

## Combatives Fight Stoppers

with Buck Greene for [www.ModernCombatAndSurvival.com](http://www.ModernCombatAndSurvival.com)

### Why Combatives?

Combatives was meant to be simple, effective, and a FAST way to stop a fight. It was designed for war by men like W.E. Fairbairn, who were from a politically correct era. Only results mattered.

- WWII combatives, as popularized by the late Carl Cestari and, later, companies like The Self Defense Company, are some of the most effective methods you can learn.
- They're also some of the fastest methods to learn, as you don't have years to become a "black belt."

### The Edge Of Hand Blow

This was the "bread and butter" of WWII combatives.

- It's the Austin Powers "Judo Chop!" and that's where he actually got it from.
- You can do it with the thumb "flagged" (up) or folded against the hand.
- Chop over and over again, as furiously and aggressively as possible.
- One of the most effective targets is the neck.
- In the first "Taken" film, you can see Liam Neeson use this technique over and over again. (I think there isn't a guy with an unbroken clavicle for miles in every direction by the time that movie is over.)

### The Hammer Fist

This strike takes advantage of both gravity and of your body's natural weapons.

- You're basically turning into a gorilla, pounding your enemy into the ground like a nail.
- The hammer fist protects your hand from damage very well.

- As Mr. Miyagi said, "If do right, no can defense."
- It's very difficult to overcome a flurry of heavy hammer fist blows, especially if the person using them is relatively large.
- Just remember that if you're a smaller guy, this technique might not be one of the better ones for you.

### The Chin Jab

This isn't a jab so much as it is an uppercut-like strike with the heel of the hand.

- You strike up under the chin, clamping the jaw shut and snapping the head back.
- Not only is there very little chance of hurting yourself, but you disrupt the opponent's balance with this strike.
- The strike also comes in under the eye line, so it's hard to see coming.
- Better still, you create an opening for follow-up strikes with this blow.
- This is one of the most powerful weapons in your arsenal, capable of taking out even a very large opponent by taking his head off.

### The Double Chin Jab

This variant of the edge of hand blow was specifically recommended for women.

- It's the same strike, but you use the heels of both your palms, snapping his head off like you're trying to carry it on a platter.
- It works well for smaller people, so a larger person can REALLY do some damage with this one.
- This is Jeff Anderson's personal favorite in a fight and has never failed him.

*Prepare. Train. Survive.*