STREET FIGHTING UNCAGED!

"ILLEGAL" FIGHT MOVES FOR EXTREME SURVIVAL SCENARIOS

WITH JEFF ANDERSON & RICHIE GRANNON
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WHAT IS SELF-PROTECTION?

A paradigm shift is necessary for those serious about learning how to fight FOR REAL.

This is the difference between what is often sold as “self-defense” and what is really SELF-PROTECTION.

But what IS self-protection?

Former Special Forces soldier and bodyguard trainer Geordie Wallace said, “Self-protection is an area of the martial arts that is prone to misinterpretation. That is because it bears little similarity to what is now considered to be martial arts. The very term ‘martial’ means warlike and to be pertaining to war or fighting.”

THE PROBLEM OF MARTIAL ARTS

Modern martial arts have retained little of their proud origins, particularly in the West. It has become no more than dancing and sport.

I personally have nothing against dancing or sport. On the contrary, I love these recreational pursuits. But in no way should they be thought of as fighting!

Many martial artists have little or no experience whatsoever of fighting, yet they claim to teach effective methods of self-defense.

Even the term ‘self-defense’ is in itself a very negative term to apply to the training of individuals in the vain hope that this will help them look after themselves on the violent streets of our towns and cities.

It seems ridiculous to me that we have to DEFEND ourselves at all... as this implies that we have allowed ourselves to come under attack.
WHAT DO THE BEST FIGHTERS HAVE IN COMMON?

The best fighters, the most skillful fighters never have to rely on defense. This is because they maintain such a high level of alertness that they never have to block an intended attack.

They PREEMPT any form of attack.

They, in other words, PROTECT themselves!

I was aware of this difference very early on in my career, when I realized that the traditional blocks I learned were rarely effective.

They never, ever worked in competition, let alone on the street.

As a result, I developed little faith in defense. Instead, I came to believe always in my ability to read a situation and deal with it appropriately.

In doing this, I always ensured that the level of protection I employed was commensurate with the level of the threat presented.

In other words, if I could run, I did run. If I HAD to fight, I fought.

THE SECRETS TO SUCCESSFUL SELF PROTECTION

Let’s make one thing perfectly clear before we get started. If you currently practice some form of martial arts, some combative system, this book will enhance your ability to train and to fight... harder, faster, and more effectively than you ever have before.

That’s simply a FACT.

The techniques in this book have been tried and tested in the arena of real self-defense, of COMBAT.

They HAVE to work.

That’s why I teach them.
What is also important are the psychological aspects of the system described in this program.

The FACT that we model, not just the physical, but the psychological techniques is what gives us the edge over many other systems of fighting.

What is also important is the psychological aspects to the system.

The fact that we model not just the physical but the psychological techniques gives us the edge over many other systems of fighting.

Remember one important thing: As you read this book, you must practice the behavioral exercises it contains.

The exercises themselves take only a few minutes of your time.

Don't rush them.

The physical stuff is easy. You'll come to learn which ones work for you, and once you figure that out, practice these regularly.

But we'll get to that in due time...

**MAKING IT WORK**

To put these principles into practice (as they do in Special Forces throughout the world), we need to use them in every aspect of our lives... so much so that they become unconscious activities.

Once you have done this, once you have made this commitment, protecting yourself will be like riding a bike.

It will be something you don’t have to think about... and something you can never forget.

You will not need to even think about your skills.

Someone who lives at this level of behavior will control every aspect of his or her life.
Such a person doesn’t just transform his fighting ability, but also his ability to get ahead and on with life.

To put these principles into the context of a common street scenario, let’s consider the following example:

You park your car in a large parking garage underneath a shopping mall.

As you park, you look around, increasing your level of awareness.

You look. You listen. You get a feel for what’s there.

There appears to be no one around, so you lock the car and head toward the elevators, or perhaps to the nearest stairwell.

On your approach to the elevators, you notice a couple of young men in baggy clothes, loitering near the entrance.

Your awareness level rises.

You prepare for any eventuality.

If the men approach you, you can run, and if so, you know to where and in what direction that will be... because you’ve planned ahead.

If you decide to take a stand, if you MUST fight, you will do so aggressively.

You will be decisive in your actions.

Operating at this level of awareness means that you have surprise on your side.

One of the men moves toward you and starts to ask you for the time.

This could be an honest question... or it could be a ploy, a tactic used to distract you.

You maintain awareness, because you know it might be a trick.

You politely explain that you aren’t wearing a watch and you don’t have the time.
Suddenly, the man’s partner moves aggressively forward with his hands raised up for action, a threatening posture.

You know from your training that his posture indicates attack.

You go immediately into offensive mode.

As you make your first move, you act aggressively and with speed.

You use simple techniques that allow you to control and neutralize the attackers.

If your attackers are armed, the attack will be made ruthlessly with the intent to maim or kill you.

At all times, you must stay upright, on your feet, in control.

Your physical training has prepared you for this type of event.

The outcome will be in your favor.

The words in the preceding sections come to us in large part from Geordie Wallace, in his book *No Doubt No Fear*.

He goes on to point out that it is very important for us to understand the concept of COMMUNICATION... what it is, how it can distract us, and how it can be used to our advantage in manipulating our opponents’ expectations.

Special forces operatives, according to Geordie Wallace, do this naturally.

You, most likely, will not... and therefore you must be aware of the techniques involved if you are to become a great fighter.

If you didn’t pick up on it in our adaptation of Geordie’s self-defense scenario, we’ll lay it out for you.

Wallace identifies ten principles to be used in self-protection, which are, as you might have guessed, these:

- Awareness
- Decisiveness
- Surprise
- Aggressiveness
- Speed
- Simplicity
- Ruthlessness
- Staying Upright
- Staying in Control
- Physical Training

Geordie’s outlook and attitude are the right ones. But, you may be asking, what does each component really mean?

**Awareness** means paying attention to *what* is around you and *who* is around you.

**Decisiveness** means taking direct, firm action when you understand what you must do.

**Surprise** means taking the initiative and keeping your attacker(s) off-balance.

**Aggressiveness** means fighting strongly and with intent.

**Speed** means moving quickly.

**Simplicity** means refusing to use complicated methods and techniques that could fail.

**Ruthlessness** means refusing to let your own civilized feelings of humanity and mercy stop you from doing what must be done in a fight.

**Staying Upright** means staying on your feet and staying mobile so you don’t get stomped.

**Staying in Control** means keeping your emotions from running away from you while dominating the encounter.

**Physical Training** means making yourself as strong and as fit as you can.

That all makes sense, especially if you are not completely new to the concept of self-protection. But there’s something else we need to add.

We need to add “The Cage”.
FROM THE CAGE TO THE STREET

What is The Cage?

This is an easy question to answer. The Mixed Martial Arts (MMA) scene has come a long way since the first Ultimate Fighting Championship (UFC). Nowadays, well trained, well paid professional athletes fight one on one to submission, to knockout (TKO), to referee stoppage, or to a time limit, whereupon the winner is determined by points.

The image of No Holds Barred (NHB) competition is becoming cleaner, the standard of the fighters and matches is constantly evolving and improving and, well... who knows? One day we might even see the NHB matches in the Olympics, which would arguably be a return to the types of matches once featured in the historical Olympic Games.

There’s one thing we can all agree on. A Cage fight or other MMA bout is a defined sporting event. There are federations, governing bodies, that control NHB and MMA-type competitions.

There are rules.

Evidence of these rules abounds on DVD, Pay Per View, video sharing sites on the Internet, and even libraries of old VHS tapes accumulated by students of self-protection.

But rules don’t apply to The Street.

WHAT IS THE STREET?

The question, “What is the street?” is harder to answer.

Allow me to be brief.

When I use the term “street fighting,” I am referring to a violent physical confrontation that takes place at any time and in any place.
When I teach students to deal with “street fighting,” I am teaching psychological and physical survival tactics that allow the student to dominate an assailant.

This is without regard for culture, history, rank, or anything else other than the safety and wellbeing of the practitioner.

CAGE FIGHTING: WHAT’S OLD IS NEW AGAIN

Mixed Martial Arts and No Holds Barred (MMA and NHB) training has only really experienced a resurgence as its own style again in recent years.

It isn’t new was a concept, however. Most people are aware of the Pankration of the ancient Greeks. No-holds barred fighting was also present in Thailand and Burma. Britain and France had prize fighting in the last few centuries... and these are just a few societies that had fighting cultures.

This particular time around, NHB fights have been organized to test exponents of Brazilian Jiu Jitsu (BJJ) against other BJJ fighters.... and against styles like Muay Thai, Capoeira, Karate, Kung Fu, and any other practitioners of combat styles who chose to throw down the figurative gauntlet.

The Ultimate Fighting Championship (UFC) was originally marketed as a way to test any and all martial arts and combat systems against each other. There were very few rules, there were no time limits and, unlike today’s MMA and NHB tournaments, both strikers and grapplers from traditional and non-traditional styles and systems were found in abundance.

Today, a lot has changed since the first UFC. Fighters still represent different, specific styles on occasion, but for the most part the competitors are now exponents of a single style that has emerged to provide them with the best chance of winning.

That style is Cage Fighting.

Cage Fighting, or NHB fighting, has come into its own again.
ADVANTAGES OF CAGE FIGHT TRAINING

There are many advantages to NHB-style training. There are advantages to all styles and systems, for that matter.

The only method we will describe as INDESPENSIBLE, however, is CAGE FIGHTING.

I don’t care if you’re a traditional martial artist or just some sort of “self-defense expert.” I don’t care if you’re a military hand-to-hand trainer or some other kind of stylist.

You MUST have some full-contact striking (boxing, kick-boxing, Muay Thai) and some grappling (stand-up Greco-Roman, Western wrestling, Brazilian Jiu Jitsu) sparring experience.

There’s simply no excuse not to.

If you want to succeed in protecting yourself, you have to get this type of experience.

ADVANTAGES OF NHB TRAINING FOR THE STREET FIGHTER

- Cage fighting, NHB training, MMA experience, teaches you how to use your body to deliver powerful strikes. A good NHB fighter can deliver punches, slaps, elbows, knees, kicks, and head butts from a variety of angles and positions.

- Cage fighting teaches you how to fight at close range. It teaches you to clinch, to strike from the clinch, to take the opponent down, to control on the ground, to break limbs, and to render your opponent unconscious. Because you learn how to grapple as part of NHB training, you can choose NOT to grapple. Grappling is itself the best anti-grappling system there is.
• NHB training makes you comfortable fighting at all ranges and gives you a varied array of options for dealing with them.

• NHB training teaches your body sensitivity, physical intelligence, and timing.

• NHB Training makes you physically fitter and stronger while improving your reactions.

• NHB training helps give enhance your tenacity, your WILL TO FIGHT.

• NHB training teaches you to fight against full resistance, without compliance of any kind from your opponent. This is essential for street-fighting preparedness.

• NHB training teaches you to IMPROVISE, to respond to the necessities of the environment and the altercation, even when you cannot predict what will happen.

• NHB training teaches you to MAKE CONTACT, and to make HARD contact.

THE GAPS IN NHB TRAINING FOR THE STREET FIGHTER

Now, before you blast me with a bunch of angry e-mails and calls, let me be very clear.

I know that Cage Fighting, NHB training, and MMA competition are not reality-based martial arts, self-defense, and combat schools. I know that Brazilian Jiu Jitsu and the other styles present in MMA competition aren't the only methods out there.

Most Cage Fighting trainers and NHB practitioners don’t try to pretend this is the case, either.

We all know NHB training is a sport, and we love it as a sport. I, personally, have fallen into the pitfalls of this type of training in real fights. It’s absolutely a fact
that these shortcomings of Cage Fighting must be addressed where real fights are concerned.

RULES VERSUS NO RULES

No Holds Barred training ISN’T. By this I mean that it isn’t really “no holds barred.” In reality, NHB is “SHB” training, or “Some Holds Barred” training.

The following are the rules of most modern NHB/MMA federations. I am thoroughly in favor of all of them IN A SPORTING CONTEXT. They protect the fighters and the reputation of the SPORT. I would hope that because of this, we would one day see Mixed Martial Arts contests reintroduced to the Olympics, as they existed in the Pankration era.

THE RULES AND COMMON BAD SPORTING HABITS

- Whacking haphazardly with punches is not allowed in sport combat, but your opponent will do this commonly in a street fight.

Sport combat doesn’t prepare you to deal with fighting with bare knuckles. Wearing gloves gives the striker a tremendous advantage in the number of places he or she can hit an opponent.

It also vastly increases the force with which one can deliver these strikes without risking breaking the small bones and ligaments of the puncher’s own hand.

In order to strike with confidence on the street, we must relearn how to use our bodies’ natural weapons. Some other types of hand strikes, chops, extended knuckles, and slaps can offer further options.

Standard Cage Fight training and competition may lead you to use techniques on the street that, when thrown with bare knuckles on hard surfaces of your opponent’s body, will cause you to injure yourself. Even Mike Tyson has broken his fingers and his wrist... while street fighting without the protection of boxing gloves.
• Going to the ground and going into guard too easily is a bad habit developed in sporting training.

This is a lazy habit. We all know why we must remaining standing in the street. The danger of being stomped by multiple opponents or being injured on dangerous, hard surfaces like pavement is just too great to go to the ground.

I would argue that there are plenty of good reasons to remaining standing in Cage Fight competition, too. If you are going to throw your opponent in a street fight scenario, throw them away from you... preferably into or over something.

The same goes for takedowns. You have the added option in a street fighting of spearing your opponent into concrete or other hard surfaces.

Be aware that throwing an untrained assailant onto a hard surface like a parking lot is potentially lethal. If you do this in a situation that is not life-threatening, YOU could be the one going to prison.

• Putting submission holds on slowly and steadily may be the WRONG thing to do.

This is a habit developed both in traditional martial arts as well as sport combat training. Martial artists and competitors are trained to put submission holds on in a way that gives the opponent the option to tap out or submit before incurring injury.

If you are using a submission hold in competition, or restraining someone without trying to hurt them, this is of course the only appropriate thing to do. In a real, deadly street fight, however, putting on a submission hold slowly and steadily is a mistake.

In a non-sport context, as you put the hold on, make sure you talk to the assailant. Give the opponent simple commands in a strong, calm voice. Say, "Keep still, stay calm, and I will stop."

If you don’t tell your opponent what you want, the pain and their fear that you are going to cause them serious injury may give them added strength, a berserker frenzy that increases their desire to fight you.

If the situation is deadly, lethally serious (and only you can judge if this is the case) then put the technique on quickly and sharply. Do it as a pulse of effort to break or dislocate the limb or joint. You’ll be doing them great
harm, tearing ligaments or whatnot, perhaps maiming them permanently. Do it quickly and decisively. This allows you to deal with the opponent and move on, possibly to the next assailant in a multiple attacker scenario in which you are fighting for your very life.

- Head hunting with strikes is a mistake in a street fight.

In real fighting, do not chase the face. In fact, don’t chase any technique.

The principle here is to allow your movements to come as naturally relaxed responses to the situation.

There are many places on the body to strike and there are many ways to do it. If there are other options to strikes, such as takedowns, limb destructions, and chokes, you should consider them. You don’t want to get “addicted” to looking for that one big knockout dig to the chin or the jaw hinge.

- Holding back and skipping back are bad habits developed in sport training.

In a sport combat match, we have the luxury of sizing up our opponent. It is always worth our while to try and conserve our energy and hold back, while probing the opponent’s defense.

The other tactic we might use in a sport fight is to drop a leg kick, then a fast jab combination, and then back off. The equivalent from the ground would be to break the opponent’s guard, stand up, move back, and allow the opponent to stand again.

Obviously, in a street fight, if you get inside and land a technique, you must press the advantage immediately.

Attack viciously and intelligently from different angles and levels.

Overwhelm your opponent. Give him no time to think. Deal with him and move on to the next potential attacker.

- Tapping out isn’t possible in a street fight.

It might seem impossible, but many sport-trained fighters actually try to tap out on the street. They’ve been conditioned to do so.

In a sporting context, we need a way to let our opponent know that we’ve had enough. Following the principle that you get what you train to do, this
is a dangerous habit in street fighting. There is no way out of a street fight UNLESS YOU CREATE A WAY OUT.

- Following and sticking is a bad habit developed in NHB competition.

  Good sport grapplers leave no gaps. When they throw an opponent, they are on them as soon as the opponent hits the deck.

  It’s very frustrating for grapplers when the opponent doesn’t seek to stick. I immediately think of Chuck Liddell, who is now famous for simply standing up and walking way.

  This is a much better habit for street fighting. Keep going to the range at which you can most effectively deliver your most rapidly destructive techniques. Don’t stick so hard to the attacker that you don’t give yourself this advantage.

The advantages of Cage Fight training drastically outweigh the disadvantages, however. In terms of comparison to other martial arts styles and combat systems, the disadvantages are miniscule.

The capacity to transfer skills from Cage Fighting to Street Fighting is obvious.

By practicing the tutorials included in this book, and by studying them diligently, you can develop and grow, eliminating the disadvantages and leaving yourself with a much more wide-ranging skill set.

You will, in fact, become a much more dangerous opponent yourself.
RULES TO BREAK

Here is a list of given assumptions of NHB. Each one is a rule we MUST BREAK, a restriction we must work outside of, when we practice street-fighting skills.

We've also included a list of “fouls.”

These fouls are techniques and methods too dangerous for sports training. Performing these techniques makes it too easy to harm the opponent seriously.

As street fighters, as people prepared to fight for our lives, we must be prepared

ASSUMPTIONS THAT WILL KILL YOU

- The altercation takes place in a designated place at a designated time, allowing you to prepare physically and psychologically.
- You fight one opponent, face-on.
- There are weight divisions.
- There are rules about performance-enhancing drugs like steroids, cocaine, and PCP.
- There are no weapons.
- The fight takes place on a safe, springy surface.
- There are no tables, chairs, dogs, bottles, stones, curbs, walls, or rusty nails in the fighting area.
- Both competitors wear tight-fighting clothing, leaving little to grab.
- Both competitors wear gloves to protect their hands from injury.
- Neither competitor holds anything that impairs his or her movement.
- Fights take place on an immobile platform.
FOULS YOU MUST BE PREPARED TO COMMIT

The following fouls cause pain and injury. They are banned from NHB fights and other sporting competitions because they cause devastating trauma but require little skill to inflict.

1. Butting with the head.
2. Eye gouging of any kind.
4. Hair pulling.
5. Fish hooking.
6. Groin attacks of any kind.
7. Putting a finger into any orifice or into any cut or laceration on an opponent.
8. Small joint manipulation.
9. Striking to the spine or the back of the head.
10. Striking downward using the point of the elbow.
11. Throat strikes of any kind, including, without limitation, grabbing the trachea.
12. Clawing, pinching or twisting the flesh.
13. Grabbing the clavicle.
14. Kicking the head of a grounded opponent.
15. Kneeing the head of a grounded opponent.
16. Stomping a grounded opponent.
17. Kicking to the kidney with the heel.
18. Spiking an opponent to the canvas on his head or neck.

19. Throwing an opponent out of the ring or fenced area.

20. Holding the shorts or gloves of an opponent.

21. Spitting at an opponent.

22. Engaging in an unsportsmanlike conduct that causes an injury to an opponent.

23. Holding the ropes or the fence. (For stability it is recommended you hang on to the groin, facial features or any other readily available soft sensitive tissue of your opponent's body.)

24. Using abusive language in the ring or fenced area.

25. Attacking an opponent on or during the break.

26. Attacking an opponent who is under the care of the referee.

27. Attacking an opponent after the bell has sounded the end of the period of unarmed combat.

28. Flagrantly disregarding the instructions of the referee.

29. Timidity, including, without limitation, avoiding contact with an opponent, intentionally or consistently dropping the mouthpiece or faking an injury.

**KNOW WHEN TO STOP**

Any one of these fouls could cause permanent damage, disfiguration and some could cause death.

You must engage with aggression, but be intelligent and know when to stop
PHOTO TUTORIALS
ON GUARD STANCE AND PRE-EMPTIVE STRIKE

Setting up an effective on-guard stance could be an entire field of study all by itself. This is where the psychology and physicality of combat begin to merge and then cross over.

Start by taking a submissive posture (left). The more submissive the better to the point of looking “sheepish”. In MMA fights, it’s “illegal” to trick your opponent by feigning injury or using some other deceptive tactic. But in the street…anything goes and this posturing placates the assailant.

Another thing it accomplishes is it makes you look non-aggressive to bystanders. You are definitely the defender, not the aggressor, to anyone looking, and you may lull your attacker into a false sense of confidence.

Often this type of gesture is accompanied by appropriate vocalizations, such as, “Hey, I don’t want any trouble. Back up for me please. Nobody wants any trouble.”

In the next photo (right), the defender attempts a looping right cross, which is a preemptive strike to the jaw in the hope of achieving a knockout blow.

Anyone who wishes to prepare himself for a realistic street fight must be an expert at coping with this range of fighting.

It requires a good understanding of nonverbal cues, state management, and diplomatic but assertive communication.
The looping punch the defender attempted (left) doesn't connect, in this example, because it isn't timed properly.

Preemptive striking is another topic that merits an entire field of study all its own.

One thing you CANNOT afford, in attempting a preemptive strike, is to do it wrong.

In this example, the mis-timed strike (left) has prompted the assailant to lean back, away from the strike.

What happens next is why you can’t afford to time your preemptive strikes incorrectly.

The attacker launches a flurry of ragged hooks (right) at the defender’s head and face.

When you are on the receiving end of multiple blows like this, you will quickly lose the initiative.

Not long after that, you’ll find yourself being stomped down and at your attacker’s mercy.

It may be all over for you at that point.
UPRIGHT CLINCH AND SIDE HEADLOCK

This is the upright clinch (left), a common entry to grappling.

The two fighters have grabbed on to each other during a stand up fight, and now they’re wrestling back and forth while still on their feet.

In the two photos above, a Muay Thai style neck clinch is shown, but it could just as easily be double underhooks if facing someone with wrestling skills, or a straight-up, old-school lapel grab.

The specifics don’t matter because the same principles apply.

The school playground side headlock may not look scary (right), but if your opponent is strong, this technique can be very disorienting and painful.

When applying a side headlock, make sure you use the opportunity to crush and rub your forearm into the opponent’s jaw.
DEALING WITH THE GRAB AND JACKHAMMER

The “grab and jackhammer” (left) happens when an assailant grabs an item of clothing or even your hair.

With his free hand, he just wails away on you, striking over and over again.

How many times have seen just this type of attack succeed on the street?

It’s common because it works.

It’s primitive, it’s crude, and it’s very dangerous.

There are many ways out of the grab and jackhammer, but there’s no need to make this complicated.

One method to defeat it is simply to extend your hand into your opponent’s face (right).

You could perform a variety of striking techniques, but you don’t really have to do ANYTHING except push your palm or your fingers into the opponent’s face to cause stress, discomfort, and disorientation.

Simply put, it’s very distracting to have someone else’s palm or fingers in your face and eyes.
You must drill to find the eyes without looking.

When you can find them without looking, you can poke and gouge them (left).

Bring your palm up to the opponent's jaw.

Let your thumbs creep up the nose (avoiding the teeth).

From the nose, work into the eyes from the tear duct sides.

Squeeze your nails in tight to crush and tear the ears.

Another Cage Fighting foul that is standard operational procedure for street fighting is the head butt (right).

In this case, the defender is demonstrating a head butt while simultaneously crushing and tearing the ears, just as we demonstrated in the eye poke.

Be aware that when you start tearing at the ears or poking the eyes, you may cause the opponent so much panic and distress that he turns berserk out of the fear of serious injury to himself.

You must learn to deal with this if you are going to use techniques of this kind.
HEAD BUTT AND HEAD CONTROL

When performing a head butt, move the opponent’s entire body back into the move (left).

Keep your neck still to avoid injury to yourself.

Make contact with anywhere behind your hairline.

Strike your opponent anywhere on his face below his eyebrows.

You must avoid his forehead, but you almost must avoid his teeth.

Strike for section of his face between the eyebrows and the top of the mouth.

The key to a head butt is to use the hardest part of your head (the top of your skull) to hit the softest part of his (the middle of his face).

While moving the opponent back, use his ears to control his head (right).

Drag his face into the head butt, then turn and smash his head into a wall if one is available.

If he resists, his face will never be the same again.
FEINTS AND CUPPED-HAND BLOWS

Learn to use feints in self-defense.

In this case, the defender is raising one hand while feinting with the other (left).

Study the use of “emptiness of intention.”

You don’t want to telegraph your techniques... unless the technique is a feint.

If you don’t feel like spending a lot of time clinching, a nice, relaxed clap to the ear with a cupped hand can potentially rupture the assailant’s ear drum (right).

A ruptured ear drum can cause pain, nausea, and confusion.

It’s very uncomfortable.

Even if you don’t rupture the assailant’s ear drum, a cupped hand blow to the ear (or to both ears) is still very painful.
DEALING WITH VERY STRONG OPPONENTS

An opponent who has a lot of upper body strength can be very intimidating.

If a very large assailant grabs you around the chest and lifts you, this can cause panic... especially if you feel your ribs begin to grate together, your vision start to “gray out,” and your breath suddenly rush from your chest.

If this happens to you (left), DO NOT PANIC.

No matter how strong the assailant’s grip, keep a cool head at all times.

The good thing about such an attack is it is predictable.

Such an assailant wants to use all his muscle to crush you.

Well, the good news is that both his hands are occupied.

This leaves him vulnerable to a double cupped-hand blow to the ears (right).
A blow to the ears should be followed by a gouge to the eye or eyes.

When you pop the ears from either side with cupped hands, it’s not unusual for the assailant to react and to rear back.

This puts his head in the perfect position for the eye attack.

Take your fingers and shove your thumbs into the attacker’s eyes, pushing his head back.

Drive your fingernails straight into any part of the ears to add more pain as you thumb the eyes.
When performing the eye gouge, remember that you’ve got to stabilize your opponent somehow or he’s just going to pull away from the pain you’re exerting.

Use a free hand to cup the back of his head, for example, while performing the eye gouge while simultaneously grabbing on to his jawline and ear canal (like a bowling ball!) to better leverage your thumb into his eye socket (left).

Even simply grabbing into the pressure-point at the jaw hinge (right) while performing this move will cause the opponent to abandon his offensive attack and struggle to stop the pain.

This stabilizing force you use with your opposite hand on the back of his head is what helps keep him trapped so he experiences the pain as you drive in your fingers, rather than allowing him to flee from it.

Just be sure NOT to stay locked up in this position for anything more than a second. That’s all it takes to shut down his central nervous system.

Be aware of your surroundings because having this kind of control on your attacker now gives you the ability to throw him over a chair, table, or into another attacker if you’re fighting more than one person!
THE LIP DRAG

You can drag the opponent around if you can grab onto any part of his body that offers enough soft tissue for a painful grab.

In this sequence, the lip drag is demonstrated (left).

It doesn’t matter how strong or aggressive your opponent may be.

If you drag him by his lip, he is certain to notice (right).
Not only does the lip drag cause a great deal of pain, but fear of disfigurement or damage will overwhelm most assailants.

Starting from the chin, work inward. Squeeze the lip between your index finger and thumb... but be careful of the assailant’s teeth.
When on the offensive, it’s best to take care of the centerline.

By protecting the center, even if your assailant attacks you, his strikes will probably just bounce off your incoming offensive.

One way to protect your centerline while attacking aggressively is to use the C-grip to the throat (left).

This is as simple as turning your hand into a claw and grabbing the opponent’s throat with it.

Any grabbing of the trachea is, of course, illegal under most Cage Fighting rules.

Where the head goes, the body must follow (right).

Be aware that grabbing the throat like this can cause damage to the throat and esophagus, which can cause the trachea to swell and close.

In other words, if you attack the throat like this, you may kill your attacker.

If lethal force isn’t justified, YOU are the bad guy, not him.
When attacking the throat, concentrate on your thumb and index/middle fingers (left).

Apply the fingers high in the trachea, squeezing until your fingertips touch while pushing in and up.

Remember that if you do not stabilize the opponent’s head, he’s just going to pull back, away from the pain and trauma you are delivering.

One way to prevent this is to grab the back of his neck with your free hand (right) and put the technique in on the throat while you keep his head in position.

Tuck your head and protect your centerline and your own throat from his free hand.

From the same position (right), you can throw short, fast head butts into the opponent’s face.

This will make him want to pull his head back and away from the assault. Use that momentum to guide his head into a wall if one is available.

Remember, also, that head butts can be applied with any CORNER of the cranium. It’s possible also simply to drive the head into the ears, the cheek hollow, the temple, and the eye/nose area.

The C-grip can be used to strike and is an excellent set-up to a sweep.
There are some kicks from the non-sporting arts of Muay Thai that you rarely see in competition and will get you kicked out of the league for taking such devastating measures.

One of these is the knee smash.

When the opponent comes in, lean back out of his reach as he would expect you to do (left).

At the same time, as he leans forward to follow you, he’ll leave himself wide open with his lead leg.

All you now have to do is continue your leaning motion while thrusting your foot forward, aiming to drive it straight through his knee (right).  .

It doesn’t matter if his leg is to the side or straight on. When you really push through, you’ll dislocate his knee and completely remove his body’s structure.

He’ll crumple to the ground like a bag of dirt!
BLASTING THE KNEE

In a street fight scenario, aim straight through the knee joint whenever possible (left).

Even very big men cannot condition their knees to be much stronger than the average person’s knee.

The knee is a relatively fragile joint. Damaging it hinders the opponent’s mobility and causes pain, which can enable you to escape in a street fight.

The kick used by Lt. Col. Rex Applegate in the WW2 classic *Kill or Get Killed* is also shown (right).

Align your spine with the direction of the force of your kick for maximum power.

This kick isn’t pretty, but it gets your head out of the way while allowing you to stomp powerfully.
One great principle for dealing with kickers in a street fight is to *kick the kicker.*

His tools are most vulnerable in mid-fight.

A straight kick to the hip joint of the offending leg is a good start.

Drill this well and you’ll have the key to defeating kickers every time.
Another tactic is to preempt the kick completely.

Don’t wait for the attack. Instead, preempt it with a straight kick.

The opponent’s leg has only started to come up off the ground in this case.
PREEMPTING KICKS, CONT’D: THE SWEEP

Don’t let your attacker finish a kick properly if you can help it (left).

Apply the concept of *flow and sticking*.

In other words, as his foot is about to land after missing the opportunity to kick, SWEEP IT (right) to take him completely off balance and drop him to the ground.
DEALING WITH KNEE ATTACKS

The same principles apply when your opponent is aggressive with his knees.

Remain cool-headed.

Watch the knee come in.

Knees are very dangerous IF YOU KEEP STILL. So move!

Pocket your body, tense the stomach muscles, and absorb the blow (left).

Simultaneously, counter strike (right).

Capture and the inner thigh with your hand or “hug” his leg with your arm while grabbing his genitals and yank up in the direction his knee was already traveling, while driving the head back with a face claw.

This gets his body moving in two directions at once, which is an important fighting principle (as we have discussed).

Combined with your aggressive forward momentum, you’ll be able to easily drive him off his feet and preferably over or onto a waiting table or chair!
Press the advantage (left).

Don’t “reset” or “skip back,” having weathered a barrage of blows.

This isn’t a sporting match or a competition. This is a fight for your life!

Stick to your opponent with a series of strikes.

Note the angle downward, into the opponent’s neck, which is a perfectly valid target in a street fight.

Keep going. The fight isn’t over until it’s over.

You must drill to know what to do when your opponent covers up.

Avoid the temptation simply to “jack hammer” punches into the top of his skull, which may damage your hand and won’t do much to hurt him.
WHEN HE COVERS UP

One good technique for an assailant who has covered up is to drive an elbow into the area where the neck meets the skull (left).

Be aware that this is EXTREMELY DANGEROUS. There is a very good chance your opponent could be maimed or killed by this technique. There’s a good reason it’s banned in most sporting competitions.

Another option (right) is to use the blade of the elbow. Pull and twist the jaw with the free hand while you strike.
The Jumping Elbow

Let's say that the tables have turned and your assailant has covered up and turned away from your counterattack (left).

Use a jumping elbow to drive your attack down and into him.

This is an extremely powerful, extremely dangerous technique.

The leg should be cocked tight on any jumping technique.

Land with the point of the elbow (right).
Proficient use of clawing techniques is one extremely valuable tool in your street fighting arsenal.

Clawing to soft tissue targets is definitely banned under most Cage Fighting rule sets.

Don’t fall into the trap of thinking you have to claw the face or eyes, either.

The chest is often accessible at close range (right).

Grab the flesh of the opponent’s chest, sink your claws in, and twist.

Draw the chest forward as you knee straight into the opponent’s thigh.
MASTERING CLAWING TECHNIQUES, CONT’D

It’s possible to grab in under the pectoral for a tighter hold (left).

Having completed your move, spear the armpit to push the opponent back.

Absolutely anywhere on the opponent’s body that you can find loose skin or some body fat is a target for claw techniques.

Claw and raise the love handles (right).

The pain can cause your opponent to raise up on his toes, raising his center of gravity and putting off balance for a shove or a throw.
CONTROLLING THE FACE, THE HEAD, & THE BODY

Any kind of clawing grab to the face (left) will cause distress in your assailant.

It is possible to use pressure points, but you really don’t have to worry about them.

Just keep it simple and rip his face open.

If you can control the face, you can control the head, and therefore you control the body.

With this control you can smash the opponent into a wall if one is available.
VULNERABLE POINTS OF THE FACE

Some vulnerable points on the face include the bottom rim of the eye socket margin and the orbital surface of the parietal bone, just underneath the eye (left).

Attack this straight down towards the floor.

Points under the cheekbone (right) can be pushed straight up into the bone.

Close your hand tight and crush the points together.
VULNERABLE POINTS OF THE FACE, CONT’D

Allow your fingers to creep up the opponent’s chin so you can avoid being bitten (left).

Rip into the bottom lip, raking your fingernails into his gums (but avoid his teeth).

When your intention is to yank the head up and back, perhaps to expose vulnerable points of the neck, hook your fingers into the eye points or nostrils (right).
RIPPING IN TWO DIRECTIONS AT ONCE

Ripping in two directions at once is a very effective technique (left).

The eye point, on the top rim of the eye socket margin, and the orbital surface of the parietal bone, form your primary targets.

Drive your fingers straight up and in (right) to make this work.

This puts you in a great position for a head butt.
CONTROLLING TO SET UP LONG KNEE STRIKES

Turn the head sideways and impale the face on your head as you butt forward (left).

You can afford a bigger setup for the long knee strike when you have the assailant under your control and thoroughly dazed (right).
THE DOUBLE-EDGED SWORD OF AWARENESS

If the assailant’s spine and head are twisted unnaturally, his ribcage is open, so his internal organs are exposed (left).

He isn’t aware that the knee is coming at the point of impact.

You can expect serious injury to result.

All the training in the world, however, won’t help you if you are not AWARE of your surroundings (right).

If you’re standing there daydreaming while someone is making aggressive moves toward you, you’ll be taken by surprise and put off balance if he suddenly grabs you, shakes you, or hits you.

A real attack will be vicious and sudden, and not at all like most attacks are simulated in martial arts classes.
DRILLING HARD, NON-COMPLIANT CONTACT

If you are going to fight, you are going to get hit at some point.

Drill to get used to HARD, NON-COMPLIANT contact (left).

Head butts have a short danger distance.

Turn your nose, mouth, and eyes away, and take the strike on your jaw (right).

Clench your teeth so your jaw doesn’t unhinge.
ATTACKING THE STERNAL NOTCH

When attacking the sterna notch (left), as with all pressure point techniques, you must train to be able to find it without looking for it.

Put your hand on the opponent’s chest and let your fingers creep up to the notch.

Drive in and down, rubbing your fingers side to side with small movements, very quickly.

Jam down hard against the bone.

Normally, this attack produces coughing and tears, which means you have an excellent opening to hit the opponent.

Some opponents won’t react to the sterna notch attack that way, however.

A powerful, hardened opponent may simply drag the hand down and away (right).

He could follow this up with a finger lock and a head butt or any number of other offensive techniques.
Biting

Headbutts and small joint manipulations are expressly forbidden under most Cage Fighting rule sets.

The defender may choose to slip the headbutt (taking the strike on the chest) only to attack the assailant’s ear with his teeth, shaking it back and forth like a vicious dog (right).
If you have watched or been in any number of street fights, you will be aware that this head lock position is shockingly common (left).

You can combine fouls for a pragmatic street defense by fish hooking and using a pressure point attack to the head (right).

Let your fingers feel along the opponent’s cheek for the fish hook.

Drive your knuckle up and in for the pressure point attack (below).

You should always be looking to smash your opponent into a wall or throw him over some obstacle, if you can.
NOSE GRAB TO NECK PUNCH

No matter how strong or determined your attacker, he is unlikely to sacrifice his own nose to keep you in a head lock.

Use the nose rip (left) to break out of this hold accordingly.

Drive your fingernails in deep to get good purchase.

Punch into the neck area while the head is back (right) and you will have a hard time NOT hitting something important.

A strike to this area can be deadly, so use it cautiously and only when in fear for your life.
NOSE ATTACK VARIATION

Press into the septum, above the top lip, with the finger pad side of the first knuckle joint of your middle finger (left).

Then rub up and in toward the back of the assailant’s head and take out a target of your choice (right).
A perfectly legal defense even in most sporting settings is a palm to chin face push-off, which can also be done as a palm heel strike (left).

Be careful, however, of having your fingers damaged.

To attack the fingers quickly in defending against this move, bite to the first knuckle, then rip away with the hand and twist your head away from the fingers simultaneously (right).

To cause maximum damage to the fingers, get a tight grip and rip in opposite directions with the fingers.
GETTING A BETTER POSITION

If you are grabbed, relax (left). Sink your weight, breath in to expand your chest, lean back into your opponent, and raise your arms outward.

This gives you more room to slip down and attack his fingers (right).

The same finger attacks can be done while in a headlock on the ground.

Drag his fingers toward you and bite them, if you can.
When splitting the thumb and little finger, don’t apply this slowly and steadily.

Do it fast, and break the fingers as you hold your body down and into the break.
Timing and skill are much more important than strength, as is physical intelligence.

To complete a technique such as a loose chop to the groin (left), you must prevent the opponent from standing up as you raise your elbow.

By pulsing down with your shoulder first (right), you can lean into his legs and keep him off balance while driving your strike home.
Using Pressure Point Controls

Everywhere on the human body is a pressure point when you are driving the point of your elbow into it.

Here, the defender twists the assailant’s wrist (left) to expose a variety of targets for the elbow strike.

Another excellent technique is the head turn (right).

Here, it begins from the bear hug.

Controlling his head with your twisting, clawing movement controls his body and helps put you in a better position to escape and to strike.
As you turn the head to make the opening, smash him with a forearm or elbow strike at close range.

Remember that even a two-finger shove to the jaw can move the head.
HEAD TURNING FOR REVERSALS

By taking the head turn to the extreme, you can nullify the grab completely.

As you twist him around, he will try to move to avoid the pain, releasing you and turning. He is now in front of you...

Which lets you strike him in the back with a powerful knee strike while still holding his head and dragging him into the technique.
ELBOW STRIKE FROM REVERSAL

A variation on the attack from behind is to use an elbow strike.

Be aware that you could kill your assailant if your elbow falls into his throat or neck.
HOW TO STRIKE WITH THE KNEE

A knee that impacts the face with the muscle of the thigh won’t do much damage, but might stun your opponent if your goal is to restrain him rather than injure him (left).

A proper knee strike is thrown so that the point of the knee impacts with the soft flesh of the assailant’s face (right).
CONTROLLING THE HEAD FOR A TAKEDOWN

Claw to the ears and the head or neck to drag the opponent’s face down to the floor (left).

Grab the head and hook your fingers into the holes like a bowling ball.

Then just drop your assailant to the floor (right).
STOMPS AND PRESSES

NEVER stomp the back of the opponent’s neck or head area unless you are in a potentially life-threatening situation and you have no choice (left).

Such a strike could cause the opponent permanent paralysis or death.

Also, never make such an obvious attack on someone in front of witnesses.

It’s a finishing technique on a downed opponent, which will be perceived as gratuitous force.

Kicking to the face of a downed opponent (right) is similarly problematic.

It’s a very obvious finishing move on a (possibly) helpless opponent that will be difficult to justify after the fact.
STOMPS AND PRESSES, CONT’D

Stomping your opponent’s hand will break it, but carefully stepping on it and pressing into it will help immobilize him without doing him serious damage (left).

It’s a good “sneaky” attack in a street fight.

A strike to the arm (right) could break it, but a press here could immobilize the opponent, at least for a moment.
Pressing on the ankle or the calf could be done to restrain someone, or could seriously injure them. The ankle break (left) is obvious. These are, again, techniques used against someone already on the ground.

Similarly, a strike or press to the back of the knee joint could immobilize an opponent... or maim him. A kick to the groin from behind will do the obvious damage (right).
An attacker scrambling to get to his feet leaves a lot of open targets to take advantage of.

The two targets shown above, kidneys (on the left) and spine (on the right) can be struck with either a stomp or an elbow driver for maximum damage.

Again…realize that these are debilitating targets and you need to be legally justified to pull them off and make sure you’re sleeping in your nice warm, comfy bed at night rather than a cold cell next to your new girlfriend named Bubba!
This move can instantly kill a man and land you in jail so you damned well better be in a life-or-death situation if you use it!

When your attacker is down on the ground and trying to get up, his hands have to be on the ground to give him upward momentum.

That leaves you with a wide open target to throw your most powerful weapon on your body…your knee!

Grab hold of your attacker’s head and body for leverage and drive your kneecap through your target as if you were aiming about a foot on the other side of his head.

At this point, he has only one of two options: give you the strike in hopes he can get to his feet; or try to cover himself up in which case he’s back on the ground and you still have dominant control.

Remember…if you strike a man while he’s down and trying to recover, you have take on the potential role of “aggressor”. Make sure you’re justified in taking such a drastic move.
In Muay Thai, fighters “accidentally” fall into opponents with their knees all the time.

This is one way of delivering a strike to make sure of an opponent who may not be out of the fight completely, without looking too obviously like you’re hitting him while he’s down.

This is especially useful if there are onlookers and you don’t want to offer any reason for them to tell the police that you hit a man while he was down.

It requires some acting to make it look real…but it works!
THE CLAVICLE GRAB

When clinching with an opponent, you could choose to grab the clavicles (left), gouging into the hollows and pulling down on the bone.

This allows you to drag the opponent down (right) and might put him in position for a head butt.
The clavicle grab can be used as leverage when you are on the ground under the attacker. Grab hold and pull (left)...

...And then throw him over you and out of position (right).

When you’ve thrown your opponent over and rolled him you can follow up with a number of attacks, including continuing using the clavicle for leverage.
“To know your enemy you must become your enemy.”

Sun Tzu
Chinese General And Author, 500BC