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# Close Quarter Combat

December/January 2003



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# Crank It! The Real Truth about Joint Locks

“You can’t do that for real!” is a common declaration made by the naysayers when many body joint locks are demonstrated before them. This exemplifies the general disrespect and confusion involved in the martial science of joint locks. What is the perspective, the real use and the truth about joint locks?

### Terminology

Take away the promise of a lock with the promise of a crank. First let’s explore the misleading terminology of calling them *locks*. I have ceased using the term. To me the word has with it,

implied promise of locking up a joint. Instead, I use the term “joint cranks.” I can comfortably promise you we can learn cranking a joint in all directions possible for some desired result.

### Two Kinds of Cranks

Transitory and “Go-to-Jail” cranks. You have cranked the joint as far as it will go. What happens next? There are no tap-outs in real world combat. Most cranks require immediate follow-up. I call these *Transitory Cranks*. You have to use the attack to flow into another crank, restrict the subject into ligatures, or use the crank as a foundation for a takedown or throw. You simply cannot hold a per-

son still for any length of time with most joint cranks. A rare few cranks I call *Go-to-Jail* Cranks, such as the *police, gooseneck/come-along*, can maintain enough persistent pain compliance to move an opponent from Point A to Point B. A rare few!

### Opponent Profile

Here is the “crux of the biscuit” as Frank Zappa would say. Lots of lock

naysayers always imagine themselves fighting Mike Tyson in a UFC death match. Grabbing a rabid Mike for any joint lock seems impossible. But, the real world enemy comes in all shapes, sizes, endurance, coordination, sobrieties and fitness levels.

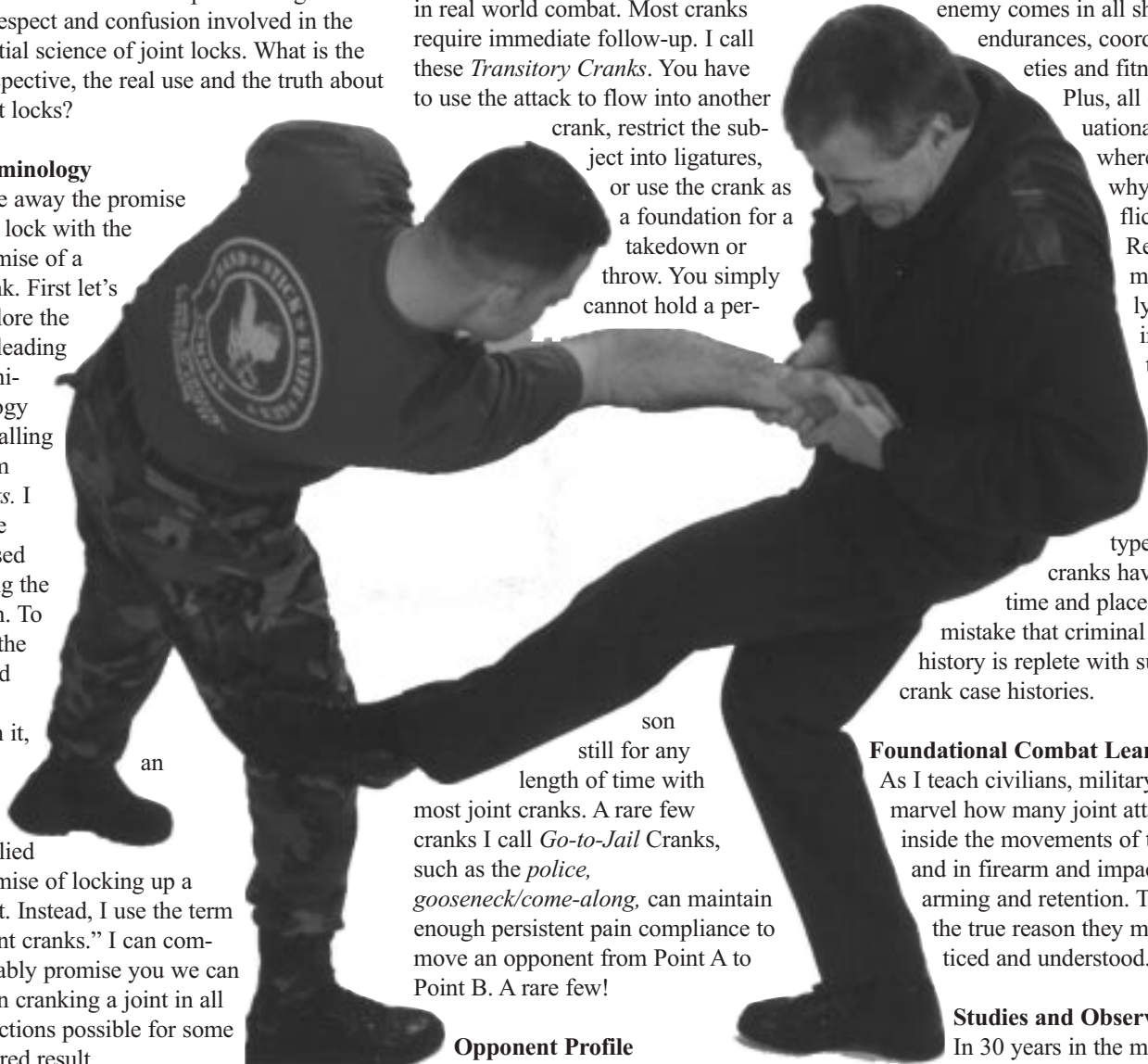
Plus, all combat is situational. What and where, how and why is this conflict going on? Remember it is morally, ethically and legally inappropriate to destroy someone you don’t need to destroy (pay attention commando types!). Joint cranks have a situational time and place and make no mistake that criminal and military history is replete with successful joint crank case histories.

### Foundational Combat Learning

As I teach civilians, military and police, I marvel how many joint attacks are inside the movements of takedowns and in firearm and impact weapon disarming and retention. This may be the true reason they must be practiced and understood.

### Studies and Observations

In 30 years in the martial arts and almost as many in enforcement, I have learned a few primers on joint



*Remember it is morally, ethically and legally inappropriate to destroy someone you don't need to destroy.*

cranks I would like to advise you of:

**S&O 1:** As grappling icon Larry Hartsell would say, "all locks are both incidental and accidental" to the events of a fight. They just happen as the opportunity develops.

**S&O 2:** Stun. Stunning the opponent helps ensure success. Unfortunately law enforcement is severely hampered in this strike first philosophy, as hitting an opponent is further down the list of use of force continuum, options. Citizens and soldiers should strike to stun. Stuns can be to the head and/or to the limb about to be cranked.

**S&O 3:** Get Down! Issue verbal commands to the opponent while you are cranking him around. Some need to know where you want them to go and in the fog of pain they get confused.

**S&O 4:** Wristlocks? For the record, most wristlock throws are low on my option hit parade, certainly the way they are taught. All too often, training partners comply with the attack. I would rather do a plethora of others things than attempt a wristlock throw in real life.

**S&O 5:** Counters. Yanking free, slapping free, punching and kicking may be performed in early and mid-phase counters to joint locks. Late-phase counters include dropping to the ground ahead of the crank. Learning signature escapes unique to the crank are vital.

**S&O 6:** Tap-Outs. In sport fighting, practitioners tap their body to signify when a lock hurts. Too many students become *tap-out possessed*, seeking the tap-out and STOPPING at the tap-out. In the real combat you fight through the

pain or possibly die.

**S&O 7:** Leg Locks. It seems as if there are a million leg locks - even toe locks! Most are worthless to street and battle-field combat.

#### **The SFC Joint Crank Study Progression Chart**

Note how the groups move up the arm to the torso. I would advise you to organize your locks/cranks in this outline and scientific manner.

- Group 1)** Finger Cranks
- Group 2)** Wrist Cranks
- Group 3)** Wrist and Elbow Cranks
- Group 4)** Elbow Cranks
- Group 5)** Elbow and Shoulder Cranks
- Group 6)** Shoulder Cranks
- Group 7)** Shoulder and Neck Cranks
- Group 8)** Neck Cranks
- Group 9)** Leg Cranks
- Group 10)** Combat Scenario Skills Test



## **Summary**

**Beware of the person who says all joint "locks" are impossible. They are simply uneducated and small-minded. A joint crank may be a means to an end. In preparing your combat tactics and strategies, always ask yourself the true survivor question, "what happens next?" Will this conflict end with a joint crank? If so, how?**

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**Email:** (on the subject of last issue's M-4 vs. M-16) Soldiers who fought in Afghanistan have some hard-earned opinions about the rifles on which they relied to stay alive. Mostly, they want more fire-power. The standard-issue ammunition compounded the problem, they said: The 5.56 mm round shot - a bullet equivalent to that marketed in the States to shoot small vermin - wasn't effective in stopping al-Qaeda and Taliban fighters. "Should be a 7.62 mm, so it will drop a man with one shot," wrote one soldier. Not all soldiers' reviews were negative. Pat, a Special Forces soldier who is serving in Afghanistan, wrote the military watchdog group *Soldiers for the Truth* that "the M-4 with optics and the newer hand guards tends to be a pretty good weapon. Guys can change the optics out depending on the mission, and missfeeds don't happen too often with good weapon maintenance. The adjustable shoulder stock and assault sling, front pistol grip works well with body armor and different sized guys also," the soldier said. Army Lt. Col. Robert Carpenter, project manager for the small arms section of the report, said: "Somewhere between the trigger pullers and the maintainers is the ground truth." Also a factor, he said, are the rounds soldiers use today. Soldiers now use the M-855 ball round, a lighter bullet designed during the mid-1980s with a steel penetrator designed to pierce body armor. But soldiers now find themselves shooting at al-Qaeda, an enemy that doesn't use body armor. Some soldiers who fought in Afghanistan said the small, current-issue 5.56 mm rounds just lack needed punch.

The commercially available equivalent to a 5.56 mm round is a .223-caliber - marketed as a vermin round, for killing small game such as rabbits or coyotes, said John Bloodgood, a 19-year Air Force master sergeant with 11 years in tactical units, who also is a private firearms instructor. More effective are .308 bullets - commonly used for large-game hunting and similar in size to bullets used up through the Korean War, he said. "A .308 bullet has almost twice the frontal area of a .223," he said.

"It's not the size but the type of round the military's using, and shot placement, that determines a bullet's stopping capability, said Ken Cooper, director of Tactical Handgun Training, a New York

***"If you hit people low, they will go down quickly. That's what we want, both in civilian law enforcement and in military combat."***

state certified law-enforcement pistol-training facility. "The military uses hard-ball rounds and the effect is less than if soldiers were shooting expansion rounds," Cooper said. "You can penetrate the human body with little to no effect." Cooper teaches law-enforcement officials to shoot low, for the pelvis. He said the human torso is like a sponge, it can absorb the impact of small pieces of lead, especially non-expanding jacketed bullets that leave small, clean holes that close quickly. Shots to the pelvis, Cooper said, increase the likelihood of breaking the pelvic bone or severing the femoral artery, resulting in an immobilized attacker at a minimum or one rapidly losing blood at a maximum.

"The military teaches people to shoot center mass, in the middle of the body," he said. "But if you hit people low, they will go down quickly. That's what we want, both in civilian law enforcement and in military combat." --*Mark Oliva, Stars and Stripes*

**Email:** I have been hearing some complaints about rifles and ammunition from the military... --*V.Q., Montreal, Canada*

## David Hackworth's Opinion:

Let's begin with the M-9, the 9-mm.

Beretta pistol - which our combat troops say is the first item that should be tossed into the junk pile!

"They're constantly breaking," reports a warrior from Afghanistan. "To make matters worse, the 9-mm. round is like firing paint balls. I had to pump four rounds into an al-Qaeda who was coming at me before he dropped. We're dealing with fanatical crazies out here who won't quit until they die for Allah."

The Beretta can only be used bone-dry. Even then it jams repeatedly if sand or grit gets into moving parts. Its ball round has proven to be worse than the .38 Colt pistol slug used by the U.S. Army in the Philippines until it was retired almost a century ago in favor of the .45 ACP M-1911 pistol - fielded to stop the Moros, who ironically were also Islamic fanatics.

Now Special Forces and Light Infantry soldiers in Afghanistan want to bring back the century-old .45, and some elite Marine units already have. A Special Forces sergeant says, "The large-caliber, slow-moving .45 bullet puts the bad guys on the ground. Lighter stuff like the Beretta's 9-mm. will, too - eventually - but on the battlefield you almost always have to double tap, and in close combat a gunfighter hasn't the time or the ammo to lose firing two rounds."

Rangers, Marines and most Special Ops troops are some of the other elite warriors in the U.S. military who carry personal firearms in combat while the brass look





cont...

the other way. Quite a few choose to pack two purchased handguns. But the only Rangers who use the Beretta - even as backup - are those who can't afford to buy their own firearms, and they and the rest of these elite fighters unanimously agree that they "can't trust this fragile, unreliable sidearm."

"When I ran out of ammo with my rifle, I pulled my pistol," a Ranger sergeant says. "It saved my life. I hit a number of enemy 30-40 yards away who went down immediately from my .45 rounds. With a Beretta, I wouldn't have made it because of the far-too-light 9-mm. bullet, play in the action and its limited range."

In another fight, a Ranger fired several torso shots with a .45 pistol before his foe fell. "When we looked at the corpses, we found their mouths full of khat," he says. "It was like these guys were pumped up on PCP. With the Beretta, I'd have had to fire all 15 rounds and then thrown the pistol at this wild-eyed dude."

We went into Vietnam with a bad weapon, the M-16 rifle, which was responsible for killing thousands of our soldiers. It was a jammer, and if you have a jammed rifle in a firefight, you're dead. The M-16 was such a loser that some jungle-smart grunts refused to carry it and packed captured Soviet AK-47s instead. What the M-16 was to Vietnam, the Beretta is to Afghanistan. And a soldier with no confidence in his weapon isn't the most motivated fighter in Death Valley.

**Land Mail:** Hock, you said to someone that the primary long rifle of the CQC Group is going to be the shotgun - and that with firing slugs - it can be rifle like and reach out to 100 yards. So, I took some time to mull it over. I know that you didn't leave out the rifle, but your "The Shotgun Instructor Module"

inherently omits it by name. There's a huge market for "tactical rifles" and their instruction. The dimensions are approximately the same and tactical teaching is 99 percent the same with a tactical rifle as with a shotgun.

Additionally, when we talk about teaching long gun retention and combat scenarios they are identical. There are now tactical shoots each month with AR15/M16 generation rifles. These shoots are getting to the point of overcoming many of the local handgun shoots. A broader title from "The Shotgun" instructor" such as "Long Gun" or "Rifle/Shotgun" would provide your future instructor more teaching/certification leeway dependent on their background.--JA, TX

***The best fighters are the smartest, sneakiest ones. You stand and fight only when you can't escape in an orderly retreat, especially against overwhelming odds.***

**Hock's Reply:** A tactical shotgun is a great close quarters weapon and such a course is digestible. A scant few rifles exist per capita in police work while shotguns abound, and are considered way, way less militant, less stigma. Shotguns are affordable, even sold in some department and hardware stores across the U.S and foreign countries where hunting exists. They are forgiving in mistakes, and won't penetrate into the neighbor's dining room across town if you are off your target an inch. You can't make a respected rifle guy without a graduate course in sniping. Plus, part of

combat rifle work is team training.

So, in other words, from shoulder-dismount, stress shooting to sniper craft, rifle study is a big enchilada that I just can't get my arms around it. Such a module would take 10 levels of its own and years to master. Surrounded by military and police veterans and active duty personnel, I am very conscious of their advice and respect in the community. All have agreed that we should teach the shotgun.

**Email:** I'm writing you to ask some advice of you. I'm from NY city the south Bronx a really bad area. Recently I was attacked by a gang of black youths that I found out later were members of the bloods street gang. It was six of them vs. one of me. I felt that I could not fight all six of them and if I attempted to I would be severely hurt. I tried to get out of there as quickly as possible. Even though I am a 30 year old man, I figured six was too much to handle. So after being attacked and taking a few blows I quickly ran away to find a safe place to hide. I found a school, and they let me find refuge inside, for a while, but I decided I needed to go home. I ran into them again, and they threw something at me and tried to follow me. I'm a 30-year-old man but I felt so helpless I had no idea how to react toward this attack. I was afraid to retaliate because I was outnumbered. Friends and family say I did the right thing by fleeing and not fighting but I feel so worthless because I'm a grown man being beaten up by a bunch of street thugs plus here in NY you can't get a gun to carry only if you have your own business. I've been reading in your site and I want to take your courses and maybe take the instructors course just so I know the techniques well. Did I do the right thing? Can you offer some advice? -- E.P., NY, NY

**Hock's Reply:** Sure. Life is not a Charles Bronson movie. The best fighters are the smartest, sneakiest ones. You stand and fight only when you can't escape in an orderly retreat, especially against overwhelming odds.





H. J. Poole

## ANATOMY OF A SMALL UNIT

### What Every U.S. Infantry Leader Would Like to Learn Before Going to War

The annals of warfare are filled with the exploits of armies, divisions and regiments - not the separate actions of squads, fire teams and riflemen. For the small unit leader to learn more about his wartime role from the literature, he must examine a concept universal to units of every size - what it takes to win. Of course, winning means different things to different people. To Sun Tzu in 350 B.C., it meant more than just defeating the enemy:

*Only when the enemy could not be overcome by these [political] means was there recourse to armed force, which was applied so the victory was gained: (a) in the shortest possible time; (b) at the least possible cost in lives and effort; (c) with infliction on the enemy of the fewest possible casualties. 1*

In any civilization, defeating an enemy at too great a cost no longer constitutes a "winning":

*Throughout American history, from Antietam to Hamburger Hill, a victory won with too many lives was not a victory at all. Wars are won with battles, and battles with engagements. Leaders of every rank must strive to determine what it takes to win engagements at low cost. 2*

### Just Defeating An Enemy Can Carry with it a Hefty Price Tag

Vanquishing an enemy takes people - either well-trained people or a large number of people. After all, a battle is nothing more than a series of engagements, and each engagement a series of small-unit contacts. How many personnel it takes to defeat an enemy at every level is inversely proportional to how much training those personnel have received. In fact, the solutions to all tactical situations necessarily depend on the training status of the individuals and subordinate units involved. Often the optimal tactical solution is not viable simply because of the training deficiencies within the unit. Having been heavily deployed in recent years, most U.S. infantry units have had little time to devote to individual and small-unit training. The Gulf War didn't adequately test this aspect of their training readiness. Because the struggle ended so quickly, most of the individuals and small units never got the chance to show what they could do. Latent deficiencies in individual and small-unit training can have dire consequences in future combat:



*Unit commanders must be taught that just maneuvering about doesn't win the fight. It helps, but it is well-trained troops - each one doing his individual part as well as possible - that make the team function efficiently and win in battle. 3* -Gen. A. Collins, U.S. Army (Ret.)

Success in battle is dependent on the coordinated effort of small units.... Other things being equal, the army with the best-trained small units will prevail. Even when other things are not equal, the army with skilled soldiers and determined small units will sometimes defeat bigger and better equipped armies.... The modern Israeli army is a good example of the former; the Viet Cong and North Vietnamese armies are good examples of the latter. The importance of small-unit training to mission accomplishment cannot be overemphasized. 4

*Generally the bigger the exercise the poorer the training at the small-unit level. 5*

Historically, U.S. forces have tried to minimize their casualties by using overwhelming firepower. Unfortunately, against a well-prepared adversary (in all but level desert terrain) no quantity of bombs or shells can limit friendly casualties. Minimizing one's cost takes surprising that adversary; and, for surprising enemy soldiers, there is no substitute for having properly trained individuals and small units of one's own. There is abundant evidence to suggest that, for U.S. forces over the years, this aspect of their training has been less than optimal:

*Since 1941 ... our forces were not as well trained as those of the enemy, especially in the early stages of the fighting. After the buildup of forces, when we went on the offensive, we did not defeat the enemy tactically. We overpowered and overwhelmed our enemies with equipment and fire power. 6* -Gen. A. Collins, U.S. Army (Ret.)

### **Winning at Low Cost Involves Some Controversial Tradeoffs**

Some of the factors that permit winning at low cost compete with each other. In other words, what is done without careful consideration to enhance one factor may create a shortfall in another. How much control must be applied to individuals and small units appears to be at the center of the debate. First, there is the trade off between "control" and "tactical knowledge." Whenever a military organization endorses any particular set of tactical maneuvers as doctrine, it discourages common sense in tactical decision-making and sanctions a status quo in tactical knowledge. Standardized tactics can't even keep pace with weapons technology, much less a rapidly changing contingency situation. After memorizing tactical doctrine, a novice decision maker may be tempted to discount any situational variable that

doesn't mesh precisely with his perception of the "book solution." If his subordinates subsequently risk telling him that his decision violates common sense, he may feel his authority threatened. At this point, he will only compound the problem by tightening his control. Tactical knowledge is best served by continual study and experimentation under loose control. Knowledge and training are inseparably linked. Tactical knowledge does not drive training. Tactical knowledge derives from training. For this reason, training cannot be controlled through standardization without limiting the growth of tactical knowledge. Only when small units are allowed to experiment in the field, can they experience the full range of situational variables and the greatest growth in their tactical expertise. Some military thinkers have gone so far as to connect combat casualties from friendly fire to training that has been too highly controlled:

*But the main problem of friendly fire casualties [in Vietnam] - unrealistic and over-supervised training was never solved. 7*

Then, there is the competition between "control" and surprise "momentum." In a cruel paradox of war, the level of control necessary to minimize losses from friendly fire over the short term invariably sacrifices the surprise and momentum needed to minimize casualties from hostile fire over the long term:

*Two [of the] fundamental lessons of war experience are - never to check momentum, never to resume mere pushing. 8*  
-Liddell Hart

The differences between Gulf and Vietnam Wars serve to illustrate the point. In the Gulf War, the overwhelming swiftness of Allied thrusts into Kuwait would not have been possible if their rates of advance had been tightly controlled. In the process, a few Allied armored vehicles were hit by friendly fire. On the other hand, in Vietnam, all movement and firing were closely controlled. Not surprisingly, the war progressed more slowly. The Gulf War had a much higher percentage of casualties from friendly fire than did the Vietnam War, but it also had a much lower overall casualty count and much happier outcome. Too much control at the small-unit level can be costly as well. For example, trying to control a small unit through detailed orders and standardized procedures may help to prevent shooting accidents, but it also gives the enemy more time to prepare for what is almost totally predictable:

*Safety first is the road to ruin in war. 9* -Winston Churchill

Finally, there is the conflict between "control" and "flexibility." In extended combat, the enemy will invariably change the situation to his advantage after the battle has been joined. Too much control can stifle the reaction by friendly forces to that change. When subordinates believe that they must follow orders or



*Leadership is so much a part of the conduct of training that at times it is difficult to tell where one stops and the other starts.* 12

*The gunnery sergeant ... is the principal enlisted assistant to the company commander in supervising the training of the company.*  
13 - FMFM 6-4

*A considerable part of our duties will be concerned with assigning men to jobs or recommending that they be reassigned.... [Besides having the right man in the right place, you should have a trained replacement for every key man.* 14 - **Handbook for Marine NCOs**

When SNCO's and NCO's are again allowed to perform their traditional training, leadership and personnel-assignment roles, the cohesion within the units will improve. Cohesion is generally acknowledged to be the driving force behind a unit's "will to fight." Without it, no unit can win consistently. It has been said that men fight for each other more than for any other reason:

*My first wish would be that my military family, and the whole army, should consider themselves as a band of brothers, willing and ready to die for each other.* 15 -George Washington

*The strength of a fighting outfit is the mutual respect of all its members of whatever rank.... Students of military history have often tried to determine why some men fight well and others run away. It never seemed to me that ideological motives or political or moral concepts had much to do with it. If I could get any of my men to discuss a matter so personal as their honest reaction to combat, they would tell me that they fought, though admittedly scared, because "I couldn't let the other boys down" or "I couldn't look chicken before Dog Company."* 16 - General Maxwell Taylor

Of course, a soldier's will to fight is also influenced by his heritage. He tries to live up to the example set by his predecessors, as well as to the expectations of his peers. Further, his will to fight depends on how much influence his NCO's have over him. The German Army came close to winning WWII largely because of the strength of its NCO corps. In Korea, the U.S. Army found its fighting ability enhanced by placing more reliance on its NCO's:

*Strengthening the prestige of non-commissioned officers within the combat arms contributed more directly than anything else to an uplift of the fighting power of the army.* 17 - S.L.A. Marshall

### **Where Certain Compromises Might Permit Victory at Lower Cost**

Until American NCO's are allowed to perform the majority of training, leadership, and personnel-assignment functions within their respective units, this country may have trouble defeating a strong enemy in difficult terrain at any cost. Only by permitting NCO's to perform their optimal roles, will U.S. commanders stand much of a chance of curing the other symptoms of over control.

rehearsed drills to the letter, their missions and very lives are in jeopardy. For example, if an opposition machine gun unexpectedly opens up from the flank during an attack, the subordinates may be tempted to ignore the machine gun fire and continue forward as ordered or rehearsed. Of course, some degree of control is always necessary. How can a commander minimally coordinate his subordinates, if those subordinates don't at least keep him apprised of their actions. In the U.S. Armed Forces, the infantryman's psychological makeup and turnover rate make a certain amount of control unavoidable:

*Positive characteristics generally attributed to American fighting men are initiative, creativity, independence of action, and a high level of technical competence.... Americans are ... undisciplined.... They have little respect for authority, are oriented to individual freedom rather than group or collective accomplishments.* 10 -Gen. A. Collins, U.S. Army (Ret.)

To be most effective, small units require a form of control that interferes as little as possible with their tactical knowledge, surprise/momentum, and flexibility.

### **Winning at Low Cost Requires Careful Management of Personnel Assets**

Leadership, training, and the assignment of personnel are interdependent functions within every infantry unit; the first two cannot be maximized without fine-tuning the third. The unit needs teamwork to win in war. When trying to surprise an enemy force, the unit is only as strong as its weakest member. If someone cannot be trained to do a particular task, no amount of leadership will guarantee that he can accomplish that task in combat; he must be reassigned to another task. Then, just as with policemen in large cities, infantrymen must be paired off with their buddies to enhance their proficiency and survivability on the battlefield.

U.S. infantry NCO's have traditionally shouldered much of the responsibility for leadership, training, and assignment of personnel within their units. Only for the last twenty-five years or so, have commissioned officers encroached upon these traditional roles of the NCO:

*Charging the NCO with responsibility for training the young soldier builds a close relationship between the NCO and his subordinates. This kind of relationship is critical and vital in combat because the NCO learns about the capabilities of his subordinates.* 11



## A soldier's will to fight is also influenced by his heritage.

For example, there are ways to maintain adequate control in combat without sacrificing the element of surprise. Perhaps the most obvious is to decentralize tactical control - to let subordinates make the tactical decisions. The Germans discovered this while trying to turn the tide - of WWI. According to Major Bruce I. Gudmundsson USMCR, author of *Stormtroop Tactics*, German commanders eventually realized that they had greater success when they let their squad leaders do the thinking:

*In the new tactics, the NCO became a leader and tactical-decision maker.* 18 - MCI 7401

Of course, for tactical control to be successfully decentralized, subordinates must receive adequate individual and small-unit training. If they understand their commander's intent well enough, fewer orders will be necessary to control them. If they have rehearsed two or three tactical techniques for each expected situation, and their leader knows what these techniques are, fewer signals will be necessary as well. Then, even when communication is lost during the heat of battle, the leader still has a general idea of what his elements are doing. This is probably the original intent of the "battle drill":

*Battle drill teaches small units to react quickly and with some semblance of order without lengthy instructions.... When a formation has been ordered and taken, it may and frequently should be modified to meet the specific situation; but even if modified, the commander's decision has been quickly converted into action by battle drill.* 19 - Gen. A. Collins U.S. Army (Ret.)

Like football players, rifle squad members can receive a short play designator in a huddle, exercise personal initiative to overcome unexpected threats, and still successfully interact as a team. Of course, only plays that could be quickly tailored to existing circumstances would do them much good. If their plays were further to depend more on secrecy and deception than on complex instructions and signaling, the elusive element of surprise might even be within reach. Running several of these situational hybrids in tandem could produce momentum:

*Rapid and forceful action [of a battle drill] will often surprise an enemy and throw him off balance.* 20

As a universal ability to surprise an opposition force improves, so too does its leader's ability to control that unit. For example, it's much easier to control a squad about to surprise an opponent's defensive lines than a squad that has just been prematurely discovered. There are certain squad techniques with which the military leader can achieve both adequate control and victory at low cost. But, before he can discover what they are, he must thoroughly investigate what role the element of chance may play in winning.



**Editor's Note:** *The Last Hundred Yards* represents an incredible body of work on what urban and military soldiers should know before going into battle. We highly recommend it for anyone considering a military or high-risk career. The book is restricted to active duty, reserve, or former U.S. military personnel and is only available through its publisher at [posterity-press@aol.com](mailto:posterity-press@aol.com) or call (252) 354-5493.

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19. Collins, **Common Sense Training**, p. 90.
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During his first trip to Thailand, when he trained in at least 45 different camps, Kru Pedro Villalobos experienced a wide variety of living conditions and training facilities. None of the real Thai camps are luxury spots. Some have open-air training areas, and many have concrete floors. A normal camp will have 10 or 12 heavy bags, a Thai boxing ring, lots of gloves, Thai pads, and little else.

The lifestyle of a Thai boxer in Thailand is Spartan. Fighters live in dorms at the camps, which are owned and sometimes operated by promoters. Trainers run the show, and often the wife of one of the staff members does the cooking. You do not enter a Thai camp unless you are absolutely serious about training and fighting.

### Thai Camps

Early each morning the Muay Thai fighters assemble for a run. They do this six days a week, unless it rains, every week of the year. It is not unusual to see 20 or more fighters dashing

through Bangkok's morning traffic followed by a trainer on a bike. They head out at about 6:45 a.m. and run for at least 40 minutes. On rainy days, the fighters substitute jumping rope and other aerobic activities for running.

When the morning run is concluded, the fighters may sip a little coffee, but they do not eat. Training at the camp begins almost immediately after the run. The routines vary somewhat from camp to camp, but a common day includes 20 minutes of

skipping rope, 20 minutes of shadowboxing, and a long session of heavy-bag work.

Heavy-bag training is usually followed by an intense session of Thai pad training. Thai pads are thick kicking pads with a leather sleeve to secure the forearm and grip handle. The trainer usually holds one Thai pad on each arm. Thai pad drills include practice of the various Thai body weapons. Virtually all training is done in rounds that typically last from 3 to 5 minutes.

The fighters seldom spar. Since the likelihood of injury is very great with heavy-contact sparring, trainers in Thailand use other methods for simulating combat. On average the boxers fight once a month and on rare occasions twice in one month, so that their post fight recovery period is very

brief. Sparring is seen as too risky, as well as detrimental to the healing and fight preparation process.

After the early-morning workout the fighters shower and sit down for breakfast. Thai people eat two meals a day. The Thais are fanatically clean, and Thai fighters are no exception. A fighter never comes to a meal without having taken a shower. It is not uncommon for the fighters to take as many as five or six showers each day.

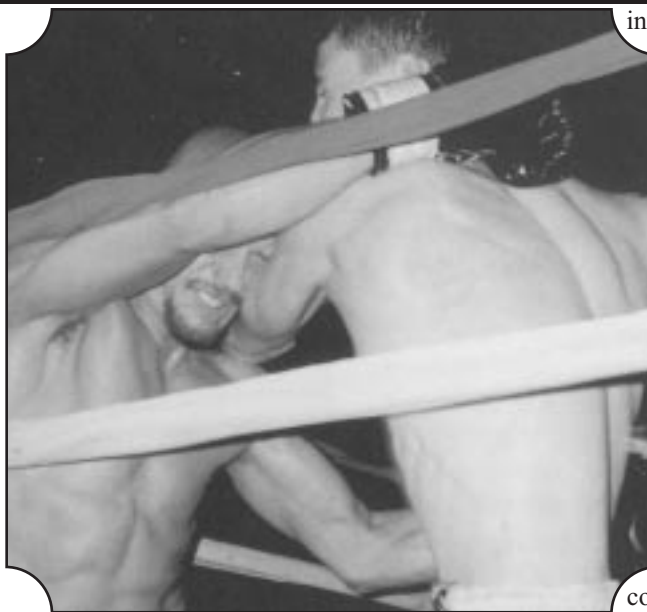
The fighters take a long break after the midmorning meal. They rest or go for a walk. Some camps have televisions. After the break, which may last as long as five hours, the heavy-duty training begins.

### Afternoon Training Session

At most camps the afternoon training session begins around 3:00 p.m. It starts with another 40 minute run or comparable aerobic warm-up. On a typical day the afternoon run is followed by serious heavy-bag work. This lasts for some time and is performed in 3- or 5-minute rounds.

Fighters wrap their hands and glove up before tackling the

## A Day At Thai Camp



*By Mark VanSchuyver*





*Villalobos steps on Trammell's left knee and attacks with a left knee to the face.*



*Villalobos uses his left knee to block Trammell's low kick.*



*The clinch intensifies and Villalobos uses his knee to bring Trammell further off balance.*



*Villalobos steps sideways, and Trammell pitches forward.*

heavy bags. At the same time the trainers prepare for one-on-one work. The trainers wear Thai pads on their arms, thick belly pads, and shin guards. They take one fighter at a time into the ring for two to five 3-minute rounds. During this time the others continue to work the heavy bags.

The trainers allow the fighters to attack them with as much speed and power as they like.

Trainers catch each full-contact blow on the Thai pads, belly pad, or shin guards. The trainer moves around the ring like a fighter, forcing the trainee to parry and fake and behave exactly as he would in a real match. The trainer does not hold the pads at certain angles to "ask" for a particular strike. He moves the Thai pads to intercept whatever the fighter throws at him.

This level of training is not for beginners. The trainer must have an extremely high level of skill to absorb every blow the fighters throw, and every fighter is different. In a typical camp one trainer might work with 15 or more fighters. When a new fighter joins the camp, a trainer will work carefully with him for the first three or four days. It takes this long for a skilled trainer to learn the moves of a new fighter. After this careful period of getting to know the new guy, all his Thai pad training will be spontaneous, at full speed and with full contact.

Ring time with the trainer so closely simulates real fighting that it essentially eliminates the need for sparring. Ring training is completely safe for the fighters and does nothing to put their health at risk for upcoming fights. Ring training is, however,

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## Feature



*From the plam, Villalobos turns sideways and moves out of the way so that Trammell loses his balance and falls to the ground.*

very dangerous for the trainers. One mistake and they could easily swallow an elbow or receive a full-power round kick to the head.

After the ring training and bag training session is over the fighters remove their gloves and hand wraps. Next on their agenda is an exercise called *plam*. The closest translation in English is neck wrestling.

It is legal to fight in the clinch in Thai boxing. In fact, many of the techniques of Muay Thai are designed for performance in the clinch. Some fighters specialize in clinch fighting; therefore, *plam* is an essential part of training. It is the closest thing to sparring you will see in most camps.

The purpose of *plam* is timing and balance. During the *plam* exercises the fighters pair up and hook one or two hands around each other's neck. Fighters struggle with great energy to unbalance and throw each other to the ground. It is legal to throw

another fighter to the floor from this position in a regular match. Fighters also throw knee jabs at each other during this exercise but never at full power.

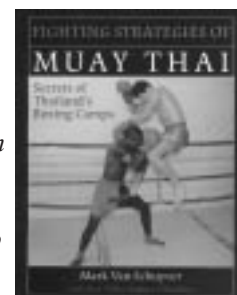
The afternoon training session ends at about 7 p.m. The fighters grab another shower and enjoy a bit of free time before their 10:30 evening curfew, which is strictly enforced. Although they are free for a few hours in the evening, there is really very little time for socializing. (Women are not allowed inside a male Thai camp.) Thai boxers follow this routine six days a week. Everything they do is closely monitored as they maintain the highest readiness for fighting.

In a typical month the fighters will have one match each. To prepare for these matches each fighter, with the guidance of the trainer, follows a proven process for fight preparation. Villalobos calls this the volume and intensity training cycle.

Imagine a fighter participating in the same daily routine described above. This particular imaginary fighter, however, is recovering from a fight. For a few days he rests. When he returns to train he starts with more rounds of everything described above but with less intensity. Each day leading up to his next fight, he gradually reverses the volume and intensity formula until he is training with fewer rounds and very high intensity just before the next fight.

Thai boxing is an art and a sport. For those who live and train in professional camps, it is a business as well as a way of life: Many fighters begin their training as children. Thai boxing is so grueling and intense that the oldest professional fighters are in their late 20s or perhaps very early 30s.

**Editor's note:** Excerpted from **Fighting Strategies of Muay Thai - Secrets of Thailand's Boxing Camps** by Marak Van Schuyver. Available from Paladin Press. Reprinted w/permission of Paladin Press, for more information about the book or to purchase, visit [www.paladin-press.com](http://www.paladin-press.com)







## The War on Terror Has No Front Lines

*By John Poole*

For the first time in history, American policemen have been pitted against foreign soldiers. SWAT and Security Teams don't have the luxury of resorting to overwhelming force. To protect non-combatants, they must depend on surprise. This article will discuss what police departments can do to help them prepare.

First, one must take a hard look at the *status quo*. Because big-city SWAT teams get a lot of real-life experience, most are quite proficient at what they do. Still, up until now, their opposition has been relatively unskilled at

urban warfare. There are ways of defending buildings that are so effective as to necessarily be omitted here. Security teams also get plenty of practice at preventing the traditional kinds of intrusion. But there are saboteurs in this world who are so skilled as to be able to sneak through triple-concertina barbed wire and wide-awake sentries. If those sentries are equipped with thermal imagining, the saboteurs have only to wait for heavy fog or rain.

Most American police departments pattern their SWAT and Security Team instruction after U.S. military training. We would not have won WWII, if there had not been American units with high levels of individual and small-unit skill. But, sadly Korea and Vietnam did not turn out as well. In essence, the U.S. military has never had a way to add to its corporate knowledge what riflemen and squad leaders learn. As a result, our officially endorsed small-unit tactics have lagged behind those of other nations. Every German squad participating in the Spring Offensives of 1918 had a way to covertly penetrate Allied lines. The technique was so strong that the majority of defenders never even knew they were under ground attack. God help us if the terrorists ever discover the method.

More recently, the assault squads and sapper teams of a third-world nation were able to destroy so many of our strategic assets that Congress got tired of funding the war. How did tiny units manage to do that much damage? Their activities went largely unnoticed because the destruction was made to look like accidents or lucky mortar hits. To fully understand the current threat and how to meet it, police departments must study the Eastern way of war.

Asian (and German) military commanders employ a different thought process than our own. They are "bottom-up," holistic thinkers who have much less difficulty decentralizing control. They focus more on the training of individual riflemen and squads, than on large units. Those riflemen and squads get advanced training in close-range combat and constant practice at tactical-decision making. While the U.S. recruit gets punished for making a mistake, a German recruit recently got punished for not showing enough initiative. In the Eastern World, every private gets schooled on the strategic goals of his organization so

that he can either contribute or get out of the way.


Asians and Germans (and potentially everyone in between) also know how to fight in a way that is difficult to predict. They understand how Americans think and appear to base much of their technique on the *yin/yang* antithesis. After the Easterner shows his Western opponent what he



wants him to see, he waits for that opponent to make the first move and then does the exact opposite of what the opponent would do under similar circumstances. In other words, the Easterner routinely practices the “false face” and art of delay. At his disposal are a myriad of deceptions based on the ancient 36 Stratagems. With respect to the events of 9/11, some of these ruses are quite chilling. What has been called “asymmetric” warfare really isn’t. It is simply well-thought-out technique that has been disseminated as guidelines rather than doctrine. Then, under decentralized control, every unit does something slightly different. Until the pronounced trends in enemy small-unit technique were disclosed by *Phantom Soldier: The Enemy’s Answer to U.S. Firepower* in August of last year, American troops were entering combat with very little idea of how their enemy counterpart would fight.

Asians (and those who follow the same “maneuver” or “common-sense” approach to war) will also capture their opponent’s attention with “ordinary” forces while beating him with “extraordinary forces.” Those extraordinary forces are, for the most part, solitary assault squads and sapper teams. Published in late 1998, *One More Bridge to Cross: Lowering the Cost of War* describes how to defend against both threats. To fare well in the expanding “War on Terrorism,” policemen will need advanced infantry skills with which to generate more surprise. To provide the required support, many departments may have to switch

over to the less traditional, “bottom-up” way of training and operating described in this book.


As a point of departure, S.W.A.T. teams can use the surprise-enhanced but doctrinally correct techniques in *The Last Hundred Yards: The NCO’s Contribution to Warfare*. First published in 1997, this book is only available to U.S. military veterans and through Posterity Press at (252) 354-5493 or posteritypress@aol.com. 

**About the Author** — After two infantry tours in Vietnam, **John Poole** worked as an agent with the Illinois Bureau of Investigation in Chicago from 1970 to 1972. Upon retirement from the Marine Corps in 1993, he established Posterity Enterprises ([www.posteritypress.org](http://www.posteritypress.org)) — a non-profit organization dedicated to helping U.S. units to adopt advanced small-unit infantry technique. So far, he has written three books and conducted multi-day training sessions for 31 battalions, 8 schools, and 1 special warfare group).


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## Squad Room - Police Blotter

### Police Deaths Lowest in Over 30 Years

The number of police offi-

cers killed nationwide during the first half of 2002 dropped to its lowest level in more than 30 years. Sixty-eight federal, state and local law enforcement officers were killed in the line of duty during the first six months this year. This represents roughly a 10 percent decrease from the 76 officers who lost their lives during the same period a year ago. The last time police fatality figures for the first half of the year dipped this low was in 1966 when 67 officers were killed. Over the last 10 years, an average of 163 law officers have died in the performance of duty annually, including 230 last year.

Of the 68 officers who were killed through June of this year, 30 were shot to death, 21 died in automobile accidents, four succumbed to job-related illnesses, three officers were killed in aircraft accidents, two were struck by automobiles while outside of their own vehicles, two died in motorcycle accidents, two were stabbed to death, two officers drowned, one officer was killed in an explosion during a training exercise, and one officer was beaten to death. Please visit <http://www.nleomf.com> and click on "Number of Police Deaths Lowest in Decades" for more information.

### Deadly Year for Police Chiefs

Six police chiefs were killed in the line of duty in 2001, the highest total in more than 20 years. One of those law enforcement leaders was Fred Morrone, the Superintendent of the Port Authority of New York and New Jersey Police Department. On September 11, 2001, Superintendent Morrone was sitting in his office in Jersey City when he received word of the attacks at the World Trade Center. He rushed to the scene and went into one of the towers to help save the people inside. When the towers collapsed, Superintendent Morrone was killed. Fred Morrone did not have to be there that day under those circumstances, but anyone who knew him would not have expected him to be anywhere else.

We knew he would not leave until everyone else was safe, his son, Greg, said afterward.

### "You Know Who I Am?"

Mob boss John Gotti didn't always get his respect in prison. Gotti was apparently just another punk. In 1996 he taunted an inmate with a racial slur. The next day the man beat Gotti bloody.

### Camel Jockeys

Dozens of young boys have been kidnapped to serve as small, light jockeys for the Persian Gulf camel-racing industry. Boys as young as four are stolen or purchased from their families in places like Pakistan or Bangladesh. Televised camel racing is wildly popular in the Middle East.

on the name alone and the letters were allowed to proceed overseas. Congress quickly voted to change those rules.

### High Altitude Attitude

Actor Woody Harrelson, son of a convicted killer lit up a joint on his chartered plane. The attendant asked him to stop. "I'm paying \$30,000 for the use of this plane so I'll smoke if I want to." The pilots began to turn the aircraft around, explaining the ventilation system circulated the air and they could get stoned too. Woody extinguished his vice.

### Hola! Que Tal? Como Estoy Rudolfo?

Former NYC Mayor Rudolph Giuliani signed a contract last October to advise Mexico City's mayor on how to reduce rampant crime in the capital, for \$4.3 million, plus expenses.

### Bank robbery deaths decline

The number of people killed, injured and taken hostage in U.S. bank robberies:

Year	Robbers killed	Others killed	Total killed	Injuries	Hostages
2000	19	4	23	166	109
1999	22	5	27	149	100
1998	23	6	29	226	91
1997	23	17	40	236	79

Source: FBI (2000 statistics are the most recent available)

### Woman Shot When Gun Falls in Commode

A Lake City woman was airlifted to Shands, Jacksonville last October, after her gun fell into the commode and shot her in the buttocks, according to the Columbia County Sheriff's Office. A deputy was called to the Moore Road address shortly after 3 p.m., about a shooting and saw a woman bleeding severely from her left buttock.

Emergency medical technicians

were on the scene and had the woman airlifted to Jacksonville, reports say. Reports say the woman had just taken classes on firearm safety and she had a fear of being robbed due to past incidents. The woman heard something outside her home and reached over the toilet to raise the window and the gun fell into the toilet. The woman was injured when the 9 mm handgun discharged into the commode.

### Suicide

Suicide claims nearly as many lives every year as murder and war combined, reports the World Health Organization. Each year 1.6 million people die violently. About half those deaths are suicides. Homicide claims 520,000 lives and armed conflict kills 310,000.

### Guns to Pilots? What About Alter Boys?

*World Weekly News* has begun a campaign to get church alter boys to *pack heat*. Ed Anger says the next time priests get fresh, the business end of a .44 pressed between the eyes ought to remind him of his vows.

### Mail Gets Through

The U.S. Post Office held letters for Osama Bin Laden-Afghanistan. The Department of Justice wanted the letters, but the U.S. Post Office and Customs held fast, demanding a warrant. The Federal Government could not get a warrant just

### Karzai to Target Poppy Production

Afghan President Hamid Karzai announced last October that he would begin a campaign to eliminate the production of poppies nationwide. International drug agencies estimated 1,900 to 2,700 metric tons of poppies this year.

### Ford Motor Company

Ford will install safety shields for free on more than 350,000 Crown Victoria police cars nationwide, hoping to prevent punctures and fuel tank fires cited in the deaths of 12 officers.

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## Back to the Future

# Inactive, Reactive and Active Shooting

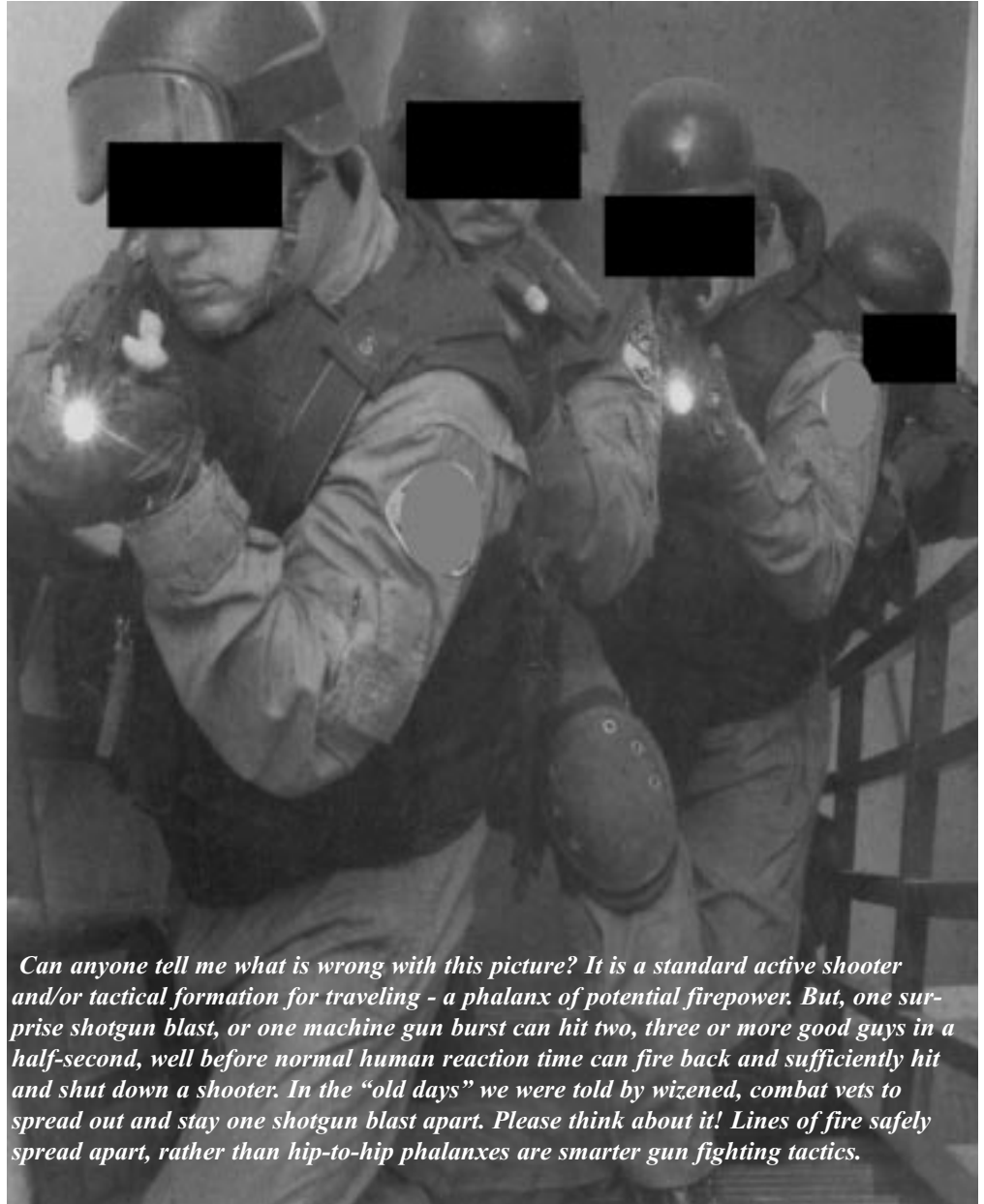
By W. Hock Hochheim

### 1985.

The man hung upside down on the stairway in the limp, scattered body pattern only the dead can produce. At the tips of his fingers, a step below laid his revolver. His head was blasted open. Climbing the steps with my Colt Python aimed at the doorway above, I could see he was stone dead. Blood, once pumping, now lifelessly pooled near my feet. The “shots fired” radio call had alerted us to this upstairs clubroom and we three detectives were nearby and responded first. As Roger White, Dan McCormick and I hiked the steps to the lodge above, we wondered - was the shooter still upstairs? Were others wounded up there and about to die? Would the killer walk to the window and open fire on the busy streets below? Since I was first in the hall, I lead the way. We had to move and now...

But this is not a crime story so I must stop here. It is rather a “need-to-enter” story. It is an entering story that has happened to me many times in my police career and a decision made by countless others carrying a badge before me, then and now. But since the late 1980s and specifically the 1990s, the enter decision has become more and more difficult, giving a modern-day Hamlet to ponder to SWAT, or not to SWAT? That is the question.

To appear progressive, an agency is pressured into having a SWAT-like tactical response team. Studies by the CATO Institute report that since 1980 and the turn of the 21<sup>st</sup> century, 90 percent of U.S. cities with populations over 50,000 have police paramilitary units, as do 70 percent of communities under 50,000. That’s a lot of machine guns. That expansion created serious



*Can anyone tell me what is wrong with this picture? It is a standard active shooter and/or tactical formation for traveling - a phalanx of potential firepower. But, one surprise shotgun blast, or one machine gun burst can hit two, three or more good guys in a half-second, well before normal human reaction time can fire back and sufficiently hit and shut down a shooter. In the “old days” we were told by wizened, combat vets to spread out and stay one shotgun blast apart. Please think about it! Lines of fire safely spread apart, rather than hip-to-hip phalanxes are smarter gun fighting tactics.*

deployment controversies and public image issues. The term “rules of engagement,” once a military term, has become operating lingo for civilian law enforcement. Every agency now has rules for when and where their SWAT will act. However varied, the basic tenant is the same everywhere. If it looks dangerous, call out SWAT.

*(Continued page 20)*

(Training Tips cont.  
from page 28.)

demonstrated the tendency less frequently.

That doesn't mean you should stop drinking water. It's important to strike a proper balance. Weigh yourself before and after you workout. The difference represents the fluid you've lost. Replace the amount during exercises but don't go much beyond it. Marathon runners are told to drink about 1 cup of water every 15 to 20 minutes. It's also a good idea to carry salt and dip into it if they are sweating a lot or if you are running in hot weather.



#### Workout Afghanistan style!

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(Inactive, Reactive Shooting cont. from  
page 19.)

Decades ago as a detective, I both ramrodded and participated in many successful raids. As SWAT became established in our city, we slowly lost that power. I will not list here the drugs, fugitives and guns we lost, forced to wait for SWAT to be paged out, get dressed, meet at headquarters, transport out, meet again on the scene and FINALLY do something. I have been around since the birth of SWAT and seen all of its evolutions.

After I retired in 1997, I watched the cable news one day in horror as armed students raided a Colorado high school. To my disgust, live TV helicopter footage showed patrol officers huddled outside the school. "Go in!" I shouted to the TV set. Lots of time passed. Too much time passed. Finally their SWAT arrived. Days later, insider stories unfolded. People bled to death as responders waited outside for special units to arrive, organize and enter the building.

Within the next few days and even years later, I growled over such delays with frustration to police chiefs and officers I knew. Many tried to lay down the tactical procedures, rulebooks, the callout and agency restrictions that regulate officers staying out and SWAT going in. They had created a methodical machine on paper that in reality can be a slow-motion Frankenstein. Most defended the process because the strategies came right from their very own playbooks.

It's the waiting that kills, and not just lost evidence and legal cases, but sometimes people. Team members are not like firemen, sitting on the edge of their seat twitching for an alarm. At any given time, they are off-duty, with their kids, in college classes, asleep from last night's shift, deep inside shopping malls, etc. They get home, suit up, and travel to meet, usually at the station. Suit up some more. Go to the scene in special transportation. Meet up again. It's the waiting that kills.

In the Year 2000 I was training some police officers and walked into a group of officers as they were talking about the new "active shooting" trend. I asked what that was.

"You know! Its what you were yelling to me about years ago," one told me. "It is the thing now, active shooting courses for police."

I still didn't get it. What a peculiar name-active. "What does this mean? Active?" I asked. I discovered that there was a new momentum to teach first responding police officers that couldn't

wait for special units, to enter into buildings, stalk and shoot armed criminals. All this was in direct response to shooting incidents like at the Colorado school. Active, I assumed then, meant actively entering and shooting instead of inactively waiting outside? But the official definition is....

*"An active shooter/shooters is one or more persons who is/are randomly or systematically involved in the act of using deadly force on others, and it appears, based on available intelligence, that the suspects will not stop their aggressive hostile actions without immediate and direct intervention."*

I have only one problem with this premise. There is no mention of the *actively dying!* When there are people bleeding to death inside a seized building, the silence or bangs of the killer's gun is not the deciding factor to be active. In the Colorado incident the shooters had killed themselves well before some of the victim's died.

There is still some confusion beyond ignoring the dying in doctrine. Throughout the country there have been elaborately staged training sessions on local school property for SWAT response. But the next killing spree will probably be a beauty salon, the parking lot of a shopping mall, or anywhere! Despite the new active-shooter movement, a rare few of these high publicity, public-soothing exercises teach regular street cops what to do when they first squint into the front windows of the building that has just become a slaughterhouse.

The power of life and death belongs to the line operator, the street cop who still must know and do it all. I was taught three decades ago that a cop was expected to deliver a baby and shoot a bad guy, and everything in between. We were also taught to search buildings and defeat the criminals inside. You go, you do, you enter. It's supposed to be dangerous.

I love and need SWAT as much as the next guy. In fact the idea that we have thousands of paramilitary units throughout this country is just great homeland defense in our troubled, terrorized times. I love them, but sometimes they are going to have to wait their turn.

So, now the police officer is supposed to take action at the scene? That's why I was so confused when I first heard the term "active!" Active? We police, were all active at one time. Somehow we became inactive? Now we're back to the future, and what a long, strange and bloody trip it has been.





# Drug Cartels Struggle for Dominance

By Karen Brooks

**I**n Monterrey, Mexico hundreds of special anti-drug forces have converged on northern Mexico to patrol what has become a bloody battleground in a war between powerful drug cartels just south of the Texas border.

Members of the Mexican Federal Preventive Police Force - Mexico's version of the U.S. National Guard began arriving from Mexico City recently in response to 67 gangland-style killings in Nuevo Leon and Tamaulipas states since January.

The victims were workers and confidants, group leaders and financiers of the drug cartels, police say. The power play ricochets almost daily between the region's two key trade cities, Monterrey and Nuevo Laredo, in Nuevo Leon and Tamaulipas, both of which border Texas.

Police say gangs from Juarez and Matamoros are pushing into Monterrey and Nuevo Laredo - and smaller groups from those Mexican cities are pushing back.

That, officials say, has led to the largest escalation of violence this region has seen in years.

To combat it, almost 200-armed federal soldiers and intelligence agents are patrolling the streets of Nuevo Laredo across the Rio Grande from Laredo. The city has seen 45 killings attributed to the cartel wars since January.

About 130 miles to the south 300 more soldiers are in Monterrey, the capital of Nuevo Leon - where 10 men were assassinated in August and at least 22 have been slain since January.

The two cities have taken on the look of police states. Soldiers in gray fatigues and black vests stand guard on corners and ride in the backs of pickups, armed with assault rifles.

Federal intelligence officers pull on black ski masks before raiding houses in search of marijuana, heroin and cocaine operations.

The Mexican officers are working with U.S. Drug Enforcement Administration agents, officials say.

"One thing we're doing better now than we ever have before is working jointly with our Mexican counterparts," says Will Glaspy, spokesman for the DEA in Washington, D.C.

Authorities expect the soldiers to stay in Nuevo Laredo and Monterrey at least for a month.

"It's starting to calm down a little," said Martin Gutierrez Gomez, who heads the federal prosecutor's office in Nuevo Laredo. "They're working directly with us, and they are everywhere."

One Nuevo Laredo curio shop owner, a lifelong resident



who asked not to be named, said the feeling of battle in the air is palpable.

"There have been a lot of things happening here lately," he says. "But it's between them. If you're not involved, you're not in any real danger."

## Three-way Fight

The main aggressor, according to Mexican and U.S. agents, is a group led by Osiel Cardenas, known as the Gulf Coast Cartel, based in Matamoros across the Rio Grande from Brownsville.

The DEA has put a \$2 million bounty on Cardenas, who faces federal drug and assault charges in both countries and is on Mexico's 10 most wanted list.

Experts say Cardenas is moving into Monterrey and Nuevo Laredo because the cities are in strategic locations and have yet to be taken over by larger cartels.

"Monterrey is a lower-profile place than Matamoros, Juarez, Tijuana," said Luis Astorga, who has studied cartels for 17 years at the National Autonomous University in Mexico City. "And Nuevo Laredo hasn't been as exploited as much as those three cities."

The Juarez Cartel, based across the river from El Paso, is also pushing for more territory in Monterrey, officials say.

One of the cartel's main financial officers, who laundered money through two money-exchange houses, was among the targets of a DEA operation earlier this year, according to the news reports.

In March, he was found executed in his car in downtown Monterrey.

Nuevo Leon Gov. Fernando Canales Clariond and federal investigators said recently that the violence in his state can be

attributed to the three-way battle between the cartels of Monterrey, Juarez and Matamoros.

To a lesser degree, Astorga said, the Tijuana Cartel run by the notorious Arrellano Felix family might be trying to gain a stronger footing in Monterrey as well.

The February arrest of cartel leader Benjamin Arrellano Felix and the death of his brother, Ramon, led experts to speculate whether that cartel - the oldest and most violently aggressive in Mexico - would seek new territory.

The Arrellano Felix family operates its billion-dollar cocaine and marijuana operation across the border from San Diego, CA. It is spending most of its time fending off local intruders, not expanding, DEA agents say.

In spite of official denials, however, the Tijuana Cartel is far from absent in the conflict.

A small Tijuana-linked faction, known as La Banda de Los Chanchos in Nuevo Laredo, has been fighting with another small group for several years, local officers say.

Los Chanchos, according to Mexican reporters who have covered cartel for two decades was the Tijuana Cartel's largest group operating in the Nuevo Laredo region.

The leader of the smaller group was arrested in 2001. Then in May, gunmen who police say were connected to Cardenas' Gulf Cartel executed the leader of Los Chanchos, Dionicio Ramon Garci, known as "El Chancho."

### Unclaimed Territory

In spite of its size and the amount of marijuana that gets shipped across its border into the United States, Nuevo Laredo is presumably the last of the larger border cities that has yet to be consumed by a single cartel.

The death of El Chancho and the arrest of his rival created an open season in the city.

On Thursday, gangsters sprayed more than 80 bullets at a state police commander in Nuevo Laredo as he went into a gym with bodyguards. He called it a sign that gangsters were retaliating against him for fighting them in his five months on the job.

In Sept., at least 10 masked gunmen stormed a hospital at 3 a.m. and killed a man identified by police as a drug trafficker in the area. Ismael Flores Godines was shot as he lay in his hospital bed. His bodyguard was also slain, and Mexican police have connected the assassins to the Gulf Coast Cartel.

U.S. authorities said that although it is not known as a cartel headquarters, Nuevo Laredo is still a major crossing for drugs. U.S. Border Patrol agents in Nuevo Laredo seized 190,000 lbs. of marijuana in the past eight months.

"There are truckloads of drugs coming across every day," Glaspy says. There are organized groups who have set up shop in the area. You may not be hearing the big-name traffickers like you did in Tijuana, Matamoros and Juarez, but that doesn't take away from the point that traffickers are utilizing Laredo and other points upriver to get their stuff across."

### A New Center

Monterrey, a sprawling city of 4 million, is known as Mexico's most "Americanized" city. A few years ago, the government

built a toll way connecting Monterrey with Nuevo Laredo. It extends south from where U.S. Interstate 35, the so-called NAFTA Superhighway, hits the border in Laredo. The drive takes less than three hours.

The Monterrey Cartel, a smaller operation that has been growing in recent years, is apparently fighting back against the larger cartels from Juarez and Matamoros.

On Aug., 31, Ricardo Ruben Puente, 46, was fatally shot in front of his home in San Pedro, a wealthy suburban commu-

nity near Monterrey that is home to several cartel leaders.

Puente was head of the federal judicial police until 1994 when he joined the Gulf Cartel, police said.

Since then, three more men with ties to local cartels have been slain near Monterrey.

The city is home to manufacturing plants for many U.S. companies, as well as the Mexican company Vitro, the world's largest glassmaker.

Monterrey's healthy business atmosphere creates opportunities for money laundering, experts say.

The city also has Mexico's highest per-capita income, meaning that someone driving a new BMW does not draw much attention, said Roberto Benavides, a cartel expert at Monterrey's National Technological University.

"There is the real possibility of living here in secrecy - of hiding," Benavides said.

Shortly after Puente's death, Canales Clariond, the governor of Nuevo Leon, announced a special organized-crime task force to combat the violence.

It was the first time that officials acknowledged the presence of cartels in Monterrey, known as the safest of Mexico's largest cities.

"It's a step forward," Benavides, said. "They have no other explanation for this series of crimes, other than problems with narcotics trafficking. Before, they refused to admit that they are here. Now they've accepted it and are taking steps to confront."







## Round Up!

Since September 11, 2001, officials in 98 countries have rounded up more than 2,700 Al-Qaeda suspects.

## Open letter to the United States By Denise Nichols



As the Bush administration and the U.S. military gear up for an anticipated invasion of Iraq, both our national political leaders and military service personnel should pay close heed to some new startling statistics on casualties from the first Gulf War in 1991.

The National Vietnam and Gulf War Veterans Coalition, of which I am vice chairman, has analyzed the latest Department of Veterans Affairs report on Gulf War I personnel, including medical illnesses and deaths in the 11 years since Operation Desert Storm.

The most striking disclosure in the VA report is that of the total number of Gulf War I casualties that have been documented in the decade following since the end of the 100-hour ground war in early 1991.

Rather than the conflict totals of 148 combat deaths, 145 non-combat fatalities and 213 wounded service personnel tallied at the end of the fighting (a .1 percent overall casualty rate for the 537,000 U.S. personnel who served in the Persian Gulf region), the true casualty figures have

## Scuttlebutt

skyrocketed over the past decade as a result of Gulf War Illness (GWI).

In fact, 36 percent of eligible Gulf War I veterans – over 206,861 – have filed medical claims with the VA for illnesses stemming from their Desert Storm I service, which is an astronomical number in comparison to claims filed after previous wars. (This 36-percent figure is the actual casualty rate from Gulf War I, not the 27-percent figure that the VA itself estimates in terms of claims granted.)

Please read more at

<http://www.ngwrc.org/>

## The Pentagon X-Files



The Pentagon revealed last October that the U.S. tested chemical and biological weapons on American soil, possibly exposing thousands of civilians and military personnel in Hawaii, Maryland, Utah, Florida and Alaska to toxic agents. Roughly 5,500 servicemen were involved in the tests for 1962 to 1973. “The reason behind all this,” reports William Winkenwerder, a Pentagon health official, “is not altogether clear from the record we have.”

## The Quiet War

On the west coast of Africa sits the country called Ivory Coast — a former French colony once called Cote d’Ivoire, with a population of some 16 million. It is cur-

rently the location of an internal war and bloodbath. At the base of the problem is



again, the centuries old war between the Muslims and the Christians. Rebels have taken over at least half of the country and some 150,000 civilians have fled their homes. U.S. Special Forces stationed in Germany, in a joint operation with the U.S. Air Force and French military, ran an Evac mission last September for Americans.

## Sabotaged Parachutes Investigation still Unresolved at Camp Lejuene, NC



On 21 September 2002 airborne Marines learned the hard way that their chutes were malfunctioning and in the 1,250 foot fall, had 10 seconds to realize they were in danger. “I got to four seconds and didn’t feel anything. I looked up and all I saw were suspension lines,” reports Marine 1<sup>st</sup> LT. Christopher Cole. He pulled his reserve chute. Only five men of 22 jumped before the Jumpmaster Sgts.



cont.....

Britton Howes and John Laverde quickly noticed the problem and halted the exercise. All who had jumped survived. Sabotaged is suspected by the Naval Criminal Investigation Service, due to the nature of the chute failures.

### Liar

An Army veteran who falsely claimed that he witnessed refugee killings during the Korean War was sent to federal prison last September for defrauding the government. Edward daily told the *Associated Press* back in 1998 that he'd been at No Gun Ri when U.S. troops fired on refugees. He later recanted the story. He also was ordered to repay \$413,000 he had received through the years claiming to be a POW injured by shrapnel.

### GPS Distortions

A study by the U.S. Transportation

Department found that the common military and civilian GPS-Global Positioning System — is vulnerable to disruption by intentional and unintentional forces. Enemies could attack satellites or jam GPS signals that would distort GPS, as well as cell phones, pagers and television broadcasts.

### Quotes

"Think of Saddam Hussein as the ultimate mafia mob boss with chemical and biological weapons," says a U.S. Intelligence agency source.

### The Enemy? Corrosion!



Corrosion is a maintenance nightmare aboard naval carriers. Each of the Navy's 12 carriers has 14 million square feet of deck and surface that requires anti-corrosion protection. Tanks suffer this problem also. "Last year we spent \$230 million battling corrosion of tanks," reported Rear Admiral David Dwyer.

### Unmanned Planes for Intell and Combat

Defense contractors are watching closely the United Kingdom's \$778 million program to develop a family of unmanned aircraft for intelligence gathering missions. "On the scale of zero to 10, the current technology would get a six," Rear Admiral John Chenevey told defense contractors last August. His concerns are using the crafts on aircraft carriers. "The thought of having a 30,000 lb. unmanned airplane landing on 300 feet on a carrier flight deck is a real tough sell."

### Human Error

U.S. Navy aviation mishaps cost \$4.3 billion over the last five years. These accidents were mostly attributed to human error.

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## The U.S. Military Stats

- 1,100,000 troops in the U.S.
- 120,000 troops in Europe
- 7,000 troops in Former Yugoslavia
- 80,000 troops in Japan and South Korea
- 10,000 troops in Afghanistan
- 45,000 troops in the Middle East
- 10,000 troops in the rest of Asia
- 1,000 troops in Africa
- 14,000 troops in South American





# Sniper Vs. Sniper

By Charles Henderson

**Editor's Note:** "One shot one kill." That's the sniper's creed. U.S. Marine Gunnery Sergeant Carlos N. Hathcock became a military legend with 93 confirmed kills in Vietnam. Many others have written about the amazing feats of Carlos "White Feather" Hathcock in the past. The Hathcock biography *Marine Sniper* sold over a half million copies since it was first printed in 1986. Here is one of his amazing adventures as he tracks what was assumed to be his nemesis, a North Vietnamese sniper, in sniper versus sniper combat.

"I don't like it," Hathcock thought to himself. He drew out a plastic-covered map that he had folded into a six-inch square, with this hill at its center. Tracing the hill with his finger, he found the slight hump near its crest where this cave lay and noticed the tiny draw at its right.



Gy. Sgt. Carlos N. Hathcock II. (Photo courtesy [www.marinescoutsniper.com](http://www.marinescoutsniper.com))

Lifting his binoculars, Hathcock tried to glimpse the ridge that faced the other side of the draw through the thick forest. "He's over there," he thought, although unable to clearly see the other side. "He's bound to have a direct line of sight to the cave."

Without a sound, motioning Burke to follow, Hathcock moved off the trail to his right and began to make a wide circle around the cave. He pushed through the tangle and thorns around the hid and over the hill's top, where the draw came to a head.

Across the draw, the dark-faced sniper lay still, covered with ferns and vines, ready at his rifle. He sampled the air, sniffing and tasting, wary of the possibility that his enemy might detect the trap and sneak across the draw to where he hid.

By mid-afternoon, Hathcock and Burke had moved to the top of the draw where it flattened into a saddle on the ridge. As the two men pushed forward, they began to notice many birds pecking and scratching through the leaves. Above them, on lower branches, other birds sat and twittered. Below in the draw, more birds gathered. Hathcock took a closer look with his binoculars and saw what had attracted the many birds – rice. Someone had scattered rice throughout the saddle, and now birds and other forest creatures feasted on it, and by their presence created a natural early-warning system that would alert the Communist sniper to the arrival of an intruder.

The man deserved respect for his cunning. Hathcock knew that successfully stalking this enemy would require a change in strategy.

Where the two Marines waited offered a clear van-



Photo courtesy of [www.marinescoutsniper.com](http://www.marinescoutsniper.com).

tage across the saddle and down the draw. From the place where the birds pecked for the rice, he could get a clear view of the draw below, as well as relatively clear fields of fire through a number of routes that his quarry might take. But Hathcock also knew that it would offer his enemy the same open field toward him as well.

Once positioned, Hathcock took a branch and tossed it into the flock of birds. The sudden stir of wings flying up to the higher branches in the forest echoed down the draw to where the small, brown man lay behind his Mosin-Nagant rifle, peering through its short 3.5-power scope. His eyes shifted sharply to his left. A wild pig or big cat might have sent the birds skyward, but another person might have done so, too. The sniper pushed his way over the vine-covered rocks and quietly headed toward the saddle.

He followed the sloping ridge to the draw's head, but rather than moving across the saddle where Hathcock and Burke lay, he went down the far side of the hill and picked his way through a thicket of thorn bushes on the Marines' right flank.

Hathcock lay quietly listening to the sounds of the forest, hearing a bird's song carried on a breeze that quaked through the treetops and rustled the leaves. He could hear a slight wheeze in Burke's lungs as his partner breathed in slow rhythm, two feet away. "The kid's probably caught cold from sleeping in the rain," Hathcock thought. And as his eyes shifted toward Burke, a sharp crack echoed through the brush to their right.

"He circled around us!" Burke whispered hoarsely, as he quickly pushed his way behind a tree.

"Shoot the gap, Burke!" Hathcock whispered back. "He's closing right in on us."

The two Marines scrambled down into the thick cover that the draw offered. Once behind its shield of tangled stalks and vines, they dropped to their bellies and began to quietly crawl up the ridge where the enemy sniper had passed on his trek to their former hide.

The crack and thud of the two Marines scrambling into the draw told the NVA sniper that his quarry had flown. He crept up

the hill and examined the spot where the Americans had lain. Then he looked across the low saddle and surveyed the field of fire that his enemy had covered. It looked good. He would settle into the hide and wait and see if Hathcock and Burke came up the ridge and entered their own killing zone.

Meanwhile, the Marines pushed an inch at a time through the low vines and bushes to where the ridge met the saddle. They were at the opposite end of their former field of fire. Sweat beaded Hathcock's face and dripped off the end of his nose as he looked across at the rock behind which he and Burke had hidden. Where had the enemy crawled?

From their opposite ends, all three men watched the clearing, waiting for the next move.

Burke swallowed hard to clear his scratchy throat, now irritated and dry. He reached to his hip and quietly unfastened his canteen pouch, allowing the green plastic bottle to slide out. Hathcock watched the young Alabama native press the open canteen to his lips and drink. The green camouflage, which had once covered Burke's face, now eroded off his jaws by the rivulets and sweat that dripped from his chin, revealing his naturally bronze complexion and the redness that flushed over his cheeks.

"He's got to be here," Hathcock thought to himself after searching every conceivable hide and seeing nothing. From his low prone position, he could only see the flat front angle that the rotten log and rock presented. Despite the fact that he and Burke had vacated them only a half-hour earlier, they represented the best cover from which to control the openness of the saddle. But there was no sign of a muzzle or sight protruding from behind either object. "Where could he be?" Hathcock asked himself.

A large tree grew to the Marine sniper's left and offered enough cover to allow him to raise himself to a sitting position and possibly see behind the rock and log. Grabbing around the tree with his right hand and clutching his rifle with his left, Hathcock began to work his way up the tree's trunk to where he could sit and point his rifle scope at a high enough angle to see



if his adversary had indeed moved into the two Marines' vacated hide.

Hathcock had almost positioned himself and was about to work his legs into a cross-ankle shooting stance when the ground gave way beneath the edges of his boot soles and he sat hard, crunching twigs and leaves with a noisy plop.

The brown man who hid behind the rotted log peered through his rifle's scope and saw the sudden flash and movement—the head of a man, wearing a hat with a white feather.

He had the American who could make him a wealthy hero clearly in his sights. And like the old fisherman who, after trying time after time to hook that grandfather trout, finally sees the great silver-and-green fish nipping at his lure, only a tug away from catching him, suddenly yanks too soon and misses his catch, the dark-faced man jerked his rifle's trigger, bucking his shot wide and low.

The sudden crack of rifle fire sent a surge of adrenaline through Hathcock's system. He raised his rifle and put his cross hairs on the log, where he saw the dark green flash of the enemy sniper disappear behind the foliage that cloaked his hide. "Damn!" Hathcock said under his breath, and then he looked down and noticed his partner lying motionless at his side, with an expression of wide-eyed alarm on his face.

"Sergeant Hathcock! I'm hit!"

"Where?"

"My butt. He shot my left cheek! It's bad! It's burning like a hot iron, and I can feel the blood running all over my legs!"

Hathcock dropped on his belly, crawled to where he could examine the wound, and then said sharply, "Burke, get up! That ain't blood, it's water. The bullet just grazed your hip and blew the bottom out of your canteen. Let's go! He's getting away!"

Both snipers could hear the brush breakings their enemy crashed his way through the woods. They, too, jumped to their feet and hurried along the hilltop to a ridge that sloped down the windward side and overlooked a broad, treeless gap that extended down the hill. Beyond the gap, another ridge sloped to the forest below, and there Hathcock saw a gully where the runoff from the rain had eroded a route of escape for their enemy.

Resting on his elbows, Burke scanned the full length of the gully with his binoculars, while Hathcock lay at his side, prone behind his Winchester, looking for the slight flash or motion that would reveal his quarry.

They watched the long gully for an hour without seeing anything, yet Hathcock felt certain that their man had not fled, but hid in waiting for them.

The sun lay low in the afternoon sky, sending its light down the hill at Hathcock's and Burke's backs and casting long shadows across the wide, grass-covered gap that sloped toward the gully where two almond-shaped eyes squinted behind a pair of black binoculars.

The enemy raised his binoculars again at the top of the hill where the trees met the crest of the gap. Something caught his eye, something small, yet bright, fluttering in the shadows. The little man squeezed his eyes shut and looked again through his binoculars, squinting to see through the blinding rays of the low

sun.

In a smooth and deliberate motion, the North Vietnamese sniper raised his rifle from the gully and tucked it into his shoulder, steadying it with his left hand, which he rested on the ground above the trench. He concentrated on the pointed sight-post inside the scope, but his target disappeared in the sun's glare, causing him to tilt and cant the weapon as he tried to pinpoint the Marine through the small scope and kill him.

"What's that?" Hathcock said, catching a flash of light in his scope.

"What's what?" Burke responded in a hoarse whisper.

"There, again. Down in the gully.

Something's flashing down there. Reflecting the sun. Something shiny."

"Recon it's him?"

"I can't tell, but something is sure sparkling in the sun. You got your field glasses on it?"

"Yeah."

"Make anything of it?"

"No. It's like somebody shining a mirror in the sun. I can't tell anything."

"Hold tight, Burke. I'm gonna gamble a shot."

Carefully, Hathcock centered his scope's reticle on the glimmer of reflected sunlight. He released his breath and let the cross hairs settle on the target, and, as they settled, his .30-06 cracked down the hill, echoing through the wide, tree-less gap.

"Holy shit Sergeant Hathcock! You got him," Burke said as the glimmer disappeared and revealed the now dead man whose body had bounded against the opposite side of the gully when the bullet struck.

Hathcock smiled at his partner and said, "One shot-one kill."

Although there was no sign of any other enemy, the two Marines avoided open areas and took the extra time to move along a covered route to where the dead soldier lay in the gully.

Burke reached the body first. He looked at his sergeant and said, "Nobody is gonna believe this unless they see it. Look at that. You put that round straight through his scope!"

Hathcock took the Russian-made sniper rifle from his partner and looked into the hollow tube of a telescopic sight that had had the glass blown from it as his bullet passed down its length and entered the enemy sniper's head through his eye.

"Burke, I just had a scary thought. What's the only way a person could make a shot like this?"

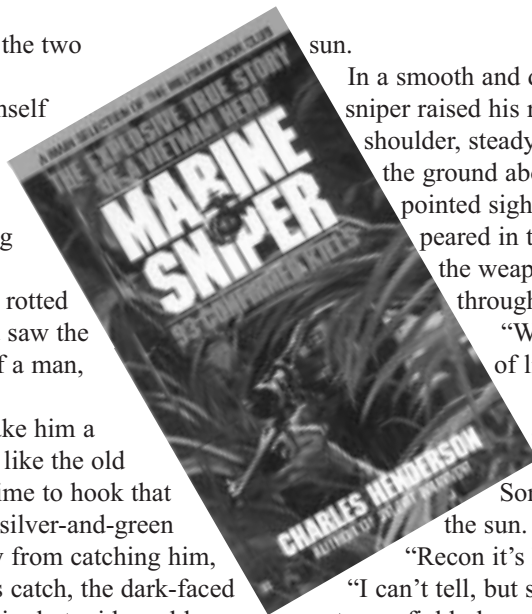
Burke looked puzzled. "What do you man, Sergeant?"

"Stop and think about it. He had to be sighting his rifle right at me in order for my bullet to pass clean through his scope and get him in the eye like that."

"Why, then he almost had you!"

"Yeah, Burke, when you get down to it, the only difference between me and him is I got on the trigger first."

With the last remaining daylight, Hathcock sat next to the man's body and marked the exact position of the kill on his map. He would pass the information to headquarters, should they want to recover the body. As for the rifle, its lensless scope and bloody stock were a grim reminder to Hathcock of how close he had come to losing this duel, and he carried it away.



### **Pain and Gain**

**Question:** What makes muscles sore after workout? Should you wait for the pain to subside before continuing your workout?



**Answer:** Exercises builds muscles by first tearing muscle fibers. The natural process of regrowth is important to muscle growth. The soreness is a necessary part of building muscle.

However, you can minimize the pain in two ways. First, you might try easing up on the eccentric part of the lift. (Normally the extension part during your workout.) Or start out slowly at a very low intensity (more reps, less weight) and gradually increase the intensity of your workout. If you can't fully extend your arms or walk down stairs without discomfort during your workout, take a break. This indicates muscle fatigue. Chances are your workout would be minimal at best until you allow your muscles time to recover. Another option would be to perform your high-intensity exercises early and work your muscles to exhaustion. You'll have more pain early, but you will be able to perform better. Save the easier portions of your workout till last when your muscles are fatigued.

### **Watch the Garbonzos!**

**Question:** Why does it hurt so much to get whacked in the testicles? Why does it make you sick and sometimes throw-up?

**Answer:** Hanging round outside the body, the testicles are vulnerable to

injury.

Baseballs in particular can pack a terrible wallop. It's necessary for the testicles to remain 7 degrees cooler than your normal body temperature to produce sperm. To help keep the temperature low, there is a zero fat zone in the scrotum even in the most obese male. Combine that with the fact that the testicles have an extremely high concentration of nerves in the male body. These nerves extend into the abdominal cavity, which explains why you feel sick if you receive a blow.

If you sustain a blow, the best treatment is ice on and off for 24 hours, then warm bathes for 2 days afterward. Better still—protect yourself. Wear a cup during baseball. Direct hits to the testicles can cause bleeding, scarring or block your sperm ducts. It can even cause death to one or more of your little friends, a condition called testicular atrophy.

### **To stitch or not to stitch!**

**Question:** So how do I know when a cut needs stitches?



**Answer:** If blood pulses or spurts from the wound you need stitches. You also need stitches if the cut is more than an inch wide or quarter inch deep and if the edges gape apart. Another indication is if you can see muscle, or connective tissue inside the cut. Some areas are more prone to needing stitches than others. If the area is heavily callused, or if the



injury is in an area that bends a lot, you may need help keeping it closed till it heals. If you think you need stitches, it's important to seek medical attention early to avoid infection. Generally if you wait 24 hours, the physician will not sew the wound up, instead allowing it to granulate. This results in a much longer, messier healing process that's prone to infection.

### **It's the water that will kill you!**

**Question:** I've recently heard that it's not a good idea to gulp water while running a marathon, is that true?



**Answer:** Yes. New research shows that you need more than just water during a marathon and gulping it down indiscriminately can kill you. Recently a 28-year-old woman collapsed and died in the Boston Marathon from too much water. There's also a case pending involving an 8-year-old foster child who in the process of drinking water as punishment, died.

Cells gorge on water. It's an ailment called hyponatremia. That means too much water, not enough salt. Workouts that involve intense physical activity can deplete the body of salt and other minerals necessary to transfer nutrients. If you don't have sufficient mineral content in the water, cells can swell dangerously and malfunction. A study earlier this year found hyponatremia in 6 percent of marathon runners that required medical treatment. In a recent Ironman triathlon as many as 29 percent of the finishers had blood levels indicating hyponatremia. Those who consumed fewer fluids



# The Silent Martial Majority

By W. Hock Hochheim

**That which empowers you, can capture you.**



Case in point. Look at the two main political parties in the United States, the Republicans and the Democrats. Within their sphere of influence they win elections, raise monies, have an effect within the confines of their success. They received moderate success in establishing themselves. Or have they? Election upon election, year after year, the largest part of the voting public NEVER VOTES! This *silent majority* - as Richard Nixon coined the phrase - is the most sought after political prize, because capturing this voting block, motivating them to the polls would lead to record-smashing landslide victories.

Why won't they vote? There are many reasons. Ignorance. Apathy. And, they don't like the extremists of liberals and conservatives. They can't and they won't relate to either party. The silent majority, the greatest block of voters in history...just sits there.

But these silent majorities do not just exist in the world of politics. It is also a customer base that lays dormant in the world of business. Any business, and that profession of teaching martial arts and sciences are also affected. Your greatest, untapped body of potential students - 99.9 percent of your local community - are the adults sitting in their homes because they can't relate to karate, or kung fu, or Arnis - your *political party*.

On some level this baffles martial artists. They open a school and push and fall and struggle to survive. Most martial arts instructors do not start out wanting to run family centers, chock full of kids. When I started in karate 30 years ago it was an adults-only operation! I successfully taught for 10 years through the 1990s in Texas and never allowed a single kid in the classes. Yet, for most, kids classes become all consuming, easy key to some success an evolution of monetary survival. Kids' programs pay the bills, and kids' programs beget kids' programs beget kids' programs, until one day you wake up and you barely have eight adult students! And half of those are there because their sons and daughters are there. You wonder why? What happened to those hardcore adults only days? You may become frustrated and unfulfilled.

*Is your phone book ad really geared to attract adults as well as children? Does your ad reassure him that he can come to your class and not feel out of place and that he will learn something he can really use?*

Year after year I meet martial arts school owners. They whine about not having adults, or not being able to practice "real fighting." Yet, nothing in their marketing has changed an iota. Standing before me in their karate gis, barefoot, they said the adult public is "just not interested in self defense," yet every ad, poster, promo, even their very wallpaper is completely geared to the kids.

For 10 years they have run a Karate kids ad in their local newspaper. Have they once run an adult version? And I mean a competent one, chiseled to really work? When an adult does come in, do you have an organized sales pitch as good as the one you use to encourage participation in your kid's course?

This challenge shakes you to your roots. Many classical martial arts systems just aren't user friendly to the citizen seeking modern combatives/self defense. Are you properly trained and smart enough to teach a course that fights criminals and enemy soldiers with and without modern weapons, inside a use of force continuum?

*Instructor cont...*

**Lets see what the top 10 things are that the silent majority does not want:**

- 1) They do not want to become Rambo or an Israeli commando.
- 2) They do not care about, or want to become Bruce Lee.
- 3) They do not want to become a Thai Boxer.
- 4) They do not want to fight fair.
- 5) They do not want to win tournaments.
- 6) They do not want a religious, cult-like feel to a training course.
- 7) They do not want to salute foreign flags.
- 8) They do not like the whole grandmaster, sifu, sensei blather.
- 9) They do not want to wear uniforms and work out barefoot.
- 10) They do not want to do katas.
- 11) They do not want to stretch their legs too far apart.
- 12) They do not want to wrestle.

This list can go on, and pages could be written on each point.

**The silent majority worries about:**

- 1) Being hurt in class.
- 2) Guns, knives and sticks.
- 3) Criminals.
- 4) Terrorists and enemy soldiers.

- 5) Being sued and use of force legal issues.
- 6) Being hijacked in their cars.
- 7) Searching their homes.
- 8) Their kids.

Can you address these likes, dislikes and worries of adults, along with passing out ninja turtle patches to the kiddos? Yes. One, or a few nights a week, a few hours on a weekend, can you teach an adult course? Yes. Can you teach seminars and privates? Yes. Can you have rank certification programs and student contracts? Yes. It has been done and can be done. Or do you want to just sit back and keep running that same after-school program, running that ad of a little, smiling kid kicking high? You must engage the same marketing fervor toward adults that you do for your kids programs if you want to succeed.

I envision a cartoon of a manager in a Mexican restaurant. He is completely surrounded in the room décor of Mexico and he is wearing a sombrero and classic Mexican clothes. He is holding up a plate of his spaghetti and saying, "I can't sell my spaghetti. No one in this town likes Italian food!" TOTALLY wrong approach, message and appeal.

I recall once, a YMCA, desperate for a self-defense/rape prevention class, hired a judo instructor. The very first night, he started teaching women of all shapes and sizes how to execute a hip throw! Can you not think of about 200 things you would teach first? An eye jab, perhaps? Opening night 46 people attended, The second class-12. By the third class the program was canceled. The judo black belt shook his head and said, "I guess no one wants a self-defense class."

Oh they do! And his silent majority just went home.

Has that which has empowered you to get to this point also captured you?



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*I knew Hamza Akmese was a real man when I noticed that he doesn't care how much camel saliva drips onto his shoulders. He loves his beast and would probably take it to bed with him if he could. A little spit, even a lot of spit, doesn't bother him.*

By Stephen Kinzer



## *Fighting Turkish style*

The day I met Hamza he was furtively surveying the competition before a big camel-fighting match in Selcuk, a town near the Aegean coast that is known to foreigners only because it is on the road to the ancient ruins of Ephesus. He quickly realized he had nothing to worry about. "My camel is strong," he told me. "He has a good body, good technique, and he knows how to use his front legs for tripping."

Turks are becoming steadily more European and that is good, because it means they are embarking ideas and perspectives that will make their lives richer and more fulfilling. But they will never be completely European, and that is also good. They have a different heritage, a different psychology. Like many Europeans they love soccer, but they also have more exotic sporting tastes, and camel fighting is one of them. Hamza Akmese, who has been in the game for 40 years, compares its hold on Turks to the hold bullfighting has on Spaniards. "It's our tradition," he told me as he led his hulking creature toward the ring, bells on its humps, a mirrored blanket covering its back and colorful pom-poms woven into its tail. "It's very big, very important."

Turks migrated from the steppes of Central Asia a thousand years ago, but something of their past remains within them. It must be a kind of collective imagination; it cannot be a personal gene, since most people in Turkey today have no Central Asian ancestry at all. As they hurtle toward modernity, they are also looking back. The prospect of becoming European thrills them, as well it should, but they also

find it vaguely disturbing. They do not want to lose what makes them different and special, which is why so many thousands of them turn out every Sunday during the three-month winter season to watch camels fight.

The owner of a fighting camel is invariably a celebrity in his village. Children admire him, men defer to him, women compete for his attention. He may shine shoes, sell vegetables or work in an office, but when he is with his camel he is an incarnation of Turkishness. Fighting camels have names that express valor and fearlessness, like Thunderbolt, Falcon, Destiny, Black Ali and Jackal. They are not to be trifled with, and neither are their owners.

**"My camel is strong," he told me. "He has a good body, good technique, and he knows how to use his front legs for tripping."**

Fans of camel fighting can discourse endlessly about the sport's finer points. They compare bloodlines, assess technique and trade rumors about young camels that seem to be developing into future champions. To the untrained eye, however, the game's subtleties are not immediately visible.

A match resembles an outsize version of sumo wrestling. It begins with two camels, the largest of which can weigh well over a ton, being led toward each other. Sometimes one bolts and runs

away, thereby forfeiting the match. More often, they crash into each other and begin shoulder-to-shoulder pushing. For a minute or more, there is little movement as the contestants strain against each other. Their owners urge them on spectators cheer and an announcer breathlessly calls the play-by-play. Finally one of the animals collapses onto the ground. The winner's owner is awarded a carpet.

"I have piles of them at home," one successful owner told me the day I was in Selcuk. "they're all machine-made and not so good. I give them away. But this isn't about money or carpets. It's about keeping something alive that was given to us by our grandfathers and great-grandfathers."

Yet camels are not and never were the animals most central to the Turkish identity. As long as there have been Turks they have been known for their horsemanship, and watching men on horseback is still one of the Turk's great pleasures. There are of course country clubs where the privileged practice the stylized delicacy of dressage and the tightly controlled ritual of show jumping. But in the Turkish heartland, especially on the plains of wild provinces like Erzincan and Bayburt, once home to ancient cultures and still places where tradition is strong, it is the wild sport of *cirit* that captivates and thrills.

*Cirit* matches are lightning-fast, played by riders who gallop toward each other in clouds of dust, hurling wooden javelins. They win points by striking an opponent or forcing his horse to veer off course. Like the owners of fighting camels, they are heroic figures, at least in their own minds. Many seem as if they might be more at home in untamed, horse crazy palaces like Afghanistan or Kyrgyzstan than in Turkey. The growing popularity of their sport, which is now played even in Ankara and Istanbul, reflects the resolve of Turks not to lose their old identity as they embrace a new one.

People are thought to have begun riding horses more than four thousand years ago in Central Asia, and the first to do so were probably ancestors of today's Turks. So were the first mounted archers, who began roaming the rugged highlands north of the Caspian and Black seas in the eighth century B.C. Turkic tribesmen spend much of their lives on horseback. Children were put on sheep's backs before they could walk so that they would become accustomed to the feel of riding. Adults ate, drank, conducted business, held meetings and even slept on horseback. The ancient Chinese knew them as "horse barbarians."

Mounted cavalymen called *sipahi* were the backbone of the Ottoman army that spend centuries winning victory after victory. They were considered almost helpless when on foot but invincible when mounted. To gallop at full speed, turn backward and shoot a deadly arrow at a distant foe was only their most famous skill.

The *sipahi* rode off to war almost every spring, and their commanders devised *cirit* as a form of off-season training and exercise. In those days competitors had to hurl spears through rings while galloping and shoot arrows at suspended brass spheres. Their sport declined in the early twentieth century as new forms of warfare replaced mounted cavalry and machines weakened the tie between rural people and their horses. But in the 1990s it became popular again. Rules were codified, and official federation was established and the University of Erzincan, many of whose students grew up in isolated villages on the surrounding prairie, began offering formal training courses of aspiring players. For a time Turks seemed to have forgotten how to ride toward conquest, but they are learning again.

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The third of Turkey's great sporting traditions, oil wrestling, was born in the town of Kirkpunar, a few miles from the present-day border with Greece, at the beginning of the fifteenth century. Almost every year since then, boys and men have traveled there from across the country to test their strength and skill. This is the oil-wrestling tournament in the world at which contestants use three tons of olive oil.

Rules for these matches have changed only slightly over the centuries. In olden times they could go on for hours or even days, since the only way to win was to pin one's opponent to the ground. Some contestants expended so much energy that they died on the field. Now it is also possible to win on points, and matches are limited to 45-minutes. But wrestlers still fight stripped to the waist, wear specially designed leather trousers and enjoy the boundless admiration of their countrymen. Most important, they begin fighting only after being drenched with olive oil from head to toe.

Once oiled, the competitors skip across the field in lines, slapping their knees and jumping as they move forward. Drummers in Ottoman costume keep a steady beat, and as matches are about to start announcers sing the praises of "Ye, oh great wrestlers" and recite verses like this one."

*You cannot get wood from a willow branch.  
Every girl cannot be a woman.  
Every woman can give birth,  
But not every boy can be a wrestler.*

Lovers of this sport say it is psychological as well as physical. Because matches go on for so long, combatants cannot fight without interruption. They spend much time circling, grunting, feinting and trying to intimidate each other. When they sense an opening they charge, grab their opponent, often between the legs, and try to smash him to the ground. Pinning an opponent's shoulders to the ground for three seconds, or throwing him down more often than he can throw you down, is what it takes to win.

The undisputed king of modern oil wrestling is a former factory worker named Ahmet Tasci. He is an eight-time champion in the heavyweight division, considered a superman because he continues to win even though he is more than 40-years-old. The only man to have defeated him since he rose to greatness in the 1980s is a whippersnapper in his mid-30s named Cengiz Elbiye. On the day I saw them face off I realized I was seeing not just a match, but the classic confrontation of aging champion versus rising challenger.

The match had been under way for more than half an hour when suddenly, so fast I am not sure I actually saw it, the veteran Tasci smashed his younger opponent to the ground, pinned his shoulders and was pronounced the winner yet again. Elbiye, his defeated rival, remained on his knees with his face pressed to the ground for several minutes. I thought he was weeping bitter tears, but even if I had been closer I would not have been able to tell if what wetted his face were tears or drops of olive oil. This is certainly as he wanted it.



## The Grab and Fight Defense

By W. Hock Hochheim

*The grab. Should the enemy punch next, let a hand go and block it, then bash his neck and face.*

“Knife disarms are a fantasy!”

“It is impossible to grab the arm of a man wielding a knife!”

...So many instructors declare.

Yet, somehow, skinny and untrained Beatle George Harrison caught the knife arm of an attacker in his home years back. Last May an untrained, overweight New York City bus driver stopped a knife attacker by grabbing the weapon arm and disarming the knife. In fact, virtually every day all around the world untrained people are interrupting edged-weapon attacks by capturing the knife arm of their opponents under all kinds of real-world circumstances. At times they have already been cut and stabbed, yet still they fight on to win. How can some of these martial artists and so-called self-defense experts blindly dismiss these facts? I have heard these disarm naysayers for years now.

Can this snatch be done? Under certain controlled circumstances, No! Take for example, a martial arts school on the east coast of the United States that has issued a challenge. It will pay anyone \$1,000 if they can come in and catch the slashing arm of their instructor. It is true, if the slashes are very tight, fast and un-telegraphed, these highly trained attacks may be nearly impossible to grab. I have no doubt that anyone walking into that school would find grabbing the swift and efficient knife arm of one of their athletes impossible. On that, my money is with them and we can ante it up to \$2,000 with me contributing the additional \$1,000!

But what if you took away the rules? What if you extended that reward/offer to the untrained, crazy and chaotic events of the outside world? They would already owe me \$2,000 as I have done so twice as a cop, and given the documented cases of

successful knife arm grabbing in criminal and military history it would immediately bankrupt their school! If you allow the contestant to bounce nearby furniture off the knife wielder's head, then try for a grab? Well, I'll have to withdraw my money. My bet's on the flying lamp.

Some 20 years ago a man had his throat slit in a street fight. He was slashed several times and once severely in the throat – yet unarmed – he fought the attacker back, beat him and won. As an on-duty investigator I was dispatched to the hospital to interview him.

I asked, “How did you survive this?”


“I grabbed hold of his knife arm and fought like hell,” he answered.

And I never forgot about that simple remark and in fact, in all of my work, training and research, the constant survival theme of grabbing and/or securing the attacking limb if and when possible, kept coming up. In a continuum of countering knife attacks, the grab versus events like knife quick draws and attacks has viable possibilities. Sure it's hard. From that capture, you must instantly fight like a madman. Knife attacks are often delivered by untrained, slow, drunk, drugged, winded and wounded individuals. Edged weapons are slowed down by the first successful insertion into the victim's body, or caught up in loose clothing.

When the grab-and-fight tactic is so condemned from training doctrine, soon the students mindlessly forget it ever existed. If you aren't introduced to the grab option, then passing the knife attack can become too important. My motto is, “If you can't catch it, then pass it.” You can't pass forever. When and how will it end? If you pass the knife, you must try for an eye attack or carotid strike during the pass.

Take a real hard look at the courses of these instructors who deny and defame the grab. Invariably later in their progressions, these same naysayers are grabbing those weapon-bearing limbs to execute their scenario finishes, not mentioning it or even perhaps failing to realize they even did it! These combat encounters almost always end with some kind of control on the weapon-bearing limb, a bludgeoning and a takedown finish.

The next time you hear some wise guy instructor challenge you in a seminar to try and grab his knife arm or disarm a knife? I want you to say, “Sure, I'll try, if I can bounce that lamp off your head first!”

Grab and fight! It has worked, can work and will work again. That...you can bet your life on. 





# *Unnatural Disasters*

*By Jerry VanCook*

Recently, I was part of a group of instructors who trained a group of men and women who, until September 11, 2001, had never dreamed that any form of combat would ever be part of their job description. Their profession is service-oriented, and appeals primarily to people who truly like other people and want to help them. In other words, they are nice folks—as a group, some of the nicest I’ve ever dealt with in my life. So, being more accustomed to working with cops, soldiers, and self-defense-minded civilians as I am, this resulted in a bit of culture shock.

Don’t get me wrong. The majority of cops, soldiers, and self-defense-oriented students I have taught over the years have been nice people, too. But they are a different kind of nice; cut from a different cloth. Although usually agreeable, they are naturally aggressive, and that may well be the primary distinction between the two groups. When the “professional warriors” enter the gym or dojo, they do so voluntarily. When this group who had not planned on fighting ever being part of their lives came to train, they did so out of an obligation which they had not anticipated.

The possibility of facing violent attackers for a just cause is not foreign to the basic natures of cops and soldiers or men and women who enter any other “fight-prone profession.” While not all military and law enforcement personnel are warriors at heart, they at least understand what they’re getting into when they sign on. They know ahead of time that violence spawned from other human beings might well be part of their chosen professions, and this enables them to think about that possibility extensively, mentally working through some of the moral and ethical problems such situations present. In other words, compared to the students with whom I was working whose profession was not fight-prone, they are one—or perhaps many — steps ahead of the game.

Many of these non-fight-prone students had extensive backgrounds in athletics, dance, gymnastics, and other activities that helped them learn the basic movements of simple self-defense. In fact, I was pleasantly surprised—as they themselves also appeared to be—at how quickly they absorbed the techniques. All in all, these students were among the quickest studies I have ever had the pleasure to teach. They were accustomed to training in other areas of their work, they knew how to learn, and how to learn fast. They were also intelligent—to the last individual—because their job requires intelligence and the ability to perform complex tasks under time restraints and other extreme pressures.

They were experienced in dealing with emergency situations in which life and death hang in the balance—perhaps among the best professionals in the world at dealing with certain types of crises.

But during question and answer periods, I was reminded once more that I was dealing with people who had not chosen their job with the thought of fighting other human beings. This was completely foreign soil to them, and not even remotely connected in their minds to the other forms of potential disaster they lived with daily. It was an “apples and oranges” thing to them, and it soon became apparent that while they would all quickly risk their lives to save others in the event of some natural disaster, many were going to hesitate if danger came in the form of venomous human beings. Quite simply put, they were not yet mentally and emotionally prepared to take the life of an evil perpetrator, or even severely injure such a person, even though such men represented the same sort of life-endangering situation which might come from a more “natural” cause.

Why? What’s so different about it?

Cowardice was not the problem: I had spent enough time with these people to be certain that most of them would not hesitate to leap into a burning automobile to rescue an occupant trapped by a seatbelt, or perform CPR on an injured victim whose blood might carry any number of diseases. So, what was different? Why did they so obviously resist even the thought of striking another man or woman intent on creating mayhem?

The answer, I believe, is pretty simple. For many people it is one thing to risk your life against nature, or a natural disaster, or even an animal. But it’s quite another to hurt a member of your own species.

We all think this way to a certain extent. On September 11, 2001 close to three thousand people were killed. But during the last several years we have all witnessed earthquakes and other disasters in which even more lives were lost. Do we get as emotional about those events as we did the World Trade Center and Pentagon? No, most of us do not. The attacks on New York and Washington hit us harder, and not just because it was closer to home and involved other Americans. We were affected more strongly because fellow human beings planned and carried out these nefarious acts. It was done on purpose. Our own kind did it, and when our own kind—not matter how wicked and perverse they have become— purposefully kills us it seems far more abominable than a flood or an earth slide.

Conversely, as good people ourselves, we resist killing or

even hurting our own kind. That's normal. But it is something we must contemplate and come to terms with if we are to survive any kind of attack by the more vicious people of the world. We have to learn that there are times when we must override this natural resistance to do bodily harm to fellow human beings, and that people such as those behind the attacks on New York and Washington may no longer even fit into that definition—fellow human beings. We must learn that while the incidents in which we must do this are, thankfully, few and far between they are nonetheless real and waiting to confront us at some unexpected turn. We must learn to fight the animals, and even fight like animals, but do so without turning into animals ourselves.


This can be done. But it takes time—hours, weeks, sometimes and years of contemplating the moral and ethical ramifications of acting violently against other people. Faith, religion, and other forms of pre-learned morality must enter the picture and any contradictions they appear to present in relationship to the use of prudent, controlled, and justifiable counter-violence must be dealt with. And they must be dealt with in a logical and honest way that does not simply leave one feeling he has rationalized away the problem.

Mindset, mental preparation—call it what you want—it is, always has been, and always will be 90 percent of close-quarters combat or self-defense of any kind. If good people do not come to terms with using violence ahead of time, they hesitate or even freeze when the moment of truth arrives. Then they die, because the evil people in the world do not have that handicap—the morality of their actions doesn't enter the picture.

Fighting evil men to save innocent lives (including your own) is no different than rescuing someone from a blizzard, or a shipwreck, or a fire. And if in saving lives you must hurt or even kill those who are responsible for the “unnatural disaster” which has been forced upon you, then you have done no more than what you were forced to do.



*Author of more than 40 books, Jerry VanCook instructs Okinawan karate. In 1998 he was inducted into the World Head of Family Sokeship International Martial Arts Hall of Fame, and received their “Writer of the Year” award. VanCook spend 14 years in law enforcement with the Garfield County Oklahoma Sheriff's Department a federally funded undercover task force, and the Oklahoma State Bureau of Investigation.*

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# FILIPINO FIGHTING ARTS

By Diego Ramon III



The Philippines is an island nation in the Western Pacific of almost 70 million people where more than 70 dialects are

spoken. Over the centuries the Philippines has been a crossroad for various cultures trading and fighting. A system called Kali is the mother art of the modern Filipino Martial Arts as records indicate from the Malay Sri-Vishaya Empire dating to the 8th century A.D. According to historians, the Ten Datus (village chiefs) of Borneo brought their fighting methods to the Filipino Island of Panay. Here, basic reading, writing and Kali were taught in the schools.

Due to the loss of written records, the exact techniques of Kali remain a mystery today although elements of Kali remain alive in the foundation of today's Filipino Martial Arts. The Spanish began a 400-year occupation of the islands late in the 16th Century. To suppress opposition to their rule, the Spanish banned the teaching of Kali. Elements of the art were hidden in folk plays and native dance. However, over time, Spanish sword and dagger dueling/fencing methods were blended into the indigenous fighting framework. Under this Spanish influence, the native art became known as Eskrima, Estocada, Arnis de Mano or Arnis.

The Filipino martial arts assume different names in different regions. In the Manila area, the art is sometimes known as Arnis or Pananandata, in Pangasinan area it is mostly called Kalirongan, and in the Ilocos region of Luzon as Kabaro-an, and in the Visayas as Eskrima.

Arnis historians have cited as many as 200 systems or styles of Arnis-Eskrima-Kali. Names describing the range of fighting include Largo (long-distance), Medio (medium-range) and Corto or Serrada (close, in-fighting). Names based on movement include Abanyko (fanning), Palis-Palis (go with the force) Sungkiti (flicking), Ocho-Ocho (figure eight) and Lastico (snapping). Systems can be called by the choice of weapon, e.g., solo baston (single cane), doble baston or sinawali (double cane), espada y daga (sword and dagger), mano-mano or de kadina (empty-hands).

Some of the most well known styles of Arnis-Eskrima-Kali are Illustrisimo Kali system, Pekiti Tirsia system, Doce Pares Eskrima, Marinas Pananandata, Balintawak, Cabalesserrada, Villabrille Eskrima, Modern Arnis, and in the last 10 years Kombatan has become popular on the Negros Island and

Manila. Kombatan was developed by Grandmaster Ernesto Amador Presas, Sr. of Negros Oriental Province in the Visayas.

Ernesto Amador Presas was born in the coastal village of Hinigaran, Negros Occidental, Philippines on May 20, 1945. He began his training in the Filipino martial arts at the age of eight under his father, Jose Presas, a well-known stick fighter of his generation, as would become Ernesto's brother, Remy.

Grandmaster Ernesto Presas is a multi-talented athlete. He was a collegiate athlete in track and field, football and basketball. His training in the martial arts is eclectic. He holds the rank of Lakan Sampu (10th Dan) in Arnis, Lakan Sampu (10th Dan) in Mano-Mano (hand-to-hand combat) and 8th Dan in Filipino Weaponry. He is recognized as a ranking expert in Judo, Jujutsu, Bo Jitsu, Kendo, Tonfa, Sai, Chaku, Balisong and Karate.

As a young man, his dream was to reintroduce the art that was so long an integral part of Filipino history and culture. However, he realized that the classical systems presented a limited appeal to those living in the modern world. By analyzing

## A complete Filipino system works in five major areas:

- Solo Baston—Single Cane
- Doble Baston—Double Canes
- Espada Y Daga—Cane and Knife
- Mano Mano—Hand-to-Hand
- Daga—Knife

the conceptual framework of the classical systems, he revolutionized the native martial arts into a complete effective fighting system appealing to martial arts students in contemporary society. Nevertheless, he was confronted with a Filipino society that valued foreign cultural icons, including martial arts. His martial arts teaching duties expanded to include classes at the University of Santo Tomas, Central Colleges of the Philippines, the Far Eastern Military Academy, Philippine

National Police Academy and the Philippines Air Force Officer's School. Currently, Ernesto travels the world teaching at seminars.

His Kombatan is a composite of various classical and modern fighting systems used in the Philippines. The student of Kombatan is introduced to the various systems described above in the full range of fighting. An emphasis is placed on drills to train the student to react instinctively. Students are encouraged to develop their own "style" of techniques within the Kombatan framework.

In contrast to many other oriental martial arts, the Arnis student first learns how to handle and defend against weapons. This philosophy is to a large degree culturally bound, but also has a practical application. The Philippines has traditionally been a blade-oriented society. Even today, in many rural areas both men and women use swords and knives in their daily work.



For more information about Kombatan and Ernesto Presas visit [www.kombatan.com](http://www.kombatan.com)





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**O**k listen up! I'm only going to say this once. If you have the responsibility of carding people at the door (entrance) of a nightclub, you had better know what you're doing. The future of the establishment or your career may depend on it, not to mention the safety of an underage kid.

Some states take this very, seriously - like Texas for instance. The Texas Alcoholic Beverage Commission (TABC) has developed what they call Operation Fake Out. This is a cooperative venture involving the alcoholic beverage retailers, the TABC, the Texas Department of Public Safety, U.S. Secret Service, and whenever possible local law enforcement. The TABC will station an agent on the premises of a participating retailer and, once inside, a police officer will re-check the ID using magnetic strip readers and ultraviolet light to detect tell-tale imperfections. The vast majority of Americans believe that ID checking is an excellent way to reduce underage drinking, according to a recent Anheuser-Busch survey that assessed American views of ID checking effectiveness.

According to the U.S. Department of Transportation, teen drunk driving fatalities are down 65 percent since 1982, the lowest number since record keeping began. Some clubs allow underage customers to enter, but they are not allowed to drink. You have probably heard "18 to enter, 21 to drink." This presents another problem, now that the underage element is in your club and now they have to be policed very closely, most clubs make them surrender their current driver's license and put on a wrist band. This identifies this person as "underage," and if they are caught drinking or even holding a drink or a beer they are escorted out and we hold onto their license until the next day. This helps to keep them from driving.

Now, you have 21 and older guys trying to buy and sneak drinks to underage girls. When we catch these guys, we eject them as well. If we all do our part together, maybe we can make a difference and possibly save some lives. Remember, if you are at the front door, YOU are the first line of defense. If you let some amateur into your club he may wind up starting a fight because he can't handle his liquor. Or he might drive drunk and hurt himself or someone else, and you could have prevented it.

## ***ID Detecting the Fakes!***

*By Joe Reyes*

In all my years of nightclub security, I have learned a few things about proofing someone and detecting a fake identification. The following are some rules and guidelines to go by.

**First let's talk about what is an acceptable form of identification.**

1. A valid photo driver's license issued by the state
2. A valid photo identification issued by the state
3. A valid armed forces identification containing the holders photograph
4. A valid passport or travel visa with a photograph of the holder. If your going to accept a county ID make sure you view a valid one first. It also helps if you photo copy a valid license and a fake and keep them at the front door.

**Here are some tips, on what to feel for.**

1. Glue line
2. Bumpy surfaces by the picture or birth date
3. Pin holes on the surface
4. Check the thickness. If an ID has been re-laminated, it will appear thicker.
5. Make sure the picture and physical description match the person who is presenting the ID.
6. Look at the expiration date.
7. Never accept an expired ID.
8. Check the birth date, and make sure they are 21 or whatever the legal limit is to enter and/or drink in your state.
9. If someone presents a duplicate ID, make sure you ask for another form of ID to back it up.

Another good tool is *The ID. Checking Guide* - a book can be obtained by most all alcohol distributors and is updated every year. It lists every license for every state in the union and what to look for. If your establishment does not have one, tell them to get one. They are not hard to obtain.

Also, check the state logo, if it's partially missing, it could be a fake. The hologram - is it a genuine hologram, or is it

**The vast majority of Americans believe that I.D. checking is an excellent way to reduce underage drinking, according to a recent Anheuser-Busch survey.**

added to an already fake ID? Look at the card's reverse side lettering. Some forgers neglect the backside of the ID. Look for blurred lettering or cut out piece of paper.

Is the ID stolen or borrowed? You can ask the person about information on the ID such as middle initial, birth date and address. This is an easy way to discover look-alike frauds.

If you are satisfied that this person is of drinking age, then nicely say, "thank you and have a nice night."

The last tip I will leave you with is watch for Hawaii driver's licenses. This is the most widely used state in the manufacture of fake IDs. Let's face it we don't see a lot of this state especially on the east coast where I am. On the right hand side of the card, the name and address should be a darker shade of gray. No shading? The card is a fake.

Working the door is a big responsibility, and like I said, you had better know what you are doing. Take these tips and put them to good use.



*Joseph Reyes, Jr. serves as a bodyguard and security supervisor for one of the largest nightclubs in northern New Jersey. A 10-year veteran bouncer and a veteran martial artist, Reyes is an Advanced Instructor in the SFC system. You may contact him at (973) 694-4348 or e-mail CombatArnis@aol.com.*

**Remember, if you are at the front door, YOU are the first line of defense. If you let some amateur into your club he may wind up starting a fight because he can't handle his liquor. Or he might drive drunk and hurt himself or someone else, and you could have prevented it.**

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Barry Szymanski

# *Your testimony is required!*

If you assist a fellow citizen who is attacked at a ballpark, or a flight attendant on an airplane, or a police officer effecting an arrest, you may be required to give testimony at a hearing, or before a judge and jury or at a deposition. Your appearance may be the next day – or three years after the incident. What do you do? How do you do it?

You must first determine whether you are a witness, or whether you are being sued as a defendant. And even if you are a witness, will your testimony be self-damaging enough to make you a defendant!

## **Should you proceed without an attorney?**

I suggest you should never attend a deposition or appear at a hearing or in court without an attorney.

What is a discovery deposition?

Preliminary testimony before a trial is called a deposition. It is normal and customary to take a discovery deposition in almost all civil jury cases. In some instances your deposition may be videotaped. Make sure a certified court reporter is taking your testimony. You almost certainly will want to meet with your lawyer prior to the deposition and have him or her present during your deposition.

Forget what you see on TV from *Judge Judy*, *The Practice*, *Law and Order*, [and old-timers will remember *Perry Mason*!] You, the deponent, will be sworn before a court reporter. The court reporter will record your deposition and produce a transcript. Your deposition takes place in a law office and, even though the parties to the lawsuit may be present, usually only the lawyers from each side appear. Each party's lawyer will ask you questions. Therefore, at your discovery deposition your oral testimony is taken under oath before trial. The questions you will be asked will either pertain to information regarding the case or to discover additional facts. As stated, depositions are usually made in private in a lawyer's office. The Courts provide this routine procedure to prevent surprise to either side at the time of trial.

## **The Purpose of Discovery**

The purpose of the discovery deposition is to discover all the facts that you may know, which will assist the lawyers in the preparation and trial of each party's presentation in a lawsuit. The court reporter records everything you say. Depositions can assist in settling the case because the facts are known by both sides – or can complicate a case by adding even more facts!

## **Your Appearance at a Hearing, Trial or Deposition**

The first opportunity to formally meet you and size you up takes place at a deposition, hearing or trial. Not only what you say becomes important, but also you will be judged by your presentation, honesty, frankness, and jury appeal [or detriment!]. It is important that you make a good impression. Therefore, you should appear on time and dressed for the occasion. [What would you wear to a funeral of someone you respected? That's what you should wear.]

1. Wear clean and neat clothing.
2. Treat all persons in the deposition room with respect.
3. If you have any written facts or diagrams of the case, review them and take them with you. The other side will demand to see them and the Judge or hearing officer will order you to turn over all of the materials you reviewed to give your testimony.
4. If you are a named party [Defendant or Plaintiff], study the Complaint, the Answer and Affirmative Defenses, and other pleadings. Make sure you have received all of the pleadings. Ask for them to be given to you – you are entitled to them.
5. Come prepared to show your knowledge of any exhibits, as well as of any and all materials subpoenaed through other witnesses or parties.
6. Consider this an important and official occasion and avoid getting chummy with either counsel or the clients. There are few friends at hearings, depositions or trials.
7. Be an Effective Witness.
8. Tell the truth.
9. Be humble - respectful - "Yes, sir," and "No, sir."
10. Never argue or lose your temper - leave your temper at home.
11. Speak slowly and clearly. Answer verbally. Do not shake your head yes or no. The court reporter must be able to understand and then record your answers.
12. If you do not understand the question, ask that it be explained. If you need time to think through an answer, again, ask that it be

explained.

13. Answer all questions directly as to the facts of the occurrence. In most instances, give brief answers to the questions and stop talking. Stick to the facts and testify to only those facts that you personally know.
14. Wait until the question is asked, then answer it and stop. If you can answer “yes” or “no,” do so and stop. Explain your answer if necessary but don’t make speeches. Your attorney will bring out your story either before or after you are cross-examined.
15. Testify only as to the “basic facts.” Do not attempt to give opinions unless clearly asked.
17. Be positive in your testimony. Do not say, “I think” or “guess,” “maybe,” “possibly,” or “perhaps.” If you are not sure and are still pressed for an answer, it is better to respond with “as I recall,” or “in my judgment,” and then give your answer.
18. Be wary of estimates of time and distance unless you have good reason for knowing such matters. Be sure your estimates are reasonable.
19. If you do not know, admit it. Some witnesses think they should have an answer for every question asked. You cannot know all the facts, and you do yourself and the case a disservice if you attempt to testify to facts with which you are not knowledgeable. Be honest and straightforward in your testimony.
20. If you need to refer to your notes or reports, tell the judge or your attorney that you need to do so.
21. Do not attempt to memorize your story. Justice requires only that you, as a witness or party, tell your story honestly and to the best of your ability.
22. Take your time in listening to the nuances of each question. Give each question and each answer as much thought as is necessary, and then answer slowly and clearly.
23. Don’t guess even if asked to. If you know, say so, but don’t guess.
24. If you have testified previously on the matter, or if you have given a previous statement, your best answer is this: “If it is written on the report, then I must have said it,” however if there is an obvious inaccuracy or if the statement is one that you did not actually write yourself and therefore in error, then deny it and explain what you meant to say or what was actually said by you.
25. In a complicated matter do not end with “that’s all I know,” because later, when the stress of deposition is over, your memory, or a review of your notes, may assist you in remembering some additional fact. Therefore, it is better to respond at the end by stating: “That’s all I recall at this moment.”


## Preparing

Prior to the hearing, deposition or trial, it is imperative that you meet with your lawyer to review the facts and circumstances surrounding the occurrence. If you are a party, it is crucial to understand the pleadings of the case. If you are a witness, it is crucial for you to understand the dynamics of the case and not be brought in as party because of your testimony. In other words, if you make admissions as a witness, you could be served with a summons and made a party in the lawsuit.

For example, if you are a party [either plaintiff or defendant] in a use of force matter, then some of the specific elements you should review are:

- The EMS *run sheet*, if it is available to you;
- The police report;
- The scene of the incident, both as documented, and in your own memory;
- A review of each person who was present at the scene;
- Your recall of what each person did at the scene;
- Your recall of what each person said at the scene;
- Your outline of the injuries you observed at the scene;
- What occurred before, at and subsequent to the incident; and
- The overall impact, if applicable, that this matter had on you.

To aid this process it is critical for you to review documents and to revisit the scene of the incident so that all is fresh in your mind. Your attorney should obtain all of the documents that were subpoenaed prior to your testimony for your review. In some cases, the subpoenaed documents may have been released to the parties years in advance. It is your attorney’s task to find out what was released so you are not surprised at the trial, deposition or hearing.

Your attorney should assist you to understand why you are being called upon to testify. You already know that someone wants information from you. You should clearly know what benefit that information is to each side and how it is going to be used at trial. This understanding on your part, whether as witness, party, or potential party, will give you comfort when testifying. Since it is a long-standing rule for any party that the key to a successful testimony is never to add or volunteer information while being questioned by the opposing Attorney, it is up to you to prepare properly when the adversary questions you. 



**Barry W. Szymanski** is a full-time Attorney and an Advisory Board Member of NLSI. He is a Member of the SFC Close Quarters Combatives Group and a rank holder in the Hand-To-Hand Combat, Knife, and Combat Archipelago programs. Barry is a Use-of-Force and Defense Tactics Instructor at MATC Police Recruit School. He has retired as a Detective with a Wisconsin State police agency.

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## The Wondrous Language of the Monkey

*By Buffalo Nickels*



***Oh-Ah, Oh-AH, Bubby. (Hey, Pal, look at the legs on that one!)***

Recently Hock telephoned for advice, “I am off to Germany. How many people speak English there? What German should I know?” You see, I, a veteran of several tours of duty in the Deutschland, was simpatico with his language barrier constraints. I told him that he need not worry, not about German or any language, for you see as a true man of the world, I know that all we really need to speak is the beautiful and simple language of ...the monkey.

You see, as I explained to my “little buddy” (as I am forever the Skipper to Hock, as he is Gilligan to me—such is our relationship) with a series of monkey-like facial expressions and simian grunts, one can communicate one’s wants and needs and get by in





*The universal face for (I am very hungry.)*



*When saying "Hey you" doesn't work, the monkey spitball does.*



*"Ah-Ah-Ah-Ahhhhh! (Another plane delay?)*



*Eee-Eee-Eee (This is not the men's bathroom!)*

any nation. So here is the Buffalo Nickels International Language Dictionary.

I have lived around people and I have been around monkeys. In Southeast Asia, I saw a monkey steal and put on a pair of white underwear from a jungle clothesline. He must have seen us put them on. He got his legs in the holes and stood up real proud and screeched something in monkey talk about his accomplishment,

"Look at me! LOOK AT ME! I am wearing your fucking underpants! And I'm a monkey! A monkey in your underpants." Then he did the Funky Monkey and ran off.

It was then that I understood completely. I realized that monkeys were the key to universal language. Scientists tell us that



*Ya-Ho, Ya-Ho, YaHo. Joke very funny, Barkeep! Now, next whiskey!*

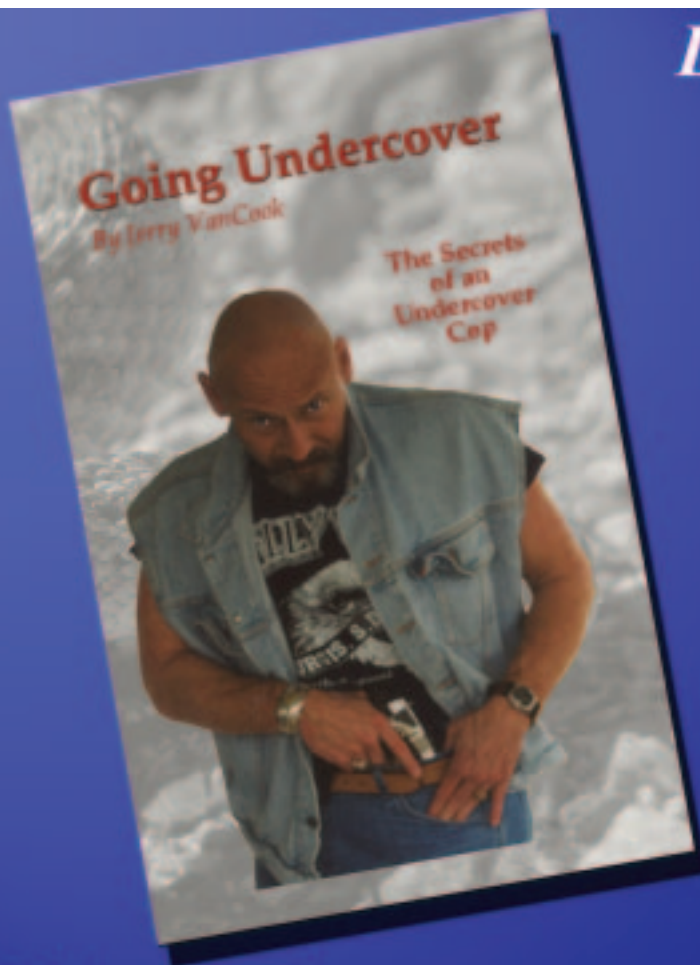
we share almost all our DNA with some monkeys. The genetic code of both chimps and gorillas replicates a human's DNA by 98.6 and 97.7 percent. In fact, many of my old girlfriends look like monkeys. How different can our commo be? (That's communication for you dope-smoking, 4-F, draft dodging, non-military types. NO! The Peace Corps does not count!)

Now, all people talk with a combination of facial expression, hand movements and sounds...just like the wondrous monkey. Note the pictures which provide a quick way to go to any country and communicate by way of the Monkey language.

Oh...when we found my buddy's white underpants days later? There was a big monkey shit in them.

Bye-Bye.





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