

Good article review about getting down and dirty with combative

[Sociology](#), [Violence](#)



According to Karen (2013), Police Officers normally train often with guns but less so for the circumstances they get themselves in most of the times. OC spray, teasers and batons are usually on the duty belt of the officer but these may not all the time be viable choices. Other times some good old fashioned hand-to-hand combative is inevitable. Hence, when that time approaches, it is vital to one to have acquired the skills that will finish any violence as fast as possible

There are several excellent hand-to-hand combative systems carried out, for example, Wing Chun Kung Fu (WCKF) which is mostly preferred because of its overall effectiveness particularly for female practitioners and also since it is easy to learn it. WCKF is a combat system based on principles that has got nothing to do with a person being bigger, stronger faster, or gender. The system is comprised of twenty five principles; the most significant ones are relaxation; when attack the attack; sub-hydro shock; face the form; sensory overload; and “killing spirit”. Because the system is founded on principles, its strategies as well as physical skills can be studied and retained very quickly (Karen 2013).

The system also put emphasis on confidence, intercepting, timing, capturing the centerline, and setting up for repeated strikes, trapping as well as shocking the opposition.

Intercepting refers to how the practitioner responds to incoming force whilst simultaneously striking their adversary. Timing involves being present where the practitioner, or his or her strikes, ought to be the moment they require them. Capturing the opponent's centerline permits manipulation without usual “strength” even when an adversary is much stronger or bigger when

compared to the practitioner (Karen 2013).

Trapping permits the practitioner to control the hands and arms of their opponent while simultaneously striking them. Shocking is the striking the adversary with strikes that bring about sub-hydro shock and enables practitioners to injure the soft body tissue as well as internal organs very fast with very little effort and with destructive effect. The great thing about this system is that it provides the practitioner with a skill that at all times has him or her in a position where he can strike using one hand whilst the other hand controls the enemy (Karen 2013).

This system has many benefits. The fighting principles of the system can be applied to escorting, searching and/or cuffing suspects. The system's principles make use of skeletal control opposed to pain compliance or muscle control. A lot of the subjects the police officers are dealing with on the streets do not react to pain compliance techniques maybe for the reason that they are drunk or simply because they have "that" body type that just does not react (Karen 2013). However, every individual has a skeleton, and through manipulating it whilst searching and cuffing subjects, police officers can have total control despite their size, or size of the suspect.

Another advantage of WCKF is that through studying principles as opposed to simple rote systems of "if A, then B," it offers a person with the foundation to move past unarmed combative as well as using non-firearm artillery very effectively. The system plus the way it is educated, in other words, permits the practitioner to quickly gain the knowledge of how to utilize knives or whichever makeshift hand-held weapon whilst fighting. The

WCKF system already has educated the end-user regarding body positioning also more importantly the “ target points” on a person’s body (Karen 2013).

References

Karen B. (2013). Getting Down and Dirty with Combatives. Retrieved from https://www.hendonpub.com/law_and_order/articles/2013/08/getting_down_and_dirty_with_combative

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