



MULTIPLE ARMED ASSAILANTS

Module 9

This outline applies to situations where the fight looks like it is inevitable. That is, you have tried tactics to defuse the situation (such as: being considerate, using distractions, using assertive voice or stance, acting crazy, leaving the situation, etc.) or the situation occurs too quickly to try such tactics.

Armed Conflict:

For you to consider and evaluate: **Physical Factors**

Distance between yourself and your opponent needs to be optimized so that you can attack without them being able to do so effectively.

Regulate your timing, rhythm, and speed. Don't get locked into your opponent's timing.

Keep centered and in balance (both posture and stance).

Capture your opponent's balance.

Take advantage of momentum to create openings.

Protect your center-line while opening up your opponent's centerline.

Stay mobile and fluid. Remember to relax.

Make your movements efficient to eliminate "telegraphing".

Techniques should come from your entire body. Connect your techniques to your hips and to the ground.

Use simple, low commitment techniques. Just because a flying, triple roundhouse kick to the head works in the movies doesn't mean it will in reality. Even if it does, there are probably more energy efficient ways to accomplish the same goal.

Remember to breathe.

Consider your environment including improvised weapons.

For you to consider and evaluate: **Psychological Factors**

Remain calm and unperturbed (abdominal breathing helps)

Maintain feeling of mental centeredness

Have positive attitude Keep your mind uncluttered and unattached; stay focused

When practicing think of the above. Also consider your size, speed, and reach compared to your partner's.

Make small movements; the larger your movements, the larger the opening you give to be attacked through.

Coordinate your movements for maximum power and efficiency.

Play with distances where you can attack and defend but your opponent cannot.

Also play with distances to optimize your skills whether these are percussive techniques or grappling techniques or both.

Use your surroundings to your advantage where you block your opponent's movements or where you obtain improvised weapons.

Try combinations of techniques varying timing, rhythm, speed and targets.

Work on flow of techniques from one to the next; find combinations that work and feel right.

Conserve energy, you never know how long or how many people you will fight.

Learn to see and exploit openings and to make openings.

Learn to displace your opponents' center and to stalk your opponent.

Learn the use of feints. Attack attacks. Stay loose and flexible in body and mind.

Be like a snake coiled to strike or a cat ready to pounce.

Finally, with these ideas try to be at an advantage and place your opponent at a disadvantage. Remember that on the street, escape is always a viable option to consider.

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How would you mentally and physically deal with multiple armed assailants what physical and Psychological Factors you should consider.

Right down some of your ideas:

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Notes: