

Jan. 12, 1972

Ed Parkers Kenpo Karate Studio, Anaheim, CA

Class Summary

- I. Self-defense Includes:
 - A. Avoiding the situation
 - B. Talking your way out if possible
 - C. Physically overcoming your attacker

- II. A. The question is not whether or not you CAN beat someone up; it is how do you prevent being beaten up.
- B. Defense against weapons requires extreme care and success on the first attempt. If you fail on your 1st attempt, your attacker will be alerted. Your element of surprise is gone.
- C. Self-confidence can often change the mind of a bully faster than threats or pleading. To gain self-confidence you must believe you can successfully defend yourself. That requires:
 1. Speed – by practice.
 2. Surprise – by maintaining composure and humility. Boasting and bragging will ruin your element of surprise and may cost you any chance of escaping harm. DO NOT advertise your knowledge of self-defense, you will lose the element of surprise.
- D. There is always someone better out there. Never underestimate your assailant; always assume he is dangerous.
- E. Don't oppose a superior force with force. Direct or redirect it. Aim for his weak points, not his hardest most resistant areas.
- F. KISS - Keep It Simple Stupid
- G. Legally – You may defend yourself until your opponent submits or you have stopped his attack. You may not harm him beyond subduing him. Self-defense starts by being prepared, but physically you may begin when you are attacked.

- III. Self-defense should include: Mental and Physical Practice
 - A. Practice against attacks while in a:
 1. Standing position

2. **Sitting position**

3. **Prone position**

B. **Practice against attacks from the:** 1. **Front**

2. **Rear**

3. **Side**

C. **Attacks include:** 1. **Punches**

2. **Grabs**

3. **Kicks**

4. **Weapons (extensions of empty hand attacks)**

IV. **Short combinations with kicks:**

A. **Rt Roundhouse Kick to 12:00, planting Rt over Lt to 6:00 into a Rt Front Twist, look over your Rt shoulder. Bounce back with a Rt Back Kick planting forward into Rt Neutral Bow toward 12:00.**

B. **R Roundhouse Kick ending in a RFT as in A. above. Bounce back with a R Side Kick forward into a RNB toward 12:00.**

C. **Same as A. and B. except finishing in a 2nd RFT.**

D. **Sweep or fake sweep to his front leg with your rear leg. Pivot and flip it back into a Side kick or Back kick to any target from his knee to his chest.**