



# Kenpo Karate

## Is Self-Defense Really Necessary?

By Ed Parker

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SELF-DEFENSE is indeed necessary. The old theory that it can never happen to me is little comfort when it really does happen. No sensible person can assume that at! trouble happens to just a certain person or just a certain group of persons. It can happen any time without warning. If not today, perhaps tomorrow, if not tomorrow' it will surely take place in one's lifetime. KENPO KARATE prepares one for such a crisis. Regardless of the seriousness of a situation, knowledge of KENPO KARATE will truly prove invaluable.

Only a few weeks ago a friend of one of my students came to my school and expressed that ever-so-common phrase, "trouble will never come my way so why should I take any self-defense course?" A week after our first meeting he came to me again, only this time with determination to acquire defensive training. The same night of our first meeting he was attacked by two hoods who had no reason for their actions. While bending over to open his briefcase one of the hoods approached from the side and caught him on the jaw with a staggering right punch. Stunned, he turned to see who struck him; at that moment the other assailant kicked him in the groin. Dropping with pain, he watched as his attackers casually walked away.

There have been many like incidents lately and attacks of this nature are on the increase. We read about them daily in the local newspapers. To the average citizen these incidents mean nothing since they do not concern them. We would feel sorry if it were to happen to our friends, but would chalk is up as a "bad break" and possibly say, "poor guy, he was unlucky." Not until it actually happens to us do we try to prepare ourselves.

Although this modern world that we live in is eliminating many of our old problems it is creating new ones. The strength, endurance, and hardy physique we were once dependent upon to protect our country, our families and ourselves is being lost in our new easy going way of life. Transportation by buses, cars, elevators, escalators, etc., all save countless hours of effort during our day. They have become a necessity, but something else is now needed to compensate for the lessened physical activity and the great amount of time on our hands.

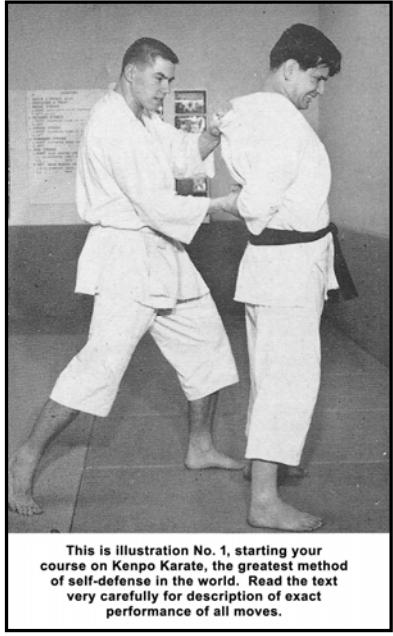
Not knowing what to do with this enormous amount of free time, many of our young people are seeking outlets. Some are frequenting reputable organizations such as the YMCA. commercial gyms and athletic clubs.

Unfortunately, there are others who misuse their time and do things that are not constructive. Because of idleness and boredom, some of their activities are steered toward stealing, street fighting and other vices.

Present day fighting has changed somewhat from the old days when men fought one man at a time, regardless of number. To find this type of ethics in present day fighting is rare. The size of a person is no barrier to those who collect in great numbers. Big or small, heavy or light, the odds are increased proportionately. Even age and sex mean nothing to those who seek what they term entertainment.

KENPO KARATE is the answer in combating this unethical way of fighting. It teaches one how to fell an opponent through the manipulation of the hands, feet, knees and elbows. Each blow is

delivered swiftly and precisely so that very little time is spent on one man. The coordination developed is such that three opponents can receive a blow at exactly the same precise moment. Using the many parts of the body as weapons, combined with the knowledge of maneuverability, a person with knowledge of KENPO KARATE can be equivalent to five or more men.



Aside from elaborating on the necessity of self-defense, the purpose of this article is also to show in photographic series how one can easily escape from a common hammer lock. This picture series depicts one of the more effective means of countering such a hold.

It is hoped that through these articles the art of KENPO KARATE will become known and appreciated throughout the United States. More articles and lessons will follow, not only showing how to combat one opponent, but several opponents at the same time. So as the old adage goes, "don't miss the next exciting episode".

#### COUNTERING A HAMMER LOCK

When first learning, go through your moves very slowly. Be conscious of your footwork before even doing the arm movements. When sure of your movements do not hesitate to increase your speed.

Picture 1 (above) shows opponent applying a hammer lock.

(Next Page) 1a - Step back to the right angle with your left foot. Simultaneously start your left elbow into motion. (Make sure that your left hand is clenched and palm facing the ground. Doing this contributes to your power.)

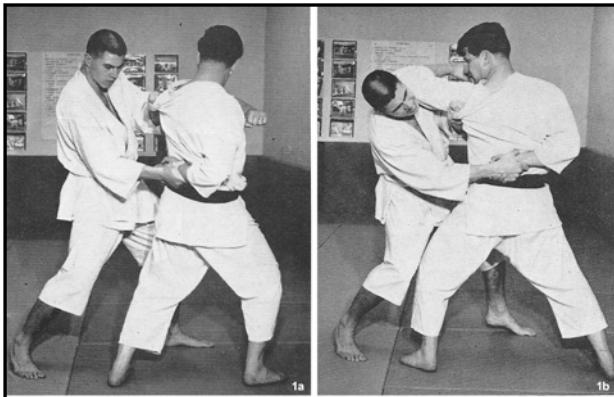
1b - As your left foot is planted make contact with your left elbow to nerve center on left side of opponent's jaw (at end of jaw. directly under ear lobes).

1c & 1d - show left arm circling counter clockwise around opponent's right arm after striking with your left elbow.

1e - with your right hand still grasping your opponent's right wrist, (holding wrist stationary), strike against opponent's right elbow with the bend of your left arm (Using the inside portion of your left elbow). Strike with your left arm as you would a left uppercut. CAUTION - Be sure not to use too much pressure when working with a partner.

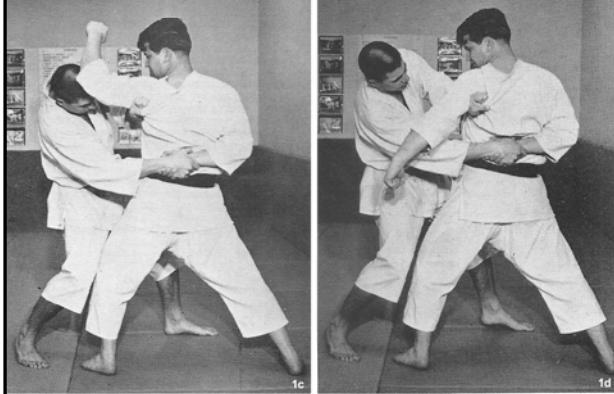
1f - while still applying pressure against opponent's right elbow with your left arm. have your right foot sweep clockwise and back, (a quarter of a turn); dropping your left shoulder slightly during the process.

1g - release your right hand (so that your movements will not be restricted) and use your right knee to strike opponent's face. FINAL STEP (no picture). Releasing opponent entirely, step back with your right foot and take cover. Do this in anticipation of further trouble. Picture shows Ed Parker and Dan Vafiadis (student). Photos taken by Ben Otake.



1a

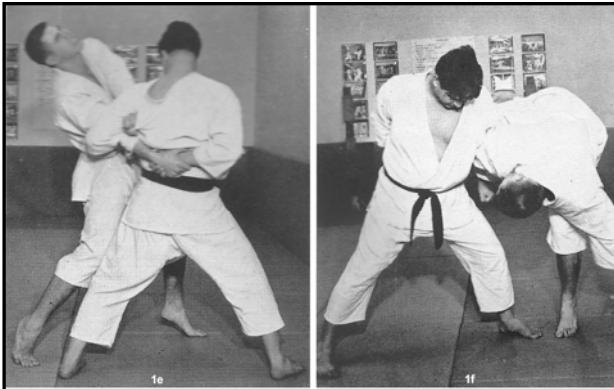
1b



1c

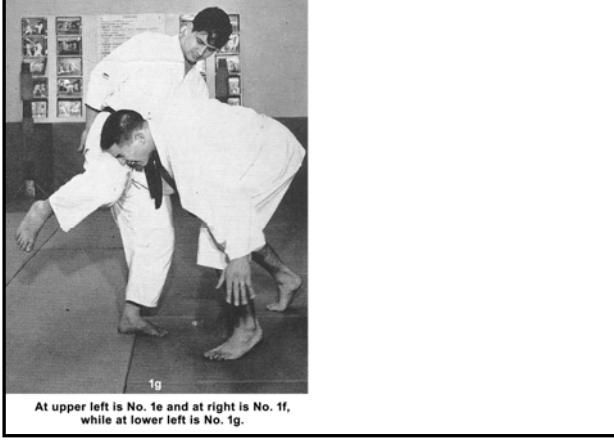
1d

At top of page, from left to right is No. 1a and  
No. 1b. Below is No. 1c and No. 1d.



1e

1f



1g

At upper left is No. 1e and at right is No. 1f,  
while at lower left is No. 1g.