

Part 2 of 3

# Self-Defense

by Jeff Wade

We have a very simple but effective self-defense program at our Martial Arts school. Contrary to what one might think, it has little to do with the styles of martial arts we practice. It has more to do with understanding the thinking of the violent criminal as well as what has worked in the past to escape from them. It is important to note that we do not condone fighting, which we define as a physical contest used to resolve a less than life threatening dispute. We do condone self-defense, which we define as the use of physical or even deadly force to prevent serious harm or death to ourselves or others. This article is the second of a three part series: Mindset, Body Weapons and Improvised Weapons.

## Part 2, Body Weapons:

### 1. YELL FOR HELP:

The real weapon here is OTHER PEOPLE! Many victims have been harmed or killed, whimpering for mercy from the merciless, when help was but a shout away. When threatened with violence, whatever else you do, scream for all you're worth! Supplements to yelling are calling 911, speed dialing anyone (so there is a witness on the line as you shout out a description, location, etc), and banging on cars to set off the alarms - anything to attract attention. Violent criminals do not want witnesses, nor do they seek a fight. They select smaller, weaker, unsuspecting, cooperative quarry. The moment you start making trouble by attracting attention and fighting towards escape, their plans are drastically altered. A challenge is not what they seek, so it's much less trouble for them to move on to easier prey.

### 2. BITE:

I was once told by Peyton Quinn, a bouncer, CIA operative and Vietnam veteran: "Of all the fighting techniques I know, biting is the only one I've never seen fail to elicit a response." And a response is all we need when our objective is escape, not winning a fight. Yes, biting is disgusting. But when fighting for your life with a violent criminal, your choices are reduced from "good and bad" to "bad and worse!" Bite, as hard as you possibly can, escape, and then when you get to safety find the nearest bottle of Listerine.

### 3. GOUGE THE EYES:

I, at over 6 feet tall, a 6th degree master of Taekwondo, once lost a "Steal the Flag" contest with a five year old. That's because the one stipulation set by the tournament judges was that I be blindfolded. Without the gift of sight, it's tough to accomplish much of anything in combat, especially pinning down a screaming, biting, scrapping, unwilling target for the purposes of violence. Taking out the driver's eyes works especially well if you find yourself trapped in the backseat of a car. Of course, you can also scream into his ears, bite, and come over the seat with everything you've got. Yes, the car is likely to wreck, but better to take your chances in a car accident than discover what's in store for you at Crime Scene #2.

**Yell for help, bite and gouge the eyes. Anything to create an opportunity to ESCAPE!**

Master Jeff Wade is the 6th dan Chief Instructor and owner of South Miami Martial Arts. He teaches primarily Taekwondo and Aikido. You may reach him at 888-585-KICK or on the school website at [www.MiamiTKD.com](http://www.MiamiTKD.com).

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