



Dominate Any Attacker

with Mike Gillette from www.MikeGillette.com

Positioning Yourself For Advantage In A Fight

Every attack carries an element of the unknown. The dominant position, conceptually, occurs in the "interview" phase, when you size up the attacker.

- Beyond the physical details, such as the position to be in when in a clinch, is the psychological component of a fight.
- You seek to reverse the mental orientation of the attacker and take his focus off you. The simplest way to do this is through pain.
- A higher-level way to reverse his mental orientation is through taking his balance.
- When the attacker is thinking about being hurt, or thinking about falling, he's not focused on you anymore.
- Emotional excitation overloads you, cognitively. Stress, noise, profanity, closing distance -- all these things can overload your senses.
- Using objects in your environment can also disrupt your attacker's focus by interfering with his movement.

Using Leverage To Dominate An Attacker

Using leverage against an attacker is all about understanding his balance.

- You want to find the easiest way to put somebody off their feet.
- Leverage can be structural, in which we manipulate the skeleton, or it can be postural, in which we simply put somebody off balance.

Dominating A Larger, Stronger Attacker

In competition, matches are between like-sized individuals. In reality, the more you know, the better off you are.

- A lot of street attackers are not trained, so you can use greater knowledge and training to overcome someone larger and stronger.
- By combining pain with disrupting balance, we enhance the effect of both. You're not just overwhelming a person's nervous system, but introducing the uncertainty of a loss of stability.
- When someone's balance is taken, they panic, and their whole priority becomes reestablishing that balance. This is a great time for you to follow-up with your own attacks and then make a hasty exit.
- The WWII combatives chin jab is a great move because it is powerful and comes up underneath the attacker's line of vision. Using this move you can violently hyperextend the attacker's neck.
- The axis technique involves taking slack out of the cervical vertebrae and hyperextending the neck. If you get somebody's head tipped all the way back, they can't stand up, even if they're really big and really strong.

Training Drill

A simple drill involves slowly working a chin-jab type movement up from the chest.

- As you learn the drill, you can amp up the intensity, learning that slight angle that takes the slack out of the vertebrae.
- The head makes a great control point.

Prepare. Train. Survive.