

研究紀要青葉 Seiyo 第4巻第1号 2012年(平成24年9月30日)

研究論文

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キーワード：自己防衛術、攻撃の分類、度数、武道、カリキュラム設計

Key words : Self defense techniques, attack classification, frequency, martial art, curriculum design

Abstract

This paper looked at the classification of attacks found in self defense techniques in two self defense systems. The first one is based on the Kenpo Karate self defense system as designed by Ed Parker. The second classification is based on the SubLevel Kenpo Tactical Martial Science system designed by Dr Ron Chapél.

At first the attacks from the self defense techniques contained in of the first syllabus, of each system, were described. The attacks were described physically, then through the lens of Psychology of Confrontation, and finally compared to the frequency of attacks found in today's society.

The author concluded that the first syllabus that new students will learn, in both systems, have merit and contain answers to the most common types of street assaults. The Kenpo Karate system is focused on a wider range of attacks on an unaware victim, whilst the SubLevel Kenpo Tactical system is focused on a narrower range of attacks on an aware victim.

The topic for further research suggested is the analysis of the defensive movements in the self defense techniques of the first syllabus in both of the martial systems.

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1. Introduction

Following on from the author's research into the process of designing scenario based self defense techniques (Jones, 2012) this paper focuses on classifying the attacks used in combat, which is defined as a realistic fight, that excludes control and rules (Parker, 1992, p28) of two martial systems.

The first martial art is Kenpo Karate which was a conceptual design of Edmund Kealoha Parker who is considered to be the father of American martial arts. He created the Kenpo Karate system to be a framework of what to do, but the knowledge of how to do it was left to the individual instructor to discern. Kenpo Karate as a conceptual model of martial motion had many different interpretations of what to do and how to do it, depending on the instructor's martial art background and experience.

The second martial art is SubLevel Kenpo Tactical, which was designed by Dr Ron Chapél. He was a student of Ed Parker and was inspired to design his own martial art system based on the teachings of Ed Parker, with the goal of creating a martial science based on scientific principles. For example, self defense techniques taught the "principle s of anatomical physics, and their applications to the human body in martial interaction" (Chapél, 1991, p30)

This martial art was designed to give information about what to do and also how to do it. The basic movements of SubLevel Kenpo are defined and taught the same, regardless of the preferences or martial art background of the instructor.

There are many goals of the martial arts including for example: sport, health, artistic dance, combat. However both of these martial

arts were designed principally with self defense as their goal.

According to Parker (1982, p46) a self defense technique is described as a series of preset moves. The sequence is initiated by the attacker, the defender then responds. The defender's movements will create a reaction from the attacker. Then a series of actions and reactions by both the attacker and defender will continue until the technique sequence has ended. Typically there are three to eight moves in a self defense technique.

The attacks from the self defense techniques will be described.

2. Method of Describing the Techniques

Technique Number

The technique number represents the order in which the techniques should be taught.

Technique Name

The technique name provides a mnemonic to help the student remember the technique. When naming Kenpo Karate self defense techniques the following synonyms are used: Hammer: side of clenched fist; Mace: fist; Storm: club attack; Sword: side of the open hand (karate chop); Twig: arm; Shield: block; Death: action that threatens your life. According to Parker (Chapél, 1990a, p30), "the synonyms used in self defense techniques were developed for several reasons. Their usage makes the names of the self defense techniques more colorful, descriptive, interesting, and easy to remember. Secondly, the name often indicates the attacking weapon, or your response to the attack, or its possible results".

Attack Description

This is a brief description of the attack, describing which body part or weapon the attacker uses, the target for the weapon. Which foot is forward and what method of attack is used.

A full description of the attacks is outside the scope of this paper however in the yellow belt syllabus the following methods of execution are used for the attacks based on Ed Parker's classification (1985). The basic methods of attack are categorized as following: Punches and kicks can be either straight or elliptical. In addition punches and kicks can be snapping or thrusting.

Grabs and pushes are self evident, however it should be noted that the grabs and pushes are completed assaults. The locks are fully applied but due to the reaction of the defender are not completed. The punches and kicks and club attacks are missile-ing attacks that are launched but due to the reaction of the defender are not successful.



Figure 1. The Clock Principle

Direction of Attack

Next the direction of the attack is described using the “clock principle”. The clock principle is a directional reference used to aid the visualization of the proper direction of the attack, where the defender should picture themselves standing in the middle of a large analog clock facing 12 o'clock (Parker, 1982, pp33-34). See Figure 1.

Table 1 Categories of Attacks adapted from Parker (1987, p69)

- 1) **Grabs and Tackles** -- The beginning student should have a good chance against a grab where the opponent does not instantly plan a punch. Without an immediate follow-up, a grab is basically inactive.
- 2) **Pushes** -- Because of the forward momentum of pushes, they require more timing than grabs, but not as much as the required timing for a punch.
- 3) **Punches** -- Still a greater degree of timing is required to defend against a punch due to the faster speed and force of a punch.
- 4) **Kicks** -- Not only do kicks require timing, but they have potentially greater power than punches -- thus making them more dangerous.
- 5) **Holds and Hugs** -- These in turn are more difficult because of the restriction of body movement and the limited number of available weapons and targets. There is a real danger of being taken to the ground.
- 6) **Locks and Chokes** -- These are more dangerous than Holds and Hugs as they have the potential of causing broken limbs and even instant death.
- 7) **Weapons** -- The timing and power associated with weapons easily rates them as being the most difficult to handle. Your opponent has a range advantage with a high probability of serious injury or death.
- 8) **Multiple Attacks** -- Defense against multiple attacks requires skill and strategy. Being attacked by more than one opponent increases the probability of serious injury or death and, therefore, should be viewed as being equivalent to a single attacker well versed in the use of a weapon.
- 9) **Combinations** of the above-- Other combinations should also be considered, such as a grab with a punch, I choke with a knife pressed against you, being grabbed by one opponent and attacked.

Categories of Attack

The attacks are next categorized into nine general topics as defined by Parker (1987 p67) See Table 1. The order of each category is based on the degree of difficulty of executing each attack and also the escalating danger of the attack to the defender.

Psychology of Confrontation

Next “Psychology of Confrontation (POC)” (Chapél, 2011) will be examined for each technique. This involved looking at the self defense sequence from the attacker’s point of view, by an examination of what the attacker wants to do to you (Jones, 2012, pp2-6) and more importantly how it affects how the attacker attacks their victim. POC is explicitly taught in SubLevel Kenpo, however in Kenpo Karate a similar process known as the “motivation behind the attack” (Sevic, 2010) may or may not be taught depending on the knowledge and preferences of the instructor.

An example of how POC has been used to analyze the attacker’s intent is looking at whether the attacker uses his dominant hand or weaker hand to grab a victim. If the dominant hand is used to grab then it is assumed that the attacker’s intent is to intimidate the victim. However, if the attacker uses his weaker hand to grab the victim, it is more likely that the attacker is planning to punch with his dominant hand. As approximately 90% of people are right handed, it can be assumed that the dominant hand is the right hand.

Note that the attacker’s motivation can also be described using Maslow’s hierarchy of five levels of human motivations which are summarized by Miller (Maslow, 1943 in Miller, 2011, p94) as survival, physical security,

social identity and whim. The attacker’s motivation, if known, will give clues into what the threat is prepared to do to his target. However, in this paper the attacker’s underlying motivation will not be examined.

Social and Asocial Violence

According to Rory Miller (2011, pp25-40) there are two types of violence: social violence and asocial violence. Where social violence is for the perceived good of the social group and is used to establish a hierarchy - the “monkey dance”; to enforce the rules and norms of a group - the “educational beat-down”; to establish boundaries - the “territory defense”; to strengthen bonds within the group - the “status seeking show” or the “group monkey dance” (Miller, 2011, p26).

Asocial violence is where the attacker is acting as a predator and the identity of the victim is not important. They use violence because it works (Miller, 2010, p7) and they want to (Samenow, 2004). The attackers select victims to get the resource, or the process they want to undertake, with the least risk to themselves. They are known as “resource predators” and “process predators”: A resource predator wants something from you, for example your car or your money, and will use violence or the threat of violence to get it. A process predator wants to do something with you; they want to experience the act of the crime. For example, they want to attack you, rape you, or kill you.

Again the type of violence can affect how the attack attacks his victim, for example in asocial violence where the attacker wants to control a victim an attack from the rear would be more common, than in social violence, especially in male on female attacks.

In social violence, pushing and grabbing attacks followed by punching are common especially with male on male attacks.

Frequency

Analysis of the different types of attacks by Patrick McCarthy listed 36 habitual acts of physical violence (1999) however for the process of this report the frequency list by John Nash (2012) of his habitual acts of violence (HAOV) which breaks down common attacks by gender and frequency, presented in Appendix A, was used.

3. Kenpo Karate Yellow Belt Syllabus

Each technique sequence begins with an attack. The first syllabus of Kenpo Karate is the yellow belt syllabus. It consists of 10 self defense techniques which will now be described below in Table 2, adapted from Parker (1987, p71) and Kenpo Tech Net (2012):

Table 2. Kenpo Karate Yellow Belt Attacks

Technique Name	Attack Description	Attack from	Attack Category
1: Delayed Sword	Attacker walks up and grabs the victim's left shoulder/lapel with their right hand. Attacker's right leg is forward and their left hand is cocked ready for a possible secondary assault	from 12:00	Grabs & Tackles: Shoulder/ Lapel grab
2: Alternating Maces	Attacker walks up and pushes the chest of the victim with both hands. Either of the attacker's legs is forward.	from 12:00	Pushes: Two handed push
3: Sword of Destruction	Attacker is in a right lead and throws a left roundhouse punch to the right side of their victim's head. The attacker's left hand is cocked ready for a possible secondary assault The attacker will fall forward with their left foot to catch their balance after the punch has thrown. The attack is fully committed with the attacker off balance such as an unskilled attacker would be.	from 12:00	Punches: Elliptical punch
4: Deflecting Hammer	Attacker is in a left lead and executes a right thrusting front kick to the victim's lower body. The attacker is leaning backwards as an unskilled attacker would.	from 12:00	Kicks: Front kick
5: Captured Twigs	The attacker using body momentum wraps their arms around your upper body. Pinning the victim's arms above the elbows. Both legs are spread wide in preparation to pick up.	from 6:00	Holds and Hugs: Rear bear hug
6: The Grasp of Death	The defender is not aware that the situation is dangerous and is surprised by the attack. The attacker comes from outside of your peripheral vision. They step their right leg in front of their victim's left leg. They wrap their right arm around your head or neck, with their left hand grabbing their right hand to give more strength. They attempt to pull their victim down and to the left into a right arm head lock. The attacker is confident that they are stronger than their victim and also strategize to use the element of surprise in their attack.	from 7:30	Chokes and Locks: Rear head lock
7: Checking the Storm	The attacker has their left leg forward, with the club or other bludgeon is down low slightly behind him. The attack is an overhead club attack with the target being head or upper body of their victim. Because of the weight of the club, once the club attack is started it will continue until the club either strikes the floor or their target.	from 12:00	Weapons: Overhead club
8: Mace of Aggression	Take two steps toward your victim. With your left foot forward, grab your victim's lapels with both hands and pull towards you.	from 12:00	Grabs and Tackles: Shoulder/ Lapel grab
9: Attacking Mace	The attacker executes a right straight thrusting punch to their victim's head. The punch starts with the attacker's left leg forward. The attacker's left hand is cocked ready for a possible secondary assault. The attacker will fall forward with their right foot to catch their balance after the punch has thrown. The attack is fully committed with the attacker off balance such as an unskilled attacker would be.	from 12:00	Punches: Straight punch
10: Sword and Hammer	The attacker walks up from the victim's right flank and grabs the right shoulder of the victim. The attacker's right hand is cocked ready for a possible secondary assault	from 2:30	Grabs & Tackles: Shoulder grab

Psychology of Confrontation	Frequency / Skill
The defender is not aware that the situation is dangerous and is surprised by the attack.The attack could either be social or asocial violence. The primary purpose of the attacker is to intimidate the victim, this is shown by the attacker grabbing you with their dominant right hand. This assumes that the attacker is right hand dominant like 90% of the population.The attacker shows they are not afraid of you by coming close and grabbing you.	This is a very common type of attack on the street.It is a low skill attack.
The defender is not aware that the situation is dangerous and is surprised by the attack.The primary purpose of the attacker is to intimidate you by causing you some physical discomfort. In the case of a male attacker the primary purpose could be to touch the breasts of the female. The attack could be from social or asocial violence including sexual assault or robbery The unbalancing of the push can also be designed to set up for a secondary assault.	This is a very common type of attack on the street.It is a low skill attack.
The defender is not aware that the situation is dangerous and is surprised by the attack.The primary purpose of the attacker it to cause you injury.The attack could be from social or asocial violence. The primary attack could also be designed to set up for a secondary assault.	This is a very common type of attack on the street.It is a low skill attack.
The defender is not aware that the situation is dangerous and is surprised by the attack.The primary purpose of the attacker it to cause you injury. The attack could be from social or asocial violence. The primary attack could also be designed to set up for a secondary assault.	This is a common type of attack on the street.It is a low skill attack.
The defender is not aware that the situation is dangerous and is surprised by the attack.The primary purpose of this attack is to break your balance and set up for the attacker to intimidate you, pick you up and throw you or control you - maybe so that others can attack. Or to injure you.This attack as it is from the rear is more commonly seen in asocial violence.	This is a common type of attack especially by men against women. The primary attack is a low skill attack, however secondarily attacks of throws have can have a higher skill level.
The primary purpose of this attack is to control you and could even kill you if the attack breaks the victim's neck.This attack as it is from the blindside - outside of the victim's peripheral vision.It can be seen in asocial violence where the attacker wants something from you. Or in social violence when there are more than one attacker. The attacker is confident that they are stronger than their victim and also strategize to use the element of surprise in their attack.	This is a less common type of attack. This attack is low to skilled.
The defender is not aware that the situation is dangerous and is surprised by the attack.This attack can be from social or asocial violence. It is designed for the attack to seriously injure or kill the victim.	This is a less common type of attack. It is a low skill attack.
The defender is not aware that the situation is dangerous and is surprised by the attack.This attack can be from social or asocial violence. It is designed for the attack to intimidate you and set up for secondary assaults. For example: A head-butt. The attacker is confident that they are stronger than their victim	This is a very common type of attack. It is a low skill attack.
The defender is not aware that the situation is dangerous and is surprised by the attack.This attack can be from social or asocial violence. It is designed for the attacker to injure you and set up for secondary assaults. For example: A left punch.	This is a very common type of attack. It is a low skill attack.
The defender is not aware that the situation is dangerous and is surprised by the attack.This attack is often from asocial violence. It is designed for the attacker to intimidate the victim. It is also a set for secondary assaults. For example: A right punch or head-butt .	This is a very common type of attack. It is a low skill attack.

4. SubLevel Kenpo Tactical - Yellow Belt Syllabus 101

Each technique sequence begins with an at-

tack. The first syllabus of SubLevel Four Tactical was the yellow belt 101 syllabus

which consists of eight anticipated tactical

Table 3 SubLevel Kenpo Tactical 101 Attacks

Technique Name	Attack Description	Attack from	Attack Category
Yellow Number 1	The attacker executes a right straight thrusting punch to their victim's head. The punch starts with the attacker's left leg forward. The attacker's left hand is cocked ready for a possible secondary assault. The attacker will fall forward with their right foot to catch their balance after the punch has been thrown. The attacker is fully committed with the attacker off balance such as an unskilled attacker would be.	from 12:00	Punches: Straight
Yellow Number 2	The attacker executes a right straight thrusting punch to their victim's head. The punch starts with the attacker's left leg forward. The attacker's left hand is cocked ready for a possible secondary assault. The attacker will fall forward with their left foot to catch their balance after the punch has been thrown. The attacker is fully committed with the attacker off balance such as an unskilled attacker would be. After the initial punch has been blocked the attacker attempts to get back into the fight by spinning anti-clockwise.	from 12:00	Punches: Straight- Secondary Attack: Spin
Yellow Number 3	The attacker executes a right elliptical punch to their victim's head. The punch starts with the attacker's left leg forward. The attacker's left hand is cocked ready for a possible secondary assault. The attacker will fall forward with their right foot to catch their balance after the punch has been thrown. The attacker is fully committed with the attacker off balance such as an unskilled attacker would be. After the initial punch has been blocked the attacker's secondary attack is an attempted bear hug to the victim.	from 12:00	Punches: Elliptical; Secondary Attack: Holds and Hugs: Front Bear Hug
Yellow Number 4	The attacker executes a right elliptical punch to their victim's head. The punch starts with the attacker's left leg forward. The attacker's left hand is cocked ready for a possible secondary assault. The attacker will fall forward with their right foot to catch their balance after the punch has been thrown. The attacker is fully committed with the attacker off balance such as an unskilled attacker would be. After the initial punch has been blocked the attacker's secondary attack is an attempted bear hug to the victim. After the initial bear hug; the attacker attempts a second bear hug from close range.	from 12:00	Punches: Elliptical; Secondary Attack: Holds and Hugs: Front Bear Hug; Tertiary Attack: Holds and Hugs: Front Bear Hug
Yellow Number 5	The attacker executes a left elliptical punch to their victim's head. The punch starts with the attacker's right leg forward. The attacker's right hand is cocked ready for a possible secondary assault. The attacker will fall forward with their left foot to catch their balance after the punch has been thrown. The attack is fully committed with the attacker off balance such as an unskilled attacker would be. After the initial punch has been blocked the attacker's secondary attack is an attempted bear hug to the victim.	from 12:00	Punches: Elliptical; Secondary Attack: Holds and Hugs: Front Bear Hug
Yellow Number 6	The attacker executes a left elliptical punch to their victim's head. The punch starts with the attacker's right leg forward. The attacker's right hand is cocked ready for a possible secondary assault. The attacker will fall forward with their left foot to catch their balance after the punch has been thrown. The attack is fully committed with the attacker off balance such as an unskilled attacker would be. After the initial punch has been blocked the attacker's secondary attack is an attempted bear hug to the victim. After the initial bear hug; the attacker attempts a second bear hug from close range.	from 12:00	Punches: Elliptical; Secondary Attack: Holds and Hugs: Front Bear Hug; Tertiary Attack: Holds and Hugs: Front Bear Hug
Yellow Number 7	The attacker executes a left straight thrusting punch to their victim's head. The punch starts with the attacker's right leg forward. The attacker's right hand is cocked ready for a possible secondary assault. The attacker will fall forward with their left foot to catch their balance after the punch has been thrown. The attacker is fully committed with the attacker off balance such as an unskilled attacker would be. After the initial punch has been blocked the attacker attempts to get back into the fight by spinning clockwise.	from 12:00	Punches: Straight- Secondary Attack: Spin
Yellow Number 8	The attacker executes a left straight thrusting punch to their victim's head. The punch starts with the attacker's left leg forward. The attacker's right hand is cocked ready for a possible secondary assault. The attacker will fall forward with their left foot to catch their balance after the punch has been thrown. The attacker is fully committed with the attacker off balance such as an unskilled attacker would be.	from 12:00	Punches: Straight

self defense techniques (Chapél, 1990b, pp38-45). Those eight self defense techniques will now be described below in Table 3. It is noted by the author that the 101 syllabus

has been preceded by the new 100 syllabus that contains different attacks. However, this new 100 syllabus was not included in this study.

Psychology of Confrontation	Frequency/Skill
The defender is aware that the situation is dangerous and is standing in a relaxed bladed stance with no hint of aggressiveness, hands raised in front of their chest. Fingers touching in a non-threatening manner. This attack can be from social or asocial violence. It is designed for the attacker to injure you and to set up secondary assaults. For example: A left punch.	This is a very common type of attack on the street.It is a low skill attack.
The defender is aware that the situation is dangerous and is standing in a relaxed bladed stance with no hint of aggressiveness, hands raised in front of their chest. Fingers touching in a non-threatening manner.This attack can be from social or asocial violence. It is designed for the attacker to injure you and set up for secondary assaults. For example: A left punch.	This is a very common type of attack on the street.It is a low skill attack.
The defender is aware that the situation is dangerous and is standing in a relaxed bladed stance with no hint of aggressiveness, hands raised in front of their chest. Fingers touching in a non-threatening manner.This attack can be from social or asocial violence. It is designed for the attacker to injure you and set up for secondary assaults. For example: A left punch.After the initial punch has been blocked the attacker attempts to get back into the fight by attempting to bear hug the victim.	This is a very common type of attack on the street.It is a low skill attack.
The defender is aware that the situation is dangerous and is standing in a relaxed bladed stance with no hint of aggressiveness, hands raised in front of their chest. Fingers touching in a non-threatening manner.This attack can be from social or asocial violence. It is designed for the attacker to injure you and set up for secondary assaults. For example: A left punch.After the initial punch has been blocked the attacker attempts to get back into the fight by attempting to bear hug the victim. When this bear hug is stopped; the attack is in close range and attempts to bear hug again.	This is a very common type of attack on the street.It is a low skill attack.
The defender is aware that the situation is dangerous and is standing in a relaxed bladed stance with no hint of aggressiveness, hands raised in front of their chest. Fingers touching in a non-threatening manner.This attack can be from social or asocial violence. It is designed for the attacker to injure you and set up for secondary assaults. For example: A right punch.After the initial punch has been blocked the attacker attempts to get back into the fight by attempting to bear hug the victim.	This is a very common type of attack on the street.It is a low skill attack.
The defender is aware that the situation is dangerous and is standing in a relaxed bladed stance with no hint of aggressiveness, hands raised in front of their chest. Fingers touching in a non-threatening manner.This attack can be from social or asocial violence. It is designed for the attacker to injure you and set up for secondary assaults. For example: A right punch.After the initial punch has been blocked the attacker attempts to get back into the fight by attempting to bear hug the victim. When this bear hug is stopped; the attack is in close range and attempts to bear hug again.	This is a very common type of attack on the street.It is a low skill attack.
The defender is aware that the situation is dangerous and is standing in a relaxed bladed stance with no hint of aggressiveness, hands raised in front of their chest. Fingers touching in a non-threatening manner.This is a very common attack that can be from social or asocial violence. It is designed for the attacker to injure you and set up for secondary assaults. For example: A right punch.	This is a very common type of attack on the street.It is a low skill attack.
The defender is aware that the situation is dangerous and is standing in a relaxed bladed stance with no hint of aggressiveness, hands raised in front of their chest. Fingers touching in a non-threatening manner.This attack can be from social or asocial violence. It is designed for the attacker to injure you and to set up secondary assaults. For example: A right punch.	This is a very common type of attack on the street.It is a low skill attack.

5. Discussion

The Kenpo Karate techniques are designed for situations where the victim is unaware of the impending attack so giving the advantage to the attacker. These ten techniques contain examples of seven of the categories of attack identified by Ed Parker, the exceptions being the multiple attacks category and the combinations of the above category.

The skill level of the attacker is low for nine of the ten techniques. The exception being the grasp of death where the attacker is using a headlock which requires some skill to execute properly, though the head could simply be grabbed with a low level of skill.

All of the ten techniques are found on the list of the top most common “Habitual Acts of Violence” by Nash (2001), which describes attackers either male on male; or male on female.

Male on male: Numbers 1, 2, 3, 4, 6, 7, 8, 9
Male on female: Numbers 5, 6, 10

The SubLevel Kenpo Tactical techniques of the yellow 101 syllabus are designed for situations where the defender is aware that they are in a potentially dangerous situation. These techniques are also called anticipated tactical self-defense techniques by Chapél (1990b). In these techniques the defender has been able to position themselves in a way that minimizes their target areas and maximizes their ability to observe and react to a possible attack.

These eight techniques contain two of the categories of attack identified by Ed Parker. They are the punch category; and the combinations of the above category. The skill level of the attacker is low for all of the attacks.

All of the eight techniques are based on the second most common male on male attack

found on Nash’s list of “Habitual Acts of Violence” by Nash (2001). However, none of the most common male on female attacks are covered by these eight techniques.

The most common attack of male on male violence is where the attacker pushes first and follows up with a strike to the head. This push could be responded to by treating it the same as a straight punch to the head, in which case the SubLevel Kenpo Tactical techniques can respond to the top six male on male attacks as identified by Nash.

The most common male on male attack is a punch to the head according to the studies highlighted by Titchen (2012) where according to the British Crime Survey 2009/10. The most common type of injury recorded is that of a minor bruise/black eye (31% of cases). The Tackling Alcohol Related Street Crime Project in Cardiff and Cardiff Bay in 2003 also noted that the majority of injuries sustained by casualties were to the Face/Neck/Head/Teeth (73%), while only 11% of injuries were to the Arms/Legs/Hands and only 3% to the Trunk.

It is noted that both the Kenpo Karate and SubLevel Kenpo Tactical systems addressed all of the most common attacks identified by Nash however, the answers to them were covered in later syllabi of their respective systems.

6. Further Research

The author intends to undertake further research into the defensive movements on the yellow belt syllabus of the Kenpo Karate and the SubLevel Kenpo Tactical 101 yellow syllabus.

As well as classifying the attacks from the subsequent syllabi of both systems. Since the

research was carried out for this report the SubLevel Kenpo Tactical 101 yellow syllabus has been preceded by the SubLevel Kenpo Tactical 100 syllabus. The author intends to research this syllabus as well.

7. Conclusion

Both syllabi contain self defense techniques that have attacks that are commonly found in today's society. The Kenpo Karate syllabus covers most of the common male on male and also some of the male on female attacks. Whilst the SubLevel Kenpo Tactical syllabus concentrates on male on male violence prioritizing the second most popular attack of punches followed up by attempted bear hugs, whilst also providing answers to the most common male on male attack

The major difference in the author's opinion is that the SubLevel Kenpo Tactical techniques start from the defender being aware and are focused on male on male violence and taking follow up attacks into consideration; whilst the Kenpo Karate techniques start with the victim being unaware and also cover male on female violence.

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Appendix A - Condition Black:

Assault In Progress by R. J. Nash

Data has been gathered from a Home Office study group formed to investigate violence within modern society. This study lists what are now becoming known as “Habitual acts of violence”. A “Habitual Act Of Violence” (HAOV) is one that is repeatedly seen to be used in a given situation. The data was gathered mainly from within the United Kingdom and Europe.

All data has been gathered through a study of violence within society and from interviews with both victims and offenders. Although statistics have been compiled, they are not yet for general release. The following is general advice to women for their safety and well-being.

Habitual Acts of Violence: Part One Male on Male, Close Quarters. These are listed in frequency order.

1. One person pushes, hands to chest, which is normally followed by the pushee striking first, to the head.

2. A swinging punch to the head.

3. A front clothing grab, one handed, followed by punch to the head.

4. A front clothing grab, two hands, followed by a head butt.

5. A front clothing grab, two hands, followed by a knee to the groin.

6. A bottle, glass, or ashtray to the head.

7. A lashing kick to groin/lower legs.

8. A broken bottle/glass jabbed to face.

9. A slash with knife, most commonly a 3 to 4 “lockblade knife or kitchen utility knife. (Apart from muggings, sexual assaults and gang violence, the hunting/combat type knife is seldom used)

10. A grappling style head lock.

Only one occasion of a well known boxer, caught on night club CCTV, opening the conflict with a hook punch to the body.

An interesting point was highlighted. Most fights, after the initial encounter, quickly degenerated into scrappy scuffling with head and waist grabbing and ended on the floor. Which brings to mind that most Shotokaners lack groundwork skills. Anyone brave enough to redress this imbalance on the list?

Habitual Acts of Violence: Part Two Offences against the person, male on female These are listed in frequency order.

This data was gathered from interviews with victims and offenders and from statements. Data only covers robbery/sexual methodology and changes relative to first contact with victim i. e. , venue/ night/ day etc.

Domestic violence is not covered as this is a specific subject of it's own.

1. The victim was approached from the rear/side/front, a threat was made with a weapon, and then the weapon was hidden.

Then the victim's right upper arm was held by the attacker's left hand and the victim was led away.

2. A silent or rushing approach was made from the victim's rear, and then a rear neck/head lock applied and the victim dragged away.
3. The same approach as in #2, with a rear waist grab. The victim was carried/dragged away, normally into bushes/alley etc.
4. The victim was pinned to a wall with a throat grab with the attacker's left hand. A weapon-shown threat was made, and then the weapon hidden, and the victim led away.
5. The victim was approached from rear/front/side. The attacker grabbed the victim's hair with his left hand, and then she was dragged away.

Conclusion

Probably the most important advice a self defense instructor can give is : Be aware of the possibility of violence at any time, never think "it can't happen to me".