

Shoto Canada Summer Camp July 10th, 11th, 12th 2015

Victoria BC, Canada

Karate Realistic Self-Defense

Break fall – Takedowns – Self-Defense

Goal of the seminar should be: “Awareness “of body, mind and surroundings

1. Nidan Level & Up: Welcome to the “Real World” with its Consequences

Dialog with Group

1. Why People do Karate (reasons and motivations)
2. Difference between “Dojo Karate” and the “Real World”
3. Usage of Karate Techniques for S-D and where you`ll find them
4. The Light & Darkness of realistic Self-Defense and the Consequences
5. The 10 Levels of Self-Defense (**1** easy learning - **10** fight for your life)
6. The Color Code of Awareness (white, yellow, orange, red, black)

The Dialog with the group could be a part of a stretching exercise in a circle facing center. If you are not doing a dynamic stretch, focus on warm up for a breakfall class. If you do talk, try to keep the group in motion so they don`t cool down much. Deepens level of the group and the focus.

Warm Up

- ❖ Awareness “Touching Game”

Level 1: Touching incl. reducing space (2-3 rounds - everyone attacks)

Pick a point on the body to be touched. Once you are tagged, you are out. Each round, reduce the area they have to move in.

Fun, watch out, be flexible and get use to the game

Level 2: Walking & touching with unknown Aggressor/s (2 rounds)

Oops, something/one is going on

To choose the Aggressor/s, have the group close their eyes and then touch someone from behind to signal that they are “it”.

A variation for a warm up could be push ups, sit ups, squats, or keep them in a position of your choice with the eyes closed to practice using their other senses

Level 3: Walking & unknown Aggressor/s with Knife (2 rounds)

Seriously, be aware and get out of the danger zone

To choose the Aggressor/s, let the group close their eyes and touch someone from the back, to signal him – he is it and give him a training knife or similar weapon.

The aggressor/s should hide the knife and act normal to not give him or herself away as “the bad guy.”

Variation to a warm up could be also doing push ups, sit ups, squats, or keep them in a position of your choice with the eyes closed to practice using their senses.

Level 4: Walking & unknown Aggressor/s is taking Hostage (2 rounds)

Did I see it coming and could I do something about it?

To choose the Aggressor/s, have the group close their eyes and then touch someone from behind to signal that they are “it”.

A variation for a warm up could be push ups, sit ups, squats, or keep them in a position of your choice with the eyes closed to practice using their other senses

Debriefing

Groups should realize the importance of awareness and the difference between “walking through the park” and “paranoia”

Use your skills, movements and technique you have learned over many years of training.

Defending yourself starts with awareness, the right body shifting, karate / empty handed SD and if necessary with weapons or other devices

The Ground

Can be you friend or enemy?!

Not the natural environment of a Karateka. Stay upright if you can, but be ready if you have to go down and get up as fast as possible!

Most of the Street, - Bar, - or “you have to defend yourself” Situations end up on the Ground.

The right Breakfall could save your life, not only in an S-D situation.

Goal: Familiarizing Karatekas with realistic Takedowns and the need to practice Breakfall. “Like your Kata”.

Do not think; let your body take over and use your reflexes.

Break Fall

Review the most common Break Fall and why we have to practice.

❖ Break fall to both sides

Takedowns mostly end on the side and present the best opportunity to stay close and defend.

Do not let the attacker make room to start kicking your body. Protection!

- ❖ Break fall sideways with assistance: Partner make a bench – you reach your arm over and through your bench and making a half roll with a Breakfall sideways – your partner can help to pull the arm through and getting you in the lowest level of free fall and “getting taken down” idea

- ❖ Break fall sideways from a bench: Take a Gym Bench and let them lay down on their back in the final position they should have on the ground. Now let them roll to the side (make sure, the straight leg is down not the bent one) and falling from the bench as a very little free fall into breakfall sideways.

❖ **Break fall to the back**

Get pushed down, tripped, or legs being taken out. Classic MMA Takedown – Ground & Pound.....Protection!

Watch your Head and get ready ASAP to defend!

- Breakfall backwards with assistance level 1: Partner makes a bench and you can sit on him with your butt over the edge until you're sliding off his back and making BF backwards
- Breakfall backwards with assistance level 2: Partner takes out both legs from the front while you hold onto his obi / belt over his back and sliding off partner your own speed – the height can be lower (kneeing) or higher (standing) depending on the level the partner has to master

❖ **Breakfall to the front**

Pushed, tripped or legs taken out without option to roll. Classic MMA Takedown – Ground & Pound.....Protection!

Watch out for getting kicked in the Groin, Tailbone or Spine!

- Breakfall forwards with assistance level 1: Partner makes a bench in front of you and you can slowly roll over his back to the BF forward. The lowest level of falling in this position is from your knees and falling forward without assistance.
- Breakfall forwards with assistance level 2: Partner hooks your feet from the back and pushes you with the shoulders slowly forward. Now you have to fall from a height and not be able to use your feet or legs to make a step forward.
You can raise the level by taking out his legs from behind at the knees, upper legs or tackle him down like in rugby or football.

❖ Jiu Roll to the front

Pushed or tripped and you have the option to roll. Get up and turn toward attacker. (If you have a bag or are carrying something – let go before roll)

Watch for Attackers follow ups! (Very important training for both sides)

- Levels to train: step by step (one leg to the front, hands to the opposite side, head to the shoulder where the hand is pointing, roll diagonally over the shoulder, cross back legs during roll, stand up and turn back to face where you came from – toward your attacker)
Roll on your own both side.

Next level with starting to jump up into the roll, also making distance jumps or over partners lying down in front of you or making a bench. You can add several partners to make it a challenging game.

Jump roll and picking up items from the ground during your Roll. Toys for kids and Weapons for adults. The proper handling of weapons should be also being taught to be able to defend yourself properly.

- Breakfall with assistance / attacker:

Level 1 Partner is pushing from the back

Level 2 Partner is pushing from the back with more force

Level 3 Partner is pushing from the back with force and follows you as a threat and making pressure.

Level 4 Partner is pushing from the back with force and follows you as a threat and attacking you as soon he sees the opportunity.

Level 5 Partner is pushing from the back with force and follows you as a threat and attacking you with a weapon as soon he sees the opportunity.

❖ Aikido or Judo Roll to the back

Pushed, ripped and you have the option to roll. Get up and turn into direction where you came from toward attacker. (If you have a bag – let go before roll)

Watch for Attacker's follow ups! (Very important training for both sides)

- Level to train are the same like forward only backwards
- Level 4 & 5 with an attacker: the defender has to learn to decide to stop his roll at a point he can defend himself of in a best as possible position

❖ Deepens Level of the Group and Training Goal

- Body Shifting (Bew.Lehre) on the Ground
- Getting up.....from the Ground
- Defensefrom the Ground
- Breakfall with jump and over or through partner
- With Partner (easy)
- Combo: side-back...to get used to direction changes during TD
- Freefall (Preparation for going harder with Tori)
- Picking up “Things” from Ground during “Roll“ Breakfall (S-D)
- Breakfall with follow up: 1on1 or multiple attackers with pats
- Breakfall without Mats (if possible diversity surfaces- in&outdoor)

Try to include the Breakfall in your regular warm up and training.

Every time you have to go on the ground for stretching, pushups, sit-ups, etc...

DO YOUR BREAKFALL AND GET USE TO IT!

Your Life could depend on it!

Breakfall with Partner needs explanations of *Tori & Uke*

1. Go “easy”. Support your Partner when you take him down
(Do not drop him or through him get away from you – not yet)
2. Never fall yourself, when Tori is taking you down
(Major risk of serious injuries like knees, back, neck, arms, etc....)
3. Be realistic and only go down when you feel the technique has worked
(Do not cheat at your Tori and yourself)
4. Next level and being more realistic - only if feel safe enough!

(Demonstrate your technique to your instructor and get approval to go to the next level. Sometime you can't see little mistakes and go too fast without having the proper technique.)

Takedowns

Basic rules of Takedowns:

- You can move a train out of the tracks easily when it is moving but not when it is stopped stays. If you can, use momentum , correct timing and technique
- If he doesn't move – make him move
- Takedowns need an opening technique and softener when opponent is stationary.
- Be flexible – do not get stiff and freeze up in your technique
- Staying close
- Use the strength of your opponent against him (speed and power etc.)
- If the TD doesn't work, switch into another tech. immediately
- Be aware of the consequences of your TD (reaction or injuries)
- Go slow – do not speed up until you and your partner can both do your parts properly
- Realistic attacks – do not cheat your partner
- TD training need two #1 TD #2 Breakfall

Takedowns from all kind of situations without killing your opponent.

It is better to start getting used to takedowns from a contact attack to a non contact attack. Timing and distance in essential on an non–contact attack.

Non–contact attacks are more “easy” to defend against with “typical” karate punches and kicks than close contact. Most of our karate training uses punches and kicks, but what happens when you don't have the luxury of seeing an attack coming at you ?!