

## Podcast #179 – Dominate Any Attacker

**Jeff:** The dominant position, you hear it a lot in mixed martial arts circles. It refers to the fact that when two people are fighting each other, and they're clinched up, one of them is going to be in the better position to exert control over the other. In a standing clinch, for example, the dominant position is the guy whose arms are on the inside, where he can bring his weapons to bear onto the opponent. On the ground it's often, but not always, the guy on top.

In real life self-defense it's the guy with the initiative, the guy who is setting the pace and the terms for the altercation. That's why some instructors talk about attacking the attacker. Because it's about taking back control, using leverage and ultimately controlling and dominating the other guy, either with vicious force, appropriate technique, superior aggression or some combination of these.

That's all fine in the realm of theory and in the world of YouTube videos of folks performing mock attacks and defenses on mats in nice, clean gyms. But what does it mean for you in the real world of self-defense and violence? How do we dominate and control an attacker? Well, that's what we're here to find out.

Hello, everyone. This is Jeff Anderson, Editor for *Modern Combat & Survival Magazine* and Executive Director of *The New World Patriot Alliance* with another podcast to help you better prepare for any threat you may face in your role as a protector and a patriot.

Joining us today is an old friend, and one of the most credentialed use-of-force trainers in the United States and high-end protection detail operators, Mike Gillette. Mike, welcome back to the program man.

**Mike:** Hey, Jeff. Good to be back.

**Jeff:** Good to see you again. Listen, everybody. I've known Mike for a long time, and he's one of the guys I truly admire in this business as someone who really walks the talk. He's a former Army paratrooper, SWAT Commander and Chief of Police whose unique training and background also made him one of the most credentialed executive protection specialists around for several high ranking CEOs and celebrities. To learn more about Mike and his training go ahead and visit him online at [www.MikeGillette.com](http://www.MikeGillette.com).

Mike, I know that the subject of controlling an attacker, especially standing up, you talk about grappling and things like that, it becomes its own animal in and of itself. Being able to gain that control. One of the first things that we talk about is how you set yourself up to dominate your attacker, or what you might do to maybe set yourself up for defeat in a way.

**A lot of that comes just from that interview standpoint, where the attack hasn't happened yet. It's usually you and an aggressor, an attacker, whatever. Maybe it's a heated argument or something like that. Maybe it's the bully at the bar. Whatever it might be. Including—it might even be potentially two or more attackers—how you position yourself in relation to that person gets to be really important.**

**So the first thing I wanted to ask you was, if we're trying to dominate attack, we're trying to control our attacker, make sure that we have that offensive advantage, what should I be doing in that interview stage, in that escalation stage where—hopefully I'm able to stop the fight, but if I can't I want to be best positioned to be able to control my attacker when the fight goes on. So what are some of your best tips for positioning yourself, so that you have that best advantage?**

Mike: Jeff, your setup to that was so detail-rich that it almost answers some of its own questions. That was really good. The context of the question is obviously self-defense versus anything that is sportive or something that's—you and I are just going to work through some stuff at the dojo.

The unique premise of an attack is the unknown. That's really the unique variable. The unknown may not make itself known. It may not become knowable for awhile. It may make itself known very quickly, and that's if the attacker actually shifts into the physical part of the attack. I'll say that the attack is frequently underway well before we're aware of it, or oftentimes before we're even aware that there's another person, that there's a situation unfolding around us.

So the dominant position conceptually, Jeff, I think it's the information-gathering phase of the situation, which you referred to as the interview, where perhaps our bad guy is deciding is this someone that I can take, is it not. And if yes, when? Conversely, you're having your own internal sort of checklist that you have to look at. Is this somebody who I think is going to try to attack me. And if so, what am I going to do about that?

So the dominant position, I believe, in that sort of interview phase, is you being balanced so that you are afforded, mechanically speaking, the most potential options. You are in a position that allows you to protect yourself, so hopefully you can get your hands in action from a posture that does not look overtly threatening. At least it won't look overtly threatening to other people. Any savvy bad guy knows when your hands are up. They're going to have a sense of that.

The dominant position becomes the dominant position when it's time to dominate the subject, and that's sort of the crux of all of this. The way that we dominate, beyond just my arms are outside, my arms are inside, your hips are higher, my hips are lower, beyond just those simple sort of physiological relational components of it, is the psychological component. The important process that we need to initiate on our way to assuming the dominant position—because the dominant position is not just—it's psychological and it's us communicating to the attacker. You communicate to your

attacker one of two things, and sometimes those two things are simultaneously communicated.

The thing that you seek to do is reverse the mental orientation of the attacker. If I've got an attacker, he's standing across from me, we're in the hypothetical bar that's always used as the example. So we're in the hypothetical bar. He's looking at me. He's been sizing me up for awhile, for whatever reason. He's focused mentally, completely on me. So long as he's focused completely on me I'm at a bit of a disadvantage, because he becomes the catalyst. He becomes the initiator, even before he's initiated anything. Things are in motion, psychologically speaking.

So what I have to do is I have to reverse—I have to undo that sort of mental orientation, that relationship in which he's perceiving me. So I can do that one of two ways. One way is a much higher level. One way is pretty freaking simple. The way that you make the attacker stop thinking 100 percent about you is by making them think about themselves, and the way that you do that simply and quickly is to hurt them.

Pain is the universal language. Pain, that's something that everyone understands. So you "enter with pain". That's something I learned many, many years ago from a famous JKD instructor, Larry Hartsell. That was a phrase that he would use. He was a scary dude, and he would enter with pain. Meaning the first thing that happened is he hurt you, and then he just continued to hurt you, and then he would tie you up like a Christmas present on the ground. So you enter with pain. You do something that causes—some type of pain response which changes the psychological sort of framework of what's happening there.

The higher level version gets more into the whole notion of subject control, mechanically speaking, is you take away somebody's balance. You make them worry about falling. Anybody who's in the process of falling, or is suddenly being held by you in such a way that they know that if you move just a little bit, or let them go, they're going to go crashing to the ground, you have their complete attention.

That's a really strange—effective and it's high level. It's hard to do. But suddenly they become dependent on you not to hurt them, which is a pretty interesting position to have somebody, if you can, if you have the technical wherewithal and the timing and the good fortune to have gotten to that place.

**Jeff: So in your work—especially as a police officer you've had to deal with this, with executive protection you've had to deal with this, where you've got somebody in front of you that you don't know what they're going to do. I know a lot of times officers—**

**I guess one thing, we have a lot of people who are concealed carry. So it seems like also with the stance that you take—if you are carrying concealed, do you blade your body so that the firearm is further away from them, so that maybe you can hold them back with one hand. Maybe you can get to the firearm with one**

hand, your other hand, while you're whatever. That's debatable as well. But some of those positionings, like the special recognition that you have of where you are in relation to that other attacker, seems like that blading might be part of it as well.

The other thing that I always think about, if we use the bar for an example, is how close are you, or can you position yourself maybe near a chair or something. If I need to, if things start to go down or whatever, flipping a chair down in front of me, or into this guy, or flipping over a table, or something that I can do really super quickly that all of a sudden he has to react to that might open him up, also seems like it might be part of the superior position.

But it requires a lot of mental thought. Right? That takes a lot of mental gymnastics that you've really got to kind of be—like you said, it's very psychological. Domination is psychological, as well as physical. You can almost count on—unless you're up against somebody who has heard this podcast, all of their stuff, and maybe is more educated than the other person. They're focused on the argument. Right? But we're trying to get people to the level of awareness like, okay, this might go south. And if it does, in order for me to dominate this guy there are some things I need to think about now. Like you said, there's this little checklist that goes down.

But that's a really good synopsis of how you've got to start the altercation with dominance. Then you said there's other things you might have to do, based upon what that person does when you're conscious of it.

So Mike, let me ask you this. One of the things that you talk about. You have a new program out that shows people a really fast way to be able to defend themselves without massive hours in the dojo. You realize that there are a lot of people that are really challenged, especially time-wise, as well as money-wise, to be able to learn how to defend themselves. You've got a new program for that. Subject control is one of those bonuses that comes with the program as well, and that video.

So one of the things that you talk about is the science of leverage, and being able to use the science of a leverage when you actually make physical contact with somebody, whether it's you've got to really pound this person to be able to stop them, or whether it's, as a friend of mine says, drunk Uncle Albert at the family picnic. Whatever it might be, the science of leverage can really be your friend if you use it right. So can you talk about that? What are some of the ways to use the science of leverage to your advantage to dominate your attacker in a fight?

Mike: Okay. That's a great question. Can I revisit one thing about dominance?

Jeff: Sure.

Mike: You made a comment that I thought was really interesting, when we were talking about that hypothetical bar. Things like a chair, some sort of object, just being mindful of those

things in the environment. That made me think of analogy. If you're flipping me a bunch of verbal nonsense—and as you even intimated. Everybody gets wrapped up in the argument. Everybody gets all caught up in the immediate emotion, and the gesturing and whatnot. It's always important to remember that the argument may simply be another roose. It may have never been about that.

If I'm the bad guy using emotional excitement, basically to fill you up, you're so cognitively overloaded, because stress does that, noise does that, profanity does that, a sudden closure of distance. All of that is a lot of stimulus, and you're trying to sort all of that out. And as you're sorting it out you are much less effective in reading my body language if I'm the bad guy, or seeing my setup before you get sucker punched, those sorts of things.

It's very, I think, typical for us to think about a dominant position or an advantageous position in the context of that moment. But your example, Jeff, of the chair. And the chair could be any field expedient object in the environment that we might be able to use to create distance, or even to smack somebody. If we liken dominance to a deeper process. It's like chess. If you're a great chess player and I'm a mediocre chess player, you're going to dominate me well before I'm aware of it, because I don't really have the tools to assess what's happening to me. I'm not going to know until the game is—it's like checkmate. Oh. I guess I lose. I had no idea. That was fast.

The chair is the same thing. The chair, or other objects, being aware of where the doors are, is the floor slick, or is it slick right there. Can I move him just by kind of sidestepping over here, so that if he tries to make a move he's going to be doing so on that wet portion of the floor surface? That's chess. That's high-level thinking. Really assessing the environment and understanding how to use the environment ahead of time before the thing happens, if the thing happens. If the thing never happens, great. All you've done is just polished your skills without having to go through the stress of actually applying them. Did that make sense?

**Jeff: Yeah. It makes total sense. So now the science of leverage. How can someone use a—that's right. My original question. But getting to the science of leverage. Because we see this a lot. I'm going to ask you about larger attackers in a little while here. Leverage is—it's a scientific principle. Right? You can move bigger objects with leverage. But do you know simple ways, without somebody having to go and really study this? The master of the arts, or Aikido, or whatever, they're leverage-based arts. Are there simple ways that people can grasp that concept of using leverage in a way to dominate somebody?**

Mike: Short answer, yes. Longer answer, yes. And here's why. Did you want to talk about takedowns, or did we want to save that for another question?

**Jeff: We can talk about takedowns. Because you use leverage a lot of times. Not just for control, but also for takedowns. So yeah. So if that's a part of how you use**

**leverage, if somebody can use their advantage to dominate them, yeah. Let's go ahead and talk about it.**

Mike: So as you indicated, I have a set of material that we just released. End-to-end, it's nine-and-a-half hours of content. As you pointed out, the overwhelming majority of the material is designed for people where this may be the first time they've ever been presented with any information whatsoever. So the techniques are designed to be as simple as they can be and the application's very clear. There's additional sort of contextual information, protecting your children from abduction, what to do if you're suddenly in an active shooter situation, those sort of circumstantial situational situations.

I did get to, within those nine plus hours, a presentation on subject control for the drunken uncles of this world, and those circumstances where we want to be able to ideally take care of a situation without anyone getting hurt. There's even an expanded presentation on breaking up a fight, which is more like you trying to keep a buddy out of trouble. It's not like you suddenly becoming a vigilant do-gooder who just inserts themselves into all kinds of crazy situations, which is not advised if that's not your job.

So leverage. The simple way that I look at leverage is not—you used the Aikido example, which that's a deep art. You have to have a lot of time invested in it to really make it work, which is not to dissuade anyone from training in Aikido. Aikido's pretty cool. But you have to understand what you're getting into.

In a simple way—leverage as defined by Mike Gillette is really understanding the nature of people's balance, and how to look at somebody in the way they're standing, and understanding how that stance is strong and how that stance is weak. That's something that really sort of exceeds my ability to explain without benefit of physical demonstration. But understanding that that is looking at how people stand and conjecturing something hypothetical called—it was introduced to me as a **fall off**. Understanding this invisible line that runs from heel to heel. If you move perpendicular into that line. that's going to be the easiest way to put somebody off of their feet.

So leverage in that case, we're not talking about locking up arms or shoulders or anything like that. Leverage in that example is what I refer to as postural leverage. I define leverage as something that can either be structural, meaning we're manipulating the skeleton itself, which is Aikido, Jiu Jitsu, Hapkido, all of those sorts of joint-locking arts, if you're really good seemingly, effortlessly move this guy from point A to point B, up down all around.

But knowing how the body folds, how it folds at the hips, how it can fold by controlling the head, which is the simplest way to do it and the fastest way to do it, and the way that I typically teach the most frequently because it's pretty simple and you don't have to have a lot of background to make that work. But the physiological premise of a lot of controlling a person's balance by controlling their head, those concepts show up in the deep arts, the Jiu Jitsu, the Aikido and so on.

So in Mike Gillette's sort of lexicon of combat, leverage is an exploitable thing that can be utilized by either manipulating the skeleton, by taking slack out of the joints, which is your classic Jiu Jitsu approach, or simply manipulating the body, based on your position relative to it.

If you think about how you might have tripped a classmate in elementary school, based on where you put your foot behind them, and pop your arm around the front of their chest, and push and sort of direct them down, that's leverage, currently applied, but nonetheless still effective.

**Jeff:** That's an interesting perspective, I think, on leverage. Because most people would probably think like you're saying, with the joint locks, almost like you've got a lever that way and things like that. But the other kind of factor in that formula really is balance. Because if I took a 300-pound guy in front of me, okay, if I can grab onto his hand, and I know how to do a joint lock and I do that, then that 300-pound guy, yes I can use leverage of those joints to take him down or whatever I want to do, but he's still a 300-pound guy with an arm the size of my leg, and it's going to take some effort there. I know a lot of people talk—right.

But if he is off-balance, that reduces the amount of physical leverage you would have to do with gaining control over that person, it seems. That's an interesting aspect that I'd never really thought of when it comes to leverage in a real fight. So that's awesome.

**Mike:** Go ahead with the next question and I think we'll probably converge.

**Jeff:** All right. Actually, we're about ready to switch over to a commercial break now. So listen, everybody. We've been talking with Mike Gillette of [MikeGillette.com](http://MikeGillette.com) about controlling your attacker in a real fight. Obviously we have a lot more coming up, including how to manhandle a bigger, stronger aggressor. Which we've been talking about already, but I'm sure Mike's got a few more tricks up his sleeve. Then also training for subject control, tips and tricks to master this critical self-defense skill. But first, check out this special message.

Okay. We're back with Mike Gillette of [MikeGillette.com](http://MikeGillette.com) talking about how to gain dominant control over an attacker in a real fight. We've got a lot more to get to, so let's go ahead and jump back in now.

Mike, even when it comes to mixed martial arts and things like that a lot of times there's weight classes, like in sport martial arts there's weight classes and things like this. It's always the biggest question that people have. If I'm facing somebody who's a bigger, stronger attacker than me, then what chance do I have and how do I take this person out?

In this topic about subject control and dominating your attacker, obviously this is something that we have to really explore a lot more. You have something also. I don't know if you want to bring this up. But one of the things in your new self-

**defense video program is something you call the “axis technique”. I’m not really sure what that is. But in relation to this, if it comes into play, I’d like to know more information that you have about how to dominate your attacker that’s bigger and stronger than you in a real fight.**

Mike: There’s a lot there that’s really important to talk about. That’s good. The bigger, stronger attacker, of course in a competitive context we’re matched up size-wise. The other thing is we’re matched up in terms of our knowledge base. It’s very seldom, on the mat, in the cage, in the ring that one fighter completely pulls out something that the other fighter has never seen before. You’d have to go way back to the very early days of the UFC when it was just kind of the stylistic free-for-all and maybe the sumo guy had never seen Thai boxing before. But those days are long gone. Everybody knows everything, if they’re a competitive fighter.

The only time we still get into sort of gaps of knowledge or knowhow, thankfully, are in the real world, the non-sport world. Which means that the more you know the better off you are, because the odds of you getting attacked by a professional fighter are infinitesimal. A lot of street attackers are not trained. They are experienced, and they may only know one or two things. But enough conviction one or two things can serve you well, particularly if you’re a bad guy element of surprise, all those things.

So we can reasonably assume still that if we’re going to encounter trouble, physically speaking, that it’s going to roll down from a larger mountain than the mountain that we are. When I was a cop many years ago, I was just as average-sized then as I am now. So if there were several cops that just showed up at the bar fight, and if I was the smallest one, which was pretty typical, where do you think the attention went? If you’re going to fight a cop, you’re probably going to pick a smaller one. Right? So I speak with some experience of being the guy looking up at the bigger guy.

How we incorporate these notions of leverage, or understanding balance and bounded position in those circumstances, is a little bit different. It’s important that once you decide to take action, you take action decisively. You communicate clearly and immediately with the opponent, and you do so by inflicting some type of pain. But if you’re going to inflict pain on a larger opponent, I like to think in terms of inflicting pain in such a way that we’re not just overwhelming that person’s nervous system with all of the stimulus that pain is, but also the uncertainty of stability.

We can take away someone’s balance, even for just a brief moment. It creates that quick sense of panic, where the biggest priority to anybody who’s suddenly off-balance is reestablishing balance. Nobody really tries to fight when they’re off-balance. The first thing they do is they try to regain their footing, get their head over their hips, figure themselves out. That can happen all very quickly, but that’s a brief moment where you have their attention focused on something that isn’t you. That’s a great time for shot number two and shot number three, and perhaps a hasty exit.



So what that means in application, Jeff, is if we're going to give a shot to the larger opponent, I favor something that's very old school. Kind of World War II **combatives hero**. The ubiquitous chin jab, where that hand comes up from underneath, which is also great because visually it's very hard to track anything that comes from below and respond to it in a timely manner. Then you just quickly strike into the chin and violently hyperextend the neck.

That can be a very devastating shot because that quick whiplash effect is inordinately painful and it has a sort of brief stunning effect to it. Of course if you have somebody's head completely leveraged back, if you're positioned right you can actually take them down. You can take them down in that shot if you're really quick and if you're really lucky.

Typically in a demo I'll get a very large person, and it's when I'm teaching what you just alluded to a moment ago, the axis technique, that I explain this concept, by taking slack out of the cervical vertebrae and hyper extending the neck. I can take two fingers and hold somebody by the forehead, and if I've got that head tipped all the way back they can't stand back up, even if they're a really big, strong guy.

That's sort of the demonstration that segues into teaching the components of the axis technique, which gets also into what I refer to as the takedown formula, which is something that I developed back in 2000 when I was tasked to create a state sanctioned bouncer training program, which was in response to an unintended death of a bar patron that resulted in a court case that generated nationwide attention.

**Jeff: Something you brought up I thought was really interesting. Especially when people are talking about, when we talk about pain, how do I hurt this bigger attacker in front of me. It's easy to understand, okay, well they have parts of their body that are going to hurt just like anyone else. The testicles, there's no machine I've seen at the gym to build up your testicles. Not that I know of. Right? So there's that aspect of it. Right? I've been looking for one. Trust me. People can understand that. Like, okay, yes, I can hit there and no matter how big he is it's still going to hurt.**

**But something you said I thought was really interesting. Because the counter to that argument is, what if they're hyped up on drugs. We always say, what if they're on PCP? I don't even know if they have PCP anymore. But they always say, what if they're on angel dust? Going back to my '70s days. Right? So that's true that it can deaden pain. Adrenaline will help deaden pain as well.**

**But something interesting that I thought you just said was if you take away their balance—again, we're talking about leverage, we're talking about dominating attack, we're talking about knowing where those leverage points are—that's not something you get it. They might be so out of their mind they don't understand that they're falling over backwards. But not really. The brain will recognize, wait a minute, I don't have a base here. Although that's not maybe a physical pain, it is a**

**reactive defensive factor that their body goes into defensive mode, rather than offensive mode. They can't launch an attack if they're halfway to falling on their ass, basically. So I thought that was really interesting.**

**So pulling all this together, what I want to do is ask you for something that people can do out there. People aren't going to necessarily go out and join an Aikido course nearby or whatever. But what training drill can you leave us with that will help people understand a little bit more about the science of leveraging and dominating control, whether that's spatial recognition of how you position your body, or whether it is leveraging, or whatever it is, but somebody can do maybe even at home, or with a training partner or something like that. What training drill can you leave us with that will help people to understand this better?**

Mike: Absolutely. It's simple and it's fun to do as well, because it doesn't hurt your training partner. What you simply do is one person initiates, the other person responds, and you simply switch roles after each person's kind of had an opportunity to experience what the intent of the drill is. That is if you're looking at my chest I'm going to be the recipient as well, but this arm is going to be the arm of the person initiating the drill.

So if you and I are doing the drill, you're facing me, so this is what you see, and this is your hand, this is your arm. All you're going to do is get close to me. Your hands are up, so that you've got ready access to protect yourself, in whatever fashion you're familiar with or trained in. Then you're just going to take the palm of your hand. We're starting off very low intensity, so this isn't ballistic. You're simply going to slide your hand up to just the center of my chest, right past my sternum, and you're going to catch my chin just like so. The cup of the palm is going to be right there.

You're not going to come at it from an angle. You're going to come very close, because it also allows you to see how you can be really close to somebody and still make this work. You can still do that shot. We're not doing that shot. We're just explaining leverage. So you're simply going to do that. You're going to keep the base of your forearm kind of glued to my chest and you're going to gently lift my chin, because even gently you can jack up your neck without a lot of effort. So be careful with each other.

So simply tip it all the way back. You'll know, because it doesn't go back any further. Then from there, that's when the arm can start to peel away from the chest. Once you've got that, just start to push back and allow your partner to feel how easy it is in that very basic position to get taken off-balance. That's sort of phase one.

Phase two is—the typical person—let's say that you're a lot bigger and stronger than me. Once you start to figure out—we've played with it a little bit. We haven't ratcheted up the intensity. So what starts to happen is that you start to tip your head down or you start to just tighten up your neck muscles, and you try to fight it. Because sort of front to back we're very strong. It's side to side that we're structurally weaker. So what I would do then, and what you would do when you reciprocate with the drill, is you first catch the chin here, but instead of going straight up and back you start to take it at an angle.

That actually is the very beginning of the setup of when I teach people what I call the axis technique. The reason it's called the axis technique is because we're taking a globe, and we're tipping it just that little bit. Just like the globe in your old Social Studies class in middle school didn't sit straight up and down. It was at that slight angle. It's the slight angle that not only takes the slack out of the cervical vertebrae, but makes it very hard. You can actually hold somebody's chin about here, and if you've got it completely beyond the normal range of motion it's very difficult to come back.

Front to back, you can muscle out of that. Or you can actually get so tight that the average person might not even be able to push. We push in training, but in application you would basically drive that chin straight up as high as it will go and then come into it at an angle, very fast, very hard. Almost impossible to resist, even when the guy's really, really strong.

The shock of that—there is immediate pain, assuming they can feel pain. We're using our hypothetical angle dust guy. He's not going to feel that, but balance taken away is balance taken away. As soon as that balance is gone, it's very easy to control people.

The reason that I teach unskilled people how to control people by using the head, because that's the simplest way to do it. There's all of these painful places that we can strike into that are very nearby, thumbs and eyes, all of that stuff. When your hands are already up here, it's almost overwhelming your options.

**Jeff:** That's great. That is something simple that people can do right at home, just with a training partner, just to learn from feedback from your training partner and just you seeing how their body responds. Again, be very safe and cautious about it. But just seeing, hey if I turn the head this way, if I tilt it that way, if I go straight back. And get from them, yeah I feel like I could push against that a little bit, or no, when you went to the left, man, I immediately felt like I was going to lose my balance. Those are very easy ways I think people can safely just understand these dominating leverages and control that you're talking about. That's awesome.

Listen, everybody. Mike has really had to put this stuff into use. He's one of the few people out there. You see a lot of different martial arts instructors and things like that, and they've never ever been in a fight before in their life. Well, Mike has done real world, high level executive protection. Not to mention just being a police officer. I know a bunch of cops out there that know exactly what we're talking about here.

But for the civilian out there, a lot of these things it helps with demonstration. It's kind of hard to get all this over an audio podcast, if you're listening to the audio. If you're watching the video you get a little bit more demo.

But nonetheless, Mike has over nine hours of training, not just about subject control, not just about leverages and things like that, but also very simple ways that the average person can quickly learn how to fight somebody, even bigger and

stronger than them, using these very simple methods. Mike's been really a master of that. I've seen a lot of his different videos over the years, and they're really easy to understand and very well done. They're all based upon science. It's just like this.

So definitely go check it out. You'll find a link directly over to the video program that he just got done doing, in the resources for this podcast, so come on over to [ModernCombatandSurvival.com](http://ModernCombatandSurvival.com), look for this podcast and you'll be able to see the link down there in the show notes, as well as going over to check out his website over at [www.MikeGillette.com](http://www.MikeGillette.com).

Until our next *Modern Combat & Survival* broadcast this is Jeff Anderson saying prepare, train and survive.