



SELF-DEFENCE

DEFINED



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First Edition

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Self Defence Defined v1.1

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If you like what you have read an excellent Self Defence DVD containing the exact formula described throughout can be found at <http://www.amazon.co.uk/gp/product/B00FZLYRL2>

Table of Contents

What is self defence?	3
Why learn self defence?	4
Self Defence as a life skill	4
The Difference between Martial Arts and Self Defence.	5
When is the right time for self defence?	6
Self Defence - The Basics	6
Summary.....	7

-What is Self Defence?

Throughout the centuries people have formulated ways and methods to successfully defend themselves from an attack. New cultural and combat fighting arts have sprung up along the way. Participants have trained and practiced diligently, so that the self defence style becomes embedded in their motor neurons and becomes second nature. As the years went on the desire for competition and grading systems forced cultural and fighting arts to expand, creating rules and regulations for competition. This watered down the true meaning of self defence – to successfully survive/prevent a physical attack or protect someone who is under attack.

Self defence is the way in which someone will defend themselves or someone else from physical harm. How you actually defend yourself depends on the situation e.g. locality, relationship with attacker, individual circumstances e.g. knowledge of techniques and exposure to physical combat and the level of force that is required to stop the assault which is normally in direct relation to the perceived level of threat. This should be in proportion to the level of attack and should not be an unreasonable response which could expose the individual to legal action.

The only real way to prevent being attacked is either not being there in the first place i.e. avoid places/areas where violent situations could occur. Alternatively if confronted with an attacker, you can run away if able to or, if not able to, you may be able to neutralise the threat so you can retreat to a safe area...away from harm.

An attack could occur because the attacker is, for example, intoxicated, emotionally unstable or they perceive someone as a victim – meek, vulnerable and defenceless; an easy target with the motive being personal gain be it sexual, financial, emotional or egotistical. Sometimes an attack could simply be an attacker wanting to take their frustrations out on someone.

When confronted by a life threatening situation the only thing left for you will be gross motor skills rather than complex fine motor skills.

To attempt to explain the principle further, when you find yourself in a fear induced situation, confronted by persons who wish you harm, your heart rate can increase to over 150bpm (beats per minute). This is our bodies' natural response to danger – preparing to either fight or run away.

At 155bpm it is unlikely you will remember complex defensive moves (fine motor movements) and therefore your body will not perform them. Examples of fine motor movements are putting a key into a door lock, using your mobile phone to call for help or performing a complex Martial arts move.

To be able to defend yourself in these sort of situations you will require easy to use, natural body movements that are instinctive and effective (gross motor skills). There should not be a complex series of moves that require years to learn.

Once you have learnt the fundamental moves that enable you to neutralise any threat you should never have to study them again..... a bit like learning to swim! It may be good to practice every now and again to strengthen the strokes or perfect them, but you should never have to relearn the basics.

We can all learn new swimming styles or self defence moves but unless you're going into competition or taking it up as a hobby, the basics will see you through any crisis.

Why learn Self Defence?

Why not? Who wouldn't want to gain knowledge of defending oneself against another person's intent of causing us harm? Who wouldn't want their children to learn the skills necessary to turn around a dangerous encounter? Being able to defend yourself and your loved ones is a life skill that everyone should have.

Violence towards people can be an unfortunate consequence of individuals not being able to control their minds. Until the ability to be in charge of your mind and understand patience, forgiveness and respect for all beings, misunderstandings will continue to occur and individuals will be attacked. We can help others understand how to manage their minds but success is reliant on them wanting to change and recognise the problems their actions can/will cause.

Everyone can learn the ability to defend themselves by neutralising the threat i.e. no-one has to be a victim. Defending yourself means stopping someone intent on hurting you by only using the necessary reasonable force required to do so. Defending yourself with unreasonable force is not only immoral and socially unacceptable but also puts you in the same league as those trying to hurt you i.e. you yourself become the attacker and therefore open to legal sanctions / moral implications.

By learning self defence you will have an understanding of what an attacker can do i.e. you will have contemplated different attack methods and techniques, and therefore you are more likely to feel confident when dealing with a potential threat or find yourself in an area where you are unfamiliar.

To enhance your self confidence, along with learning appropriate self defence, it would be most advantageous to attend a combat martial art. Understandably this is the best and safest environment for you to experience what it is like when someone is trying to attack you. Understanding what it feels like makes you more prepared and less likely to freeze in confrontational, violent situations. It will also teach you spacial awareness and will keep you fit.

Hopefully you will never be put in a position to have to defend yourself but if you do, know the best format to ensure a successful outcome. The following two sections describe said format.

Self Defence as a life skill

Self defence is a skill that everyone should be taught, like swimming and riding a bike. Once taught it will never leave you. It will assist you in your time of need, whether fending off a criminal or facing a drunken assailant. Just like swimming or riding a bike it should be instinctive, natural and automatic.

First aid is a life skill that can save lives and takes only a short time to learn. If someone cuts their arm/wrist or leg deeply then the simple process of applying pressure, or even a simple tourniquet and elevating the wound will stem the flow of blood until the professionals arrives. This simple technique alone saves lives on a daily basis throughout the world. The same applies to adequate self defence techniques. These simple techniques can be learnt very quickly and easily.

Life saving and self defence can be taught in a day or two.

For self defence you can learn the following in a day:

1. What areas of the body to aim for and when
2. What to do if grabbed, punched, kicked, hit with an object or strangled
3. What to do if someone is threatening you with a baseball bat, gun, knife or other menacing object
4. Stance and preparation for your response if there is time

5. Forward momentum to break down distance, take fight to attacker and increase power of defensive move
6. Various follow on moves to completely neutralise the threat

Learning adequate live saving self defence techniques need not take years to accomplish nor should it require months of practice. Life saving self defence skills should be instinctive, natural and simple to learn yet highly effective in application – like life saving first aid.

The Difference between Martial Arts and Self Defence.

With regard to true self defence the following should apply:-

- It does not matter what physical state you are in, as long as you are fairly mobile you can perform the moves
- You do not need to climb a grading system, necessitating years and years of learning and practice, to achieve self defence wisdom. If the main principles and moves surrounding the self defence course cannot be learnt in a day or so then it is too complicated
- A self defence system that has rules and regulations is not suitable for street application. There are no rules on the street applied by a violent attacker intent on causing you harm. The attacker will not be following any code of conduct or rules and methods you have learnt under controlled conditions may not be sufficient to protect you
- A self defence course should include defence against weapons. Unfortunately in this day and age weapons are widely used. Defence against weapons and understanding that there are options is very important. Whilst in some cases it might appear to be the safest response to not resist this might not necessarily protect you.

Cultural and combat fighting arts do not equate to successful self defence methods based on the above principles. They are excellent for training purposes, for keeping fit, building discipline, being part of a club, building self confidence and learning what it is like for someone to try and attack you (only if it is under controlled conditions). Although martial arts have these advantages, such an artificial environment bears no resemblance to what happens on the street or in real-life attacks. There is a vast difference between combat fighting sports/cultural fighting arts and effective self defence. The two should never be confused.

Everyday attacks on people do not occur in a fair environment with a referee ensuring serious injury does not occur. Attacks from drink, drug or emotionally fuelled situations do not tend to be specific in technique and are not always predictable.

There is a definite need for a no-nonsense approach to practical Self defence without people having to join a club or have to choose a fighting style that is one of the many that claim to be the ultimate self defence system, whilst not proven so.

In our fast paced lives where time is precious, we need a self defence course that can provide men and women with an easy to use tool box of simple moves that can be utilised quickly and effectively to neutralise an attack. The tool box should contain natural body movements that are uncomplicated and easy to remember especially when in a fear induced situation where our heart beat rate is above 150bpm and we are frightened for our lives.

A person who is dedicated to a certain style of martial arts may proclaim their choice as the ultimate form of self defence. This is a natural response as anyone who has spent part of their life learning, living and breathing something is not suddenly going to say that their choice isn't as effective as another.

When is the right time for Self Defence?

It may sometimes be hard to ascertain when you should apply your self defence training i.e. at what point should someone defend themselves. For some situations the answer is easily deduced by the way in which the attacker presents themselves. However, there are many more scenarios where the choices are not clear e.g. someone drunkenly mistakes you for someone else or whilst waiting at a bus stop an individual starts talking to you in way that makes you feel uncomfortable. Without further knowledge of the person's intent you cannot deduce the level of threat they present.

Being prepared for all eventualities would be the ideal position to be in so whatever the situation, you are ready to respond accordingly. However, being prepared and acting accordingly are two different scenarios.

Violence can occur straight away or be built up until delivered.

If the potential attacker's behaviour is seen to build up, for example, starts with aggressive gestures like finger pointing or wide opened eyes whilst shouting, this means that there are more choices to get out of the situation. Defending against such escalating behaviour can be achieved by:

1. Calming the individual down by talking to them, understanding their issue
2. Using eye contact and persuasive techniques to make them see sense e.g. listening without interruption to their issue/s or making them aware of how uncomfortable the situation is making you feel
3. Walking/running away
4. Using controlled measure to make a safe retreat

There are more options that increase the chances of surviving this type of situation. With violent unpredictable behaviour you may not have such a choice as there is only one way of dealing with the situation if you are unable to do points 1 to 3 above – neutralise the threat quickly, effectively and retreat to a safe area.

Unpredictable violence is often a feature of someone who has no qualms in overstepping the boundaries of society's rules and unconcerned about the welfare of others. If confronted by someone who is displaying these behaviours then the usual means of calming a situation down or negotiating someone out of a violent act may not work.

There are two ways you can defend yourself from immediate violent situations:

- a) Run away if you can – self defence is about getting out of harms way and protecting yourself against injury.
- b) Neutralise the threat as quickly as possible using quick, simple, effective moves that neutralise the attacker to enable a safe retreat into a safe area.

In summary, if you are able to use 1, 2 and 3 above then do so – you do not need to proceed to 4.

Self Defence - The Basics

To neutralise any threat quickly and efficiently you need to aim for the sensitive areas of the body that produce the greatest neutralising response possible. They are, and in no particular order of preference:

- Eyes
- Throat/neck
- Ears

- Jugular notch (Suprasternal notch)
- Collar bone
- Armpit
- Ribs
- Groin
- Inner thigh
- Knee
- Shin
- Ankles
- Feet

Now on to your tools that will be used to hit the above areas:

- Fingers
- Forearm
- End of hand (from little finger to elbow)
- Elbow
- Head
- Knee
- Foot/heel

As long as we aim at the sensitive areas on our attacker's body then we will be able to deactivate the attack, escape and survive. This is because the mind of the attacker is the real threat. Taking the mind off its current course and diverting its attention elsewhere (a distraction technique using self defence) will remove the immediate threat. How much diversion is required depends of the perceived level of threat presented.

Forward momentum is a must when defending yourself. Not only does it cut down the distance, stopping an attacker gaining any advantage, but also pushes them back which may put them off balance enabling you to have them on the floor; giving you those vital seconds to escape the situation.

Summary

Self defence should be easy to learn, include natural body movements, contain defence against weapons, use gross motor movements and the whole course can be learnt within one or two days with the basics staying with you for life. Practice makes perfect but fundamentals should immediately stick.

If you over complicate any process then there is more chance it will fail or not be remembered when under pressure/in fear induced circumstances. By all means practice at being hit in a dojo or gym. However, when you really want to learn how to defend yourself, where rules do not apply and there is no-one there to ensure fair play, choose a system that works when fine motor skills are inhibited and the moves taught are easy to remember/instinctive.

Some forms of attacks are unavoidable but whether you get hurt at all is dependent on the use of self defence techniques and your previous exposure to a combat situation. By showing confidence in the way you walk and conduct yourself you can decrease the chance of being attacked because of the way you appear to the attacker. Be prepared, be confident and be aware.

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