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)

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 statics 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 guild 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.
Today I'll describe the 10 most common cyber attack types: Denial-of-service (DoS) and distributed denial-of-service (DDoS) attacks. Man-in-the-middle (MitM) attack. Phishing and spear phishing attacks. Drive-by attack. There are different types of DoS and DDoS attacks; the most common are TCP SYN flood attack, teardrop attack, smurf attack, ping-of-death attack and botnets. TCP SYN flood attack. The most dangerous consequences occur when XSS is used to exploit additional vulnerabilities. These vulnerabilities can enable an attacker to not only steal cookies, but also log key strokes, capture screenshots, discover and collect network information, and remotely access and control the victim’s machine. The UK is pretty strict regarding items used for self-defense, from what I learned; first and foremost one must never, ever say they are carrying something for self-defense for that would be breaking the law! Oh, dear! So, that walking cane is for... If you are serious about self-defense in the UK then there is only one course open to you: enrol in one of the many classes in Krav Maga or Systema that operate in the UK. While most martial arts have been refined to the point where they are sports (which is not to say they aren’t still combat effective), Krav and Systema are both fearsomely pragmatic and I would not want to go up against a skilled practitioner of either. Sponsored by Y-Jesus.com. Jesus died - and then what really happened? Combat fighter is a set of rules and body techniques with regards to inflicting pain and paralyzing a human’s body. It can be permanent or temporary. We are. The combat rules in the Basic Set, while generic, occasionally assume an upright humanoid with two arms, hands, legs and feet (or equivalent body parts). Traits that alter your body away from this norm change how certain rules work - especially for grapples, pins, and close-combat techniques. Facts You Should Know About Street Fighting. Last Updated on Mon, 26 Mar 2018 | Street Fighting | 1 comment. Never rely on the techniques and moves you learn in one or more of the martial art disciplines. You'll get mashed if you do. I say il again, street fighting has no rules and respects no ideas of fairness.