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**Fronting – How to Determine When You Are Being Set Up For an Assault**

**By Carl Cestari**

**Fronting – How to Determine When You Are Being Set Up For an Assault by Carl Cestari**

The purpose of this article is to provide you with another tool to use with your study of combative arts. We hope you enjoy what we have to say and I hope you find it helpful.

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The following was posted by Carl the internet a few years ago.

Enjoy, Damian

"Fronting": The dodge to get in close to you. The frontal assault, as opposed to the ambush. Fronting can be either a direct confrontation (intimidation) or it can make use of "artifice", i.e. "got a light?", "got the time?", "how do I get to such and such?" Anything "innocent" to throw you off your guard and allow the assailant to "get into your safety zone". That is the area where action is ALWAYS faster than re-action.

The key here is NEVER TRUST anyone's "intention", NEVER!

Maintaining the "reactionary gap" is the single most important "thing" in this situation. In order for ANY attack to be optimally effective three things must "work" in the attackers favor: Time – Distance – Opportunity.

NEVER "allow" anyone within arms distance. If they are close enough to simply reach out and touch you, you have a BIG PROBLEM. How did you get there?

I wish I had a dime for every self-defense "expert" that starts with this line – OK, the bad guy throws a punch.....WHAT? Did he just appear in a cloud of smoke? Simply materialize from nowhere? What preceded this "punch"?

How did he approach you and manage to get into your safety zone? Is it an "ambush"? How did you wind up dealing with the attack?

The equation for dealing with this is NOT the "defense", it's understanding our "triad", TIME – DISTANCE – OPPORTUNITY. Increase the TIME necessary for the assailant to be effective.

Decrease the TIME necessary for YOUR attack to be effective. Increase the DISTANCE necessary for the assailant to be effective.

## Fronting – How to Determine When You Are Being Set Up For an Assault

Decrease the DISTANCE necessary for YOUR attack to be effective. Remove or minimize the OPPORTUNITY necessary for the assailant to be effective.

MAXIMIZE your OPPORTUNITY to make YOUR attack effective. The assailant has to TARGET YOU, COVER THE DISTANCE TO GET TO YOU, and then have THE OPPORTUNITY to implement his assault, in other words you have to be there when he gets there. Now! Time – Distance – Opportunity = SPEED – POWER – ACCURACY. That's the full "combat" equation. It works for the assailant AND it works for you. So, I'm more concerned with "how" we disrupt the equation for the attacker and use it to our advantage, than I am about "defending against the punch". Here are two good ones: "A miss is as good as a mile"

"Almost only works for horseshoes and hand-grenades" That's also what I mean when I say look at the "big picture". Combat shooting: Speed and "man-killing" accuracy: "nail driving" accuracy is great as long as it doesn't affect your SPEED! Distance: measure off the longest "area" in your home. Hallway,

bedroom, kitchen, or all the places that an attack may occur. What's the distance? Don't waste time at firing ranges over that! I know people that have weapons strategically placed around their living environment. Never know where you'll be when you need what you don't have, right? How about the one place where you really are naked as a jay-bird? How about the shower? Drawstring or a plastic bag (waterproof) with you, in the shower, containing 230 grains of "soap". No, I'm NOT kidding. Better to have "it" and NOT ever need it, than to need "it" and NOT have it. ALWAYS, ALWAYS.....remember Uncle Murphy! The SOB will always show up when least expected, ALWAYS!

Carl

Please contact me if you wish to be removed from the list or you wish to be added to the mail list [damian@close-combat-video.com](mailto:damian@close-combat-video.com)

Carl has dedicated over 40 Years to studying the martial arts, hand to hand combat systems. Carl's ranks and honors Founder Tekkenryu Jujutsu 6th degree Koshinkai Karate 5th degree Jujutsu Sandan 3rd degree Nippon Kempo under Narabu Sada 2nd degree Judo under Masafumi Suzuki 1st degree Judo under Yoshisada Yonezuka 1st degree Shukokai Karate under Kimura, Kadachi and Yonezuka 1st degree Daitoryu Aikijujutsu Instructors Certificate—Charles Nelson

## **Assault Weapons Legal**

**By Gary R. Hess**

### **Assault Weapons Legal by Gary R. Hess**

On Monday September 13th Assault Weapons became legal for the first time in ten years. The weapons which become legal include AK-47s, Oozies and other automatic weaponry.

This un-banning of the weapons make it easier for criminals to get their hands on automatic weapons and cause more harm quickly and abruptly than before.

The bill which made these weapons illegal was backed by more than 64% of the population to be renewed however congress and the president did not even touch the issue.

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The assault weapons ban was put in place to stop criminals from getting these weapons, although it was not full proof it was proved to be very helpful in cutting down on crimes which included assault weapons.

Days before the weapons became legal Al Qaeda released another video telling its members to go to the USA and buy the assault weapons when they become legal. Since the United States is one of the only countries, especially civilized, that allows the use and selling of such weapons the USA will become a haven for terrorists.

The main reason why the bill was not renewed is the NRA, National Rifle Association. The members of the NRA have been waiting for this day since 1994. The group is so powerful to stop a weapon from getting banned because of their money and ability to persuade the public. If the members of congress were to renew the bill, their days in would be limited.

The NRA has the power to make or break the political career of any man or woman. They do this by spending millions of dollars placing negative ads against them. In return the voters see politicians as 'evil' and vote someone else to take their place. In an election year it is extremely important to the congressmen and women to stay away from such harm.

The members of Congress know that the selling of assault weapons is immoral and should be banned. The problem is that the NRA holds so much power they will not even bring the issue to the floor.

The people of the United States need a ban on assault weapons. Write your congressmen today to have this done.

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