

Combat Self Defence



Part 1 - By Grandmaster Dr.MAK Yuree

“The Methodology Behind Handgun Disarming”

Don't move or you're dead meat mate! That may be the first words you hear as a gun barrel gets shoved into your neck. It will be a shock and there is nothing like the feel of cold steel to bring you to attention and heighten all your senses. The tingle and sudden impact of barked orders as you are instructed to hand over your possessions or to get prostrate is a sequence of events that will bring clarity to your mind like nothing else can.

What do you do now, comply, fight or flight? Hold on I hear you say, this never happens in my street! Well the fact is, in England, it is now happening more frequently than is reported.

“The gunman is believed to have been sitting in the back of a black, Northern-registered Volvo car when he produced a handgun and shot the two men in the head”.

**-Thursday, July 09 2009,
THE DAILY INDEPENDENT**

It would be really useful to you, should this happen, if you were acquainted with the Combat Self Defense (CSD) methodology behind handgun disarming when/if faced with such crucial life & death situation.

People who use guns, the motive behind why they use them or why they have picked you, is the key factor to be considered here and is a vital part of your disarming strategy. Some street robbers are happy to leave their victim unharmed after their

attack and some may just shoot for kicks.

A handgun is defined as;

“A weapon capable of firing a projectile and using an explosive charge as a propellant.”

The definition of the word Disarm is best summed up as;

“To deprive of a means of attack or defense”, (literally, to divest of arms, from Anglo-French desarmer, from des- dis- + armer to arm).

Handguns have been in use since 1374 in Great Britain and guns turned the world of fighting upside down taking the skill out of using bladed weapons, shields, armour and Long bows. It was a great leveler; a common man could take down a rich man wearing armour sat astride his horse with nothing but a handgun. Even the most skilled sword fighter could now be taken down with one shot. This was aptly demonstrated by the character Indiana Jones against a swordsman in a scene in one of his movies. Though I jest, it is not the weapon itself that kills or maims, it is the person using it and also what their intention or purpose actually is for using it?

History has clearly demonstrated over and over again that firearms use can be used for both good and evil



purposes. Is it an offensive strike or a defensive rebuttal? This debate is still being had today, even in this, the 21st Century.

The difference between now and previous centuries is that at one time killers were executed. Today life takers and family heartbreakers are serving on average less than 14 years for murder.

Giving the attacker the right to kill you, with impunity, with respect of his/her own life expectancy being shortened by the state, has resulted in disarming methodology coming onto the scene quite late in the 20th Century. That is certainly the case for law enforcement, it has only appeared within the last 30 years.

This is an instructional article, being depicted in the light of approved system of RAAT (Restraint And Arrest Tactics) a specialized wing of CSD reality based Personal Protection System. Committed to ensuring personal survival in deadly and violent street combat situations. Handgun disarming has two interrelated aspects (A) physical Techniques & (B) Psychological strategies, in particular, those that involve fire arms and assaults with deadly weapons. RAAT system has been developed combining both the aspects for Law enforcement officers and security personnel, but the system and its techniques can be learned by people from all walks of life who are prepared to put in the commitment to learn the CSD system as well.

There are Six types of handguns:

(1) Historically common single-shot pistols/sawn off shotguns (2) Multi Barreled Pistol. (3) Revolver (4) Lever Action Pistol. (5) Semi-automatic pistol. (6) Machine Pistol.

However the two most frequently used are handguns, Revolvers and Pistols and CSD concentrates on these threats. Handguns are often considered self-defense weapons for accurate use up to 50 yards (46 m).

The CSD method follows the KISS principle (Keep it Simple Stupid). Easy to learn basic principles, underpinning techniques, and, like all the CSD methods are about drill and practice, giving confidence and automatism to well drilled and practiced actions. CSD is based on the principle of last resort combat defense and only where life is endangered, be it your own or that of a colleague or member of the public. It

gives the user of the system the advantage of being ready to take the initiative at the first opportunity, and the ability to execute a series of moves that will overpower and render the attacker compliant or left in a state of dazed confusion! The amount of reasonable force that can be used by each technique can be ratcheted up to match the threat or circumstances of the situation.

The CSD personal protection system was developed to give people the skills and confidence to disarm attackers whether armed with offensive bladed weapons or firearms. In the disarming technique, CSD uses a reasoned approach, based on calculating the situation and balancing it against the success of the combat strategy used.

More over the handgun threat can occur from basically three different levels of the body;

- 1.Upper level,
- 2.Mid Region,
- 3.Lower level of the body from three

- 1.close range,
- 2.Mid range and . . .
3. Long range.

Besides, the threat can be posed from basically four different angles;

- 1) Front side,
- 2) Back side,
- 3) Right side and . . .
- 4) Left side as well.

Considering the level, distance and angle, you have to practically analyze and counter the threat whilst



conduct the disarming procedure precisely. The action must neutralize both the threat and the attacker. Whenever confronted with the threat of a gun, deal calmly and intelligently. Any inappropriate action or attitude may lead towards a violent consequence potentially causing death. At all times, communicate with them in a submissive and quiet tone, be calm clear with your words. Use only slight movements, if you need to move ensure that you tell them what you are about to do and the talk to them as you do move. This will also help to break down their concentration or overwhelm their senses as they will have to take in information and process it, again giving you a momentary advantage to move.

Next Month; The 12 pillars of firearm, disarming, recognizing different guns and how to deal with your own doubts. (On sale August the 27th from WH Smith and all good newsagents.

For further detail please visit: www.combat-selfdefense.com/founder.html Or Telephone ; 07799-15-0506 or 0800-2550-CSD. Official Website : www.combat-selfdefense.com

