

WARRIORS



MAGAZINE

FEBRUARY 2017



SDS-CONCEPTS

SELF-DEFENSE FOR THE EVERYDAY WARRIOR

**AN AMERICAN
PATRIOT STORY**

**THE FIGHT GAME:
STRENGTH VS
ENDURANCE**

**YOU SEE A HOTEL ROOM,
I SEE A PRIVATE GYM**



S.D.S.-Concepts

Always Armed

8

**With Peter
Weckauf and
Irmengard
Hanzal**



Cover photo Peter Weckauf, Cover Photo courtesy of SAMMI International, Inc.

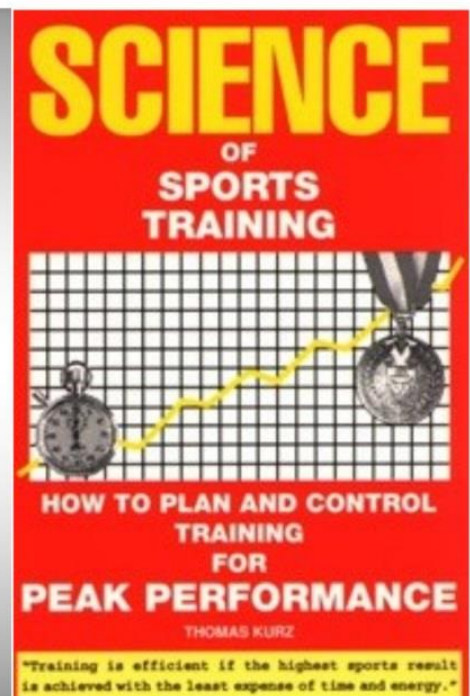
by Stephen DiLeo

Learn self-defense for the everyday warrior, take control and avoid becoming a victim!

15

Learn the Science behind Successful Fighters

by Stephen DiLeo



FEATURES



SDS-CONCEPTS

Self-Defense for the Everyday Warrior



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by Stephen DiLeo

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In today's digital world, the internet is filled with all kinds of "masters," instructors," and self-proclaimed "guru's" that offer how-to videos on everything from home repair to magic tricks. Martial arts are no different. Occasionally, the cyber gods deliver the real deal – something legitimate and something worthwhile that teaches valuable information and practical techniques. Enter SAMI International!

SAMI International is a unique concept that blends defensive skills, martial arts, and fitness to create a very practical system of self-defense that can be learned and practiced any time and any place. SAMI International is the brain-child of Peter Weckauf and Irmengard Hanzal and has become the largest self-defense school in Austria. Peter was born in Vienna, Austria and is a licensed trainer, certified boxing trainer, author, and an internationally recognized expert in security. He has rank and experience in Krav Maga, Jeet Kune Do, Eskrima, Kali, Luta Livre, Wing Chun, and boxing. Irmengard Hanzal was born in Klosterneuburg, Austria and heads the largest self-defense martial arts school in Vienna; together, she and Peter founded the Austrian Krav Maga Association. Irmengard is a certified boxing instructor and the head instructor for Krav Maga Austria, Eskrima, Kali, Jeet Kune Do, S.D.S. Concepts, and T.C.S. Knife fighting Concepts. She is particularly interested in teaching self-defense to women and children through her "Fight Back!" and "Kids Krav Maga" programs. One of SAMI International's premier programs is S.D.S. Concepts. It is very effective and rapidly growing in Europe, while just beginning to catch fire in America. The focus of this system is 100% self-defense with the guiding premise of

"Always Armed." The bedrock principle of S.D.S. is to utilize a small defense stick (hence S.D.S.) such as a kubotan or a yawara to enhance the effectiveness of common self-defense techniques. However, the system quickly evolved into the use of "non-weapons" or everyday objects to accomplish the same goal in a way that may be preferred in terms of possible legal implications. In fact, Peter and Irmengard point out that the weapon is not the key to the effectiveness of S.D.S. – it is the knowledge of when and how to use any object in the course of trying to protect oneself. The weapon itself will not do the job; rather it will serve to amplify a strike, a pressure point, or a joint lock in order to give the defender a distinct advantage.

S.D.S. Concepts is suited for everyone, particularly those that may feel at a disadvantage because of size or strength or confidence. Using weapons of opportunity such as a pen or magazine levels the playing field;



Photo Courtesy SAMI International

Peter Weckauf uses his gym bag to defend himself





Peter Weckauf blinds his attacker with a scarf

the key is to practice the concepts and put them into motion regularly to reinforce the process. The bonus for everyday people who may not have the time to invest in a sophisticated martial arts program is that you can significantly improve your chances of survival through S.D.S. Concepts with relatively little impact to your daily schedule. This strategy uses the fundamental principle of keeping things simple. Clearly no martial art or self-defense system can solve every threatening situation; the goal is simply to improve your odds of survivability. S.D.S. Concepts makes that possible for everyone, regardless of strength, size, or the availability of time to train.

Of course everyone that engages in self-defense must be aware that any response to a situation must be proportional to the threat, especially if the defender chooses to use a weapon, like a small defense stick or kubotan. Peter and Irmengard stress that anyone wishing to learn their system **MUST** be cognizant of the legal implications for their country, state, county, etc. Laws for carrying and using any type of object that is a known weapon may be different from location to location. Therefore, before training with S.D.S. Concepts, it is imperative that participants check with authorities for applicable laws and rules regarding the use of weapons. Having said that, it is equally important to note that S.D.S. Concepts

encourages the use of non-weapons which are defined as everyday objects which happen to be just as effective in self-defense, for example flashlights, pens, magazines, etc. Non-weapons are really weapons of opportunity which are numerous and often readily available. Students of S.D.S. Concepts learn how to recognize what they are in any given situation and how to use them, specifically where to strike and the necessary application of force to defuse the attack.

Krav Maga is a self-defense system developed by the Israel Defense Forces (IDF) that uses techniques and strategies derived from Aikido, Judo, Boxing, Wrestling, as well as many more established martial arts systems. This system is taught by SAMI International because it is a very effective program which has been proven in some of the most violent regions of the world. It requires long hours of training and dedication by its practitioners not to mention the physical fitness that is often needed to become proficient and effective. When Peter and Irmengard created S.D.S., one of the goals was to craft a program that is compatible and complimentary to most martial arts systems. That would mean making the techniques of S.D.S. seamless and adaptable so that movements from a sophisticated self-defense system like Krav Maga could be imitated while employing either a kubotan or a non-weapon like a flashlight. Think of how incredibly effective a powerful defensive system like Krav Maga would be when enhanced with the principles of S.D.S. More importantly, consider the fact that if S.D.S. can be integrated with a highly technical program, imagine how easily it can accommodate elementary self-defense techniques that may be employed by beginners or everyday warriors simply seeking to gain an edge if they are ever attacked. **Therein demonstrates the value of S.D.S Concepts: it has the potential to enhance the effectiveness of any self-defense response, be it from a security professional or the mom just out for a walk to the corner store.**



To demonstrate the adaptability of S.D.S. Concepts and how it can be incorporated seamlessly into any strategy, Peter Weckauf has created exclusively for *Warriors Magazine* three scenarios. Each scenario will consist of two videos demonstrating an attack and a recommended response – one from Krav Maga and the other employing similar movements while incorporating a common object or a kubotan as prescribed by S.D.S. Concepts. **Especially note how similar the first few movements are between Krav Maga and S.D.S. Concepts for the defensive response in each scenario.**

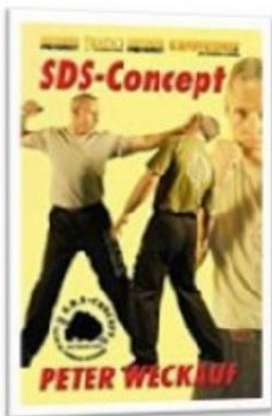


Peter Weckauf makes use of his water bottle

Crime statistics from the United States Department of Justice indicates 25% of victims are ***attacked and injured even if they comply*** with the perpetrators demands.

Scenario #1 - The attack is a two-hand front choke: Response using Krav Maga

1. Facing the attacker, the greatest concern is to open the attacker's grip to prevent the loss of air.
2. Breaking the grip begins with a step back by pivoting 90 degrees to the rear with one foot. Peter recommends that if you have a choice, pivot on your weak side to set up a strike with your strong hand.
3. At the same time you pivot, reach up with your hand and secure the attacker's grip while attempting to peel it away from your neck as you move back. Keep the secured hand close to your chest for control. By stepping back, you extend beyond the attacker's grip and you protect yourself from a counter strike, especially to the groin area.
4. As you step back and secure the hand, use your strong arm to strike the attacker's jaw or neck with a punch or a palm-strike. This may also become a pushing motion depending upon the perceived danger of the situation. Regardless of your defensive counter, your objective is to strike and escape. This is about survival, nothing more.





Scenario #1 - The attack is a two-hand front choke: Response using SDS Concepts

1. Follow Steps 1, 2, and 3 from the Krav Maga response above.
2. As you step back and secure the hand, use the arm with the object in your hand (in this case a kubotan) to strike the attacker's eyes or throat. You could also strike with a book or a flashlight in the same manner. One note is that when using an object or non-weapon instead of your fist or palm, it is irrelevant to attempt to use only your dominant arm. It is more important to move in a way that allows you to counter with the same side that you are holding the object. Remember that the object will amplify your response and make it very effective, regardless of which arm executes the counterstrike. When you incapacitate the attacker, move to escape.



Scenario #2 - The attack is a one hand front lapel grab. Response using Krav Maga

1. Control the attacker's grip by grabbing his attacking hand at the wrist and pinning it to your chest, similar to scenario #1.
2. Simultaneously step back quickly to pull the attacker off balance, take away the opportunity for a counter attack, and shorten the distance for your counterstrike on the opposite side.
3. Immediately follow with a counterstrike, perhaps a punch to the jaw or a strike to the neck.
4. Once you strike, it is important to slide your forearm against the attacker's head and press it to the opposite side to prevent any chance of a second attack.

5. Finish with a knee strike to the groin or a leg kick. Move quickly to escape.



Scenario #2 - The attack is a one hand front lapel grab. Response using SDS Concepts

1. Follow Steps 1 and 2 from the Krav Maga response above.
2. As you step back and secure the hand, use the arm with the object in your hand (in this case a kubotan) to strike the attacker's eyes or throat. You could also strike with a book or a flashlight in the same manner. A fundamental principle of S.D.S. Concepts is to use whatever is available in the environment to defend yourself. What you choose as your object is not as important as making the decision to use an object and having the knowledge to make it work.
3. In the event the attacker grabs you on the same side you are holding the object, do not attempt to switch it to your other hand. Simply pin his hand to your chest while still holding the object. Distract the attacker with your free (opposite) hand to create space, and then strike with your object.
4. Move quickly to escape.





Scenario #3 - The attack is a rear "Bear hug" Response using Krav Maga

1. When the attacker grabs you from the back and locks his hands, step forward.
2. You should spread your legs and crouch down somewhat while leaning forward. This will prevent the attacker from picking you up.
3. Quickly reach down with one hand and try to control the attacker's locked hands. This prevents the attacker from blocking your counter and it also acts to reinforce your strike as he cannot step back and avoid getting hit.
4. When you have control of his hands, turn and strike to the groin or the face. This should be enough to break the attacker's grip, and at that point, turn and face your opponent. This will allow you to launch more kicks and punches, while freeing you to escape.



Scenario #3 - The attack is a rear "Bear hug" Response using SDS Concepts

1. Follow Steps 1, 2, and 3 from the Krav Maga response above.
2. Start your counter by striking the attacker's locked hands with whatever object you have. This will help you create space and better angles to strike the attacker in the face or the groin. (When using an object, you will find it necessary to alter your body position slightly so you can execute a clean strike.)

3. Once you have injured the attacker with a few strikes, you will find it much easier to break their grip allowing you to face them and finish the job. Again, it is extremely important to understand that your objective is to escape, not to stay and punish.



Clearly no self-defense system or technique is fool proof and no strategy will handle all situations. It comes down to improving your chances of survival. As we all face more and more dangerous situations, there are two types of victims: those that do nothing and lose; and those that attempt to do something and increase their chances of winning. Why try to defend yourself when attacked? Crime statistics from the United States Department of Justice indicates 25% of victims are **attacked and injured even if they comply** with the perpetrators demands. Why then would anyone take the word of a criminal and fail to defend themselves? Most people would answer because they freeze and do not know what to do. This is where S.D.S. Concepts comes in. With a small investment in training and a commitment to learning simple concepts of self-defense using common objects, anyone can become an everyday warrior that has a better chance to survive the world's increasingly dangerous landscape! 🦸

