

Haku



Hae Theseuksesta

Tämä kokoelma

Hakuohjeet

Näytä viite ▾

Guide book out-lining the 10 most common street attacks that occurs in the U.K. and how different self-defense and martial arts discipline evaluate and combat the situation.

Round, Matthew (2013)



Share

RefWorks

Avaa tiedosto

thesis Matthew R SPO10S.pdf (899.0Kt)

Keep Calm and Defend Your Self.pdf (13.82Mt)

Lataukset:

Matthew Round

Guide book out-lining the 10 most common street attacks that occurs in the U.K. and how different self-defense and martial arts discipline evaluate and combat the situation.

Thesis
Kajaani University of Applied Sciences
School of Health and Sports
Sports
Thesis

Round, Matthew

Kajaanin ammattikorkeakoulu

2013

Creative Commons Attribution-NonCommercial-ShareAlike 3.0 Unported

Näytä kaikki kuvailutiedot

Julkaisun pysyvä osoite on

<http://urn.fi/URN:NBN:fi:amk-2013121221044>

Tiivistelmä

The purpose of this thesis is to produce a booklet as a teaching aid for self-defense and martial arts instructors. The Themes Valley Police and the office for national statistics has been contacted to provide criminal statistic, identify the 10 most common street attacks and give detailed advice on how to stay safe and avoid dangerous situations. With the 10 most common street attacks identified, experts in different fields and disciplines of martial arts and self-defense have given step by step instructions on how to defend the attacks. The guide book also offers different exercises and defense drill that can be added to instructors existing classes. The guidebook is not intended to be used as a comparison of different styles but as a learning tool to further improve reality based self-defense and how it is taught in martial art schools. The author has over 10 years' experience in the fields of martial arts and self-defense. Mr. Round currently holds black belts in Kung-Fu and Choi Kwan Do, and is a certified instructor in Choi Kwan Do and Krav Maga. This guide book will serve to deepen the wealth of knowledge with regards to self-defense for the author and commissioning party.

Kokoelmat

At its most basic, self-defense is about understanding violence and using skills to stay safe in a variety of situations. Elements of good self-defense include: Getting to know the strengths and weaknesses of the body, or the “meat puzzle”; Putting yourself inside the mind of potential predators—and how to avoid them. Once you know how predators think, you can become much better at spotting potential threats in the world: Learn to evaluate locations such as bars, empty corridors, elevators, parking lots. You’ll learn how to spot situations that are escalating—raised voices, threatening language, and a variety of nonverbal communications—and how to stay in control of a situation so that you can escape these threats or be ready for the confrontation to come. The absolute best martial art, is the martial art that combines only the best aspects and techniques of all the best martial arts, THAT WORK FOR YOU. Being aware of what each martial art has to offer, and adopting the techniques that you are able to use most effectively WILL ALWAYS BE THE ABSOLUTE BEST MARTIAL ART. Period. I personally use the defense system of Boxing combined with the weapons training of Okinawan Karate, the ground fighting of Jiu Jitsu, the Muay Thai clinch, the Wrestling sprawl, Judo takedowns, and strikes adopted from many martial arts, including Okinawan Karate, Boxing, K 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’. 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.