



**THE SELF DEFENSE COMPANY**

The Self Defense Training System

**TRAINING MANUAL  
MASTER**

## WELCOME



Dear Training Partner,

Congratulations for joining the thousands of citizens, police and soldiers who have taken charge of their personal safety by choosing The Self Defense Training System (SDTS), the ultimate self defense program. The SDTS is the heart of The Self Defense Company. After you complete this program you will not need to take another self defense course ever again.

As you advance through the training modules of the system you will become more confident and be able to adapt to any possible scenario. 30 minutes a day, twice a week is all you will need. In only 90 days you will notice a dramatic difference in the way you move, hit and your ability to literally detect danger before it happens. People who have trained in the SDTS have reported a heightened level of awareness they never thought possible. You will literally be in tune with your environment. If the time comes and you are forced to protect yourself and your loved ones you will instinctively spring into action.

### **How to get the most out of The Self Defense Training System (SDTS)**

#### **Take Your Time**

Go through the manual and set up your work out station. Remember, consistency is the key. Even if you miss a few days or even weeks, just pick up where you left off and continue to practice. Slow and steady wins the race.

### **Use the Online Training Forum**

This is your connection to the outside world and the global network of SDTS members and instructors. Use this valuable resource to ask question and post ideas. You can find the forum on the Self Defense Training System site [www.theseelfdefenseco.com](http://www.theseelfdefenseco.com).

### **Share Your Knowledge**

We hope that you share your new found knowledge with your family and friends. It is important that the GOOD GUYS (and GALS) have this information. If you discover that teaching The Self Defense Training System is something you enjoy, please visit [www.teachselfdefense.com](http://www.teachselfdefense.com) for information on becoming an instructor.

Thank you for choosing The Self Defense Company as your first line of defense.

Train Honestly,



Damian Ross

Master Instructor and CEO, The Self Defense Company

[www.selfdefensecompany.com](http://www.selfdefensecompany.com)

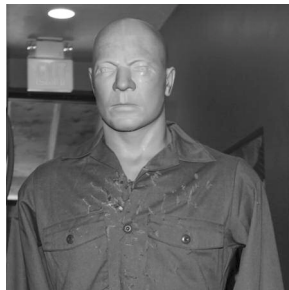


## GETTING STARTED WITH THE SELF DEFENSE TRAINING SYSTEM

### 1. ESSENTIAL MATERIAL

#### a. Training Dummy

BOB from Century or TOD from Proforce are good. They are free standing and mobile. Put a shirt on him and a pair of shoes to add a little more realism. Make sure to put sand in the base of your training dummy.



#### b. Heavy Bag

Can be used instead of the dummy, but we recommend the training dummy due to its versatility. You will want to pick up a small 45 pound (30 kilo) bag for some of the other drills



#### c. Egg Timer

This will enable you to time your drills without a person manning the stop watch. Some drills are timed others are based on repetition



## 2. OPTIONAL MATERIAL

### a. Mobile Base for Training Dummy

Get 4 heavy duty casters, 4 screw in eyelets and a 2 inch x 4inch x 8 feet piece of wood. Measure the base of your training dummy. Cut the 4 lengths of the wood so that they are larger than the base. With the remaining scrap, cut the angles for the corners. Assemble the wood and place the casters underneath and the eyelets on top.

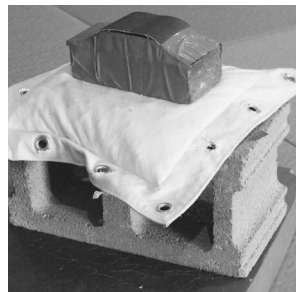


Use rope or bungee cords to secure your dummy. When the dummy is mobile, it will force you to adjust to its movements and help you take ground.

### b. Jump Rope

### c. Conditioning Brick

Mason brick, carpenters or wood sanding sponge, sandpaper and duct tape. Place the sponge on the long, flat side of the brick (the largest surface area, there will be two). Duct tape it on. Place the sandpaper over the sponge and tape it on. Make sure to leave the sandpaper exposed. Belt sander paper works best. It's long enough and doesn't require cutting. The surfaces replicate bone, muscle and clothing. You can use this to further condition your hands as you advance in the modules. In module 6 you will discover full use of the brick.



#### d. Medicine Ball

Make sure it is a weight you can move around with some ease. If you can lift it from your chest to your head 12 times without any effort, it's a good weight. You can use it for hand conditioning in module 6 and the “Medicine Ball from Hell” routines in module 7.



Once you have assembled your own person training center, you're good to go.

## SELF DEFENSE TRAINING SYSTEM WORK OUT ROUTINES

There are the three primary levels of training depending on your fitness level and schedule. After you have gone through the SDTS once, it is strongly suggested that you begin on module 1 again. Every time you go through the program your retention level increases exponentially.

### BASIC TRAINING ROUTINE 1

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Module Training 30 to 50 minutes	Physical Training Walk, Jog or Cycle 20 minutes	OFF	Physical Training Walk, Jog or Cycle 20 minutes	OFF	Physical Training Walk, Jog or Cycle 20 minutes	OFF

### ADVANCED TRAINING ROUTINE 2

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Module Training 30 to 50 minutes	Physical Training Cardio 30 minutes	Module Training 30 to 50 minutes	OFF	Module Training 30 to 50 minutes	Physical Training Cardio 30 minutes	OFF

## INTENSIVE TRAINING ROUTINE 3

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Module Training 30 to 50 minutes	Combat Physical Training Module 7	Module Training 30 to 50 minutes	Combat Physical Training Module 7	Module Training 30 to 50 minutes	Combat Physical Training Module 7	OFF

Listen to your body, cycle your routines by rotating one week of Routine 1, one week of Routine 2 and one week of Routine 3. This will give you the psychological rest you need to continue. If you are lifting weights, put your work out on the days you do your module training. Make sure to visit the forum at The Self Defense Training System site [www.theseelfdefenseco.com](http://www.theseelfdefenseco.com).



## THE SELF DEFENSE TRAINING SYSTEM DIET AND NUTRITION GUIDE

Your ability to protect yourself is directly related to your physical fitness. Knowledge, technique and attitude are most important, but the amount of time you can take punishment and dish it out is directly related to your fitness. The better shape you are in, the better your chances of survival.

A large component of fitness is body weight and more important, body fat percentage. The less body fat you carry, the more agile, aware and better you feel. The result is increased confidence, the greater your confidence the greater your chances of success. It's no surprise that people who have been through the training system and supplemented their training with this basic nutrition guide have seen accelerated results.

This is NOT a starvation or fad program. This is a clinically proven program conducted by our pharmaceutical company that has proven to allow you to loose fat while living a full life.

The following are several guidelines to use when optimizing your nutrition.

### **This Is Why You Can Not Loose Weight**

To loose weight and keep it off your body must work with you. You become weight loss resistant because your own body is actually sabotaging your best efforts. Rapid and wide swings in serum glucose (blood sugar) leads to increased fat build up, fatigue and severe hunger pains and cravings. The insulin that regulates this mechanism has become resistant to regulating your blood sugar.

Your diet, like most people, consists high doses of refined carbohydrates (white flour and sugar). Because of this your body is constantly bombarded with high serum glucose levels (blood sugar). In order to gain control of your hunger, you need to regain control of your blood sugar.

The types of food you eat are critical to your losing weight.

## **NOT ALL CARBOHYDRATES ARE EVIL**

Contrary to fad dieting, not all carbohydrates (“carbs”) are bad. Carbohydrates are essential for providing an instant, reusable source of energy. At their core, they are simple sugars and found in many foods including sweets, starches, vegetables and fruits. Carbohydrates can be broken into two categories, **refined** and **unrefined**.

### **Refined Carbohydrates (these are the ones to avoid)**

Refined Carbohydrates have been processed so that once they are eaten, it is very easy for the sugars to be quickly absorbed. Typically they have had the bran hull, or fiber removed from the grain during processing. They lead to quick and high rise in blood sugar levels. This is the root of your problem. After your rush of energy, your body becomes fatigued. Like a junkie, you crave the next fix so you eat more. It’s this never ending cycle that causes you to carry around the excess baggage. In order to break the cycle you need to get control of what you are eating.

### **Food to avoid (weekend foods)**

White breads, pastas, white rice, corn, cookies, cakes, sodas, potato chips, salad dressings (oil and vinegar is OK), jellies and jams. Save this stuff for one day on the weekend when you go off your routine.

### **Unrefined Carbohydrates (these are the good ones)**

These contain plant fiber. Many of these fibers are not digested by your body, this aides in a slower digestion process. This is a good thing. It slows down glucose absorption so that you get a longer, slower release over time. This creates a stable energy source and eliminates your blood sugar swings that cause you to binge and crash.

## **Foods you should eat (weekday foods):**

**Whole Grains:** Any whole grain product (where wheat is the first ingredient on the label)

Brown Rice, Wheat Bran, Oat Bran and Oatmeal.

**Vegetables:** Beans, Lentils, Peas, Spinach, Cabbage, Broccoli, Cucumbers, Eggplant, Bell Peppers, Squash, Zucchini, Mushrooms, Asparagus, Artichokes, Lettuce, Carrots (in moderate amounts), Celery, Brussels Sprouts, Sweet Potatoes, Onions, Radishes, Watercress, Collard Greens, Turnip Greens

**Fruits:** Apples, Pears, Cherries, Lemons, Berries, Kiwis, Apricots, Grapefruits, Cantaloupes, Tomatoes, Honeydews, Plums, Tangerines, Oranges, Dates, Limes, Peaches, Pumpkin, Avocado, Mangos

**Meats Trimmed and Skinned:** Lean Beef (in moderation), Chicken, Turkey, Fish, Pork, Shellfish, Veal, Elk, Buffalo, Ostrich

## **Substitutions**

Let's face it, it may not be as good as the real thing, but it's a healthier alternative. Try these substitutions on the WEEK END.

### **Bad Choice**

White or Red Potatoes

White Rice

Corn

Beets

Carrots (excess)

White Bread

Refined deserts

### **Good Choice**

Sweet Potatoes or Beans

Brown Rice

Peas, Okra, Squash

Artichoke

Broccoli, Spinach

Whole Grain Bread

Fruit or Yogurt

## **Other Dietary Tips:**

Eat Breakfast

Drink 8 glasses of water per day

Eat smaller meals through the day

Avoid eating a large amount 3 hours before bed

Eat yogurt before going to bed

Increase your fiber intake

Avoid prepackaged snacks

Chew your food slowly and completely

Cut your portions in half, eat and wait 5 minutes, if you're still hungry, eat a little more and then wait five minutes.

Don't order appetizers

Do not eat while you're reading or watching TV

Don't go food shopping on an empty stomach

Don't go to a party hungry

Always get your dressing on the side

Eat only when you are hungry

## **Dietary Supplementation**

The correct dietary supplement will help increase your weight loss dramatically. The Self Defense Company along with the United States Company D & E Pharmaceuticals has developed the supplement Combat Ready Seven™. Combat Ready Seven™ is an all natural, non-hormonal, non-synthetic proprietary blend of ingredients that are clinically proven to accelerate weight loss and help you maintain your weight throughout your life when used in a diet that is refined carbohydrate restricted (not calories restricted) and a total 80 minutes per week with the Self Defense Training System (30 minutes 2 times a week plus a 20 minute walk). This product is developed and manufactured in the United States, (not China, not India). Combat Ready Seven™ is patented, so you can't get this product ANYPLACE ELSE.

## **How Combat Ready Seven™ Works**

Combat Ready Seven™ fixes your problem at the source. Combat Ready Seven™ supports weight loss by promoting glucose control, reducing hunger levels and promoting higher energy levels. We know you can't always eat right and sometimes your busy lifestyle doesn't even allow you to eat. By taking Combat Ready Seven™ you will control your serum glucose (blood sugar) and get a grasp on your blood sugar levels. This is the key to controlling your weight and increasing energy. This will allow you to maintain your weight for the rest of your life without yo-yoing up and down the scale. Increased energy will enable you to be more alert and aware and start enjoying the activities you did when you were younger, without ephedra, caffeine or any other banned and dangerous formula.

## **Clinically Proven to Make You Lose Weight and Get in Shape**

In a prospective, randomized, triple-blinded, placebo-controlled study conducted by an independent medical research center, there was a statistically significant reduction in body fat between the group that took Combat Ready Seven™ and the group that took the placebo. The subject on Combat Ready Seven™ lost almost 2 times the weight as those on the placebo. There was almost a 40% (39.6%) reduction in blood sugar levels after only 6 weeks. 60% showed significant glucose control, 30% showed complete glucose control.

## **Combat Ready Seven™ will decrease your appetite and increase your energy!**

70% of the subjects in the study noticed their hunger decrease. 100% of the participants had a significant increase in energy.

To find out more about Combat Ready Seven™ and how you can get started on the Combat Ready Seven™ Program visit:

**[www.CombatReadySeven.com](http://www.CombatReadySeven.com) or [www.CombatReady7.com](http://www.CombatReady7.com)**

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Our business development team will make sure that your requirements will be met by our world wide team of Accredited Instructors.

If you can't find exactly what you want in our curriculums from Citizen Safety Programs to Military and Law Enforcement Intensive Training, The Self Defense Company will design a custom training and certification program for your group.

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# **“The Combatives Manifesto”**

## **The Origins of Modern Self Defense Training**

**By Damian Ross**  
**The Self Defense Company**

Close combat or “Combatives” comes from the root word COMBAT – “to fight in direct contact”, “active fighting between enemies”, “any fight or struggle”.

There is no mention of any particular style, Jiu-Jitsu, Boxing, Savate or any member of the Gracie family. No mention of the Punic Wars or the Spartans. There is absolutely no mention of Fairbairn, Applegate, Biddle, World War II, Sykes, O’Neill or anyone else for that matter. No mention of any techniques, Juji-Gatame, a smashing overhand right, an edge of hand blow, or even a good old kick in the ass!

There are no specifics that define what is Combatives, Close Combat, Self Defense, Martial Arts, Hand to Hand or whatever else people are calling it these days. So why do so many people feel such an overriding need to “define” combatives into a narrow scope of limited methodology?

This document won’t presume to speak for anyone that uses this term “combatives”. All it can do is offer a correct semantic observation based on historical fact on what encompasses my study, training and understanding of so-called “combatives”.

### **The Roots of Close Combat, Self Defense and Mixed Martial Arts**

If you research you discover manuals describing man to man combat that are centuries old. You will find a vast array of weapon skills and unarmed combat that is a diverse mix of techniques.



*Standing Room Only - Judo practice at the Kodokan in Japan, circa 1920*

Before the use of London Prize Ring rules and the Marquis of Queensbury, pugilists used a great number of different grappling, striking, kicking and gouging methods. Ancient Greek Pankration was a combined system of “all powers” combat and the first documented account of mixed-martial arts.

The original Koryu (old school) Bujutsu fighting systems of the Samurai included a comprehensive catalog of both armed and unarmed skills. The unarmed combatives of the Japanese Bushi (warrior) didn't limit scope or method. Grappling was stressed when that was the best method of gaining tactical superiority. Striking, kicking and even biting was resorted to when that was deemed the most appropriate method.

The Chinese have always maintained fully robust systems of combat that included all manner of striking, punching, kicking, throwing, strangling and joint-locking.

Original Okinawan Te (Ti) included percussion methods as well as “tegumi” and “tuite”. Punch his lungs out if that did the job best. Kick his gonads out the top of his head if that worked best or grapple him into submission and control or grapple him into a spine lock and neck break.

No matter what culture or style, when it came to real fighting it was whatever was called for and whatever GOT THE JOB AT HAND DONE, PERIOD!



The turn of the 19th century saw many methods of combined self-defense systems develop in the West (READ: Mixed Martial Arts). The French combined elements of Chaousson/Savate (Basque Zipota as well) with Boxe Anglaise, Parisian Lutte, and even Japanese Jiu-Jitsu.

The British did the same. The “BARTITSU” of Barton-Wright is a classic example. In the United States a number of self defense methods became available to the public that combined methods from Boxing and Wrestling. Even before any organized mixed martial arts systems were presented, men who fought even for sport used virtually any device to insure victory. Just read Elliot J. Gorn.

The Twentieth century saw even more “mixed” martial art combat systems. (It didn’t take a Sherlock Holmes to figure out that in a real fight ANYTHING goes.) Any and all manner of grappling, throttling, kicking, kneeing, butting, biting, punching, gouging, stomping and whatever other methods of mayhem could be employed were all “FAIR” when “fair” meant the difference between life or death and it certainly didn’t just end at unarmed fighting!

What’s that old saying? All’s fair in love and war. Often it’s not a matter of whose “right”, but simply whose LEFT! This is where the soul of combatives or self defense for self preservation is clear, pure and simple. Whatever WORKS BEST at the time! A mixture of varied fighting skills, a “mixed” fighting system, what a NOVEL IDEA!

### **Systematic Self Defense in the Industrial Age**

The advent of World War I (the war to END all wars), brought warfare into a new and foreboding era of man to man killing and slaughter. Air power, mechanized warfare, chemical warfare and the general widespread use of machine guns changed the face of battle almost completely.

The static and stagnant lines created by entrenched warfare demanded new and innovative tactics and strategies. Among these was the advent of “raiding” parties.

Small groups of lightly armed men who ventured out behind enemy lines for the purpose of recon, probing, intelligence, prisoner grabs, and psychological demoralization missions. The nature of fighting under these conditions became popularized as trench warfare. This was close-in, knife to belly, hand to hand combat. For this all manner of expedient, purpose designed and improvised close-combat weaponry was developed and deployed.



*Recruits put through the process during WWII.*

While technological advances were being made in all other forms of warfare, this particularly nasty and vicious man to man fighting reverted to the most barbaric, primitive and bloody methods imaginable. Despite changes in technology, one solitary fact remained that in the end it was STILL man against man in a desperate, brutal and deadly struggle for survival. Just as it has been since Cain slew Abel and how it will be until the last two humans left on earth clench fists or seize stones in raging anger

during the final melee of the Apocalypse. When it comes to hand to hand combat, **NOTHING CHANGES!**

Fostered by this fact, most military forces researched, developed and implemented fairly comprehensive and rigorous training methods specific to close-combat and trench fighting. The bayonet, the knife especially the trench knife and hand to hand combat became prime training doctrines along with advancements in general physical conditioning and battle preparation.

Unarmed hand to hand methods were drawn from any and all sources of man to man combat. Boxing, wrestling, savate, jujitsu, and any number of rough and tumble, gouge and kick, back alley tactics were employed. Those charged with the task of developing such training programs were well aware of the fact that no one single approach to combat was sufficient in real man to man kill or be killed battle.

Punching, kicking, striking, butting, stomping, biting, gouging, throwing, tripping, choking, strangling, bone breaking and the use of any and all weapons of close combat expediency were stressed.

The foregoing should satisfy and fulfill anyone's definition of mixed martial arts tactics and techniques (even though Muay Thai or more accurately Siamese boxing and Brazilian Jiu-Jitsu were not included).

But to be fair, there are English language books circa the late 1920's and 30's that detail Siamese boxing quite well. One manual details the favorite attacks of Siamese style boxers as being directed at the liver with brutal kicks and at the throat while grasping the hair with one hand and smashing the throat with the other fist (gloves were NOT worn at this time). One should note: the liver attack was lethal in many cases because of the widespread epidemic of malaria which left the liver swollen and distended. Deaths occurred frequently in these matches and were considered just a routine hazard of the trade.

### **Proven Self Defense for Citizen and Soldier**

The years after WWI saw an increase in self defense systems designed for and marketed to the average citizen. Law Enforcement organizations also began to pay more attention to this area of training. This was part of a movement to increase the professionalism of law enforcement personnel in general.

Virtually all of these systems advocated an all-around well-balanced approach to personal combat.

Elements of boxing, wrestling, foot-fighting and jiu-jitsu were put together in a toolbox of personal self defense tactics. The mixing of different martial art styles became quite popular. Even methods that relied primarily on western boxing and wrestling maneuvers acknowledged that a well rounded combatant must be able to both strike effectively as well as grapple.

Other methods of self defense touted Japanese jiu-jitsu as the singular answer to personal attack and defense. The reason is because most Japanese methods for self defense already included a comprehensive system of blows, strikes, kicks and grappling methods.

You should also know that it's difficult to pin down a style of jiu-jitsu because during this period any method of Japanese self defense was given this moniker. Combine this with an influx of Japanese immigrants and emissaries promoting judo, their culture and the individual's personal training and experience, it is impossible to determine a specific style or "ryu". Add to that the Japanese effort to promote Judo above all of these methods, most of the older systems became outdated and lost. From the early 1900's forward most English manuals and books refer to these systems as jiu-jitsu, jujutsu or judo.

It would be very good to remember here, that for all the talk about W.E. Fairbairn, during this period the Shanghai Municipal Police academy trained their recruits in boxing, wrestling and jiu-jitsu. One veteran of the Shanghai Municipal Police put it, "Our training in this area was a MIXED BAG of physical skills."

There was virtually no "authority" or "expert" in this field who did not advocate a "MIX" of striking, kicking and grappling either as a combined "method" or as found singularly as in Japanese jiu-jitsu.

When it was “for all the marbles” no one would be as short-sighted as to negate any and all possible methods of attack and defense. As far as reality training goes, jiu-jitsu (NOT Kodokan Judo) “free practice” or randori of this period allowed virtually anything. This included atemi (striking) to all kyusho (vital) points, including the testicles, base of skull etc. The only “advisement” was NOT to hit so HARD as to KILL your training partner, SAVE that for “matches” against OTHER jiu-jitsu schools!

### **Which Martial Art is the Best?**

Only in the arena of sporting combat did this division of method, pitting one against another become a somewhat popular past time. Matching wrestlers against boxers, either of the two against jiu-jitsu men, or savate fighters against boxers (Navy Combat Instructor Drexel Biddle fought one in such a match while in Paris). These matches were done under a constantly varying set of rules so that it became virtually impossible to ever really determine what method or martial art was superior. Even then, as some sportswriters of the time pointed out, what did any of this have to do with real fighting when no rules applied?

Even the founder of Judo, Jigoro Kano’s nephew got involved in promoting these types of matches between western boxers and native Japanese Judoka. They were called “JU-KENTO”. “Ju” as in Judo and Jujutsu and “Kento” as in fist-fighting.

Even Choki Motobu when asked if his Kempo-Karate was “superior” to boxing (after his Knock Out of a western style pugilist) said that in order for his method to be used against a boxer specialized training specific for that type of match would have to be undertaken.

The bottom line here is simply this: for use in a real violent assault no one, but an utter fool, would suggest an attitude or method approaching anything less than that of an all-in, anything goes doctrine. In regards to deciding which martial art is best: nothing was ever, or could ever be, conclusively proven to be superior to anything else. At one time or another any of these various methods had both big and impressive wins and equally impressive failures.

The Question is: What makes effective Self Defense, Close Combat or Combatives? These conclusions are based on historical fact and is accurate in substance and detail. This is an objective view of combatives and not a subjective opinion or personal “definition” designed to fill an agenda of one sort or another. The definition came first, the training came second.

### What Is The Best System Of Self Defense?



*AJ Drexel-Biddle demonstrates the Chin Jab.*

The Battle of Britain began in early July 1940. England was isolated, cut off and alone. The miracle retreat from Dunkirk and the German “Blitzkrieg” across Europe, including the crushing tactical defeat of the famed French Maginot Line proved the Third Reich war machine to be virtually unstoppable. Hitler’s plan for the invasion of England, named Operation Sea Lion was a daily focal point of danger and concern for the British.

Dunkirk had decimated the British forces and moral was at an all time low. Two recently returned veterans of British colonial rule in Shanghai, China approached the War Office and offered their services at this desperate time. William Ewart Fairbairn, retired as a ranking officer of the Shanghai

Municipal Police force and his partner Eric Anthony Sykes, a private arms dealer who served as a volunteer in the Shanghai Municipal Police and where he headed the sniper unit of the famed Shanghai Riot Squad. These men promised the War Office that their training and methods could in short order make “any one man the equal of ten”.

Initially dismissed, these two men went on to prove the veracity of their words and convinced the power that be as to absolute effectiveness of their methods. If that meant that an over middle aged W.E. Fairbairn had to place several young bucks in the hospital to prove his point in an impromptu, but extremely realistic “demonstration”, so be it. Those who “tested” Sykes fared NO better. So the methods that these men had developed during decades of very dangerous work in Shanghai now became a highly valued and integral part of training for all British forces and Special Operations personnel.

The attack on Pearl Harbor in December 1941 coupled with the Imperial Japanese military’s coordinated assault on all American and British forces across the Pacific Rim pulled the United States firmly in this world wide conflagration. The United States was now fully at war with the Axis forces. Fairbairn, who was now in Canada, assigned to the infamous “Camp X” where he along with “unarmed combat” George de Relwyskow, a Brazilian Judo/Jujutsu expert, and Colonel Carl Eifler was already undergoing training here, was ordered to assist the U.S. government agency known as the “The Office of the Coordinator of Intelligence” the precursor of the OSS.

Eric Anthony Sykes remained in England and found the need for his services in great demand. He also found himself working under the auspice of the British covert force known as the Special Operations Executive.

The history of these men from the early days of Shanghai, up to and through the war years is an entire story unto itself and beyond the scope of this article. However it must be clearly understood that the contribution of these

men had a profound effect and influence on close-combat methods, tactics, and techniques for decades after the war. These men weren't the only experts in the field. One of many examples would be A.J. Drexel-Biddle who studied and trained extensively in boxing, savate, jiu-jitsu, swordplay, knife-fighting and various bayonet methods.

As the United States geared up for war, a major factor began to be publicized. Both here and in Australia, the press made a great deal about the superiority of the Japanese fighting man. Part of this was, to be sure, rooted in fact.

As a result, much attention was given over to the training of United States and Allied forces in methods of personal self defense that would enable the average soldier to meet the Japanese fighting man on a somewhat equal footing. Every branch of the Armed Services began an intensive physical training program designed to meet these needs. Much of the expert instruction needed, particularly in the arena of close-quarters man to man combat, came from the civilian quarter as it still does today.

Men with tremendous and varied life-long experience in all forms of martial arts and self defense were tapped to create training programs that would give the Allied soldier sufficient means by which to engage their enemies at close-quarters. The Axis did the same of course, Japan being the obvious factor in this regard, but even Adolf Hitler proclaimed the absolute need for boxing and jiu-jitsu in German military training as it imparted courage and daring the average soldier to close with his enemy.

In the United States there were a plethora of varied methods and training systems. Any attempt to narrowly define the methods extant in this era is complete ignorance and foolishness. Though the contribution of Fairbairn is great, as is the influence of US Army Colonel Rex Applegate, there were dozens of different close-quarters battle systems developed. From wrestling, boxing, savate, judo, jiu-jitsu, Chinese boxing, and even football and rugby



methods were not only drawn upon, but entire self defense systems were advocated based on these individual methods. It may come as a surprise to many, but here in the United States, even Japanese Karate was used and found to be effective.

## **The Development of the Fast and Effective Self Defense Training System**

The same problems still exist today as it did in the early 1900's, many unarmed combat courses are highly complex and technical. They are rooted in the favored methods of the men tasked with their creation. Wrestlers tend to rely on that method, Judo and Brazilian Jujitsu men on that system, Boxers on their expertise and so on. Each method also can claim stunning success in actual combat! True after action reports showed that all of these methods had merit and could be used effectively in the rigors and stress of real battle.

However, as the war progressed two major factors began to influence and change these training protocols. One was the fact that more and more men from all sorts of varied backgrounds were being drafted into military service, the other was that as demands for more and more replacement troops began to rise the amount of training time became, by necessity, reduced and limited.

The approach that seemed most feasible and useful was one that combined the best or the most effective, efficient and quickly learned methods as well as those most well retained! The rudiment basics of boxing and wrestling were made part of an overall general physical conditioning program and unarmed combat became a specialized instruction.

These courses in unarmed combat, hand to hand combat, combat judo and so forth again sought to combine the most advantageous holds, throws, trips, locks, strangles, blows, strikes and kicks from all the varied methods available. The only truly limiting factor here was the time element.

As the war progressed, more and more after action intelligence gathered from the reality of actual battle helped shape and determine training priorities. Many methods of close-combat began to be trimmed down to those fundamentals that proved most effective overall and most applicable to all trainees across a wide and varied spectrum of physical attributes and skill.

Col. Rex Applegate was perhaps the most vocal of these advocates owing to his exposure in the INFANTRY JOURNAL and the publishing of “KILL or GET KILLED”.

Some courses were so short in duration that they involved only several hours of instruction. Others were quite involved and very complete in their syllabus content, like the Navy V-5 programs, the training at Fort Benning, Fort Meade and at the Hawaii Jungle Warfare Complex. These locations conducted a very complete and mixed program of martial arts training. From the CIC training center in Chicago to the Army training camps in Colorado, from Parris Island to the Ranger/Commando schools in the Hawaiian Islands, from the training bases in England prior to D-Day to the “Killing” school in Palestine, the methods taught ran the full gamut of man to man tooth and nail close quarters combat. From the complex to the “instinctive kill” (a method designed to take full advantage of so-called natural “animal” killing instinct). All these methods, systems and approaches fall under the definition of combatives! Even the OSS personnel training at Area B were shown the methods of Siamese boxing (read Muay Thai), western boxing, wrestling/grappling, French “foot-fighting”(including Assaut Vite savate), Indian Varma-adi/Varmannie, Chinese boxing, “Roman” boxing, Japanese Judo/Jujutsu and Karate, Siamese boxing, Burmese boxing-Bando, western fencing, Filipino edged weapons and any and all systems (including almost every weapon known to man) deemed effective in dispatching one’s enemies to the hereafter were studied, researched, implemented and trained! One WWII era United States hand to hand combat manual even makes reference to Indonesian methods!

This is the true definition of Self Defense and Combatives. This is the legacy of The Self Defense Company, The Self Defense Training System and The Self Defense Company Instructors.

The purpose of The Self Defense Company is to continue to teach and train the FASTEST, most EFFECTIVE and EFFICIENT means self defense to anyone regardless of experience, size, man or woman. No one should one without the means and the resources to protect themselves and their loved ones from harm.



*The Self Defense Company Instructor Certification (May 2008).*



# **"Being An Accredited Self Defense Company Professional Instructor Is The Fastest Way To Grow An Incredibly Profitable Self Defense Business In Your Spare Time"**

If you think the only way to be successful in the martial arts business is to wear multicolored uniforms, run after school daycare programs and cut birthday cakes with swords, then we have some good news for you.

At The Self Defense Company we advocate self defense as a life skill. We provide a valued public service to anyone who wants to learn how to live safer, healthier lives.

Whether you are instructing college students how to stay safe while away from home or training law enforcement and military operators hand to hand combat, we will instruct, train and support you in every step of your development.

If you are...

- looking to invest in a fun and profitable part time business
- a martial arts studio owner seeking to expand your market while providing a needed and valued service to the community
- a health club owner who would like to add a useful and valuable program to your facility
- a Dance studio, Yoga or Pilates studio owner and you're looking to expand your business dramatically
- a personal trainer wishing to expand and diversify services and client base
- a law enforcement officer looking to supplement income and further help the community you serve and protect
- a soldier who wants to continue to serve his country by training citizens and soldiers a like
- an entrepreneur looking to add revenue streams
- a recent (or soon to be) retiree wanting to begin a second career
- a person with a passion and energy who needs a conduit to focus your energy

**For more information about becoming a  
Self Defense Company Instructor or Trainer  
[www.TeachSelfDefense.com](http://www.TeachSelfDefense.com)**

## Protect Your Family Instantly Against the Growing Number Of Violent Criminals and Sex Offenders In Your Community.

No community is immune to violence. In a moments notice life can take a tragic turn leaving families devastated for years to come. The Self Defense Company recognizes this problem and has developed the Family Safe Program. A simple step by step solution to help you provide a blanket of protection for the people you care most about. The Family Safe Program will help your family and your community work together to provide a fortress of safety even the most dangerous criminal can't penetrate. The program uses a simple technique of mind setting to enable you to react in time of crisis. Your children will be given a simple set of rules to follow with a specific course of action so they will not freeze when they should act.

**PLAN + DECIDE + ACT = SURVIVAL** or the PDAS formula.

The Family Safe Program gives you the **PLAN**, tells you when to **DECIDE** and then shows you how to **ACT**, in the end you **SURVIVE**. It's that simple.

The Family Safe Program will show you in minutes how to:

- Stop the Crime **BEFORE** it happens.
- Open lines of communication between parents and children.
- Develop a plan of action for when your child is separated from their class or your family.
- Help your child deal with bullies and larger childhood predators.
- Simple drills you can do at home in minutes.
- Proven methods of escape and evasion.
- Discover how to exploit the 3 things **EVERY** criminal fears.

To learn more about The Self Defense Company's  
Family Safe Program log onto:  
[www.FamilySafeProgram.com](http://www.FamilySafeProgram.com)

**“Not everybody is ready for the SDTS, but 60 Minute Self Defense is Exactly what I make sure my friends and family know”-**  
**Damian Ross, Master Instructor and CEO, The Self Defense Company**

## **"Discover How To Survive Even The Most Brutal Attack In Only 60 Minutes Or Less!"**

**60 minutes is all it will take to show you exactly how to protect yourself regardless of your size, age, experience, man or woman.**

Self defense is a life skill, not a hobby. Thanks to 60 Minute Self Defense for the People is what every man, woman and child needs to know about self defense in minutes and days instead of months an weeks.

The Self Defense Training System is the Ultimate Self Defense Program. 60 Minute Self Defense is the ESSENTIAL Self Defense Program.

**The 60 Minute Self Defense for the People Program will show you how to:**

- **Stop the Crime BEFORE it happens.**
- **Develop a plan of action for when you're alone.**
- **Simple drills you can do at home in minutes.**
- **Proven methods of escape and evasion.**
- **Discover how to exploit the 3 things EVERY criminal fears.**

**Also included in 60 Minute Self Defense for the People...**

- **How to use non-lethal technology properly**
- **How to escape from any hold**
- **How to escape from the ground**
- **How to communicate to police and first responders**
- **How to turn your cell phone into an emergency radio and more!**

The truth is that you don't need a black belt to defend yourself and you don't have to change you life to save it. Once you understand how criminals and bullies pick their targets and what strategies they use to ambush you, you will be on your way to living a healthier, safer life.

**To Learn More About  
the 60 Minute Self Defense Program log onto:  
[www.60minuteSelfDefense.com](http://www.60minuteSelfDefense.com)**

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## The Self Defense Company VIP Pass

This Pass Entitles You and One Guest to **\$400 OFF** (\$800 total)  
One Training Seminar at The Self Defense Company Training Center.

To redeem, simply go online to [www.TeachSelfDefense.com](http://www.TeachSelfDefense.com)  
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**Training Module Two:** Advanced Methods of Striking

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**Training Module Four:** Defense against Mugs and Holds

**Training Module Five:** Escape and Evasion Techniques

**Training Module Six:** Body Conditioning

**Training Module Seven:** Combat Physical Training

**Training Module Eight:** Weapons Defensive Tactics

**Training Module Nine:**  
Weapons Offensive Tactics

**Training Module Ten:** Combat Throws and Take Downs

**Training Module Eleven:**  
Old School Weapons & Tactics

**Training Module Twelve:**  
Quick Killing and Deadly Finishing Techniques



THE SELF DEFENSE COMPANY

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