

# Common Sense Self Defense

## ♦ Welcome -

Kirk Farber is a 7th degree Black Belt. He has been sharing his Common Sense Self Defense Seminars since 1985. Now is the time to join those who are learning Awareness, Control, and Reaction in all types of situations with **Common Sense Self Defense**.

## PEACE: Principle - Education - Awareness - Creativity – Evolution

Principle - Element of Surprise: Whistle, Keys, Fire vs. Help, street smarts  
Education - Three-O's Principle (Empty cup, Dissolve ego, Understanding others) Mind, Heart, Arms  
Awareness - Breath (waterfall), Posture, P.M. Attitude, environment and surroundings, people  
Creativity - Bluffing, change routine, think before speaking, 'bigger the bowl', fun  
Evolution - Common Sense, technology, and research (ie, paper maps vs internet)

• **VISUALIZE** - See the Details of the image (name game, attire/colors, size, etc.)

• **FOCUS** – Overcoming Obstacles, visualize through the obstacle

• **JUGGLING** – Managing multiple priorities, single building block [Keep it Simple]

• **AWARENESS - ALERTNESS - AVOIDANCE – ANTICIPATION**

• **ACTION (3 RING CIRCUS - CONCEPT AND PRINCIPLES)**

same techniques yet used differently depending on the circumstance and situation

Shouting NO/YES – using your diaphragm (Ki) and not your throat

Your Power: *Generated by feet, directed from hips, expressed thru the hands*

Arms Up – Tan Sao block & guard, counter with palm or elbow

Hand Attacks - Palm Heel, Claw, Elbow [Use Pads to strike]

Targets: Face, eyes, ears, bridge of nose, throat, kidney, groin, arm, 'clapping'

Leg Attacks - Knee w/ kicking stance, front thrust [Use Pads to strike]

Targets: Thigh, Instep, groin, body w/ twisting using front and back

Combinations - Hands, Legs, Voice, ... Run

Car jacking, Weapons, Sprays, Hold-ups - Comments

Floor techniques...Wait for right moment!

**Awareness - Control - React**

• Questions - Comments - Feedback

*"It is better to be a warrior in a garden than a gardener in a war."*

--Chinese Proverb

It is much better to learn how to prepare yourself physically and mentally when you're currently in a calm and easygoing situation/environment.