

# FORCE OPTIONS QUARTERLY EDITON

## DON'T BE A VICTIM!!



## Force Options News

MASTER JAMES HALMAN  
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Hello Everyone,

This is my first new letter in a few years. The past few years have been crazy, which I do not have to tell any of you that. We lost quite a few students for several reasons and have been slowly rebuilding. But let us not dwell on the past and move forward.

We have gained some new students that are doing very well and hope to add more. One of are new students decided to take some time off, so we are hoping to see River again in the future.

## Catching Up

### RANK AND PROMOTIONS

**Rank changes:** Since my last newsletter was sent out, Mr. Meyers, and myself have been promoted to 5<sup>th</sup> Dan and hold the title of Master Instructor. Mr. Zamojcin has earned his Black belt 1<sup>st</sup> Dan and I see second coming up this year from him

**Seminar:** My son Matthew, Makenzie, River, and I attended a double impact seminar at TM Martial Arts in Illinois. It was an amazing time and was great to get back to training at Seminars with Grand Master, and Sr. Master Gridley.



Mackenzie is working towards her Purple Belt, Wyatt his Red, Dave his Orange. Rylan Just received his Yellow. Davin and Wyatt will be testing the first week of June. Great Job to everyone!



Looking forward to this year and hoping That we can keep growing, and training.

## Combinations & Follow Through

In this Article I just wanted to spend a little time taking about striking combinations and following through Let us start with striking combinations. We all know, and if we do not, we need to understand this is not the movies, and one strike, or kick is not going to take the attacker out and finish the fight.

When we train, we learn a variety of strikes and kicks. We also learn how to combine the strikes and kicks together so that it becomes easy for us to deliver a barge of strikes, and kicks without needing to pause or reset.

The combinations of strikes you learn should be looked at the same way you look at your joint locking techniques. You will find the best combinations that will work for you. The more you practice, and work at it the more natural it will come to you. It will become muscle memory.

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This leads me into follow through as I said before we want to be able to deliver a barrage of strikes without resetting. Whenever we must pause or reset, it is also giving our attackers a chance to pause and reset. In a fight this could decide who is the winner and who is the loser!

When we strike, we cannot just be thinking about that first strike. We need to be planning the next 4-5 strikes after the initial strike. These strike s will also flow into control techniques. So, if you have not noticed it by now, we do not need an attacker to grab us first. We can also taker control of the situation when we feel threatened.

Defense is also key if we do not have a good defense, we are not going to have much luck getting the next strike in, or a control. Once an attacker assaults us and we start the process we need to keep striking and moving or slip into a control, but we should not be thinking about stopping until we have secured the upper hand.

When someone attacks, and you are striking think of it like Christmas and just keep giving. This ideology is saying came from training in Wun Hop Kuen Do which was a saying of GM Al Dacascos.

So just remember to train hard. Start thinking 2-5 steps ahead of your first movement. Always think about follow through. (Crash the Net)!

Please remember to stay safe out there and have a Great Holiday Weekend!

Below I have included two articles that I came across, that I felt are both good reads, and cover Body language and awareness that covers the topic very well!



## 5 Body Language Signs That Reveal If a Person Is Dangerous

WRITTEN BY: ADAM C EXTREME

**Body language signs, and Situational awareness** is a valuable tool in your survival arsenal. Most of the time, simply seeing the danger that lies ahead can give you a leg up on most people who drift through life oblivious of any dangers. The key to situational awareness is keen observation – observation of situations, things and even people. And it's the people subset of situational awareness that comprises the study of body language – the study of those around you.

Body language is something we all give off, mostly unconsciously. It manifests itself in subconscious postures, facial expressions, and hand positions.

The way we carry ourselves speaks volumes to those who can discern what the signs mean; most amateurs look only at the face, but there is much more to observe. Before we delve into what to look for, a fundamental question must be answered: why even bother observing body language?

There are three primary reasons:

Body language gives us advance warning about the actions that a person or group of people are about to undertake.

Body language gives us a window into the person's mind, telling us what their current emotional state is. Body language is an early warning device built into every single human being.

In short, the way a person carries themselves at a particular instant in time gives us a valuable insight as to whether they represent a threat to us or not.

Here's what to look for:

How To Defend Yourself and Your Family Against the New Breed of Lowlife Criminal Scum

**1. The Face:** The face is on one hand the most expressive body part we possess, and on the other hand, the most easily manipulated. Experts can meticulously control their facial expressions so as to be unreadable (e.g., the poker face) while amateurs will crack nervous grins and will sport numerous facial twitches. Ignore the signs that can be controlled and thus manipulated, and focus on those that cannot:

**Pupil dilation:** The human fight or flight reaction is something few people can control: the brain signals the body to dump adrenaline into the bloodstream raising the heart rate and dilating the pupils (making them larger). As the pupils dilate, the peripheral vision narrows – it is a mechanism designed to have us face the threat directly. People about to act aggressively or perform a violent act will usually have their pupils dilated the size of pie plates.

**Pulse:** As aggression or impulse builds, the heart rate increases as does blood pressure. The net result of this is a pounding pulse which is visible in the neck and temples. Again, this is difficult or impossible for most people to control.

**Sweat:** An increased heart rate causes involuntary perspiration, which again, not even professionals can adequately control.

**Mouth:** Besides obvious expressions, an open mouth often occurs when a person can't get enough air from just their nose and is breathing rapidly.

**2. Upper Torso:** The upper torso reveals two important clues to those keen enough to observe them. The first clue is the shoulders – are the shoulders hanging naturally in a relaxed pose, or are they tight and raised? A person who is about to strike or move will often telegraph this intention by the way he carries his shoulders. The second clue is the upper chest area, where it pertains to respiration. Normally, men are stomach breathers while women are chest breathers, but when the action amps up, both sexes tend to breathe in a shallow manner from their chest. Look for the rapid rise and fall of the chest as evidence of breathing hard.

**3. Hands and Arms:** As one astute police officer said – feet never killed anyone. The reference was to the fact that overwhelmingly, hands hovering around the waistband represent a threat. At any moment, the person could produce a weapon, and so it's important to watch the hands closely at all times. While things like bald fists are an obvious sign of aggression, keep in mind that many attacks come from the position of crossed arms, or hands in pockets.

**4. Legs and Feet:** Primarily, what we are looking for here is stance. As often happens subconsciously, people will tend to blade themselves towards a perceived threat. Blading refers to a combat style stance, where the dominant foot is behind the non-dominant foot and about shoulder width apart. Blading also serves as a dual clue – most people carrying a concealed weapon will subconsciously blade the weapon side away from the threat, both to protect it and to conceal it.

**5. The Whole Package:** Lastly, look for movement warning signs, nervous twitches that signal that the person is about to act. Two common signs of impending action are pacing and standing on the balls of their feet. Many attacks begin with a person pacing back and forth and then launching an attack at about the midpoint; many flights or escapes begin with the person getting up on the balls of their feet, much as a runner would before the starting gun goes off.

Your ability to recognize the above early warning signs could give you valuable seconds in which to act, potentially saving yourself or averting disaster.

## AWARENESS

### Understanding Body Language & Pre-Attack Indicators

WRITTEN BY: ANGIE M. TARIGHI

A large part of our awareness training focuses on attack recognition. Your personal security plan should include the ability to recognize body language, trusting your instincts and reacting decisively when your life is on the line. By being able to recognize the pre-attack signals that the body engages in involuntarily, you will increase your reaction time to avoid and or escape an attack.

Attack recognition is the ability to be mentally prepared to react to an attack. When you are able to recognize pre-attack indicators, you are able to kick in your pre-planned avoidance maneuvers to escape and hopefully avoid a violent confrontation altogether.

Most predators want to "verify" that their targets are appropriate. Therefore, they will approach you and engage in innocent small talk to be able to size you up. This is where your intuition comes into play. You need to be on full alert when something starts to feel "wrong."

Predators will also exhibit unconscious body language cues prior to a full attack. When you see any of these, kick up your awareness and start looking for a safe exit while mentally preparing to defend yourself if needed.

Scanning - You'll see signs of agitation and fidgeting as they are constantly checking out the surrounding area to see if it is safe for them to continue. You may also see signs of paranoia or defensiveness.  
Clenching - They may rock back and forth, hands and jaw clenching and unclenching. You may also see bulging veins, erratic, or increased breathing.

Target Glance - They are checking to see whether or not you are armed or may even be telegraphing where they will strike (chin, gut). You'll may also notice erratic eye & head movements.

Fighting Stance - Their stance isn't conversational. Think boxer stance. One foot will be back, and hands will be held up at the waist or chest level. They may also start removing glasses or a hat.

Hesitation in Responses - Contrary to popular thought, the human brain cannot successfully multi-task. If you start seeing hesitations to questions, it is because their brain is involved in trying to determine where and when they are going to strike. You may also see a contradiction between their actual words and their body language.

The most important piece of information here is to TRUST YOUR INSTINCTS. If you start seeing these unconscious verbal cues and your gut is telling you something is wrong, activate your self-defense plan and get distance between you and a potential predator.

Remember, the more time you spend on honing your awareness, the quicker you will be able to remove yourself from a potentially dangerous situation.

#### 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 \$32.00**  
sizes Small, Medium, Large, X-Large, XX-Large and XXX-Large



**I.C.H.F Polo T's 32.00**  
Sizes Large, X-Large, XX-Large  
XXX-Large



**Long Sleeve Performance Shirt \$42.00**  
Sizes Medium, Large, X-Large, XX-Large

I added \$2.00 to each item to pay for shipping cost.

#### Misc Items

Self-Defense key Chains \$12.00

Three styles  
TRU-Black Munio



TRU-Hot Pink Munio



Combat Hapkido Munio



#### **SEMINARS 2022**

All Seminars for the remainder of 2022, are canceled except for the I.C.H.F Anniversary in Tennessee in November. If you would like information about this seminar, please let me know.