

Advanced

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CQB Kajukenbo Advanced Requirements (L16-L19)

KAJUKENBO COMBATIVES LEVEL 16 Brown Belt

During brown belt, the following requirements need to be met before being ready to test for black belt:

Attend and complete Emergency First Aid / CPR class Log 9 hours at the shooting range
Attend 1 martial arts seminar by a 3rd party Teach 16 hours, 4 hours per level

FIREARMS BASICS

The gun is always loaded until you check it!!

10 Commandments of Gun Safety

1. Always keep the muzzle pointed in a safe direction.
2. Firearms should be unloaded when not actually in use.
3. Don't rely on your gun's safety.
4. Be sure of your target and what's beyond it.
5. Use proper ammunition.
6. If your gun fails to fire when the trigger is pulled, handle with care.
7. Always wear eye and ear protection when shooting.
8. Be sure the barrel is clear of obstructions before shooting.
9. Don't alter or modify your gun and have it serviced regularly.
10. Learn the mechanical and handling characteristics of the firearm you are using.

Use 'ball ammo' for target shooting because it is economical
'Hydroshock', wad cutter, hollow points and the like are more expensive and used for self defense

REVOLVER

+simple +reliable

-shot capacity (usually 6 -7 max)

frame, ejection rod, cylinder, trigger, trigger guard, hammer, firing pin
cylinder drops to the left for reloading unless you have a left-handed gun
single-action revolver: hammer back means faster firing, less pressure to pull trigger
Double-action revolver: trigger must be fullt pulled to the rear to fire.
most revolvers do not have a safety

finger on frame, thumb to get rounds out unless you are using a speed loader

speed loader: twist to the right (depending on the loader)

.357 uses the same size round as a .38, but a .38 cannot fire a .357 round

.45 is a tumbling round which has more knockdown power

.380 is generally considered to be the lowest caliber to use for self defense

SEMI-AUTOMATIC

+ shot capacity (often 2 or 3 times more)

- more moving parts

A common example of a semi automatic is a Beretta 92d (Double) / f (Single) action

maybe no safety, some have magazine disconnect as a safety

must pull the trigger all the way

lower receiver: trigger, trigger guard, magazine release (on thumb side)

hammer, ejection spring, guide rod, barrel (floating barrel?)

upper receiver: sights, firing pin

CHECKING A SEMI-AUTOMATIC

drop the magazine, point away & down to the side

finger stays OFF the trigger until you need to fire, place it on the guard frame

cock it back & look down the barrel

MOST SHOOTINGS HAPPEN WITHIN 3' - 7' (10' max)

BASIC GRIP

good grips often have grooves for your finger placement or the webbing of your thumb

TIGHT GRIP WITH YOUR PRIMARY HAND: Squeeze until you nearly tremble & then back off a bit

Free hand cups primary, thumbs down & out of the way; Index finger on the slide.

Hold gun down at a 45 deg angle in front of you.

Remember that the recoil will lead the barrel upwards

2 MAIN TYPES OF STANCES

You'll pick one naturally after shooting a while

ISOCOLESE

Tournament shooters

combat & speed shooting

good base, knees bent

gun straight out from chest

makes a triangle with body & gun

WEAVER

body bladed to target

power side back

presents a smaller target

less vest coverage

you present a bigger target

TIPS ON TRIGGER PULL

use no more than the pad of the first knuckle on the trigger (fingertip)

do not slap the trigger, keep in contact

if you do this correctly, you'll hear / feel the trigger catch so you can fire again faster

TIPS ON TARGET ACQUISITION

semi-autos have front & rear sights, so align all 3 on the same plane

some revolvers do not have rear sights

barrel length determines ease of concealment but short barrels sacrifice accuracy at distance

SHOOT TO KILL - target center mass

Shooting to wound or maim is rarely - if ever- a good idea.

More paperwork and 1 more witness to sue you

KILL SWITCHES: 3rd eye, gate of the ear, back of the head where the spinal cord & brain stem meet

Body armor usually stops up to a .44 Magnum, depending on the rating (armor level)

Always Double Tap: Shoot twice, not once.

Failure drill: Imagine a Double Tap doesn't stop your target; 3rd shot to the head

ALWAYS RELOAD "COMBAT-STYLE" SO IT IS A HABIT

drop the magazine / shells / speed loader to the ground & go back to shooting

IF YOU HAVE COVER, TAKE THE TIME TO USE IT!

REVOLVER LOADING: bring gun in close & load with your eyes still on your target with your gun at shoulder level

SEMI-AUTO: draw back, eject magazine, tilt towards the side, insert magazine & fire

The slide may lock to the rear: index finger in front of the magazine as a guide, slam it home

You may tap the back of the magazine to align the shells in it first

FAILURE / JAM: rack the action to clear the round and tap the bottom of the magazine to be sure it is seated

STILL FAILED?!: Dump the magazine and put in a new one

ROUND JAMMED IN THE CHAMBER / "STOVEPIPED": rack the action multiple times

WHEN YOU PICK UP A REPLACEMENT GUN

drop the magazine to check the rounds in it.

rack & chamber it

Keep your gun on the target after shooting!

IF YOU SHOOT SOMEONE

When the police get there, follow their instructions.

Don't try to explain yourself or the situation, just do as you are told.

Tell them if the bad guy has a gun still (why did you let that happen?) otherwise shut up until they ask you.

Follow instructions & take your chances.

REMEMBER: Do not pull your gun unless you have no choice (immediate mortal danger), instead just be a great witness.

The following are the general requirements for a CCW permit in Missouri

You must be at least 21 years of age

You will be instructed in safety at the range, home, and while carrying a firearm

You will be instructed from an approved manual, such as the NRA manual “Basic Pistol Shooting”

You will fire at a B27 Police Silhouette Target from a distance of 21 feet (7 meters)

You will fire 25 rounds from a Revolver and 25 Rounds from a pistol

You will fire 20 additional rounds from either weapon for the live fire test

You will be instructed in the escalation of force, when deadly force can be used, and the meaning of “justification”

Often, a loophole (of sorts) is used in which an Illinois resident applies for a CCW permit in Utah or Florida because they authorize you to carry your concealed firearm in multiple states - including Missouri, but NOT Illinois. There are some caveats and restrictions but generally speaking the list is as follows:

Utah permit allows you to carry your gun in: Alabama Alaska Colorado Florida Georgia Louisiana Mississippi New Hampshire North Carolina North Dakota Ohio Pennsylvania South Dakota Texas Virginia Washington State West Virginia Arizona Arkansas Delaware Idaho Indiana Kentucky Michigan Minnesota Missouri Montana Nebraska New Mexico Oklahoma Tennessee Vermont Wyoming

Florida permit allows you to carry your gun in: Alabama, Alaska, Arizona, Arkansas, Colorado, Delaware, Georgia, Idaho , Indiana , Kansas Kentucky Louisiana, Michigan Mississippi, Missouri Montana Nebraska New Hampshire ,New Mexico North Carolina North Dakota Ohio Oklahoma Pennsylvania , South Carolina , South Dakota ,Tennessee ,Texas , Utah Vermont Virginia , West Virginia Wyoming

Some Terminology & Notes

- ‘Ball’ is round-nosed metal jacketed ammunition. It is used for self-loading firearms like pistols. All military pistol and rifle ammunition uses full metal jacket bullets. Synonyms for ball include FMJ (“full metal jacket”), MC (“metal case”) and TMJ (“totally metal jacketed,” a term used only by the ammunition maker CCI). Ball rounds do not expand and are always the worst choice in a defensive round. The military uses ball because it feeds well (i.e. rarely jams), penetrates far, and the military is required to use ball under the Geneva Convention. Fortunately, you are free to choose better ammunition, and should use ball for practice only.

- ‘Wadcutters’ and ‘semi-wadcutters’ are sharp-shouldered revolver bullets with an odd cylindrical appearance. True wadcutters are very weak rounds used for target shooting only. Unless you own a .38 or .357 revolver, forget about these.

- ‘Jacketed soft-points’ are jacketed bullets with exposed lead at the tip. These make poor defensive rounds for handguns but may be effective for rifles, due to the latter’s high velocity. Never use JSP rounds in a handgun for self-defense. Never.

- ‘Jacketed hollowpoints’ are the best self defense choice for handguns and most rifles. JHP rounds have a hollow cavity in the nose and usually expand (and stop) in the body of your attacker, transferring all their kinetic energy for maximum stopping power. They are the safest and best bullets available. JHP bullets are always best for self-defense.

- 'Round-nose lead' (or RNL) are generally revolver bullets without any metal jacket around the bullet. These are worthless for self-defense, and some don't even use them at the range. If you come upon a bargain lot of RNL ammo, feel free to buy it for target practice. You will be scrubbing out your barrel until the wee hours, however, as all-lead bullets scum up barrels something fierce. Use 'Flitz' metal polish to scour out the grimy residue.

HANDGUN AMMUNITION BY CALIBER, ASCENDING ORDER OF POWER

.22 Long Rifle (.22LR)

~ \$4 / box of 50

"You should really be using something bigger than a .22 for self-defense, but even a .22 beats nothing."

+ cheap ammo, small size, easy to conceal, low recoil

+ Very accurate; perfect beginners gun for practice or target shooting

- Almost no stopping power

.25 ACP (6.35mm) - Not much more powerful, obviously

.32 ACP (7.65 mm Browning, 7.65x17mm) - Sometimes picky about ammo

.32 Smith & Wesson Long

.32 H&R Magnum

7.62x25mm (a.k.a. 7.63mm Mauser) - Obsolete

.380 ACP (9mm Short, 9x17mm, 9mm Kurz) -

#1 concealed carry caliber, usually the lowest recommended caliber for self defense

+ better stopping power than rounds fired out of 2" barrel .38 Special snub-nose

- ammo can be hard to find

~ \$18 / box of 50

9mm Makarov (9x18mm)

.38 Special

~ \$20 / box of 50

9mm Parabellum

9mm Luger, 9x19mm, 9mm NATO, or simply "9mm" - the world's most popular pistol round

~ \$20 / box of 50

- Jacketed hollowpoints are recommended to rely on the 9mm as a defense round

- Use ball ammo for practice only.

.38 Super

.357 Magnum - lots of fire and recoil

.357 SIG

~ \$40 / box of 50

.40 Smith & Wesson (.40 S&W)

This quickly becoming a favorite "service caliber"

~ \$30 / box of 50

10mm Auto

.41 Magnum

.44 Special

.44 Magnum

.45 ACP

Occasionally called "11.43x23mm" by Europeans

The "manstopper" benchmark by which all others are measured

~ \$35 / box of 50

.45 Colt

What are the Gun Laws in Missouri? (As of July, 2011)

<http://www.nraila.org/statelawpdfs/MOSL.pdf>

About "Stopping Power" - http://en.wikipedia.org/wiki/Stopping_power

About Handgun Accuracy & Range

The average range for interpersonal shootings is about 4 yards (12 feet)

The majority (40%) of interpersonal shootings are between contact and 2 yards - 6 feet!

The next largest grouping is between 6 feet and 15 feet

- American Handgunner [March/April 2010] p.114

KAJUKENBO COMBATIVES LEVEL 17

First Brown

Kubotan / pocket stick & improvised weapons

Most of this material is taken from the "CQB Pocket Sticks Program".

Check that document for the latest revisions.

Pocket sticks (PS), Kubotans, yawaras and Self Defense Keychain Sticks (SDKS) are unique tools for street self defense, legal to carry almost everywhere.

Kubotans ® & Yawaras are basically the same thing.

The Kubotan ® (sometimes erroneously spelled as Kubaton or Kobutan) self-defense keychain is a close-quarter self-defense weapon developed by Takayuki Kubota.

The Kubotan is a modern keychain version of the yawara stick, developed and made famous by Tak Kubota for use in Law Enforcement. Another well-known Law Enforcement variation is the Monadnock Persuader ®.

Recently the word "kubotan" has become a generic trademark, but to avoid accidental copyright or trademark infringement I will try to refer to all variations of these tools ("Self Defense Keychain Stick(s)") as SDKS.

A PS can be a piece of dowel rod, a well-made pen, a mini-flashlight, or almost anything you can adapt to the purpose.

Sizes and materials of PS

It is essentially a derivation of the yawara stick, usually 5.5 inches (14 cm) long and 0.56 inch (1.5 cm) in diameter, slightly thicker or the same size as a marker pen. Attached with a keyring for convenience and concealment, the Kubotan appears as an innocuous key fob to the untrained eye.

In the United States, there are few legal restrictions on Kubotans. Spiked Kubotan are now specifically listed as Offensive Weapons on the British Government's Crime Prevention site. Kubotan is a registered trademark of Kubota, who originally developed it as a tool for police officers to restrain suspects without permanent injury. Its popularity began in the mid-1970s when Kubota first brought the weapon to the attention of the LAPD and began schooling female officers in its application. It is often touted as extremely effective in breaking the will of unruly suspects with painful locks and pressure point strikes. Because of that the Kubotan is also sometimes dubbed the Instrument of Attitude Adjustment.

The Kubotan keychain (as designed and sold by Kubota) is a hard high-impact plastic rod,

usually made from Lexan, about 5.5 inches (14 cm) long and 9/16 0.56 inch (1.5 cm) in diameter. The body is lined with six round grooves for added grip and there is a screw eye with a split ring attached to one end for keys.

There are many other forms and variations of the original design available, ranging from aluminum alloy to spiked, pointed, tapered ones to more offensive looking “ninja” models that have blades, spikes, hidden darts or tear gas. Although they may be marketed as Kubotans, they are not and are actually classified along the lines of generic Self-Defense Keychain Sticks or SDKS.

The umbrella term pocket stick is also used sometimes to classify rod-shaped hand weapons like the Kubotan. Kubotan is a portmanteau of “Kubota” and “baton”.

The yawara (also called pasak or dulodulo in Filipino martial arts) is a Japanese weapon used in various martial arts. It is also the specific weapon of yawarajutsu. It takes the form of one or two small, thick sticks which stick out about an inch from each side of the hand. They are usually used in pairs to initiate throws, bone breaks, pressure point strikes and the like. When one becomes proficient with yawara, one can use them as an effective fighting weapon that is both legal (in all jurisdictions) and easy to conceal.

It is very important to wrap the thumbs around the yawara when using them rather than leaving them sticking out, as they present very tempting targets to an opponent.

The yawara stick was popularized for police officers in the 1940s by Professor Frank A. Matsuyama. Matsuyama also made his own lethal version in 1937 or earlier.

Five Purposes

1. Control / Restraint
2. Striking
3. Anchoring & Trapping
4. Raising skills
5. Fist Loading

It is usually more effective to Strike with the PS than to run the risk of a Control / Restraint failing but you should still practice all of the available techniques.

A Police Officer, for example, may not be allowed to “Strike First” when on duty.

Hand Grips

Hammer: Majority of the exposed PS above the thumb line

Ice Pick: Majority of the exposed PS below the little finger

Modified Ice Pick: Ice pick with thumb on top for added support and control

Reinforced Ice Pick: Ice pick with opposite hand on top for added power

Center Point: Equal amounts of exposed PS above and below the fist

Saber: Hammer grip with thumb supporting the barrel of the PS

Two Phases of Combat

Contact Phase

You are immediately attacked without warning and then respond in a reactive manner - hopefully effectively and efficiently.

Pre-Contact

You are approached or confronted -but not yet attacked- and have an opportunity to get into a

ready stance and perhaps even de-escalate the conflict without violence.

A Note on Pre-Contact Range & the DMZ

The DeMilitarized Zone (DMZ) is the space between two or more people, generally outside of punching and kicking range. People may be arguing and threatening each other at these “borders” but no real fighting goes on there. RBSD expert Sammy Franco often calls this the “neutral zone.”

If you attack first at this range against an unarmed opponent then you will probably be viewed as the aggressor by the authorities. No matter what he calls you or your mother, you cannot legally strike first at this range because you are not usually in imminent danger.

Stances

Stances are employed in the Pre-contact phase. Stances with the PS are no different.

Begin all engagements in the CQB Hidden stance for the purposes of this program. This means you are in a 45 degree wedge fighting stance, with your hands up and open, with your fingers at eyebrow level and a roughly 90 degree bend in your arms. Your feet should be about shoulder-width apart with a very slight bend in your knees.

Your elbows should be close to your body and the stance should look very passive and defensive.

Foot position in the Hidden stance is very similar to a boxer’s stance but the hands are slightly higher and open.

Lowering your center will a quick transition to a grappling or wrestling stance, with little or no foot adjustment needed.

Combined with vocalizing for distraction (“Please do not hurt me”, “I do not want to fight”), the Hidden stance an integral part of “CNN Tactics” in CQB Kajukenbo.

A Ready (or fighting) stance is basically the same but one or more of your hands may be closed in a fist or holding a easily visible weapon, such as a PS.

DRILL: Take a right lead Hidden Stance, then vocalize, eye jab and quickly switch leads

DRILL: Take a Ready Stance and demonstrate a basic punches (jab / cross / hook / uppercut) while switching leads

DRILL (OPTIONAL): Mirrored lead (one left / one right) and Matched lead (right to right or left to left) leads

Low concealment

Hidden stance with PS concealed in the lowered rear hand. Any keys are dangling, but the PS is behind the rear forearm and the rear thigh is aiding in concealment. This stance is often employed in the DMZ.

High concealment

Hidden stance with hands up and crossed at about chin or eyebrow level.

Hands are open with palms facing inwards.

The PS is held in the ‘inside’ or rear hand but the thumb and concealed across the ‘outside hand’.

Keys can lay across the inside arm or wrist. This position is often taken at punching or trapping range. You can gesture with your hands and shoulders as a distraction from this position.

Having the PS in the rear hand may seem to violate our CWCT (“Closest Weapon to Closest Target”) principle but the ranges we are dealing with give us the chance to make concealment

a higher priority.

In the DMZ (long range) having the PS in the front hand makes little difference because no contact is taking place. In punching or trapping range, we will already have First Strike Advantage due to the reactionary gap and element of surprise.

DRILL: Move from Low Concealment to High Concealment until it is smooth

DRILL: Move from Low Concealment to High Concealment - with an emphasis on staying concealed - against a entry and push. Gesture, verbalize and de-escalate. Make sure your stance is solid.

Targets for strikes or pressure points

Almost any bony target that is close to the skin is vulnerable to attack.

Eyes	Temples	Jaw	
Throat	Base of the skull (pull down)	Collarbone	
Sternum	Solar Plexus	Groin	
Spinal column (pull down)		Elbow (against grab)	
Hands (against grab)		Inside of thigh (against grab)	
Outside of thigh (against grab)		Wrist or forearm (against grab)	

DRILL: Strike at targets on partner as the instructor calls them out, no contact

DRILL: Strike called targets on a concrete wall or solid board with an outline of the "head" or other targets to feel the shock of hitting a bony surface. A paper template on a solid wall or board should suffice.

DRILL: Strike the the called targets on a BOB. - Body Opponent Bag - if available and if your PS has no sharp edges which could damage the BOB. This can help develop attributes such as range, accuracy and timing.

FUN DRILL: Strike a BOB, wall or board as many times as you can in 30 seconds. The one with the most strikes gets a free PS.

FUN DRILL: Strike a board supported on chairs or blocks until it breaks. The one with the fastest break gets a free PS. Martial artists should be exempt from this game since they should be able to do it on the first try.

Fist Loading

Fist loads generally improve the density and knuckle alignment of your fist so that you can strike harder.

Fist loading is usually done with a Center Point grip.

DRILL: Jab or cross empty hand into a focus mitt, then try it with a PS fist load to feel the difference

DRILL: Rear hand holding the PS

Call out a random PS fist-loaded rear: hook, cross, uppercut into a focus mitt for about 30 seconds

[call a lead switch]

DRILL : Lead / front hand holding the PS

Call out a random PS fist-loaded lead: hook, jab, uppercut into a focus mitt for about 30 seconds

[call a lead switch to repeat as desired]

Escapes

Wrist grab – Not PS hand (Mirrored lead)

Partner grabs your lead wrist, PS is in your rear hand so strike his grabbing hand or wrist 3 times in rapid succession. Disengage to a Hidden stance. Do not focus your eyes on his wrist but on his shoulders instead so you can see a punch coming. You can feel where his grab is so you do not need to look.

DRILL: Bad guy in JKD or MMA gloves, good guy in boxers head gear has a PS, work the escape. Hold the PS in the Hammer grip to protect your partner in the drill!
After a few grabs, the assailant can throw a rear hook so frame it with your rear hand, wrap his head and strike to the eyes, neck, collar bone or temple with the PS

Wrist grab – PS hand (Mirrored lead)

Hands come up, to protect.

Rotate the PS hand to palm down, turning it over should break the grip.

Then strike to the eye, temple or neck in the Ice Pick grip.

DRILL: Bad guy in JKD or MMA gloves, good guy in boxers head gear has a PS, work the escape. Hold the PS in the Hammer grip to protect your partner in the drill!

After a few grabs, the assailant can throw a rear hook so frame it with your rear / free hand and strike as desired

or

After a few grabs, the assailant can throw a rear cross: you need to parry with your rear / free hand and strike as desired

Two Hand Wrist Grab

Assailant grabs your wrists from a high concealment position.

Your front hand grabs his opposite wrist – the one holding your rear hand concealing the PS. Then rotate the PS around and into his wrist behind the his thumb with an Ice Pick grip while stepping back to drive him to the ground.

Make sure civilians know to “Tap” when it hurts.

DRILL: Two Hand Wrist Grab Escape, slowly and smoothly

One Hand Lapel or Shirt Grab – Aggressive Response (Striking)

Trap the wrist with your empty hand and immediately deliver a few fast strikes to the elbow or the elbow tendon with the PS in an upward motion using a Hammer or Center Point Grip.

DRILL: Bad guy in a heavy elbow pad, good guy a PS in an Ice Pick grip, work the escape. Make sure the bad guy does not have his arm straight in this drill to prevent a break or hyper-extension.

Remember: Practice with the Ice Pick grip and keep the elbow bent!

One Hand Lapel or Shirt Grab – Moderate Response (Control / Restraint)

Ready stance with the PS in a Hammer grip.

Place the PS across the top of his wrist on the radial nerve (thumb side) and place your thumb on the bottom of the wrist. Then put the thumb of your free hand next to it and grab the protruding portion of the PS with the free hand. Now step back while rolling the PS down and in.

DRILL: One Hand Lapel or Shirt Grab – Moderate Response, slowly and smoothly

Two Hand Throat Choke – Front (Deadly Force)

When grabbed, step back on the opposite side that you are holding the PS while bringing the arm holding the PS up and over the assailant's arms in a winding motion to break his balance. Your rear hand can grab and control one of the assailants hands.

Then strike in the temple, jaw, or ear with an Ice Pick grip.

This should only be used if you are in fear for your life. An accident strike to the temple with a PS could get you charged with manslaughter or worse.

DRILL: Escape with assailant wearing head gear while holding the PS in a Hammer grip for safety

Side "Head Lock" (Possible Deadly Force)

Assailant grabs you around the neck on the right side and pulls you down, with the PS in your right hand, which would now be behind his back. Your left hand pins his right wrist to your chest. The PS comes up and over his left shoulder and then you jab it into his throat with an Ice Pick grip. Drive his head back while you stand up straight. You can then hammer fist him in the chest with your left hand and follow that with a strike with your left or knee the assailant in the inner / outer thigh, groin or solar plexus. You can also put the PS in his eye instead of his throat, but both could be lethal.

DRILL: Side "Head Lock" escape, slowly and smoothly on the left and right side with the assailant wearing face or eye protection.

Front Bear Hug – Arms free

High Concealment stance, lift your elbows to keep them from being pinned and then drive the PS down into the assailant's sternum with a Reinforced Ice Pick grip until he releases you and then step back into a Ready stance.

DRILL: Front Bear Hug – Arms free, slowly and smoothly

Rear Bear Hug – Arms free

Assailant grabs you in a bear hug. Bump your hips back fast and hard, leaning forward a bit to prevent a fast pick up or throw. Strike the back of his hands an few times with the PS in an Ice Pick grip until he releases. Grab a finger and pivot out on that side (about 270 degrees), so you are now facing him. Strike with the Ice Pick gripped PS to the neck or spine.

Drill: Rear Bear Hug – Arms free, assailant wearing JKD or MMA gloves, PS held in a Hammer grip

Ground Fighting with a PS

Escape the Two hand throat grab in mount

Block the leg and control the same side elbow or tricep like a standard mount escape but the PS in the opposite arm with an Ice Pick grip is used to Anchor / Trap the hand instead of disposing of the PS. Then a normal bump and roll is used to end up in the assailant's guard.

DRILL: Escape the Two hand throat grab in mount with a PS

Escaping the Guard with a PS

Strike with the PS Ice Pick grip to the sternum or groin. Then use a Reinforced Ice Pick into the knee or inner thigh of your opponent to drive it down to the floor. Climb over to mount.

DRILL: Escaping the Guard with a PS

Submission Examples with a PS

Just quickly demonstrate these, this is not a ground fighting class

Box Technique from mount (Americana)

Grab his left wrist with your left hand for a Standard Figure Four Arm Lock but use the Ice Pick PS in your right hand to secure your left wrist instead of using your empty hand

Shoulder Crank Technique from guard (Kimura)

Grab his right wrist with your left hand for a Reverse Figure Four Arm Lock but use the Ice Pick PS in your right hand to secure your left wrist instead of using your empty hand

Flow Drills - Instructor level or just demonstrate

Hubud

PS Ice Pick Grip aiming for the collar bone

Standard block-raise-slap-hit variation

Parry Drill

Center Point PS fist load in front hand aiming for nose or jaw

Standard hand exchange of slap-reference-pin-vertical punch

Backhand Drill

PS Ice Pick Grip in front matched leads aiming laterally for his collar bone or throat

Check attack with the palm of your rear hand and counter with your attack

Combining Drills

Put these and other sensitivity drills together and mix them up

RESOURCES:

Kubotan / Persuader Instructor program: IDT, Mike Griffin & Gil Hansen

<http://www.sds-concept.com/>

KUBOTANS & YAWARAS: A Quick & Dirty Guide: Sammy Franco

<http://www.donrearic.com/yawara.html>

Takayuki Kubota & John G. Peters, Jr.: "Official Kubotan Techniques", Reliapon Police Products, 1981, ISBN 0923401016

Takayuki Kubota: Kubotan Keychain: Instrument of Attitude Adjustment, Dragon Books, 1985, ISBN 0946062099

Takayuki Kubota: Kubotan Keychain, ISBN 086568068X

Takayuki Kubota: Action Kubotan Keychain: An Aid in Self Defense: Key Chain - An Aid in Self Defense, Unique Publications, 1997, ISBN 0865681015

Kubotan: The official Kubotan, Rising Sun Video Productions, ASIN B00011HJAW

George Sylvan: The Persuader Kubotan & Yawara, Rising Sun Video Productions, ASIN B00065AXWE

KAJUKENBO COMBATIVES LEVEL 18

“Second Brown”

flashlight as an impact weapon

KAJUKENBO COMBATIVES LEVEL 19

“Third Brown”

pepper spray instructor program and decontamination

Pepper Spray’s Effects on a Suspect’s ability to breathe:

<http://www.ncjrs.gov/pdffiles1/nij/188069.pdf>