

Self Defense Strategies

About

I wrote this small self-defense booklet to offer a way for people to learn some simple self-defense strategies that they can use immediately. These strategies and techniques are easy to do and do not depend on your strength or your size.

These defensive strategies depend on knowledge of what to use, how to use it, and where to strike. Hopefully, you'll be more confident with this knowledge when facing aggression, both physically and mentally (i.e., Someone yelling in your face).

In addition, you'll be able to stand up for your loved ones if they are facing aggressors. All this takes is confidence in the techniques outlined here and belief in yourself.

Aggressors back down when you show no fear of their actions. Remember, the police usually do not show up until after an event occurs. You have the power to stand up for yourself and your loved ones.

What not to do.

There are many types of martial arts styles that promise or offer self-defense training. I'm sure you've heard of Judo (basically a sport), karate (Shotokan, Tae Kwon Do, etc.). These styles of martial arts do techniques that are not practical for self-defense.

One example that you always see in pictures is someone kicking someone in the head. First, how many people can do that, and two, it can cause you to lose your balance and end up in a far worse situation. I saw this in real life about 45 years ago. Don't do it!

Then you've heard of or have seen the Jui Jitsu. Their basic premise is ground fighting. They believe that all fights end up on the ground. To train in that style, you must learn how to fight on the ground, requiring years of training. My basic philosophy is to tutor people not to get knocked down. Again, if you're facing a group of people, they will gang up on you.

I teach ground fighting, but only as a last resort if you lose your balance and get knocked down.

Stay away from kickboxing. That is basically an exercise program. They'll have you believe that you're learning self-defense, but you are not. All your doing is boxing techniques with some kicks thrown in. This is not self-defense. Do you really want

to stand there and duke it out with someone? Our philosophy is to take care of a situation in a few seconds.

The techniques that you will learn here are actual techniques developed for combat. A general by the name of Ngok Fei developed these techniques based on the actions of the Eagle. He had to teach his troops quickly in the art of hand-to-hand combat on the battlefield. Some of these basic techniques are in this booklet.

Basic Strategies

There are several basic strategies that you need to know before encountering an antagonist.

1. **Critical Distance** – This one principle can be the difference between defending yourself or not. In other words, if you stay out of this range the adversary, he must make a move toward you to attack. That gives you ample time to plan your strategy for defense. This also prevents you from getting sucker punched.

The other part of Critical Distance that you can use is to “get in their face.” That means you get in close enough that now the adversary must back away to try and strike you or even grab. Again, that gives you the time to plan your defense or react to it.

2. **Bridging the Gap** – This teaches you how to cover the distance to move into or out of Critical Distance. We use various steps and angles to accomplish this. However, in this short booklet I'll only cover two. The Horse Posture for side attacks and stepping forward or back to what we call the Lunge posture.

The Horse posture is standing sideways to your adversary, and having your legs separated double shoulder-distance with both knees slightly bent. The Lunge posture has the forward leg bent and the back leg extended back and the knee straight. Imagine trying to push a car. The first thing you do is bent the forward knee, place your hands on the car, and push the car with the back leg straight for strength.

Common Street Attacks

99% of street attacks are not the fist fights you see in movies. Plus, as I mentioned earlier, you do not want to get into a protracted fist fight. The most common street attacks are listed below.

1. Lapel Grab

2. Double Lapel Grab
3. Single Grab with Punch
4. Forearm Choke
5. Arm Lock
6. Wrist Grab

Striking Areas

1. Nose
2. Chin
3. Throat
4. Solar Plexus
5. Groin
6. Knee
7. Instep

Techniques

These techniques can serve two purposes: One as a deterrent with pain or the other as deadly force. Please be careful when practicing. Kung Fu philosophy states:

"Learn the ways to preserve rather than destroy. Avoid rather than check, check rather than hurt, hurt rather than maim, maim rather than kill . . . for all life is precious nor can any be replaced."

Double or Single Lapel Grab

1. Pin one hand.
2. Use the other hand to come up underneath the chin driving the head to the rear.
3. When you control the head, you control the entire body.
4. Adv. Leg Check – Take the adversary down because his balance is now broken.





Grab with Punch

1. Swing the arm upward.
2. Grab the other hand, if possible.
3. Drive your knee into the groin.



Single or Double Lapel Grab

1. Drive the palm upward into the nose.
2. Hold there to control.



2 Handed Choke

1. Drive the palm of the hand into the Solar Plexus.
2. Bend both knees at the same time to have more power.





Double or Single Lapel Grab

1. Pin hands.
2. Pick the knee up.
3. Kick with the instep into the side of the knee.
4. Adv. Wrist Lock – Thumbs on back of wrist and twist to take the adversary down.

Forearm Strangle from Behind

1. Grab the wrist.
2. Pull down on the choking arm.
3. Step back into the adversary.
4. Drive the tip of your elbow into the neck or temple.



Double or Single Lapel Grab

1. Spread your thumb and fingers apart.
2. Use the webbed portion of the hand (the area between the thumb and forefinger) to strike the throat.
3. Use the fingers and thumb to grab the windpipe.
4. At the same time move forward, to keep the adversary off balance.

Wrist Grab

1. Spread out the web part of the hand (part between the thumb and forefinger).
2. Place the thumb on one side of the wrist and the fingers on the other side.
3. Quickly lift your arm straight up.
4. Grab the adversary's wrist.
5. Strike the kidney with the hammerfist (pinky side of the hand).



Bear Hug

1. Pick the knee up.
2. Quickly stomp the adversary's foot with the heel of your foot.

What I cannot Show You.

What I cannot show is power. That you must learn in live classes that teach you how to maximize your power in each technique.

Power is different from strength. Kung Fu power teaches you how to take all the strength you have and concentrate that strength in one small area of the hand or foot.

So, if you weigh 100 lbs., you'll learn to take that 100 lbs. and use it in a small one-inch part of your hand. That gives you tremendous power over someone that tries to use just their arm strength.

To develop power takes professional instruction and bag work. For example, if you are too close to someone for a strike, then you'll just be pushing. If you are too far from your adversary, then you will only be striking the surface.

Real power comes from learning to penetrate the power to the inside of the body, disrupting the internal organs. Ideally, you want to have a three-inch penetration for strikes to be effective. To maximize your power takes hours of bag work. Bag work helps you understand your critical distance to give you the greatest benefit for defense.

Practice

Even though these techniques are easy to implement, you still must practice. It would be best if you practiced daily to make the strategies instinct. You also want to think about the attack and immediately do the defense strategy. Kung Fu has a saying, "Practice 1000 times to learn the technique. Practice 10,000 times to make it spontaneous. Practice 100,000 times to master the technique." "Practice does not make perfect. Perfect Practice makes perfect.

What's Missing? A practice partner.

Nothing replaces practicing with a partner. You can get the feel of the technique and practice reaction time. As soon as your partner attacks, you react. I suggest you find a friend or family member to practice with.

After that, maybe consider some classes to refine and perfect your techniques and learn how to develop the power discussed earlier. I hope that you find this information helpful and practice these tactics seriously. It could save your life or the life of a loved one.

Questions? You can reach out below. Or take a 3-class self-defense trial course for \$29.99. Plus, get \$10 off if you use promo code SAVE10.