



**TRAINING  
MANUAL**

HOW TO MASTER THE ULTIMATE SURVIVAL WEAPON



**COMBAT  
MACHETE**

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## From the Editor

In the movies, a lone warrior with a stout blade can carve his way through just about anything. Denzel Washington did it with a custom machete in "The Book of Eli," and he made it look easy.

But the reality of the machete is that this powerful, brutal weapon, while it can be very effective, has to be used correctly if you're going to get the most benefit from it.

There's a *right* way and a *wrong* way to approach the machete as a weapon of self-defense.

And that's exactly what this report explains.

This is about the combat use of what could be called, the "ultimate survival weapon."

I am a combat veteran and former personal protection professional.

In creating Modern Combat and Survival as well as the International Society of Close Quarter Combatants, I've worked expand the concept of "survival" to extend not only to hand-to-hand combat and firearms training, but also to open up combat applications to the realities of urban survival following any sort of a crisis, disaster, or societal collapse.

My own specialty training and personal combat passion in the use of the machete and short sword in combat has led me to study with Indian Sikh warriors in the ancient sword fighting system of Gatka (pronounced "Gut'-ka"). It was this study that ultimately led me to co-create an integrated bladed weapon system, now available through Modern Combat and Survival, that we have named, "Combat Machete".

I hope you'll get as much out of it as we did in creating it.

As always, train hard, stay safe, and prepare now.

Yours in Survival,



Jeff Anderson





## About The Expert

This report was prepared with the input of Da'mon Stith.

Da'mon is a combatives and bladed weapons expert who has been fascinated with blades since he was six years old.

Since that time, he has made the "way of the warrior" his path and his passion, training in Kali, Silat, and African fighting arts such as Zulu and Kalenda stickfighting and African machete fighting.

It is this training that Da'Mon has integrated into the "Combat Machete" course he has co-created with Jeff Anderson.

Da'Mon has also created his own Capoeira Group and is currently devoted to researching and resurrecting the warrior arts of Africa's medieval past. To learn more about Da'Mon and his training, visit him online at...

**[www.CombatMachete.com](http://www.CombatMachete.com)**



# **Introduction: The Combat Advantage of the Machete**

The machete: It's not just an agricultural tool.

It's a literal short sword, a weapon that can protect you and your family in almost any violent scenario.

Why, then, should you choose a machete as a weapon?

It's a simple question with a long list of answers.

The machete is the ultimate survival weapon, in fact, for five reasons:

1. It's versatile
2. It's quiet
3. It's legal
4. It won't run out of ammo
5. It's deadly effective

**First of all, the machete is a versatile survival tool.**

It's used throughout the world for agriculture and is incredibly easy to find, especially in those Latin American nations where it is such a staple of the outdoor work done there.

It's useful for chopping wood, for clearing brush, and for making a path, which makes it an incredibly useful pragmatic survival implement.

You can't buy a handgun down in Mexico... but you can buy a machete easily.

It's also commonly used right here in the United States. You can walk into any Wal-Mart right now and find cheap machetes -- and perhaps even some better brand-name ones, such as those from Gerber and SOG -- for sale in the camping aisle.

Step on over to a sporting goods store and your chances of finding a machete on the racks (one that is of decent quality) get even better.

This naturally makes the machete a “covert” weapon in that it has an ostensible, “normal” purpose that has nothing to do with hacking and slashing people.

Think about that for a moment.

If you’re carrying around a samurai sword or a custom sword of some make or another, everyone who sees that weapon will immediately know that it’s a fighting weapon.

In many rural areas and third world nations especially, the machete has a completely different image attached to it.

It’s seen first and foremost as a tool used for outdoor utility, not a fighting implement.

Do keep in mind, however, that in an emergency, machetes are going to disappear off the shelves fast.

They’re not going to be available in the store very readily because by the time you get there (assuming you didn’t have one already), they’ll be cleaned out.

So how do you go about finding one if you don’t have one already, and the “balloon has gone up” on an emergency scenario?

Well, you look in places where machetes are likely to be found, but where other people might not have thought to loot or raid.

That includes farmhouses and other places where agricultural tools are likely to be stored.

If you’re driving out in the country, any farmhouse you pass could conceivably have a machete in there.

Once you find one, you’ll find that the machete is extremely easy to maintain.

It doesn’t take much to sharpen it on concrete, stone, or glass.

If you lose the handle or the handle breaks, you can wrap it in tape or cloth.

Keep the blade oiled up and you’ll keep most of the rust off.

**Secondly, the machete is the ultimate survival weapon because it does not make noise that draws attention.**

Using a firearm can immediately give away your position.

If you're not supposed to have a gun, that will bring authorities quickly.

Even if you are legally able to own a gun, the shot can draw the attention of mobs or other groups of people.

In most survival situations, this type of attention is exactly what you DO NOT want.

You don't want to draw a target on your back and prompt people to poke their noses into your business.

Your shots could draw either other survivors (who may want what you have) or authorities (who may want to confiscate your weapons).

The machete, on the other hand, is SILENT.

Gunfire brings curious people who just want to see what is happening.

The use of a machete does not.

On top of that, the machete is actually pretty easy to conceal.

There are multiple ways to hide it and carry it discreetly, and we will show you how in this report.

### **Third, the machete is a legal weapon.**

While there are local exceptions, because it is a tool used for agriculture and camping, machetes can be found just about anywhere and purchased entirely without a problem.

Even if you have a machete in your car, as long as you can explain that this machete has a legitimate use (I used it for when I go camping, officer), it's generally not going to get you into trouble.

This is sometimes called the "baseball bat defense."

(If you carry a baseball bat in your car, you really need to carry a glove and a ball with it, so that the bat has some obvious legal purpose apart from use as a weapon.)

Even in the Northeast United States, where there are many gun and knife laws in place, you can walk into almost any Wal-Mart and purchase a machete.

That makes machetes easy to acquire and gives them a relatively low profile in terms of law enforcement attention and scrutiny.



Obviously you do need to check your local laws, but you may be surprised by what you find.

**The fourth reason that the machete is the ultimate survival weapon is that it doesn't run out of ammunition.**

These days, everybody's stockpiling ammunition for the apocalypse.

Ammo can be hard to find or very expensive even right now, depending on where you live.

Well, no matter how much ammo you have stockpiled, eventually, ammo is going to be scarce for you.

A quality machete, by contrast, is always ready to go, and can even be used to good effective if it's not terribly sharp.

It can hack and hammer and chop even with a somewhat dull blade.

Having a weapon that never runs out of ammunition, therefore, is incredibly important in any survival scenario in which you have limited resources.

And what if you are fighting and you run out of ammunition?

You may need to go to a weapon like the machete if the other guy is on top of you and you don't have time to reload.

Long after your gun is empty, your machete will still be working.

The durability of the machete means that it will last for a long time, or in other words, will have a long useful and functional life.

There's an old African proverb that says, "Only a fool puts a razor edge on a machete."

You simply don't need to make it very sharp for it to be effective and, frankly, after just a few chops, a razor edge on most machetes would be dulled by the work anyway.

Then, too, consider the fact of how COST-EFFECTIVE a machete can be.

You can get these for as little as five bucks if you buy the correct one.

Tramontina in Brazil makes some great, durable machetes that cost about that much, but will last for a long time without breaking in normal use.

An agricultural machete isn't as good as a more expensive brand-name machete, but you can buy several of them and use them for training, or stage them in caches, without expending too much cash.

**Finally, the machete is just plain deadly effective.**

Yes, it's an agricultural tool, but look at it again.

It's a sword.

The sword is a cutting, hacking, and stabbing tool that has been used on the battlefield since the bronze age.

It is, essentially, a tool of *death*, and it is very effective because anyone can pick it up and understand intuitively how to use it.

In the hands of a trained individual, it is remarkably effective, and possibly the ultimate close quarters weapon.

It's also very intuitive.

Anyone can pick up a machete and understand, instinctively, how to chop, hack, and slash with it.

The weapon's size and shape make it intimidating, as does its history with street gangs and African warlords.

Remember that old scene from "Crocodile Dundee," when the size of Paul Hogan's knife intimidates the street thug?

Well, if the other guy's got a knife and you've got a machete, you've definitely got an advantage.

When you look at all these factors, there really is no good reason why you should not have a machete in your survival gear right now.

# Choosing Your Weapon

Once you have embraced the reality of what this weapon can do, it's time to choose one.

The fact is, you're looking for a weapon that can do terrible damage to the human body... and go on doing it.

The machete is a last ditch, life-or-death survival weapon.

Just as you don't draw a gun unless you are justified in using potentially deadly force, you do not deploy a machete in combat with a human being unless you are legally and morally justified in killing that person.

The machete represents deadly physical force.

The ONLY time we are wielding the machete in combat is if we are in a life or death situation.

Even an accidental blow with a machete can kill.

We are looking, therefore, for a tool to which we may trust our lives.

Most common will be the standard agricultural machetes.

You'll see these in Mexico and South America in hardware stores and even drug stores.

They're everywhere.

Many are very cheap and many of these are quite lightweight.

This is not necessarily what you want.

You want a machete that has some length to it, not one of the cut-down ones with a sixteen inch (or less) blade.

**Choose a machete that has a blade around 18 inches long.**

This is pretty common and can even be seen as a "standard" machete size.

The longer the blade gets, the harder the machete becomes to conceal, so try not to get much longer than 18 inches.

Shorter ones don't have as much leverage and power, and are too light to make good combat weapons.



**The massive blade on the left has good chopping power, but is too long for comfortable carry.**



**The longer the blade, the more it will flex, which interferes with thrusting.**

The greater the size, the more leverage and power you have, but obviously, we reach a size that becomes impractical for carrying around.



The massive blade shown here is a tremendously powerful blade, yes, but its greater length means that it flexes more.

That flex equals a reduction in power, especially when thrusting, because the blade can bend and move aside too easily.

That's why we recommend around eighteen inches.

Some machetes have sawteeth on the spine.



For survival purposes, this is useful for using the machete as a saw, and if the teeth are sharp, they can help you cut through clothing pretty well.

This also makes the machete easier to explain away as a tool.

If you want to have the option of using “less than lethal” techniques in which you hit with the spine, it's best to have a non-sawback machete for using this way.

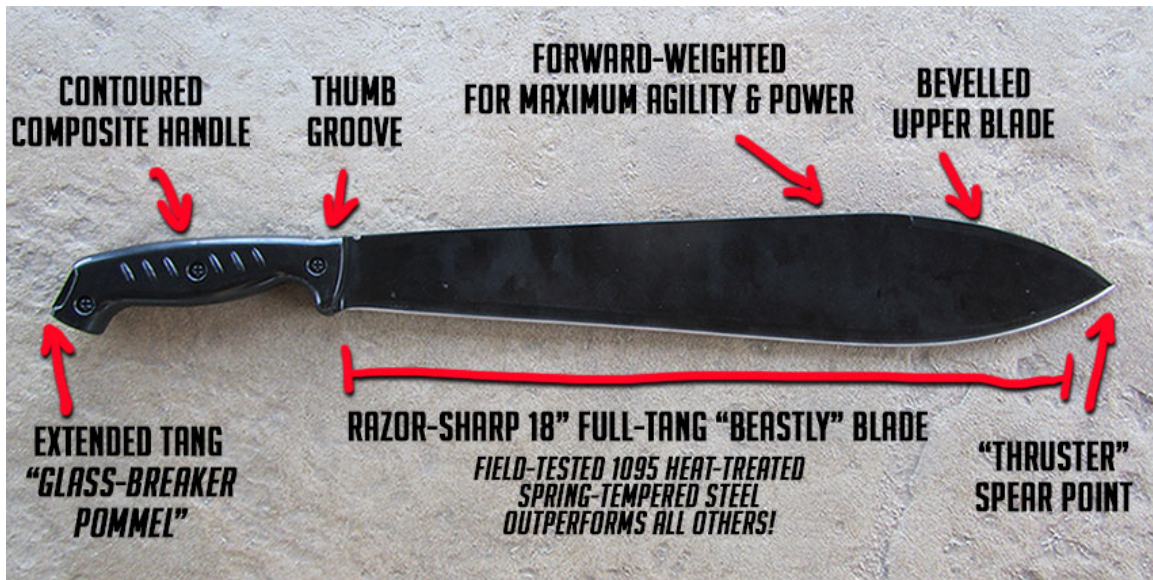
**The primary factor is the quality of the blade itself.**

Some machetes have too much “flex” when you try to use them.

They bend too much when you try to flex the blade, which translates to less effective striking when you are using the machete in combat.

A blade that doesn't bend much is nice and rigid for striking in combat, which translates to greater power and force with the cut itself.

We recommend our own custom-designed “Guardian” machete, which we developed specifically for urban survival purposes... and combat!



[Click Here To See A Video Of The Guardian In Action](#)

The **Guardian** is generally a little heavier than other machetes on the market, but using the unique “behind the body” circular swing we use in the **Combat Machete** system, this works to your advantage and not only gives you more power... but also a tactical advantage of “surprise” with each swing.

More on this later...

# The Hard Truth About Combat

Horrible genocides have been conducted in countries like Rwanda in which the machete was the primary tool.

We think of widespread war and genocide as being something that takes place with guns, but in many third world nations, the machete is among the primary tools of violence.

The fact is that using a machete to impart force to another human being is brutal, bloody business.

Machetes are readily available and easily constructed.

When it comes to mobilizing third world death squads, putting together a group of men and arming them with machetes is the simplest and quickest thing in the world.

In parts of the world it's not unheard of for young men to duel each other with machetes to settle scores, too.

What people need to understand, however, is that the machete is a tool that is horrific by nature.

It's an intimidating weapon.

There are reports on record of people who've been shot who, while under the adrenaline of the encounter, didn't even realize they had been hit.

There are people who get stabbed with knives who don't really feel it, either.

When you're hacking away with a machete, however, both you and the person you are hacking know that you've used it.

It's a big, visible blade that makes huge and traumatic wounds.

Anyone around you will see the carnage you are wreaking, too.

The brain does not naturally comprehend that amount of blood and trauma.

Unless you work in an Emergency Room, take that into account.

The shock of seeing the reality of a machete's effects might prompt your opponent to freeze in his tracks... and it might just make YOU freeze up, too.

Understand these realities before you attempt to use a machete against a living, breathing opponent.

Simply put, most people are unprepared for this type of violence.

Some of the most hard-core tough-guys fall apart at the sight of real blood and real carnage.

The best way to prepare for this is to train as realistically as possible.

Understand, though, that if you ever have to use a machete in self-defense, it will be truly horrible.

When you shoot someone in self-defense, you don't necessarily know right away how much damage has been done.

When you use a machete, however, you know immediately how much grievous, visceral, bloody damage has been done to the other person.

There will be a moment of shock following that blow... and it will become a horrific, bloody mess.

You experience that shock, and so does the victim... but so does anyone around you who sees it.

People generally get firearms and maybe even knives when it comes to self-defense.

If you do lethal damage to someone with a machete in real life, however, you may end up in court with a prosecutor holding up your machete in a plastic evidence bag.

That could cause you some serious trouble in the eyes of a jury, trying to explain why you had such a weapon and why you used it.

You must understand the legal justifiable use of force, and the use-of-force continuum, so you know what level of force is most appropriate and justified in a given defensive scenario.

Just about any use of force up to the application of a lethal tool like the machete will be easier to explain than the machete itself.

It should not, therefore, be your first-line, go-to weapon.

it should be considered a tool of last resort.



# Training Equipment and Safety

To master the combat machete requires training.

If you are injured or your training partner is injured, however, it is much harder to grow as a student.

You must, therefore, adopt and use various pieces of training equipment in order to drill the combat machete methodology in a safe and productive fashion.

First, you'll need a **training machete**.

These can be made by grinding the tip and edge of a "real" machete until both are rounded (although be aware that the resulting weapon is still conceivably dangerous).

For added safety, you can use the ground-down machete still in its canvas blade-cover sheath.

Do NOT, however, train with a sharpened machete in its sheath, as this could conceivably cut through the sheath and then the training partner.

And of course, never EVER train with live machetes.



One inexpensive training machete is a PVC pipe with padding (such as a pool noodle) taped around it.

This allows you to strike and have impact, but it doesn't handle very realistically and doesn't look very realistic.

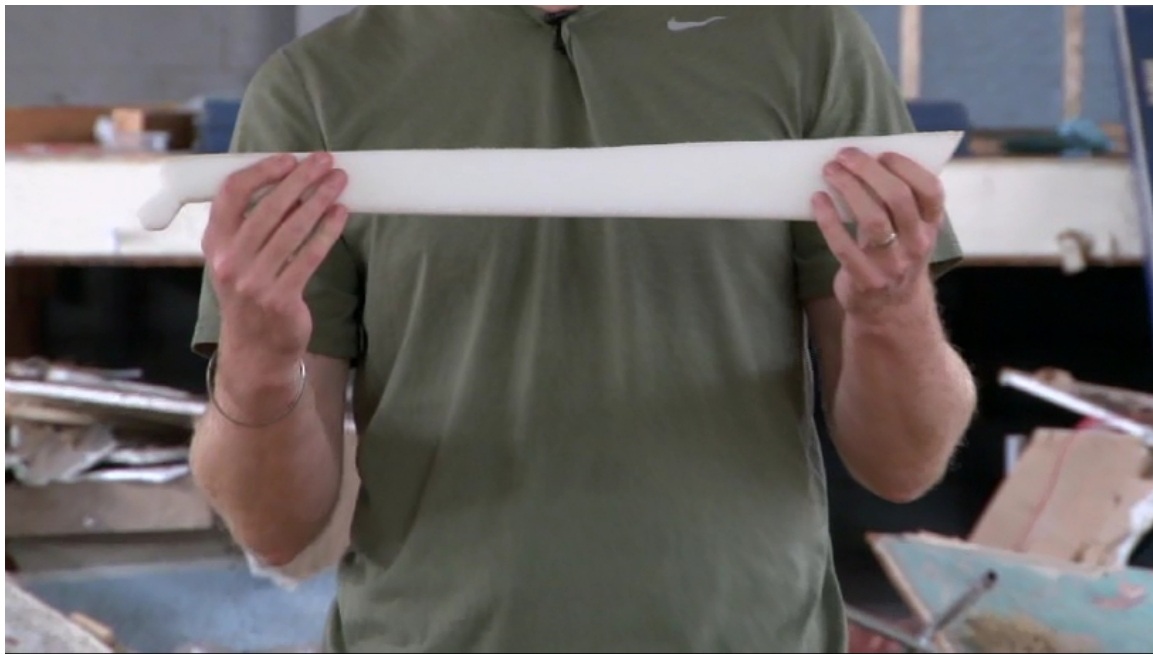
It's major advantage is its low cost and the high degree of safety that it offers.

You can also buy training machetes that are made of wood or that have aluminum blades, some of which are quite nicely crafted.

Even a plastic Halloween machete will do in a pinch, although obviously, it won't hold up to abuse like an aluminum training blade will.

There are some wooden training swords on the market, some of which approximate machetes.

You can also cut your own out of polycarbonate, the material they make cutting boards out of.



These are strong enough for blade-on-blade training, and they don't make a lot of noise.

Yet another way to amp up the realism of your training is to go metal on metal.

We've said you shouldn't train with live, sharp machetes.

However, you can construct metal training tools that simulate machetes but are still safer to use in training.

One of these is a simple piece of rebar with a taped handle.



These are nice and heavy and make for great training tools in terms of realism and the strength of the workout they give you.

Just be aware that the tip is still quite dangerous and could hurt someone if you don't take care and use proper protective gear (especially eye protection).

By far one of the best options for training, however, is an aluminum machete.

These are lightweight, very realistic looking,

You can do impact training with it.

You wouldn't hit full force, but you can strike with it, and blade on blade contact is okay.

These can be made, or ordered.

The weight is different, but the overall simulation is still quite good.

You can, of course, wrap the handle to suit.

Many aluminum training blades are available on the market, a good number of which include paracord handles.



Once you have your training machete, you need **protective gear**.

Equipment used for baseball, hockey, or lacrosse will do nicely.

Lacrosse gloves can be used to protect your hands.

Getting rapped on the fingers or the knuckles by a training blade is very painful and can leave some serious damage behind.

Elbow pads are a good choice, too, because a strike to the elbow can be very painful.

For hard contact, catcher's greaves (such as those used in baseball) are good for hard contact.

You will also want eye protection.

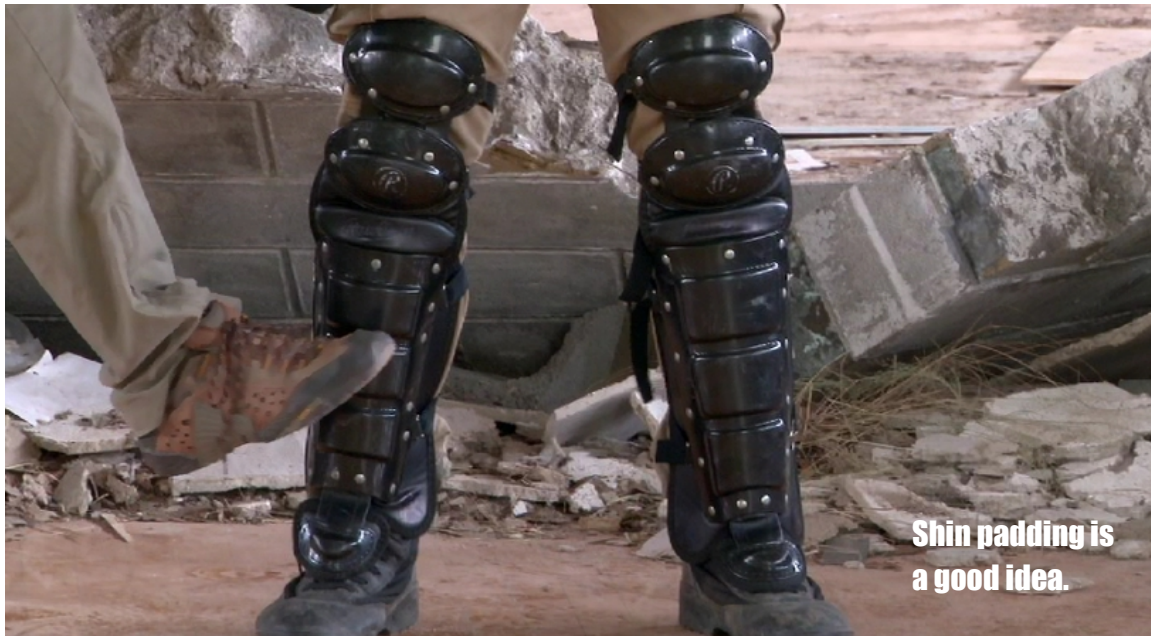
If you're not doing a lot of thrusting, a catcher's mask is good.

Goggles worn under a catcher's mask are a good combination for eye safety.

You could also wear a fencing mask, although these are harder to see out of.

A cup and a mouthpiece are other useful additions.





Basically, think in terms of what can go wrong, and pad the areas that are likely to take the impact if something DOES go wrong.



You cannot over-protect your precious eyes.

For that matter, never forget that any rigid training tool (aluminum, rebar, wood, even plastic) can conceivably pierce your body if the tip is small enough and you put enough weight behind the tool (or force enough weight down onto it).

Do NOT get skewered in practice.



A training knife or machete through the abdomen could kill you just as could a real, live blade.



## Carrying and Concealing a Machete

Carrying a machete concealed is not terribly easy.

It's not a small weapon.

To keep it hidden from view of potential enemies or the authorities, you have to use your imagination and work a bit.

Obviously a machete can be worn on your belt or lashed to a pack.

This is comfortable and affords ease of access, but your machete is visible to anyone who cares to look, from police and other authorities to human predators who may want to take your tools and gear from you.

You can carry a machete in your car, but that's only useful if you have a car with you, and leaving the machete behind in the vehicle once you get out to move around on foot means your machete might as well be back home in a drawer.

It is possible to conceal a machete down one's pant leg, but this can be uncomfortable and awkward.

Another option is to roll the machete in a towel, or conceal it in the bag for a collapsible chair, or even stuff it into a pool cue bag.

Many machetes will fit into an ordinary duffel bag and even a backpack, depending on the size of the pack.

Smaller machetes can even be suspended on a person's back and concealed under a coat.

You are basically limited only by your own imagination in finding a way.

No matter what concealment method you choose, however, make sure that what you are doing is legal (unless society has collapsed, in which case it's a moot point).

Be sure also to test your carry method to see if it is comfortable for long-term use.

A carry method that makes you physically miserable will just prompt you to abandon the weapon or try some other means of transporting it.

Whether your carry method will work is something you want to find out before an emergency, not during it.

Remember, too, that you don't want to be obvious about what you're carrying.

You don't want to look prepared, making yourself a target for people who want to take what you have.

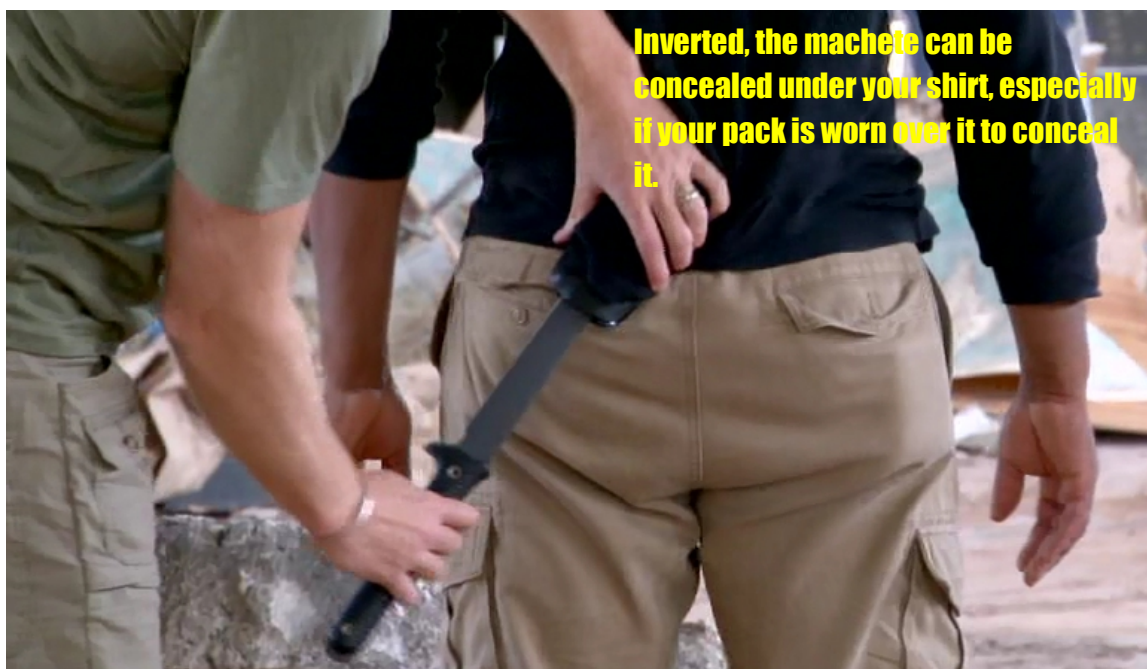


Your machete should be concealed, therefore, but relatively easy to deploy so you can draw it in case you need to use it for an emergency.





Carrying the machete attached to a pack or bag with the handle inverted, perhaps with something covering or wrapped around the machete to conceal it, is one way to make it concealed but accessible.



Just carrying it on your back under a shirt is another way to do it.

The simpler and easier the method you choose, the better it will serve you.

# Legal Issues

We said before that the machete is generally a legal weapon.

There are, however, some legal issues associated with it.

In some cities, the machete has been banned because of its popularity with violent gangs like MS13.

In other locales, carrying a machete without a good reason to have it will cause you to run afoul of local knife laws that place a limit on the length of the blade.

As in most things, your conduct will have a lot to do with whether you are hassled by the police and whether your machete is discovered and scrutinized.

Look at this in terms of other weapons as well.

We often look at the legal ramifications of ANY use of force.

If you were to be held accountable for your actions, even if it was obviously an act of self-defense, and you had to use a machete to do it, could you -- if you were brought in front of a court -- make an argument that a REASONABLE person would have done the same?

We are programmed in society to recognize the use of a firearm and even a knife in self-defense.

People get acquitted in court on a regular basis of using such weapons for self-defense.

Now think of the machete.

How much glee will the prosecutor have when he holds up that tool and says, "Look, your Honor, at the deadly weapon this guy was carrying with him, just looking for an excuse to use!"

The machete is NOT your go-to peace-time self-defense weapon.

If you can get a permit to carry a handgun, you should do so.

If you can legally carry a knife, you ought to be carrying that.

Using a MACHETE for self-defense when it's not an emergency, when things have not collapsed, is last resort tactic for when everything has gone to hell and all bets are off.

If you want to avoid legal complications, therefore, do not use your machete for day-to-day self-defense and expect to get away with it.

Keep that weapon aside for when things truly do go wrong and you have no other option.



## The Right vs. the Wrong Way to Cut

One's instinctive urge is to chop with the machete.

Especially under the stress of a real attack, with adrenaline pumping, most people will not be thinking in terms of complex movements.

The movements we impart to you in this system are meant to be simple under stress.

Most people, though, will just hack away with the machete, as if they're trying to take a chunk out of a piece of wood.

This is synonymous with the "haymaker punch" among people who don't really know how to fight.

That's the most common strike you'll see, especially among people who are not trained.



Ditto for the machete.

Hacking is the technique you'll see among people who have no training.

The problem is that, in reality, it isn't like in the movies.



When you strike someone with a machete, that machete will enter their body and encounter the bones, which form the framework of the body.

When you hack someone, the machete will become (very likely) lodged in their body.

Hacking is a viable technique under the right conditions, but it's not the best way to cut.

If you're being attacked by multiple opponents, you don't want to put your machete into someone, get it stuck, and then need to try and pull it back out.

Heck, you could even LOSE your machete if your target struggles to get loose and leaves with it still in his body.

You must therefore use a SLASHING technique, coming down and slicing, following through so that your blade does not get lodged in the target.



The slash still does significant damage, but it travels through and past the target to enable you to continue fighting.

# Combat Machete Footwork: The Gatka 4-Step

Most systems of fighting start with footwork.

Footwork — movement — is key to the combat machete program as well.

You don't just stand there and trade blows with your opponent, whether facing one person or many.

Instead, you protect yourself and leave the scene as soon as possible.

Footwork is the key to that.

It's not just useful for running away.

Footwork is what will take you and your weapon to your opponent, allowing you to close the distance, apply force, and then remove yourself from the threat.

In the Indian sword system of Gatka, the foundation of the system includes the 4-step, which is a basic footwork movement that is the Day 1 lesson in that fighting art.

It is practiced repeatedly over and over again.

It's very simple, but it's very useful, and we have incorporating the 4-step for the combat machete program.

The 4-step helps you develop balance and coordination, and allows you to use your feet and your weapon(s) simultaneously.

Basically, draw a square on the ground that is about 3.5 feet on each side.

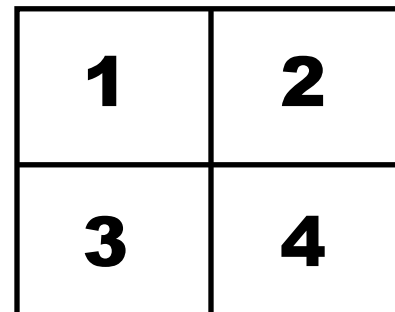
You can do with this duct tape on your floor.

Draw a line down the center vertically and another horizontally.

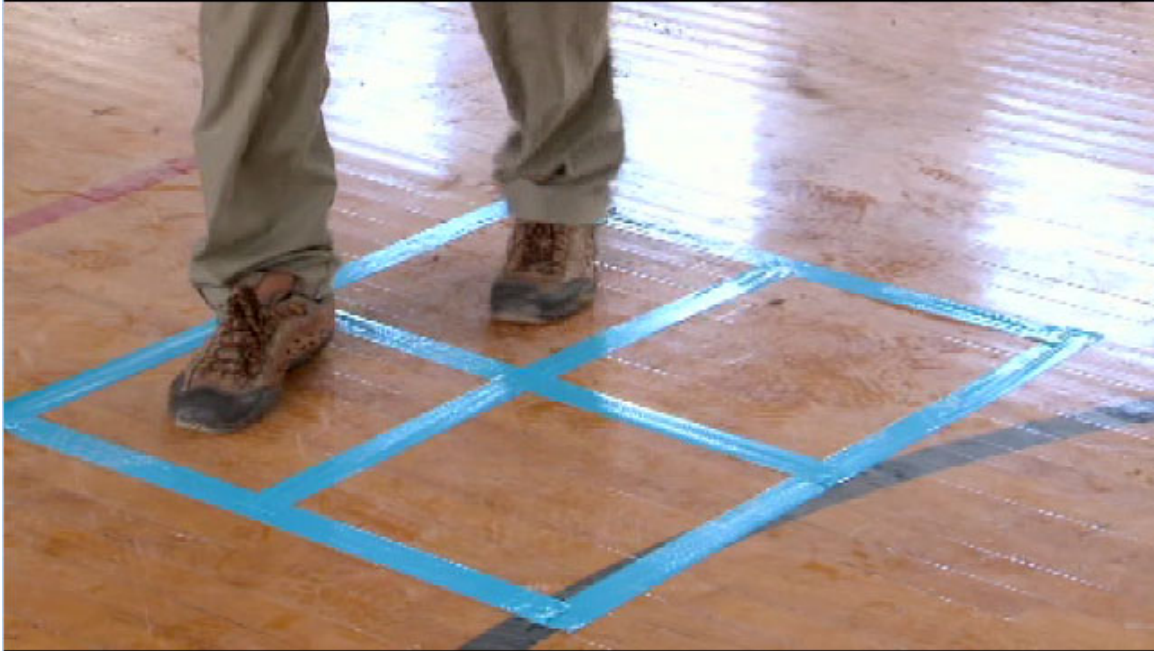
This creates four quadrants in the square.

Label them from left to right, and from top to bottom, 1, 2, 3, 4, where 3 and 4 are on the left and right on the bottom row.

What you do is start with your right foot in the 2 quadrant and your left foot in the 4 quadrant.

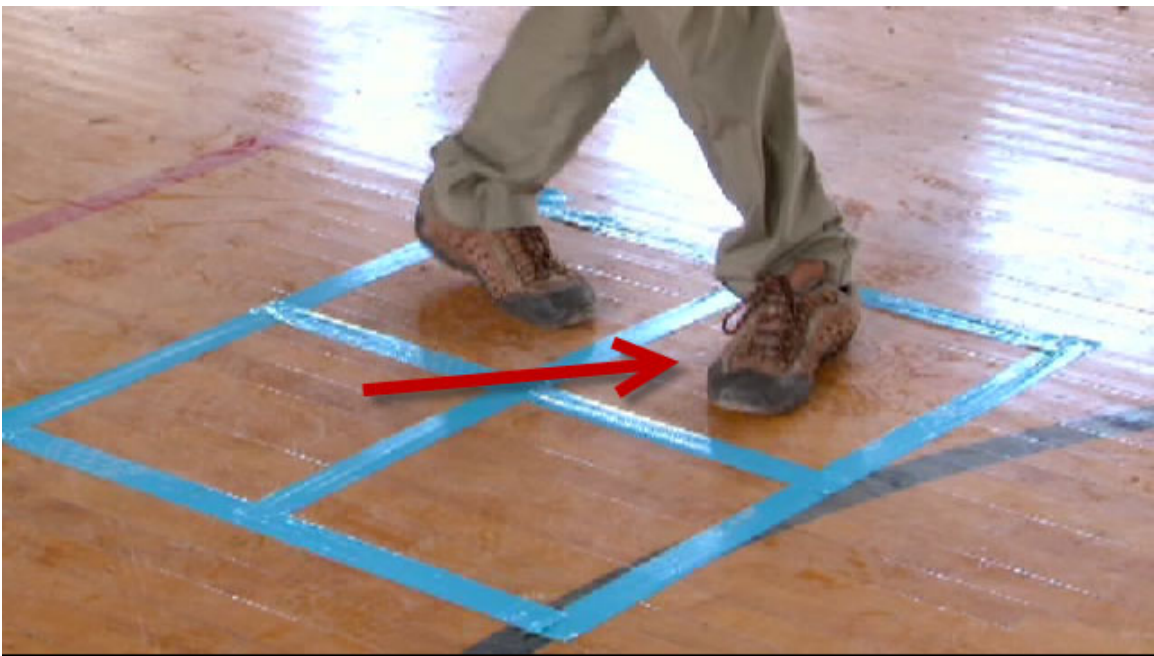


Here's how your "start" position should look like...



From there your first step is with your lead leg...

Your right foot goes from 2 back to 3 in the lower left.



You're facing forward throughout this entire movement, staying relatively upright as you move.

What you look like with that first step is that your legs are crossed, so your feet are horizontally in a line, but your right leg is in front of your left leg.

From here, your left leg comes from that quadrant 4 and goes behind you to quadrant 1.

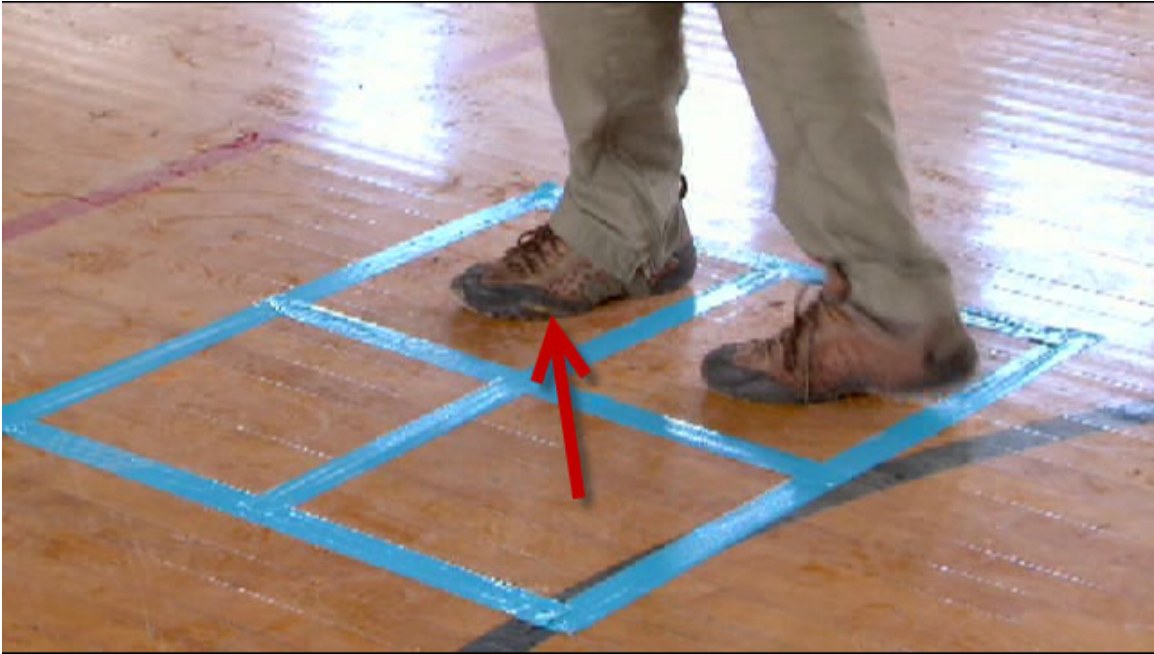


Now you're mirrored from where you started.

Your left leg is forward; your right leg is behind you on that same side.

From here, your left leg that is in quadrant 1 steps back, in front of your right leg, to go back to quadrant 4 (see next page)

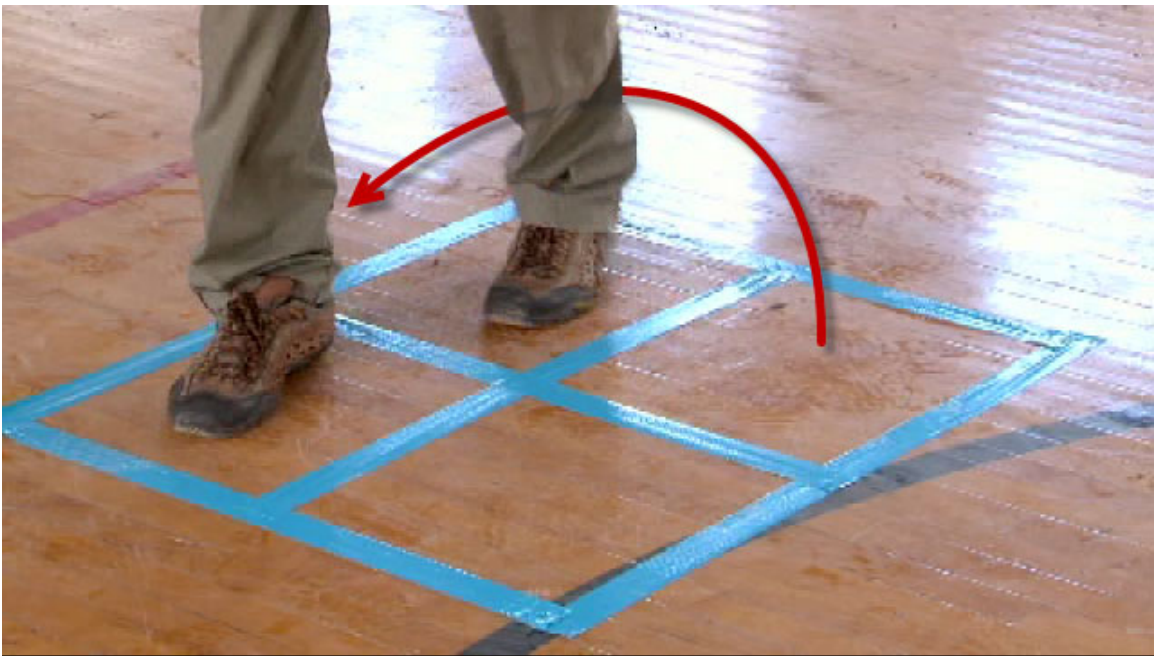




Now your legs are crossed again with your left leg in front of your right leg and your feet are horizontal.

All this time you're facing forward.

From there, your right leg comes from quadrant 3 and steps behind, back to quadrant 2.



Now you're back where you started: Right leg forward, left leg behind it, in vertical alignment.

Your right foot stays in either quadrant 2 or quadrant 3 and your left leg stays in either quadrant 1 or quadrant 4.

You keep practicing this step over and over again, inside that box, and start your training sessions with this, in order to become accustomed to the footwork.



## The Gatka 4-Step with Weapon

As you develop the Gatka 4-step to incorporate the blade, you can start to see how your body develops this rhythm that you will use in applying force with the machete.

The 4-step with a weapon goes like this:

First, assume your on-guard stance, with your machete on your lead side, lead leg forward, your other arm held up and near your body as shown:

Note that your feet are in the start position of the 4-count drill.



We are now going to practice moving while wielding the weapon.

You do NOT want to stay stationary in a fight.

Now, practice the same 4-step movement while keeping your machete forward of your body.

As you move, the machete stays before you, no matter where your feet actually go.



Again, you're simply repeating the 4-step drill, but this time, you're practicing keeping your machete in front of your body, oriented toward the enemy, no matter where your feet are actually moving in the square.

Perform this drill for a few minutes at the beginning of each one of your training sessions.

This gets you used to doing the footwork with a weapon in your hand.

The techniques contained in this guide provide a great deal of power.

This power is much greater than the way people typically strike with the machete.

The "haymaker punch" of machete strikes is an untrained overhand.

People will usually strike from the rear, keeping their off side (the side not holding the machete) forward.

They haul the machete back and then throw it over their shoulder.

This is equivalent to an untrained, telegraphed barroom haymaker.

That's not a compliment.

People deride the barroom haymaker because it's easy to see it coming.

The same is true of a sloppy overhand strike from the rear with a machete.



Instead, what you want to do is put your machete side forward.

Striking on the same side allows for much greater power and control.





From the same-side machete position, you can reach out and thrust more than six feet.



From the rear striking position, by contrast, you do not have nearly as much reach.



The techniques in this guide, built on the Gatka 4-step, provide both power and reach while facilitating movement.

These are all qualities that will give you an edge should you ever be forced to fight with the machete.

# Targeting

With a machete, any solid strike will most likely be life-threatening.

It's going to leave such a large wound that your enemy will likely bleed out over time.

That doesn't mean, however, that the fight is over.

Your opponent might not even realize they've been dealt a terrible wound until after they've kept fighting you.

Adrenaline surging through your veins can mask a lot of damage.

Remember: You must continue the fight until the threat has been stopped.

That said, some strikes are more lethal than others.

A machete in the skull will definitely stop someone dead.

Chopping the neck will do so as well.



But while these are almost “instant kill” spots, they aren't necessarily the BEST targets for you to seek.



We naturally protect our heads and our necks from “headhunting” when in a fight, for example.

We just instinctively try to protect our head and neck areas.

You probably won't hit the head or the neck, and will end up getting his forearm or some other part of the body, if he tries to stop you from hitting him or blocks out of instinct.

The arm is one excellent target.

If you strike the arm, you will do traumatic damage to the muscle tissue of the arm.



Muscles are made up of different fibers that travel across each other.

If they're not allowed to move against each other, they don't operate, period.

If you slice into the arm, the opponent could lose the use of the arm because of the disruption of muscle tissue.

A man who can't use his arm is a man who can't shoot you, hit you, or otherwise attack you.

The same is true of the leg.

If you chop into the leg and damage those muscle fibers, your opponent cannot chase you.

Your goal is to escape.

A man who can't use his leg because he has taken a machete to the thigh is a man who can't stand, much less pursue you to keep fighting you.

Still another target is the waist, and this might seem like an odd one.

The waistline, however, has the least amount of bone protecting it.



Chopping at the waistline is one way to do significant damage without meeting bone to get in the way.

Think about stabbing to the rib cage.

Your blade will get lodged in there.

You won't get to the heart easily, for example.

However, all those organs in the gut area are protected by muscle but not by bone.

A stabbing motion to the gut or waist area does significant damage and, while not an instant kill, may doom them by damaging their organs and spreading waste matter and stomach acid into other parts of the body.

To be “gut shot,” for example, is considered a terrible way to die when a bullet enters your body.

The infection will definitely kill you without treatment.

It’s a long, slow death, and getting stabbed there produces much the same result.

## 4-Count Weapon Angles For Attack and Defense

Most people, under stress, will employ a forehand diagonal slash, an “Angle 1” attack.

Another common, powerful, natural stroke is the return cut, an “Angle 2” backhand diagonal.

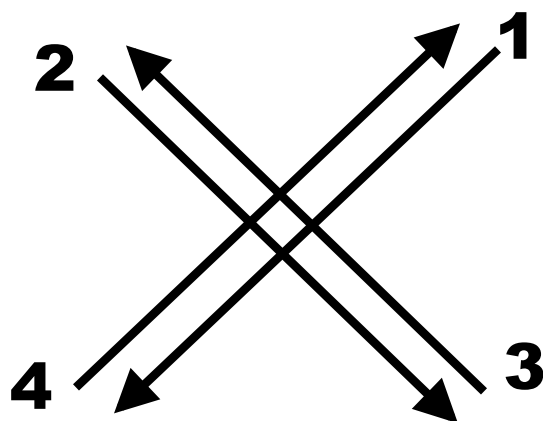
In combat machete, we use a four-count way of attacking that flows naturally from our diagonal slash, high to low.

The four diagonals create an X across the body and tend to be the most common attack strokes you’ll see.

They’re fairly versatile and can be performed both stationary, with a training partner, and while moving and employing footwork.

Just as the 4-step movement serves as the foundation for the footwork, those 4 angles serve as the foundation for all of the techniques that will be built on from there.

Angle 2 starts high and ends low, cutting diagonally across the body from the right to the left.



Angle 2 starts high and ends low, cutting diagonally across the body from the left to the right as the backhand, return motion of Angle 1.

Angle 3 is the Angle 1 performed from low to high, while Angle 4 is the Angle 2 performed from low to high.

Start with your machete in your upper right quadrant (as seen below).



Angle 1 comes across and down your body...





The machete then flows behind and up to your upper left quadrant...



Then down across your body diagonally for Angle 2...



The machete then “flips” and reverses direction without interrupting the natural flow of the blade...



... and comes up and across your body for Angle 3...





The blade again loops behind and down to get ready for the final angle in the 4-count movement...



... and across and up your body...



And then the blade flips one more time to go back to the start position of your 4-count and begin the movement patten again for a continuous flow of the machete.



Striking with the machete in the combat machete system is really this simple, and once these angles are integrated with the basic footwork, the applications should become obvious.

## 4-Step Plus 4-Count

We are now ready to take the 4-step movement and the 4-count striking and put them together with the machete.

Begin in the starting position and perform an Angle One cut.





Step through to the second position of the 4-step drill and perform an Angle Two cut when you get there:



Come around for the third part of the four-count step, and strike with an Angle Three upward cut. Step through with your whole body behind the machete.



For Angle Four, your feet again follow the four count movement.

Step through and bring the machete around, cutting up into Angle Four.



From there, you step back through to Angle One in the first position (the position where you started) and continue working through the four step positions with the four cutting angles.

Notice that you can really get a lot of power in each strike.

Exaggerate the movements to start so you can start to get a feel for them.

Don't rely on arm movement.

Instead, get your body behind those strikes.

# Basic Fighting Tactics

Every weapon has some basic fighting tactics associated with it.

The machete is no different.

The first one is the most obvious one: Run away.

If you can avoid a fight, do so immediately, using your footwork and your movement to maneuver you to safety.

That said, when fighting an opponent or opponents, we don't want to trade blows.

We want to maneuver around and past them to eliminate the threat with as little energy expended as possible.

We don't want to go "through" the obstacle so much as we want to fight past it to get away.

If you are forced to stand your ground and fight, you're going to have to be able to manage the stress and adrenaline dump of a life or death situation in order to apply your blade to your enemy.

Blocking, parrying, footwork, angling your body, feinting to create an opening... these are the elements of an expert machete fighter, and these are the basic fighting tactics you will need to work on to become adept with the weapon.

We recommend striking on the same side as your lead foot.

This may seem counterintuitive to most people, but this helps put the body behind the machete while enabling you to generate more power and helping you to keep your balance.

Your right foot comes forward with your right arm with the machete in your right hand.

This extends your reach, too, and allows you to put your bodyweight into the blow, much like the "drop step" of many combatives systems.

In the 4-count footwork progression, by way of illustration, when you start out, you are making the Angle 1 cut with your right hand and your right foot forward.

When you then take the step that puts your left foot forward, you are making the Angle 2 cut with the left side of your body brought into the cut.

That's how we start to integrate all this.

Each strike creates an entry angle that is an opening to attack.

Another basic tactic is the swinging of the blade around the back of your body.

This comes from Gatka and allows you to maintain the flow and momentum of your blade without forcing your arm to stop (losing velocity) and then try to build it again.

Hacking by bringing your arm up, stopping, and reversing is much less effective than simply keeping your machete moving in a flowing loop.

This works almost like cracking a whip.

The machete moves in a circular motion before it makes its cut.

Strikes come from this constant, revolving, circular pattern around the body that has a number of different advantages to it.

It's harder to read that attack, too, as you have less to tip you off to what is going to come at you.

It is much easier to defend a weapon you can see.

If your eye CANNOT track the weapon, it makes it much harder to counter that blade.

By bringing the blade around your head in a circle, you take it out of your opponent's vision and make him hesitate in trying to determine where the attack will come from.

Fluid motion is efficient motion, and efficiency in combat translates into a greater likelihood of success and survival.

## The “Wall of Steel” Blocking Method

Blocking is essential to prevent you from being damaged so badly that you are put out of action.

You want to create a “wall of steel” with your machete.

Your blade becomes a “wall” that defends you from attack.

Imagine a square in front of you that you make with your blade, creating this “box” that protects your body.



The training partner will strike horizontally and vertically, two times each, to each of the four sides of the box.

The defender will practice blocking with the blade up and the blade down (or, in the case of a vertical attack, with the blade oriented right to left and then reversed from left to right).

This drills the basic four attacks (left, right, above, below) that form that “wall of steel,” teaching you to meet any attack as it comes in and stop it from damaging you.

The drill can start out stationary, with neither party moving.





As you gain proficiency, you can learn to move around as you do the blocks, positioning yourself to put your body behind your blade and move off the attacking line.



This will stress the importance of the footwork we described to get you out of the way of the attack and position you for follow-ups.



The drill helps teach the “attacker” to target vulnerable spots on the body, too.

Put real “oomph” into your strikes and your blocks.



If you were being attacked by someone who had a baseball bat and not a machete, the amount of energy in those strikes would be significantly greater, and you still have to try and stop them from connecting with your body.

Be sure to practice the drill on both sides of your body, both to build ambidexterity and to cover yourself in case one of your limbs is injured.

## Stab and Gatka Parry

Now that you have learned 4-step, 4-count, and the foundations of this fighting system, we're going to add an extra strike to the 4-count.

After you perform Angle One, Angle Two, Angle Three, and Angle Four...



...Add an overhead shot that moves from behind your body, over your head, straight down on the attacker:





This overhead strike can be done at long range to target the head, or it can be done closer to the opponent and reinforced with your off hand to drive the blade down the attacker's body at any other position.

You can perform this strike from any point at which your machete comes back around the rear of your body.

Another technique that flows from the four-count is the thrust.

While the machete is not the ideal weapon for thrusting, it can be used to stab, especially if you assist the thrust with your off hand.



You can thrust from the side of the body, with the machete at the hip, assisting it as you bring it forward.

This can be a tremendously powerful attack once you practice it.

This begs the question, though:

How do you defend against this?

You need to block the thrust.

This is more accurately called a parry, and it comes (again) from the Gatka system.





The motion looks like a pendulum.

From above, you swing the machete down in an arc from your weak side to your strong side.

This can work from any angle, and you can use your body movement to get out of the way as you parry, stepping to the side to avoid the incoming weapon.

This is not a “power move.”

You are simply deflecting the incoming blade and simultaneously getting out of its way.

Whatever the arc in front of your body, you can apply the parry while side-stepping.





**THE PARRY IN ACTION**

# Training Drills

## Solo Training

When training, it's best to have a target to fight "against."

A heavy bag, a Body Opponent Bag, or some other object is ideal.

Even a vertical pole will work; you could mount a face to it to make it look more realistic by placing a mask over a nail on the pole.

Hanging a log from a larger tree outside gives you a nice vertical target on which you can use a live machete.

This does not mean you should train with live machetes, especially if you are somewhere neighbors can see you.

It is, however, good to get the feel of a live machete if you can.

(Understand that when using a live weapon, just tripping and falling on it could permanently maim you.)

It's extremely important to build the muscle memory of striking and conditioning yourself to take that punishment.



If you only ever practice in the air, without striking a target, your sword arm might not hold up to carry you through the altercation.

If you have a BOB training dummy, though, this is a great tool because it looks like an armless person and will take quite a lot of abuse.

You can strike it with the blade of a training weapon, and you can of course strike it with your hands and feet, giving you the full range of options you would have in real-life self-defense scenario.

Dress your BOB dummy in different clothing for a more realistic appearance.

You can add a wig to it, for example, or a bandanna.



Once you have that target set up, get used to using your four step movement and four-angle cutting system to strike the target.

Get the rhythm, balance, and coordination down, practicing to keep your blade and your feet flowing while you strike on the same side as your forward foot.

Just working on these basics will do wonders for you over time, building an instinctive combat motion.

It will also help you build stamina and understand just how little time it will take you to become fatigued in a fighting situation.



## Partner Training

When training with a partner, one of the things you can do is practice that 4-step with the 4 angles against your training partner.

Stand in front of your partner and establish your “kill range” -- the distance at which you can touch your opponent and your opponent can touch you.

Move slightly out of that range and perform the 4-count while mirroring your partner.



You don't have to make any contact at this stage, but it lets you learn to move with a living opponent.

Your blades will naturally cross each other in an X pattern like you're standing in front of a reversed mirror.

Next, you can move slightly into range so your training blades can make contact with each other.

You are learning an attack pattern, but also learning a proactive defense pattern.

If a person attacks with an Angle 1, you can negate the Angle 1 with an Angle 1 to BLOCK the incoming strike.



You are basically learning strategies while getting used to the flow and the motions of making contact and being in that fighting range where you can be touched.



This helps you get comfortable with the blade coming at you.

Be aware of your wrist alignment as you drill, and maintain awareness of which way the blade of your “machete” is oriented.

You don’t want to get sloppy and start hitting with the flat of the machete.

From there, after doing this in a stationary manner, you can add some footwork to it and start to work from simple to complex, such as having one person advancing while the other retreats, and so on.

You can incorporate lateral movement and other steps, too, as drills become increasingly more complex.

In this way, you can learn different entries, attacks, and defenses.

### **Entry Attacks/Strike and Block Drills**

Another “tactical” exercise you can do is a strike-and-block drill.

This incorporates an element of surprise in making entry strikes.

Use a circular strike that travels around your body.



This helps you to make your strikes non-telegraphic and also to integrate blocking and striking together.

You can turn this into a partner drill -- strike, hit, and move -- easily enough.

Put your weapon foot forward and your non-weapon foot back, with your feet stationary.

Training partners maintain a straight line.

One partner strikes to the targets of his choosing in order, say the neck, the arm, the waist, the leg, the head.

First one partner strikes and the other blocks, and then the blocker follows through with a strike while the first partner then blocks (and turns his block into the next strike).

Basically you're just trading while traveling down the body, block-strike, block-strike, block-strike, with emphasis on flowing from block to strike to block without jerking or stopping or feeling awkward.

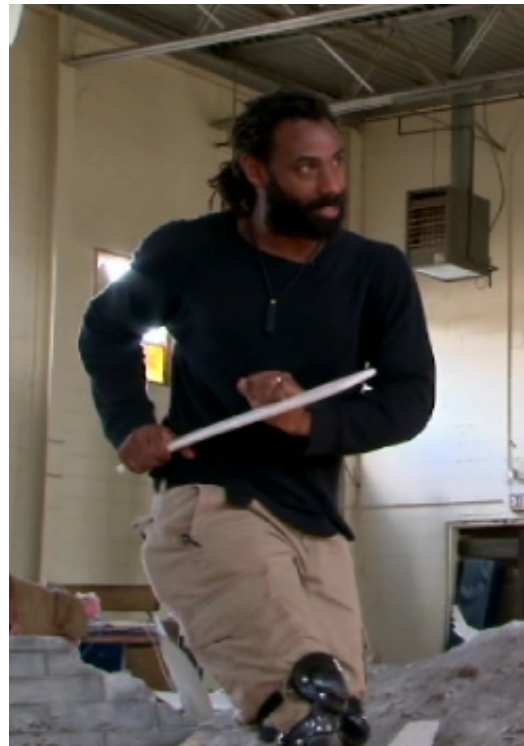


In that way, the two partners can get comfortable with targeting, blocking, and movement, before the drill becomes more free-form and less structured.

Variations on these drills include adding an extra strike to the 4-count -- an overhead shot, for example, or a thrust.

This means integrating a parry to the drill to move the thrust to either side of the body.

Once the four-count, the overhead attack, the parry, and the thrust are added together, this becomes a 5-count partner drill that operates in exactly the same way as the 4-count partner drill. It builds on that foundation.





## The Wall Drill

One way to become comfortable in your parries and blocks, and to learn to trust them, is the wall drill.

One partner puts his foot against a wall so he cannot move backward.

The other training partner strikes at him.

The goal is to learn to trust your parries and blocks because, with the wall behind you, you cannot move back out of range.

You have no choice but to block or parry the strike.



Start slow with this drill at first.

As you gain confidence and competence, your partner can pick up the speed and aggression.

Make sure not to go too fast at first, however.

The goal is not to overwhelm the defender, but to teach him to trust his methods.



## Freeform and Distance Sparring

When you become very comfortable with all the component techniques, you can engage in freeform distance sparring.

Distance sparring helps bridge the gap between drilling and working with an actual human being.

You work your angles as you normally would, integrating movement and all the attacks and defenses you've learned.

Once you're comfortable with that movement, you imagine that you are moving against someone, feinting and attacking, defending and parrying, as if you are dealing with someone who is trying to cut and kill you.

Then two partners work together as if they are sparring freeform... except there is enough distance between them that they can't touch each other.



By establishing a "safe distance" and "kill range," you can safely spar together while never actually touching each other.

You will find this drill both challenging and engaging, and it will really help you take your machete skills to the next level.

# Improvised Weapons

The techniques that will work with a machete will work with a variety of improvised weapons.



A simple baseball bat, for example, can be wielded with the same methods and against the same angles, and makes a very effective weapon, although it lacks the lethal power of something that cuts.

By the same token, we mentioned using rebar for training machetes. That same rebar is heavy and, wielded with serious intent, can do some serious damage.

It's small enough that it can lay open flesh and heavy enough to break bones.

You can stab with it too, if you put enough power behind it.

Yet another weapon that you can plan for ahead of time is the expandible baton.

Make sure this is legal in your area before you stockpile it, of course.

Still, if you can own an expanding baton, you can use that as your primary weapon or as a backup weapon in conjunction with your main tool.

It can strike, and it can also be used to shield and ward.

You're limited only by your creativity.

A length of chain can be wielded more or less as we'll show you how to use a machete (although flexible weapons introduce certain complications when it comes to the weapon snapping back on you).

Yet another improvised weapon is a lawnmower blade.

This blade could seriously kill you (and if you've seen the movie *Sling Blade*, you've seen an example).



Improvised weapons are everywhere.

You just need to apply your imagination and then use the methodology contained in this report.