

Cowcatcher Progression to Drawstroke

The progression of a typical "streetfight" may often include a verbal interview/challenge phase, an opening physical "collision" with suckerpunch, and some form of retaliation ending in weapons access for control of the environment.

In this series, I'll demonstrate the "cowcatcher", a universal protective structure against incoming attack, and how you may progress to the drawstroke while maintaining reasonable control of your opponent's ability to injure you.

First, in all training scenarios involving "real" firearms, the multi-person safety check of the weapon is performed.

Pictured are myself, Morgan Atwood (TPI SuperModerator), RBFC Assistant Instructor Frank, Andy, Tim (also known as Science Guy), and Erich (TPI member).



Face-off and "Fence"

The "fence", a term popularized by Geoff Thompson, is a tactic used during a verbal confrontation which gets your guard up and creates a psychological "don't cross this line" message. The fence places your hands where they can do the most good: protecting you from the suckerpunch and readying your offense should you need it. Notice that my fingertips are about even with my

eyes; that's a good reference for assuming this position.

Here, Frank confronts me and says bad things about my Mommy:



Cowcatcher

When Frank isn't satisfied with my backing down, he throws a suckerpunch. However, because I was in the fence stance and "expecting" trouble, I proceed to perform the cowcatcher. I "dive" into his face with both hands, and lower my head into the triangle between my upper arms. This effectively protects my head, and allows me access to his head.



Collapsing the Cowcatcher to free your arm

Shamelessly, I go for a variant of the Horizontal Elbow Shield (credit: SouthNarc) as I press forward into Frank. This continuous forward drive upsets his balance and allows me to free my strong hand to begin the drawstroke. If there was more of a tangle (FUT) at this time, I could remain in H2H mode and deliver a barrage of strikes. In this one, I manage to drive him backward forcefully enough to go to guns without interference.

You'll note that many of the various "default positions" can be *flowed* through as distance and force change. Playing with these tactics in full-force scenarios allows you to see the universality of the concepts behind them!

Here's the horizontal elbow:



#2 position of drawstroke

Finally, we arrive at the retention (#2) position of the drawstroke. Here, although I turned a bit for the camera to see better, you can see that I'm in a position to dump rounds into his lower pelvic region. This position and the surrounding tactics are covered in excellent detail in SouthNarc's "Fighting Handgun, Vol I" from Shivworks, available from MDTactical. Contact SouthNarc or Gomez for more info on that DVD!

Here's the #2 position, and still driving into Frank to maintain superiority of balance.



That's one of the ways how the transition from face-off to firearms deployment can be handled.

I'd like to thank Frank for helping me with the photos, and the other class members who provided valuable directorial assistance.

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