

## But can you defend yourself with Shaolin-Do?

DON'T WORRY PARENTS I don't teach the kids these techniques until they get old enough to understand when it's OK to use them. We really focus on this material in the adult Kung Fu Class.

People visiting our school will ask whether Kung Fu is good for self-defense. They have heard that martial artists are often caught off-guard in fights or dangerous situations. Other arts claim to teach the "reality" combat techniques and then you see that they wrap up their hands like boxers and spar with rules about where they can hit and parts of their body they can hit with.

The unfortunate truth is that in the situation where you have to defend yourself, there are no rules and there are only two kinds of fights; the ones you fight "dirty" and the ones you loose. In Shaolin-Do we teach you to use every advantage you possess. In a life-threatening situation, this advantage is often the fact that you WILL do what it takes to defend yourself; without rules or silly illusions that there is a right and wrong way to defend yourself.

One time a student asked why we were so obsessed with striking the groin in our self-defense techniques. What a silly question. The answer of course is because a groin strike works! One of my students was talking with a friend about self-defense and when she commented that we strike the groin, her friend said that this was the lowest type of fighting and that is was dishonorable; **as if fighting was a game with rules that we enter for fun.**

The Shaolin monks were happy to go their entire life without fighting. Since fighting was the last resort, it was serious and required only one outcome; complete devastation of the person trying to harm them. Could they choose to not injure their attacker? Yes, but they had a lifetime to master fighting skill; you do not have that luxury. Therefore, worry first about defending yourself. The safety of your attacker cannot enter your mind.

## The 3 principles of Shaolin-Do self-defense techniques.

1. Blend with Force
2. If you can't yield, then block force (use leverage)
3. Attack the weakest points of the body (nothing fancy).

Class practice of course helps



Go with force!

Our instinct tells us to resist an attack, but this is not the smart way. If our attacker is stronger than us, or overwhelms us quickly with surprise, then resisting will not work. Instead, if you learn to neutralize the attack by yielding then you can make your solution work in almost every situation.

### **Basic Force #1 PULL**

Someone simply pulls on your wrist. Rather than you attacking, you can just let them pull that side of your body forward and hit their solar plexus with the pointy part of your elbow. The harder they pull, the harder they get hit. The solar plexus is the second largest gathering of nerves in the body (you are using the largest collection of nerves to read this article).

They Pull Your Wrist



You Elbow Their Solar Plexus



### **Basic Force #2 PUSH**

The lesson from #1 is to yield to force. So in this one we step back as they push in. That way they hit into emptiness. By weaving our arms between theirs, we make sure they don't touch us and they fall further off balance. We follow up by slamming our palms to their ears (don't do this to someone unless you want them have severe pain, ear damage, and lose the ability to stand). Then hold on to their head and drive either knee to their groin.

You step back from push  
And open their arms



Chop their neck



Knee the groin



### Use Leverage #3 grab from behind

This is a multi-step solution. Once they let you go, you can run, no need to finish the technique unless you are looking to teach a lesson (joking of course)

- First stick your hind end out strongly. This will pop their groin enough to startle and them and hopefully loosen their attack.
- Next look down to make sure not to miss and stomp the heck out of their foot with your heel.
- Then use that same leg to step back around behind yourself and both of their legs. Make sure to go as far as possible to end in a strong “Horse riding” stance.
- Now stand up straight and hammer their groin at least 3 times (for good measure)
- Finally, use the arm that is in front of their body to turn and point behind you. This will drive them over your lead leg and make them fall.

Stick your rear end out



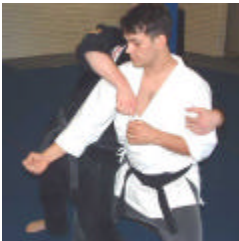
Stomp their foot



step around behind them



Pound their groin



throw them backwards



You will learn these precise techniques the first time you come to try a free class at Shaolin-Do (in the Kung Fu program). I recommend you do not try these at home until you have been taught them properly under our supervision. Over the next 12 months of classes you will learn at least 30 no-nonsense solutions to common attacks. This is some of the most valuable information you will get in our school as a beginner.

Email to arrange a free class at our school. Why not find out how empowering it feels to have this kind of knowledge and confidence.

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