



showing him your palms, as weakness. In reality, your hands are up there to block a possible sucker punch.

You should also position your weapon side and your primary leg to the rear in a slightly bladed posture. I call this the "alert stance."

**What's the best way to react if someone I don't know grabs my jacket and shoves me into a wall?**

Anyone who grabs you or shoves you has crossed the line legally and committed assault and battery. As such, you have a legal right to use reasonable force to stop the aggression. In this situation, I recommend simplicity: a punch or two to the face the moment he grabs you, or a good knee strike to the groin.

**How do I endure a punch to the gut?**

Getting hit is always a possibility in a conflict. A strike to the gut can be incapacitating if you're not prepared for it. The best thing to do is to have a strong abdomen, and the only way to do that is through conditioning: lots of sit-ups, coupled with drills in which a partner strikes you in the stomach. Over time, that will build your tolerance.



**HOSTAGE SITUATION:**

A man holds a knife to Jim Wagner's throat (1). Assuming that the aggressor intends to cut him, Wagner commits to grabbing anything he can reach: the knife hand, the blade or the handle of the weapon (2). He pulls the weapon down and away from his throat and turns toward the arm that's holding it (3). While spinning, he moves away from the threat (4). Once he's clear of the knife (5), Wagner can run away or get to his own weapon.