



## **GOLDEN SAGE MARTIAL ARTS**



### **Drunken Uncle Jujitsu**

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#### **Life or Death**

It is wise to have the worse case self-defense life or death arts and mind set preparation in your training. The arts needed are strikes and throws. The self-defense attack should be over quickly without relying on grappling or pain compliance. The stress of a real attack needs to be safely replicated with sparing, the stress in public demonstrations, or during rank exams can show you where you need additional stress training. This taught me to remain calm without freezing or overreacting during conflict along with the meditations that I was taught and that I then practiced.

#### **What I call Drunken Uncle Jujitsu**

This is less-than-lethal or peacekeeper arts that I have used working for 15 years in the Mental Health and Correctional workplaces.

Consider using this mindset when working with smaller, less threatening people.

When working custodial jobs like security guards, police officer, jail, prison guards or mental health worker jobs do as you are trained and follow legal and ethical guidelines.

#### **Being a Peacekeeper on the job or as a citizen**

1. By using a calm understanding voice when working with a mentally or emotionally challenged person in crisis you are likely to be viewed by others as the responsible person trying to help everyone be safe. You should not "Add fuel to the fire" by yelling or arguing.
2. By breathing calmly and with a relaxed defensive body stance you can scan the surroundings to look for physical obstacles, multiple attackers, or weapons.
3. Going hands on is a last resort. Follow the country song advice at the poker table "Know when to hold them, know when to fold them, know when to walk away, know when to run". Another saying is "Know which hill to die on" or "Carefully pick your battles".
4. Do not take it personally. If your safety is in question, you may decide to step up the level of your response if you are not able to escape and you feel your life (or the lives of others) is in danger.

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### **For the citizen doing a physical intervention**

#### **Know the law**

As a citizen, know what your rights are for self-defense or your rights to intervene to protect others from non-lethal physical interventions. Look up the laws where you are it can be a duty to retreat or “stand your ground” or “castle doctrine” is different in every state in the USA.

#### **When do you intervene and when to call 911**

##### **Possible physical intervention with friends or family**

As the title Drunken Uncle Jujitsu implies you have a drunken relative at a wedding, and he is about to go to blows with a member of the wedding party. You may choose to move him away from the event IF you have the encouragement of all the people at the wedding. You would try to make light of the conflict and gently move him away.

If he wants to drive away drunk, you may choose to trick him or restrain him to get his car keys away from him.

If a mentally ill or highly emotional relative or friend is attempting to harm themselves call 911 and you may want to protect them until ambulance or police arrive if you can safely do so.

#### **When not to intervene with family or friends**

1. If it looks like a riot between families could break out if you intervene or if the person is too violent or large to safely contain him until help arrives. Intervention may be too dangerous. Be aware that you may be confused as an aggressor by other people or by the police. You may go to jail. If you have witnesses who can report your appropriate action and intention, you may be ok.
2. Do not try to break up a fight between two people or spouses (mutual agreed to combat) as they may both turn on you. If there is a clear winner and the loser is in serious trouble, or one person is not wanting to fight you might safely intervene.

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### **Some stories of interventions that were successful**

#### **The Glass Door Psychiatric Sweep**

I was watching an agitated patient at the admissions building. The soon-to- be-admitted patient tried to run out the door. He did not see or did not know that the glass doors were locked. He bounced backwards off the doors into my arms (a rear basket hold). I did a double foot sweep (Okuri Harai) from the rear (a new variation for me) and slowly lowered him down to the ground using my forearm to soften the impact.

#### **Ashtray Takedown**

Back when I worked on a state locked psychiatric unit in the 1980's, people often smoked hourly. Smokers without cigarettes would sometimes smoke discarded butts found in the big plastic ashtrays. A patient was smoking a butt when I approached him holding an ash tray and asked him to put the cigarette butt out. He flicked the lit butt into my face and before he could follow up his attack, I closed the distance between us and did a gentle heel trip to the rear. The next moment, he was lying unhurt on the ground, and I was standing, still holding the un-spilled ashtray.

#### **Kersh "Are you OK"?**

My Martial Art Peer was at a bar across from the University in Reno, Nevada. The college basketball team was there partying and one tall team member thought that Kersh was challenging him. The drunk player was in a crowd of his team members and team supporters grabbed Kersh in a weak front two hand choke. Kersh went through the mental check list of strikes and takedowns available to take care of the drunken attacker. The thought of the riot Kersh could cause against him motivated him to use an advanced nonviolent art. Kersh was calm with compassion and concern repeated these words. "Are you OK? What do you need? Are you OK? The drunk dropped his hands from Kersh's neck and walked away.

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### **Half Nelson**

In the DanZan Ryu Jujitsu Shime list our full nelson take down from the rear applies pressure on the neck and drops them on their tailbone then into a leg spread and groin strike. I was downtown in front of a main street casino watching a one-man band perform for tips. I saw a drunk guy upset with the performance reach into the tip jar and grabbed some cash. Without thinking I placed my hand on his shoulder from the rear, and he tried to elbow me in the face. I did the full nelson takedown careful not to drop him on his tailbone. I grabbed his right hand and used a left half nelson to pivot him to his stomach holding him for casino security. Security started to grab me when the crowd yelled that I was the good guy. As security took over, I did a smart move and disappeared into the crowd before they got my name. Not smart these days to get in between some stranger and a tip jar. I would not do it today.

### **Helping her down gently**

A smaller young lady was squaring off on a peer ready to fight at the locked psychiatric hospital. I knew the surroundings and I converted a DZR art double rear arm takedown gently at the elbows slowly to the ground resting her back against my leg to her sitting without any binding of the shoulders and when she calmed down, I helped her up and she walked to her room to rest and calm down.

### **Basket Hold**

One of the first Mental Health holds for adolescent patients was a basket hold. From behind you pin both of their arms across their stomach holding their opposite wrist with my hands in a way that I was not gouged on my arms. I made sure I was not head butted, or groin kicked with one leg in between their legs. You can use this if you do not squeeze, thus restricting their breathing. One mental health worker had ended the life of a teenager by lying on top of him with the workers' weight and larger body mass while still in the hold.

This hold was banned as well as a double rear arm lock found on our black belt list for the same reason. Another banned submission art a figure 4 rear choke was used until it was held too long, or it was used on medically compromised people causing death.

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### Look over there

A bar bouncer was standing at a safe distance from an irate drunk who was yelling and threatening the bouncer. The bouncer was silent and nodded his head in recognition of the drunk. The Bouncer remained calm but kept glancing over the drunk's shoulder towards the door then back at the drunk. The drunk finally looked over his own shoulder at the door and saw a big guy walk in. The drunk said, "Sure you are getting that big guy to help you". The drunk walked away.

### Lessons

1. Do not argue with a drunk or crazed person. Use detached compassion.
2. Sometimes we are anxious to quickly end the conflict, if possible, wait it might resolve itself.
3. Remain calm (do not add fuel to the fire) and stay at a safe distance while scanning your surroundings. Practice situational awareness 360 degrees around you.
4. If possible, allow the problem person to "save face". Do not threaten or belittle the person.
5. Mirror the behavior that you would like others to emulate. Be the "adult in the room".
6. If possible, use redirection or encourage the person to go with you to a quieter place away from an audience or noise (only if you have back up).

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#### MARTIAL ARTS KATA AND BEYOND Journey to Black Belt Part I White Belt to Green Belt

