


COMBAT SELF DEFENCE

DADDE IS THE DADDY OF STREET SURVIVAL

Combat Self Defense (CSD) Perspective

by Grand Master Dr. MAK Yuree

I am always being asked, should I defend myself if I am attacked by a complete stranger whilst in the street . I always reply, it is unwise to go out with out your DADDE. "What?" is usually the reaction to my reply, as they look at me puzzled.

I point out that DADDE is a strategy for street survival so that is why I always take DADDE with me. What is DADDE? It is the shorthand for surviving street combat situations, especially when it is one of ambush. I am using the word ambush to describe situations where you can be preyed on by a perpetrator who wants to psychophysically harm you, or rob you.

The best part of DADDE is to run away to live for another day, but we all know that might not be the reality of street combat situations. The type of situation that people find themselves in is usually not one of their own choosing, but one that is killing ground of the stalker or cowardly attacker. It is always said prevention is better then cure and it is also always better to prepare oneself to deal with real life threats and dangers before that X happens to our life.

Well DADDE will be a good defense against X, DADDE is the foundation of principles for Combat Self Defense system (CSD). It is an easy to relate effective street proven Survival solution. CSD teaches you what effectively works under stress, under adrenal rush conditions dealing with fear and other biological factors logically in your favour. It realistically stands to deal intelligently with worst case scenarios that present themselves in any form, whether presented against you in the home, workplace, or outside.

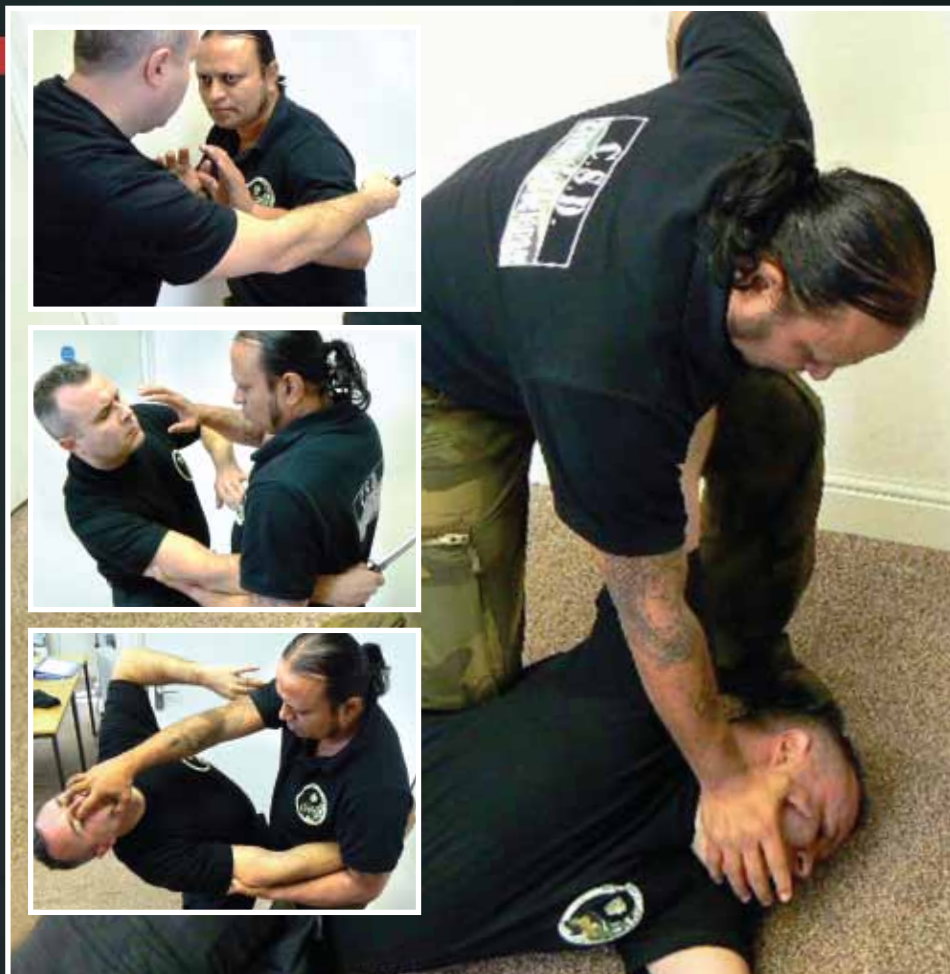
To get acquainted with CSD system, the training includes but is not limited to real life scenarios and weapons, including knives, handguns, different impact weapons etc.

D for Detect

The first thing you must do is to keep people out

of your personal space, which is our own early warning system. Being aware of the surrounding is the key to deal soundly with all possible adverse situations. The best way to describe this is as the intuitive radar that starts our hackles getting up. This intuition usually keeps us alert to behaviour patterns as we assess our surroundings. It is the ability to diagnose sensations from the environment, to perceive, to feel, or to be conscious of events, objects or happenings and may comprise our perception and cognitive reactions.

We then take action based on this like, "watch your back or what is my quickest way out of here is." Simply put, can I get away easily and quickly? Make sure your hearing and sight tune into your surrounding immediately. There are strategies that we all have in our daily lives that



we can use in situations like these, for example, where is my nearest friend's house or where are there plenty of people or lighted area? Use these little lifelines to their maximum advantage.

A for Avoid

No confrontation is the best strategy, a simple avoidance technique which rules out confrontation is an option; so use it at every opportunity. If it looks dangerous then it probably is. Sticks and stones may break my bones, avoid simple provocation no matter how it hurts your personal dignity. Foul language, jibes and taunts are precursors to escalate the situation to the level when the perpetrator can control it. Do not give them the satisfaction, they will get bored quickly and look for easier prey. It is worth bearing in mind that cowardly attackers have short attention spans and like cats will not use up more energy than the food will provide if they chase it and capture it. Avoidance, as a non-physical tactic along with awareness and flight, are the preventive safe guards for life threatening situations.

It is better to avoid than be deemed to be the trigger of a violent street situation, inviting all the dangerous consequences that can take you from victor to vanquished. In our current litigious world and attackers have all the rights and protections in the upside down world of today. Some times victims feel they are left to fend for themselves in the legal system.

D for De-escalate

To take control of the situation and to extricate your self from the promised world of hurt that the perpetrator wants to involve you in, akin to diffusing an exploded bomb, it is possible but tricky and getting it wrong can leave you badly injured or worse!

This, in other words, is conflict resolution and can be done combining the use of voice, tone, and body language to calm down some potential violent situation or an aggressive approach. De-escalation behavioural tactics are considered to be a vital part of any self defense scenario.

There are no second chances with de-escalation, it has to be right first time, so practice makes perfect and drilling and practicing this process will ensure that like any war game after its over everybody gets up and goes home.

This is where being positive, confident, assertive and magnanimous can be the tools that will get you out of any emergency situation. As we know from the films it always comes down to which wire you cut. De-escalation brings you to that situation, the next step depends on you!

D for Defend

If you cut the wrong wire or the time fuse goes off then the only option open is to defend yourself. Engage quickly and positively and it will have to be promptly if deadly force is being used against you! Act with confidence and take control of the situation, strike the soft anatomical areas that

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debilitate the attacker. Use simple movements for maximum effectiveness and an easier sustainable performance; remember you need all your energy, the attacker will now be desperate, and irrational.

Keep the element of surprise on your side and do not lose the initiative by coasting along waiting for them to take the initiative, unless they want to decamp. Even then keep your mindset in offensive mode as it will still be your best form of defense just in case they are only regrouping or dummying you. If the attacker offers defeat, disengagement or ask you to stop. Do not put your guard down, back off, keeping as much distance between you and them.

E is for Exit

Getting into a situation as we all know can be far easier than getting out of it! An Exit strategy is a work of art in itself and sometimes has to be an exact science too. The way out offered to you may not be the best option for your well being.

You have to be in control of your Exit, a mad headlong rush away from the situation may be more dangerous than a tactical withdrawal. Exit by the safest option open to you, do not just run for your life, as you may be the next road victim in that area or worse still run into some of your attacker's mates.

This is especially true if you do not know the area or the layout of the premises you are in. If in a premises make sure you know where fire alarm points are in case you need to set them off, or where other people are situated. If there is an exit available, exactly where does that exit take you, is it into a blind alley or out into a public street or concourse? In places that you know or are familiar with make sure you know more about the location you are in than your perpetrator does.

CSD prepares one to react as needed in the worst case situations. Besides, it's comprehensive skill training program enhances significantly one's huge life time benefits through emphasizing on gross motor skill training and simple, high-percentage moves. CSD is a comprehensive self defense solution based on human prowess and natural instincts. CSD is based on DADDE strategic principles and street smart preventive measures, training can help you avail a chance in the unknown, unexpected vicious and dangerous moments in life.

No one should be out on the street without DADDE. ■

Grandmaster Dr. Yuree

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