



FIGHT BACK

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PERSONAL DEFENSE FOR UNCERTAIN TIMES

**DON'T BECOME
THE VICTIM!**

**MARTIAL ARTS
FOR THE REAL
WORLD**

KUNG FU!

**Unarmed combat
— Carradine style**

**WHEN THE GOING
GETS TOUGH...**

**FIGHT LIKE A
NINJA**

**HOW TO TAKE A
PUNCH**

KNIFE FIGHTING

FIGHT BACK ON

FOUR WHEELS

SHOTGUNS FOR

HOME DEFENSE

CLOSE-RANGE

GUNFIGHTING

WEAPONS TO

STAKE YOUR

LIFE ON



**FIREARMS
PERFORMANCE
& TRAINING
RAPE
PREVENTION**



FIGHT BACK

OMEGA FOCUS SERIES

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MAY/86

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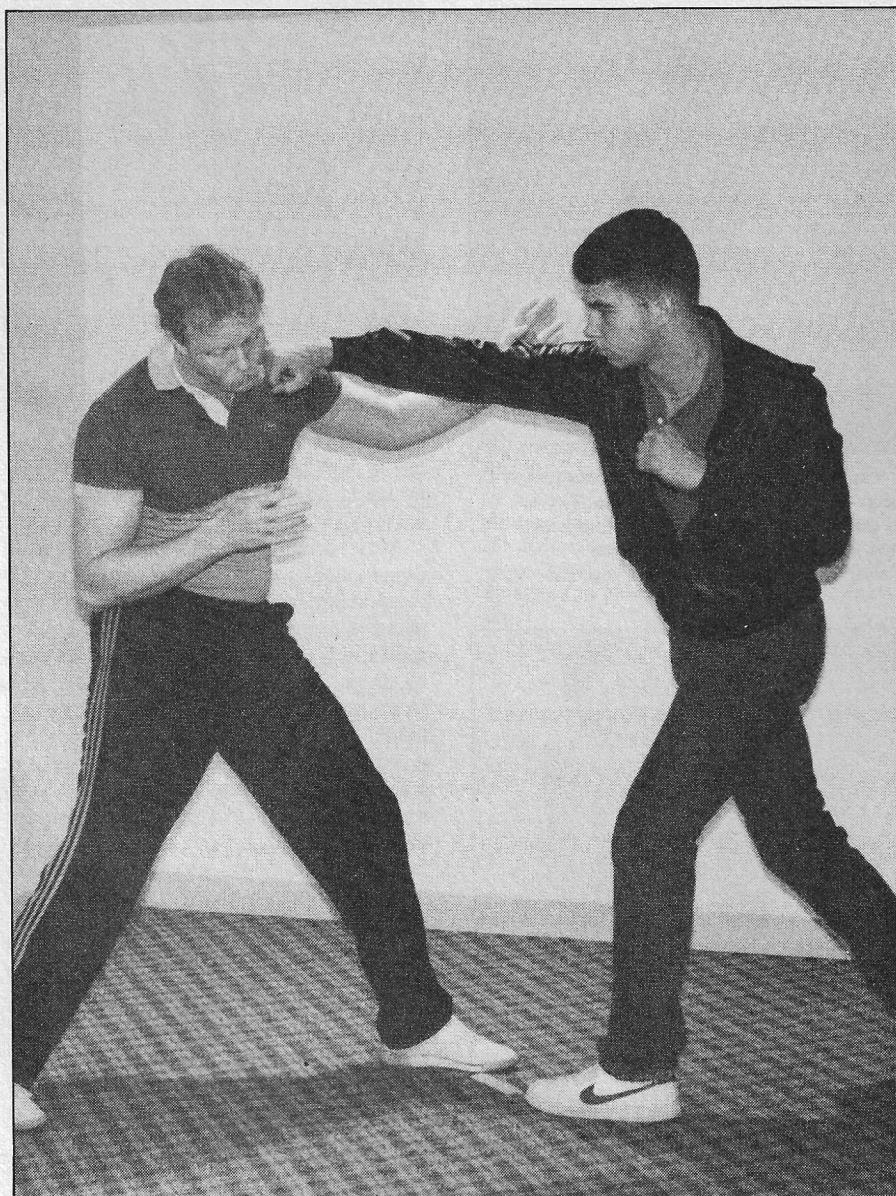
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Cover: When Kwai Chang Caine walked down that dusty Western street and into our living rooms, American-style self-defense was born. In the TV series *Kung Fu*, actor David Carradine stalked the American West, taking on the same outlaws that John Wayne had battled for years. He brought with him the physical skills of kung fu and a glimpse at the philosophy behind it. Read the article on page 20 to get a feel for the man who has had such a remarkable effect on martial arts in America, and the TV show that convinced thousands of would-be victims to learn Oriental fighting skills and adopt a no-holds-barred attitude of personal defense.
Photo: Creative Connections

HOW TO TAKE A PUNCH!

You can dish it out — but can you take it?

by Anthony James



When your self-defense tactics fail, you still haven't lost the battle if you know how to take a punch. Knowing how to absorb a blow or lessen its impact will help you survive the initial attack, leaving open the option for counterattack or escape.

Even the best self-defense techniques can fail. When that happens, you haven't necessarily lost the battle — if you know what to do after you've been hit.

MANY unarmed self-defense courses and martial arts instruction teach you all the *initial* moves. Rarely does one find schooling that emphasizes the simple fact that once you've made one punch or blocked one hit, the fight's not over. In a street fight, chances are that the attacker won't stop after a blow that disables only momentarily. Also, your practiced defensive blocks may not prevent you from receiving a blow, or several blows to different parts of your body. Knowing how to *take* a punch can be just as important as learning how to dish one out. When someone's out to get you, forget about the "realities" of the sparring gym, or what they show on TV. In the real world, there are no guarantees.

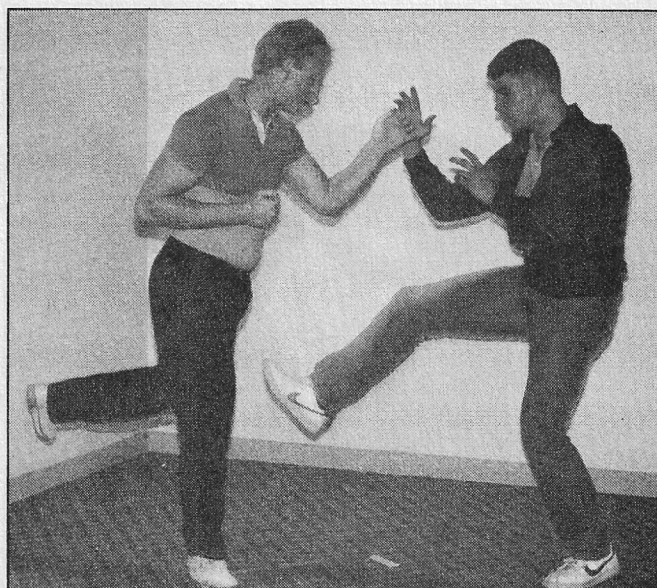
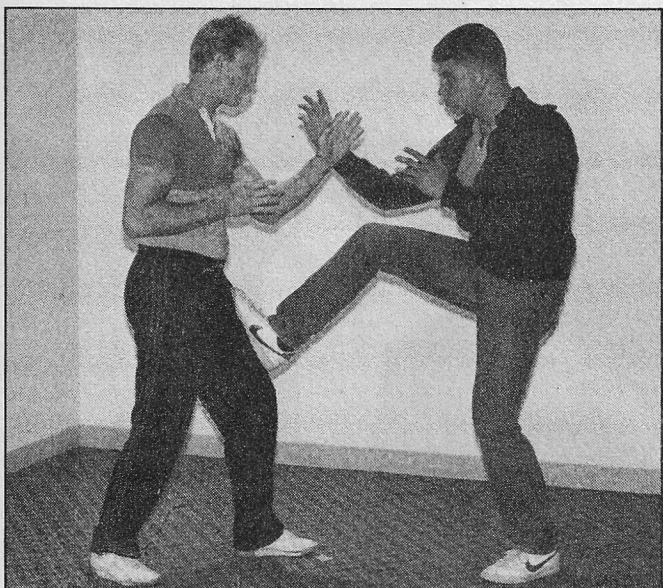
The key, as in all self-defense, is learning to turn situations to your advantage. Effectively absorbing a blow or lessening its impact through body positioning will help you survive an initial attack, leaving open the chance for an unsuspected counterblow or escape.

How To Take A Punch

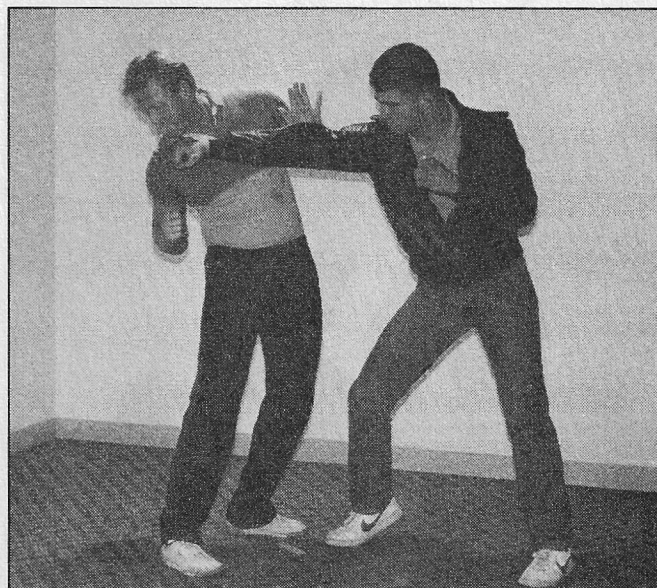
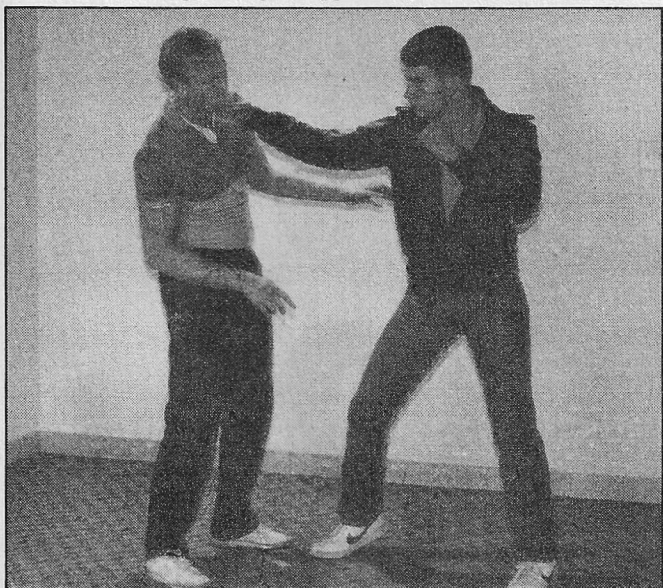
- **Flow Back** — Don't continue to resist with a failed defense tactic. If it is clear that you'll be struck, relax as much as possible — tensed muscles amplify the shock of impact, increasing the chances of broken bones. When relaxed, your body is more resilient and less prone to serious injury.

- **A Loud Yell** — When hit, a forceful exhalation of air from your diaphragm is a good way to stabilize the abdomen and avoid shock. It also keeps your body from tensing up when attacked.

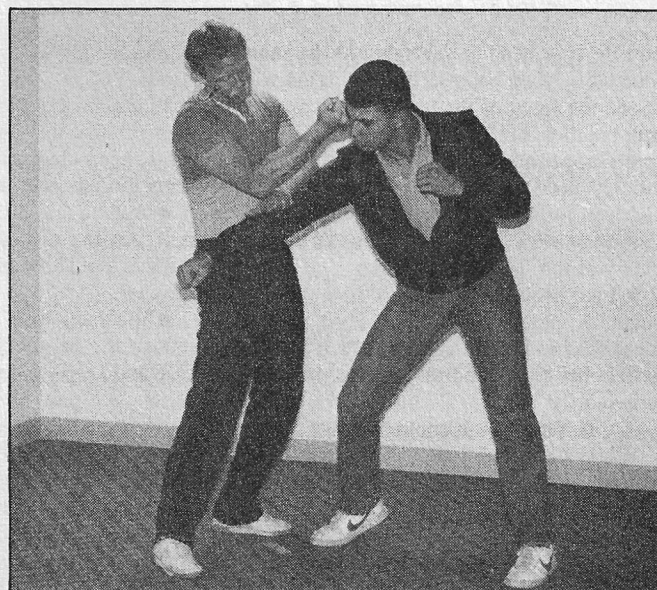
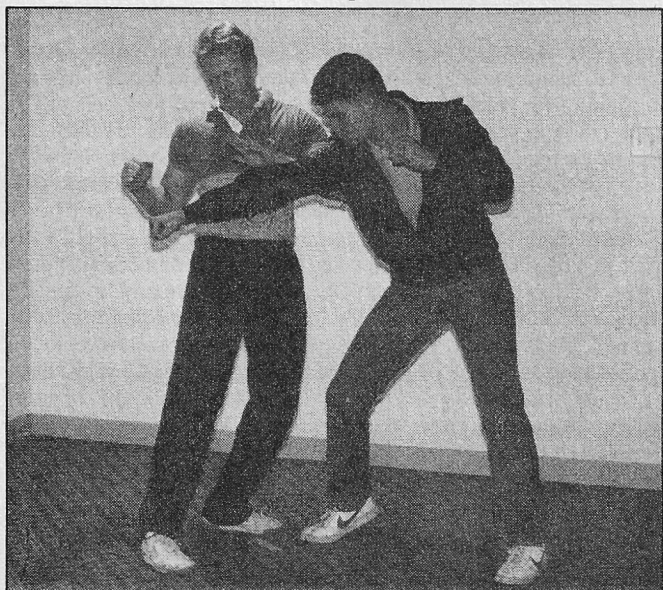
- **Deflect and Turn** — If the angle of impact is off center, rotate your body in the direction of the blow's force and lean toward the angle of attack. For example, if struck on your left jaw, follow the punch by

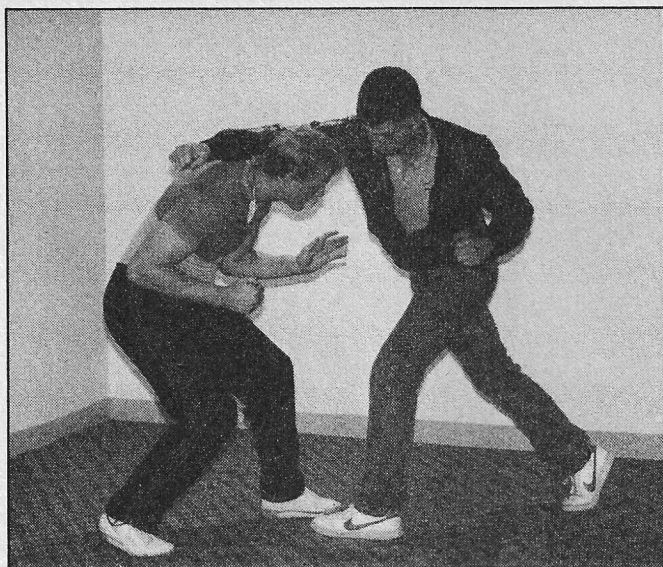


ABOVE LEFT: When struck with a potentially disabling blow, *don't resist*. Relaxed muscles are more resilient and less prone to serious injury. **ABOVE RIGHT:** By letting limbs act like pendulums when struck, you'll avoid broken bones and your attacker will probably lose his balance, leaving you a good opportunity for a counterstrike.

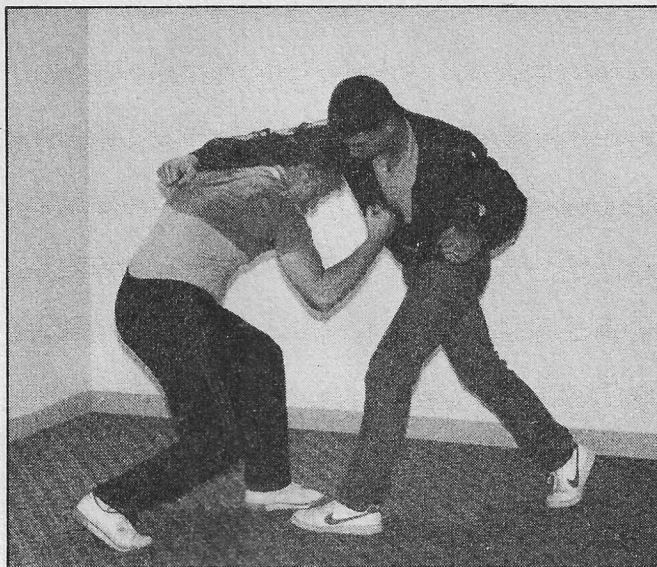


When the angle of the punch's impact is off center, rotate your body in the direction of force and lean toward the attacker. For instance, when struck in the left jaw (**ABOVE LEFT**) follow the punch by turning your head (**ABOVE RIGHT**) and lean toward the assailant (**BELOW LEFT**). You'll then be in position to strike back (**BELOW RIGHT**).

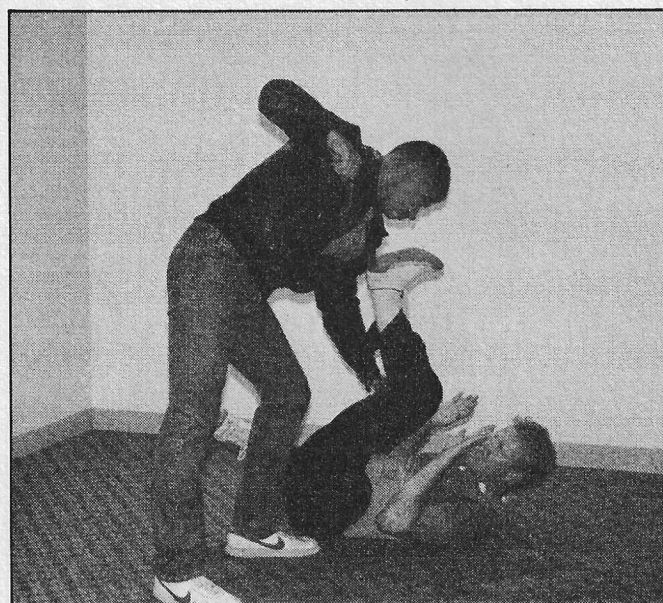




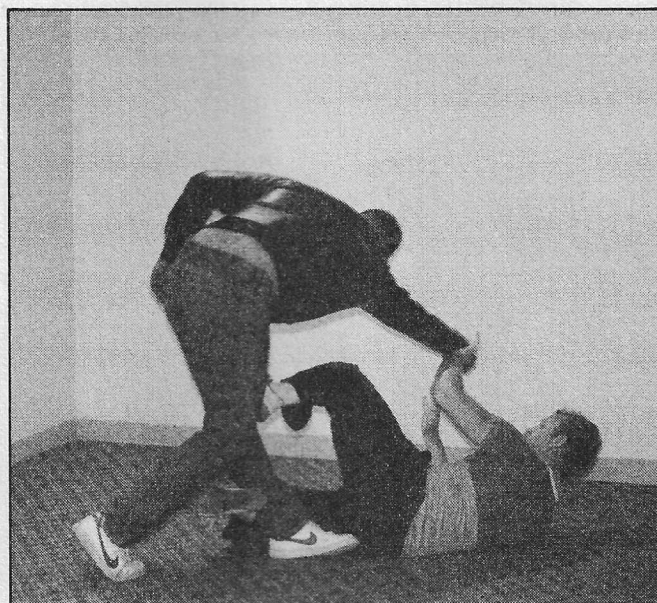
ABOVE LEFT: With a drop and lean maneuver, quickly bend your knees upon impact, drop your chin and lean inside the plane of attack.



ABOVE RIGHT: Follow with a strike of your own.



ABOVE LEFT: If you fall, bend your legs to reduce the fall distance and use your arms to shield your head and face. *Do not* break your fall with stiff outstretched arms — you could injure your shoulders, elbows, wrists or hands. **ABOVE RIGHT:** As you hit the ground, tuck your chin and keep your knees drawn inward toward your chest to protect face, groin and sides. Roll to the side until you are out of range of your attacker and quickly get to your feet.



turning your head to the right. At the same time, lean your body to the left. This will lessen the force of the blow and move you into position for a counterstrike.

- **Drop and Lean** — Upon contact, quickly bend your knees, drop your chin and lean inside the plane of attack. Again, this diminishes the impact of the blow and puts you into position to strike.

- **Late Block** — If you are being hit repeatedly, block or strike whatever part of the attacker's body is within reach. This will deflect his blows and distract his attention temporarily.

If You Are Knocked Down

When struck hard enough to knock you off balance, you can avoid serious injury and follow-up attacks by knowing how to fall.

- Try not to break your fall with stiff, outstretched arms — you run the risk of

injuring your shoulders, elbows, wrists or hands. Instead, use your arms to shield your head and face and hit the ground with your back. If you must break the fall with your arms, keep them flexed. Land on the forearms to distribute the energy of the fall.

- As you are falling, bend your knees to decrease the distance you must fall. This reduces the force of impact as you hit the ground.

- If struck from the front, sit down to reduce the height of your fall. Tuck your chin and keep your arms pulled toward your chest. As you hit the ground use your momentum to roll backward or to one side out of range of your attacker. Once you are out of range, extend one or both arms to finish breaking your fall.

- Don't attempt to get up while within striking range of your assailant. Keep your knees and elbows drawn inward to protect

your face, groin and sides from attack. Twist or roll until you are out of range and able to safely get to your feet.

Your strategy for taking a punch and breaking a fall is simple — *when resistance has failed, follow the path of least resistance*. Chances are your assailant will be out of position, not to mention surprised, when his blow only grazes you or misses the mark entirely. Use that opportunity to quickly withdraw, minimize injury and regain the initiative. Brains, not brawn, decide the outcome of most street attacks. With sharpened wits, you'll maintain the winning edge. □

FIGHTING WITH WHAT YOU'VE GOT

ENVIRONMENTAL WEAPONS

A word to the wise: Learn to *Improvise!*

by Anthony James



WHEN most of us think of weapons we think of those things traditionally designed for wounding or killing — guns, knives, spears and so on. Unfortunately, this kind of thinking will paralyze us if we are threatened and can't find a *conventional weapon* for defending ourselves.

What is ironic is that potential weaponry is all around us, if we'd only learn to look at objects beyond their conventional uses. Whether at home, in the office, in the car or on the street, there are *always* effective means of self-defense at our disposal. I call these unconventional tools of defense *environmental weapons*.

An environmental weapon is simply an otherwise harmless object which in a time of need or crisis can be used to injure or disable someone. Use your imagination — almost anything can be dangerous. Some general rules do apply when selecting and using environmental weapons:

- K.I.S.S. — "Keep it simple, stupid." Choose the simplest item that will do the job.
- Items that can be manipulated with one hand are preferable. If your weapon requires two hands to control it, it's probably too heavy or unwieldy to be truly effective.
- Keep your weapon between you and your

With some quick thinking you'll find *something* to use as a weapon in your defense. A woman's purse with several rolls of quarters in the bottom will stun an attacker. Follow up with your car keys to the eyes and a kick to the groin and your assailant will wish he'd stayed home that day.

would-be attacker. There are instances where people have been shot at and a briefcase, book or some other object stopped or deflected the bullet enough to prevent serious injury.

- Once you've grabbed an object, use it

mercilessly. One word of caution, however. Once your attacker is disabled or attempts to flee, you must stop using your weapon. Any further aggression on your part could be construed as excessive force in court. This could jeopardize the immunity you have against prosecution when acting purely in self-defense.

- Apply your weapon to a vital area. Even a relatively innocuous weapon applied vigorously to a vital area will cause a disabling injury or distract your attacker. Be familiar with the body's weak points most suitable to strike.

- Place yourself in the most advantageous position possible for using a weapon with respect to terrain, escape routes and lighting. For instance, have your back to the dominant light source and use walls or obstructions to shield you from side or multiple attacks.



Look around your house — you'll be surprised how many environmental weapons you have at your disposal. If it pokes, sprays, stuns or blinds it's a potential weapon.

kebab skewer, ice pick, bottle opener, tongs, serving tray, broken glass, bottle or plate.

- Household Items — Large candle, candlestick, whip antenna from a TV, scissors, almost any tool — hammer, screwdriver, carpet knife, saw — ash tray, book, notebook, telephone receiver, broom, mop, toilet plunger, flashlight, broken record, chair leg, table leg, folding chair, dog chain or leash, ax, baseball bat, tennis racket, pool cue, balls or even the rack.

- Personal Items — Keys, pocketknife, handbag, comb, brush, pen or pencil, high-heeled shoes, belt, jacket, cane, umbrella, briefcase, clipboard, bookbag, cigarette, letter opener, ruler and nail file.

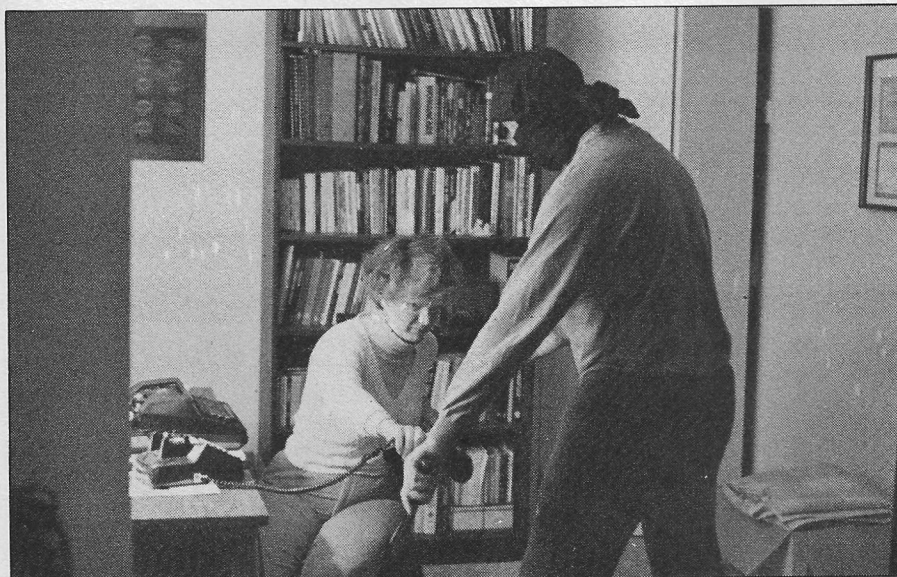
- Miscellaneous — Butane lighter, farm or garden tools, car jack, tire tool, toothpick, rubber hose, pvc tubing, lengths of most any kind of metal or fiber, fishing rod and coat hanger.

- Chemical substances — Most cleaning products and insecticides are noxious or caustic. If outdoors or in an area with good ventilation such as in front of an air con-

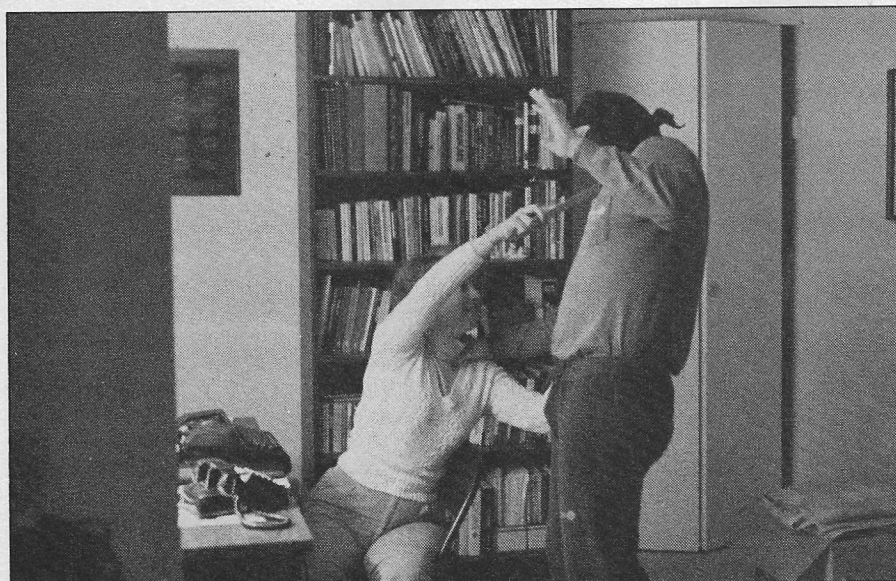
MASTER OF DEFENSE

Anthony James has been a professional instructor in self-defense tactics for over 12 years. He has a black belt in karate and judo, and a black belt equivalent in four other martial arts. He specializes in applying Philippine and Indonesian martial arts techniques to unarmed self-defense and Thai boxing skills to armed self-defense.

James is currently working on a master's degree in administration and justice in northern Virginia while teaching self-defense and serving as a personal defense consultant.



ABOVE: Use the phone receiver to block the weapon hand of the intruder. BELOW: Finish the job with a letter opener to his throat.



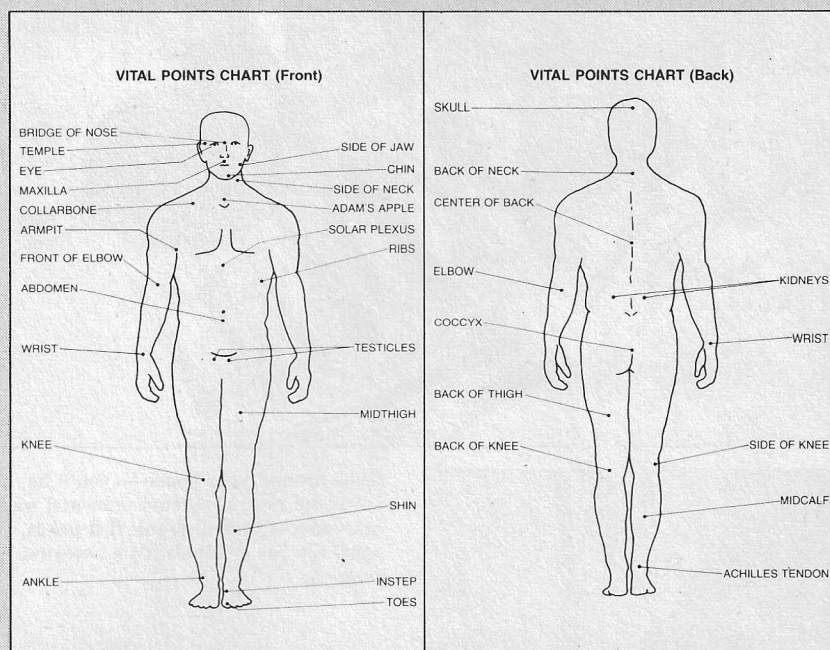
- If possible, choose an item with a point or edge. Cutting and stabbing is usually more effective than striking someone with a blunt object.

Implements:

Possible Environmental Weapons

- Kitchen Utensils — Spatula, knife, long-handled spoon or fork, pots and pans, shish

VITAL POINTS



Vital points and most obvious result from a direct blow with an environmental weapon.

Front

1. Bridge of nose — Fracture of nose and septum (soft area dividing the nostrils) which causes extreme pain, bleeding and shock.
2. Temple — By rupturing or pinching the meningeal artery, the results can range from headache and nausea to death.
3. Eyes — Temporary or permanent blindness.
4. Mandible — Broken jaw to shock from pain. By placing pressure after breakage of the artery of the neck, unconsciousness could follow quickly. Trauma from a broken bone.
5. Chin — Same as mandible except that breakage could include broken teeth and nerve damage.
6. Maxilla — Watering of the eyes to unconsciousness due to concussion. The maxilla area is fairly solid, transmitting full impact to the brain.
7. Throat — Bruising or rupture of the carotid/jugular, vagus/phrenic complex could result in death. If the blow were to the back of the neck it would be similar to whiplash from a car wreck.
8. Adam's apple — A crushed larynx causes unconsciousness or death through suffocation.
9. Collarbone — Since the clavicle provides major skeletal support, a broken collarbone would disable the arm on that side, also causing severe pain, and would puncture the lung if driven low enough.
10. Armpit — By striking the nerve

muscle plexus in the soft area, the arm could be paralyzed. Severe pain would also follow.

11. Solar plexus — Depending on the exact angle of the attack, anything from the liver to the spleen could be damaged. This attack could cause immediate shock, loss of breath, or an organ rupture which can cause death.
12. Ribs — Cracked ribs cause pain when breathing and also partially restrict movement. A complete break will probably puncture the lung.
13. Front of elbow — A sharp blow here can dislocate the joint or at least render the arm and hand useless.
14. Abdomen — Can possibly cause a ruptured bladder/colon, also cracked or broken pelvis if struck hard enough.
15. Wrist — Sprains and tearing of the muscles in the forearm cause immediate pain and reduction in mobility. Injury to the radial and ulna nerves will affect the grip. Dislocation or fracture can result in additional shock symptoms.
16. Testicles — Extreme pain, loss of breath, nausea, vomiting, general shock, possible unconsciousness. Possibly, though rarely, death.
17. Midthigh — Bruising/contusion or rupture of the quadriceps muscles, particularly in the central area. Spasms, pain, and a difficulty in bending the knee or raising the leg will result. Severe muscle tears and bruising of the femur may accompany heavy or repeated impact.
18. Knee — Even slight pressure from the front or side can cause injury ranging from ligament damage to dislocation.
19. Shin — If the strike is powerful enough to break either bone (tibia/fibu-

la), results will range from shock to a complete inability to support the body's weight.

20. Instep — Good target for attack as it is supported by many small and flexible bones. By breaking the arch, the foot would be unable to support any weight.

21. Ankle — Slight to severe sprain including possible dislocation and fracture as a result of the ligaments being severely stressed.

22. Toes — Bruise or fracture, immediate pain and disability.

Back

1. Skull — Light to severe concussion, skull fracture, whiplash with accompanying symptoms.

2. Back of neck — Whiplash, broken or severed spinal cord (may be instantly fatal), concussion.

3. Center of back — If a vertebrae or disc is ruptured or radically displaced, partial or total paralysis can occur.

4. Back of elbow — Joint can be completely separated.

5. Kidneys — Generally will cause hemorrhage in the kidney itself, or in the capsule. Results range from extreme pain to bloody urination and complications from the leakage of urine into the body cavity, which could cause death. May also damage the diaphragm.

6. Coccyx — A strike here would result in restricted motion of the hips and legs. Not a crippling blow in itself, but extremely painful.

7. Back of wrist — Neutralizes the hand. If the wrist is dislocated, the pain can be great enough to immobilize the entire arm.

8. Back of thigh — A sharp blow here will have the same effect as a pulled hamstring, intramuscular bruising or contusion causing a limitation of movement.

9. Knee — Will cause immediate immobility and extreme pain. If the joint is hit from the side of the knee it will dislocate.

10. Calf — Bruising/contusion or rupture of the gastrocnemius similar to mid-thigh injuries resulting in an inability to rise on toes, climb stairs, run, etc.

11. Achilles' tendon — Fast swelling and shock symptoms resulting in immediate disability.

Note: Shock Symptoms — Weakness, shortness of breath, graying skin, cold sweat, nausea, unconsciousness, coma, death. Also, anytime there is a concussion there is the chance of brain damage. Usually in the case of any broken bone or severe internal injury, shock will follow very quickly. In the case of accidental injury consult a doctor immediately.



A hard smash on the bridge of the nose with a brass candleholder will break an attacker's nose and possibly even knock him out. After stunning your attacker, run out of the house.



On an ordinary day these look like common kitchen utensils. But if need be, these objects can become a small arsenal.



Catching your attacker on the side of the head with a loaded briefcase will dislocate or break his jaw. Briefcases are also good for shielding you from knives or bullets.



Driving a ruler into the throat can disable someone long enough for you to make your escape.



Bashing a cast iron skillet against an intruder's temple will floor him. If hot grease is in the pan, you can burn his face.



Jabbing the point of an umbrella into the throat can kill. When it comes to defending yourself, show no mercy.

ditioner or heating duct, try to maneuver or stand with your back to the breeze or draft so as not to become a victim of your own chemical warfare. Aim for the face when using any chemical.

The accompanying illustrations show those areas of the body most vulnerable to attack. Whatever weapon you choose, attack the *most accessible* weak point. When your attacker withdraws, run for your life. You're not trying to be a homespun ninja, applying death grips with a pipe wrench — you simply want to stop an attack before you suffer a debilitating injury, then escape with your life. □