

GURO W. HOCK HOCHHEIM'S

FILIPINO MARTIAL ARTS

**FILIPINO
COMBATIVES
TRAINING
MANUAL**

COURSE OUTLINES

ESSAYS

ARTICLES

REQUIREMENTS

W. Hock Hochheim's
Scientific Fighting Congress

Filipino Combatives Manual

by W. Hock Hochheim

Copyrighted 2002

Updated by Lyndon Johnson, 7th Degree Black Belt 2009

Published by:

Lauric Enterprises, Inc.,
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Keller, TX 76244
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About the Author: *Hock has instructed the U.S. Marines, Army, Navy, Air Force, allied troops, SWAT and ERT, officers from over 150 police agencies as well as thousands of martial artists around the world in places like South Africa, England, Canada, Mexico, Germany and Australia. He is a retired Texas police and military vet, graduate of many academies, street survival and combat schools with Black Belts in Filipino, Japanese, Hawaiian and American systems. Hock was given the title of Guro in Manila, the Philippines in 1993. Author of the **Knife Fighting Encyclopedia** series, he publishes **Close Quarter Combat Magazine** and has produced more than 40 acclaimed training videos. Based on his education and experience, he founded these modern, practical martial courses.*

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Disclaimer

WARNING!

This course contains the whole spectrum of less-than-lethal and lethal training. Citizens, law enforcement and security personnel are expected to understand the use of force continuum, and use the same behavior, maturity and restraint as they do when using firearms in the line of duty or in self defense of themselves or others.

HAND, STICK, KNIFE, GUN CLOSE QUARTER COMBATIVES

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FILIPINO COMBATIVES RANK PROGRESSION

Gold Phase 1:	Command and Mastery of the Single Cane, Empty Hand and Knife
Gold Phase 2:	Command and Mastery of the Double Canes and Cane and Knife Shadow Boxing / Karaensa
Blue Phase 3:	Combat Drills of the Single Cane, Empty Hand and Knife
Blue Phase 4:	Combat Drills of the Double Canes, and Cane-and-Knife Non-Contact Sparring
Green Phase 5:	Filipino Invading Hands / Sticks / Knives, Releases and Counters
Green Phase 6:	Killshot Fighting in All Areas
Brown Phase 7:	Disarms of all Weapons and Counters to Disarms
Brown Phase 8:	The Essence of Combat Takedowns and Throws in All Areas
Brown Phase 9:	Mastery of Filipino Flow Drills and Inserts in All Areas
1st Dan Black Belt:	Be prepared to perform any of the above 9 levels upon request 10 Cane vs. Cane Combat Scenarios 10 Knife vs. Knife Combat Scenarios 10 Hand vs. Hand Combat Scenarios 10 Double Cane vs. Double Cane Combat Scenarios 10 Cane and Knife vs. Cane and Knife Combat Scenarios 10 Mixed Weapons vs. Mixed Weapons Combat Scenarios 5 Black Belt Level Presentations on any Filipino Combatives Subject All of the above performed at a level befitting a Black Belt Area instructor additions
2nd Dan Black Belt:	Advanced Studies In All Areas and Must Achieve: SFC Knife Journeyman Instructorship SFC Basic Hand-to-Hand Combat Instructorship SFC Basic SDMS Instructorship
3rd Dan Black Belt:	Advanced Studies in All Areas and Must Achieve: SFC Knife Tradesman Instructorship SFC Advanced Hand-to-Hand Combat & SDMS Instructorship
4th Dan Black Belt:	Advanced Studies in All Areas and Must Achieve: SFC Hand-to-Hand 1st Dan Level 10 Black Belt SFC Apprentice Master Level 9 Knife / Counter-Knife Combatives & SDMS
Guro - 5th Dan Master Black:	Advanced Studies in All Areas and Must Achieve: SFC SDMS Level 10 SFC Knife Combatives Level 10 Master
6th Dan Master and above as appointed	

Gold Phase 1

Solo Command and Mastery of the Single Cane

Solo Command and Mastery of the Knife

Solo Command and Mastery of Filipino Hand Strikes and Kicks

Gold Phase 2

Solo Command and Mastery of Double Canes

Solo Command and Mastery of Cane and Knife

Gold Phase 1 and 2 is a solo phase of learning, dedicated to developing the understanding, feel, command and mastery of hand, cane and knife manipulations. The practitioner must master these movements. The movements must be practiced regularly and though they will soon enough be memorized, memorization is not a test requirement. Refer to notes or charts to work through the manipulations. This is the foundation for all else that follows. You must practice all of these both in the air and then against a heavy bag or similar object to develop power and feel resistance.

Recurring drills you will see repeated throughout this Gold Phase are:

Drill 1) The Clock Drill – striking at 12, 3, 6, and 9 o'clock

Drill 2) The 12 Angle Attack Drill

Solo training includes:

ST 1) Practice *in the air*

ST 2) Practice hitting an object to develop power and feel resistance.

Phase One Single Cane Command and Mastery

The Cane Strikes, Blocks and Support

Strikes should be conservative in their delivery, yet as powerful as possible. Do not retract too far to deliver, or over-swing if your target is missed. Emphasize the swing from the elbow and wrist, not the shoulder. Hit training objects as hard as possible to experience impact shock to secure weapon retention.

The Shaft Strikes

- a) Solo slashing strike – Execute four clock strikes
- b) Hit and retract – Execute four clock strikes
- c) Fan strikes – Execute four clock strikes
- d) Big circle / Double hit – Execute four clock strikes
- e) Small circle / Double hit – Execute four clock strikes
- f) *Jo* shaft strikes – Execute four clock strikes

The Handle Strikes

- a) Handle punch – Execute four clock strikes (must envision a thwarted strike)
- b) Pommel strike – Execute four clock strikes
- c) *Jo* pommel strikes – Execute four clock strikes

Tip the Stab Strikes

- a) Straight stabs – Execute four clock strikes
- b) Hooking stabs – Execute four clock strikes

The DMS Strikes

- a) Two-handed strikes – Execute the 15 angles of DMS attack
- b) Two-handed pull, push and turn movements – Execute the clock
- c) Two handed batting swings – Execute the four clock angles

Combination Strikes

- a) Double slash – Practice with the clock strikes
- b) Slash and stab – Practice with the four clock strikes
- c) Stab and slash – Practice with the four clock strikes
- d) X's / figure 8 – Practice with the four clock strikes
- e) Slash and handle punch – Practice with the four clock strikes
- f) Numerous tip, shaft, handle combinations practice

12 Angle Attack Drill – Used to train partners.

The 12 Attack Angles – both left and right

The 1/2 Beat Hand Support Series (Develops a before-and-after flow.)

- a) 1/2 beat hand/forearm/elbow strike
- b) 1/2 beat hand simulated grab
- c) 1/2 beat hand/forearm/elbow block
- d) 1/2 beat stick block

The 1/2 Beat Kick Series

- a) 1/2 beat any kick

The 1/2 Beat Fakes

The cane fakes and sets up attacks on other lines by appearing to strike at one target, then strikes at another. Two major ways to do this are:

- a) The *hit* and retract method and/or
- b) the wrist retraction method

12 Angles Faking Drill – The lead fake, retract and strike. This is one of the most important skill stickfighting developing drills you will ever do.

- a) Fake on angle 1 and strike on angle 2
- b) Fake on angle 1 and strike on angle 3
- c) Fake on angle 1 and then strike 4
- d) And so on through 5, 6, 7, 8, 9, 10, 11, 12

Work the whole 12 with angle 2 fakes, etc.

Cane Blocking

You must gauge what type of block you use based on how hard the incoming attack looks. All the above strikes can also be considered blocks. Remember you might have to zone quickly in or quickly away from an incoming strike so as to not receive the full brunt of the attack.

Basic Blockings:

- a) Unsupported Block – Execute the four clock sides
- b) Supported Block – Use your arm to support the stick. You can support it high or low on the stick.

DMS Block

Rifle Grip – Execute the four clock sides.

Bat/Katana Grip – Execute the four clock sides.

Hybrid Blocks

Also all strikes can be blocks

Blocking and Follow-up Combinations

The Hand Support Series

- Cane blocks and hand blocks – Execute the four clock sides.
- Cane blocks and hand strikes – Execute the four clock sides.
- Cane blocks and hand grabs – Execute the four clock sides.

The Kick Series

- Cane blocks and fire any kick – Execute the four clock sides.

The Double Blocks

- Cane blocks and the second cane blocks again.

Cane blocks and any multiple responses

Cane Passing

The cane passes an attack with the shaft or with the handle. The cane may pass either high or pass low. Passing takes two major requirements. One is that the incoming, attacking cane must not retract but instead follow through on its path. The other must have great *blending* skill to intercept and pass. Passing is done by *shoveling* the attack or by hard contact and the collapse of your weapon to steer the cane aside.

Cane shaft passes high right or left, the free hand may or may not help.

Cane handle passes high right or left, the free hand may or may not help.

Cane shaft passes low right or left, the free hand may or may not help.

Cane handle passes low right or left, the free hand may or may not help.

Passing Cross Block – Execute the four clock sides.

Phase One:Filipino Empty Hand Command and Mastery

C & M 1) Hand/Arm/Kick and Blocks/Passing Basics

These are the basic hand strike and blocks. These should be practiced standing, kneeling, and on the ground side-by-side, top and bottom where possible. These are the movements to be burned into your muscle memory. When you see the term *by the clock* this means:

- 1) 12 o'clock or high strike, or from the north
- 2) 3 o'clock or side strike, or from the east
- 3) 6 o'clock or low strike, or from the south
- 4) 9 o'clock, the other side strike, or from the west

When emphasizing these strikes, they usually can be expressed through angles, as in from all angles or from all the numbers of the clock, but for overall, general workouts they can be categorized from these four sides. Proper depth and execution must be learned from seminars, tapes and/or regional instructors.

Blocking

- 1) Solo arm series on the clock
- 2) Supported series on the clock
- 3) Double arm series on the clock
- 4) Double arm zone series on the clock
- 5) Elbows-to-torso crunch, right and left
- 6) Shoulder raise, chin drop, right and left

The Passes

- 1) Circular hand motions on the clock

The Strikes

- 1) Eye jabs on the clock
 - 2) Palms hooking on the clock
 - 3) Palms thrusting on the clock
 - 4) Hand blade strikes on the clock
 - 5) Elbow strikes on the clock
 - 6) Forearms strikes on the clock
-
- 1) Punch vertical, right and left
 - 2) Punch 45 degrees, right and left
 - 3) Punch horizontal, right and left
 - 4) Chinese punch uppercut, right and left
 - 5) Boxing series, right and left jab, cross, hook, uppercut, overhand

The Kicks

Frontal kicks

- a) The snap
- b) The combat – Modified snap
- c) The front thrust – Vertical foot
- e) The front thrust – Horizontal foot
- f) The shin kick
- g) Ground versions

Stomp Kick

- a) Standing
- b) Ground versions

Knees

- a) Standing
- b) Ground versions

Hook kick

- a) Inward
- b) Outward
- c) Rear leg
- d) Left leg
- f) Ground versions

Side Kick

- a) Standing to the right and left
- b) Ground versions

Back Kick

- a) Standing
- b) Ground version

Spin or Turn Kick

Falls/Rolls on the Clock

Footwork on the Grounded Clock

Shadow Boxing

Power! Practice all of the above on a heavy bag or training device.

Notes:

Gold Phase One: Knife Command and Mastery

The Solo Attack Movements (done right and left handed, standing, kneeling, on ground, walking.

- 1) 8 angle slashing drill
- 2) 8 angle slashing drill
- 3) 10 angle stabbing drill
- 4) 10 angle pommel strike drill

Combinations

- 1) Saber grip slash and stab on the clock
- 2) Reverse grip slash and stab on the clock

12 Angle Saber or Reverse Grip and Support Drills

- 1) 12 angle saber right hand grip
- 2) 12 angle saber left hand grip
- 3) 12 angle saber or reverse 1/2 beat support drills
 - a) 1/2 beat kick
 - b) 1/2 beat hand strike
 - c) 1/2 beat hand grab
 - d) 1/2 beat hand block
 - e) 1/2 beat knife block

The Solo Block Movements

- 1) Block on the clock saber grip
- 2) Block on the clock reverse grip
- 3) Strikes also may serve as blocks

The Block and Strike

- 1) Block saber or reverse and 1/2 beat kick
 - a) 1/2 beat hand strike
 - b) 1/2 beat hand grab
 - c) 1/2 beat hand block
 - d) 1/2 beat knife block

Gold Phase 2: Command and Mastery of Double Canes

The Solo Striking

The previous single cane study is also an important part of double cane development. In these following strike directions, the strike could be any of the previous single cane strikes.

- 1) 12 angles – Double strikes
- 2) 12 angles – Right strikes and left half beat strikes
- 3) 12 angles – Left strikes and right half beat strikes
- 4) 12 angles – With a 1/2 beat kick

Double Cross Slash (one count)

The Block Series

- 1) Right blocks on the clock, the left awaits
- 2) Left blocks on the clock, the right awaits

- 1) Right blocks on the clock angles, left blocks
- 2) Left blocks on the clock angles, right blocks

- 1) Right blocks on the clock angles, left strikes
- 2) Left blocks on the clock angles, right strikes

- 1) Right side split block
- 2) Left side split block

The Passing Series

The cane passes the attack with the shaft or with the handle. The cane can pass either high or pass low. Passing takes two major requirements. One is the incoming, attacking cane must not retract but instead follow through on its path. The other is that one must have great *blending* skill to intercept and pass. Passing is done by *shoveling* the attack or by hard contact and the collapse of your weapon to steer the cane aside. The double canes may offer a combination pass – that is to say that a right handle pass may be assisted by a left cane shaft.

- 1) Cane or both canes pass high right or left
- 2) Cane or both canes pass high left or right
- 3) Cane or both canes pass low right or left
- 4) Cane or both canes pass low left or right
- 5) Passing cross blocks on the four clock angles

Single Sinawali Strike Combinations

Example 1) The Figure 8

- a) Right figure 8, left awaits
- b) Left figure 8 and right awaits

Example 2) The Slash and Stab

- a) Right slashes on the four clock angles and stabs
- b) Left slashes on the four clock angles and stabs

Any other numerous combinations

Major Sinawali Combination Drills

These next drills represent very basic yet highly combative patterns. There are hundreds of double cane drills and they ALL find their basis, their root movements, in combinations of the following. For basic level command and mastery of double canes, these movements must be learned.

- a) Diamond Pattern (4 count)
- b) X Pattern (4 count)
- c) Circular Pattern (6 count)
- d) Heaven Pattern (6 count)

2 Combative Practice Pattern Sets (4 count)

Sample – Right blocks, left strikes arms, left strikes face, right strikes any target

Sample – Left blocks, right strikes arms, right strikes face, left strikes any target

Phase 2: Command and Mastery of Cane and Knife

The Solo Strikes

The previous single cane and knife studies are also an important part of cane and knife development. In these following strike directions, the strike may be any of the previous single cane or knife strikes.

- 1) 12 angles – Double strikes
- 2) 12 angles – Right strikes and left half beat slashes or stabs
- 3) 12 angles – Left strikes and right half beat slashes or stabs
- 4) 12 angles – With a 1/2 beat kick

Double Cross Slash (one count)

The Block Series

- 1) Right blocks on the clock, the left awaits
- 2) Left blocks on the clock, the right awaits

- 1) Right blocks on the clock angles, left blocks
- 2) Left blocks on the clock angles, right blocks

- 1) Right blocks on the clock angles, left strikes
- 2) Left blocks on the clock angles, right strikes

The Passing Series

The cane passes an attack with the shaft or with the handle. The cane may pass either high or pass low. The knife passes the attack with the blade, also high or low. The skill of passing takes two major requirements. One is that the incoming, attacking weapon must not retract but instead follow through on its path. The other must have great *blending* skill to intercept and pass. Passing is done by *shoveling* the attack or by hard contact and the collapse of your weapon to steer the weapon aside. The cane and knife may offer a combination pass – that is to say that a right cane pass may be assisted by a left-handed knife and vice versa.

- 1) Weapon or weapons pass high right or left
- 2) Weapon or weapons pass high right or left
- 3) Weapons or weapon pass low right or left
- 4) Weapon or weapons pass low right or left
- 5) Passing Cross Block on the four blocks

GOLD PHASE TEST SHEET

The term *karensa* translates loosely in Filipino to shadow-boxing. The practitioner must show appropriate skill in the following arenas. Remember to VISUALIZE an enemy. Fight this enemy and take him down and out. Without this intent you are just dancing.

Gold Phase 1

_____ Single cane karensa in the air solo

_____ Single cane karensa against an object

_____ Empty hand karensa in the air solo

_____ Empty hand karensa against an objects like focus mitts, shields or heavy bag

_____ Knife karensa solo in the air

_____ Knife karensa against an object as detailed above

Gold Phase 2

_____ Cane and knife karensa in the air

_____ Cane and knife karensa against an object

_____ Double cane karensa solo in the air

_____ Double cane karensa against an object

“Though this material appears in the very first phase, never stop working and improving on these very vital, skill developing, muscle memory steps. This is the most direct path to command and mastery.”

Hock

Combinations

Example 1) The Figure 8

- a) Right figure 8, left awaits
- b) Left figure 8, right awaits

Example 2) The Slash and Stab

- a) Right slashes and stabs, the left awaits
- b) Left slashes and stabs, the right awaits

C & M) Major Sinawali Combination Drills

These next drills represent very basic yet highly combative patterns. There are hundreds of double cane and knife drills, and they ALL find their basis in combinations of the following. For basic level command and mastery of cane and knife, these movements must be learned.

Basic Diamond Pattern (4 count)

- a) Knife in saber grip
- b) Knife in reverse grip

Basic X Pattern (4 count)

- a) Knife in saber grip
- b) Knife in saber

Basic Circular Pattern (6 count)

Basic Heaven 6 Pattern (6 count)

- a) Three slashes, knife in a saber grip
- b) Three stabs, knife in a reverse grip

Combat Patterns 4 count

Sample – Right blocks, left strikes arms, left strikes face, right strikes any target.

Sample – Left blocks, right strikes arms, right strikes face, left strikes any target.

Notes:

Blue Phase 3

Basic Combat Drills of the Single Cane

Basic Combat Drills of the Knife

Basic Combat Drills of the Empty Hand

Blue Phase 4

Basic Combat Drills of Double Canes

Basic Combat Drills of Cane and Knife

Blue Phase is battling out at a longer range where combat contact first begins. We get as close in as an impact disarm and follow-up strikes. It introduces students to the give and take of battle. Combat footwork and balance in motion is paramount and should be emphasized.

Blue Basics: The Triple Threat Drills, Combat Progressions and Pattern Drills

The trainer will attack with a great variety of angles. One might attack with the 12 angles in simultaneous and/or 1/2 beat follow-ups, or any such drill. When skill has been developed, the trainer follows no pattern so as to surprise the trainee.

Blue Phase 3 Single Cane Combat Drills

The Increasing 12's Cane Drills

The Basic Series

- 1) Evade with footwork
- 2) Block the 12's
- 3) Block the 12's cane and punch
- 4) Block the 12's cane and kick
- 5) Block the 12's cane, punch and kick

Advanced Series

- 1) Block the 12's cane and counter strike
- 2) Block the 12's fakes
- 3) Targeting skill development:
 - a) Evade the 12's and counter strike any designated target, such as
 - Hit the weapon bearing limb all 12 times
 - Hit the head all 12 times
 - Hit the knee all 12 times
- 4) Freestyle from the 12's pattern
- 5) Freestyle from the 12 pattern and include fakes

The Cane Dueling Drills – This develops skill, vision and speed.

- 1) Single cane vs. the double cane diamond pattern
- 2) Single cane vs. double cane X patterns
- 3) Single cane vs. 6-count double cane patterns
- 4) Strike at the incoming 12 angles to impact disarm and then any triple strikes
- 5) Offensive: Strike a fighting stance weapon limb for disarm, then strikes

The Triple Threat Strike Practice Drills

Block and respond with three or more shaft impact series

- a) Practice responses with 3 or more fans.
- b) Practice responses with 3 or more stabs.
- c) Practice responses with 3 or more DMS strikes.
- d) Practice responses with 3 or handle strike series.
- e) Practice responses in any combinations of all strikes, hand strikes and kicks.

DMS Give and Take Drills: The DMS Block and Strike Combat Practice Drills

- 1) High encounters
- 2) Side encounters
- 3) Low stab encounters

- 1) DMS rifle grip versus any Sinawali pattern
- 2) DMS bat grip versus any Sinawali pattern

Combat Drills

Sets of 3, 2, 1 at long range (Inject 1/2 beat fake options throughout.)
The Extreme CQC Flow Drill with handle and shaft strikes and kicks.

- a) Trainee uses only stick hand
- b) Trainee uses both hands
- c) Trainee uses only stick vs. both trainer's hand and stick

Blue Phase 3 Empty Hand Combat Drills

Stuntman Drills

- 1) High roll with the punch
 - a) Add spin kick
- 2) High roll with the punch, add uppercut
- 3) Step off from the kick

Cross Punch Drill

- 1) Add second strikes or kicks

Triple Threat Drill Series

- 1) Block and respond with hand/arm strikes.
- 2) Block and respond with kicks.
- 3) Block and respond in strike and kick combinations.
- 4) Use variables such as one standing, one kneeling, both grounded, etc.

Sets of 3, 2, 1 (Inject fake options.)

CQC Flow Drill with Kicks

Four Set Drill

- 1) Round kicks
- 2) Oblique kicks
- 3) Side kicks
- 4) Any kicks

Phase 3 Knife Combat Drills

Battle Sets of 3, 2, 1

Add some 1/2 beat fakes interjected throughout.

Blue Phase 4 Double Canes Combat Drills

Partner Drill: Diamond Pattern (4 counts)

– Walking/running forward and backward and side-by-side

X Pattern (4 count)

– Walking/running forward and backward and side-by-side

6 Count Pattern

– Walking/running forward and backward and side-by-side

– *Skill Six* control series

- a) Hit the tips.
- b) Hit the middles.
- c) Hit near the hands.
- d) Hit very softly.

Block double cane pattern attacks

Your partner advances on you doing the big Sinawali Drills, you block patterns and strike in assigned practice sessions:

Block and respond with any 3 or more strikes.

Block and respond with the Diamond Pattern.

Block and respond with the X-Pattern.

Block and respond with the Circular Pattern.

Block and respond with a 6-Count Pattern.

Strike the Stalker:

Offensive strike on a fighting stance, disarm and *triple threat* strikes

Battle Sets of 3, 2, 1 (inject 1/2 beat fakes)

The Increasing 12's Double Cane Drills

As with the single cane, develop double cane practice with increasing speeds.

Blue Phase 4 Cane and Knife Combat Drills

Partner Drill: Umbrella Pattern

- Stationary-walking-running

Partner Drill: Hit and Retract Pattern

- Stationary-walking-running

Partner Drill: Figure 8 Pattern

- Stationary-walking-running

Block and Strike Practice Drills

Block any attack and respond with the Diamond Pattern.

Block any attack and respond with the X-Pattern.

Block any attack and respond with the Circular Pattern.

Block any attack and respond with the Heaven Pattern.

Block any attack and respond with Umbrella Pattern.

Block any attack and respond with Hit and Retract.

Block any attack and respond with an Figure 8.

Strikes to disarm both weapons then Triple Threat strikes.

Battle Sets of 3, 2, 1 (inject fakes)

The Increasing 12's Cane and Knife Practice Drills

As with the single cane, develop double weapon practice with increasing speeds.

Blue Phase 3 and 4 Delivery and Non-Contact Sparring

Mastery of the Attack delivery systems through all the following steps:

Balanced Stance/Position

Explosive Footstep

Window of Combat Movements

a) Slash and double slash

b) Figure 8

c) Jabs and stabs

d) Circles

e) Fakes

The Non-Contact Sparring Versus a Partner to Develop Skill

Single cane

Double cane

Cane and knife

Knife

Mano mano

BLUE PHASE 3 and 4 TEST SHEET

This examination concerns itself with non-contact sparring. Display sufficient skill for this level, you will exercise such skill by, facing off against a training partner, in the following arenas:

Blue Phase 3

_____ Single Cane vs. Single Cane

_____ Knife vs. Knife

_____ Empty Hand vs. Empty Hand

Blue Phase 4

_____ Double Cane vs. Double Cane

_____ Cane and Knife vs. Cane and Knife

“This material prepares you for the next level of combat sparring. Here you develop skill in mobility and weapon control for set-ups, fakes and judgment of enemy responses.”

Hock

Green Phase 5

Mastery of Invasion Strategies

Green Phase 6

Mastery of Killshot Fighting

Green Phase brings us in closer. Presumably we work the Killshot combat tactics to knock and stun the head. Once stunned, the following levels of study — the disarms, takedowns and throws — have a better opportunity to develop.

GREEN PHASE 5 HAND, STICK, KNIFE INVASION STRATEGIES

Filipino Invading Hands

Invading hands is the immobilization, deflection and/or control of the opponent's limbs to clear a path, usually to the head. Should be practiced seamlessly standing, kneeling and in all ground positions. Invading hands can be executed from an aggressive or defensive posture.

- AIH 1) Contact and any strike set
- AIH 2) Contact and grab and any strike
- AIH 3) Contact and opposite hand grab and any strike (the Chain of the Hand)
- AIH 4) Double contact and any strike
- AIH 5) Circling Palms series, based on outside wrist to wrist contact
 - a) Small circle to thrust face (hand or knife)
 - b) Big circle to slap face (hand or knife)
 - c) Big circle to slap high guard (hand or knife)
 - d) Big circle blocked? Hit groin (hand or knife)

The Outside Assault Series: Learn Aggressive Invasions from the Outside (outside the arms)

Aggressive sets attack the limbs of the opponents in either of two ways.

- Way 1) You strike upon the guard arms held up by the opponent.
- Way 2) You strike, get a contact in the form of a block and you defeat the block.

- Aggressive Set 1) The first pin and strike gets through
- Aggressive Set 2) The next pin and strike get stopped half-way
- Aggressive Set 3) The next pin and strike gets grabbed
- Aggressive Set 4) The next pin and strike gets thwarted early

Sets executed with hand:

- a) Pin and successfully strike
- b) Pin and slap away the half block
- c) Pin, then circular elbow release the half grab
- d) Pin, then parry across the over-block

Sets executed with a stick:

- a) Pin and successfully strike
- b) Pin and slap away the half block
- c) Pin, then circular elbow release the half grab
- d) Pin, then reach under for a Dos Manos Takedown
- e) Pin, then parry across the over-block

Sets to be executed with a knife saber and reverse grip:

- a) Pin and successfully strike
- b) Pin and slap away the half block
- c) Pin, then circular elbow release the half grab
- d) Pin, then parry across the over-block

The Inside Assault Series: Learn Invasion from the Inside (Inside the arms)

Set 1) The Contact/Grab, Arm Wrap and Grab Release-Any Strike (scenarios later)

Set 2) The Arm Wrap and opponent grabs your incoming strike. You slap release and strike.

The Chain of the Weapon Combat System

Must perform 6 knife/grab/knife segments (*Takedowns and throws will come later.*)

Must perform 6 stick/grab/stick (*Takedowns and throws will come later.*)

Combat Cane Invasions

The Head Crash Cover Position – Inside

The Head Crash Cover Position – Outside

Review the 12 Angles of faking for aggressive invasions.

Green Phase 6

Practice Kill Shot dueling fighting. Identify priority targets and award accordingly.

Hand vs. hand *kickboxing*

Cane vs. cane

Cane vs. two canes

Cane vs. cane and knife

Cane vs. long staff

Double cane vs. double cane

Double cane vs. cane and knife

Knife vs. knife

Double knife vs. double knife

Knife vs. cane

Staff versus staff

Any enforcement of opposite hand fighting that applies above.

Any additional combinations.

Green Phase 5 and 6 Mastery Test

Perform an appropriate level of mastery appropriate for this skill level.

Kill Shot Fighting

_____ Single Cane vs. Single Cane Killshot

_____ Single Cane vs. Double Cane Killshot

_____ Knife vs. Knife Killshot

_____ Cane and Knife vs. Cane and Knife Killshot

_____ Cane and Knife vs. Double Cane Killshot

_____ Empty Hand vs. Empty Hand Killshot

_____ Any other local instructor requirements.

Brown Phase 7

Empty Hand Combat Takedowns and Throws

The Single Weapon Takedowns and Throws

The Double Weapon Takedowns and Throws

Brown Phase 8

Disarms and Counters to Disarms

Brown Phase continues to develop the fighter. You have battled in long range, invaded, stunned the head, and now close further. Time to put the enemy down. Maybe a disarm is needed? In Levels 7 and 8 we learn to disarm and to apply the major takedowns and throws and complete the combat scenario with a ground finish.

Brown Phase 7: Takedown and Throw Breakdown

A takedown is essentially when the opponent has tripped. A throw is when both of the opponent's feet have left the ground. Hundreds of takedowns and throws, and then their counters may be practiced. Here is a list and brief explanation of some of the major ones. Before testing at this level a practitioner should, at least:

- 1) Know each one of the following.
- 2) Be able to trouble-shoot common problems.
- 3) Be able to counter them.
- 4) Execute moves with hand, stick and knife where possible.
 - a) Rear Takedown
 - b) Front Takedown
 - c) Inner Leg Reaps
 - d) Front Arm Bar
 - e) Side Arm Bar
 - f) Rear Arm Bar
 - g) Neck Lever
 - h) Shoulder Throw Sheonage
 - i) Underarm takedown
 - j) Rear Head / Neck Pull Down
 - k) Inner Arm Pull Down
 - l) Standing Center Lock Throw
- 5) Water Buffalo Throw (Silat's Puderkapali)

Torque the head of a stunned, bent-over man by way of using his arm as a lever.
- 6) Foot Sweeps

Given the proper manipulation on the upper torso, sweeps can drop the enemy.
- 7) Power Kicks

Powerful kicks to the legs may drop a standing person. Kicks to a bent over or kneeling person may also send him reeling. Inside the dynamics of good kicking are reaps and throws.
- 8) Knock-Out Strikes

Punches to nose, slaps to the head, forearm smashes to the back of the neck are examples of empty hand knock-outs. Weapon strikes to key areas may also produce this.

Filipino Combat Scenario Ground Finishes

Our mission is to down the enemy. The results are:

- 1) Control and contain
- 2) Unconsciousness
- 3) Disablement
- 4) Death

We attain these by:

- 1) The Weapons Assault – Bring your weapons down upon the fallen enemy.
- 2) The Military Stomps – Stomp the fallen enemy with your feet on vital targets.
- 3) The Brick Breakers – Bring hand strikes down upon the fallen enemy on key targets.
- 4) The Silat Knee Drops – Brings multiple knee drops upon the enemy.
- 5) Universal Chokes or ligatures.
- 6) Submission movements.

Try to remain at least knee high whenever possible, beside or even atop the opponent in Silat fashion. Knee high gives you more mobility and visibility for any other attackers. See the manual for Ground Zero outline for more prone and side-by-side combat tactics.

Brown Phase 8: Learn Mastery in the Disarm and Takeaway Skills

Single Cane: The Five Cane Disarms and Counters

Execute the five disarms vs. the 4 clock attacks 12, 3, 6 and 9 o'clock. Understand that the 12 o'clock and the 6 o'clock attacks can be *passed* or manipulated into the commonly practiced 3 or 6 o'clock attacks. Try to remember that diminishing blows, usually to the head are critical to disarming success.

Impact

- a) Striking the enemy's weapon bearing limb or other vital targets
- b) Skill develop with the stabbing blast drill.

Hand/Arm snake

- a) Circle in clockwise or counter-clockwise.

Cane snake

- a) Circle in clockwise or counter-clockwise.
- b) Use shaft or handle.

Strip and keep cane

- a) Very efficient if you are inside the arms of the enemy. If outside you are

smart to grab and move inside
b) You may use the shaft or handle to pry the weapon free.

You grab the enemy's stick and:

- a) Shoot the moon
- b) Slam the earth
- c) Ride the horizon
- d) And degrees thereof 1, 2 and 3

Skill develop this disarm with the following:

- a) Increasing 12 drill: block and catch with palm out
- b) Increasing 12 drill, block and catch with palm out
- c) Increasing 12 drill, block/catch and experiment with caught strikes

Strip and Send Cane

You grab the weapon-bearing limb of the enemy and ship off the stick by way of:

- a) The shaft
- b) The handle
- c) You body

Single Cane: Counters to Stick Disarms

There are early-phase, mid-phase and late phase counters.

Counter Strategy 1) The Battle Charge

- 1) Charge in and decimate while you are being disarmed.
- 2) Charge in and decimate after you have been disarmed.

Counter Strategy 2) Handle Punch and Joint Lock Releases vs. Grabs

- 1) You deliver the 12. He blocks and grabs your stick. You experiment with counter handle punching or joint lock releases.
- 2) Practice the grab and release series.
 - a) He grabs your weapon and punches. DMS block. V-lock release
 - b) He double grabs your weapon
 - Strike face and row forward
 - Strike face and row backward
 - Punch face, push-pull, handle punch body, reap
 - c) He grabs your weapon wrist. You joint lock release.
 - d) He grabs your weapon wrist. You switch hands.

Counter Strategy 3) Snake the Snake

Counter Strategy 4) Limb and Cane Releases

Counter Strategy 5) Vs. the Impact

- 1) Avoid the enemy's strike by practicing the uncommitted slash.

Counter Strategy 6) Strike During the Disarm Process

Review

- 1) Counter the impact disarm with avoidance
- 2) Counter the hand snake with strikes, charges, appropriate grabs and releases
- 3) Counter the stick snake with strikes, charges, appropriate grabs and releases
- 4) Counter the strip and keep with strikes, charges, appropriate grabs and releases
- 5) Counter the strip and send with strikes, slap releases and joint lock releases

Understand these by working them in cane vs. cane scenarios.

- 1) Combat Scenario – Counter the impact disarm with a battle charge on the enemy.
- 2) Combat Scenario – Counter the arm snake with a handle punch and any takedown.
- 3) Combat Scenario – Counter the arm snake with a big sweeping snake and crash attack.
- 4) Combat Scenario – Counter the strip and send with a releasing technique and counter strikes.
- 5) Combat Scenario – Counter the strip and keep with a stick releasing technique.

Knife Disarms and Counters

Disarms must be done inside a string of combat.

- 1) Verbal Disarms
- 2) Impact Disarms
- 3) Push/Pull Force Counter Force Disarms
 - a) The *anywhere* snatch
 - b) The *peel* snatch

Practice the Unarmed vs. the Knife Combat Drill ending incorporating disarms.

Practice the Unarmed vs. the Cane Combat Drill.

Practice the Unarmed Chain of the Knife Drill, incorporating disarms. (*Takedowns appear later.*)

Practice the Unarmed Chain of the Stick Drill, incorporating disarms. (*Takedowns appear later.*)

Double Cane Disarms

All of the above single cane disarms must be done again from both left and right sides.

Brown Phase 7 and 8 Test Sheets

The Single Weapon Takedowns and Throws: Express a combat scenario through the following lists.

Use disarms throughout where practical.

_____ Hand vs. Hand Rear Takedown
_____ Knife vs. Knife Rear Takedown
_____ Cane vs. Cane Rear Takedown
_____ Show one counter

_____ Hand vs. Hand Figure 4
_____ Knife vs. Knife Figure 4
_____ Cane vs. Cane Figure 4
_____ Show One Counter

_____ Hand vs. Hand Neck Lever
_____ Knife vs. Knife Neck Lever
_____ Cane vs. Cane Neck Lever
_____ Show One Counter

_____ Hand vs. Hand Underarm Takedown
_____ Knife vs. Knife Underarm Takedown
_____ Cane vs. Cane Underarm Takedown
_____ Show One Counter

_____ Hand vs. Hand Rear Head Pull
_____ Knife vs. Knife Rear Head Pull
_____ Cane vs. Cane Rear Head Pull
_____ Show One Counter

_____ Hand vs. Hand Front Arm Bar Takedown
_____ Knife vs. Knife Front Arm Bar Takedown
_____ Cane vs. Cane Front Arm Bar Takedown
_____ Show One Counter

_____ Hand vs. Hand Side Arm Bar Takedown
_____ Knife vs. Knife Side Arm Bar Takedown
_____ Cane vs. Cane Side Arm Bar Takedown
_____ Show One Counter

_____ Hand vs. Hand Rear Hammer Arm Bar
_____ Knife vs. Knife Rear Hammer Arm Bar
_____ Cane vs. Cane Rear Hammer Arm Bar
_____ Show One Counter

- _____Any Hand Combat Scenario
- _____Any Knife Combat Scenario
- _____Any Cane Combat Scenario
- _____Any Regional Instructor Requirements

The Double Weapon Takedowns and Throws. Express Combat Scenarios Through:

- _____Double Cane Rear Takedown
- _____Double Cane Neck Lever Takedown
- _____Double Cane Rear Head Pull Takedown
- _____Double Cane Underarm Takedown
- _____Double Cane Front Arm Bar Takedown
- _____Double Cane Side Arm Bar Takedown
- _____Double Cane Sinawali Battering and Kick Takedown
- _____Double Cane Knee Pull / Head Push Takedown
- _____Any Double Cane Combat Scenario You Construct

Cane and Knife Combat Scenarios

- _____Cane and Knife Neck Lever Takedown
- _____Cane and Knife Underarm Takedown
- _____Cane and Knife Rear Pull Down Takedown
- _____Cane and Knife Sinawali Battering and Kick Takedown
- _____Any Cane and Knife Combat Scenario You Construct
- _____Any Regional Instructor Requirements

Brown Phase 9:

MASTERY OF FILIPINO FLOW DRILLS

By now you should have been working the Filipino flow drills in every class and seminar since you started. Now is the time to show developed skill in these areas. The ability to execute during the motion or flow is a key skill-developing attribute that makes an average fighter into a superior one.

Brown Phase 9 Test

Practice sessions should be geared to develop the *flow* that is consistent aggressive and/or defense movements in close quarter combat. You must execute these while moving forward or backward, side-to-side.

Block/Pass and Pin Drills

- _____Any 3 inserts high right corner
- _____Any 3 inserts high left corner
- _____Any 3 inserts low left corner
- _____Any 3 inserts low right corner
- _____3 ground fighting
 - One partner knee high vs. on-back insertions
 - One partner knee-high vs. on-back leg insertions
 - One partner drill side-by-side
- _____DMS Cane
 - Any 2 inserts
- _____SMS Cane Handle Emphasis
 - Any 2 inserts
- _____Knife
 - 4 inserts – one from each corner
- _____Empty Hand vs. Knife
 - Any 4 inserts, one from each corner

Filipino Sumbrada

- _____Any 3 single cane vs. single insertions to a finish
- _____Any 3 knife vs. knife insertions to a finish
- _____Any 3 cane and knife insertions to a finish
- _____Any 3 double cane insertions to a finish
- _____Any Single Cane CQC Punyo Sumbrada - insert

Horizontal Blast

_____Any 2 single cane inserts

_____Any 2 knife inserts

_____Any 2 empty hand inserts

_____Any 2 double cane inserts

The Four Corner Chain of the Ice Pick Knife Drill (called by some Panananstas)

_____Any 3 combat scenario inserts

Lock Flow

_____One full minute of lock flows

3 Inserts from Cane Freestyle

or

Create Your Own Flow Drills

_____Invent 1 of your own, or do one not yet done above, cane flow drill and some inserts.

_____Invent 1 of your own, or do one not yet done above, knife flow drill with some inserts.

_____Invent 1 of your own, or one not yet done above, hand flow drill with some inserts.

_____Invent 1 of your own, or one not yet done above, double cane drill with some inserts.

_____Invent 1 of your own, or one not yet done above, cane and knife drill with some inserts.

Notes:

1st Dan Black Belt:

All of the above performed at a level befitting a Black Belt

_____ Be prepared to perform any of the previous 9 levels upon request.

_____ Be prepared to Kill shot in all areas.

_____ Performed Level 9 again only show better skill.

_____ 10 cane vs. cane combat scenarios

_____ 10 knife vs. knife combat scenarios

_____ 20 hand vs. hand combat scenarios – standing, kneeling and on the ground

_____ 10 double cane vs. double cane combat scenarios

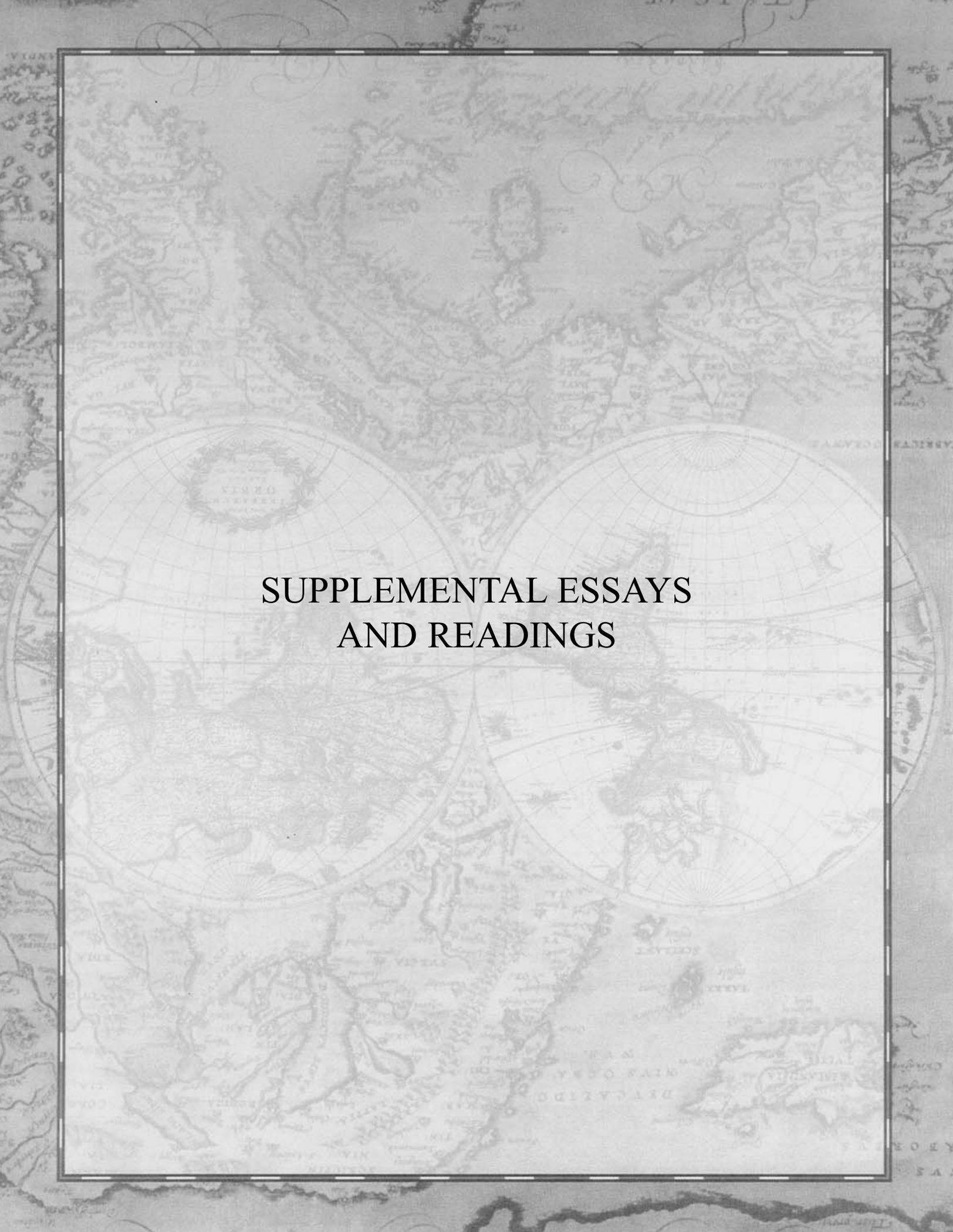
_____ 10 cane and knife vs. cane and knife combat scenarios

_____ 10 mixed weapons vs. mixed weapons combat scenarios

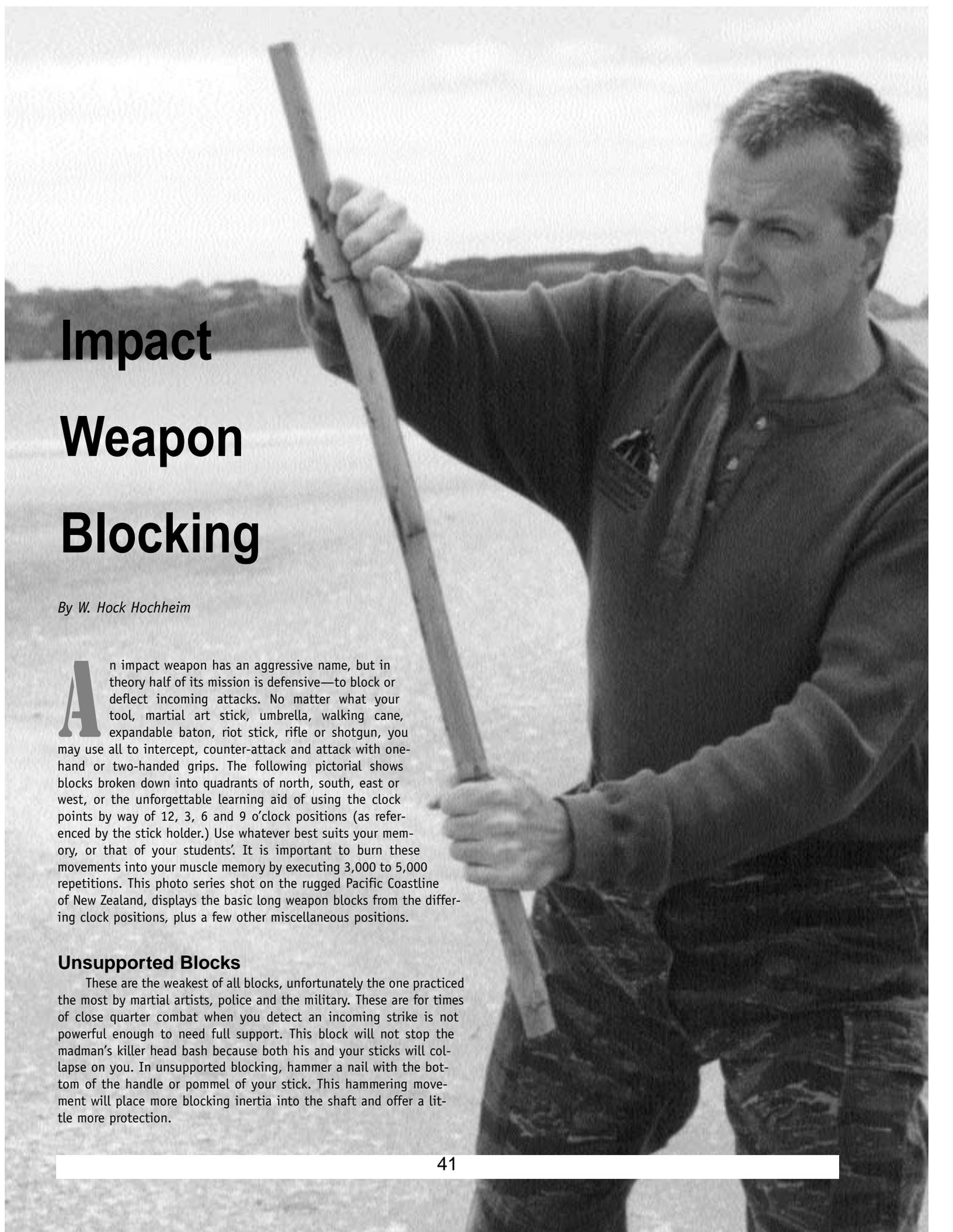
_____ 3 Black Belt level presentations on any Filipino Combatives subject

_____ Area regional instructor additions

Notes:



SUPPLEMENTAL ESSAYS
AND READINGS



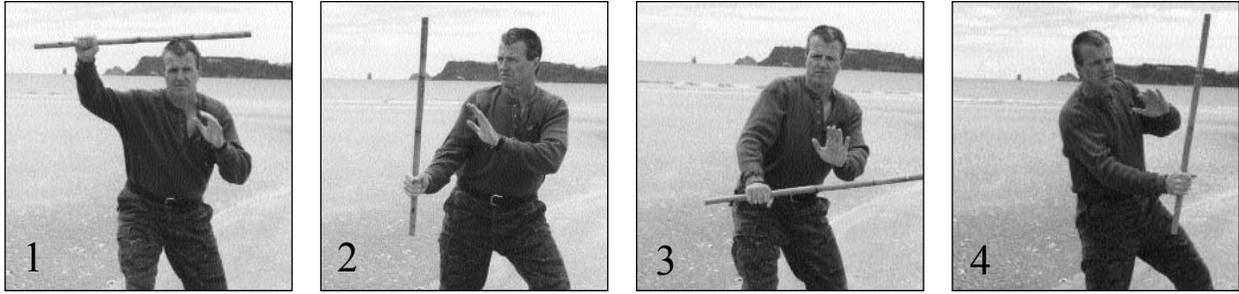
Impact Weapon Blocking

By W. Hock Hochheim

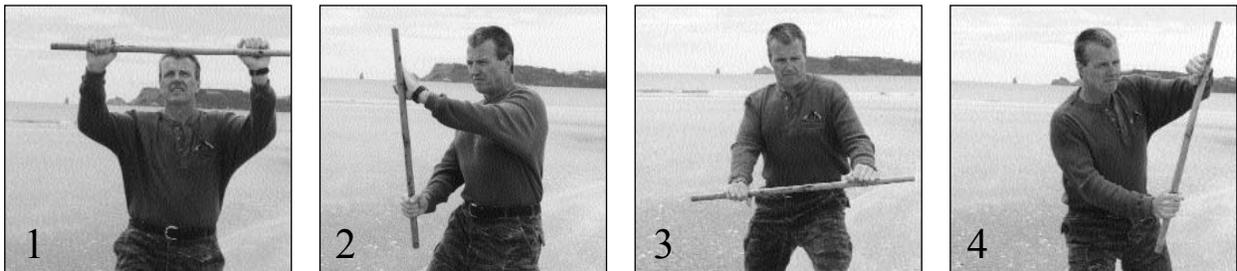
An impact weapon has an aggressive name, but in theory half of its mission is defensive—to block or deflect incoming attacks. No matter what your tool, martial art stick, umbrella, walking cane, expandable baton, riot stick, rifle or shotgun, you may use all to intercept, counter-attack and attack with one-hand or two-handed grips. The following pictorial shows blocks broken down into quadrants of north, south, east or west, or the unforgettable learning aid of using the clock points by way of 12, 3, 6 and 9 o'clock positions (as referenced by the stick holder.) Use whatever best suits your memory, or that of your students'. It is important to burn these movements into your muscle memory by executing 3,000 to 5,000 repetitions. This photo series shot on the rugged Pacific Coastline of New Zealand, displays the basic long weapon blocks from the differing clock positions, plus a few other miscellaneous positions.

Unsupported Blocks

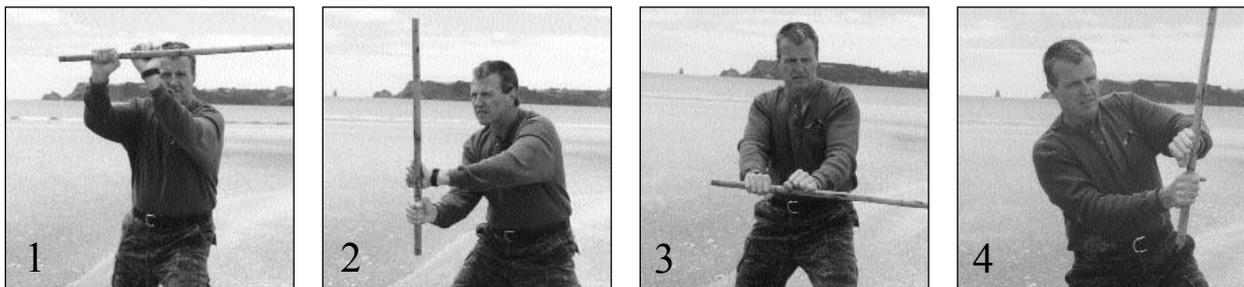
These are the weakest of all blocks, unfortunately the one practiced the most by martial artists, police and the military. These are for times of close quarter combat when you detect an incoming strike is not powerful enough to need full support. This block will not stop the madman's killer head bash because both his and your sticks will collapse on you. In unsupported blocking, hammer a nail with the bottom of the handle or pommel of your stick. This hammering movement will place more blocking inertia into the shaft and offer a little more protection.



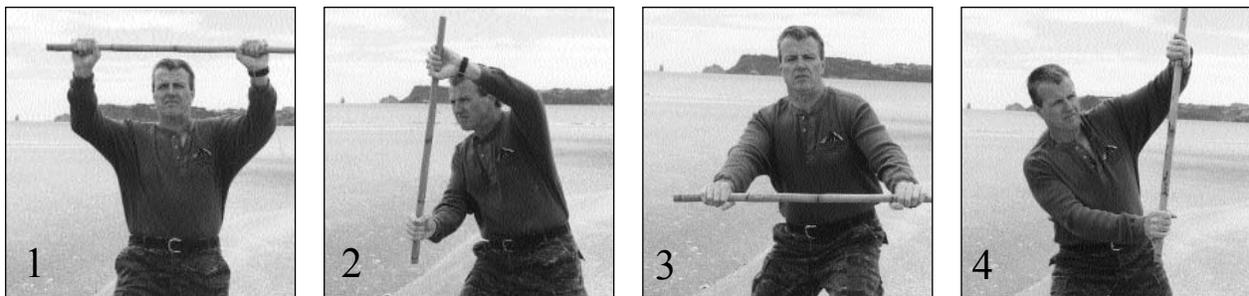
Unsupported Blocks.



Supported Blocks. The support hand is high on the stick.

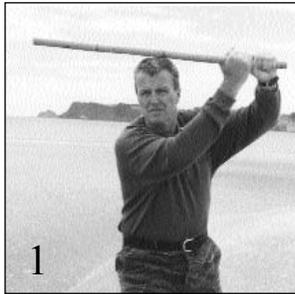


Supported Blocks. The support hand is low on the stick.



DMS Blocks or Two-Handed Blocks

These may be executed with a rifle grip, which is one palm up, one palm down, or the stick grip both palms facing the same direction. Be sure to leave space between the hands to ensure as much blocking surface as possible.



Batting Blocks



Here you see a problem-solving shield block.



This demonstrates a problem solving back block.



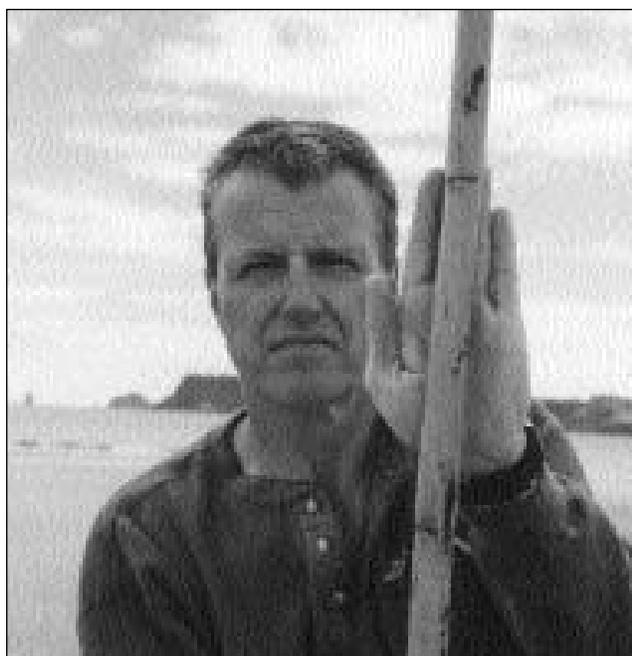
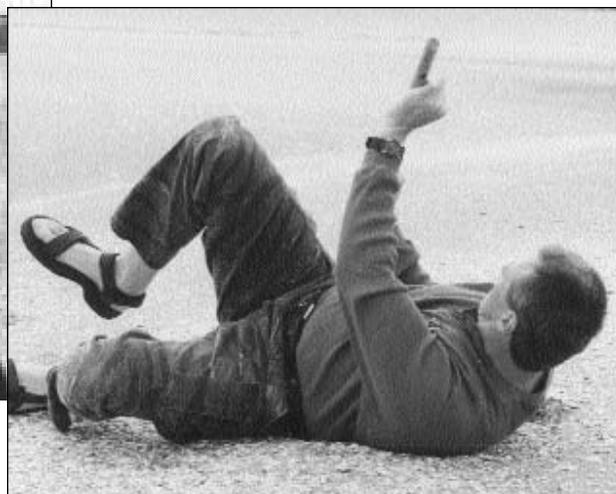
All strikes may serve as blocks too.

Impact Weapon Blocking Consists of:

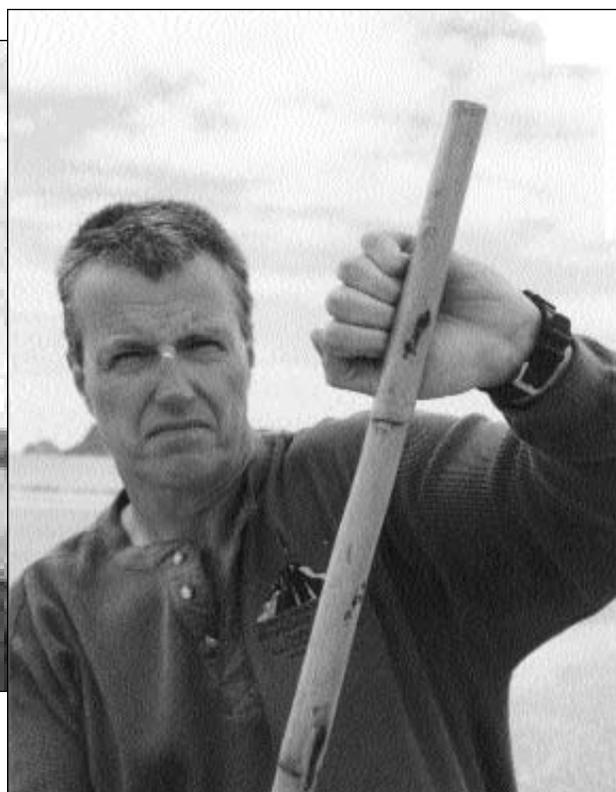
- Unsupported blocks
- Supported blocks
- DMS or two-handed grip blocks
- Hybrid blocks
- All strikes may serve as blocks too



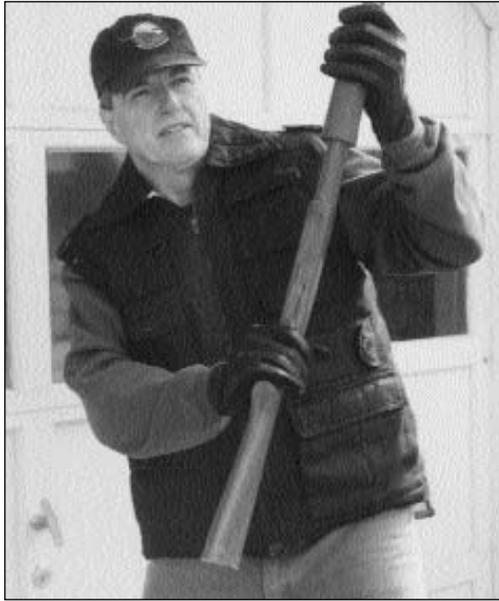
These blocks must be practiced while kneeling and flat on the ground.



The flat hand support. Off a few degrees? This spells trouble. You may smash your hands and fingers, and your stick may slip off your hand into you! This constitutes a common martial artsy stick mistake.



Cupped hand support. This provides little chance for a glancing blow. Less chance for a broken hand.



Many of these blocks may apply to the long guns of security, police, military and defending citizens.



When you hike in places like the mountains of Georgia, USA, you may use a common walking stick or cane to block attacks.

Hybrid Blocks

Are those unusual blocks that problem-solve unusual attacks or help you find quick shelter from a previously difficult position.

Beware! The Slashing Block

If you always train with a partner who never really targets your head, but rather mindlessly targets your stick, or one who never extends his wrist upon delivery, the person on the receiving end may get away with murder! Martial artists who live too long in this unreal world may over-confidently slash back at an incoming attack, never really stopping true incoming energy. Since the trainer never penetrates any deeper anyway, it seems your pretty slashing block worked! Do that a few thousand times, and you have terrible muscle memory against a real head basher. ☹



The umbrella appears less suspicious and more practical in differing climates! You may use a sturdy custom-built umbrella as a blocking device in the same maneuvers. A young healthy man or woman carrying a walking stick in an ordinary town like Chattanooga, TN, USA may seem suspicious or pretentious. However an older man or woman might carry a stick with some success. These blocking strategies apply to such circumstances regarding the cane.

CLOSE-QUARTER STICK COMBAT

By W. Hock Hochheim

and then you use your stick to disperse the crowd. The SWAT instructor concluded his speech at a tactical police seminar in Austin, Texas in the 80 s

An officer raised his hand and asked, But how?

You ... ahhh ... you disperse the crowd! the SWAT instructor replied. ... you ... enter into the crowd, break it up and steer the people off.

Still confounded, the inquirer sat silent. We all knew exactly what he really wanted to know. How do you physically, step-by-step, utilize your stick to strike, push or pull human beings, who refuse to move and in some instances actually fight you. How do you get them to disperse?

It was a good what if question. I've been confronted by such hostile groups, from a rock-throwing crowd during the Vietnam evacuation to a small neighborhood mob that made me feel like a riot might happen right ON ME at any second! Crowds and mobs are fickle beasts

What if a rioter grabbed my stick? was another commonly asked question in these police courses throughout the 70 s, 80 s, and 90 s. Even today most state courses offer little in the way of a response. One perplexing solution offered to a state corrections officer as late as 1999 was

Let him have the stick. We'll get you another one!

Can you believe it? We haven't come very far in three decades have we? I have yet to see a supply clerk with a duffel bag of sticks mustering behind officers passing out replacement batons. Hand off a few sticks like that and we have armed the enemy! Meanwhile there are some simple countering releases to any grab that takes about a minute to learn and a second to execute! It appears that many life-saving answers — the actual step-by-step tactics for these conflicts — have either been forgotten through time or lost through political correctness, inexperience or simple ignorance.

Since the early '70s I've collected stick fighting tactics from both the military and civilian police authorities. While serving as a U.S. Army military policeman, I gathered many from rough, old-timers circa the '50s and '60s who taught us, along with some tough, veteran MPs who once worked bars, clubs, streets, camps and forts all over the world. Their set-ups, fakes and tricks are still some of the best stick work I've ever seen. The stick can

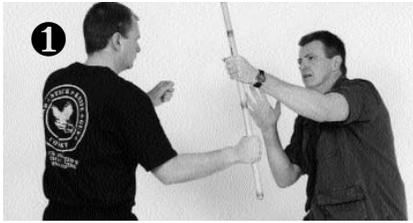
be used not just to push back and bash, but also to hook, maneuver, throw, disarm, choke and control people. Their fakes and set-ups were great. From them I learned that one vs. one tactics can also be applied to one vs. many encounters.

Those old-timers had plenty of answers to the "what if" game, all but lost now to the lame, timid, paranoid "thigh-striking" techniques taught to officers today, geared more for the protection of police agency's insurance company, than the protection of an officer's life. For example, a man with a baseball bat attacked someone I knew. After thousands of thigh-hitting repetitions (it takes from 3,000 to 5,000 reps to build a

reflexive action) in modern police courses, instead of reflexively putting his stick up in the air for a block against the bat, he instead struck the attacker — as trained — on the THIGH! The un-obstructed bat crashed down upon my friend's skull, sending the officer into a coma. He almost died! Bad muscle memory training, but very politically correct. His agency wasn't sued and the attacker took the thigh shot and barely knew anything hit him at all. Sometimes, most times

A threatening attacker is busy yelling. His mouth, not the stick, is his weapon of choice for the moment.





1 Quickly snatch the stick and...



2 strike the head to stun the man.



3 Pass the tip between the body and the arm.



4 Obtain the DMS grip. At this point he may or may not let go of his stick.

really, you just can't hit that small special nerve, point or sweet spot on a moving, rabid target — the curse of pressure point training in the real world.

In 1987, when I began to study the Filipino arts, I learned that military and police training courses lacked a "stick-dedicated" martial system along with skill developing drills such as ones typically found in the Philippines. Supported by psychological and athletic research the civilian world offers, I reconfigured how they would all relate to the confrontations of today. It seems that while the Filipino arts had some solutions, they aren't doing the crafty things that the police old-timers and military pugilists did. Plus they, like the Japanese, can become too "artsy" at times and hence unsubstantial for the chaos of combat. It became clear that if each group knew the best of what the other had, we could solidify an outstanding course best insuring our safety, success and cause. The result? I created DMS — the Dos Manos System, which translates to "two-hands" named in the tongue of its primary source — the Filipino connection.

No one source has ever compiled and blended all this information together before, and as a result I have



5 If your catch is true, it will not matter. Fire a knee.

taught DMS to elements of over 50 law enforcement and correctional agencies, police SWAT teams, and at the U.S. Marine Close Quarter Combat Advanced Instructor Course at Quantico, as well as to Air Force police, Army Rangers, and well over a thousand martial artists. I have come to believe that if you only know how to fight with a single-handed grip you are only half a stick fighter! DMS adds another powerful dimension, the second half, to control or to grapple the opponent off his feet.

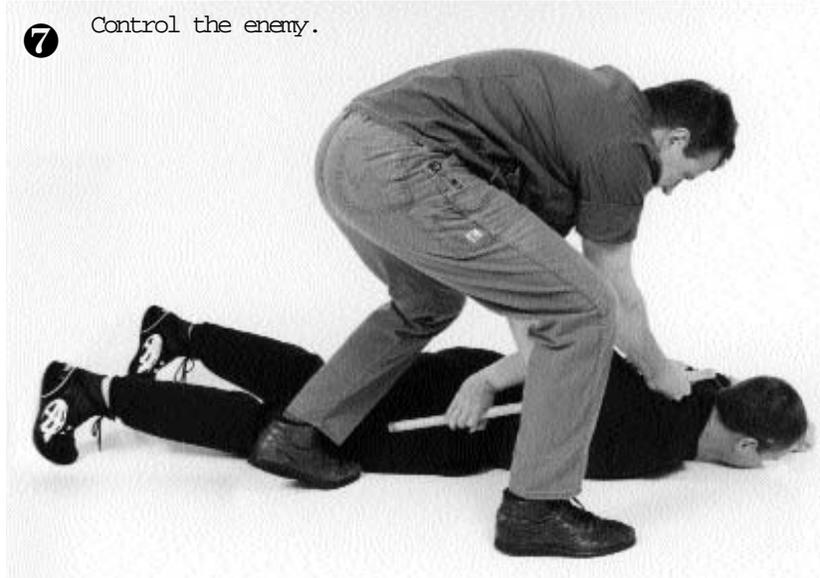
DMS best functions under one universal combat premise — the



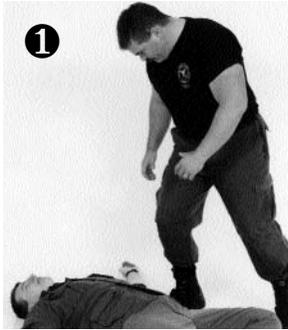
6 Step back and pull down.

opponent is either a criminal or an enemy soldier. Sometimes we take them prisoner. Sometimes we kill them. With this hardcore and realistic focus established we can turn to the scientific explanation of DMS weaponry.

A DMS weapon is any tool that can become both an impact weapon and a grappling crowbar. The simple stick, or impact weapon, is a tool that can strike with three areas — the tip, the handle and the shaft. In closer quarter combat, it can be used as a lever or crowbar to contain, pull, push or turn. The principles



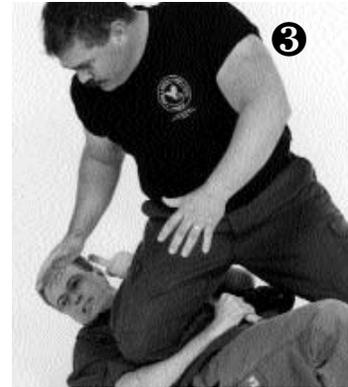
7 Control the enemy.



You play dead or unconscious. The enemy comes to see your condition.



You loop the closest leg with a DMS catch and...



...roll as you roll.

relate to other stick-shaped tools. If you are utilizing the cane or a real sturdy umbrella, then you have a handle to hook. The magazine and other features on some rifles and automatic weapons can offer the same service. Sometimes the handle or the magazine can get in the way!

The Impact Weapon Applications

It is vital you customize a weapon that is sized for you. When evaluating sticks and batons, their length must allow you to fight both single-handed and double-handed with equal success. The riot baton is usually more substantial in weight, thickness and length than your typical martial arts stick, police nightstick or expandable baton. And such bigness is not always bad. But not too big! If your stick is too long, it begins to take on the characteristics of a staff and limits your overall fighting potential. On the other hand, if your stick is too short, you cannot use it to grapple with and like a smaller crowbar, it has limitations. Such shortness is the curse of many expandable batons and "standard issue" sticks of some Filipino systems.

So what is the "size" summary? Your stick should be short enough for one-hand impact tactics and long enough for two hands "crowbar" work. Do not let some Filipino system textbook or a department issue weapon restrict your personal safety. Make sure your weapon is sized for your arm-length, body shape and strength! You!

Long Gun Applications

Many of us have visions of Davie Crockett swinging his empty flintlock down on the enemy at the Alamo. What about using a rifle or shotgun for a bludgeon? This is a common strategy when one:

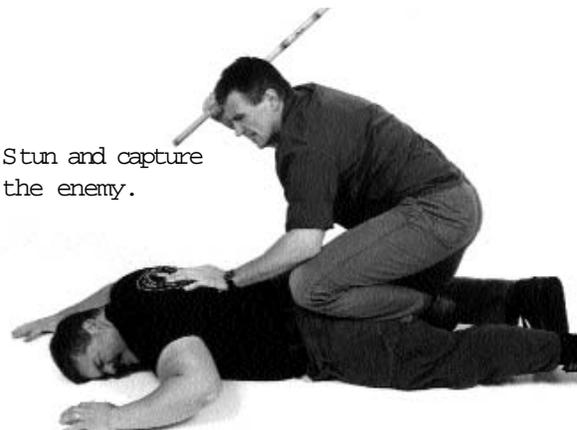
- a) wishes to take a prisoner,
- b) runs out of ammo,
- c) cannot fire due to close proximity of friendlies,
- d) knows discharging a weapon will alert the enemy.

A U.S. Army Ranger told me a classified story about some of our soldiers in urban combat in a foreign country. Out of ammo, surrounded and cornered inside a building, they were beaten and killed by a quasi-military mob. Intell suggests that never once did our men raise their rifles as clubs or impact weapons. This is not baffling when you think of the sporadic and limited fixed-bayonet pugilistic training currently offered our troops. Couple that with the mental reverie soldiers are grilled into placing upon their rifles. Trainees prize, polish, clean and baby their weapon from Basic Training on. It contradicts their learned behavior to suddenly smash it against the enemy, no more than you would reflexively use your prized \$3,000 laptop to block a baseball bat attack! Conversely, poorly trained "Third-World" soldiers are reportedly quite prone to use their rifles as bludgeons as needed, since they are not brainwashed into this reverence. The solution? More bayonet/pugil training and

Capture the leg in a lock if possible and...



Stun and capture the enemy.





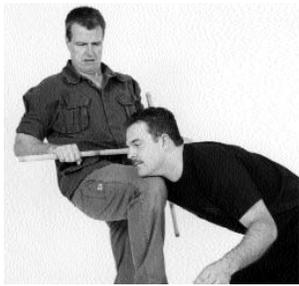
You block.



The key shot! A stinging stab to the face! You wrap the arm counter-clockwise.



Create a DMS bridge just above the elbow.



Pull down and kneel the face.



Once on the ground...



...note this strip and send disam.



Rip up to send the stick away.

more life-saving instruction in the use of the empty long gun as a last ditch impact weapon. Possessing an untarnished M-16 means nothing to you...if you are dead. A little more DMS and Davy Crockett training might go a long way!

The Crowbar Applications

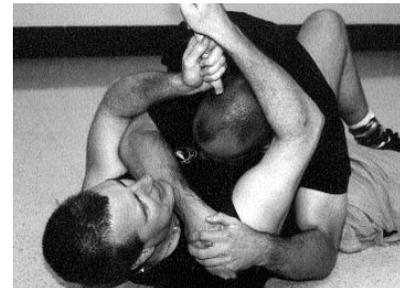
Once inserted between or around the limbs, head and torso, the stick can be pulled, pushed or turned as a crowbar producing throws, takedowns, chokes and control measures. The old expression "it ain't over till it's over," is very true in the unpredictable world of combat. A standing, stunned opponent, with or without a weapon, may still be capable of violence at some level. The enemy must be hit and put

down and put out when possible. Like a TKO punch, sometimes this can be done with a power shot, but often times not. CQC stick grappling is an imperative solution.

A few skeptics claim that with single-handed power swings hardly anyone can get a chance to use a stick in a DMS manner against them. But these practitioners are always wearing helmets and hits to the head without headgear, however minor, can be quite disabling. There is higher consciousness — and that is training without helmets! The reality of even a slight ding to a bare skull can stun and diminish the opponent to the point where DMS follow-ups are more than possible. Helmeted stick systems that ignore or fail to center their training on the head strike are making a deadly mistake. The litmus test for this is simple. If half or more of your stick fight bouts are turning into ground wrestling matches you are simply not training for real stick combat. If you want to dominate the fight, attack the head. It's

all about the head.

Here is a ground skull rake. Keep your stick ends as sharp as possible! The handle can be used for chokes, for pressing into weak points of the skull.



DMS offers many differing tactics.



Countering a Long Gun Grab:



In countering the grab of a long gun, your ability to strike the attacker is diminished.



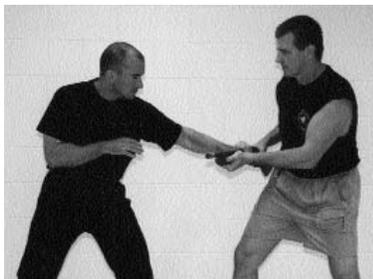
With both hands, use the muzzle as a lead-in counterstrike.



Reposition and...



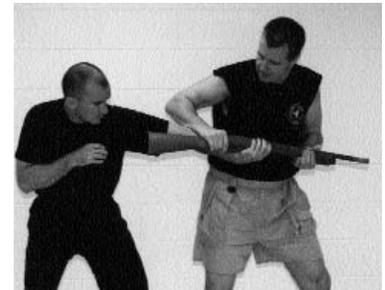
...obtain a release.



The enemy grabs your weapon...



and attempts a punch! You raise your shotgun up to block.



Raise the butt up and then crash it down upon the forearm...



...for a release.



Fire the weapon back into the enemy!

Force/Counter-Force Knife Disarming

The Push/Pull Disarm

By W. Hock Hochheim



Knife disarms should be part of an overall strategy, such as this one with a chair.



The enemy is diminished, and this allows for a grab of the weapon-bearing limb. . .

“You can’t disarm a knife! It is suicide!” Some martial instructors will bark at you. Indeed, your common martial artist tends to envision a certain type of ninja enemy holding a knife before them, a trained, fast Bruce Lee type, if you will. They can’t help but envision a movie-like encounter in an open space like a dojo. “Bruce will cut you to ribbons!” Under this initial umbrella of futility, with their hands thrown up in the air, entire groups refuse to learn or practice a single disarm! Any random disarms that are suggested are ridiculous, like doing a crescent kick to the knife hand, and many do not consider the environment and circumstances of the fight.

What if the knife wielder is not Bruce Lee? What if he is a big fat guy who is easily winded, slow, with no endurance? What if he is a real skinny? What if he is uncoordinated? What if he is slow, or drugged or drunk? What if he is really a coward? What if he cannot overcome the common psychological barriers that prevent normal

people from stabbing and slashing flesh? My goodness! I think I have just described most of the common criminals that statistically will pull a knife on you! What if you smacked the attacker in the head with a heavy ash-tray or chair and further diminished his abilities?

One knife disarm I executed once as a police officer was a simple quick yank of a knife from the hand of a

drunk shoplifter on a supermarket parking lot. Mechanically it was the force/counter force or a push/pull disarm. Like all martial practice compared to reality combat, it barely looked like the clean, precision move one practices in a sterile environment. It was quick, ugly and I growled, “Give me





In a knife vs. knife encounter , a hard cutting or hacking impact on the weapon-bearing limb...

this!"

I grabbed the man's hand and pushed explosively against the blade with my open palm. When the knife came free, I grabbed it and handed it to the nearby manager (whom I knew) and cuffed the drunk. The drunk could barely stand. Now that's diminishment!

Based upon my research and 28 years military and police experience, I will confidently state that each week across America there are probably some 5 to 10 people disarming knives from attackers in various predicaments. Around the world who knows how many! And these disarms and take-aways are often executed by the totally untrained, acting on sheer instinct. Some will remain unscathed, some will receive stitches, some worse. Some may die. Many live!

Many live-like a recent Oklahoma rape victim. The very day I wrote this article, a friend and ex-cop called to report an emergency room interview he conducted of a rape victim who disarmed her knife attacker and stabbed the man in the chest with his own knife. She was receiving stitches on her fingers. The rapist was in emergency surgery. According to CNN News, an untrained New Yorker recently stripped a box cutter from a crazed attacker in a subway. I am here to proclaim that you can disarm knives! Ask any cop, EMT, crime beat reporter! Open newspapers! Read history! If you can't run because your children may be left behind, or you may be the only able-bodied person that stands between the bloodshed of a school or cafeteria mass murder, you have a chance to win!

Through time, I have learned that there are four general disarm strategies.

Strategy 1: The Impact Disarm

Strategy 2: The Push/Pull Disarm

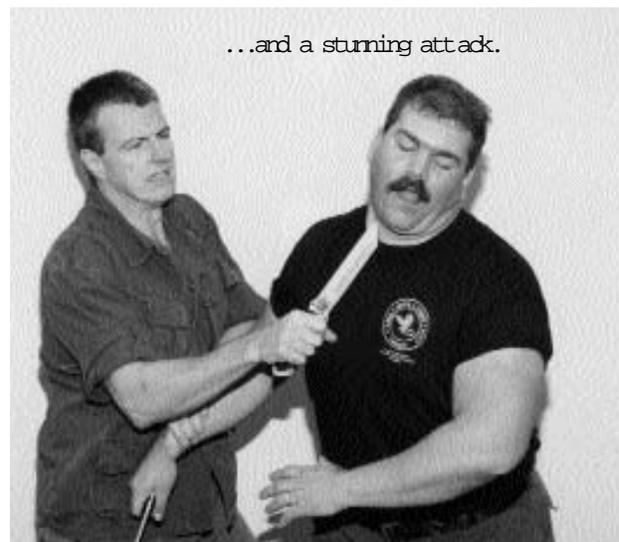
Strategy 3: Any Harsh Twisting on the Weapon Bearing Limb

Strategy 4: Hybrid Combinations of the above



...may cause diminishment and allow for a grab...

In the chaos of combat, the key to understanding where and when any of these knife disarms can work is to practice the disarm into a reality situation. For example, what if you hit the attacker in the head with a chair as demonstrated in the



...and a stunning attack.

attached photo series? Suddenly, so-called “impossible” disarms become more probable don’t they?

One of the most common disarms is the so-called “take-away” or the push/pull force/counter force disarm. I would like to dissect for your knowledge this common force/counter-force disarm. Needless to say, you can’t stand before the enemy and think, “Wait until I do the push/pull on this guy!” Instead, your muscle memory stands armed with many tactics and should fire into action to do whatever you must to win!

The Push-Pull Possibilities

There are a few positional possibilities. You must modify the basic movements through these situations...

Position 1: The knifer is right-handed

Position 2: The knifer is left-handed

Position 3: You are on the outside of the weapon-bearing limb

Position 4: You are on the inside of the weapon bearing limb.

The Limb Grab

Key to creating the force-counter-force is seizing the weapon-bearing limb. You need to develop strong hands by exercising your fingers and forearms in a variety of athletic means. Tossing up into the air and then snatching a pliable yet heavy ball, bean bag or similar item will blend snatching speed with strength. Beyond strength, another goal-specific way to improve your skill is to stand before a training partner who will either feed you angles of attack or stand before you in a fighting stance. Practice seizing the limb from these angles of attack. Then aggressively seize the knife arm of the fighting stance. So you have two problem situations to practice...

Practice 1: Defensive: Seize attacking limbs

Practice 2: Aggressive: Seize limbs of an enemy fighting stance.

A training source from Great Britain is touting that a capture of the upper arm of a weapon-bearing limb is easier and should be emphasized; however I feel this to be unsafe. The attacker’s elbow and wrist are still free joints to maneuver and continue their attack in the space between your bodies. The longer the forearm and blade, the less safe the upper arm catch is. The closer your grab is toward the hand the better. The ultimate catch is getting your fingers and/or hand wrapped to some degree around the opponent’s hand and thumb.

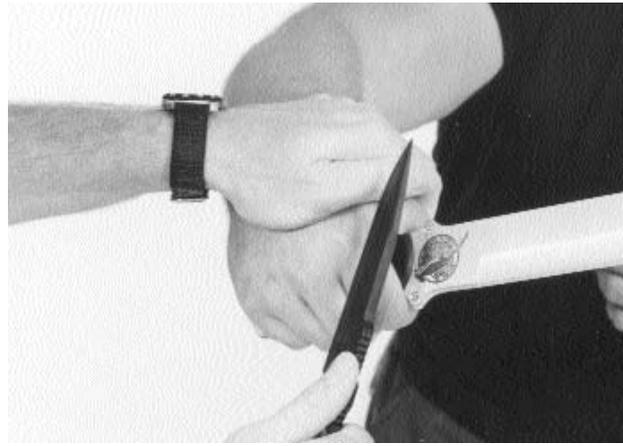
If you are outside of the captured arm, take your grip and pull in or jerk inward suddenly. The counter force is the sudden shove or push against the knife with your weapon or body as shown in the series of photos, in the opposite direction of the pull. From the inside of the arm, work the opposite motion.

Knife vs. Knife Scenario

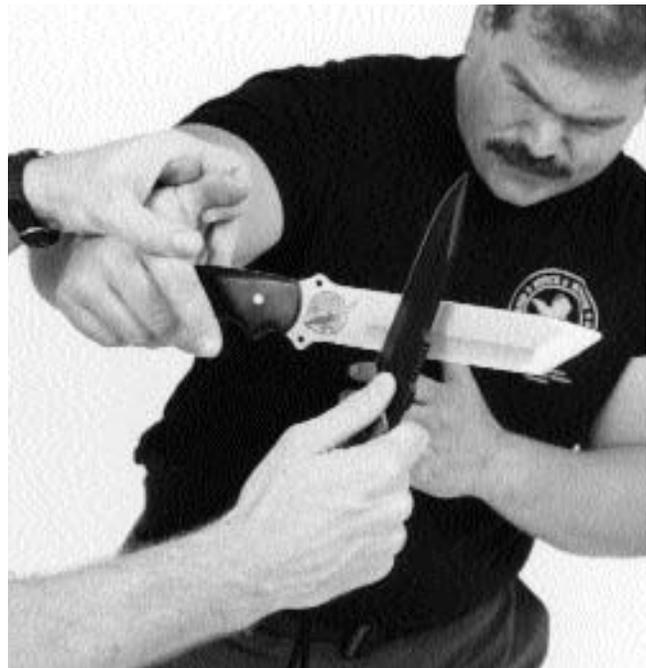
After you either sense you can get a disarm, or diminish his consciousness prior in the fight, you might seize the



Now comes the disarm.



The pushing portion of the disarm should include skin raking on the fingers.



Sometimes grabbing the enemy s thumb is a possibility. This reduces the grip strength.



Back of the hand push ▲

enemy's weapon-bearing limb. You are on the outside of the arm? Pull on the arm and push with the side of your blade on the side of his blade violently. To optimize this knife vs. knife disarm, rake the edge across his fingers as part of your stripping push.

Empty Hand vs. the Knife Scenarios

The same push/pull applications can be made with empty hands. Some are shown in photos under very sterile model conditions for demonstration purposes. From the outside position you can use:

- Back of the hand vs. the knife
- Palm of the hand vs. the knife (Don't

Palm of the hand push. (Common takeaway)



close your fingers too soon)

- Forearm vs. the knife
- Back of the upper arm vs. the knife

From the inside position...

- Hand or forearm vs. the knife

Muscle Tension, Counters and Hand-Offs

We expect a certain amount of tension in the arm and on the grip of the knife, some resistance on the part of the opponent for our success. Therefore a major counter to these force disarms is a surrender of strength, or a very limp, bending wrist. This takes the snap discharge right out of the push/pull. Another major and commonly overlooked counter is to simply hand-off your about-



Upper arm push ▼

▲ Forearm push

to-be-ejected knife to your other free hand.

Death or Stitches?

One of our Scientific Fighting Congress members working as a Guardian Angel pushed/pulled a knife from an attacker in New York City and got a small cut on his pinky. The Oklahoma City rape victim previously mentioned had several fingers sliced. The choice may be yours—death or stitches? Try not to close your fingers around the blade. If you are cut, fight on viciously from there. ☘.

Killshot

By W. Hock Hochheim

The Next Level in Combat Stick Sparring

Two gunfighters face off. Dressed in bulletproof vests and helmets, they train with guns loaded with rubber bullets. The training showdown begins. They shoot it out. Since the rubber bullets bounce right off their protected heads and torsos, they take the hits unperturbed. They begin to ignore the rounds through many sessions since the rubber bullets can't hurt their protected heads and bodies. To somehow bring an end to the gunfight, they charge in and tackle each other, and the gunfight ends in ... a submission choke.

In fact, they practice this format so much that strategies and tactics designed to protect their torso and head (hence their lives) from real bullet fire simply go ignored, programmed right out of existence by their rubber bullet

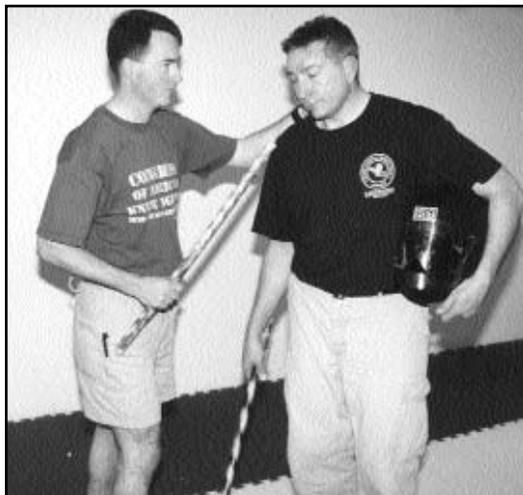
training. Since they barely feel the bullets, and hand strikes fall upon headgear, ground fighting becomes a common ending to these gunfights, even though real bullets to vital targets and elsewhere would end the battle way before the choke. Often the one choked out on the ground was the one who landed the first, best gunshot and would in real life defeat the enemy. But, after a while, the practice becomes more of a study in college wrestling than gun fighting.

A preposterous way to train for a real gunfight? Of course! Gunfights are supposed to stop the fight by hitting vital areas of the body, as is stick fighting. The head is one such vital area, yet how many hardcore, helmeted stick fighters virtually ignore headshots and keep right on fighting? The helmet, like

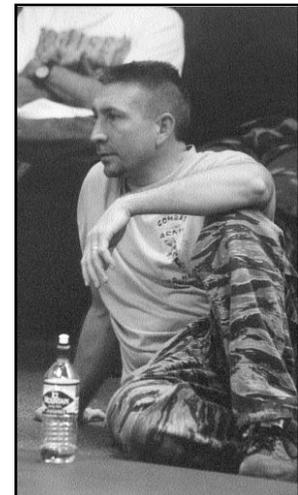


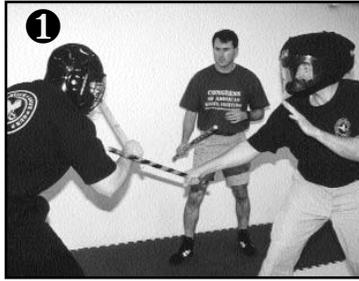
A Killshot stick strike bashes a head.

The referee/coach breaks the skirmish to announce to the fighter that his opponent has crushed his skull and in a real fight it would all be over. The break in the fight constitutes a punishment and a learning experience. This break is essential in the proper training of a fighter's muscle memory.



The fighter begins to learn that his head MUST be protected at all cost in real combat. He also learns the true importance of striking the enemy's head.





1
A fighter receives a blow to his weapon-bearing limb.



2
The coach breaks the fight making the fighter switch hands. If available, a joint weight is attached to the wrist to simulate a heavy injury.



3
The fight continues in a lefty versus righty format.

the bulletproof vest, can dangerously distort reality.

Real impact weapon combat is all about the attack and defense headshot, along with a focus on the weapon-bearing limb. An adrenalized human may often withstand hard blows to the torso, biceps, and thighs while the hand/wrist, the elbow the knee and of course the headshots may devastate and cripple.

Stick fighting since 1987 in a variety of venues, I often grew frustrated when I blasted the helmet of the opponent in an obvious fight-ending swing ... but it hardly counted! In an unrealistic and maddening format of point fighting, such a strike often scored only a single point. Many times I got that killing "bullet" to the head first, only to lose via the point system later! I lost a fight once because the opponent hit me 47 times all over my body, and I only hit him 34 times. I focused on the head as he tapped me all over for points.

Recently one of my students, Barry Meadows of Tennessee, attended a national stick fighting event. In one fight Meadows crashed his opponent's helmet so hard he caved the cage in. The imprint of the cage left a bruise on the man's head. Yet, AFTER this Killshot, Barry's opponent corralled him and Barry lost the fight in a ground submission tap-out. COME ON! I ask you ... is this stick fighting or wrestling for God's sakes!

I began to ask myself what direction this form of training might take me. Did it constitute reality for martial artists, police officers, or soldiers, or even citizens with expandable batons, handy sticks, impact weapons or canes? I simply could not justify teaching real world combatants this headless training program.

Throughout my police career and training I have witnessed many impact stick attacks upon people and viewed countless riot films. People take an incredible amount of abuse on their bodies from an impact weapon. But they cannot endure such strikes against the head. In 1997 I created the Killshot training program and hosted tournaments

that brought real strategy and tactics back into this picture. The Killshot has become a fixture of my stick and knife seminars around the world.

Soft Stick Sparring

Soft stick sparring first involves the student and gets them excited about sticks and stick fighting. I believe practicing soft stick sparring is better than not practicing any stick sparring at all! If all you do is hard-stick fighting you may frighten off and intimidate almost everyone, and they will never practice any of it! You may appear macho and sexy, but are you reaching and teaching the truth? Without soft stick combat practice, new and old students will never reap the special knowledge and physical skills possible not just with sticks but with the cross training benefits offered in other arenas of combat. Besides, they might next dabble with the real thing! You have to start somewhere.

**Champion
stick fighters, who have
won point-competitions
as far away as the
Philippines, have
"lost their lives"
in the Killshot in the
first few seconds.**

Hard Stick Sparring

Use the hard stick in all ranges and phases too! This teaches many enlightening aspects that soft sticks can't offer, such as pain, or the threat of pain, or pain tolerance to mention only a few. It provides a perfect recipe for a student's problems. If you put soft sticks into the hands of some kick-boxing based fighters, they charge in and exchange bashes like a padded boxing match, but with real sticks thundering upon their pads and helmets, they become a bit smarter.

But the sport curse still remains because that helmet still gets in the way of a fuller, true understanding. The fighters use more care with hard sticks but not real-world care. Real fight-ending lessons, techniques and strategies become mere passing plinks and rubber bullets to your helmet. Smart trainers and instructors need to devise better ways to introduce and study the head shot in this mix to better prepare the student for real street and battlefield combat.



Right side fakes a high inward strike with a pumping motion.



Left side commits to a block. Right retracts and....



...right blasts the weapon-bearing limb.

The Killshot Fight

In Killshot training and fights, hitting the enemy's head diminishes his power, consciousness and sensibility either by dinging him badly, or possibly even knocking him cold. If your helmet so much as gets a knick, it symbolizes a shock that without that protective skull may cause you to see stars. This is fact! I have seen many veteran fighters accidentally get dinged or knicked on a bare head in practice. They stutter step or stumble, or pass out. It stuns them so that the opponent's "text-book" takedowns and throws can take them out. I see all kinds of stick disarms and takedowns executed effortlessly against stunned opponents. Some fighters become so stunned you could probably tie their shoelaces together before they even knew it! Don't believe for a moment that disarms and takedowns can't occur in a stick fight. You must hit the head first.

In the Killshot formula, one or more seasoned coaches must oversee each workout or fight. Of

You are letting your practitioners train to commit suicide when you let them bash each other's heads! Train to get in and get out!



course the participants wear pads where they wish and, yes ... they still wear helmets! But if a participant gets hit in the head with a solid shot, the coach immediately breaks up the fight! He separates the fighters and lectures the victim. "You are dead. Your skull is split," or "You are probably unconscious." This break in the fight, this verbal announcement and acknowledgement of taking a serious hit creates a realistic impression of what happened to him. A headshot is no longer just a passing plink to be ignored in the quest for a fang choke on the ground. He learns and internalizes the consequences. With each and every headshot, the fight must stop — the brain and muscle memory message driven home time after time. Only then will the practitioner strive to protect his vitals, re-shaping that "free-for-all" practice with reality.

In our Killshot Stick tournaments, a power shot to the head results in an immediate and swift loss. It is over. It could come in the first few seconds. The old expression I learned from the stick fighters in the Philippines was, "You train your whole life for a four second stick fight," and it is never truer than here. Champion stick fighters, who have won point-competitions as far as away as the Philippines, have, "lost their lives" in the Killshot in the first few seconds.

Then we use weight straps to simulate wounding. The Killshot also emphasizes blasts to the opponent's weapon bearing limb to clear a path to the head. If a fighter receives a significant blow upon his (padded) weapon-bearing limb, the coach stops the fight and makes the victim switch hands. Then we wrap a five-pound weight strap on the now empty and wounded arm to give the man a sense of swollen, heavy injury. To a beefy, bigger person, the five-pound weight may not slow him down as much as it might handicap a smaller, thinner person, but then a power blast to a bigger arm might cause less injury to the denser person.

For the Killshot Fight, you need...

- Two good helmets (maybe even eye protection)
- Four sport gloves
- Four knee and elbow pads
- Any other pads for shins, forearms, etc.

One or more coaches/refs with...

- A stick to tap into and pry at heated fighters
- A whistle
- Eight common sport ankle or wrist weight wraps
- Medical kit and phone nearby
- Honest assistance from fighters

Size counts! We also attach weights to the ankle of what we determine to be a significant knee or leg attack. The battle continues. This might slow him down and teach him the consequences of his tactical mistakes.

If the second newly armed hand is blasted, we quickly stop the encounter again, take away the stick, weigh him down and make the man fight unarmed against the stick. These constitute realistic possibilities. And it is not always so easy for the armed man to defeat the unarmed! In two Killshot fights (both with rattan sticks), an unarmed man deftly charged the armed opponent, seized the weapon-bearing limb, and punched the helmet multiple times so viciously, that the coaches/judges declared the unarmed man the winner.

Stick Ground Fighting

Stick ground fighting still occurs but empirically with much less frequency when the headshots get counted for real. Killshot fighters do tie and fall, but a much smaller percentage of fights end up on the ground. When they do, don't toss your stick too quickly! You may simulate a strike to the head with the handle or use the weapon

in a variety of ways. A Killshot judge might declare, "You stuck him in the eye with the handle, then smashed his head. You win!" Life-saving ground combat tactics, weaned out of your stick ground fighting before, suddenly have true merit.

In a recent Killshot-style fight in Alabama, Chicago cop Randy Nichols never pitched his stick after he hit the ground and grappled for position. As the opponents rolled and wrestled for about 10 seconds, Randy (against a seasoned South American trained wrestler, I might add) suddenly found his right arm free and simulated six good cracks to the opponent's skull. I declared the fight over. Our wrestler never even knew the simulated shots landed on his skull. Without a judge or coach present to make such declarations, the wrestlers will always win, just like in rubber gunfights. Don't be so quick to pitch that stick! In the real world, cops, soldiers and citizens can't usually pitch their batons. The opponent's friend or person from a nearby crowd will return it through your teeth or insert it into another orifice.

Suicide Training

Another unique thing about the Killshot is you may have no winners! This especially comes true when we do the knife-fighting version. If you charge in and blast the head and then receive a simultaneous blast to your head ...well... what good was that? Both have split skulls and both are declared losers. Think about this, because it is the most important point: you may be teaching yourself and your students to commit suicide.

The "Tournament" and the "Too-Old" Bugaboos

There is always an arbitrary element to judging. There is no perfect way to run any form of competition. Any kind! Then there are the constant interruptions. But that is a small price to pay when the lessons learned save lives. In Killshot, I always insist the participants be honest about who hit whom, where, and how hard they hit to help the judges solve any questions. We try to come to a mutual decision and often use the famous "do-it-over" if all can't



For helmet-less training, right strikes the weapon-bearing limb.



Right covers the side of his head and...



...strikes the attacker's head. Right will take the survivable blast to the torso knowing well he might not survive even a knick to the head.

agree.

Most hardcore stick fighters usually “retire” from rattan stick combat practice today at about age 40. The body just can’t take the injuries, and it takes longer to heal the older one gets. Within the Killshot structure, softer sticks may be used and folks may still exercise, learn and hone their skills much longer in life, which, as I near 50 myself, is very attractive to me (and my insurance company). Make no mistake, Killshot practice even with soft sticks still may provide hardcore, exciting and action-packed training.

Everything Counts

All stick sparring and stick competition counts. Whether point scoring or full out, blazing-away, each form enhances your skills and makes you smarter and faster. But at the end of your sessions, you should ask yourself, “What have I learned?” If your goal is to just get together with some friends, bang yourself up and wrestle around, then understand that simply for what is. Just remember, there is more to the true science of stick combat survival.

Summary:

- Emphasize the head as a primary offensive target.
- Emphasize protecting the head as a primary defensive strategy.
- The weapon-bearing limb is also a vital target. Protect yours. Hit his.

We in the stick fight training world, have gone to great lengths to separate the idea that the stick is a machete or sword. It is just an impact weapon. Yet, a little bit of “sword fear” could go a long way in your survival practice. Like the Samurai, you must explode in and then out with your sword, protecting your weapon-bearing limb and head/neck area while lashing out to theirs. If you want to bolster more real world, survival muscle memory into the exercise, incorporate this Killshot approach. Respect and emphasize the headshot along weapon-bearing-limb impacts.

Even in paint ball, when the ref sees the paint hit you, you go sit down. You are done. Oh, it would be macho fun to ignore the paintballs and charge in blazing. But you would be training yourself to commit suicide. Why is it so easy to see in paint ball, yet so hard for stick fighters to understand? Training with rubber bullets is great as long as you don’t forget that when one hits you in a vital place — like your head — you’re dead. ☹

W . Hock Hochheim



“Man that was a lot of work!”

— *Hock*