

KEEP CALM AND DEFEND YOURSELF



**Basic self defence guide to the 10 most common
attacks in the United Kingdom**

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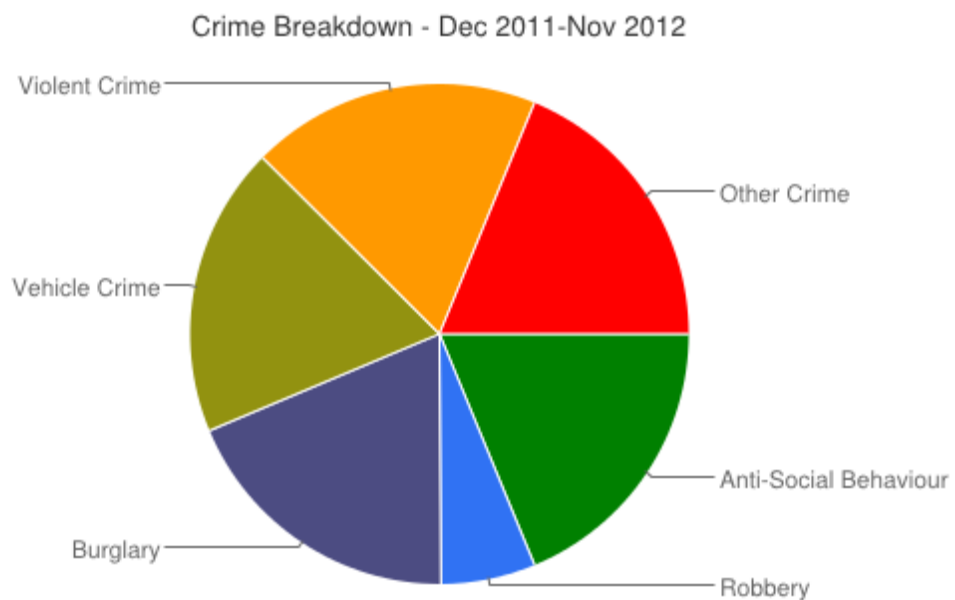
The United Kingdom is the violent crime capital of Europe and has one of the highest rates of violence in the world, worse even than America.

Analysis of figures from the European Commission showed a 77 per cent increase in murders, robberies, assaults and sexual offences in the UK since 2009.

The total number of violent offences recorded compared to population is higher than any other country in Europe, as well as America, Canada, Australia and South Africa.

The UK had a greater number of murders in 2007 than any other EU country – 927 – and at a relative rate higher than most western European neighbors, including France, Germany, Italy and Spain.

This Pie chart, curtsy of Dan Lewis from UKCRIMESTATES.com, shows the portion of violent crimes and Anti-Social Behavior (ASB) compared to other crimes recorded from December 2001 to November 2012



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The following information was supplied by B McGuire from office for national statistics.

This Data represents different crimes in England and Wales for the year July 2011 until June 2012

This release presents crime statistics from two different sources:

The Crime Survey for England and Wales (CSEW, previously known as the British Crime Survey),
and police recorded crime.

Violence

Violent crime covers a wide range of offences, from minor assaults such as pushing and shoving that result in no physical harm through to serious incidents of wounding and murder.

Selected offence type

Violence against the person offences	747448
Violence against the person - with injury	328642
Violence against the person - without injury	418806
Violence against the person rate per 1,000 population	14

Offences involving knives and sharp instruments

Data for selected serious offences recorded by the police involving the use of a knife or sharp instrument have been collected for a number of years. In the year ending June 2012, the police recorded 29,513 offences involving a knife or sharp instrument.

Selected offence type

Attempted murder	235
Threats to kill	1145
Actual bodily harm & grievous bodily harm	12198
Robbery	15470
Rape	207
Sexual assault	65
Total selected offences	29320
Homicide	193
Total selected offences including homicide	29513

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Offences involving firearms

Provisional statistics for the year ending June 2012 are available for police recorded crimes involving the use of firearms other than air weapons (referred to as 'firearm offences'). Firearms are taken to be involved in an offence if they are fired, used as a blunt instrument against a person or used as a threat.

Provisional figures for the year ending June 2012 show that 5,507 firearm offences were recorded in England and Wales.

Firearm offences	5,507
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Sexual offences

It is difficult to obtain reliable information on the extent of sexual offences as it is known that a high proportion of offences are not reported to the police and increases in recorded figures may reflect changes in reporting rates rather than victimization. For these reasons, caution should be used when interpreting trends in these offences

Selected offence type

Sexual offences	52,178
Most serious sexual crime	42,976
Other sexual offences	9,202
Violence against the person rate per 1,000 population	1

The purpose and aims of this guide book is to identify the 10 most common street attacks and give detailed advice on how to stay safe and avoid dangerous situations.

Experts in different fields and disciplines of martial arts and self-defense will give step by step instructions on how to defend the attacks.

Included in the guide book will be different exercises and defense drill that can be added to instructors existing classes.

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The Law and Self Defence

The following information is provided by Eric Baskind LL.B (Hons), FHEA, MCI Arb for guidance purposes only. Current legislation and case law are subject to frequent change.

Individuals may face legal proceedings if they use force against an assailant and in so doing cause injury (or death) to that assailant.

The law relating to self-defense is extremely complex and these pages will try to provide an insight to these laws as they stood from 13 January 2013.

The lawyers' practitioner's text (Archbold 19-41) states:

"It is both good law and good sense that a man who is attacked may defend himself. It is both good law and good sense that he may do, but only do, what is reasonably necessary."

With regards to self-defense, the concept is present in both at common law and by statute and states that a person can use reasonable force to:

- defend himself from attack
- prevent an attack on another person
- defend his property

If the victim strikes an attacker in self-defense, he could contend at common law that he was using reasonable force to defend himself. He could also contend that he was using reasonable force to prevent a crime from being committed, namely an assault against himself.

Mr. Baskind continues to state :

"If the victim strikes an attacker in self defense, he could contend at common law that he was using reasonable force to defend himself. He could also contend that he was using reasonable force to prevent a crime from being committed, namely an assault against himself."

The authority for self-defense can also include the defending of others. It is justifiable to use reasonable force to assist another person who is under threat of attack.

The Law and Self Defence

The examples Mr. Baskind give:

"In Rose (1883) 15 Cox CC 540 the accused was acquitted of murdering his father, whom he shot dead, whilst the father was launching a murderous attack on the accused's mother.

Similarly, in Duffy [1967] 1 QB 63 the court held that the accused was justified in using reasonable force in order to defend her sister; not because they were sisters, but because "there is a general liberty as between strangers to prevent a felony".

The court in Hussey (1924) 18 Cr App Rep 160 held that the defense may also be used in the protection of property. In this case, the accused had fired a gun through a hole in the door which was made by his landlady who was attempting (wrongly) to evict him from his home. The landlady was injured. Lord Hewart CJ said that the accused was in exactly the same position as a man who was defending his home and that such actions could be lawful."

Prior Warning

There is a myth that a person who has received combat training is obliged to warn their attacker prior to defending themselves. This is not the case. Both a trained and untrained person will be treated equally by the law, but a jury may find that their actions were not reasonable due to his/her training.

When discussing retreat rather than defending yourself, it is always better to remove yourself from a dangerous situation rather than engage in a physical altercation.

This is also true from a legal stand point, However:

"In the case of Julien [1969] 1 WLR 839 the court held that retreating was seen as a pre-requisite of establishing the defence of self defence. It was said that the defender must "demonstrate by his actions that he doesn't want to fight". This case was followed by McInnes [1971] 1 WLR 1600 where the reasonableness of the defender's actions might be looked at in the light of his willingness to "disengage and temporise".

However, this is no longer the current position in English law.

The present position is stated in Bird [1985] 1 WLR 816 where the Court of Appeal said that a demonstration by the defender's conduct that he did not want to fight is the best evidence that he was acting reasonably and in good faith in self defence; but it is no more than that. A person may in some circumstances act lawfully in self defence without temporising, disengaging or withdrawing.

However, if the only reasonable course of action is to retreat, then to stand and fight would likely be seen as using unreasonable force."

The Law and Self Defence

"Reasonable force"

Reasonable force is an important term and aspect of self-defense, both during the event and afterwards. In *Palmer [1971] AC 814* (Privy Council) Lord Morris said:

"If there has been an attack so that the defence is reasonably necessary, it will be recognized that a person defending himself cannot weigh to a nicety the exact measure of his necessary defensive action. If a jury thought that in a moment of unexpected anguish a person attacked had only done what he honestly and instinctively thought was necessary that would be most potent evidence that only reasonable defensive action had been taken."

Guidance on reasonable force can now be found in the Criminal Justice and Immigration Act 2008, section 76 (7) of which states:

- (a) that a person acting for a legitimate purpose may not be able to weigh to a nicety the exact measure of any necessary action; and
- (b) that evidence of a person's having only done what the person honestly and instinctively thought was necessary for a legitimate purpose constitutes strong evidence that only reasonable action was taken by that person for that purpose.

The question of reasonable force within the confines of self-defense can be explained as:

Using enough force to stop and control the incident that the person defending themselves thought was honestly and instinctively necessary.

The Law and Self Defence

Reasonable force is, of course, subjective to all parties involved.

The direction that trial judges provide to juries, as set out in the Judicial Studies Board specimen direction on self-defence:

"You must first ask whether the defendant honestly believed that it was necessary to use force to defend himself at all ...

If you are sure that the defendant did not honestly believe that it was necessary to use force to defend himself, he cannot have been acting in lawful self-defence, and you need consider this matter no further. But what if you think that the defendant did honestly believe or may honestly have believed that it was necessary to use force to defend himself?

You must then decide whether the type and amount of force the defendant used was reasonable. Obviously, a person who is under attack may react on the spur of the moment, and he cannot be expected to work out exactly how much force he needs to use to defend himself. On the other hand, if he goes over the top and uses force out of all proportion to the [anticipated] attack on him, or more force than is really necessary to defend himself, the force used would not be reasonable. So you must take into account both the nature of the attack on the defendant and what he then did..."

Pre-empted response

The law permits a person to prepare to repel an attack unless the defender in question intentionally provoked the attack.

In the Northern Irish case of *Browne [1973] NI 96* Lowry LCJ stated:

"The need to act must not have been created by conduct of the accused in the immediate context of the incident which was likely or intended to give rise to that need ... Where a police officer is acting lawfully and using only such force as is reasonable in the circumstances in the prevention of crime or in effecting the lawful arrest of offenders or suspected offenders, self defence against him is not an available defence."

The Law and Self Defence

The use of “excessive force”

If the Court finds that the accused has used excessive force whilst defending themselves, then he/she will be guilty of a more serious offence.

Mr. Baskind explains:

“This was seen in the case of Clegg [1995] 1 All ER 334 where the accused, a soldier on duty in Northern Ireland fired four shots at a car (later known to be stolen) which failed to stop at a checkpoint. The Court accepted that the first three shots were fired either in self defence or in defence of the accused's colleagues, but the fourth, which killed a joyrider in the car, was not so fired on the ground that the car had by then passed the checkpoint by some 50 feet. The House of Lords upheld the accused's conviction for murder. It made no difference that the force had been used in the prevention of crime or arresting an offender or that the accused was a soldier or police officer acting in the course of his duty.”

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Staying Safe on the Streets

Robbery and assault are serious crimes. While money is often the motivation, these incidents are considered crimes of violence because they involve the threat or actual use of physical violence. Thankfully such offences are rare, but it always pays to be thinking about keeping safe and alert at all times.

The basic rules of prevention are to be sensible and to be alert. The following tips will also help reduce the risk of robbery or assault:

Personal Safety Tips on the Street

- If possible, don't walk alone during late-night hours. Walk in groups whenever you can - there is always safety in numbers.
- Let a family member or friend know your destination and your estimated time of arrival or return. That way, the police can be notified as quickly as possible if there is a problem.
- Stay in well-lit areas as much as possible. Avoid alleys, vacant car parks, wooded areas, and other short-cuts or secluded areas. They are usually not well-lit or heavily travelled.
- Walk on the pavement whenever possible. Walk close to the curb, avoiding doorways, bushes, and other potential hiding places.
- If you have to walk in the street, walk facing traffic. A person walking with traffic can be followed and surprised more easily than a person walking against traffic.
- Walk confidently, directly, and at a steady pace. Don't stop to talk to strangers.
- Wear clothing and shoes that give you freedom of movement. And don't burden yourself with too many packages or items.
- Always be aware of your surroundings. If you are wearing headphones, don't turn up the volume so high that you cannot hear outside noises.
- Never hitchhike or accept rides from strangers.
- Report any suspicious activity or person immediately to the Police on 101. Or, if it is an emergency, dial 999
- Avoid carrying large sums of cash, or displaying expensive jewellery in public.

Basic Street Smarts

- Wherever you are - on the street, in an office building or shopping centre, driving, waiting for a bus or subway - stay alert and tuned in to your surroundings.
- Send the message that you're calm, confident, and know where you're going.
- Trust your instincts. If something or someone makes you uneasy, avoid the person or leave.
- Know the neighbourhoods where you live and work.
- Check out the locations of police and fire stations, public telephones, hospitals, and restaurants, or stores that are open late.

Staying Safe on the Streets

If Someone Tries to Rob You

- Don't resist. Give up your property—your safety is more important than your property!
- Stay as calm as you can and try to retain as much detail of the offender as possible.
- Report the crime to the police. Try to describe the attacker accurately. Your actions may catch the person responsible and help prevent others from becoming victims.
- Self defence measures are most effective when applied as preventive steps - avoiding the crime in the first place. These measures include running away, hiding, screaming, and raising an alarm - remember, more people will respond to someone yelling "Fire" than they will to "Help!"

Automated Teller Machine (ATM) Safety Tips

- Try to use machines you are familiar with, and try to use terminals located in banks rather than independent terminals.
- Be aware of your surroundings. Look around before conducting a transaction. If you see anyone or anything suspicious, cancel your transaction and go to another ATM.
- If you must use an ATM after hours, make sure it's well-lit.
- Never walk away from an ATM with cash still in hand. If you are going to count your money, do so at the ATM.

Preventing Assaults

While some assaults are unavoidable, use the following tips to make sure simple arguments do not turn violent or deadly:

- If you are involved in a heated argument that appears to be turning violent, walk away. If you stay and fight "to prove something," you will only demonstrate poor judgment in almost every instance.
- Never carry a firearm, knife, or other illegal weapon. A weapon will definitely escalate the situation, and it could ultimately be used to harm innocent people or yourself.
- Avoid excessive drinking, or if you have been drinking, recognize its impact on your judgment. Alcohol is a contributing factor in many assaults.

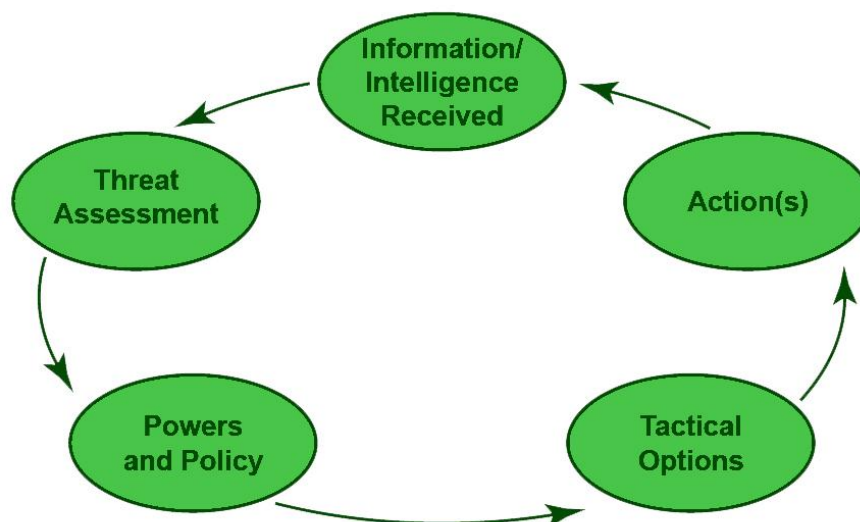
If you see an assault in progress, dial 999 immediately to alert the police. Do not jump into the fray, unless it is a last resort to prevent more serious injury

Conflict Management

Whenever possible it is the best course of action to control and neutralise any threat towards yourself or others. The best self-defense will always be to avoid physical confrontations rather than actively seek it out.

When faced with a confrontation, generally you should categorize the situation as a “high risk” or “unknown risk”. This does not suggest that a situation will never be a “low risk”, but you cannot afford complacency when in a dangerous situation on the streets. What is important is that where no immediate obvious risk or threat is identified, you must remain aware of the need to maintain safety.

A ‘Conflict Management Model’ has been developed by the themes valley police to support and assist decision making whilst their officers are on duties



The cyclic nature of the model shows the need for constant re-assessment. The situation can change for any number of reasons and at any time.

Conflict Management

Information/intelligence received

An honest and instinctive response to any situation comes from evaluating your surroundings. This may come from what you sees, hears or even feels for yourself. Also information gathered from other people or your own experiences prior to the situation can also be relevant when decision making.

Threat assessment

Once you have assessed the situation, you can intelligently make a decision on the level of threat you are facing. Your instincts will inform you of the other person's intentions via body language or how they communicate with you, you should also be aware of any objects they may be used and also your environment.

You can profile your assailant's behavior as follows:

1. Compliance

The assailant offers no resistance and complies with your requests to calm the situation.

2. Verbal resistance and gestures

The assailant refuses to comply either verbally or, by their body language, non-verbally.

3. Passive resistance

The assailant is not making contact with anyone but is purposely difficult.

4. Active resistance

The assailant is making physical contact with pushes or grabs, but is not actively attack you or others.

5. Aggressive resistance

The assailant physically attacks you.

6. Serious or aggravated resistance

The assailant aggressively and continuously attacks you or others, which presents the possibility of serious injury or death.

Conflict Management

The assailant: Impact factors

- ◆ Sex, age, size of assailant
- ◆ Strength of assailant
- ◆ Skill level of assailant
- ◆ Exhaustion of assailant
- ◆ Injury of assailant
- ◆ Number of assailants
- ◆ Special knowledge of assailant
- ◆ Alcohol consumed by the assailant
- ◆ Drugs taken by assailant
- ◆ State of assailant's mental health
- ◆ Assailant's physiology
- ◆ Assailant's perception of the nonverbal behavior of yourself or others
- ◆ Assailant's perception of imminent danger
- ◆ Assailant being in a position of perceived disadvantage
- ◆ Assailant's perception of your level of force

Object: Impact factors

- ◆ Weapons
- ◆ Vehicles
- ◆ Objects on the ground

Place: Impact factors

- ◆ Environmental features
- ◆ Crowds or venues in the immediate vicinity
- ◆ Other dangers not directly associated with the incident

Powers and policy

Where possible it is suggested that you try and stay within the law. Reasonable force will pay a factor when a physical conflict arises. The nature and force of your response will ultimately come down to your own experience and the situation you find yourself in.

Tactical options

Depending on your own experience and training, your response for each situation will vary. It will be important to respond in the appropriate manner. An aggressive response that leads to the assailant's receiving serious injuries can stop further actions, or fuel further attacks. Also the ramification for your actions, both with regards to the law and "revenge attacks", should be considered if possible.

Conflict Management

Reasonable response options

1. Physical presence

This includes the way you approach the situation, your manner and appearance.

2. Communication skills

Your ability to effectively communicate verbally and non-verbally to calm the situation.

3. Primary control skills

Use of empty hand skills, pressure points, arm-locks, wrist-locks.

4. Secondary control skills

Use of incapacitants or non-lethal weapons.

5. Defensive and offensive skills

Blocks, strikes, takedowns with unarmed skills.

6. Deadly force (rare)

Any action likely to cause serious injury or death. either empty handed or weapon based

Impact factors

- ◆ Your Sex, age, size
- ◆ Your Strength
- ◆ Your Skill level
- ◆ Your Exhaustion
- ◆ Injury to yourself
- ◆ are you alone or with friends
- ◆ Special knowledge
- ◆ Your physiology
- ◆ Your perception of the nonverbal behavior of an assailant
- ◆ Your perception of imminent danger
- ◆ Your perception of being in a position of disadvantage
- ◆ Your perception of the assailant's level of resistance or aggression

Action(s)

Having considered all the above aspects, you are more likely to make an appropriate decision in relation to the situation you find yourself in.

Golden Rules

Mr. S. Caldwell is the founder and owner of Cageddevil Combatives martial arts and self defense school located in Douglas, Isle of Man.

Mr. Caldwell is a qualified instructor for Urban Krav Maga, British Combat Association and Advanced Tactical Combat.

The following information is Mr. S. Caldwell "Golden Rules for Defense":

'Strike First'

Always be proactive, not reactive! Never let your attacker put their hands on you without having a plan of attack and execute this without delay! You are in physical danger and have the right to defend yourself from an unprovoked attack!

'Never Kick Above the Knee'

Feet are for securing your body weight and should be planted firmly on the ground so you can execute your defense with maximum effect. The risk of having your foot caught, slipping on wet or insecure ground, or loss of balance is too great a risk to take on the street! For every success with high kicks there are dozens of horror/comedy stories!

'Breath'

Adrenalized physical confrontations cause great mental and physical stress to the human condition and tension will shut down certain skills we take for granted. Breathing is one of the first things to be affected and without it your oxygen and blood flow will be altered to a point where concentration and motor skills become labored. Learn to breathe under stressful conditions!

'Use Your Fence (verbal and physical)'

Talk to your attacker using your hands at eye level at all times. Allow them to get used to following your hands and answering your questions as this will break concentration if you're still at 'none contact' stage of the confrontation. Break line of sight by positioning your hand(s) between you both on occasion and step back one pace with your right foot and bend knees slightly to secure your base. Bent knees will also prevent them being snapped back with a stamp or tackle.

'Manipulate Sight'

Do this during all stages of your defense! Causing sight dysfunction to your attacker will cause panic, confusion, loss of spacial awareness which in turn will cause other senses to distort. Sweeping your fingers and nails across the eyes or using fingers /thumbs and knuckles to press into the eyeball and into the eye socket is the most effective method of doing this. Use this tactic from start to finish!

Golden Rules

'Ground Your Attacker asap'

It is very important that you find a way to take your attacker to the ground with hands, elbows, knees, head, throws, trips etc at the earliest possible opportunity. Standing toe to toe for a lengthy period will sap energy and you have no idea if they are fitter or stronger than you, therefore risking being out lasted or out muscled. Taking your attacker to the ground should not be confused with going to ground yourself, which should be avoided at all costs! Dump your attacker but never drop lower than one knee when dealing with them!

'Avoid Going to Ground'

Allowing or choosing to go to ground in a physical confrontation should be avoided at all costs! Lack of space and leverage, the possibility of 'outside interference' by third parties, having your head so close to something so solid and the risk of being overpowered and pummeled on the ground should be enough to force you to stay on your feet. Try never going lower than one knee where possible.

'Never Turn Your Back'

This statement will cause controversy among the more liberal of our industry but when confronted by an attacker the idea of teaching anyone to walk away appalls me. Firstly, if they didn't want trouble they wouldn't be in front of you in the first place and therefore you must assume they are there to do harm! Turning your sight and 'weapons' away from danger is the most dangerous thing I've seen being taught in my industry. If a threat appears in front of you it MUST be dispatched without hesitation or uncertainty before you can assume you are safe to walk away. Always walk away facing your attacker and only when you are certain there can be no 'comeback'

'Keep his/her teeth away from you'

The human bite is a poisonous and bacteria ridden attack. It carries many germs, not to mention the excruciating pain it can cause when teeth are sunk into you. Always turn your attackers head away from you using you palm to the jaw bone, temple etc while delivery your retribution.

Golden Rules

'Use Short Range Weapons'

Street combat is nothing like competition fighting and even less like the fights you see on screen. They are ugly, unpredictable but more importantly they are close. Once there has been initial physical contact there is never likely to be much of a break until the end. Punches and kicks can be labored due to lack of space, adrenaline and the fact that they are large motor movements. Elbows, knees and head and not bound by the same restrictions and take little, if any space to execute properly. Think how you would fight in a telephone box because that tends to be the kind of space that would separate you from your attacker once it 'kicks off'. Execute your short range weapons swiftly and with maximum intent until the threat has been neutralized.

'Keep your friends close, bury your enemies deep!'



www.cageddevil.com

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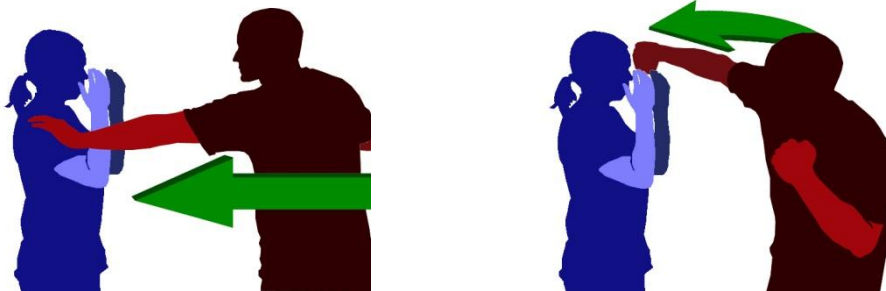
Top Ten

The following manual will outline the ten most common street attacks as stated by Home Office Statistics department.

The information gathered from the Home Office Statistics department is based on crime reports and real life attacks captured by CCTV and logged in order of the most common attacks in the United Kingdom first.

These 10 attacks are in descending order, with the most common first, and as follows:

1. One person pushes, hands to chest, which is normally followed by the pushee striking first, to the head



2. A swinging punch to the head.



Top Ten

3. A front clothing grab, one handed, followed by punch to the head

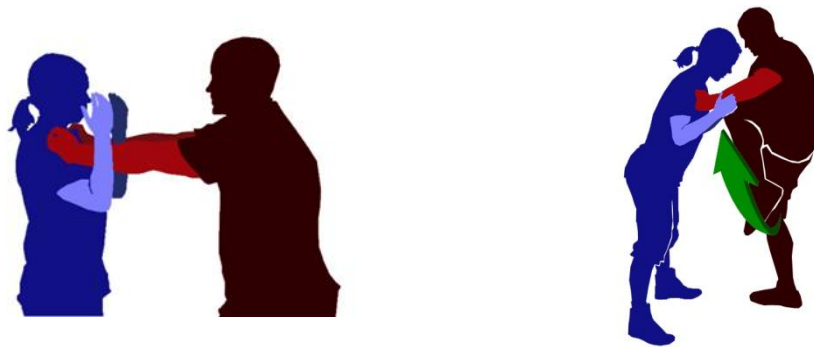


4. A front clothing grab, two hands, followed by a head butt.



Top Ten

5. A front clothing grab, two hands, followed by a knee.



6. A bottle, glass, or ashtray to the head.

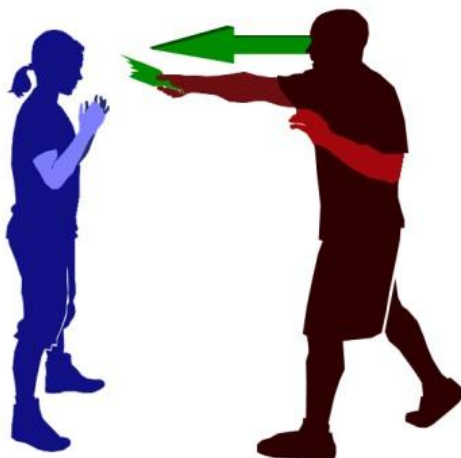


Top Ten

7. A lashing kick to groin/lower legs.



8. A broken bottle/glass jabbed to face



Top Ten

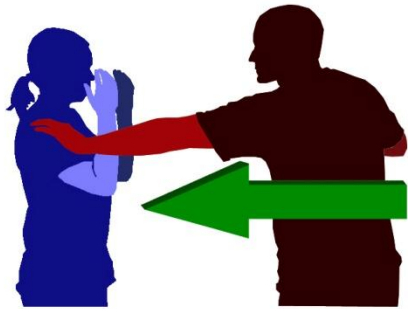
9. A slash with knife, most commonly a 3 to 4" lockblade knife or kitchen utility knife.



10. A grappling style headlock



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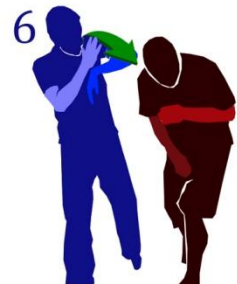
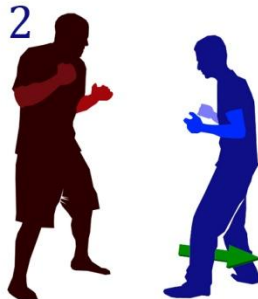


The attacker initiates the confrontation with a push to the chest

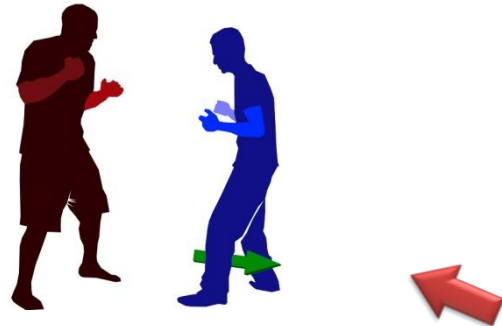


The Push is followed by a wide, swinging hook punch to the head

Attack Defense



MUSA MARTIAL ARTS 최광도

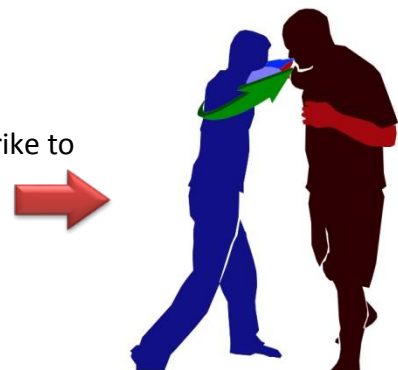


- 1 As the attacker delivers the push, step your right foot back into a dynamic stance to create space between you and the attacker.



- 2 Raise your left arm up to block the impending punch. Aim your left hand to meet the attacking arm at the elbow. Counter by grabbing the arm using a shell grip to secure the triceps.

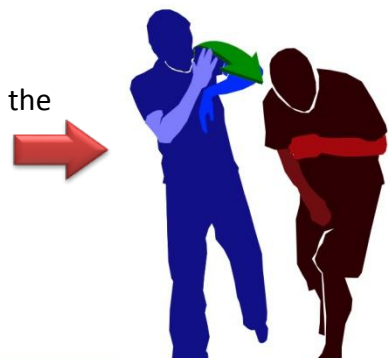
- 3 Respond with a right elbow strike to the attacker's jaw



- 4 Using your right hand on the back of the attacker's head, and with your left hand maintaining control of the attacking arm, pull the attacker's head down and deliver a knee to the attacker's solar plexus.



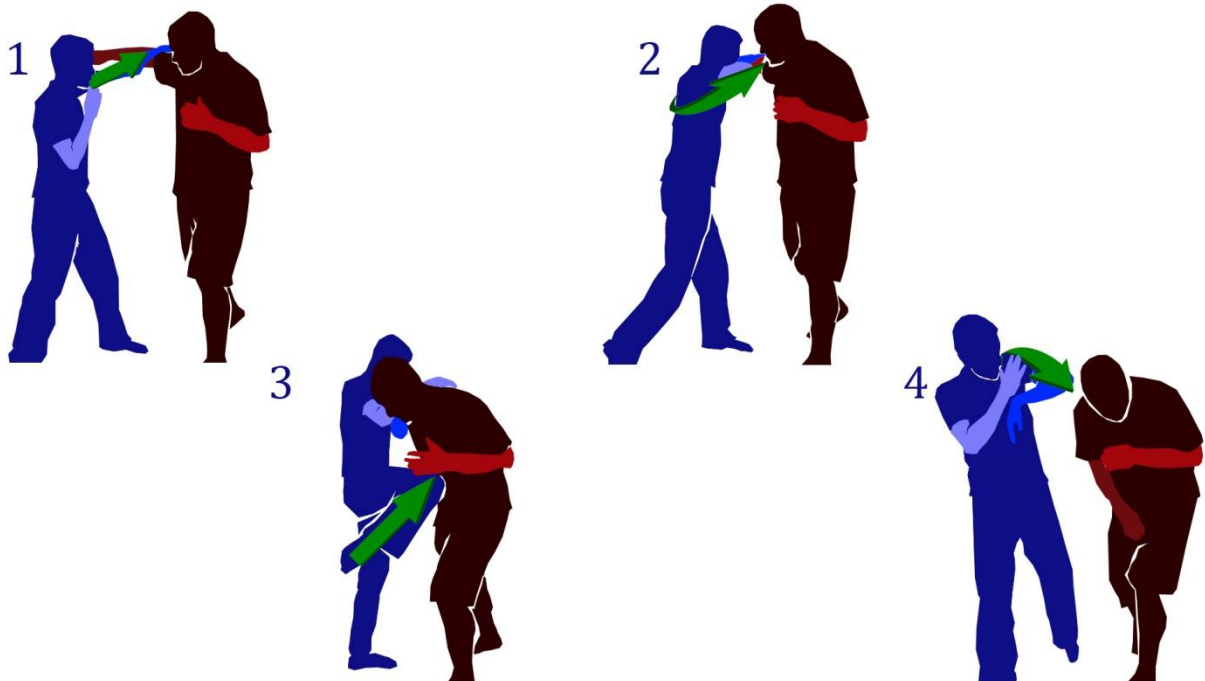
- 5 Finish off with an elbow to the attacker's head. Disengage and retreat to a safe distance

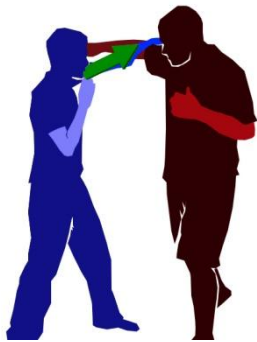




A wide, swinging hook punch to the head

Attack Defense





- 1 As the attacker swings the initial punch, step away from the punch into a dynamic stance. Raise your left arm up to block the impending punch. Aim your left hand to meet the attacking arm at the elbow. Counter by grabbing the arm using a shell grip to secure the triceps.

- 2 Respond with a right elbow strike to the attackers jaw



- 3 Using your right hand on the back of the attackers head, and with your left hand maintaining control of the attacking arm, pull the attacker's head down and deliver a knee to the attackers solar plexus

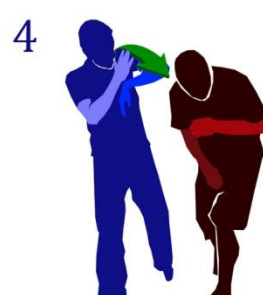
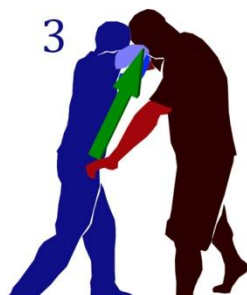
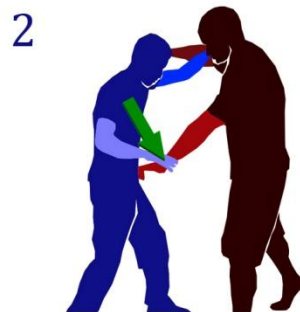
- 4 Finish off with an elbow to the attackers head.
Disengage and retreat to a safe distance





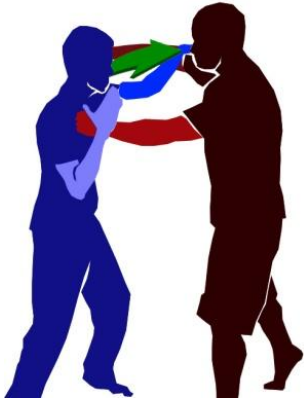
Front clothing grab, one handed,
followed by punch to the head

Attack Defense



MUSA

MARTIAL ARTS 최광도

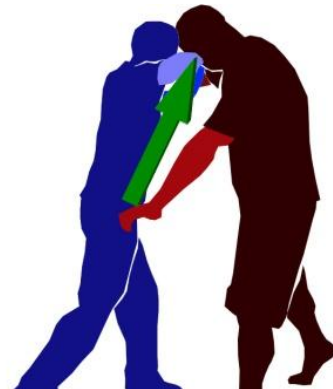


- 1 As the attacker grabs your lapel, step back into a dynamic stance and use a left high outward block to stop the attacker's strike.
Also counter by grabbing and controlling the wrist of the grasping hand

- 2 Forcefully push down the grasping hand to make space



- 3 Deliver an elbow strike to the attacker's jaw



- 4 Finish off with an elbow to the attacker's head.
Disengage and retreat to a safe distance





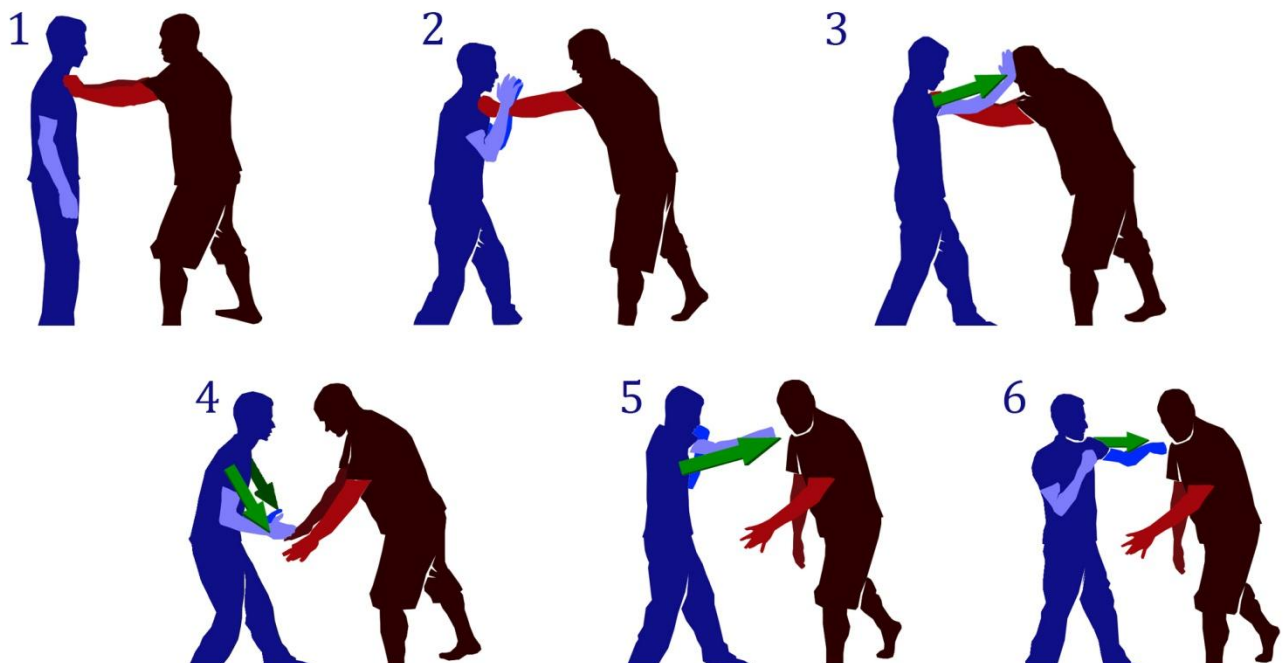
A front clothing grab, two hands



followed by a head butt

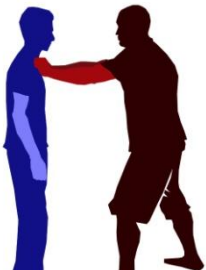
Attack

Defense



MUSA

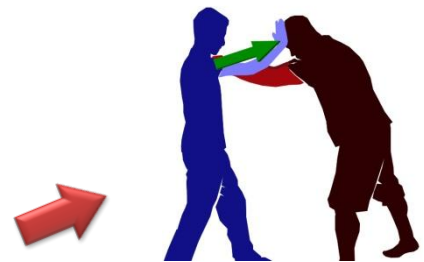
MARTIAL ARTS 최광도



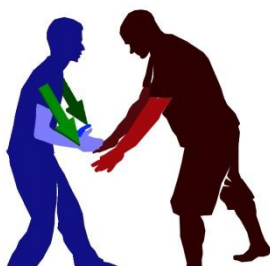
- 1 As the attacker comes in to deliver the head butt, step back with your right leg into a dynamic stance.



- 2 Raising your hand to protect your head, anticipating the head butt



- 3 As the head butt is delivered, raise both hands to deliver palm strike the attackers head. This will also provide space to respond



- 4 Forcefully push down onto the attackers grip

- 5 Respond with a right straight to the attackers jaw line.

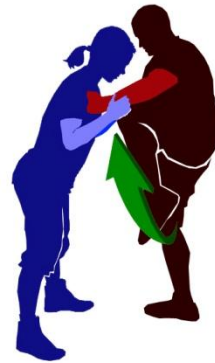


- 6 Follow with a left jab
Disengage and retreat to a safe distance





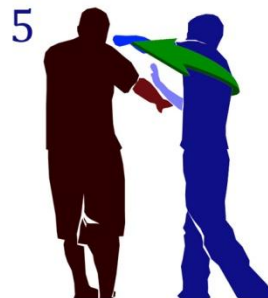
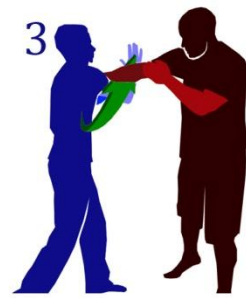
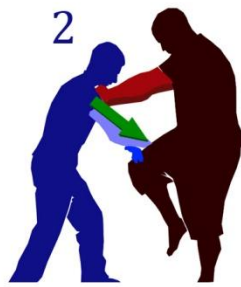
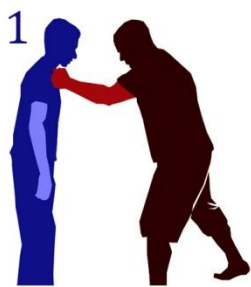
A front clothing grab, two hands



followed by a knee

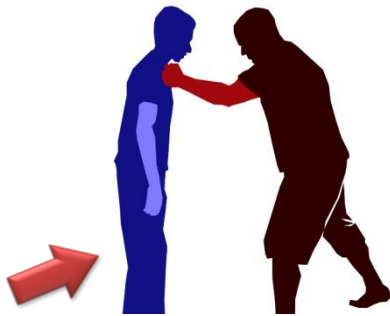
Attack

Defense

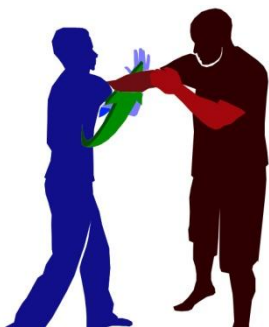
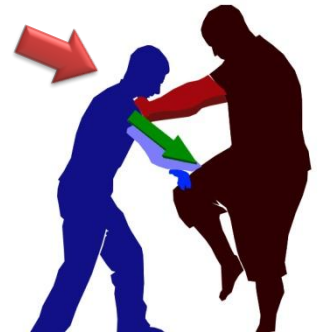


MUSA

MARTIAL ARTS 최광도



1. As the attacker strikes with their right knee;
2. Lower both arms to meet the knee, blocking the attacker's thigh with your forearms, stepping back with your right leg as you do.



- 3 Using your right hand, weave under the attacker's arms and snake up under them and cup the attacker's right elbow, using the back of your right hand.



- 4 Pulling your right arm across your body, break the grip of the attacker and expose the attacker's face. Maintain control of the attacker's right arm as you do so.

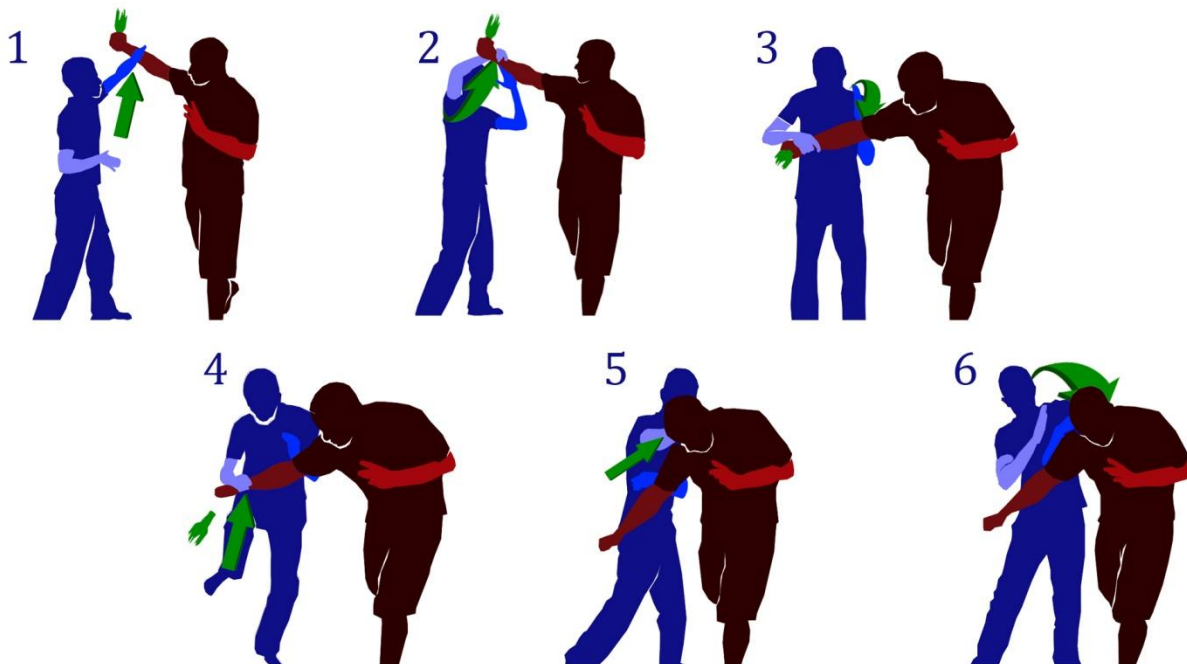


- 5 Respond with a jab to the attacker's jaw. Disengage and retreat to a safe distance.



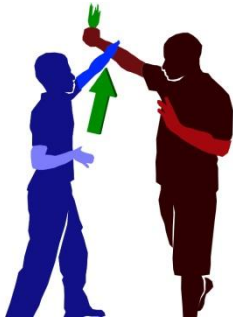
A bottle, glass, or
ashtray to the head

Attack Defense



MUSA

MARTIAL ARTS 최광도

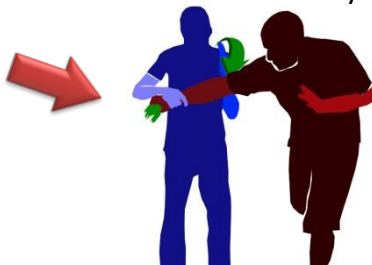


- 1 As the attacker implements the attack, step forward with your left leg and raise your left arm to meet the attacking arms wrist



- 2 Snake your right hand under and to the outside to meet the attacking wrist and counter with a grab. Maintain the curve of your right hand's trajectory to forcefully pull the attacker's arm down and towards your right hip

- 3 Use your left forearm to strike and break the attacker's right elbow



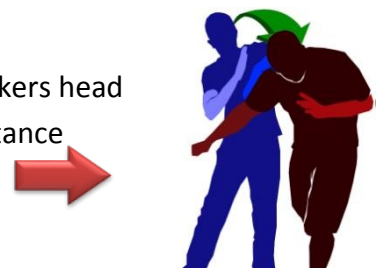
- 4 If the attacker still has hold of the bottle, strike the wrist with your right knee in till the bottle is dropped



- 5 Follow up with a right elbow to the jaw



- 6 Then left elbow to the back of the attacker's head then disengage and retreat to a safe distance

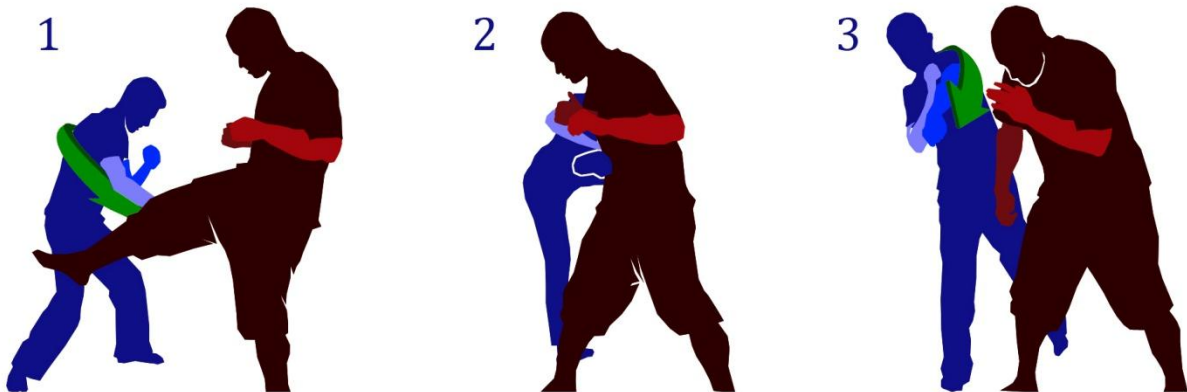




A lashing kick to groin/lower legs

Attack

Defense



MUSA

MARTIAL ARTS 최광도



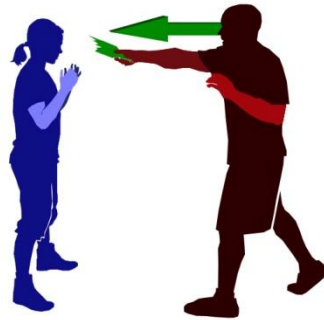
- 1 As the attacker tries to kick you in the groin, you must step forward and to the left. This will position you away from the power of the kick. Use your right hand to meet and guide the kick away from your body.

This is not a block but a redirection of the kick



- 2 Respond with a right round house kick to the body
- 3 Follow up with a left straight to the attackers jaw before disengaging and retreating to a safe distance





A broken bottle/glass jabbed to face

Attack Defense



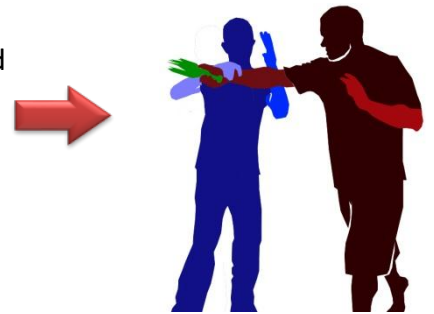
MUSA

MARTIAL ARTS 최광도



- 1 As the attacker strikes towards you face, step to the outside of the attacking arm, using your left forearm to guide the weapon away from your body

- 2 Counter grab the attacking wrist with your right hand and slide your left hand towards the attackers elbow



- 3 Maintaining force with both hands, forcefully push the attacker's arm down and towards your right hip
Use your left forearm to strike and break the attackers elbow

- 4 if the attacker still has hold of the bottle, strike the wrist with your right knee until the bottle is dropped



- 5 Follow up with a right elbow to the jaw



- 6 Continue with a left elbow to the back of the attackers head
Then disengage and retreat to a safe distance



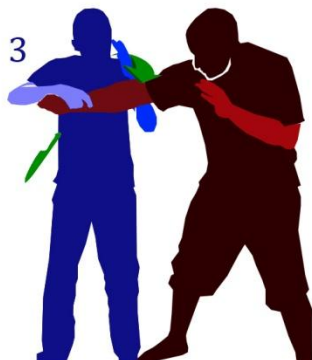
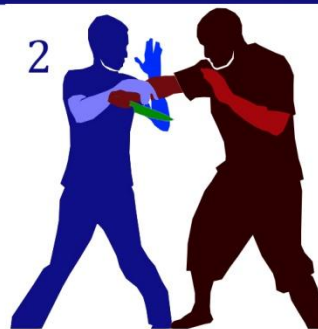


A slash with knife from side to side



most commonly a 3 to 4" lockblade knife or kitchen utility knife.

Attack Defense



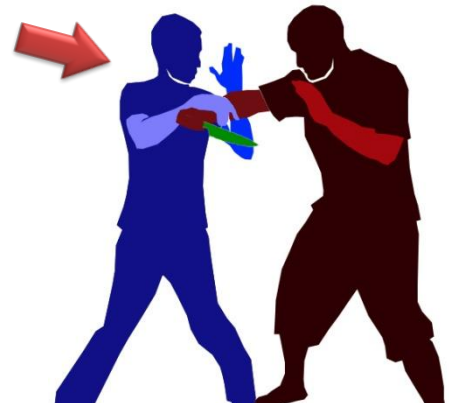
MUSA

MARTIAL ARTS 최광도



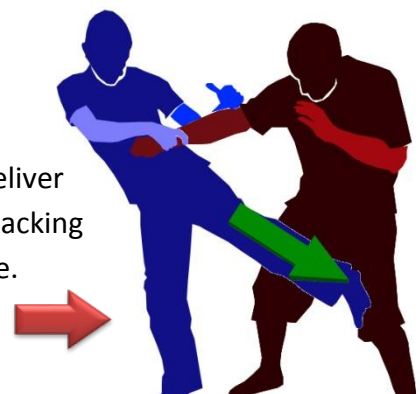
- 1 As the attacker approaches, swiping the blade from right to left, it is important that you make space between you and the attacker.

- 2 As the attacker approaches, you will need to time your defence. As the attacker is on the reverse swipe (right hand starts from the left side of the body and swings to the right side), you must step in and position yourself on the outside of the attackers weapon arm. Use your left forearms to block the attacker's elbow. Counter by grabbing the attacker wrist with your right hand.



3. Maintaining wrist control, strike the attacker's elbow with your right forearm. This can be repeated until the attacker drops their weapon

- 4 Follow up with a left side kick to the attacker's knee. As you deliver the kick, maintain control of the attackers arm and pull the attacking hand away from the direction of the kick to maximize the force. Disengage and retreat to a safe distance



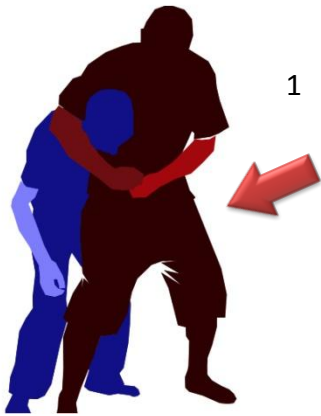


A grappling style headlock

Attack Defense



MUSA MARTIAL ARTS 최광도



- 1 As the attacker takes control of your neck, the first thing you must do is create a strong base for yourself and lower your center of gravity

- 2 Step towards the attacker and rotate your hip to face your them
This will take the pressure of your neck and create a better defensive stance



- 3 Use your outside hand to attack the attacker's groin.
Continue to counter attack their groin until you feel their grip loosen from around your neck.

- 4 Use your inside arm to loop over your attacker's shoulder and under their chin

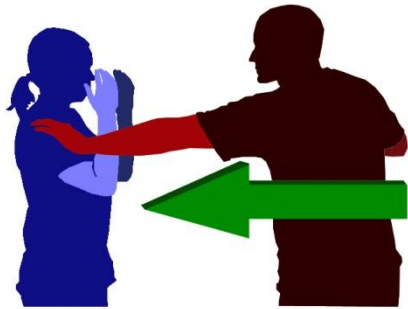
Forcefully pull the attacker's chin up and away from you.
Keep your back straight and turn your torso to face your attacker as you stand up right



- 5 Maintaining control of your attacker's head, use your outside arm to elbow the attacker's ribs

- 6 Follow up with an uppercut to the ribs before disengaging and retreating to a safe distance.





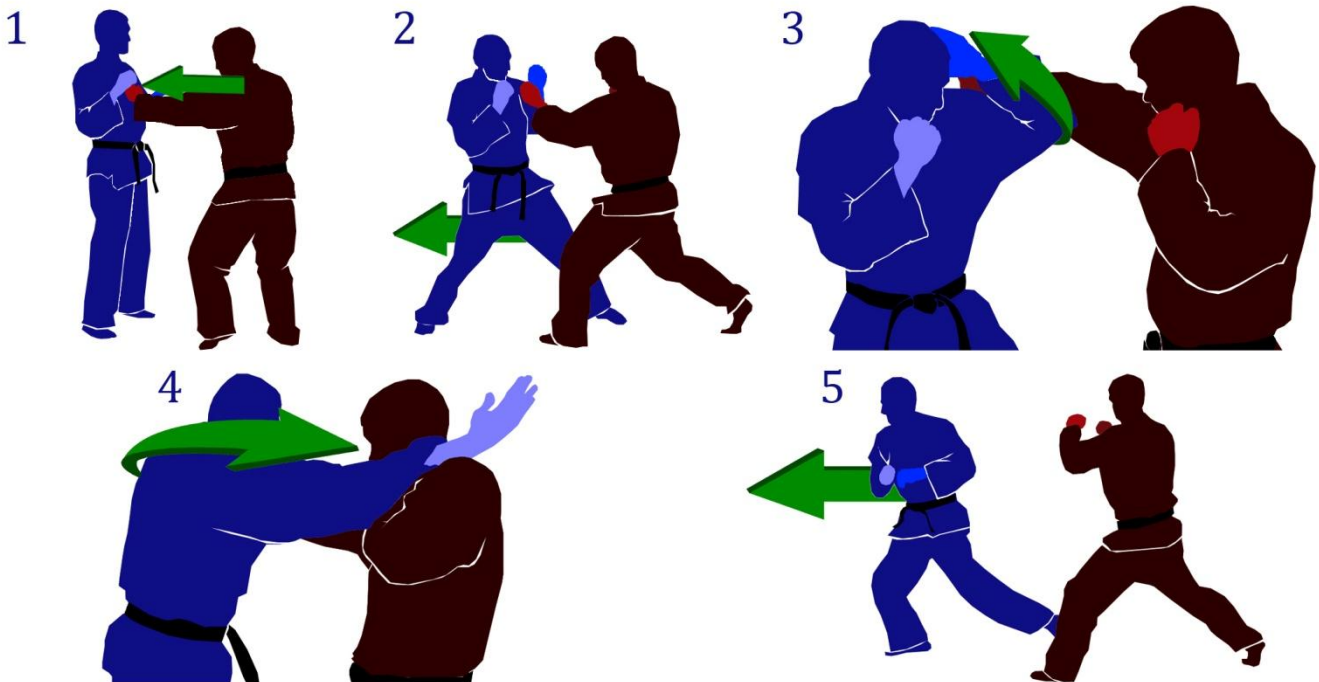
The attacker initiates the confrontation with a push to the chest



The Push is followed by a wide, swinging hook punch to the head

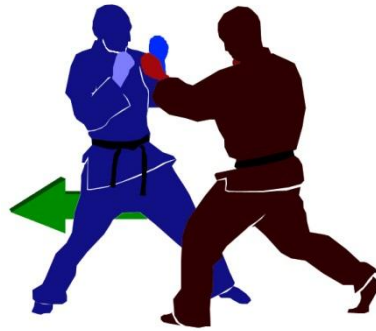
Attack

Defense

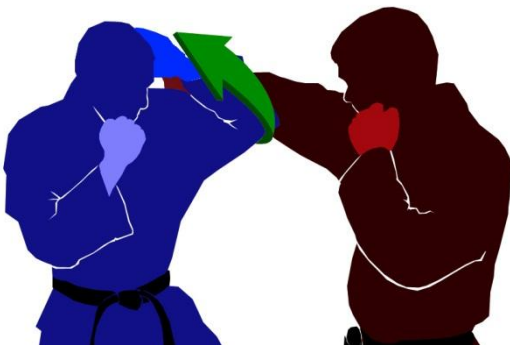


HOKUTORYU JU-JUTSU

THE KING OF MARTIAL ARTS

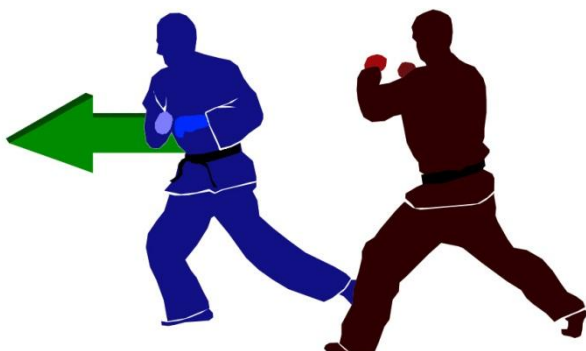


- 1 As the attacker implements the push, step your right foot back into a dynamic stance to create space between you and the attacker.



- 2 Raise your left arm up to block the impending punch. Roll shoulder and tuck chin to protect face.

- 3 Respond with a right forearm strike to the attackers neck, aiming to strike the attackers carotid artery with the blade of your fore arm.

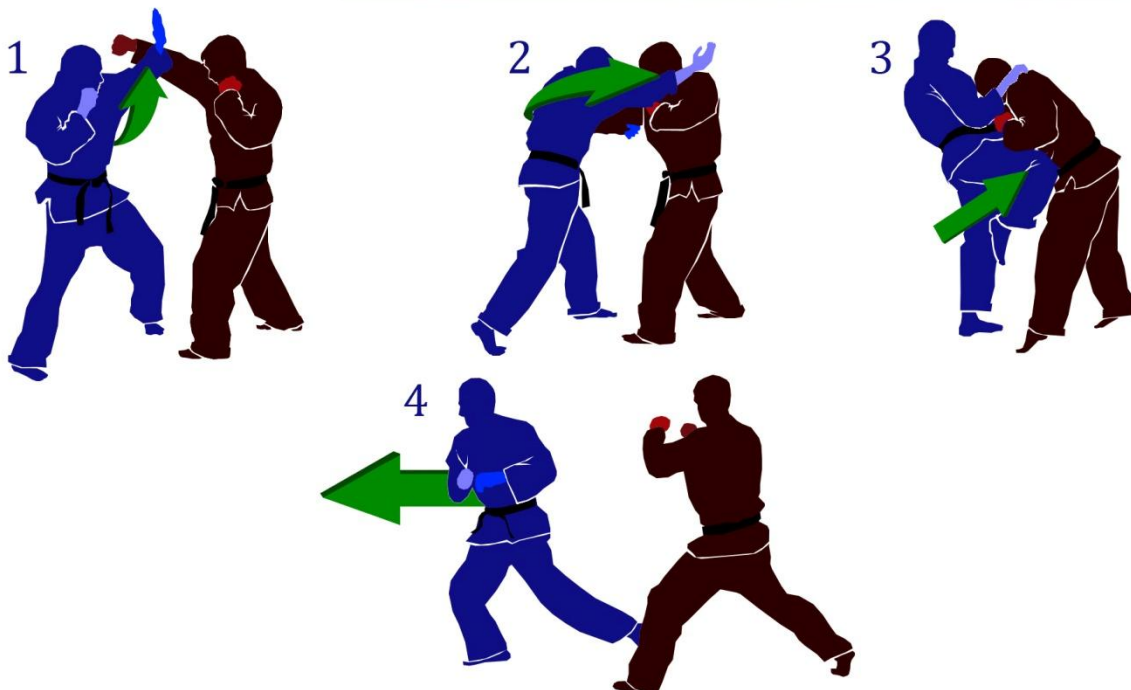


4. Disengage and retreat to a safe distance.



A wide, swinging hook punch to the head

Attack Defense



HOKUTORYU JU-JUTSU THE KING OF MARTIAL ARTS



- 1 As the attacker swings the initial punch, step away from the punch into a dynamic stance and use a left high outward block to block the attacker's strike.

- 2 Counter grab the attacker's striking arm by taking your left hand and sliding over and under the attacking elbow, your hand will move to the outside of the attacking arm. Grip the attacker's elbow and pull in to your body and secure the arm. Now counter attack with a right forearm strike to the neck. Maintain control of the attacker's striking arm.



- 3 Keep control of the attacker's arm and secure a grip from behind the attacker's neck. Pull the attacker's head down towards your hips as you raise your knee to their solar plexus.

4. Disengage and retreat to a safe distance.





Front clothing grab, one handed,
followed by punch to the head

Attack

Defense



HOKUTORYU JU-JUTSU THE KING OF MARTIAL ARTS



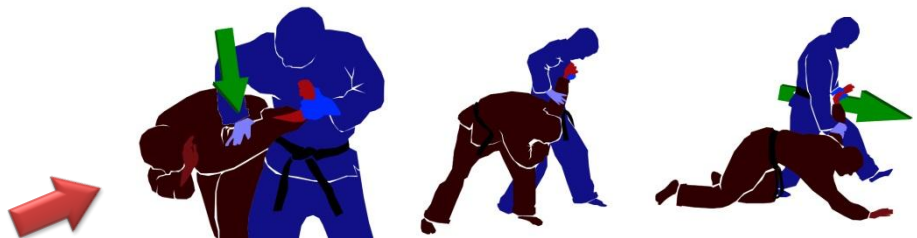
1. As the attacker grabs your lapel, step back into a dynamic stance and use left high outward block to stop the attacker's strike.

2. Counter strike your attacker with your blocking arm by palm striking the attacker's face.

3. As you strike the attacker, take control of the attacker's left hand (the one grasping your lapel) and control the wrist with both hands.



4. Maintaining control of the wrist with both hands, step your left leg backwards, rotate your hips and shoulders to your left applying force to the attackers elbow, you should now be hip to hip with your attacker and facing in the same direction.



5. Maintaining wrist control with your left hand, slide your right hand down to the attacker's elbow and apply pressure to the elbow to maintain control.
6. Walk forward, keeping pressure on the elbow, and guide the attacker to the floor.

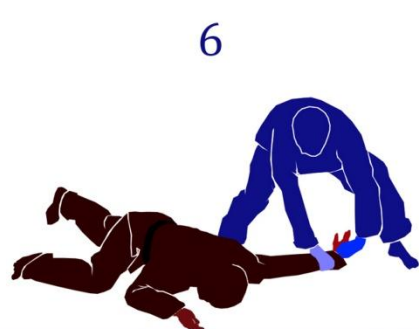
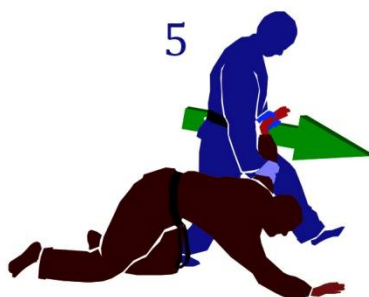
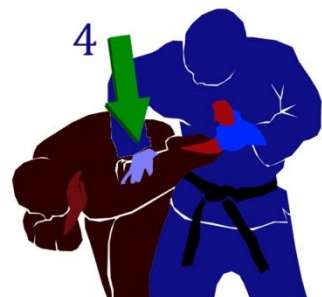


A front clothing grab, two hands



followed by a head butt

Attack Defense



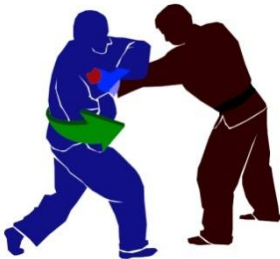
HOKUTORYU JU-JUTSU

THE KING OF MARTIAL ARTS

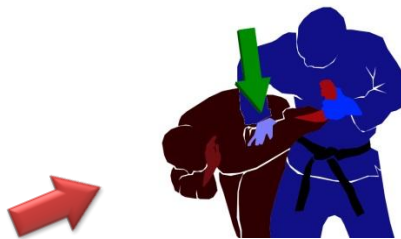


1. As the attacker come in for the head butt, lift your left arm in front of your face to block the attack and step back with your right leg into a dynamic stance.

2. Taking your right hand to secure the attackers left wrist, bring your left hand down to the attacker's left hand to secure the left arm.



3. Maintaining control of the wrist with both hands, step the your left leg backwards, rotate your hips and shoulders to your left applying force to the attacker's elbow, you should now hip to hip with your attacker and facing the same direction.



4. Maintaining wrist control with your left hand, slide your right hand down to the attacker's elbow and apply pressure to the elbow to maintain control.
5. Walk forward, keeping pressure on the elbow, and guide the attacker to the floor.



6. Apply pressure to the attacker's shoulder with your right knee; maintaining control of the attacker's wrist. Look around to make sure the area is safe, control the attacker's arm to the ground. Disengage and retreat to a safe distance.



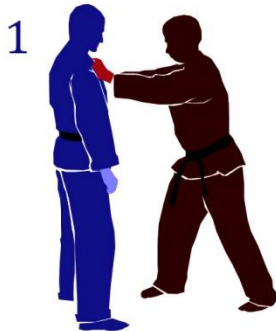
A front clothing grab, two hands



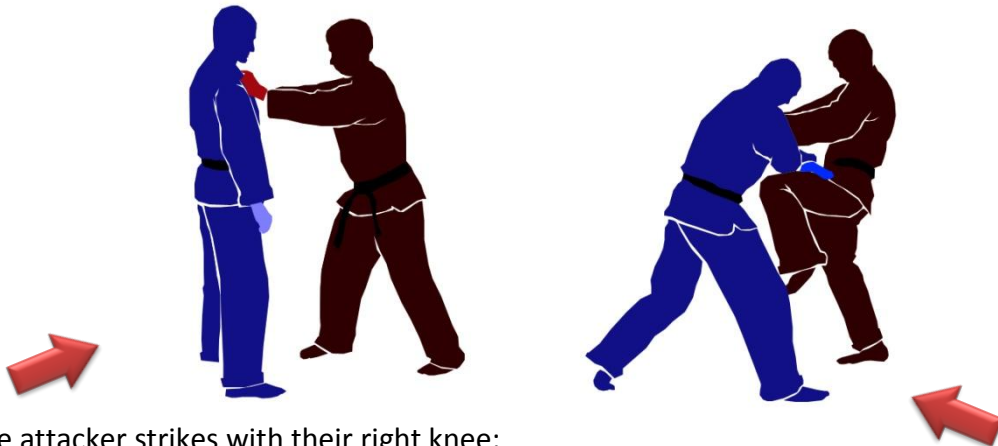
followed by a knee

Attack

Defense



HOKUTORYU JU-JUTSU THE KING OF MARTIAL ARTS



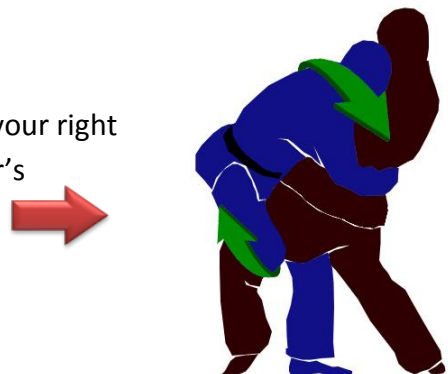
1. As the attacker strikes with their right knee;
2. Lower both arms to meet the knee, blocking the attacker's thigh with your forearms, stepping back with your right leg as you do.



3. With the knee blocked, step into the attacker with your right leg. Secure double under hooks around the attacker's abdominal and pull their hips towards you.

4. With the knee blocked, step into the attacker with your right leg. Secure double under hooks around the attacker's abdominal and pull their hips towards you.

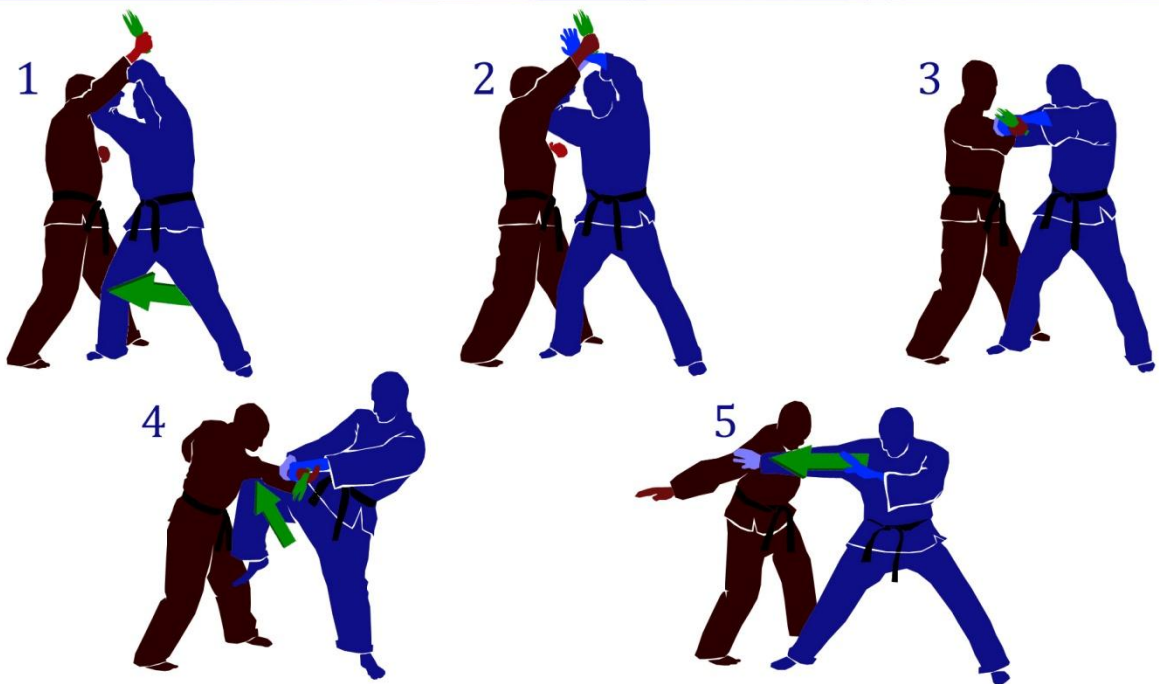
Disengage and retreat to a safe distance.





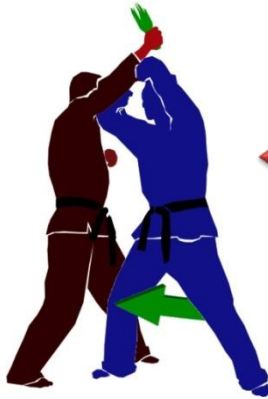
A bottle, glass, or
ashtray to the head

Attack Defense



HOKUTORYU JU-JUTSU

THE KING OF MARTIAL ARTS



1. As the attacker implements the strike, step forward with your right leg to get out of the trajectory of the weapon, as you do so: raise your left arm to meet the attacking arm's wrist and your right arm to meet the attacking arm's elbow.

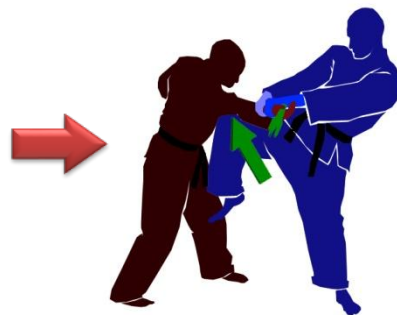


2. Control the attacker's wrist with both your hands.



3. Maintaining control of the wrist, move the weapon away from your head/body and strike the attacking arm's elbow with your right knee.

5. You can strike the elbow a few times with the knee to force the attacker to drop the weapon.

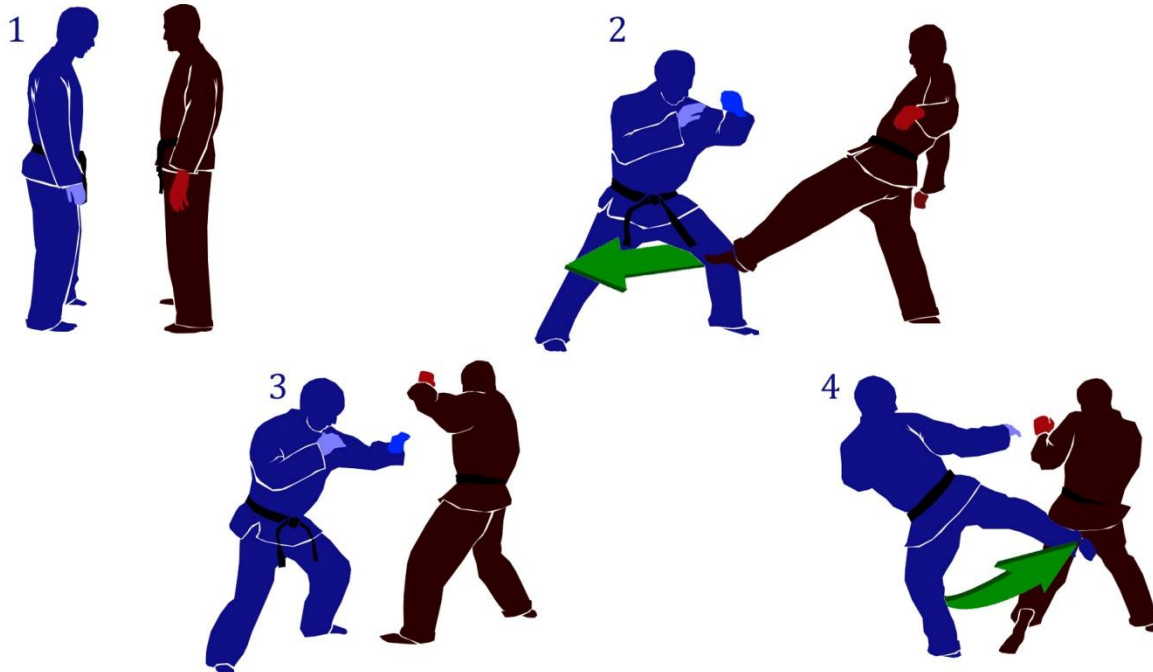


6. Once the attacker drops the weapon, forcefully disengage the attacker by pushing them away and retreat to a safe distance.



A lashing kick to groin/lower legs

Attack Defense



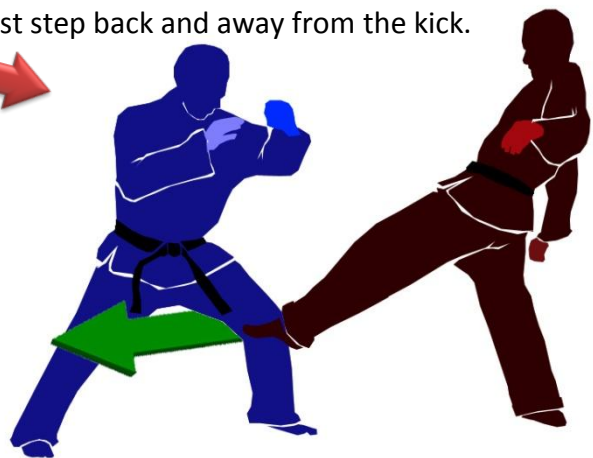
HOKUTORYU JU-JUTSU

THE KING OF MARTIAL ARTS



1. As the attacker tries to kick you in the groin.

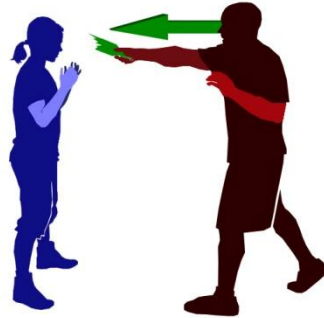
2. You must step back and away from the kick.



3. As you move back, move into a dynamic stance to defend yourself.

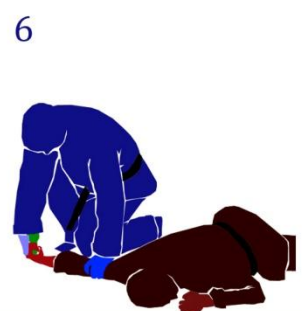
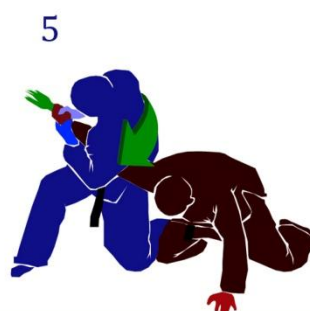
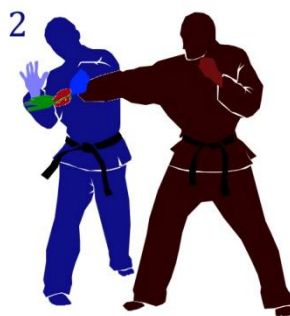
4. Then respond with a rear swing kick to the attacker's knee. Then disengage and retreat to a safe distance.










A broken bottle/glass jabbed to face

Attack Defense



HOKUTORYU JU-JUTSU

THE KING OF MARTIAL ARTS

1. As the attacker strikes towards your face, step to the outside of the attacking arm, using your left forearm to guide the weapon away from your body.
 
2. Control the attacking arm using your left hand to control the wrist (grasping above the wrist, your palm facing down).
 
3. And your right hand to control the attacker's hand (Grasping below the hand, with your palm facing up).
 
4. Pull the attacker's arm close to your body, maintaining wrist control. Rotate your body away from the attacker to apply pressure to their elbow and trap their arm with yours.
 
5. Stepping forward, whilst maintaining wrist control and pressure on the attacker's elbow, you can control the attacker towards the ground.
 
5. By continuing to step forward, with wrist control and pressure on their elbow, you can control the attacker to the ground. Continue until their body is flat on the floor and you are in a dominant position and in full control. Placing your left knee on the attackers elbow allows you to keep control of the attacker and free up your left hand. Secure or discard the weapon, disengage and retreat to a safe distance.
 



A slash with knife from side to side



most commonly a 3 to 4" lockblade knife or kitchen utility knife.

Attack

Defense



HOKUTORYU JU-JUTSU

THE KING OF MARTIAL ARTS



1. As the attacker approaches, swiping the blade from right to left, it is important that you make space between you and the attack.

2. As the attacker approaches, you will need to time your defense. As the attacker is on the reverse swipe (right hand starts from the left side of the body and swings to the right side), you must step in and position yourself on the outside of the attacker's weapon arm, using your forearms to block at the attacker wrist and elbow.



- Counter grab the attacker wrist with both hands.

3. Maintaining wrist control, roll the attacker's palm to face up so the elbow joint is facing down. Strike the attacker's elbow with your knee. This can be repeated until the attacker drops the weapon.



4. When you have control of the attacker's, step into the attacker so you are hip to hip and facing the same direction. Maintaining wrist control with your right hand, bring your left arm over the attacker's head and use the inside of your fore arm to strike the carotid artery. Rotate your palm inwards and take a grip of the attacker's chin.



5. Keeping control of the attacker's wrist and chin, pull the attacker's head up and around to your left.

6. As you do so; keep the attacker close to your body and under control, step your left leg back, rotate your hips and shoulders, and forcefully turn your attacker around your body (you have now done a full 180 degree turn) and to the ground, around to your left. Disengage and retreat to a safe distance.

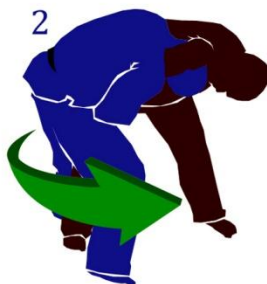
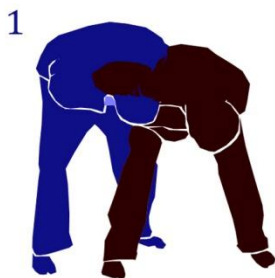




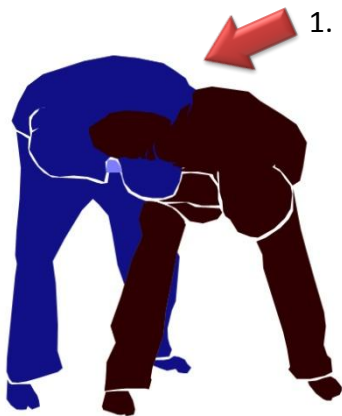
A grappling style headlock

Attack

Defense



HOKUTORYU JU-JUTSU THE KING OF MARTIAL ARTS



1. As the attacker takes control of your neck, the first thing you must do is create a strong base for yourself and lower your center of gravity.

2. Keeping your base low, step your outside leg into you attacker. As you do so you must protect your neck. Using "C Grips" on the attacker's wrist (2 on 1 if possible) create space for your wind pipe.

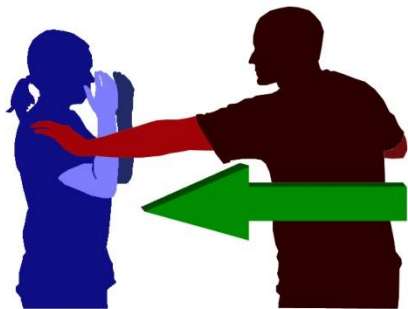


4. Keeping wrist control with your hand closest to the attacker, use your outside hand to attack their groin. This can be by striking or squeezing the groin or both. Continue to counter attack their groin until you feel their grip loosen from around your neck.

5. Once the attacker's grip is sufficiently loose, use your outside arm (the one that was attacking the groin) to push on the attackers elbow that is around your neck. Maintaining wrist control with your inside arm and controlling the attacker's elbow with your outside arm, pull the attacker's wrist and elbow to create enough space to pull your head from the attackers grip.



6. Once your head is free from the grip, push the attacker away.
Disengage and retreat to a safe distance.

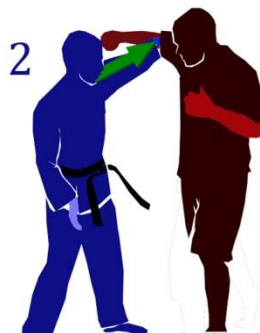
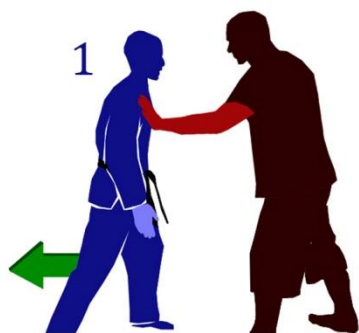


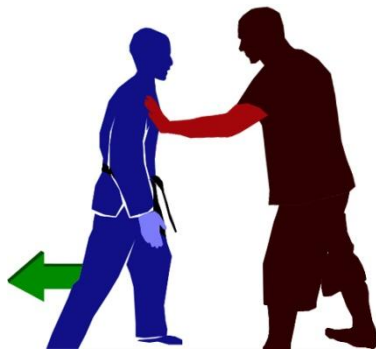
The attacker initiates the confrontation with a push to the chest



The Push is followed by a wide, swinging hook punch to the head

Attack Defense





1. As the attacker implements the push, step right foot back into a dynamic stance to create space between you and the attacker.

2. Raise up left arm to block the impending punch. Aim your left hand to meet the attacking arm at the elbow. Counter by grabbing the arm using a shell grip.



3. Respond with a right elbow strike to the attacker's jaw



4. Using your right hand on the back of the attacker's head, and left hand maintaining control of the attacking arm, pull the attacker head down and deliver a knee to the attacker's solar plexus. Disengage and retreat to a safe distance.

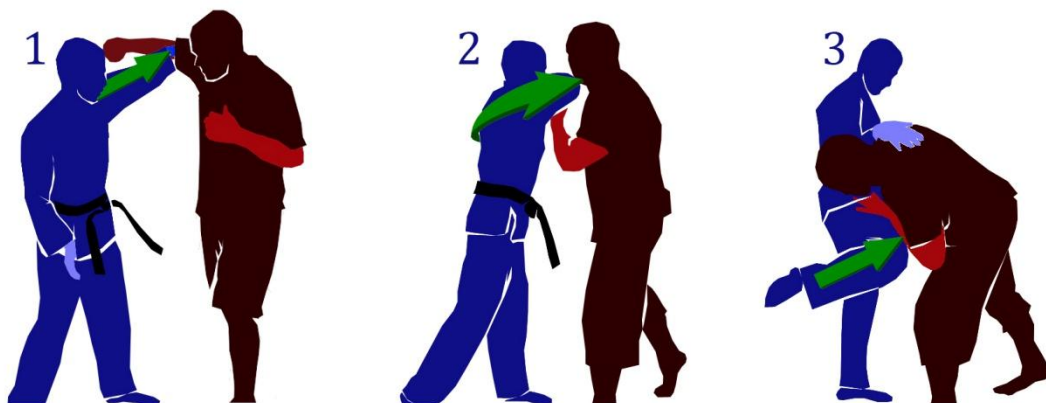




A wide, swinging hook
punch to the head

Attack

Defense





- 1 As the attacker delivers the punch, raise up your left arm to block the impending punch. Aim your left hand to meet the attacking arm at the elbow. Counter by grabbing the arm using a shell grip.

- 2 Respond with a right elbow strike to the attackers jaw

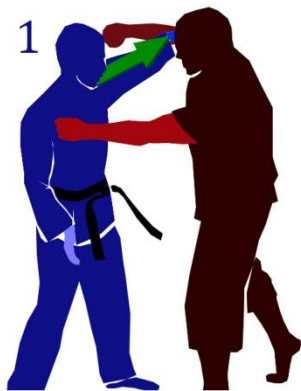


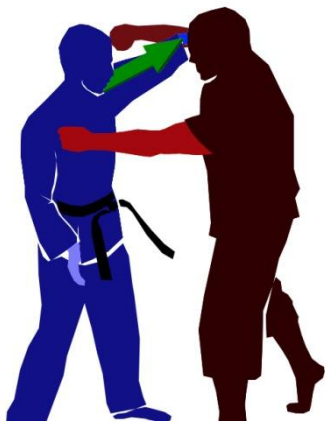
- 3 Using your right hand on the back of the attackers head, and left hand maintaining control of the attacking arm, pull the attacker's head down and deliver a knee to the attackers solar plexus
Disengage and retreat to a safe distance




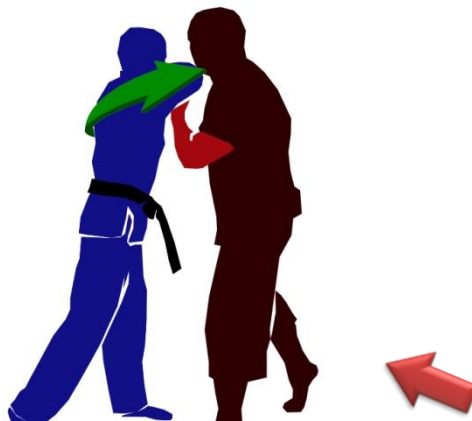
Front clothing grab, one handed,
followed by punch to the head


Attack Defense





- 1 As the attacker grabs your lapel, step back into a dynamic stance and use a left high outward block to stop the attackers strike. 



- 2 Loop your right elbow over the grasping hand to deliver an elbow strike to the attackers jaw 

- 3 Using your right hand on the back of the attackers head, and with your left hand maintaining control of the attacking arm, pull the attacker head down and deliver a knee to the attackers solar plexus



Disengage and retreat to a safe distance



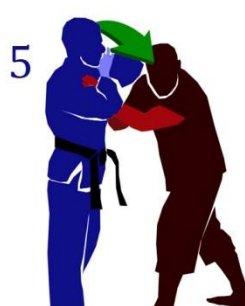
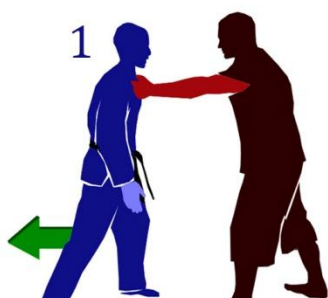
A front clothing grab, two hands

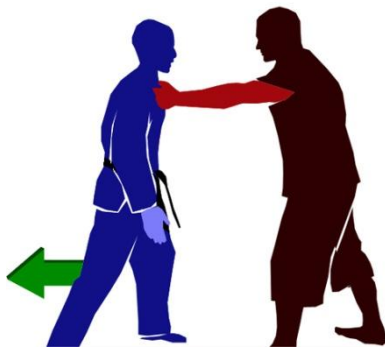


followed by a head butt

Attack

Defense





1. As the attacker takes your top, step back into a dynamic stance to better defend your self

- 2 As the head butt is delivered, raise both hands to deliver a palm strike to the attackers head. This will also provide space to respond



- 3 Forcefully strike down onto the inside of the attackers elbows. pulling their weight forward and their head towards your chest

- 4 Using your right hand on the back of the attackers head, and using your left hand controlling the attackers right arm, pull the attacker's head down and deliver a knee to the attackers solar plexus



- 5 finish off with a left elbow to the attackers jaw line Disengage and retreat to a safe distance



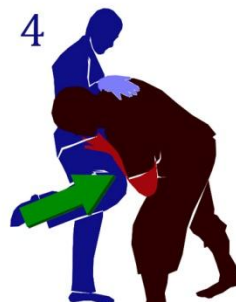
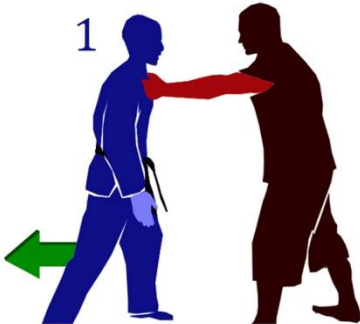
A front clothing grab, two hands

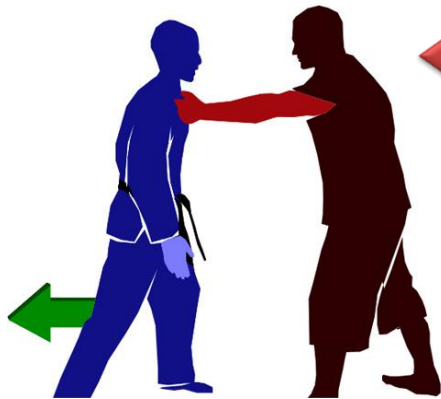


followed by a knee

Attack

Defense





1. As the attacker takes your top, step back into a dynamic stance to better defend your self
2. Lower both arms to meet the knee, blocking the attacker's thigh with your forearms, stepping back with your right leg as you do.



- 3 Using your right hand on the back of the attacker's head, and left hand controlling the attacker's right arm, pull the attacker's head down and deliver a knee to the attackers solar plexus

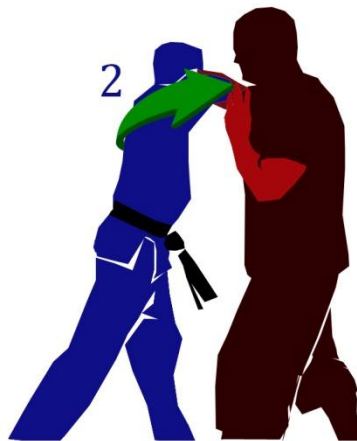
- 4 Finish off with a left elbow to the attackers jaw line
Disengage and retreat to a safe distance





A bottle, glass, or
ashtray to the head

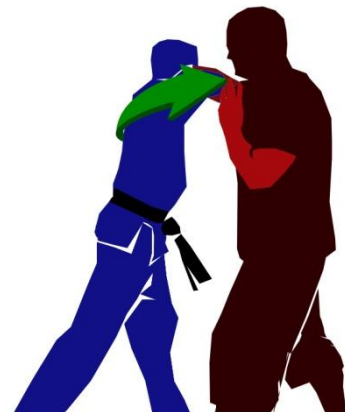
Attack Defense





- 1 As the attacker delivers the strike, step forward with your left leg and raise your left arm to meet the attacking arms at the wrist

- 2 Take control of the wrist and guide the weapon away from you
Respond with a right elbow to the jaw of the attacker



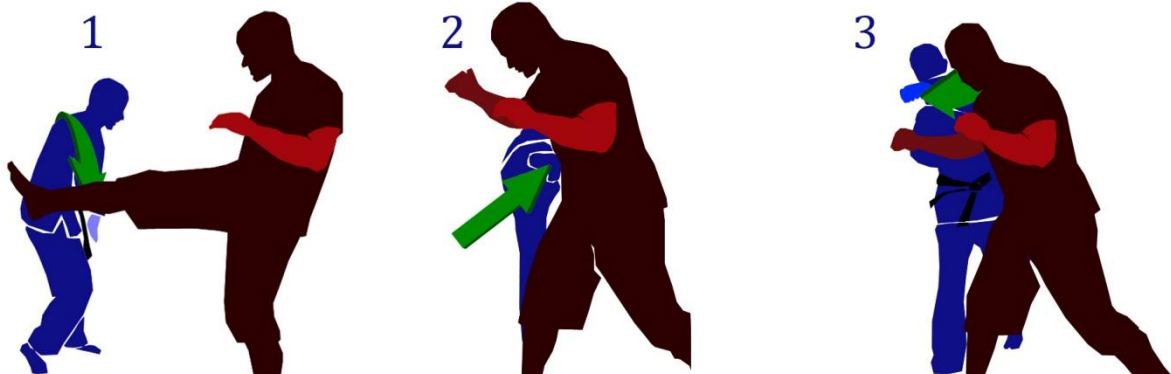
- 3 Using your right hand on the back of the attackers head, and left hand maintaining control of the attacking arm, pull the attacker's head down and deliver a knee to the attackers solar plexus
Disengage and retreat to a safe distance



A lashing kick to groin/lower legs

Attack

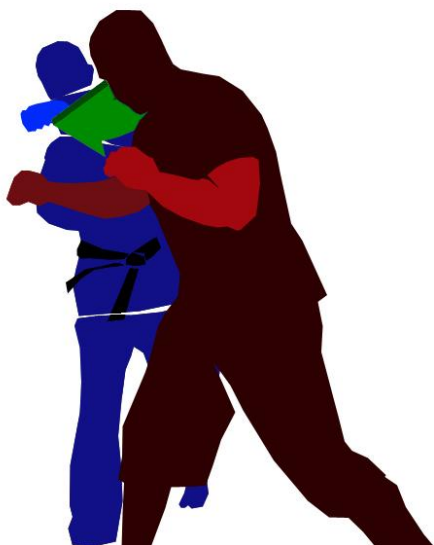
Defense





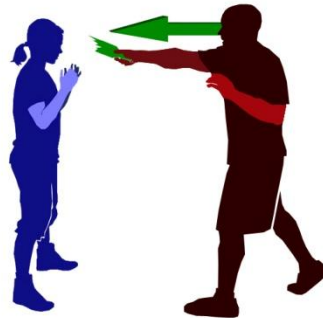
- 1 As the attacker tries to kick you in the groin, you must step forward and to the left, to get away from the power of the kick. Use your right hand to meet and guide the kick away from your body.
This is not a block but a redirection of the kick

- 2 Respond with a right round house kick to the body



3. Follow up with a left straight to the attackers jaw
before disengaging and retreating to a safe distance





A broken bottle/glass jabbed to face

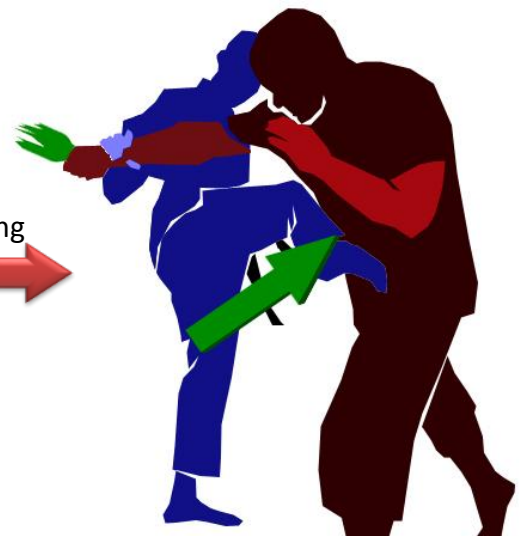
Attack

Defense





- 1 As the attacker strikes towards your face, step to the outside of the attacking arm, using your left forearm to guide the weapon away from your body. Using your right hand to catch the wrist holding the bottle



- 2 Maintain control of the attacking wrist with your right hand, and respond with a right roundhouse kick to the body



- 3 Follow up with a left straight to the attackers jaw before disengaging and retreating to a safe distance

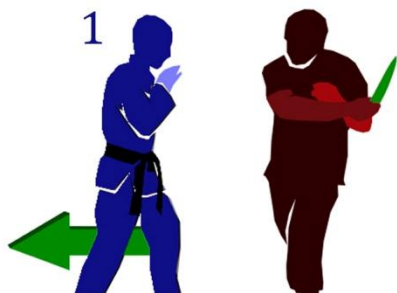


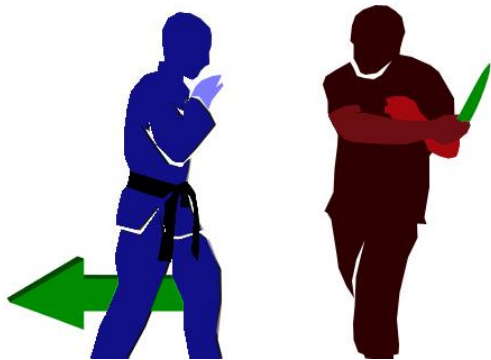
A slash with knife from side to side



most commonly a 3 to 4" lockblade knife or kitchen utility knife.

Attack Defense





- 1 As the attacker approaches, swiping the blade from right to left, it is important that you make space between you and the attacker.



- 2 As the attacker approaches, you will need to time your defence. As the attacker is on the reverse swipe (right hand starts from the left side of the body and swing to the right side), you must step in and position yourself on the outside of the attackers weapon arm. Use both forearms to block at the attacker elbow.



3. counter by grab the attacking wrist with your right hand, respond with a right round house kick to the body



4. Follow up with a left straight to the attackers jaw before disengaging and retreating to a safe distance

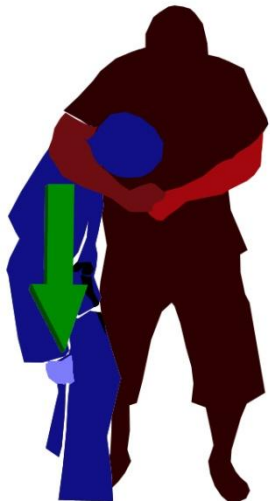




A grappling style headlock

Attack Defense





- 1 As the attacker takes control of your neck, the first thing you must do is create a strong base for yourself and lower your center of gravity



- 2 Step your outside leg towards your attacker turning your hips into them



- 3 Use your outside hand to attack their groin. Continue to counter attack their groin until you feel their grip loosen from around your neck.



- 3 Use your inside arm to loop over your attackers shoulder and under their chin taking control of the attackers head

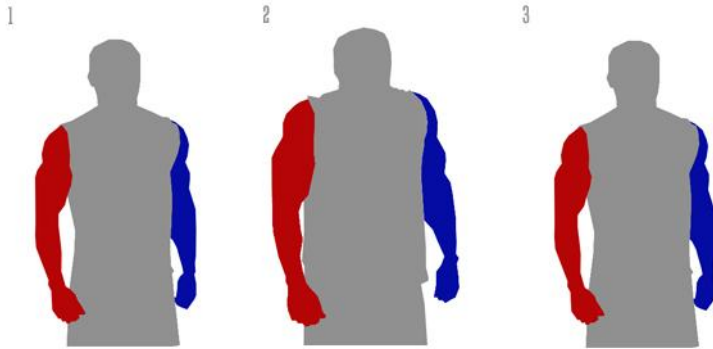


- 4 Forcefully pull the attackers chin up and away from you.
Stand up as you do so

Disengage and retreat to a safe distance

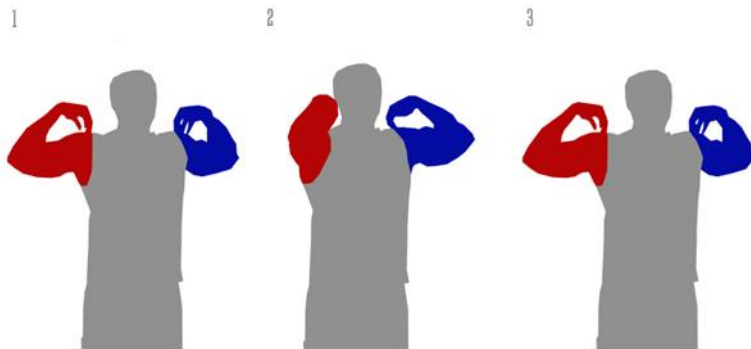
Warm Up

Shoulder Circles



1. Stand up straight with your feet at shoulder width apart, knees slightly bent. Keeping shoulders relaxed and arms resting loosely at your sides
2. Gently roll your shoulders forward, up, back, and down.
3. Complete 5 rolls forward. Then 5 rolls backward.

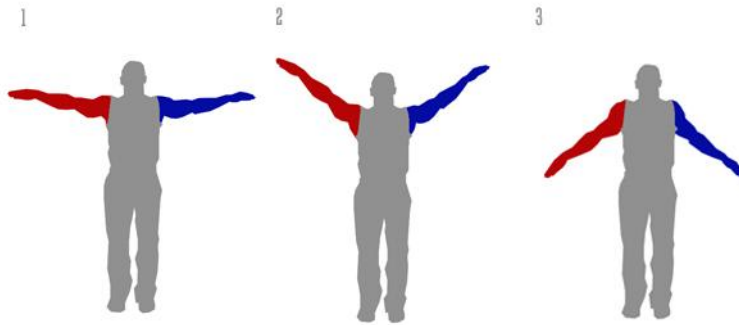
Elbow Circles



1. Stand up straight with your feet at shoulder width apart, knees slightly bent. Place your hands on your shoulders with your elbows at shoulder level and pointing outwards.
2. Slowly make a circle with your elbows forward, up, back, and down
3. Complete 5 rolls forward. Then 5 rolls backward

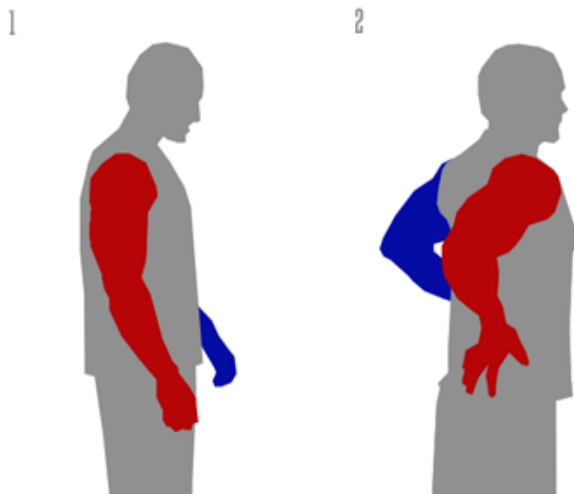
Warm Up

Arm Circles



1. Stand up straight with your feet at shoulder width apart, knees slightly bent. Extend your arms straight out to the sides. The arms should be parallel to the floor and perpendicular to your torso.
2. Slowly make a circle with your arms forward, up, back, and down
3. Complete 5 circles forward. Then 5 circles backward

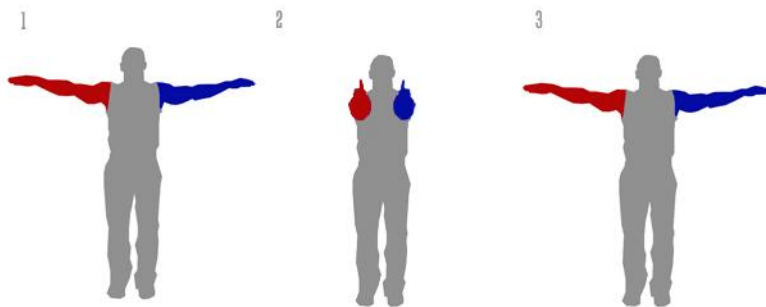
Elbows Back



1. Stand up straight with your feet at shoulder width apart, knees slightly bent
2. Place both hands on your lower back, fingers pointing downward and elbows out. Then gently pull your elbows back and push your chest forward. Lead with your elbows as if you are aiming to touch them together. Hold your elbows back for the duration of 3 deep breaths and repeat for a total of 5 times.

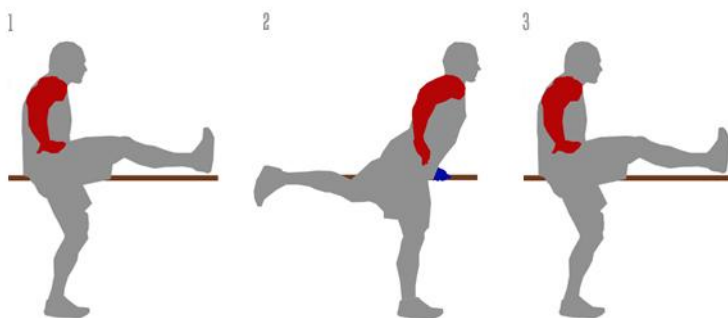
Warm Up

Dynamic Chest Stretch



1. Stand up straight with your feet at shoulder width apart, knees slightly bent. Extend your arms straight out to the sides. The arms should be parallel to the floor and use your upper back to pull your hands backwards.
2. Bring your hands together like an exaggerated clap, keeping your arms straight and a slight bend in your elbows.
3. Return your arms back to the first position and repeat for a total of 5 times.

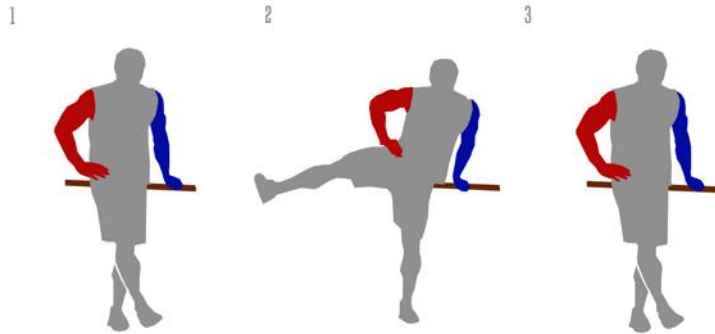
Front Leg Raises



1. Stand next to a chair or other support, holding on with your left hand.
2. Swing your outer leg (right leg) forward, keeping the leg straight.
3. Continue with a downward swing, bringing the leg as far back as you can comfortably
4. Repeat 10 times in total, and then switch your hand holding the bar and face in the opposite direction. Repeat with your left leg performing the swing on the outside.

Warm Up

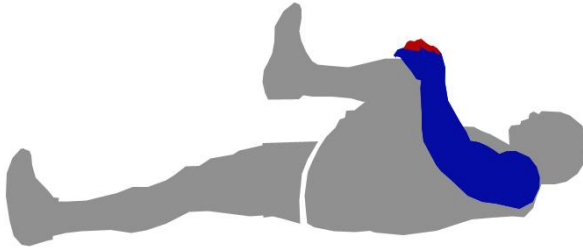
Side Leg Raises



1. Stand next to a chair or other support, holding on with your left hand
2. Swing your right leg to the side and away from your body, keeping the leg straight.
3. Bring your right leg back down in a controlled swing to your left foot, allowing it to pass over it slightly
4. Repeat 10 times in total, and then switch the hand holding the bar and face in the opposite direction. Repeat with your left leg performing the swing on the outside.

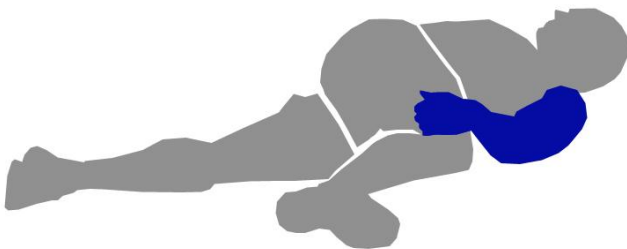
Stretches

One Knee To Chest



1. Start off by lying on the floor. With both legs extending in a natural positions. use a mat if needed
2. Pull your left knee to your chest. Holding with both hands, grasping under the knee joint to protect the kneecap.
3. Gently tug that knee toward your chest and hold for 3 deep breaths.
4. Switch sides.

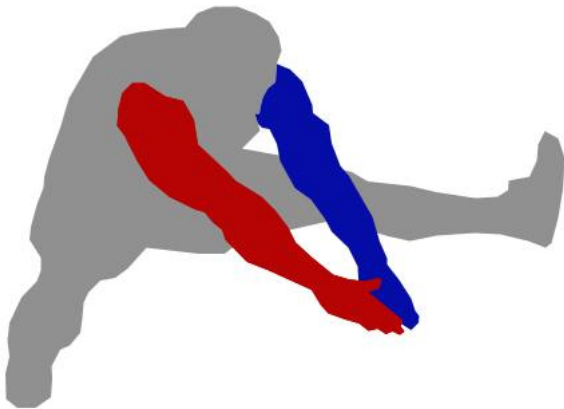
Knee Across The Body



1. Start off by lying on the floor. With both legs extending in a natural position. Use a mat if needed.
2. Bend your right leg and lower it across your body. Use the weight of your left hand to lower knee towards then floor. Don't force the knee, but let it lower naturally through the weight of your hand
3. Keep your chest and face looking towards the ceiling and hold for 3 deep breaths
4. Switch sides

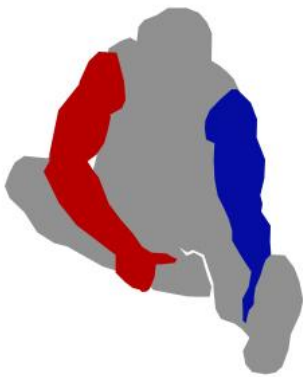
Stretches

The Straddle



1. Begin in a seated, upright position. Start by extending your legs in front of you in a V. Use a mat if needed
2. With your hands together and fingers touching the floor, lean forward as far as you can, Don't over push, but in until it is a little uncomfortable
3. Hold for 3 deep breaths.

Seated Floor Hamstring Stretch



1. Sitting down with your left leg extended in front of you and your right leg bent with your foot against your left inner thigh. Use a mat if needed
2. With your left hand on your thigh, lean forward from your hips and slide your hand towards you knee and to you foot if you can. Don't over push, but until it's a little uncomfortable
3. Hold for 3 deep breaths and then repeat with the other leg.

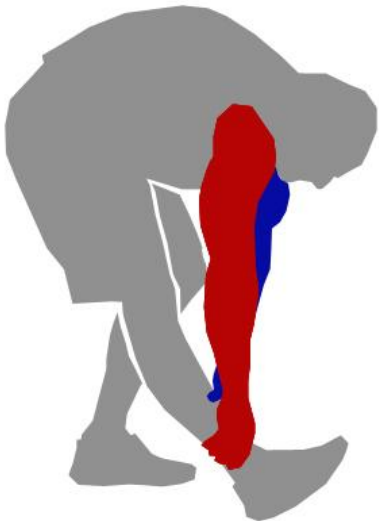
Stretches

Dancer's Stretch



1. Sit up on the floor. Use a mat if needed
2. Cross your left leg over your right, keeping the knee bent. Your right leg extended in front of you.
3. Place your right arm on the outside of your left leg knee. Use your right arm for support if needed
4. Rotate your upper chest to the left
5. Hold for 3 deep breaths and then repeat with the other leg.

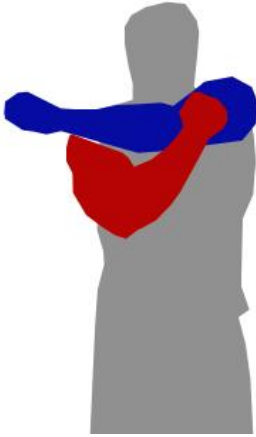
Runner's Stretch



1. Stand up straight with your feet shoulder width apart, knees slightly bent.
2. Step your left leg behind you, and place both your hands on your right thigh
3. Keep your right heel on the floor and point your toes to the ceiling.
4. Lean forward from your hips, pushing your butt up toward the ceiling and slide your hand towards your knee and to your foot if you can. Don't over push, but until it's a little uncomfortable
5. Hold for 3 deep breaths and then repeat with the other leg.

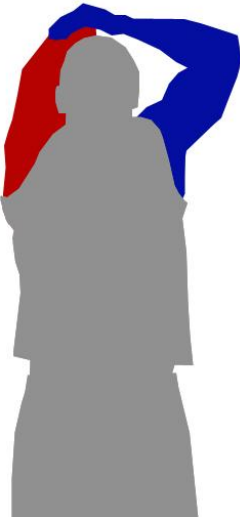
Stretches

Shoulder Stretch



1. Stand up straight with your feet shoulder width apart, knees slightly bent.
2. Reach your left arm across your body and hold it straight.
3. With your right hand, support your left elbow and pull it across your body towards your chest.
4. Hold for 3 deep breaths and then repeat with the other arm.

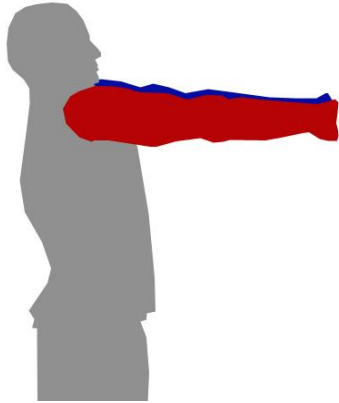
Triceps Stretch



1. Stand up straight with your feet shoulder width apart, knees slightly bent.
2. Reach your right hand behind your head, and point your thumb down your spine.
3. Support your elbow with your left arm and gently pull down.
4. Hold for 3 deep breaths and then repeat with the other arm.

Stretches

Upper Back Stretch



1. Stand up straight with your feet shoulder width apart, knees slightly bent.
2. Clasp fingers together with your thumbs pointing up and palms against your chest
3. Reach your hands forward and round your shoulders as you push.
4. Hold for 3 deep breaths and bring your hands back to your chest
5. Rotate your hands down and inwards so your thumb past your chest and point down
6. Reach your hands forward and round your shoulders as you push
7. Hold for 3 deep breaths

Upward Stretch



1. Stand up straight with your feet shoulder width apart, knees slightly bent.
2. Clasp your fingers together with your thumbs pointing up and palms against your chest
3. Reach your hands up towards the ceiling and round your shoulders as you push. Keep looking forward
4. Hold for 3 deep breaths and bring your hands back to your chest
5. rotate your hands up and inwards so your thumb pass your chest and point down
6. Reach your hands up towards the ceiling and round your shoulders as you push. Keep looking forward
7. Hold for 3 deep breaths

**KEEP
CALM
AND
DEFEND
YOURSELF**

Drills

Trigger Drill - equipment needed: focus mitts

The purpose of this drill is to improve the student's reaction and accuracy when striking



Start with the attacker in front of the victim

The attacker will have two focus mitts

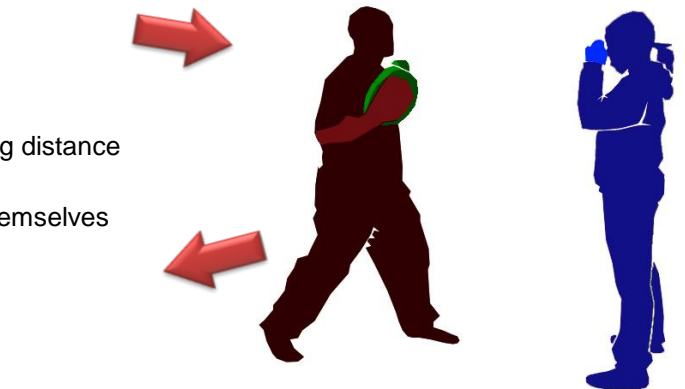
Both focus mitts will have the strike side facing the their chest

The attacker will stand in front of the victim, within striking distance

The victim will adopt the appropriate stance to defend themselves

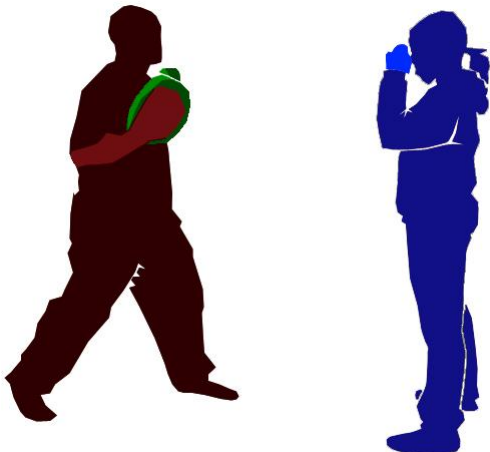


The attacker will show one focus mitt to the victim



The victim responds with the appropriate strike

Once the victim has hit the focus mitt, the attacker returns the focus mitt to their chest



Drills

Basic strikes can include:



Straight punches



Hooks



Upper cuts

Note:

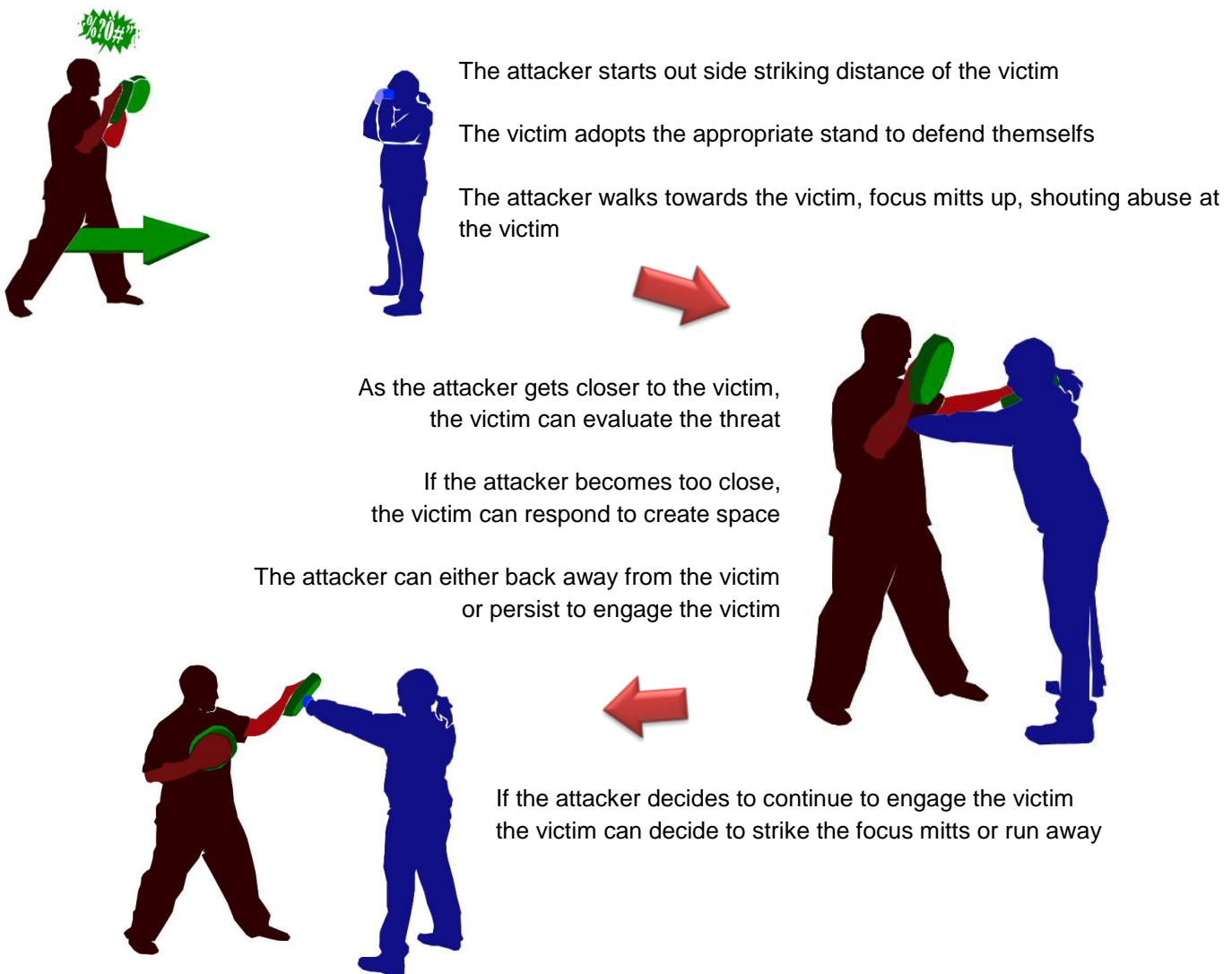
Other strikes and kicks can be included depending on your particular style

The Trigger Drill can be done stationary or using footwork depending on your particular style and clients

Drills

Pre-Empted Drill - equipment needed: focus mitts

The purpose of this drill is for the student to recognise threats and responded accordingly



Note:

The level of abuse will indicate the level of the threat. If the attacker is not being aggressive then the victim should not engage the attacker. If the attacker is being aggressive then the defence should be appropriate to the threat. The instructor can set the parameters before the drill is implemented.

The level and nature of the verbal abuse must be appropriate to the students.

Drills

Concealed Weapon Drill - equipment needed: replica weapons

The purpose of this drill is to improve the student's threat awareness and reactions



The drill begins with the attacker just outside striking range

The attacker can shout abuse at the victim

The attacker will have one or both arms concealed

the victim then talks to the attacker to try and calm the situation

As the conversation escalates the attacker will show the victim one or both hands



If the attacker has no weapon,
then the victim will shout "Stop!"



If the attacker has a weapon,
then the victim shouts weapon



Note:

The drill can be taken a stage further by having the attacker engage the victim after showing their hands. Then the victim will defend the self with the appropriate response.

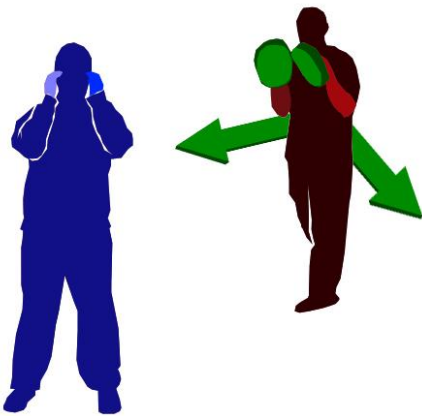
If you have a larger group, you can also have multiple attackers with various weapons or empty hands attacks against one victim.

The level and nature of the verbal abuse must be appropriate to the students.

Drills

Blind Drill - equipment needed: focus mitts

The purpose of this drill is to prepare student to respond to an unknown attacker from an unknown direction



The victim will start in their own space

The victim will have their hands up in a defense stand and their eyes closed

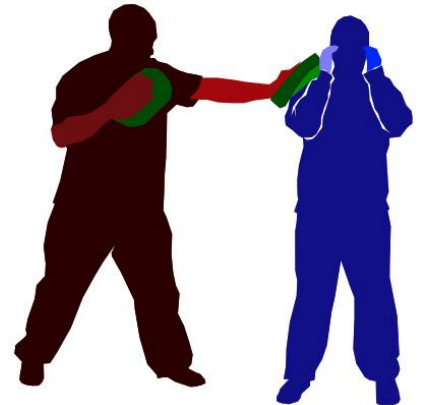
The attacker will approach the victim quietly from various angles and various times



The attacker sneaks up on the victim

The attacker pushes the victim

The level of force given to the victim is determined by the student

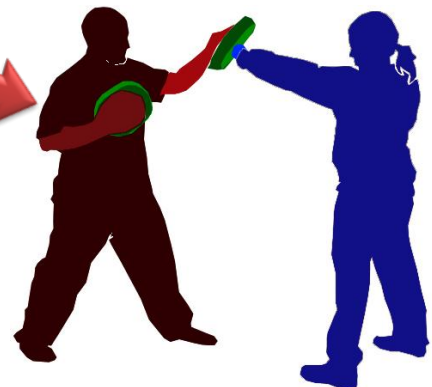


The victim must steady themselves from the push, they can now open their eyes

then turn to face the attacker and engage the attacker



The attacker can show the focus mitts to allow the victim to respond and strike



The attacker can also use weapons or empty hands strike instead of the focus mitts after the victim has turned to face the attacker

Drills

Eagle Drill - equipment needed: focus mitts

The purpose of this drill is to improve the student's reaction and their ability to defend themselves by moving around an attacker



The drill starts with the attacker outside striking range of the victim

The victim will have their hands up in a defense stand



The attacker will open out both arms at shoulder height

The attacker will purposely walk directly towards the victim and aim to walk through them by a few steps



As the attacker tries to walk through the victim, with arms still up at shoulder height

the victim will maneuver under the attacker's arms

As the victim maneuvers under the attacker's arm

the attacker will turn and show the focus mitts

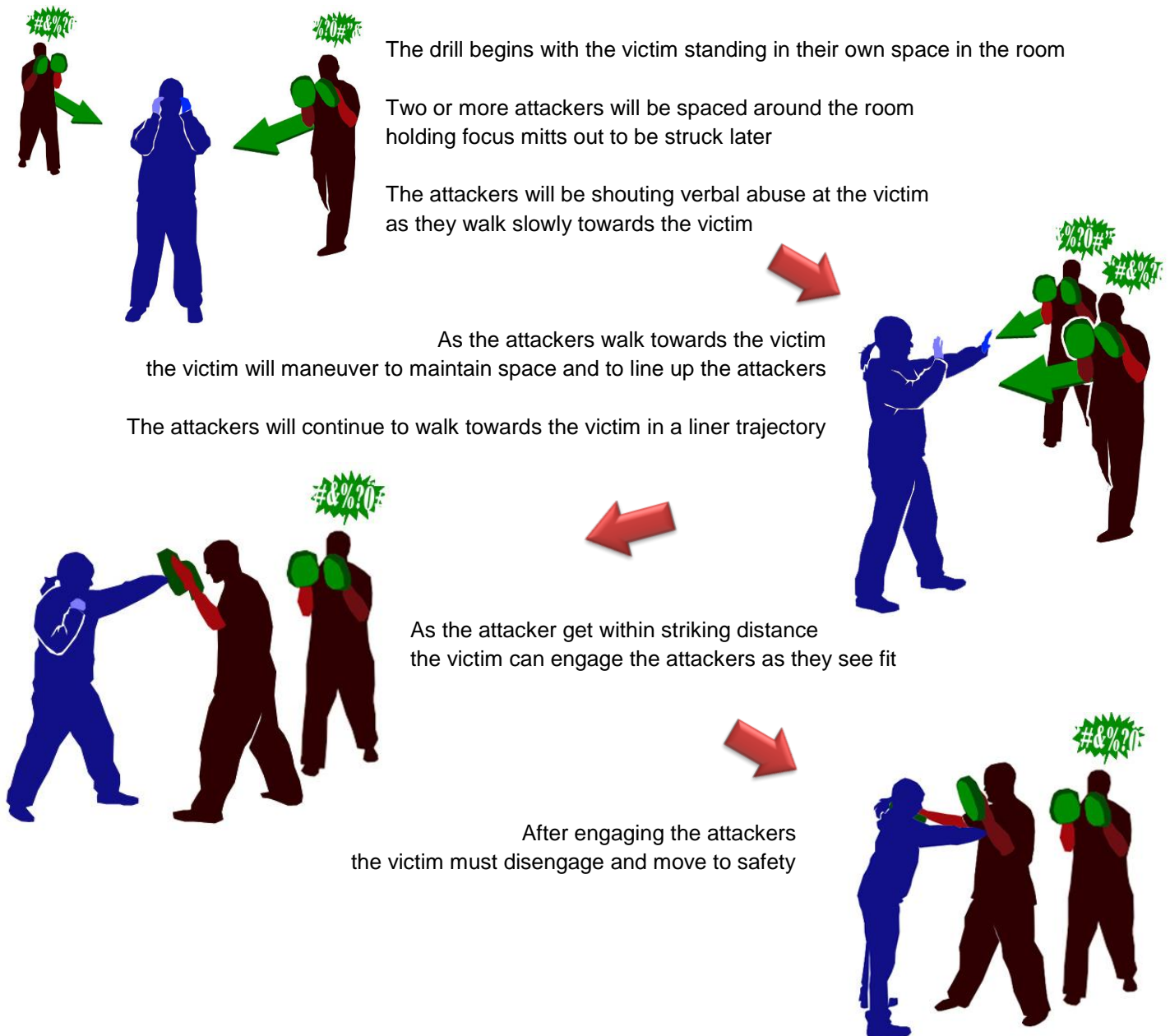
The victim can respond with a set striking combination before disengaging and moving away from the attacker



Drills

Zombies Drill - equipment needed: focus mitts

The purpose of this drill is to improve the student's footwork when facing multiple attackers



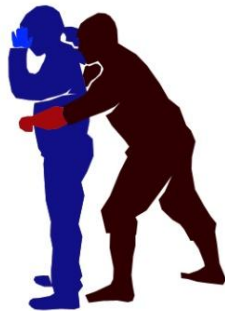
Note: The level and nature of the verbal abuse must be appropriate to the students.

Drills

Resistance Drill - equipment needed: focus mitts

The purpose of this drill is to promote the student's reaction aggression and fighting spirit

This drill is a continuation of the trigger drill



The attacker will stand in front of the victim, within striking distance

The victim will stand in the appropriate stance to defend themselves

Another attacker will secure the victim around the waist to provide a little resistance



The first attacker show the focus mitts

The victim responds with the appropriate strikes

The second attacker will pull on the victim's waist to make striking more difficult

The second attacker must not prevent the victim from striking but make the drill more challenging



Note:

Other strikes and kicks can be included depending on your particular style

The Trigger Drill can be done stationary or using footwork depending on your particular style and clients

Fitness Test

Basic fitness test covering cardiovascular performance and muscular endurance

The test will include:

1. Pushups to test upper body strength and endurance
2. Sit ups to test middle body strength and endurance
3. Squats to test lower body strength and endurance
4. Shuttle runs to test cardiovascular performance

For each exercise the student will be asked to do the maximum amount of repetitions within the allotted time. The students may rest during the exercises but the time will continue. After each exercise, the total amount of each repetition will be noted and the students will be allowed 90sec rest before moving onto the next exercise.

1. **PUSHUPS:** Do as many as possible in 1 minute



Start in up position with locked out elbows, and with straight back.
Hands flat on floor, slightly wider than shoulder width. Knuckle pushups are acceptable.
Lower chest to the floor until the triceps are parallel to the floor.
Then push back up to starting position.
Woman can use a 6 inch bar on the ground and lower their chest to the bar.
Knee push-ups cannot be used.

Take a 90 second rest, then continue on with SITUPS.

2. **SITUPS:** Do as many as possible in 1 minute. With or without a partner holding your feet.



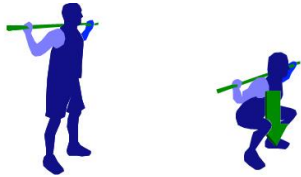
Start with your back on the floor, knees bent and finger interlocked and over your head. With hands touching the floor.
Keeping your feet flat on the floor, perform a sit up and bring your hands over your knees and to your ankles.
Then lower back down, keeping your feet flat on the floor, and back into the starting position.

Take a 90 second rest, then continue on with SQUATS.

Fitness Test

Basic fitness test covering cardiovascular performance and muscular endurance

3. SQUATS: Do as many as possible in 1 minute.



Start with your feet no narrower than shoulder width apart, a wide stance is allowed if needed.

Keeping your back straight, lower yourself into a squat until your thighs are parallel to the ground.

A bench or block can be used to judge the distance of the squat.

A stick can be held over the shoulders or the hands can be on the hips to prevent the use of arms to help with momentum.

Take a 90 second rest, then continue on with SHUTTLE RUNS.

4. SHUTTLE RUNS: Do as many as possible in 2 minutes.



Measure a distance of 30 feet with 2 cones or markers.

Run from the first marker to the second and then return, this will be counted as 2 laps.

Both feet must pass the marker for the lap to be counted.

Continue running back and forth nonstop for 2 minutes.

In total:

- 1 min Push Up
- 1.5 min Rest
- 1 min Sit Up
- 1.5 min Rest
- 1 min Squat
- 1.5 min Rest
- 1 min shuttle run

Fitness Test

Total Repetitions		Age range								Score as %								Sex	
		#1 Max Push-ups in 1 Minutes								#2 Max Sit up in 1 Minute									
Reps		16-25		26-35		36-45		46 +		Reps		16-25		26-35		36-45		46 +	
		M	F	M	F	M	F	M	F			M	F	M	F	M	F	M	F
63				100						63				100					
62				99						62				99					
61				98						61				98					
60				97						60				97					
59	100			96						59				96					
58	99			95						58	100			95					
57	98			94		100				57	99			94					
56	97			93		99				56	98			93					
55	96			92		98		100		55	97			92				100	
54	95			91		97		99		54	96			91				99	
53	94			90		96		98		53	95			90				98	
52	93			89		95		97		52	94			89		100		97	
51	92			88		94		96		51	93			88		99		96	
50	91			87		93		95		50	92			87	100	98		95	
49	90			86		92		94		49	91			86	99	97		94	
48	89			85		91		93		48	90			85	98	96		93	
47	88			84		90		92		47	89	100		84	97	95		92	
46	87			83		89		91		46	88	99		83	96	94		91	
45	86			82		88		90		45	87	98		82	95	93		90	
44	85			81		87		89		44	86	97		81	94	92		89	
43	84			80		86		88		43	85	96		80	93	91	100	88	
42	83			79	100	85		87		42	84	95		79	92	90	99	87	
41	82			78	99	84		86		41	83	94		78	91	89	98	86	
40	81			77	98	83		85		40	82	93		77	90	88	97	85	
39	80	100		76	97	82		84		39	81	92		76	89	87	96	84	
38	79	99		75	96	81	100	83		38	80	91		75	88	86	95	83	
37	78	98		74	95	80	99	82		37	79	90		74	87	85	94	82	
36	77	97		73	94	79	98	81		36	78	89		73	86	84	93	81	
35	76	96		72	93	78	97	80	100	35	77	88		72	85	83	92	80	100
34	75	95		71	92	77	96	79	99	34	76	87		71	84	82	91	79	99
33	74	94		70	91	76	95	78	98	33	75	86		70	83	81	90	78	98
32	73	93		69	90	75	94	77	97	32	74	85		69	82	80	89	77	97
31	72	92		68	89	74	93	76	96	31	73	84		68	81	79	88	76	96
30	71	91		67	88	73	92	75	95	30	72	83		67	80	78	87	75	95
29	70	90		66	87	72	91	74	94	29	71	82		66	79	77	86	74	94
28	69	89		65	86	71	90	73	93	28	70	81		65	78	76	85	73	93
27	68	88		64	85	70	89	72	92	27	69	80		64	77	75	84	72	92
26	67	87		63	84	69	88	71	91	26	68	79		63	76	74	83	71	91
25	66	86		62	83	68	87	70	90	25	67	78		62	75	73	82	70	90
24	65	85		61	82	67	86	69	89	24	66	77		61	74	72	81	69	89
23	64	84		60	81	66	85	68	88	23	65	76		60	73	71	80	68	88
22	63	83		59	80	65	84	67	87	22	64	75		59	72	70	79	67	87
21	62	82		58	79	64	83	66	86	21	63	74		58	71	69	78	66	86
20	61	81		57	78	63	82	65	85	20	62	73		57	70	68	77	65	85
19	60	80		56	77	62	81	64	84	19	61	72		56	69	67	76	64	84
18	59	79		55	76	61	80	63	83	18	60	71		55	68	66	75	63	83
17	58	78		54	75	60	79	62	82	17	59	70		54	67	65	74	62	82
16	57	77		53	74	59	78	61	81	16	58	69		53	66	64	73	61	81

Fitness Test

#1 Max Squats in 1 Minutes

#2 Shuttle Run for 2 Minute

Reps	16- 25		26- 35		36- 45		46 +		Reps	16- 25		26- 35		36- 45		46 +	
	M	F	M	F	M	F	M	F		M	F	M	F	M	F	M	F
63			100						63								
62	100		99						62								
61	99		98						61								
60	98		97		100				60								
59	97		96		99				59								
58	96		95	100	98				58								
57	95		94	99	97				57								
56	94	100	93	98	96				56								
55	93	99	92	97	95				55								
54	92	98	91	96	94	100			54								
53	91	97	90	95	93	99			53								
52	90	96	89	94	92	98			52								
51	89	95	88	93	91	97			51								
50	88	94	87	92	90	96	100		50								
49	87	93	86	91	89	95	99		49								
48	86	92	85	90	88	94	98		48								
47	85	91	84	89	87	93	97	100	47								
46	84	90	83	88	86	92	96	99	46								
45	83	89	82	87	85	91	95	98	45								
44	82	88	81	86	84	90	94	97	44								
43	81	87	80	85	83	89	93	96	43								
42	80	86	79	84	82	88	92	95	42								
41	79	85	78	83	81	87	91	94	41			100					
40	78	84	77	82	80	86	90	93	40			99					
39	77	83	76	81	79	85	89	92	39	100		98	100				
38	76	82	75	80	78	84	88	91	38	99		97	99				
37	75	81	74	79	77	83	87	90	37	98	100	96	98	100			
36	74	80	73	78	76	82	86	89	36	97	99	95	97	99			
35	73	79	72	77	75	81	85	88	35	96	98	94	96	98	100		
34	72	78	71	76	74	80	84	87	34	95	97	93	95	97	99		
33	71	77	70	75	73	79	83	86	33	94	96	92	94	96	98	100	
32	70	76	69	74	72	78	82	85	32	93	95	91	93	95	97	99	
31	69	75	68	73	71	77	81	84	31	92	94	90	92	94	96	98	100
30	68	74	67	72	70	76	80	83	30	91	93	89	91	93	95	97	99
29	67	73	66	71	69	75	79	82	29	90	92	88	90	92	94	96	98
28	66	72	65	70	68	74	78	81	28	89	91	87	89	91	93	95	97
27	65	71	64	69	67	73	77	80	27	88	90	86	88	90	92	94	96
26	64	70	63	68	66	72	76	79	26	87	89	85	87	89	91	93	95
25	63	69	62	67	65	71	75	78	25	86	88	84	86	88	90	92	94
24	62	68	61	66	64	70	74	77	24	85	87	83	85	87	89	91	93
23	61	67	60	65	63	69	73	76	23	84	86	82	84	86	88	90	92
22	60	66	59	64	62	68	72	75	22	83	85	81	83	85	87	89	91
21	59	65	58	63	61	67	71	74	21	82	84	80	82	84	86	88	90
20	58	64	57	62	60	66	70	73	20	81	83	79	81	83	85	87	89
19	57	63	56	61	59	65	69	72	19	80	82	78	80	82	84	86	88
18	56	62	55	60	58	64	68	71	18	79	81	77	79	81	83	85	87
17	55	61	54	59	57	63	67	70	17	78	80	76	78	80	82	84	86
16	54	60	53	58	56	62	66	69	16	77	79	75	77	79	81	83	85