

As we go into this video, it's very, very important for your understanding of the techniques and tactics that we'll be looking at in these self-defense applications of takedowns, that we learn to distinguish right from the start the three main forms of combat in which you may have to apply takedowns. There are more forms of combat than this, and within each one of the three that I talk about, there are many sub-variations, but let's start with a simple way of breaking down combat into three main scenarios in which you'll have to work. The first pertains to what most people think of when they think of a street fight or a self-defense situation. This is a one versus one altercation between two people without weapons. So you have one guy squares off with another guy, no weapons involved, and they go at each other old school, one versus one. In this kind of situation, the classical four-step method of jiu-jitsu works extraordinarily well. Then we have a second kind of combat, which I often refer to as melee combat. This is where more than one person is involved, sorry, more than two people are involved, and often it's a dynamic group of people, and it's not always clear who are the people who are actually involved and who are not. There are people hanging on the sidelines who could become involved at any given second, depending upon what's going on. There's a lot of confusion. This person appears to be involved, that person appears to be, this guy seems to be a bystander but could be involved 10 seconds from now. Whenever you have a wild melee, crazy things start happening, and it completely changes the dynamic of the combat. Let's understand that one versus one fighting is like chess, but the moment you go into a melee, it switches from chess to 3D chess. Think about the idea that when you play on a single chess board, all you have to worry about is that board, but when you play 3D chess, you have your pieces spread over three different boards. That's kind of what melee fighting is like. You have a given position that might be good relative to the person underneath you, but very bad compared to the person who's standing over here. You're down on the ground, they're standing, they can be doing anything they want. Things get very complicated and very dangerous very quickly under melee conditions. Often in a melee, people will pick up improvised weapons. They'll pick up a bottle, which happens to be sitting on a table close by. They'll pick up chairs, tables, et cetera, et cetera. The situation can go from controlled to completely uncontrolled very, very quickly. That's our second form of fighting, where everyone is unarmed, but there's a melee going on and there's the danger of all kinds of unforeseen circumstances, improvised weapons, et cetera, et cetera. The third scenario in which you may find yourself is situations where weapons are involved. This completely changes the dynamic of what you want to be doing. In these situations, takedowns might be completely inappropriate, depending on the circumstances. Now, please understand that in those three scenarios, what is appropriate and good for one scenario may end up being very destructive to you in another scenario, and that sometimes the situation can change very fluidly. You can think the person you're going with is unarmed and think, hey, I'm in a one-on-one unarmed encounter. The guy pulls out a pocket knife and suddenly he's armed. Conversely, a melee with the presence of improvised weapons can go from person versus person to person versus armed person very, very quickly. But those are the three major categories of combat that we work with. Obviously, within those, there are many sub-variations, but those are the broad categories, and you must be cognizant of these, and you must understand that what is appropriate and good in one context may well end up getting you hurt in another context. So let's distinguish between one-on-one without weapons, melee fighting where multiple people are involved and it's not always clear who is involved and who's not, and weapons fighting where the potential dangers and pitfalls go up astronomically. Three scenarios. Don't mix them up. They're very different and your response to them must reflect that.