

Cutting Edge Survival Strategies

MULTIPLE ATTACKERS

From The Battlefield To The Street!



In Module 5 Of 6:

**Your ADVANTAGE
In A Multiple Attacker
Scenario!**

**WHO To Hit First!
(It's Not Who
You Think!)**

**The WORST Move
To Make Against
Multiple Attackers!**

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"Multi-Fight Myths"...
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MULTIPLE ATTACKERS

We all worry about becoming the victims of crime, otherwise we wouldn't be training for the possibility of a violent attack, right? Some would argue that unless you live in a high crime area, the chances that you will be a victim of a violent crime are relatively low.

Even more overlooked is the threat of facing multiple attackers. Just how probably is it for a private citizen to encounter this type of scenario? While the chances are different (and arguably greater) for members of the military and especially those in law enforcement, the fact is that just about anyone living in or near a metropolitan area should be very concerned about it. When you look at the crime statistics, especially for males, describing situations in which men are violently attacked (by other males), the potential for you, the private *citizen-defender*, to experience a multiple attacker scenario is only *too* real.

This statistical probability, however, is cold comfort when you are lying in a hospital bed or contemplating the brutal "wilding" of a loved one by a group of gang members.

In fact, a large percentage of the questions we receive here relate to the multiple attacker scenario. "What do I do when I'm facing two or more people?"; "What's the best way to survive a multiple attack by surprise?"; "How can I deal with the gangs in my area?"; "What if multiple attackers are armed?"

These questions have been submitted to us from readers all over the globe and are the obvious signs of the fear and concerns on the minds of our readers and members regarding this worst-case scenario of fending off more than one assailant. Unfortunately, the increase in gang-related violence perpetrated on upstanding citizens continues to rise and during periods of economic downturn, take an unsurprising jump even higher.

The fact is, it's very likely you could face this situation. This training module will teach you what you need to do to survive... and to protect your family should you encounter multiple attackers in a do-or-die violent encounter.



CRIMINAL PROFILES & CRIMINAL NATURE

In what used to be the standard one-on-one street robbery, the multiple attacker scenario is becoming more and more common. A two-on-one situation in which one attacker creates a diversion, while the other attacker "sucker punches" you or perhaps sweeps around from behind to take you down and roll you for your money makes "work" much easier and less risky.

The attackers, after all, are interested only in "winning." Stacking the odds in their favor by outnumbering you makes it very likely they will be successful in their predations with a minimum amount of effort. The bad guys don't want to have to struggle with or truly *fight* anyone. They want to overwhelm you, victimize you, and leave you broken and bleeding in their wake.

They don't care about you; they care about what they can *get* from you, period.

In addition, the threat of multiple assailants has increased dramatically for women. The concept of gang rape is a very real one, and the fact is that the average woman has significantly less upper body strength, on average, than a man.

Because bigger, stronger people really do hit harder, on average, a woman must focus on avoidance of potential situations, and on awareness of self-defense scenarios, to an even greater degree than a man, all other things being equal.

This is just a fact of reality; there is nothing sexist about it. Women are intrinsically of value to a societal predator as they always have "something" he wants, even if she has no tangible values on her. And if you're a guy who thinks that this passage doesn't apply to you, think again...

Since rape is an act of *power*, it's not uncommon for a defeated husband or boyfriend to be further humiliated by his attackers who have their way with his partner as the final blow to your defeat. This thought alone should be enough to force a man to make decisive action and have no qualms at all about taking out the eye of another human being who intends him and his family harm.

Yes...the multiple attacker scenario is quite real...and one that we absolutely must plan and train for.

CAN YOU SUCCESSFULLY DEFEND AGAINST MULTIPLE ATTACKERS?

The onslaught of questions we consistently receive regarding multiple attackers often come down to one underlying concern...is it even *possible* to "win" in a multi-fight?

To put it bluntly...who cares?! The question isn't whether or not it's possible...the choice to fight won't necessarily be yours. The real question is, are you prepared enough with the right strategies, mindset and techniques that will allow you to survive such a brutal attack?

But would it surprise you to know that you may actually have some **advantages** when defending against more than one attacker?

Consider these little known secrets...

When locked in a **one-on-one** battle in a violent street fight, your attacker realizes that it's you or him. Period. With no reinforcements, he knows that if he "gives up", he's a sitting duck and could either be harmed more or, at the very least, suffer the embarrassment of defeat.

For this reason, he's more likely to fight through pain due to his lack of any other option.

But in a multi-fight, when an individual attacker is struck hard and is writhing in pain from a shattered ankle...struggling to catch his breath after taking a shot to the throat...or rubbing his eyes because they're watering up from the fingers that were just raked across them...he may **willingly** extract himself from the encounter because of the natural **mental threat assessment** his brain takes him through.

Specifically:

- He naturally assumes that his fellow attackers will make short work of you and therefore he's not "needed" and can simply nurse his wounds.
- He feels "protected" by his friends and not as vulnerable as a target for further harm so again, he can lay down and deal with his injuries while others fight "for him".
- Defeat isn't as embarrassing because if he's not the only one defeated, he won't be singled out as the "loser".

Also, while single fighters (one-on-one) are more predispositioned to throw strikes very quickly, opting for speed over power in order to overwhelm their target, individual attackers in a *multi-fight* most often opt for "power strikes" over speed because they feel their buddies are also throwing strikes and they have more time to throw a haymaker and really hit you hard.

Under “normal” conditions, this would prove effective because most victims in a multi-fight do simply cover up and take the blows, hoping that mercy will eventually be shown. But armed with the strategies you’ll find in this training module, this essentially gives you more reaction time and with proper evasion and counterattacks, their blows will have little effect on you.

Nonetheless, defending against multiple attackers is in no way a cake walk. So the goal of this training module is to provide you with some practical answers, tactics, and techniques that will better prepare you for dealing with multiple attackers should you ever be confronted with this worst case defense situation.

And as we often point out, protection begins not in the physical techniques you learn...but in your mind!

So that’s where we start our training...

MINDSET OF MULTIPLE ATTACKER DEFENSE

Before you think of anything else, remember this:

Every fight is a multiple attacker fight!

In any violent confrontation, even though it may appear that you are only in conflict with one person, there could be others waiting to jump you when you’re occupied with the first attacker. You must take this into consideration every single time you face an opponent.



This is why awareness is the first and most fundamental component of self-defense in any form, including (and critically so) multiple attacker scenarios. In an adrenalized state, one of the biological effects is “tunnel vision” where your brain tends to block out sensory perception of all around you except for the person you most immediately recognize as a threat. You must consciously keep your attention focused outward to detect other blindside attacks as well as identify options for your escape or counterattack.

This same principle applies before a violent encounter as well. You can’t spend your days walking around in the fog of your personal comfort zone. You must expand your zone of awareness 360 degrees around you to account for surprise attacks.

Doctor Drew Miller, who teaches at the DeBurger Academy in Chicago, makes a great point, “An attack is a process and it starts in the mindset of the person who’s the potential victim, in your attitude, in the way you carry yourself, in the way in which you’re interacting in your interpersonal environment. All these things contribute to you possibly becoming a victim.”

As a personal illustration, I’m reminded of a time my wife and I were traveling out of town and stopped in at a local diner with our infant son. When entering the diner, I took note of some graffiti in the parking lot and identified it as not the typical “*Kilroy was here*”, but rather as gang identification. I surveyed the area and since there we had searched all over for a place to eat and couldn’t find any better options, I determined that it was safe and there were no other signs of a threat. The restaurant was clean and well kept and the patrons looked normal enough.

However, just to be safe, I sat at a back table with my back against the wall in a location that allowed me to view the parking lot as well as the only entrance to the facility.

About 7 minutes later, while my wife and I were waiting for our food, a group of seven young gang members in colors walked across the parking lot and entered the diner, loudly pulling tables and chairs together. I could tell from the reaction of the staff and the gang that they felt they “owned” the place. I was also keenly aware that my family and I didn’t look like

locals and this didn't escape the catholic choir boys as they periodically looked over at us.

In response, I made it look like we had just finished out meal and we got up and left the diner before our food came, leaving our waitress an extra tip to accommodate the inconvenience of the order...

...and to pay for the table knife I hid in my son's carrier in case of trouble as we exited.

AVOIDING CONFLICT THROUGH "TARGET HARDENING"

There's an old expression: Why hunt wolves when there are plenty of sheep to be had? The question you must then ask yourself is, "Will I be a wolf, or a sheep?" If you're a wolf, people are much less likely to hassle you because it's too much trouble...especially when there are sheep to be had.

Predators follow the path of least resistance. They really don't want to have to "work" for what they take, and if you're a difficult target, they will move on to someone who is easier. That's simply the law of the urban jungle and, while it is unfortunate for the sheep who does get caught, your first priority is to protect yourself and your family.

What's more, your mental state, what you are thinking of, is easily telegraphed through your body language and projected through your demeanor. Predators pick up on this. They watch how you act, how you walk, how you talk, and they choose their targets from among those who look and act as if they will be the easier marks. They scan for sheep!

As an extreme example, consider walking down the line of hardened murderers and rapists at a maximum security prison on your first day of a life sentence. As you're being sized up, would you project that you're the next serving of "meat" or would you show that you're not as viable a target as the sobbing wimp behind you?

The secret, as recounted by actual prison inmates, is in what you **tell yourself** with your "internal voice". If you *think* like a victim, you'll *act* like a victim and if you act like a victim, you're likely to **become** a victim.

Instead, you want to project what's known in the military as a "command presence" — a confident posture and competent alertness that says, "I am not an easy target."

You accomplish this **not** by puffing your chest out and wearing a "*Kill 'em all, let God sort 'em out!*" t-shirt. But rather by what you tell yourself internally and let it naturally manifest in your body language. When you sense that you're in a potentially dangerous situation, simply say to yourself, "*I'm in no danger. I know exactly what to do if someone attacks me and I will easily destroy anyone who attempts to harm me or my family. Defeat is not an option.*"

Another trick is to imagine that you are "Superman" (yes, the comic book hero) with your cape gently flapping in the wind behind you. Funny as it may seem, you'll likely find that your chin kicks up a little higher and your posture immediately straightens. This confident demeanor, supported by your positive inner voice and internal "survival mantra" will ultimately project an image of a "hardened target" to others who may be contemplating making you their next victim.

KNOW YOUR "ATTACK TRIGGERS"

In a no-retreat, no-surrender type of situation, it's always the first move that people are hesitant about. Once you get beyond that, once the fight is on, so to speak, you do what you have to do. That mental obstacle, that first step, is what we must get past in the reality of a physical confrontation with multiple attackers.

This requires you to set boundaries and develop your own personal "attack triggers" — the events and behaviors that will prompt you to act preemptively. When you see a man walking toward you on the street, for example, what are your triggers to take action?

How does he walk? How does he dress? What does he say? If he's acting like a jerk, give him a wide berth and walk faster. If he gets too close, or worse, changes course and accelerates to get closer to you, warn him off. If he keeps approaching and gets within your invisible safety zone, he's just pulled your "attack trigger".

HIT HIM!

Of course, we'd like to feel that diffusing a conflict is the right approach, and we'd always recommend this as the first option. But two factors in a multi-attack make this a less likely option:

First, even a group of frat boys who don't like the way you looked at them at the club are less *likely* to be talked down. In social groups, people are under more pressure, from their peers or simply how they're perceived in the public eye, to take action and make an example of you.

For them, NOT taking action is demeaning and not as "manly". Although these types of potential "attackers" are easier to reason with and apologize to in order to allow them to save face, you must also be aware that their egos may not afford you this luxury and you'll need to act.

As a second scenario, we have to address the potential of being accosted by multiple attackers who are more conditioned to violence - the street criminals. If someone is unreasonable enough to attack you to get what he wants, he *cannot be reasoned with*.

The asocial predator has a mindset that bypasses all the niceties and goes straight to a violent approach and you have to be conscious of whether you're facing a group of criminals or just some punks who have you in a situation of opportunity, such as a bar disagreement.

If you're dealing with a criminal mindset, your "attack trigger" must be hair sensitive.

NEVER LET A GROUP OF ATTACKERS TAKE YOU SOMEWHERE ELSE

Also, in these types of professional criminal situations, it's not uncommon for your assailants to be more knowledgeable in covering up their tracks to avoid witnesses. Therefore, understand that under absolutely no circumstances should you allow a group of attackers to take you somewhere — to transport you from one location to another.

Your chances of survival plummet when you are moved to a second location. As Sanford Strong says in the book, *Strong on Defense*, it's always better for the

attackers and worse for you if you are transported to "crime scene number two."

This is one of those "attack triggers" you should be aware of and if someone says "get in the car," you know that this is the time to fight immediately...and with everything you have in your arsenal!

THE WORST MOVE YOU CAN MAKE IN A MULTI-FIGHT

As humans, we're naturally filled with doubts about our limitations. Our minds have been developed to instantly assess threat and send a message to the brain to either fight, take flight, or freeze. Of these three options, only one is a guaranteed way to end up in the hospital or morgue.

Can you guess which one it is?

Will you give in to the mental limitation that says, "I better not fight back...I might just make him angry if I'm not successful." This decision to just "give up" is obvious in some of the YouTube fight videos you see online where the victim often turns the soft underside of their belly to the attacker, hoping for mercy.

This seems especially common in worst-case scenarios where the victim perceives the odds are stacked too high against him, such as when facing multiple attackers, and he simply rolls up into a ball to take his beating.

A good deal of this defeatist attitude is generated by our culture, which conditions our citizens to be victims. In school, you're told you shouldn't fight even if you must, that you should try to be conciliatory. When a bully attacks another student, both students are often punished under foolish "zero tolerance" rules. Popular culture repeats this mantra throughout modern life, preaching that we can be reasonable, that we can simply talk with society's predators and try to understand them.

When your life is in danger, it's not the time to play psychologist. It's the time to act decisively as a warrior.

YOUR PRIMARY GOAL IN A MULTIPLE ATTACKER SCENARIO

Facing multiple attackers isn't your opportunity to show off your Krav Maga skills and put your training to the test. Your dreams of posing for a photo shoot next to the pile of unconscious bodies you've just amassed isn't going to happen.

The *reality* is that your chances of actually emerging the *victor* in a multi-attack are somewhere between slim and none.



Having witnessed several multi-fights from barroom brawls to gang beatings, I can tell you that in the fury and chaos of the attack, our caveman instincts come to the forefront. The other “clan members” whether other members of a gang or just bystanders who are drunk and see an opportunity to let off some inner rage, immediately go into “monkey brain” mode and begin stomping away at a defenseless victim on the ground. Many murders happen by “accident” and the perpetrators can't remember how or why it happened.

No, in the multi-fight scenario, “winning” means only one thing... **survival!** You must attempt to leave the area at all costs. If you can just run, great. If you can't, then this is when you have no option but to fight like your life depends on it...because it does! You're never going to “defeat all of them.” You've got to survive and get OUT. Assess your best exit strategy and fight your way viciously toward it.

YOUR “FIRST MOVE”

Remember the movie, *The Outlaw Josey Wales*? Clint Eastwood is walking down the street when he encounters several armed men who realize he is a wanted fugitive. He shoots it out with all of them and manages to come out on top. When asked by another character how he knew which one of his opponents would draw first, Josey Wales (Eastwood) says, “...*the one second from the left: he had scared eyes, he wasn't gonna do nothin'. But that one on the far left: he had crazy eyes. Figured him to make the first move.*”

In a self-defense scenario facing multiple opponents, if you must take the initiative and attack the attackers, ask yourself: “What is my first move?” The answer is dependent upon your quick survey of your attackers and your surroundings.

For example, remembering that your goal is to do nothing more than escape, you may notice that although there are three guys surrounding you in a bar, there's only one between you and the exit. A forceful palm-heel to this guy's head to take him off balance and stumbling backward may clear the path for your pre-planned exit.

With no exit available, you may find that one attacker is standing in front of a chair (if inside, or a trash can or car if outside). This man may be the best first target to go after as it should be easy enough to shove him over the natural obstacle and reduce the number of guys you're defending against by one.

Another option is to simply target the closest attacker with the intent of striking him back into another of the assailants or first loosening him up with a strike to the throat or groin and then pushing him down and into another attacker's legs.

And finally, take a lesson from Clint: who's the loudest “Alpha Male” of the gang? Who's under the most pressure to act and make the first move? Oftentimes, destroying the one with the “crazy eyes” is all it takes to defeat the entire crew mentally. If this person is the one “expected” to fight, then when you do strike him, the others often assume that he can take care of himself and they won't intervene, choosing instead to watch the “show”.

When they watch you strike a crushing blow to their buddy's throat that leaves him desperately gasping for air, they'll either back off or leave you with an opening to escape or even take another of them out as they stand there shocked that the conflict isn't going their way.

The main thing to remember is that your first strike is your most important. Make your decision to attack quickly and do so as viciously as possible. The longer you wait, the more time the attackers have to get organized and work together against you...and the lower your chances of survival.

YOUR "LICENSE TO KILL"

You must realize and acknowledge that given the high level of danger inherent in facing multiple attackers, there is no room here for the commercial martial art mentality. Debate which martial system is "best" if you like, but the fact is, this type of a worst case situation calls for a brutally honest view of which techniques can be applied effectively in order to survive.

When you're outnumbered in a fight, it justifiably requires you to ratchet up the intensity of your attack in order to respond to the threat. When one man punches you, it may be difficult to justify in court the fact that you took out a knife and stabbed him. When *five* people try to punch you, however, it's much more likely that they will *kill* you, and thus even using a potentially lethal weapon to defend yourself may be easier to justify.

For this reason, and understanding the increased chance of accidental death at the hands and feet of men who are in primitive 'monkey brain' mode, you have to be prepared to strike with lethal force application.

For some people, the idea of hitting to kill, or facing the very real possibility of death, is a hard thing to accept. You must understand that this is not a sparring match. This is a real confrontation, the stakes of which are life and death. You've got to "go off" with everything you have.

In the origins of WWII Close Quarters Combat, multiple attacker scenarios were a given and this is why the methods used by soldiers of this era had a "quick kill" platform. There was no mention of, say, sparring or conditioning. That's because where the

rubber meets the road, those things have little to do with the primary requirements to quickly take out two or more attackers.

When the attack is initiated, immediately explode, hitting and striking to the body's most vulnerable points like the neck and the side of the head. Use everything you've got. Crush their skulls. Gouge their eyes. Do absolutely everything you can, in the most brutal and vicious way possible. Do not try to grapple back and assert control. You are outnumbered and you're not going to manage it. Trying to gain control or position just slows you down to reacting to other threats as they present themselves.

TAKING THAT FIRST STRIKE...LEGALLY

Ok, we've talked extensively about crushing some guy's throat, breaking a bottle over his head, and shoving your fingers into his eye sockets until you feel squishy brains. But no one wants to defend yourself successfully only to end up in jail surrounded by a virtually limitless supply of the same type of person you were defending against.

Generally, you are only legally justified in using what is considered "parity of force" — using only the amount necessary to neutralize an attack. Using preemptive or overwhelming force gets more difficult to justify because it may be seen as an overreaction, and thus a crime on your own part. Now, we at the *ISCQC* are not lawyers and we cannot give you legal advice, but there is one relevant legal concept where multiple attackers are concerned...

Generally, you are more likely to be seen as justified in using a weapon or in using a greater level of force if you are facing multiple attackers. The fact that they outnumber you is often seen as the equivalent of a greater amount of force, in total, than each individual attacker is offering.

It will be relatively easy for your attorney in your defense to relate the dangers you faced from defending yourself against multiple attackers because those dangers are very real, especially if they are hardened criminals or gang member, and your disadvantage on the street will be your advantage in court.

A group of attackers will always choose a time and location that favors them, not you. They will attack

when you are not expecting it, and of course they will attack when they outnumber you. They'll go for someone who looks vulnerable, someone who is less likely to offer resistance. And they will attack with ferocity because, to the career criminal or gang of them, messing you up and mugging you is just a job or a hobby. Your gang of attackers has places to go and things to do, after they get done robbing you and raping your wife.

Of course, if your attackers are thrill-seekers who assault for the fun of it, your problems are that much worse — because the attack won't end with the surrender of your valuables. Your assailants, in that case, *want* to hurt you, and won't let up until they're gratified in their quest to deal pain and violence.

Under these conditions, facing these criminal types, when they get in the first punch (or the first slap, the first push, the first stab, or the first kick), it's nearly impossible to emerge the victor (or survivor). An unfortunate but nonetheless real fact of self-defense is that the person who takes the *first strike* generally has the advantage. To gain and keep the initiative is one of the most fundamental principles of successful fighting.

He who has the initiative is doing the... well, the *doing*, while the person on the receiving end is at a disadvantage because he is focused on defense. When you are preoccupied with defending yourself (or with how much what the other fellow is doing is hurting you) you cannot mount an effective counterattack. Thus, he who takes the first punch often overwhelms the other fellow and wins the fight, regardless of who is "in the right" and who is "in the wrong."

Therefore, in multiple attacker scenarios, gaining and keeping this combat initiative could be the difference between living and dying. Taking that first, preemptive strike is never more important than when it involves more than one attacker coming after you.

Here's how to take it...

When you are approached, accosted, or otherwise find yourself in a potentially violent encounter, it's not unusual for there to be an "interview" portion of the exchange. This is where the criminal or criminals size you up, determining the threat you represent. You are being cased just as if you are a home waiting for a burglary. The would-be assailant wants to know just how "hard a target" you are, just how easy his task might be. He may also, by trying to engage you in

conversation as part of the "interview," by trying to distract you.

Typically, self-defense trainers advocate you adopt a hands-up, hands-out stance that maintains your personal space in this type of pre-assault confrontation. The citizen puts his hands out and says something like, "Hey, back up for me, would you? Back up, please." If the assailant (though he's not the assailant yet, in the scenario, we will call him that) keeps approaching, the citizen defender increases the volume of his instructions, moving to put himself outside of the attacker's range if he can. Then, if the attackers keep approaching, you should hit them.



Unfortunately, this may actually work to your disadvantage in a multiple attacker scenario. An individual assailant may respond to these types of commands because he may see that you're not going to be an easy mark and backing away is "safe" for him.

However, if this same person were surrounded by his friends, fellow gang members, or even public eyes (such as in a nightclub), he will likely feel **more** pressure to fight, not less.

And not only is the threat even higher that you will be attacked, but our belief is if it truly looks like you're in a situation where you are not going to be able to talk down your assailants and you know "the fight is on", putting your hands up and showing that you're not going to just cave in — as most instructors will tell you

to do – actually takes away a majority of your element of surprise.

That's bad. So here's how we would respond instead in order to take advantage of your first 5 seconds of a multi-fight...

- **Act submissive.** When facing multiple attackers, you need every advantage you can obtain and getting in the first shot is critical. Therefore, our recommendation in this scenario is to actually act much more *submissive*, even to the point of fearful – crouching down slightly, timidly hunching your shoulders, bowing your head in a “cowering” manner. This will give your attackers a shot of overconfidence that can work to your favor.
- **Use your time wisely.** If your assailants see you as submissive, they may “toy” with you a while longer, taunting you with insults, sensing that you're no threat at all. This can give you the crucial time needed to analyze the situation better and choose your first target wisely. But it also helps to get them to drop their guard so they never see that debilitating first blow you're about to launch with split-second timing.
- **Think two moves ahead.** In a one-on-one fight, it's possible to destroy your opponent in one single blow if you do it right. That's not going to happen in a multi-fight. Decide who the first person is that you're going to strike and where, but also have your next move decided on. That may mean the next target on the next person, it could be a chair that you can pick up, or it could be sprinting to an exit. Just make sure you know what you're going to do after your “first strike”.

I've personally witnessed this defense and it's incredibly effective. Because the attackers were expecting an easy bullying, the shock of your first strike most likely will give you a few seconds more reaction time while their brains process their own response.

Your first strike should have completely removed your primary attacker – your second strike is a gift.

Make it count.

MOVE, MOVE, MOVE

The Germans in World War II were notable for the *blitzkrieg*, an overwhelming military thrust that rolled over the enemy with speed and power. Attack the attackers with a *blitzkrieg* of your own by continuously moving with power and intent.

You can't hope to stay stationary and make a stand. A stationary target is a dead target. Ask anyone who's tried shooting a handgun at a non-moving paper target as opposed to a silhouette on a cable moving rapidly from left to right how much harder the moving target is to hit. If you were to stand still and take a punch, chances are you'd be reeling from a knockout blow, right? Yet, we've already acknowledged that most blows don't hit their target and if you're a *moving* target, that makes you getting hit with a knockout that much harder. (Are you starting to see now how little by little, a few key concepts can begin to stack the odds more in your favor?)

So never remain in one spot and try to go toe-to-toe with any one attacker. You should constantly be moving in order to force the men you're fighting to have to react to you, all the while looking for the opportunity to deliver a well placed strike of your own as the opportunity presents itself. That may mean shoving a chair down in front of an attacker as he lunges for you and then stomping on his head, or turning over a table as you race toward an exit.

Also, as you move, try not to get caught between your assailants. This is key to avoiding getting taken down to the ground and pummeled. As you're moving and striking, you also want to have their bodies moving so they get in each other's way. This is only accomplished by you forcing it so you not only want to move your body, but use strikes and throws that force them to move as well.

In other words, high strikes like a palm-heel to the head will throw someone off balance and send them reeling backwards, twisting someone's head gives you control over their body and you can strategically throw them into another person, over a chair, or potentially use them as a shield. By creating movement among your attackers, you'll be able to force them to react to one another's actions as well as to your own. In a strange way, this makes each one of your attackers also an “ally” of sorts!

THE DEADLY NATURE OF THE GROUND

Remember that in any multiple attacker scenario, there is one more enemy you might not have realized: the ground you're standing on.

The ground is where you absolutely cannot afford to go when facing multiple attackers. Once you're on your back and no longer mobile, your attackers can stomp you to death. Simply hitting pavement could drive the wind out of you or cause you to break an elbow or a wrist, and then you'll be perfectly helpless against multiple assailants.

Never, *ever* go to the ground in a multi-fight situation.

FIGHT ONE PERSON AT A TIME

We've all seen multiple attacker scenarios presented unrealistically in movies, especially martial arts action flicks. The hero is fighting multiple opponents and the enemy seems to want to line up one after the other and get pulverized. This is utter nonsense. In real fights, multiple opponents attack you pretty much all at once.

However, the principle is the same as Kung Fu Theater – fight your enemy one at a time. While you won't be able to do a mid-air split and kick two attackers in the head at the same time, the coordination required to defeat one attacker is hard enough in the adrenaline-charged fury of a real street fight. Therefore, trying to fight your second attacker without first having completely removed the first one from the fight, only leads to you withstanding four (or more) fists trying to take you out rather than two.

Fortunately, as examined in real fights caught on video, most blows completely miss their intended target and do little damage. This works to your advantage in a multi-fight because while you're focusing all of your attention and power on destroying one guy, the blows you're taking from his partner will most likely have little impact on you.

That's no reason to get comfortable and take your time, but it does allow you to follow through on your goal of picking off your attackers one at a time. Once one is out of the fight, nursing a broken ankle or knee,

or struggling to see out of the eye you just raked your fingers across, you can then immediately turn to the next closest threat and quickly take him out.

Remember, also, that there's no such thing as "identifying the leader" after the fight has begun. You're not going to single out the alpha dog of the pack for destruction and then demoralize the others; it doesn't work that way once everybody is already in the midst of throwing blows. Just start smashing them into each other so they get in their own way, and do it as brutally as you can. A palm-heel push of the head into the guy closest to you to send him reeling back into the other guy who may be in the way of your exit, could be very effective.

FORCE MULTIPLIERS

A "force multiplier" is a tool that amplifies effort. It lets you do more with the same amount of effort, or do the same amount of work with less effort than before you had the tool. A lever is an example of a force multiplier. The old saying goes something like, "give me a lever and a fulcrum, and I'll move the world."

A weapon is a force multiplier. With a weapon in your hand, it becomes possible for you to take down someone who is much larger and stronger, or to take on more than one individual, because you now have "multiplied" the force that just one person (you, the defender) is bringing to bear on the situation.

In essence, anything that you have in your hand that is sturdier than the bones of your hand (and cannot feel pain) can be used as a weapon and using it is preferable to hitting someone with a punch. Mentally, you must use everything that is available: a chair, broken bottle, a branch, a brick, a chain, a flashlight, or even throwing someone into moving traffic! It's all viable, depending upon the circumstances.

Of course it helps to already have a weapon on your person ready for use and we at the ISCQC advocate the lawful carry and use of personal defense weapons. Among the possibilities open to you, depending on your state's laws, are knives, guns, self-defense sprays, and even clubs. But when considering weapons, first and foremost, check your state's legislature online and learn what the laws of your state

actually say. They will tell you what you must do to legally own and carry.

In addition, if you're going to acquire a weapon and/or carry it regularly, we strongly encourage you to seek training in its use. What's more, you should strive to find realistic self-defense training with that weapon. In the case of a firearm, for example, simply shooting paper targets on a static range will not do. Fighting with a weapon, especially a firearm, is *nothing* like two-dimensional target shooting. You must seek out realistic training in force-on-force scenarios where the decision to act is part of your training.

For example, most likely, your weapon will not be out and ready and it must be accessed. Since in a real fight you'll be in an adrenalized state, you must learn how to draw and use it while fighting off an attacker and preventing that attacker from taking your weapon (something many, if not most, basic firearms courses never cover).

It's all well and good to learn how to shoot a gun, but this knowledge is next to useless if you do not also learn how to access that gun while dealing with a group of predators who are moving and circulating around you, hitting you and harassing you all the while. Don't worry...nowadays this type of instruction is much more available than you might think!

The other key component to using a weapon is to understand the psychological impact of its use. Deep down, your psyche knows the potential devastation that you can unleash on the attacker in front of you. You have a subconscious understanding that shoving a pen into someone's eye could blind them for life or that a broken piece of glass can cause blood to come gushing out of your attacker's neck.

As an upstanding citizen, you're programmed to not take lethal action against someone – anyone. Again, this is a mental barrier that a hardened street criminal doesn't bring to the fight. You must understand that if in your mind, you believe that your life, or the life of a loved one, is truly on the line, that you will have to be prepared to hit them with everything you have...and that may be very messy. You can't afford to worry about anything but stopping that attacker from harming you, your family, or some other innocent human being.

PROTECTING FAMILY MEMBERS AND LOVED ONES

There is a specific category of multiple attacker defense that we must also consider and that's how to protect your family in a multiple attacker threat.

You can't fight multiple assailants if you are also worried about your loved ones. You must have a plan in place that removes them from harm so that you can stand as the barrier between them and your attackers.



How do you prepare your family, especially a spouse who may not share your interest in self-defense (or children who may not be able to understand the concept) for those times when you must deal with multiple attackers while you are out and about? It's a very real concern, and one which no married man, family man, or simply a person in a relationship can afford to ignore.

Unfortunately, an all-too-common mantra among more ignorant self-defense instructors, students, and exponents of reality-based defense seems to be "use common sense" and simply avoid that scenario. For example, if you are worried about self-defense in a bar, they will tell you with all the feigned wisdom they can muster, "Simple. Don't go in bars." This principle can

be applied to nearly any potentially dangerous scenario. You can, in fact, go through your life avoiding dangerous neighborhoods, for the most part, or businesses that are frequently (or even infrequently) the scenes of crime, etc.

But face it...this is *not* a sustainable survival strategy. Sooner or later, crime will find you, if only because much crime is (at least seemingly) random and we don't get to plan ahead of time when and where it will occur. The choice of time, place, and odds are the attacker's, and that is what makes street crime such a threat to the average citizen, no matter how prepared or trained that citizen may be.

Because the attacker chooses the odds, he will often choose odds that favor him by a large margin — meaning he will attack when he outnumbers you. Another way in which street criminals stack the odds in their favor is to attack people who are in the company of dependents, of family or other loved ones.

Another typically ignorant piece of self-defense “advice” is this: Simply run away. That, too, sounds fine in theory; most smart people will avoid a physical confrontation if they can. But “running away” suddenly becomes an unacceptable option when you are in the company of your family. What if you are walking with an elderly relative? What if your wife simply can't run as fast as you can? What if you are carrying a toddler, or pushing a stroller in which an infant sleeps? “Just run away” is no more an option in those situations than is, “Stay away from bad neighborhoods.”

For good or for ill, the reality is that crime has found you, and you must deal with it. Where your family is concerned, you cannot be reminded of the basics of self-defense often enough.

Bottom line is you can't fight multiple attackers if you're also worried about your loved ones. You must have a plan in place that removes them from harm so that you can stand as the barrier between them and the attackers. You may even have to take a beating, or give up your life, so that your family can get away... but we both know it's worth it, don't we? Sometimes you must be willing to pay the ultimate price for your loved ones.

The following are some additional considerations in preparing to defend your loved ones...

AWARENESS

Once again, we come back to the topic of awareness. You must teach your loved ones to be aware of their environment, to understand commands you may give them, and to act efficiently and quickly when you give them those instructions. You need to adopt a mindset that prepares them for the scenario and gives them guidelines for their behavior. Most prudent, prepared families have a plan for what to do in the event of a house fire. Preparing for a self-defense scenario is no different, philosophically.

You must teach your family, your loved ones, your coworkers, and anyone else for whom you are responsible (or who will listen to your advice) to be aware of what is going on around them. Your children, your spouse, and your parents do not have to become wily ninja prepared to repel attacks from all sides — but they should learn to recognize the presence of “shady” individuals, people who are behaving suspiciously or who are following them without plausible cause. Children especially should become aware of the presence of vehicles following them slowly as they walk to and from school or a playground, for example.

LISTEN AND OBEY

Assuming you are in the company of dependents when a street attack comes, you must train your loved ones to listen to you, and to react quickly and efficiently to your commands. Adopt a mindset that prepares them for the scenario and gives them guidelines for their behavior.

It's good practice to have a family “keyword” that triggers an immediate survival response — one in which everyone in earshot is programmed to react by running away as fast as possible, preferably in different directions and yelling the same keyword as they scatter.

The best suggestion for this keywords is the word “Fire!”. “Fire” triggers a natural state of alarm in anyone and is strong enough to jolt your loved ones into immediate action...and every second counts. It also works in all situations. At home, if there is a fire, you would want your loved ones to quickly react by getting out of the house. In public, not only will your

loved ones already be trained to react the same if you're attacked physically, but bystanders who most likely wouldn't have come to help anyone yelling "Help!" or "Police!" (it's a sad fact), will come running at top speed to see a fire.

For example, in the event of a carjacking, the approach of an armed man while you are walking to your car, or you're jumped by a bunch of gang members in a mall parking lot, your family should know that when you yell, "Fire," everyone is to take off and run in different directions, also yelling "Fire!". If they're all yelling "Fire!" and running in different directions, you stand a better chance of someone nearby in a larger radius to hear them and come to your aid, even if it's as a witness to the men who are beating on you for a later police report.

Ironically, if you're a man, it's sometimes harder to instill this type of response in your wife or girlfriend. There's a strong "loyalty factor" that plays in many women's minds that they should stay and help their boyfriend or husband who is being attacked. This usually amounts to screaming at the men to "Stop!" over and over again or in many cases, even attempt to hit your attackers or drag them off of you. It's a natural protective instinct that's married with the expectation that no one would hit a woman. That's a dangerous assumption that could get your girlfriend or wife injured, raped, or killed.

Talk with her about this threat now! She must know that best way for her to assist you is to run, yell "Fire!" and get help fast!

TRAINING AND PRACTICE SCENARIOS

In the movie *Man On Fire* with Denzel Washington, young Dakota Fanning, Washington's charge, asks him, "Is there anybody tougher than you?" He responds, "It's not a matter of being tough. You're either trained or you're not"

When a person wins a fight, it isn't necessarily that he or she was physically or even mentally tougher. Many times, such a person will confess to having felt a great deal of fear. The reason they were able to come out on top is training. Realistic training — not training that imbues a false sense of confidence, but honest, reality-based self-defense training — makes success possible.

This of course brings us to the great debate over martial arts training vs. "reality based" close combat training. While we are not "martial arts bashers" and strongly believe that any type of training can be beneficial to the modern day self-protectionist, it's important to understand the limitations of certain types of training.

Most martial arts systems, though they had a "combat" origin, have degraded into a more sport application for modern times with contests in like weight classes and a variety of restrictions on conduct. In a real fight, there are no "rules of conduct" and unless you've spent some time in jail, people simply don't understand the mindset of the type of person willing to attack you. Such people are not trained martial artists, normally. They're *moral degenerates*.

The trained martial artist on the other hand is typically a good citizen and well-disciplined. If he didn't have those qualities about him, it would be very difficult for him to stick to such a disciplined regimen all his life in order to achieve the things he's achieved.

The street person, the societal predator, knows a few things he's learned on the street or in prison. He does what he does to survive. He attacks with sheer ferocity and outright ruthlessness.

You must be able, physically and mentally, to take your game to the level of the psycho street killer, the rapist, the gang member. You must keep simple the mechanics and the dynamics of true violence. Focus on principles rather than techniques, and keep the techniques you use as simple as possible. Here are some training considerations to help you prepare for a multiple attacker defense scenario...

- **Create a realistic environment.** This applies whether you have training partners or simply train solo. Since you must be able to defend under less than desirable conditions, such as on pavement or in a bar, there are times when you'll want to train away from a large open room and padded floor.

Take your training out behind a building, in a local empty parking lot (if you're with other trainees, everyone drives their own car to better simulate a crowded parking lot), or purchase some inexpensive tables and chairs at a local

resell shop for your basement or school training area.

- **Familiarize yourself with chaos.** One good way to train for multiple attackers and become conditioned to the sheer physical difference in abuse you'll be subject to is to fight against multiple opponents with gloves and foam shields (if available).

Have your training "attackers" swarm you in a way that forces you to constantly keep fighting your way out of the situation, without a pause, without a break, and without a lapse in your explosive energy level. This accomplishes a couple of goals:

First, it teaches you to stay balanced and continue to hit with power in multiple directions. Second, it involves the crucial element of movement. Remember, this isn't some hocus pocus nonsense of kicking a shield or a bag that is stationary, essentially embodying a bad guy who never moves. Both you and your training partners must add chaotic movement in order for it to feel as realistic as possible.

And perhaps more importantly, this type of training gives you confidence. It shows you that you can be banged around and stay in the fight, keep at it, do something, and develop some very real skills.

- **Add weapons of opportunity.** As much as we've stressed the need to consider weapons in your defense, be sure to add this element to your training as well. Basic training weapons can be constructed from PVC, padding, and tape.

Padded sticks can be thrown out onto the training floor to represent weapons of opportunity. Rubber knives, guns, but more realistically, foam bricks, telephone books, plastic soda bottles (to represent glass ones), etc. all should be available to become weapons of opportunity.

While being swarmed by a group of attackers carrying shields, you can pick up one of these objects to develop the flexibility on your feet to use that weapon while you fight your way out of the attacking group.

- **Training solo.** If you don't have a band of willing training partners, don't worry...you're not alone. Most practitioners who don't take formal classes in reality-based training are practicing alone.

To prepare for multiple attackers, pick up some inexpensive boxing heavy bags at a used sporting goods store and create a space in your basement or garage where you have multiple options for hanging them in close proximity to one another.

Practice multiple survival options such as striking one bag in between you and then driving through to your escape route; delivering a "one strike knockout" to one attacker and then taking on the next bag; and grabbing a nearby table or chair to strike with or throw down in front of other bags.

- **Practice movement drills.** Remember, at all times in a multi-fight, you need to move, move, move! One very effective drill when training solo with multiple hanging bags is to simply push all of the bags so they're moving and then maneuver your body in and around each of them in different directions (without striking).

Once you get accustomed to moving, take it up a notch and practice pushing them into one another or move them out of the way as if throwing them while you interweave yourself among them.

- **Target practice.** Even if you have no training partner to use weapons on, one of the best things you can train is your accuracy with thrown objects and close quarters response time in being able to grab a weapon of opportunity and use it.

Have a variety of improvised weapons scattered on tables or other furniture and be able to identify and grab them and quickly turn and throw them at or strike a heavy bag. To make it even more realistic, have someone else place these various items around the room without you looking and really test your reaction time in finding the best weapon for the scenario. Learn to read which weapons are best thrown, which ones are best used for striking, and even which ones are best for stabbing.

TRAINING TO OVERCOME FEAR

Even in training, becoming comfortable and accustomed to defending against bigger, more aggressive people, facing multiple attackers, and getting used to working through your fears, can be difficult.

It's natural in such grave circumstances to let negative, self-defeating thoughts creep into your mind. "He's bigger than I am...stronger than I am...there are more of them than me...there's no way I can handle all of them...". For this reason, it's necessary to train your mind to think differently, and to overcome these doubts. In fact, proper training teaches you to *use* fear. In other words, tell yourself "I'm going to feel fear in a real situation." It's going to happen. Through training though, you learn to use fear as an "attack trigger" and channel it *the right way*.

Instead of panicking and going belly up, giving in to fear, you instead say, "If this is the end, I'm going to make them pay dearly for it, and take them with me, instead of just letting it happen."

The truth of the matter and the reality of the street is that bigger, stronger people do hit harder and the more there are of them, the more punishment you're going to take.



The difference, and the saving grace for all *citizen-defenders*, is that you can learn, through proper and realistic self-defense training, to develop confidence and positive "self talk" to reinforce your survivability.

You CAN negate those disadvantages facing you.

It is training that makes this possible, and that is the heart of everything we do as students of self-defense.

Regardless of which system or style you train in, if you maintain a realistic mindset, you're way ahead of the game, even compared to someone with a wall full of martial arts tournament trophies.

Coming Up In Module 6: Quick Kill Tactics!

Being a "Survivalist" means being prepared for absolutely **ANYTHING**! And that means potentially being forced to take someone's life in a real "do-or-die" attack scenario!

In our **FINAL CQC MODULE**, we explore the very extreme limits of self protection and reveal the cutting edge secrets you need to save your own life (or that of someone you love) by taking someone else's. These are **secrets we hope you'll NEVER have to use**...but you'd damned well better be ready to when the choice is made for you!

- **Lethal Targets:** Discover the 7 deadliest points on the human body that, when attacked in the way we show you, will quickly remove your attacker from the fight...for good!
- **Your Legal Guide!** Are you justified to kill? We'll tell you when you have the right!
- **PRISON Moves!** Life-ending strategies developed in the ultimate "kill-or-be-killed" proving ground...maximum security prisons filled with vicious predators!

And Much, Much More!