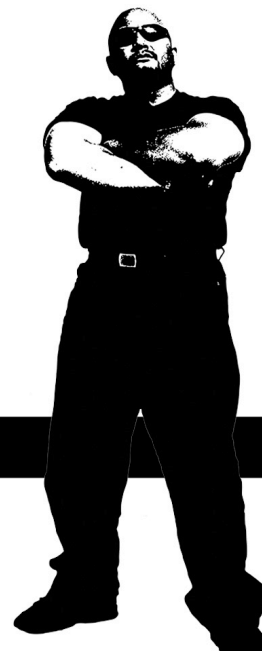


Cutting Edge Survival Strategies

QUICK KILL TACTICS

From The Battlefield To The Street!



In Module 6 Of 6:

**Lethal Targets:
The 7 Deadliest Points
On The Human Body**

**The Mind-Set Of
“Deadly Fighting”!**

**When You’re
Justified To Kill!**

**Improvised Weapons
You’ve Never
Thought Of!**

**Prison Moves From
The Ultimate
“Kill-Or-Be-Killed”
Arena!**

And Much More!



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DEADLY FIGHTING

In the training modules we have presented so far, we have covered many very important aspects of self-defense and preparedness. We've talked about everything from unarmed combatives, knives, and guns to dealing with multiple attackers. We have prepared you for a variety of dangerous scenarios you may face. But we have only touched on something that is an integral part of self-defense, or can be, and that many people have trouble facing.

It may be necessary for you to kill.

In self-defense, the goal is never to kill for its own sake. No one who defends him- or herself says, "Now I will murder my attacker." But when a violent attacker confronts you with potentially lethal force, you must choose between being maimed, crippled for life, or killed... and striking out at your attacker with superior force. Your attacker may die, and if he is exceptionally violent, it may be necessary for you to strike to kill against those vulnerable points that you *know* could end his life swiftly. But you may have no choice.

Take, for example, this Associated Press story from a large city in Upstate New York:

ROCHESTER, N.Y. - A softball player accused of fatally punching a rival team member after a recreational league game spent more than four years in prison for battering a man with a golf club, according to state records.

Sean Sanders, 27, ran off the field after punching Daniel Andrews, 37, in the [back of the] head at the end of the game Sunday afternoon in Parma, a Rochester suburb, and was captured a mile away some six hours later, authorities said.

Andrews was taken unconscious to a hospital and placed on life support. He died Monday evening.

Sanders was imprisoned for second-degree assault in February 2003 and released from Groveland prison in western New York in

March 2007, according to records at the state Department of Correctional Services. He also served eight months in prison in 1999 for third-degree burglary.

He was arrested in the Rochester suburb of Greece in November 2002 for hitting a man "numerous times about the body with a golf club," state Division of Parole spokeswoman Carole Weaver said Tuesday. In pleading guilty, Sanders maintained he was intoxicated and had come to the aid of a friend who was attacked by "numerous other individuals," Weaver said.

The attacker in this case was a violent convicted criminal. Just why such a person got out of jail and immediately enrolled in a recreational softball league isn't clear... but there are more where he came from. People you encounter in your everyday life could be such violent criminals, and you won't know it... until it's too late.

Sports / Other sports

N.Y. man dies after assault at softball game

Player accused of punching rival had previously battered man with golf club

AP Associated Press
updated 9:39 p.m. ET, Tues., July 1, 2008

ROCHESTER, N.Y. - A softball player accused of fatally punching a rival team member after a recreational league game spent more than four years in prison for battering a man with a golf club, according to state records.

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Andrews was taken unconscious to a hospital and placed on life support. He died Monday evening.

Video



Launch

Softball beating death
July 1: One man is dead and another in jail after a post-softball game handshake turns into a deadly assault.
NBC Sports

While the news story doesn't explain this, other reports at the time of the crime revealed that Sanders deliberately waited until he had a shot at the back of his victim's head. He then punched him as hard as he could at the junction between the head and the neck.

Where does a person learn such a deadly, one-shot blow?

In prison, of course.

Criminals like Sanders know they don't have much time to kill another inmate before the guards come, or they're shanked by a gang of their victim's fellow gang

members. In the violent world of the nation's penitentiaries, brutal conduct like this is commonplace. When a man strikes another with intent to kill, it's done quickly, it's done brutally, and it's done without hesitation.

This is the enemy you face. This is the enemy you must prepare to defeat, quickly and ruthlessly, if you are to protect your family and yourself from those who would rape, rob, and murder you.

WHEN YOU MUST KILL

Jeff Cooper, arguably the father of the "modern technique of the pistol," wrote in the classic *Principles of Personal Defense*,

It is difficult for a domesticated man to change in an instant into one who can take quick, decisive action to meet a violent emergency. Most of us are unused to violent emergencies — especially those which can only be solved by the use of force and violence on our part — and these emergencies require a parturient effort of will to transform us from chickens to hawks.

...[When it becomes evident that you are faced with a violent physical assault...your life depends upon your selecting a correct course of action and carrying it through without hesitation or deviation...

...Anyone who willfully and maliciously attacks another without sufficient cause deserves no consideration. While both moral and legal precepts enjoin us against so-called "over-reaction," we are fully justified in valuing the life and person of an intended victim more highly than the life of a pernicious assailant. The attacker must be stopped — at once and completely.

...If you choose to strike, by all means, strike hard. ...If you are justified in shooting, you are justified in killing.

Cooper was speaking, specifically, of the traits of decisiveness and ruthlessness as they apply to self-defense. While he spoke not of killing for the sake of killing and not acting with the intent to kill, he was

exhorting the reader to strike with such overwhelming force and with such fast, efficient brutality as was necessary to stop a violent attacker completely and utterly. If that attacker died, as Cooper saw it, that was *his* problem.

LEGAL JUSTIFICATIONS FOR DEADLY FORCE

As we have discussed before, you cannot choose to kill someone simply because that person has attacked you. Only if that attack is potentially deadly can you use potentially lethal force of your own.

When dealing with law enforcement after the fact, the key phrase is, "I feared for my life." If, by the "reasonable man" standard, a rational person in a similar situation would likewise be afraid for his or her life, you may, in fact, be justified in using a deadly technique or a deadly weapon.

Especially when your attacker is much larger and stronger, or if your attackers outnumber you, and sometimes when you are protecting more vulnerable family members and other loved ones, you may be able to use a weapon or a method that will result in the death of the person trying to harm you.

Remember Jeff Cooper's words: If you are justified in shooting someone, you are justified in killing someone. When using a deadly weapon like a gun or a knife, or employing a deadly technique such as a throat smash, there is no such thing as "a little deadly force." There is no time for you to mess about trying to "wound" an attacker who is trying to maim or kill you, and you probably couldn't make such a technique work in real life anyway.

Remember, also, that the specific weapon or method you use is far less important than whether your actions were justified in the context of the scenario. Don't get so caught up in whether your weapon is legal or your training certificate up to date if you then employ lethal force in a situation that does not warrant it.

As always, those judging you after the fact will be full of Monday Morning Quarterback ideas and 20/20 hindsight. Don't give the legal system the rope it would need to hang you after defending yourself.

THE MINDSET OF DEADLY FIGHTING

If you fear for your life or the lives of your loved ones, you must strike fast, you must strike hard, and you must do so ruthlessly and decisively.

You must, in short, possess a combative mindset.

Gabe Suarez, in his book, *The Combative Perspective*, wrote,

...[W]hen the time comes to face the evil ones, the same tactics will be used as have always been used. *Sudden violence is only overcome with greater violence.* Strong words? Perhaps, but as I said, my interest is in showing you, the readers, the essentials of winning the fight, as ugly as they may be...
...Remember, winning the fight is the only option. When you lose, you'll probably die. Even if you had to use "brutal" means...you're still alive...

The combative mindset, therefore, is a switch you flip. It is becoming, as Jeff Cooper said, a "domesticated man" who is nonetheless ready to use violence (at a level of force superior to the violence offered).

All right...we've discussed the philosophy, mindset, and attitude behind using deadly force, and we've talked about the monsters you may face who could require the use of that deadly force.

Now let's talk about how to do it.

THE MECHANICS OF KILLING

The human body is an extraordinary mechanism. It is a remarkably evolved, incredibly complex, and extremely robust organism that is, at the same time, very resilient and very fragile.

Men and women have died from wounds and blows that seemed almost insignificant — sometimes a single punch, as we've discussed — and determined human beings have fought through pain and trauma such as multiple heavy-caliber gunshot wounds without stopping.

As seemingly random as this is, all human beings share certain structural, biological features. All human beings can be injured and, yes, killed when certain portions of their anatomies are attacked in certain ways. This is the science, the mechanics, of killing another living individual.

There are three vital systems of the body a determined man or woman might attack in order to kill a human being. No matter what form an attack takes, it invariably targets one or more of these systems (although you won't necessarily be aware of this). You don't exactly have to be a physician, or really even understand anatomy all that well, to take advantage of these biological facts. Just keep them in mind in general terms.

For convenience, therefore, we'll divide the vital systems of the body into three parts. These are the nervous system, the respiratory system, and the vascular system.

THE NERVOUS SYSTEM

The website Medicine.net defines shock as follows:

[In medicine, shock is] ...a critical condition brought on by a sudden drop in blood flow through the body. There is failure of the circulatory system to maintain adequate blood flow. This sharply curtails the delivery of oxygen and nutrients to vital organs. It also compromises the kidney and so curtails the removal of wastes from the body. Shock can be due to a number of different mechanisms including not enough blood volume (hypovolemic shock) and not enough output of blood by the heart (cardiogenic shock).

Shock is a major medical emergency. It is common after serious injury. Emergency care for shock involves keeping the patient warm and giving fluids by mouth or, preferably, intravenously.

To horribly oversimplify, shock, then, is really — for our purposes, anyway — just your body's reaction to grievous injury. Being shot multiple times can cause shock. Being stabbed can cause shock. Being

too cold can cause shock. Experiencing any number of ordinary, natural medical emergencies can cause shock. Even stress can cause shock, if the stress is powerful enough.

If you damage a person badly enough, especially if you do it suddenly and viciously, you will cause traumatic shock that will end that person's life.

THE RESPIRATORY SYSTEM

Respiration refers to breathing. A lack of air to breathe — either because there is no air, or because the body itself is being stopped from taking it in and exhaling it — will eventually cause a person to die. Whether that death is caused by being held under water, by crushing the throat, or by forcing something down an attacker's windpipe doesn't matter.

You may have heard that there is a difference between a choke and a strangle, one being a method for cutting off blood flow to the brain (causing eventual unconsciousness and death if the choke is not removed) and the other being a means of cutting off air to the lungs. Famed former bouncer Geoff Thompson, in his book *Dead or Alive*, described it like this:

Basically speaking, the difference between a choke and a strangle is that the choke cuts off the airways in the windpipe at the front of the neck and the strangle cuts off the flow of blood to the brain in the carotid arteries at either side of the neck. Both the choke and the strangle stop the flow of oxygen or oxygenated blood to the brain and thus cause unconsciousness. Depending upon how long and how tight the technique is held this can vary from very mild unconsciousness to deep unconsciousness or death. The most efficient strangle depresses the superior carotid artery, preventing oxygenated blood reaching the cerebral cortex. The compression usually has to be very strong because the carotid artery is protected by the muscular band of the thick sternocleidomastoid muscle, on the sides of the neck.

Often when you employ the choke/strangle it may be neither one nor the other. Rather you have gripped the opponent partly across

the throat and partly across the neck, part choke and part strangle, slightly cutting off the blood and partly cutting off the air...

Personally, I have found the choke to be far more dangerous and prone to accidents than the strangle. With a strong naked choke using the bar of the wrist as the depressing implement it is very easy, even by accident, to collapse the opponent's wind pipe and/or severely damage the larynx or the trachea.

As you can see, therefore, there is a lot of overlap in applying certain attacks to a dangerous attacker. This brings us to the issue of cutting off (or letting out) the assailant's blood.

THE VASCULAR SYSTEM

The vascular system refers to the various means of circulating blood and other fluids through your body. For our purposes, attacking the vascular system means causing the body to lose blood, ideally at a very rapid rate.

The faster a human being loses blood, the faster that human being will be unable to fight you. As described in our definition of the nervous system, blood loss also causes shock.

What this all adds up to is that putting a hole in a human being will cause that human to leak blood. The longer he leaks blood, the greater the volume of that blood, the less effective he will be in fighting you.

If you are able to poke a hole or cut open the pipelines that carry blood in the body, meaning the veins and arteries, the effective is that much stronger and faster. Veins carry blood back to the heart, while arteries carry blood pumped from the heart.

This makes arteries the most effective targets when trying to create blood loss. A person with a cut artery can bleed out in a remarkably short period of time. Death often results. Cutting open an artery, in fact, can cause a spray of pulsing blood that looks like something out of a samurai movie.

If this happens to you, you're in big trouble. If you *cause* it to happen, you have a big advantage.

KILLING WITH A FIREARM

As we discussed previously, the most effective means of personal defense, and the most common means of delivering swift, lethal force against an attacker, the firearm. The handgun, because it is most portable and concealable, is the popular choice, and American citizens use handguns (and long guns) to protect themselves and their property thousands of times every year without even firing a shot.

Less often, but no less perceptibly, citizens armed with firearms use them to kill their attackers.

To stare down the bore of a handgun is no small thing. Until it has happened to you, you may not understand just how terrifying it is. An attacker who is willing to keep coming at you with intent to do you harm, even after you have “drawn down on him,” is a truly terrifying criminal monster in his own right. He is willing to face, or even ignore death, because he values hurting you or your family more than he cares about the very real threat with which you are presenting him.

When shooting down a human assailant who means to maim or kill you, there is no such thing as *targeting* to kill. Just as you cannot target an opponent simply to wound him, you cannot expect to get a one-shot kill by boring into the vulnerable portions of the human body. Shooting under stress simply does not work that way.



When using a firearm to deliver lethal force, therefore, you have two choices. You can target the

center of mass, which is the thickest and easiest portion of the body to hit (because it moves the least compared to the head and limbs).



Or you can target the eye box.

In your mind, draw a rectangle around the eyes and nose of your opponent. This is the eye box, and a bullet here, in what is essentially the center of the head, will almost certainly drop your attacker forever.

The problem with shooting for the eye box is that it is very hard to hit. A moving opponent's head bobs around much more than you might imagine until you are trying to put the sights of a pistol over it. Also, under stress, your hands will shake, and you will find it very hard to keep your weapon on target.

If you practice diligently, you may be able to achieve eye box hits on a moving assailant, even one who is bearing down on you... but only if you have time to react, and that means only if you have sufficient distance between you and the assailant.

Remember that there is no such thing as “shooting someone a little.” If you are not justified in shooting someone, for that matter, you are not justified in pointing a gun at them. If you draw a firearm and point it, it must be because you are legally justified in killing that human being if he does not immediately cease and desist in the threatening behavior he is displaying. Using a firearm under any other circumstances is brandishing that weapon to intimidate someone, which is not legal in the absence of a threat.

KILLING WITH A KNIFE

We have previously discussed using a blade in self-defense, and facing someone who is armed with a knife. One of the things you must consider where delivering lethal force is considered, however, is just how long it might take for a knife to stop an attacker.



It is true that knives are very deadly weapons, and that it is very easy to deliver force with knives that ultimately proves fatal. That force, however, may not immediately stop the attacker. Even repeatedly stabbing someone may not have any perceivable effect for seconds that stretch into minutes. During all that time, the attacker could still be fighting, maiming, crippling, and killing you.

There are knife instructors who teach their students to shout things like, “Stop! You’re cut! Stop! You’re cut!” as the defender applies a knife in self-defense. This is specifically to bring to the attacker’s attention that harm is being done to him with a blade. That harm may be something he does not feel through the adrenaline (and potential substance abuse) that accompanies his assault on you.

Unless you score a very lucky “hit,” the chances of immediately, quickly stopping someone with a knife are relatively low. In his classic book, *Combat Use of the Double Edged Fighting Knife*, famed combatives instructor Colonel Rex Applegate reprinted a diagram from W. E. Fairbairn’s *Get Tough* showing the “timetable of death.”

The table lists major arteries and then lists the number of seconds a cut to each artery takes to produce a loss of consciousness and death. Cuts to the heart and subclavian artery (which is itself very difficult to hit) are listed as producing death in seconds (and “instantaneous” unconsciousness in the case of a stab to the heart).

Cuts to the brachial and radial arteries (in the arm and wrist areas) are said to produce death in a matter of a couple of minutes, at most, with unconsciousness resulting in perhaps half a minute. A cut to the carotid arteries in the neck is listed as causing a loss of consciousness in only five seconds, with death seconds thereafter.

Just how accurate such a table might be, especially from person to person, is debatable, and certainly “knife fighting” students across the Internet and in real life argue about such things. The fact is, however, that a cut to an attacker’s artery will kill him after first rendering him unconscious, if he does not receive immediate medical attention (and often even if he does).

It is not likely, however, that you’ll be able to score a clean hit on an artery from the outset of an altercation, and even if you do, your opponent will have time to act before he stops moving.

You must consider these facts when you use a knife to defend yourself. It is no less important than when you face a blade in self-defense.

KILLING WITH A BLUNT OBJECT

A blunt object is anything heavy. It could be a brick, a baseball bat, or a frozen leg of lamb. Regardless of what heavy club you find, however, to achieve a lethal blow isn’t hard and it isn’t complicated.

While body blows can hurt and even cause internal injuries, the most effective (and potentially lethal) force with a blunt object is delivered by hitting the head and neck, especially the temples and the back of the head. In a self-defense scenario, a clean shot at the back of the head may not be available, but then again, it might.

7 DEADLIEST TARGETS OF THE HUMAN BODY

In the same way, a blow or penetration to any part of the body has the potential to kill, if we include “freak” cases or people who have various preexisting medical conditions. There are, on every human being, universal vulnerable points that are no less vulnerable on a small, weak person than they are on even a very strong, well-built person. Many of these vulnerable points are potentially fatal (for if they weren’t they wouldn’t be vulnerable from person to person in the first place).

We have included, for your reference, the ones we prefer in the stress of a real-life self-defense scenario.

THROAT

For our purposes, we will define the throat as the front of the neck area, above the jugular notch. You could grab and crush the front of the throat with a “C-grip” hold, you could slam your forearm or the edge of your hand into the throat, and you could simply punch it (although if the opponent drops his chin this is a difficult strike to land).

Whenever you strike the throat and especially when you grab and squeeze it, you may potentially crush the throat and damage the larynx, among other nastiness. It is absolutely a potentially lethal application of force.

Remember that if you are squeezing the throat, you had better learn to do it with one hand. Whenever you have both your hands on someone’s neck, you are occupying both your arms and making it easier for them to strike you. It’s hard to guard and protect yourself if both of your hands are occupied at neck level squeezing the life out of someone (which takes quite a while to achieve).

Consider, instead, simply landing a chop with the edge of the hand to the front of the throat area, or punching it if you can work your fist in there. (Some martial arts stylists do a variety of flattened hand-postures, like the “leopard fist” and “one-knuckle fist,” in an effort to better attack the throat and get past the chin to do it.

JUGULAR NOTCH

The jugular notch is the hollow of the throat. One way to find it is simply to slap your hand onto the assailant’s chest and then let your hand drift up until you find the hollow. Pressing your fingers in and down can produce choking and will prompt your attacker to try to back up.

A solid blow to the throat notch, while a difficult feat of targeting under movement and stress, can deal serious damage. Keep attacking the throat notch, or dig your fingers in and down on an opponent who is braced against the wall or a floor, and you will find them choking for breath as you do them serious damage.

SIDES OF NECK

A strong blow to the arteries at the sides of the neck can cause a person to lose consciousness. Done with all your might in a determined fashion, such a blow could conceivably end in death. At the very least, it is a very telling, efficient, brutal strike, and there are combatives exponents who advocate repeatedly chopping away at the neck as if you are trying to chop the opponent’s head off.

As we described previously, striking with a weapon to the sides of the neck targets the carotid arteries. Damage to this artery will produce unconsciousness and death very quickly.

EYE GOUGE

Gouging your fingers into someone’s eyes is not necessarily fatal, but it is a horrifying painful, debilitating move that will immediately switch off many attackers. If you drive your fingers past the eyes and reach into the skull as if you are trying to hold a bowling ball (it’s okay to feel nauseous about this), you can control the opponent’s head while his brain races to cope with the terrible damage you’re doing him.

There is a danger in attacking the eyes that you must always remember, however. Striking someone’s eyes will sometimes produce a primal rage. It’s a

reaction to the fact that you've tried to blind them, and we are all genetically hardwired to protect our precious eyes. If you go for someone's eyesight, they will be angered and outraged, and sometimes they will go berserk as they attempt to fight you off to prevent you from putting their eyes out.

If you have an implement such as a knife or a screwdriver (we'll get to those), the eyes are a shortcut to the brain. It's relatively hard to drive a hard implement, even a sharp one, through the bone of the skull. The thin protection behind the eyes, however, is no obstacle at all, and a screwdriver, pen, or blade driven through the eyeball into the brain will kill (or at the very least, brain-damage) an attacker.

It goes without saying that techniques of this kind are an awful thing to do to someone. If you're employing them, it is because you **MUST** to save your life or to save the lives of your loved ones. And if you have any reservations about doing something like this to somebody, remember that you didn't ask to be attacked. You didn't ask to have your children threatened. You didn't ask to have someone try to rape your wife. If the attacker chose to make you his victim, he assumes the risk of whatever you have to do to shut him down, immediately and sometimes permanently.

Remember also that if you can think of it, so can your attacker. Protect your eyes and don't let a violent vicious thug blind you as a prelude to having his way with your family or taking your wallet before he murders you.

GENITAL RIP

We are arguably hard-wired to protect our genitals, and boys especially learn from a young age to protect the crotch from kicks and punches.

In a close-quarters battle with a vicious attacker, however, it may be possible to get a firm, claw-like grip on the "bad guy's junk," as the saying goes. This is much harder to do through heavy canvas or denim pants than it is through shorts or sweatpants, but it can be done.

Once you have a firm grip on the attacker's genitals, squeeze like you have never squeezed before,

simultaneously twisting your arm as far around as you can get. We are not, however, done.

To make this a potentially lethal move that also may end a fight quite decidedly, you must do your very best literally to rip the attacker's genitals off his body. You may not actually physically achieve this, but the damage you do could be so great that he may experience traumatic shock from the pain and tissue destruction you do accomplish.

HEART PUNCH

A solid punch to the chest, immediately over the heart, can have the power to stop the heart. This is by no means certain, but especially on overweight attackers who may have overtaxed heart muscles, it can be an option.

To develop punching power like this usually takes practice and time, for most people, and a solid blow to the head or neck is much more likely to be effective than a blow to the chest. If the only shot you have is one to the torso, however, a power-punch to the heart area just might stop your attacker forever.

PRISON SECRET: BACK OF THE HEAD

We've saved the last one for a reason. This is the target so many felons know about, and the one that was used in the Associated Press report with which we began this module.

Remember the softball player who got punched in the back of the head and then died?

His attacker probably learned how to do this while in prison!

A single straight punch, either vertically, or horizontally, will do the trick. Focus on the back of the head and target the base of the skull, where you can almost picture the head and neck meeting (often at the hairline, though this might not be visible under long hair).

The juncture of your neck and head is very vulnerable, and of course damage to your spine can do serious, permanent damage.

As proven by real-life events, a solid punch to this target is immediately disabling and can be fatal. There have been other people famously killed with single punches, and sometimes these were “freak” accidents rather than deliberate strikes. Targeting this area of the body, however, is a lethal move.

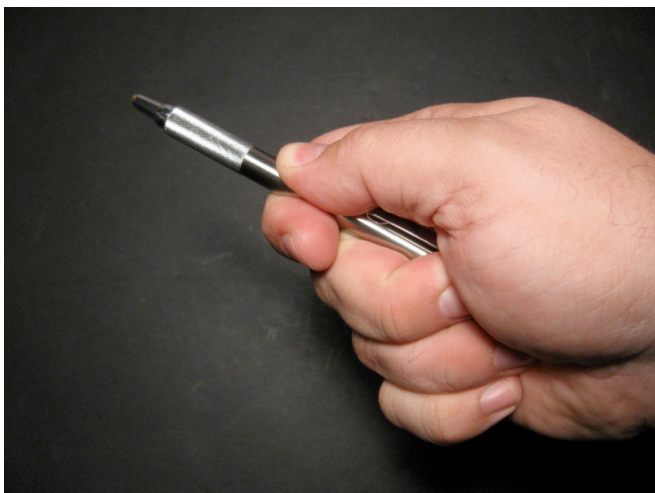
DEADLY IMPROVISED WEAPONS

If you have a “real” weapon like a gun or a knife, the lethal force applications are obvious. There are certain improvised and makeshift weapons commonly available, however, that can be used to lethal effect.

You may wonder why you should even bother using some of these tools, as they seem so small and insignificant. The fact is that ANY weapon is harder than the bones of your body (at least if it is metal). More importantly, weapons don’t feel pain. They make it possible for you to do what must be done during the brutal, barbaric stress of a real fight for your life.

SHARP METAL PENS

A sharp metal pen is simply a knife with no cutting edge. The writing tip of most pens is more than sharp enough to pierce an attacker’s eye or his neck.



A pen is also something that can be carried, legally, everywhere. Metal fountain pens can be very sharp, even on the non-tip end, and they needn’t be those dead-giveaway “tactical” pens sold by some manufacturers of knives and weapons.

A plastic pen will work as well, but metal is more durable and more likely to penetrate deeply. The pen can be wielded as shown or in a “hammer grip,” projecting from the top or bottom of the fist.

SCISSORS

You would be hard-pressed to find a single household in this country that does not have a pair of scissors in it. Even the duller, rustiest scissors tucked away in a kitchen drawer have a sharp point that can be used to drive them into an opponent’s vulnerable spots.

As with pens, those vulnerable spots are the eyes, the neck, the hollow of the throat, and any other “soft” targets. You could stab someone in other parts of the body, of course, especially if your scissors are quite sharp at the tips, but the effect is less immediate than when the body’s natural vulnerable points are used.



SHOVELS

A shovel is thought of a tool of agriculture. What every shovel is in reality, however, is an axe. The tip of some types of shovels is every bit as deadly as a hatchet, and the thin edges of some smaller shovels (called “entrenching tools” by those in the military) means they can be used as axes and hatchets with very little effort. A blow to the neck or the skull with a shovel will kill, and quickly.

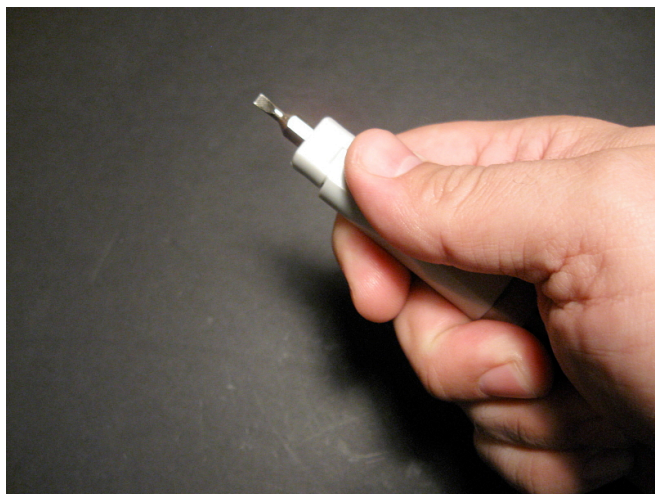
There is at least one prominent knife importer that sells “special forces” shovels with sharpened edges.

These are depicted in the company's catalogs being thrown into targets like axes or throwing knives.

SCREWDRIVERS

Screwdrivers are the weapons of choice of some carjackers and they are as close as your garage workshop or toolkit. Like a pen, a screw driver is simply a knife with no cutting edge. Flat-head screwdrivers, especially, are as sharp through the tip as many "combat knives."

If you are someone who works with tools every day, you are armed whenever you are on the job. Remember that and you'll never look at a screwdriver the same way again.



BOTTLES

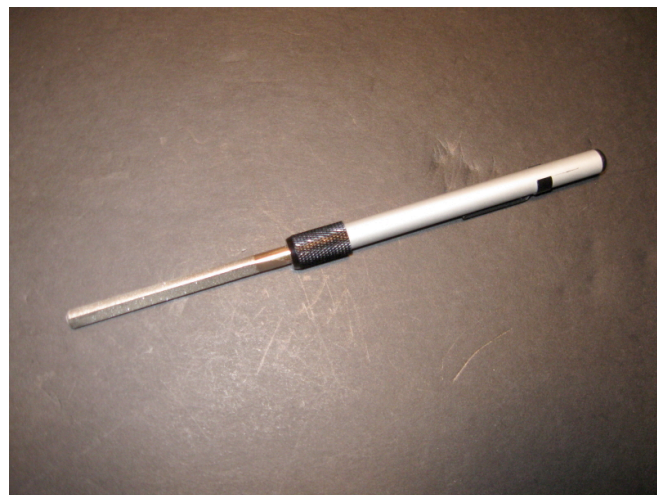
As plastics became more popular, glass bottles became harder and harder to find, but there are still plenty of glass beer bottles and other beverage containers to be found in kitchens and barrooms across the country. The old classic method is, of course, to grab the neck of the bottle and break off the end, either over the attacker's head or on the edge of a bar or table.

You may cut yourself badly trying to use a broken bottle as a weapon, and it may disintegrate in your hand... but to be "glassed" is no small thing. Simply driving a glass beer mug through a person's neck or face is so common an attack in some parts

of the world that authorities periodically consider banning glass mugs in drinking establishments.

SHARPENING RODS

Many of us own sharpening rods and don't realize that they're actually weapons in their own right.



You've probably figured out by now that the sharpening rod is yet another knife-like implement.

It's similar to the screwdriver in that it has a sharp point but no cutting edge.

Some sharpening rods are more tapered than others and therefore sharper than others, but any can be driven into somebody's eye socket to good effect.

BIKE, MOTORCYCLE, & SAW CHAINS

The heavier the chain, the more likely you are to be able to use it as a blunt object. Sharp chains such as those used for chain saws, survival saws, and motorcycles can be swung like clubs, too.

You could use a chain to choke an adversary, but much more likely, you'll be using it to hit.

The sharper the chain, the greater the chances that you will mutilate your own hand trying to wield it, so use common sense and caution when trying to use a tool like this.

FLASHLIGHTS

At least one book is available on the market that shows how to take small, “tactical” flashlights and use them as pressure-point tools to strike an attacker. Targeting the temples or the back of the head, you could conceivably knock out or kill someone.

More traditionally, however, large D-cell, aluminum-bodied flashlights, such as have been carried by police and security professionals for years, can be used as heavy clubs. A D-cell Maglite to the back of the skull or to the temples can easily kill a man.



A flashlight wielded as a club can be used in two basic moves. These are the overhand strike and the backhand strike. For the overhand strike, start from above your shoulder and swing down. When your arm is across your body, swing it BACK for the backhand strike. It's that simple.

WOODEN (AND METAL) TRAINERS

Students of self-defense often have unsharpened “training knives” made of rubber, metal, wood, and other materials.

What many of them don't realize is that a wooden training knife can be every bit as dangerous as a real knife, if it is shoved with sufficient force into a soft target like the jugular notch or the eye sockets.

It should be obvious to you that a wooden or plastic letter opener is even deadlier, although some plastic “letter openers” won't fool anyone.

There are many on the market intended to be used as weapons, perhaps in areas where metal detectors are common.



Don't fall into that trap, and don't ever try to get a wooden or plastic “knife” through a security checkpoint.

The penalties for such behavior are severe, and new security devices can spot these items.



There are a variety of “non-metallic” knives and other tools on the market, some used for training purposes, others as implied weapons. Choose accordingly.

ALUMINUM SODA CANS

One of the most brutally effective, yet innocent looking improvised weapons is available almost anywhere that beverages can be had...and an especially useful improvised weapon for taking down a terrorist hijacker in mid-air!

It's the humble aluminum soda can. To manufacture a weapon from such a can, all you need is an aluminum beverage container...



...which you then fold back and forth to create a stress crease in the aluminum. Don't be afraid to use your fingers to guide this crease along, but take care not to cut yourself. Holes with sharp edges will open up at the ends of the crease, where the stress on the metal is greatest.

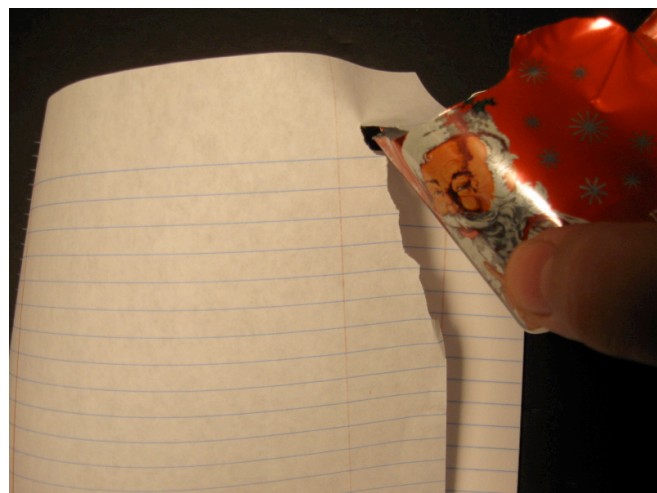


Once you've folded the can back and forth enough, it will start to tear.

Tear your can in half, trimming any ragged edges. Again, be sure not to cut yourself. It should be very apparent to you that what you have now is a cutting cylinder as sharp as many pocket knives.



The can will cut paper easily (and it will cut you easily, too).



The simplest way to wield your new half-soda-can weapon is to palm the base of the can, projecting the sharp edges forward. Picture driving that can into the eye or throat of an attacker and then twisting that can violently in semi-circles with your wrist.

What you're doing is using that soda can's sharp edges to drill a giant hole in your attacker. This will be extremely bloody, extremely messy, and, depending on where you strike, it will be very fatal.

Keep in mind that aluminum is a very soft metal (if it wasn't, you wouldn't be able to use the can this way), so the edge won't hold up for very long. It should, however, hold up for as long as you need to do serious, maybe even deadly, damage.

THE ENVIRONMENT

Most people have no idea just how dangerous are the items in the average home or apartment. Most of them would be considered "blunt" objects, such as chairs, detachable legs from tables and end tables, and anything else that is big and heavy. If you can drop one of these on someone's head, especially if you do it at an angle that jerks their skull out of alignment with their neck, you have a very real chance of killing that person.

There are other items in the home you may not consider "dead weight," but they're probably easier to use and closer to reach. These would include televisions, toaster ovens, microwaves, and other small appliances. You can grab one of these, rip it free from its plug in one swift motion, and slam it into the head of an attacker.

Furniture and architectural features like stairs, the hard concrete of a patio, the asphalt of a pavement, and other protrusions or obstacles are ALSO weapons. They're just weapons you can't move. To hurt your opponent, you simply need to slam or throw him into or onto them to cause him great damage. Having your head slammed into a curb with all your opponent's might, for example, could certainly kill you.

ANYTHING YOU CAN IMAGINE

Like so many things, improvised LETHAL weapons are limited only by your common sense and imagination. In determining what you can use for self-defense, therefore, don't be afraid to think unconventionally.

Take blank guns, for example. Pick up any gun magazine and you'll see advertisements for "guns" you can legally buy in the mail. These aren't firearms at all, but blank pistols. They're noisemakers, sold to people who like guns and might like to have a grown-up toy to play with.

A blank gun, however, is nothing to play with. In the early 1980s, an actor named Jon-Erik Hexum famously died while clowning around with a blank pistol on the set. He was the star of a detective show about models who solved crimes (hey, it was the 1980s).

Joking with someone, Hexum put the barrel of a prop pistol to his head and pulled the trigger. The loaded weapon fired its blank cartridge. The propellant blast was strong enough to drive a piece of Hexum's skull into his brain, killing him just as dead as if it were a live bullet. Such a "toy" is a lethal weapon at contact range, as the actor so tragically found out.

Other unconventional weapons might include broom sticks or even plunger handles that have been broken to produce jagged, stabbing edges. You could even use flame to fire-harden these edges the way your ancient ancestors use to harden their hunting spears. You're at least as advanced as such "cave people," aren't you?

Yet another "outside the box" weapon might be air guns, pistol-crossbows, and other items sold as "grown-up toys." Under the right circumstances, these can be deadly.

TRAINING LETHAL TECHNIQUES

As with anything, you must train in and practice self-defense techniques if you are to have any hope of performing them under the adrenalized stress of an actual self-defense encounter. Many martial arts and self-defense programs are designed to help you practice such methods in relative safety. A problem arises, however, when lethal techniques are the subject of the training.

You obviously cannot practice eye gouges, throat strikes, neck chops, and other potentially deadly techniques on a human being. Either you will have to pull the strikes so much as to make them a pantomime, which could create bad habits and won't teach you truly how to land them, or you will have to practice on a protected partner.

There are many protective suits and other pieces of padding and headgear that enable you to practice hard strikes and kicks on a mobile, "live" opponent. While these certainly help make some kinds of training drills

much more realistic, there are still things you can't do to an assailant who is protected.

If your training partner can still move around freely enough to make the exercise worthwhile, chances are that he could suffer a neck injury at the very least, especially if you snap his head back too hard (even if he's wearing a helmet). There are other injuries that can result while wearing protective suits, even the ones used for the most famous of adrenal stress training regimens.

The solution to training lethal techniques, therefore, is supplementing your live opponent training with a variety of simulations.

These include using vulnerable targets to practice targeting the eyes and throat notch, such as having a training partner hold a piece of fruit or an egg while you practice targeting it and striking it with finger gouges.

The other critical component of lethal technique training is using a dummy that simulates a human opponent. Such dummies, like the Body Opponent Bag and Spar Pro, are basically rubber torsos on weighted bases. Some allow groin strikes and some even have arms, but at their most basic, they're just heavy bags with heads.

The advantage of using, say, a Body Opponent Bag over a traditional heavy bag is that it allows you to target the head and neck area specifically. It also helps you visualize the types of attacks you'll be applying.



It's true that such training doesn't help you practice to get position to deliver these strikes. That kind of training must be done with a live opponent under conditions that don't allow you to maim or kill that training partner.

If you combine those drills with drills that teach you to deliver killing-power blows to the dummy, however, you can successfully integrate these methods in your self-defense regimen overall.



Safe, practical, reality-based simulation training is limited only by your imagination. Apply common sense and always, always wear eye protection if there is any doubt. Be respectful of your training partners and focus on learning to deliver lethal force when it is required.

CONCLUSION

To kill in self-defense is a topic that has been dealt with before, to varying degrees of success. Some treatments of the topic are far too melodramatic, and some are completely unrealistic. Others at least hint at the very grueling mental, emotional, and physical toll that being forced to take lethal measures in self-defense can take on the citizen.

John Minnery, in *Kill Without Joy*, wrote,

My only premise is there are times when one must attack with complete ruthlessness and fight with lethal fury. This fury and ruthlessness must be harnessed and directed to do the gravest damage possible — to kill.

...To kill at close range, five to ten feet or at arm's length and closer, requires the deftness of a surgeon and the ferocity of a rabid animal. One must have complete confidence in one's ability to kill, and this means he must know the human body — one must practice what amounts to black medicine and do the exact opposite of what a doctor might do to save life.

Our own approach, however, is not nearly so focused on death-dealing for its own sake. Consider the words of Frank W. James in *Effective Handgun Defense*:

The problem with violent attacks is shock. It creates its own numbness or an inability to move. This shock-induced numbness can get you seriously injured or dead. Training

reduces your reluctance to respond and overcomes shock when violence strikes. Once you get started with your response, however, many things fall into place. The Big Rule for anyone facing violence is DO SOMETHING. ANYTHING. It will work in your favor.

This is the combative mindset you must adopt. It is the mindset of the man or woman of ACTION. You must be willing to TAKE ACTION in the defense of your family and of yourself.

In a violent world, sometimes, danger finds you despite your best and most reasonable efforts to avoid it. When that happens, you must take immediate, decisive, and ruthless action to terminate that deadly threat before tragedy can strike you and those you love.

Congratulations On Your Close Quarters Combat Practitioner Level 1 Course Completion!

You've truly shown your dedication to being fully prepared for surviving even the most violent attacks from the most dangerous criminals on the streets! But as you're aware, criminals are constantly honing their skills at turning us into victims. So remember this...

...this is by no means the "end" of your training!

In the future, you can expect us to continue our research and develop of the most cutting edge survival strategies that you can quickly master and have at the ready should you ever be faced with defending your life or the life of a loved one.

But for now, take pride in your achievement! At this moment, you're more prepared than 99% of the men and women on the planet when it comes to protecting yourself and all that you hold dear. Never lose sight of that, but more importantly...**never take it for granted!**

Continue to seek out training opportunities whenever and wherever you can. Criminals are!

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