

# **GUARDIAN ANGELS STREET SURVIVAL TRAINING**

## **Phase 2 Module 4: Survival Fighting**



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## SURVIVAL FIGHTING

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### Note to trained martial artists

The material in this manual is not meant to replace what you already know. Do not abandon your skills. You may find that the ‘channelled chaos’ system presented here may make all your present skills better. On the other hand you may disagree with every word written here. That is your right and we respect your point of view. This material is meant for untrained individuals, and while we stand by what we have written, we will also defend your right to disagree to the death.

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"No passion so effectually robs the mind of all its powers of acting and reasoning as fear."

Edmund Burke (1729 - 1797)

### Introduction

Coming to blows with another human being is an ugly occasion. Attacks are blindingly quick and often over before you realize what’s happening! The average attack lasts for between 3 and 5 seconds, which, if you survive it, can extend into a fight that lasts only about 20 seconds. These may be the most critical 25 seconds of your life. It therefore stands to reason that you cram the maximum payload into your response in those few seconds.

In a blind attack, you’re ambushed with no prior warning. Provided you aren’t killed instantly — with a knife or gun — your defence depends on your body’s natural fright reaction, and not on a rigid, stylized technique. There’s virtually no defence against a planned assassination, no matter your style, conditioning and strength. When Curtis Sliwa survived the assassination attempt on him in 1992 that may well have been the end of the Guardian Angels, he did it because of a remarkable set of circumstances in which luck and the fact that he was willing to fight back featured in no small part. Those who have met our formidable leader know that he is man not to be trifled with, and even he almost succumbed to a planned assassination. However, most assaults have a different objective in mind (such as intimidating you into leaving some assailant’s ‘turf’). The fact however, that you are surrounded with some of the finest back-up in the world, i.e. a Guardian Angels patrol, gives you some options.

The fright response uses your body’s natural adrenaline-fired response to sudden shock or fear. Have you ever been attacked by a swarm of angry bees? What did you do the last time you heard a loud, unexpected noise in an isolated, dark place? Ever had a firecracker thrown at you? Or worse, ever heard unexpected gunfire near you? What did you do? Your whole body instinctively dropped its centre of gravity, your back curved out protectively, your head sank low between your upraised shoulders, and your arms came up around your face and neck. Dropping your centre of gravity in this way strengthens your stability and adds to your power and balance. This fundamental and instinctive reaction involves a survival reaction hard-wired into your mind and body. Simply lowering your head, hunching your shoulders, and raising your arms protects vital areas (especially your throat and jaw) from strikes and rear-approach strangling attacks. **And you do this all without any training.** This is an

ideal defensive position and should not be discouraged by assuming a rigid, classically trained stance. What would classically trained martial arts skills such as an X-block, or reverse punch do against a swarm of bees anyway? It's the same with fighting people you may confront outside of a martial arts school. So why train as if you are in the dojo?

*Train the way you will fight, for you will surely fight the way you train.*

Morpheus, 2007, Cape Town Chapter Leader

What you do immediately after this split-second fright reaction is critical, and must be simple and focused. Turn toward the attacker and jab – continuously. We describe these and other follow-up strikes shortly.

### **PART 1 SHOOTING PLATFORMS REVISITED**

Let us quickly recap SHOOTING PLATFORMS in Phase 2, Module 1. The basic



shooting platform that we use during combat is with your fists in a classic 'boxers' stance and protecting the jaw.

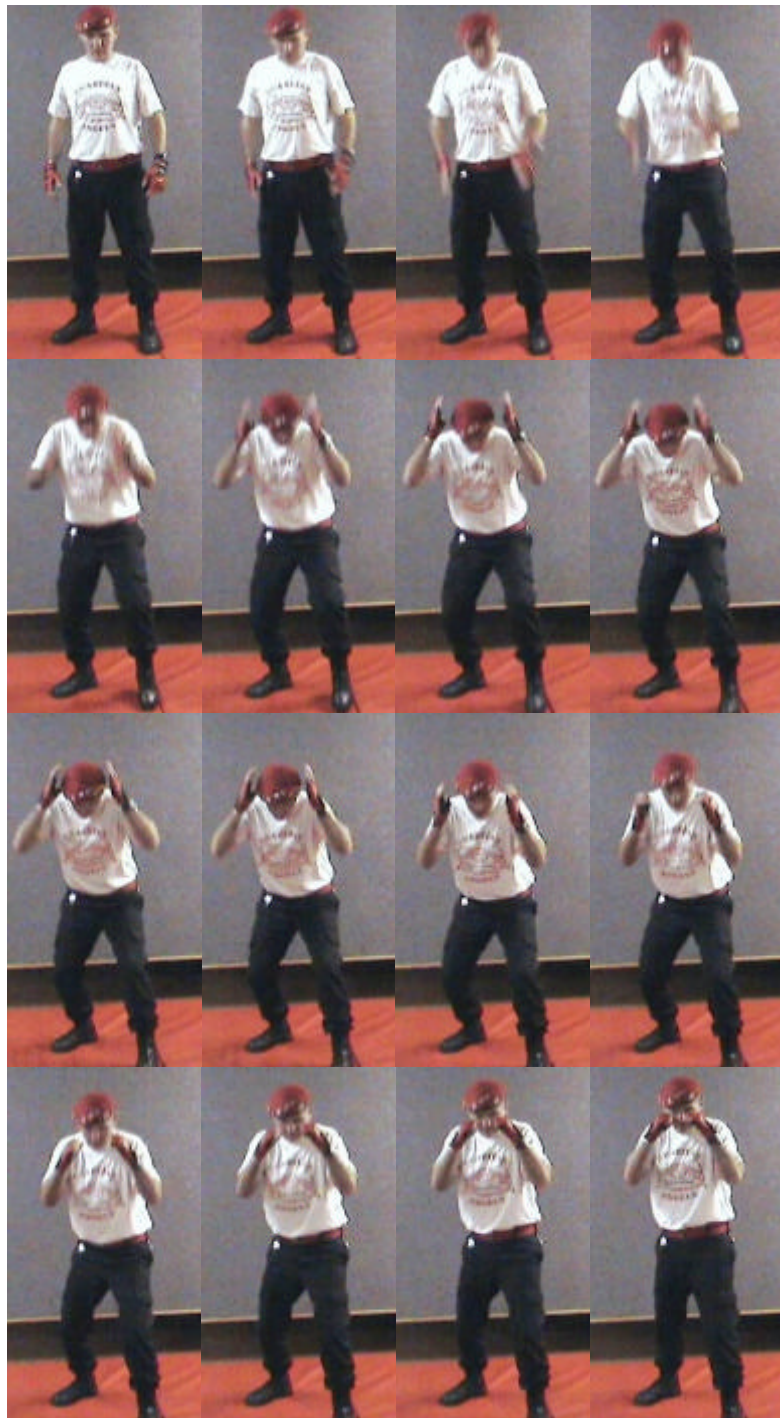
To summarise your shooting platform: Drop your centre of gravity, curve your back out protectively, sink your head low between your upraised shoulders, and bring your arms up around your face and neck. This strengthens your stability and adds to your power and balance. By lowering your head, hunching your shoulders, and

raising your arms you protect vital areas (especially your throat and jaw) from strikes and rear-approach strangling attacks.

The sequence of pictures on the next page shows the Angel going from a relaxed standing position, through the fright reaction into a battle-ready shooting platform in exactly one second. The fright-reaction part of the sequence took  $\frac{1}{3}$  of a second and some of the pictures in the sequence are only  $\frac{1}{26}$  of a second apart!  *$\frac{1}{3}$  of a second to save your life?* Some styles of martial art would KILL to get that kind of reaction and yet the model is NOT a highly trained martial artist.

This document does not propose to teach you a new martial art. If you are already a trained fighter, use this information to fine-tune and hone some of your existing skills. If you are a new-comer – prepare for a bumpy ride and a few tiring sessions.

Above all; have fun.



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## **PART 2: CLOSE COMBAT DRILLS**

In Phase 1 you learned the value of awareness by focusing on your recognition skills. Awareness thus became your first ‘fence’. Your second ‘fence’ became distance. By using these two you should be able to avoid most encounters. But what if they failed? You didn’t see the antagonistic expression and the attacker suddenly charged down on you? Your system suddenly floods with adrenaline, fear clouds your vision, your fingers change into claws and your last coherent thought is: “This is it!” before the animal-self takes charge.

In our social order we are conditioned to be polite, to listen, obey, and behave. The psychopathic criminal knows this and thrives on the indulgence of society. He relies on your tendency to be socially correct. You need to relearn what an animal knows to do at the first sign of danger. It lives up to its name and fights like hell unleashed or it runs for its life!

If you question the victims of violent crime you will find that nearly all of them had a suspicion beforehand that something was just not right. At this first inkling of danger is when you generate distance, not after. Forget about being polite to a suspicious stranger. Your personal safety is your first responsibility.

### **The Rule of Life reigns supreme!**

The programming exercises in this manual are meant to be practised often, and with passion! Make sure you put emotion into your work; otherwise it becomes just another ‘kata’. When you put emotion into it and visualize the outcome your subconscious mind will learn to instinctively move to protect you. A lot of the work is already hard-wired into your mind and nervous system.

The reason we have elected to dub them as ‘programming’ exercises is because they need to be done to the point where you no longer need to think about their execution. In a life-and-death situation you will be SCARED to hell – not a good decision-making state to be in! Therefore you need to make your decisions beforehand and trust your subconscious mind to deal with the situation.

As a rule you do NOT win the fight in the street! You win it on the training floor, in a circle of Angels helping you to grow in strength, speed and skill. Respect their help and realize that you are learning to survive.

## Fire in the Belly

This drill teaches you to channel and focus your fear, allowing you to recover your reactionary gap or successfully mount a counterattack. It can be done alone or in group context.

No equipment is needed, apart from a darkened room in an isolated place where the amount of noise you make won't disturb others.

1. Close your eyes.
2. Stand completely relaxed and slowly breathe through your nose deep into your belly.
3. Visualize tension leaving through your exhalation and the power of the sun entering through your inhalation, flooding every cell of your body. Do this for a full five minutes.
4. Now imagine that the most depraved criminal you can think of is about to attack and psychotically torture the person who depends on you most, the person you're closest to in the world, and he is going to force you to watch before killing you too. If you allow it!
5. Take all your fear, frustration, and helplessness and rage, and crush it deep into your stomach. Take all the wrongs and humiliations that have been dealt you in life, all the anger and blind fury, and set it alight! Ignite it with your sense of justice.
6. From the pit of your gut, drive the fire into your feet and then let it roar back up through your legs, hips, chest, and out your hands and mouth in the loudest, deepest animal scream your diaphragm can handle. This will become your "warrior cry." Fear *paralyzes*, and you need to release that paralysis which occurs in a moment of crisis — and become familiar with it. You need to know that you can explode and deliver the goods when you're terrified and lives depend on you.
7. Do this once a week to sharpen this skill even after you've become proficient at everything else in this manual.

NOTE TO INSTRUCTORS: Sometimes trainees in a group context will not respond as everyone is waiting for someone else to move and scream first. Use a whistle and instruct them to scream at the same time. Also, some trainees will report not feeling anything at all. These are the students who did it incorrectly. Ask them to remember a school bully when they were younger.

**The decision to act and the effects you cause are the keys to your survival.**

## Survival Response I

In society today, individuals (especially teenagers and more specifically girls) have detached themselves from their essential instincts. Perhaps due to the barrage of violence in film and television, there seems to be a widespread unconcerned attitude among young people when they are first presented with simulated assault drills. In short, many are desensitized to violence. Unless they've been actual victims, kids are hip, cool, detached, and nonchalant, as the teen culture has taught them to be. It's almost like their instinct for self-preservation has been drained out of them. Nothing could be more dangerous.

This drill helps you channel fear-generated adrenaline into defensive reaction instead of frozen terror. Its aim is to develop reflexive sensitivity so that, in a blind attack, your whole body begins to move as early as possible.

This drill needs to be done with a training partner.

1. Stand quietly with your eyes closed and your arms at your sides. Relax and quiet your mind. Tune into the sensation of air moving over your skin.
2. Now, have your partner touch you, as gently as a fly, somewhere around your head.
3. The instant you feel anything, drop explosively into the fright reaction — lower your centre of gravity, widen your shooting platform, bring your hands up around your face and sink your head low between your shoulders.
4. Have your partner make the touch lighter and lighter (thus making you more sensitive) as he goes for annoying areas like your eyelids, ears, nose and hair.
5. React as early and as quickly as you can, each time returning to the starting position with your eyes closed and arms relaxed at your sides.
6. Perform this drill 30 or 40 times per session, and you'll begin to feel very jumpy. In a dark alley or other remote location, this feeling is exactly what you want.
7. Now switch partners.

Your partner should try to get his touching hand out of the way as fast as he can while you try to keep it off you. However, you're not trying to grab or hit him; you're simply reacting reflexively without thought or plan (which would slow you down).

**NOTE TO INSTRUCTORS:** Sometimes new trainees will laugh and giggle throughout this exercise. Introducing a **pin**, instead of a light touch, tends to bring that to a sudden stop. It often helps to blind-fold students as many of them try to peek, thereby nullifying the efficiency of the drill.

## **Survival Response II**

This survival reaction drill and those that follow it are vital for understanding that fear is good when used to your advantage. This drill helps you channel your fear-generated adrenaline into defensive reaction instead of frozen terror.

This drill needs to be done with a training partner and requires some space to perform and a padded shield or pillow.

1. Stand quietly with your eyes closed and your arms at your sides. Relax and quiet your mind. Tune in to the sensation of air moving over your skin.
2. Spin around several times and then walk, keeping your eyes closed.
3. Within a few steps, your partner will shove you forcefully with a padded shield. The shove should come from a random angle.
4. At the first contact, open your eyes and go into the fright reaction, regain your balance before turning to the attacker and then dropping into your shooting platform.
5. You regain your balance by bending your knees and widening your shooting platform, thus lowering your centre of gravity.
6. Repeat 10 times and switch partners.

### **Survival Response III**

This modification of the previous two fright reaction drills takes your skills a step further.

This drill needs to be done with a training partner and requires some space to perform and a padded shield or pillow.

1. Stand quietly with your eyes closed and your arms at your sides. Relax and quiet your mind. Tune in to the sensation of air moving over your skin.
2. Now spin around several times, keeping your eyes closed, and walk.
3. Within a few steps, your partner will shove you forcefully with a padded shield. The shove should come from a random angle.
4. From whatever position you end up in, open your eyes and launch yourself into the shield with straight alternating palm strikes, like the chain punch.
5. Step forward with each strike. Nothing fancy here — simply drive forward as fast and straight as you can.
6. Shout and scream like a demon on each strike.
7. Keep advancing on the target, but don't get so close that you cramp the full extension of your arms (This is a common fault of beginners — they wind up tapping the shield with just their hands because their elbows remain bent at less than 90 degrees).
8. Turn your back and shoulders into each strike, so that your trunk and hips (rather than just the unbending action of your elbows) are driving your arms out. Ideally, you should also step in with each strike. Hit as fast and hard as you can.
9. After four or five shots, step back and assume your shooting platform. In a 'live' situation this is the time for a perimeter and takedown.

## Discussion with the Devil

This drill is so simple you might think it's silly, but it's important to practice because, unfortunately, when in danger, most people who don't practice, react to the wrong stimuli at the wrong time.

Remember that dialogue, as opposed to a blind attack, involves a short period of time in which the assailant is sizing you up. Having been selected at all is the first stage of a possible attack. You may discourage the assailant from selecting you as a target if you appear to be aware of your surroundings, but don't count on it. For whatever reason, there's someone almost in your face, and he's an uninvited and dangerous intruder.

In Phase 1 you established your safe reactionary gap. If he makes a move that crosses this boundary with either a touch or strike, or the content of the conversation begins to set off alarm bells in your stomach, you must strike like lightning, stopping only when the opponent has been incapacitated.

Now since your first contact with this person is verbal, and you probably will be surprised, you might feel a slight fright reaction coming on. However, the dialogue stimulus is still not so dangerous that you'll just go off, as you would in a blind attack, so you instead raise your arms by assuming the conversation stance. This is not so unnatural, because you have been practising this for weeks now.

This drill helps you practice delineating your comfort zone, shrinking away, and deciding to avoid petty squabbles. By doing these three things you give the enemy every opportunity to change his mind. If he enters your zone, he will have to deal with a wild animal. He has made your choice for you.

This drill needs to be done with a training partner and requires some space to perform and a focus glove with two eyes drawn on it.

1. Spin around in circles with your eyes closed, and then stop and walk.
2. Open your eyes when your partner, holding the focus glove, stops you with a verbal interview.
  - 🚫 If your partner says "I have a gun; Come with me" or "Your dead, asshole," etc, attack immediately.
  - 🚫 If your partner starts with some seemingly innocuous chatter like, "You got change?" "You got the time?" or "How do you get to. . . ?" adopt the conversation stance and answer politely but be alert for a rear or side attack from the assailant or an accomplice.
  - 🚫 For the purposes of this drill, respond the same as in "Automatic survival response III". If, however, after opening your eyes you see that your escape is blocked by a wall, furniture, or other objects, then immediately adopt the conversation stance and back away slowly as far as you can. Backing away is important to legally justify what is to follow.
3. Somewhere in the conversation, your partner should reach for you or, to make it more belligerent, he should strike at you. If someone physically enters your personal comfort zone under these circumstances, attack the attacker right now with everything you've got.
4. Stomp-step, and strike with your lead hand, using a chin jab.

5. Spear straight for the face (on the focus glove) or chop to the front or side of the focus glove throat (the wrist of the gloved hand). Make sure both your hands come out almost simultaneously, with the closer one hitting first.
6. Without pausing, continue slashing at the focus gloves' face or slam the glove with palm heels, driving your partner back, screaming from the gut the whole time. Keep chain-punching – your arms pumping like a jackhammer, driving with your legs and powering your arms with your back and waist. If you're hacking at the face like the sword of justice, try to actually see the face of an attacker.
7. Hit 5 to 10 times and then move into your shooting platform. Keep in mind that when your partner reaches or strikes at you, his hand will be deflected incidentally by the curve of your arm as you go straight toward your target, like water is deflected by the hull of a boat (see Chain Punching in Phase 2, Module 1). This holds true for your other arm also, in case he strikes with his other hand, which will happen half the time. Remember, it's a waste to block the attacker's hand; practice to eliminate this dangerous habit.

When you are practicing this drill, remember that you should not perform the stomping first strike in isolation. It's merely the first in a series of snarling, slashing, crushing blows. In general, as initial strikes, chin jabs and palm strikes to the eyes work better for smaller individuals than throat chops. However, if you do practice eye strikes, train yourself mentally to see an attacker. Some people train physically to perform these strikes but not psychologically. It is therefore crucial to make the drills as lifelike as you can and to keep the adrenaline flowing.

## **Dancing with Demons**

This drill teaches you to focus on a specific target (or in this case the faces of multiple opponents). It also teaches you control over the effects of adrenaline. It is a tiring exercise and each member performs it for no longer than 30 seconds.

**VERY IMPORTANT NOTICE:** Should the respondent (in the circle) feel overwhelmed, he crosses his arms over his head. This is a signal to all the training partners to be silent and stop moving. When the respondent feels OK, the exercise resumes. Should it be necessary, instructors can reduce the number of training partners or start out with just one partner, and gradually build up the numbers as proficiency and confidence is gained.

Get a focus glove and a gimmick mask from a toy-store. The scarier-looking the mask – the better.

This drill requires at least 3 partners, each with such a mask and focus glove or pillow.

1. Have your partners wear a focus glove with a mask taped to it.
2. Let them surround you just outside striking range and let them all shout abuse and threats continuously. For those who feel that their voices aren't 'strong' enough a whistle can be substituted.
3. Then let them alternate moving into range, touching you with the mask, one at a time, while continuing shouting at you.
4. Practice eye-strikes at the mask. Learn to deliver the strikes one right after the other like a machine gun.
5. Have your partners keep the targets moving.
6. When the training partner behind you attacks you will have to turn to find him and hit without pausing.
7. Alternate chops and elbows with palm strikes, driving in with full extension and body weight. What you will find is that chops and palm strikes actually flow beautifully from the automatic survival response position.
8. After 30 seconds you switch partners and one of the attackers go into the ring.

Be prepared for boiling adrenaline reactions. You will have the shakes afterwards and it is important to realize that the 'fear' you feel is NOT REAL! It is merely the reaction of exposure to large amounts of adrenaline in your system.

This can be a little scary, but remember: you can die a thousand times on the training floor, but only once on the streets. Train the way you will fight because you will fight the way you train.

## Circle of Fire I

Ideally, you will have five training partners for this drill. This drill trains peripheral awareness and your ability to react and move powerfully in random directions.

1. Have four training partners arrange themselves in a circle around you, the “respondent.” They should each be holding kicking shields or large pillows. Have the fifth individual stand outside the circle and act as an instigator.
2. Face the instigator with your eyes closed.
3. The instigator pre-selects an attacker from the circle by pointing to him.
4. Now open your eyes. The instigator will engage you in conversation. The content need not be hostile. He should pick a subject that you become involved in and have to think about. For example, how to fix a car or bake a cake. The point is for the instigator to create an inoffensive mental state.
5. Somewhere in the midst of this exchange, the pre-selected attacker simultaneously yells and charges at you.
6. Whip around to face the attacker, scream, stomp-step, and chop with the hand closest to the attacker, and palm-strike with the other.

This drill brings up an interesting point. In a multiple attack situation, if you’re standing still and focusing on one stranger’s chatter, you’re a non-moving target. So, when engaged in conversation with someone who makes you uncomfortable, stick to your conversation stance, AND MAINTAIN AWARENESS. Shift your body positioning periodically. The slightest shift in body position can be enough to keep a lunging attacker from getting a perfect fix on you. This has been especially useful for cops when questioning a suspect on the street. Very often he has unseen friends nearby. Don’t become hypnotized or be made unaware by a stranger’s babbling.

## Circle of Fire II

This drill simulates actual upright fighting conditions very closely. Be warned, however, this particular drill is exhausting; do it at maximum speed and intensity for no longer than 10 to 15 seconds at a time. Make sure you're in good physical condition first. This drill requires a heavy bag.

1. Find four or more partners, three of them each with their own large kicking shield. Have the fourth person stand by the room light switch and rapidly flick the lights on and off (mostly off). The punch-bag is one of the attackers.
2. Close your eyes and spin around.
3. Have two of your partners slam you with their shields while the third throws several loose shields at your feet, trying to trip you. Not surprisingly this is very disorienting.
4. At first contact, in an instant, you open your eyes, regain your balance, find the heavy bag, and attack it.
5. Simultaneously avoid and attack the partners holding shields, but focus on the hanging heavy bag as your primary target.
6. Continue stomping, both to get your balance and to crush the loose kicking shields on the floor as if they were the attacker's feet. Because of the flashing lights, you will need to keep reorienting yourself; at the same time, try to keep the heavy bag between you and the nearest shield-carrying attacker. Just go nuts. Have no plan. Simply be fast, loose, balanced, and relaxed. Scream on every blow.
7. As with the multi-hitting drills, insert as many strikes as randomly as possible within your flow of movement. As you move in, elbows follow palm strikes, head butts follow elbows, knees follow both, and biting follows clawing. However, this is not a rule. In a real fight, remember, there are no rules. Spontaneity is king. Move with your whole body.

If you do this drill several times a week, the results will be incredible. What you will find is that, just like in a real fight, all “techniques” and “planned counters” will go right out the window. The way to get better is by becoming looser, quicker, and better balanced and by not fighting your body's natural motion. Traditionally trained fighters may be uncomfortable with this training. As you learn the Guided Chaos principles in Module 6, however, you'll become more creative, efficient, and lethal with “Circle of Fire II.”

### Zombie Drill I

In this drill, which teaches basic escape and evasion as well as fear management, each Angel faces his training partner, who will be the ‘Zombie’.

1. The zombie raises one of his fists to the height of the Angel’s nose and proceeds to walk down on him. The zombie keeps on walking for 2 minutes, all the time keeping one or both fists aimed at the Angel’s nose.
2. The Angel has to evade the fist for 2 minutes.
3. The zombie tries to get the Angel into a corner.
4. **No** strikes are allowed, only redirections.

### Zombie Drill II

For this drill you will need a fairly light punch bag with the straps tied securely out of the way. This drill is tiring to both the Angel as well as the Zombie.

1. The zombie carries the punch bag horizontally in front of him.
2. The Angel has to evade and strike the bag with all the weapons in his arsenal – knees, fists, elbows, head butts, palms, forearm, palms, fists – everything!
3. The zombie keeps on walking towards the Angel and tries to corner him.

Keep up a continuous barrage of blows for 1 minute, then rest. You’ll need it!

### Zombie Drill III

A (very) well-padded zombie walks down on the Angel while jabbing at him with padded sticks. The Angel has to evade and counter-attack for 1 minute. Use every strike you know – head butts, knees, elbows, palms etc.

Be prepared for one hell of a work-out!

### Zombie Drill IV

In this drill 2 zombies carrying light punch bags bear down on the Angel for 1 minute. The Angel has to counter-attack and evade for the duration. The zombies need to try and push the Angel into a corner. The Angel has to continuously try to line up his attackers while firing a ferocious barrage of blows at the front zombie.

After a minute you will want to rest. This drill is tiring to all participants.



## PART 3 CONCLUSION

While knives and guns can enter into close combat, most assaults take place without a weapon. For this reason we present these basic hand-to-hand close combat principles and skills in isolation from weapons in this chapter. We specifically address how to deal effectively with knife and gun attacks later. We've chosen not to include them yet because they introduce higher levels of sensitivity and awareness that you will gain with the principles and exercises presented in Module 6.

If you never do anything but study and practice the skills and strategies presented in this module, you will become quite formidable to an attacker. However, what if you become the victim of someone possessing the same or similarly devastating skills? These guided chaos principles were devised to give you a fighting chance against the physical monsters of the world and the most advanced practitioners of other martial arts. The material coming up is radically different from anything else you may have ever encountered.

These drills are designed to teach you to become a good fighter in a short period of time. Some of them are scary and tiring. This is to prepare you for real combat. Do them often and do them well, for the day WILL come.

### Final Note:

One hour of every training session should be devoted to these drills. The rest of every session deals with training the attributes (to be discussed). As you cycle through the attributes' drills, you will find that your skills in dealing with these scenarios get better and better. Do NOT neglect the Survival Fighting drills, but 'oil' your efficiency with training in the attributes.

