

Survival
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By: The Nimpha  
Dedicated to the 2600 Club  
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This file contains the elements of street fighting and fighting with weapons.

TARGETS OF SERIOUS INJURY

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Into corner of eye. (Will blind, and hemorrhage)

\*Into pupil of eye. (Will blind, hemorrhage or kill via optic nerve)

Throat. (Hemorrhage, extreme pain)

\*Into esophagus. (Hemorrhage, extreme pain)

\*Into heart muscle. (Fatal stoppage)

Into stomach or sides. (Can hit vital organs, hemorrhage)

Groin. (Hemorrhage, and very "uncomfortable")

\*Into mastoidal opening behind ear to brain. (Fatal)

Anywhere along the spinal chord between the vertebrae. (Causes paralysis, hemorrhage, possible death)

\*Base of skull upwards into lower brain. (Same as above)

Kidneys. (Hemorrhage, extreme pain)

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The items marked with a '\*' are extremely dangerous to hit. The shock of the blow or the actual blow can be fatal.

MEDICAL IMPLICATIONS OF BLOWS & KICKS

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Have you ever wanted to know just what these blows and kicks were doing to the victim??? (You should print this part out, because it refers to the list all the way through)

- A. Considerable pain
- B. Possible bleeding
- C. Disorientation
- D. Serious injury unlikely
- E. Greater possibility of serious injury
- F. Possible brain damage, shock force
- G. Breaking of nasal bone; nose bleeding
- H. Impractical
- I. Numbing of arm
- J. Unconsciousness
- K. Convulsions possible
- L. Damage of carotid artery
- M. Possible dislocation of 7th cervical vertebra
- N. Startle, stun, hemorrhaging
- O. Brain damage
- P. Little serious injury
- Q. Knockout

R. Gasping/choking; possible death
 S. Muscle spasms
 T. Broken rib; could rupture kidney
 U. Internal injury to organs
 V. Fracture, tear cartilage or broken bone
 W. Dislocate knee; tear ligaments
 X. Dislocation
 Y. Fracture
 Z. Fracture, metatarsal bones
 A1. Permanent injury
 A2. Blindness
 A3. Possible fatality

TYPE OF FIGHT

Small person vs. large person-----\
 Large person vs. small person----\ \
 Two equally sized people-----\ \ \

FORCEFUL side of hand slash or A E H
 hammer fist to bridge B F
 of nose C G
 D

FORCEFUL open hand slash or I F H
 hammer fist to side J J
 of neck K L

FORCEFUL hammer fist or open A A H
 hand blow to base of M M
 neck E E

FORCEFUL temple blows by heel F
 of palm, hammer fist, J
 or elbow blow K

FORCEFUL blow to side of nose, A A N
 fist slash, elbow B B P
 smash G G
 C C

FORCEFUL blow, up under nose, A A N
 heel of palm, elbow B B P
 smash, slash G G
 C C

FORCEFUL claw, poke, thumbing A1 A1 A1
 to eyes A2 A2 A2

FORCEFUL blow, up under chin, Q Q C
fist, heel of palm, A A
elbow smash C C
E E

FORCEFUL blow to ear, fist or C C H
cupped hands

FORCEFUL blow to Adam's Apple, E E C
straight hand hit R R D

FORCEFUL blow to hollow of E E C
throat, straight hand R R D
hit

FORCEFUL blow to side of neck, J J C
slash, hammer fist A A J
C C A
A3 A3

FORCEFUL blow to collarbone, D P H
slash, hammer fist I
Y

FORCEFUL blow to base of neck, A3 A3 A
open side of hand, A A D
hammer fist C C H

FORCEFUL blow between shoulder D E H
blades, hammer fist

FORCEFUL blow to kidney area, T T D
straight-in punch or E E
kick technique A3 A3

FORCEFUL blow to Solar Plexus, T T D
straight-in punch, E E
heel of palm, kicks A3 A3

FORCEFUL blow to last rib, A A H
fist, elbow smash D D

FORCEFUL blow to inside of A A D
elbow joint, open D D
hand hit

FORCEFUL blow to outside of Y Y Y
elbow, Atemi, Waza X X X
A A A

FORCEFUL blow to forearm area, A A A
tip of mound I I I

FORCEFUL blow, lower abdomen & A A A
groin, kicking C C C
techniques E E E
U U U

FORCEFUL blow to knee, kicking A A A
techniques C C C
X X X
Y Y Y

FORCEFUL blow to shin, kicking A A A
techniques C C C
X X X
Y Y Y

FORCEFUL blow to instep, heel A A A
stamp C C C
X X X
Y Y Y
Z Z Z

FORCEFUL blow to ankle, A A A
kicking technique C C D
X X
Y Y
Z Z

THE 10 COMMANDMENTS OF STREET FIGHTING

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1. Never underestimate your attacker. Assume that he is dangerous.
2. Don't get fancy. Use simple but effective tactics.
3. Always be sure to maintain your balance.
4. Be quick and keep the reactions flowing. Keep striking, never let up until you know your aggressor is down for good.
5. Nothing is unfair. THERE ARE NO RULES!
6. While counter-attacking, NEVER lose sight of your opponent.
7. Deliver ALL blows to weaker areas.
8. Keep yelling and cursing as you counter.
9. Use any available object or weapon to detract your assailant's techniques.
10. Fight as if YOUR life depends upon the success of YOUR counter-attacks. It just might!

NERVE CENTERS

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If you happen to have some medical books, or charts, here are some nerve

centers of the human anatomy.

Head

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Occipital bone

First cervical vertebra (Atlas)

Second cervical vertebra (Axis)

Frontal bone

Frontal sinus

Nasal bone

Nasal cartilage

Epiglottis

Hyoid bone

Thyroid gland

Windpipe (Trachea)

Musculo/Skeletal System

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Sterno-mastoid muscle

Trapezius muscle

Clavicle collarbone

Sternum (Breastbone)

Humerus bone

Elbow joint

Ulna bone

Radius bone

Pelvic region

Carpal bones

Metacarpal bones

Femur bone

Knee joint

Patella

Gastrocnemius muscle

Tibia bone

Fibula bone

Tarsal bones

Metatarsal bones

Torso & Vital Organs

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Windpipe

Carotid artery

Jugular vein

Heart

Lungs

Liver

Kidneys

Intestines

Spleen

Coming soon: Part II

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