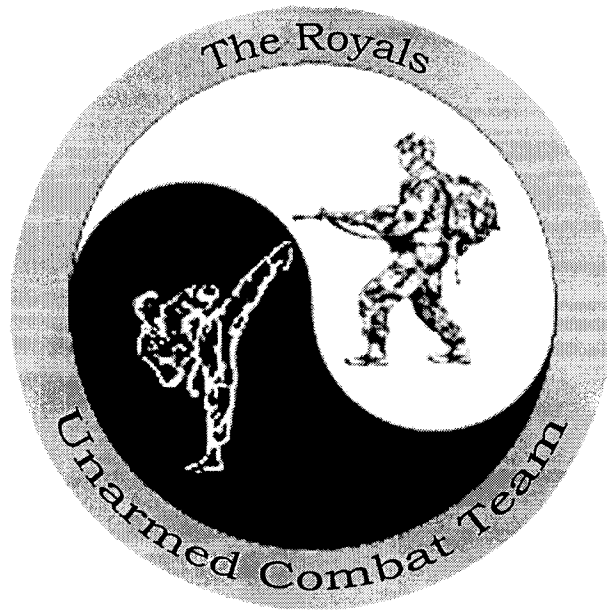


Military Unarmed Combat Course



Phase Four

**AS WRITTEN BY GRANDMASTER GUS MICHALIK, BLACK
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WARNING:

**THESE LESSONS ARE INTENDED FOR MILITARY
APPLICATIONS THEREFORE THESE TECHNIQUES ARE TO
THE EXTREME AND CAN BE MODIFIED TO A LESSOR DEGREE**

Black Arts Military Unarmed Combat Course

Phase Four

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- Defence against a one-hand lapel grab.
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- Defence against a straight punch.
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- Defence against a baseball bat.

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- Dim Mak Points Chart

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- Knife Insertion Points Chart

EDO 104		DATE
EC 104.01		FEBRUARY 2003

LESSON OBJECTIVE

1. **PERFORMANCE** : Open hand defence against an unarmed attacker.
2. **CONDITIONS** : Given: Classroom instruction.
3. **STANDARD** : IAW references, the trainee shall demonstrate techniques to open hand defend against an unarmed attacker.
4. **DATE REVISED** : March 2003 **TIME** : 1 X 40 min period.

<p><u>TEACHING POINTS</u></p> <ol style="list-style-type: none"> 1. Defence against a one-hand lapel grab. 2. Defence against a two-hand lapel grab. 	<p><u>METHOD/APPROACH</u></p> <ul style="list-style-type: none"> - Theory - Practice *
	<p><u>REFERENCE(S)</u></p> <p>Phase Four - Advanced Training Unarmed Combat Vol 4.</p>
	<p><u>STUDENT LEVEL</u></p> <p>All</p>
	<p><u>TEST DETAIL</u></p> <p>Practical</p>
	<p><u>TRAINING AIDS</u></p> <p>Pressure Point Charts</p>

CAREER ADMINISTRATIVE ACTIONS

INTRODUCTION

- WHAT** : In this lesson, defence against a one-hand and two-handed lapel grabs will be presented.
- WHERE** : This lesson is an Educational Objective and you will use the subject matter throughout your military career.
- WHY** : You must be familiar with these different techniques as they are tools that can be used any time to protect life from an armed attacker.
- ORGANIZATION** : This lesson consists of 2 stages, with 2 techniques per stage.
- TEST** : There will be a quiz at the end of this lesson. The contents of this lesson will also be tested at the end of Phase Four trg.
- CONTROL STATEMENT** :
- a. If you have any questions, raise your hand; and
 - b. When I ask a question, no group answers.
-

STAGE 1

DEFENCE AGAINST A ONE HAND LAPEL GRAB

INTRODUCTION

1. In the CF, there are times when you may be confronted by an unarmed attacker. Different types of attacks will require different types of defences. Phase Four training will give the soldier two basic defences for each type of unarmed attacks. The first defence is against a one-hand lapel grab.

All inside blocks are conducted by stepping forward with your right foot and outside blocks are conducted by stepping forward with your left foot.

An up and down block refers to a block where your left hand is up and your right hand is down, and the striking part is the back of the forearm.

TECHNIQUE 1

- a) Strike the opponents forearm with both hands along the Lung and Pericardium meridians, using the middle finger knuckle (Dragon's Eye Strike), following through by dragging the knuckles down the forearm towards your chest.
- b) Roll the right hand in a clockwise direction, starting the roll from Small Intestine 17 with a ridge hand strike palm down, rolling the hand until the thumb strikes Stomach 5.
- c) No follow up required.

ACUPUNCTURE THEORY

- *In Acupuncture, you are stimulating the Triple Warmer Meridian on the back of the arm and the Lung Meridian on the front of the arm.*

MODERN MEDICINE THEORY

- *Striking the Triple Warmer Meridian will stimulate the Sympathetic Nervous System causing the blood pressure to rise.*
- *Striking the Lung Meridian also stimulates the Sympathetic Nervous System causing the blood pressure to rise further.*
- *Striking Small Intestine 17 also stimulates the Sympathetic Nervous System causing the blood pressure to rise further resulting in over stimulating the Sympathetic Nervous System. This will have now increased the reaction to at least six times normal.*
- *Then by striking Stomach 5, which is a Parasympathetic response, the result is a sudden drop in heart rate.*
- *This will cause either a knockout or a heart block resulting in death.*

TECHNIQUE 2

- a) *With your left hand grab your opponent's hand and pin it to your chest.*
- b) *With your right hand strike Heart 2 with a Phoenix Knuckle Strike.*
- c) *Then sweep your right arm back, striking Liver 14 and Gallbladder 24 on the ribcage with the back of your right hand.*
- d) *Continue the backhand movement from your left to right, then thrust forward with reverse ridge hand into Large Intestine 18 (Quadrant 2).*

ACUPUNCTURE THEORY

- *In Acupuncture, you are stimulating the Small Intestine Meridian, Large Intestine Meridian, Triple Warmer Meridian, Heart Meridian, Pericardium Meridian and Lung Meridian on the arm. You are also stimulating the Liver Meridian and Gallbladder Meridian on the rib cage and Large Intestine Meridian on the neck.*

MODERN MEDICINE THEORY

- *By grabbing the opponent's hand you are in contact with the Small Intestine Meridian, Large Intestine Meridian, Triple Warmer Meridian, Heart Meridian, Pericardium Meridian and Lung Meridian, which will stimulate the Sympathetic Nervous System, causing the blood pressure to rise.*
- *Striking the Heart Meridian on the bicep also stimulates the Sympathetic Nervous System causing the blood pressure to rise further.*
- *Striking the Liver and Gallbladder Meridian also stimulates the Sympathetic Nervous System causing the blood pressure to rise further resulting in over stimulating the Sympathetic Nervous System.*
- *Then by striking Large Intestine 18, which is a Sympathetic response, the result is drastically over stimulating the Sympathetic Nervous System.*
- *This will cause either a knockout or a heart attack resulting in death.*

CONFIRMATION OF STAGE 1

"QUESTIONS FROM CLASS"
"QUESTIONS TO CLASS"

- Q1.** In the first technique, what are the two meridians that are being activated in the arm?
A1. You are stimulating the Triple Warmer Meridian on the back of the arm and the Lung Meridian on the front of the arm.
- Q2.** In the second technique, what is the response by striking Liver 14?
A2. It stimulates the Sympathetic Nervous System.

STAGE 2

DEFENCE AGAINST A TWO HAND LAPEL GRAB

INTRODUCTION

1. In the CF, there are times when you may be confronted by an unarmed attacker. Different types of attacks will require different types of defences. Phase two training will give the soldier two basic defences for each type of unarmed attack. The next defence is against a two-hand lapel grab.

TECHNIQUE 1

- a) Strike Large Intestine 10 and 11 on both arms with the small knuckle of both hands, rolling the strike towards your waist. This will cause the opponent's body to drop.
- b) Strike Stomach 9 with a reverse Tiger Hand Strike on both sides of the neck. Be sure to follow through with the strike.
- c) Turn the hands over and strike Gallbladder 20 on the back of the head on both sides with the index finger knuckle.
- d) No follow up required.

ACUPUNCTURE THEORY

- *In Acupuncture, you are stimulating the Large Intestine Meridian on the arms, the Lung Meridian on the neck and the Gallbladder Meridian on the back of the head.*

MODERN MEDICINE THEORY

- *Striking the Large Intestine Meridian will stimulate the Sympathetic Nervous System causing the blood pressure to rise. This will increase the reaction to at least four times normal.*
- *Then by striking Stomach 9, which is a Parasympathetic response, the result is a drastic sudden drop in heart rate.*
- *Then by striking Gallbladder 20, which is a Parasympathetic response, the result is an additional sudden drop in heart rate.*
- *This will cause either a knockout or a heart block resulting in death.*

TECHNIQUE 2

- a) Kick the Triple Warmer point on the leg, six inches above the ground, from front to back.
- b) As the opponent falls forward strike Large Intestine 18 on the neck with the back of your forearm.
- c) No follow up required.

ACUPUNCTURE THEORY

- *In Acupuncture, you are stimulating the Triple Warmer Meridian, Bladder Meridian, Liver Meridian and Spleen Meridian on the leg. You are also stimulating the Large Intestine Meridian on the neck.*

MODERN MEDICINE THEORY

- *Striking the leg will stimulate the Triple Warmer Meridian, Bladder Meridian, Liver Meridian and Spleen Meridian affecting the Sympathetic Nervous System causing the blood pressure to rise.*
- *Striking the Large Intestine Meridian also stimulates the Sympathetic Nervous System causing the blood pressure to rise further resulting in over stimulating the Sympathetic Nervous System.*
- *This will cause either a knockout or a heart attack resulting in death.*

CONFIRMATION OF STAGE 2

"QUESTIONS FROM CLASS"

"QUESTIONS TO CLASS"

- Q1.** In the first technique, what is the result of over stimulating the Parasympathetic Nervous System?
- A1.** This will cause either a knockout or a heart block resulting in death.
- Q2.** In the second technique, what is the result of drastically over stimulating the Sympathetic Nervous System?
- A2.** This will cause either a knockout or a heart attack resulting in death.

SUMMARY

1. In conclusion, you must be familiar with these different techniques as they are tools that can be used any time to protect life from an unarmed attacker.

TEST

1. Practical demonstration with an opponent.

CONCLUSION

WEAK POINTS : As per practical test

IMPORTANT POINTS :

1. Defence against a one-hand lapel grab.
2. Defence against a two-hand lapel grab.

FINAL MOTIVATION : This information will be useful in protecting your life and the life of others throughout your career and beyond.

NEXT PERIOD : As per trg schedule.

EDO 104		DATE
EC 104.02		FEBRUARY 2003

LESSON OBJECTIVE

1. **PERFORMANCE** : Open hand defence against an unarmed attacker.
2. **CONDITIONS** : Given: Classroom instruction.
3. **STANDARD** : IAW references, the trainee shall demonstrate techniques to open hand defend against an unarmed attacker.
4. **DATE REVISED** : March 2003 **TIME** : 1 X 40 min period.

<p><u>TEACHING POINTS</u></p> <ol style="list-style-type: none"> 1. Defence against a front choke. 2. Defence against a close choke. 	<p><u>METHOD/APPROACH</u></p> <ul style="list-style-type: none"> - Theory - Practice *
	<p><u>REFERENCE(S)</u></p> <p>Phase Four - Advanced Training Unarmed Combat Vol 4.</p>
	<p><u>STUDENT LEVEL</u></p> <p>All</p>
	<p><u>TEST DETAIL</u></p> <p>Practical</p>
	<p><u>TRAINING AIDS</u></p> <p>Pressure Point Charts</p>

CAREER ADMINISTRATIVE ACTIONS

INTRODUCTION

- WHAT** : In this lesson, defence against a front choke and close choke will be presented.
- WHERE** : This lesson is an Educational Objective and you will use the subject matter throughout your military career.
- WHY** : You must be familiar with these different techniques as they are tools that can be used any time to protect life from an armed attacker.
- ORGANIZATION** : This lesson consists of 2 stages, with 2 techniques per stage.
- TEST** : There will be a quiz at the end of this lesson. The contents of this lesson will also be tested at the end of Phase Four trg.
- CONTROL STATEMENT** :
- a. If you have any questions, raise your hand; and
 - b. When I ask a question, no group answers.
-

STAGE 1

DEFENCE AGAINST A FRONT CHOKE

INTRODUCTION

1. In the CF, there are times when you may be confronted by an unarmed attacker. Different types of attacks will require different types of defences. Phase Four training will give the soldier two basic defences for each type of unarmed attacks. The first defence is against a front choke.

All inside blocks are conducted by stepping forward with your right foot and outside blocks are conducted by stepping forward with your left foot.

An up and down block refers to a block where your left hand is up and your right hand is down, and the striking part is the back of the forearm.

TECHNIQUE 1

- a) Grab the attackers right hand with your left hand.
- b) Make a smooth clockwise motion with your right hand, skimming over Large Intestine 10 and 11 towards yourself.
- c) Spring the right hand back striking Small Intestine 17 with a ridge hand. Roll the right hand in a clockwise direction until the thumb strikes Stomach 5.
- d) Reverse your right hand position, shooting the hand to the back of head grasping Gallbladder 20 on both sides.

- e) Sharply rotate the attacker's head towards you, as you turn your body counterclockwise.
- f) Stretch the back of the attacker's neck across your right shoulder and drop down on your right knee. The combined falling, sudden stop and continued falling of his body weight will cause his vertebrae to break at the neck.
- g) No follow up required.

ACUPUNCTURE THEORY

- *In Acupuncture, you are stimulating the Large Intestine Meridian on the forearm, Small Intestine Meridian on the neck, the Stomach Meridian on the jaw and the Gallbladder Meridian on the base of the skull.*

MODERN MEDICINE THEORY

- *Striking the Large Intestine Meridian will stimulate the Sympathetic Nervous System causing the blood pressure to rise.*
- *Striking Small Intestine 17 also stimulates the Sympathetic Nervous System causing the blood pressure to rise further resulting in over stimulating the Sympathetic Nervous System.*
- *Then by striking Stomach 5, which is a Parasympathetic response, the result is a sudden drop in heart rate.*
- *This will cause either a knockout or a heart block resulting in death.*
- *If the knockout or heart block do not occur then the opponent is terminated with direct trauma by breaking the neck on your shoulder.*

TECHNIQUE 2

- a) With an up and down block, strike Heart 6 and Large Intestine 6 simultaneously, clearing the opponent's hands.
- b) With your right hand strike with a back fist to Conception Vessel 23.
- c) No follow-up required.

ACUPUNCTURE THEORY

- *In Acupuncture, you are stimulating the Heart Meridian, Large Intestine Meridian and Conception Vessel Meridian.*

MODERN MEDICINE THEORY

- *The opponent is terminated by direct trauma to the trachea.*

CONFIRMATION OF STAGE 1

"QUESTIONS FROM CLASS"

"QUESTIONS TO CLASS"

- Q1.** In the first technique, name at least two meridians that are being activated?
A1. You are stimulating the Large Intestine Meridian on the forearm, Small Intestine Meridian on the neck, the Stomach Meridian on the jaw and the Gallbladder Meridian on the base of the skull.
- Q2.** In the second technique, what is the response by striking Conception Vessel 23?
A2. The opponent is terminated by direct trauma to the trachea.

STAGE 2

DEFENCE AGAINST A REAR CLOSE CHOKE

INTRODUCTION

1. In the CF, there are times when you may be confronted by an unarmed attacker. Different types of attacks will require different types of defences. Phase two training will give the soldier two basic defences for each type of unarmed attack. The next defence is against a rear close choke.

TECHNIQUE 1

- a) Reach back with your right hand and pinch the ridge of skin along the armpit that joins the arm to the shoulder. If necessary, twist while pinching to increase the effect.
- b) As the opponent releases, turn clockwise and sweep your right arm back, striking Liver 14 and Gallbladder 24 on the ribcage with the back of your right hand.
- c) Simultaneously with your left hand, strike Gallbladder on the top right side of the forehead.
- d) No follow up required.

ACUPUNCTURE THEORY

- *In Acupuncture, you are stimulating the Liver Meridian and the Gallbladder Meridian.*

MODERN MEDICINE THEORY

- *Pinching the armpit will stimulate the Sympathetic Nervous System causing the blood pressure to rise.*
- *Then by striking Liver 14 and Gallbladder 24 you will over stimulate the Sympathetic Nervous System.*
- *Then by striking Gallbladder 14 on the forehead, which is a Parasympathetic response, the result is a sudden drop in heart rate.*
- *This will cause either a knockout or a heart block resulting in death.*

TECHNIQUE 2

- a) With a clockwise circular motion, hook your right foot behind your opponent's right ankle and pull forward.
- b) Simultaneously as the opponent falls back, fall back on the opponent's knee, breaking the leg with your body weight.
- c) Once on the ground, turn counterclockwise and strike Conception Vessel 22.
- d) No follow up required.

ACUPUNCTURE THEORY

- *In Acupuncture, you are stimulating the Kidney Meridian and Bladder Meridian on the back of the leg, as well as the Conception Vessel Meridian on the neck.*

MODERN MEDICINE THEORY

- *The opponent is terminated by direct trauma to the trachea.*

CONFIRMATION OF STAGE 2

"QUESTIONS FROM CLASS"
"QUESTIONS TO CLASS"

- Q1.** In the first technique, what is the result of over stimulating the Parasympathetic Nervous System?
- A1.** This will cause either a knockout or a heart block resulting in death.
- Q2.** In the second technique, what meridians are being stimulated on the back of the opponent's leg?
- A2.** The Kidney and Bladder Meridians are being stimulated.

SUMMARY

1. In conclusion, you must be familiar with these different techniques as they are tools that can be used any time to protect life from an unarmed attacker.

TEST

1. Practical demonstration with an opponent.

CONCLUSION

WEAK POINTS : As per practical test

IMPORTANT POINTS :

1. Defence against a front choke.
2. Defence against a close choke.

FINAL MOTIVATION : This information will be useful in protecting your life and the life of others throughout your career and beyond.

NEXT PERIOD : As per trg schedule.

EDO 104		DATE
EC 104.03		FEBRUARY 2003

LESSON OBJECTIVE

1. **PERFORMANCE** : Open hand defence against an unarmed attacker.
2. **CONDITIONS** : Given: Classroom instruction.
3. **STANDARD** : IAW references, the trainee shall demonstrate techniques to open hand defend against an unarmed attacker.
4. **DATE REVISED** : March 2003 **TIME** : 1 X 40 min period.

<p><u>TEACHING POINTS</u></p> <ol style="list-style-type: none"> 1. Defence against a straight punch. 2. Defence against a hook punch. 	<p><u>METHOD/APPROACH</u></p> <ul style="list-style-type: none"> - Theory - Practice *
	<p><u>REFERENCE(S)</u></p> <p>Phase Four - Advanced Training Unarmed Combat Vol 4.</p>
	<p><u>STUDENT LEVEL</u></p> <p>All</p>
	<p><u>TEST DETAIL</u></p> <p>Practical</p>
	<p><u>TRAINING AIDS</u></p> <p>Pressure Point Charts</p>

CAREER ADMINISTRATIVE ACTIONS

INTRODUCTION

WHAT : In this lesson, defence against a straight punch and a hook punch will be presented.

WHERE : This lesson is an Educational Objective and you will use the subject matter throughout your military career.

WHY : You must be familiar with these different techniques as they are tools that can be used any time to protect life from an armed attacker.

ORGANIZATION : This lesson consists of 2 stages, with 2 techniques per stage.

TEST : There will be a quiz at the end of this lesson. The contents of this lesson will also be tested at the end of Phase Four trg.

CONTROL STATEMENT :

- a. If you have any questions, raise your hand; and
 - b. When I ask a question, no group answers.
-

STAGE 1

DEFENCE AGAINST A STRAIGHT PUNCH

INTRODUCTION

1. In the CF, there are times when you may be confronted by an unarmed attacker. Different types of attacks will require different types of defences. Phase Four training will give the soldier two basic defences for each type of unarmed attacks. The first defence is against a straight punch.

All inside blocks are conducted by stepping forward with your right foot and outside blocks are conducted by stepping forward with your left foot.

An up and down block refers to a block where your left hand is up and your right hand is down, and the striking part is the back of the forearm.

TECHNIQUE 1

- a) Moving to the outside of your opponent, outside block with your left hand in a circular motion, switching to the right hand in a circular motion to maintain control.
- b) Slap to Gallbladder 20 on the base of the skull with your left hand.
- c) No follow up required.

ACUPUNCTURE THEORY

- *In Acupuncture, you are stimulating the Large Intestine Meridian, Triple Warmer Meridian and Small Intestine Meridian on the arm and the Gallbladder Meridian on the base of the skull.*

MODERN MEDICINE THEORY

- *Striking the Large Intestine Meridian, Triple Warmer Meridian and Small Intestine Meridian on the arm will over stimulate the Sympathetic Nervous System causing the blood pressure to rise.*
- *Then by striking Gallbladder 20, which is a Parasympathetic response, the result is a sudden drop in heart rate.*
- *This will cause either a knockout or a heart block causing death.*

TECHNIQUE 2

- a) Moving to the outside of your opponent, outside block with your left hand in a circular motion.
- b) Simultaneously strike Stomach 9 on the right side of the opponent's neck with a Tiger strike, palm down.
- c) No follow-up required.

ACUPUNCTURE THEORY

- *In Acupuncture, you are stimulating the Large Intestine Meridian, Triple Warmer Meridian and Small Intestine Meridian on the arm and the Stomach Meridian on the neck.*

MODERN MEDICINE THEORY

- *Striking the Large Intestine Meridian, Triple Warmer Meridian and Small Intestine Meridian on the arm will over stimulate the Sympathetic Nervous System causing the blood pressure to rise.*
- *Then by striking Stomach 9, which is a Parasympathetic response, the result is a sudden drop in heart rate.*
- *This will cause either a knockout or a heart block causing death.*

CONFIRMATION OF STAGE 1

"QUESTIONS FROM CLASS"
"QUESTIONS TO CLASS"

- Q1.** In the first technique, what are the three meridians that are being activated in the arm?
A1. You are stimulating the Large Intestine Meridian, Triple Warmer Meridian and Small Intestine Meridian on the arm.
- Q2.** In the second technique, what is the response by striking Stomach 9?
A2. It stimulates the Parasympathetic Nervous System.

STAGE 2

DEFENCE AGAINST A HOOK PUNCH

INTRODUCTION

1. In the CF, there are times when you may be confronted by an unarmed attacker. Different types of attacks will require different types of defences. Phase two training will give the soldier two basic defences for each type of unarmed attack. The next defence is against a hook punch.

TECHNIQUE 1

- a) Strike the Pericardium Meridian on the bicep using the knuckle of your thumb.
- b) Reversing your hand, strike Spleen 21, breaking the 8th rib using the knuckle of your thumb.
- c) Back fist Stomach 5.
- d) No follow up required.

ACUPUNCTURE THEORY

- *In Acupuncture, you are stimulating the Pericardium Meridian on the arm, the Spleen Meridian on the ribcage and the Stomach Meridian on the jaw.*

MODERN MEDICINE THEORY

- *Striking the Pericardium Meridian will stimulate the Sympathetic Nervous System causing the blood pressure to rise.*
- *Then by striking Stomach 5, which is a Parasympathetic response, the result is a drastic sudden drop in heart rate.*
- *This will cause either a knockout or a heart block causing death.*
- *Additionally, by breaking the 8th rib, it could rupture the spleen resulting in internal bleeding. The spleen is encapsulated by a sack, which will take approximately three days to fill with blood before it bursts, resulting in a delayed death.*

TECHNIQUE 2

- a) Block with a double strike to the opponent's arm.
- b) Strike Kidney 23 and 24 on the chest.
- c) No follow up required.

ACUPUNCTURE THEORY

- *In Acupuncture, you are stimulating the Kidney Meridian on the chest.*

MODERN MEDICINE THEORY

- *Striking these Kidney points will result in direct trauma by squashing the heart between the sternum and the spine, resulting in death.*

CONFIRMATION OF STAGE 2

"QUESTIONS FROM CLASS"
"QUESTIONS TO CLASS"

Q1. In the first technique, what is the result of breaking the third rib?

A1. This will cause internal bleeding resulting in delayed death.

Q2. In the second technique, what is the result of striking Kidney 23 and 24?

A2. This will result in direct trauma by squashing the heart between the sternum and the spine, resulting in death

SUMMARY

1. In conclusion, you must be familiar with these different techniques as they are tools that can be used any time to protect life from an unarmed attacker.

TEST

1. Practical demonstration with an opponent.

CONCLUSION

WEAK POINTS : As per practical test

IMPORTANT POINTS :

1. Defence against a straight punch.
2. Defence against a hook punch.

FINAL MOTIVATION : This information will be useful in protecting your life and the life of others throughout your career and beyond.

NEXT PERIOD : As per trg schedule.

EDO 104		DATE
EC 104.04		FEBRUARY 2003

LESSON OBJECTIVE

1. **PERFORMANCE** : Open hand defence against an unarmed attacker.
2. **CONDITIONS** : Given: Classroom instruction.
3. **STANDARD** : IAW references, the trainee shall demonstrate techniques to open hand defend against an unarmed attacker.
4. **DATE REVISED** : March 2003 **TIME** : 1 X 40 min period.

<p><u>TEACHING POINTS</u></p> <ol style="list-style-type: none"> 1. Defence against a two-hand push. 2. Defence against a headlock. 	<p><u>METHOD/APPROACH</u></p> <ul style="list-style-type: none"> - Theory - Practice *
	<p><u>REFERENCE(S)</u></p> <p>Phase Four - Advanced Training Unarmed Combat Vol 4.</p>
	<p><u>STUDENT LEVEL</u></p> <p>All</p>
	<p><u>TEST DETAIL</u></p> <p>Practical</p>
	<p><u>TRAINING AIDS</u></p> <p>Pressure Point Charts</p>

CAREER ADMINISTRATIVE ACTIONS

INTRODUCTION

- WHAT** : In this lesson, defence against a two-hand push and a headlock will be presented.
- WHERE** : This lesson is an Educational Objective and you will use the subject matter throughout your military career.
- WHY** : You must be familiar with these different techniques as they are tools that can be used any time to protect life from an armed attacker.
- ORGANIZATION** : This lesson consists of 2 stages, with 2 techniques per stage.
- TEST** : There will be a quiz at the end of this lesson. The contents of this lesson will also be tested at the end of Phase Four trg.
- CONTROL STATEMENT** :
- a. If you have any questions, raise your hand; and
 - b. When I ask a question, no group answers.
-

STAGE 1

DEFENCE AGAINST A TWO HAND PUSH

INTRODUCTION

1. In the CF, there are times when you may be confronted by an unarmed attacker. Different types of attacks will require different types of defences. Phase Four training will give the soldier two basic defences for each type of unarmed attacks. The first defence is against a two-hand push.

All inside blocks are conducted by stepping forward with your right foot and outside blocks are conducted by stepping forward with your left foot.

An up and down block refers to a block where your left hand is up and your right hand is down, and the striking part is the back of the forearm.

TECHNIQUE 1

- a) Strike the opponents forearms with both hands by doing a double inside-outside circular block stimulating the Heart, Lung and Pericardium Meridians.
- b) From the outside strike the opponent's wrists together.
- c) Then strike Small Intestine 17, rolling the thumb up to strike Stomach 5 on either side of the neck.
- d) No follow up required.

ACUPUNCTURE THEORY

- *In Acupuncture, you are stimulating the Heart Meridian, Pericardium Meridian and the Lung Meridian on the arm, as well as the Small Intestine Meridian on the neck and the Stomach Meridian on the jaw.*

MODERN MEDICINE THEORY

- *Striking the Heart, Pericardium and Lung Meridians on the arms will over stimulate the Sympathetic Nervous System causing the blood pressure to rise.*
- *Striking Small Intestine 17 also stimulates the Sympathetic Nervous System causing the blood pressure to rise further resulting in over stimulating the Sympathetic Nervous System.*
- *Then by striking Stomach 5, which is a Parasympathetic response, the result is a sudden drop in heart rate.*
- *This will cause either a knockout or a heart block causing death.*

TECHNIQUE 2

- a) With the back of your wrists, strike your opponent's wrists in an upward direction stimulating the Heart, Pericardium and Lung Meridians.
- b) Then on both sides of your opponent's body, strike Kidney 23 and 24.
- c) No follow-up required.

ACUPUNCTURE THEORY

- *In Acupuncture, you are stimulating the Heart, Pericardium and Lung Meridians on the arms and the Kidney Meridian on the chest.*

MODERN MEDICINE THEORY

- *Striking the Heart, Pericardium and Lung Meridians on the arms will over stimulate the Sympathetic Nervous System causing the blood pressure to rise.*
- *Striking these Kidney points will result in direct trauma by squashing the heart between the sternum and the spine, resulting in death.*

CONFIRMATION OF STAGE 1

"QUESTIONS FROM CLASS"

"QUESTIONS TO CLASS"

- Q1.** In the first technique, what meridian is being activated to cause the sudden drop in heart rate?
A1. You are stimulating the Stomach Meridian, which causes a Parasympathetic response; the result is a sudden drop in heart rate.
- Q2.** In the second technique, what is the response by striking Kidney 23 and 24?
A2. It results in direct trauma by squashing the heart between the sternum and the spine, resulting in death.

STAGE 2

DEFENCE AGAINST A HEADLOCK

INTRODUCTION

1. In the CF, there are times when you may be confronted by an unarmed attacker. Different types of attacks will require different types of defences. Phase two training will give the soldier two basic defences for each type of unarmed attack. The next defence is against a headlock.

TECHNIQUE 1

- a) With your left hand strike Gallbladder 31, simultaneously with your right hand strike Gallbladder 20.
- b) No follow up required.

ACUPUNCTURE THEORY

- *In Acupuncture, you are stimulating the Gallbladder Meridian on the back of the head and on the leg.*

MODERN MEDICINE THEORY

- *Striking Gallbladder 31 will stimulate the Sympathetic Nervous System causing the blood pressure to rise.*
- *Then by striking Gallbladder 20, which is a Parasympathetic response, the result is a sudden drop in heart rate.*
- *This will cause either a knockout or a heart block causing death.*

TECHNIQUE 2

- a) Using the arm closest to the opponent, reach behind and over the shoulder, placing your middle finger under the nose.
- b) Using the opposite arm, grab the opponent's closest leg from behind. If necessary, pinch the inside of the opponent's leg to force compliance.
- c) Simultaneously push back the head and lift the leg, throwing the opponent backward.
- d) Drop with your opponent, landing the opponent on your knee, breaking the back.
- e) No follow up required.

ACUPUNCTURE THEORY

- *In Acupuncture, you are stimulating the Conception Vessel Meridian under the nose.*

MODERN MEDICINE THEORY

- *The opponent's back will be broken.*

CONFIRMATION OF STAGE 2

"QUESTIONS FROM CLASS"
"QUESTIONS TO CLASS"

- Q1.** In the first technique, what is the result of over stimulating the Parasympathetic Nervous System?
- A1.** This will cause either a knockout or a heart block causing death.
- Q2.** In the second technique, what is the result of applying pressure to the Conception Vessel?
- A2.** This will allow you to gain control of the opponent's head, forcing it back for the takedown.

SUMMARY

1. In conclusion, you must be familiar with these different techniques as they are tools that can be used any time to protect life from an unarmed attacker.

TEST

1. Practical demonstration with an opponent.

CONCLUSION

WEAK POINTS : As per practical test

IMPORTANT POINTS :

1. Defence against a two-hand push.
2. Defence against a headlock.

FINAL MOTIVATION : This information will be useful in protecting your life and the life of others throughout your career and beyond.

NEXT PERIOD : As per trg schedule.

EDO 104		DATE
EC 104.05		MARCH 2003

LESSON OBJECTIVE

1. **PERFORMANCE** : Open hand defence against an armed attacker.
2. **CONDITIONS** : Given: Classroom instruction.
3. **STANDARD** : IAW references, the trainee shall demonstrate techniques to open hand defend against an armed attacker.
4. **DATE REVISED** : Mar 2003 **TIME** : 1 X 40 min period.

<p><u>TEACHING POINTS</u></p> <p>1. Defence against a baseball bat.</p>	<p><u>METHOD/APPROACH</u></p> <p>- Theory - Practice *</p>
	<p><u>REFERENCE(S)</u></p> <p>Phase Four - Advanced Training Unarmed Combat Vol 4.</p>
	<p><u>STUDENT LEVEL</u></p> <p>All</p>
	<p><u>TEST DETAIL</u></p> <p>Practical</p>
	<p><u>TRAINING AIDS</u></p> <p>Pressure Point Charts</p>

CAREER ADMINISTRATIVE ACTIONS

INTRODUCTION

- WHAT** : In this lesson, defence against a baseball bat will be presented.
- WHERE** : This lesson is an Educational Objective and you will use the subject matter throughout your military career.
- WHY** : You must be familiar with these different techniques as they are tools that can be used any time to protect life from an armed attacker.
- ORGANIZATION** : This lesson consists of 1 stage, with 4 techniques.
- TEST** : There will be a quiz at the end of this lesson. The contents of this lesson will also be tested at the end of Phase Four trg.
- CONTROL STATEMENT** :
- a. If you have any questions, raise your hand; and
 - b. When I ask a question, no group answers.
-

STAGE 1

DEFENCE AGAINST A BASEBALL BAT

INTRODUCTION

1. In the CF, there are times when you may be confronted by an armed attacker. Different types of attacks will require different types of defences. This Phase Four training lesson will give the soldier four basic defences against a baseball bat.

All inside blocks are conducted by stepping forward with your right foot and outside blocks are conducted by stepping forward with your left foot.

An up and down block refers to a block where your left hand is up and your right hand is down, and the striking part is the back of the forearm.

TECHNIQUE 1 (Opponent uses a two-handed strike from left to right)

- a) Stepping to the left, strike the back of the opponent's wrists/hands with both hands by doing a double outside-inside circular block stimulating the Heart, Lung and Pericardium Meridians.
- b) Simultaneously, using your knee, strike the opponent's thigh at Gallbladder 31.
- c) As the opponent begins to drop, apply a military choke taking the opponent to the ground.
- d) No follow up required.

ACUPUNCTURE THEORY

- *In Acupuncture, you are stimulating the Heart Meridian, Pericardium Meridian and the Lung Meridian on the arm, as well as the Gallbladder Meridian on the leg.*

MODERN MEDICINE THEORY

- *Striking the Heart, Pericardium and Lung Meridians on the arms will over stimulate the Sympathetic Nervous System causing the blood pressure to rise.*
- *Striking Gallbladder 31 also stimulates the Sympathetic Nervous System causing the blood pressure to rise further resulting in over stimulating the Sympathetic Nervous System.*
- *The military choke will cause physical trauma, resulting in death.*

TECHNIQUE 2 (Opponent uses a one-handed reverse backhand strike)

- a) Stepping to the left, strike the back of the opponent's wrists/hands with both hands by doing a double outside-inside circular block stimulating the Heart, Lung and Pericardium Meridians.
- b) Grab the opponent's wrist with your right hand.
- c) Simultaneously, using your left hand, role on the Triple Warmer point on the back of the bicep and force the opponent to the ground.
- d) As the opponent drops to the ground, strike the Gallbladder 20 point at the base of the skull.
- e) No follow-up required.

ACUPUNCTURE THEORY

- *In Acupuncture, you are stimulating the Heart, Pericardium, Lung and Triple Warmer Meridians on the arms and the Gallbladder Meridian on the head.*

MODERN MEDICINE THEORY

- *Striking the Heart, Pericardium and Lung Meridians on the arms will over stimulate the Sympathetic Nervous System causing the blood pressure to rise.*
- *Striking the Triple Warmer Meridian on the back of the arm will over stimulate the Sympathetic Nervous System causing the blood pressure to rise further.*
- *Then by striking Gallbladder 20, which is a Parasympathetic response, the result is a sudden drop in heart rate.*
- *This will cause either a knockout or a heart block causing death.*

TECHNIQUE 3 (Opponent swings straight down)

- a) With your left hand, parry your opponent's arms pushing the bat downward.
- b) With the back of your right arm, strike down and in just below the chest.
- c) Reverse the direction of your right arm, moving it in a circular direction and strike Gallbladder 20 using a reverse shoto chop.
- d) No follow up required.

ACUPUNCTURE THEORY

- *In Acupuncture, you are stimulating the Stomach, Kidney and Conception Vessel on the body and the Gallbladder Meridian on the back of the head.*

MODERN MEDICINE THEORY

- *Striking the Stomach, Kidney and Conception Vessel Meridians on the body will stimulate the Sympathetic Nervous System causing the blood pressure to rise.*
- *Then by striking Gallbladder 20, which is a Parasympathetic response, the result is a sudden drop in heart rate.*
- *This will cause either a knockout or a heart block causing death.*

TECHNIQUE 4 (Opponent uses one-handed forward swing from right to left)

- a) Inside block with your left hand.
- b) Simultaneously striking his throat with your right hand between CV-23 and 24 at the connecting point between the bottom of the jaw and the neck.
- c) Simultaneously rotating your hips, collapsing the windpipe.
- d) No follow up required.

ACUPUNCTURE THEORY

- *In Acupuncture, you are stimulating the Pericardium Meridian on the arm and the Conception Vessel Meridian on the neck.*

MODERN MEDICINE THEORY

- *The technique causes direct trauma to the trachea resulting in death.*

CONFIRMATION OF STAGE 1

"QUESTIONS FROM CLASS"

"QUESTIONS TO CLASS"

- Q1.** In the first technique, what is the result of over stimulating the Parasympathetic Nervous System?
- A1.** This will cause either a knockout or a heart block causing death.
- Q2.** In the second technique, what is the result of striking Gallbladder 20?
- A2.** This will result in over stimulating the Parasympathetic Nervous System, which will cause either a knockout or a heart block causing death.
- Q3.** In the third technique, what meridian is being activated to cause the sudden drop in heart rate?
- A3.** You are stimulating the Gallbladder Meridian, which causes a Parasympathetic response; the result is a sudden drop in heart rate.
- Q4.** In the fourth technique, what is the response by striking CV 23 and 24?
- A4.** The technique causes direct trauma to the trachea resulting in death.

SUMMARY

1. In conclusion, you must be familiar with these different techniques as they are tools that can be used any time to protect life from an armed attacker.

TEST

1. Practical demonstration with an opponent.

CONCLUSION

WEAK POINTS : As per practical test

IMPORTANT POINTS :
1. Defence against a baseball bat.

FINAL MOTIVATION : This information will be useful in protecting your life and the life of others throughout your career and beyond.

NEXT PERIOD : As per trg schedule.

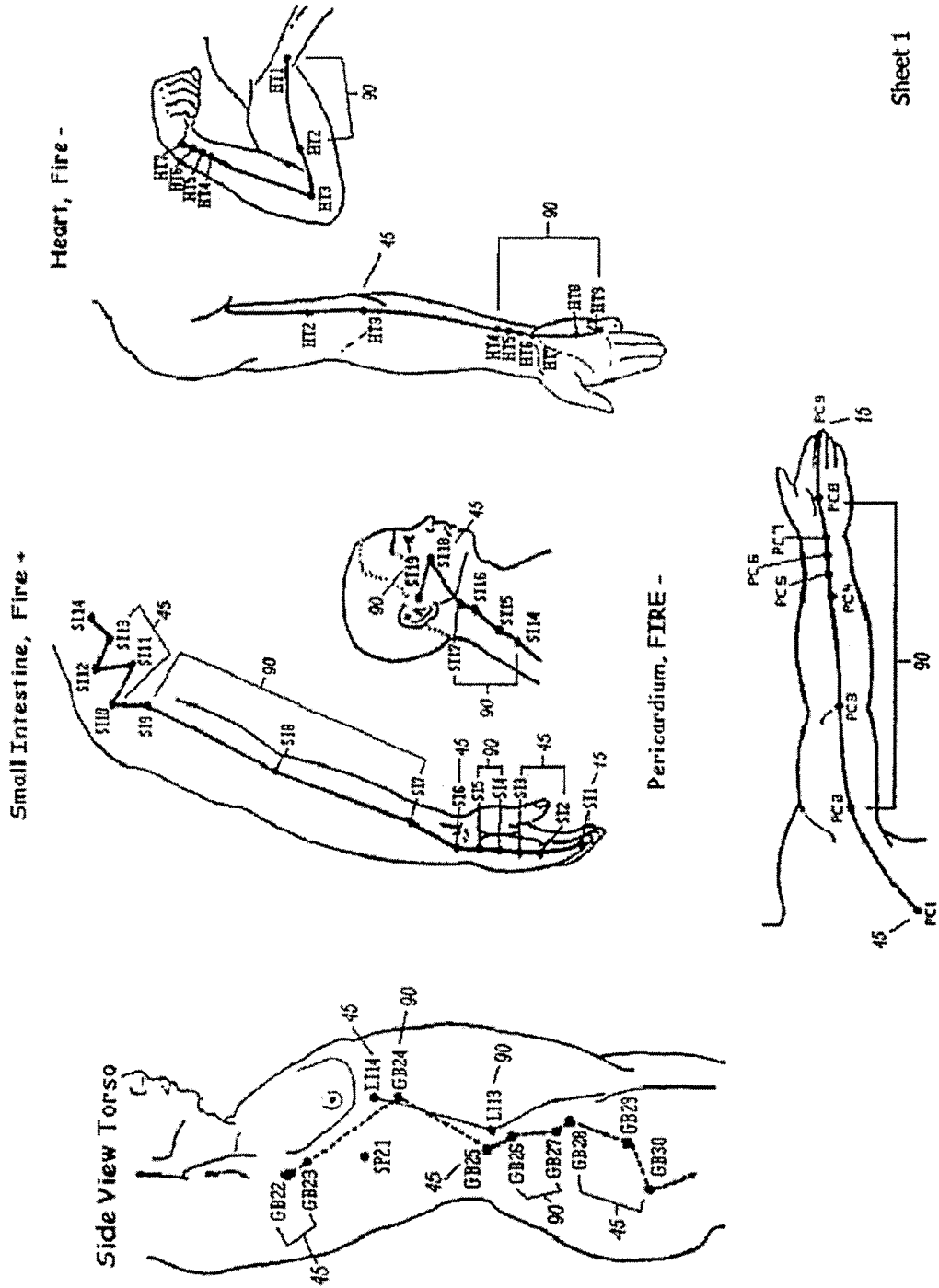
REFERENCE MATERIAL

Provided courtesy of the Black Arts Society.



The Black Arts Society

Pressure Point Charts



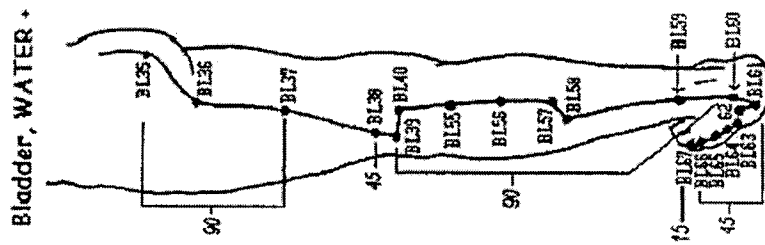
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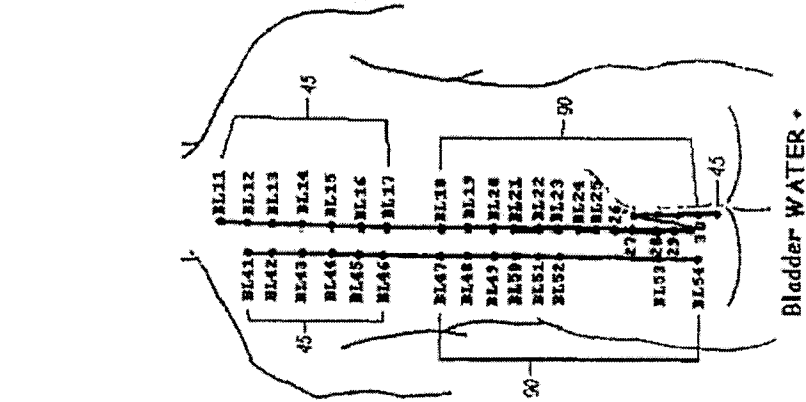


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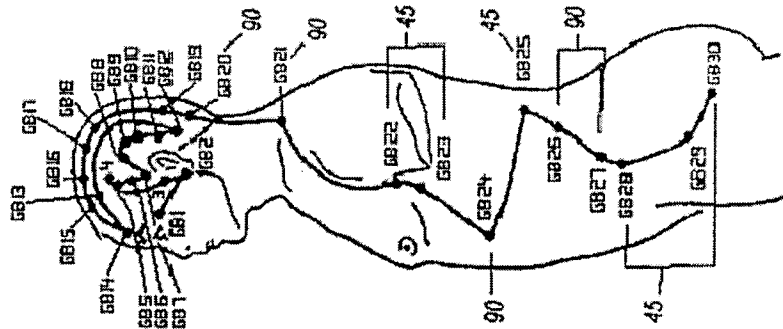
Pressure Point Charts



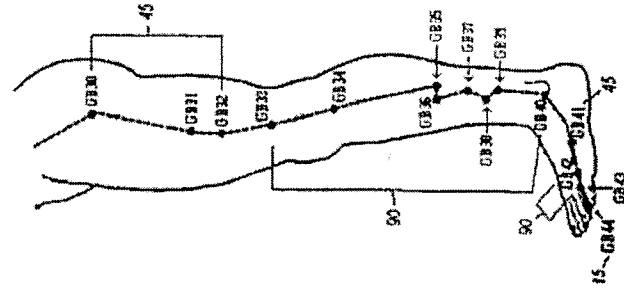
Bladder, WATER +



Bladder, WATER -



Gallbladder, WOOD +

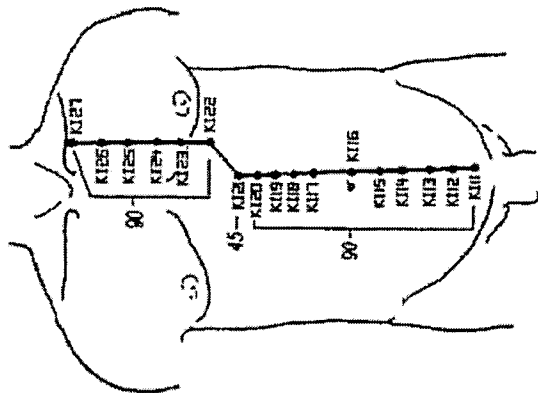


Gallbladder, WOOD -

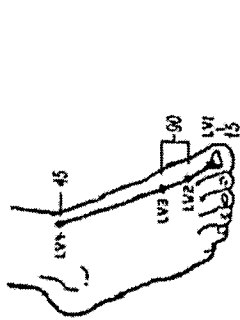


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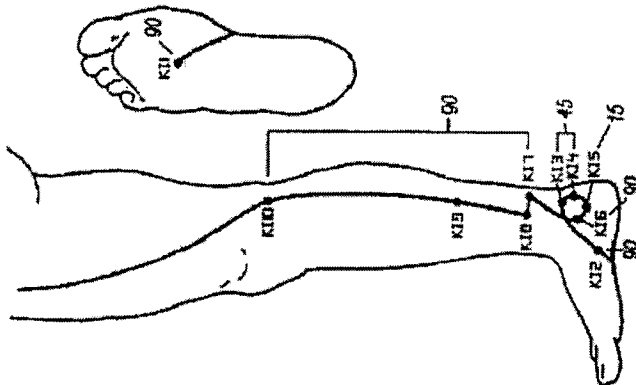
Kidney, WATER -



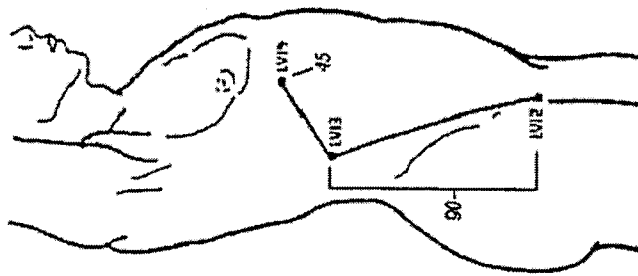
Liver, WOOD -



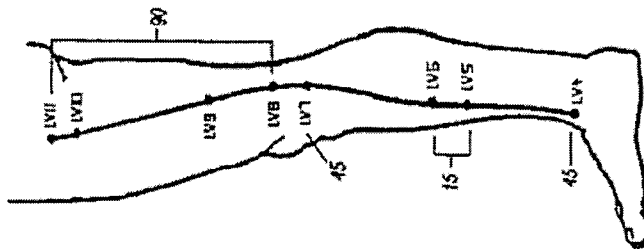
Kidney, WATER -



Liver, WOOD -



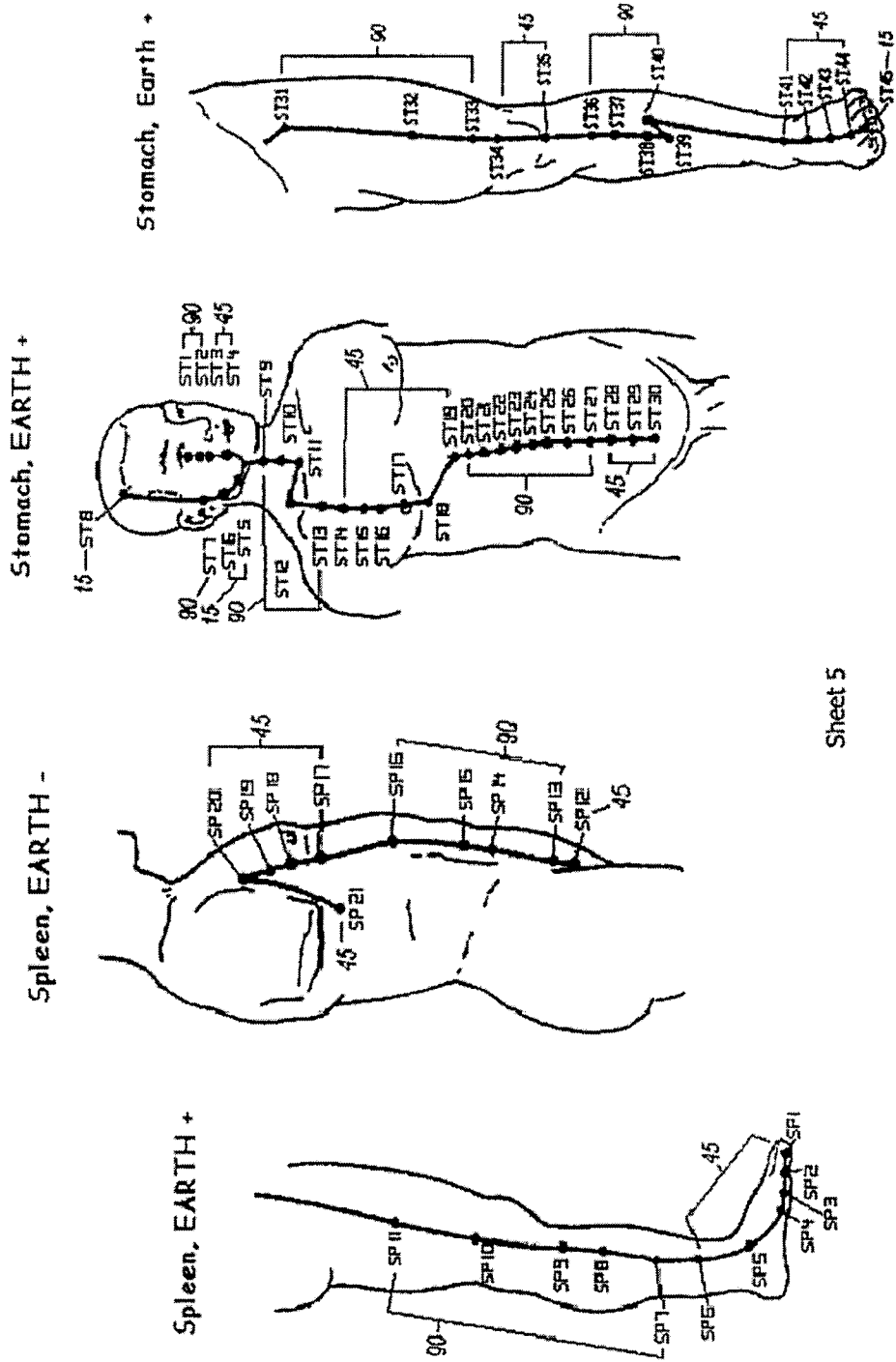
Liver, WOOD -





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Pressure Point Charts



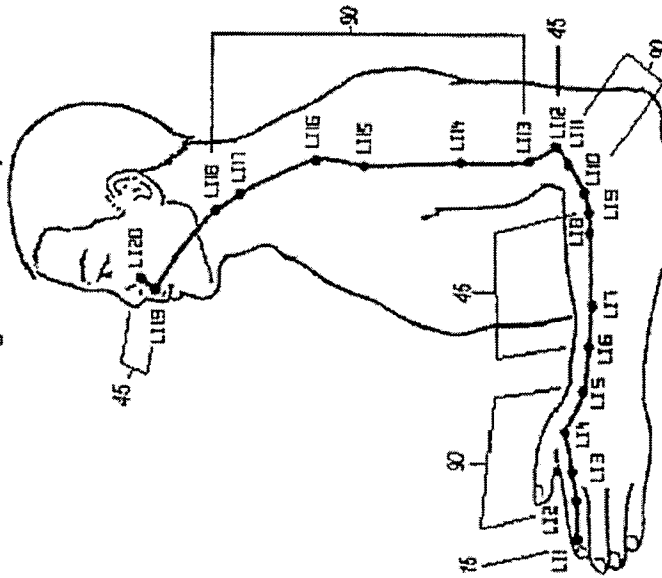
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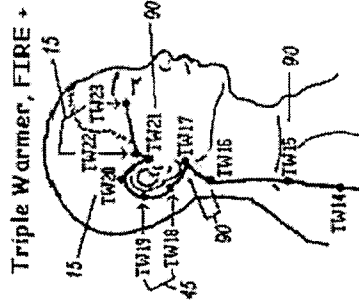
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Pressure Point Charts

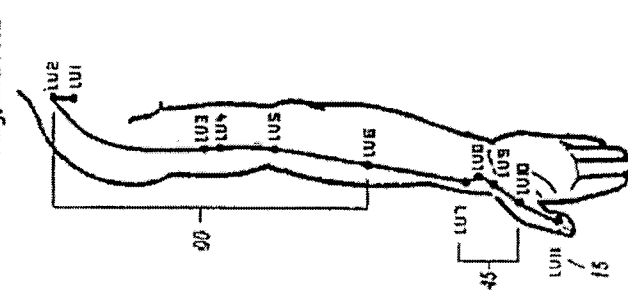
Large Intestine, METAL +



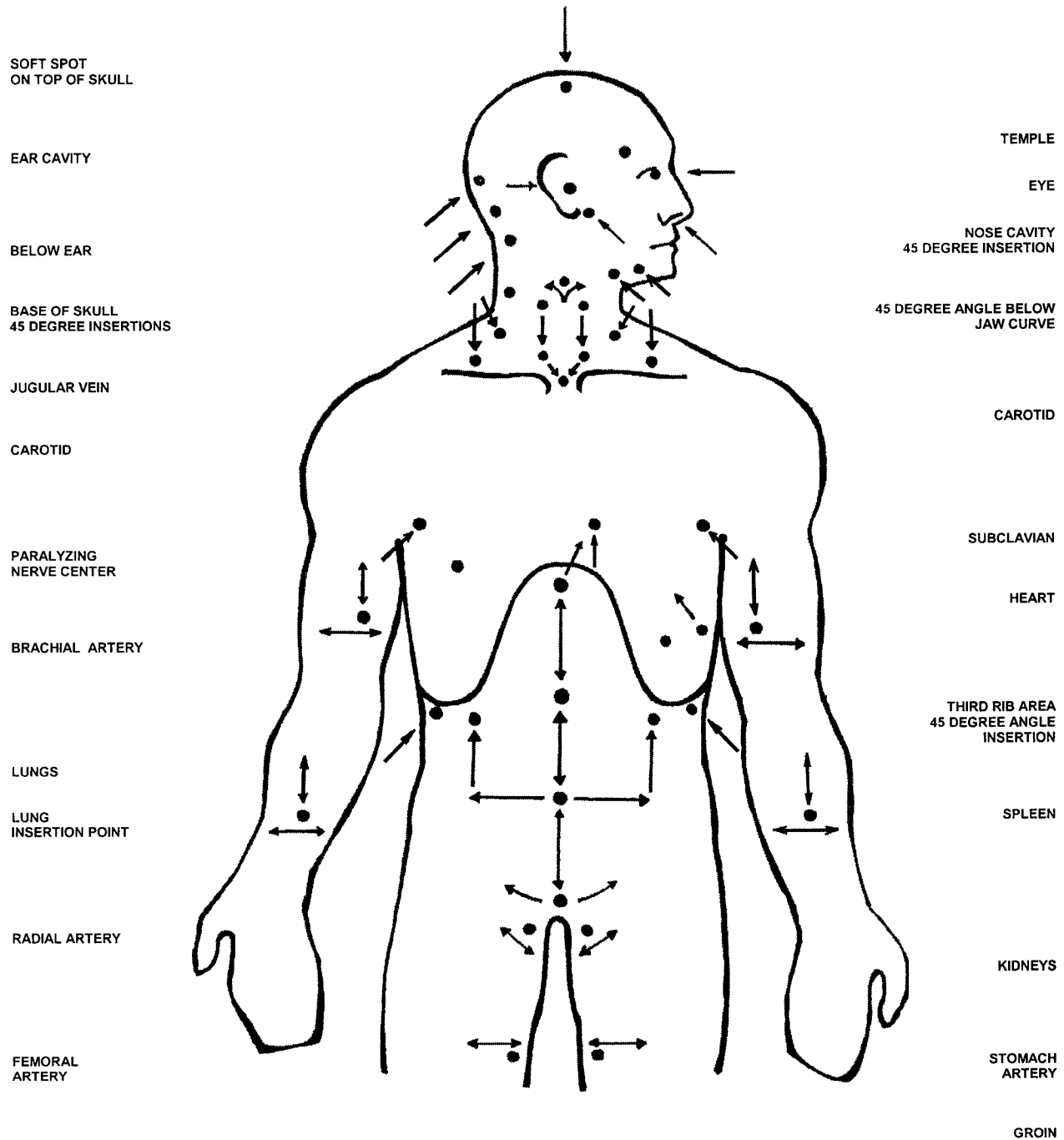
Triple Warmer, FIRE +



Lung, METAL -

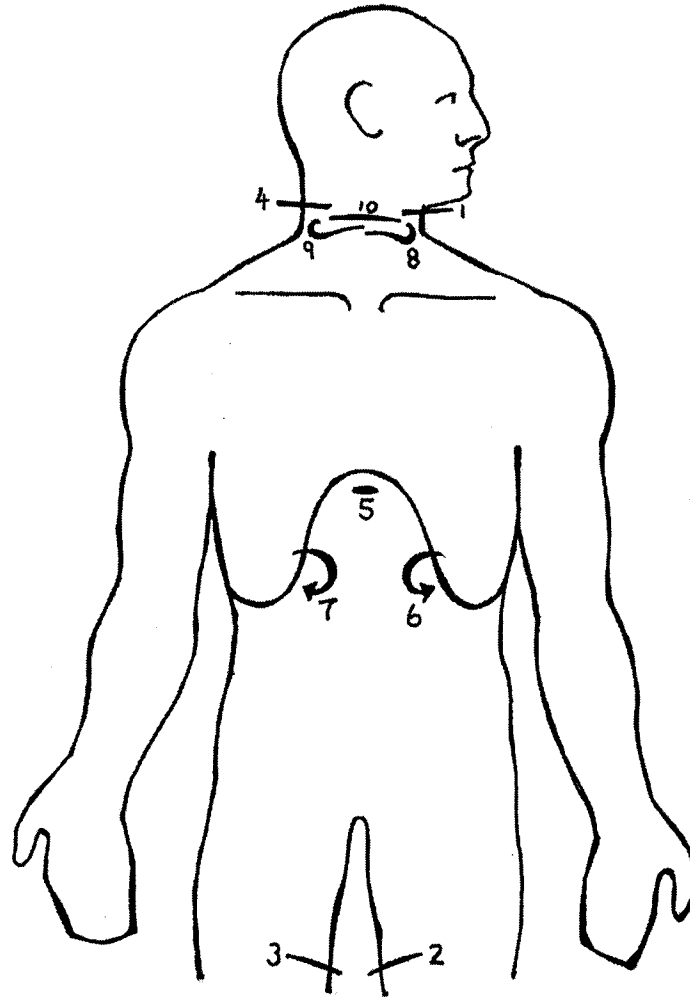


VITAL STRIKING/VITAL INSERTION CHART FOR KNIFE FIGHTING, KNIFE THROWING AND SILENT INTERDICTION



- Arrows show the angle of the knife insertion and areas considered vital during a slashing attack. Primarily 45-degree angle cuts are utilized in the use of any cutting edged weapons.
- The most important factor in the use of the knife, is focused attack, slashes and stabs directed at vital targets of opportunity that appear in the enemy's defense. Bear in mind the length of the knife of the blade in proportion to the to the depth of the artery or vein during the knife insertion.

VITAL STRIKING/VITAL INSERTION
CHART FOR KNIFE FIGHTING, KNIFE
THROWING AND SILENT INTERDICTION



1. Saber slash your opponent's left side of neck on a 45 degree angle downward, cutting the carotid artery.
2. Back slash your opponent's femoral artery on the left leg, cutting on a slight angle upward from inside to outside.
3. Saber slash your opponents femoral artery on the right leg, cutting on a slight angle upward from inside to outside.
4. Saber slash your opponent's right side of neck on a 45 degree angle downward, cutting the carotid artery.
5. Stab your opponent in the sternum, on a 45-degree angle upward, striking the heart.
6. Slash your opponent's lung on the left side of the body, cutting under the rib cage.
7. Slash your opponent's lung on the right side of the body, cutting under the rib cage.
8. Stab your opponent in the left side of neck, twist blade and in a circular motion draw the blade around the neck.
9. Stab your opponent in the right side of neck, twist blade and in a circular motion draw the blade around the neck.
10. Back slash your opponent across the throat making a horizontal cut.

**VITAL STRIKING/VITAL INSERTION
CHART FOR KNIFE FIGHTING, KNIFE
THROWING AND SILENT INTERDICTION**

Knife Targets and Results

Name	Description	Target Size	Depth Below Surface (inches)	Loss of Consciousness (seconds)	Death
Brachial	Inside elbow	Medium	0.5	14	1.5 min
Radial	Wrist	Small	0.25	40	2 min
Carotid	Neck	Large	1.5	5	12 sec
Subclavian	Collar	Large	2.5	2	3.5 sec
Heart	Chest	-	3.5	Instantaneous	3 sec
Stomach	Lower abdomen	-	5	Depends on depth of cut	-

- When heart or stomach are not protected, choose them as primary targets because they have the greatest impact psychologically