

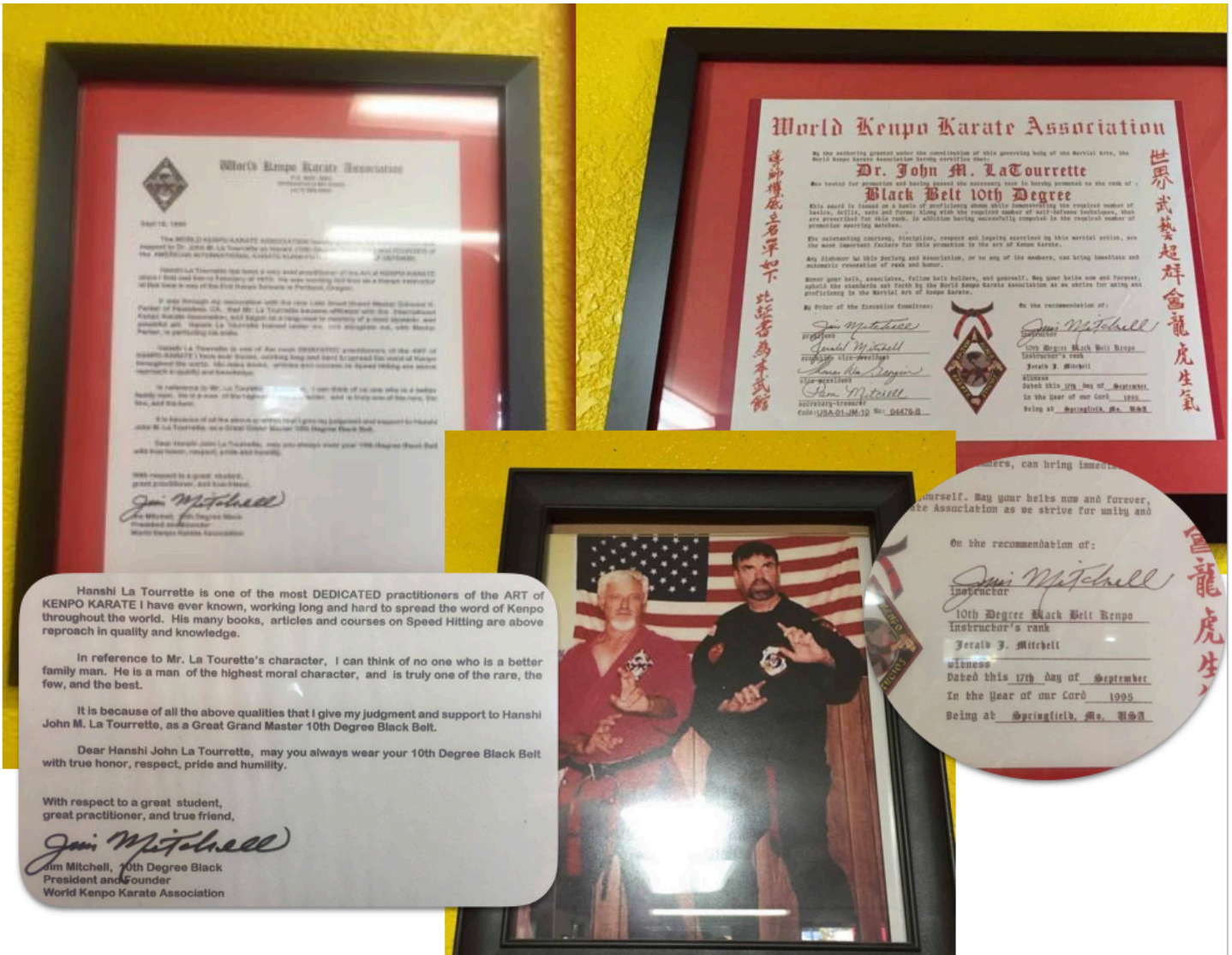
What the Courts Might Perceive as Mayhem... And What NOT To do!



What the Courts Might Perceive as 'Mayhem'...what NOT to do!



About Dr. John La Tourette History: 10th Degree Black Belt Earned in 1995 From Jim Mitchell



World Kenpo Karate Association
 17th and 18th
 1995

Dear Sir,

The WORLD KENPO-KARATE ASSOCIATION (WKA) is pleased to announce the promotion of Dr. John M. LaTourrette to 10th Degree Black Belt. This promotion is based on his long and distinguished career in the martial arts, his dedication to the art, and his contributions to the martial arts community.

Hanshi La Tourrette has been a very good practitioner of the ART of KENPO KARATE since 1968 and became a 10th Degree Black Belt in 1995. He has been a member of the WKA since 1975. He has been a member of the WKA since 1975. He has been a member of the WKA since 1975. He has been a member of the WKA since 1975.

It was through his dedication and his love for the ART of KENPO KARATE that he has become a 10th Degree Black Belt. He has been a member of the WKA since 1975. He has been a member of the WKA since 1975. He has been a member of the WKA since 1975.

Hanshi La Tourrette is one of the most DEDICATED practitioners of the ART of KENPO KARATE. He has been a member of the WKA since 1975. He has been a member of the WKA since 1975. He has been a member of the WKA since 1975.

In reference to Mr. La Tourrette's character, I can think of no one who is a better family man. He is a man of the highest moral character, and is truly one of the rare, the few, and the best.

It is because of all the above qualities that I give my judgment and support to Hanshi John M. La Tourrette, as a Great Grand Master 10th Degree Black Belt.

Dear Hanshi John La Tourrette, may you always wear your 10th Degree Black Belt with true honor, respect, pride and humility.

With respect to a great student, great practitioner, and true friend,

Jim Mitchell
 Jim Mitchell, 10th Degree Black Belt
 President and Founder
 World Kenpo Karate Association

World Kenpo Karate Association

By the authority granted under the constitution of this governing body of the martial arts, the World Kenpo Karate Association hereby certifies that:

Dr. John M. LaTourrette
 has been promoted and having earned the necessary rank to having reached the rank of
Black Belt 10th Degree

This rank is based on a basis of proficiency shown while completing the required number of belts, katas, sets and forms, along with the required number of self-defense techniques, they are prescribed for this rank, in addition having successfully competed in the required number of protection sparring matches.

The outstanding courtesy, discipline, respect and loyalty exhibited by this martial artist, are the most important factors for this promotion to the art of Kenpo Karate.

Any student of this martial art and Association, or to any of its members, can bring immediate and automatic recognition of rank and honor.

Honor your belt, association, fellow belt holders, and yourself. May your belts now and forever, uphold the standards and faith by the World Kenpo Karate Association as we strive for unity and proficiency in the martial art of Kenpo Karate.

By Order of the Executive Committee:

Jim Mitchell
 President

Jim Mitchell
 10th Degree Black Belt Kenpo
 Instructor's rank

Jim Mitchell
 Secretary-Treasurer

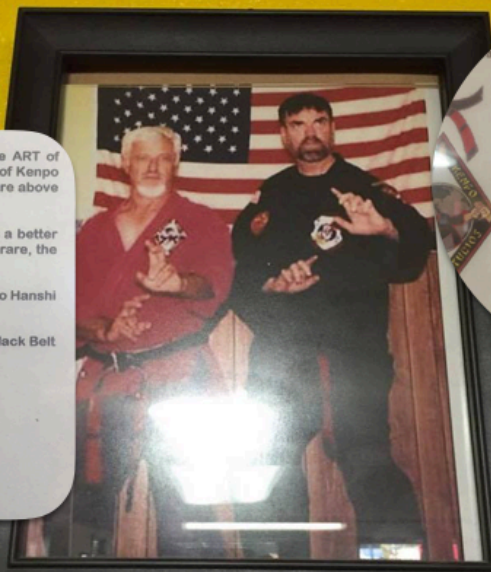
On the recommendation of:

Jim Mitchell
 Instructor

10th Degree Black Belt Kenpo
 Instructor's rank

Witness
 Dated this 17th day of September
 in the Year of our Lord 1995
 Being at Springfield, MA, USA

World Kenpo Karate Association
 17th and 18th
 1995



On the recommendation of:

Jim Mitchell
 Instructor

10th Degree Black Belt Kenpo
 Instructor's rank

Witness
 Dated this 17th day of September
 in the Year of our Lord 1995
 Being at Springfield, MA, USA

Hanshi La Tourrette is one of the most DEDICATED practitioners of the ART of KENPO KARATE I have ever known, working long and hard to spread the word of Kenpo throughout the world. His many books, articles and courses on Speed Hitting are above reproach in quality and knowledge.

In reference to Mr. La Tourrette's character, I can think of no one who is a better family man. He is a man of the highest moral character, and is truly one of the rare, the few, and the best.

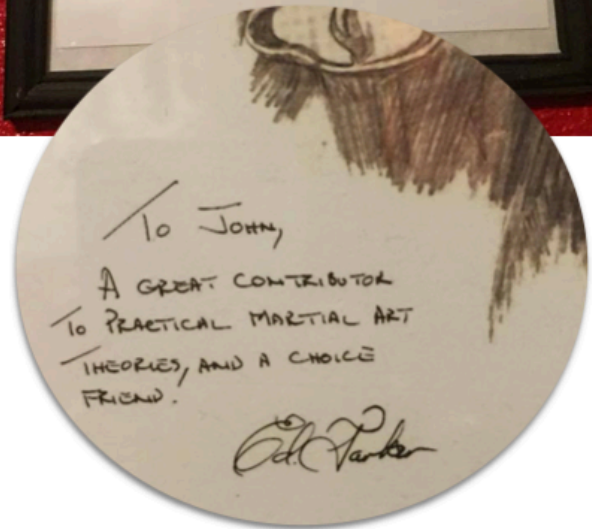
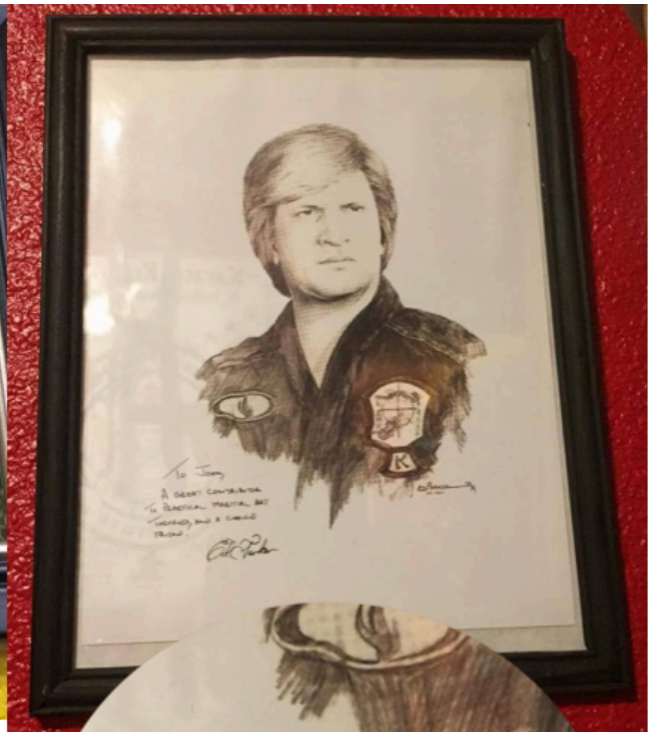
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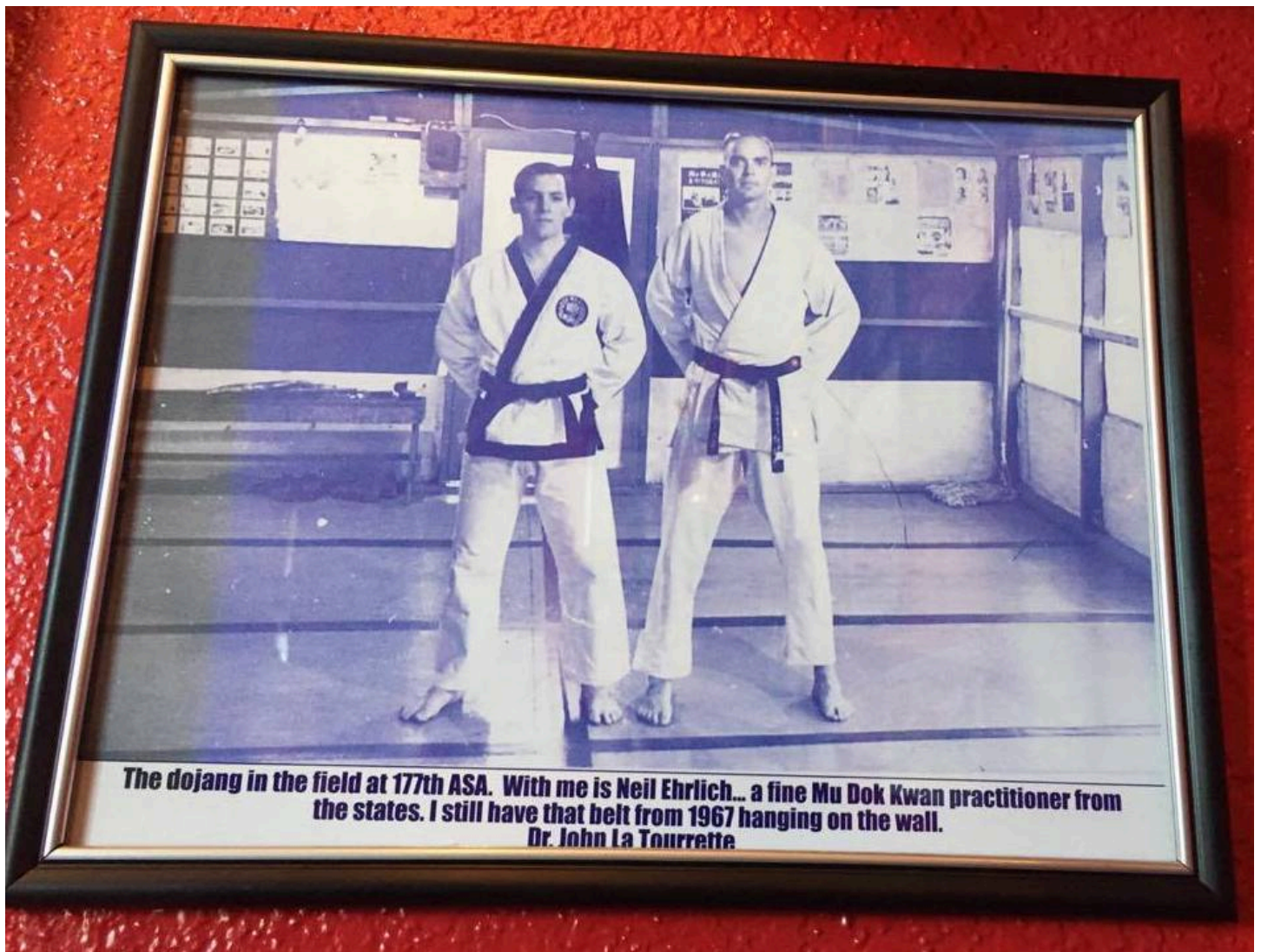
History: Dr. John La Tourette Earns 5th Degree Black Belt in 1981 From Grand Master Ed Parker



**History: 2007 Dr. John La Tourette
Inducted into the International
Kenpo Hall of Fame!
Only 1 out of 100 People in the World**



History: Dr. John La Tourette Earns 1st Degree Black Belt in Korean Tae kwon do in 1967 while working for the Military Intelligence



*The dojang in the field at 177th ASA. With me is Neil Ehrlich... a fine Mu Dok Kwan practitioner from the states. I still have that belt from 1967 hanging on the wall.
Dr. John La Tourette*

Laws You MUST BE AWARE OF for self-defense:

What is aggravated assault?

Aggravated assault is an attempt to cause serious bodily injury to another or to cause serious bodily injury purposely, knowingly or recklessly, with an extreme indifference to the value of human life. Aggravated assault also occurs when a person attempts to cause or purposely or knowingly causes bodily injury to another with a deadly weapon. In all jurisdictions, statutes punish aggravated assaults, such as assault with the intent to murder, rob, kill, or rape, as well as assault with a dangerous or deadly weapon, more severely than *simple* assaults.

Aggravated vs. Simple Assault

As opposed to aggravated assault, a simple assault (also just assault) is any willful attempt or threat to inflict injury upon the person of another. What this means is, an assault may be committed without actually touching, striking, or doing bodily harm to the person of another. An intentional display of force that would give the other person reason to fear or expect bodily harm constitutes assault. For example, if an individual threatens another while holding up his or her fist, this is probably simple assault. However, if the assailant has a *deadly weapon* while threatening injury upon another, this would most likely elevate the charge to aggravated assault.

Deadly weapons are weapons that may be used to cause a serious or fatal injury. Deadly weapons include guns and knives, but can also include other instruments that, under normal circumstances, wouldn't be considered deadly weapons. For example, suppose an assailant threatens an individual with bodily harm while holding a butter knife to their neck. While a butter knife is not normally considered to be a deadly weapon, a jury could find that it was being used as one under these circumstances.

A simple assault can also rise to the level of an aggravated assault charge depending on the identity of the victim. Some states will prosecute any type of assault on an on-duty police officer or firefighter as an aggravated assault. Some states will even elevate the assault charges when the victim is pregnant. Generally, the assailant must have known, or should have reasonably known, of the victim's status. Whether the assailant knew or not can be shown by either the uniform, appearance, or the conduct of the victim.

Degrees of Aggravated Assault

The definitions of the different degrees of aggravated assault vary according to state laws. In general, however, *first degree* aggravated assault occurs when the act is committed with deliberately premeditated malice aforethought. This means there must be either an intentional attempt to commit serious bodily injury or intentional serious bodily injury must have been committed.

Second degree aggravated assault occurs when the act is committed without deliberation or premeditation. However, the mental state of “reckless indifference” can elevate a lesser charge to a second degree charge, as can a protected status of a victim, such as a police officer. Lesser offenses include *third degree* aggravated assault and *fourth degree* aggravated assault. These charges are usually brought if the assailant attempts to commit *significant* bodily harm, rather than serious bodily harm. Lesser offenses are usually seen in fist fights and other similar situations, but the penalties for committing these offenses are still high.

Aggravated Assault Defenses

Aggravated assault defenses vary by jurisdiction. However, there are several common defenses that may apply to all levels of assault. Consent, prevention of crime, and official acts are some examples of common aggravated assault defenses. *Consent* essentially means that the victim consented to the risk of harm. When there is consent, the victim can be prohibited from bringing an action when an assault occurs. Consent may be a defense in cases of horseplay, games (boxing, wrestling, martial arts), surgery, and even getting a tattoo or a piercing.

The defense of *prevention of crime* is used when the assailant was acting to protect himself in *self-defense* or was acting to protect others, which is called *defense of others*. The prevention of a crime can also mean the *defense of property*. Self-defense or the defense of others can be used when the assailant can show that the reason for committing the assault was based on a reasonable fear for their own safety or the safety of another.

Defense of property occurs when the assailant commits an assault to protect their property from an individual. In these cases, courts will generally allow the use of *reasonable* force to protect one’s own property from theft or damage. A defense based on an *official act* is most commonly used in cases where forceful arrests are made.

Penalties for Aggravated Assault

Aggravated assault penalties depend on the degree and any injuries that may have occurred. Penalties also depend on the state where the assault took place. Aggravated assault charges can be treated as misdemeanors in some states, while other states will treat this charge as a felony. For example, in some states average fines and jail time for an aggravated assault conviction range from \$150-\$500 and from four months to one year in county jail, while in others, fines and jail time average \$10,000 and up to 15 years in prison.

Because penalties for this type of crime depend on both the degree of assault and the state in which the assault was committed, an individual should always talk to a lawyer to determine accurate penalties for his or her case. Possible penalties for aggravated assault include jail time, probation and electronic monitoring, fines and court costs, parole, mandatory anger management classes, restitution for the victim, and/or loss of the right to own or possess a firearm or weapon.

Aggravated Assault Convictions

A conviction of an aggravated assault charge can have serious consequences on your life, especially if it is treated as a felony conviction. Many places of employment will not hire convicted felons, and if you already hold a professional license, you may not be able to get it renewed with a sustained felony conviction. A felon can also lose basic rights for a number of years, such as the right to vote, serve on a jury, or own a firearm.

In states that have “three-strikes” laws, such as California, a felony aggravated assault conviction can also count as a “strike.” This means that if you already have two other felony convictions, or are convicted with other felonies in the same trial, a third strike for aggravated assault can put you in prison for life.

If you have been charged with aggravated assault, you will need a criminal defense attorney to advocate on your behalf. A criminal defense attorney can explain the legal details of the charges against you, the consequences, and whatever options you may have for a defense.

Read more: http://criminal-law.freeadvice.com/criminal-law/violent_crimes/aggravated_assault.htm#ixzz3gZEMmLp0

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What is the definition of mayhem?

The crime of mayhem refers to serious assaults on an individuals that leave a lasting physical impact. The definition of mayhem makes a crime any serious infliction of injury to a victim's body part in way that removes it or renders it useless.

Definition of Mayhem - Specifics

In the United States, most state laws have incorporated the definition of mayhem into the crimes of assault and battery. However, some state statutes still define mayhem in their criminal codes as a separate offense. In California, for example, every person who maliciously deprives another human being of a body part, or renders it useless, or cuts out an eye or the tongue, or slits the nose or a lip, is guilty of mayhem. Additionally, if the person commits the act under circumstances exhibiting an extreme indifference to the physical or psychological well being of the victim, he is guilty of aggravated mayhem. For the offender to be convicted, the injury must be permanent and not a temporary loss.

Under California law, a person convicted of mayhem can receive a sentence of two, four or eight years in prison, depending on the nature and circumstances of the offense. Additionally, a person convicted of aggravated mayhem - a felony - can receive a sentence of up to life in prison with the possibility of parole. In Massachusetts, a person convicted of mayhem can receive up to twenty years in prison.

Getting Legal Help

Mayhem is a serious crime that has tremendous consequences to anyone convicted of it. If you have been charged with mayhem, you should consult immediately with a competent criminal defense lawyer in your area.

Read more: http://criminal-law.freeadvice.com/criminal-law/violent_crimes/mayhem.htm#ixzz3gZEnL38b

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In the U.S., the general rule is that "[a] person is privileged to use such force as *reasonably* appears necessary to defend him or herself against an apparent threat of *unlawful* and *immediate* violence from another."^[1] In cases involving non-deadly force, this means that the person must reasonably believe that their use of force was necessary to prevent imminent, unlawful physical harm.^[2] When the use of deadly force is involved in a self-defense claim, the person must also reasonably believe that their use of deadly force is immediately necessary to prevent the other's infliction or great bodily harm or death.^[3] Most states no longer require a person to retreat before using deadly force. The minority of jurisdictions that do require retreat, there is no obligation to retreat when it is unsafe to do so or when one is inside their own home.^[4]

Exceptions, limitations, and imperfect defense

A person who was the initial aggressor cannot claim self-defense as a justification unless they abandon the combat or the other party has responded with excessive force.^[5] If the aggressor has abandoned the combat, they normally must attempt to communicate that abandonment to the other party.^[6]

In the past, one could resist an unlawful arrest and claim self-defense, however the modern trend is to move away from that rule.^[7] In most jurisdictions allowing a person to resist an unlawful arrest, the state requires that the unlawful arrest be accompanied by excessive force.^[8] The older view is represented by the U.S. Supreme Court case *Bad Elk v. United States*^[9] where an off-duty Sioux police officer was granted a new trial after being convicted of killing an on-duty police officer who was attempting to illegally arrest the man, because, at the initial trial, the jury was not instructed that it could convict on a lesser offense, such as manslaughter.

In some jurisdictions, there is an imperfect self-defense rule, where an individual who mistakenly believes that he was justified in using deadly force in self-defense, but is not legally justified, may have a murder conviction reduced to a manslaughter conviction instead.^[10]

Retreat

Main article: Duty to retreat

See also: Stand your ground and Castle doctrine

A majority of U.S. jurisdictions do not follow the common law rule that a person must retreat prior to using deadly force.^[11] Whether the person retreated may, however, be relevant as to the reasonableness of the use of deadly force.^[12] Under the common law rule and the rule in a minority of states, the actor must have shown that he or she retreated prior to using deadly force unless: 1) it was not safe to retreat; or 2) the incident occurred at the actor's home.^[13] In addition, the Model Penal Code requires retreat or compliance, if it can be done with complete safety.^[14]

The **right of self-defense** (also called, when it applies to the defense of another, alter ego defense, defense of others, defense of a third person) is the right for persons to use reasonable force or defensive force, for the purpose of defending one's own life or the lives of others, including, in certain circumstances, the use of deadly force.

Theory

"Justification does not make a criminal use of force lawful; if the use of force is justified, it cannot be criminal at all." ^[1]

The early theories make no distinction between defense of the person and defense of property. Whether consciously or not, this builds on the Roman Law principle of *dominium* where any attack on the members of the family or the property it owned was a personal attack on the *pater familias* – the male head of the household, sole owner of all property belonging to the household, and endowed by law with dominion over all his descendants through the male line no matter their age.^[2] In *Leviathan* (1651), Hobbes proposed the foundation political theory that distinguishes between a state of nature where there is no authority and a modern state. Hobbes argues that although some may be stronger or more intelligent than others in their natural state, none are so strong as to be beyond a fear of violent death, which justifies self-defense as the highest necessity. In the *Two Treatises of Government*, John Locke asserts the reason why an owner would give up their autonomy:

...the enjoyment of the property he has in this state is very unsafe, very unsecure. This makes him willing to quit a condition, which, however free, is full of fears and continual dangers: and it is not without reason, that he seeks out, and is willing to join in society with others, who are already united, or have a mind to unite, for the mutual preservation of their lives, liberties and estates, which I call by the general name, property.

In earlier times before the development of national policing, an attack on the family home was effectively either an assault on the people actually inside or an indirect assault on their welfare by depriving them of shelter and/or the means of production. This linkage between a personal attack and property weakened as societies developed but the threat of violence remains a key factor. As an aspect of sovereignty, in his 1918 speech *Politik als Beruf* (*Politics as a Vocation*), Max Weber defined a state as an authority claiming the monopoly on the legitimate use of physical force within defined territorial boundaries. Recognizing

that the modern framework of nations has emerged from the use of force, Weber asserted that the exercise of power through the institutions of government remained indispensable for effective government at any level which necessarily implies that self-help is limited if not excluded.

For modern theorists, the question of self-defense is one of moral authority within the nation to set the limits to obedience to the state and its laws given the pervasive dangers in a world full of weapons. In modern societies, states are increasingly delegating or privatizing their coercive powers to corporate providers of security services either to supplement or replace components within the power hierarchy. The fact that states no longer claim a monopoly to police within their borders, enhances the argument that individuals may exercise a right or privilege to use violence in their own defense. Indeed, modern libertarianism characterizes the majority of laws as intrusive to personal autonomy and, in particular, argues that the right of self-defense from coercion (including violence) is a fundamental human right, and in all cases, with no exceptions, justifies all uses of violence stemming from this right, regardless whether in defense of the person or property. In this context, note that Article 12 Universal Declaration of Human Rights states:

No one shall be subjected to arbitrary interference with his privacy, family, home or correspondence, nor to attacks upon his honour and reputation. Everyone has the right to the protection of the law against such interference or attacks.

The inclusion of defense of one's family and home recognizes the universal benefit claimed to stem from the family's peaceable possession of private property. This general approach implicitly attacks Hohfeld's focus on the correlative relationship between right and duty as an aspect of human interactiveness as opposed to rights deemed implicitly more important because they attach to a person by virtue of his or her ownership of property. Further, it follows that, in this moral balancing exercise, laws must simultaneously criminalize aggression resulting in loss or injury, but decriminalize qualitatively identical violence causing loss or injury because it is used in self-defense. As a resolution of this apparent paradox and in defiance of Hohfeld, Robert Nozick asserted that there are no positive civil rights, only rights to property and the right of autonomy. In this theory, the "acquisition principle" states that people are entitled to defend and retain all holdings acquired in a just way and the "rectification principle" requires that any violation of the first principle be repaired by returning holdings to their rightful owners as a "one time" redistribution. Hence, in default of self-defense in the first instance, any damage to property must be made good either in kind or by value. Similarly, theorists such as George Fletcher and Robert Schopp have adopted European concepts of autonomy in their liberal theories to justify the right-holder using all necessary force to defend his or her autonomy and rights. This right inverts the *felicitation principle* of utilitarianism with the responsive violence being the greatest good to the individual, but accurately mirrors Jeremy Bentham who saw property as the driving force to enable individuals to enhance their utilities through stable investment and trade. In liberal theory, therefore, to maximise the utility, there is no need to retreat nor use only proportionate force. The attacker is said to sacrifice legal protection when initiating the attack. In this respect, the criminal law is not the tool of a welfare state which offers a safety net for all when they are injured. Nevertheless, some limits must be recognized as where a minor initial attack simply

becomes a pretext for an excessively violent response. The civil law systems have a theory of "abuse of right" to explain denial of justification in such extreme cases.

Defense of others

The rules are the same when force is used to protect *another* from danger. Generally, the defendant must have a reasonable belief that the third party is in a position where they would have the right of self-defense. For example, a person who unknowingly chances upon two actors practicing a fight would be able to defend their restraint of the one that appeared to be the aggressor. However, in many jurisdictions a person who causes injury in defense of another may be liable to criminal and civil charges if such defence turned out to be unnecessary.

Defense of others is called *pikuach nefesh* in Jewish law. One may violate most negative commandments of the Torah in order to save someone's life.

The **use of force** involves the use of physical restraint – usually by a member of a law enforcement agency – to gain control of an unruly person or situation.^[2]

Although there is no universally agreed upon single definition of use of force the International Association of Chiefs of Police defines the use of force as the "amount of effort required by police to compel compliance by an unwilling subject".^[3]

Use of force doctrines can be employed by law enforcement officers and military personnel on guard duty. The aim of such doctrines is to balance the needs of security with ethical concerns for the rights and well-being of intruders or suspects. Injuries to civilians tend to focus attention on self-defense as a justification and, in the event of death, the notion of justifiable homicide.

U.S. military personnel on guard duty are given a "use of force briefing" by the sergeant of the guard before being assigned to their post.

For the English law on the use of force in crime prevention, see Self-defence in English law. The Australian position on the use of troops for civil policing is set out by Michael Hood in *Calling Out the Troops: Disturbing Trends and Unanswered Questions*; compare "Use of Deadly Force by the South African Police Services Re-visited" by Malebo Keebine-Sibanda and Omphemetse Sibanda.

History

Use of force dates back to the beginning of established law enforcement, with a fear that officers would abuse their power. In today's society this fear still exists and one of the ways to fix this problem is to require police to wear body cameras and to have them turned on during all interactions with civilians.^[4]

Use of force continuum

The use of force may be standardized by a use of force continuum, which presents guidelines as to the degree of force appropriate in a given situation. One source identifies five very generalized steps, increasing from least use of force to greatest. It is only one side of the model, as it does not give the levels of subject resistance that merit the corresponding increases in force.^[1] Each successive level of force is meant to describe an escalating series of actions an officer may take to resolve a situation, and the level of force used rises only when a lower level of force would be ineffective in dealing with the situation.^[5] Typically any style of a use of force continuum will start with officer presence, and end with the use of deadly force.

1. Presence (using the effect of the presence of an authority figure on a subject)
2. Verbalization (commanding a subject)
3. Empty hand control (using empty hands to search, relieve weapons, immobilize, or otherwise control a subject)
4. Intermediate weapons (using non-lethal chemical, electronic or impact weapons on a subject)
5. Deadly Force (using any force likely to cause permanent injury or death to a subject)

Use of force continuums can be further broken down.

U.S. Case Law

Graham Vs. Connor (1989)

On November 12, 1984 Graham, who was a diabetic, felt an insulin rush coming on and rushed to the store with a friend to get some orange juice. When the store was too crowded, he and his friend proceeded to go to another friend's house. In the midst of all this, he was being watched by a Charlotte, North Carolina police officer. While on their way to the friend's house, they were both stopped, and the tension began. Law enforcement used excessive force while making this arrest based on suspicion of robbery. After his arrest, it was concluded that Graham had a broken foot, cuts on his wrists, a bruised forehead and an injured shoulder.^[6]

Tennessee Vs. Garner (1985)

On October 3, 1985, members of the Memphis Police Department were called to respond to a possibly burglary. The police officers who arrived on scene were Elton Hymom and Leslie Wright. When they arrived to the scene, a lady standing on the porch began to tell them that she heard a noise sounding like a house was being broken into. Officer Hymon went to check, where he then saw a fleeing suspect, Edward Garner. He then realized that Garner had no weapon. Garner began an attempt to flee away from the house and as he was climbing over the gate, Officer Hymon then shouted "Stop, POLICE"! Garner failed to obey what he was told to do and as a result, Garner was shot in the back of the head. Garner was later pronounced dead and in his possession he held a purse and ten dollars.^[7]

Nelson V. The City of Davis (2004)

On April 16, 2004, what was supposed to be known as the "biggest party in history" took place at the annual UC Davis picnic. Due to the large amount of participants at this party, people began to illegally park their cars. Sgt. John Wilson demanded that officers start to issue parking tickets to the illegally parked cars. Tickets were also issued to the underage drinkers. Wilson called the owner of the apartment complex because of the disturbances that were being caused; loud music and the sounds of bottles breaking. Sgt. John Wilson was consented by the complex apartment owner to have non residents to leave the complex. 30 to 40 officers were rounded up with riot gear - including pepper ball guns - to try and disperse the crowd of 1,000 attendees. The officers gathered in front of the complex where 15 to 20 students, including Nelson, were attempting to leave, but no instructions by the police were given. Pepper balls began to fly, one of which struck Nelson in the eye. He collapsed immediately and was taken to the hospital much later on, where he suffered multiple injuries including temporary blindness and a permanent loss of visual acuity. He endured multiple surgeries to try and repair the injury. Nelson was forced to withdraw from UC Davis, losing his athletic scholarship due to the injury he sustained. The officers were unable to find any criminal charges against Nelson.^[8]

Plumhoff v. Rickard (2014)

On July 18, 1994, a West Memphis police officer stopped Donald Rickard for a broken headlight. As the officer talked with Rickard he noticed that there was an indentation in the windshield and that Mr. Rickard was acting very erratic. The officer asked Rickard to step out of the vehicle. Rickard at that point fled the scene. A high speed chase ensued which involved several other officers. Rickard lost control of his vehicle in a parking lot at which time officers exited their vehicles to approach Rickard. Rickard again tried to flee, hitting several police cruisers and nearly hitting several officers. At this time officers opened fire on Rickard. The officers fired a total of 15 rounds which resulted in the death of both Rickard and his passenger. The Supreme Court ruled that the use of force was justified, this decision affirms the *Graham v. Connor* case in that you must not look at a case with 20/20 hindsight but whether the actions were reasonable at the time of the incident.^[9]

Officer attributes

Education

Studies have shown that law enforcement personnel with some college education (typically two-year degrees) use force much less often than those with little to no higher education.^[10] In events that the educated officers do use force, it is usually what is considered "reasonable" force.^[11] Despite these findings, very little - only 1% - of police forces within the United States have education requirements for those looking to join their forces.^[12] Some argue that police work deeply requires experience that can only be gained from actually working in the field.^[13]

Experience

It is argued that the skills for performing law enforcement tasks well cannot be produced from a classroom setting. These skills tend to be better gained through repeated exposure to law enforcement situations while in the line of work.^[14] The results as to whether or not the amount of experience an officer has contributes to the likelihood that they will use force differ among studies.

Other characteristics

It has not been strongly found that the race, class, gender, age etc. of an officer affects the likelihood that they will use force.^[15] Situational factors may come into play.

Split-second syndrome

Split-second syndrome is an example of how use of force can be situation-based. Well-meaning officers may resort to the use of force too quickly under situations where they must make a rapid decision.^[16]

Departmental attributes

Policies on use of force can differ between departments. The type of policies established and whether or not they are enforced can have an impact on an officer's likeliness to use force. If policies are established, but not enforced heavily by the department, the policies may not make a difference. For example, the Rodney King case was described as a problem with the departmental supervision not being clear on policies of (excessive) force. Training offered by the department can be a contributing factor, as well, though it has only been a recent addition to include information on when to use force, rather than how to use force.^[17]

One departmental level policy that is currently being studied and called for by many citizens and politicians is the use of body cameras by officers. In one study body cameras were shown to reduce the use of force by as much as 50%.^[18]

Crime levels

At the micro level, violent crime levels in the neighborhood increase the likelihood of law enforcement use of force. In contrast, at the meso level violent neighborhood crime does not have that much effect of use of force.^[19]

England and Wales

In England and Wales the use of (reasonable) force is provided to police and any other person from Section 3 of the Criminal Law Act 1967, which states:

"A person may use such force as is reasonable in the circumstances in the prevention of crime, or in effecting or assisting in the lawful arrest of offenders or suspected offenders or of persons unlawfully at large".

Use of force may be considered lawful if it was, on the basis of the facts as the accused honestly believed them,^[20] necessary and reasonable.

(Further provision about when force is "reasonable" was made by section 76 of the Criminal Justice and Immigration Act 2008.)

Main article: Self-defence in English law

Statistics

Of the 40 million people in the United States who had face to face contact with the police 1.4%, or 574,000, reported use of force or the threat of use of force being directed at them. About a quarter of the 574,000 incidents involved the police officer pointing the gun at the subject of the incident and 53.5% of the incidents saw the officer using physical force such as kicking, grabbing, and pushing. In addition, 13.7% of those that had force used against them or were threatened with the use of force submitted complaints to the offending officer's department. Of those that received use of force from a police officer or were threatened with use of force almost 75% reported that they believed it was excessive and unwarranted. This statistic was consistent across the Caucasian, African American, and Hispanic races.^[21]

Revisiting the "21-Foot Rule"

The Tueller Drill is often evoked as justification by officers after a shooting...But is it scientifically defensible?

For decades now many American officers have heard use-of-force instructors discuss the "21-Foot Rule" during officer safety, firearms, and deadly force training. As a use-of-force instructor and a practicing forensic police practices expert, I have also trained and testified to this concept myself.

The 21-foot rule was developed by Lt. John Tueller, a firearms instructor with the Salt Lake City Police Department. Back in 1983, Tueller set up a drill where he placed a "suspect" armed with an edged weapon 20 or so feet away from an officer with a holstered sidearm. He then directed the armed suspect to run toward the officer in attack mode. The training objective was to determine whether the officer could draw and accurately fire upon the assailant before the suspect stabbed him.

After repeating the drill numerous times, Tueller—who is now retired—wrote an article saying it was entirely possible for a suspect armed with an edged weapon to fatally engage an officer armed with a handgun within a distance of 21 feet. The so-called "21-Foot Rule" was born and soon spread throughout the law enforcement community.

But is the "21-Foot Rule" a forensic fact or a police myth?

Reactionary Gap

Tueller designed his firearms action-reaction experiment as a training device to help his students better understand the concept of the "reactionary gap." The reactionary gap is a human factors formula that compares action vs. reaction. In humans, sudden action is usually faster than a defensive response or reaction. The closer an assailant is to an officer, the less time an officer has to defensively react to any aggressive action the assailant makes.

Tueller has said in video interviews that he never designed nor presented his firearms training drill as an organized, outlined, and implemented research project involving the applied sciences of psychophysiology, physics, and related human factors. No forensic testing, examination, reconciliation of data, or scientific oversight of a research model was ever conducted.

During the past 30 years since the 21-Foot Rule has become informal doctrine within the law enforcement community, I have heard it misstated, misrepresented, and bastardized by use-of-force, firearms, and police practices experts from all sides. I actually reviewed an officer-involved shooting case where an officer with a carbine shot and killed a suspect armed with a knife from a distance of more than 150 feet and attempted to use the "Tueller Drill" as his defense.

Instructors and experts also seem to have forgotten that the original scenario of Lt. Tueller's drill involved an officer with a holstered sidearm drawing and accurately firing his weapon. In the vast majority of officer-involved shootings I have investigated or reviewed, the officers already had their guns out of their holsters and were either at the "low ready" position or directly aimed at the suspects who were either armed with knives or furtively reaching into their waistbands.

So what are the real forensic facts that might assist officers with their officer safety and deadly force determinations?

Actually, there are no forensically proven facts that I am aware of that specifically verify or conclusively establish that a suspect armed with an edged weapon will more likely than not be able to seriously injure or kill an officer armed with a sidearm on all occasions and circumstances. The truth is that the 21-Foot Rule should not be considered to be an absolute rule at all because there are too many variables involved at this point to call it a "rule." Let's discuss them.

The Variables

Psychophysiology—This is the study of how the brain influences and affects physiological function. Science tells us that humans possess both a forebrain and a midbrain. The forebrain is where cognitive processing and decision-making take place. The midbrain plays a role in situational awareness, sleep, arousal, alertness, and trained and subconscious memories.

When an officer experiences a threat, it takes on average .58 seconds to experience the threat and determine if it is real. It then takes on average .56 to 1.0 seconds to make a

response decision. Humans have five possible responses to threat: defend (fight), disengage (retreat), posture (yell, point a finger, act aggressive), become hypervigilant (panic, confusion, freezing, using force excessively), and submit (surrender).

When a human is threatened, the brain automatically infuses the body with adrenalin (stimulant), endorphins (pain blockers), and dopamine (euphoric pain blocker). The body uses these chemicals to help us survive an encounter by making us faster, stronger, and more pain tolerant. However, these same chemicals can also significantly diminish our performance under intense stress by causing such problems as perceptual narrowing (tunnel vision), loss of near vision, and auditory occlusion (reduced hearing) or exclusion (loss of hearing). This ultimately negatively affects our chances of surviving a violent encounter.

Under the intense stress normally associated with deadly force threat scenarios and while under the influence of survival chemicals, the body's basal metabolic rate, measured by heart rate, blood pressure, and respiration, climbs significantly in milliseconds. This dynamic can cause further psychophysiological impairments such as vasoconstriction, which can impair weapon manipulation, cognitive processing, and stress memory recall following an encounter.

Equipment and competency—Several factors affect an officer's survival against an attacker. For instance, an officer or detective whose sidearm is secured in a Level III holster will certainly have a slower draw-to-target acquisition time than an officer drawing from a Level I holster. An officer's experience and competency with his or her holster system and combat shooting style are also critical human factors in that officer's ability to draw, move off the line of attack, and direct accurate fire upon an armed assailant.

Accuracy of fire at close distances—The average officer in static firearms qualifications (non-timed, standing, and shooting without moving) can hit the 9 and 10 rings far more often than not from the five-yard line. However, research of actual OIS incidents has shown that officers can only accurately hit their moving assailants 14% of the time in life-or-death situations from distances of only two to 10 feet. On the other hand, assailants were able to successfully engage and hit officers 68% of the time within those same distances.

Perception lag—Once the average officer gets on target, it takes him or her .56 seconds to make a decision to commence shooting. However, it then takes that same officer .25 to .31/100ths of a second per trigger pull to fire. As the deadly force scenario rapidly evolves, it takes that same officer on average .5 to .6 seconds to realize that the threat has passed and to stop shooting. This is because of a psychophysiological dynamic referred to as "perception action-reaction lag time."

The reason why some suspects are found to have entry wounds in their sides and backs when the officers who shot them say the suspects were facing them when they fired is often the perception action-reaction lag time and the manner in which information was processed by the officers' brains. This is pretty sophisticated information for a criminal or civil jury to understand and consider.

Fantasy or Forensic Fact

The fields of contemporary police practices and applied sciences are rapidly changing. Applied science, by its nature, supports or rejects hypotheses and theories based upon the reconciliation of scientific statements, facts, and evidence. However, law enforcement is more inclined to be archaic and married to non-forensic, speculative dogma that often goes unchallenged and becomes widely accepted as fact.

It is my opinion that Lt. John Tueller did us all a tremendous service in at least starting a discussion and educating us about action vs. reaction and perception-reaction lag. This has certainly saved many lives within our ranks. However, it is certainly time to move forward with a far more scientific analysis that actually seeks to support or reject this hypothesis.

Whether the "21-Foot Rule" is an applicable defense in an officer-involved shooting actually depends upon the facts and evidence of each case. The shooting of a knife-wielding suspect at less than 21 feet by an experienced, competent, and well-equipped officer who has the tactical advantage of an obstruction such as a police vehicle between herself and her attacker might be inappropriate. But the shooting of a knife-wielding assailant at more than 21 feet by an inexperienced officer, wearing a difficult holster system, with no obstructions between herself and the attacker might be justified.

As the 1989 U.S. Supreme Court ruling in *Graham v. Connor* (490 U.S. 386, 109 S.Ct) has eloquently stated, each high-risk encounter during a rapidly evolving situation is unique. My sense is that future research may underscore that legal principle with respect to the Tueller Drill.

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Ron Martinelli, Ph.D., is a nationally renowned forensic criminologist specializing in police death cases, use of force, human factors, and psychophysiology. Dr. Martinelli is a retired law enforcement officer who directs the nation's only multidisciplinary civilian Forensic Death Investigation Team at Martinelli & Associates, Inc. He can be reached at (951) 719-1450 and www.martinelliandassoc.com. His firm is presently engaged in a major forensic scientific project reanalyzing the "21-Foot Rule." If you are interested in volunteering for this important project, please contact his office.

Edged Weapon Defense: Is or was the 21-foot rule valid? (Part 1)

May 23, 2005

Part 1 of a 2-Part Series

For more than 20 years now, a concept called the 21-Foot Rule has been a core component in training officers to defend themselves against edged weapons.

Originating from research by Salt Lake City trainer Dennis Tueller and popularized by the Street Survival Seminar and the seminal instructional video "Surviving Edged Weapons," the "rule" states that in the time it takes the average officer to recognize a threat, draw his sidearm and fire 2 rounds at center mass, an average subject charging at the officer with a knife or other cutting or stabbing weapon can cover a distance of 21 feet.

The implication, therefore, is that when dealing with an edged-weapon wielder at anything less than 21 feet an officer had better have his gun out and ready to shoot before the offender starts rushing him or else he risks being set upon and injured or killed before he can draw his sidearm and effectively defeat the attack.

Recently a Force Science News member, a deputy sheriff from Texas, suggested that "it's time for a fresh look" at the underlying principles of edged-weapon defense, to see if they are "upheld by fresh research." He observed that "the knife culture is growing, not shrinking," with many people, including the homeless, "carrying significant blades on the street." He noted that compared to scientific findings, "anecdotal evidence is not good enough when an officer is in court defending against a wrongful death claim because he felt he had to shoot some[body] with a knife at 0-dark:30 a.m."

As a prelude to more extensive studies of edged-weapon-related issues, the Force Science Research Center at Minnesota State University-Mankato has responded by reexamining the 21-Foot Rule, arguably the most widely taught and commonly remembered element of edged-weapon defense.

After testing the Rule against FSRC's landmark findings on action-reaction times and conferring with selected members of its National and Technical Advisory Boards, the Center has reached these conclusions, according to Executive Director Dr. Bill Lewinski:

1. Because of a prevalent misinterpretation, the 21-Foot Rule has been dangerously corrupted.
2. When properly understood, the 21-Foot Rule is still valid in certain limited circumstances.
3. For many officers and situations, a 21-foot reactionary gap is not sufficient.
4. The weapon that officers often think they can depend on to defeat knife attacks can't be relied upon to protect them in many cases.
5. Training in edged-weapon defense should by no means be abandoned.

In this installment of our 2-part series, we'll examine the first two points. The others will be explained in Part 2.

1. MISINTERPRETATION

"Unfortunately, some officers and apparently some trainers as well have 'streamlined' the 21-Foot Rule in a way that gravely distorts its meaning and exposes them to highly undesirable legal consequences," Lewinski says. Namely, they have come to believe that the Rule means that a subject brandishing an edged weapon when positioned at any distance less than 21 feet from an officer can justifiably be shot.

For example, an article on the 21-Foot Rule in a highly respected LE magazine states in its opening sentence that "a suspect armed with an edged weapon and within twenty-one feet of a police officer presents a deadly threat." The "common knowledge" that "deadly force against him is justified" has long been "accepted in police and court circles," the article continues.

Statements like that, Lewinski says, "have led officers to believe that no matter what position they're in, even with their gun on target and their finger on the trigger, they are in extreme danger at 21 feet. They believe they don't have a chance of surviving unless they preempt the suspect by shooting.

"However widespread that contaminated interpretation may be, it is NOT accurate. A suspect with a knife within 21 feet of an officer is POTENTIALLY a deadly threat. He does warrant getting your gun out and ready. But he cannot be considered an actual threat justifying deadly force until he takes the first overt action in furtherance of intention--like starting to rush or lunge toward the officer with intent to do harm. Even then there may be factors besides distance that influence a force decision.

"So long as a subject is stationary or moving around but not advancing or giving any indication he's about to charge, it clearly is not legally justified to use lethal force against him. Officers who do shoot in those circumstances may find themselves subject to disciplinary action, civil suits or even criminal charges."

Lewinski believes the misconception of the 21-Foot Rule has become so common that some academies and in-service training programs now are reluctant to include the Rule as part of their edged-weapon defense instruction for fear of non-righteous shootings resulting.

"When you talk about the 21-Foot Rule, you have to understand what it really means when fully articulated correctly in order to judge its value as a law enforcement concept," Lewinski says. "And it does not mean 'less than 21 feet automatically equals shoot.'"

2. VALIDITY

In real-world encounters, many variables affect time, which is the key component of the 21-Foot Rule. What is the training skill and stress level of the officer? How fast and agile is he? How alert is he to preliminary cues to aggressive movement? How agile and fast is the suspect? Is he drunk and stumbling, or a young guy in a ninja outfit ready to rock and roll? How adept is the officer at drawing his holstered weapon? What kind of holster does he have? What's the terrain? If it's outdoors, is the ground bumpy or pocked with holes? Is

the suspect running on concrete, or on grass, or through snow and across ice? Is the officer uphill and the suspect downhill, or vice versa? If it's indoors, is the officer at the foot of stairs and the suspect above him, or vice versa? Are there obstacles between them? And so on.

These factors and others can impact the validity of the 21-Foot Rule because they affect an attacking suspect's speed in reaching the officer, and the officer's speed in reacting to the threatening charge.

The 21-Foot Rule was formulated by timing subjects beginning their headlong run from a dead stop on a flat surface offering good traction and officers standing stationary on the same plane, sidearm holstered and snapped in. The FSRC has extensively measured action and reaction times under these same conditions. Among other things, the Center has documented the time it takes officers to make 20 different actions that are common in deadly force encounters. Here are some of the relevant findings that the FSRC applied in reevaluating the 21-Foot Rule:

- Once he perceives a signal to do so, the AVERAGE officer requires 1.5 seconds to draw from a snapped Level II holster and fire one unsighted round at center mass. Add 1/4 of a second for firing a second round, and another 1/10 of a second for obtaining a flash sight picture for the average officer.
- The fastest officer tested required 1.31 seconds to draw from a Level II holster and get off his first unsighted round. The slowest officer tested required 2.25 seconds.
- For the average officer to draw and fire an unsighted round from a snapped Level III holster, which is becoming increasingly popular in LE because of its extra security features, takes 1.7 seconds.
- Meanwhile, the AVERAGE suspect with an edged weapon raised in the traditional "ice-pick" position can go from a dead stop to level, unobstructed surface offering good traction in 1.5-1.7 seconds.

The "fastest, most skillful, most powerful" subject FSRC tested "easily" covered that distance in 1.27 seconds. Intense rage, high agitation and/or the influence of stimulants may even shorten that time, Lewinski observes.

Even the slowest subject "lumbered" through this distance in just 2.5 seconds.

Bottom line: Within a 21-foot perimeter, most officers dealing with most edged-weapon suspects are at a decided - perhaps fatal - disadvantage if the suspect launches a sudden charge intent on harming them. "Certainly it is not safe to have your gun in your holster at this distance," Lewinski says, and firing in hopes of stopping an activated attack within this range may well be justified.

But many unpredictable variables that are inevitable in the field prevent a precise, all-encompassing truism from being fashioned from controlled "laboratory" research.

"If you shoot an edged-weapon offender before he is actually on you or at least within

reaching distance, you need to anticipate being challenged on your decision by people both in and out of law enforcement who do not understand the sobering facts of action and reaction times," says FSRC National Advisory Board member Bill Everett, an attorney, use-of-force trainer and former cop. "Someone is bound to say, 'Hey, this guy was 10 feet away when he dropped and died. Why'd you have to shoot him when he was so far away from you?'"

Be able to articulate why you felt yourself or other innocent party to be in "imminent or immediate life-threatening jeopardy and why the threat would have been substantially accentuated if you had delayed," Everett advises. You need specifically to mention the first articulable motion that indicated the subject was about to attack and was beyond your ability to influence verbally."

And remember: No single 'rule' can arbitrarily be used to determine when a particular level of force is lawful. The 21-Foot Rule has value as a rough guideline, illustrating the reactionary curve, but it is by no means an absolute.

"The Supreme Court's landmark use-of-force decision, in *Graham v. Connor*, established a 'reasonableness' standard," Everett reminds. "You'll be judged ultimately according to what a 'reasonable' officer would have done. All of the facts and circumstances that make up the dynamics between you and the subject will be evaluated."

Of course, some important facts may be subtle and now widely known or understood. That's where FSRC's unique findings on lethal-force dynamics fit in. Explains Lewinski: "The FSRC's research will add to your ability to articulate and explain the facts and circumstances and how they influenced your decision to use force."

Edged Weapon Defense: Is or was the 21-foot rule valid? (Part 2)

Jun 13, 2005

Part 2 of a 2-Part Series

EDITOR'S NOTE: For the record, the 21-Foot Rule, when accurately stated, says that in the time it takes the average officer to recognize a threat, draw his sidearm and fire 2 rounds at center mass, an average subject charging at the officer with an edged weapon can cover a distance of 21 feet. Thus, when dealing with an edged-weapon wielder at anything less than 21 feet you need to have your gun out and ready to shoot before he starts rushing you or else you risk being set upon and injured or killed before you can draw your sidearm and effectively defeat the attack.

In Part 1 of this special series we reported on how the 21-Foot Rule, one of the core training components of edged-weapon defense, stands up when assessed against landmark findings about action-reaction times documented by the Force Science Research Center at Minnesota State University-Mankato. We explained:

1. Because of misinterpretation, the 21-Foot Rule has been dangerously corrupted, but
2. When properly understood, the Rule is still valid in certain circumstances.

Now in this final installment of our 2-part series we discuss additional conclusions regarding edged-weapon defense, namely:

3. For many officers and situations, a 21-foot reactionary gap is not sufficient.
4. Weapons that officers often think they can depend on to defeat knife attacks can't be relied upon to protect them in many cases.
5. Training in edged-weapon defense should by no means be abandoned.

Here's what FSRC's executive director and selected members of the Center's National and Technical Advisory Boards have to say on these topics:

3. MORE DISTANCE. "In reality, the 21-Foot Rule--by itself--may not provide officers with an adequate margin of protection," says Dr. Bill Lewinski, FSRC's executive director. "It's easily possible for suspects in some circumstances to launch a successful fatal attack from a distance greater than 21 feet."

Among other police instructors, John Delgado, retired training officer for the Miami-Dade (FL) PD, has extended the 21-Foot Rule to 30 feet. "Twenty-one feet doesn't really give many officers time to get their gun out and fire accurately," he says. "Higher-security holsters complicate the situation, for one thing. Some manufacturers recommend 3,000 pulls to develop proficiency with a holster. Most cops don't do that, so it takes them longer to get their gun out than what's ideal. Also shooting proficiency tends to deteriorate under stress. Their initial rounds may not even hit."

Beyond that, there's the well-established fact that a suspect often can keep going from momentum, adrenalin, chemicals and sheer determination, even after being shot. "Experience informs us that people who are shot with a handgun do not fall down instantly nor does the energy of a handgun round stop their forward movement," states Chris Lawrence, team leader of DT training at the Ontario (Canada) Police College and an FSRC Technical Advisory Board member. Says Lewinski: "Certain arterial or spinal hits may drop an attacker instantly. But otherwise a wounded but committed suspect may have the capacity to continue on to the officer's location and complete his deadly intentions."

That's one reason why tactical distractions, which we'll discuss in a moment, should play an important role in defeating an edged-weapon attack, even when you are able to shoot to defend yourself.

"When working with bare-minimum margins, any delay in an officer responding to a deadly threat can equate to injury or death," reinforces attorney and use-of-force trainer Bill Everett, an FSRC National Advisory Board member. "So the officer must key his or her reaction to the first overt act indicating that a lethal attack is coming."

"More distance and time give the officer not only more tactical options but also more opportunity to confirm the attacker's lethal intention before selecting a deadly force response."

4. MISPLACED CONFIDENCE. Relying on OC or a Taser for defeating a charging suspect is probably a serious mistake. Gary Klugiewicz, a leading edged-weapon instructor and a member of FSRC's National Advisory Board, points out that firing out Taser barbs may be an effective option in dealing with a threatening but STATIONARY subject. But depending on this force choice to stop a charging suspect could be disastrous.

With fast, on-rushing movement, "there's a real chance of not hitting the subject effectively and of not having sufficient time" for the electrical charge--or for a blast of OC--to take effect before he is on you, Klugiewicz says.

Lewinski agrees, adding: "A rapid charge at an officer is a common characteristic of someone high on chemicals or severely emotionally disturbed. More research is needed, but it appears that when a Taser isn't effective it is most often with these types of suspects."

Smug remarks about offenders foolishly "bringing a knife to a gunfight" betray dangerous thinking about the ultimate force option, too. Some officers are cockily confident they'll defeat any sharp-edged threat because they carry a superior weapon: their service sidearm. This belief may be subtly reinforced by fixating on distances of 21 or 30 feet, as if this is the typical reaction space you'll have in an edged-weapon encounter.

The truth is that where edged-weapon attacks are concerned, "close-up confrontations are actually the norm," points out Sgt. Craig Stapp, a firearms trainer with the Tempe (AZ) P.D. and a member of FSRC's Technical Advisory Board. "A suspect who knows how to effectively deploy a knife can be extremely dangerous in these circumstances. Even those who are not highly trained can be deadly, given the close proximity of the contact, the injury knives are capable of, and the time it takes officers to process and react to an assault.

"At close distances, standing still and drawing are usually not the best tactics to employ and may not even be possible." At a distance of 10 feet, a subject is less than half a second away from making the first cut on an officer, Lewinski's research shows. Therefore, rather than relying on a holstered gun, officers must be trained in hands-on techniques to deflect or delay the use of the knife, to control it and/or to remove it from the attacker's grasp, or to buy time to get their gun out. These methods have to be simple enough to be learned by the average officer.

Two techniques that bear reinforcement are illustrated in the well-known training video "Surviving Edged Weapons", for which Gary Klugiewicz was a technical consultant. One is a deflection technique called Sweep and Disengage. The other is a tactic for controlling the attacker's weapon hand, called by the acronym G.U.N. (Grab...Undo...Neutralize).

Stapp strongly believes that training in edged-weapon defense should prepare an officer to deal psychologically with getting cut or stabbed, a realistic probability with lag time, close encounters and desperate control attempts. "Officers need to be trained to continue to fight," Stapp says. "They will not have time to stop and assess how severe the wound is. You don't want them in the mind-set, 'I've been cut, I'm going to die.' They must remain focused on stopping the attack, taking out the guy who is the threat to them."

Checking yourself over for injury after the offender is subdued is important, too, Klugiewicz says. "Some survivors of edged-weapon attacks report that they were not aware of being cut or stabbed when the injury occurred. They thought they had just been punched and didn't realize what really happened until later."

5. TRAINING. "Assuming it is presented accurately and in context with the many variables that shape knife encounters, the 21-Foot Rule can be a valuable training aid," Lewinski says. "As a role-playing exercise, it provides a dramatic and memorable demonstration of how fast an offender can close distance, and it can motivate officers to improve their performance skills."

Experiment with it and you may conclude, like Delgado, that 21 feet is not enough of a safety margin for your troops.

You might also use 21-Foot Rule exercises to test tactical methods for imposing lag time on offenders in order to buy more reaction time for officers. These could range from using or creating obstacles (standing behind a tree or shoving a chair between you and the offender) to moving yourself strategically. You're probably familiar with the Tactical L, for example, in which an officer moves laterally to a charging offender's line of attack. With the right timing, this surprises and slows the attacker as he processes the movement and scrambles to redirect his assault, and gives the officer opportunity to draw and get on target.

Lewinski favors a variation called the Tactical J. Here, instead of moving 90 degrees off line, the officer moves obliquely forward at a 45-degree angle to the oncoming offender. "This tends to be more confusing to the suspect and requires more of a radical change on his part to come after you," Lewinski says. "But the timing has to be such that the suspect is fully committed to his charge and can't readily adjust to what you've done. That takes lots of practice with a wide variety of training partners."

If nothing else, training with the 21-Foot Rule will help officers better estimate just how far 21 feet is. Without a good deal of practice, most can't accurately gauge that distance, Lewinski says, and thus tend to sabotage appropriate defensive reactions.

Don't forget, though, that most edged-weapon attacks are "up close and personal." That means training must include effective empty-hand-control techniques, close quarters shooting drills and weapon retention. "We need to develop the ability to draw our sidearm, get on target and GET HITS extremely fast," while moving as a diversionary measure if possible, says Stapp. "Close-range shooting--under 10 feet--will most effectively be

accomplished when an officer has developed the ability to get on target 'by feel,' without using his sights."

Lewinski also recommends drills to imprint rapid reholstering techniques. Reholstering may become necessary if there's a sudden change in threat level--say the offender throws his weapon down and is no longer presenting an imminent threat justifying deadly force--and the officer needs both hands free to deal with him.

There's little doubt that the "knife culture" and related attacks on officers are dangerously flourishing. Edged-weapon assaults are a staple of the news reports of police incidents from across the U.S. and Canada on the website of FSRC's strategic partner, PoliceOne.com. Recently an officer in New York City was slashed in the face during a fight that broke out on a man-with-a-gun call...in Ohio, a state trooper fatally shot a berserk motorist who charged him with a hatchet...another offender, who called 911 in Pennsylvania to report he was having a heart attack, ended up shot 13 times and killed after commands and OC failed to stop him from lunging at a trooper with a chain saw...in Calgary (Ont.) a blood-soaked man waved a bloody butcher knife over his head and charged at constables who responded to a domestic...a suspected rapist attacked a Chicago detective with a screwdriver after luring him into an interrogation room by asking for a cigarette...in the reception area of a California prison, an inmate serving time for trying to kill a cop stabbed a correctional officer to death with a shank...in Idaho, an out-of-control teenager punched holes in the walls of his house with a 15-inch bayonet, then turned on a responding officer with the blade and sliced his uniform before the cop shot him....

"Given today's environment, rather than draw back on edged-weapon training, officers and agencies should be expanding it," Lewinski declares. "Edged-weapon attacks are serious and should be taken seriously by trainers, officers and administrators alike. Finding out what works best in the way of realistic tactical defenses and then training those tactics as broadly as possible has never been more needed."

FSRC is currently involved in additional research on the dynamics of edged-weapon confrontations and plans a major report on its findings before the end of this year.

SECTION #12 Smile—This Section Just Might Keep You Out of Jail!

One time I was in the State Court Cafe on State street in Boise, Idaho just walking to my table when some red necked nerd tried to trip me. Have you ever had a nerd try to trip you?

I stopped.

I front kicked his tripping leg out of my way. I then just stared at him.

He cursed at me and tried to get to his feet.

I easily pushed him backwards into his chair.

As he glared at me, I SMILED and said in a quiet voice, "Look guy, just because you're pissed off at work, or at your old lady, or what ever . . . DON'T TAKE IT OUT ON ME! I just want some ham and eggs.

The guy sagged as words punched a hole right through him. He mumbled an apology, turned away from me and took a sip of his coffee. The entire "dumb" but normal encounter was over.

He wasn't hurt.

I wasn't hurt.

He didn't face a loss of ego.

I didn't face a loss of ego.

I did sit down and have a good ham, eggs, and hashbrowns breakfast.

Now. If I were you I'd probably ask how that happened? How did I change that belligerent jerk into a NICE GUY without having to bust his face?

It's simple. I used a smile. I used a tone of voice that would calm him. But I used it backed up with true physical POWER.

Pay attention.

This might sound stupid, but prior to 1979 I didn't know how to smile. I didn't know how to speak softly.

I also had very few friends . . . but I sure had a lot of people who hated my guts.

But that's okay. Their hate is what gave me the discipline to be so damn good at karate. It gave me a reason to train. It gave me a reason to get faster, and faster, and faster, and faster than anybody else.

(continued on next page)

In the old days it seemed like every time I turned around some wise guy would push his face into my face.

Maybe it was the places (bars and dance halls) I used to go to, to be entertained. In the old days I used to drink. In fact I used to drink quite a lot.

And, all my friends drank a lot.

Drunks get into fights easier than sober people. When I quit paling around with drunks my self-defense needs deminished tremendously.

Any way. I still remember the first time I ever consciously practiced a smile.

I had just finished writting my second book, Secrets Of Kenpo Karate, and I was driving to Eugene, Oregon to train with my (at that time) instructor, 10th degree black belt and karate Grand Master Mr. Ed Parker.

From where I was living Eugene was a 12 hour drive. I had a lot of time to think. I had a lot of time to plan.

Well - I wanted a good promotional shot (photograph) of Parker and me, cheek to cheek, smile to smile and shoulder to shoulder for my new book.

On an impulse I adjusted my rearview mirror downward and took a close look at my face. I saw a beady eyed, tight lipped, very serious type of guy with a biker's Pancho Villa moustache . . . I didn't see the type of man that Parker would like to be a friend with.

So I Practiced.

I practiced for 12 hours things like:

- . . . different smiles
- . . . different head tilts
- . . . different ways of relaxing the eyes and the face . . .

And it worked. Parker and I were buddies from the word "GO." If you ever get a chance, check out the photo of us together on page 33 of Secrets Of Kenpo Karate.

Onward.

I didn't think about smiling again until 1983 when I was undergoing a post graduate Internship at Boulder, Colorado. I was taking one of my required counseling courses on the road to obtaining my Doctorate in SPORTS PSYCHOLOGY.

I was attempting to lead this lady into a relaxed state with hypnotic tonal qualities.

About three minutes into the drill she opened her eyes and stated . . . "You irritate the Hell out of me!"

Me being a dissassociated psychopath, I kept my calm as I asked her, "What specifically about me irritates the Hell out of you?"

She leaned back . . . thought for a moment, then replied, "It's how you stare right through me. It's the hard, harsh sound of your voice."

I then asked, "How should I look and speak so you'll be able to relax and go deeper?"

To make the story short, that's when I relearned how-to-smile and speak softly. Up to that time there was a standing joke around the other post-graduate students. It went something like this. "Watch out for that La Tourette dude. He'll either KILL YOU or CURE YOU!"

Your next question would probably be, "What does the above stories have to do with looking out for number one and staying out of jail?"

The answer is simply this.

Most fights occur because of ego trips, not because you are facing an enemy, or a crazy man in mortal combat.

You see friend, if I'm going to train you in SPEED HITTING and LETHALITY, I also want to give you some bullets besides HURT, MAIM, or DESTROY.

Let's make sure we look at our very practical SPEED HITTING training with some sort of intelligence and sanity.

Sure. If a jerk's trying to cut your throat, or crush your skull with a tire iron, that is not the proper time to smile at him, stick out your hand for a handshake and say, "Hi. I'm John. It seems like you have a concern about me being alive. What can I do to help?"

No. Being stupid is not cool - But, being arrogant and pushy is not cool either. Let me give it to you real straight.

Since I've learned some people skills to go along with my kicking butt skills, I have not been in a violent fight. To you it might not sound like much of an achievement. To Me it seems like real success.

Okay. Let me quickly go over some pointers that will help you to win friends and influence people, instead of kicking their ass and having a ball.

FRIENDSHIP RULE # 1. People like people who are like themselves. This is easy to understand.

If you are in a biker's bar, and you don't know them, don't wear a shirt and a tie. You won't fit in.

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Remember that people fall into rapport very quickly and automatically with people who are like themselves. I'm talking about values, beliefs, dress codes, similar interests, how they identify themselves, etc.

When you're talking with a biker, you'd better know how to walk on his turf, because if you don't, your understanding of each other will be pretty much non-existent.

But if you know how to change yourself, to fit into the biker's world of perceptual experience, you'll be stunned at how easy it is to get along with him.

Look.

I'm not going to cover this subject anymore except to give you some source material you can research for yourself.

Why?

Because this is not a book about making friends. It is a book about SPEED FIGHTING, for taking care of NUMBER ONE.

I suggest you read, study, outline and memorize the following books:

INSTANT RAPPORT, by Michael Brooks

SELL YOUR WAY THROUGH LIFE, by Napoleon Hill

SUCCEED AND GROW RICH THROUGH PERSUASION, by Hill and Keown

and,

HOW TO KEEP A MAN IN LOVE WITH YOU FOREVER, by Tracy Cabot

Yes. I know. The last title sounds like a woman's sex book. Well. to the simple minded it might be construed as that, but to those of you with a little more insight you'll find it's the best book ever written on HOW-TO-MANIPULATE MEN.

Now tell me. When you are in a fight, do you beat up on men or women?

Men? Right. So study the book. Practice all the psychological techniques this conniving female is teaching other women to use against us men without us knowing anything is even going on!

Learn about visual people, auditory people, feelings people and how-to-make them like you.

Learn about MIRRORING to create a COMFORT LEVEL.

Learn about ADVANCED MIRRORING to get what you want.

Learn about HOW-TO-ANCHOR good times so that thug will either fear you, or like you. But it's your choice.

(turn to next page)

Learn about HOW-TO-WIN without fighting.

Learn about how-to-do the SHOCK TREATMENT to stop his thoughts so you don't need to punch him out.

You see friend, those books I mentioned will give you a skill I call "flexibility" --- You'll learn how to calibrate the other guy and read his internal thought processes.

After you learn how-to-read his verbal and non-verbal signals you'll then have the skills to communicate with him in a way other than by the physical force of might makes right.

When you find points of agreement, then align yourself with them in a way that is good for you, then you won't have to face off eye-ball to eye-ball.

You won't have to hurt him or be hurt by him.

You won't have to face the judge, jury or prosecuting attorney later on in court.

Let me leave this chapter on how-to-not fight, with a quote from Lao-Tsu.

"The best soldier does not attack. The superior fighter succeeds without violence. The greatest conqueror wins without a struggle. The most successful manager leads without dictating. This is called intelligent nonaggressiveness. This is mastery of men."

How do you do intelligent nonaggressiveness?

It's done with something called the AGREEMENT FRAME. It consists of three secret phrases you can use when talking that will allow you to maintain respect, maintain rapport, share what you feel is true, but never resist his opinion in anyway.

Here are the three secret phrases:

1. "I appreciate and ..."
2. "I respect and ..."
3. "I agree and ..."

This formula can be used with anyone --- He will feel heard and he has no fight! There is no disagreement. Because of appreciation, respect and agreement, you are impossible to fight.

The entire idea around this chapter is that you can persuade better through agreement than through physical retaliation.

Beating up the Bad Guy is not always the answer.

Most Bad Guys aren't really bad. They are just in a lousy mood and you happen to be the one they decide to take their MOOD out on. It's a psychological phenomenon called TRANSFERENCE

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OF AGGRESSION.

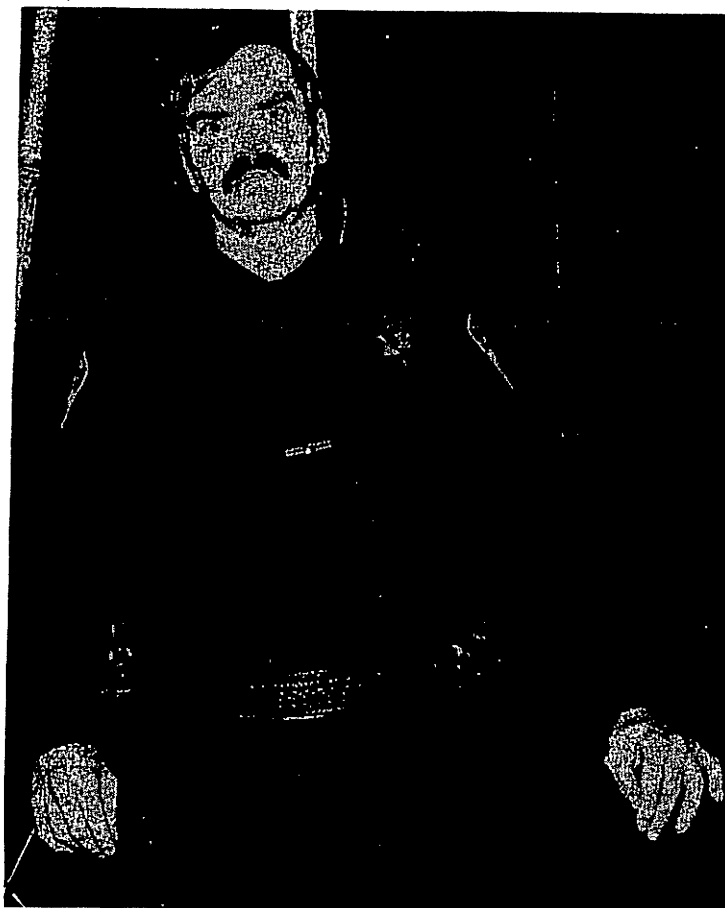
A person has a bad day at work. They go home and kick the dog. If their wife bitches at them, they go to a bar and get drunk and beat up another drunk.

There are other ways to respond successfully to his verbal, or physical attack, other than kicking his butt.

Let me end this chapter with this thought.

"Respond intelligently even to unintelligent treatment."

Lao-Tsu, Tao Teh King



There are two types of law officers, guards and guardians. Guards enforce the rules; guardians protect the people. Which type is this officer?

Speed Fighting Secrets

SECTION #13 for Instant Self-Defense

Okay. I've done my social duty. I've given you alternatives to violence.

But . . . I'm not asking you to be stupid.

My question to you is, "What are you REALLY gonna do if a real wierdo like SPECK wants to sexually assault your wife . . . your little girl . . . make YOU WATCH . . . and then kill you ALL so you won't be able to tattle on him?"

Did you know, that on the average, it's a 15 year jail sentence for robbery? Did you also know that it is the same time, 15 years in prison for murder?

There are violent criminals out there on the streets who KILL THEIR VICTIMS, just to keep them from talking. These people are deterred by only one thing; people who are prepared to kill them, or cripple them if their assault is not stopped.

Why do crooks fear cops?

Crooks fear cops because cops have guns to kill them with!

Do you remember Luby's Cafeteria in Killeen Texas?

If you don't, let me remind you.

George Hennard, age 35, crashed his Ford pickup through the plate glass front window, dismounted, and proceeded to work his way through the restaurant, FIRING AT PEOPLE TARGETS with two 9 MM semi-automatic pistols.

Ten minutes later, AFTER KILLING 23 people, and wounding another 27, Hennard blew out his own brains with a bullet to his own head.

Can you believe it?

There were over 150 people in Luby's cafeteria that froze in terror as one lone, sick minded mass murderer systematically shot anyone who caught his attention.

Time must go by real slow when you are FROZEN IN TERROR. That ten minutes must have lasted eons for the victims . . . before the murderer decided to shoot himself.

My point is this: If there'd been ONE GUY in the cafeteria with a gun . . . NONE OF IT would have happened. As soon as George started blowing folks away, he would have been blown away.

Listen up.

Some people believe I'm a paranoid. Why do they believe that?

(continued on next page)

These people believe that because I know there is real evil people out there. I also know that when they are shooting at you from 25 feet away, the best karate or knife fighting skills in the world AREN'T GOING TO HELP!

At that time you need other skills: Skills like deception, SPEED, maneuverability, and instant "take-um-out."

All of these are necessary skills for taking care of Number one.

Those scared people in Luby's Cafe tried a tactic called SUBMISSION. In that SITUATION, facing the crazy, submission didn't work.

Those people should have used that fear to come on hard and mean. Those people didn't know that behind every smile . . .

"YOU SHOULD HAVE STEEL TEETH!"

You see friend, when you are convinced that the Bad Guy means to hurt you, you gotta be ready to make a VERY DESPERATE MOVE to save your own ass.

And that's what this section of SPEED FIGHTING IS ABOUT.

I'm going to show you how to do it QUICK and DIRTY.

Fortunately for you, most Bad Guys don't just come in and start blowing good customers apart.

Usually they are not that crazy. . . But if they are, I've got some GREAT ANSWERS.

One word of caution. Be sure you re-read the LEGAL IMPLICATIONS part and UNDERSTAND the morale and psychological implications.

Some Good Guys, because of their upbringing, because of their beliefs, because of their subconscious values programmed into them when they were small children by their Mom and Pop, by their Church, by their School Systems, will cause them to HESITATE. That small hesitation is the difference between your life and your death.

ANOTHER WARNING: If you only hurt the Bad Guy, the police may tell you to PLEAD GUILTY.

The policeman's logic is that you'll only get a fine . . . not a jail sentence . . . So why waste all that time (their's) and money (also their's) and FORCE them to prove the case against you?

The authorities love to have ignorant people plead guilty. They'll even PLEA BARGAIN you down to a lesser offense . . . supposily.

DO NOT LISTEN TO THEM . . . DO GET A GOOD ATTORNEY. Don't allow an assault conviction to be slapped on your record IF YOU really believe what you've done was valid self-defense.

In court, the other guy will be lying his head off . . .

but all you need to do is show that you acted realistically in the face of the threat.

You will have met the TEST OF REASONABLENESS.

As I said in Mental Training of a Warrior, "I would rather be tried by twelve of my peers, than carried to my grave by six of my friends."

Onward.

The techniques I'm going to teach you, I HOPE YOU NEVER have an opportunity to use.

The following skills are real workable SPEED FIGHTING techniques that take only minutes to learn . . . Even if you are totally untrained, small, weak, and can't even run to the mail box and back . . . Let alone a mile.

Listen up. In a normal karate school it takes six to twelve months to learn minimal skills . . . and THOSE SKILLS are not as good as these are for stopping the Bad Guy instantly.

These skills actually work much too good.

That's why this book was advertised only to adults who hopefully have some sanity and some clarity of thought.

This "stuff" you don't do from a FIGHTING STANCE. You do it from a stance that does not let the aggressor know that you'll be attacking.

The entire INSTANT SELF-DEFENSE sequence is taken off of the VERTICLE PUNCH method. The verticle punch method is easy. You just poke your fist at him, putting your thumb on-top of your index finger and going through him.

The vertical punch is a NATURAL MOTION.

Because it is a natural motion, you DON'T HAVE TO WORRY about Master Keys like:

1. Hitting with the two large knuckles
2. Hitting in a straight line
3. Keeping your elbow into your ribs
4. Your FIGHTING STANCE
5. Hip cocking
6. Or twisting your weapon through the target
7. Or any of the other important Master Keys for NORMAL karate hitting.

There are ten (10) reasons to learn this INSTANT SELF-DEFENSE Street Terminator's Course:

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1. It's SO QUICK that the opponent can not stop it, even IF HE SEES it coming.
2. It's so EASY TO DO for any age, young or old
3. You need ALMOST NO TRAINING. The skills can be easily grasped by a six-year old child
4. It needs no hand conditioning . . . or no tough knuckles
5. KNOWLEDGE does replace FEAR
6. Knowledge does give you REAL PERSONAL POWER
7. The method DOES NOT TELEGRAPH your intent
8. The method works against anyone
9. Using a hard object gives you INSTANT FORCE
10. Using hard object gives you INSTANT PENETRATION

Most untrained people flail when they fight. These untrained citizens try to hit you with circular, large motions. these large circular motions are TOO SLOW because too much distance is covered.

These blows are too easy to see because of the same reason.

Because of the limitations in the exaggerated swing, hitting specific targets is much too difficult.

When you use an exaggerated motion it makes the opponent move faster. He doesn't want to be hurt either.

So . . . To make the verticle punch almost UNSTOPPABLE, all you need to do is Lock-And-Load some type of ORDINARY OBJECT in your hand, (I'll show you how specifically in a few minutes), and execute the Stick-And-Poke method on them.

Make sure the object you poke him with IS NOT something that the prosecuting attorney will say that you were CARRYING WITH INTENT TO GO ARMED. So this legal rule leaves out knives, baseball bats, M16 bayonets, or an ice-pick.

The object, whatever you choose should be something not made for, nor adapted to use for causing bodily injury.

Then, the police will have to prove that you were carrying the tool as a weapon. The whole point is the intent to go armed.

Proving that you had INTENT TO GO ARMED will be real tough for the police and opponent's lawyers . . . especially if you keep your mouth shut.

No one would contest your right to carry a pair of nail-scissors, a comb, ball-point pen, magazine rolled up, a can of pork-and-beans, a cup of coffee, a sea shell on the beach, and all the other everyday items a SMART SPEED FIGHTER can find around him.

All the above items are so much a part of a person's everyday equipment, it would be out-right impossible to bring a successful prosecution UNLESS you CONDEMNED YOURSELF out of your own mouth.

If you waved your nail scissors around in a dance hall, and informed everyone that you intended to stab "George" with them, that would be pretty convincing evidence that you intended to use them as a weapon.

If you are stopped by a policeman and you say that the CROSS INK PEN in your hand is not for writing, but TO STAB MUGGERS IN THE EYE, then you will have condemned yourself.

You need to be able to show that what you did was reasonable, and to be able to rebut claims from the prosecution that your actions were unreasonable.

Never mind that IN THEORY it is the prosecution that has to prove it's case.

When dealing with a blind or disabled teenager, the jury needs to feel sure that what you did was right - not that what he did was wrong.

There are seven (7) major SPEED FIGHTING PRINCIPLES of INSTANT SELF-DEFENSE. They are:

1. **Learn what items you have around you**
2. **Learn HOW TO HOLD those objects, or tools of violence**
3. **Learn how to stick that tool STRAIGHT IN**
4. **Learn the SPECIFIC TARGETS to go for**
5. **Learn how to read SET POINT distancing**
6. **Learn how to breath to LOCK YOUR BODY behind the blow**
7. **Learn how to close the REACTIONARY GAP**

These tools are far superior than the fist of an untrained person.

Now I'm going to give you sixteen (16) tools of an INTELLIGENT SPEED FIGHTER and how to hold them.

TOOL # 1. PENCIL - Put the blunt end in the palm of your hand and the shaft between the index finger and middle finger.

VARIATION - Place your index finger along the shaft to give the pencil additional support.

TOOL # 2. INK PEN - The same procedures as above. Just a side note, Grand Master Tak Kubota has an entire course on how-to-use a CROSS INK PEN for instant self-defense.

It might be interesting for you to study it.

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TOOL # 3. TOOTHBRUSH - Same as above, with the brush part clasped in the palm of the hand.

TOOL # 4. HAIR BRUSH - Ditto.

TOOL # 5. COMB - The teeth are held in the palm of your hand, the index finger and the middle finger along side the shaft for more support.

TOOL # 6. SCISSORS - Stay away from the overhand stab. Stay with the stick-poke method. Place the handle in the palm of your hand, with the blades protruding between the index and middle fingers.

TOOL # 7. PURSE MIRRORS - This is never perceived as a weapon.

You can hold the mirror by the hilt and give the mirror to them straight,

or, you can place it in your hand and do the verticle punch stick-and-poke-um method.

TOOL # 8. BOTTLE - Hold the bottle in the palm of your hand and slam it into their face like you've doing a palm shot.

TOOL # 9. COFFEE CUP - Put the cup in the palm of your hand, then poke them with the FULL CUP.

The hot coffee will distract them. Don't worry about the cup breaking.

You are holding the reinforced part, the bottom, in the palm of your hand.

TOOL # 10. DINNER PLATES - When I was a kid we used to tenderize our steaks with the cutting edge of a plate.

This plate edge would cut all the way through a tough one inch steak.

TOOL # 11. A CAN OF POP - Just put the can of pop into the palm of your hand and thrust it through them.

Even an empty aluminum pop can will cut them to the bone.

TOOL # 12. SPOONS - Hold the spoon like a pencil or ink pen. Lock it into place. Have the shaft supported with two fingers so even if its flimsy, it won't slip or bend when you thrust through the target.

TOOL # 13. MAGAZINES - Don't use a whimpy one. Take a NEW YORKER. Even without it being rolled up, just hit The Bad Guy with the HARD EDGE of the spine.

Some of the toughest, most skillful and experienced defense experts are the handful of professional bodyguards who protect the richest and most important people in Europe, as well as visiting

dignitaries and foreign heads of state.

In a country like England, except in extraordinary circumstances, only foreign heads of state are allowed to arm their bodyguards, so the professionals need something to REPLACE THEIR BANNED FIREARMS.

That is why you will often see the best bodyguards walking discreetly behind their charges, carrying a copy of one of those heavy magazines on interior decorating or gardening.

It isn't that the pros are becoming bored with duty, or are planning for their retirements; these publications make excellent weapons.

A tightly rolled copy of PLAYBOY MAGAZINE is nearly as solid as a baton. In the hands of a skilled practitioner the magazine turns from a light read into a FEARSOME WEAPON.

And, in YOUR hands it can do the same.

Another way the best bodyguards use a magazine is to carry it unrolled. If there is any sign of danger, the bodyguard throws the open magazine straight into the suspect's eyes.

This throw buys a couple of precious seconds to either get their client away, or tackle the Bad Guy.

You can take a tip from the professional bodyguards by using a good heavy magazine to protect yourself.

Roll the magazine up as tightly as you can, but resist the temptation to twist it at the bottom so that it goes cone shaped.

Keep the magazine in a single roll because that makes it harder and tougher.

Roll from the outer edge in towards the spine and make sure it is good and tight.

You can bind it with duck tape, or slip a large rubber band around it to keep it in a compact, tight shape. But that could get you into trouble with the cops.

A policeman might take the view that by deliberately rolling the magazine and binding it, you had set out to use it as an offensive weapon, and as you know, THAT IS AGAINST THE LAW. It is a CRIMINAL OFFENSE and we would never do that, would we?

TOOL # 14. UMBRELLA - Have the umbrella closed and hold it in the center and use it like a rolled up magazine.

TOOL # 15. A BROOM - Grab the middle and poke.
The same with a stick, a fishing pole, a cue stick, etc.

TOOL # 16. A FLASHLIGHT - Hold the flashlight in the middle, like a magazine. The light even has a hilt so your hand can't slip when you shove it into them.

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An ordinary "cheap-o" flashlight will work . . . once.

I advise you to check out the book The Truth About Self-Defense, by Massad Ayoob. Ayoob has an entire chapter about FIGHTING FLASHLIGHTS.

Interestingly a 4-cell B-lite will easily shatter a one-inch board. In the martial arts world it is generally accepted that a blow that will break a one inch board will break most human bones.

I caution you about hitting your opponent in the top of the head with this B-lite. According to Ayoob, one Southern police officer went to jail after he hit a Bad Guy once on top of the head with such a flashlight, and the Bad Guy promptly died.

Enough said.

The list of possible environmental weapons is endless.

The list I've given you is a good illustration of the frame of mind that needs to be adopted to understand that, in an emergency, anything can be used to save your neck.

In general, almost anything that can be picked up can be used.

Remember. Lots of people have been killed unaware that the weapon that could have saved their life was in their shirt pocket. Or on the table in front of them. Or somewhere within hand's reach.

The drawback with make-shift weapons is that they have to be used to be effective.

Let me make my point even more clearer. It is useless to threaten someone with a kitchen pan. The Bad Guy won't recognize it as a weapon and therefore won't feel threatened by it.

Only when the Bad Guy has been scalded and clubbed with it is he likely to appreciate how effective it can be.

This may sound unnecessarily bloodthirsty and violent, but there is no point in trying to be nice to someone who is trying to hurt you. Half measures will not do.

It is often extremely hard for normally peaceful and law abiding Good Guys to imagine themselves doing anything so awful as throwing the scalding contents of a pan over someone. Let us hope it never has to happen.

But, in order to protect yourself, it is necessary to be aware of all the options. THE BEST AND THE WORST. Obviously, if you think you can TALK YOURSELF OUT OF TROUBLE, you should try it.

If you can escape, you must do so. But if neither of those

(turn to next page)

options are open, the only alternative is to fight back. And, if you are going to do that, you must do it with every ounce of strength and determination you possess.

OTHERWISE YOU WILL FAIL.

You also must not fall into the trap of thinking ONE BLOW may necessarily be enough. You will probably have to rain blows down on his face and head to get him to release you once he has a grip.

Also, expect plenty of blood. Hitting someone with a can of beans is bound to produce cuts and massive tears on his flesh when it is done properly. But that's good . . . because the injuries will help to identify the Bad Guy later on.

By and large, cuts over the eyes and forehead are more effective than those below the eyes. This is because even quite minor cuts to the scalp and forehead bleed profusely, and the blood runs into the eyes, making it difficult to see.

Now I'm going to teach how-to-turn your empty hands into lightning fast weapons, without harming them.

The six best SPEED FIGHTING METHODS for a non-trained fighter are:

1. **THE CHINESE VERTICLE PUNCH METHOD.** Close your hand so the knuckles of the index finger and the middle finger hit the target . . . not the weaker two knuckles.

Hold the thumb on top of the index finger.

2. **BEAR FIST STRIKE.** The palm strike. Use the "V" of the palm. Hit the point of his chin.
3. **THUMB GOUGE.** This is the same fist shape as the verticle punch, but the thumb point placement is extended past the index finger.

Go straight to the throat, thyroid sheath, hollow of the throat, the eye socket.

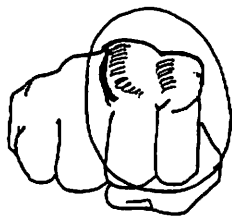
4. **LEOPARD'S PUNCH.** Hitting with the 2nd knuckles, not the 1st knuckles. Only use for soft tissue areas, throat, side of neck.
5. **TWO FINGERS.** Index and middle fingers together.

Thumb reinforcing the index finger side.

The fourth finger curled and reinforcing the middle finger.

This strike is the **FASTEST HAND STRIKE.** Use only on soft tissue.

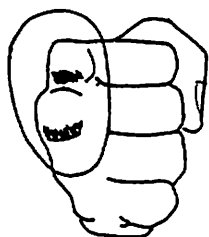
6. **SWORD EDGE OF THE HAND.** For strikes to the side only. Raise the elbow **PAST** where you want to hit, then snap



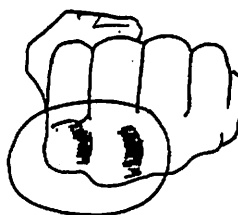
RAMS' HEAD



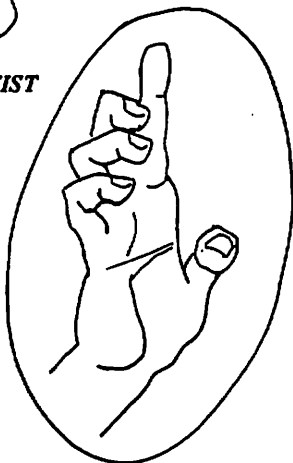
BACK KNUCKLE



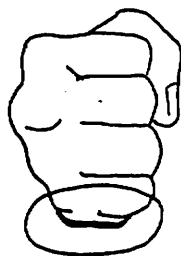
VERTICAL FIST



UPSET FIST



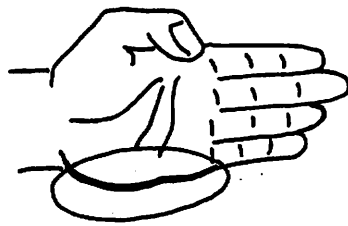
CHINESE HAND



HAMMER FIST



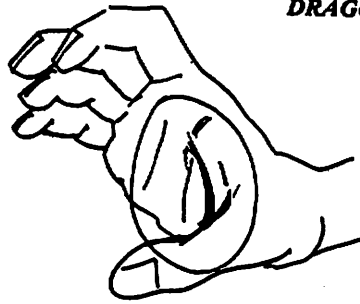
LEOPARD STRIKE



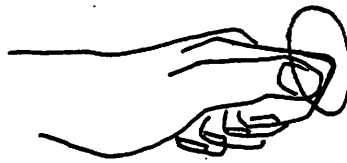
KNIFE HAND



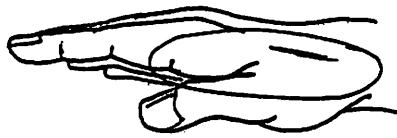
DRAGON HEAD



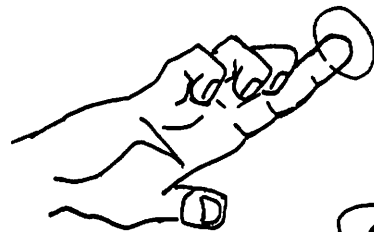
MOUTH OF THE COBRA



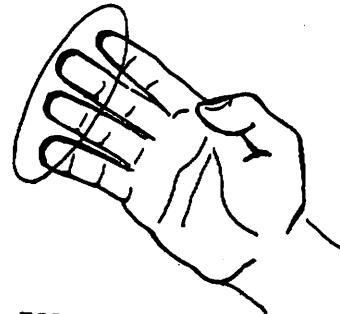
EYE OF THE PHOENIX



RIDGE HAND



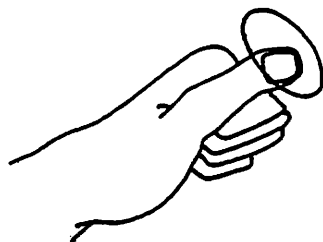
FINGER SPEAR



FOUR FINGER SPEAR



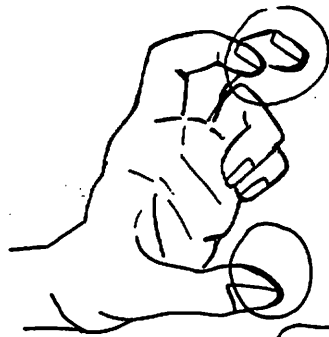
IMMORTAL MAN



THORN



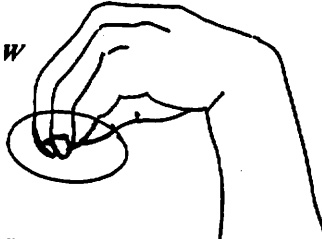
HAND SPEAR



FALCON CLAW



TWO HEADED SERPENT



CRANE



BEAR STRIKE



TIGER CLAW



**THE AUTHOR, JOHN M. LA TOURRETTE. DOING A
TAEKWONDO FLYING SIDE KICK (KOREA 1967)**

the hand out and back.

For a nerve cavity strike to the neck, throat, or the spine in the back of the neck.

Five IMPORTANT CONCEPTS of SPEED FIGHTING I suggest you use are:

1. Always shoot your attack out using peripheral vision. Use the kung-fu technique of "soft eyes."
Don't look at where you are gonna hit him.
2. Always use deception as a tool.
Don't let him know your own SET-POINT.
3. Go only for Targets That Work.
4. Always use a straight-line of attack.
5. Show no "attitude" or aggressive emotion prior to your explosive attack.

In fact, it would be better to show FEAR to add to the mental set-up.

Nine positions to use so you can set him up for easy pickings.

1. NON-ASSUMING STANCE. Hands in the "thinking position."
Your hands can guard . . . More importantly, they are closer to his soft targets, eyes, throat, and he could never prevent them once you're started.
2. OPEN STANCE. Hands relaxed at your sides.
From this position it's easy to explode to the front, explode to the rear, and explode to the sides.
3. MERCY POSITION. Hands held down low, palms outward like you are asking for a favor. This position tends to make the opposition think you are a whimp. He will then totally underestimate you.
4. NONCHALANT STANCE. Thumbs in your belt in front of you.
Your hands and arms totally relaxed. Very good place to start the stick-and-poke method from.
5. THE NERVOUS POSITION. Your hands are in front of your body about one foot. The finger tips of both hands are placed together, touching.
From this position, its easy to poke soft tissue areas.
6. HANDS-UP. The "I'm defeated stance." It conveys, "please don't hurt me!" to the Bad Guy.

(turn to next page)

From this position of fear it's so easy to go to the eyes, or drop to the throat, or to the belly.

7. ARREST POSITION. Hands on-top of your head.

You are telling the opposition that, "You give up."

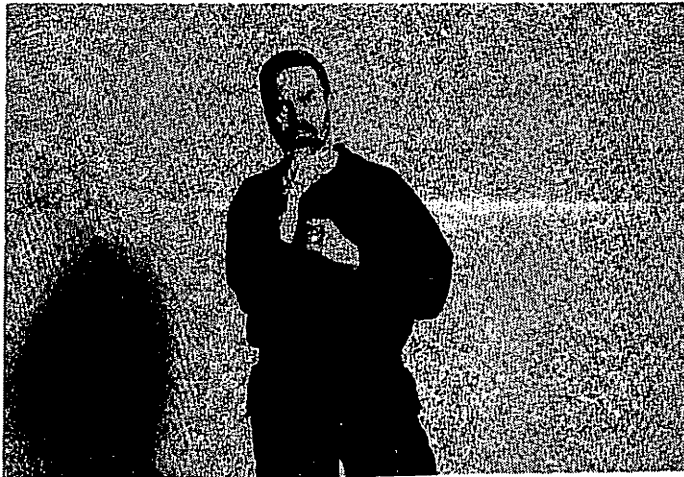
Once the opposition feels he's in total control, then you explode into action with YOUR SPEED TECHNIQUE. At that moment of his mental weakness, your attack is very easy.

8. THE PRAYER POSITION. Here you seem to be praying for help from God. But you, as a good SPEED TRAINED ATHLETE know that God only helps those whom help themselves.

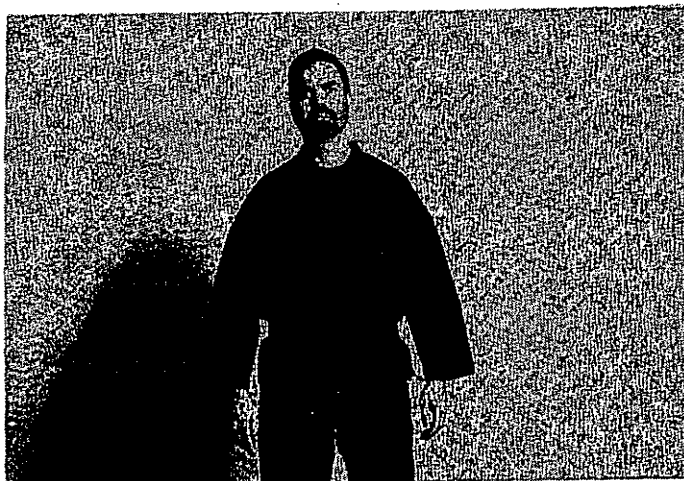
You are helping yourself by distracting him with a seemingly unusual weakness.

9. THE HIDDEN HAND POSITION. Arms are crossed from the side. Your chop to his vital area will be totally invisible from that position.

Be sure and execute your chop to his neck, throat, back of neck with the hand that is underneath, hidden from his eyes.

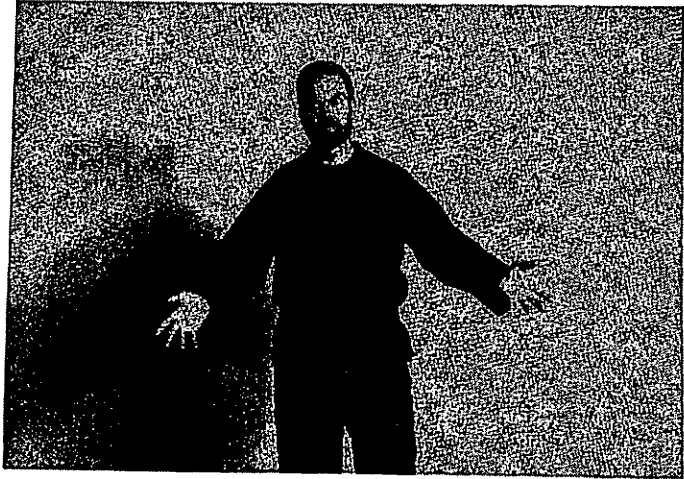


1. NON-ASSUMING STANCE

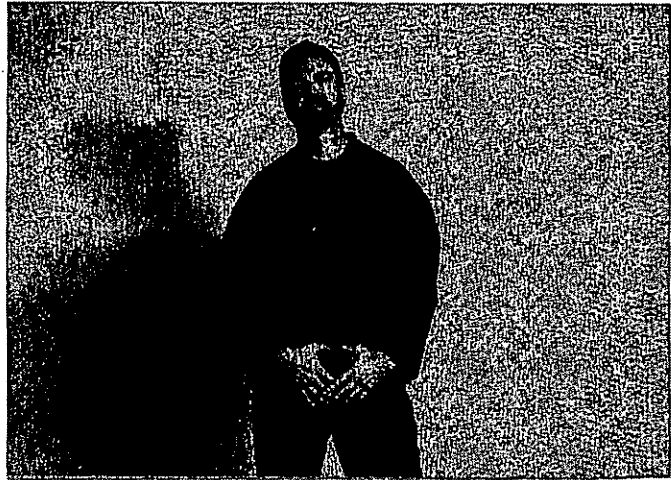


2. OPEN STANCE

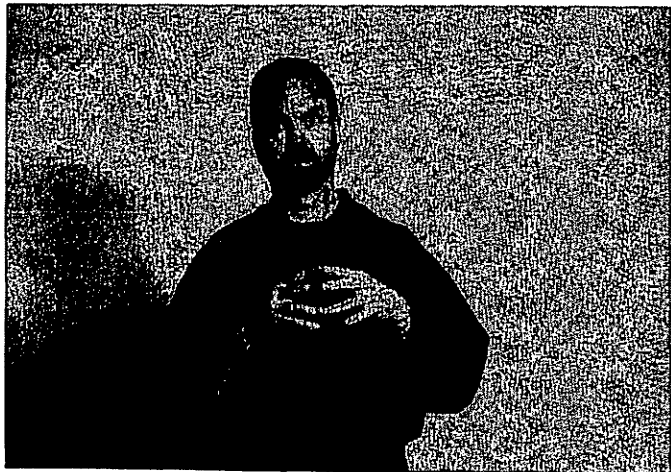
3. MERCY POSITION

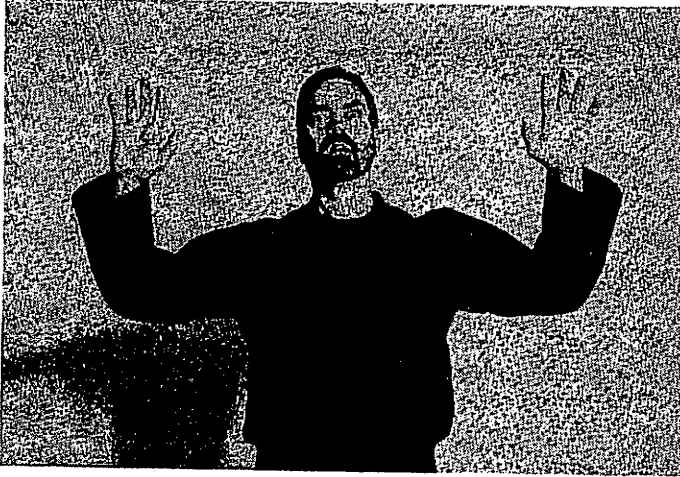


4. NONCHALANT STANCE

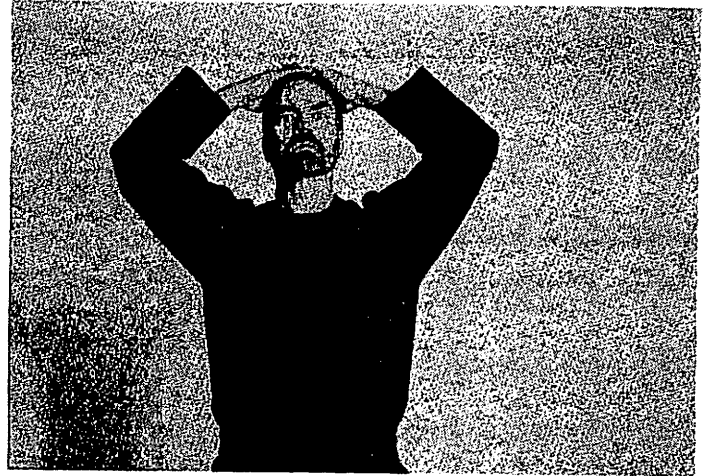


5. THE NERVOUS POSITION

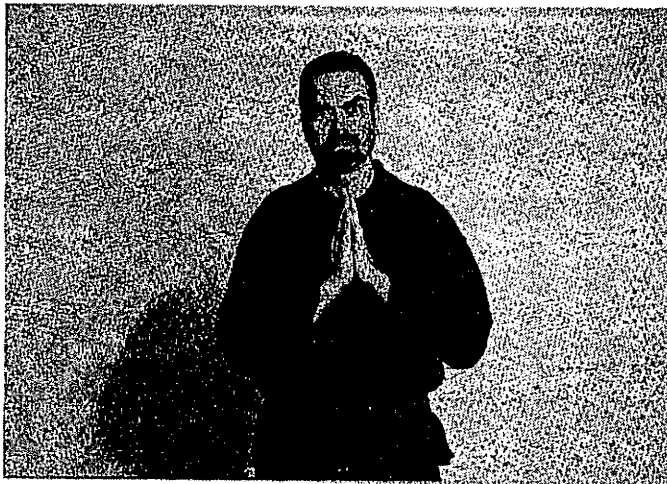




6. HANDS "UP"



7. THE "ARREST" POSITION



8. THE "PRAYER" POSITION



9. THE "HIDDEN" HAND POSITION

The Suicide Syndrome, or

SECTION #14 How Cowards Cop Out!

This suicide syndrome is closely related to FEAR OF THE LAW SYNDROME.

When you're taking care of number one you must first avoid the SUICIDE SYNDROME.

This suicide syndrome can easily be heard from the whiners of the world. People who have this syndrome go around to their friends saying arguments like:

- . . . "I'd rather die myself than ever hurt another human, no matter what he's doing to me."
- . . . "It's God's will (plan) if I'm attacked, mugged, robbed, etc. God did it to me because he had a lesson for me."
- . . . "Maybe if I turn the other cheek, he'll let me alone so I can go about my own business."
- . . . "I'll just ignore him. That way he'll pick on (beat up, rob, murder) someone else and leave me alone."
- . . . "Gees. I'd better not fight back, because if I do, he'll really hurt me then."
- . . . "I'm the Good Guy. I'll get a cop to arrest the Bad Guy to protect us innocent folks so he'll never do it again."

At this point, my question to you is this, "If your house were on fire would you just sit on the floor of your living room and turn yourself into a hunk of burnt meat as you moaned and groaned about the injustice of being barberqued inside a burning house?"

Or, would you get off your ass and run for it?

Or, would you get on the telephone and call the fire department, or others to help you?

Or, would you have preplanned for such an event happening and already have the equipment ready, and have trained yourself in a method of INTELLIGENT FIRE FIGHTING?

Right now you need to think about whether or not you prefer humiliation, embarrassment, injury, or death more than a hard fight.

You see, bending over and turning your butt up into the air like a surrendering baboon might not be an answer that will allow you to survive.

Some predators are more ruthless than you can ever imagine.

When you make the decision to fight back, you must have

(continued on next page) 89

self control over FEAR. Unfortunately, in a real situation, you might not win. If you try and put out a forest fire with a tea-kettle, it just is not gonna work. WRONG TACTIC!

In a fight, like in a fire, your job isn't to die for your beliefs. Your job is to STOP the other guy. To make the Bad Guy run, or to make the Bad Guy hurt for his beliefs.

That's the price of battle.

I still get the feeling I'm not making myself very clear. Let me clarify it somemore for you.

There are people out in the world that really think they are tough guys. You can neutralize some of these tough guys without violence. **Instead of violence you can use . . .**

1. avoidance,
2. or, friendship with a smile,
3. or talk them into a less tough guy attitude,
4. or, intimidate them with your reputation, body language,
5. or, PHYSICALLY stop them.

Now. When you get to the fifth step and you've been FORCED into a fight, one of three things can happen . . .

1. Either YOU get hurt, which is definitely bad.
2. HE gets hurt. And YOU might face criminal prosecution, or a civil lawsuit, which is definitely bad, or
3. You BOTH get hurt, which is also definitely bad.

It all looks bad, doesn't it? Especially when you take into account that Mr. Tough Guy might be totally pain free because of whiskey, black tar cocaine, or a drug called PCP or one of the advanced derivaties now common on the street.

Just a side note. When the Tough Guy is under the influence of PCP, you've got one hell-of-a-fight on your hands.

Trained cops have tried to subdue these druggies with little or no effect until the frenzied dope addict literally breaks his own neck while he was struggling so hard to get out of the inescapable sleeper hold.

If you are facing one of these berserkers and you think that you're sure to be killed, then be sure and run. If you can't run, be darned sure and pick up some type of "stop-um-cold" equalizer -- a Colt .45 semi-automatic works wonder in a situation like that . . . unfortunately they also make a very loud noise.

Remember this: Life is always worth living, unless it costs you your soul, your honor, or your principles for living.

Now don't adopt the suicide syndrome of . . .

"Since I can't do anything to survive in the worst situations, I might as well assume that it can't happen. Yet it may happen, so I'll escape from that mental anguish by telling myself I'd rather die than hurt anyone else."

Good news Good Guy. If you've followed the Boy Scout's code of BEING PREPARED, that means you have taken the necessary steps beforehand. You CAN SURVIVE almost all street situations.

You'll also have some great ways of avoiding criminal prosecution and civil lawsuits.

We ARE NOT going to make you the DEADLIEST MAN ALIVE in five minutes, but we will build you some good escape routes.

The first part of the floor plan is to by-pass the social brainwashing you've had from those around you.

What is this social brainwashing? It's the slogan that thoughtless people continually drum into our ears . . .

**"IT'S NOT GONNA HAPPEN—BUT
IF IT DOES—LET THE LAW TAKE
CARE OF IT!"**

Wise Americans NO LONGER BELIEVE the above myth.

Oops. SORRY. I forgot about the attitude that some pacifistic folks have. When they see a threat to their lives they say, "I won't worry about it. God will take care of me."

Have you ever heard that cowardly cope out?

Let me tell you what they are really saying.

They are saying, "I'm not interested enough to take specific actions that could insure my own survival. However, if I do get into a jam, God, could you please take care of me?"

It reminds me of that old joke about the fanatical Christian and the flood.

Let me tell you that story.

"Once upon a time there was a flood. All the people except Timothy went to high ground for safety.

Timothy was urged to go by his neighbors but decided to stay in his house with the faith that God would take care of him.

The water rose higher. A boat came by to rescue Timothy. Timothy told them "NO", God will save me.

The water rose ever higher so Timothy climbed onto his roof. A helicopter flew down to save him. Timothy waved them off saying, "If God wants me saved, he'll do it."

The water rose higher. Timothy was now clutching the chimney. The water was all the way up to his neck. A log floated by. Timothy thought, "NO. If God wanted me saved, he'd do it.

Poor Timothy drowned. Being a good Christian he went to heaven. While having his earthly debriefing with God, Timothy

asked him, "How come you didn't save me?"

God answered, "I gave you a brain to reason with. I then sent you a boat, a helicopter, and a log. You just didn't use the power I gave you to think for yourself. I gave you a brain, but I didn't give you a life insurance policy."

Remember that at PEARL HARBOUR a chaplain grabbed a machine gun and started shooting at Japanese airplanes. He uttered the classic line

"PRAISE THE LORD . . . AND PASS THE AMMUNITION."

Well. That's my job in writing this. It's to give you plenty of ammunition and plenty of realistic target practice, well laden with TREMEMDOUS SPEED, ethics, wisdom, and SANITY.

Yes. There are some dangers in providing confrontational advice. In fact there's lots of them.

Before you start using SPEED TRAINING to beat up the Bad Guy you should take into consideration three things.

FIRST - The location of where the fight is.

SECOND - Your own personality, mental attitude and training about fighting, and

THIRD - The personality and motivation of that particular Bad Guy.

There is no one specific way to take care of the Bad guy. I am just showing you ways that work with speed and elegance. Take these HIDDEN SECRETS and add them to YOUR line of existing knowledge.

P.S. Nowhere do I ever recommend that YOU DO in a real street situation. That very important decision is always your own personal decision. You know what I believe I should do. What you do is totally YOUR CHOICE, YOUR DECISION, AND YOUR RESPONSIBILITY.



SECTION #15

How to Change Wimps into Warriors The Hidden Secrets of Walking Tall!

by
Jack L. Williams

Listen up guys.

In 1983 Dr. J. M. La Tourrette, 8th degree black belt and Ph.D. in Sports Psychology, took four below black belt ranked karate students, taught them some skills that I call "The Hidden Secrets" . . . and by 1985 had them all top ten rated triple crown winners in Karate Illustrated magazine, AS BLACK BELTS!

Let me tell you.

These guys were nothing special. In fact they were the normal type of life that are attracted to training at a karate school for selfish reasons like personal power, glory, and bucks.*

Hank was a skinny, pimple faced short order cook that wanted to be the next Bruce Lee.*

George was a short, smart-mouthed, out-of-work construction worker.*

Bruno was an unskilled labourer in a trailer house factory with a pregnant girl friend.*

And last was Sam, a short long haired hippie, ex-drug addict, and college drop out.*

All of these guys wanted glory. All of these guys wanted lots of money. All of these guys believed the Doc could give them the secret training to get them what they wanted.

So the Doc did.

I bet I know what your next question is. I'll bet it's, "What were the Hidden Secrets?"

Well. I'll tell you. But hold on a minute. Let's first talk about what some of these guys did.

Bruno was a green belt. In Dr. La Tourrette's system, green belt is four stages down from black belt. In training, time wise, it takes about two years to go from green belt to first degree black belt.

Just before a rated karate tournament in Fountain, Colorado,

(continued on next page)

* Names have been changed to protect the identity of these students!

thrown by taekwon-do expert "Tiger" George, the Doc walked up to Bruno, gave him a black belt and told him he was entered in sparring, kung-fu fist sets, hard karate forms, and weapon's proficiency demonstration AS A BLACK BELT!

Bruno had been well trained by Dr. La Tourette. Bruno just grinned, said "You Bet!", put on the new black belt, then went out and went to work to kick butt.

You see, Bruno already knew how good he was compared to "Joe Blow" black belt. He already knew, not hallucinated, he was a fast fighter. Bruno already knew how to manipulate the judges. He already knew how to throw the techniques that they were looking for, that they would appreciate, and that they would allow points for!

Enough of a build-up. The short side of it is that Bruno took . . .

- * 1st place light weight black belt sparring
- * 1st place hard style forms
- * 2nd place soft style forms
- * 1st place weapon's proficiency demonstration
- * Grand champion sparring
- * Grand champion forms demonstration

Listen closely now, Bruno, a lowly below black belt, two years away from black belt, beat the butts off of rated black belts in forms, fighting and weapon's skills.

He wasn't the only one of Dr. La Tourette's students that did it either. At that time the Doc's headquarters were located in Colorado Springs, Colorado, just five blocks from the United States Olympic Training Center. His studio had only been open three months when the above tournament occurred, but his students walked away with a total of twenty-six trophies.

One Korean gentleman, a well known full contact fighter called the "AX MAN" walked up to Dr. La Tourette and asked how come he had so many good students, so soon. The Doc just smiled, shrugged his shoulders and said, "Heck if I know. We must be lucky or some thing."

The Doc didn't tell the Ax-man the truth. Dr. La Tourette didn't tell him his people won because they were prepared to win!

One of Dr. La Tourette's favorite sayings is . . .

**"THERE IS NOLUCK! THERE IS ONLY OPPORTUNITY.
WHEN PREPAREDNESS MEETS OPPORTUNITY, THAT'S
GOOD LUCK!"**

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WHEN NON-PREPAREDNESS MEETS OPPORTUNITY, THAT'S BAD LUCK!

Dr. La Tourette knew that planning was what winning really took, then enough guts, discipline, and perserverence to follow the original plan through to completion.

To get those guys all rated, the Doc positioned them geographically so they'd be going to different tournaments. That way they would not cannibalize each other's points.

One of them opened a studio in the state of Washington. Another had one in the state of Montana. Yet another had one in the state of Colorado. The last one went to another large town in Colorado.

By 1985 all four of them had been regionally rated in the top ten of Karate Illustrated magazine!

This is when Dr. La Tourette left them alone to grow on their own. He had his own research to do. He, at that time was studying for his Ph.D. in Sports Psychology. The Doc just did not have the time to baby sit them, to do all his studies, and to run his own school in Colorado Springs, all at the same time.

There is this old wife's saying, "If you don't make love to your wife, somebody else will!"

It's the same with karate students. "If you don't teach them, someone else will jump into the gap and do it for you!"

Well, these guys are no longer with the Doc. But . . . because of the way the Doc teaches (sometimes he comes across as a real hard core asshole), these ex-students had no idea of the depth of the knowledge they had been getting. After about a year these guys went out on their own and joined up with a fat, self-promoted 10th degree black belt who promised to teach them the real Master Keys. The one farthest away, in Washington, slipped away first. He was soon followed by his three friends.

Since that time, all four ex-champions have dropped slowly from the spotlight.

As one of the ex-students told Dr. La Tourette in early 1991, "Its like I don't know what I'm doing anymore. When I was with you I was making eleven to twelve thousand dollars each month, and I was winning tournaments everywhere. Since I've joined Master X's association my earnings have dropped to about three thousand per month and my winnings are far and few between."

After the Doc had trained those four students in the Hidden Teachings, he stopped training people in them! You see, from 1985 to 1987 Dr. La Tourette had other students running his studio while he was finishing up his Ph.D. work in Sports Psychology.

By Janurary 1987, his original group had slipped away and the Doc just did not want to take the time and energy to "retrain" those who were left and running his school.

But, the Secret Teachings are not that complex. In fact they are rather simple.

Let me tell you how simple they really are.

In 1975 the Doc took a young "go-for-it" beginner who wanted to be a champion. He taught this beginner just one technique for one hour a day for thirty days. At the end of the thirty days, the Doc entered this aggressive white belt in a rated tournament as a brown belt. Guess what? Yes. You guessed right. This "go-for-it" beginner took first place!

The beginner's energy level was high. He was in full attack mode. His concentration was focused on only one thing, hitting his immediate opponent with his one technique, and continuing with a blitz attack until the referee pulled him off of his opponent.

Pay attention now. Dr. La Tourette did it again, over in Oregon, in October 1991. The Doc took six students to a state qualifying tournament. The six students came back with fifteen trophies!

Dr. La Tourette's students, many of whom had never competed before, cleaned up in the divisions they entered. This includes the divisions of sparring, forms demonstration, and weapon's demonstrations.

When one of Dr. La Tourette's students, Mr. Michael Boyce, five times National Champion was asked, "How come you can do so good in several different divisions?", his answer was simply . . .

**"HAVING ONE DISCIPLINE IN MY LIFE
ALLOWS ME TO HAVE DISCIPLINE IN ALL
OTHER ASPECTS OF MY LIFE!"**

Onward.

Let's get right down to the nitty gritty.

All the stuff that is required for a certified black belt degree in any system is not a necessary requirement for winning a fight, or, for winning a tournament! PERIOD!

Now, if I were you, my next question would be, "If it's not necessary for really fighting, why is it done?"

Listen up Buckwheat. What is the primary reason people make love? Is it because they all want to procreate their species, and want to multiply and populate the earth because God demanded them to do so?

Well I know you won't answer my question, so I'll answer it for you. You see, everybody knows that sex is fun! Everybody also knows that if you do the same old thing, everytime, then . . .

"IT'S NOT FUN ANY MORE!"

(turn to next page)

I N S E R T

Eleven Steps to Courage

1. What is your present state in reference to courage?
2. What is your desired courage level stated in positive words?
3. How will you know when you've acquired your desired level of courage?
 - a. How do you test your courage level?
 - b. What specifically do you see, hear and feel when you have courage?
 - c. Is this acquisition of courage under your control?
4. In what situations do you want to demonstrate courage?
 - a. What event triggers the courage behavior?
 - b. Where, when and with whom is it appropriate to demonstrate the courage behavior?
5. How will the acquisition of courage affect your life?
 - a. What will be added?
 - b. What is worth saving from your current behavior?
 - c. What will you lose with courage added to your behavior?
6. What stops you from having courage all ready?
7. What resources are needed to have courage?
 - a. What courage skills do you all ready have?
 - b. What courage skills do you need to acquire?
8. Now train and develop the resources needed for #7.
9. Testing out your new courage skills to see if they meet criteria of original outcome.
10. Future pacing your courage skills to see if they are the skills you really wanted.
11. Ecological check of your courage skills.
 - a. Do you like them?
 - b. Do they fulfill your outcome of courage as stated in #2?

You see Buckwheat, all of us old style black belts train because we like training. We spar because we like sparring. We do forms because we like doing forms. We do weapons, all types, large bore guns included, because we like training with weapons!

In karate, as in sex, variety is the spice of life. Variety relieves boredom.

Doing something new, that you like doing, stimulates your motivation so you continue doing what you like that is fun, exciting, enjoyable, sweaty, creative, a challenge, and self-fulfilling.

You'll notice that nowhere did I say you must be mean, nasty, aggressive, pushy, sadistic, nor masochistic. Those items (resources) are not the mainstays of a karate system, but they can be survival tools in a self-defense, kill-or-be-killed, butt puckering confrontation where turning and running is out of the question because of the lack of safety.

This next sentence is real important.

YOU DON'T NEED TO BE A BLACK BELT, NOR A BROWN BELT, NOR A GREEN BELT, NOR ANY OTHER TYPE OF BELT TO BE ABLE TO KICK BUTT AND WALK TALL! PERIOD!

In fact, because of surveys we've taken, we know that in our karate schools about 99% of the new students come in because of fear . . . or, as we so politely put it, the character building traits of self-confidence, self-esteem, self-awareness, and self-defense. We also know that if this "fear factor" is not converted into a FUN FACTOR, they all walk quickly back out the door within thirty to ninety days, as soon as boredom, stagnation, and reality sets in.

Our first training program is so designed so that these new students get the fear factor taken care of quickly, and then progress upwards to the fun stuff.

Remember guys, sex is fun only if you work at it. Only if you change it. Only if you have some type of variety to make it new, invigorating, stimulating, and your partner must be fun to be with.

Dr. La Tourette has over 250 techniques up to black belt. He has over 150 kicking combinations up to black belt. He has over 25 forms up to black belt. He teaches the use of twelve weapons up to black belt. He has us fight in tournaments. He has us go to seminars. Every once in a while some of us (without the Doc's knowledge) will go down to Joe's Bar and Grill and let some pushy pigshit stupid drunk try to bully us. All of the above is fun! . . . but has nothing to do with the skill of kicking butt.

Pay attention now. By the time any adult, age twelve or above, has spent six months to eight months training with a good, (I did not say goody goody, easy, or wishy washy) self-defense instructor . . . He's got self-defense skills!

(continued on next page)

If that's all he wants, self-defense skills, then he should quit training after six to eight months because he needs nothing else!

Everyone who continues training after six months are training for the fun of training, no matter how they might rationalize their personal reasons. And, this fun training, we call it by many names. We call aspects of it Chi training, Awareness training, Traditional training, and we add lots of color, excitement and trappings to it.

I hope I don't bore you with this isomorphic metaphor, but karate training is a lot like sex. . . If you are bored with sex, you either get another training partner, another instructor, do abstinence, or go and watch a XXX movie where actors are doing techniques that stimulate you.

Karate training is the same.

We have many people that gravitate to our studio and our organization because when they train with us, they are no longer bored to death!

These guys are good black belts . . . but they just want to learn something new, something exciting, something fun, something stimulating. At their advanced stage of karate training, they don't give a damn about learning another floor exercise, going to another tournament, or beating up another bad guy.

They have done all that many times over and it's about as exciting for them as the Missionary position is for a fifty year old man that's been married to the same frigid wife for thirty years. He just can't get excited anymore.

So. For these old timers, you teach Nerve Cavity Strikes. You knock them on their butts by striking the heart nerve on the arm ---then show them how-to-do-it.

For these old timers you teach Speed Hitting, and you hit that dude sixteen times in one second, and then teach him how to do it.

For these guys you explain the five types of Internal Power, Chi development, show them how to breath and increase their strength, awareness, power, and mental abilities by their mind training alone.

You show these guys the INTERNAL SHIELD so they can stop any punch.

You teach them MIND CONTROL so the can lower their heart beat, stop their own bleeding, and have instant pain control.

For these people, you lay them on a bed of nails and then break concrete blocks on their bodies with a sledge hammer.

But, Buckwheat, understand that all of the above are boredom release exercises, and have virtually nothing to do with kicking

(turn to next page)

butt or walking tall.

Take note of these facts about the best in the karate world:

- * "Superfoot" Bill Wallace was karate's fastest kicker. He used only three kicks, a side kick, a heel hook kick, and a round kick, and all with the same leg, his left.
- * "Bull Dog" Howard Jackson used the one principle of Initial Speed and always got his opponent before he could react to the explosive attack.
- * "World Champion" Mr. Joe Lewis relied on three techniques; a back fist, a back kick, and a side kick and dominated the three worlds of karate. These are point karate, full contact karate, and professional kick boxing.
- * "Genius" Mr. Bruce Lee was an avocate of using only your best technique, doing it with you lead hand, and doing it first. Mr. Lee's the person that came up with the fighting principles that the others learned to become champions.
- * Jim Harrison used the intimidation approach. When you talk about the movie the Karate Kid, people think he's the other guy. When you fought him your bowels loosened. Mr. Harrison talked tough and he fought tough. p.s. he's also one heck of a nice guy. Many of The Doc's black belts train with him. But, eye-ball-to eye-ball, he's going to win or damn well know the reason why.
- * Fighting Fred Wren was like going up against a creature from one of Stephen King's novels. His ringside behavior was as dark or darker than Harrison's.
- * "Movie Star" Chuck Norris used the " Good Old Boy method to "relax them" and then "smash them" when he faced them in the arena.

Take note: To be able to kick butt and walk tall, you need only one to five techniques. Some of those could be . . .

- 1) **The sun punch (lead hand straight punch to head) with best hand**
- 2) **Lead hand back knuckle, with best hand**
- 3) **Reverse punch with best power hand**
- 4) **Lead leg side kick, and . . .**
- 5) **Lead leg wheel kick**

I suggest strongly that you do not assume you can get all you need from this training special report. Fighting is a see-do art.

(continued on next page)

Speed fighting is not a, "read about it and hope I'm doing it right", type of martial art. So . . . get the video How-To-Be-Street-Lethal, where Dr. La Tourrette covers these five techniques and the precise master keys on how to do them in intricate detail. . . plus a whole heck of a lot more.

After you understand the techniques, practice them with a live training partner. Start out at 1/8 speed. Then progress up to 1/4 speed, until you can do the techniques at full speed, then red line speed.

At the end of ninety days your skills will have increased by leaps and bounds.

We suggest you do video tape training. This is mainly so you can keep track of your own improvement. Video tape yourself doing the techniques once a week, and at the end of ninety days go back through them to note how much you've improved.

Sincerely,

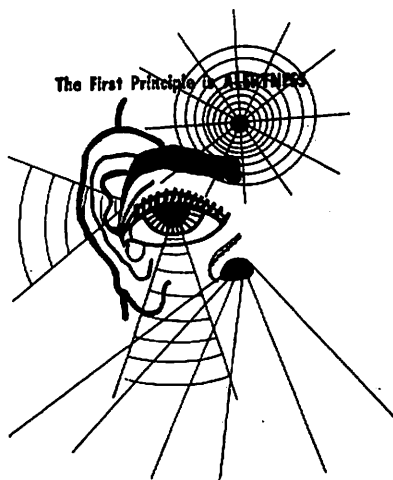
Jack L. Williams

p.s. I do suggest you get Dr. La Tourrette's new book, How to Maximize Your Martial Arts Performance in Minimum Time (\$40 + \$4.50).

This book was sold in Martial Arts Trainer magazine in 1989 for \$450. The main point here is the mental training leading performance secrets that the book will explain to you to help you short cut the long road to karate success.

Another great training aid to get is SPEED HYPNOSIS FOR MARTIAL ARTS ATHLETE (\$15 + \$4.50 P&H)

HAVE A GREAT DAY AND GOD BLESS!



*Train the mind and alert
the senses—Danger must be
recognized before it strikes.
Fore warned is fore armed.*

Verbal Judo

- 1st principle of physical judo is to not resist your opponent. Instead, try to move with them and redirect their energy.
- In Verbal Judo, don't ignore or dismiss a question—that's the same as resisting it.
- Always attempt to answer, not avoid.



Verbal Judo

- Leap into the questions with energy.
Turn them into opportunities to explain yourself, tell what you do, justify your views.
- Here's the chance to educate a person, to win their respect, and provide them with deeper understanding so they won't go away angry.



Difficult People

- I like difficult people...I am one of them!
- When someone says, "That's wrong" or "You can't do that to me" I get interested – that's a challenge!
- It gives me the opportunity to explain why it is in their best interest to understand and/or comply.
- When you shift from resisting to appreciating, even welcoming difficult people, things become less tense and more interesting.



What Not To Say

- “Because those are the rules” – That one is sure to cause heartburn!
- If you are enforcing the rules for good reason, don't hesitate to explain it to them.
- Your audience might not agree, but at least they will have been honored with an answer.



What Not To Say

- “It’s none of your business” – This phrase angers people because it brands them as outsiders and cuts them off.
- And, it looks like you don’t have a good reason for answering their question.
- Rather than telling them it’s none of their business, explain why the information cannot be revealed.
- If someone barks at you, don’t be a jerk...just explain yourself firmly and tell them why.



What Not To Say

- “What do you want me to do about it?”
If you say this you can count on two problems: the one you started with and the one you just created by appearing to duck your responsibility.
- Instead, offer to sort out the problem and offer a solution. Maybe an apology works.
- “I’m sorry. I really don’t know what else to tell you or what to recommend, and I wish I did.”
- A concerned tone will enhance your credibility and convey that you’re not secretly just trying to pass the buck.



What Not To Say

- "Calm down" – this is criticism of people's behavior and implies that they have no right to be upset.
- Rather than reassuring them that things will improve—which should be your goal—you have created a new problem.
- Not only are they already upset at you to begin with, but now they need to defend their reaction to you.

What Not To Say

“Why don’t you be reasonable?” – instead, allow people to be more reasonable by being reasonable with them.

Use language of reassurance like “Let me see if I understand your position,” and then paraphrase their own words.

This lessens tension and enables them to feel your support.

Now you can help them think more logically and less destructively because you are listening to them, not insulting them.



Be Empathetic

- Empathy is the quality of standing in another's shoes and understanding where they are coming from.
- Empathy absorbs tension. It works!
- The ultimate empathetic question is, "Let me be sure I heard/understood what you said."
- Now, no matter how upset they are, they will have to hush and listen because they want to make sure you heard what they wanted you to hear.



Empathy/Paraphrasing

- By paraphrasing the question back to them, you have taken control of the conversation because you are talking and they are listening.
- And, if you have not heard them correctly, it gives them an opportunity to correct you.
- You have made them a better listener because no one listens harder than to their own point!
- Paraphrasing is gentle. It tones down the volume and makes a diatribe a conversation.

LEAPS

Listen, Empathize, Ask, Paraphrase,
Summarize

- 5 basic tools to generate voluntary compliance – LEAPS.
- (1) LISTEN - When you listen you've got to look/act like you're listening. A person may not be making sense, but the moment your eyes glaze over or you get "lost" in the conversation, it appears you are not interested and conflict can occur.



LEAPS Continued

- (2) Empathize – This doesn't suggest you have to agree with that person. But, everyone is entitled to a point of view.
- Don't agree...just try to understand where the person is coming from.
- If people believe in you, in your service, in your desire to help, often that in itself is enough to generate voluntary compliance.
- "This is policy, this is procedure, these are the grounds I have to stand on" ...this approach alone will calm most people.



LEAPS continued

- (3) Ask – There is a process of asking questions that can make you more skillful.
- Fact-Finding – (who, what, when, where, why, and how). Don't be too quick with an answer before you can define the question.
- Ask for specific data. Don't lead to your point of view, be as general as you can. This makes you appear caring, open and unbiased.
- "Is there some way we can solve this problem" is powerful—everyone likes to voice their opinion and they might even have something profitable to say!

LEAPS Continued

- (4) Paraphrase – When someone comes at you with verbal abuse, forget the tone and emotion.
- Put the complaint into your own words and play it back for them.
- Even if you've misunderstood, they will see that you are trying and they will want to help you get it right.
- Remember, through this you have gained control of the conversation.



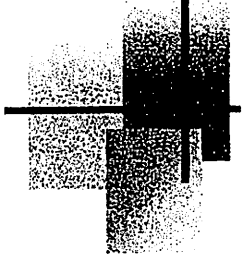
LEAPS Continued

- (5) Summarize – By definition, this means condensing and taking all the information and putting it in a concise statement.
- Must have three (3) things – it must be *brief*, *concise*, and above all, *inarguable*.
- You should sound as if you have reached the end, and you are now, in your professional capacity, executing the conclusion of the matter.
- Doing this with the first 4 LEAP steps will have your audience more open and receptive.



LEAPS Summary

- We all make mistakes everyday, but listening, empathizing, asking, paraphrasing, and summarizing can go a long way in making you more effective.



Workplace Notes

- Always maintain your professional face; never strive to save your personal face...it's a lot easier to squeeze the toothpaste out of the tube than stuff it back in!
- Your personal face is ego on your sleeve, your expression of irritation, anger and bias.



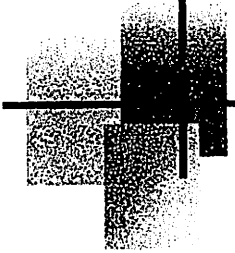
Workplace Notes

- Every verbal encounter is unique.
- You may work with the public all day and communication may seem to you like a stream of endless repetition.
- Remember that your audience doesn't realize they are asking the same question you have already been asked a dozen times.
- That 41st caller doesn't want to be treated like you've had 40 callers earlier...make them feel as if they were the first caller of the day—Empathize!



Workplace Notes

- Control encounters; don't become a victim of them.
- Think of yourself as a contact professional who can control the situation.
- If you can't control yourself, you can't control the situation. It starts with you.
- You have to be in control to create control.



Workplace Notes

- Respond to people; don't react.
- The work respond is a Latin derivative meaning "*to answer*"
- When you are responding, you are in control. You are re-answering, responding to the event with power.
- On the other hand, if you react, the event is controlling you.



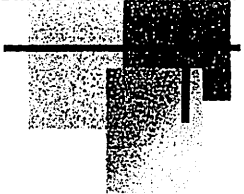
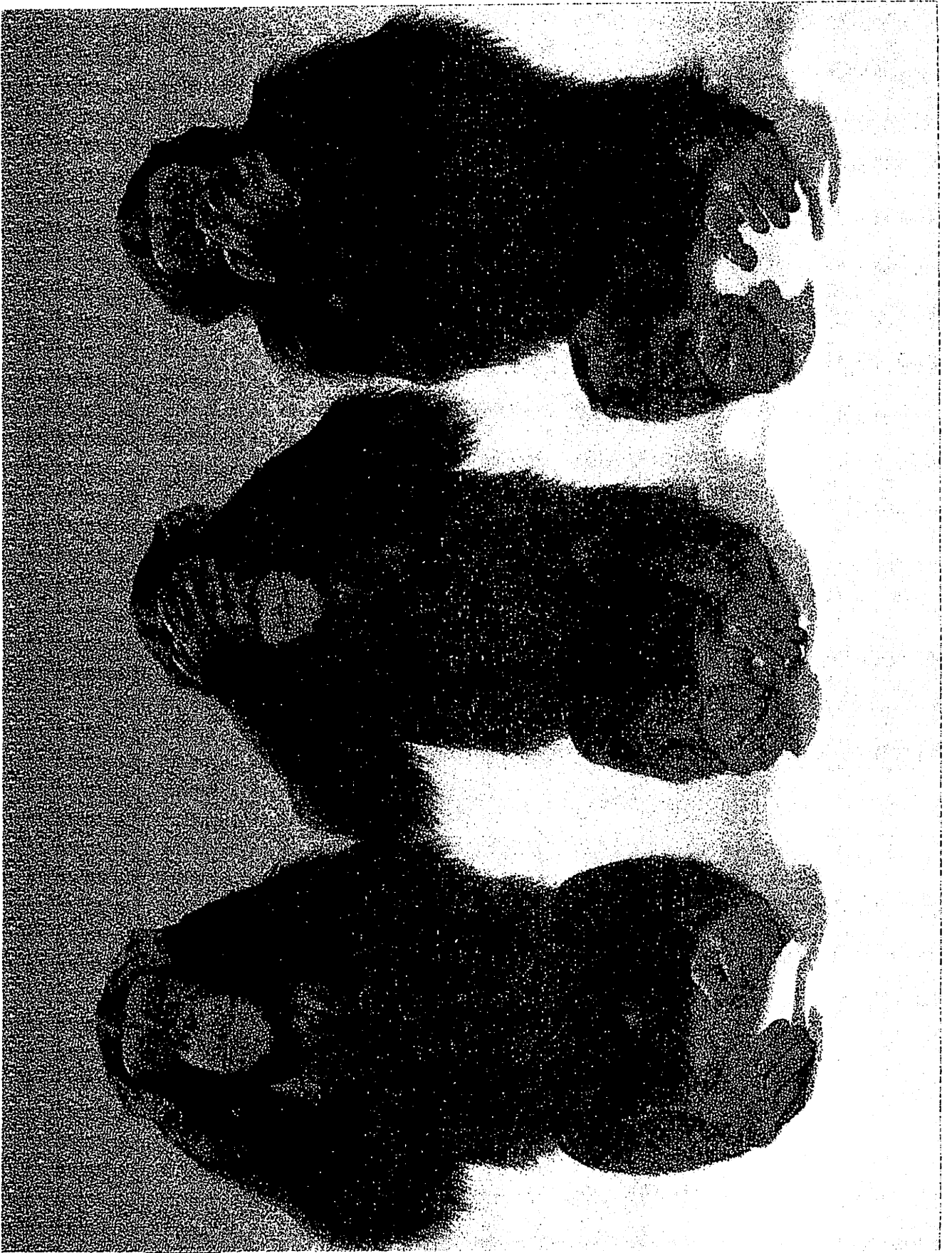
Workplace Notes

- Never violate the equity principle. Treat people equally, regardless of age, race, appearance, and most importantly, APPARENT VALUE TO YOU.
- The words that rise most readily to your lips are usually reactive rather than responsive.
- Choose your words with an eye on the goal: What is the thing I want to accomplish.
- Remember, the less ego you show the less you reveal your personal face in verbal encounters...it takes a healthy ego to be a leader...the less ego you show the more power you have over others.



Conclusion

- And if that doesn't work...





THANK YOU!

VERBAL JUDO

The Gentle Art of Persuasion

George J. Thompson, Ph.D.

Jerry B. Jenkins

Presented by Mark Dreibelbis, Assistant Commissioner, NCHSAA



Handling the Attacks

- You will be attacked – little question of that.
- The real question is whether you'll become a stronger, more flexible person or if you will give in to reflex actions that diminish your effectiveness.
- Don't fall into traps for which you will later regret your actions.

Simple Secret

- It's okay if someone insults, resists, or attacks you. Try to laugh it off.
- Show that is has no meaning, no sting.
- If you fight back and resist the affront, you give it life and credibility.
- If you defend yourself, you invite counterattack.

An Example

- Look what happened when Richard Nixon declared, "I am not a crook."
- If, instead of lying or defending himself, he had early on admitted the truth without anger or sarcasm.
- He might actually have survived politically.
- Imagine if he had said, "We got caught in a stupid move and we're going to make it right."

What is Verbal Judo?

- Judo was developed as a sport of self-defense without the use of weapons.
- Karate is defined as a self-defense system characterized by sharp, quick blows delivered with the hands and feet.



Verbal Karate

- Verbal Karate is lashing out—using harmful and destructive words.
- Verbal Karate is the use of unprofessional language, because you are using words to express your personal feelings.
- You are not connecting with your audience and you are off target
- Verbal Karate is easy—but it doesn't work in oral communication!

Verbal Karate

- Verbal Karate burns bridges and alienates people.
- It may make you feel good about yourself temporarily, i.e. telling someone off.
- You strut away thinking, "I told them!"
- And then, you usually have to come back and apologize.
- Be careful – people never forget verbal abuse. It sinks deeper and lasts forever!