

TECHNIQUE TALK

JKD High Performance Street Fighting

Street violence which can be directly related to the unlawful exercise of physical force is a reality which all of us live with on a daily basis. Training to protect oneself for street confrontations is very intense and quite different from training for competitions, even the No holds barred competitions that are very popular today. The Pavement arena is where there are no rules, where anything goes and where you can expect the unexpected. The latest buzz word in the martial arts community is 'reality-based?' It is a police term, though never widely used in the law enforcement community, which refers to realistic Conflict Rehearsal training. The term 'reality-based' was brought to light thanks to one of the world's leading reality based instructors, Sergeant Jim Wagner. He defines reality-based as follows:

'Training and survival skills based on modern conflict situations that the practitioner is likely to encounter in their environment (their "reality"), in an accordance with the use-of-force continuum of that jurisdiction.' - Jim Wagner

According to the Oxford Dictionary, the word reality/realism/realistic can be defined as: Actually existing or occurring. Practise of things in their true nature and dealing with them as they are. Based on facts rather than ideals etc.

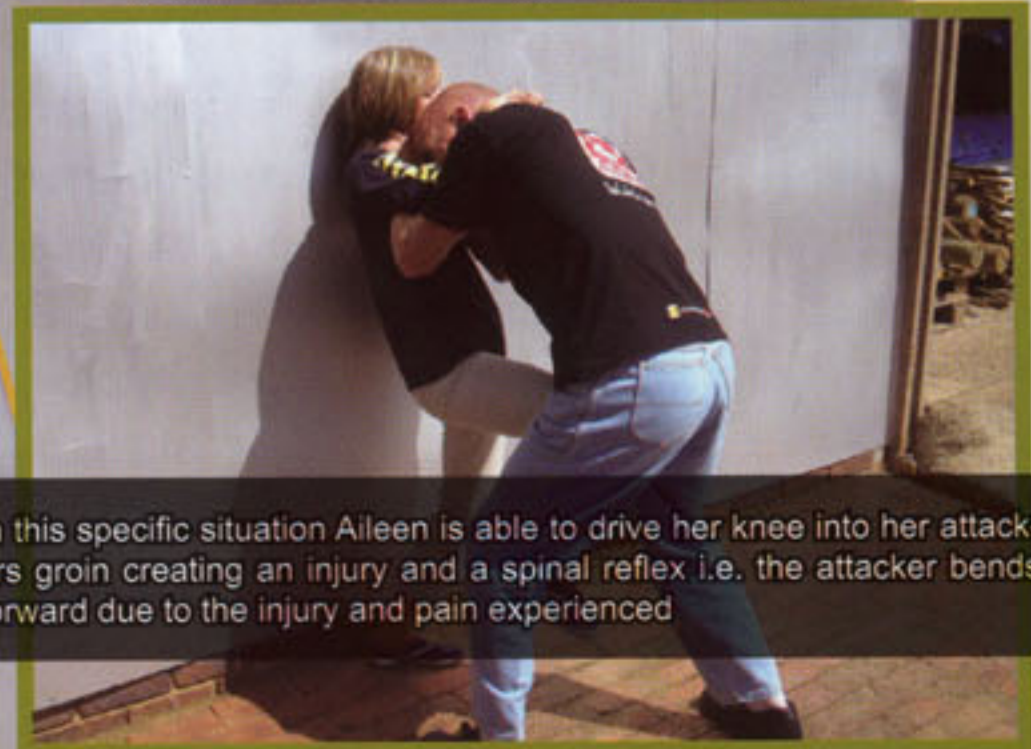
Your duty as a Street Self Defence Coach/instructor is to expose your students to what is real in today's world of street violence and to ensure that their training methods and techniques is on par with what is actually happening out there today i.e reality based. In the reality-based world there are 3 main conflict stages that one is exposed to. Any violent or self defence situation can be divided into these important stages.

1. PRE CONFLICT (BEFORE THE FIGHT)

Most situations can be avoided by ensuring one exposes oneself to pre conflict training. Pre conflict training consists of various factors such as: Threat assessment, situational awareness, hostile awareness, legal issues, verbal judo etc. Learning how to avoid confrontations physically, mentally and socially is imperative to any reality based self defence training. Besides the physical techniques and training methods one can incorporate to achieve these results it is just as important to expose oneself to case studies of various violent crimes to identify the pre conflict stage and methods of avoidance or minimal damage/injury.



It is clear that the attacker is serious about his intentions and that Aileen finds herself in an awkward situation. Being trapped against an obstacle which in this case is a wall at a public parkade ensures that the attacker achieves maximum leverage with his strangle. Aileen needs to injure her attacker as quick as possible to ensure that her body has sufficient oxygen to function productively.



In this specific situation Aileen is able to drive her knee into her attacker's groin creating an injury and a spinal reflex i.e. the attacker bends forward due to the injury and pain experienced