

# CLASS GUIDE

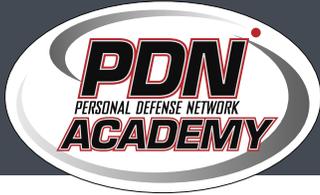


## DEFENSE AGAINST AN IMPACT WEAPON

**INSTRUCTOR: TODD FOSSEY**

This class is about one thing and one thing only: The preservation of life.

Todd Fossey, shares his years of experience and expertise to introduce “Defensive Skills to Counter an Impact Weapon” in a wide variety of looks, angles, energies and distances.



# DEFENSE AGAINST AN IMPACT WEAPON

## Introduction



This important class will help you defend and dominate against one of the most common kinds of aggravated assault and homicide in the US.

Oftentimes, impact weapons are also common household tools which makes them easily accessible, require very little skill and offer criminals a plausible deniability for their possession.

In this class, you will learn competence in defending these common and dangerous assaults as an essential part of your personal defense. Your ongoing training and practice will enable these skills to become an unconscious reflex, which is very important when you understand just how quickly these types of attacks can occur.



Learn to manage distance, get to a dominant position, effective counter attacks, dumps, trips and sweeps, legalities, escaping and/or transitioning to higher force.

Having a strong understanding of fluid and adaptable principles is what this style of teaching is all about. In essence, we will be teaching you the principles of modern MMA that have been adapted for these types of attacks. We find this approach to be optimal when dealing with unpredictable and unrepeatable variables and circumstances. There is no order or sequence to violence, so follow the flow and keep the momentum of the fight on your side.



This class is not about dogma. It is not designed to impose any philosophy onto you. Instead, it is designed for your considerations, your attributes and your circumstances.

Personal defense is exactly that, it's personal. It's your life – you get to decide.

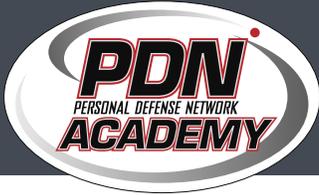
For these reasons, this class will avoid giving absolute answers to contextually dependent questions and will not sell relative preferences as absolute truth.

With that said, the methods used here have been pressure tested over many years of development so there is a lot of confidence in their efficacy for practical real-world application.

The training chosen in this course has been selected based on available data vs arbitrary opinion.



Just watching this class isn't enough. You need to find a partner, train it and train it repetitively until you reach a level of unconscious competence, then continue to retain and cultivate these skills with time.



# DEFENSE AGAINST AN IMPACT WEAPON

## Defending Against Standard 45-Degree Angle On-Handed Swing with a “Stick”



The first principle we are going to address is distance management – this is critical.

In most cases, if you’re outside of the range of the weapon you want to stay outside of the range of the weapon. Learning the timing and the speed and distance of these types of attacks is very important. Most people think they have far more time and distance than they actually have.

When moving to avoid impact weapon attack, we want our movements to be lateral versus vertical. Attackers can move forward faster and better than defenders can move backward, not to mention the high probability of tripping and falling or compromising our base during vertical movement. Sometimes it can’t be helped and vertical movement has to happen. However, lateral and circular movement is preferred when staying outside the range of the weapon.

The most dangerous part of the impact weapon is the end of the weapon, this is where the most energy will be transferred.

If you find yourself within the range of the weapon the next safest place for you to be is as close as possible, literally crashing (“High-Cover Crash”) into the attacker.

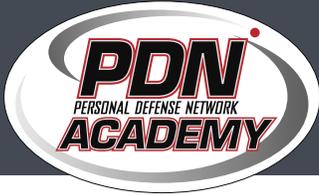


As you crash into the attacker, maintaining a good fighting base and posture is paramount. If I don’t have a good fighting base or posture, you’re more than likely losing the fight. When you have a good structure or base you are using the natural structure of your body as a foundation and shield for your defense.

We prefer that our movements be as gross motor as possible, allowing for the largest margin for error within the chaos of the attack.

Once you have crashed inside (“High-Cover Crash”) establishing a dominant position will allow you to begin to control the weapon, control the attacker and control the circumstances.

Now that you have High-Cover Crashed into the attacker you will transition to either an under hook or over hook (dominant wrestling position) accompanied by either a bicep tie, neck pike or what’s called “walling off the head” while simultaneously moving to a dominant angle.



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This is where you begin to breakdown the base and posture of our attacker through leverage and strikes. This is a great position to throw powerful knees to the groin or diaphragm or head, as well as elbows and headbutts to the knockout pocket of the head and neck.

These types of counter attacks from a dominant angle and position allow you to disrupt the nervous system and possibly even knock the attacker unconscious.

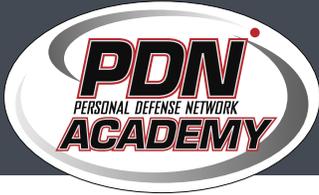
One possibility from the under hook and neck pike or bicep tie position is that the attackers' swinging arm ends up in a high position on our arm, shoulder or head. If this happens, you may be able to move to an even more dominant position by performing what is called a "duck under". This move has allowed you to transition to an even more dominant position called a "Half Nelson". An open hand counter strike to the back of the head can be a great counter strike option from here. The Half Nelson position also allows you to easily break range and escape, place a barrier in between you and your attacker, grab an improvised weapon or transition to your own force multiplier.



Remember, this is not an exact science. The variables are too random and unrepeatable. It is important to remember that you can do everything right and still be a casualty and do everything wrong and still come out smelling like a rose. The name of the game is the mitigation of probabilities to increase the chances of a favorable outcome. There is no secret sauce.

When it comes to managing violence, you want the fewest number of solutions to as many problems as possible. You don't want a different technique for every angle. You are better off having one principle-based system that can handle 10 different problems than having 10 different techniques that can handle one problem. This has the tendency to create a neurological overload, which can lead to a higher probability of freezing up when it matters most. This is comparable to having too many applications running on your computer at one time.

All of these principles apply to the following sessions.



# DEFENSE AGAINST AN IMPACT WEAPON

## Defending Against Standard Low Angle One-Handed Swing with a “Stick”



When the impact weapon is coming at you with a lower angle it makes it slightly more difficult to establish the underhook position. That doesn't mean it can't happen, it just means it's more difficult.

Therefore, these types of angles make it easier to establish an overhook position as opposed to the underhook position we've been using.

There are advantages and disadvantages to every position. One of the advantages of the overhook is that it makes it much easier to rip the weapon away from the attacker.



It is important to note that this should be a tight overhook that doesn't allow any gaps for the attacker to pull the weapon away from you and back into their control.

Once the overhook is positioned where the hand meets the wrist you can begin to counter-attack by “whizzering” the attacker's wrist. This is a built in counter-attack that also creates a high probability of ripping the weapon away from the attacker or motivating the attacker to let go of the weapon.

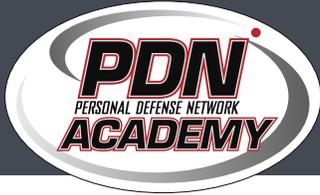


If for some reason you are unable to rip the weapon away from the attacker you can grab your own belt to maintain a tight overhook and temporarily transition to a neckpike position where you can begin to counter attack with knees, elbows and headbutts as you break down the base of your attacker. This should only be done temporarily before you return to your “Ripping Whizzor”. Rinse and repeat as needed until you can get the weapon away from the attacker or possibly dump them to the ground.

If you are able to take the impact weapon away, we recommend controlling it as opposed to tossing it away. You may need it to defend yourself. You may want to prevent others from using it or even the original attacker from picking it up again or you may need to transition to your own force multiplier as you hold on to the impact weapon.



Be sure to apply the appropriate use of force when defending yourself. Too much or too little force can be catastrophic.



# DEFENSE AGAINST AN IMPACT WEAPON

## Defending Against Standard Two-Handed Baseball Bat Swing with a “Stick”



When it comes to defending against a standard two-handed baseball bat style impact weapon attack, the same principles and strategies apply but there's a slight variation when it comes to the “technique”.

You are still utilizing the “high cover crash” into the attacker only instead of targeting the chest and inner forearm of the attacker you are targeting the tricep and outer forearm of the front swinging arm – essentially the elbow.

**SAFETY NOTE:** During training and practice, both the partner playing attacker and the partner playing defender need to be very careful not to hyperextend the attacker's elbow. This is obviously a positive during a real-world defense and illustrates the potential efficacy of this technique, but obviously not during training – so practice this with an speed/effort of about 25% or whatever low speed suits your skill level and attributes.



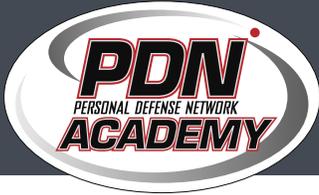
Because under stress, human beings use repetitive movements, you should anticipate multiple swings after you've made contact. This is why you immediately want to swim to an overhook, only now trapping both arms of the attacker instead of one.

You may be able to slide your arms down in the same way you did with the low angle defense, but you don't want to depend on it.



After both of the attacker's arms are trapped with the overhook, the same steps and process apply. You will still counter-attack with knees and headbutts (and elbows and punches if you maintain trapping the arms by grabbing your belt), as you whizzer onto the hands and wrist of the attacker possibly ripping the weapon away with the same methods used earlier.





# DEFENSE AGAINST AN IMPACT WEAPON

## Defending Against an Attack with a Hammer



The use of a hammer is the most common of all impact weapon attacks in the US. The highest probability angle of attack with a hammer is the downward 45-degree angle attack.

All of the same principles apply as it would with a longer impact weapon, only instead of securing your underhook at the shoulder your underhook is going to slide down to the wrist. This enables you to safely control the hammer and places you in a better position to take it away.

The same counter attacks still apply as they did with the longer impact weapon defense.



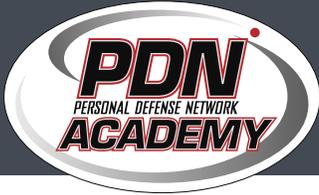
Once you have disrupted the attacker's nervous system with counter attacks and/or broken down their posture moving to what is called a "T Position" will provide an easy and safe angle to tear the hammer away from the attacker's hand.

If necessary, you can immediately use the hammer to counter strike the attacker from this dominant position.



If you should end up in the overhook position, proceed as you would with the longer impact weapon defense.





# DEFENSE AGAINST AN IMPACT WEAPON

## Dumps, Trips and Sweeps – Beef Wellington Spiral



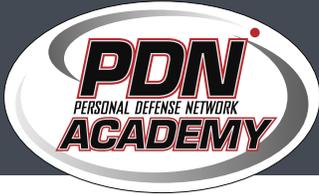
The next phase of this defense is getting your attacker to the ground in a way that allows you to remain standing through what are known as dumps, trips and sweeps. Note: These are not “take downs”. A take down often-times involves you going to the ground with your attacker. This is not optimal in most self-defense situations. It’s important that you maintain the higher more dominant and mobile position, not to mention the damage you could take going down on most common hard surfaces as well as the dangers of a secondary attacker or an attacker that is highly skilled on the ground. In short, you want to minimize the variables that will be dangerous for you. Hence, this is why we prefer to use dumps, trips and sweeps for personal defense.

Now that you’ve established the fundamentals of managing distance, counter attacking getting to a dominant position in defending various impact weapon attacks, let’s take a look at putting your attacker on the ground in a way that allows you to remain standing through dumps, trips and sweeps.

The first dump you are going to look at is called the “Beef Wellington Spiral”. This is a highly versatile and forgiving dump that allows for a high probability of success.

Once the underhook has been established, clap your hands together and pull the attacker into you. This applies a LOT of pressure on the attacker’s shoulder





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and compromises their posture. Counter attacking from this position is very effective as well.

Now that you have established the very dominant Beef Wellington position, it's important to begin to feel what kind of energy the attacker is applying to you. Are they pushing into you? Are they pulling away? Are they remaining static? In this stage of the fight, your next move will be determined based on what energy they are applying to you. We want to use the attacker's energy against them.

The attacker will probably be pushing into you. As the attacker pushes into your circle behind them, this allows you to maximize your leverage, and begin to spiral them to the ground.

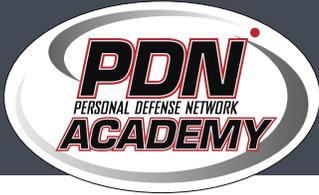
As you feel the attacker go past the tipping point where it becomes obvious, they are going to fall to the ground – release your hands, maintain a good posture and allow them to fall. Overcommitting your own energy, holding on too long or compromising your posture could result in the attacker pulling you to the ground with them – so maintain good posture.

At this point you can break range, escape or transition to higher force.

If you feel like you need to control the attacker so they don't harm anyone else, continue to hold the Beef Wellington position and counter attack until they drop the weapon, you can safely take them to the ground or let go.

Note: Remember, there is no order or sequence to violence so follow the flow of the fight and keep the momentum on your side.





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## Dumps, Trips and Sweeps – Beef Wellington Hip Wheel



Now that you've looked at the "Beef Wellington Spiral" dump, it's time to take a look at the "Beef Wellington Hip Wheel" dump.

The spiral version of this dump happens when the attacker is pushing into you. When they push, you pull and spiral. The hip wheel version of the dump happens when the attacker postures up or pulls away. When they pull, you push and hip wheel them to the ground.

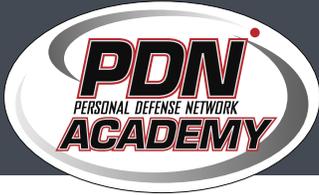
Remember, a core principle of fighting is where your attackers' head goes, their body will follow. That being said, the Beef Wellington position creates a great fulcrum to push and pull the head in the same direction the attacker is moving. Again, very versatile and adaptable.



The angle of your forearm across their jaw (cross face position) and the position of your hip after you have backstepped is an important nuance in wheeling your attacker to the ground. Once these details are engrained it can be very easy to dump a much bigger and stronger attacker.

At this point you can break range (run away or transition to a force multiplier), hit a knee on belly position, counter strike or possibly take the impact weapon away from the attacker.





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## Dumps, Trips and Sweeps – Default Underhook Position

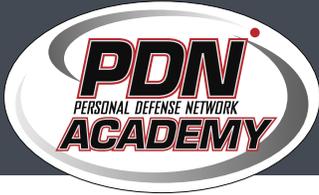


While the Beef Wellington is a very dominant position in defending and countering an impact weapon attack (as well as other types of attacks), there is no guarantee that you can effectively establish the position so we need to have other options that are effective when defending and countering attacks. Our default position of an underhook and neck pike offers a wide array of options.

Again, from this position, you are feeling for push/pull energies from the attacker. In this position, when you feel the attacker pushing, you will still utilize the concept of spiraling the attacker’s head to the ground only this time from the underhook and neck pike position.

There is a variation to this dump called “Tucking the Head”. This variation allows you to maintain contact and control of the attacker if needed.





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## Dumps, Trips and Sweeps – Hip Bump to Inside Trip



There is a chance that, from the underhook and neck pike position, your attacker is neither pushing or pulling but instead holding a static position or standing in place. When this occurs a good option to trip the attacker is called a “Hip Bump to Inside Trip”. This is not a throw, it’s a trip.

In executing this trip from the underhook and neck pike position it’s important to load your attacker’s weight on the leg and foot farthest from you. You can do this by snapping their head down as you step behind the underhook.

Once the attacker’s weight is loaded on their outside leg you will step between their legs and bump your inside hip to their inside hip. This will kick their inside leg off the ground and place all of their weight on their outside leg and foot.

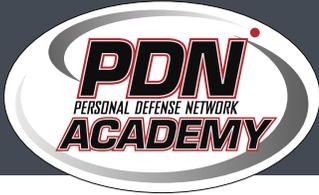


From here, immediately step across and trap the attackers outside foot and leg and lower your center of mass by squatting toward the ground. This is important because it will allow you to maintain a good posture as your shoulders force the attacker off balance to the point of being tripped to the ground. Applying pressure to the attacker’s head from the neck pike will help ensure the attacker goes to the ground.

At this point you may begin to see the application of these principles as a system as opposed to a collection of techniques to help get attackers on the ground as you remain standing.

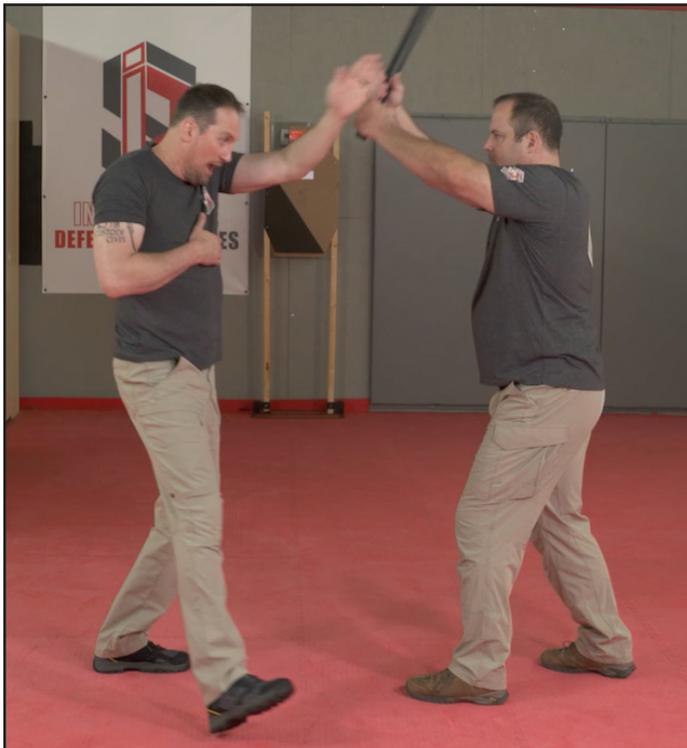
However, there are no guarantees. It can be both very easy and very difficult to get attackers on the ground. By understanding and practicing these principles you will be more likely to exploit obvious energies and movements to effectively get bad guys to the ground.





# DEFENSE AGAINST AN IMPACT WEAPON

## Defending Against a “Samurai Sword” Style Attack



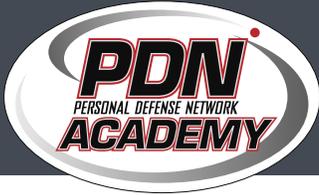
While the Samurai Sword style impact weapon attack is rare, it's important to know how to defend against it. This defense may not come against a sword but any impact weapon being swung straight down from over the attacker's head.

The concept of this defense is actually very similar to the Two-Handed Baseball Bat style of attack.

It's important that you create an angle to move yourself out of the direct path of the weapon. You will do this by taking a slight step to the side. Timing is critical.

As the attacker swings the impact weapon over their head, shoot one arm straight up at a 45-degree angle in front of your head, this will create a barrier of deflection. When the impact weapon has passed your arm, establish the overhook lock in the same way that you did with the Two-Handed Baseball Bat Defense. All of the subsequent principles cross-apply from there.





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## Defending Against a Charging Attacker with a Blunt Object



In the event of an attacker charging you with a blunt object, possessing a skilled defense is vital. Too often we see new students fail at defending this attack during scenarios because the defense isn't intuitive.

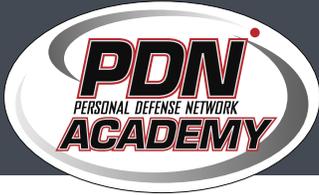
As the charging attacker approaches, typically the undertrained defender will instinctively move off the line of attack, but they'll do it too soon. This allows for the attacker to also redirect only now the attacker is in an even more dominant position (flank) than they were previously.

It's better to force the attacker to commit to their momentum then, at the last possible moment, side-step. This uses the momentum of the attacker against them.

Once you have performed the side-step, circle behind the attacker, look to escape, place a barrier in between you and them or transition to a force multiplier.

Practicing this regularly with different partners is important to learn the timing of this maneuver.





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## Armed Defense Against a Charging Attacker



The principles for defending against a charging attacker while armed are the same as if we were unarmed. However, possessing the kinetic skill to competently transition to your handgun during this type of attack can mean the difference between life and death.

Here's what we've observed over many years and hundreds of students who train in this context.

- 1) Students who possess firearms skills exclusively default to the use of the firearm while neglecting to use maneuvers and unarmed skills.
- 2) Students who possess unarmed skills exclusively, default to the use of unarmed skills while neglecting to transition to the firearm. They either forget they have it on them (which is most common) or they struggle to effectively transition to a competent use of the firearm.
- 3) Students who are trained in both unarmed and armed skills but have not yet trained to competently use both together will exclusively use one or the other.
- 4) The only students we have consistently seen integrate both sets of kinetic skills successfully are those who train them as an interdependent skillset on a regular basis.

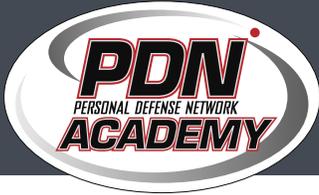


What most untrained or undertrained (armed) students will do when an attacker is charging them with an impact weapon is attempt to quickly draw their weapon and get hits on the attacker as they stand still. We are confident that in most cases this is a training scar from static range practice and training. Their brain has associated the handgun with standing still and being flat footed.

Even if students are able to get effective hits on the attacker (only about 50%) they still end up taking heavy damage from the attack. Good hits don't necessarily equate to immediately stopping the attack. Even with lethal hits it's not uncommon for determined attackers to continue to fight for a meaningful length of time.



Again, this oftentimes means great bodily harm or even death for the defender. They simply don't have the time and skill to stop the attack. This is precisely why training and practicing the integration of maneuvers and hands-free skills in real time in three dimensions is so critical for your personal defense.



# DEFENSE AGAINST AN IMPACT WEAPON

## Armed Considerations When Breaking Range (Creating Distance)



When taking into consideration your options when breaking range (creating distance) from an attacker as you transition to higher force, be sure to not only consult the legalities governing the use of force in your present jurisdiction but regularly fill the application of those legalities in this context. Fill your kinetic training with sound decision making.

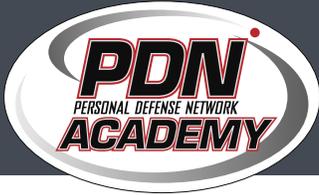
Once you have broken range from your attacker and presented your handgun, are you still reasonably in immediate fear of death or great bodily harm? If so, you may need to shoot the attacker until they have been stopped.

Once you have broken range from your attacker and presented your handgun, there may be circumstances where issuing commands may be the best first step. Perhaps you are justified to use higher force, but you don't feel there is immediate necessity.



Once you have broken range from your attacker and presented your handgun, there may be circumstances where they drop the impact weapon on their own. Are they still a threat? If so, to what degree? Are you using the same level of force that is coming against you? Are they retreating to a place where they are reasonably not going to harm another? Do they have a secondary weapon? These and many more variables may be at play. It is up to you to make sound decisions in circumstances that may be clear and obvious or unclear and ambiguous. These same considerations are at play when we have successfully dumped, tripped or swept your attacker to the ground.





# DEFENSE AGAINST AN IMPACT WEAPON

## Armed Option for Defending Against Standard Two-Handed Baseball Swings



Like most everything when it comes to personal protection, it's going to be up to you to decide whether or not this armed option is best for you when it matters most. Make sure you are legally justified to employ this technique.

All of the same steps in defending a standard two-handed baseball bat style attack still apply here. The variation comes once we have the attacker's weapon and hands trapped. If, at this point, you feel as though the attacker is still a lethal threat and all other efforts have been exhausted, one option is to grab your own belt, counter attack with strikes to disrupt the attacker's nervous system as a set up to transition to your handgun.



The use of commands may still be an option here. However, if you need to go to higher force, shot placement and shooting position will be determined by the circumstances and nature of the attack.



