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Want to learn how to fight like The Special Combat Reactiona the first official hand-to-weapon U.S. Navy SEAL teams. SCARS and out on videotape. It's also be creator, Jerry Peterson, to a limit on a once-in-a-blue-moon basis.

I am proud to be the first journ undergo SCARS training. Going little curious about a contempos no blocks whatsoever and c finishing shots - a system that Ni to be unbeatable. Just how tough Our camp had already lost two g the first day. One man broke his to being thrown, especially by sc used to throwing. But the second despite having paid $5,000 to be stomach the brutality.

Welcome to the world's most e: training.

Phoenix, Arizona was still hot and dry last October at our 40-hour SpecOps/ SEAL Platoon Work-Up Camp. Those in attendance were paying bargain rates to study with millionaire shadow-ops guru Jerry Peterson,
a.k.a. "The Deadliest Man Alive." Five thousand dollars plus traveling expenses is a bargain? Yes since Peterson earns up to $1,700 an hour.

Thirty-two men from 20 to 60 converged on Phoenix's SCARS Institute of Combat Sciences. They were not SEAL wannabes in camo pants who talked only about their knives. On the contrary, our group of campers consisted of average Joe's: skinny and large, short and tall, white, yellow, black and brown. Among us were a retired Fortune 500 CEO, a distinguished veteran of the Army Delta Force and the Marines, a plain-spoken young dude from Kansas who claimed to "just own some trucks," a polite Indian businessman who confessed to feeling so out of character that he had to tell his office staff white lies about the subject of this Phoenix "seminar," and a sawed-off monosyllabic Arizona SWAT-team leader with sniper's eyes and memorably hard fists.

Aside from an enviable amount of disposable income, all the campers shared one crucial distinction: Each had been exposed to one of the most successful video self-defense courses in history, Jerry Peterson's SCARS tapes. Those 1993 training tapes came out of that covert "nowhere" in which spies always seem to work. They were advertised in only four limited circulation national magazines. Yet Peterson's course went on to gross $1 million in only its first nine months on the market. Business analysts were dazzled.

There's one excellent reason why the original SCARS tapes made so much money worldwide: They were breathtakingly pricey, the single most expensive set of self-defense videos ever put out. Yet they undoubtedly rank among the least expensive to produce. They were made in one take, virtually overnight, for next to nothing using shortcuts which video pros promised would never succeed.

We campers were bedded down in motels and picked up at 6:45 each morning for a mini-van drive to the Institute. Settling inside the 20,000 square-foot SCARS I contemporary Western architect's design, which resembles a West adobe monastery. A Shaolin cowboy?
The Institute is a spec-ops boutique that deals with armed forces, military professionals, the security staff of corporations and even South American bodyguards.

Off the Institute's private park entrance to a two-story arrangement: a kitchenette and two bathrooms. Functionally anonymous; only the stone lions suggests that this firm is more strenuous than tweak software.

However, along the far wall less than assault rifles and faux 9mm semiautomatics. Realistic training, these industrial machines exactly duplicate the original models.

A banner spread across another SCARS escutcheon: a naked swordman haloed by the legend "SCARS Institute of Combat Sciences - Proven in Combat."

Part of what this motto means is that president and Vietnam veteran John Huynh killed the enemy. More than a few times, including, most times, "because there wasn't room to shoot..."

Located in Phoenix, Arizona, the SCARS Institute of Combat Sciences is a 20,000 square-foot facility that includes a two-story "environment room", a weight room, a matted grappling room and various classrooms and offices.

On the other side of the reception area, the Institute has a connecting room which more than 3,000 square feet of new Olympic-quality mats. Square and well lit, it places. Campers get to know it very well. There's a blackboard here for the occa... Across the matted room, the wall displays medical quality anatomy charts which back and front of the adult male body. Around the next corner, these charts are reprinted in custom Peterson Attack Trainers. PATs are SCARS' own line of practice gingerbread men dotted from head to foot with colored striking points.

Finally, a yellow and red water barrel sits on a shelf strewn with plastic cups and packages of over-the-counter painkillers. This snapshot image, captioned "Thirsty and Hungry: the basic SCARS training experience.

For the next four days, we spent 11 hours of our nonstop 14-hour days on those daily were given over to one-hour catered cafeteria-style breakfasts, lunches and..."
together at long communal tables set up in the reception area. And, unlike Elvis, building.

The space beyond the mat room is a two-story 10,000 square-foot "environment specific installations are built to suit the training requirements of whatever currently being serviced at the Institute. When a tactical law enforcement unit needs rappelling tower complete with water hazard and white sand beach, SCARS put

We never got into the environment room. However, its very existence powerfully humbling fact: Occasionally training a handful of civilian amateurs is not really all about. If you are used to studying only with teachers whose qualifications certainly won a lot of plastic trophies, you can feel the difference in authority immediately.

The SCARS Institute feels serious. This place is not a martial arts school. It demands sportsmanship. Most of the people who train here are paid professionals of course about to go in harm's way.

The basic staff consists of Jerry Peterson, and his right hand man and son Blake rotating crew of hand-picked "operators" who are proficient in various specialties needed.

During breakfast on the first morning of the camp, without any fanfare Jerry P among us. I examined him carefully and told myself, "This guy makes a seven-foot walking into roomfuls of bloody minded security experts and proving to them, his superiors, that they don't know squat about their own trade."It's something that can't be away with, much less make money at.

In person, California-born Pet norman of medium height who projects candor. A youthful 50-something morphing of three cinematic icons of masculinity: Kris Kristofferson, Nolte, depending on which angle.

Peterson is a decorated Vietnam of Charlie Company of the famed 173rd took the brunt of the fight during the Tet offensive. Peterson survived historians concede was among the worst of that ugly war. His unit's job was to clean up and pull out other troops in trouble.

In recent years, Peterson has done contract work for various units under Operations Command, which co-opts the Air Force special-operations employed by the Department of Defense. He's also employed by the Department of Treasury's U.S. Secret Service, Agency counter-narcotics units, and materials transport people, various Agency counter-narcotics units, and Air Force special-operations employed by the Department of Defense. He's also employed by the Department of Treasury's U.S. Secret Service, Agency counter-narcotics units, and materials transport people, various

Other government and federal agents trained by Peterson, but SCARS nor deny anything. And that makes it before anyone can train such a large pile of documents saying that he...
On day one, Blake introduced himself and passed around spiral bound copies of *Manual #1, Hand-to-Hand Combat for United States Operations Forces Army/Navy/Air Force*. Every single page of course material is slashed diagonally with "Restricted Copy-Property of SCARS Institute." The meat of this text consists of 25 combat lessons. Each one is a sequence of four or five techniques, usually including a throw, initiated off an opponent's punch or kick. These sequences contain no defensive moves whatsoever. Instead, all checks to attacking arms or legs are delivered as intercepting counterstrikes aimed at specific nerves.

Whenever Peterson taught us, he wore a wireless microphone. A staff video cameraman followed him around, taping every move. On this first morning, Peterson gathered us in the mat room. He began by outlining the value of what SCARS calls the "offensive mind-set."

"This is why defensive fighting systems cannot win against SCARS, Peterson told us. Diagrams on the blackboard indicated that direct offensive action is always quicker through the nervous system than the stop-and-catch-up reactions of a defender. "SCARS is literally faster than any other kind of fighting," he said.

Then, to demonstrate, Master introduced his attack Peterson. What does the b teacher on Earth look like in acti Peterson moves like a younger unhurried economy of motion. H efficiency spares students that p often feel when asked to duplica defense technique. Today so man aspire to big paydays cultivate a which, in truth, has little or nothi successful self-defense. But fron instructors make you confident c
Jerry L. Peterson is the founder and sole developer of the SCARS program for the Navy SEALs.

By knowing in advance which reactions the enemy will be unable to suppress targets his recoiling body will next expose to attack - a SCARS fighter can seize opponent and work the man like a pain puppet. SCARS puts the enemy through traumas which will increasingly incapacitate - or ultimately kill him. What is true how complete, detailed and scientifically absolute Peterson's grisly research is. § information, it's difficult to cite examples of SCARS. However, to give the small you poke somebody in the eye. SCARS can tell you not only how his head and t involuntarily react, but also exactly where he will move both hands and one of h extends this sort of merciless insight over every single inch of the human body. 

Other things, a whole genre of combat techniques which are new to most martial Chalk talks were few and far between the camp. Instead, we were almost alway combat lessons at half-speed. SCARS is so fast hat you have to practice it slowly two-man self-defense sets, he opponent attacks, gets blocked and then stands ar while is partner follows up with multiple high speed blows. SCARS partners, in precisely mimic the autokinematic reaction caused by striking any given body p stand there: we flinch, fold, lurch or fly, depending on how a real-world oppone

duplicate their every move, and \ feeling that you need to be an Ol so.

What is the thrust of the trainir SCARS?

Yes. It is a core concept that Pet "autokinematics." Briefly put, he years researching the effects of s every vulnerable nerve, bone anc body. Not just the various injure but precisely how the entire body instant it is struck.

What is ground-breaking come combat implications of one simp When it comes to absorbing pun body reacts in exactly the same 

So from its first blow, SCARS nervous system, which controls \ behavior as pulling fingers out o off sharp sea shells and everythin we can stop ourselves from doin

Total immersion in the course the SCARS teaching method. Th not so much on committing sequ memory; it is about learning to f attack body targets, and in the le are expected to get a little bange good.

Working through the 25 basic three days of relentless practice, permitted to buddy up for long, s
Blake Peterson has worked as an assistant for SCARS military courses since he was 16. He is now in his mid 20's master instructor at the institute.

Wincing, the camper did so. Peterson slapped his flanks hard with both hands. white-faced with pain. "No," Peterson continued affably, "you're OK. If any ribs be on the floor by now." To change the pace, our long training days were broken into drills. One involved putting on a "flak jacket." Then we proceeded to drive our fists length of the room using full-force fist, elbow and palm strikes to the torso. At times we would then exchange the jacket, and the "beatee" became the "beator."

Our SWAT-team leader hit so hard that Peterson finally asked him to pull his nice Indian fellow gave me a sternum shot that I could feel for days.

Later, after trying all our upper-body weapons, we went on to further explore kicking each other to and fro. When asked why we performed this exercise, Pete "Learning the autokinematics." But I think a large part of it also has to do with the fact that a fighting course in which no one gets banged up is phony. "You have to let him have it," he remarked later.

The training peaked in intensity on Saturday night. After another long sweaty day, we were by-God told to stop acting like a bunch of sissies and start really trying partners. By now, if somebody wasn't deft enough to stop an attack - well, too bad.

We got into doing line drills in which you keep personally creaming the entire freestyled with everyone else over and over. By now, a few guys had opted out and around the walls just watching. But the rest of us were going through a roomful handedly and never once repeating a sequence of moves. We had achieved improved efficiency.

Overall, the curriculum turned out to be more varied than I had expected. Our practiced hand-to-weapon attacks using padded clubs and knives. Then we went involving rifles and semi-automatic pistols. The same basic SCARS moves and techniques was tried over and over again in an endless cycle.

By the second day, we were doing numbers, and the pace got even faster. A 40-hour haul, not being able to handle problems campers experienced. The guys accidentally eating a technique seemed to exacerbate the problems campers experienced. A heart shot and proceeded to demonstrate the autokinematic reaction we had been taught. The incandescent pain only abated when the camper completed the course.

Peterson's training style is realistic. Earlier in the week, a camper thought he broke a rib, and I put him on the floor by now. "Get back up and start trying," Peterson said. "Hold your arms over your head..."
to do but rarely achieve so well.

After being challenged by one participant, Peterson duplicated a stunt famous ads. Thirty of us could not pin him against a cinder block wall. A minute later - l once - each of us was making Peterson's escape work for us.

Peterson is able to do all those "miraculous" things because he applies universal to specific situations; he does not just remember moves shown to him by someone. The significance of that cannot be overestimated. It means that SCARS is alive and s

The camp's emotional climax came after our last lunch together. We all sat applauding each other for having made it through, Peterson and his staff dealt out certificates that cited "extreme training conditions including extensive physical i named "qualified SCARS training partners." Instead of a handshake, our Indian hugging Peterson to great laughter and applause.

The rest of Sunday was largely given over to a seminar on how to deal with ca were opened, the mats peeled back and a sweet-looking red pickup was driven in

We were told that the teachings we were about to receive had already saved re SCARS adepts. But tomorrow was another hard Monday, and various guys had catch. One by one, the campers began peeling out of formation and heading home.

And me? In 40 hours, everything I thought I knew about unarmed combat got found out that the Navy SEAL fighting system is simple and groundbreakingly c and yet unanswerable.

I have seen the future of self-defense, and it is SCARS.

About the author: Herb Borkland is a free-lance writer and martial artist based in Sandy Spring, Reprinted with permission from Black Belt Magazine and Herb Borkland.