

Tang Soo Do Karate Center

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It's in the Rules



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His background includes over 50 years in the martial arts and over 30 years as a consultant to the law enforcement community. He is a member of both the American Society of Law Enforcement Trainers (ASLET) and the International Law Enforcement Educators and Trainers Association (ILEETA) and has instructed at over 40 national and international law enforcement conferences over the years.

Every sport and game has its rules. To win, you must use and play by the rules. If you don't, the chance of winning is slim to none. In some cases, the rules were created and designed to increase the chance of a particular style or system to prevail. Boxing has its rules and wrestlers would be hard pressed to win. Wrestling has its rules and boxers wouldn't do well. Tae Kwon Do with its rules against sweeps, grabs and punching to the face makes it difficult for many Japanese styles to prevail without making massive changes in the way they train and fight.

Now to the UFC and mixed martial arts. Ladies and Gentleman, they have rules too. These are very tough individuals that I can only describe as real warriors. However, many of the techniques I have witnessed would get one into trouble in the street. I read an interesting quote from Joe Rogan, "I thought I knew martial arts until I saw the UFC." It looks like he still doesn't know "martial arts." Having been in martial arts for over 40 years and having worked with the law enforcement community for the past 25, I learned many important things about street survival. One that stands out is "specificity of training." This means that you train the way you want to act. If you are interested in real street self-defense, you are wasting a good deal of time practicing things in mixed martial arts that would get you killed in the street. Here is an interesting quote from Tony Blauer, "The only rules in the street are the ones you bring along."

Here are just a few things that mixed martial arts fail to face. While locked up on the ground until you could submit or disable your opponent, you are exposed to biting,

blood-borne pathogens, being stabbed with edged weapons that are so common in our culture, and dealing with multiple attackers to name a few. Also keep in mind you are not landing on a mat. Strategies are built around what you are trying to accomplish. Let us not confuse the sport of mixed martial arts with street survival. Stay Safe!