



UNIVERSAL TAEKWON-DO FEDERATION



(www.utfkd.com)

Self-defense unit cover letter:

The following sheets are intended as overviews of the basic principles behind U.T.F. self-defense training and of the factors and techniques which should be considered when presenting this skill to students.

Each of the categories is presented as a *sequence* to be looked at by itself from top to bottom, easier to harder. They are not meant to be read across literally except that the top of each category is approximately white belt level skills and progress through yellow, green, blue, red to black as you go down, so there may be some very loose correlation going across as far as the self-defense factors are concerned.

With increasing skills the various factors can be "mixed", such as a defender standing facing the attacker, while against a wall, with both hands "tied", intending to damage a life-threatening, belligerent attacker the same size they are who is trying to grab them with both hands., etc. ("Tied" is used to mean that in practice the defender is to react as if their hands were tied, it is not safe for students to actually train that way in case they should fall, etc.)

These overviews won't teach anybody what to do in any particular situation, that will need a teacher. Eventually it is planned to have a videotape of a range of responses to a variety of situations, but it is not intended that certain belt levels everywhere will be taught the same techniques for certain situations, but that their teacher will provide appropriate techniques and situations for the students' stage of learning, all the time emphasizing the principles behind the techniques.

(PYI)

Last Modified 8/25/98



UNIVERSAL TAEKWON-DO FEDERATION, Ltd.



(www.utftkd.com)

Self-Defense Principles

Self-defense situations in U.T.F. Taekwon-do concentrate on tools, targets and techniques not usually permitted in sparring situations. They are taught in order to give students a graded variety of responses to choose from in confrontational situations when a fully combative response is not desirable or necessary.

These self-defense pages are intended for the purpose of organizing and focusing the teaching of this skill. A qualified instructor is essential for the student to properly learn how to apply the principles and methods outlined here. The teaching purpose is to replace involuntary brute force reactions arising from panic with aware responses chosen for their maximum effects with the least effort and repercussions for a particular situation. Once a particular technique is "understood", it is necessary that it be repeated many times, at different times, in different conditions, with different people until it can be used spontaneously whenever needed to the degree appropriate. Only then can it be considered "learned".

Several entire martial arts have developed using only "hands-on" self-defense techniques. It is quite possible to spend a lifetime just specializing in these types of techniques. In our Taekwon-do training it is the intention that the basic principles and methods behind these techniques be learned so that the student can adapt and apply them whenever a new situation arises. Learning many does not replace learning well. Ultimately, beyond knowing a certain number of basic responses, it is not the quantity of techniques known, but the quality of the knowing which will determine the students' preparedness.

Whenever possible:

1. Use knowledge rather than brute force.
2. Realize that being grabbed also offers you a connection to control the attacker: if they have you, you also have them.
3. Use a larger part of yourself against a smaller part of them.
4. Don't go against where their power is concentrated, but use your force where their power isn't.
5. Don't put yourself in a more dangerous position in the process of getting out of the original predicament.
6. Break their focus, especially if it is necessary to go against their power.
7. Use the concept of leverage to multiply your force.
8. Pressure points are preferred to pain infliction, because they:
 - a. are often easier to regulate in their degree of effect,
 - b. work even when the person is "feeling no pain" from drugs or other factors, since they act directly on the nervous system and are not mediated by any decision-making process,
 - c. do not usually need a healing time to recover from bruises,
 - d. are less likely to cause "now it's my turn" reactions.

(These last two are worthwhile considerations for keeping friendly relations among practicing students.)

9. Brute force is a last resort, but does have it's applications. (PYI)

Defender				Attacker				1 D e g r e e o f D i f f i c u l t y 1 0
Positions	Movements Available	Resources/tools available	Intention	Intention	Attitude	Size	Weapons Used	
Standing Facing Attacker	All Directions	All	Escape	Unwelcome invasion of space	Nuisance	Same	Unarmed	D e g r e e o f D i f f i c u l t y
Standing, back to attacker	Against a wall	Without one hand	Reverse control	Intimidation	Persistent nuisance	Larger	One open hand	
Sitting, facing attacker		Feet "tied"		Coercion/submission	Enraged		Huge	
Sitting, back to attacker	In a Corner	Hands and feet "tied"	Damage	Injury	Enraged and feeling no pain (drugs, etc.)	Two attackers	Leg lock around body	
Lying on back		Sequence as above, but without being able to see		Life threatening			Leg lock and both arms used	
Lying on stomach							(armed) club, knife, pole, gun	

U. T. F. Overview of self-defense applied, each category starts with easier situations and skills at the top and descends . . .

<u>Situations</u>	<u>Types of responses</u>	<u>Joint manipulation</u>	<u>Nerve spots/points</u>
One hand push to chest	Awareness/avoidance	Fingers, back	Nailroot *
One hand push to back			
Two hand push to chest	Non-victim attitude/ discourage	Wrists, sideways	Ribs *
Two hand push to back		rotate	Between toes *
Slap		back	
(Grabs:)	Hair pull	forward	Philtrum (under nose) *
Wrist, arm down: same side, cross, both			
Wrist, arm up: same side, cross, both	Stomps, short kicks, and elbow thrusts	Shoulder, rotate	Shoulder, top *
Two hand grab on one arm			Chok sum ni (lower leg) *
Front hand choke			
Belt grab: grip down	Leverage	Elbow, back	[Hand, various]
grip up			
grip up, elbow bent			[Wrist, various]
Hair grab: from front, back, side	Nerve spots/ pressure points (list)	Toes, down	Forearm
Shirt grab: one, two hands			
Collar grab: one, two hands		Ankle, down	Behind knee
Shoulder grab:	Joint manipulation (list)	twist	
front: one, two hands			Inner thigh
rear: one, two hands			
Bear hug: arms in/out from front and back	Sweeps (black belts)	Knee, rotate back	Armpit/inner arm
Full nelson, high/low			Trachea (windpipe)*
Arm bar			
Arm choke from behind	Throws (black belts)	(Neck -possible, but do <u>not</u> practice)	Behind and under ears
Arm choke from side			
As above, sitting			Solar plexus
As above, lying down	(Taekwon-do techniques)		(* = primarily pain, not nerve takeover [] = much practice needed, points not always available
(See Factors sheet for more complicating factors)			

. . . to situations and skills needing more practice for more serious consequences 8/25/98 (PYI)