

Street_Fighting_2001.txt
Survival
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By: The Nimpha
Dedicated to the 2600 Club
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This file contains the elements of street fighting and fighting with weapons.

TARGETS OF SERIOUS INJURY

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- Into corner of eye. (Will blind, and hemorrhage)
- *Into pupil of eye. (Will blind, hemorrhage or kill via optic nerve)
- Throat. (Hemorrhage, extreme pain)
- *Into esophagus. (Hemorrhage, extreme pain)
- *Into heart muscle. (Fatal stoppage)
- Into stomach or sides. (Can hit vital organs, hemorrhage)
- Groin. (Hemorrhage, and very "uncomfortable")
- *Into mastoidal opening behind ear to brain. (Fatal)
- Anywhere along the spinal chord between the vertebrae. (Causes paralysis, hemorrhage, possible death)
- *Base of skull upwards into lower brain. (Same as above)
- Kidneys. (Hemorrhage, extreme pain)

The items marked with a '*' are extremely dangerous to hit. The shock of the blow or the actual blow can be fatal.

MEDICAL IMPLICATIONS OF BLOWS & KICKS

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Have you ever wanted to know just what these blows and kicks were doing to the victim??? (You should print this part out, because it refers to the list all the way through)

- A. Considerable pain
- B. Possible bleeding

- C. Disorientation
- D. Serious injury unlikely
- E. Greater possibility of serious injury
- F. Possible brain damage, shock force
- G. Breaking of nasal bone; nose bleeding
- H. Impractical
- I. Numbing of arm
- J. Unconsciousness
- K. Convulsions possible
- L. Damage of carotid artery
- M. Possible dislocation of 7th cervical vertebra
- N. Startle, stun, hemorrhaging
- O. Brain damage
- P. Little serious injury
- Q. Knockout
- R. Gasping/choking; possible death
- S. Muscle spasms
- T. Broken rib; could rupture kidney
- U. Internal injury to organs
- V. Fracture, tear cartilage or broken bone
- W. Dislocate knee; tear ligaments
- X. Dislocation
- Y. Fracture
- Z. Fracture, metatarsal bones
- A1. Permanent injury
- A2. Blindness
- A3. Possible fatality

TYPE OF FIGHT

- Small person vs. large person-----\
 - Large person vs. small person----\ \
 - Two equally sized people-----\ \ \
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FORCEFUL	side of hand slash or hammer fist to bridge of nose	A B C D	E F G	H
FORCEFUL	open hand slash or hammer fist to side of neck	I J K	F J L	H
FORCEFUL	hammer fist or open hand blow to base of neck	A M E	A M E	H
FORCEFUL	temple blows by heel of palm, hammer fist, or elbow blow	F J K		
FORCEFUL	blow to side of nose, fist slash, elbow smash	A B G C	A B G C	N P
FORCEFUL	blow, up under nose, heel of palm, elbow smash, slash	A B G C	A B G C	N P
FORCEFUL	claw, poke, thumbing to eyes	A1 A2	A1 A2	A1 A2
FORCEFUL	blow, up under chin, fist, heel of palm, elbow smash	Q A C E	Q A C E	C

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FORCEFUL	blow to ear, fist or cupped hands	C	C	H
FORCEFUL	blow to Adam's Apple, straight hand hit	E	E	C
		R	R	D
FORCEFUL	blow to hollow of throat, straight hand hit	E	E	C
		R	R	D
FORCEFUL	blow to side of neck, slash, hammer fist	J	J	C
		A	A	J
		C	C	A
		A3	A3	
FORCEFUL	blow to collarbone, slash, hammer fist	D	P	H
		I		
		Y		
FORCEFUL	blow to base of neck, open side of hand, hammer fist	A3	A3	A
		A	A	D
		C	C	H
FORCEFUL	blow between shoulder blades, hammer fist	D	E	H
FORCEFUL	blow to kidney area, straight-in punch or kick technique	T	T	D
		E	E	
		A3	A3	
FORCEFUL	blow to Solar Plexus, straight-in punch, heel of palm, kicks	T	T	D
		E	E	
		A3	A3	

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FORCEFUL	blow to last rib, fist, elbow smash	A D	A D	H D
FORCEFUL	blow to inside of elbow joint, open hand hit	A D	A D	D D
FORCEFUL	blow to outside of elbow, Atemi, Waza	Y X A	Y X A	Y X A
FORCEFUL	blow to forearm area, tip of mound	A I	A I	A I
FORCEFUL	blow, lower abdomen & groin, kicking techniques	A C E U	A C E U	A C E U
FORCEFUL	blow to knee, kicking techniques	A C X Y	A C X Y	A C X Y
FORCEFUL	blow to shin, kicking techniques	A C X Y	A C X Y	A C X Y
FORCEFUL	blow to instep, heel stamp	A C X Y	A C X Y	A C X Y

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Z Z Z

FORCEFUL blow to ankle, A A A
 kicking technique C C D
 X X
 Y Y
 Z Z

THE 10 COMMANDMENTS OF STREET FIGHTING
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1. Never underestimate your attacker. Assume that he is dangerous.
2. Don't get fancy. Use simple but effective tactics.
3. Always be sure to maintain your balance.
4. Be quick and keep the reactions flowing. Keep striking, never let up until you know your aggressor is down for good.
5. Nothing is unfair. THERE ARE NO RULES!
6. While counter-attacking, NEVER lose sight of your opponent.
7. Deliver ALL blows to weaker areas.
8. Keep yelling and cursing as you counter.
9. Use any available object or weapon to detract your assailant's techniques.
10. Fight as if YOUR life depends upon the success of YOUR counter-attacks. It just might!

NERVE CENTERS
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If you happen to have some medical books, or charts, here are some nerve centers of the human anatomy.

Head

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Occipital bone

First cervical vertebra (Atlas)

Second cervical vertebra (Axis)

Frontal bone

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Jugular vein
Heart
Lungs
Liver
Kidneys
Intestines
Spleen

Coming soon: Part II

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