



FUNCTIONAL

COMBATIVE

DRILLS

ENHANCING YOUR COMBATIVE ARSENAL

RICHARD DIMITRI

Functional Combative Drills

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CONTENTS

INTRODUCTION	1
FIVE WAYS HUMANS REACT WHEN PHYSICALLY ASSAULTED	3
THE FIVE PRINCIPLES OF PHYSICAL RETALIATION	5
DRILL TRAINING AND THE OVERKILL MENTALITY	12
CLOSE-QUARTER COMBAT & GROUND FIGHTING DRILLS	21
1) THE SUCKER PUNCH DRILL	22
2) NATURAL STANCE AWARENESS & REFLEXIVE RESPONSE DRILL	23
3) TACTILE SENSITIVITY DRILLS	24
4) MONKEY IN THE MIDDLE	29
5) SCENARIOS	30
6) 3 STAGES OF GROUND-FIGHTING DRILL	30
7) TAKEDOWNS	31
8) UNBALANCE TO TAKEDOWN TO THE GROUND DRILL	32
9) HANDICAP DRILL	32
10) ATTACKS AND COUNTERS FROM SITTING POSITION (CHAIR, BENCH, FLOOR)	33
11) GRAPPLING BLINDFOLDED RANDOM ATTACK DRILL	34
12) ENDURANCE TAKEDOWNS	34
13) MONKEY CLIMBING DRILL	34
14) MULTIPLE DISMOUNTING DRILL	35
15) ESCAPING THE GUARD	35
16) MIRROR DRILL DEFENSE INTO A TAKEDOWN	36
17) MIRROR DRILL DISENGAGEMENT ATTACKS AND DEFENSES	36
18) MIRROR DRILL OFF A CHAIR	36
19) RANDOM ATTACKS THROWN FROM ANY NATURAL STANCE	37
20) CROSS OVER DRILLS BOXING TO CLOSE QUARTER AND VICE VERSA	37

Functional Combative Drills

21) CLOSED EYE REFLEXIVE RESPONSE DRILL.....	38
22) NATURAL STANCE AND PRE-EMPTIVE STRIKE DRILL	38
23) HUMAN 'STREET' CIRCUIT TRAINING	39
24) PINPOINT THE ATTACK AT ORIGINS TO INTERCEPTION DRILL	40
25) FLUIDITY DRILLS	41
26) SELECTED ATTACKER DRILL.....	42
27) KNIFE IN GUARD.....	43
28) DEFENSIVE WEAPONS DRILLS	43
29) EVADE AND ESCAPE DRILL.....	44
30) ADVANCED ENVIRONMENTAL SCENARIOS	46
31) DEFENSE AGAINST EXTREME VIOLENT ATTACKS.....	46
32) ALTERNATE RANGE VS RANGE SPARRING	47
33) SELECT RANGE SPARRING.....	47
34) MULTIPLE ENDURANCE GRAPPLING	47
35) 3 WAY MIRROR DRILL	48
36) OVERLAPPING RANGES DRILL.....	48
37) RANGE CHANGE.....	49
38) ADVANCED MONKEY IN THE MIDDLE	50
39) STROBE LIGHT SPARRING	50
40) 2 ON 1 SELECTED STABBER / SLASHER DRILL NO DIALOGUE	51
41) HOLISTIC PHYSICAL COMPREHENSION DRILL	51
42) HOLISTIC EMOTIONAL COMPREHENSION DRILL	52
43) MULTIPLE SLASHER DRILL	53
44) DEFENSIVE KNIFE DRILL WITH VASELINE ON HANDS.....	54

Functional Combative Drills

SOME KICKBOXING DRILLS	56
1) ISOLATION SPARRING DRILLS FOR BEGINNERS	56
2) FOOTWORK WITH BAG DRILLS INCLUDING SLIPPING AND HITTING	56
3) FOCUS MITT COUNTER THE JAB WITH CROSS / HOOKS (BODY, HEAD) / UPPERCUTS	57
4) COMBAT KNIFE STRIKING DRILL	57
5) BODY CONDITIONING, KICKS AND PUNCHES	58
6) WALL DRILL: 3 STAGES SIDE KICK, ROUND KICK AND FRONT KICKS	58
7) 1 TO 100 OR MORE ON THE BAG	58
8) NON TELEGRAPHIC PUNCHING	59
9) 2 ON 1	59
10) OVER HAND COUNTER THE JAB DRILL	60
11) ENTERING TO COUNTER	60
12) ONE MAN IN CIRCLE THE REST SURROUND HIM WITH FOCUS MITTS AND KICKING SHIELDS	60
13) SHADOW KICKBOXING IN CONFINED AREA WITH GROUP	61
14) BILL WALLACE DRILL	61
CONCLUSION	62



INTRODUCTION

Over the years I've incorporated, developed, modified and designed countless training drills to enhance survivability in combat and defense. With my team and along the way, I've expanded and modified the majority of these drills as many come from varying sources, instructors, combative disciplines, etc. too many to name here really.

Each drill is designed to work one or more of all existing components of combat and self-defense. There are Kicking drills, Boxing drills, close quarter combat drills, grappling and ground fighting drills, 'street fighting' drills, awareness drills, weapons defense and offense drills and more. These are some of the drills that were taught over the years at the original Senshido school in Montreal Canada from the time I opened it in April of 1994 to the time I sold it in 2006.

This is an excellent accompanying manual to our instructional videos available for download on my website. Please understand that the drills explained in this manual without the benefit of visual aid or experienced instructor or our instructional videos as an accompanying tool, may be misconstrued and performed improperly. Take what you can from it, expand on it, be creative but maintain a realistic perspective in your training.

These drills are explained in full detail and can be incorporated into any and all styles of martial arts or self defense and are designed to enhance your training

curriculum as well as your proficiency in reality based training combat.

Please note that some of these drills are over two decades old now, “Absorb what is useful, add what is specifically of your own and reject the rest.”

Train intelligently and diligently.

Sincerely,

Rich



FIVE WAYS HUMANS REACT WHEN PHYSICALLY ASSAULTED

There are generally 5 different reactions a human being will have after getting physically assaulted. The individual who has been struck can react in one or more of these ways. In no particular order they are:

1. **To create distance.** The individual hit will back up and move away to regroup or protect themselves.
2. **To clinch.** The individual will close the distance and latch on defensively to the other who hit him.
3. **To counter strike.** The individual struck strikes back immediately and with no quarter given (with or without a weapon).
4. **Drops semi or fully unconscious or debilitated.** The individual struck is put out of commission, the attack achieved its desired result.
5. **Takes the shot like it was nothing.** Replies something like *“Is that all of you’ve got?”*

Knowing and understanding these 5 reactions are imperative in order to have a contingency plan for each and every one of them. If your mind is trained to be prepared for any or a combination of two or more of these reactions, it will be extremely difficult to be caught off guard during a fight.

Your mind and body will be ready for whatever outcome and won't go into the dreaded assumption phase. The worst thing a fighter can do is assume. The only 2 safe assumptions an individual can make in a physical confrontation are the ones that his opponent is carrying a concealed weapon or that he has friends, whether you see them or not. That's it, that's all. Any other assumption can get you killed.

The key in physical retaliation is your ability to spontaneously improvise your next move based on your attacker's reaction. Your attacker will always dictate what your next move is going to be based on the 5 possible reactions listed above he will have after you landed your first strike.

In physically retaliating, there are Five Principles to always abide by. I didn't invent them, I didn't create them, I just put them together as a concept that was later dubbed by the general public as the notorious "Shredder". The reality is, the Shredder is nothing more than these 5 principles applied together.



THE FIVE PRINCIPLES OF PHYSICAL RETALIATION

The following five principles are always applicable regardless of what style or system you practice or what the scenario or situation may be making them a concept, not a technique. They are implementable in any and all arenas of combat.

Principle # 1. Economy of motion.

Musashi said, “*Do nothing which is of no use*”. Basically, do not waste energy on unnecessary movement. Learn to conserve as much energy and not telegraph your intentions at the same time. There are two ways of doing this:

1: Your intended natural weapon, whatever it may be whether it is a strike or submission application should be the initial point of movement prior to any other part of the human body. If your intended strike is a left jab for example, then the left fist should be the very first thing to move towards your opponent’s intended target followed closely by the rest of the body.

2: It’s important for you to have a conscious reason for everything that you do. Don’t just throw a kick or punch for the sake of throwing it. From a sporting perspective, many fighters as they circle each other feeling each other out will unnecessarily throw ‘something’ because nothing has happened yet they almost feel obliged or become impatient. If it is done with reason and strategy, then it’s fine but a lot of times fighter’s kick or punch for the sake of it.

When my students spar, I will randomly stop them and ask them why they did what they did at any given moment. For the most part; they don't have an answer. It's important for the student to understand and know why they are doing what they are doing. This will economize on wasted motion and help the student strategize consistently, maintaining them in a chess like mind set.

When it comes to outside the ring, economy of motion will also economize on energy. Energy, fitness is a key factor in one's survival. For the most part, stress, fear and the adrenaline dump will cause a mental energy drain in a very short period of time that in turn can deplete one of physical energy rather quickly.

Principle # 2. Non Telegraphic Movement.

Non telegraphic movement ties in directly with economy of motion. This principle basically states not to let your attacker know what your move is going to be by making any unnecessary movements prior to your initial attack. This includes facial expressions, shift of body weight, shift of eyesight, wind ups, hand placements and idiosyncratic movements prior to striking.

Your attack should be explosive and sudden preferably from a verbal defusing stage where your body language is naturally passive and non-threatening. If you're already engaged in the fight and your opponent is still 'active', your attack should still be explosive and sudden without any prior movement to initialize it except for the intended weapon of choice (whether natural or with a weapon)

In training with pads or targets, have your training partner remove the pad or target as you begin to strike it if they see you moving prior. If you succeed at striking the target before your partner moves it, then you did so non-telegraphically. Too many fighters train to strike hard and fast with precision and speed, not enough fighters train to actually land the strike. Train to land your strikes first, then work on power and speed etc.

Principle # 3. As Bruce Lee stated in Long Street “Nearest weapon to nearest target”

Bruce Lee was indeed a genius. This principle states first, that every part of you is a potential weapon from spitting, biting, pinching and clawing to the more conventional methods of striking and submitting. Second, you need to be able to step out of any proverbial box, being systems or styles with any labels and see every part of yourself that can potentially cause another pain or enough discomfort to set up higher levels of pain.

Meaning, your opponent may have caught and put you in an uncompromising position with no access to torque, not enough distance to efficiently hurt, not grounded; perhaps you're on the ground with them.... Who knows, but in such cases, spitting, biting and pinching are all 'can opening' tools that will create a shift in present situation enough for you to capitalize if your timing is up to par.

Just as every part of your body can be used as a weapon, every part of the human body is also a target. Some obviously more appropriate than others but I'll get to that.

When it comes time to retaliate physically be it offensive or counter defensive, strike with your closest weapon to your opponent's closest target and as they react, keep following that principle. Your ability to see the whole body as a target will allow you to repetitively 'strike' your opponent as they react to each assault. Whether you miss a strike or 2 or 4 for that matter, never stop, if you're doing it properly, there is little to no timeframe wide enough for your opponent to counter or intercept.

Principle # 4. Primary Targets.

In a real fight, you need to end it as quickly as possible. In order to do that, you have to debilitate your opponent. However, it is necessary to judge whether the situation is a maximum potential for violence (life or death situation) or minimum potential of violence. A maximum potential for violence situation requires use of extreme force.

This brings us to our aggressor. Is it a good person having a bad day or is it a genuine 'bad guy'. There are several psychological principles that allows one to determine that in a short enough time to decide upon an appropriate strategy on how to deal with the aggressor as some situations are defuse-able while others are not. It is our legal, moral and ethical obligation to determine that at the pre-contact stage of the assault and before the escalation that normally leads to the fight. You can find those on Our Fundamental's, Get REAL and Rape Prevention videos available through my shop.

The primary targets on the human body that will debilitate or at the very least, render them much less of a direct threat and danger are the eyes and the throat. As human beings, we have the innate instinct to protect our eyes and windpipe. If your opponent can't see, he can't fight, if he can't breathe, he can't fight. The rest of the human body is secondary. There are no other specific targets as there are nerve clusters everywhere else on the human body. Striking the groin, the sides of the biceps or the shin will all cause a reflexive response and allow for an immediate follow up strike. Strike as many places and as often as necessary in order to reach the eyes and throat and debilitate your opponent.

If your opponent has been debilitated without having struck his eyes and throat, then all the more power to you, however, if your opponent is drug induced or if he has a high threshold of pain, if he's emotionally disturbed then chances are, if you haven't struck his eyes or throat in order to reflexively protect himself, he'll most probably keep coming at you. Every situation can be vastly different and no 2 attacks are ever the same. Deal with each in consequence.

Principle # 5. Tactile Sensitivity.

Tactile sensitivity is the ability to interpret your opponent's energy through the sense of touch. Outside a sporting context, the majority of fights will start at the close quarter range. Dialogue and communication will allow an attacker to get in the close quarter range without necessarily having

to strike you yet. This is where the assailant has access to lapel grabs, strangulations, shoves, tackles, headlocks, knife attacks, intimidation tactics and more. If the fight is not dealt with at this range as quickly and efficiently as possible, it might well lead to the ground or in a potential stabbing.

Tactile sensitivity is applied the second you and your opponent have come into physical contact together. At the close quarter, ground fighting and in close body to body boxing range the hand is quicker than the eye. If your opponent decides to pull a knife out of his belt while in the clinch, you will not be able to see it but you will be able to read and feel his body language through the sense of touch.

There are countless drills that help develop the tactile senses and freestyle grappling on its own is a phenomenal way of doing so as you are constantly trying to interpret your opponent's next move through the body to body contact. In free style grappling, in order to enhance your awareness of concealed weapons, have your partner carry a rubber or preferably wooden knife and pull it out at any moment during your grappling match. See if you can intercept it and defend against it before he reaches any of your vital targets.

A good tactile sense will allow you to defend yourself better at the close quarter and ground fighting ranges. You'll be able to feel and intercept an oncoming attack as it develops.

There's a parable of a Tai Chi master whose tactile sensitivity was so developed that he had a butterfly in his hand try and fly away and he followed it with his hand until his arm could no longer extend upwards as the butterfly flew off.

These five principles are always applicable regardless of the situation or scenario. They require proper training and mental blueprinting. Once they are acquired however, they become unforgettable skills, like riding a bike and applicable to all martial arts styles or systems.

Learn to apply these 5 principles and you will greatly enhance your skills both as a fighter and self defense practitioner.



DRILL TRAINING AND THE OVERKILL MENTALITY

When working drills, it is critical to visualize and understand why it is you're doing what you are doing. The most common mistakes made in training is in not being able to make the link between the drill and its application in sparring or combat.

You must have a philosophical reason behind **everything** that you do.

For example: Most people when they train simply execute the movements because they were told to do so by the instructor. Although they might execute it with intensity and perform it flawlessly, they are not mentally linking the technique or movement to the totality of a combative situation.

When working the double end ball for instance, if you simply hit it with multiple combinations but are not actually seeing or visualizing a human head bobbing and weaving and trying to hit you back, you are simply hitting an inanimate object with no purpose other than to physically condition you.

A great fighter pictures every drill they do, regardless of whether it's hitting focus mitts, a heavy bag or a speedball: as a fight. Therefore when sparring, the link is made between the drill and the fight. Same thing for any self defense related drill.

That is why (*besides the fact that sparring may be limited or non-existing – *see following page footnote*) there are so many trained martial artists whom you may see execute or display awesome skill on an inanimate object or the air, but once in the ring or street, they fall apart and can't piece it together.

When doing a drill, any kind of drill regardless, ask yourself the following questions:

“Why am I doing this particular move/technical application, to what purpose and end?”

“Why did I land here?”

“Is it putting me in a position where I can capitalize or counter effectively?”

“What can I and my opponent do from here now in terms of pros and cons?”

“What is the most unconventional thing I can do from here that may take my opponent off guard and / or surprise him?”

“Can I see my opponent from everywhere I position myself?”

“Can I see my surroundings I.e. Environment, people, etc.?”

“What if my opponent had friends I didn’t first notice or a concealed weapon on him?”

“Do I have a tactile sense?”

“Is my entire physical being working synergistically in total defense of the self?”

“What if he had a knife or other type of concealed weapon on him?”

If you are not answering these questions in drill training then you are simply getting an aerobic workout. You are not making that distinct connection between the fight and the fight training. They remain two separate entities in your sub-conscious mind.

Drills should also always be kept alive. What I mean by alive is that for a drill to be truly alive then it has to have three important key elements:

1) Full range of motion

Meaning the movement, the attack, the defense should be from A to Z. If you’re working a defense against a one-arm lapel grab for instance, at first, to get used to the movement it’s all right to isolate it and work through it slow. Once you’ve gotten the dynamics of the biomechanics down then you need to apply the lapel grab from a neutral point to the moment of the grab. The grab itself should be dynamic and not static.

2) Resistance

Once the lapel grab is made, the intended attacker should offer resistance and not let the defense come so easily. React realistically and offensively and defensively towards the defender's physical retaliation in order to see if the retaliation is effectively being executed.

3) Realistic energy

In applying the lapel grab, the attacker should come in hard and with momentum as a real aggressive individual would. The grab should jerk the defender off balance and the attacker should be almost barreling through the defender. Acting becomes imperative. Add dialogue to the attack to make it three-dimensional.

It is also essential to understand that no matter how alive, visualized or intense the drill is, it is still a drill. You should never get caught up in the drill itself but understand that it is a tool used for the development of your personal attributes.

***Keep in mind:** If your training strictly consists of drill training (regardless of the fact that you are mentally making the link through visualization) and has limited or no sparring and scenario based training involved, then you are still not learning how to fight or defend yourself effectively or holistically. You are then missing the biggest and most important piece of the puzzle.

During any and all drills, it is important for the “bad guy” too properly and convincingly play his roles accordingly in order to maximize on the drills. “Reality based training” requires the proper use of body language, dialogue and methods of attack by the participant in order to enhance chances of survival. Outside a sporting context, the attack is accompanied by a surge of emotion, usually anger or extreme rage so if your partner is not duplicating that body language then you will not be used to the signals given off in a real attack.

As Bruce Lee prophetically stated, you cannot learn how to swim standing at the edge of the pool.

The Overkill Mentality

The overkill mentality produces a survival mind set. In training, the student is taken far beyond the usual setting and time frame of a real fight. The protective equipment allows for the attacker(s) to continue coming at you regardless of the amount of strikes administered to their vital targets.

In reality, the fight would have changed its course the minute either one of the fighters would have been struck in such a vital area that would have caused them to either immediately react defensively or drop. Instead, the attacker keeps on coming and the fight can and will last anywhere between three minutes to forty-five minutes of continuous combative action depending on the nature of the lesson of course.

This prepares the combatants for anything and fosters a well conditioned mind, body and spirit. In certain situations, one or more of the attackers can be given a weapon that he pulls out randomly during the fight. Or a (plastic/mock) broken bottle is suddenly tossed into the equation close enough for either of the combatants to grab it.

This sort of overkill training makes the participant weary, builds mental toughness and not to mention, pushes their physical capabilities to levels where they actually experience the physiological and biochemical changes caused by the adrenal dump.

It is also psychologically challenging for most. It is not uncommon for a student to break into tears, or go into a very mild state of shock after such an experience. This also gets a person in touch with certain emotions that have been controlled or suppressed for the longest time.

It is an exercise in character building as well as combat preparedness. However, once Pandora's box has been opened, even a crack, the student should work through the fear and emotional turmoil caused by the experience and DO IT AGAIN until they can navigate with ease through the turmoil. Not doing so will only cause more shrinkage of the comfort zone and make matters worse for the student in terms of personal development.

The following are some potential reactions from stress one may feel during the drill training depending on the

intensity level and visualization in the moment of the drill in question. Important to note that the following potential reactions may only occur during the street combative drills which invoke emotional and psychological reactions and responses and for many, can trigger unpleasant memories.

Potential Reactions from Stress

When facing violence or a life-threatening situation, there are several perceptual distortions that will occur. Here they according to Police Psychologist Alexis Artwohl, Ph.D.

Diminished auditory perception: Sounds seemed muffled or non-existent.

Tunnel Vision: 70% of your peripheral vision vanished and you went into critical focus on the intended or perceived threat.

Automatic Pilot: Your body responded automatically to the threat without conscious thought or processing.

Heightened visual clarity: You were capable of seeing things or details that you normally would never catch.

Time moved in slow motion.

Dissociation: A sense of detachment or surreal-ness to the event.

Intrusive distracting thoughts: Thoughts not related to the event happening pop into your mind such as later plans, thoughts of a loved one etc.

Fast motion time. Things moved more rapidly than normal, the whole thing happened so quickly.

Intensified sounds.

Temporary paralysis: Freezing from fear, the deer in headlights phenomenon.

It's important in the above mentioned to consciously interrupt these events from occurring by realizing that they are happening and working against them by performing the opposite. Once you begin to regain cognitive control, you will less likely be affected by the adrenal stress conditioning. Obviously, the more you know about a subject, the less you are likely to freeze.

The mind, when faced with a problem begins to search the memory banks for a solution. If you have never experienced this particular problem before either through visualization (training) or real life and explored the possibilities of a solution, then your mind won't find the necessary "file" containing the answer.

The student is pushed physically to do more than he or she thinks they can. If you cannot perform during a hard core training routine, if you have to stop in the middle of your

sparring match because you're "too tired", if you quit every time you begin to feel tired in order to rest, what makes you think you are going to survive a real knife fight?

The key is to make the training harder than anything you will ever possibly encounter so that anything you may face will pale in comparison. Your mind and body will be one hundred percent prepared for any attack on your self and will react accordingly in total defense of the self.

Here are a list of drills you can use to enhance your training curriculum. Please note that it is mandatory; in order to acquire maximum benefits from the following drills to adopt the over kill mentality. You have to have a mental definition for the physical and philosophical rationale behind everything you're doing in order to fit it all into the grand scheme of combat. To move for the sake of moving is simply a physical/athletic process with no ability to link the drill to actual combat or defense. This is many fighters' most common mistake.



CLOSE-QUARTER COMBAT & GROUND FIGHTING DRILLS

It's important to begin all drill training with a proper warm up. However even the warm up should be three dimensional and include a combative mind set.

WARM UP

Shadow fighting

The difference between shadow boxing and shadow fighting is that in shadow fighting, you include all ranges, not just the Boxing range. You visualize a multiple opponent situation, an environment, establish a mind set and then you fight. Shadow fighting is a good agility exercise as well as a method of building up speed, cardiovascular endurance and footwork.

Work all strikes, all ranges - offense defense included, with intensity. Use your environment, chairs, garbage bin, whatever is present if called upon. Very important to strongly visualize during this exercise in order to achieve the most benefits from it, a great and creative warm up.

THE DRILLS

Beginner to Intermediate Training Drills: (all drills once advanced can be done full contact using the Spartan Gear suit.)

1) THE SUCKER PUNCH DRILL

Equipment necessary: A mouthpiece, 16 or 18 ounce Boxing gloves.

With a mouthpiece and boxing gloves or a Spartan Gear head piece.

Level 1 – Strictly work defense – I.e. Slips, parries, jams, spins, neck control. Clinch etc.

Level 2 – Execution of nearest weapon to nearest target at every opportunity.

Execution: Have your opponent wear the boxing gloves and you wear a mouthpiece and/or the headgear. Your opponent will then try to come at you in a natural fashion using dialogue and congruous body language in order to throw a sucker punch at you and land it. You must work diffused vision and awareness and attempt at slipping, jamming, clinching and/or trapping your opponent in order to avoid the strike and counter attack.

Purpose: This drill develops your awareness against the sucker punch and/or surprise attack/ambush as you can isolate any attack or as you get advanced, work them in randomly. Various attributes being worked on here from the ability to read body language and precontact indicators to footwork, increased perception time, decreased reaction time and more.

2) NATURAL STANCE AWARENESS & REFLEXIVE RESPONSE DRILL

This drill is designed to enhance your startle to flinch response and help you bind an immediate protective offense and combative strategy to your instinctive defensive reaction. No equipment is necessary for Phase 1 of this drill since in Phase 1 you're working simulation, but a mouthpiece is always recommended. For Phase 2, a Spartan Gear helmet and jock strap is required for full range of motion and realistic exposure to contact, natural reactions and pain management.

Execution: From any and many natural stances and positions (sitting down, arms crossed, arms behind your back, leaning on a wall etc.) have your opponent come at you with any random attack off of natural postures (almost scenario like) using dialogue and body language and you reflexively respond to his attack then follow up with a counter using the 5 principles of physical retaliation.

Purpose: Works your startle to flinch response, reflexes, natural stances, verbal defusing and distraction, closest weapon to closest target principle, economy of motion and increases perception time.

3) TACTILE SENSITIVITY DRILLS

- Modified sticky hands
- Mirror drill
- Concealed knife in the clinch.

Execution:

Modified sticky hands drill is a modified version of chi sao from the wing chun system of kung fu. This drill is designed to naturally and realistically develop and fine tune your tactile sense.

Execution: Extend your forearms out a little higher than waist level with one palm facing up and one down with your biceps lightly resting on your rib cage, your partner should do the same and stick your arms together at forearm/wrist level. Make sure you are not pushing on each other but rather resting lightly so that if your partner was to remove his arm from under yours, it would simply collapse.

From there have one person go offense and the other go defense. Attacks can include punches, grabs, elbows, knees, head butts, strangulations, shoves etc. Make sure you never break the 'stick' or tactile contact as you redirect the opponent's energy. Footwork is highly recommended to add aliveness to the drill.

Purpose: Like chi sao, this drill enhances your ability to interpret oncoming energy and redirect it to your

advantage. The major difference being that the attacks are realistic and replicate actual 'street' assaults like tackles, sucker punches, shoves and the like and one gets more advanced, footwork is added to it.

B) Mirror Drills

Originally developed by Tony Blauer, this tactile sensitivity drill is the closest replicate to an actual street fight you can practice in order to work TS (Tactile Sensitivity) in comparison to chi sao, hu bud and the rest of the TS drills developed through the martial arts. It is the mother of all TS drills. First step is to both adopt a passive stance and put your hands together. From here, one person will go offense the other defense. The offensive person is instructed to attack with the following:

Any hand through the centerline or both for a lapel grab, any hand or both around the centerline for a back of the neck grab, any tackle. The first represents any possible strike that comes through the centerline like; lapel grabs, pointing, shoves, straight punches, throat grabs, strangulation's etc. The second represents any attack coming around the centerline like; head locks, sucker punches, neck grabs to head butt, hair pulls, bitch slaps etc.

The next stages are the deflections and traps, not blocks but deflections and traps. To block is to commit to a movement and that is dangerous if your opponent picks up on that. It is better to seldomly and randomly block than to constantly resort to it.

The deflections should be simply that and not waste too much movement and energy in doing so. Immediately after the deflections should come a trap (the immobilization of one or more of your opponents' limbs in order to develop TS and be able to strike without being struck back.)

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Simple Instructions:

The simplest way to teach a new student how to deflect a single hand centerline attack is to explain the displacing of the body (to either side) through axis rotation and pivoting and apply a single hand parry.

For a 2-hand centerline attack, displace again and apply a double hand parry, deflecting downward.

Around the centerline attacks (bolo punch, headlock, hair-pull), again displace body and outside block, getting head

off the centerline. Use free hand to counter to primary targets.

Tackle attack – Step back, lower center of gravity, keep passive stance position, jam opponents shoulders/traps with your forearms (closer to elbows), then as you redirect him/his weight, you place one hand on back of his head while sliding your other hand into his face. You've got head control and nearest weapon to nearest target.

The next step is strike with your NWNT using economy of motion and non-telegraphic movement to your opponent's primary targets.

6 stages of the Mirror drill are:

1. Sticky hands stage just blocks, parries and deflections.
2. Add NWNT counter attacks minimum of 5.
3. 2 to 3 Simultaneous attacks with counters.
4. Mirror drill off a chair.
5. 3 Way mirror Drill.
6. Mirror Drill with a knife.

In the 3 way mirror drill, 3 people touch hands, one is the defender, 2 are offensive. Same principles apply as above with the following points to consider.

Place in optimal position to counter both attacks without compromising yourself.

Vision diffusion principle showing an example of locking eyes with one offensive opponent while the second one blind sides.

Shield concept.

Important to understand that in a 2 on 1 situation, it is not the end of the world if one opponent grabs and hangs on (esp. if other has weapon) while you dispatch the 2nd guy. The first guy hanging on is yours once you have a tactile sense, while you can easily get to primary targets using him as a shield.

From this point in the Mirror Drills you can do the exact same drill but while being disengaged from your partner and simply having them come at you without having the stick of the Mirror drill.

C) The concealed knife in the clinch drill: works the student's awareness of possible concealed weapons and close quarter combat skills. Conceal the knife anywhere on your being and clinch with your partner. From there have your partner try and get the knife out and cut you with it as you redirect and counter attack his attacks. If possible, disarm and use the knife against him or try to locate the weapon before opponent actually pulls it out. Never break the clinch. If clinch breaks, start over.

Purpose: These drills are specifically designed to improve your close quarter skills and tactile sensitivity.

4) MONKEY IN THE MIDDLE

This drill requires a minimum of 6 to 8 people and can use an unlimited amount over 6 to 8.

Execution: Everyone surrounds the intended ‘victim’ in a limited amount of space (a boxing ring or any 15 to 20 square foot area). The group then walk around the designated individual distracting them using dialogue and body language. One of the many in the group is chosen in advance as the attacker and randomly, at any time, ‘jumps’ and attacks the intended victim. The defender must finish the altercation using Senshido’s 5 principals of physical retaliation as quickly as possible and be aware of a possible second or third or more attackers immediately after.

Several levels of this drill include more than designated attacker where number two will attack immediately after number one and so on (number of attackers left at the discretion of the instructor or group). Weapons like a knife or gun can also be integrated in a concealed manner and used as a ‘surprise’. The designated attacker can actually hide outside of the designated 15 to 20 square foot area and ‘jump’ the victim on his way into the area.

Purpose: This drill works several elements including the surprise element, fear, stress and adrenaline management,

close quarter and ground fighting skills, multiple attacker awareness and reaction time.

5) SCENARIOS

(see below for multiple examples of scenarios)

6) 3 STAGES OF GROUND-FIGHTING DRILL

Execution:

Have 2 partners' face each other in mirror drill format on their knees. One assumes position of offense, the other defense. The offensive attacker tries at all costs to take his partner down and pin him; the defensive partner redirects the energy.

At any random moment a third party yells "FREEZE" and opponents freeze and don't move in whatever position they ended up in. Defender locates 3 to 5 NWNT, then switch.

- 1) Energy redirection drill: (on knees, redirecting shoves, grabs and dives)
- 2) Freeze and locate NWNT
- 3) Full out sparring with strikes on the ground (one guy offensive one guy defensive)

Purpose: These drills work tactile sensitivity when taken to the ground. It allows you to freeze a moment in time in

an actual fight so you may locate their NT to end the fight instead of getting into a long drawn out grappling match in which you are only looking for a submission. The energy redirection skills you will acquire through this drill will buy you the time to end the fight before it gets to a ground situation.

7) TAKEDOWNS

Work on bridging the gap to enter the clinch.

Execution: From an outside range I.e. kicking or further, enter to clinch and from there apply a take down and assume superior positioning.

Hip Toss

Reverse Hip Toss

Single & Double leg takedown

Reverse Neck crank takedown

Purpose: Help you become skilled at taking an opponent who has clinched or stuck to you, down into a compromising position.

8) UNBALANCE TO TAKEDOWN TO THE GROUND DRILL

Both partners standing and/or on knees, offense/defense.

Execution: The offensive partner tries to take you down by pushing, grabbing, holding and trapping while you simply play with the energy and not let him by redirecting it and/or trapping then releasing.

Purpose: This is another energy redirection drill, working tactile sensitivity and balance from standing and/or the position of being on knees.

9) HANDICAP DRILL

This drill requires one or more of the following: Crutches, a bandage and a sling, a wheelchair.

Execution: Give yourself a ‘handicap’ like walking on crutches due to a broken or severely sprained ankle, a broken arm in a sling or confinement to a wheelchair. Have your opponent attack you and defend yourself using the 5 principles of physical retaliation taking into grave consideration the limit of your chosen handicap. When applying this drill be sure you do not compromise the handicap and work around it.

In order to fully experience the disadvantage, the following is recommended:

For replication of bad foot, put several marbles in your shoe as it will make it highly uncomfortable to walk on and will cause a limp. For a bad arm, actually bandage it and put it in a sling. For being in a wheelchair, tie your legs together from ankles to upper thigh area in case you are thrown or projected off your chair and feel the urge to use your legs.

Purpose: This drill will allow the student to experience fighting at a possible disadvantageous point in his life; it takes away the usual comfort one experiences when training at their best and wearing workout clothes. Since life presents certain uncertainties, then you must be prepared to deal with these disadvantages if ever you are attacked at that point in time.

10) ATTACKS AND COUNTERS FROM SITTING POSITION (CHAIR, BENCH, FLOOR)

Execution: Put student in a natural position he may find himself in in real life and have an attacker attack him from that position without having him get up and take a 'stance'. From here, defender must react and defend himself to the best of his abilities using all principles.

Purpose: To be able to handle any attack from any possible position because we don't always have the option or luxury of movement, footwork or space.

11) GRAPPLING BLINDFOLDED RANDOM ATTACK DRILL

Execution: one guy (blindfolded) in the middle randomly being attacked by various opponents. The blindfolded person must use his tactile sensitivity to ward off the oncoming attacks and establish himself in the best position possible.

Purpose: Works tactile sensitivity, intuition and positioning.

12) ENDURANCE TAKEDOWNS

Execution: one guy gets clinched by many as he works on taking them down using various takedowns in his arsenal each one, one by one.

Purpose: This helps you practice taking different types of people down (big, small, strong, etc. and honing each individual takedown where it is needed).

13) MONKEY CLIMBING DRILL

Execution: one man stands firm while his partner climbs around him from front to back and bottom to bottom without touching the floor. The stance should be a solid semi horse stance.

Purpose: This works agility and strength in grabbing and holding.

14) MULTIPLE DISMOUNTING DRILL

Execution:

Level One – Opponent mounts and establishes base while other partner attempts to dismount using any escape.

Level two - Opponents can also strike (with Spartan Gear helmets)

Purpose: To be able to get someone off of you regardless of size, weight or strength and get back on your feet ASAP. Also works on establishing the mount and a proper base.

15) ESCAPING THE GUARD

same as #14 only escaping the guard rather than the mount.

Execution:

Level one – opponents simply guard you and you try to get out of guard as they negate your attempts.

Level two – full contact with Spartan Gear helmets

Purpose: To be able to get out of someone's guard quickly and effectively in case of a multiple attacker situation and your opponent is keeping you there to stall for time.

16) MIRROR DRILL DEFENSE INTO A TAKEDOWN

See mirror drill for description.

Execution: attempt any take down from your defensive position.

Purpose: This works takedowns from a “live” position and includes multiple attackers.

17) MIRROR DRILL DISENGAGEMENT ATTACKS AND DEFENSES

Exactly like mirror drill only without having your opponent touch hands with you.

Execution: Have opponent simply come at you with any attack from the drill while being disengaged.

Purpose: To duplicate a real life confrontation and effectively defend against it.

18) MIRROR DRILL OFF A CHAIR

One partner sits in a chair while the other remains standing. Continue from original mirror drill. Same concepts, principles, attributes the only change is the initial footwork which is non-existent until the seated party stands up and does the drill.

Execution: Have opponent simply come at you with any attack from the drill while sitting on a chair.

Purpose: Works balance, sensitivity and NWNT from an environment you may be attacked from - Bar stool, metro seat, etc.

19) RANDOM ATTACKS THROWN FROM ANY NATURAL STANCE

Execution: Alternating with partner to develop proper reflexive response. Adopt a natural position (i.e. sitting, crossed arms, lying on a wall, etc.) and have your partner come at you with any random attack then react reflexively and respond with a counter attack.

Purpose: Works startle to flinch response, reflexes, natural stance defenses and NWNT.

20) CROSS OVER DRILLS BOXING TO CLOSE QUARTER AND VICE VERSA

The mechanics of a jab can be a like finger jab, a reverse is a palm strike, an elbow is like a hook punch, how certain ring kicks (Thai, round, side, jart, front, sweeps,) can be applied outside a sporting contexts.

Execution: Choose a boxing combo and find its application outside a sporting context.

Purpose: To show how the ranges are interchangeable.

Why? Explain the cross-training applications so you can work both street applications and ring work.

21) CLOSED EYE REFLEXIVE RESPONSE DRILL

Execution: Your partner has his eyes closed and you place focus mitts at any range in any position. You say “go” and he opens his eyes and immediately without hesitation or prior thought has to strike the targets with his closest weapon.

Purpose: To be able to immediately locate any and all targets closest to you and strike them instantaneously. This drill helps to minimize your reaction time and possible hesitations.

22) NATURAL STANCE AND PRE-EMPTIVE STRIKE DRILL

To be able to end a fight instantaneously and without possible harm coming to you if verbal defusing isn’t working, you have to master the pre-emptive strike. Required equipment includes Spartan Gear helmet, mouth piece and jock strap for the attacker.

Execution: Stand in any natural yet non violent stance you might find yourself in and have your partner stand in front

of you in a confrontational stance designed to intimidate, challenge or threaten you. Instruct your partner to negate or stop your first strike. From there, without flinching or telegraphing, strike him using the closest weapon to closest target principle and see if he could have stopped you.

Purpose: This drill will enhance your ability to move non-telegraphically and economize your range of motion.

23) HUMAN 'STREET' CIRCUIT TRAINING

Required equipment includes Spartan Gear helmet, mouth piece and jock strap for the attackers

Execution: Have many opponents stand randomly around the room each with a specific instruction to attack the defender with a designated attack from the most common street attacks. Each station is to have a different set (subway, bar, bus stop, ATM etc) and a different type of attack (mugging, aggressive bum, 'You 'lookin' at my girlfriend a**hole?' etc) The defender walks by each station and they come at him with the intended attack. The defender must reflexively respond and defend against all oncoming attacks by first attempting to verbally defuse it then physically defending himself if necessary.

Level 2 – Add random weapons such as a knife, gun, bat etc.

Purpose: To sharpen reflexes and minimize reaction time

as well as defend from all types of scenarios and common attacks coming at you in random scenarios. This drill works mental blueprinting and replicates realistic situations likely but gods forbid, to happen

The attacks to be used: One and two arm lapel grabs, tackles, sucker punches, head locks, grab to knee, bear hugs, hair pulls, strangulations, rear choke attempts. Level 2 add bats, knives, guns, crow bars, etc.

24) PINPOINT THE ATTACK AT ORIGINS TO INTERCEPTION DRILL

Too many times we learn to negate or defend against a move that had already entered (shirt grab, gun pointing at face etc.) or at the last moment (slipping a punch). We believe that if possible and more often than not, it is, you can intercept the actual beginning of the attack I.e. opponent reaches for knife in pants or begins to lunge for the hay maker. This takes a certain degree awareness and intuition and capability of reading body language.

For example, someone who wants to head butt you or knife you in close will stand very close to you talking to you. Someone who's a kicker will stand outside of range; a guy concealing a knife who wants to slash you may angle off and back in mid argument. The following drill will maximize your perception time and minimize your reaction time.

Execution:

Stage 1) Opponent begins to make his move (punch, grab, shoves etc.) at one-third speed.

Stage 2) Jam/intercept him as soon as you see him move.

Stage 3) Follow with NWNT

Note: Watch opponents' centerline (at upper chest region) for telegraphic movement. **Important:** Remember to properly role-play the bad guy in order to give off realistic body language.

Purpose: To be able to see any and all shots coming at you before they actually hit you or it's too late to jam. To minimize the sucker punch effect and eliminate the "I never saw it coming" phrase.

25) FLUIDITY DRILLS

In working sub-ranges, learning how to shift fluidly from the nucleus to the sub-ranges and back, takes precision, control, balance and accuracy. The shift takes minimal footwork, it is mostly weight transfers and pivoting that takes place during the shifts. Such as throwing a jab then following up with a lead Thai kick to the inner thigh followed by a reverse punch, rear knee, lead elbow combo. The nucleus of this combo is the Boxing range with kicking and trapping as its sub-ranges.

Execution:

Lead finger jab/step in lead round kick to inner thigh/land in a defensive clinch (one hand on shoulder & one hand on elbow)/rear knee to thigh/trap arm and rear elbow to head/clinck & hip toss.

Square off with partner and alternate any 1 shot or technique from any range. Defend & counter immediately with one of your own.

ADVANCED TRAINING DRILLS

26) SELECTED ATTACKER DRILL

Multiple attackers - shield concept from natural stances, passive and aggressive. Including a concealed weapon (knife, bat, stick) or without.

Execution: Two or three on one. One of the aggressors is designated as the attacker without letting the defender know which one. They approach and the designated hitter attacks and the defender defends. **Must use dialogue.** Add scenario specifics I.e. Environment, time of day, mind set, if defender is alone or not etc. Defender must use the shield concept and proper footwork.

Purpose: This drill works the multiple attacker concepts and helps the fighter understand the necessary steps to take when faced with multiple attackers, armed or unarmed.

27) KNIFE IN GUARD

Guy on top has a knife; guy on bottom tries to survive.

Execution: The guy on top is trying everything in his power to cut, stab and/or slash the guy on the bottom. The guy on the bottom must use tactile sensitivity and NWNT to evade and escape as unharmed as possible.

Purpose: This drill develops proper tactile sensitivity and street survival instincts when in a knife fight and taken to the ground in a clinched format. All attacks and defenses are improvised and gutturally instinctive based on the learned principles in The Fundamentals of Personal Protection video.

28) DEFENSIVE WEAPONS DRILLS

Defensive only - evade stabbing and slashing knife and/or bat strikes. Can use a marker and bare chest to evaluate the student for knife cuts.

Execution: Random knife and bat attacks (stab and slash) with counter attacks.

Level 1 – one guy with knife the other weaponless. The armed attacker comes in with slashes and stabs while the other works at strictly defense, evading using footwork, parries, traps, slips and jamming techniques.

Level 2 – same as level 1 but defender adds to defensive techniques counters. Using traps, jams, locks, strikes to

closest weapon to closest target (NWNT). Remember to keep wrist turned in while jamming a knife attack.

Purpose: This drill helps the fighter deal with an armed attacker, using footwork, slips, traps, jams, parries and NWNT.

29) EVADE AND ESCAPE DRILL

Multiple attackers against one, depending on the environment and 5 second down rule for attackers.

Execution: The single man has a goal, to make it to a designated safe place without getting killed by the multiple attackers. Multiple attackers must not let the single man to his area by any means possible. When struck in the primary targets (eyes and throat), the attackers must step down and count to 5 before getting back up and going after the single man again.

Purpose: This drill works on the single man's ability to use footwork and implement strategies on escaping as safely as possible as well as performing under excessive pressure. Other benefits include stress management, cardiovascular and muscular endurance, overkill mentality.

Multiple armed (knife) attackers randomly attack weaponless opponent:

Execution: Each armed person randomly and singly attacks

the unarmed man as he simply uses footwork and strategy to avoid being cut in vital areas of his body. The armed attackers can attack at any time but the previous attacker must step back as the new one takes his place. At no time should there be more than one attacker on the unarmed man. At no time should the unarmed man be resting or not defending himself against the mob.

Purpose: This drill works the use of footwork, slips, evasive tactics, parries, traps, spins, redirection's and environment. Also works the overkill mentality, stress and fear management and when done properly, the physiological changes caused by the slow release of adrenaline while waiting your turn.

Level 2 – Same drill only with lights closed, a strobe light on and loud music (preferably techno just to piss off the class heh heh heh...).

Purpose: This will seriously affect perception time and heighten awareness, intuition and reflexive response.

Split grappling 2 on 1:

Execution: As one guy can only attack and submit the defender by the legs, the other attacks and submits above the waist only.

Purpose: This works the single man's vs. multiple attacker situations when taken to the ground and allows for development of strategy and overkill.

30) ADVANCED ENVIRONMENTAL SCENARIOS

Execution: Use multiple attackers, chairs, tools (i.e. bandaged arm, knapsacks, carry ons, etc.)

Purpose: Prepares a student for anything. Must use environment, shield concept, NWNT and quick dropping strategies.

31) DEFENSE AGAINST EXTREME VIOLENT ATTACKS

Defenses against chair attacks, sticks and high strung Tasmanian devil types.

Execution: Scenarios in these types of attacks have to be well acted out and crazy in nature by the opponent. Use plastic water bottles for beer bottles, wooden knives and plastic chairs as well as proper protective equipment. Remember to isolate the attack then use scenario specifics to determine strategy and tactics.

Purpose: Prepares a student for anything especially the enraged attacks. Must use environment, shield concept, NWNT and quick dropping strategies.

32) ALTERNATE RANGE VS RANGE SPARRING

Execution: The instructor picks a range for each fighter and they spar in the designated range, the instructor then randomly switches ranges for each individual during the bout.

Purpose: Works fluidity between ranges.

33) SELECT RANGE SPARRING

Execution: The instructor selects a particular range for the combatants to spar in and randomly switches ranges during the bout, instructor can also call out multiple ranges and mix them up at will.

Purpose: Works fluidity between ranges.

34) MULTIPLE ENDURANCE GRAPPLING

Execution: One guy in the middle gets attacked by several (minimum 5) people one by one and grapple to submission with a time limit of 3 to 5 minutes depending on amount of people.

STAGE 2: Blindfold the defender.

STAGE 3: Add concealed weapons.

Purpose: Works grappling with different partners and conditioning. STAGE 2 also works tactile sensitivity, increasing sense of awareness and instinct. STAGE 3 works weapon awareness in a close quarter situation.

35) 3 WAY MIRROR DRILL

See mirror drill explanation.

Execution: 2 on 1.

Purpose: This drill works the multiple attacker scenes and helps you establish optimum positioning, footwork including shield concept, while looking for NWNT.

36) OVERLAPPING RANGES DRILL

Execution: One partner calls out a range (break them down as follows or as you like and suits you and your training best.)

Legs – any technique using natural weapons below the belt i.e. kicks, knees, stomps etc.

Strikes – any strike using natural weapons above the belt including punches, elbows, biting, spitting, gouging, palm strikes finger jabs, etc.

Grappling – any properly executed take down until participant finds himself in an optimum position or any submission.

And his partner throws any technique from whatever range his partner called. Immediately after throwing his technique he calls out a range for his partner to execute and the drill continues on that way. (This drill can also be done while a 3rd party calls out the ranges for both combatants).

Extremely important that when striking your partner you do it hard enough to illicit a real flinch response so that your partner reacts accordingly to the strike and learns how to fight back from whatever position he/she finds themselves in. I.e. doubled over from a groin shot or leaning back from a finger jab etc.

Purpose: This drill will teach the participants to fight back from seemingly unnatural fighting stances as well as help in fluidly shifting from range to range at any given moment and work the tools from all the ranges. It will also break habits and force you to put the ego aside.

37) RANGE CHANGE

(similar to the Overlapping Ranges)

Execution: The partner who is being attacked continuously and randomly without alternating calls out any range (same as above) randomly as his partner is forced to throw a technique from that particular range that was called. Since it is always your opponent who dictates what your next move is going to be based on his reaction (flinch response), it is important for the individual calling the ranges and

being struck that he reacts according to the level of damage he thinks or believes was caused by the strike, takedown or submission hold.

Purpose: This drill forces the participant to instinctively and immediately react under pressure and use all his tools at his disposal regardless of the range he finds himself in.

For example: You're in a fight and find yourself almost in a close quarter clinch and suddenly your opponents buddy is charging at you from no where, sudden reaction should be a disengaging range separating strike which may call for a kick in the close quarter range.

38) ADVANCED MONKEY IN THE MIDDLE

Execution: add multiple attackers, weapons and various tools and environments.

Purpose: This drill works the multiple attacker concepts and helps the fighter understand the necessary steps to take when faced with armed multiple attackers.

39) STROBE LIGHT SPARRING

Execution: Any type of sparring including with furniture and weapons, scenarios, full out, kickboxing, etc. under a strobe light.

Purpose: Works dealing with disorientating environments (Ex. Night Club, bar etc.).

40) 2 ON 1 SELECTED STABBER / SLASHER DRILL NO DIALOGUE

Execution: Two guys have a knife and one guy is the designated victim. One of the two attacks with a specific stab or slash while the victim performs.

STAGE 2: Random knife attacks by one of the two weapon holders.

STAGE 3: SEE Selected attacker drill # 1

Purpose: This next drill works diffused vision, awareness, multiple attackers as well as weapons and footwork.

41) HOLISTIC PHYSICAL COMPREHENSION DRILL

Execution: Let your partner come in at you with a medium/slow speed and force shove, tackle, one/two arm lapel grabs, choke, locks, etc and take the attack without any retaliation.

Purpose: To fully experience the effect of the attack in order to respect it and understand it on a holistic level. As it is repeatedly being done, analyze the oncoming movement in order to see where or at what moment you can retaliate/

intercept accordingly. Familiarize yourself with the body language preceding each attack and including its follow through.

Insofar as the choke, strangulation or any submission hold is concerned, it's important to feel the effect, the physiological changes in your body that occur during such a hold and your timeframe to react accordingly once it is locked in.

This will diminish the possibility of short circuiting outside a sporting context should you get shoved hard and fast or choked etc.

42) HOLISTIC EMOTIONAL COMPREHENSION DRILL

Execution: Find out what words and tone need to be taken in order to rile you up, whether to hurt you, anger you, pick on your insecurities, threaten you, challenge you etc. For example, let the verbal onslaught consist of things such as picking on your weight, race, size, intelligence, family, sexual orientation, inadequacies etc. Use profanity but keep the drill behaviorally congruous to the situation. Have your opponent stand there and like a drill sergeant, yell and scream, berate and belittle you while you simply take it and weather it.

Purpose: To feel the effects of a verbal attack and its emotional impact. An attacker will use profanity and verbal onslaught in order to elicit a desired response and reaction from you, kicking in the adrenal stress condition phase.

If your training lacks the verbal attack, you may freeze in reality when your attacker comes at you strong and intimidating. The conventions of language reveal the ways in which we see the world. Dialogue creates images in our minds, these images will create emotional inertia and in turn will have an impact on we react physically.

43) MULTIPLE SLASHER DRILL

You need at least 6 to 10 people to benefit from this drill.

Execution:

Stage 1) Everyone but one guy has a wooden/mock knife and is instructed to stab and slash away at the unarmed man. The unarmed man works strictly defense, parries, jams, redirections, evasive footwork, slipping anything to avoid getting cut in the vital areas.

Very important for the slashers and stabbers to never let up on the unarmed man for the duration of 2 minutes straight, like zombies. NO BREAKS. The slashers and stabbers must all attack randomly but try the best they can to maintain only one attacker at a time on the unarmed man.

If two or more attackers attack him at the same time then two of them should step off. If one attacker is hacking away and another jumps in, the one hacking away should step off. If the unarmed man has trapped and immobilized one attacker then he is fair game for the rest.

This is also a great warm up for a group class format.

Stage 2) Bodyguard. Same drill, only have 2 people unarmed. One protects the other. The one who is being protected cannot defend him or herself tactically and strategically. They must protect themselves instinctively as if they have never had any kind of combative training at all while the bodyguard ensures their safety.

The intended “victim” or target should count to see how many fatal cuts were administered during the duration of the 2 minutes. A sign of a “good” bodyguard will only have the “target” get cut 3 to 7 lethal cuts. Fair guarding 8 to 15 lethal cuts. Poor guarding skills 16 or more lethal cuts. The bodyguard should also avoid getting lethally cut as much as possible.

Stage 3) The bodyguard or unarmed man (if going from stage 1 to stage 3) can fight back.

Purpose: To work multiple attacker awareness, endurance, footwork, fear management, knife defense, overkill concept, diffused vision and pain management.

44) DEFENSIVE KNIFE DRILL WITH VASELINE ON HANDS

Based on real life testimonials (Law Enforcement Officers, civilians and more) on several occasions, the victim has been stabbed already once or twice and is bleeding but hasn't realized it. Also sweat and water (just came out of a pool, torrential rainstorm etc.) will affect your grip and

trapping skills. You need to have an idea of defending yourself under these conditions.

Execution: Spread Vaseline on your hands (replicating blood, water or sweat) and do the defensive knife fighting drills.

Purpose: To see what you would do if your hands were slippery when executing defensive knife fighting tactics. What are the contingencies of having less of a grip?



SOME KICKBOXING DRILLS

When working kicking and boxing drills, it's important to always make the students do 4 minute rounds letting them believe it's a 3 minute round. This "deception" builds their endurance level and gets them used to working harder and longer than the common 2 or 3-minute rounds traditionally done in Boxing and Kickboxing.

When it comes down to actually spar or for those who've moved on to competition level, the 2 or 3 minute round is all of a sudden shorter than and not as grueling as expected because they have worked longer and harder in drill training. This all ties into the overkill mentality.

1) ISOLATION SPARRING DRILLS FOR BEGINNERS

Isolate any technique, jab, cross, kick or combination of 2 or 3 techniques and alternate with your partner in offense / defense sparring. Work defense, countering and strategic offense, as well as non-telegraphic movement and proper body mechanics.

2) FOOTWORK WITH BAG DRILLS INCLUDING SLIPPING AND HITTING

Have the heavy bag swing back and forth at you as you take your stance in the middle of it and use your slips and evasive footwork to get out of the way of it. Make sure

you follow the bag like two magnets of opposing polarities and not create too much space in between you and the bag. Remember that distance creates opportunity.

3) FOCUS MITT COUNTER THE JAB WITH CROSS / HOOKS (BODY, HEAD) / UPPERCUTS

You and your opponent carry a focus mitt each but on opposite hands. One guy strikes (for example Jab) as the other one immediately counters with his strike (Cross). Make sure that the rhythm is constantly broken and not rhythmically similar in order to experience alive countering as opposed to robotic movement. This will also enhance your timing and awareness.

4) COMBAT KNIFE STRIKING DRILL

Done on the heavy bag, one partner holds a knife to the other's neck (carotid) while standing behind a heavy bag (preferably an 8 footer Thai kick bag,). The defender (from a passive and natural stance) then grabs the knife hand (wrist) with a death grip and begins hammering the bag full force with his NWNT. During the drill, a third individual should throw skill-testing questions in order to work the mind at the same time. Do it with a time limit of 30 seconds, 1 minute or 2 minutes for wicked endurance.

5) BODY CONDITIONING, KICKS AND PUNCHES

This can be cultivated through various drills such as kicking and Boxing drills and all contact drills. The most basic and common one of all is to have your partner keep their hands up and let you punch away using proper combos on their bodies for a full three minute round.

Purpose: To enhance pain management and threshold of pain.

6) WALL DRILL: 3 STAGES SIDE KICK, ROUND KICK AND FRONT KICKS

Stage 1) Hold coil, extend it and bring it back slowly. Hold the extension of the kick anywhere between 5 to 15 seconds then recoil it.

Stage 2) Snap out the kick from the coil and return to coil on command by the instructor.

Stage 3) Full range of motion, throw kick from stance position and come back to stance.

7) 1 TO 100 OR MORE ON THE BAG

One partner calls 1 to 10, 1 to 20, 1 to 40, 1 to 60, 1 to 80 and 1 to 100 using any single strike or combo you can come up with. Make sure that as you call out the numbers

you do so in a broken rhythm fashion. Don't count to the same beat.

8) NON TELEGRAPHIC PUNCHING

Jab to land on opponents mid section:

Have him try to catch your jab with both hands facing each other about a foot apart at mid section. Try and land before opponent can clamp your hands. If he catches on way in you need to work on telegraphing movements, if he catches it on the way out, it's fine because you landed your shot.

Jab to land on focus mitt:

You Jab at focus mitt from a distance and have partner remove focus mitt if telegraphic. This works on actually landing your jab as opposed to learning to simply throw your jab with speed and power. It works non-telegraphic movement and footwork. Diffuse vision and move around.

9) 2 ON 1

Stage 1) One guy stands center ring while the other two work at attacking him with random Boxing combinations (could be done simultaneously or one at a time in intervals). The single man works strictly defense, working his slips, parries, jams, evasive footwork and blocking.

Stage 2) Add kicks as well.

Stage 3) Single man counters oncoming attacks.

Stage 4) Full out sparring 2 on 1.

10) OVER HAND COUNTER THE JAB DRILL

Like a jab drill (see Kick boxing drill # 1) have opponent throw a jab and try to land it while you immediately try to counter it with an overhand then alternate immediately and proceed in this manner until the end of the round. Work as many rounds as deemed necessary to improve your counter reaction.

11) ENTERING TO COUNTER

Opponent throws varying combos at you and work at slipping in and entering trying to get to his outside and behind using footwork. Object is to move inside the opponent's range in order to be able to counter rather than always slipping out and being out of countering range.

12) ONE MAN IN CIRCLE THE REST SURROUND HIM WITH FOCUS MITTS AND KICKING SHIELDS

Focus mitt and kicking shield holders randomly switch various combinations for the middle man (striker) to throw.

13) SHADOW KICKBOXING IN CONFINED AREA WITH GROUP

Stage 1) The confined space keeps getting smaller and smaller and each individual is instructed not to touch any of the others around him.

Stage 2) At the same time one individual has to lie down and crawl on his back from one end of the confined area to the other as the others avoid him.

14) BILL WALLACE DRILL

Execution: With a partner take your stance left or right side forward (but both partners in same stance) and grab each other's lead hand. From there, one partner will step in and coil for a front kick and work it's execution randomly and numerously, extending it and recoiling it to 3 targets:

Groin 2. Body 3. Knee

Same thing with the round kick:

Inner thigh 2. Knee 3. Body

Same thing with the side kick:

Knee 2. Thigh 3. Body

Then switch partners.



CONCLUSION

As stated at the beginning of this manual, some of these drills date back to the early nineties, some even earlier, I hope that at the very least, it sparked your creativity and added some to your training regimen.

Hope you were able to garner something from it.

Sincerely,

Rich