

UNITING THE WORLD THROUGH **MARTIAL ARTS**

태권도를 통해 전 세계를 화합하자

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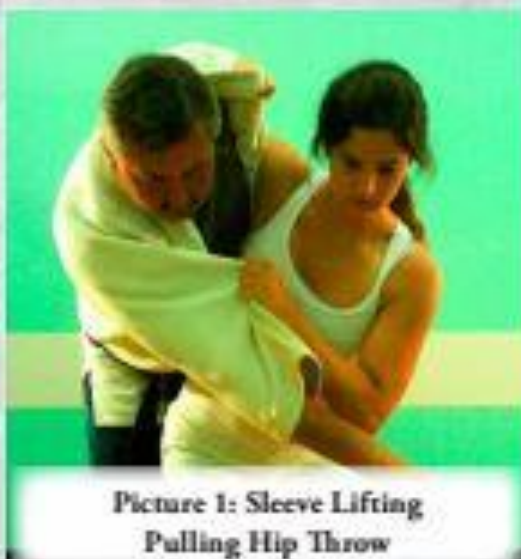


Why You Can't Use Many Fujitsu/ Judo Techniques in Real Life

Joel Kupferowitz, PhD

Training in self defense can reduce injury if attacked, but the techniques used must be realistic and effective. Many techniques in jujitsu/judo are unrealistic for the average adult because criminals choose those in which they have a physical advantage (e.g., women and the elderly).

In tournaments competitors are matched by sex, size, and experience. Throws are designed against these opponents. Many involve lifting the person onto one's hip, onto one's shoulder, or lifting and flipping them on their back. These are impractical to use when attacked by a male larger and stronger than you. Sacrifice throws, if executed incorrectly, result in your attacker landing on top of you.



**Picture 1: Sleeve Lifting
Pulling Hip Throw**

In tournaments, participants wear a gi. Many throws use an opponent's collar, sleeve, or belt against them (pictures 1 and 2).



Picture 2: Lifting Hip Throw

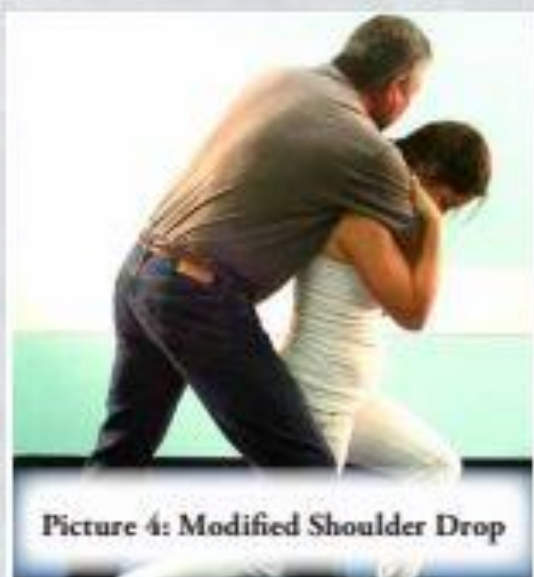
Normal clothing is not conducive for grabbing, often stretching or ripping.

Restraining an opponent's shoulders to win a match when done in real life provides an attacker time to gather energy to attack again.

I focus on three throws. The greatest versatility is the Major Outside Reap (picture 3). This throw is used for front attacks, including punches, grabs, and chokes. See "Versatility of the Major Outside Reap (MOR) in Self-Defense"



Picture 3: Major Outside Reap



Picture 4: Modified Shoulder Drop

16-18).

If choked from behind I teach a Modified Shoulder Drop (picture

When charged it's natural to back peddle. I use the attacker's forward momentum to execute a modification of the circle throw and corner reversal, termed the "circle reversal." This throw prevents



Picture 5: Circle Reversal Throw

an attacker from falling on top of you even if done poorly (picture 5). See "Circle Reversal Throw: A New Twist on Two Traditional Throws" (July/2017, *TaeKwonDo Times*, pp. 16-18).

Also, I teach hand strikes to the throat, groin, and eyes.

I encourage instructors of self defense to teach the minimal number of techniques that are realistic and effective to successfully perform given each student's skill level.