

Martial Arts Mastery

A Tell-All of Tips, Tactics, and Techniques

Best of ...

Number One



REVISED AND REPUBLISHED

back by popular demand

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(Much of this ebook was originally published in **May of 2002**. This is a much improved version. It has been **revised and updated**.)

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Please send anyone interested in these articles to KerwinBenson.com They'll be able to sign up to Martial Arts Mastery and receive more ebooklets and articles.

This ebooklet is designed to provide authoritative information about martial arts -- it's intended for martial artists, specifically those interested in combative self-defense. It is sold (and distributed) with the understanding that neither the author, the publisher, nor anyone involved with the ebook is engaged in rendering legal advice, or advice and expertise for your specific situation or set of circumstances.

This is an information ebook only, and no liability will assigned to any party for the rendering of martial-arts training advice or application suggestions. There is always a risk involved in any martial encounter, even training.

If expert counseling of any kind, including legal, is required, the services of competent professionals should be sought for each specific area in question.

Do a lot of your own research too -- and be careful when practicing.

Readers are urged to take steps to stay safe while practicing and making decisions about their martial-arts training and teaching others. There are so many variables. Be aware, plan ahead, and train with safety in mind.

Do what it takes to stay safe, and always avoid fighting, if at all possible.

Thanks to Matt Marty, Mike Russell, Woody Edwards, et al. for the photo ops.

~REVISED~

The Best of Martial Arts Mastery #1

by Keith Pascal

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Welcome to the Premiere 'Best of' Issue

...

Wow! This premiere, best-of issue appeared so long ago. [Martial Arts Mastery](#) has now published well over 500 issues. This first best-of selected articles hails from around Issue #70. (That was about a decade ago.)

Recently, I was rereading the original collection of articles, and I realized there is some very useful martial-arts info. contained within. This is so topical with the MMA, Cagefighting and combatives that seem to incorporate so much grappling into their arts.

Keep in mind, that I always emphasize practical-application, self-defense. So, don't expect the same, wrestling-minded, rule-bound groundfighting techniques. I think you are really going to appreciate what you find in the next 20-30 pages.



Why aren't there any bylines to the articles?

My name is Keith Pascal; I wrote every article, tip, and ad in this issue. I don't see any reason to publish my name under the title of every article, do you?

If you like something that you read, drop me a note. If you have any comments, corrections, additions, deletions, and or completions, address your email to:

info@kerwinbenson.com

Now, let's get to those articles and tips,

Keith

PS All of the old, dead ads have been replaced with some great, current offers and resources. Be sure to take a look ... everything I write comes with a money-back guarantee. This fact is important to me.

'Kick Catcher' Follow-ups

Your attacker kicks at you ... maybe with a roundhouse, instead of a forward thrusting kick.

The kick comes in toward your side. By luck or by pluck(ing the foot out of the air), you manage to catch it.

Your opponent kicks and you catch the kick.

Now what?

1) Shift so you are holding the leg with one arm, if you need to, then ...

2) Go for an eye jab even before you solidly have the foot trapped, if you can reach the eyes.

3) Even though you hold a leg in one arm, you still have one arm/hand free to pound on that trapped leg — elbow strikes, phoenix eye knuckles, and fists.



4) Kick — you can kick the leg that you're holding.

5) You can kick the leg supporting your attacker's weight.

→

6) You can follow the line of either leg, and find your attacker's groin with your kick. If you encounter resistance along the way to the groin, kick switch to another target.

7) You can sweep the supporting leg.

8) Maybe you turn the knee downward and slam it into the pavement —not with a practice partner.

9) You can combine all of the above — ex. eye jab 'while' kicking your opponent's leg out.

And if that's not enough, you have hair grabs for a control. You can deal with your opponent's free hand closest to you, and you can ... **run away!**



Careful. If you kick out your practice partner's supporting leg, and you lock the kicking leg, you could cause injury -- good against an attacker; bad for a practice partner.

Do You Crave More Practical Martial-Arts and Self-Defense Articles?

I handpicked 100 practical articles from the over 1,700 that I have written. Then I eliminated some of those and wrote new articles to fill in the blanks. I added some photos (more for visual interest than how-to), and put them into an ebook. You are about to learn some great tips for taking on opponents bigger than you, for causing more damage with your strikes, get in your kicks in more often, and so on.

Well, delve into the Death Touch, hair grabs, grappling, one-inch punches, angled hits, sweeps, balance, solo training ... and the list goes on.

These articles ARE NOT generic definitions of terms. Just like in this ebook, you get valuable information —tips and how-tos.

For an absolutely incredible deal, click on the following link:

[100 Practical Martial-Arts Articles](#)

Tip:

He or She Who Turns ...

Careful, careful, careful!

You could hurt your practice partner. Or your practice partner could hurt you. And depending on your morals, I am not sure which is worse ;-)
Your attacker kicks; you grab the leg, and now you respond with one of the ideas from the previous article, or ...

Turn and run away, while still holding your attacker's leg.

Just start running in the opposite direction. And drag your attacker's leg along with you.

Who knows, maybe the rest of the body will follow.

Ouch.

Be careful, while practicing. Know at what point your partner loses balance. Have a verbal tap

out, like "STOP!" With this technique, you have a new old adage:

"He (or she) who turns and runs away ... could do an awful lot of damage to an attacker."

Some martial artists may be afraid of running with the leg, and not out of fear of hurting their attacker.

If you have watched enough martial arts movies, then maybe you could imagine two responses to a leg grab. You grab the leg, and are about to run, when:

- 1) Your attacker uses the supporting leg to swing up and kick you in the air a la Brandon or Bruce Lee. (aerial flip optional)
- 2) As you drag your opponent backwards, your opponent does the splits a la Van Damme. From there, he grabs or traps your hand, and he hammers you.

Guess what?

Those two scenarios just won't happen ... especially if you don't pause between techniques.

You'll instantly flow from one to the next. You will know how to keep your attacker from

finding his/her balance.

And if you still feel that there will be a fancy few who can successfully execute one, lean in with your body to add pressure.

Really lock the foot. The lock I use is very much like the Basic Lock in my book, [Wrist Locks: From Protecting Yourself to Becoming an Expert](#), pages 48-65. I like the solid feeling of the Basic Lock. For those who don't have the book, you can still practice the exact same lock, you just won't have the variations.

A Perfect Tip for the Fancy Few

Here's the way to find the lock:

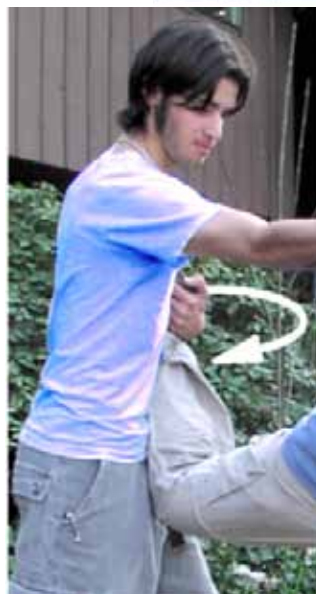
Catch you practice partner's foot.

Have you partner cooperate by maintaining balance ... and not attempting a counter, for now. You have the foot caught in the crook of your arm, the ankle rests between your biceps and your forearm. Now, with your other hand start twisting the foot.

Twist it, so the toes rotate inward — the direction of the big toe rather than the little one.

As you rotate the foot, start bending it inward. You'll know you are doing the lock correctly, if your opponent's knee starts to point to the floor.

At this point, I turn the lock in on itself. I try to make a smaller turn. I really apply pressure.



Experiment. You can get a lot of control with this lock. When I do it, I usually control the entire foot with my catching arm (the one bent around the foot).

I use my other hand to deal with any stray attack, and to mount some attacks of my own. So, if by some tiny chance, you get one of the fancy few who tries to kick you with the other leg, or do the splits on you, you can shut this turkey down with a quick, efficient foot lock.

Also, remember, feel free to mix and match anything that you read in this Best-of Issue. To that end, you could eye jab, lock the foot, AND run with the foot still locked.

If there running with the foot comes with a big warning for the safety of your practice partner, then running with a locked foot carries a double safety warning. Of course, this is great if you ever have to fight a real attacker.

No More Fooling Around in a Fight!

You know what I am talking about ... which problem do you face in a self-defense encounter:

- Your attacker overwhelms you. Before you know it, your enemy is all over you. You never had a chance to even fire off one, good hit or kick.
- You trade kicks or hits with your attacker. You can't think straight, and what you know isn't working quickly enough.
- You are tired of the same ol' same ol' advice on the Internet. You want something that really works in a REAL fight. No pie-in-the-sky theory.
- You can't get away. For some reason, this jerk has targeted you. All you want to do is ...

End The Fight Fast!

**[Click Here to
End the Fight
with One Hit](#)**

Are You Having Problems Catching Kicks?

Can't Get the Techniques from the Previous Articles to Work?



Here's a Fine Method for Learning to Catch Kicks

Look for kick traps that:



- Account for fakes. What happens if your opponent fakes low, but then kicks high? Does your trap allow for this?

- Don't force you to take a solid blow to the upper arm. If there is no give, and your opponent kicks you full force on the biceps or triceps, you could be in for a nasty

Charlie horse (cramped muscle), when your arm feels paralyzed.

- Have some 'give' in your check. You need to absorb or redirect some of the force. If your check hands are too close to your face, you could end up getting wacked in the face with your own hand, by the force of the kick.

One good technique comes from wing chun — a kwan sao.

You form the check with both hands. One hand resembles a low bong sao

and the other a tan sao. You want to form a 'V' with your arms. Or maybe, I should say, you want to form a '<'

Make sure that the upper hand isn't too close to your face.

You want to be able to take a solid kick without your hand getting smashed backwards into your face.

The force of your energy should be more at a 45 degree angle, rather than a check to the side. In the photo, I caught Mike as he was rotating to a more forward energy. Blame it on the lag time between depressing the camera button and when the digi-cam actually took the shot [smile].

The 'V' slows the kick enough to catch it So, why do you use two hands, and why do you position them in a sideways "V"?

Easy. You are allowing for fakes.

Any kick that enters the 'V,' will slide to the center. The force of the kick along with your arm positions as guides make it an easy task to get the kick to where your arms meet.

From there, you snake your lower arm around into a catch.

Presto -- you have caught a kick.

Note: Maybe in a future regular issue (text version), we can discuss switching sides. What do you do if the person kicks with the other leg?



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- Youtube.com (KipPascal)
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Pen to the Inside

Many martial artists seem to fear going to the inside. More than a few have written in expressing this thought. Finding yourself on the inside is fine, if you know how ...

... to deal with the situation.

Some nice openings present themselves to those who can spot them —or feel them.

One way to get started finding openings is by changing the paradigm.

Instead of talking about empty-hand self defense, let's switch gears for a minute or two.

It's time to get back to self-defense with a pen. I use an inexpensive ball point pen. For this exercise, I hold the pen protruding out the thumb and forefinger side of my fist. I have my partner attack with a punch. She punches with 'matched hands.' If I am holding the pen in my right hand, then she punches with her right hand.

I start to counter with a strike from my pen hand. At the same time, I step off forward and a little to the left. This leaves my pen hand on the inside of her body. We practice this over and over. Each time, I pick a different target:

- Pen to one inch above the inside of the elbow. Nasty nerve!
- Pen to between the biceps and the triceps on the inside.
- Poke the pen into the 'v' below the throat and above the chest
- Poke the sternum
- Practice an eye jab (protective gear necessary)
- Jab to the throat
- Hook to the temple or the ear (serious consequences) At first, practice slowly for precision. Then speed it up later — keep control.

Now, to complete the article — put your pen back in your pocket. It's time to go back to empty hand defense.

Do you have some new targets to contemplate?



Ok, it's confession time!

I didn't have a good shot of a strike with my pen to the inside of the triceps or to the throat. And today, as I lay out this Best-of PDF, nobody is around for filming.

So, I typed in *knife fight* into GOOGLE images, and found ... these photos from one of my own web sites! I grabbed the photo, erased the knives, and quickly dropped in a few ball-point pens. And voilá.

And there you have it. A Photoshopped® couple of images ... in a pinch.

Grappling —

Don't Worry About the Arms With this Technique

Gouken ShengLong wrote in asking about Bruce Lee and grappling:

Hi Keith,

It's Gouken. I wanted to ask you a question about grappling in JKD.

Well, starting with Bruce Lee, we all know how Bruce trained himself to become as complete a fighter as possible, we also know that he had incredible skill in combat.

However, it seems to me that many people are only aware of his stand-up fighting skills. I know that Bruce understood the importance of being well rounded ...

...why do you think he only touched on grappling in his films? Could it have been to emphasize the importance of stand-up.

While still on the subject, how would you describe the grappling skills taught in JKD today?

It would make sense that efficiency effectiveness expressed in the JKD's stand-up repertoire should be seen also in their grappling how effective is their grappling....

First, let's talk about Gouken's letter, then we'll get to an example technique.

Others have also commented on the lack of grappling in Bruce Lee's films.

I'd like to prove to you that Bruce Lee did incorporate submissions and take-downs into his movies ... at very key points.

To begin, think of how *Enter the Dragon* begins. At the Shaolin temple, while he is wearing the black kenpo gloves, how does Bruce Lee defeat his opponent (Played by Sammo Hung)?

Read between the lines in that scene. You'll get a valuable grappling lesson, I promise.

That wasn't Bruce's only example of groundfighting. He grapples in other spots, including ...

The Game of Death.

By now, many of you know that John Little uncovered extras footage never before released from *The Game of Death*.

There are some great, never-before-seen fight sequences of Bruce Lee in *The Game of Death*. And now, everyone can see the extra footage in **A Warrior's Journey**.

My wife and I saw some of the extra footage, never before released, surrounding the Kareem Abdul Jabar scene at the 2000 Bruce Lee Memorial Seminar. Very Cool.

And that happens to be the scene from *The Game of Death* where Bruce Lee grapples.

Can you guess why? Think of Kareem's height.

Note: Think of Bruce Lee's lack of focus on grappling this way:

Bruce didn't talk about wrist locks much either, yet I managed to write an entire book on the subject, while staying pretty faithful to the Bruce Lee philosophy.

Even **John Little, the first authorized historian of the Bruce Lee Estate**, made some comparisons in his kind review of **Wrist Locks: From Protecting Yourself to Becoming an Expert**.

The John Little Review has been in storage for years, now. I thought, I'd dust it off, and reprint it here, for your (and my) amusement. This is what the guy who edited all of the Bruce Lee work had to say:

Keith Pascal has authored a book that is not only highly informative, but also highly entertaining. With the right blend of "how-to" and humor, Mr. Pascal has given his readers the means by which to acquire proficiency in this often overlooked component of a complete martial artist's arsenal, without being in any way dogmatic in his teachings.

Bruce Lee often emphasized the importance of cultivating an inquiring mind in his students and Keith Pascal, similarly, encourages his readers to question, experiment and research for themselves every technique that he presents in his book –along with any others that the reader may encounter in the future.

For this, as much for a very enjoyable read, Mr. Pascal is to be commended."

John Little, The First Authorized Historian of the Bruce Lee Estate

Richard Bustillo's Grapple ...

Gouken wants me to comment on the state of grappling in the JKD world.

Sorry, you picked the wrong guy. I can no longer claim to keep track of all of the variations of JKD.

Remember, I will credit Bruce Lee, but not the permutations of his style that arose after his death. Instead, may I offer you a technique that one of his students taught me at one of the earlier Memorial Seminars?

Many of you have heard of Gene Lebell and a few have heard of Larry Hartsell, but until you have grappled with Richard Bustillo ...

My neck still hurts thinking about it, and he was being 'kind.'

Hmmm — a quarter inch more torque, and I'd never be able to do a magic trick for him again. In fact, Richard probably doesn't know me by name, but he won't forget my feats of legerdemain.

[After this article, he certainly knows me by name. After all, I had to get permission to use his photo on the cover.]

Richard's Grappling Technique



Have you ever put someone in a headlock?

In the past, whenever I effected a head lock, I would wrap my arm around my

attacker's neck. One side of his head was pushed up against my body (rib cage or chest).

The other side of the head was held firmly in the crook of my arm, with a lot of forearm pressure. And my opponent's body was behind me.

Richard put on the headlock in reverse.

The body stuck out in front of me



— or more accurately, my body stuck out in front of Richard's — since he was the one who had me locked.

You can get to this position from the ground or standing.

Let's talk about it from a standing position:

Your opponent is standing in front of you. After your initial encounter, he bows

his head forward to you — maybe you punched him in the stomach, and he (or she) is bending forward in pain. Maybe you pull him forward

with a hair grab after your initial encounter.

Or maybe you started to do a lock that involved the neck, and your opponent tries to slip the lock, by bending forward and worming his way out of it.

Whatever the reason, his head has just bowed in toward your chest.

Use this opportunity to grab him in a head lock — with his head sticking out behind you.

I hope you have stayed with the article to this point, because here's where you get the dessert.

Instead of trying to work your arm under your attacker's chin, so you can grab him around the neck, put your lock 'on' the chin.

Now — TAKE IT EASY!!!!

Don't break your practice partner's neck, OK?

Rest his chin on your forearm.

Now do two actions at the same time:

- 1) Twist his head a little to the side
- 2) Lift his chin, making him bend a bit more at the neck.

Doing both of these actions at the same time will cause (or



should cause) excruciating pain. In fact, you better have a tap-out system for your partner — release pressure as soon as your partner taps your body.

Now, in Richard Bustillo's original lesson, he taught us what to do with your opponent's arms while the lock is taking place.

The beauty of the slight torque and having the arm on the chin rather than under is you don't have to worry about any other attack from this guy.

If your attacker tries anything with his arms, or even a kick with his foot, you just apply a little more pressure.

The pain convinces him not to try anything.

End Note

Well Mr. ShengLong, are you convinced yet that grappling is alive and well with the Bruce Lee disciples?

This is just one technique. I have seen several of the Bruce Lee students incorporate grappling into their training.

If you have read the concept of *The Point of No Return* from my book on wrist locks, then you understand that I look for grappling techniques that control any attempt at countering. Once you get them beyond a certain point in the technique, you should have your attacker completely locked down.

I tend to reject techniques that would offer my opponent lots of counter techniques.

End Note on the End Note:

Since I only had permission to print the photo of Richard Bustillo with me, I used some sketches of him that I drew.

They were taken from his demonstration at the Second Annual Bruce Lee Memorial Seminar.

If you look at the photo in the article, you'll notice that Woody's controlling arm is palm down under Mike's chin.

Richard Bustillo taught it to me with his controlling arm palm up.

Different circumstances require different positions —I guess ;-)

Experiment.

Quick Tip: An Intentional 'Oops' — For Practice

Don't forget — when you practice grappling, practice falling on each other.

Your partner moves in for a grapple technique. Let the grab carry you, right on top of your opponent. Allow your dead weight carry him or her down to the ground.

Can your partner still tie you up as planned. Is a modification of technique necessary?

What do you do if your savvy opponent knows to throw you away from his body?

Easy. Grab on to something — a gi, a shirt, his neck, his hair, an ear — anything.

This is just an exercise. You are prepping each other for real life.

In real situations people do grab. Moves don't go as planned.

Adapt.

Free Copy of The Deleted Wrist Lock!

- **No email address required**
- **No charge (I'm nice)**
- **A fun lock for experimenting**

[Click Here](#)

Last Tip:

Mid-Technique Change — Smash!

You don't need to buy my book on [Wrist Locks](#) to make that reverse head lock work. For me it's natural to trap a flailing attacker's arm into some sort of a joint lock.

And while Wrist Locks shows you some great controls, you don't need them for my next dangerous piece of advice.

Imagine that you have your attacker in a reverse headlock, where his body is sticking out in front of you.

You start to pivot his body over going for the belly-up position, or you start to step off to the side, and just as you do, the headlockee tries a counter.

He starts to grab you. He tries to twist out of the lock.

He lifts his leg to try to kick you.

If you are in violent mode, a good response is to let go of his head, with a hard swift shove towards the ground.

This is one of those 'nobrainers' (pardon the pun on the condition you'll leave him in):



- He tries to grab ... you throw his head towards the ground
- He tries to kick ... you throw his head towards the ground
- He tries to grab your clothes ... you throw his head towards the ground
- He tries to throw you ... you throw his head towards the ground
- Whatever he tries, ... you throw his head towards the ground!!!

Never feel that you have to complete a move gone sour. If something isn't working out, change.

If you start to lose control, regain it instantly by cracking the head into the cement.

Warning!

Did I mention the legal consequences of such an action?

Over 100 Time Better!

When this Best-of PDF was originally published, *Wrist Locks: From Protecting Yourself to Becoming an Expert* was in its infancy. In its first, hardcover edition.

Since then, that first edition has gone out of print, though I hear it's still available on Amazon for hundreds of dollars, at the top price. There was also an ebook based on the first edition ... now, also out of print.

Even though they were critically acclaimed by such greats as John Little (look for the green testimonial box in this issue), it was my very first attempt at writing a book. I have improved since then.

I am happy to announce that *Wrist Locks* has been revised. The new edition has 423 brand new photos (no more rough illustrations). Many of these photos are sequenced for better learning and comprehension.

There are also some new locks that have been added. And one lock was retired.

Finally, this new, soft-cover edition includes **TWO BONUS CHAPTERS**, featuring an original Bruce Lee and Ed Parker student.

[**Click Here!**](#)