



Hochheim Asian Kenpo Karate-Jujitsu

THE COMBAT COURSE AND AMERICAN COMBAT KEMPO

RANKS

<u>Hand To Hand Combat</u>	<u>American Combat Kempo</u>
Level 0	White
Level 1	Yellow
Level 2	Blue
Level 3	Blue-1
Level 4	Green
Level 5	Green-1
Level 6	Green-2
Level 7	Brown
Level 8	Brown-1
Level 9	Brown-2
Level 10 Black Belt	Black Belt
Additional Dan Black Belt and Master Levels	

The Congress Hand To Hand Combat program is a modern, hard-core, down and dirty, hand-to-hand combat certification course, in regular clothes. The American Combat Kempo is a modern, hard-core, down and dirty, hand-to-hand combat course-in a Gi, with a more traditional appearance. The base requirements are the same, but the title Kempo is more politically correct for traditionalists and children/teen courses.

Street Fighter? Kempo? You choose the label and attire of your path, but the Hand To hand Combat name is the by far the most requested and MY MAIN INTEREST AND THRUST in modern, tactical hand-to-hand combat. But, for your business you may want to use a more martial name like "Kempo" to successfully teach a kid's class or attract a certain clientele. You may just enjoy the trappings of a more traditional looking martial art, yet also enjoy the modern aspects we offer. The belt ranks of the Kempo system are flexible and can be set at the discretion of the regional instructor. Typically, rank stripes are made between colors, and even additional color belts if need be. Sometimes such customization is needed for your business operations. And I think you will find that the rank requirements are far more than most karate schools require. There are lots of personal and professional reasons why you might wave the Kempo flag over the Hand To Hand Combat flag, or wave both!

The choice is yours.

RANK CERTIFICATION LEVELS

Level 0 Beginner

Level 1

Level 2

Level 3

Level 4

Level 5

Level 6

Level 7

Level 8

Level 9

Level 10-The Black Belt

Higher Dan Black Belt Ranks

Congress Instructor Levels

- 1) Class or Group Organizer
- 2) Basic Instructor-usually upon mastering Levels 1 thru 4
- 3) Advanced Instructor- usually after Level 7
- 4) Black Belts (Automatically Instructors)

Class organizers are committed to growth in the organization and authorized to organize, lead and collect fees for their official Congress practice sessions.

Basic and advanced instructors are not yet Black Belts but can teach and promote their students up to one rank under their rank.

A Black Belt is automatically an instructor if he or she wishes to be and can head their own independent operations.

Only Congress headquarters can authorize official Congress instructors and Black Belts.

In Search of...

The Course

A modern hand to hand combat system, or school, is made up of two parts, the instructor, and the collection of material called the system, or course. They are commercially, a rare breed, but here are some tips to look for...

- * **Survival strategies that emphasize real "street and battlefield" problems**
- * **A major emphasis on cheating to survive**
- * **"Dirty" tricks**
- * **Tactical footwork and fighting stances that maximizes mobility**
- * **Many combat hand strikes and kicks**
- * **Eye, groin attacks and finger breaks as target priorities**
- * **Locking, takedowns and throws**
- * **Vicious, non-submission, non college-wrestling based ground fighting**
- * **Counters to modern weapon abductions, assaults and threats**
- * **Modern athletic training concepts that increase speed, flow and strength**
- * **Encourages training with shoes**
- * **No classical uniforms or techniques that rely upon these uniforms**
- * **Moral and legal use of force issues**
- * **No katas, or at the very least, none that re-enforce unsafe muscle memory. Forms should never, ever be emphasized over combat scenarios.**
- * **Lots of combat scenario/simulation practice**
- * **Violent material too adult for exposure to children**
- * **A digestible learning progression**

The Instructor

Savvy soldiers, cops and martial artists each know things about combat that the others do not know. We need to work with each other, blend, evolve, and research and retro-fit what we do, and how we do it. In your search for the right teacher, here are some tips...

- * **Practical military, police and/or martial experience (a healthy mix is best)**
- * **The courage to be modern and change**
- * **The intelligence to filter and evaluate martial techniques**
- * **The skill to articulate and communicate**
- * **A sense of mission to teach quality self-defense**
- * **Or be the certified instructor in the system of someone from the above**

Someone once told me that the hardest thing you will ever do in the study of fighting...is find the right teacher. In the end it is the intelligence, the background and the philosophy of your chosen hand-to-hand combat instructor that will make he or she exemplary. If they live the spirit that Col. Rex Applegate displayed when given that order to learn all there is about close-quarter combat, and say some fifty years later, "I still haven't filled that order,"....you are probably on the right track.

In Search of...

- season, serious injury, maiming and killing is mostly incidental and accidental to a ritualistic fight. Survival fighters must train their minds and bodies to battle a more ruthless and bloodthirsty enemy.

Few soldiers and martial artists have seen or engaged in more real-life modern physical problems and aggression on a day-to-day, year-to-year basis than the average veteran street cop. The military and martial artists know things about fighting, but then is studying from police officers the real way to acquire the "best of the best, the concrete vs the abstract?"

Just The Facts: The Police Sources

Anti-rape, crime-stopping and self defense courses are offered by police officers, all practical, realistic problem-solving for modern times. These courses are highly organized, but topical and brief. If these sessions include hands-on training, the down-side is that most police defensive tactics instructors are just a product of two or a few day more, courses. The FBI offers a five day DT certification course, but at least one-half of those five days is spent doing push-ups, sit-ups and running. Sure, being in shape is important, but those precious five days should be spent covering vital and fighting-specific material! These are the DT instructors that return to their regions and teach other officers in their agencies. Five or less days barely qualifies them as practitioners, least of all hand-to-hand fighting experts!

The good news is there are many police instructors who are experienced martial artists, or who are military vets with this deeper knowledge. The bad news is some of martial artists/cops may still be captured in that traditional mindset. Many more have seen a lot on the streets, but do not possess the enlightenment to stay in shape, practice, collect "concrete" techniques and teach them to comrades and citizens.

Ever fearsome of "use of force" law suits, law enforcement officers are both timidly and chronically under-trained, all this to the group whose involved in more fighting than any other! Their daily "in harm's way" knowledge and savvy comes from hands-on work. Even poorly trained police officers are a "tough crowd" to impress when it comes to demonstrating fighting techniques. They see and then walk out of the typical "Karate" classes saying, "This is not what I really need." But most cops do not understand the martial dynamics of the body and other essentials that a good black belt knows.

Other Sources

I must mention the bouncers and the self-proclaimed bar room brawlers-as sources. For 23 years I worked the G.I. bars stateside and in Asia, and the country western and punk bars-you name the category-in Oklahoma and Texas, and I have police contacts coast-to-coast. I have never seen, nor heard of, some of the bars that have produced the night-after night, blockbuster action these drinkers and bouncers tell their tales about. Be careful if you seek modern training from the know-it-all, tough guy/super-bouncer from the Biker Bar from Hell. Make sure they have other credentials.

The Definition of Hand-To-Hand Combat

In the end you will learn that stripped of the Java sarong, the Cossack hat, the Japanese and Korean Gi, the Chinese sash; void of all the trappings, a choke is still a choke, the rear leg takedown is the same, a punch-a punch, etc. All are techniques practiced through time by Filipinos on the Manila docks, Apaches on western slopes, Zulus on the plains, soldiers at Ft Bragg, the Samurai in their training sheds. The Viking. The Centurion. The Monk. The true universal essence of combat knows no one home, no one uniform, no one nationality or system. This essence is modern hand-to-hand combat. Search inside these singular systems for unique skill-developing training drills, or certain worthy tricks and nuances. The Filipinos are famous for their flow drills. The Thai for their mentality. But in the end, the meat is the same.

Understanding the differences between "ritualistic" and sport fighting, and self defense and survival fighting, is to understand pure and simple hand to hand combat.

In Search of...

Seachers are bombarded with vets advertising their courses. The commercial hype often reads like a comic book. "Defeat motorcycle gangs!" "Born to Violence!" "My ultimate, undefeatable fighting system!" "I am the exclusive Navy SEAL trainer!" Those "exclusive" instructors of the Navy SEALs? In fact, some actually did only one or two week gig within a program of rotating teachers, and are tricking the naive public. Almost any martial arts instructor has done some kind of one or more day programs before Reserve or full-time military units. Really check out the "I train the military" claims. You, just like some hapless NCO or military officer, may be buying that \$150 toilet seat.

Even if a course has some government number, or stamp, it may well have come from the same department that bought the \$150 toilet seats we hear so much about. There are veterans in combat fatigues advertising they teach modern hand to hand, but their program consists completely of say-Filipino martial arts or San Soo Kung Fu- all from which they had to learn OUTSIDE of the service, and the same material you too could learn in your neighborhood martial arts school. And rest assured, the best military combateers, all have a karate or a ju-jitsu, or some brand martial arts belt, hanging in their closet.

"Mop My Floor, Grasshopper": Martial Arts Sources

Soldiers certainly do know things about the chaos of fighting, but if even THEY must resort to outside martial arts training, then can "real" hand-to-hand combat be found around the corner in your friendly, neighborhood karate school? After all, the martial arts of the world were derived from actual wars and warriors. But with the evolution of civilizations, do the current manifestations of these warrior arts truly prepare us for modern problems? Watch a woman doing a beautiful Sai kata, and ask yourself is that training going to really help her defeat a vicious killer/rapist, or an invading soldier? Abstractly, maybe yes. Concretely, probably no.

Many martial arts of today are one or two dimensional, locked into a single philosophy or fighting range. Judo doesn't hand strike or box. Karate kick-boxers don't grapple enough. Ground fighters do too much "tap-out" submission fighting. Many systems now emphasize building harmony, higher school grades and better citizens. Vicious and dirty survival fighting is often frowned upon, when in fact they are the very essence of street and battlefield survival.

The "essence of combat" seeker in the average martial arts class must endure much abstract work, years worth perhaps, doing things that may not be fine-tuned to defeat a criminal attacker or enemy soldier. The arts can have their agendas, their time tables, their katas, their procedures, their business needs, and their homeland headquarters to make happy.

Two recent quotes in martial periodicals speak of this traditional mindset, bracing itself against the heavy gales of modern change. "We must not let Americans change our ways!" was the cover headline posted beside the stern scowl of a Japanese master. Inside another issue, a column line on this very topic read, "Must we give up our beloved reverse punch?" Such a...passionate plea for punch!

The word "beloved" is key here. You see you must love, or learn to love, the esoteric ways of these foreign systems, the exotic presentation, the "mysterious lands" package, the trappings, for you to stay. But, while captivating the fancy of a minority, herein is PRECISELY why the traditional and classical systems loose the MAJORITY of citizens, cops and soldiers. The majority want nuts and bolts self defense, and hand-to-hand combat!
No Sai kata please!

Greek Philosopher Plato, critical of his ancient day's sports and overpaid athletes (yes, even back then!), in a timeless comment once said, "The tactics of boxers or wrestlers are worthless in wartime and do not even deserve discussion." Plato was referring to what animal and human behaviorists have now defined as the differences between "ritualistic fighting" and survival fighting. Ritualistic fighters do not want to kill or main, but rather simply overcome or "win" the opponent's harem, fame or social position. As in boxing or football, or two rams head butting it out for mating

IN SEARCH OF MODERN HAND TO HAND COMBAT

By W. Hock Hochheim

During World War II, war hero and police vet Colonel Rex Applegate was ordered by US Army Colonel "Wild Bill" Donovan to collect all the information he could on close-quarter empty hand and weapon combat to train commandos, intelligence officers and other troops going to war. He would later write the famous book-*Kill Or Get Killed*. Five decades later, in his eighties and still teaching, just before his passing, the Colonel told his friend Jerry Van Cook, "I'm still not done with that General's order." To many in the modern combat field, Colonel Applegate was a "Bruce Lee" of the movement, a man stripped free from classical thought, a collector of innovation of nothing but what works best.

Search and Identify: The Military Sources

But where do you find the best of what works? What is hand to hand combat? Where does it come from? Usually the military comes to mind and for several reasons. First, the word "combat" suggests the armed forces, and then almost everyone understands that in real combat there is no time for esoterics in the do-or-die, quick, down-and-dirty world of commando-style fighting. Military units, such as the Gurkas from Nepal, or the ROC Marines of South Korea, with reputations for fierce close-quarter hand and knife combat, have long been feared by their enemies. But is the military the optimum source for learning hand-to-hand combat?

I once saw a documentary film from the 1940's in which a famous professional boxer was brought in to teach soldiers "how to fight," obviously a huge public relations endeavor. There in black and white footage, the champ stood upon a tall platform, barking "Jab! Cross!" to a group of some 100 men, all wearing huge boxing gloves. In orderly fashion, the men thrust out a jab, then a cross, all in the synchronized motions of a classic Hollywood dance film. I thought to myself, what do boxing gloved jabs and crosses really have to do with a soldier gripping a rifle with a fixed bayonet and battling across Normandy Beach? But to some ill-informed, these men were "learning how to fight."

I had the same questions when I look through the martial arts magazines and books of today and read occasional features by modern soldiers, dressed in fatigues, with military backdrops. Typically the title of the article might read "Soldiers Learn How To Fight!", or "Karate in Today's Army!" In the photo series we see a troop standing before the "enemy." Instead of ripping ruthlessly through the opponent with both hands as one would have to do in a life or death battle with a Nazi or a Viet Cong, our hero has his legs stretched way too wide in a forward bow stance, severely limiting his mobility, and executing a classical reverse punch to the solar plexus of the enemy. The "Nazi's" own fist is reared way back on his hip, just taking the blow. Neither the boxing glove instruction, nor the karate guys in fatigues, are combating realistic violence. Just because they are in uniform doesn't make it modern hand-to-hand combat!

This "search and identify" for and of military hand-to-hand combat sources needs serious weeding out, SIR! The military is a maze of separate agendas, branches, divisions, posts and units, each operating training sections. This diversity can produce and authorize a variety of programs that run the gamut from poor and to outstanding. On any given day, any ill-informed officer or NCO could snap his fingers and rubber stamp any program.

Soldiers are shooters first and foremost and very little time, if any, is spent in hand to hand combat training, not at all unlike the warriors of all ages such as the Japanese Samurai, who prioritized their time with weaponry like bows and arrows, spears, swords, and knives, reserving hand-to-hand fighting for last. Almost all of today's soldiers seeking hand-to-hand fighting must go outside the armed forces to get consistent unarmed training.

TABLE OF MANUAL CONTENTS

“In Search of Hand To Hand Combat” - The Mission Statement of the Course

The Hand To Hand Combat Rank Certification Course from level 1 to 10 on up

Diminished Fighter and other Essays on Combat

Congress Fighting Stances, Positions and Strategies

3 Congress Battle Plans

Congress Hand Strike Series, Kicking and Counters to Kicks

Basic and Advanced Essential Trapping Hands Movements

Strategies and Counters to Weapon Quick Draws and Assaults

Sheonage Grappling Continuum and Grappling Study Guides

Ground Zero! Congress Ground Fighting Strategies and Scenarios

CONGRESS MOTTOES AND CREEDS

“Fighting First-Systems Second!”

“Education, plus practice, through time equals savvy.”

“Train in the chaos! Thrive in the chaos!”

“Train the beast! Do not tame the Beast!”

“We are combat scenario driven.”

“Under Stress, we resort back to our repetition training, rarely if ever to our expectations. They give medals to people who raise to their expectations, that’s how rarely that happens!”

“If you are in a fair fight, you just didn’t prepare well enough!”

“Crisis rehearse future prediments.”

The words of the late, revered Colonel Rex Applegate....

“In war, you cannot afford the luxury of squeamishness. Either you kill or capture, or you will be killed or captured. We’ve got to be tough to win, and we’ve got to be ruthless, tougher and more ruthless than our enemies.”

HAND-TO-HAND COMBAT COURSE

LEVEL 1 CERTIFICATION KNOWLEDGE AND REQUIREMENTS

MAJOR POINTS OF MASTERY

THE HEAD TWIST TAKEDOWN

- EXECUTE OF BASICS
- COMBAT SCENARIO APPLICATIONS
- TROUBLESHOOTING
- COUNTERS

THE PALM STRIKE AND/OR PALM BLOCK

- EXECUTE BASICS-
- THE TRIPLE THREAT PALM STRIKE COMBAT DRILL

THE FRONTAL SNAPPING KICKS

- EXECUTE BASIC LEAD & REAR LEG FRONTAL KICKS

THE BASIC WRISTLOCK

- EXECUTE BASICS
- COMBAT SCENARIO APPLICATIONS

INVADING HANDS SET #1: CONTACT AND STRIKE

- EXECUTE BASICS
- EXECUTE ON THE GROUND, SIDE, TOP OR BOTTOM

YOU MUST POSESS AND STUDY FROM S.F.C. HAND-TO-HAND COMBAT VIDEO #1 FOR MORE DETAILS

THE HEAD TWIST TAKEDOWN

"Where the head goes, the body goes." – old martial arts adage



The Head Twist Takedown is practiced by all enlightened and combative police, military and martial systems and it can be called by many other names. At its most severe the takedown can be a lethal neck breaking technique. Lessor force produces a takedown. Here are the most basic steps.

- 1) Use a strike, such as a pile-driver palm strike into the side of the jaw to break any center line head and neck power base and continue with a push.
- 2) Reach around the crown, grab and pull on a lower than horizontal plain.
- 3) Support the twist with the proper Downward body turning.



HEAD TWIST TAKEDOWN COMBAT SCENARIOS

- 1) Vs any punch. You are inside the arms-
You block and execute. Finish the attacker.
- 2) Vs any punch. You are outside the arms.
You block and execute. Finish the attacker.
- 3) Vs any push-
Inside or outside his arms, you deflect the push and execute. Finish.
- 4) Vs a two-handed high grab.
Clear grab with power strikes to face and arms, kicks, then execute. Finish.
- 5) Vs a Full Nelson-
Stomp the feet. Reach up and around behind you. Grab and twist. Step deeply with twist. Finish.
- 6) Vs a tackle-
Strike the neck. Use Evasive footwork as you grab chin and twist for throw. Finish.
- 7) Vs a two-handed choke, standing-
Clear choke with power strikes to face and arms, kicks, then execute. Finish
- 8) Vs a two-handed choke, bottom-side on the ground-
Clear choke with power strikes to face and arms. Hip lift and power roll your body to execute.
- 9) Vs a Fighters Clinch-
Any strike and execute
- 10) Continue to develop
more scenarios.



HEAD TWIST TAKEDOWN COUNTERS & TROUBLE-SHOOTING

Counter # 1: Early Phase Counter. As you feel the beginning of the twist, slap the hand off of the chin and attain a one or two handed grip on that slapped hand. Step off and turn the hand powerfully until the palm is on the ground. Use any outer wrist torque throw as explained in Level 3 of this manual.

Counter # 2: Late Phase Counter. As you feel yourself spinning downward grab the opponent with both your arms anywhere you can and increase the force of the spin. We call it "Double The Force." This hopefully will generate enough inertia that you will roll & land on top of the enemy to finish him.
Continue to invent counters.

Trouble-Shoot #1: Slap Release: To counter the above #1 counter. When you feel the enemy grab your wrist. Slap the grab free and fire a hand strike or kick

Trouble-Shoot #2: "Triple the Force" When you detect the enemy grabbing on to you and the doubling of the force. You triple the force, in effect, hoping to be the one on top in the end.

Continue to invent counters.



THE PALM STRIKE: "THE PILE-DRIVER"

The palm strike is a powerful attack and a blocking motion. It is an option to punching the face with a fist, which can so often end with a broken hand. There are two kinds of palm strikes, the hooking palm and the straight palm thrust.

The Piledriver is a name that best brings out an inspiring title to capture plam-striking attack power. In hooking palms you could simply strike with a "flat palm" or at the precise point of impact, insert the lower half-circle/outer ridge of the palm to generate more power, then follow through with the rest of the hand. The hooking palm needs the rest of your body to in synchronized motion to generate great force. Practice...

- a) against a heavy bag
- b) with the "Congress Clock" Drill. Hook in on all the clock numbers. Keep a cover hand up.
- c) don't forget to add the two high-handed back-strikes, they do not appear in the "clock."
- d) don't forget all these motions apply to blocking and defection power.

The Pile-Driver is also a name for the straight thrusting palms. Its name gives purpose to its practice. With slight changes in follow-up energy, It pushes, it shoves and it can strike. Practice...

- a) against a heavy bag
- b) with the Congress Clock Drill. Execute with the left hand at 12, 3 and 6 o'clock, and for the right, 12, 9, and 6 o'clock. Keep a cover hand up.

The Triple-Threat Palm-Strike Combat Drill

The opponent attacks in a variety of directions. To explore the potential and adaptability of palm strikes, block and respond with a minimum of three palm strikes anywhere in combinations of Pile-drivers and Bullwhips. Add a kick in the end or any takedown if you wish to further develop the drill.

- a) Aggressive Version- You destroy the enemy's arms-up guard or his neutral stance with a palm and then execute multiple hits.
- b) Defensive Version- You block and Execute the drill.

"The palm-strike is often favored by enforcement authorities because it is not viewed as violent as a "closed fist."



Aggressive Triple Threat Palm Combat Drill

Block "Destroys the Guard" with an invading palm strike.



The famous military "Chin-Jab," which is the 12 o'clock strike of the Congress drill, and...



....attacks with three or more palm strikes



BASIC FRONTAL SNAP KICKS

This is a quick fire upward snap kick delivered from a neutral stance or a fighting stance position.

Kick Point #1) Kicks should be practiced from front and rear legs, switching the lead legs of stances

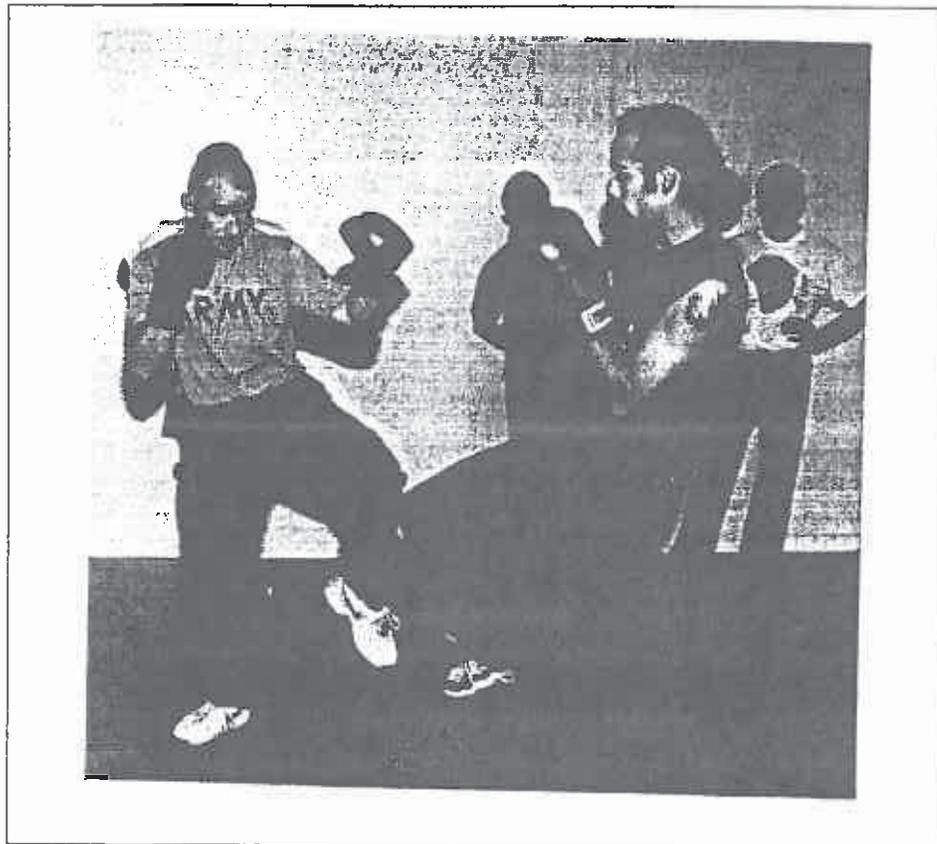
Kick Point #2) Kicks should be snapped backward as quickly as possible

Kick Point #3) The delivery surface runs from the top of the foot up to the knee

Kick Point #4) Learn the combat modified kick where the foot bends around the lead leg of a fighting stance.

Kick Point #5) Incorporate proper body dynamics to support kicking movements

Kick Point #6) Try to keep your arms up for cover while kicking



Basic Wrist Lock / Arm bar Mastery

Learn the basics

Know the importance of being directly to the side of the opponent

Practice the "Filipino face kick" additional after acquiring the joint lock position

Understand this is primarily a transitory technique to more substantial movements

Practice some lock flow...

-flow to inside arm Center Lock

-flow to Come-along Lock

-flow to Standing Center Lock

Counters

a) use kicks to counter

1) early phase counter-any front kick to groin (the body attack)

2) mid phase counter- downward round/Thai style kick to follow the escape path,

2) late phase counter- drop to knee high and side kick

b) slap release in early phase

a) execute by cross-grabbing an opponent's wrist

b) execute from a ground choke

c) Wrist lock Flow Drill

1) any three locks involving one or more wrist locks

TEST REQUIREMENTS

Execute any 4 Combat scenarios using the basic wrist lock



INVADING HANDS

SET #1: CONTACT AND STRIKE

“Contact” could be an aggressive hit or trap upon the guard (arms) of the enemy for when your opponent will be in an arms-up and on-guard position. You will invade to immobilize and/or control the limb. Utilizing the palm as a strike might injure the limb, but do not expect much damage or immediate response.

“Contact” could also be a defensive block in nature. Such is the immobilization, deflection and/or control of opponent’s limbs in response to an attack.

“Strike” could be any follow-up hand strike.

Practice...

- a) Against a Wing Chung Dummy” type device
- b) Against a person holding their arms up or out
- c) Against a person in a sparring environment
- d) With a Filipino Flow Drill
- e) Scenario training
 - 1) Standing-execute aggressively.
 - 2) Standing-execute defensively
 - 3) Side by side- execute either on the defensive or offensive
 - 4) topside on ground
 - 5) bottom-side on ground



THE PARATROOPER FALLING SYSTEM

When paratroopers land after falling out of the sky, they are not taught to hit the ground and slap it harshly. "Slapping the mat" in the hard style as practiced by traditional martial arts is not a sound strategy in the terrain of a street fight. Not a single modern military manual will suggest slapping the ground as the best answer to a trip or throw. It can cause two very negative results...

- 1) You may injure or incapacitate your arm when it hits hard pavement, rock, asphalt or any ground
- 2) It innocently trains your muscle memory to slap and remain at the feet of your opponent where he can more easily finish you off.

Instead, paratroopers tuck and roll. Learn to...

- try to tuck your chin in,
- try to round off your shoulders, arms and joints
- try to expel breath upon impact
- try to use the throw energy to roll and escape the immediate follow-ups

"THE STANCE OF NO STANCE"

This is the first position/stance of the course. It is alert, upright and ready. Not necessarily squared off in some kind of boxing stance. In fact, the opponent/s are not in close to require such cover. Your hands may be moving and somewhat up in the window of combat-that rectangle loosely bordered from your shoulders down to about your upper thighs.



LEVEL 1 TEST REQUIREMENTS TEST SHEET

NAME: _____ DATE: _____

_____ Execute any 3 combat scenarios utilizing the Head Twist Takedown.

_____ Execute the Triple Threat Palm Strike Combat Drill

_____ Execute Frontal Snap Kicks vs. a Pad or Shield

- a) 15 from right front leg
- b) 15 from a left front leg
- c) 15 from a right rear leg
- d) 15 from a left rear leg

_____ Execute 3 combat scenarios utilizing the Basic Wristlock

_____ Execute a demonstration of any 4 Invading Hands Skills Set 1: The contact & strike

- a) standing aggression
- b) standing defense
- c) ground aggression
- d) ground defense

_____ Understanding the Paratrooper Falling Concept

_____ Understand the "Stance of No Stance" Neutral and Alert Position Concept

CIRCLE ONE: PASS FAIL PERFORMANCE RATE ON SCALE OF 1 THRU 10 _____

NOTES AND ANY WORK NEEDED:

INSTRUCTOR

HAND-TO-HAND COMBAT COURSE

LEVEL 2 CERTIFICATION

KNOWLEDGE AND REQUIREMENTS

MAJOR POINTS OF MASTERY

THE REAR TAKEDOWN

- EXECUTION OF BASICS
- COMBAT SCENARIO APPLICATIONS
- TROUBLESHOOTING
- COUNTERS

SLEDGE-HAMMER: THE FOREARM STRIKE

- EXECUTION OF BASICS
- TRIPLE THREAT COMBAT DRILL
- COMBAT SCENARIO APPLICATIONS

THE FRONTAL THRUSTING KICKS

- EXECUTE KICKS FROM REAR AND FRONT LEAD LEGS

THE CENTER LOCKING ARM TWIST (The "S" Lock)

- EXECUTE BASICS
- COMBAT SCENARIO APPLICATIONS

INVADING HANDS SET #2: ANY GRAB AND STRIKE

- EXECUTE BASICS OF "ANY GRABS, ANY STRIKES"
- EXECUTE SAME ON THE GROUND

LEVEL TWO CERTIFICATION TEST

The Actual Test Performance (be prepared to execute upon request)

Rear Takedown Mastery vs.

- a) vs any hand strike
- b) vs any push
- c) vs any single or double hand grab
- d) vs any one handed or double-handed neck choke
- e) from a Fighter's Clinch
- f) Troubleshooting the Rear Takedown
 - 1) Opponent steps back, counter with an inner leg reap
 - 2) Opponent steps forward,
 - a) counter with a reverse hip throw,
 - b) modify the fall line
- g) Counters to the Rear Takedown
 - 1) early attack phase-quick, tight turn to the inside and far shoulder pull takedown
 - 2) late phase-"Double the Force" throw

Jab/Cross, Front kick, Front Thrust Practical Street Sparring

The Congress JKD Battle Punch Handstrike Series in a Combat Scenario

Use a Ground Fighting Front Thrust Kick in a Combat Scenario

Standing Center Lock Mastery

- 1) vs a cross grab
- 2) vs a same side grab
- 3) rear throw high
- 4) rear throw low
- 5) vs a reverse guillotine
- 6) finger strip
- 7) off a hair grip
- 8) flow to a choke
- 9) Counters to Quickdraw a) handgun quick draw, b) knife quick draw
- 10) Counters
 - a) early phase-a slap release
 - b) late phase-rear elbow strike to forearm pull takedown

Lock Flow Mastery: Center Lock to Standing Center Lock

Essential Combat Trapping Hands Series #2: Contact, Then Any Same-Side Grab & Strike

- a) aggressive contact- slap, grab and strike in sparring
- b) defensive contact-block, grab and strike in sparring
- c) ground fighting-any bottom side application
- d) ground fighting-any top side application

SLEDGEHAMMER! - THE FOREARM STRIKES

Make no mistakes that the forearm is one of your most powerful weapons. The striking surface can range from the elbow to ridge or blade of your hand, but should center on the on the forearm itself. Couple the strike with footwork to build power. Like with the aforementioned palm strike, the forearm strike can be used to block. Practice and strike with...

- 1)The outside of your forearm
- 2)The inside of your forearm
- 3)The flat side, top or bottom

For practice work...

- 1) The Congress Clock Drill. Each arm gets a full clock rotation strikes
- 2) The Filipino Hubad Drill to develop coordination and skill
 - a) on beat 1 and ½-the blocking side immediately strikes across the neck with an outside forearm the other side crashes down with a step somewhat vertically in an Aiki-Jitsu style strike
 - b) on beat 4 and ½ the tempo changes to quick trapping palm strikes. The beat 3-arm pin becomes a serious palm strike, the beat 4 fires furiously to capture the other limbs and the outside forearm strikes the neck area
 - c) on beat 4 slap down the arm on 3 and clothesline the neck
 - d) triple forearms- 1 and 2 beats are hard forearms. 3 hammers the throat
 - e) defeat the ridge hand skill drill. Learn to pass the attack

TEST REQUIREMENT:

Execute any 5 combat scenarios using the forearm strike

- 1) Block and step out-clothesline the neck for a takedown or choke
- 2) Block, groin strike and sledge hammer the neck when the enemy bends over
- 3) Sledgehammer and destroy the guard, any follow-up
- 4) Recovering from a stomach punch, knee high, hammer behind the knee and pull
- 5) The Congress Shuto Series (see video and learn in seminars)
- 6) Forearm smash down upon double-handed choke. Any combat follow-up
- 7) Continue to develop more scenarios

HYPER-X SERIES:ATTACK THE ELBOW OF AN INCOMING PUNCH

- 1) Forearm strike the elbow, punch and kick
- 2) Forearm strike the elbow, forearm to the face, reverse quoitine
- 3) Forearm strike to elbow, backfist to face, rear armbar
- 4) Forearm strike to elbow, armbar takedown that is countered-then clothesline

THE REAR TAKEDOWN

Another universal and extremely effective technique is the rear takedown, called by many different names in differing systems. It can be accomplished from both inside and outside the opponent's arms. Basically it is a takedown generated by creating a powerful circular motion, which wheels the opponent down upon his back. The "wheel" sweeps the legs to his front and the upper torso down on his back. You have the initial CQC encounter, then...

- Grab an arm and charge beyond the "fall line" of the opponent. This takes the opponent off balance and gives you an advantage for the throw. There can be a dangerous instant when both fighters are in equal position and could execute the throw.
- Use a violent grip to the neck or face of the opponent to push downward
 - 1) use a violent web-hand strike to the clavicle
 - 2) use a palm-strike to the face
 - 3) use a strangling grip to the throat
 - 4) use the inside of your forearm for a throat strike
 - 5) avoid gripping the clothing unless you are sure it is sturdy enough
- Sometimes you can reap out both legs of the opponent.

Troubleshoot the Rear Takedown

- The opponent steps back-you execute an inner leg reap.
- The opponent steps way forward- you modify the fall line and continue the move.
- The opponent steps way forward- you execute a reverse hip throw.

Counters to the Rear Takedown

- Early phase-turn in and attack
- Late phase-hang on tight to the attacker and make him fall with you. Generate inertia enough to wind up on top of the opponent.

Lethal Application!

If you push the head back with the palm of your hand, as your "top-side" circle follow through to ensure the skull cracks into the ground.



Example of a Rear Leg Front Thrust Kick

This is the door kicker/power kick! Raise of the flat of the foot and blast forward



Front Leg, Front Thrust Kick

Here Hock catches a traditional cross-legged stance with a thrust



The "Cop" Interview Stance

Practice a stance that looks harmless but is ready to fly into action. Keep a safe distance. "Blade" your body away from the enemy. Do not keep your crossed arms tightly together, least they get trapped from a rush attack. This allows your lead hand to block, grab or strike. The rear hand can pull a weapon or counter-attack.



THE CENTER LOCKING ARM TWIST

The center lock, often called the "v" or "s" lock, appears in many systems. It is not a "go to jail" lock, that is to say, a full and long-term control lock, but rather a transitory movement that leads to more substantial follow-ups. It involves a twisting torque to the wrist side-to-side. Once you understand the concept, it works well against weapon threats and defending your weapons against grabs. Know these basics-

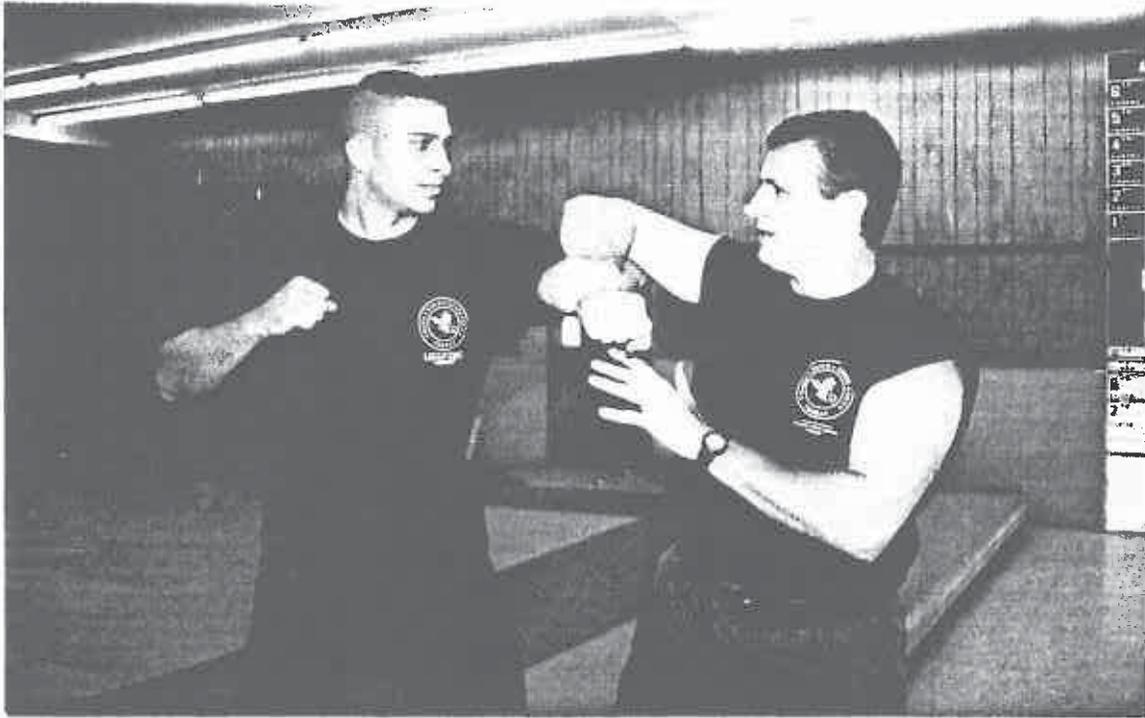
- 1) Use the "Accordion Concept." Since the elbow and wrist should be bent, move in to get proper "S" or "v" bends at both joints.
- 2) The bent elbow should be held below the bent wrist on the plane of the arm.
 - a) The bent elbow can be held in position by your other hand
 - 1) on the outside of the arm
 - 2) from the inside of the arm
 - 3) from a two-handed grip with your forearm atop the captured elbow
 - 4) his hand held onto your breast bone approach, a typical Japanese application, does not control the elbow and may allow for it to rise.
 - 5) if you lose control of the elbow, the arm, shoulder and body are free to resist you.
- 3) Get control of the back of the hand and/or no less than three fingers.
- 4) Torque the fingers/hand/ wrist to his face as though you are twisting the lid off a jar.
- 5) Execute the movement very rapidly and powerfully.
- 6) Some follow-ups
 - a) pain compliance submission
 - b) torque the enemy swiftly down onto his chest
 - c) follow through to standing center lock (found in Level 2)
 - d) multiple knee strikes to the face
- 7) practice using the concept against
 - a) a grab upon the barrel your rifle, stick or shotgun
 - b) pistol threats like
 - 1) the "gangsta grip" or from a hostage situation
 - 2) a hostage situation

CENTER LOCKING COMBAT SCENARIOS

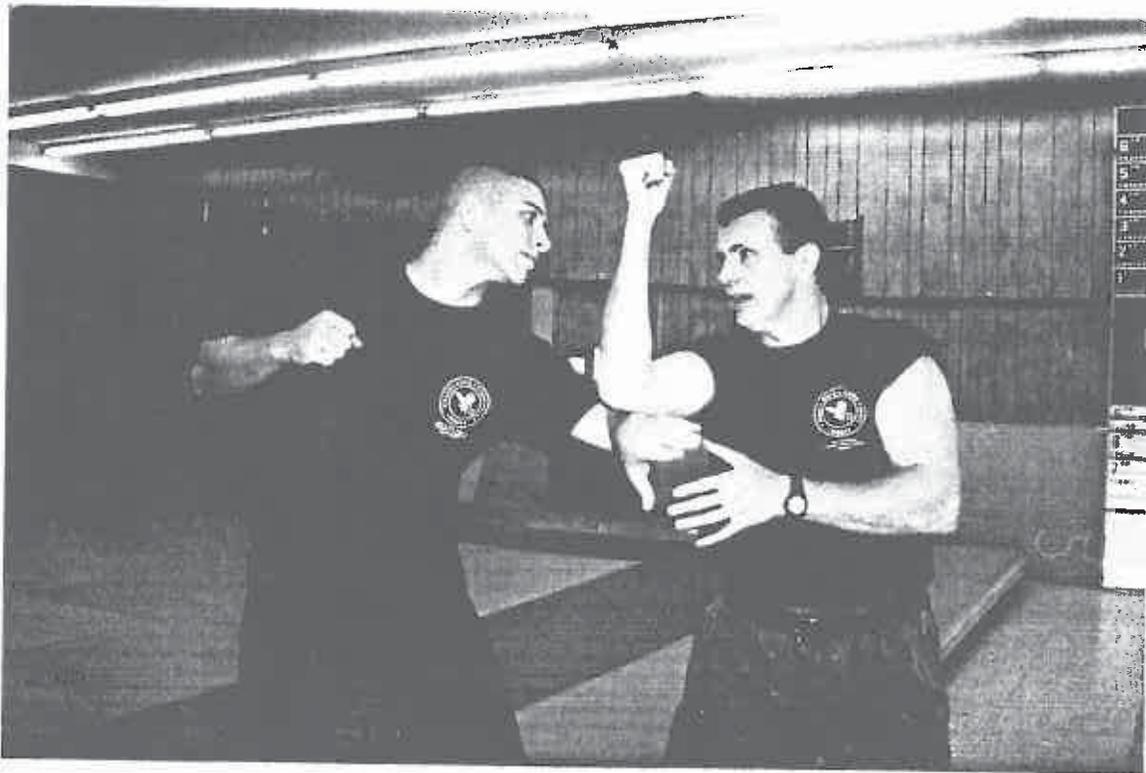
- 1) Execute from your single-hand cross-grab onto his hand.
- 2) Execute from any double-handed grab upon your forearms.
- 3) Execute from any single-handed grab from behind.
- 4) Execute from gun threats
- 5) Execute any two counters
 - a) early phase-
 - Option 1) a slap release or
 - Option 2) explosive escape
 - b) late phase- on the way down, fall to your backside and attack with kicks
- 6) Keep developing the many options

The Center Lock Arm Twist vs. a Grab

This is where the practice of the lock has practical applications.



The attacker grabs your lead arm. You raise up your elbow over the forearm. Note the "center lock" position of the grabbing arm.



Break the grip with a downward elbow smash on the arm for a release. Use any follow-ups.

The Hostage Handgun Release Application

There is much psychology involved with being a hostage that are explained in S.F. Congress seminars and tapes. This is only a presentation of the steps. Wait until the hostage taker breaks his focus and directs his pistol off of your body. This is "your sniper moment!" You grab the weapon over the top of his arm, and execute foot stomp inserts or kicks, then execute the basics. Once you get the gun, make sure it will function!



LEVEL TWO CERTIFICATION TEST

Required Foundation Practice, Knowledge and Understanding:

The Fall Line Lecture

- a) 90 degree angle attack into a "line" drawn between the heels, is the fall line

The Deceptive Street Fighter "Cop interview" Stance

- a) practice a stance that looks harmless, from which you can spring into action

Energy/Finger Direction Lecture

Rear Takedown Fundamentals, learn the strengths and weaknesses

Inner Reap Takedown Lecture,

- a) get in between the enemy legs and hook and pull behind the knee, push the upper body, hopefully into his fall line

Dirty Tricks! The Head Butt in the fighter's clinch

Reverse Hip throw lecture and roll-out/roll-over counter

- a) when doing this back-to-back throw, you must pass your hip deep past his and haul him over you.
- b) The counter is too roll over as he throws you so that you might land on your feet

Front thrust kicks

- a) practice on pads practice, both front and rear legs
- b) execute Front Snap, Front Thrust Kick Combination Drills vs partners or pads
- c) execute from a ground fighting stance

Combat Trapping: Slap/Block to Grab Lecture

- a) Practice the Hubad Grab and Strike
- b) Practice the JKD/ Wing Chun Lop Sao Flow Drill with practice applications

Practice the "Wing Chun/Bruce Lee" Battle Punch

LEVEL TWO CERTIFICATION TEST

Cross Punch and Frontal Fighting Stances vs “Karate-style Stances”

- a) Cross punch practice on pads,
- b) 4 Count Cross/Shoulder Roll Drill,
- c) add offensive and defensive movements before and after
- d) 4 Count Jab and Cross Drill-mitts and empty hand,
- e) Jab-Cross Walk On / Walk Back Mitt Drill,
- f) block the hook (or pad attack) addition

Understand the realistic and limited use of locks in street fighting

- a) locks are both incidental and accidental to the fight
- b) most are little more than transitory control measures

Standing Center Lock

- a) Practice the basic acquisition flow study drill and combat reversal
- b) The Standing Center Lock's two safest applications,
 - 1) for temporary immobilization, one hand supports the forearm,
 - 2) for quick breaks or transitional moves, two hands on the captured hand

The Sudden Drop! Standing chokes to the sudden fall

- a) beware of the person's sudden pass out/fall that you are choking. You could severely pull your back muscles

Other Related Test Requirements and Info

Students for this level must own the Street Fighter Level 2 video

These are also the requirements for a Blue Belt in American Combat Kempo



LEVEL 2 TEST REQUIREMENTS TEST SHEET

NAME: _____ DATE: _____

_____ Execute any 4 combat scenarios utilizing the Rear Takedown.

_____ Execute any 4 combat scenarios utilizing the Forearm Strike

_____ Execute Frontal Thrust Kicks vs. a Pad or Shield

- a) 15 from right front leg
- b) 15 from a left front leg
- c) 15 from a right rear leg
- d) 15 from a left rear leg

_____ Execute 4 combat scenarios utilizing the Center Locking Arm Twist

_____ Execute a demonstration of any 4 Invading Hands Skills Set 1: The grab & strike

- a) standing aggression
- b) standing defense
- c) ground aggression
- d) ground defense

CIRCLE ONE: PASS FAIL PERFORMANCE RATE ON SCALE OF 1 THRU 10 _____

NOTES AND ANY WORK NEEDED:

INSTRUCTOR

HAND TO HAND COMBAT

LEVEL 3 REQUIREMENT

Major Points of Mastery

Outer Wrist/Arm Torque Throws and Combat Scenarios

Eye jabs

Finger Lock and Lock Flow Mastery

Oblique Kicks

Level 3 Combat Sparring

Cross -Body Contact and Strike Invasion Hands Set #3

Ground Fighting Applications of all of the above

Outer Wrist/Arm Torque Throw Mastery vs

Understand and demonstrate...

- a) Small Circle / Modern Arnis knuckle push method
- b) two-handed grip basic Jujitsu method
- c) control the middle finger knuckle
- d) reverse grip or upside down handshake
- e) roll the elbow into the back of the wrist
- f) The "vertical" wrist torque-when the opponent's hand goes up shoulder height
 - g) practice the elbow strike into the back of the wrist for a quick break
- h) understand the footwork involved
 - 1) very little if a "small-circle is involved
 - 2) side step
 - 3) turn and drop to one knee
- i) practice the throw vs. the knife stab
 - 1) re-explain the "diminished fighter" theory
 - 2) "distance" the move from the classical x-block

For the test, perform

- a) Any forearm grab same side
- b) Off a double-handed grab
- c) vs a knife attack-criminal stabs at your torso
- d) Troubleshooting-defeat the opponent when he counters with a high response
 - 1) execute underarm throw
 - 2) execute the "vertical" wrist torque throw
- e) Opponent counters low-execute the reverse underarm lock and strike
- f) Opponent counters with good balance-use a rear leg takedown for tripping
- g) Counters
 - 1) early phase-slap release
 - 2) late phase-"double the force" roll out and leg attack such as kick or sweep
 - 3) reversal- reach and step in-get a hand holding your wrist lock and get the throw

Learn the 5 ways to bend the hand/wrist

- 1) all the way to the right
- 2) all the way to the left
- 3) all the way in-palm to forearm
- 4) all the way back-back of the hand to forearm
- 5) side to side

Finger Lock Mastery: Obtain any finger lock and follow-up combat scenarios from

- a) a single grab on any arm
- b) any double-handed grab anywhere
- c) vs a bear hug and the opponent is at your rear
- d) vs any single or double-handed choke
- e) out of any ground fighting freestyle
- f) from a double push-'The Two Six-Guns" catch palm-to-palm. Get two finger lock twists
- g) The "Vulcan" Finger lock: palm-up, two fingers, two way spread

The Eye Attack

Remember the awesome power of the eye attack

- Eye Attack #1) The Rake Attack-fingers spread and shot in from low to high
- Eye Attack #2) The "Kenpo" Finger flip
- Eye Attack #3) The Double Rake

Work the Static Eye Four Side Outside, Inside, Inside, Outside Drill

- a) Use a deflecting palm
- b) Bend sideways at the wrist to best acquire the eyes

The Filipino Hand Drill

Insert an eye attack on the half beats

Level 3 Lock Flow: Any 3 Locks

Joint lock Lecture

- a) review "accidental and incidental theories"
- b) joint pain reduces weapon gripping strength lecture

Joint lock Continuum Lecture:

Be able to explain the three basic concepts from pain compliance to break

- 1) pain compliance,
- 2) ligament damage or minor injury,
- 3) break or serious injury

The Lock Flow Test Performance

Work a grab to S-Lock, to Standing Center Lock to the "Vulcan" Two Finger Lock, or ...work any three locks in a flow

Oblique Kicks

Lecture and practice on pads and controlled sparring

- a) Oblique double and triple kick drills, with and without high line attacks
- b) Integrate Oblique kicks with front snap and thrust kicks in practice drills
- c) Oblique Kick 4-count drill. Add before and after attack and defense movements
- d) Explain the oblique power kick to the shin-breaker from the "Fighter's Clinch"
- e) not easily utilized from ground-fighting positions

Invading Hands Series #3: Cross-The-Body Contact and Strike

Practice with

- a) some "dummy" practice
- b) some Filipino hand Drills
 - 1) vertical fist blast
 - 2) hubad
- c) combine 1 and 2 (or others) in drills
- d) work these drills on the ground, top and bottom
- e) and walking and running forward and back

Test Performance

- a) aggressive contact-cross to slap and the other hand strikes in sparring
- b) defensive contact-cross to block and the other hand strikes in sparring
- c) ground fighting- any bottom side application
- d) ground fighting- any top side application

Required Knowledge: Street Fighter Stance/Position Series:

The "Hands-Up Element of Surprise" Guerrilla stance.

Study the element of surprise. Practice some scenarios that start from the hands up responses,

- a) facing a pistol
- b) facing a unarmed criminal
- c) back to a rifle or riot stick

Tactical Footwork, The Combat Run,

The vital street survival "walking and running" principle of fighting

Partner Footwork Practice:

- a) circle drill,
- b) in and out,
- c) side to side,
- d) Filipino triangles vs kicks, strikes, etc.

LEVEL 3 TEST REQUIREMENTS TEST SHEET

NAME: _____ DATE: _____

_____ Execute any 4 combat scenarios utilizing the Outer Wrist Torque Throw/Takedown.
a) show at least one vs. a knife attack

_____ Execute any combat scenario with an eye jab

_____ Execute Oblique Kicks
a) 15 from right rear leg vs. a pad or shield
b) 15 from a left rear leg vs. a pad or shield
c) execute some during freestyle sparring

_____ Execute 5 combat scenarios utilizing finger locks

_____ Execute an lock flow containing at least three locks

_____ Execute a demonstration of any Invading Hands Skills Set 3: Cross the Body Block & Strike
a) standing aggression
b) standing defense
c) ground aggression
d) ground defense

_____ Execute one combat scenario from the "Hands up / Guerilla" stance

CIRCLE ONE: PASS FAIL PERFORMANCE RATE ON SCALE OF 1 THRU 10 _____

NOTES AND ANY WORK NEEDED:

INSTRUCTOR

LEVEL FOUR CERTIFICATION TEST

Major Points of Mastery

The Figure Four Takedown and Combat Scenarios

The Under The Arm Crank Takedown

The Come-Along Wrist locks and Combat Scenarios

A Four Step Lock Flow

The Congress Sinawali Hand Strike Series

The Congress JKD Hand Strike Series

The Hook Kick

Level 4 Combat Sparring

Chain Of The Hand: Congress Trapping Hand Set #4

Ground Fighting Applications

LEVEL FOUR CERTIFICATION TEST

The Actual Test Performance Requirements

Figure-Four Takedown Mastery Vs

- a) vs a high torso grab
- b) vs a high back fist
- c) overhead reverse grip stab
- d) overhead attack
- e) Trouble-Shooting
 - 1) insert eye jabs
 - 2) obtain the wrist lock
 - 3) against great force-convert to the rear armbar hammerlock
 - 4) loop the head and get the choke
- f) Counters
 - 1) early phase- slap either limb in the bend of the arm
 - 2) mid-phase- the "inside" and low body roll-out turn
 - 3) late phase- Double the Force roll-out escape

Come-along Wrist Locks Mastery

- 1) Demo a basic acquisition to a side arm cradle palm-out or palm-in
- 2) Demo a center line goose-neck and then demo the "Chinese" hand twist
- 3) Ground fighting randori and get this wrist lock
- 4) Vs a guillotine headlock combat scenario
- 5) Counters
 - 1) early phase - slap release
 - 2) mid-phase - explosive escape
 - 3) late phase - finger break or lock attack on capturing hand

Lock Flow Series

From a grab to center lock to standing center lock to Vulcan finger to a Come-along palm-out

The Back Fist in Combat

Execute the Congress JKD Hand strike Series, standing and on the ground

Execute the Congress Sinawali Hand strike Series, standing and on the ground

Add Backfist and Hook Kick on to Levels 1-3 Techniques For Sparring

Essential Combat Trapping Hand Series #4: "Chain of the Hand"

Cross the body Contact, Same or Opposite Hand Grabs and the First Contact Hand Strikes

- a) aggressive contact-the slap, grab and strike
- b) defensive-the block, grab and strike
- c) ground fighting-any bottom side
- d) ground fighting-any top side
- e) scenario vs a knife attack
- f) scenario vs a stick attack

LEVEL FOUR CERTIFICATION TEST

Foundation Practice, Knowledge and Understanding:

Fighting Stance Series # 4: The Kick Boxing stances

- a) basic stance
- b) zone coverage
- c) range coverage

Basic Figure Four takedown Lecture and Study

- a) two basic ways to execute the take down
 - 1) taller-over the top takedown,
 - 2) same height or shorter- step out and circle to the side takedown
- b) learn the "Under the Arm Crank Takedown" if you are inside the enemy's arms
- c) practice the specific test requirements

The Backfist

- 1) Backfist vs /Hammerhand "Safe Bones" Lecture
- 2) Backfist striking drill and practice on mitts, heavy bags, etc.
- 3) Practice the "Walk-on" Drills. Add a kick before or after the six steps
- 4) The JKD Congress Handstrike Series:
 - a) backfist, cross, power jab, torso punch,
 - 1) execute off of right and left leads
 - 2) add any kicks before and/or after process
 - 3) ground applications
 - 4) practice them from various other stances
- 5) The Sinawali Congress Hand strike Series:
 - a) head punch, left backfist, right backfist, torso punch
 - 1) off of right and left leads
 - 2) add any kicks before, and/or after process for practice
 - 3) ground applications
 - 4) practice them from various other stances

Hook and Inverted Hook kicks lecture and some practice drills

- a) 4 count lead leg hook kick drill
- b) Quickfire Hook Kick Drill off a visual trigger
 - 1) strike on pad held by a trainer who gives you a visual signal
- c) Hook Kick in combination kicking drills
- d) The double-inverted hook kick in your down vs standing combat scenario

LEVEL FOUR CERTIFICATION TEST

The Congress “Three Types of Technique Training” Lecture

- a) shadow boxing for fluid motion and image fighting,
- b) pad and mitt drills power contact practice,
- c) combat scenarios to place the techniques ins a series of movements
- d) blending all makes for the best performance

Head Butt Practice

- a) “Soccer Syndrome” medical alert information
 - 1) the head is much like a bowling ball and very hard
 - 2) do not over-use or base a system on head butting
 - 3) you can knock yourself out
- b) Practice “Dirty” Head Butts in standing and ground fighting clinches

Other Requirements and Related Info

Students must own the Hand To Hand Combat Level 4 Video

These are the American Combat Kempo requirements for Green Belt

LEVEL FIVE CERTIFICATION TEST

Major Points of Mastery

Sheonage-Four Corners Shoulder Throw

Congress Western / Thai Boxer Hand Strike Series

The Rear Armbar/Amber Hammer Lock

Upper Cut

Power Rear Leg Round Kicks

Level 5 Combat Sparring

Lock Flows: Set of Five Locks or Two Sets of Three Locks

Essential Trapping Hands Set 5: Double Contact & any Strike

Ground Fighting Applications Of All of The Above

LEVEL FIVE CERTIFICATION TEST

Actual Test Performance (be prepared to execute upon request)

Four Corners Shoulder Takedown (Japanese Sheonage)

- a) vs any forearm grab
- b) vs any uppercut saber grip stab
- c) Troubleshoot
 - 1) early phase- a low arm wrench and any takedown
 - 2) mid-phase- over the shoulder armbar and any takedown
 - 3) late phase - "reverse" Irish whip / outer wrist torque style takedown
- d) Counters
 - 1) early-phase- you escape the move with early phase kicking
 - 2) mid-to-late phase-you escape and go real low and circle with the attacker

Execute The Congress Western / Thai Boxer Hand Strike Series

The Uppercut & Round /Thai-Style Kick in combination with Levels 1-5 skills kick boxing

Joint Lock Mastery: Rear Armbar/Armbar Hammerlock

- a) vs any torso punch
- b) vs any grab
- c) vs a two-handed front choke (hammer down and scoop arm)
- d) vs any backfist
- e) get into "bargaining position" from a torso stab
- f) vs a ground choke or grab (practitioner on bottom)
- g) control a person thrown on the ground face down with this move
- h) flow from the armbar to wing choke
- i) flow from the armbar to Kempo arm break
- j) Counters
 - 1) early phase-powerful uppercut on the incoming arm
 - 2) late phase-turn in with the pain, get loose and fall, any follow-up

Lock Flow Mastery: Any five locks or two sets of three locks

Essential Combat Trapping Hands Set 5: Double Block or Slap Contact and Any Strike

- a) aggressive contact in sparring-slap the attacker's guard with both hands, then any hit
- b) defensive contact in sparring-block the incoming attack with both hands, then any hit
- c) ground fighting-any aggressive or defensive top side application
- d) ground fighting-any aggressive or defensive bottom side application

THE JAB PUNCH

The jab is a "lead" punch thrown off of the lead side of the your body. Basic knowledge and practice drills follows-

- 1) Looseness of the arms and body facilitates speed. Be in a balanced comfortable stance.
- 2) It is thrown with the fist in four positions...
 - Position 1: The Horizontal Fist-typical boxer's punch.
 - Position 2: The Vertical Fist -an excellent tool in close quarter combat because the Forearm provides excellent guard. Really accents the top two knuckles.
 - Position 3: The 45 Degree Angled Fist-very comfortable and common attack.
 - Position 4: The Complete Corkscrew -least favored, most weak arm position.
- 3) Three drills teaching when to Jab or punch
 - The Stop Hit Drill- When the opponent first moves
 - During Drill- During the opponent's attack
 - The Recoil Drill- when the opponent withdraws his fist
- 4) Jab Speed Drills
 - "Peek-a-Boo" Drill. Trainer holds his hands by face and flashes opens them open.
 - Paper Drill. The trainers hold a sheet of a paper. He drops it. You punch the paper.
- 5) Some Jab/Focus Mitt Drills
 - Hit stationary focus mitts to develop aspects the jab
 - Hit flashing mitts to develop aspects the jab
 - Spar with focus mitts in a variety of sets, such as the Quickfire Drill (see video)
- 6) Learn the Vertical Fist Jab Filipino Flow Drill to develop skill speed and some counters.
- 7) Target the muzzle/mouth area of the face, a place on the "bowling ball" they call the skull. Fixating on the nose only, while in the chaos and motion of combat, is very hard and has lead to many broken hands. The muzzle area, closer to the neck has "give" properties.
- 8) Jab a heavy bag for power development.
- 9) Pre-Emptive Strike Training. Learn the "JKD Quick Draw" jab from a non-combative stance. Fire the jab up from your side, using the principles of handgun quick draws.

JAB TEST PERFORMANCE

You will display appropriate jab speed and power against a flashing focus mitt for a few rounds, both left and right-handed.

LEVEL FIVE CERTIFICATION TEST

General and Required Foundation Practice, Knowledge and Understanding:

Congress Fighting Stance Series # 5:

The Basic Groundfighting stances lecture and practice

- a) on top-the spider (up on "all fours" and allowing the opponent to turn under you)
- b) on bottom-the pelvis raise (on your back, many techniques work from this pelvis power)
- c) on bottom-the right side slide out
- d) on bottom-the left side slide out
- e) the ready position (on one side, torso and arms up and ready to fight)
- f) the cover position (on your back and under a battery of hand strikes. Cover vital parts)
- g) the "play dead" possum position and strategy
- h) practice some tactics, techniques and scenarios out of each stance

The Congress Shoelage Continuum

Practice to troubleshoot the takedown. See the attached Continuum essay and break down in the manual

Armbar Hammerlock/ Rear Armbar Introduction Drill

- 1) practice from the arms akimbo stance,
- 2) from the arm manipulation from shoulder to triceps to make the person bend,
- 3) off a torso strike.

The Uppercut

Solo shot practice-learn the dynamics in the air, upon bags and focus mitts
Slap focus mitt drills
Put uppercut in combinations

Learn the Congress Western/Thai Boxing Hand Strike Series

- a) Jab, Cross, Hook, Uppercut-off a right and then off a left lead
- b) practice ground fighting applications

LEVEL FIVE CERTIFICATION TEST

The Round/Thai-Style Kick

- a) Practice high, medium and low kicks
- b) Round/Thai Kick mitt and Sparring Practice
 - 1) Single kicks , Double kicks , Triple kick sets
 - 2) The "Thai Switch" Kick
 - 3) Combination kick practice-put series of any kicks together
 - 4) Combination hand strike and kick practice
 - 5) Ground Round Kicks

Crisis Rehearsal Concept

Try to imagine realistic problems in your real and everyday world. Plan and problem-solve to give your self and edge should these happen. Start with the most probable and then work down to the least probable.

Other Requirements and Related Info

Students must own the Hand-To-Hand Level 5 video

These are also the requirements for a Green Belt-One Stripe in American Combat Kempo

HAND-TO-HAND COMBAT COURSE
LEVEL 6 CERTIFICATION
KNOWLEDGE AND REQUIREMENTS

MAJOR POINTS OF MASTERY

THE REAR HEAD PULL TAKEDOWN

- EXECUTION OF BASICS
- COMBAT SCENARIO APPLICATIONS
- TROUBLESHOOTING
- COUNTERS

ELBOW STRIKES

- EXECUTION OF BASICS
- THE FIVE ELBOWS DRILL
- TRIPLE THREAT COMBAT DRILL
- COMBAT SCENARIO APPLICATIONS

THE SIDE KICKS

- EXECUTE KICKS AS REQUESTED BY INSTRUCTOR

THE BASIC WRISTLOCK AND ARMBAR

- EXECUTE BASICS
- COMBAT SCENARIO APPLICATIONS

INVADING HANDS SET #6: BLOCK, PARRY & STRIKE

- EXECUTE BASICS
- EXECUTE SCENARIOS STANDING AND ON THE GROUND

Rear Pull Basics

RP requires you be positioned to the outside and rear of the opponent by hand positioning and footwork. The actual RP can be executed with...

- a) chin pull
- b) pull upon the top traps and shoulder pull
- c) waist line pull (especially upon a belt)

RP can be helped by stomp kick style attacks to the rear of the legs

Damage can be accentuated with on the way down with...

- a) knee in the back,
- b) knee to the back of the head

RP can be finished with captured head between the knees, the "silat" mount" and then smashing face with fists, feet, elbows, knees

Test Performance: Rear Head Pull Takedown Combat Scenarios

- a) vs any punch
- b) vs any push
- c) escape from any grab
- d) vs any kick
- e) Fighter's Clinch
- f) Counters
 - 1) early phase counter, "combat run" forward
 - 2) mid-phase, detect and leap back on opponent, roll and fight
 - 3) late phase, try to escape when touching the ground
 - a) kick over the top of your head



ELBOWS

Practice the Congress Congress Clock Drill

Further Elbow strike practice...

- a) Thai Elbow blitz walk-on drill
 - 1) convert to a high block and same-side elbow strike with cover hand up
 - 2) practice the "Thai Spin" elbow strikes
- b) 2 Filipino Hubad elbow practice drills-
 - 1) the 3 elbow wrenches and the passing drill
 - 2) Filipino "Five Elbows" Practice Drill
- c) Incorporate elbow strikes into hand strike combinations on pad and mitts
- d) Practice the elbow to the face of a downed opponent.



The Side Kick

The side kick basics

Practice sessions kicking a shield or pad

Learn the front leg "raising side kick" to the front

Learn the rear leg side kick to a person in front of you

Practice the 3 o'clock through 9 o'clock side kick Clock drill

Practice a ground version of the side kick

Practice a Congress Triple Threat Side Kick Drill.

1) Any block

2) Any side kick, plus two more kicks

Invading Hands Set 6: The Contact, Parry, and Strike,

Filipino Hand Flow Skill Drills

Filipino Hubad resembles this three step motion. Practice these variations

- a) four corners
- b) any empty hand vs empty hand takedown practice
- f) any empty hand vs close-quarter knife practice
- d) Cross Punch Hubad
- e) Forearm/Shuto/ Clavacle strike Hubad
- f) Groundfighting Leg Hubad
 - 1) legs vs legs
 - 2) hands vs legs
- g) Vertical Fist blast drill,
 - 1) work the Vertical Fist Blast drill to Hubad drill and back
 - 2) insert any locks
 - 3) insert any takedowns
 - 4) practice on ground

TEST REQUIREMENT

Perform aggressively in a combat scenario

Perform defensively in a combat scenario

Perform one scenario on the ground

Practice Tactics and Techniques from The One Knee Fighting Stance

Knee attacks

- a) knee hook and roll-over after being punched down or thrown
- b) knee push/pulls (helps to have foot stabilized)

Knee-high kicking

Knee high hand strike practice

Combat Scenario Practice

- a) Pass the round head kick attack and push the knees scenario
- b) The Ground Fighter's Leap Frog Escape scenario
- c) convert other aspects of the program into this knee-high problem

Destroying the Guard Strategies and Theories

These are some powerful tools for you to utilize as the aggressor, to crash through the up-and-ready arms of the opponent

- a) power overhand with a slight bend in the arm crashes downward on the guard
- b) "JKD angle fist" step over and fire a vertical fist over and "saw" through the guard
- c) power web strike to the clavicle with forearm collapsing the guard
- d) back-fist or hammer-fist blast through the guard
- f) "Trapping Hand" techniques: get a reference point then execute-
 - 1) the dropping hammer
 - 2) the JKD series
 - a) pin and punch
 - b) backhand to wrist/forearm, pin, the punch
 - 3) any other invasion / power trapping moves

LEVEL 6 TEST REQUIREMENTS TEST SHEET

NAME: _____ DATE: _____

_____ Execute any 4 combat scenarios utilizing the Rear Pull Takedown.

_____ Execute any 2 combat scenarios utilizing the Elbow Strike

_____ Execute Side vs. a Pad or Shield

- a) 15 from right front leg
- b) 15 from a left front leg

_____ Execute 2 combat scenarios utilizing the Basic Wristlock

_____ Execute a demonstration of any 4 Invading Hands Skills Set 6:

- a) standing aggression
- b) standing defense
- c) any ground situation

CIRCLE ONE: PASS FAIL PERFORMANCE RATE ON SCALE OF 1 THRU 10 _____

NOTES AND ANY WORK NEEDED:

INSTRUCTOR

HAND TO HAND COMBAT CONGRESS
LEVEL 7 CERTIFICATION
KNOWLEDGE AND REQUIREMENTS

Major Points of Mastery

The Front Armbar and Combat Scenarios

Chokes in Combat Scenarios

Eye Jabs in Drills and Combat Scenarios

Mastery of Knee Strikes

Level 7 Combat Sparring

Combat Trapping and Wrapping Arms

Mastery of the Front Armbar

Front Armbar Briefing

Learn that this type of arm catch is a very common happening in CQC

Learn the two major set-up steps a) thumb-wrap b) the elbow catch/manipulation

Learn the essentials of the "biceps-up/elbow down arm positioning

Learn the elbow snap body shock that can shut down attacks from the other arm

Learn the major finishing moves

- 1) trip takedown,
- 2) shoulder dislocation
- 3) let go of bridge and execute vicious face attacks
- 4) arm-wrap throws vs the free hand incoming punch

Learn the dangerous counters of arm -wrapping a saber and reverse grip

Learn the some trouble shooting moves because the upper arm and shoulders are strong enough to roll out of trouble and protect its joints.

Test Requirements

Execute the following as combat scenarios with inserted attacks, takedowns and ground finishes

- a) vs. any punch
- b) vs. any push
- c) vs. any type of choke grab
- d) vs. a fighters clinch
- e) Ground-you are on the bottom
- f) Weapon attacks
 - 1) an inward stick attack
 - 2) an inward knife attack
- g) Trouble- shoot with a reverse armbar.
- h) Counters
 - a) one early phase counter - charge forward and drop elbow, hook the arm, step and throw
 - b) late-phase counter-finger break/lock on bridging hand

CHOKES / HEAD LOCK MASTERY:

Choke briefing, strategies and ramifications:

- a) The "sleeper" vs. the "fight for air resistor"-the two oxygen paths to the brain
- b) Understand that Gi chokes don't always work in street fights
- c) Practice chokes from a variety of positions and situations
- d) When choking someone while standing, get ready for a sudden drop
- e) The Guerrilla Fighter choke counter"- Play Dead
- f) Head Lock Flow, knowing the flow will problem-solve a lot of escape attempts and counters
- g) Use the bend of the arm, forearm bone, wrist and side of hand on the neck
- h) Practice the following in combat scenarios
 - 1) rear interlocking choke
 - 2) headlock choke
 - 3) the "Military" combat windpipe choke and rip attack
 - 4) fist choke attack
 - 5) triangle choke attack
 - 6) attacks shown in subsequent photos

TEST REQUIREMENT: COMBAT SCENARIOS

Demonstrate 3 combat scenarios involving a stand-up choke

Demonstrate 3 combat scenarios involving ground chokes

Demonstrate 5 combat scenario escapes.

Use finger attacks, bites and feigning unconsciousness, from

- a) a rear choke
- b) a ground choke
- c) a side headlock choke

The Side Hip Choke



Universal! Ground Choke Scenario

You are on top and batter the captured. He turns to escape and you allow for the turn, even pushing the movement. When he is face down. Get any choke.





The Triangle Choke.

Anytime you get an arm along with the neck in a capture. Note the isolated wrist bone placement and "rotation" on the key spot on the side of the neck

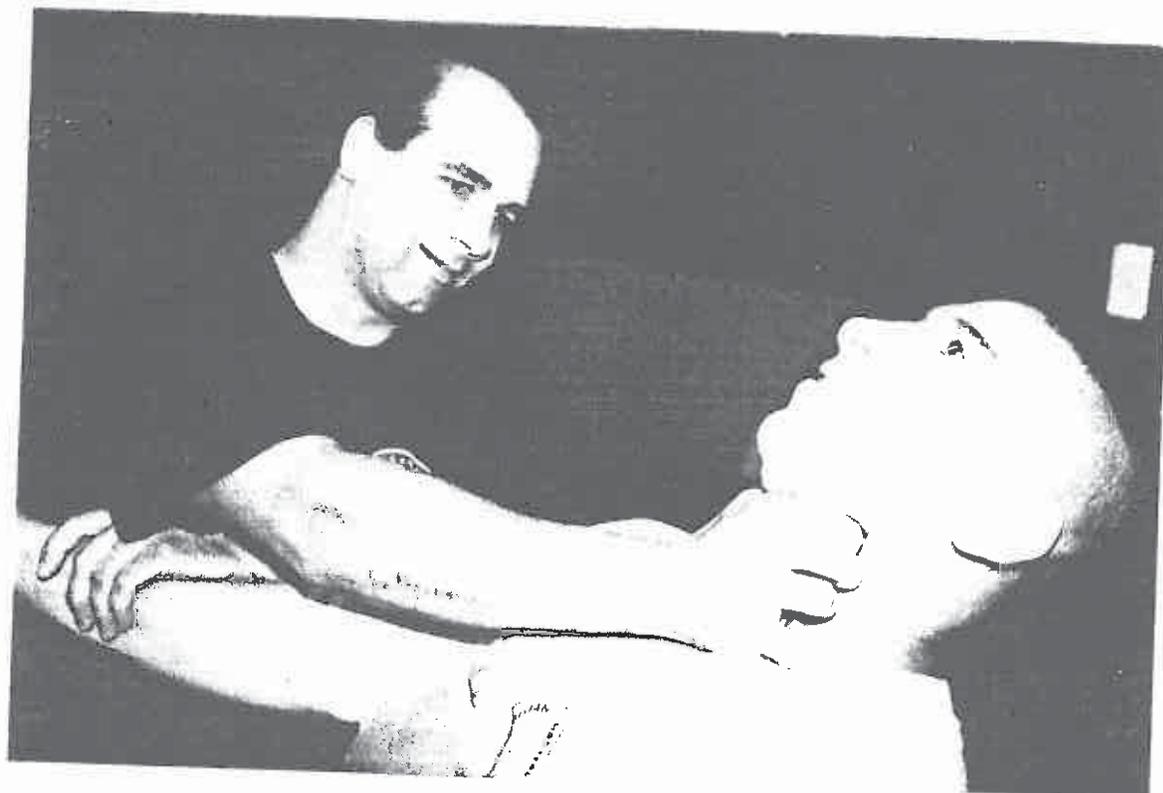


The Reverse Guillotine



The Clavicle Smash and Throat Crusher

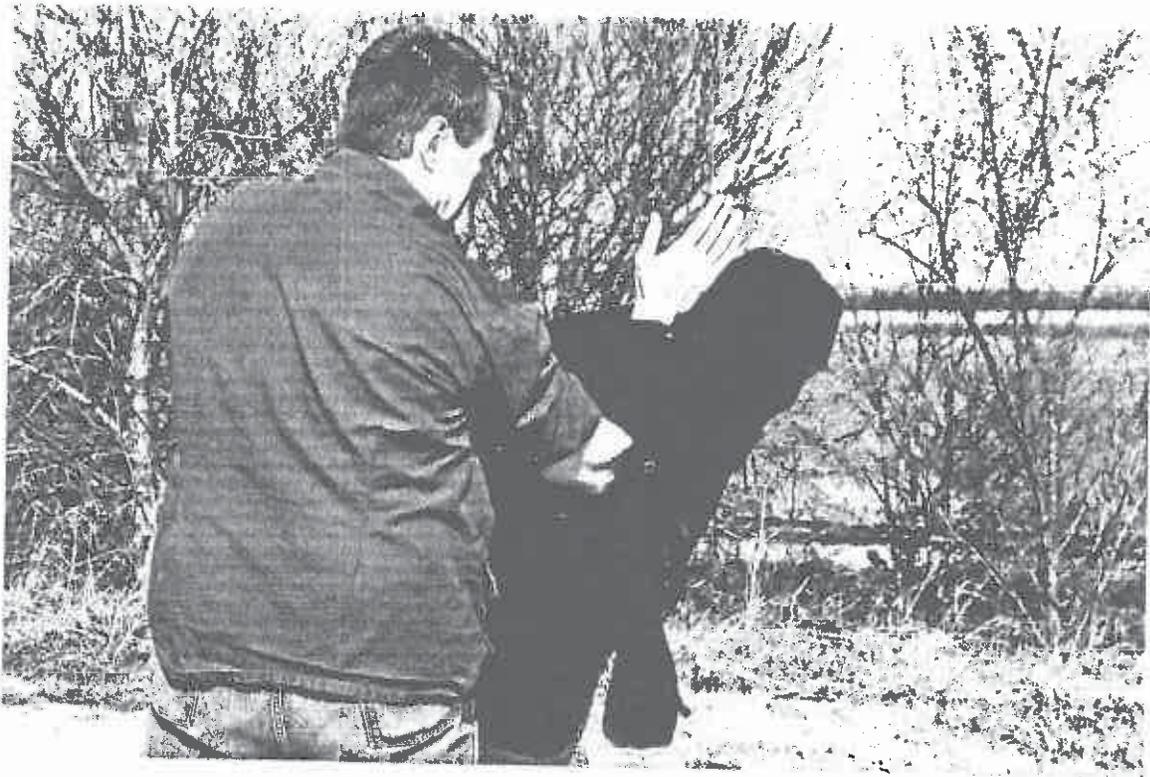
The clutch crushes the throat, windpipe etc. thus the so-called "rip." Few highly trained martial artists can "rip" the throat out.



The "Ranger" Choke/neck Break









Finger Jab Eye Attacks

The eye is a vital self-defense target. Certain people must overcome strong natural instincts to use. The four basic eye attacks

- a) rake, b) gouge
- c) flick d) the "guerrilla object to eye throw"

Drill 1) Triple Filipino eye attack Hubad Drill to create incredible speed

Drill 2) Thumb squeeze-dangerous and potent

- a) the lead-in and head control set-up for head butts

Drill 3) vs punches, use the slap/block and eye attack

Test Requirement: The Congress Filipino Hubad Eye Jab Hand Strike Drill

Street Kick Boxing:

Continue to develop "Frag Combat" segments

Test Requirement::

Incorporating the eye attacks along with all other previous techniques to spar. You must wear eye protection along with other body part protection

Essential Combat Trapping Set 7: Trapping Arm and Leg Wraps

The Arm Wrap Trap

Two possibles a) same side wrap and, b) cross the body wrap

Show the grab and fight on

Show the grab, yank in and fight on

Show the upper arm hubab and other body control implications from that grab

Show the Rear Takedown

TEST REQUIREMENT:

Demonstrate

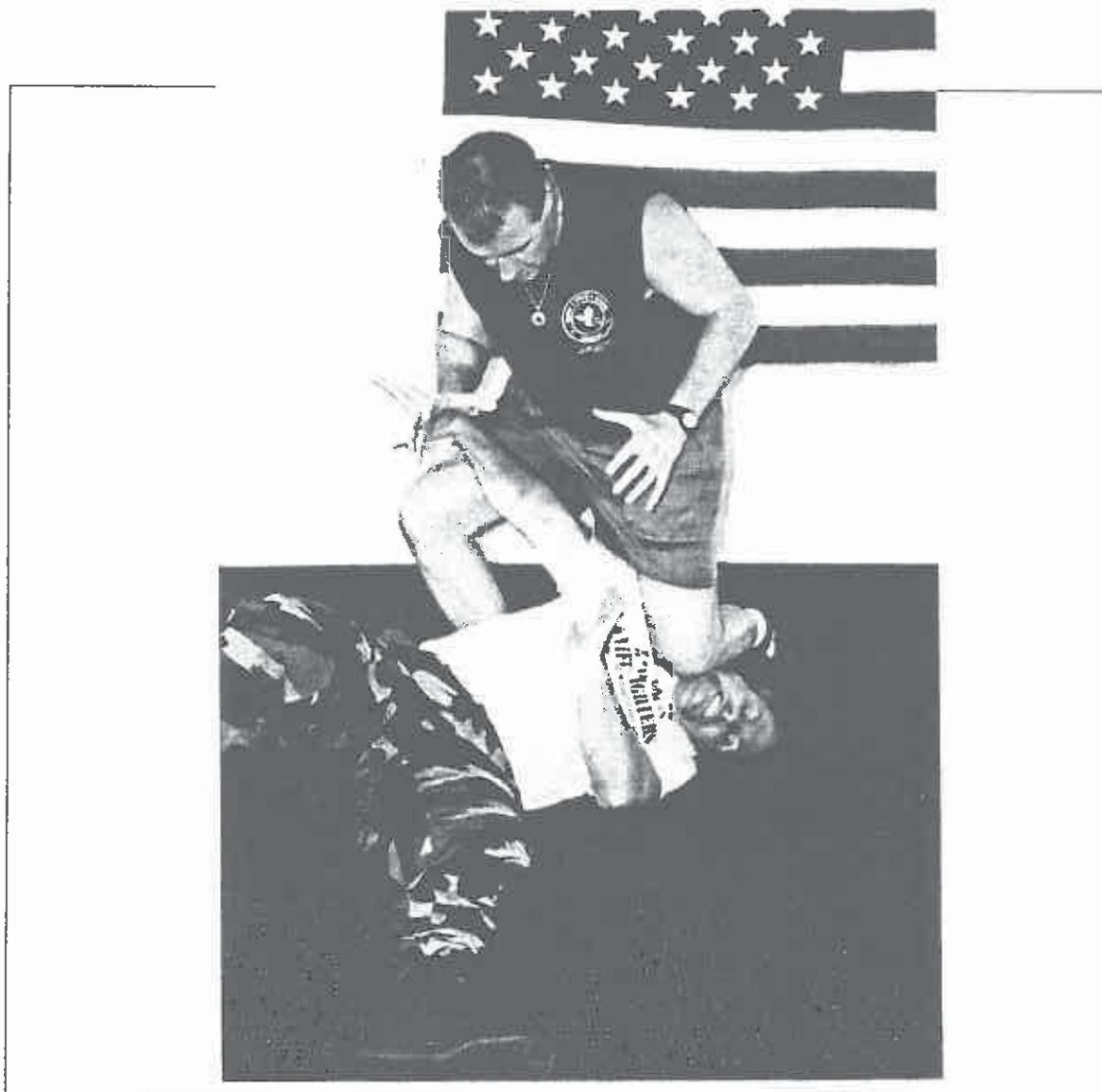
- a) aggressive contact, snatch, wrap and attack,
- b) defensive contact, wrap and attack
- c) ground top-trap and strike
- d) ground bottom-trap and strike
- e) against a back hand stick attack scenario
- g) against a backhand knife attack scenario
- l) arm wrap a high round kick and execute any follow up scenario

KNEE STRIKES

Knees can be delivered

- a) In hooks
- b) Vertically inward
- c) Sideways
- d) Downward
- e) Upward

Practice all directions with pads and partners





Required Knowledge, Practice, Foundation and Understanding

Practice Tactics and Techniques from The Fighter's Clinch stance

This level studies and problem-solves the clinch. Practice...

Uppercut/ tight hook combination

The "Liverpool Kiss"

The Front Armbar/Arm Wrap

The Hook Kick drill

The Hooking Leg drill

The Foot Stomp drill

Develop and practice the many other possibilities

HAND-TO-HAND COMBAT CONGRESS

LEVEL 8 CERTIFICATION

KNOWLEDGE AND REQUIREMENTS

Major Points of Mastery

7 Combat Scenarios involving leg scoops, grabs

Mastery of The Forearm Strike

Perform the Side Kick and Back Kick "Clock Drill"

THE BACK KICK

Be able to fire a back kick from

- a) a fighting stance position
- b) a Neutral stance position

Perform the "Clock" Side and Back Kicking Drill

Lay an imaginary clock down on the floor. The sidekick is fired from the 9 to 3 o'clock positions. The back kick is fired to the 4 o'clock to 8 o'clock. Be able to execute this in the air and practice hitting something.

Required Knowledge, Practice, Foundation and Understanding

Practice and familiarize yourself with these Leg Locks

- Heel Hook and its submission version-the Achilles Tendon Lock
- Boston Crab
- Any opponent face down ground leg single or double leg locks Understand the counters. Even a semi-powerful person may be able...
 - a) to extend their legs back and propel you off
 - b) to roll over
- Foot twist vs. a standing stomp attack-you on your back

LEG SCOOP TAKEDOWNS

There are single leg and double leg scoop takedowns and when executed at the proper second, they are powerful and effective. Think about stunning the opponent before the leg catch. You do not have to follow the enemy down into submission fighting! Try to remain standing or knee high.

Test Requirement: Execute any 3 Double Leg Scoops. Here are "Headquarter's Picks"

- a) from a fighter's clinch, hit and center "tackle-scoop"
- b) from a punch, in from the side, scoop both legs
- c) from a ground "towing" scenario, catch ankles, scoop and finish

Test Requirement: Execute any 4 Single Leg Scoops. Here are "Headquarter's Picks."

- a) from a fighter's clinch, hit body and scoop a leg and push
 - 1) scoop with a arm
 - 2) scoop with a leg! Bring the leg up to an arm catch
- b) from a step to the outside combat scenario, hit, scoop and any finish
- c) you are down on one knee hook the leg at one knee and roll over.
- d) ground fighter executes an ankle pull/knee push takedown and follow-up



HAND TO HAND COMBAT CONGRESS
LEVEL 9 CERTIFICATION
KNOWLEDGE AND REQUIREMENTS

Master the Stomp Kick

Master the "Body Bump" Body Strikes

- a) torso bumps
- b) shoulder impacts

Combat to a finish...

- 5 combat scenarios vs. a variety of empty hand attacks
- 5 combat scenarios vs. any types of grabs, tackles or holds
- 5 assorted ground fighting combat scenarios

Combat Against Weaponry

- Any 3 combat scenarios vs. CQC handgun confrontations
- Any 3 Counters to knife quick draws scenarios
- Any 5 Counters to hand gun quick draw scenarios
- Any 5 angles of Stick Attack
- Any 5 angles of Knife Attack
- Any 5 Angles of Double Stick Attack
- Any 5 Angles of Staff Attack

And to be choreographed by the student and his team...

- 2 Street Attack Combat Scenarios vs two attackers
- 2 Street Attack Combat scenarios vs three attackers
- Interrupt and finish 2 "Fights in Progress" scenarios between 2 or more

Several Rounds of Combat Kick Boxing

- 1) execute any takedown upon the sound of a whistle or alarm

HAND TO HAND COMBAT BLACK BELT TEST

"Tactical Self-Defense in Modern Hand-To-Hand Combat"

Oral Board a) your history, b) your philosophies of fighting and self-defense,
c) your understanding of law, use of force and self defense, d) any other subjects

Skill Performance Test.

Display diversity, variety and intensity. End each scenario with a realistic street finish.

- Five combat scenarios vs any double hand strikes (2 scenarios on the ground)
- Five combat scenarios vs. a roundhouse kick (1 scenario you are knee-high)
- Five combat scenarios vs. a front and/or side kicks (2 scenarios you on the ground)
- Five combat scenarios vs. a same side right-handed grab (2 scenarios on the ground)
- Five combat scenarios vs. a cross hand grab (2 scenarios on the ground)
- Five combat scenarios vs. a front choke (2 scenarios on the ground)
- Five combat scenarios vs. a rear choke (2 scenarios on the ground)
- Five combat scenarios vs a side headlock/choke (2 scenarios on the ground)
- Five combat scenarios vs a reverse side headlock/choke (2 scenarios on the ground)
- Five combat scenarios vs. a front bear hug (some arms in, some out)
- Five combat scenarios vs.a rear bear hug (2 scenarios from the ground)
- Five combat scenarios vs double hand grabs (2 scenarios from the ground)
- Five combat scenarios from the "Fighter's Clinch" (2 scenarios knee-high)
- Five combat scenarios groundfighting positions (You are on top)
- Five combat scenarios groundfighting positions (You are on the bottom)
- Five combat scenarios-you are on the ground in some position vs standing man kicks
- Five combat scenarios vs tackles
- Five combat scenarios-you interrupt the attack of a third party (2 scenarios they are on the ground)
- Three CQC empty hand vs handgun scenarios with one containment and control demonstration
- Five four-set lock flows or one long flow with at least 20 different locks
- Counter attack three attackers for one full freestyle minute
- Combat the 12 angles of stick attack to a finish
- Combat the 12 angles of knife attack to a finish
- Combat the 15 angles of staff attack to a finish
- Multiple rounds of kickboxing
- Minimum three, or as many special presentations you might want.

* Uke padding highly suggested * Test fee \$150 *

* Pass the test and get two certificates, a Street Fighter Black Belt in the Congress and a Black Belt in American Combat Kempo

2ND DEGREE BLACK BELT TEST

These combat scenarios should be appropriately sophisticated. Overall, these should contain healthy variety of...

- 1) empty hand and kick attacks
- 2) weapon attacks, at least
 - a) one or more with a rifle,
 - b) one or more with a pistol
 - c) one or more with a knife
 - d) one or more with a broomstick/staff
- 3) ground applications
- 4) grabbing attacks
- 5) display a skill in your Congress hand strikes and kicks
- 6) be imaginative and be real

One Combat Scenario with a Head Twist Takedown
One Combat Scenario with a Rear Takedown
One Combat Scenario with a Rear Head Pull Takedown
One Combat Scenario with a Figure Four Takedown
One Combat Scenario with Sheonage
One Combat Scenario with a Rear Armbar Hammerlock
One Combat Scenario with a Hip Throw
One Combat Scenario with a Reverse Hip Throw
One Combat Scenario with Inner Leg Reap
One Combat Scenario with a "Double The Force" Concept
One Combat Scenario with an Irish Whip or Reverse Irish Whip
One Combat Scenario with an Underarm or Shoulder-Lever Takedown
One Combat Scenario with a Neck Lever takedown
One Combat Scenario with a Front Takedown
One Combat Scenario with a Front Armbar Takedown
One Combat Scenario with a Side Armbar
One Combat Scenario with any other takedown or throw
One Combat Scenario with any single or double leg scoop
Seven Combat Scenarios with Ground Fighting positions
Two full minutes of standing to ground lock flows
Several Rounds of Thai/Kempo/Mano Mano/Kick Boxing style fighting
Any three presentations

Test fee is \$150

BASIC INSTRUCTOR REQUIREMENTS

General Performance Requirements Study Guide From Level 1 through Level 4

First "Big 4" Takedowns and Throws Mastery

Level 1) Head Twist Takedown

Level 3) The Outer Wristlock Takedowns

Level 2) Rear Takedown

Level 4) Figure Four Takedown

Major Trouble-Shooting and Counter-Throws, Counter-Takedowns to the above first "Big 4"

Reverse Hip throw

Side Armbar

Inner Leg reap

Front Takedown

"Double the Force" Concept

Underarm Takedown

Levels 1 thru 4 "Combat Kick-Boxing" Mastery

These strikes and kicks should also be practiced from ground positions

The Palm Strike

The Backfist

Oblique Kicks

The Jab

The Uppercut

Side Kicks

The Cross

Front Snap kicks

Round/Thai-Style Kicks

The Hook

Front Thrust Kicks

-Combat Sparring-appropriate mastery using all of the above handstrikes and kicks

-The Working Knowledge of "Tactical, Real World" Foot Work

-The Congress Hand Strike Series

Level 1) The Congress Aiki-Jitsu Hand Strike Series

Level 2) The Congress Battle Punch Hand Strike Series

Level 4) The Congress Sinawali Hand Strike Series

The Congress Jeet Kune Do Hand Strike Series

Combat Trapping Hands Mastery

"Contact" is defined as... a) the "slap" for an aggressive attack, b) the block is a defensive contact.

These should also be practiced in ground fighting positions also

Level 1) Contact and any strike

Level 2) Contact and grab and any strike

Level 3) Cross the body contact and any strike

Level 4) Cross the body contact and grab and any strike

Lock Mastery

All performed vs a variety of attacks and grabs. Should be practiced from groundfighting situations.

Level 1) Center Locks -throws and counters

Level 2) Standing Center Locks- throws and counters

Level 3) Finger Locks- throws and counters

Level 4) Wrist Lock Come Alongs-throws and counters

Levels 1-4) Lock Flow Mastery - Any 4 locks in a flow from the above series, or 2 flows with 2 locks

KICKING STUDY GUIDE

Each of the following is taught through...

- 1) Focus Mitt, Shield and Thai Pad Training
- 2) Combat Drills
- 3) Combat Scenarios

Level 1: The Frontal "Snapping" Kicks

Level 2: The Frontal Thrusting Kicks

Level 3: The Oblique Kicks

Level 4: The "Front Leg" Hooking Kicks

Level 5: The "Rear Leg" Power Round or Thai-Style Kicks

Level 6: The "Side" Kick

Level 7: The Knee Strike

Level 8: The Back Kick

Level 9: The Stomp Kick

Level 10: All of the above inserted into combat scenarios

3 MAJOR BATTLE PLANS

The 3 Battle Plans

There are 3 overall **Congress "Battle Plans"** inside which divides and utilizes all the techniques in the program. There is a pre-fight confrontation, prime for a **"First Strike,"** then the squaring off from which you will either be **aggressive or defensive.**

- 1) **First Strike Plans**
- 2) **Aggressive Contact Plans**
- 3) **Defense Plans**

1) **First Strike Fighting Field**

Often this is the first phase and when parties are maneuvering into attack positions and a fight is immanent, and you must take first strike action, or respond defensively very quickly. Practice standing before a person who is simply standing before you in some type of pre-fight posturing, arms down, jaw jutted forward. The fighting stances/positions are ...

- 1) The Congress "Stance Of No Stance" of Level 1, or
- 2) The Interview Stance of Level 2,
- 3) or any deceptive position or positioning.

First Strike Practice

- Set 1: Power punch to solar plexus
- Set 2: Power side kick to knee
- Set 3: Power jump side kick to stomach
- Set 4: Kick to groin, hook head and knee to face
- Set 5: Scratch face a few times for set-up, then power blast the jaw
- Set 6: If one leg forward, inverted hook kick to lead knee, step in and power round kick to other knee
- Set 7: Develop these into combat scenarios with finishes
- Set 8: Continue to create and collect these

2) **Aggressive Field Attack Strategies**

This is when the fight develops into action, and for a second a "showdown" and temporary face-off, such as typically seen in a kick boxing situation. You strike first....

- 1) Grab something in the environment for a tool is a primary tactic
- 2) "Destroying the Guard" techniques
- 2) Low-line kick attacks, then combinations
- 3) Fakes and feints

3 MAJOR BATTLE PLANS

- 4) Essential Trapping Hand techniques when the first contact is aggressive
- 5) develop a list of counters to blocks

Practice On the Offense, Entering From the "Kick Boxing" to "Trapping"

- Set 1: Same side contact and any series of strikes
- Set 2: Same side contact, grab and any series of strikes
- Set 3: Cross contact and series of strikes
- Set 4: Cross contact, same-side grab and any series of strikes
- Set 5: Destroy the guard with that set of strategies
- Set 6: Develop these into combat scenarios with finishes
- Set 7: Continue to create and collect these

3) Defensive Field Strategies

This is when the fight develops into a showdown temporary face-off as typically seen in a kick boxing situation. The enemy strikes first. You use...

- 1) block/cover and counter attack: Trapping hands when the first contact is defensive
- 2) totally evade with footwork
- 3) stop hit within the first 15 per cent of attack
- 4) get something from your environment to fight with
- 5) develop ideas on your own

Practice On the Defense

- Set 1: Practice blocks,
- Set 2: Block and any series of counter hand strikes
- Set 3: Block and any series of countering kicks
- Set 4: Block and any hand strike and kicks in combo
- Set 5: Block and any combinations of the above
- Set 6: Circular wipe of a two-handed push and fire a knee into the torso, kick knee
- Set 7: Develop these into combat scenarios with finishes
- Set 8: Continue to create and collect these in a list of counters to attacks

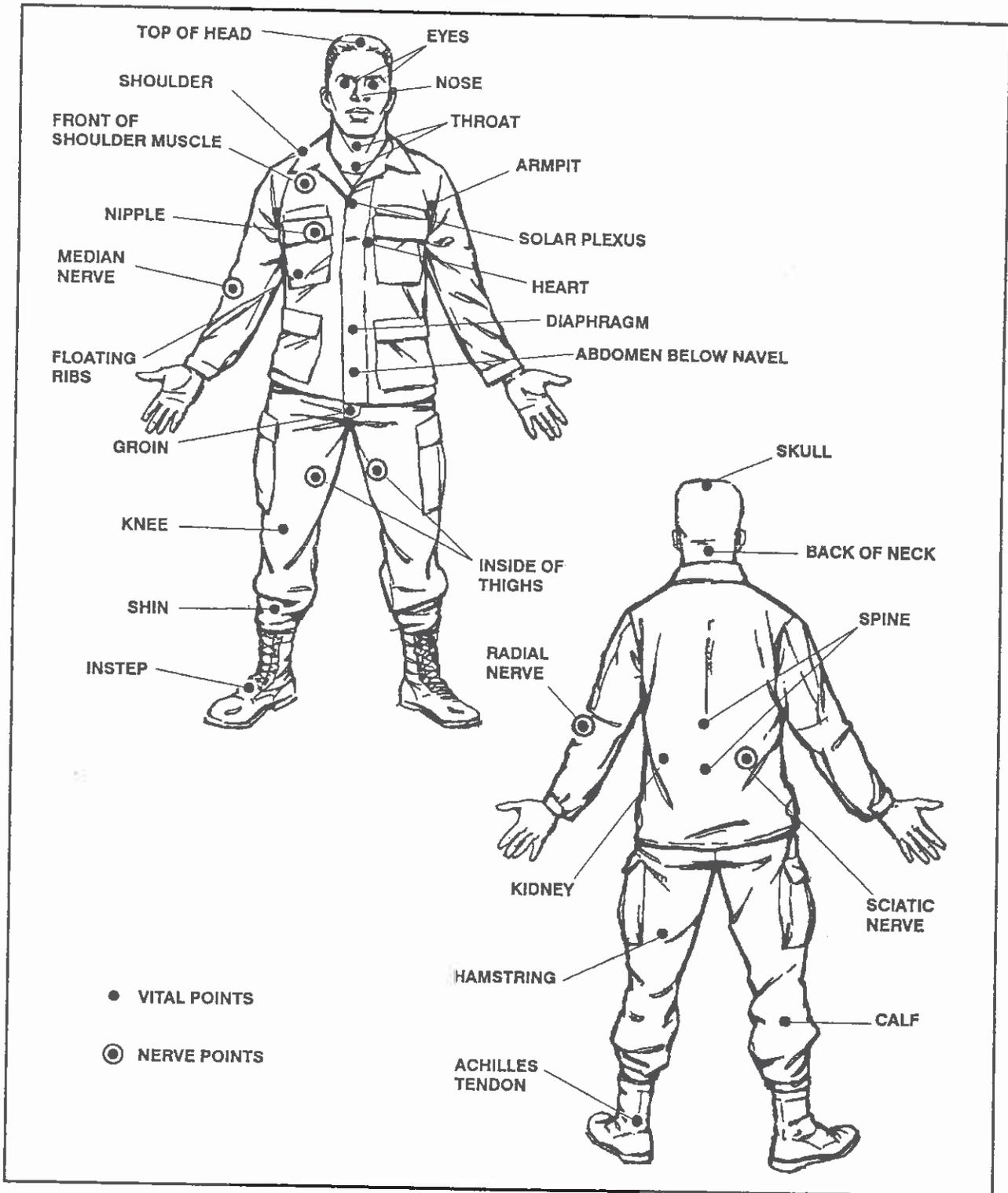


Figure 4-1. Vital targets (continued).

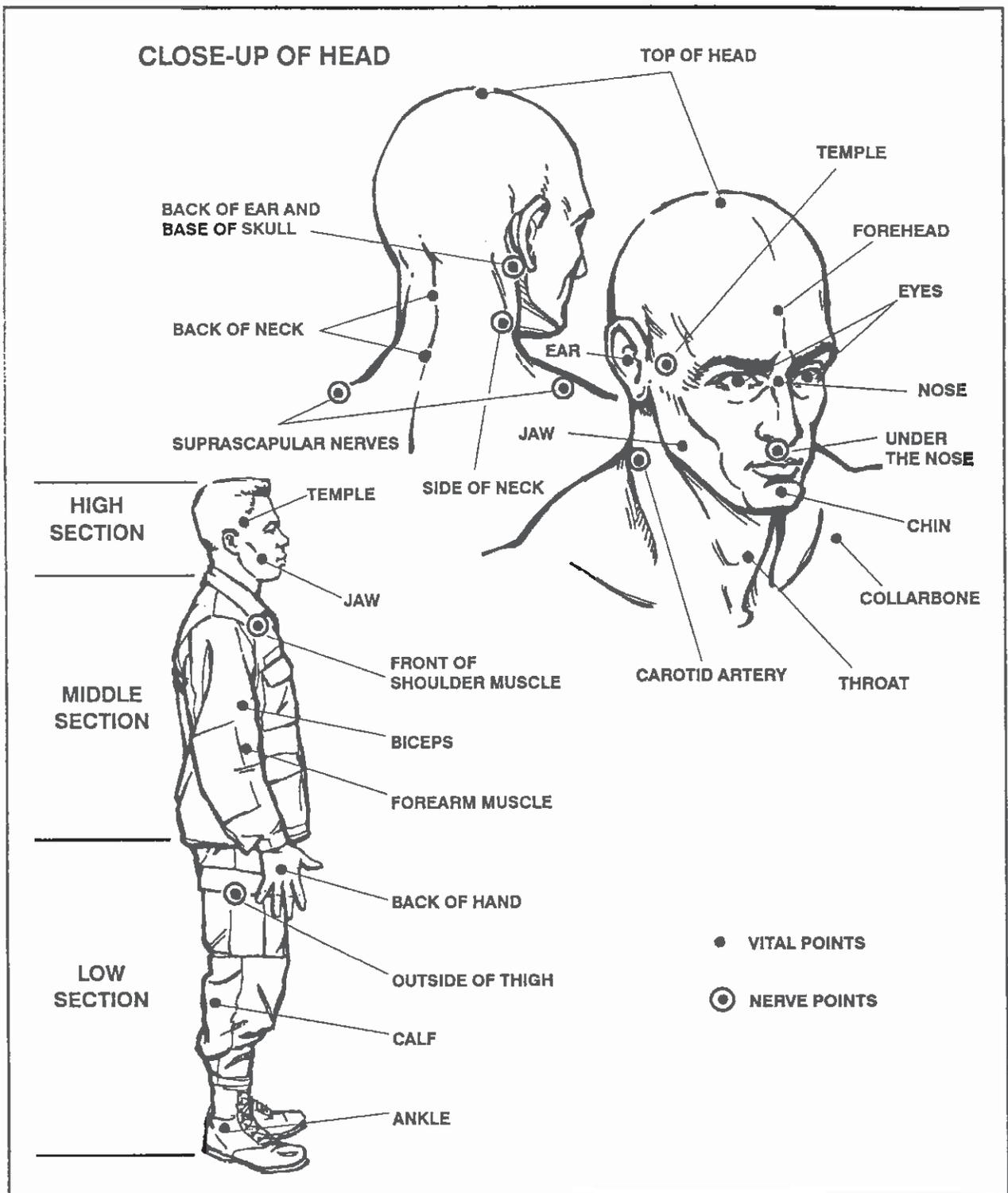


Figure 4-1. Vital targets.

“FIGHTING FIRST! SYSTEMS SECOND!”

...is the battle cry of the Congress.

Be it knife fighting, hand-to-hand combat, or our Combat Arnis, the Congress is combat-scenario driven. That is to say we construct actual predicaments, then problem-solve the situations. Then we work backward from the fight. We discover what we need to do, then develop tactics and skill drills. After we dissect and train for the street fight, we take the time to build a foundation through the study of a complete, modern and organized system.

“Street Fight” is a very broad term. Fights don’t always happen in the street, in bars, alleyways and parking lots. Most happen in kitchens, living rooms, business offices, stores, hospitals, weddings, funerals, and on the Jerry Springer show... really anywhere. Mutual “street” fights of disagreement and anger are against the pure letter of the law in every city, county and state. Disorderly conduct, assault, disturbing the peace can be some of the charges if you fight. And even if you are the victim of a crime like robbery, or criminal assault and you fight back, you must be able to articulate every one of your movements as self-defense. Be prepared for a legal hassle! While I believe in the law, I don’t always agree with how it plays out through the personalities of the cops, lawyers, politics and juries involved.

Combat scenarios are derived from real “street” fights and are the skeletal structure of what we do. The situations run the gamut of real-life encounters. They involve being pushed, punched, kicked, grabbed, thrown, tripped, slashed or stabbed at with sticks and knives, or just threatened with weapons. Sometimes both you and your attacker are on the ground, sometimes you are on the ground, presumably thrown or struck down, and your attackers are standing and kicking at you. Study the common situations first, then the unusual.

Next we take this skeleton and try fleshing it out. We take action. We calculate some of the obvious enemy responses. Will they put up their hands in a natural reflexive block? Will they tackle? Will they respond like Thai-Fighter, a karate-man. Will they grab? What might happen? How will they resist? We try to construct some counters and strategies to the action.

Once a collection of physical responses are listed, we’ll usually work on flow drills or “quick-fire” drills and try to skill-develop each response. So not only do you know the technique, but you also get damn good at it! We build in the speed, the power, the precision. We construct realistic attack delivery systems and force you to fight back in prepared, common sense flow drills.

Then we also take the time to teach an actual scientific system. We try to take a practitioner from “Kindergarten through College” in a learning progression. This is where overall concepts and strategies are established and a general foundation of “fighting” is explored and explained.

But combat scenarios set the stage for the action. For the purpose of education, they should include everything from first contact to kill. Practitioners are advised that they should bail out of the violent continuum whenever they morally, legally or ethically feel the need. But they need to both see and practice the ugly totality, as well as see what the bad guys can do to them.

Fighting first. Systems come second. Can’t have a complete fighter without both. That’s the Congress way.

THE RESISTANCE CONTINUUM

The old Aiki-master glared about the demo floor. There, surrounded by five young men in starched gis, he seemingly floated amongst them. He stared harshly at one and jerked his head forward, and the man catapulted backward as if struck by an invisible lightening bolt. He bobbed his head at the direction of each pupil one by one, and they fell over backward, victims of the master's-what they might call-sheer aiki power. I call it however, cooperative hypnosis.

This is an actual demo put on by certain systems, and it is representative of total zero resistance on the part of the opponent, the far end of, and most unrealistic, in the spectrum of a resistance training continuum. In other words these guys are ready and willing to flip on call.

The other end of the continuum is total resistance, the uncooperative all-out chaos of a real fight. Unpredictable, mad, where even the most simple technique can be thwarted by the sheer muscle and adrenaline of the opponent. It is the real world where people are all shapes and sizes. A world where many people just don't react to strikes, pressure points and twists as they do in someone's dreamland textbook.

I recently watched an A&E television segment on martial arts. A young teen was executing a throw on an older teen in a traditional class. Several times, the elder teen flipped in the air at the slightest tweak of his wrist. The youthful tweeker was quite proud of himself. Now, as street vets, we know that people rarely if ever flip so wildly with that technique. But with these types of classroom choreographed leaps, this child and all observers, even adults, leave with a false sense of security. I refer to these as "happy classes." Everyone leaves very happy with themselves.

These two examples are grossly misleading abuses of reality. A false prophet of mystical energy. Junk science. This abusive neglect of proper resistance training poorly arms the psyche and strength of the student for the real world, which can directly cause his injury and death.

No matter the system, we all train at some points in this resistance continuum, from full cooperation to maximum resistance. When you first show a new student a technique, he or she should work with a partner who offers little to no resistance. This way the student can explore the basic mechanics of the movement. But, as they progress, their partner should continually make the accomplishment of the technique a little bit harder, then a little bit harder, and so on, until it becomes realistically difficult.

Some systems never play at that difficulty level, usually for two reasons, a strict adherence to tradition, and simple ignorance. But we have an ethical duty to teach the continuum and pass on what the techniques will or won't bring under differing stresses. Select a technique and...

- 1) exercise the basic movements**
- 2) have your training partner resist in increasing levels**
- 3) learn the common counters and,**
- 4) problem-solve the increasing resistance**
- 5) learn that brain and body numbing strikes both before and during the techniques can lower the opponent's resistance (The Diminishment Theory)**

...and please, let's get more real. Enough happy class. Lives and limbs are at stake.

THE DIMINISHED FIGHTER THEORY

He's mad, enraged. Juiced up with adrenaline, he is 120 percent, full-blown, linebacker, pissed off and looking for your blood. He's got a knife in his hand, or a stick, or maybe just empty handed. He will feel little pain. He is not close to you yet, but he is charging in.

Footwork! Slip around the environment, maybe try to pick something up as a weapon while you go. In a house it might be a chair. On the street it means snapping off a car antenna. In a restaurant throw dishes! Chunk people in the way. These are the ways of the guerrilla fighter. Pull your knife. Snatch your gun. Shoot your spray. Spit. Kick. Slug it out.

And you nick him in the nose. A punch. A slash. A hot cup of coffee to the face. Its a good one, and suddenly he is at 100 percent. Keep moving. Another hit. Maybe he is bleeding now. Stunned nose, blood loss. He's at 90 per cent. A crippling kick to the knee. 80. Now may be the time for trapping hands, the disarm or the joint lock, etc. Understand the "Diminished Fighter Theory."

The DFT is when a guy gets clocked in the head, or gets his nervous system lit up by a strike in the right place, and he can't even recall his own last name for a few seconds. Or his endurance expires. How about a blow to the solar plexus? Winded and dulled, now try the disarm, the joint lock, the throw.

You might be able to do something like draw a weapon, or withstand an attack and cause the bad guy to re-think his assault. Fear of you, or fear of something in the environment could reduce his confidence and diminish his power.

Diminishment can come from:

- Impacts to the head and groin**
- Impacts on to the nervous system**
- Impacts to the stomach**
- Impacts to the skeletal structure**
- Expiration of endurance**
- Psychological fear / loss of confidence**

Rage can often overcome pain-but not for long. Train these strategies. Diminish the enemy as quickly as possible, anyway possible.

And just as important? DFT can happen to you! Learn when to cut and run. Live to fight another day. The guerrilla fighter really knows this.

FEAR

Briefing Points

What is Fear?
Adrenaline and Panic
Military Views of Fear
Dread: Pre-Fight Fear
State of Alarm: Fight Fear
Posturing to Create Fear
Submission from Fear
State of Alarm: Fear and The Breaking Point
The Congress Campaign against Fear

Fear

Fear, from the old English "faer", meaning sudden calamity or danger, denotes a state of alarm or dread. Fear comes from basic sources...

- 1) Instinct. We are all born with intuitional fears (albeit often ignored to point of atrophy) and general base fears have saved us as a specie. Consider the infant, naturally afraid of heights, of a child's distrust of the strange and unusual.
- 2) Learned behavior. Thou shall not get near the hot iron twice!
- 3) Body chemistry imbalances, whether natural or induced through drugs, can either eliminate or generate fear.

In terms of street survival and warfare fighting there are three kinds of fear;

- 1) Dread: Pre-Fight Fear and Anxiety
- 2) State of Alarm: Fight Fear during the fight

Adrenaline and Panic

A touch, or reasonable amount of fear can sharpen your senses, a heightened state of fear can mobilize your energies, even clarify your thoughts, but an imbalance of such can be detrimental. Whether you face a knife, a gun, or any threat, panic can occur with excessive fear and can cripple your faculties. It can rob you of your vision, balance, energy, breath and focus Basic fear comes from three sources, instinct, learned behavior and body chemistry Stress, adrenaline and fear can be your best friend or your worst enemy. The equation above can equal a lessening can be your...

concentration,
attention to small details,
hearing,
analytical thinking,
vision,
creative capacities
awareness lapses
perceptions of time and speed are skewed
judgment.

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Veteran soldiers and police officers have complained of
vomiting,
fainting ,
urination,
defaction,
sweaty palms,
tightening and/or aching muscles,
throbbing hearts,
the shakes, such as convulsions, knocking knees,
loss of breath.
adrenaline "dump"
paralysis of body parts

Now that I scared you death, lets first understand why these things can happen. In the equation, epinephrine (adrenaline) and aldosterone along with other hormones rush into your blood stream. Certain blood vessels constrict and others expand. Blood is diverted from the skin surface and digestive organs to large "fighting" or "fleeing" blood groups, leaving less for eye and finger dexterity and small moto movements. Your lungs and heart are into overtime. The spleen emits more red blood cells. Your sweat glands juice up to cool the body. Its no wonder you feel funny!

Feeling these things do not mean you are a coward! I know of a veteran paratrooper, who on one of his many jumps, suddenly urinated in his pants. Never happened before, nor has it since. Urination and defecation are simply some ways the body has to eliminate all excess weight, and the body-anticipating a survival situation-sometimes instinctively "blows all balasts" to get down to fighting weight. Hundreds of jumps later and it has never happened again.

A Famous Military View of Fear

Lord Moran, famous military physician and historian once wrote in "Anatomy of Courage" that there are four types of courage...

- 1) Men who did not feel fear.
- 2) Men who felt fear but did not show it.
- 3) Men who felt fear and showed, yet continued to do their jobs.
- 4) Men who felt fear, succumbed to terror, showed it, shirked their responsibility and deserted or fled.

Dread: Pre-Fight Fear

Pre-fight fear can be in the form of a concern, worry, anxiety or in an unhealthy sense-even disorders like neurosis or psychosis. Seek to control yourself for a heightened state of awareness. All of this, good and bad, should motivate a person to at least appreciate or seek training.

State of Alarm:In-The-Fight Fear

is something different, it is a feeling, a rush that occurs during the actual fight. Simplistically put, the result of fight fear is usually described with the instinctual "Three F's";

- 1) Flight
- 2) Freeze
- 3) Fight

FEAR

The 3 "F's" labels are a quaint and easy way to pigeon-hole the category, but more goes on in the name of fear and fighting than just the big three. The "F's," may phase in and out. Charted it should look more like...

Flight or Submission
Freeze then flight, fight, posture or submission
Posturing- Fighting or submission, or flight

Posturing to Create Fear

Positioning ourselves. Posturing is something we do in our everyday lives, in our relationships, our work, driving in traffic, getting in line, sitting at a table, almost anywhere, physically or abstractly, we position ourselves, and we define comfort zones.

When about to fight, people posture in the ways we sometimes see in animal behavior. Recent scholarship warns us that we cannot be too quick to make broad and sweeping connections between animal behavior and human behavior. But there are many obvious uncontested similarities when it comes to violence and fighting.

"Among our darker qualities, murder has now been documented in innumerable animal species, genocide in wolves and chimps, rape in ducks and orangutans, and organized warfare and slave raids in ants. Massacre of a neighboring individual or troop may be beneficial to an animal, if it can thereby take over the neighbor's territory, food, or females. Common chimps (of which we share 98 per cent of DNA) already carried out planned killings, extermination of neighboring bands wars of territorial conquest and abduction of nubile females. If chimps were given spears and some instruction in their use, their killings would undoubtedly begin to approach ours in efficiency"

...reports award winning Jared Diamond, professor of physiology at UCLA School of Medicine, in his book THE THIRD CHIMPANZEE.

Chimps, apes and other creatures posture before their enemies in many vocal and physical ways in attempts to intimidate and scare. Hairs stand on end in the feline kingdom, limbs swagger in many species, all in attempts to appear bigger and stronger.

In combat, people do a lot of posturing through facial expressions, stances, and certainly vocalization. From the Scottish bagpipes harkening from the rolling fog, to the yelling of Civil War troops to make their concealed platoon sound bigger, to leaked, falsified intelligence info to the enemy, "our size," in "their perceived attitude" is just as vital to us as it is to an ape who flexes up his back, or a bird who fans its feathers before its enemy.

And we can all recall fights about to happen that were short-circuited when an opponent pulled a gun or a knife, broke a bottle, struck a competent-looking fighting stance, let out an animal shriek, or donned the mask of crazied anger. Posturing to create fear. Posturing military troops, missiles and strategies won the Cold War over the USSR, brought Saddam Hussian to the diplomacy table. Through time, the positioning or posturing of troops produced the surrender or flight of many enemies. In the smallest scale of confrontation to international war, posturing always plays a gigantic part in the struggle.

There can be a gap between the posture and the commitment to action. The guy at the bar fight often barks the loudest only when he friends hold him back. Once loose of their grip his fervor drops. The handcuffed man can be

FEAR

the most threatening to the arresting officer... until the cuffs are unlocked. Military research document troops standing up on the firing line and pretending to shoot at the enemy, posturing as if they are doing battle, dutifully shooting at each other, but actually weren't committed to the cause enough to kill a human being. General Marshall's studies of ammunition spent, and oral histories taught him that even amongst the most highly motivated WW2 units, even when hardest pressed, no more than one quarter of all fighting soldiers used their weapons against the enemy. Many aimed and many purposely missed, or never pulled the trigger. This international problem is as old as single-shot muskets.

Submission From Fear

Submission rather than flight, is common response to a confrontation for all species. It is done in varying degrees of surrender, from desperate diplomatic pleas to be reasonable and for peace, to dropping down to the fetal position and "raising your rump." As recorded in war many times, submission can come in the forms of stand-up, hands-up surrender, to foxhole diving, to the most confusing-standing tall and solemn while under assault and simply refusing to "participate" in the fray. Belittled, beaten, sometimes they die. There is, of common sense course, a time to dive for the fox hole, throw in the towel, or put your hands up. The guerrilla fighter understand this best, when to cut and run and live to fight another day. Pretending to submit and causing the lessening of focus and intensity upon the enemy, is at the heart of the surprise counter attack.

State of Alarm: Military Battlefield Fear

"Men fight from fear," says Du Picq, "Fear of the consequences first of not fighting and punishment from superiors, then fear of not fighting well enough and being slaughtered."

Conscripted troops thrust men of all walks into the stress and the chaos of combat. "The battlefield is a place of terror," concluded General Marshall. One phenonamia of World War II is that we scoured our country for able-bodied man and yanked them from drug stores, farms, insurance companies and the likes, and after cursing and scaring them for a period of a few weeks, making them run, jump and crawl, and having them shoot at paper targets, they were thrust into combat. There, armed with a sense of "Americana," Pearl Harbor vindictiveness, "Hitler-hatred" they were to make war upon the enemy, in one of the greatest laboratories of warfare psychology of modern man.

The study of fear and military combat has taught us that in order to make "normal" people, the majority, fight and kill on the battlefield, and therefore make police officers as well as citizens fight and maybe kill with their hands, knives, sticks or other weapons in self defense against criminals, we must wrestle with fear and human nature and train them in post World-War 2 / Post Korean War modern methods. It is unlikely that, despite the military as primary research sources, many soldiers are learning these methods as they relate to knife combat, but rather have been reaping success with them in rifle warfare, as evidenced in the Vietnam war firing rates.

There are many correlations between mobs and gangs and soldiers in the study of military science. The peer pressure involved with most street gangs, or even Boy Scout Troops are the same. We are, after all made up of the same cloth

Fear and The Breaking Point

We all laughed at the movies when Indiana Jones-a man who leaps across chasms, fights troops of Nazis and hangs off planes and tanks-becomes frozen when confronted by pile of snakes! Yet who could call Indy a coward, even when he was sick to stomach and his knees were shaking. The point being, we all have a breaking point, in a spectrum, a continuum of endurance. This breaking point concept is not unfamiliar to the militaries of the world. Many things contribute to a soldiers breaking point, his overall morale, his food and water supply, the mission or cause.

FEAR

This is a universal and professional solution to all kinds of fears. If you are in a thorough self defense class, through time you should become accustomed to the things about fighting that first frightened you. Bit by bit, this familiarization will help you overcome initial pre-fight fears.

Scientific Fighting Congress Fear Fighting Campaign

Based upon this research, I believe that a cure for pre-fight fear and fight-fear is step-by-step, problem-solving through education and realistic self defense training. With training, with confidence, comes the lessening of this fear. This training must include a desensitization of committing violent acts through multiple simulation practice, arming your reflexes with common sense quick maneuvers. In short, practice in a modern fighting class. Also required is a mixture of thought control and relaxation methods. The opposite of the dreaded panic is relaxation. Relaxation is an important key to allowing your mental and physical skills to maximize your success.

Some Fear Reduction Knife Combat Training Tips

Tip #1) Empowerment Mindset.

Understand the cause for which you fight, pick up a knife, or any weapon. "Fight for the Righteous reason or cause" No matter the cause, killing another human can have lasting barriers and effects. Against a rapist, a home invader, a robber, the cause of self defense is clean-cut. But in the wars they call poling-actions of our century, perhaps they are not. Many vets of the Stud Terkel's term "The Good War," WW2, had the greatest, cleanest cause to fight for-the destruction of the Nazi machine- but still suffered the regrets, the syndromes, the nightmares. But if the cause is just, you should find empowerment for action.

Tip #2) Confidence From Crisis Rehearsal

This is another form of thought control and positive thinking. Educating yourself with reality experiences will help prepare you to face up to, and problem-solve reality, and rule out wild and panic-provoking ideas with plans to fall into. A soldier, or a police officer, or a citizen, using factual occurrences can construct realistic situations. This is why fighting systems should emphasize combat scenarios and simulations. Having plans and knowing what to do, brings you confidence.

Confidence comes from mind and body training. We have all heard of the "Runner's High?" Lets convert the equation over to the positive and create the "Fighters High! A time when we have increased abilities, awareness and intuition. Soldiers and law enforcement report that these reactions can and usually do diminish with repeated exposure. Realistic and goal-specific training helps inoculate you, Crisis rehearsal.

At times I have been able to come up with some good intuitive ideas in the field, under fire or about to be under fire. I have organized raids on dangerous, armed parties and changed plans, mid-stream, on-site. I have been with many others that have done these things. There is an initiative and combat creative aspect to "being there" that many of us have possessed at times and praised and envied about others.

As mentioned, a calmer mind helps to think freely and creatively. But beyond that chance skill, through crisis rehearsal, you can make contingency plans and play the "what if" game to help prepare and problem solve. Since the mid-1980's I have taught criminal investigation and "Arrest" at Texas police academies. The "arrest" classes was a broad term that included both legal and physical problems. I advised the new officers to best take advantage of the down time of routine patrol.

"Every patrol shift, pick out, say a convenience store or a bank. Think about how one or more bad guys would rob such a place. Where would they park? Where would they stand? How would they escape? How should you respond to the call? Where would you park that would also take in the getaway car? Make contingency plans for many

FEAR

possibilities. Investigate the events in prior crimes. Start problem solving the probable, then work outward. Soon you will have a battle plan for almost every major target in your district. Now work on the secondary targets.”

I would offer the same advice to regular people, or to soldiers. Where would you most likely be assaulted? How would a criminal plan on attacking you? Where will you most likely be forced to knife fight on a mission or in battle? Where? What would you do? Start planning now for such “head starts.” Crisis rehearsal does not take the place of goal-specific physical training, but head starts like these plans, can ease your mind and reduce stress.

Tip #3) Repetition training to build reflexive responses

“Under stress you will resort back to your repetition training, rarely raise to your expectations.”

They give medals to those rare few who raise to their expectations. Most of us drop to our muscle memory. Therefore we must put our muscles through the multiple rigors of proper drills. Reflex. That is why, for example, special units preparing raids spend time drilling on the exact specifics of their target. The more goal-specific, the better. Isolate the movements and work them.

How do you establish these isolations, these proper realistic drills? Find a mature, experienced instructor who knows the street from the dojo. Separate the dreamer from the reality, the “wannabe” from the “been-there-done that.” Finding such an invaluable person may actually be the hardest part of your training! Your crisis rehearsal, your identification of specific action and skills will better prepare for what needs to be done.

Tip #4) Breathing and Relaxation

Learned first as a soldier from my Drill Sgt. in basic training, and then as a cop at the academies, I learned to “take a few deep breaths.” Could it be that simple? I didn’t really grasp the full concept. Non-warrior types told us to “count to ten”, but civilians, cops and soldiers under attack don’t have ten beats to click off. Then I attended several street survival schools, and continued training in the martial arts, and with this further enlightenment, I took the advice to heart.

Police work is famous for sudden dispatches to high-stress events that is known to rip your insides apart through time. While responding to these potentially dangerous calls, I learned to breath deeply and catch a calm and alert state of mind-that heightened awareness. There are many mind/body biorhythm techniques that can wrestle with the explosive “chemical cocktail” that wants to instantly pumps though you. I took several deep, belly-moving breaths and learned to “center myself.” This will help you regain your equilibrium.

Tip #5) Fitness Can Conquers Fear

The better shape your body is in, the better chance to have to deal with and control the negative aspects of battle stress and fear.

Tip #6) Experience

Nothing replaces experience. By ALL accounts, experience helps prepare for future problems. Experience diminishes the “first time “shock. For cops, experience piles up year after year. In the peace time military, training should be building up year by year. But to the citizen, experience comes (thank goodness) rarely. Only when experience leads to complacency does it become a negative factor. We learn much about fear, ourselves and our ability to survive through the military combat laboratory, but we also learn from law enforcement and the “aware citizenry and its work on violence, stress and psychology. The classic Congress union.

THE CONGRESS FIGHTING STANCES

Many systems throughout the world demand and require defined fighting stances. There are right-side and left-side forward stances, karate stances, Jeet Kune Do stances, Thai stances, Indonesian stances, Whopping Crane Stances, Drunk Monkey...hundreds of systems, hundreds of stances. Yet, there is no one perfect stance that counters all trained and untrained opponents, standing and on the ground. While some are truly better than others, to proclaim one certain stance superior above all others is both arrogant and ignorant. There is no one superior stance, there are only superior stances for that moment in time. A fighting stance is about mobility. It is about making transitions in footwork and on the ground. Its about moving your hands and arms in front of you so that the opponent has difficulty tracking your weapons and detecting your weaknesses. It is about running and walking and crawling and rolling. I really prefer to call them "fighting positions" but this terminology is not easily recognized. The best and most versatile combat fighting stances all share...

Balance

A fighter should remain as balanced as possible throughout combat. Stand more "frontal" like a boxer to utilize the rear hand.

Hands Up and Open

Fighters should try to keep their hands up, open and moving in the window of combat-that rectangle loosely defined between the shoulders and hips. When you classically chamber a punch and pull it back outside the window, you are limiting your chances of success. If always maintain a closed fist, you limit your chance for success.

Mobility with Balance and Power

Moving is everything. Moving in and out, side to side, quickly and in transition with overall balance is crucial. Don't just step and slide, but push and slide. These are the basic parameters of a good, generic street fighting stances. Be ready to move. Be ready to change. Be ready to charge and to retreat. The guerrilla fighter knows all these things.

SF Fighting Congress Stances...

- SF Level 1 "The Stance of No Stance" - alert and ready**
- SF Level 2 Interview Stance - deceptively ready**
- SF Level 3 Hands-Up Surrender Stance- the guerrilla fighter element of surprise**
- SF Level 4 The Kick Boxing Stances**
 - a) base**
 - b) zone**
 - c) range**
- SF Level 5 The Ground Fighting Stances-from playing dead to ready**
- SF Level 6 Fighter's Clinch Stance**
- SF Level 7 One-Knee High Stance**

Try to improvise, adapt and practice all tactics and techniques through these positions

CONGRESS KICK BOXING: WHAT IS IT AND HOW DOES IT FIT?

There has been a love affair between the martial arts and kick boxing for many decades now. In fact, well over half of the Asian schools operating today have as their goal, whether they even realize it or not, the creation of a the ultimate kick-boxer.

I started "sparring" or kick-boxing in an Ed Parker Kenpo Karate school in the early Seventies. We fought in every class and fought other neighborhood schools such as Kajakembo and Tae Kwon Do, often on Saturdays. There were very few rules and when somebody tripped or fell, we fought a little on the ground. It was really for the fun of it and the learning experience. There were no gloves, or shin or foot pads back then. You just "pulled" your attacks and really, despite the very hard-core attitude of those days, very few people ever got hurt. They were quick to disqualify if we got too mad or real rowdy.

The Kenpo sparring came alongside the kata and the fighting scenarios that the Parker system was famous for. Granted, looking back there wasn't enough Jujitsu style grappling involved, but Parker had sweeps and armbars and other takedown techniques. As I recall we were encouraged to use those when sparring, but there were some tournaments that had no grappling allowances. I had hand-to-hand combat training in Army basic training and the military police academy. Boxing at the MP school was even a popular pastime at the MP gym, but to this day, I know that it was largely Parker's Kenpo saved my neck a few times as US Army MP.

In the Eighties alongside Karate, I hooked up "big time" with the Jeet Kune Do Concepts crowd and we did a lot of Thai Boxing, Filipino Panantukan boxing as I studied obsessively for four years under a very talented fighter named Ray Medina, who was a Black Belt in Karate, Tae Kwon Do and a PFS JKD instructor. Drills, techniques and strategies were paramount and Kick Boxing was a major part of the JKD Concepts study.

One of the major accomplishments in my martial life, is not so much being inducted into the Hall of Fame, as really being able to kick box Ray Medina, get a few licks in, and survive. I had started out as his punching bag. Ray had knocked me cold off my feet more than once, But he taught me to fight and he dragged me around the country to seminars by all kinds of experts. I owe Ray more than I can possibly articulate here. Those four years changed my life. I mean, look what I do today!

But through all this I learned something, and I wanted to explain the time and grade it took to get here, so that my message on the subject would be appreciated. In a street fight, I believe the muscle memory of too much kick boxing creates kind of a tennis match, give-and-take, approach to fighting. That is why I do not like to over-emphasize it in street survival classes. That controlled stand-off, show-down, like in a Chuck Norris show, rarely happens. Its usually an ugly, sloppy, balls to the wall mess. We call it Chaos.

And because of this, I have always had a love/hate relationship with sport kick boxing. Kick Boxing has its place. Great exercise. Addictive fun. Pain tolerance builder. Endurance builder. Great foot work builder...all good things. The old expression goes something like, "We study kick boxing to learn to pass through into more combative ranges." BUT! We would like to finish this fight if possible in the range too! Its like a Zen riddle. What we do know for sure is this. There is more to a real fight than kick boxing. Dallying in that range is a mistake, just like college wrestling only in a street fight is a mistake. I fear my students will become too enraptured by the essence of it and loose that rushing, crashing killer instinct.

CONGRESS KICK BOXING: WHAT IS IT AND HOW DOES IT FIT?

The Boxing Range Stances: The Three Basic Positions

Stance 1) Basic Stance

- a) Obtain the basic stance-step up or back, turn lead foot, elbows in, hands up.
- b) Three "paper balls strategy," under chin and in each armpit. Elbows tight.
- c) You "hit from the feet, torso shoulders and all body parts twist in varying degrees.
- d) Very light on the balls of your feet.

Stance 2) Zone Coverage

- a) For when your movements loose the basic stance and your shoulders and arms cross your body and block attacks.

Stance 3) Range Coverage

- a) For when you need space from the enemy and you extend your arms

Congress Kick Boxing Drills

There are a million ways to train in kick boxing. Hundreds of techniques in thousands of combinations. Here are some of my favorite overall concepts to train.

Quick Fire Trigger Drills

Holding a focus mitt, the trainer uses a body movement like a hand signal or head movement to elicit a planned strike or kick. this builds that quick fire response so needed.

Set-Ups

The fighter has a multitude of arm and leg attack techniques in combination to develop set-up strategies. Here is just one example...

- 1) Rear Leg Power round-Thai style kick,
- 2) execute the first 5 percent to 15 percent of this move, eliciting a response,
- 3) then fire a lead leg hook kick to the knee.

Walk-On Drills

These drills free the fighter into more of a realistic "Combat Run" modern foot work, breaking the traditional fighters one-leg forward habit, and generally building more freedom and power. One example is the "Elbow Blitz," a Master Chi Thai Boxing drill, taught to me by the late Terry Gibson, his regional director for many years. The trainer stands before the practitioner with two focus mitts help up, ready to step back six paces.

- 1) practitioner steps forward with his right foot and hits mitt with a right elbow,
- 2) practitioner steps forward with his left foot and hits mitt with a left elbow,
- 3) this repeats itself for six hits, three on each side.
- 4) insert some kicks beginning, middle and end
- 5) spar and initiate drill at random

CONGRESS KICK BOXING: WHAT IS IT AND HOW DOES IT FIT?

Padded Stick Attack Drills

You know those padded sticks usually used by kids to kick? With a focus mitt in one hand and one of these sticks in the other, train a fighter. Let him hit the mitt, but challenge him by swinging that stick at him,

- 1) before he strikes
- 2) while he strikes
- 3) as he retracts from a strike
- 4) insert some kicks beginning middle and end
- 5) spar and initiate drill at random

Slap Focus Mitt Drills

I first was shown these by Larry Hartsell in JKD Seminars. There are hundreds of applications, but here is just one sample, as in this Uppercut Drill.

- 1) Trainer slaps the right mitt hard on the left shoulder, student fires a right uppercut
- 2) Trainer slaps the left mitt hard on the right shoulder, student fires a left uppercut
- 3) Add a kick
- 4) move around and spar, initiating the drill at random

Sparring Escalation

- 1) hand fight only
- 2) kicking only
- 3) full kick-boxing
- 4) fight, then enter with the Trapping hand contact tactics
- 5) execute a takedown or throw at the sound of a whistle

Combat Applications of Thai Boxing Drills and Techniques

Basic fundamentals of Muay Thai include:

Boxing, Elbow strikes, Knee strikes, and crushing Low Line kicks

BOXING

Basic drill pattern: Jab, Cross, L.Hook, R.Hook, L.Uppercut, R.Uppercut,
L.Down punch, R.Down punch

Use in logical combinations

Practice techniques and form on Focus pads

Use the Heavy bag to enhance Strength

ELBOW STRIKES

R&L Horizontal, R&L Up elbow, R&L Down elbow

Drill the block and Quick elbow combinations on the focus pads

Excellent usage from the Clench and on the Ground

Relax and don't over extend

KNEE STRIKES

The Straight knee, The Round knee, The Hopping knee, Drop knees, and
Dynamic knees

*Essential to use from the Clench and on the Ground

Control the Head and gain control of the body

Some usage as a releasing technique

And as protection of the vital organs when opponent falls or tries to crush the chest

LOW LINE KICKS

The Foot Jab- keep the hands up, fully extend the leg and lean back

Do not chamber and hop forward for stronger effect

The Round Kick- connect horizontally and push straight forward with the hips

Turn the shoulder and pivot the supporting foot. Swing one arm while keeping
the other by the head to act as a guard. This is done for maximum relaxation,
rotation, and therefore power. Immediately return hands to upright guard between
kicks

To Break the Knee- Raise the leg a little higher than normal and use gravity to
come crashing down. Follow the standards from above but include a dramatic
bend in the supporting legs' knee.

“FIGHTING IN THE CLINCH FLOW DRILLS”

These are drills to inspire target development and maneuverability and footwork. Start with the partners connected in a loose Fighter’s Clinch.

Chain of the Kick Drill

- 1) Left shin strikes the outside of the other's body.
- 2) Right shin strikes the inside right leg of the other's body.
- 3) Left shin strikes the inside left leg of the other's body.
- 4) Right shin strikes the outside of the other's body.

Chain of the Hitting Knee Drill

- 1) Left knee strikes the outside of the other's right leg.
- 2) Right knee strikes the inside of the other's right leg.
- 3) Left knee strikes the inside of the other's left leg.
- 4) Right knee strikes the outside of the other's left leg.

Chain of Curling Knee

- 1) Left leg hooks behind the outside of the other's right knee.
- 2) Right leg hooks behind the inside of the other's right knee.
- 3) Left leg hooks behind the inside of the other's left knee.
- 4) Right leg hooks behind the outside of the other's left knee.

Chain of the Scoop Knee

- 1) Left hand pushes the chin, right hand scoops behind the other's left knee.
- 2) Right hand pushes the chin, left hand scoops behind the other's left knee.
- 3) Left hand pushes the chin, right hand scoops behind the other's right knee.
- 4) Right hand punches the chin, left hands scoops behind the other's right knee.

Chain of the Foot Stomp

- 1) Left foot stomps on the other's right instep.
- 2) Right foot stomps on the other's right instep.
- 3) Left foot stomps on the other's left instep.
- 4) Right foot stomps on the other's left instep.

DETECTING THE WAYS OF THE ENEMY

Some Street Survival Tips and Strategies vs...

Often the opponent's stance tips you off as to what to expect.

The Boxer Only Man

Detect by the hands up in a typical boxer stance
-one solution-use a lot of kick to the legs

The Thai Man

Detect by the hands up, sometimes higher than a boxer's or karate man. The Thai stance usually involves a unique "lighter on their feet", "can't wait to kick," shuffling footwork. Plus after one kick at you, the sound he utters, a very unique sound, can help you translate what kind of breed you are dealing with.

-one solution-close the gap and try to use vicious grappling

The Karate and Tae Kwon Do Man

Detect often by the "straight-line" stance, or by the typical. Kickers will often tug up on their pant legs, an old habit and a tip-off that they need the extra space in their clothes to kick. Detect by the sound they utter when they strike out.

-watch out for turn and spin kicks

-watch out for spinning back hammer fists

-one solution--take advantage of any poor lower hand guard positioning of the hands, distract that lead hand and attack to his rear side

The Grappler Man

Detect him usually by his bent-over, lower torso, "can't wait to tackle you" posture. Many are hungry to tackle your midsection. Often they will not make solid fists but have their hands partially open for grabbing.

-one solution-never stop beating his brains out, standing or ON THE GROUND, attack the eyes, attack the groin, bite, pinch and rip the skin.

The Filipino Man or the Silat Man

Detect him by a "rolling" type of stance and often self-slapping of his own body parts.

-one solution-try to take advantage of esoteric stances

The Bastard Mix man

That's what we want to be, a free and bastard mix of any and all. Don't kick box with kick boxer. Don't ground fight a grappler. Be what he isn't. Be some kind of thing he ain't seen before. Oh yea, and cheat first. Grab something in your environment first and use it.

HAND TO HAND COMBAT HAND STRIKING SERIES

This collection of hand strikes from the styles of the world will introduce the practitioner to fight in combinations with a flowing multi-system battery of attack.

- a) Keep your free hand up, partially open and ready in the window of combat
- b) Work these series leading off with both right and left hands
- c) Work them,
 - 1) in the air-for fluid motion
 - 2) on focus mitts and heavy bags-for power
 - 3) in combat scenarios-for reality
 - 4) for class practice-add any kick before or a kick after each series

Level 1

The Aiki-Jitsu Hand Strike Series (Japanese-based) Practice from both left and right leads

Palm strike to face (fingers pointed straight up)

Palm strike to side (fingers pointed to the side)

Palm strike to groin (fingers pointed down)

Double-Palms strike to the face

Level 2

The Battle Punch Series (Wing Chun & Kung Fu-based)

Back fist destruction to incoming right hand punch

Back fist destruction to incoming left hand punch

Six vertical fist blasts

Follow-up with a power kick

None for Level 3

Two For Level Involving Back Fists/Hammer Fists

The Sinawali Hand Strike Series (Filipino-based)

Practice from both left and right leads

Right Power Jab

Left back hand delivered from underneath the jab

Right back hand

Left Power blast to torso

HAND TO HAND COMBAT HAND STRIKING SERIES

The JKD Hand Strike Strikes (Bruce Lee Jun Fan/Jeet Kune Do based)

Practice from both left and right leads

Right back hand

Left cross

Right power jab

Left power blast to torso

Level 5

The Thai/Western Boxer Hand Strike Series (Boxing-based) Practice Right and Left-handed

Jab

Cross

Hook

Uppercut

Tight Hook

Level 7

Hubad Triple Eye Jab Drill

Level 8

SHUTO! The Karate/Kempo Knife Hand Strike Series (Japanese-based) Practice Right and Left handed

A shuto is a knife hand attack, sometimes nicknamed a "karate chop, or it can be a "ridge hand."

Shuto block to high incoming hook punch. The attacking energy is stopped.

Same hand shuto strike to the side of the neck

Same hand shuto strike to groin

Same hand ridge hand to face and nose area

Opposite hand shuto to neck

CQC Application

a) move closer in,

b) convert these to powerful forearm strikes

COUNTERS TO KICKS TACTICS & COMBAT SCENARIOS

Vs Round-Style Kicks

- The foot jab to lower torso
- The foot Jab to the incoming thigh
- The foot jab to standing knee (almost a side kick to knee)
- The raised knee to shin
- Cut under kick with your kick to the standing knee
- The total back step evasion
- Catch the kick and trip the enemy

Vs round kicks when you are down on one knee

- A "crossada-style" high pass of the kick, shoot in and tackle the support leg
- Pass the kick overhead and attack the knee of the support leg
 - a) with a tackle
 - b) with a kick

Vs spin kicks

- Toe jab to the small of the back
- Avoid the kick and kick back at the legs as the attack passes you

Vs front kicks

- oblique kick to shin
- short side kick to shin
- got kicked? Capture the kick between your legs and roll over into a fall/takedown

Vs front kick when you are down and on all fours

- catch kick, roll up against the knee causing the enemy to fall, then fire rolling elbows to groin, torso, head

Vs stomp kicks when you are on your back

- catch foot and twist until takedown, then counter attack

You must continue to develop this list of options

ESSENTIAL COMBAT TRAPPING HANDS SERIES

The Purpose and Definition of “Trapping Hands”

The sole purpose of trapping hands (and destructions) is to clear a path to the head. Trapping is another word for catching or controlling, and when you execute these maneuvers, you are indeed “catching” the attack, or the energy of the attack, and trying to control it by stopping or steering it.

“Trapping Hand Range”

This refers to a close-quarter range of combat, a half-step in from boxing and a half-step away from grappling, and should not be confused with a great variety of techniques that can be used in the “trapping range.” Trapping Hands has become a collective term for the immobilization and/or control of the opponent's limbs, by way of the “Four P's”...

- 1) pinning,
- 2) passing,
- 3) pulling,
- 4) pushing.

Offensive and Defensive Trapping

There is defensive trapping and offensive trapping. When you are studying basic trapping hands, when you are on the offensive, your trapping will be countering common blocks or “destroying the guard.” On the defensive you are blocking and therefore countering common attacks.

Defensive.

If you are executing a trap in response to an attack, you are on the defensive-blocking and counter-attacking. A basic block in its most instinctive form is just a reflexive and protective contact. However, a block strategically used with a range closure and counter attack, becomes part of a trapping hand maneuver. A block can also do some control work with split second follow-ups that steer the attack up, down, or side to side, with slaps or circular motions.

Offensive.

If you are moving in to attack someone first and meet resistance, and your pinning, passing, pulling or pushing tries to clear a path, you are on the offensive. An offensive trapping attack might be a slap for contact, or even a hand strike, or a forearm, any contact, to control and/or limit the opponents limbs.

Advanced Trapping Hands

When you are studying advanced trapping hands, you are actually putting basic actions together in a series, such as putting a “block and a strike” together along with a “cross the body block and strike” in combinations. Any “over-trapping” takes away from the “head-hunting” mission and prolongs the fight. Advanced trapping is not trapping “for trapping sake.”

ESSENTIAL COMBAT TRAPPING HANDS SERIES

The Congress Trapping Progression

The following are Congress Trapping Hand certification requirements per levels. At levels 8 and 9, trapping skills are multiplied. An appropriate mastery of double and if needed sometimes-triple trapping is required. Of course these multiple combinations can be practiced and taught at each level, but are not a required performance until later. Practitioners are required to execute the trap standing and on the ground both top and bottom side. The groundfighting can be executed out of the Filipino flow drill Hubad, for clarity in practice.

Level 1	Contact and Any Strike
Level 2	Contact, then Grab/Pull and Any Strike
Level 3	Cross-The-Body-Contact and Any Strike
Level 4	Cross-The-Body Contact, other hand grabs and 1st strike
Level 5	Double-hand Contact and Any Strike
Level 6	Same-Side Contact, Parry and Strike
Level 7	Complete Arm Traps and Wraps
Levels 8, 9	Advanced Trapping-the above techniques in combinations
Level 10	Black Belt. You trap when needed in your combat scenarios

Congress Trapping Hand Practice Drill #1: The Circling Hand Set

This set essentially studies both the small and large circular response strategies as a counter to common high blocks. It starts with outside-to-outside connection/reference point, from either your blocking an attack, or your instigation, such as in a back fist

- 1) small, tight circle, splitting the arm, then step in and straight punch
- 2) bigger circle to slap/catch...
 - a) the hand on the chest if the guard is low, other hand punches
 - b) slapping the hand on the face if guard is high, other hand punches
 - c) the unprotected face with a slap...
 - 1) if the face slap is blocked, then "run" to a groin slap
 - 2) if both are blocked-running hand and break rhythm to strike
 - d) hooking the wrist/hand if the guard is a way from the head and torso
 - 1) hook the hand and spring that hook into a punch

Congress Trapping Hand Practice Drill #2: Defeating The Second Layer

Get the...

- a) back-handed to back-handed high reference point contact, and then strike
- b) cross body trap on or near elbow, and strike
 - 1) defeat the half-block with a second slap trap
 - 2) defeat the three-quarter block with a grab and a pull

ESSENTIAL COMBAT TRAPPING HANDS SERIES

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KNEE DRILLS

Knees can be applied in three ranges of combat. The kicking range is too far away for the knee strike. But in the closer boxing and/or hand striking range the "flying knee" and "long range" knee can be utilized. In the trapping hand range, mid-range knee strikes can be fired on the opponent's legs and groin. Then in the clinch or grappling range, close range knees can land in the opponent's side, legs and groin. While groundfighting, the knees should not be forgotten. If you are fortunate to remain erect after you have thrown, swept, or taken down the opponent, you can drop your knee upon the grounded body. The following drills should be applied upon a kicking shield or Thai Pad held upon the opponent. A focus mitt may be too thin to stand the impact.

- 1) Long range knee: a leaping knee to chest and stomach area**
- 2) Knee to the thighs**
- 3) Knee to the groin**
- 4) "Roundhouse" Knee to the torso sides**
- 5) Knee drop to the top of the opponent's foot**
- 6) Knee drop to the opponent's grounded torso.**
- 7) Knee drop to the opponent's grounded head.**
- 8) Knee drop to the opponent's grounded ankle.**
- 9) Horizontal Knee strike when both parties are on the ground**
- 10) Knee strike to the face (opponent bent over from other attack)**

Fighter's Clinch Knee Drill and Combat Scenario

- 1) Practitioner acquires a double grip behind the trainer's neck, careful to;
 - a) acquire the grip one hand entry at a time,
 - b) not interlock fingers in grip behind neck
- 2) Practitioner fires a left side knee to trainer's right ribs.
- 3) Practitioner fires a straight left knee up into trainer's midsection.
- 4) Practitioner fires a straight right knee up into trainer's midsection.
- 5) Practitioner fires a right side knee into the trainer's left ribs.
- 6) Practitioner shoves trainer away with a palm to the face and punctuates the shove with a round Thai kick.
- 7) The trainer switches roles and does the same to the practitioner, from #1 through #7

COUNTERS TO TRAPPING

Some Releasing Techniques vs Forearm Grabs You can...

- 1) slap release
- 2) the caught hand can travel either clockwise or counterclockwise
 - a) to a release
 - b) or to some kind of lock, an S-Lock or a outer wrist lock are two very common ones
- 3) pin the grabbing hand and execute a lock
- 4) rotate your forearm into an elbow strike
- 5) keep developing your own list of options

Some same-side palm, down grabs (work these out of Hubad drill's beat "6 1/2")

- 1) The push-pull lift
- 2) Raise trapped hand up clockwise and slap forearm release
- 3) Raise trapped hand up counterclockwise and get S-Lock
- 4) Grip hand, place your forearm atop his and execute the forearm to forearm takedown
- 5) Rotate your arm to the inside and put elbow into solar plexus, any finishes
- 6) Get a finger lock. For example-get a finger and push it back, or snap it.

Some cross-grabs, palm down

- 1) Raise in a circle clockwise, catch the gripping hand and get an S-Lock
- 2) Circle counterclockwise, use second hand for an outer wrist lock throw
- 3) Circle counterclockwise, use second hand for support. Put caught side elbow on enemy hand
 - a) break, or
 - b) outer wrist lock throw
- 4) Circle counterclockwise and obtain the standing two-finger lock
- 5) Raise caught arm and slap free the gripping forearm
- 6) The grab and subject punches
 - a) You block from the inside in a counterclockwise motion and bring the punching hand into the grip of your caught hand. You punch.
 - b) You raise your caught side elbow up to block punch force it down, any strike

Some vs double-handed grabs

- 1) Circle out both hands to the outside and front snap kick, catch neck and knee to face
- 2) Kick groin, circle into "Chicken-head" attack, pick up the S-lock on either hand.
- 3) As in doing a weight-lifting curl, bring both your hands upward suddenly, any finish

Some vs arm wraps traps

- 1) vs front armbar-power charge in and get any takedown
- 2) vs side arm wrap-step behind enemy and push arm back for a trip over the leg

HAND TO HAND COMBAT CONGRESS GRAPPLING STUDY GUIDE

Congress grappling consists of locks, takedowns, throws and groundfighting. Through the 9 major levels of study, we get to learn much by working the counters and trouble-shooting and problem-solving these major 9 movements.

Major points of study through:

- The concept of achieving the movements from a variety of attacks.
- The concept of achieving the movements from the "Fighters Clinch" when applicable.
- The concept of achieving the movements from ground fighting positions when applicable.
- The concept of achieving the movements from flow drills
- The concept of achieving the movement with the aid of insert strikes
- The concept of understanding the essence of sport/referee/submission ground fighting vs self defense ground fighting

	<u>Takedowns/Throws</u>	<u>Joint Locks</u>
Level 1:	Head Twist Takedown	Center Lock
Level 2:	Rear Takedown	Standing Center Lock
Level 3:	Outer Wrist Lock Throw	Finger Locks
Level 4:	Bent Arm Takedowns	Wrist Lock Come-Alongs
Level 5:	Four Corners Sheonage	Rear Armbar Hammerlock
Level 6:	Rear Pull Takedown Series	Basic Wrist lock and the Armbar Wrist lock
Level 7:	Front Armbar Takedown	Chokes and Headlocks
Level 8:	Leg Grab Takedowns	Leg Locks
Level 9:	Foot Sweeps and Ankle Wraps	Display of Total Body Lock Flow Expertise
Level 10:	The Black Belt Test	

And Also Studied In The System Through Problem-Solving, Reversals and Counters:

- The concept of "Slap-Release" explosive escapes
- The concept of Double the Force Countering
- The concept of Early-Phase, Mid-Phase, and Late-Phase Counter Grappling Practice
- Reverse Hip throw
- Pull Small of the Back Pull, Through Groin Reach Throw
- Side Armbar style TDs
- Front Takedown
- Underarm Loop and Hook The Wrist Takedown
- Face Down Takedowns
- Wheel Takedowns
 - 1) The Silat Puderkapala
 - 2) Single leg scoops
 - 3) Bent torso wheels vs tackle
- Sheonage Continuum
 - 1) Elbow wrenches
 - 2) Upward Elbow Lock
 - 3) Over the Shoulder armbars
 - 4) Shoulder twist-out (a bent arm Irish Whip)
 - 5) Reverse Entry Bent Arm Takedowns
 - 6) The Far Arm Loop and Wrist Catch Lock
- Clothesline
- Inner Leg Reaps
- Irish Whip
- Single Leg and Double Leg Scoop
- Neck Lever Takedown
- Stomach Throw (tomoe nage)
- Military Body Pitch
- Reverse Armbar
- Foot sweeps

Grappling People With Weapons

- a) Fighting stick, knife, staff and other weapon attacks in complete combat scenarios

THE GUILLOTINE SIDE HEAD LOCK COUNTERS

A Side Headlock is when the opponent captures your head by way of your neck, with his arms. You are usually bent over with your captured head to one side or another of the opponent's torso. You can be facing two directions, you could be facing inward which is called here "head-in" sometimes called the reverse, or you can be facing outward, or "head-out." You can get caught in a side headlock in many ways. You could be victimized by a stomach punch and once bent over, get snared. You could be attempting a takedown or a tackle. There are many ways.

To counter, for starters, determine if this is just a lock or a choke. Check your airway. Maneuver your head and neck for maximum air passage. Grip and pull violently on the forearm muscle. Sometimes this tension on the opponent's forearm can turn the opponent's hand numb, or at least disturb the grip.

If he is not choking you, typically the attacker will try to punch your face and head with short, wild rabid punches, or sling you around and try to crash your head into nearby objects. The puncher has only one arm holding your head. This is good in that you must only defeat a single arm hold. Maybe he is in the act of breaking his hand on your skull!

You should first try counters that will keep you from making "sacrifice falls"- that is when you execute a takedown that requires you to fall with your opponent. This is for three major reasons. One, it should not be your first choice to be wrestling on the ground in a real street fight. Second, there are no mats to cushion your fall. Third, you could seriously injure your neck and spinal cord if the opponent falls and still hangs on to your head. There are a lot of techniques that ask you to make maneuvers which could damage or break your neck. Still, if going to the ground is your only option, then do as you must. Train for the consequences.

The initial strike and insert strikes are very important to the success of the counter. The initial strike causes the mental disruption, and/or the physical distraction that allows you to proceed through the encounter. The inserts help along the way. Some striking attacks in this headlock are attacks to the groin in any way possible. You might follow-up a strike with a testicle-grabbing rip. Attack the fingers if you can reach them. Attack the eyes and face if you can reach them. Bite where you can, stomp feet and ankles.

Here are some practice scenarios to help develop skill and savvy in this arena.

- 1) Step-Through: You are locked "head in" or what is called "reverse head lock"
 - a) groin strike
 - b) work your inside hand through grip
 - c) foot stomp
 - d) step through the lock and turn inside,
 - e) standing center lock and take down

THE GUILLOTINE SIDE HEAD LOCK COUNTERS

- 2) Joint locks: You are locked "head out"
 - a) strike groin while pulling away on locking wrist
 - b) pull your head back and out
 - c) place elbow in the center of your chest, cupping the biceps
 - d) get a,
 - 1) the centerline gooseneck wrist lock
 - 2) armbar hammerlock
 - 3) single arm/ hand on the shoulder armbar

- 3) The Face Ripper: You are locked "head out"
 - a) wrap your inside arm around the shoulder and your hand to the face.
 - b) pull out choke
 - c) obtain a,
 - 1) raise to a reverse side choke (his face up).
 - 2) step across the rear of his legs and throw his head back to a takedown
 - 3) palm strike his throat, then single hand choke
 - 4) palm strike his throat and rip out internal organs

GRAPPLING SERIES: COUNTERS TO COMMON DOUBLE-HANDED GRABS

This series counters attackers who get both their hands on you in different, yet common manners. You must preface these movements with any kicks, knees, foot stomps, head butts, and turns of the body for positioning and momentum etc. Insert attacks when and where possible. You can finish with any set of combat follow-ups.

Quick Escapes vs arm catch

- 1) Rip outs vs one hand on each forearm
 - a) individual hand pull-outs upward
 - b) clasp hands and "shovel-out"
- 2) Circular/snaking releases 1) clockwise 2) counter-clockwise
- 3) Yank-outs in the direction of the opening in the enemy hands
- 4) Forearm escapes
 - a) shovel escape
 - c) slap release
 - d) circular/snakes
 - e) yank-outs

Counters to the "Thai-Boxer" Neck Grab

- 1) loop the head down and out of the grab, passing the knee attack
- 2) push one elbow
- 3) loop your hand into a space and the bend of the arm and double hand push
- 4) body pitch into lower torso
- 5) groin/pelvis strike
- 6) face attack

Combat Scenarios

- 1) vs a hand on each forearm low
 - a) circle to an S-Lock
 - b) winding throw
 - c) outer wristlock throw
- 2) vs a hand on each forearm high
 - a) Cross slap release and takedown
- 3) vs double-handed attempted grab or push
 - a) finger locks and throws

GRAPPLING SERIES: COUNTERS TO COMMON DOUBLE-HANDED GRABS

- 4) vs double-handed Chokes
 - a) index finger pull to a finger locks
 - b) head twist takedown
 - c) arm strike, backfist, or cross, or uppercut
 - d) clavicle finger push
 - e) turn and back kick
 - f) eye gouge and kick
 - g) bob, weave and punch
 - h) front armbar break and takedown

- 5) vs double-handed shirt chest grab
 - a) "The face Ripper"

- 6) vs two hands from the rear
 - a) an Aiki step back takedown

- 7) vs head twist takedown
 - a) slap release & outer wristlock throw
 - b) double-the-force takedown

- 8) vs the Center lock
 - a) slap release
 - b) go to the ground leg to armbar
 - c) reversal

- 9) vs double eye gouge of head hold
 - a) double slap outward, head butt, elbow, follow-up

- 10) vs the Abduction Hold
 - a) finger lock or break
 - b) rip free and any throw
 - c) fall to the captured arm side and ground fight

- 11) vs a tackle
 - a) head twist takedown
 - b) your one arm caught inside-The bull horn throw

- 12) You should create some of your own.

THE CONGRESS KNIFE “SHEONAGE GRAPPLING CONTINUUM”

This Continuum has been developed to problem-solve and trouble-shoot an internationally taught and practiced takedown. This Continuum works empty hand vs a knife and is taught in these Congress systems. These movements can be executed if the opponent is holding a knife in his captured hand. By working these possibilities we create a thread and a then a flow. First we learn the overall takedown, which begins with a pull upon the enemy's same-side arm. In the first phase of this pull, we feel significant resistance and we begin the counter-movements and strategies. Remember to strike the face as a dimisher and distraction. This sets up your movements. Please use this list as a starting point for your own collection and research, as the possibilities are way to numerous to mention here.

Basic Sheonage Applications

Empty Hand Combat Scenario: Vs a same side grab

Knife vs Empty Hand Congress Combat Scenarios: Knife stab attack vs empty hand

- a) vs a stab - catch and throw
- b) vs a stab - with an enemy free-hand grab on you and delayed stab-slap release and throw
- c) vs a stab - with an enemy free-hand grab and no delay-both your hands grab and throw

Phase 1

Open Arm Elbow Hyper-extensions ——— dumog style with a dynamic arm-pull takedown

Bent Arm Elbow Hyper-Extensions roll into a rear armbar hammerlock and its many follow-ups

roll down into a groin, face pendulum swing strikes combination

The “Bull Horn” Throw

Phase 2

Upward Elbow Hyper-extension — roll over and down into a side armbar and its takedowns

Over The Shoulder Armbar/Break ——— rear leg takedown

aiki-jitsu over the shoulder throw

turn in and standing center lock

low rear throw

high rear throw

choke and maybe flow to ground

COUNTERS TO THE HAND GUN AND KNIFE QUICK DRAWS

“...he walked through the tavern. He knew me. He walked right up to and leaned over me. He smelled poorly of the beer. He stood back up and I stood because I didn't want to die sitting down. Die in a chair. I had my revolver inside my pocket. Perhaps the weapon was upside down in my jacket pocket. But I knew if I pulled for it he would have me. Kill me. He reached under his open parka and I saw the scabbard. He pulled for a knife. I got his forearm good and put my shoulder to him. He hit the wall severely with my shoulder still in him and I twisted his hand and twisted the knife out of his hand. I had to stab the drunk bastard because he knew me. I got my parcel from the stand and left...”

*Undercover in the SS
Robbere Healy*

To a soldier, or a citizen, counters to quick draws are primarily a close quarter combat and/or grappling range event. From a distance you might be able to perceive a draw and throw a chair, or anything, to counter that draw. But usually you are very close or the enemy is closing in. Not all of your enemy are in “uniform,” and easily recognizable, not all of their weapons openly displayed. Using the following methods, I can help you predict or detect an attempted weapon pull, circumvent it and survive. Here are some important strategies for when you are in close quarters versus a potential knife or gun quick draw and you are either holstered and armed, or unarmed.

Try to capture the handgun, not always the hand holding the handgun. Be barrel aware. This capture can sometimes restrict the function of firing. Be prepared for the white hot explosion!

Some Survival Strategies

- a) In pre-fight situations, pay attention to the hands. It is the hands that will kill you.
- b) Determination of typical reasons and motives for a weapon confrontation
 - 1) display for reaction,
 - 2) interruption of a crime or mission
 - 3) robbery
 - 4) abduction/taken prisoner
 - 5) thrill kill
 - 6) revenge
 - 7) assigned mission or war

COUNTERS TO THE HAND GUN AND KNIFE QUICK DRAWS

c) Learn the common, primary carry sites of the knife. These are the quick draw sites, the examination sites, the quick pat down sites if you get the chance...

- 1) pockets,
- 2) belt line
- 3) armpit
- 4) small of the back
- 5) necklaces holsters
- 6) forearm rigs
- 7) physical reach proximity
- 8) bags, purses, camera cases, carry items
- 9) belt-like wallets, "fanny packs"

d) There are times when you cannot draw your weapon fast enough to counter the enemy quick draw, and you must prepare to take empty hand action.

e) Secondary carry-sites are not usually quick draw-based, but emergency-based. These are still survival concerns if you wind up grappling and ground fighting, or if you lose control of the enemy long enough for them to undo, construct or reach these tools.

- 1) ankle-carry under pants or boots
- 2) inside bullet-proof vests
- 3) small of the back
- 4) necklace/static cord weapons inside clothing
- 5) belt buckle weapons
- 6) pen guns and pen knives

f) Become aware of the clothing "prints" - the outlines that weapons cause against the clothing.

g) Become aware of minor and major body motions of someone who is armed. Armed people often move awkwardly, shifting their clothing and belt lines when carrying weapons. Especially shoulder holsters and similar harness carries. They often tap their weapons for a feeling of security. Observe potential enemies as they enter or exit cars, restaurant tables, chairs, bend, lift, climb stairs-any physical movements that might cause weapons to shift and motivate their owners to subconsciously re-position them.

- 1) One common movement is what I call the Saber Draw Crouch-a bending over of the torso that is associated with both a same-side hand gun draw and a saber grip knife draw. Be alert to this movement. Hope that the enemy must clear clothing, or unsnap a holster and that gives a second to respond.

COUNTERS TO THE HAND GUN AND KNIFE QUICK DRAWS

h) Identify the common quick draw movements to get to these primary and secondary sites.

i) The three phases study, early, mid and late help you scientifically study this process.

Some Counters vs a same-side quick draw

a) early phase-

-catch, and hand strike and kick attack

-the Quick Draw Triangle- same side arm entry armbar hammerlock scenarios

-the Quick Draw Triangle-cross arm loop with a powerful uppercut, to an arm bar and then wrap your other arm around for a choke

-the Quick Draw Triangle- hand smash while opening a combat folder

-against the "Saber Grip Crouch" attempt

a) inverted hook kick to closest knee,

b) step in and Thai kick to other

c) appropriate follow-up

b) mid phase-

-the Quick Draw Triangle-standing center wrist lock and follow-up throws scenarios

1) Standing center lock

a) high rear throw

b) low rear throw

c) choke if he turns in

d) finger/wrist break if he turns in

2) Rush in and with the direction of the above center lock maneuver to stab or shoot the opponent in his side. Then execute a grappling control measure

c) late phase-

-any series of Congress unarmed vs a drawn knife material. Use the Military Empty Hand vs Knife or gun Combat Progression Drill. The attacker can draw the knife into position and the trainee can practice from that point.

COUNTERS TO THE HAND GUN AND KNIFE QUICK DRAWS

- d) if your knife gets pulled from behind-
 - standing center lock by stepping under the arm and dropping backward.

Some Counters vs a shoulder cross draw or hip cross-draw

- a) early phase-
 - catch the drawing hand -step in and back hand strike the nose, grappling follow-up

 - trap the drawing arm in an arm trap, any combat hand strike and execute

- b) mid-phase-
 - catch the drawing hand late-outer wrist torque throw

 - contact, scoop arm with same side arm and get into a rear armbar hammerlock

 - contact, scoop arm with opposite arm and get armbar and choke

- c) late phase-
 - Knife: any series of Congress Military Unarmed vs a Knife drill material

 - Gun: any series of the Congress Military Unarmed vs Handgun drill material

You must keep developing this list of options and strategies.

UNARMED VS CLOSE-QUARTER COMBAT HANDGUN SCENARIOS

This study concerns unarmed versus a close-quarter handgun confrontations. Here are some important strategies

- a) learn weapon identification
 - 1) how to clear weapon malfunctions
 - 2) disrupt the weapon function
 - a) web of the hand in the trigger
 - b) catching/trapping the slide
- b) using the trigger guard as a finger break, finger lock, or firing primer
- c) the right mentality, physical explosives and vicious action
- d) be barrel conscious-where the barrel goes, the bullet goes, at you or stand-by
- e) be bullet explosion conscious-concussion, burning, deafening, shock and unusual after-effects
- f) determination of typical reasons and motives for the handgun confrontation
 - 1) display for reaction,
 - 2) interruption of a crime
 - 3) robbery
 - 4) abduction
 - 5) thrill kill
 - 6) assassination
 - 7) mission
- g) 'The Sniper Moment'-wait for a lack of criminal focus and intensity, then take action
- h) attain a grip if possible on the handgun and not the hand or wrist where the barrel is free
- i) lecture on handgun retention, holsters and retentive fighting stances
- j) the vital difference between cover and concealment
- k) learn the primary quick draw sites a person will carry a gun and motions needed to pull the gun.
- l) learn the "Quick Slap Danger Zones" of the head and torso when a gun is pointed at you
 - 1) move your body out of the way of the barrel when the actions starts
- j) prepare for the hot flash and boom of that CQC discharge. Close eyes if discharge detected.

UNARMED VS CLOSE-QUARTER COMBAT HANDGUN SCENARIOS

“Remember The Triangle!” counters to early phase same side weapon pull

Some Combat Scenarios

Very basic responses vs a gun held to your head or torso

- a) hands up
- b) pivot body
- c) grab pistol if possible, or if not, the arm
- d) appropriate grappling finish

vs a same side hip quick draw

- a) early phase- gun not clear holster - catch and hand strike and kick attack
- b) early phase- gun barely clear holster - armbar hammerlock
- c) early phase- gun barely clear - standing center wrist lock
- d) late phase, grab gun and any grappling finish
- f) your gun gets pulled from behind, fall through with standing center lock

vs a shoulder cross draw or hip cross-draw

- a) catch the drawing hand deep-gun not clear holder, strike the nose, follow-up
- b) catch the drawing hand late-gun clear holster, outer wrist lock throw
- c) across his body options: execute an outer wrist lock throw

vs a Hostage “Pointer”-someone who uses the pistol to point

- a) The “Sniper Second” moment
- b) always use vicious inserts when possible
- c) techniques vs a hostage taker who takes the gun away from the hostage's head
 - 1) grab the gun and execute some techniques

“Control and Containment” of a captured aggressor

- 1) use a threatening, command voice, stay sufficiently and safely away from subject
 - a) you may have to fire a warning shot!
- 2) order subject face-down
- 3) arms out, palms up
- 4) legs spread wide , toes in
- 5) face away from you or cover head with nearby cloth or object

GROUND ZERO! STREET GROUND FIGHTING

I am ground fighting champion. Many of you don't know that about me do they? Oh, you haven't seen my matches? Haven't been in the living rooms, kitchens, restaurants, parking lots, on the floors of bars, or that hillside outside a Texas hospital? Didn't see that one on US Army golf course, The helicopter pad at Ft. Sill? The city jail? Or the police lobby, in fact I can't think of all the places I have had ground fighting "matches." Now that I think of it, nobody was there to video it for pay-for-view, nor was there a ref there to worry about if I was poked in the eye.

In a street fight, which is to say bar fight, a parking lot fight, park fight, kitchen fight, ANYWHERE fight, there is a difference between self-defense strategies and "martial arts" strategies. In real world of self-defense and survival, a citizen, a cop, or a soldier should first attempt to stay off the ground, even if they possess amazing ground fighting skills.

Ask Yourself These Three Litmus Test Questions

#1: "Would you, could you discard all your submission/sport techniques when fighting for your life?"

If you are ground fighting and you have two choices, one choice-strike the nose, the other choice-to get an armbar, and your muscle memory goes for the armbar, you are nothing but a college wrestler, leaning towards submission, time-hold, tap-out fighting. Many submission fighters try to tell me that they instinctively would go for the nose strike or other regular targets...

"Oh no, no. If I was really fighting I would start punching, or breaking."

...but under combat stress their countless hours of wrestling training will carry them to the level of their consistent practice, and that is submission college wrestling. I have seen them fervently practice, and fight-ending strikes and rips have become the furthest thing from their minds. One main reason for this is they have to simulate the fight-ending movement and the simulations are not even seen, or detected by the opponent, unless a coach is present to stop them and declare the simulation successful. After a while, these simulations evolve right out of your practice, because only a choke to a tap-out has a noticeable effect.

#2: "Do All Fights Go To The Ground?"

We've heard all the figures in the hype-ads. 90 percent of all fights end up on the ground. I've heard as high as 95 percent! Then some say...ALL! Despite the boasted high percentage of encounters going to the ground, (all quoted by experts who make a living teaching ground fighting) Many of my fights didn't go to the ground. Many of my friend's military and civilian fights didn't go to the ground. Way more than 10 percent.

This 90 percent "go-to-ground" figure. Who performed this empirical study anyway? MIT? The FBI? CIA? CNN? This myth is a self-fulfilling prophecy. It has always been a figure plucked out of the air by people furthering their own agendas, advertising and business incomes. Of course if you train in these systems, you are trained to go the ground, thus the self-fulfilling prophecy. Now if the opponent is to be left unconscious on the ground, even after a TKO punch, then in an abstract sense, ALL fights "go to the ground." Does it count as "going to the ground" if you drop to one knee to reach and finish a downed

GROUND ZERO! STREET GROUND FIGHTING

opponent? Better to say the the ground (or surface) is involved in some way, even if the the bad guy is TKO-ed flat out.

You cannot construct an entire real-world street fighting system based upon ground fighting, certainly not college-wrestling based ground fighting. You will get stabbed, shot, attacked by accomplices, loose your maximum mobility, especially if your muscle memory carries you to tap-out submission holds. Ground fighting must be placed in its proper perspective in all the ranges of combat.

#3: Is Ground Fighting the ultimate fighting system for all shape, sizes and all kinds of combat?

Can you imagine all the World War II G.I.s on Normandy Beach taught to grab and wrestle Nazis into armbar or wrist lock tap-outs? Can you picture police officers, armed with pistols, clubs and knives wanted to ground fight as their first ultimate priority, exposing al those weapons to the potential grip of the enemy?

In general, most if not all healthy human beings can be problematic, scrappy ground fighters, because they posses the attributes of explosive power, catatonic muscular resistance, biting, clawing, explosive power, weight and strength. If you are trained properly, as in all conflicts, at least you have an edge, but purposely wrapping yourself in a ground submission fight can be an exhausting predicament. The size and strength of the enemy counts.

Now, if you detect that the opponent has experience in ground fighting, then get ready for a twenty minute roll-around excursion in physical chess. One martial family proudly boasts that a member once fought in a 2 hour street fight! 2 hours?

Congress Ground Zero Philosophy, Strategies and Tactics

- 1) Learn vicious ground fighting for times when you are tripped, knocked or hauled to the ground
- 2) Try to get up as soon as possible
- 3) Learn to kick from the following ground fighting stances
- 4) The Congress Ground Fighting Stances

Knee High stance

On back-

- a) understand the importance of the pelvis raise tactic
- b) understand the importance of the slide out to the left tactic
- c) understand the importance of the slide out to the right tactic

On top-

- a) understand the importance of the "spider" tactic

The cover position under battery

Ready On Guard Ground Stance-

- a) usually on one hip, propped up to kick or get up

Playing Possum

- 5) Avoid the guard and mount position after identifying the enemy is a practiced ground fighter. Its a bad neighborhood, be on one knee form the side, or spread over one leg, just avoid these most heavily, common practiced positions

GROUND ZERO! STREET GROUND FIGHTING

- 6) Learn and practice low-line hook kicks and stomp kicks that prevent your opponent from getting up. Target the ankles. Identify and target the arms when positioned to push their bodies up.
- 7) Learn and practice all elbows strikes -
 - a) from on your back
 - b) from topside
 - c) on your side
 - d) from your knees
- 8) Never forget to strike. Practice the Congress Hand Strike series-
 - a) on your knees, single knee and both knees
 - b) on your back striking upward and
 - c) facing downward
- 9) Learn Crawling Hand to attain better positioning
- 10) Learn "Skin Trenching" or power clawing and scratching
- 11) Learn and practice sudden explosion and relaxation as a technique to escape holds
- 12) Work the "Pivot Points" using the following parts of your body upon the enemy-
 - a) pivot on an elbow for position or pain
 - b) pivot on a knee position or pain
 - c) chin
 - d) pivot on your stomach for position
- 13) Embrace the concept that you must use your legs like your arms, your arms like your legs
- 14) Never forget to use your knees in the attack
- 15) Learn Leg Hubad to practice breaking in on a downed opponent using his feet against you
- 15) Understand that it can be difficult to break a bone, especially protected by the isometric power of muscles instinctually protecting their joints
- 17) Counter chokes with
 - a) first concern on airway and blood
 - b) eye attacks
 - c) groin rips
 - d) finger breaks
- 18) Practice Ground Zero Combat scenarios with,
 - a) you flat and bad guy standing

GROUND ZERO! STREET GROUND FIGHTING

- b) you flat and bad guy kneeling
- c) both are kneeling

19) Some Popular Congress Ground Zero Scenarios and Drills

- 1) The Elbow Roll Combat Scenario
- 2) Twist the incoming foot stomp (you are on your back)
- 3) Double scoop the ankles of the foot tower.
- 4) Put feet into the torso of the arm tower
- 5) The Paladin Dismount escape
- 6) Wrist-like randori practice drill
- 7) Any pushing-pulling on the legs of a standing opponent
- 8) Any trapping hand techniques
- 9) Obtaining chokes and escaping chokes
- 10) Hubad Drills: Obtaining strikes, grappling, and escapes out of horizontal hubad
 - a) any strikes, kicks
 - b) any armbars or wristlocks for escapes
- 11) Weapons Check drills. Frisking and disarming during and after the fight

20) Detect the grappler: Remember that the most common training experiences in fighting men in the U.S. have are football, high school wrestling and/or Golden Gloves boxing. Look for the grappler! When in a position to circle with the opponent, most grapplers (not all, but most) have a tendency to maneuver in a very low college wrestling style stance, as if they are ready to spring at your torso. Probably they are. Prepare to execute your counters to the tackle or counters to the "dive" attacks.

21) Weapons Check! Not yours! His! Careless grappling unto your opponent may ignore the easily drawn knife or gun he can you on you. Practice frisking and disarming. refer to the Counters to Quick Draw section and learn the common primary and secondary carry sites.

22) There are some rare occasions where you must go to the ground as a primary strategy to

- a) escape the result of real powerful locks
- b) to maximize control a weapon-bearing-limb if the attacker is alone

23) Feel confident. Not all your grappling-based attackers are immediate family members of the Gracie Ju-Jitsu clan-working their sensitivity since virtually childbirth! Even their students, and students of their students are not as good as they are.

24) Did I mention CHEATING! You are a survivor! A street fighter! Use things in your environment.

Wrestling is a very addictive, fun, sensitivity and savvy developing sport, taught in grammar, high school and colleges all, over the world, for that reason. Take your survival and self defense skills even higher!