

## Total Approach Concept

### What is it and “WHY” is it important?

By Troy Coe

The driving force behind this concept will become more evident as it is laid out. This will be the lengthiest explanation thus far.

Let's define ***“Total Approach Concept”***:

***“Combat is unpredictable. Therefore a true martial artist must explore and develop a variety of combative tools, and learn to use them in a variety of situation.”***

Even a cursory examination of combat will unveil an extensive list of potential options. Some of those options are vast in scope and some small, but all have validity if you were to research options and list them. Preference can play a significant roll in a person's choice of discipline to pursue. Sometimes a persons physical and psychological makeup will also play heavily into the decisions made. Basically, almost anything can happen in a personal physical conflict. As such, if a student of the martial arts is honest, they would not limit themselves to one or two disciplines as the only disciplines needed to handle all situations.

It does make sense to pursue a martial art that your physical **and/or** psychological makeup compliments. However, having one and not the other could prove to stifle progress. A person of smaller stature may believe that they could never become proficient enough in an unarmed method of fighting to be reliably capable and chose to go the weapons route. Whether this approach to weapons is to carry and wield a firearm, stick, or knife (***or something different altogether***) comes with its own set of problems.

So how do we approach this seemingly insurmountable list of possibilities? How do we ***“explore and develop a variety of combative tools?”*** First, we need to generate a list of categories to work from.

There are two categories, unarmed and armed. The “Empty Hands” list is comprised of eight ways of attack. There are countless ways to attack or be attacked, but they will fall into one of eight ways. There are five forms of weaponry.

## **8 Ways of Attack -**

### **1. Direct Attack -**

Direct attacks are techniques designed to strike with speed and simplicity **making no attempt to hide their intentions**. (*all singular economy and power strikes*). Direct attacks are listed as number one because they are the most common form of attack. The most basic way of aggression is direct and straightforward. Almost all attacks are a direct attack to some degree, but a few of the following have an entirely different purpose.

### **2. Indirect Attack -**

Techniques designed to disguise the real intentions by first deception (*all fakes, feints and street deceptions*). Indirect attacks are actions that are intended to draw an opponent's guard out of position or destroy their composure and timing to make it more difficult to defend. The goal is to make the opponent believe the lie of the attack. **Example** - Fake front kick to the groin (*they attempt to block the kick*) lead jab to the nose.

An "Indirect Attack" is the exact opposite of a "Direct Attack," the goal here is to **make every attempt to hide your real intentions**. You will in effect, be lying to your opponent by initiating a strike that looks believable enough for them to defend. To force your opponent to react, you must create a situation that will compel your opponent to defend or attempt to defend for concern of getting hit. This is the most critical element of an "**Indirect Attack.**" It will only work if your opponent reacts to your misdirection.

"**Indirect Attacks**" are difficult to execute due to this action not being an actual "attack." It is critical to take care when developing these skills because there are specific underlying subtleties that allow fakes to work. "**Indirect Attacks**" should only be applied if you are having difficulty hitting your attacker and they do not seem to possess the ability to counter-attack (*your basics are not working*).

### **3. Trapping Attack -**

Techniques designed to temporarily displace or secure an opponent's defense and clear the way for an attack. (*all Beats, Rakes, Hooks, and Checks*). The operative term is temporary. The opponent's limb is not being controlled through pain or leverage. Trapping is an unexpected form of attack to many and if executed correctly can quickly and decisively end a conflict. Traps do not work well against a good counter fighter or a person that expects a trap (*meaning an opponent that has already been attacked with an unsuccessful trap*).

**“Trapping Attack”** very likely originated in Weapons Combat with one fighter using their weapon to strike their opponents weapon to create a momentary opening. Wing Chun Kung Fu is a well-known trapping martial art, utilizing a tactile or touching employment of these skills. Also, called Chi Sau (Chee Sow) or sticky hands but some do not like that definition. There are many videos of practitioners on Wing Chun on social media.

There is an explosive and combat why to execute traps, (Non-Tactile) where the use of range, spatial judgment, and your opponent's guard position are taken into consideration before you engage.

#### 4. Grappling Attack -

Techniques designed to gain physical control over an opponent by pain, manipulation or damage whether standing or on the ground. **(all grabs, chocks, strangulation's, joint locks and breaks)**. Grappling is a significant component to Martial Arts in today's world. Grappling is as old as man, and every culture has a version of grappling. Brazilian Jiu-jitsu is extremely popular as a competitive none striking martial art. High School and Collegiate Wrestling fall into this category.

#### 5. Balance Attack -

Techniques designed to disrupt or destabilize an opponent's position by forcing them into a state of recovery or a position of liability. **(all sweeps, pushes, pulls, throws and takedowns)**. A **“Balance Attack”** is related to a **“Grappling Attack”** in that some will require a **“Grab”** prior to a throw or a sweep. However, a very hard shove could also be considered a **“Balance Attack”** as well as a **“Direct Attack,”** neither would be incorrect.

#### 6. Angular Attack -

Techniques designed to confuse and disorient an opponent by attacking from unexpected angles. **(any unusual or unexpected attack off centerline)**. Most unarmed combat tends to be very linear in nature like two Big Horn Sheep vying for dominance. Angular movements are heavily used in weapons combat due to the multi-directional element of virtually all weapons **(see the advantages and disadvantages of weapons below)**. However, incorporating angular movements in an unarmed engagement can distort opponents visual perception and judgment of range and create a substantial decrease in the ability to defend and attack accurately.

## 7. Drawing Attack -

Techniques designed to bait an opponent into attacking first and taking advantage of their commitment or exposure. **(all premeditated counter-offensive techniques and maneuvers)**. Ideally, the goal is to lure your attacker into attacking a specific area and/or in a particular way to create an overcommitted attack. Therefore creating a substantial position of liability which should also increase their recovery. There is a blatant and subtle way to apply “**Drawing Attacks.**” Dropping your guard, exposing your head as if daring an attacker to hit you would be a blatant application. Continually backing up attempting to cause your opponent to overreach and therefore creating exposure.

## 8. Compound Attack -

Two or more techniques or maneuvers (**ways of attack**) executed in a single attack or counter without hesitation. **(two or more of the other seven methods performed in a single attack or counter-attack without hesitation)**. Attempting to forcibly combine any of the previous seven ways of attack could be dangerous. Over time this will happen organically when the opportunity arises.

## Five Forms of Weaponry -

### 1. Sticks -

**(Clubbing weapons)** - Any implement that is small enough to hold in your hand that is harder than your hand that you can use to strike in your defense. Bludgeoning implement. tire irons, 2x4, baseball bats, etc.

### 2. Blades -

**(Cutting and Puncturing)** - There are many things that fall into this category. Ice Pick, Screw Driver, Broken Bottle, Kitchen Knife, etc. The Blade is perhaps the most misunderstood weapon that we carry today. Used to open boxes, cut string, and scrape paint and glue off surfaces. The blade, however, can be used as a great Self Defense Weapon. With minimal training, you can develop real skill in the proper use of a knife in a Self Defense situation. However, even an untrained person with a knife is extremely dangerous.

### 3. Flexibles -

**(Pliable when used)** - Belts, Whips, Chains, Car Antenna, etc. Intimidating but not a viable weapon in our society unless you are a rancher that has the ability and need for a Bull Whip. However wieldable chains can be intimidating. Charging a person with this type of weapon will reduce their functionality to using it to strangle.

### 4. Ballistics -

**(Projectiles)** - Firearms, Bow and Arrow, Cross Bow, Throwing Knives, etc. For the purposes of functional “ballistic” weapon, I will only discuss firearms. We do consider and train to protect ourselves from someone throwing a rock, brick or knife at you in the regular curriculum. The media and many government representatives in this country have done a despicably good job and making firearms out to be the deadliest killing implement ever created.

### 5. Combination -

**(multiple types in one)** - Mainly traditional martial art weapons. I have one thing to say about this type of weapon when referring to conventional martial art weapons. If someone steps out of their car in a parking lot or road rage situation and start whipping **nunchaku's**, be concerned because that takes considerable skill.

For a more detailed overview of the different weapon (please see [Most Dangerous Weapon](#))

**NOTE:** The only weapons we promote the use of and have courses of training for are Sticks, Blades, and Firearms. I do not personally recall ever heard of an attacker engaging someone with Nunchuck on a real fight. This does not mean it cannot happen, so we do cover the responses to those attacks. The three weapons mentioned above will overwhelmingly be more likely than a tri-sectional staff.

### The Point of All This -

My goal with this list is to introduce the reader to the vastness of martial arts world. I am redundant, but it is essential that a student of the Martial Arts continually search for more exposure to what is out there. I say this from a **“Survival Based”** Martial Art standpoint. (please see [Survival Concept](#)) to ensure the Principles and Requirements for what is being learned are adhered to. This will save you much time and energy and allow you to spend your time developing skills that will better serve you when it matters the most.

I wanted to close with this comment. Today, it is likely that Mixed Martial Art schools are most popular due to organizations like the U.F.C. The skills stressed in those schools are Mui Thai Kick Boxing and Brazillian Jiu-Jitsu (mostly). I am not suggesting other skills are not developed, and every school will be a bit different except for one thing, "Rules."

(please see ["Why" Mixed Martial Arts](#)) for a more detailed explanation.

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