

HOW TO HANDLE

MULTIPLE ATTACKS

One of the worst scenarios in a self-defense situation is to be attacked by more than one assailant. Most self-defense practice is geared toward a one-on-one scene, with little regard for the possibility of two or three attackers coming at you from a dark alley.

Ho Sik Pak, tang soo do sixth dan, includes multiple attack defense in all of his student's training regimens. "It's called da soo in deh ryun in Korean and means multiple sparring," says Pak, of Woodland Hills, California. "The benefits gained from these multiple sparring techniques are many, and go beyond the original self-defense purposes."

Those benefits include better balance and coordination along with improved concentration and quicker reflexes. However, self-defense is still the governing factor behind multiple attack training. Since tang soo do is primarily a self-defense art, it has an advanced philosophy about fighting. That philosophy is that defensive actions

are also good offensive movements. In other words, you can injure your attacker while defending against their onslaught.

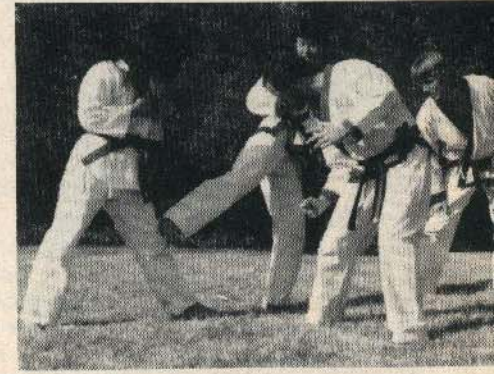
Pak teaches multiple attack defense along with the theory that if you can handle three attackers, two will be no problem. So all his students practice multiple attack defensive techniques against three assailants instead of two.

"Whenever three people attack you, your first concern should be for your balance. If you lose your balance, they'll swarm over you. Therefore, your defensive techniques must be almost unconscious reactions, with one reaction following another in a smooth, flowing manner that doesn't upset your balance and mobility," says Pak. Of course, you do have to practice enough to have instant reaction to any motion, but first you must have good techniques that allow you to use one assailant against another attacker.

The question always comes up about which assailant to defend against first when three people attack you. Pak says that's an easy question. Always go after the strongest one first because it intimidates the others and it removes your most powerful contender.

Along the same lines, if someone has a knife, get him first. If all three have knives, take one out, using him as a shield against the others. Using him as a cover is more important than trying to take his knife away.

One of the most important things to be



Text and Photos by Jane Hallander

- 1 LEFT: 1) Pak stops the strongest attacker's punch, 2) grabs him and puts him between Pak and the other two assailants. 3) As another assailant attacks Pak with a kick, Pak shoves the captured attacker into his partner's kick.
- 4) Pak turns to the third attacker and dispatches her with a side kick, 5) and immediately turns and executes a high side kick to the last attacker's head.

- 1 RIGHT: Top to Bottom: Ho Sik Pak (on right) demonstrates how to use an attacker against other assailants. 1) He blocks the attacker's strike and grabs the striking hand, turning it into an arm bar joint lock. 3) Pak spins the arm-locked opponent into the other attacker's kick, then 4) attends to another assailant with a rear kick. 5) Finally, Pak turns back to the attacker whose kick he blocked with the first attacker's body and demolishes him with a high jump roundhouse to the head.

- 1 FAR RIGHT, Top to Bottom: Pak demonstrates the principle of low kicks to disable, and high kicks to finish the attackers. 1-2) Pak kicks each assailant in the knee with side kicks. 2) He finishes the center assailant with a high side kick and 3) the other two simultaneously with a kick and a punch.

