

STREET SELF DEFENCE THESIS



WRITTEN BY DERRICK D CHAN

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1. Biography

Derrick Chan is 38 years old a 3rd Degree Black Belt and has been training in Taekwon-Do for 16 years.

Graded to 3rd Degree in 2002

Graded 2nd Degree in 1992

Graded 1st Degree in 1990

2. Relevant Qualifications

International Taekwon-Do Federation Black Belt Instructor 3rd Degree

International Taekwon-Do Federation Black Belt Instructors Seminar (Brisbane)

B Class Referee International Taekwon-Do Federation

Coaching Level 1 Course (Australia Sport Commission)

Chinese Kung Fu Instructors Rank

(Style Chin Woo Athletic Association Singapore and I LIQ CH'UAN)

Shotokan Karate 1st Dan

Jui Jitsu 1st Dan

Kyokushin Kai Karate 1st Dan

Diploma in Business (Quality Auditing)

Powerful Negotiations Certificate

Occupational Health and Safety Certificate

Senior First Aid Certificate

Public Speaking Course

Customer Service Training

Verbal Judo / Negotiation Training

3. Martial Arts including Taekwondo Experience

Instructed Martial Arts for 23 years – Currently runs a club in Mount Helena
(Perth - Western Australia)

Western Australian Team Coach Melbourne Nationals 2005

Official/Referee at Nationals Melbourne 2005

Official/Referee at Nationals Brisbane 2004

Australian Team Reserve member for sparring 2004

Bronze (3rd Place) Medal in sparring at National 2004

Official/Referee at Taekwon-Do Tournaments 1987 - Current

Low Taekwon-Do / State Invitational Tournaments Sparring & Patterns 2001 - 2004

Low Taekwon-Do Club Tournaments Sparring and Patterns 2001 - 2004

Karate Union of Australia – Shotokan Australian Team Member (Kumite & Kata) 1998
(South Africa)

Karate Union of Australia – Shotokan National Team Member (Kumite & Kata) 1998
(Melbourne)

Karate Union of Australia – Shotokan State Team Member (Kumite & Kata) 1998

Karate Union of Australia – Shotokan State Team Member (Kumite & Kata) 1997

Karate Union of Australia – Shotokan State Team Member (Kumite & Kata) 1996

Karate Union of Australia – Shotokan State Team Member (Kumite & Kata) 1995

Karate Union of Australia – Shotokan State Team Member (Kumite & Kata) 1994

World Taekwon-Do Federation Nationals Team Member (Sparring) 1989

World Taekwon-Do Federation State Team Member (Sparring) 1989

World Taekwon-Do Federation Nationals Team Member (Sparring) 1988

World Taekwon-Do Federation State Team Member (Sparring) 1988

World Taekwon-Do Federation Nationals Team Member (Sparring) 1987

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World Taekwon-Do Federation State Team Member (Sparring) 1987

World Taekwon-Do Federation Nationals Team Member (Sparring) 1987

World Taekwon-Do Federation State Team Member (Sparring) 1987

Kyokushin Kai Karate Club Kumite Team England 1975 (Junior divisions)

4. Security Experience

While in the Army Infantry Unit from 1988 – 1991, I was drilled in camouflage techniques, survival skills, weapons skills of M60, M16 assault rifle, SLR assault rifle, and various handguns (also taught weapons assembly and disassembly without vision). I also was called upon to teach my unit soldier's unarmed combat skills due to my martial arts background.

In 1995 I was contacted by the director for security who I was recommended to as a future employee interested to work for them in the position as a Security/Surveillance Manager for the third largest cruise line in the world, the leading cruise lines in Asia-Pacific called Star Cruise. I was successful and was employed as the Security/Surveillance Manager for the vessel Star Pisces, my role was to analyse, identify, document procedures, make improvements and conduct training in the running of the security/surveillance personnel and equipment.

My work aboard the vessel required me to supervise 80 security personnel under me in emergency situations, organising dispersion of large crowds by directing ship security personnel, training all personnel in proper evacuation safety drills, handling firearm procedures and practical use training, and unarmed combat training drills and procedures.

I was also required to co-ordinate and liaise with all levels of Management, Authorities (e.g. Immigration officers from different countries, and respective Departments), to ensure that we provided the best professional service available.

I returned back to Australia in 1996 and was contacted by the Director of Security for the Burswood International Resort Casino and took a permanent part time position as one of their security personnel from 1996 – 2003. I join more so due to my martial arts background and wanting to be on the front line in emergencies when patrons were injured

so I could test my first aid skills and my martial arts self defence techniques to see what worked, also to see the way I reacted and what worked and didn't, and improve it in future situations, and to see my behaviour when put in extreme situations, which were put to the test many times over the 7 years in areas of guest diplomacy skills, life saving situations and removal of aggressive guests either male or female (Who were either armed e.g. knives, broken bottles syringes and firearms or unarmed). I came through relatively unscathed armed with real life knowledge and experience, having put my life on the line many times and with some luck, and due in part to my martial arts background and have no fear attitude and also great partners in security who look out for each other allowed me to leave in one piece with the satisfaction of what I had learnt including peoples behaviour, and aware of my other senses, leave with exemplary service.

I also from 1996 – 2003 was part of the resorts security personnel for the Hopman Cup Tennis for many years, some of the celebrities I have protected are listed below: -

Male: - Mark Philippoussis, Patrick Rafter, Wayne Ferreira, Tommy Haas, Jan-Michael Gambill, Carlos Moya, Marat Safin, Andrei Medvedev & Michael Chang, Roger Federer, Lleyton Hewitt, Jan-Michael Gambill, Xavier Malisse, Olivier Rochus.

Female: - Steffi Graf, Monica Seles, Jelena Dokic, Anke Huber, Amanda Coetzer, Lindsay Davenport, Martina Hingus, Mary Pierce, Barbara Schett, Ai Sugiyama, Arantxa Sanchez-Vicario, Jennifer Capriati, Kim Clisters, Alicia Molik.



5. Myths About Self-Defence

- Self-defence is about Bruce Lee or Jackie Chan jump kicks and yells.
- You need a black belt to be able to defend yourself.
- You have to be fit to defend yourself.
- You have to be violent to defend yourself.
- Carrying a weapon is the best protection.
- If you are old there is nothing you can do to stop an attacker.
- Don't hurt your attacker when defending yourself in case they sue you

6. Truths About Self-Defence

- Everyone is able to learn to defend themselves in some way.
- No one is too old to learn some useful self-defence.
- Avoiding a dangerous situation is better than defending your way out of it.
- If you are serious about defending yourself or someone else against an attack, you have to be prepared to do things you may never have done in your life.
Yelling, kicking, punching and scratching may save your life.
- If you take a stand and report the attack (even if it seems minor), then the attacker may be brought to justice and you will prevent something worse happening to anyone else.
- The natural effect of real aggression causes what is called an "adrenaline dump" This fear induced high volume shot of adrenaline is normal and natural and cannot be stopped, even by experienced black belts.
- The effects of this "adrenaline dump" can be devastating, especially if you are not prepared for it. The main problem is that many of the techniques that are taught in traditional women's self defence training are too tricky or too complicated for the average person to properly execute. This is especially true under the duress of an all out street attack.
- Techniques that are highly complicated tend not to be executed properly, if at all, when the pressure is on and adrenaline levels are high.

- Many of the systems use joint locks and pressure points that require years of training to properly execute. Sometimes even when they are applied properly to someone who has an unusual amount of joint flexibility or a high resistance to pain, they don't work.
- A great number of the techniques taught were not designed especially for women, they require too much upper body strength.
- Many of the arts teach kicking techniques that are great for the studio or for sport competition, but are all but useless on the street. Unfortunately many of the practitioners of these arts are led to believe that they can really use these kicks effectively in a combat situation. They end up with a false security believing they can defend themselves with such techniques. In reality, if they ever have to really protect themselves, they can get themselves into trouble very quickly.
- Many techniques require years of training or are just impossible to learn unless you are under the direct training of the master instructor. You cannot learn these properly from a video, book or seminar. They take years to perfect, even under the supervision of an expert instructor.

Most people who go to a martial art facility expect to learn how to deal with self-defense situations in a street confrontation. If you are only learning classical or competitive martial arts, you are not being properly prepared for "street survival".

There are no guaranteed methods for surviving an encounter on the street, but following "The Simple Rules of Street Survival", with competent instruction and practice will greatly improve your chances of emerging safely.

7. Simple Rules of Street Survival

7.1. There are no rules

Always remember rule # 1: There are no rules.

Students should learn and be allowed to practice or simulate techniques which are illegal for competition such as eye gouges, or unorthodox techniques such as head butts, as well as biting and knee attacks. Many such techniques which are illegal for sparring are effective on the street and can be found in martial art patterns or forms.

As General Choi Hong Hi explains in the Condensed Encyclopaedia, “*When sparring, generally a person will only use 10 to 20 different techniques. But Taekwon-Do has over 3,000 techniques learned and practiced, in large part, through the patterns*”.

A victim who is grabbed from the front in a bear hug by an aggressor who is 50 or 100 pounds heavier and one foot taller, may find conventional techniques useless, a female would find it very effective to sink her teeth into the aggressor's neck or throat. On the street, the "good" technique or strategy is the one that works, not the one that would please the judges.

To simulate a close-in encounter, I would have students stand no more than six inches from the heavy bag and to go all out for 30 seconds using close-in techniques, (knee, elbows, head butts).

7.2. Stay alert

Stay alert, be aware of your surroundings.

Most street crimes and altercations are impulsive or opportunistic acts. You should always be aware of your surroundings. Confrontations can happen anytime or anywhere. If you hear an unexpected noise behind you, look to see what caused it. Don't ignore the noise and hope it will go away. If possible, use common sense and avoid poorly illuminated and deserted areas. Women specifically should be attentive to others when entering confined spaces such as elevators, stairwell and passage ways and corridors.

When confronted, don't become too focused on what the aggressor is saying. If you are confronted, pay close attention to the aggressor's hand/s.

- Are they empty?
- Are they hiding or reaching for a weapon?

If it is possible that a weapon is present, you will have to adjust your actions accordingly.

7.3. Expect the unexpected

Expect the unexpected, don't overly anticipate, but have a general plan of action.

One of the best mental exercises available to prepare for potential confrontations is to review various scenarios in the classroom, and determine how you would react in such a situation. Encourage students to think of their own scenarios, and determine courses of action. Television and movies will provide numerous scenarios for you to contemplate.

Whenever someone is attacked in a TV show or movie, analyse what happened and what the victim did right or wrong, and what the proper course of action would be for you to take in a similar situation.

Be flexible, if you limit yourself to a particular defense and the confrontation isn't initiated as expected, your plan will be useless. In the martial arts classroom, you can practice scenarios where students are "attacked" using unauthorised or surprise approaches and critique the response, then mix it up till the attacker has increased the force of attack to full speed full power scenario's (Unless attacker using weapons are only slightly padded e.g. sticks, make sure items are not sharp e.g. like knives but use metal training knife better).

7.4. Maintain a defensible position

Maintain a defensible position.

Let common sense be your guide. Don't walk next to a building where someone can reach you from a doorway or corner before you have a chance to react. Instead, walk near the street being careful to observe people loitering in parked cars.

If approached, develop a posture that makes it difficult to reach your vulnerable targets, yet non aggressive so that you won't needlessly invite aggression. If approached, and you are standing in a normal full facing posture, step to the rear with one leg slightly so that your feet are in a typical comfortable sparring stance. By stepping to the rear, you increase the distance between your vulnerable areas and the aggressor. You should keep your hands relaxed and open and I would recommend palms facing forward in a non aggressive manner and defensive way and fingertips are just below your eye level. Your lead hand protects your head. Your arm, and your lead elbow protect your ribs. Your rear hand is about six inches out from your body with fingertips at chin level. The hand and arm protect

the center line of your body as well as being a "backup" for the lead hand and available for counterattacks. (See below picture)



Your feet can be used for kneeing or kicking, in a street confrontation, low kicks (to the leg or groin area), which are harder to defend against are generally preferred and should be practiced. The lead hand can also be used for a pre-emptive strike.

7.5. Discretion is the better part of valour

Discretion is the better part of valour.

Unlike the classroom or competition, nothing is earned through a valiant, but losing effort, on the street, the consequences of a loss are death or permanent disability. The goal on the street is to survive. If you are out-manned (multiple opponents), or outgunned (due to size or weapons), withdrawing, whenever possible is the wisest course of action.

Avoid hostile confrontations with a person in a vehicle. There are no rules to prevent this person from running you down or using what ever weapons he might have at his disposal.

If a confrontation can be survived by surrendering your valuables, do the smart thing. Your money and property are not worth dying for. Again you need to have a plan, accordingly at all costs, avoid being forced into a car or taken to a secluded area. One way to accomplish this is to force the aggressor to make a choice between you and your valuables. If you passively hand over your valuables you will still be under the aggressor's threat and control. When asked for your valuables take your purse, wallet, or money clip, and toss it 10 feet in one direction while you run yelling and screaming in the other direction.

Think about it. If you were the aggressor what choice would you make, The money or the person creating a commotion. Statistics show that when compared to being taken into a car or secluded area, the chance of being hurt when fleeing from an attacker, even one who has a gun, are minimal.

7.6. Decide now when you will have to seize the initiative

Decide now when you will have to seize the initiative.

Many street confrontations begin with a verbal exchange and it is difficult or impossible to know if or when such confrontation shall escalate into a physical exchange. Decide now at what point you will initiate physical response. If you wait to decide until sometime into the confrontation, the decision making will interfere with your actions. Every person will need to draw his own line for a "point of no return", but I advise my students as follows.

Just as in sparring, if you and your opponent are close enough to reach each other with your lead hand or foot (without having to close the gap by stepping or shifting), whomever moves first will "score" because a person's reaction time is generally not fast enough to block or dodge a technique thrown from this close range. You can define your "safe space", by extending the lead hand and stepping back into a boxing stance while saying "back off," "hold on," or a similar phrase. If the other person touches your lead hand or insist on moving past it into your safe space, he has gotten too close and action is called for.

You may need to lull your opponent into a false sense of security by appearing and sounding submissive. (For example say: "please don't hurt me") When the aggressor buys your act and drops his guard, you can launch a pre-emptive strike. While the strike momentarily disables your opponent, and it has provided you with an opportunity to escape, you have accomplished your purpose.

A simple but effective pre-emptive strike which is easily launched from the posture described is to thrust the fingers of the lead hand into the eyes of the attacker if the attacker is within your "safe space" this action will be too fast for him to block and will disable him long enough for you to escape.

7.7. Forget that you are a civilised person

Forget that you are a nice person

Your attacker is not a "nice person" If they were, you would not find yourself in this situation.

Unfortunately, to level the playing field, you must bring yourself down to the attacker's level so that you know what to expect, and can deal with it and respond appropriately.

Remember, "People who victimise other people may have low IQ, but they have the instincts of a wolf".

7.8. Stick to the basics

Stick with the basics follow KISS (Keep It Simple Stupid)—Method

High kicks are beautiful and may score higher in competition but are very easy to block or dodge and expose critical areas (knee or groin) that are usually safe in competition because they are illegal.

Remember, on the street there is no illegal technique or prohibited area. Accordingly, kicks should be kept to the abdominal area and lower where they are the most powerful and least likely to expose your vulnerable areas.

Jumping techniques should also be avoided because of the possibility of awkward landing surfaces and time wasted in the air. Basic punches and kicks will be all you generally need to get the job done.

7.9. Stay in shape.

Stay in shape

It is very difficult to effectively defend yourself if you lack the reserve capacity to sustain a defense or counterattack. Additionally, most of the "bad guys" have priorities other than staying in shape. If you think sparring in the gym or competition uses a lot of energy, you are in for a rude awakening. A street confrontation will use a great deal more energy because of the stress involved. If you have seen many competitions or long sparring

matches, you probably have seen the "better fighters" lose because they run out of energy.

By dodging and avoiding your attackers for no more than 30 seconds, you may find it easier to create an opening and escape or overcome the attacker because they have spent their energy.

7.10. When it is over, be sure "It's over."

When its over, be sure it's over.

Always keep in mind that the only goal on the street is to survive, you only need to disable your opponent for an instant to provide an adequate opportunity to escape. If your opponent regains his faculties while you are trying to completely subdue them, they may regain the upper hand and win the confrontation.

Moreover, don't be lulled into a false sense of security for an opponent who feigns injury or incapacity. Always be on your guard for a person who is "playing possum". This person is just waiting for you to relax so that they can stab you in the back or run you down with their car. Remember, there are no rules.

The foregoing is not meant to be an exhaustive discussion on the subject of street survival. Such a discussion would easily fill a volume. As with all good lessons and instruction, it is meant to be a starting point and a nucleus for further practice and exploration by instructors and students to be better prepared for street survival, but find a person that has had personal experience in these situations, as they will know what has worked and what hasn't, than someone that has never been in this type of situation.

8. What Weapons Are In Your Handbag And Around You

Some self-defense proponents advocate the use of various weapons. They encourage using anything from your car and house keys to carrying mace, or even a gun.

Others say placing reliance on weapons may well have disastrous effects when the victim is in a situation where the weapon is unavailable or ineffective. The victim who has relied on the weapon for "The Plan" may be totally defenceless.

I believe that women should familiarise themselves with weapons so that they will become aware of their capabilities and effects, if the opportunity to use one arises, or if they are confronted with a weapon they will know the weapon's potential for harm. When training for a potential confrontation, keep the emphasis on defence.

Women should I believe make an object or some other items you carry in your hand bag or even the hand bag itself used as an defensive or offensive weapon, what items are common in your hand bag. See diagram below with examples like a rubber band, massacer (blue tipped lid), pen, coins and lip stick (See below diagram)



- Remember use your bag as a shield against a knife attack or a weapon to hit attacker with.
- Perfume spray/Deodorant spray into eyes of attacker to blind them giving you time to escape.
- Sonic alarm to attract attention and startle attacker.
- Small can of spray paint (It gives a wonderful clue to the police where to find the offender).
- Scratching with your nails if you have them, or car keys and rings can be useful to injure an attacker and also pick up their DNA for police later.

- Legally obtainable self-protection devices such as mace, capsicum spray and others. According to the country where you live or are travelling.
- Throw sand, stones or mud in the attacker's face if all else fails, use the Environment.

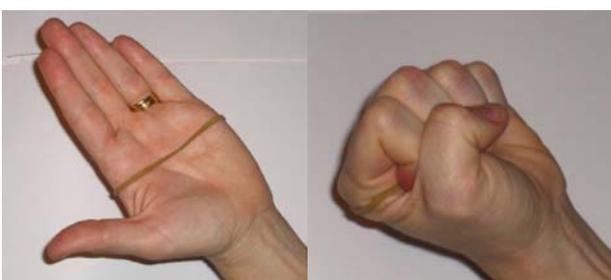
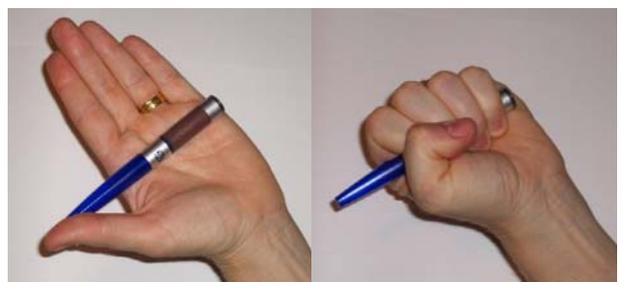
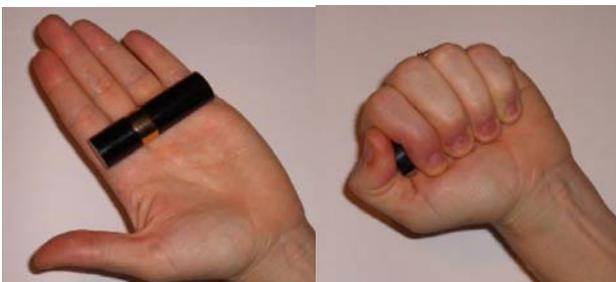
9. How to use items to increase the power of strike

How do you use items from your hand bag to strengthen your power of your defensive or offensive strike could help save your life or buy you time to escape.

Have you ever wondered why night club security guards had rubber bands wrapped around their fist, or carry a match stick?

The filling of the hand with a solid mass will stop the compression of air within the hand when hitting a solid object and increase the strength of your punch by at least 2-3 times.

(See below pictures)



Summation

I hope that this has given you an insight into a realistic and practical use of common items, and also the mind set required when in these situations. For applications of the striking techniques feel free to contact me via email on:- chanmartialarts@inet.net.au, willing to share my knowledge and experiences I have encountered over the years.