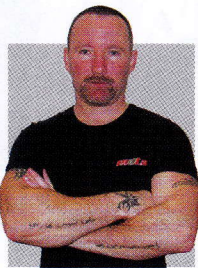


## DRILL IT WITH KARL THORNTON



# Trap, Strike, Exit!

This basic open-palm striking combination can be drilled to enable successful entry into street-tested techniques like gouges and rakes.

### THE TRAINER

Karl Thornton has over 30 years of experience across a broad range of martial arts and self-defence disciplines, including kickboxing and Gan Gan Tao, a system based in karate and Wing Chun kung fu. He is an experienced executive protection specialist (bodyguard) and an active private special operations operative who is deployed to some of the world's most high-risk environments, conducting covert surveillance, intelligence gathering, as well as rescue missions. Thornton, who runs Modern Defensive Tactics Australia (MDTA) out of Melbourne, was recently 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 Northern, Southern and Western Africa.

### THE DRILL

This pad drill is used to train MDTAs 'Trap and Strike System 2' and focuses on the importance of the simultaneous actions required in reality-based self-defence, as well as gross motor skills that will be reliable when under adrenaline-induced stress. The trap-and-strike method uses simple (or 'primal', in MDTA terminology) techniques and is designed to reverse the attacker's psychological and physiological process from 'attack' to 'defend'. As well as continuously flooding the attacker's mind and nervous system quickly with sensations

that keep them constantly in reactive mode, the idea is to stay in close and attack the body's vital areas to diminish resistance, and to stop the real and impending threat immediately. The purpose of this drill (and the purpose of all defensive tactics methods) is to train to survive rather than fight, with the intention being to use reasonable force to rapidly defend (or pre-emptively attack, as the case may be) and exit. To that end, great importance is placed on getting in and out as quickly as possible.

The idea is to explode into the initial strike from a passive-reactive stance, as shown (right). Striking to the attacker's face while jerking their arms compromises their balance and cognitive functioning — and thus their ability to respond effectively — but the strikes must be delivered simultaneously with the trapping movements to be fully effective.

This technique should be drilled at full speed and contact on the pads, but with some control when refining the combination with a partner. It is highly recommended that the recipient (i.e. the person in the 'attacker' role) wear a mouthguard and head-guard, as they will be allowing you to deliver a flow of simultaneous traps and strikes. As with any drill, once the technique is understood and can be applied correctly, the person in the attacker role should offer resistance. It is best practised in a scenario style, with preceding dialogue and approach by the attacker, and the defender

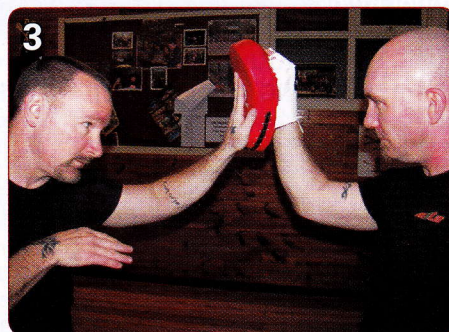
### THE TRAP-AND-STRIKE PAD DRILL



In a passive-reactive stance, Thornton faces his partner, who holds a focus pad side-on at face height.



Thornton initiates a simultaneous palm-strike to the focus pad and a simulated wrist-trap with his other hand...



...and immediately follows with a second palm-strike off the trapping hand, and a simultaneous, simulated arm-trap with the hand that hit first. (Note: the pad-holder must position the pad front-on, after the first strike, to allow for the second hit.)



Thornton then grabs the side of the pad after the second strike impacts and simulates the raking and takedown of the attacker.



choosing the best moment to go into action.

### THE RESULT

This drill teaches flow direction, simultaneous coordinated action and the physical dynamics of techniques that are staple basics of self-defence: open-palm strikes, gouges and rakes. Drilling with a

partner will help develop your sense of range and pre-fight positioning, so you understand better when it's possible and most appropriate to attack preemptively. Drilling the technique on the pads will develop speed and power in the techniques, as well as the necessary follow-through and commitment to finish an encounter quickly. ■

## THE TRAP-AND-STRIKE TECHNIQUE



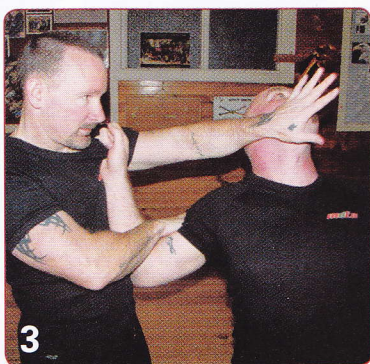
When confronted by an attacker, Thornton adopts a passive-reactive stance. As the attacker grabs his shirt with intent to strike...



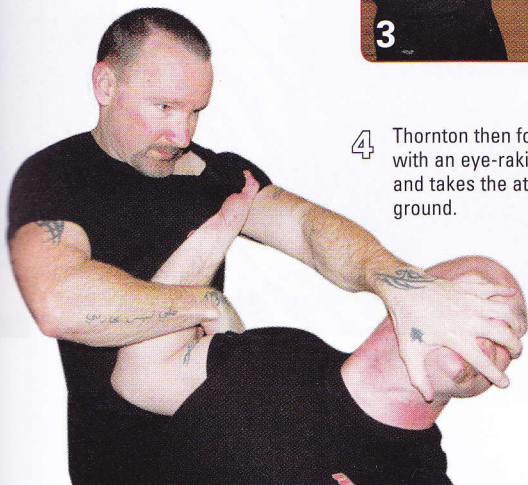
...Thornton simultaneously traps the attacker's parallel wrist/hand while striking with an open-palm strike to the face...



...then simultaneously traps the attacker's arm with the hand that delivered the first strike, and fires a simultaneous second palm-strike to the attacker's face.



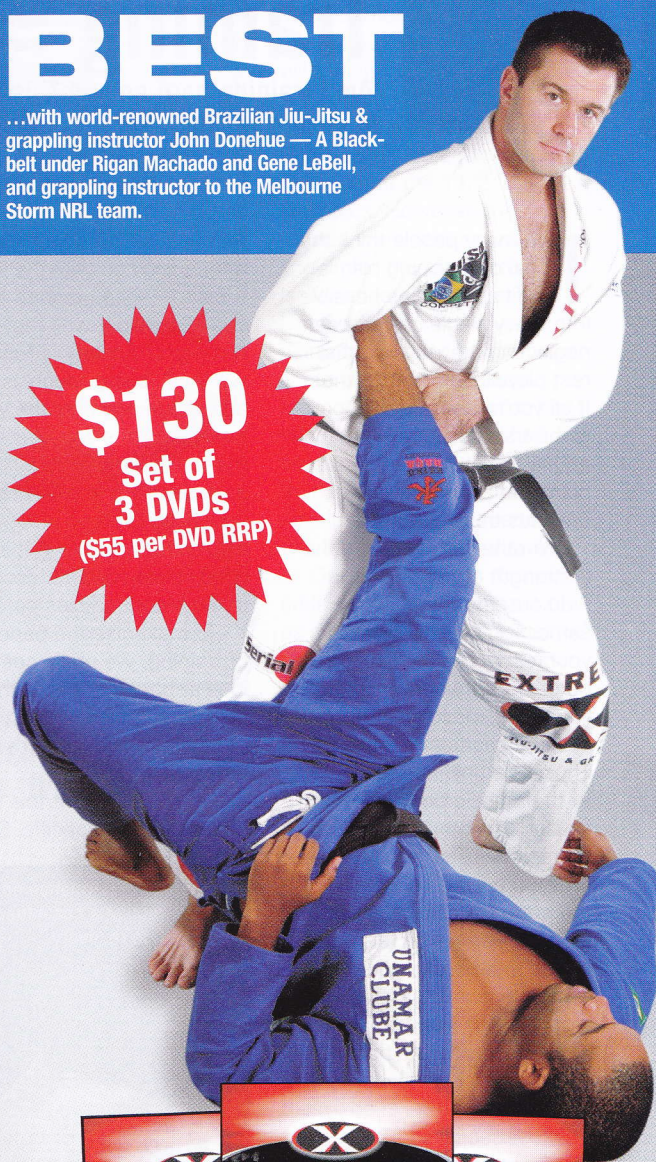
4 Thornton then follows through with an eye-raking technique and takes the attacker to the ground.



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