

# **TYPES OF ATTACK AND METHODOLOGY (DEFENSE OF PHYSICAL)**

**MODULE ONE – UNIT FIVE**

**Combat Academy Instructor Training Programme**

# TYPES OF ATTACK AND METHODOLOGY (DEFOF PHYSICAL)

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## Learning Outcomes

The aims of this unit are to enable you to:

- Have a broad based knowledge of types of physical attack which may occur and give rise to self defence or avoidance measures
- To understand current academic models and processes and in particular situational applications.
- To understand the physical implications, limitations and threats associated with each type of attack in the context of a proportionate response which is in-line with the law and reasonable force guidelines.

## Methods of Attack

Methods of attack work in conjunction with types

## TUTOR TALK



Taking into account every aspect of how a physical attack may be perpetrated and the difference between the abilities of the attacker and defender is essential when designing a self defence programme. Consider the limitations of many different systems and martial arts in their real world application as a system of self defence.

(motivation / intent) of attack. The method is the physical process and or weapons used in the attack. This is a highly dynamic process!

The method of an attack can vary and fluctuate. We have broken the methods into the following areas:

- Grabs
- Strikes
- Blunt weapons
- Missiles
- Bladed weapons
- Substances
- Firearms

Considering the above, some are statistically far more likely than others and grabs, strikes, blunt weapons, missiles and bladed weapons are all a frightening reality. More and more acid attacks and gun attacks are being reported and are statistically becoming more likely. Understanding the dangers relating to the above, the resulting injuries and methods of defence are essential.

A risk assessment model can be used which considers the method and type or intent of a type of an attack and the severity of the injury to give you a response code. Any response code of 7 and above means you are defending your life:

Intent 1- 5

Severity 1-5

Maximum score = 10

For example:

**A gun attack / robbery**

Intent 1

Severity 5

Risk rating and response code=6

The robber never wanted to kill you, only to take your wallet

**A gun attack within a hate crime**

Intent 3

Severity 5

Risk rating and response code= 8

Using a threat and risk assessment model as in the one above starts to give you an understanding of how the law would consider a proportionate and reasonable response when defending yourself. Clearly, it is very hard to predict the intent of the attacker as we are unable to read minds. We can however, read body language and verbal quest to work out why we are being attacked and this may give us a good indication as to the intent. An example would be where a mugger pulls a gun on you, you disarm and discharge the weapon killing the attacker. In court, you may actually end up being charged for murder or manslaughter. The prosecution may note that whilst a gun can kill you that the attacker never intended to kill you and that a life for a wallet is not a fair trade! Clearly there is also a counter argument that you had reason to believe that you were in fear of losing your life but the case is not cut and dry.

A defensible case would be where you disarmed your attacker and restrained them with use of the firearm whilst calling the police.

## Limitations

The problem you have is that an attack happens quickly and there are physiological, emotional and mental processes happening that have a negative impact on logical decisions. You will not have time to conduct a threat assessment when attacked and will rely on instinct. Just keep in mind that neutralising the attacker is better than extermination of the attacker.

## DEFOF

DEFOF is a framework which captures all eventualities, processes and procedures of a physical attack. The acronym stands for:

### **Distance, Engage, Floor, Ongoing and Finish.**

The system considers all of the physical attacks and therefore defence tactics, techniques, concepts and strategies that must be used. DEFOF is not a continuum, inasmuch as it flows from distance to finish in that order, although it does cover the concept that all attacks or fights begin at a distance, followed by an engagement,

either by the attacker or defender. It also accepts that many attacks or fights end up on the floor. The ongoing factor considers that the attacker or defender can get tired or injured, and that their respective psychology and physiology changes dynamically. Knowing this means that the situation can be manipulated to an advantage. The finish part considers the end result, which could be anything from survival to death for either party.

## Considerations at Each Stage

### Distance

Maintaining distance, staying away from the attacker. This depends on their method of attack. If we could control the distance and stay out of harms way forever, we could stay safe indefinitely (in theory). In practice, however, it is not always possible to stay away. We may get tired, we may get cornered, we could make a mistake or the attacker could change tactics. There may even be more than one attacker.

### Engage

This is the part when the attacker uses their chosen method against the victim. This could be in the form of punches, grabs, and use of chosen weapon. This is the point that the defence tactics chosen must be the right ones. An example would be an attacker launching a violent punching attack towards the victim and the victim chooses to start firing violent strikes back – as they have been taught in their self defence classes. This tactic may have worked in a compliant class environment, in reality, however, there is nothing to say that they will connect with their own strikes before the attacker. This type of response is like rolling a dice! A correct response would be to cover, be safe first and not get knocked out or injured. Reclaiming distance may be the first and best option to allow enough time to pass and perhaps help to come. The use of verbal commands and making noise may also be enough to make the attacker perceive danger of being caught and to abort the attack.

### Floor

Many attacks will end up on the floor. Being pinned by a heavier and stronger opponent is not a good position to be in. This is where the correct use of technique is vital to escape from this position. Many sexual attacks will be perpetrated on the floor!

## Ongoing

The change in your and the attackers physical and psychological state over time is important to understand. Doing the right things and saying the right things to gain control and survive can make all the difference. The more time that passes, the more tired the attacker will get, and the more chance there is that they will be caught and that help may arrive. This is particularly true if the victim is making lots of noise. Being able to conserve your own energy by use of breathing and bio-mechanics is crucial. Training your fitness will also give you the edge – over time. An attacker may start easily able to overpower you, but as they become tired, this may start to or even fully reverse itself.

## Finish

Consider what an acceptable finish looks like as well as possible finishes. In an ideal world, the attacker aborts the attack and is arrested by the police before they are able to attack anyone else. If this is the ideal situation, understanding what you can do to influence and cause this outcome is important. Perhaps a possible finish is the death of the attacker! This outcome is also likely to cause a considerable amount of trouble for the defender who may find themselves in court facing charges. Exploring the range of possibilities and understanding the consequences is essential!

## Conclusion

When designing any self defence programme and self defence techniques, the DEFOF framework ensures that all physical situations are considered. When you look at many forms of martial art, some only use strikes, whereas others only work on the floor. Some are sports based where each opponent weighs the same and has similar abilities. This approach does not work for self defence where there may be size and weight differentials and use of weapons, situations, geography, darkness, surprise and fear.