

**R4NGER5
SELF DEFENCE
COMMON SENSE GUIDE**

Introduction

This book acts as a guide for personal self-defence. All elements contained within are taken from tried and tested Martial Arts systems, although they disregard uses and techniques that require a greater understanding of the physics of the human body, of which can only truly be understood with years of study and experience.

The use of basic hand striking and kicking techniques will be discussed, all used with a basic understanding of vital body striking areas, simple balance breaking and manipulation, as well as footwork and environmental awareness.

An emphasis on personal health and fitness will be made, as the martial techniques herein are simple and few, and the scenarios discussed for their use will require speed, efficiency, a reliable body and physical advantage over the average person.

Discussion on the psychology of attackers and defenders will be made, as well as teachings in tactics, strategies and general common sense to be used in a number of self-defence and combat situations.

Regarding Traditional Martial Arts And This Guide

It is thought that traditional Martial Arts can only be made useful after a lifetime of study and practise, therefore the common person with little time in a modern society can not become proficient enough to use traditional systems affectively. This is a misunderstanding that can be corrected with knowledge of the history of Martial Arts, specifically the combat systems that this guide is developed from: East Asian Martial Arts.

The first combat systems are most commonly believed to have been developed through the transmission of Buddhism and meditation from India to China, as those who understood the religion also understood Indian fighting arts. These early Martial Arts would have then been refined by Chinese traders, who used them to defend themselves against bandits while travelling the trade routes between India and China.

This is an oversimplification of the history, but it outlines an important point: Even before these Martial Arts systems reached military hands, where they were greatly improved upon and changed to suit battlefield conditions, and ultimately becoming the complex systems we know today, they were young and simple, yet still useful. They were effective in defending the common man, the trader and the peasant, from a dangerous foe. All without a lifetimes worth of training. Human society and interaction has not changed greatly during all of this time, and these simple, yet ancient techniques hold strong in today's modern world.

Yet it is still important to understand the relevance of a life dedicated to the continued study of the much more complete Martial Arts. Even though the simple combat techniques of this guide can be effective, those of complete disciplines are much more greatly so. Combat, combined with psychology, strategy and discipline, learnt and used over time, make for a powerful tool.

The information in this book can be described thus: Any man can aim and pull the trigger of a gun, they can injure and kill a living being. But only a skilled hunter understands that this tool is just one element of the hunt. Patience, cunning, understanding prey and it's environment, understanding weather patterns, understanding wind direction and stealth are all just as important, and their use is only understood after long practise with trial and error. With all of these elements combined, the hunter's rate of success increases to a higher percentage. This book, in this sense, gives only the gun and the ammunition; and successful use of these tools is made more difficult without a broader knowledge base.

The understanding of restraint, both emotional and physical; understanding ones own body, both its limitations and strengths (and therefore understanding an enemy's); understanding equal levels of reciprocation in regards to defending against an attacker in a society of laws; and understanding the close bond between Martial Arts and ones personal spirituality; all of these elements of the Martial Arts that take many years to understand, and which improve a persons combat abilities greatly, can not be carried across into the simple guides that this book holds.

In that knowledge, it must be taken that all information transmitted in this book not dismissed or disregarded. It may not be understood completely, but it is important in order to ready an uneducated person for dangerous situations in a short amount of time.

Regarding Self-Defence

It has always been difficult to know who could be a potential assailant in the modern world, impossible to have definite knowledge of people and places that pose a threat to a person's personal safety. As places change constantly, so do people. One geographical location may harbour more crime than another, but this can fluctuate and change over time. This is disregarding extreme cases, such as gang related warfare and territorial conflict, homes to oppressive organisations and even places of war. It is also true that a person is most likely to be confronted with problems in lower income and poor areas, but this may not always be the case.

So with this uncertainty in mind, you should always be aware. Aware of your surroundings. Aware of people in the current location, as well as their proximity to you. Judging body language of those around you is also important, but this is a much more complicated matter. These things are all external awareness', and important when judging how to avoid dangerous situations, which is the greatest form of self defence. But it is just as important to think internally. Not just how you perceive people and places, but how others perceive you also. What this means is that a potential assailant, a mugger or sociopath, may regard the image of one person to be a possible target of violation over a contrasting image. Having an internal awareness means to not present an image to others that could be interpreted as weak or provocative, which could mean becoming a target of crime.

To greater understand "image", it is important to understand how an enemy perceives a target: Would risking confrontation with a potential victim be rewarding to the assailant? Are these potential victims visibly carrying items of worth, such as wallets and purses, handbags, phones, music players, jewellery and even items of clothing that make a distinction between someone with money and someone without? If so, do these people appear physically strong, mentally present and aware, confident or oppositely - evasive and nervous? Are they travelling alone or with a group? Are they dressed in clothing that could hinder escape from danger? Are they encumbered with heavy load? Do they appear tired or alert? Are they drunk or sober?

Any number of these issues would be judged, and a target would be decided upon. In the cause of self preservation and self-defence, it is important to not appear a target. Therefore, reducing these prerequisites for confrontation must be made.

Do not use phones in the open without true need, this includes both to talk or to "text". Talking may appear safe, especially considering that you are interacting with another person (a psychological trap, making one feel safe in imaginary numbers), but this puts focus on conversation instead of your current task or journey, and distracts your hearing from that of the environment around you. Sending messages via text takes your eye away from your environment and people, distracts your attention and other senses. Both talking and "texting" also put a possible expensive piece of gadgetry on show to an assailant.

Using an audio device such as an MP3 Player is again like a phone, a piece of gadgetry that could be a lure for a mugger. The dangers in the use of audio devices are also similar to the phone. Most people wear headphones, which takes away the sense of hearing from everything besides the audio. It may be thought that problems with an audio device can be remedied by using a lower sound volume, or even only the use of one ear piece instead of two, but the headphones themselves act as a tell for the existence of the device. A person using the device, although it is concealed, can be identified with the visible output that are earphones or headphones.

Other gadgets and technology, such as portable gaming machines, video players and so on, all carry the same dangers as the two previous listed items.

Expensive clothing and jewellery is another tell of someone possibly with money and items of worth. It is important to remain humble in fashion.

Fashion style is also important when considering the sociopath. As we live in an ignorant and often times an un-accepting society, wearing certain styles of fashion are seen as outside the norm, and therefore worthy of violation.

Reducing all of these material things that help shape a persons image can help reduce the chance of confrontation with an assailant, however, all people should be free to do, say and appear as they wish to and not be afraid. These issues are not brought to light as a means to instil fear, but to bring a greater awareness. An understanding that even these seemingly simple elements can affect an enemy's perception of a person, and even affect a person's personal safety, whether it be their safety within an environment or from an enemy.

With that, one more question should be asked. Is it only these material things, these signs, that make a person a target for violation? The answer is no. These are judged by an assailant, or at least the more cunning assailant, only after judging the psychology of a possible target.

Judging whether a person appears to be confident or not, or capable of handling dangerous or usually unnerving situations, helps an enemy choose a target. A man who walks with purpose, and looks confident. Someone who stands tall and straight, expressing their chest and not allowing the shoulders to slouch. This looks to be a person best not dealt with, much harder to subdue or dominate. But a person who appears to look weak of character, nervous, slow-witted or unaware, someone who does slouch and appear to recoil from the world. This person is a prime target, easy to manipulate in a confrontation.

Having a confident psychology is not just a defence against criminals and sociopaths, but also against oppressive regimes. A person who is confident is less likely to appear weak, anxious or suspicious. Therefore less likely to appear as a target for these oppressive organisations. It should also be noted that a person should be mindful of the law, as to not allow a reason for these regimes to criminalise and dominate them.

Lastly, it is important to be mindful of your interactions with others. Bare no ego, avoid unnecessary confrontation, whether that be spoken or physical. Do not be so quick to judge or to demonise a person, or do anything that would create an instant opposition. And do not involve yourself in matters of others that could endanger your health, unless absolutely necessary as to protect yourself and those close to you.

To summarise:

Be aware of the things that could make you a target, but do not be afraid of using those elements.

Be confident, both inwardly and outwardly.

Be mindful of the laws of the land.

Have no ego.

Do not needlessly endanger yourself or others.

This all adds up to a great part of one person's self-defence, even before entering a combative

situation.

If a confrontation does arise, it is important to do everything in your power to remove yourself from danger, and to avoid a physical situation. Giving up items or money, if it will save your life, is to be done immediately. If the situation becomes violent, but there is a way to escape without your own use of violence, then escape to safety. Only when harm is done or attempted and no other alternative presents itself should you react physically in self-defence.

Regarding Health

Adequately defending ones self, or taking part in combat, requires the physical ability to do so. Strength, speed, flexibility, reflex, endurance and stamina are all elements needed to give an edge over the common man.

It is suggested that having a balanced diet, with a healthy consumption of raw vegetables is best. Having a chemically balanced body through good diet will help when developing a physically capable body.

Jogging or running regularly, walking daily, all help develop stamina and endurance, as well as building muscle mass in the legs and abdomen. Using light weights or dumbbells will strengthen the upper body. But most importantly is to regain and maintain a natural suppleness, flexibility through daily stretching.

Strength, speed and stamina are important for overcoming an enemy when using a limited martial knowledge, but flexibility is much more so. Without flexibility the ability to manoeuvre, leap, lunge, vault and evade are much harder. Meaning evading attack, escaping a pursuer and successfully moving through the environment becomes much more difficult.

Regarding Strategy

Environment: It is easy to misjudge a combat experience as only involving two or more combatants and the technical skill they use. Pure physical technique versus physical technique. This means the better combatant is usually the person with the most fighting proficiency. This may well be true when defined in this two-dimensional space, but combat does not just encompass two people attacking and defending, it involves the environment and it's various obstacles too.

Your ability to successfully overcome the problem of a combative entity should include use of technical skill, physical advantages and environmental strategy. How does the immediate area affect the outcome of a confrontation? Is the ground obstructive? Can you or an enemy trip, lose balance or fall? Is the confrontation happening in a narrow or wide space? Are there available weapons, such as bottles, poles or sticks? Is there displaced ground, ledges or stairs? Dips or holes? Being aware of these things and utilising them becomes a great advantage over an enemy or enemies.

These things are to be considered also when escaping an enemy. Are there ways through an environment to escape? Walls to climb or vault, safe passages to travel through? Areas you may understand to not be safe to move through without prior knowledge, and therefore dangerous to an enemy who lacks this knowledge?

Understand that shoving or luring an opponent over an obstacle, or into a potentially dangerous environmental prop, can be as affective as striking the opponent. And understanding that the enemy may be aware of this too can help defend against similar tactics. Environmental awareness is key.

Multiple Opponents: Dealing with a single assailant has one basic rule, and that is to not turn your back to your opponent. As long as the enemy is in full view, you can judge their actions and react accordingly. Defending against two or more opponents makes this rule much harder to follow, as the assailants can manoeuvre themselves out of your line of sight and in to angles of advantage.

It is important that a group is not allowed to surround you, or be allowed to attack simultaneously. This can be accomplished by either constantly manoeuvring yourself, not allowing opponents to move around you, forcing them to deal with the situation one at a time. Or to manoeuvre yourself into a static position where they can only attack one at a time, possibly between a doorway or narrow passage, or over ground that does not allow for spreading.

Most people are at their most confident as a unified group, they believe themselves strong in numbers. Even though a number of opponents are a great danger, the psychology of this is weak. Remove an important member of the group, one link, and the chain falls apart. This may unfortunately not always be the case, so defeating a portion of an attacking group may be necessary in order to force an enemy in to flight.

In all cases, being able to force a retreat or having to fight an entire force completely, it is important to find advantages within your environment. Showing that you have a greater advantage over an opponent casts doubt in their minds, creates hesitation and weakness, thus making it much easier to defend against.

When tackling one or more opponents, it is always best to not allow their situation to become desperate. The assailants have *chosen* to attack you, the attack is not a must. Therefore, allow an exit for the enemy to consider when their success becomes doubtful. Do not allow for the opponents to commit themselves entirely to the act, as their determination can allow it to become much more dangerous.

No matter what, winning or losing, do not lose your composure. A calm mind is necessary in order to judge your circumstances and adapt flexibly. Always maintain your advantages in the environment when confronted, do not allow cockiness or fear to drive you out. But if escape safely offers itself, retreat.

Regarding Balance and Correct Footwork

Understanding the importance of maintaining good balance and footwork means to understand how important it is for an opponent.

In regards to balance there is a basic rule that should be followed: The head and hips must remain aligned, sitting above and below each other within a persons centre of balance.

If the head is displaced in one direction from its alignment with the hips, balance is shifted towards it. And vice versa, if the hips are displaced from the head. This can result in unintended movement or a fall. This means that leaning, bending from the waist and overreaching can become problematic in many instances. When undertaking a task, whether that is evading, striking or grabbing, move the whole body. Head, hips and feet. If lowering the body, to pick an object up or duck down, bend at the knees and keep a straight back to maintain balance.

Footing is important for balance too. Knowing not to over step, weakening your centre of balance, is important. A person, when stepping, should always step the same distance as when walking naturally. Also, with one step should always come a second, allowing the other foot to follow. This ensures that no unbalancing occurs.

It is also important to step purposefully, not dragging or sliding your feet across the ground. With sliding and dragging, catching and tripping on low lying obstructions can happen.

To summarise:

Maintain an alignment of the head and hips down the body's centre of balance.

Do not over step.

In moving one foot, the other should follow.

Do not make exaggerated movements, like overreaching or leaning.

Do not drag your feet.

In knowing this, that these things can affect your balance greatly, it can be understood that these are also concerns for an assailant. Know that striking, grabbing, pushing and pulling these areas of the body can manipulate someone's balance in your favour.

Weapons Of The Body

Body weapons are what an unarmed combatant uses to strike an opponent. A body weapon could be a punch, a slap or a strike with the palm of the hand, a knee or a kick. It is important to know how to correctly strike in a confrontation that threatens your personal safety, because a strike that can injure an assailant can also cause self harm if performed incorrectly. For example: incorrect use of a punch can badly damage the knuckles.

This segment will list and describe a number of body weapons and their correct usage.

Punch: The punch is a very common strike. Four fingers are clenched into a fist, the thumb is then tucked in and over the fingers. Striking is performed with the knuckles.



Fig A.1



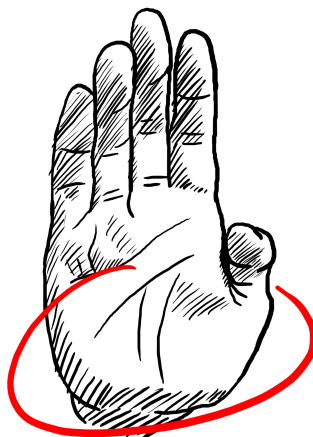
Fig A.2

It is important to not tuck the thumb under the fingers, as pressure to them may cause damage to the thumb (Fig A.2).

A punch, although likely used to attack many targets, should avoid striking hard areas of the body such as the face, head or major joints. It is safer to strike softer targets, like the stomach, groin, ribs and solar/ celiac plexus. Due to striking with the knuckles, which have a small but hard surface area, soft targets can be penetrated and affected greatly.

Palm: Where the knuckles apply a much more piercing force, a strike with the palm applies a blunt force over a larger target area. Striking with the palm is a much safer alternative to the fist, able to strike soft targets, but is better utilised against those hard targets that the knuckles are not suited for.

To use the palm, all fingers and the thumb must be opened out and the palm expressed by bending the hand backward at the wrist.



Elbow: “Elbow” is loosely used here to describe two separate striking techniques. One strike using the forearm, and one using the back of the elbow. Neither directly using the point of the elbow.

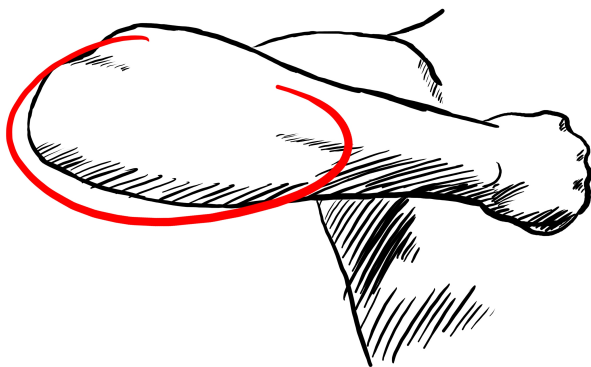


Fig B.1

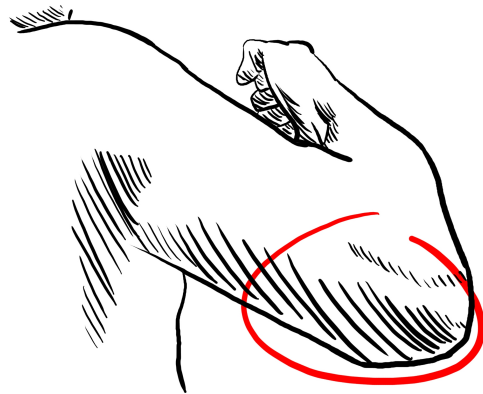
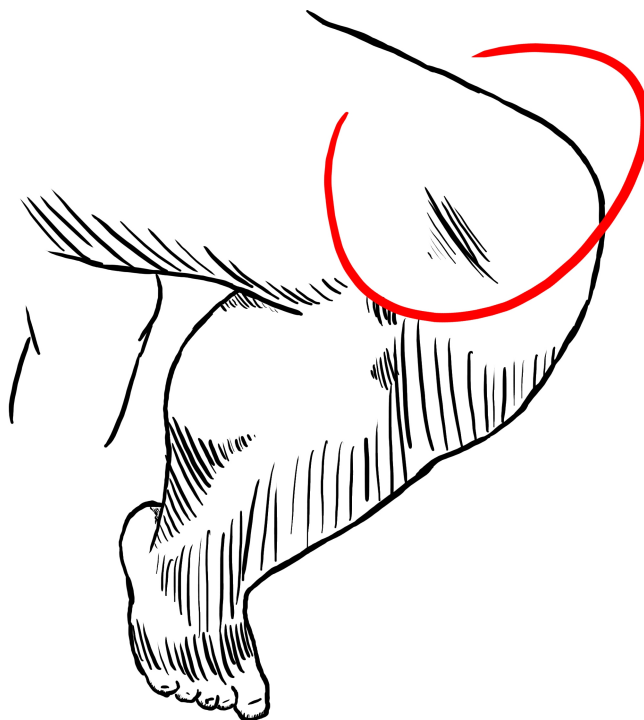


Fig B.2

Striking with the forearm (B.1) is best used at very close range, applying the strike against the head, face, neck and ribs. Striking with the rear of the elbow (B.2) should be used at close range on an attacker who approaches from behind, attacking the same areas as the forearm strike.

Knee: Striking with the knee should be something targeted at soft areas on the lower body. Preferably the groin, thighs and lower abdomen.



Kick: Kicking, in order to maintain personal balance, is best not used above the waist of the opponent. Depending on the technique, target areas can vary. Striking with the instep (C.1), should be used against soft targets such as the thigh and groin. The ball of the foot (C.2) can be used to attack soft targets, but is useful against harder areas like the hips and knee joints. Finally, the heel (C.3) can be used to attack soft and hard targets, but is best targeted at very low targets from the

knee down, such as stomping to the foot.

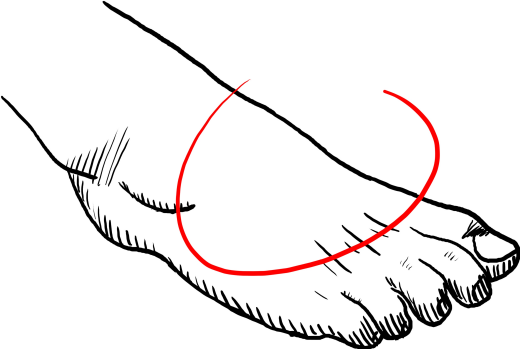


Fig C.1

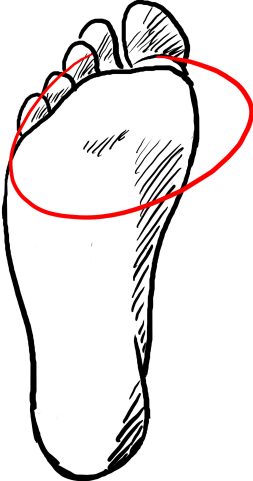


Fig C.2

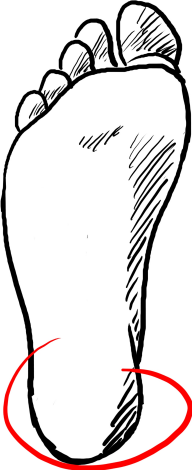


Fig C.3

Physical Defence and Basic Grappling

Used beside striking techniques, other defensive methods should be observed when in a physical confrontation.

Defending the face, head and upper body with the arms, commonly called a “guard”, is important. This requires the arms to be raised in front of the upper body, used like a barrier or obstacle to stop an enemy's attack. When attacks are made, the hands and arms can deflect and block. This guard also places your limbs in a position to be much more quickly deployed in striking against an enemy.

Understanding grip is also important to self defence, as many assailants may grab to restrain a victim. In the most simple terms, human grip is made strong by the thumb. If attacked with a grab or restraint, attacking and weakening or breaking the thumb will help release the grip. Also counter gripping the thumb and removing it much more directly is affective, this also makes the enemy's thumb vulnerable to locking and breaking.

On the subject of grabbing: grabbing an opponents arm or shoulder, collar or neck or other places on clothing, can allow for controlling movement of an enemy and help break balance, it can also help in stopping the production of attacks against you. One other use for grabbing and controlling is to keep the target stationary, or reduce evading speed, so with a free limb an attack can be much more easily applied.

Practical Use of the Basic Self Defence (Combining all of the Parts)

With all of the information gathered in this guide, it would still be difficult to handle a situation that requires self defence, or the defence of others. How do all of the parts combine to become useful knowledge?

When stuck in a combative situation, where retreat or diplomacy have failed or are simply just not possible, it is important to keep calm and rational. Remember about the image you present, showing that you are not an easy target, but also that you are not in favour of a physical confrontation. This is a passive diplomacy, where you are not talking the assailant out of the confrontation as this may have already failed, but continually presenting yourself in a light that gives the opponent the option to exit the situation. The guard should be raised for protection, but instead of a typical fashion taken up by many, raised fists, raised hands should be presented in a “hands up” position. Open hands are a common sign for submission or yielding, but are also a sign that warns others to keep distance. So you demonstrate your unwillingness to fight, as well as your unwillingness to allow an aggressor to approach. Unknowingly to an opponent, this is a position of readiness, as any attack can be made by you, or defended from by you much more easily as your guard is already deployed.

At this point, we will assume an attacker has not backed away from the confrontation, and that the situation has escalated. When actual combat ensues, it is important to maintain the guard, making it difficult for strikes to be applied to your head, face and body. It is also important to understand that a fight is not the cause of action you want. Fighting means to go “toe to toe” with an opponent, to both give and receive hits. The cause of action to be undertaken is actually to end the confrontation as quickly as possible.

Look at the opponent's throat when involved in combat. This allows for a large amount of detail to be seen in your peripheral vision (opponents hands, legs and so on). When an opponent attacks, keep the guard strong. Block the attack with the arms, using a now clenched fist to strengthen the muscles and protect loose joints; or grab the attacking limb and restrain. Both methods will create an opening in the opponents defence, allowing for a countering strike. Do not be afraid of injury, do not hesitate or flinch away. Use the opening and strike with any free and available limb.

Strike the jaw, ear or temple with a palm, as well as the nose. With a fist, strike the ribs or the solar plexus. If a grab has been made prior to a counter attack, use this to displace an opponents balance via pulling or pushing, or with rotation of the enemy's shoulder joints. This, combined with striking, is a good way of forcing an opponent to the ground.

Kicking at the knees or stomping the feet of a particularly aggressive or difficult assailant will benefit you greatly.

If grabbed or partially restrained, do not fight the restraint purely with strength, strike the target at a weakly defended point (as their hands and arms are occupied with the grab). Be sure to strike an area that will severely weaken the assailant or remove the restraint completely (solar plexus, kidneys, groin). Or apply strikes to the hand and arm making the restraint (thumb, wrist or elbow), to weaken the hold or break it completely. Once broken, an opponent can be retreated from or defeated completely.

In the event of falling or being pulled to the ground, it is important to defend the head, which is a common target; and to constantly move, taking yourself out of harms way on the ground and allowing for returning to standing. It is of the utmost importance to remove yourself from the ground.

Just as on the ground, movement while standing is important. Remaining stationary presents an easier target to attack, whilst moving allows for failed attempts on your person, it also acts as a means to lure a committed attacker into a counter attack or into environmental dangers.

All of these methods should be studied and explored in a safe environment. Practising with punching and kicking bags, or with a partner in a controlled setting is important. Training with resistance from a partner will help develop the understanding of what difficulties a real opponent may pose to you, as well as an understanding of how to deal with them.