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# TECHNIQUE WORKSHOP WITH KARL THORNTON



## Defence against a one-two punch combo: Modern Defensive Tactics

### KARL THORNTON

A security professional and martial artist for over 30 years, Karl Thornton uses his combatives experience to train international operatives of NGOs, as well as security professionals and the general public, in self-protection. Thornton holds a 3rd Degree in Modern Defensive Tactics Australia and runs MDTA out of Melbourne. He is a registered instructor with Geoff Thompson and Peter Consterdine's World Combat Association, and employs a WCA-approved syllabus at MDTA.

As well as being a certified international police defensive tactics instructor and certified military combatives instructor, Thornton is still an active operative and licensed bodyguard, so "MDTA is a reality-based system, developed for today's environments," he says.

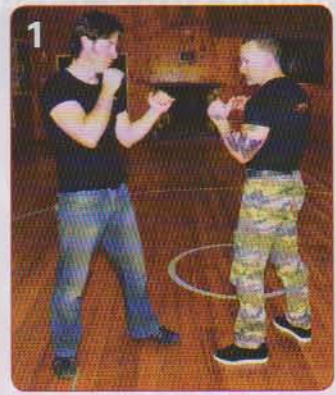
Thornton has been awarded the Medaille OTT by the International Bodyguard Association, which is given for meritorious and protective service in an area in conflict, including Iraq, Afghanistan, Balkans, Thailand, Northern Ireland, PNG and much of the African continent.

### Q&A Karl, how has your martial arts training changed you?

Martial arts has given me the drive and inner strength to believe in myself and to believe in others. It has given me the skills and determination to apply my experience and knowledge to not only instruct and pass on what I know, but to use what I know to help in organisations such as Silent Integrity, in our fight to infiltrate and eradicate child trafficking in South East Asia.

Martial arts has also led me into a career that I love, from working as a bodyguard and meeting some very inspirational individuals to having the opportunity to see parts of the world I probably never would have seen if I headed on a different path.

Although diverse, my martial arts journey has given me the chance to help free countless individuals from child trafficking throughout South East Asia, and I am thankful that this is my drive and passion. MDTA, my corporate and public training is all a privilege, as many don't have an opportunity to pass on what they know. But my fight and standing as a specialist globally in dealing with child trafficking will be my legacy, and one I will be proud of — martial arts, fighting for freedom.



1 As the attacker steps in, Thornton's guard is already raised and he is positioning himself to jam an attack.



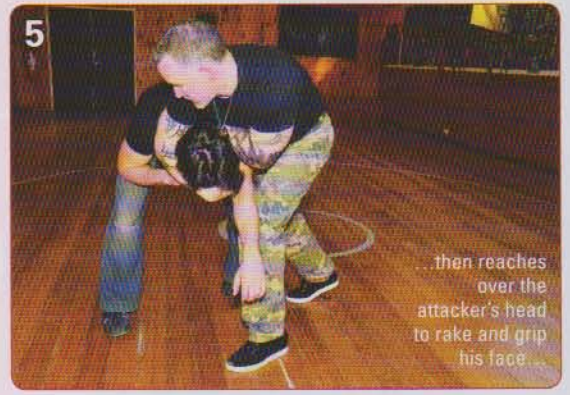
2 As soon as the first punch is launched, Thornton drives forward with IDR (instinctive defensive response), covering his head with his elbow and finding the attacker's with his palm...



3 ...and negates the attacker's attempt to turn and strike again by following through and bringing his elbow down across the attacker's neck.



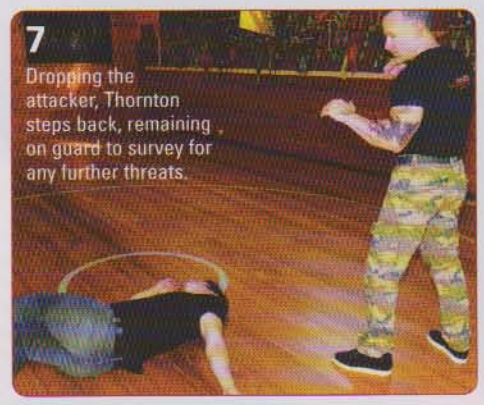
4 From there, Thornton controls the head and throws knees into the attacker's face, stunning him...



5 ...then reaches over the attacker's head to rake and grip his face...



6 ...and spin the attacker violently off his feet (where the head goes, the body must follow) using both his right hand and an elbow-strike motion with his left.



7 Dropping the attacker, Thornton steps back, remaining on guard to survey for any further threats.