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# **Lethal International Fighting & Training System**



**Itigbri Ogagaoghene Jesse**

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**LIFTS**

**LETHAL INTERNATIONAL FIGHTING & TRAINING  
SYSTEM**

**THE LETHAL MANUAL FOR  
THE  
MARTIAL COMBATANTS**

**COMBAT THEORY TRAINING  
MANUAL**

**BY**

**SOVEREIGN MASTER | ITIGBRI  
OGAGAOGHENE JESSE**

## LETHAL INTERNATIONAL FIGHTING AND TRAINING SYSTEM (LIFTS)



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### **DEDICATION**

The founding of this System/style and manual is dedicated to my Very good Masters – Si-Fu Hyacinth Obmika and Si-Fu Chukwudi and;

*For my family . . . Mr. Fred & Mrs. Patricia Itigbri,*

*Who inspired me to be what I am today,*

*Mrs. Blessing Osimen and Mr. Adinweruka Emmanuel—, who also encouraged me.*

*Itigbri Fego and Ochiba Sammy... Thanks for brainstorming with me*

*From across the turbulent seas!*

*Freda, Adline, & Sophia who are the best sisters ever!*

*And last but not least, for God.*

*My source of Inspiration, my heart...my own perfect hero, I love you all.*

### **About the Author/ founder**

*Sovereign Master Itigbri Ogagaoghene Jesse (alias Jesse Myles) was born in May 4<sup>th</sup>, 1990, had an unofficial name of Li Chan and a nickname of Master Qianlong ("Warrior"). Engaged in traditional styles of Kung Fu from his childhood, He Learnt the style Hung Gar Kung ("Taming the Tiger Fist") from master Hyacinth Obmika and Master Chukwudi, the Shaolin style from Master Asatak Reuben. He later trained some personnel from the military, police, and other Security Organizations and agencies. In 2010 founded "Castle Martial Arts Club Ltd" and was the head of "Smash Mouth Magazine of Combat Arts."*

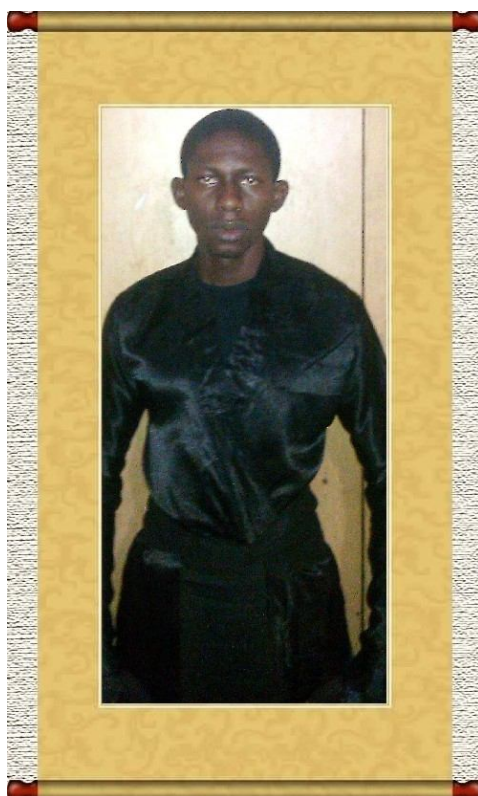
*I Developed the Lifts for the grim business of killing, not to kill others, but rather to be a professional warrior so that I could better prepare to train others to defend their lives, or protect a client's life during operations.*

### **Rank:**

*11<sup>th</sup> Degree Golden Belt LIFTS, 3<sup>rd</sup> Dan Black Sash Wushu Kung Fu, 2<sup>nd</sup> Degree Black Belt Mixed Martial Arts, National Wushu Kung Fu Judge*

**Country:** Nigerian

*Currently the CEO/Chief Instructor of Castle Martial Arts Club Ltd, and also, a member of various national and International organizations/associations.*



**SOVEREIGN MASTER ITIGBRI OGAGAOGHENE JESSE**

### **INTRODUCTION**

This manual is informational purpose and to enlighten you on the LIFTS Method s and Techniques. The second edition will be richer and more comprehensive.

All requirements for Beginner to Complex are in this manual. There's much more information about the LIFTS in general. Use this manual when learning LIFTS in your Dojo. In the Dojo we do use some languages like Hawaiian, Chinese, Japanese and the universally accepted which is English Language. We use these languages because the system is an all-round one and it is gotten from different styles/systems.

<b>Year of Creation:</b>	2012
<b>System's Country of Origin:</b>	Nigeria
<b>Background of system:</b>	Ninjitsu, Muay-Thai, Dim-Mak, Kung Fu, Karate...
<b>Lineage:</b>	Chinese Martial Arts, Japanese Martial Arts, Western Martial Arts, Russian Martial Arts, Combined Martial Arts Systems.
<b>Description:</b>	A fighting system mostly for commandos and other military and combat oriented organizations, in which you might not necessarily need to fight your opponent, but if need be to fight, you are sure of bringing him down immediately with a strike. It involves Devastating Knockout Techniques, Yin & Yang Continuous Multiple Striking, Simple Effortless Takedowns, Joint Locks, Target Focus training, Joint Breaking & Lightning Fast Whipping Body Movements
<b>Colour:</b>	The Colour of the system shall be "Red, White and Black".s
<b>Style Motto:</b>	Lethality, Strength, Fealty, Swiftnes
<b>Maxim:</b>	

The Maxim of the Organization shall be "Train people to fight and they will have no reason to fight outside. Teach them self-defense, and they will ultimately get self-discipline through self-realization and join in the building of a discipline society.

**Description:**

A fighting system mostly for commandos and other military and combat oriented organizations, in which you might not necessarily need to fight your opponent, but if need be to fight, you are sure of bringing him down immediately with a strike. It involves Devastating Knockout Techniques, Yin & Yang Continuous Multiple Striking, Simple Effortless Takedowns, Joint Locks, Target Focus training, Joint Breaking & Lightning Fast Whipping Body Movements

**Goals:**

- To create an all-round system of fighting for combatants
- To create a complete system of fighting and a system of fighting without fighting
- To unite Martial Artist together through a unified system.

- To create a better understanding of the art of combat

**Website:** [www.liftscombatantants.org](http://www.liftscombatantants.org) ; or [www.lifts.org](http://www.lifts.org)

**Email:** [liftscombatantants@yahoo.com](mailto:liftscombatantants@yahoo.com)

## LOGO MEANING

**Red Arrow**-is a symbol of Fire, It shows a boundary indicating keep off and Combat perfection in the Martial Arts. Red is a color of burning in our hearts, the color of the Sun, the light, energy, activeness, strength, love and burning desire.

**Black Arrow**- it symbolizes Hard Work, authority and power. It evokes strong emotions. It shows full of anger or hostility. It symbolizes the readiness of the combatant and shows also that when the black is constantly provoked, he burns and turns red.

**Black box**-is a symbol of united mastery in Combat Martial Arts irrespective of the school or style. It is a symbol of our unity in Combat Martial Arts. It is placed on the blue triangle, on the way of Martial Arts, but the peak of Martial Arts is much higher. It is higher because it is connected not only with the art of battle but also with the art of life. Advancement on the Path of Combat Martial Arts does not end with getting the Black Belt. Real Master Black Belt at Combat Martial Arts is a Master of life.

The words "**LETHAL INTERNATIONAL FIGHTING & TRAINING SYSTEM**" the yin-yang shows the structure of the LIFTS: specialized International system, in which everyone can find the place within one common organization. It is the association of like-minded practitioners of Combat Martial Arts, irrespective of their style, country, age, sex, religion etc. Around one and the same aim advancement on the Way of Combat Martial Arts to becoming a Master.

The word **System** is the combination of different parts; it shows the role of the LIFTS as the combiner of all combat martial arts and as a body that have a common function.

The word **LIFTS** is the shortened form of the system.

The letters **LIFTS** above the BLACK RECTANGLE is our aspiration to aim higher and to get perfection and mastership in co-operation and interaction with the various Combatants.

The **LIFTS** shall comprise of two Horses, Twin Dragons on Sword, Yin and Yang. The Horses symbolizes speed, strength, and endurance, while the Twin Dragons on Sword symbolizes beneficent powers, fearsome qualities, destruction, wisdom, The Sword symbolizes the use of force, violence, or combatant power, which also shows allegiance & loyalty. Oaths of honor or fealty commonly were taken on the sword and the Yin and Yang symbolizes opposing and counterbalancing forces in the universe, perfect balance and helps in balancing the force and power of the sword.

## WELCOME

Welcome to the world of **LIFTS**. This manual takes you one step further in your training.

**Martial** represents soldiers and war: characteristic of or suitable for soldiers, the military life, or warlike and fierce

**Martial** represents the planet Mars, which is the god of war

**Martial Artists** are both known as the armed and unarmed combatants

**Martial Art** is a combat technique, a system of combat and self-defense.

## **COMMANDMENTS OF LIFTS**

**23 commandments** (codes of conduct), for the Combatant of LIFTS

1. You must master these maxims to master the act.
2. Loyalty to your country
3. Respect your parents
4. Always treat others equally
5. Faithfulness to your spouse
6. Respect your brothers and sisters
7. Loyalty to your friends
8. Respect your elders
9. Respect your teachers
10. Never retreat in battle
11. Never wake an unjust kill
12. Never take life unjustly
13. Always possess an indomitable spirit
14. Loyalty to your school
15. Never be late in respect to the way of the warrior
16. Always study and work hard to excel
17. Never Act falsely
18. Never sabotage your brothers and sisters
19. Never exhibit an angry behavior
20. Never exhibit fear
21. Never consult or use any act of magic
22. Never follow a multitude to commit evil
23. Finish what you begin!

## **HISTORY OF LIFTS**

- i. Express means to send something by special fast delivery, fast, rapid, direct, nonstop, prompt, precise, definite, explicit, exact, specific, and unambiguous.
- ii. The LIFTS is a System drawn from observation based on real life experience and understanding of what is really happening out there in the streets.
- iii. The system is as a result of years of research, training and experience in the ruthless arts of armed and unarmed combative, comprising of basically Hand-to-hand techniques and combat techniques to incapacitate your opponent.
- iv. This system is both for civilians and military personnel. It is an EXPRESS way to defeat your enemy.



- v. Like all martial arts, LIFTS can be traced back to ancient Martial Arts, namely Karate, Tae kwon do, Kung Fu, Ninjitsu, Judo, Aikido, Muay Thai and some other styles.
- vi. LIFTS is dedicated to teach all that's possible, to all of its students and to continue to develop, to continue to improve, because LIFTS states that not one person or school has all the answers. In LIFTS striving to survive is the major factor for its success in the practice of the art.
- vii. The Way of LIFTS is to direct all possible actions towards self-improvement and a non-stop self-defense.
- viii. The art of LIFTS is a fast flowing style famous for its fast, effective and dynamic hands strikes. Leg strikes support rather than dominate any situation. An effective self-defense program exists to ensure that LIFTS is the leader of practical and effective self-defense to incapacitate.
- ix. The style has the basic of full contact, maiming techniques
- x. Full Contact styles. Not everyone was very happy with that, but they should not be afraid of the evolution of the Martial Arts. So I started to work on the LIFTS as a mix of Kung Fu, Muay Thai, Karate, Jujutsu and Full Contact.
- xi. First I got support from Master Chukwudi, a great Kung Fu Fighter, then Master Hyacinth Obmika, also a great Kung Fu Master
- xii. The Martial Arts building or classroom is called "dojo". Japanese < dō "way, art" + -jō "ground. A unique training space for martial artists founded out of the ancestor "The Buddhist Temple", religious monks (fighting monks) came here to practice their religion. A dojo has a training floor, pictures or altar with images of our martial ancestors. A dojo is for everyone to fall back on and to seek protection, a safe and familiar atmosphere. A dojo should be clean and open for everyone.

### **Essence of the Art**

The essence of this art is that it combines the combat techniques from various styles/systems of martial arts and eliminates the entertainment part for a maximum and lethal effect. The art also helps in general development.

What do or can you learn in LIFTS? The LIFTS system is a very complete system with many subdivisions. The first things you learn in LIFTS are the basic moves, stances, blocking, striking, punching, kicking and falling. After that you learn the prearranged techniques and training forms. After this comes the "Sparring" or "Free fighting" in different levels like: combat, self-defense, competition or demonstration. LIFTS is an "art", not a "sport". You learn to use your body and mind as one unit. It is a unique way of working with yourself and other people. When learning weapon disarming techniques, you go a step further in mastering the LIFTS movements to the limit.

### **Especially for:**

Commandos, Military, Special Forces and other Force/ Military Oriented Organizations, and those who wish to stay safe at all times

### **MISSION STATEMENT**

LIFTS (Lethal International Fighting & Training system) will work to bring together and unite practitioners from different styles and systems of Martial Arts and other

Self-defense systems from all parts of the world, to increase knowledge into the martial arts. Together we can and will promote the art of Self-defense and Martial Arts to spread the arts. Work together, no matter what style, system or country, is the foundation of LIFTS.

Uniting the (3) parts of a person (body, mind, spirit), into the (3) archetypes of the person (warrior, scholar, priest) and the (3) planes of material existence (physical, mental, spiritual)

With the person having the

- i. Body of a warrior; physically,
- ii. Mind of a scholar; mentally and
- iii. Spirit of a priest; spiritually

### **Meaning of the Crest**

LIFTS stands for “Lethal International Fighting & Training System”.

**LETHAL** deadly: certain to or intended to cause death,  
mortal

**INTERNATIONAL** crossing national boundaries,

**FIGHTING** struggle determinedly

**TRAINING** acquiring of skill, improving of fitness

### **CREEDS**

#### **Sovereign Master Jesse’s Creed 1**

I come to you with LIFTS, Express Lethality. With my weapons;

Should I be forced to defend myself, my Integrity or my Dignity (I.D- Identity), should it be a matter of life or death, right or wrong!

Then here are my weapons: LIFTS, nonstop express fatal Lethality!

#### **Sovereign Master Jesse’s Creed 2**

My strength is like that of a lion, I calculate my steps like that of a tiger,

I attack like a cat and withdraw like a fish.

My skills are not for bullying or oppressing others, I treat others as my relatives and I will always be benevolent.

But if need be, I can defend myself and defeat anything of flesh and blood!.

### **FEATURES OF THE SYSTEM**

This system is basically that of Hand-to-hand techniques;

### **OTHER TECHNIQUES INVOLVED IN THIS SYSTEM**

- Technical control of the adversary;
- Strangulation techniques;
- Techniques of dislocation;
- Immobilization techniques
- Grappling techniques to vital points;
- Practical fighting techniques surprise;
- Escape of dislocations;
- Technique for scanning;
- Introducing traumatic shock to target CNS
- Cutting off the target's breathing completely
- Chokes and neck break
- 12-gates Joint breaking
- Target focus/pressure point fighting
- Escape and maiming techniques
- Intellect and Psychological Training
- Acupuncture/ Acupressure
- Dim-Mak (Death Touch and Its Healing Applications)
- And much more;

### **GREETING**

ALOHA	Peace, affection, compassion and mercy
MAHALO	Thank you
ALOHA KAKAHIKA	Good morning
ALOHA AUINALA	Good afternoon
ALOHA AHIAHI	Good evening

### **MEANING OF ALOHA**

Aloha! In LIFTS comes from Hawaiian expression.

It is used as a word for expressing the need to care for, cherish and to protect. The word means love, affection, Hello/goodbye (peace, affection, compassion and mercy). It is used as a greeting or farewell.

<b>A</b> , ala,	watchful, alertness
<b>L</b> , lokahi,	working with unity
<b>O</b> , oia'i'o,	truthful honesty
<b>H</b> , ha'aha'a,	humility
<b>A</b> , ahonui,	patient perseverance

### **Aloha Code**

When food is needed, I will take only my need and explain why it is being taken. The earth, the sky, the sea are mine to care for, to cherish and to protect. This is ALOHA!

It is pronounced A-lo-ha

In our systems it is also a greeting and can be used to replace words such as, yes, alright, good, I'll do it and excuse me. It is also used to mean hello, goodbye, have patience with me, I'm trying, well done, and just about anything else. When we give a command in the dojo we give the word Aloha as an answer. Aloha is the spirit of LIFTS.

### **START OF CLASS**

Before the commencement of a class, the practitioners greet the Master with fist and palm, and immediately, the two knees strike the ground at the same time. They all shout MAHALO!

### **END OF CLASS**

At the end of the class, the practitioners also greet the Master with fist and palm, and immediately, one of the knees (right) strikes the ground and the other at angle 45<sup>0</sup>. They all shout ALOHA!

### **BOW**

The class is lined up in order of high rank to low rank. Everybody stands at an attention and the Instructor is standing in front of group. When the Instructor gives a command, all bow and say ALOHA!

### **GI/ CLOTHING:**

In LIFTS we use the following uniforms, a Pajama-like garment top and trouser. The uniform is called Shinobi Shozoko.

To be a full-fledged LIFTER, you will need the proper gear. The Ninja uniform is typically the uniform (Shinobi Shozoko) used. The other colors are white, for blending in with snow and a camouflage pattern when a Ninja has to blend in with the forest.

N.B: All uniforms should be free from brands or advertising.

### **PATCHES**

Left shoulder LIFTS patch, Left shoulder country national flag patch, Left chest style, system patch

### **BELTS**

All belts should be stripped of logos and brands except for that of LIFTS. The belts are in form of the military belt.



## **RANKING SYSTEM FOR LIFTS**

### **BEGINNER**

WHITE BELT

ORANGE BELT

PURPLE



### **INTERMEDIATE**

RED BELT

BLACK BELT

SILVER BELT

### **ADVANCED**

1<sup>ST</sup> DEGREE SILVER BELT

2<sup>ND</sup> DEGREE SILVER BELT

3<sup>RD</sup> DEGREE SILVER BELT

4<sup>TH</sup> DEGREE SILVER BELT

### **CRITICAL**

5<sup>TH</sup> DEGREE SILVER BELT

6<sup>TH</sup> DEGREE SILVER BELT

7<sup>TH</sup> DEGREE SILVER BELT

8<sup>TH</sup> DEGREE SILVER BELT

### **COMPLEX**

9<sup>TH</sup> DEGREE SILVER/GOLDEN BELT

10<sup>TH</sup> DEGREE GOLDEN BELT

11<sup>TH</sup> DEGREE GOLDEN BELT

## THE LEGEND OF THE BELT

Some styles and systems use the following ranking system of belts: White belt through a series to Brown belt and then Black belt. There is a certain legend about the use of this system. People started with the white belt, during hard training it turned brown after many years of hardship. A long time after that, the brown belt became black. And from black it turned whitish again which gives a greyish (silver) coloration after a long time. Of course this is a legend. You can try to resolve it. But it's true a black belt turns greyish (silver) after long and hard use. This is the legend of our belt, and since Black belt turns greyish, we use the Silver Belt to denote the lustrous quality of the SENIOR.

### Significance of the Belts Colors

**WHITE:** It is a manifestation of the presence of all color. It signifies the complete energy of light. It means purity, cleanliness, neutrality, innocence, goodness, heaven, safety, brilliance, understanding, faith, spirituality, possibility, sincerity.

**ORANGE:** It is one of the power colors. It is one of the healing colors. It stimulates enthusiasm and creativity.

**PURPLE:** dress robe in color purple: a cloth or robe in the color purple that was formerly worn as a symbol of imperial, royal, or other high rank. Imperial rank: imperial power or high rank

**RED:** it symbolizes life and vitality. It brings to the essence of life and living with emphasis on survival. It represents Blood and fire.

**BLACK:** it symbolizes authority and power. It evokes strong emotions.

**SILVER:** it is associated with prestige and wealth. It also represents intuition and illusion

**GOLDEN:** it symbolizes wealth used wisely. It also symbolizes good health. It also denotes generous and giving, compassionate and loving, the benefactor or patron, sharing its wisdom, knowledge and wealth

## TIME BETWEEN BELTS

There are 6 stages between the white and the silver belt. In this case it takes just about 5 Years for 1st Degree. But of course there are students who are faster and better.

### The Grading;

Grading should be carried out in three (3) parts

- i. **Theory**, to test the students theoretical knowledge on the combat arts generally;

- ii. **Practical**, to test their practical knowledge and technical know-how;
- iii. **Interview**, to test their loyalty and readiness

### TITLES, SASHES AND MEANINGS TABLE

<b>BELTS</b>	<b>TITLES</b>	<b>MEANING</b>	<b>DURATION</b>
<b>BEGINNER</b>	-----	-----	<u>1 YEAR 3 MONTHS</u>
WHITE	LIFTER	PURITY	4 MONTHS
ORANGE	LIFTER	ENTHUSIASM,	5 MONTHS
PURPLE	LIFTER	ROYAL, IMPERIAL	6 MONTHS
<b>INTERMEDIATE</b>	-----	-----	<u>2 YEARS 9 MONTHS</u>
RED	MARTIAN	LOVE & BURNING DESIRE	9MONTHS
BLACK	SPECIALIST	HARD WORK/PROBATIONARY	1 YEAR
SILVER	CAPTAIN	INTUITION, CLAIRVOYANCE	1 YEAR
<b>ADVANCED</b>	-----	-----	<u>4 YEARS</u>
1 <sup>ST</sup> DEGREE SILVER	CAPTAIN	ACCOMPLISHMENT	1 YEAR
2 <sup>ND</sup> DEGREE SILVER	CAPTAIN	THINKER/ASSISTANT INSTRUCTOR	1 YEAR
3 <sup>RD</sup> DEGREE SILVER	EMPEROR	PHILOSOPHER/ INSTRUCTOR	1 YEAR
4 <sup>TH</sup> DEGREE SILVER	TROOPER	SENIOR INSTRUCTOR	1 YEAR
<b>CRITICAL</b>	-----	-----	<u>4 YEARS</u>
5 <sup>TH</sup> DEGREE SILVER	COMBATANT	JUNIOR MASTER	1 YEAR
6 <sup>TH</sup> DEGREE SILVER	COMBATANT	JUNIOR MASTER	1 YEAR
7 <sup>TH</sup> DEGREE SILVER	COMBATANT	MASTER	1 YEAR
8 <sup>TH</sup> DEGREE SILVER	WARRIOR	SENIOR MASTER	1 YEAR
<b>COMPLEX</b>	-----	-----	<u>4 YEARS</u>
9 <sup>TH</sup> DEGREE SILVER STRIPE	COMMANDER	GRAND MASTER	1 YEAR
10 <sup>TH</sup> DEGREE GOLD	GENERAL OF THE COMBAT ARTS	SUPREME MASTER	1 YEAR
11 <sup>TH</sup> DEGREE GOLD	GENERAL OF THE COMBAT ARTS & SCIENCES	SOVEREIGN MASTER	2 YEARS

## **What's the meaning and purpose of Grading?**

The purpose of belt grading and titles are to simulate the students. It is a recognized structure that tends to measure loyalty, time spent, Achievement and Improvement. When rank is given, it does not mean the ultimate to the practitioners, but as a reminder to try harder and to remain humble and dedicated to the art. Before an instructor issues his/her student a rank, he/she should have rapid reasoning, quick judgment and discernment of spirit. The grading shows who has excelled more in the art and to distinguish the senior from Junior.

## **BASIC TRAINING**

Combative training in the basic training program is based on 4 hours of available training time, divided into 4 periods of 4 hours total. The following is a suggested introductory level combative training.

### **Components of a Basic Training Session**

#### **Period I (1 Hour)**

- 1) Warm-ups and stretches.
- 2) Introductory Martial Arts.
- 3) Introduction to combative safety.
- 4) Stances.
- 5) Elbows and knees.
- 6) Punches and strikes.
- 7) Kicks.

#### **Period II (1 Hour)**

- 1) Combat demonstration performed by instructors to gain attention and to motivate Practitioners.
- 2) Introduction to Vital points and Nerve points.
- 3) Combinations of strikes.
- 4) Falls.
- 5) Throws.
- 6) Grappling and Chokes
- 7) Proficiency development of falls and throws through repetition.
- 8) Drills. 20 repetitions for each strike that is, elbows, knees, punches, and kicks, using vital and nerve points.

#### **Period III (1 Hour)**

- 1) Review of falls.
- 2) Defense and counters against weapons such as Knives, Sticks, Sword, etc.
  - Angles of attack and defenses of each angle.
  - Short and long Weapons defense and attacks.
  - Short and long distance Weapons defense and attacks.
- 3) Drills. 30 repetitions for each strike that is, elbows, knees, punches, and kicks, using vital and nerve points



## **Period IV (1 Hour)**

- 1) Breathing Exercises;
- 2) Drills. 25 repetitions of defenses against each angle and distance of weapons attack;
- 3) Style techniques demonstrations;
- 4) Cool down session.
- 5) Attendance signing.

## **TRAINING AREAS**

An advantage of this combative training is that it can be conducted almost anywhere and anytime with little preparation of the training area.

## **BASIC PRINCIPLES**

There are basic principles that the hand-to-hand fighter must know and apply to successfully defeat an opponent. The principles mentioned are only a few of the basic guidelines that are essential knowledge for hand-to-hand combat. There are many others, which through years of study become intuitive to a highly skilled fighter.

**A. Physical Balance.** Balance refers to the ability to maintain equilibrium and to remain in a stable, upright position. A hand-to-hand fighter must maintain his balance both to defend himself and to launch an effective attack. Without balance, the fighter has no stability with which to defend himself, nor does he have a base of power for an attack. The fighter must understand two aspects of balance in a struggle:

(1) How to move his body to keep or regain his own balance. A fighter develops balance through experience, but usually he keeps his feet about shoulder-width apart and his knees flexed. He lowers his center of gravity to increase stability.

(2) How to exploit weaknesses in his opponent's balance. Experience also gives the hand-to hand fighter a sense of how to move his body in a fight to maintain his balance while exposing the enemy's weak points.

**B. Mental Balance.** The successful fighter must also maintain a mental balance. He must not allow fear or anger to overcome his ability to concentrate or to react instinctively in hand-to-hand combat.

**C. Position.** Position refers to the location of the fighter (defender) in relation to his opponent. A vital principle when being attacked is for the defender to move his body to a safe position--that is, where the attack cannot continue unless the enemy moves his whole body. To position for a counterattack, a fighter should move his whole body off the opponent's line of attack. Then, the opponent has to change his position to continue the attack. It is usually safe to move off the line of attack at a 45-degree angle, either toward the opponent or away from him, whichever is appropriate. This position affords the fighter safety and allows him to exploit weaknesses in the enemy's counterattack position. Movement to an advantageous position requires accurate timing and distance perception.

**D. Timing.** A fighter must be able to perceive the best time to move to an advantageous position in an attack. If he moves too soon, the enemy will anticipate

his movement and adjust the attack. If the fighter moves too late, the enemy will strike him. Similarly, the fighter must launch his attack or counterattack at the critical instant when the opponent is the most vulnerable.

**E. Distance.** Distance is the relative distance between the positions of opponents. A fighter positions himself where distance is to his advantage. The hand-to-hand fighter must adjust his distance by changing position and developing attacks or counterattacks. He does this according to the range at which he and his opponent are engaged.

**F. Momentum.** Momentum is the tendency of a body in motion to continue in the direction of motion unless acted on by another force. Body mass in motion develops momentum. The greater the body mass or speed of movement, the greater the momentum. Therefore, a fighter must understand the effects of this principle and apply it to his advantage.

(1) The fighter can use his opponent's momentum to his advantage--that is, he can place the opponent in a vulnerable position by using his momentum against him.

- a) The opponent's balance can be taken away by using his own momentum.
- b) The opponent can be forced to extend farther than he expected, causing him to stop and change his direction of motion to continue his attack.
- c) An opponent's momentum can be used to add power to a fighter's own attack or counterattack by combining body masses in motion.

(2) The fighter must be aware that the enemy can also take advantage of the principle of momentum. Therefore, the fighter must avoid placing himself in an awkward or vulnerable position, and he must not allow himself to extend too far.

**G. Leverage.** A fighter uses leverage in hand-to-hand combat by using the natural movement of his body to place his opponent in a position of unnatural movement. The fighter uses his body or parts of his body to create a natural mechanical advantage over parts of the enemy's body. He should never oppose the enemy in a direct test of strength; however, by using leverage, he can defeat a larger or stronger opponent.

## TRAINING FORMATIONS

Physical training formations should be in the form of a square of two lines thick. If this formation is used, each person will be directly faced to a partner who is directly in front of him.

## TRAINING TIPS

### Developing Your Fighting Skills/Techniques

In order for you to be a good fighter, you must be able to hit your opponent quicker, harder, without much perceptible effort, and yet avoid being hit. You must also possess other qualities such as non-telegraphic moves, good coordination, perfect balance and keen awareness. Although some people are endowed with a few of these qualities, most of these attributes are developed through hard training.

All the strength or power you have developed from your training is wasted if you are slow and can't make contact. Flexibility, Power and speed are needed to become a master of your movement.

One immediate way to increase your speed at impact is to "snap" your hand or leg just before impact.

### **Speed Striking**

In LIFTS we practice "speed striking". Speed striking means training of multiple Punches, Slaps and Kicks in a very short period of time. In developing your speed, it doesn't mean going soft; instead you must practice very fast and hard. Also you must learn to hit multiple areas on the human body. And first start with 2 or 5 strikes in a very short limit of time. For instance, if you punch about 50 punches in 1 minute, try to increase the intensity of the last 10 seconds punches by 5 punches making it about 55 punches in 1 minute, and then try building it up to around 100 punches in 1 minute that will be very fast and hard. This speed striking can also be applied to pressure points striking by drawing charts of the pressure points on cardboards and placed around the training area. Then you try to strike different points on the various cardboard papers in a limited time.

Your speed in fighting is the velocity of your hands, feet and the coordination of your entire body movement.

### **Snap Movement**

When you execute a technique, you need to do it quickly and sharply with force, you also have to take and pull it back with the same great speed and force. The executed technique must make an opposite counter movement. For example, in kicking upwards you strike with your hands downwards. Also, pulling back the right fist fast creates speed and force to execute a left fist. Make use of every part of the body in executing actions.

### **Closing the Distance**

When you are facing a fighter, you must always try to close the distance between you and your opponent. If you are to move backwards, try moving only two steps backward, then move sideways and try not to dance too much. Also try to stopping the opponent by stepping into him/her as he advances.

### **Fighting stance facing your opponent**

The fighting stance is the same as that of Wing Chun. You can get close to him when you open with a kick to the hip, leg or knee and then walk towards him in a small step to get ready to punch, clinch, knee kick or grasp. You can practice this concept in many ways and combinations of attacks, defenses and take downs.

### **Kiai/ Aargh**

A loud noise caused by the rapid expulsion of air from the diaphragm of the body. This expulsion of air creates stability, increases force, fortifies the body and can have a psychological effect upon your opponent. Kiai originally meant "breathing exercise", while Aargh is used to express a state of readiness and to destabilize your opponent.

## **Fighting Range - Distance**

- Short Distance
- Medium Distance
- Long Distance

Short Distance can be used for Punches, Kicks and Grappling.

Medium Distance can be used for Kicks and Punches.

Long Distance can be used for Kicks.

Also many combinations of three distances are possible. If you execute a technique you must be sure that you are not too far or too short in the right distance. You must calculate the impact and power of a technique. If you execute a kicking technique from a long distance but you're even too far out of the long distance, your kick will not have the desired effect that you wanted. This is the same in working with external weapons. Not only the distance to hit an opponent with your weapon is important, but also the distance you need to handle your weapon.

## **Street Fighting Style**

If you practice a martial art system like LIFTS, you will be able to defend yourself against one or multiple attackers. But you will see that your fighting style on the street will be much more different than your fighting style in full contact competition. This is because the range of fighting will be different on the street. It will be unexpected, very fast and hard, because in the street, there are no referees, no trophy, no judges, and ultimately there are no winners or losers, you fight to stay alive. An attack can come on every moment, at any corner and at any time. That's why you practice a lot of close combat and lethal fighting techniques in this system, and this is because many street attackers attack from a very close distance. Also knife training, stick fighting and other weapons training is very important. Practice your weapons techniques from various distances. Back fist, Elbow, Hand slap, speed striking, low kicks and knees are very important weapons in your street fighting style.

## **Safety Zone**

In LIFTS we use the technique of the safety zone to get ourselves in a safe defense and rest position. The safety zone is keeping very close to the opponent. You will get real close like in a clinching position. In this very close distance the opponent is not able to punch or kick you in a very hard way. He can only use short range attacks like knees or elbows. In this position you can get yourself in a good position to grasp and to make take downs.

Getting into the safety zone can be executed by the technique of closing the distance.

Getting out of the safety zone can be executed by the technique of opening the distance. If you give your opponent large openings to attack you, the attack will be very hard. If you give your opponent much shorter openings, he will not be able to attack hard.

## **PART I: THE BASICS**

### **INTRODUCTION:**

This file has been written for those of us who do not want to take up the martial arts as a sport, but who would like to be able to defend ourselves in a potentially dangerous situation.

This course is intended to teach you to cope with practical situations, i.e. Circumstances in which you may actually find yourself. You may not aspire to a black belt, but you will learn how to defend yourself effectively in an emergency. You don't have to be particularly fit or well co-ordinated to use these techniques, which have also been designated for the not-so-strong.

They are simple and easy to learn. They are also highly effective.

### **Practice:**

"Practice makes perfect" they say, and this is true. Practice what you would do in a serious situation, so that you are sure of your moves. Try to do this with a partner, to help you practice the timing of these moves. Try to choose moves which you find easier and which come more naturally to you.

It is advisable to practice in your everyday clothes, as these are what you are most likely to be wearing in the event of an attack.

Practice punching, kicking and jabbing as described in the PART II firstly and very slowly. When you have mastered the moves slowly, build up your speed and power, but without a partner. Finally, practice your self-defense techniques with a partner, so that you can put what you have learned into practice and get used to body contact.

### **General ground rules:**

There are some important rules on how to react if attacked. If you bear these in mind, you already have the advantage over your attacker.

If at all possible, avoid a confrontation. Try to engage your assailant in a conversation. This way you gain time to calm yourself down and work out an effective strategy to fight off your attacker.

If you cannot avoid a fight:

1. Breathe slowly and deeply to calm your nerves.
2. Always look your attacker in the eyes.
3. Turn sideways to make it harder for your attacker to grab you.
4. Only use techniques you have really mastered. DON'T hesitate.
5. Be careful not to let yourself be cornered, and don't allow yourself to be backed up into a doorway or against a wall.
6. Always assume that the defense will be against a more powerful attacker, so that you do not underestimate your attacker.

## **PART II: BEST TECHNIQUES**

### **USING YOUR HANDS:**

In this part of the course you will learn techniques in which you can use your hands, arms, elbows or fingers as weapons with which to disable your attacker.

The difference between a punch and a slap is the way in which the arm or hand movement is carried out. When pushing or punching, the arm movement is always straight ahead, towards the attacker, whereas, when slapping, the arm movement is circular or semi-circular (a swing or a hook).

In self-defense it's very important to learn how to use your hands as weapons.

A well-targeted punch, using the heel of your hand or elbow, is easily carried out and highly effective if your FULL body weight is behind it.

It is NOT necessary to harden the skin on your hands or elbows on order to make'em less sensitive to pain; they have been designated by nature to resist knocks and punches.

Making a fist in the correct way is very important to prevent any finger injuries when punching your assailant or using blocking techniques. When your fist is clenched correctly, the thumb should lie in front of your index and middle finger, and NOT be covered by them.

### **Move 1: Jabbing With the Heel of the Hand**

Bend the fingers up, hold your palm upright and bend it back as far back as you can. Take up the correct stance and push your hand forward with as much force as possible. The palm will connect with the target area. Remember to swivel your hips and follow through in the same direction. The best effects can be achieved if you hit your attacker just under the nose

### **Move 1: Demonstration**

- i. Your opponent is about to aim a punch at your head.
- ii. Take evasive action by moving one step diagonally forward from the normal position.
- iii. Block the punch and, at the same time, jab the heel of your hand under your attacker's nose.

### **Move 2: The Finger Jab**

This technique is highly effective but may also cause severe eye injury. For this reason, the finger jab should only be used in life-threatening attacks.

Bend your index and middle fingers slightly. Stand in the correct basic stance and move forwards to carry out the finger jab.

### **Move 2: Demonstration**

- i. Your assailant is trying to strangle you with both hands.
- ii. Hunch your shoulders and pull your chin in to protect your neck.
- iii. Now jab your assailant in the eyes with your fingers, taking a step backwards at the same time.

### **Move 3: Elbow Punch**

The most important thing to remember here is to bend your arm very sharply.

You can elbow forwards or backwards. Your assailant is then hit by the hard little bone of elbow. If you elbow forwards, your arm moves in a semi-circle, hitting the side of your attacker's face or his chin. If you elbow backwards, stretch your arm out forwards, with the back of your clenched fist facing downwards, and then bring your arm backwards sharply and with as much force as you can muster. In both cases, your fists should stay clenched and you should follow through with your shoulders.

### **Move 3: Demonstration**

- i. Your attacker grabs your arm.
- ii. You step forward, bringing your arm up in a semi-circle.
- iii. As you set your foot down, elbow your attacker in the face. This way you have the FULL force of your body weight behind you.

### **USING YOUR FEET:**

Using your legs gives you the advantage of greater reach, coupled with the fact that your legs are considerably stronger than your arms. If you react quickly enough, there is a good chance that you will be able to stop the attack in its initial stages. All the kicks are easy to learn. Good balance and speed are important. A quick, powerful kick to a sensitive part of the body is one of the best methods of self-defense. Aim your kicks below the belt and always kick with as much speed and force as possible.

### **Move 1: Front Kick**

Start with your kicking foot behind you. Then raise your knee until your thigh is almost horizontal and kick sharply upwards with the lower half of your leg.

Then bring your leg back quickly to the starting position, with your kicking foot behind you. This kick is carried out in one movement, with the bridge of your foot hitting your attacker's groin. Imagine you are kicking a football with all your might.

### **Demonstration**

- i. The attacker grabs you with both arms.
- ii. You set your kicking foot behind you and spread your arms out.
- iii. Now lift your leg and shoot your lower leg forwards.

### **Move 2: Side Kick**

When you use the side kick, you hit either your attacker's knee or shin with the outside edge of your foot, or the sole of your foot. Lift your front foot up to knee height and then, using your hip, kick sideways with as much force as you can, keeping your leg extended. By pivoting on your balancing foot, you will be able to use full force of your hips and follow the movement through.

If carried out correctly, the heel of your extended foot will point towards your assailant. Bring your leg back to the starting position immediately. To add power to your technique, lean a plank of wood against a wall and practice the hip movement, by kicking the plank until you can break it. Remember to keep your shoes on when practicing this technique.

### **Demonstration**

- i. Your attacker grabs your arm.
- ii. Lift your front knee up.
- iii. Keeping your leg extended sideways, kick your attacker in the knee.
- iv. Then wrench your arm free.

### **Move 3: Heel Stamp**

The heel stamp is used solely to distract your opponent, before you follow it up with another defense technique or action. From your basic position, bring your knee up as high as possible and then stamp down sharply with the heel of your foot. Your heel should hit the bridge of your assailant's foot. Remember to keep your toes pointing upwards, so that your heel is in the correct position. If you are carrying out a heel stamp to the rear, keep your toes pointing downwards; to make sure you connect with your target.

### **Demonstration**

- i. Your assailant grabs your arm.
- ii. Lift your foot and stamp on your assailant's foot with all your might.
- iii. Then wrench your arm free.

### **Move 4: Crescent Kick**

When you use the Crescent kick, you hit either your attacker's face or shin with the ball of your foot, or the sole of your foot. Lift your front foot up to knee height and then, using your hip, snap your kick forwards with as much force as you can, keeping your leg extended. By pivoting on your balancing foot, you will be able to use full force of your hips and follow the movement through.

If carried out correctly, the heel of your extended foot will slap your assailant's face. Bring your leg back to the starting position immediately. To add power to your technique, tie a dummy and practice the kick on it continuously.

### **Demonstration**

- i. Your attacker is advancing towards you.
- ii. Lift your front knee up.
- iii. Keeping your leg extended sideways, kick your attacker in the knee.
- iv. Then wrench your arm free.

### **Move 5: Knife Kick**

When you use the Knife kick, you hit your attacker's knee, shin or throat with the outside sharp edge of your foot. Lift your front foot up to knee height and then, using your hip, kick sideways with as much force as you can, keeping your leg extended.



By pivoting on your balancing foot, you will be able to use full force of your hips and follow the movement through.

### **Demonstration**

- i. Your attacker grabs your arm.
- ii. Lift your front knee up.
- iii. Keeping your leg extended sideways, kick your attacker in the knee.
- iv. Then wrench your arm free.

### **Move 6: Kneeing Your Opponent**

This is a technique used in close combat and therefore ideally suited to self-defense. Speed and power are essential for this move to be effective. The top of your knee should connect with your assailant's groin.

### **Demonstration**

- i. Your assailant grabs you in a body hold with both arms.
- ii. Grab your assailant by the hips; push yourself away from him, at the same time stepping back with one leg.
- iii. Pull your opponent down and bring your knee up sharply into his groin, with as much force as you can.

### **Move 7: Combination Kicks**

This is a technique used in close combat and therefore ideally suited to self-defense. Speed and power are essential for this move to be effective. Different kicks are aimed simultaneously at your opponent.

### **Demonstration**

Execute different kicks simultaneously by combining them following the right principles. An example of combination can be a double round house kick, immediately following up with a sprinting side kick.

## **BLOCKING AND DEFENSIVE TACTICS:**

As you would expect, it is defense and not attack, which is the cornerstone of self-defense. The object is to divert or deflect any blows or punches your assailant may be aiming to you, and to protect your own body from severe injury. It is only possible to attack your opponent if you first deflect his attack on you. First, we should distinguish between the upward block, which deflects attacks to the head and shoulders, and the downward block, which prevents attacks on the chest and abdomen. When defending yourself, never carry out only a blocking movement, without following it up with a counter move. Only by doing both, will you be able to prevent any renewed attack, and also protect yourself.

### **Move 1: Upward Block**

Block the attacking arm the area of the forearm

Move your rear leg diagonally forward from the basic stance, bringing your arm up in front of your face. The power of any attack on you can be further diluted by stepping to the side or rear with other leg.

### **Demonstration**

- i. You are in the basic defense stance.
- ii. Your attacker tries to throw a punch to your head. You move diagonally forwards, deflecting the power of the blow.
- iii. The underside of your forearm immediately blocks your attacker's striking arm.

### **Move 2: Downward Block**

Here, again, you should move diagonally forward from the basic position and bring your arm down to protect the lower part of the body.

### **Demonstration**

- i. Your assailant attempts to punch you in the abdomen.
- ii. From the basic stance, move diagonally forward, slamming your arm down sharply on your opponent's wrist.
- iii. Now deflect your assailant's striking arm to the side, weakening the potential force of the blow.

**Direct your punches and kicks, as described; only at the marked points of the body, as otherwise they may not affect your attacker.**

### **The Right Stance:**

Correct stance is essential as a basis for all defense movements. In order to achieve maximum mobility, balance your weight equally on both legs, keeping your knees slightly bent. Do not tense up; relax and be prepared to react quickly on all sides. Your shoulders should be diagonal to your assailant, so that you present the least surface area for your attacker to grab. Protect your chest and your chin by keeping your arms up at an angle. Clench your fists to minimize any damage to your fingers when defending or blocking. This is NOT a static position, quite the opposite, and you should be constantly moving, like a boxer in the ring. Do not keep your arms still, but remember to keep up your guard. This behaviour will confuse your attacker, leaving him no time to recognize the defensive action you may be taking. Try to stay out of reach of your attacker, but remember to maintain eye contact.

### **PART III: DEFENCE AGAINST GRABBING AND HOLDING**

Wrenching free from a body hold is not always easy. This is why it is crucial to react as quickly as possible if an assailant tries to grab and hold you, so that the attack can be stopped in its initial stages. However, if your attacker has already managed to get you in a body hold, the next few pages should help you to deal with this. By using the following techniques, with as much power as you can, you will probably be able to break free.

#### **Finger Wrench:**

This can be extremely painful if properly carried out. The pain can be maximized by pulling and twisting the finger joints. Pull the fingers away from the joints: in this case it is up and back across the back of the hand.

Pull the little finger if possible, because this is the weakest joint.

#### **Compression Blow:**

Cup your hands over your assailant's ears, and then slam your hands very sharply into the side of the head, so that the compressed air in your hands creates pressure in the ears of your adversary. This creates a balance disturbance and temporarily disables your attacker.

#### **Head Butt:**

Use your forehead, or the back of your head, to butt your opponent. This move has the advantage of the element of surprise and will not injure you, providing you hit your attacker's nose. You will be considerably surer to hit nose if you can grip your attacker's head.

#### **Wrist Lock:**

Twist your opponent's wrist anticlockwise until he pleads or it snaps from its position. It produces an excruciating pain.

### **OTHER TECHNIQUES:**

#### ➤ **Getting Out Of A One-Arm Hold**

You are leaning against a fence. A man tries to force his attentions on you, placing an arm around your shoulders. Elbow him sharply in the ribs and follow up with a powerful punch to the nose.

#### ➤ **Dealing With An Ambush**

You are walking along the street. Suddenly someone grabs you and tries to force his attentions on you. Raise your knee and, using the front kick technique, kick your assailant in the groin.

#### ➤ **Dealing With A Shoulder Hold From Behind**

A man is following you. He grabs you by the shoulder and tries to pull you towards him. Spin round as fast as you can and jab his nose with the heel of your hand.

➤ **Defending Yourself Whilst Seated**

You are sitting on a bench. A man sits down next to you and puts his hand on your knee. Stay seated, swivel round and jab him in the nose with the heel of your hand.

➤ **When Your Bag Is Grabbed From Behind**

You are standing in the street. Suddenly someone grabs your bag from behind.

Bend your arm inwards to hold on tight to your bag and follow up with a side kick to the knee.

➤ **If Your Hair Is Pulled From The Side**

An assailant approaches from behind and then pulls your hair from the side.

Grab your opponent's arm and turn inwards to face him. Then jab your attacker on the nose with the heel of your hand.

➤ **If Your Hair Is Pulled From The Front**

Your assailant pulls your hair from the front. Grab him by the hips, pull him down and slam your knee into his groin.

➤ **Dealing With A Diagonal Hand Hold**

Your assailant grabs you by the forearm. Step towards your assailant. Jab him in the nose with the heel of your hand and wrench your arm away.

➤ **If You Are Attacked Getting Out Of Your Car**

Your attacker opens your car door and tries to pull you out of the car. Lean back across the passenger seat and slam your foot heel into opponent's face or groin. If you do NOT have time to carry out the above move, you may still be able to defend yourself with a finger jab to the eyes.

➤ **Underarm Hold From Behind**

You are about to open your car door. At that moment you are grabbed from the ear. You raise your knee and stamp hard on your opponent's foot. Then grab your assailant's little finger and pull it right back. Your assailant will loosen his grip and you will be able to break free. Then jab his nose with the heel of your hand.

➤ **Overarm Hold From Behind**

Your attacker grabs you from behind with both arms. Raise your knee and stamp hard on your assailant's foot. Now pull your arm forward and snap it back sharply into your assailant's ribs. Turn to face your attacker and jab him in the nose with the heel of your hand.

➤ **Getting Out Of A Double Nelson**

Your opponent has got you in a double Nelson. You react with the utmost speed and raise your knee. Stamp with all your weight, keeping your heel well down. Then move your arms up and pull your attacker's little finger wrenching it to the side. Once you have broken free, slam your elbow back into your attacker.

➤ **Underarm Hold From The Front**

You are walking along a path. Suddenly you are grabbed from the front by someone walking towards you. Hit your attacker on both ears using a compression blow and break free, jabbing

➤ **Overarm Body Hold From The Front**

Your opponent grabs you with both arms. Raise your knee and stamp hard on your attacker's foot so that he will loosen his grip. Then knee your assailant in the groin.

➤ **Getting Out Of A Head Hold**

Your attacker has your head in a firm hold. Hit your attacker in the groin with the heel of your hand. At the same time, use your other hand to pull your attacker's hair and pull him backwards away from you. Then jab your attacker on the chin with the heel of your hand.

➤ **Strangle Hold From Behind**

Your assailant approaches from behind and begins to strangle you. Tense your neck muscles and stretch your arms out in front and then elbow your assailant in the ribs, as hard as you can. At the same time, use the other hand to free yourself from the strangle hold. Then turn around and jab your attacker with the heel of your hand.

➤ **Strangle Hold From The Front**

You are just about to get into your car. You are attacked and your assailant tries to strangle you with both hands. From the basic position, jab your assailant in the nose with the heel of your hand, following through with your hips to help you hit with more strength. If this does NOT work, use a finger jab to help you break free.

➤ **Forearm Strangle Hold From Behind**

You are sitting down when you are grabbed from behind. Tense your neck muscles immediately and pull your attacker's hair forwards. If your attacker's grip becomes too tight, use a finger jab

➤ **If You Are Attacked In The Car**

The attacker tries to strangle you through the car window. Tense your neck muscles and finger

➤ **If You Are Thrown To The Ground #1**

Your attacker tries to strangle you after having thrown you to the ground. Jab him in the eyes with your fingers then pull your assailant's hair with one hand and take hold of his chin with the other. Pull your attacker's head downwards, twisting it at the same time, using your other hand (neck twist). Pull your leg up and roll over sideways, freeing yourself from your attacker.

➤ **If You Are Thrown To The Ground #2**

Your assailant has brought you down and is approaching you again. He is about to kick you. Raise your knee and then kick your opponent on the shin, using the side kick technique.

NOTE: If attacked when lying down, make sure your legs and feet are facing your assailant, as this gives him the least possible opportunity to grab you.

➤ **Fist Punch From Behind**

You are leaning over the boot of the car. Your assailant grabs hold of your right shoulder and tries to throw a right-hand punch to your head. Turn round to face your attacker and block the punch with your left arm, then jab your assailant's nose with the heel of your hand.

➤ **Fist Punch From The Front**

You are about to open the door of a telephone box. Without warning someone tries to punch you. You block the punch and jab your assailant's nose with the heel of your hand.

➤ **If Punched When Sitting**

Your attacker approaches you while you are sitting down and tries to punch you. Turn sideways away from your attacker then jab your attacker in the groin with the heel of your hand. Your fingers should be pointing towards the ground.

➤ **If Grabbed By The Lapel**

Your attacker grabs hold of your lapel with his left hand and tries to punch you with his right. You take evasive action to the right, blocking the punch at the same time. Slam your left knee into your attacker's groin and then jab your attacker's ear with the heel of your hand.

## **PART IV: DEFENCE AGAINST WEAPON ATTACK**

How to defend yourself if you are threatened with a weapon is one of the most difficult chapters in this course. If you have not FULLY mastered the techniques, your situation is a hazardous one. The best advice is to try to avoid this type of confrontation in the first place. If this is not possible, be as determined as you can and do NOT show any hesitation.

### **If Threatened With A Gun:**

Try to lull your attacker into a sense of security. Show that you are frightened and distract your assailant by trying to engage him in a conversation. Any offensive action you may take has to start with a diversion.

One old, but surprisingly effective, ruse is to look over your assailant's shoulder, for example, and act as if you have seen something important or surprising. Do NOT make a move until your assailant has fallen in the trick.

The element of surprise is very important, so you must act with the utmost speed.

### **Demonstration**

Your assailant is holding a gun to your chest. After you have distracted your attacker, take evasive action sideways; grab the assailant's gun hand and push it away from you. Then, if the gun should go off, the bullet will not hit you.

Keep hold of the attacker's hand until he has let go of the gun. After taking evasive action - always keep the assailant's gun hand blocked - jab your attacker in the eyes with your fingers. Hold the assailant's gun hand with one hand and grab hold of the gun from the outside with the other. Now wrench the gun free and pull it away backwards. You must always disarm your opponent in order to prevent a further attack.

### **If Threatened With A Stick:**

If you are threatened with a stick, make sure you dodge out of your attacker's way, then come in as close as possible, leaving him no room to raise the stick or put any power into a blow.

### **Demonstration**

Your opponent is facing you, armed with a stick: he tries to hit you. From the basic stance, take one step sideways and reach up to block the blow, thus deflecting its force. After this evasive action, jab your assailants in the eyes with your fingers. Now grab the stick and pull it downwards out of your assailant's hand.

### **If Threatened With A Knife:**

This is a very dangerous situation. Again, try to distract or disable your attacker, by throwing keys or spitting in his face for example.

### **Demonstration**

Stand in the basic position. Your opponent tries to stab you. You block his arm and take a step diagonally forward at the same time, then lean forward and jab your opponent in the eyes with your fingers. Keep hold of your assailant's arm until you have removed the weapon.

## **PART V: IMPROVISED WEAPONS**

### **ARTIFICIAL WEAPONIZATION**

#### **IMPROVISED WEAPONS**

Taking advantage of any object within reach that can be used as a weapon; Turning and converting everyday articles, materials into weapon, so that it can be deployed as a weapon or integrated into a weapon for combat.

Sword, Bow, Ashiko, Jo, Kama, Shobo, Kyoketsu-shogei, Ono, Tanto, Tetsu-bishi, Staff, Darts, Kusari-gama, Nunchakus, Shuriken, , Spear Arrows, knives, scythe, chain and much more.

Umbrellas, keys, books, newspapers, Handbag, shopping bag, , Brief case, , Keys, ATM cards, Jacket, Twig, Pen, Garrote/ wire, Handset, Tooth pick, Razor blades, Shoes and much more and other objects, which you may be carrying, can be used in self-defense. Any sprays, such as deodorant, hairsprays or perfume can also be extremely useful, as you can spray this into your attacker's eyes.

#### **IMPROVISED POISONS**

Taking advantage of any Chemical/plant within reach that can be used as a weapon:

Anti-freeze, Nicotine sulfate, Nicotine, Hydrocyanic acid, Cyanogen gas, Sodium fluoride, Deadly plants such as Rhubarb, Oleander, Laurel leaves, Potassium cyanide, Prussic acid, strychnine, strychnine, Atropine, Aconite, Thallium sulfate, Mercury, Arsenic

#### **USING A KEY:**

Your assailant grabs hold of your collar with both hands. With a key in your hand stab your assailant in the side of the face. Follow this up by jabbing your assailant's nose with the heel of your hand to free yourself completely.

#### **USING A ROLLED-UP NEWSPAPER:**

Your attacker grabs your arm from behind. Turn and face your attacker and jab him under the nose with the rolled-up newspaper.

#### **USING A BOOK:**

Your attacker grabs or approaches you. You step forward and block the punch with your forearm and jab the book under your assailant's nose with both hands.

#### **USING AN UMBRELLA:**

You are strolling along the street. Your attacker grabs you from behind and tries to force his attentions upon you. You immediately swivel your hips away and slam your umbrella into your assailant's groin.



## **USING A HANDBAG:**

You are walking along the park. Your assailant pesters you and tries to stop you. Without hesitating, you take your handbag from the shoulder and hit your attacker in the face with it, distracting him for a moment. Then you can use a front kick to kick your assailant in the groin.

## **NATURAL WEAPONIZATION**

Forging your body so that it can be integrated into weapon for combat;

Your natural weapons are as follows: knife edge of either hand, the heel of your hands, your fingers folded at the second knuckle, your boot, your elbow, your knees, your teeth, your fore finger and second finger forming a „V" shape, and your fist. These body parts alone are some of the most powerful weapons you can use. In summary (Hammer fist, Thumb strike, knife-edge hand, Hook punch, Uppercut, Palm-heel, and Elbows).

Since you now know the basics of fighting, let me list for you the best places where you should strike your enemy using your natural/body weapons and their effects in order to end a fight as soon as possible. When these weapons are used by a skilled fighter, it can be deadly, fatal or lethal when he is bent on accomplishing his mission.

**Top of head** – Trauma, Unconsciousness or hemorrhage.

**Forehead** – Causes Whiplash, hemorrhage or death.

**Temple** – Unconsciousness, Brain concussion, Coma and or death.

**Eyes** – Watering, Blurred Vision, Temporary or permanent blindness and death.

**Nose** - Breakage, severe pain, temporary blindness and even death.

**Upper Lip** - Extreme pain and unconscious.

**Mouth** - lots of blood, which frightens the enemy, and he causes loss in concentration.

**Jaw** – Breakage or dislocation or face gets paralyzed.

**Chin** – Paralysis, Mild concussion, Unconsciousness and Extreme discomfort.

**Adam's apple/Throat** – Bust or crushed windpipe and death.

**Side of Neck** – Shock, Unconsciousness, temporary disability.

**Back of Neck** – Whiplash, Concussion, broken neck and death.

**Collar Bone** - Excruciating pain and ineffectiveness of arm

**Shoulder** – Dislocation

**Arm Pit** - Severe pain and or Partial paralysis

**Spine** - Sever of spinal cord, resulting in paralysis or death.

**Solar Plexus** – Cuts breath, shock, Unconsciousness and damage of internal organs.

**Abdomen below navel** - Shock, Unconsciousness and internal Bleeding.

**Suprascapular nerve motor** - Pain, Temporary dysfunction, 3-7 seconds mental stunning

**Cervical Vertebrae** – Unconsciousness or death

**Sciatic Nerve** – Disables both legs and respiratory failure.

## DRILLS

### Speed Drill:

Mark a point on the wall or board. Mark a distance about 6feet from the marked position on the wall or the board, and then time yourself. The timing will be a duration it will take you under normal circumstances to hit the target from the designated distance. Then repeat this for various time intervals to attain speed.

<b>Distance (feet)</b>	12	18	24	30	36	42
<b>Time interval (seconds)</b>	4	4	4	5	5	5

The drill is such that you move a distance of (6, 8, 10...) feet in 3 seconds, until you cannot beat the time, then you move to a higher distance and try using 4 seconds. This drill should be continued to a desired or set target. For instance say for every 6 feet, you can move in 2 seconds and maintain this to a target of 24 feet in 4 seconds, I think it will be marvelous and wonderful, if not magical. If this drill is practiced with all diligence, you might have a thunderous and lightning speed.

### Fighting Dirty

The techniques here are used in situations where you completely now you would have no second chances.

You are in front of an attacker, and you know definitely he's going to get what he wants from you either way. Then what are you to do? In this kind of situation, personally, I would recommend going dirty.

### Real Life Instances

- I. You have a guy standing in front of you with a knife, gun or any other dangerous weapon and you are a girl, with no one to rescue you. What do you think the attacker has in mind?
  - a) He wants to strip you of your belongings or valuables
  - b) He wants to strip you of your clothes and forcefully have his way with you
  - c) He wants to humiliate you or kill you!

## 10 - KEY POINTS TO MASTERY

1. You must have the **Love** to want to learn this art, or soon you will give up.

2. You need to be able to use your **mind** to see intent; without this nothing makes sense.
3. The waist must be **flexible** and open; without this nothing will work right.
4. This works in conjunction with Yao; if they are not in harmony stepping will be incorrect.
5. You must be relaxed, without **relaxation** you will be too stiff and clumsy.
6. Without **power** there will be no effect of your strike or block.
7. The **12 gates** must be open: wrist, elbow, shoulder, waist, knee, and ankle.
8. **Speed** and **Swiftness** is needed; act and move fast this works in conjunction with Song.
9. **Coordination** is needed; you must execute skillful and balanced movement of different parts of the body, at the same time.
10. **Confidence**; always have self-assurance and belief in your ability.

### **TIPS TO WIN A FIGHT**

- When you are confronted with a problem, a challenge, or an important decision, first of all is to be calm like still water.
- Knowing others is intelligence; knowing yourself is true wisdom, know what you are capable of in every situation.
- Mastering others is strength; mastering yourself is true power.
- The journey of a thousand miles begins with a single step.
- It is good to have an end to journey toward; but it is the journey that matters, in the end.
- If you breathe partially, you live partially, therefore learn to breathe fully and ultimately protect your life.
- Yesterday is history, tomorrow a mystery, and today a gift, that's why it is called the present, so fight to survive the today so it will be a present to you.

### **Important Self-defense Points**

- Your best weapons in a self-defense situation are your judgment, reasoning, awareness of your surroundings, and your common sense.
- Always be aware of, and alert in your surroundings, particularly when you are at a disadvantage (unfamiliar neighborhoods, strangers or even acquaintances, being alone anywhere).
- Do not get into situations or circumstances that are potentially dangerous or threatening to your well-being.
- If you can run or escape, do it! Avoid confrontations where ever possible, you might lose!
- Try to talk your way out of any confrontation if fleeing is not possible. Trying to talk your way out may stall your attacker long enough for you to get the advantage.
- If possible, do not let anyone get a hold of you. If it does happen, you must defend yourself immediately
- Do not think about your defense too long – react, of it may be too late.
- Take advantage of any object within reach that can be used as a weapon (handbag, brief case, shopping bag, umbrella, book, keys, ATM cards, jacket, twig, pen, handset and much more).

- Remember that any part of your body can be used as a weapon: fingers, nails, elbows, knees, head and teeth.
- If and when you counter attack with a punch, kick, or strike, you must do so with all the strength and intensity you can muster, you may only get one chance.
- Use your voice to call for help, draw attention, or to distract your adversary momentarily so that you can execute your defense.

And finally, you must decide what actions to take for a given situation that will result in your survival. Know the consequences of your actions! Use common sense to take flight or to fight is a decision that you must make for your best chance at survive.

### **FACTUAL WORLD SELF DEFENSE - Get All You Need to Survive an Actual Attack**

In the world of martial arts self-defense training, there's no shortage of theories, ideas, or techniques. There are so many approaches, styles, and systems, that anyone could get lost just trying to sort things out or figure out which one is right or the best self-defense system for them.

But, the trick is to not get caught up in trying to figure out which system is best, at least not at first. Instead, the first thing you need to do is to figure out what you need in the way of self-defense training, because, until you do, you will never really know if you're getting what you need.

In the realm of real-world self-defense training, one of the most critical steps that you need to take, aside from recognizing that danger exists in the world, is to know what forms of danger - what types of attacks - you're most likely to encounter.

Until you do, regardless of the program you're training in, everything will be guesswork. And in the case of real-world self-defense, guessing should be the last thing you do.

You should understand that there's a world of difference between learning a traditional martial arts style for the sake of taking up the martial art, and developing skill proficiency that will allow you to handle the kind of raw aggression that you're going to be facing in a real attack situation.

No rules. No referees. No concern for your safety, other than the concern you have for yourself.

So, what is it that you're going to need if you're truly going to be prepared for the attacker who wants to beat, break, or kill you? What kind of lessons - what are the techniques, tactics, and strategies - that you absolutely must learn if you're going to be able to survive?

Don't worry or feel badly if you don't. Most students of Self-defense probably couldn't answer this question either.

Well, here are few things that absolutely must be on your list and in any real-world self-defense program that is worth your time, effort, and money.

You must have more than one or two options for dealing with the most common attack situations.

The program must be able to teach you more than just step-by-step, mechanical techniques. It must teach you the critical skill of being able to think strategically.

Lessons should be included that help you to assess an attacker, as-well-as recognizing his particular "attacker psychology."

Lessons should not be limited to only physical self-defense. You should also be learning and developing skills such as:

- Creating, recognizing, and executing escape routes.
- Escaping from gunfire
- Recognizing and using cover (shielding) and concealment areas within the attack environment
- Negotiation, dissuasion, and distraction tactics, and of course...
- Dealing with the post-traumatic and legal implications and effects, after the fact
- There should be no competition or sports aspects to what you're learning.
- Training should include exercises, drills, and a lesson for neutralizing and working with the stress, fear, and overwhelm that exists within a dangerous situation.
- Work with and against weapons, like knives, clubs, and firearms is essential and cannot be overlooked.
- The lessons must be taught by an instructor with real-world experience or, at the very least, by a student no further than 1-step away from the expert with the experience.

The most important thing to remember is that real-world self-defense training is not about playing games, being the best fighter, winning trophies, or empty theories. And, while you may have fun during the learning process, the only trophy you get to keep at the end of one of these life-changing experiences is..... Your life and integrity!

**Therefore, to stay alive you must have the following aims in mind. The aims are to**

- (a) Stop the breath of your opponent,
- (b) Start the bleeding,
- (c) Promote shock

The Targets are

- ✓ 1 The Brain
- ✓ 2 The Heart
- ✓ 3 The Spine

### **Shock Tactics**

#### **The Element of Surprise:**

Surprise is an important factor in self-defense. If used properly it throws your assailant off balance and may give you valuable time. There are many types of shock tactics but I shall restrict myself to a few simple ones which will distract or confuse your attacker.

1. Sudden, loud screaming

2. Spitting in the attacker's face
3. Smiling while looking behind of the attacker

### **The most Vulnerable Areas of the Human Body:**

The eyes and groin are your MAIN TARGETS. A hard kick or punch in the groin will quickly put men out of action, and can even render them unconscious.

This is a very sensitive part of the body and very vulnerable to injury, no matter how big and strong a man can be. You can achieve similar results by jabbing your assailant in the eyes with your fingers, which is one of the best methods of self-defense. Your attacker will be helpless if he cannot see.

Of course, the human body can be attacked in other areas like nose, chin, knee, shin and bridge of the foot. These are your SECONDARY TARGETS.

## **KNIFE THROWING**

### **How to Throw a Knife**

Lifters throw knives, primarily, to achieve three main goals:

1. To distract;
2. To Maim;
3. To kill;

With practice and hard work, a Lifter can learn to accomplish all three of these goals, but the last purpose is difficult to achieve, and requires the utmost skill, determination and dedication.

## **KNIFE THROWING METHODS**

### **The Overhand Throw**

Most importantly is choosing the proper grip, then cock the throwing arm just behind the ear, after this, cast the throwing arm forward at the target, releasing the throwing knife just before the end of the stroke. Follow through and recover.

### **The Underhand Throw**

After selecting the proper grip, cock the throwing arm back behind the hip. Propel the throwing arm forward, releasing the throwing knife at the proper moment, just before the end of the stroke. Follow through and recover. This particular type of throw has the knife thrown straight into the target, usually at close range which is usually not more than ten feet.

An interesting variation of this throw reverses the motion, beginning with the knife in front of the thrower. This technique is used to throw knives at pursuers while running.

### **Sidearm Throwing**

The throwing techniques already mentioned are used to throw either forwards or backwards. Similar to throwing a Frisbee or a baseball, sidearm knife throwing is more difficult to master and requires a great deal of practice and training.

After selecting the proper grip, bring the throwing arm back into the throwing position. Whether the knife is held to the inside or the outside of the body, the throwing arm is swung across the front of the body and released precisely before the end of the cast. Follow through and recover.

The most difficult part of sidearm throwing is getting the knife to fly straight at the target. Usually the knife goes to one side or the other when beginners start practicing this throw. The problem usually has to do with an improper release.

### **Vertical and Horizontal Throwing**

Vertically thrown knives do travel swiftly because they have less air resistance as they travel vertically through the air and since they are at an angle to the horizon.

Horizontally thrown knives, viewed in flight from the side, travel slower. Because it travels flat against the wind, a horizontally thrown knife meets greater resistance in the air. This decreases distance, velocity and penetration.

For short distances, however (approximately 5 to 10 feet), the horizontal throw is just as effective.

### **Estimating Distances in Knife Throwing**

A knife thrower must be able to judge distances with a good degree of precision in order to throw accurately. Such ability can only be gained from long hours of practice. Begin with established marked off distances.

A Lifter will learn to hit a target, both stationary and in motion from any distance from any range not exceeding 50 feet, he or she should practice to be able to hit the target at any range in between. Long distance throws from thirty up to fifty feet can be practiced in advanced training.

### **Knife Rotations**

Short range throws, approximately ten feet or less, usually cause a knife to travel in a straight line to the target.

Beyond this range, however, throwing knives execute one or more spins or half spins (up to several in number) before striking the target.

Only through experience and dedicated training can a Ninja learn to estimate distance and judge how many rotations or half rotations a knife will need to make in order to strike a target point first. Remember that knives thrown by the handle must execute whole or complete spins (1, 2, 3, 4, 5, 6, etc.). Knives thrown by the blade must execute a number of half spins (1/2, 1.5, 2.5, 3.5, 4.5, 5.5, 6.5, etc.)

### **How to Defend Yourself against a Thrown Knife**

You need to be prepared to defend yourself against thrown knives. There are three basic ways to accomplish this:

## **Dodging**

In order to successfully evade thrown knives, a Lifter must understand the basics of knives and how they move through air when they are thrown. After this is precisely comprehended, a Lifter can effectively predict how a knife will come at him. Fortunately, a thrown knife is committed to its path of flight once the thrower releases it.

If the Lifter can time his actions just right, he will move just a split second before the knife is released. At that point the thrower is committed and cannot take back his action. By the time the knife reaches its target, the Lifter is no longer there.

You must always remember a knife is like a projectile with computer; it will not actively seek out its target if the target moves, but will continue along its path of flight

## **Blocking**

Thrown knives can also be knocked down, blocked, or otherwise deflected out of the air with improvised weapons, everyday objects, or even by hand. Always evade the knife first, if possible. In this way, if the block fails, no injury will result, although Timing is essential. Hitting knives out of the air by hand is dangerous and not recommended to anyone who is not a highly trained Martial Artist. This should be practiced with caution and with safe practice knives. Concentrate on slapping the knife away with the hand or other improvised weapons.

## **Catching**

Grasping a thrown knife out of the air without harm requires the utmost mastery, and is not recommended to anyone but masters. This technique should not be practiced until one's dodging and blocking skills are flawless.

Evade the knife first, and try to pinch or snatch the spinning handle out of the air as it goes by.

## **COMBATIVES TRAINING**

Today's battlefield scenarios may require silent elimination of the enemy. Unarmed combat and expedient-weapons training should not be limited to forward units. With rapid mechanized/motorized, airborne, and air assault abilities, units throughout the battle area could be faced with close-quarter or unarmed fighting situations. With low-intensity conflict scenarios and guerrilla warfare conditions, any soldier is apt to face an unarmed confrontation with the enemy, and hand-to-hand combative training can save lives. The many practical battlefield benefits of combative training are not its only advantage. It can also--

- a) Contribute to individual and unit strength, flexibility, balance, and cardiorespiratory fitness.
- b) Build courage, confidence, self-discipline, and esprit de corps.

## **MULTIPLE ATTACKS TO THE SAME AREA**



Most times, when people are hit, they react quickly in blocking the strike, then forget themselves and completely leave that area open, thinking the attack to that area is over. This is where they are either wrong or right, depending on the fighter's experience. An experienced fighter's hand will already be there, but for inexperienced ones, their hands are always close to their chest and immediately they execute a block, they immediately carry it back to their chest, exposing the attacked area.

Attacking the same area with multiple attacks usually might make that area to be weak or paralyzed and causes severe pain to the opponent that will ultimately incapacitate him/her from attacking, and make him/her to just concentrate on blocking rather than attacking.

## **DISARMING**

The technique of disarming is meant to teach practitioners to handle most of those situations in which they find themselves held at the point of hopelessness either when facing someone with a gun or any other weapons. This training gives the practitioners both the confidence and psychological ability in disarming.

In Disarming, you just don't wait for the person to draw up the weapon and try to use it on you, there are times when you stop the person even before he removes it from his pocket or picks it up.

Disarming techniques presented without a proper introduction, and lack of real tests have the chances that the practitioner will practice it only half-heartedly and will never have the confidence of really knowing what to do and using the technique when an opportunity presents itself.

The factors which influence disarming must be fully explained before a man can evaluate his chances of success in my given technique.

The methods presented here have stood the test of actual combat. They come from experience gained during the study and intensive training. An average individual can use them successfully if he understands the basic principles and has had a moderate amount of training and practice.

## **TIPS TO HAVE IN MIND WHILE PRACTICING TO DISARM**

When you are confronted face to face with someone holding any kind of weapon, you have no other choice than to be obedient to all he has to say, but in doing that, you don't have to forget yourself and the main thing, i.e. disarming him.

- i. In some cases, you would have to psychologically diminish him, but be careful, so that you don't underestimate his capabilities;
- ii. Then try to make him feel relaxed and in control, so that you gain his confidence;
- iii. Then look for escape routes and weak and exposed points on the attacker's body;
- iv. Check to see the fastest way of staying alive: by attacking, or by escaping;
- v. In the case of attacking, scan for the most effective method and use the element of surprise against him;
- vi. Before you attack, make sure you have decided fully and also make sure to attack fully, leaving no loop holes for the attacker.
- vii. Shift the weapon away from the attacker, but try not to have it in your possession, so that you won't misjudged as the attacker.

- viii. Also, have the following possibilities in mind that:
- What if something goes wrong,
  - What starts out to be a calculated disarming technique can easily turn into just another struggle for a dangerous weapon.

## **TYPES OF DISARMING TECHNIQUES**

There are two general types of disarming techniques. Both advocate the removal of the weapon from the body area as the first move.

- A. Removal of the weapon from the body with instant follow-up body attack on the weapon brandisher;
- B. Removal of the weapon from the body and wresting the gun from the hold-up man. If this succeeds, it still is necessary to incapacitate, subdue or restrain him before he can be brought in under arrest.

Incapacitating, subduing or restraining the attacker is entirely up to the individual. In this type of disarming,

All disarming methods which involve handling and wresting the gun away, while it is still between the bodies of the gunman and his victim, are too dangerous to use. The gunman who points a gun at anyone is “asking for it” and should receive rough treatment. Because of this, the practitioner should be trained to disarm and incapacitate at the same time. If disarming is taught and advocated in a police department, it should be a type that will give the officer confidence in its use; and it should be efficient enough to discourage like attempts in the future, by the same or other criminals. At the best, the disarming of a man who holds a loaded firearm involves a certain amount of risk. If this risk can be calculated, and if the person held at gun point realizes that he has a good chance of success, he will undertake to disarm his opponent. If it has been shown in practice that he can do an effective job without too much personal risk, by a method he has proved to himself during his training, there is a much greater likelihood that he will disarm an enemy if he is given the opportunity. He will also apply himself to practice much more assiduously. After all, when a man holds a loaded gun at your stomach and you are going to start an action to disarm him, you start something that must be finished, the sooner the better. This technique in actual practice is a very personal matter and one that must be undertaken by a person who has confidence in himself and his skill. No two situations will be exactly alike. Differences in size and temperament of the individuals concerned, light, terrain and other circumstances surrounding the scene of action will cause variations in when and where to initiate a disarming action. It is entirely up to the man with his hands in the air to decide when disarming shall be started.

Some techniques call for a person to initiate a disarming action at the very instant that he is told to put his hands in the air. Such methods advocate disarming with the hands down at the sides. Although there are a few men who might have the skill and the instant reflexes necessary to do this successfully, it is not for the average man to contemplate to disarm a man with a loaded weapon in this manner, or at this time. It is much too dangerous and demands an excessive amount of practice in order to achieve only a fair chance of success.

Other disarming tactics are presented with the idea that, if the gunman is armed with a certain type weapon, a specific disarming method must be used. It is easy to see

that to recommend the use of a different technique for each of the various types of weapons soon ends in endless complications and results in confusion to the person who is expected to go out and actually to disarm a dangerous man. For example, a double action revolver that is not cocked can be immobilized by grasping the cylinder and preventing it from turning. This technique is all right when used in conjunction with another disarming method, but should not alone be depended upon against a dangerous gunman.

## **HANDLING AND CONTROL**

The officer should avoid getting himself into a situation which would permit an opponent to attempt to disarm him. The officer should never allow the opponent have him at a disadvantage, he should be cautious and ready to bring the opponent at the slightest provocation by the opponent. The officer should remember that the opponent will be ready to take chance of any loop holes and make good advantage of it to escape. The opponent might go as far as using strikes to escape the clutches of the officer.

Gangsters are criminals and are prone to committing crimes anywhere, anytime and to anyone. They are brutal and violent, they are not to be negotiated with, they either bring you down, or you bring them down, and I assure you, you will prefer the latter.

### **Holding At Gun Point**

Previously stated, the man with the gun is at a disadvantage, he does not want to shoot or he would already have done so. This is especially true of the law enforcement officer; his mission is not to kill but to restrain and capture.

The man held at gun point is usually an unknown quantity; he may be meek and docile, or he may be so desperate that he will attempt disarming, given the slightest opportunity.

Fear of capture, punishment for crimes committed in his past, dope, or just plain viciousness, coupled with the possibility that he has received training in disarming, makes every or such prisoner potentially dangerous. Therefore, he should be handled carefully. Too much reliance should not be placed upon the mere presence of the weapon in the hand to control or to command obedience and respect.

Generally, police and military departments do not question too closely the man who is forced to shoot an antagonist who attempts to escape; but they certainly hold responsible the policeman or soldier who permits a prisoner to disarm him and escape. The publicity given to a successful disarming or an escape attempt undermines public and organization confidence. Therefore, if it is necessary for the policeman or soldier to use a gun to restrain a prisoner, he should be trained to use it properly as a means of enforcing his authority.

Prisoners who are desperate enough to attempt escape usually are quick to take advantage of carelessness and overconfidence on the part of the officer. They make full use of the element of surprise and the slowness of the officer's trigger reaction.

### **Wall Search**

The prisoner's heads and legs are spread far apart. He is forced to lean forward and support himself with his arms against the wall.

The searcher hooks his foot inside the prisoner's foot. At the least hostile act, the foot is jerked out and the prisoner falls. This is an effective way of searching and handling one or more prisoners.

### **Hands-On-Head Position**

The prisoner's legs are spread far apart, putting him in a very unbalanced position. His hands, in this case, are resting on top of his head. The hands-on-head is a good position. It can be maintained for a long time without tiring, and the arms are prevented from gradually lowering, as is the case with the hands-in-air position.

### **Use of Clothing**

This occasion warrants, the prisoner's clothing can be used to immobilize him. Not only are his hands and legs temporarily restricted, he also is under a psychological disadvantage in his partly disarmed condition.

### **Rules for Handling**

The following general rules should be followed when handling a criminal at gun point.

1. Give every indication—by inference, speech, actions—that you will unhesitatingly shoot at the slightest provocation. Dominate all the actions of the prisoner.
2. Keep out of arm's reach until you are ready to search for weapons.
3. Make the prisoner keep his hands way up in the air and his back toward you, if possible.
4. DO not allow the prisoner to talk, look back, gesture *or* otherwise distract you.
5. If possible, use the wall as a support when searching for weapons.
6. If no wall is available, make the prisoner spread his legs until he is in an awkward position before approaching from the rear to search for weapons or other items. Do not, alone, search from the front, if it can be avoided.
  - a) Keep your gun hand back against the hip and use your free hand to make the "frisk."
  - b) Keep your foot that is on the same side as the searching hand against the heel of the suspect's shoe. Search the closest half section of his body; then move to the other side, change gun hands, and repeat.

## **COUNTER WEAPON DRILL**

### **Counter Weapons Training**

Counter weapons' training is a major topic and is deserving of an entire book of its own if you are to attempt doing any justice to the subject at all. Please have it in mind that no one system of martial art or Combative will ever hold all the answers regarding empty hands against weapons, particularly when concerning the knife. What I teach is based on what I feel are the best methods that I have come across during the last 24 years of training. My sources come from an array of methods and experienced people, from Filipino Kali and also from Western Combatives as well as from the experience that I have gained from the 4 live knife situations that I have been involved in so far.

For simplicity any cutting tool regardless, of if it is a Stanley knife, stiletto blade, broken glass or beer bottle will be referred to from here on as an edged weapon. The fact remains that any of the above tools can only really be used against you in either swinging or slashing motion or they can be jabbed and poked at you in a stabbing motion to any number of targets on your person. Therefore any variation of these two most basic physical actions of what to expect if the knife is actually drawn and you have seen it. I will not cover such counter measures here as space, will not allow me to do the subject any justice. But we will take a look at a couple of methods that we can deal with the weapon before it has been drawn.

### **Body language cues:**

Here we are going to rely on our awareness, our instincts and our understanding of body language. We have already discussed certain elements of this in the preceding chapters. For example understanding the verbal and physical cues of aggressive body language, and also understanding the Modus Operandi of our potential aggressor's attack ritual and dialogue. Here we are going to need to become more specific in terms of picking up on any inclination that our potential assailant is indeed carrying a weapon. Spotting any clue to that fact, before the weapon is brought into play may well be the only thing that will give you a chance to take the necessary action to get the jump on the situation.

If your aggressor already has the weapon to hand and the intention to use it, then you are most certainly going to have a harder time dealing with the problem, then if your instincts told you that he is carrying and you take action as soon as your assailant tries to access the weapon thereby shutting down the threat before he can get the knife out.

Remember if you find yourself in a confrontation situation always assume the aggressor is armed. Always scan for the hands can you see both his hands and all his fingers? Some of the most common methods of concealment are palming the knife, holding it flat against the thigh or keeping the bearing hand concealed in a pocket or behind his back out of view. So look out for concealment, if you can't see your assailant's hand/s or if his palm is turned in flat against his leg or concealed in a pocket ask yourself why? Remember also that you could be approached with some kind of distracting dialogue to divert your attention before the aggressor draws the weapon. Look out for erratic eye movement, is his face pale, are his eyes wide, does his body shiver? These are all indications of his adrenal reaction that will of course be present if his intention is to stab/slash you. Such indications might be the only thing that separates you from dealing with the threat and meeting your maker. We will look at a couple of drills that will allow us to practice working off these body language cues and shut our aggressor down quickly and clinically.

Here are several examples of Body Language Cues; the first shows the aggressor move one hand behind his back.

The second shows one hand concealed by clothing in this case placed inside his coat and the final pictures shows one hand reaching into the front of his waist band, obscured by his t-shirt as the other attempts to clear the garment for access.

### **Trap and strike drill:**

In this drill you will be working off the reaction or body language cues given off by your partner. Face each other at arm's length making sure that you keep your arms by your sides and are stood in a neutral position with no fence.

Your partner will have a training knife behind his back tucked into his waist band. Start at no more than fifty percent speed and have your partner slightly exaggerate his movements so that you get an idea of what you are looking for.

Basically if he starts to turn away slightly by moving the weapon bearing side shoulder this is a cue to move, if one of his hands starts to move behind his back or slightly out of view then this is a cue to move. You are looking for any sign that will tell you that your partner is reaching for the weapon. Your immediate action should be to step forward to shut him down and break his balance whilst seizing the arm that moves by grabbing it at the crook of the elbow and jamming it tight against his body. As you do this your free hand goes straight to his face for a chin-jab or a face smash strike or as is a more common reaction, straight to his throat for a claw grip larynx grab. From here you continue with forward pressure and continuous strikes to eliminate the threat. Once you both have an understanding of the drill as always throw away compliancy and have your partner move at full speed with a committed attempt to draw the training weapon and thrust it towards your body. If he touches you with it you would have been stabbed.

Start bringing in some role play and have your partner wear body armour so that you can put in the strikes with a degree of realism. Also progress to the point where your partner is wearing a heavy jacket and so all that you know is that he will draw the knife from somewhere. This could be from a pocket, under his shirt on the front of his waist band, strapped somewhere on his back or even to a limb or anywhere else he can think of any and all methods of concealment have been used and all are fair game to try out in this drill. Once you get to this point you will see just how dangerous the edged weapon threat can be. Stopping it here at this point is your best chance of dealing with the threat as once the knife is out it is even harder to deal with.

As the aggressor starts to move his hand behind his back, step in and trap his arm to the side of his body. Aim for the crook of his elbow or anywhere along his forearm. Once you get his arm keep it pinned in tight to his body and don't let go. Be sure to make a simultaneous grab for his throat making sure that you break his balance with forward pressure. Think of replacing his footsteps with your own as you follow up with continuous strikes in this case knees work really well.

### **Trap and strike drill two:**

In this scenario the aggressor has the knife concealed in the front of his waistband under his t-shirt. As soon as a motion is made towards the weapon drop step forward and pin both hands in place to his body.

Continue this forward motion by driving the top of your head straight into his face follow up by walking violently through him with a rapid knee strike to the groin.

- Act differently (change your habits patterns)
- Think differently (see things from a different perspective)
- Make decisions differently (choices are based on cause & effect)
- Tap into parts of yourself that you don't even know exist

- Challenge yourself to do what you've been taught is impossible
- Become aware of things that others don't even know exist
- Generate the energy and power to do what must be done, and to...
- Be able to keep going through situations that would stop everyone else.

## **STREETWISE SELF DEFENCE**

### **PLAYING THE CON ARTIST:**

In most self-defense situations, you don't have to wait for your opponent to advance towards you with his weapon, you must think and act fast both in a genuine and a fraudulent way.

Here are some tips:

You should put these tips at the back of your mind if you are interested in surviving at all times and anywhere:

You should know that if you are faced with a life threatening situation, your opponent/attacker:

- a) Does not want you to leave that arena alive;
- b) Might want to maim you completely;
- c) Wants to embarrass or humiliate you;
- d) Wants to get an information from you;
- e) Wants to take you hostage;

With the above in mind, you can now agree with me that its not at all times that you would likely have to play the attacker's game, but you might as well play yours in a tricky and dirty way. Some of these tricky and dirty ways include:

- i. If your attacker advances towards you,

Designed to deceive: not honest, true, or fair, and intended to deceive people

Self-defense becomes more important every year. Yet the traditional Martial Arts demand a physical fitness and understanding of complex techniques which are beyond most of us.

It is quick and easy to learn because it is based on adopting one move to a variety of defensive situations.

### **THE LAW AND SELF DEFENCE:**

Section 3(1) of the Criminal Law Act 1967 states:

".... A person may use reasonable force in the prevention of crime ...."

Obviously "prevention of crime" covers a wide range, but this may include

1. Defense of yourself
2. Defense of another
3. Defense of property

## **FORMS (DEMONSTRATIONS)**

## Death Striking Techniques

### Death Technique 1

#### ➤ 5 WAYS

Horizontal elbow - twist and use back elbow - back fist - stopping kick - punch.

The fighter uses horizontal elbow to hit the opponent on his arm, then he immediately executes a twist and uses his elbow again to strike the chest, then immediately again executes a back fist to strike the shoulder. He then executes a stopping kick and a punch to end it.

### Death Technique 2

#### ➤ 11 WAYS

Forward stance then use upward block - outward block - inward block- side block - cat stance then use downward block - forward stance and punch - stopping kick - spinning back kick-punch - horizontal elbow.

The fighter enters into a forward stance and then executes an upward block immediately. He then uses his other hand for an outward block and changes to the other for an inward block, and immediately, executes a side block; then he changes his stance to a cat stance and then executes a downward block and again he immediately enters into forward stance from this position and launches a punch. He then uses a stopping kick and executes a spinning back kick alongside adding a punch and a horizontal elbow to end it.

### Death Technique 3

#### ➤ 17 WAYS

Stop the punch using left hand – use back fist to shoulder – knife edge to neck – use the right hand to punch – horizontal elbow – thrusting elbow – upward elbow – downward elbow – zigzag downward elbow – back fist to chest – twist and use back fist to neck – use the left hand for horizontal elbow – hold the shoulder pull down while raising your knee up with the left leg - hold the shoulder pull down while raising your right knee up – double stopping kick , using both right and left legs – double scissors kick – then jump and use side kick.

The fighter uses horizontal elbow to hit the opponent on his arm, then he immediately



## **SPECIAL TECHNIQUES**

In LIFTS is presented special Techniques known as playing with the lethal weapons which mean playing with the “hand, elbow, knee, and leg”

Playing with the lethal and fatal weapons was created and fostered by Grandmaster Itigbri Ogagaoghene Jesse, founder of the World's Lethal International Fighting & Training System (LIFTS) and the Espresso Lethal Fighting System (ELFS), also the Chief Instructor/CEO of Castle Martial Arts Club Ltd.

He selected from the vicious techniques of Ninjitsu, Kung Fu, Muay Thai, Karate, those, which were most deadly. Fusing them into these devastating self-defense forms practiced today in his honor.

Playing with the lethal weapons employs every major "hand, elbow, knee, and leg - weapons" of all the Kung Fu, Muay Thai, Ninjitsu and Karate masters.

Furthermore, it strikes every major vital and fatal point on the human body and is designed to destroy the enemy in the simplest and most effective manner possible.

LIFTS will be one of the most Frightening, Vicious, ferocious and dreadful martial art ever known to man. The Lifters, practitioners of this horrendous art and science, will be without doubt, the most effective, cold-blooded and ruthless fighters the world has ever known. Much of this reputation will be based on their skill in armed fights and espionage

*Playing with the lethal and fatal weapons* is composed of:-

- **11 moves; 17 moves; 23 moves; 30 moves; 50 moves** of the lethal and fatal “unyielding hand, elbow, knee, and leg” strikes ever devised by man. Each one of which is guaranteed to kill, cripple, or maim any attacker. In order to defend oneself, one need not spend years practicing nor suffer the indignities of training under the many brutal “black belts” who now abound in the world, nor disfigure the hands to “turn them into weapons” or “talons of terror.” Members of the LIFTS are required to perform this exercise in **3 seconds; 7 seconds; 10 seconds; 15 seconds; 25 seconds** or less respectively. Practice at that speed develops strength and concentration sufficient to make the strikes effective

**N.B:** Total number of moves in these techniques is 131.

In *Playing with the lethal weapons*, there are no "war toys" to be purchased at inflated prices. No uniforms or belts to be earned by long years of toil and perspiration. All such tools are fine for those who wish to follow that Path. But, for most people who are interested in protecting themselves from muggers, rapists, or killers, all that is required is one hour's study of the practice form, illustrated here. Even if you only read this section three times, the information will be implanted in your brain. And that may be all that is needed to someday save your life.

Members of any of the lineage are required to perform these eighty one (81) moves in sixty (60) seconds or less. Practice at that speed develops strength and concentration sufficient to make the strikes effective.

## **RANK AND BELT COLOUR PROMOTION FEE**

**N.B.: ALL Provisions will be made in the second Edition**

### **N.B:**

- \* All the Promotion Fees for the Various Ranks will be inclusive of, certificates, ID Cards, materials (manuals, Videos), uniforms/gears and weapons as the case may be;
- \* The demonstration of the techniques in this system can be ordered directly from the system's website and they are contained in DVD'S/CD'S.
- \* This is the first version of this manual; the second version will be both inclusive of diagrammatic illustrations and text.
- \* For further enquires contact us @ [www.lifts.org](http://www.lifts.org); +2348064776827; +2348057870407; [liftsmacs@yahoo.com](mailto:liftsmacs@yahoo.com) ([liftsmartialartscombatsports@yahoo.com](mailto:liftsmartialartscombatsports@yahoo.com))

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LIFTS issued certificates are available in two types:

1. Paper version (shipped/mailed to you)
2. Digital version (emailed to you)

You can get a certificate only by real-time testing, and for international Members, they can perform their own in the presence of an International Examiner and forward the Video to us. Except high ranking Honorary Grades, individual presence matters.

LIFTS issued Identity Cards are also available in two types:

1. Plastic/Card version (shipped/mailed to you)
2. Digital version (emailed to you)



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