

JUNE 2015
Free Report

MARTIAL ARTS vs. STREET FIGHT

**The Myths, The Truth And All You
Need To Know For Self Defense**

Dear Friend,

Self-defense is just as essential to your preparedness plan as food, water and shelter. Our streets aren't as safe as they used to be and we've already seen what looters turned into rioters can do to innocent people when SHTF.

Whatever the scenario might be, you need to be ready... you have to be able to separate the BS and all the "Martial Arts" mumbo jumbo from what actually works.

That's why in this months' report you will discover:

- 5 Martial Arts training techniques that will guarantee you'll win any fight no matter who your opponent might be.
- 9 Martial Arts myths debunked and why old-age and lack of mobility can actually work in your favor.
- How to turn your body into the most valuable and reliable weapon you'll ever have... so you'll never have to worry about outshooting an opponent.

P.S.: Remember that sharing is caring, so share this info with your friends that might benefit from this experience!

Alec Deacon

Survivopedia.com

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YOU CAN'T SKIP PERSONAL DEFENSE FROM PREPPING

Personal self-defense is a major part of a prepper's planning. We mainly concern ourselves with firearms or edged weapons for serious personal protection because in today's society the predators are extremely vicious and more violently dangerous than ever.

A few years ago, Martial Arts and karate type hand-to-hand or 'unarmed combat' used to be popular for self-defense on the street before concealed carry and Stand-Your-Ground/Castle Doctrine laws came into play.

But now the 'new' martial art is handgun training. This is because most, if not all, criminal attackers now carry handguns or knives themselves which they are only too willing to use against you. And it is much easier to learn how to shoot well enough to adequately defend yourself without taking the extensive time and physical exertion absolutely required to learn how to fight properly with your just your hands and feet.

But what about a situation where you can't easily pull your weapon, or perhaps a situation where guns are not allowed like in a school campus environment, federal/municipal building, or other restricted areas?

What if a totalitarian government finally succeeded in disarming the population and you were no longer allowed to carry a firearm, or any weapon for that matter? And sometimes more often than you'd like, you simply are in a situation where you cannot quickly access your firearm before you are overwhelmed by the problem itself?

Wouldn't some hand combat skills be critically useful in these types of predicaments?

Yes, they most certainly would. If they were the 'right' kind of skills.



ENTER... THE “REALITY” DRAGON

The problem with Martial Arts as a whole, in terms of the traditional historic forms and styles which involve belt rankings to achieve a representation of noteworthy skill training, is that the schools teaching these ‘arts’ have become something of a reverse anachronism in a blown-out-of-proportion effectiveness based on movie production mythology.

Most ‘traditional’ Martial Arts training schools in styles like Karate, Kung Fu, Aikido, Judo, and other historic teachings are simply not up to ‘par’ when it comes to the modern violent physical confrontations so common today.

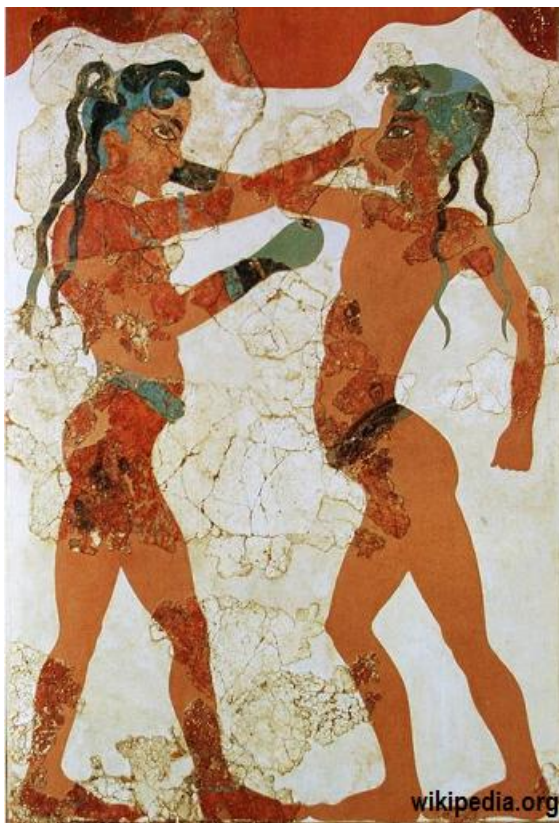
Obviously not all Martial Arts promote and graduate students who can’t put up a good fight. So don’t bother arguing that if you are a black belt rank in some traditional style, because in this venue the scarce exceptions definitely prove the rule.

It was a dirty little secret but well known fact among serious practitioners back in the Bruce Lee and Chuck Norris heydays of traditional Martial Arts that any semi-pro boxer--or even a strong Golden Gloves competitor or a seasoned military hand-to-hand instructor could usually beat most Karate 'black belts' anytime they felt like it in a real fight.

In fact, statistics have always shown that the average store front dojo diploma mill black belt holder today DOES NOT really have that much of a much better chance of winning a street fight than any other average guy out there.

So why is that?

For one thing they waste too much time and physical energy on useless 'style' practice instead of hard core compact strategies and techniques more suitable to today's extremely bad behavioral environment.



In ancient warfare times, where modern traditional Martial Arts evolved from, there might have been a real time use for a jump flying side kick to knock a horse soldier out of his saddle.

But to waste all that time practicing and developing that technique and many like it when it has no advantageous purpose today unless you think that it might be necessary to launch one of these techniques against an outlaw biker who flicked his cigarette butt at you when you walked by on a public street by 'jump spinning back kicking him off his Harley?

A real bad mistake even if you succeeded.

So this means that you really aren't learning anything useful with most traditional styles in Martial Arts schools that would be generally guaranteed to work in most 'real time' dangerous situations.

Don't get me wrong: the development of American Martial Arts schools in the 20th century were a good thing. They taught us discipline, some physical fitness, and even kept our kids from turning into complete couch potato texting addicts. These traditional Karate schools brought us where we are today and should be respected for that.

But are they the best choice for the serious prepper or concerned individual who believes they need to know a good highly effective method for bare handed defense against being physically assaulted? And by the way, what, then, would be the best choice for all practical purposes?

Well, the short answer is that... 'it depends on a few things'. And after you finish this short guide you'll be able to make that decision for yourself with reasonable objectiveness.

But first lets sweep the dirt of dubious delusions under the rug and do some Martial Arts 'Myth Busting'. There is so much crap in Martial Arts these days thanks to movies and profit only oriented schools that the first thing you have to learn about fighting is the reality apart from the fantasy.

Otherwise most of what you think you 'know' about hand-to-hand fighting will at best be useless, and at worst could get you hurt and potentially killed.

HOW MUCH OF THE MARTIAL ARTS MYTHS IS TRUE?

1. Martial Arts Always Win in Street Fights

While being a Black Belt in some traditional style is better than nothing in terms of helping you out when trying to survive a physical assault, most Black Belts simply are not that specifically well trained to purpose for a guarantee of any higher percentile of success when confronted by a seriously dangerous psycho trying to hurt you.

Bad actors on the street, especially the younger physically strong gang punks, are often rough and violent enough to give even trained and hardened police officers a rough time in a physical battle.

A street combat instructor once said, "Martial Arts is something you do 'With' somebody, and hard core street fighting is something you do 'To' someone'."

And by the way never even 'think' about being any kind of 'expert' fighter as a lower rank under Black Belt in most disciplines. You are still only a student, and that used to be whole purpose of the belt ratings.

To give you time to learn that most of what you think you know until you earn a Black Belt is just enough knowledge to get you in trouble.



2. Fighting for Minutes at a Time

This is mainly the fault of Hollywood. Virtually ALL movie versions of ongoing fist fights are a complete exercise in specious nonsense.

Even the better movies like Segal's and the Jason Bourne series and the newer James Bond episodes are a far cry from reality street fights. Maybe the fighters depicted in these movies could conceivably have the sheer super human physical fitness training and aptitude to continue at full throttle energy blast through multiple minutes of active smash, kick, and flip.

But their heads and bodies taking all those hits simply would not last through such a long running smack down fight where the participants are highly trained killers without at least being knocked unconscious or seriously maimed in less than the first 20 seconds, or so of such seriously violent confrontations if they were to happen in real life.

Which is the whole point behind serious hand self-defense techniques when they are superior techniques with a high rate of proven efficiency success.

Most street assault fights and violent one on one robberies are won, lost, or over, one way or the other in less time than it took you to read this paragraph.

Which mean 3 to 10 seconds. But that wouldn't sell action movies, right?

3. You Must Be a High Ranking Black Belt in Martial Arts to Really Be Any Good at Defending Yourself in a Fight

A lot of people, even Black Belts themselves, really believe this sort of Bovine Squat. It's understandable because you usually spend years of working out and spending money attaining the coveted 'legendary' Black Belt rating in any Martial Art style and you should by then be

proficient enough in punching and kicking to easily whip some ass with some decent physical fitness behind your moves.

But that doesn't mean you'll 'always' defeat your assailant or opponent. If you're a strict traditional style fighter you may, in fact, be at a serious disadvantage right from the start against thug with a lot of dangerous experience as a street fighter.

One of the main reasons being that you've been 'trained' and brainwashed to always be on the defensive by waiting for the opponent to strike first before you do your 'block and strike' techniques. Which right there, would be all wrong in the new real world mean streets of violent encounters. The difference is so significant that all you have to do is search YouTube for videos of pro MMA fighters getting their heads kicked in by street thugs caught on gas station or liqueur store tapes!

One main problem is that 'blocks', or first deflecting an opponent's strikes before you counter, are pretty much considered to be obsolete and a waste of critical timing and movement by serious expert fight science practitioners these days. Yet these are still taught in virtually all martial art schools today with traditional belt promotions.

When I used to do tournament demonstrations for money I could show high ranking Black Belts the harsh embarrassing reality that they simply could not block my strikes. And that's without even first throwing a distraction feint.

And that's even with a prior warning that a strike is definitely coming forthwith, so they could be positioned and ready to block it! AND, when they still couldn't block it, I'd actually then tell them exactly which strike I would use; straight punch, back fist, snap kick, etc.

And they still could not block any of my strikes effectively with their traditional style teachings. After a while I was no longer permitted to do these demos as they 'insulted' the teachings of their 'styles'!

4. You Must Be a Big Powerful Man or at Last in Top Physical Shape with Good Strength to Properly Defend Against an Attacker

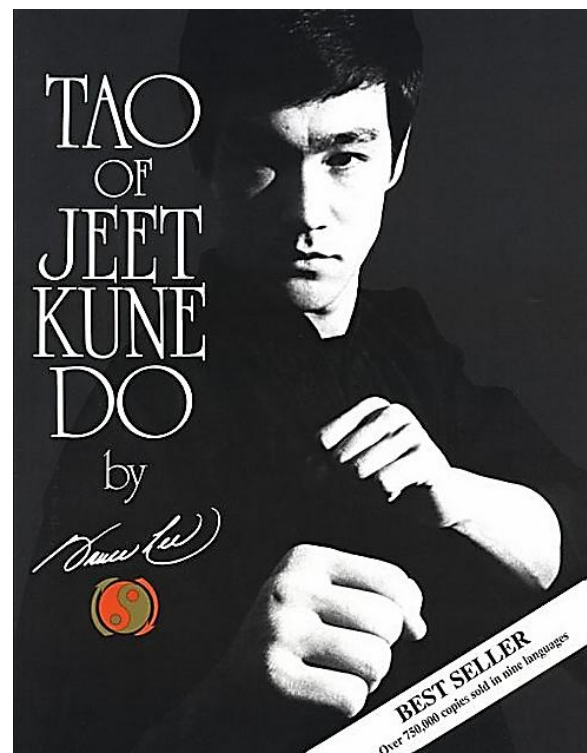
Well, at 129 pounds soaking wet Master Bruce Lee easily kicked that myth right out the window many times. And, of course, this nice looking young girl I saw a little while ago on a TV championship MMA bout could easily kick my ass in a competition match any time she felt like it even though I'm taller and heavier and definitely not weak.

Being strong and athletic certainly doesn't hurt in a physical fight but it means relatively little when it all boils down to the mission at hand in the pure 'self-defense' aspect of physical combative training. Which is to immediately stop somebody from attacking and harming you in the most timely and effective manner possible.

It's all about something called **dynamics of effective body motion economy, kinetic energy,** and **the physics of speed and power** all synergistically applied in **target force focus**. Bruce Lee wrote about it early on and called it the 'Tao of Jeet Kune Do', (JKD) or 'The Way of the Intercepting Fist'.

This falls into the advanced realm of fight dynamics science and the attendant physical requirements for affecting the resulting determination are controlled by the mind. Not much else.

There are some variables, but almost anybody, with the proper understanding, mindset, and complimentary basic physical movement training-- even someone who is wheelchair bound-- can



defend against a much larger more aggressively dangerous attacker and realize a high percentage likelihood of defeating him if (s)he knows what they are doing.

And always remember that almost any practiced defense tactic is better than none when someone is attacking you, but a few are just so much better than anything else.

5. Old or Frail People Have No Chance Fighting Physically with Anyone so Martial Arts Would Be a Waste of Time for Them

While most senior citizens probably will never make it to an MMA cage tournament except as a spectator, although there are even a few octogenarians who will hurt you so badly if you mess with them that afterward you'll swear your stupid ass was stomped by a 30 year old World Class Kick Boxing Champion!

One of the biggest myths here is that the frail and elderly cannot fight back physically without at least a weapon. There are certain types of specially 'tailored' bare handed fight combative strategies that make this myth a serious bust out. Older people also benefit more because the practice of almost any Martial Arts training is a top all-around body toner and healthy anti-aging exercise.

And a lot of dangerous punks learned the hard way that we 'mature' citizens are not as 'weak' as we might generally appear.

It has been proven in the statistics of actual police reports that seniors have a built in ability to hold their own in emergencies and dangerous circumstances with a presence of mind power and determination that could only be developed and forged through years of adverse human experience and paying their dues in society in various schools of 'hard knocks' in an unforgiving world.

I'd take that 'confidence attitude' and never give up mentality to cover my back any day over some of the 'Waters World' silliness of so young people today?

We once had a call of a possible home invasion in progress and upon arrival on the scene my partner went up the front stairs while I went up the back porch way.



The back door of the apartment was kicked in and the inside looked like a bad day at a butcher shop. There was so much blood splattered everywhere that I was slipping and sliding in it as I went through the rooms trying to follow the gruesome trail. I quickly unlocked the front door letting my partner in and we both froze in our tracks when we hit the living room.

On the couch sat an elderly and frail looking black woman quietly drinking a beer and holding her Rosary. Lying flat on the floor soaked in blood a few feet in front of her was a typical neighborhood predator. Dead. There was a steak knife sticking deep in his spleen area and a table fork in the side of his neck. But before these utensils found a resting place, it looked like he was 'probed' with them extensively in quite a few other places.

[CLICK HERE to find out more about survival defense for you and your home.](#)

We noticed that she had her share of the bloodbath on her and when we expressed concern for her injuries she said, "Oh, don't worry about me, Sonny boy, most of this is his nasty stuff. I'm okay, I'm just sitting here giving 'thanks' and praying for the fool's soul, if he even had one..."

We were dumb founded. My partner called for a wagon, an ET and a Ghoul team. And I tried to piece together what happened. She was sitting in the kitchen when the home invader started

kicking in the door. She ran into her bedroom to get her cheap .22 short revolver which went for about 20 bucks back then and most elderly citizens in that area kept something similar for protection.

He found her in the bedroom and demanded money or he would kill her. She had the pistol behind her and quickly pointed and opened fire. She fired five shots and one hit him in the shoulder and another in the thigh from about a three foot distance, before her last shot misfired due to old bad ammo.

And since a .22 short doesn't have much so-called 'knock down' power, after the initial jumps and screams of pain, he didn't go down, but he did become enraged and he grabbed her by the throat at which time she instinctively 'grandma slapped' him up the side of his head, as they say. The revolver was still in her slap hand which hit him hard in the ear, almost knocking him out but still stunning him enough for her to break loose and run out into the hall intending to escape out the broken back door. He caught up with her in the kitchen, and tried to grab her again as they 'death danced' around the table.

She managed to grab the knife and fork from the kitchen sink and when he got to her again she began striking him rapidly as hard as possible holding both weapons in the reverse grip downward stabbing position.



This became a 'running' blood bath battle back down the hallway and finally winding up in the living room where he tripped and they both went down and she managed to get a solid deep penetration in with the steak knife just below the sternum.

But it wasn't over quite yet because he still had his 'good arm' around her neck. She still had the fork

in a tight fist death grip and twisted her fragile body to get in one last critical blow by slamming the fork right through the side of his throat. She said he immediately let go and rolled over and began gurgling and coughing and then stopped breathing. We figured he was pretty tapped out from all the blood loss anyway by then and finally came to the 'last fork in his road of life'.

We drove the lady to the hospital to get her checked out anyway and her main injuries were bad bumps and bruises from bouncing off the walls and furniture. And she had a broken finger from the fighting itself. The deceased perp weighed about 160 and was about six feet tall, and she was about 5 feet tall and lucky if she tipped the scales at 95 pounds.

On the way back to taking her home we stopped at my partner's car at the station where he kept his sundry police 'discretionary equipment' in his trunk we gave her a much better Smith & Wesson revolver with new .38 special ammo and made her promise not to shoot her boyfriend by mistake! She laughed and said 'Well, Sonny boy, you know I ain't gonna shoot no boyfriend... if I ever got lucky enough to get one!'"

We occasionally stopped by to visit her when we were working in the area to see how she was doing. She became somewhat of a neighborhood hero and made some new friends because the particular psycho vermin she thankfully rid the 'hood of was also a known sex offender and in those days not many women would not be willing to report being assaulted if they weren't seriously injured.

Over the years I've seen a lot of 'true grit' episodes in the lives of our 'seasoned citizens'.



6. The Best Martial Arts Come from Military Training like Navy SEALs or Special Forces

Truth be told, this myth is the most widely, but erroneously, accepted misrepresentation of Martial Arts training at the moment. The FACT is that most military training these days barely give lip service to unarmed hand-to-hand combat training.

Once upon a time in maybe WWI and WWII where battalions of infantry attacked each other en masse on foot and rifle rounds were bolt action with marginal magazine capacity the engagement of body on body contact occurred often when temporarily indisposed in terms of immediate gun firing health.

Back then soldiers did, indeed, often enough engage in hand-to-hand combat, but usually with a bayonet fixed to the end of their rifle. And before they ever got down to smacking it out bare knuckled while rolling around in the mud, they'd use their 'trench knives/daggers' with a built in set of brass knuckles on the handle.

So back then in army basic training, they did teach some hours of very 'basic' hand-to-hand fighting eventually emphasizing the 'spirit' of the bayonet. Which was...to kill, and keep on killing, even if you ran out of ammo.

But our modern military is designed to use firepower weapons, period. Unlike previous warfare, today's squad level infantry units can amass inordinate amounts of severe overwhelming firepower after enemy contact in the form of artillery, airpower, rapid light and heavy armored cavalry, individually carried mortars and guided rocket launchers, and even drones now.

All resourced from the radio or laptop of the squad leader, are deployed far ahead of any eyeball to eyeball shootouts.

Current small team Close Quarter Battle (CQB), especially in urban warfare, relies on redundant back up of small arms and munitions and tactics to guarantee superior firepower during hot and heavy engagements which usually don't last very long.



If you're out of ammo and down to your last grenade by then because of some rare example of 'Murphy's Law' gone bad in your little corner of world warfare, and you are still engaged with the enemy--especially in these times where the Geneva convention rules about capture disappear when the fighting starts-- Hand-to-Hand combat won't do much to save you.

Modern warfare has all but eliminated the situation of 'stalemate' confrontations. Your battle plan and resources/assets are organized on an attack only mission designed to force a superior firepower advantage for a high probability of success where the theory provides that if you are not immediately winning the confrontation, you are then losing and must fall back, re-group, and hold only until a counter attack can be deployed.

If the military fighting in a war deteriorates into hand to hand combat, this is considered a lost battle already and the Army does not warrant the expense of extensive 'training' for losing fights. That's not the 'job description'. They would prefer to spend that time and expense training the soldier more in the latest technical advantage weapons and tactics to give them more of a 'winning' chance in the first place.

But what about all those Superman Navy Seals and Commandos who can fight off ten terrorists at once with their feet shackled and their hands tied behind their backs?

We didn't say that these people don't exist, we just said the Army doesn't waste too much time anymore creating them for general modern warfare. Having said that, the different branches of the American Military always did and perhaps still do train their elite unit combat soldiers more extensively and efficiently in combat hand-to-hand fighting, depending upon current budget limitations and potential mission value interpretations determined by whomever is in charge of such things.

But the main idea behind extensive physical hand-to-hand combat curriculum in the military special forces might have been more to psychologically build an overall superior elite infantry soldier rather than to facilitate the emphasis of the practice of CQB one on one weaponless warfare, which is always a 'last resort' in military warfare tactics. And even this specialized military advanced 'combat hand-to-hand' training for elite units put a large emphasis on edged and improvised weapons use rather than bare empty hand techniques in the absence of firearms.

And even more reliance on sheer physical strength and power endurance before actual specific fighting skills and techniques. The logic, of course, being that when it all comes down to it, Warfare is nothing more than imposing your will through superior 'force' upon someone else with inferior power of force.

So if you are the best of the best in terms of individual warrior class, you should have a superior foundation in 'all' martial applications and skills including the aspiration to almost super human physical fitness and strength and bare handed fighting, as all historic 'warriors' bore witness to.

The Navy Seals, Army Green Berets, Marines, and even the Air Force special operations soldiers all have--or at least had at one time--their own 'advanced' schools of physical hand-to-hand combat training.

And of course, just mentioning this almost always leads to the next question. Which one of these military branches is the best in hand-to-hand fighting?

Having personally participated in, and instructed troops in military style hand-to-hand training, I think all military training is adequate for soldiers. Who take the training seriously in application.

The reality check that to be seriously 'proficient' in hand-to-hand combative suitable for serious warfare work, it does, indeed, take some 'advanced' physical fitness as well to accommodate the 'advanced' techniques.

The Special Forces in various branches of the Military who maintain training to a higher level in military Martial Arts mainly use techniques that are based not on fine motor skills but on strong flexible power techniques from various other Martial Arts styles like power Jujitsu and hard style Karate that have been proven to work effectively.



What often happens with career soldiers is that many go on to take up the study, practice, and expertise development of hand-to-hand combat on their own time.

In fact, I just ran across an Army NCO in the National Guard not too long ago who teaches something called 'Military Combatives' on post for any soldiers interested. It's a franchise arrangement with the Army to provide extensive hand-to-hand training for soldiers who feel they could use it in their various MOS duties like the Military Police, for instance.

Think about it: how dangerous is THAT for a Military police officer to have to take into custody soldiers who are highly skilled in killing other soldiers and might be drunk and disorderly enough to resist arrest? This is a good idea but it has one deficiency. It is not that 'geared' for the needs of the average person--especially those not as physically superior as young Marines--who just needs something to give them a better chance of surviving an assault or robbery.

Notice I'm using the term 'hand-to-hand COMBAT'--not personal self-defense--in most of the serious descriptions of fight training here.

One needs to differentiate between sport fighting, traditional Martial Arts, and serious combat with potential deadly intent. Younger persons in Karate schools today are NOT really taught this crucial difference, and for good reason. The liability factor of some airhead kid seriously hurting another over a ball game dispute is simply not profitable for traditional Karate type schools in the long run. So students are not 'taught' in the same way as special commando units would be trained, even if the instructors do know something about more 'lethal' techniques and training.

I always disagreed with the practice of promoting 12 year old kids to black belts giving the false impression of the true measure of the rank, but the schools make money doing this. Imagine having 70 students in your school and every month or so having a promotion for at least half of them where you charge each student fifty bucks for the promotion, on top of their regular monthly school fee?

Not bad chump change for not having to really 'work' for a living.

But again, if a special military mission calls for a necessary covert/silent close in only 'take-out' of someone, that for some reason can't be accomplished by an H&K Socom fully suppressed .45 automatic pistol, there are always highly skilled lethal hand-to-hand combat 'experts' available from any spec-ops team to do the job.

And after they leave the military, some of these former military hand-to-hand' instructors do create their own tailored' system' based on their knowledge and training and offer the instruction to the public in the form of alternate Martial Arts schools and self-defense training.

[CLICK HERE to find out more about survival defense for your protection.](#)

7. All Successful Self Defense 'Training' and Skill Development Takes Long Years of Hard Practice

Simply put, NO, this is not always true.

But there are some caveats that have to qualify the particular purpose of your Martial Arts needs.

8. It Is Possible to Kill a Person with One Strike

Yes, it certainly is. It happens more often than you think, and not always involving trained martial artists.

Did you know there are as many or more people seriously injured or killed from fist fight barroom brawls or alley/parking lot attacks and fights than with guns in this country?

9. All Street Fights Eventually Wind Up on the Ground



Yes, and NO.

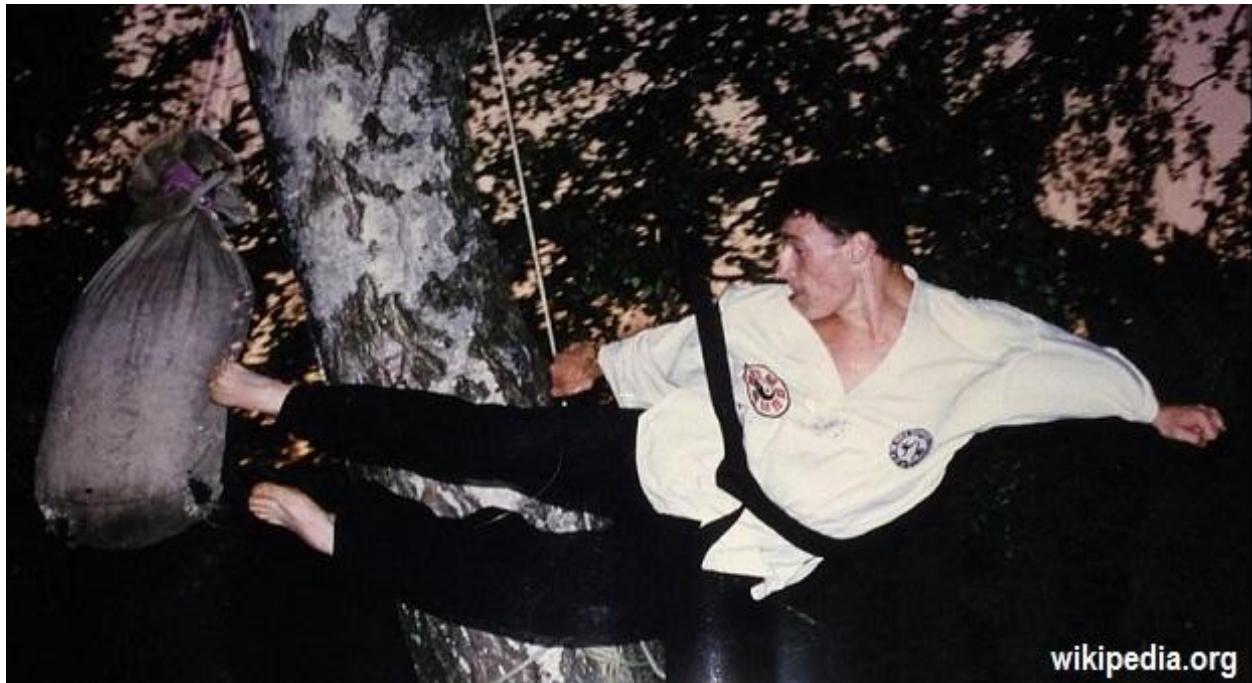
It really depends if you are already losing the fight, or not. And if they are taking too long one way or the other.

Over the last few years with the rise of Mixed Martial Arts cage fighting and big money kick boxing tournaments 'ground fighting' and

grappling and take down submission techniques and holds have become an integral part of the sport for good reason. They display an 'action' variety of movement and energy that makes for good entertaining television viewing.

But this doesn't mean that fighting on the ground is an advantage. The real experts know this is the start of losing the fight, unless you are the one 'ending' the fight by body slamming your opponent to the ground.

But since MMA sport fighting is limited, for obvious reasons, in terms of allowing the more dangerous strikes and techniques, the ground fighting MMA sport submission techniques are something 'different' altogether and do not relate much to all out street fighting self-defense.



TYPES OF MARTIAL ARTS TRAINING

*"YOU CAN PREVENT YOUR OPPONENT FROM DEFEATING YOU BY TAKING THE DEFENSE, BUT
YOU CANNOT DEFEAT HIM WITHOUT TAKING THE OFFENSIVE"*

- Sun Tzu, The Art of War.

1. Traditional Styles

These are your well known styles and franchised schools that teach traditional Karate, Kung Fu, Judo, Tai Kwon do, Hapkido, etc. etc.

The origins of these 'styles' are derived mostly from historic cultural nationality mainly from China, Japan, Okinawa, and some Far Eastern parts of the world.

There is an abundance of rich interesting history behind these traditional fighting schools and today the idea of investing copious amounts of time, money, and energy into joining such a school probably exemplifies the true meaning of 'Art' in 'Martial Arts'. This type of training encompasses the cultural development of a people far away in location and history.

It is for those who might also become 'experts' in languages, or specific methods of cultural cooking or farming, and so on for the benefit of knowledge and skill development.

And for those who enjoy the benefits of group participation and social integration in like-minded pursuits. Like joining a softball league or competitive shooting club. The benefits of joining a traditional Martial Arts school are many, but they usually take considerable time to appreciate.

As far as a serious development of self-defense skills, that too can be accomplished eventually with enough practice and dedication.

Today most traditional Martial Arts schools can't survive without training children (kiddie chops) or having some form of advanced street encounter self-defense training at higher belt ratings. The school instructors know this and encourage it to some extent if they are open minded.

2. MMA (Mixed Martial Arts)

As explained above, this form of Martial Arts is more of a spectacular sport competition training program for amateur and eventually professional fight competition.

However, due to the extremely intense



physical conditioning and training in power techniques similar to traditional boxing training, this training certainly is NOT for the average person.

And the core of the training is really NOT designed for specific focused no-holds-barred self-defense.

The best techniques for street defense are actually all banned from MMA fights, again, for obvious reasons. They'd be over too fast and after a while there wouldn't be many un-crippled players left.

However, MMA practitioners, for the most part, can seriously defend themselves advantageously against personal assaults and street robberies, much like the special forces hand-to-hand combative, mainly because of their advanced development of the superior physical power, endurance, and strength capabilities eventually gained in this type of training.

3. Gin Mill Martial Arts“ Belt Factories”

Usually these are franchised schools mainly consisting of Karate styles or Kung Fu, or Tai Kwon Do styles knock-offs.

Most of these are based in Traditional Japanese/Chinese/Korean Martial Arts but almost all are simply bastardized imitations that are 'modified' to support more of a profit oriented business goal rather than to proliferate the 'art' itself.

They emphasize 'achievement' in a non-street effective format. Their goal is simply to create a 'faux-martial art' designed to give the student some 'status' incentive without hurting himself--or others--for the maximum profit for the school owners.

They charge for uniforms, equipment, and monthly belt promotions aside from a monthly training fee that continues through all rank advancement.

Most of these schools promote their own proprietary in-house/franchise tournaments--as opposed to national AKA type sanctioned open tournaments--which are 'highly' moderated, and trophies awarded not solely based on competitive skills.

These schools are okay for kids in terms of time better spent than texting or watching stupid 'grand theft auto' type video games, but not much of real value self-defense.

4. Hard Core Reality Street Fighting Training

These are usually more purpose specific training camps NOT usually franchised and might resemble more of a 'Fight Club' environment rather than a sport or traditional Martial Arts training enterprise.

Sometimes referred to as 'Gladiator Schools', they are not necessarily operated by 10th degree Oriental Martial Arts Masters but more likely by pretty well trained reality fighting instructors, usually with military instructor, police tactical, pro/am boxing, Judo or similar niche fighting.



They include such names as Krav Maga, which is the Israeli method of combat fighting which emphasizes a lot of weapons disarmament and decidedly lethal counter attack techniques, or Combat Hapkido, or hard core Muay Thai kick boxing, Shoot Fighting' and a few other effectively decent ones. Some of these are technically 'scientific' and impressive in function.

Normally there are no wild flying or spinning or jumping monkey techniques, just supposedly simple and brutally effective hard style techniques that almost anybody can master and specifically direct against a street assault. I say supposedly 'simple' and 'almost' because these specialty techniques do require some hands on instruction by a trainer to get them down correctly and they also require a well learned skill set to correctly apply them in pragmatic circumstances.

In other words you have to practice until you reach the proper level of proficiency for these techniques to do any good as a self-defense tool. And these types of training typically must have a partner to get the techniques 'down' correctly. But once you do, they are very formidable as a specific application personal self-defense martial art.

5. Russian Martial Arts - Systema

'Okay, thanks for the break down info, and the broad insight, but no thanks.

I'm just a prepper on a budget who can't really afford the total commitment to Martial Arts schools, and I'm not the consummate physical competitor type, and my military immortality 'superhuman' days are over. And although I don't 'think' I'm getting too old for most physical exertions, my back is constantly warning me to take it easy going down those stairs or I might break my hip when I fall!

So is there anything that can be quickly and easily learned that would be any good as a primary bare handed self-defense without costing an arm and a leg I won't need anyway from doing work out training until I drop dead?'

Well now that you mention it, a recent trend on an old theme is currently back in the limelight and it's called Systema.

Systema is similar to one of the situations mentioned above where a military hand-to-hand instructor commercializes his skills and experience and marketed it to the general public. The idea was to devise a 'System' that was good enough for the military special forces but easy enough for the general public to learn without having to rise to the combat conditioning and physical power endurance of elite special forces.

Systema originally came from Russia and was derived from Russian combative arts dating back to the 10th century. The two main instructors are highly qualified recognized Russian Military Combat experts and tried to franchise this 'System' to the Western Martial Arts world about 10 years ago as something different from a regular traditional Karate-type school.

For a number of reasons, mostly economical, it didn't catch on that rapidly and not many franchises were established in the U.S. The timing of the 'Systema' debut was around the time of the great housing market collapse and people were tightening up their recreational expenditures, and the U.S. was already relatively saturated with Martial Arts schools, many of which were going out of business.

The concept of 'Systema' was innovative and 'outside the box' of traditional Martial Arts while still retaining the 'whole life influence' package of classic traditional arts.

Systema includes an emphasis on healthy conditioning, philosophy, and serious self-defense training from the onset of training.

This would certainly fit into an acceptable criteria for quickly learning strong defensive self-defense techniques. And anybody, young or old, weak or small, can learn this martial art effectively because of the way they train you.

While school access to Systema might still be limited to most, I believe they have one school in at least the three major metropolitan areas of California, Chicago, and the East Coast, and a

couple in Canada. Most of the Systema moves and techniques are a combination of joint and weight balance manipulation from various oriental traditional styles like Aikido and some Kung Fu variations with the occasional obligatory insertion of potentially disabling hard style Karate strikes. They also do pretty good power punch/strike training.

The weapon disarmament moves come from pretty well universally defined techniques by now, mainly in Krav Maga innovations, due to so much study on the subject at this point.

Contrary to what is purported in their marketing, the learning of Systema still requires considerable time in practice. Again, a partner is mandatory.

I know it 'looks' simple and easy to learn but you are watching highly skilled 'experts' demonstrate and people like this can make it look easy.

And if you practice something long enough, you can make a wild impossible looking jump



flipping spinning cartwheel technique, like you've seen in spaghetti kung fu movies, actually work in real time!

In fact, the old French military martial art 'Savate' that emphasized kicking actually used a front down and over summersault technique to come up and kick the opponent in the head, which I actually witnessed in a black belt tournament competition, and it worked surprisingly well!

If you were inclined to join a traditional Karate type Martial Arts school, for the same money you'd spend, I would recommend Systema instead. Mainly because they actually teach you some useable techniques from the start of your training

without restricting you to a 'belt rating' achievement format taking years to culminate.

It teaches you how to deal with an unarmed attacker or one-to-one combat as many martial arts do, but also how to deal with multiple opponents coming from different angles, and using a variety of weapons.

The system is based on your body's natural movements so you don't have to learn or memorize complicated techniques. All you need is to understand the principles this system is based on-- adaptability, instinct and natural movements.

The Systema philosophy embraces physical fitness and health. The basic breathing of Systema follows the rule of natural and intuitive movement, then more advanced techniques focus on controlling this natural flow. Personally I like the emphasis on breathing as I practice Prana/Hatha Yoga and 'deep meditative breathing' almost daily for a few minutes.

As in all Martial Arts 'Systems', nothing is perfect, even in this Systema training. Because not everything in various Martial Arts fits everybody's particular needs.

And this information barely covers the tip of the Martial Arts iceberg in a society where warfare, conflict, crime and therefore people always fighting with each other, is woven into the fabric of our basic humanity.

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