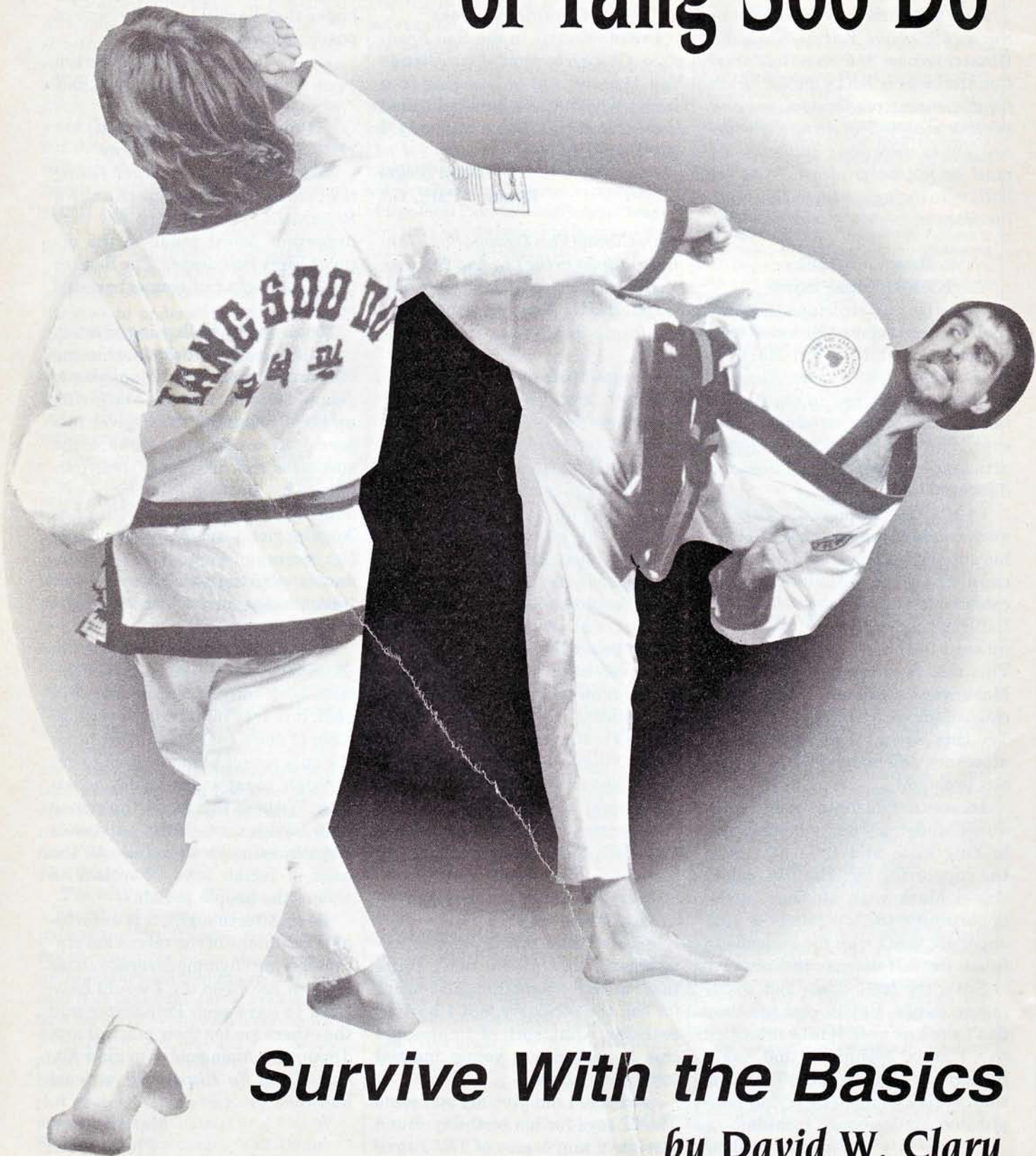


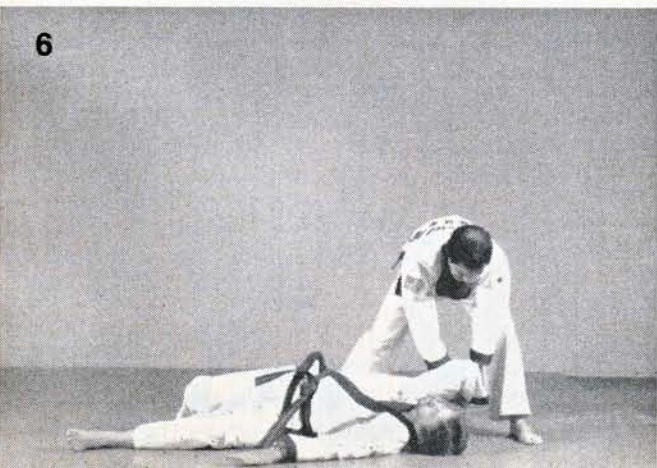
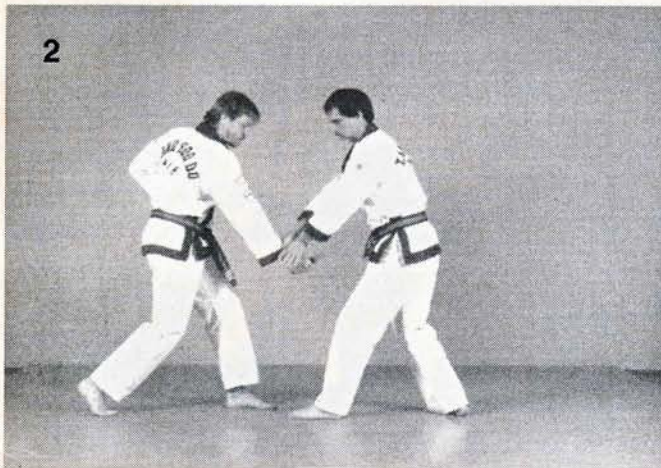
Streetfighting Skills of Tang Soo Do



Survive With the Basics
by David W. Clary

I

n ancient times, warriors studied the martial arts to help protect themselves when beset by bandits on the road, or when outnumbered by the enemy. They studied their techniques fervently, knowing that one day their skills would save their lives. Today, not all martial artists are warriors. The martial arts are no longer needed for combat. However, bandits still roam the streets, and even here in our modern society, the self-defense knowledge of the martial arts can be invaluable for keeping yourself alive in a conflict.



When facing a knife-wielding attacker (1), tang soo do instructor Dominick Giacobbe (right) blocks an upward lunge (2), redirecting the hand as the attacker moves forward (3). Continuing the attacker's forward momentum, Giacobbe folds the attacking arm upward (4), stepping under and bringing the opponent down (5) with a wrist and elbow lock. He can then disarm the attacker (6) easily.

Tang soo do instructor Dominick Giacobbe believes that his martial art is ideal for street use. He teaches a traditional method that focuses on learning the basics and conditioning the body for combat. Giacobbe's students include members of

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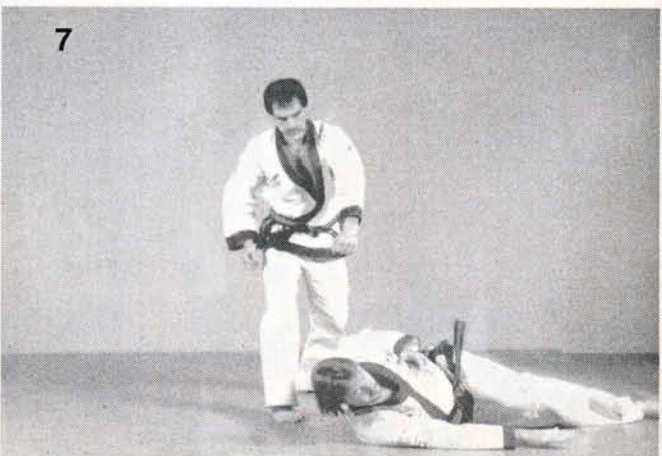
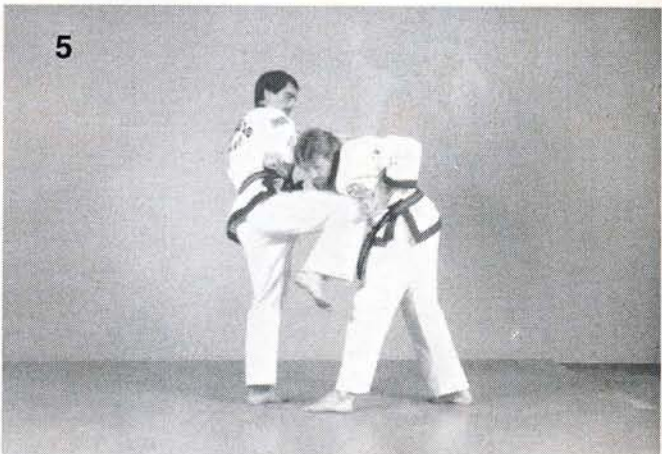
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Demonstrating the self-defense applications of tang soo do, instructor Dominick Giacobbe (left) faces his opponent (1). As the attacker jabs with a left (2), Giacobbe parries with a chop block. The attacker punches again (3), but Giacobbe blocks again with the same hand. He then grabs the blocked punch with his left hand and steps in with an elbow strike (4) to the head. Grabbing the attacker's left shoulder with his right hand, he pulls the opponent into a knee strike (5) to the stomach. Finally, pulling up with the left hand and pushing down with the right (6), Giacobbe throws his foe to the floor (7).

the Philadelphia Eagles professional football team who find his training methods excellent for the bone-crushing rigors of their job.

Although there are several techniques in tang soo do, including a wide arsenal of kicks, Giacobbe

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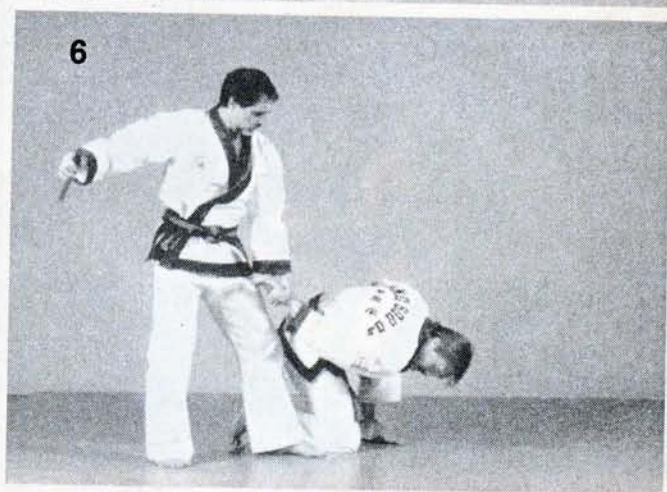
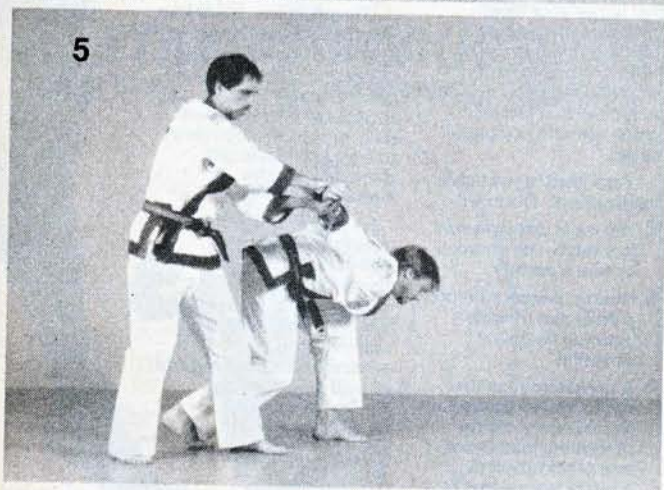
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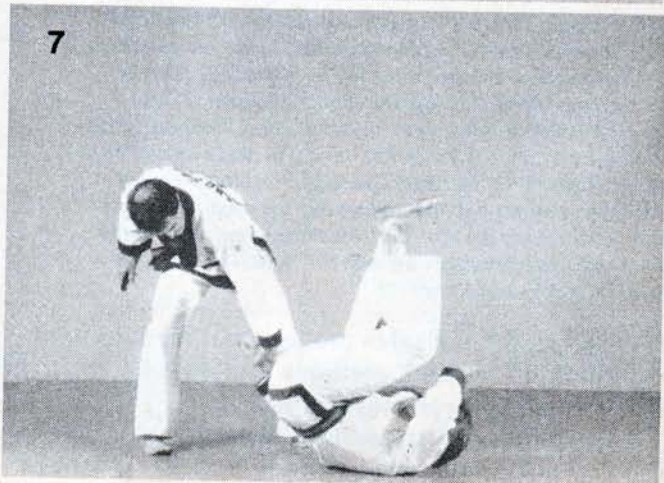
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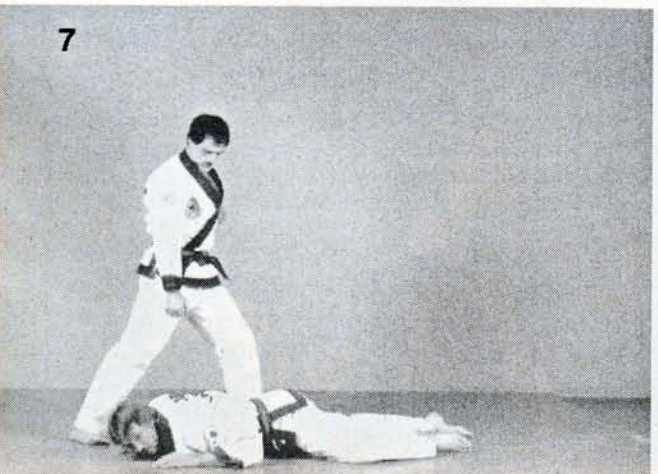
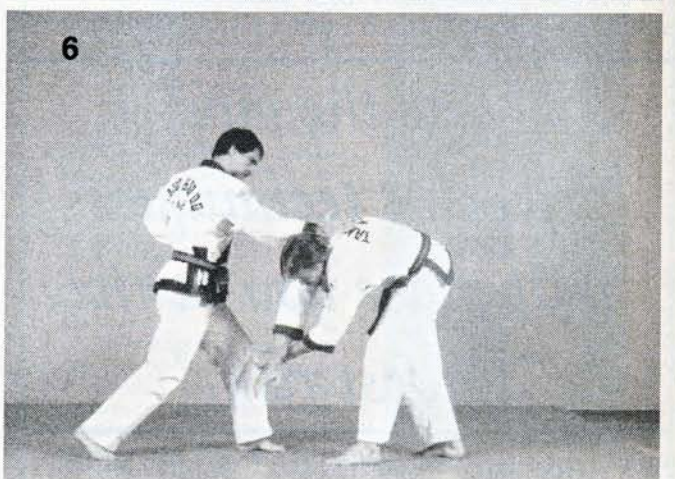
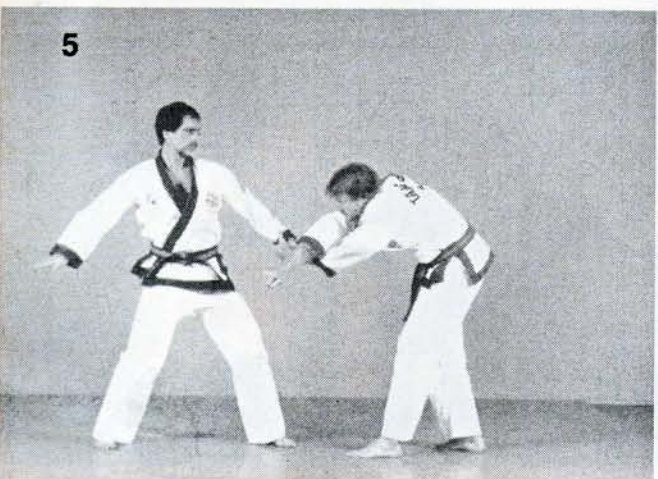
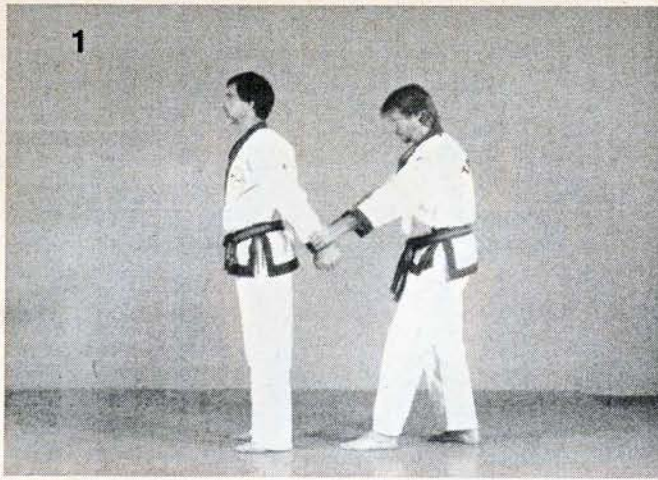


1
Again facing an opponent armed with a knife (1), Dominick Giacobbe (right) parries a thrust to the chest (2). Grabbing the wrist, he forces the knife-wielding hand down (3), and in a circle upward, locking the opponent's elbow (4). Stepping under and behind the opponent, Giacobbe maintains pressure on the elbow (5), while disarming his opponent (6). He can finish by throwing the person by applying more pressure on the elbow (7).

teaches a special set of 10 strikes: six hand techniques and four kicks that are especially effective in self-defense applications.

The first thing he teaches is blocking, however. "Blocking is very important, because it stops the opponent's attack and sets him up for a counterattack as well," he says. The primary block he





When grabbed by both wrists from behind (1), tang soo do instructor Dominick Giacobbe (left), steps forward with his right leg, swinging his right arm over his head in a circle (2), crossing his opponent's wrists (3). He then strikes with a front kick to the groin (4), frees one arm (5), and strikes again, this time to the back of the neck with a chop (6), dropping his opponent to the floor (7).

teaches for defending against most kinds of hand strikes is a circular chop block. "This can be done to the inside or to the outside," Giacobbe says, "depending on which direction the attack is coming from."

The six hand techniques Giacobbe says work best on the street are the reverse punch, backfist

strike, palm strike, chop, finger slap, and elbow. "The punch is the most basic weapon," he explains. In support of the other strikes, he adds, "The backfist is a powerful, accurate, and effective technique. In the same way, a chop with the outside of the hand is quick and difficult to block, making it an effective technique for streetfighting. The elbow strike is good to use for in-close fighting, when the opponent has crowded into you."

Tang soo do, Giacobbe states, has a variety of kicking techniques. He only recommends four basic ones for roughneck street self-defense techniques, though. "The legs are longer and stronger than the arms," he says. "Still, it's not safe to get fancy on the street," he says. "Use the most effective techniques that place you at the lowest risk." Giacobbe says the front kick, the roundhouse kick, the crescent kick, and the knee strike work best.

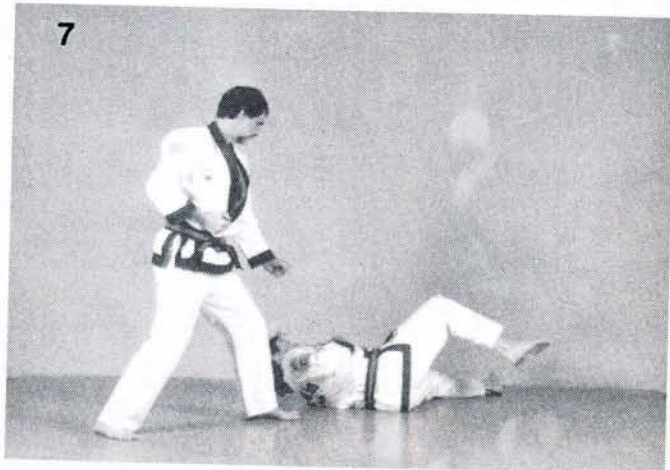
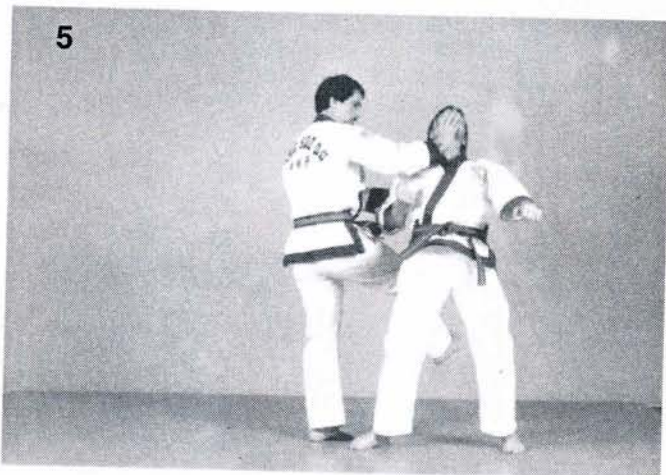
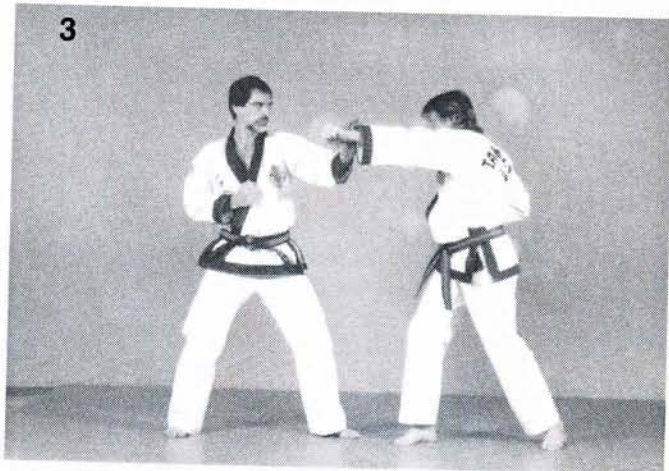
These techniques can be used anywhere on the body, according to Giacobbe. However, there are 15 major pressure points where they work extremely well. "A pressure point is an area of the body which is very weak, and that is easily damaged by these techniques," he claims.

The 15 points are the eyes, which are susceptible to finger slaps (flicking of the fingers in a manner similar to a backfist strike); the ears, which can be damaged with a palm strike or chop; the temple, easily hurt with a chop or elbow strike; the nose, a prime target for a palm strike or punch; the mouth, which can be injured with a

"Use the most effective techniques that place you at the lowest risk."

punch, chop or elbow strike; the chin, also susceptible to punches or palm strikes; the throat, a good target for chops or punches; the side of the neck, also good for chops as well as backfist strikes; the solar plexus, which can take the wind out of an opponent if hit with a strong punch, elbow or palm strike; the side of the ribs, which can be hit with an elbow, knee strike or roundhouse kick; the kidney, best hit with a punch or elbow strike; the groin, which can be kneed or hit with a front kick; the knees, particularly good targets for roundhouse and front kicks; the shins, also good targets for front kicks; and the top of the foot, which can be damaged by stomping on it.

There is, of course, much more to tang soo do than just these few simple techniques. Giacobbe,



2



4



6



Self-defense situations do not have to be fancy to be effective, tang soo do instructor Dominick Giacobbe (left) claims. To prove this, he faces an opponent (1), who jabs with a right. Giacobbe blocks the jab (2), and the following left-handed punch (3), moving in with a palm strike to the chin (4). Pushing with the palm on the opponent's face (5), Giacobbe kicks his foe's feet out from under him (6), sending him sprawling. As the opponent reels (7), Giacobbe maintains a fighting stance for protection.

however, is quick to point out that in a real streetfight, a person rarely has time to blink, let alone try to think of a score of possible special moves. Streetfighting tang soo do, then, is the essence of the martial arts, concentrated into very effective self-defense techniques. Techniques which, perhaps someday, may save your life. ♦

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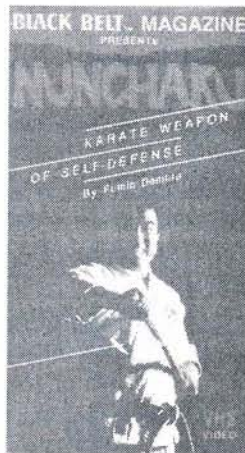
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