**Confidential Report**

How To Take Out and (If Necessary) Kill An Armed Attacker With Your Bare Hands!
The Underground Assault Rifle System
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How To Kill An Armed Attacker With Your Bare Hands

You would have to be living under a rock for the last couple of decades not to have heard of the incredibly popular sport of Mixed Martial Arts (MMA).

To grossly over-simplify MMA and the organization that made it popular — the Ultimate Fighting Championship (UFC) — the basic concept was to see which of many martial arts, when their practitioners were pitted together, came out on top.

Back in Denver, Colorado in 1993, a group of martial arts guys who really had no idea what they were getting into faced off in some truly bizarre matches.

During one of the more unusual bouts, a giant sumo fighter and a much smaller martial artist fought each other in a lopsided battle that ended with the martial artist more or less punching the sumo guy in the head until the other guy turned stupid.

Those early UFC matches are available to watch on video, and they are a train wreck.

The sport was largely undefined. Many of the fighters really weren’t prepared for what happened in “the octagon.” The fights were very messy, there were almost no rules, and there was no time limit.

This meant that fighters would end up basically stuck in one position for long periods of time, stalemated, especially if the guy winning the fight couldn’t figure out how to hurt his opponent badly enough to make him submit.

What quickly occurred was a trend in grapplers, such as wrestlers and practitioners of Brazilian Jiu Jitsu (BJJ), dominating these one-on-one competitions.

Most strikers are relatively weak in grappling and aren’t comfortable operating at that range. They train to punch and kick.

The grapplers, at the same time, had weak boxing skills, so you would see situations where a skilled grappler had his opponent tied up but couldn’t seem to knock him out while beating on him.

Over the years the sport evolved into less of a street fight and more of an actual sport.
Many rules were added, as were time limits. Fighters who trained for MMA generally started training for grappling and boxing together. The sport became tremendously popular -- so popular, in fact, that many BJJ “moves” were incorporated into the US Army’s field manual for unarmed combat.

The basic problem, however, is that in a world where this type of fighting method — grappling, takedowns, fighting from and passing the guard, arm bars, and the old “ground and pound”— is taken for granted as the way you do it, people who use these methods are fooling themselves if they think they can use these techniques against an armed attacker.

The introduction of a knife into any ground-grappling scenario changes it drastically.

And will you arm-bar your way out when someone pulls a gun on you?

What if somebody charges you with a baseball bat?

The other problem is that despite how popular MMA is, and regardless of the way it is working itself into our culture, most people simply can’t do it.

The techniques done in MMA involve some strategy, yes, but by and large they all rely on muscle power. The biggest, fittest, fastest person will generally win.

Among men and women in their prime, training as professional athletes, this can be very interesting to watch on television. But you can’t take a middle-aged man who is carrying around fifty extra pounds and say to him, “We know you’d like to defend your family and yourself, but you can’t until you’re as fit as a 21-year-old professional athlete with abs of steel who spends four hours a day in the gym.”

You also can’t tell a petite woman that the way to fight off an attacker three times her size is to use MMA methods to do it. Weight classes exist for a reason.

Fighters generally don’t fight someone outside their weight class because the much larger person has a very noticeable advantage. So what is the majority of society to do when trying to defend themselves from violent crime... and from armed attackers?

If your first response is that you should carry a weapon like a handgun, you’re absolutely right. Guns, knives, and other personal weapons are “force multipliers.”
They’re like levers. They make it possible to do more work with less effort. They make it possible for the weapon wielder to apply more force to more people than this person could apply with bare hands alone. Armed with a gun, a knife, or even a club, it is possible for a man to defeat multiple unarmed attackers who would overwhelm him otherwise.

But what happens when you aren’t the one with the weapon?

What if you can’t legally carry a gun?

What if you have a gun but you can’t take it into a “gun free zone?”

Simply lying down and giving up is not an option!

Fortunately, there are unarmed defense methods that every person can learn to apply.

These can be done with relatively little training or skill. You can be out of shape and still manage to do them. You can practice them on a simple heavy bag, a free-standing bag, or even better, a torso-shaped dummy like the Body Opponent Bag.

They work on opponents no matter how big or small those opponents are, because they exploit the natural vulnerabilities of the human body.

**The Key To Facing Any Weapon**

When facing a weapon like a gun, a knife, or a club, there are a few specific techniques you can practice that might help you in that situation.

What will help you most, however, is universal. You must take the fight to the enemy. *You must attack the attacker*, and you must attack so ferociously, so persistently, that you never give the enemy a chance to recover mentally.

He should feel like he’s just grabbed hold of a live wolverine as you explode at him.

It doesn’t matter if you’re not terribly strong or even all that healthy.

If you value your life and the lives of your family, your adrenaline can sustain you in a short burst that should give you the chance to overwhelm your attacker and escape.

The key to facing any weapon, then, is to...
1. Keep in mind the specific nature of the weapon, avoiding it where it is most
dangerous, then

2. Attack the attacker, overwhelming him so you can make an exit and escape.

If escaping is not an option because you cannot run fast enough or because you have
children or other dependents with you, and if you reasonably feel your life is in
danger, it may even be necessary to kill an attacker.

We’ll cover that, too, not in the context of specific “killing techniques,” but as a
question of degree. Many of the techniques you will read in this report have at least
the potential to kill a person. Some of them will definitely kill you do them hard
enough and repeatedly.

It’s just a question of whether you stop or you keep going.
Fighting Principles ...

Before you can bring the fight to the attacker, you have to understand the basic methods for how to deliver force.

Much of this derived from the simple training program of “combatives” that was once taught to our soldiers, such as before and during World War 2.

There are, in fact, clubs and schools devoted to World War 2 combatives to this day.

First, let’s cover the principles of delivering force, then talk about the actual techniques you will use.

Start with your knees slightly bent and your feet shoulder width apart. Keep your hands up high in front of your body and your elbows in. From this position you could be warning somebody off. You might also have your hands up like this, in front of your body in a supplicating or compliant gesture, because someone has a gun or a knife and is robbing you.

From here, there are only two places you can go. You can go up the middle, in which case you’ll want to throw techniques up the attacker’s centerline from around waist to chest level.

These techniques come right up the middle of the body beneath his jaw, so he won’t realize the full extent of what’s happening until the strike lands. We’ll talk about the specific techniques you can use in a moment.

The other place you can go is to the outside, what some practitioners call “the blind side.”

If he is standing in front of you and you suddenly find yourself standing next to his shoulder, slightly behind him, you have put yourself in the one place he can’t really effectively kick or punch you (or stab or shoot you). You are on his “blind side” and from here you could deliver a technique to his head or neck, or even to his knees or ankles, from the side on which you are standing.

Avoid kicking. You want to use your legs to provide a stable platform for your body, and also to help you move. Kicking puts you off balance and may leave you
vulnerable to a counter. If you must use a leg technique, make it a low knee to the groin, a kick to the shin, or a stomp with the foot.

When you attack with your hands, if you can, time your strikes to land as you stomp your foot forward. This helps put your bodyweight into the blow. (This is called a “drop step” by some.)

Even if you are standing still, however, rain down attacks from the center or the blind side. Scream your head off while you do it. The goal is to disrupt any thinking the attacker might be doing, and just to overwhelm him with your fury.

You want to deliver your techniques until he is on the ground, which allows you to escape. If you can’t escape or he grabs you and tries to stop you, keep delivering techniques until he does stop... or until he is dead.

A lot of beginners think, when it comes to shooting, that police either “shoot to kill” or could choose to shoot to wound a bad guy. This isn’t true. Police officers shoot to neutralize or to stop an attacker. They shoot until the threat is down, and if the bad guy happens to die from it, well, too bad.

Likewise, when you deliver your techniques, you generally aren’t trying to KILL an attacker (and you certainly don’t want to tell a judge or a jury after the fact, “...and that’s when I decided to kill him, your Honor.”)

Instead, you are in fear for your life and you are using every technique at your disposal to deliver force to your opponent.

You want to do this until he stops his aggression. You are looking to keep attacking until he is non-functional. The phrase "take the man to non-functional" is your goal.

If he dies from it, well, too bad. You didn’t ask to be attacked or raped.
Targets To Attack ...

Every human body, no matter how big and strong, no matter how tall, no matter how well conditioned, has certain vulnerable points.

These will be the targets for your attacks.

The eyes are a tremendously valuable target because they are the most vulnerable spot on the human body.

Think about it: Even a poke to the eye can shut down an attacker (and this has happened even in MMA matches, where eye strikes aren’t permitted and fighters sometimes accidentally poke each other in the eye). Strikes to the eyes, or gouges of the eyes, are very powerful and work against everyone.

More generally, you want to strike to the head and neck because this is much more vulnerable than the torso, but you mustn’t punch the skull.

Punching is generally a bad idea because of the risk of breaking your hand or hurting your wrist. (Boxers tape up their wrists and wear gloves to protect their hands, not to protect each other.)

When we discuss techniques we will discuss only techniques that use the natural weapons of the body and do not risk a nasty break of the hand.

The neck is also a very vulnerable target. The carotid artery on either side is vulnerable to being struck, and of course getting hit in the throat could kill a person by crushing their ability to breath.

Chokes and strangles work because air or blood is cut off to the brain, but these are grappling moves that require more training than the simple techniques we will describe here.

The hollow of the throat is a tremendously vulnerable area. Striking this area or shoving your finger into it and pressing will cause a person to gag and choke.

The groin is almost universally vulnerable on men as well as women. The problem with striking the groin in men, however, is that most men are looking for that.
They’re practiced at turning their hips or rotating one leg to cover the groin. If you can get the groin as a target and either hit it or grab, squeeze, twist, and pull, by all means, do so.

Try to rip it free of the body if you can. You won’t, but if you visualize trying to do just that, you inflict great pain.

The ankles are a target most people don’t think about. These are targets of opportunity. If, in a fight, you see one of your opponent’s ankles, just crush it under you shoe as if you’re trying to floor the gas pedal in a car. Pick up your foot and stomp the ankle if you can, but don’t raise your leg to far.

On the next few pages, you will see illustrations from the ARMY Combatives Manual showing vulnerable targets on a man you should attack.
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*** SPECIAL CONFIDENTIAL REPORT ***
Your Body's Natural Weapons and How To Use Them ...

Your body has certain natural weapons.

Using these weapons has less chance of hurting you than hauling off and throwing a closed-fist punch might.

Use these techniques in rapid succession to overwhelm your opponent.

The **heel of the palm** can be used to strike as if you are trying to shout, “Stop!” at the person in front of you. The base of your palm makes contact with the target in a straight, piston-like motion from the shoulder.

Deliver these into the face or up under the chin to snap the enemy’s head back.

The **edge of the palm** is also quite powerful.

This is the classic “karate chop,” and it works for a reason. Hold your hand rigid and chop with it as if it’s a knife. You can deal quite a bit of damage like this and there is less danger of hurting your hand.

Use these to attack the sides of the neck or the clavicle, as if you’re trying to break the opponent’s shoulders on either side.

The **hammerfist** uses the fist as a weapon, but not the knuckles as a striking surface (shown in the image to the right)

Instead, you make a fist and hit with the base of the fist as if you’re trying to hammer in a nail with the base of your hand. These are great for raining down blows on an opponent who is beneath you.

You can hammerfist the face especially by turning your arm and
striking outward.

The **elbows** are natural weapons and very pointy. You can drive them into the opponent or slash them across the opponent.

Just remember that you must be much close than you THINK for the elbows to truly be in range. Elbows should be used to the face and the sides of the head.

The **knee** hits hard and has the power of your leg behind it. Use these only low to the thigh or the groin.
The **stomp** is basically just dropping your weight through one foot on a target. These are typically used for stomping the opponent’s ankles.

The **tiger claw** is a technique done with your fingers held as if you’re making, well, tiger claws. Instead of hitting with them, however, you drop your fingers onto the opponent’s face and then start raking them back and forth as if you’re trying to rip the flesh off his face.

It sound gruesome, but it works very well.

The **thumbs** have one function in this context, and that is to shove the eyeballs into the opponent’s sockets. Grab his head like you are trying to make a bowling ball.

Use your thumbnails to slice at the eyes as you shove. It sounds horrible because it IS horrible. But it works.

That’s it. That’s absolutely all you need to know.

But now you’re wondering how you would use these to face a weapon.

Well, remember our steps:

First, you avoid the weapon where it is most dangerous to you. Then you follow up by using these methods to attack and overwhelm the attacker.

This brings us to the nature of the weapons you will encounter on the street.

We will deal with them in order of most dangerous to less dangerous.
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Common Street Weapons You Will Encounter (And How To Defeat Them!)

The Gun

This is the big one, of course. It’s the thing people fear most.

A firearm is a very powerful tool. It can take your life at what is essentially the touch of a button. It can do so from a long distance and it is very easy for any criminal who wants a firearm to get one. (It’s much easier for a criminal to get a gun, in fact, than for you to get a gun.)

You cannot do anything about a gun held by someone who is not close enough to touch.

You’ve got a decision to make. Is the shooter close enough to you that can close the distance before he can shoot you? If not, your only option is to try to get farther away, by running and ducking, dodging and weaving, using whatever cover and concealment you can find, to get far enough away that he cannot hit you.

If you can close the distance, you need to try to get the blind side of the attacker. In this case, this will be the side and the shoulder on the side of the weapon. Don’t barrel down the middle, giving him a clear target. Try to slap or strike the gun to the side, away from you, while simultaneously attacking his face, his throat, and his neck.

If you can get a hand on the weapon to try and shove the barrel away from your body as you attack his face, do so.

The thing to remember is that a gun is deadly in only one direction. Picture a laser beam coming straight out of the barrel. Whatever that laser touches is in danger... but everything the laser does not touch is NOT in danger.

Be aware, also, that if you are attacking someone with a gun, you are risking your life and the lives of everyone around you. Bullets may fly into bystanders, into innocent people. You could be shot no matter how hard you try.
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If you fight someone with a gun, it must because you believe you will surely die otherwise. You are trading the certainty of death for the possibility of survival.

The Knife

Knives scare people because they are dangerous for the length of their edge and at the point. You can’t grab a knife the way you can a gun; there is nowhere to touch it that will not injure you. Everyone can relate to being cut, too, because every one of us has been sliced or pierced before.

A knife in the hands of a determined attacker moves very fast. Almost no muscle power is required to slice open someone and do grievous damage to the human body with a knife.

In the blink of an eye, you could be cut so badly that your life is changed forever. Being permanently maimed is therefore a powerful fear-inducer.

When facing the knife, do not try to grab the knife or the knife hand. You will only get sliced up if you attempt this.

Instead, focus on slapping the forearm and elbow out of the way. If you can slap the weapon-bearing limb aside, you can get next to the attacker and deliver more force to his face and neck from the blind side. If he tries to switch the knife in his hands you can slap it away again. You have to be very determined and very insistent when using this method.

What you have to remember while slapping the knife away is that you don’t control it and you haven’t disarmed your attacker. The only thing that will stop the knife attack is if you hurt him so badly with your fighting techniques that he forgets about trying to knife you. You cannot “defang the snake” in this instance. He will only use your attempt to grab his arm or disarm him to carve right through you.

For example, if you grab his knife-hand wrist, he can rotate the blade around your wrist, effectively deboning you.

The Club

Clubs are dangerous because of the blunt force they can deliver, but they are much less dangerous than knives or guns.
A club (like a crowbar, a baseball bat, a billy club, a stick, a two-by-four) moves relatively slowly. Its weight is what gives it power. Your attacker has to build at least a little momentum, even with a lightweight stick (such as escrima in FMA) to do some damage to you. In the time it takes him to do that, you can close the distance and jam his attack, bringing your self-defense techniques to bear on his face and neck.

The baseball bat is the easiest of these to deal with because it is so large and heavy.

Your opponent will have to wind up to use it, and in so doing his elbows will pause in front of his body. You can move forward and jam him at the elbows in order to stop him from swinging.

The key to dealing with any club is to get inside the arc of the weapon. Once you close distance and get inside that arc, the weapon is almost useless (except if used to shove you way like a riot policeman would use his stick). The tip of the stick is where the force is delivered when it is swung.

**Flexible Weapons**

The other type of weapon you might face on the street is the chain or belt. It’s not uncommon at all for some would-be street fighters or thugs to swing their belts at you, using a heavy buckle to deliver force.

The thing is that it’s very hard actually to hit anything effectively with a flexible weapon. Immediately close the distance to render his weapon useless to him (although beware of attempts on his part to use it to choke you).

You may also have the option of grabbing a weapon like this when it is swung. If you do, don’t play tug of war with the attacker.

Let go of the weapon immediately and close on him as he tries to recover from the sudden lack of resistance. He will not be able to swing the chain or belt before you get to him.
Fighting For Your Life

When using these fighting methods, remember one last thing.

Going to the ground will kill you.

Once on the ground, you cannot use the methods explained to you here. You are vulnerable to being stomped to death. Just the hard surface beneath you, like a parking lot or even the ground, may be enough to seriously injure you, especially with him on top of you.

If you find yourself on the ground, you must do whatever you can to regain your feet.

Claw and fight. Bite and spit. Scream and freak out.

Become a rabid wolverine.

If you need motivation, just remember that you may never get up again if he beats you on the ground. And if he as a weapon, he might decide to shoot or stab you while you are most helpless.

Facing a weapon is never easy. Armed with these techniques, however, you will have a fighting chance.