



FORCE NECESSARY: HAND! UNARMED FIGHTING

Hand vs. Hand - Hand vs. Stick - Hand vs. Knife - Hand vs. Gun

Hand vs. Hand
Hand vs. Stick
Hand vs. Knife
Hand vs. Gun Threats
Hand vs. "Other"

Mental and Physical
Skill Developing
Drills, Exercises
and Methods



“My name is W. Hock Hochheim. I teach my hand, stick, knife and gun *Force Necessary* courses in 12 allied countries in some 30 seminars a year for the last 21 years. Through the decades of working and training, I’ve never found a comprehensive, blended, hand, stick, knife, gun, standing, seated, kneeling, ground course. So I decided to make one. This unarmed program, covers the empty hand portion, my unarmed program called ***Force Necessary: Hand!***”

I started my martial training in 1972 with Ed Parker’s Kenpo Karate. (I was not a kid!) and never stopped since, doing more karate, jujitsu, aiki jitsu, Jeet Kune Do concepts, Filipino Martial Arts, combatives in the military and police defensive tactics, attaining several black belts along the way.

All the while I was a military and Texas police patrol officer as well as an investigator in line operations. I was also a private investigator and have some significant protection/bodyguard, event management experience.

I have arrested over 1200 people and investigated thousands of crimes and incidents that include multiple murders, murder, attempted murder, aggravated assaults, simple assaults and domestic violence. In fact, I have seen more, experienced more and trained in more fighting topics than most other, so-called “reality,” or self defense instructors currently touring and, or pontificating on and on about violence and crime. No brag. Just fact.

My goal with these courses is to cover the important essentials for you to experiment with, accept or reject for your own survival, or for your school, unit or system. A “college” of all good essential things from which you graduate.

I will never tell you how to fight, because that is your job to decipher and construct based on your needs as defined by the ‘Who, What, Where, When, Why and How’ criteria of your life, job and needs.” - Hock

Some of the important theme/topics covered in the FN:Hand course

The **Force Necessary** Title

“Using only that force necessary to win and/or survive.”

“Sometimes, force is necessary.”

“We are Force NECESSARY, not Force UNNECESSARY. No fancy excesses!”

The interview and the ambush

The Who, What, Where, When and How Questions! These cover all the before, during and after issues

The Combat Clock format and applications

The Stop 6 Module

The 4 ways an arm attacks

The 4 ways we hit the ground

The “Mixed Weapon”/“Mixed Person’s” mottos

The Diminished Fighter Theory

The “Nothing-Works-All-The Time” / “Every-Thing-Has-a Counter” concepts

The “Seamless Fighter” from standing to ground

The 10 Fight Positions: 1 Non-Ready and 9 Ready-Fight positions

The need for “solo command and mastery” synergy

The Joe Lewis quote “nothing replaces ring time”

The 3 Managements: Pain, Fear, Anger

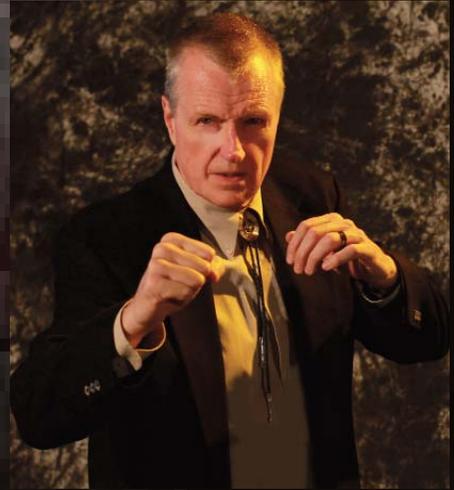
The 3 Enemies: “His adrenaline, his pain tolerance, his athleticism”

Related sports material from wrestling, ground n’ pound, boxing and kick boxing skills

The “Proper Allocation,” prioritizing of training time to tactics and skill/flow drills

The Immediate Action Drills - your personal, customized responses to your common attacks

...and more



Essential Striking Review

Level 1: Finger strikes and attacks (eye jabs, gouges and flicks)

Level 2: Palm strikes

Level 3: Forearms

Level 4: Hammer fists

Level 5: Punch/counter-punch

jab
cross
hook
uppercut
overhand
combinations



Solo Command and Mastery

Hooks and thrusts
Right and left handed
Sometimes both simultaneously

Strike training gear

Sets at the 12 o'clock area
Sets at the 3 o'clock area
Sets at the 6 o'clock area
Sets at the 9 o'clock area

Where applicable, run the gauntlet drill
Standing
Moving
Knee- high
Topside ground
Bottom-side ground
Right and left side ground

Level 6: Elbows

Level 7: Body rams

Level 8. Limited, emergency use of the head butt

Level 9: Invasion exercises

- The *Bruce Lee WMCA Boxing Course* materials
- The Outside Invasion module, (Horizontal Blast Drill and the Trapping Invasion Drill)
- The Inside invasion module:
 - * the "Other Hand" module
 - * the "Critical Contact" series
- The Ambush, Dodge/Evasion and Counter Drill versus hand, stick, knife using your empty hands in this course
- The Ground Strike Force Progression Drill, ground crashes and immediate hit sets
- Immediate Action Drills

Levels 1-9: Boxing, kick boxing/sparring, "ground n' pound" progresses throughout.



Essential Kicking Review

Level 1: The Front Snapping Kick

Level 2: The Stomp Kick

Level 3: The Knee

Level 4: The Thrust Kick

Level 5: The Rear Round Kick

Level 6: The Lead Round Kick

Level 7: The Side Kick

Level 8: The Mule Kick/Back Kick

Level 9: Counters to Kicks

Level 1-9" Kick Boxing progresses

Solo Command and Mastery

Hooks and thrusts

Right and left legs

Kick training gear

The possible, pre-kick fake

- stand-off version

- in fight fake



Where applicable, run gauntlet drills

Standing

Knee- high

Topside ground

Bottom-side ground

Right and left side ground



Mandatory "Big" Takedowns and Throws

The Battering Takedowns

(You know what these are. Blows to the head and neck, and maybe even the body. Kicks and knees to the legs. Any impacts/batterings that take someone down. Very important)

The Twist Takedowns

- Head twists
- Body twists - the Tornado Throw and 1/2 Tornado
- Torso twist - the wheel throw
- Wrist twists - inner, outer, bend in, bend out, side-to-side
- Leg twists - at the pelvis, the knee, the ankle

Leg Reap/Sweeps

- Outer leg sweep, rear takedowns
- Inner leg reap sweep, rear takedown
- Ankle Sweeps

Frontal Takedowns

- Clinch pulldowns
- Side arm bar, leg sweeps

Rear Takedowns

- Rear Pulls
- Rear chokes and drops
- Back to back hip throws
- Tackles, body tackles and single leg and double leg picks and push pulls

Arm Race Takedowns, branch up, branch straight, branch down

- Over the shoulder arm bar
- Rear arm bar hammerlocks to a wing choke

- Under the arm takedown
- Reverse bent arm bar
- Clotheslines
- Front arm bar
- Sheonage-style origins
- Forearm hammer-drops

Finger crank break/takedowns

Takedowns while kick boxing progresses throughout the course



he Big Nasty 101 Worst Case, Situational Combat Scenarios

These are "freestyle." The scenario simply sets the stage, sets the beginning of situation. The testee/trainee fights through them. Wear gear. Duke it out with a resisting partner to a finish. **The Big Nasty** is designed for comprehensive problem-solving for escapes from "holds," and confrontations, and to display your acquired knowledge and skills. The numbered scenarios, in conjunction with the number of rounds of boxing, kick boxing and "MMA-ish" style finishes (takedowns/ground and pound, captures & finishes), help reach the number "101 for the Level 10 Black Belt test." - Hock

Get these unarmed training DVDs or download/streams



UNARMED COMBATIVES



Combat Strikes 1.2.3
The First 3 Strike Modules of the Course

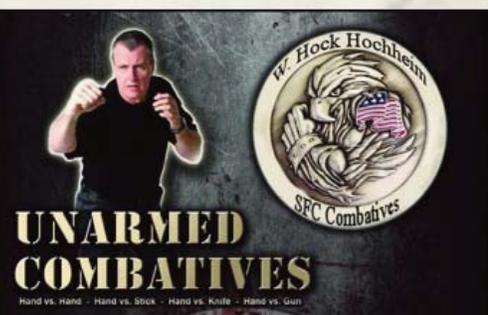
Combat Strikes 1, 2, 3

These methods come from Hock's decades of study in military combatives, Police Judo, Karate, Jujitsu, Filipino Mano Mano and Silats, as well as decades in police work. These are the first three strike modules of the Force Necessary: Hand! Unarmed course. This is the complete history, explanation, and workouts with these vital, three strikes. Newer things like 'While Holding' and 'While Held.' All strikes are vital, but not all things can be jammed into a proverbial 'Level 1,' so we have to break them out into a progression or series." – Hock

- The Eye and Finger Attacks Module
- The Palm Strike Module
- The Forearm Strike Module

DVDs or Streaming Downloads. Get it here:

<https://shop.forcenecessary.com/us/Unarmed-Combat/c/876>



UNARMED COMBATIVES
Hand vs. Hand - Hand vs. Stick - Hand vs. Knife - Hand vs. Gun



"Boxing Outside the Think" Series
The Other Hand

The Other Hand! Boxing Outside the Think!

You have invaded in. Entered. You've dealt with the enemy's lead arm and hand, but what about the other limb? The other hand? Is it ready to blast you or actually blasting you? Is it covering his head or is it elsewhere? These methods come from Hock's four decades of study in military combatives, Police Judo, Karate, Jujitsu, Filipino Mano Mano and Silats, from Wing Chun, JKD, Bare-Knuckle Boxing, Thai Boxing and Kick Boxing. In the English-speaking world, we are all familiar with the phrase, "Thinking Outside the Box." This is "Boxing Outside the Think." This is bare-knuckle, "reality," dirty boxing, packed with ideas and methods from all important, core systems. Learn these tactics, exercises, scenarios.

DVDs or Streaming Downloads. Get it here:

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W. Hock Hochheim's
Hand Stick Knife Gun
STOP 6 SERIES



The Stop I

Showdown! The Interview, the Duel,
and Stress Weapon Quick Draws

Stop 1: The Stand-Off Showdown

"The first, few critical seconds of close quarter combat in our mixed weapons world!" "Use police, military and savvy citizen self defense strategies and tactics to fight in the critical first contact seconds with an opponent!" The interview, verbal skills, positioning, stress weapon draws.

DVDs or Streaming Downloads. Get it here:

<https://shop.forcenecessary.com/us/Stop-6-Combatives/c/1471>



W. Hock Hochheim's
Hand Stick Knife Gun
STOP 6 SERIES
Mixed Weapon Self Defense



Caught Red-Handed!

Grabs on fingers, hands, wrists
and lower forearms, with or
without weapons!

Stop 2 of The Stop 6

Stop 2: Caught Red-Handed!

Seen often in arrests and when people of various skill levels get involved in a grabbing or shoving match, or when one wants to prevent another from pulling a weapon, or using a pulled weapon.

Stop 2 problems might be incidental and accidental to any fight. "When you go reaching for me, my hands may well go up. When I reach for you, your hands may. We may and often catch each others fingers, hands, wrists and lower forearms. This could happen at the start of a fight, after the fight had started. And with mixed weapons! We hope to problem solve this collision," - Hock

Get it here: <https://shop.forcenecessary.com/us/Stop-6-Combatives/c/1471>



W. Hock Hochheim's
Hand Stick Knife Gun
STOP 6 SERIES

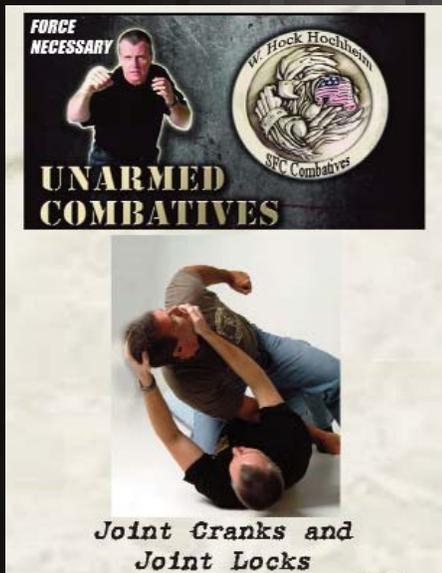


The Stop 3: Forearm Collision

Stop 3: The Forearm Collision

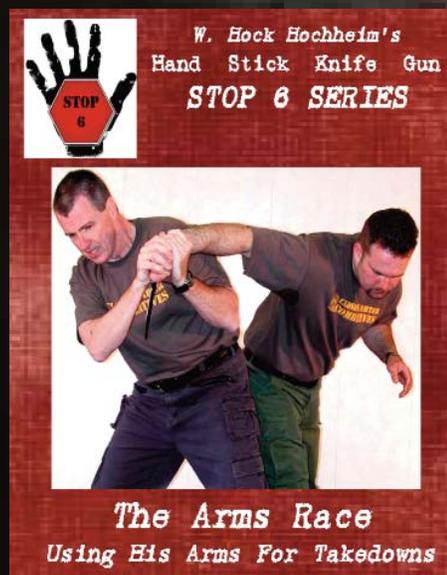
This film works on the Stop 3, the forearm collision or crash and the very first few seconds in that predicament. What happens there with pistols, knives, sticks or empty-handed? What can you do first, quickly, to win and/or survive?" - Hock
DVDs or Streaming Downloads. Get it here:

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Joint Locks and Joint Cranks

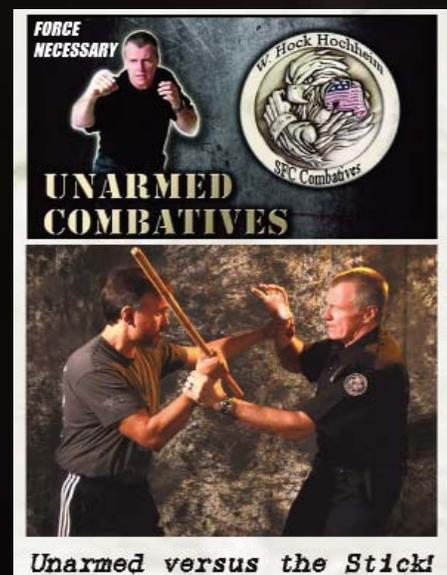
Control and Containment for Police, Military and Citizen Action In Joint Cranks 1 and 2: Here are Hock's Hall of Fame joint cranks and locks that he likes, AND his Hall of SHAME joint cranks and locks he does not like, and he explains why. Using only the principles involved with the essence of combat, Hock introduces a series of joint attacks in this highly organized progression. "This is one of our bestsellers." - Hock
 DVDs or Streaming Downloads. Get it here: <https://shop.forcenecessary.com/us/Unarmed-Combat/c/876>



The Arms Race! Using the Arms for Takedowns

"Using the Arms for Takedowns" Using the arms for takedowns. Sad to say these days almost a lost practice, a decaying study as more and more time is spent wrestling on the ground for fad and fun. Ju-jitsu use to mean a lot of "stand-up takedowns," and now somehow now it means mostly wrestling?
 This video captures the classics, the high percentage moves, with plenty of counter-weapons scenarios. This is also a very popular film.

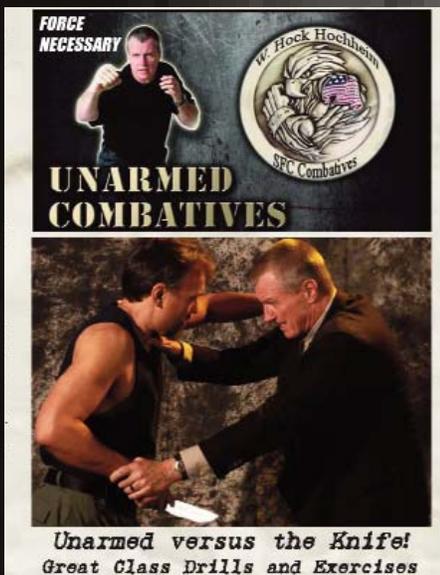
DVDs or Streaming Downloads. Get it here:
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Unarmed vs. the Stick

These methods come from Hock's decades of study in military combatives, Police Judo, Karate, Jujitsu, Filipino Mano Mano and Silats, as well as decades in police work. This is part of Level 9 of the Force Necessary: Hand! Unarmed Combatives course. This is a great resource, full of drills and plans, to use in your classes or for a seminar.

DVDs or Streaming Downloads. Get it here:
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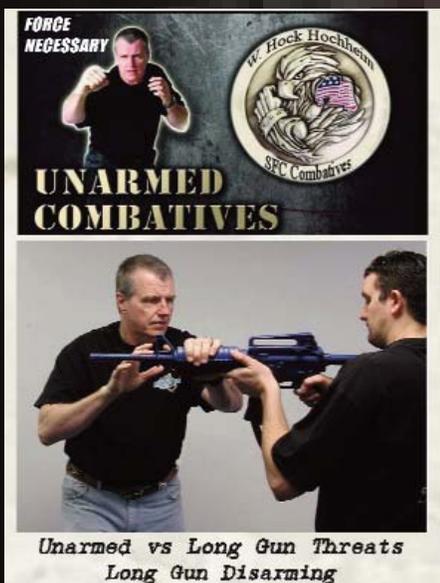


Unarmed Versus The Knife Great Class Drills and Exercises!

These methods come from Hock's decades of study in military combatives, Police Judo, Karate, Jujitsu, Filipino Mano Mano and Silats, as well as decades in police work. This is part of the Force Necessary: Hand! Unarmed Combatives course. No promises. No guarantees, just options. The only purpose of this set is to provide martial programs and classes with a variety of ideas, work-outs, drills and exercises to provoke practice and awareness in classes and seminars.

DVDs or Streaming Downloads. Get it here:

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Unarmed Combat Versus Long Guns. Long Gun Disarms!

These methods come from Hock's decades of study in military combatives, Police Judo, Karate, Jujitsu, Filipino Mano Mano and Silats, as well as decades in police work. This is part of Level 9 of the Force Necessary: Hand! Unarmed Combatives course. No promises. No guarantees, just options. The only purpose of this set is to provide martial programs and classes with a variety of ideas, work-outs, drills and exercises to provoke practice and awareness in classes and seminars.

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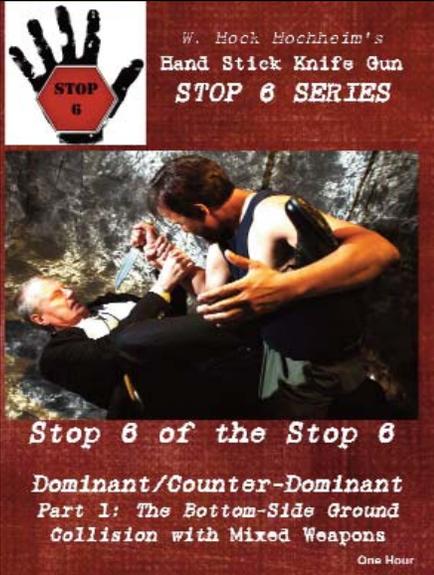


Unarmed Versus Pistol Threats. Pistol Disarming!

These methods come from Hock's decades of study in military combatives, Police Judo, Karate, Jujitsu, Filipino Mano Mano and Silats, as well as decades in police work. This is part of Level 9 of the Force Necessary: Hand! Unarmed Combatives course. No promises. No guarantees, just options. The only purpose of this set is to provide martial programs and classes with a variety of ideas, work-outs, drills and exercises to provoke practice and awareness in classes and seminars.

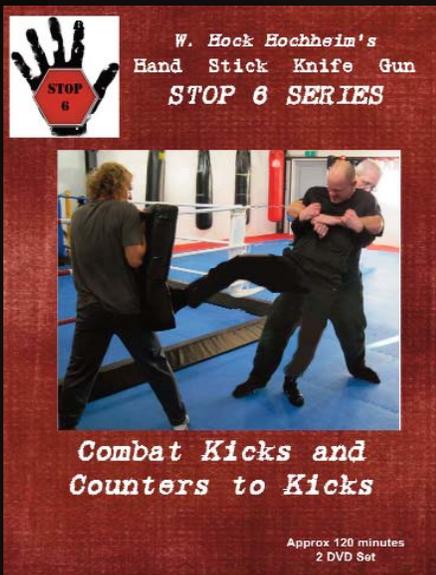
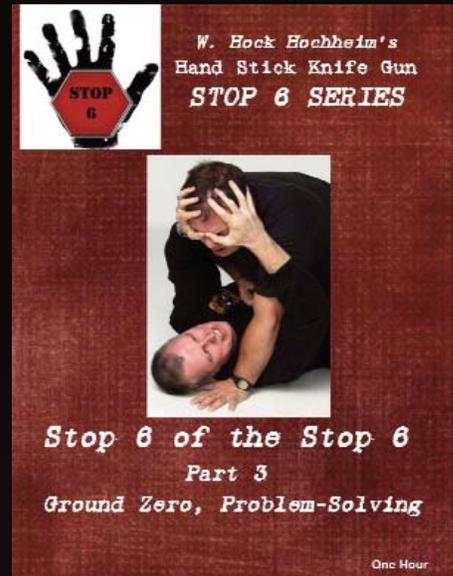
DVDs or Streaming Downloads.

Get it here: <https://shop.forcenecessary.com/us/Unarmed-Combat/c/876>



These two films are a collection of quick, essential, moves and skills for ground survival. They include weapons, wrestling/grappling and ground n'pound.

Find them here:
<https://shop.forcenecessary.com/us/Unarmed-Combat/c/876>



Combat Kicks and Counters to Kicks

Important survival kicking instruction and issues while standing, while moving, while seated, while held (by an opponent), while holding (stick, knife, pistol, long gun), while grounded (top, side, bottom) and counters to kicks tactics and scenarios. DVDs or Streaming Downloads.

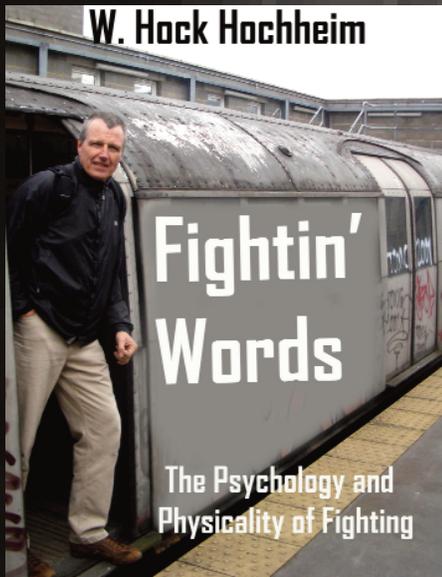
Get it here: <https://shop.forcenecessary.com/us/Unarmed-Combat/c/876>



Counters to Takedowns

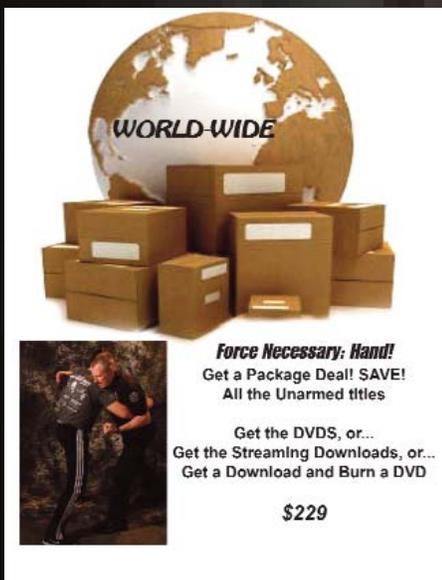
"This session was a small, private class on the subject of takedowns and counters to stand-up takedowns. Like lightning in a bottle, once I saw the footage I realized immediately it had great training potential. I carefully editing the footage to provide you with a helpful, realistic training film. The setting is informal, as I said, set in a small-group session, I believe you will find studying the results quite productive." - Hock
DVDs or Streaming Downloads. VERY popular film.

Get it here:
<https://shop.forcenecessary.com/us/Unarmed-Combat/c/876>



"Fightin' Words is a collection of essays and articles by Hock about his life-long, worldwide quest to uncover the best, base-line, fighting tactics, strategies and skill-developing methods. These essays are based on his travel, study and research of the psychology and physicality required to successfully fight criminals and enemy soldiers. The book is about fighting, or "fightin'" since Hock is a Texan and speaks like one. He dissects elements of survival, self-defense, war, crime, martial arts and combat sports. He explores the changing terrain of these systems and how they evolved. And meanwhile, reveals a little martial, history and gossip here too! E-Book or paperback.

Find it here or at Amazon or bookstores
<https://shop.forcenecessary.com/us/Books-on-Military-Police-and-Citizen-Self-Defense/c/1082/Fightin-Words/p/99860>



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Get the DVDs

Get the downloads

Get the downloads and burn your own DVDs

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<https://shop.forcenecessary.com/us/Package-Deals-for-DVDs-Downloads-and-Books/c/2290/Package-Hock-Hochheim-Unarmed-Combatives-All/p/53847>

Force Necessary: Hand! Logistics:

Each Level Certification 1-9 is \$75

Each instructorship Basic, Advanced, Expertise is \$150

Each Level 10 and up Black Belt is \$500

No monthly or annual tithing, just attend Hock's seminars

Or just train for knowledge

Learn:

- from your local certified instructors

- from Hock in seminars

- from Hock in private, semi-private, customized lessons in north Texas or your own locale. Contact Hock for details.

Points of Contact:

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www.ForceNecessary.com