

I had a number of Students from other martial arts (including Black Belts) join my club; when they witness my Choi Kwang Do classes for the first time they are surprised at how everyone is so friendly. But when they see my students move with their techniques they realize they "know their stuff" and that our defence drills are very realistic for street purposes. Just how sudden a response to a street attack has to be performed in order to be effectively realistic is explained by our Grandmaster Choi who says that the speed of our response must become so fast that eventually the attacker won't be able to block the countering at all. That kind of speed takes lots of practise - and self control.

I believe too many martial arts instructors to be irresponsible when it comes to their teaching not enough instructors point out how fights can be avoided on the street. Although a dangerous street attack needs to be dealt with swiftly, I'd say the majority of fights happen because of either "Ego" or because an inexperienced person didn't understand the value of "psychological warfare".

Psychological warfare - or - perhaps we should call it Psychological understanding of a street attack is very effective and yet not taught by enough martial arts instructors. The rules are:



Photographs courtesy of Steve Stanek, J. Wiscomb and Svetlana Allison

1) Be aware of your surroundings. If you know what's coming you'll be better prepared for it or - better still - the attacker won't do anything because he realizes he can't overcome you by surprise.

2) Stay calm. Evaluate the situation. Your erratic behaviour won't help matters.

3) Keep your distance: Signify to the other person "Don't come any closer!" If that person doesn't follow your request to keep away they more than likely WILL have the intention to attack.

4) Don't get into unnecessary arguments - buy them a drink and get on with your life. It's hard to prove one's innocence after a fight and you might get done for GBH. Is that worth it?

5) Don't be a "sitting duck"! Be able to move away quickly. For example: In a "road rage" situation don't stay sitting down in your car. Either get out (preferred option) or lock your car. Also on the street use "safe routes" and don't walk too close to dark alleyways or door openings where someone can jump you (see also point 1 about being aware of your surroundings).

Leading a sensible life starts by attending martial arts classes with a responsibly minded instructor. An instructor needs to be a good role model both for his adults and especially for his children in his classes. So, since Choi Kwang Do is an extremely effective way for street defence Grandmaster Choi expects his Instructors to be highly responsible individuals.

You may win tournaments through "point sparring" but my personal experience is that this is

nothing like a street confrontation where Self Preservation is paramount. Having done other martial arts before I can fully vouch for Choi Kwang Do being the most "sensible" way of learning how to deal with a street attack where there are no rules, no length of rounds when the sound of the bells says "stop", no ring judge and no one to throw in the towel. And you cannot expect the police to be everywhere to protect you wherever you are.

Most people naively think a street attack will never happen to them - it's just something we read in the papers. People insure their houses, their cars but what about your personal safety? Attending Self Defence classes is YOUR personal Insurance Policy! If other martial arts clubs unwelcoming behaviour put you off learning self-defence then come to Choi Kwang Do.

You might like it!

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