

# Totally TaekwonDo

The Global Tae Kwon Do Magazine

July 2015 • Free Security Issue

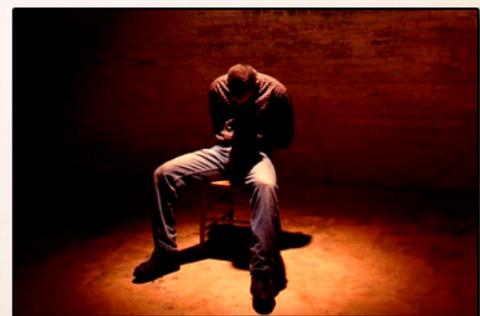
태권도



*Active Shooter Response*



*Work Place Violence*



*Hostage Behaviour*

**Also in this Issue:** Bomb Threat Response | How To Survive A Chemical Attack | Surviving Fire Arms Attacks!

**TOTALLY  
TAE KWON DO**  
The Global Tae Kwon Do Magazine

Produced and Published by:  
Harrow Martial Arts  
in association with  
Rayners Lane Taekwon-do Academy

Email: editor@totallytkd.com  
Tel: +44 (0)7759 438779

This PDF may not be distributed at all. Charging a fee for this PDF (in whole or in part) is strictly prohibited unless by the publisher or by agreement. This includes distribution by any body, group or individual where a membership, subscription fee or any other charge is required to access or view this PDF and / or its contents. Such distribution by commercial entities is prohibited. Commercial entities may not distribute this PDF. Please contact us if in doubt.

Aside from personal non-commercial printouts of this PDF, written permission must be gained from Harrow Martial Arts before converting this PDF into any other media. This PDF and / or any resulting printout may not be passed on and nothing may be added to it or removed from it without prior written permission from Harrow Martial Arts.

Worldwide copyright of all material (including pictures) is held by the originator of that material unless stated otherwise. The reproduction of any material extracted from within this PDF is strictly prohibited, unless prior agreement in writing is gained from the copyright holder of that material. Those wishing to make use of any material as presented on the pages of this PDF must also gain written permission from Harrow Martial Arts.

The views, reports and comments expressed herein are not necessarily those of the editor and publisher. Whilst every care is taken to check their authenticity, Harrow Martial Arts disclaim any and all liability for any inaccuracies.

The originator, publishers, editor and all contributors are not responsible in any way for any injury, or any other loss, which may occur by reading and /or following the instructions herein. It is essential that prior to undertaking any of the activities described within that the reader take the advice of a doctor and a suitably qualified and experienced martial arts instructor.

The publishers reserve the right to reject any material tendered at their discretion. The publishers accept no responsibility for the return of unsolicited material. The submission of manuscripts or materials shall be considered a warranty that such matter is original and in no way infringes on the copyright of others.

Harrow Martial Arts make no representations, endorsements, guarantees or warranties concerning the products and / or services advertised within this magazine.

Due to the nature of the magazine being still widely available long past its issue date, customers of adverts are advised to confirm any businesses advertised within this magazine are still trading before sending off any money, as Harrow Martial Arts cannot be held liable for any adverts, advertisers or consumer issues regarding products or services advertised within this magazine, which were correct at the issue date.

**Copyright Notice**  
All articles in this magazine are  
Copyright © 2015

# Editorial

Special Edition • July 2015



Hi,

Whilst most Tae Kwon Do students are endeavouring to 'be a champion of freedom and justice' and 'build a more peaceful world', sadly there are those that are thinking the exact opposite, as we saw in Tunisia most recently.

So, with the help of a few of my friends in the security sector and the fire brigade, we have put together this special issue, that is free for everyone to share around, whether they do Tae Kwon Do or not!

This special issue covers many of the topics associated with terrorism, but topics like 'Active Shooter Response' etc. aren't just confined to terrorists, as we saw in the Charleston, Carolina just the month before - so the No. 1 advice is always to remain vigilant, wherever you may be!

However, no matter how vigilant we are, anyone can be caught up in a situation in the blink of an eye, so knowing how to act and respond to such things is imperative and if this special issue keeps someone from harm or even saves someone's life, then the time and effort to put it together has been well spent.

I would personally like to thank Alan Cain, Michael Munyon, John Asher, Glenn Gordon and Liam Cullen, who helped me put this together in a very short space of time (within 1 week) - all are professionals in their field, so all give the top advice you should listen and adhere to.

This issue goes on out on 10th Anniversary of the 7/7 bombings in London, so I dedicate this issue to those that lost their lives that day, as well as those in Tunisia, those on 9/11, those in Boston and every innocent person who has ever lost their lives to such atrocities.

*Stay Safe people.*

Regards,

Stuart



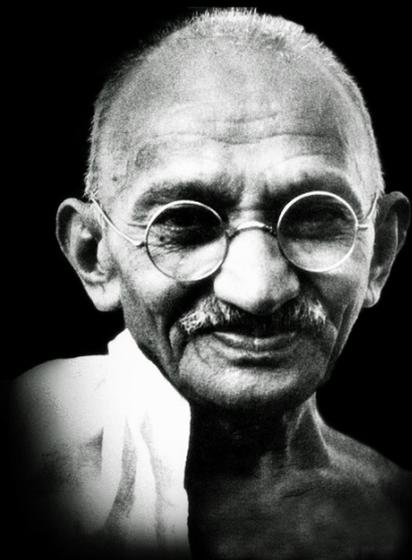
# Free Security Issue

<b>Active Shooter Response</b>	<b>Page 5</b>
<b>Shooter Incident Threat Aid - UK</b>	<b>Page 7</b>
<b>Shooter Incident Threat Aid - USA</b>	<b>Page 8</b>
<b>Shooter Incident Threat Aid - Universal</b>	<b>Page 9</b>
<b>Public Response to an Active Shooter</b>	<b>Page 11</b>
<b>Surviving Fire Arms Attacks!</b>	<b>Page 13</b>
<b>Work Place Violence (and other security issues)</b>	<b>Page 17</b>
<b>Bomb Threat Response Procedures</b>	<b>Page 21</b>
<b>How To Survive A Chemical Attack</b>	<b>Page 25</b>
<b>Hostage Behaviour</b>	<b>Page 29</b>
<b>Training Gun Disarms</b>	<b>Page 33</b>
<b>Michael Munyon - <i>Urban Defense Solutions</i> - Bio</b>	<b>Page 35</b>

**Contributors: Liam Cullen (cover), Alan Cain, Michael Munyon, John Asher, Glenn Gordon & Stuart Anslow.**

"THE ENEMY IS FEAR.  
WE THINK IT IS HATE;  
BUT, IT IS  
FEAR."

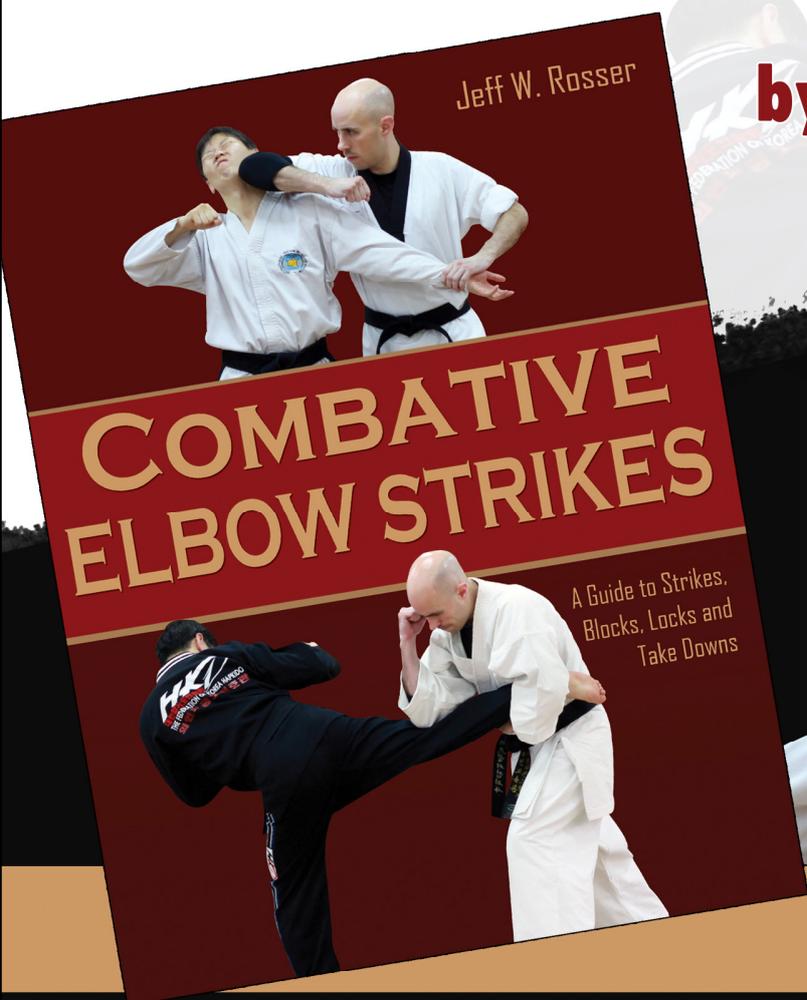
~GANDHI



"Every person interested in learning to defend themselves and the finer points of protection will benefit from this book."  
~ Dr. George Vitale

# COMBATIVE ELBOW STRIKES

by Jeff W. Rosser



"Jeff Rosser has done a superb job of showing the versatility of the elbow strikes. Highly recommended."  
~ Iain Abernethy



"A highly recommended purchase, that will enhance any martial artists' arsenal of techniques - with very little effort!"  
~ Stuart Anslow  
Editor in Chief of 'Totally Tae Kwon Do' magazine



Download instantly from Kindle, iBook or Google Play stores  
Softcover available from Amazon.com or your favorite bookseller

# Active Shooter Response

By Alan Cain



The recent tragic events in Tunisia, together with previous events in Mumbai, Sydney and Paris, have brought to the public's attention the danger of the 'active shooter', defined by Armed Police as *"an armed person who has used deadly force on other people and continues to do so while having unrestricted access to additional victims."* The dangers posed by an active shooter have been known and prepared for in the higher education security sector since 2007, when student Seung Hui Cho killed 32 people and injured 24 others in a dorm and classroom shooting at Virginia Tech in the United States. The advice I would give to an individual who finds themselves caught up in a terrorist related active shooter scenario is the same advice I would give to a student – **RUN. HIDE. FIGHT.**

## **RUN**

When an active shooter is in your vicinity:

- If there is an escape path, attempt to evacuate.
- Evacuate whether others agree to or not.
- Leave your belongings behind.
- Help others escape if possible.

- Prevent others from entering the area.
- Call 999 when you are safe.

## **HIDE**

If evacuation is not possible, find a place to hide.

- Lock and / or blockade the door.
- Silence your cell phone.



- Hide behind large objects.
- Remain very quiet.

***Your hiding place should:***

- Be out of the shooter's view.
- Provide protection if shots are fired in your direction.
- Not trap or restrict your options for movement.

## **FIGHT**

As a last resort, and only if your life is in danger:

- Attempt to incapacitate the shooter.
- Act with physical aggression.
- Improvise weapons.
- Commit to your actions.

Remember that Armed Police arriving on scene may not at first be able to distinguish you from the gunmen. They will therefore have to treat all members of the public firmly, including pointing weapons at them.

**6 - Totally Tae Kwon Do**

It is vitally important at this stage that you remain calm and follow their instructions. Ensure that you keep your hands visible at all times and avoid pointing or yelling. This advice becomes even more important in those countries where the local police may not be as highly trained as our own.

Alan Cain has worked in corporate, diplomatic and higher education security since 2001, and is the Head of Security and Business Continuity at Manchester Metropolitan University. His martial arts background includes black belts in karate and jujutsu and he is a Level 1 instructor in Eddie Quinn's 'The Approach' self protection method. He is also a former NCO in the Army Reserve and has served on operational tours of duty in both Iraq and Afghanistan.



# **SHOOTING INCIDENT THREAT AID**

## **EVACUATE**

### **KNOW ESCAPE ROUTES**

- . MOVE TO NEAREST EXIT
- . HELP OTHERS ESCAPE
- . PREVENT OTHERS FROM ENTERING LOCATION
- . LEAVE PERSONAL BELONGINGS

## **SHELTER IN PLACE**

### **SECURE YOURSELF AND LOCATION**

- . LOCK DOORS, TURN OFF LIGHTS, REMAIN QUIET, LIMIT YOUR MOVEMENTS

## **NOTIFY**

### **CALL 999 PROVIDE THE FOLLOWING INFORMATION IF POSSIBLE**

- . YOUR LOCATION
- . NUMBER OF SHOOTER(S)
- . TYPES OF WEAPONS
- . LOCATION, DIRECTION, AND MOVEMENT OF SHOOTER OR SHOOTERS
- . DESCRIPTION OF SHOOTER(S)

## **RESPONSE TO LAW ENFORCEMENT ARRIVAL**

### **FOLLOW OFFICERS INSTRUCTIONS**

- . KEEP HANDS VISIBLE AT ALL TIMES
- . PUT DOWN ANY ITEMS IN YOUR HANDS (I.E. BAGS, IMPROVISED WEAPONS)
- . FOLLOW OFFICERS DIRECTION TO SAFE AREAS DO NOT LEAVE AREA UNTIL INSTRUCTED

## **EMERGENCY PHONE NUMBERS:**

**POLICE/FIRE/MEDICAL:**

**999**

**Local Police Station:**

---

***UK Threat Aid Card - You Should Print This Out & keep it in your purse or wallet***

# **SHOOTING INCIDENT THREAT AID**

## **EVACUATE**

### **KNOW ESCAPE ROUTES**

- . MOVE TO NEAREST EXIT
- . HELP OTHERS ESCAPE
- . PREVENT OTHERS FROM ENTERING LOCATION
- . LEAVE PERSONAL BELONGINGS

## **SHELTER IN PLACE**

### **SECURE YOURSELF AND LOCATION**

- . LOCK DOORS, TURN OFF LIGHTS, REMAIN QUIET, LIMIT YOUR MOVEMENTS

## **NOTIFY**

### **CALL 911 PROVIDE THE FOLLOWING INFORMATION IF POSSIBLE**

- . YOUR LOCATION
- . NUMBER OF SHOOTER(S)
- . TYPES OF WEAPONS
- . LOCATION, DIRECTION, AND MOVEMENT OF SHOOTER OR SHOOTERS
- . DESCRIPTION OF SHOOTER(S)

## **RESPONSE TO LAW ENFORCEMENT ARRIVAL**

### **FOLLOW OFFICERS INSTRUCTIONS**

- . KEEP HANDS VISIBLE AT ALL TIMES
- . PUT DOWN ANY ITEMS IN YOUR HANDS (I.E. BAGS, IMPROVISED WEAPONS)
- . FOLLOW OFFICERS DIRECTION TO SAFE AREAS DO NOT LEAVE AREA UNTIL INSTRUCTED

## **EMERGENCY PHONE NUMBERS:**

**POLICE/FIRE/MEDICAL:**

**911**

**Local Police Department:**

---

***USA Threat Aid Card - You Should Print This Out & keep it in your purse or wallet***

# **SHOOTING INCIDENT THREAT AID**

## **EVACUATE**

### **KNOW ESCAPE ROUTES**

- . MOVE TO NEAREST EXIT
- . HELP OTHERS ESCAPE
- . PREVENT OTHERS FROM ENTERING LOCATION
- . LEAVE PERSONAL BELONGINGS

## **SHELTER IN PLACE**

### **SECURE YOURSELF AND LOCATION**

- . LOCK DOORS, TURN OFF LIGHTS, REMAIN QUIET, LIMIT YOUR MOVEMENTS

## **NOTIFY**

### **CALL - PROVIDE THE FOLLOWING INFORMATION IF POSSIBLE**

- . YOUR LOCATION
- . NUMBER OF SHOOTER(S)
- . TYPES OF WEAPONS
- . LOCATION, DIRECTION, AND MOVEMENT OF SHOOTER OR SHOOTERS
- . DESCRIPTION OF SHOOTER(S)

## **RESPONSE TO LAW ENFORCEMENT ARRIVAL**

### **FOLLOW OFFICERS INSTRUCTIONS**

- . KEEP HANDS VISIBLE AT ALL TIMES
- . PUT DOWN ANY ITEMS IN YOUR HANDS (I.E. BAGS, IMPROVISED WEAPONS)
- . FOLLOW OFFICERS DIRECTION TO SAFE AREAS DO NOT LEAVE AREA UNTIL INSTRUCTED

## **EMERGENCY PHONE NUMBERS:**

**POLICE/FIRE/MEDICAL:**

**Tel:**

**Local Police Department:**

---

***Travelling/Universal Threat Aid Card - fill in the phone numbers  
- You Should Print This Out & keep it in your purse or wallet***

Sponsored By :



# THE MUNYON TRIPLE PLAY

Mr. Munyon is back starting off with a TRIPLE PLAY! Three GREAT Clinics all in one weekend. Don't miss out on these great seminars for all age groups and interests.



**CLINIC**

**DATE**

**TIME**

**HOSTING  
DOJANG**

**COST**

*Bullying Clinic*

Sept. 25  
2015

7-9 pm

Kocur's Taekwon-Do

\$10.00

*Weapons Disarming Tactical Clinic*

Sept 26  
2015

10-2 pm

Kocur's Taekwon-Do

\$60.00

*Self-Defense Clinic II*

Sept 27  
2015

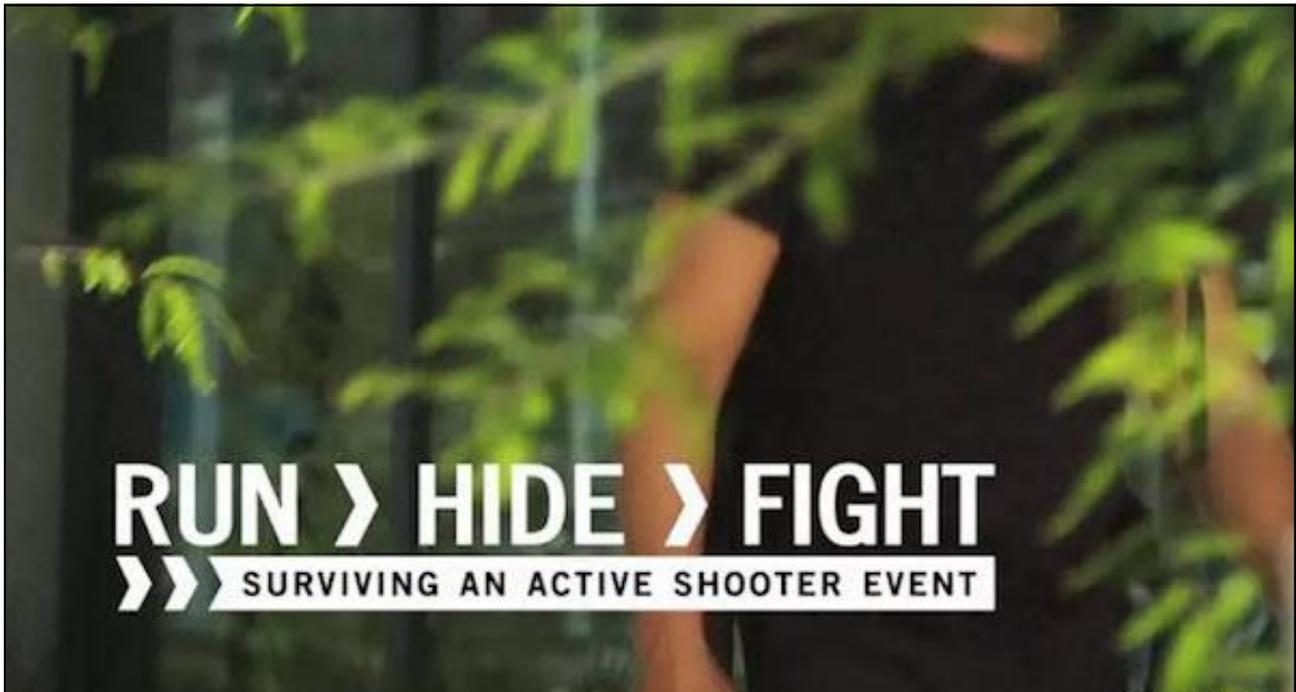
10am -12  
pm

Dragon Law

\$45.00

# Public Response to an Active Shooter

By Michael Munyon  
Urban Defense Solutions



## 1. EVACUATE

- Know your escape routes/plans; remain calm & immediately move to nearest exit(s)
- Help others escape if possible; prevent others from entering location of shooter(s)
- LEAVE personal belongings or packages; always keep hands visible
- If possible, DO NOT trap yourself/ restrict your options for escape from building
- Lock doors, turn off lights; if possible barricade entrance/shield yourself from shots
- Call 911 when it is safe to do so; if you cannot speak, leave line open for dispatcher

## 2. IF YOU CAN'T EVACUATE... HIDE OUT -

- Seek location away from shooter's view & hearing; silence cell phones, remain quiet

## 3. IF EVACUATION & HIDING ARE NOT POSSIBLE - TAKE ACTION

- ***Only engage the shooter if your life is in imminent danger***
- Act with extreme physical aggression against shooter(s) - COMMIT TO ACTION

- Utilize any improvised weapons, anything you could throw, swing or strike to disrupt and/or incapacitate shooter(s)
- Follow officer's direction to safe areas; DO NOT leave area until instructed by officers

## **PUBLIC RESPONSE TO LAW ENFORCEMENT ARRIVAL**

***How YOU Should React When Law Enforcement Arrives:***

### **FOLLOW OFFICERS INSTRUCTIONS KEEP HANDS VISIBLE AT ALL TIMES**

- Put down any items in your hands (i.e. bags, jackets, improvised weapons)
- Avoid any quick movements which may be considered by the officer as threatening
- DO NOT stop officers for help/ directions or attempt to physically hold on to them for
- safety when evacuating; always proceed in direction from which officers entered

## **Information To Provide To Law Enforcement/911 Dispatch:**

***YOUR LOCATION; BUILDING & ROOM NUMBER***

- If possible, provide the following additional information:
- Location of active shooter(s)
- Number & Physical description of shooter(s)
- Number & types of weapons.
- Number of potential victims and types of injuries at location.

### **Emergency Phone Numbers:**

Emergency Police/Fire/Medical Assistance: **911**



This advertisement has been generously donated to MSF

# **MEDICAL CARE SHOULDN'T BE A LUXURY.**

## **BUT THOUSANDS OF PEOPLE DIE EVERY DAY OF DISEASES THAT CAN EASILY BE TREATED.**

MÉDECINS SANS FRONTIÈRES (MSF) GIVES FREE PROFESSIONAL MEDICAL CARE TO THE PEOPLE WHO NEED IT MOST. IN COUNTRIES DEVASTATED BY CONFLICT, NATURAL DISASTER OR POVERTY, OUR STAFF BATTLE EPIDEMICS, RUN EMERGENCY CLINICS AND PROVIDE BASIC HEALTH SERVICES.

FIND OUT WHERE WE WORK, WHAT WE DO AND HOW YOU CAN HELP AT [www.msf.org.uk](http://www.msf.org.uk)



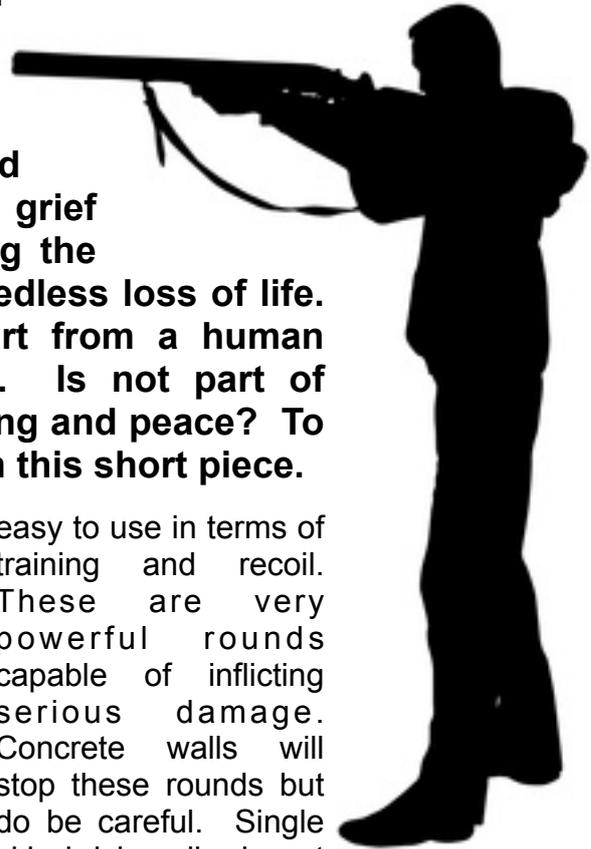
English Charity Reg No. 1026588

# Surviving Fire Arms Attacks!

By John Asher

Crew Commander, West Midlands Fire Brigade & CBRNE Instructor

Marauding fire arms attacks and active shooters are amongst the most feared and devastating weapons in terrorism of the modern times. A well-armed, motivated person can cause absolute horror, grief and desolation. I sit here watching the news once again appalled by the needless loss of life. Not for anything other reason apart from a human being. Not religious, not political. Is not part of General Choi's teaching understanding and peace? To this end I have been motivated to pen this short piece.



*Forward apology: Inevitably some readers are ex-military and this will seem very basic but it is designed as an introduction.*

We all (I assume) would not hesitate to introduce our students and fellow club/lesson members to knife attack? I wonder if we should look at fire arms? Not in a "Slap 'em silly and flip 'em!" Steven Segal style of disarmament, but a realistic look at how to protect yourself as safely as possible if you are ever in this terrifying situation. Call this advice or training or whatever you want but (Like all defence knowledge) I hope to my core you never need it.

easy to use in terms of training and recoil. These are very powerful rounds capable of inflicting serious damage. Concrete walls will stop these rounds but do be careful. Single skin brick walls do not offer much protection.

There are several things a person can do to ensure they have a better chance of not sustaining an injury during a fire arms incident:

## Shielding

This would refer to finding a solid object or building to protect yourself from projectiles. Usual the perpetrators of these attacks use 5.56mm rounds in assault weapons because they pretty readily available and



*Picture shows effect of a 5.56mm round. This is the exit hole.*

As you can see a round pierces this wall easily and to my knowledge this was at a



range of 50 meters. Similarly wooden, plaster and steel sandwich panel construction would offer little protection. Thick (6inches at least) concrete will prevent the round travelling all the way through and will afford protection. Vehicles can offer some protection but only in certain places. Any glass in the vehicle will obviously offer no protection and (Obviously) let you be seen. Hiding away from the glass under the door sill and the boot of the car will prevent you from being seen. However a round could easily go through both doors and door cards and hit someone the other side. Also your feet etc. can be seen under the car. The safest place is behind the front wheels. The engine is under the bonnet of the car and is a very large piece of metal that will offer

protection from the rounds.

### Running

By far and away the best way is to be away from any danger so here are a few tips on running.

- . *Never run in a regular pattern. Zigzag, serpentine or any other method of irregularly moving that is not predicable makes it much harder for a shooter to take aim.*
- . Going somewhere quiet may keep you safe but other people around you may be able to help you if injured and if you are the only person around then you will instantly be the only target.



**The arrow show where the bullets are held in a magazine. If the person stops shooting and pulls this out they are re loading**



The arrow show where the bullets are held in a magazine. If the person stops shooting and pulls this out they are re loading

- . Never run blindly. Choose at least a point of concealment you can run to.
- . Make the run short. The military use the adage, "I am up, they have seen me, I am down." That should be the ideal time to be exposed.
- . Timing is crucial. You are not going to run out in front of the person. Wait until they have their back turned, are occupied elsewhere, out of ammunition or better still walking away from you or gone.

shrapnel if you are lying as flat as possible, preferably behind something.

### Concealment

Simply put anyway that you cannot be seen will help you. Be aware of your feet and make sure they are not sticking out or can be seen on the ground. Like we mentioned in the car section. Anything that is large enough to hide your own body is good. Be careful that it is free because if there is already someone there, it may not have the room for you both.

### Explosives

Certain individuals have access to hand grenades and other explosives. These act differently to bullets as they cannot be directed at a single object at distance and have a much more devastating effect. When such a weapon is thrown and detonates, it sends shrapnel (small metal fragments) and a massive amount of energy upwards and outwards.



Explosion sending shrapnel and energy upwards and out

Be aware of the lighting in the area as a shadow may betray your location that is otherwise completely shielded or concealed. Also if you are low to the ground, your shadow may less obviously a human shadow.

One thing to be very aware of is reflection. It can be your friend but can give your position away. Car windscreens, shop windows, metallic paint on cars and (Obviously) mirrors can allow you to see where someone is without exposing yourself but do remember that, "If you can see, you can be seen."

You are much less likely to be hit by



Car Door Reflection

## Injury

This is not really a first aid lesson, just a couple of points to remember. I strongly advise suitable and appropriate First Aid training as a basic life skill.

- . *Never begin CPR in a dangerous environment. The first rule is always is it safe to help? CPR should only be done if the person is not breathing and has no pulse and is unconscious. If you do CPR, Lift the chin to open the air way, Compress the chest in the centre 30 times and then give 2 breaths. Stop only when some else takes over, you cannot continue or the person comes around.*
- . Never pull out anything that is stuck into the body. It is probably stopping some serious bleeding.
- . *Likewise, never poke back anything that looks like it belongs inside the body. You may create more damage.*
- . If an area of the body has been hit by a bullet, there may be 2 holes. An entrance wound (Smaller) and an exit wound (Bigger). Cover the holes with any material you can find (Clothing etc.) If there are these 2 holes then you must place a lot of pressure on both sides to stop the bleeding. Keep the pressure on and most importantly

**DON'T MOVE THE DRESSING!** The blood only has a certain amount of clotting agent in it and you may restart the bleed.

**Most importantly.....**Do not attempt to tackle the shooter unless you have absolutely no choice. I would remind people that fire arms are not like edged weapons and distance between you and assailant, merely gives them more time to aim or pull the trigger. The people who can deal with this problem fire thousands of rounds in practice and are highly skilled. They also greatly outnumber the active shooter. The safest way to deal with this.



# **Work Place Violence**

## ***And Other Security Issues That Matter***

**By Michael Munyon,  
International Taekwon-Do Federation H.Q. (South Korea)  
Global HapKiDo Association  
Retired Air Force Security Specialist/Security Forces Senior Non-commissioned Officer**

### ***Did you know?***

**“Violence in the workplace is a serious safety and health issue. Its most extreme form, homicide, is the fourth-leading cause of fatal occupational injury in the United States” (US Department of Labor)**



*“On average, each year there are 133,700 violent crimes against teachers at school and 217,400 thefts from teachers at school, reported by teachers from both public and private schools.”*

- Department of Education and Department of Justice

*“Private sector and Federal Government employees were victimized at similar rates.”*

- Bureau of Labor Statistics

Let's take a moment to break down the various types of harassment and violence. Work place violence consists of more than homicide and other physical assaults and also includes -

- . domestic violence
- . stalking
- . threats
- . harassment
- . bullying
- . emotional abuse

- . intimidation/other forms of conduct that create anxiety, fear, and a climate of distrust in the workplace

### **Workplace violence falls into four broad categories -**

- . Type 1 Violence
- . Type 2 Violence
- . Type 3 Violence
- . Type 4 Violence

**Type 1 Violence** is defined as violent acts by criminals, who have no other connection with the workplace, but enter to commit robbery or another crime

**Type 2 Violence** is defined as violence directed at employees by customers, clients, patients, students, inmates, or any others for whom an organization provides services

**Type 3 Violence** is defined as violence against coworkers, supervisors, or managers by a present or former employee

**Type 4 Violence** is defined as violence committed in the workplace by someone who doesn't work there, but has a personal relationship with an employee—an abusive spouse or domestic partner

### **Active Shooter Tips:**

What to do:

- 1.
2. **Escape:** Leave immediately, leave your belongings behind and keep your hands in plain sight in the event Law Enforcement shows up.
3. **Hide/Barricade:** Stay out of the view of the individual. Concealment is defined as protection from enemy observation. Barricade doors/windows, hall ways and avenues of approach.
4. **Subdue the individual:** This requires speed, surprise and aggression. Use items in your surroundings.

Improvised weapons.

### **Notifying the Police:**

*What should you say and how do you describe what's going on?*

Let's use a simple military acronym to up-channel this information to first responders. We call this...S.A.L.U.T.E.

- . **Size:** How many suspects
- . **Arms:** What are they armed with? Pistol, Shot Gun, Rifle, Machete, Knife???
- . **Location:** Location of the individual or last known location
- . **Uniform:** What are they wearing? Shirt (T-shirt, button up, long sleeves) Pants (Blue/Black Jeans, Dress pants, shorts?) colors and figures/symbols
- . **Time:** Time of observation
- . **Equipment:** What other items does the suspect have? Vehicle, back pack and etc.

It is normal for many martial artists, military, law enforcement and security minded people to people watch. When doing so you can get a head of the game by observing people's behaviors. I, personally like to make it a point to see who has a weapon or are in close proximity to an improvised weapon. Sometimes this is easy, but other times it is very difficult. One term we use in the law enforcement is called weapon printing.

**What is printing?** Printing is when you can observe a weapon outlined in an individual's attire. This can consist of observing a knife clip protruding from a pair of pants, terrible concealment of a firearm and more.

Earlier I mentioned suspicious activities observed by an individual. A few things



that would catch my eye would be the following:

- Wearing extra thick clothing during hot days
- Constantly looking around check out their environment for law enforcement, exit routes and easy targets such as the elderly, people walking alone and with their heads down or in a cell phone
- Observed scoping the building or a person from outside on numerous occasions

There is a very important point that many people who deal with work place violence, vacationing outside of their local area or deal with known criminals and that is **KEEP YOUR FAMILY INFORMED!**

### **Family Security:**

Informing your family of a potential threat is a WISE idea. This isn't meant to instill fear into the family, but educate them on

potential threats and what actions they should take. How would you feel if someone had a grudge against you and knew they can not directly seek revenge or wish you personal harm, but could mentally mess with you by sending pictures of your family members and mailed them to you? Image a note saying..."I can't get you but I can get them." That would scare the heck out of me. Teaching your family to be aware of their surroundings, preparing a plan with them and etc. can greatly increase their potential of not being a victim.

Sometimes the actions of a criminal or terrorists can have an adverse effect on the work place and cause various forms of tension and civil unrest. What to do if you feel there is a need for increased security posture at your work center?

1. Institute hourly checks of the building. This includes exterior and interior of the building.
2. Prior to opening up your building in the morning conduct an exterior

check of the building and parking lot.

3. Alter your route to and from work
4. Alter times and locations for lunch/smoke breaks

**Note:** When doing checks at your place of work if a vehicle is a public parking lot and looks out of place you can look through the windows to observe anything in plain sight. This is known as the plain view doctrine. If you see something like a firearm, unusual chemicals and etc., you should immediately inform your boss and local law enforcement. These are the makings of something potentially bad.

**Finally let's discuss Suspicious/Unattended Packages** (this includes boxes and gym bags):

*What should you do if you come across something out of the ordinary?*

#### **ACTIONS:**

1. Get a description of the suspicious/unattended package.
2. Think to yourself, why is this a suspicious/unattended package?
3. Without touching it, utilize your senses to utilize critical thinking to

get an idea what's inside of the package.

4. Notify your boss and first responders. However, keep in mind the boy who cried wolf concept. In the end, it's better to be safe than sorry.

If a response were to happen think about what would happen. Streets would be cordoned off, people rallied in a collection area for interviews to seek out potential witnesses and etc., and it would mean a drain of time, resources and funds. The main concern is that an unnecessary response could cause public mistrust with you and your work center.

In conclusion I talked about work place violence, the types of violence, how to report incidents to first responders, informing your family, security operations for the work center and more. These are just a few tips to help harden you, your family and work center security posture. Having a plan and being aware of your surroundings is vital and not having them could cause greatly impact personnel and property. If you'd like more information concerning any security, law enforcement operations, please feel free to contact me at [munyonsselfdefense@yahoo.com](mailto:munyonsselfdefense@yahoo.com)

**“Stay Alert! Stay Alive!”**

# SPECIALISTERNE



Passion for details

#### **The customer benefits of Specialisterne's core software testing services are:**

- Contribution to corporate social responsibility
- Expertise of Specialisterne staff in supporting employees with ASD
- Contractual relationship with Specialisterne staff as opposed to an employment relationship
- Access to a flexible and available skilled workforce to cover peak demand
- Release of own staff to focus on other more added-value tasks
- Impact on staff retention by reducing the number of less attractive IT tasks undertaken
- Reduction in recruitment difficulties and costs in a supply-led labour market. Devolvement of responsibility for supporting employees to Specialisterne
- The option for service delivery on or off site subject to security clearance
- Lower turnover in Specialisterne staff provides access to a consistent workforce that becomes familiar with a client's organisation, workforce, products and processes.

**Software Testing, Web Development and Usability Testing.**

[www.specialisterne.org.uk](http://www.specialisterne.org.uk) 0141 352 7400 Registered Charity No. SC041895

# Bomb Threat Response Procedures

By Michael Munyon, Urban Defense Solutions

Terrorists utilize fear to gain their political, religious and ideological goals. One of the many ways they employ fear is by the use of bombings or bomb threats. Both have emotional, physical and economic impacts on the populace. The purpose of this article is to cover a variety of aspects of bomb threats from the perspective of the terrorist, the personnel victimized or being notified of a bomb threat and the procedures of that of first responders.

A common mind set of terrorists is to bomb areas that have the most “bang for the buck.”

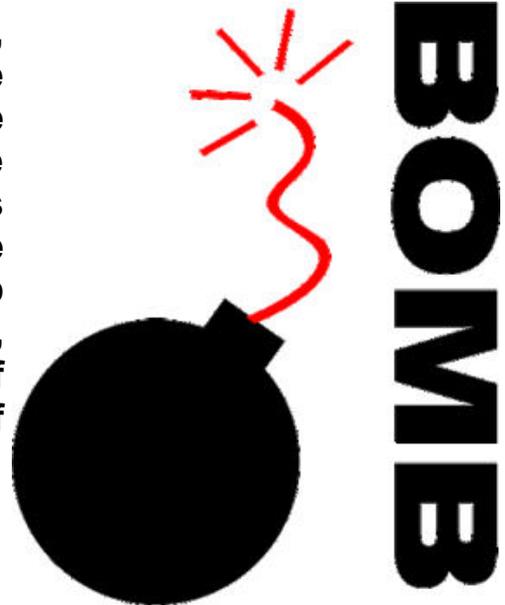
Examples of potential targets include but are not limited to the following:

- Areas of mass gatherings (usually 50 or more)
- Religious facilities such as churches that do not practice their religion
- Government facilities (this is to show how vulnerable people and facilities can be)
- Low risk areas to grab the attention of the public and instill fear and more

According to the United States Air Force Security Forces Career Development Courses, there are different categories of terrorists.

**Sympathizers:** These folks do not actively engage in terrorism, but may provide information.

**Example:** Japanese citizens working at



Pearl Harbor who still have loyalties to their homeland.

**Active Cadre:** These personnel are leadership figures within a terrorist group.

**State Supported and Non-State Supported:** Self-explanatory

One common methodology of terrorism is to have different terrorists from different areas who do not know each other team up to perform a terrorist operation. Because of this, the method of bomb making could vary depending on the education (which many of them are highly educated) and region of the country they are from. Many of these types of bombs are detonated by a large variety of triggers. Today we will cover radio transmissions which seems to be the most popular.

On occasion there might be times when

someone who has knowledge about a potential bomb threat and may contact the person or work center affected by the bomb. When this happens it is important that personnel are trained to ask questions to help with the response and counter measures concerning the bomb.

The United States Air Force utilizes a visual aid that is located by every telephone. This visual aid prompts the person receiving the call to ask questions such as the following:

- Where is the bomb located?
- What will cause it to detonate?
- How big is the bomb (how many cubic feet? This is important for cordon sizes)
- When will it explode?
- Describe the bomb and other questions

It is highly encouraged to have an office version of this form placed by all the phones in the event of a bomb threat being called in.

Additionally, the bomb threat visual aid will ask you (not the caller) questions such as:

- Does the caller have an accent, speak slow, fast and etc.?
- What noises were in the background?
- What number shows on the caller ID?

Once you've obtained this information do not hang up the phone. Many phone companies can perform tracer procedures to locate the caller.

Should you receive a bomb threat and received this information it is imperative that you immediately evacuate the area.

The minimal distance for a smaller sized explosive is 500 feet and 1,000 feet for larger explosive devices. Some basic rules include instruct personnel not to transmit over the radio, intercoms or cell phones within 25 feet (Hand-Held radios), 50 feet (Vehicle based radios) and 100 feet (Cell Phones) of the device location. This could cause the bomb to explode. Normally, many businesses have a fire evacuation plan. It has a rally point for employees to meet up and do a head count. If you are a boss or supervisor, ensure your personnel do not wander away from the rally point and ensure the rally point has some type of cover to protect against explosive projectiles.



**Note:** When coordinating evacuation efforts ensure you instruct personnel to secure classified material, conduct a quick visual check of their area take personal valuables, open windows and doors, proceed to the assembly area by the

most direct route and remind personnel to remain alert for secondary devices in the immediate area or at the assembly area.

When first responders arrive on scene they will require this information immediately. Many agencies have policies regarding searching for the bomb. If a time of detonation was provided, first responders will search for the bomb up to 30 minutes prior. Then they will go back to the Entry Control Point (ECP) or to perspective Traffic Control Points (TCPs) to ensure personnel do not enter the cordon. The first responders will normally wait between 30 minutes to 1 hour after the detonation time before reentering the facility.

## **Classifications of Bomb Threats:**

There are typically two classifications of bomb threats they are described as followed:

**Phase I:** This is when virtually no information is provided regarding the bomb threat. When first responders arrive on scene they will employ explosive working dogs to help aid in the search of the bomb.

**Phase II:** Because information is provided about the bomb and it is confirmed that a bomb does indeed exist the use of explosive working dogs will not be utilized.

### Procedures for first responders:

The On Scene Commander (OSC) or Incident Commander (IC) will normally be the local Fire Chief/Fire Department. These personnel are in charge of enlarging or shrinking down the cordon. They also have operational control of all local agencies resources when countering bomb threats. This includes the use of public facilities, law enforcement, military personnel and more. The OSC should establish the following:

- ECP
- TCPs
- Casualty Collection Point
- Obtain witnesses and place them in a secure location away from general public and media personnel
- Obtain wind speed and direction
- And more.

Finally, after the incident is clear it is safe to contact family members to relieve any stress they might have obtained from this incident. Talking to a councilor after the incident is highly encouraged due to the intense stress that could have been created due to the incident. Acts of terrorism is hard to understand, but having a plan in place to protect yourself, family, co-workers, facilities and more is a step in the right direction to limiting the effects of a bomb threat by terrorists. If you have any questions, please e-mail me at [munyonsselfdefense@yahoo.com](mailto:munyonsselfdefense@yahoo.com)

## Down's Syndrome Association

[www.downs-syndrome.org.uk](http://www.downs-syndrome.org.uk)



**Our aim :** Helping people with Down's syndrome to live full and rewarding lives.

**Who we are :** We are the only organisation in the UK focusing solely on all aspects of living successfully with Down's syndrome. Since 1970, we have grown from being a local parent support group to a national charity with over 20,000 members, a national office in Teddington Middlesex, offices in Northern Ireland and Wales. Despite this, the organisation is run by a total staff of only 38 (many of them part time), and a network of around 100 regional volunteer-led support groups.

A Registered Charity  
No. 1061474

### Our mission is:

- **To provide information and support for people with Down's syndrome, their families and carers, and the professionals who work with them.**
  - We strive to improve knowledge of the condition
  - We champion the rights of people with Down's syndrome.

**Can you help?** As a charity we rely entirely on voluntary donations. To make a donation to the Down's Syndrome Association please click on the link below or call a member of the fundraising team on 0845 230 0372 or visit the web site

“The Most important book published on TKD since the encyclopaedia”

John Dowding  
4<sup>th</sup> degree ITF

...Now has a Part 2!

“Ch’ang Hon Taekwon-do Hae Sul: Real Applications To The ITF Patterns, Vol. 2 by Stuart Anslow (5th Degree) continues where the ground breaking Vol. 1 left off.

In Vol. 2 the senior patterns of the Ch’ang Hon System up to 2nd Dan, have gone through the same in-depth analysis as the lower grade patterns originally did, with each one having been examined, dissected and rebuilt to help the student of Taekwon-do to understand what is really contained within the patterns we practice in Taekwon-do.

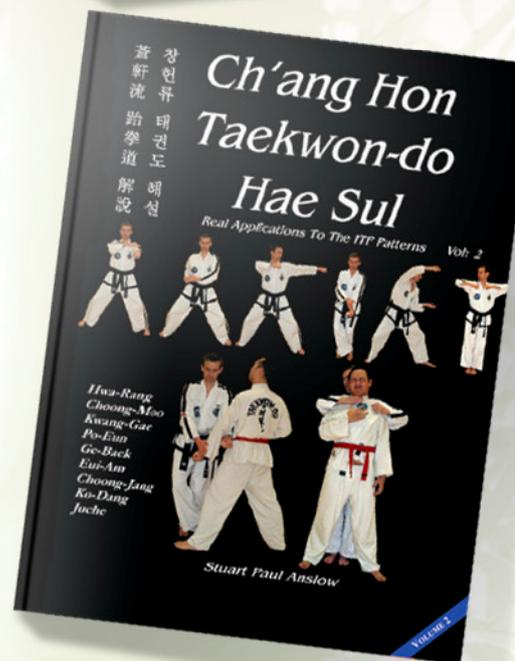
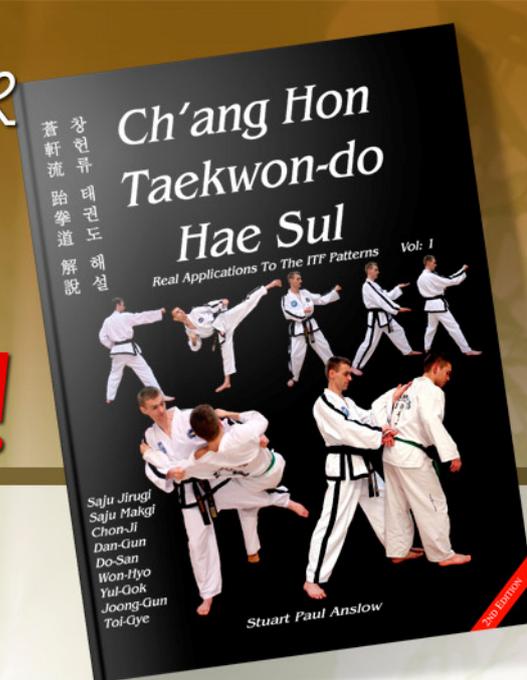
Patterns Hwa-Rang, Choong-Moo, Kwang-Gae, Po-Eun, Ge-Baek, Eui-Am, Choong-Jang, Ko-Dang and Juche have been examined in-depth to find more realistic applications for their movements - based upon what the author refers to as their ‘DNA’. In this volume, even the ready postures and stances have been examined and the results are documented in step by step photographic detail, using over 2,200 photographs.

Comprising of over 350 pages, this book not only shows more realistic applications to the Red Belt, 1st Dan and 2nd Dan patterns, but also explains how it is possible to achieve these applications in the first place, why General Choi, Hong Hi, the founder of Ch’ang Hon Taekwon-do couldn't make the same conclusions, as well as expelling a falsehood that has been with Taekwon-Do since its inception!

After reading this book, the patterns of Taekwon-do no longer seem just a collection of movements, performed in a dance like fashion for competitions or gradings, but become realistic techniques that can actually be utilised as real world self defence applications - making this a must read companion to Vol. 1, for all students who study and practice Taekwon-do.”

“... the art merely became like a domesticated wild cat, content to sleep whilst still retaining a savagery at its heart enabling it to bare its teeth when required.”

John Dowding  
4<sup>th</sup> degree ITF



# How To Survive A Chemical Attack

**By John Asher, Crew Commander, West Midlands Fire Brigade  
and CBRNE\* Instructor**

Once again we find ourselves placed in a position where our safety is compromised by extremists. I write this (sadly again) not out political motivation or statement making or anything of that nature. It is my hope that the information contained in this may one day be of use to you. I hope by all the gods we know and some we don't, regardless of their name or origin that you never need to put into practice anything said here but if it helps one person survive an event then that is one less victim of hatred.



Good.

Biological agents and viruses are extremely dangerous but are held so securely in this country it is borderline impossible for any wood be attacker to get their hands on them. Also going to that much trouble is not worth the risk of getting captured when you can make a dirty bomb/chemical device from pretty much internet instruction. Incidentally, anyone reading this considering "Googling" how to make a

Ok.....before we start, no matter what you may think, Hazardous materials will not kick start a zombie apocalypse, the end of the world or other such things. Yes it is true that some agencies have "Zombie protocol" not as an actual operating procedure but as an exercise to deal with a situation involving quarantine, mass disorder, safety cordon, decontamination and other such buzz words. It is not to prepare for an actual Zombie incident, it is to test multi agency responses. Happy with that? Good. Also, there are not, out there a bunch of bio hazard toxic substances that will make you turn green, grow extra limbs etc etc etc. Happy?



---

\* CBRNE stands for chemical biological radiological nuclear and explosive.. Mr Asher trains Fire service personal how to deal with incidents involving the above and mass decontamination etc after an attack or major haz mat incident.

bomb just out of interest, be prepared for a knock at your door and for your internet usage to be scrutinised.

So what are we going to do in the event of a chemical attack? The chemical agents deployed are probably going to be home made and there are actions we can take to keep ourselves and our loved ones safe.

Let's look at steps to take if you are involved in a release of a substance. Let's presume you have been covered in an unknown powder that is making you itch.

. *As I said before, you are not going to turn into a monster in a few seconds so do try to remain calm. Easily said I know but the way of getting help fast is to remain calm. Call the emergency services immediately. Ask for all three services, Police, Fire and Ambulance. The person on the end of the phone will ask you question and give you advice.*



- . It may sound obvious but do not walk or crawl through any powder, liquid or smoke/gas you can see. Lots of contaminants are carried and spread via hands and feet.
- . *Try to get yourself outside into fresh air if you can. When you get outside try to stay up wind of the event. Have a look around to see which way the wind is blowing in the area you are in.*

*Don't just trust the direction of clouds because air circulates very differently in built up areas. Good indicators are movement of rubbish/litter, flags on buildings, trees/plant movement, traffic tape and improvised street signs and failing all that, a good old fashioned hand in the air.*

- . You may not be comfortable doing this but you are going to have to peel your clothes off. I say peel because that is exactly how it is done. Do not pull anything over your head. You risk rubbing whatever is covering you into your face. Undo buttons, zips etc and place the garments on the floor. If there are no buttons, you are going to have to rip the collar of the t shirt and get the arms out one at a time. Failing that (If you have them) scissors or nail clippers can work through the material. Doing this to your base layer clothing, underwear will remove around 80% of the contaminant. As I said it might not be the most comfortable thing in the world for you to be doing but trust me....other people around you will have

more on their mind than what you look like in your budgie smugglers or that bra and pants combo is so last year..... Your clothes have basically had it. You are safe....that is the main thing. Plus the fact the security services will be holding your clothing anyway for testing and it is going to be destroyed after that anyway!

- . *Irrigation can really help. Flowing*



*water is the key though. If there is a bucket/ receptacle available then pour the water out onto yourself to wash off. If you dunk your hands or head into the thing you have just contaminated the very thing you are going to need to clean yourself. Water features, pools, fountains etc are a source of water. Get the water out of them to pour on yourself. Remember dunking contaminates. The gold standard could be hoses. Lots of areas have fire hoses installed especial car parks near shopping centres. Shopping centres are largely indoors and very crowded. A hose will give you a large supply of flowing water. Instructions on how to use them are usually written on the side but it is typically open the valve and twist the end of the hose.*

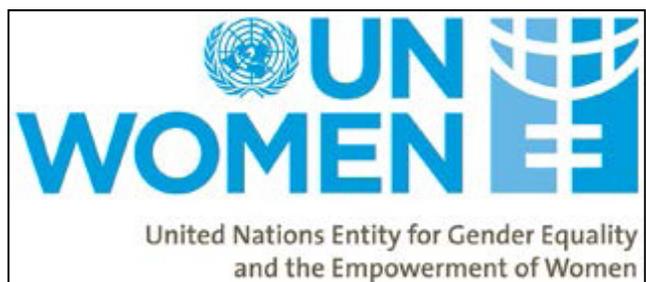
*So you are wet and in your underwear but the next thing is very important. Stay put. Don't go running of to your house/flat etc because there could be contaminant on you that you can't see. Emergency services will be on scene*

within minutes and will be able to process you very quickly and get you the relevant treatment you need. Resources will be mobilised to the area that are equipped to deal with the situation and they will be on hand a lot sooner than they would be if you self-presented at a hospital. Also any information you have will help in the location of the release, treating other people and most importantly keeping cross contamination to a minimum. Our services are stretched due to austerity cuts and we need to deploy the resources quickly. If you get on a bus to the hospital then that is another 30ish people possible contaminated and more for first responders to deal with.

*Lastly, do exactly what the emergency services tell you to do. Don't argue. Don't tell them that you don't need to be decontaminated because you washed in a fire hose. Above all don't get frustrated and try to leave because odds are someone in uniform will point a fire arm at you and say stop. The smart thing to do is listen to them.*

Like I said at the start, I really hope you never have to use any of this advice and the chances of you needing to use it are similar to a huge win on the lottery but as I say when I advise people, if you have thought about something once then you have a much better chance of reacting in a beneficial way should the worse ever happen to you.

***I wish you all peace safety and happiness.***



Sponsored By :



# THE MUNYON TRIPLE PLAY

Mr. Munyon is back starting off with a TRIPLE PLAY! Three GREAT Clinics all in one weekend. Don't miss out on these great seminars for all age groups and interests.



**CLINIC**

**DATE**

**TIME**

**HOSTING  
DOJANG**

**COST**

*Bullying Clinic*

Sept. 25  
2015

7-9 pm

Kocur's Taekwon-Do

\$10.00

*Weapons Disarming Tactical Clinic*

Sept 26  
2015

10-2 pm

Kocur's Taekwon-Do

\$60.00

*Self-Defense Clinic II*

Sept 27  
2015

10am -12  
pm

Dragon Law

\$45.00

# Hostage Behaviour

By Michael Munyon & Glenn Gordon\*

\*(United States Air Force Security Forces Senior Non-commissioned Officer)

With the current state of affairs in the world which range from crimes to terrorism, you, a family member or a co-worker could find themselves in a dangerous situation. This could result in becoming a hostage. When this happens it is important to know what to do and what not to do with hostage takers. The difference between the two could mean the difference between life and death.



## Types of Hostage Takers

1. **Military/paramilitary personnel** (prevent being targeted, i.e. moving hostages to a target of military importance in hopes of dissuading a rival to attack it)
2. **Terrorist** (perceived wrong doing)
3. **Criminals** (monetary gain)
4. **Mentally Ill** (may include those listed above)
5. **Mentally Distraught** (response to

personal crisis, domestic dispute)

## Types of Hostage Situations

1. **Barricaded** (building, plane, train, clearly identified location) Requires the use of special teams to help deescalate the situation.
2. **Containment** (primary targets include peacekeepers that are surrounded by an opposing force threatening the use of violence if the

peacekeepers attempt to move)  
These situations could take several hours.

3. **Human Shields** (deliberate placement of hostages put into harms way, may be used by civilian or military) This tactic is usually employed to relocate hostage takers. Meaning, get them from their initial starting point to a second location of their choosing.
4. **Kidnapping** (usually taken to an undisclosed location for ransom or political leverage, can be used as a bargaining tool to release political prisoners for the hostages exchange)

## Types of Behavior

1. Physical restraint (ropes, belts, ties, blindfolds, etc.)
2. Mental cruelty
3. Interrogation
4. Indoctrination
5. Verbal Abuse, humiliation (stripped)
6. Threat of Injury or death
7. Physical (possibly sexual/torture)

## Five Phases of Hostage Taking (added planning and surveillance)

1. **Planning and Surveillance** - Actions taken by the hostage taker used to identify their target. This phase is where the targets patterns are observed, routes, meetings, etc. The target may be observed for a short period and taken at the first opportunity or may be observed for longer periods determined by their status, i.e. celebrity, executive, VIP etc.
2. **Abduction/Capture** - This is the culmination of the event. In a public setting, the hostage should attempt to draw attention to the event. As the

hostage one of your first responsibilities is to start compiling mental details of the event. These details include number of captors, surroundings, potential indicators prior, vehicles, accents, weapons, nationalities, leader, other captives etc. Although this will be a highly stressful situation, you must attempt to remain calm. In the case you lose composure attempt to regain it and reattempt the observation/listening of your captors if possible (bound, blindfolded, bag over face).

3. **Victimization** - During this event the hostage takers will display their dominance and let you know that they are in control of the situation. This is the stage where physical abuse may occur to dissuade potential heroes and cement submission of the captives. This act is the most volatile part of the hostage taking scenario do to the assailants attempting to take control and the reactions of the potential hostage/s (first 15-45 minutes). Both the hostage and the hostage takers emotions will be highly elevated. Remember; fear for your life and the lives of other captors is normal. An important note when observing your captors is to limit eye contact (use peripheral vision) to gather as much information as you can and to not highlight yourself as a potential problem or display of defiance. A good phrase to remember is to be the "gray man/woman" or "vanilla" meaning plain or non-threatening. Listen to the orders of the hostage takers. Now is not time to debate varying opinions about ideology, religion etc. with your captors. Remember, your primary goal is survival. Hostage takers will attempt to physically and mentally wear you down to instill a sense of hopelessness.

## 4. Captivity/Waiting



- a. Regain and maintain composure
  - b. Continue to have a low-key image
  - c. Humanize yourself
  - d. Follow rules set by captors
  - e. Say as little as possible if questioned (**DON'T BE A SMART ASS...**)
  - f. Win captors respect (accept adversity with dignity)
  - g. Set goals
  - h. Maintain some control over your environment
  - i. Keep your mind active
  - j. Attempt to understand captors
  - k. Eat and exercise as much as possible
  - l. Maintain hope
  - m. Use stress management techniques
  - n. Accept your failings (avoid past feelings of being weak and previous behavior)
  - o. Be mindful of other hostages (not everyone is able to manage high stress situations or cope in the same way)
5. **Release/Rescue** - Avoid immediate media exposure. Talking to media may cause adverse effects to those still remaining in captivity. (Depending on the duration of captivity and proximity to your captors, the onset of Stockholm Syndrome may have occurred which may influence what you say and your feelings toward captors.) If still questioned, speak about your happiness to have been feed and wanting to see family.

In the event that a rescue attempt is launched, if possible, go to the ground immediately to prevent misidentification by responding forces. If you are unable to go to the ground raise your hands in the air and keep them there to display that you are no threat. Do not attempt to run towards the rescuers or put physical contact on them in any way. This may result in personal injury or death due to misidentification. Take into consideration what responding personnel may have to contend with to ensure your freedom such as environment, darkness, identifying hostile targets etc. Be prepared to be physically restrained during the rescue attempt until your identity can be verified. Ensure you follow orders issued by responding personnel.

### Post-Release Stress

1. Insomnia, nightmares
2. Flashbacks

3. Chronic fatigue
4. Headaches, diarrhea, skin disorders, high blood pressure, (health problems)
5. Sexual, social inhibitions
6. Anxiety, depression, guilt,
7. Memory loss
8. Fear of retribution

Both I and Mr. Gordon hope this information was informative. Knowing this information should help you in the event of hostage situation. Now that you are equipped with this information it is our hope that you vary your routines in the event someone is conducting surveillance on you. Preparing yourself mentally, spiritually and physically can help preserve your overall fitness and ability to survive in a high stress situation. If you have any questions, please feel free to e-mail me at [munyonselfdefense@yahoo.com](mailto:munyonselfdefense@yahoo.com)

The  
Taegeuk  
Cipher

Fighting and Self Defence  
Applications for the Patterns of  
Kukki Tae Kwon Do

with Simon O'Neill

NOW AVAILABLE AS H.D. DOWNLOAD

PAL KWON HO SIN SUL  
八拳護身術

4 DVD series available at  
[www.palkwon.com](http://www.palkwon.com)

# Training Gun Disarms

By Stuart Anslow

I have written this short article, not to actually show or teach you any gun disarms but basically to open your eyes to them as part of your standard training.



I was involved in a discussion quite recently on a forum where someone brought up this very topic and the responses ranged from *'It's a good idea to learn some'* to *'It's a complete waste of time'*. The reasons given for it being a complete waste of time were:

- a) Gunmen don't shoot from up close.
- b) Guns aren't allowed in many countries (such as the UK), so there is a minimal chance of having to use such defences.

Now, I have taught basic gun defences (or to the military purists) 'pistol' defences for a long time at my school, however, I do not teach any that I see in the various martial art manuals, as most of them are more likely to get you killed than help you, (Grandmaster Kim Bok Mans being the exception), instead I teach a few that I learnt from a specialist (Mr Alan Cain, in this very issue). They are few, but have been drilled a lot. I am sure there are books and videos that are useful, but having someone who has *'been there and done that'* inspired confidence in the

techniques we train and they work very well!

But again, we can go back to the 'waste of time' arguments against their practice, but, and this is what prompted me to write this short article, if you look at the 'Active Shooter' articles, they all end with the same advice... if you can't run and can't hide.. you must fight and if this should ever become the case, I feel as martial arts instructors we owe it to our students to give them the best means to do so, which means learning to fight against someone with a gun, which of



course includes gun disarms, as at the very least, it will give a student just a little bit more confidence to do what they must do, knowing that at least in training, they have done it hundreds of times already - sure, it may not be 100% realistic, but hopefully it will be the closest anyone will ever have to get to such a awful situation.

In fact, looking at the pictures of the terrible events in Tunisia, I am considering 'upgrading' what we do at my school, from just pistols to larger weapons, similar to what the terrorist was carrying for that 'just in case, hope it never happens' scenario and, despite what the naysayers may feel, I would rather myself and my students learn and practice something, but never have to use it, than have to use it, but had never learnt or practiced it'

Please consider including some gun disarming skills and techniques as part of your staple self defence training within your schools syllabus - *it may just save a student's life one day!*



# Michael L. Munyon

## *Urban Defense Solutions*

### Founder - Bio

(Retired in 2015) Master Sergeant Michael L. Munyon was a Senior Non-Commissioned Officer in the United States Air Force Security Forces (Law Enforcement/Security Specialists). His martial arts beginning started in 1979 in his home state of Michigan.

He entered the Air Force in 1992, serving his entire career in the Security Forces career field. His assignments include bases in Montana, Michigan, California, Korea (Kunsan and Osan Air Base), Mississippi, Nebraska and Lajes Field, Azores, Portugal. During this time he has deployed to Kuwait, Saudi Arabia, Iraq and Afghanistan on numerous occasions. While serving in the United States military he has taught civilian and military members martial arts at every military installation he's been assigned to. Some of his notable accomplishments include training over 2,000 Security Forces members in Self-Defense and Defensive Tactics, over 1,000 female civilian and military members in Women's Self Defense in cooperation with the Air Force's Sexual Assault Response Coordinator's Department, trained U.S. Air Force, Army and Navy personnel, Canadian, French, Belgian, Australian and other North Atlantic Treaty Organization (NATO) military members in martial arts. Additionally, Mr. Munyon has



been recognized for his work with the United States and Foreign military by senior enlisted leaders and has received numerous awards of recognition for his talents and volunteer work. Finally, in 2009 Mr. Munyon was inducted into the Masters Hall of Fame in Long Beach, California and in 2013 the Official Taekwon-Do Hall of Fame in Las Vegas, Nevada.

From the mid 1980's until present, Mr. Munyon has competed in tournaments ranging from local events, fundraisers and even world championships. Sport Karate International magazine listed him as being rated #1 in the Korean Forms division for the Yellowstone conference and has been invited to compete in the SKI/NBL Amateur Martial Arts World Championships. In July of 2013, Mr. Munyon competed in the Korea Moo Moo Kwan HapKiDo World Championships and won 3<sup>rd</sup> in patterns.

#### **EDUCATION**

Mr. Munyon has a degree in Criminal Justice and has attended numerous Professional Military Education courses in the field of management and leadership. Additionally, he has a Special Experience Identifier (SEI) in Information Security. In 2012, Mr. Munyon graduated the Principles

of Instructor course at Shepard AFB, TX. Later, in 2013, Mr. Munyon earned his Professional Manager diploma from Air University. During his 22 years in the Air Force, Mr. Munyon has completed Desert and Winter Warfare Training courses. Finally, Mr. Munyon received his Executive Security/Bodyguard Instructor training certificate from Trisen Security Services.



## SPECIALIZED TRAINING

During his 22 years in the Security Forces career field Mr. Munyon has been trained on the following:

- . Active Shooter
- . High Risk Response
- . Firearms Training
- . Individual/Team Tactics
- . Self-Aid/Buddy Care/Combat Life Saver
- . Information Security
- . Personnel Security
- . Industrial Security
- . Anti-Terrorism/Force Protection
- . Integrated Defense
- . Use of Force
- . Less than lethal (Baton, Taser and OC Pepper Spray)
- . Convoys
- . Law Enforcement
- . Corrections
- . Sexual Assault Response Facilitator
- . Resiliency Master Instructor
- . Anti-Hijacking
- . Shoot-Move-Communicate
- . Military Operations in Urban Terrain

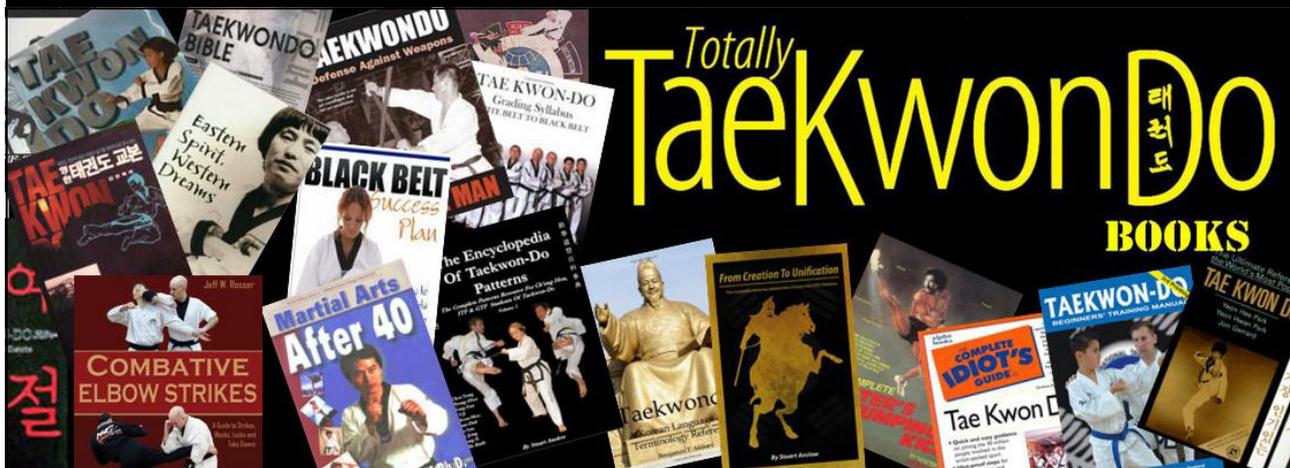
## RANK/AFFILIATIONS

Mr. Munyon is a 6<sup>th</sup> degree black belt and member of the International Taekwon-Do Federation-HQ (South Korea) where he works directly with board members. Additionally, Mr. Munyon is a 4<sup>th</sup> Dan in HapKiDo. Currently, Mr. Munyon is affiliated with Senior Grand Master Hee Kwan Lee, 9<sup>th</sup> Dan (Global HapKiDo Association, Founder) out of Battle Creek, Michigan.

From his early beginnings until present, Mr. Munyon has trained in numerous martial arts such as Taekwon-Do, HapKiDo, Krav Maga, Tang Soo Do, Shotokan, American Kenpo, Escrima and more.

***“In a crisis we do not rise to the occasion...we fall to the level of our training”.***

**All the Tae Kwon Do Books you`ll ever want... all in one place!**



**Just follow the link at [www.totallytkd.com](http://www.totallytkd.com)**

[www.aftershockproject.weebly.com](http://www.aftershockproject.weebly.com)



Welcome to the official  
Aftershock Project  
website

Written and founded in October  
2012 by Dave J. Lomas



A free information service for the martial arts community world-wide!



### Get involved with UNICEF

There are many ways to get involved and fundraise for the world's children from trekking in Nepal, motor biking in South Africa, skydiving at your local parachute centre or running in one of the many road races across the country.

UNICEF can offer you guaranteed places in many challenge and running events, including the popular Royal Parks Half Marathon this October, so please get in touch today and help us change the lives of vulnerable children. You can make a difference.

To find out more:

[www.unicef.org.uk/howyoucanhelp](http://www.unicef.org.uk/howyoucanhelp) ☎ 0844 801 2414 ✉ [fundraisinghelp@unicef.org.uk](mailto:fundraisinghelp@unicef.org.uk)

unite for  
children

unicef



[www.bullying.org](http://www.bullying.org)

"Where you are NOT alone!"



**This issue is dedicated to those that lost their lives in Tunisia on 3/7/2015, as well as those in France, Kuwait, Charleston, 9/11, 7/7, Lockerbie and any and all victims of terror attacks, both home and abroad - Rest In Peace.**

