

rules and regulations... it's "dirty fighting". And this is exactly where the "reality-aspect" of Choi Kwang Do shows the way of defending ourselves against the most serious confrontations, which can occur on the streets.

In CKD there aren't any "no go areas" since it's safe with our non-contact policy defence drills - we make sure there is no body-contact with the techniques in class with contact blocking being allowed of course in order to achieve a realism effect. Full or semi contact sparring/Defence Drills must have rules and "no-go areas" otherwise such sparring would be classified as illegal - and yes, there are "illegal full contact" events; but - as the words suggest - they are illegal. In UFC there are 31 rules classified as "fouls" as approved by the Nevada State Athletic Commission July 23, 2001. Now if you think these guys are fail-safe (for street purposes) then just read Geoff Thompson's account of how his UFC fighter mate lost a real fight on the street.

So what really the advantage is of non-contact defence drills we can only understand if we bring up a real example: Imagine a serious attack in progress on a female - an impending rape or murder for instance. The lady in question will have to use any defence techniques to save her

life. If she has been "pre-programmed" by her Martial Art to avoid certain contact points due to the rules and regulations of her full or semi contact Martial Art she is in danger of suffering a disadvantage. Even if her logical mind will say "Ok, in this life-threatening scenario I can use all I've got" - will she be properly trained for it? Again: The answer is no - because her type of Martial Art did not prepare her for it in full.

But what about the argument of other Martial Arts saying "If you don't hit someone full or semi-contact they won't get used to the pain aspect in a confrontation". Here is your answer: Every hit you receive will make you lose hundreds of brain cells every time and every hit - full or semi contact - is potentially dangerous since your "target" (the other person) is not static/i.e. moves about which can lead to a (non intentional) illegal hit with possible long-term effect your body won't recover from. So it's Russian roulette.

I was told a story of someone who wanted to join a contact-fighting martial arts club and the first thing that happened is that he was confronted with a 3rd Dan who used him as a punch bag. This leads us to the question of martial arts courtesy, which is sadly lacking in too many clubs these days. Our Choi Kwang Do Grandmaster brought in strong Principles (aptly called the "Principles of Choi Kwang Do") we have to recite before each class in order to remind us that respect for your training partner is paramount. These Principles are:

1) HUMILITY

(... to remind us that we did not come to training to boost our Ego).

2) HONESTY

(...to remind us that lies and self-delusion won't get us very far in life)

3) GENTLENESS

(... to remind us that we use our skills for self defence purposes only)

4) PERSEVERANCE

(... to remind us that there is no success in life without strength of character and aiming for one's highest goals)

5) SELF CONTROL

(... to remind us that the person who cannot control himself cannot have control over his life or actions either)

6) UNBREAKABLE SPIRIT

(... to remind us that we all have a strong spirit within which can overcome any obstacle set in our path)

