



Multiple Attacker

Exercises:

Tissue Training

by

Keith Pascal

© Copyright 2008, Kerwin Benson Publishing

All rights reserved. This book is intended for your eyes only. It may not be copied or reproduced by any means, except to make a back -up copy for **your own use**.

This book is designed to provide authoritative information about these multiple attacker training exercises. It is sold with the understanding that neither the author, the publisher, nor anyone involved with the book is engaged in rendering legal advice, or advice and expertise for your specific situation or set of circumstances.

This is an information book only, and no liability will assigned to any party for the rendering of martial-arts training advice or practical 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.

Please wear protective gear.

Readers are urged to take steps to stay safe while practicing ... even with just one other partner. There are too many variables in a training environmenAt to account for all safety factors. Be aware, plan ahead, and train with safety in mind.

Thanks to Mike, Ben, and Matt for the photo.

# Table of Contents

**Introduction ..... 4**

**Better Than Sparring: Get Your Tissue .... 5**

**Partner Tissue Practice ..... 6**

**A Multiple Attacker Game for Fast Improvement ..... 7**

**(Realism and Shield Variations .... 8)**

**Final Thoughts ..... 9**

---

# Introduction

Follow the drills in this ebooklet, and I guarantee your defense against multiple assailants will improve.

This is a great way to practice. I think you'll find these exercises easy to incorporate yet very thought provoking.

## What You'll Find in This Ebooklet

There are so many components to dealing with multiple attackers. You have to deal with not only distance to one assailant, but distances in relation to several attackers.

The timing changes. And techniques may need to be combined and modified.

Rather than trying to teach you every aspect of multiple attacker self defense, I have devised some exercises designed to help you discover some important principles:

- better timing and movement among several attackers
- how to quickly find your attackers' vulnerable targets
- how to use one locked attacker as a shield against others
- resource for a free wrist locks mini course (you can use the lock taught in your multiple attacker shield)

What follows are martial arts exercises. They are fun. They have an element of competitiveness. They feel like games.

Still, they should be treated as the learning exercises that they are. Limit the goofing off. And then work together to figure out ways to get past strong defenses.

Problem solve with the other participants in the game ... oops ... I mean "exercise."

I wish you every success in your multiple attacker training,

*Keith*

## Better Than Sparring: Get Your Tissue

I devised these exercises, because ... well ... I am not a fan of traditional sparring. I don't think it accurately mimics real-life defense situations.

This distance is artificial, and so are some of the techniques, depending on the rules of that particular encounter or competition. In real self defense, there are no rules. You already know this.

Since sparring itself is unrealistic, I like to modify traditional sparring competition — set some limits, eliminate some rules, and so on.

By setting limitations, you concentrate learning in one or more particular areas or self defense.

You learn something specific from each variation.

As mentioned before, the following exercise is, not only fun, but you'll learn a lot.

Let's start with just one opponent, until we get accustomed to the exercise....

---

# Partner Tissue Practice

If you have met with a group of practice partners, pair of (groups of two). If there is a third person out, then rotate him or her in to one of the pairs, so everyone gets a chance to practice against one partner.

Grab some tissue paper and some tape. The tissue paper can be anything, really — bathroom tissue, facial, tissue, a paper napkin, paper towel — any light, easy-to-tear paper.

And the tape just has to hold the tissue to your clothes or skin. In fact, if you don't have tape, you can tuck an end of the paper into your clothing or belt.

You and your opponent — really your 'practice partner' - will now create a vulnerable target on each of you.

**Note:** If you are male, are you wearing an athletic cup?  
Both of you? I'd advise it.

Tape a square of tissue (about the size of a piece of paper currency ??) in front of your groin, or stick a slightly longer piece it in your waistband, to hang down in front.

## Time to Compete

The object of the game ... oops, there I go again. The object of the "competition" is to get a piece of your opponent's paper. Grab it.

And while you are at it, you have to defend your own tissue.

Use wrist locks (more on that a little later), kicks, hits, fakes and feints — whatever works. But don't hurt each other.

Perform this drill for awhile.

---

## Add Another Target

Now, let's add another target. Maybe tie a scarf of tissue paper around your neck. Or tape a square to each ear.

Note: Ouch! I dread the thought of you accidentally boxing each other's ears, or jabbing a throat by accident. Careful — control.

This time, each of you has to defend two targets. This changes the game — because defending one line, could open another target. Now, you have to control two targets.

(Having all other points off limits, except for the targets, is a limit some of my students have imposed.)

In time, you could add even more targets. And defend more lines.

And yes, as far as I know, this is my own version of flag football. The tissue paper is even better than sticking in handkerchiefs, like in flag football.

I'd put the tissue in front of vulnerable targets, areas you want to defend better. And be sure to wear protection for that particular vulnerable area. Makes sense, right?

## A Multiple Attacker “Game” for Fast Improvement

Now it's time to add a multiple attackers into the mix. And, while were at it, I have a couple of variations for you, too:

In a game of multiple attackers, one person defends against several.

Each player, including the defender wears three tissue targets. You could all agree to put the targets on the same vulnerable spots, like everyone tapes one

---

in front of the groin. Or you could let each person choose his own vulnerable targets.

Then, the defender tries to get a piece of each attacker's tissue, and the attackers try to get the defender's.

Now, here's the twist:

## Multiple Attacker Realism Variation

If you lose a piece of tissue, you have to pretend that you have been hit full in that particular vulnerable area. You have to continue, acting out the part of someone injured there.

And if you lose the paper hanging from the front of your belt, you have to pretend that it was a solid hit to the groin. If you are a guy, this means ... game over.

## Shield Variation

One of the best, and I do mean most effective, ways to deal with multiple attackers is to engage one attacker quickly, hitting and kicking, until you can effect a wrist lock or joint lock.

Then continue to control with the lock. Keep the lock on, and use the controlled attacker as a human shield.

You now have a new goal. Keep the shield between you and the other attackers.

Feel free to exchange shields, when convenient. Pound and move on.

By the way, arm bars work beautifully for this purpose.



# Last Thoughts

If you don't know any locks or arm bars or don't know how to get into them from a punching and kicking situation, don't let that stop you.

Go ahead and do the other Tissue Training....

On the other hand, don't stay limited forever. At some point, you really do need to learn to incorporate locks into your multiple attacker defense arsenal. (That's why I wrote the book, *Wrist Locks: From Protecting Yourself to Becoming an Expert*.)

If you are interested, I have a Free Mini-Wrist Locks Course that teaches a lock that works especially well when creating a human shield.

I like the particular lock taught, because it's easy to manipulate. You can easily move the person with your control. This means it's easier to put your shield between you and the "next" attacker.

Sign up now for the **Free Mini Wrist Locks Course**:

[www.WristLocksExpert.com](http://www.WristLocksExpert.com)

**Wrist Locks: From Protecting Yourself to Becoming an Expert** is a great way to learn practical wrist locks. [Read about this ebook here.](#)

I wish you the best in all of your martial-arts pursuits.

Train hard,

*Keith Pascal*

---