

THE DELTA/SEAL DEFENSE MANUAL



NAVY SEAL COMBAT MANUAL

THE DELTA/SEAL CIVILIAN SECURITY AND PERSONAL DEFENSE MANUAL



Compiled by the Staff of the Delta/SEAL Training Camp
Tommy Carter and Frank Cucci, Instructors

CONTENTS

ABOUT YOUR INSTRUCTORS	3	The Cross	43
CHAPTER ONE: SURVIVING IN THE MODERN WORLD	4	The Hook	43
THE FOUR LEVELS OF MENTAL PREPAREDNESS	5	The Uppercut	43
THE RULES OF SURVIVAL	7	COMBINATIONS	44
Rule #1: Stay Alert!	7	THE ELBOW STRIKE	44
Rule #2: Exhibit Appropriate Attitude	9	BREATHING	45
Rule #3: Be Decisive	10	ELBOW STRIKE COMBINATIONS	45
Rule #4: Speed Is Essential	12	KNEE STRIKES	45
Rule #5: Respond With "Violence Of Action"	12	KICKS	46
Rule #6: Stay Calm/Be Accurate	13	The Foot Jab	46
Rule #7: Use The Element of Surprise	13	The Round Kick	46
To Your Advantage	14	The Left Kick	46
IF YOU'VE GOT THE CHANCE, JUST WALK AWAY	15	DEFENSIVE MOVES	47
CHAPTER 2: COMBAT PISTOL TRAINING	16	The Parry	47
WHAT KIND OF GUN?	16	Cover	47
SAFETY IN THE HOME	17	Cover And Deliver	48
GENERAL SAFETY PROCEDURES	18	VARIATIONS	48
MAINTENANCE	19	COUNTERING A KICK	49
HOLSTERS	19	Defending Low/Right Kicks	49
COMBAT PISTOL FUNDAMENTALS	20	Defending Low/Left Kicks	49
The Two-Handed Grip	20	Defending High Kicks	50
Trigger Pull	20	THE STRAIGHT BLAST	50
Double-Action Shooting	21	FOLLOW-UPS	51
Sight Alignment	23	Use Focus Mitts	51
Horizontal Sight Alignment	23	Eye Jabs	51
Vertical Sight Alignment	23	Straight Blast Training	51
Sight Picture	23	WEAPONS	51
Sight Picture Analysis	24	Meet The Force	52
Shot Group Analysis	25	Follow The Force	52
Target Analysis (Right-Handed Shooter)	26	The Backhand Strike	53
Breath Control	27	The Figure 8 Follow-Up	53
Follow-Through	27	The Overhand Strike	53
Stance	28	Footwork And Movement Are Essential	54
Breaking The Wrist	28	Knife vs. Knife	54
Flinching	28	Pass And Thrust	54
One Hand Shooting	29	Disarm	54
Weak Hand Shooting	29	Training	55
Shooting From The Prone Position	30	IMPROVISING WEAPONS	55
Shooting From A Kneeling Position	31	MASS ATTACK	55
The Strong Side Draw	32	OVERVIEW	56
Reloading A Revolver	33	CHAPTER FOUR: SECURITY AT HOME AND	
Magazine Changes	33	ON THE ROAD	57
The Double Tap	33	HOME SECURITY	57
Long Range Shooting	34	COVER AND CONCEALMENT	60
Make Practice A Part Of Your Daily Lifestyle	34	"POINTING" OR "INSTINCTIVE" SHOOTING	60
Controlling Your Nerves	35	IN YOUR CAR	61
Range Rules	36	ATM MACHINES	62
Combat Pistol Training	37	JOGGING	63
12 Tactical Survival Rules To Live By	37	PROTECTING YOUR CHILDREN	63
CHAPTER THREE: MARTIAL ARTS TRAINING	38	TRAVEL	66
TRAINING CONDITIONS	38	Your Car	66
FUNDAMENTALS	40	Travelling In A Foreign Country	67
Stance	40	Hotels	67
Footwork	40	Credit Card Fraud	68
SOME SIMPLE DEFENSIVE WEAPONS	41	Rental Cars	69
The Eye Jab	41	Airports	70
The Head Butt	41	Travelling With Children	70
The Groin Kick	42	STALKING	71
HITTING	42	HIJACKINGS	72
The Jab Punch	42	CIVIL UNREST	73
		A FINAL WORD	74

ABOUT YOUR INSTRUCTORS

TOMMY CARTER spent 17 years on active duty with the U.S. Army as a Ranger, Green Beret and member of the elite Army counterterrorist “Delta Force”. In Delta, Tommy was an “Alpha One” team leader and among the first to face off with the Cubans during the Grenada invasion. He subsequently protected American Ambassadors and personnel in hot spots around the world like Beirut and El Salvador and participated in a number of classified counterterrorist operations for the United States government.

Since retiring from active service, he’s built a highly successful consulting firm specializing in personal and corporate security. His clients have included Salomon Brothers and a variety of high-ranking corporate and political leaders throughout the Western Hemisphere. His no-nonsense approach to security and weapons training for the general public has also received rave reviews from students.

FRANK CUCCI served with the famed Navy SEALs for 12 years and participated in counterterrorist and security missions around the globe with the elite SEAL Team 6 created by Richard Marcinko. As Chief Instructor for Unarmed Combat with the SEALs he became one of the most respected and sought-after experts in hand-to-hand combat and self-defense in the country. He learned Jeet Kune Do, the martial art perfected by Bruce Lee, from Lee’s own training partner, Dan Inosanto.

Frank is also a student of Thai boxing master Surachi Sirisute, perhaps the most respected name in martial arts today. His approach to self-defense techniques has been widely hailed by experts and students and is as easy to learn as it is devastating. He remains one of the most in-demand, hand-to-hand combat instructors alive today and runs his own martial arts school in Virginia.

CHAPTER ONE: SURVIVING IN THE MODERN WORLD

NOTES

Although overall crime rates have decreased somewhat in recent years, there's trouble on the horizon. Gang activities and violence perpetrated by young Americans continues to rise at a shocking rate. Many experts warn of an explosion of violent crime in the next decade as the number of teenagers in our population grows 20 percent.

And it won't be just the inner cities that are affected. Gang crime has been making big strides in the suburbs and bedroom communities in the last few years.

Meanwhile, the nation has been rocked by new kinds of crime. Terrorist acts, as seen in the World Trade Center and Oklahoma City bombings, have now penetrated our borders. Serial killers and kidnappers have become a staple on television news programs. And as our society has become more complex, criminals have become more creative. The carjacking is just one of a number of brand new evils they've unleashed on society.

It's a different world out there. The idea of walking the streets safely at night or having your kids play in a local playground without adult supervision seems silly to most Americans today. You've got to face the fact that there are people out there who prey on others and they're more brazen about it than they've ever been.

Rule of thumb, you can still figure about one person in 100 capable of performing a violent act at any time. Take the population of your community, divide by 100, and you'll have a good idea how many dangerous people there are walking the streets of your city or town. This can vary from place to place given local conditions but, no matter where you live, the possibility of violence always exists.

Most Americans realize this. In fact, in an influential 1994 Gallup Poll the majority of Americans listed crime as the #1 problem facing the country.

Yet few Americans are ready to deal with violence when they meet it. We seem to have lost our "survival instinct". Civilization has made us into a kind of "passive" society. Many people have no interest in personal defense. Though they complain about crime, many foolishly believe that it will never happen to them.

Some look at the police and believe that they will be there when needed. But while the police do everything they can, they just aren't equipped or manned to be everywhere, all the time. There is only a limited area they can cover and respond to quickly. Many times, they have a hard enough time just protecting themselves.

Other people have begun to take a fatalistic view of the world. They think that they have no control over their environment and, if crime seeks them out, it will have their way with them. They look on themselves as victims before the fact. They've given up. They're accidents or statistics waiting to happen.

There is no need for this. Anyone can be taught to effectively defend himself. In fact, we believe that everyone **should** be given the information necessary to keep themselves and their family and loved ones alive and safe. That's what the Delta/SEAL Training Camp is all about. That's what we're here for.

The first and most basic rule you must learn is that it is stupid to lay down and submit to an attacker. Ask any security expert. Look at the many good articles written on the subject in recent years. They'll all tell you that a "passive" approach to an assailant only makes it more likely that you'll become a victim.

Sure, if you fight back there's a possibility you may suffer for it. But if you don't fight back it's almost certain that you will. Criminals respect someone with

a “survivor’s mindset”. They’re looking for the easiest marks possible. If you lay down and make it easier for them, they’re just going to do what they want. Fighting them will generally greatly enhance your chances of staying alive and well.

Being able to provide for the security of yourself and your family will also make you feel better about yourself. Nobody really wants to walk through life feeling like a potential victim. Everyone wants to be able to control the circumstances of their lives and be confident that they can respond to the challenges life may present.

And while there’s no such thing as “perfect” or “absolute” security in this world, you can greatly increase your chances of survival and well-being by learning how best to avoid or respond to crime and violence. That’s where we come in.

We believe the Delta/SEAL camp is the most complete, personalized, effective approach to security and personal defense you’re going to find. This manual will provide a brief overview of many of the techniques taught in the camp. It is provided to serve as a guide for the student and a refresher course for the graduate when the class ends.

Taking this book with you to the range or practice facility of your choice or just keeping it nearby for reference at home should help you keep the principles taught in the camp fresh in the weeks and months to come.

THE FOUR LEVELS OF MENTAL PREPAREDNESS

To be able to deal effectively with your security or answer a possible violent attack you must be switched “**on**” and alert to what’s going on around you. In the military, we’re taught different “**Conditions of Readiness**” in a color code system that approximate different levels of awareness a normal human being experiences. Your response to any situation is largely determined by the “condition” you’re in at the time.

You obviously don’t want to live your life oblivious to the world around you and become a walking target. On the other hand, it’s not practical or appropriate to live it with your finger on a trigger. The color code system below is designed to help you set up a proper “mindset” for security in your own daily world.

CONDITION WHITE-This first “condition of readiness” really has nothing to do with “readiness” at all. Still, it’s the state of mind that most people spend their lives in. In Condition White we don’t expect any trouble. Nor do we look for it. We feel and act perfectly trustful and safe. We’re largely unaware of our surroundings and the things taking place there. We don’t believe anything will happen to us.

Too bad it often does. Condition White is the state of readiness of most victims. It’s also the state that criminals love to see you in.

CONDITION YELLOW-This is the condition you should be in when in any public or otherwise unsecured state. It’s the mental equal of the yellow “stoplight” you’ll see downtown. It dictates that you should proceed with caution. You should be aware of what’s going on around you. You should know who’s behind you and stay more than an arm’s length away from strangers.

You must also be aware of any instinctual feelings of danger.

Because we live in a “civilized” world we’ve allowed many of our basic survival instincts to atrophy but, with practice, we can reacquire them. When you feel

NOTES

something is “wrong” you shouldn’t dismiss it as “just my imagination”. You should go on alert and do everything you can to fully analyze the situation for danger and act appropriately on the information you receive.

Some people may consider Condition Yellow that of a “paranoid” but it’s not. It’s just common sense. You’re not jumping at the sight of your own shadow. You’re just in a state of relaxed, yet heightened awareness.

Its basics are simple. Keep your head up and eyes wide open as you walk. Lock doors and have keys ready as you approach a door. Park in a well lighted area. Be prepared to go out of your way to avoid any dangerous looking person or situation.

One of the good things about Condition Yellow is that you can stay in it indefinitely without having to worry about overdoing it or exhausting yourself. Security guards are always in Condition Yellow. So should anyone carrying a weapon.

In fact, we believe that every person should remain in a form of Condition Yellow in any public or unsecured situation. This merely acknowledges that it’s not always a friendly world out there and keeps you alert just in case any danger is encountered or any response necessary.

CONDITION ORANGE-At this level, you realize that something is definitely wrong. There’s danger. You’re in a state of alarm. You must either move away or prepare for action.

Words of warning, like “Stop,” may be offered in this condition. You’re either in the act of escaping or preparing to launch a response that will be delivered with maximum speed and aggressiveness. You’re ready for combat. If you’re carrying a pistol, it remains holstered but a careful, controlled shot can be delivered from this state in about three seconds.

CONDITION RED-In Condition Red, action is imminent. As soon as the threat is apparent, you make your move. Whatever response or blow you’ve been preparing is delivered with total commitment and aggression.

It’s important to realize here that you can’t just “resist a little”. You’ve got to show your attacker that you mean business. Only your pre-set checks, determined by your overall situation or target discrimination, will stop you once you enter this level of readiness. You’re one second from getting off a controlled shot if carrying a pistol.

BEING IN CONDITION YELLOW MAKES A STATEMENT TO OTHERS

As an individual interested in personal and family security you should strive to stay in **Condition Yellow** as you proceed through the streets and neighborhoods of your town. It’s in the White zone that you’re at your most vulnerable. Most victims never would have been victims if they’d have been in the heightened state of awareness defined by Condition Yellow before the attack.

In Condition Yellow you’ll be able to foresee many problems before they actually occur. If you’ve got your head up and you’re looking around, you’ll notice those people suspiciously hanging around your car in the parking lot well before you get there. You’ll see that unfamiliar vehicle full of strangers parked across the street before they rush you. You’ll let that hostile looking joker ahead of you on the street know that you’re awake, alive and not an easy mark.

If you’ve got your head down with your mind visibly lost in the clouds, you’re going to be easy pickings. It’s essential to show people through your body language and alertness that you’re aware of what’s going on around you. Most criminals are looking for someone they can punish and exploit easily. If you look like you’ve

got them under surveillance and you're ready to react, there's a good chance they'll leave you alone in favor of somebody who'll be an easier target.

NOTES

THE RULES OF SURVIVAL

“Condition Yellow” lays the foundation for the 7 basic “Rules Of Survival” you should strive to live with. These rules have been devised to keep you from danger or get you out of it if combat becomes unavoidable. They all blend together and it's important that you see them as overlapping parts of a whole. Perfecting the individual components will only get you so far.

If, for instance, you remain alert (rule #1) without acquiring the ability to act decisively (rule #3) or with violence of action (#4) you'll be missing a lot in your personal defense equation. All 7 of the “rules” below must be followed to give you the best chance of providing a secure environment for your family and yourself.

While combat should be seen as a last resort, you must also dedicate yourself to the principle that you will do what is necessary for your safety and that of your loved ones in that situation. If you have any doubts about confronting an attacker with maximum force and commitment, you're only going to be confused and hamstrung when the real thing comes along. **YOU HAVE TO MAKE UP YOUR MIND NOW THAT YOU WILL DO WHATEVER IS NECESSARY TO PREVAIL AND SURVIVE WHEN BATTLE IS IMMINENT AND UNAVOIDABLE.**

Once you've made up your mind to do what's necessary, following the 7 rules below will go a long way toward keeping you alive and well. They served us well during our own combat and military experiences around the world and we've found them to be just as critical to issues of safety and survival in the modern civilian world.

Rule #1: Stay Alert!

As described above, you should strive to stay in “Condition Yellow”. This will come naturally to some people but others will have to work harder at it. Whatever, it's absolutely necessary. Alertness is the key component on which all the other Rules of Survival are built. If you don't know what's going on around you, your ability to steer around danger or successfully respond to it will be severely affected.

Along this line, you should keep three allied principles in mind:

- 1. Maintain 360 degree surveillance.**
- 2. Take nothing for granted.**
- 3. Look for anything that may be out of place.**

First, you've got to know what's behind you. It's not enough to be aware of what's ahead. You've got to develop “eyes in the back of your head” or get in touch with those “survival instincts” most of us have lost. If something tells you there's trouble behind, turn around and look. Set up a **360 degree perimeter** and refuse to be taken by surprise.

Second, **you should be careful not to relax or take anything for granted.** Don't expect a familiar street corner or scene to be safe just because you've been there before. Keep your guard up. Likewise, smiling or seemingly friendly strangers can turn unfriendly very quickly. This doesn't mean that you should look on everybody as a criminal. It just means that you shouldn't settle for analyzing surface appearances.

Awhile ago, we were on a job in South Africa. We had jet lag and were dog tired. We were walking on the streets of Johannesburg. Vendors and smiling faces were all around. We were only a block from the U.S. Embassy. It was a beautiful, sunny day. Our fatigue and surroundings lulled us into a false sense of security.

Before we knew it, we were pounced on by a band of local thugs and had to fight our way out of the situation. We left a couple busted bodies and faces full of pepper spray behind but the whole event was unnecessary. Had we been aware of our surroundings, we'd have seen the group ahead of us as we walked and simply avoided them.

The rule here is that anybody, even a pro, can let their guard down and it's funny how fast trouble can find you when you do. **Never, ever** be lulled into a false sense of security. Crime can strike virtually anywhere.

Which brings us to our third point. **Always be looking for things or people who seem out of place.** If there's a group of young men ahead watching you silently as you move down a street or through a mall, be on guard. Likewise, anyone who's on the move after watching you come into view should be suspect. In fact, anyone who adjusts his behavior toward yours or begins to shadow you in any way should be viewed critically.

Always make full use of your senses, especially the most important sense of all- "**common sense**". If you're in a tight crowd and smell somebody with alcohol on their breath, you'd best begin to heighten your guard. We know from past experience that drunks don't think very well. They do and say things they don't normally do. They like to show off for their fellow drunks. Whatever the case, you want to avoid them.

If you're in a public place, like a restaurant, keep an eye on the people coming through the door. If you see a guy arrive looking like a pregnant man with an overcoat on a sunny day, you may have a problem.

Sit with your back against a wall and close to an exit. Come up with a plan, especially when you've got your family with you. Play the war game. "What would I do if...?" If you're carrying a weapon, how will you use it? How can you best get your family out? Where are the escape routes?

This way, if something happens, your response is pre-programmed in your mind. It only takes a few seconds to play "what if?" and it's well worth your time. It could save your life some day.

And don't just go to sleep while inside your home and think nobody's going to target you. You can be victimized just as well there. Realize that anyone approaching your home that you don't know could present a problem. And if someone shows up claiming to be a repairman or some kind of official, and you didn't call him, don't let him in until you're sure of his motivation. Credentials can be forged very easily.

Think of your mind as a computer. You should be constantly loading it with a data base so you can react. You should be taking everything in, analyzing it and planning your possible response. If something seems out of the ordinary, this should key a red flag in your mind. That doesn't mean you should draw your gun or pepper spray. But it means you should key in on any subsequent red flags.

It could be as simple as someone walking toward you with their hands in their pockets. Maybe the guy's just keeping his hands warm or adjusting his crotch. On the other hand, we were always taught in the military that the

inability to see a man's hands should trip off an initial red flag. You don't know what's in those hands.

As he approaches, the control center in your brain should be taking in information and spitting out advisories. Is he moving forward aggressively? Does he have a distressed look on his face? Is he posturing? What does his body language indicate?

Obviously, at some early point, you should do what's necessary to alter your path if something seems wrong. Go right or left or retrace your steps. Leave the scene.

But if this is impossible, you should be preparing for a confrontation. If he flashes a gun or knife, you should locate your weapon for a defensive strike. If he shows that he's open handed, you should begin locating your pepper spray, kubotan or picking out a strike point on the attacker.

It's all a combination of threat assessment and response preparation cued by the central computer inside your brain. As the situation plays itself out, you're constantly assessing the threat and preparing your response.

Your goal should be escape. If you can get out of harm's way and go on your merry way, do it. If you just want to deliver an eye gouge or plant a foot to kick the guy's nuts up into his throat, that's fine. Just be ready to be on the move as soon as the blow lands and your opponent is temporarily incapacitated.

As you take our course you may want to begin to define your own "personal perimeter". A "personal perimeter" is the area around your body within which you feel uncomfortable having another person inside. It varies from person to person. Some people are comfortable with 3 feet, others 6.

My own personal perimeter is 5 feet because I know that I can strike at that distance and be effective if I need to. Whatever your "perimeter" is, you should be ready to strike an open-handed attacker once he gets within this distance. That's the "too close for comfort" zone.

Just remember that criminals often have more rights than victims these days. You don't want to spend time in jail for taking some jerk to the cleaners unless it's necessary. Your initial thought should be to do what is necessary to buy some room and time to escape. You don't want to get into a sustained fight if you don't have to.

The line between "reasonable" and "excessive" force is a thin one and legally slippery. If you can just neutralize your attacker and get out of there, you're best off. But to be on the safe side, you may want to check with law enforcement officials in your area to get a local definition of what constitutes "excessive" and "reasonable" force and plan your responses appropriately.

We'll deal more with how to respond to an attack later when we discuss our other 6 "Rules of Survival". For now, it's important to understand that the first link in the chain of survival is to BE ALERT AND STAY ALERT! All the other rules of combat and survival revolve around this principle.

Rule #2: Exhibit Appropriate Attitude

At it's simplest, what we're concerned with here is that you don't look or act like an easy target. Present an image that is formidable. Make them think twice about hassling or attacking you before the fact. Again, most criminals are looking for the easiest target possible.

Primary to this attitude is the belief that nobody has a right to invade your space or harm you in any way. If they do, you must be prepared to do what is necessary

NOTES

to end any threat. When you have resolved to do what's necessary, even if it means launching a lethal attack of your own, you can begin to model the proper attitude.

As you move through daily life, you should consider yourself "on stage". You must show through your body language and other cues that you're a confident person with purpose. This doesn't mean that you should swagger or walk around like some "hood". You should give off a strong appearance, though.

Walk with your shoulders back, head up and eyes clearly open and scanning your surroundings. Even if you're tired, you should do your best to show that strong, outside shell. If a criminal reads fatigue and sees you slouching and clearly not at your best, you'll become a much more attractive target.

If you're uncomfortable or feeling a bit nervous don't show it by fidgeting, pacing or flailing your arms around. Stand strong and hold your ground. Make a statement with your body that you have a right to be where you are. Don't openly challenge anyone, but let it be known that you're aware and able bodied.

Many people are taught not to make eye contact with others but this can really work against you. In fact, you should make it a habit to meet strangers with some eye contact. People who don't make eye contact are often perceived as fearful, weak or shy. They make good targets.

By making eye contact, you may dissuade some jerk from doing the wrong thing. You don't want to have a stare-down with them or lay out a challenge but you do want them to know that you're looking out for trouble and won't back down when necessary.

This is especially important for women, but they must be even more careful about it. Eye contact can be seen as an invitation with macho types. By adding a business-like "hello" or other greeting and moving on quickly but assertively, you can put a stop to any monkey business. Show yourself as someone to be taken seriously. Don't try to be cute. Be direct and purposeful. Again, criminals generally want to prey on the weakest victims possible.

To help you portray a confident body image, always be aware of your "strong" side and keep it as clear as possible. Your "strong" side usually corresponds to the hand you write with. If you're carrying a briefcase, purse, books or packages always carry them on your weak side. Children should also be taught to stay on your weak side.

Your "strong" side is your best, strongest side to mount an attack with. You should keep it ready for action. Keys or personal defense tools (alarms, whistles, etc.) should be carried on the strong side so that they're ready for use and the bad guys can see them. Just seeing that you're ready for trouble may be enough to send a criminal off in search of another, more passive victim.

It is your right as well as your obligation to defend yourself against violence. If more Americans took their personal defense seriously, crime rates would surely fall in the country. Showing the criminal that you're a confident and committed person ready to act in your own defense can go a long way toward keeping you safe.

Rule #3: Be Decisive

Decisiveness involves your ability to make a decision and act on it. In the military, decisiveness is not much of a problem. We're trained to take action and we have no choice when a superior officer orders it. There's not much to be indecisive about since there's very little questioning of a direct order.

In personal defense, being decisive is not as easy. There's nobody telling you what to do. It's up to you to make the decision and, in a combat situation, there's very little time to do it.

Again, the "survival mindset" is a necessity here. You have to decide if you want to survive or be a statistic. If you aren't willing or committed to doing what is necessary to defend yourself, chances are you're going to hesitate and blunder through a situation where decisions must be made quickly and acted on.

Once you've got the proper mindset, the next step to insuring decisiveness at the right moment is to practice it. Unlike a Delta, SEAL or other member of the military you won't have direct experience to draw on. So you'll have to "role play" in your head what you would do in specific situations.

This is done by presenting yourself with those "What if...?" or "What would I do?" questions and coming up with reasonable answers or solutions. What would I do if confronted at the corner of Vine and Main? What if someone broke into my house? What if someone charged me as I got into my car at the mall?

We'd prescribe doing 2-3 of these "What If?" exercises daily. Figuring out what to do in a situation can really help give you the confidence and speed you'll need if that situation suddenly arises.

Specific physical hand-to-hand responses should be practiced in the dojo or gym on a regular basis. Similarly, pistol skills can be practiced daily in dry firing drills. This practice is the key to developing your personal defenses. As the ancient warrior and philosopher Sun Tzu wrote 2,500 years ago, "**The more a man sweats in training, the less he bleeds in war.**"

Continuous practice will also contribute greatly to acquiring a decisive character. Once movement is programmed into the body through practice and becomes "muscle memory" or a part of your nervous system response, you will be more able to let your body take over and supply the necessary movement in a battle.

Beyond that, your brain should be given free reign to function and plan. Planning is a big part of being decisive. Where is the attacker most vulnerable? What targets do I have available? Am I going to take the solar plexus, eyes, etc.? What kind of blow will I deliver? As you assess threat, you're also constantly planning your response and preparing for it.

Likewise, if you're going to have to use a weapon, you've got to have it ready. If you're going to use pepper spray, you can't be caught searching for it in your pocket while your opponent strikes his blow. If you're going to use a knife, it must be open and ready at the correct moment. If your attacker is going for a gun, you've got to have your hand on yours and have it drawn.

All you have to see in this situation is aggressive movement being made toward you and the attacker drawing his gun. That's enough to activate your response. If you wait until he draws his gun and it's on you, you're behind on the power curve. If his is drawn and yours is in the holster, it's not going to do much good there. You've got to hope he misses at least the first shot.

Fortunately, the law allows you some latitude in cases where the lives of you, your family or other innocents are in jeopardy. If your attacker is clearly trying to kill you, possesses that capability and the only way to stop him is to do to him what he's about to do to you, you are justified in ending his life to save your own. It is "self-defense". You should have no problem legally.

NOTES

But if he runs off, you can't follow him and finish him. If he's down and out, you can't execute a killing blow or act like the Rodney King cops. In other situations, not so clean cut, the law can get very slippery.

Still, you can't let any distant legal hassles get in the way of defending your life. You can't sit there in the middle of a fight with a guy charging you with a knife wondering whether you're within your legal rights to kick his ass. You have to be prepared to do what you need to do to end the threat. As the old saying goes, "I'd rather be tried by 12 than carried by 6."

Practice your personal safety techniques. Think about how to properly handle different situations and internalize your decisions. That way when the time comes to act, you'll know what to do to best keep from becoming a statistic.

Rule #4: Speed Is Essential

Speed goes hand-in-hand with decisiveness. Along with making the right decision about your response to an attack, you've got to deliver that response with lightning quickness.

Obviously, you can't go off on a guy just because you "think" he might attack you. But the moment an attacker shows that he's serious and makes a move at you, you've got to work fast. You may have only one chance to stop this guy and you've got to get your best shot in before he has his way with you.

Your object should be to turn any fight around and end it before your attacker has any idea what's going on. You're not playing by the Marquess of Queensberry rules here. It's not a sport. There's no referee. You're trying to keep yourself alive and you don't have to wait for him to strike the first blow. In fact, you should be pre-programmed and ready to respond as he makes his first move at you.

In combat, he who hesitates is lost.

Rule #5: Respond With "Violence Of Action"

When it's time to fight or respond to an attacker, there's no halfway. Whatever you do, you've got to give it 110 percent. You've got to put every ounce of strength and will into the task. You can't hold back.

If he's closing distance on you, foaming at the mouth and he's winding up with a baseball bat over his head you just can't stand there or think "If I give him a good push, he'll run away." You've got to be as dedicated to your defense as he is to his attack. You've got to do everything you can to end his attack fast and get away with you life and health.

Don't rely on posturing or talking tough to do the job. While this might work sometimes, at other times all it will do is make the attacker more angry. You've got to be prepared to ACT. You've got to transform all that adrenaline being let off by your system into a response involving maximum force of action.

Striking quickly and giving off what's known in the military as a "momentary impression of superior firepower" can pay immediate dividends. Most criminals aren't prepared for somebody to go absolutely nuts and start fighting back from the get-go. Even if you're smaller than they are, fighting back hard can quickly even the contest up and get the attacker off balance.

Nature is full of examples of David putting it to Goliath. Look at the badger or wolverine. These are relatively small animals but they're so fierce that they can back off a grizzly bear. In a sustained fight, they'd lose but by coming out of the

NOTES

box at 100 percent they can back off their attacker long enough to escape. You can do the same thing, even with a much larger opponent.

Sometimes this initial, full-scale response is all you need to send your opponent fleeing. Other times, it will just be enough to get you some room to escape. Whatever, violence of action is a necessity in your defense.

Show your attacker that you mean business. If he's coming at you break off that car antennae or pick up that brick or bottle and get ready to use it. Fish out an ink pen or grab a flashlight. Get that pepper spray or other weapon in hand and ready yourself to use it. Pick a strike point for a blow and give it everything you've got.

And be prepared to keep fighting with everything you've got until you can get yourself out of the situation. Turn your fear into anger. Be indignant. The criminal has no right to harm you. No right to lay a hand on you. Show him this, immediately, and you'll turn him into the fearful one. While he's mentally kicking himself for picking on someone as strong and resolved as you are, you can disarm him fully or make your escape.

Again, the barriers between "reasonable" and "excessive" force may bother some people here. It shouldn't. You've got to do everything you can to stop your attacker. If he's armed, especially with a firearm, he's going to be a threat as long as he's conscious. You shouldn't be taking any chances. Put the guy to sleep. Likewise, if it's gun vs. gun don't get tricky. Shoot for center of mass. If he's about to take your life, you are allowed to respond in kind.

If you're involved in hand-to-hand, go all out. Don't be afraid of hurting the guy. He's already shown you he's out for no good and ready to do what's necessary to get his way with you. Striking him with a minor blow will only make him mad or get him thinking that you're weak. He'll step up his attack. That's not what we want here.

Rule #6: Stay Calm/Be Accurate

Though you will be striking your attacker with maximum force, you must keep your cool. You can't go out of control. You want to be thinking clearly and controlling the adrenaline dump you've received. Channel that adrenaline into your response but realize that you still have to keep control of yourself.

How do you keep control? It was easier for us in the military because of all the experience and practice we went through. You won't have that luxury. But you will be able to train yourself and the more training you've gone through, the cooler you'll be. Likewise, if you have a plan to follow, nature will often take charge to make sure it gets completed.

Concentrate on not hyperventilating. Use any calming techniques you've worked with. And don't stop thinking. Reacting without thinking can sometimes cause more damage than good. Take the split second you have to assess the situation, read it and plan your response. Then proceed. Don't let your mind go blank. Be always thinking, assessing and planning.

Protect yourself during your response. Don't wade in with your fists blazing. You can break your hand. Use a finger to the eye, if possible. It's more devastating to the opponent and safer for you.

Keeping your cool is especially important if you're using a firearm. In a crowded area, be it on the street or at home, there are other people to worry about. If you shoot your weapon and miss, that shot's going to find another target somewhere. Accuracy is of the utmost importance.

How do you get accuracy? You've got to stay cool. But you've also got to practice, practice, practice. Dry-fire every day. Go to the range regularly. Take up hunting, if you've not already done so. Sports that require you to stay cool under pressure can serve as excellent conditioning for maintaining your composure in a difficult situation and shooting straight.

Not that this is easy to do. Most shots fired in anger miss their mark. 75 percent of the shots taken in the field by police or other professionals don't connect. Criminals, who train far less, are even worse shots.

Some, however, are going to be good and it will be just your luck to face off against them. If you do, having the accuracy and precision that comes from practice will serve you well and help to tip the scales in your favor.

Rule #7: Use The Element of Surprise To Your Advantage

There's a great scene you'll see in many action adventure movies that applies here. The hero will be in a tough situation and, in some kind of "High Noon" scenario, he'll be on a city street facing off against some bad guy. The bad guy will look at him and suddenly pull out his Taiwanese fighting sticks or whatever and begin making the Lotus sound and spinning them around in his fingers.

The hero will look at him for a second, pull his gun and, as the bad guy continues his impressive exhibition, shoot him before he has a chance of attacking.

The audience usually roars with laughter but there's a point to be made here. All the threats in the world only allow the other guy to adjust his attack accordingly. If you've got a can of pepper spray and pull it out while the bad guy's 20 feet away, it might not do you any good. Sure, it might scare the guy off but it more likely gives him a chance to make a new plan of attack based on your defense.

You want to get that weapon of yours out at the last second to make sure the bad guy can't effect a countermove for it. In battle, the element of surprise has won many a fight. It can also save the civilian's life.

Violence of action is also important here. The average guy isn't expecting you to pull out a weapon of your own. He thinks you're just going to lay down and die for him. The big surprise for him will come when he takes you for an easy target and you fire back with a head butt, foot to the groin or finger in the eye. Use your most punishing weapons against an attacker from the *beginning* of the fight. Don't wait.

Along this line, you've got to ask yourself this question: "What is a criminal most afraid of today?" He's not going to be too terribly afraid of the police, who are understaffed and can only react to his crime. He laughs at the criminal court system, for good cause. Jail and other deterrents? Been there. Done that.

What he's really afraid of is picking someone out to victimize who's going to come at him with everything he's got. Nothing-not the court, the police or any form of existing technology or weapon-is as effective at putting a stop to crime as a community of citizens willing to fight back instead of letting the criminal have his way.

Most criminals are cowards. They're sociopaths, mentally weak and unfit to live in decent society. Most don't want a fight. Neither do they expect one in today's society. If you come out of the chute hitting them with every ounce of energy and will you've got, most are going to be very surprised and you're immediately going to gain an advantage over them you can use in your own defense.

IF YOU'VE GOT THE CHANCE, JUST WALK AWAY

With the above said, we've got to make one final point. **YOU'VE GOT TO BE ABLE TO WALK AWAY WHEN YOU GET THE CHANCE.** Yes, you've got to be ready for combat. But you've also got to be willing to end a situation by walking away, if possible. Our approach is to be on the lookout for a fight, not go around looking for one.

Along this line, we'd prescribe that you consider every verbal threat made to you a real threat. You can't sit there in a bar or on a street corner wondering if a guy really means it. You've got to be prepared to leave the area when anything looks unhealthy. Don't stand there and allow a situation to escalate. Get out while the getting's good.

And stay alert! It is remarkable how many lives could be saved each year if people were just aware of their surroundings. Be in Condition Yellow when you're out and about. Keep that 360 degree surveillance in place. Stay on your guard. Look for things out of place. Make every effort to look like an assertive presence and not like a victim. Steer away from trouble. In most cases, this will be all you'll need to stay alive and well.

But be ready. If a physical response is needed you've got to respond in the way most likely to get you out of trouble. You must be **prepared** with a plan of action and **decisive** in its deployment. Your actions must be carried out with **speed** and **violence**. You must be more committed in your defense than an attacker is in his assault.

But, while hitting your attacker with everything you've got, you also must **keep your head**. Don't let your mind go blank. Keep the computer working. Keep assessing threat, surroundings and your response to them. Be **accurate** in your response, especially with a firearm. Don't go firing wildly or defending yourself in a way that puts you at greater risk of injury.

And remember that one of the biggest weapons of self-defense you've got going for you is the element of **surprise**. Most criminals take to crime because they're lazy. They expect people to be passive victims. When you strike back with everything you've got, most will be shocked and you'll gain the advantage you'll need to end the fight or escape.

Above all, you must be committed to your own safety. No one has the right to harm you or perpetrate any crime against you, your family or property. You should be angry about the crime that surrounds us today. Indignant. There is no logical reason for accepting its existence. If crime comes stalking you, be ready for it.

Promising yourself that you'll do everything necessary in your own defense is the first step necessary to creating an effective plan for combating the crime and violence that is still such a big part of society today. Once you've decided that you will defend yourself to the best of your ability and with 100 percent effort, all the other elements that go with providing effective personal security will follow.

NOTES

CHAPTER 2: COMBAT PISTOL TRAINING

NOTES

WHAT KIND OF GUN?

The first decision you'll have to make here is what kind of handgun you should use. Your choice is between a semi-automatic pistol and a revolver. The semi-automatic certainly has its advantages including speed of reloading and magazine capacity. It also includes safety features that the revolver doesn't have. Unfortunately, these same features can get in the way when you're in a stressful and dangerous situation.

You've also got to take into consideration what your primary security needs are. For most people, home security will be at the top of the list. With the six rounds in a revolver more than adequate for the close-range shooting you'd generally do in defense of your home, it's probably your best choice. A double-action revolver, which doesn't require the user to manually cock the hammer before firing, is preferable to the single-action.

As far as ammunition, the general rule would be to avoid over-penetrative loads. Most homes today are built with drywall construction. While a .45 will put a stop to any advance by an intruder or attacker it'll also go through a few walls and possibly hit a loved one. Because of this, .45 ammunition is not your best choice.

A good, medium-bore, double-action revolver in a .38 Special or .357 Magnum will be very effective for most people. They're simple, safe and easier to shoot in times of stress. Noise and recoil are less a problem than with heavier loads. And you don't really need more than a six-inch barrel (although keep in mind that snub-nosed barrels can hurt accuracy).

As for the .22 auto some people may favor, forget it. It's rimfire priming system isn't reliable. You also run a higher risk of oil contaminating the cartridge. Costly misfires can result.

When it comes to home defense, we'd also recommend "frangible" bullets like the Glaser Blue or MagSafe. Hollowpoints can also be good as long as the caliber is not too big or strong. You should also try to get luminous, tritium-insert sights installed on your weapon to make it easier to use in the dark.

Stay away from those new laser sights, though. Hollywood's the only place they work well in. Their mounting systems are often flimsy and the hardware unreliable. They don't work in daylight. And that little red dot is as likely to alert an intruder of your whereabouts and make you a target as it is to help you get off an accurate shot.

All this is not to limit you in the choice of your weapon, of course. Given your individual lifestyle and situation a semi-automatic pistol, larger load and other variations may be more in tune with your needs. We work with a variety of equipment in this course. There are no absolutes. And, bottom line, it's not so much the equipment you use that will spell the difference between safety and victimization in your life.

Much more important than the kind of weapon, sight or bullet you use is **your ability to use it**. You can have the finest weapon known to man in your hand and it will do you no good if you don't know how to use it properly. The ability to hit what you're aiming at is the key in pistol training and personal defense.

You can only gain this skill in one way—**practice, practice, practice**. You’ve got to do your dry fire drills and practice shooting from a variety of positions on the range. These are skills that we teach at the camp and there is no other option to learning and perfecting them if you’re going to provide for proper defense of yourself and your family.

SAFETY IN THE HOME

Our society and especially our media are not very good at teaching children about guns. Most every kid has a toy gun and, of course, he takes note of the fact that it doesn’t hurt anyone. He also looks at TV and can’t help but see people getting shot in one episode and coming back, good as new, in the next one. TV producers are also hesitant about showing the graphic results when a bullet pierces flesh, so viewers are seldom shown the kind of damage they do.

As a result, it’s easy for young children to get the wrong idea about guns and view them as just another toy. If they know a gun is in the home they may seek it out in hopes of playing with it or, even worse, showing off to another child. Tragedy far beyond anything you see on TV can follow. You must realize that, even if you instruct your children not to play with your weapons, they may not be able to resist temptation.

Here are some basic rules to remember when you have a firearm in the home:

1. **Keep your guns locked up in one of those quick-release strong boxes now on the market.**
2. **The locked cabinet should be placed where it’s within your reach in case of emergency but out of the reach of children.** The higher you can get it from ground level and still be practical, the better.
3. **Talk to your kids about staying away from your guns.** Though this isn’t foolproof and actions speak much louder than words, making sure your kids know what they can and can’t do is important. Keep in mind that teenagers can be very curious, too. You need to discuss the subject fully with them as you would a younger child. Even if you have given your children some firearm training, you should be certain that they know they can only use them under parental supervision or in the most extraordinary situations.
4. **Don’t make a gun into a “conversation piece” or let your kids play with an unloaded weapon.** This will only spark their interest and make them more likely to see the gun as a toy and seek it out.
5. **Don’t thoughtlessly pull the gun out and play with it or manipulate it in front of the kids.** In fact, any dry firing practice in your house should be done in a safe and secure setting. Again, you don’t want to give kids the idea that the gun is some kind of toy. Don’t model the wrong kind of behavior.
6. **Never keep a gun near a bed.** Nightmares can shake a person up and cause them to fire blindly at some real or imagined target. Likewise, a partially awake person is not in full control of their senses and may make a grievous error in judgement.
7. **Keep the gun in a regular place** in the bed’s general vicinity, close enough to be found easily but far enough to make sure you’re awake before using it.

NOTES

8. **Expect the unexpected.** Accidents **DO** happen. Combine instruction with the strongest cautions for your children and keep your guns in a proper storage space with a strong lock.

NOTES**GENERAL SAFETY PROCEDURES**

1. **Never carry a gun in a pocket or waistband or in a suitcase, glove compartment or on a carseat.** It can fall, be bumped or catch on clothing and accidentally be fired.
2. **Never point a firearm, loaded or unloaded, at anything you do not intend to shoot.**
3. **Always treat your gun as if it was loaded.** Even if you know your gun is unloaded, treat it as if it was. That way you'll avoid any surprises.
4. **Stay away from alcohol and drugs when shooting.** Even over-the-counter drugs for allergies and other conditions can affect your reactions and judgement and make errors possible.
5. **If you're carrying your gun in a holster, leave it there until you need to use it.** Unnecessary handling increases the chances of an accident.
6. **On your way to the range, keep your gun in it's holster or gun case.**
7. **Keep your finger out of the trigger guard until ready to fire.** This will keep you from accidentally firing the weapon in case of a trip, bump or other misstep.
8. **Don't pass a "closed" weapon to somebody else.** Always open the action.
9. **Don't cock a gun until the moment before it's to be fired.** When you must lower the hammer on a live round, follow these guidelines:
 - A. Move finger from trigger and point the weapon in a safe direction.
 - B. Put your left thumb between the hammer and frame.
 - C. Place your right thumb on the cocking spur to control the fall of the hammer.
 - D. Pull the trigger with you right index finger and let your thumb and the hammer move forward a bit.
 - E. Take your finger from the trigger.
 - F. Let the hammer down slowly with your right thumb until it meets the left thumb.
 - G. Remove your left thumb from in front of the hammer and guide the hammer slowly down with your right thumb.

If you must lower the hammer with one hand start again by removing your finger from the trigger and pointing the weapon in a safe direction. Place your right thumb on the cocking spur carefully and tightly as above. Put your right index finger back on the trigger, squeeze it and immediately remove it. Guide the hammer down slowly and cautiously.
10. **When you take a pistol from a holster for any reason other than firing it-UNLOAD.** To safely unload a revolver:
 - A. Eject all the cartridges into your hand.
 - B. Inspect all the chambers in the cylinder to make sure they're empty.
 - C. Count the number of rounds in your hand to make sure they're all there.
11. **When dry firing, don't use a window or inside wall as a target.**
12. **Don't let a mechanical safety fool you.** Even with the safety on, you should observe all rules of safety.

MAINTENANCE

Many people seem to look on pistols as a low-maintenance weapon. They're wrong. In the end, they could be dead wrong. Guns must be kept well-oiled and cleaned for proper functioning.

If your revolver is used primarily for home protection, it should be fired and given a full cleaning at minimum once a year. If it's carried daily you should inspect it daily. This will only take a moment and be well worth your time.

Look to make sure the weapon is free from rust or other corrosion. The firing pin should not be battered or have a loose rivet. Ejector rods should be tight and unbent. The bore should be clean and have no obstructions. Cylinders should also be checked for proper locking and alignment. Make sure the hammer releases properly and falls cleanly.

Always make sure to unload your gun before inspection or cleaning, count the rounds and move them away from your cleaning area. After any firing, weapons should be cleaned as soon as possible.

Treat your gun with care. Don't throw it around, even if it's in a holster. Don't flip or slam the cylinder. This kind of treatment can cause malfunction and misalignment. And when it comes to repair of internal parts, take your gun to a respected, authorized gunsmith.

Ammunition should also be maintained properly. Wipe it with a clean, dry cloth when you clean your weapon. Remove it from any magazines or belt pouches once a month and wipe it down. This will help keep the ammunition and gun itself clean and free from rust and deterioration.

HOLSTERS

You're looking at two critical factors when buying a holster. On the one hand, you want something safe so the gun won't fall out of the holster or accidentally discharge when drawn or reholstered. On the other hand, you want to be able to get the gun out of the holster as quickly and smoothly as possible. Your choice of holster should balance a secure, safe fit with speed and ease of draw.

The "directional draw" holster is best. It's worn on the right side for the right-handed shooter and points at the ground or target during your drawing motion. "Cross-draw" or gimmick holsters should be avoided.

Your holster should fit its belt tightly so it stays in place and remains secure when running, jumping or taking cover. It should also be a "high-ride" type so the butt stays above belt line when sitting and the muzzle won't be a hassle when driving.

It should also present enough gun butt and be angled so you can easily get a good shooting grip. Meanwhile, the gun should be positioned so it's difficult to draw for an attacker. The trigger guard should be covered so a finger can't find it until the gun has been drawn.

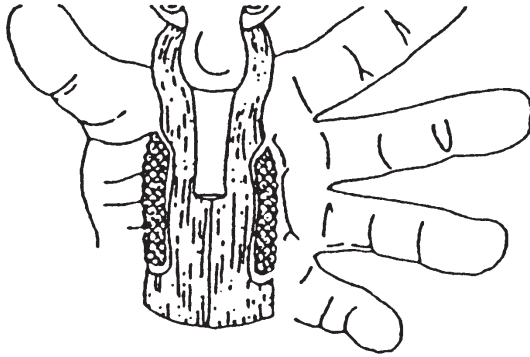
The holster should be made of the highest quality leather and stitched with nylon or some other material that won't rot. Don't go cheap here. There should also be a hole at the barrel end so the area doesn't collect moisture or dust.

Holster belts should also be made of the highest quality material and fit the holster snugly to keep it in place (holsters should ride at normal belt line). Make sure the holster stays in place as your pistol is drawn.

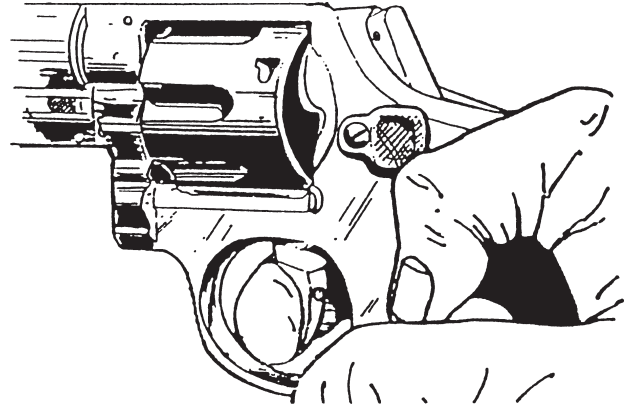
NOTES

COMBAT PISTOL FUNDAMENTALS

The Two-Handed Grip



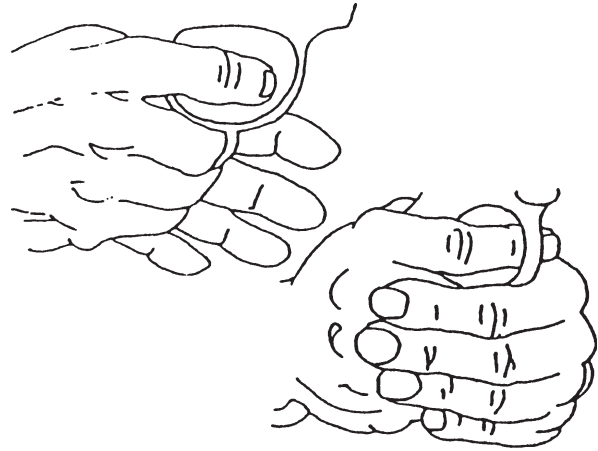
1. Place the pistol firmly into your controlling hand like you were making a fist. The line of the barrel should bisect the “V” made by the thumb and forefinger.



2. The index finger should meet the trigger at the first or second joint, depending on the size of your hand. Keep in mind that too much trigger finger in the trigger will push the gun to the left by applying too much pressure. Too little trigger finger in the trigger will pull it to the right.

3. Use your other hand for support by grabbing the shooting hand around the gun. Open up your firing hand a little bit so you can get a portion of your support hand on the pistol grip. Wrap it around the firing hand just under the trigger and bring the base of the fingers over the second knuckles of the firing hand.

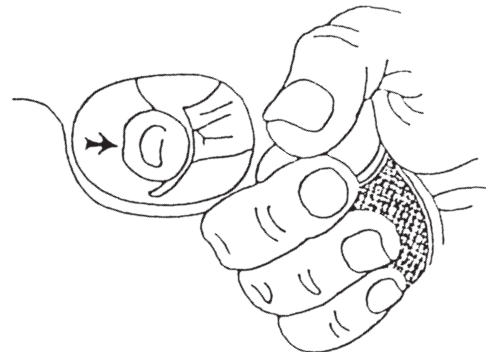
The two-handed grip gives you more stability because you’ve got more hand on the weapon. You’ll absorb the force of a round through both hands instead of just one.



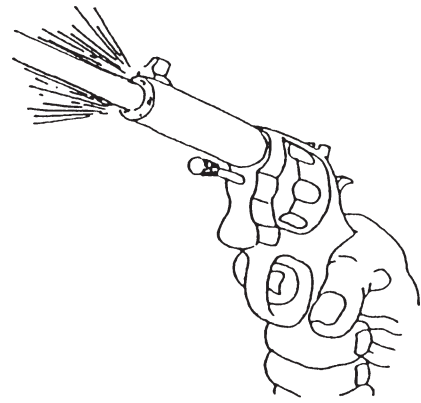
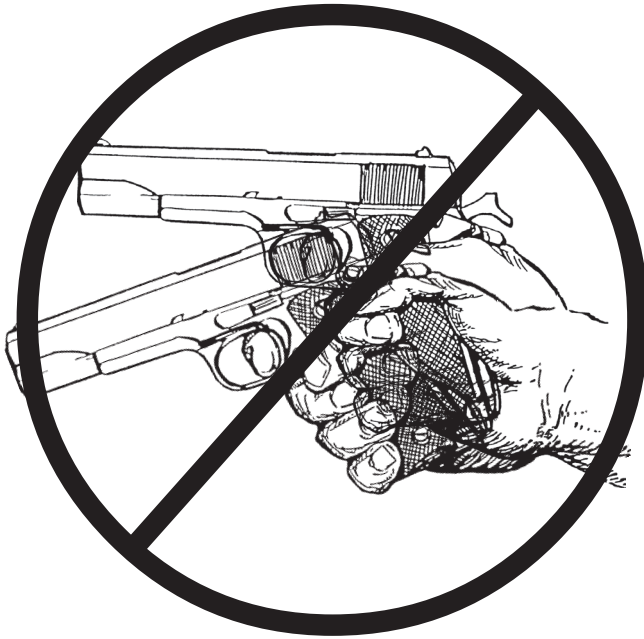
Trigger Pull

Trigger pull and sight alignment are the two biggest factors in marksmanship. Here’s some general rules for a good trigger squeeze:

The trigger should be pulled straight back. Make it exact. That way all the force will go to the rear of the trigger and not right, left or down causing a poor shot.



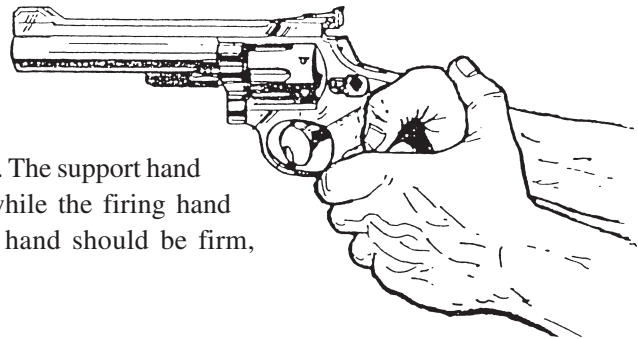
Trigger pull must also be smooth and continuous to avoid flinching, jerking or heeling the gun. Attempts to “control” the trigger by varying pressure or holding it at some point are doomed to failure.



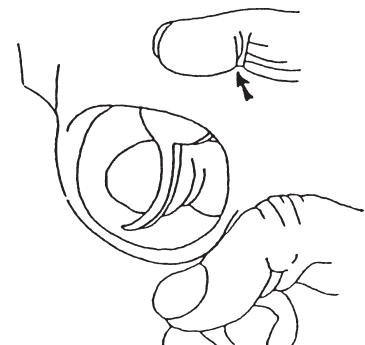
Don't anticipate the recoil of your weapon. If you do, you'll drop the barrel down into the target and shoot low.

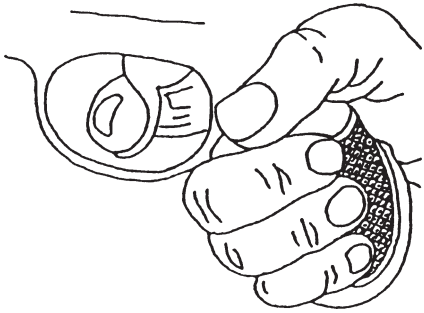
Double-Action Shooting

1. In double-action shooting, the trigger is squeezed through its complete cycle. A firmer grip is necessary than with single-action shooting. The support hand should do most of the work holding the gun while the firing hand isolates on trigger control. While the support hand should be firm, it's not squeezed to the point where it shakes.

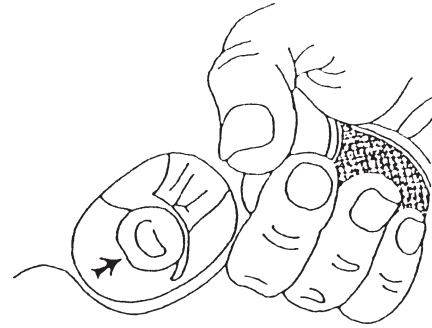


2. Trigger finger position should be moved up due to the added pressure needed for double-action firing. You'll be pulling the trigger with the inside part of your finger pad. Don't let the trigger slip below the first joint.

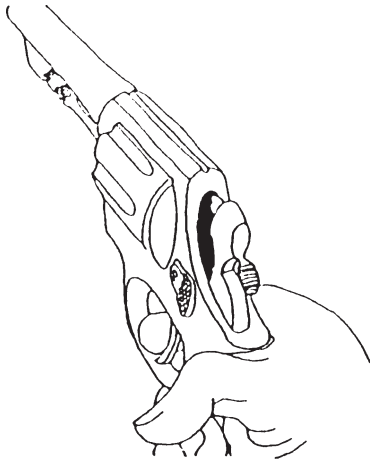




3. Squeezing a shot off with your entire hand will make sights wobble. Use only your trigger finger.

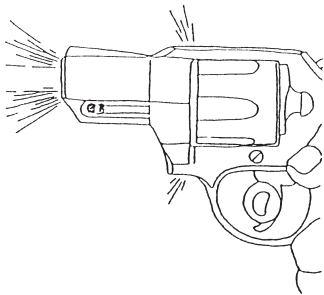


4. Begin taking up slack in the trigger as you bring the gun up.

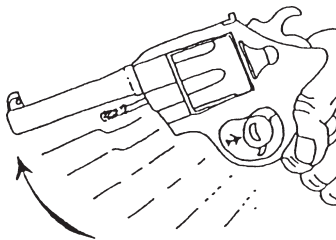


5. Distance between taken up slack and ignition should be closed in anticipation of sight alignment. Sight alignment and trigger squeeze should take place simultaneously and continuously.

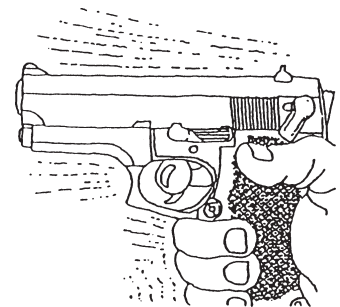
Note: The added pressure required for double action firing will make a smooth, continuous, 180 degree trigger squeeze more difficult but it remains a necessity. **DON'T JERK THE TRIGGER.**



6. Firing should come as a surprise. Don't try to "control" the trigger or moment of firing.



7. All aspects of a shot should take place in a smooth, non-stop motion.



8. If you hesitate for some reason, stop and start again.

Sight Alignment

Sight alignment is the key to firing your weapon accurately and hitting your target. It is absolutely essential and it should be at the top of your list in your efforts to improve marksmanship. At its simplest, “sight alignment” involves having the front sight, rear sight and eye all in line so you can shoot straight through to the target.

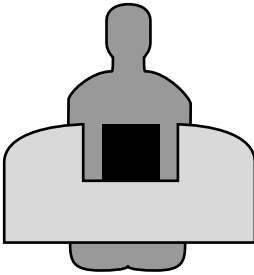
The front sight is the sight you will concentrate on when firing. It’s at the muzzle end of the barrel and determines where the shot will go. If the front sight’s high, your shot will go above the target. If the front sight’s low, you’ll shoot low. The rear sight should be seen as a kind of “window” through which you look at the front sight. **It’s not your focus point.**

Sight alignment dictates being lined up on both a horizontal and vertical axis.

Horizontal Sight Alignment



For proper horizontal alignment, the top of the front sight is even with the top of the rear sight. If the front sight is above rear sight, you’ll shoot high. If front sight is below rear sight, you’ll shoot low.

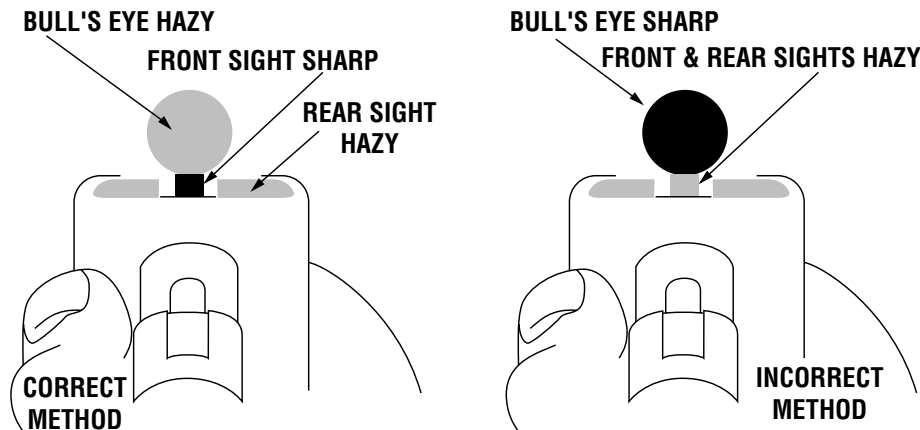


Vertical Sight Alignment

For proper vertical alignment, there must be an equal amount of light separating the front sight from each side of the notch in the rear sight. Remember to use the rear sight as a window through which to view the front sight. You look **through** it, not **at** it.

Sight Picture

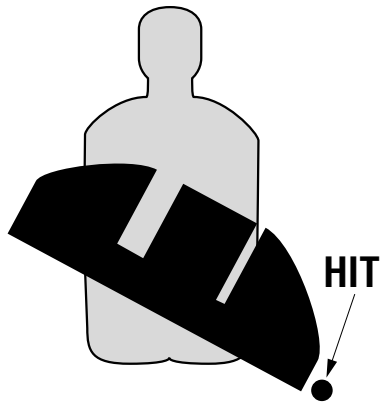
After sight alignment, you add the target or bull’s eye to the front sight. When your target is aligned with front and rear sights and you perform a smooth trigger pull, the result will be accurate.



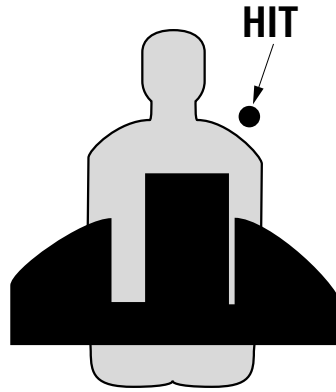
Remember to keep your eye focused on the front sight.

Sight Picture Analysis

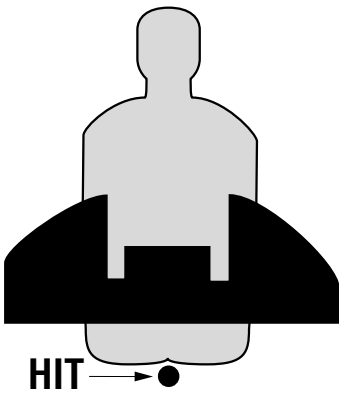
NOTES



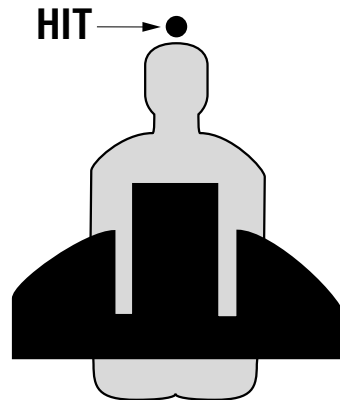
Shot low and right. Too much light on left side of notch. Front and rear sights level but gun is “canted” (slanted).



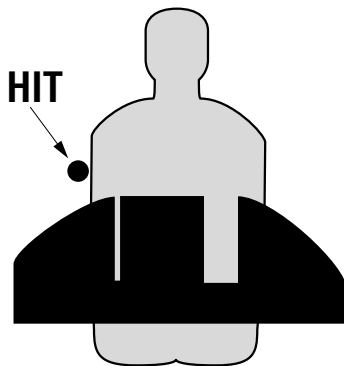
Shot high and right. Too much light on left side of notch. Top of front sight higher than top of rear sight.



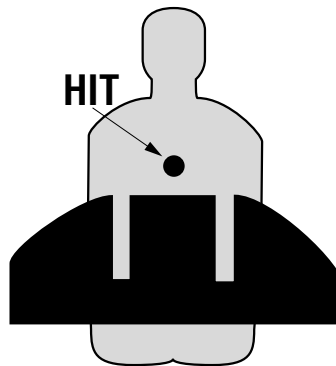
Shot too low. Top of front sight lower than top of rear.



Shot too high. Top of front sight higher than top of rear.

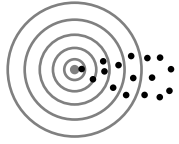


Shot to left. Too much light on right side of notch.



Perfect shot. Top of front and rear sights level. Equal line of light separating front sight and sides of rear sight notch.

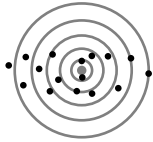
Shot Group Analysis



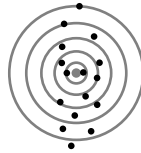
1. Too much light at left notch.
2. Too much thumb pressure.



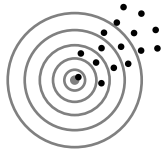
1. Elbow joint slacked when firing.
2. Too much trigger finger.



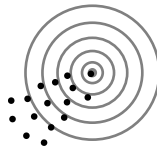
1. Side to side body movements.



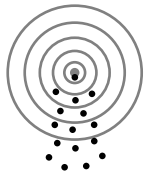
1. Up and down body movements.



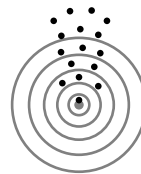
1. Applying pressure to ball of hand when firing.
2. Anticipating recoil.
3. Too much thumb pressure.



1. Slack wrist during firing.
2. Jerking trigger.
3. Clinching whole hand during trigger squeeze.



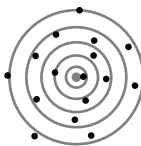
1. Front sight aligned low.
2. Relaxing before shot finished.
3. Breaking wrist downward.
4. Losing sight alignment.



1. Front sight aligned high.
2. Breaking wrist upward.
3. Pulling back with weapon when firing.

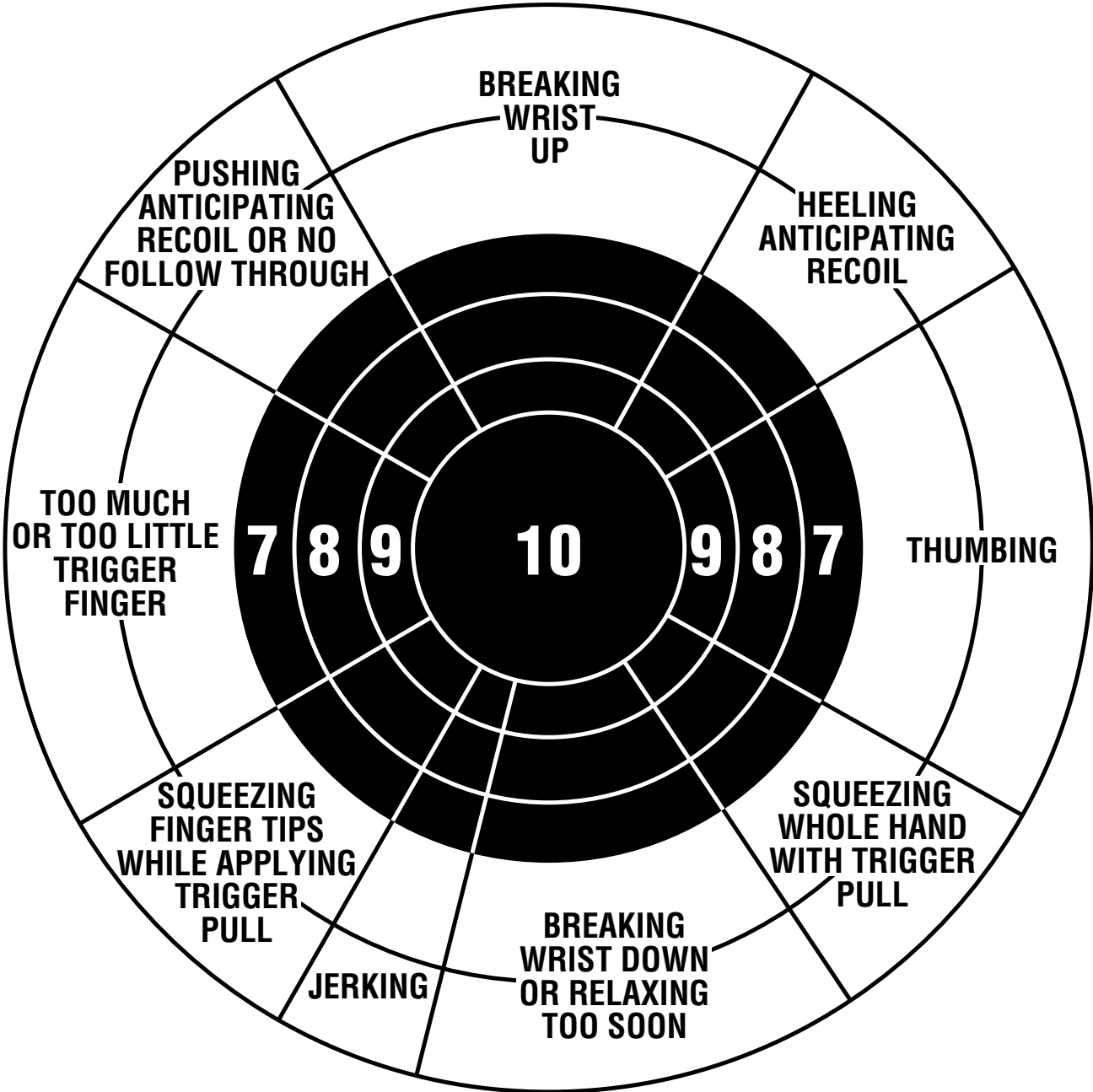


1. Too much light at right notch.
2. Resting forefinger on shaft.
3. Jerky trigger pull.
4. Canting gun to the left and dropping barrel.



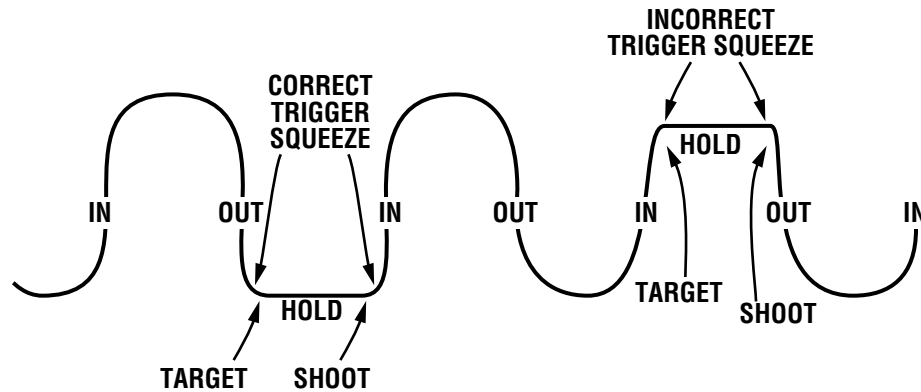
1. Stray, shattered shots. Several, if not all, elements for an accurate shot are missing.

Target Analysis (Right-Handed Shooter)



Breath Control

Breath control goes right along with controlling that adrenaline dump you'll get in a stressful situation. The first thing most people do when they get excited is to start breathing hard or hyperventilating. This is not good because it will make you less in control of the situation and make your chest rise and fall. This can have a negative effect on accuracy.



You need a way to control the rise and fall of your chest and keep your concentration and composure. In an effort to keep control, some people exhale or inhale an entire breath and hold it. That's wrong. Holding your breath too long will cause your hands to shake or eyes to water causing vision to get fuzzy.

What you should do is take a deep breath and let it out normally. Hold it only during that moment when you shoot. If you continue firing, breathe normally and hold your breath only during trigger squeeze or a string. This will take some practice but it'll be well worth it and pay dividends should you ever find yourself in a tough situation.

Follow-Through

You've heard this phrase before referring to everything from throwing a football to swinging a baseball bat. Follow-through is also important when a shot is fired. You must continue to do what you were doing when the shot was fired for the two or three seconds following the shot. You don't want any sudden movement after the shot.

Why? Because movement begins in the brain and any action immediately following a shot has its origin in the brain *before* the gun fires. This can have an adverse effect on concentration during sight alignment or other aspects of preparation.

You should stay focused on your sights long enough after a shot to "call your shot" or analyze and predict what clock position (1:00, 2:00, 10:00, etc.) your shot may have found if not on the bull's eye.

NOTES

Stance

People used to stand oblique to the target. This created a problem because it cracked open the armpit for people with body armor and allowed a bullet entry to the chest cavity. When more squared up to the target, body armor provides much better protection. It's also an excellent position from which to get a two-handed shot off.

Today, a Modified Weaver stance is favored by most people and we'll go along with it here. The left foot (for the right-handed shooter) is placed slightly forward with the strong side foot back. You're still pretty well squared up but more balanced, much like a boxer. Feet are placed about shoulder width apart and knees should be slightly flexed. That way, if you need to move, you can get a better jump.

You should have as much of your support hand as possible on the weapon. We also favor an "isosceles position" with the arms. Both limbs should be fully extended and locked out. Try to lean slightly into the recoil.

Breaking The Wrist

Sometimes a shooter will bend wrists up, down or to the side. This has a negative impact on accuracy. It's usually caused by not extending the arms fully. The wrists are bent to align the weapon with the target and this is very poor form.

Wrists should stay locked during a shot. If you're having trouble breaking your wrists you can usually correct it by making sure your arms are extended completely forward and your hands, wrists, elbows and shoulders are locked for the shot.

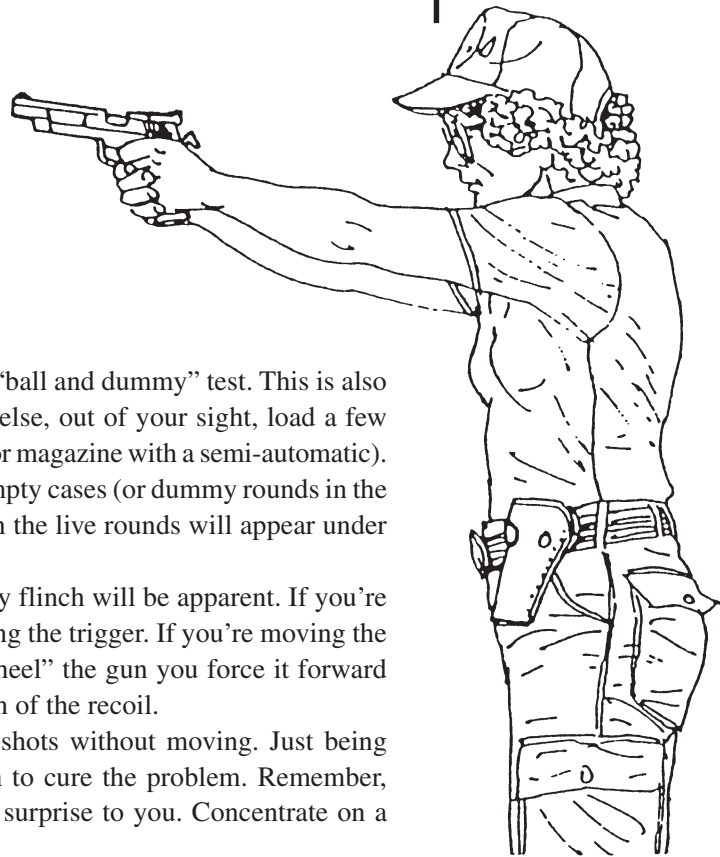
Flinching

It's normal to "flinch" or physically react to sharp, sudden noises. In shooting, this can happen just before the shot as a way of anticipating noise or recoil. It happens all the time to shooters at all levels of ability. Sometimes you don't even know you're doing it. You just see the results on a target.

To determine if you're "flinching" take the "ball and dummy" test. This is also known as "stagger loading". Have somebody else, out of your sight, load a few live rounds in a random pattern in the cylinder (or magazine with a semi-automatic). The rest of the chambers are filled with fired empty cases (or dummy rounds in the magazine). You, the shooter, won't know when the live rounds will appear under the firing pin.

When you encounter an empty chamber, any flinch will be apparent. If you're moving the barrel down, you're probably jerking the trigger. If you're moving the barrel up, "heeling" is indicated. When you "heel" the gun you force it forward and up with the heel of the hand in anticipation of the recoil.

To end "flinching" simply practice single shots without moving. Just being aware that you're "flinching" is often enough to cure the problem. Remember, each time the weapon goes off it should be a surprise to you. Concentrate on a smooth trigger pull and follow-through.



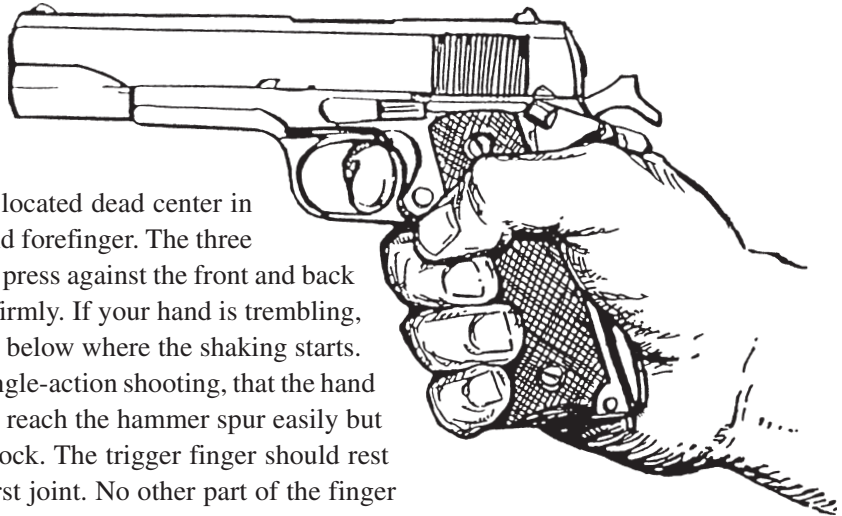
One Hand Shooting

We favor the two-hand grip but you should also practice one hand shooting in case it's ever needed.

The proper grip involves putting the gun in your hand so the barrel is located dead center in the "V" made between your thumb and forefinger. The three lower fingers and the heel of the hand press against the front and back of the pistol grip and should be held firmly. If your hand is trembling, that's too hard. Back off to a grip just below where the shaking starts.

You should also make sure, with single-action shooting, that the hand is held high enough so the thumb can reach the hammer spur easily but not so high that it's too cramped to cock. The trigger finger should rest about halfway between the tip and first joint. No other part of the finger should contact the gun during the trigger squeeze.

The one hand stance is not unlike that of the two hand. Body weight is balanced and the feet are planted firmly at shoulder width. The shooting side foot is placed in front of the other and toward the target. The other is back and angled. Legs are straight and relaxed. The arm should be fully extended. The elbow and wrist are locked. Your free hand should be put into a pant pocket or other location so it doesn't hang loose and offer a distraction.



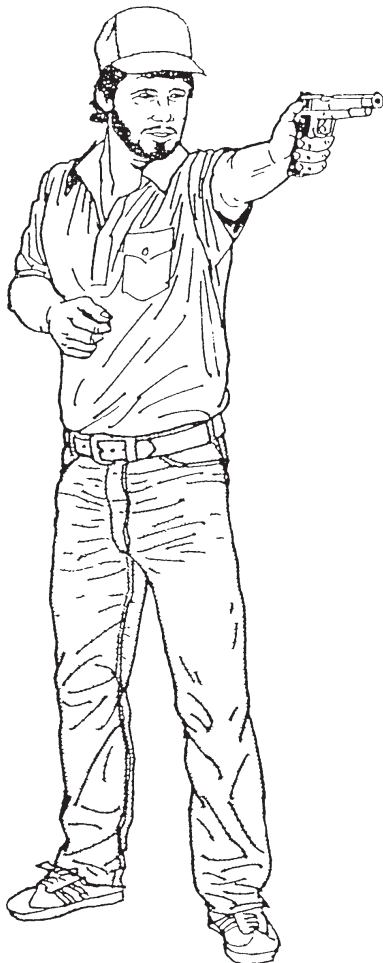
Weak Hand Shooting

If you're wounded or firing from behind cover you may be called on to shoot with your weak hand. Many times, this can create a problem for the shooter. Few people are even close to being ambidextrous and generally the weak hand is, in fact, weak and feels clumsy during use. As a result, we tend to have little confidence in it and this shows when we attempt to use it.

The only way to attack these problems is to practice with the weak hand. When you're on the range, allow for a change of pace and switch over to the weak hand to fire a string. At first this will feel strange and it will take awhile to get the feel of the weapon, develop a smooth trigger pull and develop your skills.

But it can be done, with practice. Here are some tips on how to develop your weak hand:

1. **Practice the same way you would with your strong hand.** The same rules apply. Feet should be spread at shoulder width and planted firmly. Normal body position should be used. The neck should be straight. Bring the weapon to eye level rather than bringing your head down to get your eye in line. The arm should be fully extended and the elbow and wrist locked. The principles of a good trigger pull, sight alignment and controlled breathing all apply here. Practice and perfect them both on the range and during dry firing.
2. **Stay Comfortable.** Relax. Don't use a complex, unnatural stance just because you're shooting with the other hand. What worked with your strong hand will work with the weak. Don't stand sideways or cant the gun. Keep things simple.
3. **Tighten your grip.** At least at the beginning. Your trigger finger will be weaker and you'll probably have hitches in your trigger pull and not



be as smooth. Getting a good tight grip to make up for any strength differences will help. Later, as your hand strengthens, you won't have to worry about this.

4. **Try holding your right arm close to your body.** Do some practice holding the arm close in. If it's ever wounded, holding it close will help you counterbalance yourself so you can get off a more accurate shot with the other hand.
5. **Strengthen the muscles.** Developing the muscles used during firing can be helpful. There's no situation in daily life where you hold up anything at arm's length and eye level so those muscles really don't get a chance to get developed much. Squeezing a ball or using one of those spring-loaded exercisers will help.

So will holding an iron or any object weighing about 3 pounds at firing position in a regular exercise regimen. A gun may also be used as long as it's been unloaded and pointed in a safe direction. You can perform these exercises easily while watching TV or relaxing and they can help build up not only the weak arm, but the strong arm as well.

6. **Practice, practice, practice.** Both at the range and in dry fire drills. Don't forget that hand is there. You may need it some day.

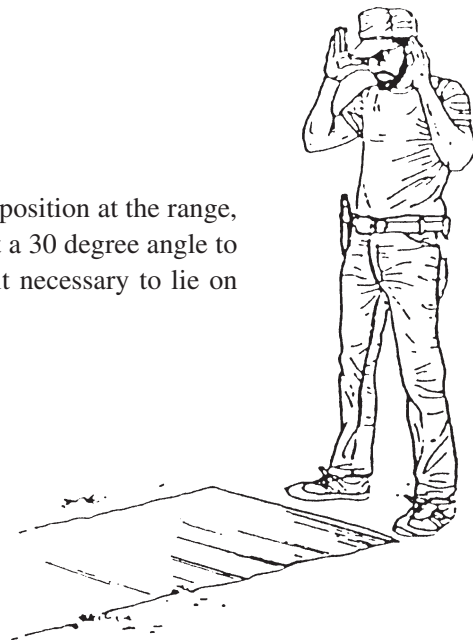
Shooting From The Prone Position

You should practice shooting from a variety of positions just to get used to them so you'll be able to assume them for cover or concealment as needed.

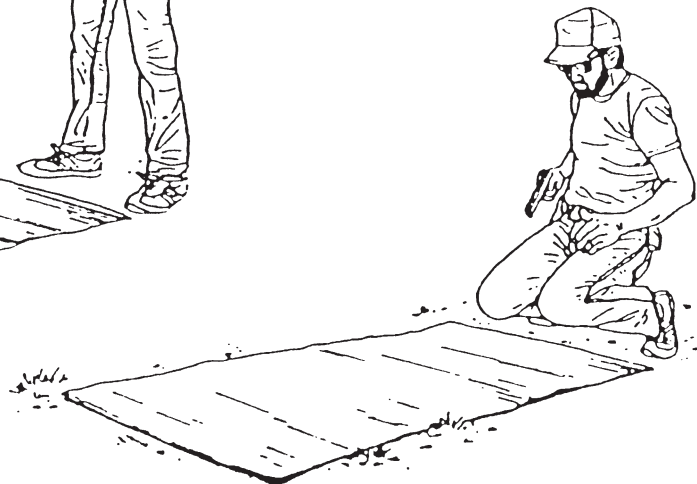
The prone position is good for combat shooting and should be an element of your training. You become a smaller target in the prone position. It's also especially good for accuracy at a distance because it makes your body into a supported firing platform. If you need low cover or there's no cover afforded you, going prone can be a good decision. Just keep in mind that you're still vulnerable to bullets which may come up short and ricochet.

We teach a "rollover" type prone position. It avoids some of the sighting problems the conventional prone position can cause. It's also good for shooting around cover.

To practice the rollover position at the range, use a mat and place it at a 30 degree angle to the target. This makes it necessary to lie on your side as you shoot.



As soon as your gun has cleared leather, drop to both knees so that you will be in line with the angle of the mat.



As your knees hit the ground, reach out as far as possible with your weak side hand to support your body.



Bring your gun arm fully forward, continuing to point down range. You want the arm fully extended when your right side hits the ground. Never cant the gun.



Collapse the right side of your body onto the mat. Assume your two hand grip. You can rest your cheek on your right shoulder to get a good look at your sights.



Shooting From A Kneeling Position

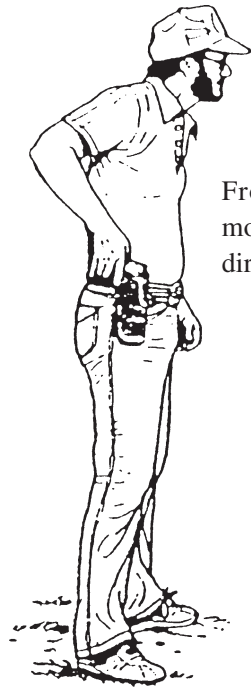
The kneeling position makes you a smaller target and provides a good firing platform for your body. It will also allow you to use low cover or advance from position to position and pop up to fire.

From a relaxed, standing position move your weak side foot forward like you were taking a step and drop down on your shooting side knee. Draw your gun when the knee touches ground and assume the “isosceles” extended arm positioning described above.

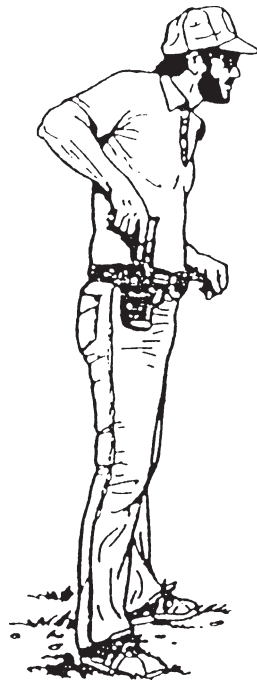
You can move back on your weak side heel if you want. It will give you a little better support but will make it harder to move out if you need to.

The Strong Side Draw

Holster position shouldn't vary. It should always be at the same place, slightly forward on the hip and at your normal belt line. It should ride straight up to enable the proper draw.

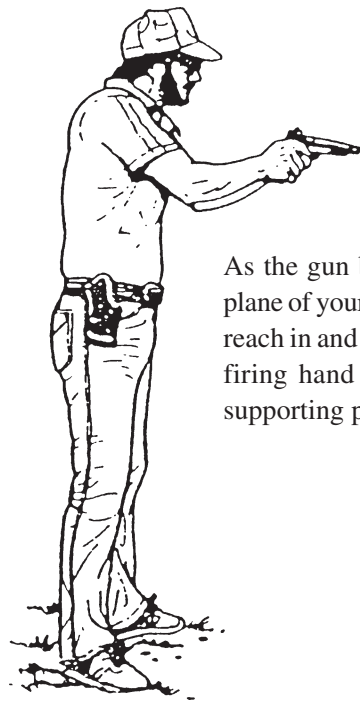


From your ready position, move your shooting hand to directly above the gun.

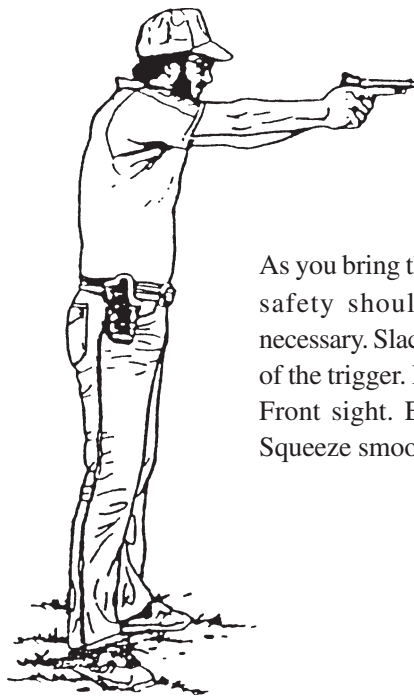


Close your hand around the gun stock. Then begin your draw. Don't attack the holster. Keep it smooth and relaxed.

For safety purposes, the weapon should be drawn with the trigger finger outside the trigger guard. Keep the weapon as close to your side as possible as you bring it up on target. Your non-firing hand should be on your belt buckle or stomach so you know where it is.



As the gun barrel passes the plane of your non-firing hand, reach in and secure your non-firing hand to the grip in a supporting position.



As you bring the gun up on target, the safety should be coming off as necessary. Slack should be coming out of the trigger. Pick up your rear sight. Front sight. Extend the arms fully. Squeeze smoothly. Bang.

Reloading A Revolver

The right forefinger rests along the frame. The other three fingers are curled around the butt. The tip of the thumb is just above the cylinder latch.

The gun is placed in the left hand where the cylinder covers the second and third fingers. As soon as the left hand touches the gun, the cylinder latch is moved and the two middle fingers of the left hand force the cylinder out.

Tilt the barrel upward as the left hand takes control. The right hand should immediately reach for ammunition. The left thumb moves to the ejector rod and depresses it. The thumb should also apply some pressure toward the frame so the two middle fingers can continue to support the gun.

The empty cartridge cases are ejected by the sudden pressure of the thumb toward the cylinder. Shake the gun to help get the cartridges out.

The gun is now held against the base of the palm through pressure applied by the left index finger and little finger on the top strap. The thumb and middle fingers rotate the cylinder for loading. Tilt the gun toward the ground to give your right hand a better chance at inserting the cartridges. This will also keep cartridges from sliding out. The right hand feeds the cartridges into the chambers.

With both hands still on the gun, close the cylinder and rotate slightly to make sure it's latched. Reassume firing position as needed. You should continue to face the target and keep your feet in shooting position during the reload.

Magazine Changes

When you're shooting a semi-automatic, always count your rounds. When you get to the point where there's one round left in the chamber, take the thumb of your hand and depress the magazine release. Simultaneously, you should be going down to one knee. The expended magazine should hit the ground the same time as your knee.

As this occurs your left hand (or non-firing hand for you lefties), with index finger extended, should locate the fresh magazine in the magazine pouch on the left side of your body. Pull it out and get as much hand on it as possible.

Use the extended left index finger as a guide to find the magazine well. Seat the magazine and use the palm of your left hand to move it into place.

The round you leave in the chamber during the reload is called a **“self-defense round”**. While changing magazines, if you get rushed or a target appears, you've got one round for self-defense while you continue your magazine reload.

You should practice magazine or revolver reloads like you'd practice any other aspect of combat pistol training. You're not just learning to use a weapon here. You're learning to use its component parts, too.

The holster, magazine, magazine pouch and other pieces of equipment must be tied together in training. Only this way can you load your own personal “computer” and have your body do what it needs to do by instinct when danger appears.

One other tip: Don't practice with live ammunition. Practice with clearly marked dummy ammunition. Each round should be distinctively marked so no live round can find its way into the drill and cause an accident.

The Double Tap

A double tap consists of two rapid, successive shots fired at a target. Many people have trouble with it because they view it as a two-shot string. They don't

pick up their sights for the second shot. Basically, the double tap should be seen as two individual shots.

1. Start with a good, solid grip. Bring the gun up on target, get an accurate sight picture and squeeze the trigger.
2. After the recoil, bring the gun back on line as fast as possible. The finger stays in contact with the trigger.
3. Get a good sight picture and squeeze the trigger again.

The double tap isn't easy to learn. It'll take plenty of practice. Start out slow, shooting single shots. Then double up, slowly at first. Don't force it. Speed will only come with practice and improvement.

Long Range Shooting

The principles described earlier in this chapter also apply to long range shooting. Whether using a handgun, shotgun, or rifle or firing at short, medium or long range the same basic rules apply. At its simplest they are:

1. **Sight Alignment:** Both vertical and horizontal components must be aligned. Top of front sight in line with top of rear sight. Front sight centered in middle of rear sight "window". Focus remains on front sight and not target.
2. **Trigger Pull:** Smooth and straight back. No flinch. The actual shot should come as a surprise.
3. **Follow-Through:** It's a basic in most physical activities. No movement for 2-3 seconds after the shot unless you're firing a string. "Call your shot".
4. **Practice:** Add a few long distance shots to the end of each practice session on the range. Concentrate on the shots and the basics.

Make Practice A Part Of Your Daily Lifestyle

No matter how good we are as instructors, we can only take you so far. Your survival skills can only be developed by the practice and time **you** devote to them. The Delta/SEAL course is only the first element in your training.

It's up to you to "load" your own personal computer and train yourself to the degree necessary to act with skill and resolve when needed. Only through practice will your body "learn" how to react properly. Only through repetition will those body movements become second nature to the point you won't have to think and worry your way through them when they're really needed.

After this course, you should make it a point to **dry fire every day**. Find a spot at home away from your family. Place a dot on a wall facing outside just above a man's chest level. Focus on the dot and then close your eyes as your hand hits the gun. Proceed to take yourself through the act of drawing and firing your handgun.

Go down with your right hand. Secure the grip. Move your thumb to take the thumb safety off. Lay your trigger finger outside the trigger guard of the holster.

As you draw, keep the weapon as close to your side as possible. Move your non-firing hand up to your belt buckle or stomach. As the gun barrel passes the plane of your left hand, secure the non-firing hand to the grip. As it comes up on target, the gun's safety comes off. The slack comes out of the trigger.

NOTES

NOTES

Imagine picking up the rear sight, front sight and squeezing the trigger. You should be right on the dot when you open your eyes. You should go through this drill repeatedly for 15 minutes a day.

You should also do your best to get out to the range as much as possible. What follows is a simple 50 round session many people use that you may find effective, too. Remember to give your full attention to each and every round and to measure each for success. Shooting again and again, and making the same error every time, will not get you any progress.

If, for some reason, you get bored or can't give the drill your full attention-**quit**. Practice is useless if you can't give it your full concentration and commitment.

The 50-round session includes, in order:

	<u>Shots</u>	<u>Distance (Yds.)</u>	<u>Time (Seconds)</u>
1.	5 singles	7	1 per shot
2.	4 pairs	7	1 1/2 per pair
3.	3 pair	10	2 per pair
4.	3 singles	15	2 per shot
5.	3 singles	25	2 1/2 per shot
6.	3 pairs (standing to kneeling)	25	3 1/2 per pair
7.	5 singles (standing to prone)	50	*
8.	2 "two-reload-two"	10	5
9.	2 "Mozambiques"	7	**

* *No time guide. Accuracy is stressed over speed here.*

** *First two shots should be placed in the X-ring within one and a half seconds. Shot to head should take 2 seconds but any error on head shot should be judged very harshly. The head shot **must** be accurate.*

Don't be too concerned if the accuracy isn't there for the longer distance shots. You will very seldom, if ever, be called on to use your pistol at these distances. At lesser distances, look for 90 percent X's. If you're better than 90 percent, you can speed up. If less, you probably need to slow down.

Again, we're trying to load the computer here and the only way to do that properly is to concentrate on every shot and repeat proper procedure each time.

Controlling Your Nerves

Your nervous system is divided into two basic components: the sympathetic and parasympathetic systems. Engaging these systems has opposite effects on your body. At its simplest, activating the sympathetic system speeds you up. The parasympathetic system slows you down.

When facing danger, the human body will go into a state known as "fight or flight". The "fight or flight" state fires up the sympathetic system to work at optimum levels for escaping or fending off an attack.

NOTES

Blood vessels to the muscles dilate allowing more blood to the muscles to make it easier to run or fight. You'll note that people get pale during times of stress. This is because blood is being pulled from the skin to muscles where it's needed most.

Eyes can also dilate and create a kind of "tunnel vision" allowing you to focus on an attacker during a fight. Adrenaline is released and heart rate increases to send even more blood to the muscles.

Some people may even lose bladder control. It's embarrassing but, in a way, it's normal for someone not used to facing danger. The body wants to unload excessive weight for a fight or escape, so it works to get rid of whatever's not needed.

The body's "fight or flight" response can be a great aid in your own survival. Unfortunately, when taken too far it can also result in a condition called "stress shock syndrome". In "stress shock" people can shut down. They'll become submissive and may find it hard to move. In short, they "freeze up".

It's wise to train in a way that helps you deal with this "fight or flight" state if and when it occurs. While you may become an excellent marksman at the range, this doesn't necessarily mean you'll retain the same skill when forced to deal with "fight or flight".

This is the reason special forces units are often ordered to make a distance run, sprint up and down stairs or march before drilling on the range. This gets their heart racing, muscles twitching and breathing labored and is a good way to simulate the effects of "fight or flight". Being winded and somewhat out of control are conditions you may face when in danger and shooting under these conditions can give you practice for dealing with the real thing.

We also think it's important to train in different environments. At night. In bad weather. On uneven surfaces. Any place you may be called on to use your weapon. And don't forget to practice firing from different positions so you'll learn how to best use cover and concealment when needed.

Range Rules

1. Do not run on the range unless ordered to do so.
2. Keep your weapon holstered unless you're on the firing line or told to draw it out by an instructor.
3. Don't allow a pistol to hang loose at your side.
4. Fire only at objects designated as targets.
5. Don't turn your body with a pistol in your hand. Holster it, then turn.
6. Correct weapon problems at the repair table, not on the line.
7. Keep the muzzle pointed downrange when loading.
8. Hearing and eye protection must be worn.
9. Keep your finger out of the trigger guard until ready to fire.

Combat Pistol Training

12 Tactical Survival Rules To Live By

1. Always keep your eyes and ears open.

Scan for targets by alternating eye focus “in” and “out”. Then change your line of sight and repeat until you’re satisfied. Stop periodically to listen for any noise that is out of character for the surroundings you’re in.

2. Never turn your back on anything you haven’t checked out first.

Keep the advantage. Search in a systematic, organized way. Make sure you see both sidewalls and the rear wall of any rooms or closets before turning away. What you miss can kill you. If outdoors, the same rules apply. NEVER, EVER ASSUME ANYTHING!

3. Stay away from corners.

Play the angles. Someone around the corner can easily kill or disarm you before you’re able to react if you insist on playing TV detective. Stay well back from the corner itself while you search to either side.

4. Maximize the range between you and a potential danger point as much as the terrain and/or building structure allows.

The closer the enemy, the easier for him to hit you. Stay at a distance. There’s a real hazard in being close.

5. Keep your balance.

Don’t leap about any more than is absolutely necessary. You can’t shoot accurately while dancing. Move in a sideways shuffle. Don’t cross legs. If outside, get across open areas fast but keep your body under control. You don’t want to trip or fall. At night, if you must move fast do so without running.

6. Watch your front sight.

DON’T LOOK AT THE TARGET! If you aren’t using your sights, you’re giving your attacker that much more time to get at you.

7. Take every advantage.

There’s no referee here. This is about staying alive. If you can get an advantage, take it.

8. Move after firing.

Unless you’re involved in a close range battle where movement will draw immediate fire, don’t stay in the same place after firing.

9. Wear proper clothing.

Don’t wear light clothing, especially at night. Light shirts are especially bad. They offer a great target and make it easy to bull’s eye your vital organs.

10. Don’t allow yourself to be surprised.

Being alert, constantly assessing your situation and acting swiftly and decisively are the best defense against a surprise attack.

11. Stay cool.

You must believe that your opponent is going to goof up and miss. All you have to do to win the day is stay cool and make your first shot a hit. Even in a gunfight, don’t get rushed. Remember, smooth is fast.

12. Watch what you say.

Don’t give a stupid order like “hands up” which allows an attacker to move his hands. This could give him enough of a head start to overcome your reflexes.

CHAPTER THREE: MARTIAL ARTS TRAINING

NOTES

We can't help saying it again. And again. The key to any form of personal or family defense is ALERTNESS and AWARENESS. You must stay in the "Condition Yellow" state we discussed earlier if you want to adequately protect yourself.

When you're alert and aware of what's going on around you, you can usually see trouble on the way and get out of its way before it arrives. In those cases you can't, at least you'll see it coming and be ready for it. You won't be taken by surprise and you'll have had time to consider defenses and response.

Have you ever watched the family cat? Pretty hard to sneak up on him, isn't it? He's got an eye out for trouble. At the same time, he can look perfectly relaxed. You can do the same thing. We're not asking you to run around like a paranoid lunatic. We're just asking you to keep an eye out for trouble and be ready to respond to it.

Again, look at your cat. He's not walking through the streets with his head down, thinking about what he's going to have for dinner or some disagreement he just had with the family dog. He's got his eye out. He's ready to respond as needed. You should be the same way.

You should also keep in mind that it's your **right** as well as your **obligation** to defend yourself as needed. You must be ready to take action and defend yourself with 110 percent effort. You can't show weakness. Remember, most criminals are looking for an easy target. If you can show them you're not, they might just run off in search of somebody who'll let them have their way without a fight.

It's also important to hit an attacker **fast**. Statistics show that if you allow someone to take you away from the point at which a crime originates, you have a drastically reduced chance of survival. Your potential for coming out in one piece is generally much better if you stand and fight from the outset.

Develop an aggressive attitude. People don't have a right to prey on you. You should be indignant about it. Fighting mad. If people were more willing to strike a blow for their own safety, there's no doubt there'd be a lot fewer criminals out there.

There is no better deterrent to crime than an aware, capable citizenry that refuses to tolerate it.

TRAINING CONDITIONS

In this chapter, we'll give you a brief overview of some of the techniques for hand-to-hand combat we teach in the Delta/SEAL camp. Our approach is to give you a wide range of tools you can use for your defense. We also try to gear our instruction toward the individual needs of the people we're training. As a result, there may be some variance from class to class in what we teach but the material you'll find below provides the basics for our martial arts instruction.

From the beginning we must stress that, in the martial arts, you should try to stay away from "no contact" practice. We don't like to see punches or kicks pulled. Our feeling is that you should **always** make contact during drills if possible.

There are some exceptions. Practicing eye gouges can run off a training partner pretty fast so you'll want to go "no contact" on such moves. Still, generally speaking, most of the training you'll receive here can and should be performed with contact.

There are several reasons for this. The first is that lack of contact can breed a false sense of distance. You won't learn what tools work best at what distances

NOTES

and how to best use them and combine them in your own defense. Not making contact also deprives you of the kind of confidence and advanced skill you can develop from delivering kicks and punches with full speed and intensity.

It's also very important to know what it feels like to hit, be hit and recover from that hit. You've got to habituate to hitting and being hit. The fact is that you play like you practice. If you've never gone full bore before in practice, you're going to be in trouble when you hit the field.

Sparring, or staging practice bouts with your training partner, is highly recommended. Even for the ladies. While there are a lot of "self-defense" courses out there where contact isn't allowed, we can't really approve of this approach. You've got to learn how to deliver and take a punch and the only way to learn is to hit and be hit.

What would it be like to train with a pistol and never shoot your weapon? If all you did was use a cap gun to simulate the firing of it? It wouldn't be very good training. You'd never know how accurate you were or even what the recoil of a gun felt like.

It's the same thing here. You need to fire your martial arts weapons to know just how to best use them. Focus mitts and Thai pads will provide excellent protection when going full contact. You'll experience the sensation of hitting or getting hit with a much decreased chance of injury. Many towns now have stores where martial arts supplies are available and you can pick up mitts and gloves there at reasonable prices.

If you can't practice with pads, use your hands. Open hands can be used to block punches in much the same way pads will. The important point here is to not pull punches. Bring them right up on target.

Also keep in mind that there is no such thing as a real street fight scenario. Likewise, no one drill is going to get you ready for everything. Situations are different. So are opponents. They're not all going to fight or react in the same way.

You can kick one guy in the sciatic nerve and he'll get nauseous, double over and lose feeling in his leg. Deliver the same kick to another guy and he'll shake it off. You never know what's going to happen.

That's another good reason to spar and practice different combinations. No two fights will be the same. No two opponents will be the same.

You also never know what kind of situation you'll be in when you need to act. That's why you need to train in a wide variety of environments.

Don't limit yourself to your dojo or other practice facility. Try training on an icy road or in gravel. Or on a slippery floor. Or in a shallow lake, thick forest or rocky hillside. Spar in an enclosed area to simulate being attacked in a bathroom or phone booth. You've got to be ready to put your training to use in a variety of settings.

Also try training when tired or winded. Jog for a couple miles or run an exercise or obstacle course and then face off with your training partner. It's important to keep yourself in the best shape possible but you've also got to be able to fight your hardest when you're tired or not at your physical best.

In Spec Ops, we always train for the worst-case scenario. You should, too. Strive to be prepared to go 110 percent in any situation and any environment.

Most important of all, always be ready to **keep fighting**. Agressiveness is the key to survival. You've got to be able to get in and throw your combinations and keep throwing them until you don't have to throw them anymore.

FUNDAMENTALS

Stance

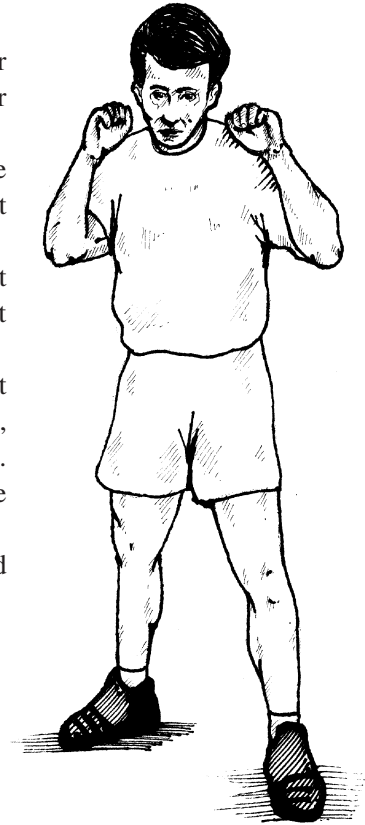
In hand-to-hand combat, you must be able to move in and away from your opponent quickly to defend yourself and properly deliver your blows. The proper stance is essential to this.

Some people may think we'll be using a boxer's stance here. We won't. The crouching a boxer does reduces mobility. You should stand straight up. Feet should be at shoulder width and you should be up on your toes.

Your left foot is placed forward (right if you're a lefty) and should point straight at your target. Then draw a line 90 degrees out from your left heel. Your right foot should be one inch behind that line and face out at a 45 degree angle.

Softly make a fist with each hand. Be sure to keep the thumbs outside the fist to avoid breaking them. For proper position, put your thumbs to your temples, then move your fists 6 inches out from your body and lower them to nose level. Elbows should face outward from the body at a 45 degree angle. Fists should be at a 45 degree angle to your opponent, too.

Comfort is a key here. Work with your stance until you feel at home and confident with it.



Footwork

The “step and slide” technique we teach for footwork is relatively simple to learn and use.

When you move forward, you simply step forward with your front foot and follow by sliding the back foot forward across the ground. When moving back from the target, we start by stepping back with the rear foot and sliding the front foot back. When we move left, we step with the left and slide with the right foot. Move right, we step with the right and slide with the left foot.

The “step” in the “step and slide” begins with a spring in the other foot. That spring propels the other foot forward. For instance, when moving forward a spring in the back foot sends the front foot forward. When moving left, a spring in the right foot propels the left foot to the side.

The basic stance should remain intact as you continue. Foot movement takes place symmetrically. If you step forward 6 inches with your front foot, slide the back foot 6 inches up. If you go right with a 6 inch step, follow with a 6 inch slide of the left foot. Your goal is to keep your feet at a consistent shoulder width.

SOME SIMPLE DEFENSIVE WEAPONS

The Eye Jab

The simple eye jab is as easy to perform as it is devastating. It can leave your opponent in a great deal of pain with vision impaired and allow you the time needed to escape or mount a more serious defense. Though you're never guaranteed of getting a response from an opponent with any move, the eye jab is as close to a sure thing as possible.

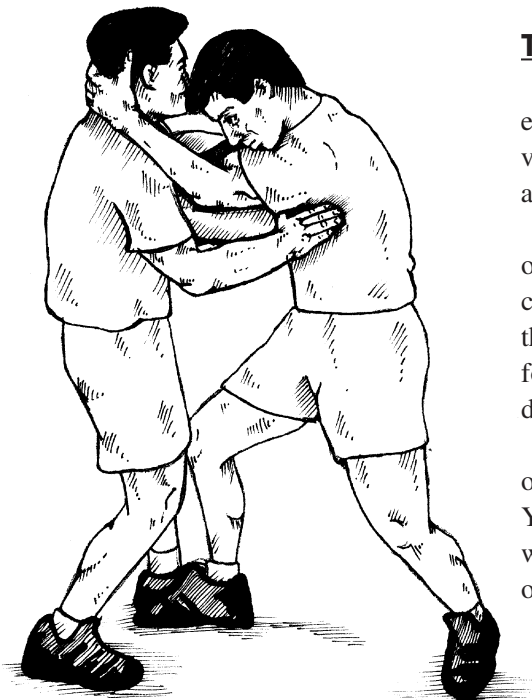
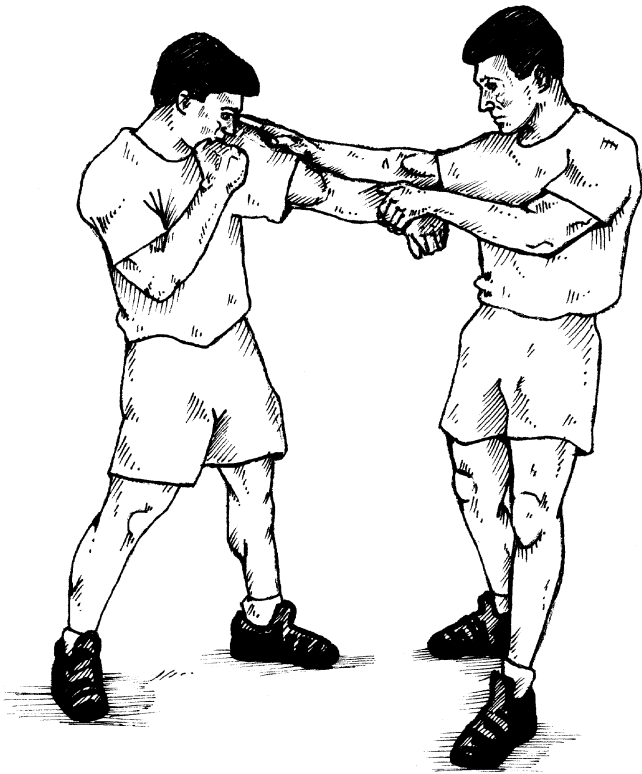
To perform it you simply gouge your fingers or thumbs into the eyes of an opponent. The easiest way is to use your opponent's head as a handle. Grab the head on each side with your fingers and plunge your thumbs into the eye socket. Hard.

Remember, you're fighting for your life here. Your blows must be delivered with 110 percent resolve.

The eye jab is very effective when used as a first punch or as a counter to your opponent's initial strike. Getting an eye jab in as your opponent throws that first punch can also get you an immediate edge. You can follow with an elbow, knee strike or kick as needed to buy yourself distance and a leg up on escape or ultimate victory.

I recommend using the eye jab any time you can get it in. It's hard to shake off. There's a bundle of nerve endings in the eyes and any good eye jab is going to have an effect on them.

The eye jab also makes a strong, immediate statement that you're not a "victim" personality. It provides a psychological, as well as physical, blow to the criminal. He's no longer the attacker but the one being attacked. This will generally be very disappointing for him.



The Head Butt

If your attacker ties you up so you can't get to his eyes, one extremely promising option involves using a head butt. It can be very effective in backing your attacker off and allowing some time and distance to escape or follow up as needed.

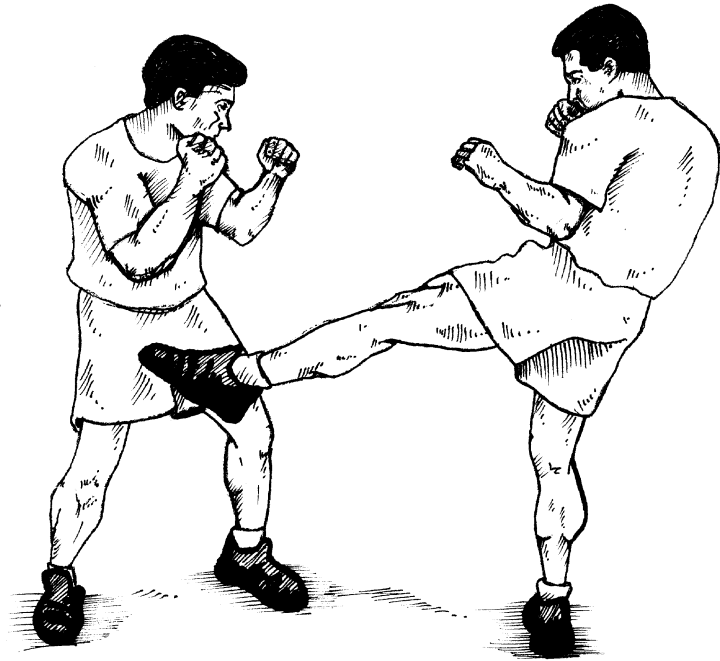
To perform a head butt, simply throw your head into your opponent's facial bones. The nose can be an excellent target. You can use your forehead, top of the head or side of the head to deliver the blow. Grabbing your opponent by the back of the head and forcing his head into yours can also add speed and increase the damage done.

This move requires some practice, though. You can sustain back or neck injury if you come at your attacker with a spearing motion. You must also be careful to have your partner correctly padded when practicing it to prevent any injury to his nose or other parts of the face.

The Groin Kick

As with the eye jab, the groin kick can be delivered as you're parrying an opening blow from your opponent. As you parry, you simply deliver a kick simultaneously to the groin area. You can follow this with an eye jab to immediately take the upper hand in a fight.

The groin kick is delivered by striking the groin area of your opponent with the ball of your left foot. It is best done with the technique described for "left kicks" later in this manual.



HITTING

There is a strong temptation to get into the more exotic side of martial arts before you master the basics. This is a big mistake. All that Chuck Norris stuff may look pretty on the movie screens but it's generally not what gets the job done.

In fact, in 8 out of 10 fights, it's your ability to hit that will determine the victor. The opportunity for the fancy stuff seldom presents itself. Even when it does, if something goes wrong, you'll always return to plain old hitting to bail yourself out of a jam. The basic punch, elbow strike and kick are the foundation on which hand-to-hand combat is based.

Footwork remains very important here. It sets you up to deliver your basic punches, strike, kicks and combinations. If you're rigid or move clumsily, you're going to limit your capabilities. It's just like shooting a gun. Smooth is fast.



The Jab Punch

The jab punch is delivered by stepping toward the opponent and shooting the left fist straight out from the body. Remember that the shortest distance between two points is a straight line. That's what you're doing with the jab. You're delivering a quick blow by drawing a straight line between your fist and target.

The technique here is much like a boxer's. Be sure to keep your punching hand high and not to drop your jab. Also keep your other hand up for protection as you throw the jab. The punch is delivered with a strong, snapping motion. It is a quick, precise blow.

Footwork is, again, essential. Practice stepping in with the jab, stepping out, relaxing and then stepping in with another jab. Concentrate on good footwork and smooth movement.

The Cross

The cross is a very powerful punch. As above, be sure to keep your hand up as you throw it. Your hip, knee and foot should be turned to deliver the blow.

Many people have a tendency to deliver a right cross while up on their toes. That's bad technique. Your weight should be on the middle of your foot. Don't extend yourself too far back or forward.

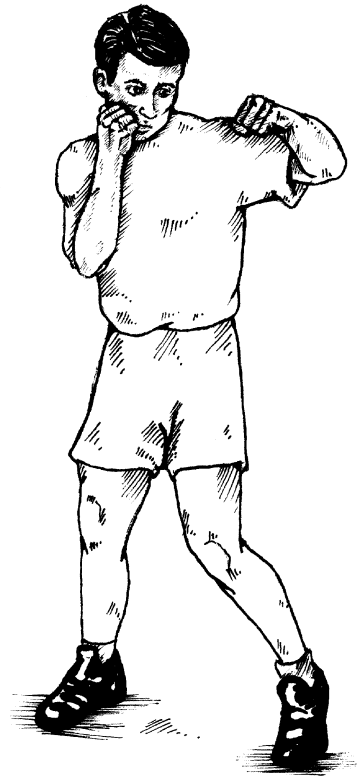
And, while you're on the offensive here, don't forget about defense. Keep your other hand up as you throw the punch to protect against a counter. They always tell boxers to "keep your guard up". The same thing applies here.



The Hook

As above, you pivot the side of your body as you throw a hook. The foot, knee and hip are turned as you deliver the blow. Stay on the ball of the foot. The arm is swung in an arc toward the head of the opponent. The elbow remains at shoulder level.

Make sure your chin stays down and your other hand up for protection.



The Uppercut

The uppercut is a short punch delivered from close in that can do good damage, especially to a jaw. As you know, jaws can be a very vulnerable target. There are a lot of nerves there. A good blow to the jaw can pinch off those nerves and knock your opponent out.

With the uppercut you lower your fist, bend the knee and drive the punch upward to target. Again, make sure to keep your chin covered and other hand up to guard against a counter.

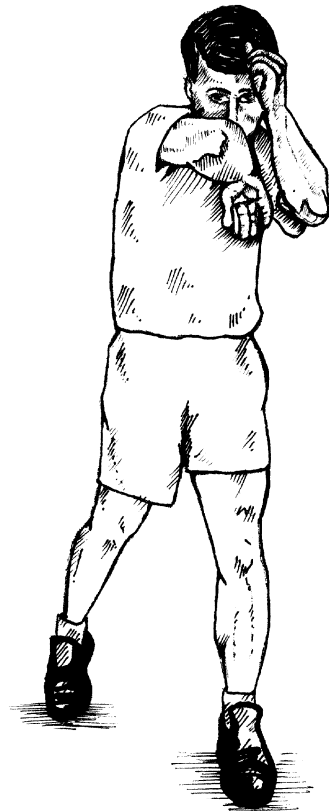
COMBINATIONS

When delivering a combination, try to think of your body as a gate with the center of the gate running through the center of your chest. If the gate swings one way, it then comes back to swing the other. In this way, we alternate between rights and lefts as we deliver a series of punches.

Combinations are the key to winning a fight. The left jab/right cross/left hook combination is a simple combination you can start your training with. A four count combination like the left jab/right cross/left uppercut/right cross will also serve as a good starting point.

Just remember to close the gap when you deliver these combinations. They're close-in weapons. And concentrate on smooth footwork and keeping your other hand up as you alternate from side to side firing your punches.

THE ELBOW STRIKE



Few tools are as effective from short range as the elbow strike. It begins by bringing the striking arm straight back in vertical position to ground. The hand stays relaxed. The other arm moves forward in a similar position to protect the jaw.

The striking elbow is then brought forward to the target. The elbow is horizontal as it closes on and strikes the target. The upper arm moves to a horizontal position as the strike is delivered.

At the end of the movement, the hand of the striking arm is tucked into the body allowing the tip of the elbow to be exposed as it strikes the target. The blow is delivered with the tip of the elbow. That tip is very hard and it's easy to cut up an opponent's face with it. It provides a very punishing blow.

Elbow strikes should be used when within a foot or less of your opponent. It's very much a shorter range weapon. And keep your other arm up. Your opponent's going to keep firing punches at you as you deliver that elbow strike.

BREATHING

It's important to breathe out with any punch that you throw. You need to keep your body aerated during a fight. You're in a very stressful situation and your body requires a continuous oxygen supply to work at peak efficiency. In fact, you should breathe out on every offensive technique you employ.

This is done just like a boxer or martial artist. Using a sharp "Shhh!" as if you were telling someone to be quiet can be very effective. Whatever you do for aeration, be sure to make it a part of your practice routine. Using it in drills will help you use it naturally in the real thing.

ELBOW STRIKE COMBINATIONS

When delivering consecutive elbow strikes, you go through an open/hit/open/hit sequence. You open up the body as you lift the tucked hand straight up from the chest for defense. You then bring the other arm back and strike with it. That arm then comes straight up from the tuck position as the other elbow prepares to strike.

You can perform elbow strike combinations as above or mix them together with punches. For instance, you can deliver a left jab, follow up with a right cross, throw an uppercut with the left elbow and finish off with a horizontal right elbow strike.

You can also deliver an elbow strike in a vertical, downward path across the opponent's face. In fact, you can vary the path of any punch or elbow strike as needed. An infinite number of angles are available. Practice hitting from a variety of angles so you'll have the skill available when a situation escalates to combat.

KNEE STRIKES

The knee strike is another very effective weapon that can be used from short range. A lot of people think it's a simple technique and don't give much thought to how best to deliver it, but there's a right way and wrong way. For best results, it's executed with a basic **step/lean/thrust** motion.

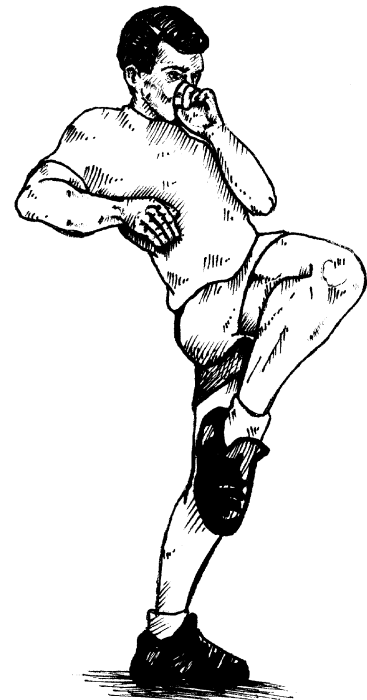
When using the right or strong side knee, it's very important to create momentum for the strike. This is done by beginning the strike with a **step** forward with the left foot. You then **lean** your body back and **thrust** the knee horizontally into the ribs.

Make sure your toes are pointed straight at the ground so the knee is as sharp and pointed as possible. This will provide maximum penetration. As you strike, you should also pull the right arm back to add power and drive.

Because your left knee is forward in your stance, you have a couple options when throwing the left knee. You can step forward with the right foot and drive the knee in or you can take a little hop back and strike. Whichever approach you choose, make sure to return to your basic stance with your hands up when you're done delivering the knee to provide for proper defense.

Many people deliver knee strikes in an upward motion, but this is wrong. **THE KNEE DOESN'T GO UPWARD.** The body leans back to drive the knee straight in. An uppercut knee is not nearly as strong as the horizontal strike. The horizontal strike is much more powerful and much better at backing an opponent off.

You'll also find that the same arm motion that powers the knee strike parries an incoming attack by your opponent. Leaning back as you strike also makes you less vulnerable to him.



KICKS

The Foot Jab

Foot kicks are very good low, powerful weapons that target the sciatic nerve and thighs. They'll get your opponent off balance and allow you to deliver serious follow-up combinations.

The foot jab is delivered off the front foot. You simply lift the left foot off the ground, cock it back, and then hop toward your target with your right foot. The left foot is punched hard into the opponent's body.

The foot jab is more a push kick than anything. It backs someone off very effectively and this gives you time to determine their identity or intention and mount an attack if necessary. In Spec Ops, it's used in room clearing operations.

This is not an easy kick to practice without having a target to deliver it to. If you have a heavy bag or can put a mat against a wall to jab, you'll learn the technique much easier.

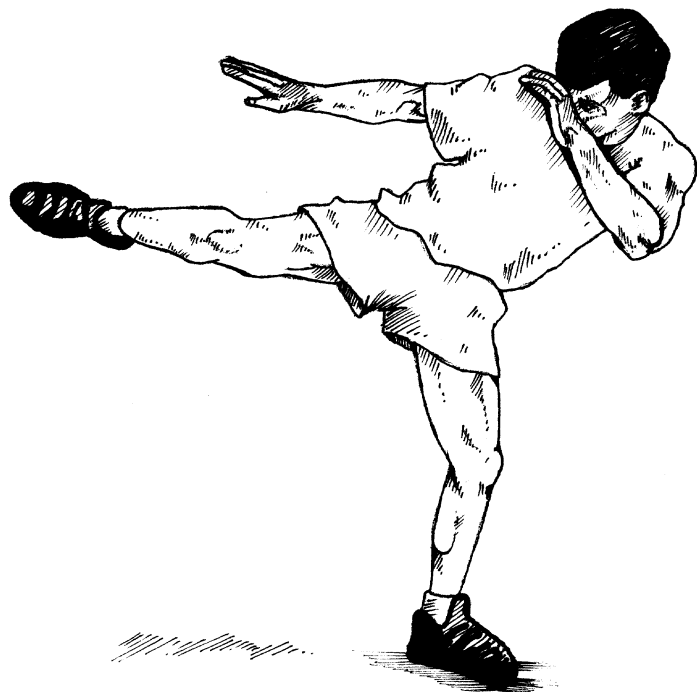


The Round Kick

The round kick, or right kick as it is sometimes called, is a good long range weapon. It's not a snap kick but one where you swing into the attack with your whole body. Using your right shin as the striking area, you generally target your opponent's outer left thigh area with this kick.

It begins just like the knee strike with a step forward with the left foot to start momentum. You then swing the right leg hard into your target with the right leg bent so as to expose the shin. As with the knee strike, your arm is used to add power to the kick. As it moves backward, your hip rolls over and the leg gains speed.

As always, make sure to keep your jaw protected as you throw this kick. There may be some tendency to leave yourself open in the attempt to kick as hard as possible, but you must keep that left hand up and jaw down. Your right kick will mean nothing if your opponent gets a wide open shot at your jaw and knocks you out.



The Left Kick

The left kick is delivered much the same way as the right, or round, kick. You can target the inside of the left thigh, the right thigh, the rib cage or the groin area.

It begins with a step forward with the right foot. The left arm is swung backward and used for torque. After that, techniques for the left kick are similar to those for the right. Just make sure to keep the kick on line with your target and keep that jaw covered.

These kicks can be an effective weapon in your defense but you must remember that they can't do the job by themselves. A single kick or punch is not going to finish the job. It's your ability to deliver combinations, or put these kicks together with other techniques, that will win the fight. A good left kick of and by itself isn't going to end hostilities.

DEFENSIVE MOVES

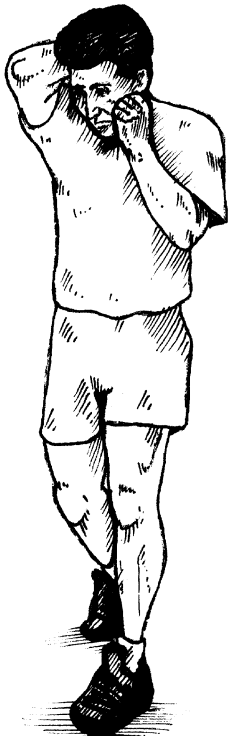
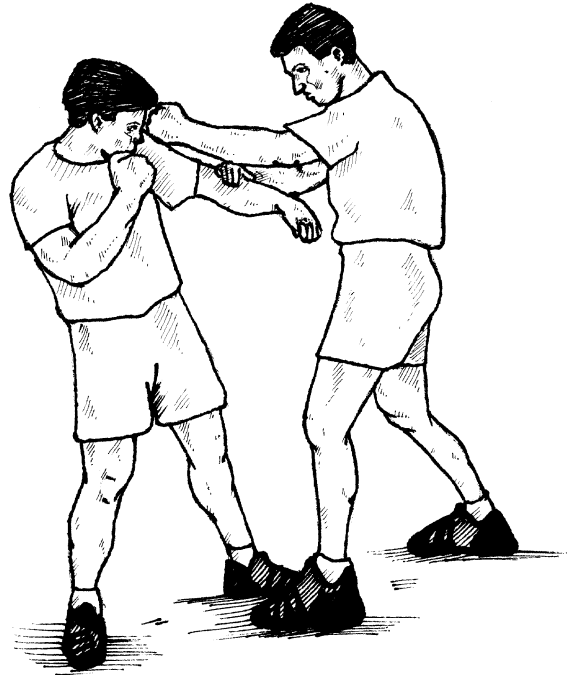
The Parry

Any strike that comes in straight, like a jab, should be parried with your rear (or right) hand. This is done by slapping or knocking that punch down with your hand before it reaches your face.

When your opponent throws a cross you should parry it with your front hand, again knocking down the punch before it reaches its target.

Be careful not to overdo it by overparrying, though. If someone is experienced and has good sensitivity, he can trace your hand around and hit you again if you overdo it. Just pat or slap the hand down. It's a quick, deflecting movement. Don't force his hand way down.

Also, avoid any tendency to look away as you parry. In fact, **NEVER LOSE EYE CONTACT DURING COMBAT**. The problem you're facing isn't going to just go away. You've got to keep your eye on the target to quickly and efficiently deliver a counter attack.



Cover

If a punch comes from the outside hand position of your opponent, like a hook, you should cover your jaw with your upper arm. Your chin should be down and resting up against that upper arm with your elbow wrapped around your head.

Make sure to keep your other hand up to handle any subsequent punch. If you drop it down, say to stomach level, there's a good chance the rest of your body will follow it down when you get knocked out. The jaw is the button for the other guy. You've got to keep it covered. For all you know, your opponent could throw 4 or 5 punches in a row. You've got to be ready for them. In fact, the general rule for all hand-to-hand combat is:

WHEN ONE HAND IS OCCUPIED, THE OTHER IS ALWAYS UP COVERING. This goes whether you're taking a shot or delivering one.

Also, be sure to pivot your body when you cover. If a punch is landing on your left side, pivot with the right. Get yourself cocked and ready to throw a response. This pivot will make sure that you're able to utilize natural body movement in delivering blows from alternating sides of your body.

And, again, don't lose eye contact during any defensive maneuvering. You'll have to have your target in sights to best begin your counter attack.

Cover And Deliver

Obviously, once you're done covering the blows of your opponent you're going to want to counter with an offensive of your own. The ability to cover punches from your opponent and counter attack using natural body movement is known as "contact reflex". It's similar to the kind of "cover and deliver" concept central to basic boxing.

Again, you have to think of your body as a kind of gate. While getting hit on one side, you're loading up on the other for a response. Suppose that your opponent throws a right jab/left hook/right hook combination at you. As described above, you'd parry the jab and cover on the two hooks.

After covering the final hook, your body should be pivoted and your right hand cocked to deliver your own combination. A simple right cross/left hook attack could be mounted. Or, you could deliver a right elbow strike and follow with a left elbow.

If your opponent is still in short range, after the elbows you can finish with a knee kick and left kick. That would make your response to his original right jab/left hook/right hook a right elbow/left elbow/knee kick/left kick response.

As always, make sure to keep your hands up for defense and move away from any possible counter when you're done with your combination. You don't want to just stand there and take what he's going to throw back at you. Get in and out.

As you can see, there's a wide array of possible responses when you begin to counter and go on the attack. What you'll do depends on the situation, your analysis of your opponent and your own skills. You just have to be certain to take advantage of natural body mechanics. If you take a hit on one side, you load up the other. If you strike with one side, you're cocked and ready with the other. This is the way the body naturally reacts and the way you should usually execute your offensive strategy.

Suppose your opponent throws a combination ending with a left hook and you respond with a left kick. Your body would then fall naturally into a right cross/left hook combination. If you knock him back with the hook, you can add a right kick from longer range.

If your opponent throws a foot jab/cross/hook combination you may well be close enough to hit him with a knee kick and finish him with a round kick. A left kick or cross followed by hook, right knee or right kick could also do the job.

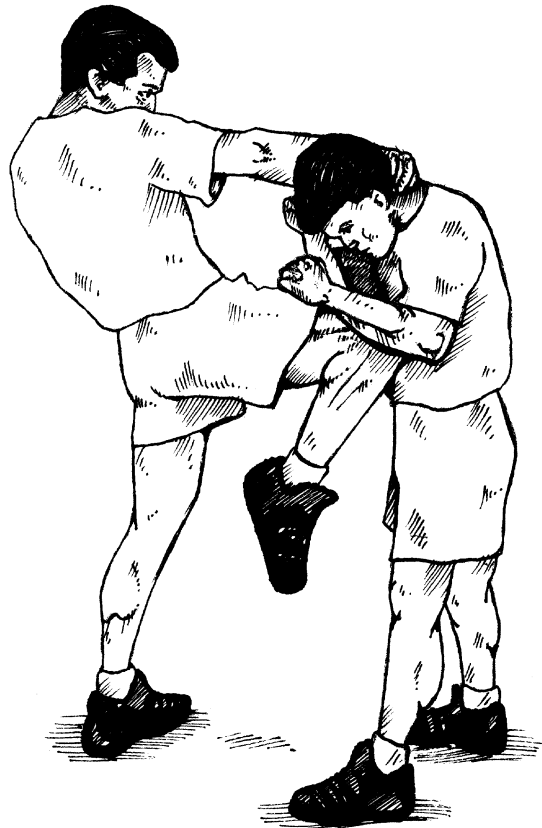
Again, there are a wide variety of responses available. It's important to practice and spar to learn what works best for you so you'll be ready with an adequate response when in combat.

VARIATIONS

If you want to get more creative, after delivering an elbow in a combination and before going to a knee strike you can grab the back of your opponent's head. If you've thrown a right elbow, reach back with your right hand past the right side of his neck. Grab the back of the neck and pull his body right into your right knee strike. That will give added strength and power to your knee and do more damage.

As you'll note above, I've just followed a right elbow with a right knee. I'll also follow the right knee with a right kick in some situations. While this goes against the natural "right to left" body movement I've stressed above, it can work for you.

That's because the right kick is a stronger kick for most righthanders. If you've got a good left kick, by all means, follow with the left if you feel it's necessary (especially if you're setting up another technique).



But keep in mind that, when looking for a long range weapon, the right kick is preferred by most people because it is the stronger kick. In these situations, you may want to go with it even though it runs against the grain of the “right to left” philosophy.

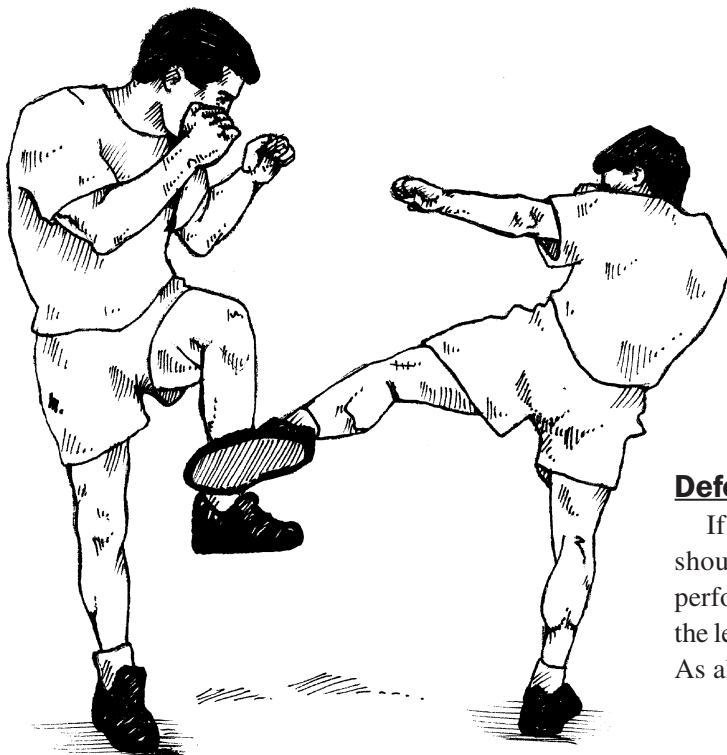
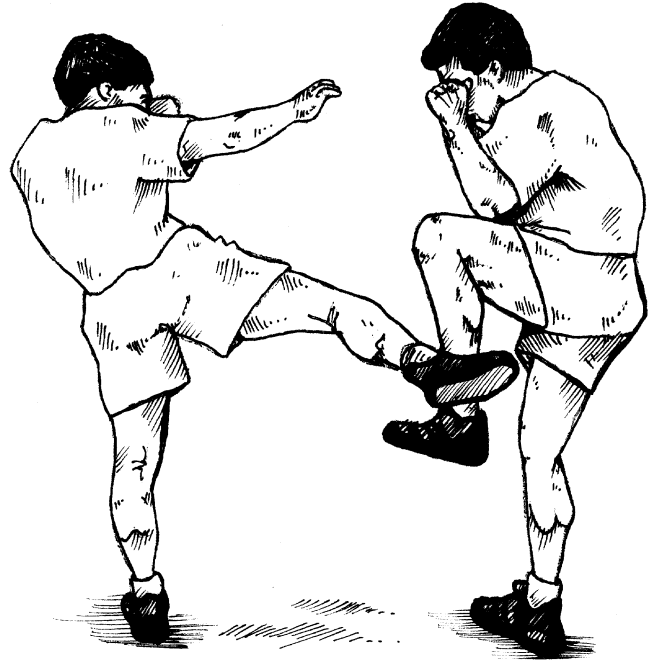
COUNTERING A KICK

Defending Low/Right Kicks

When countering a right kick targeted anywhere from the rib cage down, you don’t want to use your hands. Sacrificing hand position will leave your jaw open and that’s not something you want to do.

Using a “shield” will allow you to deflect the right kick while keeping your jaw covered. The shield is deployed by lifting your left leg to waist level and turning the part of the leg beneath the knee to a 45 degree angle into the direction of the kick. If you lifted the leg straight up, it would be easy to knock the shield over as it’s set up. Angling the lower leg to the left strengthens it against attack.

From the shield you can move right into a combination of your own, flowing right to left naturally. For instance you could shield the right kick and launch into a right cross/left hook/right elbow/left elbow/right knee/right kick 7-count combo of your own.



Defending Low/Left Kicks

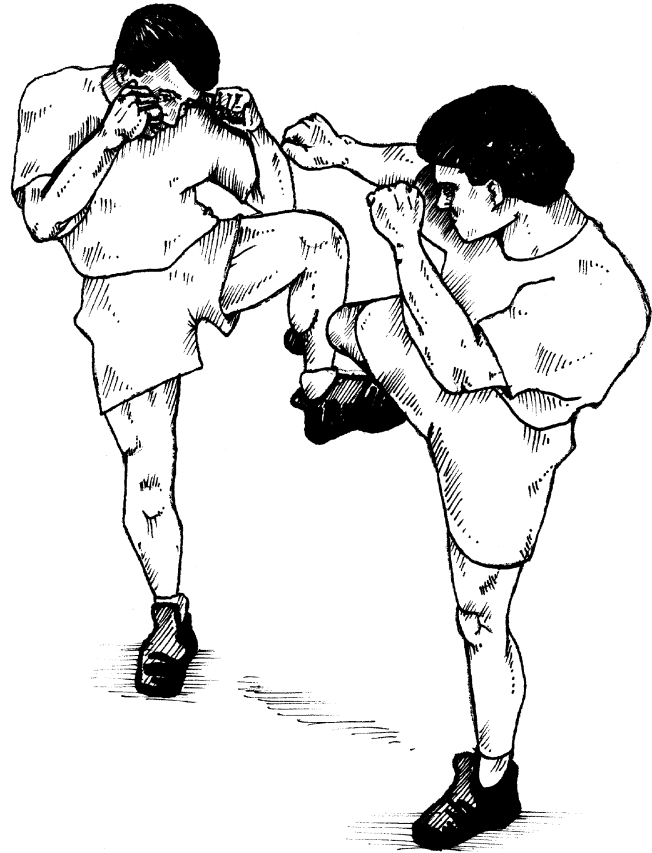
If a kick comes in low from the left leg, you should use a “cross shield” for defense. This is performed similarly to the shield, only in this case the left leg is brought further over to absorb the blow. As always, keep your hands up.

Defending High Kicks

If the kick comes high, cover just as you would with a punch. Tuck your chin in and wrap the head with the elbow. Then execute your counter and move away.

You can also defend a high kick by leaning your body back away from the kick. Make sure not to lean your whole body away, though. This would make it much more difficult to move back in to counter.

Just lean the upper body back. And keep your hands up. Then step in and counter with the cross/hook/knee combination or whatever's appropriate.



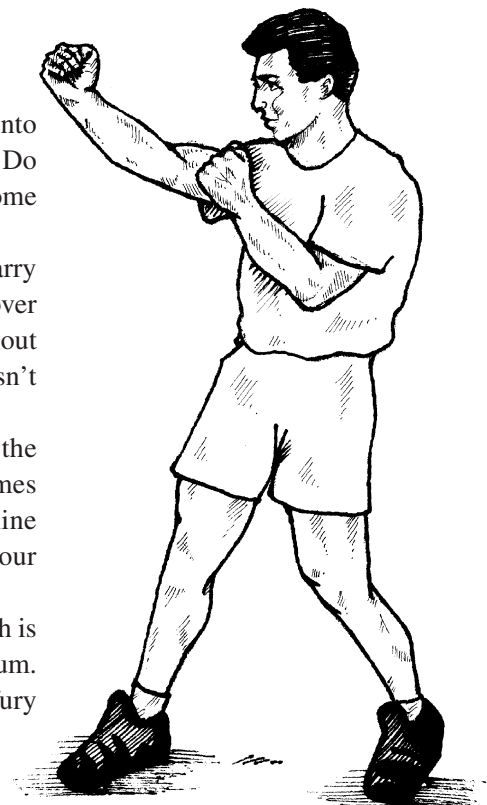
THE STRAIGHT BLAST

Another type of hitting you may eventually want to incorporate into your arsenal is the “straight blast”. This is one of the Jeet Kune Do (JKD) moves developed by Bruce Lee that you’ll see used with some frequency in his films. It can be devastating in close quarters.

JKD begins from the basic boxing stance. When jabbed, you parry the punch in the same way we learned earlier. When hooked you cover with the forearm in the classic JKD style. The arm shoots straight out with fingers extended to meet and fend off the blow. The arm doesn’t swing past the center line. The forearm takes the blow.

Simultaneously with covering, you supply a “straight blast” to the face of your opponent with the other hand. The JKD punch comes straight out from the sternum or center of the body. It’s straight line stuff, hence the “straight blast” name. You let your elbow push your fist straight out from the body and into the opponent.

When the arm that just fired a blast is pulled back, a similar punch is thrown from the other side. Again, it comes straight out from the sternum. You follow with a chain of other “straight blasts” delivered with fury and speed.



FOLLOW-UPS

After your cover and blast, you can **trap** your opponent's arm with the arm that just threw the punch. This is done by slapping the opponent's arm down. That leaves his jaw wide open and you can simultaneously deliver a straight blow to it. Then you follow up with a chain of straight blasts in the Lee style.

The purpose of the "trap/hit" is to get the opponent's head tilted back. Once that's done, you can begin to apply a series of blasts and pressure to get him moving back. At this point, most attackers will cover up and this allows you to put in heavier tools like the elbow and head butt.

Use Focus Mitts

Get your partner to put on focus mitts or pads to practice the straight blast. Have him throw a jab that you will parry. Then have him throw a hook with the other hand. Cover that punch and simultaneously deliver a straight blast to the pad your partner will be holding at neck level.

You can also have your partner jab and then throw 2 hooks. Cover and hit as a response to both hooks and then begin your chain of straight blasts and get him moving back.

Another option is to add a trap/hit move after your opponent's hook. Follow with your blasts and move in.

Eye Jabs

If your partner throws a hook you can cover it and go to the eyes all in the same movement. Say he throws a left jab/right cross combination. You'd parry the jab, cover with your left forearm and go right up to the eyes with the fingers of the left hand in that same motion. You could follow with a straight blast from the right and move in with your chain of blasts with alternating fists.

Straight Blast Training

The fundamental thing to remember about the straight blast is that as one punch shoots out and returns, it pushes another out from the other hand. The elbow pushes the fist out to deliver the punch. You're looking for a constant barrage of motion and punches delivered with force and speed. You're trying to totally blitz the opponent's center line and force him back.

As you deliver the straight blasts you move forward to force your opponent back. You can either step and slide forward or run toward the target as you throw your continuous blasts.

A good way to practice the straight blast is to have your partner hold his pads right at center line as you blast and move forward, pushing him back. Give it some energy, too. Even in practice.

How long do you continue with the straight blast? It depends on your opponent's reaction. You want to get him covering, throwing out an arm in defense or reeling backward. At that point, you can cease the blasts and begin to throw some elbows, knees and heavier weapons.

WEAPONS

In hand-to-hand combat, the stick is a long range tool. There are 8 basic angles from which it can strike. They are

- #1: The forehand diagonal down strike.**
- #2: The upward, backhand slash to the knee, elbow or face.**
- #3: The upward, forehand slash to the knee, elbow or face.**
- #4: The backhand, downward slash to the collarbone or head.**
- #5: The forehand thrust to the midsection or throat.**
- #6: The horizontal, backhand to the ribcage or elbow.**
- #7: The horizontal, forehand to the ribcage or elbow.**
- #8: The backhand thrust to the ribcage, throat or face.**

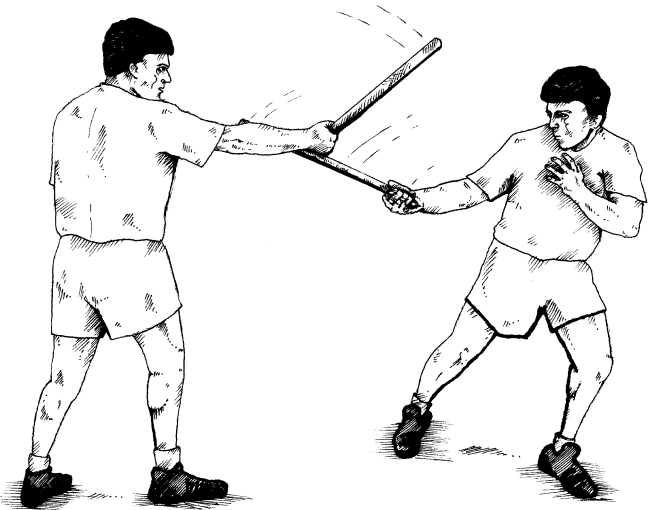
Meet The Force

You can defend against a strike from your opponent's stick by "meeting the force" with your own stick. While staying out of range of your opponent's stick, you meet the force of the blow being delivered with a blow of your own aimed at his knuckles or arm. This will give you a good chance of disarming your opponent or gaining entry for your own follow-up attack.

As a counter to the striking angles above, you meet the force as below:

Response To Strike From Angle...

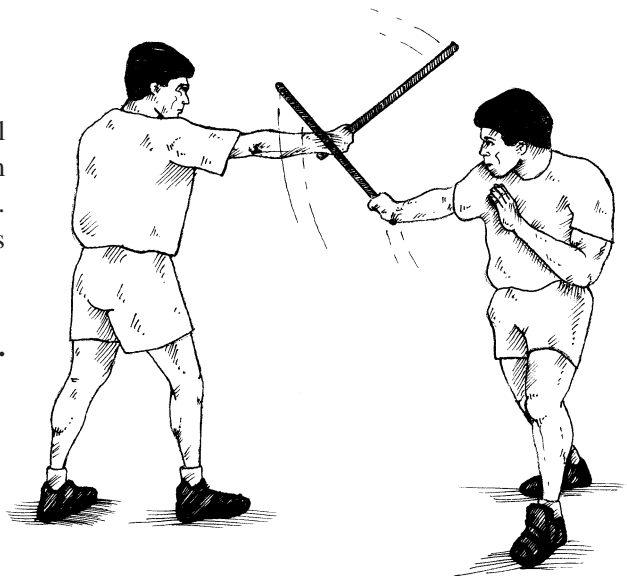
- #1 Meet the force with your own diagonal down strike targeting the knuckles or arm.
- #2: Meet the force with an opposite backhand strike against the knuckles or arm.
- #3: Meet the force with an opposite forehand strike against the knuckles or arm.
- #4: Meet the force with an opposite backhand strike against the arm or knuckles.
- #5: Stay on top of your opponent's thrust and deliver a forehand strike across the top of the opponent's arm or hand.
- #6: Meet the force with an opposite backhand strike across the top of the arm or hand.
- #7: Meet the force with an opposite forehand strike across the top of the arm or hand.
- #8: Zone away from the thrust and back slash down on the outside of the arm or hand.



Follow The Force

The "follow the force" technique provides a painful blow to your opponent while parrying a strike away from your body using the momentum of your opponent's stick. We "follow the force" from the different striking angles as below:

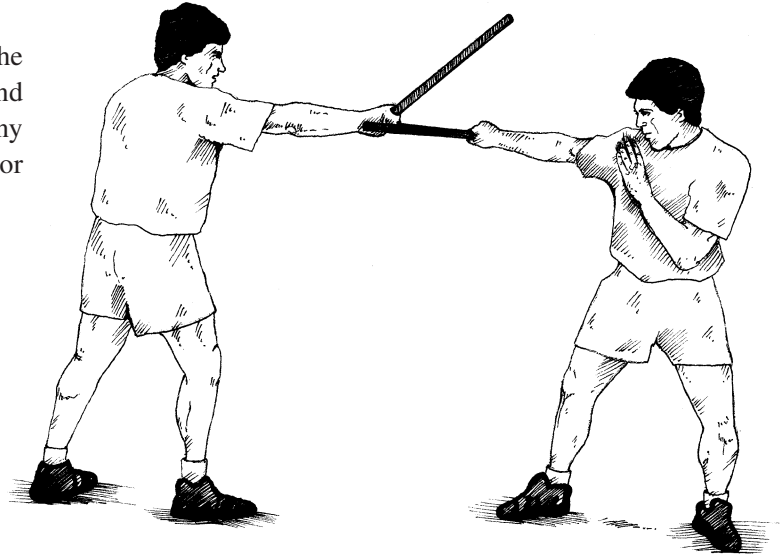
- #1: Apply a backhand strike to the knuckles.
- #2: Forehand strike to the top of the arm or hand.
- #3: Backhand to the top of arm or hand.
- #4: Forehand to the arm or hand.
- #5: Backhand to outer arm.
- #6: Forehand to the inside of the arm.
- #7: Backhand to the outside of the arm.
- #8: Forehand to the arm.



Footwork is very important here. You need to constantly adjust your range. You want to get out of range so your opponent can't target your body or head but stay in range for your own defensive strike.

The Backhand Strike

In place of “meeting” or “following the force” you can also use a simple backhand strike as a response to an attack from any angle. The strike should target the hand or arm of your opponent.



The Figure 8 Follow-Up

After inflicting pain on your opponent by “meeting the force,” “following the force” or delivering a backhand strike you can proceed with an attack of your own in an effort to disable your opponent.

In the “Figure 8” we follow-up our parry with diagonal strikes delivered downward in an “X” pattern. Using natural body mechanics, the first diagonal is delivered from the opposite side of the parry.

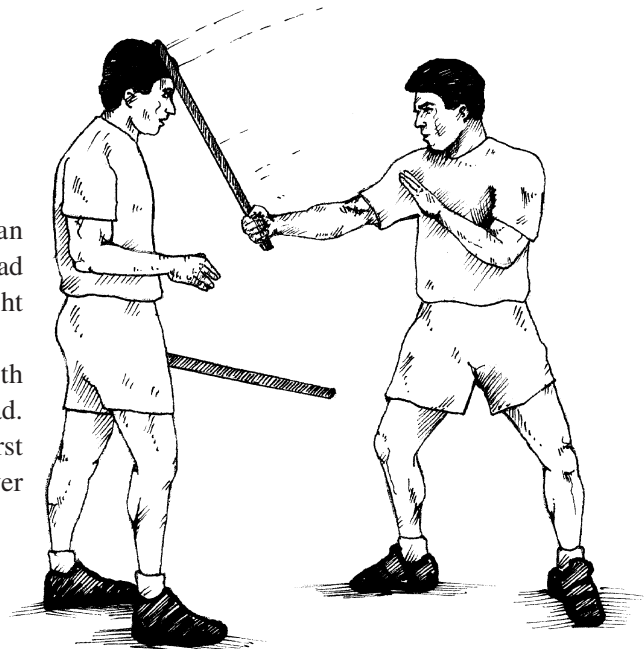
If our defensive move involved a backhand strike, like “meeting the force” of a blow from the #2 striking angle, our first diagonal of the “Figure 8” would be a forehand blow. If our parry was forehanded, like “meeting the force” from a #1 angle strike, our first diagonal would be a backhand strike.

We follow the initial diagonal with a strike from the other side drawing a kind of “X” in the air with our stick.

The Overhead Strike

Instead of a “Figure 8” you can also deliver an overhead strike following your initial parry. The overhead strike is simply a sharp, vertical blow delivered straight down to the top of your opponent’s head.

After your first overhead, you can continue with several others punishing the top of your opponent’s head. The most important thing here is to insure that your first strike does injury to your opponent and limits whatever offensive capabilities he possesses.



Footwork And Movement Are Essential

Hand-to-hand combat with weapons necessitates movement. Footwork and quickness are essential to your success. You should do plenty of “advance and retreat” training with your partner when practicing weapons defense.

Have your partner begin by moving toward you and attacking while you “meet the force” or “follow the force”. Then change roles and have him defend as you advance. Add follow-ups as needed and put on hand pads if you’ve got them. You want to be as realistic as possible here.

Your goal here should be to keep combat at long range. You want to stay out of range of his attack but get in range to execute your moves.

Knife vs. Knife

When using knives, many of the principles above still apply. You have the same 8 angles of attack as you do with sticks and you can “meet” and “follow the force” much as you did above.

Again, it’s very important to keep the fight at long range. If he moves in, you move out and “meet the force” by slashing his arm or “follow the force” using his momentum.

Bottom line here, SLASH AND ESCAPE if possible. Knife fighting is extremely dangerous and difficult. If you can cut and run, do so.

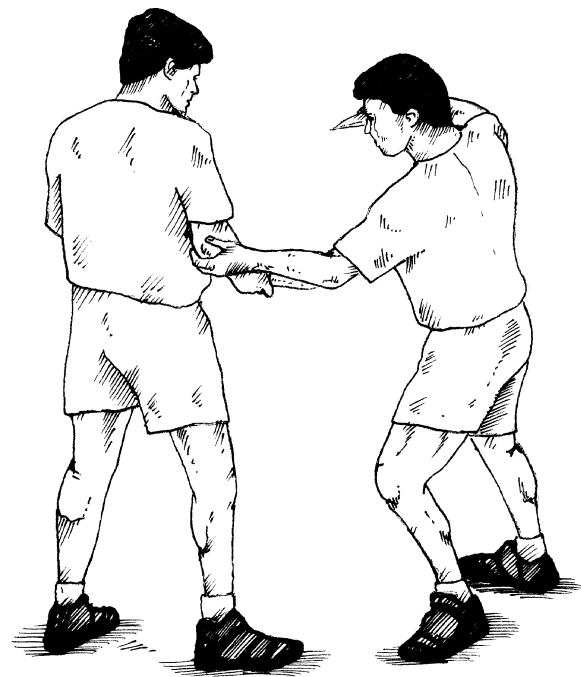
Pass And Thrust

If your back is against the wall and you can’t advance or retreat, you’ll have to use your left arm to pass your opponent’s weapon by. This is done by blocking the progress of his weapon and redirecting it safely past your body. As you pass the knife by, you slash with your own knife and follow up with a thrust to the body.

This technique is called “pass and thrust” and it’s very important. Though you want to stay at long range if possible, knives are a closer range weapon. They are smaller than sticks and move in smaller arcs and with increased speed. The “pass and thrust” can help get you out of situations where your ability to move out of range is limited.

Responses to attacks from different angles are as follows:

- #1: Parry your opponent’s forehand slash with your left arm as you slash his arm or hand. As his hand is redirected, thrust to the body.
- #2: Keep your elbow low so your opponent can’t reach your body as you redirect his knife hand. Slash and immediately thrust as above.
- #3: Pass your opponent’s weapon by with your open hand while slashing over the top of the arm. Thrust.
- #4: Pass your opponent’s weapon by chopping down on his wrist. Slash and thrust.
- #5: Pass your opponent’s weapon by, making sure to hollow out your stomach. Slash and thrust. Always try and stay at long range if possible.
- #6-8: Pass, slash and thrust as above.



Disarm

Sometimes, you can get a grip on your opponent’s thumb in the above moves. Though your intention is to pass the arm by, if you can get that grip you will find a disarm possible. The disarm can be performed simply by maintaining the hold and knocking the blade out of your opponent’s hand with your own knife.

Training

The material above is only intended as a brief overview of weapons defenses. These techniques are complex and dangerous. Advanced training and in-class instruction is absolutely necessary to proper performance.

You will also have to work hard to perfect them. Free form training, or sparring with facsimile sticks and knives, comes highly recommended. It will not only sharpen your skills but help you to create a unique approach based on your own style and abilities.

IMPROVISING WEAPONS

If you look for them, in many situations you'll be able to make your own weapons out of common objects found nearby. A brick or bottle can stop a charge. Breaking off a radio antennae can also give you a weapon. And whipping off your belt can provide a buckle to strike with or a tool for tying up an attacker's hands.

Ink pens can also be used. Pulling one from your pocket and jabbing it into the attacker's eyes, ears, throat, groin or other vulnerable areas can give you a quick advantage. Keys can be used in the same way. Flashlights can also be used as a jabbing or striking tool.

Hot liquids can be effective when available. A steaming cup of coffee thrown into the face of an attacker can temporarily blind him. Follow this up with a good combination and you'll have a good chance of buying some time and gaining an advantage.

Be creative. Stay cool. Assess the situation and use whatever means are available to turn the tide. And always get out when possible. Your goal should be to hit and escape, unless your life or family's life depends on your continuing the fight.

MASS ATTACK

When facing off against superior numbers, there are no magic defenses. Most of the time your survival will depend on those elements we outlined in the first chapter.

If you can talk yourself out of the situation, do so. But if you can't, you should prepare for some pain. In a "2 against 1" or "3 against 1" situation somebody's probably going to get a shot at you. Prepare to be hurt and fight through the pain to make your escape or emerge in victory.

As far as drills for mass attack, there aren't any that would prepare you totally for what you'd meet. Real fight situations aren't choreographed. Predictable punches or kicks aren't thrown. There's no "golden rule" for your defense.

But there are some concepts that can help. Here are a few suggestions:

1. **Put yourself in a position where you can deal with one attacker while he blocks the other from getting to you.** In short, get one guy in the way of another. This is called angulation.
2. **Don't put your back against a wall.** If you allow your attackers to close you in you'll have to deal with all of them at once. Your goal here is to try and set things up so you only have to deal with one at a time.
3. **If only one attacker comes at you, deal with him and maneuver so he ends up in the middle of the path between you and the other attackers.** This will buy you some time before you have to deal with another attacker.

NOTES

4. **Hit the first attacker as hard and fast as you can.** Remember the importance of violence of action, surprise and creating the momentary impression of superior firepower. You want these guys to know immediately that they've made a mistake by singling you out and that you're not going to play the "victim" role for them.

If you can hit that first guy and throw him into the second guy, do so. It may give you just enough time for an escape.

OVERVIEW

These are only a few of the hand-to-hand combat techniques available to you. They are the basics. Instruction in advanced techniques including take-downs, grappling and further defense against weapons will also be included in the course as applicable.

These techniques may seem simple, and they are. Still, practice is a necessity to perfecting them. Anyone can learn them but they've got to put some time in if they want to make them a solid part of their personal defense strategy.

Full contact practice and sparring are very important. You must learn how to take and give a punch. You'll be surprised what you can discover about yourself and your ability to use these techniques simply through the process of trial and error in practice sessions. And don't forget to train in a variety of settings and conditions so you'll be ready to respond properly when it's needed.

Again, alertness and awareness of your surroundings is the foundation on which all these techniques are founded. You can't walk around like a victim. Almost all trouble can be avoided by simply staying in "Condition Yellow" and steering away from danger.

But if you do find yourself in trouble, you must turn into a warrior. The ability to hit and keep hitting until you need not hit any more is the key to survival.

NOTES

CHAPTER FOUR: SECURITY AT HOME AND ON THE ROAD

NOTES

What we'd like to do in this chapter is address several areas of concern you may have regarding your day-to-day security. We talk about general principles in camp but below we'll give you a kind of checklist for personal safety to use in a variety of settings both home and away.

In Spec Ops, we trained hard. Preparation was of utmost importance. If we had the chance, we'd spend weeks or even months planning for an individual mission. We'd time our moves down to the millisecond, perfect all individual and team components of the mission and make contingency plans for our contingency plans.

Sometimes, this wasn't enough. As we said earlier, there is no way you can totally train for any fight. The unexpected is the expected in combat. No two situations are the same. No two opponents totally alike. No two environments identical. There will be a wild card or two in every confrontation.

Still, preparation will go a long way toward decreasing the odds of an attack and increasing your odds of survival should you be unlucky enough to experience one. And the wider range of preparations you make, the safer you'll be.

A simple martial arts or marksmanship course is great, but it's not enough for a truly effective personal defense strategy. You've got to use personal knowledge, technology, expert advice and plain old common sense along with your fighting skills to best prepare for your defense.

You've also got to understand that we operate in a diverse number of physical and social settings in our lives. Strategy should be specialized and geared to these individual situations. As we stressed earlier in this manual, no simple single approach to personal defense will keep you safe in all situations. Each has its own peculiarities and special needs.

With this in mind, we've provided an overview of personal security preparations for a variety of different environments below. First, let's look at the place where you spend more time than anywhere else and where good security precautions are a necessity: your home.

HOME SECURITY

We talked in Chapter Two about handguns and home defense but it's important to note that home defense does not **start** with a gun. It **ends** with a gun. Your initial concerns should be toward building a good **perimeter security system** for your home. Having a solid layer of physical security outside your home to deter thieves or alert you of their presence is **ABSOLUTELY ESSENTIAL**.

There is no better way to get the jump on an intruder than to have adequate warning that he's there. In fact, if you don't have a perimeter security system to warn and protect you from a hostile presence you're asking for trouble no matter what kind of weapon you own or how good you are with it. If you can't take the element of surprise away from an intruder, you're giving him an enormous advantage.

If you're not knowledgeable about perimeter security, you may want to spend the money necessary to have a good, professional assessment done of your home. The security expert will inspect your home to determine where your defenses are weak and provide a plan for properly attacking these weaknesses.

Otherwise, you can devise your own system. A good design will take into account the following elements:

Lighting-Strategically placed lighting around your home is one of the least expensive yet most effective deterrents to intruders. Lighting reduces the elements of concealment and surprise that are so helpful to the intruder.

The type of lighting system used depends on access routes, exterior grounds, surrounding area and the overall layout of your home. A motion sensor light can add your own surprise element to your defense and works great when stationed in your driveway or by your front door.

Dogs-Dogs give you a couple of advantages. First off, if they're large, they can attack an intruder and provide effective defense of their own. Second, even if you own a small dog, it's likely to put up a big racket if someone's sneaking around outside.

Poodles, for instance, aren't going to provide the kind of deterrent a rottweiler will but they can yap up a storm and let everyone know something's not right. That barking could also be enough to send the would-be intruder off in search of another target.

Landscaping-Thick shrubs, sticky bushes, trees and other natural protective barriers can make access to your home more difficult. Likewise, wide open areas can make it easy for an intruder to be spotted. You have to be careful with landscaping, though. You need to keep it trimmed and make sure it doesn't provide a good place for a criminal to hide. This is especially important around windows and walkways.

Fences-Walls and fences should be a part of your home defense system if at all possible. They'll make it more difficult to get to your home and leave the intruder vulnerable to being spotted if he decides to scale them. Roadblocks and gates can also serve a good purpose in rural areas.

But remember that walls are not enough. A determined criminal won't think twice about jumping over them. You must have other elements of security in place to be as safe as possible.

Structural Barriers-This would include grills, bars and other additions to the structure of the home itself. These devices make a statement. Psychologically, a potential thief knows you're serious about protection and might stay away. Physically, they make your house that much harder to break into. One caution: If you install bars on anything, make sure they can be opened from inside in case of fire. You want to keep the bad guys out while being able to get out yourself.

Doors, Locks, Windows-Solid core doors for the exterior of your house are best. It's much harder to kick them in. But those solid core doors with windows are worthless. A thief can break the window, reach in and unlock the door too easily. While you should have a peep hole in your door, window doors should be avoided.

Dead bolt locks are best. They should have a one-inch throw at the least and three inch screws on the side plate so they reach into the frame of the house. Forget the door chains. They're not going to stop anybody who's serious.

Reinforcing door jambs should also be considered. Attaching some pepper spray next to the front door, out of the reach of children, is also a good idea.

Also make sure that any screen doors have heavier metal framing and door

knobs that lock. Metal work of some kind should cover the screen so a potential burglar can't cut the screen to break in.

Even if you use a wooden stick or "C" clamps with wing nuts to keep your windows from being opened, remember that a burglar can simply break the glass and remove these barriers. You need to keep your windows locked, too.

Intrusion Detection Systems-IDS's play a big role in any plan for protecting your home. There are a variety of good, commercially manufactured systems available. They operate by detecting sound, vibration or motion through electrostatic and/or light beam technology. Some are suitable for outdoor use. Others for indoor.

Alarms can be engineered for in-home alert or monitoring by a central station security group. The in-home alarms are cheaper and will let you and your neighbors know of a possible break-in. But what happens if you're not home or facing someone with violence in mind? You might want the protection afforded by the central station monitoring.

Some of these groups even have their own armed officer who'll assist the police when they arrive. Key pads for entry and phone passwords to verify trouble are also available.

A home alarm system with battery back-up that covers all the bases is best. The system should have a control panel in the master bedroom with connections to a central monitoring station that also monitors for fire. These services can cost big money, but you'll often find substantial differences in price between companies. Shop around to get the best rates, prices and array of services.

Making Your Sleeping Area Into A Safe Haven-The more security-oriented may also want to redesign their sleeping area to provide added safety while asleep. A solid door with unexposed hinges and peep hole can be used to set off the area. A cellular telephone should be available programmed with important telephone numbers. A flashlight, pepper spray, fire extinguisher and first aid kit should also be a part of the haven as should your weapon of choice. An escape plan for the whole family should be devised, practiced regularly and learned by all.

Guns-While handguns are the usual choice for home defense, you may want to add a shotgun to your home defense system. A Remington 870 is simple and reliable. It's what we used in Spec Ops and it did the job.

You don't want to have to fool around with high-tech, sophisticated, Hollywood weapons. You want something you can trust in this situation. The 870 pump shotgun with a parkerized barrel-the basic police model-comes highly recommended.

If it makes you feel better, you can get an extended magazine so you can carry up to 8 rounds but this isn't really necessary. Chances are, you won't get into a shootout with an intruder. One or two blasts from your shotgun will generally put an end to a threat, especially if you're using 00-buck.

Don't keep a round in the chamber when the gun is stored. This is stupid and dangerous. You don't want an accidental discharge. Only rack a round when the intruder can hear you and you're ready to fire. Sometimes, just the sound of racking a round will send an intruder back out the door.

When on the range, practice racking a round quickly and completely after each shot. It's very important to make this second nature so you'll always do it. With a pump, in times of stress, people sometimes forget to fully rack a round if they rack it at all. You need to make this a habit every time you pull the trigger.

COVER AND CONCEALMENT

Once you're alerted that you've got an intruder in your home, call the police. Then grab your gun and get yourself into a position where you have good **cover and concealment** and an effective field of fire.

"Cover" is anything that will protect you from the fire of an adversary's weapon. During an actual encounter, you must develop the ability to locate and take advantage of the cover in your home.

Prepare for any encounter by inspecting your home for positions that provide maximum protection from weapons fire. These positions should also allow you to effectively return fire as needed. Also, look for routes that put you between cover and an intruder if movement is necessary.

"Concealment" is anything that will hide your presence from an adversary. It's important to understand that "concealment" doesn't always mean "cover". For instance, hiding in a closet isn't cover. It's only concealment. While you may be out of sight, you're certainly not out of the way of a rampaging intruder and his weapon. Your job is to find places that provide both **cover and concealment**. And when you must move, take a route that also provides cover and concealment.

Just keep in mind that you should never move from a safe position until you have to. By moving you can attract the intruder's attention. Avoid areas where you may be silhouetted against ambient light. Also, make as little noise as possible and keep your use of artificial light to a minimum to avoid being seen. Have your weapon ready, stay calm and be sure to make good use of the available cover and concealment as needed.

"POINTING" OR "INSTINCTIVE" SHOOTING

It goes without saying that you'll achieve the greatest accuracy with your weapon when you carefully aim it before firing. But you may one day find yourself in a situation where you don't have time to aim.

You may be in close quarters, with no cover available, and be forced to get off a quick shot without aiming to survive. Learning the basics of "pointing" or "instinctive" shooting will allow you to fire at close range targets, quickly and accurately, without aiming.

When you look at a person and point at him with your finger, you align that finger automatically without any conscious effort to do so. The same thing can happen when you raise a handgun in front of you. This principle is the basis of "instinctive" or "point" shooting.

Here are some pointers for accurate "point" shooting of a handgun:

- 1. Have your feet spread comfortably at shoulder width.**
- 2. Bend your knees slightly and lean your body forward a bit at the waist.**
- 3. With both eyes open, extend your arms straight out from the center of your chest toward the target.**
- 4. Lock out your wrists, elbows and shoulders. Keep your eyes on the target, looking a bit over the sights of your gun. Though you may be aware of your sights from peripheral vision, don't take the time to focus in on them.**
- 5. As soon as your weapon is properly extended, fire it.**

NOTES

Point shooting techniques should be used only in sudden, close range confrontations. In all other cases, you should fire well-aimed shots using all the basics of good marksmanship.

NOTES**IN YOUR CAR**

Carjackings and the assault and robbery of people getting into and out of their cars remains a threat in our cities. Much of this threat could be negated if people just took the time to think and stay in “Condition Yellow” instead of wandering around like a victim.

Here are some tips guaranteed to make it difficult for a criminal to target your vehicle.

- Always park in a **well-lighted area**.
- Where valet parking is available at a mall, use it.
- Always be aware of people standing around or following you to your car. Know what’s going on around you. If there’s a problem, immediately report it to security or move deliberately back into the mall or office you were at.
- When walking to your car always have your pepper spray out and ready to use. Have your strong arm and hand free. Always hold packages on your weak side (left hand for most people).
- Have your keys ready prior to getting to your vehicle so you don’t waste time getting in.
- Be aware that the **most vulnerable** moment when getting into your car is **when you’re putting in packages or putting a child in a carseat**.
- Have a plan in place for dealing with any assault. Pepper spray and escaping with your child should be central to this plan.
- **Lock your doors immediately** on getting into your car.
- Don’t put your seatbelt on until you’ve locked the doors.
- Don’t roll your windows down until you’re moving. This may be especially hard in the summer months, but an open window provides access to a criminal.
- If someone tries to stop your car by walking in front of it and pointing a weapon your way, try to avoid him or run him down if necessary. Do not stop. If you stop, he’s got you. In some cases, children have been thrown from a window as a carjacker escaped from the scene. Keep moving.
- Velcro pepper spray under the steering column for quick retrieval. Practice grabbing it so you can get to it as quickly as possible if the necessity arises. **DO NOT BE AFRAID OF USING IT.**
- If an attempt is made to steal your car or burglarize or assault you **CALL THE POLICE IMMEDIATELY**. They’re not going to have much chance catching this guy and getting him off the street if you wait.

ATM MACHINES

This is a prime area for criminal activity. Many banks have responded to ATM crime by heightening security and surveillance but the ATM can still make you easy pickings for thieves.

If you want to make yourself impervious to ATM crime, do your banking during the day and inside the bank. **If you must use an ATM, the drive-up variety is preferred.** To maximize personal security:

- Look for suspicious activity and persons around the machine as you drive up. If something's going on, drive away.
- Look for cars parked with people sitting inside observing the machine. Drive away if they're there.
- Only use the machine if it is well lighted at night.
- Stay in your car during the transaction.
- Leave your car in gear and running.
- Keep all doors locked.
- Have your card out and ready to use.
- Keep your passenger windows rolled up. While the machine is processing your transaction, roll the driver side window up.
- **Keep your eyes moving**, often checking your rear view mirrors, for signs of anyone approaching your car.
- Don't count or otherwise display your money at the machine. Put it away. You can count it later. When you're through, drive away immediately.
- Always take your transaction slips with you. Keep your account information confidential.

No matter what kind of ATM machine you're using, if you notice anything at all unusual or out of the ordinary, leave. Even if you've started the transaction, cancel it and go. You can come back later or go to another ATM machine at another location. Don't be hardheaded and take unnecessary chances. If your sixth sense says something's going on, get out of there.

If you must use a walk-up ATM, try to take a companion or friend along to keep an eye out. Criminals would much rather prey on a single figure and having another set of eyes can help you avoid danger. If it's at night and the lights aren't working around the ATM, go elsewhere. As always, if you see somebody standing around looking like they've got no business there, move on to another ATM or come back later.

Most of the tips for drive-in ATM's above also apply to walk-ups. Some other tips for staying safe include:

- Park in a well-lighted area as close to the ATM as possible.
- Lock your car.
- Don't leave your children in the car, thinking you'll be back in a moment. Criminals realize many people have this mindset. It only takes a moment for an abduction.

NOTES

NOTES

- Don't let anyone piggyback with you into an area you gain access to with your card.
- Have your pepper spray ready and don't be shy about using it.
- When you enter your PIN number, use your body as a shield so others can't see it. If you think someone observed your PIN, contact the bank and have it changed immediately.

You should also do everything you can to maintain the security of your card. Never lend it to anyone else. Never give anyone else your PIN-that includes bank employees, police and government officials.

That PIN should also be selected randomly. It shouldn't match your address, phone number, birthdate, social security number or any other ID you may carry in your wallet or elsewhere. Memorize the code. Don't write it down.

Treat your ATM card like any other credit card. If it gets lost, report it IMMEDIATELY.

JOGGING

Jogging remains a popular activity for many people. Its purpose is to keep you in shape but you can find yourself out of shape quickly if you're mugged or assaulted. While there's no need to be paranoid about your regular run, there's every reason to do it safely.

As always, when you're out in public you should be in "Condition Yellow". Steer away from trouble. People who run with headphones on are sending up a red flag that says "Mug Me!" to criminals. We don't want to cut into the Richard Simmons profits, but you really should be using your senses as you run to keep an eye on cars and possible assailants.

You should also run only in a well lighted area. Your route should go only through places where there is heavy foot traffic. Having a partner to run with is a great idea. Criminals like to prey on singles. There's safety in numbers.

You should also carry pepper spray. It's good for dogs as well as humans. And don't be afraid to use it. When you do, don't wait around to see the results. Leave the area quickly.

Planning your run is essential. Never leave your house with the attitude that you're just going to go where your feet take you. Always:

- Tell someone when you are leaving.
- Tell someone where you are going.
- Tell someone when you will be returning.
- Don't stray off your planned route.
- Carry some form of ID and a quarter for a pay phone.

PROTECTING YOUR CHILDREN

You should set up firm boundaries and rules for your children's safety. They should be taught not to leave the designated area you've identified as safe for them. They should also be taught to be wary of strangers and to never leave or take rides with any adult unless you've authorized it. In crowds and malls, you should instruct them firmly to stay with you and never wander off.

90 percent of the abductions performed today involve deception or trickery of some sort. It's important to train your children in how to handle the following prevalent abduction scenarios:

1. Someone the child doesn't know pulls over their car and asks for directions.

Tell your child that any adult asking a child for directions should be seen as suspicious. Even if they know their name, that doesn't mean the stranger knows them. In fact, if they use their name and the child doesn't recognize them, he should be even more suspicious.

If the child knows the directions, he can take two giant steps back from the car and shout the directions. If he doesn't know them, he should tell the stranger he doesn't know and move away. If the stranger makes any move toward them in any circumstance, they should be instructed to run away as fast as possible.

2. The child is near a mailbox and a stranger pulls over and asks them to place a letter in the box for them.

This is a very popular deception with today's abductor. They get the child reaching into the car and half of their work is already done. The child should be instructed to reply that he can't do this and walk away. Again, if any movement is made toward him by the stranger, he should run away as fast as possible.

3. A child is home alone and someone calls up to do a "survey".

Your child should be told never to give out information on the phone. Tell them to say, "You'll have to speak to my parents. One second please..." Have them pretend to call the parent, wait a moment and then say, "My Mom (Dad) is busy now. Can I take a message?"

4. A man with an arm load of packages asks the child to help him take the packages to his car.

Kids want to be polite. They may think they'll be doing a good deed helping this guy out. But they should be told that adults should ask other adults, not kids, for help in such situations. Tell your child it's not impolite to say "No" since a trustworthy adult wouldn't be asking a child for help in the first place. Your child should also make sure to report the incident to you or another trusted adult immediately.

5. A child gets lost in a store or crowd and a "nice" man or woman offers to help him find his parents.

While the man or woman may be on the level, you don't want to take any chances. Train your child to go to a store clerk behind the counter at a cash register and tell them he's lost. A uniformed policeman or security officer can also be asked for help. Above all, children should be taught not to wander away from parents in stores and malls. Nor should they ever go to rest rooms or playgrounds alone.

Parents should also be doubly cautious in stores. Even if your kids are nearby, you can get distracted when making a purchase or consulting a clerk and the child can be abducted. Always know where they are and keep an eye on them.

6. An adult approaches a child in the park and tries to get them to perform some task for him. They may ask to help find a lost cat. They may even present a business card and say they're from a modeling agency and want to take the child's picture.

Abductors and molesters don't only use candy to lure kids into danger. They'll also use flattery and promises of fame or some other reward to get their way. That harmless "photo session" can lead to much more. Children should be told to refuse such requests and report them immediately to a parent so the adult can be checked out.

7. A child is playing in their backyard and a someone looks over a fence or comes through a gate asking them to come over to their house to play a new video game.

It's alarming to think about, but even neighbors can have designs on your kids. Tell your children never to go anyplace, anywhere without asking a parent first. Even if they've gone there before and feel comfortable doing it, tell them they must report to you first.

8. A babysitter offers a child \$5.00 to play a "secret" game.

Tell your child to just say "No". No secret games of this type are to be allowed. They should also tell a parent of the request as soon as possible.

As a parent, you should also be wary of anybody giving your child gifts or money for no reason. Tell your kids to report any such offers to you. You should find out where the gifts or offers came from and why they were given.

It's also important to realize that the first moments after an abduction occurs are critical. The longer the kidnapping continues, the less the chance of escape. Your child, or anyone abducted, should attempt an escape immediately. Make noise, scream, cause accidents, do anything to bring attention to yourself and your situation. If there's an avenue for escape, like an unlocked door, and the car slows or comes to a stop-Jump Out!.

It should also be pointed out that abductors can target a child and look for ways to get at them. Your daily habits can betray you. If they know a child is going to be at a certain place at a certain time each day, and he's by himself, they've got a window of opportunity.

Think about how you drop your child off at school. Do you always do it at the same time in the same place? Most of us do. If you're concerned about your child's safety on the way to school, vary your drop-off time. Drop them at different places on different days, in a random fashion. Anything you can do to mix up your routine can throw an abductor off.

Some final tips:

- Parents are often asked to mark lunchboxes, book bags, coats, sweaters, toys and other articles a child brings to school. Be sure to mark these items in a way that names can't be easily seen.
- Put a piece of paper in your child's pocket with their name, address and phone number on it. Make sure they know how to use it and teach them how to use a phone to dial their number from in town and at a distance.

- Finger print your child at your local police department.
- Always have a good, current picture of your child available.

NOTES**TRAVEL****Your Car**

Below is a safety checklist for your car. These items should always be on hand comprising a safety kit for use in emergencies:

- 4 cans of “fix-a-flat”
- 1 package of tire plugs with applicator (for tubeless tires)
- 1 quart motor oil
- 1 quart transmission fluid
- 1 pint brake fluid
- 1 gallon radiator coolant
- A good flashlight (check as needed for battery quality)
- 1 set of jumper cables
- 1 set of vice grips
- 4 railroad flares
- 1 package of fuses for the car
- 1 universal fan belt
- 1 roll duct tape
- A first aid kit
- A “Call The Police” sign
- A portable telephone or CB radio
- A tow rope
- 1 wool blanket
- Pepper spray velcroed under the dash board

This is a basic list. If you live or will be travelling in areas with sub-zero temperatures you’d want to include chains, thermal boots, a sleeping bag and other cold weather gear. If you live or will be travelling in desert-like conditions include sunglasses, drinking water and protective clothing to use if you need to leave the car and walk.

Some more words to the wise if you’re vacationing by car:

- Do not pull in at rest stops that are empty or not lighted well.
- Do not overnight at a rest stop.
- Use tourist routes and well-travelled highways and roads. Those shortcuts you pick up from the map or a local can lead to disaster.

Travelling In A Foreign Country

While it's easy to get swept up in the excitement and novelty of a new place, you shouldn't let your guard down. "Condition Yellow" is the order of the day. Attacks on Americans continue in foreign countries. Tourists are one of the main targets of criminals in any land. You've got to stay alert and aware.

Proper preparation will also go a long way toward keeping you safe. Before you leave you should contact the U.S. Department of State for travel advisories in the country you're travelling to. Ask for information on:

- Hotels
- Rental Cars
- Restaurants
- Conversion rates for the dollar and other applicable currencies
- Points of Contact For Americans (Embassy, Consulate). You'll need these contacts if anything goes wrong. It's also wise to just check in with them when you arrive.
- Doctors in the area
- Applicable laws that differ from U.S. laws that could affect you. It's very important to know the laws of your host country. In many places around the world you're guilty until proven innocent, especially if you're not a local. You should also study up on the customs of the country you're visiting so you don't embarrass yourself or create some kind of international incident.

You should also make sure your passport is up to date before leaving. **DO NOT HAVE A VISA IN YOUR PASSPORT FROM A COUNTRY THAT ISN'T FRIENDLY WITH THE COUNTRY YOU'RE TRAVELLING TO.** For instance, if you're going to Iran don't travel with an Israeli visa.

Shots should be brought up to date before leaving and be sure to take a first aid kit with you. Things like diarrhea are easily treated if you have the proper medicine with you.

And plan your trip carefully. Let someone at home know all the details including:

- **Airplane flights**
- **Hotels**
- **Countries and cities**
- **Departure times**
- **Return time**

You should plan on making some kind of regular telephone checks with these people just to let them know everything is going fine.

Hotels

Picking the right hotel is very important if you want to insure your safety when travelling. Always seek the help of an agency or someone with experience travelling in the area to insure that you book a stay at a place that is reputable.

NOTES

After that, at the top on your list should be getting a hotel room with an inside entrance. Rooms that open to the outside give criminals a chance to see when you're coming and going so they know when to strike. Outside rooms are also easier to break into.

When making reservations you should specify that you want a room that opens to an interior corridor. If you need to call the actual hotel instead of using the 800 number, which could be thousands of miles from where you're staying, do so.

You'll also want to get a room that has an electronic card-key locking system if possible. The electronic locks are constantly changed. If someone has the conventional key to your room, they can get in whenever they want. Contrary to what some people may believe, hotels don't change the lock just because the last guest walked off with it.

Once inside your room, call the front desk. Some hotels cut off phone service to unoccupied rooms to keep the hotel staff from sneaking phone calls. To make sure the front desk hasn't been forgetful, give them a call to make sure your phone works.

Also make sure your children know how to phone the front desk. You may have given them "911" training at home but they'll need to know how to dial a "9" or whatever else is necessary to get an outside line at your hotel if there's an emergency.

You also shouldn't keep valuables in your room. Safe or lock boxes are usually provided by the hotel and you can store your more prized possessions there. As for your car, don't leave anything of value in plain view. Take it with you or put it in the trunk. And park your car in a well-lighted section of the lot, as near to the registration area as possible.

Keep your curtains closed when in your room to keep inquiring minds and eyes in the dark. Put the "Do Not Disturb" sign out. Always use all the locks on the doors, not just the door knob lock.

When someone knocks, look through the peephole. If you don't know the person or they claim they're a member of the hotel staff that needs to get into your room, call the front desk to check on them. The hotel employee ruse is an old one, but it still works.

When you leave the room make sure to leave the curtains closed and the "Do Not Disturb" sign on the door to give the appearance of occupancy to thieves. The lights and television volume should be left on as if you were still inside.

Always lock the door when you leave. Place a small piece of scotch tape on it in an obscure place. If it's disturbed when you get back, you know someone's entered your room without authorization. Check to see if the maid's been in. If not, you might be missing something.

Finally, don't give your spare room key to the kids, not even the older ones. They're much more likely to lose it. Nor should you allow your children to go to and from the room alone. Very strange people have a tendency to be attracted to hotels, for obvious reasons. A trustworthy adult wouldn't be asking a child for help in the first place. Your child should also make sure to report the incident to you or another trusted adult immediately. something.

Credit Card Fraud

Hotels can also be the setting of credit card fraud. The drill goes something like this: You're just getting settled into your hotel room when you get a phone call from the front desk. The last few numbers on your credit card are blurred. Could you just repeat that credit card number again?

This would all be well and good except for one thing. It's not the front desk calling. Some scam artist watched what room you went into and called you from a guest phone in the hotel. Now he's got your credit card number. You're about to make some purchases you won't recall ever making.

Any time somebody asks you for a credit card number over the phone it should be a red flag. Go down to the front desk and ask them if they called for your number. If not, alert them that there's a thief on the premises. Hotel security will appreciate it and so will the other guests.

Rental Cars

Rental cars are a prime target for criminals with robbery or assault on their minds. They transport tourists and vacationers and the criminal element just loves tourists and vacationers. You'll also run into wackos who may want to murder or assault you just because you're from out of the country or state.

In response to a recent surge in crime involving rental cars, most companies have now stripped them of any identifying marks. Gone are the license plate frames, window decals and stickers advertising or identifying the rental car company. When making car reservations, be sure that you'll be getting one of these "anonymous" cars so you won't be a target when out on the road.

Your goal when in a rental car is to do everything not to look like a tourist. Don't leave a rental contract laying on the seat or dashboard. Store your maps, tour guides and brochures in the glove compartment.

In fact, anything that makes you look like a tourist should be stored in the trunk or otherwise out of sight. If you really want to do this right, get a local newspaper and empty shopping bag from a local store and put it in plain sight inside the car. You'll look more like a local.

As for the car you rent, stay away from bright colors. They attract attention. Get the car dirty. You want it to look lived in like everyone else's on the road. Drive down a dusty road or into a mud puddle if you get the chance. Clean attracts unwanted attention. People evaluate it more highly.

Get power door locks and windows, too. That'll make carjackings or other on-the-move crime less possible. Rent a cellular phone or bring along one of those hand-held phones you can plug into a cigarette lighter. Just don't forget the adaptor. Mobile phones can be of great help in any emergency.

If you're shopping and return to your car to leave some packages off, don't put the packages in and walk off. That's an open invitation to criminals. Instead, get in your car and drive off to another part of the parking lot out of sight. That way you won't have to worry about someone seeing you and breaking into your car when you return to the mall or park. If they see you drive off, they'll give up on you as a target.

All of those other advisories in the "Your Car" section above also apply here. Don't do an overnight at a rest stop. If they're unoccupied or poorly lighted, keep driving. Use the well travelled routes. And if you get bumped by another car when you're in a rental car, drive to the nearest police or fire station. Causing a minor accident is one way the criminal will try to get at you.

Airports

Crooks love airports even more than they do rental cars. They know that people are in a hurry and will often be distracted. They're running around looking for gates, flight information, and airline clerks and they're not paying attention to their bags or valuables.

Bottom line caution when in an airport: **DON'T LEAVE YOUR BAGS UNATTENDED**. They don't keep telling you that over the loudspeakers for no reason. Half the bags stolen at major airports are those left unattended.

They're usually carry-on luggage that everybody, including thieves, knows contain cameras, jewelry, gifts and cash. They make for a very easy target when someone leaves them on the floor while they run off to find a flight schedule monitor. Restrooms are also a great place for thieves to grab unattended baggage. Hey, take it into the stall with you. It's no big deal.

Money is also best kept in a lightweight belt or "fanny pack" when dealing with airports or any big crowd. You wear these under your clothes where it's difficult, if not impossible, for a crook to get at them.

Keep several \$1 bill in your pocket for tips (these guys shouldn't be seeing any President but Washington, anyway). You don't want to be whipping any wallet out repeatedly and showing everyone you're on holiday and carrying a bundle. If a thief sees a wad of \$20 bills, you immediately become a marked man.

Metal detectors can also give the thief an opening. It's easy to be set-up. One popular scam has one of the thieves going through the detector ahead of you full of keys and metal jewelry to set off the alarm. While they slowly unload their belt buckles and nail clippers, your bags are being picked up by an accomplice on the other side of the x-ray scanner.

There's an easy way out of this. Always hold your bags until the person in front of you has gotten through the metal detector. Take all your metal articles out and have them ready to put in the container provided. You want to get through the detector as fast as possible. Do not put your bags on the conveyor belt until all this is done.

If one of the security boys snaps at you, tell them you need to keep an eye on your bags at all times. This will wake them up and also inspire them to pay extra attention to your bags.

Travelling With Children

All of the above cautions about protecting your children apply here, only more so. On a slip of paper put your child's name, your name, your local address and the phone number of a friend or relative back home who can serve as a go-between if you and your child are separated. Put that paper into the child's pocket.

You should also always carry recent photos of your children to give to police or security personnel as needed. Having the family wear the same color T-shirt also makes it easy for your child to spot you and gives him a better chance of describing you to security if you get split up.

Briefing your kids again on the need to stay close and be cautious of strangers is also important. Set ground rules and stick to them. Using a child tether or the new "beeperkid" technology that warns you when a child is out of the "comfort zone" is also an option.

NOTES

STALKING

Stalking has become a high-profile crime in recent years. It takes a variety of forms, from relatively minor harassment to murder. Sometimes the victim is a celebrity but more often they're just someone who has become a target for an ex-boyfriend, coworker or acquaintance. There may be situations where the victim doesn't even know the stalker. They've chosen them as a victim for reasons known only to their warped minds.

Usually the stalker will conduct covert surveillance of the victim, following them. Later they may contact the victim to make sure that they know they're tailing them. They may stake out the victim's home, place of work and social activities. The stalker is highly obsessive. They try to control the victim through fear and threats. They live in a fantasy world and when that fantasy world is shattered they can become homicidal.

We've broadened the usual "stalker" definition here to include people who may tail you for a short to intermediate period of time for no other reason than an intent to commit a crime. That crime could take the form of robbery, rape or other assault. You may not know this person but they're targeting you for an attack. You need to be aware of the potential for this situation and ways to deal with it. Here are some suggestions:

- If you see a person tailing you twice, it's a coincidence. See them three times, it's not.
- At home or in a hotel, always pull the shades when changing clothes.
- If you're in a mall and suspect someone is tailing you, walk in front of a store front window as if you're shopping and use the reflection to get a full description of the suspected stalker.
- If you're walking and suspect someone, make several obvious turns to see if they follow.
- If you're driving and suspect you're being followed, make several turns to make sure they're following. Don't lead them back to your house. Call the police on your cellular phone or drive to a police station, trying to get as good a description of the following car as possible.
- If you're at home and see the same suspicious person over and over (and it's not your wife), get a good description and call the police. Remember that disguises can be used. Try to ID things that won't change like eye color and any scars or other unique physical markings. "He was wearing a red jacket," is not enough.
- If you're jogging and somebody on foot or in a vehicle falls in behind you, get to a populated area as quickly as possible and seek the help of the police or a security officer. Try to have a good description.
- If you've got a camera and suspect a stalker, take their picture. Chances are they'll turn tail and run.
- Report any communication from a stalker to police including phone calls and, especially, letters. This can be crucial evidence when the stalker is brought to court. Get names and phone numbers of any witnesses who can corroborate any harassment.

NOTES

- Screen your phone calls through your answering machine. Use caller ID, if available, to track down the phone number of the stalker.
- If you believe you're being stalked at work, contact company security. Change your telephone number, have your calls monitored by security, park in hidden areas of the company lot and make it difficult for the stalker to pick up your trail. Have a cellular phone on board with "911" or another police number programmed in just in case you need it quickly. Make sure someone escorts you to your car after dark. If possible, a security officer can follow you home.
- If you have a restraining order, carry a copy of it with you at all times. This will help police and security respond more aggressively to your situation.

NOTES**HIJACKINGS**

Hijackings still remain a possibility, especially for people flying internationally for vacations or business meetings. As above, we always suggest checking with the Department of State for travel advisories in the area of the world you'll be visiting.

Choice of airline is also important. Keep in mind that U.S. airlines are often targets while the airlines of neutral countries, like the Scandinavian SAS, are not. The airlines of other countries, like England or France, who once had colonial ties in the world can also be targeted.

About the only exception to this is El Al, out of Israel. Security is so tight on El Al flights that they can be considered quite safe, even given their status in the volatile Middle East.

Opting for a safer choice of airline and scheduling direct flights, that avoid stopovers where terrorists may join the plane, can spell the difference between a restful flight and a nightmare.

It's also advisable to retain your anonymity when on board. Don't bring any undue attention on yourself. Don't make yourself a target. Keep those corporate logos off your luggage. While particular nationalities can be singled out for abuse by hijackers, corporate affiliations can also make you a walking political statement.

If you work for the government or a large corporation linked to the U.S. you may be used as an example or a negotiating tool. Company materials and business cards should be kept in your main suitcase. Also, travel in tourist class. If a hostage is to be chosen to be shot or beaten to make a statement to the press or passengers, he's most likely to be somebody important and important people generally are found in first class.

As far as seating arrangements are concerned, window seats are best. They place you further away from the hijackers and the aisles where bullets may fly in an escape or rescue attempt. Being seated next to an exit seat can also give you a chance of escape if an opportunity arises.

If an aircraft is hijacked, the first few moments are critical. The hijackers will be attempting to bring the aircraft under control and lives may be sacrificed in the effort. They may run down the aisles shouting and screaming and pointing weapons at passengers. It's important not to resist their orders or hesitate at this time because anybody seen as a problem may be beaten or otherwise used to make a statement.

In fact, it's wisest to keep your mouth shut. If you protest or create a fuss, you'll be more likely to be chosen if the hijackers need a victim to make a statement later.

If a counterterrorist team storms the airplane, the assault will only last a few minutes. The German GSG-9 once cleared an aircraft in 11 seconds in a famous raid in Mogadishu, Somalia. But though the assault will most likely be over fast, it will also come with surprise and great violence.

One of the most important things in this situation is to not be mistaken for a terrorist. It will be confusing. Stun grenades may be used which can temporarily deafen and blind you. You must keep your head. Stay out of the aisle and do what you can to dive to the floor under your seat and away from fire. If you stand up or run into the aisle, what's to keep the assault team from knowing you're not another terrorist?

Disaster can also come from unlikely sources. In 1986, the cabin in a hijacked airplane in Karachi, Pakistan was plunged into darkness when a generator ran out of fuel. The hijackers took this as a sign of an impending assault and opened up on the passengers, killing 20 and wounding 120 more. But no assault was in progress.

Again, you've got to keep your head and be ready to act properly under any circumstance. Some companies and security agencies also provide courses for business travellers on how best to survive a hijacking situation. If you're a frequent international traveller, you may want to ask your company about any available courses.

CIVIL UNREST

Rioting, such as that seen in Los Angeles in the wake of the 1992 Rodney King verdict, can have a devastating impact on a business. With police and fire fighting personnel stretched to the limit, they may not be able to answer your call when you need them.

If you are doing business in an area where you may be affected in a riot, it's wise to do a little homework. Marking items that can be recovered can be a good idea. Keeping track of serial numbers or putting your social security number on goods can also help identify stolen property. Thousands of dollars have been lost in previous riots simply because businesses had no way to identify stolen items. The police were forced to auction them off.

Public relations attempts in the neighborhood may also help. Being known as a good neighbor with a reputation for caring about the community may keep you from being a target. Sometimes this will be of no help but there have been cases where businesses have been spared or warned about the riot in advance because of their standing in the neighborhood.

If a riot seems a possibility, you should move quickly to protect goods. Those most often sought by looters-guns, money, jewelry, liquor, drugs, big ticket items-should be put in a safe or moved out of sight. Display windows should be cleared. Gates should be deployed and all entrances and exits not needed or required for emergencies should be sealed off or locked. If you know about the possibility of a riot well in advance, you should move to reduce your inventory as quickly as possible.

Fire is also a big concern, Molotov cocktails being a favorite with looters. Fire extinguishers good for flammable liquids should be available, especially on the roof. The roof is a big target for rampaging looters and should be monitored for fire during riot conditions. You and your employees should be trained in the use of your extinguishers.

Businesses and homes that are occupied have less of a chance of being hit in a riot. Still, you may want to get your employees out of the area. Evacuation routes should be established. Car windows and doors should remain shut and locked when moving away from the building.

If you get stuck inside a building, call the police. Have a mobile phone available in case lines are down or you lose power. Have battery backups for all communications equipment. CB or cellular radios may also be of great use.

You should also protect your business records. If you can't prove your losses, you'll be in trouble. Keep a duplicate record, including computer disks, in a safe location away from the business area.

A FINAL WORD

Most of this chapter has dealt with PREPARATION. Being prepared for a situation allows you every possibility of avoiding it. If you know where danger resides, there's a very good chance you'll never have to face it.

Bottom line, everything written above comes down to one major element: **STAY ALERT**. In any unsecured or insecure state, remain in "Condition Yellow". Maintain 360 degree surveillance. Know what's going on behind you. Keep your guard up. Look for things and people out of place. Use your senses. Follow your instincts. Try to see problems **before** they occur and steer away.

You should also make sure that everybody else knows you're awake. Move as if you're a confident person with a purpose. Stand straight and hold your ground when necessary. Keep your strong side ready for action. Don't fidget or pace or otherwise look like a victim. Remember that most criminals look for an easy mark. They don't want to have to work for their ill gotten gain.

Establish that "survival mindset". Whatever you need to do to survive, you should be ready to do. If you must act, do it with 110 percent commitment. Be decisive. Respond with speed and violence of action. Surprise your attacker. Go on the attack. Make him the defender. But stay cool. Don't lose control. Keep the computer inside your brain running and be precise in any blows or shots delivered.

Above all, be on the lookout for a fight but don't go looking for one. If you can walk away safely, do it. If not, be ready to fight and keep fighting until there's no need to fight anymore.