



**\*\*\*Confidential Report\*\*\***

# **Improvised Weapons Secrets!**

# Improvised Weapons Secrets

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**The Underground Assault Rifle System**  
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Let me tell you a story ...

Your world consists of a small, gated community which you may never leave. Your roommate is assigned to you. You have no say in the matter. If he doesn't like you, you still have to live with him. If he decides he wants to hurt you or take advantage of you, it still doesn't matter; you're stuck with him.

Any of the people in your little community could decide, at any time, that they want to kill you. Violence and rape are common. So are drugs.

You spend a lot of time bored and with nothing to do... or you WOULD be bored, if only you weren't afraid that somebody was about to murder you.

Desperate for protection, you join a gang based on the color of your skin.

We are, of course, describing American prisons.

The prison is supposed to be a completely controlled environment. "Contraband" like weapons, drugs, and wireless phones are strictly forbidden there. Yet these things find their ways into the prison.

And human beings, when someone tries to control them, have a nagging tendency to display truly amazing creativity and resourcefulness.

Thus it is that even in American prisons, prisoners manage to smuggle in or, even more amazingly, manufacture everything from improvised firearms to knives to a variety of other weapons.

The terms "shank" and "shiv" have become more or less synonymous.

We are fascinated with life in our prisons, so chances are you have seen a prison movie or two, and maybe you've seen a television show set in prison, such as the popular "Oz" on cable.

You've seen people "shanked" or "shivved" with expedient weapons manufactured in prison. Those fictional characters, like their real-life counterparts, are killed with regularity.

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Now, stop and think that this happens despite the fact that prisons are supposed to be completely free of both weapons and anything that could reasonably be seen to act readily as a weapon.

But you do not live in prison. You live out in the real world.

So why wouldn't you be able to do, many times over, what prisoners do in the most controlled environment society offers?

The point we are making is that improvised weapons exist literally everywhere. No matter where you are, no matter where you are sitting, you are surrounded by weaponry.

Within easy reach of you are countless objects that can be used to stun, stab, or bludgeon another human being. It should never be the case that, presented with a self-defense scenario, you must rely on your bare hands alone.

You can always find a tool. You can always let the tool do that work for you.

Improvised weapons don't feel pain the way your hands and other parts of your body do. While it's true that you can only swing a club or a heavy object as hard as you can absorb with your hands and arms (because the shock of the impact travels back up whatever you are using to strike, and must be absorbed by your arms as you swing through), you can KILL a human being by clubbing them with anything that has weight. The heavier the object, the less effort required by you.

It takes almost no muscle power to put a sharp edge or point into someone's body, either.

Technicians talk about the "magic smoke" escaping from a piece of electronic equipment. When the "magic smoke" escapes your computer, it is broken forever, because the magic got out.

Well, a sharpened toothbrush or a pencil are a special key that lets the "magic juice" out of a human being. It really doesn't take a lot of effort to use one of these tools to ventilate your fellow man (or woman).

That is what improvised weapons are all about.

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You use an improvised weapon instead of your bare hands because a weapon, a *force multiplier*, makes it easier for you to apply violence in defense of your person or your family.

When you must engage in self-defense, therefore, the first rule of doing so is always, “USE A TOOL.”

This was a method taught to commandos during World War 2 when they learned military combatives. They weren't playing around and they certainly weren't interested in fighting fair.

They were fighting to WIN, and they were told to use a tool whenever one could be had.

# Why You Might Need An Improvised Weapon ...

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As a prepared citizen you probably own and carry any number of self-defense weapons.

You probably carry a “tactical folding knife” in your pocket, as these are tremendously popular. You may have a CCW (Concealed Carry Weapon) permit that allows you to carry a handgun for self-defense. You might even live somewhere that expanding batons or stun guns are legal. Probably you could choose to carry pepper spray.

So why, you might be thinking, would you ever need to worry about finding an improvised, environmental weapon?

Well, there are any number of reasons you might not have your weapon.

You might live in a city where guns are strictly prohibited and where knives have been heavily regulated. New York City comes to mind (although, within length limits, you can still carry a folding knife there). Illinois is notorious for all but forbidding gun ownership. Maryland and the Baltimore area isn't much better.

Have you flown any time in the last twelve years?

You're lucky if they let you get on the plain with a pair of nail clippers, which, at least for a while, they would not permit onboard. We're not even talking about you using some improvised weapon to take down a hijacker in mid-air, which isn't a likely scenario.

Rather, think about the time you spend going to the airport, waiting to board the plane, leaving the airport, and then moving around wherever it is you flew. You will be entirely unarmed during that entire process... and it's not as if they sell batons and folding knives in the airport gift shop when you deplane.

Some travelers go so far as to mail their knives and other self-defense gear (short of firearms) to themselves when they travel.

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You could also find a shop and buy something while you're at your destination, such as a relatively inexpensive knife, then ship the knife home before you had back yourself.

But there will still be gaps. There will still be large periods of time in which you are unarmed.

There are also places that you can't carry your normal weapons because they are "gun free zones."

The typical American workplace has a no-weapons policy. It isn't uncommon for even a small folding knife to be illegal at many strictly run corporate offices.

Certainly there are almost no companies that allow their employees to carry guns at work... and many companies even state in their policy manuals that employees may not keep weapons locked in their cars (although that's difficult to enforce).

The point is that even the most armed, prepared individual cannot carry a weapon everywhere. And do you really want to be so dependent on your daily carry gear that you find yourself feeling naked and helpless without it?

Even if you are well armed, it's useful to practice identifying improvised weapons simply because these might be faster to access than a gun in your waistband or a knife in your boot.

Once you understand that you can find an improvised weapon absolutely ANYWHERE, you will be much more comfortable operating in a variety of what we call "non-permissive environments," or NPE.

These are any places where having weaponry is frowned on and might carry with it negative consequences. In an NPE you can either hide a weapon or you can find and make a weapon.

We will assume that hiding a weapon is off the table and you must improvise one.

That's what this report addresses.

# First, Find Or Make A Knife

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The first rule of improvised weapons is to do what prisoners do. Prisoners don't mess around. They live in a world of stark life and death contrasts.

When a prisoner improvises a weapon, he generally improvises one that will kill. He is ready to take lives, either because he wants to murder or because he knows he must kill to defend his own life. Either way, he makes a knife of some kind.

The methods prisoners use to manufacture knives are legendary... and helpful when it comes to thinking of ideas. They do things like melt and then form and sharpen toothbrush handles, wrap tape around nails or shards of Plexiglas, or retask pieces of things like flatware or any scrap of metal at hand. It's impossible to know just how many deadly points have been sharpened on the hard cement or concrete walls and floors of prisons throughout the country. You might say our prisoners live in side one great big whetstone, figuratively as well as literally. Those that spend any time inside the walls generally emerge more effective criminals than they were before.

What prison knives, or shanks, or shivs have in common is that they rarely involve a cutting, slicing edge. The point is deadlier than the edge. A human being will bleed out if cut badly enough, but it is much more effective to stab a person, to plant a point inside the body's organs, when your goal is to shut down another person (and thus stop their aggression in a self-defense context).

Therefore, when looking for improvised weapons, the first tools you should look for are those sharp, pointy things that can be planted in the body, piercing the skin and entering the vitals. This could be anything from a ballpoint pen to a pencil to a pair of chopsticks or scissors.

Piercing and tenderizing someone's organs sounds horribly graphic but, let's be honest: If you have reached the point in self-defense that you have to find a weapon, you have acknowledged that you may need to use potentially deadly force. This is only justified if your life is in danger. That means, by definition, you are engaged in a life-or-death scenario. It's him or it's you. Which do you choose?

# Next, Find a Club

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If you can't find anything that will cut or pierce a human being, the next most effective option is something heavy.

The club was probably one of the first weapons ever wielded by humans, probably starting out as the humble rock, but perhaps taking the form of a heavy tree branch.

The club, if it is sufficiently heavy, magnifies the force of the arm swinging it. Even a light piece of wood or metal will sting or concuss if whipped with sufficient force into an enemy's head.

We will never know the first time one human used a tool to take another human's life, but chances are very good he brained him with a rock or swung a heavy piece of tree into his skull.

When looking for a "club," do not think only in terms of something long and heavy.

In the movies, everyone picks up the fireplace poker, and this makes sense. The poker is a heavy, baseball-bat-length piece of metal that, because of its rigidity and weight, could be swung to deadly effect.

To be honest, movies and television give us the impression that the fireplace poker's ONLY job is to be used as a makeshift weapon. You'd have to look pretty hard to find some footage of someone actually *poking a fire with one*, instead of hitting a person with it.

A club, however, is anything heavy enough that its weight, dropped on or thrown at a person, will injure them. It could take almost any shape.

A cinderblock could be a club. So could a pumpkin or a computer monitor (as long as it's an old-style CRT and not one of the new flat panel monitors).

### Next, Find a Yawara ...

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If you can't find anything that is big and heavy enough to do damage by dropping it, throwing it, or swinging it, you must find something that can be used to deliver damage by concentrating the force of your own strikes.

In ancient Japanese weaponry this was the yawara, a rigid length of wooden dowel about the size of a common pocket flashlight.

The yawara works because it doesn't feel pain and it is much more rigid than your hand.

It is small, so it concentrates the force of a blow at its tip. You swing it in your fist or ram it forward into the target just like you would if you were punching or poking someone. The difference is that instead of using your vulnerable hands to hit with, you are using the yawara, which takes the brunt of the impact and preserves your knuckles and fingers.

You could carry a dowel, yes, and there are yawara key chains (sometimes sold as "Kubotans," named after the instructor, Takayuki Kubota, who popularized their use). These could be confiscated as weapons and might not be with you when you need them, for whatever reason, so when you improvise a lightweight, rigid striking tool like this, you must find something that fits the bill.

Metal pocket flashlights are natural yawara. So are stainless steel Sharpie markers (which are rounded enough they will not pierce the skin).

# Finally, Get Creative

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In the absence of anything that fits the previous descriptions, you will have to get creative.

You might have to delve into the realm of flexible weapons, too.

Flexible weapons work because a weight at the end of something that isn't rigid can be swung and whipped into a target, delivering a great deal of force to it. The best example of a flexible weapon is a belt with a heavy buckle, or a chain with a padlock at the end. You can spin these and then whip them into the target, being sure to follow through with your swing. The result is a great deal of force delivered with speed, if not precision.

Flexible weapons become harder to control the longer they get.

You can manufacture flexible weapons if you have a moment to prepare.

There's a famous movie featuring Sean Penn and several other young actors, like Clancy Brown, who went on to have impressive careers. It's called *Bad Boys*, and it's about a juvenile prison. There is a scene in which Sean Penn's character is convinced he's about to be attacked by multiple opponents. He quickly buys several cans of soda, puts them in a pillowcase, and then twists the pillowcase to make what is essentially a large sap or blackjack. When his enemies attack, Penn literally beats the snot out of them with his improvised flexible club. There's a similar scene in *Death Wish*, in which Charles Bronson puts several rolls of quarters into a sock.

These aren't just movie fictions. They work.

If you carried a digital camera, extra batteries, and a bandanna, you could pile those batteries into the bandanna, tie off the cloth, and have a flexible club every bit as effective as Bronson's sock full of quarters. (It would be considerably sturdier, too, as Bronson eventually breaks the sock and sends quarters flying everywhere.)

# Let's Keep It Realistic

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There are some “creative” weapons methods that should not be attempted.

A few years ago, whether myth or reality, it became very much in fashion to talk about street people and thugs, especially women, who would keep razor blades inside their mouths. One presumes they were carrying them around in there all the time, although that does not seem possible or likely. The idea was that you would be engaged in an altercation with such a person, perhaps “trash talking” as you exchanged posturing and insults, when suddenly the blade would flash out between their lips and they would lean in and cut you.

The technique was supposed to be like a face-blade head-butt, or something like that. It's unlikely these expectorating ninja ever managed to effectively kill someone with their mouth blades, as a razor blade generally has to cut an artery to do that kind of damage... but it should give you pause. Certainly there are prostitutes walking the streets who aren't afraid to drag a razor blade across the carotid artery of a “john” who offends them. You never know when you might meet someone who has a razor blade tucked away in their kisser.

The point, however, is that you shouldn't do anything like this.

Improvised weapons are just that, *improvised*. We aren't talking about hiding unconventional and possibly bizarrely psychotic weapons about your person to produce later like a violent magic trick. There's simply no need to do that. Anyplace you go has enough weapons in it that you can always find something to use.

There are techniques taught for school shooting incidents in which students and teachers are instructed to find anything that isn't nailed down and hurl it at the shooter. A flying textbook isn't going to kill a gunman, but getting many textbooks, or desks, or chairs, or even beanbags and stuffed animals, thrown at his face will disrupt his concentration and foul his aim.

The idea is that the improvised weapons, even if they aren't terribly effective, buy time for the citizen defenders to escape, to attack as a group, or to try something else.

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That is what you are using improvised weapons for. If you could carry decisive, effective weapons, you would do so. But in this scenario are you improvising what you can from the environment around you, and whatever you manage to get is, well, what you get.

If that's a temporary delay, you'll have to keep going. If that brings him down, so much the better.

Let's talk about several specific scenarios where you may find yourself.

### **At Work**

The average workplace is a cornucopia of weapons.

Scissors are an effective stabbing weapon. There's even an old Spanish knife fighting manual, the *Manual del Baratero*, that includes an entire section on using scissors as a stabbing weapon, sometimes with their blades open. Every office has scissors, letter openers, pens, and pencils in abundance. All of these can be used to stab someone.

The office is also full of heavy objects that can be used as clubs.

From fire extinguishers to the monitors on the desks, to the occasional typewriter (still found in some offices), you can find plenty of things that, dropped on someone or swung into them, would harm them very badly.

On your desk are a variety of rigid implements that could also be used as yawara-type devices, concentrating the force of your blows. These include rulers, staplers, those heavy tape dispensers (which have weights in them to keep them stationary when you pull the tape from them), and even highlighter or whiteboard markers.

Don't stop there, though.

Does your coworker have a candy dish on his desk? That's potentially a club or a poking device. It could be thrown. It could be broken over someone's face. A mouse could be whipped through the air against someone's skull to distract them. A keyboard could be swung like a club to bash them in the face.

And the average business person carries a couple of things with him he may not even have considered. Pocket combs and credit cards are sharp enough to cut skin if you

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drag them quickly across someone's neck, face, or eyes. The teeth of a pocket comb are especially abrasive.

### **In Your Car**

In traffic, road rage is an issue. Someone could approach your car and even reach in and try to grab you. You could end up stopped and have to get out and defend yourself, too.

But the average automobile is FILLED with weapons.

The ice scraper you carry could cut open someone's scalp if it struck them. Your tire iron is a well-known club. A seat belt extension with a metal buckle on it is as effective as a swung belt. The "rescue hammers" sold to break out window glass after an accident could also break open faces.

Do you have a big cup of coffee in your cup holder? You can throw that into someone's face. Is the cup made of aluminum? It's now a yawara. Even your cell phone can be smashed into someone's face or neck like a yawara. You may break the phone, but you'll also do some damage to your attacker.

The average car emergency kit contains some explosive surprises in the form of road flares. These burn like crazy with chemical heat. They're bright and, waved at your face or shoved into your eyes, they are positively terrifying. You could light a road flare and use it like a knife, jabbing the flame at your attacker.

### **The Kitchen**

The kitchen is the armory of the typical household.

All the knives and other serving utensils in there are weapons in their own right, but there are many heavy appliances in the average kitchen, from can openers to your microwave, that could be used like clubs. Every bottle of spice in your spice rack can be thrown at an attacker.

Plates can be rigid weapons, and soup cans or soda cans are incredibly heavy and hurt like hell. Even a two-liter bottle of soda from your refrigerator can be swung hard against an attacker. There it will explode, probably, and that will give the assailant

pause even if the weight of the bottle against his face did not. At the very least you've distracted him a little.

### **In Your Bedroom or Bathroom**

You are never more vulnerable than when you are in the bedroom or the bathroom, right?

Wrong.

Everything in your bedroom, from your bedside alarm clock to your bedroom television to the lamp on your night table, could be thrown or swung at an attacker.

How painful would it be to catch an alarm clock in the face after it was swung by its cord? Pretty painful, I bet. The remote control you use for the television in your bedroom could also be used as a yawara. And the pictures on your bedroom walls can be whipped at an attacker.

Your bathroom scale is heavy enough to be throw or swung as a weapon. There are bottles of shampoo and other personal products that can be thrown or used as yawara, and your toothbrush is a natural stabbing or poking weapon (as so many prisoners know).

The real weapon in your bathroom, however, is the lid on the toilet tank. This thing is incredibly heavy and quite long, yet just the right size for swinging with two hands. Smash this across someone's skull and you may well kill them.

At the very least you'll injure them badly.

# There Are Weapons Everywhere

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Are you seeing a trend yet?

All around you are objects that can be thrown, swung, dropped, poked, stabbed with, or otherwise used to impart force to another human being.

No matter what the object, it fits into one of the categories discussed here. You are limited only by your imagination, quite literally.

Why would you EVER be unarmed once you have learned to see ordinary objects this way.

**Try this drill. Practice it every day. Do it everywhere you go.**

Whenever you are somewhere new and you have a moment to reflect, stop and think of every weapon you can imagine that is within easy reach.

For best results, write all of those weapons down on a piece of scrap paper.

When you've thought of every weapon you can, identify at least three MORE weapons that are not already on your sheet.

Really force yourself to think outside the box and come up with new ways to use the things in your environment to preserve your life.

Do the homework now.

That way, when you really need this knowledge, it will be waiting for you in an emergency.

You will have already visualized what you need to know to survive.