The background image shows two men in a physical struggle. One man, on the left, is wearing a light-colored short-sleeved shirt and is holding a knife to the neck of the other man. The second man, on the right, is wearing a dark tank top and is leaning against the open door of a car. The entire scene is bathed in a warm, orange-red light. A circular badge in the upper right corner contains the text 'No-nonsense training for street safety and survival'.

**No-nonsense
training
for street safety
and survival**

Fighter's Fact Book 2

Street Fighting Essentials

LOREN W. CHRISTENSEN

Fighter's Fact Book 2

No-nonsense training For street safety and survival

You will fight how you train. That's why *Fighter's Fact Book 2* presents a critical look at training and real-world applications. When you've mastered the skills taught in this book, you will truly be ready to defend yourself in some of the most desperate situations imaginable.

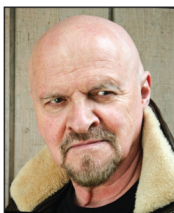
You will learn how to defend yourself against multiple assailants, violent dogs, and hardened street criminals. You'll learn how to contend with close-quarters attacks and adversaries who are impervious to pain. You'll also get no-nonsense instruction on fighting wounded and the justified use of extreme tactics.

Loren W. Christensen shares lessons from his decades of martial arts training and law enforcement experience. He has also enlisted a host of expert contributors:

- Lt. Col. Dave Grossman
- Kris Wilder
- Wim Demeere
- Tim Delgman
- Iain Abernethy
- Lawrence Kane
- Richard Dimitri
- Dan Anderson
- Rory Miller
- Alain Burrese
- Mark Mireles

These men are proven survivors, and their multidisciplinary analyses will change the way you see training and fighting.

The authors will show you how to make your street techniques fast and explosive, and how to prepare yourself mentally to use extreme force. These skills are not for the faint of heart. They are hardcore techniques intended to save your life or the life of a loved one.



Loren W. Christensen is a retired cop and high-ranking martial artist who survived everything the mean streets threw at him, working patrol, gang enforcement, and dignitary protection. Loren Christensen resides in Portland, Oregon.

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Contents

Introduction	11
SECTION ONE: JUSTIFICATION	13
Don't Go to Jail <i>Loren W. Christensen</i>	15
SECTION TWO: TRAINING	27
30 Questions to Ask Yourself <i>Loren W. Christensen and Lt. Col. Dave Grossman</i>	29
10 Ways to Make Your Sparring Street Smart <i>Iain Abernethy</i>	39
10 Concepts to Adapt Your Training to the Street <i>Rory A. Miller</i>	61
20 Ways to Train and Fight Wounded <i>Loren W. Christensen</i>	83
25 Ways to Build Hitting Power Using the Makiwara <i>Lawrence Kane</i>	97
10 Ways to a Stronger Punch <i>Kris Wilder</i>	119

SECTION THREE: PUNCHES, KICKS, CLAWS, ELBOWS, KNEES AND A LITTLE GRAPPLING	135
9 Ways to Attack the Eyes: Intimate Brutality <i>Loren W. Christensen</i>	137
9 Ways to Target the Neck <i>Loren W. Christensen</i>	155
22 Ways to Defend Against a Dog Attack <i>Loren W. Christensen</i>	171
10 Ways to Execute Shock Blocks <i>Lawrence Kane</i>	199
22 Ways to Kick ‘Em High, Kick ‘Em Low, Kick ‘Em Hard, <i>By Alain Burrese</i>	Kick ‘Em Fast 221
16 Techniques for Infighting <i>Rory Miller</i>	243
14 Hand-to-Hand Combat techniques: A Philosophical Look <i>Richard Dimitri</i>	261
4 Quick and Effective Sanshou Combinations <i>An Interview with Wim Demeere by Loren W. Christensen</i>	277
8 Ways to Stomp <i>Loren W. Christensen</i>	291
SECTION FOUR: GRAPPLING	301
20 Ways to Fight in the Clinch <i>Mark Mireles</i>	303
20 Ways to Hit and Grapple the Heavy Bags <i>Loren W. Christensen</i>	323

12 Ways to Attack the Hair	339
<i>Loren Christensen</i>	
5 Ways to Apply Carotid Constriction	351
<i>Mark Mireles</i>	
6 Ways to Use the Environment	371
<i>Interview with Soke Tim Delgman by Loren W. Christensen</i>	
SECTION FIVE: WEAPONS	383
11 Ways to Use an Impact Tool for Self-Defense	385
<i>Dan Anderson</i>	
12 Ways to Fight With a Mini Flashlight	401
<i>Loren W. Christensen</i>	

Introduction

Let me begin by saying thanks to the many readers who made the first *Fighter's Fact Book* a bestseller in the martial arts genre. Thanks for the nice reviews and for the kind emails over the years.

I've written quite a few books on the martial arts, about two dozen at this point. I would not have written nearly that many without the invaluable help from my martial arts pals around the world. I'm talking about the 11 writers whose work appears in this book whose combined experience adds up to over 300 years and their combined black belt ranking adds up to around 75th dan. Their street experience can only be measured in their scars and their hard-earned knowledge that they share in their books, DVDs, classes, and in this volume of *Fighter's Fact Book 2: The Street*.

As a character in one of those poorly dubbed Hong Kong chop socky flicks would say, "These guys are pretty tough guys. Their kung fu is very good." Well, for sure they are tough and some have indeed studied kung fu; mostly though, they represent a large variety of fighting disciplines that have helped them survive real world violence. Their knowledge is street tested. For some of them, it's still tested every day.

I was most pleased that my friends agreed to contribute to this book. I was pleased for my own selfish reason in that I would get to learn from them, as I have so often before. And I was pleased that their contribution, based on their experiences on the street, would make this book the highly informative one it is.

Fighter's Fact Book 2 isn't about pretend fighting at a Saturday tournament. It's not about a fun way to lose weight, a look into another culture, or any of the other things that martial arts study offers. It's about survival, plain and simple, written by martial arts veterans who know how to fight in an arena that isn't anything like the clean, open space of a training facility. These warriors can function when their pulse rate hammers at 175 beats-per-minute and when their adrenaline surges like a tsunami. They know fear and they know how to make it work for them.

Fighter's Fact Book 2

I know you will enjoy this book as much as I have writing, compiling, and editing it. Read it carefully and heed its advice.

Be safe and train hard.

A graphic consisting of a square with a black border. The top half of the square is light gray and contains a large, bold, black number '1'. The bottom half of the square is white and contains the word 'JUSTIFICATION' in a bold, black, sans-serif font.

Don't Go to Jail

By Loren W. Christensen

The martial arts in general, this book specifically, contain violent techniques that run the gamut from mild pain control holds all the way to moves that can kill. Therefore, I will remind you many times throughout this book to be justified to use certain techniques and, if I did my job well, this will ingrain itself into your brain. Here is a warning in advance: *Be justified. Be justified. Be justified.*

Know and understand the law where you live. Remember, in the eyes of the law, ignorance is no excuse.

Consider this legal subsection on the use of deadly force. It happens to be Hawaii's but it's basically the same everywhere.

“The use of deadly force is justifiable under this section if the actor believes that deadly force is necessary to protect himself against death, serious bodily injury, kidnapping, rape, or forcible sodomy.”

There are, of course, hundreds of variables to any situation, but taken as presented here, you're legally justified to take a life to keep yours from being seriously injured, kidnapped, raped, forcibly sodomized, or killed. Most will

agree that this is reasonable. But will the police simply be okay with you saying that you believed deadly force was necessary? No. The case will be investigated and you can count on it being investigated very, very thoroughly. The facts, witness statements, and the evidence all need to support your belief. So you better be right. You better be justified.

Now, let's visit Master Tuff Guy's School of Self-defense. We're just in time for his beginner class.

A lesson in overkill

"Okay, listen up, people," 25-year-old Master Guy says. "When the attacker grabs your wrist like this, bring your arm up and over to force him to bend forward at the waist and release his grip. Now, quickly wrap your arm around his neck, and squeeze until you hear him sputter and you feel his strength fade. Now, step through hard and fast and snap his neck."

Say what? *Snap his neck!?* Because he grabbed your wrist? Seems kind of extreme, don't you think? Maybe we heard that wrong. Let's check out Master Guy's colored belt class.

"The attacker has a blade," Master Guy says, handing a rubber knife to a woman wearing a blue belt. He tells her to poke it at him. "Grab her wrist like this and bend it back to force the knife away like this. Okay, now sweep her feet out from under her. Now quickly slice the blade across her neck, once, twice, then across her stomach, once, twice, and finish by plunging it into her heart."

"Oooo" goes the class in unison. The master sure is flashy. And those deadly payback moves? Wow.

But no one in the class stops to consider this: The attacker no longer had the knife when the master butchered her. Yes, she might have another in her pocket, but that isn't mentioned in the scenario. Master Guy said, "The attacker has a blade. A blade. Singular. Might she have another? Sure, she might.

But you can't fillet a person for something she *might* have.

In the white belt class the new students are wowed by the nasty technique they are learning – *Awesome! We're breaking a guy's neck!* - and they look at Master Guy in awe. No one considers that Master Guy's response to the provocation is just a tad over the top. So much so that should they do that move on the street they would be doing many years in a little cell with a bunkmate named Brutus.

Are these scenarios exaggerations of what is happening in martial arts classes everyday? Not even a little bit. I've been guilty of doing it, too, but not for a long time now.

This book contains techniques for street survival that can cause pain, minor injury, serious injury, debilitating injury, and death. It's paramount that you – teacher and student – practice these techniques and any variations you devise, with responsibility and constant analysis as to the moves you're using and the imagined situations in which you're employing them. You want to consider these elements for your training partner's safety and for the legal impact they can have on you. Why do all this? Because too often we just practice defense and counters with intent to reap mayhem on our pretend attacker without considering the legal outcome had this situation been real.

Train for real in all aspects

The old axiom of *how you practice is how you will respond in a real situation* is true (for more on this see Chapter 2). If you practice an eye gouge and a windpipe choke in response to someone grabbing your wrist, then that is likely how you will respond in a real situation. Do you want to try to convince a judge and jury that that was the best way for you, a trained martial artist, to react? Well, you can try, but bring a toothbrush because you're likely going to jail. And you're going to get sued.

Karate instructor Lawrence Kane (Chapters 6 and 11) has an expression I like. "Self-defense Rule #3: Don't go to jail." A good one to keep in mind.

You might argue that you and your teacher have no intention of ever responding in such an extreme manner in a real situation where the wrist is grabbed. You

say that the grab is simply a device, a stimulus, so that you can practice your counter attack – your over-kill counter attack. It's just practice. Your training partner grabs your wrist and you go postal on him, and you practice it over and over until...it's ingrained.

It's ingrained. It's fixed in your brain. Imbedded. Deep rooted.

There are thousands of schools and millions of students who practice that way.

Continuum of force

The Continuum of Force model has been used by law enforcement agencies for years, though many agencies across the country are now moving to a different one, a new and improved version called "Force Options." For the purpose of our discussion here, the Continuum of Force still works nicely.

Police

Force Options and Continuum of Force provide the police with a guideline to follow when they are compelled to respond with force in a situation. To give you a visual, think of the continuum as a ladder with several rungs. Read it from the bottom rung up.

- Lethal force (firearms)
- Impact weapons (batons)
- Defensive body tactics (hands-on tactics)
- Pepper spray (A dash of cayenne to shut down the vision and disturb the breathing)
- Passive control (physically moving a person)
- Verbal commands (voice commands)
- Officer's presence (commanding and authoritative presence)

To give you an example of how it works, I'll simplify it and make the ladder a little one with just three steps.

- On the first rung, the officer uses his presence and voice commands to control an agitated person.
- When the subject escalates the situation, the officer moves up the continuum of force to use physical control techniques, such as wrist locks and takedowns, pepper spray, and the police baton.
- Should the subject threaten or attempt to use a weapon against the officer or someone in the officer's presence, the officer can escalate all the way up the continuum ladder to lethal force, to include extreme empty hand techniques, extreme baton techniques, or the firearm.

Now, some violent situations occur so suddenly that the officer must bypass the first rung or two on the continuum and immediately use pepper spray or the baton. Some explosive situations necessitate that the officer, within a second or two of contact with a dangerous subject, jump all the way up to lethal force.

Civilians

Civilians should also follow a continuum of force, one that is somewhat similar to that used by law enforcement. Before I get into it, allow me to say that civilians have one primary advantage that law enforcement doesn't enjoy. When there is an opportunity, civilians can move away from danger; they can run from it. However, law enforcement must move *toward* the danger. That is a huge difference that many people don't recognize.

Civilian continuum of force model Here is a simple civilian continuum I devised for discussion. Again, read from the bottom of the ladder up.

- Lethal force
- Hands on with force, including injury, to stop the threat
- Hands on with pain to control
- Hands on with little or no pain

Fighter's Fact Book 2

- Strong presence and firm voice
- Voice and presence
- Avoid high-risk situations

To help see and understand the levels, let's use three scenarios in which you respond at the lowest continuum with an erect posture, a neutral expression, direct gaze, and verbiage that leaves no confusion as to its meaning. Then the scenarios are going to get increasingly more dangerous and you're going to escalate your response in kind.

Avoid high-risk situations

Follow your common sense and avoid dangerous bars, street corners, convenience stores and parks. People often get into trouble because they blunder into situations that, after the dust settles and their wounds heal, they see that their decision was not a wise one. Avoid a problem by not putting yourself into its midst.

- You know there is a bully in your school or at your job. While it's not always easy, do all that you can to avoid being around him and giving him an opportunity to intimidate you. Though you might be able to successfully fight him off, who needs the hassle?
- You see a street beggar a few yards up the sidewalk grabbing at passersby. Why put yourself at risk? Swallow your pride and cross the street. You will soon forget about it and life will be grand. But should you choose to walk by the aggressive beggar, a situation might unfold that could be costly in terms of your well-being, his well-being, court time, lawyers, and so on.
- One of your uncles is an obnoxious alcoholic and a pervert to boot. Every time there is a family gathering he grabs at you and says awful things. During the last few family events he has gotten progressively worse. Before the situation explodes, you need to talk to other family members and let them know what is going on. Maybe even tell them that you're not going to participate in family events as long as he is invited.

Voice and presence

Most high-risk situations – bullies, drunks, road ragers - can be controlled with a commanding presence, an authoritative voice tone, and well-chosen words. Accept the blame for the problem, apologize, and sprinkle lots of “sir” or “ma’am” in your talk.

Most of the time these things work. Those times they don’t work is why we train so hard.

Let’s proceed up the ladder using these same three characters: the bully, the aggressive beggar, and the drunken uncle.

Strong presence and firm voice

- ▶ A bully reaches for your arm.
 - Standing straight and tall, you look at him sternly and say in a clear, strong voice, “Don’t touch me.”
- ▶ A street beggar approaches you from your side and asks for money.
 - You look directly at him and say in a clear, strong voice, “Not today.”
- ▶ Your drunken uncle at the family party says something inappropriate to you.
 - You look straight at him with a stern expression, and say clearly, “Please don’t talk to me that way.”

Hands on with little or no pain

- ▶ The bully grabs hold of your arm
 - You jerk it away.
- ▶ The street beggar steps in close to block your path and then demands money.
 - You nudge him away with your shoulder or hands.
- ▶ Your drunken uncle at the family party touches you in a way that makes you feel uncomfortable.
 - You grab his hand and push it back toward him.

In such situations, you can use a limited amount of force to escape a grab, clear a path, and knock away an uncomfortable touch. Then you proceed on your way while making quick glances back to watch the person.

Hands on with pain to control

- ▶ The bully grabs your arm and resists your escape.
 - You quickly maneuver his arm to where you can apply a pressure hold against his elbow.
- ▶ The street beggar steps into your path and slaps his hands on your chest.
 - You knock his arms aside, push him into a wall and apply a control hold on his arm.
- ▶ Your drunken uncle grabs you inappropriately and pulls you into the bathroom.
 - You knock his hands off you and push him down onto the floor.
 - You sit on him and call for others to come and help.

Hands on with force, including injury, to stop the threat

- ▶ The bully grabs your arm and resists your escape. He reaches for your throat with his other hand
 - You punch him in the chest and kick him in the groin.
- ▶ When you push the street beggar against a wall, he spins around before you can apply a control hold and grabs a stick from his backpack.
 - Since he is blocking your escape route, you kick his knee and follow with a backfist to his ear.
- ▶ Your uncle bucks you off and then tries to climb on top of you.
 - You grab a vase off the cabinet and whack him in the forehead with it.

Lethal force

- ▶ The bully absorbs your chest punch and groin kick without a flinch and pulls a knife from under his jacket. He lunges at you, nicking your arm.
 - You grab his forearm, press it against his chest and then ram your fingers into his eyes.
 - He screams, his eyes bleeding and squeezed shut in pain. But still he struggles to move the knife toward you.
 - You slam a solid punch into his throat, which crumples him.
- ▶ The street beggar is only slightly phased by your knee kick and ear strike. He pulls an uncapped syringe from his tattered jacket pocket and stabs it at you.
 - You grab his arm and are surprised by his incredible strength. He begins to maneuver the needle so that it pokes into your sleeve.
 - You hammer fist his nose, and then sweep his leg, which drops him onto the back of his head.

- ▶ Hitting your perverted uncle in the head with the vase only makes him more determined. He grabs at you.
- You twist around so that your weight helps to pin his arms.
- With his head braced by the cabinet, you slam your knee into his temple to make him release you.

To reiterate, you don't have to go through all the continuum steps in progressive order. If, say, a street beggar approaches you and you respond with a firm, "Not today," and in anger he jabs a hype needle at you, it's legally permissible for you to jump to the top rung of the ladder, the lethal force rung. That is, if you can't run away.

"Avenue of escape"

Understand this legal term because not considering it can get you into trouble even when that street beggar jabs a hepatitis C-infected needle at you.

You're going to get asked in court, "Yes, the street beggar poked a needle at you, and yes you had a right to use lethal force against him with your martial arts-trained feet and hands. But answer this: Couldn't you have backed away? Could you have turned and ran? Isn't it true there was an unobstructed sidewalk behind you?"

Your heart goes *kuthunk*, and you mumble, "Uh..."

"Yet you chose..." the attorney says dramatically as he looks at each juror in the eye, "...to crush a homeless, hungry man's face with your martial arts-trained fist and trip him with some martial arts-trained move that caused the man's head to smash into the concrete."

Suddenly, your life is about to change.

Instructors: don't even joke about it

After I had been teaching the police academy for a number of years, the brass decided, and wisely so, that the instructors needed to use caution when making funny remarks about anything related to using force on someone. They were finding that some comments made in jest were coming back to haunt them.

While instructors always want their profound teachings to stick with a student, sometimes, according to anecdotal evidence, it's the wisecrack, the funny comment, the exaggerated technique that some students remember most of all.

“Now that you have your opponent's wrist locked, what do you do? You break it. Ha ha.”

“Okay, you've knocked the guy down onto his back. Now, run away. But as you leave, give him a nice kick in the ear. Ha, ha”

“You've trapped his knife arm. Twist his arm so that that he stabs himself in the gut. Hey, that was so fun why not make him do it two or three times. Ha ha.”

Might these little jests, underscored by humor and the mental image of the teacher's exaggerated technique, remain in the minds of some students and reappear in their actions under stress?

Yes, and that is why we were ordered not to joke around in any class that involved functioning under stress: empty-hand fighting, police baton, and firearms. Some students will only remember that you leaned on your subdued attacker's eye socket and forget that you did it for a laugh.

Important point: A private citizen has a *legal duty* to retreat. He or she must always explore evasion or escape first before getting physical.

Question, evaluate and research

I could give you dozens of examples and you could come up with dozens of: What if... Yeah, but... But can't you just... That's just not fair... So let me leave you with some advice that will not only improve your martial arts study, but just might keep you out of the slammer.

- Question what you're taught. Be polite about it but ask so that you understand how certain techniques and responses fit into the force continuum. If your teacher hasn't thought about this, your questions just might get him to do so.
- Evaluate techniques and responses. Is this technique over the top? Not enough? Does it push the legal envelope? For practice, evaluate the techniques in this book as to where they fit into the continuum.
- Research the laws where you live. Remember, ignorance of the law is no excuse. Maybe you really, really believe that it was okay to hit the guy 42 times with a brick when he pulled a knife on you. Well, just because you *thought* it was okay doesn't make it okay in the eyes of the law. Know the laws, know the continuum, and know what you can and can't do in various situations.

Perhaps you have heard the saying, "I'd rather be judged by 12 than carried by 6." While there are lots of incarcerated folks who might debate that, by questioning, evaluating and researching you give yourself one other option that is better than being carried or judged:

An informed, intelligent and highly-trained response.

Loren W. Christensen's biography appears in the "About the Author" page at the back of the book.

A graphic consisting of a square with a black border. The top half of the square is a light gray rectangle containing a large, bold, black number '2'. The bottom half of the square is a white rectangle containing the word 'TRAINING' in a bold, black, sans-serif font.

30 Questions to Ask Yourself: You Will Fight the Way You Train

By Loren W. Christensen and Lt. Col. Dave Grossman

You will fight the way you train. I've been around the martial arts long enough to remember when no one said this now often-repeated phrase. Back in the 1960s and early 1970s, most martial artist never thought about it or, if they did, they just assumed they could alter their training to fit a real situation. Or worse, they assumed their bad training habits and methods would win the day.

While driving home after our first karate class in the summer of 1965, my buddy and I were confronted by a road rager, long before there was even the term "road rage." He pulled up along side us and threw a beer bottle at our car, missing the windshield by inches. Psyched from our introductory class, we just laughed at the bearded giant, convinced that what we had just learned would be more than enough to whip this guy into confetti. Fortunately, oh so fortunately for our dumb hides, the guy cackled madly out his window, then turned right at the light.

Over confidence is a terrible thing, and sadly, there are far too many martial artists walking around convinced that their tournament training or their aerobics kickboxing class is going to save them.

The problem isn't an isolated one in the martial arts. It's also a problem in police work and in the military. Fortunately, cops and soldiers are more aware of it now than ever and the problem continues to be addressed and fixed in their training. Also fortunately, more and more martial artists understand the concept, though, in my opinion, they are still behind cops and soldiers.

Lt. Col Dave Grossman and I wrote about this phenomenon in our book *On Combat: The Psychology and Physiology of Deadly Conflicts in War and Peace*. Here is an excerpt titled:

Whatever is drilled in during training comes out the other end in combat - no more, no less

Whatever you would make habitual, practise it; and if you would not make a thing habitual, do not practise it, but habituate yourself to something else.

Epictetus (1st century A.D.)

How the Semblances of Things are to be Combated

In January 2003, Col. Grossman went to Camp Lejeune, North Carolina, to train the 2d Marine Division. He filled up the base theater twice, each time giving a four-hour block of instruction to Marines about to deploy to Iraq. "As usual," Col. Grossman says, "I taught them, and they taught me. One marine told me, 'Colonel, my old Gunny taught me that in combat you do *not* rise to the occasion, you sink to the level of your training.'"

We can teach warriors to perform a specific action required for survival without conscious thought but, if we are not careful, we can also teach them to do the wrong thing. Some trainers call these "bad muscle memory" or "training scars." They are "scar tissue" in the midbrain that is counterproductive to survival.

One example of this can be observed in the way police officers conducted range training with revolvers for almost a century. Because they wanted to avoid having to pick up all the spent brass afterwards, the officers would fire six shots, stop, dump their empty brass from their revolvers into their hands, place the brass in their pockets, reload, and then continue shooting. Everyone assumed that officers would never do that in a real gunfight. Can you imagine this in a real situation? “Kings X! Time out! Stop shooting so I can save my brass.” Well, it happened. After the smoke had settled in many real gunfights, officers were shocked to discover empty brass in their pockets with no memory of how it got there. On several occasions, dead cops were found with brass in their hands, dying in the middle of an administrative procedure that had been drilled into them.

Stories like this would be hard to believe if you heard them in a bar. It is “passing strange,” *indeed*, but after hearing about this repeatedly in personal interviews and seeing it in scholarly research we know that it is actually happening. In biomechanics and kinesiology this is called the Law of Specificity. In other words, you cannot get stronger legs by doing push-ups; you must train your specific leg muscles to get stronger legs.

One police officer gave another example of learning to do the wrong thing. He took it upon himself to practice disarming an attacker. At every opportunity, he would have his wife, a friend or a partner hold a pistol on him so he could practice snatching it away. He would snatch the gun, hand it back and repeat several more times. One day he and his partner responded to an unwanted man in a convenience store. He went down one aisle, while his partner went down another. At the end of the first aisle, he was taken by surprise when the suspect stepped around the corner and pointed a revolver at him. In the blink of an eye, the officer snatched the gun away, shocking the gunman with his speed and finesse. But no doubt this criminal was surprised and confused even more when the officer handed the gun right back to him, just as he had practiced hundreds of times before. Fortunately for this officer, his partner came around the corner and shot the subject.

Disarm practice

When you practice gun, knife, club, and arnis stick disarms, do you hand the weapon back to you partner each time?

After reading this chapter you might want to reevaluate whether that is a good way to train.

Whatever is drilled in during training comes out the other end in combat. In one West Coast city, officers training in defensive tactics used to practice an exercise in such a manner that it could have eventually been disastrous in a real life-and-death situation. The trainee playing the arresting officer would simulate a gun by pointing his finger at the trainee playing the suspect, and give him verbal commands to turn around, place his hands on top of his head, and so on. This came to a screeching halt when officers began reporting to the training unit that they had pointed with their fingers in real arrest situations. They must have pantomimed their firearms with convincing authority because every suspect had obeyed their commands. Not wanting to push their luck, the training unit immediately ceased having officers simulate weapons with their fingers and ordered red-handled dummy guns to be used in training.

Consider a shooting exercise introduced by the FBI and taught in police agencies for years. Officers were drilled on the firing range to draw, fire two shots, and then reholster. While it was considered good training, it was subsequently discovered in real shootings that officers were firing two shots and reholstering - even when the bad guy was still standing and presenting a deadly threat! Not surprisingly, this caused not just a few officers to panic and, in at least one case, it is believed to have resulted in an officer's death.

Today, in most police agencies, officers are taught to draw, fire, scan, and assess. Ideally, the warrior should train to shoot until the deadly threat goes away, so it is best to fire at targets that fall after they have been hit with a variable number of shots. Today, there are pneumatically controlled steel targets on which photo realistic images are attached. The shooter might fire

two rounds and the target falls, or the exercise can be designed so the target is supposedly wearing body armor and remains standing even after it is shot multiple times. To knock it down, the shooter must hit it in the head. Even better, in paintball or paint bullet training, the role players are instructed not to fall until they have been hit a specific number of times.

You do *not* rise to the occasion in combat; you *sink* to the level of your training. Do not expect the combat fairy to come bonk you with the combat wand and suddenly make you capable of doing things that you never rehearsed before. *It will not happen.*

There must be a continual effort to develop realistic simulations training so the warrior develops a set of skills that will transfer to reality. One two-tour Vietnam veteran put it this way.

“In Vietnam, I was always surprised to find I had done the right thing in tight situations. I sort of went into automatic and didn’t think about what I was doing, or even remember it later. I’m a firm believer in training, that dull, boring ‘If I have to do this one more time I’ll scream’ training that every GI hates. I hated it but in the end it let people like me perform in combat when common sense was telling me to run like hell.”

How you train is how you will perform for real is a truism for law enforcement, soldiers and martial artists. Some martial artists adamantly object to this, saying that they would never react in a high-stress situation in such a way as the examples given above. To them I say simply, “Sorry, but your opinion is wrong. There is too much evidence to the contrary. And if you don’t change your ways, you could be dead wrong.”

Here are a few ways that some martial artists train that could come back to bite them on the behind:

- **Train to miss:** Punches and kicks are pulled three or four inches from their opponent.

Fighter's Fact Book 2

- **Has never been hit:** Because students are taught to pull their techniques several inches short, they are not conditioned physically or psychologically to take a hit.
- **Take one, give one:** Never been trained to take a hit and respond immediately by hitting back.
- **Train to pass by or pass over the target:** High kicks are thrown so they pass over the opponent's head.
- **Ingrained ritual:** Every drill or sparring exercise is preceded with a salute (sometime elaborate), a nod, a grunt or an "oos," and a pronounced step into a fighting stance.
- **Excessive politeness:** Accidental contact is followed by a partial salute and an apology.
- **Acknowledgement of getting hit:** A poorly controlled punch or kick hits and the recipient grabs the spot and calls time out.
- **Acknowledgement of hitting:** A punch or kick scores and the hitter raises his fist in triumph, turns his back, and walks back to his starting position.
- **Over recognition of an error:** An error in a drill receives a curse, a foot stomp, a shake of the head, or some other overt sign.
- **Stop on an error:** When a defense move misses or a takedown technique is done poorly, the action stops and everyone starts over.
- **Stop in range:** A technique is stopped for whatever reason and the attacker stays in range without doing anything.
- **Stop after one hit scores:** The attacker slams one in then stops, backs away, and basks in his glory.
- **False confidence:** Believes his weak hits that earned points in a tournament would stop a real attacker.

- **Too many Hong Kong movies:** Attacker does an excess of flippy-dippy kicks, somersaults, and tornado kicks.
- **Dropping hands within range:** Being in range with guard down and not attacking.
- **Over reliance on safety equipment:** Relying on the protective helmet to the extent that the head isn't covered well. Relying on padded hands and feet too much.
- **Telegraphing:** Excessive wind up before punching.
- **Never hitting low:** Low blows are not allowed because they are illegal in sport.
- **Targets ignored:** Grapplers struggle for a hold while the opponent's eyes, throat and groin are open and vulnerable.
- **Opponent can't punch or kick:** Grapplers defend against other grapplers who are not trained in how to throw quality kicks and punches.
- **Focus on one technique:** Over relies on his favorite technique, no matter how many times it gets blocked, misses, or fails to have an effect.
- **Hands the weapon back:** Defender disarms a knife, stick, or gun and then hands the weapon back to the attacker.
- **Doesn't consider other attackers:** Takes opponent down and then fails to look around for other attackers.
- **Doesn't get up strategically:** When moving from the ground to a standing position, he doesn't do so in a way that he could instantly defend himself.
- **Practices only in the air:** Punches and kicks are only thrown in the air and never on a bag. He has no idea what they feel like impacting something solid.
- **Always trains at the same intensity:** Never pushes for greater speed, greater power, and greater explosiveness.

Fighter's Fact Book 2

- **Never trains with mental intensity:** Just goes through the motions as if they were half-hearted aerobics.
- **Doesn't "see" the opponent:** Practices in the air, on bags, and on the makiwara without visualizing an opponent.
- **Never trained all-out:** Never pushes training intensity into the anaerobic zone, that place where most fights occur.
- **Doesn't weight train:** Never uses resistance training to increase strength, explosiveness and speed.

Loren W. Christensen's biography appears in the "About the Author" page at the back of the book.

Lt. Col. Dave Grossman, U.S. Army (Ret.) is an internationally recognized scholar, author, soldier, speaker, and one of the world's foremost experts in the field of human aggression and the roots of violence and violent crime. He is a West Point psychology professor, Professor of Military Science, and an Army Ranger who has combined his experiences to become the founder of a new field of scientific endeavor, which has been termed "Killology."

In this new field, Col. Grossman has made revolutionary new contributions to our understanding of killing in war, the psychological costs of war, the root causes of the current "virus" of violent crime that is raging around the world, and the process of healing the victims of violence, in war and peace.

He is the author of the Pulitzer Prize nominated book *On Killing*, which has been translated into several languages. The book is on the US Marine Corps' recommended reading list, it's required reading at the FBI academy, and at numerous other academies and colleges.

Col. Grossman's most recent book, *On Combat*, co-authored with Loren W. Christensen, is the highly acclaimed and bestselling sequel to *On Killing*.

Col. Grossman has been called upon to write the entry on “Aggression and Violence” in the Oxford Companion to American Military History, three entries in the Academic Press Encyclopedia of Violence and numerous entries in scholarly journals, to include the Harvard Journal of Law and Public Policy.

Col. Grossman is an Airborne Ranger infantry officer, and a prior-service sergeant and paratrooper, with a total of over 23 years experience in leading U.S. soldiers worldwide. He retired from the Army in February 1998 and has devoted himself full-time to teaching, writing, speaking, and research. Today, he is the director of the Killology Research Group and, in the wake of the 9/11 terrorist attacks, he is on the road almost 300 days a year, training elite military and law enforcement organizations worldwide about the reality of combat.

To read more about Lt. Col. Dave Grossman, visit his website at www.killology.com



3
TRAINING

10 Ways to Make Your Sparring Street Smart

By Iain Abernethy

Almost all martial artists include sparring in their training. However, there are many different types of sparring and there is some debate as to what types are most realistic. It's even fair to say that some question if sparring has any relevance to self-protection situations. To my mind, the amount of relevance that it has to the street is determined by how that sparring is structured. With that in mind, I'd like to raise some of the key issues to consider when structuring your sparring and share 10 ways to help make yours street smart.

A word on awareness and avoidance

From the onset it's vital that you understand that fighting is what happens when self-protection has gone bad. If you are truly serious about keeping yourself safe on the streets, it's not fighting you should be focusing on, but awareness and avoidance.

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The way I break down self-protection for my students is as follows: 95 percent of self-protection is awareness and avoidance skills coupled with a healthy attitude to personal safety. If you are unable to avoid a situation, you need to be able to control the dialogue and distance, strike preemptively, and use the opportunity to escape. This ability to control a situation before it becomes a fight makes up 4 percent of self-protection. The remaining 1 percent is the fighting skills you fall back on when all else fails. In my experience, it is common for martial artists to overly fixate on fighting (the last 1 percent) and hence they are not effectively addressing the issue of self-protection.

The point I'm making here is that you can be one hell of a kick-ass fighter, and yet still be incapable of keeping yourself safe. If your awareness skills are poor, you'll be taken out before you are even aware there is a threat. You simply won't get the opportunity to use your fighting skills. Consider that no matter how good a fighter you are, there will be people who are better. The way to keep yourself safe from more skilled fighters is very simple: don't fight them! Avoid the situation entirely, and if you can't, control distance through talking with your hands (keep them between the assailant and you), use dialogue and deception to facilitate a first strike, and then use the moment of confusion to flee. In this way, it can be possible to protect yourself from people you may not be able to out fight. However, if all that fails then you have no option but to fight.

As we've established, in this section we are looking at training for that last 1 percent should all your other skills fail; it is therefore not appropriate to discuss in detail awareness and pre-emption. The reason I mention them is that it is vitally important that the sparring methods we are going to examine are viewed from the correct perspective. Remember, fighting skills aren't the key to self-protection: fighting is what happens when self-protection goes bad.

Sparring and the nature of a street fight

Having established where sparring and fighting fit into the grand scheme of things, the next thing we need to cover briefly is the nature of the environment we are training for. In this book we are talking about the street and therefore the nature of the street will determine how we should spar to prepare for it. If we look at the sparring used in the various combat sports, it is immediately apparent that many differing methods of sparring exist. They vary because what is needed to win varies. What is needed to win is determined by the rules, and hence people sometimes assume that seeing as there are no rules in the street, getting rid of the rules will make sparring like a street situation. However, it's not that straight forward. Aside from the lack of rules, there are many other things that make a street situation what it is.



A fight is what happens when self-protection goes wrong.

The reality of street fights

A detailed discussion on the nature of street fights is beyond the scope of this look at sparring; however, here are a few key points that need to be considered:

- The vast majority take place at close-range.
- Real fights often involve multiple assailants and weapons.
- Real fights are fast, frantic and chaotic.
- Real fights do not resemble a skilled exchange between two martial artists.
- In a real situation, you need to keep things really simple.
- The fight might begin without warning (awareness being the key to ensuring it doesn't).
- Deceptive or aggressive dialogue will frequently precede any physical exchange.
- Real fights are terrifying and wholly unpleasant (assuming you're not a psychopath).

To make our sparring relevant to real situations, we need to consider all the things listed above. When they are factored in, sparring can be quite a bit different from what is seen in most dojos. This does not mean other types of sparring have no value: far from it. As a martial artist, it's very likely that you will train for a variety of reasons and have an interest in many aspects of martial training. It is therefore entirely possible that you will spar in more than one way: different types of sparring for different aspects of your training.

You may spar in one way for a straight fight with other martial artists, and another way for the street. Some argue that by sparring in more than one way you may inadvertently use the wrong method at the wrong time. I can follow this logic, but it's my view that the dojo and street environments are so radically different that it is unlikely you'll mix up the various methods so long as you keep the various types of sparring totally separate. (Almost all the leading realists that I know and train with also engage in sparring methods that aren't directly transferable to the street and yet they are easily able to keep the various methods separate.)

Having covered some of the key issues, it's now time to look at the 10 ways to make your sparring street smart.

Important point: All sparring is potentially dangerous and must always be closely supervised by a suitably qualified and experienced person. If you don't have such supervision, don't try out the methods we're going to discuss.

Be aware of the flaws of any sparring exercise

No matter how realistic sparring is, it is never real. We are always making compromises in the name of safety. If we didn't, every training session would result in the majority of students going to the hospital. We need to introduce necessary flaws into training to ensure that we can do it safely. Without these flaws, training would be just as dangerous as the street; which kind of defeats the whole point of training. It won't make our lives any safer; it will just expose us to many more life-threatening encounters.

The necessity and problem of compromise

If you do any of the following you've introduced a flaw into your sparring: train on mats, wear sparring gloves, use a gum shield [mouth guard], limit contact levels, omit techniques such as biting, eye gouges, and groin attacks, you or your partner end the fight by tapping out or submitting, and so on. Changes such as these will make training safer and more productive, but they also move