



ENIGMA

IGNORANCE LIQUIDATION

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Recently I have encountered a certain state of affairs, quite an **idiosyncratic** one... try to imagine this, there is a social networks page of an Italian master, who lives somewhere in a Puria or Calabria, not very intelligent person ...

So, he has been making a “summon” in Facebook for masters to unite against me.

Well, I did not quite get for what reason ones would unite against me, anyways, there is such a happening. Probably, this is due to the fact that I am researching culture of Italy, the true history of Italy. So here is a person who pretends to be an owner of the Italy through his social networks account. He is quite a strange person, he has got on his avatar a picture of a strange guy with a helmet and a spear. This very individual, demonstrated outmost regret to the fact, that foreign people, as me, would teach someone of Italian culture.

I was sincerely surprised as I had no intention of teaching someone the Italian culture. As first of all, I wanted to teach myself. However, this individual in his certain comments on Facebook was demonstrating real regret as in his opinion I was posing a real threat, somehow, to Italian history. Moreover, having some sort of idea that he is an owner of Italy – he was showing regret of Sicilian master that have same intention as I do, that is restoring and revealing genuine Italian culture and history of martial arts.

Besides, he used to claim that my school appeared just in one day, which was a great surprise for me, as I believed that this school appeared thousands and thousands years ago. Certainly, it flatters me, him regarding me to be a founder of Venetian school ...

I have always considered myself to be a follower of this school and not a founder, and definitely, not an owner of it.

Well, since certain Calibrian – Purian masters awarded me with a title of the founder of the Venetian school, let's pretend me being an immortal one, aged 3000 years, and that I am great enough to teach all the rest of Italian martial arts culture. However, it should be pointed out that indeed, there are a lot of things to be taught.

Even though I feel proud that it is claimed that I am a founder of Venetian school by representatives of Purian - Calabrian martial arts school, I have a lot of things to get presented and explained ... but on a different topic. Having read up to the end this wonderful post in internet, I came to a conclusion that it is the right time to start a journey.

When you see my students, when you watch them training, some tend to think that they have been doing martial arts like for half a year. Obviously it is not the case.

Just telling that they are acquainted with martial arts system since long. As you know our school was always a school which was not quite open for public, we never invited people, I never trained anyone in martial arts for money. Unfortunately, as stupid as it may seem, some people decided that when the project No Step Back started its activity half a year ago, that was the time I have started learning martial arts.

Likewise, a lot of people appeared in internet, that try to teach poor me, what to do and how to do.

Ridiculously as it may seem, I have never met these people before, I was not acquainted with them in person. And when we are talking about these sort of masters, one of them is

that Italian strange guy who has a picture of a man wearing a helmet and holding a spear. I went through his page Facebook page and could not find anything Italian in there. A sword he is demonstrating in there, is from German treaties, the stick which is being demonstrated is from Irish ones, where is that very piece of Italian component he is fighting for?

There is nothing Italian in there except Italian language. So I am not sure what is he teaching his students, but by analysing his Facebook activity, the claims that he makes deserves that, he better starts attending university and starts working on logic, does his homework and stops disgracing and ridiculing region of Italy he lives in.

That is for the first ridiculous person in this funny story, however as I understand, madness is contagious, and some people got infected. Here comes another piece, as soon as I posted a polite request telling that I am looking for a person who would like to be a partner with me as a scientist to working on the book on Mexican criminal tradition, and that I would consider any help, co authorship for the book. There came out many people who perceived this in somewhat, different way, so I had been receiving recommendations on what to do, what not to do, what's good and what's not. Besides, commentators recommending certain things, they started recommending me certain books. Nonetheless, these things did not inspire me to start this journey. Some people do not understand, that a "game" with a tongue and a lollipop which is being demonstrated in internet, does not turn me on anyhow and does not inspire me for heroic things, for the reason that I am a healthy person.

I have been thinking for a while about what are these people asking for. I believe that my interest to write a book, to research thing and share results of it, is quite natural, likewise any of you can make a research of your own. What is "criminal" in researching? What is wrong in an endeavour to look into Mexican criminal tradition? And at some point of time I understood that I am writing a "**wrong book**"! Things were like it was a way of making me to write another book.

You all know, when children do not get what they crave for, they go mad. So I have understood that I need to write another book, a book about their ignorance.

These certain people demonstrated in very different way, that I have to write such kind of a book, so there was a certain turning point, when masters do this in front of the camera, and write foolish things in the internet that a person as me is making their lives hard. They better wrote something useful.

There were some masters were silent as a rock, these silent rocks actually come from Purian Calabrian place. They had been doing serious and rock face meaning "we will see...".

There were very active guys that overwhelmed with commentaries trying to say that I do not understand what I am talking about. But the most important problem is in that, I did not even start talking yet. I was not even going to talk yet, I just asked for help.

How one can talk on a certain topic if he is not completely competent in this field yet.

As it is known, I never make statements without proof and evidence. But still, even due to this fact, there appeared certain people that have an opinion to share on what I have not said yet.

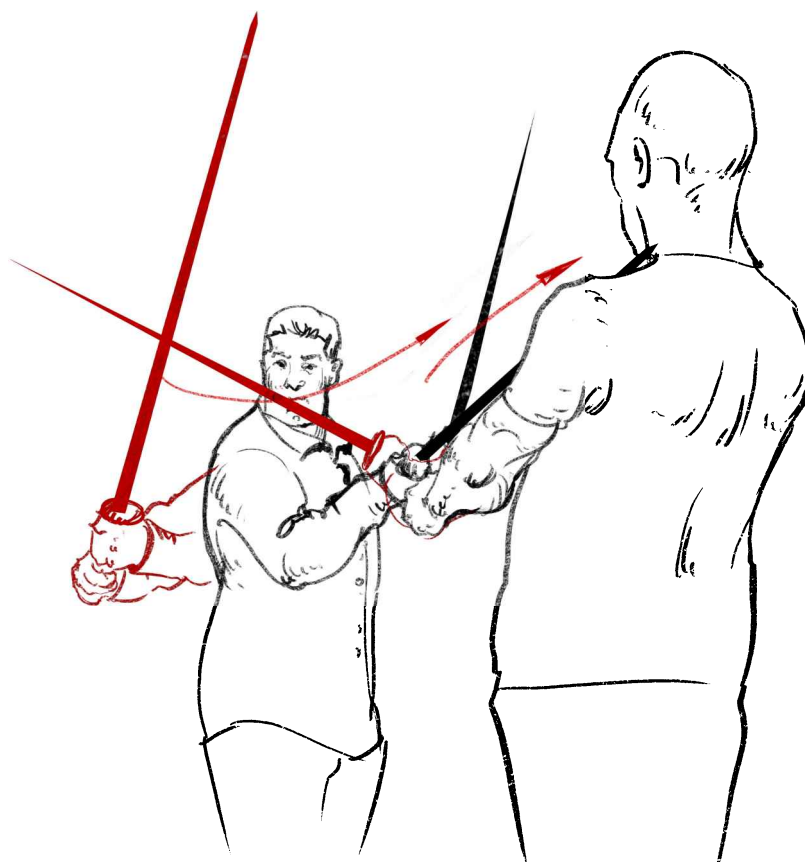
I have been telling them, wait, till there is a book out on **Mexican criminal tradition**, as there will be something to comment on, but they do not stop.

Feel happy, you may start sharpening your keyboards, (I am notifying beforehand) – very soon there will be a book on Italian criminal tradition, so prepare your comments beforehand regarding things I have not said yet.

From this very moment you have some time to prepare comments about the cover of the book being wrong, about the colour and letters looking out of line. Just giving a head start.

Let's start from a talk about historical periods. All in all, there are two prehistoric periods, and three historic periods. We name as **pre- historic** periods ones that do not have written evidence, written books in the form that we are used to see. There could be pieces of data contained on rocks, on temples, but nothing to do with written evidence.

We are going to discourse about two pre - historic periods, about the origin of martial art systems. In pre-historic period martial art systems had a form which is not the same with our common, nowadays perception of martial arts. But in second pre -historic period (second period of no degradation) we are talking about both, common and uncommon things. In the



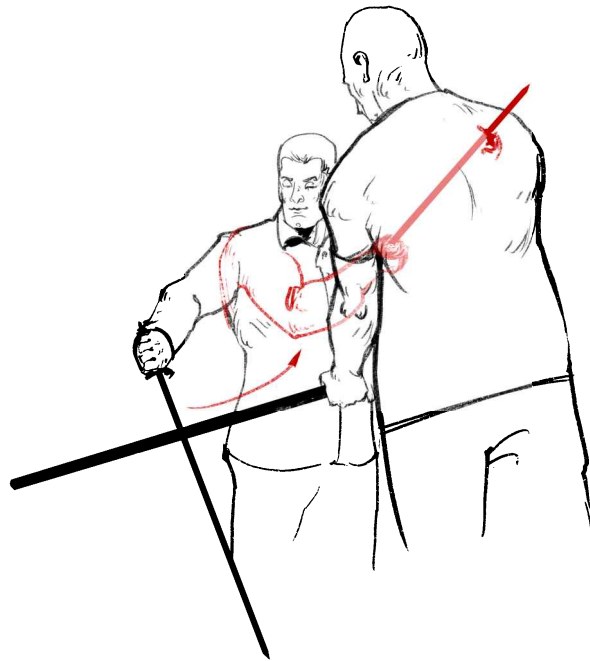
course of Venetian expedition, I have restorated one more time for myself, the system, and got the same data which was obtained before while researching European chivalric tradition. I got a mathematical formula which shows us that Venetian fencing with a long blade, gives rise to all the rest of world martial art systems. I would like to demonstrate this in here.

You may think that if I take an epee in my hands, or if I am deflecting some kind of attack from a side – you think that it is a deflection of an epee strike from an opponent, by an epee. But with the same success and on the same trajectory there can go a stick, long or short sword.

It turns out that I do same moves.

That is by learning Venetian fencing, at the same time we are learning how to work with an epee, with a stick, with a sword – two hand sword and a regular one. So here is the question, what about a knife? What about bare hands?

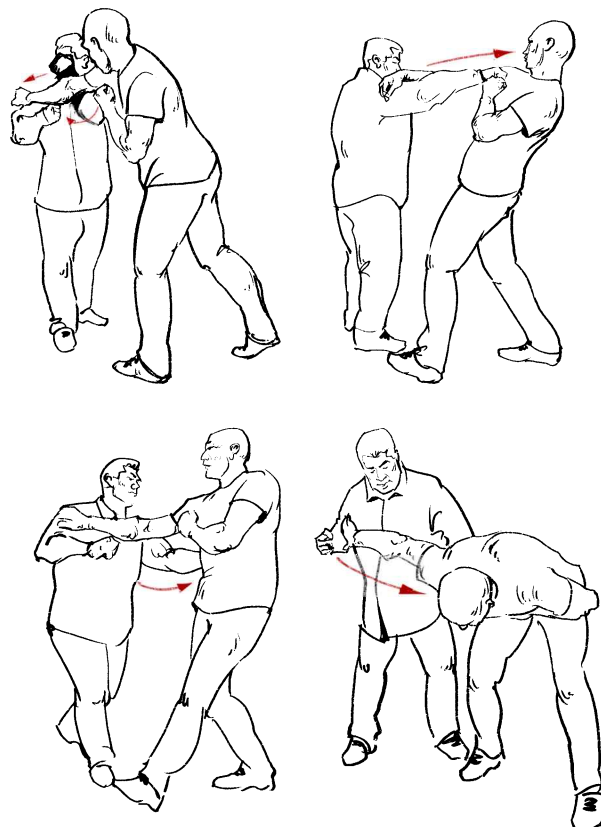
These are questions we are going to look into.

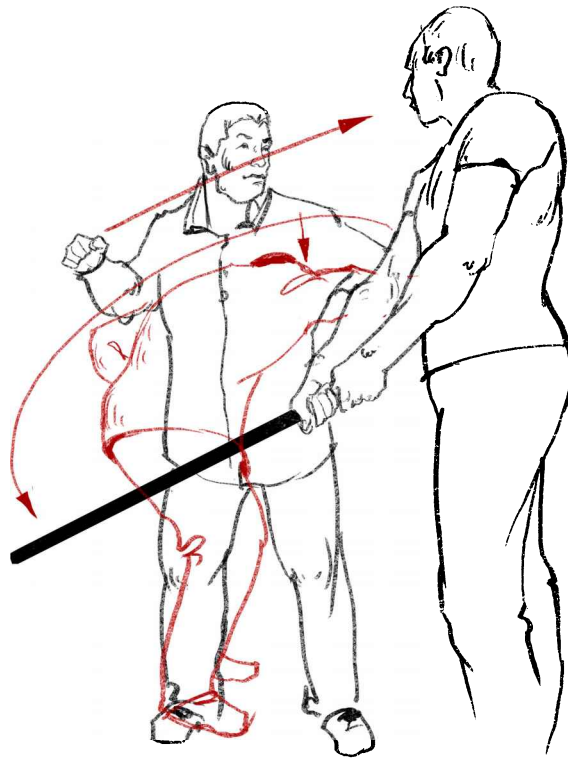


In the book On your Knives about Russian criminal tradition, there is a strike number 15. How would it look in other interpretations?

We will start from an epee, in the book this strike is delivered from bottom to top. Why is this strike delivered from the bottom, why it is a short strike? Technical move can be "strike deflection - thrust"

Side strike - block, as soon as he removes a stick, he gets hit on foot right away. As you understand poking strikes (thrusts) with a stick are not effective as with an epee, as it





penetrates person.

I would like to demonstrate same technical elements but by not touching the stick. Lets say a strike coming from a side with stick and I receive him from a side. Strike – I move to a side and immediately hit from a side.

As far as you see four states of strikes altogether is one knife stab in criminal tradition. It raises a question, how it will look if we are barehanded? Let's say an opponent decided to strike me from right side.



I understand that if I block his strike I will break my hand, I don't have an epee which would let me to protect. But we remember the technical element that protected me just before with an epee.

For this reason I imitate this type of strike, and it goes above me.

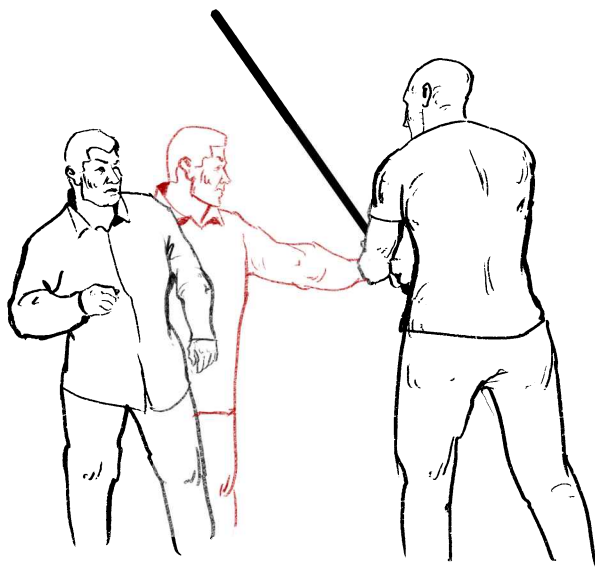
2nd option I insert my hands for a strike.

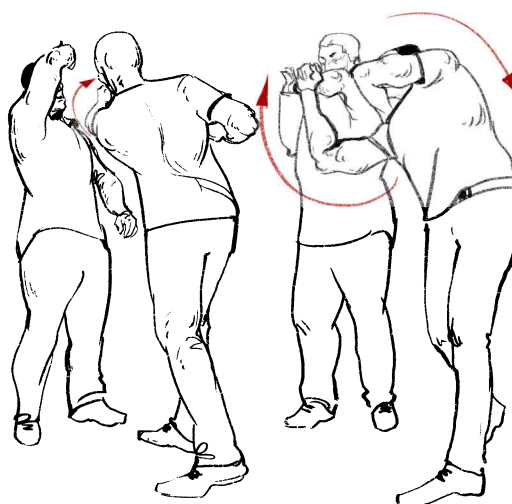
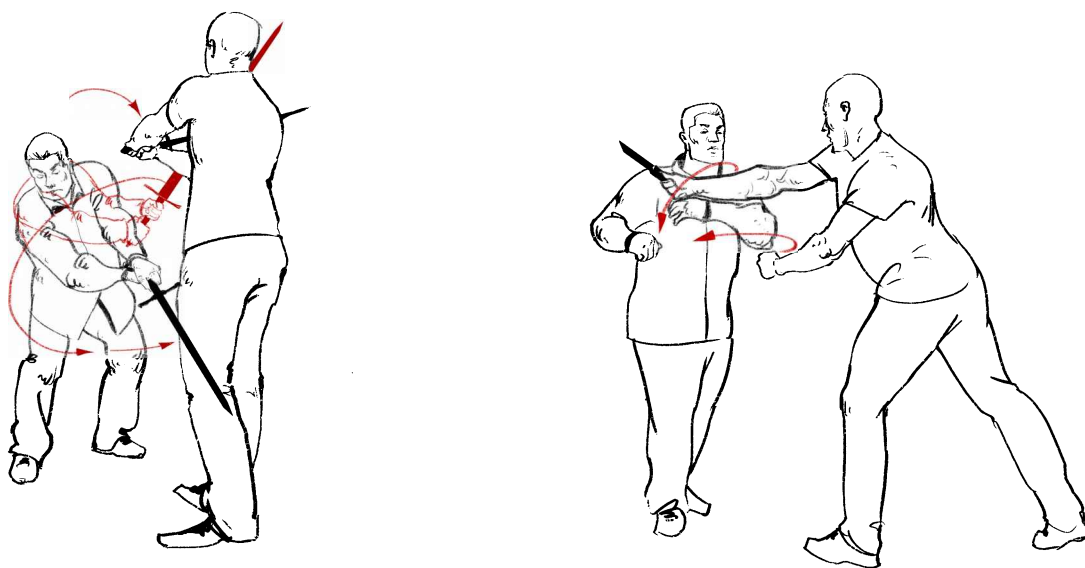
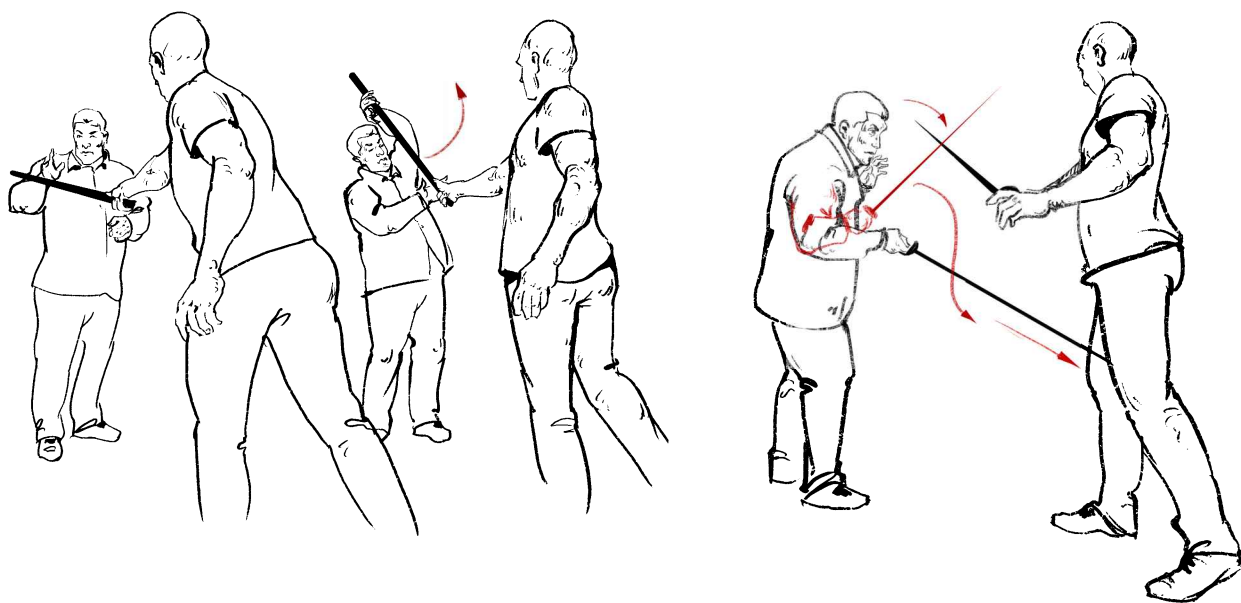
3rd option I try to deceive him by providing him a deceptive point to lean on. So what happens, there is no difference in me working with a blade, a stick or bare handed – moves are the same

Let's pretend that there is a thrusting strike, I will receive it the same way as with a stick of barehands and will take it away from an opponent. If he will strike me in a thrust manner, I can take his stick away in different ways. If he will make a thrust and then will hit me with a stick, I am preventing him from delivering a second strike, as he is already holding a stick with both hands. As you see he is already holding it like a two hand sword. I know that one can turn with two handed sword only in this direction. I let him to turn and see what happens, he falls down. So there is one strike and that's it.

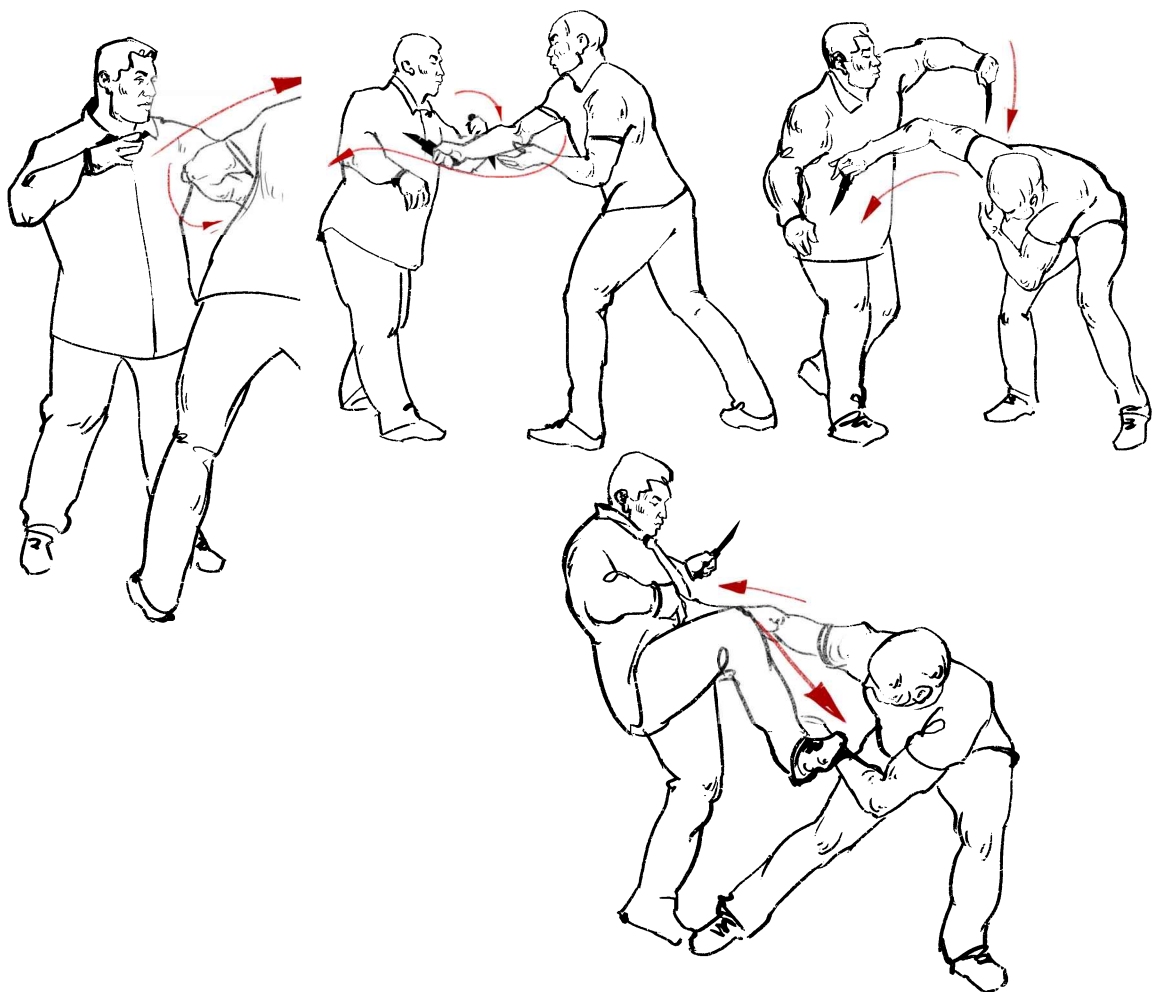
Lets say an opponent is going to strike right from a side to a leg. Here is the strike, I make a step forward, strike goes by, as you see. I remember that I can deliver other strikes, as well I know if he strikes form here, I will go to a side.

So he will have to change his overall position to strike again, and at that point when he will be switching the stick I will block the stick and wont let him use it.





So both of his hands are occupied, but I have one free hand, correspondingly, I can easily push him from here, take away his stick and beat him the way I want. As you saw I can work barehanded the same way as with a stick.



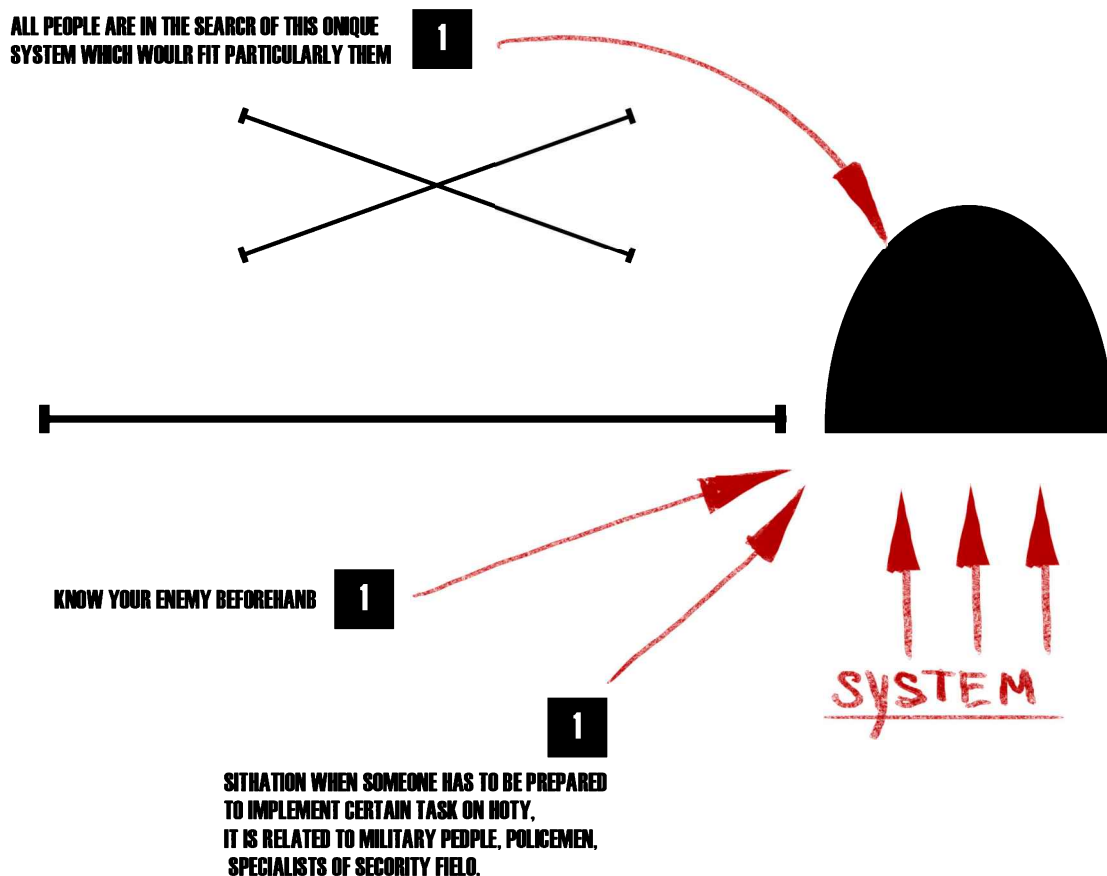
COMMENTARIES

On a book Solving the ENIGMA:

Commentaries on Foreword

- Here is the first statement in the book Solving the Enigma, it is stated that governmental tasks to teach how to defend oneself and others, is not a task given to ones that are not highly competent in what they do.
- Well, I guess you clearly understand that it is not the case. I do not know personally the author of the book, neither I know the way he works and on what level of mastery he is, I have never seen him. But the statement which is being stated is not functional, the reason is quite simple, if you take a look at countries around the world, quite **often governmental structures' preparation is the worst one.**
- If I was wrong, there would not be so many dead and injured policemen that became victims even of high school students, likewise, there would be no problems with different gang structures if that was the case.
- If governmental structures were trained and prepared finest from the rest, then, probably not a one bandit, criminal, terrorist would have been able to carry out an attack; they would be quietly sitting under a table, without letting know that they are there... there would be no crime.
- It is mentioned in the book about combination of several martial arts into one (hybrid system), and yes, it is possible to do that.
- I am not going to argue with the idea that **"blending"** is achievable. One thing I would like to say on this, there are three things that has to be taken into consideration.
- There are martial arts that can be compatible and there are ones that are not.
- **Eastern techniques** are not compatible with **European ones**, for the reason they are based on different principles.
- However, if a **third element** is inserted as a supplement, eastern principles **become compatible** with European ones.
- Most importantly, there is a question which was not mentioned in the book. **"Why do we blend in together different martial arts?"**
- Let's say one practices boxing, afterwards he practices wrestling, then he starts doing another wrestling – sambo, then karate; what is all these for? Is this a search? What is a person searching for? Effectiveness? Overall problem is in that there has to be a reason that leads one to a search.

- No matter what we do, we want a certain distance, and there is a certain speed on this distance; one wants to set off a certain system to this distance, in order to overcome it.
- Difficulty is in that we try to find this system intuitively, by means of “**intuition**”, frankly speaking I am not sure what kind of meaning they put in this word. They say that they intuitively search for this system, meaning, they try to construct the system on their own, the way they think it would be good. **Let's consider someone who is trying to construct a car intuitively, would you like to drive this kind of car?**
- In other words, all people are in the search of this unique system which would fit particularly them – this is the **first option**.
- **Second option** – know your enemy beforehand, in order to be an **anticipatory winner**, so that I know, in case I will be encountered by this enemy – victory will be on my side.
- At one point, one finds himself in a situation in which he understands that an enemy is going to defeat him. By studying other martial arts systems, one understands that there is a stronger enemy.
- Certainly, he will never admit it publicly, but when he is alone – it does not feel quite comfortable.



- At this point of time, person starts searching for an antidote within the system that he practices. Let's say one has devoted ten years of his life to it, trained so much, invested so much money and time in all this. And one day he gets stabbed to throat with a training knife in a gym by a guy who says "Dude, you are not capable of anything". Dreams are ruined. He starts the search again. He returns to an **initial state when he is searching for the system**.
- And there is a **third option**, a situation when someone has to be prepared to implement certain task on duty, it is related to military people, policemen, specialists of security field and others. These people do not have a choice but to build their own systems from the very beginning, by taking into consideration threats and level of threats that they may encounter. And the bad thing is that, they cannot work on developing own systems for a long time as they are going to get killed tomorrow if this is the case. Besides, coming to a second option – they do not wish to test physically that their system is weaker than someone else's.
- So, some maybe faced with this type of task, when they have to develop not only an individual system, but a system for a group of people working on fulfilling the duty. Definitely, it is unlikely that we will be able to construct this kind of a system for all policemen, for a whole army. A certain group of individuals, in order to fulfil their task, are going to demand type of system that:
 - 1) can be mastered it in a short period of time
 - 2) will not make them think that there might be other systems in the world that can confront it
- At that point of time, they start searching for a construction system that will be capable of letting them to develop such a system, but to fulfil that, there has to be a decent system that lets to construct.

Every person differs physiologically, while system has to correspond to an individual.

- Basically, an individual has to be transformed into a constructor and be taught how to construct, how to adapt a system in a way that he won't have to worry that someone might defeat him. Moreover, there is no book in the world, that speaks about how one can construct his own system of martial arts.
- Every martial art is biased in a way that there is an instructor, a curriculum given by him, and person has to follow given program, while it is not taken in consideration whether this program suits him or not, whether it complies with task that he is dealing with or not ... You simply come to a gym and people start training you.
- After you get into martial arts – [searching state], eventually, you come to options 1, 2 or 3 and starts realising anyways that there is a need for a system that will make you develop your own system (since no one will do it for you), which will relief you from worrying that there can be one who can defeat you.
- Regarding **climate conditions** at first sight it seems that it is reasonable that we should consider the climate where this or that martial art is used (an example of FMA).
- It is stated that Formula One car is extremely good in high-speed street racing, but not in mountainous area, the analogy was drawn with FMA, it being effective in warm tropical climate of Philippines vs cold climate.

- In **North** people wear heavy clothes, but it can be icy, **slippery as well, correspondingly movement methods used in Philippines are not applicable in such a setting.**

We are faced with a question, which way out of three shown on chart are we going to choose?

- In case we choose third option, if you remember there was an example when a group of specialists had to be trained and prepared. Taking the perspective of what is written in the book, third option is not going to be relevant, because it is not universal, it does not work in all types of conditions and settings. In case one decides to approach via first option, he might understand it too late. But in case second option is chosen **“know your enemy beforehand”**, then we will understand his weak points right away.
- As you see, depending from which point of view you look at, the faster you understand what is going on. It is absolutely correctly said in the book, that there are no good or bad martial arts. The question is **“what kinds of problems one has to deal with?”**. If one learned how to look objectively at martial arts from these three viewpoints, firstly, it would be absolutely clear that Philippine martial arts require a long period of studying, 15-20 years.
- Secondly, it cannot be used everywhere, for instance, it is not legal to carry bladed weapons. It is not possible to carry a sword and walk around outside. But if we speak about a stick, it is effective, you may find it anywhere, pick it up somewhere or even break a tree branch.
- It is not going to matter where it takes place, in Northern city or any other place.
- If one gets hit on head with a stick it is not going to be fun, moreover, if a person knows **HOW** to hit with a stick, person will be in a big danger.
- So if we were to look at Philippine Martial Arts, it is obvious that Philippine stick has to be considered in the first place. Stick can be found anywhere, at worst case it can be bought in a store, and quite of a good quality. US companies manufacture different size sticks as well.
- **As it is said, stick is always a stick.**
- When I say Philippine stick I mean all types of Philippine sticks, double ones, single, short and long ones. If one knows how to use a stick effectively, regardless of your geographical location it is going to work. Here I have Italian stick hanging on the wall, it does not matter which stick, as long as you know how to handle it, it will help you out in any kind of situation.
- Coming to bladed weapons, a knife can be bought in a store, Philippine knife can be effective in any place, depending on what kind of knife you have. For instance, for cold climates, one can get a longer knife (than ones that are typically used in Philippines) so it easier to penetrate heavy clothes with it.

As you see, all problem is related to what kind of viewpoint you use.

- If we decide to look at FMA from a second viewpoint, “know your enemy beforehand”, we will have to consider, for instance that swords cannot be used in other places, so we leave it in a gym, but a knife and a stick can be found easily anywhere and Philippines know how to use these weapons.

- No matter what are you dressed in if you get hit on head by a stick or get stabbed with a knife to throat. This is related to any martial arts, does not matter if it is Italian, Spanish, Philippine, Japanese ... **theoretical study of other martial arts, everyday research** of other martial arts, is a very useful practice in order to exclude an effect of unexpectedness for yourself.
- You do not have to go to a gym and search for an instructor, it is enough to watch what they do even on a video, in order to understand what kind of **unexpectedness** you may counter when you meet an enemy.
- In 21st century the communicative system lets you buy/watch all these things over web. This is only a one side of a coin. It is completely a different story when it gets to systems that are **not available for public**, and cannot be found over internet; closed systems that you cannot learn.
- There are systems not open for public, that no one will share with you. It is a totally separate topic; I am going to discuss it in a separate block. Only thing to remember for now is that there are systems not available for public, not sold for money, but conveyed, passed to one. It is unlikely that an ordinary person will meet this type of enemy but anyhow, if we do not study this kind of systems – there will be always the probability of being faced with unexpectedness. **Even if you are well prepared, unexpectedness can turn out to be fatal for you.**
- [The cause of much dissension in the martial arts community being due to misinterpretation of fighting models], is in fact the cause of dissension. **Why?** Because disgruntled ones use number one approach (first viewpoint). Simply speaking such people mean *“this technique is not compatible with my system, it contradicts with my system”*, but as I have already mentioned, if you put a third element as a supplement between two systems, they will stop contradicting with each other. On the other hand, since a person does not know about structures, about formation of martial arts, when he sees things that contradict his system he rejects it right away.
- All in all, we can say that he was not able to explain the idea as a whole, there were references to geographical location (climate, terrain, etc). however, we did not see explanation of the reason of dissension among martial art practitioners. I am not taking into consideration the financial side, the market where martial artists make money, as the book is not about this, but about martial arts.
- Nevertheless, it is clear that if the model of three viewpoints is not used, **univocally we will not be able to understand what is the actual reason** when someone starts practicing, let's say, wrestling and then suddenly starts rejecting all other types of martial arts claiming that they are faulty, etc, which is by all means not objective.

Commentaries on chapter: Origination

Section: Weapon technology on Foreword

- Here we see a statement being made that foundation of fighting model development lies in weapon technology available to ones who are designing the model. Let's look at this from different points.
- On one hand, the author of the book is right, if one has a weapon available to him, it would be good to learn how to use it. However, there is a problem - **weapons date back to certain centuries, but martial arts existed even before that.**
- Even if we look at classical history, one that is in textbooks (even though we know that it is falsified), a stick and a knife, even improvised ones made from a bone, they exist since forever. Respectively, there was no possibility of correction, adjustment of techniques depending on weapon. There were several types of weapons accessible by all, presumably stick, stone and knife.
- If I have a stick, **there is no chance I can learn how to work with it if I do not have a logical model.**
- **No matter** what type of a knife I have, if there is no logical model it is unlikely that it would be possible to imagine how to work with this knife.
- One starts searching for a weapon **because he has a logical model.**
- Assume that one has no weapon, but he sees that there are guys stronger than him. He does not start training with a knife because he has it. One sees how birds attack their preys with beaks and kill them, predators that kill their preys, different animals depending on the region, bears, tigers, leopards, unicorns and other animals. And here from, one has a necessity to counter something.
- A knife is an equivalent of different animal weapons. **A horn, a beak, a claw etc.**
- Person desired to be not less armed than a predator he is dealing with. *If I combine a stick with a knife, I will get a spear.* That's how one found a logical model, and only afterwards he developed techniques accordingly.
- It should be understood that a technique does not come out from nowhere.
- When you are talking about Okapi – *it is a beak of an eagle, and there is reason why a reverse grip is used with it.* They learned it from certain people, one cannot learn it from nowhere; that gangs use this knife in a certain way is also a result of certain generations' work of gangs. **Consequently, we cannot claim that a weapon is a model on which the technique is based.**
- Weapon is what makes us to adapt, different types of weapon come out and it becomes necessary for one to correct himself accordingly. It is a search for an advantage over an enemy.

- One in a constant search for a kind of weapon that will make him more advantageous, he thinks of what kind of weapon has to be used so that an enemy will not be able to withstand it.
- Respectively, we see that a first idea, statement in the chapter misguides you. *It seems that everything is the way it is written, but, human's organisation is different, but since the author of the book does not know about organisation of a human, he takes someone's idea and presents it to people. Weapon technology indeed makes one to correct, modify his system, but it is not the **origin** of the technical elements.*
- At the time of emergence of criminal tradition there was no **Okapi**. Certainly, we are not going to get in the discussion about **South African tradition**, there is already a book written by me and Mr.Lloyd on this topic **Black Death**, and now I am working on the next book called **Black Logic**, it is about my research, learning of **South African criminal tradition**.
- I think that the author does not have knowledge of South African criminal tradition, he relies on saying of ones who study South African **criminal tradition**. It should have been deeply researched and understood that in reality, in times when African criminal tradition emerged – there was no **Okapi**. It was developed much later, way later. For this reason, what is being stated in this regard does not reflect reality, it is misleading.
- In regard that they had to correct the techniques according to Okapi, is certainly true, if they used Okapi, they had to adapt it for the system. Again, you should clearly understand that there are no people who are owners of African criminal tradition; there is only their perspective towards this criminal tradition. I will lay out my perspective of South African criminal tradition in the book Black Logic, and one can compare these perspectives.

Commentaries on section: Armor technology

- Again here we are dealing with an adjustment; **not with a cause**, with a root of motor skills, of techniques, **but with an adjustment** of technical elements. This is an arguable point, since it is not considered that we can modify motor system, and start moving using legs and not moving hands; this way we will have highly precise movements.
- My friend John Rister told me that there are **FMA** of pre-Hispanic period of time, Hispanic period, and post- Spanish period, so it is obvious that Philippines had to adjust their technique countering conquistadors because they were in welded armors.
- **Technical elements** that worked for them before, became ineffective, so they had to be changed. Helmet makes one to adjust the technique as well. In today's world, if we encounter military men they will be wearing bulletproof vests, having said this, technical elements effective in other things, will not work in this case. This is the whole point one has to learn to **win under any circumstances**.
- One should assume that a person has a protection. This narrows down technical arsenal that can be applied, but by means of variability you can exclude this disadvantage. You should clearly understand this.
- See, **both of the factors are not causative ones**, they are not the cause of the technique, it is not that way because a person wore an armor or had a knife. Things had to be adapted for newly emerged circumstances.
- It was not researched well in here, before writing this section. In a nutshell, technical elements of bare hand fight **retransformed** from a weapon combat. Correspondingly, when weapons were banned in Japan, it gave a strong push to martial arts that had to evolve because of weapons being unavailable.
- In other words, firstly there were **weapon based** systems, afterwards came systems that did not use weapons. However all of the technical elements are based on retransformation of acting with a weapon.

Commentaries on sections: Terrain, Climate

- Yes in fact, geographical aspects, terrain ... all these aspects do **impact** martial art, but pay attention to that these factors, again, **are adjusting, corrective factors and not causative** ones.
- I will have to adjust under these conditions, but it is not going to change my skills in martial art. Let's assume that I know how to deliver side cutting strikes with a knife. It is not going to matter what kind of climate is in place where I am going to use these techniques; neck is open everywhere, question is only "open to what extent", is it protected with a tucker or not? *If I can correct my technique, why should it matter in which climate I am going to use this attack.*
It is not going to matter.
- On the other hand, there are strikes which will be low effective because of protection and other things. But technical elements which are effective in any climate are not disappearing anywhere. Your task is to reject technical elements that are not universal, from one side. From the other side, to adapt available elements to conditions you got in, and at this point, you have to have a skill to do this.
- Let's assume that you need to attack a person using a long folding blade, like in Italian duels and it turns out that he has an armor underneath...Learn how to strike precisely, and even **if your enemy will have a protection**, the targets points on body will remain.
- **Substitute** a stiletto for a knife and no armor will be helpful.
- When *Philippines* observed how *Japanese* pirates fought with *Conquistadors*, everyone understood that Japanese swords cannot penetrate Conquistador's protection, but epees of Conquistadors easily penetrated Japanese protection.
- So you can substitute one knife for another one, that will be effective in dealing with particular type of armor.

Commentaries on section: Culture

Reason that Thuggee of India used strangulation is because their **goddess Kali** demands bloodless killing. So not to spill blood they used strangulation.

Indian Thuggee used a scarf for strangulation. John F. Gilby in his book *Secret Fighting Arts of the World*, wrote about the interview with a Thuggee who used a silk scarf for strangulation, and killed a lot people, they are masters in that.

Commentaries for section: Laws

- **Law** leaves a lot of impact. In today's' world you can use legally only a stick, or an object that you found on ground, other than this, everything is prohibited by law. You cannot carry a knife with you, I do not mean any kind of subjects but a real knife, all other bladed weapons are prohibited to carry, basically you can have only a stick you have found.
- If you are walking around in the city with a stick, you will be asked for what reason are you carrying it; you may make up something and say that your leg hurts, etc. But if you will be carrying a knife, you will be taken by police.
- Unless you are in places where it is allowed, for instance if you are hunting, fishing, hiking, somewhere in mountains, in nature to open canned food etc., it is fine. But if you take a knife with you and have an evening walk around the city, police will certainly ask you the reason why you have it.
- At the bottom, governments around the world made everything **so that you cannot carry** weapons, whilst you can buy a knife in any store. There is a dilemma, that impacts techniques, martial arts system ... *so what is left to one to learn?*
- For **criminals**, gangsters, representatives of criminal tradition and other people there is no law, **no restrictions**. They carry any weapon they want, not caring about **legal** side. So you are left with that you have to think of something. Obviously, **this is also an adjustment factor, and not a cause**.

Commentaries for section: Motivation

- **Law enforcement** systems are directed towards gradual neutralization of a criminal, meaning, gradual use of force.
- In most of cases it is assumed that a criminal has to be detained and brought to police station alive.
- **Criminals** are not to be killed, but judged, but in case he demonstrates **armed resistance**, he can be killed.
- Law enforcement officers **have to have certain skills** in their arsenal that makes it possible to neutralize an opponent instead of killing.
- In the result we should have a system that lets, in most of cases, to detain a criminal without killing him, it is a requirement of police systems.
- Police does not use hands, baton, flash light for killing, they use a gun, they cannot use a knife. There is no country in the world, in which policemen would have a knife in his package for neutralization of a criminal.
- There is no government that would like their policemen carry long knives. There are batons, flashlight ...special means for doing it. If a criminal behaves himself that bad that he can kill a police officer, or injure civilians, in such case firearms can be used to kill.
- Obviously, generally as they cannot kill criminals, lethal techniques in their arsenal is disadvantageous for their work.
- When it is concerns military people it is vice versa. **Military people kill enemies** instead of neutralizing them, again, it is not related to some special cases, for instance when an **intelligence officer** has to bring one to headquarters.
- There are always exception, enemies should be killed, but not always, police should detain criminals, but not always.
- There can be a system which is developed using simultaneously model of boxing and wrestling, but this kind of system is limited by rules and technical arsenal which is outside these rules and are useless, as they are prohibited to use.
- It is **disadvantageous** for a fighter, if he will start applying forbidden elements he will be simply disqualified from competitions.

Commentaries on chapter:

CATEGORIZATION

Section: self-defense

- This is not quite the case, because a choice is a **conscious** deed, but a criminal does not always act **consciously**, he can act **instinctively**.
- For example, *"I was not going to rob you, to kill you – but I did not like you and killed you"* – this kind of model.
- It is right that a second person did not choose to be killed. However, the other person, did not make initially a choice to kill him; it was just circumstances in an understanding of a criminal.
- There is another option too, when a victim makes a choice without understanding that she made a choice.
- For example, a woman who **insulted** a man with a criminal background, she does not choose to be killed, she **just wants to express** her opinion, that he is a gangster, a villain, bad person,... but he takes a knife and stabs her.
- **She made a choice**, she could have been silent and nothing would have happened.
She made a choice to be killed without understanding.

Commentaries on section: Category of combat

- Military situation in which one **can kill** another one.
- Well, what is the difference between these **three forms** of fighting 1) Dueling, 2) Self-defense, and 3) Combat that are in the book.
And we will go from the way author **classified** forms of fighting.
- Of course it is obvious that any type of sport duelling, no matter what kind it is, no matter if weapon imitator is used or nothing is used – at any point of time it can be stopped. Simply speaking, it is a game.
- Coming to self-defense, it is **always a crime** situation. It tells us that we do not know who is on the other side, the particular characteristic is that we do not know who will attack us, this is one.
- This causes a lot of questions, are we going to be attacked with or without weapon? What is the aim, to rob or to kill, or something else? Crime situation is the most uncertain, however at the same time both of sides **are limited by a law**.
- While one does not care about it, and other does. I understand that this book does not cover a situation when a criminal meets another criminal, when both of sides do not care about law. But this kind of cases happen, and it cannot be disregarded, as you may become a part of such **criminal drama**.
- Military situation, there is almost always a weapon, they rarely use empty hands. A different system, it requires skills of handling a weapon and countering it.
- Speaking of **competition**, it is clear, **you will not be taught anything practical**. While I agree with an author, in that it is a good training for gym and competing with each other.
- Criminal situation is the **most difficult** out of all, it is hard in structuring and comprehension before the situation takes place. In order to do it, you need a special skill.
- Military situation is the most understandable of all – by a command **kill faster before** one kills you, if one has to be taken alive – **take alive and bring** to commander. It is simple and clear.
- It is easy to teach military people, easy to give advises on how to win in a gym when you hit each other with foam sticks. There are no criminal specialists, in the sense of how to predict criminal situation and what to learn in order to counter crime situation.
- **Name me at least one special counter criminal system in the world?**

- **No one** specializes in it, except very narrow circles of specialists that have to protect top officials; security officials, bodyguards, very small category of individuals, that never give out advises to people, because they do not train anybody – they work, they do not have gyms, they do not teach people for money. That is why, when a police officer finds himself in a situation against a criminal structure, usually he dies.
- Because this type of situation has a lot of unknowns. I mentioned this many times, he has a wife, children, family and other constraining factors that keep him back, in order not to get in prison by abusing his official powers. Also there is a problem of shooting in a person, even though a person who trains how to shoot in a gym may find it hard to do it for real. Not everyone can shoot another person. I asked police officers many times, if they can kill a person; most of them replied “*I do not know*”. They say, it all depends under what type of circumstances I will be. But one should understand that if you do not know and if things depend on circumstances, then your life depends on circumstances as well.
- Let's take a look at one thing. Human hand is built in a certain way, it grabs really well – it's task is to grab, our fingers are bended this way not the other way, but it is very bad in hitting, because it is not intended for strikes. Our fist is not meant **naturally** for punches. There is no guarantee that after punching with your fist, you will not hurt it in a way you will be able to continue the fight. Most of martial art practitioners harden fists in training, karate hits *makiawary*, *tomishawary* (breaking objects) and other means of hardening fists. If I bring forward my elbow, you will break your hand, and this is what is used in most of the criminal traditions worldwide.
- This technical element comes from **European Knight Tradition** – bringing forward an elbow is a work with a shield, reflecting a sword with a shield.
- If I bring my elbow forward to upcoming direct fist punch, the harder you hit, more painful it would be for you; any boxer knows what it means to hit an elbow with a fist. I can list about hundreds of such examples... But a foot, for example, is in the shoe.
- Foot's **direct intention** is to strike. But a problem is in that one has to learn to kick with legs not higher than a belt level, and deliver kicks that cannot be countered. For this reason, it is completely different topic of a talk, and these kicks are relevant to any types of martial arts, because chest (armor) and head (helmet) are protected but feet are always unprotected.
- Even if I loosely kick with a shoe I have onto a thigh bone, it is going to hurt so much that he won't be able to continue fight. See, we attempt to train night and day hand strikes, not knowing that hands are not meant to be striking.
- Speaking of open palm strikes, they are very effective, but it should be learned how to deliver this kind of strikes, and it does worth to pay attention to this.
- It is very confusing for a person; he comes to a gym for the first time wanting to become some kind of a warrior. Afterwards, he is given a set of technical elements without explanation why is it so. Correspondingly, he starts training, he even gets a black belts but later, when he gets in a fight, it turns out that techniques he learned are absolutely ineffective, he gets his hand broke or something else. Environment of gym, environment of street, of criminal regions are not relevant to each other.

- If you take a look at **criminal chronicle**, when one wants to kill – he will put pressure to his hands, I mean, he takes a knife in his hands and kills with it. But if one want to teach a lesson, he takes a baton, watch videos taped on hidden camera where gangsters beat someone – no one hits barehanded. Why? Well, because it is ineffective, there is no guarantee that you will achieve something.

One takes baseball bat or a picket, and smashes one until he falls on ground, for that matter two or three people may continue to beat him up on ground.

- Again, we deal with a knife and stick, if one wants to kill with a firearm, he just comes by and shoots in head or shoots point black and drives into half of a mag.

- In other words I have already **described three criminal models**, you may be struck by a stick, you are going to be stabbed with a knife, usually unexpectedly, or you are going to be shoot at.

Do you know how to avoid shots? Are you a Batman? Maybe you are some type of an American hero? Do you make up comics?

I think no.

Why do you go to a gym then?

Do you know how to protect yourself against this kind of a stick?

- I think it is easy to beat up anyone almost to death with a stick. You just never thought that one might hit you with this kind of a stick. Even if you will have a knife, I am going to break it with a stick anyways, yes, because a stick is longer than a knife, it has more advantage, even if you have two knives.

- One should take out a knife only when you do not have a knife. Because I don't want you to have a knife, I don't want to fight with you, remember I came to kill you.

- I like the idea of the book, but the number of **erroneous beliefs** on one square centimeter is just too much.

With my commentaries on book, I think this book will be useful to anyone.

Author of the book tried to research it, but not having a research experience, scientific degree, real criminal experience (I don't know what else did he do, but he has a lot of regalia, diplomas), anyways, the point is that he conveys wrong beliefs to all who read the book.

- As you see, a thing or two is known about criminals, and I shared some of it in here.

- Talking about outside environment we understand that we are not going to have all this. While this will develop a characteristic of not being afraid, (no matter how I am hit – I do not care, I have a protection, I have a helmet nothing will happen).

One can become very fearless and start sticking head in all places.

Remind yourselves that **great masters** of Europe, did **not train in protection gear**. They used sticks, which hits hard.

They used real blades that are blunt. Basically that's it, stick and a blade. Blade was blunt but a hit with it was not less than with a real one, they made it blunt do not to get one killed or cut.

My friend John Rister recommend to use soft swords and knives, probably it is a good practice in order not to get injured in a gym. But I for one would not get used to it, as it may

become a bad habit. There are two principles that exclude all these things, the first one is to make raise the level of the task you are dealing with. Remember I spoke about the stick which is used by criminals to hit someone.

I demonstrated how criminals beat up with a stick (watch video).

It is not necessarily a stick, it can be a steel framework, and I have only one choice to get out from situation – taking something more dangerous than a stick and an armature, and here comes a sword. I teach one how to counter empty handed a sword. If a man can counter empty handed against a sword, he will definitely do it with a stick and an armature. This is called making raising the level of the task one is dealing with.

- Second principle, is to push yourself beyond the line and set strict time limits. For instance, my task is not countering empty handed against a stick, but my task is to do it in 30 seconds, then 20 sec, then 10 sec, then 5 sec, then 2 sec. If I cannot counter a stick in two sec this means that the technique is not applicable, it won't work. These two things "clean" my techniques completely, and they make me think of or make a me technique that lets me to limit myself in time and raise the level of the task. What I am try to say that it is right and left hand of the technique, there are a lot of techniques around the world, all of martial arts are good, but you need a system that solves the task in certain conditions, for this reason you have to select, sort out your techniques in order to make something that corresponds to tasks you set.

Raising the level of tasks and cutting time limits will make it possible to deal with any kind of situation.

By raising the level of tasks - you overcome the problem of fear.

You see a sword instead of a stick and you understand that it is real; (it would be right to make it blunt) but you understand that if it was sharp it would be deadly for you. I saw how Mexican mafia uses chainsaw to cut off heads of their enemies, it is the same thing, it is very scary.

- If we take a look at the chainsaw and a sword, basically these are same things. And when someone will turn on the chainsaw in front of you, you might get frightened so much that you will forget all of the techniques you learned, but if it is a typical thing for you, you saw a turned on chainsaw many types, you are used to this – it is not going to scare you. It is going to be like in the famous Hollywood movie Pulp Fiction last episodes. I am going to remind you what happened in there, a robber comes up to a black gangster and puts a gun to his head and says "give me your wallet", remember how it ends, he says – you know that you are not a first person who tries to put a gun against my head, by eating his meal in a calm way.
- Afterwards he took away his gun and started preaching morals to him, that one who was with a gun is weak, but he is a tyrant and a villain, but that he is trying so much to become a pastor, for Americans this should be very clear. Watch the last episode, and see that there is nothing unusual to this person in what was going on. Whole point is in that he was much more of a villain than those who were robbing this road café. Raising the level of tasks higher than before, going extreme.

When we talk of speed, of time, it was always a drive for masters around the world to investigate this thing. If you take Dao Jeet Kune Do by Bruce Lee, you will see in his story that he was trying to overcome one opponent for very long time, there was a problem of timing.

Bruce Lee writes in the book what if there was not one but 2, or 3 persons. He made a conclusion that his art is not perfect, that it has to be worked on. You have to completely change your philosophy, if you do not change it- you are going to be dead.

I have a colleague, when we worked on the first book out of series of the books on African criminal tradition - Black Death, I asked him if there are any defense movements against all this. And he said, *look at crocodile, does he looks like if he is going to defend himself? Just imagine that he is coming out of water towards you, does he plan to act defensively?*

Can you think of a defending crocodile?

Are you afraid of crocodiles?

As he is not going to defend, he is going to devour you and that is the point of philosophy.

Who are you?

A person has to refuse to defend, later he can be explaining police that he was defending, imagine a gangster on drugs, standing with a huge knife in front of you. You see such a person, you are afraid, because he is going to kill you now.

Imagine now another person who is glad to see him. Because his hobby is breaking hands of drug dealers, and he looks at him and thinks – “thanks for coming, dude, now I will have some fun, I was so bored this evening, you made my evening, hey where are you going, come on boy, please, do not leave, what a great knife you have, now I am going to stab you with that knife somewhere”

This is a **different philosophy**, I am not afraid of knife, I am not willing to run away, because I am certain for 1000 % that I am going to devour him, because I am a predator and he is a victim, and no matter how many arms he has – I will take it away from him anyways and will stick it somewhere. I am not going to kill him, I am going to release him in that position so that he explains his friends, that one has to not to touch with a ten foot pole me, my family, my organization. But for this I have to be 100 heads higher and more professional than him.

Meaning that, at that very second, I have to become a criminal multiple times higher in rank than him, in other words I have to become a maniac for that very moment, and in such case he won't have a desire even to get into contact with me.

Afterwards I have to be able to return to my normal state.

That's the difference between a professional and a dilettante.

Commentaries on chapter: BIOMECHANIZATION

Interesting chapter, let's take a look what is meant under biomechanics.

- When we talk about all these factors, we have already listed these factors before terrain, weapons and so on – these are all correction, adjustment factors, but what are causative factors?
- Look, the logical model is the reason, is an underlying condition of existence of the movement. There are principal models and situational ones (tactical). *The principal model of world martial arts are two animals: an eagle (reverse grip) and a snake (straight grip). This is a beak of an eagle; this is – a venom of snake.*
- There are different models that explain movements of a person, but we should understand that in our hands we have a beak, a horn, or a fang. And from this motor reactions person develops corresponding technique.

If you do not understand this, you do not have a thing to adjust, to correct. Correspondingly, one having misconceptions, being in illusion will be searching for an example to copy from. You will be searching technical element in other martial arts which will be approximately suitable for this or that situation, you will learn it in order to apply it later.

- *However, if you know logical models, it will let you to create different techniques without having encyclopedic knowledge of all martial arts worldwide.* In other words, you can find moves that will be unknown to all. And by observing these logical models, you will be able to predict your enemy, you will understand who are you dealing with.
- And that drug dealer I was talking about is a “drunken snake”, and snake has certain mechanisms that it uses, meaning that it should contract first, in order to expand later, like a spring.
- *But an eagle has no use for spring reaction, he can attack right away – because he has wings. Pay attention to that, an eagle blocks your hands leaving you without defense, but he has a third element which is a beak – and he is able immediately to kill you.* But a sly snake can use the tactic of an eagle by remaining a snake, and a sly eagle can apply tactic of a snake, and switch between tactics during combat depending on what is going to be effective in this or that second. *This is the first logical model that has to be learned. Next logical model is about three states that exist in the world.*
- This is a spear, I am holding it with a reverse grip imagine that you have it in your hands. And I understand all hits which I can deliver with a spear from here. You may hold a spear in different ways, and deliver strikes under different angles. You may also hold it with a straight grip.
- And in the case of a sword, imitation of work with a sword.

- See, all of the strikes of an opponent are known beforehand. But there is one more level of logical models, these are **additional logical models** that understand certain situation in an understandable language for a human. Correspondingly if we know all three levels of logical models, we can know all techniques that exists in the world. Having said this, we have to know along this biomechanics, system of movements arrangement, we have to know neurophysiology, we have to know what is psyche and how does it work, we have to know how memory and consciousness works in order to turn all this into one integrated system. And if we know all of this there are no puzzles for us regarding moves of an enemy.
- Problem is that, there is no martial arts master that knows all this, they think that it is a lot of scientists so they do not have to know this. For this reason, there are no martial arts masters that can really explain the technique.

No matter whom I asked in my life, all of them said the same thing – *“We were taught this way, and we teach this way”*. Nevertheless, it does not give an understanding of what is happening. First weapon on this planet was a spear – a stone and a spear. From any stick which is on the ground one can make a spear. Later on, there was a knife, then a person tried to combine a knife and a spear, the wooden one – and make a metal tip to it.

- Then, in a combat a spear got broken, and he was left **with a stick and a knife**. And then a person started learning how to work with a stick and knife separately, this way we see how a knife appeared separately, and a stick. We can go on and on from this point.
- One should understand all things do not come from nowhere, there is a specific system of movements arrangement. That is why I do not go deep into theory, as it will take not one book.
If you do not know all this things, you are in a big trouble, if you think in another way then this – you control nothing.
It is known how to entame **“drunk snake”** – it is done with reed pipe. I mean everyone knows how to tame a drunk snake, you should start talking with this guy, and while he is speaking – he is not capable of stabbing you with a knife.
Person cannot do simultaneously two things.
While you speak with him, you take his knife away.
- You may provoke him and break his hand, but it is another technique. Pay attention that in both instances you are the one who controls the situation, not a criminal. Because you know all these things, but he does not. You control what is happening, but he does not control.

Commentaries on section: Balance

And of course no one explains why it is so. It is quite easy to demonstrate it via example. The more your feet stand far from each other, the less you have possibility to maneuver but you have more balance. The more your feet close to each other, the more you are mobile, but less balanced. For this reason one has to learn to switch from stable state to mobile, and vice versa when it is necessary during a fight.

In order to learn it, one has to learn how to walk.

Proper way of walking is done in the following way: from heel to toe, same thing when you walk backwards. Heel to toe, heel to toe. You should learn how to move without losing your balance, one should learn how to sustain a balance via feet, simultaneously your feet should let you carry out all necessary technical movements.

- The triangle concept is not new, it is used in Wing Chun and in other martial arts as well where there is so called “blocking” triangle, stopping move. Martial arts that use triangle concept they explain it by moving feet in a triangle, moves of hand and feet according to a triangle, and the concept of triangle being the most stable system.

If you put something on three base points, it is hard to imbalance it. It can be easily checked, let's say if I am sitting like this, having two base points – it is quite easy to pull or lift me, but if I add a third base point, it is much harder for you to pull me by my hand. And this very same triangles play a bad joke with a person, since a biomechanical structure always seeks for the next point it can lean to, for instance if it is standing on two base points he is going to search for a third point. And if you artificially create this third point for your opponent – you start controlling the situation. Because any strike, any punch is a search for a third point.

Let's say one is punching you in head, you move your hand to aside, his hand goes by and he loses his balance. And if you counterpunch him in a certain way at this moment, he will fall down right away.

- You use these triangles, at the same time becoming a victim of triangles, if you do not know how to use them and do not have knowledge about it.

I would like to stop and talk about fighting on ground, it is a very rare type of combat.

However in real life combat it is not possible. Usually if a person fell on ground and could not get up right away, usually he gets killed. We can take into considerations duels, quite often duel ends with an enemy on the ground. In real life combat if you are lying on the ground, you are probably already dead. Because a fight is a motion, if you were hit and fell, probably you are lying dead. That's why it is very equivocal when we speak of fighting on ground in relation to real life fight. When we start talking about real fight, we say that certainly you should be capable of fighting on ground, but less likely that it will happen in a real life fight. But it is a classical position of if you are talking about police officers or if you are talking about dueling sports. Depending on what are you planning to do, you have to allocate your focus to one thing or to another thing.

Commentaries on section: Torque

Actually things are really bad, because we do not understand the most important thing. Any martial art provides a certain scheme of force transmission to deliver a strike. For instance, we get in a certain stance, here is our axis, we keep our hands like in karate, rotation on this axis plus thighs gives the power of the strike. Plus combination with an inner energy as they say give us the power of punch.

Let's consider the following question: how many are there options of generating power of a strike overall? I am not going to lecture you on this topic, but I would like you to ask this question to yourselves.

For instance, if take **Jeet Kun Do** there are two swinging vertical axis - the strike is carried out by means of a reverse of vertical axis where one connects the shoulder and a heel. I can switch to any of the swinging axis as well, and deliver a strike from needed axis, back hand or front hand.

demonstration available on video

Remember Wing Chun position, where is a power in this stance? By means of what power is generated in Wing Chun? ... find an answer. What about those system that do wave movements?

I have already demonstrated 4 ways of power transmission, **overall there are 8 of them**. So do your homework, search for ways of force exertions and you will understand that you cannot use only one way, one has to know all 8 ways and use the one which is effective in that or this point of time.

I have to exert force on an opponent, I am going to try to do it like in Karate.

I did it in karate way, I put a vertical axis hauled off my hand and with a torque I delivered a strike.

Look, if I strike him with a different punch like in Jeet Kun Do the strike will be completely different

Now I will strike using a wave, and as you see I have to constantly change my stance. (demonstration available on video) this is a wave strike.

Look, in here, it not easy for me to deliver a wave strike, but in this stance it is easy to do it. that is the whole point, if you do not know all 8 ways of force exertion you will not be able to do it effectively in needed time. If you will be using constantly karate way of exertion of force, in most cases you won't be able to do it.

Because if you stand in this way, it is quite hard to hit his shoulder, but very good to deliver a wave strike, as you see he easily imbalanced.

In other words, if a martial art is contained only with one way of force exertion and does not use all 8 – it is very ineffective.

For instance if your were put in this position and it is said, strike this way, then this way of force exertion is possible in hand to hand combat and in combat overall, but only as 1/8 of force exertion. If you do not know other 7 options you will not be able to strike from any

stance. And it isn't related to **Karate, Wing Chun or Jeet Kun Do**, as I have said do your homework and find out 8 ways of force exertion.

When you stab with a knife you need less power in order to penetrate an opponent, in contrast to fist punch. And all problems come from here, if we do not understand all these things, we will not be able to carry out technical elements, strikes from any stance.

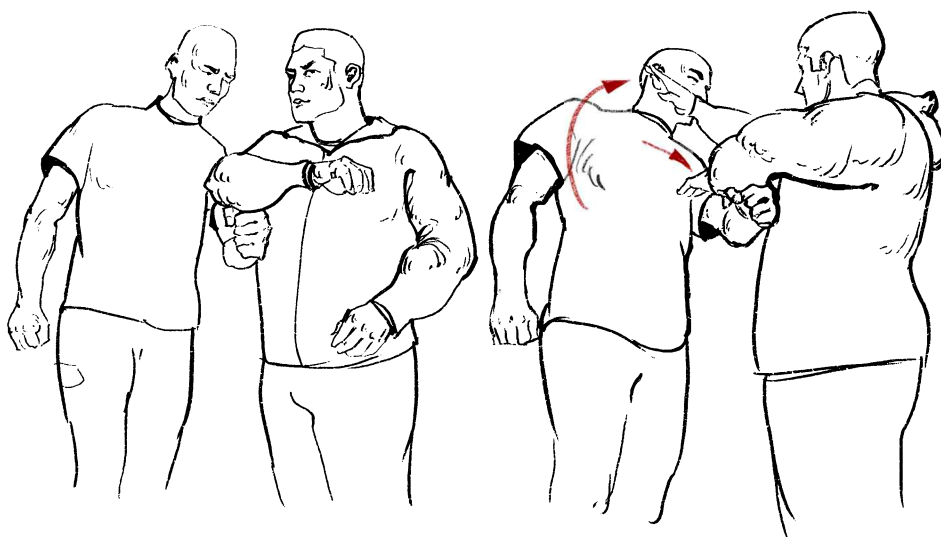
For instance, if you just took karate force exertion and use only that, when you get in a situation when you cannot do the way it is in karate you won't be able to do a thing.

Commentaries on section:Leverage

Here are described three classic leverages, take any textbook on mechanics learn leverages, take a book on biomechanics and learn leverages of human body when two persons deal with each other. Overall there are 4 types of interactions.

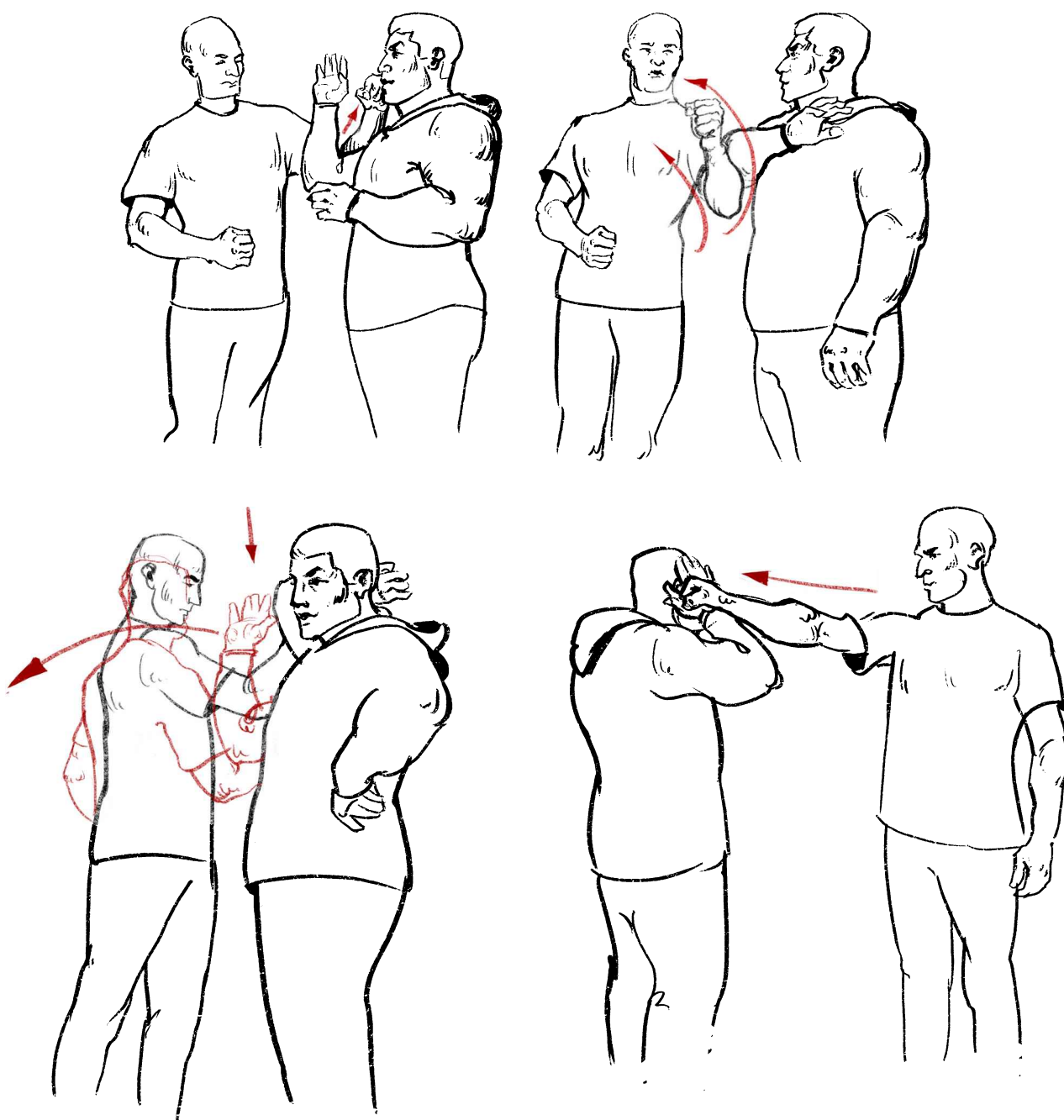
- triangle – point of axis, leverage, force
- force exertion on distance
- exertion on a small surface of contact area (example: there is a difference in the effect of a fist punch in chest, and a hit with a gipsy needle)

- Obviously it is going to be much more painful poking with a needle, same as punching the a with a fist or poking with a finger. And there is a combination of these methods, which is called manipulative construction – and that is the combat itself, when all types of leverages are applied at the same time, and all types of using leverages are applied in one concentrated form between two or more people.
- And all leverages will have a certain extent of flaw. If we take a side fistpunch for instance. The less the angle in here the more powerful will be a strike. The punch will be



weaker if hand is extended. So if I am going to punch on a long distance, I sacrifice the power, however the distance will be longer. I could have punched stronger, but then I had to come closer, but will he let me to come close

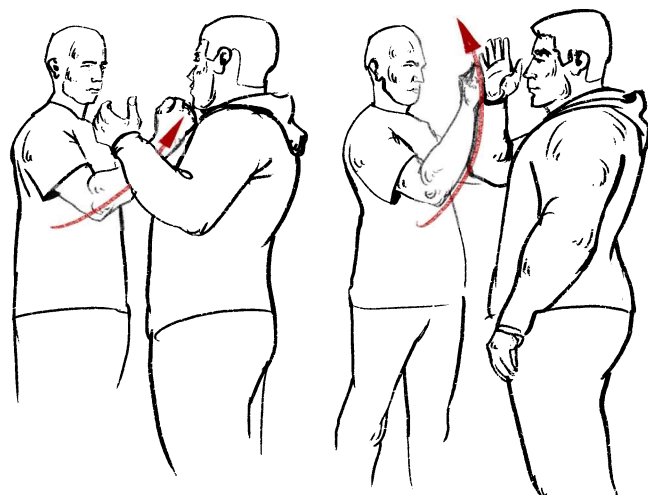
- So what I want to say, you are listening now to all this and are not understanding for what reason author wrote all this. Because there are a lot questions what is right and what is wrong related to this topic, in fact there is not a right or wrong thing, there is only what you want to do. I don't really understand for what reason author put this section in the book, as without demonstration without illustration it is useless for a reader, since person reading this will not understand what is trying to be conveyed. I will demonstrate now.



◎ I frequently hear what is the right way – to stop a punch or let it go by? There is no thing as wrong or right in this case, it just exists. If you want to use a leverage, you will have to have opponent's hand extended in order to use it later as a leverage. So you will have to defend in here, as your technique is all in leverages.

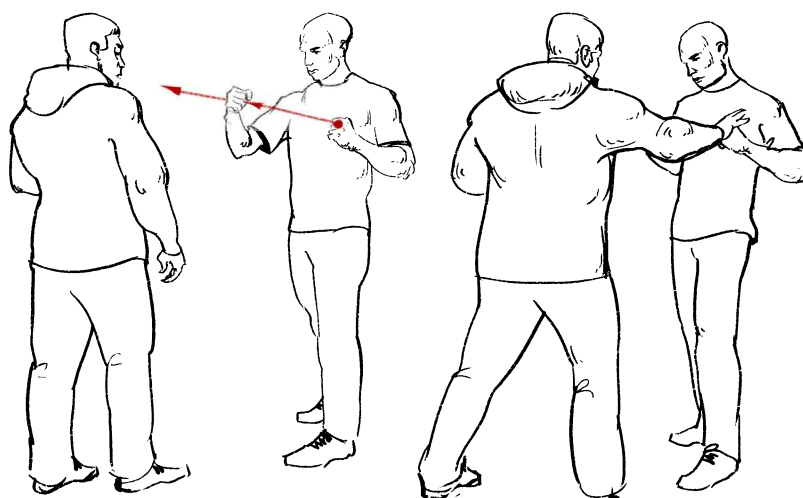
- ◎ If your technique is manifold, I will certainly block his hand and do it in a way that he won't be able to strike with his back hand either. Now in order to get his hands free, he will have to move somewhere. So here is a question, if he is making a side punch, what should I do, go back? What is correct. Well, if I am planning to use a leverage, then I will have to engage with an opponent and then I will be able to break the construction.

- Let's stop and talk about things not mentioned in the book. There are types of car that use front wheel drive or back wheel drive. Front wheels pull the car, back wheels push the car. So martial arts are divided to predominant moves that are pulling and pushing ones.



- You should clearly understand that techniques which use predominantly strikes, they use pushing way. And where are predominant throws, traps, logjams they use pulling way. *In order to understand what is you have to remember what happens to a car on icy surface. When we strike, our back wheels push us, and in that case, front car is not in control. When a car is pulled by front wheels – its back part is not under control.*

It is clear, if a person is inclined towards wrestling techniques, if he throws himself and traps,



then breaking his legs is best because they are not in control at that point of time. But when I am hit by a big boxer, I know that he thrusts his hand and leaves it that way without controlling it. All of his power is thrown forward, he gusts himself forward.

Any strike under angle just breaks this construction. I have explained this in bullet points of what has to be done with that or this opponent, I gave tactical elements based on mechanics, on neurophysiology and other things. If a person is hitting with a stick, it means that it is a pushing movements. Correspondingly, I can choose technical elements that will make an opponent with a stick lose his advantage right away.

If I know that a stick has three sections, which means an opponent can hit only with a one quarter of the stick, hit is not going to come from the rest of the stick – I can control situation in any way I want, but he won't as he does not know all this. Correspondingly a stick will be in hands in several seconds, if one is not a fool of course, a fool person will be standing and blocking stick thrusts and will get broken hands.

But knowing all these things, no matter how will he strike with a stick he won't be able to do anything, as I know all this and he does not. In order to deliver hits with a stick without getting punished, one has to know everything I am telling right now, more over a stick should be a corresponding one. For example, if it is a baseball bat, I know where is the force application point, most powerful hit will be at the tip of the bat. And I know for sure, that in order to strike with it I have to sweep.

Getting in the role of the defendant – while he is with a baseball bat sweeping, if I move towards an opponent or to a side, on the trajectory of the hit bat– he will freeze, there will be no hit, as I will be in front of him with both hands locked on bat; he cannot defend but I can attack.

Simple feet move and the stick is neutralized. I can provide this types of option about 40 ones. You won't have to do blocking and other things, one simple action while he is swaying bat and fight is over you are a winner. Since an opponent does not know this he automatically swings it, he does not know that in several seconds I will be right in front of him and will be laying on the ground while I will stand with a stick in my hands.

And as author said in the book, now he has a very stable position on ground. While it is very comfortable for me to hit him with all power having a bat in my hands while standing. Since he is an absolute idiot, he will start defending with his hands – and I will break all his hands with a bat. And it will be enough so that he forgets for a long period of time to forget about his criminal activities, as he will have two plasters on both hands and he will be trying to explain his friends how he got his hands broken, most probably he won't be able to say the truth.

Commentaries on section: Kinetic energy, Structural Alignment

When reading all this things you should understand that it is being looked at power component, person hits in order to get some kind of a result, but it should be clarified that mathematics of fight differ from physics. I will explain now the reason: let's consider **Mike Tyson**, his hands are shorter and weight is less than most of heavy weight people, but he became the youngest world champions among professionals, obviously mathematics of fight is not ruled only by theoretical mechanics but to some other laws that are not known to us, or maybe known to some.

What **Cas Damato** knew, which was not known by others? Do your homework, watch interview of Mike Tyson about pikabu style **boxing**, and you will see that there is another mathematics of hand length, different mathematics of mass movements, I mean everything's different, things that are not stipulated with laws of physics. What kind of logical model of delivering a strike do you use?

This will give you an immediate understanding that you are not doing right thing. What is the meaning of a fist punch? Where is this logic? What are we talking about? Find a logical model of your strikes, your attack, of what you are currently doing now. Fist punches came from somewhere, it has a nature – and I am going to give a hint – it is a stone throw. Not all of you can fist punch, but all know how to throw a stone. Think about it. Are there any other logical models of fist punch?

And when you will have a general overall understanding of this, you will understand why such kind of fist punches are in some martial arts.

It is talked about rationality behind the moves. To what exact this or that move is rational.

Commentaries on chapter: EVOLUTION

Here the author is right and at the same time he is wrong, thing is that most of martial arts have a model which is not valid for today's world, I will explain why.

For example let's take **Taekwondo** and **Ukrainian Gapak**, these two martial arts are meant for a fight between cavalier (person riding a horse) and a pedestrian. But where do you see horses? These martial arts were necessary when pedestrians fought cavalier, however now car was substituted for a car.

So, these martial arts they are traditional ones. They came to our lives one generation after another, but we don't use horses anymore, there are no armed cavalries, so there are no one to fight against, windmills. Why would you practice Taekwondo or gapak if there are no armed cavaliers. In other words logical model on which martial art is based does not exist in a modern world, there is nowhere to apply it.

Second thing to point out, aim of developing things do not comply with the practice of fight, meaning karate, judo and other Japanese martial arts were developed after World War II as a physical education and not as a fighting system. I want you to understand this. And other things. Firstly, one should look into the thing before using it for yourself.

And of course it is obvious that a number one sport when people deal with each other one to one is boxing. It is clear that a box considered to be the best thing to settle the dispute between two excited men. But it is not a fighting system, since if we will start applying what criminals use, box will go to aside. In other words, as soon as you will be hit with an armature, you will get into an unpleasant situation.

There are a lot people that evolved box for street environment, and it is good, however this system does not take into account usage of a weapon. As you see, everywhere there are certain exception. Needless to say, it goes in a circle, one starts from one thing – goes to another, and it all ends up in the option 1 that we looked before.

you will be in a constant search of the system which will give advantage to you over an enemy. It all happens is because you do not know, how a human memory is structured. For this reason your system contradicts with your memory.

- If you knew how your memory works, you would understand that your systems contradicts the structure of your memory. It is a completely different topic, it is more related to learning than realization, implementation itself. And it turns out that a person learns certain system, and he finds that his opponent is not the way he expected and circumstances are not the way he thought. **So the first question is, against whom is this system for?**

- If it is against a criminal, first thing that you would be interested in is a knife, brass knuckles and other things that are used by criminals, a stick and a gun, these things come first. When people ask me, why do I research criminal tradition, I explain, it is related to all criminal tradition except Russian criminal tradition, because it involves in itself all criminal traditions that exist in the world. And there is a reason for that and we are going to discuss it next year, why it is so, why Russian criminal tradition is one of the most powerful tradition in the world.

- It is too vast, it has gone through **11 historical periods**. You will probably see big portion of **Russian criminal tradition** but I don't think I will be able to convey it to the fullest extent.

If you analyze known criminal traditions that are known, you will know what will be used against you. And it will become clear to you what are you going to be countered in the street with. If you are going to be countered with such a system as Piper, then you are dead. Since you are not ready for this kind of situation, but if you know African criminal tradition all and out, then it is not going to be hard for you to deal with such kind of a bad guy. You won't have problems. And it is related to everything. And in here where author says that most of the people are not willing to adapt their system, he is absolutely right.

Commentaries on chapter: ADAPTATION

We have already listed adjustment factors as a terrain, geographical factors, climate, weapon, etc that should be taken into consideration before paying attention to that or this martial arts, if most of the strikes are meant to hit corpus of the body, but there is an armor vest then sorry for an expression, in military situation this is not an applicable technique. If there is no other technique then certainly technique has to be adapted, adjusted. Next thing is clothing, that we mentioned as well, that in **Northern part sheepskin** will require a longer knife for penetration.

Regarding physical abilities or deficiencies, I absolutely disagree, all people have weak sides. One should learn how turn his weak sides to advantages and learn how to use body which one has more effectively than an enemy.

There is one more point that should be taken into consideration, author set the pace but could not explain. **Technical element has to match you**, for instance there are technical elements which are good for long hands and not efficient for short ones. Why would you take this technical elements then. I mean psychophysiological elements should match you while you are sorting out them for your system. That's is that reason criminal tradition is still alive and is predominate because they do not have this system which is locked in a thing where there is a sensei, techniques and when you cannot got beyond limits of the system. In criminal tradition one is demonstrated a set of technical elements while looking at someone or while sharing experience to each other, and that's it, then you everything by yourself and person does not have a choice but to create his own system, good or bad, but there has to be his own system. This way the **African criminal tradition** is structured that is why it is one of the most effective ones, one is given a set and he does whatever you want.

And as author says, testing the model goes on constantly, they rob constantly, killings are done constantly, so the model is tested – and things that do not work is just thrown out.

You may think that a tall guy will defeat short guy in a second, which is not true.

Because history shows **different effect**, remember **Tyson** – the effect is completely different. So if you are a tall guy, then you have to learn how to work with a strong and short guy. Correspondingly short one should learn how to work with a tall guy with long feet and hand. One who has a pulling model he should think of completing his model with pushing model, and one with a system which is inclined towards pushing model would think of how to make it complete by adding pulling things. Ideal is four-wheel drive vehicle - quadro, when all 4 wheels turn simultaneously, when there is a balance. And you should understand what kinds of models are offered to you, what people are going to do with you, If it is a stick, then it can be used in different ways, what is the size of a stick? Is it a short one? A long one? Medium? Very long? **All depends on what is going to be done to you, and all this models should be researched.** And this case a training gym is going to be very helpful. If one turns a gym into a research polygon, area then it will be very helpful. It will be a very good research laboratory, you may take a gym and experiment in there with your comrades, looking at different models, how to buff, how to slip strikes, how to prevent them, how to attack proactively, these things are great for laboratory researching place. And never train barefoot or vans, wear shoes that you will be wearing outside, otherwise your feet will get entangled. Meaning at home barefoot you have one type of touch with the surface, outside is different. For this reason, usually at home people do not break their feet at home but do outside. These simple things should be clear. But also one should not get used to too much with a gym. Try training in the environment, in clothes, in shoes you are on everyday basis.

Go to different places, go to a forest, park, train on asphalt, on rock-solid places where you will have many obstacles and so on, vary your training places. It is good to train on slippery surfaces. It is good to train in narrow corridors in narrow places against different types of weapons and with different weapons.

Furthermore, one has to learn how to turn everything around you into a weapon, logical thinking should be developed like using a cell phone in many different ways as a weapon. It is very weapon, because in such a case you will have weapon at any times, even if you get into a situation when you do not have a weapon. If you can turn your shoe into a weapon, then you have more advantage than a person who is trying to attack you. **And you have to continuously study your enemy. What criminals do? What military people do? What sportsmen do? What are they taught? What kind of knife schools, knife work is do you see?**

Periodically you may go and attend classes, not everyday but from time to time. Set up your Facebook to receive news of your region, follow some criminal news and find out how do criminals kill people in place you live, and think what would you do in this situation, that learn you will learn very fast. You will know what criminals do in your region, in your country, what they use more often a knife or a gun, or use a stick to beat up to death. And the most important thing is to learn how to approach scientifically.

- there are a lot of people, as the author of the book too, who want to research, but they do not know how to do it. Before one starts researching, he should know how to do it. There is a probability that I will write a book in regard to this, if there will be many people who have a desire for such book. It will be on How to make scientific research. And you will have books not like one it turned out to be, but professional books.
- We discussed it, when I said that for systems that cannot be combined one should put a third element – a supplement.

Commentaries on sections: Dangers of Eclecticism The Amalgamation Process

- Interesting that should be looked at, we already discussed about peculiarities of foundational structures, techniques, logical models etc, but there is also one tricky thing that should be remembered. Your base, **motor model** on which you build everything – in other words foundation. **On what foundation do you build everything?** Lets say the beginning person practiced wrestling, and he got certain wrestling motion automatisms, he practiced it for a long time, let's say 5-8 years.
- Let's say he read my book **Enigma Ignorance liquidation** and suddenly decided to rearrange everything in his life. So he starts putting different technical elements, this, that and everything just falls to pieces as a giant with feet of clay. Once he starts fighting he starts using wrestling techniques. He immediately forgets everything and starts wrestling. In the very beginning you have to break down the foundation, afterwards you have to build a new foundation, and on this new one, other things should be built, otherwise there is no point. In any combat situation an old foundation is going to protrude because it is the strongest, it is bottomed. You can easily notice it, take a look what your students are doing in gym, then look what are they doing on seminars.

You demonstrate them technical element that has to be learned, then you turn you're a bit to a side, then you bring your head back and they are doing the same thing they were doing in gym.

Why are they doing this? **Because they know an old element, but don't know a new one.** You will be always dealing with this protruding foundation. Same thing will happen in any field of your life, not only in martial arts. Lets imagine there is a woman who is used to achieve things by sleeping with men. And she decided to become a decent woman in your understanding of the word, so she behaves very decently, follows accepted dogmas of society and that goes till she meets with a some kind of pressure situation. And at that point she will start behaving she did before, because she thinks it is effective – that way she will get the result for sure, but the way she decided to live it is not certain whether she will succeed or not.

- And if she won't achieve her goal in that way, she will go somewhere else and try to do it there. And if she won't succeed even there, I mean there has to be a sequence of failures in order she starts considering of changing motor behavioral model or there have to be one major strike, hardship in life. And only in this case she will start searching for a new foundation, and even this switch is going to happen very painfully. That is why most of the masters that try to practice other martial arts while doing another – it is useless. In order to build a real combative model, one has to refuse all martial arts immediately. In other words he has to look objectively of what is going around. In English language there are even no words that would help one in this case. It is quite a limited language, because *почему* (*trans.from Russian – “why”*) and *зачем* (*trans.from Russian – “why”, somewhat close to “what for”*) are same words – **“why”**. When we say **“why”** meaning for what reason, it is the same for a different word in Russian, there is no possibility of translating these two different words to English, both of them will have a same meaning. And that's the whole point of stupidity of English language. For this reason, in order an English

speaker understand what I am talking about I recommend to ask a question “what is it for”, which is probably also not possible to translate exactly into English.

- **For people who speak English** it will be very hard to understand what I am trying to convey. If you ask why do I have to stand like this, why this stance is like this? What is the best stance?
- the best stance is one which is natural to you. Listen to **Miyamoto Musashi**, he did not lose a single combat throughout his life. And he says that the best way of moving during a fight, should be same to the way you move in your everyday life. Look at all martial arts, does it resemble to the way you move in your everyday life? You will be in danger, because there is a different way of moving in foundation.
- You will be confused in a fight, you wont know what to do. No matter how you train in a gym, you walk differently in the city, and this skill will be predominant to a skill that you periodically develop in gym. And when you see not natural moves, shift they should be immediately thrown away. Because you won't be moving this way outside.
- Pay to everything said in the book, since person who moves somehow differently, he wont be able to use it in a fight.

Commentaries on chapter: OPTIMIZATION

- Time contexting

In regard to speed I would like to convey something.

War happens in broken rhythm, very fast, very slow, fast, medium ... and trainings also should be in the same broken rhythm as in war. Needless to say technical elements have to be researched on a low pace, they should be practiced under different angles, different composition in a dynamic motion, but not fast. But its sustainability, applicability should be checked on maximum speed. That is why best way is to make fights – one against two persons. Because in any fight you are left alone against two, don't get used to that there will be one opponent, and that he has only one type of a weapon.

Meaning that he has a knife but not a knife. He may have a stick as well as a knife in a pocket or on clips, if you take away his stick he may get his a knife, he might have two knives. Like two claws. It can be different ways, so do not get used to working with one type of weapon and never train only against one opponent.

Get yourself used to that there are always two opponents. In that case you will achieve something.

- I see that now there are some type of martial arts that do a lot of chaotic moves with their hand or people do moves that are too easily neutralized.
- For instance in Piper there is a circular movement with two forearms one around another, which is stopped by one move, by putting your hand. Many do not understand for what reason are they do this, they just copy it from each other. In reality this move has a deep origin, it should be studied first ,before doing this moves without thinking.

Search for a nature, for a origin, for a reason of the moves. Why it is this way and when you understand this, you will understand how to apply it in a real fight, and you will understand what is the difference between movement of fingers and forearm circular moves Search for the nature, why in **Wing Chun** they strike this way, but in karate this way.

Maybe both of them are bad, maybe it should be stroke in a different way. How come we do know that, before we understand the reason. If you do not understand all of this things he will be in trouble, one has to develop a logic, an understanding. If you do not have an understanding you will be always doubting yourself. You will be in constant doubt. You will always aggressively defend your position. what caused this book, your aggressive position, but about what? About what? About because I have started researching **Mexican criminal tradition**? Why would you care? Obviously you care since you are all so startled. Look, I have researched **Russian criminal tradition** – and all were silent, I have researched African criminal tradition – all were silent. No one cared except Nigel. Only Nigel wrote me.

But if one is not a gangster, he cannot fully research criminal tradition, you research in it your perspective only.

Actually I like Nigel, I treat him very well, and I respect his opinion regarding south African criminal tradition. Everything I insist on is his respect of my opinion as a scientist about south

African criminal tradition. "Piper" is name given by Nigel, it is his understanding of south criminal tradition. But the other book Black Death – it is not my understanding of south African criminal tradition, it is a mirror reflection of materials I found out from different sources. That is not me yet, but the next book **Black Death** which I will write by myself alone, this book is going to be my understanding of south **African criminal tradition**. Next books will be my own research as well, though I do not exclude that Mr.Lloyd will agree to work with me in following researches as well. We work this way too, I respect him very much as a partner and as a scientist.

You can research on your own whatever you wish. You can research just like me **Russian criminal tradition** as well, and write a book about it, and I will read with big pleasure. With the same pleasure you may research south African criminal tradition and write your own book about it, and I will be glad to read it. For specialists opinion of people that do research is always interesting. And it does not matter how many pitfalls in the book written about this or that tradition.

Commentaries on section: Pressure testing

Very interesting point if we are talking about **MMA**, that any criminal let's say who know south African criminal tradition, he will turn any kind of MMA fighter **into a clay** in 1.5 seconds. Do not listen to foolishness about Okapi knife. People stab with any knife, not necessarily Okapi. Study south African criminal tradition, **look at how many different** knives are there.

One said that it should be oriented to Okapi and many accepted it. No, take attentively to photographs and see what diversity of knives are there in their hands. I think it will become clear that you are being deceived. There are plenty of other different knives.

For example this knife, made by Gold steel in US, and it is not as fragile as Okapi, this knife is very sharp and dangerous. Knife is extremely sharp, one has to be very careful when you close it. While it is not much expensive than Okapi, and you open it in one move.

One can get easily cut, so no matter what are you making up about Okapi, here is the "Okapi" which costs not much at all while being very high quality, because it was manufactured in US. I train with the same knife but a blunt one. I blunted it on a moulder, in order not to injure an opponent, but it lets you to train as with a real one. I recommend you to train with exactly the same blade you will be using in a fight by making it **blunt**.

Commentaries on section: The Pareto Principle Cross-referencing

If you do same move with a reverse grip, it is not going to work, these thing are not connected this way between each other, but explaining it in the framework of this book is quite hard, because it should be shown the way world martial arts are built, there has to be made a complete review. Let s do it this way, this will be book number one, and next year I will make book number two in which I will make a review of worldwide martial arts in fullest form and will show you the origin the nature of martial arts.

Well, as I have said before I wont be able to **explain whole history**, origin of martial arts because it it a topic of separate book. But I will give a direction for thought, one may start thinking about it while I will be working on the next book. So what actually happens, you come to martial arts school and start learning the technique and by means of that technique you try to implement your wishes, and on that point everything breaks down. And whole problem is in that, sorry but you did not know what kind of wishes would you have before you started training. And you just like external appearance of Karate, so how the fighting model is build?

First there is a strategy, tactics, technical elements that are capable of implementation of things required by tactics, and result.

Who did think for the last time about strategy and tactics? Why would you think about it? Since you have a cool technique? So you are planning to do something, but the technique does not allow you to do that, so what should you do then? Cause you have spent so much time on studying that technique, you should reject your plan because those are bad wishes and plans because they do not correspond to technical elements. However the second party does not care, it just kills you. That's it. That is all what happens with you. That is the exact cool method of practicing martial arts that you of all you do. Have you ever seen in real martial art, belts, levels? The **number of dead bodies** – the only thing that characterizes martial art, nothing else.

Once I asked in Italy my partner about how to determine if a person is a master or not?

He asked me – how old is he?

I said – about 50

He asked – how many people did he kill?

I said – I do not know

Then he said – stop asking me foolish thing and that's it.

- © And that person is a grand master, grand maestro – and he has only one answer **“mastery is the number of dead bodies”**. You consider **Miamoto Musashi** to be a great master because he killed more then 100 people, in fights. So when it is convenient for you – you remember it, when it is not –you forget about this. There is also different approach, during war people used to ask, how many times did you crossed the battle line and how many times did you bring an enemy to head quarters alive. One would ask how many criminals did he neutralize, there was not a task of killing, task of law enforcement –

to **neutralize**. If person has more than 500 detainees, but he is all healthy but his opponents are all tied up and delivered to police station.

- switch to objective characteristics of mastery, that's what I recommend. If you are standing and giving away titles in a certain federation, I want you to know that it is **foolish**. Of course, if it is not your **business**, because doing it or free would be even worse. And if it is your business, then disguise it as long as it is possible from other people, because when people **will find out the truth** they will stop paying you for those titles. You should understand this.

Commentaries on section: Boyd's Cycle

OODA Cycle is a standard thing done in all US military orders.

I would recommend to read my **book Motor Cognition**, and second book which will I write about complete review of martial arts, since things that are written here are not applicable in a fight.

Stimuli, reactions, cycles, phases and all other things should be deeply looked in another book, the only thing I can say now, what is offered in here is not applicable in real fight. Try giving it to one, and you will see that he will throw it away after 5 minutes because no one needs.

How would you use it?

In a fight there is no way to use it.

If there is no fight, certainly it is possible to think, to reflect. But in a fight, if he will start thinking he will definitely be dead, and that should be understood.

Regarding Denial Filter – unlikely that it is going to help you in a fight. For the reason you will probably wont be able to deny, as everything will be finished in a second. You wont have time to think about this, you do not have time to make yourself think that it is not happening.

Emotional Filter – maybe you will have time to wish that what is taking place would not be, most likely it will be the last thing you will wish for.

Commentaries on section: The Art of Flow

He means that movements should be flowing, continuously and not abrupt.

Lets consider the point is it always correct to use flow while moving. We cannot say univocally whether it is right or not, in Venetian school practitioner of which I am, in there moves predominantly are unceasing, but it does not mean that we cannot do abrupt, broken moves.

Professional ought to learn to act according to a situation, one should not use rules that turn into an axiom, there is nothing permanent. For example direct punches with hands are continuous. But should I always act this way? Maybe I **will deliver punches with timing, or maybe act in this sequence where will be three abrupt moves (timing)**. Question of timing but not of serial automatic punches. One should learn how to select in a certain way from the memory the best moves that fit that or this situation, and to do this one has to work with logic. *In other words, if you do not have logic, then you will have problems with your memory.*

Lets look at the strike itself, it is stated in the book that speed organizes power, is that right or not?

No it is not.

- In order to have power, it should be taken from somewhere. I mean this book is not about understanding how to get power from, but I am giving you the logic so you think about it. Furthermore, this power has to be transmitted somehow through a mechanism, afterwards it has to be concentrated somehow. I will try to explain it now what I mean. Imagine that I have a geometrical cone in my hand and if I will strike with the tip of the cone head of my assistant, what will be the power effect? It will penetrate, it will go through the head, the effect will be of hitting with a needle in the head. I mean I concentrated power in the form of a needle, in a form of a cone. I penetrate her head, and when he will get in unconscious state he will fall on ground with her face down as if I delivered a strike with an epee. He is already dead, and hanging on a spear, I withdraw an epee and he falls forward. This kind of effect will be from the strike.
- Now, lets invert the cone, meaning it's tip will look **back but bottom forward**. And if I strike an opponent, what is going to happen? Nothing will happen, he will fall back, it is not going to harm him much as the power will disseminate to a big surface. The power will be very powerful, but the concentration of power via resonator is going to disseminate to a bottom surface of the cone. A strike is going to be quite powerful, but all I will get is that he will fall back, there will be no lethal effect there will be black and blues, grazes, it is a push. That is why I mean when I say the way of concentrating power, how do I organise **power**. It is my task to organize power when it touches an opponent. So when a cone turned with its bottom towards an opponent there will be a powerful push, but if it is reversed with its tip there will be a deadly strike, which will penetrate and kill an enemy. I can rotate that cone back and forth. In the first case I will get a strike which will knock person out back, in next case strike which will knock out person forward.
- For this reason one should seriously think about where do you get power from, and what type of mechanism generates this power, and how do you organise this power. This is very important.

Commentaries on sections: Mindset, Quantum of Force

- I agree with the author in here, but what he is trying to convey in several sentences is a whole science which stands behind acts of people.

When I was giving an interview for the project “**No step back**” I talked about determination, if there is no determination nothing matters. However, it is only a part of the whole machine, there are also different factors. That’s why in the frames of this book it is not possible to describe how to train, how to prepare a person and develop in hi this determination. It will require a separate book. I recommend again my **book Motor Cognition**, maybe you will understand some things from it, but a determination is a separate topic. And part of what the determination is, is also a separate topic.

Why people act in a certain direction, reason of all this is certain motor model. Each person has things that drives, that pushes him. It is better to have a separate book on things that drive person to act that or this way, till today I had no desire to write that kind of a book, if there will be a necessity I will try to write this kind of a book.

- Absolutely agree with the author regarding what is the use of training in things that are not applicable in modern world, like systems that were constructed under **Japanese feudal** system, but let’s listen till the end and see if he tells everything. There is nothing actually taught about legalities of using force, and it is the beginning of the martial art. There is no point of learning martial art if one did not start learning it from this.
- I will try to explain, you will have legal requirements, legal limitations and forensics, science about crime scene investigation. If in the **foundation** of your system there is something else other than this, then you have constructed your system in a totally wrong way. It is cool to cut one’s throat on a picture, it is cool to cut a piece of pork that you hung up and you demonstrate how sharp your knife is.

However, you do not think what will happen to you if you do all these things in real life. Judge will not understand you if you cut someone’s head off. If you break ones hand with a stick, and there will be knife near him, he will be lying with a broken hand and when police comes if you will stay of the scene of crime and you will say that he attacked you, he has a knife and you had a stick. He will be imprisoned.

- Now lets switch the roles, one attacked me with a stick and I cut off ones head. He cannot be imprisoned, he is already dead. You have three guesses – who is left? You are left. And you will be one to be **imprisoned**, as you cut one head off while he was attacking with a stick. No one knows why you did that, and it is called foolishness. You were a law abiding civilian who was attacked, but you suddenly turned into a criminal by breaching the law, cutting ones head off. If you were taking away his stick and cut off his finger, nothing big will happen. Cause he is a criminal, important thing that he is alive. But there are some cases when it is better if he does not stay alive because you will be put in prison.

Legal is a very delicate science, there is a thin line between a committed crime and not a crime. And one should know when a person should be killed and when he should be left alive. But before that, one has to create a whole system of his correlation to law. And you

have to know everything top to bottom. I am not going to explain how it is done just because it is not a topic of the book.

However you have to build this kind of system for yourself and it has to become the foundation of your martial art. So when you have this base you can build blocks on it, as if you were constructing a building. And this is very **significant** thing, otherwise, if you do it somehow differently – your system won't be applicable. Most of the people, do not understand to what extent is this important. It makes you free from thinking about whether you are acting correct or not. You always know what has to be done, and the other side is always guilty – **100 out of 100**. And if that's the case it lets you to release the breaks.

I have already explained in short about this model, you should construct your own system. Commentaries for chapter Implementation is give together with demonstrations.

There will be a demonstration of how would I build a system that is capable of protecting you against criminals on very high level.

AFTERWORD

We are going to have a serious conversation related not only to people that practice martial arts. It concerns all people, as everyone would like to learn something, to achieve something in their lives, and in order to achieve certain results first of all you should know how to do it that.

Needless to say, in order to learn something first of all you want to be certain that you are dealing with effective things. Meaning effective we do not mean things that person can learn in 10, 2, 3 years, since all this time is not going to bring any results.

So we are going to speak about how to develop your own system. It will be shown right on the example of martial arts system. Apparently people who will use recommendations of mine, of results of my research any sort of person will be capable of building any type of system that he will be able to use in his life. For this reason I am going to explain in a way it would be understandable to any person, and will use rather simple words.

First point to discuss related to restoration of martial arts, would be the question why do you practice martial arts? Let's go back into history for a while, and remind ourselves what people were capable of doing with the help of martial arts system. Well, they used to kill other people. Please pay attention towards the fact, that murder is a **legal category**. And when military person kills the other one in the war, he is does carry responsibility on the merit of the state to which his enemy belongs, that means at home – he is a hero, while in the other country where soldier he killed is from he is going to be a murderer.

And out of this we have an issue, because usually goal of a person who comes to gym is to have fun. Apparently many people forget that an aim of any martial art is to kill, to win in a duel. Describing in a **masterly** way that the ultimate goal of martial arts is to kill somebody, does not necessarily means that we are going to people somebody. However this makes us think, that we, ourselves could become victims of a **murder**, of an **assassination**. And this type of questions makes me feel another side of martial art. In Ukraine there is a joke, there are certain people that think that they can kill one, and when they are asked don't you think that someone will kill you? They say – well, what for will I be killed?

We often forget that we can become a target as well. Without any knowledge of martial arts we cannot move on. I would like to stop and reflect on two points – law and my possible defeat.

Why should I think about my defeat? Because it is a key for the victory. While I am thinking about my defeat I will be thinking about ideas generated from the fact that someone is capable of killing me. Moreover any target person has some sort of imagination, and ones with rich imagination will have lots of ideas of how to do it. Facing this conclusion we are going to understand that actually we are in a very bad position. From one side, I would like to learn martial arts, whilst on the other side I think I am capable of defeating someone, but there are good people sitting somewhere in the **court as judges** and others, that say according to a law of any country it is prohibited to kill someone. In case we are talking about some sorts of jungles in Madagascar, or somewhere where slaves live, maybe killing a person is not going to bring any responsibilities under a law, but usually, in any democratic country I will be put into jail on the basis of the fact I have killed someone.

So in case you have killed someone, you will be proceeded under criminal law, killings brings responsibility under law of the country where crime was committed.

From the basis of this **reflection**, if I take an epee, and ask what am I doing with this epee. An epee looks good, but 20 years in prison does not. All in all, if one is dealing with martial arts without having a proper system, basically means that one is trying to get into prison. I mean one is creating a killing machine so that he gets into prison. That is, when we are dealing with someone's martial art system, we can blame him, that it is all cause of him. However, when we are consciously developing our own martial art system, we are ones responsible for this system and for one who is going to apply it. First thing that you should not share with anybody is that you have created your own martial art system. Because having created it you have a direct conscious intention of having something that may kill people.

So when we are told by other person that he have **created his own martial art system**, and in case he kills someone, his interview his public saying that he created a system will be taken immediately against him. So you from the legal point, everything gets complicated. First thing to start with, is forgetting that you have come to an idea of creating your own system martial art system. In case you wish to develop it, you better keep silent. Moreover this information should not be shared in media. It is so much better to use something else, like a system which does not belong to you.

All in all, since from legal point of view it is not allowed to kill one, but having said this, there is a possibility that one will kill you. You might get surprised, saying that you were told that nobody is permitted of killing other people, but when it gets to you, there is no question of permission, and when a person is already dead, that's it. If the other person is killed you will have some time to see what you did. But when you are the one who is killed, you wont have a chance for anything, you are dead. So it turns out that – I can become a target of killing, but others are not. I am asking one more time, why am I allowed to be killed, meaning there are people that care that if they kill there will be punishment and so forth, but there are who do not care. And that is the point to reflect on.

So the first thing that pushes me to study martial arts is the fact that **I am permitted to be killed, but I am not**. And this fact that anyone can come and kill me, or punch me, really pushes me to do something. However, but I case I kill someone in a wrong way which is not in accordance with legal field – from here it is clear that there are situations when it is legal to kill and when it is not. For instance, when we are dealing with war, you can kill one in case you are military man. But you are given this right by a state on side of which you are fighting. By looking into criminal law I find out that there are certain specific cases when one can kill another one.

For example cases in which it is necessary to use force. Having said all this, we come to a point that I know nothing related to killings, but I have to construct such a martial arts system that can be both applicable and that won't get me into a prison. That's the first thing to consider. This makes me to have a serious approach. Pay attention to that carrying a knife is not legal, but it is okey to find it somewhere in the moment of deadly danger. But if I find myself in a dangerous situation and will have this knife with me, no one is going to believe that I found it on the ground somewhere. Why? Because it is a factory work, and it is very expensive, it is very unlikely that anyone would easily throw this kind of knife, we have to proof somehow that we found it. Moreover it might have a case, and investigator is going to ask how come have you found a knife with a case. We can make a conclusion that it was used and then thrown out, but in such a case it would be thrown out in a case.

And there would arise a question, why would one throw it out in a case. It should be clear that when out of two people that were in a fight, only I am the one who is alive, an opponent is dead, I will be the only who can be put in prison. When there is a killing one has to be put in prison, so it is much better to live him alive so there are option, whom to imprison. I am not going to stop here and go into details as it is a huge field of science of criminal law. In a nutshell, according to law you may not kill one, but you might be killed. It is quite frequent when we see news where one was killed with bladed weapon. So the first thing I would do is

thoroughly research **jurisprudence** particularly, **statutes related to murders, infliction of bodily harm, the way investigators look into case**, I would read books and study **criminology**, I would study tactics of investigation, needless to say all of this should be looked into before constructing your own system. Because based on the foundation of your system, based on all your research – your technical elements will vary. In case one is developing a system for combat in warlike environment, one is to choose the most lethal, deadly techniques that are possible, as in war we have only one task – kill your enemy as soon as possible. That is we are not going to choose technical elements that are not deadly. In case there is no guarantee that you will your enemy with this technical elements – why use it?

When you are working bareheaded there is not so much guarantee, but with knife you are guaranteed more, with an assault rifle gives even more guarantee ...

If you run away from bullets, you will have to use something that is going to be lethal. You may want to know how to use your rifle as a deadly technique, how to use a buttstock of a rifle. A lot of people pursuing to get folding rifle, that are shorter, I can say as an officer that it is not the best thing in a combat. I have never wanted to have a rifle with this type of buttstock. I always wanted to have a rifle with a wooden buttstock and with an iron recoil buffer cause it can be used as an extra brass knuckles. If one hits with this kind of a buttstock, person is not going to get up. Lets close this topic and get back to developing a system of training program. I would study law enforcement activity, judicial practice, I would fully look at how and why and whom one is imprisoned. And would put this into the base of martial art.

Afterwards, while teaching people this martial art system I am going to teach them how not to get killed and not get into prison. **Main task would be stay and alive and not get into prison.**

My opponent on different stages can behave himself differently, he can behave as an aggressive psycho, by trying to poke me everything under his hands, knives, forks, etc, he can behave himself as a professional, or as a person who is drunk or high, there are a lot of people that will try to kill me .

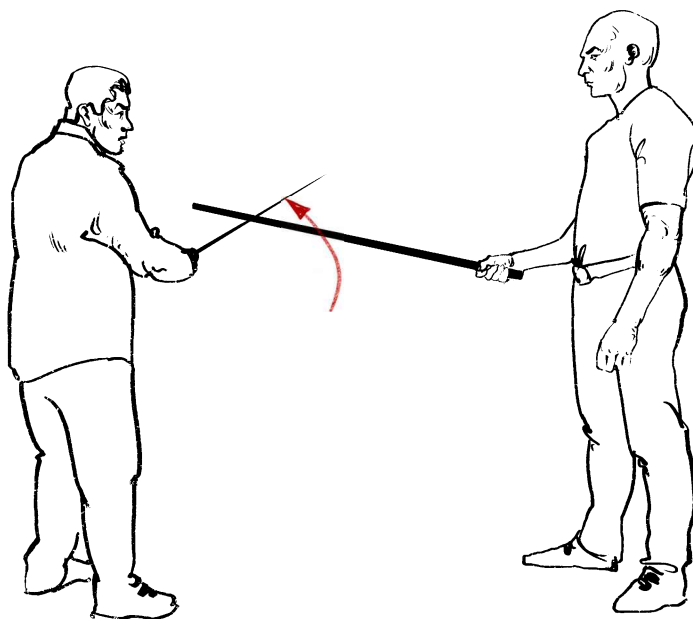
Secondly I will teach my students that there is no system, techniques etc – **there are only situations**. The most serious factor is that you are in some kind of situation. You cannot switch to the rules of your school, to the rules you share. You should always switch your attention to what situation says, those conclusions should be immediate and infallible. There should be no mistakes when you are making a decision. Otherwise you will be **dead**. When we understand that we are going to work according to a situation we are involved in, in order to get prepared beforehand, I will look at police chronicles, statistics. There is a lot of data where it is explained how people get involved in criminal situations. For example, fight in a restaurant, one was dissatisfied with another one so they decided to settle the dispute through a fight. One thing to remember is that you cannot hit first, you will get into prison, it is going to be an attack. But if you are not going to act proactively, meaning hitting proactively will mean that there is a probability that you will be defeated. Here is the dilemma, one loses his possibility of staying alive.

You may think that there is something good in **martial arts**, but actually there is nothing good in martial arts. It is just a necessity. In case one had an option not to use martial arts in order to protect oneself, it would much better for an ordinary civilian not to use martial arts, but we live unfortunately in democratic society – and in such a society martial arts is very needed.

Lets have a look what people are going to do with us.

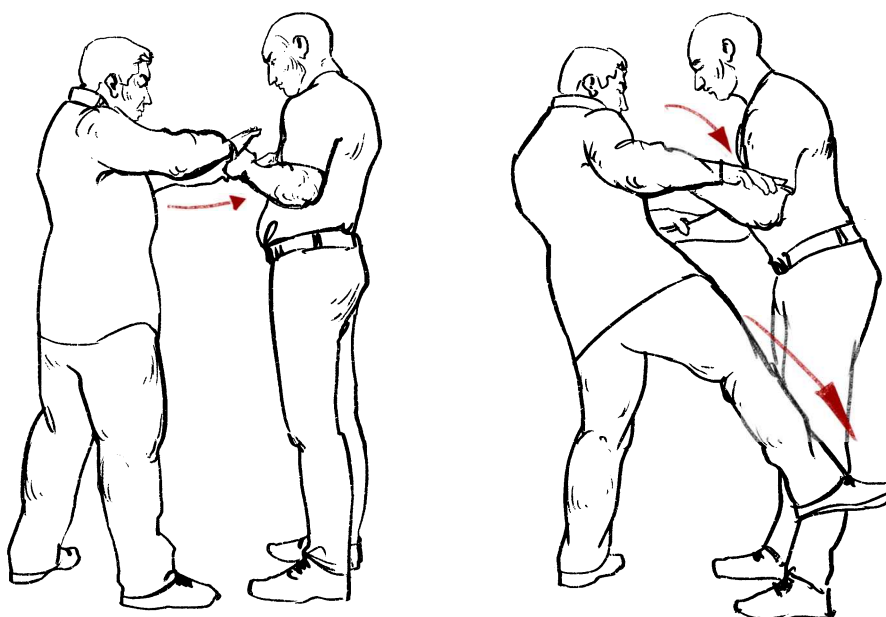
First of all, if an opponent does not have other kind of an advantage over me, he is going to punch me in head. If he does not have a knife, a rifle that is probably what he will do. that's the first case I might be in.

Just imagine a fist is coming to your fist, which is an everyday life. When hidden cameras in restaurants, in streets and other places are analyzed usually we see that it is common when one is smashing others face.



Chin strike
Boxing type strike
Side punches
Bottom strike
Direct strike

I have to think how to prevent this. Before coming and punching me he has to approach me.

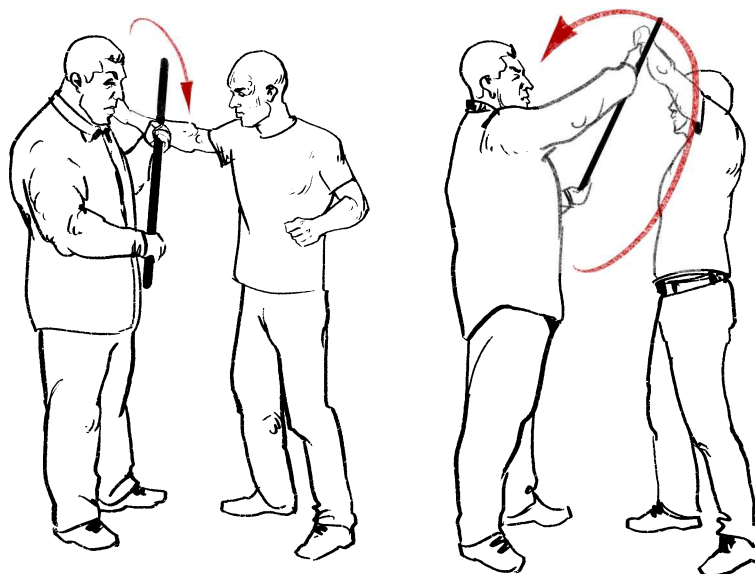


The logic is that one should learn how to walk.
First thing we will learn how to approach an opponent.
In Russian criminal tradition, it is called an approach, (ру - подход)

So here is the first block I would like to look into. To approach and skilfully punch one.
But we should not forget that person can use legs, arms, and punch in a series of strikes.
And one can get strikes instantly.
And we should deal with all this possible thing beforehand.
Approach – arm strike, approach – leg strike.

Do not forget that one might also clinch you. One might try to use their head to strike, or might sweep their hands making side strikes.
Why all these approaches should be researched as well, because in a fight there will be no time to research and experiment. Things has to be excluded now not later.
An opponent will get into a stance, I have to think what is the best to approach him, but before I have to think how to walk. And if it is going to different that everyday life walk, there will be a confusion. Sometimes people get confused with their walk.
Next conclusion there are no rules in street.
This makes us to search, what kind of model I have to use.

Now we come to a stage of selecting technical elements. We have already selected types of defense, improvisation, how to neutralize an enemy, we looked at how to put our enemy in inconvenient position by standing in convenient position ourselves.



I set certain criteria for a technique which is going to be applied. In my opinion, technical elements should be in a way that they work against any type of an enemy.
Next think technical elements have to be fast, short and precise.
It should have the effect of unexpectedness as well.

One has to be able to improvise according to a situation, we should know how to apply things that do not have obvious relation to hand to hand combat.
I take certain blocks of memory and start filling them in.

Things that will work 10 out 10

Things that are going to be unexpected for an enemy

Learning how to improvise accordingly

needless to say, I learn things that go beyond the understanding of a modern person, but these things are going to be highly effective.

You cannot go by mysticism, as martial arts there are all in all related to mysticism.

After I select technical elements, having learned how to deal with direct strikes, we start switching to training program.

What does it have? Let's say we learned how to deal with fist punches, but what if an opponent will have a stick. Obviously a stick is longer. You can stop it, but it is not that easy to do that, you might not be able to do it only with your hands. And how to avoid stick strike.

So when I go all through the procedures related specifically with training with a stick.

this teaches me how to protect myself from fist punches and stick hits.

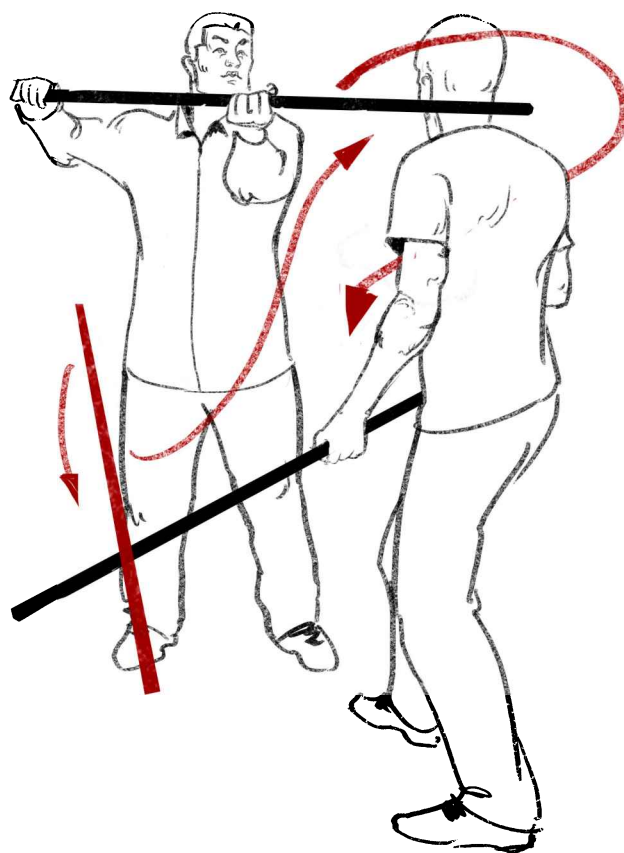
whats next?

Next is a weapon.

If an opponent is coming with a knife towards me, I have to know how to do all things mentioned before in accordance to working with a knife.

One should know how to neutralize it, it pushes me how to do it. After we finish this with the help of five block of memory, I will come to the fact that there are people that carry guns. And if one is firing you from the front, it will be the kind of a direct attack just performed with a gun.

So you apply all those 5 elements. I will have to learn the block of unexpectedness, best technique and other things. Simply speaking I should learn the Physical Pendulum system –



mayatnik on a short distance.

It is good to learn this whole system and know how to use it.

Working against bare hands, a gun, stick and a knife – there are all different motional dynamic systems, you will be easily confused, you won't be able to collect this into one

system. So you will need some sort of a source, container which will allow you to take an element after element and put them into according to block.

Technical element of deflecting knife attack should be equal to the technical element of deflecting the stick. You should have a universal system which would allow you deal with anything listed above. This kind of universal system is Venetian Fencing, and yesterday we were trying to understand this.

Venetian systems allows you to learn tot work with an epee, with a stick, with a stick, with a stiletto barehanded and moreover how to combine all these between each other. And when we integrate all of this you will have a system which will allow you to deal with any sort of situation, if you will learn it in a certain way consciously understanding the way this system is structured.

If you know Venetian Fencing, if you understand that it has outmost possible number of technical elements, there are 36 multiplied by 8 – 288 technical elements. How many combinations may you face? 288 multiply by 288 = 82944 possible combinations and that is related only one variant. What if we are going to combine three elements? There should be a square, cube. No matter how many elements combine, if you have 10 elements one exponent = 10, 10 in square = 100, 10 in cube = 10 000 and this is related only to three combinations.

36 letters but what if take a look at letters?



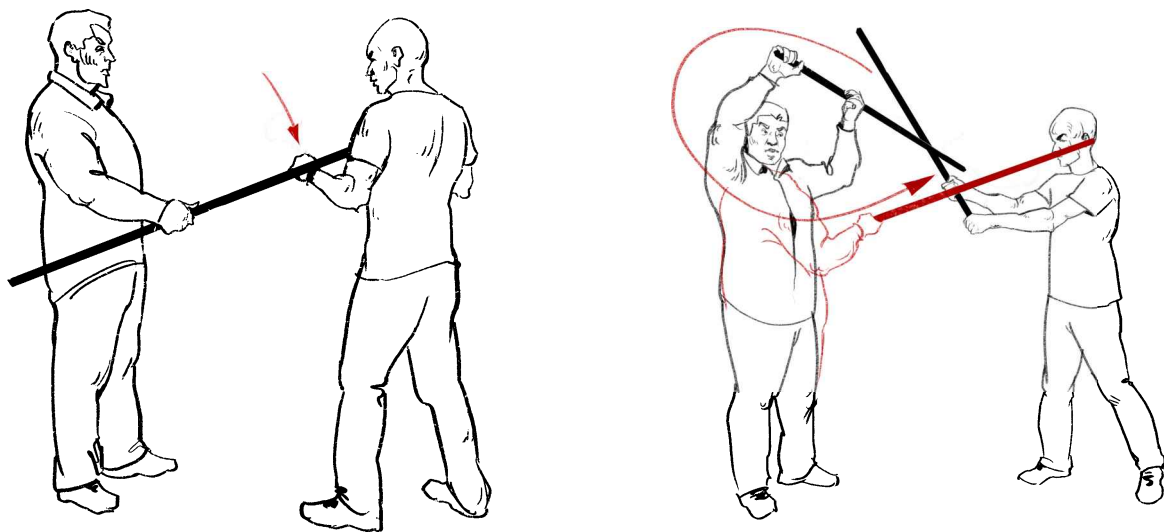
There is a vast number of possible combinations in Venetian system.

Potentially with an opponent you will probably you several only.

We have talked about attacking combinations, what if we look at defensive ones? Lets say number is the same.

I mean this system is very vast, and we cannot teach one in 5 mins but one may starts researching it, and in several year you will be higher several heads than others. You will be much more components than many specialists are trying to explain in their books.

Also pay attention that what I am talking about right now are only reflections.



For example let's take Taekwondo and Ukrainian gapak, these two martial arts are meant for a fight between cavalier (person riding a horse) and a pedestrian. But where do you see horses? These martial arts were necessary when pedestrians fought cavalier, however now car was substituted for a car.

Lets look at boxing, we should understand that it has certain limits and rules. For instances one cannot use his feet to strike. If you take wrestling technique, you should understand if there are two opponents, and if you get engaged with one of them you will be an easy target for another one.

Lets speak about a knife, I see a lot of master that work with knife, remember what your system's foundation. When people offer you something you have to think whether it complies with the law and rules of the country. You wont be able to cut the throat of you opponent, you cannot cut off heads of people. You cannot take a huge knife and penetrate through a person, you can chop a person as a salad. These things should be considered, otherwise you will get into prison.

Let say you have a **stick**, but he is **barehanded**. You are very skilful and cool, and you break an arm of your opponent, you have just went off the limits of allowed usage of force. You should approach your opponent without a stick. But one does not want to do this, as stick is an advantage.

But with a help of a stick one can easily control upcoming strikes of an enemy.

Knife is a good psychological factor

No one is going to jump on blade. For example, you can punch with your hands while keeping a knife, or you may strike with blunt objects. For example expertise may show that you attacked with a blunt object, and you have not committed a crime.

Every single case is going to be assessed in different ways and every evidence is going to be weighted accordingly as it is a prerogative of criminal law. All provided evidence, all words are going to have the same weight. And you should know that all this investigation takes up time, it might be even years. So first of all your technical elements should let you to

deal with the task, and prevent you from getting into the prison, moreover you may be dealing with more than one person who are armed. You may also be armed but you should use your weapons in a way so that you do not overcome limits of using force in self defence. This is counter justice which is a whole branch of science. Sometimes solicitors that are involved in this field of law do not even know what to write when it comes to counter justice. Not only you should know the law aspects, but how to explain certain situations, how to apply the law in your advantage. If you know law and use it in your advantage, it is fine, if the other does not know the law and its application – it's his own fault.

So as far as you know – you have to study every single time, consequently you will become very intelligent, and all this knowledge is going to help you to survive in this nasty society. If you are not going to study things, to work on yourself, to develop yourself to research what can be done and what in certain situations, what is effective what is not you will face a lot of problems in your life. Ask people that got into prison just because they used too much power in self defence. There are a lot of sportsmen that got into this kind of situation. I have a lot of acquaintances that ended up this way. There were people that got into a fight on the asphalt, and the winner was one who was stronger by inflicting medium level harms on body, and these people got into jail.

They were defending themselves but in investigations they had nothing on their bodies but others had. For a policeman a criminal is the one who causes physical harm on body. In case you have physical injuries – you are the victim- that's the logic. And it does not matter if this miserable person who has injuries was using a gun a knife, it does not matter – he is a victim. **Logic of law enforcement** uses certain standard things. Police is not going too much into deep. They will just look for injuries and make conclusions from there.

If one is attacking you on the street you cannot cause him severe physical injuries, most of the people do not understand this, they train in the gym with wooden knives, and they get out in the street and stab people with real knives and get into prison. Well because they were not explained these things.

You have to know how to **apply tactics** for example how to use a knife, how to behave when there is a knife, how to switch to a stick that what should we train in the gym for. But without the knowledge when you get into a real life situation you are going to use what you know.

You know stabbing movements? So you will be using them and end up in jail.

Or you will be stabbed and lying on the ground with a blade. When you will be dying, no one will be thinking whether you are guilty or not, moreover there will be no revenge for you. I really hope that things we have discussed were really useful for you. And these things are related to any activity sphere in your life. It will allow you to develop any system which is going to be applicable in the modern society, it is not going to contradict the law. And if you do not understand all these things that you will be in a big trouble. Both the power of law, power of government, power of society will be used against you.

EVERY STEP HAS TO BE MEASURED
AND THOUGHT OUT.

OTHERWISE ALL YOUR IDEAS, ALL YOUR
SKILLS, EVERY MOVE, EVERYTHING WILL BE
USED AGAINST YOU.