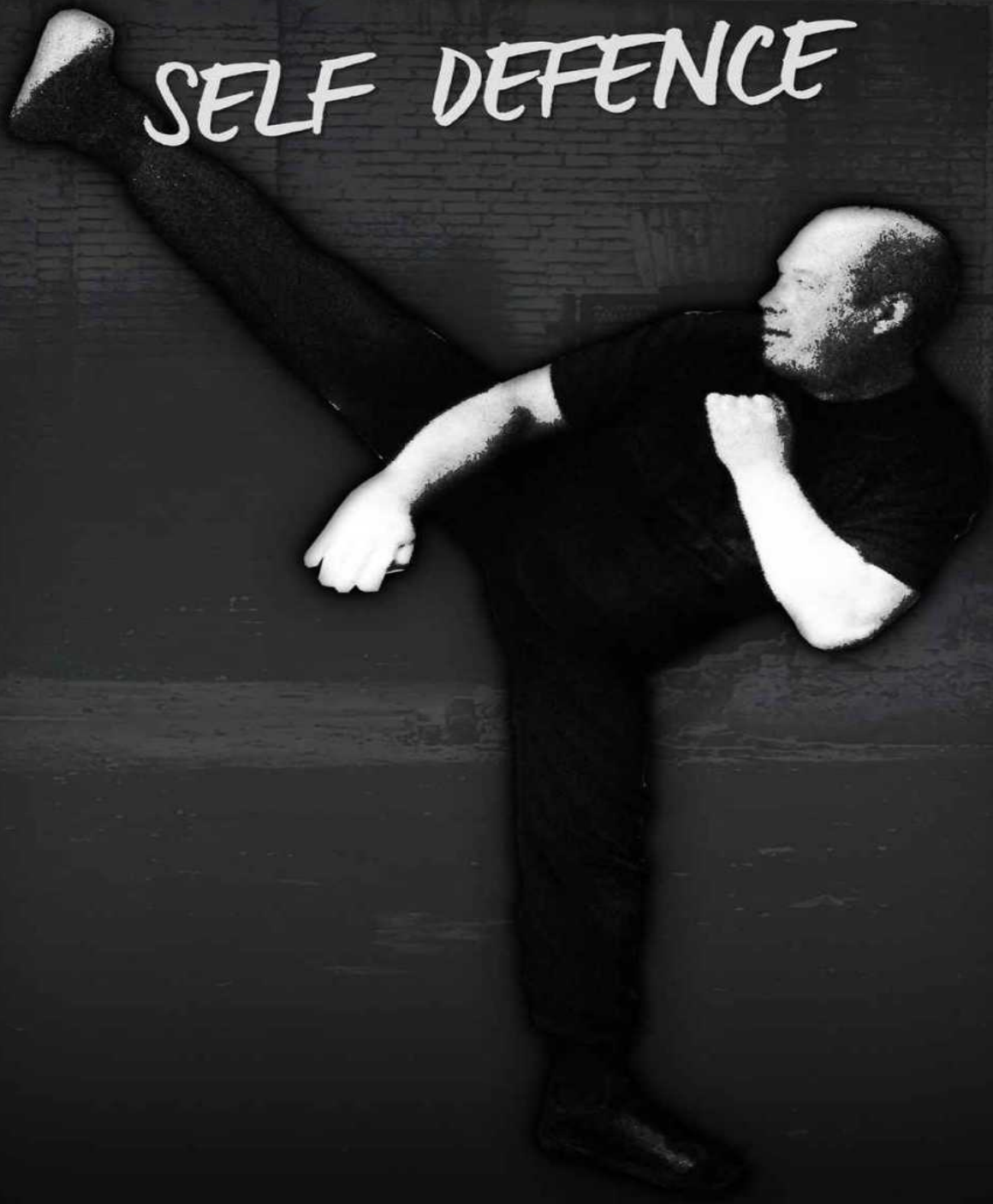


M W H

MODERN WARRIOR HANDBOOK

SELF DEFENCE



Bill Carson

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MWH. Modern Warrior Handbook

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Introduction.

Modern Warrior Handbook.

First of all I'm going to tell you what this book is not, this book is not about martial arts, this is not Karate, this is not an art. This book is not for the faint hearted as some of the techniques advocated here would be considered quite brutal by some. In this book you will not be shown any over complicated, improbable, impracticable methods. I am not going to try and probe into the psychological mentality of muggers, thugs and violent sociopath's as some authors on this subject have done, I'm simply not qualified to do so, it's not what this book is about, and so therefore I will not be offering any Freudian type insights into the psyche of the lunatics that we have wandering around out there.

The techniques that I advocate in this manual are designed to be used only as a last resort; and so it is worth considering the fact that the avoidance of potentially violent confrontations in everyday life is very much achievable. When I worked as a bouncer, dealing with violent altercations was all part of the job and so therefore the violent attacks that were perpetrated against me were as I saw it at the time just an occupational hazard. This manual was designed for close quarter unarmed combat; the techniques that my colleagues and I developed are intended to be used at close quarters or conversation distance and the majority of the methods that I show here have been used in real fight situations, the techniques that I advocate were developed over a long period of time and then subsequently used when left with no other choice. What really opened my eyes was when two colleagues were sadly murdered (both in separate incidents) and so I wanted to do everything that I could to make sure that I wasn't going to be included in the next obituary and so after a great deal of trial and error a selection of methods were finally adopted and used to ensure our safety. From simple ways of countering a punch or strike to the life or death 'last chance' knife defence techniques. When working as a bouncer you just didn't know who or what you were going to encounter and so therefore many years ago I set out to make sure that my associates and I were as ready as we could be to deal with the ranks of unpredictable, violent, drunken sociopaths that we were going to

encounter, and encounter them we did.

Right from my very first violent incident I found that the traditional Karate methods that I had been practicing for years were somewhat difficult to apply in real fight situations, in real fights things don't happen in a semi contrived way, in real fights there's no time for anything tricky or intricate, it's got to be simple, basic and effective. I therefore felt that I needed to refine my current methods of self-defence and make them more pertinent to real fight situations, and so the techniques herein are what were adopted at the time, they served us well over the years and will do the same for you.

What is self-defence?

The literal meaning of self-defence is described as the defence of one's self or one's interests' especially the defence of one's person through physical force, which is permitted in certain cases as an answer to a charge of violent crime. However I think it may be a far more complex matter than that, which is what I will attempt to explain. The law states that we all have the right to defend ourselves using reasonable force to do so. The law also states that you can land the first blow if you feel that you are about to be attacked, using what is known as a pre-emptive strike. However it is worth remembering that the authorities will take a very dim view of excessive force being used against an attacker in a non-life threatening situation, the court would have to decide whether the amount of force you had applied was reasonable to the circumstances.

Morality and self-defence:

Ethics and common sense are involved here; can we take the risk of thinking along the lines of a moral self-defence code in today's violent world? I think not and in a knife attack for example worrying about the consequences of your actions would be foolhardy and may cost you your life. Years ago back in the day the protagonists of a street fight would in most cases adhere to an unwritten code of conduct and to kick a man when he was down was not part of the credo. In those days in England for example a street fight was known as a 'straightener' or a fair fight, and unlike today the combatants would not seek to stomp one another into oblivion. There existed a sense of mutual regard and on many occasions the fight would end amiably with a hand shake and sometimes the combatants would even have a pint or two afterwards.

However in today's society that sense of fair play is well and truly dead and buried and that kind of old school mind set has been replaced with an unequalled savagery, and many street attacks and arguments are settled with weapons and in doing so such altercations will inevitably end in serious injury and death. I hope this has helped to explain where I'm coming from on this subject; I want you to understand that this is something that should not be taken lightly as the information contained herein could be a potential a life

saver, your own perhaps?

What makes me eligible to instruct you on this subject.

When I was a young man I studied the art of karate under the tutelage of karate master Frank Perry and spent some wonderful years training with him and his students at the Kew headquarters in London, the style of karate that I first studied was called kyokushinkia. At some time Frank had decided to break away from this organisation and formed his own style which was originally called seiketsu ryu. The training that was advocated was tough and very much geared towards reality, what I found to be especially beneficial in achieving reality in what we were doing was the knock down fighting which was something that I was particularly keen on. The realism came however when I worked as a night club bouncer which is where I learnt/discovered the subtleties of what to do in a real fight. The karate was helpful to me in these tense moments, that goes without saying because the karate training had made me physically tough and had helped me develop a strong never say die fighting spirit which assisted me in keeping a cool head when engaged in defending myself (real fighting).

Through a process of trial and error what finally emerged from these real encounters was a series of simple striking techniques; they are easy to perform and are/were very effective.



Awareness, self-defence = common sense.

Avoidance of potentially dangerous situations is down to pure common sense and basically is about trying to stick to the concepts that you already know about, for example, walking alone late at night, especially dangerous for a woman, going to known trouble spots, hanging around with the wrong crowd (a stupid friend can be worse than your enemy), using dark alleyways and pedestrian sub ways as short cuts late at night, getting too drunk when you're out and about, your choice of taxis/mini cabs is another, always make sure you are picked up by a licensed cab that you have ordered, there are many ways to stay safe when you are out and about, it's about adopting a safety first mind-set. One of the key weapons of the mugger and street fighter is the element of surprise, the old saying 'a man surprised is half beaten' springs to mind. However it is possible to lessen that element of surprise therefore depriving the would be attacker of an extremely important factor. Most people when they are going about their everyday business do so with their head in the clouds cocooned within their private world with head down and ear plugs firmly jammed in with their music going full blast and almost oblivious to their surroundings with the 'it'll never happen to me' motto safely adopted. Violent assaults happen every day and can happen to anyone,

we just have to try and limit the possibility of it happening. With some simple common sense techniques in place you will stand a better than average chance of avoiding potentially dangerous situations, some may think that it is a little paranoid to think this way, I say that it is better to be a little paranoid than beaten to a pulp.

When you are out walking alone walk briskly, keep your head up and look around in a confident manner and keep your body erect as you are walking. Taking the occasional glance over your shoulder to see who might be behind you is always a good idea it's something that I do automatically. Most street robberies will be perpetrated against people who look like suitable victims, your body language can give you away, for example being hunched and over moving slowly with head down looking at the pavement, muggers will be looking out for these signs, so don't make yourself look like a victim, switch on as soon as you close that front door and stride out with confidence and purpose.

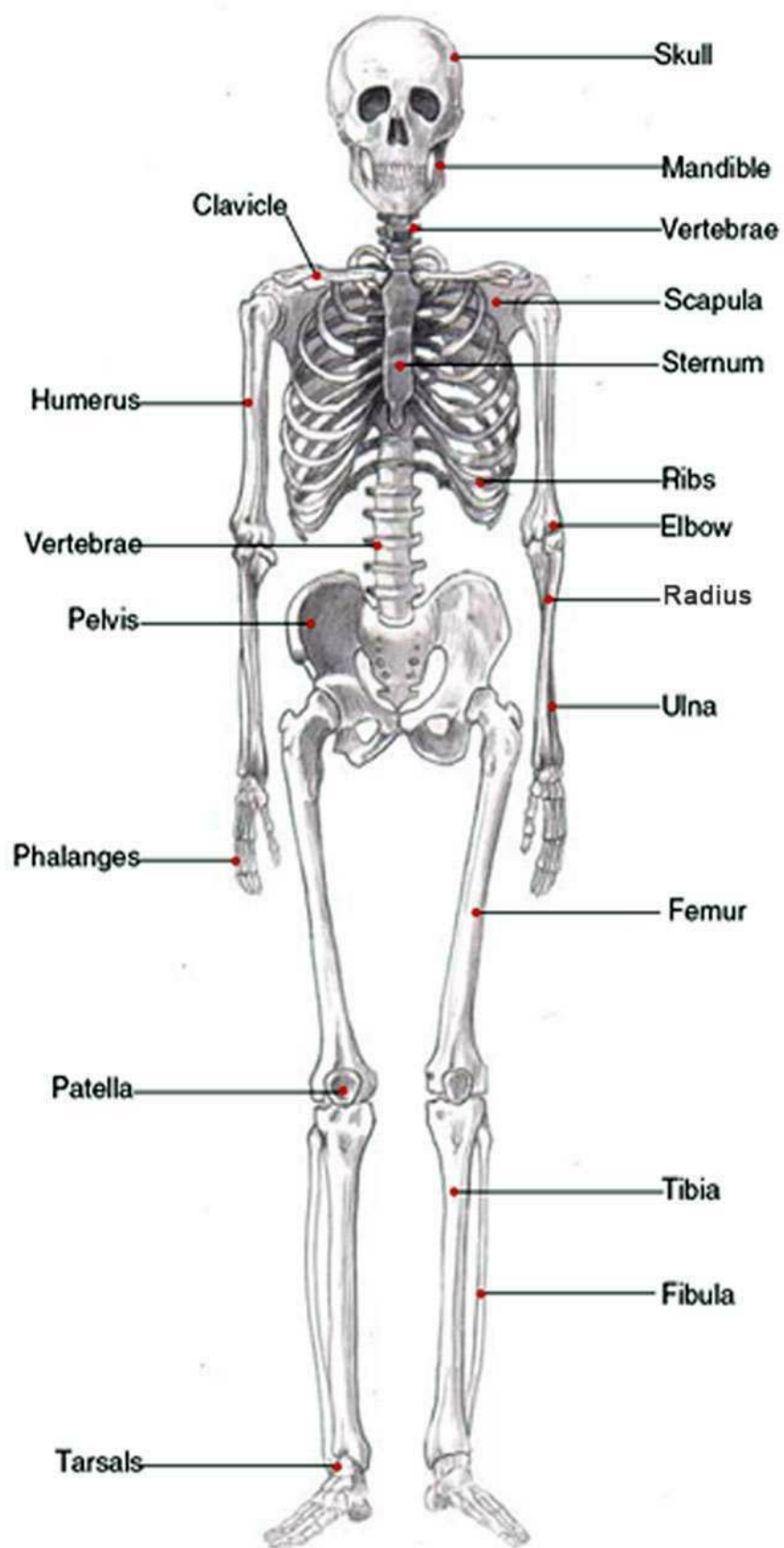


Human Anatomy

I have always found the subject of human anatomy a fascinating one, as an artist, martial artist and just out of pure curiosity. For the purposes of this section of the book we will be studying the human skeleton, how it's made and its many functions. The bones which make up the intricate frame work are strong but at the same time light weight, they are made of collagen, calcium phosphate, calcium carbonate and magnesium phosphate. We are not all the same, some of us have a robust frame work while others are more delicate, some of us are short and some tall, that's the luck of the draw. In the next chapter we will be looking at the structure and the weak points of the skeleton and the most effective ways to strike at them.

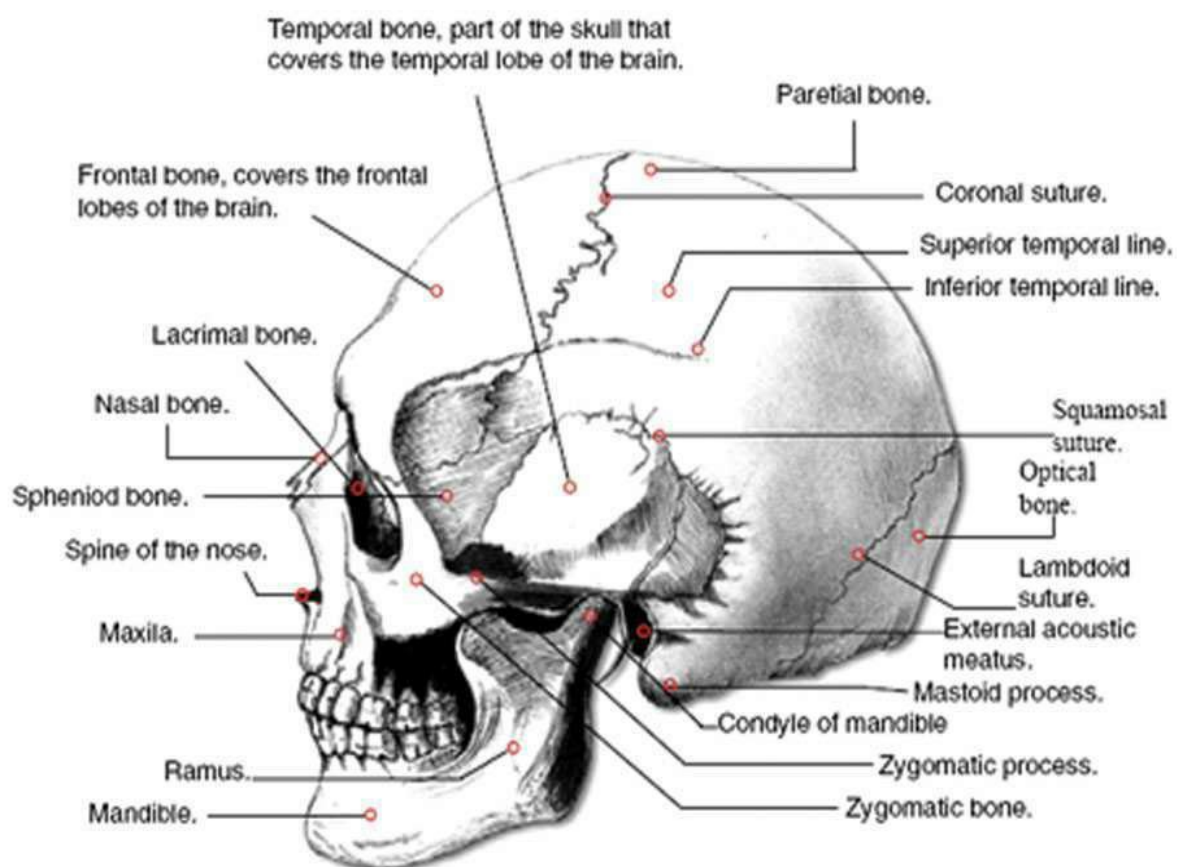
The Human Skeleton

I feel that it may be beneficial to you to understand a little about human anatomy before we progress further onto the striking techniques. The point being is that if you can see what you are striking at it may be easier to understand why you are striking at a particular target area. The human Skeleton has 206 bones comprised of lightweight strong tubes. Most support the body while some act as levers and some are designed to protect the vital organs. The bones are linked by joints with ligaments and cartilage that act as shock absorbers. Bones also make blood cells and store important minerals. Bones have cells, blood vessels and pain receptors. Male and Female skeletons are slightly different. Males have slightly bigger, thicker and longer bones, while females have a different pelvic area designed for childbirth.



The Skull

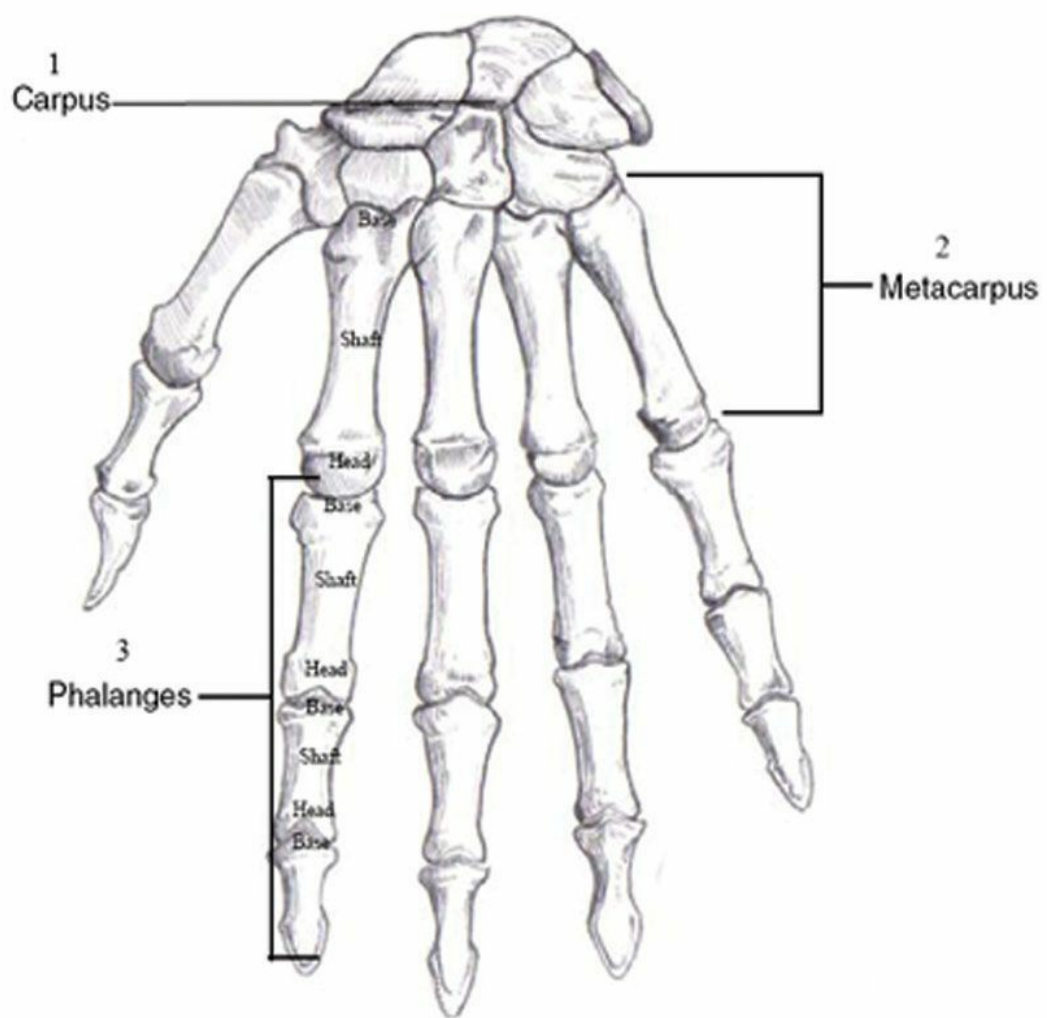
The Skull has twenty two bones; we have 8 in the Cranium which is the tough protective shell that houses the brain. There are 14 bones in the facial area, including the lower jaw which is movable. The cranium and the bones which make up the face act as the base for the muscles, tissues and flesh that together make up the appearance of the face [physiognomy]. You will see the word process mentioned on the diagram, the processes mean that these areas will have extra tissue attached to them for ligaments and muscles to adhere to.



The hand.

The human hand is formed by an intricate structure of bones connected by tissue. The hands are very adaptable natural weapons. They are the fastest and probably our best natural weapons owing to their versatility and strength. They can smash and splinter bone and also deliver knockout blows. Your hands can be used in conjunction with one another for combination striking; we can also use them defensively for grabbing and parrying.

However if you study the drawing of the human hand you will see that it is quite a delicate instrument and so striking with the hand must be done correctly, the accuracy and alignment of the hand is very important when striking if injury to the hand is to be avoided. The Hand is divided into three segments the wrist [carpus], the palm [metacarpus] and the fingers [phalanges].



Adrenaline cause and effect.

When we feel fear or are faced with an unexpected dangerous situation the human body experiences a remarkable change. An unexpected dangerous situation stimulates the hypothalamus (an area of the brain) and starts the whole remarkable sequence of an adrenaline rush. This part of the brain is responsible for maintaining the balance between stress and relaxation in your body. When it's alerted to danger it sends out a chemical signal to your adrenal glands, triggering the sympathetic system, which sends the body into an excited state. These glands which are situated on top of your kidneys release adrenaline hormones that create the state of readiness that helps us when we face danger.

Symptoms:

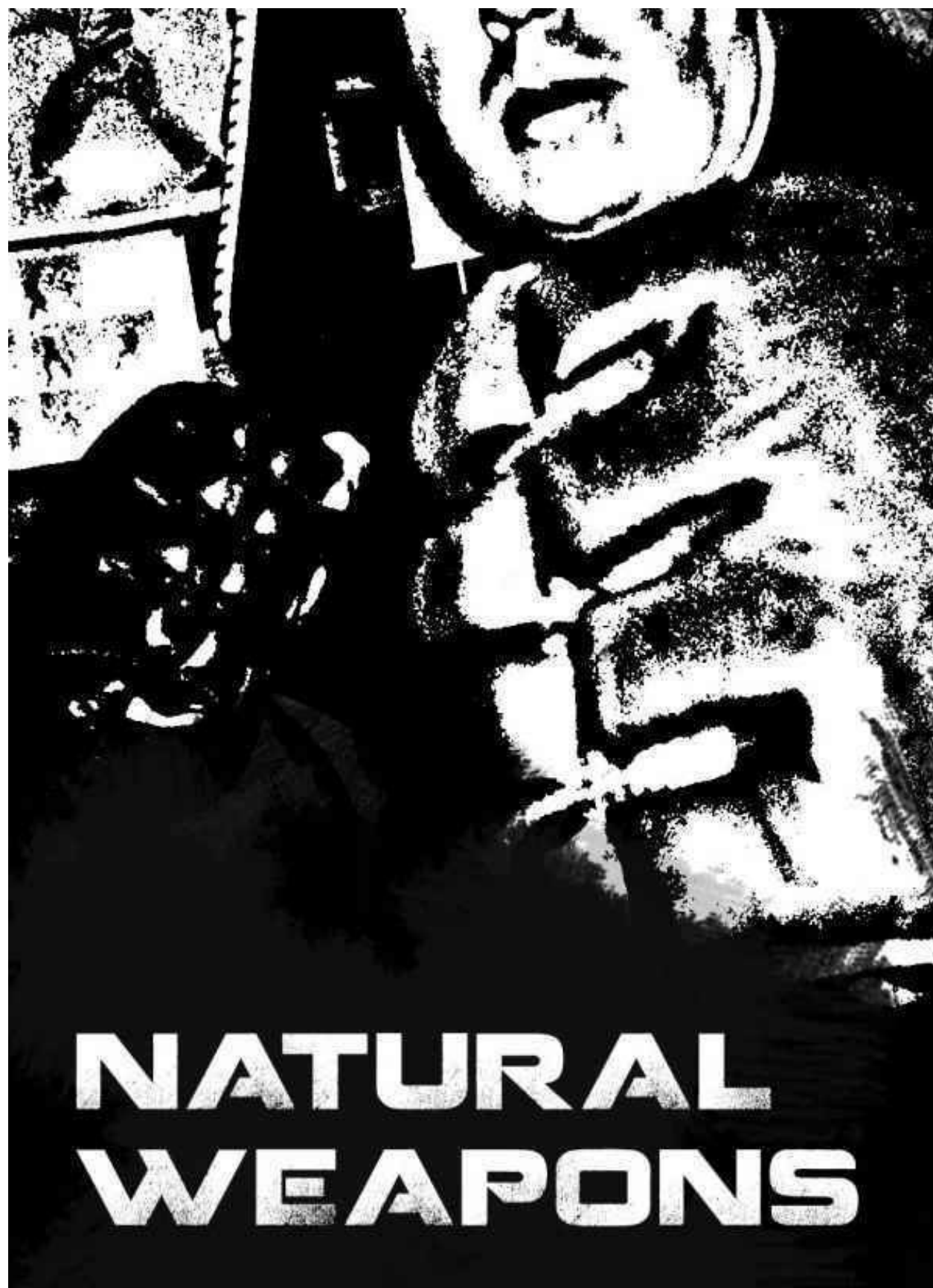
In these situations your heart rate will rise and there will also be an increase in respiration, your pupils will dilate, your digestive system will slow down and your muscles will become supercharged. The effects will make your arms and legs shake a little, this is natural and is the effect of the adrenaline coursing through your veins and muscles, you may also experience a slight queasiness.

Personal experience.

When I have felt the effects of adrenaline it always felt pretty much the same, and would occur in the same order, the first indication was a tingling sensation in my stomach followed by a slight shaking of the arms legs and hands. I would on occasion also experience tunnel vision and a slowing down of events, just like a slow motion shot in a film. After a while when I had gotten use to these strange feelings/effects I would use them to my advantage.

When I worked as a night club bouncer I had many opportunities to use this wonderful natural aid when confronted by danger, however **most people don't experience an adrenaline surge that often and assimilate the effects of adrenaline with fear.** I think it may go back to childhood, when you were at school for example and you were asked to do something or partake in

something that you were not sure of or certainly if you were being bullied, these events would trigger an adrenaline surge and would cause what some people refer to as butterflies in the stomach. And so later on in life these effects may trigger an unpleasant memory and you react as you did back then and freeze, adrenaline is there to aid us, you just have to recognise the signs and then use it immediately. I'm not sure if there have been any definitive tests on how much stronger we become when adrenaline is present in our muscles but I'm sure that it must at least double our strength. So when struck by a shot of adrenaline strike out immediately as your blows will be much stronger at that moment, you will feel the surge go into your stomach 'the butterflies' in your stomach are the signal, as soon as you feel that sensation send your strike on its way, or run like the wind, use it, it's there to help us you just have to adopt the correct mind set and get rid of all those negative memories from the past.



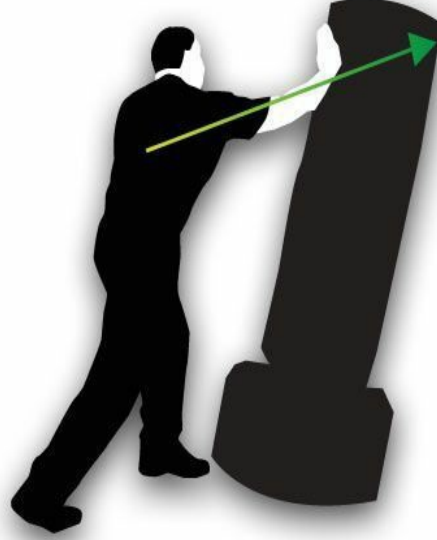
NATURAL WEAPONS

In this section we will be looking at what I like to call our natural weapons.

The Heel of Palm.

Target areas: Sternum, Rib cage, Jaw.

At the base of the hand where it joins the wrist is the heel of your palm. An excellent natural striking tool and virtually indestructible, I have used this strike in real fight situations. You can deliver fast accurate powerful blows using the heel of palm strike. Generally used in a forward upward thrusting motion.



Edge of the Hand or Knife Hand.

Target areas: Collar Bone, Throat, the side and back of the Neck.

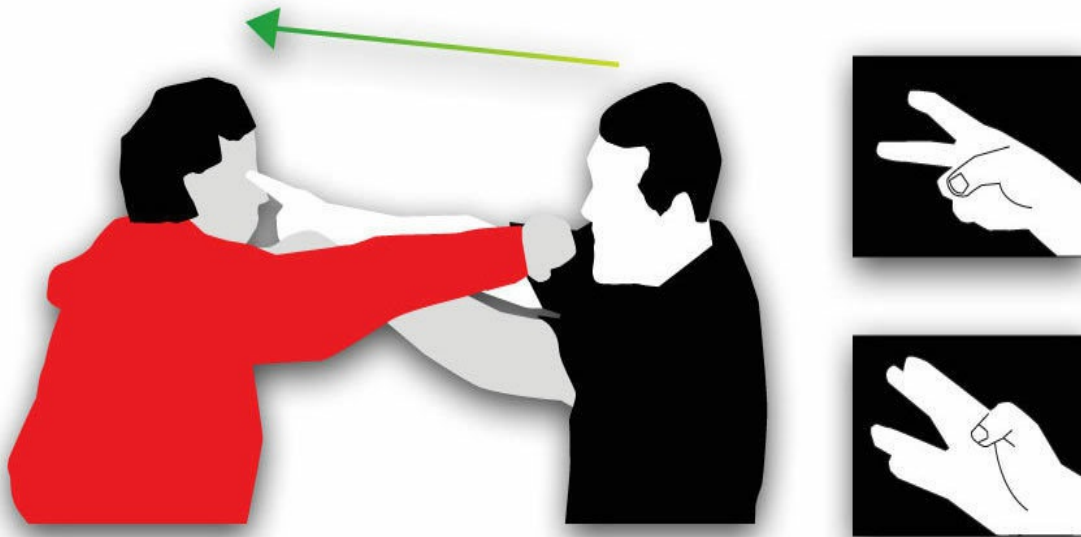
The classic “Karate Chop”. A very effective blow can be struck by using the edge of the hand. It can be used in a downward chopping motion or striking out from the side. It can also be used very effectively to parry incoming blows. The hand must be rigid and the arm must be bent and not straight on impact and also make sure you have the hand out flat with the fingers out stretched with the thumb tucked in.



Finger Strikes.

Target areas: eyes.

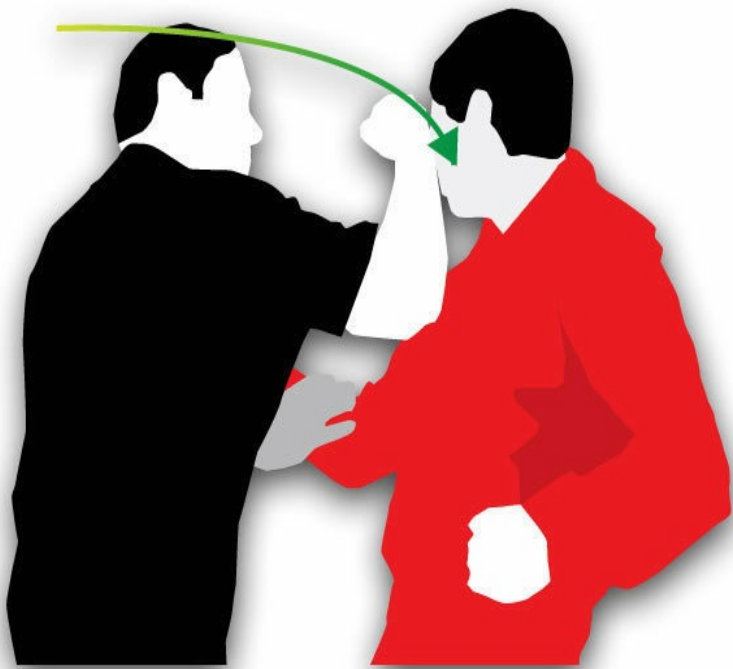
Two fingers or a thumb thrust into your attacker's eye/eyes should be all you need to do to disable them. This is a particularly nasty technique and should only be used if you feel that you have absolutely no other choice, however some situations may require it. No one can withstand pain to the eyes.



Hammer fist.

Target areas: Bridge of the nose, temple, collar bone.

A very powerful blow can be struck using the hammer fist, best used as part of a combination of strikes or a finishing technique rather than the initial strike or though I suppose you could use it as the initial strike, the reason that it is best used as part of a combination rather than as the opener is that it is relatively easy to defend against. Raise the arm up and make your hand into a tight ball roll your fingers together first and then lock your thumb over the top of the fingers, squeeze your fingers and thumb together as tightly as possible.

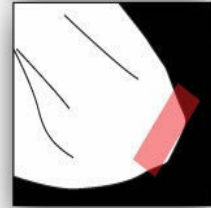
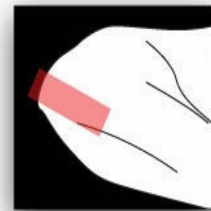
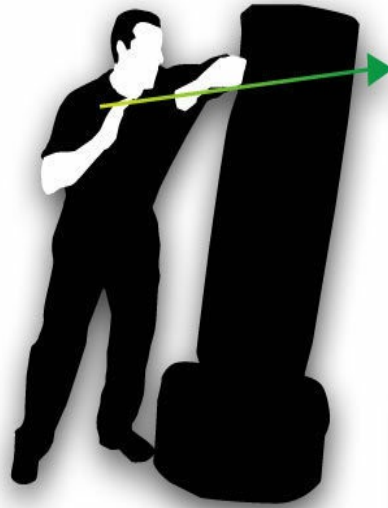


Elbows.

Target areas: Jaw & Temple.

The hips and shoulders are the key to generate the power; elbows can be used to strike downward and can also be used in an upward motion to strike under the chin of your attacker. They can also be used to thrust backward into your attacker's face, ribs or solar plexus if you were grabbed from behind.

Your elbow is a powerful versatile natural weapon. Elbows are excellent natural weapons and are extremely powerful at short range due to their close proximity to the body. A favourite of the formidable Muay Thai kick boxers.



The inner forearm.

The dense bone (the radius) which runs along the inner forearm can be used to deliver a powerful damaging blow, when striking use the thickest part of the radius bone which is located about 2 inches beyond the wrist joint, refer to illustration. When swung with sufficient force into the face, neck or jaw of an attacker it will feel like they've just been slugger with a baseball bat and the force of such a blow may even take the attacker clean off of his feet. As with all striking techniques the arm must be slightly bent on contact in order to obtain the correct transition of power. For more on this subject purchase my book called Power Punching which explains in detail the physics and mechanics of such blows.

Application:

Take the striking arm back, look at the target area and swing with full power using the whole of your bodyweight to gain the momentum and remember to keep the elbow slightly bent on contact, when you practice this striking technique against a punch bag you will see and feel the power generated by such a blow, strike the bag slowly at first in order to get the technique right and when you feel confident enough let fly with full power.



Kicking - The Foot as a weapon

We will now move on to using the lower limbs utilising the feet as weapons. The legs are our most powerful natural weapons, with the ability to deliver five times more power than the arms. Being able to deliver crippling powerful kicks to your attacker adds a very necessary component to your personal armoury.

There are numerous kicks in the Martial arts world; there are round house kicks, front kicks, side kicks, flying kicks, spinning kicks, axe kicks, back kicks, and crescent kicks to name but a few. I used to be able to execute them all, but some back injuries now prevent me from practicing the more flamboyant ones, and any way in a real fight the reality is you only need to know one or two kicking techniques for self defence purposes and entertaining ideas of kicking higher than waist height should be avoided, unless you are an expert kicker.

What is noticeable here is the fact that kicks to the groin and knees would be ruled as illegal in a kick boxing or full contact or MMA match. They are ruled out for good reason, they are too dangerous. Personally I prefer the hands as striking tools, however one accurate powerful kick can finish the fight in an instant.

I was trying to think of a situation where I have used a kick above the waist line in a real fight and I could only think of it happening on one occasion. It happened one night when I was working as a bouncer, to cut a long story short an irate client had been thrown out for some misdemeanour, and rather roughly I might add by one of my colleagues. As he rose from the pavement he decided to vent his anger at the first person he saw, which unfortunately for him was me. He came running toward me screaming like a lunatic, I understandably wanted to keep him at some distance, so I positioned myself correctly, relaxed and delivered a long powerful front kick to his stomach with the heel of my boot which actually took his two feet off the ground and ended the regrettable altercation in a split second. It just felt like the right thing to do at the time.

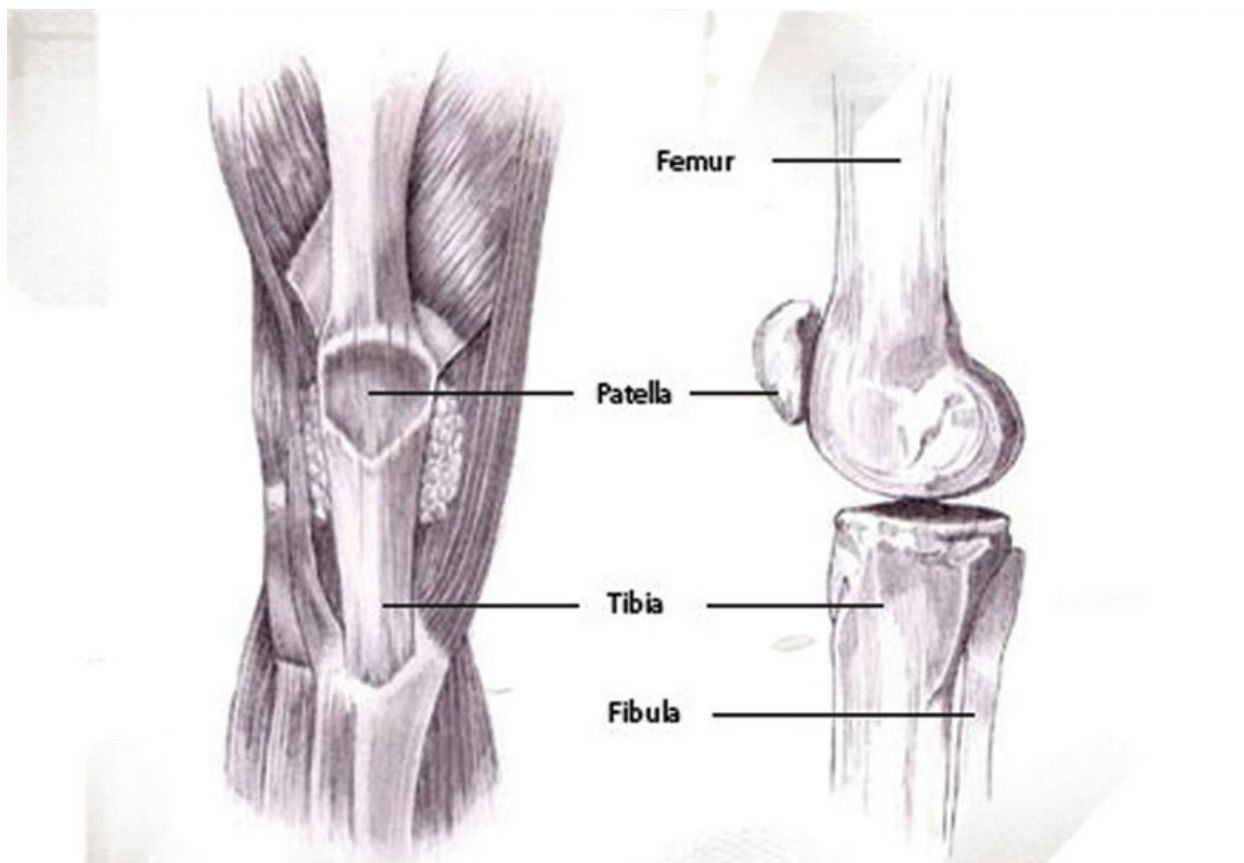
For the purposes of this book we will be aiming the kicks at the lower regions of your attacker, the knees, which are very accessible areas. Practice is the key to becoming proficient with kicking. Adopt your ready position or fighting stance, turn side on and raise the knee and then thrust the edge of your foot downward onto the attackers knee joint with full force, refer to illustrations.

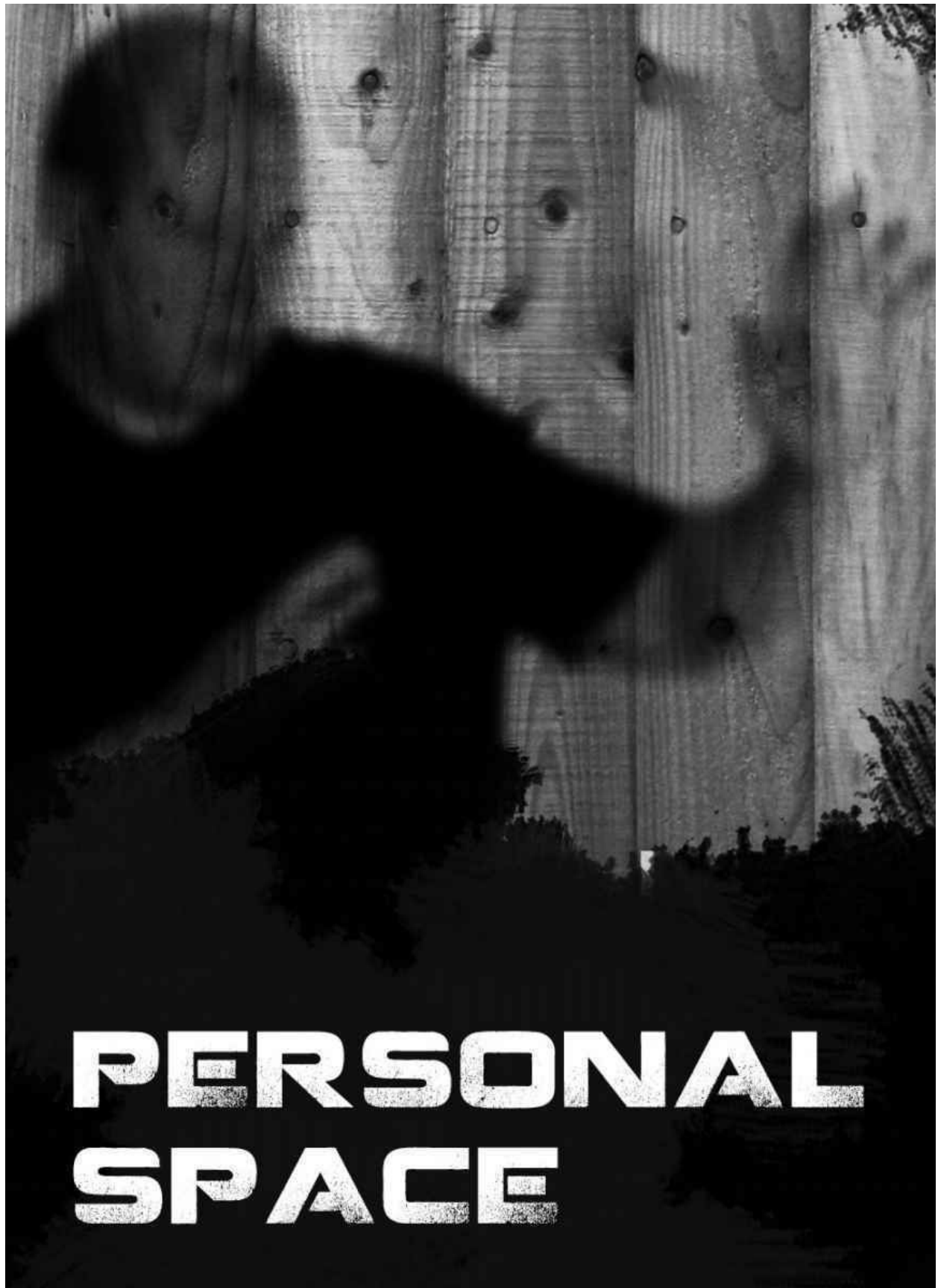


Striking the knee

We have already touched on the subject of kicking to the knee joint, we will now look at this in a little more detail.

As you can see from these detailed drawings the knee is a complex load bearing joint with numerous muscles and delicate tendons attached to it which in conjunction with one another form the structure of this important joint. An attack to the knee using a hard stamp or kick aimed at the back, front or side will cause excruciating pain, possible/probable damage to the cartilage will occur, also ligaments will be torn from their attached areas. Knee injuries do not heal well and if struck with sufficient force the damage could be irreparable.





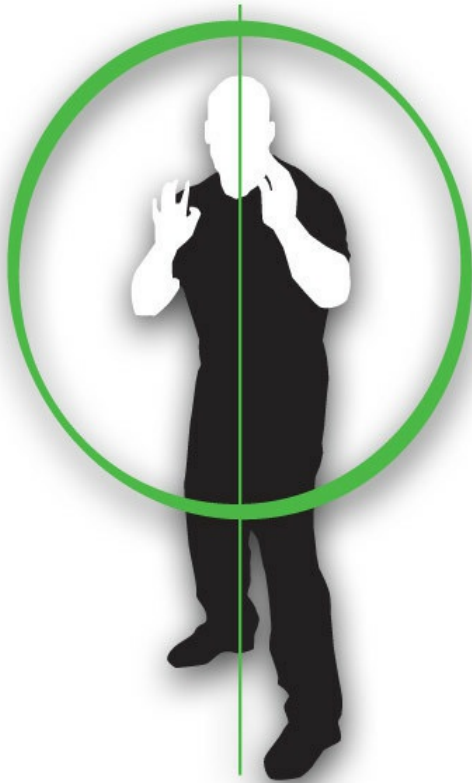
PERSONAL SPACE

The space or distance between you and your attacker is vital. Whilst working as a night club bouncer I always kept people at about an arms length when I felt threatened. I also would imagine a circle of about three or four feet in circumference around me, if someone entered that zone it would automatically raise my awareness to another level, generally when people came too close I would put out my left hand in front of me, it is just basic conflict management body language. Also the left hand being out in front of me acted as a range finder, just in case my instincts were correct.

In every day life for example when someone gets too close to you and you feel that your personal space is being encroached upon or their proximity to you is starting to make you feel a little uncomfortable or nervous, take a small step backwards thereby re-establishing your circle of safety. Don't get paranoid, not everyone who approaches you will have 'bad intentions', you will instinctively know when things are not quite right, you get a feeling for the danger. You decide who you want in your safety zone not them.

Distance is safety.

In fight mode it is important to see the attacker's body movements so you can try to anticipate the attack and initiate your counter, you can't see their hands if you have allowed them to get in too close to you, in doing so you will have limited your chances of avoiding a strike coming at you, especially important in a knife attack situation.



Stances and positions.

Good balance is a necessary requirement when striking a telling blow, The stance you adopt is important for swift movement and the execution of powerful kicks and strikes whilst remaining in a stable and balanced position.

Your feet should be about a shoulders width apart.

The front leg should have the knee bent and inclined slightly inwards which will guard against kicks to the groin, with the hands open and up out in front of you at jaw height. It is important to have your hands up where you can see them, if you can see them you can use them more effectively,[out of sight is out of mind]. This we will call your fighting stance or ready position.

You should be up on your toes and ready to move in any direction. Your left arm should be forward and the left leg also. For left handed people it's the other way around. Elbows tucked in guarding the floating rib area.

Personal space and Blocking.

I am not going to dwell on the subject of blocking for to long. What I am going to say is that I have never 'blocked' a punch in a real fight and also all of the real fights that I have personally witnessed I have never seen any blocking being used. Why? Real fighting is too unpredictable and dynamic.

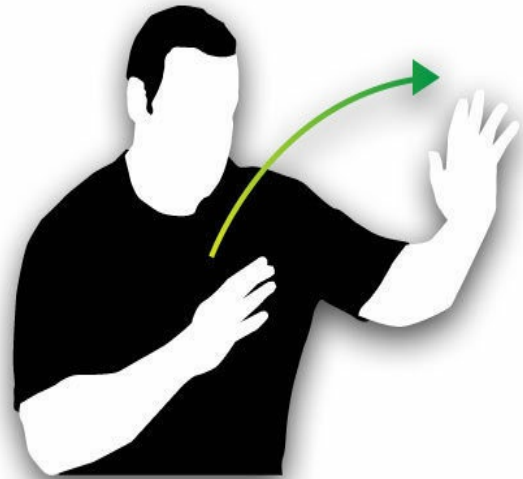
In my opinion it would be very difficult to use traditional Karate blocking techniques with any effectiveness in a real fight. However I would not dismiss it completely, your arms and hands can be used to stop incoming blows. Boxers for example use their gloves and arms to protect themselves when under attack, they cover the head with the gloves and the body with the forearms and elbows [covering up]. By having your arms and hands up and out in front of you in the right positions it is possible to use a shortened version of blocking, the "parry and strike" method as I call it.

There is a difference between blocking a strike and parrying one. Blocking an incoming punch or strike is trying to stop the blow dead, meeting force with

force. Parrying a strike however is about trying to deflect the strike or redirecting it away from it's intended target with a less complicated smaller faster movement. This technique comes from a shortened version of a Karate blocking routine, in Karate this technique is called a shuto uchi uke, a circular outside knife hand block.

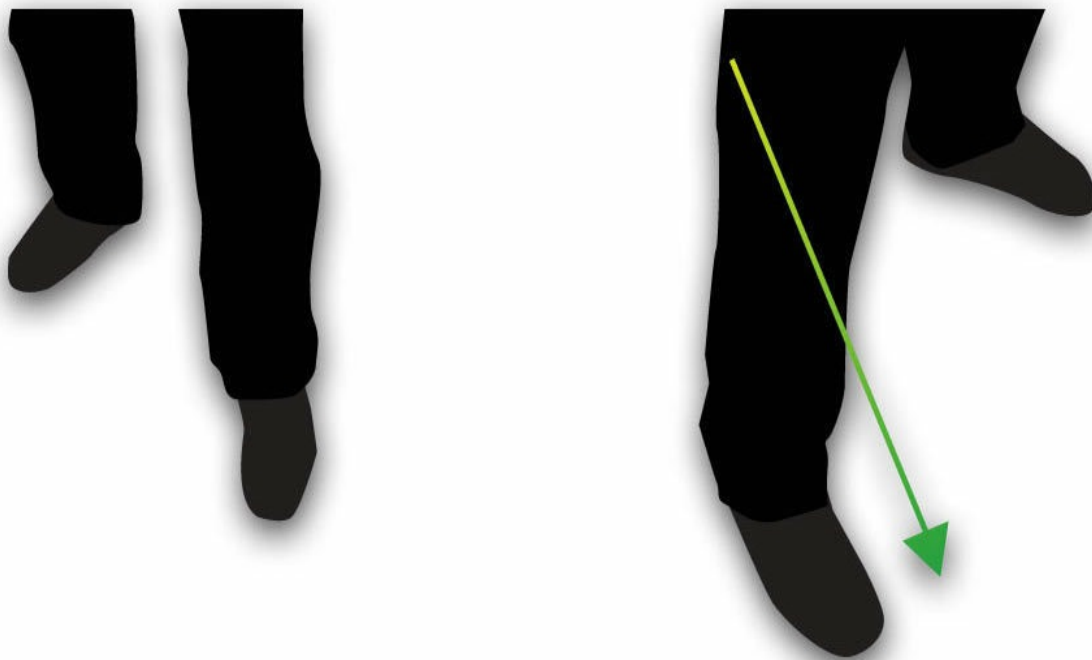
You can't just put your hand in the way of a strike and hope for the best it just doesn't work like that. I always execute a parry as if it were a strike. What you must do is send out the parrying hand to meet the incoming blow, turning the strike away with a small circular movement using the edge of the parrying hand. This technique must be done hard and fast.

Practice sending out the parrying hand to deflect an imaginary strike coming at you.



Evasion.

Getting yourself out of the way of an incoming strike is obviously a good idea. A technique that was shown to me by my old Karate teacher many years ago is the best way I know of practising evasion techniques. When you are walking down the street for example and someone is walking toward you just before you bump into them you move to one side and step out of the way, you have done this unconsciously many times whilst out shopping on a busy high street. The same principle is applied to a strike coming at you. Get your training partner to practice walking toward you and simply step to the side, it is a natural movement. The back leg comes through, forward and around moving the body out of the way and off the centre line into the counter attack position.





COMMON ATTACKS

Common Attacks

People who have little or no knowledge of how to fight often follow their primitive instincts when attacking, some will steam in with the wind milling technique and proceed to throw wild uncontrolled fists at your head, or they may initiate the attack by making a single or double handed grab for your lapels and then strike you with a head butt and a knee in the groin. Or sometimes an attack will commence with a two handed grab around your throat where they will proceed to try and choke the life out of you, and sometimes the fight ends up in the painful and dangerous school yard favourite, the side headlock.

In the following chapter we will look at some simple ways of countering these common attack scenarios.

One of the most common attack scenarios starts off with the attacker seizing you by your lapels in a double or single handed grab. The reason for the grab is to hold you still while they punch you or in some cases to use the head butt and or possibly a knee to your groin. I have seen this type of assault happen many times, I think it could be a natural reaction when someone has lost their temper. The response is to react immediately and strike the attacker. These types of attack will seem easy to counter when practising with your training partner, but when you are attacked for real it is going to feel a little different. Here are some points to remember, don't let your negative thoughts and the effects of adrenaline get the better of you, these techniques do work, they are simple and uncomplicated that's why they work well, don't think, act fast and remember you have all of your natural weapons ready for use.

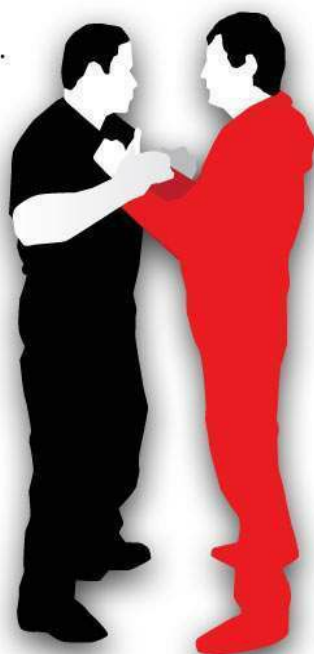
Your attacker has grabbed you with both hands, you will notice that the attacker is quite close this would probably indicate that he wants to strike you with a powerful head butt. The first thing to do is to lower your chin bringing your head down and forward slightly to guard against the headbutt to the bridge of your nose. The proximity of your attacker now brings him into elbow striking range which is one of your most effective natural weapons, **DO NOT HESITATE** as soon as you are grabbed execute a powerful elbow strike to the jaw. **Now make your escape.**

Please note: The hip rotation and your body moving into the attacker at the same time.

1.



2.



3.



Defence against a side headlock.

Many real fights seem to end up in this position with one of the combatants being strangled / choked in a side head lock, a good way of countering this one is to reach up behind the attacker and over his shoulder, then proceed to claw at the eyes. Also you still have your other hand free, striking at the groin from this position also seems feasible, strike the eyes first. As I have said earlier these strategies/techniques are not cast in stone experiment with them.

Please note: The eyes are situated in protective cavities, they also have the protection of the eyebrows and eye lids. The eyes are our most sensitive organs hence the protection. No one can withstand pain to the eyes.



Defence against an over hand right punch.

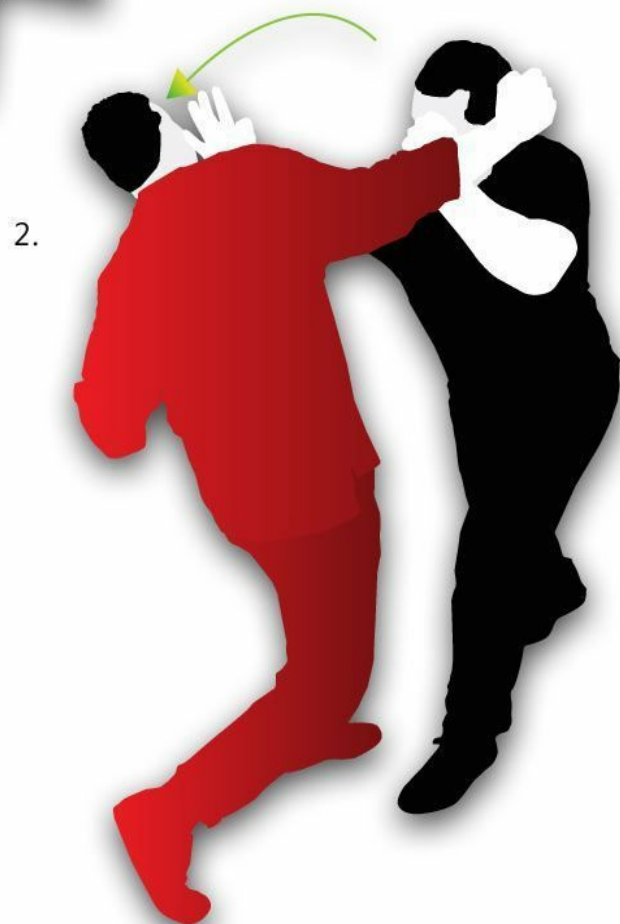
As the attacker throws the right hand punch move into him and block the punch using both forearms and then draw back your fist and strike the attacker on the jaw or temple with a hammer fist blow. Follow the contour of the attacker's upper arm and your strike will not fail to hit the target.



Defence against a right hand punch counter 2.

In this scenario the attacker has thrown a right hand hay maker type punch at your face, these punches are very powerful and if allowed to land on target will cause a knockout or a broken jaw or both, however they are relatively easy to defend against.

Application: Raise your left arm and intercept the punch with your left forearm and then deliver a powerful knife hand chop to the attacker's collar bone using your right hand, one strike may not always be enough it may require one two or even a three strike combination to get the desired result, experiment with the counter strikes.



The up and under, strike and take down.

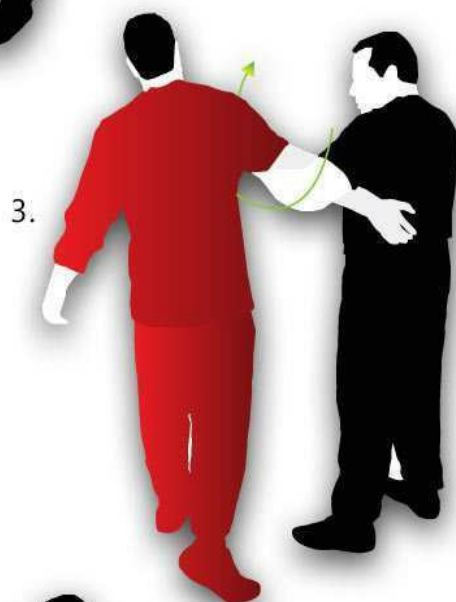
Your attacker has grabbed you, the reason for this type of attack is to hold you still while he punches you repeatedly with his free arm, act with speed and aggression. Move your arm up and inward in a circular motion over the top of the attackers arm and then continue over the arm and then under the attackers arm, you have now trapped your opponents arm against your body in a painful arm lock.

When practising this one be careful not to put too much pressure on your partners arm. But when executing this one for real lift your arm up and forward to increase the pressure on his shoulder and elbow joint.

Fig2. Move your left hand up the inside of your attackers arm.

Fig3/4. Move the arm up and then over and under the attackers arm. Push your arm up and under the attackers arm, trapping it against your body locking it in place.

Fig5. Shift your body position around to your right a little and drive through with an open hand strike to the jaw in one movement.



Immediately after the strike move in on your attacker and grab the clothing on the left side of his shoulder make sure you have a good strong grip, drive into him with your momentum going forward.

Fig6. Step through and kick your right leg out and forward.

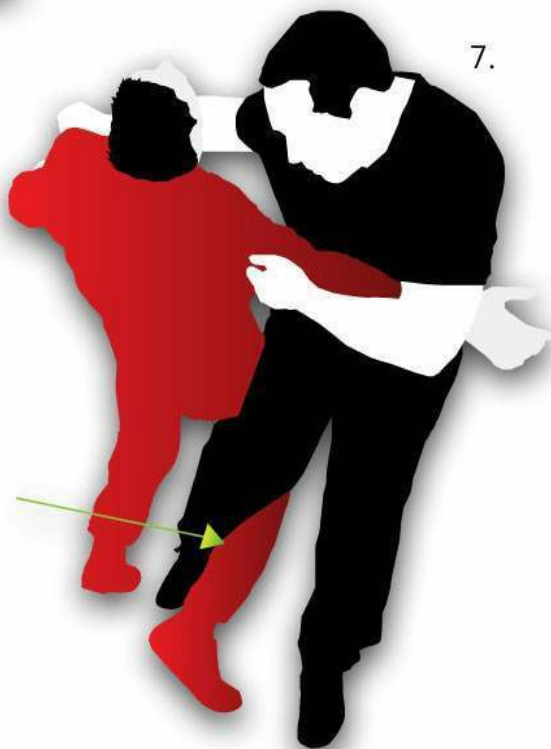
Fig7. Whip your right leg backward as hard and as fast as you can catching the attacker behind the knee. At the same time pulling with your left arm and pushing with your right arm, throwing your body weight forward, at the same time sweeping the attackers leg away throwing him to the ground.

This take down technique requires a little practice to perfect, slowly does it step by step is the best way. Make sure when you are dumping your training partner on the ground make sure that you have a nice soft surface for them to land on.

6.



7.



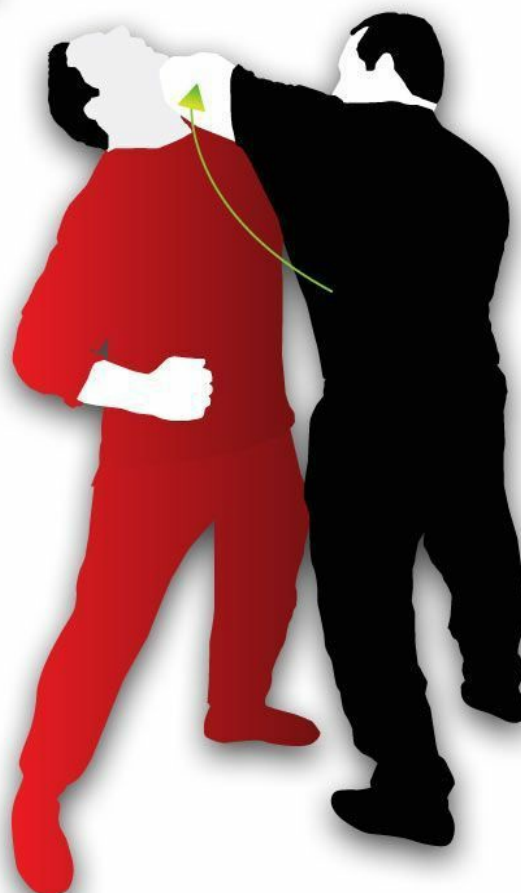
Defence against a left hook.

As your attacker throws a left hook to your jaw quickly parry with your right hand and then simultaneously strike your attacker with a powerful left elbow strike or left hook to the jaw.

These techniques must be done hard and fast.



2.



Fighting on your back.

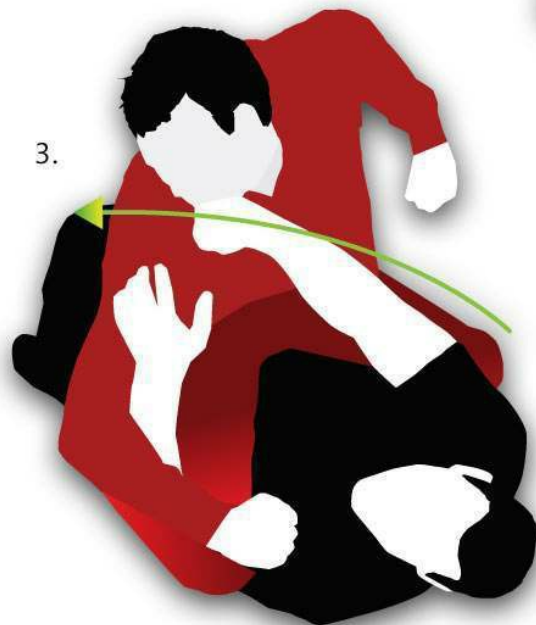
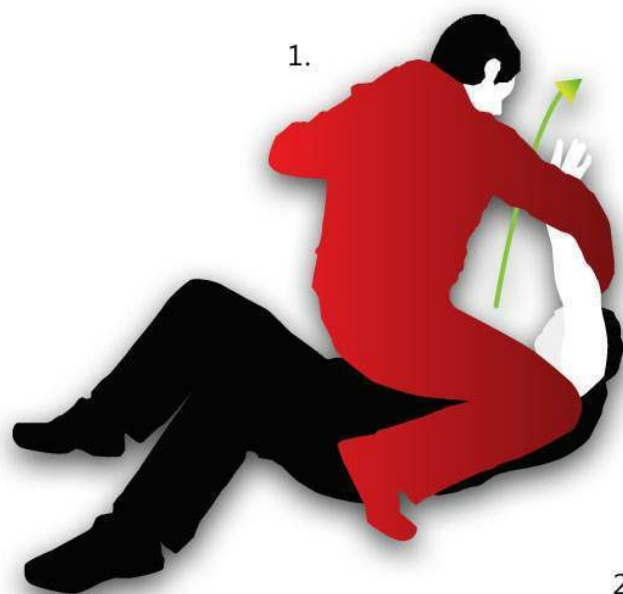
Another common situation you may find yourself in, and one that I have been in a couple of times myself is when the fight has gone to ground for some reason. Many real fights seem to end up in this position, the attacker is sitting astride you on your chest raining blows down into your face. The best way to defend against this one is the parry strike, rock n roll technique. Actually this is a variation on a Judo technique with a strike or two added.

Just because you are on your back it doesn't mean that you can't use your parry and strike methods. Don't limit yourself to one strike, hammer fist and open hand strikes should be used. One may not do the trick, strike out with a series of blows and then move onto the next step.

Fig1. Parry the punch.

Fig2. As you parry the blow grab the clothing with the parrying hand and pull your opponent down to the left.

Fig3. Strike to the jaw hard and fast.



4.



5.



Fig4. Take hold of the clothing on the other shoulder push with the right and pull with the left using your hips and your whole body to break his balance.

Fig5. Now pull him sharply in the other direction. So you end up rocking him in one direction breaking his balance and then rolling him in the other direction to throw him off of you.

Once you have wrestled him off get to your feet and make your escape. Practice is the key to mastering this one.



KNIFE DEFENSE

Knife Defence.

The first means of defense open to the swordsman is to avoid the attack... to be where the sword is not. Hans Talhoffer 1476.

Firstly I would like to state that in my opinion anyone who decides to carry a knife falls into the sub human category, knives are killing tools plain and simple, so why on earth would any sane person want to carry one on the streets? My conclusion is that a person who carries a knife is a probable psychopath and needs help. And for all of those people out there who carry blades with the misguided view of self-defence in mind some recent statistics have shown that knife carriers on many occasions have had their own knives used against them with fatal consequences. The law is quite clear on the carrying of knives; it is totally illegal to be in possession of a knife on the streets of Britain. My advice therefore to anyone who carries a knife is to get rid of it immediately it will only cause you grief in the long run.

In the modern world knife crime is on the increase, what follows is taken from a recent news report. Knife point robberies rise by 10%. The number of knife point robberies rose by 10%, police recorded 15,313 robbery offences involving a knife compared with 13,971 in the 12 months to Sep 2010- a 10% increase. The proportion of offences involving a knife went up by a small margin but there were slightly fewer knife killings, 200 compared with 202 the year before in England and Wales. The fact is that nowadays lots of young men are carrying knives and are without a doubt ready and willing to use them with little or no provocation and think very little of the consequences of taking a life. Tony Melville the spokesman for the association of chief police officers said-
“In many parts of society it now seems to be a credible and normal thing to carry a knife”.

Conception:

What I will advocate in this section is something that was deeply and seriously researched, practiced and then adopted as a realistic possibility to successfully defend against a knife attack, the sets of techniques that you are about to see are what I and some of my brethren adopted whilst working on the doors of clubs and pubs back in the nineties. At the time we felt that it was essential for our continued survival to try and discover a simple and effective strategy in readiness and anticipation to combat a deadly encounter with a knife wielding attacker. As I have mentioned at the beginning this stratagem was further compounded when a compatriot of ours was stabbed to death one night whilst working as a bouncer at one of our regular venues. I started my deep research into the subject of knife defence shortly after this dreadful incident by firstly scrutinising the many self-defence and martial arts books that I have accumulated over the decades. Much of what I had subsequently unearthed would be far too difficult for the ordinary untrained person to use with any hope of success; I know this because we tried them all. I also found that there seemed to be an overabundance of unrealistic ideas and notions on this subject, and most of the techniques advocated were far too complicated, risky would be putting it mildly for some and some others that I discovered were almost laughable and would no doubt get you killed if you were to attempt them.

A significant step forward into countering the problem of potential knife attacks began with a book that I've had in my collection since the late seventies, the book is called This is Karate written in 1975 by the late karate master Mas Oyama. At the back of the book there is a small section called Karate v knife and in one photo there is a karate practitioner grabbing the hand that holds the knife of his attacker, this is a small section and doesn't go into too much detail but for me it didn't have too, that photo was enough to get me thinking and from this single photo an idea began to take hold from which a series of techniques began to evolve. And so what finally emerged from the research and much practice was a straightforward strategy. This is where my karate training came in, I concentrated on the evasion techniques that I was familiar with which is basically a method of stepping out of the way of a strike coming at you, this is something that is taught at all karate schools by the way, and I combined these evasion techniques with the

grabbing of the knife hand which was in the photo, to which I then added some karate counter striking techniques. So this is how it all started, I will now show you what we subsequently discovered with this easy to follow step by step fully illustrated section.

This is not the cinema, the counter striking techniques used are not pretty, this is not an art, this is survival.

Your survival is obviously the only priority in a knife attack and it doesn't matter how it is achieved, if you are being confronted by a knife wielding assailant and all that he wants is your mobile phone and your money then give them to him, take a step back and throw the items to the ground and while he is picking them up run away as fast as you can and live to fight another day, material objects can always be replaced.

On the other hand you may have a knife pulled on you during an argument or in the midst of a fight and it may not be possible to make a run for it, in that case you will now have to fight for your life and these 'last chance techniques' as I call them may just get you out of trouble. You must practice the last chance techniques with a serious training partner and make the attacks as realistic as possible, do not use a real knife, we decided to use a real knife when we first started to refine these methods and I was almost stabbed in the process, my friend ex bouncer John (killer) Hughes thrust the large flick-knife at my stomach by mistake when I wasn't quite ready. Luckily my reactions were up to the mark and I used a fast right forearm block to deflect the knife. I'm still here so I suppose it proves that this particular technique does actually work. When you are practising I suggest using a loosely rolled up newspaper to simulate a knife or if you prefer there are rubber knives on the market that are available from most martial arts suppliers.

Signs/ signals/ tells.

When confronted by an aggressive person and a fight is imminent it is important to be able to study your attacker's body movements in order to be able to react with a suitable counter, especially important if your attacker is about to pull a knife. Generally when someone is going to throw a punch for example there are a number of movements that occur beforehand, such as the slight dropping back of the shoulder, the raising of the hand and arm, the clenching of the fist and the slight turn of the hips etc. All of these movements are important signs/signals that you have got to watch out for in order for you to successfully deploy your counter attack. The recognition and immediate reaction to these body movements are key. If you stand in front of a mirror and throw a slow right hand punch aimed at an imaginary opponent's jaw you will see all of these body movements manifest themselves (don't punch the mirror).

In the illustration you will note that a number of body movements which precede the actual drawing of the blade, you will need to be looking out for these tell-tale signs or 'tells' for short that happen just before the attack is initiated, study the illustration carefully, the movements are subtle and are very fast but with the practice of these observational skills you will be able to notice them and react quicker to the danger and therefore will stand more chance of survival.

1.

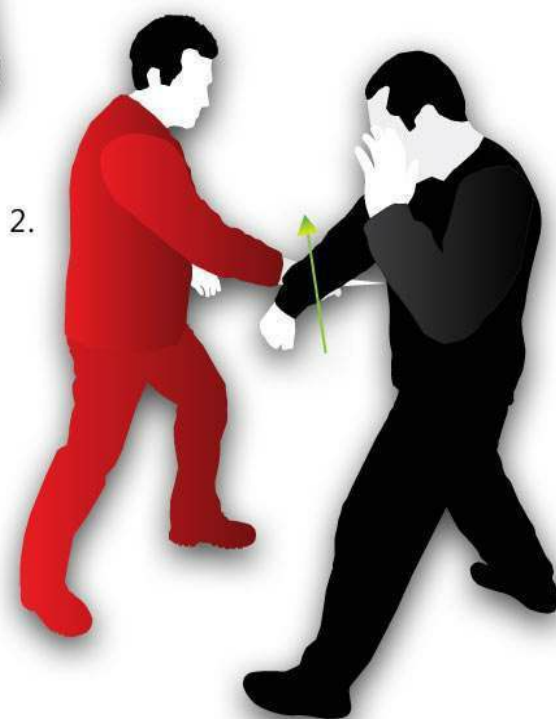


2.



Last chance technique 1: Right forearm block and counter.

In this technique we step off quickly to the left to avoid a knife thrust at your stomach whilst at the same time parrying the knife thrust with a right forearm or knife hand block, the counter will now immediately follow and is a powerful right inner forearm strike to the attacker's throat, jaw or face. 1. Step off to the left 2. Sweep the knife thrust away with a right forearm block 3. Strike with the inner forearm to the attackers face and quickly make your escape. When practising these techniques with your training partner DO NOT USE A REAL KNIFE use a soft plastic or rubber one or something that will not cause you any harm if it strikes your body. There must be no delay in these movements, when engaged in a real situation it must NOT be performed in a 1- 2 -3 type of choreographed movement the whole thing must be done in one sequence. You will understand what I mean when you practice, these techniques will only work if you have put the time in, they must be practised religiously in order to work effectively.



Last chance techniques 2.

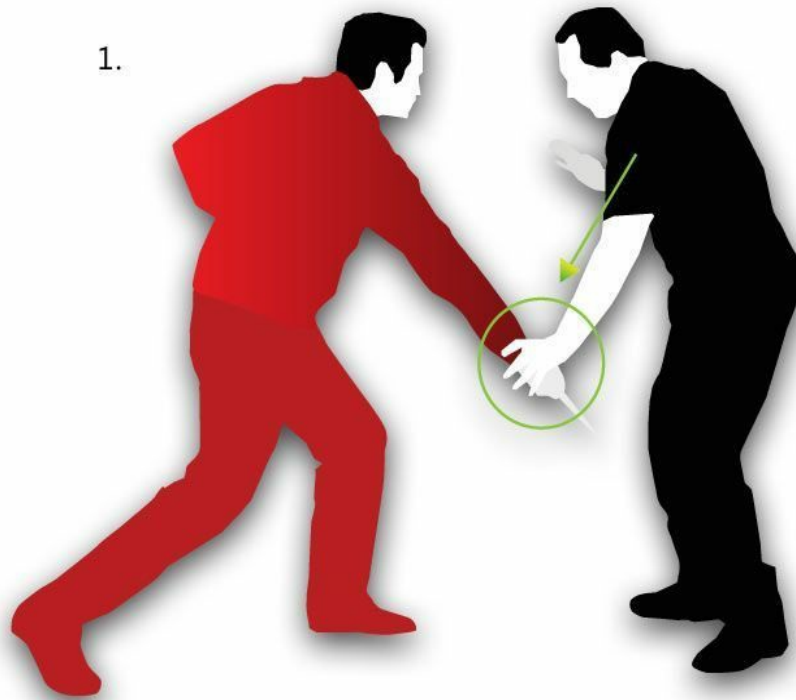
Fig1. The knife is thrust forward at your stomach area. Move and grab the knife hand.

Fig 1/2. Hold onto the Knife hand !

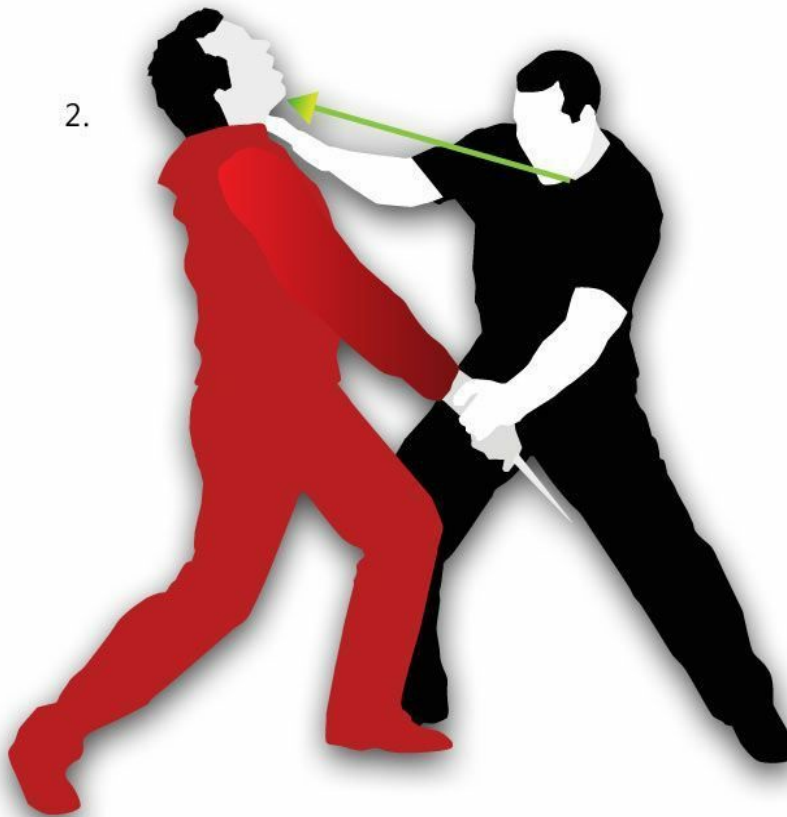
From this position you can now open up with your full range of strikes to the throat, eyes and side of the neck. Knife hand strike, hammer fist, heel of palm. Strike hard and fast. Strike with speed, power and unfeeling aggression.

Rip and tear at the eyes drive your fingers deep into the eye sockets. Use your thumb, take hold of the jaw and push the thumb into the eye. Show no mercy, make your escape as soon as possible.

1.



2.





Last chance techniques 3

This technique is a variation on a previous one, as the attacker thrusts the knife at your stomach you must step to left and parry with your right forearm knocking the attackers knife hand away, you are now in a position to deliver a powerful and crippling kick to the attackers knee joint. 1. Step off to the left. 2. Parry the knife thrust. 3. Stamp onto the attackers knee joint and make your escape.

1.



2.



3.



4.



Chair defence against a knife attack.

A chair or bar stool can be used very successfully to defend against a knife attack; the legs of the stool or chair give good distance between you and the blade. The legs of the chair are the key and can be used very effectively for fending off your attacker by jabbing the legs of the stool/chair into the throat, eyes and face of your assailant to keep them at bay. The seat of the chair will act as a shield whilst the legs of the stool can be used offensively, and if the legs are driven hard enough into your attackers face they will inflict serious injury.

The best way to use this technique is when the attacker draws the blade, quickly get the stool up between you and the knifer, don't wait, aim one of the legs at his face and start thrusting the leg of the stool immediately into his face as hard as you can as he comes at you, (refer to illustrations) and keep punishing him with vicious thrusts until he gives up or goes down to the floor and when the opportunity arises quickly make your escape.

Application.

Step 1. Get behind the stool/chair making sure it is now between you and your attacker.

Step 2. Grab the stool/chair pick it up and point the legs of the stool toward the knifer, make sure one of legs of the stool is aimed at your attackers face.

Step 3. Draw back the stool/chair and thrust the legs into the attackers face.

Step 4. Do not hang around to admire your handiwork once the attacker has been subdued make your escape as quickly as you can.

1.



2.



3.



4.



Everyday objects and personal attack alarms

There are of course everyday items at our disposal that can be used as weapons, firstly the umbrella, the best ones are the type with a spike on the end and with a good solid handle. The umbrella can be turned into a very useful defensive weapon. Use the umbrellas handle as a club swinging it base ball bat style striking at the vulnerable areas around the head and neck of the attacker, or better still as a spear thrusting it at the attacker's throat or eyes to keep them at bay, shout out as you do so.

Your door keys can be used when at close quarters with your attacker, have one or two from the bunch protrude from in-between your fingers, use them in a stabbing or slashing motion aiming the strikes at your attackers face and eyes.

Briefcases and bags can be used also, some brief cases are quite sturdy and can be used as a shield to deflect incoming blows, the hard edges can be used to counter strike with, somebody engaged in this type of fracas should attract attention, and that's exactly what you want to happen, draw as much attention to the attack as possible.

Other items you could use are, a pen or pencil, a handful of Pepper, hair spray, hot liquids such as tea, coffee etc, all aimed into the face and eyes of your attacker. There are many every day objects around you that could be used effectively, basically anything that has a sharp or hard edge to it; you just have to use your imagination a little.

Personal attack alarms are a good idea, they send out an ear-splitting high pitched shrill designed to confuse and disorientate, activate the alarm and hold it up to your attacker's ear then quickly make your escape, the alarm will also attract everyone's attention in the immediate area. These alarms can be used to help to minimise the threat of Dog attacks, and assaults they can also be used against obscene or nuisance phone calls.

Personal attack alarms are simply operated by pulling a pin or by pressing a button, they are designed to fit on your key ring. There are various types on

the market, some are designed to be worn on the wrist an excellent device for anyone out jogging alone, most are battery powered, but there is a type of canister alarm which is gas powered. They are priced at between £5 and £10 each. Ideal for anyone concerned for their personal safety whilst out and about. Below is a list of companies that currently supply personal attack alarms and other security products.

www.c-p-p.co.uk tel: 0845 125 9640.

www.personalalarms.com

www.personal-attack-alarms.co.uk

Walk Easy Ltd, Cambridge. tel: 01223-892623.
fax: 01223-893880.

Closing Remarks

My purpose for creating this book was to give the ordinary untrained person a fighting chance, an edge, some tactics, a strategy, some confidence and hope. The mugger and the street fighter have confidence in what they do because they know what has worked for them on numerous occasions in the past, I want to turn the tables, they expect capitulation, you now have some ideas and the tools to fight back with, in fact you have always had the tools you just didn't know how to use them effectively.

To win one hundred victories in one hundred battles is not the highest skill.
To subdue the enemy without fighting is the highest skill.
-SUN -TZU

