

# FORCE OPTIONS NEWSLETTER

## DON'T BE A VICTIM!!



## Force Options News

BY: MASTER JAMES HALMAN  
8/21/2023

Hello Everyone,

I hope everyone has enjoyed their summer. So, to start with I would like to apologize; I meant to send this out as a mid-summer addition.

I am going to start with some very sad news. Force Options lost one of its members this year, Mr. Dick Detzer. Many of my newer students never had the pleasure of meeting and training with him.



Mr. Detzer was a great Martial artist, man, and most of all a great friend!

He started with Force options in September of 2007. He trained with us for over 12 years. He was always excited to train. At that time, I held classes every day, so we were working out 2 hours a day 7 days a week. He was inspiring to have in class. Seeing a man at 73 years or age rolling on the matts and being thrown around just like the younger students!

Mr. Detzer was my first student to reach Black Belt, and to reach 2<sup>nd</sup> Dan (2<sup>nd</sup> Degree Black Belt). He was very dedicated to his training and would spend hours reviewing techniques at home every day.

He helped many students in class with their techniques, and 99.9% of the time he was in class. Even on days he was feeling exhausted he was always in class ready to go!

Mr. Detzer was 89 when he passed, and left behind his two daughters Willow, and Becky which he talked about all the time, and his Granddaughter Kate.

## Remembering a Friend

Mr. Detzer was like part of my family, and we shared many holidays with him, and birthday parties. He stopped training in 2019 and moved close to his Family in Idaho. So even though he was not training, and I didn't see him and speak with him there was always a chance that maybe if he visited we could talk and catch up. But now that he has passed that will never happen. I am very sad to have lost such a great friend and student, and he is missed by myself, my family and everyone that knew him.

Rest in Peace Sir!!



Little Sisters



Partner





## Student News\Advancement

I am very excited to announce we have had many student advancements since the last newsletter, and we have added some new students to the Force Options Family

First I would like to introduce are new members; Dylan, Eli, and Owen Johnson. I want to congratulate Dylan, and Eli on receiving their Youth Yellow LV-1 and Owen on receiving his Youth Yellow LV-2



**Bill Jessup has been promoted to Orange Belt 8th Gup**



**Davin Mutai has been promoted to Orange Youth LV 2 8th Gup**



**Mackenzie Goudreau has been promoted to Red/Black 2nd Gup**



**Great Job everyone we have far more advancements happening this year!**

### Major Annoucement

Please Join me in congratulating Mackenzie Goudreau for being accepted to the IMG Academy for her senior year of high school. If you haven't heard of it the IMG Academy it is a High school In Florida that specializes as a Sports academy. Mackenzie Although I will definitely miss her in class, this is a great opportunity for her, and I am very happy she has it! Way to go Mackenzie!

**Rylan Zant: Has been promoted to Blue Belt 5th Gup Youth LV-2**





## ICHF NEWS

### SEMINAR and More

**It's seminar time! November 11th Mark your Calendars!**



TM Martial arts will be hosting and I.C.H.F Training Conference with Grand Master Pellegrini, SR. Master Trina Pellegrini, and Grand Master Mark Gridley Friday Nov 10th and Saturday Nov 11th.

Located at 3480 Canton Farm rd. Joliet IL 60431

Friday November 10th is hosted by Sr. Master Trina and will be a woman's only TRU self-defense seminar that runs from 6:30pm to 8:30pm. The cost is \$25.00 per person. TRU stands for Trained-Ready-Unafraid. If a student or family member is joining and registers for both the cost for woman's only seminar is \$15.00.



Saturday November 11th Will be a double impact seminar hosted by Grand Master Pellegrini our founder, and Grand Master Mark Gridley.

They will cover sectoring and controls, and pressure point applications. This seminar will run from 10:00am till 4:00pm. We usually have a lunch in the middle.

If you are interested in going please let me know as soon as possible. Seminar is for ages 13 and up. This is a little sad for me because it used to be 10 and up.

Early bird pricing: from now till September 15th seminar cost is \$119.00. September 16th to November 4th price jumps to \$139.00. If you pay the day of the seminar the price is \$150.00 So the earlier you register the cheaper the cost.

I do plan on car pooling and using my wife's van that I can take 6 passengers in. My plan is to leave around 6:00am sharp. The drive is about 3 hrs. and 30 minutes give or take. With the time shift we should get there around 8:30. This could give us some time to grab a quick breakfast and then get to the seminar. I recommend wearing your uniform pants there. There is one bathroom, and everyone uses it to change so the line is very long.

The I.C.H.F pro shop will be there with shirts, keychains, and training DVDs at a cheaper cost.

Uniforms are required with your belts. If you do not have your uniform patches on please have the sewn on before the seminar!

If you are training both days and drive separate there are nearby hotels.

GM P. will bring a Free Gift to every participant at every Seminar! The gift, from ICHF HQ, will represent a small token of appreciation for the loyalty and support demonstrated by those attending the Seminars.

Wishing a Happy Birthday to Both Grandmaster Pellegrini and Grandmaster In Sun Seo, Founder World Ki-Do Federation /Hanminjok Hapkido



The Summer 2023 issue of Black Belt Magazine features an interesting article by GM Pellegrini on the founding of Combat Hapkido. The I.C.H.F. would encourage all our members & friends worldwide to read it and(if you like it) send positive comments to the publisher.

The World Ki-Do Federation/Hanminjok Hapkido Association 2023 Summit held in Pleasanton, CA, on July 14/15/16, was a great success with over 290 attendees. We were represented by GM P., Master Trina, GM Gridley & GM Medina. We were hoping for more of our members to attend, but unfortunately, the present economic recession and high cost of travel prevented many from participating. We hope for a better turn-out next time (tentatively scheduled for 2025). We also want to remind our Black Belts wishing to certify their Combat Hapkido Dan in Korea to submit requests to GM P. at HQ.

CONGRATULATIONS! To GM David Rivas who was promoted to Sergeant of the Apache Junction (AZ) PD.

He is the First Detention Officer to have ever been promoted to that rank in the history of that PD. GM Rivas is also the Lead Defensive Tactics Instructor of the Dept. GM Rivas has been a member of the ICHF and GM P.'s loyal student for over 25 years.

## Pain Compliance vs. Body Mechanics

**Body mechanics techniques are better for dealing with a violent suspect.**

Published March 15, 2007:

<https://www.officer.com/home/article/10250067/pain-compliance-vs-body-mechanics>

**I wanted to share this article that I read.**

What's the difference between pain compliance techniques and body mechanics techniques? In a nutshell, pain compliance involves either manipulating a person's joints or activating certain pressure points to create sufficient pain to achieve compliance. Body mechanics techniques rely on using leverage and momentum rather than pain to gain control of a suspect. Without question, police officers will benefit from being well versed in both skill sets. However, it's important for officers to understand the advantages and limitations of each.

### **Pain compliance**

In the police academy, I was fortunate (depending on how you look at it) to have been on the receiving end of some perfectly executed pain compliance techniques, such as wristlocks, twist locks, and bar arm control holds. Even more memorable were pressure point applications to my mastoid (located in the area under the ear, near the jaw line), salivary gland (located under of the jaw line), and the sterno-clavicular nerve (located between the collarbone and the top of the sternum) just to name a few. These techniques were so painful that I assumed they were near foolproof. That is until I graduated from the academy and tried some of them on uncooperative suspects.

Many suspects are impervious to pain due to their mental or emotional state, drug, or alcohol use, or simply an unusually high pain tolerance. Also, some suspects are so flexible that control holds that would make most of us scream, "Uncle!" have little effect. The obvious problem with pain compliance techniques is if the suspect does not feel pain, they aren't persuaded to comply. As they say, "No brain, no pain."

Verbal commands are an integral component of pain compliance techniques. Without verbalizing to the suspect what you want him to do (i.e., get on the ground, place his hand on his head, etc.) you are merely inflicting pain, which will likely result in the suspect becoming even more resistive.

The degree to which you apply pain is also a critical factor in the success of your technique. For instance, if while placing a relatively cooperative suspect in a control hold to facilitate handcuffing, you apply the hold too forcefully, you might unintentionally trigger a combative response.

When utilizing a pain compliance technique, you must control the application according to the level of resistance. If the suspect starts to comply, release the tension slightly to encourage full compliance. If he resists, apply more pressure until compliance is achieved. This is the essence of pain compliance methodology.

Attaining proficiency in pain compliance techniques requires that you train with a variety of partners, since factors such as size, strength, flexibility, and pain tolerance can influence the effectiveness of your techniques. A good training partner will tell you not only if you're applying too much pressure, but also if you're achieving the desired level of control.

### **Body mechanics**

Although body mechanics techniques often result in the infliction of pain, they are not dependent on pain to achieve compliance. Instead, the effectiveness of these techniques is based on leverage and momentum. In theory, if you execute the technique correctly, the suspect will be unable to resist. The problem occurs when you aren't able to develop sufficient leverage and momentum.

Body mechanics techniques usually involve manipulating the suspect's body bilaterally, using the push/pull concept. This involves simultaneously pushing part of the suspect's body with one hand while stabilizing or pulling another portion of his body with your other hand.

Several effective takedowns are based on body mechanics, including the foldover, shoulder wrap, and head twist. Let's examine these techniques to ensure that you have a thorough understanding of what makes them work.

### **Conclusion**

Pain compliance techniques such as control holds, and pressure point manipulation are effective methods for dealing with moderately resisting suspects. However, since these techniques tend to be based on fine-motor skills, they can be difficult to apply under stress. Additionally, they will be ineffective if the suspect does not feel pain. Since body mechanics techniques are more gross motor based, they require less precision to execute. And, since their effectiveness is not dependent on the suspect's reaction to pain, they are usually the better option for dealing with a violent suspect. Train hard. Stay safe!

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### **By Master James Halman**

Even though this article is referencing police officers, this has a lot of meaning to us as Combat Hapkido Practitioners. We use both pain compliance and body mechanics to achieve our goals. What is an unfortunate issue for police officers is the lack of constant repetition or empty hand training. More time is spent on firearm handling, and learning to defuse a situation verbally then they spend on empty hand tactics.

This officer is completely correct in his assessment of not everyone will respond to a specific pressure point, or a technique. Also, in threatening situation you could miss the Pressure point, or not use it the correct way. He is also correct about not every control may work in a situation. This is especially true if you are not training enough! Think about the techniques we do in class; they are not always going to be a one size fits all. Certain techniques will work better for different body types, and if you don't train enough or frequently your techniques will fail because you will spend too much time trying to remember how to do the technique instead of just doing the technique.



### I.C.H.F Apparel

If any of you are interested in buying some Hapkido apparel or equipment, please let me know.

#### **I.C.H.F T-Shirts \$37.00**

sizes Small, Medium, Large, X-Large, XX-Large and XXX-Large



#### **Long Sleeve Performance Shirt \$42.00**

Sizes Medium, Large, X-Large, XX-Large



Munio Keychains and Kubatons I have in stock.

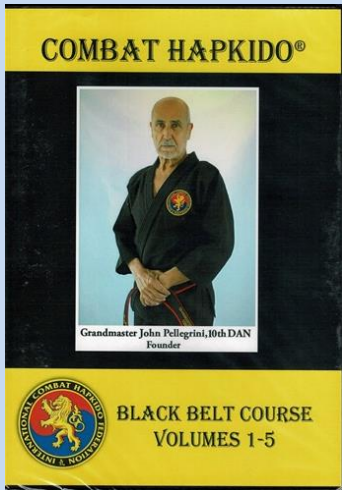
#### **Combat Hapkido Munio \$14.00**



#### **Kubaton Self-Defense Keychain \$10.00**



#### **ICHF 5 disc set White to Black \$170.00**



#### **Gen II Protector + ICHF Gi \$180.00 + Shipping**



#### **Gen II Protector Gi \$140.00 + Shipping**



#### **Classic Protector Gi \$120.00 + Shipping**



#### **Official ICHF Rash Guard shirt \$50.00 + Shipping**



I have added additional fees to some items to account for shipping cost. You may also order these items directly if you choose.