

# INSTANCES OF LIMITED MOBILITY

*Black Belt Project for Tracy's Karate, Kirkwood, MO*



Loren Muench  
March 28, 2014

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### Limited Mobility

As students of Tracy's Karate, we are trained to keep a safe distance from an opponent, how to use the weapons available to us to protect ourselves and control instances when we are threatened, and methods to avoid the possibility of threatening situations. However, instances occur when we have been lead to believe or wanted to feel that someone could be trusted and then suddenly we are in a situation where we are being constrained and/or threatened. In these instances a safe distance no longer exists and our mobility is limited. Therefore, it is necessary to use the limited weapons we have available, first to protect ourselves, secondly to gain freedom/escape and thirdly, if necessary, to disarm/disable the opponent.



Following are situations with opponents at various proximity and some use of weapons. Each situation involves being restrained either against a wall, seated in a chair, or on the floor. Each method of restraint presents you with an inert second opponent by prohibiting escape and constraining movement.

### Restrained against a wall

- i. Restrained at arms length, threatened with a punch.

When being held at the neck, at arms length and threatened with a punch, it is necessary to



strike and block simultaneously. When the opponent is at arms length and your hands and arms are not restrained, an outward block toward the oppo-





nents punch and a hammer fist strike directed to your opponent's head is an effective block and strike. As your hammer fist clears your opponent's head, use that arm to parry both opponent's arms downward, away from you and completing the circular motion to push the opponent while sweeping the opponent's leg. With the opponent on the ground, you may use the time to escape or strike with a shovel heel kick and/or drop your knee on your opponent which brings you into striking distance of the opponent.

2. Restrained with an opponent's forearm, threatened with a punch.



When an opponent is restraining you with his forearm across your chest, the blocking and striking motion is the same, however, with the closer proximity, an elbow strike to the head is more effective. The same



circular motion with a sweep is useful in taking down the opponent. Which will bring you into a more prominent striking/disabling stance with the ability to drop your knee on the opponent and/or strike with palm, half-fist, or side-fist to the head or neck.



3. Restrained against the wall, facing opponent with arms pinned.



Not having the use of your hands and arms leaves your legs and feet as your first available method of striking. A kick or knee to the groin is effective if the opponent is within striking range of your leg/knee. If the opponent is inside the range of your knee, wrap your right foot and leg

around the opponent's left leg and bend your knee and leg in an outward direction. Causing the opponent to lose his balance. Increase the momentum by bringing your left restrained arm over and in front of your head and your right arm in front of your body. Once your opponent is on the floor, you have an opportunity to escape or further disarm/disable him.



4. Restrained against the wall, no weapon involved and arms free.

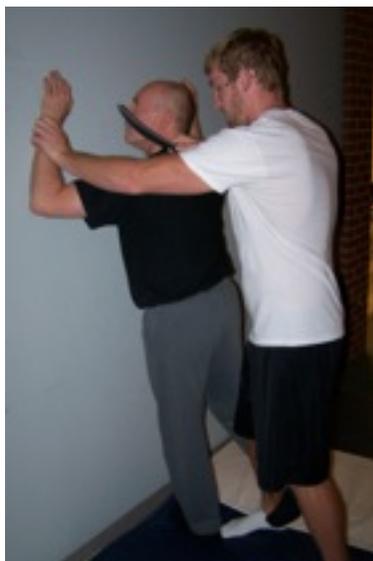
When trapped with your face against a wall, your feet and legs are first to strike even if your hands and arms are not restrained by the opponent due to the wall not allowing forward movement of your arms. If your opponent is standing close to your back, a swift heel kick to the groin or crotch is a primary strike (and possibly the only necessary strike to gain freedom.) If your opponent is not bent over from the heel kick to the groin, wrap your right foot and leg around your opponent's closest leg and twist the left side of your torso away from the wall, freeing your left elbow to help force the opponent to the ground. If, however,



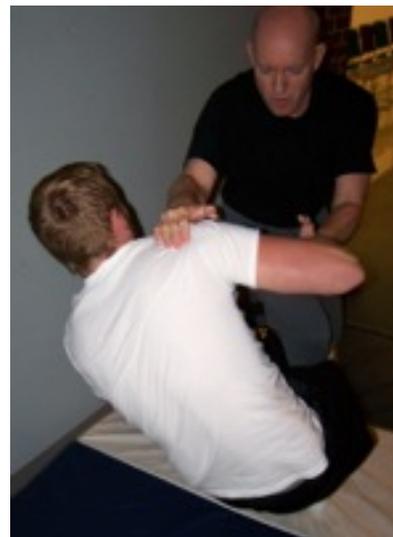
your opponent is in an open position at your back (as shown above), your right foot and leg should be wrapped around the opponent's closest leg. As you force your opponent's leg in a forward direction, causing a loss of balance, twist your torso toward your opponent, giving your right arm more mobility to either force your opponent to the ground or strike with an elbow to the jaw or head.

5. Restrained with opponent carrying a knife, facing a wall.

With the introduction of a weapon, it is vitally important to keep some part of your body in contact with the opponent's arm which is holding the knife. Also, it is important that your reaction time is sudden enough to keep your opponent from reacting with the use of his knife against you. In this situation, since one arm is not restrained, use that arm to pin your opponent's arm, which is holding the knife, between your arm and body, keeping your oppo-



nent from moving the weapon. Your opponent will probably release your other arm or you can pull your arm out of his grasp as you turn. Quickly turn your body to the right so that your left hand can grab the opponent's hand with the knife. Strike or sweep your opponent, keeping your left hand in contact with the opponent's hand holding the



knife. Once the opponent is disabled/subdued, grab the knife.

6. Restrained by the hands, facing the wall.

With your hands being restrained by the opponent, his proximity to you is close at your back. As in previous situations, your feet and legs are your first weapon to distract or gain dominance over your opponent. Secondly, wrap your right foot around your opponent's right leg and force your knee in an outward direction into your opponent's knee. As your opponent is losing balance, bring your left arm away from the wall and over your head as you



twist



your



body toward the right and bring your right arm down between your body and your opponent's body. Once your right arm is free from your opponent's grasp, use it to help force your opponent to the ground.

7. Lifted off the floor against a wall.

When an opponent has lifted you off the floor and is holding you around the neck or under



the arms, your method of attack is the same, however, if you're being choked, you should react quickly. If your legs are not restrained by your opponent's body, a kick to the groin may be the only mode of attack you need. However, if your legs do not have free movement due to your opponent's proximity, you will need to use your hands and arms. Since your arms are not restrained by your opponent and your opponent is in striking range, either a punch or elbow to the head is an effective

distraction. Once you have struck your opponent, continue the circular movement of your arm to sweep your opponent's arms from your body. As you return to the ground, your foot may be able to scrape your opponent's shin and land on the arch of his foot. Once you have landed on the floor you may push, sweep, or continue to strike your opponent to gain freedom or disable him.



## Restrained while seated

Being attacked from behind while seated is usually a surprise attack, unless someone seated across from you has given you a warning. If your opponent is not trying to pull you to a standing position, your chair is inhibiting the use of your legs. When threatened with a choke hold, it is necessary to quickly distract or harm your opponent with an eye



shot or palm to the face. Your other hand should grab hold of the opponent's arm that he is using to choke you, to help keep your airway from being obstructed and to keep contact with the opponent. Once your opponent has been distracted and has released some pressure on your neck, slide off the chair maintaining hold of the opponent's arm and pull your opponent

into the back of the chair while your foot holds the chair in place. If the opponent is able to pull the chair out between you and/or pull you off the floor, it is necessary to attack with your legs and feet to any open part of his body. If you are seated at a table, once



the opponent has been distracted, use the table as a temporary shelter and as an object to inflict harm by forcing the opponent into the table and the back of the chair.

## Restrained on the Floor

### 1. Held at gunpoint on all fours.

When an opponent holds you at gunpoint while you are “on all fours” on the floor, (first, let me say that this is not a position that you would willingly submit to by an opponent, unless you have other people to be concerned about) you need to assess your chances of survival. If you choose to take action or remain compliant to your opponent’s wishes, the outcome of the situation could be the same. Your first



most important decision is if your opponent is within striking distance. If he is not with-

in striking distance of your legs, this technique is of no use and it is best to run from the situation when the opponent is unset and your running would be least expected. The following technique also would have a more successful outcome, if your opponent is distracted and your initial speed is exceptional. To execute the technique, you need to roll from “all fours” position and as you are twisting your body, use your leg closest to the ground to strike the closest leg of your opponent as your airborne leg strikes his upper body or arm, causing your opponent to go off balance or possibly knocking the gun away from you or possibly out of his hand. If you have not knocked the gun from the opponent’s hand, immediately grab the opponent’s arm or wrist which is holding the gun. Get up off the ground and begin to punch, elbow, or kick your opponent into submission and take control of the gun.

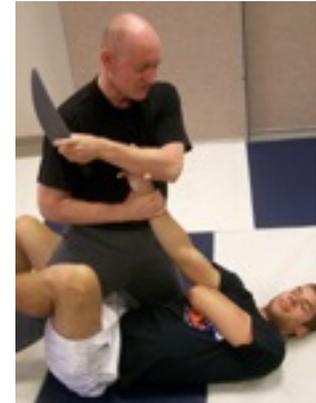
### 2. Restrained lying down, threatened with a knife.



When threatened with a knife while in a lying position, your actions must be calculated and swift. If you are covered by a blanket, it is necessary to get both arms and the leg closest to the edge of the cover, out from under the covers. If your opponent objects to your movement, assure him that you want to show him that you do not have a con-



cealed weapon. Once your arms and leg are free, grab the opponent's arm which holds the knife above his wrist, grab his opposite arm at the elbow and use your free leg to wrap around your opponent's closest leg. Push your hands in toward each other causing his arms to cross and removing the knife from your neck. As you push with your hands, roll your body in the



direction of your leg which is wrapped around the opponent's leg, keep hold of the opponent's arm which holds the knife, even if you are falling out of bed. As you fall, position your knee to land on his abdomen or groin. Once your opponent is subdued be sure to take the knife out of his hand.

The preceding situations involving limited mobility are just a sample of the numerous ways which an opponent can try to take advantage of their victim. By sharing my thoughts and actions with others who may encounter similar situations, I hope that I have been helpful in their training to protect themselves at the hands of opponents.

I want to thank my numerous instructors for the valuable training I have received through private and group lessons at Tracy's Karate these past years.