

Based Personal Protection, Krav Maga and it is a fundamental of American Kenpo. As you advance through the ranks, defensive moves such as blocks, parries and checks start doubling as strikes. For example, an inward block becomes a hammer-fist across the jaw as it moves to intercept a punch. After the initial step offline and deflection, all follow-up moves continually push into the attacker keeping him off balance and forcing him backwards. Real fights are in close. They are dirty, ugly and nasty. The highly choreographed fights in movies are spread out for the audience to see; they have no bearing on reality.

Finally, and this might be the toughest aspect, the attacker must be made to feel pain. The average person finds the idea of hurting another human deplorable. The military spends billions of dollars training soldiers to overcome this innate inhibition to causing others pain. The mental block to intentionally causing another human pain is one reason millions of people can live alongside one another in cities. The definitive book on this subject is "On Killing: The Psychological Cost of Learning to Kill in War and Society" by Col. Dave Grossman, required reading at all US military academies and most Officers Candidate Schools.

Violent criminals have no moral restrictions against inflicting pain. Due their socio-economic environment or just how they are wired, many criminals only understand pain. Asking nicely, pleading or begging will not end the attack. They must be told to stop and the language used is pain.

The criminal attacker must be struck definitively and with appropriate force. He needs to feel it. It needs to penetrate his consciousness and he must realize there is more where that came from. Simple taps, play punches or some of the wussy stuff thrown in the dojo will not communicate, "STOP." The message must clearly state: "Stop attacking," and "Stop now." The thug must

clearly understand that you are a hard target, it was a bad idea to initiate this exchange and it is in his best interest to quit now and run away.

Think of it in these terms. What does Pepper Spray do? It inflicts pain and incapacitates. What does a Tazer do? It inflicts pain and incapacitates. You are essentially doing the same thing, but manually. The goal is the same. The result is the same. The only difference is the tool applied.

There is a "Use of Force Ladder" or "Use of Force Continuum" that is the legal standard for the amount of force that can be used in self-defense. It is a long discussion and out of scope for this article. It is strongly recommended the reader investigate, seek instruction and learn the appropriate level of force that can be used in response to varying types of attacks.


Additionally, once the thug ceases his attack upon you, once he is incapacitated, he submits or runs away, you are bound by law to cease your positive defense. The moment your attacker is incapacitated, you must stop or you risk being seen as the aggressor in the eyes of the law.

Are there times when submitting is safer than a positive defense? Absolutely. Nothing is ever 100% and sometimes just curling up and taking some punishment will result in less overall damage than fighting back. Those instances are commonly used when facing overwhelming power, when fighting back will just anger the person or persons more resulting in a more severe beating and you know death or crippling injury will not result. The most common examples involve family abuse. Simply put, those situations are horrible. However, they are also reality and do occur. Understand though that submitting is merely a short-term survival option. Often the only long-term solution is to completely remove oneself from the environment that led to the situation to begin with. There are many free community and private outreach programs that help people in such circumstances. Take advantage of them. **TW**



MOVE OFF THE
LINE OF ATTACK

attack
the attacker



KEEP KICKS LOW AND AIMED AT THE PELVIS
PLANT FORWARD WITH EACH STRIKE

attack
again

BUCKLE OR SWEEP
THE LEGS AND ESCAPE