

Practical Self-Defense

(Goshin Jutsu)

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In real life self defense situations, many of the classical techniques taught in martial arts programs are not workable. This may be due to a number of variables such as space limitations, attire, weather, number of attackers, etc. To overcome these variables, the martial artist or layman must use a common sense approach to prepare him or herself for possible assault situations.

Defensive Stance

Sometimes an attack may come without warning. If this happens, a fast and focused offense is the best approach. If a warning or indication someone is about to attack you is given, step back with your strong side away from the attacker. Raise your open hands to face level and ask the person to stop. Act passive but be prepared to deflect an attack and strike, punch or kick with authority. Your goal should be to render the attacker helpless in 1 to 3 moves.

Establish Vulnerable Targets

Establish vulnerable targets and strikes or kicks to the same. The eyes and throat are logical targets with your lead hand. Stabbing with the fingernails can cause great injury and pain as will a palm heel strike to the chin or a face grab.

The solar plexus and floating ribs are good targets for a punch with the rear (power side) hand. Both will take the wind and spirit away quickly, and may cause the attacker to collapse. If this happens, you should try to remove yourself from the situation at once, making sure you cover your back while you do so.

A strong push with both hands to your attacker's chest may also be effective if there is a wall behind them their head will hit, or if they fall backward, hitting the floor. Again, if this happens, make a quick exit.

The groin or knee of your attacker's lead leg are good targets for your lead leg snap kick. If you are wearing boots or a hard sole shoe, take advantage of the sharp edge when kicking the target area.

The thigh, knee, and instep of your attacker's lead leg are good targets for your rear leg stomp kick. When executing the technique, point your toes to the outside to increase the area your foot lands on, which should minimize slipping off the target area.

Optional Offense Techniques

Additional techniques that may be very effective are headbutts to the face, slaps to the face, elbow strikes to the face or ribs, and knee strikes to the groin or thigh.

Techniques and Approaches to Avoid

Do not try high kicks. They may cause you to lose your balance or give your attacker an opportunity to throw you to the floor.

Do not try to throw your attacker or grapple with him to the floor. For most people, punching or kicking from the floor is not effective. Also, your attacker may have one or more friends that will stomp or kick you while you are down.

Do not assume a classical martial arts position. This may limit mobility. More importantly, it gives your attacker a warning of the defensive or offensive reaction or techniques you may use to defend yourself.

Additional Safety Tips

Always make sure you know the area or establishment you are going to. If you sense danger or extreme risk, do not go there.

Once you are in an area or building, make a mental note of how to escape. Also, look for ready weapons for use such as sticks, chairs, salt shakers, ashtrays, etc.

Sit or stand with your back to a solid wall. Also, note where you can run or roll to cover.

Wear clothing that is appropriate for that destination. Also, is the attire you choose likely to cause an offensive response towards you. If needed, your belt can become a weapon by wrapping it around your hand and striking with the buckle. Also, a dress ring with a sharp edge or stone can cause damage, as can keys held point out between your fingers.

Dealing with Law Enforcement

Cooperate with police officers and be polite. However, do not make any statements until you talk with an attorney. This may limit the chance of you being charged with assault for defending yourself, which actually happens quite often.