

2 - CONFLICT (THE ACTUAL CONFRONTATION)

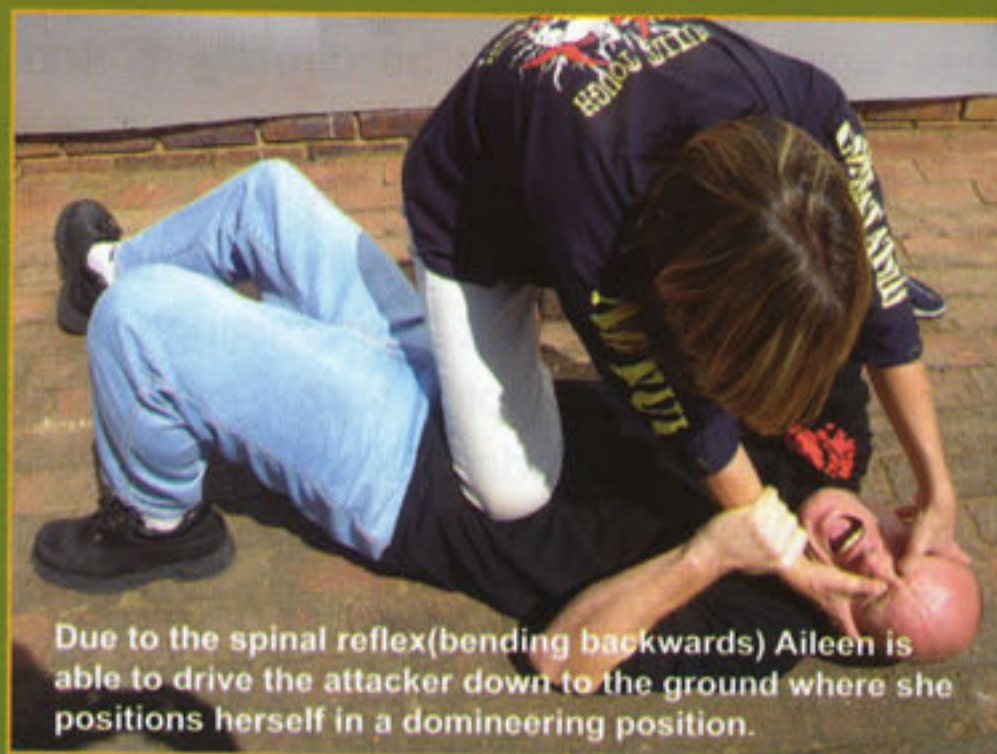
This is the part that most Self Defence and Martial Art schools focus on. The problem is that most of them are based on theory, rituals, tradition and set sequences or forms. Not one confrontation is the same and trying to memorize complex techniques for certain situations or attacks is going to get you killed or seriously injured. The conflict stage has social and asocial violence components which need specific attention such as gang attacks, the way criminals fight with weapons, carjacking, robberies, muggings etc. It is also important one is able to establish the difference between social and asocial violence and the amount of force you will be using to successfully defend yourself and your loved ones. The importance of getting the most effective results is directly related to the tools that are brought into action focussing on the most vulnerable targets that are available.

3. POST CONFLICT (AFTER THE FIGHT)

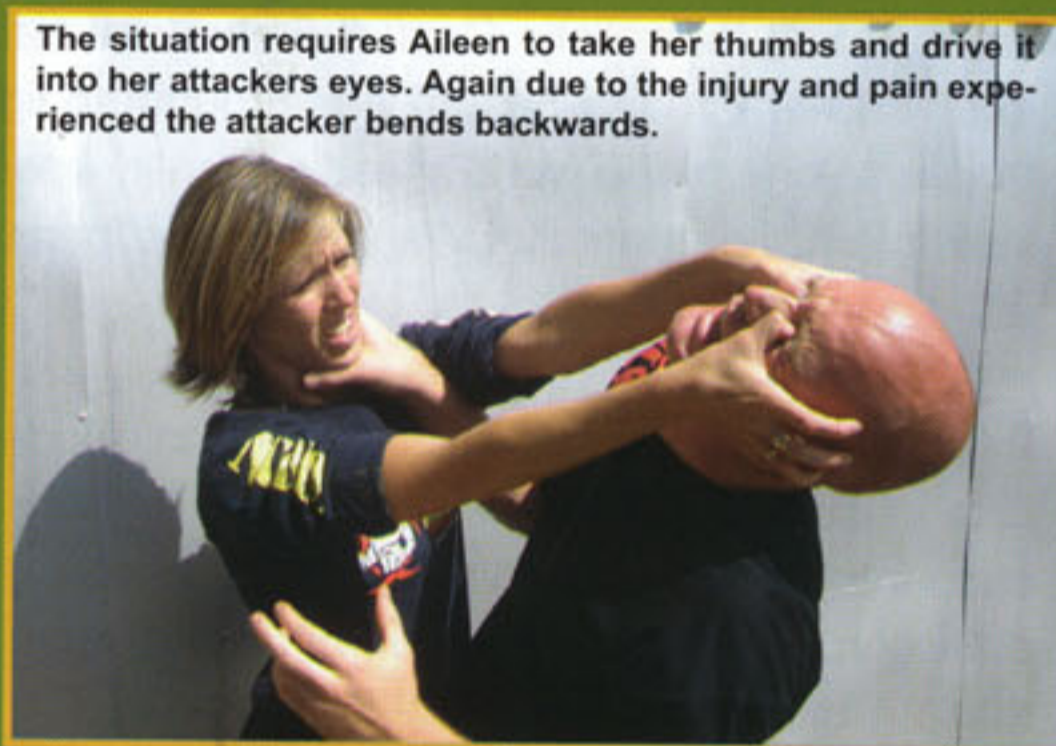
These are the actions you will take after the confrontation/fight. Again there are many factors involved here which needs to be addressed in ones reality based training such as first aid training, escaping methods, citizen's arrest methods, communication with the authorities, courtroom survival, attacker description and incident detail etc.

At JKD High Performance Street Fighting the focus is on reality based training methods and techniques which specifically focuses on modern conflict situations, and eliminating outdated techniques and training methods. No time is wasted on rituals, memorisation of complex techniques or forms but rather on resisting opponents and scenario training which will give the practitioner immediate results and feedback. Constant evolution and updating

of ones potential enemies and the way you are preparing yourself to deal with them is essential if you want to survive the streets of today.



Due to the spinal reflex(bending backwards) Aileen is able to drive the attacker down to the ground where she positions herself in a domineering position.



The situation requires Aileen to take her thumbs and drive it into her attackers eyes. Again due to the injury and pain experienced the attacker bends backwards.



Aileen is able to escape this attack and make her way to safety while leaving the attacker in pain, agony and a damaged ego.