

What is self-defense and what is the best way to practice it.

The question is about self-defense, so first lets define self-defense. Self defense is when someone attacks you, not the other way around. If and when you attack somebody else, its assault (and I hope you go to jail). Self defense is not a challenge match neither in a cage nor ring. Self defense is not a sport, but survival in a street situation. It may, or may not, included fighting. It may, or may not include weapons. It may or may not include weapons. it may or may not be one an uneven surface with rocks/broken/glass/nails etc (but never on a padded mat). While this is obvious once it is pointed out, many comments you will read on the web and in forums indicate that not everyone understands this.

I believe that the first thing you must do in determining what is the best martial art for self-defense, is to determine how, when, and who will put you into the self-defense situation, and then to determine the best martial art to defend against those situations.

I believe that no one is going to attack you unless they think they will win and achieve their goals. There are lots of reasons why the attacker thinks he/she will win. The attacker might be a lot bigger than you. The attacker might have a weapon. The attacker might have the element of surprise and sucker punch you, The attackers might have more of them than you and your group. The attacker might be drunk, mentally ill or high on drugs, making them think they are invincible.

How you get into the situation is immaterial. Whether someone thinks you looked at their girlfriend the wrong way, wants you wallet, thinks you took their parking spot, thinks you the wrong ethnic group etc. is all immaterial. They **won't** attack you unless they think **they** will win.

So the **best martial art for self-defense** is a martial art or several martial arts that teaches you to defend against the above. Multiple people, people larger than you, people high on drugs and mentally disturbed, sucker punches, weapons, on a street with gravel/broken glass/nails etc. on the ground.

I know BJJ/MMA (Brazilian Jujitsu/Mixed Martial Arts) people will now quote the now famous police study that 90/95% of fights always go to the ground (the number seems to always change). But they won't tell you that the police study covers police officers that are trying to arrest someone, not civilian that get assaulted (jumped or robbed). The 90/95% number is an incorrect number, a misquoted number. The 90/95% in the number of resisting arrest situation that fall in one of 5 categories (of which many do not go to the ground). The actual number of police arrests going to the ground when there is a citizen resisting is actually much lower, but this is not important because it is not a self-defense situations you will face on the street (unless you are a street criminal resisting arrest). What they fail to mention, it that nearly 100% of self defense situations start standing up. So your self-defense must start **standing up**, and prepare you for weapons, multiple opponents, surprise attacks, on a street with all sorts of junk that may cut you and cause infections if you go to the ground..

So the best martial arts for self-defense start standing up. The best self-defense martial art stays standing up if possible, because the dangerous of going to the ground are too great. You must enable you to **instinctively react** and put the other guy down nearly instantly and be ready for the next attacker. Most Okinawans practice this way (but only some American practicing Okinawan arts do) and some Japanese, arts, mainly kyokushin and kyokushin break offs do. Maury Thai to a lesser extent, and krav maga claims to (but i have never watch nor practiced it).