

Topic 2: Body balance



Video (Time: 4.07mins)

Now we are going to start with some of the actions for Level 2. Firstly, we want to continue on a little bit about body balance and body mechanics in terms of how to use them.

One of the key issues, I'll get Erhard to turn around and stand there and you just put your arm out a little bit.

Wherever there's a joint in the body, there's balance. So, we have a number of joints in the body, i.e., wrists, elbow, shoulders, hips, neck, knees, ankles. Wherever you see a joint in the body, you have balance. So, wherever you affect one joint, you will affect the other joints in the body, and you can take the balance away in terms of what you want to do to them. Now, what we want to try and do is to connect two of the joints together. So, if he's got his hand, and he his hand is grabbing a person, like I'm here and he's grabbing.

So, you've got two his joints, you've got this joint (elbow) and this joint (shoulder). If we draw a straight line or connect those two points and it goes down this way or up this way. If we pull or push in those two directions, we are going to affect the balance of the body. So, if I pull, I get this. If I push in that same joint, I get that. Okay, that's the key about any of the joints. And as you saw, as soon as I started to pull, you can see this is affecting other joints in the body, his hip and his knee. If I keep pulling, you'll see it starts to affect the other hip and now it'll start to affect his neck. So, we are going to use that as a base principle in terms of how we take the person's balance away for those particular points. So, they're the joints in the body in terms of what we want to do impact balance.

Now, the next thing we want to do is whoever controls the elbow controls the body. We just started to show that. If we have this joint in through here (elbow), I can pull this down and you can see that he comes forward. I can now turn him around the other way and I'm affecting the other joint in here and I can take control of the situation. If I step forward, he'll go down to the ground and I can take control of the situation. So, I can either pull or I could push and push him away. The elbow is really good in terms of other actions, we can also do a rotation. You can see what happens when I do the rotation. I've got him into this position, I can take control of him. He doesn't like it, right!



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No, is not good. So, you can see from here I can pull the opposite way and I get him to come through. It puts a lot of pain into him in terms of what we're trying to do for control.

Now, how do I get inside to do this? If he throws a punch, I do our step-in drag and get out of the road. I can pull him this way, but from the elbow point, but if I look at his shoulders, you'll see he's got one shoulder here and one shoulder here. Now if I use the same principle and I draw a line between those two points, again I can push or pull for those two points just using the upper arm. So, I can pull him towards me pulling, he comes through, or I can take those two points and just push that way.

And he goes out of shot. In terms of those particular areas. I can also come to this point, turn him right around, grab the two points and just pull straight back. If I pull down at 45, he'll probably go down. I could theoretically do the same thing in the front, but the problem with that is I probably end up getting headbutted. So, I want to be away from the outside and then pull, you will see what happens to the hands as soon as I accelerate, his hands come up. If I do this at the same time (knee to back of the leg), he's going to go straight down. So, I'm getting a chance to be able to use the different joints in the body to be able to take control of the situation and him in terms of the things that we want to do. That applies no matter what joints I use and how I go about it.

So, have some fun with it. Make sure you stay safe, and we'll be back next time with a little bit more.