

Filipino Martial Arts

Filipino Martial Arts Law Enforcement & Military Trainers II

Digest

**Special Edition
2008**

KOMBATO

Training, Law Enforcement, Military,
and Bodyguards in Brazil

Ronald A. Harris, Ph.D.
Classic Eskrima System

James Hogue

Tactical Arrest and Control Training
With an FMA Flare

Training the 2nd Battalion, 9th Marines
on edged weapons at Camp Lejeune, N.C.
Iraq Bound



Officer Joe Nepomuceno

A Street Cop in a
Major Metropolitan City

Teaching Shan State Rebels in Burma
Practical Filipino Martial Arts



Pambuan Tactical

Grandmaster Ibarra Lopez

*Golden Kamagong
Arnis - Kali - Eskrima*



Publisher
Steven K. Dowd

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James Hogue	Abner Anievas
Joe Nepomuceno	

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A Dream Comes True

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The ideas and opinions expressed in this digest are those of the authors or instructors being interviewed and are not necessarily the views of the publisher or editor.

We solicit comments and/or suggestions. Articles are also welcome.

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From the Publishers Desk

Kumusta

This issue on Law Enforcement and Military Training with people that actually use the Filipino martial arts is not fancy and cinematic but basic and very useful in their work, and is upfront and to the point.

First Grandmaster Ibarra Espartero Lopez, who is retired from law enforcement, still teaches his brothers of law enforcement and the barangay tanod. Also you have James Hogue, Joe Nepomuceno, and Mick Jolly, not retired but sharing their knowledge of the Filipino martial arts with their comrades of law enforcement, and Paulo Albuquerque Director of the Organization called KOMBATO which is in Brazil. And Marc Lawrence shares some basics that he teaches to law enforcement.

Teaching both law enforcement and the military is Ama Guro Pambuan with his Pambuan Tactical System and a little tool he has come up with called the P.A.L. (Pambuan Assisted Lock).

We give our thanks to Filipino martial arts practitioners such as Ronald Harris who trained the 2nd Battalion, 9th Marines at Camp Lejeune, NC which has departed to Iraq.

Antonio Graceffo in Burma teaching the Shan State Rebels the Filipino martial arts; is it good or bad? Well most likely depends what you know about Burma and your feels and point of view about the situation.

And there is Punong Guro Abner Anievas who like so many, when they were young desired to be in the profession of law enforcement, but life did not progress in that direction, but at sometime the dream became a reality in that they could share their knowledge of the Filipino martial arts with law enforcement in training them.

So as you can see in this issue it is not only the Grandmasters of a system that teach Law Enforcement and/or the Military, but practitioners of the Filipino martial arts that have learned the arts and are now sharing and teaching Law Enforcement and/or Military.

So it is hoped that this Special Edition will be interesting and that it will share some light, that the Filipino martial arts is very adaptable in all walks of life in protection not just to ones self, but protection to others.

Maraming Salamat Po



Grandmaster Ibarra Espartero Lopez

Golden Kamagong Arnis - Kali - Escrima

Grandmaster Ibarra Espartero Lopez born Zarraga, Iloilo, but raised in Jaro, Iloilo started his martial arts training at the age of 9 years old from his grandparents. The main art he was taught was Pekiti-Tirsia, with his other grandparents teaching him the arts and aspects of other styles and fighting skills.

They were:

Pedro Japitana - Pekiti-Tirsia

Norberto Espartero - Largo Mano

Juanito Espartero - Banda Banda

Manuel Lopez - Fencing

Delfin Lopez -Balintawak / Pekiti-Tirsia

Antoncia Lopez – Empty Hand / Knife

Andoy Lopez Long Stick / Sanggot

Ibarra Lopez, started as many beginning students with footwork, then progressed to concepts of angles in a triangle movement and also square, letter I and cross. This he trained from age nine to age twelve. Once the concepts were understood and perfected he trained with single baston, double baston, baston Y daga, daga U daga and unarmed. All this was done on a daily basis, alternating between grandfathers.

At the age of 15 years old, became the youngest Senior Instructor in Jaro, Iloilo City. In September of 1972; he founded the Golden Kamagong Arnis Kali Escrima Association. (PHIL) Inc. and formally, opened training to the public in 1980. He was accorded by Negros Occidental Arnis Federation the rank of senior instructor 5th Degree and founded the Golden Kamagong Arnis Club using sticky hand techniques. In the year of 1977, Ibarra Lopez became the youngest Arnis Grandmaster and was acknowledged by other Arnis Grandmasters in the Province of Negros Occidental including Iloilo City.

In 1982, he became the Provincial Champion of Arnis during the Provincial Arnis Championship Tournament held at Bacolod Arts Center, Bacolod City High School. In 1984, he participated in the individual Arnis tournament in Cebu City, Philippines, which was held at the University of San Carlos Gym, and won his category in the Senior Instructors National Arnis Association of the Philippines (NARAPHIL). In 1986, he became the 1st National Heavyweight Champion during the National Arnis Championship Tournament, held at the West Negro College, in Bacolod City.

In 1989, representing the Philippines, he participated in the 1st World Arnis, Kali, Escrima Championship Tournament held at the Gullag Gym, University of the Visayas in Cebu City, and won his division by defeating the US National Champion, who had previously defeated 8 players of the Philippines and



other countries, defeated the players of Switzerland, Australia, and Germany, Ibarra Lopez was the only player who had used disarming techniques in the tournament.

Working in law enforcement most of his life Grandmaster Lopez has accomplished the following programs, which have become valuable in the training of law enforcement personnel in their duties to protect and serve.



- Chief Arnis Instructor of the Bacolod Police Station Training Academy, Bacolod City Metro Police District Training Academy and Bacolod City Police Office Training Academy.
- Chief Arnis Instructor of Bacolod City Tanod Brigades.
- Organizer of the Barangay Intelligence Network (BIN) in Bacolod City, and Bantay Puroks in several Barangays in Bacolod City.
- Chief Instructor, Arnis De Mano Course N0. 1. January 04, 1980 to June 26, 1980, at the Bacolod Metropolitan District Training Academy, hosted by NARAPHIL and Negros Occidental Arnis Federation.
- Chief Instructor, Arnis De Mano Course No. 2 September 27, 1981 to March 08, 1982, at the Bacolod Metropolitan District Training Academy, hosted by NARAPHIL and Negros Occidental Arnis Federation.
- Chief Instructor, Arnis De Mano Course No. 3 (Advanced) June 1, 1982 to July 26, 1982, at the Bacolod Metropolitan District Training Academy, hosted by NARAPHIL and Negros Occidental Arnis Federation.
- Established the Bacolod Metro Police Arnis Club, April 12, 1992.
- Established Chapter at Barangay 38, Bacolod City, December 16, 1994, with 28 Barangay Tanod members.
- Creator of Task Force Eroero, Barangay Mandalagan, Bacolod City. Composed of all Kamagong members for Peace & Order, with the approval of Barangay Council.
- Created Task Force Scorpio at Barangay 35, Bacolod City. Composed of Kamagong members or Peace & Order, with the approval of Barangay Council.



Since Founding and Establishing the Golden Kamagong Arnis Kali Escrima Association. (PHIL) Grandmaster Ibarra Lopez has established schools to spread his teaching.

- Established the Golden Kamagong Arnis Banago Proper Chapter, September 13, 1992.
- Established Chapter at Valladolid, Negro Occidental, February 06, 1993.
- Established Chapter at Pontevedra, Negros Occidental, April 17, 1993.
- Established Chapter at Bacolod City proper, July 18, 1993.
- Established Chapter at Himamylan Negros Occidental, January 16, 1994.
- Established the Chapter at Sitio Sibucan, Banago, Bacolod City, 1998.
- Established Chapter at Barangay Magsungay, Bacolod City.
- Established Chapter in Mandalagan, Bacolod City, June 12, 1998.
- Established Chapter in Barangay Alijis, Bacolod City.
- Established Linkages in Barangay Handumanan, Villamonte and Estefania, and all of Bacolod City.



Grandmaster Ibarra Lopez has membership in: (Vice President, UMA - OMEBA) Union of Martial Artists of Negros and Bacolod, (Vice President for Bacolod City Area) Negros Occidental Baston Federation (NOBF), (Vice President for Bacolod City Area) Bacolod City / Negros Occidental Chapter Arnis Philippines, Vice President for Internal Affairs (International Modern Arnis Federation Philippines (IMAFP) Bacolod, Bacolod City / Negros Occidental Chapter), Word Kali Federation, World Council of Kali Grandmasters, World Escrima-Kali-Arnis Federation (WEKAF), Wushu Federation (Phil) Bacolod Chapter Auditor and Coach.



2nd Western Visayas IMAFP Invitational Sports Arnis Tournament

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Teaching Shan State Rebels in Burma - Practical Filipino Martial Arts

By Antonio Graceffo
Photographer: Brennan O'Connor

Using the butt of the knife for grabbing and grappling is one of my favorite knife fighting techniques. Unfortunately, the knives used by the rebels in Burma were about twice as long as the Philippine bolo. So, when I was grabbing my opponent with one end of the knife, I had to be careful not to poke out my eye with the other end.

Ethnic cleansing has been going on in Burma for more than fifty years. The recent cyclone has shown the world how disinterested the Burmese government is in the well-being of its own citizens. Many people also don't know that Burma is composed of countless ethnic groups, most of whom the junta lead government is trying to kill.

In Shan State, the Burmese army troops frequently burn villages to the ground. They use gang rape on very young girls as a means of intimidation. They force Shan villagers to work as slaves, porters, carrying ammunition through the jungle until they die of over-work and starvation. Shan civilians are used as human mine detectors and combat shields. The Burmese soldiers hide behind the civilians during firefights.

The war in Burma has created more than two and a half million refugees. Some people refused to leave, however. After their village was burned and their families raped, tortured or murdered, many men join the resistance, the Shan State Army.

The Shan State Army (SSA) is one of the rebel groups fighting against the Burmese junta. A friend of mine, from the Swedish army, had been working with them



for years. He arranged for the rebels to smuggle me across the border and have a meeting with their commander, Colonel Yawd Serk. I was asked to be his guest at a huge banquet, where he asked me to teach hand-to-hand fighting to his soldiers.

For the next several months, on and off, I would sleep in the cinderblock house, belonging to the Lieutenant. Although enemy camps were so close that we could see them on the next hilltops, it is amazing how well you sleep when you are surrounded by landmines and armed soldiers.

I don't like to train early in the morning. I have always been a firm believer that any training you do at 6:00 AM could be done much better at 10:30 AM. The next morning, during a leisurely breakfast, I slowly formulated a plan as to what I would teach the men. For years, I had been developing a system of practical fighting for police and military in Taiwan and other countries. The empty hand fighting was largely based on Khmer Bokator and Muay Thai Boran, but also included grappling techniques from Kuntaw. The stick and knife fighting would come nearly 100% from the Philippines.

One of the biggest reasons I do martial arts is for the cultural exchange. Now, because of my internet show Martial Arts Odyssey, people in Cambodia are watching videos about Kuntaw, and my Filipino friends are watching videos about Bokator. It is such a great thing that the people of Southeast Asia can share their culture and martial arts with each other on the internet. After I taught the soldiers in Burma, I filmed their martial art. The Shan people practice Lai Tai Kung Fu, and now my Filipino friends are learning about Burma.

I grabbed a Shan knife, which is longer than a bolo, sharp on one side, and tapers to a point. As I was walking up the trail to the training ground, a group of foreign medics came running up in formation.

"Come join us, do some cardio exercise." They shouted to me.

"I hate running." I answered. *"In fact, I learned to fight so I don't have to run."*

The soldiers sat at the position of attention on the parade ground. Nearly one thousand Shan rebels, whose people had been in a constant state of war from the time of their grandfathers, they wore uniforms, but most covered their feet with flip flops, or went barefoot. Their weapons were old M-16s left over from the Vietnam War and AK-47s made in China.

In my system of practical fighting, we start with striking, then move to grappling, and end with knife and stick fighting.

Before I began, I explained the program to the soldiers. Shan language is pretty close to Thai, so I use that language to communicate with them. My assistant is a Shan sergeant, named Hsai Kong, who studied Shan martial art his whole life. He speaks fluent Thai, so he helped me translate the parts of the program that I had trouble expressing.

Practical fighting contains 18 basic strikes, designed to take a non-fighter and teach him to fight inside of a week or a month. Once the fighters know the routine, they need to practice everyday. The practice begins with one session per day, of the eighteen strikes in sequence, every day, five reps each, on each side of the body. This will increase over time to ten and then twenty reps per strike on each side of the body. Just as with Kuntaw, we can use the entire body as a weapon. We start with the head and work down to the feet.

I got the soldiers on their feet and started. The warm up exercises came from the Shaolin temple we all stood in a low, Shaolin horse stance, with hands out straight in front. On the first day, we only held the position for one minute. Then we stood up straight and shook it out. Next, back down in horse stance for one minute, this time doing curls with imaginary weights. Then rest. Then horse stance again, doing overhead presses with imaginary weights. We repeated the horse stance, this time doing peck deck exercise with the arms. As the weeks of practice go on, each set of horse stance could be increased to three minutes, then five, ten... Even without weights, doing all of those curls in the air, you will feel the burn.

After the warm up, I explained the basic premise of self-defense. Never show your intentions before you move. Do not telegraph. Wait for the right moment, and then strike hard. Never threaten or even appear aggressive till the exact moment that you attack.

When someone gets aggressive with you on the street, don't scream back, don't look mean. Look humble. Put your hands in center of chest in prayer position and look penitent.

In any type of stand up grappling, the man with his hands on the inside is in the dominant position. In Thailand, we spend hours practicing our Muay Thai wrestling. Two fighters lock up, head to head, grabbing each other behind the neck. At the beginning of the exercise, they both have one arm inside and one arm outside. When the coach signals for the exercise to start, they fight to get both their arms on the inside. The fighter with two hands on the inside is in a better position to throw his opponent. This is an exercise which can also be practiced as part of practical fighting. The wrestling is good upper body work. The throwing is an excellent skill to develop.

The reason you put your hands in prayer position when someone is threatening you, first, because this will tend to make the attacker relax and get careless. Second, because now, both your hands are on the inside. You have already got the dominant position, and you haven't even begun yet. If your hands are on your chest, the attacker will probably grab your shoulders or throat from the outside. Strike one of practical fighting is the head butt.

When the man grabs you, you grab the back of his head, pull him forward, and smash his face with your skull. He is moving forward and you move right at him, using his forces against him. The power with which he was grabbing you is now directed at his face, shattering his nose or chin.

When teaching soldiers, it is important to remember that they aren't martial artists or professional fighters. They need to learn simple, effective techniques that could save their lives in combat, but when teaching people who have a longer time frame, these techniques can be expanded. For example, the simple head butt can be made doubly as effective if before you strike, you drop, bending your knees, bringing your head down below his chin, and then pop back up with all your bodyweight, launching your head into



his face, like a bullet. Always remember, with a head butt, contact should be head-to-face never head-to-head.

In a longer course, we can actually practice these techniques with a partner. But for the short course, I have the men practice five times in the air, grabbing and striking an imaginary opponent. On the first day of training, they will do five of each exercise, eventually, over a period of time they will build up to twenty of each. Next, moving down the body from the head to the elbows, we learn the elbow strike.

For the rest of the exercises the men are standing in a comfortable fighting stance. The legs are roughly shoulder with width apart, with the dominant leg (for most people this is the right leg) slightly out in front. The knees should be slightly bent and a fighter should always avoid getting in a straddle stance. The hands are up in a modified boxing stance, slightly higher than boxing to protect the face against elbow strikes. The elbows are slightly further apart than in boxing because you need a good field of vision all around, to be able to see kicks coming up from underneath.

Practical fighting includes six basic punches: Left jab, straight right, left and right upper cut and left and right hook. Like in boxing, everything works off the left jab. When the jab is thrown, the whole entire weight moves forward. The hip twists into the punch, and the shoulder turns into it. The entire body must work together, with the punch originating somewhere down, deep in the Earth, working its way up the leg, to the hip, then to the shoulder and down the arm, focusing the full force of the blow on the two first knuckles.

In the short course, this is pretty much where the explanation would stop. Then the soldiers would practice five times. But for students who have time and desire to practice, in addition to hitting the air, you should hit a punching bag or other object many times. Afterwards, check your knuckles. If only the first two knuckles are red, then you are executing the technique correctly. If all of the knuckles are bruised, then you need to concentrate on only hitting with the first two knuckles. This will give your punch a devastating, penetrating force, like stabbing someone with the point of a knife. Another advanced technique is to remember to tuck your chin into your shoulder for protection, so you don't get hit in the chin and knocked out, while punching.

The right punch works the same way as the left. On both the left jab and straight right, remember to turn your fist over when you are making contact with your opponent. Concentrate on turning into the punch, twisting the hip, turning the shoulder, and landing on only two knuckles. Before you throw an uppercut, make sure to bend your knees, drop your weight, and explode upward, driving your fist into your opponent's solar plexus, floating ribs, chin, or nose. On the hook, twist the hips and really turn your body into the punch. Don't rotate your hand on a hook. Most martial arts teach that you should rotate your hand on all punches. But, in pro-boxing, you don't rotate your hand on a hook. Still, you will need to concentrate and make sure that all of the force is landing on the first two knuckles.

Muay Thai Boran contains sixteen basic elbows. Bokator has even more. But for practical fighting, we only teach three: overhead, uppercut, and hook.

- To execute the overhead elbow, simply rotate your elbow from fighting position, do a big inward circle, bringing the elbow high up over your head, then crash down on your opponent's skull. Turn your body into the strike, bringing all your weight down, concentrated on the point of your elbow. As a more advanced technique,

lift your foot when you begin the elbow's inward circle, smash your foot down on the ground or on the opponent's foot at the exact second that your elbow makes contact with his head.

- The uppercut elbow is the same as the uppercut punch. Drop low first, by bending your knees. Then, pop tall and strike your opponent under the chin.
- The hook elbow moves just like a hook punch. You will use this one to strike your opponent in the temple, the side of the jaw, side of the nose, or to slice the skin of his forehead, causing blood to run into his eyes.

The soldiers practiced each elbow, five times on each side. You want to build up to doing each elbow twenty times on each side.

Always grab the back of your opponent's head before doing a knee strike. Pull him into your strike bring your knee up into his solar plexus. Advanced fighters can strike the opponent in the chin with their knee. Another advanced variation is to drop your body weight when you grab the man's head, then jump back up and hit him with your knee while he is on the way down. Stand up on the toes of your base leg when throwing a knee.



The hook knee is thrown exactly like a roundhouse kick. The entire body has to turn into. You must stand tall on the toes of your base leg, and rotate into the strike. Make sure you hip is fully engaged in this strike.

When kicking, use your shin, rather than your foot to hit your opponent. The roundhouse kick can strike low, on the muscle of the calf. In Kuntaw, the same technique is used as a sweep, where you strike with your foot. Striking with your shin can still sweep the opponent, but it can also bruise him. If done correctly, this kick will cause his leg to drop out from under him and become useless. The next kick is just above the knee cap. Basic students are taught to throw a round house, just above the side of the knee. Advanced students learn to do a straight kick, above the top of the front of the knee, striking with the ball of the foot.

There is also a downward knee. This is used as a defense against a kick. When a kick comes on the right side of your body, you block it by bringing your left knee high in the air, across your body, and it smashes down on your opponent's kicking leg.

The entire knife fighting portion of practical fighting was taken from Filipino martial arts. The best rule for self-defense knife fighting is, don't fight with knives. If someone else has knife, pick up a stick, a rock, or a gun and take care of that situation.

Although the Filipino arts of Kuntaw and Arnis have nearly unlimited numbers of knife strikes, practical fighting has to be simple. So, there are only five. Right downward slash, left downward slash, downward cut on the top of the head, upward cut through the groin and midsection, and the thrust.

The basic knife fighting stance is the same as a Kuntaw stance. The fighter is in normal fighting position, but with the knife held in the rear hand, more or less at the center of the chest. The empty, left hand is held out in front, to be used for grappling or disarming.

The right downward strike is done by stepping forward and brining the blade down on the opponent's shoulder. Imagine cutting all the way through his body, from shoulder to hip, at a 45 degree angle. The left downward strike is identical. In Kuntaw, you learn to change the knife hand, handing the blade off from the right to the left. But for the soldiers, the simple technique is that the knife remains always in the right hand.

Next, step forward, bring the knife up over your head, and smash down on the center of the opponent's head. You step at the same instant, imagine the blade cutting from the center of the skull all the way down, to the naval.

For the upward strike, the blade rotates out and in toward your body. It circles around, and comes up, under the opponent's groin. It continues on, cutting all the way to his chin.

The final knife strike is a thrust. You simply step in, and drive the point of the blade into the opponent's solar plexus, coming out somewhere in the back between his shoulder blades.

As with all other techniques in practical fighting, we practice. Each strike is practiced five times on each side, building up to twenty times on each side. In more advanced training, we can work with partners to practice grappling and disarming techniques.

The opponent strikes with his right hand, the blade coming at you from the left side of your body. You block his blade with your blade. At the same time, you place your empty hand against his wrist, redirecting the strike in a safer direction. Next, grab the wrist, and slash it with your blade. Still holding tight to the wrist, slash him under the arm pit. A slash to the wrist will usually disarm an opponent. A slash under the armpit will cause lethal bleeding.



If your opponent thrusts, you step in, blocking with your blade held vertically, pushing his blade down, and away. Use the combination of his motion and yours, while he is moving forward and you are moving forward, rotate your knife up into a stabbing position and stab him in the lower abdomen. With your free hand, you can grab him and pull him into your thrust.

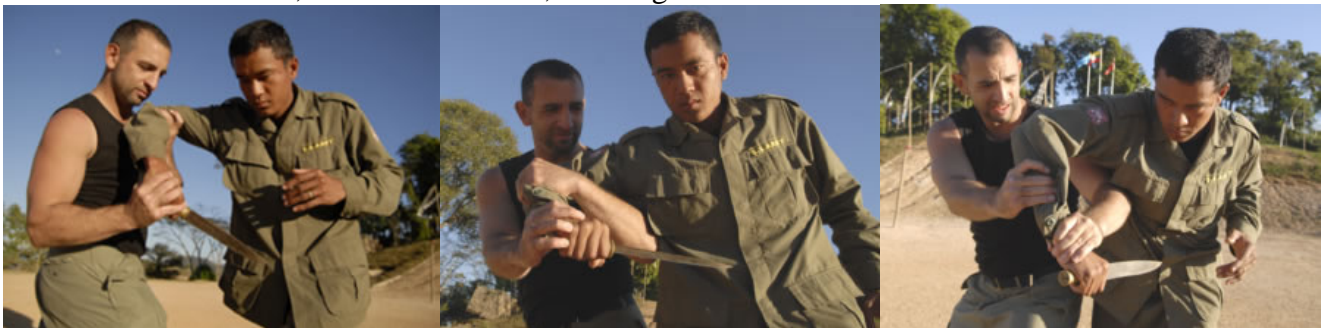


The techniques can get longer and more and more complex as you practice. You can do the block, slash to the wrist, slash to the armpit, then continuing by bringing the blade up through his groin, wind milling around, and smashing down on his head.

In Kuntaw we frequently use the butt of the knife as a striking or grabbing weapon. Use the butt of the knife as a hook to grab the back of his head, the same as we would do in Muay Thai. Use your body weight to pull him down and knee him in the face. Step in, insert your knife into the crook of his arm and get leverage under his arm pit. Twist his arm with your blade behind him. You can easily use your free hand to take away his blade now. If it doesn't come out easily, press against the flat of his blade with your empty hand, pushing his blade in such a way, that the handle slips through the gap between the tips of his fingers and the palm of his hand. Once he is disarmed, you can follow through, pushing on your own blade, breaking his arm and shoulder.

When a thrust or strike comes, you can block it gently with your free hand. Don't grab the wrist. Just ease the hand in a safe direction, so you don't get stabbed. Step in with your whole bodyweight, and trap his knife arm against his chest. Now, use the butt of your knife in the side of the jaw, temple, or the back of the head. A variation of this technique, instead of the repeated but strikes, you can stab the opponent in the throat or kick his legs out from under him.

All of the empty hand fighting techniques can also be used in a knife fight. For example, the opponent thrusts, you block, grab his wrist and pull him towards you, using his momentum. Just be careful to redirect his blade away from you. As he is coming in, hit him with a knee in the solar plexus. Then, reverse his knife hand, press your full bodyweight against his elbow, and drive his knife right into his googlies. While trapping an opponent's knife arm against his body, you can step around, behind him. You can step on the back of his knee, which will drive him to the ground. Rest your body weight on the back of his head, force him forward, stabbing him in the face with his own blade.



In truth, although I like learning and teaching these techniques, I think the best defense is to avoid any situation even remotely similar to those described above. Try to grab anything and use it to your advantage. Throw sand in his eyes. Do anything, and get away.

For the Shan soldiers in Burma, however, fighting is not an option. They have been forced into a horrible war, where most of the casualties are innocent civilians. If they use these techniques to take out even one Burmese soldier, I will be happy.

About the Author: Antonio Graceffo is the author of four books, available on [amazon.com](https://www.amazon.com). He is also the host of the web TV show, "Martial Arts Odyssey." To see Antonio Graceffo's Burma and martial arts videos: [Click Here](#).

*Antonio will return to the conflict in Burma as a medical volunteer. He is self-funded and seeking sponsors. If you wish to contribute to his paramedic training or his "In Shanland" film project, you can donate through PayPal, through the Burma page of his Website: **Click Here***
Visit Antonio Graceffo Website: **www.speakingadventure.com**
Contact Antonio Graceffo Email: **Antonio@speakingadventure.com**

K O M B A T O

By Master Paulo Albuquerque

The training developed to turn any citizen into his own bodyguard - by student P. Cavalcanti and Richard Clarke.

The History of our planet is plenty of reference to bodyguards. The Daimyos, the feudal lords of the old Japanese territory, was protected by the Samurais. And, at the time of the Roman Empire, the Caesars were shielded by the praetorian guardians. The bodyguards always have been considered as an "invisible power" that protects many important persons, like celebrities, politicians or executives. Nowadays, as we see a high level of violence around the world, many of us need to have a bodyguard. But very few of us have the means to hire one of them. This is the reason why KOMBATO was developed in Brazil - one of the most hostile environments in the worlds nowadays - The system can provide us all the necessary abilities, in order to protect ourselves, our families and even some of our friends.

A bodyguard must know what is called as "body language", in order to forecast the intentions of a probable attacker. He must know how to utilize several different weapons, to know the time and the right way to take his boss out of the place where he may be exposed to some risk, the right time to act and also to have a self-defense deep knowledge. To know how to drive a car, how to practice a defensive car-driving, properties and equities protection, to know how to evaluate the risks, to take care of emergencies and all that is needed to safely take the boss to his house.

The self-defense and weapons training is based in Kali Silat techniques - the Founder of the system and until today Director of the Organization, Paulo Albuquerque is a Kali practitioner from the lineage of the Tortal family (Pekiti and Dekiti Tersia). Besides some black belts and great experience in many martial arts, Paulo is a 22 years student from Tuhon Paul Greg Alland – the study started in 1986. Paulo went to United States to learn more and more, and every



www.kombato.org



Paulo Albuquerque - Founder of Kombato

year he brings his master to Brazil for weeks of training.

At KOMBATO training classes we always begin talking about some personal defense occurrences and their theoretical aspects.

The safety solution that is provided in a country is not necessarily the same provided in others, since their cities, their laws, their people and violence level are quite different. In Japan, street robberies and killings are very rare, but the suicides statistical numbers are very high, principally among students. In Israel, the number of assaults is near zero and the number of "usual" killings is low. But the number of deaths caused by terrorism is high. In the U.S.A., crimes related to racial motivation are very usual. There are many differences amongst many countries and Brazil, reason why is extremely difficult to import adequate solutions to be applied in our country. For those reasons we created and developed KOMBATO.

Self-Defense

We must learn how to face any of our opponents, even if they are strong, tall or as many as they can be. On the streets, there are no weight categories. Certainly, who is going to attack you is stronger than you or taller than you, is armed or is a group of people. Otherwise, the enemy would not have the courage nor the capacity to attack you. However, when you are a practitioner of sporting martial arts, your competitor always is somebody who generally has similar techniques and physical characteristics as you have. But it is not a reality in your usual way of living. And if you will be ready only for what is not a real picture, soon you may be placed in a very painful situation. These days, the reality in the streets is hard; who is not technically ready unfortunately may be killed in a very short time.

In Brazil and in many countries, everybody says that "the best defense is the attack" and that "who hits first wins the fight". However, the majority of the martial arts do not take into consideration those rules, since the criminals do not respect any ethical code.

As most countries, a knife are a dangerous weapon, that can be carried by anyone - in Brazil the laws allows the citizen to carry blades - so, is not unusual to happen violence using this kind of weapon - that is were the Filipino philosophy of survival appears - to teach knife defenses, to teach to equalize the situation using knives and other blades.

There is a clear difference between; who are your competitors and who are your enemies. Competitors mutually respect themselves. But enemies never do it. For such reason, the one who threatens you or somebody who you love, with a knife, is not a competitor. He is an enemy.



Master Paulo teaching how to kick the enemy on the floor

Ground Fighting Techniques

In Brazil it is important to know how to fight on the ground, because in our country there are very good fighters, some of them very well-known in the Mixed Martial Arts Environment. But also is extremely important to know how to take off the ground, or to avoid falling on it. It doesn't matter whether you are in a good fight position and striking your enemy, since it is a common situation observed on street fights or in sport competitions. But it is important to remember that, on the streets, your enemy may have one of his friends very near, who can take the chance to kick your head or to stab you that is in a bad situation, with no possibilities to react or to run away.

After throwing down your enemy do not make the mistake to fall on the floor to fight him. On the right moment that he falls down, simply step on some part of his body which could prevent his reaction or, if that is the case, run away very fast.

As a base for ground fighting, Kombato uses Dumog techniques, Brazilian Jiu-jitsu also. And teaches the student to carry knives to use, if needed, even in floor - Kali Philosophy at his best!

Defense Against Weapons

The majority of martial arts teach you how to defend yourself by using a knife, but they, in general, do not teach you how to use a stick or a knife to attack the enemy. This is not good for you, because that way the chance that you have to leave the place with safety is almost none. For that reason, we teach how to use many different weapons, including the ones derived from improvisation. Nowadays, we do not eat using only our hands, we do not dig holes into the ground with our hands and we do not cut paper or fruits with our hands only. So, why should we fight for our lives using our hands only? The majority of stick and knife techniques comes from Kali Silat - the Founder of the system have 22 years of experience in the Filipino martial arts.



Defense for short distance
fast, but if it is not possible, use a gun, but only if you are at an adequate distance (above 9 yards). However, if you do not have a fire-weapon, throw hard object on him, as a rock

There is a great difference between a threat and a true attack. A threat happens when somebody aims with a weapon to intimidate you, expecting your reaction to kill you, or to hear your insults to get the motivation to execute you. Attacks happen when somebody shoots you with a gun without giving you any chance.

You may react against a threat from a gun or from a knife only if you do not have any alternative. If it is an assault, or a robbery, give the bandit what he requested and leave the place very fast. Nevertheless, if he continues to threaten you, just waiting the right time to kill you, you must to react. There are many explanations that an aggressor has to try to kill you, but in general it happens for emotional reasons.

Summarizing, if you will be threatened by somebody using any cutting object, run away very

or an ashtray; nothing to throw? Use a long object (a stick, an umbrella or even a chair). But if none of this is possible, try to get a knife, which will turn the situation equivalent for both sides. Only if you do not have any other alternative you can face somebody that has a knife in hand.

Remember that a gun does not shoot by itself. When you are in a situation in what you are threatened by somebody with a weapon like this, you are not facing the weapon: you are really facing the person who has it in his hand. That is the reason why is possible to be a winner.

The Policemen Holds

The policemen holds are very useful to security teams, or even to take somebody out of the place without generating any lesion or damage.

For example, imagine a doctor being attacked by his client just before going to make the surgery. Or think of somebody extremely drunk, who becomes a problem to everybody around him. Or imagine taking out a person who was not invited for a party. All of those situations are very usual. In order to solve them, it is necessary to know how to apply what we call "the policemen holds", since we do not need to hurt somebody, principally if he is not a criminal.

Such "holds" are applied when the target person is absent-minded or is not facing you. They are more difficult to be applied when the target person is alert. For such reason, do not try to apply punches or kicking defenses, since you can be the victim of your own creativity.

Security professionals and policemen should do the best they can to seize somebody using the "holds" even if he is a criminal. Fortunately, most of the policemen work in couples, carrying guns which, makes their tasks much easier. One of those policemen can simply point his gun out to the criminal, while his fellow applies the "policemen holds". But a common citizen does not have such power.

Improvised Weapons

Improvised weapons are the daily objects which can be used like them. That is a portion of the KOMBATO training system. For such reason none of the Kombatanants is kept truly disarmed.

A ballpoint pen, a magazine, a book, an umbrella, a cell phone, a helmet, a handbag, a tray, a toy, a chair - almost everything can be utilized as a weapon. Each of those objects has its own way or technique to be used for personal defense as well as an attack weapon. These are Filipino Martial arts Philosophy roots again - Paulo Albuquerque, the Founder learned this way of thinking since he was a youngster from Tuhon Greg Alland. And now, the knowledge travelled from Filipino Marines from Brazilian Marines - from Kombato Organization.

Therefore, in restaurants, coffee-houses, offices, schools, kitchens, hospitals and almost anywhere you will have weapons at your disposition. However, a truly efficient weapon is not any of the things mentioned above, but the knowledge of the techniques you may get by learning and practicing KOMBATO.

Third Parties Protection (VIP Protection)

The great majority of the martial arts, teaches you how to protect yourself. But they do not teach you how to protect a friend. From the KOMBATO's viewpoint that is just egocentricity. Who knows already how to defend himself should learn how to protect his family and also his community. For those reasons Brazilian Armed Forces and Police units have adopted KOMBATO.

When you experience a situation where is necessary to apply a technique of protecting third parties, as happens when somebody menaces some of your relatives or your friends, one of the most important things is the timing appraisal. The more adequate movement would be automatically take the action but, if it is not possible, do something only when the aggressor is undecided or confused, but remember that sometimes this may take a long time.

In a situation in what there is a serious risk for some person and the aggressor handles a knife or a bat, you should also use a bat, a stick, a chair or even an umbrella to hurt the aggressor's hand. However, if you are disarmed you only must try to solve the problem if you do not have another alternative.

In any occurrence, when there is a risk for a third person, you must evaluate the probabilities very carefully. You could try to solve the problem as a hero but, if you do not act correctly, the problem may be solved with you being known as a killer. Always carefully think about that.

A Long Stick Against A Big Knife

When you will be menaced by someone handling a knife, the best alternatives are, in accordance with their priority : to run, to shoot, to use a long weapon, a knife or, in the last case, your own hands. As you can see on the picture below, just a stroke with a long stick is good enough to disarm the aggressor. It's a simples philosophy, but, most martial arts fighters never thought about that, except those who know Filipino martial arts.

A Knife Against A Knife

The situation remains well balanced when both individuals are handling knives. Therefore, the technical knowledge makes the difference between to keep alive or to stay dead. In such situation, to get time and to reduce the enemy's ability and enthusiasm, you must to inflict him a wound at the arm with which he is handling the knife. Another Filipino martial arts rooted philosophy.

Tonfa

In the policemen résumés we also see described all of the tonfa's techniques, added to many others developed by KOMBATO. Many Brazilian Policemen only knew japanese tonfa techniques – but now the know the hawakan - the tonfa counterpart techniques also, to make his work safer.

Security Forces

When we are preparing professionals of security - including policemen - 10% of the training period is compound of defense against knives, 10% of defense



against firearms, 35% of policemen holds, 35% of contact fighting and 10% of defensive driving and defenses against attacks on automobiles' drivers and passengers. The major part of the training period is done by teaching and emphasizing the teamwork and the third parties protection. But it is important to mention that there are many bodyguards that work alone. Therefore, some of the techniques are addressed to improve the quality of those professionals. And, due to the training provided by KOMBATO to the security guards who work into GLOBO TV - the major Brazilian communication enterprise - they are very admired and respected.

To Manacle

KOMBATO has a long part of its training course designed to the policemen job. In that training the policemen learn how to control an aggressor in the most adequate way, manacling him or, in the absence of the right tool, tying him with some other instruments, as a rope or a kind of gasket.

Citizens

We only started to introduce the training for citizens around 1999. That time we started to observe the need of the common citizens - principally the ones who live in our major cities - to have a high level of personal security. And the beginning of that training generated an immediate success. Therefore, in the beginning of the year 2004 there were about 2,300 KOMBATO practitioners in Brazil. Rio de Janeiro, São Paulo, Niterói, Friburgo, Campos dos Goitacazes, Macaé, Belo Horizonte, Governador Valadares and Fortaleza were the cities where the first training academies were introduced.

80% of the training for citizens is dedicated to self-defense, principally focusing in improvised weapons (pens, books, magazines, cell phones, umbrellas, chairs, ashtrays, hairpins, etc.). The other 20% are dedicated to the fighting. The other training steps, or degrees, depend on the graduation and/or legal restrictions.

We teach the citizens how to handle their fears and lack of security and also to prevent themselves against violence in everyway, including the right way to manage hard situations, as a kidnapping or a home invasion. In KOMBATO we also teach how to handle the most-hardest task, that is to make their families conscious of the risks they run in the big cities and how to manage those dangerous situations. It does not make any sense to obtain the right training if many of your family persons do not understand the safety and security philosophies.

We also teach our pupils how to use their intuition and to control their adrenaline generation. We teach them that an aggressor, in the great majority of the occurrences, is not a person that should be treated respectfully and ethically as an sporting opponent, but as a real and dangerous enemy.

Video - [Click Here](#)

Military Combat



Marine Training Kombato

There are several types of fights within the rings like Boxing, Muay Thai and Full Contact. There also are fights made on Tatame, as Judo, Jiu-Jitsu and Body Fighting. But there is a less known type of fight that is the Military Combat. That is the most efficient way that elite soldiers use to face high risk situations. In general, the techniques are taken from several martial arts and are adapted to the daily reality. Russia uses the Sambo and the Ross; U.S.A., the Lynxx and the Line; Philippines, the Pekiti Tirsia Kali Silat and Israel the Hisardut. In

Brazil, in order to protect our borders and to turn our Marines the best of the world, we have KOMBATO. As most military specially the marines carry knives, the use of Kali is imperative.

At KOMBATO, the learning stage of the Military Combat comes right after the safety and personal defense stages. However, being at the Armed Forces, such training comes since the beginning.

When training militaries, 25% of the time is focused in fights by using knives, 30% shotguns, 10% of special techniques as "sentinel silencing", 30% of body-fighting. Just 5% are dedicated to security training. That training is focused principally on CQB (Close Quarter Battle). This is due to the lack of necessity to be concerned with his enemy well-being. We do not request physical preparation from them because they are already prepared for their activities.

Summarizing

"We teach the people how to see and to know the reality of our streets"

The pupils learn how to deal with critical situations, based on actual occurrences. They learn how to avoid or to face assaults and robberies, rapes, pickpockets, car thieves, kidnappings, etc.

We always use combinations of blows, instead of using sole blows without sequence. And they are always finished with the opponent on the ground, dominated anyway.

Patriotism

After several years working with military organizations, KOMBATO has turned into a type of art in what everybody must be a real patriot. At every class we have Brazilian flags on the walls or hanging from the ceiling, what is extremely important to everyone of us. It is necessary to think as being part of the nation, in order to contribute for the generation of a real growth to our country.

In the same way, is good to remember that, when talking about Martial Arts, there are very few countries in the world where we can see many champions in different fights or styles as we see in Brazil. In the wrestling we are a world reference.

In the security area we also are amongst the best countries in the world. For that reason we were naturally motivated to create KOMBATO, which is one of the most efficient types of Military Combat.



kali.kombato.org

Our Instructors



When somebody reaches adequate levels of ability and knowledge, he can be invited to attend to the instructors' classes and courses. If he accepts that invitation, he is called as "midshipman" and, during a six-month period, he learns legislation, didactic information and fast providences to take care of people hurt during classes in academies or training centers. The great majority of our instructors have graduated from Universities.

Edged Weapons for Military Purposes

Transition Principles from Rifle to Bayonet and Knife

By Ronald A. Harris, Ph.D.

When it comes to knife fighting, self-defense and dueling are not always the same thing. Self-defense is conceived often in situations: where you are caught unaware and need to respond with whatever means at your disposal. For example, you resort to using weapons of opportunity to thwart an attack in certain self-defense situations. Dueling is the logical end of training for fighting with edged weapons and perhaps reached its pinnacle in historical fence. In combat, the operator is fully aware of his circumstances pertaining to external aggression and quite prepared for group engagements as well as personal combat. This article is about edged weapons for military purposes. Principles derived from various Filipino Martial Arts (FMA) and Multi-Gun Shooting (MGS), are intertwined to illustrate transition principles for edged weapons in combat situations.

Hell in a Helmet



In late January 2008, I had the honor and privilege to train the 2nd Battalion, 9th Marines on edged weapons at Camp Lejeune, North Carolina. Among the companies I worked with was Echo Company (a.k.a.

“Apocalypse”), commanded by

Captain Robert F. Dinero. In preparation for training them, I learned about the Marine Corps Martial Arts Program (MCMAP) and developed weapons transitions, using a carbine, bayonet, pistol, and knife. While at Camp Lejeune I taught knife fighting, self-defense, and the necessity of killing. MCMAP is required training for all US Marines. MCMAP is progressive by awarding belt ranks and teaching skills in four ranges of combat: 1. Rifle, 2. Bayonet, 3. Knife, and 4. Unarmed. Here I focus mostly on the Bayonet and Knife combat ranges. Legend holds that Basques fighting in the rural French town of Bayonne in the mid-17th C. ran out of gunpowder and shot. They lashed knives to their muskets to make spears, called “bayonets.” Seldom used in modern warfare, rifle mounted bayonets are archaic.

For bayonet and knife ranges, riflemen using the M16A2 Rifle or M4 Carbine are issued the USMC Multi-Purpose Bayonet, designed to serve as a bayonet, fighting knife, and field tool. Marines might be issued the M9 Pistol and USMC Combat Knife (a.k.a. KA-BAR), but for the sake of brevity such weapon transitions are not discussed.



Captain Dinero and Dr. Harris

Filipino Martial Arts

Filipino martial arts can be oriented around principles and concepts, strategies and tactics for fighting, regardless of the weapon used. For example, angles of attack provide geometry that can generalize over different edged weapons, such as swords or daggers. Among Filipino martial arts ideas, the concept of range (measure in fencing) decides which weapons should be employed. Here I focus on weapons transition principles for combat, using small arms and edged weapons. In training my Marines on combat knife fighting, I developed a compact method integrating edged weapons knowledge from several sources. The roots of combat knife fighting in the Classic Eskrima System run deep into popular and unique Filipino styles, like: Dynamic Arnis, Pekiti Tirsia Kali, Doce Pares / San Miguel Eskrima, Lapu-Lapu Arnis, Lacoste / Inosanto, Ricarte-En Cruzada-Aldabon, Ohido, Tapado, etc.

Multi-Gun Shooting

In Multi-Gun Shooting (MGS) also known as 3-Gun Shooting, the shooter must learn to smoothly operate a handgun, shotgun, and rifle in competition that is measured on speed and accuracy in target engagement. Submachine guns or precision rifles are also

used, sometimes. Notice I said, “Smoothly operate.” To operate smoothly, you need to use appropriate weapons for the target distance and transition between and among them.

For example, the pistol range is close, shotgun range intermediate, and rifle range is long. When changing ranges in MGS, you should select the appropriate weapon and transition between or among them, while observing your targets, engaging, and neutralizing them.

Weapon Transitions

Here, I will discuss the limitations of the bayonet, when it is mounted on a battle rifle or carbine and used as a pike. The objective for the operator is to move seamlessly through four ranges of combat and engage the enemy. Moving from rifle, to bayonet, to knife, to unarmed fighting, I want seamless integration and smooth transition--wielding weapons. In MCMAP, possible weapon range transitions include: 1. Rifle to Bayonet, 2. Rifle to Knife, 3. Rifle to Unarmed, 4. Bayonet to Knife, 5. Bayonet to Unarmed, and 6. Knife to Unarmed. Focus is on the first and second weapon transitions, respectively.

Transition 1: Rifle to Bayonet

Start with an M4 Carbine, tactical sling attached, and the USMC Multipurpose Bayonet in sheath attached to the belt on the weak side. Marine doctrine holds that either the bayonet or combat knife should be attached to the weak side of the body. No retaining strap, such as for lashing the sheath to the leg is issued, but there is a hole in the sheath to insert Para cord for this purpose. A series of photographs shows how to draw and mount the bayonet to the carbine when the bayonet is attached to the weak side of the body.

Weak Draw





You can see (Weak Draw w/close-up) that there is a problem, when drawing the bayonet and not having it lashed to the leg with cord or strapped. The sheath moves with the bayonet. You can easily mount the bayonet using your weak hand, but that is not the best hand to use for knife fighting. For knife fighting, you are better off drawing into the strong hand. This reduces the fumble factor and improves your coordination, obviously.

Solutions for Problems

For military purposes, the operator will retain his firearm, even when it will not function. The rifle will be slung, or else it remains hanging on the battle vest when there is a single point sling, but still gets in the way of the fighting knife, as will be presented. If you reach in cross-draw with your strong hand to your weak side, then you can try to reach over the rifle.

Cross Draw



You can reach under the rifle to cross-draw. Then you have the options of moving the rifle to the side (Side Draw) or slinging it over your shoulder (Sling Draw). Regardless, the rifle generally gets in the way whenever the bayonet is attached to the weak side of the body. Moving the sheath becomes necessary.

Under Draw



Side Draw



Sling Draw

Knife versus Bayonet

Here I show the limitations of mounting a bayonet on an M4 Carbine. The M4 is preferred to the M16A2, because a shorter weapon is easier to carry into and out of a Humvee. Notice that with an M4 Carbine, your bayonet reach is limited, in fact, you have better reach, using the bayonet as a knife than when it is mounted on a carbine.

Nowadays, you no longer have the spear-like reach that the Basques discovered out of necessity in Bayonne. You lack the reach that older battle rifles mounted with bayonets had. For example, the M4 carbine is a foot shorter than the M14 rifle. The solution to this problem is to treat the rifle as a primary weapon and the bayonet as a secondary weapon.





Transition 1: Revision

The adaptations required include moving the sheath to the strong side, attaching it with a leg band, and drawing from the strong side. This revision is shown in this series of photos. The advantages are that you have dexterity and can smoothly transition to the bayonet as a fighting knife. This is discussed further in the next section. Perhaps, the only disadvantage is that you take your trigger hand off the carbine. But, if you have a functional firearm (pull the trigger, it goes BANG), then you should shoot!



Transition 2: Rifle to Knife

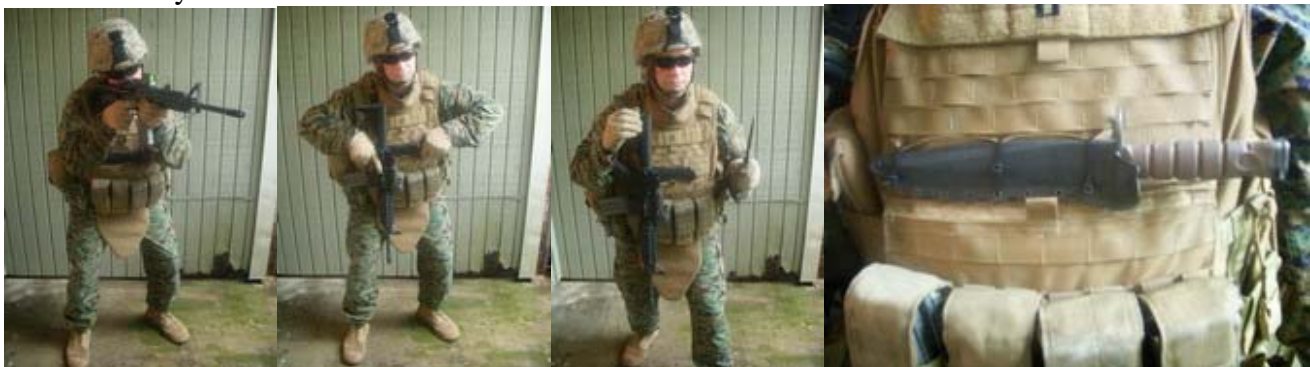
In this series of photos, I show how to easily draw the bayonet, by using the strong hand from the strong side. You are better off placing the strong side forward when holding the knife, such that you have more reach, regardless of whether you are holding

the knife in the up or down grip. This requires the operator to change from a weak lead in shooting to a strong lead in knife fighting. It works for both grips.



Carrying the Combat Knife

There are other problems with equipment and solutions for carrying weapons in combat. Capt. Dinero, like all fighting Marines, wears lots of heavy body armor. He is a natural southpaw, who is fairly ambidextrous in a right-handed world. He shoots the M4 carbine right handed and fights with a knife in his left hand. By working with his gear, Capt. Dinero developed a vest-attached front mounted sheath carry system for wielding his bayonet. The photos show Capt. Dinero's combat knife carry system, while wearing his body armor.



Later, we worked on double knife fighting techniques and developed another combat knife carry system that is attached to the back of the vest. As I am writing, Capt. Dinero just recently deployed to Iraq. Let's pray for him and the other few and proud members of 2nd Battalion, 9th Marines. They are deadlier than ever!



Dr. Harris with the 2nd Battalion, 9th Marines
Edged Weapons Training Class, Camp Lejeune, NC



www.classiceskrima.com

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TAC - Training

Tactical Arrest and Control Training With an FMA Flare

By James Hogue
Photos By Michael Schasteen

Law-Enforcement Background

I started in security in 1988 shortly after my 18TH birthday. I started out doing bar room security at a local night clubs. In the State of Ohio 18 year olds could work in bars as bar backs, waitress, bus help, and even security. The only people that had to be 21 years old were the owner, and the bartenders.

After I finished security training I received my Firearms Bearer's Card, due to loop holes in state laws allowing me to work armed in the State of Ohio at 19 years old. Most of the security work I did was enforcement type of security like Retail Detective, Alarm Response, Fugitive Recovery Agent, and special events.

I then worked as a Correctional Officer, a Deputy Sheriff, and Police Officer. Now I'm a 15 year Police veteran and an over all 20 year veteran in security and law-enforcement. I have been in many Close Quarter Combat situations and had to make use of my intermediate weapons such as my baton many times.



Guro James Hogue during a Police training class in 1998.

Defensive Tactics and the Officer

In most Law-Enforcement Departments, Defensive Tactics (DT) is something viewed by many officers as a waste of time. Most Officers view themselves as being tough enough to handle anything, or anyone. Then when they do get into an altercation the Officers start punching the suspect in the head and other places. This can lead excessive force issues due to over reaction to a physical threat because of lack of sound DT techniques.

Good sound DT techniques and skill can reduce injury to the Officer when attacked and to the suspect doing the attacking. Police studies has shown that in 2007 departments that pushed DT to their Officers showed a reduction in Officer and suspect injuries during assaults on Officers. Nation wide report has shown reduction not just in injuries but Officers killed in the line of duty as well. Studies have shown over and over again that what was thought as a waste of time is keeping Officers safe and alive.



Guro James Hogue on night patrol in 2006.

Let's face it, if Officers are able to take suspects into custody without injury, this will reduce your operating cost. All police departments have a budget that they run the department with and all cost such as over-time, and law-suits would take from this budget. If the suspect isn't injured then the suspect will go to jail instead of the Emergency Room. As a Police Officer I know for a fact the officer could sit in an ER

for hours causing the department to pay me over-time. Then let's say that suspect that went to the hospital tries to sue the department for his injuries. Even if the Officer is justified in their use of force the defense could cost in the thousands of dollars. Offenders will always try to sue the departments but with good sound DT techniques we can reduce the chance of their success in court and the amount of over-time paid to officers.

Malay/Filipino Fighting Arts TAC-Training

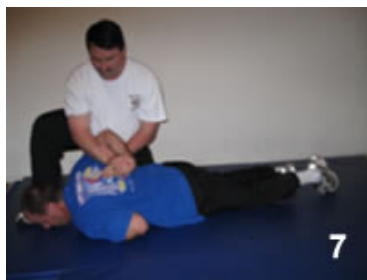
Even though I am a long time martial artist I took different types of Police DT. After many years I developed my own DT Program from the art I know. I felt the DT being taught lacked the realistic element of combat.

I found that over the years these arts really helped me to gain the upper hand in a combat situation, mainly because of my ability to flow. In the Filipino Martial Arts you must be able to flow and adapt to change in mid-drill. This gave me the ability to go from one takedown and if that failed to flow into another takedown, or joint lock. Flow is also important in mid-technique. If you're doing a technique and you have control, a lot of DT techniques will re-adjust their hands or temporarily lose control in order to perform the technique. I felt once you have control never lose control for one second. In the following techniques you can see how the use of flow to an unexpected move straight into a lock, takedown, and handcuffing position would work. As in all the techniques, once you have control you will maintain it to the end.

Escort Position to Arm-Lever Wrist Lock Takedown



1. I go to place suspect Wayne into an Escort Position.
2. Wayne tries to pull free from me.
3. I flow right into an Arm-Lever Wrist-Lock Takedown (see 3a & b)
4. My right leg steps behind his right leg and do a rear sweep with the takedown.
5. Maintain your control over the right wrist-lock.
6. Place your left hand under their right arm grasping your right wrist. Then step to the same side of the body as the arm you locked and roll the suspect onto their stomach while placing them into a rear wrist-lock come-along hold.
7. Tell the suspect to place their other hand behind their back. Add pressure to the wrist until they comply.



Rear Sweep Takedown into Handcuffing Position



1. Suspect Wayne throws a punch at my head, and I place my hands up to block the attack.
2. My right forearm strikes the Brachial Nerve in the neck for a Brachial Stun.
3. Knee Strike to their stomach.
4. I perform a Rear sweep as in 4 a, b, and c.
5. My left hand wrist-locks his right wrist.
6. My right knee puts pressure on his elbow and Rolls him over.
7. Sit right down into a handcuffing position.

Tie-Up Position into Figure-Four Takedown



1. Suspect Wayne comes in throwing wild cowboy punches. I keep my hands up to block.
2. Wayne ties up with me because of how close we are.
3. I strike the Brachial Nerve in the neck for a Brachial Stun.



4. Then I do a knee strike to their common peroneal nerve.
5. My left hand comes under Wayne's right arm as my right arm comes down on top of his right arm doing a figure-four arm-lock with wrist-lock.
6. You right leg step behind the suspect right leg doing a rear sweep.



7. Step to the suspect's right side into a rear come-along hold. Add pressure and tell the suspect to bring his hand behind their back.

Baton Training

Since we are a weapon based art, we teach intermediate weapons such as the straight baton and the side-handle PR-24 Baton. As Law-Enforcement Officers we meet force with one-step higher than what is being used on us. If the suspect has his bare hands and you can get to your baton in time, pull it. Remember, as the Officer you must get the upper hand quickly.

As in FMA, the baton techniques also have empty hand application. So far we have been showing a lot of police DT techniques. In the next couple of techniques we will also show the containment techniques which is taught to Military Personnel.

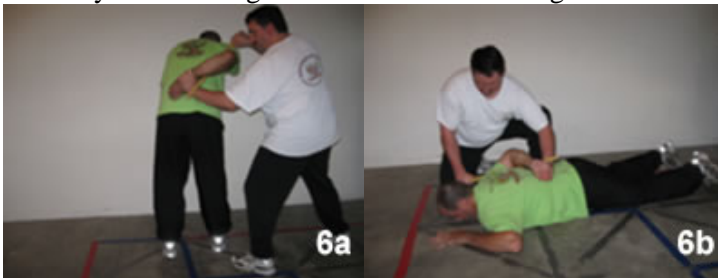
Hammer-Lock Takedown Right Side (version #1)



1. Suspect Wayne throws a right punch at me.
2. I give Wayne a # 1 Strike to his forearm (A Green Target) as I check his right hand.
3. Then I do a Brachial Stun to the side of his neck with my forearm.



4. Follow the Brachial Stun with a knee to the stomach.
5. My baton then goes over and under his right arm as in 5 a, and b.



6. Then use the stick as leverage and put them into a Hammer-Lock and take-down.

Hammer-Lock Takedown Right Side (version #2)



1. From technique #6a in version #1.

2. Instead of doing the takedown, your right hand goes across the stick.
3. The stick is now in your armpit and your arm wraps around their neck. Your hand locks behind your head for the containment.

Hammer-Lock Takedown Left Side (version #1)

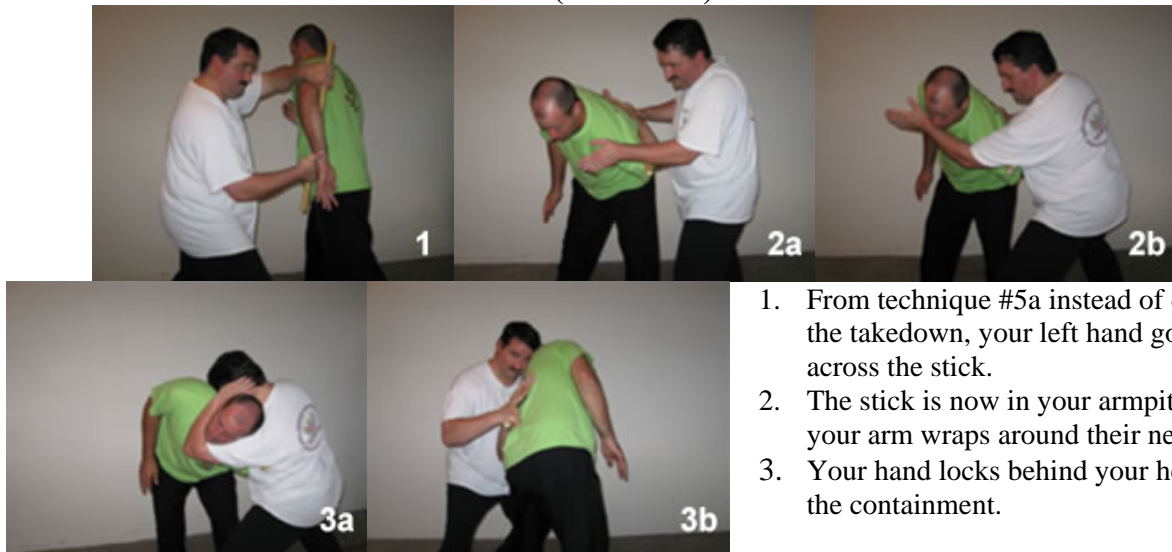


1. Suspect Wayne throws a right punch at me. I give Wayne a # 1 watik (snap) strike to his right forearm.
2. Then I give Wayne a # 1 watik strike to his left forearm forcing his hand down.
3. Thrust your baton between the suspect's left arm and body.
4. Keep your thumb up so you can pin the wrist.



5. Use the stick to get the suspect into a Hammer-Lock and take-down as in 5 a, b, and c.

Hammer-Lock Takedown Left Side (version #2)



1. From technique #5a instead of doing the takedown, your left hand goes across the stick.
2. The stick is now in your armpit and your arm wraps around their neck.
3. Your hand locks behind your head for the containment.

Officers see a weapon like a stick, club, or ball bat and they feel that there is no defense. Let me say this first, if there is enough time to pull your firearm, **PULL IT**. I would rather be thought of as a live coward, then a dead hero any day. However, if there

is no time to pull your firearm then you must defense yourself with what God gave you, your bare hands.

An impact weapon like a stick, club, or ball bat is more forgiving than a blade weapon. To defend against an impact weapon we must go back to basics of Filipino martial arts. The top part of the stick is the 100% pressure. The middle of the stick is 50% pressure and the punyo (Handle) is 0% pressure. From this we can see that the closer into the impact weapon, the less it will hurt. Unfortunately, when people see a stick they think it will hurt them no matter what part hits them. If someone is swing a ball bat at you, move in ASAP to lessen the impact on your body.

One day I was walking patrol outside a night club I was bouncing in. This guy that I threw out earlier for fighting was looking for revenge. As I came upon this van in the parking lot I took the van wide to give myself a reactionary gap incase something would happen. He step out from behind the van and I only had time to react as he ran at me. I did something he wasn't ready for; I enter in on him at the same time. I got into the 0% pressure zone and you should have seen the look on his face when I disarmed his ball bat.

Move straight into the suspect with knees and elbows a flying. If you move backward then you're placing yourself into the 100% danger zone. Remember none this will do you any good if you don't have the heart for the fight. What I mean is the willingness to take a little to give a lot in return.

PR-24 Wrist Drag to Lever Takedown



1. Suspect Wayne strikes at me, and I use my right hand to block his attack as my left hand does a crisis draw.
2. I use the short end portion to strike the suspect ribs.
3. I then hook the suspect's arm with an arm drag as in 3 a, and b.



4. I then place the long end portion on my right arm and do a lever takedown as in 4 a, b, and c.

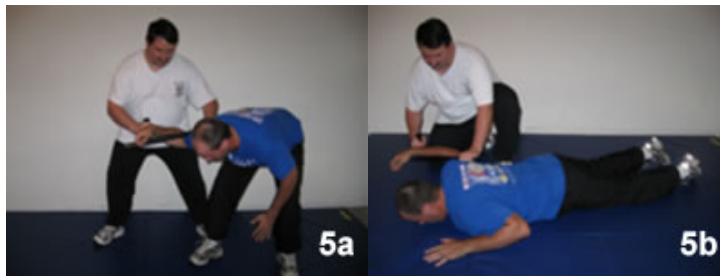


5. I then step to the suspect's right side turn them over into a handcuffing position as in 5 a, and b.

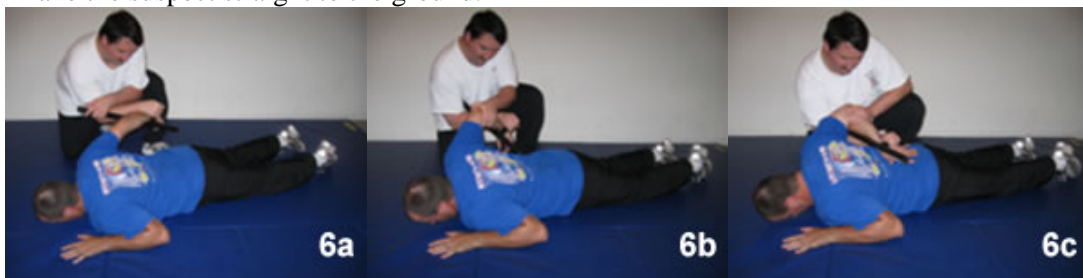
PR-24 V Arm-Lock Takedown



1. Suspect Wayne grabs me.
2. I bring the PR-24 across his arm, and my left hand grabs the long end portion
3. Bring the baton down do a pulling dumog and quickly turn the baton clockwise.
4. The suspects arm is in a "V" thus the name "V Arm-Lock Takedown".



5. Take the suspect straight to the ground.



6. Lock the suspect's wrist and place them into a hammer-lock for handcuffing.

Gun Disarm and Counter Disarms

In the Malay Fighting Art TAC-Training we also teach gun disarms, and gun counter disarms. Gun disarms are necessary just in case a suspect gets the drop on you and is close enough to you so you can grab the gun for a disarm. Some people say just give them your money and they will leave. This isn't true when it comes to Security and Police Officers. Criminals are trying to stay out jail so they can be free to make money

victimizing innocent people, and the only thing standing between them and jail is one lonely officer. So why not get the drop on the Officer. It isn't their money they wanted, it their death so they can go free.

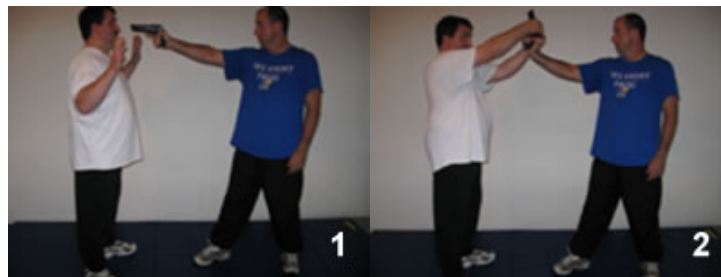
I believe an officer should be prepared for anything thrown at them, so why not gun disarms. Don't be mistaken, if you try a gun disarm and fail your odds of being shot will go up even higher. So once you make the decision to attempt a gun disarm you must be 100% committed to that disarm. While disarming the gun you must always beware where the muzzle of that gun is because the gun can discharge while you're disarming the suspect and be prepared so it won't spook you.

Gun Disarm #1



1. Suspect Wayne holds me at gun point from the front.
2. As I put my hands up, I grab the gun and as I turn their hand I bump into their right elbow off balancing them.
3. I turn the muzzle facing them and step back stripping the gun from their hand.

Gun Disarm #2



1. Suspect Wayne holds me at gun point from the front.
2. As I put my hands up, I grab the gun and point the muzzle upwards.



3. As I point the muzzle upwards, I pull down on the weapon disarming the suspect as in 3 a, b, and c.

When I talk about gun counter disarms to Non-Law-Enforcement I get the same reaction, "Why should anyone know that? It's not like criminals practice gun disarms".

I'm sorry to tell you that career criminals do practice techniques to injury and even to kill Security and Police Officers. Just like the police, the criminal is looking for an edge over the police. Prison video recordings have shown prisoners practicing these very techniques.

Here is a little incident that happened to me, but because I was prepared he failed at his attempt. On day I was on patrol of a small town where nothing ever really happened. I was checking the doors of a local grocery store. As I was walking to the side service door it opened up. There I saw the suspect leaving the store with his take. He dropped the stuff that he stole and ran with me giving chase. After a 100 yard dash I caught up to him and knocked him down. I drew my weapon and order him to stay down. In a flash the suspect was on his feet and tried to disarm my gun. I tried lowering the gun barrel so I could shoot the suspect but he was stopping me from doing that. I then tried to eject the magazine release but his hands were over the release button. I knew if he got the gun I couldn't let him have a loaded gun. I did a desperate act and tried to shoot off the ammo in the air, but his hands were blocking my hammer so I couldn't shoot.

I then turned my gun quickly to my left side and gave him a right elbow to the jaw. I struck him many times with my elbow and knee strikes over coming his attempts.

I identified the suspect as James Frank Burnett, a career criminal with a long history of violent crimes like; Assault, Robbery, Aggravated Weapons Violation, Aggravated Battery - Intentional Bodily Harm, and more. Burnett also was involved with a shoot out with the Topeka, Kansas Police. As you read Burnett knew what to do to try to disarm me and keep me from countering his disarm attempt but I was more skilled in combat than him. Never think that a criminal doesn't practice techniques to counter your attempts because you'll be dead wrong.

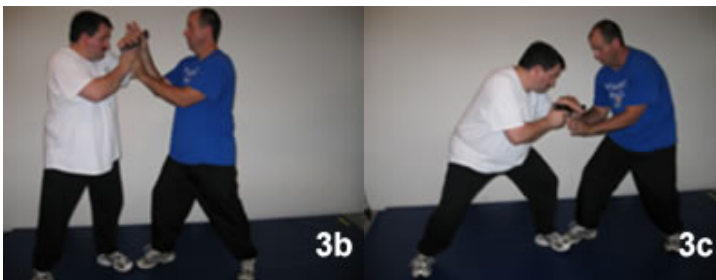
Counter Gun Disarm #1



1. I have suspect Wayne at gun point.
2. He attempts to disarm me with Gun Disarm #1. As the suspect grabs my gun and turning the gun for a disarm.
3. I grab it along the slide to keep him from turning the gun. I step to my left to counter the bump, and to point the weapon at the suspect once again.
4. I then step backwards to rip the gun from his hands and to gain distance.



Counter Gun Disarm #2



1. I have suspect Wayne at gun point.
2. Suspect Wayne tries to use Gun Disarm #2.
3. As the suspect pushes up on the weapon I put my hand on top of the gun forcing it back down and back on target, the suspect.

Joint Lock Flow Drills

As in a lot of DT programs joint lock flow drills have taught for a few years now. However, Malay Fighting Arts TAC-Training goes one step beyond that. We teach joint locks and the counters to each of the joint locks just incase it happens to us. This is just one of the Joint Lock Flow Drills that we practice.

Joint Lock Flow Drill





1. From a basic escort position rotate their arm counter clockwise.
2. I do a standard wrist lock.
3. I then into a come-along front wrist lock.
4. After that I place him into a front transport wrist lock.
5. Then place them into a straight arm wrist lock.
6. Rotate their hand clockwise.
7. Come into a rear wrist lock.
8. The next move is called the "Horn". Grab the first two fingers and come into a modified come-along hold as in 8 a, b, & c.
9. I reposition my right hand to maintain the wrist lock as I flow into my next lock.
10. I do a figure-four wrist lock.
11. As I bring his arm up for a figure-four wrist lock he pushes on my elbow and counters my lock flow.
12. Wayne does an arm-bar in order to control me.
13. Wayne now maintains control over my arm as is left hand grabs for my hand.
14. He now goes into the lock flow starting from the standard wrist lock in picture #2.

This concludes our article on our TAC- Training (Tactical Arrest and Control Training). We at the Malay Fighting Arts would like to thank you for taking the time to reading this article.



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Dealing with Edged Weapons as a Police Officer

By Joe Nepomuceno

Whether you are currently teaching in police departments, or aspiring to teach to police departments, the main rule to remember is that many police officers will have a “Gun Mentality”, and may not take an edged weapon as a serious threat because of the firearms they carry. A “Gun Mentality” is the belief that a gun will always be superior to an edged weapon in any life threatening situation. As a street cop in a major metropolitan city for over 20 years, and having a martial arts background that includes Filipino knife fighting for over 20 years, I have a different aspect to viewing edged weapons. *“I believe, in certain situations that an edged weapon can be equal to, if not deadlier, than a gun”*. My name is Joe Nepomuceno and the following points below are my own personal ideas and situations I have experienced. In no way does this article reflect upon the policies or procedures of any police and law enforcement agencies.

There are 6 concepts to consider when dealing with edged weapons on the street or in the classroom.

1. Do not underestimate a knife: The greatest thing about a knife is that no matter your size, age, strength, or skill... the blade does all the work. In the martial arts, physical fitness is required to deliver an effective impact to a human body. With a stick or baton, there also needs to be a minimum amount of strength in order to hurt someone. On the other hand, a 2 Finger Grip on a blade is all that is needed to push into its' target with minimal effort and strength. A 1 inch blade will cause you to bleed out.

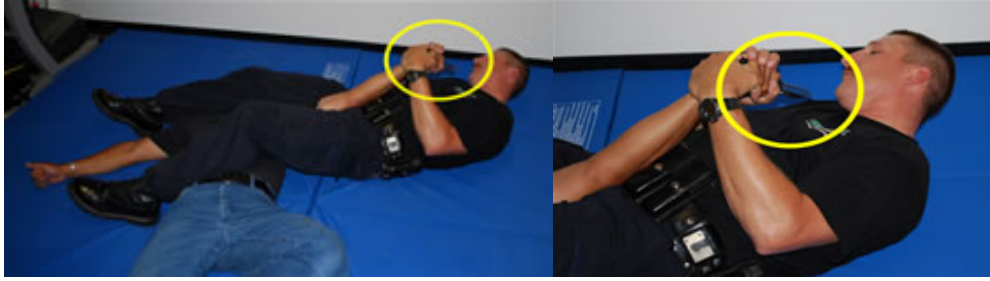
Remember, grapplers, wrestlers, jujitsu fighters and boxers are the most conditioned and skilled fighters around. In a physical altercation, provided you are in great shape, you will normally be able to beat someone who is not physically fit. However, when a knife is thrown into the same scenario, it changes everything. The biggest nemesis for a grappler is an edged weapon. You are making a big mistake if you think you can take down a man with a knife and submit him.



Officer Gary Copeland has the suspect in a basic arm bar. Even in this position, a suspect can use his free arm to stab or cut the officer.



A closer look at the knife that could easily go into the leg of Officer Copeland.



Here, Officer Copeland is trying to control the knife that is dangerously close to his chest and head. While the suspect's head and body is somewhat controlled by the officer, the arm and hand holding the knife is still a wild card.

2. Distance: At a certain distance with a knife, I feel equal, if not having a greater range with the blade. A bullet fired from a handgun can go as far as 2 miles and is still extremely lethal. However, if you think of a projectile barely the size of a marble coming towards you in a straight line, the margin for error is great. Especially if the target is slightly moving (most people don't stand still in a fight). At a certain distance with a knife, a diagonal downward stroke can cover 3 feet of the target area, meaning that somewhere along the diagonal line, you will catch something with the blade.

The majority of knife encounters will require deadly force. Knowing your range and distance can save you and may even end the encounter. You may be able to end the encounter without using deadly force if you use the proper tactics and precautions.

Another example of using distance would be that some officers feel they can disarm a knife wielding suspect with a baton. This is easier said than done. Take a baton and try hitting a hand holding a knife that is constantly moving in various unpredictable directions. Chances are you won't hit the hand on your first strike. Missing your target will leave you open to be attacked.

3. Throwing Distance (The 21 Foot Rule): Even if you keep a distance of 6 to 8 feet away from the suspect, he can throw the blade at you with accurate penetrating force. ANY edged weapon can be thrown and have a 50% chance of sticking into you. It doesn't have to be a balanced throwing knife to get the job done. Throwing knives only make it easier and require less skill than other sharp objects. With practice, anyone can throw unbalanced weapons such as screwdrivers, metal rods, or any type of knife. Remember to take cover when dealing with someone armed with a knife. I recommend that 21 feet be considered the minimum required distance you can react to a person armed with a knife (as he may throw it). Also, you should always try to put a barrier between you and the suspect in order for him to go around the obstacle to reach you. Ideally, you should have cover for your whole body, but that is not always available. So, in an immediate situation, just about any object will be helpful. If it gets in the way of your opponent, it may at least potentially interrupt the mental process of the suspect.

21 Foot Rule Barrier



Having a distance of 21 feet and a barrier between you and the suspect is a basic precaution. Here, a wheel barrel serves as protection from a suspect who may throw the knife.

4. Concealment: There are millions of ways to conceal any weapon. All you need is imagination. There are certain things you can do as a basic precaution when you make the initial contact.

When a suspect has a bent knee(s), the weapon can be tucked and hidden in the crevice of the knee. Be extremely cautious when a suspect reaches down and behind his bent knee. Make them stand straight up.



Here, Officer Nepomuceno shows how, as the suspect, he looks like he is cooperating the peace officer.



From a different angle, a 10 inch knife is barely noticeable when tucked under the leg. A closer look at the hidden knife.



The suspect springs into action and lunges forward with the knife that was hidden.

When a suspect has his arms tucked, make them raise their arms all the way up and straight as he could hide the knife in the crevice of his armpit.



Notice how the arms are tucked low and tight against the body. Again, he “appears” to be cooperating with the peace officer.



As the suspect, Officer Nepomuceno quickly releases his knife by opening his arm and letting the knife drop into his waiting hand.



Once the knife is in his hand, he is ready to attack.

When a suspect has his foot on the wall, he could be hiding a knife behind his foot. Move him away from the wall so that he does not have contact with any surface. Additionally, the suspect will be able to use the wall to push off, increasing his speed and momentum, and more quickly close the distance between the two of you.



Leaning against a trash dumpster, looking casual, Officer Nepomuceno shows how his foot against the dumpster is actually hiding a knife. A closer look at the knife hidden behind his leg and shoe.



A quick grab and lunge is all that is needed to put the peace officer in jeopardy.

When a suspect has a weapon in hand, like an ice pick, don't let them take an assumingly passive palm-up position so he can hand it to you. Make them drop it. Otherwise he can use an open palm to push the blade into you.



In this scenario, the ice pick is clearly in the suspect's hand. Again he looks like he is cooperating.



Here, Officer Nepomuceno, as the suspect, is in close range with his palm up, appearing to hand over his weapon.



The suspect easily takes a step to close the distance and can very easily shove the knife (or ice pick, screwdriver, sharpened rebar, etc.) into the peace officer. (I learned this deceptive and deadly move from Rafael Kosché)

5. Changes of range and knife alterations: A simple $\frac{1}{4}$ to 1 inch can make the difference between a wound and a deadly cut. Your range estimation must take into account the hand position of your opponent. A good example of this is the “palm up/palm down”. Again, there is anywhere from an extra $\frac{1}{4}$ to 1 inch distance by striking with a knife with your hand palm up, rather than holding it normally, palm down. An experienced knife fighter knows this and can give you a false sense of security if you are not careful.

In contrast, when striking with the palm facing up, a minimum of 1 additional inch is gained. Here, the difference is between puncturing an artery, or not.



A closer look at the palm up strike. Clearly, a fatal blow.

This photo shows the distance when a strike is used with the palm down.



A closer look at the depth of penetration when using a palm down plunge. This could be a graze and a possible lethal blow.

Also, when you see something attached to a knife, beware that it may change its function and range. Chains, ropes, and lanyards attached to a knife will make it swing and chop at the same time.

6. Disarms: Obviously there are hundreds of ways to disarm someone with a knife. I encourage people to learn what will work for them. In law enforcement, we have tools to deal with suspects armed with a knife. A bean bag shotgun or a taser may end the encounter without using deadly force. My only advice on disarms is that if you decide to attempt one, keep in mind that you'll probably get cut and that things can go very badly, very quickly. You must also keep in mind that you must have some knowledge of knives themselves to know that the knife may be attached to their hand and nearly impossible to remove. Again, most knife encounters will be a deadly force situation.



The suspect, Officer Nepomuceno, has a string or lanyard hanging from the top of his jeans. At first appearance, it does not look deadly. The suspect can easily pull and swing the lanyard with a knife attached to it. It swings and chops simultaneously at the officer.



With a common push dagger, it is very difficult to remove because of the grip handle.



Again, a knife with a strong grip handle and/or a ring for the fingers is very difficult to disarm.

****The best knife defense is the knowledge of knife fighting. By this, I mean the practice of sparring. This entails learning the footwork, fighting positions, and distancing. It also means knowing the range of the weapon and your suspect's plan of attack. Disarms are very important, but knowing footwork and range will help you avoid contact and improve your disarming ability. An example of this is the fact you can gain at least 1 inch of striking distance just by changing which foot and hand is leading out. Left foot forward and knife in right hand will not cover as much striking distance. But if you strike using your right foot forward and hold the knife in your right hand, you will gain an extra 1 inch or more, maybe, just enough to make contact and cause serious injury.**



1. The fighter on the left has his right foot back and has the knife in his right hand
2. When he swings his knife, he does not have the range to make contact with his opponent's face.



3. Now the same fighter on the left has his right foot forward and still has the knife in his right hand. Switching the footwork will make a difference.
4. When he strikes, he gains a minimum of 1 inch and has covered enough distance to make contact with his opponent's head.

Teaching Police Officers/Law Enforcement can be challenging as well as difficult. By getting past the “Gun Mentality” of many police officers, you will improve your chances of training them in how to protect themselves from edged weapons. Obviously, there is a lot more information on how to train police officers, which we can discuss later.

To contact Joe Nepomuceno please visit:
www.ValleyMartialArts.com
 or call (818) 769-0436.

Special Thanks: To Arnold Noche for providing training knives and “Got Sticks”. Another, big thanks go out to my fellow partners, Gary Copeland, and Miguel Dominguez.



Gary Copeland, Joe Nepomuceno, and Miguel Dominguez

Editors Note: Joe Nepomuceno is senior police officer, with over 20 years experience in one of the largest and most respected police departments in the United States. Joe developed the use the bokken for use in horse mounted law enforcement units. He holds a Black Belt in Hwa Rang Sul under Jesse Lechuga and Hwa Rang Do Master Gil Kim. Trained in knife fighting with Felix Valencia, Lameco Escrima, and currently trains in Brazilian Jiu Jitsu with Mike Ortiz, Lou Salceda and Felicia Oh at the Ultimate Training Academy in California. Additionally, Joe donates his time in teaching concealed weapons prevention classes to other law enforcement departments on his own time, without pay.

Pambuan Tactical Lights the Way

By John Kovacs, M.A.

The “Pambuan Tactical System” is built upon a solid foundation of Arnis De Mano, Eskrima and it’s adjunctive arts from the Philippine Islands

There is no question that life changed dramatically after 9/11. America was dealt a body blow of immense magnitude. Two living symbols of Western affluence and prosperity were brought tumbling to the ground in a dense fog of dust. Chaos and confusion ruled the day as America - and the world - sat frozen in front of their television sets, instantly replaying again and again the images of two hijacked commercial airliners tearing gaping holes in the sides of New York’s Twin Towers.

So what have we really learned since that fateful attack upon our shores? Certainly we can see so-called tangible signs of increased “security” in our airports. And important “acts” have been passed to enhance our individual and collective national security. But is America’s law enforcement personnel/military really getting the best in modern, cutting-edge training to further assist them in fighting its enemies?

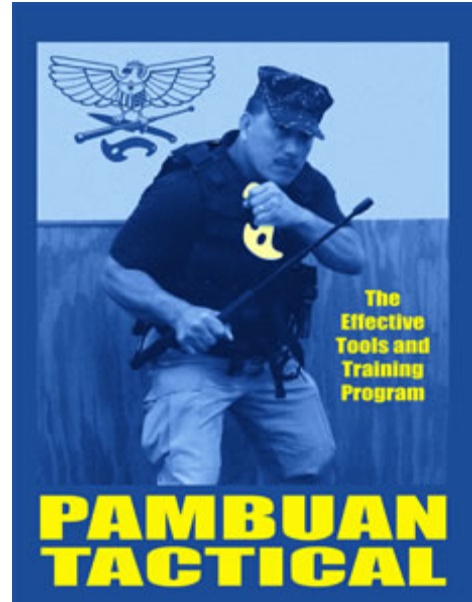
Tactical training methods and its derivatives have been experimented with and implemented into law enforcement agencies and the military for countless years. Some have stood the test of time; others have simply withered away. We do however; need to be cognizant that through the influence of modern mass media, many of our potential “enemies” have been inundated with UFC-like networking. This kind of cultural conditioning may make for a more prepared and determined opponent.

Programs available for law enforcement and the military are based upon rudimentary ‘hand-to-hand’ combat; others espouse a more traditional martial arts curriculum. Some have even implemented various sport-oriented “ground fighting” skills, believing that almost all fights end up on the ground. While this concept is valid in the correct context, this may not be the panacea for military and law enforcement, which have specific needs to be addressed.

They include:

- Tactics need to be learned quickly
- Methods need to be assimilated quickly
- Principles and tactics need to be permeable
- Proper combat mindset needs to be instilled
- Universal K.I.S.S. (keep it simple stupid) principle holds true

Many tried-and-true systems have been developed for the military and law enforcement personnel. Some were developed prior to or because of World War II. And while in principle many of the same tactics and combat mindsets apply, the actual physical techniques, body mechanics and consideration of a modern cultural context have



no bearing on our present-day situations. Some of the older methods taught during WW II, for example, involved sentry removal or behind-the-scenes covert activities.

While these methods remain valuable today, the clandestine terrorist threat faced by our nation is both different and challenging. Modern case-by-case terrorist scenarios require a thorough overview of methods needed in a modern context. The principles need to be simple, easily learned and contextually relevant, and a proper combat mindset needs to be fostered and instilled. Modern-day close-quarter weapons and their strengths and weaknesses need to be studied and addressed.

Take, for example, the current roles and responsibilities our military are facing in Iraq and Afghanistan. The military role assumed by our armed forces in this current conflict is more of “policing” in many ways than the more conventional warfare tactics that they may have been trained in. The training our modern military receives should absolutely reflect these current needs. Hostage taking and negotiating methods are also of more concern today. These concepts apply equally to our nation’s law enforcement and military personnel.

According to an old expression, “The only constant in life is change.” With our nation’s need for dealing with insidious versions of terrorism, modern military and law enforcement scenarios increase exponentially. A system needs to be developed with that target population in mind. The “Pambuan Tactical Program” (P.T.P.) may be just the solution needed to meet these modern day needs. The “Pambuan Tactical Program” is built upon a solid foundation of Arnis De Mano, Eskrima and its adjunctive arts from the Philippine Islands. Ama Guro Raffy Pambuan brought the Pambuan Arnis system to America in 1983.

Ama Guro Pambuan learned the art in a traditional fashion from his father, relatives and local inhabitants in his native town of Santa Cruz, Laguna, Philippines. The art is currently taught with eight traditional disciplines ranging from solo baston (single stick) to the latigo (whip). It is a complete system of Filipino martial arts (FMA), which can either be studied in its entirety or in any of its individual disciplines. Because of the current threat of terrorism upon our shores and its citizens, the Pambuan System has grown to encompass these needs. A specialty subdivision within the traditional art has been introduced to quickly and efficiently teach the “good guys” principles and tactics that can help combat the real threat of global terrorism.

On A Mission

Ama Guro Pambuan is a man on a mission. As a longtime teacher of traditional Filipino martial arts, he developed the “Pambuan Tactical Program” (PTP) to provide the necessary training, as well as the tools to protect the communities in which they serve. Ama Guro Pambuan has recently launched this new and exciting program, and his team of trained assistant Guro’s to help spread the message of the teachings throughout the world. As a traditional martial art founded on Christian ethics and morals, Pambuan Arnis (the inspiration behind the PTP) has been structured to allow the practitioner viable escalation options for different threat levels.

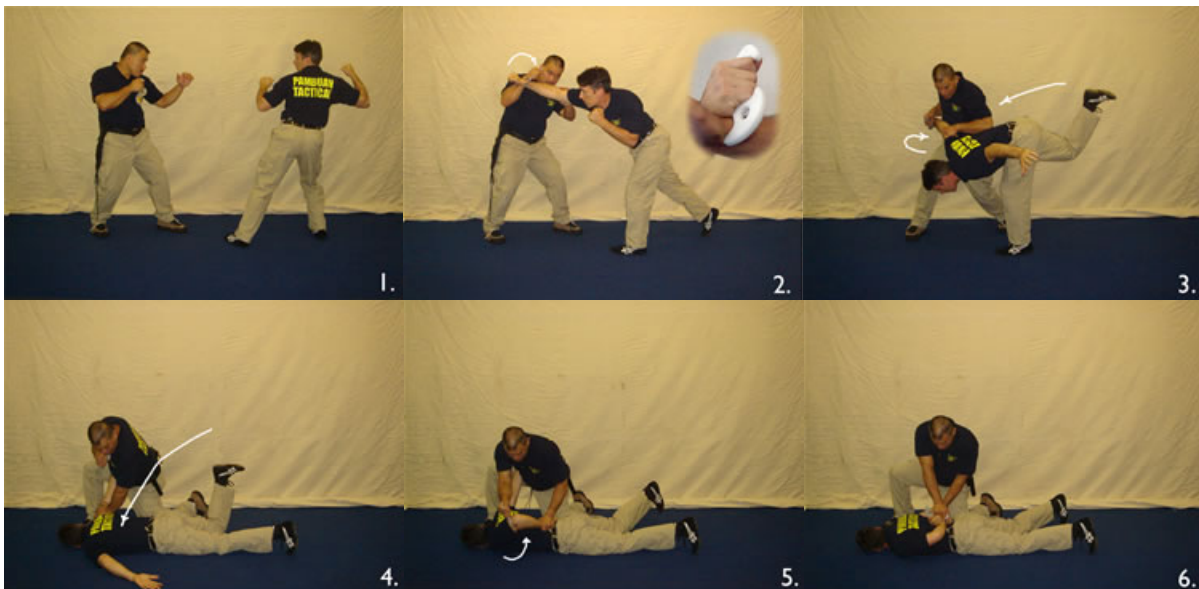
Not every situation requires an ultra-violent response. This ethical consideration is infused within the Pambuan Tactical Program. Through the training offered in the PTP, today’s military and law enforcement personnel are given options on the need for threat escalation. The PTP emphasizes using and implementing several key weapons. They are:

the knife, baton and the Pambuan Assisted Lock (PAL), a unique weapon to the Pambuan curriculum. The PAL is specifically designed for close-quarter combat where control and varied degree of threat escalation is required. The handle of traditional Filipino weapons inspires the shape of the PAL. It has a patented design with a hole for thumb locking. The unique design of the PAL allow for the use of anywhere from mild submission locks/come-a-longs, to multiple strikes to vulnerable target areas on the body. Once basic body mechanics are instilled in the person wielding the PAL, the creative use of the tool is only limited by the imagination of the exponent.



Thumb Lock

- The hole is an oval
- Apply P.A.L. to thumb and twist
- The thumb will lock



PAL Technique

1. The attacker delivers a punch as Ama Guro deploys the P.A.L. 2. Ama Guro steps to the side hooking the wrist. The P.A.L.'s patterned design is specialized to hook and hold. 3. By pivoting the waist and applying an arm bar Ama Guro can put the attacker down. 4. Forcing the attacker flat on his belly will give Ama Guro a good controlled position. 5. Trapping one arm with his body allows Ama Guro to hook the second arm with the P.A.L. 6. Finish by securing both arms.

The PTP is based upon the fundamental tenets of traditional Filipino Martial Arts (FMA). Universal body mechanics, sound combat principles and understanding of timing and distance are hallmarks of the Filipino martial arts as taught in the Laguna district of the Philippines where Ama Guro Pambuan was born and received his Arnis training at the feet of Master Arnisadors.

While the Pambuan Tactical Program has the inherent flavor and hallmarks of traditional Filipino Martial Arts, it is a streamlined method of modern close combat that can be assimilated by our law enforcement and military personnel in a relatively short time. Much of the system is geared toward understanding basic alignment and body mechanics. These are accomplished by the constant repetition of fundamental stimulus and response drills, which quickly teach reflexive actions to instill an effective method of physical response to deal with whatever the “bad guy” has to offer.

Various law enforcement personnel are currently embracing the Pambuan Tactical Program. Many of the senior instructors in the PTP and within the Pambuan Arnis system are law enforcement personnel, or veterans of recent conflicts such as the Persian Gulf War or the war in the Middle East. Several of these individuals can attest to the efficacy of the Pambuan Tactical Program. Modern times and the unprecedented violence inherent within these trying times call for a method that can combat various domestic and foreign threat levels. The new and exciting Pambuan Tactical Program more than meets the needs of meeting foreign and domestic threats upon our nations shores and abroad.

Baton Technique



1. Blade attack against a baton defense.
2. Extend baton and strike the hand upon deployment.
3. Retract the baton as attacker attempts a second strike.



4. Strike the wrist of the second punch.
5. Continue downward and strike.
6. Fold the attacker over the baton.



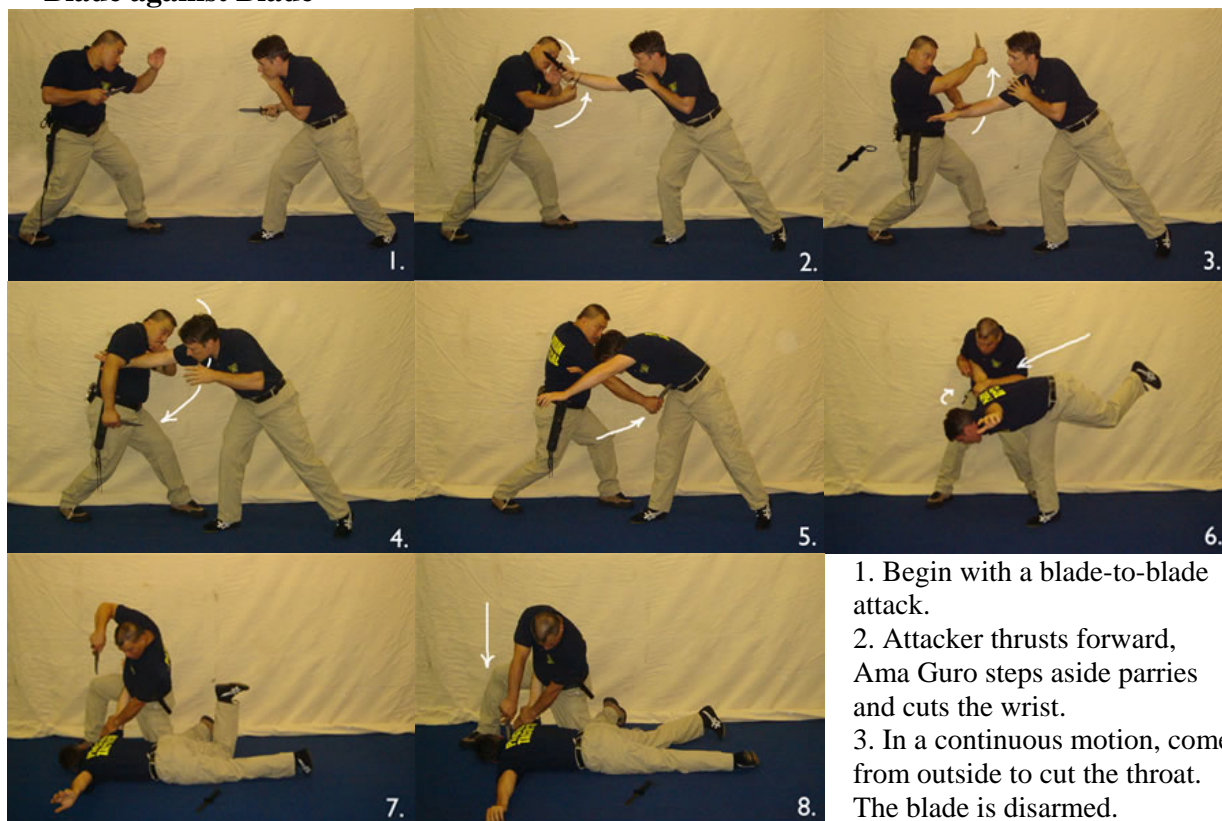
7-8. Take the attacker down ... then turn him over on his belly.

9. Use the baton to hook the second arm.



10. Fold arms and secure.

Blade against Blade



1. Begin with a blade-to-blade attack.

2. Attacker thrusts forward, Ama Guro steps aside parries and cuts the wrist.

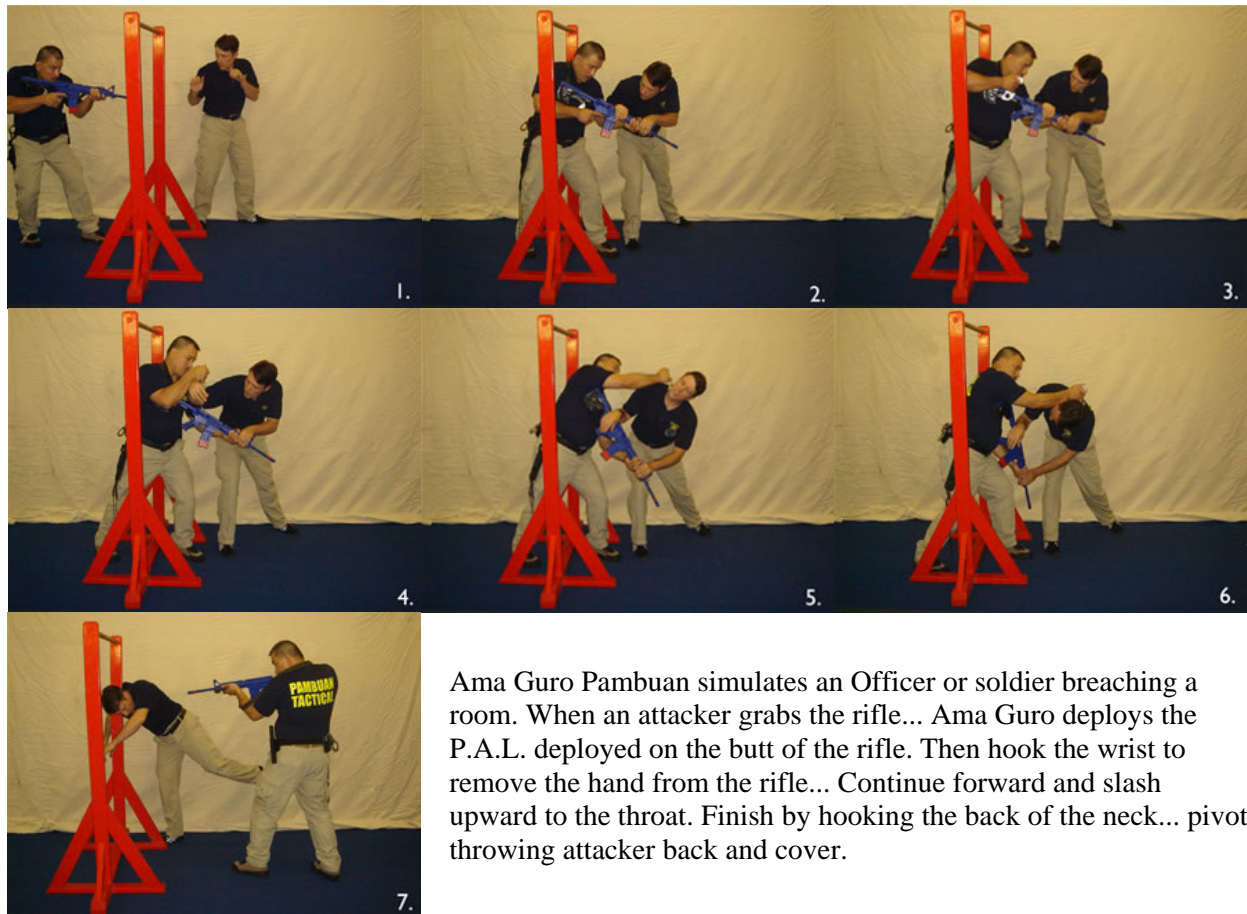
3. In a continuous motion, come from outside to cut the throat. The blade is disarmed.

4. Slashing down retract the blade and trap the attackers arm.

5. Thrust forward into the body.

6. Pivot hips and apply an arm-bar to bring the attacker down.
- 7-8. The attacker will be in a very controllable position. Retract blade ... and thrust to base of skull.

Rifle P.A.L. Defense



Ama Guro Pambuan simulates an Officer or soldier breaching a room. When an attacker grabs the rifle... Ama Guro deploys the P.A.L. deployed on the butt of the rifle... Then hook the wrist to remove the hand from the rifle... Continue forward and slash upward to the throat. Finish by hooking the back of the neck... pivot throwing attacker back and cover.

While having an attachment to older methods of combating a terrorist threat may give one cause for nostalgia, the PTP offers a sound method of dealing with modern-day evil - right now, right away, today.



www.pambuanarnis.com

FMA training for Law Enforcement Officers

By Marc Lawrence



The training requirements for Law Enforcement Officers (LEO) are different than a sports competitor or person learning self defense. Fortunately PAKAMUT fighting arts is geared for this need. This I believe is based upon the life experiences of Grandmaster Felix Roiles in the Barangay Tonad (Local Community Police). When he came to the USA, he gained further experience working in Security and as a contract Federal Officer. The training requirements were passed along to his

instructors.

LEO's need to be able to fight on all types of surfaces, in body gear with equipment belt on, in four different ranges, to react to surprise attacks, use mixed weapons, fight as team and fight against multiple opponents if necessary. LEOs need to be able jump out of car making a sudden stop and start fighting. On top of all of this they still have to stay within their department's use of force policies.

When training new LEO student, I go through a process I call "show me what you know". I also review with them their use of force policies. From this I start building a foundation of skills based upon PAKAMUT fighting arts. Typically I find that they do not understand ranges and the concepts of the person's weapons (hands, arms, elbow, foot, shin, and head) being aimed at them. Because LEO carries multiple weapons, I have found that I incorporate this into the training. I teach them to use their ASP like a stick and block while drawing the chemical spray or pistol. For training we use, a rattan stick, an air soft pistol, and small spray bottle. I have found they need work on the live hand techniques.



I have found that my LEO students use the stick grappling control methods the most. Typically the bigger LEOs believe that their size and strength will solve the problems.



They find that it is not size but technique, footwork and timing is what is needed.

Because stick grappling takes a skill set to learn, I find they have to be taught to block, check, stop-block/lock, vine or snake, and weapon weave.

Teaching for surprise attacks, first I make sure they have skills to handle basic attacks, and then I bring in my senior students to their class, and allow them to role play. In the scenario it can have one assailant, two or more. As their skill builds I will throw a scenario as they walk through the door or in the middle of class. I found that by giving surprise attacks and non-standard weapons like plastic baseball bats, rubber knives, plastic baseballs-for rocks, and air soft guns adds to the realism needed. All



LEOS typically need to learn basic knife fighting so they can learn to defend against it.

Because LEOs typically wear vests and equipment belts, the Filipino martial arts concept of low kicks and the use of knees are critical skills that must be incorporated with stick work and punching. Leo's students need to learn incorporate all skills for the street combat skills needed. Additional training is done by working on typical surprise attack methods used by gang members. Using these training methods makes a well rounded Law Enforcement Officer.



www.pakamut-fma-torrance.com

Law Enforcement vs. the Stick and the Blade

By Mick Jolly

In today's society Law Enforcement has to deal with criminals of all kinds, and this also includes criminals that have martial arts training. With this thought in mind it is a good thought if not a mandatory one, that the law officer should be aware of the different arts. At the Karate Quest school various seminars of the different martial arts are held and also we have Master Patrick Armijo who teaches Modern Arnis. Master Armijo has shared with us the various aspects of the Filipino martial arts both physically and philosophically which has been taken into the law enforcement community in this area.

The following article is some of the aspects of the Filipino martial arts that have been intertwined and incorporated in the training of law enforcement.

American Law Enforcement Officers (LEOs) must be prepared for virtually every type of encounter. These encounters may involve the basic strikes such as a kick or a punch, or include multiple attackers, grabs, chokes, or weapons. Weapons can range from guns to impact weapons such as the stick, to various edged weapons such as the knife. In

this article we will discuss some basic objectives of the LEO as they relate to defending against the stick and the knife, both of which are weapons of deadly force and justify a high-level response of lethal force to neutralize the threat.

When a criminal displays or attempts to use a weapon during an encounter with a civilian, the motivations can be numerous: mere intimidation, control, sexual motivation and, yes, to kill. But when criminals attempt to use a weapon on a LEO, you can assume that the intent is to kill or cause serious bodily harm to that Officer.

The LEO's biggest advantage is his sidearm. However, the sidearm is also the biggest disadvantage. When a LEO is confronted with a suspect wielding a stick or a knife from a distance, there is sufficient time to transition from empty hand or baton to the sidearm. On the other hand, should the threat of the stick or knife be presented in close proximity to that officer, the opportunity to transition to the sidearm prior to the initial attack is decreased substantially. In these instances the three principles of **Shielding**, **Distance** and **Movement** may be the more appropriate responses.



Shielding can be the use of any barrier that can restrict the attacker's ability to reach the LEO. That could be a car, table, chairs, the LEO's own baton, etc. In close proximity that shield may be nothing more than the LEO's own limbs being used to protect the core of his body. Shielding with our own limbs is something that is already hardwired into our system. I believe it was Mr. Junki Yoshida (who later went on to become the famed Founder of Yoshida Teriyaki Sauce with a recipe he first shared with the LEO community) who coined the name "The Dive Technique" when he was the head Defensive Tactics Instructor at the Washington State Criminal Justice Training Center in the early 1970's. The image of the two hands coming up as a person shields himself is similar to the position one takes when one prepares to dive into the water. I have heard the position repackaged many times with names such as the Spear System of Tony Blauer. While I have never worked with him he is to be credited for increasing the level of conscious awareness of this automatic response. Whatever you call it, we are all hardwired to bring our hands and arms up to protect our head and throat.

Distance is also an advantage. The greater the distance between the LEO and a suspect, the greater the opportunity is for the LEO to respond to the impending threat. A generally accepted safe distance for a LEO to address a person armed with a stick or knife is approximately 21 feet. Ideally, the LEO already has his sidearm at the ready and must respond with the decision to shoot or not shoot depending on the suspect's actions. The '21 feet' standard is not for the purpose of performing a quick draw as a knife-wielding attacker sprints toward the officer at full speed. Numerous training scenarios have shown that it is very difficult for a LEO to successfully defend against a fully committed attacker with a knife charging him, without the LEO sustaining some level of injury and the potential of death.

Movement is the next key. When the LEO repositions himself to get off the line of attack, the suspect has to make adjustments to continue the attack. Movement becomes even more critical when distance is decreased. You may not have the ability in every situation to get off line, so that movement may be in the form of stop kicks and counter strikes to place the attacker on the defensive. Whenever possible, though, you should consider the way a bull fighter moves as they simply step off the line of attack and allow the beast to charge by them. Of course the LEO should seek to deliver debilitating strikes to the criminal attacker while stepping off of the line of attack. Senior Grandmaster of Chinese Kenpo Karate, Chuck Sullivan, is quoted as saying, “It’s a poor set of feet that let a body get beat.” That statement sums up nicely the value of **Movement**.

As subtle as the movements may be they require the suspect to get caught, even if for an instance, in what is referred to as the OODA loop in the Law Enforcement and Military community.

OODA is an acronym that refers to mental steps that the brain goes through in order to carry out an action. The steps are Observe, Orient, Decide and Act. So as the LEO moves off the initial line of attack (note that the movement is off the line of attack and not merely to back up) the suspect must “observe” this change “orient” himself on the new direction “decide” what action to take and finally “act” on that decision. Even if the delay is slight it may make the difference in a successful defense.

The LEO himself must apply the OODA loop in his cycle of consideration as he seeks first to be aware of his environment, assess potential risk and take actions to avoid or minimize threats.

When the LEO identifies a threat in close proximity the first and most immediate response is to apply the principles of **Shielding**, **Distance** and **Movement**, then instantly become the aggressor seeking out available targets that range from the offending limb of the suspect to the eyes throat and

other available targets. Eventually, the LEO may choose to transition to his sidearm.

The mistake that many LEOs make is to immediately begin reaching for their sidearm. In a close proximity encounter this can leave the officer vulnerable as valuable time and attention is directed toward getting a positive grip on the sidearm and not **Shielding** against the eminent attack.

When an officer is attacked and does not already have his sidearm in hand, that is similar to the ambush of a military or protective unit. In such instances the military and protective units will attack the attackers. Certainly they will shield themselves with any



available cover to include vehicles, trees, etc. However, they do not rely upon that alone. To do so could mean death.

The individuals carrying out the ambush selected a time and place to carry out an attack that they felt was to their advantage. It does not matter if they selected the time and place days before or in an instance prior to carrying out the attack. The defenders still must take the appropriate action to neutralize the threat by employing **Shielding**, **Distance** and **Movement**.

During the writing of this article a fellow Law Enforcement Officer from a neighboring county was ambushed while still seated in the patrol car as the LEO arrived on the scene. It is simply a reminder that there are no guarantees. However, the more things you can do in reality based training the better you will be able to.

LEOs are trained to use other tools such as pepper spray, tasers, their natural weapons of the hands and feet and the collapsible baton. As they train with the baton they also are taught to use it as a shield, striking implement, pressure point tool and a control tactics tool. LEOs are taught to apply a hierarchy of weapon choices. The idea is to always have a weapon that is superior to that of the suspect. In dealing with an unarmed suspect the LEO may apply pepper spray or the use of a taser or baton. When the suspect is armed with a knife or stick, perhaps a baseball bat, the LEO would want the advantages of his sidearm. By applying the basic principles of **Shielding**, **Distance** and **Movement** the LEO can transition to his sidearm while minimizing the risk.



Collapsible Baton



About the author: Michael "Mick" Jolly was a former Whatcom County, Washington, sheriff officer and United States Secret Service agent. He holds a black belt in Kenpo Karate and is a member of the International Kenpo Karate Association, Founded by Grandmaster Chuck Sullivan and Grandmaster Vic Le Roux. Karate Quest was the vision of Mick Jolly and associate Patrick Armijo. Karate Quest is celebrating its one year anniversary.

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A Dream Comes True

Filipino Martial Arts and Law Enforcement

By: Ka Abner Anievas

One of the dreams I had when I was young was to be in Law Enforcement. While growing up I protected my friends from the bullies in our area, I always thought that it was my responsibility to protect those who were in need, those people that cannot protect themselves. But in a twist of fate I ended up in a construction industry, I guess I am not meant to protect (as in Law Enforcement), but to create instead.

Police officers patrol our streets to keep us safe, often they will encounter robbers, and thieves on the street. Most of the time police officers respond with their guns drawn and in so many occasions death will occur. Most police officers will respond with their fire arms drawn... why? Because its part of their training. Also some officers don't receive adequate training in the proper procedures in controlling a person.

As I have looked back to my dream, I see an opportunity to be part of protecting the community by giving free training lessons to the Law Enforcement. I think it is important for our police officers to have some knowledge in the proper procedures in controlling a criminal physically with no harm coming to himself or others. Not only that it has the possibility to prevent death and the agency will not be liable if the person they shoot were to be innocent.

Today whenever I visit my home town I take it upon myself to offer instruction to the local police unit. Seeing them training under me... I realize my dreams have comes true.



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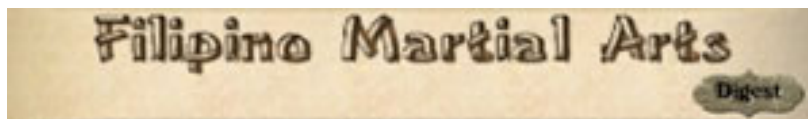
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