

The Martial Arts of **Crouching Tiger, Hidden Dragon**

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SAN JITSU VS.



A GANG ATTACK

Entwinement Techniques Enable You to Tie Your Enemies in Knots!

by Frank E. Sanchez

A middle-aged man turns and locks the door to his house, unaware that his mundane routine is about to be interrupted by violence. He gets into his car, turns on the radio and heads for work. After traveling a few miles along a back road, the dashboard lights up and the car sputters to a halt along the side of the road. The battery is dead. Muttering to himself, the man gets out of the car, pulls up the collar on his coat and walks off in the pre-dawn air. It is cold

and damp as he covers the remaining miles to work on foot.

Nearing his destination, he turns the

corner and sees two muscular young men standing under a street light. Their warm breath travels upward into the night sky, giving them a sinister appearance. As the man nears the two youths, he hears fast footsteps from

Four opponents: Three men hold Frank Sanchez, and a fourth approaches from the front (1). Sanchez dispatches the man in front with a low front kick (2), then grabs the wrists of the men on his left and right (3). Next, Sanchez spins and ducks to entwine their arms (4). Once they are tied up (5), the san-jitsu stylist torques their arms to throw them onto the first attacker (6).



PHOTOS COURTESY OF FRANK E. SANCHEZ



Three opponents: The assailants restrain Frank Sanchez by holding his neck and wrists (1). Sanchez sends a side kick into the groin of the man on his left (2). Lowering his body, Sanchez uses his free hand to grab the non-choking arm of the man to his rear (3). The san-jitsu expert then drops to one knee to throw the rear attacker over his shoulder (4). Next, Sanchez stands and entwines the arms of the third opponent (5) before throwing him onto his partners (6).

behind. The two young men bolt into action and attack the man, while their two accomplices try to approach from the rear and grab his neck and arms. The only words that come out of their mouths are "Get him!" and then there

is the sound of snapping ribs and breaking bones.

Three seconds later the four attackers lie moaning in a heap of twisted, broken bodies. The middle-aged man dusts himself off, steps up onto the side-

walk, pulls his keys out of his pocket and opens the door to his *dojo* (training hall). Little did the attackers know they were dealing with a trained martial artist and had just tasted a *san-jitsu* four-man technique.

Although the multiple-attacker scenario may seem like it's straight out of a comic book, it can happen. If you have been trained correctly, you can survive such an encounter. If you have not, you may perish. The moral of this story is not that you should avoid such situations altogether; rather, you should prepare yourself to fight under any circumstances so you can ensure your own safety.



More Than One

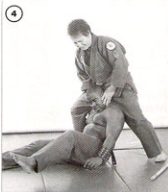
Despite all the arguments to the con-

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Two opponents: Frank Sanchez maneuvers behind the assailants and grabs their fingers, curling them inward as he presses his elbows against their forearms (1). As they bend forward from the pain, Sanchez rotates his body clockwise and twists the wrist of one man until he falls (2). He then continues his body rotation to force the other attacker to the ground (3). To finish him, Sanchez straddles his trapped arm and lowers his weight onto his elbow (4).



One opponent: To defend himself against an overhead club strike, Frank Sanchez moves off the line of attack and deflects the weapon (1). The san-jitsu stylist then pushes the club-bearing arm between the attacker's legs (2). Once it is trapped against his groin, Sanchez pushes downward on the attacker's head while lifting his arm (3). After the man rolls forward, Sanchez helps him into a sitting position so he can step over his shoulders (4) and apply pressure against the back of his head (5).



trary, martial arts techniques can work against multiple opponents—if you possess skills that are sufficiently advanced, if you recognize opportunities as they arise and if you catch your enemies by surprise. Possessing the requisite skills is self-explanatory. Recognizing opportunities means exploiting openings in your attackers' defenses, as well as sensing an escape route or picking up an improvised weapon and using it in an effective manner. Catching the attackers by surprise means concealing until the last possible minute your knowledge of the martial arts. It means you don't yell out that you have a black belt in karate because that could get you killed.

To acquire a better feel for what it's like to defend yourself against more than one opponent, try "gang drills" in the dojo. You are confronted by several people at once, and your objective is to survive for at least a minute using all your evasion and attack skills. You will soon learn the importance of conditioning your body and its weapons so they can deliver enough power and penetration to disable each attacker with a minimum number of blows while you are still on

your feet and able to move freely.

If your opponents manage to close the gap and grab you, you should immediately relax so they put as little effort as possible into restraining you and you expend as little energy as possible resisting them. Once you have decided on a course of action, you must explode into the technique using as much body weight and speed as possible until you have completed your mission.

Tying Techniques

If you are looking for a way to save your skin in a multiple-attacker scenario, consider san-jitsu's four-man technique. It was designed to function when you are confronted by an assailant on your left and right and another behind you. As the fourth man approaches from the front, you sink your body to bring the weight of the other three men forward. When the man in front comes within range, you drop him with a strategically placed low front kick, then grab the wrist of the man to

your left and the man to your right. Next, you spin quickly and powerfully to entwine their arms. Then you lever one of the arms inward to bind the others' arms and throw them onto the first man, who was dropped by the front kick, using the limb lock to force their bodies to fall in unison.

If you are attacked by a smaller gang, consider san-jitsu's three-man technique. As they grab you around the neck and hold your wrists, you drop your body to bring their weight forward. Then you kick the groin of one of the adversaries who is holding your wrist. That should make him let go of your arm. Next, you grab the arm of the opponent to your rear and drop to one knee to throw him forward. You quickly entwine the arms of the remaining opponent and use an arm lever to throw him onto his downed cohorts.

If your attackers are a pair, san-jitsu's two-man defense can be used. First, you maneuver behind the opponents, who are standing at your sides,

