



## Guided Chaos H2H Tactics

with Lt. Colonel Al Ridenhour of [www.GuidedChaos.com](http://www.GuidedChaos.com)

### Reality-Based Fight Training

Guided Chaos' explosive striking takes the most dynamic factor in an attack and uses it to your advantage regardless of how big, small, young, or old you are.

- Defending against a determined aggressor won't look like a choreographed movie fight.
- You must know how and where to strike to create maximum damage.
- You must deliver your strikes with explosive power and ruthless efficiency.
- Guided Chaos was founded by John Perkins in 1979. It is practical on both the street and battlefield.

### The Benefit Of Guided Chaos

This system involves nonstop movement. It is more effective than a traditional approach.

- A real fight is chaos. You must learn to fight within the body you already have.
- There is movement in a real fight, so you cannot train statically and expect to succeed.

### Anticipate Your Attacker's Actions

Guided Chaos teaches touch-reflexes to sense openings.

- We are born with *proprioception*, an unconscious perception of movement and spatial orientation that comes from stimuli within our bodies. You can learn to sense where the opponent is in time and space as well. You must make your fight training work under dynamic conditions and this will help.
- You should learn to fight as naturally as possible. Focus on moving the best you can with what you already have.

- Guided Chaos focuses on balance, looseness (subtle muscle control), and sensitivity. These work together all the time to create body unity and *combat flow*.

### Using Guided Chaos When Smaller/Weaker/Differently Abled

People don't all move the same, and many have limitations of size and mobility.

- We all deal with various physical limitations.
- Guided Chaos trains the *sphere of influence*, which is as far as you can strike with your limbs in any direction.
- When you train your balance and learn the "drop strike," you can hit with power in any direction.

### Facing a Bigger, Stronger Attacker

Guided Chaos can be helpful when facing a larger, stronger attacker.

- Go for the most vulnerable areas: the eyes, the neck, the side of the head below the ear, the temple.
- Keep kicks low, aiming at the knees/shins.
- Use proper flow and drop your weight into strikes like Jack Dempsey taught.

### Guided Chaos Training Drill

Apply Guided Chaos by staying *consistent*:

- Throw whatever technique you are doing as smoothly as possible, extending no more than 90%. Don't lean. Move smoothly.
- Strike in different directions around a heavy bag. Never stop moving!

*Prepare. Train. Survive.*