

A man with a shaved head and a dark beard is shown from the chest up. He is wearing a dark green shirt. His hands are crossed in front of him, with fingers spread. The background is dark and textured, resembling a brick wall or a rough surface. The overall tone is serious and tactical.

Essential
Tips,
Facts and
Techniques
to Save
Your Life

Survival *with four key strike points* Self Defense

with TACTICAL KUBOTAN

23 Strikes for Powerful Self-defense

KIT CRUMB

Survival Self-Defense

**Essential Tips, Facts and Techniques
to Save Your Life**

and

Tactical Kubotan

**23 Strikes for
Powerful Self-Defense**

KIT CRUMB

Lost Lodge Press, Ashland Oregon

Survival Self-Defense: Essential Tips, Facts and Techniques to Save Your Life

and

Tactical Kubotan: 23 Strikes for Powerful Self-defense

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DISCLAIMER - PLEASE READ:

The self-defense techniques in this book can cause serious physical injury. **They are intended to be used only for self-defense in order to protect the practitioner from harm by an assailant.** Kit Crumb and Black Dragon Self-defense assume no responsibility for injury or damage resulting from the execution of the techniques and exercises presented in this book.

Table of Contents

Introduction	5
Channeling Fear	7
Seeing	11
Situational Awareness.....	13
Body Weapons and Vulnerable Targets.....	21
Eyes.....	24
Ears	26
Throat	29
Pelvis.....	31
Myths about Targets & Attacks.....	36

TACTICAL KUBOTAN

Strike Points	42-43
Before you begin practice.....	45
Kubotan Strikes Against Attacks.....	46
A Final Word.....	54
About the Author	55

Introduction

DID YOU KNOW THAT HAVING and projecting confidence will cause a criminal to back down more quickly than any “attitude” or fighting technique? And that projecting an attitude that says “stay away from me” can actually invite an attack?

True confidence is backed by training, but it isn’t the length of the training that counts, it’s the formidable effectiveness of tactics and techniques that can be deeply and easily learned—ready for immediate and powerful response—that will make the difference.

Knowing how to NOT become a victim includes training in self-defense techniques and some understanding of the criminal mind and his strategies to overwhelm, hurt or rob you. Having the confidence that you’re well prepared is priceless.

Welcome to *Survival Self-Defense*. This book is about body weapons, attack methods, and vulnerable targets. In a sense surviving an attack begins and ends with the mind. Avoiding attack altogether involves “Situational Awareness”; that

In a sense surviving an attack begins and ends with the mind.

Avoiding attack altogether involves “Situational Awareness”; that is, awareness and evaluation of your immediate situation.

is, awareness and evaluation of your immediate situation. This comes through training the five senses (or six) through cultivation of mindfulness, the mind. Control of fear certainly comes into play before and during an attack. Science states that we can never eliminate fear but through mental training and acquired self confidence you can control it. The motivation and perseverance to learn physical moves that will stop an attack until those moves

are cellular, begins in the mind. You can see that awareness, being fearless, and ingrained knowledge of fighting techniques all start with the mind.

Through mastery of these three skills—awareness, the ability to channel fear, and solid knowledge of self-defense techniques—you have the basics of *Survival Self-Defense*.

Through “Situational Awareness” you will learn how to avoid an attack. By controlling fear you will be able to focus on stopping the aggression and allowing your knowledge of physical moves to play out in a way that will disable your opponent. Combined, these three skills will, in the event of an unavoidable attack, stop the aggression, subdue your opponent, keep you out of harm’s way while providing a chance to escape. *Survival Self-Defense* isn’t about violence. It is about the cultivation of personal empowerment. Through heightened awareness, the control of fear, and mastery of the physical you will gain self confidence.

Situational Awareness

SITUATIONAL AWARENESS is being aware of what is happening around you, and understanding how this information will impact your goals and objectives, both now and in the immediate future, which in turn dictates your actions.

“Situational Awareness” is used by the military and your local police department. It works for anyone encountering a rapid change of events that could impact one’s goal. In other words, it can work for everyone. Your goal may be as simple as walking from the parking lot to work, a route that takes you past a half dozen panhandlers. It could be as complex as taking a vacation by yourself, or driving cross-country to a new job. (Watch the movie *Breakdown* for that storyline).

What can you do to reduce the odds of becoming a victim? Becoming aware of the way you carry yourself, being alert and not distracted (by a cell phone, for example), and walking with purpose. All of these suggestions are helpful when crossing into what I call the “zone of danger,” walking past half a dozen homeless men, crossing a parking lot to your car in the dark, jogging through the park by yourself. The list goes on and on.

You may not have to cross into that zone though, and that’s where this multi-layered awareness plays a vital role. But “Situational Awareness”

What can you do to reduce the odds of becoming a victim?

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isn't something you switch on only when you're about to cross into that "zone of danger," when you notice the panhandlers leaning on your car. It's a preventive something you do before you leave the house for your morning walk, before you lock your car to cross the parking lot, before you leave work at the end of the day. These are the casual moments when "Situational Awareness" can pay off.

There's one other consideration before you enter that "zone of danger," and that's your "Code of Conduct". I'm not talking about your moral compass; I'm referring to the changes you're willing to make in your daily routine. When you notice the homeless men around your car, do you just shrug and head out anyway, or do you go back into the building and get a fellow employee to walk you to your car. What is your personal code? What has to happen before you'll change your route, or change your mind?

**Let's combine these two strong preventives,
"Situational Awareness" and "Code of Conduct",
in a common scenario – flying.**

A pilot scans the horizon and immediate air space constantly. He may see some small clouds and press on, they're not likely to cause any problems. "Situational Awareness" is his seeing the clouds and deciding whether they will cause him to alter his route to reach his goal, that is, his destination. His "Code of Conduct" is his willingness to alter his route just in case the clouds contain foul weather. He continues on, and indeed the little clouds are just innocent puffs of moisture. But on the other side of the little guys he discovers big black thunderheads. His "Situational Awareness" tells him that whatever resides within those skyscraper-size clouds could cause real navigational problems. His "Code of Conduct" tells him that the time saved by continuing through the clouds might not be worth the risk, and he changes course.

How “Situational Awareness” and “Code of Conduct” work in a different scenario.

You park in the same city lot each day and cross it to the little bridge that goes over the creek and leads to the path that takes you to the building where you work. Each day it’s the same old thing. As you approach the bridge there’s a homeless man who tracks your progress with his eyes hoping for a handout. You ignore him, and press on. No problem. You look forward to the little walk and although the homeless man is a concern, he’s not a problem.

But today is different.

As you leave the relative safety of the parking lot and the bridge comes into view, there’s a cluster of homeless men gathered at the far end of the bridge. “Situational Awareness” kicks in and you realize that the time you save getting to work by going over the bridge might not be worth the risk. But it’s your “Code of Conduct” that keeps you from rationalizing that this is just a friendly gathering, and guides you to the decision to backtrack to the parking lot where you’ll take the long way to work, arriving a couple of minutes late, but unscathed. “Situational Awareness” alerted you to a potential danger, but it was your personal “Code of Conduct” that turned you around.

As you sit at work, you remember with a shiver that for a second you considered crossing the bridge. Although you’re pretty sure nothing would have happened, you’re pleased with yourself that you didn’t take the risk.

There are four levels of “Situational Awareness”, lets take a look at how you might apply these levels in your daily life.

You’re going to meet your wife, who’s out shopping at her favorite shop. As you lock your car and head out onto the sidewalk you’re in **Level One**; you’re aware of your immediate surroundings both in the parking lot and along the sidewalk. You’ve got about six blocks to walk and are enjoying the exercise when you notice some dark

thunderheads gathering, you wonder if you'll make the remaining four blocks before it begins to rain. You are now in **Level Two**; aware of the presence of a vague threat that hasn't appeared yet, but you're certainly on alert. Two blocks to go and you notice a few drops on the sidewalk and a couple that hit you on the head, so you pick up your pace and begin to look for shelter. You're determined to make the shop. You're now in **Level Three**; alert for the downpour, scanning shops for an awning, lengthening your stride. Suddenly lightening cracks and the skies open up. In a heart beat you move to **Level Four** and sprint to a nearby awning, avoiding the threat of being soaked to the skin.

Our example seems simple enough. But how often have you heard someone say that they were surprised by the weather and caught in the rain, or caught in a speed trap, or even shocked when they balanced their checkbook? Honestly? Most situations we encounter throughout our day have signposts leading up to them; you just have to know how to read the signs.

The same is true with attacks on your person. As I said before, there are no phantom muggers. These people that mean you harm don't just materialize in front of you. They may step out of the shadows, or out from behind cars or buildings. It may even be the guy coming your way on the sidewalk who seems consumed with his newspaper. If it's dusk and the shadows are getting longer and darker, go to **Level Two**, change your route to one more heavily traveled, or where street lights eliminate the shadows. If the sidewalk follows a line of buildings, and they usually do, switch to **Level Two**. Move to the outside of the sidewalk and assume a threat is present, but you haven't seen it yet. If you find that your route will put you past a van or old school bus, bump up to **Level Three**, anticipate danger, and cross the street or give the vehicle a wide berth.

The “Survivor Mindset”

“Situational Awareness” doesn’t mean you’ll never be attacked, and it doesn’t mean walking around in a perpetual state of paranoia. It simply means that you’ve changed the odds of being surprised by the unexpected by staying aware of your immediate environment. It’s now time to change your mind. We often read in the newspaper about the victim of a violent crime but the story seldom tells of the pain and suffering of their relatives, or how victims often experience financial problems from time lost from work to handle legal, insurance, and other problems associated with being a victim. Remember, the attacker has no compunction about taking your cash and credit cards, beating you into submission, or raping you. It’s often said that if you survive an attack and the mugger is caught, he goes to jail and you go to a counselor.

However, having the “Survivor Mindset” can change that. The attacker may still go to jail but you will get on with your life. When I get to the part about the five vulnerable targets and how to attack them you may cringe. *But when you consider the physical mental and emotional damage you may suffer from an attack* you’ll want to read the section over several times.

The “Survivor Mindset” simply means that you will do whatever it takes to survive. You will not be controlled by fear, you will lash out with a righteous indignation, unleashing devastating and possibly lethal responses to intended aggression.

The “Survivor Mindset” simply means that you will do whatever it takes to survive. You will not be controlled by fear, you will lash out with a righteous indignation, unleashing devastating and possibly lethal responses to intended aggression. When presented with the body’s physiological response to danger of fight or flight, you will always choose to flee. *But should there be no exit route and you*

have to fight, you will use sophisticated training and your “Survivor Mindset” to defeat an attacker’s brutish methods.

The “Survivor Mindset” begins with the statement that you will not be controlled by fear.

We’ve talked about channeling fear, but what exactly are we afraid of? Most often it is fear of the unknown that brings on the inability to react. What does he want? What will he do to me? Will he leave me alone if I comply? If I tell him to leave me alone will he go? If I scream like a Banshee will he go? The fear of a negative answer to any of these can bring on hyperventilation, and constriction of veins and capillaries that can actually result in narrowed vision, an inability to talk (or scream), and even fainting due to reduced circulation. These are all responses the mugger wants to trigger. To eliminate the façade of fear that protects the mugger/attacker, Let’s clear away the fear of the unknown by examining the seven most important traits of the mugger.

1. **Muggers aren’t always grubby** looking or shabbily dressed.
2. **Muggers range from educated**, having gone to college, to suffering from mental deficiencies.
3. **Muggers have no compassion or empathy** for their victims. Their skill sets are often well honed. They may include picking a victim, choosing a location for the assault, and even deciding ahead of time how best to render the victim helpless.
5. **Muggers may dress to enhance their physique** in an attempt to intimidate a victim, or dress in layers to appear larger and more ferocious than they actually are.
6. **Muggers may not speak or may blister the air with abusive language** intended to threaten the victim.

7. **Muggers are often motivated by delusions of grandeur** that elevate rape to gratifying sex, and the acquisition of money to the resolution of problems and the elevation of prestige.

What can we take away from these seven traits? The mugger may vary in size, dress, language, and intelligence, but has a strong motivation and a tendency toward violence and intimidation, even when it's not necessary. He lacks compassion for his victim and operates from a mental and emotional reality that is completely different from yours.

By having a real image of the mugger we strip away a fear of the unknown.

Unfortunately, women's self-defense courses rarely address more than the actual attack. Wouldn't it be better to avoid the attack altogether? Let's cover the four most important points of conduct that will make you someone a mugger would be less likely to choose as his next victim.

- **Walk with purpose, with a brisk pace,**
Walk as if you have a destination where people are waiting for you. According to FBI files the mugger is looking for someone ambling along, seemingly with no particular place to go.
- **Walk tall with good posture.**
Muggers watch for a specific type to avoid – a confident posture indicates a physicality that might not be easy to subdue.
- **Eliminate potential “handles,” such as hands in pockets or holding a cell phone.**
Secure your purse under the arm, muggers look for a purse strap to grab and keep your hands free, arms swinging naturally.

- **Be alert. This means no cell phone, texting or bluetooth conversations, and, yes, jogging or walking while listening to an ipod makes you more vulnerable.**

Muggers watch for someone who is preoccupied or self absorbed. Surprise is his greatest advantage.

Practice these four points – they'll help keep you safe

We've now seen the mugger/attacker for what he is, a brutal dispassionate opportunist motivated by delusions of grandeur. Is he unpredictably dangerous? Yes. But is he unstoppable? Absolutely not.

Body Weapons and the Four Vulnerable Targets

Body weapons are the weapons you carry around with you all the time; fist, palm, fingers, edge of the hand, and elbow. Notice that I didn't include the knee, there are several reasons for this. The knee is a good weapon but it is poorly placed, and to use the knee you would have to have an available target.

The only target that is at a good striking level for the knee is the groin, and the groin is a poor target. I can hear the gasps of disbelief, so let me explain why.

The location of the testicles is behind the penis and slightly back from front. They are soft and contained in a sac that can easily move forward and back or side to side. The testicles are further protected by jeans and possibly underwear. This makes the testicles

a tough target. The way to hit the groin (testicles) would be an upward strike originating from between the legs. This would force them up into the pelvic floor, the pain would be excruciating, indeed debilitating. If you managed to knee an opponent in the groin, the rounded knee would force the testicles back at best.

For the knee to become a viable weapon your attacker would have to be pressed up against you so that the strike would come up from directly underneath, forcing the testicles up. If, however, your attacker had his body pressed against you it would be late in the attack. And since a knee attack to the groin is risky at best

The only target that is at a good striking level for the knee is the groin, and the groin is a poor target. I can hear the gasps of disbelief, so let me explain why.

it would be better to go for a target that is more of a sure thing. The groin is not a good target because it is easily and instinctively protected, it is therefore a moving target. The knee is not a good weapon because there is only one viable target: the groin. And to use the knee leaves you standing on one foot.

The fist, palm, fingers, edge of the hand, and elbow are all good weapons because you have two sets of each. The hand has extreme extension forward, up and down, left and right. This large range of motion make a variety of targets within easy reach. The hand can strike quickly and be retracted just as fast. The elbow is your fifth weapon of choice. It has less range of motion than the hand, but because of its hard boney nature can be deadly.

Now that we know our best body weapons and why, let's move on to targets.

Consider that during a confrontation targets may appear and then move out of range in a matter of seconds. **So viable targets are those that are within reach for more than a split second or that move slowly.** When struck, a target must debilitate the attacker. It must be difficult for him to protect. Based on these criteria there are four targets to consider: **eyes, ears, throat, and pubic bone.** The four targets used in *Survival Self-Defense* are always present and almost always within reach. They take little force to create disabling effects, and they don't rely on pain to disable.

You know what your body weapons are, lets take a close look at the four targets.

CAUTION:

Before you read the devastating medical implications of striking the four targets, remember that these are worst case scenarios.

EYES



EARS



THROAT



PELVIS



THE EYES

The eye can be struck most easily with the index finger or the thumb.

Medical implications:

Rupture of the eye bulb with protrusion of the watery and gelatinous like contents will result when the bulb is no longer able to withstand the direct piercing. Temporary or permanent blindness is the common result. Tremendous shocking pain will occur. An uncontrollable watering of the eyes will always take place.



The scenario

You're walking across the parking lot in broad daylight, the attacker steps out from behind a van. His hair is shoulder length, his clothes are loose but not shabby. His eyes are drilling holes in you, he means to intimidate. At a glance your available targets are the eyes and throat, but he's taller than you thought, and as he nears and looks down at you his throat becomes protected by his chin. In a moment he has grabbed your shoulder and cocked back his hand for a slap. With adrenaline propelled speed you thrust your right palm against the left side of his face, thumb against his eye. He turns his head sharply to break loose, but he's close enough that you're able to follow the movement. He attempts the slap, but you increase the pressure on his eye until his only escape is to back out of your reach. **When he steps away you make your escape.**

COMMENTARY

In most cases an index finger to the eye would be difficult if the attacker were holding still. However, in close contact it might work, although the thumb is less likely to rupture the eye.

Tactical Kubotan

**23 Strikes for
Powerful Self-Defense**





THE GREATEST FEATURE OF THE KUBOTAN is that you can strike hard virtually anywhere on the body and it will hurt like hell!

But knowing where your assailant's most vulnerable areas are increases your odds of disabling him so that you can get away. That's the thing to remember – turn and run! With the kubotan, your weapons are surprise and extreme pain, temporarily disabling the attacker. This gives you a priceless opportunity to turn and run.

Imagine this scenario... you're jogging early in the morning when the streets are quiet. You hear someone running up behind you and suddenly a person grabs you and tries to take you down. You have only your strength and skill to fight back – and if that isn't your strong suit, you're in trouble.

But now, imagine that you're carrying a kubotan (for joggers we recommend slipping a kubotan into your watchband which makes it very easy to grab). You pull out the kubotan and strike - the top of the hands! Back of the thigh! Face! Arms! Your assailant is surprised by painful strikes and is suddenly faced with an opponent who is armed and can inflict injury! You now have an opportunity to run, and since you're already good at this –YOU GET AWAY!

Introduction

The assailant encountered most often by untrained citizens uses simple strong-arm tactics, that is, a push, punch, slap, grab, or body hold, like a bear hug or head lock, to bring a victim to submission, therefore Kubotan is best used against torso, arms, hands, head, face and throat.

The twenty-three strike points endorsed in this booklet will result in excruciating and often debilitating pain, but are not pressure points. These points have been chosen because they are the most easily accessible during a street attack.

Before learning the target zones memorize the following terms for motions:

Arc: refers to the bend of your arm.

Rising arc: refers to the upward motion of your hand while the arm remains bent.

Falling arc: refers to the downward motion of your hand while the arm remains in an arc.

Near chest: is the basic position. The Kubotan is an inch or so out from your chest. Your arm is crossing your chest at a near vertical position. The elbow is down. *In this position the Kubotan always comes out of the bottom of the hand.*

Top of your hand: refers to the thumb and index finger when you're making a fist.

Bottom of your hand: refers to the little finger side of your hand when you're making a fist.

Quick change: refers to pushing the end of the Kubotan, in a loose gripped fist, so that it comes out of the top of the hand. Generally the push for a quick change can be against your own chest from a near chest position. But a quick change can occur by pushing against any part of your body or the assailant's body.

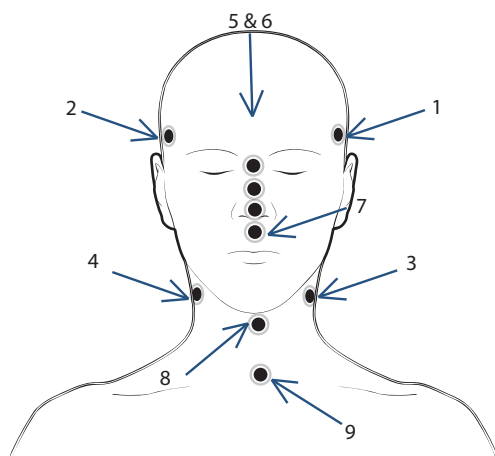
Step forward, back or to the side: refers to a deep stance that stabilizes your position, often in response to a push or a pull.

Palm direction helps you to understand the direction the Kubotan points and which way you are going to have to turn your hand in order to direct the Kubotan to your target. Palm facing left or right refers to your left or right. Palm down refers to the ground. Palm up refers to the sky. Sometimes I'll refer to 'palm facing you'.

- In order to prepare for the situational use of the Kubotan it's recommended that the twenty-three strike points be practiced with a partner. This exercise is called "walking the body".
- Hold the Kubotan so it protrudes from the bottom of your hand when you make a fist around it. (One end is flush with the thumb and index finger the other comes out past the little finger.)



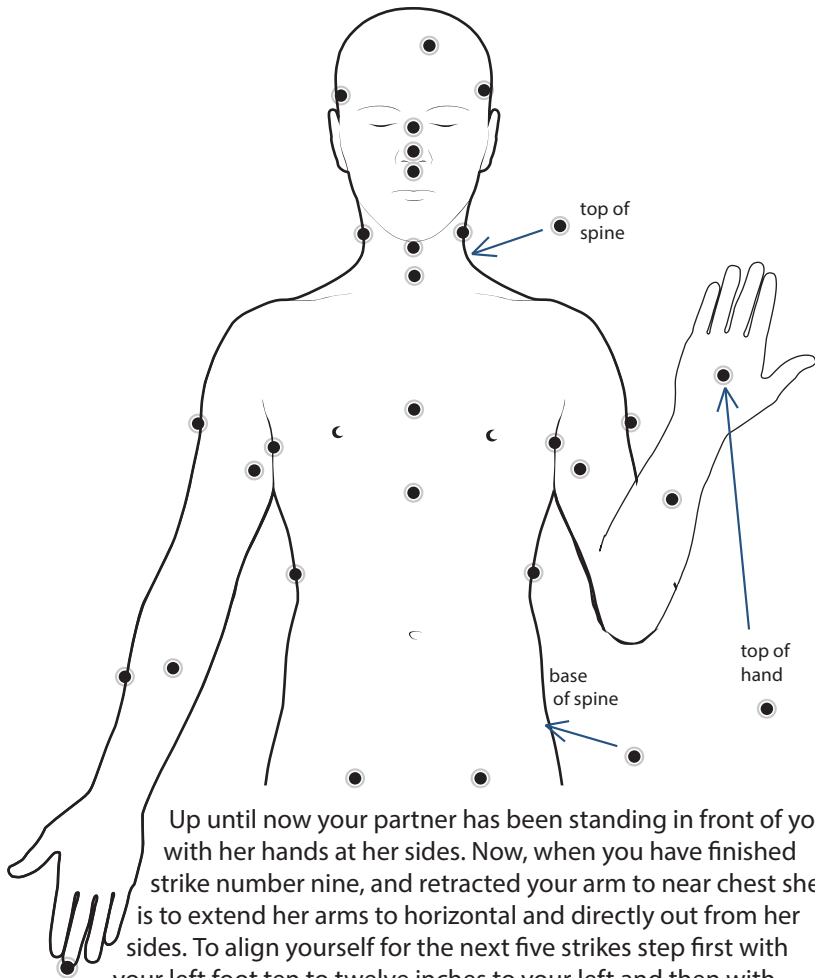
STRIKE POINTS ON HEAD AND SHOULDERS



Begin with you and your partner facing each other.

1. **Left temple strike:** Take one step forward with your right foot, and extend your right arm straight so that the end of the Kubotan lines up on a horizontal plain with your partner's left temple. Your hand should end palm up.
2. **Right temple strike:** Retract your arm until it is near(referred to from now on as near chest) your chest, elbow down, arm nearly vertical. Throughout the next 9 moves the position of your feet never change. Now, extend your arm, palm down until the Kubotan is lined up with the right temple.
3. **Left side of the neck:** Retract your arm to near chest and extend it out, palm up, until the Kubotan lines up with the left side of the neck.
4. **Right side of the neck:** Retract your arm to near chest, and extend it out, palm down until the Kubotan lines up with the right side of the neck.
5. **Top of the bridge of the nose:** Retract the arm to near chest, and extend it in an arc, elbow pointing right, and direct the Kubotan to a point slightly below and between the eyes, palm down.
6. **Bridge of the nose:** Retract the arm to near chest, and extend it out in an arc, elbow pointing right, until the Kubotan is on a horizontal plain, and lined up with the bridge of the nose.
7. **Underneath the nose:** Retract the arm to near chest and extend it in an arc, elbow pointing right, until the Kubotan is on a horizontal plain, and lined up with the space directly below the nose.
8. **Underneath the chin:** Retract the arm to near chest, and extend it in a rising arc, rotating the hand so that the Kubotan extends up and strikes the soft tissue underneath and back slightly from the chin.
9. **Striking the middle throat:** Retract the arm to near chest and extend it out in an arc, elbow pointing right, hand palm down, until the Kubotan is on a horizontal plain and striking the middle of the throat.

KUBOTAN STRIKE POINTS



Up until now your partner has been standing in front of you with her hands at her sides. Now, when you have finished strike number nine, and retracted your arm to near chest she is to extend her arms to horizontal and directly out from her sides. To align yourself for the next five strikes step first with your left foot ten to twelve inches to your left and then with your right foot ten or twelve inches to your left. The goal is to be able to easily reach your partners out stretched arm from shoulder to hand, top and bottom of the arm.

- 10. Top of the upper arm:** From near chest, extend your arm, palm facing left, so that the Kubotan strikes down on the top of the upper arm. The hand moves much like a hammer.
- 11. Top of the forearm:** Retract your arm to near chest and then extend it, palm left, so that the Kubotan strikes down on the top of the forearm. The hand moves much like a hammer.
- 12. Top of the hand:** Retract the arm to near chest, and then extend it so that the Kubotan strikes down on the top of the hand. The hand moves much like a hammer.

- 13. Underneath the forearm:** Retract the arm to near chest, and then extend the arm in a rising arc, elbow pointing right. Rotate the hand counter clockwise until the Kubotan points up, and strike the underside of the forearm.
- 14. Underneath the upper arm:** Retract the arm to near chest, and then extend it in a rising arc, turning the hand counter clockwise until the Kubotan points up and strikes the underside of the upper arm.
- 15. Strike the arm pit:** Retract your arm to near chest, and then extend it, palm down, so that the Kubotan points right and moves on a horizontal plain until it strikes the arm pit.
Now step back so that you are aligned with, or standing directly in front of, your partner again.
- 16. Breast bone:** Retract your arm to near chest, and then extend it in an arc, palm down, until the Kubotan strikes the breast bone.
- 17. Solar plexus:** Retract your arm to near chest, and then extend it in an arc, palm down, until the Kubotan strikes the solar plexus.
- 18. Tip of the nose:** retract the arm to near chest, and then extend it in a slightly rising arch, palm down, until the Kubotan is on a horizontal plain and striking the tip of the nose.
- 19. The Groin:** Retract the arm to near chest, then extend it in a falling arch. The elbow will point up slightly and the palm will face right and the Kubotan will strike at crotch level.
For the next five moves you'll be adjusting your footing to strike various targets on the back and side of the torso. Your goal is to have a near straight arm when the Kubotan strikes its target.
- 20. The floating ribs on the right side:** Retract your arm to near chest, then step adjusting your footing, strike in a falling arc, palm down, until the Kubotan strikes the floating ribs. The position of the strike would align with the seam in a shirt.
- 21. The base of the spine:** Retract the arm to near chest, and then, stepping around, strike in a falling arc, palm down, until the Kubotan strikes the base of the spine. The target area would be on the spine at about belt level.
- 22. The top of the spine:** Retract the arm to near chest, and then in a rising arc, palm down, strike the top of the spine with the Kubotan. The target is on the spine at the level of the collar.
- 23. The floating ribs on the left side:** Retract the arm to near chest, and then adjusting your feet, extend your arm in a falling arc, palm down, until the Kubotan strikes the floating ribs. The position of the strike would align with the seam in a shirt.

Before you begin practicing strikes, read this:

- **Remember, thinking is slow**, and during a fast pace high adrenaline confrontation thinking will often become garbled.
- **For total clarity each attack is broken down** so at each step, you know what to do. I open each attack with the location of the Kubotan in relation to your body.
- **Next I describe the attack.** What the attacker is doing and where he is standing. Now, before you start review the terms for motion one more time. Becoming familiar with these terms means you won't need to think "how do I move my arm, how do I hold my hand? It will be automatic.
- **Read the directions through for each attack**, then, with a partner, walk through the moves slowly. If something doesn't make sense in practice, read the instruction again, then walk through it again, slowly. Sometimes it helps to have someone read the directions to make the walk through easier.

Important Tips:

1. **Don't improvise.** Most of these attack scenarios have been perfected over decades, and have proved very successful on the street.
2. **Don't cut corners, thinking you know what the next step will be.** Read each step, practice each step, develop muscle memory.
3. **Don't barrel through the various moves.** Go slow. Learn the strike zones. Memorize the terms.
4. **Choose your partner carefully.** He or she should grab push, or pull slowly to give you time to try out and learn the moves. As you become familiar with the various attacks your confidence will grow. You'll be more relaxed with the Kubotan and your partner will be able to push and grab more aggressively.
5. **Don't strike your partner with the Kubotan.** Pain and muscular spasm may occur and you'll quickly lose your partner. If you want to know what it feels like strike your own hand or inner arm. Beginning with a slow tapping, and then pull your hand back further and strike firmly.

Kubotan Strikes Against Attacks



1. **Grab to the left shoulder:**

The Kubotan is held in a near chest position. The attacker grabs your left shoulder with his right hand. He may grip your shoulder or wad up your shirt in his fist in an attempt to control you. Respond immediately, extend your arm in a horizontal arc, palm up, striking the inside of his arm on or below the biceps.

IF he does not let go at once, retract the arm to a near chest position, and step forward with your right foot, turn your hand to a palm down position and strike the side of his face. Turn and run.



2. **Push to the left shoulder:**

The Kubotan is held in a near chest position. The attacker slams a right open hand into your left shoulder. Step forward with your right foot and deliver a right rising arc, palm up, striking the side of his head with the Kubotan.

IF he does step away, retract the Kubotan to a near chest position and execute a falling arc, palm down, to his solar plexus. Turn and run.



3. **Grab to the center of the chest:** Your Kubotan was in a near chest position until the attacker made a grab to the center of the chest. He will likely wad up your clothing in his fist. Step back with your left foot, and deliver a returning arc, palm up, slamming the Kubotan into his neck or the top of his hand.

IF he does not let go, reverse your hand position to palm down, and using his arm as a guide strike him in the side of the head. Turn and run.

4. **Push to the center of the chest:**

Keep your Kubotan to the right of a near chest position. You don't want him to dislodge the Kubotan from your grip, or grab the wrist of the hand that holds the Kubotan.

Do not strike out. A flailing arm is something the attacker may latch onto. Do not resist the push. Instead, step back with your strong leg, turn and run.



5. **Grab to the right shoulder:**

The Kubotan is held in a near chest position. He may grab your shoulder or warp up your shirt in his fist. Execute a quick change. Use your body to push the Kubotan, allowing it to slide through your grip, until it sticks up above the thumb and index finger. Now in a rising arc, palm facing left, drive the Kubotan into the underside of his forearm.

IF he doesn't let go retract the arm to a near chest position, palm down, punch the Kubotan into your chest for a quick change. Hold the Kubotan lightly so that it slides back out the bottom of your hand. Deliver a strike to the inside of his arm. Turn and run.



6. **Push to the right shoulder:**

Your Kubotan is held in a near chest position. Step forward with your left foot and extend your arm in an opening arc, palm down, striking the side of his head with the Kubotan.

IF he doesn't step back, retract the Kubotan to a near chest position, and deliver in a falling arc, palm facing right, a strike to his stomach or groin. Turn and run



8. Two handed grab to the chest:

You have lowered the Kubotan from a near chest position. The attacker has grabbed your chest with both hands. Palm facing right, in a rising arc drive the Kubotan into the underside of either of his arms at the elbow. Now, retracting the Kubotan to a near stomach position, extend your arm out to your right, up over and down. Strike the top of either of his hands with the Kubotan.

IF he doesn't let go from the strike to the top of his hand drive the Kubotan up his arm to strike his face. Turn and run



8. Right grab to your right wrist:

The Kubotan is held so that an end sticks out of either side of your fist. The attacker has grabbed your right wrist with his right hand. Keeping your hand palm down turn your fist counter clockwise as far as possible. Now, tilt your hand until the Kubotan, where it sticks out from the bottom of the hand, is slightly higher than the wrist of the attacker.

Allow your wrist to straighten out simultaneously pressing down the tip of the Kubotan on the side of his Radius and pushing down until he releases his grip. Turn and run.



9. Right grab to your left wrist:

Your Kubotan is held in a near chest position. The attacker has grabbed your left wrist with his right hand. Draw your right hand to the outside of your body and strike down, in a falling arc, palm facing left, striking the top of the attacker's hand with the Kubotan.

IF he does not let go turn your hand, palm facing down. Follow his arm up and strike to his face. Turn and run.

- 10. Push to the face:** Retain your Kubotan in a near chest position. Do not resist the push, your attacker expects you to flail and panic. Instead, step back with your strong leg. Turn and run.



11. Hair grab from the top front:

Your Kubotan is held in a near chest position. The attacker has grabbed a handful of hair on the top of your head. Execute a quick change with the Kubotan. **That is, push the Kubotan into your chest until it comes out the top of your hand.**

Now, with a rising arc, palm facing roughly left, slam the Kubotan into the underside of his bicep. Without pause, with an extreme rising and falling arc, palm facing out, stab the Kubotan into the attackers hand that's holding your hair. Turn and run.

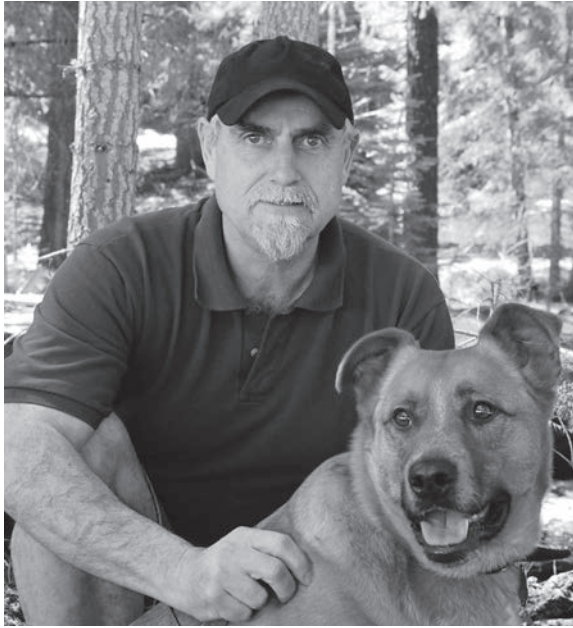


12. Hair grab to the left side:

Your Kubotan is held in a near chest position. Your attacker has a hand full of your hair on the left side of the head. He may be standing in front of you or off to your left side.

Do not attempt to strike his hand.

Instead execute a quick change with the Kubotan so it now comes out of the top of your hand. Strike to the attackers forearm with the Kubotan and without pause, palm up strike to his face. Turn and run



About the Author

My martial arts journey began over 45 years ago in Cupertino, California. The physical, mental, and spiritual teachings of the arts have been a common thread throughout my life. To date I hold a 3rd degree Black Belt in Chinese Kenpo Karate and the equivalent in two other Chinese styles. I've studied extensively in traditional Japanese sword and a variety of styles of stick, including Arnis, Jo and Kubotan.

Somewhere in the 1980's, after instructing law enforcement in San Jose, California, Phoenix, Arizona, and owning and operating martial art schools in several states, I became aware of the need for a practical self-defense system. This lead me to develop Tactical Kenpo, a series of 80 abbreviated Kenpo moves. Tactical Kenpo is an easily learned system of explosive self-defense techniques that will stop aggression and allow escape. The strategies in book, *Survival Self-Defense* and *Tactical Kubotan*, are in the spirit of Tactical Kenpo—simple and practical self-defense that anyone can learn.

One of my greatest joys comes from instructing students in self-defense using this book as a basic guide. My greatest pride is the contribution of Tactical Kenpo to the martial arts community and that I can give back something to a tradition that has given me so much.