

THE ESSENTIALS OF SELF DEFENCE



BY: KYOSHI STEVEN ALLEN

THE ESSENTIALS OF SELF DEFENCE: WHAT YOU MUST KNOW

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CHAPTER 1

Any program teaching you street self-defence, as opposed to sport martial arts, needs to steep itself deeply within reality. The difference in the two are astronomical. Street self-defence reaches the level of ugly and bloody very quickly. Serious injury or death may result. It's necessary that you be mentally, spiritually, and physically prepared. One can train hard for a sports martial art contest, but deep down in your psyche you know there's a referee, and rules.

Many dojos teach martial arts with a sports mind set. Due to the necessity of my previous employment as a police officer and corrections officer in the United States I only saw martial arts as a vehicle which could give me some leverage in the serious confrontations in which I was likely to find



myself. And on more than one occasion I am very glad that I did.

There is an old saying in the Chinese martial arts, “Better to search for a good teacher for 12 years than to study with a bad teacher for one year.”

I own and operate a martial arts school, a dojo, and we teach four traditional martial arts, in addition to a program of self-defence. So what differentiates a traditional martial art from a self-defence program? There could be a lot, or there could be none, depending on the teacher and the school.

Therefore, the student needs to answer some questions for himself in order to find a school which will meet their goals and needs. The martial arts offer many benefits over and beyond the ability to protect yourself from an assailant. But if you’re pursuing the primary goal of protecting yourself against an attacker, then your interest should be directed there.

Therein lies the difference. Our self-defence program mainly focuses, with the fewest number of forms necessary, to teach you how to defend yourself. The traditional martial arts however, contain a number of



lessons which heartily support protecting yourself in more ways than physical.

Many of our students at Dharma Way Dojo have begun with a self-defence program and happily transitioned into a traditional martial art without losing the benefits of personal protection, while gaining much insight into their mental, physical and spiritual well being..

I have been involved in the martial arts for over 37 years now. That in and of itself is no big deal. A lot of people do hobbies for a long time. But to me the martial arts are not a hobby, but a way of life. A lens by which we can focus our energy, a methodology by which we can manifest our purpose.

Most of the general public possess a convoluted view of martial arts. Most think it's about fighting. They observe schools where the students bluster and boast, and chase trophies, eager to show off their prowess. They have none. In a real attack on the street they melt like snowflakes on a hot griddle.

I have worked in some very violent jurisdictions. I have had to defend myself from unprovoked and surprise attacks alone. Sometimes, I had multiple attackers,



and I've been targeted for assassination twice.

To say the least, this type of real violence is extremely traumatizing. It stays with you for a long time until you learn strategies to cope with it. I hope and pray you never have to go through it. But I had rather have the skills and confidence to protect myself and not need it, than to be attacked by one or more psychopaths hell bent on doing me serious bodily harm and not have those skills.

But I did survive. You never win one of these encounters, the best you can hope for is to come out minimally unscathed. Escape is best, but don't confuse escaping with running away. Before you can run away it's important to make sure your assailant can't run you down, or has at least lost the desire to run you down.

Fighting for your life on the street doesn't resemble a sports fight in a ring with a referee. I have taught women's self-defence since 1980 and I have made a scientific study of street violence for over 30 years which has led me to some important conclusions.

First of all, on the street, there are no opponents. However, there are predators



and they may target you as prey. Understanding this fact becomes extremely important because when you are attacked on the street you must assume its an assassination. I know of several instances where fighting led to a fatality.

Those engaged in the altercation may not have intended to kill anyone, but fights are extremely unpredictable. Lose your balance for a second, get hit in just the right spot, or become so frightened you have a heart attack and your family will bury you.

I know that sounds harsh in this politically correct time in which we find ourselves, but I'm not going to sugar coat self-defence. Predators don't fight fair. There are a percentage of the public that for whatever reason are violently mentally ill. The large majority of these are men, and they are rapists and murderers, and sadly that's how they get their kicks.

These men are bigger and stronger than the women they attack, they count on their weaker prey becoming paralyzed with fear. They love it when their victims attempt to fight back, it gives them an opportunity to demonstrate their physical power over them. They take great pleasure in watching their victims suffer.



And don't think just because you're a man that somehow you have a special kind of immunity against those who may target you as prey? Sorry guys, time to wake up. Some people under the influence of alcohol or drugs seek out confrontation and fights, and no matter how much you want to avoid it they simply won't allow you to do so. What then?

What about your family? What about your wife and children? What if they are targeted? Can you defend them? Experience leads me to the conclusion that I highly doubt that you can.

If you decide to join a self-defence program or hire an instructor, it makes sense to find one who teaches from a position of reality and experience, not a theory, nor do they need to be parroting some techniques their instructor taught them, but has never been demonstrated against resistant subjects.

So remember, there is one thing you can count on if you find yourself fighting for your life in the street: The fight will not be to your advantage, you may have multiple opponents. Your attacker most likely will be bigger and stronger even if he is acting alone. He will utilize the element of surprise.



And I can guarantee you that your attacker has probably attacked people before, therefore has experience. You on the other hand, probably have very little or none.

It's fun for them, traumatizing and terrifying for you. When a person becomes filled with adrenaline they lose the ability to employ fine motor skills. Try threading a needle while you're shaking so hard you think you think your teeth will fall out.

Now imagine you're standing in a queue at a bar or restaurant or even the grocery store and someone approaches from your side and as soon as you detect a flicker of movement you've been cracked in the head so hard that you feel drunk, disoriented. You may have a minor concussion, try to not let him hit you again- impossible.

Do you think this has never happened before? Believe me it's happened more times than I can count. This is frankly what's wrong with most martial arts schools and self-defence programs: they usually always start from a position of facing your assailant.

Did I say criminals don't fight fair? If someone confronts you face-to-face they're handing you a gift. They are demonstrating their aggression and anger,



you have a warning. I've seen people killed in correctional institutions where weapons are forbidden, yet humans are resourceful animals and they can make weapons from anything. Their victims never saw it coming. So now you may say, "Well Steve, there's no hope for me. I might as well not learn self-defence because I'm going to be smaller than my opponent, I have no experience, and I'm scared to death from reading what you've written."

While I paint a realistic picture for your own good about the realities of protecting yourself and your loved ones in the real world, as opposed to the ring, there are strategies and skills which you can employ and learn in order to stay safe and survive a physical altercation from a stronger and bigger assailant.

Learning these skills like anything else can't be done overnight or in a simple two week course or three hour seminar. The skills have to be learned in such a way that they permeate down to your very core, like your cells are part of you, or the colour of your eyes are a part of you.

It is imperative that the mind, both its conscious and subconscious aspects connect itself via a feedback loop using the



nervous system for the purpose of firing the muscles in a learned and pre-programmed way. A lot of people refer to this as muscle memory.

However, muscle memory presents too simplistic a view because in a confrontation it is guaranteed you will not know what the next move of your opponent will be. That fact becomes of tantamount importance when you realize, often too late, that your pre-programmed response was the wrong response.

I do realize it all seems very complicated, but to simplify the process a little bit please realize that you must learn pre-programmed responses, plus build within your mind – body – nervous system matrix the ability to adapt immediately; not in spite of your pre-programmed responses, but based upon them.

You have to be able to react as if you had just touched a hot stove. You don't have to think about retracting your hand, it just happens. Anything less and you run the risk of becoming overrun and imbalanced. But while retracting your hand you stick it through a plate glass window then you're only marginally better off.



When you're paralyzed with fear, prostrate on the ground, and shaking like a leaf in a tornado the best you can hope for is that your burial insurance is paid up. If you happen to survive the encounter the trauma will likely negatively affect the quality of the rest of your life. You will most likely be in therapy and medicated for anxiety, not the outcome you were hoping for.

So what's the answer? How can you hope to survive an encounter so brutal and violent? What if you're not strong? What if you're past middle age, or elderly, or have health problems? Is it possible to still learn to defend yourself?



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CHAPTER 2

Believe it or not the traditional martial arts have grappled with that question for roughly 1500 years. In the past practitioners, teachers, and masters of these arts used them effectively against bandits and criminals to protect themselves and their families. They knew the principles and secrets hidden within the forms and katas. They studied these arts for applications in real-world situations, not for the accumulation of plastic hunks of metal placed in their dojo windows.

I've been questioned by many potential students about my trophies and other sport related accolades. They believe if I have a lot of those I must be legitimate. I let them know real quick there's only one trophy that counts and they're looking at it.



Can you take my trophy? The one I'm walking around within everyday? If I decided to take your trophy, could you keep it? Do you have the heart coupled with the right skills and fueled by enough willpower to not allow me to take it?

The old Masters' skills were indelibly imprinted within their subconscious. They were able to turn on this mind-body-nervous system-connected mechanism whenever they encountered a threat or force. It was irrelevant to them whether they had multiple attackers or stronger attackers. They survived and became legend because they knew the internal secrets, secrets hidden from most practitioners.

However, they did have to practice and study, but to themselves and society it was a no-brainer. Governments were often corrupt and they allowed criminals to prey upon the weak for a percentage of the take. Look at most of the laws today: do they protect the criminal or the victim? Who's side do you think the government is on, from my point of view it is most decidedly the criminal.

This fact doesn't just hold true in New Zealand, but in many western countries. The government doesn't want to implement



policies that protect the weak from the criminal because they make so much money on the judicial system industry.

They employ thousands of psychologists, corrections officers, police officers, judges, lawyers and experts, many people working for the government, parasitically living off of the law-abiding citizens. If crime rates go down they can't justify their big budgets and big departments. And if the common people get killed or maimed while they are getting rich, well that just happens to be the price we, the public, have to pay.

No government can protect anyone. Governments are really good at one thing: they create a problem, wait on the public's reaction, and then offer the solution which contains the outcome they had planned for all along.

Governments are soft on crime, allowing crime to go unpunished, then they wait on the public to demand action from their fear of criminals which the government's own policies allowed on the streets, and then the government says we need to raise your taxes in order to pay for more employees in the judicial system to combat crime. And the people, desperate for relief, agree to it, or at least don't oppose their fraud



with much vigour. And nowhere within this applied Hegelian dialectic is there a reduction in crime.

The government doesn't give us the right to self-defence: God does. Name a plant or animal anywhere under heaven that doesn't possess some type of self-defence mechanism. I guarantee you if someone attacked a judge in a courtroom and the assailant managed to avoid the bailiffs, get on top of the judge and attempt to turn his head into jelly with his fists or a weapon, at some point in this process the judge would fight back.

After all, he would only be exercising human nature, a trait when exercised by anyone else results in prosecution. Believe me, this comes from someone experienced in the system, the system is rigged against the law abiding citizen.

So in a self-defence situation I always believe in fighting to survive and deal with the legal problems later. At least I will be alive to deal with them, and not lying dead or a vegetable somewhere while they give my attacker six months home detention because his lawyer argued that his mommy didn't love him enough.



Now I am talking about a real self-defence situation, not an argument you have with your brother-in-law during a Christmas barbecue. Hopefully we are mature enough to have a disagreement with someone without letting it devolve into a situation where we're trying to kill each other.

But if a stranger breaks in my house and upon discovery he begins to attack me I have to assume that this is potentially life and death. I don't have time, nor do I want to go through, a legal checklist of do's and don'ts.

How quick should you enter that fight? How quick can you retract your hand from a super hot stove? As the old saying goes: you had better start fighting like you're the third monkey getting on Noah's Ark and it's starting to rain.

You will do much better in that fight if your subconscious mind, your nervous system, and the firing order of your muscles are in tune with each other and operating in harmony. Too late to think about it now. Too late to try to remember what that self-defence teacher told you three years ago to do in such and such a situation if so and so does X.



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CHAPTER 3

THE REAL SECRET

So how can smaller people, and older people, and people with some physical impairments learn to defend themselves? The keys to these secrets were kept hidden for very long time. They are actually not secret, but as you know the best place to hide something is in plain view. So why am I telling you now?

Well, like most of Chinese cosmology nothing is as it actually appears. Nothing is straightforward, there's always cause-and-effect. Oftentimes what you see is an illusion. So there really are two main secrets.

The first secret, as I always teach my students is a four letter word. The students usually think I'm about to say something vulgar, and to a lot of people I am. That



word is WORK. Yes, that's right: work. – learn – practice-wash – rinse – repeat. Keep doing it, keep refining it until you can defend yourself like you can eat with a spoon – without thinking about it – it just happens.

And what are you working on? What are you washing, rinsing, and repeating? What forms are you doing? Why do I have to learn forms? Can't I just learn to defend myself without learning all these forms?

These questions lead us to the deep secret which cannot be attained without work. That secret is you must learn to dissipate force. You must learn to feel force, identify its direction and in an instant know where your body is in relationship to it. You have to have a form in order to practice and manifest the art of dissipation.

Jab, cross, hook are three moves which we could identify as constituting a form of sorts. There has to be a container for energy before energy can be manifested. But most boxers who practice their jabs, their crosses and hooks, don't really learn to dissipate force. Because boxing is an art with rules: fighting for your life has one rule: and that is -there are no rules.



To pragmatically dissipate force one needs to step, rotate and replace simultaneously. You must not confine yourself to executing this in only one direction either. You must act as if you're the center of a hub from which you can step, rotate, and replace in a 360° arc around yourself. You will have to have some type of form in order for you to practice these principles.

At Dharma Way Dojo and Self Defense Solutions we teach you to do this regardless of the art you have chosen. And it's possible to not learn a formal art with us, but to study self-defence. However, there are moves that you must practice.



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CHAPTER 4

So how do we do it? I have synthesized from the traditional martial arts five basic archetypical movements which when practiced the correct way will form deep links between your subconscious mind, your nervous system and the firing order of your muscles. One of the keys to this is relaxation.

The next key is extrapolation. In other words an archetype is the basic model of something. According to the force which one encounters these five basic archetypes act as the structure from which one learns to adapt to the force encountered. An infinite variety of moves can then create themselves from one's adaptation to the force vector of your assailant. This is what we teach.



That's why I teach either very small groups or one-on-one. You will never learn it standing in a group of people striking the air with all your might. Remember this: accuracy and timing beat speed and power.

You will also never learn it in a ring where rules exist and where one of the fighters can be disqualified for not following those rules. I teach you to be incredibly unfair, sneaky, and mean like a starving junkyard dog when you try to wrestle his bone away. That in itself doesn't guarantee that you will survive, but I can just about guarantee you if you don't fight like that you won't survive.

Did I say survive rather than win? Yes I did. Good: survival is the goal. You're not being paid to put on a show in the ring. If the UFC and other venues were realistic you would see a small one hundred pound woman facing two two hundred and fifty pound man, the lights would be out, and she wouldn't be able to see them enter the octagon or ring. And the floor would contain unseen obstacles and debris that can trip you up.

That's a lot closer to reality. Now all she can rely on is her intuition, what she can pick up through her nervous system. If that



hasn't been trained up to now, too bad because it will be too late.

In order for you to be successful in dissipating force you must practice the art of harmony. Harmony means that your mind has to be fused with your body's movement. The torso must power the hips and shoulders, elbows and knees, ankles and wrists. They must all move in concert. Failure to do so affords an opponent a gap. It only takes once for a big strong attacker to penetrate your defense and it's all over.

You need a force multiplier. Because it really does matter how hard you hit your opponent, in a real confrontation its necessary to hit him hard enough to discourage him from attacking you again, or hit him hard enough that it breaks something and he's unable to follow you or attempt to attack you again.

Luckily, there is a force multiplier, something you can add which provides high octane fuel for the movement of your body: it's called gravity. Name some situation or time on planet earth when you're not subject to the law of gravity.

This idea of sinking snakes through the Chinese internal martial arts like a main electrical cable, nothing in reality works



well without that juice. To not be connected to gravity imbalances you, and creates a vulnerability. If you encounter the force of your opponent while not completely connected properly to the ground it's impossible to dissipate force.

It would be as if someone threw a ball up in the air and as it falls the batsman swings really hard with a bat. The ball flies off the bat exactly like your head will fly off of his fist. It is absolutely impossible for a human to attempt to rebalance and defend himself against force at the same time. That makes rooting a skill, which without it, makes everything else you do irrelevant.

Most people who think they can defend themselves in the street are hoping they can hit their opponent before he does likewise. Unlike most, we won't teach you to roll the dice with your life, or trust in luck. We will teach you to take the chaos of his attack and morph it with your harmony. Then his gaps will be exposed.

This particular perception is based on science, steeped in the principles of physics. For one to flow and operate within harmony it's necessary to be aware of the three dimensions of depth, width, and height.



The nervous system has to be open to receive information and instantaneously transfer it into a response which follow the principles of dissipation and harmonious interaction within the three dimensions. I don't care what martial art we can name, and I teach four, but are familiar with many more because I'm a martial arts fanatic, none of these arts are worth a politician's promise if the practitioner fails to operate them with harmony in the three dimensions. And every martial art works great if the practitioner can create this state of harmonious interaction within three dimensions: These are the keys to successfully learning to dissipate force.

If force doesn't strike you then it's not likely that you become a victim of it. Taking a punch is not a skill, any punching bag can do that. The skill lies within transferring your opponent's force and allowing it to add to your reattack. Yes, it is often necessary to strike your opponent. I know of no magic formula or great Chi force which I can use to knock down my opponent from 3 meters away. This is the stuff of fantasy movies and books.

Do I think this skill may exist? It's possible, though I've never seen it. And of all those



who've claimed it I have found that in the real world, they remain extremely susceptible to being punched, kicked and thrown.

Think about it for a minute. If these skills really existed wouldn't someone have already entered the UFC octagon and become the greatest fighter of all time? You could be 70 years old, walk in the ring, face your 23-year-old opponent, hold out your hand and he doubles up on the canvas writhing in excruciating pain and taps out. What a wonderful fantasy.

This old guy would be rich beyond rich. So why hasn't it been done? I hate to say something's impossible, but I can say it's likelihood of occurrence is microscopically slim. But I'm open-minded, so if anyone knows anybody who really has this skill please send them my way.

I believe in the power of the mind. The power of the mind is not contrary to science, it is science. I believe in the power of focused intent, and focused energy. As for myself I readily recognize that I'm a long way from perfect, but in an actual fight I can at least channel my adrenaline, and enter a mental state where my pre-programmed deep mind – body – and nervous system



connection operates harmoniously in all dimensions. Remember, I don't have to be the best martial artist in the world, I only have to be better than my attacker in that one moment he attacks. All that matters is my instantaneous reaction.

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CHAPTER 5

I really hope you've gained something from reading this mini e-book. You now know a lot more than most of the general public about the reality of self-defence.

Summation:

An assault on the street does not resemble a contest.

You may have more than one attacker and they most likely will be more experience than you and larger and stronger than you.

When your situational awareness has broken down and either you've been struck or about to be struck it is necessary to respond automatically.

During the attack you won't have time to think: your response has to be correct and a pre-programmed part of you.



Given that it is most likely your assailant will be bigger and stronger; you will not be able to overcome him with your strength.

You must practice against force coming at you, first slow, then by increasing the speed of their attack and your response until you can shed his force and return it to your attacker as one connected movement.

Learning to dissipate force requires gaining the skill of simultaneous rotation, stepping, and replacement.

You must learn to channel your adrenaline. You must use visualization coupled with the most realistic practice possible.

You must forge a link between your subconscious, your nervous system, and the response of your body.

You must practice from a place of relaxation. You must learn to rest the mind, allow the body to move, stop worrying, stop thinking, stop judging, stop expecting, stop hoping, stop analyzing. This is the great Tao – the infinite way – the way of revealing the pure light of the mind.

All who seek instruction in this way are welcome. Give us a call or come and see us: get a free couple of lessons with no obligation. Never fear to challenge yourself.



The greatest warrior has conquered himself
by dropping the concept of self.

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CONCLUSION

These are my opinions, but they are based in reality and in the science of physics, the science of two vectors of force meeting in a plane. Newtonian physics tells us that an object tends to stay in motion until something of equal or greater force encounters it.

The mystery lies within how one encounters, there are a variety of ways, and many of them ineffective. I specialize in taking older people, smaller people, people heretofore uncoordinated, even people with health problems and teaching them to defend themselves in a reality-based situation. This often has the ancillary benefit of exponentially improving the student's health. After all, you can't exist restfully in



harmony and that harmony not overflow into every aspect of one's self.

Much like the art of tai chi which has been so bastardized and commercialized that it hardly resembles its origins. But tai chi is a martial art, one must learn to use that art in the softest non-tense way possible when encountering a potentially overwhelming force. Restructuring the mind- body- nervous system matrix in order to accomplish this task immediately grants one all of the health benefits associated with the art.

This fact holds true in all of the Chinese internal martial arts. Even Okinawan karate has its origins firmly rooted in the martial arts of southern China. It too has been changed, misunderstood, and that false view has been handed down to students and perpetrated for several generations.

Therefore, when a student seeks out a school he or she needs to understand and answer the question of; what am I pursuing. Are you as a student- a seeker of knowing yourself- ready to accept responsibility for your own growth, for determining to change how you operate as a person, as a soul, as a spirit? I often tell my students you can't learn the martial arts with the same



mind you came to the dojo with, your mind has to change, then your butt will follow.

The process of changing yourself and finding within yourself the fortitude to forge ahead, to become one of the few willing to persevere through a lot of adversity creates within your system an unshakable, unbreakable will power. You don't survive a life and death encounter with your brain, its won in the heart. This is what I teach.

How do I know this? Experience is the best teacher. I have had this challenge thrust upon me and something deep within me was awakened. A thing both frightening and exhilarating at the same time. I have ridden that tiger, to do so and dismount successfully requires relying on your heart, your will, your do or die spirit and not a thought process. Self-doubt and ego lies within the thought process of predicting and thinking.

Few will attempt it. I hope I am not discouraging you, but I am challenging you. To properly learn to defend yourself requires harmony between the mind – body – and spirit. The ego, the sense of self, that mechanism which causes you to think it's been aggrieved: that very thing is your only real enemy.



Your own dysfunction, your own self-doubt lies in wait within you like an assassin, a traitor which kills your ability to be truly trusting of your inner self which is the true place of inner peace, the place where harmony originates.

What holds you back from rising to the challenge for which you were born? Do you allow that traitor to exist within you, encouraging your ego and self-doubt? There is another old Chinese saying I am fond of, “The greatest warrior is the one who defeats himself.”

I’m a martial arts teacher. I teach professionally. I teach a priceless art for a price. But I can guarantee you I never have or will forsaken the priceless to gain a price. I hope as a seeker you find the thing you seek, but understand what you seek, therefore you will be able to recognize it when you finally come up on it.

And I’ll let you in on another little fact which I understand from experience, for what it’s worth. That thing you seek is not outside yourself – it’s within yourself. It lies dormant, held down, gagged and chained by your own self-doubt and paper thin will power. Build your will, slay your ego,



surrender yourself to the Tao: the way- the path which leads to Buddha's temple.

The greatest of beings stated it 2000 years ago, "The kingdom of God lies within."

You may continue to look for the flashy, be attracted to the superficial and even follow it and bask in its reflection until that sad day you encounter reality. On that day when the tiger appears he will expose the rotten and useless which the ego has created and it will be too late.

If you seek lessons, if you seek someone to help you find those things within yourself, if you seek what the teachings of countless ages have taught, if you seek what the martial arts were meant to be then:



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Thank you, and I hope to see you soon
inside the dojo.