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THE LAW OF THE STREETS

He, who hits first, cannot be beaten

REALISTIC
SELF-DEFENSE FOR THE STREETS
"BE REAL"

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The descriptions and self-defense techniques described in this book refer ONLY to situations of necessary self-defense. The authors and publishers will not be held responsible for the misuse of information contained in this book.

Preface

Many people may ask themselves, why another book about self-defense?

There are already countless books on the subject. There are illustrated books showing the best techniques from exceptional Grand Masters on their particular style of martial arts.

Today, we have many books not only on the subject of fighting on the streets, but also on the psychological aspect of fighting, which in my opinion is one of the most Important aspects of self-defense.

I am well aware of the fact that it is not only technical ability that counts in order to win against street fighters, but also thinking about the emotions of fighting such as fear, adrenaline rushes, tunnel vision or anxiety. Only he who is aware of what is waiting for him on the streets has a realistic chance of overcoming such conflicts

Hollywood and the media fuel fear and portray a completely distorted picture of a fight. There are no well-trained actors who fight for 10 minutes and in the end the good guy wins.

There is only one thing which counts on the streets: THE LAW OF THE STREETS, because he who hits first, cannot be beaten.

I have been teaching combat sports/martial arts and self-defense for over 20 years and I have set the goal, not only for myself but also for my pupils, to achieve the best form of self-defense for the streets. At a very early age I started to take on board all the different styles which were on offer because I was confronted with violence early on in my childhood. It was plain to see that I had to learn a system

which would help me survive the streets.

I learned Karate, Boxing and Thai-Boxing which then lead me to Wing-Tsun, Escrima, MMA, Krav-Maga and even Phillipian Boxing.

I've taken part in competitions that I have both won and lost.

I've been to a large number of seminars all over the world to learn from Grand Masters. I have read, learned and taught.

The reasons behind all this were, although being able to technically defend myself well, I found it extremely difficult to use those techniques in a real life 'stress situation' on the streets. My mind was completely full of different techniques which lead me to being unsure as to which system would be best for the streets and which one would be best for me.

After opening my first martial arts school, I believed that teaching my pupils only different techniques would be sufficient. I was pleased when pupils told stories about techniques that had been successful in a brawl.

However, how can you convince others that your system is the right one when you yourself are so unsure of it? The sense of responsibility towards the pupils is extremely large, which is something I have often struggled with.

Due to many years working as a bouncer in order to make ends meet, and living in an environment where violence is relatively normal, I have had many opportunities to observe and experience violent situations first hand.

I have learned how to act in stressful situations and how they can quickly escalate.

I have experienced and, for the most part, learned to deal with fear, adrenaline, wanting to run away and tunnel-vision. But try teaching that to a pupil who wants you to teach them how to improve their self-defense skills on the streets but has also been living in a little 'pink bubble' all their lives.

Good technique alone just isn't enough. Finding that out has some-

times been a painful lesson to learn.

The first time I really thought about the psychological aspect of violent conflicts and not just about the quickest way to knock my opponent down, was after visiting a tutorial on the subject of 'Violence in Public Places'.

I tried to find books on the subject in order to learn more.

Unfortunately, I only found illustrations full of techniques which had been written by self-defense experts. I also found books by people who, although having thought long and hard about violence on the streets and self-defense in extreme situations, mostly wrote about their own experiences and observations.

The book which impresses me the most is 'On The Door' by Geoff Thompson. Thompson describes his rise as a bouncer on the hardest doors of Great Britain. Although written with humor and very educational, Thompson only told me what I already knew. I wanted to know more. I wanted to find out how street fighters fight, where does the stress come from, which techniques do they use. These were the most important questions for me. Questions, which have remained unanswered.

I decided to research the subject myself. Due to my time as a bouncer and trainer, I know many people who get into fights because they need the kick, be it on the streets, in the pub or after the match. The perfect requirements for me to give interviews and learn from the people I wanted to know about: Street Fighters.

This book is to help you defend yourselves on the streets and raise your awareness in fights. I want to explain, on the basis of interviews, how a street fighter thinks and acts. You will soon realize that they have one thing in common because all of them know the law on the streets. He, who hits first, cannot be beaten.

I've been well aware of the law on the streets for a long time, but how can I teach my pupils to overcome their inhibitions and hit first? And, to do that while keeping in line with the law of self-defense.

I can hardly wait for a pupil to imagine having a violent confrontation and picturing knocking out his opponent by being the first to strike.

Yet that is exactly how it works. The fight on the streets takes place first and foremost in your mind and that is the most difficult part of the training.

Looking back I feel I wasted many years, since the age of six to be exact, learning techniques that don't work on the streets. It had always been my goal to train combat sports, to increase my confidence and to learn techniques for the streets in order to be able to stand up to my tormentors.

I was able to face up to street fighters at an early age because I was confronted by them almost daily. When I started martial arts training my confidence grew and slowly I was able to free myself from the role of the victim.

The disadvantage: at first it was me who was confronted with violence and oppression. Later, as I fell deeper and deeper into the quagmire of violence, it was me doing the oppressing and hitting others. I was soon to meet my master because there will always be one or two who are better than you, attack more aggressively and have far fewer inhibitions.

Time after time I fell back into the role of the victim which I then took out on others. It was one viscous circle.

Thanks to martial arts, I have been able to break the chains of this never ending spiral. Martial Arts have helped me become a much calmer and much more level-headed person.

I still have my moments. Times when I have a setback and which I have to work on. I guess nobody is perfect.

The Law of the Streets

I consciously differentiate between combat sportsman, martial artists and street fighters, because these three groups have very little in common.

Combat sportsmen train mostly for competitions and practice their sport in order to be successful. Martial artists see their training and techniques more as practicing an art based on patterns and katas they have learned and embrace the whole philosophy.

Street fighters have none of the above.

A street fighter knows no philosophy, has very little technique or hasn't trained for many years. There are however, exceptions to this rule.

A street fighter has the advantage of knowing the law of the streets. The law of the streets is actually very simple, as are its techniques. He, who hits first, cannot be defeated. That's the whole secret.

However, one has to differentiate between the different types of thugs. There is the drunken idiot street fighter who goes around purposely looking for his next victim. There is the intelligent hooligan who has a regular job in a solicitor's office and at the weekend goes looking for an adrenaline rush at the end of the match.

There are also people who have an extremely high potential for violence and simply lose their heads. Being bumped into, a provocative look or a wrong word suffices for them to explode.

There are many more examples which we will take a look at later. But this is the kind of person most of us know about and have possibly encountered at one time or another.

As already mentioned, we have to forget the idea that a street fight consists of many minutes of punches being constantly thrown as portrayed by Hollywood. It's normally over before it's even really begun.

There are also street fighters who have experience in both combat sport and martial arts and utilize the techniques they have learned in order to be quicker and more effective on the streets. Such people hold an advantage over normal people. They know what to do in such situations due to experience usually gained in early childhood and exploit it in their aggression. Only the law of the streets helps against such opponents.

Why is it not enough to just learn Combat Sports/Martial Arts Self-Defense in order to win on the Streets?

When training or taking part in competitions, we do not teach our competitors to injure their opponents or to hit them over the head with an ashtray.

We do not train to fight in the ring with feelings of anger, hate or being loaded with aggression. These emotions are more of a hindrance when executing clean techniques. Additionally, all techniques which are suitable for the streets in order to beat a street fighter are not allowed in competitions.

We would get a warning, a points deduction or be disqualified when using moves which are commonplace on the streets.

John Wisdom, an instructor for the British Special Forces the SAS, once said, "If something is considered against the rules in combat sport, it is more than likely an excellent form of self-defense".

Professional fighters and martial arts experts hold their ground at first in order to stop being hit by their opponent and to size them up. That's the usual tactic of an experienced fighter. Street fighters, on the other hand, go full on from the start and try to get up really close. I once saw how a combat sportsman tried to hold off a street fighter with a series of front kicks. The rather unimpressed street fighter hit his legs away and completely overran him. I'm sure I don't need to tell you how it ended.

Well-drilled block and counter techniques work well in the dojo because your training partner plays along.

How many times have we thought, "That won't work on the streets", but haven't said anything out of respect to our trainers?

How many times has a move not worked because your training partner didn't play along? You kept quiet then too, as to not offend your trainer.

This is when I started thinking about what I actually expected from combat sport/martial arts self-defense.

I expect to be able to use the moves and techniques my master shows me because I'm training for self-defense on the streets and not for competitions.

I expect my trainer to not only prepare me physically with hard conditioning training, focus mitt training and sparring, but also mentally for fights on the streets. I expect to be critical of my own system and to take out techniques that just don't work on the streets.

These are of course very high expectations for a system of self-defense because there are many traditionalists who cling to their particular style which has been taught over decades. However, violence on the streets changes and the readiness to use violence is not the same as it was 20 years ago. Therefore, the different systems have to change and go with the times.

Seeing as you have bought this book having thought about self-defense on the streets, you might just admit that I am right.