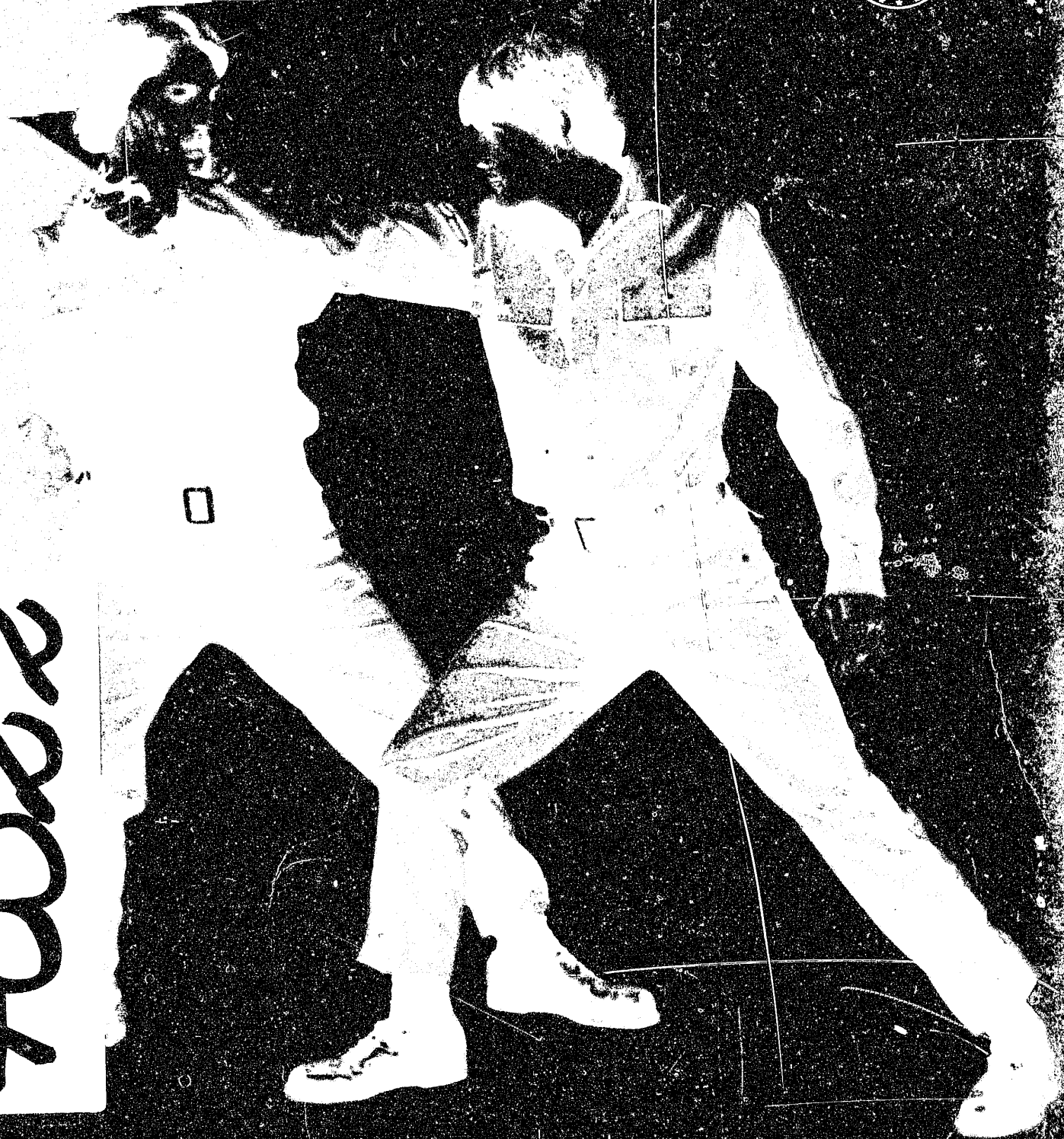


Advanced Police Training
DEFENSIVE TACTICS MANUAL
Student Guidelines

AMERICAN LAW ENFORCEMENT
OFFICERS TRAINING COUNCIL
Department of State Police



40522

Edited and Compiled by RAYMOND L. WALTERS, B.S., M.S. 1st Degree Black Belt, Tae Kwon-Do, ATA

U.S. Department of Justice
National Institute of Justice

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ABOUT THE COVER

COVER PHOTO: Depicts Mr. Robert Allemier, 4th degree black belt in Tae Kwon-Do, blocking a knife with a palm heel block and preparing to deliver a spear-hand thrust to the abdomen of his assistant, Mr. Arthur Monroe, a 1st degree black belt in Tae Kwon-Do.

READABILITY LEVEL OF THIS MANUAL

NOTE: The readability level of this student manual is at the college freshman level, based upon the *S.M.O.G. Readability Grading System*.

Reference: McClaughlin, G. Harry. *S.M.O.G. Grading — New Readability Formula*, Journal of Reading, XII, 8, pp. 639-646.

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PREFACE

The intent of Advanced Police Training (APT) is to provide participating officers with the functional and operational level of knowledge required for them to expand upon the information and skills developed while in attendance at a Basic Recruit Training Academy, in combination with those on-the-job experiences they have acquired through having been employed as a law enforcement officer for a minimum of one (1) year. Each officer in attendance at these programs is recognized as bringing with him or her a unique set of experiences vitally important to the success of this program.

Additionally, the APT curricula and instructional materials are structured to meet the needs of the state as a whole, rather than those of any one department or agency; while at the same time they maintain enough versatility and flexibility to provide for program variations in special areas identified as being of a regional concern or necessity.

Also, to maintain program credibility, MLEOTC provides for the continuous update of the APT curricula and supportive materials relative to changes in the field, new techniques and methodologies, and identified changes in the needs of law enforcement agencies and personnel throughout the State of Michigan.

Finally, the APT curriculum is so structured as to correlate closely with the Basic Recruit Training Program and, like that program, it is closely monitored through a comprehensive evaluation system. Services are also provided to APT instructors in the area of instructional materials, and guidance is provided to the participating training academies relative to gearing up for and conducting these programs.

However, the key to success for this, as in any other program, lays with you, and to assist yourself towards a successful completion of this program, you should familiarize yourself with the contents of this manual.

Additionally, the course of instruction that you are about to receive and this manual, can only be considered part of the total defensive tactics training concept.

The final and most vital portion of this training concept is PRACTICE, for unless you continually practice the techniques shown (until they operate as a reflex) you will not have obtained the full benefit of the program.

ACKNOWLEDGEMENTS

The Michigan Law Enforcement Officers Training Council would like to acknowledge the valuable assistance of the following individuals, without whom this publication would not have been possible.

SECRETARIAL STAFF

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We also extend our thanks and appreciation to the numerous individuals and agencies throughout Michigan and the United States who so generously contributed their time and cooperation to the development of this manual.

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Mr. Allemier, a 4th degree black belt in Korean karate and National Law Enforcement Liaison Director for the 75,000 member American Tae Kwon-Do Association, also holds a 1st degree black belt in Judo and has studied several other styles of the martial arts and self-defense methods.

He has instructed Special Forces Rangers and Green Berets for the United States Government, has received a special tribute from the Michigan Legislature for his work with law enforcement personnel and has previously served as a consultant for the Michigan Department of Corrections.

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PART I INFORMATION ABOUT THE PROGRAM

This unit deals with material that you should familiarize yourself with before the start of the program.

For example: Rules and regulations while in attendance, workout apparel, testing and grading procedures, and the like.

If you have any questions regarding the content of this unit, you should bring them to the attention of your instructor on the first day of class.

1. INTRODUCTION

A new and disturbing problem has recently emerged in confrontation situations between the police and certain segments of the public in the United States; namely the dramatic increase in the popularity and practice of the martial arts and its use against law enforcement personnel.

This increase in popularity is due to a combination of many factors, the primary one being the media. Television shows such as the now defunct "Kung-Fu", the films of "Bruce Lee" and "Billy Jack", and a number of low budget but violent karate films from Hong Kong and Korea have portrayed "karate" as an easy to use "super weapon".

Additionally, during the Vietnam war era, tens of thousands of American military personnel received combat training which included instruction in various aspects of the martial arts.

Many of these individuals continued their interest and training in this area, in the countries in which they were stationed, as well as in the United States upon their release from active duty.

The martial arts have also gained in popularity as a sporting event, with tournaments being broadcast on television, complete with guest commentaries from such personalities as "Kojak". They are also a part of the Olympic competition held every four years. Combined, all of this has resulted in an unparalleled interest in the art.

The vast majority of the Sensei, or martial arts instructors, in this country have a strong sense of personal and professional responsibility, but they have little or no control over those students who would use their training as a weapon against the police, training which most law enforcement personnel are ill-equipped to defend themselves against.

The problem is a serious one, as most police agencies in the U.S. have become locked into the traditional method of teaching self-defense techniques to their officers; i.e., physical conditioning, boxing, and a limited amount of judo.

In trying to develop new methods of instruction, however, two major limitations are encountered. These are, the amount of time necessary for an officer to become even minimally proficient, and how to determine the amount of force necessary to effect an arrest when using this additional training.

Keeping the foregoing in mind in the development of this training manual, the Council conducted an in-depth examination of the major differences between the martial arts and the traditional methods of police defensive tactics instruction. While we found that both boxing and "karate" had respective strengths and weaknesses, the main advantage of "karate" was in the use of the legs as an offensive weapon, which enables the user to strike his or her opponent while keeping that opponent at a distance and unable to use their fists.

The main danger from an individual skilled in the martial arts, however, comes from attacks aimed at the eyes, throat, groin, and knees, techniques that are intended to disable or kill the opponent, as opposed to the boxing techniques taught to most police personnel which are primarily intended to wear down or knock out the opponent. It does appear, at first glance, that among "skilled" opponents, karate and boxing would tend to cancel each other out, however, the key word is *skill*.

The average police recruit in Michigan receives self-defense instruction one hour a day, five days a week, for the seven weeks of the mandatory basic recruit school — a total of 35 hours, while the average "karate" student maintains a minimum workout schedule of 30 to 35 hours a month. A first degree black belt would have had over 700 hours of instruction to attain that level.

Hence, the newly-graduated police recruit in Michigan (and in most other states) would be in serious trouble if they were pitted against someone with even a minimal proficiency in the martial arts. To assist the officer in overcoming this deficiency, the Council has incorporated instruction into this manual that not only deals with these techniques, but also includes warning signs that will assist the officer in identifying individuals skilled in the martial arts, and information as to what the officer should be prepared for in confrontation situations with these individuals.

2. DEADLY FORCE

There may be a time when the amount of force necessary to effect an arrest, save a citizen, or protect yourself, will be "that force used to take a life".

Should this degree of force become necessary in the performance of your duties, you must be aware that the use of your hands, feet, baton, or other non-firearms weapons to effect this ultimate force, is governed by the same principles stated in your department's "Firearms Usage Regulations".

With this in mind, it is essential that you familiarize yourself with your departmental policies and procedures on the use of lethal force and apply them to the techniques shown in this manual.

3. PROVISIONS OF ACT NO. 203, AS AMENDED

BY ACT NO. 220, P.A. 1968, ACT NO. 187, P.A. 1970, AND ACT NO. 31, P.A. 1971,
MICHIGAN LAW ENFORCEMENT OFFICERS TRAINING COUNCIL ACT OF 1965

The Act provides for the creation of the Law Enforcement Officers Training Council for carrying out the intent of the Act. The Council consists of 11 members selected as follows: (a) The Attorney General or his designated representative; (b) The Director of State Police or his designated representative; (c) Three members appointed to the Council by the Governor from a list of six active members submitted by the Michigan Association of Chiefs of Police; (d) Three members appointed to the Council by the Governor from a list of six active law enforcement officials submitted by the Michigan Sheriffs' Association; (e) One member appointed to the Council by the Governor from a list of three names submitted by the Fraternal Order of Police; (f) One member appointed to the Council by the Governor from a list of three names submitted by the Metropolitan Club; (g) One member appointed to the Council by the Governor from a list of three names submitted by the Detroit Police Officers' Association.

All members of the Council shall hold office for a term of three years, except that of the members first appointed from nominees submitted by the Michigan Association of Chiefs of Police and the nominees submitted by the Michigan Sheriffs' Association — one shall be appointed for three years, one for two years, and one for one year. The Council shall designate from among its membership a Chairman and Vice-Chairman who shall serve for one-year terms and who may be re-elected to these positions. Council members serve without compensation, but are entitled to actual expenses for attending meetings in the performance of their duties.

The Council is charged with preparing and publishing minimum employment standards for police officer recruitment, selection, appointment, and training within the State. The Executive Secretary of the Council is responsible for placing into execution the policies established by the Council.

4. DEFINITIONS

ACT — Public Act No. 203, 1965, as amended by Act No. 220, P.A. 1968, Act No. 187, P.A. 1970, and Act No. 31, P.A. 1971.

BASIC RECRUIT SCHOOLS — Those schools complying with the Minimum Basic Police Training Curriculum of the Training Council.

CERTIFIED INSTRUCTOR — An individual certified by MLEOTC as being competent to instruct certain topics in a Training Council approved school.

COMMUNITY — Any city, county, township, village, or corporation having full law enforcement powers.

COUNCIL — The Michigan Law Enforcement Officers Training Council.

DIPLOMA — A document issued to an individual upon successful completion of a Council approved program.

EXECUTIVE SECRETARY — The executive secretary of the Council.

FACILITIES AND EQUIPMENT — The structures, furnishings, and training aids utilized at a certified training school.

HOSTING AGENCY — The principal agency which assumes administrative duties pertaining to the operation of a training school.

ADVANCED POLICE TRAINING — Training, in addition to basic police training, designed to upgrade and enhance the individual's ability to perform in specific areas, i.e., legal, interpersonal communication, and defensive tactics.

INSTRUCTIONAL HOUR — Fifty (50) minutes of instruction time and ten (10) minutes break time, totalling one actual hour.

INSTRUCTOR GUIDELINES MANUAL — A manual published by the Michigan Law Enforcement Officers Training Council which lists course training objectives and suggested lesson outlines for the Advanced Police Training curriculum.

LOCAL ADVISORY COMMITTEE — Police officials of a regional area of the State whose collective desire is to further the cause of professional law enforcement training.

LOCAL TRAINING ACADEMY — Any location utilized for training purposes which has been certified by MLEOTC, and which serves the needs of police agencies only in a local area. Such academies operate without financial support from MLEOTC.

MLEOTC — Michigan Law Enforcement Officers Training Council.

MINIMUM BASIC POLICE TRAINING CURRICULUM — The course of training prescribed by the Training Council.

MINIMUM EMPLOYMENT STANDARDS — The policies established by the Training Council relative to the employment and training of law enforcement officers as required by Act No. 203, P.A. of Michigan, 1965, and as amended by Act No. 220, P.A. 1968, Act No. 187, P.A. 1970, and Act No. 31, P.A. 1971.

POLICE INSTRUCTOR — An instructor certified by MLEOTC to instruct in Council approved training programs.

POLICE OFFICER OR LAW ENFORCEMENT OFFICER — A member of a police force or other organization of a city, county, township, village, or of the State, regularly employed as such and who is responsible for the prevention and detection of crime and the enforcement of the general criminal laws of this State, but shall not include any person serving as such solely by virtue of his occupying any other office or position.

REGIONAL TRAINING ACADEMY — Any location utilized for training purposes which has been certified by MLEOTC, and which serves the needs of police agencies throughout the State. Such academies will be eligible to receive financial support from MLEOTC secured funds.

SCHOOL — A training process which includes the Advanced Police Training curriculum of MLEOTC. By way of clarification, an academy may conduct a number of schools within a year.

SCHOOL COORDINATOR — An individual selected by the local advisory committee who is responsible for the planning, organization, and conduct of Council approved programs as prescribed by MLEOTC.

STUDENT/TRAINEE — A police officer as defined in Public Act 203, 1965, who has had at least one (1) year of experience.

5. INSTRUCTOR CERTIFICATION

Instructors for Advanced Police Training Defensive Tactics Schools are selected on the basis of their knowledge and qualifications relative to the program to be conducted, *in addition* to having successfully completed the Defensive Tactics Instructor School.

6. INSTRUCTOR RESPONSIBILITIES

The defensive tactics instructor is responsible for maintaining class discipline and control, conducting the actual program, monitoring attendance, evaluating and grading the student, seeing that the instructor evaluations are completed, and, in general, carrying out all of the provisions of the* instructor guidelines.

*See Instructor Guidelines

7. INSTRUCTOR EVALUATION

In order to continually improve and update MLEOTC sponsored program instruction, certain types of informational feedback from you are necessary; the most important being the area of the instructor and his or her presentation.

To this end, you will be required to complete a written evaluation of the instructor(s) participating in your program. The evaluation will cover:

- Instructor preparation
- Knowledge of subject matter
- Presentation
- Response to student questions
- Emphasis of main points
- Time allotted for notetaking
- Summary of material
- Class control and discipline
- Other (to be identified by students, MLEOTC, or school staff)

Refer to the Appendix of this guide for a sample copy of the Instructor Evaluation.

8. INSTRUCTOR GUIDELINES

A publication of the Michigan Law Enforcement Officers Training Council, developed as an instructional aid for this program.

9. PROGRAM EVALUATION

Each program will be evaluated upon its completion by the participating students, with the evaluations forwarded to the Council.

Refer to the Appendix of this guide for a copy of the Program Evaluation.

10. STUDENT PREREQUISITES

All students attending this program should be in good physical condition with *no* limiting health or physical factors.

If there are any doubts as to your health prior to entering the program, you should obtain a physical examination for clearance.

Students with limiting health or physical problems, which become apparent *during* the program, will be dropped from the program after consultation with your department head and the academy coordinator.

It should be pointed out that MLEOTC, the academy, academy coordinator, and instructor(s) do not assume any responsibility for complications arising from pre-existing medical or physical ailments or conditions.

11. WOMEN IN CLASS

This program is designed for both male and female law enforcement personnel, with the understanding that women can provide valuable input to the program during the training process.

Active solicitation for female participants to this program will be made, with all such students being treated, tested, and graded in the *exact same* manner as male students.

There will be no sexual discrimination either for or against any student, male or female, in this program.

12.

This, (figure 1), and the following two figures, illustrate the procedures for the positioning and rotation of students and instructors, during the exercise and practice sessions.

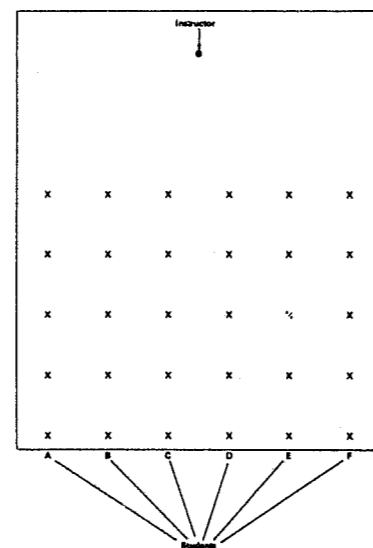


Figure 1

Suggested positioning of students and instructor for exercises.

13.

During the practice session, as shown in figure 2 below, students in row A would practice with the students in row B *directly* across from them. The same holds true for rows C and D.

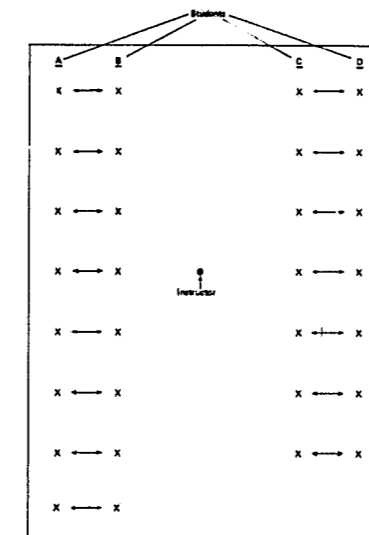


Figure 2

Suggested positioning of students and instructor for practice sessions.

14.

In order to give each student the opportunity to work with all other students, you will be rotated frequently according to figure 3 shown below.

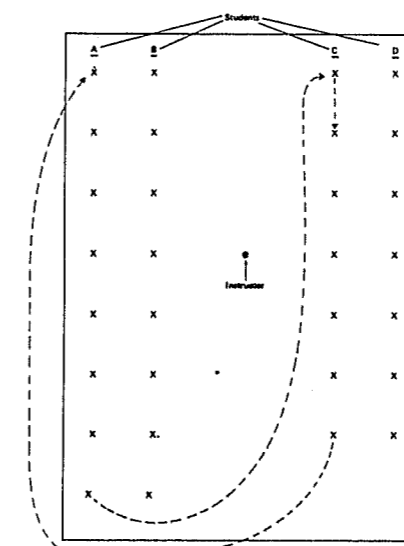


Figure 3

Procedure for rotation of students during practice sessions.

Rows B and D always remain stationary, with the *last* person in row C moving to the head of row A. The last person in row A moves to the head of row C, with the remainder of the students in rows A and C moving down one to accommodate this rotation.

15. WORKOUT APPAREL

Regular

No special workout apparel is necessary for this program, however, you should, at a minimum, have the following:

1. Loose fitting slacks or shorts.
2. Sweatshirt or other loose fitting but *durable* upper garment.
3. Gym shoes and sweatsocks.
4. Gym bag.
5. Towel.
6. Lock (combination or key).
7. Headband to hold on glasses (if glasses are worn).
8. And any grooming aids desired by you for use after a workout.

Special

If you wish, you may utilize any of the following:

1. Sweatsuit or warmup suit.
2. Karate or Judo Gi.
3. Sweat bands (head and wrist).
4. Or any other similar apparel.

NOTE: Any of the above apparel is suitable for working out at home or at your agency, if facilities are available, upon completion of this program.

16. PROTECTIVE EQUIPMENT

Mandatory

In order to participate safely in this program, all *male* students *must* have a *groin* protector to avoid accidental injuries.

Female students, *if they desire*, may utilize similar protective equipment.

Optional

The following equipment is optional for those who may already have it or want to gain experience in its use.

1. Shin and instep pads.
2. Knee pads.
3. Elbow and arm pads.
4. Protective head gear.
5. Boxing or punching bag gloves, or martial arts protective hand and foot gear.
6. Mouth/teeth protector.

There will be only minimal contact during this program, and only the male groin protector is required.

No other equipment is necessary.

NOTE: Students are *not* to wear any type of jewelry (finger rings, watches, earrings, etc.) during the physical activity part of the program as it may become damaged or injure the wearer or other students during the practice sessions.

17. TRAINING AIDS

There is no special equipment required for participation in this program other than that listed in the "Protective Equipment" section.

However, you may wish to utilize the following improvised or purchasable equipment to assist your physical conditioning and training at home, or your agency, upon completion of this program.

IMPROVISED EQUIPMENT

LEG RAISE/STRETCHER (see narrative): For use in stretching the leg muscles when you must work alone. An excellent device for this purpose and inexpensive to put together. Estimated cost \$5.00

MIRROR (see narrative): For use in observing stances and techniques when working alone. Any large household mirror may be used, or mirror tiles may be purchased and fastened to a wall. Estimated cost \$12.00

STRIKING BOARD (see narrative): Used for focusing hand and foot techniques and for strengthening the hands and feet for striking. Estimated cost \$14.00

BALANCE RAIL (see narrative): Used for stretching the leg, thigh, and groin muscles. Estimated cost \$10.00

EXERCISE BOARD (see narrative): Used for sit-ups and other exercises intended to stretch the abdominal muscles. Estimated cost \$12.00

TRAINING AIDS NARRATIVE

Leg Raise/Stretcher

This device is used to develop flexibility and strength in the groin, thighs, and calves. It consists of a wood screw fastened to an overhead beam, with a pulley secured to the eye of the wood screw.

A rope is passed over the pulley with one end fastened to a belt, which has had the buckle cut off and the ends tied together, to form a loop large enough for your foot to pass through.

Place the leather loop around one ankle and, while maintaining your balance on the other foot, pull on the free end of the rope, raising the leg as high as possible *both* to the front and side.

Maintain this position for at least 30 seconds but no more than 60 seconds, and do ten (10) repetitions for each position, each side.

Mirror

Utilizing a mirror during practice sessions will enable you to see yourself as others see you, and will assist you in spotting and correcting errors in your balance and technique.

You can utilize a large household mirror, or 24 large mirror tiles mounted together on a wall, to give you a 6' by 6' reflective surface.

The positioning of the mirror is not critical and need only be placed so that you can see your reflection in it.

Striking Board

Obtain a 1" thick piece of plywood approximately 18" by 18".

Cover one side with a 2" thick layer of foam or latex rubber and cover this with a piece of canvas or denim.

Mount this device on a wall or post, at chest level, and use it to focus punches, toughen your hands, and to develop speed and coordination when punching or kicking.

Balance Rail

This device is intended to assist you in developing flexibility and strength in the calf, thigh, groin, and back muscles.

It consists of a six-foot length of stair rail and three stair rail mounting brackets, and is fastened to the wall at stomach level (horizontal to the floor). It is used primarily for stretching exercises.

An example of one exercise using the balance rail follows:

Face the rail (about 3 feet out) and place one foot on it (at the ankle) while maintaining your balance on the other foot. Bend forward from the waist and attempt to touch the toes of the foot on the rail while, at the same time, touching your forehead to your knee. Repeat for both sides of the body and as many times as desired.

Exercise Board

Also known as a slant board, this device is intended to develop strength and flexibility in the waist, stomach, chest, and back.

Use any hard surface that is approximately the length and width of an ironing board and can be elevated at one end.

Lay on your back with your feet elevated (your head at the low end), place your hands behind your neck (fingers interlaced), and sit up, attempting to touch your forehead to your knees. Repeat as many times as desired.

You may wish to design other types of improvised training aids as the need arises or may obtain additional ideas from Martial Arts magazines available at local newsstands. For suggestions aimed at specific

training problems, you may contact the Council at the address shown below or Mr. Robert Allemier, the content consultant for this manual.

Raymond L. Walters
Curriculum Section, MLEOTC
7426 N. Canal Road, Lansing, MI 48913
(517) 373-2826

Mr. Robert S. Allemier
Lansing Karate School
3228 N. East Street, Lansing, MI 48906
(517) 484-5335 — (517) 485-4444

PURCHASED EQUIPMENT

BARBELLS/WEIGHTS: For use in general body conditioning and muscle development. Estimated cost \$50.00 to \$100.00.

PUNCHING BAG: To develop speed with hand techniques. Estimated cost \$20.00 to \$40.00.

KARATE STRIKING & KICKING BAG: For assistance in working on full contact kicks and punches, in addition to techniques involving the elbows, etc. Estimated cost \$35.00 to \$150.00.

EXERCISERS: There are a number of spring or elastic exercisers that may be utilized in strengthening the fingers, hands, arms, chest, and legs. Estimated cost \$2.50 to \$50.00.

Summary

As indicated, there are a number of training aids that may be beneficial to you for your physical conditioning and training *after* the completion of this program.

Depending upon your ability, dedication, and "space available" at home or work, one or all of the items listed can be of major assistance in any exercise program you may wish to follow.

Before investing time or money in any of these items, however, two things must be considered:

1. *Can* you use them?
2. *Will* you use them?

Only if the answer to both of these questions is yes should you proceed.

18. ATTENDANCE

Absenteeism shall not exceed 10% of the total number of curriculum hours offered by an academy. Excused absences may be made up at the discretion of the instructor and school coordinator. All absences shall be reported immediately to the trainee's organization. An accurate attendance record shall be maintained by the instructor on the form provided.

Refer to the Appendix of this guide for a sample copy of the Attendance Sheet.

19. RULES WHILE IN ATTENDANCE

The following rules and regulations will be in effect at a Council approved Defensive Tactics School.

Courtesy:

- A. Instructors will be addressed by their respective ranks or titles, such as: "Chief", "Sgt.", "Mr.", etc.
- B. Trainees shall maintain decorum while in the classroom and gym and shall treat instructors with respect at all times.

Propriety and Punctuality:

- A. Trainees will be seated and prepared to receive instruction and take notes at the time the class is scheduled to commence. Continued tardiness will be reflected in the trainee's final evaluation.
- B. Absences due to sickness or emergencies shall be reported to the school coordinator at the beginning of each school day.
- C. Each instructional hour will provide for a 10-minute break after which class will resume.
- D. Commuters shall park their cars in designated areas only.
- E. *Dress for the classroom portion of the program is casual, except for the last day, when the student is required to wear his or her departmental uniform.*
- F. Personal hygiene and appearance shall not be neglected.
- G. Trainees are required to maintain classroom and gym cleanliness and may be assigned to maintenance details as classroom, or gym monitor to insure the orderliness of these areas.
 1. No food or drink will be brought into the classroom or gym.
 2. Smoking in the classroom or gym during the program is prohibited.
 3. Use of the school telephone will be limited to official department business and calls of an urgent nature.
 4. Any form of gambling or possession of alcoholic beverages is prohibited during class hours, including breaks and lunch periods.
 5. Live-in trainee conduct will be above reproach. Any conduct unbecoming a law enforcement officer can be cause for dismissal from the school.
 6. In addition to the above restrictions, all trainees will be expected to abide by the rules and regulations of their respective agencies while attending a Council approved school.
 7. Trainee conduct, disorder, or neglect prejudicial to good order, efficiency, or discipline, whether or not specifically stated in these rules and regulations, is prohibited and can be cause for dismissal from the school.

The school coordinator and/or instructor may desire to ADD additional rules and regulations beneficial to the school operation. The Training Council will be advised by the school coordinator of both violations of and additions to these rules and regulations.

20. INCIDENT REPORT

To assist the Council in maintaining a defensive tactics program that meets the needs of the officer on the street, we need the cooperation of all those attending this program in reporting to us incidents in which they have encountered martial arts weapons and techniques used against them, and/or situations in which they have used the training received in this program.

To this end, the instructor will provide two (2) or three (3) copies of the Defensive Tactics Incident Report Form to all students attending his or her class.

Refer to the Appendix of this guide for a sample copy of the Defensive Tactics Incident Report Form.

21. STUDENT DATA SHEET

This sheet is intended to provide the instructor, with basic background information on the students in his or her class relative to their expertise and experience in the area of self-defense training.

At the conclusion of the program, the instructor completes the bottom portion of the sheet and returns the entire sheet to MLEOTC along with the tests, student exam records, student and instructor evaluations, attendance sheets, and any other pertinent material.

Refer to the Appendix of this guide for a sample copy of the Student Data Sheet.

22. STUDENT EVALUATION

In addition to administering a 3-part student examination, the instructor will be required to summarize your involvement in the program.

Included will be class participation, attitude, willingness to learn, improvement during the program, and any other factors the instructor feels are important.

Refer to the Appendix of this guide for a sample copy of the Student Evaluation.

23. TESTING AND GRADING

The examination for this program will be in three (3) parts.

- Part I Physical Conditioning
- Part II Written Examination
- Part III Performance Evaluation

Although you will be graded on a pass or fail basis for each of these parts, numerical grades will be assigned to each.

These will be used to determine if you attain a level of 70% which is the *minimum* allowed for a *passing* score. You *must* pass all three parts of the examination to successfully complete the program.

The total numerical score for all three parts of the exam will then be used to determine the top two students in each program.

The top two students in each program will receive a letter from MLEOTC indicating their status, with a copy being sent to their department.

Although the instructor has the primary responsibility for conducting this program and grading the students, the academy coordinator must also sign the test results to indicate that he or she is in agreement with those results.

In event of a disagreement between the instructor and the academy coordinator as to whether or not a student has passed or failed the program, the Council will make the final determination.

Part I — Physical Conditioning

In this portion of the examination, you must demonstrate your ability to perform at a minimal level of physical conditioning, this level being geared to the warm-up exercises.

When you have demonstrated in class that you can perform a particular exercise at the required number of repetitions, the instructor will so indicate on a check-off list.

These exercises *do not* have to be completed on the same day, *nor* do they have to be done in one continuous session.

You must be able to do eleven (11) of the sixteen (16) exercises to obtain the minimum passing grade of 70% for this portion of the exam.

NOTE: Each exercise has a numerical point value of [6.3].

Part II — Written Examination

In this part of the examination, you must demonstrate, in writing, your ability to comprehend the material presented by correctly answering questions relating to key points covered in the gym, classroom, and in the Defensive Tactics Manual.

There are seventy-four (74) questions in this part of the examination, each having a numerical point value of [1.4]. You must correctly answer fifty (50) of these questions in order to attain the minimum passing grade of 70%.

Part III — Performance Evaluation

In this, the third and final portion of the examina-

tion, you will be required to demonstrate that you know, and can apply in a practical exercise, the techniques that have been taught.

PROCEDURE

1. This portion of the exam will take place in the afternoon of the last day of class.
2. You will wear your departmental uniform for testing.
3. You will be paired up as closely as possible, according to height and weight.
4. Each pair of students will demonstrate five (5) techniques. All techniques MUST include a block *and* at least one counter.
5. During testing, each pair of students will face each other. When both are ready, one will throw a kick or punch, and the other will block and counter. They will then reverse, with the student who attacked, now blocking and countering and vice versa. This will continue until each has demonstrated five (5) techniques.
6. Scoring will be by the instructor(s), who will assign a numerical score of from 1 to 10 for each student's *overall* performance of the five (5) techniques.

- Where there is more than one person scoring the student, the score will be the *average* of the combined scores.
7. This final score will be multiplied by 10 to arrive at the percentage value. As in the first two parts of the examination, the student must attain a minimum of 70% to pass.

EXAMPLE

Instructor's scores 8, 8.5, 9 (3 Instructors/Judges).
Total 25.5 points
divided by 3 = 8.5 points
times 10 = 85%

24. DIPLOMAS

Diplomas of achievement from MLEOTC will be issued to all participants who successfully complete the Advanced Police Training requirements at Council approved schools.

These diplomas shall be controlled by and remain the property of the Council. Diplomas may be recalled upon due cause, as determined by the Council.

Refer to the Appendix of this guide for a sample copy of the student diploma.

**25. CLASS OUTLINE
AND
SCHEDULE**

MLEOTC
ADVANCED POLICE TRAINING
DEFENSIVE TACTICS PROGRAM

CLASS SCHEDULE

MONDAY

* 8:00 — 9:00	Orientation and registration	60 minutes
9:00 — 9:15	Break	15 minutes
* 9:15 — 10:15	— Deadly force — Theory and philosophy — Vital areas	60 minutes
10:15 — 10:30	Break	15 minutes
* 10:30 — 11:30	Attacking and blocking tools	60 minutes
11:30 — 12:30	Lunch	60 minutes
† 12:30 — 12:45	Dress for gym	15 minutes
† 12:45 — 1:00	Free time for individual warm-up	15 minutes
† 1:00 — 2:00	Basic techniques	60 minutes
2:00 — 2:15	Break	15 minutes
† 2:15 — 3:15	Basic techniques	60 minutes
3:15 — 3:30	Break	15 minutes
† 3:30 — 4:30	Basic techniques	60 minutes
4:30 — 4:45	Review	15 minutes
† 4:45 — 5:00	Shower and dress	15 minutes

NOTE: INSTRUCTORS WILL BEGIN EVALUATING STUDENTS FOR THE PART-ONE PHYSICAL PERFORMANCE PORTION OF THE EXAMINATION.

TUESDAY

† 8:00 — 8:15	Dress for gym	15 minutes
† 8:15 — 8:30	Free time for individual warm-up	15 minutes
† 8:30 — 10:00	Basic techniques	90 minutes
10:00 — 10:15	Break	15 minutes
† 10:15 — 11:15	One-step fighting (pre-arranged)	60 minutes
† 11:15 — 11:30	Dress for lunch	15 minutes
11:30 — 12:30	Lunch	60 minutes
† 12:30 — 12:45	Dress for gym	15 minutes
† 12:45 — 1:00	Free time for individual warm-up	15 minutes
† 1:00 — 1:30	Warm-up exercises	30 minutes
† 1:30 — 2:00	One-step fighting (pre-arranged)	30 minutes
2:00 — 2:15	Break	15 minutes
† 2:15 — 3:15	— One-step fighting (pre-arranged) — Foot-sweeps	60 minutes
3:15 — 3:30	Break	15 minutes
† 3:30 — 4:00	Foot-sweeps	30 minutes
† 4:00 — 4:45	Notebook review	45 minutes
† 4:45 — 5:00	Shower and dress	15 minutes

NOTE: INSTRUCTORS WILL CONTINUE EVALUATING STUDENTS FOR THE PART-ONE PHYSICAL PERFORMANCE PORTION OF THE EXAMINATION.

* Classroom activity
† Gym activity

WEDNESDAY

† 8:00 — 8:15	Dress for gym	15 minutes
† 8:15 — 8:30	Free time for individual warm-up	15 minutes
† 8:30 — 10:00	— Warm-up exercises	
	— Gym review	90 minutes
10:00 — 10:15	Break	15 minutes
† 10:15 — 11:15	Demonstrate techniques on bag	60 minutes
† 11:15 — 11:30	Dress for lunch	15 minutes
11:30 — 12:30	Lunch	60 minutes
† 12:30 — 12:45	Dress for gym	15 minutes
† 12:45 — 1:00	Free time for individual warm-up	15 minutes
† 1:00 — 2:00	— Warm-up exercises	
	— One-step fighting (pre-arranged)	60 minutes
2:00 — 2:15	Break	15 minutes
† 2:15 — 3:15	Two-step fighting (pre-arranged)	60 minutes
3:15 — 3:30	Break	15 minutes
† 3:30 — 4:45	Circle fighting (5 on 1)	75 minutes
† 4:45 — 5:00	Shower and dress	15 minutes

NOTE: INSTRUCTORS WILL CONTINUE EVALUATING STUDENTS FOR THE PART-ONE PHYSICAL PERFORMANCE PORTION OF THE EXAMINATION.

THURSDAY

† 8:00 — 8:15	Dress for gym	15 minutes
† 8:15 — 8:30	Free time for individual warm-up	15 minutes
† 8:30 — 10:00	— Warm-up exercises	
	— Class review	
	— Demonstrate techniques on bag	90 minutes
10:00 — 10:15	Break	15 minutes
† 10:15 — 11:15	— Two-step fighting (pre-arranged)	
	— Three-step fighting (pre-arranged)	60 minutes
† 11:15 — 11:30	Dress for lunch	15 minutes
11:30 — 12:30	Lunch	60 minutes
† 12:30 — 12:45	Dress for gym	15 minutes
† 12:45 — 1:00	Free time for individual warm-up	15 minutes
† 1:00 — 2:00	Three-step fighting (pre-arranged)	60 minutes
2:00 — 2:15	Break	15 minutes
† 2:15 — 3:15	Baton techniques	60 minutes
3:15 — 3:30	Break	15 minutes
† 3:30 — 4:45	Baton techniques	75 minutes
† 4:45 — 5:00	Shower and dress	15 minutes

NOTE: INSTRUCTORS WILL FINISH EVALUATING STUDENTS FOR THE PART ONE PHYSICAL PERFORMANCE PORTION OF THE EXAMINATION.

* Classroom activity
† Gym activity

FRIDAY

* 8:00 — 9:00	Review of class material	60 minutes
9:00 — 9:15	Break	15 minutes
* 9:15 — 10:15	TEST: Written	60 minutes
10:15 — 10:30	Break	15 minutes
† 10:30 — 11:30	Review of gym techniques	60 minutes
11:30 — 12:30	Lunch	60 minutes
* 12:30 — 1:30	Question and answer period	60 minutes
1:30 — 1:45	Break	15 minutes
* 1:45 — 5:00	TEST: Performance	195 minutes

* Classroom activity
† Gym activity

NOTE: PART TWO OF THE EXAMINATION, THE WRITTEN TEST, IS GIVEN IN THE MORNING.

PART THREE OF THE EXAMINATION, THE PERFORMANCE TEST, IS GIVEN IN THE AFTERNOON.

MLEOTC
ADVANCED POLICE TRAINING
DEFENSIVE TACTICS PROGRAM
CLASS OUTLINE
A
SUPPLEMENT
TO THE
CLASS SCHEDULE

MONDAY

- 8:00 — 9:00 An introduction of all those who will be involved in conducting the program.
An explanation of what will be covered during the coming week.
Students will fill out any and all required forms.
- 9:00 — 9:15 BREAK
- 9:15 — 10:15 The use of deadly force and restrictions on its application; will be covered and related to hand-to-hand combat situations. Refer to the deadly force statement in this manual.
Will discuss the theory and philosophy behind this course, the techniques shown, and the method of instruction utilized. Refer to the theory and philosophy section of this manual.
Will cover the vital areas of the human body, its structural weaknesses, and nerve and pressure points. Refer to the anatomy charts in Part II of this manual.
- 10:15 — 10:30 BREAK
- 10:30 — 11:30 Will cover in detail the various parts of the body that can be used as attacking and blocking tools. Refer to Parts II and III of this manual which deal with attacking and blocking tools.
- 11:30 — 12:30 LUNCH
- 12:30 — 12:45 You should dress for gym activity at this time.
- 12:45 — 1:00 Free time for individual warm-up. You may run laps, stretch out, play basketball, etc., during this period.
- 1:00 — 2:00 This part of the program combines the warm-up exercises with an introduction to the basic techniques you will be expected to learn. Refer to the exercise program in Part II of this manual, for the warm-up exercises to be utilized.
- 2:00 — 2:15 BREAK
- 2:15 — 3:15 This part of the program continues the introduction to, and practice of, the basic techniques you will be expected to learn, i.e., stances, blocks, kicks, punches, and strikes. Refer to the exercise program in Part II of this manual and to Part III.
- 3:15 — 3:30 BREAK
- 3:30 — 4:30 This part of the program — the introduction to, and practice of, the basic techniques you will be expected to learn, i.e., stances, blocks, kicks, punches, and strikes concludes for today.
- 4:30 — 4:45 Review briefly what has been covered in class and in the gym. This is primarily intended as a period to respond to any questions regarding the first day's activities.
- 4:45 — 5:00 Class is officially over at this time. You may shower, dress, and leave.

TUESDAY

- 8:00 — 8:15 You should dress for gym activity at this time.
- 8:15 — 8:30 Free-time for individual warm-up. You may run laps, stretch out, play basketball, etc., during this period.
- 8:30 — 10:00 This part of the program consists of the warm-up exercises and a continuation and review of the basic techniques covered yesterday afternoon. Refer to the exercise program portion of this manual in Part II and, Part III.
- 10:00 — 10:15 BREAK
- 10:15 — 11:15 One-step or pre-arranged fighting. Will start out with three or four basic techniques and counters, such as: (1) using a high block followed by one punch; (2) evading and following up with a round kick; and (3) evading and following up with a side kick. Refer to Parts III and IV of this manual for a selection of techniques to draw from.
- 11:15 — 11:30 Class is officially over for the morning. You may shower, dress, and leave for lunch.
- 11:30 — 12:30 LUNCH
- 12:30 — 12:45 You should dress for gym activity at this time.
- 12:45 — 1:00 Free time for individual warm-up. You may run laps, stretch out, play basketball, etc., during this period.
- 1:00 — 1:30 Warm-up exercises. Refer to the exercise program portion of this manual.
- 1:30 — 2:00 Continue one-step or pre-arranged fighting, add to the techniques shown in the morning. Refer to the Parts III and IV of this manual for a selection of techniques to draw from.
- 2:00 — 2:15 BREAK
- 2:15 — 3:15 Continue one-step or pre-arranged fighting with the addition of new techniques, including footsweeps and take-downs. Refer to Parts III and IV of this manual for a selection of techniques to draw from.
- 3:15 — 3:30 BREAK
- 3:30 — 4:00 Continue working on footsweeps. Refer to Parts III and IV of this manual for a selection of techniques to draw from.
- 4:00 — 4:45 Notebook review. This time will be used to examine the notes you have made on the material so far presented and to answer any questions there might be.
- 4:45 — 5:00 Class is officially over at this time. You may shower, dress, and leave.

WEDNESDAY

- 8:00 — 8:15 You should dress for gym activity at this time.
- 8:15 — 8:30 Free time for individual warm-up. You may run laps, stretch out, play basketball, etc., during this period.
- 8:30 — 10:00 This portion of the program combines the warm-up exercises with a general review of all material covered in gym to this point. Refer to Parts II, III, IV, and V of this manual.
- 10:00 — 10:15 BREAK
- 10:15 — 11:15 Students will form into lines of equal length behind each striking bag. One at a time, you demonstrate a punch, strike, or kick, etc., on the bag and then go to the end of the line. Repeating this sequence until everyone has had the opportunity to work several techniques with *both* sides of their body. Balance, speed, coordination, and power in the correct delivery of these techniques will be stressed.
- 11:15 — 11:30 Class is officially over for the morning. You may shower, dress, and leave for lunch.
- 11:30 — 12:30 LUNCH
- 12:30 — 12:45 You should dress for gym activity at this time.
- 12:45 — 1:00 Free time for individual warm-up. You may run laps, stretch out, play basketball, etc., during this period.
- 1:00 — 2:00 This portion of the program combines the warm-up exercises with one-step or pre-arranged fighting. Refer to Parts II thru V of this manual.
- 2:00 — 2:15 BREAK
- 2:15 — 3:15 Two-step or pre-arranged fighting. Refer to the Part V of the this manual for a selection of techniques to draw from.
- 3:15 — 3:30 BREAK
- 3:30 — 4:45 Circle fighting or five-on-one situations. The class will be divided into groups of six, which will then form into circles with one man in the center of each circle. The man in the center must defend against attacks from the five forming the circle. Each man of each group must take the center position twice.
- 4:45 — 5:00 Class is officially over at this time. You may shower, dress, and leave.

THURSDAY

- 8:00 — 8:15 You should dress for gym activity at this time.
- 8:15 — 8:30 Free time for individual warm-up. You may run laps, stretch out, play basketball, etc., during this period.
- 8:30 — 10:00 Warm-up exercises. Refer to Part II of this manual.
Review gym techniques and material that has been presented to date. Any questions you may have will be answered at this time.
As during yesterday morning, you will form into lines of equal length behind the striking bags and, one at a time, demonstrate a punch, strike, kick, etc., on the bag and then go to the end of the line. Repeat this sequence until everyone has had the opportunity to work several techniques with both sides of the body. Balance, speed, coordination, and power in the correct delivery of these techniques will again be stressed.
- 10:00 — 10:15 BREAK
- 10:15 — 11:15 Two-step and three-step or pre-arranged fighting. Refer to Part V of this manual for a selection of techniques to draw from.
- 11:15 — 11:30 Class is officially over for the morning. You may shower, dress, and leave for lunch.
- 11:30 — 12:30 LUNCH
- 12:30 — 12:45 You should dress for gym activity at this time.
- 12:45 — 1:00 Free time for individual warm-up. You may run laps, stretch out, play basketball, etc., during this period.
- 1:00 — 2:00 Will continue with three-step or pre-arranged fighting. Refer to Part V of this manual for a selection of techniques to draw from.
- 2:00 — 2:15 BREAK
- 2:15 — 3:15 This portion of the program is devoted to baton techniques. You should have been instructed to have a baton available for today. Refer to Part VI of this manual for a selection of techniques to draw from.
- 3:15 — 3:30 BREAK
- 3:30 — 4:45 Will continue instruction in baton techniques. As an option, the instructor may have you demonstrate techniques on the striking bags. Refer to Part VI of this manual for a selection of techniques to draw from.
- 4:45 — 5:00 Class is officially over at this time. You may shower, dress, and leave.

FRIDAY

- 8:00 — 9:00 A review of all the material that was presented in the classroom; particularly the anatomy charts. Any questions you may have will be answered at this time.
- 9:00 — 9:15 BREAK
- 9:15 — 10:15 Part two of the three-part examination for this course will be administered at this time. Part two is a written exam and deals with theory and philosophy, attacking and blocking tools, and the anatomy charts. This is a closed book examination; *no notes or other assistance is allowed.*
- 10:15 — 10:30 BREAK
- 10:30 — 11:30 A review of the techniques that have been presented during the gym portion of the program; any questions you may have will be answered at this time. Remember, the student manual is a good review source.
- 11:30 — 12:30 LUNCH
- 12:30 — 1:30 Question and answer period for a final review before the part three performance test.
- 1:30 — 1:45 BREAK
- 1:45 — 4:15 Part three of the three-part examination for this course will be administered at this time. Part three is a performance test in which the student, during one, two, and three-step or pre-arranged fighting, demonstrates five techniques from each side of the body and demonstrates his or her proficiency against a group of opponents in a three, four, or five-on-one situation. *Students must be in full uniform dress for the testing.*
- NOTE: In this three, four, or five-on-one situation, the judges will place the student in the situation they want him or her and, at a given signal the student will attempt to neutralize his opponents.**
- 4:15 — 4:45 This portion of the program is devoted to a general summary and any type of graduation ceremony (if desired), in addition to closing or concluding remarks by the instructor, academy coordinator, etc.
- 4:45 — 5:00 All students should pitch in at this time to police the area. When the clean-up has been finished, the class is officially over and the students may leave.

PART II

THE HUMAN BODY: USE AND POTENTIAL

This unit deals with five (5) specific areas, they are:

1. The Development of Physical Power
2. Vital Areas
3. The Human Anatomy
4. Attacking and Blocking
5. Exercise Programs

It is important that you master the material presented in this unit if you are to both pass the written test, and have the necessary basic skills and information required to successfully complete the remainder of the program.

26. DEVELOPMENT OF PHYSICAL POWER

The average individual utilizes only 10 to 20 percent of his or her *physical* potential; however, anyone, through proper training and conditioning in the areas of (1) reaction force, (2) concentration, (3) equilibrium, (4) breath control, and (5) speed, can develop themselves to the point where they are able to utilize 100 percent of their physical capability.

Reaction Force

According to the laws of physics, for every action there is an equal and opposite reaction. For example, a moving object striking an immovable object with X amount of force will find the same amount of force returned by the immovable object, i.e., if an opponent was moving rapidly towards you, the force of any blow to that opponent would be that of his or her rushing attack *plus* that of your blow.

The combination of these two forces (your opponent's, which is large, and yours, which, in this case, is small) is extremely effective. This, then, is the reaction force from your opponent.

An example of your own reaction force would be a punch thrown with the right fist while the left fist is being pulled back to the hip, at the same time and at the same speed.

Concentration of Force

When you apply the "impact force" of a blow to the smallest target area possible, you are "concentrating" that force and are thereby increasing the effect of the blow.

It is important that your full body strength behind a blow be unleashed at the point of contact with your opponent's body through the mobilization of the muscles of your body towards the smallest target area possible, as rapidly as possible.

Equilibrium/Balance

Balance is probably the most important factor of any athletic sport, as well as any defensive tactics program, and it deserves special consideration.

By keeping the body always balanced (or in equilibrium), any blows you may land on an opponent will have more force and, therefore, be more effective.

Conversely, if you do not maintain good balance, you can easily be upset and your blows will lack force. Thus, you should always attempt to maintain a stance that is stable but flexible, whether in a defensive or an offensive position.

To maintain good balance, your center of gravity must fall in a straight line midway between both legs when the body weight is distributed equally on both legs, or in the center of the foot, if it is necessary to concentrate most of your weight onto one foot.

Flexibility and knee spring are also important in maintaining balance, particularly in developing a rapid attack and recovery. As a final note on maintaining proper balance and producing maximum power at the point of impact with your techniques, the heel of your rear foot should *never* be off the ground at the moment you land a blow.

Breath Control

Controlled breathing has three main benefits. The first is that it can increase your stamina. Secondly, it can condition your body so that when breathing is stopped (while exhaling) when a blow is landed on a pressure point of your body, loss of consciousness can be prevented and pain can be minimized. Lastly, a sharp exhaling of your breath at the moment you land a blow on an opponent will increase the power and speed of that blow.

Remember: *Never* inhale when attempting to land a blow on, or utilize a block against, an opponent. Not only will this slow your techniques, but it will also result in a reduction of power behind the techniques.

Speed

Speed is the primary component of power/force. This can be shown mathematically in the formula: $F = m \times a$ (Force = mass x acceleration).

Reaction force, breath control, and concentration are the primary factors that contribute to speed, and *all* of these factors must be utilized and coordinated in order for you to attain maximum efficiency.

27. VITAL AREAS

Vital areas can be defined as any breakable or sensitive part of the body vulnerable to attack. These are usually nerve centers, blood vessel junctions or locations of vital organs.

To avoid useless motion or ineffective techniques, the student should familiarize him or her self with the vital areas and their varying degrees of vulnerability so that a target may be selected for either an effective offense or defense.

There are over 244 pressure points located on the human body. Of these, 69 can be considered vital. These, in turn, can be divided into two groupings: Major vital areas and minor vital areas.

Blows to major vital areas can cause fatal injuries or permanent deformation, while blows to minor vital areas can cause severe pain and inhibit the proper functioning of those areas.

The human body itself may be divided into five (5) principal areas. They are:

1. Head.
2. Neck.
3. Chest.
4. Abdomen.
5. Arms and Legs.

The Head

The head consists of the cranium which houses the brain, the most important part of the central nervous system. The part of the brain that controls the respiratory and circulatory centers which affect both breathing and heart beat is located at the back of the head. A BLOW TO THIS PART OF THE BODY CAN CAUSE INSTANT DEATH. For this reason the head is not, except as a last resort, used as an attacking tool.

A blow to the temple region not only can cause death, but, due to its proximity to the optic nerve centers, can also result in permanent eye damage. A blow to the jaw can easily result in a dislocation or fracture. Additionally, the bridge of the nose, the area just below the nose, and the chin are considered *minor* vital spots for the head area.

The Neck

Important parts of the body such as the windpipe, esophagus, and major blood vessels are located in the neck.

The larynx, Adam's apple, and windpipe are located in the front (anterior portion) of the neck and are considered part of the respiratory organs. Very little force is required here to do considerable damage, including death from shock or bleeding.

A blow to the rear of the neck may result in a fracture or dislocation of the cervix (connects the spinal column to the brain), resulting in death or paralysis of the arms and legs.

The Chest

The chest cavity houses the primary interior organs, i.e., the lungs and heart. A blow to the heart may result in instant death, while the collar bones may be easily broken with a light to medium blow.

The armpit which is the location of major nerve and blood vessels is also extremely vulnerable, especially when the opponent is punching and leaves this area exposed.

The Abdomen

The abdomen contains the digestive organs such as the liver, stomach, large and small intestines, spleen, bladder, kidney, etc., all of which are easily damaged and could result in internal bleeding if struck with too much force.

Arms and Legs

Muscles, tendons, blood vessels, and joints are the main elements of the limbs and they are extremely sensitive to pain.

They can be rendered immobile through a well-placed blow to the shoulder, elbow, wrist, knee, or ankle. The groin is perhaps the most vulnerable spot, since it houses extremely sensitive nerve centers and numerous blood vessels. Even the slightest kick or blow here can temporarily disable an opponent.

The areas indicated above have, of necessity, been brief, covering the more important vital spots. It is virtually impossible to toughen any of these areas although some additional protection can be provided to some intestinal organs by conditioning the abdominal and chest muscles.

Finally, all students attending this program should make sure they have a good understanding of basic first aid, including artificial respiration, so that they can recognize injuries and/or provide emergency first aid if necessary.

In case of suspected internal injuries, keep the victim quiet, elevate the feet, prevent loss of body heat, and treat for shock.

DO NOT MOVE THE VICTIM. IMMEDIATELY SUMMON PROFESSIONAL MEDICAL ASSISTANCE.

28. ANATOMY CHARTS

The following six (6) figures, illustrate the three general target areas of the body and the major vital areas within each.

Figure 4

The three general target areas of the human body.

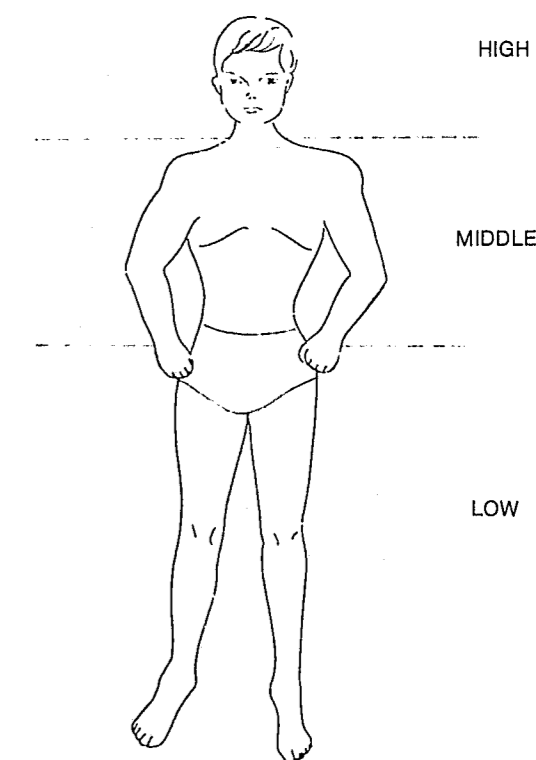
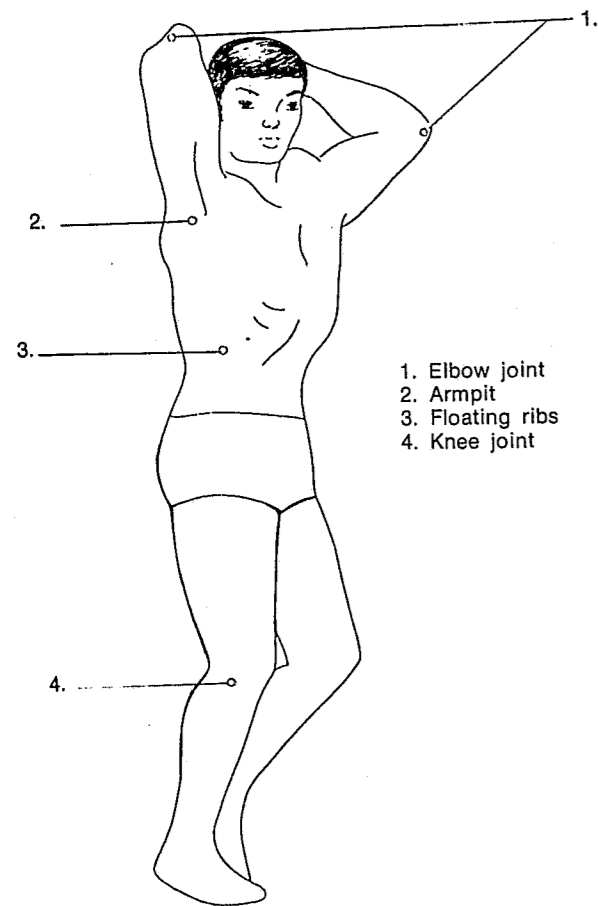


Figure 5

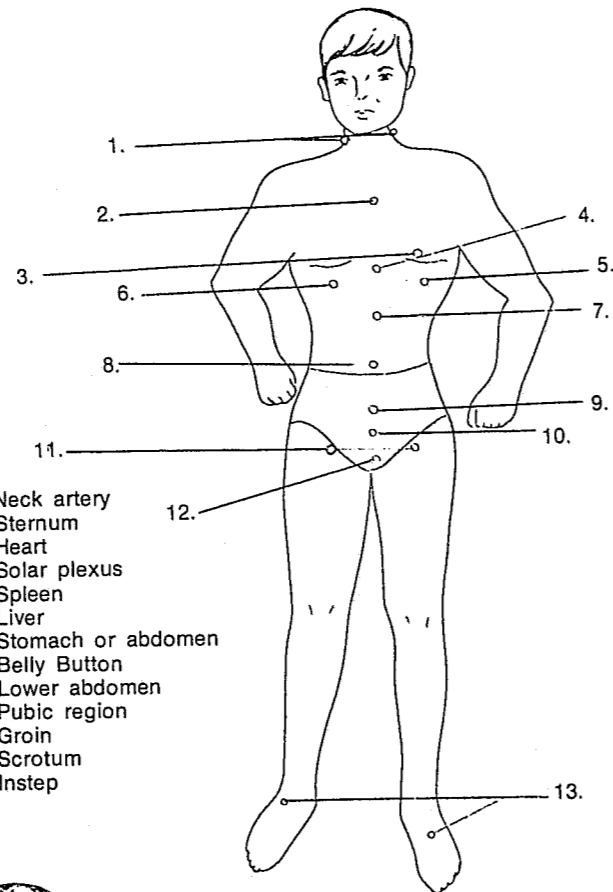
Target/Vital Areas: Side View — Entire Body



1. Elbow joint
2. Armpit
3. Floating ribs
4. Knee joint

Figure 7

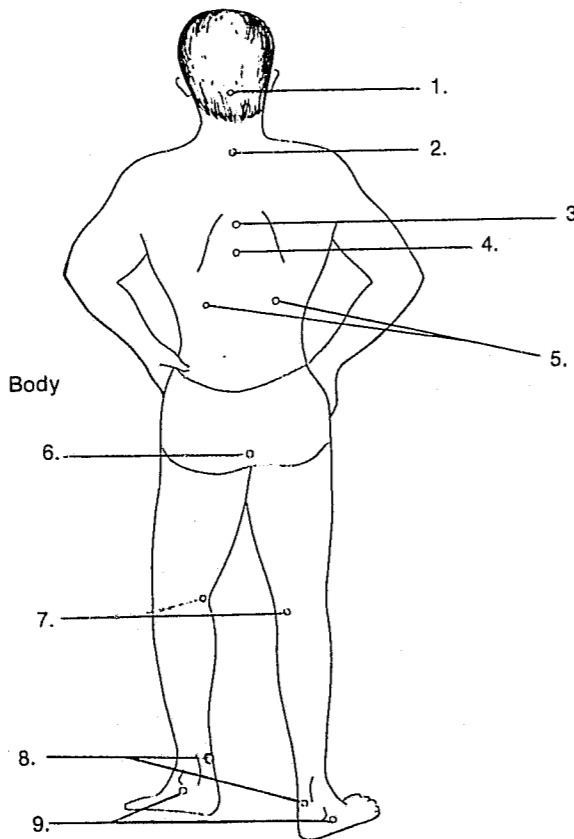
Target/Vital Areas: Front View — Entire Body



1. Neck artery
2. Sternum
3. Heart
4. Solar plexus
5. Spleen
6. Liver
7. Stomach or abdomen
8. Belly Button
9. Lower abdomen
10. Pubic region
11. Groin
12. Scrotum
13. Instep

Figure 6

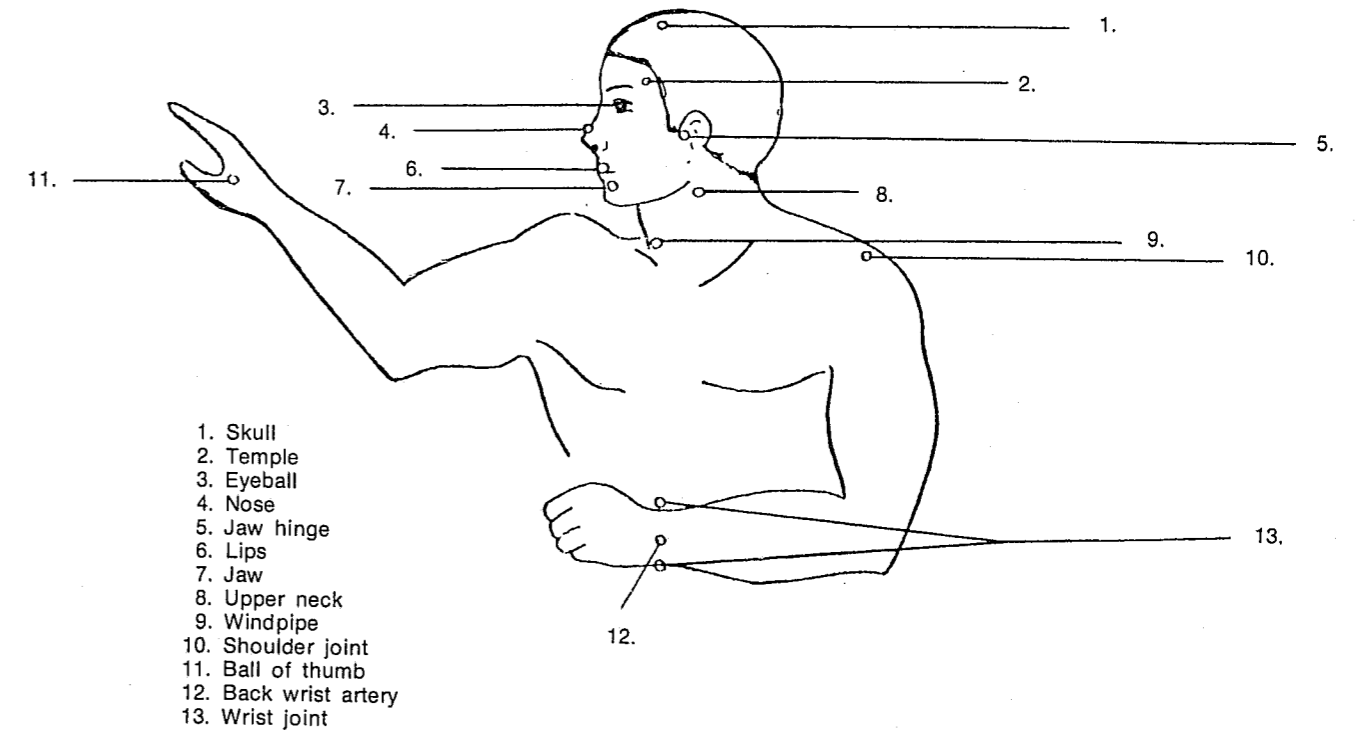
Target/Vital Areas: Back View — Entire Body



1. Back of head
2. Back of neck
3. Upper back
4. Small of back
5. Kidneys
6. Tail Bone
7. Back of knees
8. Achilles tendon
9. Ankle joint

Figure 8

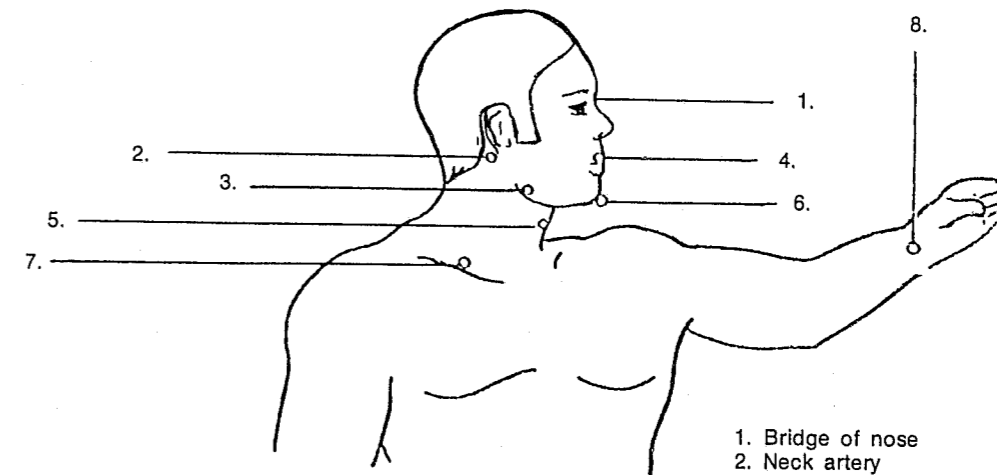
Target/Vital Areas: Side View — Left Upper Half of Body



1. Skull
2. Temple
3. Eyeball
4. Nose
5. Jaw hinge
6. Lips
7. Jaw
8. Upper neck
9. Windpipe
10. Shoulder joint
11. Ball of thumb
12. Back wrist artery
13. Wrist joint

Figure 9

Target/Vital Areas: Side View — Right Upper Half of Body



1. Bridge of nose
2. Neck artery
3. Side of jaw
4. Area between upper lip and base of nose
5. Adam's apple
6. Point of chin
7. Collar bone
8. Underwrist artery

29. ATTACKING AND BLOCKING

PARTS OF BODY USED

No matter how skillful the individual is in his or her application of the techniques in this manual, those techniques will be of little value if their delivery lacks force. Without force you will be unable to impart pain or shock to your opponent during the attack or defense.

The part or surface area of your body through which you impart shock to an opponent's body is called an attacking tool, while any part or surface area which intercepts or turns away an opponent's attack is called a blocking tool.

Basically, all locations or points of body strength (or areas where that strength may be concentrated) are considered to be attacking tools, most of which are also blocking tools.

There are nineteen (19) primary parts or areas in which strength or power can be concentrated, toughened, or developed. It is these nineteen (19) areas that we will be primarily concerned with in this manual. They are divided into hand parts, foot parts, and miscellaneous parts.

HAND PARTS

How to Properly Make a Fist

1. Open your hand loosely.
2. Curl the fingers inward as tightly as possible.
3. Press the fingers, one at a time (starting with the little finger), into the palm while bending the thumb toward the inside of the palm.
4. Place the thumb over the forefinger and middle finger, maintaining pressure on the forefinger.

Forefist

The forefist is generally used for attacking the philtrum (area below the nose), ribs, solar plexus, chest, abdomen, jaw, etc. *

The main knuckles of the middle and forefingers are used for punching. The *top* and *front* of the fist should form a right angle when the fist is closed so that only the *punching parts* (knuckles) will make contact with the target.

* The forefist is occasionally used to block, usually in a pressing motion.

You should not allow the wrist to be bent under any circumstances. The reasons for this are:

1. To prevent an opponent from blocking or grabbing the wrist.
2. To direct the punching parts of the fist *directly* into the target.
3. To concentrate/focus the maximum amount of force into the punching parts of the fist (the knuckles).

Back Fist

Used primarily to attack the skull, forehead, temple, floating ribs, abdomen, and area below the nose. The main knuckles of the forefinger and middle finger are used.

Side Fist

While occasionally used for blocking, it is mainly used to attack the skull, ribs, elbow joints, and abdomen. The meaty part of the outside of the fist is used for the attack.

Under Fist

This is formed by rolling the forefinger into the palm while pressing the forefinger with the thumb. It is used to attack the philtrum, jaw, lips, temple, Adam's apple, floating ribs, and solar plexus. The secondary knuckles of the middle, ring, and forefingers make up the attacking tool.

Palm

Used mainly for blocking and for occasionally attacking the face, it is formed by bending all of the fingers *slightly* inward to the palm (to strengthen the palm) while keeping the hand approximately 90% open.

Knuckle Fist

This is formed by extending the secondary knuckle of either the forefinger or middle finger and is used for attacking. The attack will be most effective if it is directed to a small vital area from a close range while using a snapping or recoiling motion.

Middle Knuckle Fist

Extend the secondary knuckle of the middle fingers outward from the forefist with the side of the thumb. This is used to attack the solar plexus, philtrum, and temple. It is used in an *uppercut* motion when attacking the solar plexus.

Fore Knuckle Fist

Used in attacking the temple, Adam's apple, and the area below the nose, it is formed by extending the secondary knuckle of the forefinger from an *underfist* with pressure from the thumb.

Knife Hand

This powerful attacking tool is used primarily against side target and is used to attack the skull, temple, the area below the nose, neck, bridge of the nose, floating ribs, collar bone, and shoulder. It is also frequently used for blocking.

How to Make a Proper Knife Hand

Press the fingers of the hand together, while bending the middle and ring fingers slightly inward. Bend the thumb inward as firmly as possible (BUT DO NOT LET

THE THUMB AND FOREFINGER TOUCH). This concentrates your striking power to the meaty part of the hand (the area from the wrist to the main knuckle of the little finger).

Reverse Knife Hand or Ridge Hand

Similar to the knife hand except that the thumb is pulled tightly towards the palm, leaving the striking area clean (the area between the wrist and the main knuckle of the forefinger).

It is used to attack the area below the nose, neck, chin, ribs, etc., and is also used to block.

Fingertips

The hand is formed in the same way as a knife hand, and the fingertips are used in a thrusting motion. The middle finger is slightly bent so that the first three fingers are aligned.

Thumb

Make a forefist and extend the thumb, taking care *not* to bend the thumb at the joint (similar to the position the hand is held in when hitchhiking). It is used to thrust to the solar plexus, windpipe, ribs, and eyes.

Forefingers

The forefinger is extended (but slightly bent) and the others are tightly clenched, with the thumb pressing the middle finger. It is primarily used to attack the eyes, throat, main arteries, and/or nerve centers.

Double Fingers

The forefinger and middle finger are extended, slightly bent, with the others tightly clenched and the thumb pressing the ring finger. This attacking tool is used only against the eyes.

Flat Fingertips

The palm faces downward at the moment of impact while the hand is held exactly the same as a knife hand. It is used to attack the eyes, ribs, and abdomen.

Angle Fingertips

The main knuckles of all the fingers are bent while the thumb presses the secondary knuckles of the forefinger. (The fingers form a 90° degree angle to the palm). This is used to attack the eyes or solar plexus.

Straight Fingertip or Spear Hand

The hand is formed like a knife hand with the palm facing inward (meaty part of the hand towards the floor, thumb part upward). It is used for thrusts to the abdomen and solar plexus.

Upset Fingertip

The hand is formed like a knife hand with the palm forcing upward (back of hand towards the ground) at the point of impact. Used mainly to attack the lower abdomen and pubic region.

Arc Hand

The little, ring, and middle fingers are bent inward, slightly more than the forefinger, while the thumb is bent slightly towards the little finger. (Place your hand to your neck, thumb on one side, finger on the other. This is the proper positioning of the fingers.)

It is used to attack the chin, Adam's apple, and upper neck. The surface used is the area between the secondary knuckles of the thumb and forefinger. It is occasionally used for blocking (mainly blocking sticks or similar objects).

Backhand

This is an ordinary open hand, with the thumb pressing against the side of the forefinger. (Like a slap with the *back* of the hand).

Occasionally used for blocking, it is mainly used to attack the face and lips.

Elbow

This attacking tool is formed when the arm is sharply bent and is used for attacking the jaw, ribs, solar plexus, chest, and abdomen.

Forearm

Used exclusively for blocking and is divided into four (4) classifications:

1. Outer forearm.
2. Inner forearm.
3. Back forearm.
4. Under forearm.

Only the area from the elbow to the wrist is used.

FOOT PARTS

NOTE: With proper application, foot techniques generate *twice* the amount of force of hand techniques.

Ball of the Foot

The toes are bent upward as far as possible at the moment of impact. The ball of the foot is used to attack the face, chest, solar plexus, ribs, abdomen, scrotum, and coccyx and is occasionally used to block.

Back Sole

This is primarily for stomping on the opponent's instep. The part used is the *bottom* of the heel.

Foot Sword

The part used is the *outer* edge of the foot (the *rear one-third* of the area from the heel to the joint of the little toe).

Knee

Used to attack the scrotum, abdomen, solar plexus, chest, and face. Used only in close-in situations.

Back Heel

The area used is the *back* of the heel and is used to attack the ribs, scrotum, jaw, solar plexus, temple, and the area below the nose.

Instep

This attacking tool is formed when the toes and ankle are bent sharply downward and is used only to attack the groin.

MISCELLANEOUS PARTS

Most of the attacking tools listed here are rarely used as they are difficult to harden, require considerable skill to employ, and the results are low compared to the risks involved in their application. However, you should be prepared to meet any techniques that may be employed.

Finger Pinchers

The little, ring, and middle fingers are clenched with the thumb and forefinger extended in the form of pinchers. This is used mainly to attack the throat and Adam's apple.

NOTE: The secondary knuckle of the middle finger along with the tips of the thumb and forefinger are the attacking surfaces.

Open Fist

Created by bending the wrist upward, while bending all *but* the main knuckles of the fingers downward towards the palm. Used to attack the nose, jaw, and chin, and occasionally for blocking.

Bow Wrist

Created by bending the wrist downward, *but not too sharply*, and is used for blocking.

Bear Hand

Clench/bend all fingers and the thumb tightly. Used to attack the solar plexus and jaw.

Thumb Knuckle Fist

Similar to the fore knuckle fist (but the fore knuckle is not pushed out). The hand is formed into a fist with the end of the thumb pressed tightly against the side of the secondary knuckle of the forefinger. The attacking surface is the protruding secondary knuckle of the thumb.

Side Sole

Created by bending the toes and ankle upward. The surface used is the rear one-half of the *outer* edge of the *bottom* side of the foot, primarily used for blocking.

Base of Knife Hand

The hand is formed into the knife hand described earlier and is then bent *sharply* at the wrist *towards* the thumb. Used to attack the collar bone.

Head

The attacking surface is the forehead and is used in attacking the face and chest of the opponent. Or, when attacked from the rear, the rear of the head is used as the attacking tool (bringing the head *back* sharply into the front of the opponent's face).

Shoulder

Used for pushing away an opponent at close range.

Thumb Ridge

Similar to the arc hand previously described, but the thumb is bent downward. Used for blocking, the surface used is the meaty area just *below*, and *at the base* of the thumb.

Press Finger

As the name implies, the finger and thumb *press* to apply pressure to anterior and nerve centers. Similar to finger pinchers, but using *all* of the fingers and the thumb.

Side Instep

Used for blocking, the surface used is the *middle* of the *outer side* of the foot.

Toes

Used to attack the groin and abdomen. Can be used against almost any part of the body if shoes are worn.

Inner and Outer Lower Leg

Used for blocking.

Long Fist

Similar to the under fist except that the fingers are bent at the secondary knuckles rather than the main. Also, the thumb is bent sharply inward but does *not* touch the forefinger. Used to attack the temple and Adam's apple.

30. EXERCISE PROGRAMS

In order to maximize the amount of time available in this training program, it is assumed that those attending meet at least *the minimal conditions of physical fitness*, i.e., they do not have any limiting problems such as damaged limbs, heart problems, or other infirmities.

Due to the nature of the material, there is not enough time (nor would we wish there to be) to run you through a series of body conditioning exercises.

We have, however, incorporated three exercise programs into this manual with which interested students can improve and/or upgrade their physical condition *on their own*; either at home or at their department upon completion of this course. They are:

1. Beginners Exercise Program
2. Intermediate Exercise Program
3. Advanced Exercise Program

Two and three above, build on previous levels and differ, primarily, in the number of repetitions done. There is also a *Warm-up Exercise Program* which will be conducted *before* each workout session. It is intended to loosen up muscles and ligaments, thereby preventing the injuries that sometimes occur in programs involving physical activity where there is no warm-up or loosening-up period.

BEGINNERS EXERCISE PROGRAM

This program is designed for the student who is at a low or minimal level of physical conditioning. If you have any doubts as to your health or have experienced problems with blood pressure, asthma, bronchitis, or other related medical difficulties, it is suggested that you obtain a complete physical examination before beginning this or any of the exercises.

INTERMEDIATE EXERCISE PROGRAM

The exercises and number of repetitions designated for this program, *should not* be attempted until you have mastered the Beginners Exercise Program.

ADVANCED EXERCISE PROGRAM

The exercises and number of repetitions designated for this program *should not* be attempted until you have mastered the Intermediate Exercise Program.

WARM-UP EXERCISE PROGRAM

These exercises must be done before *any* practice of the techniques shown in this manual. The purpose of these exercises is to provide a general body warm-up and loosening of the muscles, and is intended to prevent injuries to ligaments and muscles that sometimes occur in programs involving physical activity where there is no preliminary exercise period.

EXERCISE	Figure 10 Exercise Program Chart					
	NAME OF EXERCISE	LEVEL, AND NUMBER OF REPETITIONS				SPECIAL INSTRUCTIONS
		B	I	A	W/U	
1	Jumping Jacks: Regular	35		100	100	This sequence is conducted with a one (1) count, each count being a repetition. Repeat as many times as indicated.
2	Squat Thrust	10				This exercise is done in a four-count, the count beginning with the crouch or squat position and ending when you <i>return</i> to the upright or ready position. Each four-count is one (1) repetition, repeat the sequence as many times as indicated.
3	Stomach and Side Rotation	10	15	20	10	This exercise is done in a four (4) count, with one complete rotation (a four count) being a repetition. Do the number of repetitions indicated, for both clockwise and counter-clockwise direction, i.e., 10 repetitions for each direction, or a total of 20.
4	Sit-Ups: Regular	15	20		15	This exercise is done in a one (1) count, with the entire sequence treated as a repetition. Repeat as many times as indicated.
5	Push-Ups: Regular	15	20	25	15	This exercise is done in a one (1) count, with the entire sequence treated as a repetition. Repeat as many times as indicated.
6	Sit-Ups: Clam	15	20	25	15	This exercise is done in a one (1) count, with the entire sequence treated as a repetition. Repeat as many times as indicated.
7	Leg Raises: Standing	15			10	This exercise is done in one (1) count, with the entire sequence treated as a repetition. Do the number of repetitions indicated for each leg, i.e., 10 repetitions for each leg, or a total of 20.

Continued on Page 32

TERMS

B — Beginners Exercise Program
I — Intermediate Exercise Program
A — Advanced Exercise Program
W/U — Warm-Up Exercises

EXERCISE NUMBER	Figure 10 Exercise Program Chart					
	NAME OF EXERCISE	LEVEL, AND NUMBER OF REPETITIONS				SPECIAL INSTRUCTIONS
		B	I	A	W/U	
8	Leg Stretch-Individual: Apart	3	3			This exercise is done in a four (4) count, with the entire sequence treated as a repetition. Hold each position for 10 seconds before moving to the next. Repeat as many times as indicated.
9	Jumping Jacks: Alternate Foot Forward		25			This exercise is done in a four (4) count, with the entire sequence treated as a repetition. Repeat as many times as indicated.
10	Squat Thrust: With Fingertip Push-Ups		15	25		This exercise is done in a five (5) count, with the entire sequence treated as a repetition. Repeat as many times as indicated.
11	Push-Ups: Hands Under Chest		20			This exercise is done in a one (1) count, with the entire sequence treated as a repetition. Repeat as many times as indicated.
12	Stepping and Punching				15	This exercise is done in a one (1) count, with the entire sequence counted as a repetition. Do the number of repetitions indicated for <i>both</i> sides, i.e., step left and punch, then step right and punch in a normal walking motion. 15 repetitions for each side or a total of 30.
13	Punching: From a Horse Stance				15	This exercise is done in a one (1) count, with the entire sequence treated as a repetition. Repeat as many times as indicated.
14	Leg Raises: Prone				10	This exercise is done in a four (4) count, with the entire sequence treated as a repetition. Repeat as many times as indicated.
15	Down Block				10	This exercise is done in a one (1) count, with the entire sequence treated as a repetition. Do the indicated number of repetitions for both sides of the body, i.e., 10 left side down blocks and 10 right side down blocks for a total of 20.
16	High Block				10	This exercise is done in a one (1) count, with the entire sequence treated as a repetition. Do the number of repetitions indicated for both sides of the body, i.e., 10 high blocks on the left side and 10 on the right for a total of 20.
17	Side Block				10	This exercise is done in a one (1) count, with the entire sequence treated as a repetition. Do the number of repetitions indicated, for both sides of the body, i.e., 10 for each side or a total of 20.
18	Front Kick				10	This exercise is done in a one (1) count, the entire sequence treated as a repetition. Do the number of repetitions indicated for both sides of the body, i.e., 10 and 10 for a total of 20.
19	Crescent Kick				10	This exercise is done in a one (1) count, the entire sequence treated as a repetition. Do the number of repetitions indicated for both sides, i.e., 10 left crescent kicks and 10 right crescent kicks for a total of 20.
20	Sit-Ups: Feet on Chair			25		This exercise is done in a one (1) count, with the entire sequence treated as a repetition. Repeat as many times as indicated.
21	Stretching — With A Partner: Front and Side			3	3	Do each side for each position 3 times. Hold each position, each time for 30 seconds.
22	Running in Place			*	*	*Run in place for 90 seconds.

TERMS
 B — Beginners Exercise Program
 I — Intermediate Exercise Program
 A — Advanced Exercise Program
 W/U — Warm-Up Exercises

EXERCISES

The exercises shown on this and the following pages are in the same sequence as the Master Exercise Chart. In addition to a description of the exercise, a short narrative has been included covering what the exercise is intended to accomplish.

1. Jumping Jacks: Regular

Jumping jacks are a general body exercise intended to warm-up and loosen muscles in the arms and back, the neck, legs, thighs, calves, stomach, and chest.

Sequence

- Stand at an attention position, with your feet together and hands at the sides of your legs (palms against the legs).
- In a jumping movement, thrust the legs apart (shoulder width) and bring your hands together over your head, while keeping your arms extended as far as possible.
- In a jumping movement, bring the feet back together and return the hands to the sides of the legs as indicated in #1.

This sequence is conducted with a one (1) count, each count being a repetition. Repeat as many times as indicated.

2. Squat Thrusts

Squat thrusts, like the jumping jacks, are a general body and warm-up exercise intended to loosen up muscles and ligaments.

In the squat and thrust positions, 75%-80% of the body weight should be maintained on the fingertips.

In this exercise, the thrusting movement of the legs extends and strengthens the stomach muscles, while maintaining most of the body weight on the fingertips, develops strength in the hands, wrists, forearms, shoulders, and chest muscles.

Sequence

- Stand at a modified attention position, with the feet a *shoulder's width* apart and the hands (palms inward) pressing against the thighs.
- Crouch into a squatting position, placing your fingers and thumbs onto the floor and maintaining most (75-80%) of your weight on your fingers.
- While maintaining support on your fingers, *thrust* your legs out behind you. You end up in a position similar to the upraised position of a push-up, and have all of your weight supported on your fingers and toes, 75%-80% on your fingers. NOTE: Your arms and legs are both fully extended and locked, while your back is kept straight and in line with your legs.
- In a pulling motion, return to the position indicated in #2.

- Return to the position indicated in #1.

This exercise is done in a four-count, the count beginning with the crouch or squat position and ending when you *return* to the upright or ready position.

Each four-count is one (1) repetition, repeat the sequence as many times as indicated.

3. Stomach and Side Rotation

This exercise is designed to develop flexibility in the hip area and to strengthen the chest, stomach, side, and hip muscles.

Sequence

- Start from a ready position with the feet a shoulder's width apart and hands (palm inward) against the sides of the leg.
- Step left into a horse stance (so-called because you appear to be astride a horse) with the feet approximately three (3) feet apart, with the legs bent slightly at the knees. The hands are placed on the hips and, in a four-count, the exercise begins.
- Bend at the waist as far forward as possible.
- Starting in a circular movement from right to left (clockwise); bend as far to the right (from the waist) as possible.
- Continuing this clockwise movement, bend as far as possible *backwards* again, from the waist.
- Finishing the clockwise movement, bend as far to the left (from the waist) as possible.

This exercise is done in a four (4) count, with one complete rotation (or four count) being a repetition. Do the number of repetitions indicated, for both clockwise and counterclockwise directions, i.e., 10 repetitions for each direction, or a total of 20.

4. Sit-Ups: Regular

This exercise is designed to develop the thigh, stomach, and chest muscles and to generate flexibility in the lower trunk, back, and spine.

Sequence

- Lay flat on your back, with feet together and hands behind your neck with fingers interlaced.
- Raise the upper portion of your body (from the waist upward) and bend forward, attempting to touch your head to your knees.
- Return to the position indicated in #1.

This exercise is done in a one (1) count, with the entire sequence treated as a repetition. Repeat as many times as indicated.

5. Push-Ups: Regular

This exercise is designed primarily to develop the triceps and wrist muscles. It will also develop the forearms, strengthen the elbow and shoulder joints, and promote development of chest and back muscles.

Sequence

1. Body weight is maintained on the hands and the toes with the body parallel to, and approximately three inches up, from the floor.
2. Push upward with the arms, locking the elbows when fully extended. The spine is kept *straight* and in line with the legs; 75%-80% of the body weight is maintained on the hands.
3. Return to the position indicated in #1.

This exercise is done in a one (1) count, with the entire sequence treated as a repetition. Repeat as many times as indicated.

6. Sit-Ups: Clam

This exercise is designed to strengthen the upper leg muscles, stomach, chest, and arms. It is also aimed at developing flexibility in the upper and lower back and the stretching of the groin and hamstring muscles.

Sequence

1. Lie on your back with the legs fully extended, feet together. The arms are fully extended *over* the head, palms up and thumbs touching.
2. Bending at the waist, raise *both* the upper and lower parts of your body, attempting to touch your fingers to your toes while *both* are *over* the center of your body.
3. Return to the position indicated in #1.

This exercise is done in a one (1) count, with the entire sequence treated as a repetition. Repeat as many times as indicated.

7. Leg Raises: Standing

This exercise is intended to increase the flexibility of the hips and stretch the thigh, groin, and hamstring muscles.

Sequence

1. Start from a ready position with the feet a shoulder's width apart. The hands should be tightly clenched into fists and held approximately one inch in front of your belt buckle with the thumbs *almost* touching. The elbows are slightly bent.
2. Step forward, raising *the right leg* as high as it will go (while fully extended and locked at the knee) while bringing *both* hands in line with the rear leg. (Pull backward with the hands on both sides of the body while the leg is raised upward).
3. Bring the right leg down as if you had just completed a large step forward with that foot (or, if space is limited, return it to where it was).
4. Repeat the sequence with the left leg in exactly the same manner.

This exercise is done in a one (1) count, with the entire sequence treated as a repetition. Do the number of repetitions indicated for each leg, i.e., 10 repetitions for each leg, or a total of 20.

8. Leg Stretch — Individual: Apart

This exercise is intended to develop flexibility in the back, chest, arms, legs, groin, and hamstring muscles. It is also used to strengthen the knee joints.

Sequence

1. Sit in an upright position, with your legs fully extended in front of you *and spread* as far apart as possible, hands at your sides.
2. Bend forward (from the waist) as far as possible, attempting to touch your forehead to the floor, between your legs, while touching your right foot with your right hand and your left foot with your left hand.
3. Return to the position indicated in #1.
4. Place your hands, palms down, at your sides (directly behind the legs at the hips) and arch your back, backwards as far as possible.
5. Return to the position indicated in #1.

This exercise is done in a five (5) count, with the entire sequence treated as a repetition. Hold each position for 10 seconds before moving to the next. Repeat as many times as indicated.

9. Jumping Jacks: Alternate Foot Forward

Jumping jacks are a general body exercise intended to warm-up and loosen such muscles as; the arm and back, the neck, legs, thighs, calves, stomach, and chest.

Sequence

1. Stand at an attention position, with the feet together and hands at the sides of the legs (palms against the legs).
2. In a jumping movement, thrust the legs apart (shoulder width) and touch your hands over your head, keeping your arms extended as far as possible.
3. Return, in a jumping motion, to the position indicated in #1.
4. In a jumping motion, thrust the right leg forward and the left leg backward (keeping them approximately a shoulder's width apart) so that your stance is similar to what it would be if you had taken a long step. At the same time you move your legs, bring your hands over your head as in #2, touching the fingers.
5. Return to the position indicated in #1.
6. Repeat the position indicated in #2.
7. Return to the position indicated in #1.
8. Repeat #4, *except* that the left leg goes forward and the right leg goes to the rear.
9. Return to the position indicated in #1.

This exercise is done in a four (4) count, with the entire sequence treated as a repetition. Repeat as many times as indicated.

10. Squat Thrust: With Fingertip Push-Ups

This exercise is designed to strengthen the wrists, forearms, triceps, shoulders, and back muscles, in addition to increasing flexibility and strength in the stomach and legs.

Sequence

1. Start from a (modified) attention position, with the feet a shoulder's width apart and hands at the sides of the legs (palms against the legs).
2. Crouch into a squatting position, placing your fingers and thumbs onto the floor while maintaining *most* (75%-80%) of your weight on your fingers.
3. While maintaining support on your fingers, *thrust* your legs out behind you. You end up in a position similar to the upraised position of a push-up with all of your weight supported on your fingers and toes (75%-80% on your fingers). NOTE: Your arms and legs are fully extended and locked, while your back is kept straight and in line with your legs.
4. Lower yourself towards the floor, stopping and holding yourself approximately three inches from, and parallel to, the floor, your weight being supported on your fingers and toes.
5. Return to the position described in #3.
6. Return to the position described in #2.
7. Return to the position described in #1.

This exercise is done in a five (5) count, with the entire sequence treated as a repetition. Repeat as many times as indicated.

11. Push-Ups: Hands Under Chest

In this exercise the hands are placed directly under the chest, forming a triangle by having the forefingers and thumbs touching.

As with regular push-ups, this exercise is designed to develop the triceps and wrist muscles, in addition to developing and strengthening the forearms, elbows, shoulder joints, chest, and back.

The reason for placing the hands under the chest, is to put additional strain on the triceps, chest, and back muscles.

Sequence

1. The hands are placed directly under the chest forming a triangle by having the thumbs and forefingers touching.
Body weight is maintained on the hands (75%-80%) and toes (25%-20%) while the body is parallel to, and approximately three inches from the floor.
2. Push upward with the arms, locking the elbows when they are fully extended. The spine is kept *straight* and in line with the legs.
3. Return to the position indicated in #1.

This exercise is done in a one (1) count with the entire

sequence treated as a repetition. Repeat as many times as indicated.

12. Stepping and Punching

This exercise is designed to develop strength and flexibility in the arms, chest, waist, and hips, in addition to promoting endurance, power, and coordination.

Sequence

1. Start from a ready position with the feet a shoulder's width apart and the body upright. The hands are tightly clenched into fists and are held in front of the body at belt level with the thumbs almost touching each other.
The elbows are slightly bent and the fists are 2-3 inches out from the body.
2. Step in a *normal, but fast* motion forward with the left foot. As you start your stepping motion your *right* arm is fully extended, hand clenched into a fist, while your left arm is cocked back, fist near your waist.
3. As you complete your stepping motion you punch with your left fist.
Your left punch should be fully extended at the *moment* your left foot touches the ground.
Your right fist is drawn back to your waist at the same speed, and with the same force, that your left fist is extended.

This exercise is done in a one (1) count with the entire sequence counted as a repetition. Do the number of repetitions indicated for *both* sides, i.e., step left and punch, then step right and punch (in a normal walking motion). Do the same number of repetitions for each side.

13. Punching: From a Horse-Stance

This exercise is designed to develop strength and flexibility in the arms, chest, waist, and hips, in addition to promoting endurance, power, and coordination.

Sequence

1. Start from a ready position, i.e., stand in an upright position with the feet a shoulder's width apart. The hands are tightly clenched into fists and are held at belt level approximately 2-3 inches outward from the body. Your thumbs should be *almost* touching.
2. Step *left* into a horse stance (2 to 2½ shoulders' widths wide). As you step into the horse stance you punch with your left hand to the solar plexus of an imaginary opponent, while pulling your right fist *back* to your right hip. NOTE: The right fist comes *back* as fast *and* hard as the *left* fist goes forward. Also, as you face your imaginary opponent, imagine your shoulders as the base points of a triangle, your punch to the opponent's solar plexus will be the *point* on top of the triangle.
3. Repeat the punching portion of #2, except that now the right hand punches and the left hand is drawn back.

This exercise is done in a one (1) count, with the entire sequence treated as a repetition. Repeat as many times as indicated.

14. Leg Raises: Prone

This exercise is designed to develop and strengthen the abdominal muscles.

Sequence

1. Start from a prone (on your back) position with the feet together and legs fully extended. The hands are placed behind the neck, the fingers interlaced.
2. The legs are raised approximately three (3) inches from the floor and are held there for 3-5 seconds.
3. The legs are then spread apart as far as possible, still keeping them 3 inches from the floor. This position is also held for 3-5 seconds.
4. The feet are brought back to the position indicated in #2 and held there for 3-5 seconds.
5. The feet are lowered to the floor for a 3-5 second rest.

This exercise is done in a four (4) count, with the entire sequence treated as a repetition. Repeat as many times as indicated.

15. Down Block

This exercise is designed to develop strength and flexibility in the arms, chest, and back muscles.

Sequence

1. Start from a ready position with the body in an upright position and the feet a shoulder's width apart. The hands are tightly clenched into fists and are held 2-3 inches in front of the body at belt level with the thumbs *almost* touching, the elbows are slightly bent.
2. Cross the arms at chest level with the left arm on top. The top arm should be crossed in such a manner that the left fist is next to your right ear.
3. Step forward in a normal but rapid walking motion with the left foot, at the same time bring the left arm sharply downward across your body (from right to left), to a point just above your left knee.
At the same time, draw your right fist to your right hip, as rapidly and forcefully, as your left arm is moved downward.
4. Complete your stepping motion, your down block being completed as your foot touches the floor.
5. You would then repeat all of the above steps, "using your right side", and would continue to alternate sides while moving forward in a walking motion.

This exercise is done in a one (1) count, with the entire sequence treated as a repetition. Do the indicated number of repetitions for both sides of the body, i.e., 10 left side down blocks and 10 right side down blocks for a total of 20.

16. High Block

This exercise is designed to develop strength and flexibility in the arms, chest, and back muscles.

Sequence

1. Start from a ready position with the body in an upright position and the feet a shoulder's width apart. The hands are tightly clenched into fists and are held 2-3 inches in front of the body at belt level with the thumbs *almost* touching. The elbows are slightly bent.
2. Begin a normal but rapid stepping motion forward with the left foot while at the same time crossing your arms; the left arm crossing at belt level and the right arm at forehead level.
3. As you complete your stepping motion, and as your left foot touches the floor, rapidly bring your left arm upward to forehead level (crossing the front of your body) and at the same time, rapidly draw your right fist to your right waist. The arms must be moved rapidly and with equal speed and force.
4. Repeat the above steps, moving forward with the right leg and changing hands, and continue to alternate sides while moving forward in a walking motion.

This exercise is done in a one (1) count, with the entire sequence treated as a repetition. Do the number of repetitions indicated for both sides of the body, i.e., 10 high blocks on the left side and 10 on the right for a total of 20.

17. Side Block

This exercise is designed to develop strength and flexibility in the arms, chest, and back muscles and in the waist area.

Sequence

1. Start from a ready position, your feet a shoulder's width apart and your body upright. Your hands are clenched tightly into fists and are held at belt level about 2-3 inches out from your body with the thumbs almost touching, the arms slightly bent at the elbows.
2. Cross both arms tightly across your body (your left arm should cross at chest level and your right arm should cross at chin level) while picking up your left foot and starting to move forward.
3. Complete your stepping forward movement, your feet approximately 2-2½ shoulder's widths apart, and your heels at a 90° angle to each other. The forward foot pointing in the direction you are stepping; the rear foot at a right (90°) angle to it.
As you step down with your left foot you *uncross* your arms, drawing your right fist to your right hip and bringing your left arm across to your left side. Your left fist should be facing you and your forearm (from elbow to wrist) should be bent and held so that it is perpendicular to the floor.

4. You would then repeat #2 and #3 above for the *right* side, changing the position of your arms and stepping off with the right foot.

This exercise is done in a one (1) count, with the entire sequence treated as a repetition. Do the number of repetitions indicated for both sides of the body, i.e., 10 for each side or a total of 20.

18. Front Kick

This exercise is designed to develop strength and flexibility in the thighs, calves, and ankles, in addition to promoting speed and coordination.

The most important aspect of the front kick to remember is to bend the leg as tightly as possible and raise the knee as high as it will go *before* you kick, with the kick being delivered in one fast movement with *no* hesitation.

Sequence

1. Start from a *modified*, ready stance, your body in an upright position, hands held loosely at your sides. Your feet should be approximately a shoulder's width apart with your left foot forward *and* at a 90° angle to your right foot (the angle and distance is measured from heel to heel).
2. Bring your rear (right) leg forward, cocking the leg as tightly as possible and raising the knee as high as it will go. At the same time clench your hands into fists and hold them in front of your body (elbows at your sides).
3. Begin to thrust your foot forward (lock the foot at the ankle, turning the foot down as far as possible while curling the toes upward as far as possible), while preparing to draw both hands back to the rear of your body as your foot goes forward.
4. Complete your kick, striking your target with the ball (just below the toes) of your foot; pulling both fists rapidly to the rear of your body.

Now change your stance and do this technique for the other side of your body.

This exercise is done in a one (1) count, the entire sequence treated as a repetition. Do the number of repetitions indicated for both sides of the body, i.e., 10 and 10 for a total of 20.

19. Crescent Kick

This exercise is designed to develop strength and flexibility in the calf, thigh, stomach, chest, and back muscles.

Sequence

1. Start from a "walking stance" with your left foot forward as if you had just completed a *long* step. Your hands are tightly clenched into fists and are held at your sides (about 18 inches from the side).
2. Bring your rear (right) leg forward and to the *far* left side of your body.

Your hands are still in line with your hips (for balance) and about 18 inches out.

3. Bring your foot upward from the left side of your body, (it will be moving in a crescent from left to right) pulling it to your right.
4. Continue the crescent movement from left to right and, as it comes past your right shoulder, bring it *rapidly* to the floor and *forward* of your right foot as if you had just completed a step forward.
5. You are now in position #1 but, with the opposite foot forward, you would now repeat the sequence for the right side of your body.

This exercise is done in a one (1) count, the entire sequence treated as a repetition. Do the number of repetitions indicated for both sides, i.e., 10 left crescent kicks and 10 right crescent kicks for a total of 20.

20. Sit-Ups: Feet on Chair

This exercise is similar to regular sit-ups except that the feet are placed in the seat of a chair while you lie on the floor.

The purpose of this exercise is to add a little more strain to the groin and abdomen, which will strengthen this area and also promote coordination and flexibility.

Sequence

1. Lie flat on the floor with your feet resting on the seat of a chair, your hands behind your neck with the fingers interlaced.
2. Begin to sit up, bending at the waist, moving forward to your knees.
3. Continue moving forward and try to touch your forehead to your knees. Hold that position for 3-5 seconds.
4. Return (slowly) to the position indicated in #1.

This exercise is done in a one (1) count, with the entire sequence treated as a repetition. Repeat as many times as indicated.

21. Stretching with Partner:

Part I — Front

The purpose of this exercise is to stretch the hamstring, thigh, groin and back muscles and to promote flexibility and power.

Sequence

1. Face each other, approximately 2½ to 3 feet apart, in a standing position. Your hands should hang loosely at your sides and your feet should be a shoulder's width apart.
2. One student will go into a *crouch* position.
3. The other student will place his or her *right* leg on the *left* shoulder of the crouching student. The two students will grasp each others wrists, on both sides (right hand of crouching student grasping left wrist of standing student and vice versa).

4. The crouching student *slowly* stands up, raising the other student's leg as far as it can go. BE CAREFUL — STOP WHEN THE STUDENT WHOSE LEG IS BEING RAISED SAYS TO STOP. Move closer together if necessary.
5. The student whose leg is being raised should bend forward attempting to touch his or her nose to the knee.
You can grasp the student whose shoulder your leg is on, *under* the arms to pull yourself forward, while he or she grasps your upper arms and helps pull you forward. Hold this position for 30 seconds.
6. Straighten up from your knee while the student whose shoulder your leg is on *slowly* begins to go back into a crouch.
Maintain a grip on each other's wrists.
YOU MUST RELAX FROM THIS POSITION SLOWLY TO AVOID DAMAGE TO MUSCLES OR LIGAMENTS.
7. Return to the position indicated in #3 and repeat as many times as indicated and then switch stances and repeat for your other leg.
Upon completion of the required number of repetitions you would switch positions with your partner so he or she could perform the exercise.

This exercise is done on a one (1) count, the entire sequence treated as a repetition. Do the indicated number of repetitions for both sides, 3 each, or a total of 6. Hold each position for 30 seconds before moving to the next.

Part II — Side

As with the front stretch, this portion of the exercise is designed to stretch the hamstring, thigh, groin, and back muscles and is intended to promote flexibility and power.

Sequence

1. One student would stand in a relaxed upright position with the hands hanging loosely at his sides and his feet a shoulder's width apart.
The other student stands at a right angle to the first student (his left *side* is toward the front of the first student's body).
2. The first student goes into a crouch while the student standing at an angle places his *left* foot over the left

shoulder of the crouching student.
Both students grasp hands (lock fingers) left hand to right hand and vice versa.

3. The crouching student *slowly* stands up while maintaining the grip on the other student's hands.
4. As the crouching student raises up, the students should change their grips, locking wrists on the crouching student's left side, and grasping each other's shoulders on the right side.
The student whose leg is being raised will turn the heel of the foot he is standing on, *towards* the other student's groin, while locking the leg that is being raised; at the same time turning the *upper* edge of the foot as far over as possible and locking it at the ankle.
5. The student who has the leg on his shoulder would then raise up as far as the other student's leg will go. CAUTION — DO NOT CONTINUE TO RAISE UP AFTER YOU ARE TOLD TO STOP. YOU COULD DAMAGE YOUR PARTNER'S LIGAMENTS AND MUSCLES.
Hold this position for 30 seconds.
6. The student who has the leg on his shoulder will then *slowly* go back into a crouch.
Move *slowly* so as to avoid damaging muscles or ligaments.
7. You are now in position #2 and would repeat the exercise as many times as indicated and would then switch stances to exercise the opposite leg.

NOTE: When you have completed the required number of repetitions, change places with your partner so he can perform the exercise.

This exercise is done on a one (1) count, the entire sequence is treated as a repetition. Do the indicated number of repetitions for both sides, 3 each, or a total of 6. Hold each position for 30 seconds before moving to the next.

22. Running in Place

This exercise is done at the end of the warm-up or exercise session and is intended to loosen up all of the muscles that have been worked on in the other exercises. This should be done for about 90 seconds, at about three-quarter speed, running in place on the balls of the feet and bringing your knees up high.

PART III

STANCES, TARGETS, AND TECHNIQUES

In this unit we deal with four (4) specific areas, they are:

1. Attacking and Blocking Tools
2. Basic Stances
3. Basic Offensive and Defensive Techniques
4. Body Target Areas

NOTE: The material presented in this unit represents only a small portion of the total amount of information available pertaining to the areas covered.

This information is not intended to be the last word on the subject matter covered, or the most complete reference. Rather, it is presented for what it is; basic information and skills which are easy to learn and effective when used.

31. Attacking and Blocking Tools

A. INTRODUCTION

As previously covered in this manual, the part or surface area of your body through which you impart shock to an opponent's body is called an attacking tool, while any part or surface area which intercepts or turns away an opponent's attack is called a blocking tool.

Basically, all locations or points of body strength (or areas where that strength may be concentrated) are considered to be attacking tools, most of which are also blocking tools.

The eleven (11) parts of the body listed below and shown in the following photos are examples of some of the more basic of these tools.

For more detailed information on this subject, please refer to item 29 in part II of this manual, entitled: Attacking and Blocking.

B. TOOLS

1. Ball of the foot.
2. Elbow.
3. Fingertips.
4. Heel of the foot.
5. Inside edge of the hand.
6. Knee.
7. Knuckles.
8. Outside edge of the foot.
9. Outside edge of the hand.
10. Palm of the hand.
11. Toes.

b1. Photo Illustrations: Attacking and Blocking Tools

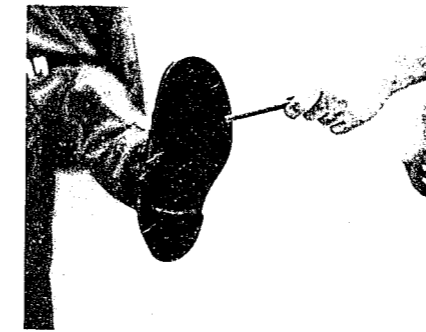


Photo 1: Ball of the foot

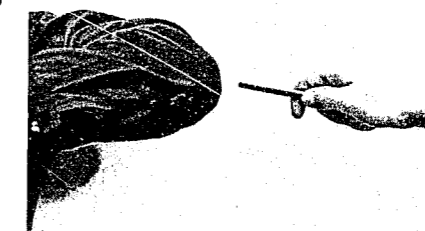


Photo 2: Elbow

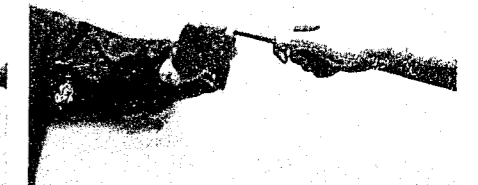


Photo 3: Fingertips (Spearhand)

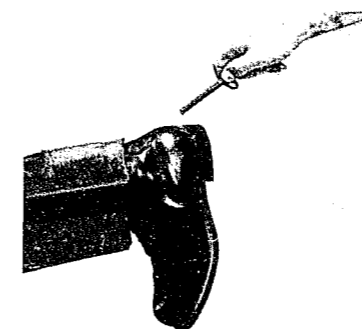


Photo 4: Heel of the foot

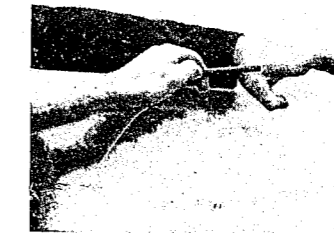


Photo 5: Inside edge of the hand (Ridgehand)

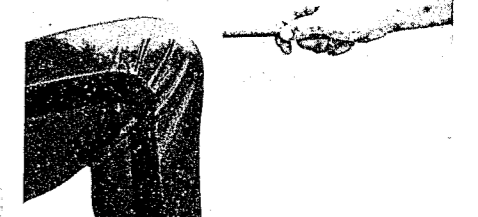


Photo 6: Knee



Photo 7: Knuckles (Fist)

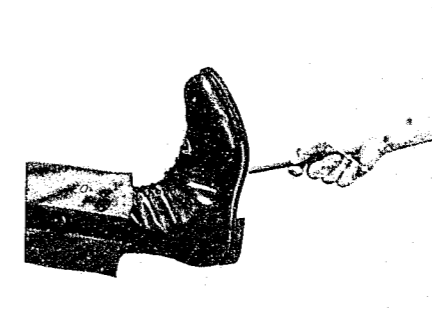


Photo 8: Outside edge of the foot (Footsword)



Photo 9: Outside edge of the hand (Knife hand)

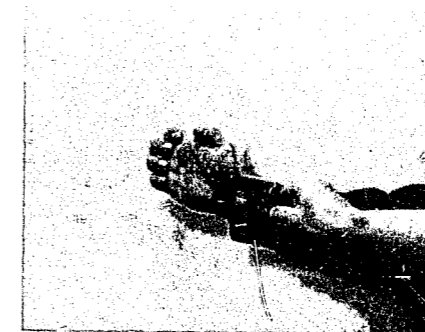


Photo 10: Palm of the hand (Palm Heel)

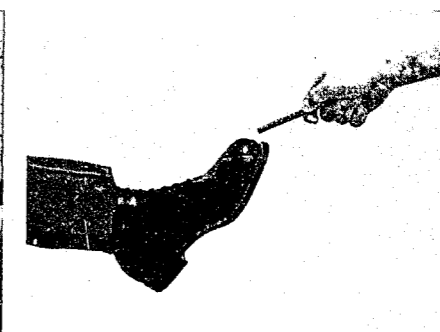


Photo 11: Toes (when wearing shoes)

32. Basic Stances

A. INTRODUCTION

The strength and effectiveness of your offensive and defensive techniques will, for the most part, be determined by the correctness of your stances which in turn are governed by four (4) major factors. They are:

1. Agility
2. Balance
3. Flexibility
4. Stability

Some points you should keep in mind when evaluating your stances are:

1. Is your back straight?
2. Are your shoulders relaxed?
3. Have you properly tensed your abdomen?
4. Are you facing your opponent properly for the stance?

- 4a. Full face.
- 4b. Half face.
- 4c. Side face.

5. Is your weight properly balanced to maintain equilibrium?
6. Can you make use of your knees as a "springboard effect" while in the stance?

The seven (7) stances listed below and shown in the following photos cover the stances you are most likely to use or encounter in your day-to-day activities as a law enforcement officer.

B. STANCES

1. At-ease stance.
2. Attention stance.
3. Back stance.
4. Fighting stance.
5. Horse stance.
6. Ready stance.
7. Walking or front stance.

b1. Photo Illustrations: Basic Stances



Photo 12: Modified at-ease stance (Front view)



Photo 13: Modified at-ease stance (Side-view)



Photo 14: Attention stance (Front view)



Photo 15: Attention stance (Side-view)



Photo 16: Back stance (Front view)



Photo 17: Back stance (Side-view)

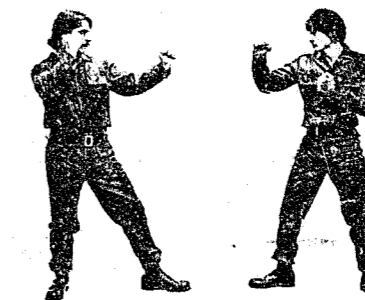


Photo 18: Fighting stance (Composite)



Photo 19: Horse stance (Front view)



Photo 20: Horse stance (Side-view)



Photo 21: Ready stance (Front view)



Photo 22: Ready stance (Side-view)



Photo 23: Walking or front stance (Front view)



Photo 24: Walking or front stance (Side-view)

b2. Photo Narrative: Basic Stances

1. AT-EASE STANCE — PHOTOS 12 and 13

This stance is generally used during the gym portion of this or other physical training programs, while still in formation, but after having been given an "at-ease" or "rest" command.

The feet are spread a shoulder's width apart, with the toes pointing forward and the knees slightly bent; the arms are held loosely at the sides.

NOTE: The hands *may* be clasped lightly together, either in front of or behind the body, while still keeping the arms relaxed and loose.

2. ATTENTION STANCE — PHOTOS 14 and 15

This stance is primarily used in the gym portion of this or other physical training programs, while in formation and having been called to "attention" by the instructor.

The feet are kept tight together and the legs and back are straight, with a slight bend at the knees.

The shoulders are pulled back with the chest thrust forward; the arms are kept to the sides with the palms just touching the thighs; the head and eyes are kept facing forward.

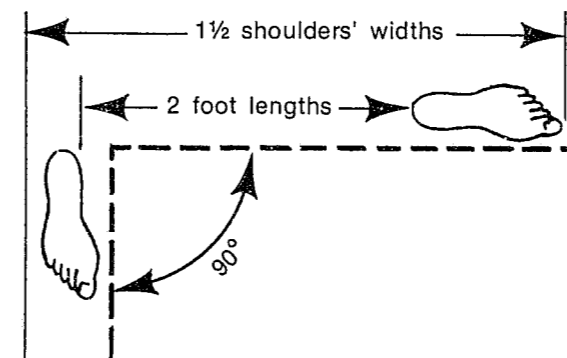
NOTE: You should keep your knees slightly bent when in the attention position, to maintain circulation and to prevent fainting.

3. BACK STANCE — PHOTOS 16 and 17

This stance is used for both offense and defense, with the front or leading foot used for kicking, and is advantageous in that only half of your body is facing your opponent.

Your feet should be approximately one and a half shoulders' widths apart on a 90° angle to each other.

Figure 11



Placement of feet in a back stance.

As shown in figure 11 above, the feet form an almost perfect 90° angle. The leading foot points straight forward, while the rear foot is turned *slightly* to the front. The heels are almost in line with the front foot, with the heel of the rear foot slightly to the side of an imaginary line brought back from the leading foot.

The rear leg should be bent until a vertical line can be drawn from the knee to the toes. Bend the front leg proportionally.

Figure 12



Angle of bend — rear leg: for a back stance

You should maintain 70% of your body weight on the rear leg and the remaining 30% on the front leg.

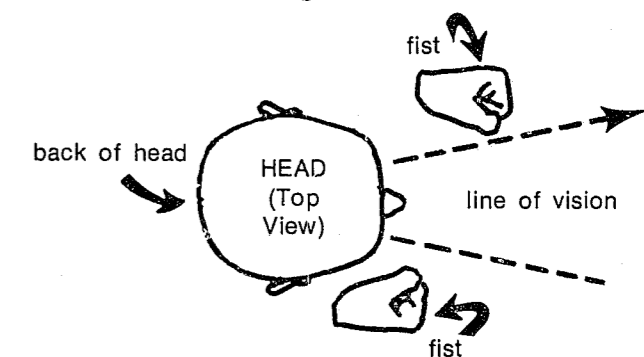
NOTE: When the right leg is at the rear, it is called a right back stance and vice versa for the left.

4. FIGHTING STANCE — PHOTO 18

The fighting stance is basically the same as the back stance, only the hands are tightly clenched into fists and held in a "boxer's" fighting position.

NOTE: When in this stance, you should be looking *between* your hands, not over or to the right.

Figure 13



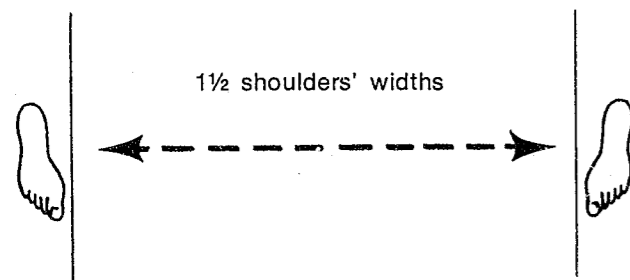
Placement of fists in relation to head when in a fighting stance.

5. HORSE STANCE — PHOTOS 19 and 20

This stance is used primarily for punching exercises and to develop the muscles of the legs.

The legs are spread one and a half shoulders' widths apart, with the toes pointing slightly inward; your body weight should be evenly distributed on both legs. See figure 14.

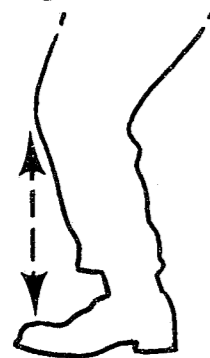
Figure 14



Placement of feet for a horse stance

The knees should be bent slightly forward, until an imaginary vertical line can be drawn from the knees to the balls of the feet. See figure 15 below.

Figure 15



Angle of bend — both legs: for a horse stance

The legs and abdomen should be tensed; with the chest and abdomen pushed outward, while the hips are thrust backward.

6. READY STANCE — PHOTOS 21 and 22

This stance is similar to the at-ease stance and differs only in the placement of the hands.

As shown, the hands are clenched tightly into fists and are held in front of the body at belt level with the thumbs almost touching; they are held approximately two inches from the belt.

The ready stance is used in the gym during practice sessions. As the name implies, when in this stance, you are ready to begin class, demonstrate a technique, or whatever else your instructor might indicate.

7. WALKING OR FRONT STANCE — PHOTOS 23 and 24

This is one of the stronger stances and is used for both offense and defense.

The feet are a shoulder's width apart, with the leading foot two and a half foot lengths forward of the rear foot.

The back leg is locked tightly at the knee while the

front leg is bent forward, until an imaginary vertical line can be drawn from the heel to the knee. See figure 16 below.

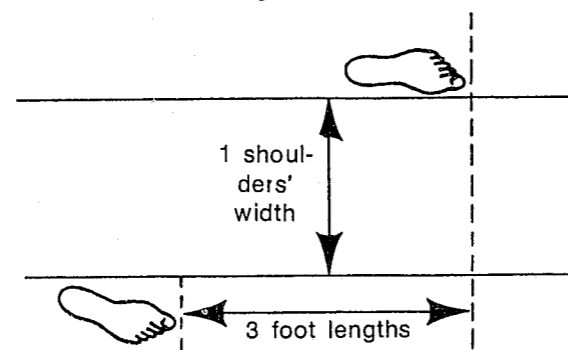
Figure 16



Angle of bend — front leg: for walking or front stance

The toes of the front foot are pointing forward, while the toes of the rear foot point slightly outward.

Figure 17



Placement of feet in a walking or front stance

33. Basic Offensive and Defensive Techniques

A. INTRODUCTION

Covered in this unit are seventeen techniques which can be separated into five areas; they are;

1. Blocks
2. Elbow strikes
3. Kicks
4. Open hand techniques
5. Punching

Shown in the following photos are sequences depicting basic offensive and defensive techniques utilizing the above five areas.

These techniques should be studied carefully and mastered to the extent possible, as most of the content in the remainder of this manual is based on this section.

B. BLOCKS

1. Down block
2. High block
3. Palm heel block
4. Side block

b1. Photo Illustrations: Blocks



Photo 25: Down block — side view (step-1)



Photo 26: Down block — side view (step-2)



Photo 27: Down block — side view (step-3)



Photo 28: Down block — side view (step-4)



Photo 29: High block — side view (step-1)



Photo 30: High block — side view (step-2)



Photo 31: High block — side view (step-3)



Photo 32: Palm heel block — side view (step-1)



Photo 33: Palm heel block — side view (step-2)



Photo 34: Palm heel block — side view (step-3)



Photo 35: Side block — side view (step-1)



Photo 36: Side block — side view (step-2)



Photo 37: Side block — side view (step-3)

b2. Photo Narrative: Blocks

I. Down Block — Photos 25 thru 28

Sequence

1. Start from a ready position with the body in an upright position and the feet a shoulder's width apart. The hands are tightly clenched into fists and are held 2-3 inches in front of the body at belt level with the thumbs *almost* touching, the elbows are slightly bent.
2. Cross the arms at chest level with the left arm on top. The top arm should be crossed in such a manner that the fist is next to your ear.
3. Step forward in a normal but rapid walking motion with the left foot, at the same time bring the left arm sharply downward across your body (from right to left), stopping at a point just above your left knee (with your fist).
At the same time, draw your right fist to your right hip, as rapidly and forcefully, as your left arm is moved downward.
4. Complete your stepping motion, your down block being completed as your foot touches the floor.

II. High Block — Photos 29 thru 31

Sequence

1. Start from a ready position with the body in an upright position and the feet a shoulder's width apart. The hands are clenched tightly into fists and are held 2-3 inches in front of the body at belt level with the thumbs *almost* touching. The elbows are slightly bent.
2. Begin a normal but rapid forward stepping motion with the left foot while at the same time crossing your arms; the left arm crossing at belt level and the right arm at forehead level.
3. As you complete your stepping motion, and as your left foot touches the floor, rapidly bring your left arm upward to forehead level (crossing the front of your body) and at the same time, rapidly draw your right fist to your right waist. The arms must be moved rapidly and with equal speed and force.

III. Palm Heel Block — Photos 32 thru 34

1. Start from either a ready position (see #1 in the

previous sequence) or from an at-ease position (Your body is in an upright position with the feet a shoulder's width apart and the hands held loosely at the sides).

2. Begin to step *left* into a horse stance, cocking your left hand back as far as possible while curling the finger and thumb of that hand tightly inward.
3. Complete stepping left into a horse stance. As your left foot touches the ground, drive your left hand forward, with a snapping motion at the wrist as you complete the strike.

NOTE: Strike or block your target with the heel of your palm and bring your right hand back to your waist as rapidly and forcefully as the left goes out.

IV. Side Block — Photos 35 thru 37

Sequence

1. Start from a ready position, your feet a shoulder's width apart and your body upright. Your hands are clenched tightly into fists and are held at belt level about 2-3 inches out from your body with the thumbs *almost* touching, the arms slightly bent at the elbows.
2. Cross both arms tightly across your body (your left arm should cross at chest level and your right arm should cross at chin level) while picking up your left foot and starting to move forward.
3. Complete your stepping forward movement, your feet approximately 2-2½ shoulders' widths apart, and your heels at a 90° angle to each other. The forward foot pointing in the direction you are stepping; the rear foot at a right (90°) angle to it. As you step down with your left foot you *uncross* your arms, drawing your right fist to your right hip and bringing your left arm across to your left side. Your fist should be facing you, and your forearm (from elbow to wrist) should be bent and held so that it is perpendicular to the floor.

C. ELBOW STRIKES

1. Forward Elbow Strike
2. Rising Elbow Strike

c1. Photo Illustrations: Elbow Strikes



Photo 38: Forward elbow strike — front view (step-1)



Photo 39: Forward elbow strike — front view (step-2)



Photo 40: Forward elbow strike — front view (step-3)



Photo 41: Forward elbow strike — front view (step-4)



Photo 42: Rising elbow strike — front view (step-1)



Photo 43: Rising elbow strike — front view (step-2)



Photo 44: Rising elbow strike — front view (step-3)



Photo 45: Rising elbow strike — front view (step-4)

c2. Photo Narrative: Elbow Strikes

I. Forward Elbow Strike — Photos 38 thru 41

Sequence

1. Start from a right back stance.
2. Stepping forward into a front or walking stance, your hands are tightly clenched into fists with the left fist forward and the right fist pulled tightly to the rear.
3. As your foot touches the floor you begin to bring your right forearm sharply *forward*, while at the same time, drawing your left fist sharply backward.
4. Complete your technique by bringing your forearm all the way *forward*, striking your target with your elbow.

II. Rising Elbow Strike — Photos 42 thru 45

Sequence

1. Start from a right back stance.
2. Step forward into a front or walking stance. Your hands are tightly clenched into fists with the left fist forward and the right fist pulled to the rear.
3. As your foot touches the floor you begin to bring your right forearm sharply *upward*, while at the same time, drawing your left fist sharply backward.
4. Complete your technique by bringing your forearm all the way *upward*, striking your target with your elbow.

D. KICKS

1. Crescent Kick
2. Front Kick
3. Round House Kick
4. Side Kick

d1. Photo Illustrations: Kicks



Photo 46: Crescent Kick — Front View (Step-1)



Photo 47: Crescent Kick — Front View (Step-2)



Photo 48: Crescent Kick — Front View (Step-3)



Photo 49: Crescent Kick — Front View (Step-4)



Photo 50: Crescent Kick — Front View (Step-5)



Photo 51: Front Kick — Side View (Step-1)



Photo 52: Front Kick — Side View (Step-2)



Photo 53: Front Kick — Side View (Step-3)



Photo 54: Front Kick — Side View (Step-4)



Photo 55: Round House Kick — Side View (Step-1)



Photo 56: Round House Kick — Side View (Step-2)



Photo 57: Round House Kick — Side View (Step-3)

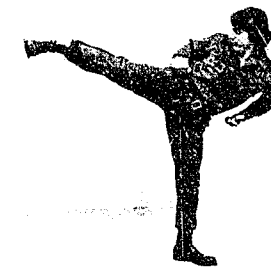


Photo 58: Round House Kick — Side View (Step-4)



Photo 59: Side Kick — Side View (Step-1)



Photo 60: Side Kick — Side View (Step-2)



Photo 61: Side Kick — Side View (Step-3)

d2. Photo Narrative: Kicks

I. Crescent Kick — Photos 46 thru 50

Sequence

1. Start from a "walking stance" with your left foot forward as if you had just completed a *long* step. Your hands are tightly clenched into fists and are held at your sides (about 18 inches from the side).
2. Bring your rear (right) leg forward and to the *far* left side of your body. Your hands are still in line with your hips (for balance) and about 18 inches out.
3. Bring your foot upward from the left side of your body, (it will be moving in a crescent from left to right) pulling it to your right.
4. Continue the crescent movement from left to right and, as it comes past your right shoulder, bring it *rapidly* to the floor and *forward* of your left foot as if you had just completed a step forward.
5. You are now in position #1 but, with the opposite foot forward.

II. Front Kick — Photos 51 thru 54

The most important aspect of the front kick is remembering to cock the leg as tightly as possible and raise the knee as high as it will go *before* you kick, with the kick being delivered in one fast movement *with no hesitation*.

Sequence

1. Start from a *loose*, right back stance, your body in an upright position, hands held loosely at your sides. Your feet should be approximately a shoulder's width apart with your left foot forward and at a 90° angle to your right foot (the angle and distance is measured from heel to heel).
2. Bring your rear (right) leg forward, cocking the leg as tightly as possible and raising the knee as high as it will go. At the same time clench your hands into fists and hold them in front of your body (elbows at your sides).

3. Begin to thrust your right leg forward (lock the foot at the ankle, turning the foot down as far as possible while curling the toes upward as far as they will go), while preparing to draw both hands back to the rear of your body as your foot goes forward.
4. Complete your kick, striking your target with the ball (just below the toes) of your foot; pulling both fists rapidly to the rear of your body.

III. Round House Kick — Photos 55 thru 58

Sequence

1. Start from a right back stance.
2. Bring the right knee up as high as possible and cock the lower leg back.
3. Begin to bring your right side forward, pivoting on the ball of your foot. The hands are kept ready to punch or block.
4. As your knee points at your target, you snap your leg forward completing your pivot and striking your target with the ball of your foot.

NOTE: Notice that the heel of your pivot leg is now pointing towards your target also.

IV. Side Kick — Photos 59 thru 61

Sequence

1. Start from a right back stance.
2. Draw your knee sharply upward as far as possible, while keeping your hands in position to block or punch.
3. Thrust your leg outward, turning your foot down at the ankle so that you strike your target with the outside edge of the foot.

E. OPEN HAND TECHNIQUES

1. Double Spear Hand Thrust
2. Knifehand Strike
3. Single Spear Hand Thrust — Palm Down
4. Single Spear Hand Thrust — Palm Sideways

c1. Photo Illustrations: Open Hand Techniques



Photo 62: Double Spear Hand Thrust — Side View (Step-1)



Photo 63: Double Spear Hand Thrust — Front View (Step-1)



Photo 64: Double Spear Hand Thrust — Side View (Step-2)



Photo 65: Double Spear Hand Thrust — Front View (Step-2)



Photo 66: Knife Hand Strike — Side View (Step-1)



Photo 67: Knife Hand Strike — Side View (Step-2)



Photo 68: Knife Hand Strike — Side View (Step-3)



Photo 69: Knife Hand Strike — Side View (Step-4)



Photo 70: Single Spear Hand Thrust - Palm Down — Side View (Step-1)



Photo 71: Single Spear Hand Thrust - Palm Down — Side View (Step-2)



Photo 72: Single Spear Hand Thrust - Palm Down — Side View (Step-3)



Photo 73: Single Spear Hand Thrust - Palm Down — Side View (Step-4)



Photo 74: Single Spear Hand Thrust - Palm Sideways — Side View (Step-1)



Photo 75: Single Spear Hand Thrust - Palm Sideways — Side View (Step-2)



Photo 76: Single Spear Hand Thrust - Palm Sideways — Side View (Step-3)

c2. Photo Narrative: Open Hand Techniques

I. Double Spear Hand Thrust — Photos 62 thru 65

Sequence

1. Start from a ready position, except that the hands are held in a "praying" position.
2. Stepping forward into a front or walking stance, thrust sharply forward your hands, which are still in the "praying" position, striking your target with the ends of your fingers.

NOTE: This is effective in a close-in position, and in breaking choke holds administered from the front.

II. Knife Hand Strike — Photos 66 thru 69

Sequence

1. Start from a right back stance.
2. Cross your arms tightly, the lower arm at chest level and the upper arm at shoulder level. Your lower, or right hand, is tightly clenched into a fist while your upper, or left hand, is open with the fingers pressed together and is drawn back to the right ear.
3. Pull your left arm sharply forward while rapidly drawing your right arm to the rear.
4. Complete number 3 above, striking your target with the outside edge of your hand.

NOTE: The right fist is now ready to punch a target.

III. Single Spear Hand Thrust: Palm Down — Photos 70 thru 73

Sequence

1. Start from a ready position.
2. Step forward into a walking or front stance. As you start to step forward, your left arm and fist are extended and your right arm is drawn back and the hand is open, fingers together, palm up.
3. As your leading foot touches the ground, you thrust your right hand forward while drawing your left sharply to the rear.
4. Complete your thrust with your right hand.

NOTE: This is all done in one swift movement; your left hand is now in a position to punch.

IV. Single Spear Hand Thrust: Palm Sideways — Photos 74 thru 76

Sequence

1. Start from a right back stance.
2. Step forward into a walking or front stance. Your left arm is extended with your hand clenched into a fist. Your right arm is drawn to the rear with the hand open, palm up, and fingers pressed together.
3. As your foot touches the ground you thrust your right hand forward, striking your target with your fingertips.

NOTE: Your left hand is drawn sharply to the rear, as your right is thrust forward, and is now in a position to punch.

F. PUNCHING

1. Lunge Punch
2. Punching from a Horse Stance
3. Reverse Punch

f1. Photo Illustrations: Punching



Photo 77: Lunge Punch — Front View (Step-1)



Photo 78: Lunge Punch — Front View (Step-2)



Photo 79: Lunge Punch — Front View (Step-3)



Photo 80: Punching from a Horse Stance — Front View (Step-1)



Photo 81: Punching from a Horse Stance — Front View (Step-2)



Photo 82: Punching from a Horse Stance — Front View (Step-3)



Photo 83: Punching from a Horse Stance — Front View (Step-4)



Photo 84: Punching from a Horse Stance — Front View (Step-5)



Photo 85: Reverse Punch — Side View (Step-1)



Photo 86: Reverse Punch — Side View (Step-2)

f2. Photo Narrative: Punching

I. Lunge Punch — Photos 77 thru 79

Sequence

1. Start from a ready position with the feet a shoulder's width apart and the body upright. The hands are tightly clenched into fists and are held in front of the body at belt level with the thumbs almost touching each other. The elbows are slightly bent and the fists are 2-3 inches out from the body.
2. Step in a *normal, but fast* motion forward with the left foot. As you start your stepping motion your *right* arm is fully extended and your hand is clenched into a fist while your left arm is cocked back, with your left fist near your waist.
3. As you complete your stepping motion, you punch with your left fist. Your left punch should be fully extended at the *moment* your left foot touches the ground. Your right fist is drawn back to your waist at the same speed, and with the same force, that your left fist is extended.

II. Punching from a Horse Stance — Photos 80 thru 84

Sequence

1. Start from a ready position, i.e., stand in an upright position with the feet a shoulder's width apart. The hands are tightly clenched into fists and are held at belt level approximately 2-3 inches outward from the body. Your thumbs should be *almost* touching.
2. Step *left* into a horse stance (2 to 2½ shoulders' widths wide). As you step into the horse stance you punch with your left hand to the solar plexus of an imaginary opponent, while pulling your right fist *back* to your right hip.

NOTE: The right fist comes *back* as fast *and* hard as the *left* fist goes forward. Also, as you face your imaginary opponent, imagine your shoulders as

the *base* points of a triangle, your punch to the opponent's solar plexus will be the *point* on top of the triangle.

3. Repeat the punching portion of #2, except that now the right hand punches and the left hand is drawn back.

III. Reverse Punch — Photos 85 and 86

Sequence

1. Stepping into a front or walking stance with your left foot, punch with your left hand as your foot touches the ground. Your right hand is drawn sharply backward as you punch.
2. Maintaining your stance, punch with your right hand while drawing back your left. Repeat as desired.

34. Body Target Areas and Basic Offensive Techniques Used.

A. INTRODUCTION

As indicated in Part II of this manual, the human body is divided into three (3) general target areas: High, Middle and Low.

Any offensive or defensive technique you employ must be directed to the appropriate target area in order to have maximum effect.

The following are examples of various techniques that could be utilized against weak or vulnerable points within these three (3) areas.

It must be stressed, however, that the examples shown here *are not* limited to the areas or targets indicated, nor do they represent more than a small portion of the techniques that could be utilized in the given situations.

Rather, they are intended as examples of simple, basic, beginning techniques upon which you, the student, can gain experience and expertise in the area of defensive tactics.

B. HIGH/UPPER BODY TARGET AREAS

1. Backfist Strike to Jaw Hinge.
2. Crescent Kick to Head.
3. Forward Elbow Strike to Jaw Hinge.
4. Knife Hand Strike to Bridge of Nose.
5. Knife Hand Strike to Collarbone.
6. Lunge Punch to Point of Jaw.
7. Palm Heel Strike to Edge of Jaw.
8. Reverse Elbow Strike to Jaw Hinge.
9. Ridge Hand Strike to Jaw Hinge.
10. Rising Elbow Strike to Point of Jaw.
11. Rising Knee Strike to Face.

b1. Photo Illustrations: High/Upper Body Target Areas



Photo 87: Backfist Strike to Jaw Hinge



Photo 88: Crescent Kick to Head



Photo 89: Forward Elbow Strike to Jaw Hinge



Photo 90: Knife Hand Strike to Bridge of Nose

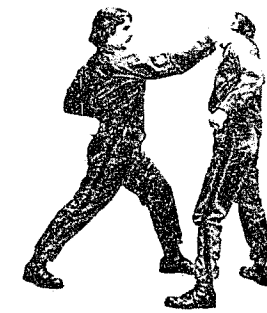


Photo 91: Knife Hand Strike to Collarbone



Photo 92: Lunge Punch to Point of Jaw



Photo 93: Palm Heel Strike to Edge of Jaw



Photo 94: Reverse Elbow Strike to Jaw Hinge

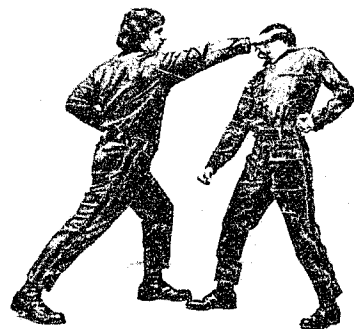


Photo 95: Ridge Hand Strike to Jaw Hinge



Photo 96: Rising Elbow Strike to Point of Jaw

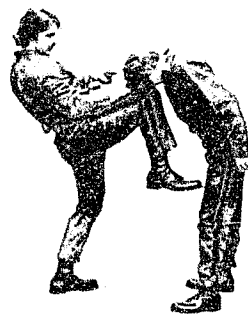


Photo 97: Rising Knee Strike to Face

C. MID/MIDDLE BODY TARGET AREAS

1. Backfist Strike to Point of Ribs.
2. Forward Elbow Strike to Ribs.
3. Front Kick to Stomach.
4. Knife Hand Strike to Ribs.
5. Palm Heel Strike to Point of Ribs.
6. Push Reverse Elbow Strike to Ribs.
7. Reverse Elbow Strike to Solar Plexus.
8. Ridge Hand Strike to Stomach.
9. Round House Kick to Stomach.
10. Side Kick to Ribs.

c1. Photo Illustrations: Mid/Middle Body Target Areas



Photo 98: Backfist Strike to Point of Ribs



Photo 99: Forward Elbow Strike to Ribs

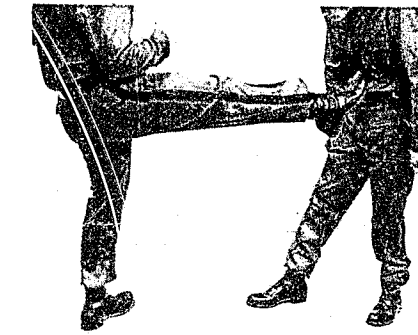


Photo 100: Front Kick to Stomach

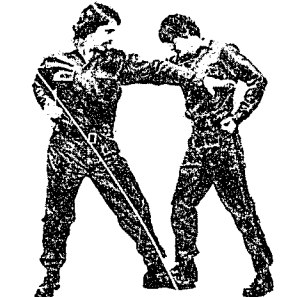


Photo 101: Knife Hand Strike to Ribs



Photo 102: Palm Heel Strike to Point of Ribs



Photo 103: Push Reverse Elbow Strike to Rib



Photo 104: Reverse Elbow Strike to Solar Plexus

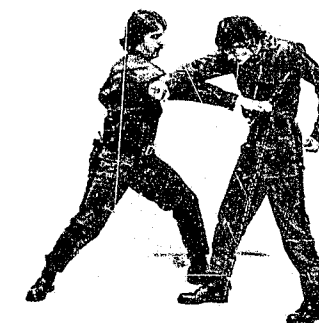


Photo 105: Ridge Hand Strike to Stomach



Photo 106: Round House Kick to Stomach



Photo 107: Side Kick to Ribs

D. LOW/LOWER BODY TARGET AREAS

1. Back Kick to Groin.
2. Front Kick to Groin.
3. Front Kick to Knee.
4. Press or Stomp Kick to Back of Knee.
5. Round House Kick to Groin.
6. Round House Kick to Knee.
7. Side Kick to Knee.

d1. Photo Illustrations: Low/Lower Body Target Areas



Photo 108: Back Kick to Groin

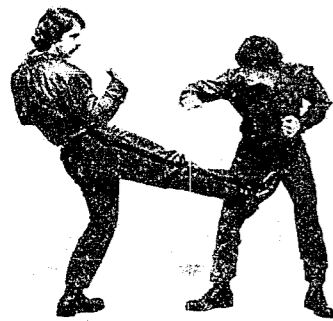


Photo 109: Front Kick to Groin

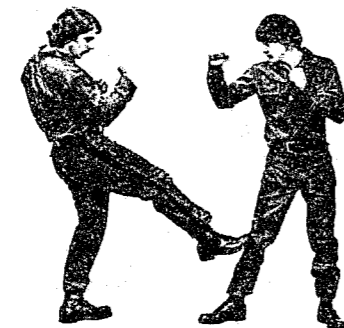


Photo 110: Front Kick to Knee



Photo 111: Press or Stomp Kick to Back of Knee

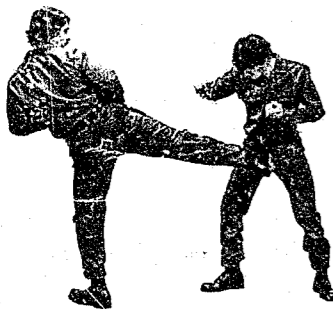


Photo 112: Round House Kick to Groin



Photo 113: Round House Kick to Knee

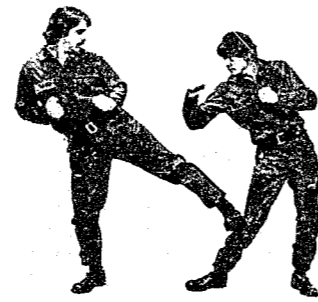


Photo 114: Side Kick to Knee

PART IV

**OFFENSIVE AND DEFENSIVE TECHNIQUES
FOR USE AGAINST AN UNARMED OPPONENT**

In this unit we deal with techniques that, to one degree or another, have been discussed and photo illustrated in units II and III.

The following photo sequences take these techniques and apply them to one-on-one situations, involving an *unarmed* opponent. The areas covered are:

1. Blocking
2. Punching
3. Kicking
4. Take-downs
5. Evading
6. Escaping from Chokeholds

35. Blocking Techniques for Use Against an Unarmed Opponent.

A. BLOCKS

1. Down Block
2. High Block
3. Palm Heel Block
4. Side Block

a1. Photo Illustrations: Blocks
1. Down Block Against a Front Kick

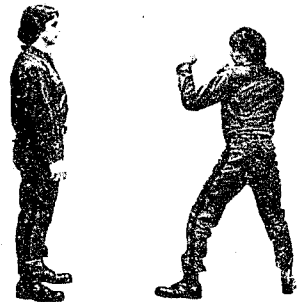


Photo 115: (Step-1) Your opponent takes an offensive stance



Photo 116: (Step-2) Opponent begins his attack



Photo 117: (Step-3) Begin your down block

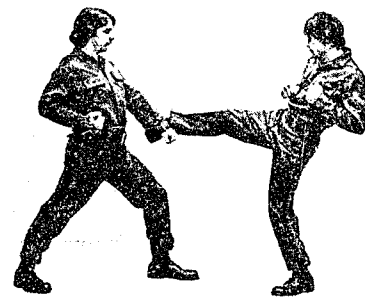


Photo 118: (Step-4) Stepping forward, complete your block, intercepting your opponent's kick

2. High Block Against a Punch

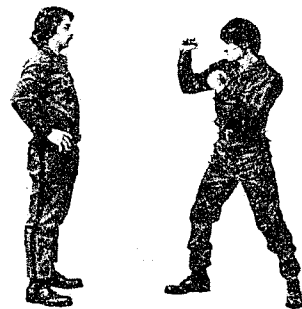


Photo 119: (Step-1) Your opponent takes an offensive stance

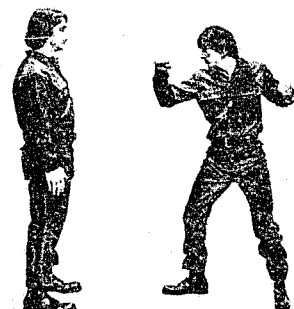


Photo 120: (Step-2) Opponent begins his attack

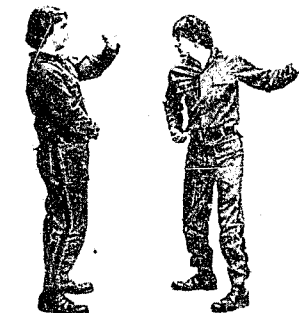


Photo 121: (Step-3) Begin your high block

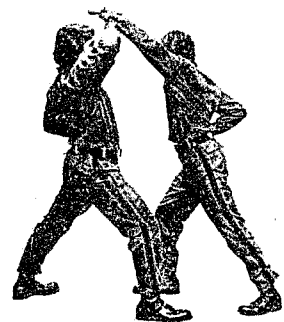


Photo 122: (Step-4) Stepping forward, complete your block, intercepting your opponent's punch

3. Palm Heel Block Against a Punch

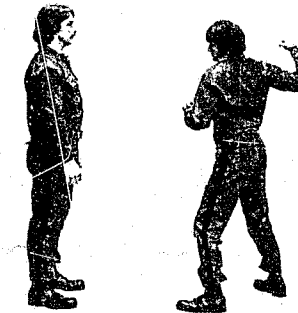


Photo 123: (Step-1) Your opponent takes an offensive stance

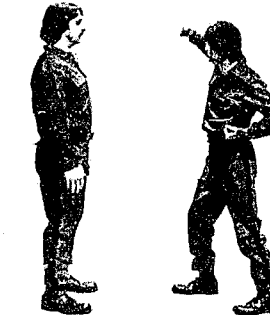


Photo 124: (Step-2) Opponent begins his attack



Photo 125: (Step-3) Begin your palm heel block



Photo 126: (Step-4) Stepping outside your opponent, complete your palm heel block

4. Side Block Against a Punch

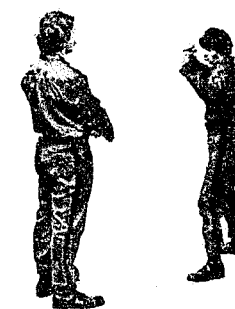


Photo 127: (Step-1) Your opponent takes an offensive stance



Photo 128: (Step-2) Opponent begins his attack

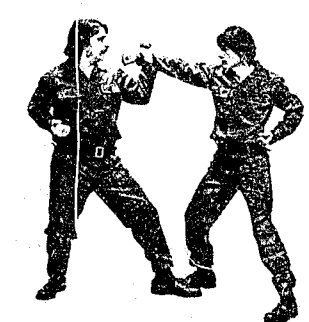


Photo 129: (Step-3) Stepping forward, complete your side block, intercepting your opponent's punch

36. Punching Techniques for Use Against an Unarmed Opponent.

A. PUNCHES

1. Lunge Punch
2. Reverse Punch

a1. Photo Illustrations: Punches

1. Lunge Punch Against an Unarmed Opponent.

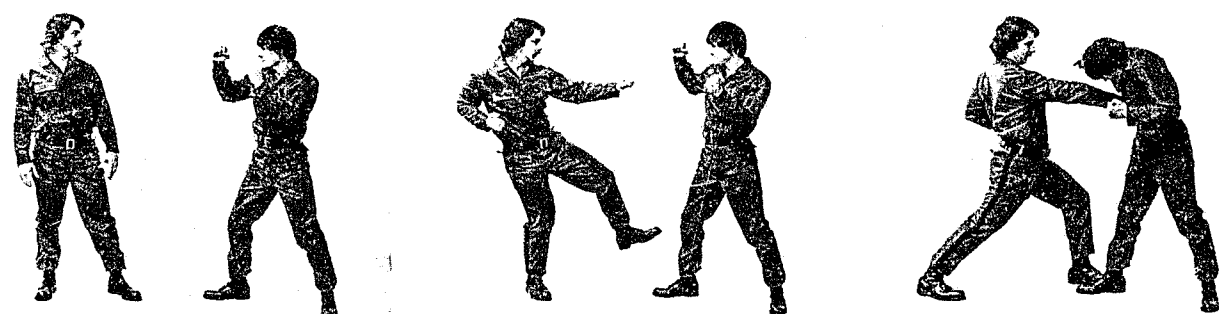


Photo 130: (Step-1) Your opponent takes an offensive stance.

Photo 131: (Step-2) Begin to step forward, while preparing to punch.

Photo 132: (Step-3) Complete your forward stepping movement, punching as your foot touches the ground.

2. Reverse Punch Against an Unarmed Opponent.

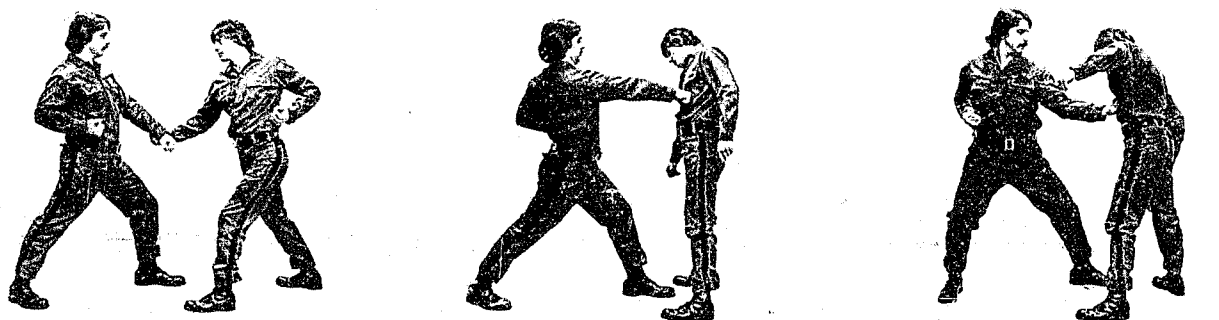


Photo 133: (Step-1) Block your opponent's right punch and prepare to punch with your right fist.

Photo 134: (Step-2) Punch your opponent with your right fist, drawing your left fist back.

Photo 135: (Step-3) Punch your opponent with your left fist, drawing your right fist back.

37. Kicking Techniques for Use Against an Unarmed Opponent.

A. KICKS

1. Crescent Kick
2. Front Kick
3. Round House Kick
4. Side Kick

a1. Photo Illustrations: Kicks

1. Crescent Kick Against a Punch.

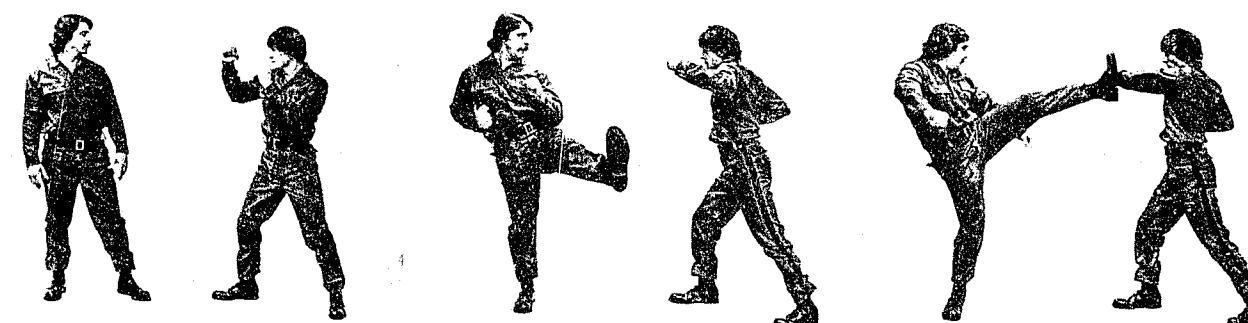


Photo 136: (Step-1) Your opponent takes an offensive stance.

Photo 137: (Step-2) As your opponent begins his attack, begin your crescent kick.

Photo 138: (Step-3) Complete your kick, striking your opponent's arm.

2. Front Kick Against an Unarmed Opponent.

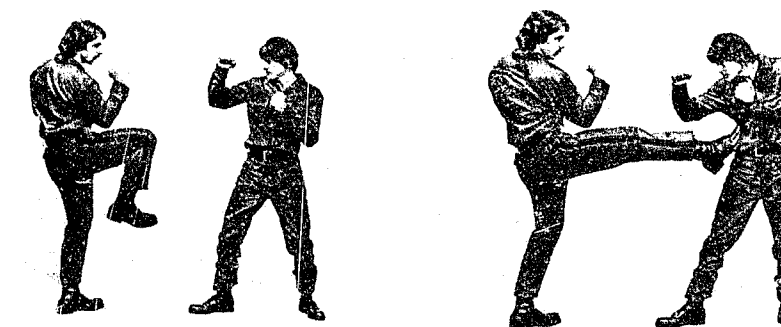


Photo 139: (Step-1) Pick your knee up, beginning your front kick.

Photo 140: (Step-2) Thrust your foot forward to your opponent's ribs, completing your front kick.

3. Round House Kick Against an Unarmed Opponent.

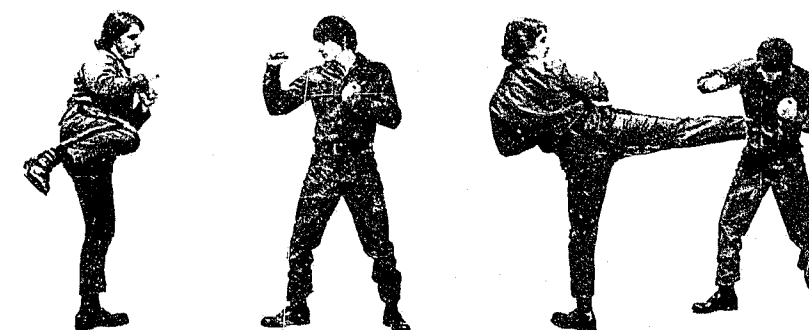


Photo 141: (Step-1) Raise your knee as high as possible, cocking your lower leg back.

Photo 142: (Step-2) Snap your leg forward, pivoting on your base leg and striking your opponent's stomach.

4. Side Kick Against an Unarmed Opponent.

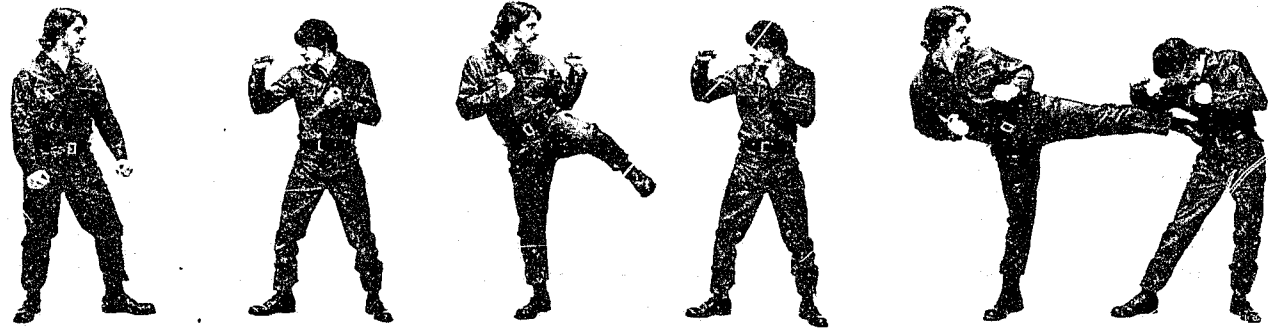


Photo 143: (Step-1) Your opponent takes an offensive stance.

Photo 144: (Step-2) Raise your knee as high as possible, locking your foot at the ankle.

Photo 145: (Step-3) Thrust your leg to your target, pivoting on your base leg and striking your opponent with the edge of your foot.

38. Takedowns for Use Against an Unarmed Opponent.

A. TAKEDOWNS

1. Block, Takedown, Punch
2. Grab, Footsweep, Kick, Knee Drop, Punch
3. Block, Takedown, Search, Cuff

a1. Photo Illustrations: Takedowns

1. Block, Takedown, and Punch Against an Unarmed Opponent.

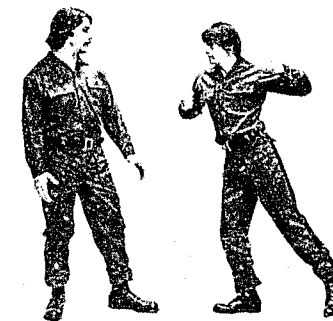


Photo 146: (Step-1) Your opponent begins an offensive movement.



Photo 147: (Step-2) Blocking your opponent's punch with a palm heel block, begin to step behind him.



Photo 148: (Step-3) Completing your stepping movement, bring your arm across your opponent's chest.



Photo 149: (Step-4) Different view of Step-3.



Photo 150: (Step-5) Simultaneously knock your opponent's leg from underneath him, while pushing backwards across your knee.



Photo 151: (Step-6) As your opponent hits the floor, follow through with a punch to his face.

2. Grab, Footsweep, Kick, Knee Drop, and Punch Against an Unarmed Opponent.

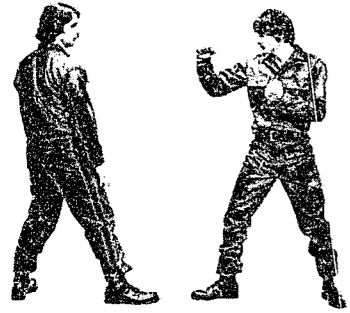


Photo 152: (Step-1) Your opponent takes an offensive stance.

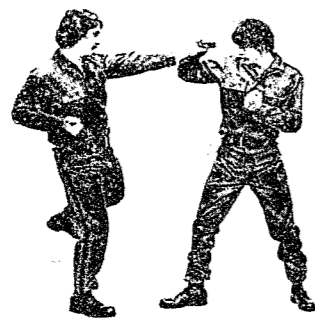


Photo 153: (Step-2) Grab your opponent's leading arm and start your footsweep.

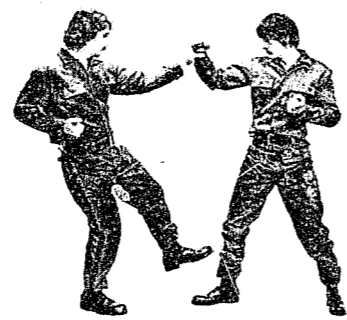


Photo 154: (Step-3) Continuing your footsweep.



Photo 155: (Step-4) As your opponent's foot is "swept" or brought upward, thrust him backwards using his arm for leverage.

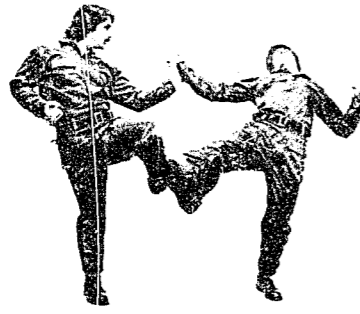


Photo 156: (Step-5) Continue bringing your opponent's leg up, while thrusting him backwards.



Photo 157: (Step-6) As your opponent hits the floor, use your sweeping leg to strike his face.



Photo 158: (Step-7) Drop on your opponent's midsection with your knee, and prepare to punch.



Photo 159: (Step-8) Punch your opponent's face.

3. Block, Takedown, Search, and Cuff of an Unarmed Opponent.



Photo 160: (Step-1) Your opponent begins an offensive technique.

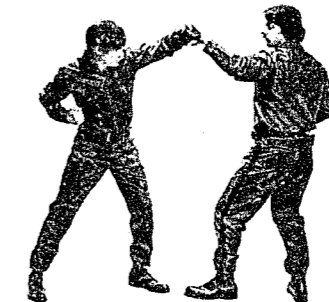


Photo 161: (Step-2) Using an open-hand block, block your opponent's technique and grab his wrist.



Photo 162: (Step-3) Begin to step to the side and behind your opponent, maintaining your grip on his wrist.



Photo 163: (Step-4) Stepping behind your opponent, grab his hair, at or near the neck, pulling his head back. Maintain your grip on his wrist.



Photo 164: (Step-5) Push forward against your opponent's knee, while pulling backwards on his arm and hair.



Photo 165: (Step-6) Continue pushing on your opponent's knee, and pulling on his arm and hair, until he goes to his knees.



Photo 166: (Step-7) When your opponent is on his knees, use your foot to cross his legs at the ankles, while maintaining your grip on his arm and hair.



Photo 167: (Step-8) At this point, make sure your grip on his arm and hair is secure.



Photo 168: (Step-9) Bring his arm behind his head, and grip both arm and hair.



Photo 169: (Step-10) Bring your opponent's other arm behind his head and have him interlace his fingers; then grasp his hands where they are interlocked.



Photo 170: (Step-11) Coming down on one knee, place your other knee in your opponent's back, while still pulling him backward.



Photo 171: (Step-12) You may now conduct a limited search of your opponent.



Photo 172: (Step-13) Completing your search, stand up, and prepare to cuff one wrist.



Photo 173: (Step-14) Bring his cuffed arm down and under, to the small of his back.



Photo 174: (Step-15) Bring his other arm around to be cuffed.



Photo 175: (Step-16) Completing the cuffing, stand, and place one foot on your opponent's feet.



Photo 176: (Step-17) Maintaining your grasp on the cuffs, bend and grab his belt.



Photo 177: (Step-18) Help him up, lifting on the belt while maintaining your grip on the cuffs.

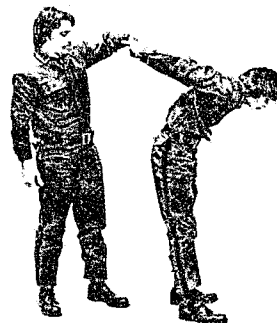


Photo 178: (Step-19) Still holding the cuffs and lifting your opponent's arms up, you may safely move him anywhere you wish.

39. Evading an Unarmed Opponent's Offensive Techniques.

A. EVADING

1. Evading a Kick
2. Evading a Punch

a1. Photo Illustrations: Evading

1. Evading an Unarmed Opponent's Kick.

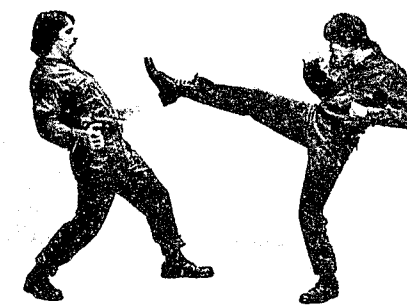


Photo 179: (Back Evade) As your opponent kicks toward your midsection, bend backwards at the waist. (1)



Photo 180: (Side Evade) As your opponent kicks toward your midsection, step to the outside of the kick (2)

2. Evading an Unarmed Opponent's Punch.



Photo 181: (Front View) As your opponent punches toward your face, twist your upper body and bend backwards. (1)



Photo 182: (Side View) As your opponent punches toward your face, twist your upper body and bend backwards. (2)

40. Escaping from an Unarmed Opponent's Chokeholds.

A. ESCAPING FROM CHOKEHOLDS

1. Choke, Break, Knife Hand Strike
2. Choke, Double Spear Hand Strike

a1. Photos

1. Escaping From a Chokehold Using a Knife Hand Strike



Photo 183: (Step-1) Your opponent lunges forward, hands toward your throat.



Photo 184: (Step-2) Your opponent grabs your throat with both hands in an attempt to choke you.



Photo 185: (Step-3) Bringing one arm across the tops of both of his arms, twist free of the choke and prepare to strike him.

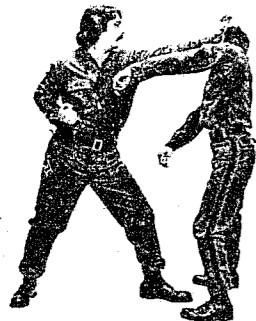


Photo 186: (Step-4) Twist back, striking your opponent in the head with a knife hand strike.

2. Escaping From a Chokehold Using a Double Spear Hand Strike



Photo 187: (Step-1) Your opponent grabs your throat, with both hands, in an attempt to choke you.



Photo 188: (Step-2) Bring both hands together in a "prayer" position.

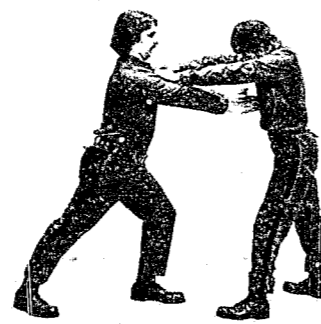


Photo 189: (Step-3) Thrust your hands forward, while your hands are still in the praying position and, while pushing with your feet for additional force.

PART V

OFFENSIVE AND DEFENSIVE TECHNIQUES FOR USE AGAINST AN ARMED OPPONENT

This unit deals with techniques that, to one degree or another, have been discussed and photo illustrated in Units II, III and IV.

The following photo sequences take these techniques and apply them to one-on-one situations involving an armed opponent.

These photo sequences cover the following areas:

1. Blocks
2. Evading
3. 1-Step Sparring
4. 2-Step Sparring
5. 3-Step Sparring
6. 4-Step Sparring
7. 5-Step Sparring
8. Miscellaneous Techniques

NOTE: The following material represents only a portion of the total number of potential techniques that could be used in the depicted situation. They are not limited to use against the offensive move depicted; rather, they are shown because of the ease in which they may be learned and their effectiveness when used.

41. Blocking an Opponent's Weapon.

A. BLOCKS

a1. Photo Illustrations: Blocks

1. Crescent Kick Block Against a Knife.



Photo 190: (Step-1) Your opponent begins an offensive move with a weapon.

Photo 191: (Step-2) Begin your crescent kick.

Photo 192: (Step-3) Complete the crescent kick, striking your opponent's hand holding the weapon.

2. Crescent Kick Block against Pistol.



Photo 193: (Step-1) You determine you are in a situation in which you have no choice but to try and disarm your opponent.

Photo 194: (Step-2) Begin your crescent kick, turning as you do so that if the weapon is fired it may miss or only graze.

Photo 195: (Step-3) Complete your crescent kick, striking the gun hand.

3. Crescent Kick Block against a Rifle.

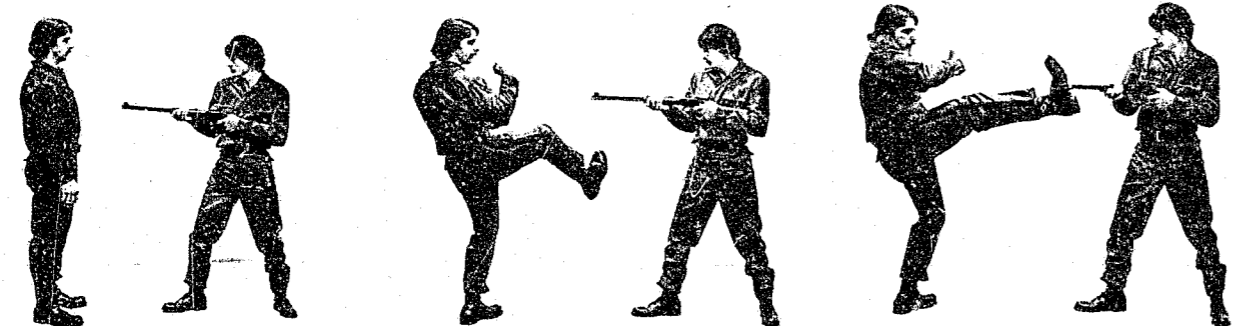


Photo 196: (Step-1) You determine you are in a situation in which you have no choice but to try and disarm your opponent.

Photo 197: (Step-2) Begin your crescent kick, turning as you do so that if the weapon is fired it may miss or will only graze.

Photo 198: (Step-3) Complete your crescent kick, striking the rifle barrel.

4. Crescent Kick Block against a Staff.



Photo 199: (Step-1) Your opponent begins an offensive movement.

Photo 200: (Step-2) Begin your crescent kick.

Photo 201: (Step-3) Complete your crescent kick, striking the end of the staff where leverage will work with you in turning it away.

5. Down Block against a Knife.



Photo 202: (Step-1) Your opponent begins an offensive movement.

Photo 203: (Step-2) Begin your down block.

Photo 204: (Step-3) Stepping forward, complete your block diverting your opponent's weapon.

6. Down Block against a Pistol.

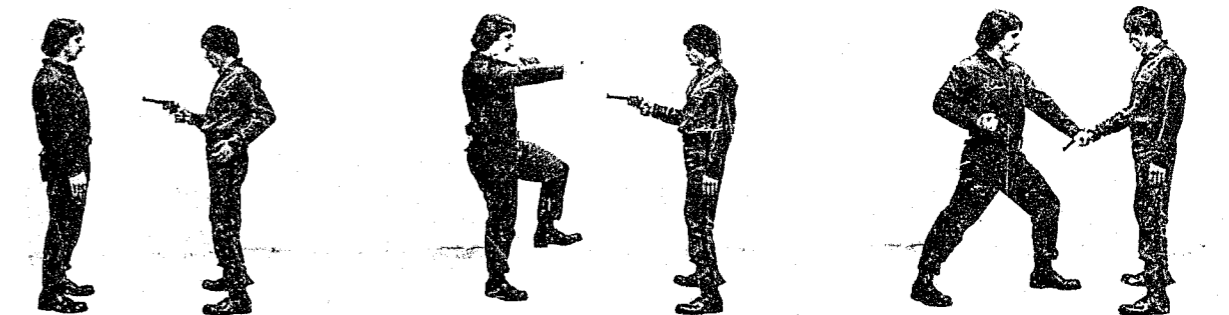


Photo 205: (Step-1) You determine you are in a situation in which you have no choice but to try and disarm your opponent.

Photo 206: (Step-2) Begin your down block, turning slightly to the inside so that if the weapon is fired it may miss or only graze.

Photo 207: (Step-3) Stepping forward, complete your block, diverting your opponent's weapon.

7. Down Block against a Rifle.



Photo 208: (Step-1) You determine you are in a situation in which you have no choice but to try and disarm your opponent.

Photo 209: (Step-2) Begin your down block, turning slightly to the outside so that if the weapon is fired it may miss or only graze.

Photo 210: (Step-3) Stepping forward, complete your block diverting your opponent's weapon.

8. Palm Heel Block against a Pistol.

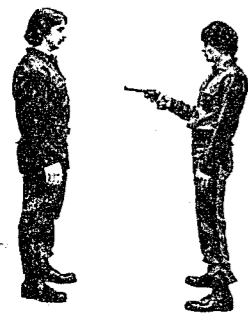


Photo 211: (Step-1) You determine you are in a situation in which you have no choice but to try and disarm your opponent.



Photo 212: (Step-2) Begin your palm heel block, stepping to the outside and turning so that if the weapon is fired it may miss or will graze.

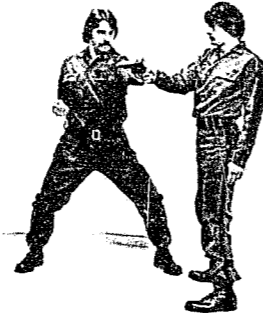


Photo 213: (Step-3) Completing your movement to the outside, finish your palm heel block striking your opponent's gun hand diverting the weapon.

9. Palm Heel Block against a Rifle.



Photo 214: (Step-1) You determine you are in a situation in which you have no choice but to try and disarm your opponent.

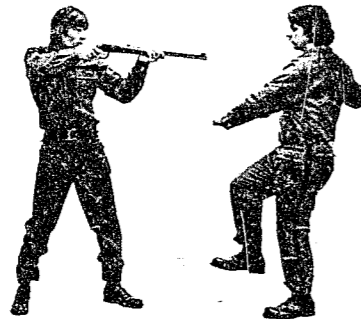


Photo 215: (Step-2) Begin your palm heel block, stepping to the outside and turning so that if the weapon is fired it may miss or only graze.



Photo 216: (Step-3) Completing your movement to the outside, finish your palm heel block striking the rifle barrel where your leverage will be at its greatest to divert the weapon.

10. Reverse Spin Knife Hand Block against a Pistol.

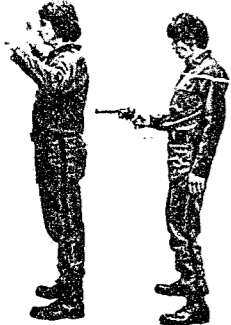


Photo 217: (Step-1) You determine that you are in a situation in which you have no choice but to try and disarm your opponent.



Photo 218: (Step-2) Begin your reverse spin knife hand, turning so that if the weapon is fired it may miss or only graze you.



Photo 219: (Step-3) Completing your spin, finish your technique striking your opponent's gun hand and diverting the weapon.

11. Side Block against a Knife.

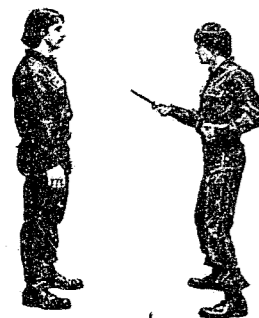


Photo 220: (Step-1) Your opponent begins an offensive movement.

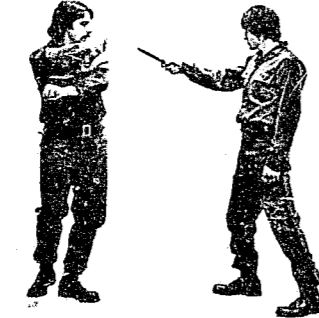


Photo 221: (Step-2) Begin your side block.

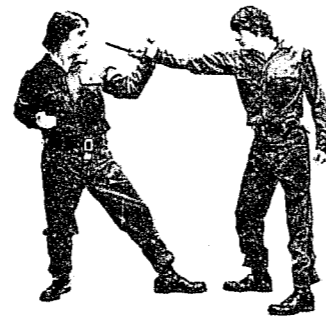


Photo 222: (Step-3) Complete your side block, striking your opponent's knife-hand, where leverage will work with you in diverting the weapon.

12. Side Block against a Rifle.



Photo 223: (Step-1) You determine that you are in a situation in which you have no choice but to try and disarm your opponent.



Photo 224: (Step-2) Begin your side block, turning so that if the weapon is fired it may miss or only graze you.



Photo 225: (Step-3) Complete your side block, striking the rifle barrel where leverage will work with you in diverting the weapon.

42. Evading an Opponent's Weapon.

A. EVASIONS: METHODS OF LEANING/TWISTING TO THE SIDE.

1. Evading a knife by leaning/twisting to the side.
2. Evading a staff by leaning/twisting to the side.
3. Evading a staff by leaning.
4. Evading a staff by jumping.

a1. Photo Illustrations

1. Evading a Knife — Leaning/Twisting to the Side.



Photo 226: (Front view)



Photo 227: (Side view)

2. Evading a Staff — Leaning/Twisting to the Side.

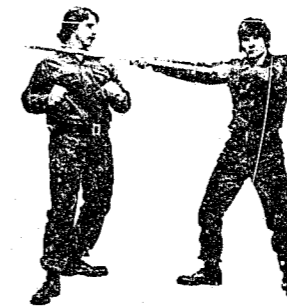


Photo 228: (Front view)



Photo 229: (Side view)

3. Evading a Staff — Leaning Backwards

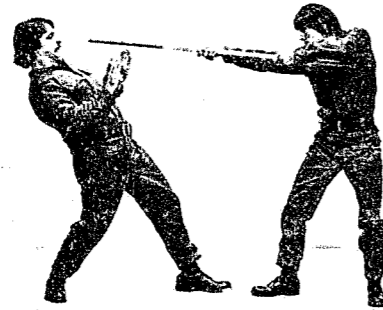


Photo 230: (Side view)

4. Evading a Staff — Jumping over It.

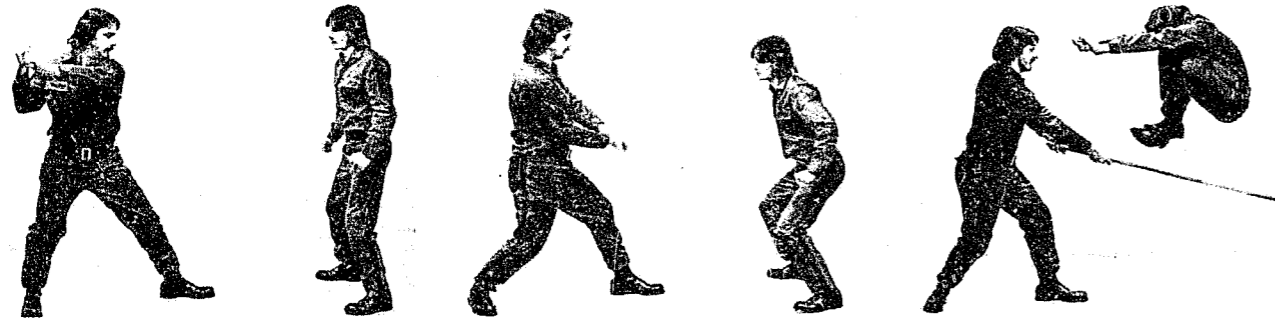


Photo 231: (Step-1) Your opponent begins an offensive move, swinging the staff towards your legs.

Photo 232: (Step-2) As the staff comes towards your legs, prepare to jump over it.

Photo 233: (Step-3) As the staff swings through where your legs would be, jump, drawing your knees upward.

43. Blocking and/or Evading an Opponent's Weapon and Countering with One Technique: One-Step Sparring.

A. ONE-STEP TECHNIQUES.

1. Evade and Front Kick
2. Rush and Side Kick
3. Rush, Footsweep, and Side Kick
4. High Block and a Rising Elbow Strike
5. Palm Heel Block and a Reverse Punch
6. Palm Heel Block and a Crescent Kick
7. Side Block and a Knife Hand Strike

a1. Photo Illustrations: One-Step Techniques

1. Evading a Knife and Countering with a Front Kick.

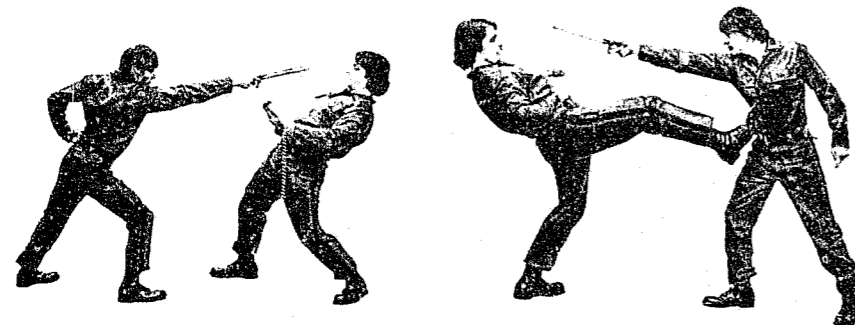


Photo 234: (Step-1) As your opponent lunges forward, lean backwards to evade the weapon, preparing to front kick your opponent.

Photo 235: (Step-2) Deliver a front kick to the midsection of your opponent, as his momentum is still carrying him forward.

2. Evading a Staff by Rushing and Side Kicking your Opponent.

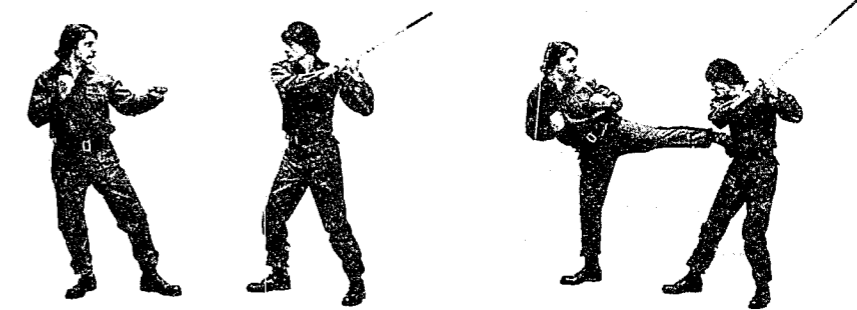


Photo 236: (Step-1) Your opponent takes an offensive stance.

Photo 237: (Step-2) Before your opponent can strike with his staff, you step into your opponent and deliver a side kick to his midsection.

3. Evading a Staff by Rushing and Footsweeping your Opponent.

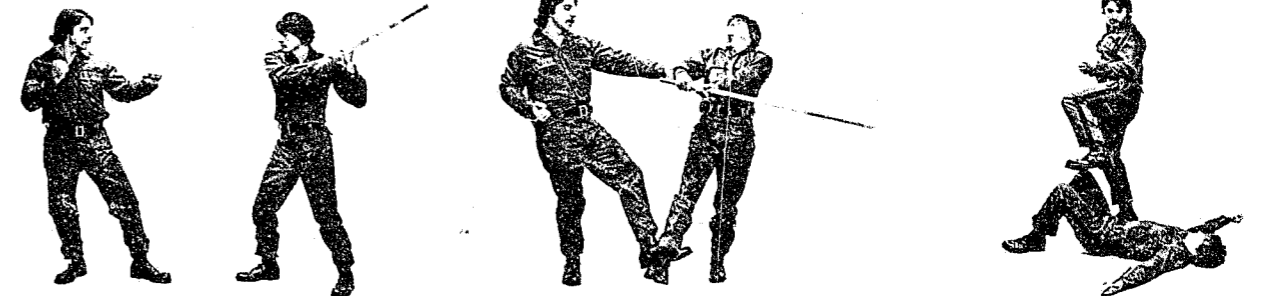


Photo 238: (Step-1) Your opponent takes an offensive stance.

Photo 239: (Step-2) Before your opponent can strike with his staff, you step into him, grabbing his arm, while at the same time preparing to footsweep.

Photo 240: (Step-3) Complete the footsweep, throwing your opponent backwards to the ground.

4. Blocking a Knife with a High Block and Countering with a Rising Elbow Strike.

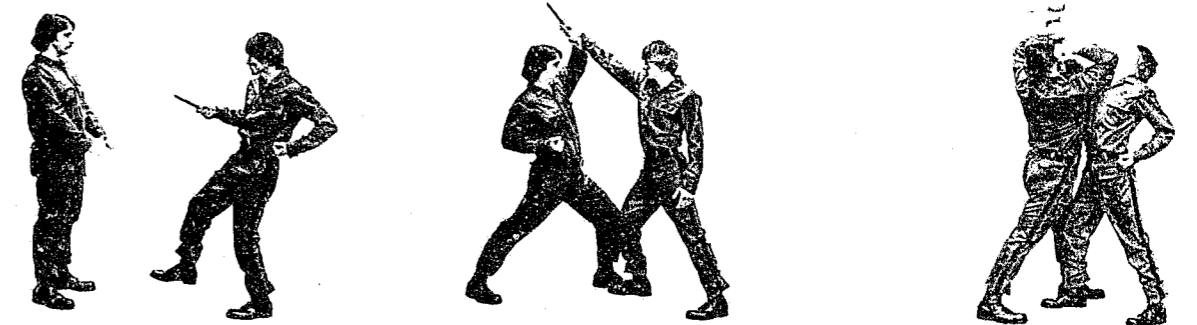


Photo 241: (Step-1) Your opponent makes an offensive move, lunging toward you with a knife.

Photo 242: (Step-2) You step forward, using a high block to divert the knife.

Photo 243: (Step-3) Continuing, you immediately follow your high block with a rising elbow strike.

CONTINUED

1 OF 2

5. Blocking a Staff with a Palm Heel Block and Following Up with a Reverse Punch.

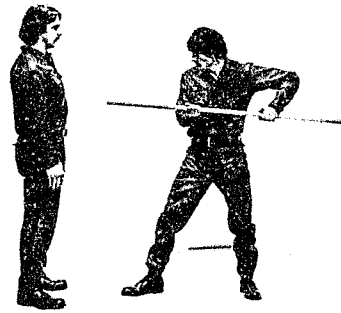


Photo 244: (Step-1) Your opponent makes an offensive move toward you with his staff.



Photo 245: (Step-2) As your opponent lunges forward, step outside, into a palm heel block.

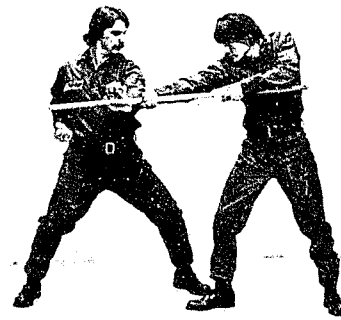


Photo 246: (Step-3) Complete your palm heel block and prepare to reverse punch your opponent.

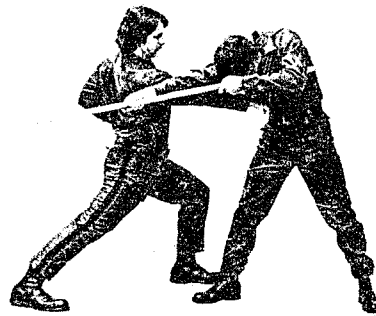


Photo 247: (Step-4) Twist and deliver a reverse punch to your opponent's mid-section.

6. Blocking a Knife with a Palm Heel Block and Countering with a Crescent Kick.

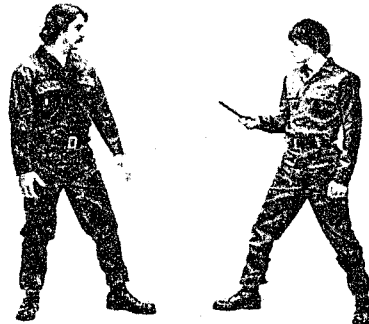


Photo 248: (Step-1) Your opponent makes an offensive move, lunging toward you with a knife.



Photo 249: (Step-2) Step outside, into a palm heel block, striking the knife hand and diverting the weapon.

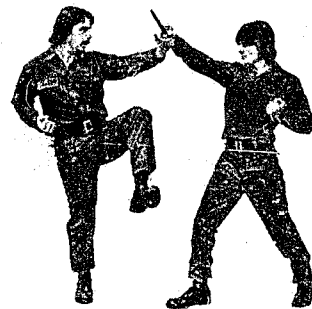


Photo 250: (Step-3) As your block is completed, raise your knee as high as possible and prepare to crescent kick your opponent.

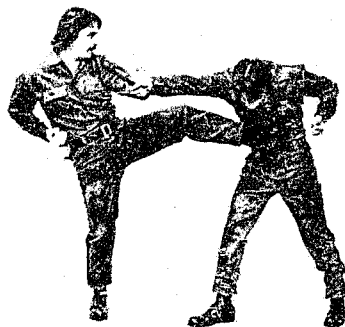


Photo 251: (Step-4) Complete your crescent kick, striking your opponent in the mid-section.

7. Blocking a Staff with a Side Block and Countering with a Knife Hand Strike.

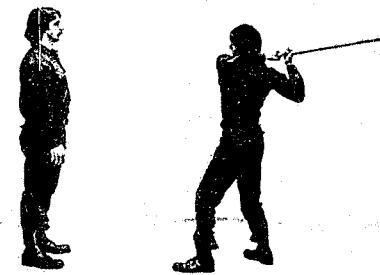


Photo 252: (Step-1) Your opponent makes an offensive move, swinging his staff toward your head.

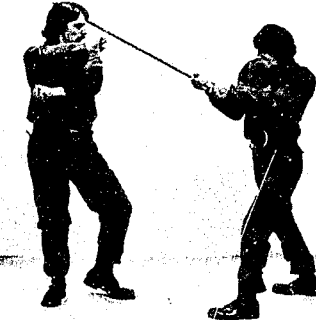


Photo 253: (Step-2) Prepare to step into a side block.

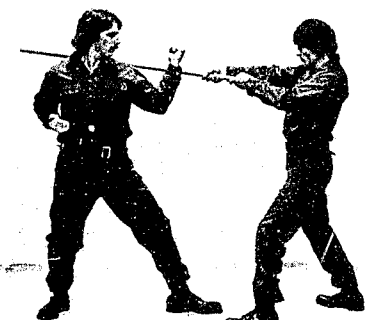


Photo 254: (Step-3) Complete your side block.

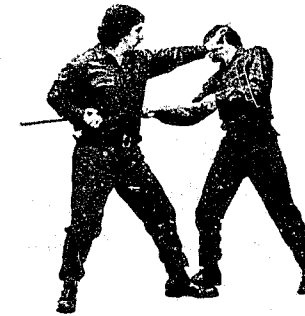


Photo 255: (Step-4) Follow up your side block immediately, with a knife hand strike to the head.

44. Blocking and/or Evading an Opponent's Weapon and Countering with Two Techniques: Two-Step Sparring:

A. TWO-STEP TECHNIQUES.

1. Open Hand/Slap Block, Finger Jab and Knee Strike
2. Down Block, Arc Hand Thrust, Palm Heel Strike
3. Down Block, Knee Strike, Take Down
4. Rush, Double Round House Kick
5. Rush, Knee Strike, Forward Elbow Strike
6. Rush, Double Side Kick
7. High Block, Reverse Punch, Palm Heel Strike
8. Palm Heel Block, Ridge Hand Strike, Rising Knee Strike

a1. Photo Illustrations: Two-Step Techniques

1. Blocking a Pistol with an Open Hand or Slap Block and Countering with a Finger Jab and Rising Knee Strike.

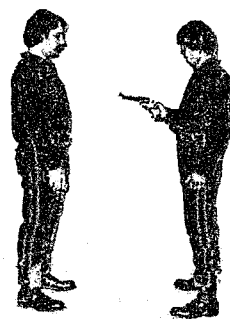


Photo 256: (Step-1) You determine that you are in a situation in which you have no choice but to try and disarm your opponent.

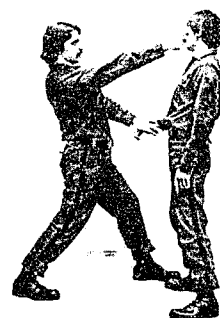


Photo 257: (Step-2) Step forward, into an open hand or slap block, diverting the pistol, while at the same time thrusting a finger to your opponent's eye.



Photo 258: (Step-3) Follow the finger thrust with a rising knee strike to the groin.

2. Down Block against a Knife, followed by an Arc Hand Thrust to the Throat and a Palm Heel Strike to the Chin.

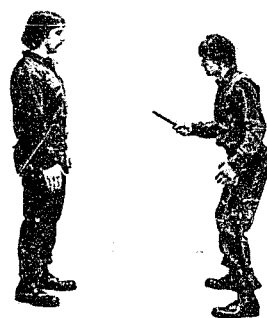


Photo 259: (Step-1) Your opponent makes an offensive move, lunging toward you with a knife.

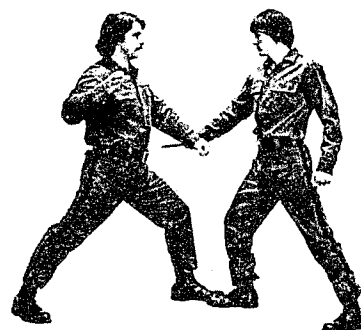


Photo 260: (Step-2) Step forward and down block your opponent's knife hand, diverting the weapon.

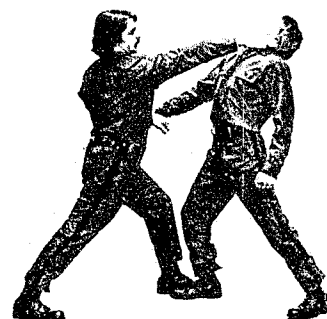


Photo 261: (Step-3) Strike your opponent's throat, using an arc hand thrust.

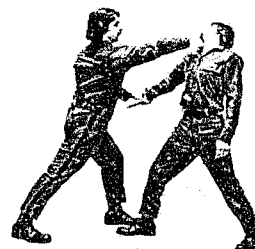


Photo 262: (Step-4) Follow the arc hand thrust with a palm heel strike to the chin.

3. Down Block against a Pistol, followed by a Knee Strike and a Take Down.



Photo 263: (Step-1) You determine that you are in a situation in which you have no choice but to try and disarm your opponent.



Photo 264: (Step-2) Step forward, into a down block, diverting your opponent's weapon.



Photo 265: (Step-3) Still holding your opponent's gun hand, deliver a rising knee strike to the groin.



Photo 266: (Step-4) Following the rising knee strike, step to the outside and behind your opponent; and with your right arm, push him backwards over your leg.

4. Evading a Staff by Rushing and following up with a Double Round House Kick.

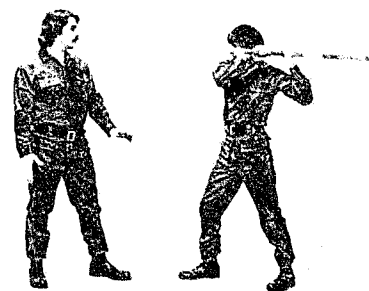


Photo 267: (Step-1) Your opponent takes an offensive stance.



Photo 268: (Step-2) Before your opponent can strike, spin into him with a round house kick to the groin.

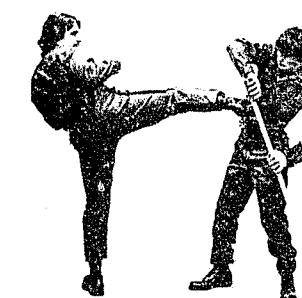


Photo 268: (Step-3) Immediately following the round house kick to the groin, cock your leg back and deliver a round house kick to the midsection.

5. Evading a Staff by Rushing and following up with a Rising Knee Strike and a Forward Elbow Strike.

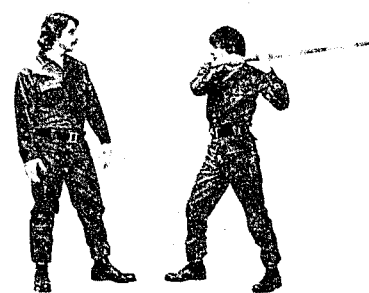


Photo 270: (Step-1) Your opponent takes an offensive stance.



Photo 271: (Step-2) Before your opponent can strike, step forward, driving your knee into your opponent's thigh.



Photo 272: (Step-3) Immediately following the rising knee strike to the thigh, twist and deliver a forward elbow strike to the head.

6. Evading an Opponent's Pistol by Rushing and following up with a Double Side Kick.



Photo 273: (Step-1) Your opponent makes an offensive move, in that he prepares to draw the pistol in his belt.



Photo 274: (Step-2) Step into your opponent, delivering a side kick to the knee.



Photo 275: (Step-3) Immediately following the side kick to the knee, re-cock your leg and deliver a side kick to the face.

7. Blocking an Opponent's Weapon with a High Block and following up with a Reverse Punch and Palm Heel Strike.

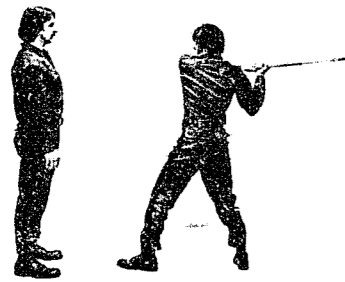


Photo 276: (Step-1) Your opponent takes an offensive stance.

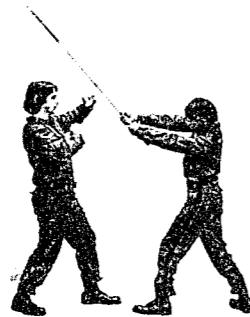


Photo 277: (Step-2) As your opponent strikes toward your head, step forward into a high block.

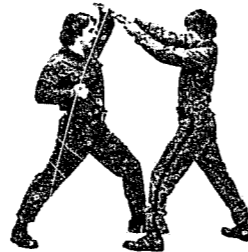


Photo 278: (Step-3) Completing your high block, prepare to reverse punch your opponent's midsection.

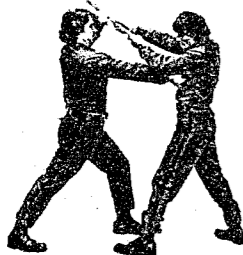


Photo 279: (Step-4) Maintaining your high block, complete your reverse punch to your opponent's midsection.

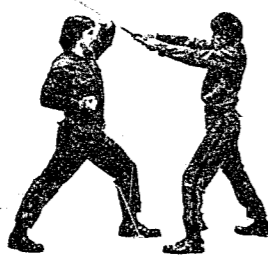


Photo 280: (Step-5) Immediately following the midsection reverse punch and, while still maintaining your high block, re-cock your arm.

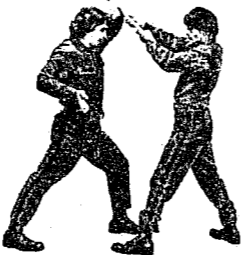


Photo 281: (Step-6) Prepare your hand for a palm heel strike.

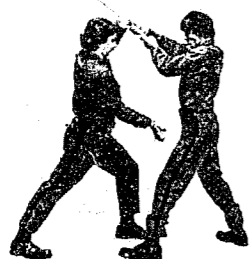


Photo 282: (Step-7) Deliver a palm heel strike to the groin, while maintaining your high block.

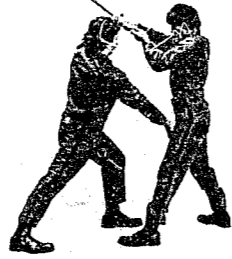


Photo 283: (Step-8) Complete your palm heel strike to the groin.

8. Blocking a Pistol with a Palm Heel Block, followed by a Ridge Hand Strike and a Rising Knee Strike.

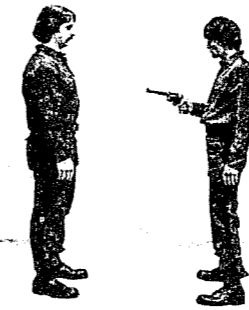


Photo 284: (Step-1) You determine that you are in a situation in which you have no choice but to try and disarm your opponent.

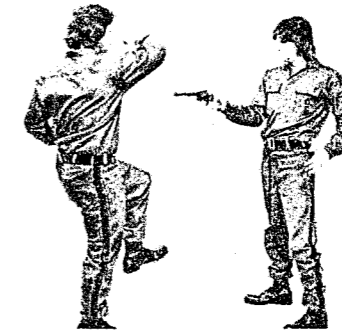


Photo 285: (Step-2) Step outside and to the side, twisting so that if the weapon is fired, it may miss or only graze you.



Photo 286: (Step-3) Complete your palm heel block, striking your opponent's gun hand, diverting the weapon.



Photo 287: (Step-4) Immediately following the palm heel block, and while still blocking the pistol, deliver a ridge hand strike to bridge of the nose.



Photo 288: (Step-5) Changing hands to maintain contact with the pistol, deliver a rising knee strike to the groin.

45. Blocking and/or Evading an Opponent's Weapon and Countering with Three Techniques: Three-Step Sparring.

A. THREE-STEP TECHNIQUES

1. Crescent Kick Block, Front Kick, Knee Strike, Elbow Strike
2. Palm Heel Block, Ridge Hand, Palm Heel Strike, Side Kick
3. Rush, Triple Front Kick

a1. Photo Illustrations: Three-Step Techniques

1. Blocking a knife with a crescent kick block, followed up with a front kick, rising knee strike, and dropping elbow strike.

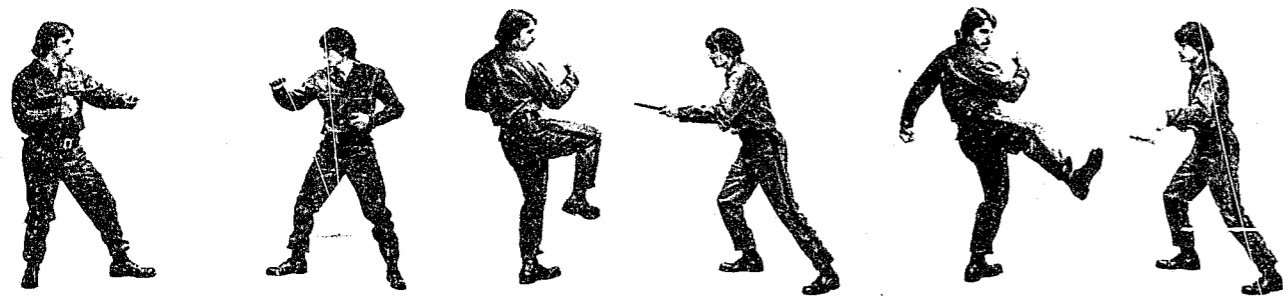


Photo 289: (Step-1) Your opponent takes an offensive stance.

Photo 290: (Step-2) Your opponent makes an offensive move, lunging toward you with a knife, as you prepare to deliver a crescent kick block.

Photo 291: (Step-3) Complete your crescent kick block, striking your opponent's knife hand and disarming him.



Photo 292: (Step-4) Immediately after the crescent kick block, deliver a front kick (with your other leg) to your opponent's groin.

Photo 293: (Step-5) Following the front kick to your opponent's groin, deliver a rising knee strike (with the opposite leg) to your opponent's face.

Photo 294: (Step-6) Follow-up the rising knee strike with a dropping elbow strike to the back of your opponent's head.

2. Blocking a knife with a palm heel strike, followed by a ridge hand strike, palm heel strike, and side kick.



Photo 295: (Step-1) Your opponent takes an offensive stance, armed with a knife.

Photo 296: (Step-2) Step outside, and to the side, while preparing to deliver a palm heel block.

Photo 297: (Step-3) Complete your palm heel block, striking your opponent's knife hand, diverting the weapon from your body.



Photo 298: (Step-4) Prepare to deliver a ridge hand strike to your opponent's mid-section.

Photo 299: (Step-5) Complete your ridge hand strike to your opponent's mid-section.

Photo 300: (Step-6) Deliver a reverse palm heel strike to your opponent's head.



Photo 301: (Step-7) Follow-up your reverse palm heel strike by preparing to deliver a side kick.

Photo 302: (Step-8) Complete your side kick, striking the side of your opponent's leg.

3. Evading a Knife by Rushing and following up with a Triple Front Kick.



Photo 303: (Step-1) Your opponent makes an offensive move, reaching for the knife at his belt.



Photo 304: (Step-2) Step into your opponent and prepare to deliver a front kick to the groin.



Photo 305: (Step-3) Complete your front kick to your opponent's groin.



Photo 306: (Step-4) Immediately following your front kick to the groin, re-cock your leg and front kick your opponent's knee.

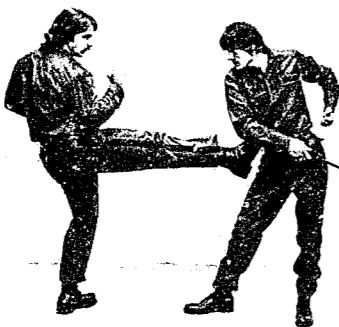


Photo 307: (Step-5) Following your front kick to the knee, again re-cock the leg and front kick your opponent's ribs.

46. Blocking and/or Evading an Opponent's Weapon and Countering with Four Techniques: Four-Step Sparring.

A. FOUR-STEP TECHNIQUES

1. Palm Heel Block, Quadruple Knife Hand Strike

a1. Photo Illustrations: Four-Step Techniques

1. Blocking a Knife with a Reverse or Inside Palm Heel Block, following up with a Quadruple Knife Hand Strike.



Photo 308: (Step-1) Step into your opponent, blocking his knife hand with a palm heel block.



Photo 309: (Step-2) While maintaining your block, deliver a knife hand strike to your opponent's groin.



Photo 310: (Step-3) Re-cock your arm, and deliver a knife hand strike to your opponent's neck.



Photo 311: (Step-4) Finish by re-cocking your arm again and delivering a knife hand strike to your opponent's collarbone.

47. Blocking and/or Countering an Opponent's Weapon and Countering with Five Techniques: Five-Step Sparring.

A. FIVE-STEP TECHNIQUES

1. Palm Heel Block, Quadruple Reverse Punches, Forward Elbow Strike.

a1. Photo Illustrations: Five-Step Techniques

1. Blocking a Knife with a Palm Heel Block, following up with Quadruple Reverse Punches and a Forward Elbow Strike.

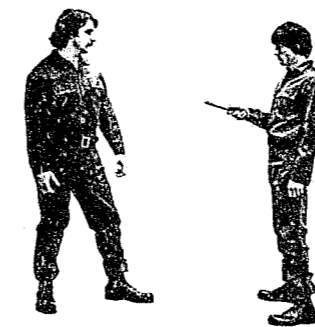


Photo 312: (Step-1) Your opponent takes an offensive stance with a knife.



Photo 313: (Step-2) As your opponent lunges toward your throat, step outside and to the side, striking your opponent's knife hand with a palm heel block.

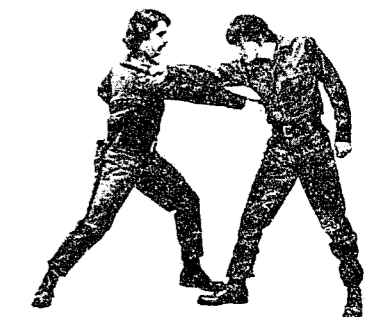


Photo 314: (Step-3) Immediately following your palm heel block, deliver a reverse punch to your opponent's midsection.

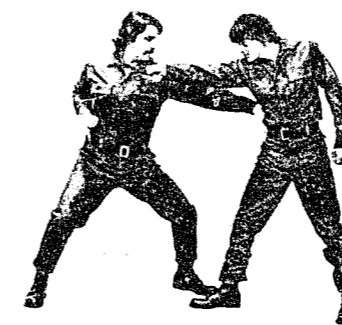


Photo 315: (Step-4) Reverse punch again to your opponent's midsection.



Photo 316: (Step-5) Again, reverse punch your opponent's midsection.

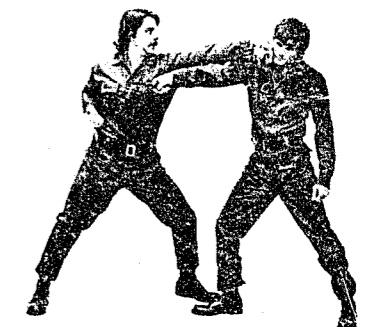


Photo 317: (Step-6) Reverse punch your opponent's face.



Photo 318: (Step-7) Finish with a forward elbow strike to your opponent's midsection.

48. Miscellaneous Techniques

A. TECHNIQUES

1. Crescent Kick Block of a Round Kick.
2. Crescent Kick to the Head.
3. Side Kick to the Face.
4. Double Palm Heel Strike to the Ears.

a1. Photo Illustrations: Miscellaneous Techniques

1. Crescent Kick Block of a Round Kick.

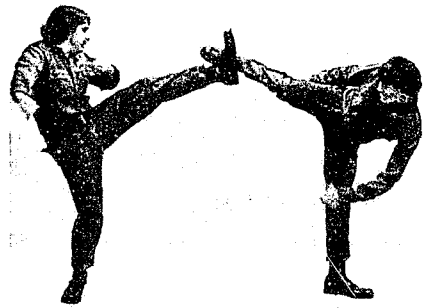


Photo 319: (Side view)

2. Crescent Kick to the Head.



Photo 320: (Rear view)

3. Side Kick to the Face.



Photo 321: (Rear view)

Used in this situation, after a takedown

4. Double Palm Heel Strike to the Ears.



Photo 322: (Front angle view)

PART VI

BATON TECHNIQUES

In this unit, we deal with basic baton techniques. The following photo sequences take these techniques and apply them to one-on-one situations, involving both armed and unarmed opponents.

NOTE: The material presented represents only a portion of the total number of potential baton techniques that could be utilized in the situations depicted. They are shown because of the ease in which they are learned and their effectiveness when used.

49. Baton Techniques

A. TECHNIQUES

- 1. Blocking
- 2. Striking

a1. Photo Illustrations: Baton Techniques

1. Triple Baton Strike to the Head, Groin, and Knee.

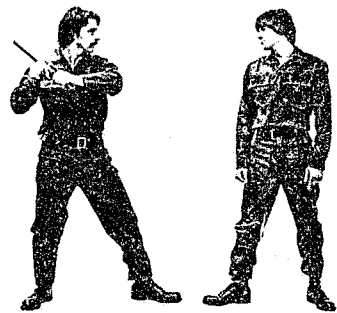


Photo 323: (Step-1) Prepare to strike your opponent's head.

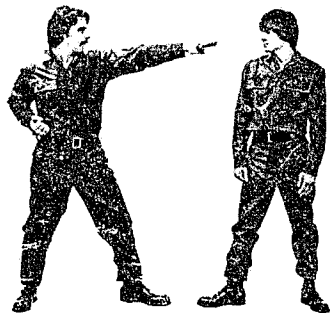


Photo 324: (Step-2) Start your strike to your opponent's head.

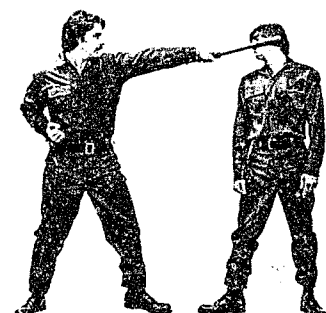


Photo 325: (Step-3) Complete the strike to your opponent's head.

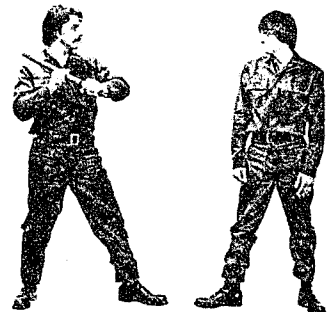


Photo 326: (Step-4) Re-cock your arm and prepare to strike your opponent's groin.

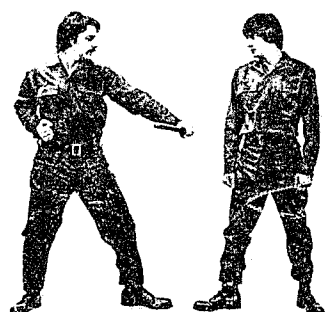


Photo 327: (Step-5) Start your strike to your opponent's groin.

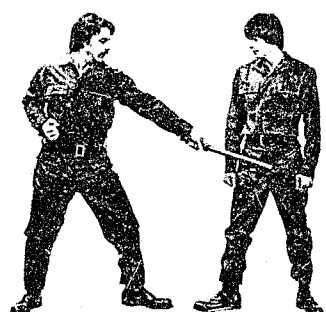


Photo 328: (Step-6) Complete the strike to your opponent's groin.

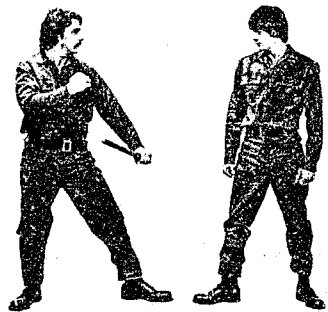


Photo 329: (Step-7) Re-cock your arm and strike toward your opponent's knee.

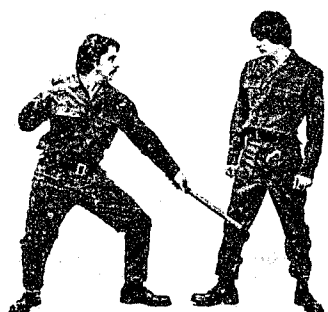


Photo 330: (Step-8) Complete the strike to your opponent's knee.

2. Block of a Front Kick, followed by Strikes to the Collarbone and Knee.

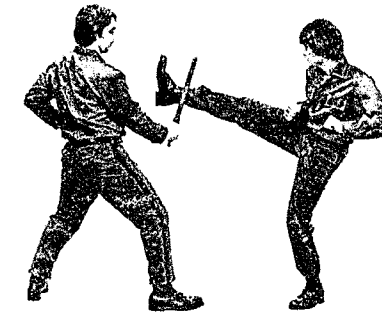


Photo 331: (Step-1) Strike the ankle of your opponent as he attempts to front kick; diverting his kick.

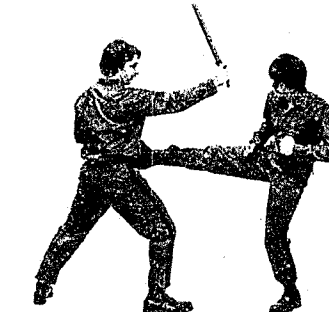


Photo 332: (Step-2) Re-cock your arm and prepare to strike your opponent's collarbone.

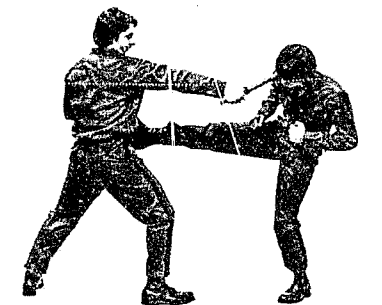


Photo 333: (Step-3) Complete the strike to your opponent's collarbone.

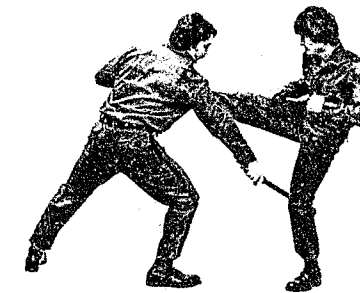


Photo 334: (Step-4) Re-cock your arm and strike the back of your opponent's back leg.

3. Blocking a Front Kick, followed by a Two-Handed Strike to the Throat and a Straight Thrust to the Midsection.

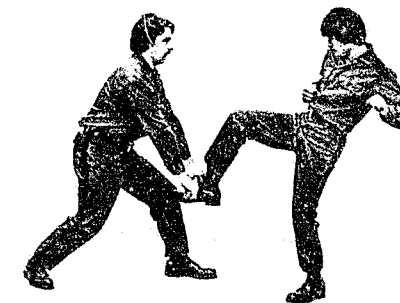


Photo 335: (Step-1) Stop your opponent's front kick to your groin, using a two-handed block.

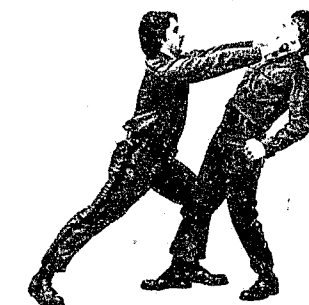


Photo 336: (Step-2) Cocking both arms and straightening up, deliver a two-handed strike to your opponent's throat.

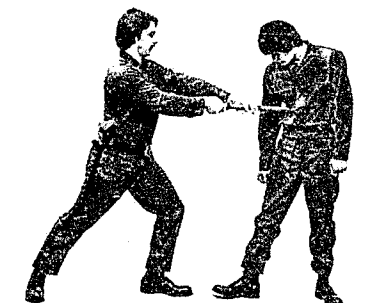


Photo 337: (Step-3) Re-cock your arm, change your grip, and finish by delivering a two-handed straight thrust to your opponent's midsection.

4. Blocking a Left Punch, followed by a Straight Thrust to the Ribs, a Two-Handed Strike to Both Sides of the Head and Stomach.

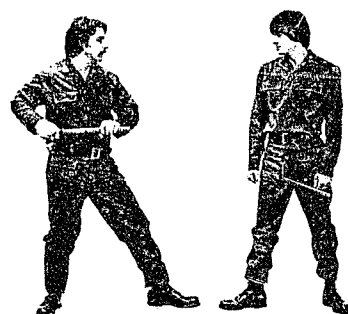


Photo 338: (Step-1) Take a ready position with the baton.



Photo 339: (Step-2) Stop your opponent's left punch with a two-handed block.

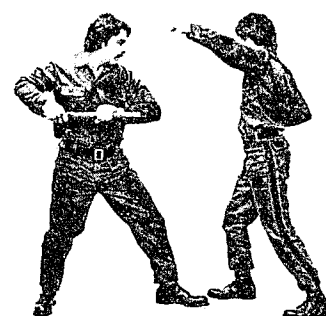


Photo 340: (Step-3) Prepare to deliver a straight two-handed thrust to your opponent's ribs.

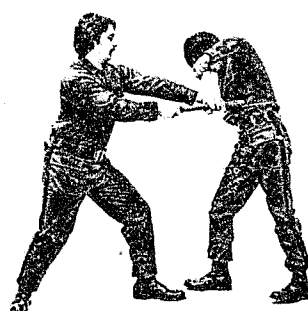


Photo 341: (Step-4) Strike your opponent with a two-handed straight thrust.

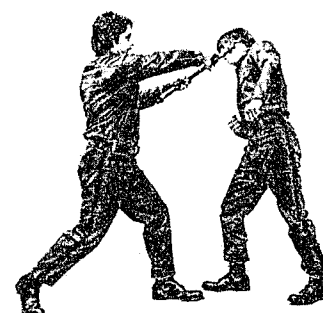


Photo 342: (Step-5) Re-cock your arm and deliver a strike to your opponent's head with the right hand portion of the baton.



Photo 343: (Step-6) Reverse rapidly and strike the other side of your opponent's head with the left hand portion of the baton.

NOTE THE CHANGE IN HAND POSITION

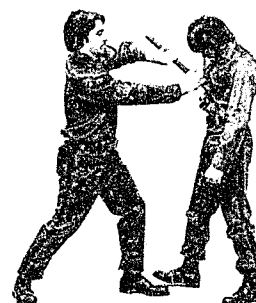


Photo 344: (Step-7) Again, rapidly reverse and strike your opponent's midsection with the right hand portion of the baton.

NOTE THE CHANGE IN HAND POSITION

5. Blocking a Right Punch, followed by Strikes to the Groin and Collarbone.

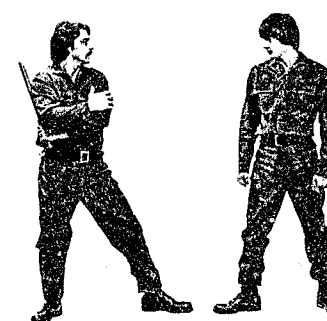


Photo 345: (Step-1) Take a ready position with your baton.



Photo 346: (Step-2) Prepare to stop your opponent's right punch with a one-hand strike/block.

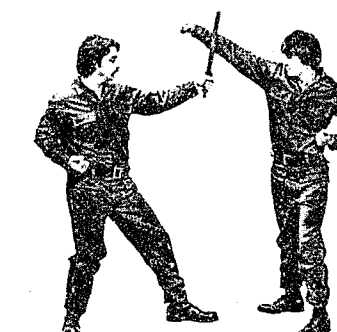


Photo 347: (Step-3) Complete your strike/block to your opponent's forearm, stopping his punch.



Photo 348: (Step-4) Re-cock your arm, and use a backward rising strike to your opponent's groin.

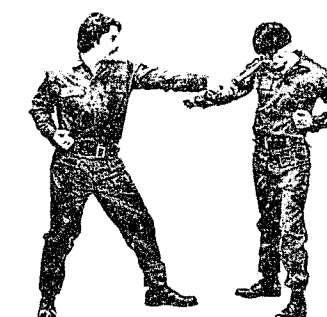


Photo 349: (Step-5) Again, re-cock your arm, and deliver a downward one-hand strike to your opponent's collarbone.

6. Blocking a Knife and Striking the Ribs and Knee.



Photo 350: (Step-1) Take a ready position with your baton.

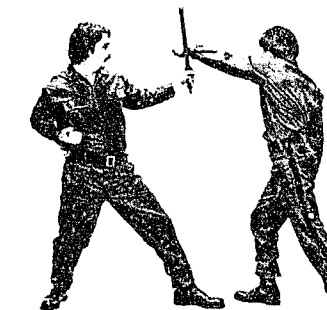


Photo 351: (Step-2) Block your opponent's knife thrust with a single-hand strike/block.

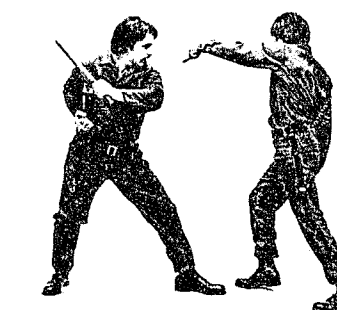


Photo 352: (Step-3) Re-cock your arm and prepare to single-hand strike your opponent's ribs.



Photo 353: (Step-4) Complete the strike to your opponent's ribs.

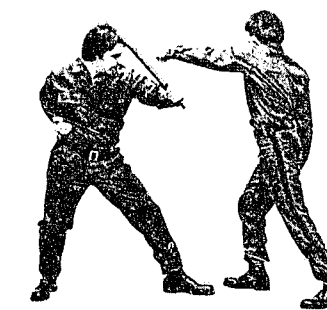


Photo 354: (Step-5) Again, re-cock your arm, and prepare to strike your opponent's knee.



Photo 355: (Step-6) Complete your strike to the side of your opponent's knee.

7. Blocking a Knife and Striking the Head, Collarbone, and Groin.

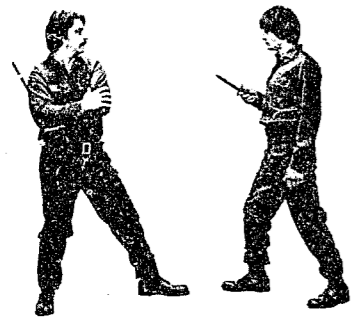


Photo 356: (Step-1) Take a ready position with your baton.

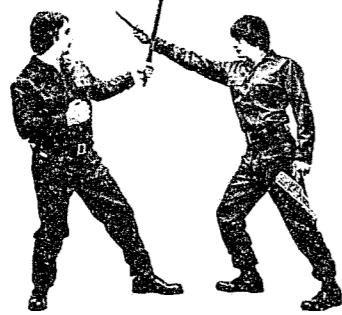


Photo 357: (Step-2) Block your opponent's knife thrust with a single-hand strike/block.

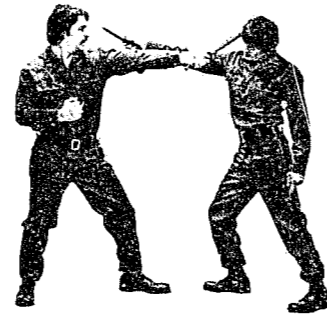


Photo 358: (Step-3) Re-cock your arm and deliver a down strike to the side of your opponent's head.



Photo 359: (Step-4) Again, re-cock your arm and deliver a single-hand down strike to your opponent's collarbone.



Photo 360: (Step-5) Re-cock your arm a final time and prepare to deliver a single-hand backward rising strike to your opponent's groin.

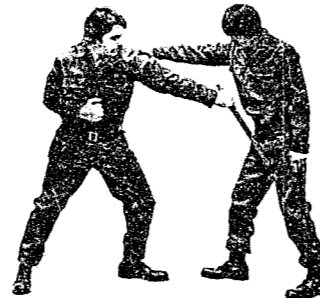


Photo 361: (Step-6) Complete the strike to your opponent's groin.

8. Blocking a Knife and Striking the Kidneys and Groin.



Photo 362: (Step-1) Take a ready position with your baton.



Photo 363: (Step-2) Block your opponent's knife thrust with a single-hand, strike/block.



Photo 364: (Step-3) Re-cock your arm and deliver a double-hand strike to your opponent's kidneys.

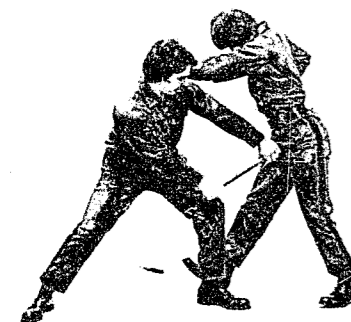


Photo 365: (Step-4) Again, re-cock your arm and deliver a double-hand rising strike to your opponent's groin.

9. Blocking a Knife and Striking the Ribs, followed by a Side Kick to the Knee.

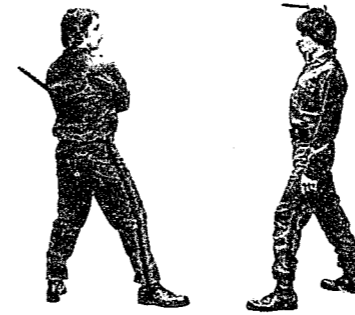


Photo 366: (Step-1) Take a ready position with your baton.

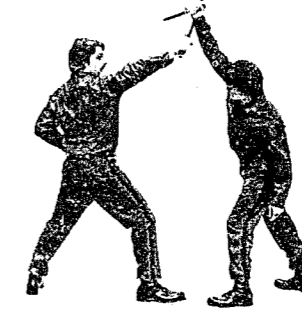


Photo 367: (Step-2) Block your opponent's knife thrust with a single-hand strike/block.

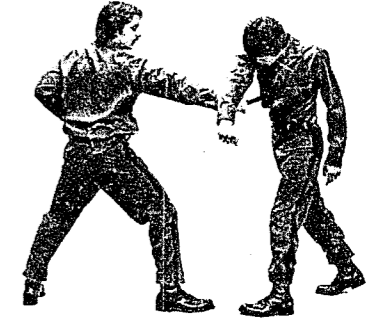


Photo 368: (Step-3) Re-cock your arm and deliver a single-hand strike to your opponent's ribs.



Photo 369: (Step-4) Finish with a side kick to your opponent's knee.

10. Blocking a Staff and Striking the Head and Solar Plexus.

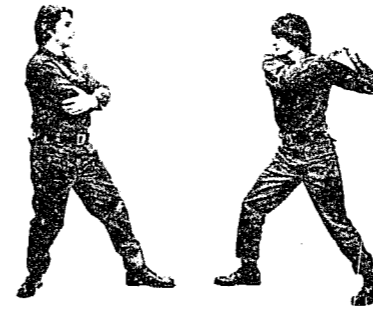


Photo 370: (Step-1) Take a ready position with your baton.

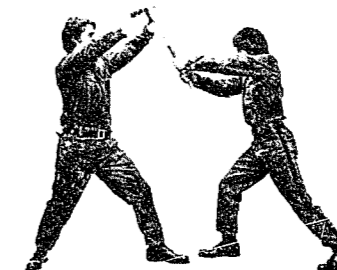


Photo 371: (Step-2) Block your opponent's strike toward your head, using a double-hand block.

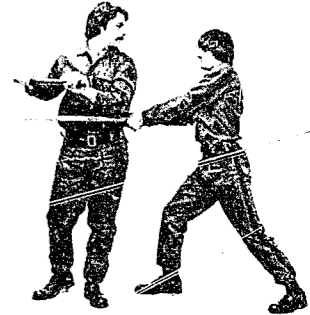


Photo 372: (Step-3) Push your opponent's staff away from you and to the side, re-cocking your arm.



Photo 373: (Step-4) Deliver a double-hand thrust to your opponent's head.

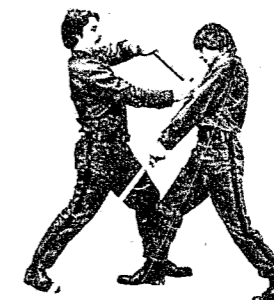


Photo 374: (Step-5) Finish with a rising, double-hand strike to your opponent's solar plexus.

11. Blocking a Staff, Striking the Temple and Back of the Knee, followed by a Thrust to the Head.

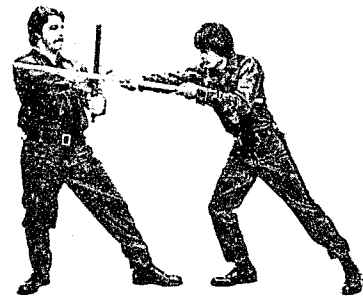


Photo 375: (Step-1) Block your opponent's staff with a double-hand block.

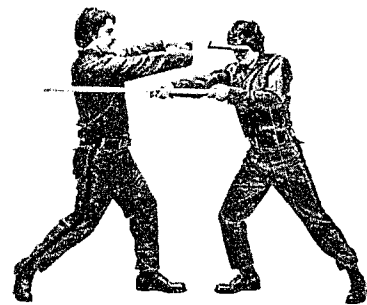


Photo 376: (Step-2) Pivot and deliver a double-hand strike to your opponent's forehead.

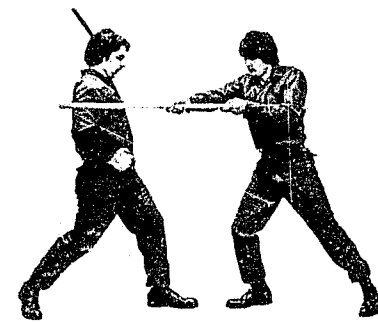


Photo 377: (Step-3) Re-cock your arm and prepare to strike the back of your opponent's knee.



Photo 378: (Step-4) Deliver a downward, single-hand strike to the back of your opponent's knee.



Photo 379: (Step-5) Finish by re-cocking your arm and delivering a double-hand thrust to the side of your opponent's head.

PART VII

LAST RESORT TECHNIQUES

In this unit we deal with a number of "Last Resort Techniques". These techniques are so named because their application could seriously injure or kill the individual they were used on.

Please refer to the "Deadly Force" statement in unit I of this manual for guidelines concerning the condition and/or circumstances under which these and similar techniques might be utilized.

NOTE: This material represents only a portion of the total number of what could be considered to be "Last Resort Techniques" that could be used in the situations depicted. They are shown because of the ease in which they are learned and their effectiveness when used.

50. Last Resort Techniques.

A. TECHNIQUES

- 1. Finger jab
- 2. Palm heel strike
- 3- 8. Knife hand strike
- 9-10. Spear hand thrust

a1. Photo Illustrations: Last Resort Techniques

1. Finger Jab to the Eye.

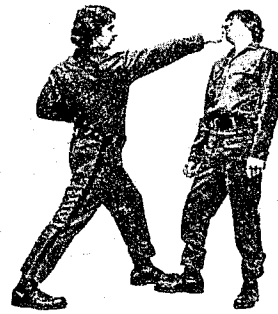


Photo 380: (Side view)

2. Palm Heel Strike to the Nose.



Photo 381: (Side view)

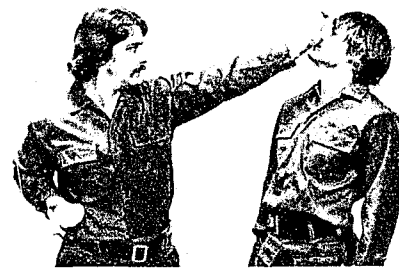


Photo 382: (Close-up)

3. Knife Hand Strike to the Side-of-the-Head.



Photo 383: (Side view)

4. Knife Hand Strike to the Base-of-the-Neck.



Photo 384: (Side view)

5. Knife Hand Strike to the Bridge-of-the-Nose.



Photo 385: (End-on view)



Photo 386: (Close-up)

6. Knife Hand Strike to the Rib Points.



Photo 387: (Side view)



Photo 388: (Close-up)

7. Knife Hand Strike to the Throat.



Photo 389: (Side-angle view)



Photo 390: (Close-up)

8. Knife Hand Strike to the Groin.



Photo 391: (Side view)



Photo 392: (Close-up)

9. Spear Hand Thrust to the Throat.



Photo 393: (Side view)

10. Spear Hand Thrust to the Solar Plexus.

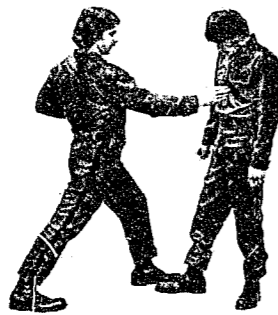


Photo 394: (Side view)

PART VIII

MARTIAL ARTS WEAPONS AND TECHNIQUES VS THE BULLET-PROOF VEST

In this unit we deal exclusively with an examination of the ability of a standard issue bullet-proof vest to withstand martial arts weapons and techniques.

This material is not presented as an attempt to limit the use of the vest but is intended to inform law enforcement personnel of some limitations of personal body armor.

51. Martial Arts Weapons and Techniques vs. the Bullet-Proof Vest.

A. INTRODUCTION

The following information was obtained from tests conducted on standard body armor by the content consultant for this manual.

Our primary concern was to determine how well the vest could withstand martial arts weapons and techniques.

In placing the vest over #2 pine boards, 1-inch thick by 1-foot square, and attempting to break the boards (through the vest), we found that up to 3 inches (3 thicknesses of boards) of pine could be broken without difficulty. Generally, 3 inches of pine can be considered equal to the strongest bone in your body (as far as the amount of force required to break it is concerned).

The boards were held fairly immobile, however, so this would have some bearing on the ability of the vest to absorb blows. It is the consultant's opinion that under most street conditions, an experienced martial artist could severely injure or kill his opponent with a properly placed kick to the chest despite the vest.

Also tested, was the vest's ability to withstand Shuriken (steel throwing stars) and Nunchaku (karate sticks). The vest did stop the Shuriken effectively, although the wearer more than likely would have suffered bruises and possibly broken bones, depending upon the range thrown from, the type and sharpness of Shuriken, and the force with which it was thrown.

Regarding the Nunchaku, boards could be broken with the vest over them and, as they can generate up to 1,200 pounds of force on impact, they could cause severe injury to the wearer.

The final test consisted of using a *Wham-O Power Master Cross Bow*, with an 80- pound pull (Stock #106), manufactured by the Whamo Company of San Gabriel, California, and two types of cross bow bolts or arrows.

The first was a 13½-inch long, ¼-inch in diameter target arrow, fired from 50 feet. The vest effectively stopped this arrow, although the wearer would probably have suffered a severe bruise and/or a cracked rib.

The second type of arrow tested, was a 15-inch long, ¼-inch in diameter hunting arrow. The arrow head (which is included in the 15-inch arrow length) was 2½ inches long and 1¼ inches wide at its base and was made of a razor sharp, light-weight steel alloy. With a 2-inch pine backing, the arrow, when fired from a distance of 50 feet, completely penetrated the vest and over ½-inch of the board backing. In a final test, the vest was placed over a cardboard box to simulate the vest covering a body cavity. The arrow, when fired from a distance of 50 feet, completely penetrated the front section of the vest, its cardboard backing, and lodged in the rear portion of the vest. There is little doubt that in this situation, a wearer would have been fatally injured.

In summary, it is the conclusion of our consultant that standard body armor will offer only limited protection to hand and foot techniques delivered by a "skilled" martial artist and that, although it will offer varying degrees of protection to various martial arts weapons, it offers virtually no protection to a cross bow and hunting arrow.

Additionally, the new reflex on compound bows, which utilize a system of pulleys resulting in a 50-80 pound pull for 100-200 pound bows, could fire a hunting arrow that could conceivably penetrate a vest at 100 yards or more. An additional problem is that this type of weapon is, to all extent and purpose, silent.

We would like to stress in these concluding remarks that no vest manufacturer that we are aware of claims his product is able to withstand the tests we conducted, nor should the identification of the Whamo Power Master Cross Bow be considered as a condemnation of that product (the bow was on loan to us by a local Whamo distributor).

B. TECHNIQUES TESTED

1. Ridge Hand Strike against Vest.
2. Lunge Punch against Vest.
3. Side Kick against Vest.
4. Crossbow against Vest with Board Backing.
5. Crossbow against Vest with a Body Cavity Simulation as Backing.

b1. Photo Illustrations: Bullet Proof Vest Examinations

1. Ridge Hand Strike against a Bullet-Proof Vest, with 2-inch Pine Board Backing.



Photo 395: (End view)

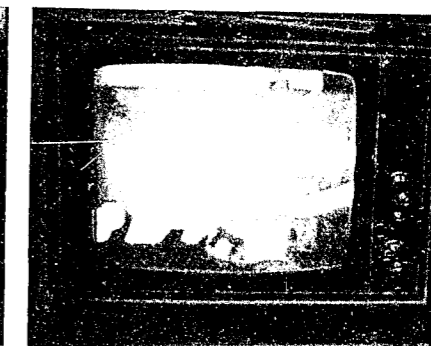


Photo 396: (Stop-action)
(Video Tape)

2. Lunge Punch against a Bullet-Proof Vest, with 1-inch Pine Board Backing.



Photo 397: (Side view)



Photo 398: (Stop-action)
(Video Tape)

3. Side Kick against a Bullet-Proof Vest with 2-inch Pine Board Backing.



Photo 399: (Side view)

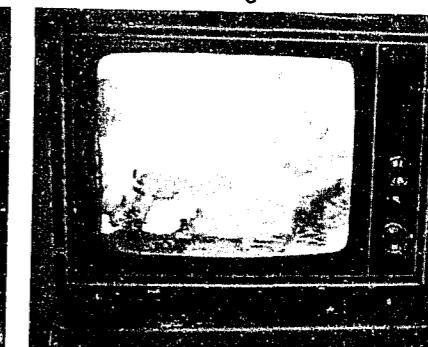


Photo 400: (Stop-action)
(Video Tape)

4. Crossbow and Hunting Arrow against a Bullet-Proof Vest with 2-inch Pine Board Backing.

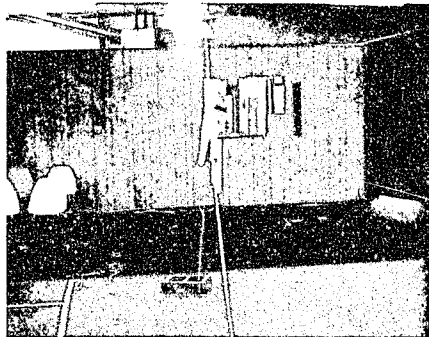


Photo 401: (Step-1) Vest suspended, with 2-inch pine board backing.



Photo 402: (Step-2) R. Allemler, with 80-pound crossbow and hunting arrow.



Photo 403: (Step-3) Aiming at target.

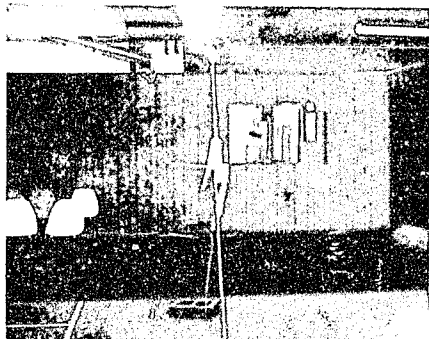


Photo 404: (Step-4) Vest at the moment of impact.



Photo 405: (Step-5) Vest and arrow penetration.



Photo 406: (Step-6) Close-up of Step 5.



Photo 407: (Step-7) Indicating penetration of vest and board.



Photo 408: (Step-8) Close-up of Step 7.

5. Crossbow and Hunting Arrow against a Bullet-Proof Vest with Simulated Body Cavity Backing.

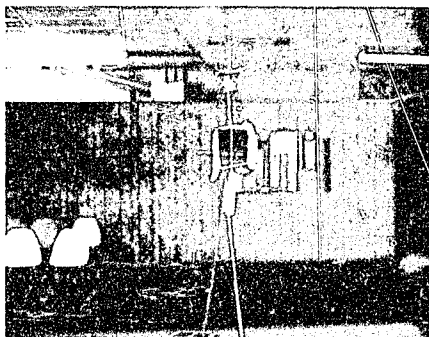


Photo 409: Vest at penetration.



Photo 410: Close-up of vest at penetration point.

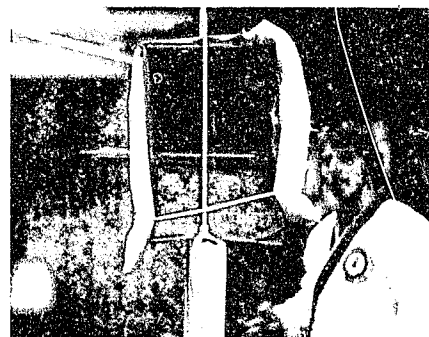


Photo 411: Side view of vest and simulated body cavity after penetration.

52. SUMMARY

This concludes the MLEOTC Defensive Tactics Program, however, the program itself and this manual do not make the complete program.

Rather, they should be considered two legs of a training tripod; the third and most important leg being "Continued Practice."

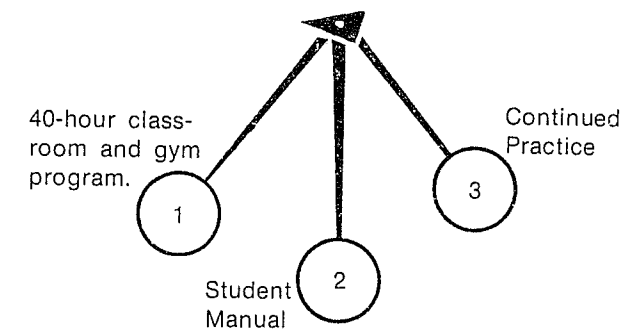
As you practice and gain proficiency, you will find that you are also gaining self-confidence; and through placing this self confidence in the proper perspective, while in the performance of your duties, you will find yourself gaining a new perspective as to your abilities.

Lastly, but *not* the least, continued practice of the exercise program and techniques contained in this manual should make you a more healthy and fit individual.

NOTE: If possible, it is recommended that you continue instruction in defensive tactics (such as one of the martial arts) from a recognized instructor and/or school. If you have any questions regarding a potential instructor, school, or style, please do not hesitate to contact either MLEOTC or the content consultant for this manual.

Figure 18

COMPLETE TRAINING PROGRAM



The Defensive Tactics Training Tripod

Only through continued practice will you become proficient enough in these techniques to be able to utilize them, as they should be utilized --- as a reflex!

APPENDIX

APPENDIX

APPENDIX TABLE OF CONTENTS

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6. Student Diploma	121

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MLEOTC
ADVANCED POLICE TRAINING

DEFENSIVE TACTICS PROGRAM

INSTRUCTOR EVALUATION

THIS FORM IS TO BE COMPLETED BY THE STUDENT

DO NOT PLACE YOUR NAME ON THIS SHEET

In order to continually improve and update MLEOTC sponsored program instruction, certain types of informational feedback from the student are necessary; the most important being the area of the instructor and his or her presentation.

To this end, we request that you respond to the following questions. You may elaborate on any of your answers and/or make any comments you feel appropriate.

NOTE: For areas which do not apply to the instructor — write N/A

Instructor _____ Date of evaluation _____

School code _____ Dates school conducted _____

1. Instructor preparation.

Excellent Good Average Poor Inadequate

Comments _____

2. Knowledge of subject matter.

Excellent Good Average Poor Inadequate

Comments _____

3. Presentation

Excellent Good Average Poor Inadequate

Comments _____

4. Response to student questions.

Excellent Good Average Poor Inadequate

Comments _____

5. Emphasis on main points.

Excellent Good Average Poor Inadequate

Comments _____

6. Time allotted for notetaking.

Excellent Good Average Poor Inadequate

Comments _____

7. Summary of material.

Excellent Good Average Poor Inadequate

Comments _____

8. Class control and discipline.

Excellent Good Average Poor Inadequate

Comments _____

9. Other. (To be identified by student, MLEOTC, or school staff) _____

Excellent Good Average Poor Inadequate

Comments _____

DEFENSIVE TACTICS PROGRAM

PROGRAM EVALUATION

(TO BE COMPLETED BY THE STUDENT)

School Code: _____

Dates School Conducted: _____ to _____

STUDENTS: A Defensive Tactics Program, by nature, is often the hardest to evaluate. It will be of immense value to us if, upon completion of this program, you would list in three or four paragraphs your overall impression of the program, its value to you, its strong and weak points, suggestions for improvement, if any, and any other comments you might wish to make.

MLEOTC

EVALUATION: _____

STUDENTS: DO NOT WRITE BELOW THIS LINE

MLEOTC Comments/Summary: _____

By _____

Date _____

MLEOTC
ADVANCED POLICE TRAINING
DEFENSIVE TACTICS
INCIDENT REPORT

To assist us in the process of maintaining a defensive tactics program that meets the needs of the officer on the street, we would like to ask your cooperation in reporting to us incidents in which: (1) you encounter martial arts techniques or weapons used against you; or (2) situations in which you used the training you received in the MLEOTC Defensive Tactics Program.

Name: _____ Date: _____
Last First Initial

Department: _____ Department Telephone: _____

Department Address: _____ Sex: _____

Defensive Tactics School Attended: _____ Date(s) _____

Incident Reported: _____

Injuries Resulting: _____

Disposition: _____

Comments: _____

Return this form to: Raymond L. Walters
Curriculum Section
MLEOTC
7426 North Canal Road
Lansing, MI 48913
(517) 373-2826

NOTE: Please include all pertinent information, such as time and location of incident, surroundings, number of individuals involved, and their height, weight, etc., and any other relevant data. Attach additional sheets if necessary.

MLEOTC
ADVANCED POLICE TRAINING
DEFENSIVE TACTICS PROGRAM
STUDENT DATA SHEET

1. School Code: _____

2. Dates School Conducted: _____ To _____

3. Name: _____ 4. Sex: _____

5. Department: _____ 6. County: _____ 7. Rank/Title: _____

8. In the space allocated below, summarize your background in the field of self-defense. Include departmental training participation in the martial arts, or similar programs, amount of time devoted, awards, rank or degree of expertise, and style

(STUDENTS — DO NOT WRITE BELOW THIS LINE)

9. Pass _____ Fail _____

10. Final numerical score _____

11. Class standing _____ of _____

12. Instructor _____

13. Coordinator _____

14. Comments: _____

Signature of Individual _____ Date _____
Completing this Report

MLEOTC
 ADVANCED POLICE TRAINING
DEFENSIVE TACTICS PROGRAM
 STUDENT EVALUATION
 (THIS FORM IS TO BE COMPLETED BY THE INSTRUCTOR)

School Code: _____

Dates School Conducted: _____ To _____

Student's Name: _____ Sex: _____
Last First Initial

Department: _____ County: _____ Rank/Title: _____

In the space provided below, summarize the student's involvement in this program. Include class participation, attitude, willingness to learn, improvement during the program and any other factors you feel are important.

Instructor _____ Date _____

Coordinator _____ Date _____

FRANK KELLEY
Attorney General

WILLIAM G. MILLIKEN
Governor

GEORGE L. HALVERSON
Director of State Police

State of Michigan
DEPARTMENT OF STATE POLICE
MICHIGAN LAW ENFORCEMENT OFFICERS
TRAINING COUNCIL

Hereby awards the

Defensive Tactics
Advanced Police Officer Certificate
to

for having successfully completed the Defensive Tactics Program
developed and certified by the Council
on

Walter Gray
Council Chairman

Leslie A. Bever
Council Executive Secretary

END