Training Module One: Essential Self Defense

Training Module Two: Advanced Methods of Striking

Training Module Three: Ground Fighting for Keeps

Training Module Four: Defense against Mugs and Holds

Training Module Five: Escape and Evasion Techniques

Training Module Six: Body Conditioning

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Old School Weapons, Lesser Known Methods & Tools

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Quick Killing and Deadly Finishing Techniques
Training System Manual

MODULE FIVE

TECHNIQUES OF ESCAPE AND EVASION
The methods in this module are based on a forgotten system developed by Fairbairn Protégé, Dermot “Pat” O’Neill. He was immortalized in the classic movie “The Devil’s Brigade” as the hand-to-hand instructor that trained that very same group.

Not only was O’Neill an accomplished close combat instructor, he was an excellent Judo practitioner as well, even competing for the U.S Marines Judo while in his 50’s.

The original program was designed for infantry or shock troops where large groups would converge on the battlefield. In these instances you would not want to get tied up in hand-to-hand combat situation. Your primary objective would be to maintain mobility while you secured a weapon or regrouped.

This system was later adapted for civilians and police who’s primary objective is to escape or secure a weapon and call for back up. As we all know, it is far easier to escape an assailant than it is to conquer one. Your greatest chance for survival is to put as much distance between you and your attacker as possible.

You already know that in order to impose his will on you, your assailant has to get close to you. The farther away you are from him, the less effect he can have on you. Weapons increase that sphere of influence, but the general rules and principles always stay the same.
The methods in this module serve as the foundation for the 10 Lesson Self Defense Program as taught by our Professional Instructors. This program is designed to give anyone the greatest chance of survival with the least amount of time in training. As far as self defense goes, this is what EVERYONE should know. This is the bottom line. It’s simple, effective and brilliant in its design.

Though it’s not romantic and it’s not what people think of when they practice self defense, learning how to escape from and attacker is the first line of personal protection.

You’ll also see how these methods are directly applied to police and military work. You’ll learn how to maintain your mobility which will enable you to use side arms, pepper spray, batons and other useful tools. By limiting the amount of bodyweight you put into your techniques and following a protocol that is designed to keep an assailant off of your body regardless of how they attack you, you will be able to escape even the most determined assailant.

Enjoy Module Five, Techniques of Escape and Evasion
The same always holds true; constant forward drive and aggression are keys to your survival. As a Professional Instructor you must continue to remind your students of this. There is no defense, only attack and counter attack. (Counter attacks are attacks that are too late.)

Remember to use stomping footwork, every time you move. It doesn’t matter if you’re moving or striking. Always drive the knee up and stomp the foot down.

All strikes in this module are done with a whipping action, focusing on speed, power and follow through. These must be done with a sudden sharp and violent shock. The use of a battle cry or a “kia” is important. Any different strike can be combined, there is no set pattern. This has been the same since module one. By practicing, you will do what comes naturally to you.

The major difference between what you have learned up to this point is the side stance or bladed stance. The very nature of this position allows you more mobility and more visibility. Before we focused on the immediate threat in front of us and accounted for multiple assailants by moving forward and taking ground. Now we limit the amount of body weight and commitment to the primary target and sacrifice power for mobility. The bladed stance allows you to account for attacks from the front, rear or either flank. These threats can be engaged by simply shifting or pivoting your body position.

You will also see that as you lose personal space, you have to attack with more power; you sacrifice mobility for power and focus. If your assailant is farther away, you are more mobile. As he closes on you, you’re forced to deal with him and your mobility is lost. In this instance, the position of your assailant determines your commitment.
1. BLADED STANCE
Face your primary threat at a 90 degree angle or perpendicular to your target. When you are approached, you step back at a 90 degree angle strong side forward (weapon side in front if you’re wearing a sidearm). This may be contrary to what you’ve heard, but in the case of multiple assailants if your weapon is toward the back it can be seized by a third party. With the weapon in front you can protect it. This stance will allow you to be equally effective in all directions. But you can’t get something without sacrificing something else. Because you are now able to move in all directions, you sacrifice speed for mobility. Contrary to modules one and two, where you were focusing on moving forward, now you’re focusing on mobility and escape. This stance allows you symmetry in your defense and enables you to accomplish this.

2. FOOT WORK
As always it must be stomping and convulsive. Once you pick a direction your movement must be aggressive, forward and always taking ground. Constant movement will keep your primary threat off balance and cause any secondary threat to be inaccurate by changing your location.

**Fundamental Footwork**
It doesn’t matter if you’re boxing or playing point guard, look in the direction you’re going and the foot that is closest to that direction, moves first.

**Advance Step**
Forward foot moves first as you step.
Retreat
Rear foot moves first as you step.

Side Step Right
Right foot moves first.

Side Step Left
Left foot moves first.

Half Pivot
This step will put your strong side forward. Simply look in the direction you’re going and the foot in that direction moves first. Remember, you only do this if you have time. Your instinct will tell you otherwise. If you don’t have time, you simply look and fight from your other side. This is the beauty of the bladed stance.

Quarter Pivot
Look in the direction you wish to turn, lead or closest foot steps to it and bring the rear foot into position. You can do this to either your right flank or your left flank.

That’s all the footwork from this stance. The difference now is that you are mobile. Whereas before you were interested in only moving forward, the bladed stance gives you some more options and flexibility. We are clearly sacrificing power for mobility, which is the purpose of this module.

HAND STRIKING

The strikes you will learn now follow a priority of distance, speed and power. This will limit the amount of body weight you commit to a target. The less weight you commit, the more likely you can create space to escape or secure a weapon.
3. FINGER DART
If you outstretch your hand at a 90 degree angle you will see that this is the farthest point away from your body. Here is where you can make some contact with the least amount of commitment. Unlike the finger tip jab, which is an aggressive attack to the target, the finger dart is meant to cause your assailant to pause. Think of it as a pike that your attacker is running into. The hand is simply darted out with the finger tips pointing up so you make contact with the pads of your fingers and NOT the nails. This flicking and snapping motion will cause your assailant to flinch. This will allow you to escape or follow up with a more powerful technique. The target is the eyes or the face in general. Because of the bladed stance, this technique can be done just as easily in any direction.

5. THUMB SPEAR
For those of you who remember the movie “The Presidio,” Sean Connery used this technique on a local tough guy. It’s rumored to be a reenactment of a real life event that involved Anthony Edward Sykes, another Fairbairn protégé.

The thumb spear requires that the fingers be tucked like a fist and the thumb rests along the top side of the fist, protruding just the tip. Like the other finger techniques the tip of the thumb is pointing up. The Thumb Spear can come out on a straight line directly to the target or a hooking or looping line. It can be done with both the lead hand and the rear hand. Target is the face, side of the neck, throat. The single tip of the thumb, like a single knuckle punch in karate and kung fu allows you to focus power to a smaller area. This allows for deeper penetration of the target. However, the thumb must be trained and conditioned.
6. EDGE OF HAND
The good old edge of hand. This time we’re just going to use it in the bladed stance. Keep in mind, we are just rearranging the striking methods you already know based on the criteria of limiting your body weight and commitment. (Plus we get to add a few more new techniques). The edge of hand is done with the hand closest to the target. It can come out as horizontal across the head, neck and face area or in a downward vertical motion to the collarbone, head and face and finally in an upward motion to the testicles, bladder and groin area.

7. BACK FIST
The punch travels the same path as the edge of hand. It can come out as horizontal across the head, neck and face area or in a downward vertical motion to the collarbone, head and face and finally in an upward motion to the testicles, bladder and groin area.

The next level of hand striking is used when your target has closed the distance on you. Now they have forced you to focus more on them. This would be when you would transition into what you’ve learned on module 1 and module 2, which you will do naturally and instinctively.

8. DOUBLE PALM SMASH OR DOUBLE CHIN JAB
Same as in module 2, the hands just drive up to find the chin or the head. Your knees snap up and drive into the groin, thighs or inner thighs.

9. DOUBLE AXE CHOP
As made famous by Captain Kirk. This is an excellent follow up to the double chin jab, knee combination. You are simply delivering two vertical edge of hands to the collar bones, side of the neck, face. You just have to drop your weight and make sure the strike hits before your weight settles on your stomping foot.
10. FORWARD HOOKING ELBOW
This is the same reeling elbow from module 2, now we just adapt it to this bladed stance. As you move forward you can hook the elbow straight across on a horizontal plane or drop it down on a vertical plane. Always taking ground, always stomping. You can also do this in conjunction with a pivot step. As your target approaches from a different direction and you need to address him and he’s too close to finger dart, you can simply pivot step with that elbow.

11. REVERSE HOOKING ELBOW WITH PIVOT
The same as before, your target is approaching from the rear and he’s too close to otherwise use the finger dart. You just pivot and strike with that elbow. Also remember, the difference between a rear elbow and a rear edge of hand is the distance of your target. If he’s close, it’s an elbow, if he’s farther, it’s an edge of hand or a back fist.

12. REINFORCED ELBOW
This can be done both to the front and to the rear. You can either grab the fist of the striking arm or simply clasp your hands together. The choice is yours, as long as you don’t fumble for your hand. By joining hands you incorporate more body weight and more power. You must do this at this range because your assailant is in your space. The closer your assailant, the more urgent it is that you have to deal with him. This can be done in both directions.

EXTREME CLOSE RANGE, TRAPPING RANGE
We did cover this in module 4, but it bears repeating and practice. This is the next level before you are grabbed. Especially when your attention is in one direction and you are attacked by another assailant.
13. REAR ELBOW
No wind up, just pivot the body and drive the elbow backward into the mid section.

14. REAR HIGH ELBOW
Same as the rear elbow, but now you’re driving it upward into his head and chin. The elbow travels up the midsection and finds the head. This is an excellent follow up to the rear elbow.

15. DOUBLE FOREARM SHIVER
By striking his throat and hips simultaneously, you will control his direction and power and stop him dead in his tracks. The upper forearm rides up the body and into the throat while the lower forearm strikes his power center at his hips. Make sure your chin is tucked and your head drops below your upper forearm.

16. DOWNWARD ELBOW SMASH
After you have damaged him enough, remember all of your training. Downward elbow smash, vertical edge of hand downward. Do not attempt this in the middle of a tackle or a takedown.

LEG TECHNIQUES

The protocol is the same: you start with the strike that will allow you to keep the greatest distance between you and your target.

17. WHIP KICK
The whip kick is your first leg technique. It is not chambered like a traditional front kick, instead it’s like a whip and it snaps at your target. Because you are wearing shoes or boots, the added weight and protection will cause significant damage to your target. Like the finger jab, you only want a reaction that will cause your assailant to pause. Like the finger dart you can do this technique to all directions from the bladed stance.
18. SIDE KICK
Like the whip kick, this is un-chambered for the same reasons. The foot simply drives directly into your target’s shin or knee making contact with the side of your shoe or boot. You can already see this kick is more powerful than the whip kick, but it’s shorter. Here you see a fine example of sacrificing distance and speed for power. This kick can obviously be done in both directions as well.

19. PIVOT KICK
This kick is good if you need to cover distance to target or strike a target on either left or right flank. This is not a round kick. It is meant to strike with the toe into the thigh, bladder or anywhere below the navel of your target.

To your front, you simply pivot while you kick.
To your right and left, same thing, just pivot and kick.

If your target is too close, then you would use your elbow.

MID RANGE LEG TECHNIQUES

Similar to your hand techniques, these are for when your target has closed the distance. For this, there is really only one instance, from the rear. Any other threat, from the side or the front can be handled with either a front kick or a side kick. The only direction you need be concerned with here is the rear.

20. REAR MULE KICK
Simply pick the foot up and drive it backwards into the target. It doesn’t matter which foot, you will practice both, just pick it up and drive the heel to your assailant’s shin or knee. This is designed to at least cause him to pause and at best will cause injury. Then follow up with whatever techniques that come naturally to you.
This is when you are either grabbed or about to be grabbed. Your assailant is extremely close and you have to create space as quickly as possible and move to more devastating techniques.

21. REAR HEEL STOMP
Your assailant is coming from the rear, just pick your foot up and drive it straight down, scraping his shin and smashing his instep.

22. FRONT STOMP
Your assailant is on top of you and you simply drive the edge of your boot into his shin and scrap downward.

23. FORWARD KNEE JAB
Same as the front stomp, just drive the knee straight up into the testicles, groin or inner thigh. Make sure to stomp on the way down.

That completes the basic strikes, now we will work some primary combinations so you can put this all together.

COMBINATIONS

A. Blade, finger dart, whip kick

B. Blade, finger dart, whip kick (2 directions)

C. Blade, finger dart, whip kick (4 directions)

NOTE: The multiple directions are designed to keep attackers at bay while you find an avenue for escape. You would not “stand and fight”. As soon as you found your opening, you would escape.
D. Front: Blade, finger dart, whip kick, edge of hand high, edge of hand low

E. Front: Blade, finger dart, whip kick, back fist high, back fist low

F. Front: Blade, finger dart, whip kick to the front
   Rear: Rear elbow low, rear elbow high

G. Front: Blade, finger dart, whip kick
   Rear: Edge of hand, double chin jab, knee jab, double vertical edge of hands
   Back to the Front: Rear mule kick, rear elbow low, rear elbow high

H. Front: Blade, finger dart, whip kick
   Side Left: Pivot kick, low edge of hand, high edge of hand

I. Front: Blade, finger dart, whip kick
   Side Right: Side kick, back fist high, back fist low

J. Rear: Rear heel smash, rear high elbow, edge of hand
   Front: Finger dart, whip kick, back fist high, reinforced elbow to the mid section

K. Front: Blade, finger dart, side kick
   Side left: Pivot elbow reinforced elbow mid and elbow high

**USE WITH WEAPONS**

Pepper spray, edged weapon, side arm or club. It doesn't matter, as soon as you create the space, secure the weapon and go from there. Also practice by placing debris, bottles or sticks around and teach yourself to look for them.
1. Bladed Stance and Foot Work. (10 times each)
   • Advance-Step: forward foot moves first as you step
   • Retreat-Rear: foot moves first as you step
   • Side Step-Right: right foot moves first
   • Side Step Left: left foot moves first

   • Half Pivot - This step will put your strong side forward. Look in the direction you’re going and the foot in the direction you’re moving, moves first. Then you step in the direction you wish to move. Remember, you only do this if you have time. Your instinct will tell you otherwise. If you don’t have time, you simply look and fight from your other side. This is the beauty of the bladed stance.

   • Quarter Pivot - Look in the direction you wish to turn, lead or closest foot steps to it and bring the rear foot into position. You can do this to either your right flank or your left flank.

HAND STRIKING

2. Blade Finger Dart (10 Times Each)
   • Front
   • Rear
   • Left Side
   • Right Side
3. **Thumb Spear**
   - Front
   - Rear
   - Left Side
   - Right Side

4. **Edge of Hand (10 times each)**
   - Horizontal
   - Vertical Downward
   - Vertical Upward (groin)

5. **Back Fist (10 times each)**
   - Horizontal
   - Vertical Downward
   - Vertical Upward (groin)

6. **Double Palm Smash or Double Chin Jab (10 times each)**

7. **Double Axe Chop (10 times each)**

8. **Forward Hooking Elbow (10 times each)**
   - Left Side
   - Right Side

9. **Forward Hooking Elbow with a Pivot (10 times each)**
   - Left Side
   - Right Side
10. Reverse Hooking Elbow with Pivot (10 times each)
   • Left Side
   • Right Side

11. Reinforced Elbow (10 times each)
   • Left Side
   • Right Side

12. Rear Elbow (10 times each)
   • Left Side
   • Right Side

13. Rear High Elbow (10 times each)
   • Left Side
   • Right Side

14. Double Forearm Shiver (10 times each)

15. Downward Elbow Smash (10 times each)
   • Left Side
   • Right Side

16. Whip Kick (10 times each)
   • Left Side
   • Right Side

17. Side Kick or Side Boot Smash (10 times each)
   • Left Side
   • Right Side
18. Pivot Kick (10 times each)
   • Left Side
   • Right Side

19. Rear Mule Kick (10 times each)
   • Left Side
   • Right Side

20. Rear Heel Stomp (10 times each)
   • Left Side
   • Right Side

21. Front Stomp (10 times each)
   • Left Side
   • Right Side

22. Forward Knee Jab
   • Left Side
   • Right Side

23. Combinations (3 to 10 times each)
   A. Front: Blade, finger dart, whip kick

   B. Blade, finger dart, whip kick (2 directions)

   C. Blade, finger dart, whip kick (4 directions)

   D. Front: Blade, finger dart, whip kick, edge of hand high, edge of hand low

   E. Front: Blade, finger dart, whip kick, back fist high, back fist low
F. Front: Blade, finger dart, whip kick to the front  
   Rear: Rear elbow low, rear elbow high

G. Front: Blade, finger dart, whip kick  
   Rear: Edge of hand, double chin jab, knee jab, double vertical edge of hands  
   Back to the Front: Rear mule kick, rear elbow low, rear elbow high

H. Front: Blade, finger dart, whip kick  
   Side Left: Pivot kick, low edge of hand, high edge of hand

I. Rear: Rear heel smash, rear high elbow, edge of hand  
   Front: Finger dart, whip kick, back fist high, reinforced elbow to the mid section

J. Front: Blade, finger dart, side kick  
   Side Left: Pivot elbow reinforced elbow mid and elbow high

24. Use with Weapons (Pick 2 combinations, 10 times each)

* Practice above combinations with firearms, peeper spray or any other weapon of choice. Create enough space to allow yourself enough time to effectively deploy the weapon.

25. Pick up a Weapon (Pick 2 combinations, 10 times each)

* Practice by placing debris, bottles or sticks around and teach yourself to look for them.
There are two key components to self defense that are taken for granted by most experts and overlooked by most practitioners. This has to do with the physical component of your training. There are two primary segments, Body Conditioning and Physical Fitness. Body Conditioning refers to preparing your body for the actual contact of combat and Physical Fitness, of course, refers to your strength and endurance.

In training Module Six, Body Conditioning, you’ll focus on preparing your natural weapons and the vulnerable parts of your body for the rigors of combat. Almost every form of martial art at one time or another had a method of hardening the body. From makiwara training in karate, wing chun training dummies and iron palm training in kung fu, all have a systematic method of preparing the body’s natural weapons to inflict damage without causing injury and conditioning the body’s vulnerable areas to resist injury.

In Module Six, Body Conditioning, we will take you step by step and show you the best possible way to do this without causing injury or permanent damage to yourself. It just takes a little patience and a few simple tools and you’ll see results in a few short weeks. In your everyday life you don’t wear gloves, wraps, mouth pieces and protective gear. Logic dictates that you must prepare yourself to hit and be hit in the condition you will most likely be assaulted. In order to do that you need to start preparing your body now. The good news about this type of training is that it doesn’t require any skill and it doesn’t take a great deal of time. You just have to be patient and consistent.

Keep practicing, and until next time, Train Honestly.