

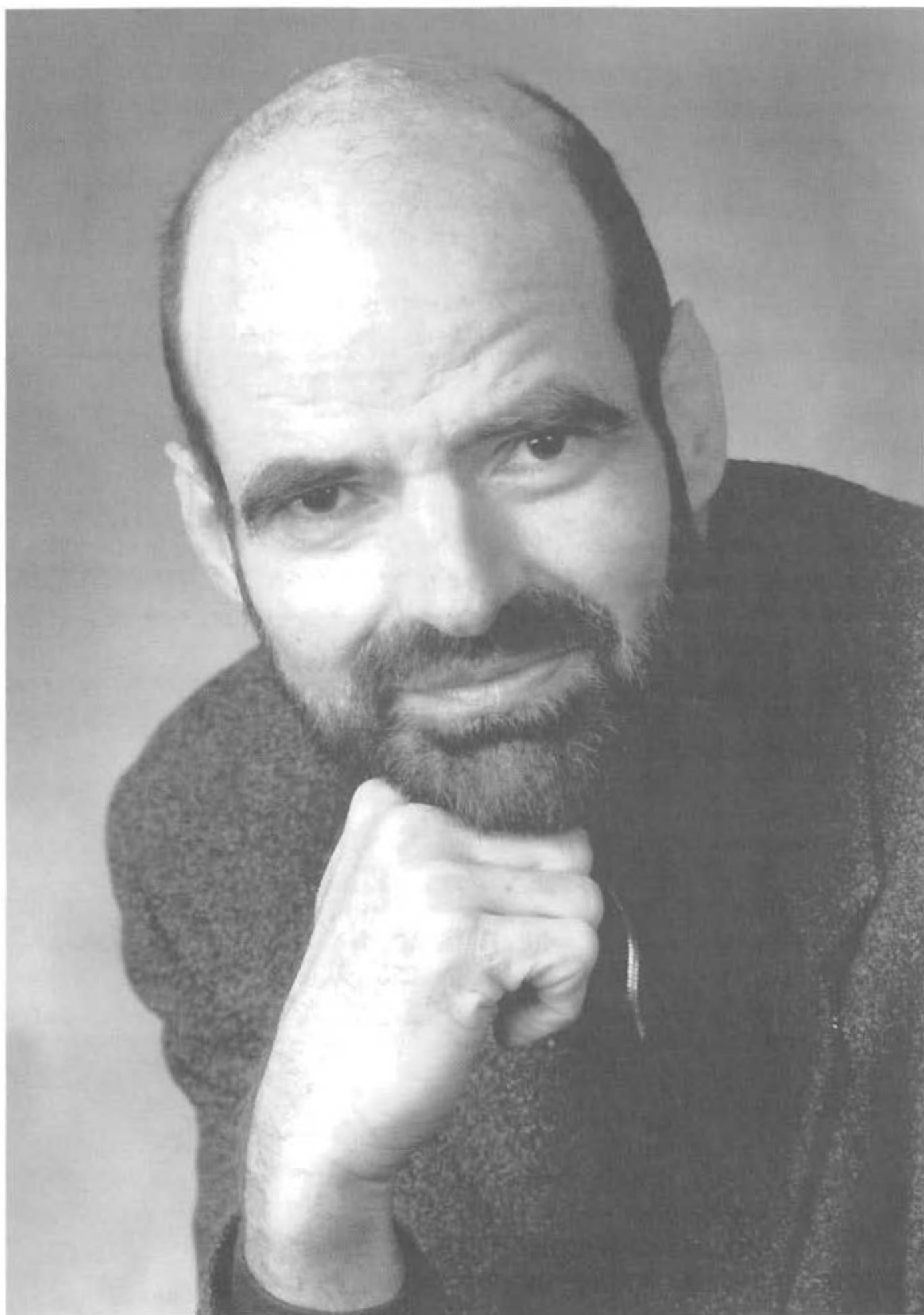
"BLITZDEFENCE – Your strategy against thugs" is the 12th specialist book written and/or published by Keith R. Kernspecht. Its subject matter is the much neglected type of combat which occurs everywhere many thousands of times each year, with many serious injuries and even fatalities. In this form of ritual combat the typical martial artist almost always comes off second-best against the unscrupulous street thug. Kernspecht explains why, describes the atavistic rituals and phases of these one-sided, five-second fights and shows how the situation can be defused by visual and verbal means or body language. He also explains, however, that there are certain people, e.g. acting under the influence of alcohol or drugs, who can only be stopped by even greater violence. As the ultimate response to such a threat he has developed a unique training programme which has been tried and tested by elite police units and consists of just a few highly effective techniques which will rapidly put an attacker out of action. In developing this programme the author has drawn on the knowledge and experience of the most successful wrestlers, karateka, boxers, special police units, doormen and also convicted thugs, combining these with his own 40 years of experience as a martial artist, police officer, bodyguard, head of a personal protection agency, Professor of philosophy and sports sciences at foreign universities and visiting instructor to int. elite police units such as the FBI (USA), SEK and GSG9 (Germany), RAID (France), NOCS (Italy), the Cantonal Police of Zurich (Switzerland), the Bulgarian anti-terrorist unit and GIP (Luxembourg).

Kernspecht himself began to study various western and eastern fighting arts at the end of the 1950s, e.g. freestyle wrestling, catching, Jiu-Jitsu, Judo, Kempo, Shaolin Kung Fu. These were followed by Shotokan and Wado Karate, Kobudo (weapons), Taekwon-Do, Aikido, Thai self-defence, Latosa-Escrima (Philippine stick and knife-fighting), Bruce Lee's non-classical Kung Fu and the LeungTing system of WingTsun (WT), which experts acknowledge to be the most practical and effective self-defence system of all.

Today Keith R. Kernspecht is the highest-graduated WT-master in the world after his teacher Leung Ting, the German national instructor and WT chief instructor for the remaining western world. He has introduced the WingTsun system in more than 53 countries. With more than 1500 schools in Germany, Austria and Switzerland alone, the European WingTsun Organisation (EWTO/IWTO) which he founded and runs is easily the world's largest professional martial arts organisation.

In 1999, in recognition of his research and teaching activities at the Bulgarian State University, Kernspecht was awarded the world's first doctorate in the martial arts.





Keith R. Kernspecht

Keith R. Kernpecht

Blitzdefence

**The success strategy
that enables you to defend yourself against thugs
and sucker punchers after just 6 months of training.**

**Learn the rituals of physical combat
and put an end to the threat *at a stroke*
if your attempts to defuse the situation
prove unsuccessful.**

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The author's Chinese name given to him by his Si-Fu,
Prof. Leung Ting

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Author's Preface

In 1987 I published my book "Vom Zweikampf" ("On Single Combat"), at the time probably the world's first complex examination of single combat as a phenomenon. This book – which has since been published in English, Italian, Spanish and Bulgarian translations – was enthusiastically received by both experts and laymen and helped Leung Ting WingTsun to achieve recognition among the world's major elite police and military units.

To this day I have not been obliged to revise a single one of the views I put forward in this book, and the 12-stage training programme which I based upon it, and which has been copied by countless competitors, has required no amendments between 1980 and the end of 1999.

So why am I now following up with this new book and a newly-conceived self-defence programme? Because I want to utilise the findings in "On Single Combat" in proposing solutions to an attack situation which is still more or less ignored in martial arts circles. Although this specific form of "combat" certainly takes place in our bars and streets thousands of times each year, often resulting in serious injuries or even death, no German-speaking self-defence author has yet to my knowledge concerned himself so intensively with this "natural phenomenon", indeed to the extent that I find myself obliged to lend a name to this phenomenon myself. I am speaking of *ritual combat* between men, which tends to begin with questions such as "What's up? Have you got a problem?" or "Are you eyeballing me?" and increasingly often ends with kicks to the head and serious or fatal injuries.

This *ritual combat* forms part of the wide-ranging topic of single combat. Even though it is only a partial aspect of the whole, this is the type of combat that occurs most frequently and will threaten just about everybody at some time in their lives unless of course they stay locked up

Having recognised that 95% of my students and readers will almost certainly be confronted with a ritual combat situation at some time, I cannot innocently continue to prepare them for a mere duel.



Preparation must not be exclusively devoted to the physical aspect of a confrontation. Otherwise people who are not trained in the verbal and tactile phases, and who practice only "physical" but not "mental" self-defence, will be obliged to resort to even greater violence to resolve conflict situations, for "If my only tool is a hammer, then every problem looks like a nail to me."

in their homes. Since I began studying Confucius I have been aware that if one recognises something as correct and necessary, one must also translate it into practice as a logical conclusion. Having recognised that 95% of my students and readers will almost certainly be confronted with a ritual combat situation at some time, I cannot innocently continue to prepare them for a mere duel.

In 1987 I already wrote that the real fight takes place beforehand, and that the victor is already decided during the critical few seconds before the first blow is struck.

Writing this down and being aware of it for as long as I can remember is not enough, however. As a totally committed educationalist it has always been my aim to make non-technical aspects teachable as well. For this reason I researched the conflict behaviour of animals and man. As a high school student and trainee police officer, and when others were visiting bars to get drunk or get to know the opposite sex, I would sit down in notoriously rough establishments with a glass of orange juice and a notepad in order to study the territorial behaviour of the human male. At that time, when e.g. my friend Eberhard Schneider (author of "Power Training for Kung Fu & Karate") excitedly reported that a former German boxing champion had opened a bar somewhere in Kiel, and that he was in the regular habit of exercising his skills on his "guests", we suddenly had nothing better to do than to go and watch him. After just a few minutes we were treated to the spectacle of the previously unbeaten boxing champion being knocked out with a single punch by a skinny but *extremely angry* weakling (in a fight over a woman!). This also rocked my own view of the world to its foundations, as I had previously been a follower of the Asian philosophy extolling the "mind like water" and believed that the calm, unexcited man who keeps a cool head will beat the hothead in a fight. After this experience I began to see the sense in "psyching up" for a

To my mind Geoff Thompson was the first English language author to concern himself with this kind of combat.



Trouble in the carpark

Fear is dangerous because it causes a mental block - particularly when it builds up slowly, when you notice that "something's cooking", when you hear footsteps approaching, walk down long corridors or perceive implied threats where as a result of association and one's own imagination, what is left unsaid has a far stronger effect than what is said. In such cases fear leads to paralysis and disrupts movement sequences, so that one is temporarily deprived of one's skills.



My student Ronald Butler, the translator of this book

fight ("Count Dante" was beginning to spread this message in the USA at that time). Before this incident my aim was always an emotionless fight, and excited, angry opponents always disconcerted me as they gave rise to feelings I was unable to identify. At that time my reaction to an impending physical disagreement was always: *"Quit stalling and throw a punch, let's get it over with!"* As a karateka, whose first technique was supposed to be a block, I often had to wait for several minutes as my opponent built up a good head of steam while my legs began to tremble because I was obliged to wait for his attack.

During my studies I encountered rituals which go back thousands of years and are instinctively familiar to any streetfighter, but which hardly any scientists have so far considered to be worthy of examination. However, these atavistic rituals govern the immutable processes that occur during most physical conflicts. Knowing them means knowing yourself and knowing your enemy. According to Sun Tzu, the famous Chinese strategist, this is an indispensable prerequisite for victory.

In fact winning is not the object where Chinese Wu Shu and I are concerned, but rather preventing fights in the first place. Fights always mean a loss, even if, like Pyrrhus, you are victorious. The object must be to limit the damage, i.e. to prevent violence from escalating even further. Preparation must not be exclusively devoted to the physical aspect of a confrontation.

Otherwise people who are not trained in the verbal and tactile phases, and who practice only "physical" but not "mental" self-defence, will be obliged to resort to even greater violence to resolve conflict situations, for *"If my only tool is a hammer, then every problem looks like a nail to me."*

Accordingly I teach my students to aim at defusing the situation during every phase, be it the visual phase, the verbal phase or the beginning of the tactile phase.



The author with his Chinese WT teacher, Grand Master Leung Ting



The author with his friend Bill Newman, European Chief Instructor for Escrima

Photographic models:

Uwe Kopplin (Berlin),
Frank Schäfer (Holland),
Marc Kühl (Hamburg).
Taken in Kiel:
Ben Schmehe, Carsten
Boldt, Andreas Heinrich.

Only if this is unsuccessful are the fight-stopping techniques which I recommend to be used within the definition of reasonable force and humaneness, so that we can always be sure of acting within the law even when subjected to very severe stress.

In 20 years of work with the world's major elite police and military units I have developed and coordinated de-escalating pre-fight behaviour and combat techniques.

From all the effective techniques, I selected those which can be learned and most variably combined with "non-violent" restraint holds in the shortest time by the average man or woman. Without exception these come from the WT system, though in the 1st programme I have also used ideas from the simplified Non-classical Kung Fu of Bruce Lee with the addition of advanced WT foot and leg control for improved self-protection.

Nobody is able to develop such a complex, scientific method alone, and I too needed 40 years as well as the input and feedback provided by colleagues and students.

For their contributions I wish to thank Great Grand Master Prof. Leung Ting, my mentor Prof. Dr. Kaikov (National Sport Academy, Sofia), Jesse Glover, "Big" Karl Koch, Geoff Thompson, Sigi Wolf, Jürgen Kestner and Bill "The Sticks" Newman as well as my students C. Gefeke v. Shadow, Peter Vilimek, S. Fiege, A. Wirtz, L. Lipke, Paul Hawkes, Kaspar Nielsen, Rainer Grothe and Hubert Beittler.

I am indebted to Sam Pellissier (New York/Cape Town) and Foto-Renard (Kiel) for most of the photos and to my WT-student Ronald Butler for translating this book.

Cape Town, South Africa,
1st January 2000

Keith R. Kernspecht



Statement by a Jiu-Jitsu Grand Master:

The "dojo-fighter" often has no option but judicious withdrawal when things get heavy on the street.

In my experience there is in reality no such thing as a "martial sport", which is what so many martial arts have become. At the very least the term itself is unfortunate as a description of the complex phenomenon we are discussing.

I believe there is only such a thing as the "martial arts" with individual aspects such as sport, aesthetics, meditation and self-defence. How these aspects are weighted decides the very specific profile of a martial art.

Once we turn to the concept of self-defence, aspects such as sport, aesthetics or similar fade into the background as the point can only be to win or at least to sell one's skin as dearly as possible.

In order to practice realistic self-defence however (to the extent that practice is possible at all), it is necessary to observe the perpetrator(s) in their territorial behaviour (as the author did), their motives and their aggressive potential – as well as in their warped moral sense.

A bout in the dojo is nothing compared to a fight in alien surroundings, which it is wise to leave when things become hopeless. Some don't like hearing it, but this is generally known as "running away".

28th December 1999

Klaus Härtel, Hanshi

8th Dan Jiu-Jitsu

6th Dan Judo-Do

4th Dan Judo

1st Dan Karate

Chairman of the German Martial Arts Federation

"To practice realistic self-defence one must observe the perpetrators in their territorial behaviour as the author did."

The "dojo-fighter" often has no option but judicious withdrawal when things get heavy on the street.



Karl Koch

"Some 35 years ago the young high school student K. Kernspecht used to sit quietly in a corner of my small bar with an orange juice, do his homework and study the rituals of territorial conflict with painstaking scientific detachment."

Big Karl Koch – A man who has been there

When Keith R. Kernspecht asked me to write a prologue for this book I was enthusiastic about the idea but also in an inner turmoil, as it brought old memories and demons back to life. This condition lasted for 14 days, and its effects were also felt by my wife Margret and my son Vincent.

A multitude of thoughts came into my head as I recalled the mental pictures of my fights and my opponents. My hands went as cold as ice because too much blood was flowing to my heart.

First I fetched a number of books from the cupboard to obtain a few ideas about writing a preface. However it did not seem enough just to write a few words about the book without also saying something about the man behind it, the author. After all, the written word is the materialised expression of an intellectual and spiritual process. Everything is interconnected.

Too many people have forgotten how to pay attention to the "little" things. Whatever you do, refusing to think things through, taking the easy option and sticking to old dogmas.

Some 35 years ago K. R. Kernspecht used to sit quietly in a corner of my small bar, the "Taverne" in Kiel (Germany), with an orange juice, do his homework and study the rituals of territorial conflict. We had no idea at the time that he was to become a renowned figure, and not just in the martial arts world. Keith was not yet 20 years old then, but already showed a very firm character and observed everything that happened in our rough dockside bar without being changed by it. He was courteous to everyone and part of the scene without really becoming involved himself. He saw everything but never identified with anyone too closely. Like a scientist studying the rutting behaviour of stags without turning into a stag himself. I

already knew then that he is an extraordinary man who has my respect and admiration. I could start talking about charisma now, but let me just say that he is a lovable and trustworthy man of great knowledge. He also has my great esteem because he is one of those rare people who never take the easy road, but always the thorny path of enlightenment. This book about the critical few seconds before, during and after a fight is by a professional who has been there. I wholeheartedly recommend it to anybody who wants to have a chance out there.

I can almost hear the catcalls from the back row: "*How do you know, what gives you the right to judge?*" Well, you should know that my own journey through life has been hard too, that I have plumbed practically every depth and emerged the victor after several hundred violent confrontations. Court records will provide ample testimony of this, though I wish to stress that I have never been convicted of any assault, grievous bodily harm etc.! Having said that, the fact that I have never had time for pimps ^{scum} deserves an emphatic mention at this point.

Before every impending fight I too experienced the symptoms of fear described by the author, however it was precisely this fear that made me so dangerous because it drove me forwards: opponent unconscious – no more fear.

Black belts, master grades and certificates are of no use to you whatever out there! When a rabid thug is coming at you with blind hate in his eyes you have only two options: to run away or to fight.

In a life-threatening situation like this you have to leave out everything superfluous. Like being in a boat and throwing everything overboard to go faster. The few techniques shown in this book are enough to stop this monster in his tracks. When you lie in bed that evening you will feel better than if you had run away quaking with fear. And if you trust your real fighting abilities to the extent that you can appear unconcerned and avoid the situation escalating to its bitter conclusion, this is the greatest victory.

Sifu Kernspecht's *Blitzdefence* shows you how. May it go out into the world and be read by those who need it.

5th January 2000,

Karl W. Koch



Eberhard Schneider, Margret, Karl Koch, Roland



Karl Koch to the author

Dear Keith,

Having managed to write my preface I am after all motivated to give you or rather your readers the benefit of a few thoughts and conclusions from my turbulent past, firstly so that young people understand that we know what we are talking about and secondly so that they have no dangerous illusions about the world out there.

As you know I have worked in many establishments during my almost 30 years in the bar business, of which 16 were in the coastal area around Kiel:

Waterfront bars: "*Maxim*", "*Seeteufel*", "*Seepferdchen*", "*Grotte*", "*Schlosshalle*", "*Alte Liebe*", "*La Masia*", "*Kleist Casino*", "*Leuchtturm*", "*Rio*", "*Bonanza*", "*Kaskade*".

Top-class establishments: "*Delphin Bar*" in Zermatt, Switzerland, "*Siechenbräu*" – at that time a high-class restaurant run by Charly Bruhn, who was Chairman of the German Licensed Victuallers Association and hired me because he was experiencing more and more trouble there.

Steinbach-owned restaurants: "*Strandschlösschen*" and "*Galeere*" in Schönberg, "*Ballhaus Eichhof*" in Kiel, the "*Ostseehalle*" chain. Mr. Steinbach hired me because more and more fights were also occurring in his establishments. (I also used to give his son A. English lessons). In all these places (including the "*Eichhof*" when they held dances) there was plenty of trouble, so I frequently had to fight.

My own bars: "*Taverne*" (Kiel), "*Casino*" disco (Husum) – I did not need doormen – and the "*Drop Inn*" (Rendsburg), where there were always fights.

During this time I held positions as a general manager, barkeeper, doorman, bodyguard, chef de rang, croupier, bookkeeper in a brothel (only possible with no criminal record) and conference





This is how Keith R. Kernspecht looked in the late 70s.

organiser. I have to mention this in detail because I was not just a barman all the time. In my time I have become acquainted with every level of society and traded punches with pimps, butchers, special forces personnel, farmhands, property developers, sailors and trawler skippers, as well as with Americans, Englishmen and Australians during the annual Kiel regatta week (the Japanese were the exception, they were always nice).

If you will forgive my language, I have rubbed shoulders with the scum of the Earth and the nicest people you could meet.

I have given a good hiding to murderers, jailbirds, drug dealers, slave-traffickers and other trash.

I drove the most fantastic cars and went through many, many personal crises. Everything I have written is the truth, and every event can be confirmed.

The slave-trafficker "I". from Kiel, city-wide reputation, 1.95 m tall, 110 kg in weight and pockmarked. My work colleague Conny C. warned me: *"Look out, Karl, I. and his henchman are after you."*

I. came towards me and prepared to deliver a punch, but I hit him first and his head smashed into a heavy oak table as he fell. His head injury was so serious that we had to call an ambulance. For some reason there were no court proceedings.

The murderer "K". He was (unfortunately) one of my regulars at the "Drop Inn". I belted him for bad behaviour and he responded with: *"I'm going to shoot you, you fat pig!"* I resorted to bluff: *"Listen, I still have an old P 38 tucked away and I'll be carrying it from now on, and if I see you with a gun just once you'll know what to expect."*

Four weeks later "K." shot his ex-wife and his small son Sascha dead near Alt-Duvenstedt, then robbed a bank. Amen!

Karl Koch's background

Came to England as a child. Was introduced to "hand artistics" and acrobatics by Michel Cheesar and Betsy Martin, to boxing by his English stepfather. Received more boxing instruction from his schoolteacher Mr. Mac Dermitt and at Potters Bar Boxing Club. Learned weight-training, acrobatics etc. from Ruben Martin, the world's best all-round athlete (wrestler, boxer, hand-acrobat, body-builder and weight-lifter) and from Reg Borenger at the YMCA. 1.88 m tall, weighing 90 kg and with a reach of 1.95 m this model athlete also trained in wrestling and boxing (mentors: Ken Richmond and Michel Cheesa) and swimming after a hard day's work as a hod carrier on a building site. As Koch already had "a punch like the kick of a horse" with either fist at an early age and was unusually fast, everyone advised him to specialise in boxing, however he wanted to remain a jack of all trades. In Germany he received tips from Karl Behnke (state wrestling champion), Walter Einfeld (German boxing champion) and K. R. Kernspecht (then Karate, Jiu-Jitsu, Ko-Budo).

Another murderer:

This fellow was the manager of the "Kochlöffel" in Rendsburg and a regular in the "Drop Inn". His eyes were ice-cold and his gaze so demonic that they called the words of Hermes Trismegisto to mind: *as above – so below, as inside – so outside*. He also had a habit of cheating at cards, so I kicked him in the a.. and threw him out.

Some months later he murdered the son of Albert Sch. (who happened to be an acquaintance of mine from the "Taverne") and laid the body outside Albert's door.

I also had dealings with two other murderers, but these were more complicated and would take up too much space here.

Dear Keith, allow me to come back to your scenario in *"Some people's idea of fun"*. You describe a type of thug who is all too common but would never have got a second chance in the places where I worked. After this cowardly act the fellow would have immediately received a smack in the mouth from somebody, be it a carpenter, a bricklayer or a waiter, and been unceremoniously thrown out of the door. Bullies like this are cowardly and nasty-minded, but your "Blitzdefence" is ideally suited for thugs of a quite different order: I'm thinking of someone who is as hard as granite, fit and tough through heavy manual work and who doesn't know what pain is. Someone who shows not the least sign of fear and who will challenge even the strongest to a fight.

E.g. **"S. the Austrian":** 1.90 m, 100 kg. Formerly a miner, he wanted to see daylight and became a pimp. During a Kiel regatta week he stood in front of a dozen american sailors, white and black: *"You are war criminals"* (to the whites) and *"You are monkeys"* (to the blacks). Then he waded into the whole bunch, knocked several out and the rest took to their heels. When the military police arrived S. had disappeared. S. was dangerous. He had boxed and wrestled and was as strong as a horse. As they couldn't



"I have given these examples to show what type of people I consider dangerous, and against whom I would have welcomed your Blitzdefence method at the time. Although I have not been part of the scene for the last 10 years, I know of at least 30 fellows of this kind in this area."

"It was no good trying to reason with this fellow. As soon as he moved I gave him a left hook to the liver and one on the chin. He went to sleep!"

get to him in any other way, several men ambushed him in Hamburg and beat him to death. They stamped on his head until it was squashed flat.

Afterwards his brother N. was seen running around various areas of Hamburg with a pump-action shotgun, looking for the perpetrators. I have given these examples to show what type of people I consider dangerous, and against whom I would have welcomed your *Blitzdefence* method at the time.

Although I have not been part of the scene for the last 10 years, I know of at least 30 fellows of this kind in this area.

Kurt R., 1.80 m, 100 kg, the eyes of a tiger and as strong as an ox. There was hardly anyone in Kiel who was not afraid of him, and on one occasion he had decked two colleagues of mine from another bar.

One day he paid Margret (my wife) and me a visit in the "Alte Wache". Being a notorious skirtchaser, he made a pass at Margret. I asked Kurt what he thought he was doing, pointing out that we had known each other for years and asking him to be sensible. *"Just because I've known you a long time doesn't have to mean I like you,"* Kurt replied. It was no good trying to reason with this fellow. As soon as he moved I gave him a left hook to the liver and one on the chin. He went to sleep!

Then I telephoned his brother Walter, who was even more dangerous than Kurt. He got in his car and came over right away. He stood about one metre in front of me and asked me what had happened. I explained the circumstances and Walter simply said: *"Give me a hand with him please, Karl,"* and we carried him to the car. Then Walter just said: *"I'm going to give him a good talking to when we get home, and tomorrow he'll be here to apologise to you and your wife."* Walter was a real man, it would be nice if there were more like him around!

If I were a younger man I would be more than



"I used a vertical fist to knock out roughly 150 thugs."

"I don't believe in the granite jaw."

"Kicking is not of much use in a bar."

happy to learn the martial art you have mastered, WingTsun (WT).

I well remember you showing me a few tricks more than 30 years ago, and I am still proficient at them. They have often proved very useful (to me, not to my opponents).

I was very pleased to find that you advocate the vertical (WingTsun) fist rather than the horizontal (Karate) fist. It was always with a *vertical* fist that I knocked out roughly 150 troublemakers. Sounds exaggerated, but that's the truth. Those of my ex-colleagues who are still alive can confirm it. They would always say: *"Let Karl handle it, it won't take long."*

From many years of experience I know that it is possible to put a berserk thug out of action with very little effort. Just for fun, the people who like to go in swinging should have somebody hit them right on the chin from a distance of 40 centimetres, then they would find out that their stupid antics (upending tables, shoving chairs around, throwing bottles at the wall) are merely a ridiculous attempt to impress. That sort of thing has certainly never impressed me, anyway. Neither do I believe stories about people with a *"granite jaw"*. I have never experienced one, at any rate, for if you hit the chin right on the *"button"* the opponent goes down. If you haven't hit it quite right, you follow-up with a hook to the liver and that does the job too.

Kicking is not of much use in a bar. There's never enough room for kicks to cause real pain, and scoring a hit on the wedding tackle tends to be a rare event.

An enormous Scotsman used to frequent my disco in Husum. He was employed at the local shipyard. The fellow had learned martial arts (high kicks to the head and so on) and picked a fight with my friend Roland Schulz. Roland is an artist, used to be a bodybuilder and trained with Reg Park in South Africa for many years (Reg is also a friend of mine, I often trained with him in England). When Roland started talking to his wife, the Scotsman tried to kick him in

Masterstudents of Keith R. Kernspecht and holders 6th resp. 5th Practician Grade



Emin Boztepe, 6th Grade
(USA, Canada, Mexico)



Peter Vilimek, 6th Grade



Frank Ringeisen



Siegfried Altmayer



Turan Ataseven
(Turkey)



Filippo Cuciuffo
(Italy)



Hans-Peter Edel



Christoph Gefcke v. S.



Andreas Gross



Victor Gutierrez
(Spain, Portugal)



Oliver König
(Austria, Czechia, Slovak.)



Thomas Mannes
(Tunisia, UAE)



Peter Maull



A. Panagiotopoulos
(Greece)



Heinrich Pfaff



Hans J. Reimers



Hans J. Remmel
(Brazil, Luxembourg)



Frank Schäfer
(Netherlands)



G. Schembri
(Switzerland, Liechtenstein)



Klaus Schildert



Thomas Schrön
(Scotland)



Michael Schwarz
(Belgium, Wallon)



Rainer Tausend
(Ireland)

Other national IWTO Instructors



Domenico Bello
(Argentina)



Andreas Brandstätter
(Slovenia)



Paolo Brighi
(San Marino)



Henning Daverne
(Denmark)



Stefan Fischer
(Australia)



Andrew Cameron
(England)



Andreas Geller
(Brazil)



Firooz Ghahremani
(Iran)



Paul Hawkes
(England)



Allan Jensen
(Denmark)



Tihomir Kolar
(Croatia)



Ernst Krause
(Belgium, Flemish)



Lars Lind
(Denmark)



Mohamed Mansouri
(Morocco)



Alexandra Marian
(Tunisia, UAE)



Jürgen Mörixbauer
(Israel)



Saverio Moscato
(Caiman Isles)



Johannes Olbers
(France)



Josef Perchtold
(Morocco)



Frank Paetzold
(Baltic States)



Jochen Stark
(South-Africa)



Michele Stellato
(Malta)



Tarik Abdel-Tawab
(Egypt)



Ahmed Al-Jabaji
(Oman)

**The United States WingTsun Organization (AWTO)
and its Chief Instructor
Sifu Emin Boztepe, 6th level WT**

Emin Boztepe has been studying martial arts since 1976. Currently Emin devotes his time to the study and teaching of the Leung Ting system of WingTsun and Latosa Escrima under the auspices of the *International Wing Tsun Martial Arts Association (IWTMAA)* and the *Philippine Martial Arts Society (PMAS)*. When not training or teaching, Emin works on his acting career, which has landed him roles in movies filmed in Europe and the United States.



official representative for Latosa-Escrima in the U.S. after studying under Grand Master *Bill Newman*, 9th level.

The life of Emin Boztepe is a mirror for the WingTsun Philosophy as taught by the IWTMAA: be aggressive in all encounters while avoiding conflict whenever possible. When faced with the unavoidable challenge of conflict, meet it head on, finish it quickly, expend as little energy as possible and continue on your way.

According to WingTsun philosophy the simplest, easiest and most effective way is the best way. "Avoiding a physical confrontation

that is not truly necessary does not mean being a coward but being humble," states Emin. "However, conflicts must be met head on when left no other choice because of possible harm to yourself, your loved ones or your family. This includes my WingTsun family which currently spans over 60 countries. Though Emin has trained in many different martial art disciplines, he currently bases his self defence solely on WingTsun Kung Fu and Escrima. He feels this helps him fulfill his philosophy of ending conflicts quickly by using effective and simple techniques which are the hallmark of WingTsun. Emin confesses, "I only believe in using techniques that work as fast as possible and minimize injury to myself. The WingTsun philosophy states: To be kind to your enemy is to be cruel to yourself. Why be kind and gentle to someone who is trying to harm you or your loved ones?"

The WingTsun philosophy also advocates realistic training. Emin feels that this is one of the most important factors in developing effective self defense techniques. Although Emin believes in other forms of training such as bag-training, aerobics etc. he feels that nothing can take the place of sparring and WingTsun Chi Sao practice with a live partner. Emin emphasizes that training should become a regular routine for any serious martial artist. "You can have the best techniques and the best Instructors, but if you don't practice regularly and realistically it will not be useful." Emin exemplifies this

himself by adhering to a strict training schedule of 4 hours a day. Emin has been a professional WingTsun Instructor throughout Europe for the past 17 years and has become widely recognized for his fighting skills. His Seminars are in great demand both in Europe and the United States and Canada. He is the only Instructor of the European WingTsun Organization (EWTO) that has been authorized by his Si-Fu, Keith R. Kernspecht, to teach WingTsun worldwide. He is also the Chief-Instructor for the American WingTsun Organization (AWTO) and Finland, Sweden, Norway and divides his time between USA and Europe.

He has trained many elite Police and Military Personnel, including the Hostage Rescue Team (HRT) of the FBI and the 4th Recon Battalion of the U.S. Marine Corps. Emin Boztepe is a 6th Level Practitioner in WingTsun and the highest ranking person in WingTsun in America.

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Potential risks in a self-defence situation

In his book, Grand Master Kernspecht accurately and clearly describes the sequence of events in (ritual) combat from a psychological and biochemical point of view.

The aggressor is always at a psychological advantage, as it is he who decides whether, when and how he will launch his attack, and because his internal biochemical processes are at their peak by virtue of this decision-making power.

The victim will either lose, mainly because of the aggressor's psychological superiority, or he will be able to stabilise his own internal processes rapidly and bring his own strengths into play effectively, i.e. his self-defence techniques.

In the former case the victim is badly beaten up and is then left struggling to obtain justice through the courts.

In the latter case the attacker is beaten off as an act of legitimate self-defence. However the technically superior victim is now confronted with certain legal dangers if the attacker was injured as a result, as many prosecuting attorneys and judges are unaware of the processes described by Kernspecht and refuse to accept their relevance because they have prejudices against martial artists.

In court proceedings, prosecuting attorneys and judges are frequently inclined to artificially break down a complex physical exchange which may have lasted only fractions of a second into individual stages, and to philosophise in the manner of a chess-player on whether and how the victim could and should have mounted his defence so as to cause least harm to the attacker, who naturally purports to be the victim during the proceedings. It goes without saying that this approach has no basis in reality and is inappropriate. However it is unfortunately one of the risks when appearing before a court.

For the purposes of mounting a legal defence it is therefore necessary to make an application for the opinions of expert witnesses to be obtained. Statements from the fields of psychiatry / psychology as well as close combat or the martial arts would be appropriate in this case.

Attorney at Law

Dr. Thomas Etzel

Licensed to appear before the Munich Civil Court, State Courts I and II, State Superior Court and Bavarian State Supreme Court

"Everything changes when the chips are down. There is no time for thinking or for acrobatic techniques. What works is a few simple, idiot-proof hand techniques."

"I know that your Blitzdefence method is just the right medicine against thugs."



Karl Koch at 138 kg (1970)

the head. It all happened very fast. Roland was able to grab the Scotsman's leg and dropped to the floor. The Scotsman's heel came down on a chair and ... CRACK ... leg broken. Now he was Hopalong Cassidy and had to go on crutches for about a year.

I have related this story because you are right, Keith. Everything changes when the chips are down. There is no time for thinking or for acrobatic techniques.

What works is a few simple, idiot-proof hand techniques. Everything must come right automatically.

And so my dear author, as a former "fast-food fighter" who usually finished matters in just a few seconds I know that your *Blitzdefence* method is just the right medicine against thugs. With enormous practical experience and a scientific attention to detail you have written a book that will give many people food for thought. However all of us must rethink again and again or – better still – keep learning. It is important to leave well-trodden, familiar paths. After all, we are on this planet to develop further.

5th January 2000

Karl Koch

Karl Koch and the author, end of 1999



Sigi Wolf

making good use of the vertical fist and low elbow from the WT system.

"The author examines the age-old but practically ignored rules that govern primitive ritual combat between men. Only those who are aware of these behavioural rules are able to prevent a casual glance or word from escalating into a catastrophe that all too often costs a human life."

Statement by a world vice-champion in Karate

When my old friend Keith R. Kernspecht invited me to write something about his new book *„Blitzdefence“* I accepted with pleasure. This book is exclusively devoted to the self-defence aspect, something that tends to have a subsidiary role in the martial sports.

Like a big-game hunter or zoologist studying the territorial and hunting behaviour of carnivorous animals, the author examines the age-old but practically ignored rules that govern primitive ritual combat between men. Only those who are aware of these behavioural rules are able to prevent a casual glance or word from escalating into a catastrophe that all too often costs a human life.

The author gives practical advice on how a fight can be avoided while emphasising that the point is not to win, but rather to limit the damage. However there are also situations which can only be resolved through even greater violence, and here Kernspecht rightly makes it crystal clear that within a certain distance, a preventive first strike may be the only way in which the right of self-defence can be used at all. This book teaches the law-abiding citizen to cope with the effects of adrenaline, such as mind and body-numbing fear, how to recognise the right moment for action, how to disguise his willingness to defend himself to the last moment and how to use psychological tricks to overcome his reluctance to deliver the blow necessary to remove the threat. What's more we are not only told how to successfully end a fight on the street, but also how to win the battle that may ensue in the courts by demonstrating the legality of our self-defence from the start in what we say and by our body-language. This book will open your eyes!

Siegfried Wolf, 5th Dan Karate



Statement by a world vice-champion in Thai boxing

Despite my many years in the ring I had never lost my feeling of insecurity. The situation on the street has little in common with that in the championship ring: out there you have no referee, no previously defined procedures, no weight categories and no rules; all those things are missing that ensure the safety of the individual in a tournament.

Eventually my search led me to the realistic WingTsun (WT) system and to the *Blitzdefence* programme by Professor Keith R. Kernspecht, which I have practiced all the more intensively since 1991 because arthritis in both hips after the Muay-Thai World Championships in Bangkok prevents me from taking part in further competitions.

Paradoxically, this apparent misfortune turned out to be a real stroke of luck, for I now had to adapt and learn to replace muscle power with borrowing the opponent's strength and with guile. In fact, the ingenious WT system gave me much more strength and effectiveness than I had before.

With WT and *Blitzdefence* I have also finally found the calm and self-assurance to deal confidently with any dangerous attack on the street.

Since I am basically a peaceable person I am glad that WT and *Blitzdefence* have given me the means to defuse confrontations without violence.

And if things should get physical at any time, my advanced WT skills (I now hold the 2nd instructor grade in WT) will enable me to suit my countermeasures to the threat level.

Stefano Ricci

World Vice-Champion in Muay Thai

Statement by the World Chief Escrima Instructor: Great Grand Master Rene Latosa

During my thirty years of martial arts I have always taught students to be aware of and to understand all aspects of the martial arts.

In order to be a complete martial artist a person must be technically competent, however it also means knowing your surroundings, thinking offensively and having the ability to achieve maximum power.

This exciting new book is one of the few informational guides on the market that defines the application of logical thinking and strategy to deal with adverse situations. Keith R. Kernspecht has truly captured the essences of this side of the "thinking man's" martial art in his new book.

This book will make as much impact or more in the martial arts community as his other best-seller "*On Single Combat*". In the Filipino martial art of *Latosa-Escrima*, because of the aggressiveness and complexity of the system, this book will be recommended reading for all my students.

Rene Latosa

10th Master Level in Escrima



Bill Newman, Keith R. Kernspecht, Rene Latosa
(Kiel, Germany 1977)

Stefano Ricci

- Winner of the Italian Kung Fu-Sanda Championships in 1989
- "Athlete of the Year", Rome, 1993
- 2nd place, Int. Kung Fu Championships, Peking, 1991
- 2nd place "Golden Dragon Cup", 1993
- 4th place, Kung Fu World Championships, Peking, 1991
- 2nd place, Kung Fu World Championships, Malaysia, 1993
- 2nd place, Thai Boxing World Championships, Bangkok, 1995
- Coach of the Italian national Kung Fu team (CONI)
- Thai boxing instructor (WKA)
- Full-contact (FIAM - WKA)
- Kick Jitsu (FIAM) coach
- FILPJ-CONI coach (Italian Weightlifting Association)
- Fitness coach of the Italian Association for Fitness



Statement by a female self-defence instructor for women

This book clearly describes a "man's world". However, it is also of interest to me as a woman because it tells me something about men and their behaviour in violent confrontations, something which might help me in my assessment of threatening situations in my day-to-day female reality. In my opinion the following chapters are also particularly helpful for women's self-defence:

1. Factors leading to violence
2. Wrongly interpreted situations
3. The five danger codes
4. The subject of ego problems, which also applies to women except that their ego usually expresses itself differently (for reasons of socialisation). But with women too, the ego is a most dangerous opponent.

The *Blitz*defence techniques shown can be highly effectively used by both men and women.

Nonetheless such situations *arise* quite differently in the case of women. Attacks against women often begin in a more subtle, even *friendly* manner. In most cases the attacker and his "victim" are known to each other (acquaintance, relative, husband, teacher etc.). Here women must once more learn to "see" things that are too normal to be recognised as hostile. For in our case too, the point is to recognise an attack at an early stage. Accordingly I fully agree with the message in this book that the critical few seconds before a fight are decisive and that preventive action often prevents escalation. Women in particular can learn to rely on their intuition, overcome their reluctance to strike the first, sometimes life-saving blow and refuse to be relegated to the role of a victim.

Sabine Mackrodt

WingTsun instructor for women and girls



Setting the Scene:

Some people's idea of fun

There are nasty people out there whose idea of an enjoyable weekend is to beat somebody to a pulp.

Just so that we understand each other, these cowards are not interested in really slugging it out with someone, they want to beat up some helpless victim. For this purpose they might go to a disco and look out for a suitable victim. "Suitable" means somebody who looks as if he might be easy to beat up. *This* kind of thug (*there are other kinds!*) would never pick someone who might pose a threat to him. Anybody who looks too big and strong is a non-contender, and those whose body language shows self-confidence and energy are likewise passed over.

The thug surveys the room. What about the stringy guy over there in the corner? Could be ideal. Smaller than himself, no muscles to speak of. But what's this? Tattoos on his neck and hands, Doc Martens boots. No, better look for a more congenial victim.

Maybe the plump, harmless-looking young guy wearing glasses at the bar? The young fellow notices that he is being watched and for a second or two he nervously looks across at the man who plans to have a good time at his expense. Suddenly frightened by the increasingly hard stare of the thug, he quickly lowers his eyes and begins to study the wine list as if he wants to memorise it. To reassure himself that the other man is no longer staring at him, he looks up again and their eyes meet for the second time. The thug takes a few steps towards him. "What the hell are you staring at? Do you want a photo of me? Are you queer or something?"

The embarrassed victim smiles apprehensively and clings to the belief that it's all a misunderstanding: "But I wasn't ..., I only wanted to ..."

"Why are you giving me that stupid grin?"

"But I'm only smiling ..."

"Are you taking the piss out of me? Looking for trouble?" While saying this the thug comes closer and delivers a palm thrust to the poor fellow's pigeon chest, causing him to reel back against the wall.

Not satisfied with this, the thug follows up the attack.

"Want a smack in the mouth, or what?"

The victim tries to answer but his knees are trembling uncontrollably and his mouth is too dry to speak. He wishes he was far, far away. But the nightmare continues as if in slow motion. Why does nobody come to his help?

"Want a smack in the mouth? In the mouth?"

When he slowly comes round again he is lying in a pool of blood and vomit. Merciful fate sent him into unconsciousness right after the first punch, which he did not even see coming. So he was already out for the count when his head was repeatedly rammed onto the thug's knee, breaking his jaw and cheekbone, and he was spared the shattering pain of the kicks that broke his ribs when he was on the floor.

Nonetheless he has been lucky, for our local bully had to do without the pleasure of his grand finale, a stamping kick to the head, because the barman called for the doormen.



Comment by Karl Koch:

The type of thug described here certainly occurs often and may be the norm, but there are the exceptions who act like the gunslingers of the "Wild West" and go in search of the best and most famous fighters. Not just for the "kick" or thrill, but to gain an even more dangerous reputation.



Lots of people in an enclosed space

Stress in road traffic

Defending your own territory

Antagonistic groups of people

Jealousy

Workplace

Lonely places



Potentially violent situations

Nobody, not even the most peacable stay-at-home type, is completely immune from getting into a situation which can escalate into a physical confrontation with dire consequences.

The following situations are particularly suitable for conflicts to arise and escalate:

- Lots of people in an enclosed space, also large-scale events where there are high expectations of the event (e.g. football matches, political demonstrations, night-club, bar)
- Stress in road traffic, e.g. looking for a parking space, in public transport, or on the school playground
- Defending your own territory, e.g. private property, business premises etc.
- Direct confrontation between antagonistic groups of people, e.g. skinheads / punks, locals / foreigners, ghetto inhabitants / privileged people
- In a marriage / partnership a third person is given more attention (jealousy)
- Disputes at the place of work
- In unobserved places such as multi-storey car parks, elevators, public toilets, doorways, parks

Some people consciously avoid some of the above situations because they are afraid. This may well be sensible but can lead to a reduction in the quality of life.



Factors that lead to violence

- Territorial behaviour (including road traffic), macho behaviour
- Overload caused by stress or conflict in the family and workplace
- Lack of tolerance towards others (e.g. ethnic or religious)
- Misguidedness owing to incitement by others, racism, prejudices
- Disappointed expectations, also in a partnership
- Feelings of inferiority, dissatisfaction
- High aggressive potential, e.g. caused by day-to-day irritation, frustration, envy or anger and the need to give vent to them (valve function)
- Increasing propensity for violence through watching violent television programmes / videos
- Establishing one's own limits (e.g. anti-authoritarian upbringing)
- Distorted perception owing to misuse of drugs or alcohol
- Body language that gives rise to aggression, e.g. wide-legged stance, arms folded, hands on the hips (non-verbal communication)
- Injured pride and perceived slights (insults)

This book mainly concerns itself with ritual combat between males ("What's up, want a smack in the mouth?") as a result of macho behaviour, though of course the recommended techniques can also be used equally well by women in any violent situation.

Eye and body language

Bluffing is betrayed by body language

Because body language is almost impossible to conceal, it is no good using your eyes and speech to act the hard man when you would like nothing better than to make a getaway at once.

If your opponent is experienced, and thugs have this kind of insight, he will see through your bluff. If he subsequently invites you to "go outside the door" with him, you will fall even more deeply into the fear trap and the adrenaline hole.



Your opponent will not normally tell you "I'm only bluffing, the truth is I'm scared of you", or "I'm about to hit you", but his body will. Body language is always spontaneous and not easily disguised.

Prof. Dr. Kaikov, my psychology mentor and colleague at the National Sport Academy in Sofia (Bulgaria), the author of several books on the martial arts and an expert on overcoming stress, fear and panic, was the first person to draw my attention to the importance of the physiognomy for early recognition of an impending attack. At the time I made light of the subject, for as a Chi-Sao expert who is capable of using the sense of touch to assess the force and direction of attacks with great precision as they begin, anticipation seemed to me to be too vague and subjective as a measuring instrument.

However, I had not considered that the sensory capability to recognise attempted attacks almost without using the eyes is only achieved after years of Chi-Sao training.

But if I want to make a beginner capable of defending himself in just 6 months, a certain basic knowledge of physiognomy and body language is absolutely indispensable.

Facial expression is the result of conscious and unconscious contraction of the facial muscles. For reasons of space let's restrict our examination to the eyes.

Samy Molcho, the well-known body language expert: *"The expression of the eyes is created by movement of the muscles around the eyes, the intensity of one's gaze, the vitality reflected in the clarity of the eyes, the size of the pupils and the relaxation or stiffness of the neck muscles."* The niceties of eye contact can be particularly well observed in small, confined spaces. Imagine the situation in an elevator, for example. Here people are obliged to accept their opposite numbers and get along with them peacefully.

Due perhaps to the density of China's population, the Chinese conception of the proper social distance between people in a room, or in an elevator, is somewhat closer than that common to many Western cultures.

Non-Asian visitors to China, should also expect to be stared at occasionally. Gaping at someone is not viewed by the Chinese as an aggressive action, or even a particularly objectionable practice. ... It is simply a cultural difference.

Scott D. Seligman

The smaller the space available, the shorter and less intense their glances must be if they want to avoid problems. They cast a brief, detached glance at everyone in general without really looking at and therefore "addressing" anyone in particular. They prefer to examine their fingernails and stare at their own toecaps or the display panel that tells them what floor the lift is currently on. Should eye contact come about nonetheless, it must be of very short duration. This brief exchange of glances says: *"I acknowledge your presence, I don't want to fight, I accept you and will respect your territory. I am closer to you than I should be and will therefore not look at you intensely."*

(Danish doormen have reported to me that the "hard boys" nod to each other imperceptibly during this ritual exchange of glances – a very slight movement down and back up – thereby showing mutual respect.) But do not lower your eyes, it might be construed as subservience. Simply look away to the side as if something there has caught your attention.

When this message has been exchanged one is expected to look away. Any further glance in the direction of the other person's eyes should be avoided, as in our cultural environment it would be seen as embarrassing or assertive.

However a look that is well within the limits of tolerance for a normal person can be far too long for somebody under the influence of drugs, thereby being perceived as a challenge.

The first step in communication begins with the eyes. We are genetically programmed to seek eye contact. This is returned and usually everything is ok.

Fights also start with eye contact, however. Fighting spirit, willingness to do battle or subservience are first signalled by the eyes. Even among the primates an intense stare is the first threat signal.

The staying power and fighting spirit of a potential opponent are assessed by eye contact.



"What's up? What the hell are you staring at?"



"Has the cat got your tongue, or what?"



"Looking for trouble?"



"Want a smack in the mouth?"

By holding your opponent's gaze you signal that you are ready to fight. This is how most machismo-motivated ritual fights begin, e.g. bar brawls.

My friend Geoff Thompson, one of the first self-defence instructors to investigate this important area, considers that the one whose dry eyes force him to blink or look away must come out with something like *"What's up? What the hell are you looking at"*, so that the other man will not interpret the broken eye contact as submission.

However, even the one who finds the other's gaze unpleasant and breaks off the eye contact is not safe from hostilities, for the other might exploit this to reinforce his superiority. *"What are you looking at?"* or *"Got a problem?"* are the rhetorical questions that might follow.

This is usually followed by driving the other man from his territory with a push or blow to the chest.

If an exchange of looks among the primates produces no results, further threat signals are exchanged. Apes puff out their chests and beat them with their fists, while four-legged animals get up on their hind legs and beat with their hooves or spread their claws as if to say: *"Look at me, that's how big, strong and dangerous I am."*

Homo sapiens starts by adopting a wide-legged stance (to expand his territory), drawing himself up to his full height and shouting.

We usually register these and other signals unconsciously, however we use them to assess the situation/danger.

Incidentally, the pupils have a special role: they widen in a fight-or-flight situation. For to overcome a danger we need all the information we can get from our surroundings.

Can you protect yourself against this 'evil eye'?

You cannot prevent the effects of these key stimuli on your bodily reactions. To do this you would have to change your genetic programming, which is not (yet) possible.

This is why deception is so successful in human combat. Bruce Lee in *Tao of Jeet Kune Do*: "A slight wave of the hand, a stamp of the foot, a sudden shout etc. can produce sensory irradiations sufficient to reduce coordination. This mechanism is at the reflex level of human behaviour, and even many years of athletic experience cannot erase the distracting effects of external stimuli."

Your eyes are the body's alarm system. They react to external stimuli. To convince yourself of this fact, please try the following experiment.

Experiment:

1. Walk up and down quite normally, either at home or in the street.
2. Open your eyes wide all of a sudden.

You will find that at the moment when you opened your eyes wide, your foot paused slightly while taking a step forward.

You may even have stopped altogether.

By suddenly opening your eyes wide you simulated a changed or dangerous situation for your body, thereby surprising it. You therefore gave your body a key stimulus. Your body reacted just as it would to a real danger. This example illustrates how your reactions are genetically pre-programmed down to the finest detail.

Whereas such combat rituals in the animal kingdom have been extensively researched by behavioural scientists, there seem to be very few authors who consider the same process in the human world to be worthy of study. But without this knowledge effective self-defence is hardly feasible.

*"What's up?
What the hell are you
staring at? Do you
want a photo of me?
Are you queer or
something?"*

*– "I ... er ... I'm not
staring!" –
"Eyeballing me and
then denying it, watch
out or ..."*

The phases in ritual combat, or a tragedy in four acts

Before I tell you how to deal with thugs and put them out of action I must familiarise you with the usual rituals of a physical confrontation. For thousands of years brawls and orgies of violence have escalated according to the same rules. Whereas such combat rituals in the animal kingdom, e.g. amongst wolves, have been extensively researched by behavioural scientists, there seem to be very few authors who consider the same process in the human world to be worthy of study. Without this knowledge, however, effective self-defence is hardly feasible.

There are specific phases in a confrontation between men:

1) The visual phase or *Prelude 1*

In a bar your eyes are attracted to a fellow who looks brutal in some interesting way. Somehow fascinated, you risk a second look but meet his eyes for a tenth of a second too long. As a result you are confronted with the age-old challenge: "What's up? What the hell are you staring at?", which almost immediately leads you into the next, escalatory phase because you are at a loss for a response and can think of no suitable answer.

2) The verbal phase or *Prelude 2*

If you can't quickly think of something that will defuse the situation ("Sorry, I mistook you for somebody I know. No harm done."), the scenario might continue as follows: "I ... er ... I'm not staring!" You are frightened to find that your voice sounds thin and uncertain, and that you are stammering slightly. — "Eyeballing me and then denying it, watch out or ..." At the same time the other man has approached more closely



Slap in the face



Grabbing the lapels



Headbutt



Penalty kick to the head

"Looking for trouble?"

and threateningly, and is talking himself into a rage. "Looking for trouble?" His veins are swollen, his chin is lowered, his pupils are widened and you can smell the garlic on his breath, that's how close he is now.

3) The shoving or grabbing phase

"Want a smack in the mouth? Eh?"

... Eh? ...
... Eh? ..."

... a shove that sends
you reeling against the
wall ...

"Looking for trouble? Want a smack in the mouth? Eh?"

You are as if transfixed by this apparently unmotivated outbreak of aggression. Before your very eyes the other fellow is turning into a werewolf-like adrenaline monster with no human feelings.

"Eh? ... Eh?" he repeats, becoming louder and monosyllabic. He shoves you in the chest with the palm of one hand. Completely taken aback, you let it happen and wish you were invisible or far, far away. "Eh? ... Eh?..." Another shove that sends you reeling against the wall, where there is no room to retreat. You have missed your last chance to prevent the situation from escalating into a catastrophe.

4. The final act or catastrophe

He slaps your face once ... twice ... you dare not raise your arms for fear of receiving an even bigger hiding. But you have misjudged. You receive a headbutt to the face followed almost immediately by a knee in the groin, causing you to fall down in a welter of blood and lapse into merciful unconsciousness. This means that you do not have to witness the boot driving in and breaking your ribs. It could equally well have been your skull. When you wake up in hospital (be grateful that you have woken up at all, you have the thug's sense of mercy to thank for that, as he stopped of his own accord), you stammer the all-too familiar phrase through broken teeth "I don't know what happened."

The first slap in
the face ...



**Our ancestors had
three maxims for
survival:**

1. "Get out of here
fast."

2. "Go in punching
and drive the
enemy off your
territory."

3. "Stay low and
play dead until the
enemy has gone."

Going rigid with fear
and needing the toilet

Misconstrued symptoms: *Being scared doesn't mean being a coward!*

The incident I have described happened to a martial artist who held a black belt at the time and had a great deal of tournament experience. After the incident he changed over to my system. At first he considered himself to be a coward and a failure, and was very ashamed of himself. It is only when I explained to him that what he took to be "fear" was the natural effect of the fight-or-flight hormone adrenaline that he began to understand his own bodily reactions and was able to interpret them correctly.

Man in the 2nd millennium is still equipped with the flight impulses of his stone-age ancestors. At that time almost all dangers, all fierce animals were insurmountable by man. He could only save himself by escaping. Since then *flight* has been the first thought that occurs to man when danger threatens: before an examination or job interview, when meeting one's future in-laws or at the dentist. We feel the need to go to the toilet and get rid of ballast that could slow down our escape.

"Playing possum" – pretending to be dead – was a strategy adopted by potential prey when faced with large animals that could not see too well, and for this reason many humans still go rigid with fear when confronted with danger. This is of no use against somebody who has selected us as his victim, however. Nonetheless we react according to ancient but nowadays inappropriate patterns.

We must be aware of these things and our instructors must tell us them if we are to have even a chance of defending ourselves. Isn't it enough that our opponent is an unknown factor to us? We should at least know ourselves, our strengths and weaknesses, so that we know what lies within our capabilities. And so that we are not taken by surprise and frightened by our own, mysterious bodily reactions.

The fight-or-flight hormone adrenaline would have you believe that you are afraid. Don't believe it!

Only the brave man admits to feeling "fear".

There is a video which shows "Iron Mike" during the few minutes before his first professional fight. Tyson is crying with fear of failure. In fact he won the ensuing fight just a few seconds later with a magnificent knockout.

Trembling knees

Dry mouth

A self-defence instructor who is his worth his salt should (be able to) explain to you why adrenaline plays havoc with you before a fight and would have you believe that you are afraid. Why your legs shake and want to convince you that you should run away.

But he must also give you the good news that everybody (unless suffering from an illness or under the influence of drugs) feels something akin to "fear" in unfamiliar, threatening situations, but that only the brave person admits it. That it affects your instructor, myself and Mike Tyson in just the same way, that we all experience this unpleasant feeling. And that the only difference is that we have learned to confront our fear, because it then gets smaller and dwindles to nothing.

As a 7 year-old on the school playground my knees would also begin to tremble when my classmates formed an intimidating circle around me and my opponent. I too would be overcome by cataleptic paralysis and think: don't put up a fight, then the matter will end there and he'll overlook you.

Later I learned to go forward and grab the fellow as soon as the trembling began, and this always proved successful.

Even later I learned to disguise the trembling by coolly tapping the shaking leg on the ground and pretending I was more interested in the music than in my opponent.

As a high-school student my mouth was always so dry that I could hardly utter a word when speaking in front of my teacher. Nowadays it still becomes dry before every speech, but I give lectures to more than one thousand students and professors and the "fear" goes away after the first sentence.

The dividing line between a brave person and a timid person is a very thin one indeed. I well

The dividing line between a brave person and a timid person is a very thin one.

Only those who (timidly) refuse to expand their limits are without fear. In fact the brave person is the one who feels the fear and does it anyway.

The unfamiliar causes "fear".

Know the rituals and escalation levels

Mental block

remember jumping over it, and in hindsight it was not so difficult. You will be able to do it too. The basic approach is to do something you are actually afraid of. Then you do something you are even slightly more afraid of etc. As in progressive weight-training. Read Geoff Thompson's great books "Watch my Back" and "Fear", find out how he overcame his fear and learn from his experience.

You will also learn that fear is in fact your friend and can inspire you. It is only when I myself recognised that fear is the constant companion of the brave man who dares to expand his limits that I began to accept my fear to the extent that I was no longer afraid of it.

Experienced martial artists who no longer feel nervous on the mat fall victim to real panic attacks if they encounter aggression in a disco from somebody who is not wearing a clean white Karate gi.

Experienced national champions in martial sports who are at their training peak find themselves consternated and almost helpless when confronted with primitive aggression and the language of the street. Suddenly they are in a different, alien arena and no longer in their familiar environment.

The college lecturer loses his self-confidence when he enters a martial arts gym, as does the macho taking a foreign language course.

But if we wish to prevail in the world of the thug – and this is the real danger we may encounter in day-to-day life – then we must learn something about it. We must recognise its rituals, know which escalation level the situation has reached and be able to evaluate our bodily reactions correctly.

We must have done all our homework in advance during training, for the **mental block** caused by adrenaline makes it impossible for us to take last-moment technical decisions. Nature did not want glacial man to spend time considering his



Tunnel vision

*Slow-motion effect
(tachypsychia)*

*Split personality and
out-of-body
experience*

*Disturbed recollection
(cognitive dissonance)*

*Reduced sensitivity to
pain*

options when an *ursus spelaeus* (giant cave bear) was after his blood.

If you have chosen the right style and are advanced enough to be immune to shoving and barging without immediately having to use extreme force (reasonable response) and can defend yourself against slaps in the face and swings (only possible with very sophisticated footwork), then your instructor should also inform you that peripheral vision is greatly restricted as an effect of adrenaline. Nature does not want you to look right and left when faced with danger, it wants you to fight or run away to preserve man as a species. However, the well-known **tunnel vision** caused by adrenaline leaves you open to the roundhouse punch or swing, or a knee in the groin, and you remain unaware of the second attacker coming from the side. Attacks which you may well have seen and, with a little luck, parried on the mat in your dojo.

You should also be prepared for the fact that you will experience a fight as if in **slow-motion**.

And please don't start doubting your sanity if you find yourself watching your own fight like an uninvolved spectator. It would be wise not to mention such an **out-of-body experience** (split personality) in court, however, as the judge might think you are not quite right in the head.

If the Police ask you exactly what happened after the fight, don't be surprised if you **confuse the sequence of events** and don't remember important details but can recount unimportant ones without difficulty. Another reason why it is a good idea not to make a statement until you have consulted a lawyer.

Having arrived home you should also examine yourself for injuries, for many a man has only realised that there is still a knife sticking in his body on getting undressed.

*On the street and in
the disco it's the thug
that wins,
in the dojo it's the
martial artist.*

Reduced sensitivity to pain – an effect of endorphine.

The body's own opiates reduce our sensitivity to pain and minimize the physical effects (e.g. shock induced by severe pain) when injuries are to be expected. These substances are also released in e.g. long distance runners and give rise to feelings of euphoria.

Following the release of stress hormones the cerebral cortex has a reduced performance potential, particularly in persons without combat training. Only when the body has brought the released stress hormones back down to a certain level (the threshold beyond which the brain only allows the options of fight, flight or total blockage) are the full capabilities of the brain restored.

In our experience (although it is scientifically unproven) it may be that 1. the threshold can be raised and 2. the release of stress hormones can be considerably reduced by training, though a certain residual fear will remain.

Incidentally, our friend the Black Belt would probably have beaten the thug in a one-to-one sparring session, possibly even one with no rules. Probably the thug would have felt uncertain in the alien world of the dojo. Perhaps he would never have got past the impressive kicks of the Karate man, kicks that are suddenly not possible on the street and in the disco because the range is too close.



You must prevent the violence from escalating at all costs!

Society at large (alcohol, films, TV, video games etc.) bears a great deal of the blame for the fact that the world is becoming more and more brutal. Not so long ago, matters would come to an end with the first show of blood. Kicking was frowned upon, as was several people attacking an individual simultaneously. Nowadays nobody thinks twice about kicking a man on the ground or using a baseball bat or knife against an unarmed opponent.

"I had downed most of a bottle of rum."

"I was having trouble with my girlfriend."

"He was unsteady on his feet again."

"We met some guy who was looking for trouble."

"Andy had a go first, but I saw that he was having trouble and gave the guy a good kick from the side to help him out. Then along came the guy's dog and he got a good kicking too."

"That evening I wanted to go to the Youth Club to watch a film. This was after I had downed most of a bottle of rum I picked up somewhere. Captain Morgan, seventy-three percent alcohol. I was having trouble with my girlfriend. None of my mates were interested in going to the Youth Club with me.

On the way there I met Andy. He was alone too. Trouble with his girlfriend or something, just like me. He was carrying a six-pack of beer. You hardly ever saw him without a beer any more, and he was unsteady on his feet again now. We were both pretty relieved that we had met up because we were on our own, and we were both roughly in the same mood.

So we just walked around for a while, and before you knew it we met some guy who was looking for trouble. He was a good bit taller than me and probably thought he could take us both on. Andy had a go first, but I saw that he was having trouble and gave the guy a good kick from the side to help him out. Then along came the guy's dog and he got a good kicking too, and both of them made tracks.

We carried on walking around near the Youth Club at a loose end. A young guy arrives on a moped, stops and stares at me. I'm used to it, my father is a black African. People often stare at me, but I can't get used to it. I can't stand it.

"People often stare at me, but I can't get used to it. I can't stand it."

"So I went over to the guy and said 'What's up?' Then I laid into him with two or three combinations. Then I gave him two or three kicks and Andy kicked him a couple of times as well."

"It's the booze that makes you really aggressive. When I've drunk alcohol I don't care about anything. Even if there were 15 guys standing there, I would lay into them and have a good fight."

"And when he's on the ground you have to keep kicking, otherwise he'll get up again and do it to you."

"Everyone has something in his subconscious mind when he's watched films like this."

Not when I'm in a mood like the one that evening, anyway. Afterwards the guy said he thought I was someone he knew, that's why he was eyeballing me. I've heard all that before.

So I went over to the guy and said "What's up?" Then I laid into him with two or three combinations and he fell all over his moped. Then I gave him two or three kicks and Andy kicked him a couple of times as well. The guy was screaming like a stuck pig and we walked off. It's the booze that makes you really aggressive. When you're in that kind of mood you even start encouraging each other to start trouble. It's **alcohol*** that does the damage.

Nowadays I really try to keep out of trouble. I'm at high school now and want to do a diploma. But when I've drunk alcohol I don't care about anything. Even if there were 15 guys standing there, I would lay into them and have a good fight.

It's how things are nowadays. Everything is getting more and more brutal. Take kicking for example. When I was a kid, kicking was looked down on as sneaky and unfair. Then all those films came on the scene. Bruce Lee and all that, where the good guys kicked the bad guys all over the place. Then you could buy books and learn how to do it yourself. All of a sudden kicking was quite normal as a way to fight.

Now you have to kick if you don't want the other guy to be all over you. And when he's on the ground you have to keep kicking, otherwise he'll get up again and do it to you.

It really is getting more and more brutal. Look at these Chinese Kung-Fu films. In one of them a hundred people or more are massacred, belly slit open, arms chopped off, body cut in half, the blood and guts spraying out, everything really great and in close-up. Everyone has something in his subconscious mind when he's watched **films** like this. No wonder trouble starts on the buses and trains right afterwards.

I think these films are really great, but I don't understand why the government allows it. Even

"Even the weapons we carry come from these Chinese films."

"Things are getting rougher all the time. Everyone's running around angry."

the really small kids are running in to see them. "Warriors" for example, you can learn everything there. When that film was on, even the really little kids were forming gangs, calling themselves Warriors and getting into fights.

Even the weapons we carry come from these Chinese films. Nunchakus, for example. Two octagonal lengths of wood joined together by a chain. You whirl them around, it takes practice. Only a very small area on the edge hits the target, but it's really powerful. One hit like that can kill you. Anyway, I only use mine for self-defence. Now anyway.

Things are getting rougher all the time. Everyone is running around angry."

(From the STERN book "Andy" by H. Gebhardt and K. Hermann, published by Gruner + Jahr, Hamburg)

What you don't necessarily need to know

* Obviously different types of **alcoholic drink** have different effects. Coke and rum seems to make people aggressive very quickly.

Karl Koch: *"Whenever anybody ordered Coke and rum we would look at each other and wonder when something would start."*

The problem with drunks and people under the influence of drugs is that they react differently, often become aggressive more quickly and sometimes feel no impulse to run away, so that neither talking to them reasonably nor "feelings of fear" can stop them. People like this only stop when they think they have won. Though their idea of "winning" unfortunately means something quite different from our understanding. While our objective must be to put an end to the danger, i.e. to end the fight (this is in fact the meaning of the Chinese character Wu or Mo 武), the objective for these unpredictable people can go as far as the total physical annihilation of their opposite number.

*He stared at me ...
he was eyeballing ...*

Among the primates too, ritual combat always begins with an intense, threatening stare.

Since nobody wants to be seen as the loser, the verbal phase involves jibes such as: "Hey, what the hell are you staring at? Do you want a photo of me? Are you queer or something?"

During the next escalation stage things get "physical".

Wade in with two or three combinations ...

... now 2 or 3 kicks to the head ...

... followed by 2 or 3 kicks from his friend ...

A fight avoided is a fight won ...

"He stared at me ...he was eyeballing". From this very realistic description you can appreciate the decisive role played by **the visual phase** when conflicts develop, namely the first and most important.

Why are there certain people who regularly encounter problems, get into disputes and often get beaten up? In my opinion it is perhaps because they look at people in the wrong way. In other words they look at the wrong people for too long or too often.

Their gaze meets that of the other party and a battle of the eyes begins. Neither of the two wants to look away first, for the other could interpret that as weakness.

However one can only stare at someone for a limited time, for at some stage the eyes become dry. Since nobody wants to be seen as the loser, the **verbal phase** involves jibes such as: *"Hey, what the hell are you staring at? Do you want a photo of me? Are you queer or something?"*

If you do not immediately react to this correctly, do not find the right tone and do not exhibit the right body language you will suddenly find yourself in the next escalation phase without being aware of it, and in this phase things get **"physical"**. "Amateurs" still tend to shove and barge or grab lapels, while experienced thugs increasingly often leave out this 1st tactile phase and immediately proceed to the **final act**, which involves immediate slaps in the face or *"two or three combinations"* as in our description.

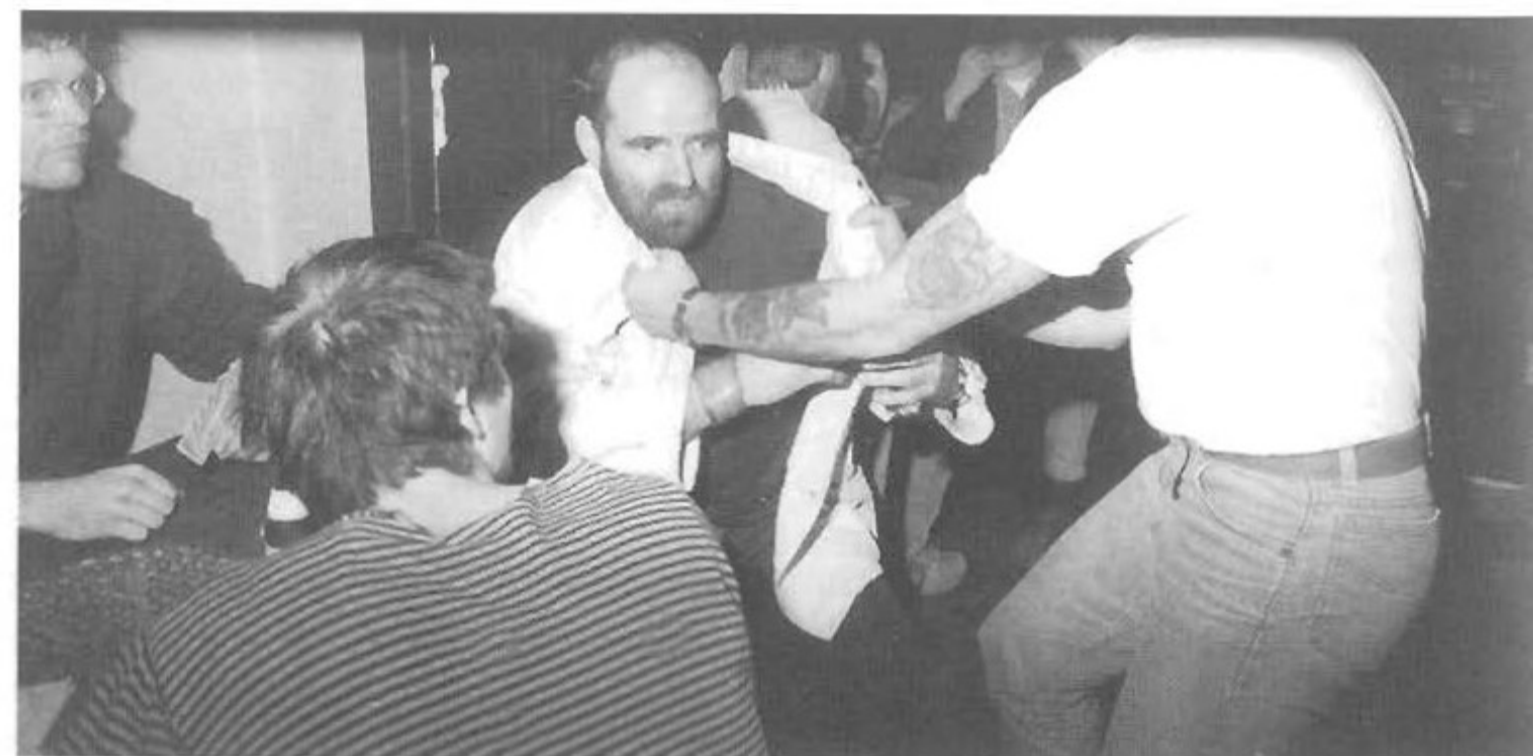
And if you fall down you must reckon on receiving 2 or 3 kicks - to the head if you are unlucky.

And if you're even more unlucky these will be *"followed by 2 or 3 kicks from his friend."* After punishment like this there is a very great danger of waking up in hospital with extremely serious injuries or - worse still - not waking up at all.

Always remember:
"It takes two to fight."
The whole blame seldom
lies with just one
person. Acting wisely
usually enables the
damage to be avoided.
De-escalation in ad-
vance is better than any
fight, for even in the best
case a victory can only
be a damage limitation
exercise.

Karl Koch:

"We thwarted the
'label-grabbers' by
sticking sharp
needles behind our
lapels/collars. When
the 'headbutt specia-
lists' grabbed our
lapels and punctured
their fingers on the
needles, we would
use the moment of
shock to deliver a fast
knockout."



And all this because ...

You looked at somebody **too curiously** for a
tenth of a second too long.
Or you did **not have a suitable answer ready** when
spoken to. Or because you **did not react correctly**
to the attempt to shove or grab you.
Or because you **did not parry** the first slap or
punch and **counter hard and accurately**
enough.

Si vis pacem para bellum

If you want peace, prepare for war.
War or physical combat must always be the last
resort.

The same view was shared by the Chinese with
their Wu Shu or Kuo Shu (Kung-Fu): the aim of
the martial arts is to end a fight!

Only when all other means (conciliation, nego-
tiation, if necessary taking a step back once or
twice) have been exhausted is it permissible to
tread the path of physical combat.
But only while the danger persists. It is most
important to ensure that the response remains
reasonable at all times.

**Winning the fight in
physical terms is
not enough.**

**Fighting must only
have one aim,
to end a physical
confrontation you
have been forced
into as quickly as
possible.**

*Fighting must not be a
continuation of
conversation by
physical means, for
there is seldom a way
back.*

*Therefore even in the
best case fighting can
only be a damage
limitation exercise.
Even if you emerge
the victor you will
have lost something,
namely time and
energy.*

**In fact a fight avoided is even better
than a fight won ...**

Even if you win a fight you have been forced
into, having followed my recommendations and
done your homework (training for the really re-
levant phases and situations), the following can
happen to you among other things:

You beat your opponent but

- you are seriously injured yourself (Pyrrhic or overexpensive victory)
- your very expensive new suit is torn to ribbons
- your new lady-love, who has seen everything, now thinks you are an animal and gives your victim first-aid
- your opponent's friends have sworn revenge and are now after you
- your employer has heard about the matter and you are worried about your job or career prospects
- the witnesses testify that you started things, therefore your plea of self-defence is not accepted and you must reckon on being convicted for violence
- you are cleared in the criminal court but a civil action means that you can expect to pay considerable costs.

And all this because ...

You looked at somebody **too curiously** for a
tenth of a second too long.
Or you did **not have a suitable answer ready**
when spoken to. Or because you **did not react**
correctly to the attempt to shove or grab you.
Or because you did not demonstrate the fact
that you were obliged to defend yourself clearly
enough to the potential witnesses (I shall return
to this later).

Of animals and man

I am currently spending some time in the bush, having just held a 5-day *Blitzdefence* seminar in Cape Town. Several days spent observing the fauna have confirmed to me that **even the most dangerous wild animals tend to run away or avoid a fight if possible, unless of course they are cornered.**

Deep inside they must sense that wounds inflicted on them in a fight mean certain death out in the bush, therefore they usually restrict themselves to ceremonial challenges which confirm their territorial claims. Even two fully-grown male cheetahs eventually decided against attacking a gnu that was plainly prepared to defend itself.

Even lions have been killed by their intended prey in the form of zebras and antilopes. And if a lion becomes a "man-eater" it prefers to go looking for a woman or child rather than a man. Perhaps with the exception of the local puff adder, snakes prudently withdraw when they detect the approach of human footsteps.

Even a shark is afraid before starting an attack. If not, it would attack at once. It first carries out a "check" to study the behaviour of its victim by circling it more and more closely. This is followed by the "test phase", when the shark gives its victim a slight shove with its nose. This is to find out the consequences of its actions. If it turns out that the victim has capabilities or a strong will that might constitute a risk, the attack is aborted.

It is only man who has lost the relevant instincts and stumbles into the escalation trap. He threatens, bluffs and continues to raise the stakes even if his cards are no good. In order to finish his beer he is prepared to risk his health, and he will risk his life to crack a joke.

Like some animals, man also makes use of "checks", perhaps during the visual and/or verbal phases. Such a "test" might take the form of a shove or barge, and even a slap in the face could be seen as a "test".

In my view, however, changes in consciousness caused by violent films mean that such checking and testing phases are becoming shorter or cease to occur, with the attack starting more immediately. It is therefore all the more important to recognise these abbreviated phases as a warning in good time.

Even UFC cage fights do not reflect reality.



In a ritual fight the opponent has already manoeuvred or talked himself into the right distance for an attack.

Why the martial sports cannot prepare you for ritual combat.

The martial sports prepare you for fair sporting competition in which both parties have the same chances right from the start. A referee ensures that certain rules are respected so that the bout is relatively free of injury. Even full-contact competitions and the Ultimate Fighting Championships, which have brought a significant measure of reality into the martial sports scene, cannot really afford to dispense with rules altogether.

UFC cage fights come fairly close to the real situation. However this would only come about if you did not (re)act soon enough, so that you find yourself in a sparring situation.

To be absolutely realistic these events, as bloody as they might be, would have to be held without any form of referee, on a concrete floor, in a bar with chairs, tables, ashtrays and glasses, it should be possible to carry weapons and above all, the cage would have to be removed so that bystanders could get involved as they do in real life.

However the difference is not just in the uncompromising violence with which a ritual fight takes place. The main difference is that it begins without warning, and that it is the thug alone who decides when and how it will start.

There is no referee standing between the two opponents to make sure that both are ready. There is no distance between the two opponents which must first be bridged at the cost of time. In a ritual fight the opponent has already manoeuvred or talked himself into the right distance for an attack.

Somebody who is able to strike without warning at an effective range (this means without drawing back the fist first or shifting his body-weight) and to hit a vital point with sufficient force will knock his victim out before the latter even knows that a fight has begun.

Somebody who is able to strike without warning at an effective range will knock his victim out before he even knows a fight has begun.

You cannot therefore be expected to wait for a "visible drawing back of the hand" before mounting a legitimate self-defence, though many judges are unaware and expect precisely that.

Adrenaline symptoms in the eyes and speech, and certain physical reactions (body language) usually give away even the most experienced thug when he makes his decision to attack.

The expert will almost always notice a typical intake of breath, a body spasm or a certain rigidity which warns him. This warning is only of use to him if he was already alert, however.

To illustrate the point, a trained fighter requires only one tenth of a second to deliver a knockout punch without warning from a distance of 30 centimeters. Like anybody else, however, the victim has a "shock time" of at least 0.10 seconds and can therefore only react when already unconscious!

Even the most intensive boxing training and the most realistic sparring will not protect you from being knocked out by a small-town thug.

You cannot therefore always be expected to wait for a "visible drawing back of the hand" before mounting a legitimate self-defence, though many judges are unaware and expect precisely that.

How do you recognise the impending attack of a thug?

Firstly by the pre-fight rituals. You are now aware of the psychological and physical processes, the symptoms of adrenaline: widened pupils, arrogant body language such as approaching in an open, completely unguarded manner, monosyllabic speech etc., you are in a state of readiness and in danger code *orange* (see the next chapter).

Everything is leading up to the climax, the attack. The situation is increasingly tense, but the thug needs to make a decision before he strikes. The more experienced he is, the better he will be able to disguise his intentions. But he will still give himself away to someone who knows what to look for. You too are now alert (code *orange/red*) and know the warning signs having read this book. You will almost always notice a typical intake of breath, a slight body spasm or a certain rigidity which is your last, unintended warning



Geoff Thompson was the first European teacher to use the military danger codes for unarmed self-defence purposes.

The five colour codes for danger

The signs described will only warn you of the impending attack if you are already alert. The danger codes first used by the U.S. Marines during the 2nd World War can help you in this respect. As far as I am aware, Geoff Thompson was the first European teacher to use the military danger codes for unarmed self-defence purposes.

Code white:

Relaxed state. No danger. In condition *white* one is inattentive and unprepared. If one is attacked while in this condition there is no chance of a defence.

Code yellow:

Relaxed attention. In condition *yellow* you are always aware of where you are and who has just passed you without having to look round. You are not specifically looking for a threat situation, but you know that one can occur at any time.

Code orange:

Unspecific alert. You see or hear something that could mean danger.

At 1 o'clock in the morning you hear glass breaking in your house. It could be a burglar or maybe your cat has knocked over a vase. – A stranger comes running towards you in a multi-storey carpark.

Code red:

Potentially lethal danger. You have recognised the threat as deadly. It is time to fight or run away.

Code black:

(Lethal) attack already in progress.

Chi-Sao*

(Sticking Hands)

Ingenious and famous training method in Wing Tsun (WT) partner training to develop the sensitivity of the arms.

This puts the advanced WT-user in the unique position of being able to react reflexively to even the slightest touch with an appropriate defence or counter-attack. This makes the WT-user practically immune to feints and dummy attacks.

Control is maintained even in the most chaotic fighting situation or in complete darkness. Accordingly WT is the only method that can be learned and used successfully by blind persons.

As a young U.S. Marines officer, Jeff Cooper reduced the 5 colour codes to 4 by combining codes *red* and *black*. For military purposes this no doubt made sense, as a military enemy who comes within range will be fired upon.

In our situation this would correspond to close range, the range at which the opponent (or you) could deliver a knockout blow with the fist. However, you cannot simply strike without further ado just because your opponent is at this potentially dangerous range. A number of other indicators must apply before you can justly claim a potentially lethal threat. If these indicators are present you must either withdraw or strike in code *red*.

In very favourable circumstances a WT-master might allow himself the luxury of waiting and relying on the tactile skills he has developed through *Chi-Sao** training. Followers of other styles might try intimidatory tactics or bluffing. For this reason all 5 original colour codes may be necessary in civilian self-defence.

The physical and mental fight-or-flight symptoms can be categorised according to the different alertness/threat conditions. The higher the code, the stronger the symptoms will be.



In which danger code is Rene Latosa here?

Blitzdefence*

Complex method of legitimate self-defence against directly imminent attack developed by Keith R. Kernspecht after 30 years of teaching and research.

"Blitzdefence" is based on communication, reliable detection of all preparations for an attack, defusing the situation, fear control, verbal or non-verbal deception and distraction and uncompromising, determined seizure of the necessary initiative at the last second, when a defence is still possible, in the form of just a few and therefore easily learned WT counter-attacks which give the opponent practically no chance.

The aim should only be to put an end to the threat, not to injure the attacker.

How do you deal with a thug?

If all your attempts to defuse the situation have been unsuccessful, by recognising the many small but revealing signs of an impending (almost immediate) attack and by taking pre-emptive action. In short, by employing the *Blitzdefence** strategy I describe in this book. Possibly, and if necessary, by pretending to be completely harmless and unwilling to mount a defence, then **acting with the utmost decisiveness at the last moment.**

One method that can work if luck is on your side is the one I successfully used many years ago with a notorious barroom brawler. The incident took place in my home-town of Kiel, where P. had the unusual hobby of consigning as many regional, national and European champions in boxing or some other martial art as possible to the land of dreams. In fact P., who dressed smartly and looked more like a bookkeeper than the dangerous thug that he was, really only had one technique, namely a devastating right hook to the chin of his unsuspecting victim. In this respect this uncrowned champion of the one-second fight was in no way different from his "sporting" colleagues in the dojo or boxing ring. Like all great judo, wrestling, sambo, karate etc. champions he was highly specialised and able to down anybody, literally anybody, with his speciality.

At that time, it was the end of the 60s. I had just opened a branch of my martial arts club, the now legendary *Budo-Zirkel*, in the roughest dockside area of town. Every evening the hard men, or rather those who wanted to be hard men, would train in the back room of a gambling club (e.g. "Joe" Schneider, the author of "Power Training for Kung Fu & Karate", Roland "The Back", who is now a member of a secret service. As an ex-police officer (who had first introduced Karate to the Schleswig-Holstein police force in 1966), I knew that the real world has nothing,

As an ex-police officer (who had first introduced Karate to the Schleswig-Holstein police force in 1966), I knew that the real world has nothing, but nothing to do with what the conventional martial arts usually prepare their students for.

** Incidentally, Big Karl Koch was one of the few to have knocked P. out.*

but nothing to do with what the conventional martial arts usually prepare their students for. In order to study the rituals of common brawls in their natural habitat I spent two or three years observing as many such brawls as possible. I cannot unreservedly recommend this course of action to others, however, for many do not find their way back again and are lost to normal society for ever. I myself have always had a certain critical detachment which enabled me to rub shoulders with anybody without becoming in any way tainted by the experience. I was friendly to all and saw the human being in every man, but I always remained who I was and am, true to myself and my principles.

Karl Koch, himself the still undefeated victor of more than 300 lightning-fast fights, had warned me about P. and told me what to look out for. "Listen, P. gets you into a conversation and buys you a drink, but then he takes his glasses off and turns slightly to the right to put them down. Firstly so that they won't get broken and secondly to draw back for a knockout punch without you noticing." Some time later I actually got to know P.* and we were having a lively conversation about self-defence, during which he stood me a Bacardi and Coke. He took his glasses off and was just about to put them on the bar next to him on the right when I intimated to him in a friendly but menacing tone that it would be healthier for all concerned if he put his glasses back on again. Without showing the slightest reaction P. replaced the glasses and we continued our conversation in the most amicable manner. Many people consider this little story "unrealistic", though that's exactly what happened. Shouldn't I have hit him first just to be sure? No doubt I benefited from the fact that 35 years ago, the thugs had more respect than they needed to have for the then practically unknown art of Karate and thought I must be capable of performing wonders.



The victim is already defeated and not infrequently paralysed with fear before the physical encounter begins, therefore he is easy meat for the thug.

What are the special features of ritual combat?

A macho-ritual fight is a special kind of "fight". As the interested reader may notice, I have put the term in inverted commas to indicate that it is not really a fight, for strictly speaking no fight takes place. At least not in the sense that two parties with fair chances resolve a disagreement by physical combat.

Instead the thug begins and ends the physical confrontation without his opposite number ever having a real chance of victory. For the thug usually (but not always) picks a victim who is either no match for him or not prepared to put up a fight.

By his talk and body language (which he believes himself) he gets himself into such a rage that he is already superior to the other party because of the fighting hormones that are coursing through his body.

Usually alcohol or drugs have made him forget the meaning of fear and he no longer has the normal scruples which might hold him back or moderate his actions.

The victim is already defeated and not infrequently paralysed with fear before the physical encounter begins, therefore he is easy meat for the thug.

Right to the end the victim (vainly) hopes that he will be left alone.

When the thug has completed his transformation into a werewolf-like adrenaline monster and starts his attack, it is too late for any defence.



Questions frequently asked by "martial artists":

"Wouldn't (high) kicks be a good way to keep thugs at bay? Surely they have enormous power?"

The bit about the power is quite right, but my own experience and that of many experts has shown that high kicks – or indeed any kicks – can seldom be successfully used for self-defence. The idea of keeping an attacker at bay with long kicks and hiding behind your legs to avoid any real bodily contact is extremely tempting and makes the kicking arts particularly attractive to *laymen*.

But a real confrontation does not happen in the same way as a ballet session in the dojo. The fight does not begin at a clearcut, long range. Things don't start with a kick, instead the opening gambit is an aggressive look and a question such as *"Have you got a problem or something?"* And then the other fellow has already approached to punching range, too close for a kick.

If you lift your leg at this point the other man can simply charge forward and you will land on the floor. Not really the best place to be during a fight, for who knows who else might want to take part and mistake your head for a football. If you wanted to resort to kicks really badly you would have to retreat some way, shout *"Stop!"* at the aggressor, draw an imaginary line and threaten: *"If you cross this line I will regard it as an attack."*

Firstly this requires space to the rear (also to the side in the case of roundhouse kicks), and that much room is rarely available in a disco or bar.

Secondly the effect would probably be the exact opposite of what you intended. For the other fellow now feels challenged, indeed provoked into crossing your no-go line (particularly if his

Don't be fooled. This kick can't hit you. The opponent is too close for a high kicking technique.

Things don't start with a kick, instead the opening gambit is an aggressive look and a question such as *"Have you got a problem or something?"* And then the other fellow has already approached to close or punching range, too close for a kick.



Beware of using kicks inappropriately or relying on them. Hand techniques are the fastest and the most important.

friends are around, for he cannot withdraw without losing face).

Thirdly, you would begin to feel rather strange yourself if you created a scene like this several times in an evening, every time somebody came near you with possibly aggressive intentions. Everybody would end up looking at you, shake their heads and take you for a poor, paranoid individual who is a pain in the neck. No doubt a very embarrassing experience that makes a very poor impression. Don't you want to control this situation in a relaxed, cool manner rather than contributing to its escalation yourself?

Of course you should also practice kicks and what to do about them, but beware of using them inappropriately or relying on them. Hand techniques are the fastest and the most important. Exceptional athletes like "Superfoot" Bill Wallace confirm the rule.

Hand techniques also make you much more mobile and you can dish out punches – up to 12 per second – while you constantly change your position, so that your opponent never knows where you are at the moment. Particularly important if you are faced with several attackers at once.

"What about kicks against several opponents?"

Definitely not to be recommended. How often do you see competitions where the kicker loses his balance and falls to the floor. Or his leg is grabbed and he is thrown. The floor can be slippery, your sole can be slippery or both, you end up on the floor ...

Absolutely fatal against several attackers, who can play football with your head.



"But surely sparring is good preparation, or not? Man against man, with boxing gloves, making contact without pulling punches?"

Sparring is necessary for sporting competition and challenge fights, but of secondary importance for the most frequent situation, the ritual fight.

I have studied, witnessed and read about hundreds of these brawls, and in most cases the fight lasted just a few seconds.

I was probably one of the first to describe in detail why the wrestler is fundamentally superior to the boxer and kicker if he knows how to overrun them.

No doubt this is useful practice which will give you fitness, power, the right attitude and the stamina to keep going if the fight is longer. In 90% of cases there will not be a long fight, however, as the first solid hit counts and the thug is able to end the fight to your disadvantage before you even know you are in one. For this reason I only teach sparring as a secondary skill in self-defence, as a back-up weapon in case the first blow unexpectedly fails to achieve its purpose.

I have studied, witnessed and read about hundreds of these brawls, and in most cases the fight lasted just a few seconds.

Most of the thugs and streetfighters I have experienced and heard about would not have the stamina to sustain a longer fight. But since everything including the prelude (visual, verbal and possibly the shoving phases) is over in a few seconds, one hardly needs to get out of breath in the *Blitzdefence* I am describing.

"And what is the value of wrestling?"

In my book *"On Single Combat"* (1986) I was probably the first one – at least in the German speaking countries – to describe in detail why the wrestler is fundamentally superior to the boxer and kicker if he knows how to overrun them.

The UFC cage fights (of which I am not a particular fan because they awaken the basest instincts in the spectators) have at least shown that my opinion was already correct then. However, the *self-defence value* of wrestling is highly questionable in a night club situation, as wrestling does not enable you to put an



Dealing with wrestling attacks – an important part of the training in the intermediate stage



In more than 40 years as a police officer, bodyguard, martial artist and instructor I was not obliged to go to the ground once. I also regularly train and compare my techniques with World and Olympic wrestling champions.

opponent out of action like lightning and then deal with his companions. Unless of course you threaten to break their friend's neck if they come any closer. But if this provokes them into closing in and you have no hand free to deal with these new opponents, would you really make good your threat? Of course not, which means that you would be outnumbered and overwhelmed, and that can end very badly indeed.

Nonetheless you need certain grappling skills for those cases where you are unable to put your opponent out of action immediately with one or two lightning-fast blows.

"And what about groundfighting, how important is that?"

Extremely important if it comes to that, however it is best avoided as the floor is a dangerous place to be even if you have gained the upper hand and are on top, riding on the other's biceps with your knees ("muscle-riding"). You won't even notice his friend or girlfriend approaching to smash a beer glass on your skull or break a chair across your back. And how things go on from there ... that can be worse than a nightmare.

In the most harmless case the onlookers will pull you off your opponent before you can exploit your advantage and the whole thing will start again outside the door in the carpark, only this time the other fellow will be more careful or arm himself with a baseball bat from the start.

In more than 40 years as a police officer, bodyguard, martial artist and instructor I was not obliged to go to the ground once. I also regularly train and compare my techniques with World and Olympic wrestling champions.



Emin Boztepe.
Kicks and punches are still possible on the ground.



Hysterically they began to overcompensate for what had been so badly neglected and everybody thought they must become wrestlers themselves if they were to prevail against wrestlers. How wrong can you get?

There is an old maxim:
Never box a boxer, never wrestle a wrestler.
It is still true but seems to have been forgotten.



My student *Emin Boztepe*, 6th level WT-master and Chief Instructor for the USA, has affirmed that in 300 real streetfights and bar room brawls where he was responsible for security he did not *have to* fight on the ground once. (Though it should be noted that wrestling was my first martial art and that Emin has a great deal of experience with wrestlers, i.e. we are both familiar with the attacks and possibilities of wrestlers.) When I wrote about the superiority of wrestlers in 1986 and stated that boxers and karateka are helpless on the ground, I met with disbelief and received many abusive letters.

The whole scene now knows that I am right, but instead of realistically thinking about what happens in a fight and drawing sensible conclusions, many of my martial arts colleagues were seized by panic. Hysterically they began to overcompensate for what had been so badly neglected and everybody thought they must become wrestlers themselves if they were to prevail against wrestlers. How wrong can you get? Even if followers of Karate or Taekwondo devote one third of their monthly training time to wrestling, they will continue to be hopelessly outclassed by any good wrestler. All they will have to show for it is "broken" shoulders that will never really heal properly. I wouldn't like to guess how many budoka are now running around with shoulder operations....

There is an old maxim: *Never box a boxer, never wrestle a wrestler.* It is still true but seems to have been forgotten.

Nowadays so-called "cross-training" seems to be all the rage in the martial arts. Of course there is nothing wrong with looking over the fence to see if the others see things similarly or have something more to offer, and it is essential for expanding one's horizons if one's own style has only one or two ranges or only fights in a standing position, or without blows and kicks:

- Long and medium range in Taekwondo / Karate.
- Medium and close range in Judo, wrestling.



Anti-Groundfighting.
The joint Coach of the Bulgarian national wrestling team (right) in his element.



As a professional I know that the ground is a very dangerous place to be.

I don't want to go to the ground, therefore I prefer to teach anti-groundfighting, the art of not ending up where the greatest danger threatens, where you ruin your clothes and where you are helplessly exposed to the kicks and other attacks of third parties, even if you are getting the better of your opponent.

As a holder of seminars for WingTsun and host of Latosa-Escrima seminars I welcome this trend towards a second and third style.

But is this really the most practicable solution? Kicking as in Taekwondo, punching as in Karate, chain-punching and Chi-Sao (sticking arms) from WingTsun (WT), footwork as in boxing, joint locks as in Aikido, chokes from Jiu-Jitsu, throws from Sambo, groundfighting as in wrestling? A kind of general store of the martial arts, as perfected by some students of Bruce Lee who hold courses in all the martial arts including fencing (because "Bruce" studied them in theory) and cling to the hope that the final result will be "*Jeet Kune Do*"?

As if a dish worthy of a Michelin star will result if we consume all the necessary ingredients one after the other.

Let's return to groundfighting. I don't teach it. Not really, at any rate.

I don't want to go to the ground, therefore I prefer to teach *anti-groundfighting*, the art of *not ending up* where the greatest danger threatens, where you ruin your clothes and where you are helplessly exposed to the kicks and other attacks of third parties, even if you are getting the better of your opponent. In short, the art of getting things over quickly on the ground in order to resume a safe standing position.

But if I were to be transported to a desert island inhabited by only one fighter apart from myself, I would develop my groundfighting skills, for as in the old UFC fights I would have the opportunity to roll around on the ground for 15 to 20 minutes whenever I pleased without anybody else getting involved.

Seriously though, 25 years ago groundfighting was absolutely my thing. I used to train on the ground on a daily basis, sometimes with up to three opponents at once, forcing them to submit with body scissors, arm or leg locks and pressure points.



Geoff Thompson
(Autor of "Watch my
Back")

*Instead of devoting
the same attention
and training time to
all the possible
phases in a fight, I
take a statistical
approach by asking
myself what happens
most often and what I
can usually avoid.*



**The author with
Georgi Markov (left),
the Coach of the
Bulgarian wrestling
team, which became
European Champion
in 1999 with the
help of WT.**

When you get older it is less and less fun to roll around on the ground collecting grazes and injuring one's shoulders. The ground is no longer my favourite place, for the risk of injury is greater and the healing time gets longer and longer.

Nowadays I am obliged to be more economical with my strength and time. Instead of offering resistance to my opponent as I used to, I use both his strength and my own to defeat him. Instead of countering my opponent's techniques (punch, kick, lock, throw) I make it impossible for him to apply them in the first place. Instead of devoting the same attention and training time to all the possible phases in a fight, I take a statistical approach by asking myself what happens most often and what I can usually avoid.

When it comes to the most important self-defence situation (*things are quite different in sporting competition and sparring! Here it is not possible to avoid the groundfight, and it assumes a different level of importance*) the 1st phase is the most important, the 2nd phase the second most important etc., and the groundfight is statistically the least important.

In saying this I refer only to WingTsun fighters, who have wrestling compatibility (to such an extent that in 1999 and by their own admission, the Bulgarian wrestling team were able to win the European Championships for the first time in 26 years thanks to WT techniques).

Our Chi-Sao training makes it very difficult for a wrestler to get hold of our limbs or body, and that is the precondition for a throw. We have our weight on the rear leg (which is very hard to grab), never lean forwards and have perfect balance during every technique.

***Excessive ego is the
greatest problem
and the second
most important
reason why
situations escalate
into a catastrophe.***

*Many people have so
little self-confidence
and self-esteem that
even the smallest
things injure their so-
called "pride", which
can only be mollified
by blood.*

***Thugs use a kind of
"perverted logic" to
make others
responsible for their
problems, giving
themselves the
right to punish
them for this.***

*Nowadays I
would even be
capable of con-
trolling my ego
to the extent that
I could leave my
drink on the table
and move to a diffe-
rent bar if some-
body insisted on
being a nuisance.*

***Don't take
insults
personally!***

What is the main reason for fights?

For you and me the use of physical violence is the very last resort when reasoning, diplomacy etc. have proved unsuccessful and the other party is intent on rearranging your features.

Excessive ego is the greatest problem and the second most important reason why situations escalate into a catastrophe. Many people have so little self-confidence and self-esteem that even the smallest things injure their so-called "pride", which can only be mollified by blood. People like this want themselves and others to believe that they are particularly heroic, though in fact they are suffering from a severe, almost pathological inferiority complex. Under the influence of alcohol and drugs this complex very quickly shows its ugly face.

No sooner does some poor little fellow who is himself pushed around by his boss or his wife look at them in the wrong way or treat them in what they see as a disrespectful way, than their ego wants "satisfaction".

Sometimes it helps to realise that the fellow who has just ignored your right of way in traffic and made an obscene gesture, and whom you have been following for the last ten minutes so that you can catch him at a red light and give him a smack in the teeth, didn't even mean you, at least *not as an individual*.

He is probably just a frustrated loser who needs to give vent to his anger somehow. Why not let him go. He didn't really mean you, after all. He doesn't even know you. He knows nothing whatsoever about you. If you call him to account now you will not only tacitly accept the possibility of a catastrophe (prosecution, driving licence, criminal record), you will also sink to his level and prove how much your own self-esteem is dependent upon the verdict of this poor, frustrated loser.

The intangible opponents are the most dangerous

In 1986 I was possibly the first to point out the complexity of human combat with my book *"On Single Combat"*.

But then *Geoff Thompson*, the most important self-defence author in the English-speaking world, came to astonishingly similar logical conclusions without ever having read my views. In doing so Geoff, a former Shotokan karateka like myself, arrived at a personal method which in many ways resembles WT without Chi-Sao. During a confrontation between two people it is not really just two parties that stand opposite each other. Most self-defence instructors like to simplify and reduce this situation to a relationship between two bodies, each with two arms and two legs. In fact human combat is much more complex and complicated. Seen superficially, two persons stand opposite each other, however the arena is shared by other invisible but important participants who are completely overlooked and shamefully ignored by normal martial arts schools.

However, these intangible factors perhaps have an even greater influence on who wins and who loses than the respective bodies and techniques: the *ego*, witnesses who will describe their impression of what happened during any court proceedings which might follow, friends or girlfriends who might become physically involved or have an effect on the ego, and the adrenaline effect.



Most self-defence instructors like to simplify and reduce this situation to a relationship between two bodies, each with two arms and two legs. This is a terrible and very dangerous oversimplification however !



... it is our ego that makes us slide relentlessly into escalation and towards a catastrophe.

To a sensible observer the two protagonists must seem like two cardplayers who are betting their lives irrespective of the cards they actually hold.

At the end, one of the two no longer knows what it was all about, who started it and why the other is now lying in front of him with a broken skull.

Intangible factor: *Ego*

Our ego, let's call it that for reasons of simplicity, often drives us to do something stupid, careless and irresponsible because we wish to maintain a certain image of ourselves where we ourselves or others are concerned. For example the image of being a tough customer and fighter who is always prepared to shed his own and somebody else's blood in defence of his "pride". In this way a blind ego will force its will upon us and make us its slave.

I have already said that a too long, too intense stare bears a large part of the blame when confrontations occur, however it is due to our ego that we slide relentlessly into escalation and towards a catastrophe.

Having absentmindedly gazed at some fellow for too long and provoked him into asking "What's up?", how easy it would be to answer in a friendly but confident tone: "Sorry, I didn't mean to bother you, I mistook you for someone else". If you are then able to turn and walk away at once but without haste (make sure he doesn't jump you from behind) you will have intelligently avoided a potential disaster. Personally I would see this as proof of your courage, for you would have confronted your own ego and won.

What prevents you from crossing to the other side of the street with your girlfriend when a drunken-looking fellow approaches with two large, vicious dogs on a chain? Once again, your ego which says:

"You have the right to use this street. If you cross to the other side you're nothing but a coward." But will your ego protect you if the fellow lets his dogs loose, or even orders them to attack you both?

Naturally you are in the right, and it is a scandal that governments leave us to cope with the fact that unsuitable people are allowed to take animals which have been trained to be deadly weapons onto the streets while forbidding us from carrying pumpguns for our own protection.

But strangely enough, when it comes to helping others who are under attack, women for example, the ego remains as quiet as a mouse and only very few people feel called upon to help: "Let somebody else lend a hand, I'm not getting involved."

In some cases there is no longer any point in being reasonable and giving way, as people under the influence of alcohol or drugs are some-times no longer amenable to reason. People like this are prepared to throw their own life away and endanger yours. In this case you have no other choice but to employ even greater violence, not to win but to stop any further escalation at once, thereby limiting the damage.

It is important that the "fight" should be over in less than 2 or 3 seconds. Neither should you need more than 2 or 3 movements, as the danger increases disproportionately with the time taken. Shit happens, and others might become involved to your disadvantage.

But your foolish ego demands that you fall for the equally great folly of trying to act the "hero" where no victory can be won.

Who apart from your ego is forcing you to get out of your parked car and shout "What do you think you're doing?" when a gang of 10 boisterous skinheads has bent the exterior mirror out of position in passing? And yet again and again I read police reports about such foolish "heroes" who have their even more foolish egos to thank for very serious injuries or even death.

But strangely enough, when it comes to helping others who are under attack, women for example, the ego remains as quiet as a mouse and only very few people feel called upon to help: "Let somebody else lend a hand, I'm not getting involved." But it is surely here that it should be a matter of "real" pride not to look the other way and to help the victim. What is the use of being able to fight, if not to help oneself and others when danger threatens?

But to go out and look for danger out of foolish pride, and perhaps even to provoke it, that should not be the aim of an intelligent fighter. If you are unable to distinguish between situations where you must fight and those where it is not worth fighting, then these skills are wasted on you.

You should only fight if you have no other choice, if you are driven into a corner, if you cannot leave because you have others to protect or if every attempt to avoid the catastrophe has failed. For although it is my view that the vast majority of fights can be avoided, I know from experience that there are a few cases in which diplomacy, reasonableness and walking away are ineffective. In such a case I do not issue threats and I do not indicate my intentions either verbally or with body language. **Instead I become more and more friendly and polite, wait for the right opportunity and strike when the attack is imminent and I cannot be expected to wait any longer.**

The special ego problem of martial arts masters

A particularly large number of martial arts instructors suffer from this ego problem. It is because of the physical skills they have gained through training that they are superior to anybody else in their *dojo* (Japanese), their *kwoon* (Chinese) or whatever Asian term they use for their school. In their previous profession they may have counted screws and performed menial tasks, but now they are the lord and master of all who train with them.

On achieving their master grade these instructors automatically become authorities in every area of knowledge. At least they believe this is the case. They know more about medicine than the student who happens to be a doctor and they know more about the workings of a car than the student who is a service technician. Once an expert, always the expert. This is behaviour typical of the semi-educated, and it can be particularly embarrassing. Why can't a martial arts master accept shortcomings in his knowledge, after all he should be proud if his classes are so good that he attracts experts and specialists from other professional areas.

However things really get dangerous if the martial arts master – of whatever style – also begins to demand the respect he gets from his students and perhaps colleagues as a *sensei* (Jap.) or *sifu* (Chin.) in his martial art from outsiders and complete strangers such as waiters, shop employees or doormen.

Since he has this ego problem he will probably ensure that his students show themselves to be particularly "respectful" (possibly by 90-degree bows and similar nonsense).

And the discrepancy between the treatment he receives from his students and that received from outsiders must give rise to attacks of frustration.

I don't know who these masters take as their

Why can't a martial arts master accept shortcomings in his knowledge, after all he should be proud if his classes are so good that he attracts experts and specialists from other professional areas.

Things really get dangerous if the martial arts master - of whatever style - also begins to demand the respect he gets from his students and perhaps colleagues as a sensei (Jap.) or sifu (Chin.) in his martial art from outsiders and complete strangers such as waiters, shop employees or doormen.

role models. I am not exactly pleased either if a student claps me on the back all too familiarly, as this is not good for his character development.

However, in every person I see someone who is my equal in his or her own field. I do not feel that I am "something better", but treat the carpark or toilet attendant just as politely as the bank manager.

Intangible factor: Presence of friends, girlfriends etc.

If you and your opponent are not alone on the scene of the tragedy, the course of the encounter will become considerably more complicated and you are even surer to slide into escalation:

Either party feels more confident if his friends are present and will continue to bluff for longer - even if his cards are poor.

Even if the stakes get higher and higher (threats of violence, threat with a weapon) the prospect is less alarming or one does not dare to quit this idiotic game for fear of losing face in the presence of friends or a new girlfriend.

In this respect experienced bouncers such as Geoff Thompson manage to square the circle by allowing the troublemaker to save face in front of his friends while letting him know in a whisper the terrible things they will do to him if he doesn't take his last chance and beat an orderly retreat. But that is best left to the professionals, of course. Adrenaline will cause such a trembling voice and mental block in the inexperienced that they will hardly be capable of such eloquence and diplomacy.

Everybody feels more confident if his friends are present and will continue to bluff for longer - even if his cards are poor.

Geoff Thompson

It's not enough to act in self-defence, you must also make the court believe you did. The problem here is that unfortunately, most judges are unfamiliar with what happens on a daily basis in our streets and bars etc.

For example, if the judge interprets the law on self-defence to mean that you may only take action when the other party draws back to strike you, then in fact he is making it impossible for you to make use of this legal right against somebody who has learned to strike with no such warning!

If you have been obliged to defend yourself in a serious incident you are advised to make no statements to the authorities without first consulting a lawyer.

Intangible factor: Witnesses, Courts

Witnesses ... strictly speaking there can be no such thing, as hardly anybody is qualified and aware (*switched-on or alert*) enough to recognise, evaluate and accurately describe the complex series of events (rituals, body language, decision, preparatory actions).

As in a car accident, where it is only the crunch of metal against metal that wakes up the "witnesses", who then relate and evaluate the event retrospectively and end up believing that that's indeed what they saw. Whereas roads normally have prescribed lanes and carriage-ways, and the guilty party can usually be reliably established by means of skid marks, a measuring tape and chalk, it is almost impossible to do the same in the case of a physical disagreement.

In order to claim that you acted in legitimate self-defence you must clearly satisfy certain criteria, and these are criteria which potential witnesses must later remember if it comes to a court case. For it's not enough to act in self-defence, you must also *make* the court believe you did. The problem here is that unfortunately, most judges are unfamiliar with what happens on a daily basis in our streets and bars etc. They are expected to give a ruling on an incident with whose age-old rituals they are completely unfamiliar. They haven't the least idea of the conditions in which a successful and legal self-defence is feasible in the first place. If a judge has "dabbled" in one Asian martial art or the other while at university, or has watched unrealistic Karate or Kung Fu films, he is in fact even worse off. When you present your martial arts membership card to him (please don't do this unasked!) he might very well take you to be Superman and fail to understand why you knocked out the fellow who was about to bash your face in with an ashtray, rather than disarming him non-violently with a gentle armlock.

**Comment by
Karl Koch:**

"The onlookers are usually on the side of the "underdog" and do not stop to consider what would have happened to the other fellow if he had gone down."

If you have been following my remarks you will now be aware that at close range (if the other man does not need to take a step forward or draw back his arm to strike you), a successful response is already impossible even if you have assumed a conventional ready position.

Only beating the other fellow to the punch with your own knockout blow gives you a *genuine* chance of legitimate self-defence in these circumstances. As soon as the aggressor's body language tells you that he has made the decision to strike and is about to act upon it, you must put him out of action (with a counter that coincides with his attack).

It is quite possible that a court will not buy this, however. After all, anybody could then offer the spurious excuse that *"he looked at me in a certain way, so I knew he would attack me very soon, then he became more and more monosyllabic and when he twitched, Your Honour, I naturally had to smack him on the jaw."*

For this reason I advise you to take a deliberate step back while extending your palms to the front and say very loudly (particularly for the benefit of any witnesses): *"I don't want any trouble, I don't want to fight, leave me alone!"*

If the other party continues to come forward and there is enough room behind you, this process can be repeated. If the aggressor comes up against the barrier formed by your extended arms for a second time and obviously *intends* to attack, then this is your last chance to limit the damage *at a single stroke* and prevent any further escalation.

Every professional knows that this is true: elite police and military units, doormen, bouncers, bodyguards, dockside barmen, but unfortunately not the courts.

Accordingly, many of these professionals will even go so far as to "legitimise" their perfectly genuine self-defence with certain tricks so that it is subsequently accepted as genuine.

Retired police officers talk about the trick of

***Widespread but
questionable
tricks used by
professionals to
ensure legality in
advance.***

**If you witness an
act of violence:**

- Render assistance, if possible avoiding danger to yourself.
- Immediately request others to help as well.
- Closely observe what happens and who does what.
- Organise help by calling the emergency services
- Attend to the victim.
- Make yourself available as a witness.

standing on the toes of the would-be attacker and giving him a slight push, so that he loses his balance just a little and has to regain it by "waving his arms in a threatening manner". He was about to attack anyway, but his preparatory movements were too slight to be seen as such by an observer. By using this trick the police officer would make the attacker's intention clear, and if he continued to advance every witness would know who started things. Others clap their hands and loudly shout: *"Why are you hitting me?"*.

Yet other potential Oscar-winners scream loudly as if in pain (*"He kicked me!"*), clutch their genitals and hop around in agony. If the aggressor carries on now, the respective roles and the situation are clear even to a layman.

Just so that we understand each other, I am not encouraging you to slap yourself in the face to put yourself into an obvious self-defence situation. I only mention this to show that professionals sometimes have to help things along a little to exercise their right of self-defence.

As the above tricks are on the borders of legality and may even constitute offences in themselves, I must warn you against using them! Slapping yourself in the face is certainly not against the law, but if you subsequently demand or claim damages you are committing an offence. You may also be guilty of an offence if you "lie" during subsequent detailed questioning by the authorities or the court, but whether you will *actually* be punished is not so much a question of law as of legal procedure, and a matter for greater legal minds than mine to argue about.

You should not be expected to tell your attacker e.g.:

"I'm warning you, I do Karate."

In certain circles where there is a low opinion of the practical value of conventional Asian martial arts, this would tend to be seen as a provocation.

What you do not necessarily need to know

Premeditation or advance information?

In my opinion any self-defence instruction should include training in how to use the learned methods responsibly and in accordance with the law of the land, so as to remain both physically and socially unharmed if possible. A person trained in the use of de-escalation techniques will very reliably recognise the factors involved when a conflict situation degenerates into a catastrophe. Owing to his prior attempts to influence the confrontation by verbal means and body language he is generally in greater control and more aggressive and active in a positive way than an unprepared layman could be.

Prior attentiveness and a gradual increase in alertness and willingness to mount a defence in line with the five danger codes mean that he is able to utilise the changes in his hormone levels for his own purposes, like the proverbial shot in the arm, rather than being rendered uncertain or paralysed by these internal processes.

A person trained in this way knows himself and is familiar with the processes taking place within himself and the opponent, and he knows that it is necessary for him to seize the initiative when the confrontation reaches its climax, as otherwise he will have no physical chance of using his right to self-defence. However, he is also aware of the dangers as well as the possible legal and health-related consequences, therefore he is able to act within the law. If somebody who has had a combat situation forced upon him is aware of being legally in the right and acting according to the law, he need spare no further thought for legal or financial consequences. He is able to handle the situation from a position of strength, to control it and justify what happens, a factor that might well be decisive when mounting a defence during a subsequent court action.

Choosing a lawyer

Access to court files is generally restricted to lawyers, you as the accused have no right to see them. For this reason alone you are strongly recommended to involve a lawyer. The lawyer of your choice should be able to show that he has already successfully defended clients accused of similar offences. Stories related to me by members of our own organisation who have had negative experiences in this respect clearly show that lawyers specialising in traffic, commercial or e.g. family law can opt for the wrong defence strategy and lose even the most clearcut cases to the disadvantage of their clients.

Your statements to the police and the court

Your statements should not be too precise, so that your credibility is not endangered if something is misunderstood. On the other hand they should be informative and precise enough to express your own clear appreciation

and control of the situation. What you say should also correspond to the truth (although as the defendant you will not be punished if you lie). Statements that have been imaginatively enhanced or adapted to suit your subjective views on the situation carry the risk of losing credibility. Should you have made an overhasty statement to the police during the shock and stress of the aftermath and feel the need to correct this later, a clever lawyer can still do a great deal to set the record straight on your behalf.

De-escalation training as the ideal basis for avoiding conflicts and providing evidence of your own attempts to prevent violence.

If you are trained to have a deescalating influence as conflicts develop, i.e. if you can have a relaxing, conciliatory, mediating and calming effect, but also the ability to take a firm, purposeful, intimidating and masterful line as the situation demands, you can claim to have tried everything to stop the conflict at the lowest possible escalation level or avoid it entirely.

Your training enables you

- to assess the situation correctly, especially the dangers to you or the onlookers and to judge the means that might need to be employed and reject those that are unsuitable, so that the reasonableness of any response is always assured.
- to develop a certain inner calm and good sense in dealing with such situations, so as to approach them in a detached, unemotional* frame of mind.
- to exert a psychological influence over one or more aggressors.
- to ensure the necessary medical assistance following a physical encounter (i.e. to comply with the duty of care and assistance to those involved or injured).
- to dominate the situation, issue instructions and make it unmistakably clear to uninvolved witnesses that you neither wanted, started, provoked nor exacerbated the conflict.

P.S.: Your analysis of the danger level must be emotionless, while the required forward defence and – if necessary – the preemptive first strike may be carried out with absolute resolve and "righteous anger" (psyching up). On no account must you be tempted to threaten the other party with serious injury or even death yourself ("I'm going to kill you, you bastard"). Remember the joker with the personalised car registration plate "KI-LL" who accidentally ran over a child and was lynched by the enraged bystanders.*

Relevant German* court judgements supporting the approach recommended in Blitzdefence:

(Taking a step backwards several times and not adopting a recognisable and familiar pre-fight stance)

1. The requirement to refrain from a provoked attack is not of unlimited duration.

Koblenz criminal court, Verdict of 12th Dec. 1975

Verdict following the killing of an attacker in a self-defence situation:

„(...) As the Senate has already stated in BGH 24, 356 the defendant (a boxer) was not entitled to use the more effective and dangerous means of defence immediately. However, if the defendant refrains from mounting a defence for a reasonable time and retreats defensively while repeatedly admonishing the attacker to desist, as happened in this case, and if this is unsuccessful, then it is unreasonable to expect the defendant to continue restricting himself to a less effective defence which is obviously insufficient to end the attack. (...)”

In view of this judgement, and despite the accompanying technical and psychological disadvantages, I therefore recommend that you take a step backwards several times in the presence of witnesses and loudly tell the aggressor to stop attacking you.

2. Preparation for a self-defence situation by carrying a firearm.

3. Justified use of deadly force in self-defence, in the form of fatal shots fired at a martial artist.

„(...) the nature of the necessary defensive action is determined by the entirety of the circumstances in which the attack and defence take place, especially the strength of the attacker and the danger he poses and the defensive possibilities of the attacked (...). In this respect the court finds that the defendant was no match for his opponent S. in terms of physical fighting ability, skill and experience and would have had no chance against him in a confrontation during which he was unarmed. What S. sought to achieve with his attack is unclear from the evidence. (...)”

If (for example) an attacker well-trained and skilled in a dangerous martial art prepares to jump at the attacked with the intention of delivering incapacitating kicks, defending oneself against such an attacker by means of one or several aimed, even fatal shots can be considered a *necessary* defence.

In order to feel safer during an impending conversation with the locally well-known martial artist and brothel-keeper Mustafa S., the accused secreted an illegally held revolver in his pocket. The victim S. opened the door, saw....the accused, clenched his fists in anger, lifted his arms in an attacking postureand still standing inside the door, appeared to be already preparing to leap forward. The accused immediately drew his weapon, pointed it at the head of S. with his arm outstretched and fired. The projectile, which was fired from a range of at least 70 cm, struck S. in the head to the left of the root of the nose. The victim staggered, struck the door frame with his left shoulder, pivoted to the right and fell backwards onto the landing of the stairs. At the same time the accused sprang past the falling body and onto one of the top steps of the flight of stairs, which led downwards, from where he fired three further shots at the head of S., all of which struck him. Whereas the last of the four projectiles only penetrated the skin of S.'s head, each of the first three shots was fatal in itself. The provincial court had confirmed that the accused had a legitimate right of self-defence in this instance and accepted the use of the revolver as such. It took the view, however, that the accused had exceeded the level of force necessary to defend himself by immediately firing at S. instead of merely pointing the loaded weapon at him.

The accused was, however, found not guilty during the **subsequent appeal hearing**, as the appeal court did not agree with the conclusion (in view of the dangerous nature of the victim) that it would have been sufficient for the purpose of immediately and reliably ending the danger which threatened him for the accused merely to point the loaded revolver at his angry opponent, who stood only 70 cm plus an arm's length from him, was preparing to leap forward, was far superior to him in physical fighting ability and was possibly intent on killing him.

(Source: Extract from a Criminal Court verdict of 29th April 1985).

In view of this verdict, which exaggerates the danger posed by a martial artist, I recommend that you do not make yourself known to be a martial artist in a self-defence situation, and on no account should you adopt a typical pre-fight stance which is recognisable as such. Or do you want your opponent to shoot you dead in self-defence, and with the sanction of the courts, because he knows no other suitable way to escape the threat of "deadly" attack which you represent?

PS.: * You, my esteemed reader, may live in London, Sidney, Sofia, Stockholm, Moscow or Los Angeles. So please check out if this information, my interpretation and my conclusions (going backwards and not adopting a recognisable and familiar fighting stance) are important for you.

Intangible factor: *The effects of adrenaline and other hormones*

The escalating phases of ritual combat place an enormous strain on the participants. Learning an adequate self-defence system is certainly important for an ability to defend oneself, however this is not adequate in itself if one is unaware that such a situation is characterised by very typical accompanying effects. The aggressive question "What's up, want a smack in the mouth?" has an extremely stressful effect. You are suddenly thrown in the deep end, so to speak. Hormones are released into the bloodstream and cause the corresponding physical and mental reactions, which you are unable to prevent.

In order to emerge from such an involuntary situation successfully, i.e. with the least possible physical and also financial harm, it is important for you to know what happens inside your body and how you should handle these reactions. For this purpose experiments have e.g. been carried out with volunteers who were injected with adrenaline before being required to participate in pistol-shooting disciplines. This showed which techniques continue to function under the influence of a stress hormone and which do not. Since a hormone always produces the same effect in the body – whether injected or produced by the body itself in a stressful situation – this study may be seen as highly realistic.

In very simplified terms a ritual combat situation can be broken down as follows where the effects of stress hormones are concerned:

1. Before physical violence occurs:

Use of verbal and body language

(here you must control your reactions and make use of them for the fight itself)

2. During the use of physical violence

(usually of very short duration)

3. After the conflict:

physical, mental and material consequences

Stress stimuli are received via the sensory organs. This causes the adrenal gland to release the hormones adrenaline and noradrenaline. The stimulus is then transferred to the cerebrum and the brain's hormonal control centres via the thalamus, where an impulse is generated to release stress hormones (cortisol, corticosterone, cortisone). These are transported to all the organs by the bloodstream.

The purpose of all this is to make the body ready for action, to run away or fight.

The so-called fight-or-flight syndrome may be recognised by the following symptoms among others:

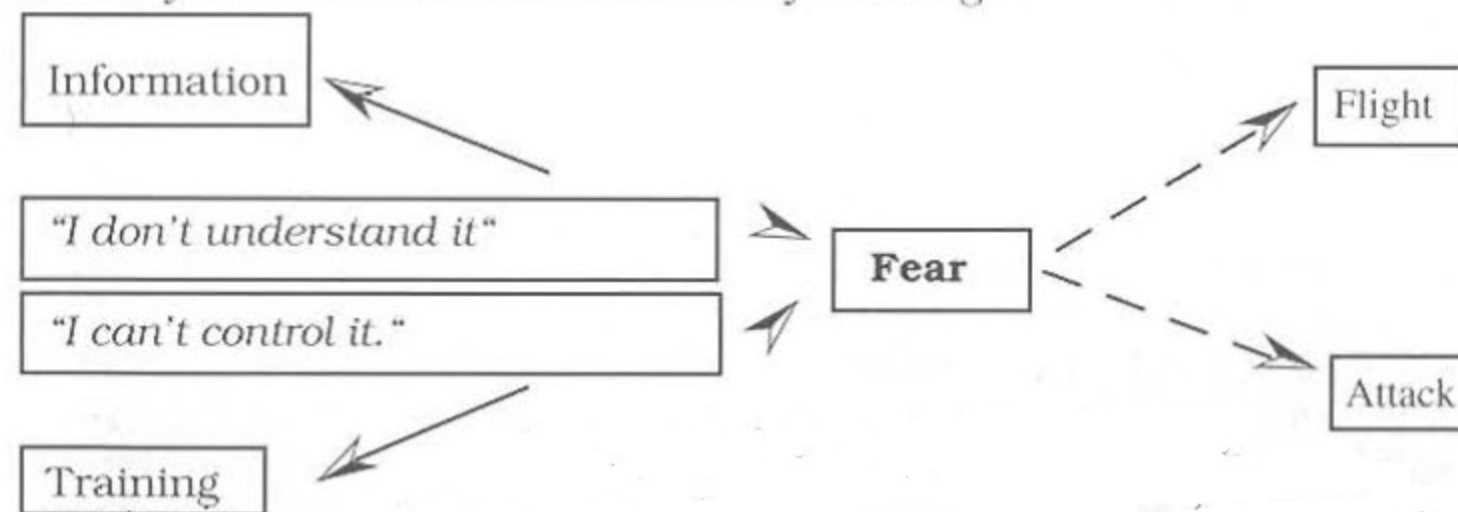
- dry mouth
- clearing the throat
- pressing the lips together
- yawning
- tense, forced tone of voice
- protruding eyes
- eye-twitching
- goose pimples
- cold sweat
- trembling knees
- frontal positioning of the upper body to prepare for attack or turning the upper body away to prepare for flight
- grinning nervously
- chattering teeth
- rigidity caused by fear
- increased muscle tension (especially the trapezius and masticatory muscles)

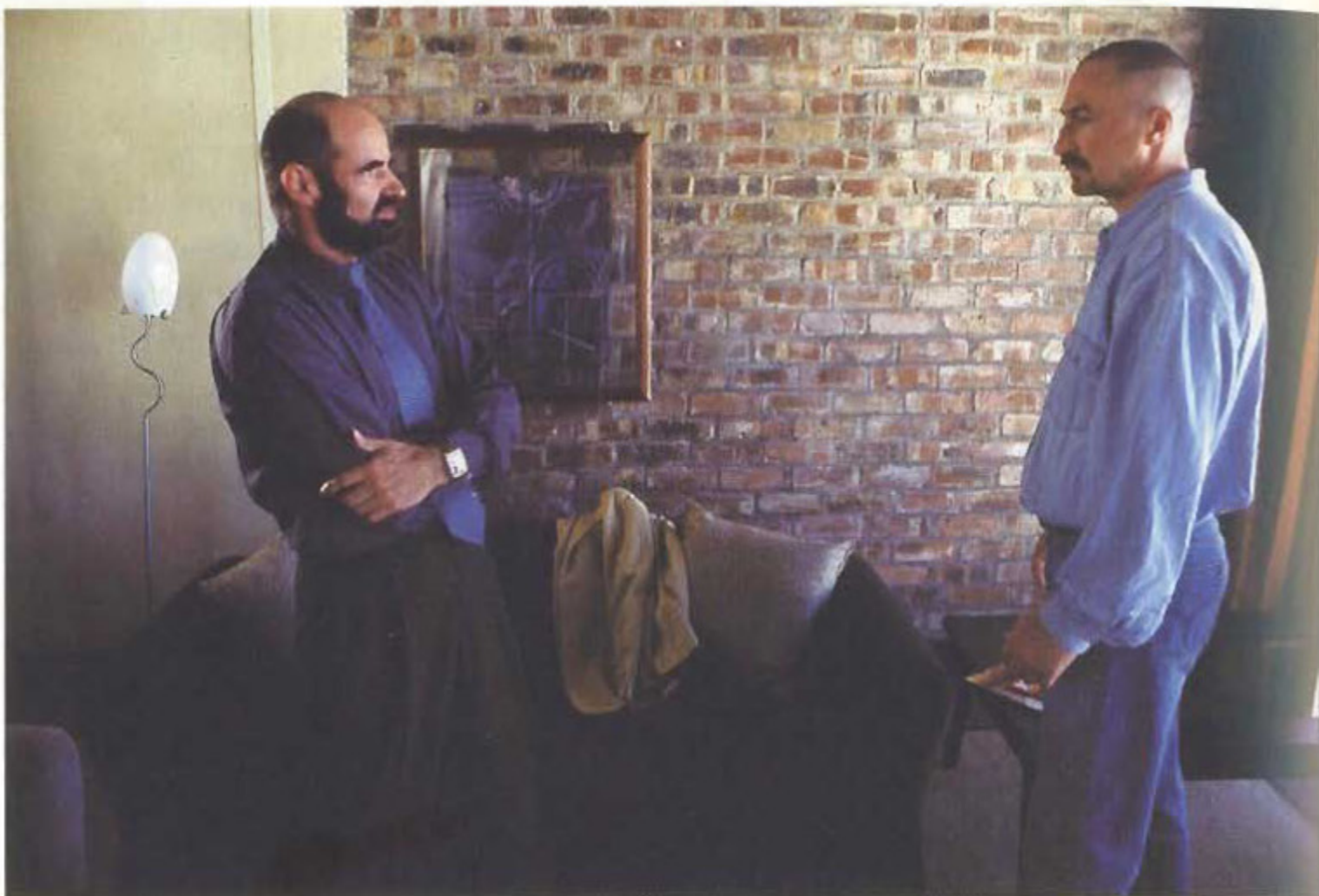
The cerebral cortex reacts to anything new with a reflex decision to run away or fight (preferably to run away). The same applies to situations which your cerebral cortex perceives as dangerous, even if they are not.

"Fear" can lead to flight, but also to an attack.

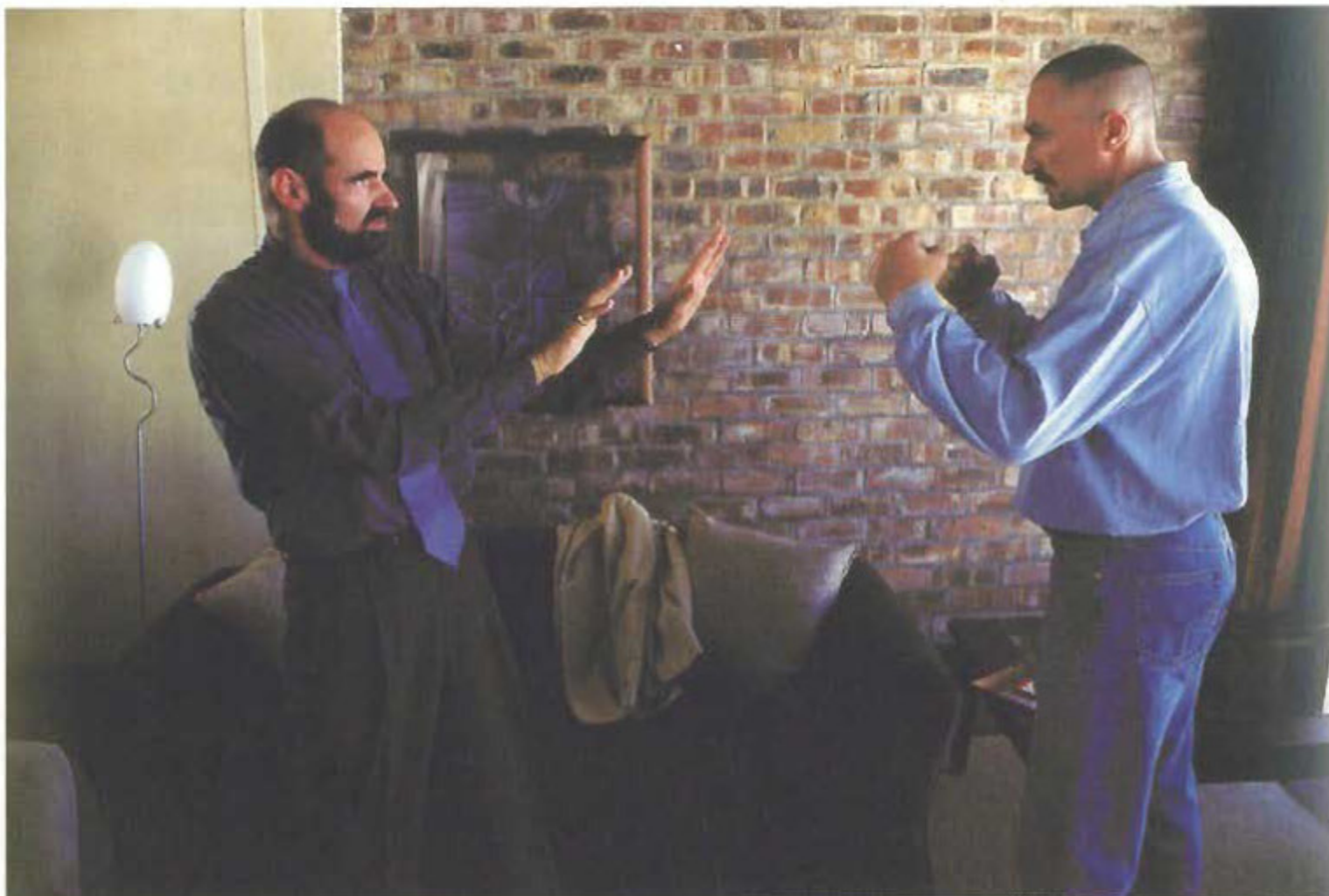
Fear is the result of not-knowing or not being able to control something.

Not knowing can be remedied by information (e.g. this book), inability to control can be remedied by training.

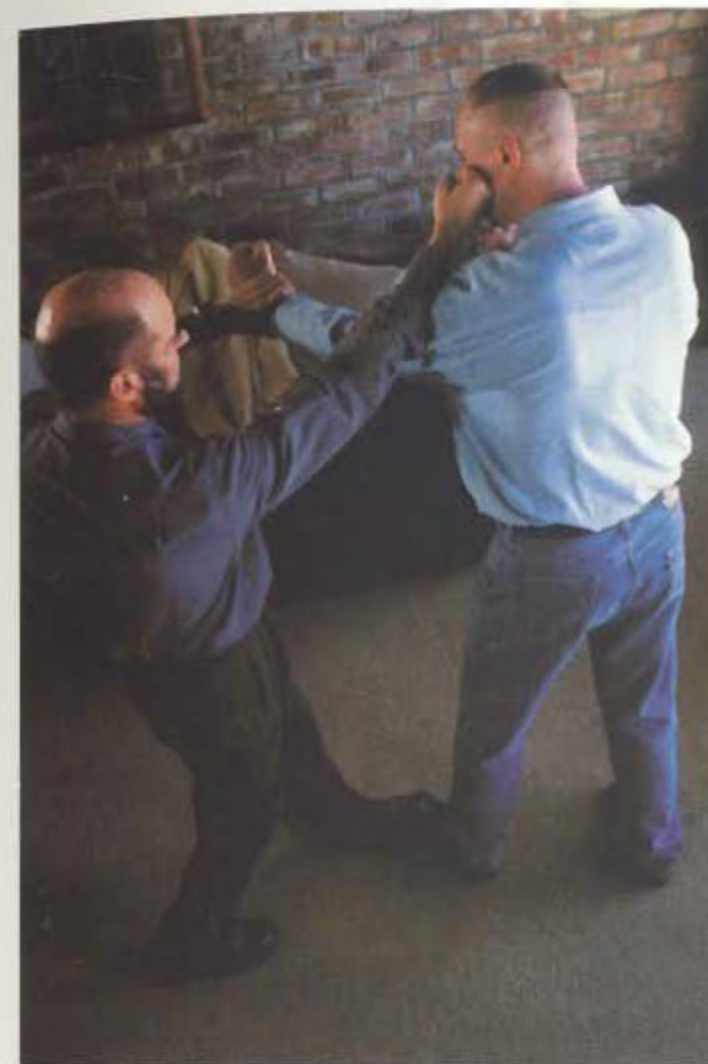




Disguised ready position: Arms folded



The opponent comes closer: Raise the arms and bring them forward!



Four actions must take place simultaneously:

1. Arm control
2. Leg control
3. Punch to the head
4. Verbal distraction and "anchor" word

Alternative
if the opponent
is too tall
or holds his guard high:

- blow to the kidney
- or
- the ribs
(Careful!
Dangerous: spleen)

**A preview
of the first and
most important
technique:**

**Against a right-handed
aggressor with an
orthodox stance**





The methods used by thugs

Naturally thugs are not all of the same type. They each have their own approach, their own methods of deception or intimidation and their own methods of attack.

But what they all have in common is that their attacks do not start at long range as taught during sparring practice in martial arts schools. In fact they *talk* themselves into their best attacking range: "What's up, feller? Got a problem or something?" **They use their opening gambit as a boxer would his leading jab, to "line up" the opponent in readiness for the "Sunday punch".**

When the range and the adrenaline level are right, which means when the thug has talked himself into a big enough rage or bolstered his own confidence, or he has intimidated his victim to such an extent that the latter is rigid with fear and dare not even raise his arms, that is when the decisive first punch, the knockout punch is delivered.

Completely ruthless thugs dispense with intimidation and opt for deception, so that the victim is given no warning and remains unguarded until it is too late.

The thug's favourite attacking technique is often the one he successfully used the first time. Since then he has used it again and again with great success and perfected it. It is tailor-made for him, so to speak, "flows" naturally and often comes without warning. It can be a punch or a combination of punches, a hook, a swing, a backfist with the bodyweight behind it, an elbow, a knee or a headbutt. Kicks are rather rare as an opening or knockout technique. The necessary action of drawing back the arm to strike is usually disguised as putting down one's glasses as in the case of P., reaching for a glass or turning away slightly as if to leave. After the first solid hit the "fight" is already over.



Mistakes:

- Lack of attention
- Rituals unknown
- No experience with own reactions
- Not recognising the moment when things are about to start

Without any conscious thought and down to the last centimetre, you must be able to assess when you are in the other man's striking range.

How to protect yourself from the thug

If you have allowed all the preliminary phases to occur without being able to prevent the situation from escalating by means of conciliation, diplomacy, intimidation etc., you now have a fight on your hands. To be precise, a fight with your fears, your opponent, possibly with people who might get involved and later in court.

This book is about how to win this fight, and what follows is intended to provide you with the necessary technical know-how.

The first mistake of the typical victim is lack of alertness and attention, also ignorance of the rituals and therefore an inability to recognise them.

The second mistake is lack of familiarity with his own bodily ("fear") reactions, leading him to "chicken out".

The third mistake is an inability to read the thug's preparations for an attack, his physical reactions and body language, which means that he does not know WHEN things are about to start.

We shall continue to work on eliminating these mistakes, however the aim of this chapter is to ensure that you are placed in a position to defend yourself from a technical point of view in the first place.

This includes an awareness of range or distance. If you don't know when a thug's kick or punch is able to reach you, you will never be able to defend yourself.

Without any conscious thought and down to the last centimetre, you must be able to assess when you are in the other man's striking range. As soon as you are theoretically within range of his kicks you must place one leg in front of the other so that you cannot be struck between the legs if the thug unexpectedly opens the proce-

Your weight must be entirely on the rear leg. Both feet form a single line.



Then minimal knee movements are enough for protection.



dings with a kick to the groin or similar. To do this, "innocently" move one leg directly in front of the other. Both feet are now in line and at a 45-degree angle to the side, your bodyweight is completely on the rear leg and the front leg bears no weight at all, but rests on the ground under muscle pressure.

If the thug should actually launch a kick as soon as he is at the right range, a minimal movement of the knee is usually enough for protection.

Using your leg to parry such an attack means that both your hands are free to take care of the attacker and possibly his two arms, for a kick is almost always followed by a series of punches or similar.

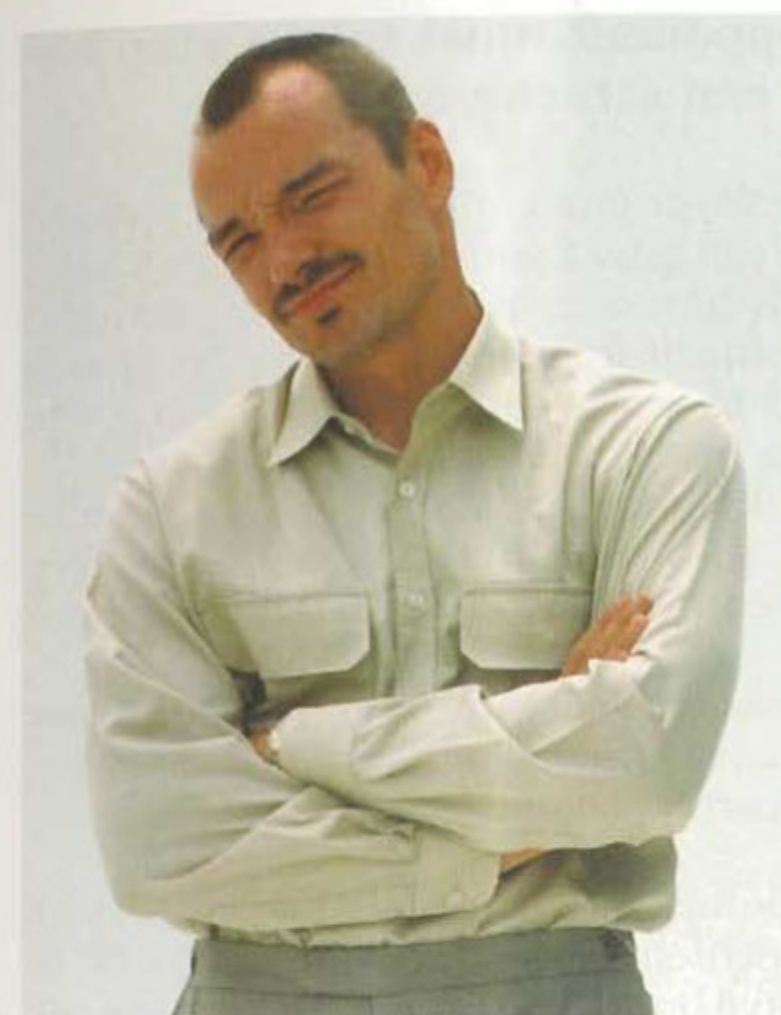
While moving one leg before the other, raise both arms in an equally "innocent" manner.

You haven't the slightest chance if your arms are hanging down.

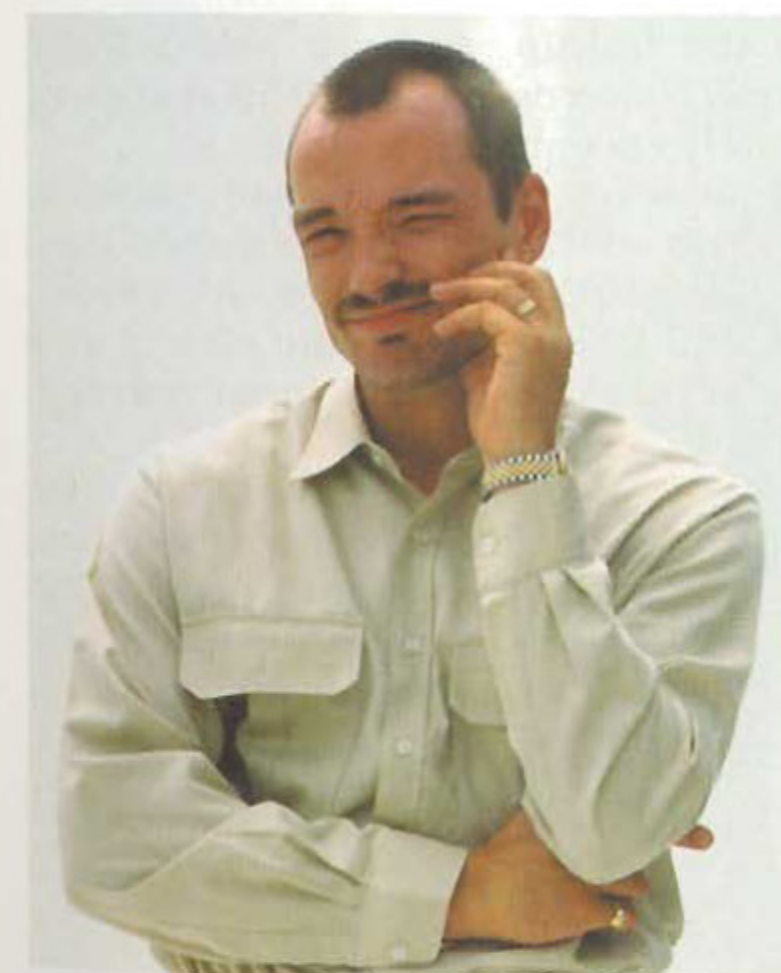
Don't adopt a recognisable pre-fight or ready position.

Perhaps the other fellow only wants to talk, in which case your Kung Fu or Karate stance will look ridiculous. Or provocative. Or later in court, the witnesses might make you look like an expert fighter with evil intentions: *"Your Honour, he stood there just like Bruce Lee before he beat him up."*

This is certainly not in your interests and neither does it correspond with the truth, for after all, you don't want to fight! I am writing this for readers who are forced into a "fight", for those who are obliged to defend themselves and are permitted to do so within the terms of the law. So please practice the following "peaceful positions" in front of a mirror and establish what looks natural and "innocent" for you. For you want to be prepared without a "hysterical and uncool" overreaction.



"Folded arms"



"Cheek stroke"



"Chin support"

Innocuous ready positions, though these can only provide protection from an attack that starts from a longer range.



Defence from the
"chin support"
position



The attacker must
first take a step
forward ...



We go forward to meet
him ...



Leg control, arm con-
trol, knockout blow



If the opponent must take a step be- fore he can attack you ...

If the aggressor must still take a step forward before he can attack you, but only in this case, and if you have very good reactions, you can defend yourself from the "peaceful" positions described by exceptionally waiting until the other man has started his attacking move.

However this requires a great deal of practice and can go wrong if the attacker is very experienced, feints or attacks with a broken rhythm.

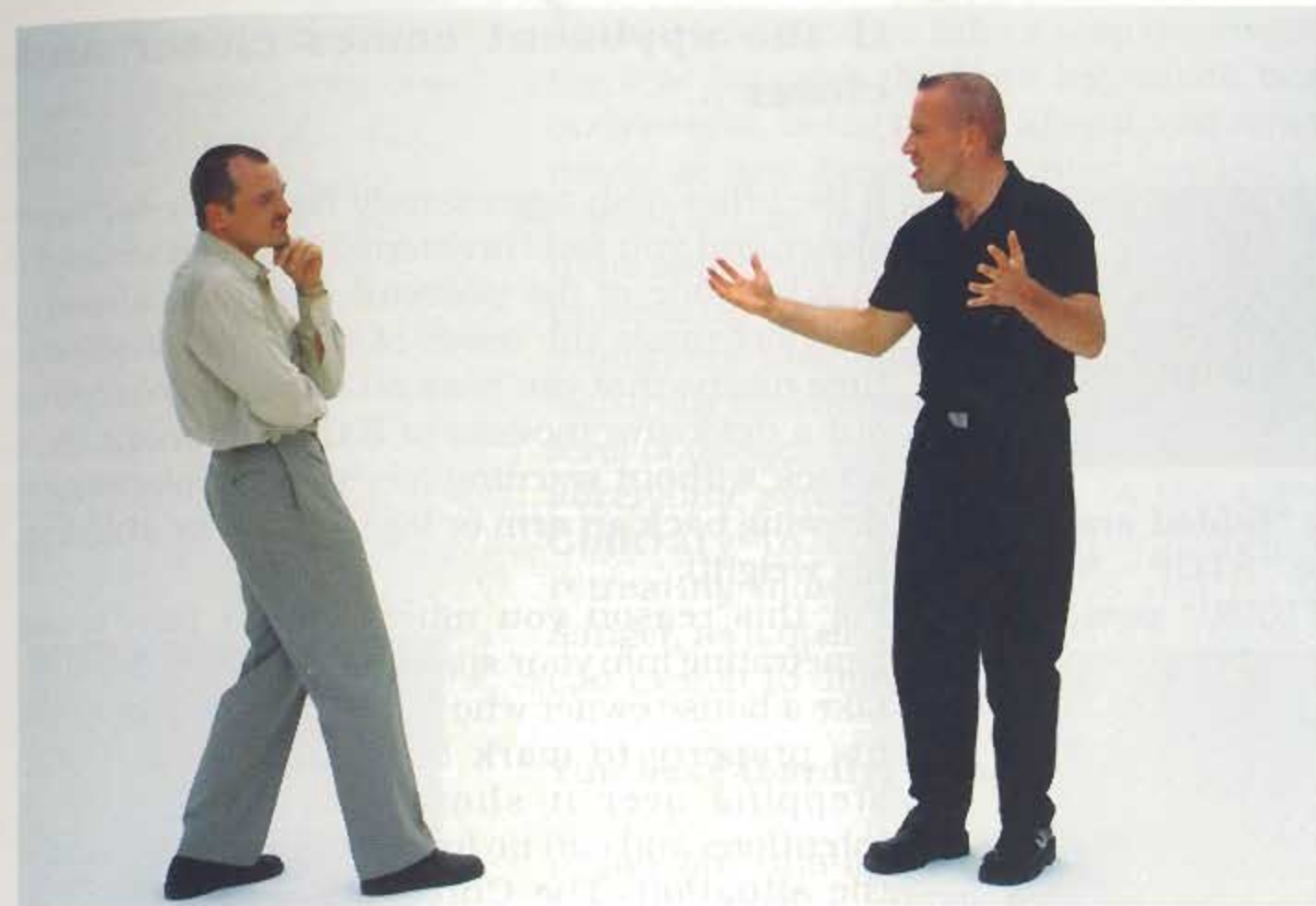
Nonetheless, the following is an example of how you can parry punches and kicks e.g. from the "chin support" position.

With a little luck this defence-and-counterattack method (which is simultaneous, unlike in conventional budo styles) is just about adequate to counter somebody who is attacking from longer range but still needs to take a step forward.

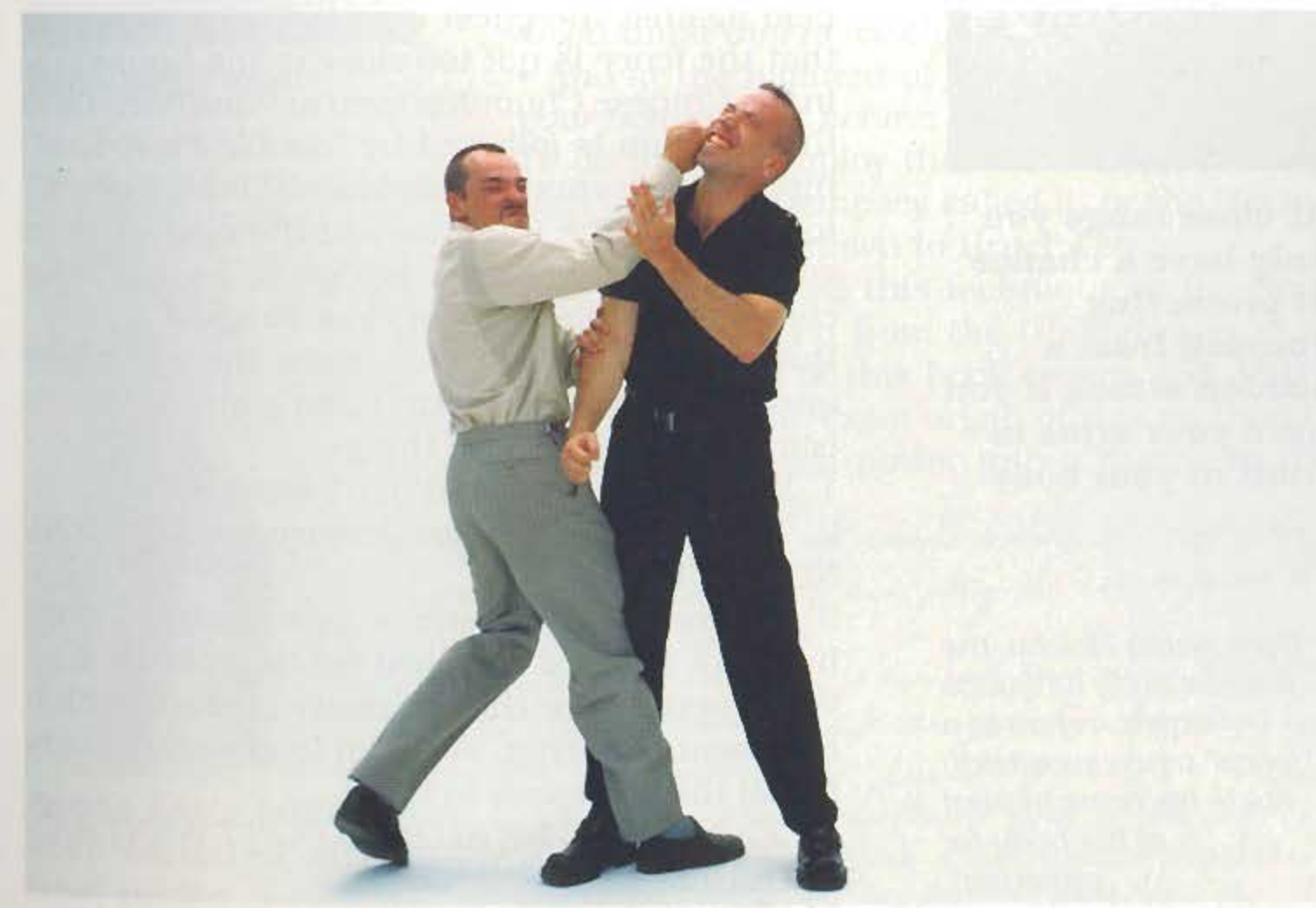
Although the training in most self-defence methods only concerns itself with this situation, you will rarely encounter it in practice.

In fact the attacker will not normally indicate his intention to attack from a distance and then take a step forward to make good his threat. Instead he will "talk" himself into close range and often start his attack without prior warning.

This fact proves the merely relative importance of sparring exercises, which are strictly speaking only useful as a back-up or iron reserve if the first initiative has proved unsuccessful or the necessary close range cannot be achieved.



A defence is still possible at longer range ...



If the opponent comes closer and closer ...

If the other man aggressively comes closer and closer and you feel threatened, it is not enough to adopt one of the peaceful positions shown. At short range the tenth of a second of shock time means that you have no chance of carrying out a defensive movement if the opponent can attack without warning (i.e. without obviously drawing back an arm or leg to strike or shifting his weight).

For this reason you must prevent him from penetrating into your space by erecting a barrier. Like a house owner who puts up a fence around his property to mark his territory. Anybody stepping over it shows that he has bad intentions and can no longer talk himself out of the situation. The Chinese word for such a barrier or fence is "Lan", and the "double Lan-Sao" arm movement corresponds to the "folded arms" position, though the forearms are not held against the chest but pushed forward so that the fence is not too close to the house.

In the Chinese *Chum-Kiu* form in WingTsun (WT) this position is followed by "double Fook-Sao". Interestingly enough this means "bridge arms": to establish the intentions of the opponent in good time we create a bridge so as to make contact with his arms at close range.

But the initial effect is to show the aggressor and any witnesses our open palms, which communicates several things:

1. We are unarmed and don't want to fight.
2. This purely defensive gesture means STOP. NO FURTHER!
3. We are not aggressive or provocative, for we have not adopted a typical fighting position. While performing this defensive gesture, which represents a barrier, we shout loudly and clearly for all the witnesses to hear:

"PLEASE LEAVE ME ALONE! I DON'T WANT ANY TROUBLE."



From "folded arms" to the "STOP - NO FURTHER!" position



At close range you only have a chance of protecting yourself from a sudden attack if you have your arms in front of your body.

* Even Samy Molcho, the famous body language expert, refers to a "fence" when somebody holds his arms in front of his body for protection.

At the same time we take a step backward with the rear leg, with the front leg, which bears no bodyweight, being pulled after it and remaining ready at any time to counter low-level kicks (*Bong-Gerk* or *Yap-Gerk*).

If the opponent follows we may repeat the whole process up to three times to make our peaceful intentions absolutely clear to the witnesses. Naturally this depends on the situation and the level of danger, i.e. the escalation stage and the adrenaline symptoms shown by the aggressor. Contrary to conventional opinion every retreating movement exposes you to further danger, as it opens up a gap which the opponent can exploit to deliver a kick.

You have (hardly) a chance, use it!

If you are unable or unwilling to retreat any further and the attack is about to start, you must strike NOW, otherwise it is too late and you will have no chance to make use of your right of self-defence.

- You must aim precisely for the right spot.
- And at the moment of impact you must have your bodyweight behind the blow.

To do this we employ the WT "V-step" or "drop step", as Jack Dempsey called it, or the "falling step" as it was known to Bruce Lee.

Bruce Lee adopted this technique in his Non-classical Gung Fu from the *Chum-Kiu* form in WT. At the end of this book (pages 158-161) I shall explain the exact origin of this method of putting maximum power into a punch to the interested reader.



Take good aim!



Bruce Lee's falling step variation with heel raised



1. Both the fist and the foot move forwards.



2. The fist moves slightly faster than the foot.



3. The fist makes contact slightly before the foot is set down, or at least simultaneously. On no account must the foot be set down first, or you will have wasted the effect of gravity.

How to get your bodyweight behind a blow.

Your bodyweight represents the greatest power potential in your body. You must make contact with your fist before your advancing foot has reached the ground.

This was the "secret" of Jack Dempsey's "drop step" and Bruce Lee's "falling step", which was derived from the Wing Tsun "V-step".

Every step represents a slight fall. The point is to use the bodyweight, which acts in a downward direction, for the forward motion of a punch.

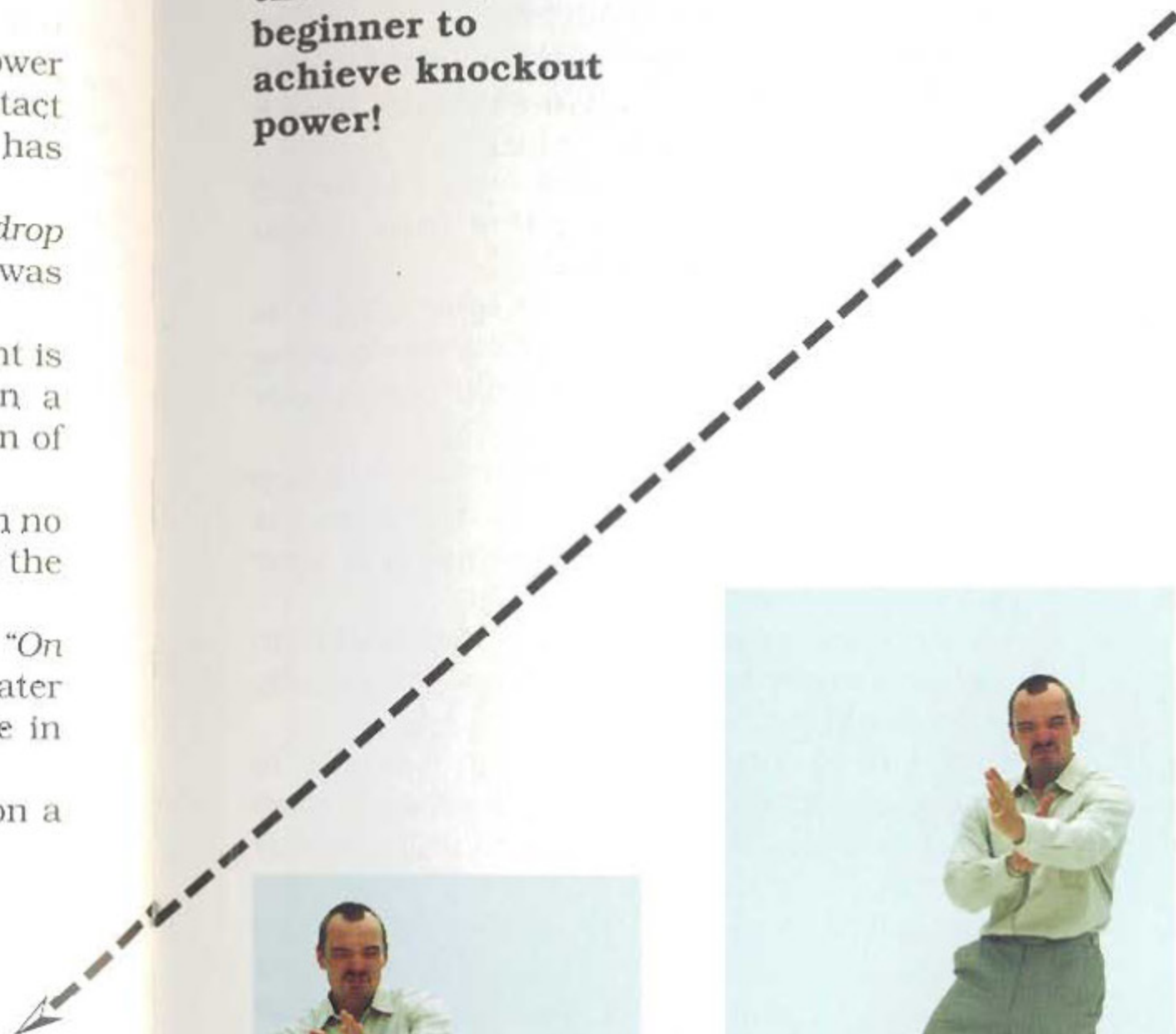
The important thing is that the foot must on no account be set down before the fist strikes the opponent.

The sequence of photos on the left (from "On Single Combat") is intended to give a greater understanding of the "falling step" we use in this programme.

For greater clarity the model is standing on a wooden block.



The V-Step – the best way for a beginner to achieve knockout power!



A step is a falling motion which can be used to transfer power to a punch. This is why the technique was referred to as the "drop step" by Jack Dempsey and the "falling step" by Bruce Lee.

Reluctance to strike

The bad news:

There is no such thing as the unbeatable "hold" with which you can control an absolutely determined attacker without having to hurt him.

The good news:

But if you overcome your reservations and act like lightning, this 6-month programme will help you at a stroke.

The even better news:

By virtue of a specific ready position and special tactile training (Chi-Sao), very advanced practitioners of the WT system are the only ones who are not obliged to strike first when danger threatens, but are able to wait until the actual attack begins.

As much as the logic may convince you and as much as you might agree that I am right, you may find yourself very reluctant to knock somebody out and hesitate:

- He hasn't "really" tried to hit me yet (if he did you would not need to enter into moral considerations about it now!).

- Perhaps he won't attack me after all (he is talking himself into a rage and transforming himself into an adrenaline monster before your eyes).

- Perhaps the bystanders will intervene and stop him (nobody will help, in the worst case his friends will practice penalty kicks with your head when you are down).

- I am afraid of appearing to be the attacker in court and prefer to wait a bit longer (hopefully not too long).

- I had better do nothing or limit myself to defensive actions, otherwise he'll get even more angry (the fellow is already fit to burst and only greater violence can stop him now).

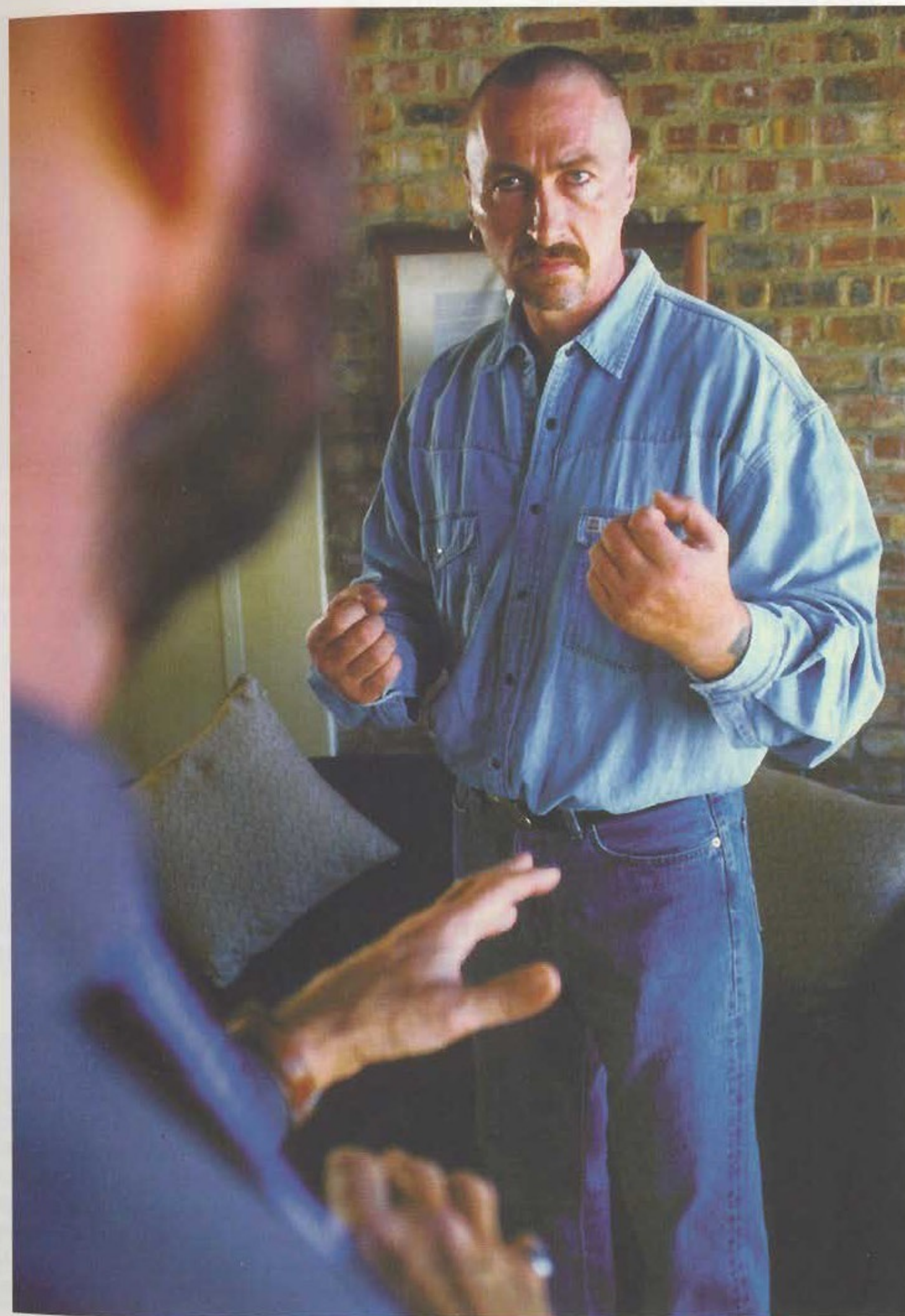
- I won't hit him too hard, otherwise there might be lasting consequences (only an appropriate and precisely aimed knockout blow can limit the damage, and the other fellow isn't the slightest bit worried about your health).

In his book "Dynamic WingTsun" my WingTsun teacher, Great Grand Master Leung Ting from China, correctly says: "Being nice to the enemy means being cruel to yourself."

Just because the other man had a deprived childhood or is frustrated, this does not mean that you must tolerate his attempts to bash your skull in so that he feels better afterwards.

In order to remove the reluctance to strike felt by responsible people in an extreme emergency I use a well-tried psychological training method ("anchor word") which I also teach to various special police units and hostage rescue teams.

See p. 166.



The aggressor comes closer, your arms are raised and go forward.

Practical advice What you need to be capable of

**Less is more.
The fewer the
techniques you
know, the fewer the
decisions you have
to make under
stress during an
attack.
The right concept
and its
uncompromising
execution are more
important than a
collection of
unrelated
techniques.**



The most famous international Police units have been introduced to the WT Blitzdefence method by the author.

I considered it important to give you this fundamental information before we got down to the practical aspects, for you will only be prepared to follow what I have to say if you know where I am heading.

What I repeatedly stated in my book "On Single Combat" also applies to what follows: Less is more. The fewer the techniques you know, the fewer the decisions you have to make under stress during an attack.

The right concept and its uncompromising execution are more important than a collection of unrelated techniques.

The decisive factors for your ability to stop an attack are familiarity with the rituals and preliminary phases, knowledge of your own physical, mental and technical strengths and weaknesses, a correct assessment of the situation and your opponent and uncompromising, decisive seizure of the initiative with a knockout blow if *no other means** are suitable to end the escalating threat.

All this must happen with due regard for the reasonable response required by law. The point is not to win a fight, to take revenge on the attacker, to injure him or satisfy your own ego. It is rather to limit the damage that has already been done.

*** 40 years of experience has taught me that you usually only have *one* chance if the situation has escalated to condition *red*: an uncompromising, spirited and decisive knockout blow followed by immediate departure from the scene (unless you are obliged to render assistance).**

Very, very advanced WT-fighters – but only these because of Chi-Sao training – may possibly be able to wait until the last tenth of a second, until they feel the attacker's arm coming towards them.



Escrima Grand Master Bill Newman, 9th Level, using his strongest arm for a knockout punch.



WT Great Grand Master Leung Ting showing the same technique that you are learning: a pull and punch, not with a low kick but a higher kick to the knee.

Strongest arm first

If an armed burglar is standing at the foot of your bed and you have an air pistol and a .357 Magnum on the bedside cabinet, do you grab the air pistol first?

Of course not, I hear you say, I've only got one chance!

If you have to bet everything on a single card, you are well advised to select the *highest* one you have.

In a real self-defence situation we are not talking about a national youth tournament where you receive a certificate for coming 2nd. We are not talking about the martial arts and the ideal of mutually perfecting techniques within the same style. If you are one of those rare and dangerous people who can deliver a knockout punch with either hand, you have my congratulations! This book is aimed at the *average* person who is happy to have knockout power in *one* of his hands (the best one) if he does his homework. Usually this will be the right hand.

In this case your very first movement should be to hit the opponent right on the button with your right fist (the left fist if you are left-handed). Don't try it with the weaker hand first, you could be too late.

Other things to watch:

- Don't "fumble" around with your arms first, strike with a single, decisive movement.
- Don't draw back to strike! If necessary disguise the action with body language as I will show you later.
- And take the time to aim very precisely. Use blackheads on his chin or a birthmark on the neck as your aiming point. The more precisely you aim, the more concentrated and powerful your blow wondrously becomes.



The average opponent will lead with his left

In *"On Single Combat"* I wrote about the one-to-one duelling situation, but this book specifically concerns ritual combat, the most frequent self-defence situation and the one you are most likely to be confronted with out there. This is characterised by certain fixed parameters which may be assumed from the start. For example the attacker will approach *you*, you do not need to confront him. The action will very probably begin at close range.

Your opponent will usually be right-handed and therefore lead with his left, i.e. stand with his left hand and left foot forward (orthodox stance). He leads with his left to land a full-power punch with his right, and you must not allow that to happen.

As a beginner to this method you should likewise advance your left leg against somebody who leads with his left.

Advanced users need no longer pay attention to this!

In 90% of cases the aggressor will show you his left side. Most of your training time must therefore be devoted to this type of attacker!



This is how you see the aggressor.



This is how the aggressor sees you.



The birds-eye view

Left arm against left arm

The attacker approaches you with his left side and left arm (and left leg) forward. Make sure that your left arm slightly crosses your opponent's left arm from the outside all the time. This gives you a certain amount of protection from his left arm, but also from his right should he suddenly attack. At the same time avoid touching the opponent (too obviously) at the beginning of the verbal phase. Your aim is to control him without him perceiving this control as irritating and threatening, otherwise he will feel provoked. Your right hand must be kept back so that you have more punching power by virtue of the longer travelling distance.

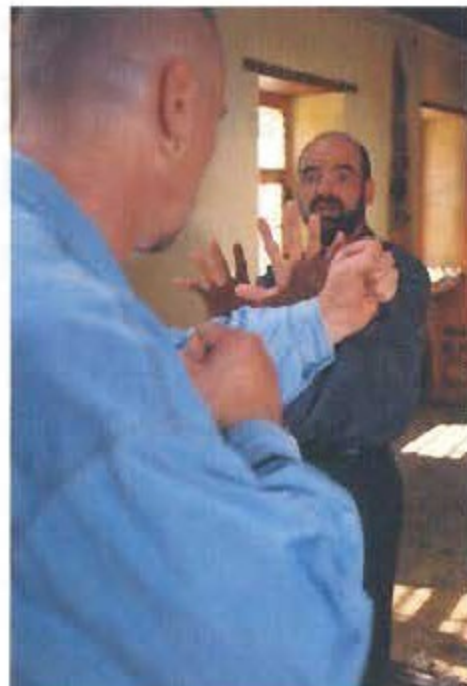
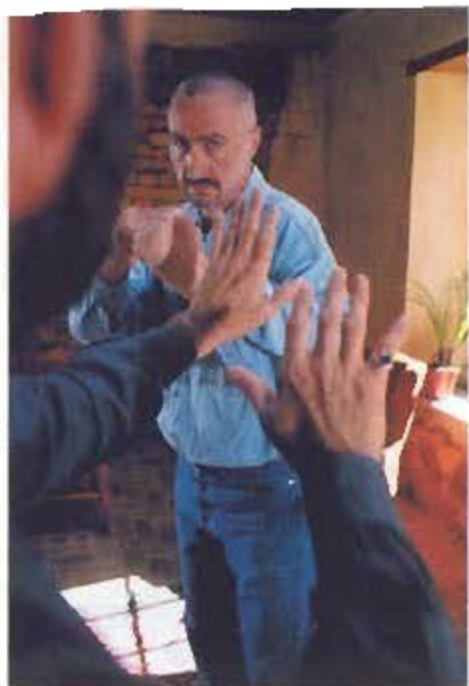
Let your hands do the talking

Your potential attacker must be controlled during the entire verbal pre-fight phase. While your front, left leg controls his left leg in the sense that it is prepared to parry a low kick e.g. to the genitals, your left arm must cover his left and right punch by crossing his left arm (but not really touching it).

To make sure that he is not too conscious of this precautionary measure your arms must not appear too rigid and static. Your opponent should gain the impression that you are one of those Mediterranean types who talks with his hands and gesticulates a great deal. Constantly and smoothly changing the position of your hands is therefore the order of the day.

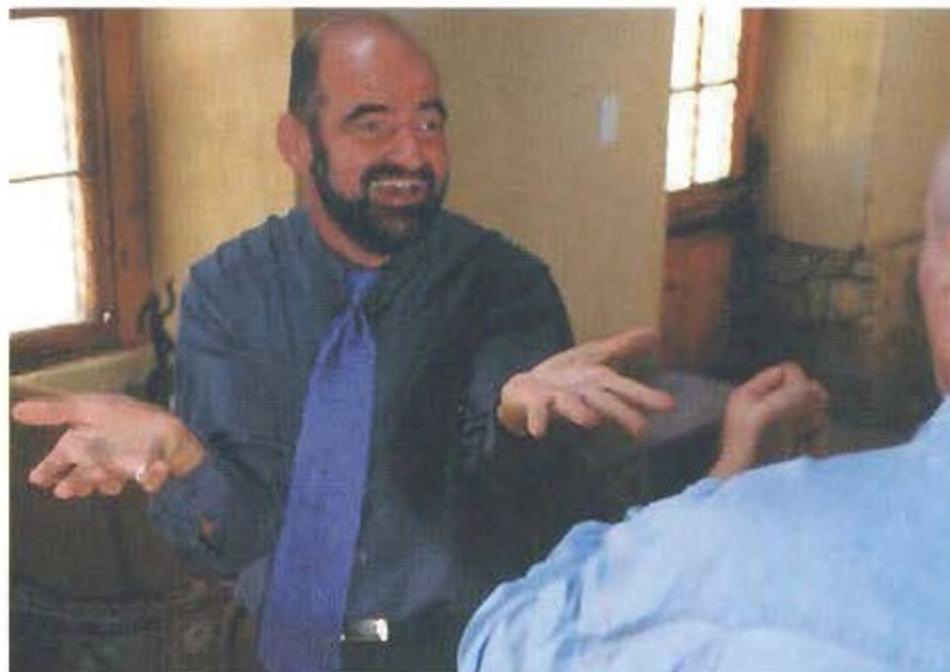
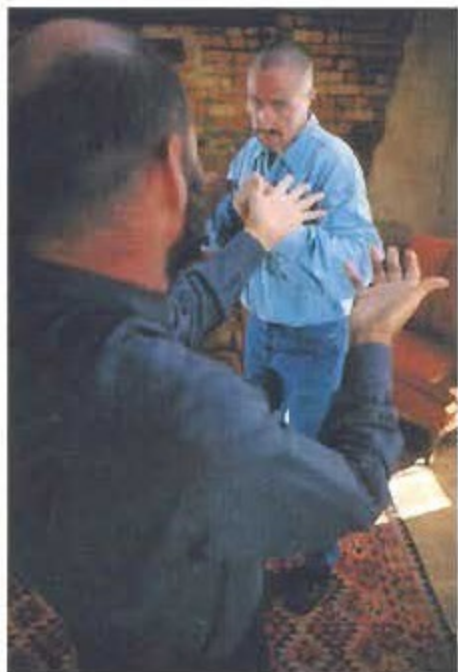
Any gesture which carries out this protective function and during which your elbows are far enough away from your stomach will meet the purpose.

The important thing is to appear natural while making these gestures. That requires practice and checking in front of a mirror.

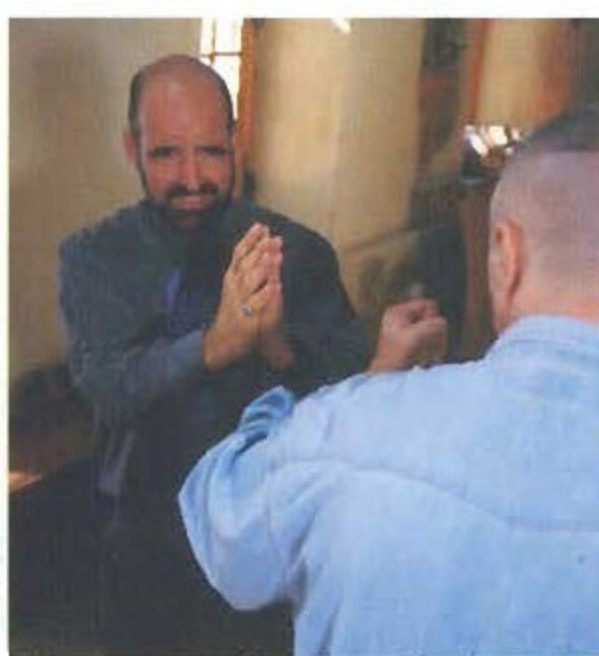


**Gestures and
speech
to deceive,
disguise
and distract**

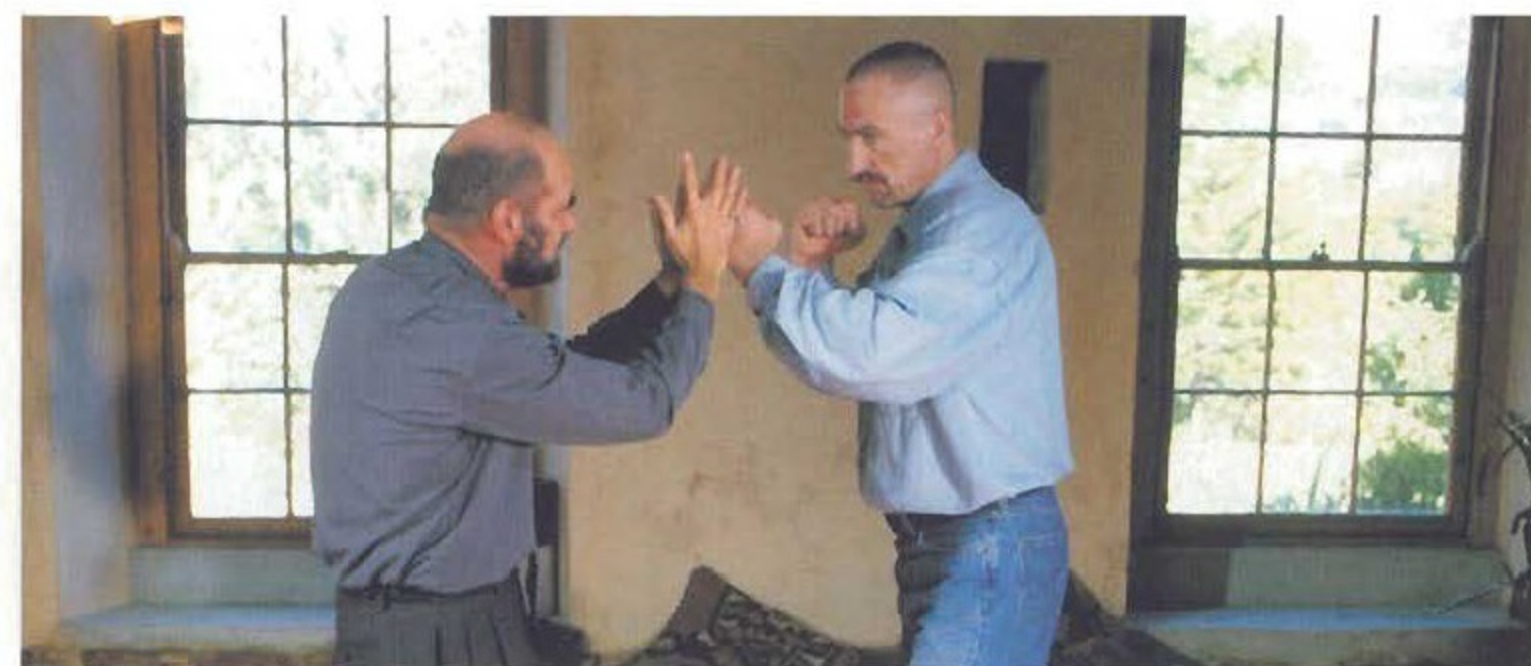
**"STOP,
STAY WHERE
YOU ARE!"**



**"WHAT'S UP,
WHAT'S ALL
THE EXCITE-
MENT ABOUT?"**



**"HEY,
CAN'T WE
SETTLE
THIS
PEACE-
FULLY?"**

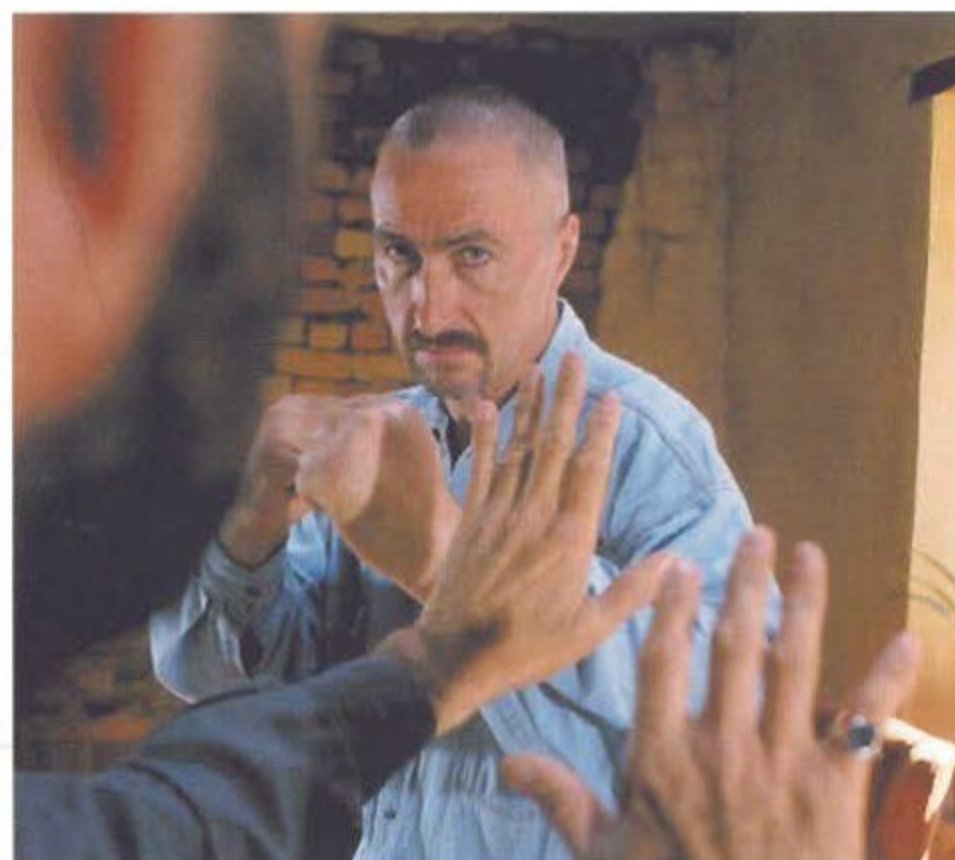
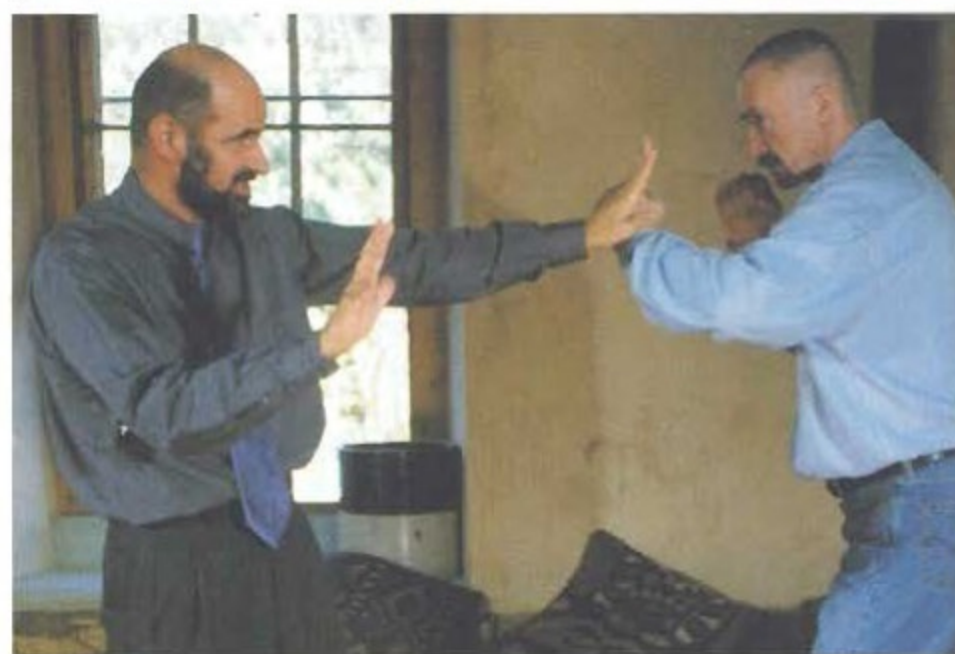


Drawing back to strike without being obvious

Exaggerated, expressive gestures allow you to draw back for a knockout blow without the opponent noticing.

In this way even a slightly-built woman or a weak, lightweight man can put an attacker out of action with a single blow to the right spot.

Certain gestures also allow hammer blows and chops to the head, neck or kidneys.



Deceptive pose



Grab



Pull/push control

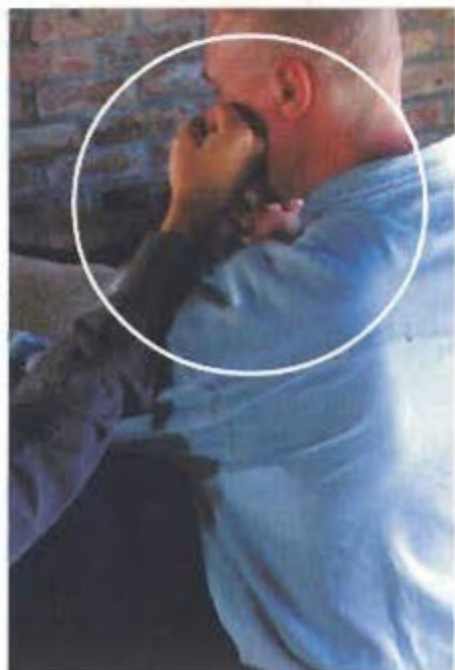
What your left hand does at the same time

At the same time your left hand grabs the opponent's left, leading arm while pulling or pushing it to the side. This push/pull action, which is not so much done with the strength of your arm as with your bodyweight (shifting your weight), must not be directed towards your own body, otherwise the opponent can barge into you, take you to the ground and bury you beneath him. The direction of the push/pull is therefore approx. 30-45 degrees to the side.

Advantages:

- Since you are controlling his arm he cannot use it to hit you.
- If you apply the push/pull correctly the attacker cannot use his right arm for an effective blow either.
- The opponent cannot retreat to restart his attack, which would create an unfavourable sparring situation for you.
- If the attacker is immediately knocked unconscious by your blow he will not fall down in an uncontrolled manner, i.e. he will not be felled like an oak and is unlikely to strike the ground dangerously with the back of his head.





Attack to the jaw

*"YOUR MOTHER,
WHEN IS IT HER
BIRTHDAY?"*

The most important thing: Your knockout blow

At the critical moment you must strike him on a knockout point with your strongest hand (I am assuming here that you are right-handed). If he is not much taller than you, your target of choice should be his head, or more precisely your fist should strike his jaw between the point of the chin and the ear. I recommend roughly mid-way, as he is then unable to turn his head away and must take the full force of the blow. In the case of a much taller opponent your first blow should strike the kidney or ribs (careful, avoid the spleen).

To distract your opponent you must divert his attention for fractions of a second. This is best done by asking him a complicated but, if you like, nonsensical question which makes him think, e.g. *"Your mother, when is it her birthday?"* Your knockout blow immediately follows the last word of the sentence (as in the NLP-method). More about this on p. 166.

If your first blow is not 100% effective you must use the same hand to strike again, this time to the head, kidney or ribs. At the moment of impact all your strength must be concentrated in your fist.

At the end of this chapter I shall explain how to do this using a specific forward step.

**Blow
with
the fore-
arm
on the
back of
the neck**



Attack to the kidney

When Karl Koch, the knockout expert, saw that he was obliged to put a dangerous troublemaker out of action who was not amenable to words or good sense, he would ask a colleague or customer to stand behind the man. His task was to catch the knockout candidate as he fell.

**Striking the floor
with the back of the
head is often more
dangerous than the
direct effect of the
blow!**

Important:

The opponent too must be protected. You must not be out for revenge or a victory!

What your left leg does at the same time

At the same time, stamp on the attacker's front, left foot with your own left foot. Don't just tread on it like a clumsy dancer, apply plenty of force so that his foot is injured.

After stamping, your foot remains on his and maintains pressure.

Advantages:

- Stamping on his foot gives the aggressor a shock, and he is simultaneously struck on the head or in the side.
- The aggressor cannot retreat or shift his position. You can bring the matter to an end there and then.
- In combination with the pressure on his foot, the pulling action on his arm means that the unconscious attacker will not fall in an uncontrolled manner and strike the ground with the back of his head. For you don't want to injure the attacker, but merely to stop his dangerous attack.



The role of the rear, right leg

To recap, you stamp on the attacker's left foot with your own, pull/push his left, leading arm to the side and send him to the land of dreams with your right fist.

Now add a further detail:

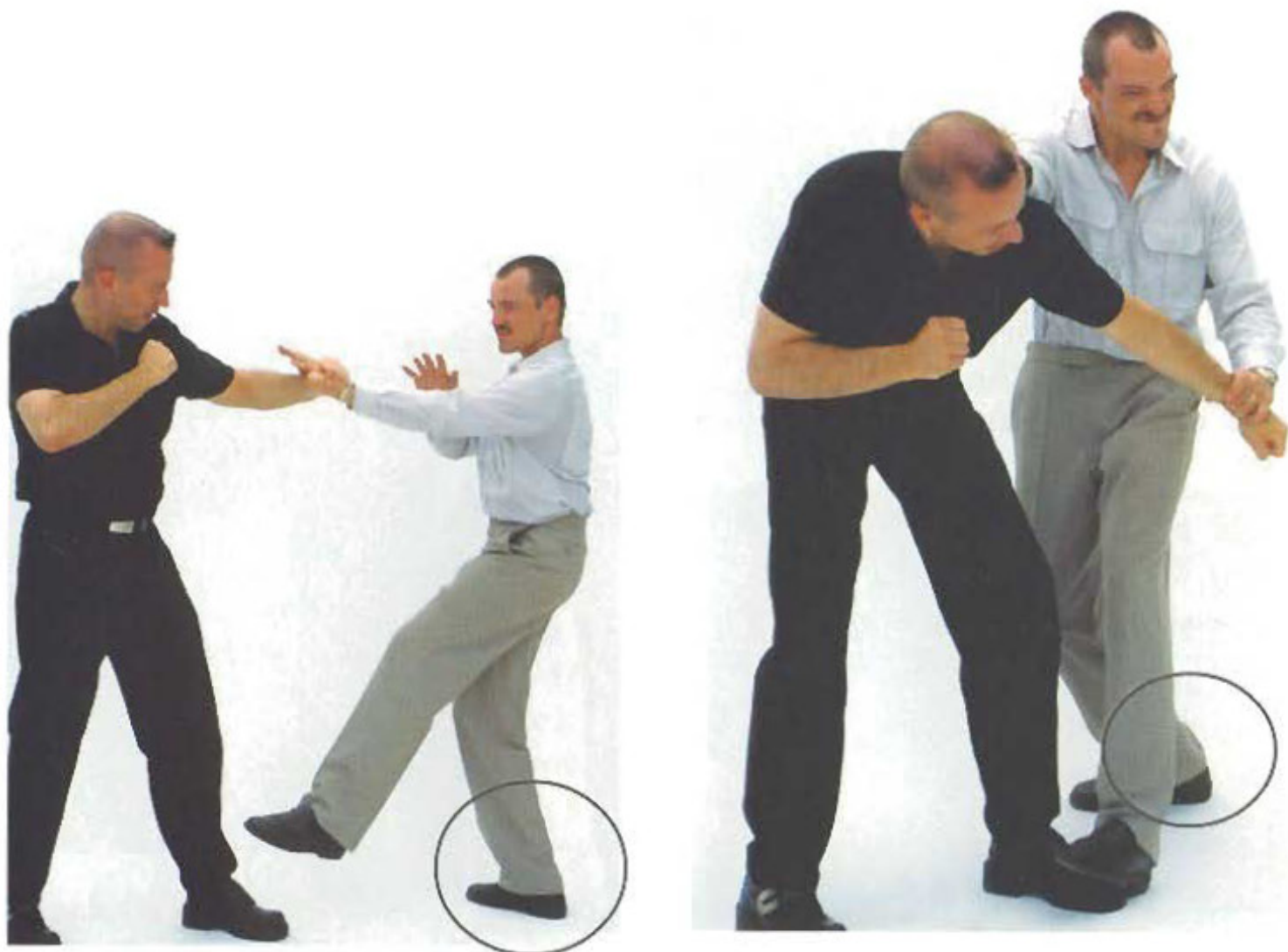
Your right leg follows the left and is set down some distance to your right, so that when your fist makes contact you are positioned slightly to the side and rear of your opponent.

Advantages:

Repositioning your right foot brings you slightly into the opponent's flank, which means that

- you are able to strike his head more easily if he raises his shoulder,
- you can reach his kidneys more easily,
- you are out of reach of the opponent's right hand.

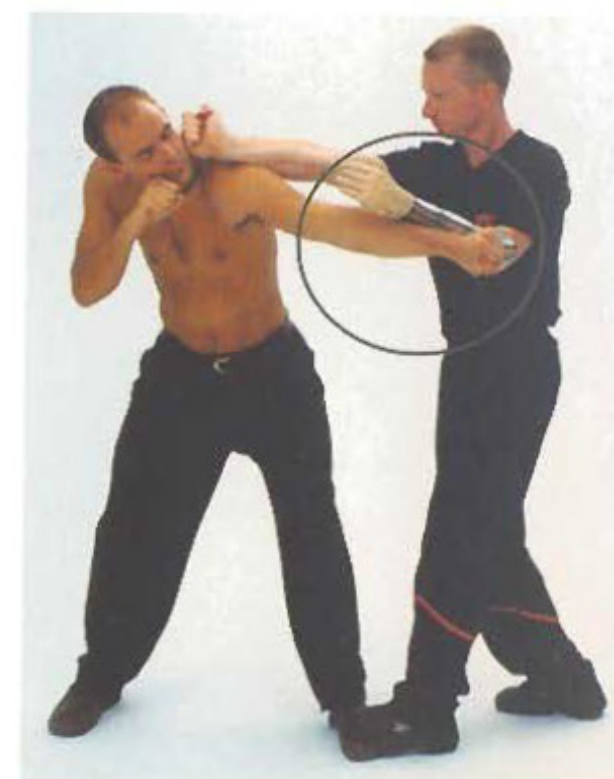
By repositioning your right foot, shifting your bodyweight and turning sharply as you strike, you are briefly able to get your bodyweight behind the punch as in the „V“ or „drop step“ from the *Chum-Kiu* form.



And if you have a forearm prosthesis it works like this



The above solution also works with non-amputees if the opponent holds his leading left arm low.



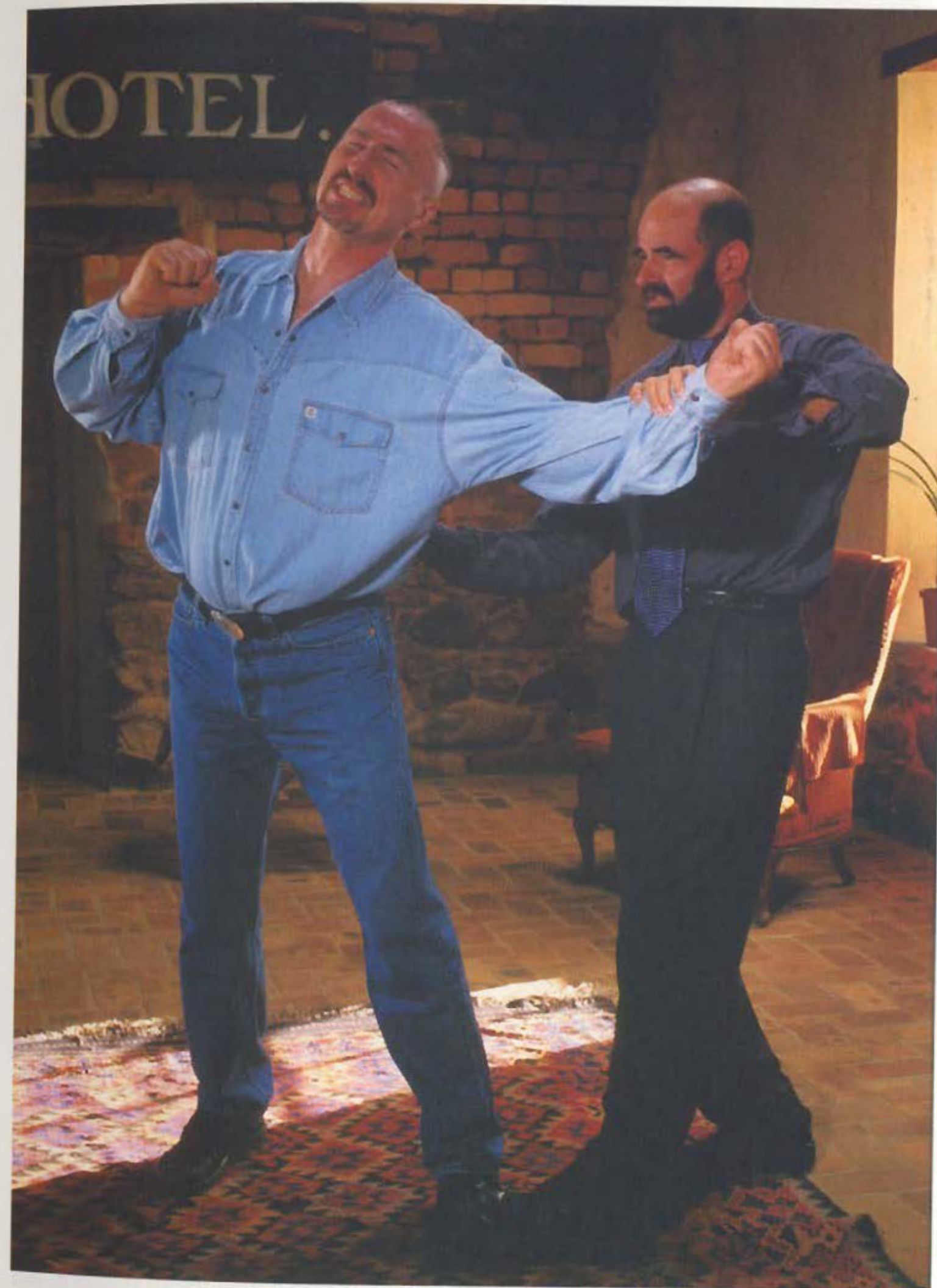
If the first blow fails to produce a knockout ...

Somehow the aggressor manages to prevent your first attack from striking home to full effect, so that you are unable to end the danger. In this case you must immediately follow up with a second or even third blow to the kidneys.

Instead of a punch you can also use a kind of uppercut or hammer fist.



This punch has not produced the intended effect, therefore ...



... it is followed by a second punch.

What can go wrong ...

- You want to move forward and grab the arm, but you run into the opponent's advancing right jab.

What have you done wrong?

Instead of controlling your opponent's left arm with your own, you have run into his fist head-first and without protection.



Remedy:

You must take care not to rush forward head-first, but rather to control the opponent's leading arm with your left hand first.

For this reason you must not transfer your weight to the front leg when advancing. Instead you should advance your left hand and tread (stamp) on his foot with your left foot, which bears no weight but has muscle pressure.

What can go wrong ...

- You have been able to grab the opponent's arm and pull, but he barges into you with his shoulder.

What have you done wrong?

You have pulled the opponent's arm towards you.



Remedy:

Don't think of it as a "pull", but rather as a "push" sideways.

What can go wrong ...

- You have been able to grab the opponent's arm and pull, then deliver a punch to the head, but he also hits you in the face with a right jab.

What have you done wrong?

You have not controlled his arm properly. Your pressure is in the wrong direction, therefore he can turn towards you and strike you with his right.



Remedy:

Experiment and practice your control technique with a training partner until you are able to prevent him from turning towards you.

Your own punch also makes it impossible for the opponent to turn his right shoulder towards you if you strike his head in the direction of his right shoulder.

What can go wrong ...

- You have been able to grab the opponent's arm and pull, but the opponent spins round and strikes your head with his right forearm.

What have you done wrong?

You pushed the opponent's arm aside too strongly, giving him the impulse to spin round yourself.



Remedy:

Make sure the pull/push direction is correct. Too much in any direction has unpleasant consequences if your opponent has enough tactile sensitivity to follow your pressure or "borrow" your strength, as the Chinese say.

What can go wrong ...

- You want to advance and grab the arm, but run into your opponent's left kick.

What have you done wrong?

You are transferring too much bodyweight, which means you will fall forward and cannot parry the kick.



Remedy:

Keep your weight on your rear (right) leg when advancing, as if carefully using your front foot to check whether ice is safe to walk on.

If the opponent launches a kick to your groin with his front foot, you can protect yourself by turning the left knee inwards and using your shin (*Bong-Gerk*).

What can go wrong ...

- You want to advance and grab the arm, but run into your opponent's right kick.

What have you done wrong?

You are transferring too much bodyweight, which means you fall forward and cannot parry the kick.



Remedy overleaf!

Remedy:

Keep your weight on your rear (right) leg when advancing, as if carefully using your front foot to check whether ice is safe to walk on.

If the opponent launches a kick with his rear leg you have enough balance to parry the kick by turning the left knee outwards and using your shin (Yap-Gerk).



After parrying, continue with a punch

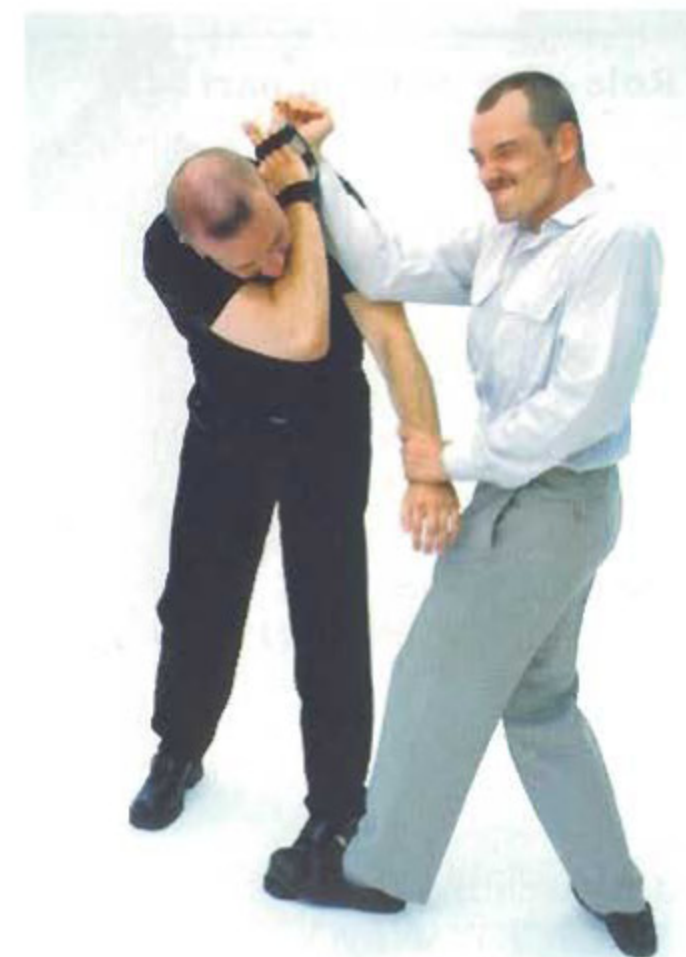


Training with focus-mitts

Since everything hinges on your ability to stop an attack *at a stroke* using your strongest hand, training with focus-mitts is a must for accuracy and punching power.



A large proportion of your training time must be devoted to developing your *knockout power*. After a certain period of training many beginners, but also advanced students, become increasingly fixated on the defence. But defences can only ever *delay* your defeat by fractions of a second, and will only stop an attack in very rare cases.



To defuse the situation and put an end to the danger you must be capable of putting the aggressor out of action using one of the techniques recommended.

Role-play with a partner:

1. Visual phase



2. Verbal phase

"SORRY, I MISTOOK
YOU FOR SOMEBODY
ELSE."

3. Retreating twice
"I DON'T WANT ANY
TROUBLE. STOP!"



4. Advance, grab



1st progress check:

Opponent kicks
as you retreat.



Opponent kicks as
you advance.



Grab and knockout blow

Opponent is not out
of action.
2nd blow is
necessary.



You deflect the kick
with your shin.



Against a southpaw stance Type A and B (left-handed)

Your opponent will usually be right-handed.

In exceptional cases, however, you might also encounter a left-handed aggressor or the rare individual who is equally good with either hand.

A left-handed opponent "leads" with his right arm and leg (southpaw stance) and wants to fire jabs off at you in readiness for a powerful right punch, which you must not allow to hit you.

We must distinguish between 2 types:

Type A

Not much taller than you.

Leading hand at medium height or low.

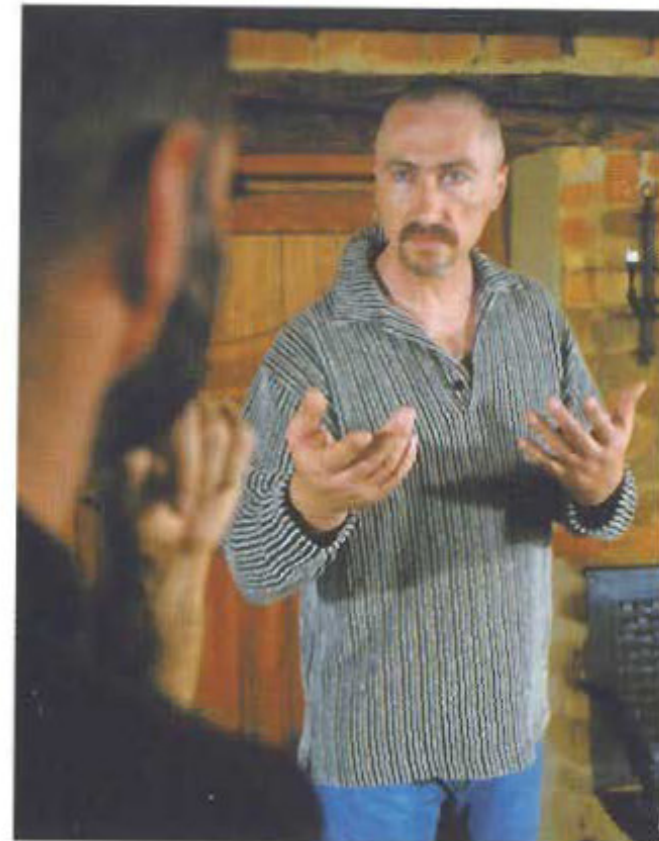
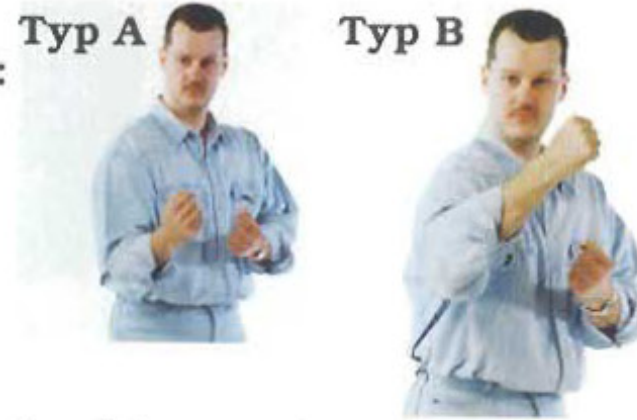
Type B

Much taller than you, therefore his head is hard for you to reach with your fist.

Or leading hand fairly high.

As a beginner to this method you should likewise advance your right leg against somebody who leads with his right.

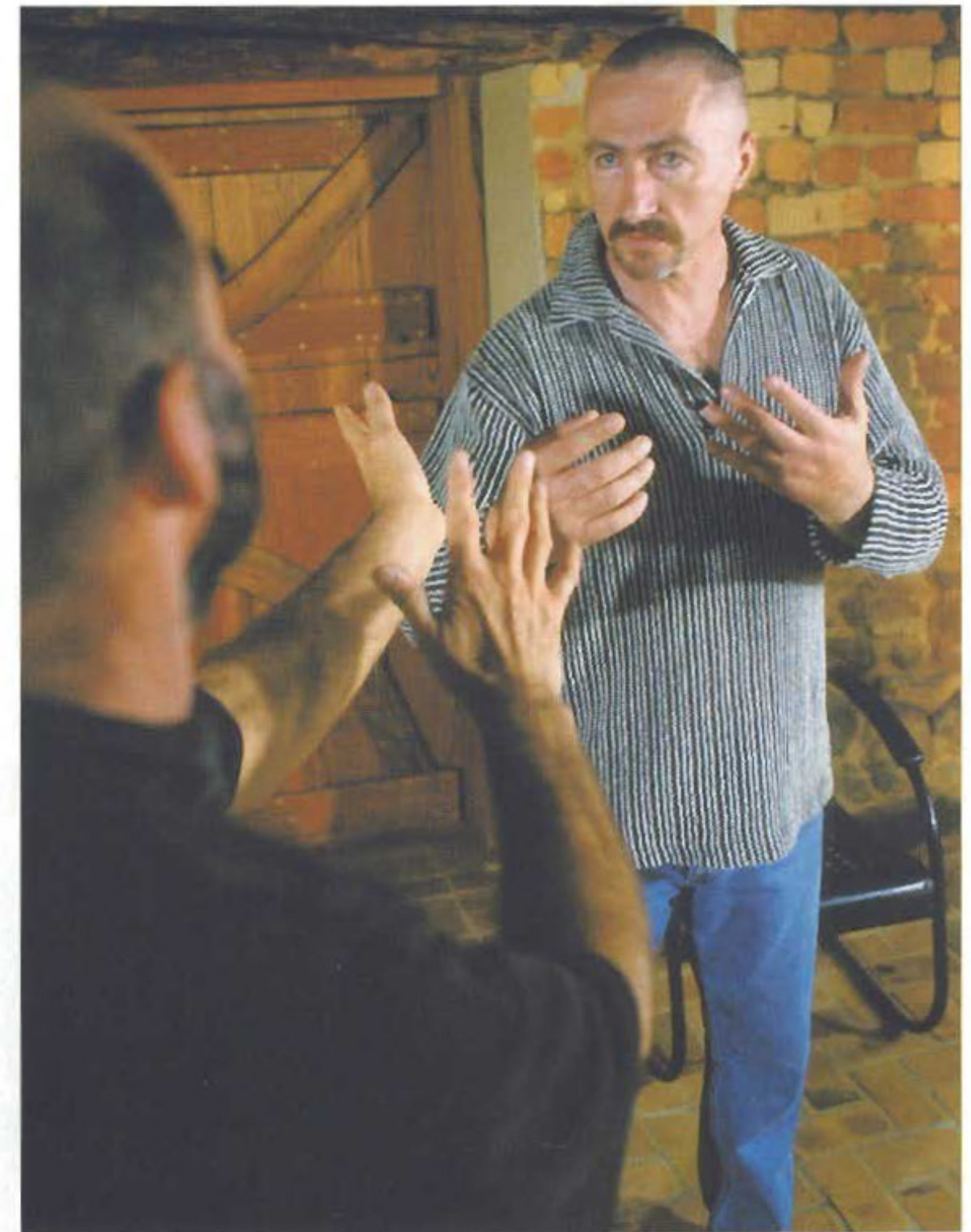
Advanced users need no longer pay attention to this.

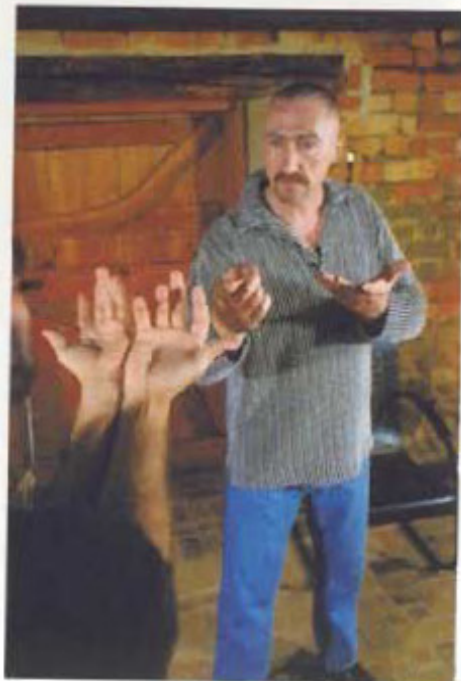


Typ A:
Aggressor with leading hand low or at medium height

Left arm against right arm

The attacker approaches you with his right side and right arm (and right leg) forward. Make sure that *your left arm constantly covers and follows the opponent's right arm*. This gives you a certain amount of protection from his right arm, but also from his left should he suddenly attack. At the same time *avoid touching the opponent* (too obviously) at the beginning of the verbal phase. Your aim is to control him without him perceiving this control as irritating and threatening, otherwise he will feel provoked. *Your right hand must be kept back so that you have more punching power by virtue of the longer travelling distance.*





Let your hands do the talking

Your potential attacker must be controlled during the entire verbal pre-fight phase. While your front, right leg controls his right leg in the sense that it is prepared to parry a low kick e.g. to the genitals, your left arm must cover his left and right punch by covering his left arm (but not really touching it).

To make sure that he is not too conscious of this precautionary measure your arms must not appear too rigid and static. Your opponent should gain the impression that you are one of those Mediterranean types who talks with his hands and gesticulates a great deal. Constantly and smoothly changing the position of your hands is therefore the order of the day. Any gesture which carries out this protective function and during which your elbows are far enough away from your stomach will meet the purpose. *but, intention*

The important thing is to appear natural while making these gestures. That requires practice and checking in front of a mirror.



Drawing back to strike without being obvious

Exaggerated, expressive gestures allow you to draw back for a knockout blow without the opponent noticing.

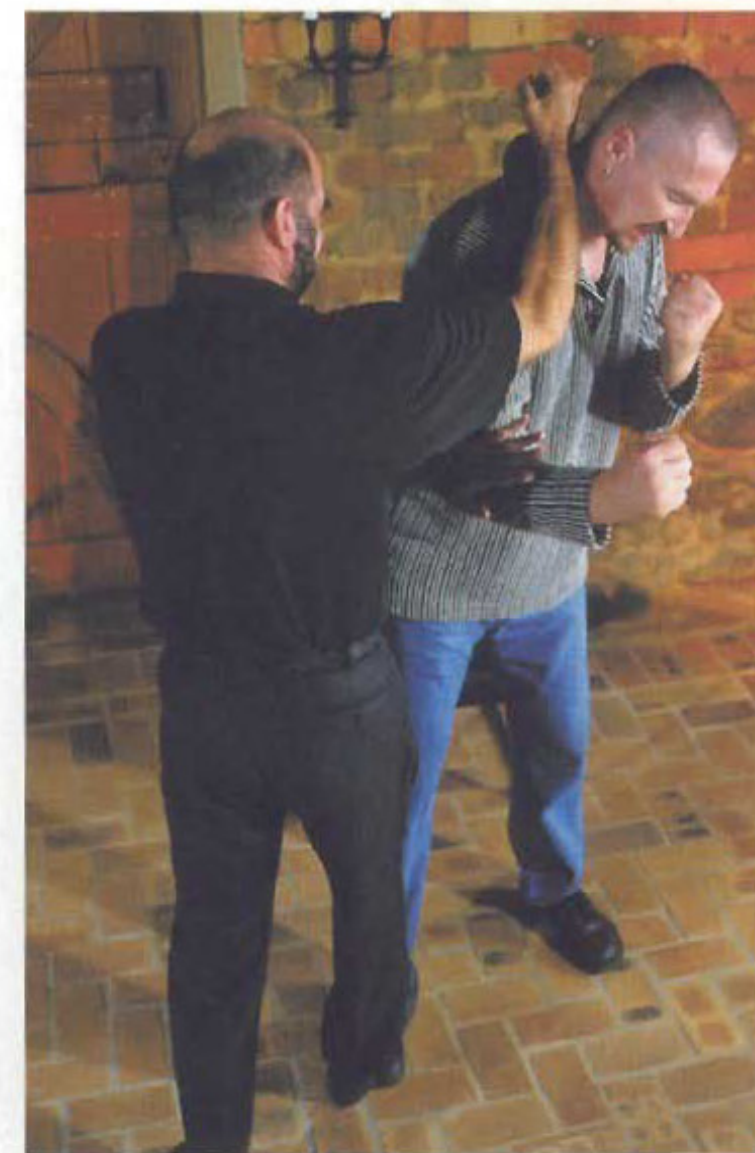
In this way even a slightly-built woman or a weak, lightweight man can put an attacker out of action with a single blow to the right spot.

Certain gestures also allow hammer blows and chops to the right carotid artery.



Drawing back to strike is revealing if the intention is known, but advantageous for the beginner who is unable to generate the necessary punching power without this preparatory move.

Important:
Any such movement must form part of your body language!



What your left hand does

• Type A

The opponent has his leading arm at medium height

Using the lower part of your left palm – and without drawing back first – you knock the opponent's leading right arm to the side and slightly downward.

Advantages:

- You are able to advance without being struck by the opponent's leading arm (right jab) as you do so.
- If you apply the right pressure to the opponent's arm he cannot hit you with his more powerful left hand either.



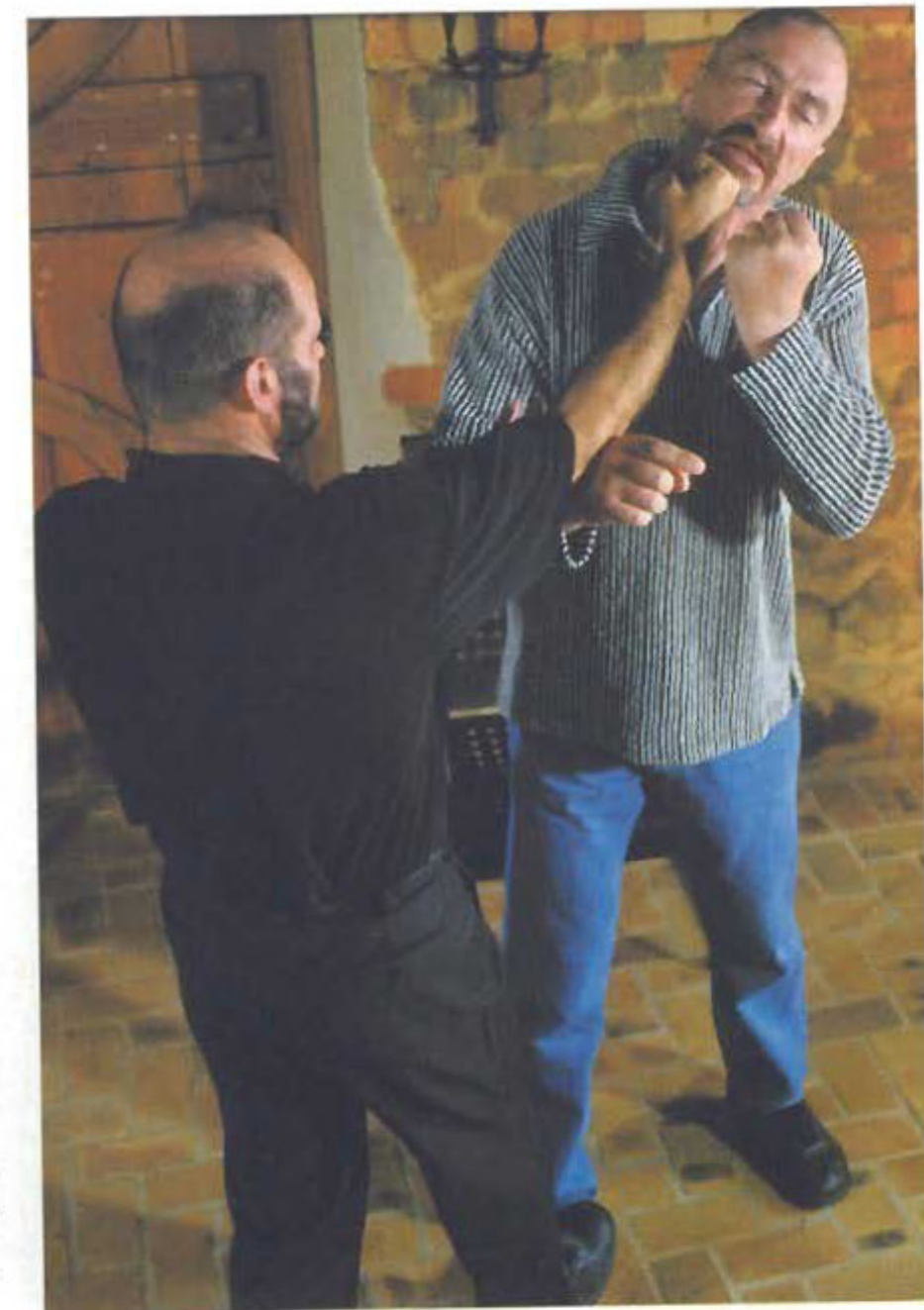
* Strictly speaking your front controlling hand will move slightly earlier than your right punching hand.

Your knockout blow: This is how you put him out of action!

At the critical moment you must strike him on a knockout point with your strongest hand (I am assuming here that you are right-handed). If he is not much taller than you, your target of choice should be his head, preferably the point of the chin. If he is holding his head slightly to the side your fist should strike his jaw between the point of the chin and the ear. I recommend roughly mid-way, as he is then unable to turn his head away and must take the full force of the blow. In the case of a much taller opponent your first blow should be to the liver.

If your first blow does not strike the target cleanly and does not produce the desired effect, you must follow it with a second blow to the head or liver.

At the moment of impact you must concentrate all your strength in your fist.



**Three simultaneous movements:
The punch must be practically simultaneous with the left hand blow and step.**

What your right foot does at the same time

At the same time stamp on the attacker's front (right foot). Don't just tread on it like a clumsy dancer, apply plenty of force so that his foot is injured. After stamping, your foot remains on his and maintains pressure. (When you advance the rear leg must be dragged the same distance behind it, otherwise your stance will become too long and immobile.)

Advantages:

- Stamping on his foot gives the aggressor a shock, and he is simultaneously struck on the head or in the liver.
- The aggressor cannot retreat or shift his position. You can bring the matter to an end there and then.
- The pressure on his foot means that the unconscious attacker will not fall in an uncontrolled manner and strike the ground with the back of his head.

Shin block as an alternative:

The shin block is an alternative that helps you to close in on the opponent even more, and to gain even more control over his legs.



The role of the rear, left leg

Advance your right foot and tread on the front, right foot of the attacker. As you are controlling his leading right arm you can deliver your knockout blow with your right fist.

And now another detail, which also applies if your opponent has his leading arm at medium height: Your left leg follows the right so that the distance between them always remains constant.

Important:

By using the *falling step* you are able to get your bodyweight behind the punch for a decisive fraction of a second and put your opponent out of action.



If the first blow fails to produce a knockout ...

Somehow the aggressor manages to prevent your first attack from striking home to full effect, so that you are unable to end the danger. In this case you must immediately follow up with a second or even third blow to the liver.

To prevent the opponent from turning towards you, immediately follow your first blow with a further checking movement on his right arm or shoulder, using the palm of your left hand. Then pivot your hips (as in the *Chum-Kiu* form, from the *Bong-Sao* to the lifting punch) and deliver a **further** punch, possibly to the liver.

Instead of a punch with a vertical or horizontal fist you can also use a kind of uppercut.

Important:

It is important not just to practice punching in the air during training, but against pads, wallbags, sandbags and focus-mitts.



Hand-check on the arm/shoulder in preparation for a second powerful blow with the right fist to the liver or head.



The 1st blow has missed



checking movement



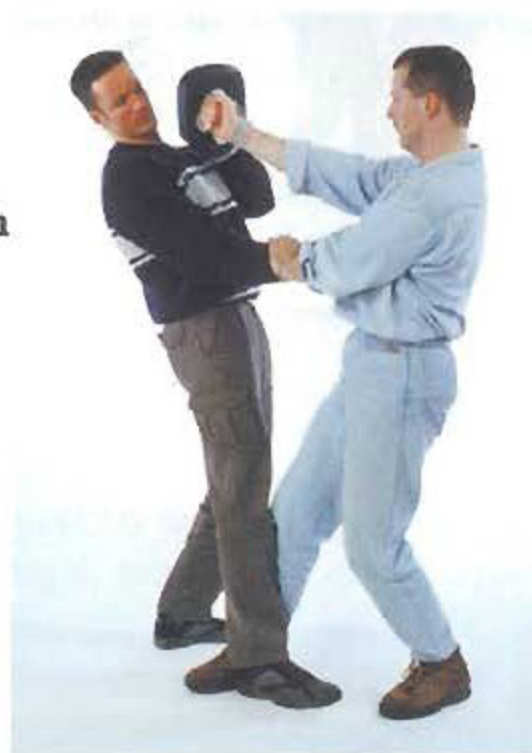
and 2nd blow



Training with focus-mitts

Since everything hinges on your ability to stop an attack *at a stroke* using your strongest hand, training with focus-mitts is a must for accuracy and punching power.

Focus-mitt
to simulate the
chin for a punch



Focus-mitt
to simulate the neck
for a hammer fist



Focus-mitt
to simulate the
neck
for a forearm
blow



What can go wrong ...

• **You want to advance and knock the arm aside but run into the opponent's right jab.**

What have you done wrong?

Instead of controlling the opponent's right arm with your left hand first, you ran into his punch head-first and without protection.



Remedy:

You must take care *not to rush forward head-first*, but rather to control the leading arm of your opponent with your left hand before you advance. For this reason you must not transfer your weight to the front leg when you advance. Having advanced your left hand you must instead tread on his foot with muscle pressure but no bodyweight.

Important:

As in the case of the attacker with an orthodox stance, all 4 actions must be carried out simultaneously:

1. Controlling the opponent's leading arm
2. Forward step and control of the opponent's front leg
3. Knockout blow
4. "Anchor" word

What can go wrong ...

- You advance to knock the arm aside but are struck in the face by a left jab.

What have you done wrong?

Before your hand control became effective the opponent was able to deliver a left-hand punch from below.



Remedy:

Avoid holding your left elbow out too much when thrusting forward, but keep it as low and central as possible.

What can go wrong ...

- You advance to knock the arm aside but are struck in the face by a left jab.

What have you done wrong?

Before your hand control became effective the opponent was able to deliver a left-hand punch from below.



Remedy:

Make sure the direction of your pressure is correct. Too much in any direction has unpleasant consequences if your opponent has enough tactile sensitivity to follow your pressure or "borrow" your strength, as the Chinese say.

What can go wrong ...

- You want to advance and control the leading hand but run into a right kick by your opponent.

What have you done wrong?

You transferred too much bodyweight, causing you to fall forwards and making you unable to parry the kick.



Remedy:

Keep your weight on your rear (left) leg when advancing, as if carefully using your front foot to check whether ice is safe to walk on.

If the opponent launches a kick to your groin with his front (right) foot, you have enough balance to protect yourself by turning the right knee inwards and using your shin.

This is how it should be!



Maintain your balance on your rear, left leg when you go forward. As if you wanted to use your front foot to carefully check whether ice will bear your weight.

This gives you enough balance to parry the kick by turning in the right knee and using your shin.



Punch to the head as the foot is set down in a controlled manner.



What can go wrong ...

- You want to advance and control the leading hand but run into a left kick by your opponent.

What have you done wrong?

You transferred too much bodyweight, causing you to fall forwards and making you unable to parry the kick.



Remedy:

Keep your weight on your rear (left) leg when advancing, as if carefully using your front foot to check whether ice is safe to walk on.

If the opponent launches a kick to your groin with his rear (left) foot, you have enough balance to protect yourself by turning the right knee outwards and using your shin (Yap-Gerk).

This is how it should be:



Maintain your balance on your rear (left) leg as you go forward.

This gives you enough balance to parry the kick by turning the right knee outwards and using your shin.



Having parried the kick, set your right foot down close to the opponent's leg in a controlled manner, knock his arm forward and sideways, then deliver a punch to the chin.

Type B

- **The attacker has his leading arm high or raises it**

In this case the controlling movement with your palm is not in a downward direction but slightly upwards.

Advantage:

The opponent loses his balance to the rear and has scarcely any chance of defending himself.

In this case your knockout blow is not aimed at the head but at the liver.



Your knockout blow

At the critical moment your fist must strike the attacker's liver with full force.

If the first blow is not 100% effective you must follow up with a second blow to the liver using the same hand.

At the moment of impact you must concentrate all your strength in your fist.



What can go wrong ...

- **You advance and knock the arm away but get in your own way as you punch for the liver.**

What have you done wrong?

You knocked the attacker's arm downwards, thereby blocking your own punch.



Remedy:

Push his leading arm towards him and slightly upwards.

Training with focus-mitts

Since everything hinges on your ability to stop an attack at a stroke using your strongest hand, training with focus-mitts is a must for accuracy and punching power.

Focus-mitt as a liver substitute for a vertical punch



Low/high combination

You have landed your punch to the opponent's liver but he is not out of action and still dangerous.

Solution:

After the liver punch, check the shoulder with the palm of your hand and deliver a right forearm strike to the neck.



Int. police hostage rescue teams during training



Chain-punches

Like a burst from a sub-machine gun

Up to now I have encouraged you to specialise in order to

1. Save valuable training time
2. Be capable of defending yourself within a very short time
3. Save you having to think during a fight.

For this reason I wanted you to do the following first for a few months:

- only strike with your strongest arm
- use your weaker arm for defence and control.

But now that you are capable of delivering single punches with accuracy and full power I want to familiarise you with WT chain-punches.

As the term implies, this is a sequence of up to 13 central, straight punches per second. While delivering chain-punches the user is completely protected at all times.

It is possible to ward off a single chain-punch with a little luck. However the defensive action itself exposes the defender to the next one. The extremely rapid sequence of punches exceeds the defender's information processing capacities, making any meaningful reaction impossible. All the opponent's fuses blow at once. By using chain-punches you force the aggressor to assume the role of the defender, with all its disadvantages.



WT chain-punches are such a devastating weapon that many martial arts styles have not been too proud to "adopt" them from WingTsun.



Defence with the left palm and right-hand punch



The defending hand becomes a fist



The left-hand punch begins



End of the left-hand punch and start of the right-hand punch



The right-hand punch





Ideal in an emergency:

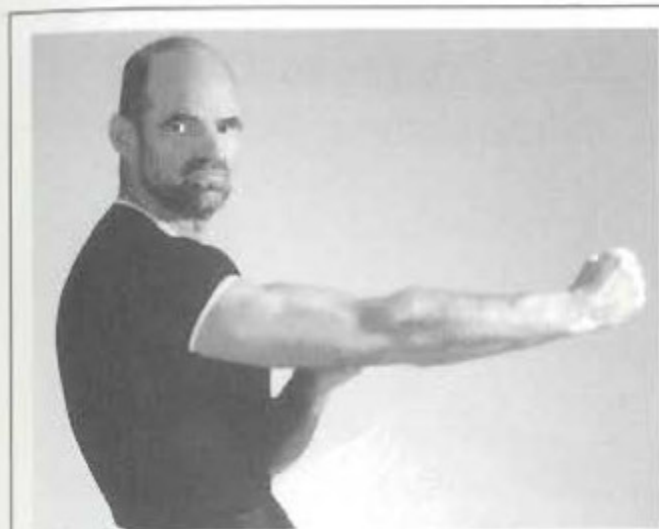
Whenever you are uncertain how to react when under threat, something unexpected happens or you lose control of a situation, WT chain-punches are a highly effective means of putting the opponent out of action or at least regaining control.

You could use them if your attempts to defuse the situation have failed.

The WT-fighter - this time in an *undisguised* WT-pre-fight position.



Advancing step with foot and arm control and punch.



The author demonstrating the WT chain punch

Follow-up and shin control with the front leg, together with left chain punch and control of the right arm.



For example, but you must bear in mind that 3 seconds of rapid fire can mean more than 30 chain-punches. A court might subsequently begin to wonder who was the attacker and who the victim.



The opponent takes a step back to gain space, but the WT-man follows with arm and leg control plus a right chain punch.

2nd Progress Check

Role-play with a partner:

1. Visual phase

2. Verbal phase
"SORRY, I MISTOOK
YOU FOR SOMEBODY
ELSE."

3. Retreat twice
"I DON'T WANT ANY
TROUBLE. STOP!"



4. Advance

Hand control
with knockout



Opponent kicks as
you retreat.



You deflect the kick with
your shin ...
... and continue with
hand
control and a punch.

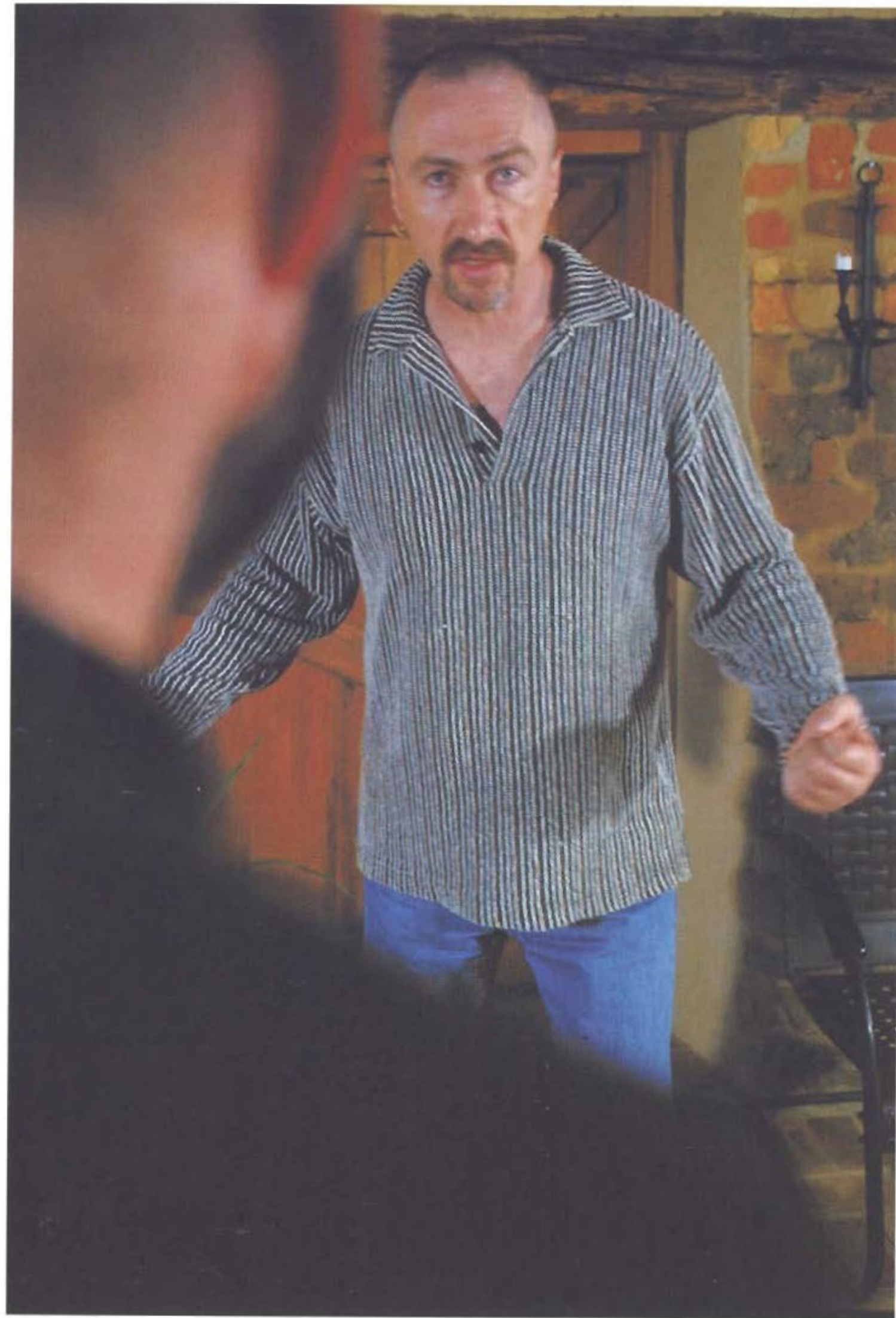
Opponent kicks
as you advance.



Opponent remains unaffected.
2nd blow is required.



Chain-punches if necessary



"You are too weak to pose a threat to me."

An aggressive, frontal position may often be seen in aggressors who do not take their victim seriously. Men attacking women also usually advance unguarded.

The author has encountered this type of apparently non-dangerous attack relatively often. But since he is specialised in Chi-Sao and non-violent restraint methods (the subject matter of the last and most difficult student programme in WT), he has fortunately always been able to dispense with a knockout punch.

Against an unguarded aggressor approaching from the front

An aggressor who comes towards you broadside-on from the front is particularly disconcerting and problematical. He has his angry, flushed face pushed forward like an attacking bull and holds his arms to the sides, away from his body with his hands hanging down. His body language is calculated to show you that he does not consider you a worthy opponent as he comes forward without the slightest protection. Although this man is loaming with rage and fit to burst, he is completely unprotected.

He may be unprotected but he is certainly dangerous, as his arms are already pre-tensioned to strike. He is already so close that he can put you to sleep with a single blow (hook, swing) with his left or right, or even with both (double punch or slap to the sides of the head). He is also within range for a headbutt or a knee to your genitals.

Let your hands do the talking. Tell him to leave you alone. If necessary, take a step backwards several times. If this does not work, waiting just a tenth of a second too long could mean the end for you. Strictly speaking you should strike without hesitation as soon as his body language unmistakably indicates that he is about to attack, but just like me you are unable to do this because you still have a sense of decency and are unwilling to hit a defenceless person, even if he only seems defenceless and is threatening you with violence.

As an **alternative** (which is not without its risks), control his shoulders with your hands, as they provide most of the power for a punch. Try to calm him down once more. But if he continues to advance and knocks your arms away, you must strike immediately unless you are physically and technically far superior to him.



Shoving the aggressor backwards with both hands and a forward step to demoralise him might be a good idea in certain circumstances, even if merely to gain time and make a safe exit. But if your shove is not effective enough, or provokes the aggressor into reorganising his attack, this approach has its disadvantages. In this case a *Blitzdefence* situation would be transformed into a sparring situation, and we want to avoid this until you are at least a little better prepared. In a sparring situation the fight begins at longer range, requires a certain amount of stamina and you must be able to cope with kicks and an opponent who is able to move freely.



Self-defence and sparring are two completely different things, and 90% of self-defence situations require no sparring abilities. Nonetheless we regard a certain minimum of training in sparring techniques as necessary and cover this with our Lat-Sao programmes.

However it is important that you always remain aware of the difference and know where your strength lies, with sparring skills as your iron rations if something goes wrong.



Risky for the beginner:

Trying to calm him down while controlling his arms.

If this doesn't work, the only option is a knockout blow with weight transfer as in the "V- step".

Warning:
On no account must you reach down and try to grab his wrists ...



... a headbutt



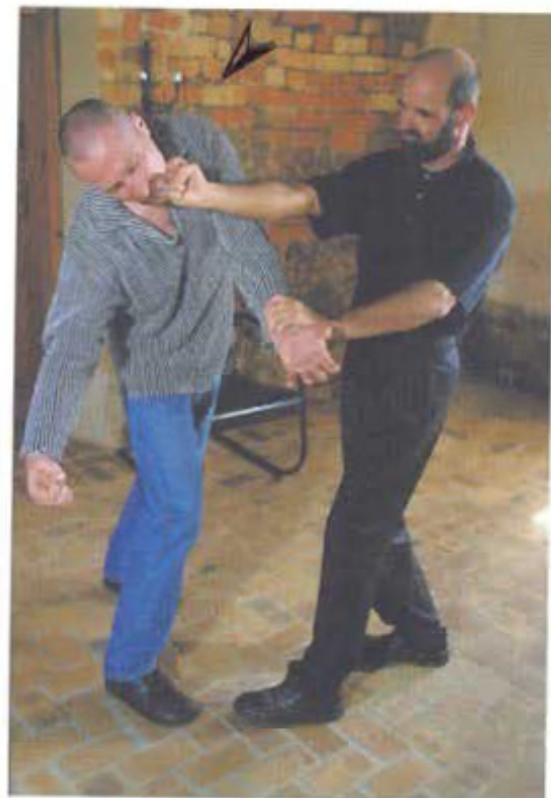
... or a knee in the groin would be almost impossible to defend against.

Against an aggressor with a double frontal guard

Control both the attacker's arms with a barrier arm (*Lan-Sao*), grab, pull and push his left forearm with your weaker hand as in the 1st programme and knock him unconscious. Be prepared for kicks.



In this case too, cover the opponent's arms as if emphasising your words with your hands ... Avoid touching him too obviously so as not to provoke him.



What you must be able to counter if you attack a southpaw stance with *Pak-Sao* and a punch.

- The opponent blocks your punch.
Your answer: *Bong-Sao*, *Lap-Sao* from below, then hammer fist



What you must be able to counter if you attack an orthodox stance.

The orthodox opponent refuses to be grabbed and pulls away.

Answer:

Follow his pull and strike him (or grab him) with your left, then deliver a knockout blow with your right.



You grab his leading arm, ...



... but the opponent pulls his arm back.



You follow at once with a punch.



Immediately follow the left chain punch with 2 further chain punches.



What you must be able to counter if you attack a southpaw stance with Pak-Sao and a punch.

The opponent gives you a tight inside punch from below.

- Pull his right arm down abruptly + punch and chain-punches.



1. You "pak" with the left and punch with the right ...



2. At the same time our opponent gives you an inside punch with the left fist from below.



3. You pull down his arm abruptly with your right hand ...



4. ... and you give him a punch to the chin with your left ...



5. ... then you move in till your right shin controls his. 1st chain-punch with right arm.



6. ... second chain-punch with left arm while you are controlling his arm with your right forearm.



7. ... the opponent steps back. You follow him with a right forward step and the 3rd chain-punch.

Note:

You must call an end to your self-defence (chain-punches) as soon as the opponent stops attacking you.

It is also possible to advance the right leg against an orthodox opponent with his weight on the front leg

Up to now I have told you to advance your left leg and tread on the aggressor's foot in this situation. This was for two reasons:

1. This "nails" the opponent's left foot to the floor so that he cannot retreat or reorganise his attack.
2. Your left leg gives you protection in case your opponent launches a kick to your groin as you go forward.

Meanwhile, however, you have no doubt practiced and are reliably able to recognise on which leg the opponent has his weight, and I can trust you to advance your right leg safely when the opponent has his weight on the left leg. The fact is that if the opponent has his weight on his front leg he cannot kick with that leg, therefore you can safely advance with your right leg and deliver a falling step punch.



You can now also advance your right leg against an orthodox stance.



You can now also advance your left leg against a southpaw stance. At the same time your right knee must control the opponent's leg.

The training method for the WT- Blitzdefence programme

Training is in several stages for each of the three programmes:

a) Against a static opponent:

The partner remains immobile in the position he has been asked to adopt (orthodox, southpaw or frontal stance). This enables the other partner to practice his movements on him without any stress. First the entire sequence as a general exercise, then each part in detail and finally all the individual elements at once.

b) Role-playing exercise with several phases:

- Visual
- Oral
- The "aggressor" advances, his partner demonstrates peaceful intentions, both verbally and by retreating several times with his front leg and arms "innocuously" adopting a protective position. Variations in body language are practiced in front of a mirror. Check by making a video recording.

c) Developing punching power with an "anchor word":

on a wallbag, sandbag, partner holding pads and focus-mitts

d) Against "opponents" who increasingly resist the student's moves and sabotage them in various ways:

E.g. by counters, punching, kicking, retreating, spinning round.

e) Against an "opponent" who attacks as soon as he comes within range:

This is where purely defensive and sparring skills are trained.

f) Realistic practice with protective clothing:



Questions frequently asked of the Author

?: Could you briefly summarise again why competitions and sparring are not adequate preparation for a real-life threat on the street or in the disco?

Certainly. Because ritual combat as I have described it in this book differs from a sporting bout or the classic challenge fight in "Easterns" in at least 5 important ways:

1. There are no rules, no fair play, others can get involved, nobody prevents the opponent who has floored you or knocked you unconscious from kicking or maltreating you further.
2. The aggressor talks himself into striking range and attacks at very close quarters.
3. You are distracted and intimidated by aggressive language and insults.
4. The attack takes place when
 - a) you are unprepared for it or
 - b) paralysed with fear.In other words, it starts without a signal from a referee.
5. You are not faced with a good-natured training partner but with an adrenaline monster who has worked himself up into a rage. But you have neither learned to handle your own fears nor the naked, ferocious aggression you might encounter out there.

?: If I have understood correctly, the very first programme teaches one how to cope with a right-handed person who is threatening violence. That means more than 90% or even 95% of all conceivable opponents. How can you morally justify showing such dangerous techniques to anybody who comes to your school without first checking on their character?

This is a serious question which I have discussed at great length with my assistants and colleagues. In cases of doubt we do indeed insist on Police confirmation of a clear record in countries where this is possible.

Moreover, the **psychological role-playing** element in our first programme is designed to let the experienced instructor quickly identify and exclude people who want to learn from us so that they can become even better thugs.

Neither is it enough just to have learned the technical basics. It certainly takes 6 months before a student develops the necessary sense of distance, becomes familiar with the pre-fight rituals and body language and trains his punching power. This also means learning how to handle your own feeling of "fear" and recognise the opponent's adrenaline symptoms so as to detect his intention to strike at the last moment.

?: I am a WingTsun student and learn classical WingTsun (WT) with Man-Sao, Wu-Sao etc. from my instructor, who was incidentally a student of yours. Looking at this amateurish pre-fight position with raised shoulders and practically helpless gestures makes me very irritated.

As you have quite rightly seen this is only the PRE-fight position. During the fight itself we use the same techniques as always, namely effective WT solutions that have proved their worth in the most extreme circumstances.

When things get serious it tends to be a disadvantage if the aggressor considers you to be dangerous and capable of defending yourself. He could call his friend(s) over to help him out, for example, or get hold of a weapon to gain the superiority he lacks.

Deceiving the enemy about your real strength, distracting him and disguising your own tactics are the keys to success in battle, and the threat of violence is akin to a battle which has been imposed upon you against your will.

You should not try to look like a proud WT-fighter *beforehand*. Whether you have done your job well will be apparent *afterwards*: if you have successfully managed to avoid a fight (3 points!), if you have not been obliged to strike a blow (2 points) or if you have been able to limit the damage with a single blow without injuring the aggressor more than necessary (1 point). After 40 years of practical experience, vanity *before*

a fight appears to me foolish and naive.

?: You always used to say that a WT-fighter does not retreat. Now you are advocating cowardly and demoralising retreating steps.

Well spotted. Purely technically speaking, any retreating action constitutes a risk in WT terms unless the other man happens to be swinging a scythe to amputate your legs. But the technical aspect is only one amongst many. As a teacher it is also my duty to confront you with the legal interpretation of your right to self-defence.

How you behave when the worst comes to the worst is entirely up to you, and you can only decide this on the spot, however you may be called upon to justify your actions in court. And if you want to win not only the first battle (the fight itself) but also the last, which takes place in court, you must ensure that you have acted in accordance with the law. **Where there are witnesses this means using words (which nobody can hear in a disco), body language (empty hands = no weapons) and retreating steps to make it absolutely clear that you do not want to fight. You are only entitled to use the legal right of self-defence if you are quite clearly the one being attacked.**

But since the aim is to protect your own life in the final analysis, I can only give you my recommendations. You can and must set your own priorities yourself.

?: Does your "*Blitzdefence*" programme only consist of WT techniques, or where do the techniques shown in this book come from?

Without exception, all the techniques are from the Leung Ting system of WingTsun (WT). What is more, the programme combines the most effective techniques of all.

Since we are talking about self-defence in an emergency, i.e. a life-or-death situation, I have selected three of the most effective and suitable movements from the legendary 116 WT wooden dummy techniques.

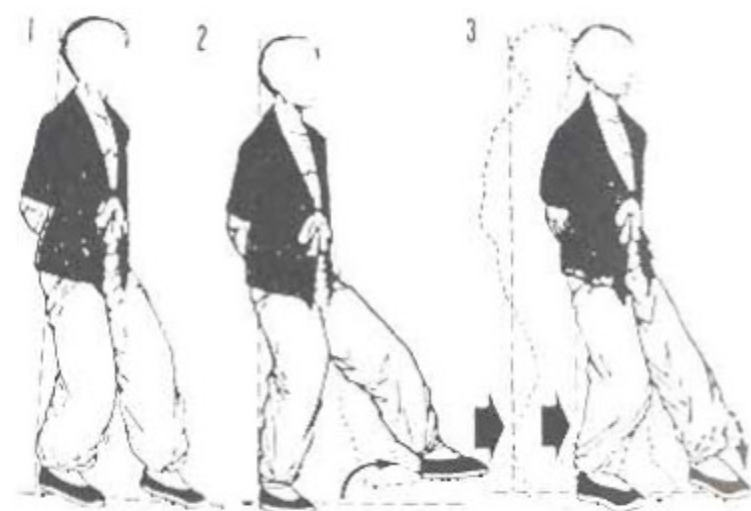
Naturally I have had to adapt these techniques and positions to the capabilities and skills of beginners, however. I have therefore intentionally dispensed with the "**neutral**" ready or pre-fight stance used in the 1st section of the wooden dummy form.



Only for advanced students

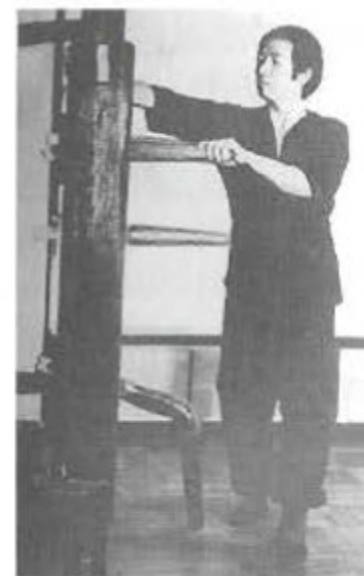
The experience gained from 30 years of teaching has shown me that a beginner can rarely carry out the protective forward step quickly enough.

Instead I immediately teach beginners the **forward stance with the bodyweight on the rear leg**. The beginner should advance his left arm and leg against an orthodox opponent and his right arm and leg against a southpaw opponent, so that he only needs to take short step to control the aggressor's leg. Like the requirement "*keep the strongest hand back*" and "*the strongest hand strikes first*" this only applies for the first few months.



Forward stance with short step

In the 1st programme, i.e. against an orthodox stance, I have chosen a **pulling movement from the 1st section** combined with a low kick from the wooden dummy form (not shown) and a punch.



Slant kick from the Chum-Kiu form

As I have already explained, the knockout power of the punch comes from the **falling-step movement (after the "slant-kick") in the 2nd form** of WingTsun. This is because two or three months are not enough for the beginner to develop the necessary punching power using the advanced whiplash technique of WT. As an alternative to the pulling movement, particularly if the aggressor has his leading arm low, I use the "**Kao-Sao**" from the 6th section of the dummy form.



"Kao-Sao" from the 6th section of the wooden dummy form

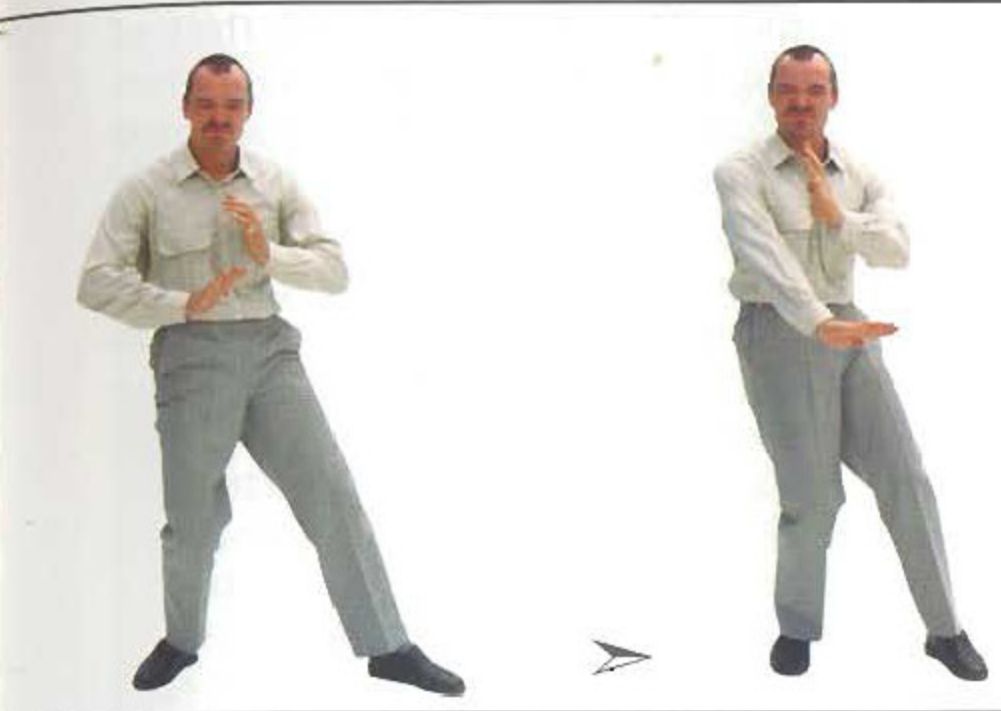
The technique in the 2nd programme comes from the **8th section of the wooden dummy form, "Pak-Sao with palm-strike"**.



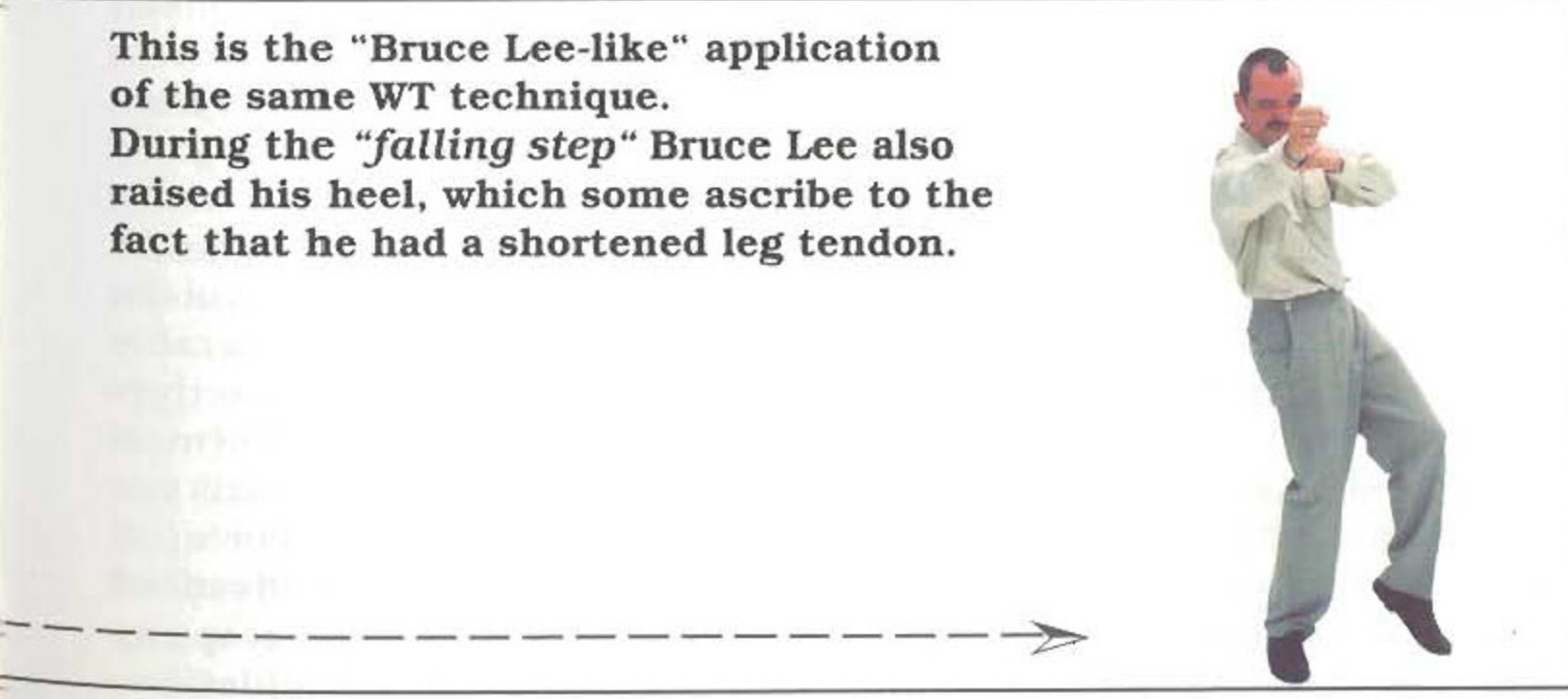
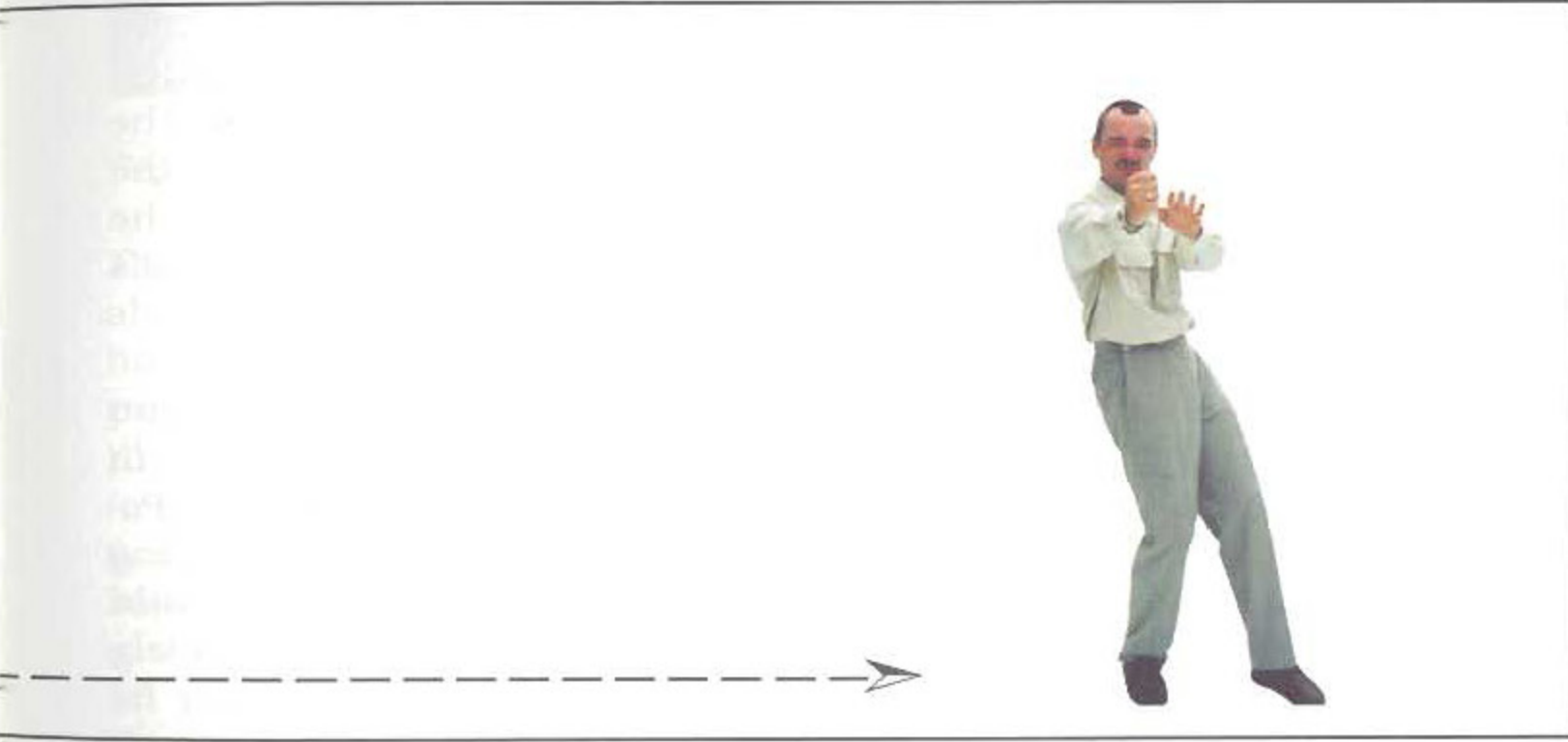
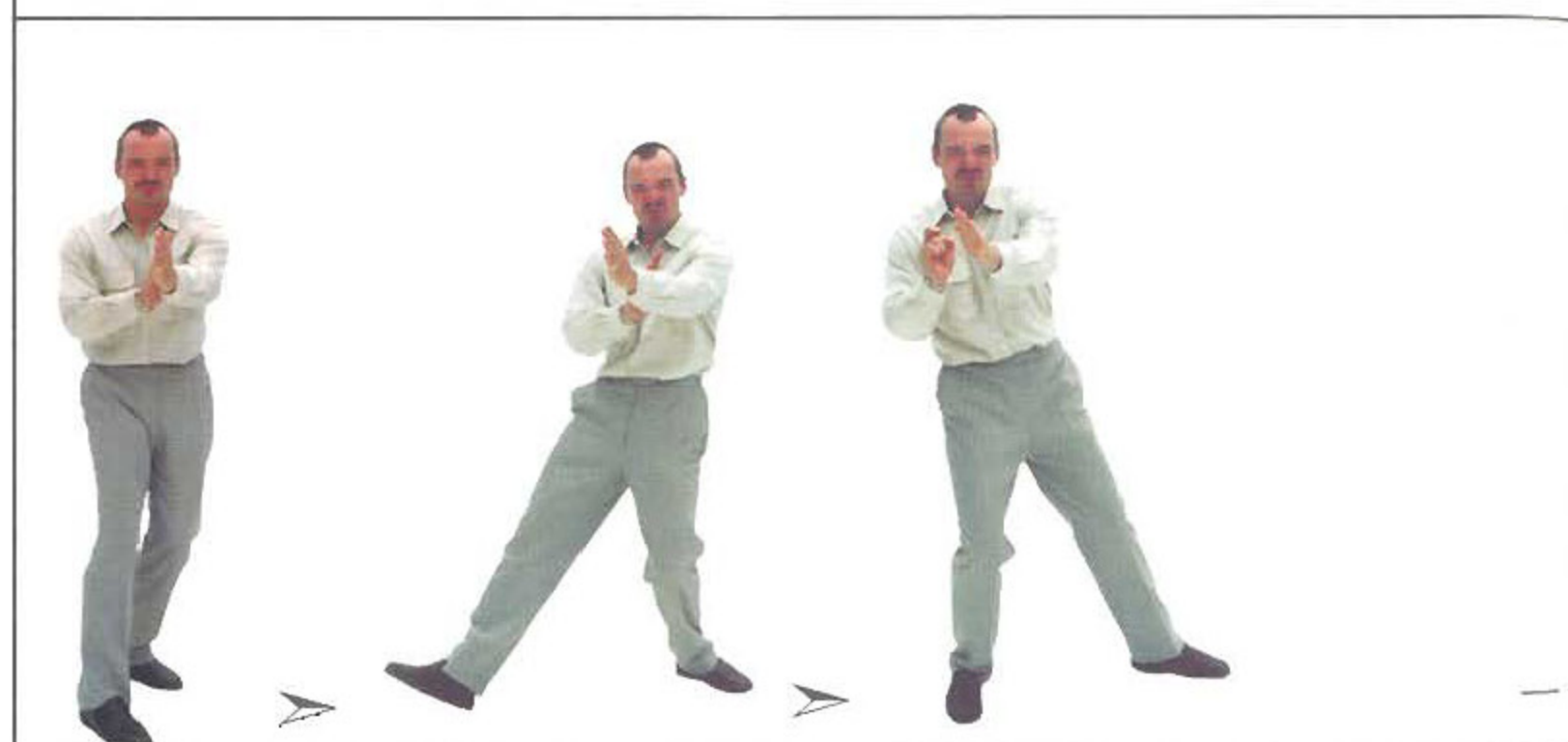
Pak-Sao with palm-strike

But instead of the palm-strike I prefer the beginner to use the **punch from the 8th section of the wooden dummy form** (not shown), as it takes many years of hard training to achieve a corresponding effect with an open palm. And because only very advanced WT students who have trained intensively for several years can develop enough power without first drawing back, I teach beginners to obtain their power by rotating the hips as e.g. for the "**lifting punch**" in the "**Chum-Kiu**" form.





A step is a falling action with which it is possible to transfer power to a punch. This why Jack Dempsey referred to the "drop step" and Bruce Lee to the "falling step". Here we derive this ingenious technique from the "slant-kick" - "Gum-Sao" sequence.



This is the "Bruce Lee-like" application of the same WT technique. During the "falling step" Bruce Lee also raised his heel, which some ascribe to the fact that he had a shortened leg tendon.

?: How do these new programmes differ from the old ones?

We have adapted our training to the changed requirements of the present day. Previously we prepared the beginner for the entire spectrum of "combat" in its widest sense, with a particular emphasis on the challenge fight or duel which was once popular in Asia and begins with equal chances for both combatants.

However, more than 90% of all physical confrontations are now macholike, territorial ritual fights, and once again we are among the first to prepare our students for this phenomenon in technical, psychological and legal terms.

This includes an emphasis on the guiding principle of WingTsun, namely that attack is the best form of defence. A fact that defence and sparring-minded WT students all too often forget.

I can also hear the philosophers among us quietly muttering that in apparent contrast to my remarks in "On Single Combat" I do not start beginners off with the four fighting principles, but clearly tell the beginner which hand he should use to strike first and which leg he should advance during the first few months. Of course I am pleased to have students who have read my book so thoroughly that they now confront me with *my own* pronouncements. But "On Single Combat" describes the *whole* system, which is actually based on an ingenious concept consisting of incontrovertible prin-

ciples. My experience and that of most instructors has shown that while the beginner is soon fascinated by the logical principles, he needs clear instructions concerning stances and techniques at first. It is only when Chi-Sao training has enabled him to let his arm be deformed when it advances as a wedge, to stick to the opponent, give way and borrow the opponent's strength that he can turn the principles to practical use in an emergency! In the first (forward defence) programmes I therefore base my teaching on the 1st fighting principle, on the wedge and the outside position, which gives the beginner more security than he would have between the opponent's arms.

?: In "On Single Combat" you describe very comprehensibly in my view (I belong to a special Police unit and have been learning WT for four years) that one should confront a thug very aggressively right from the start, so that he has no chance to inflate himself into an adrenaline monster. In this book you seem to depart from this approach.

This book is intended for beginners who have trained for 6 months at the most and who should preferably remain conciliatory, disguise their intentions and use the element of surprise. For if you issue threats you must be able to back them up if necessary. **Those who are advanced and in control can usually stop any escalation by sheer intimidation.**



Eberhard Schneider,
Author of "Power Training for
Kung Fu & Karate"
remembers.

Dear Keith,

Thinking on what you have told me about your new book "Blitzdefence" has reminded me of a very old personal experience which combined the elements of adrenaline dump, feigning weakness, a powerful surprise punch, the subjective slow-motion effect, fear and the feeling of external control. It happened about 30 years ago in the striptease bar "Die Grotte" in Kiel. A quite powerfully built fellow in his mid-twenties was very full of himself and being a pain in the ass, insulting other guests with things like "Wanker", "Asshole" and "Whore". I was standing next to a white plaster column and also came in for his aggression. At first I tried to look elsewhere as if uninvolved, but he was looking for trouble, came over and stood directly in front of me, then let fly with a few more insults. As if on command the level of noise was suddenly reduced, and the babble of

voices and music only reached my ears as if through cotton wool. At the same time my head started to hum like a dynamo. I heard myself say that I wanted no trouble, and that it would be better for everybody if he went and sat down somewhere, when he grabbed my left trapezius muscle with his right hand and pinched it together, though at this stage I only felt this in "filtered" form. Through the buzzing in my head, as if from far away, I then heard him say, "You stupid asshole, do you want to try me on?", while raising his left fist threateningly to strike. In fractions of a second I knew that there was no point in trying to psyche him out, and what followed no longer seemed to be subject to my control, it somehow appeared to be controlled by instinct. I made a half-turn to the right with a weak, resigned expression on my face, moved my right foot slightly to the side as if turning to leave, at the same time drawing back my right fist on the side that was hidden from

him, then suddenly whirled round 90 degrees and gave him such a heavy punch on the solar plexus that his entire upper body bent forward with a very non-aggressive moaning noise – and remained in that position. I was panic-stricken lest this action had made little impression on him, so to nip any surprise response in the bud I punched him under the chin which made him stand upright again, though he still did nothing. This inexplicable behaviour seemed to me in some way so sinister and threatening that in my fear I quickly followed up with another punch on the chin – and like a sheet of tissue-paper on a current of air, the fellow, who was not exactly a lightweight, went sailing slowly backwards onto the dancefloor. Like syrup some of the onlookers slowly began to move



Members of German Special Police units practicing the Blitzdefence programme described in this book against orthodox attackers under the author's supervision.

towards the man on the floor, then suddenly their movements returned to normal speed and I heard the voices and music clearly again, noticing that the manager had witnessed the whole incident. A while later I asked him why the loudmouth, who had quietly left the bar after a few moments of unsteadiness, had not defended himself, for after all two or three seconds had passed after the first and second punches. His answer was, *"No, you're wrong, you gave him no time at all. You just went bangbangbang like a machine-gun and the guy was on his back right away."* Looking back, some aspects of this almost seem esoteric to me.

Eberhard Schneider



Self-defence in any situation: from a sitting position in this case. Keith Kernspecht and the instructor of the Martial Arts Faculty, State University of Plovdiv, showing techniques when seated. Prof. Margaritov, joint Coach of the national wrestling team, takes notes.

A beginner on the way home from a WT school after his first lesson should already be more capable of self-defence and less palatable to an attacker than before.



The author training FBI agents in WT Blitzdefence.



The author instructing officers of the Italian elite unit N.O.C.S. in WT Blitzdefence techniques.



The author and the SEK (special police unit) S-Holstein

A final word

I am often asked where the difference between my conception of WingTsun and that of most Chinese lies.

In Asia, WingTsun is practiced as an art form, a way of life and a form of physical and mental discipline. My advanced students do the same. I teach them that WingTsun is Taoist philosophy in motion.

However, anybody coming to me as a *new* student (businessmen, workmen, office workers, students, bodyguards, police officers) comes to a school in my worldwide association to feel safer out there, therefore I consider the following to be my *primary* task:

A beginner on the way home from a WT school after his first lesson should already be more capable of self-defence and less palatable to an attacker than before. For the first half year I will show him exactly how he can legally protect himself and those in his charge from physical attack.

So *at first* he will not so much learn the art, the philosophy and the beauty of my system, but rather the movements of whose effectiveness I am convinced after 40 years of experience because I know what success secretaries, FBI agents and schoolchildren who were previously bullied on a daily basis have had with them.

This book caters for the first six months of instruction on a twice-weekly basis with lessons of approx. 1 1/2 hours in one of our EWTO schools. Whether in Brazil, Finland, Italy, South Africa or 60 other countries of the world, the programme is taught in the same form.

Anybody who has undergone training in this programme with our qualified EWTO instructors has the best possible preparation for an emergency which will hopefully never be encountered.

In Programmes 1 and 2 I have shown you only three highly-effective techniques with which you can put an immediate end to a threat.



With his friend Santhas Supastrapong, who introduced him to the Thai martial arts



With his friend Rene Latosa from whom he learned Philippine Escrima



In 1975, on the recommendation of Cheng Chung, he approached Grand Master *Leung Ting*, 10th level Wing Tsun (WT), whose master Yip Man had appointed him to succeed him as Kung Fu instructor to the *Ving Tsun Athletic Association, Hong Kong*. In 1976 Prof. Leung Ting, a young Chinese literary researcher at the time, visited Germany and indeed the West for the first time on the invitation of Kernspecht. The first introductory event took place in the main auditorium of Kiel University. (This event and the history of the Budo-Zirkel is available on German-language video from the publisher.) Since 1976 Kernspecht, the head and chief instructor of the European section (EWTO/IWTO) of the Chinese umbrella organisation (IWTA), has invited his master to Germany and Europe every year, where they hold joint seminars as the highlight of the WingTsun year. To round off his knowledge and with the approval of his master, the author studied the original teachings of Bruce Lee in the USA and Germany from 1979 to 1981, training with his 1st assistant and most skilled student, Jesse Glover.

During the 80s, international martial arts publications were already calling Kernspecht the "*Father of WingTsun in the West*", and the famous American magazine "*Black Belt*" honoured his success with the accolade "*Kaiser of Kung Fu*".

These honours are justified by the fact that 95% of all WT national instructors worldwide have received their training at Kernspecht's school, the *Martial Arts Academy in Langenzell Castle* near Heidelberg, where WingTsun and Escrima are taught by Kernspecht's assistants for approx. 6 hours per day from Monday to Sunday.

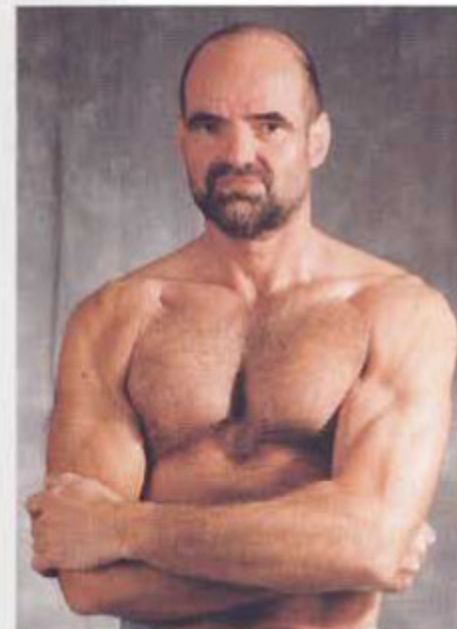
Kernspecht and his master students have founded and operate branches of the European organisation in more than 50 countries. In Germany, Austria and Switzerland alone there are approx. 2000 WT schools whose instructors



Weapons training with Great Grand Master Latosa



Author in 1984 (Spain)



Kernspecht 72 kg (1998)



Author instructing FBI agents in WT-blitzdefence

are regularly examined and trained by the author.

In addition to receiving instruction in their local EWTO schools, all German-speaking members have the benefit of regular seminars, newsletters and the organisation's own magazine *WingTsun-Welt*, which is also available to non-members. Since Kernspecht's master students are also chief instructors for the USA, South America, Australia and South Africa, the German "*Professor of the Martial Arts*" also visits these countries regularly.

In December 1999, edition 50 of the renowned German news magazine "*Der Spiegel*" reported the following under "*Personalities*":

"Keith Kernspecht, the German guru of the self-defence scene, has been awarded the world's first title of "*Doctor of the Martial Arts*".

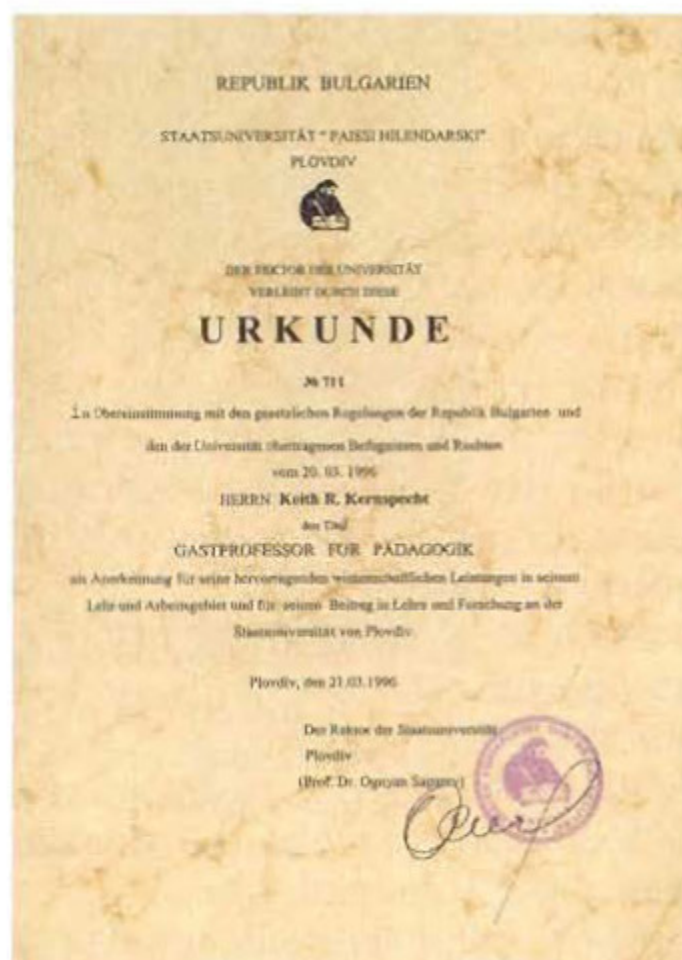
For his achievements in the development of self-defence skills the Bulgarian State University in Plovdiv awarded Kernspecht, a native of Schleswig-Holstein, this honour two weeks ago on Tuesday.

In the mid-seventies this former English lecturer and master of several martial arts disciplines first brought the Kung Fu style known as WingTsun (WT), which had previously been practised exclusively by the Chinese, to Europe and gradually refined it into one of the most effective systems of self-defence.

Nowadays special military and police units are trained in the aggressive art of WT, and many of the bodyguards attached to prominent German politicians have learned their skills from "Dr. Fistus".

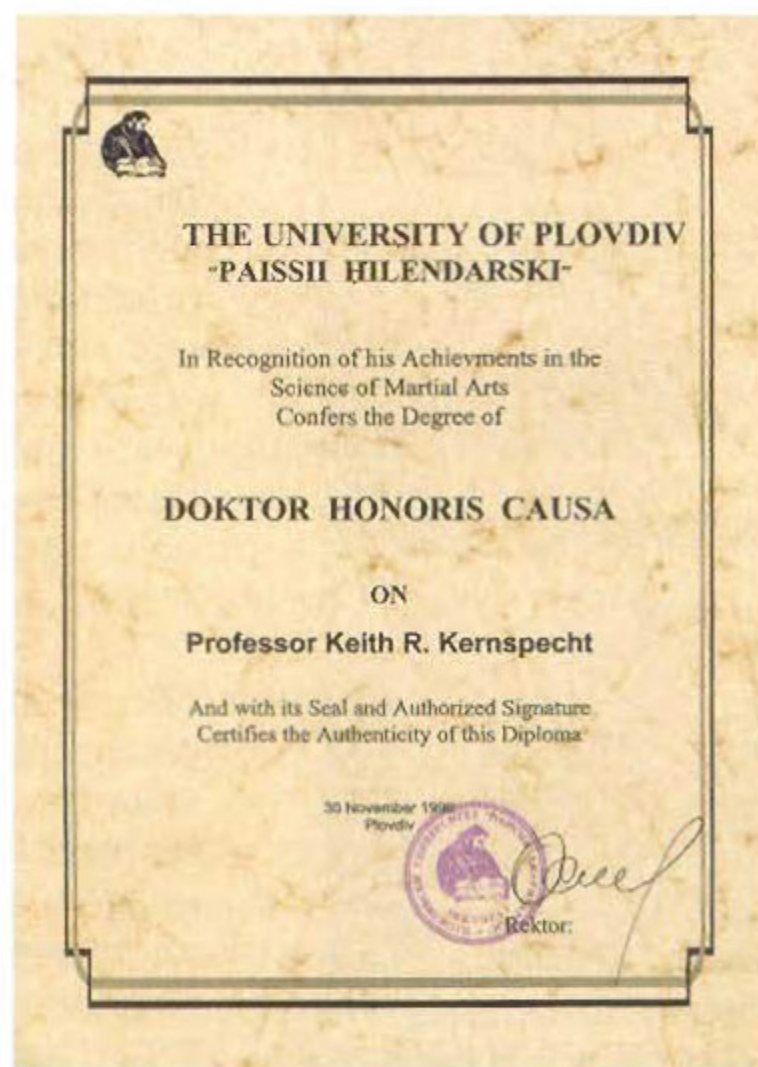
Kernspecht has devoted his entire life to researching and teaching self-defence, and his scientific training has proved useful in this respect. Having studied Karate while a student at the university of Kiel, he mainly ascribes the enormous success of this Japanese martial art to its dissemination in the universities.

When he learned from his friend and Chi-Kung



In 1996 the former high school teacher and university lecturer was appointed a visiting Professor in Education Science.

In 1999 the State University of Plovdiv awarded the founder, head and Chief Instructor of the IWTO/EWTO the title "Doctor h.c. of Martial Arts."



The author giving his inaugural speech. On his right the Principal of the University



Keith R. Kernspecht appointed Professor of Education Science



Inaugural speech on the history of the martial arts

teacher Prof. Chu that Bulgaria had the only state university with a form of martial arts faculty, he immediately travelled there and was subsequently appointed Professor of Education on the basis of his scientific background as a lecturer at the university of Kiel, and given responsibility for student training at the State University in Plovdiv. In addition Kernspecht is a visiting Professor for sporting sciences at the "National Sport Academy" in Sofia, one of the world's largest and most successful sports universities.

In this capacity he trains the coaches of the Bulgarian national and Olympic wrestling teams in techniques derived from WT, and according to the Bulgarian team managers these significantly contributed to the fact that for the first time in 26 years, the Bulgarians were again able to win the European wrestling championship in 1999.

In addition to Bulgaria there are other academic programmes linked to universities under way, e.g. in England, where Kernspecht has provided considerable funds for the foundation of a martial arts academy in Malton (Yorkshire), where courses of study in sports sciences with the practical subjects of WingTsun (WT) and Escrima will be held in cooperation with universities and colleges.

In June 2000, in unique recognition of his accomplishments, Keith R. Kernspecht received the certificate awarding him the 10th Grand Master level (*Master of Comprehension - Europe*) in WingTsun, a level previously only achieved by Prof. Leung Ting himself, from the hands of his Chinese master.

INTERNATIONAL WING TSUN MARTIAL ART ASSOCIATION
 & LEUNG TING GYMNASIUM



CERTIFICATE

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 sex MALE age 55 nationality GERMAN,
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The only 10th Master Level certificate ever issued by Grand Master Leung Ting. And as a further unique feature he wrote it by hand to avoid any doubt of its authenticity.

Visiting Professor at one of the world's largest sports universities, the National Sport Academy in Sofia

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The author – seated in a wheelchair – invites the Coach of the Bulgarian national wrestling team to attack him.

Epilogue

by Geoff Thompson

These days, a fight after a beer is almost as common as a mint after dinner. In an attack situation, options are useful; from avoiding a confrontation with guile right through to fronting it outside the chip-shop. The choices will be varied and subjective but when your adrenaline is racing and your kneecaps are doing an involuntary bossanova the choice will be entirely yours.

Forget the thumb-lock and shoulder throw demonstrated in countless books and demonstrations that are as dangerous as they are unlikely, if it comes to REAL Keith Kernspecht, with 40 and more years of front line, higher echelon martial arts under his belt, is the man to listen to.

It is, therefore, both an honour and a pleasure to write the epilogue to this marvellous text. Why an honour? Because its author, Mr Keith R. Kernspecht, is one of the most revered and respected authorities on martial arts in the world today. Who wouldn't be honoured to be a part of such a ground breaking and enlightening book? And a pleasure? Because the book knows what it is talking about, and in a hypothetical martial-world of may-bes, would-bes and could-bes that is so refreshingly unusual. When the word 'real' raises its head above the parapet this book and its charismatic author know exactly how to deal with it. Mine is not the subjective view of a spectator; rather it is the objective truth of an old veteran still stained by the blood, snot and dust of the arena. Having been in-

volved in many thousands of affrays – where the winner's prize was that I got to walk away (usually) and the losers ribbon was a hospital bed or, for those less fortunate than I, a toe tag at the local mortuary – I know 'real' when I see it and this book is nothing if not real. Whilst it may be important to have physical artillery in pre-emptive anticipation of an affray it is equally important, in fact imperative, that we also possess the cerebral wherewithal – the 'bottle' to use common British parlance – to fire those bullets when the catalyst adrenaline is shoved down the barrel of our fighting pistols. So many brilliant dojo fighters fall apart like a cheap suit when a fight occurs because they fail to recognise, and therefore prepare for, those all too important seconds before an affray where one must captain the fear before he can control the fight.

Sun Tzu tells us that if we can understand the enemy and understand ourselves, we need not fear the result of one hundred battles. But how many of us truly understand ourselves? How many really know how they are going to react under the most extreme circumstances where our instinct to run may be far stronger than our will to fight? And do we understand the contemporary enemy or are we preparing for the stylised, sanitised and sterilised version that most instructors have us face every session in the training hall? Forget the block counter, it won't happen, forget the shoulder throw and arm bar, it's so out of date the cobwebs are taking over and don't even talk to me about the multiple assailants who wait in turn to attack and only then

with techniques that fit a stylised idea of 'how it should be' or at least how we or the instructor thinks it should be. In fact, forget all the physical stuff for now because, in honesty, that's the easy part. If you learn to hit very, very hard and always first you won't go wrong in most situations. What I am more concerned about is how you are likely to deal with those few seconds before the physical fight even begins, what are you going to do when the assailant is screaming in your face, salivating from the mouth, using the kind of foul language (the initiating attack is often verbal) that is frowned upon in civilised society – or certainly in the training area – posturing, threatening to bite off your nose, rape your wife, burn your house, visit you at work etc. When he is so aggressive that all you want to do is curl up and die, when every single, solitary part of you wants to run for your life. What are you going to do? Well, what are you going to do? Because if you think this will not happen, if you think even for a second that you will not feel all of these emotions and more then you are already sadly deluded and ill prepared for a real encounter. You will feel scared, you will feel like running away. Does your pre-fight training (do you have any pre-fight training?) prepare you for this? Have you developed your will so that it is stronger than your natural instinct to run away? Do you place your training, your system, under the most extreme pressure, the forge training, so that you can experience this phenomenon first hand in the controlled arena? This book, this

marvellous document, dares to ask all of these questions and more, it breaks new ground in the martial arts and bring sense back to the fore where the ridiculous has ruled supreme. It takes you where few authors have ever gone and deals with the areas most either do not understand or are too frightened to broach, that is the pre-fight, the posturing, the fear, the Fence, the much neglected pre-emptive strike, grappling, anti-grappling, in-fighting, and also the post-fight; what happens to the body and the mind after the affray. Like all Keith's work this book is exciting because it doesn't conform, it does not follow, rather it leads, metaphorically speaking it is the Lion of books and not the sheep, and I off course highly recommend it.

Most confrontations are avoidable if you are aware and use your common sense. Situations that can't be avoided can be controlled if you leave your ego in your other suit and you understand your self and the other. For those situations that cannot be avoided you might have to swap some leather. Be the hammer or the anvil as they say. It is at this point in the procedures that a sound background in fast running or hard fighting will come in ever-so-handy, if you find that only the latter is on offer then this book could prove life saving, it will prepare you for all eventualities, of that I am sure.

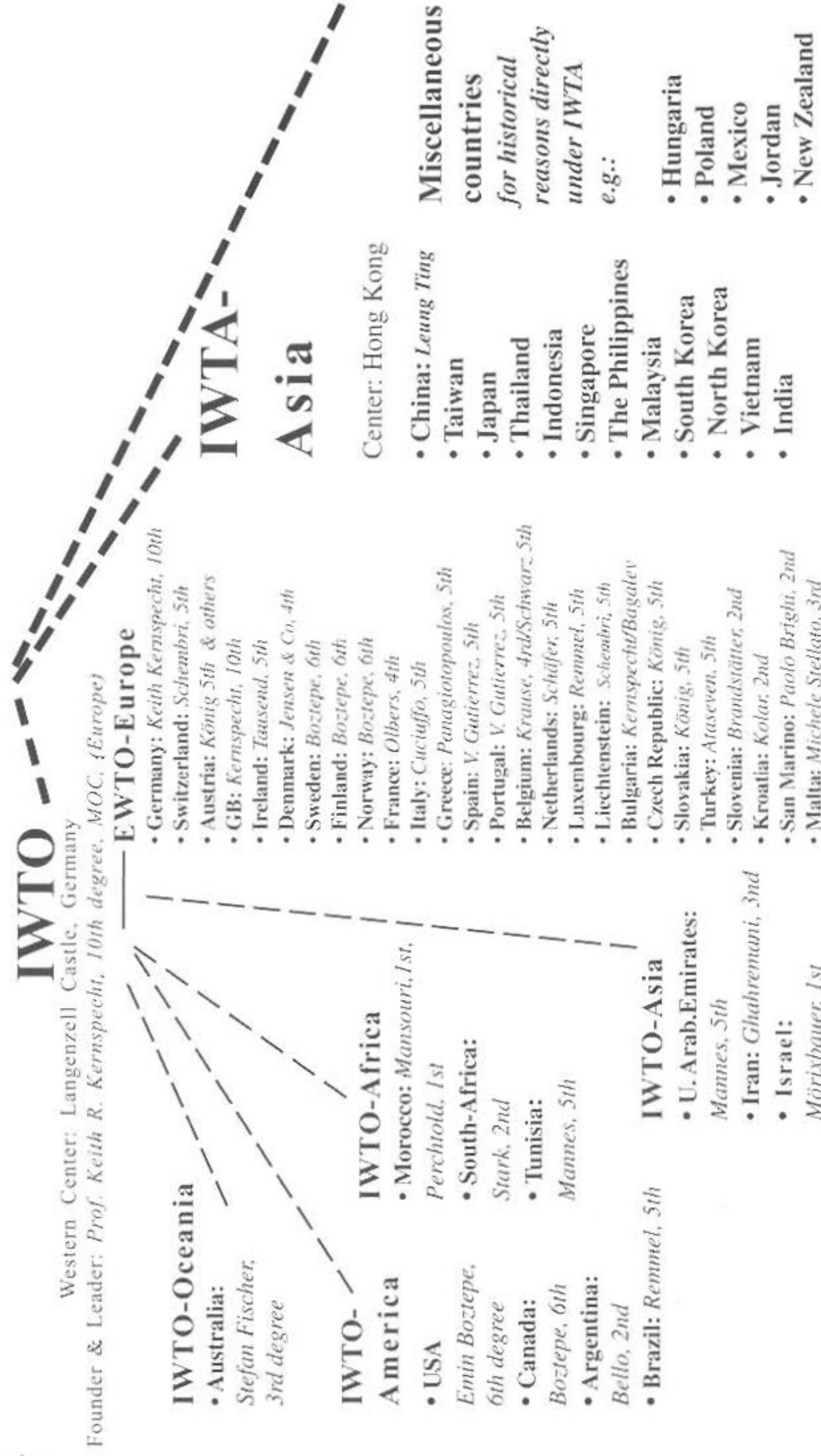
Good reading, Good luck and God bless.

Geoff Thompson, England 2000

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Keith R. Kernspecht



GEOFF THOMPSON:

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It opened my eyes!"***

***It covers so much ground that you cannot confine it to one
style;***

***it is all styles and yet, paradoxically, it is no style.
It is all-encompassing and in my opinion one of the most
comprehensive books on combat on the market today.
Highly recommended!"***

It's a great pleasure for me to be writing a recommendation of this book, *On Single Combat*, not least because the author is a man I admire very much.

But being a nice person, even being a great martial artist, which Keith undoubtedly is, is in itself not enough to warrant me recommending a book about my life's quest, the martial arts. For this the book must really impress me. This did far more, it enlightened me!

At first glance you may mistakenly see *On Single Combat* as being simply about Wing Chun or WingTsun (WT) as Grand Master Leung Ting's system is spelled. After all, the author is recognised as a world-renowned master of the art, but the contents cover so much ground that you cannot confine it to one style, it is all styles and yet, paradoxically, it is no style. It is all-encompassing and in my opinion one of the most comprehensive books on combat on the market today.

I first met Keith in London in 1997, where we spent a day talking about the martial arts and exchanging ideas. It was obvious after only a few minutes that we were very, very similar in our martial arts background and experiences. I felt an immediate affinity and deep respect for him. This may seem odd coming from a former nightclub bouncer whose base system is Shotokan karate, on the face of it Keith and I may seem poles apart, and yet we actually parley the same speak, our

thoughts and views run alongside each other and our belief system seems inseparably alike. How can this be? Perhaps it is because we have both tasted, nay dined upon the bitter taste of adversity, suffering en route the punishing blows of the boxer, the mauling cranks of the grappler and the cripple shooting pain of the kicker. We have also faced down the streetfighter and suffered the mental torment of fighting our greatest adversary – ourselves. Because of this courtship with hardship we both now understand ourselves, which as General Sun Tzu said some 25 Centuries ago, allows us to face 100 battles without fear of defeat.

Another important lesson we both uncovered on our bloody and epic journey was the absolute futility of violence and that a physical response should only be employed when no other option is available. There is a great responsibility that comes with being a highly trained martial artist. When you reach an elevated level of competence you no longer worry about being hurt in an affray, rather you agonise about hurting, even killing an opponent who perhaps needed a point in the right direction as opposed to a poke in the throat.

Therefore, at the master level the art evolves into one of self-control and not one of self-defence. You transcend the need to control others and concentrate instead on the lofty and more worthy task of controlling yourself.

Your training evolves to an internal and intangible level where you kick, box and wrestle with the demons of your own mind and dark energies of the world. When you enter this arena, a commendable task I have to say and not one for the faint of heart, you develop an aura that stands apart from others.

When I first met Keith I was not greeted with the concrete handshake of a man still working on a physical plane, neither did I descry the unapproachable gait of the unsure, rather I found a gentle, confident man with a kind smile, a welcoming persona and the aura of a fighter.

Napoleon once said that the sight of the battlefield after the fight is enough to inspire princes with a love of peace and a horror of war. Keith and I have seen that battlefield and felt that inspiration.

They say that there are many paths to the top of the mountain but from the peak the view is the same. That's why Keith and I have such an affinity and the reason why a venerable Shotokan man is writing a recommendation for a book by an esteemed WingTsun (WT) man.

It is my belief that the two most important things in life are love and knowledge. This author and his book have both in abundance, and I highly endorse them to anyone with self-protection and/or self-development on the physical, mental or spiritual plane in mind.

This book speaks so much sense that everyone should read it and prepare themselves for reality.

Whether you are a novice or an expert, a man or a woman, a layman or a Lord, no matter what your style, colour, creed or disposition, there is something in this book for you.

It could at some time prove life-saving. Highly recommended, the best book of its kind on the market today!

Geoff Thompson

**Karate-Journal,
Germany, about**

"On Single Combat"

I have been involved in the martial arts for more than 25 years and disappointed again and again by so-called self-defence instruction books. Having seen the book advertisement by WuShu-Verlag with its enormous range of topics for the second time, I decided to order this book despite my scepticism. It arrived yesterday, with

a black cover and compact dimensions, 360 pages full of so much fascinating information that I have already read it through in one sitting and have just started to read it again. The author should have supplied user instructions with his book, but as he has not I will oblige instead. "On Single Combat" should definitely be read from the beginning, as it is structured like a novel or journey of discovery in the field of the martial arts. Merely browsing or reading from back to front (a favourite pastime of mine) would be just as wrong as with a detective novel or joke. Speaking of jokes, Mr. Kernspecht's style is refreshingly humorous yet informative, without appearing dogmatic or patronising. In addition to his own knowledge and skill from 40 years of experience the author also communicates a tolerant basic attitude towards other styles which repeatedly conciliates and binds the wounds when he has once again shattered long-held but scientifically untenable illusions.

The university professor Keith R. Kernspecht, who already began practicing the martial arts and weight-training at the end of the 50s and was one of the first Germans to take up Karate with great enthusiasm (*his teachers included W. Popp and T. Suzuki*), has also practiced freestyle wrestling, Jiu-Jitsu, Judo, Kempo, Shaolin styles, Kobudo, Taekwondo, Aikido, Escrima, Wing Chun and WingTsun (WT). Santhas Supastramong introduced him to Thai boxing and Ling Lam, and Bruce Lee's most skilled assistant and 1st student trained

with him in Bruce Lee's non-classical fighting method which later became JKD. In addition to Dan grades in budo styles Kernspecht holds the 4th instructor grade in Philippine Escrima and the 10th Grand Master level in probably the most realistic Chinese close-combat system, Wing Tsun (WT), from which it is well known that Bruce Lee derived his Jeet Kune Do.

Kernspecht is therefore not just familiar with his "own" style, indeed he and his assistants (*e.g. Emin Boztepe, who appears in several older photos*) regularly engage in friendly, "freestyle" training with great experts in other styles. Naturally the author sees things from his own point of view and puts his frequently controversial views forward with conviction, but nonetheless he admires the power and beauty of a Shotokan kata and the artistry of a Taekwondo jump kick. The elegance of an Aikido throw thrills him as much as a hard Muay Thai bout.

But this is not what the book "On Single Combat" is about. Its subject is the hard business of non-judgemental (if that is possible), very, very practical and real self-defence without ceremonies and flourishes. And this is something that Kernspecht, who has taught several hundred thousand students worldwide, among them European and World martial arts champions as well as the self-defence instructors of international elite units (SEK, GSG 9, MEK, FBI, RAID, NOCS etc.), knows a great deal about. Back to the book. Even the first

chapter is provocative and deserves to be read several times. Its title is: *Pure luck – Why traditional methods of self-defence cannot work*. It discusses the information theory problems in self-defence, identification of an attack and the selection of a suitable defence. It analyses decision-making steps or "bits", as each decision-making process costs valuable time. Here Kernspecht proposes: *"The best method of self-defence is the one whose intelligent structure allows you to make as few decisions as possible or none at all!"* The defence time is made up of the reaction time which - depending on the method - is basically defined by the "intelligent" or complex structure of the method, plus the blocking time. Paradoxically, however, the author demonstrates that a punch delivered without warning from close range (i.e. without requiring a step towards the opponent) is faster than the total defence time. Which means that a priori, an effective self-defence is an impossibility. The user of a conventional block & counter method is therefore doomed to defeat for arithmetical reasons alone. This is confirmed by the often ignored phenomenon in full-contact competitions or real fights that one rarely sees a successful block. At least in terms of their ideology, however, the traditional styles stand or fall by their adherence to the block-and-counter approach, which the author describes as "unsuitable methods".

His view is supported by statements from famous karateka like Steve Arneil, 6th Dan black belt Oyama

Karate, A. Pflüger, 6th Dan Shoto-kan Karate, and partly also by Teruo Kono, 8th Dan Wado Karate. To quote Funakoshi: *Karate ni sente nashi*, i.e. Karate does not attack, does not make the first move. Shoshin Nagamine, 9th Dan Shorinryu Karate: *"Karate is the only martial art which does not practice 'sente', i.e. which does not attack before the opponent. Some teachers often qualify this requirement by attacking nonetheless, and calling this attack a 'counter-attack'. But in fact this is inexcusable."* In the author's view, not landing the first blow may be a laudable ideal but is demonstrably risky if one wishes to mount a successful systematic defence. And a systematic self-defence is precisely the point of Keith R. Kernspecht's research. His core question is *"What features should the ideal self-defence system have?"* He does not therefore work on the basis of existing styles, but rather like a car designer who puts certain minimum requirements into a list of specifications and then looks for detailed solutions. Kernspecht's specifications include the following 10 requirements:

1. *The ideal system must be structured in such a way that it can react to all attacks in the same or a very similar manner. Its first movement must provide sufficient protection against all possible initial attacks.*

2. *Because of information theory problems, the ideal system should not have to distinguish between too many characteristics, e.g. height, side, straight or curved, central or*

non-central targets when determining which defensive movement is to be used.

3. *The ideal system must not rely mainly on the eyes to recognise the nature of an attack, otherwise it will be susceptible to feints and dummies and ineffective in the dark or the hectic action of an emergency.*

4. *The ideal system must be structured so that the attack itself gives rise to the defence, and if possible also "powers" the counter-attack.*

5. *The ideal system should not wait for the attack to be launched, but must go to meet the opponent while giving its user continuous protection, e.g. against a kick or punch.*

6. *All the measures included in the ideal system must also offer protection against sustained attacks.*

7. *In the ideal system the defence must as far as possible coincide with a counter-attack which puts the opponent out of action.*

8. *The ideal system must react as soon as a would-be assailant crosses the safety distance or prepares to attack e.g. by shifting his weight. It must be equally suitable for attack or defence.*

9. *It must be a redundant system which applies several security measures simultaneously or successively.*

10. *The ideal system must be quick to learn, expandable (with and against weapons) and meet certain requirements such as 'reasonableness of response', if possible minimal injury of the opponent and the needs of police officers etc.*

In the chapter *"Pacifists, revanchists, aggressors and forward defenders"* Kernspecht examines the relative value of the four types of defence:

1. The pure defence
2. The defence with counter
3. The attack
4. The aggressive defence.

The author only gives the aggressive defence a chance when things get serious, a view he supports by giving examples of historical battles and wars and quoting strategists such as Clausewitz, Mao Tse Tung, Schwendi, Schlieffen, Sun Tsu, Frederick the Great, Moltke, Napoleon and Genghis Khan, as well as Sepp Herberger, Machiavelli, Jack Dempsey, Taisen Deshimaru Roshi, Leung Ting and a former coach of Boris Becker.

This book should be required reading for lawyers, attorneys and judges who are concerned with self-defence law, as it provides a previously lacking, realistic assessment of what is really required to protect oneself against an imminent, illegal attack. Unrealistic Kung Fu and Karate "Easterns" have led the public and the (often rather unworldly) legal profession to believe that it is very easy for a budoka to defend himself against an unarmed attack. Accordingly it has become normal court practice not even to allow the citizen exercising his right of self-defence the minimum means of doing so. In other words, the law recognises an act carried out in self-defence but does not allow the measures it requires. If only to

improve the level of awareness in the interests of all law-abiding citizens who practice the martial arts, one can only wish this book the widest possible distribution.

Given the vast range of material it is impossible to mention more than a few of the topics in the space available, but the detailed chapter on fighting spirit is particularly brilliant.

I am quite sure that "On Single Combat" has already given rise to great changes in the martial arts world and will continue to do so in the future, for anybody can obtain theoretical and practical benefits from this book – whether they are boxers, wrestlers, judoka, Jiu-Jitsu, Karate, Taekwondo, full-contact or Kung Fu fighters, male or female.

For all his forthrightness Kernspecht shows himself to be engagingly tolerant and modest where the various other styles are concerned, e.g. when he tells the reader:

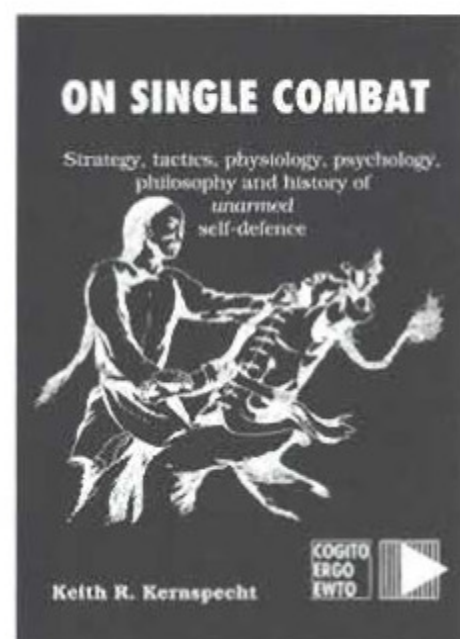
"If just one single aspect of this admittedly incomplete contribution leads to a productive discussion in martial arts circles, then I have achieved my aim, as I am enough of an idealist to hope that any style will develop its full potential in accordance with our motto: Better is the enemy of good!"

Kernspecht concludes with a message for readers who follow other styles:

"Nobody is born as a Karate or WT follower. After a long period of training one tends to identify with one's "own" style, forgetting the extent to which the decision in favour of this style was influenced by

accident, mood or sheer chance at the time, and that one could have learned any of numerous other styles instead."

Kernspecht's book is about practical self-defence. It will cure many a reader of illusions which have nothing to with reality, bring order into his ideas of self-defence and help him to assess the actual value of katas (forms), meditation, gymnastics, basic training, partner exercises, power training, fight training etc.



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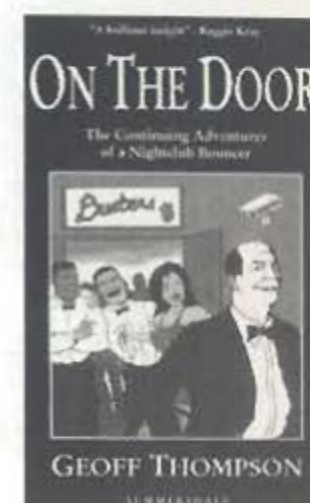
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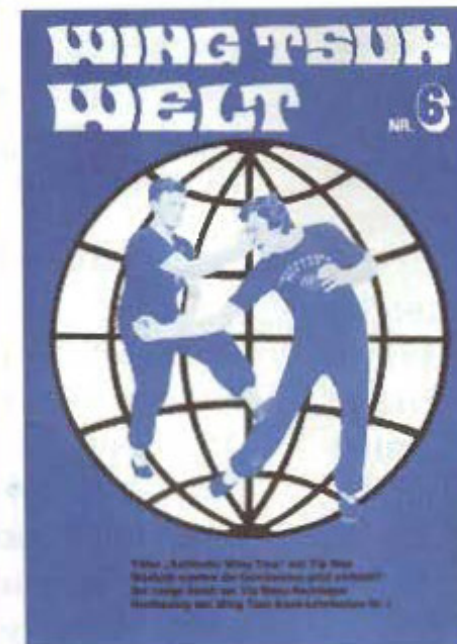
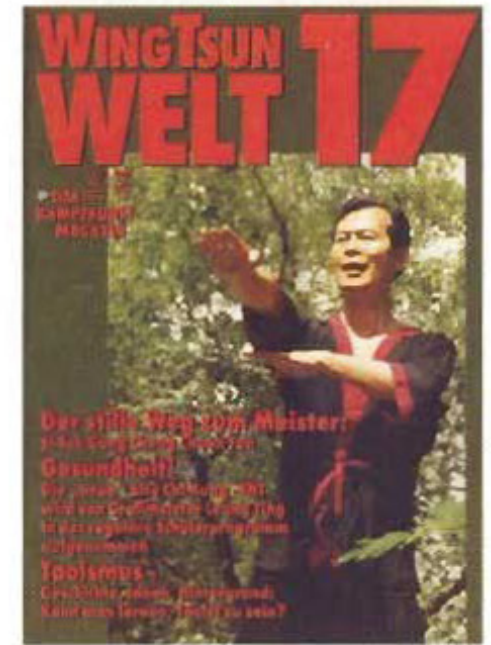
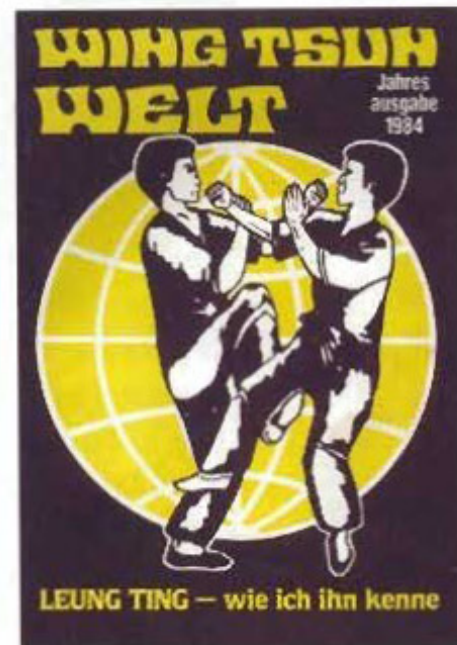
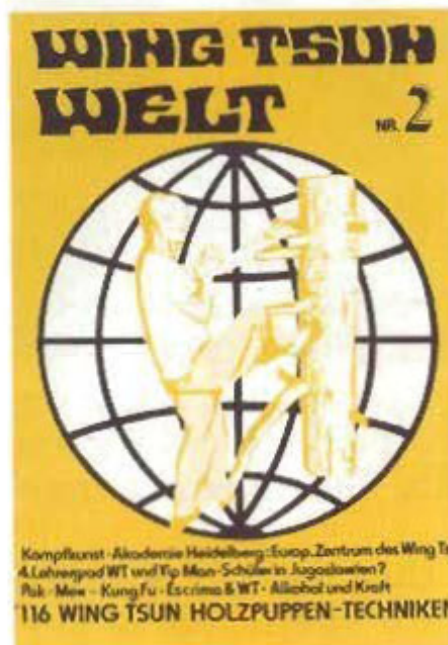
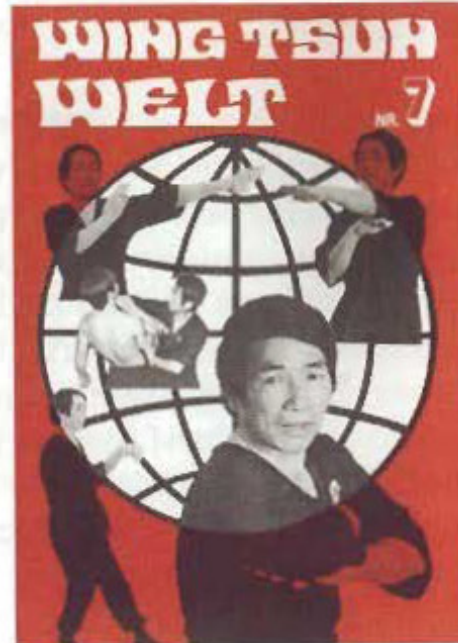
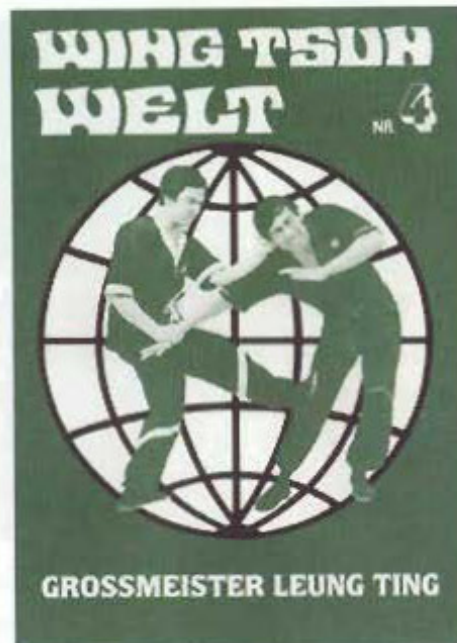
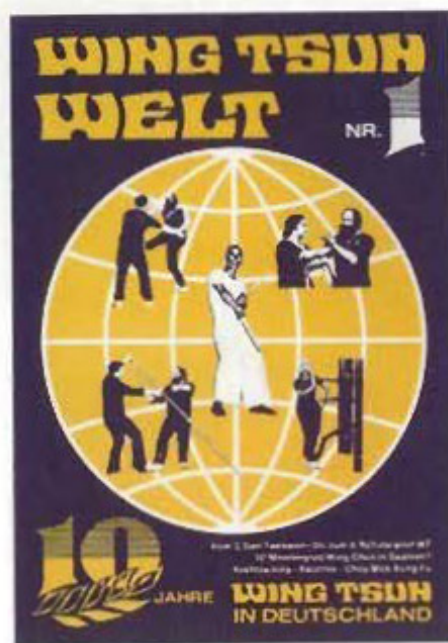


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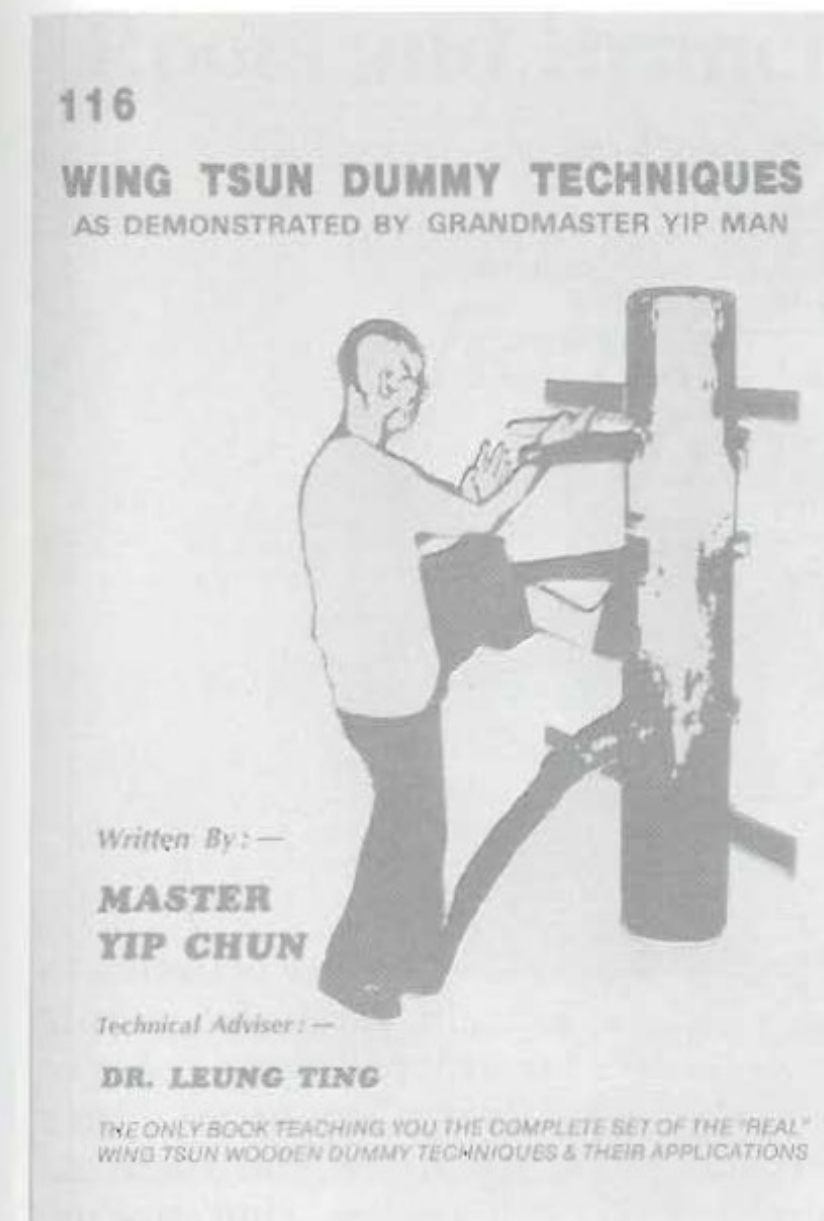
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which the photos used as illustrations were part of the collection of my father. I really didn't know how he got these photos. What makes me sick is the disorderly arrangements of the materials, and the incorrect and incomplete explanations and demonstrations. That book will surely blur the image of my father, and lead readers into misbelief of wrong techniques. That is why I find it necessary to publish my own book.

I wish to thank my kung-fu brother Dr. Leung Ting for offering his opinion throughout the planning of this book, and helping me in every way when putting into print.

It is my sincere wish that readers will find this book helpful not only as a reference book of martial arts, but also as an indispensable aid while taking courses of Wing Tsun Kung-fu.

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The 116 WingTsun Dummy Techniques is the name of a book being planned for publication ever since the death of my father, the late Great Grandmaster Yip Man.

I feel it my responsibility to put into print, the techniques of the wooden dummy, which form the essential part of WingTsun Kuen, and to allow the readers and enthusiasts of martial arts to understand, through the aid of a set of photos the ways of applying these techniques. However, publication of the book was delayed, because I was aware of the fact that many fellow tutors of Wing Tsun Style were teaching the Wooden Dummy Techniques in ways quite different from those my father taught.

The appearance of the book might, as I thought earlier, make these tutors feel embarrassed.

During the past year, a tutor edited a book in my name, in



While conducting a class of Yugoslavian students, who were planning to organize a tournament of full-contact WingTsun Kungfu, I was also writing some teaching notes for their instructors. Later I mentioned these notes to some other headstudents of mine in certain foreign countries. They immediately showed their interest and concern in these notes, and asked me to print some of them for use of teaching in their gymnasiums. That gave me the idea of writing a second book on WingTsun, not for those who have already obtained knowledge of WingTsun Kungfu, but for readers who are just interested in reading it. I decided to give it the title "Dynamic Wing Tsun Kungfu". To enable readers to acquire knowledge of WingTsun Kungfu step by step, I wrote the book according to courses of instructions. Though there are only thirty-six chapters in this book, individual chapters in it include comprehensive programmes of training. For beginners, some of these programmes will take more than a week to complete if an individual trainee undergoes training two hours to three hours per day for five days a week.

Nevertheless, any student will be able to get progress in these fighting techniques within six months to the most if he follows the steps as shown in the book and learn with patience. It is the sincere hope of me and my co-authors that readers of this book can get their best help from it.

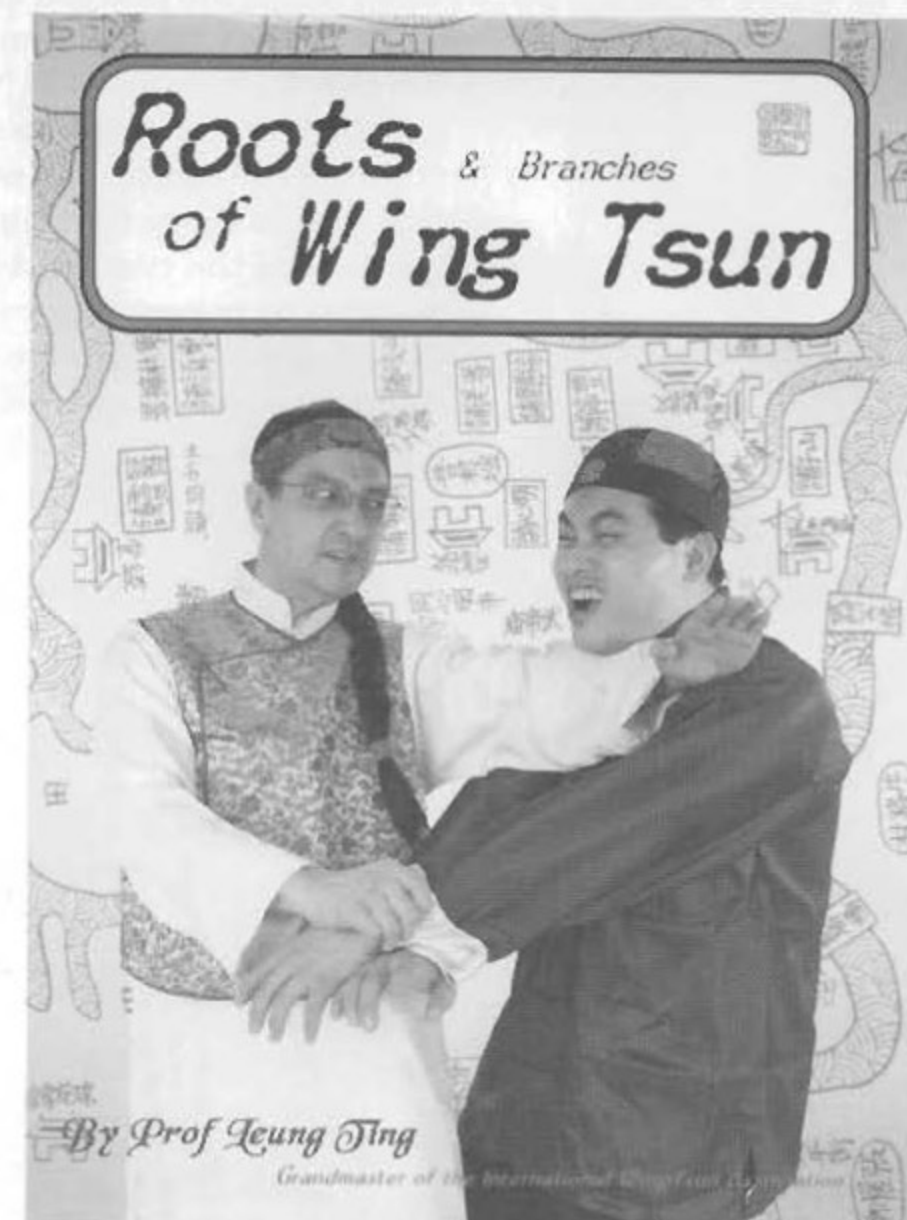
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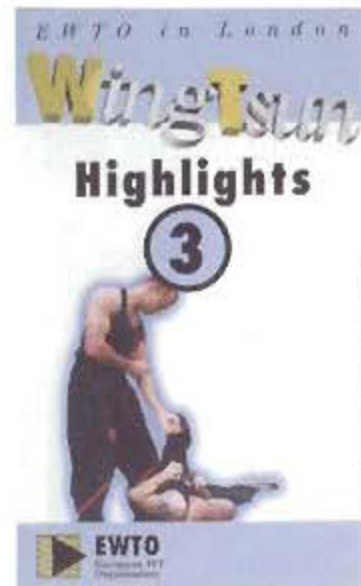
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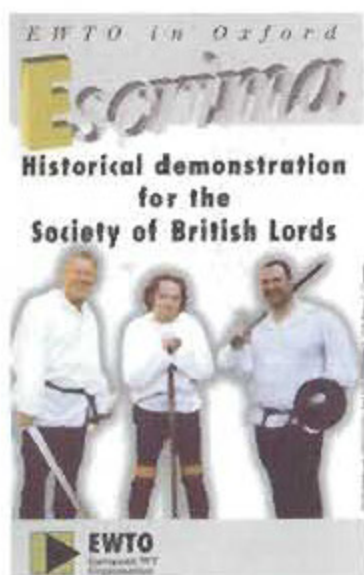
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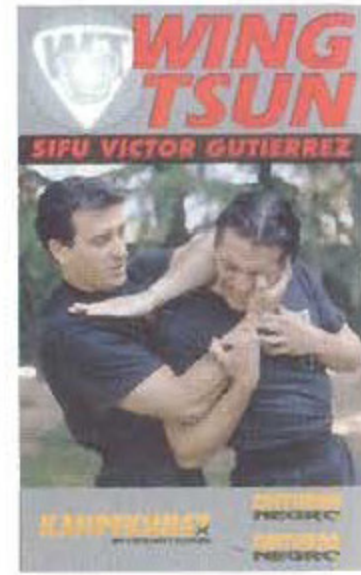
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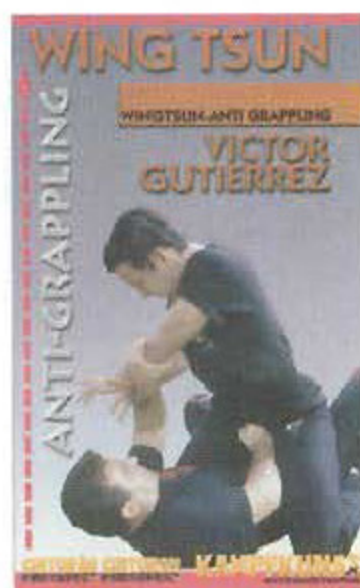
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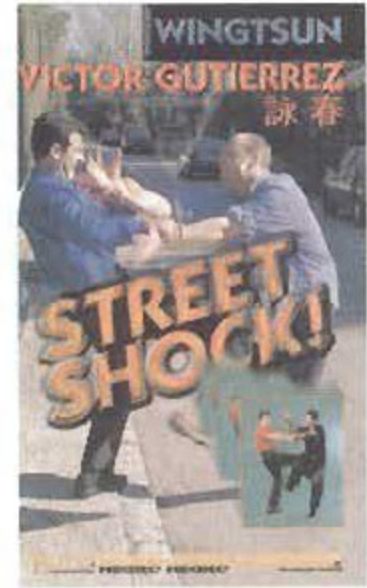
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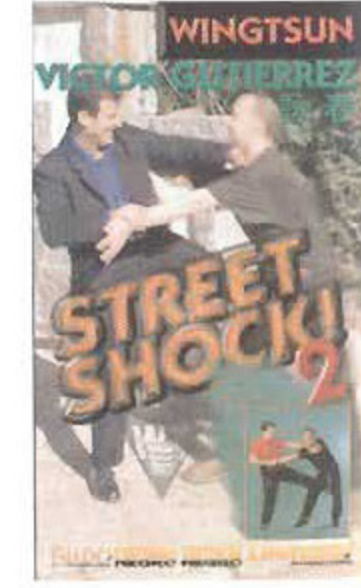
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