

# DIRTY FIGHTING OR SELF PRESERVATION?

An Interview With Our Regular Self-Defence Columnist  
**Ralph Allison**



Before starting on the subject of Dirty Fighting we need to make something very clear - so people do not get the wrong idea of our Martial Art, Choi Kwang Do (called CKD for short - the art of Grandmaster Kwang Choi). The FIRST priority we aim for in a confrontation is avoidance - not a fight, since hurting and endangering others unnecessarily is a stupid thing to do. That is why strong laws were created to send troublemakers behind bars. Fighting for "Ego" on the street will get you a prison sentence - not a medal or a trophy to take home to put on your mantle piece. BUT if our lives are in danger and we have no other choice then we need to use whatever is necessary to protect our lives and that of our family on the streets. ... In order to do that, we need to learn the most effective method available.

That brings us to the subject of dirty fighting to achieve basic self-preservation in real life. And the definition of it is: Defending without set rules in order to bring a dangerous confrontation to a swift end. There are several definitions for such set regulations - "strategic points" as defined in the UFC rules of combat; but these aren't exhaustive by far. The human body has weak spots, which - if targeted - can bring a dangerous (life threatening) confrontation to an end. But how can we learn responsible true-to-life self-defence in a fashion so it doesn't injure ourselves (or training partners) in a martial arts club? Here is how we solved the puzzle in Choi Kwang Do: I have been asked on a couple of occasions how a Martial Art like CKD can be a realistic form of self defence considering punches and kicks are stopped before making contact in attack drills? Martial Artists who do the contact sparring would immediately say that making no contact in defence drills is not realistic enough. So let us ask if their sparring is fully realistic before we continue answering the first question! The answer is NO - since ALL full and semi-contact sparring/defence drills have "rules and regulations". In a street attack there is no such