



Unarmed Combatives: Defeating Weapons Attacks

with Tim Larkin from www.Target-Focus-Training.com

How TFT Approaches Weapon Attacks Vs. "Move Against Move" Martial Arts

There are certain primary factors involved.

- What makes the attacker so dangerous? It's his BRAIN. That's hackneyed, but true.
- An attacker can think, move, and make decisions. The person is the problem.
- Your goal is to shut down their central nervous system. Don't focus on the tools.
- Knowing how to damage the human body is absolutely key. Damage the attacker!
- Violence can be used with your brain and your body, or it can be used with tools. It all comes from the brain first.
- Don't COMPETE. You want skillsets of destruction to completely wreck the attacker.
- Disarms are "competing." Don't do that.
- Weapons accelerate trauma. You want a direct path to injury on someone like that.
- Deal with people from an intent standpoint.
- Your trigger point is what matters. The more you train, the more attuned you will be. Then you can apply *serial injury* to render the attacker non-functional.
- Learn to USE weapons to learn to defend against them.

What You Should Know About Knife Attacks

"All uses of the knife are equal."

- You want to minimize the damage to you so you can shut down the other person.
- Train for the guy who will literally give up a limb to hurt you. Rely on your brain/body.
- The knife is not the real danger. Shut down the person's central nervous system.

What You Should Know About Baton/Club Attacks

Clubs work well with DISTANCE.

- A hard object gives you a "third elbow."
- You can accelerate the tip of a baton far faster than you can your own limbs.
- Batons/clubs can break bones, something that is hard to do with your hands alone.
- The closer you get, the easier it is to defend against a club. Penetrate into the attacker.

What You Should Know About Firearms Attacks

Firearms have the least "intent" needed to make them work. It's just the trigger pull.

- Distance gives the gun wielder more to work with. The closer you are, the more options you have to take them down.
- Your best openings are reloads/malfunctions.

Universality Of Training

The same techniques/methods/movements should work with and without tools.

- The goal is to shut down the PERSON.
- That's your goal across the board when it comes to dealing with violence.

"Vectors" And Weapon Attacks

A vector is any attack coming IN. Reframe how you "talk" to yourself as attacking that threat.

- Vectors present targets.
- You can put additional injuries after attacking the initial vectors.

Prepare. Train. Survive.