

# WAR ZONE

POLICE/MILITARY/MARTIAL ARTS TRAINING DVDS

## WAR ZONE #1

### Wrist Flexes

- A. Outward Wrist Flex
  - 1. explanation of position and throw
- B. Inward Wrist Flex
  - 1. explanation of position and throw
- C. Downward Wrist Flex
  - 1. explanation of position and lock-out
- D. Upward Wrist Flex
  - 1. explanation of position and throw

### II. Finishing Movements on the Ground

- A. Knee Pin With Leg Vice
- B. Step Across Throat Choke With Left Foot
- C. Continuation of B. Kneel Down Choke With Leg
- D. Arm Spread Against The Floor
- E. Walk Over/Opponent On Stomach
- F. Japanese Arm Bar

### III. Choking Positions

- A. Web Hand/Squeeze
  - 1. With takedown and lock-out
- B. Knock Arms Off/Step Into Side Choke/ Right Arm Trapped
  - 1. With takedown and choke-out
- C. Wrap Arm Across Head Into Front Choke
  - 1. With roll back takedown/end up on top
- D. Spin Around/Forearm Choke
  - 1. With break of balance and leg kick out takedown
- E. Spin Around/Full Choke
  - 1. With kickout takedown/drop with attacker
- F. Behind Attacker/Approach Forearm Choke With Hair Pull
  - 1. Takedown/dropping with attacker

### IV. Defenses Against Chokes

- A. Against One-Arm Rear Choke
  - 1. Spin into attacker with sword arm and outside sweep
  - 2. Drop stance/Pull arm down
    - a. throw over back
    - b. Aikido throw/pivot takedown application
- B. Against Front Choke
  - 1. roll back/throw opponent off
  - 2. step across/pick up opponent/slam them
- C. Against Side Choke (headlock)
  - 1. reach over pull head back over leg
  - 2. grip rear of back/swing leg across/pull opponent over/end up on top/choke or lock-out
- V. Defending Against Being Choked On The Ground
- A. Against Side Choke on the Ground
  - 1. throw left arm across/roll to stomach/come up on top of opponent's back

2. form a bridge with arms/scoot body

## **WAR ZONE 2**

### I. Different Angles of Hand Strikes

- A. Right Roundhouse Punch
  1. left armbar/right chop to neck/left outside minor sweep
  2. left armlock (over top)/knee attack/head slap takedown
  3. Aikido throw-peel off application
  4. Aikido throw-pivot takedown application
  5. block/series of elbows and knees/kick to knee takedown
- B. Right Backhand
  1. move outside block and spin right elbow/spin into choke/kick legs out/continue choke
  2. general block/snake arm into arm lock/knee attack/head throw
  3. Aikido throw-hand shake applications
- C. Right Overhand
  1. Aikido throw-peeloff application
  2. Aikido throw-hand shake application
- D. Right Underhand
  1. inward flex/walk under into outward flex
  2. inward flex/step over leg vice
  3. inward flex/elbow over arm takedown into seated armbar
- E. Defensive Posture Explanation

### II. Kick Defenses

- A. Against Front Kick
  1. use knee to deflect
  2. touch block/scoop out block
- B. Against Round Kick
  1. move in to minimize impact
  2. go with the kick
  3. general block/trap/sweep support leg
- C. Against Side Kick
  1. move body/touch block
  2. scoop block
  3. block/trap/downward elbow
  4. block/trap/ax kick down on leg
- D. Against Front Kick Again
  1. move outside/leg take out
  2. move inside/trap/sweep
  3. cross block/roll leg over/throw attacker back

### III. Grabs

- A. Front Bear Hug (arms trapped)
  1. set hips back/step across Judo throw
- B. Front Bear Hug (arms free)
  1. spread out against throat
- C. Rear Bear Hug (arms trapped)
  1. set hips/step behind/grab legs throw

- D. Rear Bear Hug (arms free)
  - 1. elbow smash/wrist lock/step out/inward flex
- E. Rear Bear Hug (with lift-up)
  - 1. drop down/reach behind pull leg out/ step over leglock
  
- IV. General Takedowns
  - A. Against Flurry of Wild Punches
    - 1. duck under/front bear hug/pull out legs/boston crab 2. duck under/sweep out legs
  - B. Taking Down an Opponent in Fighting Stance
    - 1. move outside of front leg/shoulder into knee takedown
  - C. From Locked Up Position (Jujitsu)
    - 1. leg scissors across midsection/drop to ground/leg over head/takedown
    - 2. roll outside/spinning leg scissors take down
  
- V. Ground Fighting (mounting downed opponent)
  - A. Side Mount
    - 1. with armbar
    - 2. with leg across head
  - B. Front Mount
    - 1. head to head
    - 2. arm bar
    - 3. reverse wrist lock
    - 4. front choke/head to head/shoulder under chin
    - 5. leg positions
    - 6. review/ of all positions
  - C. If They Roll To Their Stomach
    - 1. choke/lock legs/roll to your back

## **WAR ZONE 3**

- I. Cylinder Operated Handgun Defenses
  - A. Safety Check
  - B. Front Attack-High, Middle, and Low Middle
    - 1. move inside/grip to disable cylinder/right-left grip/disarm
      - a. explanation
      - b. different angles
      - c. right and left hand gunman
  - C. Side of Body
    - 1. move inside/grip to disable cylinder/ right-left grip/disarm a. side of body and side of head
  - D. Back
    - 1. Spin inside and execute the basic disarm a. low back/middle back/back of head
  - E. Gun on Single Action
    - 1. increase speed of disarm
    - 2. insert finger between trigger and frame
  
- II. Semi-Automatic Handgun Defenses
  - A. Safety Check
  - B. Front Attack-face/center chest/low stomach
    - 1. move inside/grip from the rear of the frame/trap finger against housing/right-left grip with disarm
      - a. several explanations of semi-auto nomenclature
    - 2. move outside/grip/step under/peel off technique/disarm
    - 3. move inside/grip/step under/handshake technique/disarm
    - 4. basic disarm/into reverse wrist flex

- 5. review
  - C. Close-Range Front Attack
    - 1. to stomach
      - a. right hand down/left hand up/disarm/ attacker
    - 2. to face
      - a. left hand down/right hand under/ over the top twist/disarm/lock out to ground
  - D. Rear Attacks
    - 1. low rear/middle rear/back of head
      - a. spin outside/wrap arm/disarm/spin away
      - b. spin inside/wrap arm/disarm/spin back and away
  - E. On The Ground (on back)
    - 1. attacker standing over you/straddling
      - a. basic defense with pull over head to throw attacker
    - 2. attacker standing over your head from behind
      - 1. basic defense with pull toward belt to throw attacker over you
- III. Long Gun
- A. Safety Check
  - B. Front Attack
    - 1. move right/push muzzle up/grab stock/pull out disarm
    - 2. move left/push muzzle right/grab stock/pull out disarm

## ***Professional endorsements;***

Your joint locks, gun disarms, advanced grappling techniques should prove invaluable with our Presidential protection responsibilities,

**M. Walsh / United States Secret Service**

Your "War Zone" techniques from takedown to handcuff are practical, effective, and potent. Your handgun techniques were fast, smooth, and uncomplicated.

**K. Sullivan / New York State Police**

Danny Lane is one of the most sought after "defensive tactics" instructors in the world today. His training techniques are a must for all law enforcement officers, and the serious martial artist.

**Joe Hess / Miami-Dade/Police Tactics Instructor**

Danny's techniques are fast, effective, and street proven. That's why he has been chosen as one of the technical advisors to "The Guardian Angels".

**Sean Kelly / "Guardian Angels"**