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Taking Taekwondo to the Streets:

Sure Fire Ways to Stop Any Street Attack



All martial arts are in one way or another primarily designed as a form of self defence. Whether you study a hard or soft system or standing or ground fighting - self defence is the core aspect of all martial arts styles and systems.

In recent years reality fighting has become the new trend in the continual evolution of the martial arts. However if one looks at the history and culture of any martial art, realistic self defence skills were always sought and practiced as a need to defend one's life, family or country. As time passes, as with anything, needs change. During the reign of the Samurai in ancient Japan, the sword was a dominate weapon of choice and one of the most feared during that time frame. However in today's world, the sophistication and advancement of weaponry has bypassed that of the sword. This is not to say that the sword is an ineffective weapon, but rather that today's weapons and strategies have changed with the times.

Due to the unpredictable nature of a street attack, there is no one absolute method of self defence that provides all of the answers. So in order to be best prepared, it is imperative to prepare yourself for any type of attack – whether that is standing confrontation or a ground fight.



Below are a handful of self defence tips that will be your first line of defence for surviving a real street attack.

1. **Be Aware:** Do not take anything or anyone for granted. Trust your instincts. Do not look like a victim or do not look like you are intimidated in any way. On the contrary, do not look cocky or like you want trouble. Have a poker face and display controlled emotions.

2. **Talk:** Try to talk your way out of the fight. Use every means necessary to avoid getting into the confrontation. Think and re-think leaving your ego out of the situation. Remember that there are a lot of consequences such as law suits and criminal charges.

When you have exhausted every other option, then go to Step 3

3. **Be First:** Hit hard, hit fast, and do not stop until your attacker is totally incapacitated. Do not look to grab your attacker, first use strikes to render them unconscious. Although many effective techniques derive from initiating an attack with grappling, you may open yourself up to an attacker with a concealed weapon. If you strike your attacker first, without hesitation, you should be able to knock them out giving your attacker no chance to use a weapon.

4. **Keep It Simple:** Use only techniques that you know will work in the street. Do not attempt to use techniques that should be left for demonstrations or sport type events. Use simple, direct attacks to vital areas of your attacker's body that allowing you to be most effective. A simple front snap kick to the groin with maximum power will stop almost anyone dead in their tracks, so leave the jump spin kick for the tournament ring.



Effective Techniques for a Real Street Encounter:

- Front Snap kick
- Palm Heel Strike
- Right Cross
- Side Kick to Knee
- Rear Elbow
- Hair Pull
- Eye Gauge
- Knife Hand Strike
- Tiger Mouth Strike

A World Renown TaeKwonDo Master

A 7th-Degree Black Belt with 39 years of experience in the martial arts, Master Philip Ameris is Grand Master Hee Il Cho's senior student and technical director of the Action International Martial Arts Association. Master Ameris is the chief instructor at Cho's Taekwondo in New Kensington, PA where he personally teaches there everyday. He has travelled throughout the world teaching seminars and clinics on traditional Taekwondo, as well as developing R.A.P.E. Defence™ - a proven and effective course on women's self defence.

