

A Member of The World Combat Association

British Combat Association

Autumn 2010

IMPACT



The Newsletter of the B C A

The Most Respected Mixed and Practical Martial Arts Organisation in the UK

British Combat Association



1. INTRODUCTION

It's been a long while since we published a Newsletter and the intention now is that we will have 4 per year.

Since we have had the website up and running, 'News & Events' are sent out to Instructors on a regular basis, hence the temporary demise of IMPACT, which used to serve this function.

However, as we've had plenty of requests to resurrect it, we'll use it for major news items and articles, as well as anything of interest that happens which will affect the martial arts world.

2. WELCOME TO NEW BCA CLUBS AND INSTRUCTORS

IMPACT has always been how we welcome all new members to the Association, a great number of whom have joined over the past 12 months. The BCA is by far the largest Association that represents the interests of the mixed martial arts community in general and the practical self protection instructor in particular. When we say mixed martial arts, it's no exaggeration to boast that there are few martial arts that are not in membership within the BCA - from Medieval English martial arts, to Filipino Doce Pares, with specialist combat systems such as Krav Maga and WW11 Combatives.



3. TRAINING DAY - DVDs

I didn't think I'd ever get around to it, but I finally managed to film two new additions to the 'Training Day' series, specifically - **Training Day 3 - 'Impact & Transitions'** and **Training Day 4 - 'Conditioning.'** To be fair, it's been Iain Abernethy and Steve Williams who have given me the constant nudging to get these filmed, having been putting together themselves a great series of videos around my Thursday morning Training Day sessions.

If you've ever wanted to know how to move, hit hard and get conditioned through martial arts drills, then these are the videos.

Ultimately, there will be 6 in the series, the next two films being **Training Day 5 - 'Sparring Development'** and, **Training Day 6 - 'Developing Drills.'**

I'll be putting out more detail about the two that are coming available over the next couple of weeks in a 'Broadcast' email to all subscribers of the Newsletter, so watch out for this.



4. DEVELOPING A MARTIAL ARTS CLUB - THE MAGIC FORMULA

I talk to Instructors on a weekly basis, who have over 300 students in 4/5 clubs, with great student retention and a business to be proud of, but each week I also talk to

Instructors who are struggling to build a student base and, when they do, lose students just as quickly.

Before I get into the reason for this contrast, it's necessary to make the point that developing a full time club or clubs holds no interest to a number of Instructors and we have numerous small clubs that are more a collection of training partners than a club being built on commercial lines, who are

quite happy in that condition. Having a successful club may not be a strictly commercial venture either, as we also have clubs - some of a really good size - the profits from which are ploughed back into the club to buy equipment, finance



competitions or guest instructors. So I fully acknowledge that not everyone has desires to build a full time career within the martial arts, but the principles around building a sound club should be of interest for everyone.

For those who do want to see growth, then read on, but I'll say this now, I lied in the title, as there is no 'Magic Formula' - nor is there any one blueprint that an Instructor can adopt for their own purpose, as I see a formula working in one location, but not in another and I see Instructors, seemingly doing all the right things and yet still not making it work, but if it's some comfort, I do see some key principles that must be given due attention for Instructors to have half a chance of success.

The biggest single problem I believe dogs many Instructors is that of an 'Identity Crisis', by which I mean they have lost sight of what they are teaching and why. The result is a lack of confidence in the product, often conveyed to students who become equally as confused about what they are learning and why. Anybody, who, over the years, has been a regular reader of IMPACT, will know my views about Self Protection (whatever this means), which, as a business for many Instructors is a road to nowhere and I'll come back to my definition of this title later, but in the meantime, can we all assume that it's a modern substitute for teaching Self Defence.

This is where the problem begins, especially for Instructors who come through a traditional martial art, who will have been taught within strict technique guidelines and structure and delivered in a way, as we know, that often creates the illusion of effectiveness in certain situations - the Street not being the least of these.

Irrespective of what we think about the 'outcomes' of a particular art, the delivery when we were learning it, was usually very ordered and structured around long-term progression. Very soon after embarking on a traditional martial art, most students somehow become aware that the next 50 years may not be long enough for them to become expert at the system, hence, for those who buy into this, we have the creation of the long-term student. The support structure for this comes via the grading system, providing yardsticks for success and improvement and long-term goals to aim for.

Contrast this with delivering Self Defence, which at its most simplistic, could consist of a well delivered pre-emptive right cross - hardly something we can tie a student to us for the next 20 years or so, whilst they learn it properly! To build a strong club, we need to be under no illusion, that we are first and foremost Martial Arts

Instructors. Instructors often need to go back and re-evaluate the martial art they've grown up with and martial arts in general.

Too many Instructors have accepted a simplistic view, that somehow martial arts isn't self defence and that, as a consequence, they need to stop teaching their martial art and switch horses, whereas the horse they're on is more than adequate for the job.

So, lets take a few steps back and analyse what core elements are contained within most martial arts and I'll pick Karate, which I know best to illustrate the points. The first thing we all have to remember is that whatever has happened to a martial art over the past years, say from the start of the 20th century, they were all, at one time, purely combative in nature and many of the systems we know well today - Judo, Karate and Ju-Jitsu were either all at one time not in existence (Judo) or a myriad of small schools.



It was only with the modernisation and consolidation of these sub-systems into one 'codified' system, often intentionally losing the battlefield/combat heritage, that such martial arts could ever have universal appeal, or be able to be taught to a consistent standard with defined limits to the range and scope of that system.

New aims arose, not least being rule-based competitions and when we look, for example, at Judo today, it is unquestionably a sport. The various Ju-Jitsu systems would certainly argue that they have closer links to the 'battlefield', but again, in many respects they are sports. Tae-Kwon Do, for better or worse, has qualified as an Olympic sport, which says something for its political stability, if not for its practicality.

Having said all that, however, many of the combat elements are all still there, within all these systems. They are still martial arts, still containing strikes, kicks, throws, strangles, holds - some (target and application dependent), capable of inflicting serious injury or death.

This is the first key principle we have to get our heads around, which is that all the above are tools; tools that in the practice of any martial art we hone to a sharp edge. What has to be understood is that its not the tools that are at fault, its what we do

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with them. A right handed reverse punch is pretty much the same tool, whether we call it a right cross in boxing, a gyakazuki in karate, or a pre-emptive strike in the Street. It's still a right hand punch wherever we learn to do it. They are simply variations on a theme and how the punch is delivered, by what dynamic, in what stance, to what target area and whether controlled or not are simply factors required for a specific application of the tool.

So what's wrong with making the 'toolbox' as big as possible and this should be the particular martial art you have learned and may well be teaching, but when you instruct students, the honesty which we bring to teaching is to ensure which tools, and by what means of application they should choose, dependent upon the circumstances.

We are now back to teaching a core martial art (the big toolbox) and the bigger the box, the longer it will take to learn, not only due to its size, but in a student's improvements in performance. This is the second key point, which is that learning martial arts is not easy and in doing so, there is a sense of achievement for people. We probably forget, as Instructors, how important this is. There are few opportunities for people to achieve these days, especially in something which is down to physical skill and mental dedication.

For many students this is simply enough, they don't look for much more and don't expect any justification from the Instructor about what they're learning - they are happy simply improving in the activity.



They are also getting fit - the third key issue. Whether we make the fitness element a selling point or not, it's an integral spin-off from all martial arts and when we link improving fitness with the aspect of improvement in performance, we end up with increased confidence - the fourth key point. This is not the confidence to go out and take on 5 knife-wielding thugs, just a simple improvement in self-belief, or even

self-worth; people feel better about themselves.

The next and fifth key point is about belonging! The martial arts club environment is a social one and it's certainly the case that one common factor in successful clubs is that they are run on social lines, with a lot of ancillary, non-martial arts activities. For competitive clubs, this may simply be centred around organised coach trips to tournaments for students/friends and family, or other arranged events.

Additionally, and cementing how improvement is recognised, we have the grading system - the sixth and one of the biggest common factors. Having a grading syllabus to teach from and be tested against is the glue that ties students to the club long-term. How that syllabus is designed and delivered is something we need to address on another occasion, but it is critical to building a strong membership.

The 'core' martial art being taught is simply the hub of a wheel from which various spokes rotate and the core art can be emphasised down any one of those spokes. For example, it may be the spoke of traditional competition, full contact (MMA) competition, self defence, fitness, etc. Another way to look at this subject is by means of the 'Box Concept', that is, we have the 'big' box, which holds all the techniques and variations on a theme of the martial art and for the spokes, now substitute smaller boxes. So if I'm a karateka and I have a traditional, points competition coming up, I can reach into the big box and take, probably, about 10% of the tools in that box and put it in my smaller competition box. If it's the box for street defence, then it's probably closer to 2%, but which 2% is purely personal choice. If your big box has all your judo system in it, then your 2% for the box will probably be the big throws.

Remember, also, that whilst we might advocate pre-emption when dissuasion and management of aggression doesn't work, on occasions the pre-emption may also not work perfectly and we are then into our support system, as we are probably engaged in a fight. That support system is very close to our mainstream martial art and, therefore, not to make this martial art that we've invested many years in, the basis of a personal combat system is flawed.

However, back to the 'growth' aspect of a club and we should now see that we need a club training manual, that contains the whole system and then translating this into a grading syllabus, where the emphasis and range of techniques can alter, as the gradings progress. If you are a second dan, then write a syllabus to at least 3rd dan and preferably 4th. The whole exercise of thinking about a syllabus really concentrates the mind and makes you focus on what you want to deliver and from that, what spin-offs, spokes or ancillary boxes you want to emphasise.

There is no right or wrong answer. I have 2 friends who are extremely successful - one has what we can call a 'sports karate organisation', also referred to as 'modern' karate and very much inclined towards the semi-contact points style competitions, at which the students have great success. By contrast, I have another friend with some 700 students, but concentrating on a traditional karate system, with little or no emphasis on competition, rather concentrating on good and effective karate.

If there is a common denominator, however, its that they are both good at one thing - marketing. They do it consistently but they do it to proven methodologies. They continually build on success, but recognise that to even stand still, its necessary to push forward. Students leave! We do our best, we deliver great tuition and see good results, but students still leave, so if you aren't recruiting new people on a regular basis, you will be slipping backwards.

In both examples above, the one area neither ignore is children, which are the natural market for martial arts, but not for self protection. Martial arts today has more children training than adults, so if you're ignoring that market, you've chopped the whole market in half before you start.

It is our intention to run a series of marketing courses in the coming months and I've been conscious for some time that we are not providing enough support in this area and like the practice of our martial arts, getting marketing and selling right is just about persevering with the correct methodologies. We will get in people who are proven experts in this field and when we're further forward with this, we'll get some information out to you.

Peter Consterdine

5. GRAPPLING IN SELF DEFENCE - Jamie Clubb of Clubb Chimera

Grappling has a long and remarkable association with civilian self defence. There are manuals and illustrations depicting control and restraint methods being used against armed and unarmed attackers across Europe throughout the medieval and renaissance period. The British seemed to have changed from their own "art of self defence", boxing, to Asian grappling arts at the end of the 19th century. By this time boxing had completely established itself as a respectable professional sport first and as a method for self defence second in the public consciousness. In 1898 E. Barton-

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Wright launched his own hybrid system of bartitsu with the emphasis on teaching combative application as opposed to sport.

His writings make this distinction and he even felt the need to explain to his British readers that the rest of the world didn't practice arts just for sport but also as an active means for self defence. He brought over Japanese Ju jutsu instructors to teach at his short-lived academy and wrote illustrated articles on self defence techniques for civilians. Bartitsu imploded and Barton-Wright completely abandoned it within a few years, leaving Ju Jutsu as the one component of his school to endure as a means for self defence. Ju Jutsu, which was often interchangeable with Judo during the early part of the 20th century, found its way into western military programmes and even early women's self defence instructional films.



And yet grappling, by its nature, is less efficient than striking. This might be a little contentious to say in view of the high success rate grapplers have in match fights, but the striker creates distance. Escape is all about creating distance. In short, stun and run is a better policy for a normal civilian in a life-threatening situation than entangling one's self with an enemy. The grappling imported from Asia at the end of the 19th century and the grappling we see being depicted in 15th century Europe onwards is derived from battlefield training against enemies armed with blades. In many instances empty hand striking techniques would not have been advisable as adversaries were armoured.

The purpose of the grappling appears to have been to use the techniques as the only resource available to prevent the armed person from using his close quarter weapons. If targets are said to dictate weapons then objectives and context certainly dictate tactics. If you are involved in law enforcement, are an officer in some sort of institution, are involved in security or in any situation where your mandate is to control and restrain people then grappling should be your preferred tactic. However, when your life is on the line matters change. From a civilian perspective subduing an antagonist should be seen as an add-on skill, something for medium range threats

better trained for once high risk tactics have been thoroughly confirmed. This view is not without its opposition in the self defence world.

There are instructors who base their preference for grappling for self defence on the probable truth that most

interpersonal physical altercations in the developed world does not rise above the mid-level threat line; you are more likely to be manhandling your drunken friend or family member out of a party than you are to be facing off against a potential rapist or murderer. Therefore, they argue, most training should be geared towards mid-level physical threats. By the same

token emergency services should prepare more for non-life threatening situations and false alarms as they are called more to these than genuine disasters. Imagine a car's safety features being tested against the commonest types of knocks and prangs it will encounter. Simply put we just do not assess risks or test things just on likelihood. It is far more logical and practical to prepare for the worst so that you can reduce your tactics accordingly than it is to do it the other way around.



In conclusion grappling from a combative point of view is a last resort method when pre-emptive striking has failed and is best employed as a means for getting in a better position to strike and escape. Of course, there are techniques contained in grappling, including some of the most lethal unarmed techniques known to man, that work very effectively in their own right. However, these techniques, like grappling in general, should be viewed as incidental.

Primal Grappling

Grappling is a human's default fighting method. When we play-fight we grapple and street-fights often turn into grappling contests. Early free-for-all fights the world over have routinely favoured the grappler over the more strike-based fighter simply because humans naturally end up clinching within the first few seconds of a fight. There are several theories for this. Essentially our species has excelled with its tool-using capabilities. All animals from other apes to ravens to dolphins tend to indicate their level of intelligence through their use of tools. Humans seem to have sacrificed

a good deal of their unarmed physical capabilities, compared to other animals, in favour of this increased intelligence. We make fairly pitiful fighters until we start using tools, which might be the reason why untrained people will strike with their hand in the same manner as they would swing a blunt instrument[i].



Desmond Morris, the eminent zoologist and ethologist, argues that humans are essentially a non-violent species and only through the perversion of our tool-making and using abilities through our increased intelligence have they become the deadliest creatures on the planet. Against our own species we prefer to grapple.

Despite containing one of the few genuinely fatal unarmed techniques - strangulation - grappling is a far less damaging way to fight another person than striking. After a full on grappling bout the protagonists might be as much or even more physically drained than those in a striking-only contest, but they will have taken far less injury on either side. This is why you will find that striking sparring, such as boxing and Muay Thai, is often far more restrained than grappling.

So why do we naturally opt for grappling against another person if it takes more work and the result is that far less damage will be inflicted? Some have put forward the idea that we grapple to protect our species. It all stems from our tribal nature. The grappling match is the safest way for an alpha male or female to assert dominance over a challenger without depleting their tribe's ranks[ii]. The idea is that most species, given the right natural conditions, will use non-lethal tactics against one another. Horned and antlered animals will butt heads in a test of strength rather than try to gouge each other in the side as they would do with an attacking predator; venomous snakes entangle each other rather than inject venom and so on.

Even our fellow apes, who will happily use their superior teeth to bite off whatever appendage that we offer them, tend to



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wrestle each other and only show each other their teeth. Serious biting, as opposed to mouthing, only tends to come into play if there is something in-between them such as mesh in a zoo-type situation or when other apes join-in to gang up.



Jamie puts on a naked strangle

Whatever our reasons, certain grappling moves are inherent in our fighting make-up. I have observed this, particularly in my children's classes, when I have set up combative activities for novice students. During these activities students will naturally do

crude versions of headlocks, bear hugs, waist-locks as well as grip wrists, trip, push, ankle pick and tackle, and they will often fall into positions taught in trained grappling. It is a fascinating observational study in effectiveness through a type of individual natural selection. It also brings into question theories regarding the international roots of certain grappling arts. Although there is documented evidence that certain martial arts systems did influence other countries, at least in modern times, history and common sense tends to support the theory that every country and most cultures have their own indigenous form of grappling.

Having formulated some great robust methods for grappling that have taken the form of combat sports, the intuitive student or coach can use the fundamental feel for primal grappling and build on it. Furthermore, by understanding primal grappling through play-fighting we become acquainted with the most common moves people put on each other. For example, the side headlock is a universal hold we pick up at a very early age and its groundwork cousin, the scarf hold, is often found by accident. Drilling escapes from it immediately better prepares us from falling into it during a real life skirmish in the clinch.

Martial arts and self defence are often taught in a very passive and reactive manner. Students clear their minds in order to have them filled by the knowledge and experience of their teacher. This can be fine in some respects, but I like to encourage my students to think for themselves as early as possible. When it comes to a real life situation they are the baseline. Self defence, after all, should be about

independence, empowerment and personal responsibility; this is best achieved when you reveal to a student their instinctive capability to fight. By cultivating this capability and then directing it intelligently you have a better chance for the skills to become instinctive and not an abstract notion.

In his autobiography "The Godfather of Grappling" (aka "The Toughest Man Alive"), "Judo" Gene LeBell makes a heavy distinction between wrestling and the art of "grappling". He said he was first taught to grapple as a child by Ed "The Strangler" Lewis, where he learnt all-in fighting. LeBell asserts that in grappling pretty much everything goes from standard submissions to face-bars and nose tweaks. This, it would seem, stems from primal grappling. It is an extension of what comes from childhood brawling, where you start to learn all the dirty tricks of in-fighting. Many of these techniques have been directed towards stopping an adversary from grappling and now come into their own isolated category known as anti-grappling.



Anti-Grappling

Anti-grappling is a term used to describe the various tactics used to neutralize grappling techniques. Many include illegal close-range techniques not found in mainstream sports competition such as eye gouges, biting, head-butting, strikes to the groin, larynx crushes, fish-hooking, gripping or pinching flesh, pulling the hair, ears, lips or nose, and small joint manipulation like finger-locks. However, they can also be any technique that staves off a grappling situation such as evasion techniques or pushes or blocks to prevent takedowns.

There are three popular schools of thought on anti-grappling in the martial arts community. One school does not see the benefits in grappling for self defence whatsoever and argues that a student can simply learn certain tactics that will neutralise grappling tactics so they can strike more efficiently. Another one argues the complete opposite. They find the concept of anti-grappling being ridiculous, believing that once a person has clinched you need to know how to grapple better as adrenaline will probably over-ride all the nasty tricks an anti-grappler will try to pull

out. The third school of thought believes that in order to be a good anti-grappler you need to learn how to be a grappler first.

There is something in all these philosophies. I am not going to dismiss any of them, but see their pros and cons. Self defence is a skill that should be learnt within a short space of time, containing techniques that do not require a huge degree of maintenance. Grappling is an art that is perfected through countless hours of hard labour. So the first school of thought has a point. However, as we have discussed, grappling is a basic instinct and one that is likely to be used against you by a larger and stronger adversary in a self defence situation. Although it is probably unlikely that the attacker will be a skilled and trained competitive grappler, it is not unlikely that he will have forged his limited grappling skills through fighting other people in civilian situations.

These physical advantages will quite possibly have meant he will have been selected during his school years for sports, such as rugby, that will have taught him some degree of determination and full contact grit. Adrenaline, drink or drugs will most probably dull his senses bringing any pain compliant or psychological tactics into question if you don't have a good position. The second school of thought seems to have been proven through the huge success the grappling arts have enjoyed in virtual no rules competitions. For example, Brazilian vale tudo permitted many anti-grappling techniques or at least only imposed a proportionately minor fine for violation of them and still the grapplers prevailed.



I have to say that, at the time of writing, the last school of thought appears to have the most value for self defence. How the ratio of grappling to anti-grappling is decided is a matter for further debate and perhaps the individual, but it all rests on the basic idea of understanding your enemy before you can defeat him. After all some grappling techniques are useful anti-grappling techniques. Sprawling is a prime example of this and was a key technique used to aid strikers regain their respect in the world of mixed martial arts competition, giving rise to the term "sprawl 'n brawl". Furthermore, many have discovered, to their dismay, that anti-grappling techniques often lack efficiency

without good grappling positioning. This isn't to say that you should fight grappling with grappling, but you should consider combining your anti-grappling tactic with your grappling defence. Otherwise you might receive the same in kind from someone who holds a better position over you.

Grappling to Strike

Once you are in any grappling position it is often difficult for people to over-ride their natural instincts and to strike. We tend to fight our adversaries by their rules in real fights. In the case of grappling we could argue that we are simply obeying our inherent desire to fight like an alpha member of our species, but we also often square up when someone squares up to strike or simply hit back when someone hits us. The predator often runs the show and this can be seen as much in verbal exchanges as it can in brawls. This is why a core exercise in my school is the "Strategy One versus Strategy Two" test/exercise. It's a type of pressure test that has a wide range of uses, but essentially pits a person using distancing strategies (strategy one) against someone restricted to using tactics for closing the distance (strategy two). Roughly speaking it is striking and anti-grappling versus covering and grappling.



Jamie breaks a strangle, setting up a strike

The test is very intensive due to the two different objectives, which is much more in line with an assault/counter-assault situation as opposed to a "square go" situation. The test also forces the striker to find ways to strike the grappler and the grappler to understand how to tie up the striker. It serves as a good tool for developing the different sides of combat grappling.

After this exercise you can look at more specific areas to couple grappling with striking. This includes fighting up against a wall, from various clinching positions and positions on the ground. In the world of MMA we have seen the development of "dirty

boxing", popularised by Randy "The Natural" Couture, that harks back to the 18th and 19th century methods of bare knuckle fighting, where fighters could grip and trap to strike. We have also seen plenty of tactics taken from Muay Thai, where the clinch position is used extensively to strike with the knees and elbows.[iii] However, the most famous and iconic MMA tactic of all is perhaps the use of striking from the top position on the ground. Known as "ground 'n pound" it was popularised by wrestlers in MMA like Mark Coleman and is a classic example of striking from a grappling position. In self defence, the person on top should use the position to better regain their feet and avoid getting tied up even if they are in a completely dominant position like the full mount. This obviously stems from the danger of multiple attackers who can surround the fighters and attack the person on top whereas the person underneath might actually even be an advantageous position, where all he has to do is hold onto the "dominant" person. This is why I recommend using the knee pin (aka knee-on-stomach) as the best type of pin.

Striking from the guard appears to be in its infancy in MMA competition with some gyms even advising against it. The guard position has seen the development of sophisticated sweeps and submissions through grappling based competitions. However, even in the early days of MMA the likes of Royce Gracie demonstrated striking techniques that could be used from the guard. Striking should be sought from every conceivable position and the guard, which has a good degree of control, is no different. If we can use our legs to push then we can use them to kick. The heels can be used savagely in downward striking actions to the rear of the person on top and the knees can also be used, albeit in a limited way. There is also sufficient leverage to strike with the hands and parts of the arm such as the elbows, especially as you transition.



Grappling as Attribute Training

Sport grappling is a fantastic art to cross train in to develop good attributes for self defence conditioning. I would highly recommend Judo, Sombo, Brazilian Jiu Jitsu, submission grappling, Greco-Roman wrestling and freestyle wrestling to develop combative fortitude. Grappling fitness is a

consistent and toughening type of athleticism that develops great cardiovascular endurance, strength, flexibility, balance and agility.

The experience a person can bring from grappling sports will only enhance a self defence student's knowledge of positioning and make them panic less about the dangers of ground fighting. The only danger that can be imported from cross-training in any combat sport is not changing the context. We cross-train to gain experience not accumulate techniques. You can use your new techniques and competition-based tactics within the realms of the sport, but when we come back to the self defence path we need to adopt a minimalistic state of mind and to keep our objective clear.

Combat Grappling in Conclusion

Interestingly I have read that FILA have named their form of amateur MMA "Combat Grappling". Nevertheless, the term is popularly still known as the self defence application of grappling techniques. Essentially combat grappling is what Gene LeBell simply termed "grappling", all-in-wrestling strategies. Efficiency is consistent, which is why all full contact grappling sports essentially contain some very similar positioning and tactics, rules permitting. This positioning is also at the core of combat grappling with the addition of illegal techniques. It should be simplistic by design, not dwelling on sophisticated takedowns, submissions or combination work that relies on the other fighter being a grappler (or an MMA fighter for that matter), so that it can be easily learnt as a support system when matters go wrong in a self defence situation.

Training can be mainly done on mats for safety reasons, but all groundwork should also be exercised off the mats, in confined spaces and around obstacles so that you fully appreciate what it will be like scramble around on a regular floor or the unprotected ground. Using the floor or ground as a weapon should also be taken into consideration, as the average street fighter will certainly take advantage of this tactic if they end up on top. Multiple attacker exercises and tests are also great ways to get out of the habit of unnecessarily getting tangled up with single combatants. Contrary to popular belief the grappler actually has a great ability to manoeuvre around multiple assailants if he keeps his head.

Grappling is a strategy two tactic. Its purpose is to get in a better position to strike and escape. If a choking/strangling, sweeping, takedown or locking opportunity arises that does unnecessarily delay you then, by all means, use it. Scepticism should be

applied when practicing these. Ask the question whether the techniques are man-stoppers? A rear choke or strangle performed with the arms is perhaps the highest percentage techniques you can find in combat grappling. They are easy to learn and apply delivering potentially lethal results, if required, in a short space of time. They are also non-attribute based making them ideally suited for the individual.

Endnotes

[i] Theory put forward in "Manwatching", Desmond Morris 1977

[ii] It's an idea in line with Desmond Morris's in "Manwatching", but I first heard it being put forward in the martial arts sector by Sgt. Rory Miller during one of his seminars circ. 2004

[iii] Of course, Muay Thai's close Burmese cousin, Lethwei also uses the clinch to head butt, a tactic famously still allowed in the Scandinavian MMA promotion, "Fin Fight".

Jamie Clubb/Club Chimera

(Jamie's photos by 'Sonia's Photography')

6. BRITISH COMBAT KARATE ASSOCIATION

By now, you should all have had an e-mail about the launch of the BCKA. Obviously, we have karate people within the BCA who may well be interested in having the dual membership and if anyone has an interest, e-mail or telephone the office and we can talk it through. Hopefully, by the time you read this, we'll have the BCKA information pack on the BCA website as a download.



7. COMBAT COACH DIPLOMA (World Combat Association)

We are now nearing completion of the **Instructor Certificate** level of the programme, for those people who were first enrolled into the programme. From successful graduation at the **Certificate Level**, many will now be embarking on the third level of the programme - the **Combat Coach Diploma**. We've had tremendous feedback from all participants on these programmes and we'll shortly post up some testimonials.

There are tremendous commercial opportunities for successful graduates of the two upper levels, as on completing the programmes; they are able to deliver a range of courses that have proven commercially highly successful for many years.

There is also the opportunity for people to introduce others to the programmes and be well rewarded financially, with the opportunity to build up a very sound business through the Combat Coach programmes.

Many instructors in the BCA will have a natural market-place for both delivering the courses and introducing other students and instructors. There are some 55 units over the 3 programmes, with unparalleled amounts of information, personal face to face training, huge support to develop the opportunities the programme presents and actual commercial training courses.



For more information e-mail or phone 01924 266016.

8. Enhanced CRB checks (Vetting and Barring Scheme)

For anyone who was following the progress of the scheme, should know that one major plank of the proposals, the Independent Safeguarding Authority (ISA) and its requirement for ISA registration, has been shelved until further notice. The legal requirement for someone working with (including teaching/instructing) children under 18 and vulnerable adults is enshrined in The Safeguarding Vulnerable Groups Act 2006.

The scheme now centres around the Enhanced CRB check and it is a legal requirement for every employer who has people working with these defined vulnerable groups to ensure that they have all their employees vetted by the Criminal Records Bureau (CRB). The BCA is not considered in the role of 'employer,' but we have a responsibility to ensure that our Instructors who may be teaching children understand the requirements. There would have been a legal requirement, had the ISA registration gone ahead that all Instructors would have needed both the Enhanced CRB and ISA vetting and you need to be aware that the scheme is only deferred not cancelled.

It makes sense, therefore, to obtain the CRB check and to help in this matter we are establishing the facility to carry out this service for BCA Instructors. Parents are aware of the need to check whether an Instructor has had a CRB check and local Councils may also require evidence that this has been done.

In a separate email we will send out details about the process, but in the meantime any Instructor who already has a CRB certificate we would welcome a copy for the files.

9. 'Bobby On The Run' by Winston Bugle (BOOK REVIEW)

This is a review of a fictional book of all things, not something I would ever normally do, so there must be more going on here and there is. First off, the author, who you'll be pleased to know writes under a pseudonym, is a former serving police officer and one who fought a long-running personal battle against a charge of excessive use of force that should never have been brought against him and the book is a fictional account of the activities of the real life organisation within UK police forces that pursue these issues - the Professional Standards Department (PSD).

The case of the author is, very sadly, only too common, with PSDs seemingly working on the automatic presumption of guilt of officers, even in the face of blindingly obvious contradictory evidence. I have personal experience of this very disturbing issue, having acted as an 'expert witness' in such cases. Many UK police forces are now 'infected' with this attitudinal disease, exacerbated by a number of factors. These are 'fast-tracked' senior officers with little street experience, drastically reduced training time devoted to personal safety, a 'politically correct' senior management wanting to be seen to always err on the side of the supposed victim, hanging good officers out to dry.

But back to the book which is about a decorated and dedicated officer who has to use force against a knife wielding villain, who subsequently dies whilst in custody and the officer is arrested. However, things are not what they seem and the 'cover-up' of someone else's negligence by the force's PSD and attempts on the officer's (or anti-hero as you'll discover if you read the book) life following his escape from custody are the meat of the book as he tries to clear his name.

It's a read that really rocks along and is a good first book from this former police officer, from whom you can expect to get the fine detail correct. The writer acknowledges the officers in PSDs throughout various forces who approach their work with a sense of balance, but anyone who thinks that civilians who use force to defend themselves and find themselves facing prosecution, need to spare a thought for police officers who face a PS department with seemingly little knowledge or experience about how violence and its management legitimately takes place.

A Member of The World Combat Association

Bobby On The Run can be bought through Amazon, or directly from the publishers, Troubador Publishing Ltd, 5 Weir Street, Kibworth Beauchamp, Leicester LE8 0LQ.
email: books@troubador.co.uk tel: 0116 279 2299