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# TECHNIQUE WORKSHOP WITH KARL THORNTON



## Defence against a standing guillotine-choke: 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.

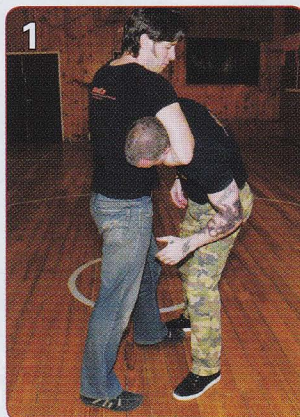
### Q&A **Karl, in your opinion and experience, what are the most important elements of self-defence?**

Reality-based self-defence systems need to be based on test-and-measure processes; tested against duress and stress, simulating as real environments as possible. They need to be based on gross motor fundamentals and not fancy, fine motor skills. You need to train the primal survival mechanisms to react when faced with real violence, to understand fear and adrenaline, to accept its physiological and psychological aspects and to train to utilise these to your advantage.

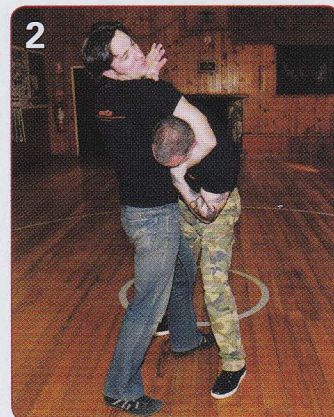
When faced with criminal intent, we need to work within the law, yet at the same time we need to understand that if we don't meet that violence with violence, we will not survive. We must understand the 20/20/60 survival ratio: 20 per cent is the psychology of knowing what we need to do, 20 per cent is the physical dynamics of training in skills that are needed to protect us. However, the 60 per cent is the 'will you do it' factor: will you respond and engage in self-preservation and self-protection applications when faced with reality? Will your primal survival training kick in?

Reality-based self-defence is driven by three basic factors:

1. Can it be adapted to real situations?
2. Does it utilise gross motor fundamentals and applications?
3. Has it been tested and measured...and does it work?

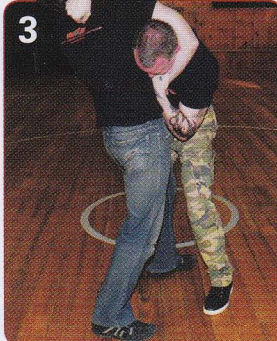


Thornton has been grabbed in a chokehold from the front (with his attacker grabbing his own right wrist to pull his forearm up into Thornton's throat)...

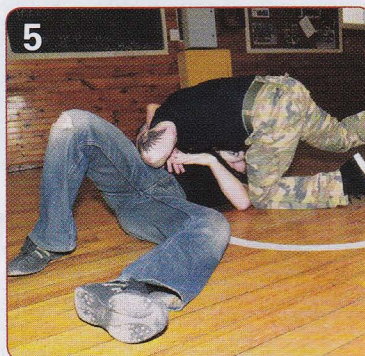
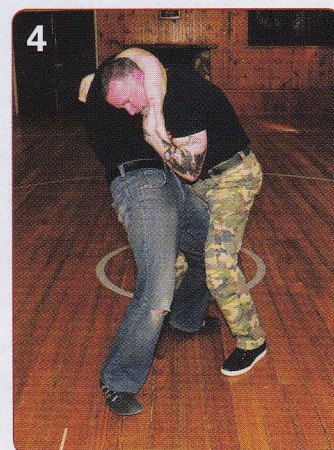


...so Thornton immediately strikes his foe hard up under the chin, levering the head back while pulling down on the choking arm with his opposite side...

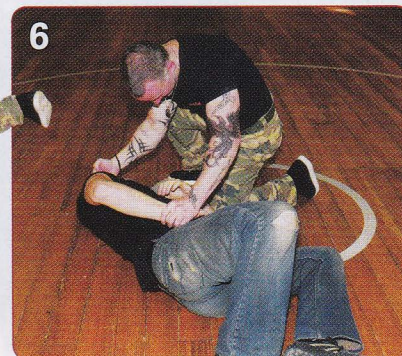
...to arch the attacker's spine back and compromise his balance. Thornton then puts his forearm across the attacker's neck and drives through his weak point...



...blocking the attacker's right leg to take him down, and opening the choking grip as he goes.



Thornton immediately begins knee-striking the attacker's head, working to release his foe's grip...



...and rises to one knee, still controlling the attacker's top arm, to deliver hammer-fists to diminish the threat before making his escape.