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Self-Defense
5th DEGREE BLACK BELT

Bradley J. Steiner, the author of this booklet, is an acknowledged authority in the field of unarmed close-combat, personal defense, physical training and tactical skills. He has written many books, among them: **BELOW THE BELT! UNARMED COMBAT FOR WOMEN** (published by Paladin Press, P.O. Box 1307, Boulder, Colorado 80302), **FIT TO FIGHT! COMBAT CONDITIONING FOR PERSONAL DEFENSE AND SELF-SURVIVAL** (also published by Paladin Press), and **COMPLETE GUIDE TO EFFECTIVE BARBELL TRAINING** (published by Iron Man Industries, Alliance, Nebraska 69301). For many years Mr. Steiner has been a feature writer for the top men's physical training publications, and his articles have included "Weight Training for the Budo-Ka" and "Are You As Fit as a Green Beret?" (the last mentioned having been done after careful research of U.S. Army Special Forces training methods). In addition, Mr. Steiner has given class and private instruction in his self-defense and unarmed combat method, which he has named "COMBATO".

The author is a graduate of the world-famous "Combat Pistolcraft School", administered by the renowned Handgun Authority and Combat Expert, Jeff Cooper. Mr. Steiner has made a study of all hand-to-hand combat methods. He maintains an active interest in these subjects, and works out and trains daily. He is constantly studying new and improved practical close-combat skills.

COBRA PUBLICATIONS is proud to offer **THE TACTICAL SKILLS OF HAND-TO-HAND COMBAT (SELF-DEFENSE)** by this fine author-teacher. It is the first in a planned series of in-depth volumes dealing with all aspects of *effective, realistic, practical*, and, unfortunately, *much-needed* personal defense methods.

Watch for Bradley J. Steiner's future works on physical training, martial arts, and mental / physical conditioning!

Additional copies of the booklet may be obtained by writing directly to the author:

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The Tactical Skills

of

HAND-TO-HAND COMBAT

(Self-Defense)

by **BRADLEY J. STEINER**



THE TACTICAL SKILLS OF HAND-TO-HAND COMBAT

By Bradley J. Steiner

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DEDICATION

This book is dedicated to the following individuals, from whom the author feels his greatest understanding of effective close-combat and personal defense methods have derived.....

Jeff Cooper
Rex Applegate
John Styers
John Martone
Wesley Brown
and, the late masters of
effective military combative
technique: Anthony J. Drexel Biddle
and W.E. Fairbairn

To the above individuals this work is respectfully and warmly dedicated.

FOREWORD

"....for the simple and unfortunate fact about personal defense and security is that it's never a 'guaranteed' or 'sure' thing. More, it may be a little chilling to some of you to hear me say it, but there just can never be *complete* self and family protection without the *capability* and *willingness* to offer violent, deadly resistance to a criminal attacker when necessary.

"Burglar alarms, guard dogs and good locks are fine. I commend them all - highly. Cautions and precautions all are sensible and certainly very helpful. But at some point if he or she wants real security, the private citizen simply *must* become competent in the actual *techniques* and *mental aspects* of self-defense - preferably both with and without the use of firearms and other available weapons.

"When the private citizen's locks, alarms, dogs and precautions prove insufficient to *avoid* the violent criminal, he will be *destroyed* by the violent criminal, *unless he has the means of destroying the violent criminal first....*"

-- from a talk given by the author

INTRODUCTION

Whether you engage the opponent with ju-jitsu, karate, kung fu or kenpo - whether your weapon is a chain, a stick, a knife, a bottle or no weapon at all - regardless of who you are, an understanding and application of the basic Tactical Skills of Hand-to-Hand Combat is essential for successful defense of your life, or defense of any loved one for whom you may be fighting.

It is the erroneous practice of the vast majority of "self-defense" students to devote their efforts almost totally to the learning of TECHNIQUES. Kicks, punches, holds, throws, escapes etc. Actually, only a handful of "techniques" are required for emergency survival - the MENTAL and PSYCHOLOGICAL phases of readiness training being far more important to the student.

This booklet deals with the critical TACTICAL preparation for self-defense - the mental psychological factors.

My aim in writing this booklet is to pass on to all peaceful people who may need them, the *tactical fundamentals* that are required for effective hand-to-hand defense in a life or death emergency. And here I must give this *Warning*: NO ATTEMPT SHOULD BE MADE TO TRY TO "ADAPT" THE TACTICAL SKILLS DESCRIBED IN THIS PUBLICATION TO SPORT KARATE, JUDO, OR COMPETITIVE SPARRING MATCHES. To do this could easily result in disaster!

The tactics herein set forth aim solely at keeping you alive. They apply in situations where vicious, unprovoked criminal assault makes an "anything goes" attitude necessary for survival.

There is not time to deliberate and plan once violence strikes. Frequently, what determines who lives to describe what happened during a brutal attack, is individual VICIOUSNESS. No "black belt" should underestimate the survival-value of "art-less" gutter tactics, applied remorselessly without warning. No one who studies any martial art can afford to lose sight of the enormous advantage of becoming - "for the duration" - an animal.

TWO GROUND-RULES, NO MATTER WHAT PARTICULAR ART YOU'RE STUDYING...

The fundamental precepts - the "Commandments" - for the martial arts student of *any* system are the following, when the objective is serious self-protection:

1. When you must save yourself USE DEADLY TECHNIQUES ONLY, and,
2. Employ your techniques with PERPETUAL FOLLOW-UP until there is no longer any "opponent" to strike.

That is all I shall say in this work about "techniques". Our subject is, after all, TACTICS. So let us begin to examine the first of these....

THE FIRST TACTICAL PRINCIPLE IS:

...NEVER fight anyone on an equal footing, according to pre-set "rules" or according to set, acceptable or "fair" techniques. Be unfair, be ruthless, be deceptive. Get tough! Use a weapon if possible - even when the adversary is unarmed!

The so-called martial skills of the classical fighting systems often perpetuate very bad survival habits. Karate students, supposedly learning the "ultimate" form of self-defense are taught to "square-off" in a stance...to hit, then step back, and to hit, etc. Boxers fight with very careful regulation of their techniques, and so do judo men, and so forth.

All of the formalized fighting looks great in the gym or dojo, but it often leads to tragedy in a real-life attack situation. When you're in danger *drop* all concepts of fairness. *Forget* about ethics. You can be ethical *after* you've saved your life. MOVE! Don't muck about with conflicting qualms about doing damage to a lout who assails you or yours. Get him! Get him with the first, second, third and fourth "dirty" trick that suggests itself! Whammo! Fast - before your enemy can comprehend that he has indeed picked the wrong victim!

It is ironic when you think that a thug does, in part anyway, **DEPEND UPON HIS VICTIM** for his (the thug's) success! Actually, this is so.

Most violent types know full well that their victims - the decent people - just "can't" fight back. That most *normal* individuals "don't find it possible" to take the obvious actions that would save them.

The scum who puts his hands on a young woman with no thought of the wrongness of his action **KNOWS** (or at least, feels sure) that "she'd never really *dare* to fight back". And in the rare case where

she would fight back, it would be in a *predictable, expected* manner. She'd push Or she'd smack the creature Or, she'd draw herself away, etc. NO GOOD! Be the one woman in a million who'd do the UNTHINKABLE - and you'll *survive*! Rip the bastard's eyes out of his empty head & kick him in the groin so hard that his testicles lodge in his throat! FAST! NOW! *Before* he anticipates the action. And more: be *deceptive*. Smile at him softly before you go into action, thus throwing him psychologically and physically off-balance YOU OWE NOTHING TO AN ATTACKER.

The PRINCIPLE obtains for men, too, of course. It is a TACTICAL SKILL of effective hand-to-hand combat. Fight no one on the terms *he* selects.

You are sitting in a subway train minding your own business. A punk walks past you and makes a snide remark. Wisely, you ignore it. He *expected* you to. Then, he deliberately waves his hand in your face. Now, he *expects* you to....

a. DO NOTHING

b. TO VERBALLY PROTEST ("Hey, you, leave me alone!")

c. PROTEST BY PUSHING HIS HAND ASIDE.

But...you do the unexpected! You spring into sudden violent action. You BYPASS his "ploy" (the hand in your face) you swing suddenly to his rear, smashing your hand-edge into his kidney - *hard*! Then you grab his hair, yank him backwards, off-balance and snap a Japanese stranglehold on him - FULL FORCE. Or, you kick his skull in with a violent kick when he falls.

"Dirty", "unfair", "brutal", "savage"? Naturally. So what? What, please tell me, is clean, fair, merciful and civilized about attempting to terrorize the innocent? Why does a street rat rate better treatment than he'd give *you*?

In all cases, the thing to remember is this: the rulebook goes out the window when someone threatens you with violence. The "niceties" of civilized behavior are forgotten when the uncivilized encroach upon you.

There is nothing whatever sporting about hand-to-hand combat. Victory does not go to the nice guy. Plenty of nice guys end up in the street with a knife in the back because they fought according to "rules" - rules that the violent criminal does not even understand, much less care about.

To engage the opponent on an equal footing is perfectly all right - necessary, in fact - in a CONTEST. For here there *must* be rules, restrictions and a sense of ethical consideration for the opponent. But not in a hand-to-hand combat. When you are projected into a violent confrontation, then violence must be your means of surviving. Whoever attacks another has, by his very action, absolved you - the victim - of any moral responsibility for damages.

If I take it upon myself to threaten you with violence, and if you, instead of cowering in fear as I had hoped you would, suddenly spit into my face and kick me as hard as you can, and then pull a folding knife once I go down, so you can finish the job - THE FAULT IS ALL

MY OWN! If I had not chosen to initiate force against you then I would not have obliged you to take action. It is hardly reasonable to say that it is the prerogative of the ATTACKER to set the terms by which his victim may protect himself!

Any person who unjustly intends to injure or terrorize another deserves WHATEVER he gets, and in whatever form his would-be victim chooses to give it.

All of the foregoing is, today, tremendously contrary to sociological thinking patterns among our "intellectual" and political leaders. But what you are being told is the TACTICAL PREMISE upon which the effective hand-to-hand fighter bases his repertoire of whatever techniques he calls his own.

Any weapon available to you should be brought INSTANTLY into play when you are attacked. The fact that your attacker is not armed is ALL THE MORE REASON to use some item against him! Obviously, if you have a weapon and he doesn't, YOU have the advantage. USE IT! The important consideration when you face violence is not "How much damage should I do?" Rather, it is: "How much damage *can* I possibly do - and how *fast*?" Act before it's too late.

By virtue of the fact that you are the defender (i.e. that you are acting in response to violence) whatever you choose to do is "justified", from a rational point of ethical consideration. The attacker is 100 percent wrong, by virtue of the fact that he is the aggressor. It matters not what "form" his attack takes - be it a violent shove or pulling a switchblade. HE IS WRONG TO TAKE THE ACTION. Act according to these ideas if you wish to be effective as a hand-to-hand fighter.

To engage any adversary on an equal footing is to give to him - the wrong doer - the incredible advantage of not only *starting* the fight, but of being the indirect "determiner" of how it will be fought! Don't let ANY troublemaker be the term-setter! You set the terms. And make sure they're to YOUR advantage - not the opponent's.

TIPS

1. Sand carried in the pocket of a jacket is a good way to give yourself a sudden "edge" in a confrontation. Flung without warning into the face, it DISTRACTS!

2. Furniture can be swung or thrown at a person or tossed at him in the confines of a room.

3. Anything you are carrying can be thrown at an assailant or used to strike a blow.

4. Feigning fear can be useful. For women, feigning compliance can help to give the "edge".

THE SECOND TACTICAL PRINCIPLE IS:

...Cultivate and display an attitude of **SUPERIORITY** and an attitude of **CONFIDENCE** towards any opponent - no matter how large, arrogant, "tough", or evidently strong he may be.

Again - the sort of savage that initiates violence against the peaceful **DEPENDS** in good measure upon his victim's being awed, for his (the attacker's) success. In good part the punk is *counting* upon his victim's inferior capacity to resist attack, and *the victim's own inner fear of this!*

Those who are basically rational and peaceful understandably find violent confrontation to be a distasteful, "foreign", "abnormal" and "unfamiliar" experience. This attitude, displayed in the face, and given away by hesitant gestures, does nothing but fan the assailant's fire!

In normal human interaction reasonable people do not regard social intercourse as an opportunity to display "superior" or "inferior" characteristics. People whose brains are functioning normally simply relate peaceably and respectfully to one another or quietly refrain from relations altogether when there is incompatibility.

In hand-to-hand combat and related circumstances that involve serious confrontations with violent elements, there must be a reversion to the back-alley gutter ways if there is to be survival. Self-defense depends upon the law of survival - not the law of etiquette. It is useless to be "human" when dealing with the violent element.

There is a need in the encounter to **THINK, FEEL, LOOK** and **ACT FIERCE!** And there is a need to convey the impression - regardless of one's physical size - that one is **FULLY CONFIDENT**

of one's **COMBATIVE SUPERIORITY!** More often than not this simply means that one must force oneself to be an actor. Few people actually *feel* superior or are totally inwardly confident of their abilities every time, in the face of a dangerous assault.

So how is the required "act" to be accomplished? By **FORCING** oneself to behave as one must. There is no other way. The punk who acts with force respects only greater force, and is deterred by either the apparent threat of it or by the actual unleashing of it upon him.

LOOK determined, not afraid. Put tension around the eyes, and tense the hips, lower abdomen and legs. **EXhale**, do not **INhale**. Look directly into the face of a troublemaker if possible. Take your stand and **DO NOT GIVE** one inch!

In training, constantly remind yourself that you are in **NO GREATER DANGER DURING AN ENCOUNTER IF YOU GO IN LIKE AN AGGRESSIVE, WILD ANIMAL, CONFIDENT OF YOUR VICTORY, THAN IF YOU ATTEMPT TO TIMIDLY BACK OFF, "FREEZE UP" AND GENERALLY ASSUME A "VICTIM" ROLE IN THE SITUATION.**

Recall that simple truth every day.

Remake any "philosophy of safety" you may have internalized while growing up in fear of violence. It only sounds good on the surface to "Be careful! Don't antagonize him - he'll only get mad and really hurt you!". **NONSENSE!** Violent criminals are just like animals. They smell fear, hesitation and doubt, and the presence of these things in their victims only spurs them on more furiously. The Sharon Tate party did what it could to avoid "antagonizing" the Manson scum. In a New York City subway several years ago a young black belt karate champion did what he could to "not antagonize" 2 vile elements of filth - before they knifed him to death.

In hand-to-hand combat you have only to **GAIN** by *arrogantly* assuming authority and brazenly jamming it into the face of the opposition, while you plunge into an immediate counter-offensive at the first indication of a threat. In a sparring match you can take time to "feel out" the opposition. In a real emergency, *assume* that you are the better fighter, then **ACT ACCORDINGLY!**

OVERWHELM the attacker - **IMMEDIATELY** - with the look and boldness of action that floods his mind with the sudden, unexpected realization that he bit off way more than he can ever even hope to hold in his mouth!

SCENE:

A street corner in a large City. *Your City*. It is about 9:30 in the evening. There is no one around but you, and you are waiting to **pick** up your wife. You are going to walk her home, after her visit with her parents.

After five minutes, your wife arrives.

She: "Hi, honey!"

You: "Hi, dear."

You kiss her. She takes your arm, and you start to walk home.

A punk about 40 pounds heavier than you suddenly steps in front of you. He makes a dirty crack and deliberately shoves you into your wife.

Punk: "Watch yo' ass, mutha!"

You (*Furiously, without warning, at the top of your lungs*):

"FUCK YOU!" you yell.

As you yell you rip into the animal's eyes with the fingers of both hands, going for him like a madman.

Blinded, the animal clutches his eyes in terror. You kick him several times as hard as your strength and your fury permit, in his exposed groin area. As he crumples like the sack of garbage he is, you kick his head. Then you dive for him, seizing his hair. With furious determination you repeatedly bash his empty skull again and again on the granite sidewalk.

You then arise, take your wife's arm, apologize for the foul language you used, and continue peacefully on your way home.

END OF SCENE

That was an example of what I am trying to describe to you. If you say that you "could never" behave in the manner I described, consider: *the only one who would stand to gain by your squeamishness is the punk*. Violent confrontations often end in tragedy and humiliation for human beings because they erroneously regard savages as "people" in violent emergencies. They timidly respond, when SAVAGERY is demanded of them. They give into to that feeling of inferiority when SUPERIORITY is called for. In the same manner as, and for the same reason that a dog handler trains himself NOT TO DISPLAY FEAR, BUT TO DISPLAY COURAGE AND CONFIDENCE AND SUPERIORITY, a self-defense student trains himself in a like manner.

Get a swelled head. In combat, you are INVINCIBLE. Remember that! Believe it. FLAUNT IT, if attacked, and drive into any attacker like a wounded tiger!

The opponent cannot guess that a person who LOOKS, ACTS, and ASSUMES courageous comport and combat mastery in an encounter is "performing". For all practical purposes, until it BECOMES AN ACTUAL FACT, by acting superior you *become* superior!

If you are convinced that you are the opponent's inferior, you will behave like the opponent's inferior, and you will BECOME the opponent's inferior.

If you convince yourself that you are the opponent's superior, you will behave like the opponent's superior, and you will BECOME the opponent's superior.

THAT'S THE WAY THE HUMAN MIND WORKS!

TIPS

1 Autosuggestive and self-hypnotic techniques can help you. Read:

Psychocybernetics. by Maxwell Maltz, MD

2. The more you *question, challenge* and *attack* the notion that security lies in timidity, the more will timidity lose its hold on you.

3. *Study* your face in the mirror. Learn to make it convey what you want someone to see. Let any opponent see fearlessness, determination and, to an extent, "madness".

4. Posture and bearing can do more to prevent an attack than carrying a gun. Can you imagine how a Marine Corps veteran of combat might look and carry himself? Is there any reason not to emulate such a man?

THE THIRD TACTICAL PRINCIPLE IS:

...Use ANY available object or item at hand as a weapon against the opponent.

However well-versed a man is in unarmed fighting skills he should employ weaponless combat *only* when he has exhausted the use of all improvised weapons at hand. (An "improvised" weapon is anything at all that was not specifically designed to be used as a weapon but which, in any conceivable manner, can be used to inflict or to assist in the infliction of injury to the enemy).

The effective combatant does not view hand-to-hand fighting as a "bout" to be conducted with limitations upon his choice of weapons. He picks up anything at hand, **INSTINCTIVELY**, and uses it against his adversary.

The self-defeating notion drilled into us as children, in the name of fairness and good sportsmanship, is "Don't fight dirty." It's not right to use a weapon against someone who has no weapon.

If one were to suggest to a boxer that he hide a knife in his trunks when he enters a ring to fight for a title, I'd agree that this suggestion was despicable. If a karate man suddenly slipped a length of pipe into his hand from his gi's sleeve during a sparring match, and then used it on his opponent, I would concur that such a violation of the rules was unforgivable; yet the fact is that the only rule of hand-to-hand combat is: "No rule". Anything goes in real fighting. Get that once and for all into your head. If you **REALLY ACCEPT** that idea, you will have grasped a life-saving fact that surprisingly few "martial artists" ever *really* come to accept....but which remains a basic of close-combat.

Any ordinary hardback book can be whacked across a man's nose edge first.

An umbrella's tip can become a fatally-effective weapon - especially if it is sharpened with a file, as I teach in my book, **BELOW THE BELT! UNARMED COMBAT FOR WOMEN** (published by Paladin Press, P.O. Box 1307, Boulder, Colorado 80302).

An ordinary chair can be driven into an opponent much the same as a lion tamer uses a chair to keep a jungle cat at bay.

A handful of dirt, sand, snow, keys or small change can be flung into an opponent's eyes.

A glass of water (or other more stimulating beverage) is conveniently tossed into a troublemaker's face as a diversion.

A lamp makes a good weapon - especially if the bulb breaks and gashes the face!

A handkerchief is a dandy thing to suddenly toss over an opponent's eyes - before you punch him full-force in the solar plexus!

There is actually no real limit to what can be used to assist you in an emergency situation. **THINK** about it.

One of the real drawbacks to trying to study a **SPORT** form of fighting as a means of self-defense is that *set* ways of fair method become automatic. The opponent seizes **your gi** for instance, to begin judo randori. You habitually respond in a likewise manner. The opponent assumes the karate "ready position" prior to a kumite "match", and you assume *your* set defensive posture. Ditto in kung fu, wrestling and boxing. Even in ju-jitsu, which espouses skills purely for self-protection, the student is taught to respond with a **DEFENSIVE**, always *unarmed* tactic.

Good as any art may be, it is better if its use is preceded by an *armed* tactical offensive!

Of course no one will be idiotically inclined, in a fight for his life, to fight according to "rules". But **HABIT** is hard to break when suddenly thrust into a sudden, violent situation that calls for immediate action. When a man has been **DRILLED** and **CONDITIONED** to have a particular response it becomes as second nature. This is why the use of anything at hand as a weapon, in the event of an attack, must become "drilled into" the self-defense-neophyte. When an emergency is thrust upon him, the hand-to-hand fighter makes use of every resource to **WIN!**

How you "PROGRAM" yourself will determine how you will respond.

PROGRAM YOURSELF TO fight mean, unfair, dirty, and "one up", whenever possible, on any attacker. Use anything to mash his face in, once the whistle blows!

TIPS

1. Make it a point to always be alert and aware of your surroundings. Not only so you know *who* is around you, but so you are conscious of *what*, at any given moment, is around you. The

mind takes in a lot very quickly, and this point is not so difficult to follow as it might at first seem. **PRACTICE!**

2. Try always to carry *something* with you at all times that might double as a servicable weapon in a pinch. A rolled magazine can be used as a thrusting "yawara" stick-type of weapon. A pen is great against the neck and eyes!

3. **ANYTHING THAT BLOCKS SOMEONE'S VISION-MOMENTARILY** (like a sport jacket thrown over the face) could easily save your life.

THE FOURTH TACTICAL PRINCIPLE IS:

...KIAI! Yell when attacking or defending. Use screams, shouts, vicious yells and facial grimaces instinctively when in combat!

The American Indian, the Japanese Samurai, the Korean Harando, and the latter-day "Green Beret" (Special Forces Soldier) of the American Army, as well as the U.S. Marine Corps Recruit ALL learned to YELL savagely when on the attack in hand-to-hand combat. And all with good reason.

Loud noise - sudden loud noise - SHOCKS human beings. It also shocks sub-human beings, who prey on the innocent.

SCREAM

...as suddenly, furiously and savagely as your lungs and vocal cords will permit. Regardless of what "technique" you employ - the "Kiai shout" will treble the technique's effectiveness.

Yelling does several very important things for you in a combat situation:

a. It **TIGHTENS** your muscles, thus increasing your power and your resistance to punishment.

b. It actually **REVERSES** the "fear reaction" of your body, and it converts the **STRENGTH** in that reaction to a courageous focal point of concentrated force output.

c. It "freezes" the mind of your enemy momentarily; freezes it on the sudden shriek of your voice and diverts *his* focus from his original intention - as well as from being able to clearly interpret your action.

d. It stimulates and enhances your natural physiological reaction of increased adrenalin-flow.

Let's tie this tactical skill - yelling - in with the previous-mentioned principle: that of using any available object at hand as a weapon against the opponent. Fling a handful of sand into an on-coming assailant's face (Tactical Principle no.3) and *explode* with a blood-curdling yell at the same time (Tactical Principle no.4) Effective? *EFFECTIVE!* And it requires no fancy or highly complex judo or karate "technique" to utilize. However, it may readily be combined with ANY simple, practical, well-practiced applicable move that one wishes to apply. **SUCH IS THE VALUE OF GOOD, SOUND TACTICAL SKILLS** - they enhance *all* techniques and are applicable in *any* combat situation, or self-defense emergency.

People are not accustomed to screaming and to attacking aggressively. In point of simple fact, **NORMAL** people find this quite uncivilized. Serious self-defense, however, **REQUIRES** "uncivilized" action! Combat is "distasteful"! If you doubt what I am here pointing out, then do yourself a big favor. Read the following two books that will provide an insight into your potential attacker's "civilized" mind, and "tasteful" manner...

HELTER SKELTER, by Vincent Buliosi

IN COLD BLOOD, by Truman Capote

I assure you: a careful reading of those two books will do more to prepare you for an understanding of what is entailed in dealing with the violent criminal mentality than mastering every **Japanese** (or Korean or Chinese) term for every classical martial arts skill in the world. Should you want even more confirmation that *uncivilized* reactions are indicated when facing the vermin of society, make a brief study of the Speck killings, the Kallinger murder, the Stark-weather killings, and the everyday rapes, muggings, beatings and assaults, not to mention the blatant and senseless miscellaneous small acts of *terrorism* that are perpetrated every single day by young human scum in any big City.

If pursuing such a course of self-defense education does not open your eyes and convince you that civility is the *last* thing owed a violent offender, then until you're bound and gagged before you realize that an attacking criminal means you brutal harm, and **THEN** starting to scream (in God-awful fear, instead of fighting spirit) avails you nought. If you are thinking along the lines of timidity, you can get a black belt and still be helpless in the streets - or even in your own home.

A savage assault calls for a savage retaliatory action.

Of course "you don't want to behave like that". Who does? But you **MUST** revert to savagery when violent danger threatens. The primitive war cry or spirit shout or kiai or battle yell is worth a million times more to you when the chips are down than every psychiatric text on earth that teaches "mercy towards the criminal". Let the sociologist be merciful and reasonable to the creature who barges through *his* door, tries to rape *his* wife, or who

draws a switchblade on *him*. Don't give the "mercy tripe" a second thought.

Determine **BEFORE** you or yours are threatened by violence that your blood-chilling spirit yell of determination will accompany the most vicious, merciless, **savage** onslaught you can generate against your attacker. **DECIDE NOW!** In hand-to-hand combat the opportunity for effective action is there, and passes, in a fleeting instant. **FILL** that moment with a bloodthirsty yell, just like your life depended upon it - because it *does!*

Tighten your face and twist it into grimaces! Snarl! **YELL!**

TIPS

1. Actually *practice* yelling, if you have to do it in the shower. Better bet is to practice always with the practice of techniques. Practice a maniacal grimace in the mirror.

2. Use various times during the day to imagine how a sharp yell would - in that instant - temporarily paralyze those around you.

3. Recall any time when you were, in the past, frightened suddenly by a loud noise? *That's* the same emotion you create in your opponent when you startle him by yelling!

4. Yell deeply, from the center of your gut - not from the chest (high).

THE FIFTH TACTICAL PRINCIPLE IS:

...Keep eyes ON the Enemy!

If an attack comes from behind you cannot be expected to see the assailant, and you certainly cannot be expected to "keep your eyes on him" during such an encounter! However, in many instances when you are under attack or the threat of attack you *can* KEEP YOUR EYES ON THE ATTACKER, if you have trained yourself to do so. When a rear attack comes, GET INTO THE POSITION where you can keep your eyes on the attacker, post haste!

Without occult gifts it is not possible to know how the assault will be launched, what the opponent's eyes, bearing, manner of approach, etc. reveals, or what the general surroundings of the encounter tell you about the pros and cons of your predicament. UNLESS YOU WATCH WITH YOUR EYES.

Few people find looking directly into the face of an aggressor - or of a dangerous situation - easy to do. It is not easy to do. But it must be done, nonetheless. Looking away, turning one's head, closing one's eyes, covering one's face, etc. are all semi-automatized, atavistic responses to the threat of violent confrontation. It may therefore be quite "natural" not to want to see - but it is utterly insane to refuse to look!

If you wish to survive a self-defense emergency, you must PERCEIVE the danger. It is mandatory that you willfully and deliberately go CONTRARY to any desire to look away.

Buried deeply in the minds of many people is the erroneous

conviction that if one doesn't see something, then it's not there. This may sound foolish, but it is an integral part of many people's method of thinking! It is so even if they don't admit it. One can see it in their behavior...

Like when a person refuses to see a doctor because he fears his shortness of breath may be heart trouble.

Or when a person refuses to turn around and look, when he hears footsteps close behind, while he is walking down a lonely street at night.

Implicit in these these two examples of very common behavior is the idea: "If I don't see it, then maybe it will go away!"

But keeping or placing your head in the sand won't make danger - if it is there - vanish. Quite the contrary. It will increase the power that any given danger may have over you by blinding you to its existence, and by preventing you from mobilizing your resources to thwart it.

Compel yourself to LOOK at the assailant in an attack.

A sharp blade in the hands of a wild maniac is indeed an awful sight - especially when that maniac is after you! Yet, it is especially at that critical moment when YOU are the target of such a maniac that you MUST observe the situation as best you can, so that you can act - fast! - to save yourself in the most appropriate manner.

Seeing the danger clearly, you at least have a chance of bringing your strength, speed, skill and accuracy effectively into play to save yourself. But what can your chance be if you refuse to look, or turn your back? It is precisely that goal of saving yourself that is made impossible by turning away.

Psychologically, LOOKING DIRECTLY at the opponent offers a morale edge in many instances. People who start violence with others are not "brave". They are not the heroes of the earth, they are the vermin and the scum of the earth. The low-life.

Punks and many other violent types can be severely undermined when they realize that they cannot intimidate you. If you are a punk then it shakes your roots to see your "victim" fearlessly standing his ground, more willing than you are to fight! This will not invariably shake every creature who is violently inclined, but it will definitely adversely affect about 90 percent of them.

Recall that throwing sand, dirt, water, clothing, etc. into an enemy's face so as to PREVENT - momentarily - his capacity to LOOK at you, is an aspect of the Tactical Skills previously stressed. Once blinded - attack ruthlessly - a man is helpless. DON'T LET YOURSELF BECOME HELPLESS BY VOLUNTARILY BLINDING YOURSELF TO AN ATTACK!

In the presence of an obvious troublemaker who has not attacked but whose words indicate he'd like to, turning one's back could give him the break he wants. By calmly watching, directly, any potential troublemaker you are as ready for action as you can be. Don't make threats. Don't sneer. Don't, in fact, convey anything. Just calmly look. That's all. You'll be ready, that way, and he'll be guessing what the hell is on your mind!

TIPS

1. Watch the shoulder area of the opponent, his eyes, or his mouth.
2. Let whatever happens "reflect" itself on you. Don't try to *anticipate*; just *look*.
3. Practice observing people "in their totality" by seeing if you can guess their moves by watching a key point (see Tip no.1).
4. Never practice techniques of ANY kind, that involve turning your back deliberately to an attacker.

THE SIXTH TACTICAL PRINCIPLE IS:

...Be Effective on BOTH left and right sides in applying fighting combinations and attacks on the enemy.

Quantity is less important than *quality* in the learning of self-defense skills. A few basic, practical techniques are all that are needed but they must be OVERLEARNED. The techniques absolutely must be "programmed into" the mind and nervous system to the point where they become subconsciously-internalized, reflexively available skills.

AND EVERY TECHNIQUE THAT IS LEARNED
MUST BE LEARNED EQUALLY-WELL ON BOTH
LEFT AND RIGHT SIDES!

There is a very practical reason for developing "bad side fluency" with self-defense techniques. You could easily be injured on your "strong side" and be FORCED to rely upon your weaker limbs, etc. for a counter-offensive. If you are not able to do this in an emergency, it could cost you your life.

Being fluent (as I call it) in left and right hand side techniques doubles your ability to resist sudden attack. A favorite trick applied in a favorite way that you've developed for use exclusively on your strong side is fine for tournaments and contests. But is no good in hand-to-hand combat. There is not pre-setting or limiting the ways in which an opponent can assail you. You must be ready to respond in whatever way the attack requires. A "perfected" technique that you can use only on one side is more correctly called HALF-perfected

This tactical principle applies with any form of close-combat - be it pistolcraft, knife-fighting, unarmed defense or stick encounters. A man who can use only his "good" hand with his weapon is in a ticklish situation if his hand gets crippled in the combat. Consider here the difference fluency with one's weak side makes in combat pistol work as opposed to target pistol shooting. In combat pistolcraft you're dead if you can't offer the return fire AT ONCE to save your life. In a target match, on the other hand, you can always tell the judges that you've hurt your hand and that you won't be competing this time! This doesn't work in combat.

If you're not up to snuff, try explaining to a criminal that you'd like to postpone the encounter!

Or try pasting a note on your back, next time you've got to walk through a rough neighborhood: "All muggers, kindly attack from the right side only!" See what this gets you.

Hand-to-hand combat is coldly unforgiving of errors. And a fundamental error in any form of self-defense training is to neglect making both left AND right sides equally fluent with one's repertoire of techniques.

In certain styles of unarmed self-defense (like my own, which I've called: COMBATO) there is a very strong emphasis on programming oneself with specific and definite "combat-defensive combinations" that permit one to respond to any form of attack not with an isolated "trick" or a single technique "counter", but with a PERPETUAL, BARRAGE-LIKE SERIES OF RAPID COMBINATION MOVEMENTS that lead smoothly and speedily into one another, and that land repeated, varied blows to the assailant's most critical vital spots.

Fundamental to my philosophy of learning these skills is that they are useless if acquired as "one-sided" responses. No one, in self-defense, should have a favored side. At least this is the ideal to be aimed at in training.

Stop straining to master a wide variety of techniques and their endless variations. FOCUS DOWN on the few *best* ones that solve the given defense problems in personal attack situations. Learn these techniques so well that you can do them with total accuracy, with all power and with blinding speed FROM BOTH SIDES, equally well.

TIPS

1. From time to time deliberately focus in training ONLY upon your "weak" side. Spend three times as long bringing its proficiency level up to that of your "strong" side.

2. Always be ready to be at a serious DISADVANTAGE in an attack. Practice, sometimes, with your strong hand tied to your side.

3. Have a "bad side day" of practice exclusively, once a week.

4. Ten effective self-defense moves learned well on both sides are worth fifty moves that you can apply only on one favored side.

THE SEVENTH TACTICAL PRINCIPLE IS:

...The best defense is to ATTACK when trouble is inevitable!

If there is one aspect of classical martial arts systems that needs drastic alteration (aside from the obviously ridiculous flying, spinning and high area body kicks!) for serious practical self-defense in real emergencies, it is the penchant for BLOCKING that these styles have. This is, I suppose, a noble thing, since it has its roots in the Oriental warrior's code of "never taking the offensive" - yet those working folk who, today, wish to avail themselves of the warrior's skills, must realize that modern man cannot afford to be so chivalrous!

When the martial arts were taught and practiced as full-time disciplines by people who became so expert through YEARS of DAILY full-time training so as to make any untrained person seem like a helpless babe by comparison, it was well and good for a "Master" to use his great skill to *control* rather than to destroy an attacker. Today, things are different. A person is lucky to be able to devote six hours a week to training, let alone six hours a day!

The old style of concentrating on *defense* (in weaponless Oriental arts) is pointless for modern man - be he civilian, soldier or law enforcement officer. The training methods of old produced a capability with a system that taught a DEFENSIVELY-ORIENTED TACTICAL APPROACH to personal combat.

Effective method today demands that a student of self-defense be taught to ATTACK RELENTLESSLY once an attack upon himself

has materialized. To waste time in blocking merely delays one's counterattack move which, let's face it, **MUST** be made sooner or later if we are to nullify the opponent's capacity to injure or kill us.

And don't tell me that "a good block can deter an opponent!" Nonsense. For the one case in two million where this **MIGHT** be true (in the case of a truly advance karate master, say) it is idiotic and self-defeating to set up such a hope and keep it as a **TACTICAL METHOD!** Speak to some of the Korean black belt men who were members of the famous "Tiger Division" in Vietnam, and who engaged daily in hand-to-hand combat. Ask them if they used *blocks* to nullify Vietcong attacks. Then, if they say yes, ask them how often it - the block - sufficed to stop the onslaught. Or speak to any "black belt" who's ever had to actually use his karate (or judo, or kenpo, etc.) skills outside the dojo. Did his "deadly blocks" stop the attacker? Come on! We both know better!

Men have taken two and three .38 caliber bullets **AT CLOSE RANGE**, and *still continued to come* at their opponents, in the heat of many police close-combat encounters. So I'm never impressed when someone tells me confidently that his "purely defensive" skills will stop any man.

It is effective, in combat, only to attack. Get to the heart of the matter at once! **KICK FOR THE TESTICLES! GOUGE THE EYES! RIP THE THROAT!** Your life is hanging in the balance.

The student of serious self-defense must learn that **VIOLENT ATTACK** is the *only* appropriate response to **VIOLENT ATTACK**.

- If one has a pistol one does not shoot for the leg; one shoots for the center of the mass.

- If one has a knife one does not slash for the forearm; one thrusts for the throat or heart.

- If one uses one's hands one does not block; one strikes, rips, kicks, gouges and attacks at **THE MOST CRITICAL VITAL BODY AREAS OF THE OPPONENT!**

The successful combatant schools himself to **EXPECT** a certain degree of injury, to **EXPECT** to get hurt, and to **EXPECT** to have to assimilate some pain. He is not *shocked* by whatever violence comes to him; he is only hell-bent upon **GETTING HIS ENEMY!**

Blocking or avoiding an attack is sometimes indicated. But a block must only be thought of as the means of positioning oneself for the counterattack. And **WHENEVER** possible, all "blocks" should be totally bypassed and left aside. **ATTACK**, once an attack is unavoidable upon your person.

A defensive approach in technique-learning is bad for personal defense. A defensive **PHILOSOPHY** is, however, quite good. To be defensively-oriented as a person means -

- a. that you rationally **DO NOT** favor violence as a means of dealing with people.

- b. that you rationally **WILL NOT** be the initiator of violent action, unless you are threatened with force or attacked,

- c. that you regard the application of force or the threat of such

force against you, as evidence that you may, therefore, respond with whatever brutality you deem suitable to protect yourself or yours.

A normal man hates violence, but will not hesitate to use it to any extent necessary to prevent himself from having violence used on him or his loved ones.

Think in terms, then, not of stopping the *attack*, but of stopping the *attacker*. Nullify instantly the root cause of any violent attack - namely, the initiator of the action, by inflicting crippling, lethal force **AT ONCE** when danger is clear to you.

Defensive techniques are merciful, but to the least-deserving of mercy: the attacker. Be merciful to **YOURSELF**, and regard as of first-hand importance **YOUR SAFETY, YOUR WELL-BEING**, and the safety and protection of those whom you may be defending. Forget about the opponent. He gave you the right to do so when he posed the threat of force to you!

When the situation of being confronted by violent attack presents itself, your mental / physical / emotional forces must combine *unhesitatingly* to focus their energies into a ruthless, speedy, powerful and continuing barrage of **OFFENSIVE** counterattacking moves. *That* is real self-defense!

TIPS

1. Study how common attacks take place. How can you, if confronted by such attacks, actually "attack the attacker"? Practice!

2. **THINK aggressive!** Only violent response - repeat: **ONLY, ONLY, ONLY** violent response - stands any good counterattacking chance against a serious attacker. When attacked, **ATTACK!**

3. **Revise your practice methods.** If you are serious about self-protection start concentrating on **OFFENSIVE** techniques. Fellow martial artists will criticize you for being aggressive, and your teacher may say that you've lost the "true spirit" of the art. Go ahead anyway, and learn how to stay alive!

THE EIGHTH TACTICAL PRINCIPLE IS:

...Do the UNEXPECTED! Employ feints and deceptions and distract the opponent.

The *unexpected* is that which you or your opponent's mind is NOT occupied with at any given moment. So it stands to reason that such an action will catch the unexpecting mind unawares!

Not presently thinking about something and suddenly having it thrust upon one unawares places one in the unenviable position - in combat - OF NEEDING TIME TO ADJUST THE MIND TO THE SITUATION. That is the instant, when the unexpected occurs, when any action taken will catch mind and body in an *off-balance*, vulnerable position.

The whole of an effective and PRACTICAL system of self-defense training (like my own - COMBATO) is based upon teaching adequate RESPONSIVE METHODS that, when properly mastered, give the trainee as much security against being caught "unawares" as is possible to attain. Then, once retaliatory action has negated the attack and commenced the counter-offensive, the student must be equipped to reflexively FOLLOW-UP PERPETUALLY with an indefinitely continuing barrage of killing blows and attacks. (You will note that I said "retaliatory action" and not "blocks" has been applied to negate the attack!).

It is, to men funny to think that a karate or ju-jitsu teacher would admonish his students to "warn" a potential troublemaker that he has been "trained". Perhaps this warning might cause some street-hardened punks to burst out laughing, and thus grant the "martial

artist" a second in which to act - but aside from that extremely remote possibility, there could be no *rational* justification for warning anyone that "one is trained". If training is "preparation" then few people are as well trained as the human scum that has been in bar and street fights, and who has seen action in street gang wars! Bear *that* little thought in mind!

Half of the value of being "formally" trained in a fighting art lies, after all, in the fact that one's knowledge gives one the advantage of SURPRISE! One has, in effect, a HIDDEN WEAPON, an "ace in the hole" so to speak, with which to play. To relinquish - VOLUNTARILY - the element of surprise by warning a troublemaker that "one is trained", is, to put it kindly, very unwise.

If you're *really* well-trained, keep your mouth shut. Open it only to *Kiai!* not to warn the assailant!

By way of very practical advice, and sincere, concerned warning, let me urge you NOT to wear "karate emblems", combative art work on your jackets and clothes, and not to carry hand-bags that display the proud sign that you, indeed, are a MARTIAL ARTS MAN!

If your instructor doesn't like you not wearing such self-proclamations (that he happens to be selling and making a nice profit on!) that's too bad. A good teacher of self-defense doesn't want his students to expose themselves needlessly to danger - and this is what emblems, decals, and brightly-colored pictorial displays expose you to.

Keep your pride about belonging to such-and-such a school within you. If you are a student of So-and-So's TaekwonDo Dojang, great! Wear an emblem on your gi, not on your outer jacket in the street. And, for the love of sweet sanity, don't walk down the street carrying your gi in public so everyone (including really dangerous people who couldn't care less) can see you're a "real black belt!". If this has been your habit, grow up.

Aside from issuing a big, bright WARNING to all potential attackers that, if they attack you they'd better be EXTRA-vicious, EXTRA-ruthless, and possibly, come in greater numbers (!), such displays that are worn and flaunted publicly only PROVOKE certain naturally violent and scummy elements who LIKE TO FIGHT. There are, in case your folks never warned you, very, very dangerous and crazy people out there! Some of them will fight for the oddest, smallest reasons!

In physical combat between individuals the element of TACTICAL SURPRISE is an imperative. Smile, then kick a man in the crotch. Feign a heart attack, if you're somewhat on in years, and, as you double over, reach for a concealed Smith and Wesson Chief's Special and come up suddenly and blow three or four neat, even, round .38 caliber holes in your tormentor's chest. DON'T behave as your enemy expects you to behave! Use your head!

Deliberately act to EXCITE and STARTLE the opponent. Lurch

suddenly for his eyes, then drop low and grab hold of his testicles.

A technique does not have to be *sophisticated* to work. It merely has to be done when the opponent does not expect it. If you take an action when the enemy has his mind on something else entirely, **YOU WILL SUCCEED** in bringing off that action. And if the action is deadly, your opponent will cease to be a problem any longer.

In point of fact, naturally, the **SIMPLER**, more **DIRECT** actions are the best for practical self-defense.

Emotions can be feigned, as well as techniques. Look *really scared*. Back up, while wringing your hands and pleading for mercy. Then **ATTACK!** If confronted by two creatures, look squarely at one of them and beg: "My God, *please* don't hurt me..." as you **SUDDENLY** without warning **SPIN** and chop the other man across the throat or across the bridge of his nose. Now, you're left with *one* attacker....

Grasp the idea, the concept, the **TACTICAL PREMISE**, and learn to apply it whenever possible!

If you've assimilated that part of my instruction that advocates the utilization of any available object or item as a weapon, then you can see how this ties *naturally* in with this, our eighth principle of **TACTICS**. Anything *unexpected* used against the opponent will stand an excellent chance of being effective - even if it is only the crudest type of improvised weapon. A mind caught unawares needs a second or more to *adjust* to the new situation. In that second, the fight should be over!

TIPS

1. **TRAIN** yourself to *develop* "feints" whenever you hypothesize about how you might handle such-and-such a situation.

2. Bear in mind how you can convey totally misleading "signals" to an opponent. For example: Seated in a restaurant or on a subway, an assailant approaches to start trouble. Start to *rise*, then, without warning **DROP BACK** in the seat, and using it as a brace, drive a heel kick up into your adversary's testicles.

3. If you intend to attack, then saying something softly, like "Wait - please - my heart..." can distract him momentarily. In the instant when your words "settle" on his mind, and thus take up his mind's attention, **STRIKE!**

THE NINTH TACTICAL PRINCIPLE IS:

...Stay **ALERT** under stress, and keep **CALM**.

Ferocity is not madness. In combat you must, necessarily, be fierce. But if your mind becomes actually mad with rage or hysterically wild with panic and fear, you stand little chance of emerging victorious from the combat - unless of course your adversary is as equally frayed mentally as you are!

God knows that a still mind under the stress of combat is not easy to achieve, and if there is any true sign of the Combat Master it is that ruthlessly cool composure under stress that is undaunted even by its own vigorous displays of ferocity - not to mention the threats and onslaughts of the foe. Yes, composure when one is fighting for one's life is **NOT** an easy thing to achieve. But it behooves the self-defense aspirant to try with all of his might to achieve it, anyway!

Combat is very fast, and once the fight actually starts, **PROVIDING YOU HAVE BEEN PROPERLY COMBAT-CONDITIONED TO REACT**, your immersion in a total, vigorous counter-offensive will keep your mind off any thoughts other than "ATTACK!". But what if the fight has not yet begun? What if *anticipation* makes your nerves play havoc with your readiness - as might happen if you were walking home late at night with your wife or girlfriend and realized that two gutter creatures were following you.

The key to effective alertness in such situations is a mental

detachment" of oneself from the *personal* implications of an encounter. *Fear* is not a superfluous emotion. But *hate* is. If you *hate*, if you tune inwardly at the thought of what might be, your mind "clouds", your reflexes become short-circuited, and you become physically "stiff" and "convulsively rigid", instead of remaining reasonably relaxed. Fear is all right. It's great, in fact, but ONLY WHEN EFFORTS ARE CONSCIOUSLY MADE TO REDIRECT ITS ENERGY.

Fear does to your mind what hate does, and in *that* respect fear is bad. But by learning to "empty" your mind of grasping preconceptions, doubts, conflicts and anticipations, you clear away this negative aspect of fear. "Throwing away thoughts" it is called in Zen or Ch'an. This is surely one of the singularly most valuable contributions of the Oriental fighting disciplines.

What fear does to your *body* is a whole 'nother story, however! *This you want! Fear does not "knot you up" or paralyze you - it READIES YOU. For fear is that primitive, natural, instinctive, life-saving physiological and psychological response that automatically "activates" one's mind and body to deal with danger. It shoots, under extreme stress, great quantities of adrenal fluid through your body and automatically TREBLES or QUADRUPLES your strength and resistive powers. It can make you - literally - oblivious to severe burns, gunshot-wounds, knife stabs and forceful kicks and blows. SO LONG AS THESE INJURIES DO NOT SHARPLY CUT OFF OR SEVERELY IMPEDE A VITAL FUNCTION. It is not for nothing that knowledgeable police officers prefer to carry a .45, .357, or .41 or .44 magnum pistol, instead of the traditional .38, for serious combat! Under stress WE ALL HAVE ENORMOUS RESISTIVE POWERS TO PAIN AND SHOCK.*

There are limits, of course, and extreme, incorrectly channeled fear is only panic, which makes its unfortunate possessor extremely "tough" but wholly mad and blind to the possibility of taking valid, appropriate pro-survival action.

You want the *benefits* of fear without the drawbacks. That is, you want the physical "supertoughness" *without* the mental madness. How do you get it?

First, you learn to *welcome* fear. Whenever and wherever it manifests itself.

Second, you immediately *react* to your fear by calmly ASSESSING the danger - if any.

Third, you "turn over" to your body the task of *reacting appropriately*, without trying to "figure out" what to do (this is possible with proper training, which, needless to say, must come *before* trouble strikes). You *accept* the danger, and relax - ready to respond.

Fourth, you "empty" your mind of everything. And I mean *empty* and I mean *"of everything"*.

You will have to incorporate this manner of preparation into your combatives training, whatever its particular form or style may be.

to *experience* it - but as you do so, the efficiency of the method will be clear to you

When you "empty your mind" in the fashion I have described, and that I am trying to explain, you are not "lax" by any means. Quite the opposite. You are in a state of super-alertness, where your reflexes are unfettered, and where you can truly react with blinding speed and FULL STRENGTH of CORRECT MOVEMENT.

Practice here is the only path to practical knowledge, and your own efforts to understand and then utilize this material will be your only means of making this Tactical Skill your own.

TIPS

1. Read ZEN AND JAPANESE CULTURE, by D.T. Suzuki.
2. Deliberately imagine *danger* in training - the life-or-death emergency. "Feel" the fear, don't fight it. Then, empty your mind, and re-direct the energy!
3. Practice viewing the idea of violent confrontation OBJECTIVELY. Learn to fight ferociously but impersonally.
4. To the extent that PRACTICAL TECHNIQUES become reflexive through practice, this whole project of achieving alert-calmness becomes easier.

THE TENTH TACTICAL PRINCIPLE IS:

...Do not hold back! Use deadly, crippling techniques only - and use them immediately! Fight like a wild animal!

There seems to be a built-in "guard" in the psychological make-up of many good people (would that there was such a guard in the make-up of criminals!) that blocks them, initially, from going ahead full-steam in applying lethal force. This is all for the good when this internal "safety check" blocks a man from slamming his elbow into his wife's face during a family squabble - but hell! This "check" is nothing but a self-destructive inhibition when it stops a man from ripping the eyes out of an assailant's head.

I have set forth two fairly *absolute* rules for effective technique application (i.e. "Deadly techniques only"; "Perpetual continuance of application") and I want to make absolutely sure that you've *assimilated* them:

1. WHEN YOU ARE UNJUSTLY CONFRONTED BY A VIOLENT PHYSICAL ATTACK OR THE OBVIOUS THREAT OF THE INEVITABILITY OF SUCH AN ATTACK, YOU *MUST IMMEDIATELY* BRING INTO VIGOROUS ACTION THE DEADLIEST TECHNIQUES YOU KNOW: techniques that are *sure* "man stoppers".

2. APPLY YOUR TECHNIQUES IN RAPID CONTINUATION - PERPETUALLY FOLLOWING-UP WITH COMBINATIONS AND RENEWED ATTACKS.

Hand-to-hand fights are not engaged in by reasonable people *except* when it is necessary for self-defense. AVOIDANCE is always

considered before FORCE, whenever possible. In short, a rational man fights *only* defensively when his survival or the survival and well-being of those whom he values is endangered. If you fight generally, for less reason than legitimate self-protection, then you need psychotherapy - not combatives instruction!

To attempt to use inferior methods of defense against a dangerous assailant is to invite injury or death at his hands. Come-along holds, simple releases that aim purely at escape, with no follow-up to cripple the attacker, restraint methods, and all "merciful" techniques, are NOT ACCEPTABLE FOR SERIOUS SURVIVAL EMERGENCIES.

More....

When you are defending life, limb and dignity, you must defend **POSITIVELY** - "for sure", in other words. Your application of techniques must **INSURE** the termination of the encounter - and of the attacker. This is why one-blow counters and fancy single-technique defenses are contra-indicated.

The human body is just too resistant to injury when under stress for us to depend upon a single blow or "trick" to stop a determined attacker.

Remember that the attacker has one overwhelming advantage: IT IS HE WHO HAS ALREADY PREPARED FOR THE ENCOUNTER, AND IT IS HE WHO HAS MADE THE FIRST MOVE. It simply makes no rational sense at all (even if, in some strange "legal minds" it makes "legal sense") to give a person who is blatantly demonstrating his willingness to hurt you the benefit of *your* restraint and of *your* consideration.

DO NOT HOLD BACK!

In an attack there is a need to respond to the threat with an overwhelming, continual barrage of lethal counter-attacking moves. If you default on this response, you increase the likelihood of your own injury and, possibly, your own death.

Clearly establish in your own mind the **DECISION** to go "all out" **INSTANTLY** when assailed. No holding back! And no "feeling out" the attacker as though you were engaged in some sparring match.

The fairness employed in normal social relationship" to a violent psychopath. "Consideration" here is a joke. Be considerate of your safety; that's *all*.

By his act of aggression your attacker has absolved you of the moral obligation to consider **ANYTHING** but your own survival and well being. He has, by assailing you, evicted himself from the realm of reason, "signed" his resignation from the human race, and declared himself a wild animal - fit to be slaughtered by anyone who deems it necessary to slaughter him.

Your initial movement against a dangerous assailant will, if it fails to either stun him or set him up for an instantaneous second-third-fourth-fifth blow, only **WARN** him to be careful when he renews his onslaught. He will attack a second time, only **INFURIATED** to the point of rage by your initial "defense".

Don't chance injury. If you are attacked give your foe no "break", no warning, no mercy, no quarter, no consideration, no chance - ATTACK! Furiously, lethally, perpetually and remorselessly, until all danger to you has been obliterated.

TIPS

1. Examine your repertoire of techniques. How many are real *life-savers*? Concentrate on *them* and drop the rest.
2. Which techniques lend themselves to rapid application and the greatest possibility of INFLICTING SERIOUS, IMMEDIATE INJURY to any would-be attacker? Make *those* skills automatic.
3. Persuade yourself of the real DANGER to you and yours if, when under attack, you "hold back".

THE ELEVENTH TACTICAL PRINCIPLE IS:

...Move FAST! Continuous follow-up with brutally-effective techniques must come as rapidly as you can correctly move!

Even a second-rate technique stands a good chance of succeeding if it is applied fast enough. The man who does not hesitate, hold back or permit foolish sentiment to block his immediate execution of a ruthless move, has a decided advantage over an opponent who is bigger, stronger, and - sometimes - even an opponent who is better "technician", skill-wise.

If practice is correct, speed will come naturally. However, the student who practices well must be certain that he is not wasting time by "overlearning" skills that lack functional (i.e. *practical*) efficiency. For instance, it is a waste of time for the SURVIVAL/SELF-DEFENSE oriented student of martial arts to dedicate his time to mastering such skills as flying kicks, restraint holds, and all complex sacrifice-type sport judo throws. Indeed, many hours of practice will enable the student to execute these skills flawlessly and with great speed - BUT ONLY UNDER NON-COMBAT, GYM CONDITIONS. One does not go sailing into the air, trying for a wrist-twist, or diving voluntarily onto a rocky, uneven ground as one pulls one's opponent on top of one! No way, people. NO WAY. NOT in eyeball-to-eyeball combat!

Ascertain first of all that the skills you are endeavoring to learn are COMBATIVELY FUNCTIONAL. That means that these moves *make sense* in real combat. That they are simple, and that they can be executed under far less than the ideal conditions encountered in a

dojo This will eliminate the showy, the arty, the spectacular and the intricate - but it will leave you with a basis of SOLID, COMBATIVELY FUNCTIONAL skills upon which you can (and may one day have to) risk your life.

Good techniques that you apply slowly are useless. Bad techniques applied quickly work only if fate is with you that day. Don't trust to fate! Learn the best techniques, and apply them as fast as you can! The time to trust to luck is *not* when someone is trying to bash your head in.

An effective, simple, non-glamorous repertoire of solid combative skills is like the old Colt .45 1911A1 Army Pistol. Not much to look at, perhaps, and maybe even shunned by gun collectors and firearms "connoisseurs" - but something that is ruggedly reliable and a steadfast friend in any life-or-death situation. When you need hand-to-hand skills you're in much the same position as you are when you need a gun. It matters little how pretty it *looks*; but it counts for everything how **EFFECTIVE** it *actually is*!

Having an effective repertoire of skills, you must bring them into play with same speed you instinctively employ to withdraw your hand from a hot stove-top. This speed is a functional result of PRACTICE - plus the RESOLVE (established *before* an actual emergency) to really *explode* instantly into action when violence threatens.

SPEED! SPEED! SPEED! Action is *always faster than reaction*, and the faster you act the bigger the gap you insure between the time you move and the time when your adversary does. Launch ten blows with the goal of doing so in the time it normally takes anyone to launch three blows.

Speed *confuses* the enemy. And it *stabilizes* your mind by immersing it in ACTION.

In the face of danger or the threat of danger, most normal people *automatically* hesitate. Being accustomed to a non-violent, rational existence, they DON'T WANT combat, if it can possibly be avoided. What these people - and possibly, what you, also - must learn, is this: combat *cannot* be avoided by indecision. Mental qualms are wholly inappropriate once the attack comes. Then, SPEED is of the essence! MOVE! When trouble is upon you TAKE THE CHANCE OF PLUNGING INTO ACTION RATHER THAN REFUSING TO "COMMIT" YOURSELF, AND THEREBY INSURING YOUR OWN LOSS OF THE FIGHT.

The choice is to act or not to act. Survival NECESSITATES action, not inaction, and the question left is only *how* must we act? The answer is: IMMEDIATELY, WITH A FULL BARRAGE OF THE MOST LETHAL COUNTERMOVES WE ARE CAPABLE OF EMPLOYING.

TIPS

1. Find what defensive - offensive skills you are slow in. If these are good moves, PRACTICE to increase your speed of application.
2. Movements can never be "fast enough" With every infinitesimal fraction of a second you eliminate from the time required of you to execute a move, you help to add to the efficacy of that move
3. The effective combatant is not fancy or showy. He is very direct and blindingly fast'

THE TWELFTH TACTICAL PRINCIPLE IS:

...END THE FIGHT QUICKLY! It should be over before the opponent has time to realize that he is being combatted!

Speed is necessary as a fundamental of technique execution, and, in addition, the combatant needs to regard a *speedy termination of the encounter*, per se, as necessary for victory.

I say that the enemy should be dispensed with within half a minute 30 seconds. *Less* time is even better, if you can do it. Face it: the longer a fight lasts the more chance there is that you'll get hurt.

It is partly the need to end the fight AT ONCE that makes so many of the conventional "practice" and "learning methods" used in judo, karate and kung fu so unsound tactically - as far as combative functionality is concerned. Training oneself to *spar* (no matter how vigorously) or to *compete* (no matter how seriously) just does not instill the necessary "BLITZKRIEG!" style of attack in the trainee.

The study of second-rate techniques - like many forms of throwing, holding, tackling and blocking - only undercuts the individual's chance to END the fight NOW. Combat is the sort of thing once it starts - that is better off "over with" as soon as possible.

The only sort of individual who might be obliged to "feel out" an opponent and not drive right in with lethal ferocity is a police officer, under *special conditions* (most often, a police officer is justified in using every dirty, dangerous trick he knows, to save himself). Police skills are a separate subject, and I am not now going to deal with arresting and or restraint tactics. I mention this only in passing, for the reader's clarification.

Civilians - innocent peaceful civilians (and soldiers) - need not and should not concern themselves with any concept except: **STOP THE ENEMY. ANY WAY POSSIBLE! AND STOP HIM FAST!** Never mind worrying about how much damage you might inflict. Go ahead at once and inflict it! *Before* he damages you. End the fight right where and when it starts.

This principle of tactical consideration underlines the need for self-defense to be learned as moves encompassing a SERIES of deadly attacks and strikes which make possible PERPETUAL instantaneous follow-up.

The harder and more continuously you reign killing attacks on the foe - and the more rapidly you follow one with the next! - the sooner you'll conclude the encounter. This is the only proper strategy for life-saving counterattack.

Do not permit yourself ever to think in terms of "squaring off" with an enemy and perhaps playing cat and mouse with him. That is the surest way to end up on a slab in the county morgue. Capitalize upon the human mind's need to adjust to new and changing situations before it can adequately respond to them, by vigorously overwhelming your assailant with conclusively deadly, rapidly-executed techniques.

Allowing the attacker to get set, permitting him to bring his own "weapons" into play, by commencing a *non-conclusive* "defense", is foolish. The attacker has no right whatever to any consideration or mercy. Do your stuff, when under attack, and don't stop until your attacker is lying on the ground still and bleeding.

It is amazing how *rapid* termination of an opponent can be often effectively achieved by a weaker, smaller party. Possibly because of over-confidence, surely in part because of the fact that the assailant *cannot adjust fast enough* to being thrown on the defensive, it is true that a BARRAGE of sudden, killing blows or moves can render a heavier, stronger foe helpless.

By having oneself pre-programmed technique and attitude-wise, you can be decidedly one-up on any potential troublemaker. Your training should - *must* - include series of combination and attacking moves calculated to FINISH what any particular aggressor might start. You must be forewarned and forearmed by having your muscles and reflexes "honed to destroy" when violence threatens. If your body and mind have *assimilated* the needed responses, they can be triggered into play when needed with seeming supernormal speed, and they can be used *automatically* to see that the fight is ended IMMEDIATELY, by you - instead of by the opponent.

TIPS

1. Every possible form of attack must trigger a "BLITZKRIEG" response from you.
2. Your mind must be *determined* as your body must be trained, to FINISH the enemy when the fight starts.
3. Don't waste time in practice on skills that DON'T employ *perpetual follow-up* in response to serious attacks. Many blows must come within SECONDS after you are attacked.

CONCLUSION -

He is safe who is ready for danger.

Do not take lightly the significance of the TACTICAL SKILLS enumerated in this booklet. They are the foundation of efficiency in technique-application regardless of which combat art you are studying.

In COMBATO, my method of "survival-combat karate", I hold these truths to be self-evident...

THAT THE EFFECTIVE DEVELOPMENT OF THE MIND AND SPIRIT FOR SELF-PROTECTION IS THE HEART OF EFFICIENT MARTIAL TRAINING.

THAT PHYSICAL CONDITIONING AND SOUND FITNESS INSIDE AND OUT IS MANDATORY IN ANY PRACTICAL APPROACH TO THE STUDY OF SELF-DEFENSE.

THAT GOOD TECHNIQUES, LIKE GOOD MEN, ARE SIMPLE, DIRECT AND DEAD SERIOUS.

You might wish to consider my thoughts in the application of your own efforts in the study of martial skills.

In his portrayal of "The Shootist", in the motion picture of the same name, John Wayne voiced some good, sound thoughts when he revealed his "credo" to a youngster who hero-worshipped him, and who wished to learn the gunfighter's art....

"I won't be wronged, I won't be insulted,
and I won't be laid a hand on. I don't do
those things to other men, and I don't
let other men do them to me."

In our ever-softening namby-pamby society, such a credo might at first in today's climate - sound overly-romantic. Yet it is, in essence, the credo of any *real* men in any era of history. Today, possibly, it is the credo of *fewer* men than before in American History. It is my hope that this booklet will help you to be one of those few.

APPENDIX

The following are random quotes from men who, because of their genuine expertise and reputation in the personal defense and combatives field, are very much worth paying attention to! Perhaps a thought that the reader will pick up here will prove extremely helpful in aiding his own development of combative efficiency for self-defense....

"Timidity in the face of violence is unbecoming to God's image....only when it is overcome, can a man live at peace with himself."

Jeff Cooper

"Neither war nor individual combat is won solely by defensive Maginot Line psychology or tactics."

Rex Applegate

"The best way to avoid danger and often fatal panic in a....fight is to condition both your mind and your reflexes to react to danger..."

Chic Gaylord

"Know the enemy and know yourself; in a hundred battles you will never be in peril."

Sun Tze

"Hand-to-Hand Combat is no 'gentle art' ".

John Martone

"Don't worry about your flanks. Let the enemy worry about his flanks "

George Patton

"....in single combat, start by making a show of being slow, then suddenly attack strongly."

Miyamoto Musashi

"The more you sweat in training, the less you bleed in combat."

U.S. Marine Corps Recruit
training slogan