

BLACK MASK



The only kicks you really have to worry about are straight blasts front hits, door kickers. They come right to your groin, your stomach, your leg, it's wherever. Somebody's coming at you, you just stick out that big boot, and you have them off balance.



Round house kicks are great, but we're not really talking about UFC here or Olympic Tae Kwon Do so the best defense for a round kick is lifting up your leg.



And you want their shin to hit from your knee down. If their shin hits your knee, they're the one getting hurt, not you.



You see somebody throwing a round kick at you just stop it with your foot. Your foot stop, you blast them before they blast you or twist and turn.



When you step off line real quick can attack the face with a tiger claw, a chin jab, you can work the rest of the body, punch, solar plexus, if you really want to get fancy do leg stomps, clothes lines, you can do whatever you want, whatever style you're working in or whatever you feel comfortable doing.

Very easy, again the front kick like this is really in a combative situation out either on the street or on the battle field where you're really going to have to watch for because it's a natural movement. Even if it's a soccer kick, a toe soccer kick, it's still the same move. Whether you slap them with your hand or not, what's the difference?

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So throw a number two, alright twist and turn, alright you have him here, you have this hand open, hit him in the head, chop his arm, whatever, loosen him up, kick his leg out.



What you're going to do; elbow, bend out and you're going to key lock. Turn this way, no this way.



Key lock is just this; you're locking and grabbing yourself. A lot of people place a lot of time and effort, I'm talking about over here, using your thumb, not using your thumb, trust me use your thumb.





Use your thumb, and from here you can either crank straight down or you can step through and crank down or best, my favorite is move, key lock, step through, stomp on the leg, down all the way.

Once you get them on the ground, if this is a real life situation you just keep cranking all the way down.



Your knee on the chest, keep yourself squatted, the reason being is cause if that hand starts to come over, that forehead, you're still propped up enough to get away, you still have him locked

up. If he starts getting the idea to turn in on you, smack him in the head and back out of it. So one more time it's a key lock off of a punch stop, its figure 321 in the 1992 manual. This is another move that they show, they actually show this with a knife, and this move is another more difficult to pull off, however I have showed this to a couple police officers who absolutely love this move and have used it in multiple situations from actually different scenarios. Not only from punches or grabs or just somebody charging them they've pulled this off. This is called cheating the sword. Basically why don't we start with a punch just the easiest thing to do.



With number two you're going to twist and move; number two, twist and move.

What you're going to now do is you could either hit them, ideally kick them, whatever you want unless you totally overpower them you don't need to do that.



If you just put your hand on their elbow, you're going to bend their arm up, you're going to move them off balance and then you're going to sheath the sword.



Put it right in your sheath and the best part is this...in a minute I'm going to show you that you can do it to either side.



You have him off balance, sheath the sword, and now you're putting pressure him.

Obviously those of you who are experienced know where to put the pressure right, but it's not actually on the elbow, its right above it. I like to use my hand and my thumb and what you're going to do is when you sheath the sword your just going to get a little momentum, step back, push 'em down, right to the ground, from there you can do whatever you need to do. If you do this too fast their arm is going to hyper extend; not going to break, don't let anybody fool you but it will hyperextend your training partner's arms.



Look at this, you have this guy totally open even if he starts coming at you, move him over, you still have him. You are still in control. Dig your elbow into his face and move it to the outside, then do the move again and it's the same exact thing with the sheath the sword.



Front bear hug. You can actually do the baseball sequence with this as well. Go ahead, baseball sequence is base.



Hit, hit, hit, hit, hit.



You're on base, safe, you're out of the bear hug.



With this arm the next thing we're going to cover is called the combat whizzer a high school wrestling move is a whizzer as you come across, you have him.

The combat whizzer is part of what I call the ultra sequence. You can knock anyone down with this, you can take anyone to the ground, and it's the absolute easiest way, most effective way to take somebody down and out.





Somebody's grabbing you, combat whizzer, inside, wrap them up, and come up. You know this is coming so you either hit first, because if somebody's coming to grab you be the one to hit first.



A whizzer is just locking the arm in so he cannot get control. This is actually when his arm is up he's going into a shoulder lock.



Now that you have the combat whizzer you can crank them up which hurts and very hard to take somebody down with that.



Place your hand right on the throat, start choking, kick out the rear leg, driving their head right to the ground.



Your arm's here just lock your hands crank up, and you have an arm bar.



If you feel comfortable put up your knee, come over for another arm bar. If you're here, arm bore.



Pull up on their arm, this extends the tendons and ligaments in between the ribs, boom, stomp right in the face.

Kotegaeshi



It's a hand-wrist twist; it's a classical Jujutsu and Aikido move. Thumb, middle finger, the rest of your hand wraps around the meaty part. You now have him.



You can go straight in, you can go to the side, you can even go around and have it there. If you have it in reverse it's the same thing. You have your hands on the back and you have this thumb there it still has it. This move is all over the place and I can't believe more people don't pay more attention to it.



Grab me, this is the one time of a couple times when a military manual's actually good; punch through, if you get their face all the better, punch through, okay, then you have it, this is where the military manual falls short, guess what you have here? He's already off balance, kotegaishi, beautiful.

One of the things in judo is called breaking balance and they talk about getting your opponent on their toes. Why this is so powerful is that, and why it's also not legal in Olympic judo is because this automatically makes the sport not a sport because anybody can do this. He's automatically on his toes. It happens just automatically and if you're in here and you have this much leverage, you do not have to do anything to drop him wherever you want to push him and so now you can do whatever you feel comfortable doing.

Compliance is basically not even in there because it's a crock of shit. This is body mechanics, his arm cannot bend, his shoulder; his rotator cuff is under a severe amount of pressure. The same thing with an arm bar, when you have this here his arm cannot bend this way. When you have the wrist locked in this position and in some of the other programs we're gonna even talk about this position, this triangle, putting him in here, this wrist triangle is body mechanics.

A lot of times you don't even realize it, especially when you're teaching somebody but if we're going to talk about doing an ice pick or the murderer's grip or somebody coming at you, whether we're trying a knife, a gun, the one thing you have to remember is you do not want to be inside.



This is the absolute worst thing. I can't believe people still teach this, is that there's no reason you should ever be inside. It just leaves more surface area open. When you're talking about punches, kicks, grabs, we talked about before moving to the inside to deal with it. Weapons, no, you are never to the inside. You have to do whatever it takes to get back to the outside.



Some mass murderer, your wife, is coming at you; this is the defense they're talking about both in the military manuals and in your local Korean dojo.



You are stepping into it and getting that key lock which we actually talked about which is okay for a punch except look where the friggng knife blade is. Look at this, its right here. If I miss, if I slip, if he's sweaty, if I...it's coming to get me right in the head. Don't ever go on the inside.



Number two, twist and turn, out of the way, okay the knife, we do not necessarily need to take control of this, on the ground's another story.



Number three, alright twist and turn, you hit, if you're good enough and you feel confident enough don't fool around with this if you can't go to the kotegaishi, twist down. With a knife do not fool around with one hand. Do not get into this situation. If you are going to grab the hand with the knife you are going to need two hands. I do not care if that person starts wailing you in the face. Twist and turn to get out of the way or start kicking or use whatever other weapons you have but two hands if you're going to grab. I don't recommend doing it.

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Basically prison shank, again whether he's pulling it from behind his back, from his pocket, wherever, it's coming straight at you. All I did was twist, he still missed. Turn would have been better but that's the whole point. I just want to highlight the importance of twisting and turning.



In reality for those of you advanced who know real gun disarms, I'm not talking about whether you think you know them or not, I'm talking about those of you who know real gun disarms, who've done gun disarms with wax bullets and protective gear. Okay, hold that gun up, those of you who have done real gun disarms you know you never, ever, clear to the inside. Even if you

are twisting and turning you do not do this with a gun in this position. The reason being is that this motion makes the gun go off and look where the gun is pointed.



What we're interested in dealing with is the thug on the street, gangster. Moving in the same line of thought, this is you must do this explanation I just did if you're going to show a beginner.



If I step to the outside he cannot turn back in, he cannot do it. My arm's extended, he cannot do it. Step to the outside, twist and turn, grab, what are you going to do now? Grab underneath the barrel right here, circle in, against the thumb, against the trigger finger, tear it off if need be,

have it in your hand, whack, and whack, on the arm, whack, whatever you need to be doing. Turn the gun around, disarm.



Two, boom, outside, twist turn, boom. It's a good idea when you're training with each other is just in general when you're training with mock firearms. Most police officers who really encounter this type of stuff and use it do not train with real firearms, why should you?

Don't bother putting your finger on the trigger; it's just going to be painful for you. If you want it, if you like the pain do it, but when you're training partner starts twisting and turning the weapon your fingers will get caught so keep them on the outside. It's just less pain for you.