the same fear, as his fellow soldiers. How they react to that fear, is what actually makes them a hero.

Now getting back to our original points, of differentiating, and processing emotions, and ascertaining an “end-game”. First and foremost, when we come to realize that everyone feels fear, everyone feels sadness, everyone feels anger, etc, etc... That actual knowledge becomes a tool for empowerment. While the average person, is bucking and fighting these emotions head on, the warrior, is accepting these feelings, allowing them to come in and be processed.

If you could indulge me for a moment, I would like to share with you another dangerous and common misnomer... Confusing, fear with panic. Panic is something we feel, when we are tired, angry and claustrophobic. A good example is Brazilian Jiu-Jitsu. Imagine being exhausted, you are wrestling with somebody, that you really really want to beat, and you are in that moment struggling not to be on the bottom, typically what happens at this juncture, physiologically the heart rate sky rockets, we vasilate between hyper ventilating and holding our breath. And whatever drop of energy we had left in our body, we used up with “reckless disregard”. There is a very very simple answer to never panic again. We simply desensitize our selves(this is a Seal Team Six Technique I used to Call Stress Inoculation). Never ever again fear the bottom, simply embrace the bottom. Spend 50 hours on the bottom and your fear will be gone. As the biofeedback axiom goes, control follows awareness. Therefore the more we are aware of our feelings the more we can control our reaction to them. The more we are aware of panic, the more we can control our reaction to it. And I can tell you from 25 years of wrestling with the greatest Jiu-Jitsu proponents on planet earth, that all of these people have one thing in common, “the mastery of the reaction to their feelings”... The End Game !