

## 10 Street Attacks You Will Get Attacked With Ranked 1-10 Violent Attacks

(Attacks, assaults, street fights, violent thug street crimes violence & the attacks ranks based on Police Data.)

Krav Maga Defensive Tactics Combat [Self Defense Instructor Gerry Nolan Krav Maga Thailand](#) expands in this article on the update Top 10 Street Attacks & what way you will be attacked.

Street attacks violent assaults are listed with attack number 1 being the most common popular ranked in popularity. The street attacks you will experience, is based on current records, data, figures & stats of actual police record, numbers, & data of the most frequent violent street attack assaults, grievous bodily harm GBH from reports, crimes of violence, arrests, charges, police emergency calls, & incidents. This is from the UK Police & is currently up to date & relevant.

Looking down the list of violent street attacks, I can confirm based on my own real world experience, that these 10 street attacks are very common. As a working true example let pick a typical Saturday night in a city or large town, Dublin, Ireland for example. I can guarantee if you were out for a night and around the city, you will as a casual observer, passing by, walking along streets with popular bars, discos & late night eating places, you will see violent attacks, street fights or “pre fight attack rituals” & stand offs happening, ready to explode within seconds into pub fights & brawls.

I have personally experienced & successfully defending myself using the most simple basic self defense moves from combatives & krav maga against very seriously 9 of these 10 attacks. The closest to disaster came when after a double attack number 2 got me “sucker punch” style in my eye, (it took over 1 week for my eye to open the extreme version of a black eye I had was so swollen from two punches) I immediately took action to fight back, the attacker smashed a larger heavy size beer bottle (Heinikein), which broke into a sharpened spike & using attack ranked number 8, with full effort & intention with immediate 3 slashes tried to hit my eyes with broken spiked beer bottle. I was able to slip attackers bottle slashes, the first slash missed my left eye by no more than 2 inches perhaps less. (I felt the “wind” from the slash swoosh past my eye, thats how close). I knew after I slipped the second slash by a few inches, my luck would run out in a slash or two more, as attackers violence was going from rage to crazy. I was stuck there, no chance to run as his fellow thugs were seconds from crowding me in.

His 3<sup>rd</sup> slash with broken bottle I remember came from his right hand side traveling to his left & that micro second was my only chance & I exploded inside, trapped his right arm under my left arm, with “brust” in with, what most shoulder grapping to use the knee krav maga people totally miss out on, & that is no shoulder grab to attempt a knee as per “text book krav maga”, instead exploded right forearm bone blade into soft of attackers neck carotid artery area, a sure fire stunner, & worked on from there. I was not slashed with bottle & as in disarm, somehow managed to fling bottle well away, mid self defense. How I do not know, in fact I have little memory of moments after I burst inside slash no 3 probably due to my fear level being so high, higher fear than the fear one normally experiences in a unarmed street self defense, which is scary & fear to the max as it is. The 3 slashes of the broken bottle look less than 2 seconds, & the whole attack from he first of two immediate sucker punches which closed my right eye, until I diarmed the bottle, I guess no more than 6 seconds, or so. 6 Seconds, yet it felt like a lift time when it happened.

The only attack of these 10, which I did not experience & pray I never will, though the broken bottle attack was no far off attack ranked Number 9 which is a Knife Slash attack. I did have a knife pulled on me before & slashed up to my face but attacker was a half wit & not right in the head, & not intent on really doing it. I jumped back out of range of lunatics knife, just in case, &

once back, I knew I was ok, & my biggest problem was trying not to laugh.

Below is the 10 most common street attacks you will most likely experience on the street. To ensure you get the follow up articles covering Krav Maga Self Defences & later Video Clips with defenses to these attacks on our [Krav Maga Thailand](#) monthly newsletter. You can sign up for the Krav Maga newsletter & krav maga video training online defense at [www.krav-maga-fist.com](http://www.krav-maga-fist.com)

1. One person pushes, hands to chest, normally followed by the pusher striking first to the head.
2. A swinging punch to the head. (“Haymaker” & most swing with right arm)
3. A front clothing grab, one handed, followed by punch to the head. (usually haymaker right arm)
4. A front clothing grab, two hands, followed by a head butt.
5. A front clothing grab, two hands, followed by a knee to the groin.
6. A bottle, glass, or ashtray to the head.
7. A lashing kick to groin/lower legs.
8. A broken bottle/glass jabbed to face.
9. A slash with knife, most commonly a 3 to 4" lock blade knife or kitchen utility knife.
10. A grappling style head lock.

This is based on information supplied by Law Enforcement Police Dept on violent crime data.

Training, alertness, sensory acuity, awareness of the tell tale signs “trouble is in the air” e.g. mounting tension, stares, people “gathering their troupes” shunting about the bar or disco, knowing & training in role play simulations the actual prefight rituals & patterns of behaviour prevalent before the physical attack happens & how to deal with “pre – fight”, adrenal dump which in nature triggered our natural “Fight or Flight” response. The correct term should be changed, as “Fight or Flight” is NOT what happens most people.

I feel many self defense instructors be they Krav Maga Instructors with no real experience of street violence or other defensive tactic, reality based martial art self defence instructors mislead people when they use the term “Fight or Flight” innocently used with good intentions of course. The self defense student may assume if they do not “Fight” which is the best idea, fighting is the very last emergency self defense action on our list.

To digress for a second, the best self defense, is R.L.F. Easy to learn & you do not need an instructor, just be more aware & switched on the street & if a person even frowns or stares at you, just remember to R.L.F. = RUN LIKE F\*\*\*.

I cannot remember what F means, so I will say instead, RUN LIKE HELL. Run like hell is the best response to the first hard stare you get from across the bar or street before any potential attacker can even make verbal contact with you to ask you.”What the the f\*\*k are you looking at?”

Unfortunately as simple as easy & no costs to sharpen up nor no fancy expensive panzie self defense props & toys needed or no expensive gym memberships no training fees required for you to know how to Run Like Hell, almost carries the highest guarantee of success as a self defense solution (other than living solo on a desert island, which is no fun, especially after friction burns, stops the only source of entertainment available).

When faced with sudden confrontation be it aggressive verbal assault that stops short of the physical attack, verbal assault as a lead into a violent full on street attack, which is the most common way an attack starts, or a completely out of the blue for no reason no words or tell tale preflight signs, a random person on street walking past you suddenly with them even saying 1 word, attacks you viciously without a tell tale sign of impending attack. Rarer to happen, but it does happen (see below where the \*\* is for a true case study).

Lets make assumption our victim a nice good person is not going to fight back (not trained, does not know how or what to do, & adrenal dump effects etc, does not fight back), why then especially in first two situations, does the person, as soon as the first word is said or they get an uneasy feeling about a person who is approaching them & a hard stare they got from a stranger across the room, why if we are by nature supposed to “Fight or Flight”, do we automatically not Run Like Hell a few 100 meters up the street to get well clear of potential uncomfortable situation?

Without going into a thesis to explain the anthropological & sociological & psychological reasons, as I got my first university degree cover those three subjects, & applied to self defense there is about 3 books to be written on that in the future. (Ph.d potential – be interesting to be a Dr. Gerry who teaches people the real hard facts & self defense physical skills which are simple & quite effective in a civilian street self protection situations.).

I will give you a hint, a very effective 1 move only complete self defense system as used by another Doctor is very effective in the real world – do you recall why in the movie “Silence of the Lambs” emminent psychologist gone wrong, Doctor Hannibal Lecter was like an attack dog, mouth muzzled? While you never want to take it to Hannibal Lecter extremes, his method of attack is an excellent stunner. More on that in another newsletter ==> The technique I mean! Not Dr. Hannibal Lecter! :-)

What usually happens is our soon to be “victim” is gets the verbal set up from attacker, & as it escalates with attacker getting increasingly aggressive, shouting, swearing, snarling in to face, finger pointing, then a hard push to victim or hard shoulder to victim, aggressor advancing, (run should have happened by now, but its too late), the “victim” with shakey voice or agitated voice gets sucked right into the trap & gets a beating, minimal effort to fend off attacker. What happened the “Fight or Flight”?...

### **“Fight, Flight Usually Freeze Response”**

In actuality based on what I have observed happening most normal decent good everyday ordinary people who have the misfortune to be in the wrong place at the wrong time, & for whatever reason or motive, they experience an act of physical violence, & beings like I am about to describe.

usually which starts with a verbal “interview” to set up victim for an “ambush attack” by distracting our victim with a question or comment which engages the brain (distracts for a second) then sudden “ambush attack” is launched, or the verbal “distraction” deception set up by attacker,

which attacker uses as a ruse to quickly rev up a verbal aggressive attack, (attacker is psyching himself up) then a push, which leads into a 2<sup>nd</sup> push which opening move in attack Number 1 or whatever. Strong strong odds favor its going to be Attack 1 – 10 or a variation that is very similar.

“Fight, Flight Usually Freeze Response” is what I call what really happens. I often hear self defense instructors talk about Fight or Flight that talk about “Freezing” as if its a different stage or part of self defense. Maybe a better idea is stop teaching self defense krav maga students about the “Fight or Flight” and only teach & train people what to do to minimize the odds that they freeze up when a potential violent confrontation happens to them.

“Freezing” is going to be your biggest problem as your dead meat if you freeze. You will not escape in time, & any attempts if you try to hit back probably will be ineffective, until you learn to deal with the “Freeze” factor. The good news is if you want to learn how to do this, how to deal with the “Freeze” element of adrenal dump when confrontation as an opening to a street violent attack happens, you can & with training & practice you can go from being timid inside to having the ferocious furey of a lion inside, which is needed to carry successfully a physical krav maga combatives street self defense & win, stunning attacker sufficiently so you can escape fast, if you are attacked by a street experience violent attacker.

One of the mental mind power methods to help with overcoming “Freeze” in self defense, & many top self protection instructors use elements of & techniques from N.L.P. The mind science of Neuro Linguistic Programming which helps over come freezing, & also through the N.L.P. concept and technique of “modeling” a student can be taught to how to switch on the Ferocious mindset button if facing an attacker. Finally as a Krav Maga Self Defense instructor, I use NLP “metaphors” & other techniqies of NLP to help students get now a physical krav maga self defense move such as a strike.

I will be writing a series of articles on the very interesting & indeed potential life saving intelligence we have on the ranked on how often each attack was used, top 10 street violence attack list. Each article will cover each of the 10 most common street attacks & self defense krav maga techniques who can use to fight back & defend yourself in specific response to these attacks. I will make video clips training you in krav maga self defence combatives defensive tactics on what to do as an actual self defense attack back solution using krav maga & other street fight optimal martial art defense & offensive self protection, which will deal with each attack. If you want to get the Krav Maga Video Training clips please make sure you are on our free newsletter krav maga go to <http://krav-maga-fist.com/> where you can add yourself to our newsletter & you get free krav maga video clips coming soon & this week more krav maga ebooks self defence free.

\*\* It happened me, in massive 6 foot 4 guy grabed one handed frontal clother grab followed by classic attack number 4. head butt x 2, which I absorbed using top of my skull my ducking down & overcame attackers volley of strikes, against all odds as he landed a few heavy shots on me in initial stages of attack, I saw the “red mist” & pulled out the mental zest to defen myself & put him out of game

\*\*\* Instinctual human Fear, Adrenal Dump which causes the shakey knee caps, dry mouth, rising street intenal tension, dry mouth, trembling voice, tunnel vision which shuts off your awarness to immediate surroundings, & people.

