

# **SECRETS OF STREET COMBAT**

**BY NORM BETTENCOURT**

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**This Book Is Dedicated To My Son James**

## **The Defender's Creed**

By John Farnam

I accept and understand that human predators exist. Criminal or terrorist, they take advantage of our civilized society to prey upon the weak. They represent evil and must be confronted and defeated.

I believe that self-defense is a moral imperative, and that illegitimate force and illegal violence must be met with righteous indignation and superior violence.

I will not rely on others for the security of myself, my family and my community.

I proudly proclaim that I run with a like-minded pack. I do not amble through life with the mind-numbed herd.

I will train with my chosen weapons, maintain them and carry them in a condition of readiness at all times.

I will be mentally prepared and physically equipped to effectively respond to an attack or emergency.

I will constantly test myself against realistic standards to discover my strengths and weaknesses. I will turn weakness into strength.

I will seek to learn new skills and techniques, and then teach what I have learned to other members of the pack.

Be it with firearm or blade, empty hand or blunt object, I will hit my enemies hard, fast and true.

I will live a quiet and unobtrusive life, but I will develop and retain the capacity for swift and decisive violence.

I recognize that I am the modern equivalent of the traditional Minuteman, and that I may be called to service at any time against heavily armed enemies. I will respond effectively.

I accept that I am a pariah among some of my countrymen, and a quaint anachronism to others. I will not hold their ignorance against them.

I will win, or die trying.

I swear this creed before God, my family and my fellow citizens.

# Introduction

This book has been written to educate readers how to protect themselves against real life modern day threats of violence instantly without having to go through years of training. It's a basic human need to know how to protect yourself and your loved ones.

The problem is that most educational materials on street self defense and personal protection on the market today are based on either martial arts principles or complicated maneuvers which take years of training to master. They also go completely against how the human body instinctively responds to a threat and the affects adrenaline plays on the body.

These tactics are also to difficult to remember during an adrenaline rush and are far from realistic when it comes to protecting yourself from violence out on the streets.

I have learned the hard way by believing that my many years of training in different martial arts and having a Black Belt that those skills would protect me whenever I needed them. One night I was forced to put those skills to the test and learned that what I knew was not meant for the streets only for the dojo or in a sport oriented situations.

From that day onward my goal was to find fighting tactics that would work for me and not against me. I began studying and researching different tactics of combat used by military personnel, street fighters and prison inmates.

I began researching and consulting with doctors regarding anatomic weak points of the human body and the psychological responses the adrenaline dump plays on the human body. I interviewed both victims and perpetrators of violence and also I later incorporated my fifteen years of experience dealing with violence working in the security industry in areas such as night club bouncing, restraint work and body guarding.

Through years of trial and error by putting these principles, concepts and tactics to the ultimate test in real life violent encounters that I myself found myself in working in the security industry, I created the L.E.A.C.H System. Based and created around natural, instinctive and primal movements that human beings have during threatening situations and combat. I am now excited to share with you these principles, concepts and ideas that are simple, effective, similar in movement from one another and yet easy to remember during times of fear and chaos.

**Note:** In this book I refer to your attacker as your “enemy”. The word attacker reinforces the victim complex, being in a defensive state and that you have no control over the situation. The word “enemy” reinforces and creates an offensive mindset to fight back. To survive violence you must be offensive.

P.S. Remember there is no such thing as a dirty fighter...only an educated one.

Norm Bettencourt

**1**

**Less Is More When It Comes To  
Personal Protection**

Through that experience with violence I had quickly learned that by knowing multiple personal protection techniques I was actually doing myself more harm than good.

Remembering back to that experience that forced me to put my martial arts skills up against a street fighter I remember feeling the adrenaline dump hit me full blast. My limbs felt heavy, my heart was pounding inside my mouth and I was shaking like a leaf.

I remember thinking to myself at the stand off what technique should I use and trying to go through what I had learned all those years in the martial arts dojo.

For the life of me I could not put two and two together, all the information that I had running around in my head was confused, distorted and all mixed up. I realized later on that this was all due to the effects that adrenaline played on my mind and body.

Years later while doing research to create my system I found out through talking to 911 operators, listening to 911 recordings and watching people perform fine motor skill tasks while under the stress of adrenaline that even the simplest of tasks such as remembering your name can be difficult while under the influence of an adrenaline dump.

There are countless recordings of people under distress telling a 911 operator that there is an intruder inside their home. When the 911 operator asks for there address the caller cannot remember their own address even after living at the same location for over 15 years.

So how will you be able to remember complicated, elaborate techniques such as move to the right, pivot, take a step with your left foot while using your right hand to twist your attacker's wrist, etc. You're not. It's just too difficult to remember on a good day let alone while your life is being threatened.

Through my research I realized that the axiom "less is more" is particularly true when it comes to self defense. That by mastering only a few personal protection techniques instead of countless ones your reaction time will be much quicker. If you know too many techniques your brain will go through all the techniques that you know and will pick out which technique is best to use for that given situation.

Through all of the analyzing that your brain will do shifting through all those techniques that you know it will begin confusing techniques from one another, creating chaos in your mind. This all occurs in a split second inside your mind as your attacker is standing in front of you, this is what is called "**Hicks Law**".

**"Hicks Law"**- The final result is that your reaction time now increases tremendously due to having too many self defense techniques to shift through making you too slow to respond to your enemy's stimuli.

The effects adrenaline plays on the human body:

- Affects your auditory system
- Affects your brain
- Affects your visual system (tunnel vision)
- Increases heart rate
- Affects your fine motor skill performance
- Plus numerous other effects

I remember when a suite in my apartment complex was on fire and everyone in the building was evacuating. A gentleman in front of me was trying to open a locked door but his hand was shaking so bad that he could not place his key in the key hole. This is a task that the gentlemen must have performed thousands of times over in his life time. When he needed to perform it the most he could not due to how adrenaline was affecting his body.

### **“K.I.S.S Keep It Simple & Similar”**

Placing a key inside a key hole is considered a “fine motor skill”. As you can see this is next to impossible to do while adrenaline is pumping full speed through your veins.

The big kicker is that most self defense and martial arts techniques are placed in the fine motor skill category, so how are you going to remember or let alone perform them while under the stress of adrenaline? You’re not.

Another kicker I found out through my experience and research was that your personal protection techniques have to be simple and “similar” in movement from one another so that you can perform them quickly and you can remember them during a threatening situation.

Most personal protection and martial arts techniques require you to perform one task if an individual is holding a knife in his right hand, but if the individual is holding a knife in the opposite hand it will require you to move and do a completely different maneuver to defend yourself.

This is much too complicated to remember when your life is on the line and you are feeling the warmth of your urine running down your leg as someone has you at knife or gun point. Your techniques must be similar in movement to one another regardless if you are defending yourself from a punch, knife or gun attack. Remember the K.I.S.S acronym Keep It Simple & Similar.

## **The Bottom Line**

- Techniques should be simple and to the point.
- Techniques should be similar in movement from one another so they are easy to remember.
- Less is more so master only a few techniques so that your response time is quicker and your tactics are mastered.

**2**

**Practice Doesn't Make Perfect**

**Perfect Practice Makes Perfect**

How you train is how you will respond in a real life threatening situation but remember just because you have trained for a situation doesn't mean you're necessarily prepared for it if you're training habits are self defeating.

You are also only half as good and smart as when you are training when it comes to defending yourself in the real world. You have to make your training realistic and you have to make it count.

Like I stated in the previous chapter I have done countless research when creating the L.E.A.C.H System and have learned through my own experiences with violence how important training fits into the equation.

Here's what I mean. Years ago I trained with a retired police officer who I will call Bill. He told me a story of what happened to him while training at the police academy. In the scenario, Officer Bill had to chase a subject who was on foot while he was driving his cruiser. During the chase the subject turns down a narrow alley where the police car could not fit through, so Officer Bill had to immediately get out of his cruiser and chase the subject by foot and arrest him. This scenario was practiced countless times at the academy without a problem.

**“Just Because You've Trained For A Situation Doesn't Mean  
You're Prepared For It”**

After graduating from the academy, Officer Bill found himself in a similar situation in real life. He was driving his police cruiser, saw the suspect on foot and proceeded to chase him.

The suspect began running cutting through lawns. Officer Bill couldn't chase him with his cruiser, so he decided to proceed on foot. Officer Bill slammed on the brakes, put the cruiser in park, then opened his cruiser door and tried to get out but he couldn't. He tried again and again with no success.

After 15 seconds of struggling to get out of his cruiser, he realized that his seat belt was on and that was what was preventing him from being able to leave his cruiser. The problem was that when he trained at the police academy trainees never had a seat belt on but in reality officers wear their seat belts. Notice how a little change in the conditions could cause a dangerous situation to occur. What if he had to immediately leave his cruiser because he was under heavy gun fire? It would have been a training mistake that could have cost him his life.

**Remember how you train is how you will respond.** There are countless cases such as these with much worse outcomes, such as death or serious injury regarding police officers, civilians and security personnel all due to improper training habits. It's about how you train not about how often you train. So how do you get more realism out of your combat training? Well here are a few simple suggestions.

**“In The Real World You Are Only Half As Good & Smart As How You Train, So Make Your Training As Realistic As Possible”**

**Instructors:** Having a teacher who has had firsthand experience with violence and understands the effects adrenaline plays on the body is whom you as a student want to learn from. Individuals such as bouncers, bodyguards, military personnel and ex-convicts will give you realistic tactics that will work in a full out violent attack because they themselves have experienced violence and know what works and what doesn't.

The last person you want to be taught by is from an instructor who runs a strip mall martial arts dojo. They focus on technique, tournaments, and trophies, and usually have had little or no experience with real violence.

**Clothing:** Train wearing clothing that you would normally wear while going about your everyday life. You don't have time before a street fight to take your shoes off, put on a white martial arts uniform and stretch before your enemy attacks you. Clothing will restrict your range of motion and the speed of your techniques. You should be practicing your techniques while wearing jeans, boots/shoes and a jacket on to give you a realistic feel of what it's like to fight with restrictive clothing on.

**Training Environments:** Train in real world environments, set up your training area as an apartment and back ally setting. Try to have objects and furniture such as bricks, bottles chairs in your environment made of plastic, foam or sponge so you don't injure your partner while using them. This way you will learn how to fight in confined areas such as inside a house, night club or back alley and use your immediate environment to take out your attacker. There are weapons always around us, if you can pick it up, use it to beat the snot out of your enemy.

**Note:** The issue of training in martial artists dojo's is that practitioners are used to fighting in large wide open spaces, put furniture around them and they lose focus on their enemy and begin focusing on how restrictive the areas that they are in.

**Weapons Disarming Training:** When training in weapons disarming tactics practice with rubber knives that have ink, food dye or lip stick on the blade. This will allow you to see where you were cut. You can also use fake knives that deliver a localized shock that causes pain but no serious injury to your training partner but triggers their “flight/fight response” (this training tool is for law enforcement agencies only). Perform random attacks on your partner so they do not know what weapon you will use and when you will pull it out just like in the real world.

After my students become proficient in “static” or “stationary” knife disarming techniques, I then begin using a real knife while training with them so they mentally condition themselves not to freeze up when cold steel is presented to them.

It’s a great way to mentally condition yourself so you are not afraid of knives. I highly stress that you only train this way with someone who has complete control when using a knife. This exercise is not for amateurs, for you can seriously injure or kill someone using this training method, this should only be practiced by a highly skilled instructor.

When executing gun disarming techniques use airsoft guns, this way you can feel if you got shot while trying to disarm your enemy. Always use protective goggles and masks when training in this method. When practicing pipe, pool cue and machete disarming tactics, use pipe insulation, it’s soft on impact. This way, you can swing the pipe insulation at full speed using your full range of motion without worrying about hurting your partner

**Weapons Training:** When it comes to weapons training do not get caught up training with weapons that were used two hundred years ago. No one walks around with bo staffs, samurai swords or kama's any more. Learn how to use modern day weapons such as batons, knives, and pepper spray. Practice drawing your weapon during training sessions and pulling it out while your partner randomly attacks you. Use weapons made of rubber, foam and containers filled with water to represent pepper spray.

**Crisis Rehearsal:** Randomize your attacks just like in a real world situation. You must learn how to improvise to become a skilled fighter. Your training partner should not tell you how or when the attack is going to happen.

It may start off on your feet but it may end up on the ground. While on the ground your partner might pull out a needle, knife or gun. You should not know what is coming or even when, but you must be ready to react and improvise to the situation at hand. Also train against multiple partner's so you know what to do in situations such as these. More on this in Chapter 8 called Cheap Shots Low Blows Cuz Anything Goes.

You need to be able to break down the chaos and be able to improvise and deal with whatever comes your way at that split second in time. This type of training I call F.I.S.T (Fighter's Instinctive Scenario Training). This training will enable you to retain your fighting tactics quicker because you are training at an elevated state while adrenaline is pumping full speed through your body and you will also be able to control the adrenaline rush better due to training this way.

To get more realism out of your training wear body armor this will protect you from your training partner's blows. There are countless places where you can purchase protective head gear, chest/back protectors, shin & thigh pads. Remember to never strike full force at your training partners head while training in crisis rehearsal for this will cause injury in the long run.

By using these simple crisis rehearsal training techniques that are taken from military, FBI & tactical personnel training methods, you will find that you will become extremely confident in your combat tactics. Confidence in turn will enable you to attack or counter attack and avoid freezing up.

Focus on tactics that you instinctively do and work for you, not what works for your instructor or friends. All your techniques should be personalized to suit your body type and the way you move naturally. In a street fight you won't have time to think about stepping to the right with your right foot then pivot and so on. Sometimes you won't even remember your name because adrenaline is running full speed through your veins, so you have to make sure your tactics are instinctual and natural for you. This is crucial. In fact, this will become the basis of your self defense moving forward.

Keep in mind as well that you don't want to wait for your attacker to make his move first and then you will counter. What you are doing is creating a dangerous training habit telling yourself to always wait for a tactic to be done to you first before you can do anything to defend yourself. An example of what I mean is this many schools will tell students wait for your partner to place you in a headlock then begin executing your headlock release tactic from there.

What happens in the real world is when you see someone coming in to place a headlock on you; you will allow him to do it to you. Instead, what you want to do in your training is once you see your partner moving in for a headlock, you immediately move out of the way before he can execute the tactic, and then counter. What this does in real situations is that it avoids you being placed in situations such as a headlock in the first place and it gets you attacking before being attacked, much improving your odds.

**Visualization:** Many people don't have time to train, so use visualization techniques when you can't physically train. The subconscious cannot distinguish what is real from what is imagined.

Athletes have used visualization techniques for years to up their game. As an example, a study was done on a team of basketball players. Half the team was told to practice free throws for two hours each day while the other half were told to visualize making free throws only for two hours a day.

After two weeks each team was tested on their abilities in making free throws and the team that physically practiced had a considerable improvement. The team that visualized also had a considerable improvement which was almost as much as the team that physically practiced, so this shows you the power of visualization.

If you do not have time to train during the day, just before going to bed at night visualize the worse case scenario that can happen to you in a violent situation and see yourself being confident, fearless, powerful, improvising and successfully destroying your enemy.

**Triggering:** Before you execute you're fighting tactics you first want to trigger your "killer instinct mindset" so you become aggressive and control fear. What you want to do is psyche yourself up, get angry before executing your tactics. This way you are psyched up or angry and fear doesn't set in when you are threatened. By having a trigger image, word or a piece of music that goes off in your head and makes you angry before executing your techniques correlates a habitual response to become angry when a threat occurs and before you execute your tactics. Remember we respond just like how we train. More depth on how to control fear with the "killer instinct mindset" will take place in the following chapter.

**Swarming:** This exercise helps build the aggressive mindset you will need to have when in a fight and or when dealing with multiple attackers. Start this exercise off by laying flat on the ground while having 8-10 people stand over you holding punching shields. From here you have to fight your way up off the ground and then out of the centre of the group.

**Saying Stop:** When practicing fighting with your training partner have him say “Stop” when he’s down but continue attacking him. We are pre conditioned to stop when we hear that word. This will help you not be suckered by a thug who fakes being hurt and uses this word to gain the upper hand in a fight.

## **The Bottom Line**

- The best instructors are bouncers, bodyguards, military personnel and ex convicts because they have experienced violence and know what works and what doesn't.
- Wear everyday type of clothing when training to get used to fighting with restrictive clothing on.
- Set up your training area like real world environments such as an apartment and back alley setting.
- Have objects in your training area made from foam plastic or cushion so you and your partner can go hard core using your immediate surroundings to take each other out while not injuring one another.
- When practicing knife disarming tactics place ink, lip stick or food dye on the blade of the rubber knife so you can see where you got cut.
- When practicing gun disarming tactics use airsoft and wear the necessary protective gear that way you do not get injured and know if you been shot or not.
- Pipe insulation works well when practicing pipe, pool cue or machete disarming tactics.

- Have your training partner randomize his attack on you not letting you know how is he is going to attack you or with what type of weapon.
- Use visualization techniques to help you retain your tactics.
- Trigger yourself to become angry when you see a threat and before executing your tactics.

**3**

**How To Control Fear With The  
Killer Instinct Mindset**

**Combat is 90% mental and only 10% physical** when people experience a threat one of two things happen to them. They either experience the “flight response” or they experience the “fight response”. Most people forget this vital concept when it comes to personal protection.

People usually focus on practicing physical techniques and fail to realize that if you cannot control your thoughts flight (fear) will set in and you will freeze up and not be able to do anything to protect yourself. It’s just like what a deer does when it see’s a car’s headlights coming straight for it, it just stands there looking at the vehicle headlights and bam it gets hit by the vehicle. This is exactly what you will experience when you are experiencing a threat if you don’t train your mind to go into the “fight response”.

**The anticipation of violence is much worse than violence itself**

So how do you overcome fear and get into the “fight” response? By becoming

## **“He Who Elevates The Violence Quicker Wins”**

Through my years of experience dealing with violence working as a nightclub bouncer and working other security detail such as body guarding I learned quickly that **you cannot have any reservations about harming someone.** You don't know what your enemy's intentions are and you don't want to find out especially if it's with someone who has nothing to lose in this world and has no conscience of what he does.

Through all my dealings with aggression the worse person to deal with when it comes to violence is the psycho or insane person due to how revved up they are because of their violent mindset. I have dealt much easier fighting guys with military backgrounds, martial artists/MMA fighters and huge muscle men compared to the psycho.

Psycho's have no fear and have no reservations about taking their enemy out that is why going into the “killer instinct mindset” is so important. It all boils down to this reason alone, if you have the “killer instinct mindset” you will elevate the violence quicker than your enemy will which puts momentum on your side.

So by the time your enemy figures out what is happening it's too late because they are already on the ground knocked out or being pounded on by you. So by elevating the violence quicker than your enemy you put momentum on your side, putting your enemy in a defensive state and keeping them there while you maintain an offensive position.

**“Ruthless Determination Will Overshadow Technique or Choice Of  
Weapon Every Time & Will Get You Up Off The Ground After You  
Have Been Beaten, Stabbed or Shot”**

**Don Pentecost**

You must be in and remain in an offensive state while fighting, this way your enemy has no time to counter or respond to the stimuli you send his way. Before he knows it he can only bring up his hands trying to block your blows and do nothing else in that situation making life much easier for you. I always tell my students to always strike first for the one who strikes first wins and controls the fight.

So with that being said, you should never be standing in front of your enemy waiting for him/her to make the first move or waiting for permission to attack. You should trigger your anger, and then violently pounce on your enemy like a lion will pounce on a piece of meat. Your mindset now enjoys and gets off on ripping your enemy's face off with your teeth or stomping on one of his limbs and hearing the sound of his cracking bones.

**“It's Not The Size Of The Man In The Fight But The Size Of the Fight In  
The Man”**

**Unknown**

That's what the “killer instinct mindset” is all about becoming mean and vile in a controlled manner. If that's too harsh for you, then stop reading this book because you still want to play the role of a victim and be Mr. Nice Guy.

This is uncontrolled violence where anything goes where your enemy's first blow may be with his knife in your gut or a blunt object hitting your head, or who knows. **Remember rules don't apply on the street for there is no such thing as a dirty fighter...only an educated one.**

# 4

## **The Six S's of Street Self Defense**

In L.E.A.C.H System there are six important concepts or principles to street fighting which all start with the letter “S” that should be applied to every self defense situation. By following these concepts and principles which have been taken from systems that the military, FBI, CIA use as well as what convicts and street fighters use, you will put momentum on your side to help take out your enemy.

**Note:** Remember you’re presence says everything about you. Present yourself with confidence so you’re not targeted by bullies.

### **The First “S” = Situational Awareness**

By having situational awareness, you are never caught off guard so you can either avoid or deal with whatever situation comes your way much more effectively. You will have more time to respond because you are alert to your surroundings as you are already in a “code yellow” condition.

Most people walk around being in “code white” not paying attention to their environment, thinking about what they have to do throughout their day, such as picking up the dry cleaning, getting groceries and so on. This in turn has people unaware of their surroundings as they are stuck in their head making them easy victims for violence because they are unaware of what is going on around them.

So if they do get attacked regardless if they have the best street fighting moves around, it will be useless because they do not have time to respond to the situation at hand because they do not see what’s coming until it is too late. So how do you have situational awareness and be in “code yellow”? Here are some suggestions.

## **“You Must Be In Code Yellow”**

**Use Reflections:** Be in the present moment and while going about your day use reflections from windows of buildings, mirrors and cars to see what is happening around you. This will give you a complete 360 degree view of your surroundings making it harder for you to be caught off guard.

**Keep Your Distance:** Take corners wide. This way if someone is waiting for you around the bend, you will have time to respond to the stimuli and not be caught off guard. When walking, keep you're distance from people walking next to you or while walking near people seated at side walk cafes. As well when walking next to bushes and other objects you want to give yourself some distance away from these objects in case someone is hiding near them.

**Shadows:** Notice shadows that are coming up on you while walking. This gives you an indication that someone may be making their move. While walking to your car or doorway observe to see if there are shadows around.

**Senses:** Use your senses such as sight which we have already gone into but smells as well. Do you smell cigarette smoke, body odor, alcohol? What do you hear - foot steps, a group of people walking behind you or a car speeding up towards you? These are all things that can help you either to avoid a situation from happening or to prepare yourself to deal with that situation so you can catch your enemy off guard and take him out. Always trust your gut instinct if something doesn't feel right. Listen to what your gut is telling you.

**Note:** Never walk around with both hands full, if you are in a threatening situation throw a bag to your enemy`s face. Their automatic reaction is to catch it, this will give you time to follow up with a tactic or run away.

## **The Fourth ‘S’= Surprise**

**Action is always faster than reaction.** By having and using the element of surprise you now place momentum on your side. Remember what I have stated earlier “There’s no such thing as a dirty fighter. . . only an educated one” So if someone calls you out and begins taking off his jacket as he is taking off his jacket, attack him right then and there, keep attacking till you know he won’t be getting up. Also if someone calls you outside to fight when he turns around to walk out the door, hit him with a chair while his back is towards you, or strike him using your favorite tactic.

There’s no such thing as a dirty fighter and if people want to call you that, then they have no idea what real fighting is about. You have to lose those preconceptions as they don’t apply when it comes to personal protection. The only rule is to ensure your chances of survival with **whatever** it takes.

**Note:** Always try to avoid using violence these tactics are for when there are no other option but to fight.

So if you are in a situation where you are minding your own business and someone approaches you in a threatening manner, play timid but in you’re mind you are tapping into your “killer instinct mindset” and getting ready to execute your “specialized sucker punch”.

What is a specialized sucker punch? It is any tactic that you do to catch your enemy off guard without telegraphing your intentions, surprising him and overwhelming him with your assault.

It could be bringing your hands in surrender mode and talking with your hands while stating “I don’t want any tro...” and before you finish your phrase, you attack in mid sentence catching him off guard with either a finger jab to the eyes or a palm upwards to your enemies chin, and you continue your assault till your enemy can’t get up off the ground..

Another way of doing this would be if you have a drink in your hand. Play timid. State your diversionary phrase, and before finishing it, abruptly and vigorously throw that drink in your enemy’s face. What this will do is cause a shock response to your enemy and will temporarily impair his vision, so you can then follow through with a more devastating tactic or alternatively just get out of harm’s way.

Regardless if its water, alcohol or hot coffee this tactic is extremely effective as it will stun your enemy and give you an immediate upper hand.

This tactic can also be done with dirt being thrown into your enemy’s eyes. Let’s say you are walking late at night down a street and there is someone following you. If you sense something might be up, listen to your gut instinct. Kneel down and pretend to tie your shoe, subtly looking back to see who is there, while you grab some dirt and keep it in your hand.

If there is trouble then throw it into your enemy’s eyes, and follow through. Bottom line is to catch your enemy off guard. Use anything you can to do so, whether it is by using your environment, playing timid or just by attacking in mid phrase. This then gives you an immediate upper hand and puts momentum on your side, and all your enemy can do is go into a defensive state.

**5**

**There's No Such Thing As A Dirty  
Fighter...Only An Educated One**

In my system our motto is **“There’s no such thing as a dirty fighter, only an educated one”**. The bottom line is to take out your enemy using any type of cheap shot, low blow, because anything goes! This is the mindset you must possess to survive in a violent street attack. In the previous chapter under the “surprise” section I gave you some simple examples of how to get the element of surprise behind your attack.

I would now like to go further into how you can execute your physical attack without telegraphing your intentions. As mentioned you want to play as if you are the scared/timid one but in your mind you are triggering your “killer instinct mindset” and are going to attack first, and keep on attacking till your enemy is down and out for the count So how do you exactly go about doing this? Well here are some ways that can help you not telegraph your intentions of attack.

### **“I Rather Be Judged By Twelve Than Carried By Six”**

**Unknown**

**Talk With Your Hands:** Whenever a threat is sensed do not put your hands up and make fists, for body language says more than verbal communication, for you will be broadcasting to the person that you are ready to fight and will lose the element of surprise. Instead what you want to do is bring your hands up to chest level with your palms facing outward and talk with your hands. By talking with your hands your hands are constantly moving so, when you attack in mid sentence your hands won’t telegraph anything because they have been already up and constantly moving all the time. As well by having your hands up at your chest level you will have a quicker response time to block any sucker punches coming your way as your hands are already up.

Hence you have already put yourself in a defensive and offensive position, without even broadcasting any of this to your enemy. In fact you may even have positioned yourself in a superior position than your enemy before things get going.

**Note:** Bringing up your hands is natural due to the Flinch Response. This is a biological unconscious reaction to a perceived threat.

**Attack In Mid Phrase:** Like I have stated earlier you want to attack in mid phrase to give you the element of surprise when you attack. Use a phrase such as “I don’t want any tro. . .” and before you finish saying the word “trouble” attack. Keep your phrase simple and short so it’s easy to remember during an adrenaline dump. Stick with using the same phrase when training and make sure you say that exact phrase every time before executing your tactics.

**Ask Questions:** Humans are creatures of habit and this is where asking questions can help you preoccupy your opponents thought process. Ask your attacker at the stand off a question such as “What’s your favorite color?” or “When’s your birthday?” Believe it or not, the person will instinctively think about that question briefly, when he does attack. Remember if you are going to use this technique while practicing, make it a habit of asking the question and then attacking. We fight exactly like how we have trained, so train right.

**Control Your Tongue:** If it is too difficult to state a phrase or ask a question during a threatening situation then this technique may be better for you to use. Place your tongue up against the roof of your mouth what this will do is prevent your jaw line and face from giving away your intentions before attacking someone. Normally your jaw line and face will tense up (micro expressions) before you attack, which will broadcast your intentions. By placing your tongue on the roof of your mouth it will at least help prevent your facial muscles from tensing.

**Play Timid:** To have the element of surprise behind you, play timid and let your enemy think you’re intimidated, but in reality start triggering your “killer instinct mindset” and are going to attack.

**He Who Let's His Guard Down Loses:** I have given some of these examples earlier in previous chapters but they are worth repeating. Remember you don't need permission to attack someone first. When someone calls you out, and then proceeds to take off his jacket or any other type of clothing, as he is in the middle of removing his clothing that is the time to attack. If your opponent calls you out then turns away from you to walk outside attack him as his back is facing you. You can hit him with your bare hands or grab an object such as a chair and beat him with it. Either way it's all good. If he turns to walk down a flight of stairs, push him down the stairs and continue your assault as he is down on the ground at the bottom of the stairwell.

### **“In A Street Fight There Are No Rules Anything Goes”**

**Surrender:** If the guy manages to get the upper hand, then surrender by pleading with him. Once he stops attacking you and let's his guard down, then attack him. This may be when he is bending down over you as you lay flat on your back on the ground. From there grab a rock or brick or anything nearby and beat him with it, or if there's dirt on the ground, throw some into his eyes. You can also do a take down from this position (more on this in a later chapter), and then go into attack mode. It's amazing how people respond to the word “Stop!” It's so preconditioned in our brains that people actually stop whatever they are doing when they hear that word, giving you time to counter with your own attack.

### **“Self Defense Is All About Survival”**

**Use Your Environment:** Like I have mentioned in the previous chapter under the header

# 6

## **Weapons Use & Improvisation**

In the previous chapter I briefly mentioned the use of weapons and what your intentions should be whenever using or pulling out your weapon. This chapter will go into detail on the mindset you must have when it comes to using your weapon and how to transform everyday items around yourself into weapons of mass destruction making it an equalizer. First I would like to go over how to carry your self defense product or weapon so you have time to deploy it and use it within a split seconds notice.

### **Weapons Are The Equalizer**

The big issue with people and weapons is that they place their weapons in hard to reach areas such as a pant pocket, zipped up jacket pocket, tight holster or carry case or purse. When crap hits the fan and you need to get to it, you won't, because it takes too much time to get to your weapon leaving you screwed and at your enemy's mercy. So if you are going to carry a weapon like pepper spray, have it in your hand ready to use with the safety off. If it's a baton, loosen up the case so you can pull it out quickly.

To become quick at deploying your weapon, practice deploying your weapon while in a squatted position bouncing up and down. This will help you perform the fine motor skill of deploying your weapon during crisis situations. Keep things simple by only having one weapon on you. It is better to master one weapon, for you will be much more proficient using it. When having a weapon at home, keep it well hidden near your front entrance this way your enemy cannot find it and use it on you during a home invasion. Hide weapons in each room of your house, areas that are easy to get to such as under your bed, in dresser drawers or on top of door and window frames.

Several rooms in your home have some of the best weapons. In your kitchen where there are knives, pots, pans, coffee pots, cutting boards and anything else you can think of to bash an intruder's face with. The bathroom is another room that has effective weapons such as aerosol sprays, deodorant and cologne spray canisters, etc.

**Tip:** Whenever opening your door or using a door as a barrier between you and someone else slightly while the ball of your foot is pressed up against the door, and the heel of your foot is on the floor. Your foot should be braced snug against the door so that even if the person at the door tries pushing the door inwards, your foot will act as a door jam preventing the person from forcing the door open.

Regardless of the persons size they will not be able to enter due to the leverage caused by your foot. You now can force the door closed with your hands while keeping your foot in place. Lock the door and call 911. Another good idea is to have a self defense product an arm's reach away from the entrance so when you do jam the door with your foot you can easily grab your weapon and use it on your intruder making it easier to close the door, and call for help.

### **“He Who Deploys & Uses His Weapon First Wins”**

When it comes to weapons selection everyone is different. I personally like the push button baton because it is easy to open and gives me distance from my enemy, so I don't have to enter the kill zone.

## **“Anything Can Be Used As A Weapon”**

It's that simple. Anything can be transformed into a weapon. Here are some examples.

**Shields:** Regardless if someone is punching, kicking, thrusting a knife at you, swinging a pipe or using any blunt object, the following are samples of items you can use as a barrier or shield between you and your attacker and his weapon. You can also then strike him with these items to disarm him.

- Chairs/stools/side tables
- Briefcases
- Books
- Back packs
- Duffle Bags
- Purses
- Stools
- Grocery carts
- Cutting Boards

**Slash resistant shirts** (\$250 per shirt and looks like an ordinary long sleeve shirt).

**Kevlar gloves** (slash/stab resistant gloves allowing you to grab a knife/needle from your enemy).

When using any of the above though, place your thumb at the end of it so it is supported firmly. This will prevent your hand from sliding down onto the blade or losing your grip when holding a pen upon impact with your target. See photo below.



## Keys

When it comes to using your keys there is a common misconception on how to properly hold them. You do not want to hold your key in between your fingers while making a fist because when you make impact on your target, the keys will fold into your hand and will injure your fingers because it is not braced firm enough. Instead you want to hold the key using your finger and thumb this way it is firmly supported and will not injure you on impact. See photo below.



## **The Bottom Line**

- Always carry a self defense product or weapon on you it's an equalizer.
- Have it easily obtainable and ready to use.
- Practice deploying your weapon.
- Make sure you have the right intentions when deploying out your weapon or your weapon will be used against you.
- Scan your environment to see what you can use as a weapon.
- Anything can be transformed into a weapon.

**7**

**L . E . A . C . H**

**The Best Targets To Attack On The  
Human Body**

**L.E.A.C.H** is the name and acronym that we use in my system that focuses on the targets that we attack that causes a domino type of effect to the body and takes the fight out of your enemy just like a leach takes the blood out of its prey. These targets also have the least amount of variables to them, so you are guaranteed an anatomic response when you strike them.

In my system, we focus on “targeting” not on techniques for the simple reason that it is extremely difficult to perform a set pattern of techniques in a step-by-step manner on your enemy in a real life threatening situation. Instead we focus on hitting specific targets on the body in any way we can that will create our desired response.

So regardless, if you strike a target using your hand, leg or an item such as a chair, pipe or drink you create a domino type of response within your enemy’s body. This will stop him dead in his tracks allowing you to follow through with a more devastating tactic or to get out of harm’s way. Think of it this way you want to attack with power (striking weak points) and with quickness (being offensive & having the element of surprise behind you as mentioned in the previous chapters). Bottom line their will always be someone who has more strength and speed than you, by focusing on “power” and “quickness” instead of strength and speed will even the odds in your favor.

Now before getting into the areas of the body to attack I would like to go over what you should state to law enforcement if you ever have to use violence to protect yourself.

When speaking with law enforcement always state that you feared for your safety and life, and that is why you took the measures that you did. So when authorities write out there report it tells them that you thought your enemy (say attacker) was going to kill you which made your use of force more reasonable. After making this statement, ask for your attorney and say nothing else for you can dig yourself in a deep hole in your case if you say something wrong especially while coming down off an adrenaline dump. Let your attorney do the talking for you. He knows what to say and do.

Like I stated earlier, in my system, we do not focus on techniques, but instead focus on hitting specific targets that cause an anatomic response to your enemy's body. You will notice I do not mention the groin area. The reason behind this is the fact that people naturally tend to protect this area. Also a clear path to this target area is usually obstructed by clothing, the upper thighs etc. But if you have a clear opening then hit, grab or bite this area.

**Note:** Most people strike then remove their body part that they hit with quickly away from their enemy's body. This does not allow the force of your blow to damage your attacker's body. Focus hitting through your enemies body and let the body part that you hit with remain on your attacker's body for a slight second after impact.

So, what are the most effective targets to attack on the human body which will have the least amount of resistance and variables when hit?

## **L = Legs**

### **Shins:**

There are a few areas on the legs that we attack. We attack the shins because there are countless nerves in this area. We all know what it feels like to hit our shins against a bed post or coffee table leg.

It hurts like hell! Now, imagine someone kicking you full force with a steel toe boot or shoe on. That will hurt ten times as much as when bumping your shin against a piece of furniture - even for someone that has conditioned shins.

**How To Attack:** Curl your toes back so the balls of your feet make impact when you kick the shin. Some people find it more comfortable to kick with the inner side or blade of the foot or using the heel of their foot. Whichever you choose it doesn't matter just as long as it feels comfortable for you. When it comes to low line attacks it takes more time for the brain to register and block a low line attack than a higher attack. See photo below.



**Note:** Focus on kicking through your target so your foot ends up where the target once was this will drive your momentum forward making your kicks more powerful.

**Defense From Low Line Kicks/Attacks:** When blocking low line kicks, block the kick using your foot or knee that way you strike your enemy's shins, slowing him down and then you can put momentum on your side.

Like I said, do what works and what will be comfortable for you. Even if you miss blocking the kick and your enemy strikes your leg it will be less impactful due to the fact that the muscle in your leg is shorter due to having it bent upwards. Also your groin is instantly protected when executing this tactic. Another tactic that you can do is to push or sweep the leg that's kicking you to the side with your lead or rear foot. See photo below.



## **Outer Thigh:**

Another part of the leg we attack is the outer thigh. This when hit causes a Charlie horse type of effect making your enemy weak on his leg slowing him down and causing severe pain.

**How To Attack:** Knee the outer thigh in close quarter situations. If you are in a grappling situation, elbow, hammer fist or attack the outer thigh anyway you can. See photo below.



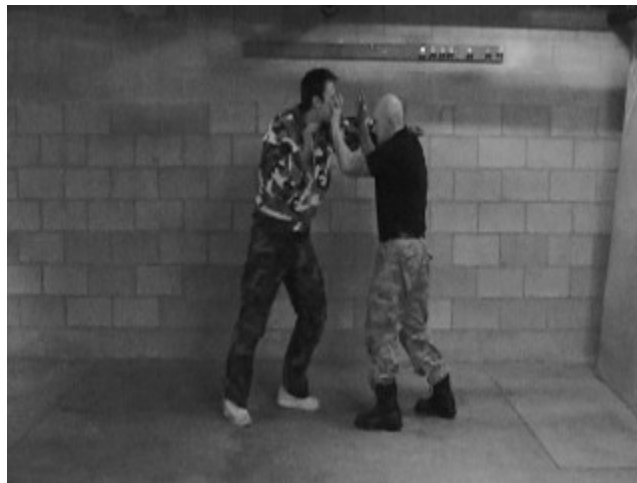
**How To Counter:** If someone is trying to knee you immediately place your hands on your enemy's

## **E = Eyes / Elbows**

### **Eyes:**

A person who cannot see cannot fight plain and simple. Your enemy will not be able to block your blows or attack.

**How To Attack:** Press your fingers above or below the eye socket area of your enemy. You can also finger jab the eyes by spreading your fingers out and slightly curving them firmly that way if you miss the eye's you won't injure your fingers. As well this will cause you to palm your enemy's nose at the same time activating his tear glands as you attack his eye's with your fingers. You can also throw a drink into your enemy's eyes to temporarily impair his vision. See photo below.



## **A = Airway**

A man who cannot breathe cannot fight. Strike the throat and all your enemy will do is gasp for air. All his focus will be on trying to regain oxygen to his lungs removing his focus off of you. When dealing with individuals under the influence of drugs the only thing that will take the fight out of them due to their high tolerance for pain is to choke them out. Chokes cut off blood flow and oxygen to the brain making your enemy go unconscious.

**How To Attack:** Strike the area by either punching, chopping, pressing, strangling or grabbing the throat area. As well you can perform a choke to render your enemy unconscious instructions on how to choke will be included in the next chapter. See photo below.



**Defense From Throat Attacks:** Tuck in your chin and bite your enemy's hand or arm.

**8**

**Cheap Shots, Low Blows Cuz  
Anything Goes**

In a violent situation the person who throws the first blow and continues with that momentum wins. Research has shown that in a self defense situation those who fight back survive and stay alive. Now I have mentioned previously in Chapter 4 “The Six S’s of Street Self Defense” under the section called “surprise” how to get in the first blow. Now I would like to give you some other suggestions on what are the best first blows. First I would like to remind you to keep tactics simple, similar in movement from one another and personalize them to suit your body type and the way you instinctively move.

How I execute tactics will be completely different from how you do things for the simple fact that we are not the same person. We are most likely different in height, weight and we instinctively move in different ways from one another. Also keep in mind that during combat, all you have time to do is respond and react to the stimuli that comes your way. Your tactics will be sloppy, so don’t try executing clean, crisp techniques. It’s not about how beautifully executed your technique was performed, but about doing what you have to do to survive.

**“Self Defense Should Be Called Self Offense...  
You Need To Be Offensive To Survive”**

Remember to attack in mid phrase or when your enemy is preoccupied with something so you have the element of surprise behind you.

### **Best First Strikes:**

You want to stay at least five to ten feet away from your enemy so you can see his attack coming then close the distance with one of these tactics.

## **Eye Gouging/Jabbing:**

As previously mentioned in ‘Best First Strikes’, you can finger jab your enemy’s eyes to temporarily impair his vision. You can also press inwards violently into the eye ball area, or press down either above or below the eye socket.

**Myth:** The theory of eye’s being too hard to attack due to how the eyes are set on the face is completely false. Ever notice how easy a child can poke your eye when you’re holding them. Also take a look at how many eye injuries are reported in emergency wards.



## **Dealing With Multiple Enemy`s:**

When it comes to dealing with multiple enemy`s, there is a lot of theory on it, such as standing directly in front of your two enemy`s, hitting them both in the throat at the same time, then running away or following up. The problem is that this tactic may work if both your enemy`s are standing completely still and are the exact same height as one another. If not, it`s not going to work for you too well.

What I teach is to

# 9

## **Weapons Disarming**

When it comes to someone pulling a weapon on you I always tell people to get out of the situation without getting physical or to comply with your enemy's wishes such as giving him your wallet because money can always be replaced where your life cannot. Sometimes though what our enemy wants is sometimes too much for us to give him such as our life or performing a sexual favor. In those situations the only option we have is to fight.

Now there are a ton of different tactics when it comes to weapons disarming out there. To put them to the test use the training suggestions that I gave you in Chapter 2 Practice Doesn't Make Perfect, Perfect Practice Makes Perfect under the "Weapons Disarming" section to see if the tactics you are using will actually work. Twisting movements when it comes to weapons disarming is only effective if your attacker is holding a weapon loosely with one hand. No one holds a gun or knife that loosely for you to simply twist the weapon out of their hand. If an attacker is holding their weapon with both hands their grip is too powerful to execute a twisting tactic successfully.

Here are a few things to remember when it comes to weapons disarming.

**Keep It Simple:** Like I stated earlier in this book (K.I.S.S) Keep It Simple & Similar. Keep your techniques simple and similar in movement from one another using gross motor skill tactics which I will get into later on in this chapter. When a weapon is pulled out a lot of times you won't be able to remember your name. For most people if they can control their bladder when someone points a weapon at them without peeing or crapping themselves they have done a good job. So this goes to show even the simplest of tasks aren't so simple any more when you fear for your life.

## **Dealing With Knives:**

Always be offensive even while blocking. The longer you wait to move in the harder it will be for you to control the situation because the more injuries you will then sustain, and your enemy will grow stronger and faster with each slash and thrust of his blade.

## **Artery Protection:**

- Tuck in your chin so your throat does not get slashed
- Never expose your inner wrists always use the “forearm shield” more on that later in this chapter.
- Stand at a slight 45 degree angle so the arteries on the inside portion just above your knees does not get punctured.

## “A Knife Has An Endless Supply Of Ammo”

**Use Your Environment:** Make life easier for yourself, grab a chair if your enemy has a knife use it as a shield between you and the knife and hit the hand holding the weapon with the chair to disarm your enemy. See Chapter 6 Weapons Use & Improvisation regarding other items that you can use as a shield.



## **How To Spot A Concealed Weapon:**

Here are some ways you can spot or pick up signs that your enemy is carrying a concealed weapon.

- **Wearing a concealment garment such as a jacket** when it is noticeably too hot to be wearing clothing like that.
- **Wearing a coat that is unzipped** when weather is cold.
- **Wearing a shirt with the tail out** and or only buttoned near the top.

**Note:** Most thugs do not carry a gun in a holster. The most common method of carry is to slip the gun inside their waistband near the front pocket of their pants or in the small of their back.

- **Repeatedly touching the area** where you would likely carry a gun to adjust it when walking.
- **Keeping one hand in the pocket** to keep the gun stabilized or to camouflage the print of the gun through the clothing.
- **Pressing a hand against clothing** in an attempt to stabilize the gun when running.
- **Your enemy only swings one arm** when he is walking towards you, using the other arm to stabilize the gun or to prevent concealment garment from opening.
- **Your enemy looks down quickly** to where the gun is concealed and moves his hand towards it.
- **Look out for clothing that tugs more to one side** because of the weight of the firearm pulling on it.
- **Watch the centerline of the pants in the crotch** or buttock area pulled excessively to one side due to the gun being placed inside the waistband.

- **Look for bulge under his clothes** in the waist area.
- **Observe bulky pockets.**
- **Look out for the imprint of the shape of the gun** against the clothing or actually seeing the gun.
- **Listen for the sound of something solid** (the gun) striking a door frame or counter when your enemy is walking towards you.

**Remember:** Situational awareness is one of your greatest weapons along with your mindset, for if you can see a threat coming, you can either avoid it or respond to it.

## **The Bottom Line**

- Be offensive, it's the last thing a person expects when they're holding a weapon at you.
- Control the hand holding weapon, then either bite or slam hand holding weapon or do both to disarm your enemy.
- When dealing with knives, protect your arteries.
- When dealing with guns, control the muzzle direction at all times.

## Conclusion

My goal with this book is to have you the reader begin thinking for yourself when it comes to your own personal protection. There's only one way to fight and that's your way. Self defense cannot be generic it must be personalized to suit you for it to work. Pick and choose what you want from this book and leave the rest behind. You will find that when you do scenarios with a partner you will instinctively do certain things. This is the way your body naturally fights. From their put together your own set of tactics that focus on a few targets that work best for you so you create your own customized combat self defense system.

Remember it better to master only a few tactics that you do exceptionally well then to know a thousand tactics that you are only half assed at executing them.

Thank you for reading and remember...

There's no such thing as a dirty fighter... only an educated one.

Norm Bettencourt

**TO ORDER OTHER  
TACTICAL SELF DEFENSE PRODUCTS...**

**SUCH AS:**

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