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Guide book out-lining the 10 most common street attacks that occurs in the U.K. and how different self-defense and martial arts discipline evaluate and combat the situation.

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<p>The purpose of this thesis is to produce a booklet as a teaching aid for self-defense and martial arts instructors. The Themes Valley Police and the office for national statics has been contacted to provide criminal statistic, identify the 10 most common street attacks and give detailed advice on how to stay safe and avoid dangerous situations. With the 10 most common street attacks identified, experts in different fields and disciplines of martial arts and self-defense have given step by step instructions on how to defend the attacks. The guild book also offers different exercises and defense drill that can be added to instructors existing classes. The guidebook is not intended to be used as a comparison of different styles but as a learning tool to further improve reality based self-defense and how it is taught in martial art schools. The author has over 10 years' experience in the fields of martial arts and self-defense. Mr. Round currently holds black belts in Kung-Fu and Choi Kwan Do, and is a certified instructor in Choi Kwan Do and Krav Maga. This guide book will serve to deepen the wealth of knowledge with regards to self-defense for the author and commissioning party.</p>	
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## PREFACE

“Hit first and keep hitting”

Damian Ross, Master Instructor and CEO of “The Self Defense Company”

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## 1 INTRODUCTION

The United Kingdom is the violent crime capital of Europe and has one of the highest rates of violence in the world, (Edwards 2009) worse even than America. Analysis of figures from the European Commission showed a 77 per cent increase in murders, robberies, assaults and sexual offences (Edwards 2009) in the UK since 2009. The total number of violent offences recorded compared to the 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 recorded murders) and at a relative rate higher than most western European neighbors, including France, Germany, Italy and Spain. (Edwards 2009)

Mr. Musa, founder and chief instructor of Musa Martial Arts Academy, commissioned a self-defense booklet to be used by himself and other instructors during classes at his academy. Abid Musa is a Third Degree Black Belt, Instructor for Choi Kwang Do. His Choi Kwang Do training began in 1999 under the instruction of Master Keith Banfield (Fifth Degree Black Belt) at Wembley Choi Kwang Do School. Certified as an Assistant Instructor in 2004, he continued his training earning his First Degree Black Belt in 2005 and was certified as a Chief Instructor in 2007. With more than 10 years' experience in Choi Kwang Do and other martial arts, Mr Musa is a recognised and respected Instructor within the London region and across the UK.

The Musa Academy provides the highest level of training and professionalism for the study of Choi Kwang Do (CKD) and Musa Martial Arts Self Defence. Through comprehensive teaching, Musa Martial Arts Academy encourage students from all backgrounds regardless of sex, age and ability, to have a better understanding of the benefits of participating, such as improved fitness, flexibility, confidence, awareness and self-esteem. Musa Martial Arts Academy are committed to provide students with a safe and non-competitive environment to help them grow not only physically but mentally too.

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 have given step by step instructions on how to defend the attacks. Mr. Musa requested that the different disciplines include styles derived from “Striking Martial art”, “Grappling Martial Arts” and “Reality Based Self Defense”. Included in the guide book are different exercises and defense drill that can be added to instructors existing classes.

## 2 THEORETICAL BACKGROUND

### 2.1 Martial arts

The martial arts are systems of traditions of combat practices. In modern times martial arts are practiced for a variety of reasons, including self-defense, competition, physical health and fitness, as well as mental, physical, and spiritual development. The term martial art was originally used in regard to the combat systems of Europe as early as the 1550s but in recent years has become heavily associated with the fighting arts of eastern Asia. An English fencing manual of 1639 used the term in reference specifically to the "Science and Art" of swordplay. The term is ultimately derived from Latin, and means "Arts of Mars." "Traditional" martial arts are tied to an ethnic, cultural or religious background, while others are modern systems developed either by a founder or an association for specific self-defense usage. (Clements 2006)

#### 2.1.1 Reality Based Self Defense (RBSD)

Reality Based Self Defense (RBSD) is defined as training and survival skills based on modern conflict situations that practitioners are likely to encounter in their environments (their "reality"). Reality-based self-defense eliminates the unnecessary from martial arts, such as tradition, ceremony, formality, and forms/kata. Techniques are not fancy or impractical such as spinning kicks, high kicks to the head, complicated joint locks. (Wagner 2006) It does not take years of training to be proficient. This system is based on a few simple techniques based on gross motor skills, practiced in a realistic environment with actors and props. Adrenal stress is introduced. The focus is on the few skills that you are most likely to use in a conflict.



### 2.1.2 Striking Martial Arts

The term striking in martial arts generally refers to stand up fighting. The striking styles in martial arts teach practitioners to defend themselves while in the upright position. They do this through the use of punches, kicks, knees, and blocks. Each martial arts style, however, does this in its own unique way. (Dowling 2011)

### 2.1.3 Grappling Martial Arts

Grappling refers to techniques, maneuvers, and counters applied to an opponent in order to gain a physical advantage, such as improving relative position, escaping, submitting, or injury to the opponent (Guida 2013). Grappling is a general term that covers techniques used in many disciplines, styles and martial arts that are practiced both as combat sports and for self-defense. Grappling does not include striking or most commonly the use of weapons.

## 2.2 Violent crime:

The definition of a violent crime suggests that violence is a behavior by persons, against persons or property that intentionally threatens, attempts, or actually inflicts physical harm. The seriousness of the injuries to the victim(s), whether or not guns or other weapons were used and/or whether or not the alleged perpetrator has a criminal record will alter the crime's seriousness. (Office for National Statistics, 2012).

The guide book has addressed personal and physical crimes rather than threats or damage to property.

The following information was supplied by Mr. B McGuire from office for national statics. This Data represents different crimes in England and wales for the year ending June 2012

This quarterly release presents the most recent 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.

### 2.3 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	Apr-02 to Mar-03	Apr-06 to Mar-07	Jul-10 to Jun 11	Jul-11 to Jun 12
Violence against the person offences	845078	1046167	796693	747448
Violence against the person - with injury <sup>2</sup>	372124	506594	356468	328642
Violence against the person - without injury <sup>3</sup>	472954	539573	440225	418806
Violence against the person rate per 1,000 population	16	20	15	14

Source: Police recorded crime, Home Office

1. Police recorded crime statistics based on data from all 44 forces in England and Wales  
(including the British Transport Police).
2. Includes homicide, attempted murder, intentional destruction of viable unborn child, causing death by dangerous driving/careless driving when under the influence of drink or drugs, more serious wounding or other act endangering life (including grievous bodily harm with and without intent), causing death by aggravated vehicle taking and less serious wounding offences.
3. Includes threat or conspiracy to murder, harassment, possession of weapons, other offences against children and assault without injury (formerly common assault where there is no injury).

## 2.4 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. Only data for the last two years are compared in this section because up until April 2010 there were known inconsistencies in recording practices between forces.

In the year ending June 2012, the police recorded 29,513 offences involving a knife or sharp instrument.

Selected offence type	Jul-10 to Jun 11	Jul-11 to Jun 12
Attempted murder	236	235
Threats to kill	1344	1145
Actual bodily harm & grievous bodily harm <sup>4</sup>	13584	12198
Robbery	16840	15470
Rape	259	207
Sexual assault <sup>5</sup>	103	65
Total selected offences	32366	29320
Homicide <sup>6</sup>	235	193
Total selected offences including homicide	32601	29513

Source: Police recorded crime, Home Office

1. Police recorded crime statistics based on data from all 44 forces in England and Wales (including the British Transport Police).
2. Police recorded knife and sharp instrument offences data are submitted via an additional special collection. Proportions of offences involving the use of a knife or sharp instrument presented in this table are calculated based on figures submitted in this special collection. Other offences exist that are not shown in this table that may include the use of a knife or sharp instrument.
3. Three police forces include unbroken bottle and glass offences in their returns, which are outside the scope of this special collection. As such, data for these forces are not directly comparable to data for other forces. The three forces are: Surrey, Sussex and British Transport Police

4. Changes to offence codes in April 2012 mean the category of actual bodily harm and grievous bodily harm is not directly comparable over the time period. However, these changes are not expected to affect the totals presented in this table.
5. Sexual assault includes indecent assault on a male/female and sexual assault on a male/female (all ages).
6. Homicide offences are those currently recorded by the police as at 3 September 2012 and are subject to revision as cases are dealt with by the police and by the courts, or as further information becomes available

## 2.5 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.

	Apr-02 Mar-03	to	Apr-06 Mar-07	to	Jul-10 to Jun- 11	Jul-11 to Jun- 12
Firearm offences	10,248		9,645		6,694	5,507

Table source: Home Office

Table notes:

1. Police recorded crime statistics based on data from all 44 forces in England and Wales (including the British Transport Police).
2. Firearms are provisional. Excludes offences involving the use of air weapons and offences recorded by British Transport Police. Includes crimes recorded by police where a firearm has been fired, used as a blunt instrument against a person or used as a threat.

## 2.6 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	Apr-02 to Mar-03	Apr-06 to Mar-07	Jul-10 to Jun 11	Jul-11 to Jun 12
Sexual offences	58,890	57,522	54,661	52,178
Most serious sexual crime	45,317	43,738	45,445	42,976
Other sexual offences	13,573	13,784	9,216	9,202
Violence against the person rate per 1,000 population	1	1	1	1

Table source: Home Office

Table notes:

1. Police recorded crime statistics based on data from all 44 forces in England and Wales (including the British Transport Police).

## 2.7 Self-defense:

Self-defense is the action by which a person protects him or herself from any bodily harm arising out of an encounters or attacks from other person either by protecting him or herself by blocking the opponent's advancement or by a counter attack. Lord Parker CJ in *Chiasm* (1963) states "... where a forcible and violent felony is attempted upon the person of another, the party assaulted, or his servant, or any other person present, is entitled to repel force by force, and, if necessary, to kill the aggressor..." (Baskind 2013)

## 2.8 10 ten most common attacks

When discussing the “most common attacks” the information was gathered by the statistical department for the Home Office. The information was collected and gathered by the home office statist department from crime reports and studying Close Circuit Television (CCTV).

There are in descending order from most common first:

1. One person pushes, hands to chest, followed by the pusher striking first to the head.
2. A swinging punch to the head.
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.
5. A front clothing grab, two hands, followed by a knee to the groin.
6. A bottle, glass, or ashtray to the head.
7. A lashing kick to groin/lower legs.
8. A broken bottle/glass jabbed to face.
9. A slash with knife, most commonly a 3 to 4" lock blade knife or kitchen utility knife.
10. A grappling style head lock.

### 3 RESEARCH TASKS

The purpose of this thesis was to create a booklet for Mr. Musa. The aim of the booklet is to provide easily accessible information for currently active instructors teaching at The Musa Martial Art Academe. The main focus of the booklet is on the ten most common attacks that accrue in the United Kingdom. The research task will reflect the content of the book and how the book should be constructed. These task are as follows;

- What are the most common attacks and are these verified by a governing body?
- What are the criminal statistics needed?
- Are the participating instructors sufficiently qualified?
- What other information does the company want in the booklet apart from the 10 most common attacks?
- How will the book be structured to insure a coherent and easily assessable guide book is produced?

## 4 PRODUCT DEVELOPMENT PROCESS

The purpose of this thesis was to create a booklet for Mr. Musa. The aim of the booklet is to provide easily accessible information for currently active instructors teaching at The Musa Martial Art Academe. The main focus of the booklet is on the ten most common attacks that accrue in the United Kingdom. As the book is aimed at already established martial artist, the book itself did not need to be constructed using laymen terms and technical terms would be preferred for ease of use.

The first step in this product development process was to gather the necessary information as requested by Mr. Musa. The information regarding defending the ten most common attacks was collected from established instructors via interviews and filming.

Alongside the ten most common attacks, Mr. Musa wanted “Criminal statistics in England”, “the law relating to self-defense”, “guide lines on how to stay on the streets”, “10 does and donts of street self defence” and “conflict management”. In addition to this information, Mr. Musa also requested different “Defense Drills” and a “Fitness Test” that can be conducted in class with little equipment. This information was attained by contacting relevant authorities with in the particular areas to gather information directly from the relevant sources.

### 4.1 Commissioning Party

Mr. Musa, founder and chief instructor of Musa Martial Arts Academy, commissioned a self-defense booklet to be used by himself and other instructors during classes at his academy. Abid Musa is a Third Degree Black Belt, Instructor for Choi Kwang Do. His Choi Kwang Do training began in 1999 under the instruction of Master Keith Banfield (Fifth Degree Black Belt) at Wembley Choi Kwang Do School. Certified as an Assistant Instructor in 2004, he continued his training earning his First Degree Black Belt in 2005 and was certified as a Chief Instructor in 2007. With more than 10 years’ experience in Choi Kwang Do and other martial arts, Mr Musa is a recognised and respected Instructor within the London region and across the UK.



#### 4.2 What are the most common attacks and are these verified by a governing body?

When discussing the “most common attacks” the information was gathered by the statistical department for the Home Office. The information was collected and gathered by the home office statist department from crime reports and studying Close Circuit Television (CCTV).

There are in descending order from most common first:

1. One person pushes, hands to chest, followed by the pusher striking first to the head.
2. A swinging punch to the head.
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.
5. A front clothing grab, two hands, followed by a knee to the groin.
6. A bottle, glass, or ashtray to the head.
7. A lashing kick to groin/lower legs.
8. A broken bottle/glass jabbed to face.
9. A slash with knife, most commonly a 3 to 4" lock blade knife or kitchen utility knife.
10. A grappling style head lock.

#### 4.3 What are the criminal statistics needed by Mr.Musa?

Mr. Musa is interested in the criminal statistics around the local area of his school.

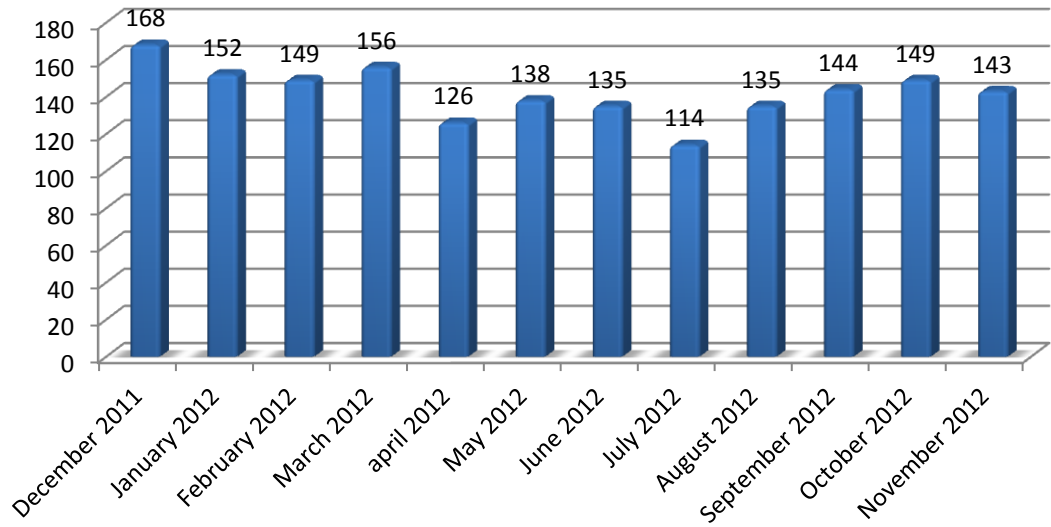
Mr. Musa did not require the information to be used with in the guide book itself, but wanted to use the information himself and also wanted to know where he could get up-to-date information for future reference.

The following information was supplied by the U.K. Crime Statistics Group who are working alongside the UK Government to provide UK Crime Statistics in an easily readable format. The information reflects particular crimes within the post code of the Musa Martial Art Academy (HA6 1HR) from November 2011- November 2012

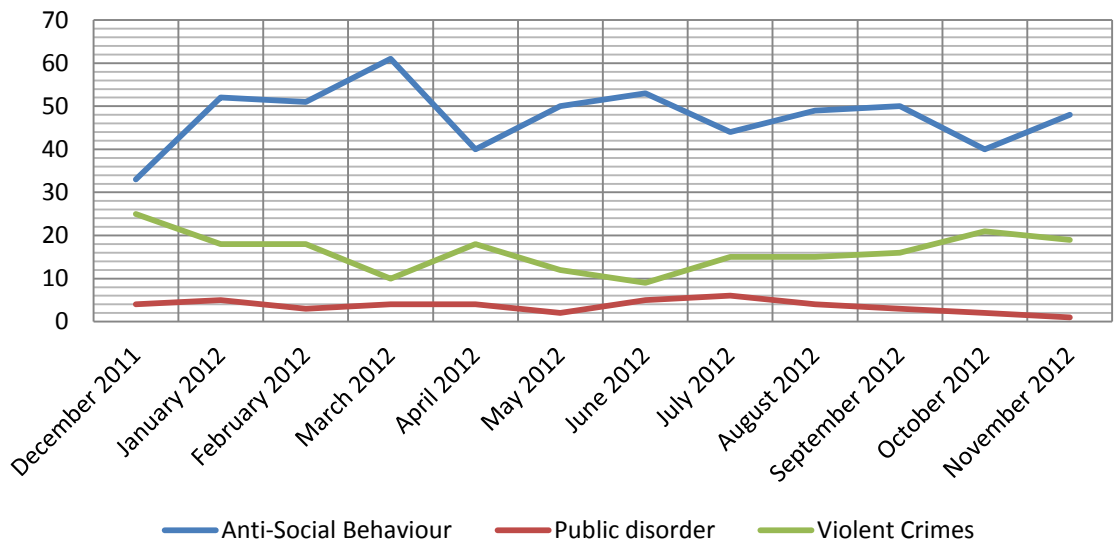
The information supplied is in reference to;

Anti-social behavior	Includes personal, environmental and nuisance anti-social behavior.
Burglary	Includes offences where a person enters a house or other building with the intention of stealing.
Criminal damage and arson	Includes damage to buildings and vehicles and deliberate damage by fire.
Drugs	Includes offences regarding usage, possession, manufacture or distribution of illegal drugs.
Other Crime	Includes criminal activity unable to be classified using the above terms.
Other theft	Includes all other theft that is neither Robbery or Shoplifting.
Public disorder and weapons	Includes offences which cause fear, alarm, distress or a possession of a weapon such as a firearm.
Robbery	Includes offences where a person uses force or threat of force to steal.
Shoplifting	Includes offences where a person has stolen goods from a shop while pretending to be a customer.
Violent crime	Includes offences against the person such as common assaults, Grievous Bodily Harm and sexual offences.
Vehicle crime	Includes theft from or of a vehicle or interference with a vehicle.

Total crimes committed from December 2011 to November 2012 with in the local Area of Musa Martial Arts Academy



Most relevent crimes committed from December 2011 to November 2012 with in the local Area of Musa Martial Arts Academy



#### 4.4 Are the participating instructors sufficiently qualified?

For the guide book the intention was to have four different sections regarding the 10 most common attacks and how to defend them. Each of the instructors involved hold a black belt in their chosen discipline and currently instruct classes professionally. The only exception to this rule is Mr. Spicer. Mr. Spicer teaches Urban Krav Maga professionally, this particular style does not have a belt system, instead Mr. Spicer has passed the instructors course and been instructing for three years. Mr. Spicer was approached to provide techniques to represent a “Reality Based Self Defence” style. Unfortunately Mr. Spicer only provided half the information requested and was not included in the final book. The final booklet has only three sections regarding the 10 most common attacks and how to defend them. Mr. Musa has provided his own style of self-defense under the name of “Musa Martial arts” and also the section for Choi Kwang Do. Mr. Musa’s Choi Kwang Do will provide the information to represent the “Striking Martial Arts”. Mr. Musa is a 3<sup>rd</sup> degree black belt in Choi Kwang Do and has been a chief instructor in the discipline for five years. The final section is provided by Mr. Kumpulainen, a black belt instructor for Hokutoryu Jui Jitsu. Mr. Kumpulainen has provided information relating to the “Grappling Martial Arts”

#### 4.5 What other information does Mr. Musa want in the booklet apart from the 10 most common attacks?

Alongside the 10 most common attacks, there is information gathered representing “Criminal statistics in England”, “the law relating to self-defense”, “guide lines on how to stay on the streets”, “10 do’s and don’ts of street self defence” and “conflict management”. In addition to this information there are also sections on different “Defense Drills” and a “Fitness Test” that can be conducted in class with little equipment.

#### 4.5.1 Criminal statistics in England

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

This Data represents different crimes in England and Wales from July 2011 until June 2012

This release represents 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

### 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

### 4.5.2 The law relating to self-defense

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 theses law 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."

## Self-defense

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/she could contend at common law that he/she was using reasonable force to defend himself. He/She could also contend that he/she was using reasonable force to prevent a crime from being committed, namely an assault against themselves.

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 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 prerequisite 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.”

## "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.

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-defense:

"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 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.”

#### 4.5.3 Guide lines on how to stay on the streets

The following information was provided by an active officer on the themes Valley Police, but asked not to be named in this thesis.

##### 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.

### 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

### 4.5.4 10 does and don'ts of street self defence

Mr. S. Caldwell was consulted regarding "10 does and don'ts of street self defence". Mr. S. Caldwell is the founder and owner of Cageddevil Combatives martial arts and self defence school located in Douglas, Isle of Man. Mr. Caldwell is a qualified instructor for Urban Krav Maga, British Combat Association and Advanced Tactical Combat. When asked to discuss and outline "10 does and don'ts of street self defence", Mr. Caldwell suggested that "does and don'ts" would imply that any situation involving physical conflict could be broken down to basic yes and no actions. In his experience, both with physical confrontation and with teaching, Mr. Caldwell believes that no situation can be simplified with "does and don'ts", but suggested a "Golden Rules for Defence"

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

## Golden Rules for Defence

### '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 defence 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'

Adrenalised 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 defence! 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!



### '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.

### '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 neutralised.

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

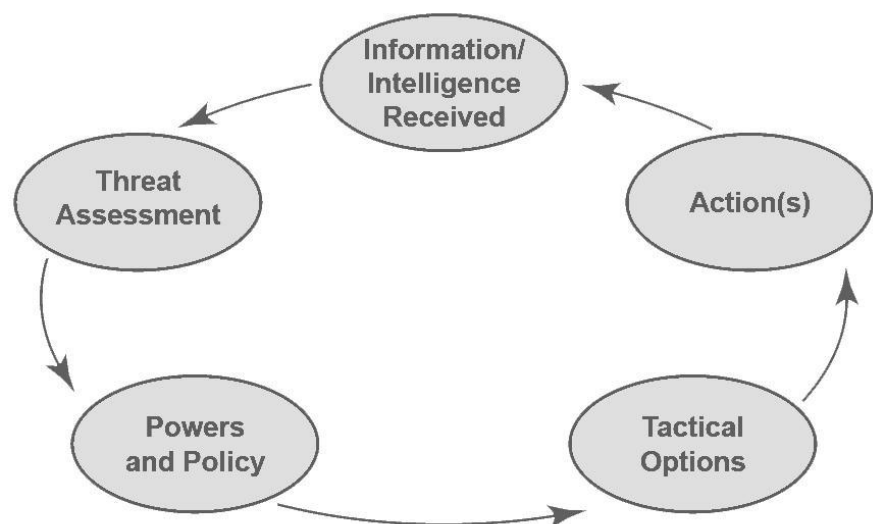
#### 4.5.5 Conflict Management

The following information was provided by an active officer on the themes Valley Police, but asked not to be named in this thesis.

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.

### 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 assets 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.

The assailant: Impact factors

- Sex, age, size of assailant
- Strength of assailant
- Skill level of assailant
- Exhaustion of assailant
- Injury of assailant
- Number of assailant s
- 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.

## 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 a assailant
- Your perception of imminent danger
- Your perception of being in a position of disadvantage
- Your perception of the assailants 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.

#### 4.5.6 Defense Drills

Neal Martin created a book designed to help martial artist improve their training sessions with a series of exercises and drill, not only to improve technique skills but also threat awareness. The book in questions is called “Combative Drills”. From “Combative Drills” there is seven drill that are included in the final booklet. These Drills are the Trigger drill, Pre-empted drills, the Concealed Weapon drill, the Blind drill, the Eagle drill, the Zombie drill and the Resistance drill.

#### 4.5.7 Fitness Test

Mr. Musa requires a basic fitness test that he and other instructors can conduct during class with minimal equipment. Mr. Musa believes that his students should have a fitness level comparable to that of an amateur boxer with regards to endurance and stamina. Joe Leinhauser is a former professional boxer and owner of the Iron Gloves Boxing Gym in Arizona. Mr. Leinhauser was able to provide the fitness test he uses with his amateur boxers utilizing sit ups, push-ups, squats and shuttle runs. Mr. Leinhauser explains that these four exercises are used as simple and functional exercises to improve and test the boxers all body endurance and stamina. This test can be used and implemented in less than 10 minutes with a reference to fitness levels required for amateur boxers.



#### 4.6 How will the book be structured together to insure a coherent and easily assessable guide book is produced?

During the planning and construction phase I was consulting Mr. Marc Willetts. Mr. Willetts is a Graphic designer and Product Management analyst for Experian US. Mr. Willetts is also a former editor for “Agenda Magazine”. Before starting the book Mr. Musa requested a booklet with A4 handouts that he could give to his existing instructor to instruct from. Mr. Musa also wanted a guide book that was gender neutral, had a clean presentation and easily readable. Mr. Willetts initial suggestions was to use both pictures and written text to demonstrate the techniques for ease of access during the classes. Mr. Willetts also advised me to use simple prime colors to help differentiate all the information on the page. The data from each instructor was collected by filming the instructors performing the defenses with a detailed description, then screen shots taken to use to depict the movements. The process of filming and taking screen shots created an issue due to the varying quality of the footage submitted. Mr. Willett suggested that’s taking the footages and drawing silhouettes from the images with solve two basic problems. The first problem with the varying quality of footage can be solved by re-drawing the images in silhouettes form, thus making all the images the same quality. The second issue with the footages is that because all the footage was filmed separately by the different instructors, there seemed to be not link between the different footages. By re-drawing the images and using the same color schemes for all, the images tide together in a more cohesive manner. Once each section had been created, they were sent to Mr. Willetts and currently active instructors for feedback and constructive criticism.

#### 4.7 The reliability of sources

The information collected regarding different crime statistics has come directly from the Themes Valley Police, Mr. B McGuire from office for national statics and Eric Baskind LL.B (Hons), FHEA, MCI Arb. The instruction portion of the booklet has information gathered from instructors with a black belt of higher in regards to traditional Martials. Data gathered from self-defense teacher has been from qualified instructors who are currently teaching.

#### 4.8 Ethical issues

During the collection process it was important to gather relevant and up to date information of criminal statistic from a reliable source. There was no need to groom data or take the information out of context to help sell the information for the guidebook. Once the information was gathered from all parties, the guidebook will not be used as a comparison report or make judgment on different styles. The information displayed will be for educational purpose only.

#### 4.9 How the reliability of the thesis will be established

The information collected regarding different crime statistics will come directly from the Themes Valley Police, B McGuire from office for national statics and Eric Baskind LL.B (Hons), FHEA, MCI Arb.

The instruction portion of the booklet has information gathered from instructors with a black belt of higher in regards to traditional Martials. Data gathered from self-defense teacher will be from qualified instructors who are currently teaching.

On completion the guidebook it was sent to each of the participating instructor for feedback and approval before finalizing the thesis.

## 5 DISCUSSION

Finally, the final product can be evaluated and discussed, alongside my personal and professional development

### 5.1 The Product Evaluation

I was very fortunate to be approached by Mr. Musa to create a booklet for himself and his school. Mr. Musa is a former instructor of mine and he is very familiar with my martial art background and also has helped me with other school work including my first particle training in the United Kingdom. My first task was to establish the ten most common attacks in the United Kingdom. Mr. Musa was aware of these ten attacks consisted of from previous training, but he was not able to verify these or find the original sources. Another important section within this book for Mr. Musa and his instructor was the “The Law Relating to Self Defence”. Many instructors will use phrases such as “reasonable force” and “pre-empted attacks” without really knowing how this relates to the law in the United Kingdom. It was very helpful for myself and for Mr. Musa to be able to put some professional knowledge behind the terms “reasonable force” and “pre-empted attacks” for future references.

The standard and caliber of the participating authors to my thesis is at a higher level than I expected and I was pleased to be able to make contact with professionals in their chosen fields.

I am happy with the overall look and feel of the booklet and believe the content is easily accessible and readable to the target audience.

Finally Mr. Musa was very pleased with the final product. As I was researching and creating the book, I would forward the information to Mr. Musa for his approval and he would be implementing the information in his classes the same week.

My one concern was the missing information from Mr. Spencer. Mr. Spencer is a former training partner of Urban Krav Maga and a fellow instructor of the same discipline. Mr. Spencer was the first person I contacted about the thesis and he was very enthusiastic about helping me with my book. Unfortunately I only received half of the information that I requested and at a date too late to be used in the book. As I am also an Instructor of Urban

Krav Maga I am still able to create the information for Mr. Musa but will not be able to include in this thesis.

## 5.2 Professional Development

Due to personal challenges and also changes with in my personal life, writing this thesis had peaks and falls. The topic itself and the people I was working with are very interesting and has been a passion of mine for a long time. My interest in the topic has inspired me to look past current difficulties and create a book that will help my client and also myself with future instructing.

A lot of the research requested by Mr. Musa was information most self-defense instructors should know, but never have time to fully research. The information regarding “The Law Relating to Self Defence” or “Conflict Management” are very important with regards to self defence. Personally, this is information I have asked several instructors who have always give a vague response and it is information that I have not fully researched until now.

During this thesis writing process, I was able to deepen my knowledge of the cognitive side of teaching self defence. During my time at Kajaani University of Applied Sciences, I have had a lot of time to focus and improve on my instructing techniques during classes. I have also been lucky in the respect I have been teaching different fitness, dance and martial art classes for the past ten years. Whilst writing my thesis I have been able to really focus on the back ground information and why certain skills are emphasized during self defence classes.

With regards to Mr. Spencer and his missing information, I should have had a backup plan for this situation. I am fortunate enough that I know several instructor of Urban Krav Maga, but I failed to evaluate the time restraints and contact another instructor to provide the information needed. In future endeavors it will be important that I apply a “plan B” for all aspects that require a third parties support.

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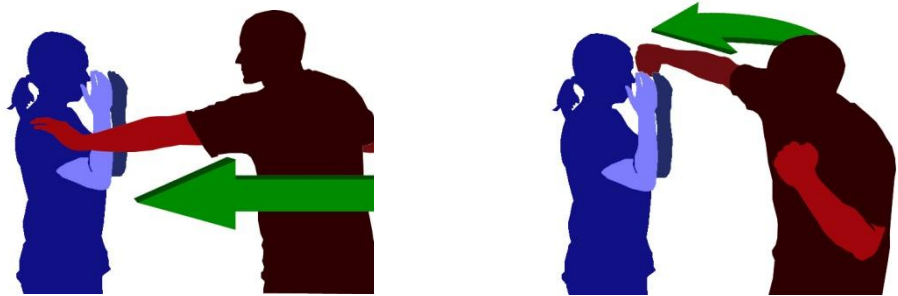
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TEN MOST COMMON STREET ATTACKS AS STATED BY "HOME OFFICE STATISTICS"

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



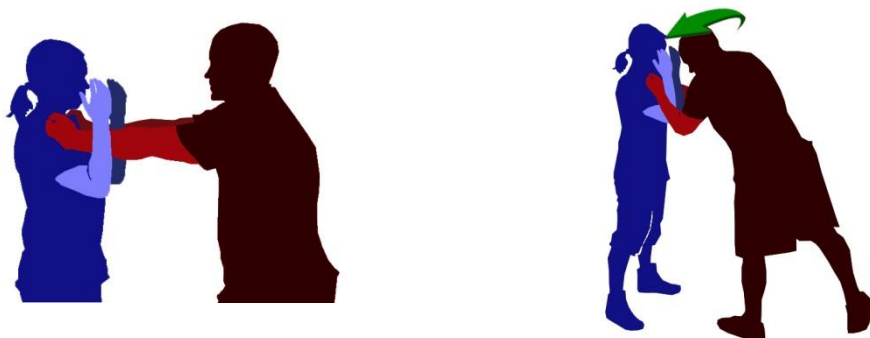
2. A swinging punch to the head.



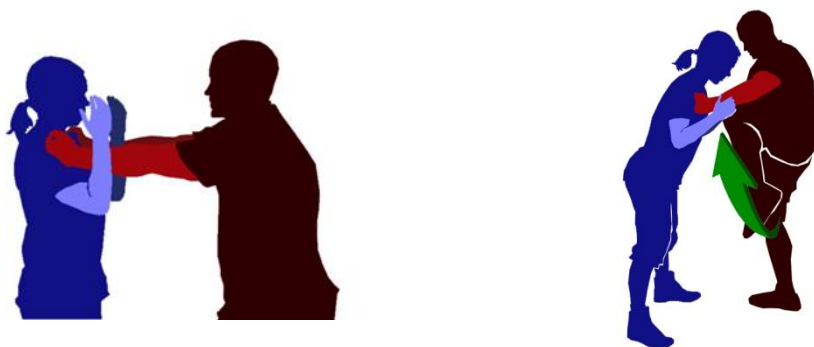
3. A front clothing grab, one handed, followed by punch to the head



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



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



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

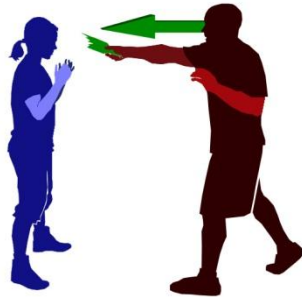


7. A lashing kick to groin/lower legs.





8. A broken bottle/glass jabbed to face



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



10. A grappling style headlock

