



Defeating Multiple Attackers

with Moni Aizik from www.CommandoKravMaga.com

Multi-Attacker “Mind Set”

When confronted with multiple attackers, many people tend to curl up into a ball and just hope that they’ll surviving the beating. Unfortunately, real gang assaults don’t stop and they’re very likely to kick and stomp you to death.

- Learn to understand fear and what it does to your body, including the adrenaline rush and the fact that you might “freeze up” so it’s not a new experience when attacked.
- The only rule in survival is that there are no rules — and this is a *survival* situation.
- Develop the ability to analyze situations fast and take brutal, decisive action. If you linger too long on any one of the multiple attackers, they will overwhelm you.
- NEVER go to grappling mode and take an attacker to the ground deliberately in a multiple attacker fight.

More Realistic Training Builds Greater Confidence

Training that incorporates realism helps generate a sensation like fear during the training experience. This builds confidence in the trainees, because fighting multiple attackers now a more familiar experience.

- Pain in training is very important. People who have never been hit and never experienced pain will find it harder to fight back in a real attack. This can only come through realistic training.

Which Attacker Do You Strike First?

While it varies from situation to situation, there are a few ways to approach “who” to hit first:

- Attack the “biggest” threat first (armed; dominant person; etc.).

- Attack the person closest to your escape path (hit & run!).
- Challenge the “leader” to a one-on-one fight to use his pride to at least reduce the odds in your favor. This might provide you with an escape opportunity also.

Close Quarters Tactics For Multiple Opponents

There are a number of techniques and tactics you can use when fighting multiple opponents.

- Throwing your valuables might give you the distraction you need to escape.
- Improvised weapons can help improve your chances.
- You should strike first whenever possible in a multiple attacker scenario.
- Strike with an open palm, which prevents you from breaking your knuckles.
- Use fakes and checks, drawing attention or pushing the attacker in one direction, then hitting from the other.
- Stay mobile. Don’t stand in one spot. Keep moving and escape!

Multiple Attacker Combat Drill

You can practice fighting multiple attackers as long as you have some training partners.

- Place a pad or other object 20 feet away.
- Have the “attackers” surround the defender.
- Using safety pads, the defender’s goal is to get to that pad, which represents safety, while the others try to stop him.
- Partners must respond correctly to strikes for realism.
- Scale the drill by moving the “safety” marker farther away.