

# Street Fighting Self Defense Dirty Krav Maga By Gerry Nolan Instructor Krav Maga

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## Krav Maga Thailand Self Defense Combatives

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### Krav Maga Thailand Celtic Warriors An Fiannaíocht

- \* **Glaine ár gcoí** (Purity of our hearts)
- \* **Neart ár ngéag** (Strength of our limbs)
- \* **Beart de réir ár mbriathar** (Action to match our speech)



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## **Street Fighting Self Defense Dirty Krav Maga By Gerry Nolan**

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Welcome to the world of street reality, it's horrible & it is coming to a town near you real soon! In fact it's in every corner of the world. This is where innocent everyday normal decent people fall victim to the terrible situation (it is probably happening some unfortunate person right now as you read this!) where some violent criminal street attacker sicko will just as soon take your balls off and hang them on the wall than collect their winning lottery ticket grand prize! (Assuming the Sicko won the lottery!)...

In this world we live in today, one must know how to defend himself, as one who is defenseless will soon get attacked (Sun Tzu, Ancient Art of War (c) 17th century). This first article will teach you an opponents vital spots to give you a greater chance of winning a conflict. To demonstrate take the following example:

**Fighter #1)** Throws a long right punch strike to Fighters #2's jaw or face.

**Fighter #2)** Side Steps, hooks arm, Knife hand (karate chop) #1's throat, and breaks the elbow by falling to the ground.

### **Can You Guess Who Won in this street attack?**

Fighter #2, obviously because he knew that his opponent's throat was open. In this example #1 was on the ground puking blood with only one arm working right?...

Fighter #2 combined his knowledge of his opponents body with a Krav Maga Self Defense basic training simple strike and ended a fight in less than say, 4 seconds.

It really does happen folks...

Great eh? And 2 or 3 simple strikes combative krav maga techniques, trained until they become part of your body & soul, the basic simple stuff

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people get “bored” doing, is the exact “secrets” that save you a street beating!

The most important thing in a fight (and the most neglected) is the block. Now I do not mean a “Karate Style big move power block, in Krav Maga it is more like a “deflection” or a “parry”, let us use the word “block” as a simple word to describe the concept, therefore even bursting INSIDE your attackers swinging big power right punch or “hay maker” as it is nicknamed, I will refer to that moving inside the swinging punch as a “block” in a very general way for simple writing. (Exploding inside attackers strikes I favor, train this simple “block or move” a lot & have used it for real on the streets many times, it is a brilliant trick!) You explode inside the attackers right handed intended to take your head off swing power punch (SSSHH! I will let you in on a “secret” about 80% of 80% of attackers will swing or use right arm for punch, slap, stick, beer bottle to your head, knife attack even! So learn to watch for this.) Ok that’s me covered for using word “Block” as a general flexible meaning term & NO! DO NO see a PINK ELEPHANT.(ha ha got ya!.. told you to keep watching for tricks!) do not consider the block to be the blocks you might have learned in Karate, tae kwon do, or kung fu class as most a very similar.

So me, I am or list visualize you if you like, you are crashing inside the attackers right hand swinging punch “hay maker” he full whack want to “KNOCK YOUR FUCKIN BLOCK OFF WITH!!!” and your protection your head with chin tucked into left shoulder, palm on top on head, & elbow crashing into attackers right shoulder (Did you ever seen the movie Tarzan, his boyfriend Cheetah the Chimp, well the block, your hand on your head is chin tucked, upper arm bicep protecting side if your face & point of Your Right Elbow SPEARING forward into attackers, when you blasted like a runaway train inside his big swing, elbow spear if it hits him it is a bonus, but the main goal is to “Block” protect your head & left face side from swing, you can hear what I just seen to you or at least feel it happening?

Now simultaneous exact same second as you blast in, with the monkey spear cover of Tarzan, while you Palm Strike with heel of you palm up hard full blast under attackers chin, or web hand strike (V shape between your right hands bottom of thumb & base of your index finger, that V shape smashing into attackers throat, simultaneous as you “blocked” when you exploded inside the attackers Right Swinging Punch, turn the web hand to throat strike

suddenly into upward palm strike. Web hand strike after crushing wind pipe, “flows” in millisecond into your upward palm heel strike almost taking attackers head of his shoulders, & drop your palm strike hand, your fingers now clawed like a Tigers violently smashing your “claw” into probably incapacitated attackers eyes & face on the way back then from your Upward Smashing Palm strike! (Repeat the 3, it’s a bit like the Holy Trinity, 3 strikes, just think web hand to throat, palm upward strike under his chin exploding shock power up like a rocked & a smashing clawing ripped lashing whip like claw into face & eye balls as we return our right hand back, or recoil back is a better word, like a piston. You will remember this like “In the Name of the Father, Son & Holy Spirit. & AMEN!”

Yeah AMEN can be a good knee in the bollocks to finish him, well his is probably on way to emergency hospital anyway, after “Your Holy Trinity Strike!” so AMEN (So Be it with a good upward balls crushing knee, since your leg will probably be between his, knee straight up like you dancing to 1980s Madness Song “Baggy Trousers” (stupid dance – but good for getting people to remember the Knee, just thing of 80s pop band Madness “Baggy Trousers” Dance).

On the brief topic for religion & the above “Holy Trinity” technique, I Have to confess, “Bless me Father for I have sinned, this is not the first time I have used such a move to annihilate an attacking street thug, nor with it be the last time I will use it either, so please forgive me father, & I’ll make my attacker suffer the penance instead of me. It’s a dirty job Father Ted, but someone got to do it, & I think the good Lord himself sent me on a mission to rid the world of muggers, violent thugs, & attackers. I am doing it for the “meek”, so we got a deal then? You clean me soul & I’ll clean the violent thugs who beat up old ladies & rob their houses, the rapists, & the bullies!”

Without a block (block-defender throws something to redirect attackers energy, OR moves out of the way and lets the energy connect with nothing, mid-air), you get hit, right?

If you are occupying the space that will soon be occupied by an experienced criminal violent street fighter attacker’s foot, I would think you would,

- 1) stop occupying the space or
- 2) Make sure the opponent’s foot won’t occupy the space or

3) Both (doubly sure!). You get the idea.

After a block, The attacker is **ALWAYS** open(If your fast enough!) . There is nothing an attacker can throw that won't leave him open somewhere. You quickly assimilate what areas are open, and then attack with an appropriate blow.

In this process the new defender may block and counter-attack you!  
So be careful.

This can be a long cycle with two smart fighters continuously blocking and counter-attacking each other! (You have seen this thousand of times in ninja and kung-fu movies...Untrained fighters simply cannot block and counter-attack...that's a fact, jack)

Perhaps You can check this out as it is really good manual military ebook to teach you to do what I described bursting in, palm shots, web hands, knees to crush balls, <http://kravmagaebok.krav-maga-fist.com/>

I'll deal with different types of blows and kicks later, now we'll deal with the target areas...

### **The Body is divided into three areas:**

1) **Upper position** top of head, face, eyes, windpipe, side of neck, down to the chest to solar plexus area under your rib cage.

2) **Middle position** Lower Ribs, Solar Plexus down to the general groin area. Yeah, “Balls” “Gonads” “Bollocks” testicles, & above groin area, where pubic hair resides bladder area, (real men do not shave it off, unlike that dung pusher David Beckham!) “Pelvic Floor” which is the soft tissue area where the testicles bag ends & the arse hole begins. A sharp boot aimed into & beyond the arse hole so the toes of your shoes hit sharp up, a good hard piercing kick, busting the soft tissue of the attacker’s body area, the arsehole to pelvic floor area, if you end up behind attacker is fucking lethal.

3) **Lower position** groin down to lower extremities e.g. knee, shin, instep, foot, toes. (And a few other places in that area, which I will leave off this basic list for now, which are lethal to kill zones if you are ancommando and you got to take your enemy out with your fighting knife.)

## 1) Upper position

**A) Skull** - any blow to the skull may cause cerebral concussion, Unconsciousness, fracture, laceration (very often lethal)

1. **Parietal Bone** - Top of head protecting the brain
2. **Frontal Bone** - Forehead protecting brain and large blood vessels
3. **Temporal Bone** - Side of head (temple) midway between the corner of the eye and ear. Temporal Artery is located here.
4. **Nasal Bone** - Bone located in the nose
5. **Maxilla** - Upper jaw
6. **Mandible** - Lower jaw
7. **Zygoma** - Cheek Bones (breakable)
8. **Lacrimal** - Bones surrounding the eye.

**B) Eye** - necessary for vision, hemorrhages easily

**C) Nose** - extremely sensitive to trauma, fractures, or smashes. Now an experienced fighter, (I can do it) good chance he can fight on with a smashed nose. (100s & 100s rounds I sparred hard over 26 years kick boxing, got me very used to fighting on with a smashed nose).

However, a nose smash is very painful if unexpected & your assailant is not desensitized nose trauma. Causes blurred vision; watery eyes, nerve pain all over faced down to nerves in teeth, & usually will pump blood in a major way. Which buys you an extra second to ram your fingers into violent attacker's eyes, & fish hook as violent as violent can be his eyes & eye sockets. (Usually squeals like a slaughter pig when you do this. Take my word on this. ;-)

**D) Ear** (trauma directly to ear can cause rupture to eardrum resulting in Severe pain, "ringing noises" & total disorientation. (Again you just won yourself half of a second, to finish the attacker.)

**E) Neck**

1. **Anterior** - front of neck, contains Adam's apple, fractures relatively easy, causing loss of ability to inhale. Keep it simple, this is the front of your throat, and you smash your punch, "karate chop" edge of hand or do

the “web hand” strike or forearm, blade of your forearm bone into attackers windpipe at front of throat. Even when I demo this to students & does a light finger tap to this area, an instant, sickening, gag reflex occurs. Imagine what a full blast, full speed & power, well trained strike will do, if you hit a serious violent street attacker there?

**2. Lateral** - side of neck, contains muscles protecting large blood vessels, arteries and veins and large veins - trauma resulting in spasm of vessels decreasing oxygen resulting in unconsciousness & stunning stronger crazy attacker for the valuable “second of opportunity” to neutralize attacker.

**3. Posterior** - back of neck, trauma causing severe pain, unconsciousness

**F) Clavicle** - collar bone, is easily fractured, and interestingly enough removes victims ability to move his arm away from his body!

**G) Sternum** - breastbone, extremely painful when injured. Your Spear Elbow I told you about, remember Tarzan & Cheetah the chimpanzee way of putting palm of hand your fingers point back, brings your arm up to protect side of head, & the elbow of same arm naturally points forward like a spear. (If you cannot remember Tarzan & Cheetah the Chimp, to remember this ELBOW SPEAR, then think of ELVIS or JIMMY DEAN 1950s or Marlon Brando in that 50s biker movie, how they used to slick their grease brillcream hair, combing it back the hairs, just like Elvis or Jimmy Dean. “Yeah looking pretty cool, slicking the hair back”. (Did you just run to the mirror & try to slick your hair back in that cool combing hair move? Good I am happy if you head, as you are learning the Elbow Spear Block which you now see is also an “attack” you smash your Elvis & Jimmy Dean 1950s slicking the hair back, brings your arm into more or less the EXACT Position as those the Cheetah the Chimp from Tarzan move. This is how I use N.L.P. that is Neuro Linguistic Programming which is a mind science like hypnotism tool of influence, to embed this “look cool monkey” elbow spear move into your brain sub conscious. Imagine, Elvis might save your life some day if you smash the “Looking Cool Hair Slick” Elbow Spear into the attackers STERNUM (since we are on Part G, & supposed to be sticking to topic to Sternum but it is a block too as you saw me tell you & you can probably feel that elbow spear going into the bastards throat too!! (Now close your eyes, feel relaxed, & send me all your money!!! LOL! No,

N.L.P. is just not THAT powerful, but it is a brilliant tool for accelerated learning & makes learning self defense krav maga moves fun. (Well I think it 's a fun way to learn, so I will laugh at my own jokes if you do not, tight arse, but either way, this will **SLICK BACK** Oh! Eeerrrrr! I mean stick in your sub conscious mind how to that that Elbow Block or Elbow Spear Attack, Tarzan you cheeky monkey! Listen to me show you & I am sure right now you are feeling you got some slick moves & you can hear how NLP shows you as your reading, how spear elbow, NLP gets you learning results. Or RESULTS! IF you cannot get any of this you stupid greasy monkey, who the hell you think you are Elvis? No, well you are not slick to learn, when you remember the ELBOW SPEAR (Attack or Block) the simple way is... **JUST SMASH THE ATTACKER WITH YOUR ELBOW!**

**H) Ribs** - elastic arches of bones, easily broken, may puncture lungs or Heart

**I) Axial** - Arm Pits, contain large blood vessels, trauma causes extreme pain and/or paralysis of the arms. The Mixed Martial Arts MMA UFC look at the list of rules, you will read, attackers such as finger spears into the soft arm pit are not allowed! **WHY?**

Well since I used this “dirty fighting” trick on an overzealous close to 100kg rugby player I was training a few years back, who pinned me, (acting the “smart arse”) on floor & was about the “ground & pound” me UFC style. (I discovered to my horror my usual move for this did not work, a good lesson, & Thank God an over zealous student in the gym caused me to learn the lesson). I **SPEARED** the Fingers of my right hand full blast into his open arm pit, & just before my finger spear, I moved my body to trick him to pin me harder to the ground, as I reinforced his pin, with my left arm.

The result was when I speared him 3 times rapidly in one second full power, there was no “give” nor could he pull himself back to ease the impact. **FUNNY!** When I let him go on the 3<sup>rd</sup> spear, he jumped up off me, as if he got a sudden jolt of high power electricity & his “mental state” was frozen for a second. Allowing me get to my feet & boot him in head for being a smart arse. Strangely he avoided me, as a training partner for the next few months, before dropping out of training. Hope he learn a lesson in manners too!

**J) Heart** - in general area of left breast nipple, non-penetrating force can cause hemorrhage and often rupture, or simple & less lethal a good hard shot to the chest, can stun to attacker for half of a second. (Sort of like a defibrillator effect! Oh! How electrifyingly shocking! )

## **K) Arm**

1. **Shoulder** - trauma causing dislocation, severe pain or fracture.
2. **Elbow** - trauma causing severe pain, fracture, dislocation, internal Bleeding.
3. **Wrist and Hand** - trauma causing severe pain, fracture, dislocation, rupture of blood vessels. (maybe, arms are not my main target, as they old expression says “go for the throat!” or “An eye for an eye.. both eyes being his, and same same for a tooth for a tooth, leave your attacker drinking through a straw for rest of his life, unable to eat an apple, because you smashed his teeth in, and he deserved it too, since he assaulted you first, he hit your first, (officer), I swear officer (hint hint, not chimp chimp) the attacker hit your first, & said he was going to murder you too. ☺ Self Defense within the law, anyway I did not hit him, hit means using a fist, I only “slapped” attacker as I cowered away in fear, & I think he slipped, because as turned away from attacker out of fear, when he hit me first, so I did not see what happened after, the attacker slipped or tripped, hit his head on the ground & that is why is Unconscious with this front teeth missing, officer, & I cannot sign the paper to say that even, because he kicked my hand also & I cannot move my fingers to do any writing nor sign my name. Sorry officer. (AHM! Sorry I am getting mixed, up, I added in a few lines for a screen play I am writing, there, nothing to do at all with legalities of self defense, & since I am generous, I will leave in my few lines of my screen play as a gift for your, ELBOW PRESLEY!

## **II. Middle Position**

Diaphragm to groin, Diaphragm being the floor of the chest cavity

**A) Stomach** - hemorrhage and extreme pain

**B) Solar Plexus** - great network of nerves location of dorsal aspect of stomach (the front part). Gives off nervous control to all abdominal organs. Trauma causes slow death.

**C) Liver** - located under right portion of Diaphragm, trauma causes severe pain and possible hemorrhage and death. (If your attacker drinks too much booze, he can do this job on his own liver from alcohol, but since we are good nice kind people, it is cheaper & quicker to do it in an attacker, & faster, more humane, to smash him in the liver, instead of letting him booze himself to death with a long slow death painful liver cirrocos from alcohol.

**D) Kidneys** - located on back of the abdomen, left & right side of spin on very lower back, a hard stop to kidney area will cause severe pain, & often attacker will have to stop & bend down, very similar to the sickening feeling of a punch or strike to solar plexus area. I know from experience, years ago when in late youthful teenage years, I got kicked après local Saturday night disco brawl, in kidneys full power with the toe of a “Doc Marten Boot”. Hit me unexpected, & attacker kicked me after running & jumping off a 1 meter high stair case fire exit doing a “jumping front kick karate style”.

All I remember is terrible pain shooting to my solar plexus & having to curl into a ball on the ground. He was getting me back, as the week before he started a fight with me, expecting to beat me, & I “Karate Swept” him, which threw him into air, & he landed in a pile of shit, & mud destroying the 1980s white tight jeans, which were all the fashion back then! (Growing up in late teens, in Irelands North East Border region, which has a hardy breed of people, made of some very real reality based self defense situations, & since stubbornness is a trait of the people of this area in Ireland, there was many vengeful pay backs. So winning an initial confrontation usually brought more trouble!

**E) Small Intestine** - it can be contracted around the belly button, causes severe pain and possible rupture.

**F) Large Intestine** - in lower abdomen, can rupture, causes severe pain.

**G) Lumbar Area** - Arch of lower back, trauma results in severe pain,

possible fracture, permanent paralysis to the legs and pee-pee (dick). Bone of the Arse, where your spine becomes the bone of the arse, if you can boot considering you are wearing hard shoes, boots, or use an impact weapon, like a spare leg of a bed you just happen to deliberately on purpose to have a few extra hard wood legs of beds (with little metal caster wheel) & smash attacker with that in the bone of the arse. His pain will be like a comedy show, it has a weird effect, if I smash an attacker up (anywhere really) I think it is just fucking hilarious! HA HA! Get him in the bone of the arse, & he will be winching in pain so bad, it is so funny to watch, (serious) the after effect of a smash to bone of arse, you will have to smash him there a few times more, just for fun to keep the laugh going! ☺

### III. Lower Position

#### Groin to lower extremities (legs)

- A) **Bladder** - below belly button and above groin, trauma causes possible rupture (all urine spills out into the opponents body)
- B) **Inguinal Rings** - to either side of the groin, trauma causes severe pain and possible herniation (he can't stand straight for about a decade)
- C) **Pubic Symphysis** - pubic bone in groin area; directly in the middle, trauma causing fracture (nothing else, he won't die contrary to popular opinion)
- D) **Testicles & Scrotum** (If they have any) - pouch containing the testes
  - Extremely sensitive - trauma causing severe pain, hemorrhage. I find from my own real life experience & discussions with street fighting people who have serious street experience, we all agree it is very difficult to kick an experienced street fighter in the “Balls”!

I tried it many times in my more youthful days to kick attackers in the bollocks (that is the “groin area” for you PC types.) , in martial arts I was considered an above average re my kicking skills, as a 14 year old I was able in hard sparring with adults aged 20+ years to jump up often left leg then repeat immediate with right leg round

house kick, double boot them in the head for a good “standing 8 count” brain shaking stun.

I could kick hard, no telegraphing of my incoming kick, & kick very fast, totally on target (and if I did not like you, I made sure I made contact with toe of my trainer to your face, as opposed to the instep of my trainers when sparring) without the tell tale gave away step forward 90% of martial artists do, from a stationery still position no step from in close to attacker (even kick to his head from stationary close in), & I am accurate, yet in “teenage after the disco fights” still I found it almost impossible to kick an average street brawler in the “balls” & that fact has not changed when I had some serious situations with real hardened thugs with a record of violence the length of your arm.

Reason is most street fighters; know inexperience people may attempt a kick to the balls. Groin, testicular area, & they are ready for it, expected it & they can see your kick coming a mile away. Perhaps as a finisher kick, once attacker is stunned it is ok, but as a starting move to close the gap on an attacker, forget kicking to the balls.

Kicks to the balls in a real street fight rarely works, unless its high school nerdy kids your fighting, which makes you a bully & a prick! (I am 4<sup>th</sup> Dan Black Belt ranked Mugendo Kick Boxing, in addition to being Krav Maga Self Defense instructor, & while my kicks are not a fast as when I was in my mid 20s, I still for fun, do some high kick training most weeks.)

**E) Sacrum** - bony extension located on both sides of buttocks, trauma causing severe pain and fracture.

**F) Coccyx** - tailbone, trauma causing severe pain and possible fracture.  
LOL! SEE BONE OF ARSE ON PAGE ABOVE!!!

**G) Leg**

1. **Hip Joint** - prominent on top and side of leg, trauma causing pain and possible fracture

2. **Inner Thigh** - upper and inner part of leg, trauma causing rupture of the large femoral blood vessels. Lets put it simple, I train this from Muay Thai similar “clinch range” where street fights can end up fast in this mid close range, so while attacker is probably trying to grapple in standing clinch so he can hit you, or ground you.

**Do This** - → a good hard using the toe of your shoe, or boot, or trainers, “Savate – French Kick Boxing” style kick, fast hard into the center of the soft of inner thigh (or a fast sharp knee strike), will hurt like fuck!! Drive especially if you got hard sharp toe footwear on, your kick fast furious & penetrate in deep, & whip the kick back out (or knee strike), you might want to do a 2<sup>nd</sup> immediate strike to same place or a 3<sup>rd</sup> kick. This is an excellent pain causer, & weakens attacker, & since your in close to attacker in “clinch” range, ram your fingers (fish hook etc) his eyes, spit in his face a millisecond before your strike, ram your fore arm sharp bone into the “Jugular Vein” soft of the side of neck, or pin him & same time spring up, & palm heel strike him so hard under the chin, (pin him pulling him down, so you got two opposing forces re upward palm heel strike to chin). Your attacker will be in a neck brace for a year! Now just do not end it with palm heel strike, immediate go to his side, & pull him back, with tiger claw to eyes, (really slap hard in the tiger claw) & whip lash (2<sup>nd</sup> whip lash!) his head back off balance & aggressively violent smash his body to the ground. Stomp his legs, & escape the attack scene in which you were forced to defend yourself.

## 2. **Knee**

a. **Front** - trauma causing severe pain, dislocation and possible fracture.

b. **Back** - trauma causing tearing of ligaments and popliteal blood vessels.

4. **Anterior Tibial** - shin bone, trauma causing severe pain (in most cases, some people can't feel that) and possible fracture (everyone feels that).

5. **Anterior** - instep, trauma causing fracture and severe pain.

6. **Posterior** - back of heel, trauma causing pain and fracture or tearing of the Achilles tendon (making it difficult to walk).

Well friends, there it is. You can easily make a body chart on the wall but the best thing to do, is go train to attack some of the places I mentioned in this e-report, get 2 or 3 techniques that work for you, & train them over & over 1000s of times in your krav maga or self defense class, & “visualize” you successfully ripping attackers to shreds in your minds eye, feeling the emotion need to destroy an experienced violent no morals street criminal & see, feel, hear in your minds eye, your offensive self defense krav maga working for you. That means, you beat the crap out of the attacker using a few simple moves with massive mental aggression that is what you visualize.

I present this for self-defense use only...

**NOTE:** The “best” self defense, is to not get into a situation where you have to defend yourself in the first place. Avoidance, Awareness, learn to recognize the “Pre Attack” & “Victim Selection Rituals” which are common to street attacks all over the world, talk attacker down, or better run like hell, meaning ESCAPE without having to deal or dish out physical violence as self defense is the best solution.

However, if you get into the case where someone needs his block knocked off, go for!

Remember, the more you sweat (or go full on) in training, the easier the battle will be.

## **Confrontations...**

What is a Confrontation?

A confrontation is the first thing before a fight, or it may start a fight. When you meet somebody, that is not a confrontation. Usually you won't want to fight him (you wouldn't walk down the street and start with everyone you see would you?) so if you don't know him, you walk past and don't even look at him. If you know them, you might look and nod. If you

want to fight you may snarl and swear and huff and puff until your chinny chin chin hairs stick up. That is a confrontation.

Confrontations happen most often, in my life experience of real street self defense, in pubs, bars, discos, night spots. What have all these places got in common? Many strangers, many people drunk, some drunk & on drugs, I found when I quit drinking a few years back & quit the “party night scene”, confrontations & potential for confrontation dropped my about 98%, which is a massive percent to drop!

When two people are drunk, they may start a fight without intending to... That's why you commonly see two best friends biffin' it out, or more often two strangers who've never seen each other.

A confrontation in a bar occurs most often because the other guy (we'll refer to him as asshole, they almost always are) gets close and says something that you can't back down out of without losing face. He might say

*"Hey, what the fuck are you looking at you stupid looking cunt? You want some manners put on you?"*

which you wittingly reply,

*"Fuck off!, at least I am not a queer like you.!"* as loud as possible.

The Asshole doesn't have time to back down out of this so he throws a punch at you, or in my own personal experience, for some unknown reason, he wants to goad you into a fight & beat you for an ego kick.

Why a total stranger in a disco, night club, bar or night venue area of a city, for no reason, randomly, engages you in a verbal confrontation is usually because he already thinks he can beat you, & gets his “thrill” from beating up people, and drugs or/and alcohol is a joint or solo reason for this no reason attack.

This happened me over 35 separate times from serious “thug/criminal” types between late 2002 & late 2005 back in Dublin. (The “No Reason” reason for attack). Unfortunately (for the attacker) I was unable to escape in a crowded

disco, & I knew attacker was going to attack me anyway within 1 – 3 seconds.

Now self defense we often teach krav maga students people to “Preemptively Strike” attacker at this stage, hit him before he hits you. However, for legal reasons, I wanted “Self Defense” as per law in my favor, the reason I would tell soon to be attacker (soon to be in act of my legal self defense fucked over badly for his bad manners... only attackers did not know that was coming in seconds). I would goad attacker (play his own game, give him what he wants, an excuse to attack, fight, hit me) since he is going to hit me anyway, to get it over it quick, hence me giving a NOTE – PRE-REHEARSED smart ass answer back to attacker telling him to –

*“Fuck off faggot, pity you’re not as nice as your mum, she gives a great service in that brothel she works in”*

Or similar pre trained for “pre-fight” self defense dirty comment.

(Prudish readers, I make no apology for this. I have used pre-rehearsed lines & worse ones, & still train a few, as it is all part of self protection. If you do not like it, do not read this report.

Usually, MY Answer back to Attacker, is very fast, rolls of my tongue, since I train it, same as I train my punches, eye attacks, elbows, bites, palm strikes etc. Attack goes crazy angry, & 80% approx based on my own experience & also back up by recent 2008 police stats figures on street assaults proves my experience to be quite accurate. 80% of attackers will with right hand immediately try to punch your head off, or pick up beer bottle & try smash your face with beer bottle (right hand), or ash tray, which will be followed by a barrage of strikes from attacker, maybe a knife may appear if he is a career heavy criminal mid attack.

Serious Point is YOU have only 1 chance, if you goad attacker to hit you first, since Discos, Bars etc, have CC TV & Witnesses too, it is on record that he hit you first in an unprovoked violent attack. If you learn to use open hand strikes, like palms, slaps, also on CC TV the police will see you “Slapping” attacker, which appears less lethal & fact leaves virtually no signs of injury as opposed to if you launched 8 left right bare fist punches

into attackers nose, & mouth, which will cut him to bits & break his teeth or nose etc.

Now... do not be fooled, a well trained Open Handed Slap, & I can say this as I have 26 years punching with fists as a kick boxer, I can get double power with slaps, they do not leave much external injury signs, & also you will not break your hand or wrists or cut your knuckles on his teeth (which leads to terrible septic infections of your lacerated hand.). In fact if you get your Open Handed Slap work on it for a few months at your self defense class, I know of people who can stun almost to point of clean Knock Out using a slap their training partner, who is wearing a police riot or strong full protection motor cycle crash helmet. Slaps rule!

Also a quick extra “dirty trick” for you, after you insult attacker to goad him to hit you, I always just at millisecond I saw his strike move an inch, explode in on attacker, so punch usually misses & goes around back of my head, which I have protected with a raised elbow, (yeah punch might skim my head, or I might get “grazed” if he is fast with an extra follow up strike or two), but as I explode INSIDE his expected strike (80% right hand swing punch, or bottle in Ireland, - this strike is nicknamed “The Haymaker”), as I go inside, I will use a trick of the Irish Gypsies & SPIT in attackers face on way in, which has an amazing stunning effect, especially if you get a good volume of spit into his eye or mouth, (see I have it ready pre attack), I again have bought a half a second with the spit, which few people see, perhaps a quick finger whip to eye, with my main full slap to face which you can also get a 2 for 1 & get eyes with fingers form slap, & then fast power very quick forearm smash soft of side of neck, & usually down he goes, or drive him like a mad dog up against a wall.

This is more or less exactly what I did, in approx 30 of those 35 incidents, I mentioned. I destroyed in all the separate 35 out of 35 attacks on me in just over 2 years from late 2002 to late 2005 what would be considered “heavy/heavies” hard man usually criminal linked unsavory scumbags, with reputations for attacking people & many had & others I assume also hand criminal records, experience in violence, & no qualms about hurting a “victim” badly just to look cool. (Those 35 are the incidents that went “full on violent”, I am not counting incidents where physical violence was seconds from happening, & for various reasons did not turn into full on attacks meriting self defense. Dublin I found had gotten very violent in those

years, & I hear it has gotten worse. 22,000+ times if you go to online Irish newspaper Irish Independent at website Independent.ie & go to search & type in “Nose bite” or similar, & you will see 21,000 – 22,000 references to newspaper reports in recent years on biting attacks on street in Ireland.

So on...

If you want to avoid a confrontation in a bar, just get a lounge and watch Asshole #1 fight asshole #2 (which incidentally, the best way to learn how to fight is to watch others and think about their mistakes), or if you have to sit at the bar, mind your own business, and if someone comes up to you and says something about your mum's grey pubic hair, you should say *"I know..."* and leave, and don't come back (who wants someone who says his mum's pussy really is grey?)

The most important part of a confrontation is identifying when an actual “pre-fight” confrontation is going on (as in happening to you. This is a serious important skill to learn, there is plenty of book about “Pre-Fight’ GeoffThompson.com his classic work of his bouncer days “Watch by Back” is a must read, , as in when you actually are in the RED ZONE trouble coming in seconds!.

You should be suspicious if you tell the asshole next to you that you pumped his girlfriend and he smiles while his hand is on an empty beer bottle...He's probably waiting for you to turn around which then he will follow up by smashing bottle #1 into your face...

(And remember slick elbow Presley monkey, 80% of 80% use the Right Arm to attack.)

Another thing to be suspicious of is if you see the same strange people crowding you all night and they're all looking at you with beady eyes...

Well, you can figure it out...

So what I'm trying to explain to you is that a confrontation usually ends up in a fight, and also a confrontation is very hard to back down out of. Identifying a possible confrontation is the best way to get out of a fight (Or better yet to get in to one).

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