

Dirty Dozen

This term, *Dirty Dozen*, has for years had an affinity with Joe Lewis. There was a movie by this name made back in the mid sixties. A number of stars appeared in it such as Lee Marvin, (like Lewis a former marine), Clint Walker (an acquaintance of Lewis's), and also Telly Savalas, (who presented Lewis with his world champion trophy in 1974).

One of Joe Lewis' first students was Terry Leonard, at the time an accomplished Hollywood stuntman and today a top film director. When Terry signed up at Lewis' new school in Sherman Oaks, California his head was completely shaved. He had just returned from filming the *Dirty Dozen* where he worked as a stuntman doubling Telly Savalas. Years later Lewis met the director of this film at the home one of his mentors, Dr. Nathaniel Branden.

Actually there is no such thing as a dirty technique. In a fight for your life, there is only one value, survival. This value makes possible all others and remains at the top of the hierarchy. When anyone is attacked he must learn how to temporarily suspend all other values including justice, mercy, or caution, and make sure that only survival remains.

An attitude technique is one which is executed with total commitment; this means using absolute conviction and at times having contempt for caution. It is that one favorite attack that one knows will work at any time against any opponent and on any battle field. You must practice it until your skill level has attained that degree of efficacy.

It would be wishful thinking and arrogance to believe that an untrained non-fighter could easily adjust and shift mental gears in the heat of battle such as being able to change one's game plan immediately--an audible--without intense practice. Furthermore, to assume that one technique or tactic is enough or that it is going to work lacks sound preparation. This is why this manual contains a number of proven, combat tested and highly effective attitude techniques.

One of the infamous war heroes, General George Patton's cardinal rules of combat was, "*when in doubt, attack. Always be rapid, violent, and vicious.*"

We changed this a bit to "*Stealthy, explosive, and vicious.*" An attitude technique means you want to move with ***dangerous aggressiveness***. To ever be able to understand why we say that one's ultimate strength is the authority of a fighter's will, *you have to know how to skillfully execute with this degree of focused energy.*

Our list of these favorite attacks contains examples designed after careful study of many top fighters over years of combat. For example, the "*Tony Zale*" was created after his last two knockout title victories against champion Rocky Graziano when he used this combination, "*number 11*" on our list.

I. Dirty Dozen - Apprentice Level

1. Jab, Straight Right to Head, Left Round (Cut) Kick
2. Jab, Straight Right to Head, Left Hook, Right Round Kick
3. Straight Right (to body or head), Left Hook to Head, Right Round Kick
4. (Snake Inside) Left Hook to Head, Straight Right to Head, Left Round Kick
5. (Weave Inside) Right Uppercut, Left Hook to Head, Right Round Kick
6. The Brown Bomber - (Weave Inside) Right Uppercut, Left Hook to Head, Short Right to Head, Left Round Kick

*Alternate - 1st Combo Left Kick, 2nd Rep Right Kick

II. Dirty Dozen - Instructor Level

7. Left Jab, Left Hook to Head, Straight Right to Head, Left Round Kick
8. Left Step Inside and Crouch, Left Hook to Body (Liver Punch), Upright Posture, Left Hook to Head, Right Round Kick

(9 & 10 - Developing Doubling Up Same Hand)
9. Straight Right to Head, Right Uppercut, Left Round Kick
10. The Tyson - Step Out to Right (Inside), Right Hook to Body (Heart Punch), Right 45 (45 degree diagonal) to Head, Left Round Kick
11. The Tony Zale - Step Out to Right (Crouching Slip), Right Hook to Body (Heart Punch), Upright Left Hook to Head, Right Round Kick
12. The Ali - Left 45 - Punch to Head, Straight Right to Head, Left Round Kick