

Curriculum of the Self-Defense Seminar on June 16th in Rome

NPO International Kudo Federation

Self-defense has many things in common with the physical movements in Kudo, but those are essentially different from Kudo Rules in the following ways.

- It is not something you initiate.
- The aim is not to cause damage.
- Avoid standing in front of your opponent, and move to the side as much as possible. If possible, get behind the opponent.
- Prioritize suppressing your opponent over knocking them down with strikes, and finally suppress them down so they cannot move.
- Do not lie down for a joint lock, but keep standing.
- You must be able to respond even when there is a difference in physical strength.
- You must be able to respond to opponent with knife or bat.
- You may also be able to respond to multiple opponents.
- You can use kicks to the groin or joints depending on the situation.

In the seminar, we first learn the following seven basic movements (out of a total of 13).

1. Basic movements (30 minutes)

- ① After grabbing the opponent's right wrist with your right hand, suppress
- ② After grabbing the opponent's right wrist, go behind and suppress
- ③ Turn the opponent over so that they are lying face down and suppress
- ④ Press the opponent's elbow down from above to them down
- ⑤ Kotegaeshi
- ⑥ How to escape if the opponent grabs your wrist
- ⑦ Tackling after dodging punch, mounting from a tackle (one of the Kudo Joho)

Next, we select the following 15 patterns to learn out of the total 85 patterns.

2. Patterns by scenes

I. Being grabbed from behind (10 minutes)

- ⑧ Being hugged from behind with both arms
- ⑨ Being wrapped around the neck with the right arm and locked

II. Being grabbed from the front (50 minutes)

- ⑩ Being grabbed by the left wrist with the right hand
- ⑪ Being grabbed by the left front collar, shoulder, or back collar with the right hand (5 patterns)
- ⑫ Being grabbed by both front collars, both shoulders, or both back collars
- ⑬ Being grabbed by the neck with both hands

III. Being slashed with a knife from the front (20 minutes)

- ⑭ Being thrust into the abdomen with a knife (4 patterns)
- ⑮ Being thrust down with a knife from above