

# Things to aim for

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- Fluid movements
- Use the attackers momentum
- Environmental awareness
- Slap flinch training –
  - 1. shoulders up and chin down
  - 2. add shell with hands over head. The closer the more side cover needed.
  - 3. step into opponents body
  - 4. combine 2 and 3
- Shut down attacks before they occur and prioritise the most damaging – “five swords”
- Always moving

# Things to avoid

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- Set locked stances
- Partners not performing attacks fully as trying to help
- Moves outside of your field of vision
- Using techniques too aggressive for the situation
- Avoid being unbalanced
- Closed hand and tense muscles
- Telegraphing your moves

# Advantageous Things to Know

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- The slip (dodging a straight punch to the face) – step in, shoulder pop 45 degrees down to get head out of the way – train with noodles?
- The rear slip – lean back and shoulders back but keep chin tucked in. The rear slip fade – hooking with the front arm when on the defensive – think Snatch against Gorgeous George
- Fighting big people – try and step around them and use their clothing to an advantage.
- Focus on fibre recruitment – weights, elastic recoil bands to make a force to fight to make more of your muscles work, then remove them
- Knees can't take damage so hitting slightly to the side of the kneecap is always a good way of taking down an attacker, as well as the lower quad.

# Studies show these **Unarmed Assult Techniques** to be the main attacks on the street

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- One handed shove
- Two handed pushes
- Haymaker
- Push + haymaker combo
- Single hand grabs
- Two handed grabs
- Grab + punch combo (hockey punch)
- Push + pull combo
- Headlock Standing
- Headlock Ground

## Finger locks

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- Grabbing the finger when being 'aggressively poked' is a good speed training exercise but also with a slight twist can provide a small pain in warning without violating reasonable force. This could turn into a hold if aggressive action continues