

# PREPPER'S UNDERGROUND GUIDE TO IMPROVISED WEAPONS!



**HOW TO PROTECT YOURSELF  
WITHOUT A FIREARM USING  
EVERYDAY ITEMS!**

*Jonny Mayhem*

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# **Prepper's Underground Guide to Improvised Weapons!**

**How to Protect Yourself  
Without a Firearm Using Everyday Items!**

By

**Jonny Mayhem**

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# Congratulations!

**If you are reading this, congratulations!** If you have bought this book, I really thank you. By the end of the book you'll be able to walk into any room and **quickly identify a number of items you could use as a weapon** when it hits the fan.

If you are just browsing and **trying to decide if this book is worth a couple of bucks**, I also want to thank you for taking a look. Either way, you have demonstrated that you care about your safety and the safety of your family and are concerned about doing all you can to protect them in this world that seems to be getting more dangerous every day.

**Here's how the book is organized.** I know some of you want to learn **101 ways to crack a skull**, but before we get into those specifics we'll cover a little use of force law. I don't want you going off half-cocked and getting yourself into a jam because you failed to recognize the legal ramifications. You'll hear over and over that **these techniques are dangerous and should only be used in accordance with your local laws and ordinances.**

Then we'll look at target selection. Some of you may not have a martial arts background, some of you are experts. For those without a martial arts background we'll review some basic striking techniques, basic grips, and angles of attack. Then we'll get into items that can be used in place of illegal weapons and specific items common to different rooms such as kitchen, bathroom, and garage, and some that are more suited for vehicles, all of which can be quickly used as weapons.

Finally, we'll look at the aftermath, what to do after you've used force to defend yourself, how to report it to police and how to respond when the police arrive.

## Any Objections?

**This book is not for everyone.** Some of you may object on some grounds that the information contained here is **unfit for public consumption**. Some may raise a **moral or religious objection** saying I have no business telling people **how to hurt and possible kill another human being**. Do unto others and turn the other cheek, etc.

Well I got news for you. **The bad guys already have this information.** They already know how to hurt and kill others, often with impunity. Watch Gangland if you want to see how the other sector of society lives. Talk to a prison guard about the violence that goes on inside the big house. Or talk to an ex-con if you happen to know one. I doubt very much I could tell the criminal element anything they don't already know. And I doubt very much that the average law abiding citizen would know an ex-con well enough to talk to him about life on the inside.

Read the newspaper, or watch the news and you'll see one senseless killing after another. **Crime is all around us.**

This information is not geared toward the criminal element. I doubt many of them have Kindle or Nook readers, although I suppose it's possible.

**This is geared toward the law abiding citizen.** It is designed to give you an edge over all the low life riff raff, rubbish and scum that are just looking to make an easy mark of you.

Some may raise objections on legal grounds. Yes it's true, some of the techniques may not be legal and depending on how you use this information you could find yourself in a whole heap of trouble with the law should you employ any of these tactics.

**I don't want you breaking the law.** Make no mistake. **These techniques are powerful and dangerous.** If you break the law, it's the job of the police to arrest you. It is the job of the State's Attorney to prosecute you to the full extent of the law. It's the jury's job to convict you.

**I'm just giving you some options** in the event you or someone you love is threatened with death or serious bodily injury (or great bodily harm or however your law reads that entitles you to use



deadly force in a self-defense situation.) **These techniques are to be used only in life or death situations in accordance with your local laws.**

This is not about stockpiling **traditional firearms**. There are plenty of good books available on that subject already. This is all about what you are going to do when the **government puts the clamps** down on privately owned firearms. Or possibly worse yet, imagine there is chaos for whatever reason. You've stockpiled firearms but now there is **no more ammunition**. Or you are living in a country where **firearm ownership is already restricted**. Or you find yourself under attack with **no firearm at hand**, when you're in a public place or on an airliner being hijacked by radical extremists.

This not about traditional hand-to-hand self defense. There are plenty of good books on that subject. You ought to get some professional training from a **qualified self defense instructor** if you are really serious about learning self defense. And I'm not talking about getting your yellow belt from some flunky self-proclaimed "Master" down at the martial arts studio in the strip mall.

Now, don't get me wrong. I think your personal protection plan should begin with a good solid foundation of hand-to-hand self defense. You may very well have to fend off an attacker with your hands and feet to give you time to reach whatever weapons you have at hand.

**This is for the area in-between going strictly hands on and traditional firearms.** I am talking about the little discussed world of makeshift weapons. Whether you call them **Impromptu weapons, Makeshift weapons, or Improvised weapons**, these are all items that are not normally used for weapons, but **in the right hands can be deadly.**

This is not the study of **traditional martial arts weaponry**. There is some debate amongst instructors whether this should be studied at all. Some argue that the study of traditional martial arts weaponry cuts into the already limited workout time. Others argue that from a practical standpoint, learning to be proficient with something like a set of nunchukas certainly looks flashy, but the odds you'll happen to have this particular tool available in public when needed is probably pretty remote. And if you are walking down the street with

nunchukas in your pants, there's a good chance you'll face arrest for carrying a concealed or dangerous weapon.

This is not an 800 page treatise on the subject, with a complete history of how a caveman first picked up a rock to bash in the head of a neighboring tribesman, nor how the Okinawans used a tool for grinding rice and took arms against invading Japanese.

**But we are going to take a lesson from the Okinawans**, who according at least one account, took a common household item, a rice flail, and converted it to a makeshift weapon, the nunchuka. The same thing with the pitchfork type sai, and the yawara stick which was a kind of container used for carrying holy water by monks. **They were able to take a common household item and convert it into a fearsome weapon.** According to that logic then, instead of trying to master a weapon like a nunchuk that will probably get you arrested for carrying it down the street, **you ought to be learning to defend yourself with items that are common to us today**, not something that was commonplace a couple hundred years ago.

**This is for the people who think we are approaching a real breakdown in society as we know it.** How that is coming remains to be seen. Whether it is through warfare, such as North Korea or Iran starting a nuclear conflict that we end up finishing, the out of touch spending and runaway budget deficits of the Obama administration and the Washington lackeys from both sides of the aisle, or some kind of natural disaster such as a hurricane, earthquake or solar flare that wipes out the entire power grid.

**This is all about preparing for the day when it all goes to hell in a hand basket.**

This is boiled down to the nitty-gritty. **What you can use right now to defend yourself and your family.** Items you've probably got at your fingertips right now, or could have handy with minimal planning.

Many people have weapons stashed in their homes in case of a home invasion. But they may pass by other items in their home that could be just as easily used as a weapon to get to their hold-out weapon. By the time we are done I want you to be able to **walk into a room and instantly be able to identify not only one, but**

**several items you could use as a weapon** when the fabric of society comes apart at the seams.

# Why Impact Weapons?

It's important to understand different types of weapons are used for different functions.

**Impact weapons** break things like bones and cartilage.

**Edged weapons** cut things or give added focus to the edge. This could range from a butcher knife, ax or machete to a sharpened credit card or anything in between.

**Pointed weapons** pierce or puncture things.

**Flexible weapons** provide added velocity, and can be used to whip or to entangle.

**Hybrid weapons** provide a combination of one or more of these uses.

**Most of this book deals with impact weapons** although we will cross over a bit into flexible weapons. For example striking someone with a piece of chain could classify it as an impact weapon. But it could also be used to wrap, trap or entangle an arm making it a flexible weapon as well.

**There is a reason we will focus on impact weapons.** It is easier for the average person to strike someone in self defense with an impact weapon than it is to stab or cut someone. It takes a different mindset to be able to stick someone with a knife or stab someone with a pen. Unless you've been trained in Special Forces, are a convict or psychopath, cutting and slashing is the real "wet work" of personal protection, which most people just aren't capable of doing.

There is a real problem of disease being spread by contact with blood and other bodily fluids. For that reason, personally I'd prefer my attacker's blood stay **in** him, which is more likely if I use an impact weapon on him, and not get splashed all over me if he gets cut by an edged or pointed weapon. But because we could be talking worst case scenario, and you may be forced to defend yourself with whatever you can get your hands on, we will discuss improvised edged and pointed weapons.

Even if you choose not to use this type of weapon yourself, at least you'll have a little better understanding of how these types of

weapons can be used against you.

# Forewarned is Forearmed

Let's get a couple of things straight. **I'm all for law and order.** I'm not advocating you go out and break any laws. In fact, throughout this work I will keep warning you to check your local laws and ordinances.

Some of these techniques may be perfectly legal depending on the jurisdiction in which you live. Other places they may not be legal. I have no way of knowing. I don't pretend to be a lawyer. You'll have to check that out yourself.

**Here's the bottom line: Some of these techniques and strategies may not be legal. I'm not advocating you use them.**

Even though the techniques are illegal, wouldn't you at the very least want to know about them? Wouldn't you want to be forewarned so you can take defensive measures? **After all, how can you plan for a risk you don't recognize?**

**I'll help you recognize the risk.** I'll bet throughout this book there will be at least some items you hadn't thought could be used as a weapon, **or could be used against you.**

## The Best Fight

**The best fight is the one you don't have.** Pick your battles carefully. I'm not advocating you go out and try to kick someone's ass every chance you get. Quite the opposite. I'm all about walking away, and avoiding conflict when possible. If I'm in line at McDonald's and some jack ass cuts in front of me, it isn't worth it to start a fight with him. If I'm in a bar and some guy bumps into me, I'm not going to puff up my chest and start a fight. I've seen too many people get their lights punched out for no good reason. I'll walk away.

But if I'm in my home, and some lunatic breaks in and threatens my wife and family with imminent death or serious bodily injury, it's no longer "walk away." Now it's game on. I'm going to use whatever force it takes to protect them. (I'm not going to use more force than reasonable and necessary as that will probably get me arrested.) But I do want to use enough force that no one in my family or I get killed. I would presume you would want to do the same.

## ***Use of Force***

Please bear with me for another eight paragraphs or so and we'll get into target selection and basic striking techniques. Some of the book reviewers have commented about the disclaimers, "Ya, ya, I get it." They're missing the point. These warnings aren't in here for me. They are in here for **you**. I just want you to consider and understand the fact that there may be consequences if you use force to defend yourself. I believe it's better to think about this now, while you are safe and calm, rather than trying to decide how much force to use when you are face to face with an out-of-control psychopath trying to do who knows what to you.

I can't stress this enough. **I am not an attorney and am not dispensing legal advice.** You've got to know your own local laws on use of force and self-defense. **You've got to know when force is justified and when lethal or deadly force is justified.** I can't tell you because I don't know where you live or what your laws are. You'll have to research that yourself or consult your own attorney. Good luck trying to pin him down with an answer.

This can get kind of confusing. Broadly speaking deadly force is normally defined as that force which could reasonably be expected to cause death or serious bodily injury.

**For deadly force to be justified,** the threat of death or serious bodily injury to either yourself or someone else must be **imminent and unavoidable.**

**The definition of serious bodily injury varies from state to state.** For example in Texas, "serious bodily injury" means bodily injury that creates a substantial risk of death or that causes death, serious permanent disfigurement, or protracted loss or impairment of the function of any bodily member or organ. Contrast that with North Dakota who defines it as bodily injury that creates a substantial risk of death or which causes serious permanent disfigurement, unconsciousness, extreme pain, permanent loss or impairment of the function of any bodily member or organ, or a bone fracture or impediment of air flow or blood flow to the brain or lungs. **You'll need to know how it is defined in your state or the equivalent,**



**which might be called great bodily injury or serious bodily harm.**

Generally speaking again, the use of force is not legal unless it falls under the strict requirements of one of four legal justifications. **Self-defense, defense of another, force used to prevent a crime and law enforcement arrest power.** Each of these areas has specific requirements that must be met in order to avoid criminal liability. **You may only use the amount of force that is reasonable and necessary in the situation.** This is judged by what a "reasonable person" would have done under the same or similar circumstances.

In a self-defense situation, it is only when the aggressor uses or attempts to use deadly force that you have the right to respond with deadly force. **Laws vary by state, so local law should be consulted for the applicable requirements in your area.**

It's one thing to know your state's law on self defense and use of force. Then you've got the whole body of case law interpreting state law. You ought to know what your state says about your duty to retreat if you have one, or if you are able to "stand your ground" if you are in your own home or place of work.

Let's get down to brass tacks. **You've got to know how much force you can legally use in defense of yourself and others. This is going to make a difference in your target selection.** If you aren't justified in using deadly force, you don't want to be caving in someone's head with a lead pipe.

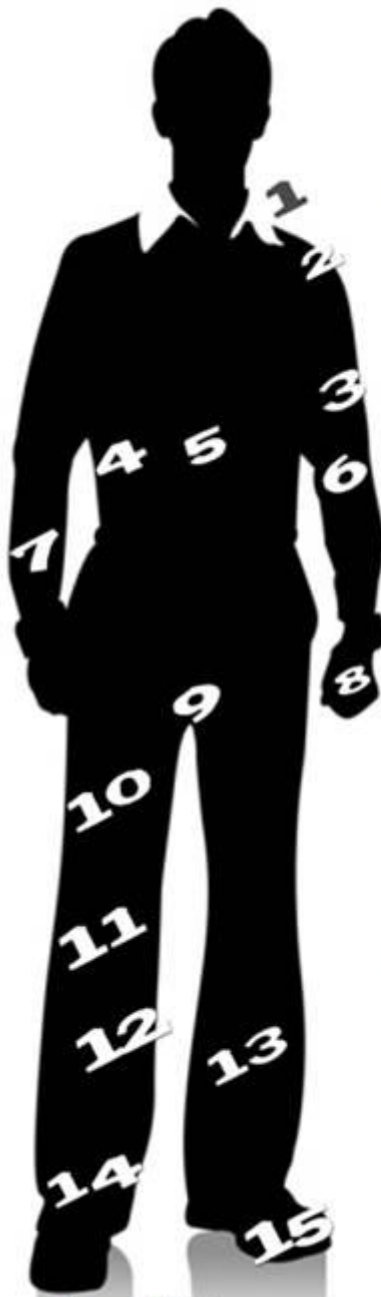
# How to Select Your Target

When selecting your target, one option is to take the nearest target available. Another option is targets that affect conscious thought, eyes, ears, face and occipital region. Another group of targets affect your opponent's ability to move, primarily the knee and ankle joints.

Here's where this could be important. An over simplistic example probably, but if someone walks into the lunchroom and opens up with an Uzi, and you get the chance to take him out when he reloads, you may want to target an area that affects conscious thought (a knockout blow to the head for example.) Targeting the knee and ankle joints at this point probably isn't going to stop him from using his Uzi.

You can see from the following diagrams where the vulnerable body points are, and where you are more likely to cause a fatal injury. If you aren't justified in using lethal force, don't target those areas. **And there is no guarantee that a strike or blow to a vulnerable body part won't cause a death either.** But you will probably be less likely to kill someone if you strike him in the knee or thigh, than you would if you struck him in the head.

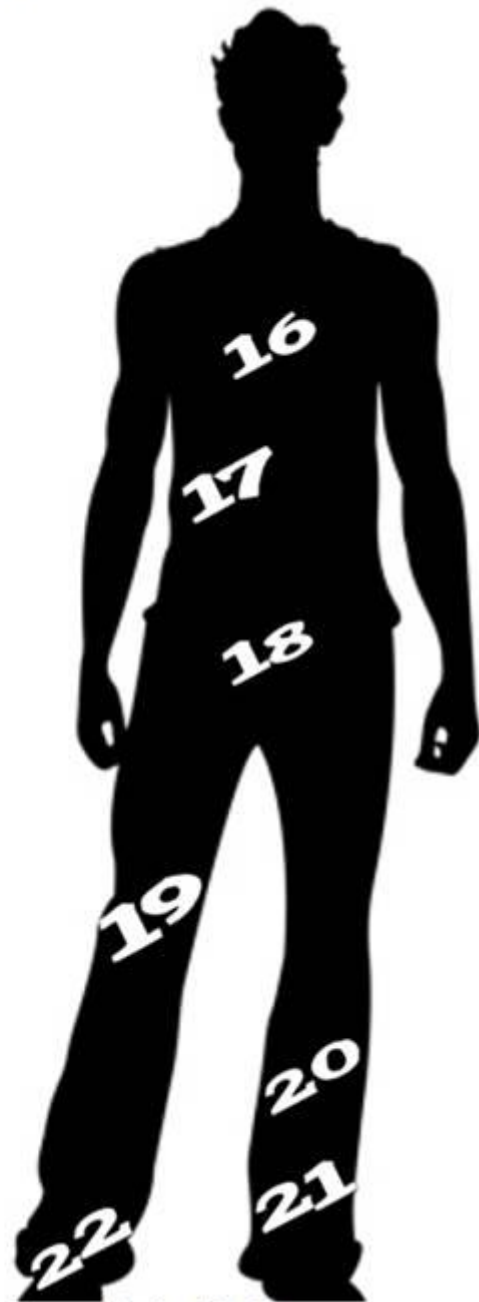
## Vulnerable Body Parts



Front of Body

- Front of Body
1. Above Clavicle
  2. Shoulder
  3. Outer Bicep
  4. Ribs
  5. Solar Plexus
  6. Inner Elbow
  7. Forearm
  8. Hand
  9. Groin
  10. Thigh
  11. Kneecap
  12. Side of Calf
  13. Shin
  14. Front of Ankle
  15. Toes

- Back of Body
16. Behind Scapula
  17. Kidney
  18. Coccyx
  19. Behind Knee
  20. Calf Muscle
  21. Ankle Tendon
  22. Ankle Bone



Back of Body

## Fatal Impact Points



1. Head
2. Side of Neck
3. Throat
4. Heart Area
5. Armpit

## Know Your Workplace Policy

Here's a good time to talk about the importance of not only knowing your local, state and federal laws, but also knowing the policies concerning your workplace. If you're the boss, no problem. You make the policies. But if you are working for the local stop and rob, there is a good chance they've got corporate policies governing your behavior if you are being robbed.

For example, if someone comes in and says "give me all the tens and twenties," your corporate policy and common sense would probably indicate you give him all the tens and twenties.

More than likely the corporate office would frown on you grabbing a mop and sticking this guy in the throat. If you are being robbed, the standard advice is to give the robber what he wants, don't resist or screw around, and get him out of your store. The quicker he's gone the quicker it will be over. If you resist, there is very good chance you'll not only get hurt or killed, but if you survive there's a great chance you'll get fired for your troubles.

If on the other hand someone comes in and goes nuts, and you are trying to defend yourself or someone else from death or serious bodily injury (or however your local law defines when you can use deadly force) now you've got a choice to make. Are you going to stand by while this guy kills you because you're afraid you'll get fired from the 7-Eleven, or are you going to grab your improvised weapon and defend yourself?

# Basic Striking

Here's a little on basic striking. There are many ways to strike. This is by no means an all encompassing work on the numerous ways of delivering strikes. **If you are serious about your self defense you'll seek instruction from a qualified instructor.** I know not everyone will do that so for those of you who have no formal instruction in striking this will be some basic information. For you who are more experienced it may a good review.

## Impact Weapon Nomenclature



We've got a lot of different items that can be used as weapons in various ways. Let's begin by looking at a couple of different striking methods, impact driven, tip driven or a combination.

Impact driven you are striking with the top few inches of the tip, the bar or the pommel. There are basically two ways to strike. **The first is a broken strike.** This strike travels from its point of origin to the target about 90 degrees and then returns to where it began. For example, the strike starts by your own right shoulder, hits the target and then you return your weapon back to your right shoulder. These are shorter, stabbing or hacking strikes. Think of the shower scene in Psycho, where Bates stabs the woman repeatedly, with downward thrusts. After each stroke the weapon returns to where it began.



The other way to strike is a **fluid strike**. Here you swing your weapon 180 degrees through the target, for example, beginning with your right shoulder, striking through your target, ending up by your left hip and then returning to the point of origin. A fluid strike is more like a batter in baseball, swinging through the target. You can also strike your target as you come back the 180 degrees to where you began, like a backhand in tennis.



## Basic Impact Weapon Grips

**One Hand Hammer Grip:** Just what the name implies. Grab it just like you are going to pound nails with a hammer. Ideally you'll want to "choke up" and leave one hand grip length exposed on the bottom. You'll use that end, the pommel, for additional strikes, hooks and blocks. With this grip you'll be able to use the tip and bar for strikes, as well as the pommel to give you more options. Watch a hockey player as he goes into the corner after a puck. He'll use the "butt end" (pommel) of his stick, to jab the opposing player. The penalty is called "butt ending." It's a dirty trick, but it works.



**One Hand Hammer Grip**

**Two Hand Baseball Bat Grip:** This is more suited to longer weapons, such as a baseball bat, 2 x 4 piece of lumber, or length of pipe. You'll be able to generate maximum power with this two handed grip. The trade-off is you are more limited in flexibility. It may be easy for your opponent to get inside and jam your swing.





### **Baseball Bat Grip**

**Two Hand Double Force Grip:** In this grip, your support hand reinforces your strong hand wrist. This is well suited for short and medium length weapons where you can deliver maximum power.

**Bayonet Grip:** For bayonet type thrusting, raking, striking and leveraging, start with a strong hand hammer grip as previously discussed. Your support hand is palm up. You don't necessarily need a rifle with a bayonet. You can use this grip with any longer object such as a mop handle, board or pipe.



**Bayonet Grip**



**Bayonet Grip**

## Angles of Attack

You've basically got seven angles of attack. These angles apply when using a long, medium length or hand held weapon. The first is downward vertical which as the name implies is coming straight down.



**Downward Vertical**

The next series of strikes come either from your strong side (your right side if you are right handed) or your weak side (your left side if you are right handed.) For our discussion I'll call a strike from your weak side a "backhand" which may be easier for someone without a martial arts background to understand or remember. A strong side diagonal is a strike coming from your strong side at an angle as opposed to straight down. It may be delivered to the head, neck, collar bone, shoulder, upper arm, forearm, hand, or basically any body part for that matter depending on what position you and your opponent happen to be in.



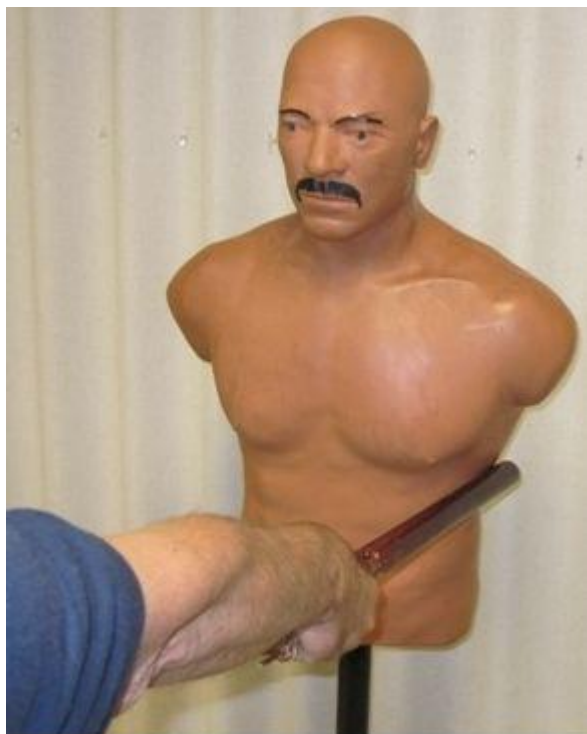
**Strong Side Downward Diagonal**

The backhand downward diagonal strike is similar only this starts on from your weak side or backhand.



**Backhand Downward Diagonal**

The strong side horizontal comes from your strong side and is delivered parallel with the ground, like a batter swinging a baseball bat.



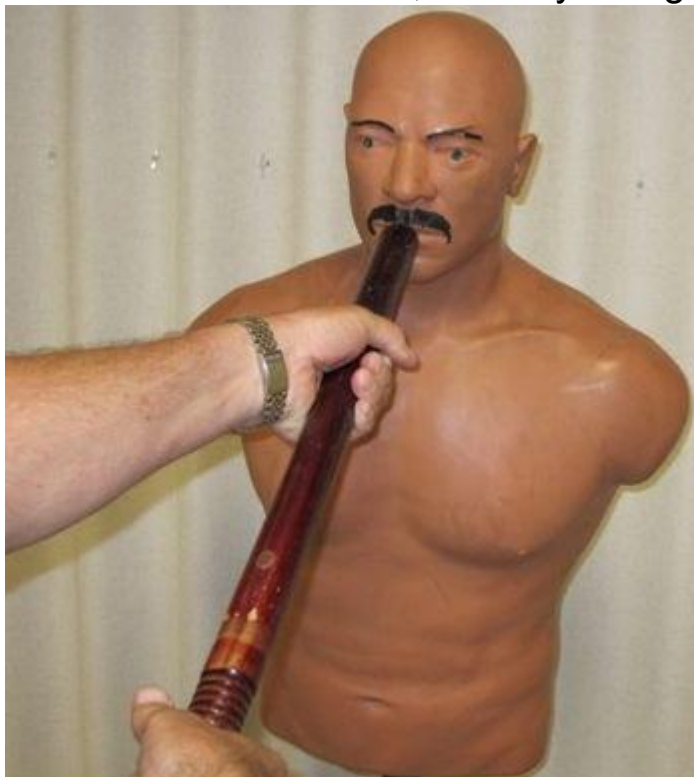
**Strong Side Horizontal**

The backhand horizontal comes in from your weak side. Think of a backhand in tennis.



**Backhand Horizontal**

The thrust is delivered with two hands, in a bayonet grip.



**Thrust – Bayonet Grip**

The cross body is also delivered with a two-handed bayonet grip, but instead of striking with the tip, you are striking with the bar, more of the style of a hockey player delivering a cross check.



**Cross Body**

As shown in the following photo, these same basic strikes can also be used with a short Yawara, in this case a mini-flashlight.



**Angles Shown Using Short Impact Weapon**

## Impromptu vs. Semi-Impromptu

Strategy: Let's talk a little strategy and definition of terms. For our discussion, and this is by no means etched in stone, let's call an impromptu weapon something that you've got access to, that can be used as a weapon, but isn't designed as a weapon. This volume deals with impact weapons so as an example, you get jumped in an alley. You grab a brick, or a garbage can lid, anything you can get your hands on at the moment. It wasn't something you planned on using. It was just something that was there.

One step up from that we'll call a semi-impromptu weapon. This is also something that isn't really designed as a weapon, but can be used as a weapon, and but you've anticipated you might have to use it as a weapon at some point.

The classic example is a truck driver who carries a tire knocker. A tire knocker is designed to aid the trucker in checking air pressure on tires of his big rig. It's basically a club. If a trucker finds himself in trouble in the wrong part of town, which often happens as these guys drive all over the country, he can grab his trusty tire knocker which works equally well on heads as tires.



**Tire Knocker**

I can't guarantee that an over zealous law man wouldn't stop a truck driver somewhere, find his tire knocker in his cab and try to make an issue out of him carrying a concealed weapon. It would be less likely, again in my humble opinion, for John Law to go after the truck driver with a tire knocker, than it would be if some guy driving a Corvette had a tire knocker under his seat and he got stopped.

The officer asks, "What have you got this for?" If you are driving a truck, that's easy. "I use it for checking tire pressure." But if you're driving a 'Vette and the cop finds it and asks the same question, how are you going to explain that? "I use it for checking my tire pressure." Sure you do. Now you're under arrest for concealed weapon. "I use it for protection." Okay, you're still under arrest for concealed weapon.



**Never refer to your weapon as a weapon.** Don't try to modify it to make it a better weapon either, which is going to make it harder to convince the police that it isn't a weapon. In the tire knocker example above, you might think the leather thong would be great in a fight so if you really get to clubbing people it won't fly out of your hand. Very true. But if you are presumably using it to check your tires, how do you explain the thong? "Gee Officer, I really like hitting my tires so much that sometimes I get carried away. I thought it might fly out of my hand into traffic and kill someone." Maybe the cop will buy that, but more likely he'll laugh right in your face. I would remove the thong to make it look less like a weapon. And I wouldn't put any tape on the handle to get a better grip, again because that makes it look more like a weapon in the event you ever do get stopped by the police.

As you read this, I want you to think about impromptu weapons that you could use as semi-impromptu weapons. In other words, what can you have within reach in your car, at your workplace, walking down the street, while traveling, that you could use as a weapon.

If you work at a service station or tire store, it wouldn't be illogical to have a tire knocker behind the counter and strategically placed throughout the business. If you are working in a plumbing shop, it wouldn't be unusual to have a short piece of pipe that just happened to be lying behind the counter.

If you are working in a restaurant a grill brush wouldn't be unusual. One strategically located could give you the advantage or at least the added sense of security knowing it is there if needed.



## A Simple Semi-Impromptu Example

I knew a lady who every morning on the way to work went through the McDonald's drive through and bought a large cup of coffee. Then when she'd get to her office parking lot, she'd park, look around, and get out of her car carrying her scalding cup of coffee. I commented once to her that she must really enjoy McDonald's coffee as I see her with a large cup every morning. She told me she doesn't drink coffee. She buys McDonald's because their coffee is served at the hottest temperature. (Remember the woman who spilled a cup in her lap and supposedly sued for millions?) She had no intention of drinking the coffee. Every morning she bought a cup of scalding coffee and carried it into her building as her semi-impromptu weapon. Had anyone tried to mug her, he'd have gotten the cup of coffee right in the face.



## **Another Category of Impromptu Weapon**

There is another category of impromptu weapons. These are designed to be used as a weapon, like S&W Tactical Pen, Sap Cap or Perrin Wallet. Later on we'll talk about these, and I'll give you some options that may be less likely to get you into legal trouble. The more closely it resembles a weapon, the more likely you are to get in trouble with the law should you have it in your possession when you are stopped by the man.

# How to Add Power to Your Punch

Here's one simple concept to remember. **Anything** you can use to strike with that is **harder than your hand** is probably going to be preferable to striking with your bare hand. Some hard core martial artists will probably disagree, but in my humble opinion, punching someone in the head with the knuckles of your fist is asking for trouble. Some people's fists are made for striking. Most aren't. I know mine aren't, and despite doing knuckle pushups for years I would never attempt to break boards with a knuckle punch. There is a reason boxers wrap their hands. It's to prevent injury. It's not uncommon for someone to be in a street fight, get a few punches in and end up breaking knuckles or fingers in the process because they punched someone in head.



Instead of punching someone in the head with the knuckles of your fist, use a hammerfist. If you're not a martial artist a **hammerfist is a strike delivered with the bottom of a clenched fist**, using an action like swinging a hammer. It can also be delivered horizontally like a backfist strike using the bottom of the fist. The hammer fist isn't so apt to damage the bones of your hands as there is no compression of the knuckles or metacarpals, and there is no leverage to bend the wrist.



**hammer fist**

The hammerfist strike is especially effective for striking the back of the head, the temples, the nose, the mandible, the wrist (for blocking punches), the sternum, and the ear.

Now, how to add power to your hammerfist? Consider the use of a Yawara. I don't want to get into the history of where it came from,

who invented it, or who first popularized it. In its simplest form, suffice it to say it is no more than a stick held in your fist that extends about an inch on each side of the hand. They are usually used in pairs, and are used for throws, bone breaks and pressure point strikes.



### **Yawara**

Here's why a strike with a Yawara is so much more effective than a plain old hammerfist. Instead of the force of your blow spreading across the bottom of your fist, the Yawara strike concentrates the force into a much smaller area, making more of an impact. It's the difference between hitting someone with a flat sap and a round sap. The blow from the flat sap is spread over a bigger area than the blow of a round sap. That's why a blow from a round sap is much more likely to break bones.

Put another way, which hurts more? A 200 pound woman stepping on your foot wearing a flat bottom tennis shoe, or a 200 pound woman stepping on your foot with a spiked heel? It's the same amount of weight, right? The spiked heel hurts more because the force is concentrated into a smaller area. It's the same principal with a Yawara strike.

In the United States, Yawaras are often not illegal in and of themselves, but you'll have to consult your local ordinances to be sure. In the United Kingdom, it may be a different story. According to the Prevention of Crime Act of 1953, "any article made or adapted for use for causing injury to the person, or intended by the person having it with him for such use" is defined as an offensive weapon which could then potentially including a yawara stick.

In the U.S. the Yawara was popularized in the mid-1970's by a guy named Tak Kubota who "invented" the "Kubotan" and introduced it to the Los Angeles Police Department as a tool to restrain suspects without permanent injury. The civilian version is basically a Yawara

with a keychain on end that can be used as a flail and the other end used for strikes and pressure points.

There are few legal restrictions on Kubotans in the United States, but they are prohibited as carry-on items for air travelers. Spiked Kubotan are now specifically listed as offensive weapons on the British government's crime prevention website.



**Kubotan**

Depending on where you live, Kubotans and Yawaras could be classed as weapons. So rather than carry one and risk arrest, what can you use that would mimic the effect and still be legal?

One simple item is a **mini-flashlight**. Let's examine flashlights big and small.

# Semi-Impromptu Weapon #1

Remember our guy with the Corvette who had the tire knocker under his seat? What could he use as a semi-impromptu weapon in his car that wouldn't be so obvious? Try a flashlight. With the right flashlight you should be able to do almost as much damage as the tire knocker, with much less risk of being hassled by the police about it being a weapon.

Obviously a flashlight is a useful tool when used as intended. You can use it to change a flat tire. If you lose your car keys in a dark movie theater it can come in handy. Or if the power goes out in an office building, especially if you are in a room without windows, like the rest room, it can be very helpful.

But not only is a flashlight a useful tool, it can be used as a semi-impromptu weapon. Cops have known this for years. Just like you can learn from convicts on Gangland you can also learn from the police.

Watch an old TV or movie cop show. Before the police had the high tech weapons of today, they basically had a revolver and a Kel-Lite, a three, five or seven cell flashlight made of aircraft aluminum, in length from 18" to 26".

While the cop interviewed the suspect, he'd hold his flashlight up by his face, like he was resting it on his shoulder, shining the light at the suspect. In case of trouble, it was easy to swing the flashlight down on the head, across the face, on the shoulder, or at an arm or hand. Strikes of this nature did a lot of damage, so this flashlight technique was gradually dropped from most police department's standard procedures. But it worked.



By my way of thinking it would not be unusual to have a Kel-Lite, Mag-Lite, Streamlight, or any other type of large flashlight in your vehicle. Nor would it be out of the ordinary to be walking around your neighborhood carrying one, especially if you were also carrying a dog leash. You're not looking for trouble, officer. You're just out looking for your lost dog.

Instead of the 26" long flashlight, you've got some smaller models that are easier to carry and pack almost as much punch. Where a large flashlight would be used more as a baton, the mini-flashlight will function as a Yawara.

If you have the dough, you can look at the [SureFire Defender](#).

For one thing, it's bright. It cranks out 200 lumens on high beam. Just shining the light in your attacker's eyes may temporarily blind him enough for you to escape or launch a counter attack. And this light is designed to be used a defensive weapon. The crenellated striking bezel and scalloped tailcap are both designed to be more effective when used as an impact weapon. At just under 5.5" you're not going to be able to strike with it like you would a 26" flashlight. But you will be able to generate some real impact holding it in your fist and delivering concentrated hammer fist strikes with either the bezel or tailcap. First you blind him, and then you knock a piece off his head.





### **SureFire E2D LED Defender**

If you think \$150 is a bit much for a tactical flashlight, you've got some cheaper options. Streamlight makes quality flashlights. They've also entered the world of tactical flashlights for civilian use. [Streamlight ProTac 2L Professional Tactical](#) puts out 180 lumens on high and has high, low and strobe modes. Press once and you've got high beam, which you want for a tactical light, in my opinion. If you are going to use it for distracting or blinding, you want the first light that comes on to be the high beam. This one runs in the \$50 range.



### **Streamlight ProTac 2L Professional Tactical**

If price is an issue, and when it comes to your personal safety I wouldn't encourage you to scrimp, here's a lowball price on a pretty good tactical flashlight. [NEBO CSI 8 LED Black Tactical Laser Self Defense Flashlight Model #5077](#) has a bright light, lightweight aluminum construction and under 4.5" will fit easily in your pocket. This has three light settings. The first is the white light, the next is the strong red laser light, and the next gives you a strobe. There is also a repeating S.O.S signal setting. The bezel has semi-blunt edges designed to some serious damage when used for striking.

The price is in the \$15 range, cheap enough so you can have one with you all the time. If you lose it, no big deal.



**NEBO Model 5077**

## Semi-Impromptu Weapon #2

I want to mention another product made for self defense and thinly disguised as a marking pen. It's [Cold Steel's Pocket Shark](#).



### **Pocket Shark**

It is 6.8 x 1.2 x 1 inches and is made from high impact plastic. It has walls four times thicker than similar markers and is made for striking. The cap screws on so you won't have to worry about it popping off like a traditional marker.

The problem I have with this is not that so much that it is designed as a weapon, but that it looks like a weapon. If you carry one of these, depending on where you live, what your laws are and the aggressiveness of the police officer involved, you may find yourself in legal trouble. The first thing I'd do is paint over the advertising logo to make it less obvious to anyone that it is a weapon.

## ***A Cheap Alternative***

I think from a legal standpoint you'd be safer carrying a Sharpie King Size Permanent Marker. Its 5.5" x 3/4". According to the manufacturer it is "Industrial Strength for the toughest marking jobs." That's good but we don't really care what kind of job it does marking. We're interested in what kind of weapon it will make. More importantly, this one has an aluminum barrel which should stand up to some heavy striking.



You won't be as apt to run into trouble with the law if you are stopped by police when carrying this product as you would if you were carrying the Pocket Shark.

Another option is the Sharpie Magnum permanent marker. This also has a metal barrel making this an effect Yawara.



## Get the Picture?

Are you starting to get the picture? Here are a "**dirty dozen**" more implements that can easily be used as a makeshift yawara.

### **Screwdriver:**

Screwdriver is a tool you are likely to find in your garage, kitchen, toolbox, junk drawer. A screwdriver can be used to deliver strikes with the butt-end of the handle hammer fist style. If you have a larger screwdriver, you can grip the shaft and deliver swinging strikes with the handle. Or it can be used to deliver stabs held in an ice pick grip or as shown below.



### **Crescent Wrench:**

A big crescent wrench screams that you mean business. You can do a lot of damage. If someone is breaking into your home and you are justified in using deadly force, a large crescent wrench is a devastating weapon. But it's probably not practical to carry with you on a regular basis, and may look a little odd on the front seat of your Corvette. On the other hand if you are driving a plumbing truck it would fit right in.



A small crescent wrench doesn't look very threatening and that's the whole idea. Don't let its small size fool you. You can deliver a deadly blow with a small crescent wrench held yawara style.

It might be logical to carry a small crescent wrench in your pocket or in your vehicle. Remember to have a cover story to explain why you've got in the event you are stopped by police. Oh this, I was having trouble with my battery terminal loosening up, or whatever. Or I was working on my sink. I'm on the way to the store for repair parts. It might be a little more difficult to explain if you are trying to take it into a concert or nightclub, which is why I wouldn't try it.



**Crescent Wrench**

**Garden Trowel** is another tool that doesn't look that dangerous. When John Law asks why you've got that on your front seat you explain that you're on your way to pick up some geraniums to put on your grandmother's gravesite.



**Garden Trowel**

Here's another concept. When you buy tools from now on, buy them for not only what they are intended but look at how they can be used as a weapon. If you have a choice of the same tool, and one brand would make a better weapon than another brand, why not spend a little more and get the better one? For example in the photo above, the garden trowel has a plastic handle. You might be able to get a few blows in with the butt-end before it breaks.

Wouldn't a better garden trowel for self-defense purposes be one with a handcrafted red oak handle and stainless steel alloy blade?



A **putty knife** is another tool that doesn't look threatening. If you are a working man or woman, and you're working on a home fix up project, it wouldn't be out of place to have one in your pocket as you head for the hardware store. It can be used to deliver strikes with the butt-end of the handle or slashes with the sharp corners.



**Putty Knife**

Even a pair of **pliers** held in this fashion can be used to deliver considerably more devastating strikes held in this grip with either end than you could with your empty hand.

How about if you are in the kitchen and some whack-job comes busting in? Besides the obvious butcher knives you've got several



impact weapons on hand. One is a **wooden spoon**. Use the butt-end to deliver strikes with a yawara grip. You can also slap with the spoon end but your real force will come with blows from the butt-end.



**Wooden Spoon**

A **spatula** can also be used in the same way, butt-end strikes with the handle, slaps with the flat part and slashing cuts with the sharp corners.



**Spatula**

Ladies, while it may not be practical to carry a spatula or wooden spoon in your purse for self-defense, you've probably got a tool in your purse right now that makes a formidable weapon. If not in your purse, you've certainly got one in your bedroom and/or bathroom. I hate to go too far out on a limb, but I'm pretty sure this tool is

probably legal most everywhere, and as of right now I know of no restriction that prevents you from taking this tool on an airplane.

What is this often overlooked but very effective tool that every woman has? It's a **hairbrush**. But I'm not talking about giving someone a spanking with it. I'm talking about delivering butt-end strikes with the handle. Look for one with a thick, solid, heavy plastic or wooden handle. While you are delivering handle strikes you can also rake the eyes with the brush end. If it is heavy enough you can also deliver strikes with the back of the brush.



A **paint brush** with a pointed solid handle is another tool you can use to deliver a hell of a blow with the blunt end of the handle.



It's the same with a **closed pocket knife**. Most people are squeamish about sticking someone with a knife. If that's the case use your closed pocket knife as an impact weapon, held in your fist yawara style.



Even a simple **roll of coins** can be used as a Yawara. You may be able to get few good blows delivered before it comes apart.

Are you starting to get the idea? All around you in your home, office and garage are tools that can be used as a short yawara stick for strikes. It's just a matter of becoming aware of them and doing a little bit of pre-planning to make sure you've got one or more available when the deal goes down.

## Semi-Impromptu Palm Sap

We're going to work our way into saps and blackjacks shortly, but I want to cover a lesser known item known as a palm sap. A traditional palm sap was a disc of lead encased in leather, about an inch across. It had a strap on the back that enabled one to hold the sap in the palm of the hand, barely visible. The old time police officer could easily give a light tap to the elbow or shoulder to get someone's undivided attention. A harder slap to the chin could easily deliver a knock-out blow.



The one in the picture above is made by Greenman Leather in Canada. <http://Greenmanleather.ca>.

I'm not advocating you run out and buy a palm sap. More than likely it will be illegal.

There is an alternative item that isn't unusual or illegal to carry at all. You often see working men and women carry one clipped on their belt and you probably wouldn't give it a second thought. But used as a weapon it can pack a punch.

It's a **tape measure**. When making your selection, choose one that has some weight to it and one that will fit your hand. You should be able to hold it in the palm of your hand. **You can deploy this as a weapon three ways.**

The first is by striking with the flat side of the tape. This would be similar to a strike from a flat sap, where the blow will be spread out over a wider area, is more likely to cause a stunning blow and won't be as apt to break bones.



### **Strike with Flat Side of Tape**

The second way is by turning the tape in your hand slightly and striking with the edge. Here your force will be more concentrated than striking with the wider side. The first example is more like striking with a punch. The second example is more like a knuckle punch where the force is concentrated into a smaller area. This is more likely to break bones and cause a knockout.



### **Strike with Edge of Tape**

The third way to strike with a tape is to strike with the sharp edge. This is more likely to cause a cut. Remember, even minor cuts to the scalp often bleed profusely.



**Strike with Sharp Edge**

# Slungshots

Every state has different laws on what they consider dangerous weapons. For example, here's a portion of California's Law:

12020. (a) Any person in this state who does any of the following is punishable by imprisonment in a county jail not exceeding one year or in the state prison:(1) Manufactures or causes to be manufactured, imports into the state, keeps for sale, or offers or exposes for sale, or who gives, lends, or possesses any cane gun or wallet gun, any undetectable firearm, any firearm which is not immediately recognizable as a firearm, any camouflaging firearm container, any ammunition which contains or consists of any flechette dart, any bullet containing or carrying an explosive agent, any ballistic knife, any multiburst trigger activator, any nunchaku, any short-barreled shotgun, any short-barreled rifle, any metal knuckles, any belt buckle knife, any leaded cane, any zip gun, any shuriken, any unconventional pistol, any lipstick case knife, any cane sword, any shobi-zue, any air gauge knife, any writing pen knife, any metal military practice handgrenade or metal replica handgrenade, or any instrument or weapon of the kind commonly known as a **blackjack, slungshot, billy, sandclub, sap, or sandbag**.

There is more to it than that of course. Here's another disclaimer.

**Know your local laws that govern dangerous weapons.**

**Why are these particular items classified as dangerous weapons?** Because they are **DANGEROUS!** That should be another clue that they probably work.

Often you'll see slungshot classified as a dangerous weapon. You may think that is an incorrect or ancient spelling of a sling shot, but that's not the case.

A slungshot is a maritime device consisting of a weight or "shot" on the end of a line often secured with a knot called a "monkey's fist." If you can lay hands on a book of knots you'll see how to make a monkey's fist. It is used for throwing a line from ship to ship or ship to dock.

When used as a weapon, the line is shortened up, the end wrapped around the wrist, and the weight carried in the hand. It can be thrown into your opponents face or swung like a flail. It has the

advantage of being easy to make if you were a sailor familiar with knots, silent, and deadly.



### **Slungshot**

If you want to learn to tie a monkey's fist, be my guest. I'm not suggesting you make a slungshot, and certainly not advocating you carry one around with you for self-defense. Since it is a dangerous weapon in most states, you are just asking for trouble.

I'm suggesting there are other items that you can use that will resemble the effect you'd get from striking someone with a slungshot. Go to TV and movies for a couple of examples. For example, Steven Seagal puts a pool ball in a bar rag in "Out for Justice." Charles Bronson swinging his sock loaded with pennies in one of the Death Wish movies.

I'm not suggesting you walk around with sock filled with pennies. It will be too hard to explain and will look too much like a weapon to the police if you get caught with it. Instead consider one of the following options.



## Impromptu Slungshot #1

The first impromptu slungshot is simple to make, easy to carry, cheap to construct, and easy to disguise. This technique is often used by bikers, and those guys are some bad asses. If it's good enough for them it's good enough for me. Go with what works. Don't feel you have to re-invent the wheel. This is tried and true. It's been street tested. It's made of two common items that should be relatively easy to explain if you are stopped by police. There are only two parts, a bandana and a padlock.

Fold the bandana once diagonally, then roll it up so you've got two opposing corners on the ends. Thread the bandana through the padlock, grab the ends of the bandana so the lock is suspended and now you're ready to go to town on some attacker's head, if it is a life or death situation, or a lay a smack on his elbow, chest, groin, forearm, hand, wrist or collarbone if you are looking for less than lethal force.



Here's one strategy for carrying this. Put the lock in your pocket with the ends of the bandana hanging partway out of your pocket. If you need to pull your weapon, pull both ends of the bandana. If you

are stopped by the police and asked to empty your pockets, pull one end of the bandana so it pulls out of the lock, leaving the lock in your pocket. Give it a little shake as you pull it out, and mop your brow before handing it to the officer. Then take out the lock.

A bandana in and of itself is certainly not suspicious. You don't need to have three feet of bandana hanging out of your pants pockets. In fact the less attention you can attract, the better. I would suggest avoiding a red or blue bandana just because those are traditional Bloods and Crips colors. Damn sure don't want to look like a gangbanger walking down the street, either to other gang members or the police. Get a black one. It will be less visible at night.

You'll want a cover story to explain the lock. I don't care what you use, but have some kind of idea what you'll say if asked by the police. **DO NOT SAY THIS IS A WEAPON.** It's your gym locker, it's for your gym bag, it's an extra for your storage shed. Whatever you think would sound logical.

For a bigger wallop, consider a [shrouded padlock](#). A shrouded padlock is heavier than a standard padlock due to the extra steel in the shroud. Extra weight equates to extra power. It also may be larger than a standard padlock. You'll have to weight the added benefit of the extra stopping power against the added bulk in your pocket. You don't want to look like you are carrying a brick in your pocket.



Shrouded Padlock

## Impromptu Slungshot #2

What else could you logically carry that would have a weight of some kind on the end of a line? How about a neck lanyard of your favorite sports team? That would be normal to wear wouldn't it? Put one of those break-away ends on it though. Something that will break away with a few pounds of force. That way if you need it in a hurry you can give it a yank and start swinging for the fences. And it will prevent someone from getting hold of it and choking you out. You want the lanyard to break free.

What about the weight? Your old friend, the padlock again. Put a few keys on it for added weight and to beef up your cover story. If stopped by the cops, and asked what you've got around your neck, say "Hey, I'm a Bear's Fan, what can I say! Who's your team?" You're just another sports fan. If asked about the lock and keys, you can explain the lock is for your gym locker and you wear the key for the lock around your neck when you jog. You wear it around your neck so you don't accidentally lock it in your locker when working out. Or you don't want to leave your keys in your locker. Or you're getting so forgetful they're a spare set in case you lock yourself out of your house. I don't care what story you use as long as it seems logical.

If you don't want to wear this around your neck, you could also put the lock and keys in your pocket with the end of the lanyard exposed. If you need to pull it quick, you can just give a yank. If stopped by the cops, and asked what's in your pocket, you say "my keys."

## Impromptu Slungshot #3

There are about 100 million dog owners in the U.S. and about twice that many dogs running loose. Is there anything unusual about a guy walking down the street with a dog leash? Just another guy out looking for a lost dog. And if you find him you have his collar in your pocket.

The collar is a choke chain. I had a German shepherd. It was quite a debate as to who was actually the boss, him or me. After I actually snapped a couple of flimsy choke collars while doing obedience training, I found the heaviest choke chain I could find. I think it was made by Gunther Gebel-Williams, the guy who trained elephants for Ringling Brothers Circus. Thread one end through your padlock same as the bandana. If you have to empty your pockets for the police, pull one end of the chain leaving the lock in your pocket. If you've got a kennel you can explain the lock is for your dog kennel. If you need to pull the lock out for fighting purposes, pull both ends of the chain.



Or for variety, if you want to try something besides the lock, put a big snap ring on one end of the choke chain. That becomes your weight for striking. Your cover story for the snap ring is "If I ever find that damn dog, I'm gonna make sure he doesn't get away again."



## Impromptu Slungshot #4

For some of this stuff, you just have to keep your eyes open. I was scrounging through a junk yard the other day. In the back of a wrecked car I found a broken nylon tow rope. It was about four feet long. Obviously the tow rope in that condition was of no value, but I asked the junkyard owner what he had to have for it. He looked at me like I had four heads, and told me I could take it. The rope had sheared or snapped off but where it connected to the heavy hook it appeared to be in good shape. I looked around, made sure I had some room and started to swing the hook. I don't think it would have been too difficult to cave in someone's head, or crack an arm if they tried to block the blow. Of if they do try to block, let the rope wrap around the arm and use it pull him off balance and follow up with punches, knees or kicks.

The other great part of this makeshift weapon is that it is something that you could logically find in your vehicle. "Officer, that's my tow rope, or what's left of it. I haven't gotten around to getting a new one yet. I've been meaning to find another hook and get a new rope for it."



While a tow rope is logical to have in your vehicle, it might be harder to explain carrying it as you go walking down the street.

## Impromptu Slungshot #5

Keeping with our theme of a weight on a line that doesn't look illegal here's another idea for a slungshot. Get yourself a double pulley. You'll have to go to a home improvement type store so you can get one that has the right weight to it. You don't want one too small that won't do any damage if you hit someone with it. Run a piece of nylon rope through it and you're in business. It won't look out of place in your vehicle. "Officer, I'm planning on taking up deer hunting and I'm going to use that block and tackle to skin it out if I get one." "I'm going to hang my bicycles from the rafters in my garage." Or whatever other dumb explanation you care to come up with. Just make sure you've got an explanation.





## Saps and Blackjacks

Sticking with the idea that you should go with a tool that is street proven through years of use, let's look at a couple of tools that were carried by cops for years. Why did cops use these? **Because they worked.** Why don't police carry them anymore? **Because they worked, sometimes too well.**

Over the years time has blurred the distinction between a sap and a blackjack, but technically speaking, at least according to some historians, the **sap was flat** and the **blackjack was round.**

In a lead filled sap, the load can be lead shot, lead powder or molded lead clay. There are several types of Blackjacks/Saps. One has a round load with either a flat or coiled spring in the handle to give it more snap. Another style uses a flat load with a flat or coiled spring in the handle. Some had a round load without the spring, and some had a flat load without the spring.

What's the difference? The blackjack with its round load was the more deadly because the force of the blow is concentrated into a smaller area. It is pretty easy to break bones with a round 'jack especially with the spring handle. The flat sap on the other hand, spreads the force of its blow over a wider area. You can still deliver knockout power but you are less likely to break bones like you would with a round 'jack.

Find a retired cop and ask him about using a sap or blackjack. He'll most likely tell you he liked it because it was easy to carry in a rear pant pocket, or inside jacket pocket, it was easy to conceal behind his leg or back and a good rap on a hand, elbow or forearm would generally gain immediate compliance. And you didn't want to even think about hitting someone in the face with one unless you wanted to see someone's nose explode like an over ripe tomato.

I'm sure this is why these items were basically retired from police work. Too many people were getting seriously hurt. Bones were broken and skulls crushed and lawsuits followed. Saps and blackjacks are wicked weapons for mean streets designed to handle brutal people. Which, for our purposes, mean these items work.

I do not want you to run over to Ebay and buy a sap or blackjack unless you are content with never taking it out of your home. Even

then, depending on your laws, it may not be legal to possess there either.

I want to consider what you could carry that would mimic the effect of a blackjack or sap, would be easy to carry and conceal, would be legal to carry and not easily recognized as a weapon by your adversary or the cops.

## Impromptu Blackjack #1

This can be made for a couple of buck and packs a wallop. Take your bandana and load it with something heavy, a handful of bolts, ball bearings, or lead fishing weights. Twist the bandana to hold the load and blast away.



Again, consider how you will explain a pocketful of bolts if stopped by a cop. They are for a building project, for example. A pocketful of ball bearings may be a little harder to explain.

Here's a weight to consider that doesn't look like a weapon at all. Go to your local party store and pick up a couple of balloon weights. They are used to hold down children's helium balloons. They come in different weights, four ounce, six ounce, eight ounce and if you look around you may be able to find ten ounce balloon weights. A ten ounce balloon weight would be comparable to the load on many saps. If you are stopped by a cop, I would seriously doubt he would have any idea a balloon weight could be used as a weapon. **If you are really expecting high winds and are concerned your balloons will fly away**, you can always add extra weight. Go to the fishing section of your sporting good store, and pick up some lead shot. Replace the stock ballast in your balloon weight with lead shot. The balloon weight becomes the load in your bandana.



**Balloon Weight**

## Impromptu Blackjack #2

Here's another simple blackjack. You'll need a pair of old leather gloves. You'll only use one of the gloves, but it will be more logical to be walking around with a pair of gloves as opposed to only one. Get two rolls of nickels. (Or whatever size coin you've got comparable in whatever country you are in.)

Put one roll of coins into the middle finger of the glove and one roll into an adjoining finger. Grab the glove below the coins so the rolls don't fall out. There is your blackjack.

Rolls of coins and leather gloves aren't illegal, yet, to the best of my knowledge. Just don't put the two together before you need them. As soon as the trouble is past, take the coins out of the glove.

Even if you forget or don't have rolls of coins, you can pack your glove with sand, loose change or small rocks. Forgot your gloves? Impromptu Blackjack #3 coming up addresses that issue.

Keep these concepts in mind should you ever find yourself on an airplane, and some radicals are trying to take it over. Put a heavy object in your bandana or glove, show your fellow travelers how to do the same, and now go take control of your plane back!

## **Impromptu Blackjack #3**

Let's look at a worse case scenario. You've been kidnapped or taken hostage. As you wait for an opening and a chance to fight back you lament that you sure wish you had a weapon. Maybe you do.

Here's another example of a makeshift blackjack, depending on the materials available to you. Ordinances describing deadly weapons often refer to a sandclub. You can easily make a sandclub by filling a sock with sand if that is available to you. Wet sand will be heavier so add some water if you've got it. If you don't want to waste your precious drinking water make your sandclub heavier by urinating into it.

## **Impromptu Blackjack #4**

If your captors allow you to go to the bathroom you may be able to get your hands on another useful item for a makeshift sap, a bar of soap. A bar of soap wrapped in a towel or t-shirt can deliver a hell of a wallop. Remember "Full Metal Jacket" where Pile gets worked over in his bunk? Keep that in mind if you are taken captive and your captors allow you to use the bathroom.

## **Last Resort Blackjack**

As a last resort, anything hard and heavy can be converted to a makeshift sap. I recall a case where some inmates in a juvenile detention center escaped by assaulting their guard with batteries and pool balls in a pillow case. Even a rock in your handkerchief or sock can be used effectively as a sap or blackjack.



## A Sap Alternative

This sap alternative looks as much like a sap as possible without actually being a sap. It's a **book weight** and it is used for holding your book open while you are trying to take notes in the office place, or in the kitchen for holding open a recipe book. This one by [leatherology](#) is 8.75" long by 2" wide and weighs just over a pound.



**Book Weight**

Note the similar appearance to a sap. I've heard reports of these being confiscated by airport security so be aware of that possibility.

## Brass Knuckle Alternatives (3)

I do not recommend you run around with a set of brass knuckles in your pocket. Not masquerading as a paperweight or a belt buckle either. These will most probably be viewed as illegal weapons.



But you do have an alternative. It's the versatile **padlock**. While brass knucks are most likely illegal, I am not aware of any law against having a padlock in your pocket. To convert to a brass knuckle like weapon, loop the shackle over your middle finger, and hold and hide the lock in your palm. Drive the shackle into soft tissue such as the throat.

Another alternative is a **studded belt**. Wrapped around your hand and knuckles it can be used to strike to the face.

A couple words of warning. The belt in and of itself may be considered a weapon depending on your local laws. It will take some experimentation on how to wrap the belt around your fist so you can deliver a punch without turning your palm into hamburger. And the fact you are wearing a studded belt may send the message that you are a punk looking for trouble. I'm a firm believer that if you go looking for trouble, you'll find it.

An alternative is a **studded dog collar**. Walking through the neighborhood with a leash and a studded dog collar can be explained that you are looking for a lost dog that slipped out of its collar.

## A Wallet for Self-Defense

The Self-Defense Wallet is a little different from your traditional impromptu weapon, because it is designed to be used as a weapon without looking like a weapon. It comes from the mind of [Fred Perrin](#), master designer of knives and other self-defense weapons. It is available at [www.szaboinc.com](http://www.szaboinc.com).



He put a lot of thought into this. It is practical, and the construction and materials are top grade. It works on the same principle of a sock full of coins, but instead the coins are loaded into a durable leather pouch. Imagine what being hit in the face with a couple of dollars worth of coins in a leather bag would feel like. Now you get the idea of the Fred Perrin Self Defense Wallet. It also has room for credit cards and a driver license.

I've stressed making sure you can justify what you are carrying. You may need coins for traveling on toll roads and turnpikes. If you don't have the change for some toll roads you can actually receive a ticket. If you try to run through without paying the camera will take your picture and you'll get a much larger ticket than the toll. So carrying coins is a necessity.

You may need coins for pay telephones. (Yes, there are still a few out there.) You may need coins for parking meters or Laundromats.

Maybe you carry coins for use in vending machines. Maybe you need coins for bus fare. Or you are going to the car wash. Or to the arcade (if there is such a thing anymore) or casino. These are all good excuses to explain to law enforcement why you are carrying coins should you ever be asked. With this wallet you've got an easy way to carry a large amount of coin without having a big pile of coins in your pants pocket.

This wallet is made out quality leather. It has reinforced stitching so it won't burst when you hit something with it. The snaps and straps are all heavy duty as well. There is a thicker section of leather on the end to give it some shape, rather than just looking like a plain old bag.

You can carry this in your pocket with the tail left out making it easy to draw quickly. Or you can wear it on your belt.





There is another product made to function as a sap but designed to look like a coin purse, or the other way around depending at how you look at it. It's Todd Foster's Coin Wallet. It is made of high quality leather and components, and is right around 7 5/8 inches long x 2 5/8 inches at the widest point. With its two inch pocket filled with U.S quarters it weighs about seven ounces. Heavy enough to put a good smack upside someone's head. It's available online and sells new for around \$60 to \$75. You may be able to pick up a used one occasionally.

In my opinion, Foster's Coin Wallet looks more like a traditional sap than Fred Perrin's. If I can see that a street cop may also pick up on that. You are going to have to determine if carrying either of these items is legal in your jurisdiction.



**Todd Foster Coin Sap**

## Geek Sap

Some of you may scoff at this next idea, but here's an item that may work almost as well as one of the coin saps, but it doesn't look like a sap. In fact, it will probably make you look like a geek, especially if you are a male. Ladies should have no problem carrying this in your purse and jerking it out if needed. The use of this item as a sap is certainly open to debate. Part of being a "hard target" is not looking like you are the easiest target on the street. Men, if you are walking down the street carrying this or with it hanging on your belt you will look a little weird, or probably very weird. But I doubt a criminal would have any idea it can be used as a weapon.

What is this item? It's an adult pencil case. JanSport makes a model JTMS9, which is basically a zippered case. It is 9 x 22 x 3.5 centimeters. Hanging from your belt it will look like a glasses case. Load that sucker up with coins or anything heavy. You'll look like a pansy but you'll hit like a brick.



**JanSport Pencil Case JTMS9**

# A Weapon That Doesn't Look Like a Weapon

**Unbreakable Umbrella**—The best self defense weapons are those that are legal to carry everywhere, don't attract a lot of attention and are easy to use. Here's another item that is designed to be used as a weapon, but doesn't look like a weapon. If you are an old man or woman you might get away with carrying a cane or walking stick in public that you can use as a weapon if needed. The [Unbreakable Umbrella](#) works just as good as a walking stick or cane but doesn't look as unusual for a healthy man to carry in public. "Looks like rain..."

It weighs less than two pounds but hits with a wallop of a steel pipe. If you know how to swing a baseball bat or strike with a heavy stick that's really all you need to know. You can also use it to jab. It sells on the internet for \$119 for the standard model with fiberglass ribs and \$199 for the premium model with steel ribs. Not only can you use this to knock someone's block off, they also repel wind and rain like any high quality umbrella.





**Unbreakable Umbrella**

## Keep This Under Your Hat

Here's another item that is designed as a weapon but doesn't look like one. It's the [sap cap](#). It sells for around \$20 on the internet. It looks like any other ordinary baseball cap. It is so common that no one gives it a second look. This is one of the most effective, simple, and covert personal defense weapons. The secret of this cap is the pocket sewn into the cap which contains a material similar to lead, which is non-toxic and won't rust. Grab the bill as a handle and use it like a blackjack or sap to reign down blows on your attackers face, head, neck, hands or arms.

If someone gets the drop on you, let them get in range and blast away. The cap has a Velcro adjustment to fit all sizes.

With a product like this it is important to remember that for your purposes, should anyone ask, it's just a cap. Never refer to it as a weapon. If the cops should happen to stop you and ask about it, have a story to explain it. You bought it at a yard sale, you wear it when you're out motorcycling, the extra weight seems to keep it on your head, you drive with your window open and you don't want your hat to fly off, you use it to exercise your neck, you live in Chicago where the wind blows all the time. I don't care what story you have, just be sure you have one.



**Sap Cap**

## Cane Type Weapons

**Cane**—The problem with using a cane as a weapon is that it doesn't look natural for an able bodied person to be carrying one. If you use your cane as a defensive weapon and it turns out you don't really need a cane to get around, you may have some explaining to do to law enforcement if they get involved.

Here's another consideration. Part of personal protection is not looking like you are weak. You want to look like you'll be a tough target. That's why prison inmates will often get tattoos all over their bodies and faces, to let the other inmates they aren't someone to be messed with. In my opinion, if you've got two people walking down the street, and everything else is equal, and one person is walking with a cane, I'm going to assume the person with the cane is the weaker target, therefore more likely to be targeted. If you don't care what you look like or are old enough to look like you'd need to use a cane, it can be a formidable weapon. A cane with a curved handle can be used not only to club your opponent over the head, but it can also be used to hook your opponent's ankles or head. It can also be snapped up quickly to deliver a fast blow to the groin. Another way to use a cane is to grab the curved handle with the long portion running up the underside of your forearm. Held in this manner the cane can be used to chop down sharply on your assailant's collarbone or forearm.

## Special Problem of Airline Defense

Much has been written about United Airlines Flight 93 that crashed on September 11, 2001, in a field near Shanksville, Pennsylvania after being hijacked by terrorists. If you find yourself in that position, of being onboard an airliner that is being hijacked by someone using boxcutters, what can you use for a weapon?

Thanks to TSA you don't have any weapon, right? Wrong! A weapon is as near as the seat pocket in front of you. It's your in-flight airline magazine. Or any other magazine you happen to be reading. Or you're sitting in the doctor office waiting for your appointment. Some deranged person comes in and needs to be subdued. Grab the latest issue of Ladies Home Journal and you've got a weapon.

Most people will roll up the magazine and swat with it like you'd swat flies, which is not very effective unless you can hit an ear, and damage the ear drum. A better way is to roll it up tight, into a compact cylinder, and strike with the butt end hammer fist style. Another option is to thrust two-handed in a bayonet style grip into the soft tissue of the armpit, groin, throat, eyes, nose, and face. If your magazine is small, roll it up tightly then fold it over. The folded portion is surprisingly strong.

## ***A Newspaper Weapon***

In fact, the folded magazine is very close to another improvised weapon, namely the Millwall Brick. This lesson comes from some soccer fans who were notorious hell raisers. It's named after fans of the Millwall Football Club in south east London, who have an infamous association with hooliganism. In the late 1960s — in an attempt to crack down on football hooliganism at matches in England — police began confiscating any objects that could be used as weapons. Pens, steel combs, boots and shoelaces were some of the items confiscated. But fans were allowed to take in newspapers, which were easily converted to makeshift weapons.

Originally created by Millwall fans a "Millwall Brick" is a newspaper rolled up lengthways and then folded in the middle creating a solid square end. The more newspaper sheets that are stacked, the harder it becomes. Held correctly it can be as damaging as a brick. The newspaper can be soaked in liquid before folding to give it extra weight. The blunt end can be wrapped with shoe lace or leather and the ends can be taped together and tied to the end of a string or rope and swinging it to deliver blows.



**Millwall Brick**

Another simple weapon for our airline example is your can of soda. Due to its cylindrical shape it will be surprisingly strong if you strike with an edge. It can also be bent in two back and forth to weaken it, and then torn in two pieces to produce a makeshift cutting instrument. Use it to hack and slice at your attackers' face, throat, eyes and hands. If your captors herd you to the back of the plane as they did in the United Airline Flight 93 case, check the galley for full cans which will pack more of a wallop. Grab anything else you can use as a bludgeon, such as coffee pots or coffee mugs.

## ***A Weapon You Always Have***

I'm not trying to second guess anyone. I wasn't there. I can only speculate as to what happened. But after the 9-11 attacks, I often wondered how some of the flights that were hijacked could have turned out differently had the passengers known how to use the weapons that were available to them. I'm pretty sure every passenger on each of those flights had at least two items that could have easily been turned against the hijackers who were armed with box cutters. Each passenger had two shoes.

Shoes used as weapons? I'm not talking about "the Shoe Bomber" British citizen and Al Qaida operative Richard Reid who tried to light explosives hidden in his shoes on American Airlines Flight 63 from Paris to Miami. Thanks to that ass we have to take our shoes off when we go through the screening area at the airport.

The first self-defense technique a woman probably learned was the escape from the rear bear hug, by stomping on your attacker's foot with a stiletto heel. When he releases you from the pain you can run like hell and get away.

While that might not be the best defense, a stomp on the foot from a stiletto heel is probably pretty painful. If your shoes come off in the scuffle, or if you have time to take them off, shoes can be a good improvised weapon. Strike repeatedly in the face with the spiked heel. The heel can also be ripped off and used as a "tiger paw" studded with short, sharp nails for hammer fist strikes.







Broken Heel

Shoes without high heels can also be used to deliver hammering blows or can even be thrown. Remember the Iraqi journalist who threw his shoes at President Bush at the news conference? Pretty good reflexes by Mr. Bush to get out of the way.

Just remember, **throwing anything as a weapon is a last resort, because you've just thrown your weapon away.**

A lot of martial artists train bare-footed. I don't really care who I offend at this point so I'll go ahead and say it. There are a lot of small bones in your feet. To kick effectively bare-footed without injuring your own foot requires a lot of practice. Even then, if you've ever had one of your kicks blocked by an elbow, or kicked a shin, you know it hurts.

Shoes give you that added layer of protection allowing you to kick with any part of your foot, the point, the heel, the sole, the top or the edge. If you are expecting trouble, why wouldn't you want to wear a sturdy pair of steel-toed boots?

A shoe will add power and penetration to your kicks. Shoes add weight and weight times speed equals more power.

If you are going to **kick** with shoes on, you've got to **train** with shoes on. Practicing your kicks barefooted doesn't seem to be very practical, in my opinion, unless you are planning on doing all of your fighting at the beach.

Steel toed boots are particularly effective for front kicks and the added weight is great for stomp kicks. Pointed cowboy boots can also make quite an impact both with front kicks and stomp kicks with the heel.

## Here's One for Bookworms

**Books:** There are a couple of ways to use a book as a weapon. A large, flat book held in both hands can be used as a shield against punches and knife attacks. Counter-strike to the head, collar bone, hands and arms using a two handed grip. Use the corner of the book to slash the face and eyes and thrust into the throat.

## The Right Way to Use a Belt Buckle

A **belt buckle** can also be used as a weapon. I'm not talking about the brass knuckle belt buckle. Personally I think you're asking for trouble if you wear one of those and get stopped by police. I'm not sure the explanation that your belt buckle just happens to look like a set of brass knucks is going to fly.

And I'm not talking about one that holds a hidden knife or one that holds a hidden firearm. If you have to wear a belt anyway why not wear one you can use as a weapon besides just using it hold up your pants?

I'm suggesting you find the heaviest belt buckle you can find, preferably one that has sharp edges as opposed to being round. If it doesn't have particularly sharp edges, is there anything stopping you from sharpening up the corners a little? Now when you jerk off your belt and start swinging the buckle end not only can you deliver a strike but you can also inflict cutting injuries. Just a little warning though. If you've got a gut that hangs over your belt be careful about sharpening the edges of your belt buckle. You don't want to cut your belly every time you bend over to tie your shoes.



# On The Road Again

## ***Old Faithful***

**A Tire Iron** is another devastating weapon that can easily break bones or crush skulls. If you are justified in using deadly force, swinging away with a tire iron to the head, neck shoulder or spine area will very likely result in serious bodily injury or death. Strikes to the forearms, upper arms, hands or legs will probably mean broken bones. This tool is commonly found in your garage, or trunk. You may get in trouble if you've got one under your front seat, which some could construe as a concealed weapon. Lying out in the open on the floor of your vehicle may or may not get you arrested. It depends on your local laws and how aggressive your law enforcement is.

If you're driving a pickup and just happen to have your toolbox and other tools strewn about in the cab of your truck, a tire iron may not be so out of place. Just remember to have your cover story if you're stopped by the police. And make sure the tire iron you are carrying in your vehicle actually fits your lug nuts. What's your explanation to the police for carrying it in the cab instead of the box? You don't want some thief ripping it off, of course.



**Tire Iron**

## ***A Club Made for Your Car***

We've talked about tire irons, tire knockers and large flashlights as impromptu weapons for carrying inside your vehicle. While carrying a tire knocker in your Corvette could certainly raise some eyebrows if you are stopped by the police, here's a club that should not be questioned at all. It is designed to be used in your vehicle.

It's ["The Club" Steering Wheel Lock](#) made by Winner International. They sell for around \$50. This is a tough piece of equipment designed to be locked on your steering wheel when unattended to prevent someone from stealing your car (or at least prevent them from driving your vehicle away without sawing off part of your steering wheel.) The point is it can also be used as a bludgeon and because it is designed to be used in your car it probably won't be viewed as suspiciously by the police if he sees it lying on your front seat.



## ***Other Vehicle Weapons***

Get yourself a heavy metal **tankard** that can be used as a club. You know, the big ones used for drinking beer at Oktoberfest, that are sometimes hanging in taverns and pubs. One lying on your front seat could raise suspicions from the police that you are drinking and driving, so make sure you aren't doing that. And if you are stopped walking down the street carrying an empty one, you can explain you are just on the way to the tavern.



**Tankard**



Even a **heavy glass mug** can do substantial damage. If you hit someone in the mouth, nose or head with an A & W root beer mug you are going to inflict some serious pain. A **coffee cup** or **water glass** can also be used if it is heavy enough. You don't want to hit someone with a light-weight glass that will shatter and lacerate your hand.

Good luck finding this if you ever need one, but keep it in mind just in case. Most cars no longer have external **radio aerials (antennas)** of if they do they have the stubby ones for XM. When cars did have aerials, breaking one off a parked car made a good makeshift weapon used as a whip. If you happen to be assaulted or confronted in a used car lot, keep this old-school weapon option in mind.

## ***Here's One for Vehicle or Garage***

A **flex handle** makes a good baton. Lying on the floorboards along with some sockets may not look out of place, especially if you are driving some sort of work truck.



**Flex Handle**

## Lounge Weapons

A soft drink bottle or beer bottle can make a good club. They don't typically shatter like they do in the movies. You are more apt to break a bone than you are the bottle when the two collide.

Heavy ashtrays, beer steins, pool sticks, pool balls, coffee mugs, and plates are a few items that can be used for striking.

## Another Way to Use a Cell Phone for Help

A **cell phone** can be used in a couple of ways. If you are in danger, you can call 911. If you are attacked while waiting for the police to show up, you can again use your cell phone as an impact weapon to give your hammerfist strikes more power. A little word of warning: Obviously if you have something other than your cellphone to use as a weapon, use that instead. If you bust your phone up you won't be able to call an ambulance for the guy you just overhauled.

# Sports Items

## ***Take Me Out to the Ball Game***

A baseball bat, glove and baseball lying casually on the floor of your car or in the back seat probably won't look out of place and can be easily explained. You play. Your kid plays. Your grandkid plays. Whatever. It will probably look a little more normal in the summer than in the winter, but hey, some people are more organized than others. You just haven't gotten around to taking it out of the car yet.

A baseball bat can be used as an improvised weapon. You'll need both hands to swing it properly. Another option is a T-ball bat. They are smaller and weigh less than a standard baseball bat, making it easier to handle in one hand. Just remember to adjust your cover story. "I'm going to take up T-ball" probably won't wash.

## ***Fast Eddy***

Here's another item that doesn't look too unusual to have in your vehicle. A **pool cue stick**. If you start sawing it off, it starts to look like a weapon, and that's what we want to avoid. But if you get a two piece cue stick at a rummage sale, you can easily use the heavier end as a makeshift baton, especially suited for strikes to the common peroneal nerve about a hand's width above the knee toward the back of the leg. A strike here will generally cause a temporary loss of motor control from anywhere between 30 seconds to several minutes. Aim for the area just to the rear of the pant seam on the outside of the leg. Keep that target in mind when using other similar weapons, such as a piece of pipe, plunger handle or T-ball bat.

## ***A Lesson From Tiger Woods***

Another sports item that can be used as a weapon is a **golf putter**. Wasn't it Tiger Woods that got schooled a while back with a golf club upside his head? Get yourself one at a rummage or garage sale. You don't need an expensive one. Look for one with a heavy brass head. Obviously a little discretion is in order here. You may look a little strange walking down the sidewalk in a commercial district carrying a putter. If you are walking through a park and you also have a few golf balls in your pocket, maybe you could get away with the explanation that you are just working on your putting skills. To have a golf putter in your vehicle wouldn't be unusual either. Just remember to have a few golf balls too.

A putter can be used for strikes and thrusts. As a longer weapon this is also good for strikes to your opponent's legs, particularly the common peroneal nerve.



## ***Winter Sports Weapon***

Take a look at anyone who has been playing hockey for any length of time and he's probably got some scars on his face. Some of those injuries likely came from a hockey stick. A hockey stick is another item that can be carried in your backseat of your automobile and used as a weapon if needed depending on the season. It may look rather odd to have a hockey stick in your vehicle in the summer unless you are contemplating taking up roller hockey. It would certainly look strange and suspicious to be walking around the neighborhood at night carrying one. But if you find yourself in a jam and you have a hockey stick at hand it can be used to deliver two handed swinging strikes, jabs to the face with the bladed end, spearing blows with the blunt end, two handed "cross-checks" to give you distance and even used to hook the neck or ankles.

## Garage Weapons

Most tools can be used as weapons. If you've ever hit your thumb you know how much that hurts. A hammer can make a wicked dent in a skull, and certainly break bones in arms, legs or collarbones. Obviously you can easily kill someone with a hammer so **be sure you are justified in using this level of force as you should before you employ the use of any force or weapon.**



Hammers aren't only found in the garage. If confronted by an attacker in your kitchen there is no need to fight your way to the toolbox to get a hammer. You may have access to an ice crushing hammer or meat tenderizing hammer in your kitchen.

***"There's nothing like a good piece of hickory."***

**Ax Handle:** If you want to look to Hollywood for how to kick some major league ass with an ax handle, look no further than Walking Tall. For those too young to remember, Buford Pusser, the Walking Tall sheriff, spoke softly and swung a big stick in the form of an ax handle.

Axe handles are fun to swing around, have a lot of different striking surfaces, have good weight and balance and are easy to hang onto.

Like Clint Eastwood said after cleaning house on some bad guys with an axe handle in Pale Rider: **"There's nothing like a good piece of hickory."**

An axe handle can also be used effectively for spearing lunges. It sounds counterintuitive but an ax handle is easier to handle without the axe head. If you have time, take the axe head off before using.

## ***The Weakest Link***

**Chain** A piece of chain can make a good impact weapon. There are two variables, the weight and the length. The weight of the chain will determine how effective your strikes will be. On the one extreme is a lightweight chain like on a swing set. This will more than likely be too light to deliver a stunning blow. The other extreme is a log chain. If you've ever had the pleasure of dragging a heavy log chain, unless you are a circus strongman, professional wrestler or NFL lineman I doubt you'll be able to swing it effectively because it is just too heavy. Make no mistake, if you can hit someone with a log chain, you'll do some damage, but they are too heavy for the average person to wield effectively. I prefer something in between, light enough to swing quickly but heavy enough to do some damage. Try a 3/8" case hardened chain about 5 to 6 feet long. It will take two hands to swing but will make an impression when you strike. Remember a lighter chain can always be folded over or double or tripled up so instead of striking with only a single chain you are striking with two, three or four sections of chain.

The length will determine how easy it is to move around, conceal or explain. You don't want a fifty foot piece, because again, it's too hard to drag around. Walking down the street with a six foot piece of chain will be hard to explain to the police, but not so hard if you have it in your vehicle if you plan ahead. It can also be logically carried on your bike. Put a padlock on it and explain it's for locking your bike. You need to pick up another piece like it because you're going to build a porch swing. Whatever sounds plausible.

# Bike Weapons That No One Will Suspect

You're out for a ride on your bike. What can you use for a weapon? An easy, practical choice is a **bike pump**. It mounts on your frame so you always have it with you, when you're out riding. I'm not so sure how well they actually inflate tires, but should danger approach, just reach down and grab your pump. It's the perfect size for striking. Again, it is the ideal choice because it doesn't look like a weapon. It's just a part of your bike.

Another weapon on your bike is your chain. I'm talking about the **chain or cable** you use for locking your bike to a bike rack. The **padlock** hooked on one end of the chain can be used as an impact weapon like a slungshot.

## Bathroom Weapons

In the bathroom you've got several items that could be quickly used as weapons. You've got the **bar of soap** in a towel used as a makeshift sap. Another is the bathroom **plunger** which can be used for strikes. Rip off the rubber end or if not enough time grab it near the rubber end and strike and jab with the handle end. The bar from a **towel rack** can be used the same way. The **shower curtain rod** can give you some additional reach and can be used as a spear. Any **cylindrical** metal container such as deodorant can be used for striking. It can also be sprayed in the face. You may be able to even use the **bar** from the toilet paper roll as a yawara for striking depending on how sturdy it is. A **metal bar** will work better than a flimsy plastic bar that will disintegrate with the first blow. The **toilet bowl brush** can often be found behind or in the area of the toilet. The handle can be used for hammerfist strikes, and the brush end jabbed into the eyes.

Here's another commonly overlooked item of destruction. If you can get to a bathroom in most homes and a lot of small businesses the **toilet tank lid** can be used as a makeshift weapon. Swing it high or swing it low. Swung high forcefully, even if it is blocked, you're likely to break an arm. Or swing it low smashing it into your opponent's shins or side of knee.

# Kitchen Weapons

When cops go to domestics they try to keep the parties out of the bedrooms, because often that's where firearms are kept. While that is sound advice, the kitchen contains a plethora of makeshift weapons.

A **can opener**, the hand held variety, can be used as bludgeon by striking with the handle end, or to slash at the face with the cutting end.

Another item commonly found in the kitchen is a **cutting board**. This can be used as a projectile or used to deliver two handed strikes similar to how you would strike with a book. A large, flat cutting board held in both hands can be used as a shield against punches and knife attacks. Counter-strike to the head, collar bone, hands and arms using a two handed grip. Use the corner of the cutting board to slash the face and eyes and thrust into the throat.

Don't overlook a **heavy mixing bowl**. Stainless steel is too light for our purposes. Pyrex is better. Best in my opinion is a ceramic or stoneware bowl. If you hit someone hard with a heavy bowl like that, something is going to break, probably bones.

We may have discussed this already depending on what kind of an editing job I did, but an object with a cylindrical shape is surprising strong. What do you have in your kitchen that is cylindrical? Chances are you've got **canned goods**. A can of beans makes a good projectile or can be used for hammer blows. Another cylindrical object is your **pepper grinder**, the heavier the better.

You can inflict major damage by striking someone with an iron **skillet**. Striking with the flat portion will spread the force over a greater area. Striking with the edge is more likely to break bones. It can also be used two handed as a shield, and a smaller one can be swung with one hand. If you've got a set of cookware hanging in your kitchen, try swinging around different sized ones. A smaller one will give you more maneuverability, where a larger one will take more muscle to swing but will impact with more force.

Another excellent club found in some kitchens is a **rolling pin**. This may be a little harder to find in the modern kitchen unless someone is big into baking. The rolling pin is typically associated

with cartoons and the domineering wife ready to beat the husband's brains in with it. Because of this your attacker may be expecting you to deliver a blow to his head. So hold the rolling pin up like you are going to hit him down on top of his head, but surprise him by swinging it sharply onto his collarbone, arm or ribs or drive the end of it with a spear like thrust into his face, throat or solar plexus.

Here's a makeshift weapon found in any kitchen or restaurant. It isn't typically thought of as a weapon. Something as innocent looking as a **butter knife** can be used as a yawara, striking with the end of the handle in a hammer fist grip.



## Living Room/Bedroom Weapons

Living room look for **books**, **paperweights** that can be used as projectiles or for hammer blows. If there is a fireplace there will probably be fireplace tools, like pokers and shovels. They are normally made of iron and will be able to dish out a beating. Glass **ashtrays** can be thrown or used to strike. Generally glass ash trays are solid enough where they won't break when dropped on the floor.

A **candle** can be used to strike with the blunt end held in a hammerfist grip. Better than the candle is a heavy **candlestick holder**. I'm aware of one murder where the victim was bludgeoned with a candlestick holder.

A stout **curtain rod** can be used as a staff to jab bayonet style into the solar plexus, groin or throat. It can also be held with two hands to "cross check" like a hockey player into the chest or throat, or chopped down sharply on the forearm.

Another weapon virtually under your nose hanging on the wall is a **picture frame**. Look for a wooden frame, which is typically made of four sturdy pieces of wood. Break it apart and you've got four pieces of wood that can be used for clubbing strikes or spearing thrusts with the pointed ends.

I have a lady friend who told me when she was going to college there was a series of rapes on her campus which naturally had the whole college community in an uproar. Even with this going on, firearms weren't allowed on campus. So for protection she wrapped a couple of **wrenches in an old t shirt** and carried them in the bottom of her purse. Her plan was to swing this purse hard into anyone that would be dumb enough to try to assault her.

I don't think there is any law against carrying wrenches in a purse. Just the same her explanation if stopped by the police was she had borrowed them from a friend and forgot to return them. But frankly she wasn't too worried about what the police would do to her. She was more worried about what the rapist would do.

Don't overlook the fact that a **door** can be used as an impact weapon. This could be a house front door, closet door, bathroom door or even a cupboard door. A door can be slammed **closed** on

your attacker's arm or head. It can also be **opened** forcefully into your attacker if the opportunity arises.

In the case of a car door, if someone is trying to pull you out of your car, open the door and kick it swiftly into your attacker's leg as you pull him forcefully into it at the same time. If you are outside the car and your opponent is getting out of his car, you can slam the door onto his leg as he is getting out.

A hand held **calculator** can be used as an impact weapon. Drive the corner into the temple for maximum effect. Likewise a TV **remote control** can also be used. Hold it in a hammer grip and deliver strikes with the base.

There is a basic self-defense concept known as physical barrier. This is the idea of keeping something between yourself and your attacker, or would be attacker. In the office it could be as simple as keeping a desk or counter between you and your upset co-worker or customer. On the street it may be walking on the other side of a parked car to keep it between you and someone walking toward you in a parking lot.

An item often readily available to use as a physical barrier is a **chair**. Don't attempt to hit someone over the head with it like you might see in a saloon brawl in a western movie. It takes too much time and you'll probably hit the ceiling. A better way to use a chair is to pick it up holding the back and seat and use the chair legs to ward off your attacker. Drive a leg toward the abdomen and simultaneously drive one to the face. He may be able to block one leg, but one of the other three legs may get through.

Even a D cell **battery** is big enough to add some weight to your hammer fist strikes. Aim for the temple, head or collarbone.

Here's a story I heard years ago when I was beginning my martial arts training. The Master of one established martial arts school had been "challenged" to a fight by a younger rival Master from another school. The old Master tried several times to brush off the young Master. Finally when the young Master took a poke at the old Master, the old Master picked up the **telephone** and nailed the young Master right in the nose, wrapped the cord around his neck, threw him out of his school with a kick in the ass for good measure. The old Master's students were surprised at this rather unorthodox

approach so asked the Master why he used the telephone. The Master replied, "Because it works."

An old fashioned handset from a desk phone like you still find in many office settings makes a wonderful club. It is normally relatively easy to detach the cord from the handset if you need to move away from your desk to administer some punishment. Or better yet, detach the cord from the telephone base, leaving the cord hanging from the handset. You can swing the phone in the form of a flail and use the cord for trapping limbs, blocking and choking. You can also pick up the base and use that to strike. Keep this in mind if you are held hostage and asked to make a ransom phone call. If possible, you can also use the telephone to call for help before you take matters into your own hands.

## Long Weapons

Long handled tools like **brooms**, **mops**, **shovels** and **hoes** can be held with both hands in the bayonet grip. Hold the broom with the stick end pointing forward and jab or thrust into the midsection, the groin, abdomen, solar plexus, neck and face. Hold the broom horizontally and use it for blocking. Keep it in blocking position as you kick, or hit down into both reaching arms and retaliate with a sharp upward action under the chin. It can also be used to reap or sweep your opponent's leg or legs out from him. With a shovel, the shovel end can also be swung into your opponent or used to spear into your opponents shins and feet.

If you are holed up or held captive in an abandoned farm house and are looking for a solid weapon, break the leg off a table or chair. Wrap an extension cord around one end for a better grip.

## Edged Weapons

There may be times when you don't have an impact weapon handy. You may have to resort to other types of improvised weapons. Or at the very least, I want you to be able to recognize what other type of items may be used against you as weapons.

As previously mentioned, it's important to understand different weapons are designed to have different results.

**Edged weapons** cut things or give added focus to the edge. As such when you cut someone he bleeds. When there is blood flying around you risk infection. **Personally I don't want to exchange any fluids with an attacker due to the numerous diseases floating around, some potentially fatal, that can be spread by blood contact, such as HIV, AIDS, Hepatitis B, Hepatitis C and viral hemorrhagic fever.** I would just as soon **avoid a bloodbath whenever possible.** But due to the emails I got after the first edition of this book came out, some of you were pleading for some scoop on improvised edged weapons, so here it is.

When you think of an edged weapon you probably naturally think of a **knife, ax or machete.**

One weapon that is often readily available is a knife. In the kitchen you may have everything from **paring knives** to **butcher knives** to **meat cleavers** and anything in-between. Before engaging in knife fighting, or using a knife for self defense, get some instruction from a **qualified instructor.** If you pull a knife and don't know what you are doing with it, there's a good chance it will be taken away from you and shoved down your throat. If I have a choice I'll take an impact weapon for my defense over a knife. But since we are talking worst case scenario and you are forced to defend yourself with whatever you can get your hands on, before you grab a knife out of the knife drawer and use it for self defense, it would be a good idea to have a basic understanding of the different ways to grip and use a knife. These grips will be applicable to other edged weapons. And it may give you some insight into the skill level of your opponent and the **potential use against you** by each different grip.

To get the most out of your knife you'll need to know or at least be familiar with the basics of knife fighting grips. Using the right grip will

help you keep the most control of it while slashing, hacking or stabbing your way to freedom.

There are at least a dozen different ways to grip a knife. Just to keep it simple, we'll concentrate on the four main grips, their advantages and disadvantages.

The first is the **"fencer's grip."** Here you hold the knife between your forefinger and thumb tightly, with the rest of your fingers wrapped loosely around the hilt. If your knife has just one edge, the edge is held downwards. If it has two edges, the edges are held horizontally. Like a fencer, always keep the blade pointed at your opponent. The advantage is this allows you to move the blade freely. The disadvantage is that this because it is a loose grip, it is easy to have the knife knocked out of your hand by one good blow. For this reason I don't recommend this grip.

Expert knife fighters may use the **"reverse grip"** where the knife is held upside down with the blade laying along your wrist. The edge is held outwards. The advantage is this grip helps to hide the knife from your opponent, but may limit your reach. I do not recommend it unless you have been specially trained.

The next grip is the **"ice pick,"** which would be the way you would hold an ice pick if you were chopping ice. If you have a single blade it is held outwards, and if you have a double edged knife one edge is held outwards. You can generate a lot of power with the "ice pick" grip, allowing you to penetrate heavy coats or other clothing. The disadvantages are you need to strike in a downward direction, which opens up your torso. It is easy for your opponent to see what you are doing and you can't parry or thrust with this grip. **This grip is more suited for close in work** where this can be used for tight slashing and angular stabbing movements

The grip of choice by many professionals trained in knife fighting is the **"hammer grip."** Grip the knife like you are swinging a hammer. The blade is pointed upward, with edge facing forward toward your assailant. This grip allows you to thrust, parry and keep a firm grip on the knife. It is more natural for most people as all the action is taking place directly in front of you and you are able to keep the knife between you and your attacker. **This grip is more suited for long range and medium range defense.** Keep your knife in your lead

hand, the one closest to your opponent. This keeps your knife closest to his vital organs and keeps your unarmed and unprotected body farther away from his slashes and thrusts.

Get familiar with the ice pick and hammer grips. A few other miscellaneous suggestions for using a knife for defense. If you have the luxury, select a knife that is good for both slashing and stabbing. (Which means it has at least one sharp edge and a sharp point.) Choose a knife that is large enough to penetrate vital organs, but light enough to maneuver quickly. Use a lock blade or a fixed blade. Avoid a spring blade (switchblade or stiletto) as they are generally of a flimsier construction and apt to break when you need it the most.

**Never throw your knife.** Unlike in the circus or the movies, most knives aren't balanced for throwing. It is difficult enough to hit a moving target with a handgun, let alone a knife where you've only got one chance to get it right. And once you've thrown your knife and missed, now you've just armed your assailant and possibly left yourself unarmed.

Don't threaten or intimidate anyone with an edged weapon. Only use it if you are legally justified and your life is in jeopardy. I can't count the number of times someone in a bar for example gets tough, pulls a blade on someone and then gets stomped to death by the other guy in self defense. After all, "he pulled a knife on me."

We may have not discussed this up to this point, but when using a knife for defense or any other improvised weapon, don't overlook or forget your **secondary weapons**. You aren't limited to using your improvised weapon. Secondary weapons include your **head** for head butting your opponent at close range. Your **teeth** for biting your assailant at close range. (Risk of contracting some disease though through bodily fluid transfer.) **Elbow** and **knee** strikes, **kicks** and **hand** strikes.

If you don't happen to have a knife available, there are some other edged options.

A **music CD** looks relatively innocent, right? Who would suspect that by snapping it in two, you'll produce two edged weapons? Slash at your opponent's eyes, face, and throat. I don't think music CD's are prohibited on carry on airline luggage, although they might be if

anyone from TSA reads this. Even the **plastic case** from a music CD, if broken, will result in some sharp edges.

Another improvised edged weapon can be made fairly quickly from an empty **soda can**. Bend it in two back and forth to weaken the metal, then tear it in two pieces. The torn edges are sharp and can be used for slashing attacks. I'll admit that today's soda cans are lighter-weight than they once were. They can be razor sharp but the metal is flimsy and may bend so be aware of that. It probably won't be much good for a sustained attack but you may be able to surprise your assailant and get a few slashes to your opponent's face. Follow up with knee strikes and kicks.

If you need to defend yourself in your kitchen or while dining out, a **dinner plate** can be broken and used as an edged weapon. If it is heavy enough it can also be used as club. Then if it breaks on impact you can use the broken pieces as an edged weapon.

Likewise a broken **shard of glass** from a **window, glass table or cabinet** can be razor sharp. Same with a broken **water glass**. Or the glass in front of a **framed picture** hanging on a wall, or on a desktop, shelf or mantle. Or the glass from a **mirror**. A bathroom mirror on your home medicine cabinet is pretty easy to break with a towel and a good smack from your elbow. A mirror mounted flush on a wall like in a highway rest stop will be a different story. You may be able to break it if you hit it with something like a brick, or pry on it with a screwdriver, but if you've got a brick or screwdriver why are you wasting time trying to break a mirror? Use the brick or screwdriver as your weapon.

Anyway, after you've got your glass broken, don't get a piece that is too narrow. You are looking for a triangular piece. Find a piece that is wider at the base, about the width of your hand, that narrows to a point. To help protect yourself from being cut, wrap the end you are holding in a piece of cloth, like a towel or sock. Drive the point into the soft flesh under the chin.

Another source for a sharp piece of glass is a **wine bottle** that is relatively thin compared with a heavier beer bottle. Typically the bottom is knocked off leaving sharp edges and it is held by the neck to slash and thrust.



Even a **credit card** snapped in two will have a very sharp edge that in a pinch could be used to stab, slash or cut either your opponent or your bindings.

Another sharp object often overlooked is in your kitchen cupboard, and I'm not talking about the obvious knives in the knife drawer. Or you may find it in your campsite. It's the **pull top off canned food** like pork 'n beans, soup or Spaghettios. This is like the pop top on a can of soda, only with the can of food the whole top peels off. The lid is extremely sharp and can be used in an emergency as a cutting weapon or to cut your restraints. Your challenge will be to use it as an edged weapon without cutting your own hand due to its circular shape. If you can, grab it with a leather glove or pot holder, that may give you some protection so you don't slice your own hand open as you try to slice someone's throat.

While in the kitchen another cutting instrument is your **pizza cutter**. You can use the handle as a Yawara to deliver strikes, or slash with the sharp cutting wheel, or a combination of the two.

This next one is rather old school, but it's a "church key" **bottle opener**. The point can be used as a wicked slashing instrument, (especially if it is sharpened) and is very easy to conceal in your hand. The drawback may be trying to explain to police why you have one in your possession.



## ***Fighting Rings***

Here's a topic that self defense people can't seem to agree on. In 1980 G. Gordon Liddy wrote a book [Will: The Autobiography of G. Gordon Liddy](#). In it he talks frankly about his time spent in prison. On one occasion he describes a fight he got into with another inmate not in the same fine shape that Liddy was in. This other inmate hit Liddy with a relatively minor blow, but to Liddy's surprise he was almost instantly half blinded by blood running into his eyes from a cut on his forehead. The fight was broken up before either could do any more damage. Liddy couldn't figure out how he got cut, until another convict explained the answer: **fighting rings**.

Any ring with raised, sharp edges will add the potential for cutting if struck with a fist, backhand strike or turned inward to the palm and slapped. A class ring will do moderate damage. But if you want to peel more flesh, look for a fighting ring.

Traditional jewelers don't typically stock these items. An internet search for "fighting ring jewelry" will give you some [examples](#). If you want to see a good example of a fighting ring go to <http://www.boonerings.com/special-styles/tj.htm>. The T.J. stands for tear jerker.



Tear Jerker

Imagine the strips of flesh this will peel from your opponent's forehead.

Or check your favorite biker magazine or some motorcycle shops. Often these rings will cost several hundred dollars. They've got sharp angles on them and may be in the shape of wolf heads, Viking heads, skulls or dragons.

A cheap alternative I've heard of but never tried is a hose clamp. Next time you are at the hardware store check it out and see what you think. Carry one in each pocket so they can be slipped on quickly. Get them big enough so they slip on your middle fingers easily, but not so big as to prevent you from making a tight fist which **could result in a broken finger** if you have to punch someone.



If stopped by police, a couple of hose clamps in your pockets won't raise much suspicion.

Here's the controversy. A cut to the forehead or scalp will bleed profusely. Many a boxer has been hampered and fights stopped because of a cut above a boxer's eye where the blood restricts the vision.

I'm not sure about a real street fight though. I'm not sure I've ever seen a street fighter who was serious about kicking someone's ass stop because his forehead was cut, although I suppose it is within the realm of possibility.

Then there are those that will argue that hitting someone with a ring may be more apt to break your finger. I can't say for sure that is true, but I know that hitting anyone with a **fist** is more apt to break fingers than hitting someone with a **hammerfist** or with a yawara-type weapon that we've discussed at length. For those reasons I'm not a big fan of fighting rings, but to each his own.

## Pointed Weapons

Another class of improvised weapons is **pointed weapons** that pierce or puncture things.

A **screwdriver** is a tool that is often found in many environments. It may not look out of place on the floor of your vehicle, especially if you've got a work truck.

It won't look right in your pocket going to a nightclub and don't try to take one onto an airliner.

It can be a formidable weapon. It can be held in either the ice pick grip or hammer grip. You won't be able to slash as effectively with a screwdriver as you would with a sharp knife, but you will be able to stab and thrust.

With a longer, heavier, screwdriver you will be able to flick the tip and strike at your opponent's temples, ribs, neck, upwards to the groin and downwards on the top of head as you would strike with the tip of a baton or nightstick.

An **ice pick** can be used as a weapon and may be found in some kitchens. A similar weapon may be found in the garage or workshop in the form of an **awl**, a tool used for piercing holes in leather or wood. Stab at the eyes and throat or use the handle to deliver hammer strike blows.

A kitchen **fork** can be used to stab at the eyes and throat in both an ice pick grip and hammer grip. If your opponent puts up an arm to block, stab into the arm.

An aluminum or steel **rat tail comb** can be an awesome weapon. You can slash and saw with the teeth and stab with the pointed rat tail handle into the eyes, and throat. As far as I know it is legal to carry.

Another tool often found in a woman's purse and is legal to carry is a **nail file**. Hold towards the end of the file with your thumb and forefinger with about a half inch protruding beyond your finger tips. Slash into your opponents eyes and face.

A pair of **large knitting needles** with some yarn in your bag doesn't look out of place and can double as pointed weapons if needed.

And if you've got knitting needles in your bag, why not a **scissors**? There are three ways to use a scissors. One is to open them as far as they will go and then stab with the pointed end. Another is to hold the scissors open about eye width and jab for the eyes. And assuming you don't have round edged children's scissors, you can also stab with the scissors in the closed position, as a pointed weapon. Hold the scissors in the ice pick grip or hammer grip.

**Pens** can be taken virtually anywhere and are not currently regulated that I am aware of. There is much public outcry for gun control, but nothing about pen control. Pens can be used in a stabbing motion to the arm, neck, and the nerve center in the top of the chest. If you hold it in a hammer grip, like a knife, it can be used for thrusting and jabbing at the face, eyes and throat. Held in an ice pick grip, it can be driven into the face, neck, shoulder or pretty much any target within reach.

Any pen can be used as an improvised weapon, but if you want to be on the safer side, select a pen with a metal barrel.

Here is an example of an improvised weapon that is actually designed to be used as a weapon. It is the [Smith & Wesson Tactical Military and Police Tactical Pen](#).



It is made of aircraft aluminum and has a sturdy construction. Like the Pocket Shark, I don't care much for the Smith & Wesson logo prominently displayed, as that just draws unneeded attention to the item and makes it look more like a weapon. However that can be painted over with nail polish or paint. Technically it doesn't have the sharpest point, but can be used to deliver a painful jab or used on pressure points. They sell in the \$20 range.

After the terrorist attacks of 9-11 I was looking for an improvised weapon in the event an airliner was attacked while I was a passenger. I looked at a large Streamlight flashlight, but found that was a prohibited item in carry on. I settled on a pen. I was leery of taking the S & W on an airliner, so instead I selected a [Retro51 Tornado Metal Stealth Rollerball Pen](#).



### Retro51 Tornado Metal Stealth Rollerball Pen

It's got a matte black aluminum barrel which should hold up to some heavy duty stabbing. I like the flat top on it so when I grip it in an ice pick grip I can put my thumb on the flat top for more power. It feels right in my hand, and it looks "old school" too. I have never had a problem taking this on an airliner. This also sells in the \$20 range.

A cheaper alternative is any Zebra pen with a stainless steel barrel which are somewhere in the \$9 arena.

This next item is also found anywhere and can be taken to the mall, airport, nightclub, anywhere. It's a simple number two wood lead **pencil**. Hold it in a hammer grip and like a knife stab at the eyes or throat. Be alert to the fact that one stab from a pencil probably won't drop your opponent instantly unless you are able to stab it into his eye or ear. You may have to stab repeatedly, as you might have to with any edged weapon. Again, your goal isn't to kill the guy, it's only to incapacitate him, to stop him from harming you further. The pencil will have a sharper point than the pen (if you keep it sharpened) and you should be able to get deeper penetration with a pencil. The tradeoff is the pencil won't be as strong as the pen, and might break. If the pencil should happen to snap off in your assailant, now he's going to have a problem. He will have a hard time going to the emergency room to remove it and having to explain how he ended up getting stabbed with a pencil. If he doesn't remove it, there's the possibility of infection and lead poisoning.

## Jailhouse Shanks

In the event you are kidnapped or being held captive, and you have some time to improvise you may be able to make a **jailhouse shank**. A shank is just prison slang for a homemade knife, typically made from a piece of metal, and a cloth wrapped around for a handle.

An easy **shank** is made from a kitchen **spoon**. The end of the spoon handle is sharpened by rubbing it on a piece of cement, brick or possibly even a rock. Wrap a piece of cloth, twine or string around the spoon portion which becomes your shank handle for a better grip and be alert for an opportunity to shank your kidnapper in the lower back or kidney and make a break.

If you are having trouble getting a sharp enough point on a spoon handle, or you don't have a spoon, a similar weapon can be manufactured by sharpening the end of your **toothbrush**. Wrap a piece of cloth around the bristle end which becomes your handle.

# The Aftermath

What do you do if you have been forced to defend yourself? Here you have several options. Do you call the police or do you slink away and hope for the best? And if you call the police what do you tell them?

Let me share a story that was in the news recently. Something like this happens almost daily across the country. Some of the high profile cases you hear about. Most you don't.

A 64 year old Minnesota man was charged with murder after he shot and killed two teenagers who broke into his home, shooting them in the head.

So what, you ask? Can't a person defend himself in his own home? Maybe, depending on your local laws. But here's where this one gets interesting.

According to the complaint, the homeowner "victim" Byron Smith was in his basement when he heard a window break upstairs. He lives in a remote rural area, and heard the footsteps coming across the floor and toward the stairwell. Fearing for his safety after his home had been broken into on a couple of other instances, he waited in the basement until the first burglar, 17 year old Nicholas Brady came down the stairs and Smith shot Brady when he came into view from the waste down.

After Brady fell down the stairs, Smith shot him once in the face, telling investigators **"I wanted him dead."**

Smith said he dragged Brady's body into his basement workshop, then sat back down on his chair, and after a few minutes Brady's 18 year old cousin Haile Kifer began coming down the stairs. He said he shot her as soon as her hips appeared, and she fell down the stairs.

Smith tried to shoot her again but his gun, a Mini 14, jammed and she laughed at him. According to the complaint **"Smith stated that it was not a very long laugh because she was already hurting."**

According to the complaint Smith told investigators, **"If you're trying to shoot somebody and they laugh at you, you go again."**

He then shot her a couple of times in the chest with a .22, and then fired a shot under her chin, **"up into the cranium."**



According to the complaint "**Smith described it as 'a good clean finishing shot,'**" and acknowledges he fired "more shots than he needed to."

Smith did a few other things too, like shooting these two on Thanksgiving and not reporting it to police until Friday, after asking his neighbor for the name of a good lawyer and asking the neighbor to call police.

Smith was charged with **two counts of murder**.

I'm not here to judge Smith. He'll get his day in court. I use this as an example of what not to do in the first place.

Was this avoidable? That will be for the jury to decide. What do you think? I'm sure we haven't heard the last of this case.

From a purely theoretical point, let me speculate that a better way to have handled this would have been for Smith to get on 911 with a recorded operator, and explain that someone was breaking in, and he was in the basement and had no way to retreat safely. While on the phone with the operator, Smith could have yelled to the intruders "Get out, I am calling the police, and I have a gun." Had they continued downstairs and Smith felt like his life was threatened and he shot one or both of them to stop their advancing, he may have had a better defense than to shoot both of them until they were dead.

Here's another example. Remember the case of the hockey dad about ten years ago? Thomas Junta took his 11 year old boy to hockey practice. Junta didn't think the coach was taking control of what Junta believed to be "chippy" play and when Junta's boy got an elbow in the face, Junta yelled at the coach to control the kids. The coach replied "That's hockey."

Junta told police he replied to the coach in a rage: "No, it isn't. It's bullshit. There was a lot of swearing. Now I was shaking a little, you know, because I get shaky now and then and stuff." The fathers tussled briefly with the coach still in his skates and pads.

Junta left the rink to simmer down voluntarily or was asked to leave by rink officials, depending on whose story you want to believe, but everyone agrees at some point Junta then returned to get his boy and go home and encountered the coach again.

Even though Junta outweighed the coach by a hundred pounds, Junta says the coach assaulted him. Witnesses said Junta landed four to six punches to the coaches head and then banged his head on the floor twice. The coach later died of head injuries.

While Junta may have not started the fight, and may have had an argument for self-defense he was found guilty of manslaughter.

When Junta was describing the beginning of the second altercation he told police. "It was like a mutual lunge but you know, I got the upper hand. I guess I outweigh him a little bit . . . We're on the floor and stuff, and he's kicking me and trying to hit me, and I'm hitting him. And I only recall maybe throwing maybe two or three more punches."

What sunk Junta were probably his first statements to police, trying to describe this as a fair fight, and that he wasn't afraid of the coach and the coach wasn't afraid of him.

I can't tell you what to do if you are a victim and forced to defend yourself. I'll tell you what I'd do.

**If I am a victim and forced to defend myself** because I feared for my life and had to take action that I reasonably believe was necessary to protect myself, I'm not going to try to hide that from the police. I'm the victim. If I don't report this, the other guy may go to the police and now the cops are looking for me. It looks much better in my opinion to be the one going to the police to report you were attacked and had to defend yourself than someone else going to the police and making you out to be the attacker. If someone is injured I'd also call an ambulance for the injured party.

**Be very careful when the police arrive**, especially if there was a firearm involved. You survived the attack. You don't want to get shot by responding police. They get nervous where firearms are in the mix. Follow all commands whether it is to put your hands in the air, or lay on the ground, don't make any sudden motions and verbally let the officer know you are complying by saying something like, "Okay, I'll lay on the ground."

Here's what I would tell the police. A brief description of what happened, such as I shot him or I hit him and then more importantly **WHY** I did it. **I feared for my life. I didn't think I had any other choice.** Then I would shut up and want my attorney.

I would not lie about what happened as the police are very good at figuring out what happened through their crime scene investigation, witnesses, and the ever present possibility the whole thing was caught on someone's cell phone video. Lying will only compound your problems.

Nor would I make any statements about **"Teaching someone a lesson," "He had it coming," or "It was a fair fight."** If you want to "teach lessons," become a school teacher or give piano lessons. If you want to dispense justice, become a judge. If you want a "fair fight," take up boxing. **If you are using force to defend yourself because you were in fear for your life, then that is what you are doing so say so.** Anything else may get you in a legal jam, if you aren't in one already.

Some will advise you not to make any statements to the police at all without talking to your attorney first. I don't agree. I'm of the school of thought that when police arrive make a short statement to police so they know you are the victim, explain you did what you did because you feared for your life, then exercise your rights and shut the hell up and call your attorney.

Some will go as far as to suggest you call your attorney before calling police. I don't know how reasonable that is either. If you want to call your attorney first, that's your choice. A couple of considerations though. Most people don't have their own attorney, or if they do he's a tax attorney and has never seen the inside of a criminal courtroom. You've just been assaulted and now you're going to thumb through the yellow pages looking for a criminal attorney or consult with your neighbor like Smith supposedly did? Next is the problem of getting hold of your attorney presuming you've got one in the first place. If this happened at night, good luck calling your attorney at home. If it happens during the daytime there is a good chance he won't be available either to take your call when you need him the most. Like Mr. Smith above, leaving the bodies in your basement until the next day while you try to figure out who to call for an attorney probably isn't the wisest strategy.

Another problem with calling your attorney first is what do you do about the injured guy laying there? Presuming you have disabled him to the point he is no longer a threat and you've been able to get

away from him, are you going to let him lay there and die while you attempt to call your attorney or get on the horn and get him an ambulance and some first aid? Don't get me wrong. If someone just assaulted you and you were forced to defend yourself, and your assailant got injured in the process, **I'm not saying you need to administer first aid if doing so will put you in further danger.** But I believe you've got an obligation to notify the authorities so you can get help on the way.

Or if he isn't injured to the point where he's incapacitated, and is running loose in the neighborhood, do you really want to be screwing around calling your attorney or would it be wiser to call the police so they can start looking for this guy and get him collared before he comes back to finish what he started?

If you have your own attorney, ask him/her how you are to proceed should you ever find yourself in the position of having to use force to defend yourself. Be prepared for a lengthy answer, but when you boil it all down I'm guessing it will be similar to what I just said. If it isn't drop me a line and please let me know.

## In Conclusion...

We've covered a lot of ground. Now it's up to you. You can do nothing with this information and you'll still be miles ahead of those who haven't thought one iota about how or what to use as a makeshift weapon. Or you can take it to the next level. Make a conscious effort to **identify one makeshift weapon** every time you walk into a room. It may require some thought at first, but after some practice you'll be able to quickly identify one, two or more weapons at your fingertips.

When you buy any item consider how it could be used as a weapon. Would the garden trowel with the oak handle make a better weapon than the one with the flimsy plastic handle?

**Get yourself some training from a qualified instructor.** Reading is better than nothing but nothing beats hands on practice and instruction.

Just remember, **anything harder than your hand can be used as a weapon.** Even just a plain old **rock**. Walk down the street with a rock in your hand or in your pocket. It isn't real visible assuming you aren't carrying a boulder. If needed it will add some real power to your strikes. After danger passes or law approaches it can easily be dropped discretely and it will most likely blend in with the terrain. Unless you just clobbered someone with a rock and there is blood and chunks of flesh stuck to it, or threatened someone with it, cops generally aren't too concerned with trying to fingerprint or get DNA samples off a rock to prove ownership. Or if you are stopped you can explain you are thinking of taking up rock collecting and you found this interesting specimen to start your collection. Or you are afraid of a mean dog roaming the neighborhood.

Part of your preparation is knowing what you'll use for a weapon. The other part is being prepared with your explanation should you need to justify your actions to law enforcement.

I'd love to hear your comments. Please drop me a line at [Jonnymayhem@gmail.com](mailto:Jonnymayhem@gmail.com) and tell me what you think.

Don't use these techniques unless your life is in danger and you are legally justified. I hope you never have to use these techniques. But if you ever do, I hope you are prepared. **Stay safe.**

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