# Close Quarter Combatives Group Training Mission Four

By W. Hock Hochheim

# Hand, Stick, Knife, Gun



\$26.95

# W. HOCK HOCHHEIM'S

# HAND, STICK, KNIFE, GUN CLOSE QUARTER COMBATIVES

# TRAINING MISSION FOUR





THE HOCHHEIM GROUP

# CQC GROUP: TRAINING MISSION FOUR

by W. Hock Hochheim

#### Also by W. Hock Hochheim

Training Mission Three Training Mission Two Training Mission One The Foundation: Knife Fighting Encyclopedia Volume 1 Military Knife Combat: Knife Fighting Encyclopedia Volume 2 Unarmed vs. the Knife: Knife Fighting Encyclopedia Volume 3 Shooting from the Hip Punches Find Missing Persons The Great Escapes of Pancho Villa

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# **WARNINGS**!

This CQC Group course contains a wide spectrum of less-than-lethal and lethal training. Citizens, law enforcement, military and security personnel are expected to understand the moral, legal and ethical use of force continuum, and use the same behavior, maturity and restraint in unarmed, edged and impact weapon combatives, as they do when using firearms in their line of professional duty or in the act of defending themselves or others.

Consult with medical authorities and make certain you are in physical shape before you begin this or any active course.



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# TRAINING MISSION FOUR

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# **CQCG Course Review**

#### **CQCG Training Mission Progression Overview:**

All training is expressed in a *Modular Concept*. A module includes learning the basic execution of a particular tactic, troubleshooting common counters to the tactic, skill and flow drill development of the tactic, counters, and using the tactic in standing, kneeling and ground positions, fighting against unarmed, stick, knife and gun weaponry. The bold/highlighted levels appear in this book.

#### **CQCG Unarmed Combatives**

#### The Strike Modules

The Finger Strike Module
The Palm Strike Module
The Forearm Strike Module
The Hammer Fist Module
Fistfight! The Punch/Counter-Punch Strike Module
The Elbow Strike Module
The Body Ram Module
The Limited Use/Head Butt Module
The Strike/Block/Counter-Strike Module
The Combat Scenario Performance Module

#### **The Kick Modules**

- Level 1 The Frontal Snap Kick Module
- Level 2 The Stomp Kick Module
- Level 3 The Knee Strike Module
- Level 4 The Rear Leg Round Kick Module
- Level 5 The Front Leg Hook Kick Module
- Level 6 The Back Kick Module
- Level 7 The Side Kick Module
- Level 8 The Front Thrust Module
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- Level 10 The Combat Scenario Performance Module

#### The Takedowns and Throws Modules (these include joint crank studies)

- Level 1 The Finger Attack Takedowns Module
- Level 2 The Circular/Wheel Takedowns Module
- Level 3 The Rear Takedowns Module
- Level 4 The Bent and Straight Arm Takedowns Module
- Level 5 The Front Takedowns Module
- Level 6 The Neck Attack Takedowns Module
- Level 7 The Push/Pull Takedowns Module
- Level 8 The Tackle Takedowns Module
- Level 9 The Leg Attack Takedowns Module
- Level 10 The Combat Scenario Performance Module

#### CQCG Knife/Counter-Knife Course

- Level 1 Knife Introduction and Quick Draw Combat Module
- Level 2 The Saber Grip Slash Knife Module
- Level 3 Reverse Grip Slash Knife Module
- Level 4 The Saber Grip Hacking Module and Spartan Module
- Level 5 The Reverse Grip Knife Stabbing Module
- Level 6 The Saber Grip Stabbing Module and Chain of the Knife Module
- Level 7 The Pommel Strike and Closed Folder Strike Module
- Level 8 In the Clutches Of
- Level 9 Unarmed vs. the Knife
- Level 10 The Knife/Counter-Knife Combat Scenario Module

#### CQCG SDMS (Single and Double-handed grip) Impact Weapon Course

Level 1	The SDMS Introduction and Quick Draw Combat Module
Level 2	The SMS Solo-Hand Grip Command and Mastery Module
Level 3	The DMS Double-Hand Grip Command and Mastery Module
Level 4	The SDMS CQC Block and Strike Combat Module
Level 5	The SDMS Weapon Disarms and Retention Combat Module
Level 6	The DMS Pull Grappling Series: Combat Module
Level 7	The DMS Push Grappling Series: Combat Module
Level 8	The DMS Turn Grappling Series: Combat Module
Level 9	The Unarmed Combatives vs. SDMS Attacks Module
Level 10	The SDMS Combat Scenarios Module

#### **CQCG Gun/Counter-Gun Course**

- Level 1 The Quick Draw Combat Module
- Level 2 The Walking Point/Search Module
- Level 3 The Control, Restrain and Contain Arrest and Capture Module
- Level 4 The Pistol Disarm and Retention Combat Module
- Level 5 The Long Gun Retention and Retention Module
- Level 6 The Shoot/ Move/Cover Module
- Level 7 Emergency! The Tactical Medicine and Fight While Wounded Module
- Level 8 The Pistol Instructor Module
- Level 9 The Shotgun Instructor Module
- Level 10 The Gun Combat Scenarios Module

#### FORCE NECESSARY! UNARMED COMBATIVES The Level 4 Strike: The Hammer Fist

"Use the hammer fist!" I was warned by both combat vets and some old-timer, karate black belts. "Avoid the classic martial arts back fist and ridge hand." They warned me that the statistical propensity to hurt, injure and/or break the hand was guite high.

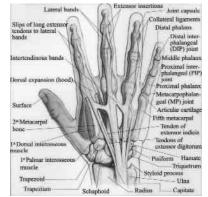
In the case of the back fist, some of the weakest bones of the body appear on the back of the hand. Often in the chaos of both fighters moving, these bones inadvertently strike the ducking, hard skull of the enemy causing fractures. Martial artists wear gloves and protect the bones during their workouts, never exposing their naked hand to reality.

The ridge hand is similar and really quite an odd strike. The practitioner must curl up key parts of the hand and bury the thumb in a perfect configuration each time to avoid injury. No matter how I curled and buried through the years, when I hit something really hard...it still hurt.

Instead, it is truly easier and safer to abandon these two classic strikes as the vets advise, roll the fist up and strike using the top and bottom of the fist like a hammer.



The classic back fist

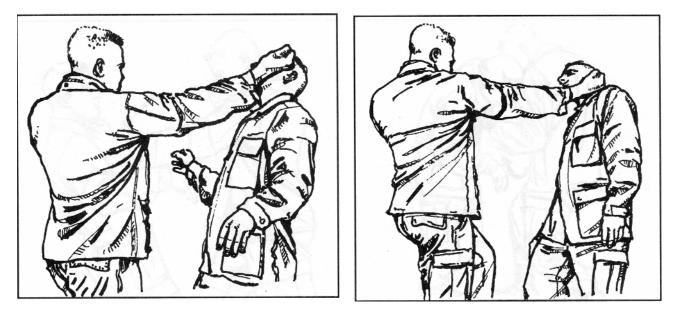


The hand is chock full of small delicate bones.



The classic ridge hand.

The hammer fist existed in classical martial arts systems right alongside the back fist and ridge hand, but never really receiving the common sense respect it deserved. The hammer fist has also been taught in hard core military training for centuries as a powerful weapon, such as shown below from a 1960's U.S. military manual.



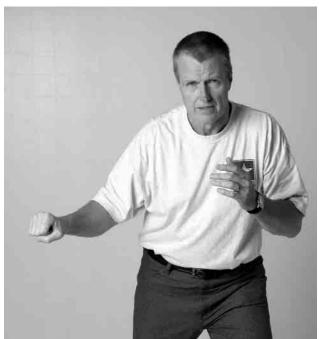
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#### Hammer Fist Solo Command and Mastery (Four on the clock)

Practice the Hooking Hammer Fist on the 4 clock corners. Make a tight fist and strike with the top and bottom of the fist. For basic training purposes strike on the four basic clock angles. For advanced training strike on all 12 angles of the clock, formats as demonstrated in the previous *Training Mission* books. Here, I show the right-handed approach. You must also work your left hand.



12 o'clock, or any high strike.



3 o'clock, or any right-side strike.



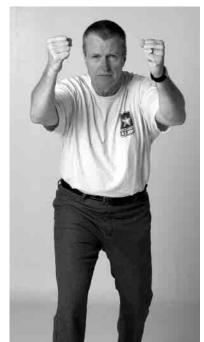
6 o'clock, or any low end strike.



9 o'clock, or any left side strike.

## Hammer Fist Solo Command and Mastery Double Hammers (4 on the clock)

For basic training purposes strike the double hammer fists on the four basic clock angles. For advanced training strike on all 12 angles of the clock.



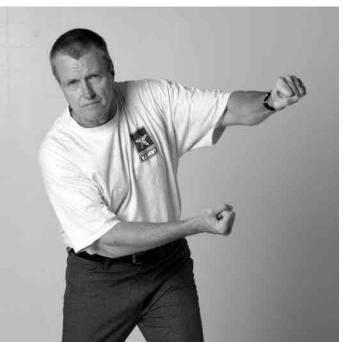
12 o'clock, or any high strike.



3 o'clock, or any right-side strike.



6 o'clock, or any low end strike.



9 o'clock, or any left-side strike.

The Hammer Fist Strikes	
Single-Hand 1) The top-side, or 12 o'clock hooking strike.	The Practice
<ul><li>2) The right side, or 3 o'clock hooking strike.</li><li>3) The low, or 6 o'clock hooking strike.</li></ul>	<ol> <li>Practice with right and left hands.</li> <li>Practice with free and moving footwork.</li> </ol>
4) The left-side, or 9 o'clock hooking strike.	3) Practice knee-high and siting.
Double-Hand	<ul><li>4) Practice down on your back.</li><li>5) Practice down on your sides.</li></ul>
<ol> <li>The top-side, or 12 o'clock hooking strike.</li> <li>The right side, or 3 o'clock hooking strike.</li> </ol>	
3) The low, or 6 o'clock hooking strike.	
4) The left-side, or 9 o'clock hooking strike.	

#### The Hammer Fist Strike Statue Drill

The statue format introduced in *Training Mission One* and used in *TM Two* and *TM Three*. The statue drills introduce to a new student, and remind an old practitioner, of thorough doctrine. The student works across the body experiencing all the options in the gamut of possibilities, outside, inside, split, inside, outside.

#### We will practice:

Series 1: Same limb- the same contact and hammer strikes. Series 2: Opposite limb- the other limb contacts and opposite limb strikes.



Outside: Limb makes contact. Same limb strikes. The nose is a great hammer fist target.



Inside: Limb makes contact. Same limb strikes. The carotid artery on the neck is a great hammer fist target.



Inside: Both limbs makes contact. Both strike. The carotid arteries on the neck are a great hammer fist target.



Inside: Limb makes contact. Same limb strikes.



Outside: Limb makes contact. Same limb strikes.



Outside contact. The other hand strikes.



Inside contact. The other hand strikes. Note how the first contact limb has shifted over against his other hand. This is an optional movement to experiment with good cover positions.



Double contact: Double strike.



Inside contact. The other hand strikes.



Outside contact. The other hand strikes.

The hammer fist can also strike low in both these series. Make sure to develop the potential low line strikes. Hit targets like the lower rib cage,stomach and groin.



Remember to ride or "saw" your forearm across the enemy's arm as much and for as long as possible when striking. This way you will learn to feel where his arm is, and possibly control or block his arm.

#### The Hammer Fist Block, Pass and Pin Drills

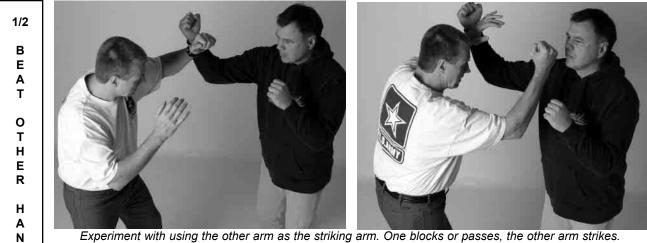
I first introduced this drill in Training Mission One, and we have used it since. By now you should be familiar with the six main events/beats of the drill. Since this drill is hammer fist based, both practitioners will use hammer fists. The quick overview is in the filmstrip photo series below. Next, the 1/2 beat inserts will follow.



I block, pass and pin his incoming hammer fist. Then I strike. He blocks, passes and pins. Six events. Six "beats.



On each beat, the same arm that blocks, strikes. The same arm that passes, strikes.



Experiment with using the other arm as the striking arm. One blocks or passes, the other arm strikes.

#### Practice:

D

Same-side strikes on the 1/2 beats of beat 1-1/2, beat 2-1/2, and beat 3-1/2. Other hand strikes on the 1/2 beats of beat 1-1/2, beat 2-1/2, and beat 3-1/2. Experiment with strikes on the 1/2 beats of 4, 5 and 6. Perform standing and on the ground. Insert low hammer strikes on the 1/2 beats.

#### **The Hammer Fist Clinch Application**

I always try to exercise a strike through the clinch drill. This is an awareness drill as well as a combat scenario. Crash and clinch and hammer fist the groin. Fight on from there.



A fight is so often like a football collision. Crash! Then put a hammer fist into the combat scenario.

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#### Hammer Fist Power Work Out and Practice







10 Single-hand strikes from:

12 o'clock 3 o'clock 6 o'clock 9 o'clock

Standing position Kneeling position On your back ground position

10 Double-hand strikes from:

12 o'clock 3 o'clock 6 o'clock 9 o'clock

Standing position Kneeling position On your back ground position

10 Single-hand strikes from ground fighting positions:

The topside The bottom-side

#### Hammer Fist Option Awareness Combat Scenarios

This is an effective early-phase counter using a hammer fist to interrupt a quick draw of a tactical folder.



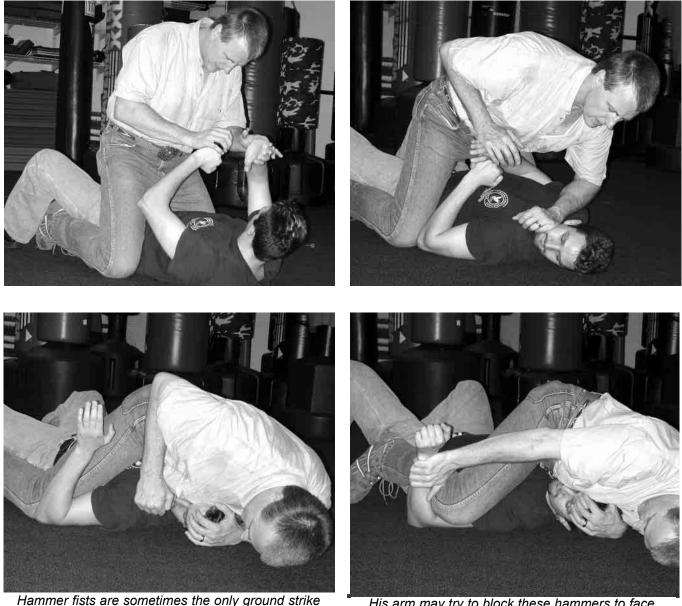
Anyone who has tried to open a tactical folder quickly and under combat stress finds the task difficult. During this process, the grip on the knife is very weak as the fingers search for the mechanism, the hole or the raised disc on the blade to open the blade. In this early phase of his quick draw, you hammer-fist down on the general area of the hand. I have run experiments on this, and seven out of 10 times I have knocked the knife completely out of my training partner's hand. Two out of 10 times I knocked the blade back into the handle, really slowing him down. One out of 10 times I missed completely.



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#### Hammer Fist Option Awareness Combat Scenarios

This is an effective use of the hammer fist in a ground fight situation.



Hammer fists are sometimes the only ground strike available. Even hammers to the torso can be effective. The first one may not hurt him much, but the 15th will start hurting

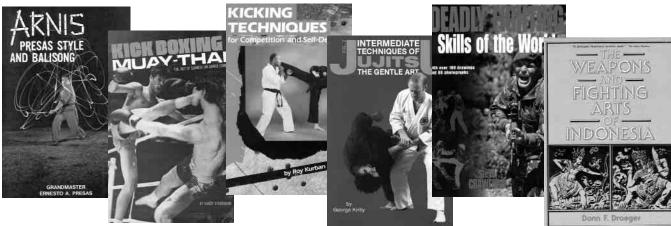
His arm may try to block these hammers to face. Some times your legs can be used to pin or trap his arm.

You wind up topside. You fire a flurry of straight flak upon him which draws his arms up in that straight path. Then you hook a punch around those blocking arms. Either by choice, or because he his has pelvis raised or bumped you forward, you begin fall forward. You drop your torso hard, with extra emphasis on crushing his diaphragm, chest and face. As you drop, you push his head, making it turn. Then you start hammer fisting the face. If his hand comes up to block, you might try trapping the blocking limb with your climbing leg. This also works when he pelvis bumps you forward.

#### Level 4 Kick: The Rear Leg Roundhouse Kicks

The rear leg kick strikes the adversary hard. The torso must turn to power up the contact. The hip moves first. The turn generates power. The leg strikes the target. This kick is a staple of all fighting systems, but a study of these systems will disclose quite a diverse range of training methodologies.

Through my decades of training, I have distilled the rear leg round/roundhouse kick down into its universal combative essentials. If you kick a man in this clean, universal method, an esoteric karateka or Silat expert may complain that the kick was not "right," because it did not follow his preferred look or style. Meanwhile a military, police or Thai expert may say "perfect." Or... vice versa. Still, the kick will hurt the enemy.



All of the fighting systems of the world have some kind of rear-leg, roundhouse kick.



The kick strikes low targets like shin or ankle.



The kick strikes higher, like the thighs.



Higher still...

The Roundhouse Kick Fundamentals		
Strike with	-the toe of the shoe -the instep of the foot -the shin	
Basics	-grounded foot pivots -hips and torso turn -grounded leg knee bends -the kick either: a) drives all the way through the target, or b) hits and retracts.	



#### Position

From years of practice, learn the proper positioning in front of the enemy, an angle where you can generate and produce the most power on contact. Remember the enemy moves and that position changes.



#### **Foot Pivot**

Most systems agree that pivoting the lead foot out "opens the hips" for the full power kick and allows the torso to turn more than if the foot were pointing at the target.

In some cases the standing foot will pivot even more during the kicking process. In some systems, the kicker leaves the ground and this pivot foot is in the air. This airborne approach then becomes a jump kick with advantages and disadvantages.



#### Rotation

Get a good rotation of the hips and torso. Try to keep the hands up for protection.



#### The Standing Knee Bends

The standing leg is the sole support of the kick, the one foot that is on the ground. Put some spring in the standing leg knee. This brings greater balance and flexibility to the process.



Lock the Kicking Knee in with a Slight Bend of the Leg As you pivot, lock in the kicking leg at the knee with the lower leg at a slight bend. Without this lock, the lower leg gives way upon impact, lessening the strike the force.



#### The Drive and Turn Through the Target Option

This low-line, combat hook kick lands in and around his knee in this photo, and continues the momentum in hopes of knocking the opponent down.



#### The Hit and Retract Option

Some prefer to hit and retract. When the leg hits the target, the leg retracts back into a balanced fighting *stance*.

#### The Hit and Push Option

Some hit, push and then retract. When the leg hits the target, the leg stays connected and assisted with even more body turn and torque, the leg pushes the target. This is a technique requiring somewhat more skill and practice.



#### Strike with...

- a) The surface of the shin/lower leg
- b) Foot instep
- c) Toe of the shoe
- d) Forget barefoot martial arts tactics, such as striking with the ball of the foot. In real world confrontations, you will be wearing shoes and will not be able to bend the shoe tips up to access the ball of the foot.

#### ... and don't forget the ground!



For every kick there are ground fighting applications. For ground, round kick practice, start on your back...



...and raise up on an elbow. Roll over and kick. Then lay back down on your back again. Repeat the process. At the end of the designated set, shoot up to your feet to practice getting up.



Work both right and left sides. Some of our instructors mandate their students get up after each kick. This is quite an aerobic workout.

#### Your Roundhouse Kick Power Practice and Work 0ut

Perform against pads:

Standing:

- 10 standing right leg fighting position
- 10 standing left leg fighting position
  - -Vary the heights of your target

10 sets of double kicks 10 sets of triple kicks

#### Ground:

10 ground right leg (get up safely after a set) 10 ground left leg (get up safely after set)

Versus a training partner:

Exchange kicks in sets of 4. Stalk between sets.

#### The Round House Kick Statue Drill

Work the outside/inside/inside/outside statue drill series versus a helpful trainer to develop target acquisition, savvy and skill. Experiment and learn the ranges, pros and cons. Next, let the trainer push and pull you some, to feel the possible difficulties in such close quarters, hands-on kicking.

Please remember that counters to this kick and all other kicks are presented later in Level 9 of this course.



1) Start



2) Outside





3) Inside

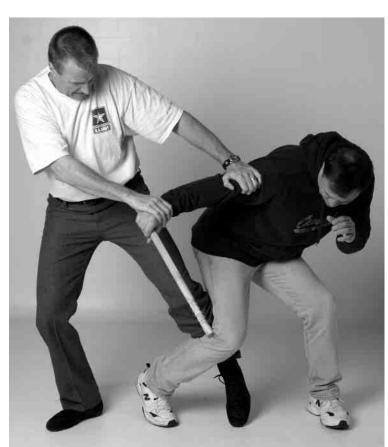
4) Inside



5) Outside

#### **Round Kick Combat Scenarios**

Start blending the kick inside combat scenarios. I have used round kicks as a police officer with varying degrees of success. I have only knocked a person off of his feet one time with a power kick to the side of the thigh. The rest of the time the kick served to unbalance, stun and distract the opponent.



Start putting the kick inside combat scenarios.

#### Level 4 UC Takedowns and Throws: The Arm Takedowns Module

This segment introduces the concepts of using the arm as a leverage tool to execute a takedown. The arm is manhandled in both bent and straight positions.

#### 1) Bent Arm Positions





Arm bent forward



Arm bent down: front

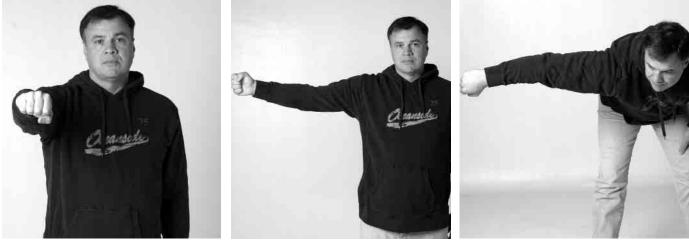


Arm bent down: rear



Arm bend:ground

#### 2) Straight Arm Positions



Front

Side

Bent over

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#### Basic Bent Arm Takedowns: An Overview

This is a basic collection of tactics that we will work with the arm bent. There are tens of subtle variations.





Underarm TKD

Figure Four TKD



Wrestler's Roll-over (ground and standing)



Arm Bar Hammerlock



Forearm Hammer Drop



Arm-Wrap / Handle Takedown

#### **Basic Straight Arm Takedowns**

This is a basic collection of tactics that work with the arm straight.



Over the Shoulder



Front Arm Bar



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#### Bent Arm Takedown 1) Underarm TKD

This is a classic takedown, taught in almost any military and martial arts class, yet not as simple as it seems to execute in real life without the proper in-depth knowledge and practice.



The high incoming attack. You raise a reflexive, high protective arm. You poke him in the eyes. You put your biceps on his triceps. Connect your hands and crank down. Step off to his side. Finish as needed.



Key point: Do not let the arm straighten out more than 90 degrees. Take that connecting arm and yank it back hard.

Also, keep his arm bent by pushing in toward his body to prevent the bend.

A quick, violent jerk at the shoulder can injure to degree. You must step off to his side.



An outward wrist twist can really heighten the success if you can get it.



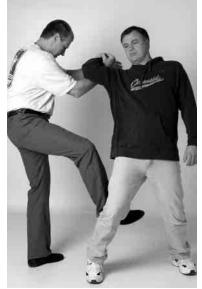
Practice versus a knife attack.



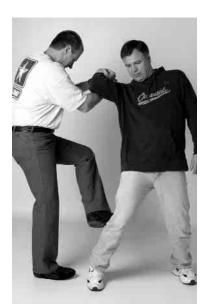
Practice versus a CQC stick attack.



A rear leg sweep may be needed.



An inside leg stomp kick may be needed.



An outside stomp kick may be needed.

#### **Takedown Directions**

Direction 1: Over the top if the height is right to do so. Direction 2: Down and out to the side in a downward spiral, if the opponent is somewhat taller.



Over the top.



Downward spiral to the side.

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#### Counters and Escapes to Underarm Takedown

1) Early-Phase Counters:

- a) The opponent yanks his arm out of the catch.
- b) The opponent turns inward and uses his other arm to interrupt.
- c) The opponent catches your arm wrap and resists.
- d) The opponent rolls under your capture starting with his far shoulder.
- 2) Mid-Phase Counter:
  - a) The opponent's inside leg steps back.
- 3) Late-Phase Counter:
  - b) The opponent bends forward.



Counter! He catches your arm wrap.



Counter! He steps back.



Counter! He bends forward.

#### Trouble shoot with the "Reverse" Underarm Bar



Photo 1) Having trouble?

Photo 2) Feed the arm over the bend.

Photo 3) Turn and face forward. Have your hand on his elbow.

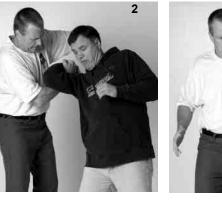






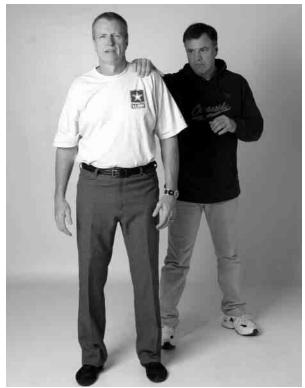


Photo 4) Turn in and re enforce your hands.

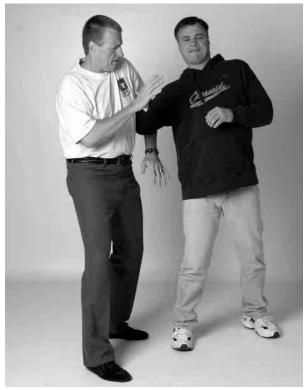
Photo 5) Raise the hands from the 3 o'clock position to the 12 o'clock position.

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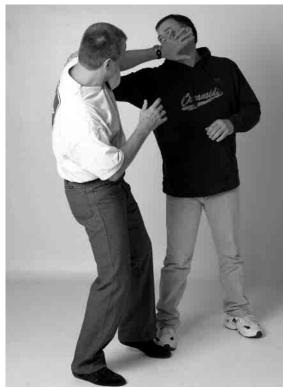
#### Escape the Shoulder Touch Escort with the Reverse Underarm Takedown



The enemy escorts you. OR! An enemy pulls you back on your shoulder.



Keep wrapping. Strike the eyes again, if needed.



Strike the eyes! Keep that arm moving over the arm. Watch out for a common sucker punch!



Turn in and crank his elbow up until he falls or you rip his arm. His forearm will rip first. Then shoulder.

#### **Underarm TKD Knife Disarm Series**

Series 1: Disarm- after a hard ground body slam (easily the best and basic option).

Series 2: Disarm- after eye gouge, shoulder rip, outside hand peels knife out (requires more skill and finesse). Series 3: Disarm- after eye gouge, shoulder rip, inside hand peels out the knife (requires more skill and finesse).

S Ε R Ε S 1 **Outside hand peels** S Ε R L Ε S 2 ISL Inside hand peels S Ε R L Ε S 3

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Underarm TKD Stick Disarms: Other Opportunities from this Progression.



After the eye attack, the inside hand could get the stick. Yank it out at the best angle.

#### **Pommel Wrap/Strip**



Your forearm wraps his forearm, hooking the pommel. Bury your thumb into your hand so that the thumb won't hook the arm and interrupt the wrapping of his arm.



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#### **Underarm Takedown Skill and Flow Drill**

As a strong believer that each tactic should be practiced through at least one coordination, flow, speed and skill drill, we use the 6 beat/event Block, Pass and Pin Drill.



This is Training Mission 4! By now we should know the common Block, Pass and Pin Drill!

The drill simply simulates arm-to-arm contact and helps a student pick moves out inside the flurry of an attack. A practitioner who works this drill will be better at the takedown than one who does not. The underarm takedown movement is snared on beat one and a half of the progression. Go though a few rounds of the six steps, then go for it. Stop the incoming arm on beat one. Keep the blocking contact arm in place. Then get your biceps under his triceps. Snatch the wrist arm and crank the arm. Put weapons in your training partner's hand. The incoming attack is very conducive to weapon delivery angles.



Stop the attack on Beat 1. On beat 1 1/2, execute the move - biceps under triceps. Catch and step off. Crank the shoulder down.



Do the same drill vs. a knife.

Do the same drill vs. a stick pommel.

## **BENT ARM TAKEDOWN 2: THE FIGURE FOUR**



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# Bent Arm TKD 2) The Figure Four TKD

This is a classic takedown, taught in almost any military and martial arts class, yet not as simple as it seems to execute in real life without the proper in-depth knowledge and practice.





The threat.

Both your arms are over the threat's arm. (the eye jab REALLY helps)



The scissoring motion should hack into the arm, to get the enemy's arm to bend.



Hack with power.



One doesn't plan to execute the Figure 4 or and of these Bent Arm TKDs.

The actions occur both incidental and accidental as the events of the fight unfold. As in nature, out of the chaos, a "pattern erupts."





Differing systems prefer different hand positions. The classic approach is to grab his arm with your hands. Other systems keep the hands open, typically to eye jab during the process. Both have advantages. Note the potential forearm strike in the above photo on the right.

As with the previous Underarm TKD, the height of the opponent is a issue.



Over the top if the height is right, or...



...outside downward spiral, should the opponent be too tall.

Twisting the wrist REALLY helps here.

As with the previous TKD, use your legs to trip his legs if need be.



Inside leg stomp trip.



Outside leg stomp trip.



Inside leg reap.

Counters and Escapes to Figure Four Takedown
<ol> <li>Early-Phase Counters:         <ul> <li>a) The opponent yanks his arm out of the catch.</li> <li>b) The opponent turns inward and uses his other arm to interrupt you.</li> <li>c) The opponent catches your arm wrap and resists.</li> <li>-he inserts his hand inside your figure four.</li> <li>-he grabs and wrestles against you.</li> <li>d) The opponent turns in and under your capture, starting with his far shoulder.</li> </ul> </li> </ol>
<ol> <li>2) Mid-Phase Counter:</li> <li>a) The opponent's inside leg steps back.</li> </ol>
<ul><li>3) Late-Phase Counter:</li><li>b) The opponent bends forward.</li></ul>
4) He does all of the above.

### Figure Four on the Ground.

In this age of sport wrestling, the Figure Four tap-out capture is a very popular move. In almost every one of the sport captures, you have an opportunity to skim across or completely gouge the eyes, as the situation dictates.

#### The two typical ground Figure Four locks are:

- 1) Cross-Body Figure Four-where the bodies are positioned like the shape of a cross.
- 2) Topside Figure Four- where the topside person is in line with the bottom-side person.



A great wrestling submission move, and quite painful. Your weight is on his chest restricting breath. Your elbow is in his face. Your raising his elbow and twisting his wrist.



But! If he tries, he can almost always find your eyes with his fingers in a no-rules, street fight or battlefield fight. And...there are other escapes. Attend a seminars to learn the many street options.

# Figure Four Takedown Skill and Flow Drill

As a strong believer that each tactic should be practiced through at least one coordination, flow, speed and skill drill, we use the 6 beat/event Block, Pass and Pin Drill.



This is Training Mission 4! By now we all know the Block, Pass and Pin Drill.



Beat 1



Beat 2



Beat 3. Eye jab on Beat 3 1/2. Then snare the move on this beat 3 1/2.

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# Figure Four Choke Follow-up Option



You start the figure four wrap-up. Note the tight grip vs. the open hand approach as previously mentioned. But it is not going well. You open the "window' and hook the head, and by the way, this is often the direction of his resistance as he tries to unwrap and escape.



Open the window. Imagine the stick is his arm.

Squeeze!



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In the 1970s while in police work, I had a crazed man come after me with an axe. I had no plan. I just reflexively threw my arms up and found myself gripping him in a classic Figure Four lock. It seemed as though I had plenty of time, because the man had unexpected trouble hauling the weight of the axe over his head.





Left side view











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# Bent Arm TKDs 3) The Four Corners Throw "Sheonage" TKD

This has a lengthy continuum with many escapes & counters, but still enters on the arm when bent upward. The end has you finishing not at all unlike the under arm takedown. This time it is a much longer process because the arm capture started out low. Here are the mandatory root movements.

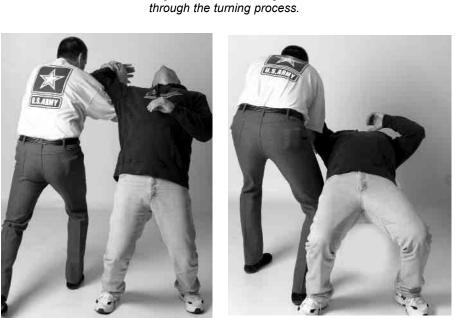


Here, the arm is caught low in some manner. Catches vary..





Keep turning. Stay low.



differing tactics in controlling his arm

Now you are back into the familiar Underarm Takedown takedown territory. Apply the same steps.

The practitioner will actually turn to all four directions during this process, ergo the nickname-the four corner's throw. The inserts are numerous. Many Japanese systems make long and detailed study into the steps, using it as major mainstay of their program. I believe in the takedown after working on it hundreds of times. And I have seen the point where, when grappling with the arms of an enemy, this move is very appropriate and effective. It does however require extra skill! Keep this in mind when teaching it to differing groups of people.

Counters and Escapes to Four Corners "Sheonage" Takedown	
<ol> <li>Early-Phase Counters:         <ul> <li>a) The opponent yanks his arm out of the catch.</li> <li>b) The opponent turns inward and uses his other arm to interrupt you.</li> <li>c) The opponent catches your arm wrap and resists.</li> <li>-he inserts his hand inside your figure four.</li> <li>-he grabs and wrestles against you.</li> </ul> </li> </ol>	
2) Mid-Phase Counter: a) The opponent's inside leg steps back or out. b) The opponent turns inside your turn. You both appear to be dancing!	
<ul><li>3) Late-Phase Counter:</li><li>a) The opponent bends forward.</li><li>b) The opponent turns in with you as you turn into position.</li></ul>	
4) He tries all of the above.	

# The Sheonage Continuum

There are so many possibilities to change and modify this process, that I often teach the troubleshooting series under the title of "The Sheonage Continuum." We will overview the basic modifications here.





Problem here? Uppercut under the arm. You may get an over-extension at the elbow. You may get a shot in under the chin. Use your legs to spring up with this motion to develop more force.



Problem here? Execute the Over The Shoulder Arm Break (detailed in the upcoming pages.) After the arm is damaged, you can maneuver into front and rear takedowns. Elbows can also fly here.



Problem here? Just do the Level 1 Rear Leg Sweep Takedown.



Problem with an incoming elbow? Or a turn-under escape?



Thread the elbow and snatch the captured hand. Continue any follow-ups.

# BENT ARM TAKEDOWNS 4: THE REAR ARM BAR HAMMERLOCK



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### Bent Arm 4) Rear Hammerlock Series

This is a very practical, useable catch, but as with all fighting tactics, not without its downside and faults.

#### An Option Awareness Combat Scenario



He uppercuts. You block and eye jab. You wrap the arm and strike the carotid.



Catch the arm at the bend. This offers more control than at the shoulder.

# Multiple takedown and finishing options next...







Arm break pull finish.



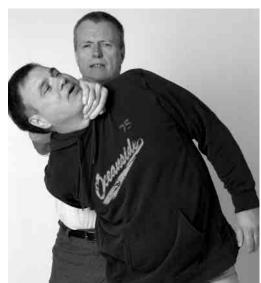




Knee Buckle TKD







Escort walk-way

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Drop head to knee and elbow strike to neck.



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Wing Choke

# Counters and Escapes to the Rear Hammer Takedown

1) Early-Phase Counters:

- a) The opponent yanks his arm out of the catch.
- b) The opponent turns inward and uses his other arm to interrupt you.
- c) The opponent catches your arm wrap and resists.
  - -he inserts his hand inside your catch.
  - -he grabs and wrestles against you.

2) Mid-Phase Counter:

a) The opponent's inside leg steps back or out.

3) Late-Phase Counter:

b) The "drunk drop," The opponent bends and falls loosely into you.

4) He does all of the above.

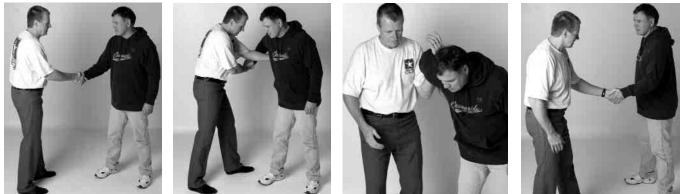
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# **Basic Skills Development Progression**

Through the years I have collected and/or created this package of skill development drills that really enhance performance and understanding of the movement.

- Drill 1) Handshake catch
- Drill 2) Arms akimbo Superman
- Drill 3) Arms straight down
- Drill 4) Vs. uppercut
- Drill 5) Vs. straight punch
- Drill 6) Vs. a single hand choke
- Drill 7) Ground catch
- Drill 8) The Block, pass and pin drill application

#### Drill 1) Handshake catch



Start with a handshake. You have no other hand to insert in between the arm and body but your free hand. Work both sides. A great first step to get the basic down.



Drill 2) Arms akimbo "Superman"



Now you have a custom-made opening to practice with. Insert the proper hand!

### Drill 3) Arms straight down



Now cross-grab the arm and turn the arm. Insert the other arm into the opening.

Work both sides of the body.



Drill 4) Vs. uppercut



The uppercut comes up. Two forearm blocks. Hook the elbow and pull it in. Insert the arm.



Work both sides of the body.

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# Drill 5) Vs. a straight punch



He punches. Leading with an eye jab, you start the process.

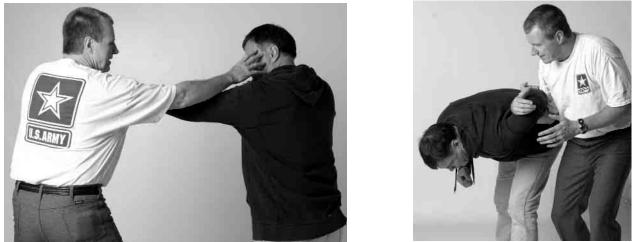


Remember to catch around the elbow, not the shoulder.



Remember to work the other side, too!

#### Drill 6) Vs. a single hand choke

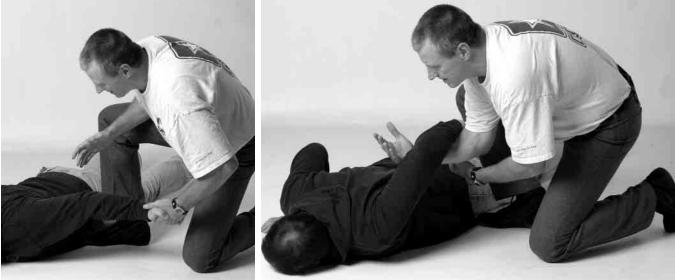


Treat the arm of the choke in the same manner. Hammer down on the arm in the proper angle to create the best bend and execute the wrap. Exercise both right and left sides.

### Drill 7) Ground catch



Start the drill with a practice handshake. Insert the free hand over the top, hammer down and into the bend. Acquire the hold. Position the rest of your body as needed for balance and control.



Work the opposite hand.

#### Problem-Solving the Arm Bar.

You will learn through practice and application that there are just some people who won't or can't bend their arm in the manner needed.

- **The Won'ts:** These people are not a real problem. In practice and training, they are tight due to a lack of flexibility and resistance. You will be able to bend the arm with sufficient force. Take care not to hurt your practice partner. Do all the steps as previously shown, only more viciously.
- **The Can'ts:** These people, maybe one-out-of-thirty people or so, *can't* bend their arm in the manner needed. Crank the arm hard, or use the standard trouble-shooting move. Grab the shoulder and pitch him downward in a descending spiral.



"The arm won't bend!" So...



...ALWAYS hit the neck, jaw, or head, even the arm to diminish his resistance.



After the strike, you capture the shoulder and execute a downward, pulling spiral takedown. Note the foot position in the last photo. There may be some tripping needed to make this a success.



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Hammer Drop Option Awareness Combat Scenarios

He hook punches. You dodge the shot and hook a hammer fist across his cheeks, eyes and nose. Carry that energy...





...into the bend of the arm. Drive the elbow about 45 degrees to the floor. Drop in that direction.



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#### Bent Arm takedown 6) The Handle Takedown

This takedown involves swallowing the upper arm of the opponent and charging forward and down. You may need the aforementioned leg sweeps, stomps and trips to accomplish the movement.

Handle Takedown Option Awareness Combat Scenario



He attacks with a push or a strike. You dodge and wrap the upper arm. Run and step.



Smother the arm and charge, forward and downward.



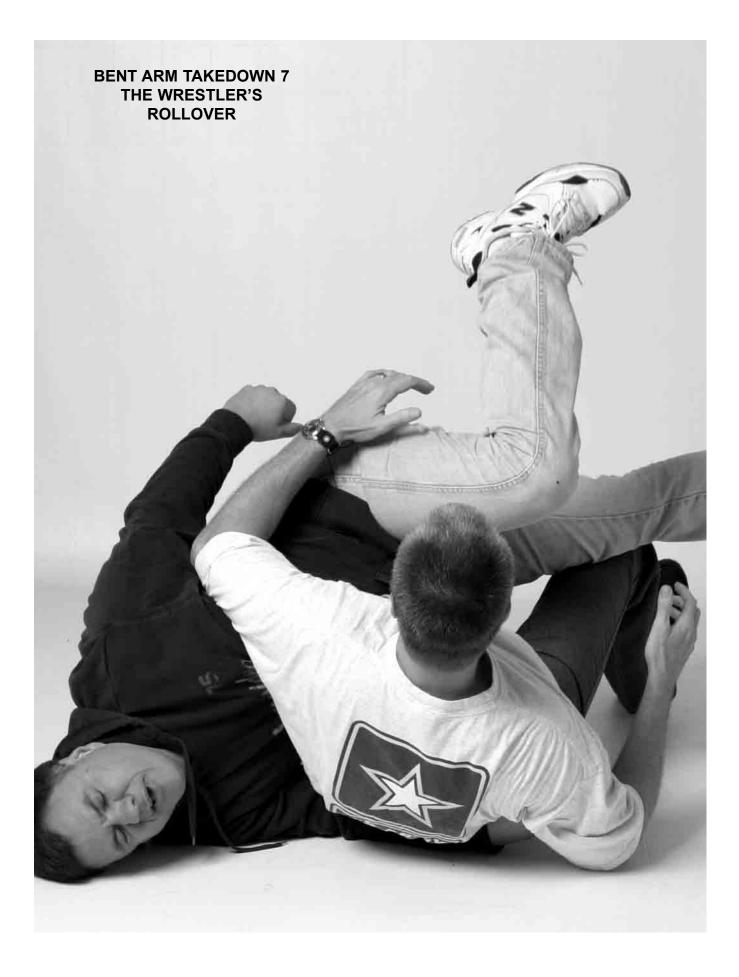
Taking a step forward helps.



A turned-in knee at the last second will catch the back, causing more debilitation.



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# Bent Arm 7) The Wrestler's Roll-over

I learned this in high school wrestling and it has many real-world applications.



The ground version. Clutch the bent arm wrapping your torso. Roll over and strike.



I have used this move as a police officer. The criminal struck his head harshly on the pavement. You capture the arm and step deeply inside. Roll him over your back, and drop with him. Don't let your elbow hit the ground too harshly.

STRAIGHT ARM TAKEDOWN 2) OVER THE SHOULDER ARM BREAK



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### The Straight Arm Break vs. a Knife Stab



He stabs! You dodge. You hook the arm, then catch it. Get your shoulder on or above his elbow...



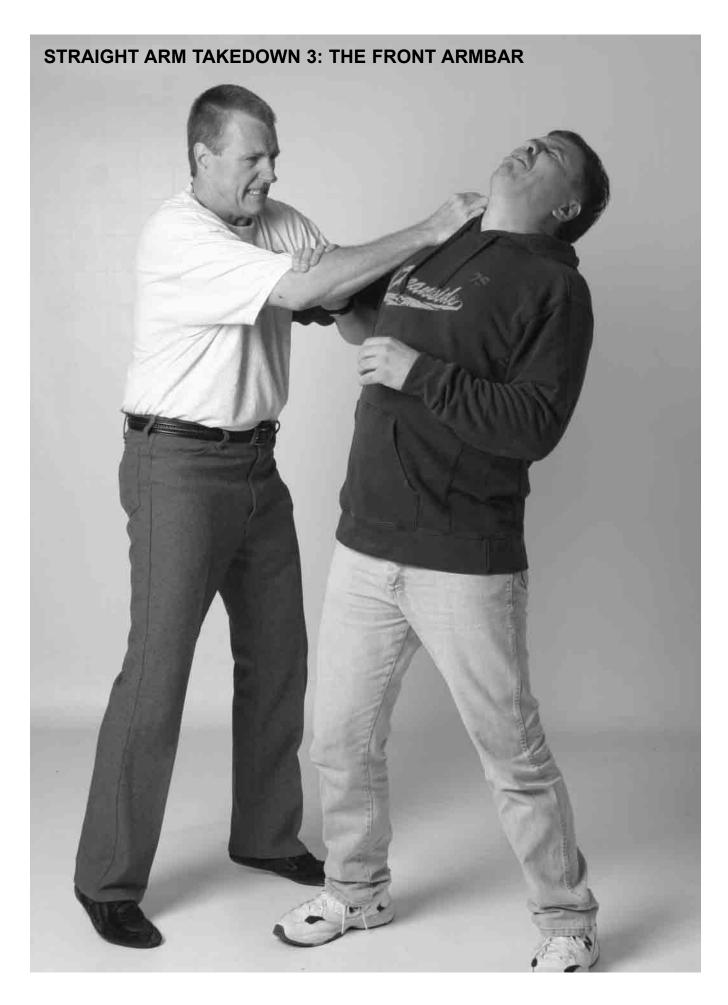
Pull the hand down. Push the elbow up. Turn and twist out. Hook/sweep the leg for a takedown.

#### Counters and Escapes to Straight Arm Break Takedown

- 1) Early-Phase Counters:
  - a) The opponent yanks his arm out of the catch.
- 2) Mid-Phase Counter:
  - a) The opponent slaps the shoulder as he steps off to the open side.
- 3) Late-Phase Counter:

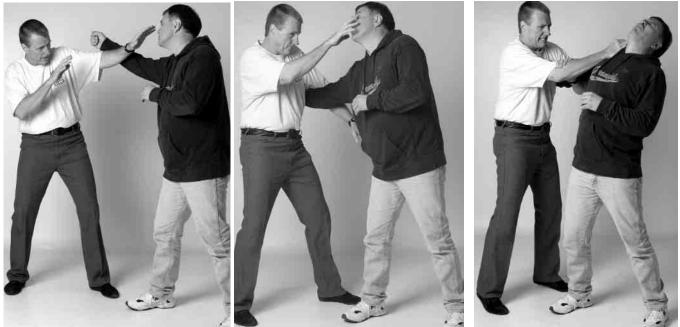
a) The opponent leaps forward so the armpit, not the elbow is on the shoulder. He tries to turn his arm to rescue the elbow joint. Any number of follow-ups are available.

4) He does all of the above.



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# Straight Arm Takedown 3: The Straight Arm Bar



You block. Wrap the arm and eye jab. Hook under the elbow. Eye jab again. Hammer the clavicle. Hit the neck.





The takedown.

### Counters and Escapes to Straight Arm Bar Takedown

1) Early-Phase Counters:

a) The opponent yanks his arm out of the catch.

2) Mid-Phase Counter:

a) The opponent charges forward, wrapping your arm.

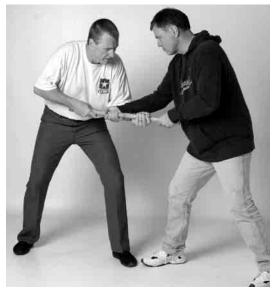
3) Late-Phase Counter:a) He does all of the above.

# SDMS IMPACT WEAPON COMBATIVES LEVEL 4) Combat Drills

Fresh from learning the basics of single-hand and double-hand grip tactics and strategies, here in Level 4 we go to battle with them.

### SDMS "Tug of Wars" Warm-ups

These are not completely tugs of war, meant to pull your partner over a particular finish line. Rather, they are studies in energy and methods to outsmart the push and pull of your partner. These appear in no special order. The drills are great warm-ups to start any impact weapon class. Also, they should all be done with replica long guns.



#### Drill 1: The DMS Riot Push/Pull

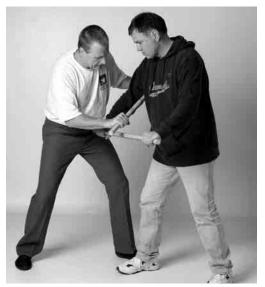
Both parties grab one stick held in the riot position. Both pull and push in a tug of war balance and positioning battle. You are not simply trying to pull your partner over an imaginary line. You also push when he pulls, pull when he punches. The end goal is to experience the push/pull of fighting over the weapon.

Drill 2: SMS Double Stick Push/Pull



Both parties grab two sticks held in each hand as shown to the left.. Both pull and push in a tug of war balance and positioning battle. You are not simply trying to pull your partner over an imaginary line. You also push when he pulls, pull when he pushes. The end goal is to experience the push/pull of fighting over the weapon.

**Drill 3: Interlock Push/Pull** 



Both parties grab sticks in a DMS grip. Both interlock their arms. Both pull and push in a tug of war balance and positioning battle. You are not simply trying to pull your partner over an imaginary line. You also push when he pulls, pull when he pushes. The end goal is to experience the push/pull of fighting over the weapon. Take care in this one not to injure your partner's ribs. You will learn here just how easily this can be done.

Drill 4: DMS vs. UC Push



This is a study to see how powerful a DMS shove can be. Push low? He will usually bend over first, then move back. Push high? He will bend first, and then move back. Push in the zone between the elbow and the shoulder and you will have an instant shove. As with all these drills, use your full body synergy to get the job done.

**Drill 5: DMS Port Arms Push** 



This is push versus the DMS port arms position. Check the flexibility of your chosen weapon. See how pushing works out.

# **SDMS Combat Block and Strike Drills**

# **Basic Training SDMS Combat Drill Series**

Work this Basic Series in 6 count sets: Do while moving.

- Basic Drill 1: High strike / high block in a set of 6 Basic Drill 2: Right side strike / side block in a set of 6
- Basic Drill 3: Low stab / low block in a set of 6
- Basic Drill 4: Left side strike / side block in a set of 6
- Basic Drill 5: Mix up the count and angles
  - \* 4 clock angles
  - \* 2 clock angles
  - \* Improvise

Basic Drill 6: Block 6 punches and kicks

- Basic Drill 7: The port arms stick or rifle blast and trap strike in sets of 6
- Basic Drill 8: Batting versus clock attacks

#### Basic Drill 1: High strike / high block in a set of six

In this drill you take turns striking from the 12 o'clock or high position up to 6 strikes. Stop, stalk each other and then exchange strikes again. Make each strike deep and mean. When the attacker strikes realistically hard and deep, defenders regularly use the DMS two-handed grip to stop the real force.



He strikes high on beats 1, 3 and 5.



You strike high on Beats 2, 4 and 6.



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#### Basic Drill 2: Right side strike / side block in a set of six

You will strike from your right side or "3 o'clock" side. He blocks. He immediately returns with a power strike. He can strike from the right or left side, as the drill centers on you and your development of 3 o'clock strike. You exchange six blows.



You strike right on Beats 1, 3 and 5.



He strikes back (any side strike) 2, 4 and 6.



**Combination Practice:** Work the 12 o'clock six hits and the 3 o'clock six hits for a total of 12 strikes.

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#### Basic Drill 3: Low strike / low block in a set of six

You will strike low or from 6 o'clock side. He blocks. He immediately returns with a low power stab. You exchange six blows. Any one-hand or two-handed block is fine to practice.



Any low, or 6 o'clock strike on Beats 1, 3 and 5.



He strikes back on 2, 4 and 6.



#### **Combination Practice:**

Work the 12 o'clock six hits and... the 3 o'clock six hits and... the 6 o'clock six hits for a total of 16 strikes.

#### Basic Drill 4: Left side strike and block in a set of six

You will strike from your right side or "9 o'clock" side. He blocks. He immediately returns with a power strike. He can strike from the right or left side, as the drill centers on you and your 9 o'clock strike. You exchange six blows





You strike from the 9 o'clock side on beats 1, 3 and 5.

He strikes on beats 2, 4 and 6.



**Combination Practice:** 

Work the 12 o'clock six hits and... the 3 o'clock six hits and... the 6 o'clock six hits and... the 9 o'clock six hits for a total of 24 strikes.

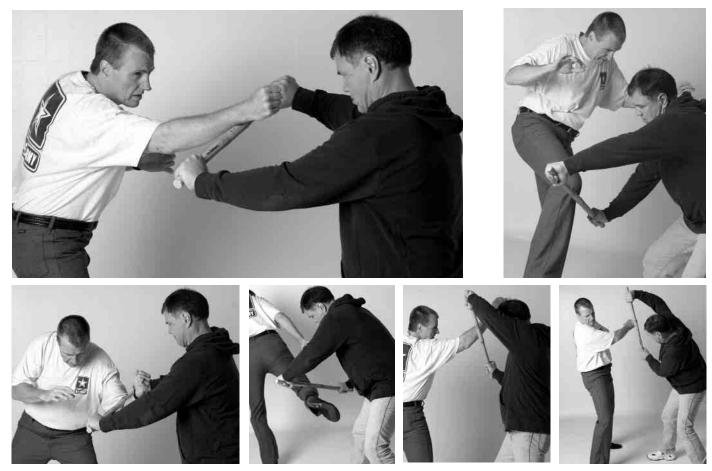
# Basic Drill 5: Mix up the angles in a set of six



Mix up the give and take in sets of six.

# Basic Drill 6: Block 6 punches and kicks

You have your impact weapon up and ready and the opponent is unarmed. He attacks you with hand strikes and kicks. This is more likely to happen to you than a stick versus stick duel encounter. You practice blocking.



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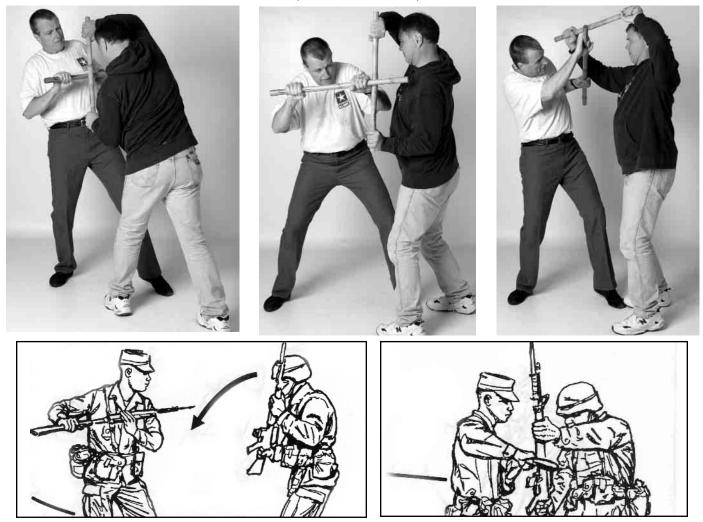
**Basic Drill 7: The port arms stick or rifle blast in sets of six** You strike three times. He blocks. He strikes three times. You block.







Reminiscent of military pugil training, You strike with port arms. Block any way practical. You hit on 1, 3 and 5. He hits on 2, 4 and 6.



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Basic Drill 8: Batting versus clock attacks You strike three times. He blocks. He strikes three times. You block. It is vital you learn to swing a stick of average length like a baseball bat or a sword.





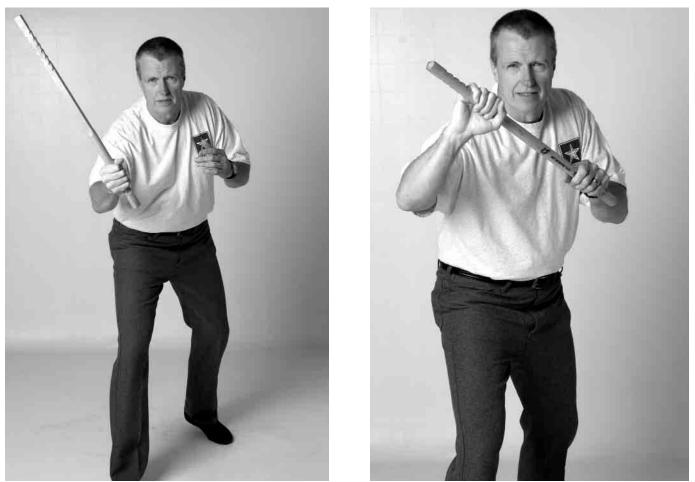
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# **Advanced Integrated Training Combat Series**

# Advanced Drill 1: The SMS to DMS Integrated Drill

This is a combination drill to build an integrated single and double-handed grip fighter.

- 1) 12 o'clock SMS strike and any DMS follow-up.
- 2) 3 o'clock SMS strike and any DMS follow-up.
- 3) 6 o'clock SMS strike and any DMS follow-up.
- 4) 9 o'clock SMS strike and any DMS follow-up.
- 5) Strike out with the advanced 12 angles of attack and add a DMS follow-up at the end.



Strike each angle starting with a single-hand grip. Follow-up with any double-hand grip.

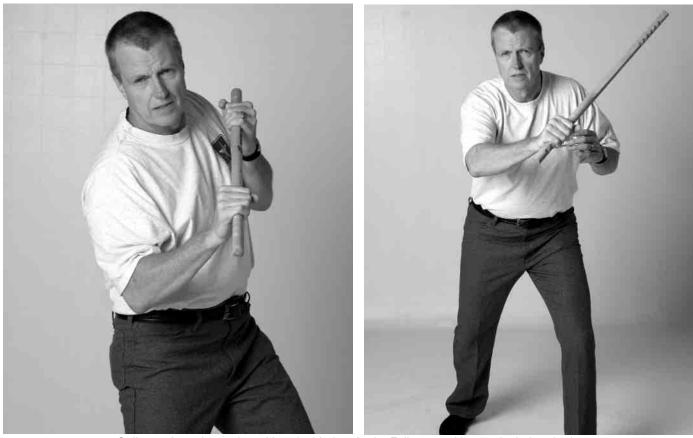
Work these:

-in the air. -on a war post. -block, then counter strike a training partner.

## Advanced Drill 2: The DMS to SMS Integrated Drill

This is a combination drill to build an integrated single and double-handed grip fighter.

- 1) 12 o'clock DMS strike and any SMS follow-up.
- 2) 3 o'clock DMS strike and any SMS follow-up.
- 3) 6 o'clock DMS strike and any SMS follow-up.
- 4) 9 o'clock DMS strike and any SMS follow-up.
- 5) Strike out with the 15 angles of DMS attack. Add a SMS follow-up at the end.



Strike each angle starting with a double-hand grip. Follow-up with any single-hand grip.

Work these:

-in the air. -on a war post. -block an attack, then counter-strike a partner.

## Advanced Drill 3: The SMS "Increasing 12s" Drills

This is a very hard core, ballistic drill when done properly. It builds great character. Versions of this Increasing 12s drill will appear throughout the course in different ways, as needed for the theme. Strike deep enough so that should the trainee miss his block, he could actually be hit. A quick overview of the 12s looks like this:

- 1) Stalk. Look mean and growl. Do angle 1 mean and viciously. Do the remaining 11 slowly.
- 2) Stalk. Look mean and growl. Do angle 1 and 2 mean and viciously. Do the remaining 10 slowly.
- 3) Stalk. Look mean and growl. Do angle 1, 2 and 3 mean and viciously. Do the remaining 9 slowly.
- 4) Stalk. Look mean and growl. Do angles 1-4 mean and viciously. Do the remaining 8 slowly.
- 5) Stalk. Look mean and growl. Do angles 1-5 mean and viciously. Do the remaining 7 slowly.
- 6) Stalk. Look mean and growl. Do angles 1-6 mean and viciously. Do the remaining 6 slowly.
- 7) Stalk. Look mean and growl. Do angles 1-7 mean and viciously. Do the remaining 5 slowly.
- 8) Stalk. Look mean and growl. Do angles 1-8 mean and viciously. Do the remaining 4 slowly.
- 9) Stalk. Look mean and growl. Do angles 1-9 mean and viciously. Do the remaining 3 slowly.
- 10) Stalk. Look mean and growl. Do angles 1-10 mean and viciously. Do the remaining 2 slowly.
- 11) Stalk. Look mean and growl. Do angles 1-11 mean and viciously. Do the remaining 1 slowly.
- 12) Stalk. Look mean and growl. Do angles 1-12 mean and viciously.

The protocols for skill development will follow on the next pages. Mastering this ferocious format will advance your skills tremendously. Remember these skills also apply to fighting against other weapons.

## The SMS 12 Angles of Attack

The 12 SMS Angles of Attack are a mix of slashes and stabs to give a trainee the experience of battling against stabs and slashes in a quick set. They are:

Angles 1 - 4: "The Four Corners." Four slashes.



Angle 1



Angle 2

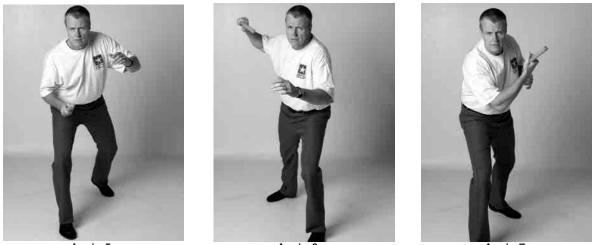




Angle 3

Angle 4

Angles 5-7: "The Upside-Down triangle." Three stabs. One to the stomach area, two to the chest.



Angle 5

Angle 6

Angle 7

Angles 8-11: "The Rhyme: Thigh-Thigh-Eye-Eye." Four more strikes. Two slashes. Two hooking stabs.



Angle 8



Angle 9



Angle 10

Angle 12: "Down like the Clock."



Angle 11

For the opposite hand, do the series completely opposite.

"You must learn both left and right!

-- Remy Presas



Angle 12

Practice a) walking b) knee-high c) opposite hand d) on your back e) on your sides

## Next add a 1/2 beat hand strike and 1/2 beat kick.

Before or after the 4 angle clock drill, or the 12 angle drill, add a hand strike. Add a kick. Add both in combination.



# The Possible SMS Combat Combination Strikes

Stick and hand strike Hand strike and stick Stick and kick Kick and stick Stick, hand strike and kick Hand strike, stick, kick Kick, stick, hand strike ...and even more combinations thereof!

## **Increasing 12s Skill Sets**

## Skill Set 1) Footwork!

Evade the 12 angles with footwork only to create maneuvering skills.

## Skill Set 2) Block!

Block the 12s with your stick. -block his stick -block his stick and his punch -block his stick and his kick -block his stick, his punch and his kick. Change up the order for variety

# Skill Set 3) Counter-Strike!

Block the 12s and you quickly counter-strike with:

-your stick on any angle -your punch -your kick -your stick and punch -your stick and kick -your stick, punch and kick. Change up the order for variety

## Skill Set 4) Charge!

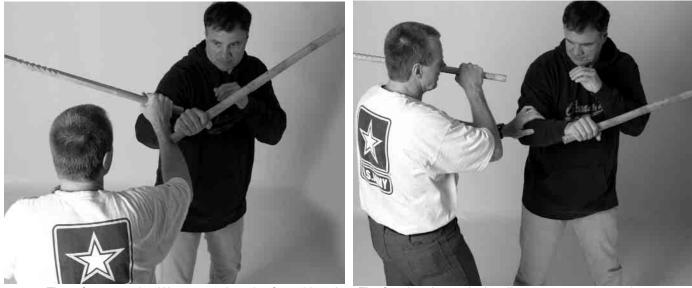
Block and charge in for stick grappling. You will learn these skills in SDMS levels 6, 7 and 8.

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## Advanced Drill 4: The SMS Outside Invasion Series

The action begins with this high backhand reference point.. He could strike at you. You could strike at him. Either way, upon contact the reference point has been achieved. You slap/clear his arm. The four step series covers:

- Series 1) He doesn't get to block your strike.
- Series 2) He barely blocks your strike, getting a half-way block.
- Series 3) He grabs your incoming wrist.
- Series 4) He over blocks your strike.



The reference point. We start each series from this point. The free hand pounds the elbow to create an opening.

In the first series, he fails to block your invasion. You invade by taking your empty hand and slapping hard on his elbow, to clear his arm out of the way. This allows your pommel to invade in and strike to hit the neck or face. Try to keep pressure on his arm. Keep hitting the newly stunned opponent.



The free hand will slap his weapon-bearing limb

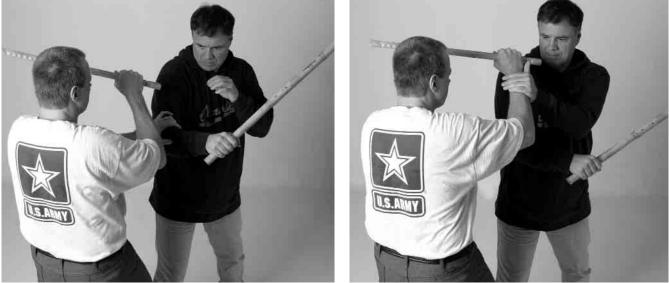
This hand hits and pushes.

Your stick is free to strike!

Remember that these movements will work against a person holding a knife, or a person who is unarmed. Also, the strategies will work if you are left-handed versus a left-handed stick man, but not with left-handed versus right-handed. They will work against an unarmed man who blocks your invasion.

In the second series, he blocks your invasion only half way. He barely gets an open hand to the center line of his body. This is not a grab yet, just an open hand, reflexive block. All at once you will:

- -Twist you torso as you
- -Elbow strike his upper arm
- -Your free hand will slap and clear his block
- -You continue to hit him



You've cleared a path with your free hand. You strike. He blocks half-way. No grab. Just an open block.



You elbow strike the weapon arm. Drive your body into it. You hand slap the block away.



Keep striking until the enemy is down.

Strike!

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In the third series. He grabs your incoming invasion. There are several options. In this first option, you raise your trapped elbow. You roll that elbow over the top of his arm. Then you elbow strike down on his arm. With your weapon limb now free. You strike until the fight is over.



When you roll your elbow up over his arm, it puts his arm in a very weakened position, called by many a *center-lock position*. Then you drive your elbow down over this weakened position, like a downward elbow strike. Once your weapon hand is released from his grip, you can strike with the pommel or the shaft.

In this second option of the third series, you loop under his closest arm. You might turn this looping action into an uppercut punch to the jaw if possible. Using your knees as a springboard you might get this jaw strike. You grab the other end of your stick. Get that stick end over his elbow. Try to get the handle of your primary grip over his wrist. Then drop down in a downward spiral. You strike until the fight is over.



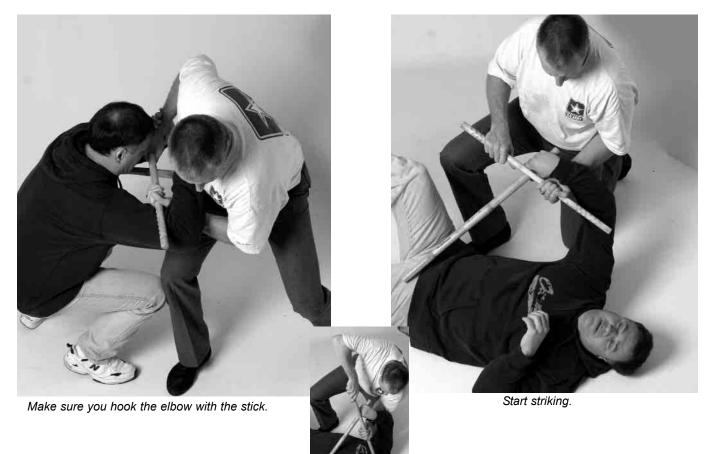
Loop your left hand under his right arm. Punch if possible.



Once looped, grab your stick. If possible, strike with the stick.



Pull down at an angle. Hook your handle over his wrist.



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In this fourth and last series, he over-blocks your anticipated attack, a very reflexive response. He passes his center line. Your first slap contact hand now rises up and hooks the block, pulling it aside. You strike a critical target. With some practice, you can get very good at this motion. How easy is it? I have seen young children in judo tournaments do this pass and grab move.



You strike in. He anticipates it and over blocks, crossing his center line.



Your hand circles up and snatches the blocking arm. You snare it and strike.

**Keep working in this basic, 4-part structure.** There are many options to use based on this basic 4-step premise.

1) work your opposite hand. If he blocks, your free hand strikes the best target.

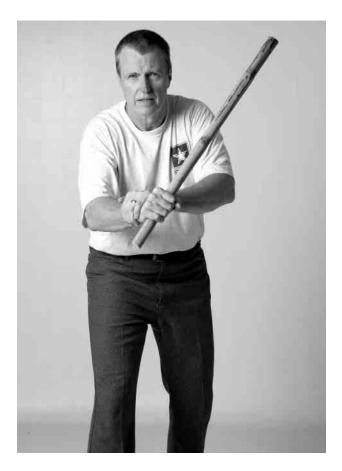
2) work against unarmed and against knives in saber or reverse grip.

3) put yourself on the other end of this, and develop counters to these invasions.

Deeper studies and counters to these are taught in seminars and are captured in DVDs.

# Addendum 1: The Artsy Block.

Hand on wrist! I have sadly seen some martial artists block in this virtually useless manner, as prescribed by a few Filipino martial art systems. In this manner, the person tries to support the block by putting his support hand on the weapon bearing wrist. This does nothing to re-enforce the actual stick against the force of an attack. The stick itself remains unsupported and could cave in under a power strike. It creates the habit of keeping your free hand perpetually grafted on the stick-side wrist. It should be up and free to do anything.







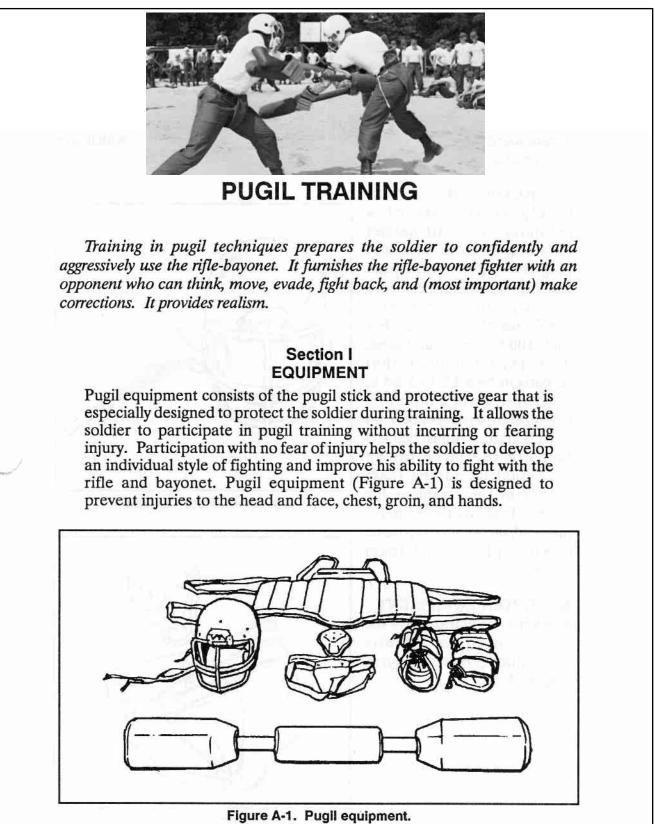
With any force that accompanies a long range or mid-range strike, his weapon will probably crash through your block. Beware of such a block when doing the hard core, deep-striking Increasing 12s drill.

Some practitioners will use their hand in this manner to help shove the stick while striking. Whether it actually accelerates your individual speed is a question for scientific speed clocks and motion detectors. What feels faster may not be faster. Nonetheless, as a blocking strategy, it is worthless.

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# Addendum 2: The Military Pugil Course

This set of instruction, long a staple of training for many militaries, is vanishing from military doctrine. I have enclosed it in this section from my old army manuals for practical information as well as historical significance. The added photos are taken from my personal collection from my time in the Army. This is very valuable, hard core drill training. This is how it was done, and how you might do it again.



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# A-1. SECURING EQUIPMENT

Units can construct pugil sticks or obtain them from the Training Support Center. The helmets with attached face masks, gloves, chest protectors, and boxers' protective cups are nonstock-type commercial items. Locally used nonstandard stock numbers identify these commercial items, which are obtained through TSC or local purchase.

## A-2. HEADGEAR

Headgear consists of a regulation football helmet with a face mask attached (Figure A-2). When purchasing these helmets, you should consider the varying head sizes of individuals. For each 100 helmets purchased, it is recommended that 10 percent be 6 1/2 to 6 3/4 in size, 80 percent be 6 7/8 to 7 1/8 in size, and 10 percent be 7 1/4 to  $7 \frac{1}{2}$  in size. Adjust helmets that are too large for an individual by adding foam rubber to the inside of the helmet. To secure the helmet to the head, use a chin strap made of vinyl plastic and foam rubber.

A-3. GROIN EQUIPMENT A boxer's protective cup of the variety used in athletic competition protects the groin (Figure A-3).



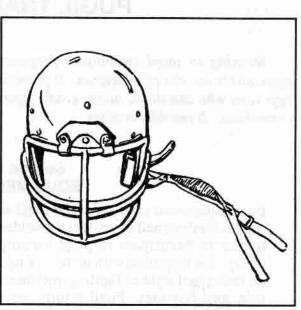


Figure A-2. Pugil headgear.

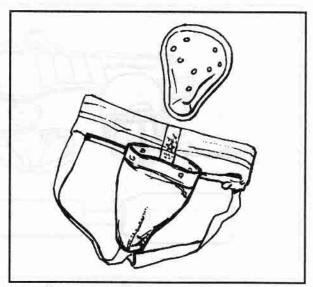


Figure A-3. Boxer's protective cup.

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# CAUTION

GLOVES AND CHEST PROTECTORS MUST BE WORN DURING TRAINING.

# A-4. HAND EQUIPMENT

Gloves are required in pugil training. Hockey gloves (Figure A-4) provide maximum protection for the fingers and joints of the hands and wrist and aid in controlling the stick.

# A-5. CHEST PROTECTORS

Soldiers must use chest protectors (Figure A-5) during pugil training to prevent injuries. Baseball catchers' chest protectors or martial arts protectors are recommended. If chest protectors are unavailable, substitute flak vests.

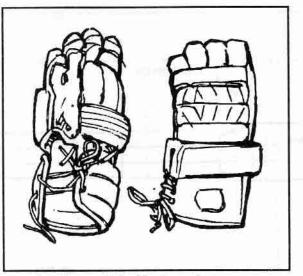
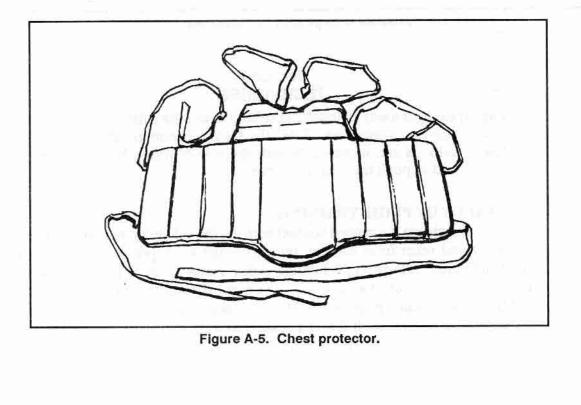


Figure A-4. Hockey gloves.



# A-6. PUGIL

Pugil sticks (Figure A-6) may be obtained from the local TSC or call Devices Section, TSC, Ft Benning, GA, DSN 835-1407.

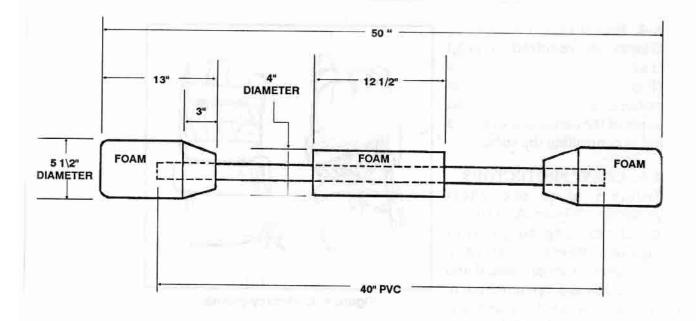


Figure A-6. Materials in pugil stick construction.

# Section II TECHNIQUES

Pugil training is a way to teach the soldier to use the rifle-bayonet with confidence and aggression. After the soldier becomes skilled in the basic positions and movements with the rifle-bayonet, he should be introduced to pugil training techniques.

# A-7. VALUE OF PUGIL TRAINING

Since pugil fighting is a rugged contact activity, the soldiers must remain alert. They act and react from instinct, thus affording an opportunity to develop their individual rifle-bayonet fighting skills. Little effort is required by the instructor to motivate the soldiers—the pugil stick is the motivating force. Soldiers derive much physical benefit from pugil training, and they develop an aggressive mental spirit that is so essential if the rifle-bayonet fighter is to be successful in combat

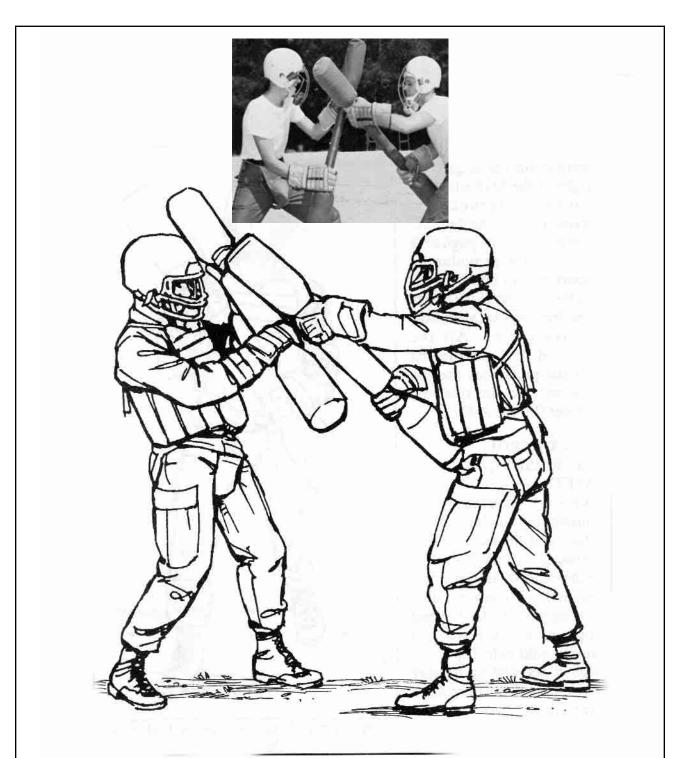


Figure A-7. Man-to-man contact.

a. The instructor must consider several factors to gain maximum effectiveness from pugil training. These include training, control, supervision, safety, and protective equipment.

b. The instructor should teach the rifle-bayonet fighter the basic positions and movements, as well as the series of follow-up movements, with the rifle-bayonet before beginning pugil training. c. The pugil stick should approximate the length and weight of the M16 rifle with bayonet attached for maximum training benefit. Substitution of the pugil stick for the rifle provides an opportunity to improve skill and test each soldier's ability to perform against a realistic, evasive target. All the positions and movements with the pugil stick are the same as with the rifle and bayonet (Figure A-8).

# A-8. CONTROL, SUPERVISION, AND SAFETY

Instructors supervising pugil training must understand its values and limitations. The instructor maintains control of the bout at all times; his best method of control is by blowing a whistle to start and stop action. He is alert to prevent wild swinging of the pugil sticks, and he ensures that the soldiers keep their eyes on each other. For safety reasons, he should pair soldiers who are about the same height and weight.



Figure A-8. Substitution of the pugil stick for the rifle.

a. Soldiers use only the positions and movements that they have been taught in rifle-bayonet training. They must hold the stick and deliver blows as if using the rifle-bayonet.

b. One instructor is necessary for each bout; however, he needs assistance to supervise the fitting and exchanging of equipment. The instructor makes sure the equipment fits properly and watches constantly for any loose or broken equipment. As soon as he sees any insecure equipment, he stops the bout to prevent possible injuries. After deficiencies have been corrected, the round is resumed.

c. The instructor insists that the soldiers growl during the bouts; this adds to their aggressiveness and tends to reduce tension.

d. Soldiers with medical problems, such as hernias, frequent headaches, previous brain concussions, recent tooth extractions, or lacerations with stitches, must be excluded from pugil training for safety reasons. Therefore, before conducting pugil training, it is necessary to determine if anyone should be eliminated from participation. Finally, instructors should always be alert for the unexpected and, if in doubt, stop the bout immediately to prevent injury.

# A-9. WARM-UP ROUND

In the early stages of pugil training, maximum benefit is gained by working with platoon-size groups (or smaller) in a circular formation. Two soldiers engage in a pugil bout in the center of the circle. An instructor critiques them so all soldiers can learn from observed mistakes. The soldiers assume the attack position 12 steps from each other. In the first round, the instructor allows them freedom of movement to prove to soldiers that the equipment provides ample protection from a hard blow. Everyone should take part in as many bouts as necessary to gain skill before going on to more advanced training. Immediately after the warm-up round, the soldiers engage in graded bouts.

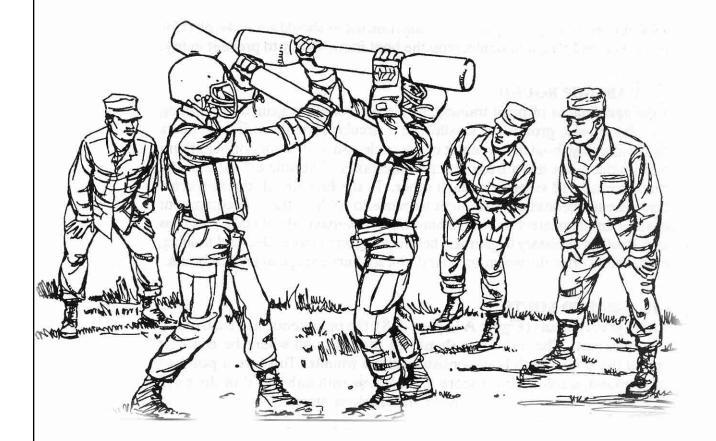
# A-10. GRADED BOUTS

During graded bouts (Figure A-9, page A-8), the opponents face each other, 12 steps apart. The instructor should be in a position where he can best control the bout. Each bout consists of three rounds. To score a point or win a round, a soldier must score a solid blow with either end of the pugil stick to a vulnerable point—the head, throat, chest, stomach, or groin region.

a. To start a bout or a round, the instructor blows the whistle, and the soldiers move toward each other in the attack. The instructor awards one point to the soldier striking the first disabling blow. A disabling blow is any blow that is delivered to a vulnerable part of the opponent's body. When a soldier strikes such a blow, the instructor uses a whistle to stop the round. At the end of the round, soldiers move back to their respective lines, assume the attack position, and wait for the signal to start the next round. The soldier who wins two out of three rounds wins the bout.

b. The instructor should encourage soldiers to move in aggressively and to attack violently, using any of the attack movements learned during rifle-bayonet training. If the soldier misses or his opponent sidesteps, he should immediately follow up until he has landed a blow to a vulnerable spot. c. The soldier who hesitates to strike his opponent realizes that defeat can be quick; therefore, he tries to be aggressive and overcome his opponent in the shortest possible time.

d. Because training is done in two-man bouts, a squad, platoon, and finally a company champion may be selected. The instructor should encourage competition throughout the pugil training program.

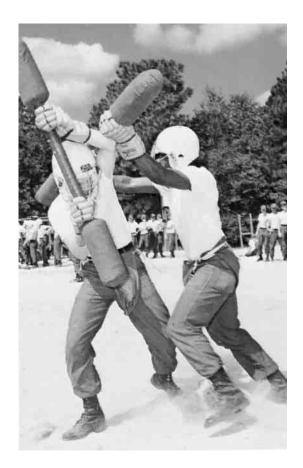


# A-11. PUGIL COURSES

After several two-man bouts, the rifle-bayonet fighter is ready for the human thrusting target course and the human thrusting assault course.

a. Human Thrusting Target Course. Eight to ten soldiers are lined up in file formation, 12 steps apart. The instructor selects each soldier to act as a specific-type target. The rifle-bayonet fighter, also in pugil gear, walks to each human target, moving with the pugil stick at the attack position. As the rifle-bayonet fighter approaches an opponent, the opponent shouts the movement that the rifle-bayonet fighter is to execute—for example, thrust, slash, butt stroke. After executing the movement, the rifle-bayonet fighter pauses long enough for the instructor to make corrections, then he moves to the next target. The number of walk-throughs depends on each soldier's ability to execute the movements correctly. Next, he runs through the course at full speed, growling and executing the called movements with maximum force against his opponents. The duties are rotated so that all soldiers get to act as fighters and as human targets.

b. Human Thrusting Assault Course. A qualification-type course can be conducted to measure each soldier's skill. This course should approximate an obstacle course in length, obstacles, and terrain. The course layout should take advantage of natural obstacles, such as streams, ditches, hills, and thickly wooded areas. Soldiers in pugil equipment can be placed among the obstacles to act as human targets. The rest of the unit, in pugil equipment, can negotiate all obstacles and human targets, using instinctive rifle-bayonet fighting movements.



# KNIFE/COUNTER-KNIFE COMBATIVES Level 4) The Saber Hacking Knife Assault Module

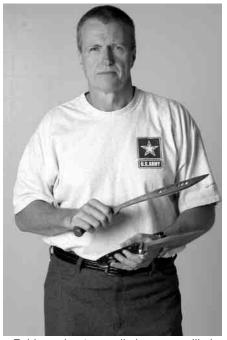
# **Hacking Studies and Observations**

#### Studies and Observations 1: When is a Big Knife Really a Sword?

Hacking knives need sufficient size and heft. Age-old rules define the size differences. A small sword is the 14" or more. The second standard is the edged weapon too big to be easily concealed on the body with normal clothing.



14" rule or the "too big to be hidden" rule qualifies a large knife as a small sword.



Folders, due to small size, are unlikely to be hefty hackers.

## Studies and Observations 2: Big Knives for Hacking, as well as Slashing and Stabbing

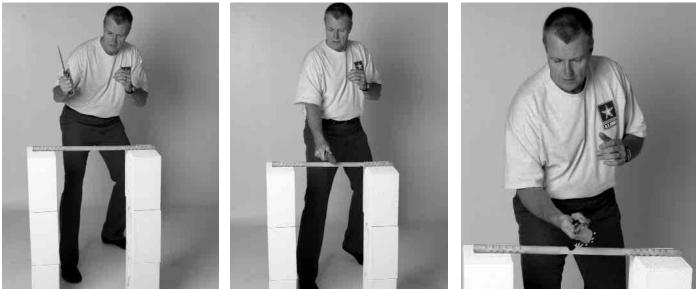
The famous Bowie knife as well as scores of other big knives like the military machete, the Kukri of the Ghurka soldier and the Bowie are all popular hacking knives due to their heft and size.



The famous Bowie model.

The WWII favorite: the Machete.

The Kukri.



A downward strike. A quick twist of the wrist creates a "chip-out" wound.

# **Studies and Observations 3: The Chip-Out**

Hit and retract or chip-out. The "Chip-out" method is a the last second, a sudden twist of the wrist.

## **Studies and Observations 4: The Uncommitted Hack**

The Uncommitted Hack Theory: If thwarted, attack on another line.

# **Studies and Observations 5: The Support Hand**

Use the free hand. The free, other hand strikes, grabs, blocks, confuses.

## **Studies and Observations 6: Hacking Injuries**

Success of the hacking attack? The hack can cause painful impact injury as well as cause an open wound.

# The Basic Hacking Drills

# Hacking Drill 1) Basic 4 Angle Clock Basic Series

- \* right-handed and left-handed
- \* do standing
- \* do walking forward, then back
- \* do kneeling
- \* do on the ground













9 o'clock

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Work the clock angles on your back and on right and left sides.

Work the knee-high clock as seen in prior levels.

# Hacking Drill 2) Hack Jab Series: an excellent "shield" for protection.

- -practice multiple hacks right-handed
- -practice multiple hacks left-handed
- -practice in the air
- -practice hitting a stick being held by a training partner



The hacking edge makes the threat-"Don't come close!" Hack high or low in multiple strikes makes a shield.

**Hacking Drill 3) The Bowie Back Cut Shield:** A classic Bowie shield strike. Some "old-school" stylists like to bear their big knives, edge up. When an incoming thrust comes in on them, they snap twist the edge into the attack. I am not recommending this, just making you aware of it. A double-edged weapon covers this automatically and acts as a shield.



Edge up presentation. The attack comes in range and the knifer cracks down into it with a hack.

# Hacking Drill 4) Support Strikes

Work hacks with any ½ beat hand strikes Work hacks with any ½ beat kick



Hand Strike: -before a knife hack -after a knife hack



Kick: -before a knife hack -after a knife hack

# Knife Hack Solo Command and Mastery Practice

Basic Training: The 4 clock quadrants Advanced Training: all 12 clock number angles Walking forward and back Knee-high On your back and sides Shield hacks 1/2 Beat hand strikes 1/2 Beat kicks

# Hacking Drill 5) Basic Combination Hack and Slash Drills

Basic Training: Saber hack and slash on the 4 or 12 clock angles. Advanced Training: Saber hack and slash on 4 or 12 clock angles.





On the clock angles, you hack and then slash.





On the clock, your slash and then you hack.

## Hacking Drill 6) Hit Training Objects:

Hit all the strikes above on war posts or sticks held by trainers

- -Stationery: the trainer does not move
- -Moving vs. trainer
- -Hit back vs. trainer: He strikes back at you
- -Right and left handed





Hit and retract and/or work on the chip-out effect.

# The Basic Hack Statue Drill

The "Outside/Inside/Split/ Inside/ Outside" statue progression. The trainer uses his empty arms and hands for your skill development as shown in the prior *Training Mission* books. This is a rudimentary training drill, teaching the novice the ways and means of hacking as it interacts with a body. It is an excellent teaching technique. The three formats remain the same as in the prior levels:

- Format 1) Knife makes arm contact/knife hacks neck.
- Format 2) Hand makes arm contact/knife hacks.
- Format 3) Double: hand and knife makes arm contact, knife hacks.



Outside the arm, knife-to-arm contact, then knife hack to throat.



Inside the arm, knife-to-arm contact, then knife hack to throat.



F O R M A

Т

1

Inside the arm, knife-to-arm contact, then knife hack to throat.



Outside the arm, knife-to-arm contact, then knife hack to throat.

F O R M A T 2



In this series sample, you make first contact with the hand, then hack in with the knife. Follow the outside/inside progression until you work across the body.

F O R M A T 3



In this series sample, you make first contact with both the knife and hand, then hack in with the knife. Follow the outside/inside progression until you work across the body.

**Hacking Counters to Common Blocks Study**: The trainer uses his empty arms and hands for your skill development. These are not combat scenarios. As shown in the prior *Training Mission* books, this is the rudimentary training drill, teaching the novice the ways and means of hacking as it interacts with a body. It is an excellent teaching technique. The three formats remain the same as in the prior levels. The trainer will block them with his arm. You will defeat the arm in three formats.

Format 1) Cut the block. Format 2) Re-direct attack on another line. Format 3) Invading hands.



These are the blocks you counter. High attack. A high block.



You attack from the right. He blocks to his left.



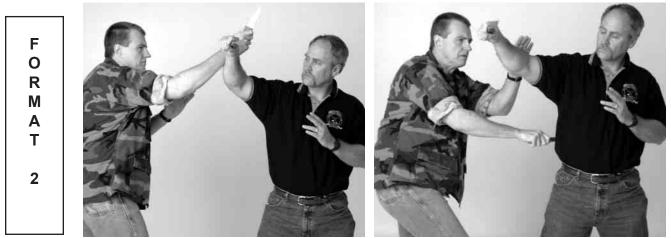
You attack from low. He blocks low.



You attack from the left. He blocks to the right.



Cut the Block Series. Your attack is thwarted. You hack the blocking limb. Work through the 4 clock angle progression with hacking the blocking limb.



Re-direct series. You attack on the clock angles. When thwarted, you re-direct your attack on another open line. Use you free hand for cover. Work through the 4 clock angle progression.



Invading Hands Series. You use your free hand on the opponent's limbs to clear a path to a better target. Pin. Pass. Pull. Push. Work through the 4 clock angle progression.

# Your Counters to Common Blocks Work Out

1) Cut the block vs. an unarmed training partner.

- 2) Re-direct on another line of attack vs. an unarmed training partner.
- 3) Invading hands vs. unarmed training partner, using the Four P's:
  - Pinning hands Passing hands Pulling hands Pushing hands
- 4) Counter 1 block-one layer of obstruction.
- 5) Counter 2 blocks- two layers of obstruction.
- 6) Do all of the above with your other hand.
- 7) Exercise some of these from ground positions.
- 8) Put a knife in the trainer's hand and experiment with these situations. As soon as you arm the training partner, these drills start looking like combat scenarios. Remember! These are just simple training, skill drills. They are steps to be inserted into combat scenarios later.

## Hacking Synergy Flow and Skill Drills

The Block-Pass-Pin Skill Drill. The trainer uses his empty arms and hands for your skill development. At this level of training, you may also put a knife in his hand as a prop to be concerned about. These are not combat scenarios! As shown in the prior *Training Mission* books, this is the rudimentary training drill, teaching the novice the ways and means of hacking as it interacts with a body. It is an excellent teaching technique. Practice them:

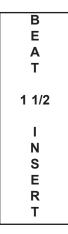
a) standing: hacks on the half-beat -right hand -left hand

b) ground: hacks on the ½ beat -right hand -left hand



You know this drill. Six beats. You block, pass and pin. He blocks, passes and pins. This is the skeleton for the skill developing inserts.





В Е A T

2 1/2

I Ν S Ε R т

В Е A T

3 1/2

L Ν S Ε R T

Τ

I Ν S Ε



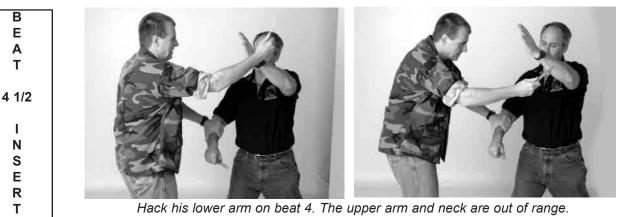
On beat one-and-half, hack the lower arm. Next series-upper arm. Next series-throat.



On beat two-and-half, hack the lower arm. Next series-upper arm. Next series-throat.



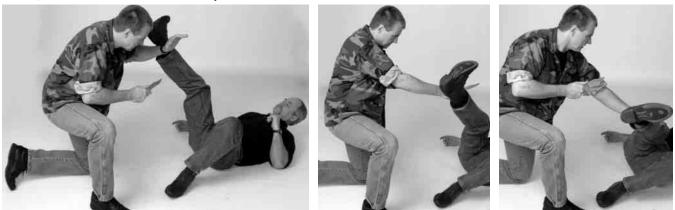
On beat three-and-half, hack the lower arm. Next series-upper arm. Next series-throat.



Hack his lower arm on beat 4. The upper arm and neck are out of range.

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Block, Pass and Pin Ground Sample:



You block, you pass, you pin. He blocks, he passes, he pins with his legs.









This ground defense predicament rarely gets trained but is a probable occurrence. Here the grounded man "bicycle pumps" at the knife. What if the knife man is the good guy and needs to win?

Then he practices the drills on this page, becoming familiar with countering the obstructing, moving legs of an enemy and attacking.



Lower leg, hack on a half-beat.



Upper leg, hack on a half-beat.



Groin hack on a half-beat.

# The Spartan Combat Module- Emphasizing the "Impact Disarm"

You will hack the weapon-bearing limb so successfully, that the enemy drops the weapon. It does not matter what the enemy's weapon is, a knife, a stick, whatever.

# The Spartan Drill Attack Angles

Hacking impact versus the basic 4 or advanced 12 angles, all to a military do-or-die lethal finish.

Basic Training: The 4 clock angles Advanced Training: The 12 angles

# Spartan 1) The Military Module

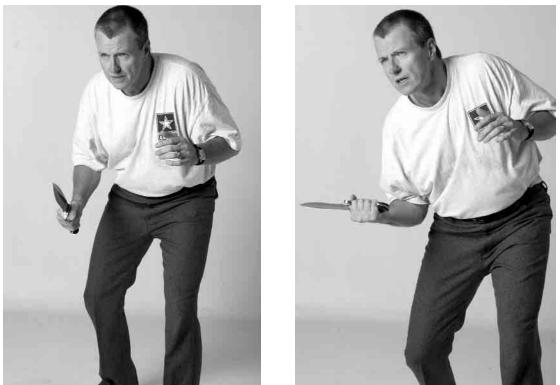
Your opponent will stand before you. You can practice either offensive or defensive sets. the entire premise is based upon the impact strike on the weapon-bearing limb causing a disarm.

Offensive Practice: The enemy:

- draws his weapon and you strike his arm in the process, then attack.
- gets ready to assault you with a drawn knife from a ready position. You attack his limb with your knife and charge in.

Defensive Practice: The enemy attacks you with:

- the 4 basic clock angles. You strike the weapon-bearing limb and attack.
- advanced 12 angles of attack. You strike the weapon-bearing limb and attack.



The enemy is in a ready position, or the enemy is attacking on a certain line.

In the military version of the Spartan Module, it is a lethal force situation. We impact the weapon-bearing limb...



...and then kill him.

Spartan Sample Combat Scenario: From the 3 o'clock inward slash.



The hack works!





As the knife drops, you strike the neck of the enemy.



A point uppercut to the diaphragm. Very disrupting. He bends over from the wound. You strike his head with a palm strike or hammer strike. A pommel strike/hammer fist to the back knocks him down. Attack until you are sure the fight is over.



Train the Spartan Module! Get some eye protection and training knives. Put pads on your trainer's forearm. The trainer attacks you. Start by working against the basic 4 angles, then the advanced 12 angles. Hit the weapon bearing limb. In this module, the trainer drops the knife. In the military/lethal version, you ballistically attack him until he is down and dead.

Work these variations, as the trainer:

- has a right hand saber grip
- has a left hand saber grip
- has a right hand reverse grip
- has a left hand reverse grip
- strikes a ready pose
- reaches for a carry site to quick draw

#### Spartan Sample Combat Scenario: From the 12 o'clock downward slash.



The impact works this time. he looses the knife.

Watch out for the flying knife.





You stab him in the ribs (or any good available target that second) and attack with the knife in this lethal/military situation.



Less-than-Lethal? Every action you take has political, legal, ethical and moral implications. Try turning your knife hand so the the attack becomes a punch instead of a stab.



Also, you may issue a surrender threat to the enemy. Take for example the photo to the left. You might stop right there and threaten him with death should he fail to surrender.

#### Spartan Sample Combat Scenario: From an on guard stance.



He is posed and prepares to attack.



You fire a pre-emptive strike at him and continue the attack.





#### Spartan 2) The Enforcement/Citizen Module (less-than-lethal)

When possible and probable, spare the life of the opponent. Even in some military situations the enemy may be captured and interrogated. Utilize these Less-Than-Lethal (LTLs) options:

- LTL 1) Verbal threat/command presence at key moment.
- LTL 2) Minor slashes on non-vital targets.
- LTL 3) Minor stabs in non-vital targets.
- LTL 4) Heavy emphasis on unarmed combatives with the free hand and legs.
- LTL 5) Flat of the blade for striking.
- LTL 6) Pommel strikes for striking.

Practice these LTL Scenarios:

Aggressive: Hack the enemy's knife limb as he:

- a) draws his weapon.
- b) presents the weapon in ready for attack.

Defensive: Hack the 4 slashing clock angles (or the 12 angle drill)

- a) defensive: Hack the 4 stabbing clock angles (or the 12 angle drill).
- b) execute multiple aggressive and defensive scenarios.

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# GUN/COUNTER-GUN COMBATIVES LEVEL 4 Pistol Disarming and Retention



**He's got a gun!** This realization occurs daily around the world, whether by a soldier, a police officer or a citizen confronted by crime or war. Soldiers, guards, and police are captured. Citizens are robbed and kid-napped and held hostage in the midst of all kinds of drama and terrain. Each factor in every situation must be heavily weighed into the action you dare undertake.

The psychology of this mind game is the subject of a whole book, even a college degree. What will you do? Here is the basic scientific knowledge on the who, what, when and how to disarm handguns. To fully understand how to disarm, one must become well versed in the four related subjects. The first is quick draws. The second is disarming. The third is retention. The fourth is weapon recovery.

Disarming begins at the enemy's carry-site, be it a holster or a pants or pocket tuck-away. Then the study goes through early phase, mid-phase and even late-phase, all subjects to be dissected later in this chapter.

Subject 1: Quick Draws: Learn all the main ways an adversary will draw a pistol on you, to prepare tactics against each one.

Subject 2: Disarming: Learn the basic ways to take a gun from a one-handed or two-handed grip.

Subject 3: Retention: Learn what defenses he will use to keep his gun and thwart your disarm.

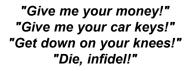
Subject 4: Weapon Recovery: Learn what tactics he will use to get his lost pistol back from you after it has just been taken.

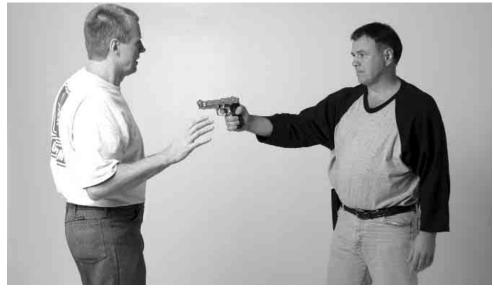
This same continuum exists with long guns, starting with carry systems like lanyard clips and slings upon the body on through the presentation and/or firing of the weapon. A practitioner must possess a working knowledge and skill of unarmed combatives.

# Who do you disarm?

What is his physical, mental, criminal, and military intent? First off, your attacker is either going to be a criminal or an enemy soldier. Every confrontation is situational, that is to say, the level of actual danger you are in will depend on the circumstances and your surroundings.

A robber may accept your money and leave. A rapist will kidnap you. A terrorist will shoot you as quickly as possible. Enemy assessment is the key. Try to determine who your adversary is based upon what he says and the situation at hand. He will usually bark some commands at you that will explain his plans.





### What will you disarm?

What kind of pistol is this? It is important to have a working knowledge of handguns. How does a semi-automatic pistol work? A revolver?

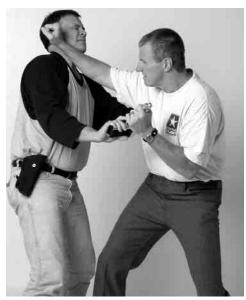
Learn how to render such handguns into what professionals call a "one-shot, or no-shot operation," by interfering with the slide of a semi-auto, or by gripping the cylinder of a revolver.

You may also interfere with the hammer of the weapon either going back into a cocked position, or when it drops down on the firing pin.

Professionals call a gun in this interrupted condition, "out of battery." For the best visuals on this, see the *Training Mission Four* DVD set, or *Gun/Counter-Gun* Level 4 DVD.

### Notes on Revolvers

Back in the 1970s we dealt mostly with revolvers. I was issued a revolver in the military and there was a time revolvers were mandatory in most police agencies. Therefore, I had a lot of *wheel gun* training. Much of the disarm training consisted of grabbing the weapon so you clasp the cylinder, rendering the weapon to a one-shot or no-shot operation. We were also taught to try to acquire the backside of a revolver in such a way that we could prevent the hammer from falling forward, or even stopped the hammer from going back into a firing position. The shooter is pulling the trigger with one finger muscle. You are holding the cylinder with five finger muscles.



## Where will you disarm?

Where are the guns, hands, and body of the enemy when you attempt a disarm? The common carry-sites are presented back in Training Mission One. Please review that material. In summary, you must be aware of three major carry/access sites on and around the enemy:

- 1) Primary Carry Sites think quick draws
- 2) Secondary Carry Sites think back-up
- 3) Tertiary Carry Sites- think lunge and reach

Opportunities to disarm a pistol begin at the holster or weapon carry-site, and work through an action continuum of the weapon being grabbed, drawn, pointed at you and even discharged at you. Each one of these phases may offer an opportunity to disarm the handgun.

Early-Phase Disarms: The first 33 percent of the draw: You attack:

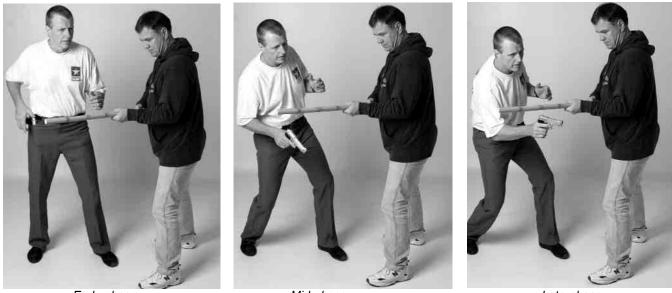
- 1) The weapon (and person) where the weapon is carried on the body
- 2) The hand (and person) going for the weapon
- 3) The weapon (and person) is attacked as the weapon is first being drawn

Mid-Phase Disarms: the next 33 percent of the draw. You attack:

1) The weapon (and person) as the weapon is being brought up to bear

Late-Phase Disarms: The last 33 percent of the draw. You attack:

1) The weapon (and person) while the weapon is up and pointed 2) The weapon (and person) while the weapon is being fired



Early-phase

Mid-phase

Late-phase

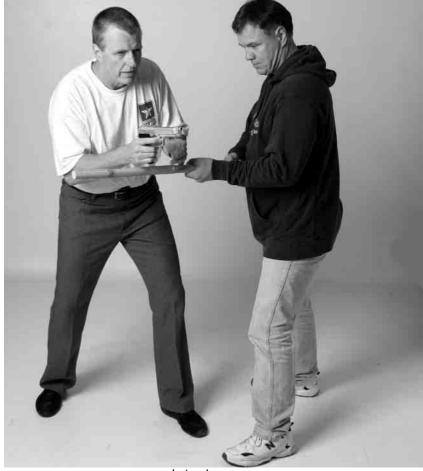
The photo series above is an example of one typical draw-the so-called *scoop* or *bowler*, and the related phases. The weapon travels some *15 minutes of a clock* from a holster at 6 o'clock, to a 3 o'clock presentation. Randy Roberson holds a stick as a benchmark to further display the ranges of each phase. Around the height of the stick, the shooter may go into a two-handed grip.



Early-phase



Mid-phase



Late-phase

Here is an example of the second common, draw: the so-called *right-angle draw,* though it goes by many names, and the phases. The weapon travels up from the holster at 6 o'clock, to the center of the clock, then out to a 3 o'clock presentation at more or less a right angle over the stick. The scooper brings the pistol up under the stick. Randy holds a stick here also as a benchmark to further display the ranges of each phase.

What *is not* important is how you like to draw your weapon. What *is* important in the science of disarming is how the enemy draws his weapon! These are the two ways a strong-side carry and draw will present themselves before you.

## Where are you?

You must also be in a proper range to take action. The enemy carrying a concealed weapon must be close. If the weapon is up and out, it is held on you at contact or near-contact range, that is that the weapon is touching you or almost touching you. The next range is the "lunge and reach range," where you have a chance to spring forward and grab the weapon at its holster, while it is being draw up, or when it is up in your face.

#### Your Positioning:

- 1) Physical contact range: the barrel is touching you or almost touching you.
- 2) Lunge and reach range: you can reach out and grab the weapon.
- 3) "Sniper Range": the enemy is too far away for you to take any unarmed physical action.

Whether we are disarming or retaining our weapon. There are front attacks, right-side and left-side attacks, from-behind attacks, or attacks from above or below you- as you may be on the ground, or on stairs, or inside a cave. Another problem area you'll be dealing with is carry systems and equipment. You'll be dealing with weapons held or drawn on you mostly from a variety of belt line carries and pocket carries, some holsters and some off-the-body hiding spots, but please remember this, many, if not most criminals do not have holsters. Their holsters are usually left at home or in their cars. Military personnel will have holsters. Where you are geographically will often tip you off as to what to expect.

## When will you disarm?

When the time is right! This is the most important point. Disarm when he is distracted.

If you detect a person is carrying a concealed weapon he will use, or is actually holding the weapon, the best time to try a disarm is when he is distracted by something at the scene. This distraction could be from a possible witness walking by, words from an accomplice, a sudden sound, or anything that takes his eyes or barrel off of you. It will be next to impossible to disarm a gunman wide-eyed and itching to pull the trigger at your slightest flinch.

We have an old adage in American police work - "never let him take you to Crime Scene B." Crime Scene A is the location of the first encounter. Crime Scene B is where he plans to rape and kill, on his ground and preparations. It's far better for you to fight for your life at Crime Scene A than B.

Disarms occur from all angles.

## How will you disarm?

Every situation must be weighed carefully, but fundamentally you must always try to clear the barrel from your body by grabbing and controlling as much of the weapon and/or the weapon-bearing limb as possible.

Always try to severely bash the holder as quickly and as much as possible. You must have knowledge in vicious hand-to-hand combat strikes, kicks and takedowns.

# After the disarm-what is the status of his gun?

You have been successful! You point the gun back at him and order him to stay away, surrender, or leave. Hold the weapon back away from him. Get out of his lunge and reach range. The next problem area is checking the status of his weapon. Is it a replica? Is it loaded? Yes, sometimes the weapons of criminals are unloaded. Is it out of battery because you've been struggling over it? Resort back to your own weapon if you have one.



After you disarm the pistol, will it still work?



Get the gun and get it up and running!

# The Explosion

You are holding on to his gun and the fight is on. What if he pulls the trigger? The explosion that occurs inside a weapon may be a problem. Obviously there's also a tremendous sound, which could hurt your ears. There is indeed a detonation in the weapon every time it goes off. Some experts claim 40,000 to 60,000 pounds of pressure blows in the barrel. There is heat that comes from an open cylinder possibly or any ports. Or if a gun has been run for a long time, like in some really prolonged combat situations, just grabbing the weapon could be a very hot experience.

You may experience some hearing loss and possible burns on your hand in the process of disarming a weapon that is fired. Don't stop and don't let this interrupt the process. Don't jerk your hand back off the gun (which is statistically what happens). If you've got the gun, hang in there and keep working. It's better to have a slight cut or burn on your hand than it is to let him step back and blow your brains out.



# Solution 1: "Watch his hands! It's the hands that will kill you!"

## **Solutions and Scenarios**

Here are some of the tactics and strategies that have helped me through the years. Now time is our enemy in this production, and I cannot possibly cover all the material. So please come to the seminars. Get the other Training Mission books to supplement this production. I hope it helps.

### **Basic Principles:**

- 1: Always try to clear the barrel from your body in the first move.
- 2: Always try to bash the holder as quickly and as frequently as possible.
- 3: Always try to grab and control the weapon and/or the weapon bearing limb.
- 4: Try to knock the weapon "out-of-battery" if possible in your struggle.

As a young man my police instructors warned me about...the hands. What empty hands will do may be a tip-off to impending danger. How they point, chop the air, roll in and out of fists, and generally position themselves can predicate an attack. As if an empty handed attacks weren't enough, these same hands bury deep into pockets, belt lines, armpits, ankles and pull out weapons of destruction. As police officers we have the fear of the infamous, criminal quick draw drummed into our psyche, and not just quick draws from the body of the assailant, but from anywhere he could reach and snatch a weapon with those hands.

The environments in which I had to keep track of these hands were inside cars, motel rooms, streets, houses, apartments, fields, businesses, so many different rural and urban places over 20 years, surrounded by drama, confusion, and most times low light and darkness, I can't even begin to name them all. Somewhere in all that cacophony of sound, heated emotion and chaotic motion, they still expected us to zero in on...the hands.

Upon my retirement, and later as private investigator, I accepted a series of security/body guard assignments of some major recording stars, TV celebrities and book authors. Still a major rule? Watch the hands of those around your employer, in and amongst all the other responsibilities. Purses, backpacks, day planners, fanny packs, and shopping bags could all became caches for weapons.

But enforcement and correctional officers are not the only ones who need to worry about the hands and hidden weapons of strangers. Martial artists and citizens also need to observe the hands of those suspicious around them in their everyday lives. Soldiers taking and herding prisoners of war need to watch the hands.

All these groups spend little or no time focusing on these problems. We must look to the police sciences as the veteran source of experience and intelligence in this endeavor. Then we look to the core, best martial art strategies to take action. The information in this volume is vital for the survival of all that is good.

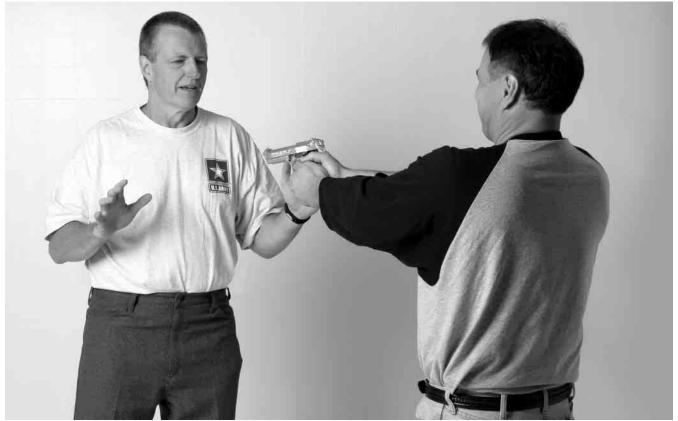


"Watch the hands. The hands reach for weapons. The weapons will kill you."

# Solution 2: Keep Your Surrendering Hands Moving

When confronted with an armed, threatening assailant. Give him the hands-up and palms-out surrendering hands. Do not hold them still! The sudden attack movement with your hands can cause a startle reaction and from this startle he may well shoot you, even if he didn't plan to! Instead, keep your surrendering hands in motion, nervously up and down, to disguise any attack.





If the untrained enemy is foolish enough to get to within your lunge and reach range, your surrendering hands should be fidgeting and moving in a nervous manner and within a non-alarming, up-and-down range. This will disguise your action. If your hands are still and you suddenly reach in. He may reflexively startle, back away or shoot.

# Solution 3: The 6 Main Directions a Pistol is Taken

No matter where the pistol is carried on the body, these are the six basic directions of the disarm attack. Study these from both a disarm potential and later for retention solutions.



From the front.

From the right.





From behind.

From the left.





From above.

6 Main Directions:	
	From the front.
	From the right.
	From behind.
	From the left.
	From above.
	From below.

From below.

# Solution 4: The Basic Strike and Grabs

The options. 1) Attack the person, then go for the gun. 2) Strike the person, and go for the gun at the same time. 3) Wrap the body, and go for the gun. The decision of what to do will be made situation by situation.





1) You will strike the body first, then go for the weapon.



The easiest disarms are from an unconscious man.



2) You may strike and grab at the same time.





3) You may wrap the body, and go for the weapon.

These three option attacks may commence from any of the six directions shown on the previous page.

Option 1: Attack the person, then go for the gun. Option 2: Strike the person, and go for the gun at the same time. Option 3: Wrap the body, and go for the gun.

### Solution 5: The Caveman Gun Rip



## The Simple Caveman Gun Rip

You may resort to this simple proven method and one that exists inside so many of the upcoming combat scenarios. I always start disarming training sessions with the subject of the Caveman Rip. You have at least one hand on the gun, maybe two hands. Or, possibly the second hand is somewhere on the forearm. You may be able to rip the handgun out of his hand. There are the four ways the pistol is ripped from somebody's hand.

Grip 1: Two hands on the gun. Grip 2: One hand on the gun, one hand somewhere on the limb.

Rip 1: Over the top. Rip 2: Out of the bottom. Rip 3: Back out toward the back of the hand. Rip 4: Out on the palm side. (This is the usual direction of a twist-out disarm).

Warning: Try to keep the barrel off of your self first, then if possible off others.



First, you try to stun the enemy.



The pistol is ripped over the top of the hand.



The pistol is ripped out over the back of the hand.



The pistol is ripped out of the bottom of the hand.



The pistol is ripped free inward.

## Solution 6: Charge! The Need To Intercept

This subject borders between weapon disarming and a gun vs. gun combat scenario. You are standing before a person who makes all the moves of a quick draw. You must take action. Now! Do you charge forward or do you stand your ground and draw your pistol if you have one?

The answer lies in plain truth- action beats reaction. There are times when you cannot draw your weapon fast enough to counter the enemy's quick draw. Your first and only chance must be a focused and decisive attack with an empty hand interception of his quick draw process. Why? I have compiled several action/reaction studies to amass this split second encounter breakdown:

Event 1: The enemy suddenly reaches for a weapon.

Event 2: You see the movement, process the thoughts.

Event 3: He touches his weapon.

Event 4: You now begin to reach for your weapon.

Event 5: He pulls his weapon

Event 6: You actually touch your weapon

Event 7: He uses his weapon as you are pulling yours.

*Event. Witness. Sensation. Perception. Response Plan. Execution.* Psychologists have identified this process of motor stimulus and response down to the millisecond.

First, the event occurs before your eyes. You see it and it becomes a *sensation*, a neural transmission from the eyes to the brain.

Next comes *perception,* which retrieves long-term memory to organize, classify and interrupt the sensation.

Next you have a *response selection*, a formulation of a course of action.

Then an *execution* of an action plan.

Experts tell us this takes about 200 milliseconds (there are 1,000 milliseconds in one second). What if you are not paying complete attention? What if you are distracted? More time, even a full second or two to see a man draw a weapon and attack.

Further testing has shown that if a person perceives a threat, such as the movement or quick draw of a weapon in the hands of another, it could take from .5 to 1.5 seconds for his or her brain to process that information and complete a reaction like going for his weapon. Even if an officer's gun was already out in a perceived threat, ready posture, the average officer needs .73 seconds to raise the weapon up to the "shooter's eye level and fire. Drawing from a holstered side arm will take much longer! Some tests show from 1.9 seconds or more depending upon the holster and skill level. Given the skill levels of people, this could take way longer.

In very close quarters you may have a better chance at survival with this strategy:

Event 1: The enemy suddenly reaches for a weapon.

Event 2: You see the movement, process the thoughts.

Event 3: He touches his weapon.

Event 4: You begin to reach for his weapon hand.

Event 5: He pulls his weapon.

Event 6: You intercept his weapon quick draw.

This Quick Draw interception takes an important lifesaving step out of the process- that part being the time it takes to access your gun, clear any retention devices, pull it to a sufficient height and fire.

Several times in my police career I have been in very hot situations. When I saw a sudden and suspicious movement, my hand instinctively grabbed the handle of my pistol or, I pulled the pistol. I am not going to tell you I am a fast draw. I am not. I am barely average. I am going to tell you instead, that I draw my weapon fast. This quick perception has saved my life more than once. As a result of this, I know that some people will go for their gun in a sudden defense, or "slap leather" as the old Texans would say, when perhaps they should charge forward on the opponent's handgun arm as he tries to draw.

If you instinctively draw, it starts as a one-hand process. You might charge forward with your free hand and use it to disrupt his draw. So, even if you are armed with a handgun; even you are trying to draw it with one hand, you can still slow his event process down with your empty hand charge of the opponent.

One key is to destroy the range-fed, muscle memory which leads most people into a two-hand shooting position. Freestyle a solution. Remember, every time you draw a handgun you start with one hand. You should make a decision whether to shoot with one or twohands. More than half the time that other free hand may be needed to disrupt the close quarters enemy. Yet, even top-flight combat courses, are shot with twohands for at least 90 percent of the program. Those brainwashed into always shooting with two hands are probably making a mistake.

Charge! armed or not, charge in and attack the gunman. Use the strategies on the following pages. the alternative may be death.

# **Solution 7: Understanding Holsters and Retention Levels**

Holsters come in variety of shapes and sizes. I have always disliked gun magazines, books and videos pretending to be training resources, but are little more than disguised catalogues for equipment. But I must show some examples here because I know of veteran gun handler, least of which novices, who are not aware of the differing styles. Beltline holsters are made to be worn both inside and outside the pants. The common outside-thepants holsters are:



1) High-ride holsters The pistol is very high on the belt line.



2) Mid-ride holsters The pistol hangs mid-way on the belt.



3) Low-ride holsters The holster hangs low. Often the grip is level with the top of the belt.



4) Tact-ride or tactical holsters These are very low and easy to draw.

The common belt holsters are:

- 1) High-ride
- 2) Mid-ride
- 3) Low-ride
- 4) Tact-ride

Many holsters available today have no retention tricks or devices built into them. Some holsters have a variety of retention strategies built into them by different manufacturers around the world. These are often marketed as *threat levels* or *retention levels*. Threat Level 1 from one holster company may mean a retention strategy different from another. Threat Level 2 may mean two tricks or strategies.

Each threat/retention level means the person must draw in a certain manner to pull their weapon. The higher levels, the harder it is to draw. Some retention holsters create difficulties when drawing on your grounded on your back. Others cannot be drawn weak hand side hand if your strong side has been wounded. Before you buy a holster you should experiment to see if you can draw a weapon from it from all the positions demonstrated in *TRAINING MISSION ONE.* 

Retention holsters are defeatable. Such tactics are called "defeats." I have a friend who is a law enforcement equipment salesman and can defeat just about every holster on the market. How does he do this? Since he sells holsters, he can look at a holster, name the manufacturer and tell you all the pro and con sales points. He knows each retention level of each company and knows the directions to pull, push, twist and turn and in what order. But, he is an anomaly. Few people are like him. My friend has taught me some of theses defeats. I have also collected defeats from cases in criminal history-usually cop killings! I will not show holster defeats to anyone in a common seminar or certainly not in here in mass-market books and DVDs. Here is why...

It is common knowledge among law enforcement professionals that most criminals do not have holsters. Most enemy soldiers may have regular holsters but do not have retention holsters because their nation's cannot afford such a bulk purchase. So, the good guys going up against bad guys with retention holsters is a statistic improbability. It seems mostly the *good guys* have retention holsters. Therefore to openly teach holster retention, defeat tricks is to teach the bad guys how to disarm the good guys!

## "Most criminals do not use holsters."

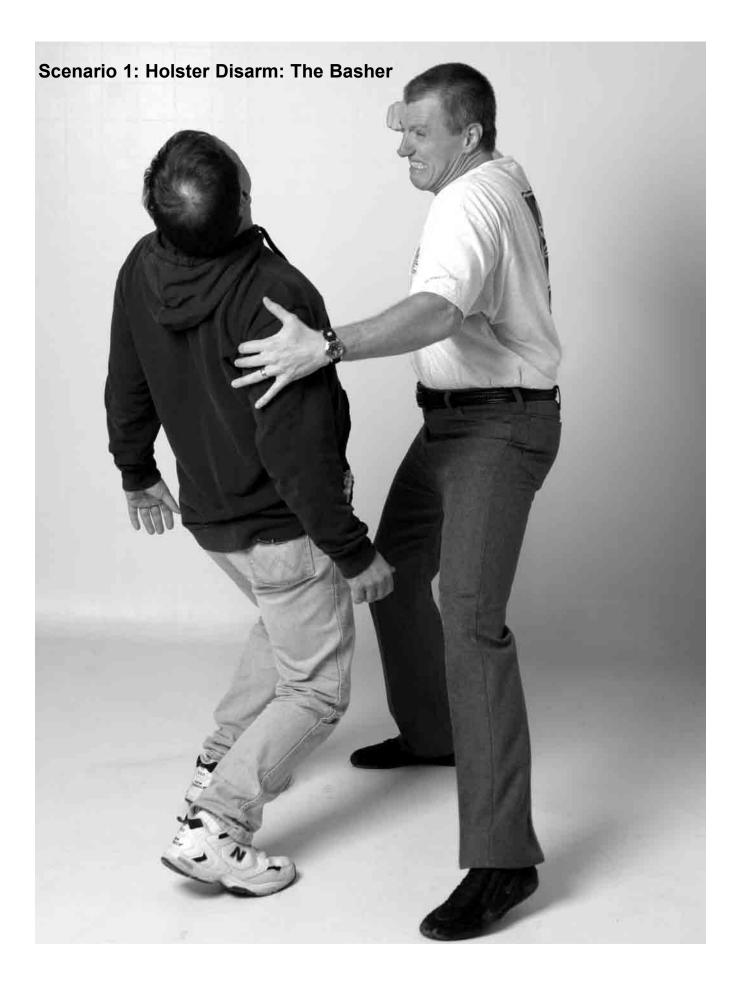
"Enemy countries cannot afford bulk purchases of retention holsters."

In the following pages we have pistol disarming scenarios and many of the first ones involving early-phase problem solving. This often means disarming from the carry-site of the enemy, be that a weapon shoved into the beltline of his pants, or a holster-minus a retention/threat level device little, more than a common thumb break/snap or slide cover. I will not reveal holster retention defeat tricks.









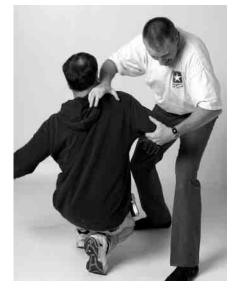
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# Scenario 1: Holster Disarm: The Basher

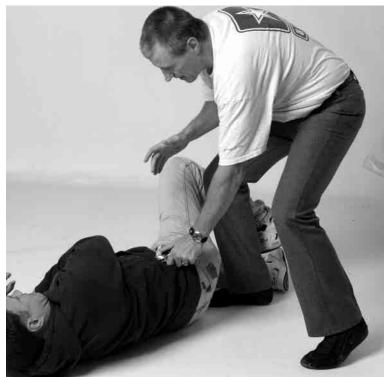
This is a simple, common disarm. Surprise the gun carrier. Beat him into unconsciousness. Then take the pistol. Through the process, keep an eye on his gun hand so he does not draw on you.

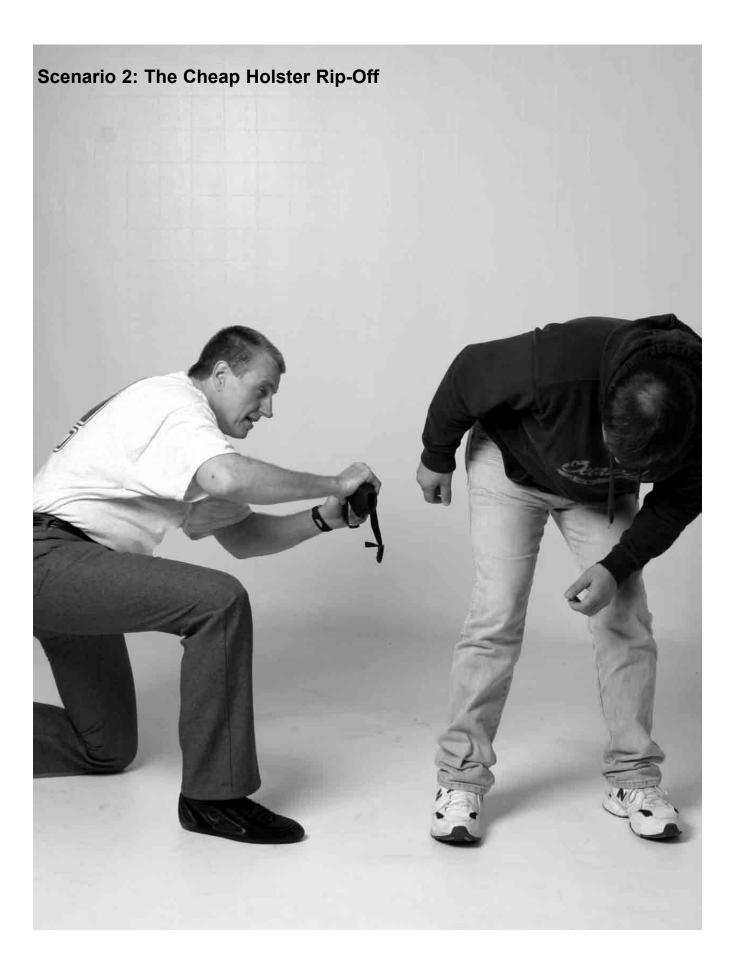


Set up a surprise attack. Strike repeatedly. Keep an eye on his hand so he cannot draw his weapon. Bash and bash.



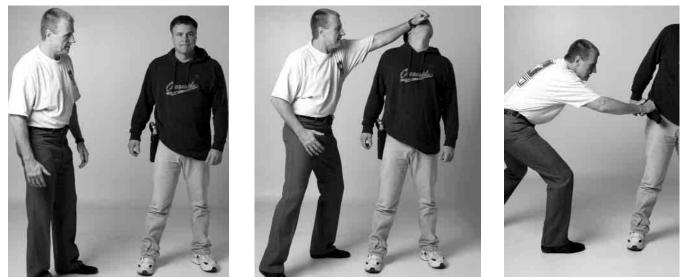
Once he's on the ground and properly stunned, remove the pistol.



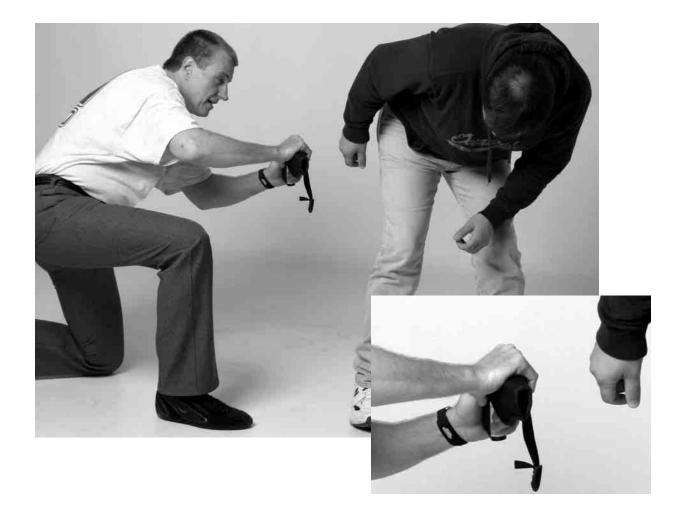


# Scenario 2: The Cheap Holster Rip-Off

You know you can buy a \$30 or \$40 belt and a \$2 holster, or vice versa. When someone comes up to you, inclose and fighting, and they start pulling on your gun out of desperation, the two may separate. You might think about that if you are wearing a \$2 holster. This horror could happen to you. This has actually happened numerous times since the invention of the holster as a separate from the belt. It is more often an accident inside the chaos of a fight than a premeditated move.



You set up the surprise attack. You strike. While grabbing for the gun? The cheap holster breaks free!



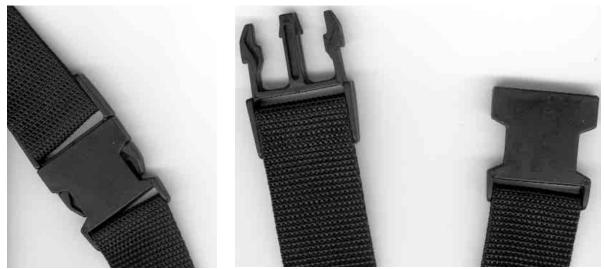
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Many times it is easy to determine if a person has a handgun in a beltline "fanny pack." (Take care not to use the term fanny pack in countries other than the USA and Canada-it means a variety of different things.) On a police stakeout one night, I observed my suspect. He was a a white male in his late fifties wearing blue jeans, a t-shirt and Levi vest.



Cigarettes were in his chest pocket. A mobile phone was hooked on his ornate, tooled western belt. He also wore a leather hat. In his back pocket was a large wallet with a chain attached to this belt. He had a trim gray beard and a scar on his face. Quite a macho guy? Until you looked at his...fanny pack.

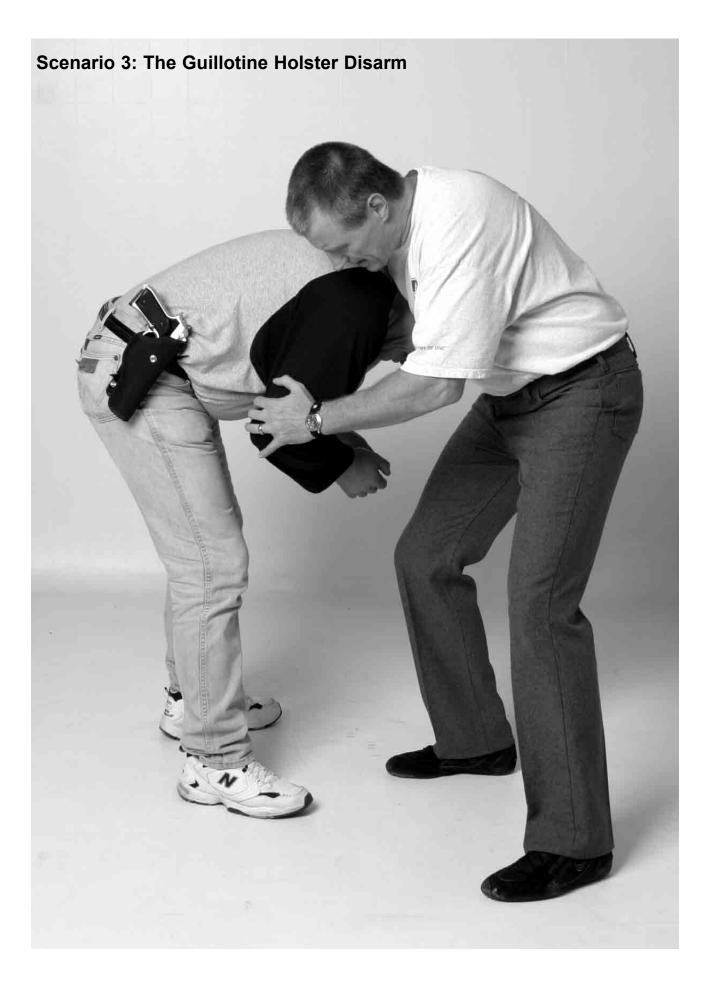
I told my partner, "I'll bet he has a pistol in that pack." We confronted and questioned him later that night and I took a Smith and Wesson revolver out of that pack. In fact, it was a pack designed to carry a pistol with a rip-open, velcro top. When you detect this type of carry, you may rip open the fanny pack with the same motions in this scenario.



Most, if not all fanny packs are clasped by this common system. A Michigan police officer told me that he and another officer had grabbed a suspect for arrest, and with his hand he found and squeezed the sides of the buckle. The pack (and heavy pistol inside) crashed to the floor.



Rip the velcro open, and get the gun.



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# Scenario 3: The Guillotine Holster Disarm

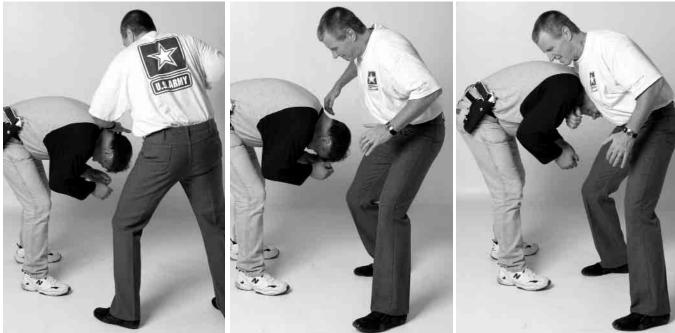
We are still working on holster disarm problems, and I want to show you one of the scariest of them all. I've seen parts of these used in a variety of police systems. I saw a portion in the Army military police academy. I saw another step while I taught a Frankfurt, Germany SWAT team. I put all these steps together to really make a deadly pistol holster disarm.



The sucker punch set-up. It looks like you are turning to leave. But...



...you don't. With full body commitment, you blast the solar plexus. Smack the back of his head, hoping to create a bend.



Hook the neck in the headlock. Make it a solid, strike-like impact on the neck as you hook it.



Study these hand movements and captures. Your left hand pushes his right. Your right hand hooks and captures his right arm, clearing a path to his weapon. Yank the weapon out. When dealing with retention holsters, you will have difficulty. School yourself in the directions and turns needed to defeat such retentions. I will only reveal these steps in seminars and only then in the company of police and proven, law-abiding citizens. None the less, most criminals do not use holsters, and this snatch would work from a beltline or a pocket carry.



You get the pistol. Shove the stunned man off. Upright the gun, and take the next proper steps.

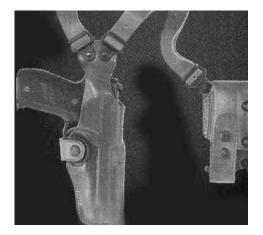




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## Scenario 4: The Shoulder Holster Snatch

There are several style shoulder holsters. One main style is a vertical carry in which the pistol sits vertically in the holster. Most of these vertical carries have a break-away side to allow an easier draw. Another style holster holds the pistol in a horizontal line, also shown in the photo blow. Other model holsters carry the weapon at angles between vertical and horizontal.





This combat scenario is tailored for the horizontal carry and several degrees above or below horizontal. Actually this holster (shown above right) is canted a few degrees off the horizon with the handle slightly lower, all in designed to facilitate speed. Note the thumb-break. Here is a piece of re-enforced leather that contains the female part of a metal snap. The bearer accesses his weapon by hitting this thumb-break with his thumb, which snaps open the safety device. He pulls his pistol.

A defender may also replicate this motion by thrusting his hand forward for the weapon, hitting the thumb break device with his thumb, opening the snap and pulling the weapon.



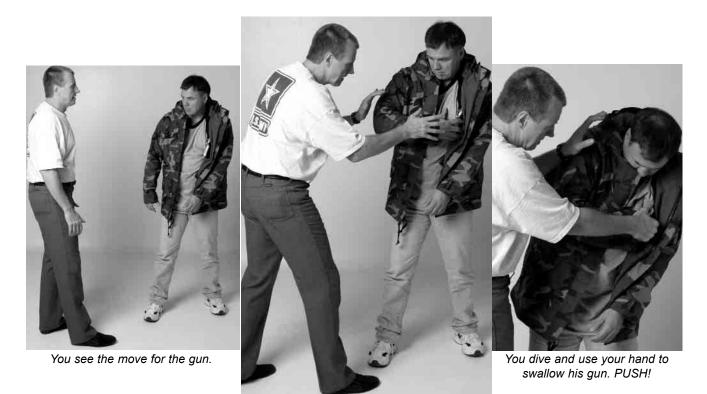
You detect an armed threat. You clear his clothing with a hand flip. Hit the thumb break with your thumb. Take the weapon. Of course striking the enemy in the process is smart strategy, but is not demonstrated here to better display the disarm steps.



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# Scenario 5: The Shoulder Holster Dive

This is an early phase disarm. You detect his shoulder holster quick draw. You dive forward, striking and capturing the pistol in the holster.





Shove the gun deep back into his holster as you strike him viciously.



Dive! Make sure he lands gun side down. Make sure your hand will not get captured. You will accomplish this by slipping it away in the last second. Next, monitor the gun arm. Bash his head on the floor multiple times.



When you detect he is unconscious? Pull him up, and carefully disarm him.



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# Scenario 6: The Shooter's Triangle: Part One-The Flagging Elbow

You see him make a move to draw. You strike the face and insert your hand into the triangle of the gun arm as it comes high to pull the weapon. The elbow is "flagging" up. Execute the hammerlock as detailed in the unarmed combatives portion of this book. Pull down his head, and bash his neck until he is down and out.





He's pulling! Strike the face. The elbow is up and clear for an insert. Thread the arm triangle.



Execute the arm bar hammerlock. Remember to grip the elbow. Pull at the elbow.



Take the gun when it is safe.



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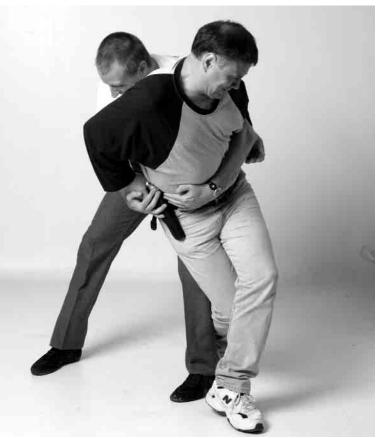
### Scenario 7: The Shooter's Triangle: Part Two-The Big Body Drop



You see the draw. He turns to protect his draw. Slap his cover arm aside. You bear hug his body in a very common, reflexive move hoping to catch the weapon and/or the weapon arm as early as possible. Aim for the elbow, then slip down to the gun hand, if possible. Sometimes you may catch both his arms, sometimes just one.



Charge...



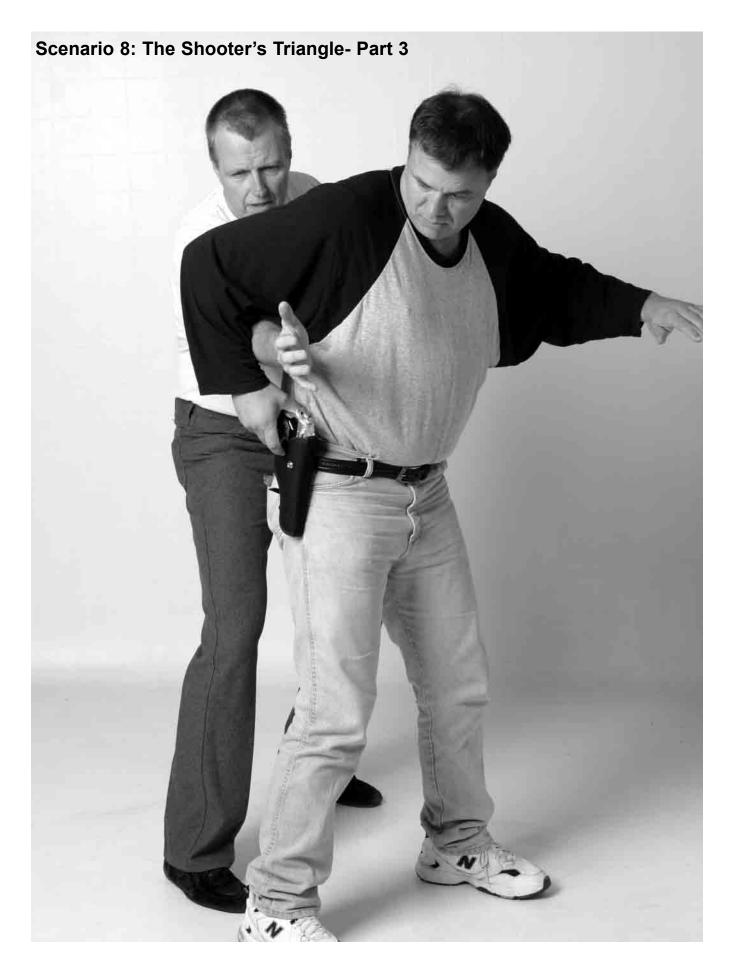
...with the intention of tripping him over. Keep the gun-side on the bottom. Take note of the tripping leg to help the cause. This is basic Judo.



Lift if also possible. Dive down hard. This is a real shoulder breaker. You crash on him. Body slam!

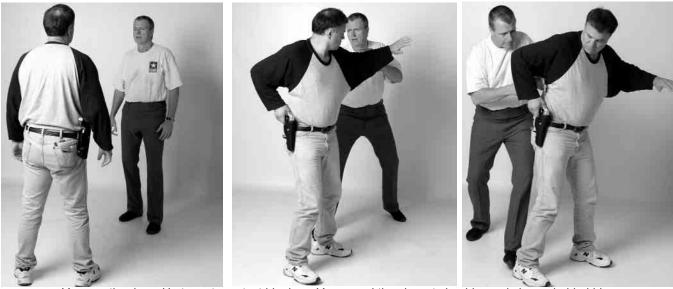


Then you get up while keeping downward pressure on him. Further diminish him with kicks or knees. If the weapon is in his hand, take care to seize control of it. If it is still in the holster, take it from him after you have knocked unconscious.

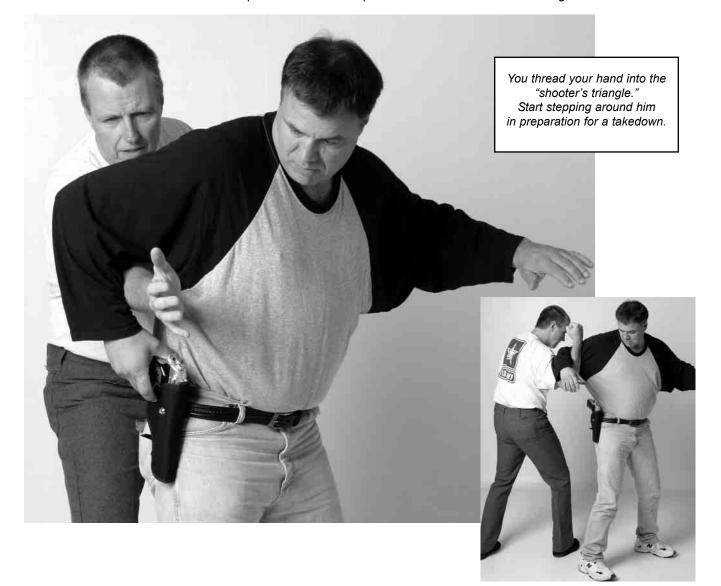


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## Scenario 8: The Shooter's Triangle: Part 3



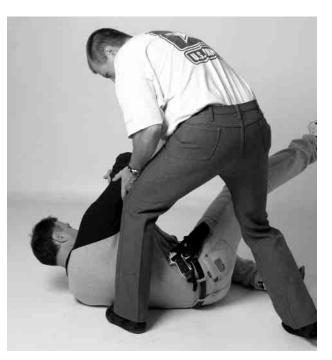
You see the draw. He turns to protect his draw. You pound the closest shoulder and charge behind him.



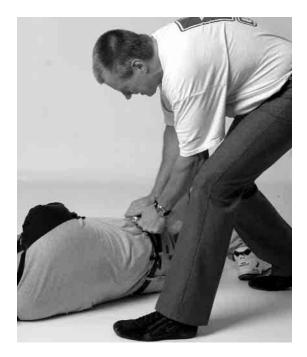
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You will kick back through his closest leg and haul him down hard with a grip on his arm. He may or may not have the pistol in his hand. Make it fast. Make it furious.







Body slam! Further diminish him with kicks of knees. If the weapon is in his hand, take care to seize control of it. If it is still in the holster, take it from him after he has been knocked unconscious.

# Scenario 9: The Wrist Twist Disarm

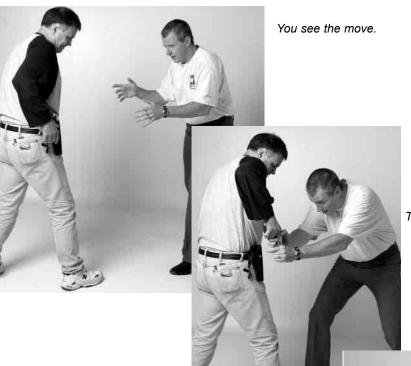


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#### Scenario 9: The Wrist Twist Disarm

The shooter draws and opens the triangle. You grab the gun in this early phase. This is based on a famous martial art move and, like so many of them, has a few kinks that we try to remove with some added, realistic improvements. Most non-veteran martial artists do not know how important it is to grab the weapon, and they will try to grab the hand and then wrist twist on the forearm and wrist. The shooter may possibly bend the pistol toward the artist and shoot him.

If you seize the weapon, not only do you render it to a *one-shot or no-shot* gun, but you prevent the enemy from tipping the barrel toward you. Next, once you get a grip on the weapon, you execute a football charge into his torso with your shoulder. This distracts him, hurts him and knocks him off balance, a perfect formula to continue your twist out of the weapon. Take care to keep the barrel pointed away from you. The football shoulder is never taught in the classical martial arts approach.



Try to seize the weapon as much as possible.

Football! Ram your shoulder violently into his torso until he is knocked off balance and hurt. Keep the pistol pointed away from you.



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Grab the gun in this early phase counter. Football ram into the torso, as you charge like a running back under his arm.



You might ram upwards next if needed, in such a way as to hurt and weaken the arm. Just keep the barrel pointed away from you.

Twist the pistol out. The less of his wrist and forearm you hold, and the more of the gun you hold, the easier the pistol will come out.





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#### Scenario 10: Disarm the Two-Handed Grip



The threat. You follow the advice given on the prior pages when faced with this problem. Keep the surrender hands moving. Clear the barrel.

Many systems tell you that you can catch a gun like this and simply push it right over the tops of the enemy's

hands. They fail to take into account that the enemy usually and instinctively resists, making the classroom practice fail on the streets.

Make sure you clear your head of the barrel.

Strike an uppercut, using your legs as a springing base to drive the strike up. This powerful spring will help against his arms.

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Hammer the support hand. This will weaken it or even knock it clear from the pistol.





Reach up and grasp the weapon. With a powerful body momentum, twist the weapon downward over the top of the hand.



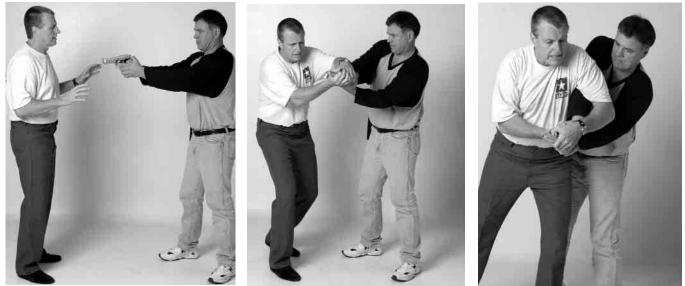
Continue the fight as needed.



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#### Scenario 11: The Military Dive on the Two-Handed Grip

In the 1950's and 1960's several experts in US Army combatives developed some counter-pistol tactics in the case of being captured by the enemy. Many of these solutions involved diving onto the arms of the enemy. While this left the unarmed soldier grounded and temporarily immobile, they were powerful movements. In this scenario we will look at a response versus the opponent holding a two handed grip high and with arms extended.



You are confronted by an untrained enemy, who holds his pistol in two-hands, foolishly too close to you. Keep your surrender hands moving. At a moment he becomes distracted, you grab the weapon. Turn his hand so that one of his elbows is up and pointed at you. Next, swallow up his arms tightly with your own, and leap! Accentuate the crash so his arms and shoulder land first.

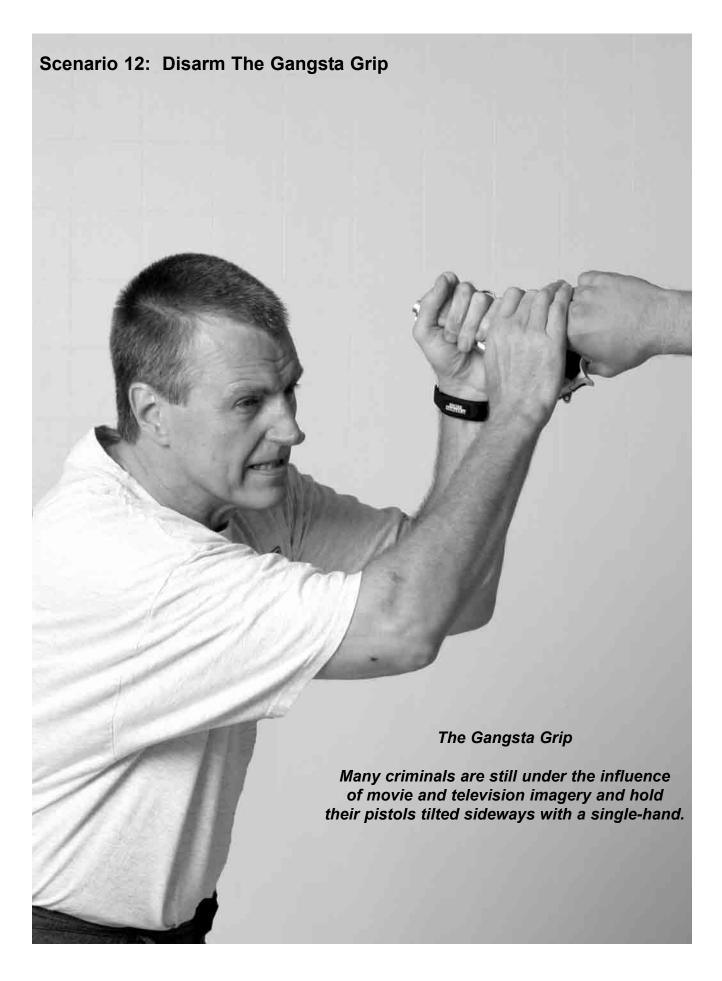


Crash down hard on the elbow. This is devastating. All the while, pull on the gun in the direction that best benefits the disarm.

Get the gun. Fire elbow strikes. Fight on as needed from there.



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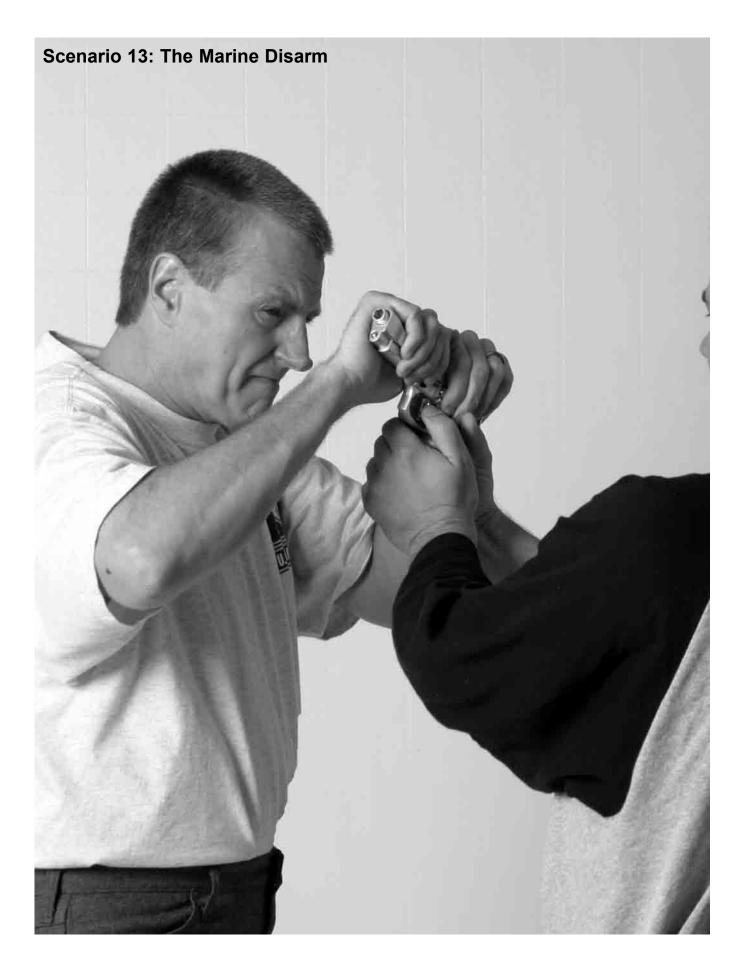


The suspect threatens you with the Gangsta Grip. Your surrendering hands are moving to cover any sudden movement.

You snatch the weapon and get clear of the barrel.

The position of the hand (virtually the center-lock position) creates a very weak grip. The pistol is ripped out.

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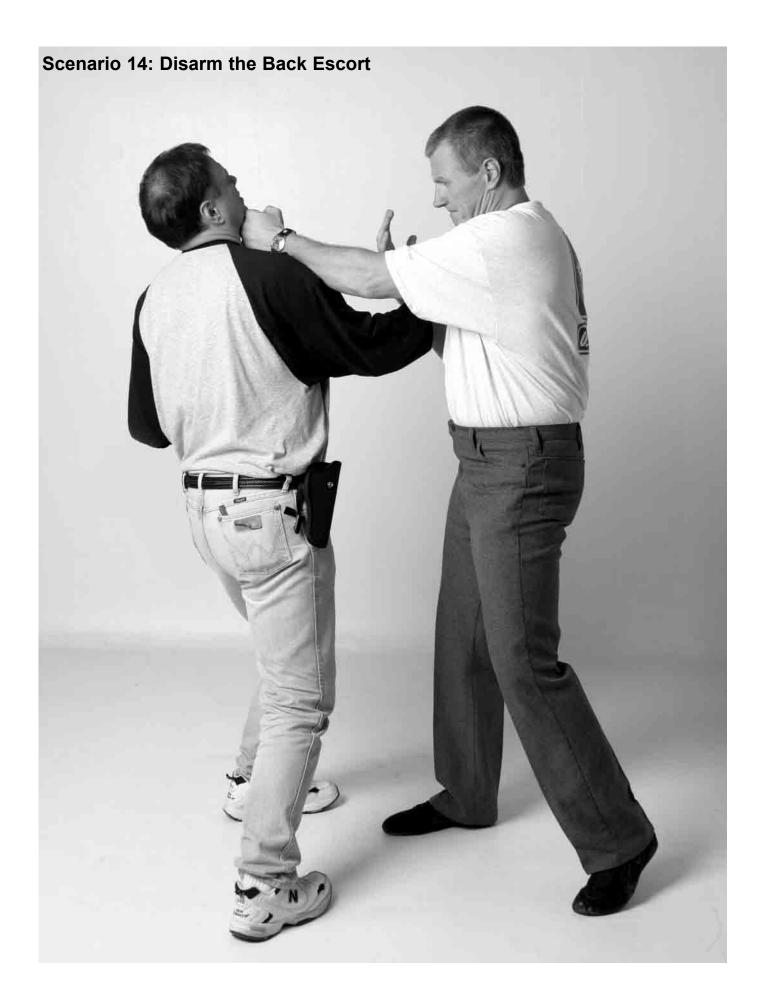
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#### Scenario 14: The Marine Disarm

Keep your surrendering hands moving. Grab the weapon with two hands and from the same side. Wrench it around with your full body dynamic. Crash your forearm into his forearm as you complete the turn. Rip out the pistol. Hit him with your pistol. Fight on from there as needed.



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#### Scenario 13: Disarm The Back Escort

The infamous rear escort movement. This usually is a single hand grip escort. Try to determine which hand the gun is in. The one demonstrated here is a barrel pushed low to the back. If the gun is low, don't put your hands up high. If the gun is high, don't put them too low. Keep your surrender hands moving somewhat to disguise your sudden attack. If there's not a constant pressure from the barrel, slow down until you feel the prodding poke, then you know where the gun is. Turn with a scooping arm and strike. Wrap the arm and drop him.

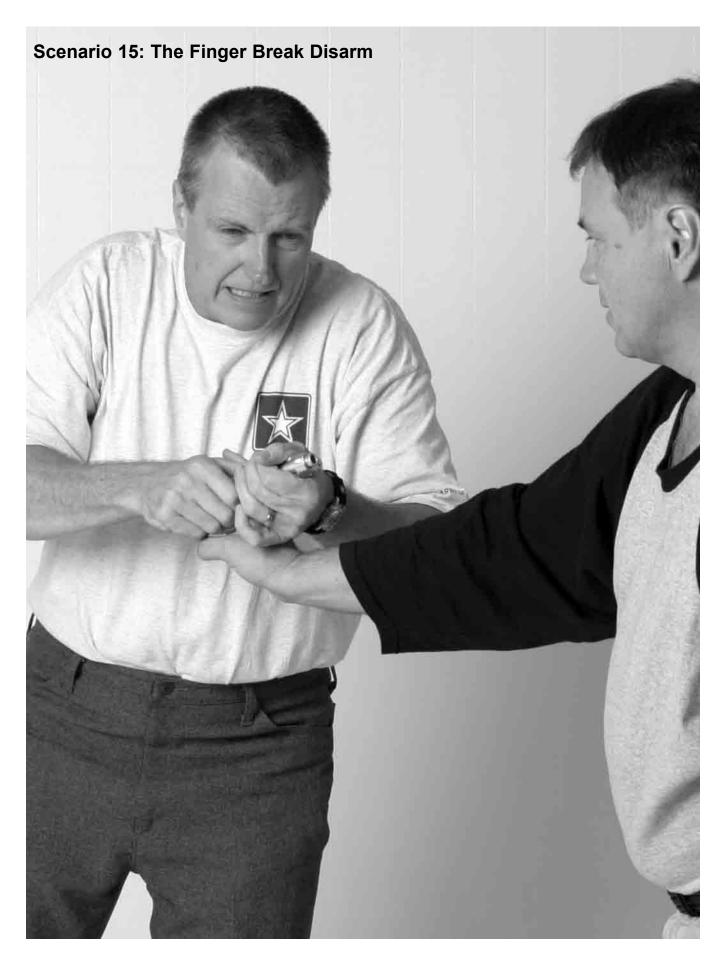


You have already done your prep work and know what hand the pistol is on. You feel the gun. During the escort, you turn with a sweeping arm to his outside. As you wrap up his weapon arm, simultaneously destroy his head and neck.



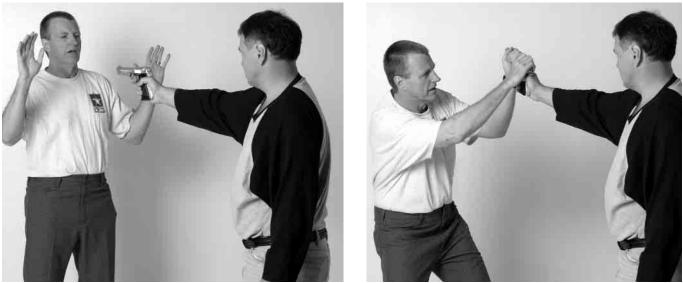
Once stunned, start his descent to the ground. Try to obtain as much control of the weapon as possible.

You can also step around and leg sweep.

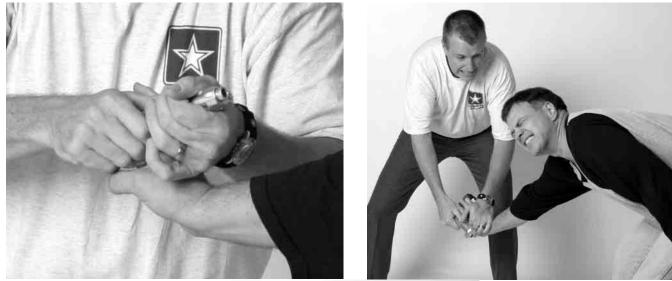


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#### Scenario 15: The Finger Break Disarm



He threatens you. Your moving, surrender hands suddenly strike out. You clear the barrel. Keep both hands on the gun.



Step back and pull down. The finger goes, or he goes.

Immediately, efficiently you twist the gun right back over the back of his hand. This captures the trigger finger in the trigger guard of the pistol.



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# Scenario 16: The Leap Disarm



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#### Scenario 16: The Leap Disarm

This is one of the most overlooked, simple, yet powerful, destructive disarms. You grab the low, one-hand presentation of a pistol and leap. Get his forearm on your beltline for maximum destruction.



The set-up. He is orchestrating his crime scene. At the right moment you grab the gun hand wrist, clear the barrel and strike the throat all at once. The wrist catch could be accidental in that you have lunged out and wanted to grab at anything. But now you have the wrist...



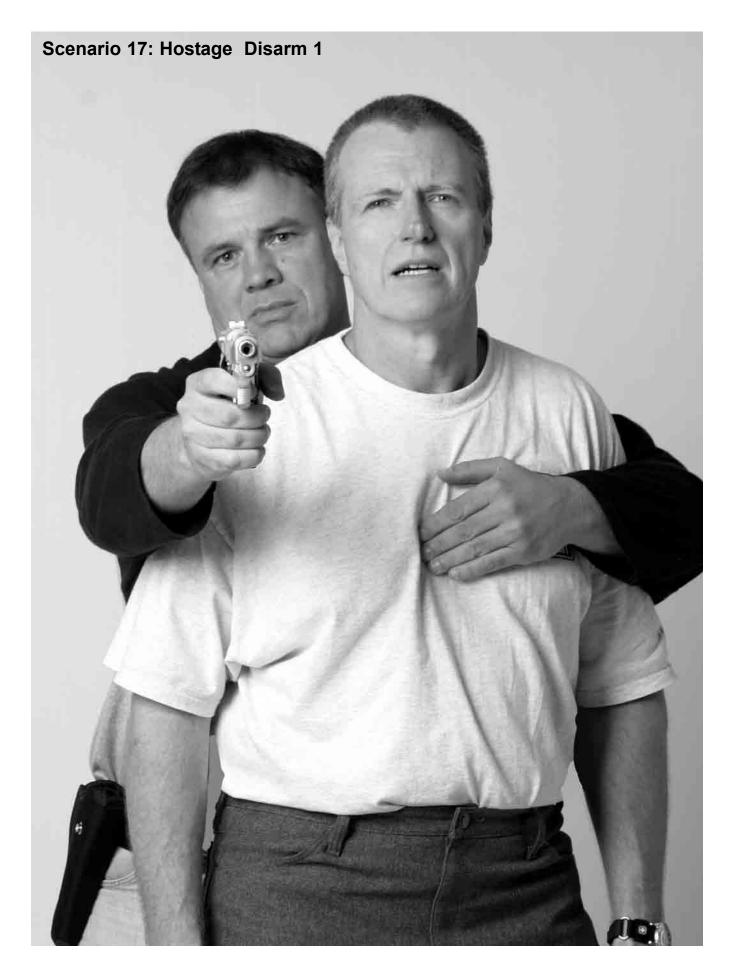
...and dive! Get two hands on the his hand and wrist. You will need it. Maybe an elbow strike to his sternum may be added, but we hope your prior throat strike still has him stunned. Get your beltline over his forearm. A common mistake is to capture his arm in your armpit. This is to high a capture to execute this particular move.



Leap and drop. Hang on to his gun hand. This will destroy his shoulder and arm. Expel air from your lungs when you land.



If needed, a few rear elbow strikes to the neck and face would finish him. It is a very hard fall for him though, and such may not be needed.



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#### Scenario 17: Hostage Disarm 1



Wait for a distraction!



Strike his torso with your elbow.



Seize the weapon with your hands.

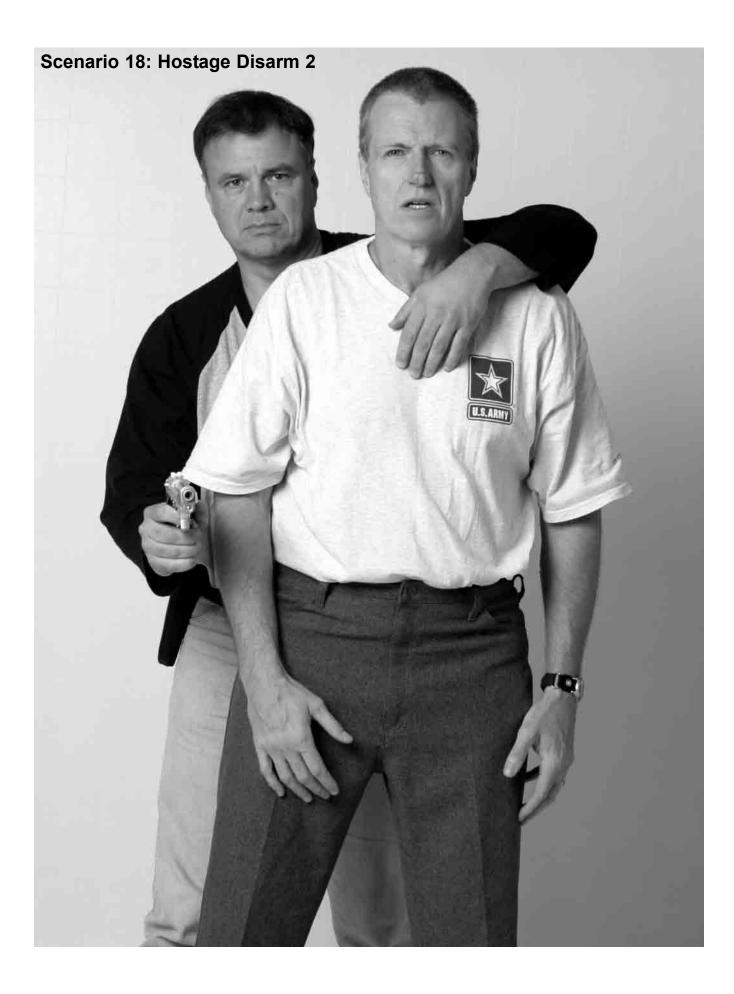


Twist the weapon out as you step out.

Capture the weapon.

The moment of escape must be when the hostage taker is tired and distracted, at a point when the hostage taker has become distracted for whatever reason. You evaluate the intensity of his gripping hand and arm. If this is the time, when the criminal takes his gun off of you to direct his crime scene, to emphasize his words, to point to something-whatever - you take action. You will:

- Strike his torso with your elbow.
- Seize the weapon with your hands.
- Twist the weapon out as you charge out in a circle.
- Capture the weapon.



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#### Scenario 18: Hostage Disarm 2



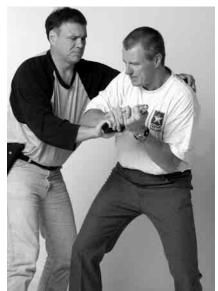
Wait for a distraction.



Strike his upper arm with your elbow.



Seize the weapon with your hands.



Twist the weapon out as you charge out in a circle.



Capture the weapon.

The moment of escape must be when the hostage taker is tired and distracted, at a point when the hostage taker has become distracted, for whatever reason. You evaluate the intensity of his gripping hand and arm. If this is the time, when the criminal takes his gun off of you to direct his crime scene, to emphasis his words, to point to something-whatever - you take action. You will:

- Strike his upper arm with your elbow.
- Seize the weapon with your hands.
- Twist the weapon out as you charge out in a circle.
- Capture the weapon.

#### **Pistol Retention Overview**

Now that we have seen what the enemy can do to us, we can make plans to counter the attack.

#### **Basic Solutions**

-Obtain the best retention gear

Holsters: Get the best level retention holster you can function with.

-The retention holster

-differing levels of safety with differing methods

- -may create speed problems
- -difficult to draw in some positions, such as on the ground
- -you are going to have to make a choice.

-Be aware of the 4-ride holsters

- high ride
- mid ride
- low ride
- tactical ride

-Increase your hand grip strength

- -Increase your skill and knowledge of unarmed combatives skills
- -Increase your speed and footwork

-For attempts at your holstered or sometimes an unholstered weapon, develop your power grip and power turns. Grip your pistol and move powerfully in the best strategic direction. Power turn:

- vs. two-hand front grab
  - -drop back if weapon presented
  - vs. two-hand back grab
  - vs. two-hand side grab
  - vs. one-hand grab, one punching

#### Beware the "sand pit mistake"

Practicing retention and not being able to actually strike the opponent puts an unrealistic spin on the training. At least have training partners act like they have been stricking in the eyes, throat, etc.

#### Beware the "over-drill mistake," The CHP story

Quickly handing your pistol back to your training partner can burn that last step into your muscle memory. Officers have been killed and wounded handing the weapon back to a criminal after they have disarmed the criminal.

#### Keep your pistol back and protected!

-Undrawn: keep the weapon bladed away from a suspect.

-Drawn: this means avoiding the classic two-hand, arms extended pistol grip when the suspect is within lunge and reach distance.

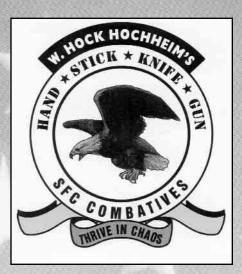
#### **Edged Weapon Options**

Carry a knife on your "weak side" and open your tactical folder and cut your way out of a disarm.

Cranking off a round? This does statistically may a grabber retract their hand.

#### Weapon transition: As he takes one of your weapons, you pull your other.

- \* primary to back-up
- \* pistol to long gun
- \* long gun to pistol



# W. HOCK HOCHHEIM'S CLOSE QUARTER COMBAT GROUP

# UNARMED COMBATIVES COURSE OUTLINES FOR LEVELS 4

# **ADVANCED INSTRUCTORSHIP**



Thrive in Chaos!



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#### W. HOCK HOCHHEIM's UNARMED COMBATIVES **LEVELS 4** EXPERIENCE ^ **COMMON SENSE** TRAINING ^ The Level 4 UC Strike: The Hammer Fist YOUR NOTES Avoid the martial arts backfist and the ridge hand. This statistically cause injury. Instead make a fist and strike with the top and bottom of the fist. Solo Command and Mastery (on the clock) S&O 1) Use of Force Review and Issues Hooking Hammer Fist on the 4 clock corners *"Whether in thwarting crime or in combat,* there are political, moral, ethical and legal Pad Drills considerations with each action you take. 10 strikes from each corner single hand 10 strikes from each corner double hand 10 strikes from a topside ground position 10 strikes from a bottom-side ground position Statue Drills (arms high, arms low, arms split) Same hand contact and same hand strike Opposite hand contact and opposite hand strike Block, Pass and Pin Drills: Use the hammer fist format 1/2 Beat hammer fist a) same side hand b) opposite hand c) work against the inward and backhand attack -high to low/low to high also Clinch Drill: Execute the hammer fist to groin Main Counters Duck Block Footwork evasion **Option Awareness Combat Scenarios** Any 3 combat scenarios using a hammer fist Example: topside bumped, turn head, hammer fist Example: hammer fist the knife quick draw Example: hammer fist the pistol quick draw 1 counter scenario Level 4 Rear Leg Round Kicks 1) Perform against pads: get right up after the ground sets 10 standing right leg fighting position 10 standing left leg fighting position 10 ground right leg (get up safely after a set) 10 ground left leg (get up safely after set) 2) Round Kick Statue Drill All this information is further explained, 3) Counters with hundreds of photographs in Hock's -footwork evasion -round kick drill other Training Mission books. They are 4) Round kick sparring also demonstrated in Hock's Training 5) Combat scenarios: Perform three using a round kick Mission DVDs and other dvds and videos.

<ol> <li>Bent Arm Collection</li> <li>Straight Arm Collection</li> </ol> Bent Arm Takedowns This is a basic collection of tactics that work with the arm bent in three categories. bent up, bent horizontally and bent down. There are tens of variations in these positions, but this list includes the foundational responses. Bent Arm 1) Underarm TKD Drill the Basic Steps: Show shoulder crank and rip Wrist crank addition
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Drill the Basic Steps: Show shoulder crank and rip Wrist crank addition
Show shoulder crank and rip Wrist crank addition
Wrist crank addition
Statue drill for left and right sides
Block, Pass & Pin Drill
- catch arm bent high on beat 1 ½ - Vs. stick
- regular TKD
- grab stick out from behind
- grab stick and place shaft on neck, push neck down
Vs. knife series
-disarm after ground body slam
-outside hand takes knife
-inside hand takes knife
Reverse Catch Troubleshooting
-troubleshoot
-vs. a hook punch -vs. a shoulder touch escort
Bent Arm 2) Figure Four TKD
Drill the basic steps
Block, Pass and Pin Drill: Hubad catch on beat 3 ½
-Archipelago hands open version
-Japanese grab version
Height options for takedowns -To tall? Downward circle
-Height ok? Over the top
Choke option
Vs. knives:
a) psycho stabs
b) countering the ground quick draw with police figure 4
Counter resistance with the straightened arm-spiral down
Discuss ground options
a) escape the mount 4
b) escape the corss body 4

Bent Arm 3) Sheonage TKD	YOUR NOTES
This has a lengthy continuum with escapes and counters.	
Learn the basics.	
Practice the variations	
Bent Arm 4) Hammerlock series	
Basic Development Progression	
Handshake catch	
Superman	
Arms down	
Vs. Uppercut	
Vs. Straight punch	
Ground catch (him chest down)	
Hurt training partner vs. his inability to bend?	
Downward spiral "parachute" option	
B, P & P Drills Catch on beat 2 $\frac{1}{2}$	
-from high corner	
-from low corner	
Counters	
-"drunk," loose drop	
-elbow strike	
Ops Combat Scenarios Finishes	
Arm break pull finish	
Wing Choke-out TKD	
Knee Buckle TKD	
Wheel throw	
Drop head to knee and elbow strike to neck	
Show vs. knife slash	
Show interrupting a weapon quick draw	
a) standing	
b) on the ground	
Bent Arm 5) Inner Arm Forearm Hammer	
Vs. UC Attack, use "Judo" TKD	
Vs. stick attack	
Vs. Pistol: Countering the protected "bladed QD"	
Vs. Wall shove choke	
Bent Arm 6) Hand Down Bend Arms	
Handle Throw "cup throw"	
Do from B, P & P on beat 3 1/2	
Center Lock	
Vs. pistol QD	
Vs. knife QD	
Bant Arm 7) The Wrestler's Ball over	
Bent Arm 7) The Wrestler's Roll-over	
	1

traight Arm Takedowns	YOUR NOTES
These involve the arm forced into straight positions, usually	
putting pressure against the elbow ( to keep the arm straight.)	
Straight Arm 1) The Front Armbar	
This is worth knowing because it originates from an	
instinctive CQC arm wrap.	
Vs. punch	
-circling hand pins or slaps secondary hand	
-secondary hook punch	
-secondary thrust punch	
Vs. fighter's clinch	
Vs. stick attacker	
Straight Arm 2) Over the Shoulder Arm Break	
Vs. knife stab	
Vs. pistol threat	
•	

## YOUR NOTES



# W. HOCK HOCHHEIM'S SDMS

# IMPACT WEAPONS ADVANCED COURSE OUTLINE LEVEL 4



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## **SDMS LEVEL 4) Combat Drills**

#### YOUR NOTES

### "Tug of Wars" Warm-ups -SMS Riot Push/Pull -SMS Double Stick Push/Pull -DMS Port Arms Push/Pull -DMS vs. UC Push -Interlock Push/Pull SDMS Combat Block and Strike Drills **Basic Training Combat Series** Work this Basic Series in 6 count sets: Do while moving Basic Drill 1: High strike / high block in a set of 6 Basic Drill 2: Right side strike / side block in a set of 6 Basic Drill 3: Left side strike / side block in a set of 6 Basic Drill 4: Low stab / low block in a set of 6 Basic Drill 5: Mix up the count and angles - 4 clock angles - 2 clock angles - Improvise Basic Drill 6: Block 6 punches and kicks Basic Drill 7: The port arms stick or rifle blast and trap strike in sets of 6 Basic Drill 8: Batting vs. clock attacks Advanced Training Combat Series Advanced Drill 1: The SMS to DMS Integrated Drill -in the air -on a war post -vs. a clock 4 Advanced Drill 3: The DMS to SMS Integrated Drill - in the air - on war post - versus a clock drill The "Increasing 12s" Drills The 12 Strikes-right-handed and left-handed Learn command and mastery of the 12 angles Add command and mastery with: -1/2 beat hand strike -1/2 beat kick -1/2 beat stick block -1/2 beat hand block -1/2 beat fake -fake with "short hit and retract -fake with retain-wrist-back passing method

All this information is further explained, with hundreds of photographs in Hock's other Training Mission books. They are demonstrated in Hock's Training Mission DVDs and other videos.

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Increasing 12s Basic Training Series versus the 12 Basic Set 1) Footwork only. Evade the 12 with footwork Basic Set 2) Block the 12s with stick Basic Set 3) Block the 12s and any stick counter-strike Basic Set 4) Block the 12s and punch Basic Set 5) Block the 12s cane and kick Basic Set 6) Block the 12s cane, punch and kick Basic Set 7) Block the 12s and charge in to clinch

(The Advanced Increasing 12s sets will appear throughout the course, as they apply to the subject training progression.)

**Invading Pommels! Pommel Strike Invasion Outside Series** Outside contact then invade;

Version 1) Clear path

Version 2) Half-stop,

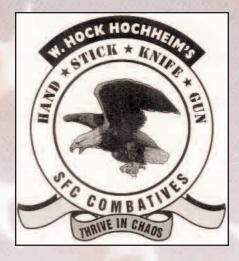
Version 3) Grab,

Version 4) Fake and pull block through.

All this information is further explained, with hundreds of photographs in Hock's other **Training Mission** books. They are demonstrated in Hock's **Training Mission** DVDs and other videos.

YOUR NOTES

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## W. HOCK HOCHHEIM'S CLOSE QUARTER COMBAT GROUP

## **KNIFE/COUNTER-KNIFE COURSE OUTLINE FOR LEVELS 4**

# ADVANCED KNIFE INSTRUCTORSHIP



"Thrive in Chaos!"



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### W. HOCK HOCHHEIM'S KNIFE / COUNTER-KNIFE COMBAT COURSE OUTLINE

## **ADVANCED INSTRUCTOR MODULES 4**

W.HOCK HOCHHEIM'S HAND STICK KNIFE GUN

EXPERIENCE ^ TRAINING ^ COMMON SENSE		
Knife Level 4) Saber Hacking Knife Assault Module	YOUR NOTES	
Studies and Observations -Hacking needs sufficient size, heft + "Mighty Mo"- Momentum		
-Bowie / Smachete / Machete / Kukri great for hacking		
-The "Katana chop vs. slice."		
-Folders, due to size, are unlikely to be hefty hackers.		
-14" rule or the "too big to be hidden" rules qualifies as a small sword.		
-Uncommitted Hack Theory: If thwarted, attack on another line.		
-The "Chip-out" method. A the last second, a sudden twist of the wrist.		
-The free, other hand strikes, grabs, blocks, confuses.		
-Success of the Hack? Impact injury and slashing/cutting injury.		
Hacking Drill HD 1) Basic 4 clock basic series -right-handed -left-handed - do standing - do walking forward, then back - do kneeling - do on the ground		
HD 2) Advanced 12 clock advanced hack standing righty and lefty -right-handed -left-handed - do standing - do walking forward, then back - do kneeling - do on the ground		
<ul> <li>HD 3) Hack jab series: an excellent "shield" for protection. -multiple hacks right-handed -multiple hacks left-handed</li> <li>HD 4) Bowie hack block vs. a stab</li> <li>HD 5) Support strikes Work any ½ beat hand strike Work any ½ beat kick</li> </ul>	All this information is further explained, with hundreds of photographs in Hock's other <b>Training Mission</b> books. They are demonstrated in Hock's <b>Training Mission</b> DVDs and other videos.	

Basic Combination Slash Drills	<u>YOUR NOTES</u>
Saber hack and slash on the 4 or 12 clock angles.	
Saber hack and slash on 4 or 12 clock angles.	
Hit Training Objects	
Hit all the strikes above on war posts or sticks held by trainers.	
-Stationery	
-Moving vs. trainer	
-Hit back vs. trainer	
-Right and Left	
Basic Hack Statue Drill	
The "outside/Inside/Split/ Inside/ Outside" statue progression	
Format 1) Knife makes contact/knife hacks neck	
Format 2) Hand 1st contact / knife hacks	
Format 3) Double hand and knife contact, knife hacks	
Counters to Common Blocks Study	
The trainer uses his empty arms and hands for your skill development.	
/s. the 4 clock angles for basic training.	
Counter 1) Cut block	
Counter 2) Redirect slash on another line	
a) He blocks. You redirect.	
b) The trainer now holds a knife and tries to	
block your attack by the common strategy	
of hitting your weapon arm.	
Counter 3) Invading hands - The 4 P's	
Pinning hands	
Passing hands	
Pulling hands	
Pushing hands	
- vs. *1st layer	
- vs. * 2nd layer	
Synergy Flow and Skill Drills	
Block-Pass-Pin Skill Drill	
-standing: hacks on the half-beat	
-ground hacks on the ½ beat	
The Sporten Complet Medule, Employing the "Impost Discount"	
The Spartan Combat Module- Emphasizing the "Impact Disarm" Spartan Version 1) The Military Module (lethal)	
Hacking impact vs. the basic 4 or advanced 12 angles, all to a	
military do-or-die lethal finish.	
Spartan 2) The Enforcement/Citizen Module (less-than-lethal)	
Totality of circumstances counts, that moral, ethical, legal and political	All this information is further
consideration. You will be judged by a reasonable and prudent person.	All this information is further
Jtilize these options:	explained, with hundreds of
LTL 1) Verbal threat/command presence/67% rule	photographs in Hock's other
LTL 2) Minor slashes	Training Mission books. They
LTL 3) Minor stabs	are demonstrated in Hock's
LTL 4) Heavy on unarmed combatives	Training Mission DVDs and
LTL 5) Flat of the blade	other videos.
,	

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LTL 6) Pommel strikes

Practice

Aggressive: Hack the enemy's knife limb as he:

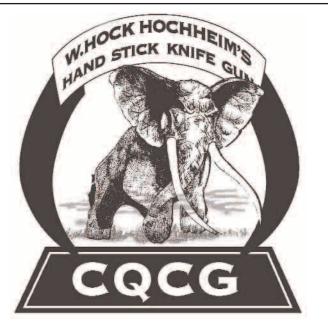
a) draws his weapon

b) presents the weapon

Defensive: Hack the 4 slashing clock angles (or the 12 angle drill) Defensive: Hack the 4 stabbing clock angles (or the 12 angle drill)

Execute multiple aggressive and defensive scenarios

YOUR NOTES



All this information is further explained, with hundreds of photographs in Hock's other Training Mission books. They are demonstrated in Hock's Training Mission DVDs and other videos.

YOUR NOTES

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## W. HOCK HOCHHEIM'S GUN/COUNTER-GUN

## BASIC LEVELS 4 COURSE OUTLINE



### W. HOCK HOCHHEIM'S GUN/COUNTER-GUN COMBAT COURSE

### Module 4: Pistol Disarming Outline

EXPERIENCE \* TRAINING \* COMMON SENSE

#### MODULE 4 Pistol Disarming and Retention

#### G/C-G Level 4) The Gun Disarm Combat Module

Disarming begins at the holster and goes through the weapon being discharged. To understand pistol disarming one must become well-versed in the four related subjects,

- 1) Quick draws
- 2) Disarming
- 3) Retention
- Recovery.

This spectrum exists with long guns, starting with carry systems like clips and slings. A practitioner must possess a working knowledge and skill of unarmed combatives.

#### The Confrontation

Soldiers, guards and police are captured, citizens are robbed, kidnapped, held hostage, all in the midst of urban and rural drama and terrain. Each factor in every situation must be heavily weighed into the action you dare undertake. The psychology of this mind game is the subject of a whole book, even a college degree, but here we are endeavoring to portray physical tactics.

#### The Physical Problems

#### Problem 1) Enemy Assessment

Physical? Mental? Criminal Intent?

#### Problem 2) Distance 3 Ranges of Weapon

In Physical Contact Lunge and Reach Distance "Sniper" Distance (verbal disarming possible)

#### Problem 3) Situational Positioning

Front attacks Right side attacks Left side attacks Behind attacks Above or, Below you (Below? Review the poor quality holster rip, as well as problems seated, on stairs, or vs. any incline enemy.) All this information is further explained, with hundreds of photographs in Hock's other Training Mission books. They are demonstrated in Hock's Training Mission DVDs and other videos.





Problem 4) Carry Systems and Equipment	
You will be dealing mostly with a variety of belt-line carries, pocket carries, holsters and off-the body hiding spots. Many, if not most criminals do not have holsters.	
Problem 5) Carry Sites	
1) Primary: Think QD	
2) Secondary: Think back-up	
3) Tertiary: Think lunge and reach	
Problem Area 6) Review the Anatomy of a Quick Draw	
Quick draw review: The arc verses the angle spectrum	
Remember-this might not how YOU draw! This is how everybody else draws!)	
1) The "scooping/bowler"	
2) The right angle	
3) Many are quite successful with a blend of this, turning	
the barrel as the tip clears the holster.	
Why two hands?	
-Range reason one: Steady weapon	
-Range reason two: Reduce recoil	
-Field reason one: Harder to disarm	
Hock's prayer and warning for you.	
-Make a conscious decision on 1 or 2 hands.	
-Brainwashed. The disarm and 2-hand return.	
Problem Area 7) Explosion Sound	
Blast-40,000 to 60,000 pounds of pressure in barrel!	
Heat?	
Burn from any open cylinders or ports (or HOT gun)	
Hearing loss	
Choices? Minimization of wounds theory	
-The ILLINOIS study	
Problem Area 8) Status of weapon after disarm	
Is it a Replica?	
Is it loaded?	
Is it out of battery from struggle?	
Resort to your own weapon if possible	
Use disarmed pistol as an impact weapon if needed.	
Solutional Main right colutions	
Solutions! Main pistol solutions	
Always clear the barrel from you and if possible-others.	
Always bash the holder as quickly as possible. Always grab the pistol to render it a 1-shot or no shot	
himayo grab the plotor to render it a ronot of no onot	
	'
Jnarmed Combatives Review	
This is the cornerstone of your survival. You will note that the following disarms are	
This is the cornerstone of your survival. You will note that the following disarms are nore about rough-and-tumble brawling than finely-tuned movements concentrating on	

All this information is further explained, with hundreds of photographs in Hock's other **Training Mission** books. They are demonstrated in Hock's **Training Mission** DVDs and other videos.

**YOUR NOTES** 

The energy hand, referencing the chaulder and working down the error	<u>YOUR NOTES</u>
The open hand, referencing the shoulder and working down the arm.	
Anatomy of the Caveman gun rip 4 directions from the hand: Demo and practice for a period.	
4 directions from the hand: Demo and practice for a period.	
Anatomy of a Disarm Attack 6 directions -front, 2 sides, back above and below	
Two hands beating Two hands on gun	
One hand grab-one handgun	
One hand on gun-one hand striking	
Anatomy of a Side-Carry Quick Draw	
Continuum: The arc to the right angle practice	
Anatomy of the "C" clamp catch. Grab the Gun! Lecture One shot or no shot speech.	
DISARM COMBAT SCENARIOS	
CS 1) Knock down, knock out, undress and remove	
CS 2) The holster and/or belt rip with strike	
CS 3) The shoulder holster extraction	
CS 4) The cross draw holster dive/single hand head twist	
CS 5) The frankfurt guillotine	
CS 6) The shoot the gunfighters triangle	
-Neutral draw intro	
-Protected back draw Bear hug capture	
Rear arm hook	
- Rear leg takedown	
- Power pulldown	
CS 7) Catch Series	
You unarmed or have no time to reach your weapon	
*The Center Lock Catch via:	
-caught pistol and fight on -caught arm and fight on	All this information is further
	explained, with hundreds of
You do go for your pistol	photographs in Hocks other Training Mission books. They
<ul><li>* He turns to protect? Football ram and shoot</li><li>* Double catch? Instant stitching</li></ul>	are demonstrated in Hock's <b>Training Mission</b> DVDs and
CS 8) Concepts in verbal disarming	other videos.
CS 9) Counter Da' Gangsta Grip	

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CS 10) The US Army Arm Wrap and Rear TKD - single hand grip - double hand grip

CS 11) The finger crank vs. the single-hand presentation

CS 12) The US Army double arm jump and crash

CS 13) Tokyo riot police two-hand disarm

CS 14) US Marine disarm vs. two-hand grip

CS 15) Single hand robber/counter Hostage

- -High head threat
- -Waste high threat
- -Rear threat
- -Hostage high
- -Hostage low
- -Gun versus gun
  - Pistol to throat escape
  - Rifle to throat escape
  - Killing Snap shooter escape

#### **Pistol Retention Overview**

Now that we have seen what the enemy can do to us, we can make plans to counter the attack.

#### **Basic Solutions**

Obtain the best retention gear

Holsters: Get the best level retention holster you can function with.

-the retention holster

-differing levels of safety with differing methods

- -may create speed problems
- -difficult to draw in some positions, such as on the ground

-you are going to have to make a choice.

Be aware of the 4-ride holsters

- high ride
- mid ride
- low ride
- tactical ride

Increase your hand grip strength Increase your skill and knowledge of unarmed combatives skills Increase your speed and footwork

For attempts at your holstered or sometimes an unholstered weapon, develop your power grip and power turns. Grip your pistol and move powerfully in the best

strategic direction. Power turn: vs two-hand front grab -drop back if weapon presented

> vs two-hand back grab vs two-hand side grab vs one-hand grab, one punching

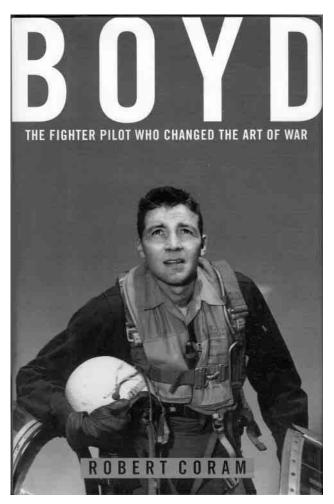
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YOUR NOTES

Powere the "cond nit mictoke"	
Beware the "sand pit mistake" Practicing retention and not being able to actually strike the opponent puts an unreal- istic spin on the training. At least have training partners act like they have been	<u>YOUR NOTES</u>
struck in the eyes, throat, etc.	
Beware the "over-drill mistake," The CHP story	
Quickly handing your pistol back to your training partner can burn that last step into your muscle memory. Officers have been killed and wounded handing the weapon	
back to a criminal after they have disarmed the criminal.	
Keep your pistol back and protected!	
-Undrawn: keep the weapon bladed away from a suspect. -Drawn: this means avoiding the classic two-hand, arms extended pistol	
grip when the suspect is within lunge and reach distance.	
Edged Weapon Options	
Carry a knife on your "weak side" and open your tactical folder and cut your way out of a disarm.	
Cranking off a round? This does statistically may a grabber retract their hand.	
Weapon transition: As he takes one of your weapons, you pull your other. * primary to back-up	
* pistol to long gun	
* long gun to pistol	
Weapon Recovery	
You are back to your disarming skills.	
-The Lost-My-Gun charge: Just charge into him before he can upright the weapon and point it back at you.	
-Review the above combat scenarios and apply these solutions	
-Get your gun running! Get back in the gunfight! Usually there is a slide problem, maybe a magazine problem, as the release has been hit. Learn	
the common ways to fix a malfunction with weapons.	
	All this information is further
	explained, with hundreds of
	photographs in Hock's other
	Training Mission books. They are demonstrated in Hock's
	Training Mission DVDs and
	other videos.

#### YOUR NOTES

#### DEDICATION



"I would like to dedicate this book to the maverick reformer, the godfather of the fighter mafia and the man who is called by many as the most unknown, yet important man in U.S. military history, Colonel John Boyd. His brilliant lifelong work bridged the gap in fighting psychology from the fighter pilot, to the Marine on the ground, to the police officer on the street." --W. Hock Hochheim

...and many thanks to:



"Randy, watch out! It's a trick! No, it's not! It is a hearty handshake of thanks for all your help through the years."

Jane Eden Editor/Design

Randy Roberson Stunt man

> Tom Barnhart Stunt man

Ronny Young Stunt man

Allan Z Photography

Mark Caswell Photography

## **The Essence of Combat** For Military, Police, Martial Artists and Citizens!

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This book contains vital tactics, drills, scenarios, strategies and psychology on:

The Level Four Unarmed Combatives Module
SDMS Hardcore Block and Strike Drills
The Hacking Assault Knife Module
Pistol Disarming and Retention



W. Hock Hochheim has instructed the U.S. Marines, Army, Navy, Air Force, allied troops, SWAT teams and police officers from over 280 police academies and agencies as well as thousands of citizens and martial artists around the world. He is a commendated Texas police and U.S. Army military vet with three decades of experience, a former private investigator and a graduate of many academies, street survival courses and combat schools. With Black Belts in Filipino, Japanese and Hawaiian systems, Hock was inducted into the prestigious **Black Belt Magazine** Hall of Fame. He was awarded the title of Guro in Manila, the Philippines in 1993. Author of

the Knife Fighting Encyclopedia series, and this Training Mission Series Hock has produced more than 40 acclaimed training videos and DVDs. With all this education, research and experience, Hock founded his international martial Congress, and he is the architect of several modern, practical martial courses culminating in this CQC Group program.

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