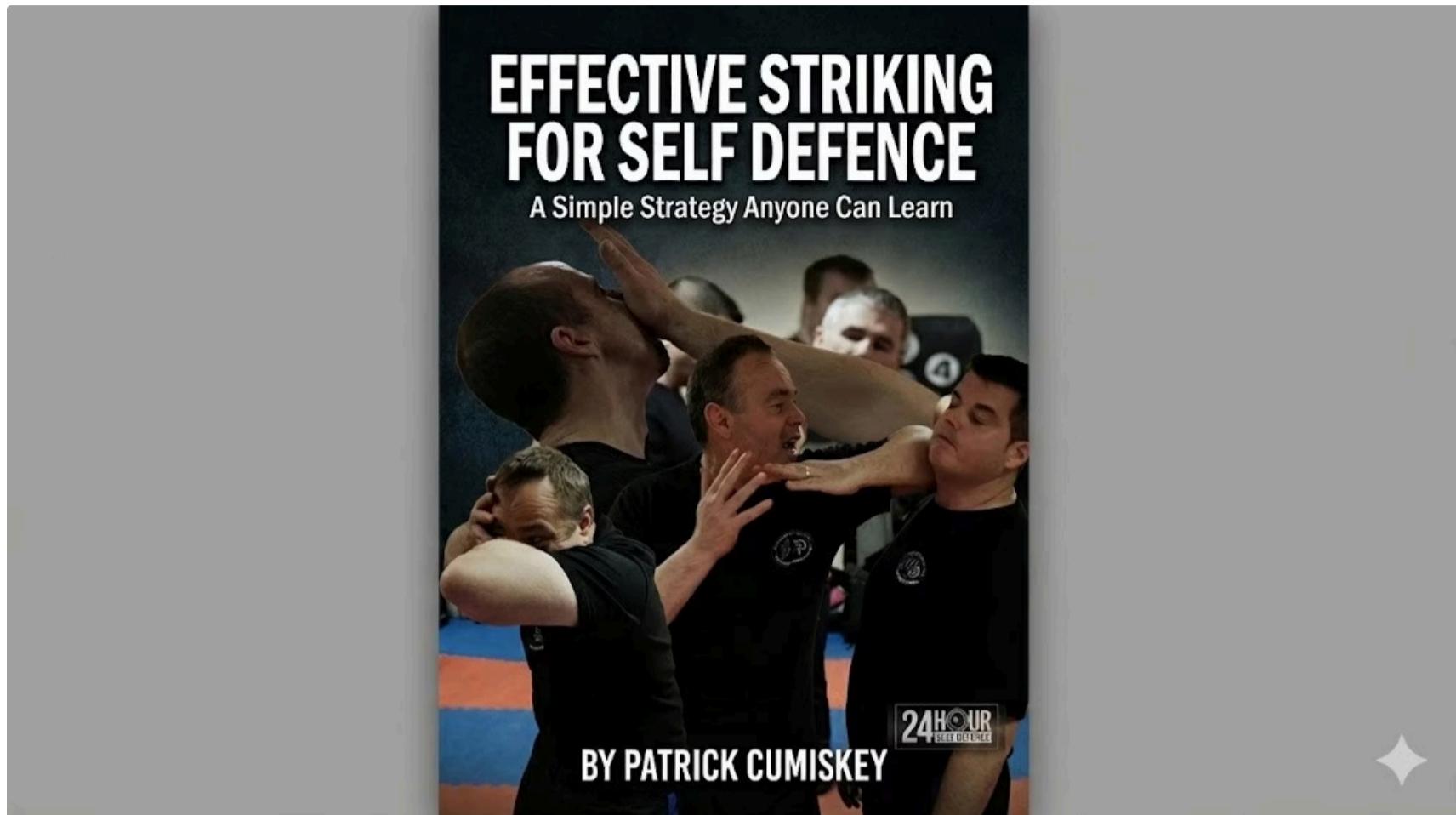
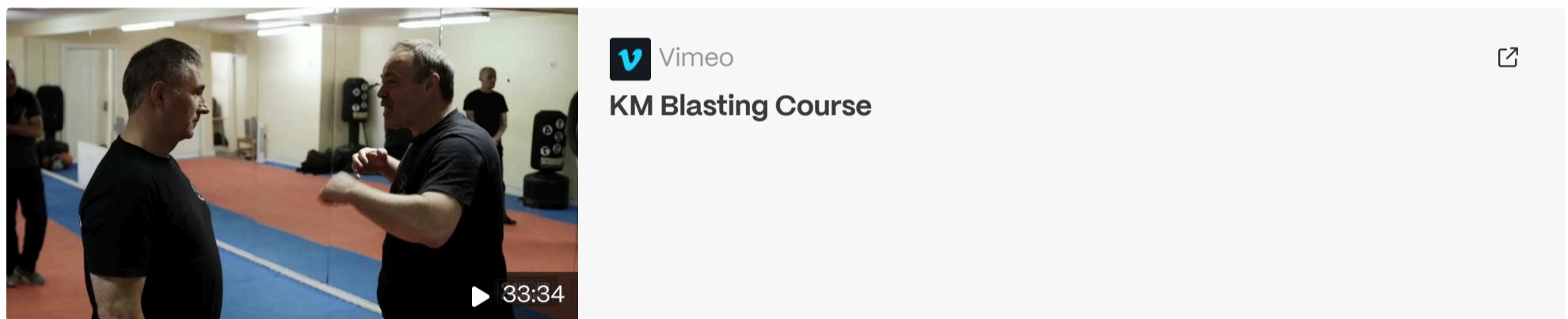


Blasting



Video Masterclass



Blasting: Effective Striking for Self Defence

Blasting is a core self-defence strategy which can be used to effectively strike and fight back and escape if assaulted. It can be used by anyone, regardless of size or strength, and can be learned very quickly as it builds on the core movement patterns of the body.

It is an aggressive, forward-driving attack designed to overwhelm an opponent through continuous pressure. It's not about winning a sparring or winning fight. It's about creating a window to escape.

The goal is simple: **you blast through to get home.**

Think of it like a tunnelling device carving through a mountain. You're not going around the obstacle. You're carving a direct path through it using continuous forward pressure and simple weapons—palms, elbows, knees—creating a tunnel of chaos you escape through.

Why Not Punches?

The Problem with Traditional Punching

Most people picture punches when they think about defending themselves. Fancy hooks, jabs, uppercuts. For most people this is not practical.

The level of training required to throw effective punches under pressure is simply not accessible to most people. As it takes years of constant training and practice, for which most people don't have the time or interest.

Your attacker might be bigger than you. Stronger. Fuelled by adrenaline or drugs.

The Blasting Solution

Blasting solves this. It doesn't depend on one perfect strike. It overwhelms with continuous forwards pressure using the core tools of open hands, elbow and knees, driving forward creating a window to escape.



The Core Principles of Blasting

Blasting follows three simple principles that work with your body's natural movements and create overwhelming pressure on your attacker.

Principle 1: Always Move Forward

"It's very hard to hit somebody when you are going backwards."

When you drive forward, you put the attacker on the defensive. Their strikes have no real energy when they're retreating. It's physically difficult for them to move backward quickly—they might fall after just five or six steps.

Your legs are the engine and power. Every strike draws its power from your legs driving you forward, no matter your physical size you can create energy from your likes that can help you escape.

Principle 2: Your Attack is Your Defence

Instead of ducking, diving and counter-punching, skills most people will not develop, you duck, you chain and drive forwards driving palm strikes, elbows and knees.

The palm strikes and elbows protect your face and jawline, distracting and confusing your attacker, while knees strike forward at a low, quick string at the legs, going for the groin area and destabilizing your attacker.

Principle 3: Use Your Natural Rhythm

Your body is bilaterally symmetrical. Every time you walk, you alternate: left, right, left, right. Blasting exploits this.

Palm, palm. Elbow, elbow. Knee, knee. The alternating rhythm is something you already do thousands of times a day. When you blast, you're simply walking aggressively while your arms deliver strikes in the same pattern. Your body doesn't fight this motion. It welcomes it.

This is why blasting works under stress. Complex techniques that require you to move against your body's natural patterns fall apart when adrenaline hits. Blasting flows *with* your bilateral symmetry. This strategy confused your assailant is the driving forwards approach with alternative weapons and height is counter-intuitive and overwhelming.

Principle 4: Mindset Creates Opportunity

Blasting is mindset and determination expressed through action.

Attackers choose victims they believe will be easy. They expect compliance, freezing, ineffective resistance. When instead they encounter someone who explodes forward with absolute determination—who keeps driving, keeps striking, keeps coming—their mental script falls apart.

Doubt creeps in. "This is not going how I expected. This person will not stop. What have I got myself into?" That doubt creates hesitation. Hesitation creates your window to escape.

The Three Core Weapons

Blasting uses three core weapons: **palm, elbows, and knees**. Simple. Instinctive. Effective under stress.

01

Palm Strikes

An open-handed strike using the heel of your palm—the firm, meaty part where your palm meets your wrist.

Palm strikes open the blast. They establish your forward momentum and force the attacker onto the defensive. Unlike a punch, you can't break your hand throwing a palm strike.



How to do it: Drive forward with your legs. As your foot plants, your palm shoots out toward their face—chin, nose, or eyes. The strike lands as you step, not after. Alternate hands rapidly: palm, palm, palm, each one powered by another driving step. Open hand strikes create the opportunity for incidental strikes e.g. they strikes which can be effective even if not delivered with power.

02

Elbows

As you drive forward and range closes elbows take over, devastatingly powerful at close quarters.

The stabbing elbow: Drive the point of your elbow forward like a spear, targeting the throat, sternum, or face. **Tuck your chin into your striking elbow.**



It makes the strike faster and protects your jaw. If a punch lands, it catches the your elbow or top of skull instead of your chin.



The diagonal elbow: Your opposite arm crashes down diagonally, like a swimming stroke. This drives their posture downward, breaking their structure and setting up your knees.

03

Knees

After your elbows have driven their posture down, knees attack the low line—groin, thighs, legs. They're trying to recover from strikes to their head and suddenly they're dealing with devastating attacks to their lower body.



How to do it: Drive your knee upward into the target. **Keep your toe pointing down.** This ensures your knee connects on a low line. If they block their groin, your knee crashes into the nerves of their inner thigh—the 'dead leg'—which is nearly as effective.

The Blasting Sequence at a Glance

| Weapon | Range | Purpose |
|--------------|-------|---|
| Palm Strikes | Long | Open the blast, establish forward momentum |
| Elbows | Close | Drive through at close range, break their posture |
| Knees | Close | Attack the low line, continue until you escape |

- ❑ There is no rigid sequence. The key is continuous forward pressure with constantly changing weapons and height. If a palm strike lands, follow with another. If it misses, you're already driving forward into elbow range. If your elbow is smothered, your knee is already rising.

Keep driving until you have your window, then escape.

Training Progression: Building Your Blasting Skills

How to develop your blasting capability step by step

Stage 1: Build the Engine

Before adding strikes, you must ingrain the leg drive.

Drill: Walk aggressively across a room. No strikes—just walking with purpose. Drive over your feet off the ground almost as if you were getting ready to sprint.

Keep your chin slightly down, eyes up, legs driving through the ground. Notice how your body naturally alternates—left, right, left, right. This bilateral rhythm is the foundation. Do this until aggressive forward movement feels automatic.

Stage 2: Add Single Strikes

Drill: Add one palm strike to each step. Step, strike. Step, strike. The strike must land as you step, not after. A palm thrown standing still has a fraction of the power.

Keep your chin tucked, drive your plan out in line with your own face.

Once this feels natural, add elbows the same way.

Drive forward with two elbows, you can use stapping, side stringing or downward angel elbows.

Stage 3: Build the Full Sequence

Drill: Shadow blast across the room. No partner, no equipment. Palm, palm, elbow, elbow, knee, knee. Keep your legs driving throughout. Start slowly, focusing on smooth transitions. Gradually increase speed while maintaining forward pressure.

Advanced Training: Pressure Testing

Stage 4: Add Resistance

Drill: Partner work with a kick shield. You blast with the full combination, driving them backward across the room.



Focus on driving your partner backwards.

Stage 5: The Circle of Death

Now we pressure-test everything.

Drill: Multiple partners form a circle around you, each holding a pad. You stand in the centre. Without warning, partners attack from random directions. Your job: when bumped with a pad immediately attack, blast, drive them back—then immediately reset for the next attack. Attacked as quickly as you can



Advanced variation: Close your eyes. React only when you feel contact or hear movement. This drills your speed to aggression and timing.

Stage 6: Terminator Training

You operate under the assumption that your first move won't work. You're fighting the Terminator.



Palm blocked? Keep driving—elbow. Absorbed? Keep driving—knee. Flow relentlessly from weapon to weapon. **The legs never stop.** You get no medals for doing techniques. This isn't the Olympic self-defence games. The purpose is to escape. Techniques are just obstacles you overcome to get back to your primary goal. Practice overtraining, give a pads 10+ times with different weapons before pausing.

Expanding Your Arsenal: The Hammer Fist

Once you've mastered the core principles—the leg drive, the forward pressure, the continuous flow between palms, elbows, and knees—you can add opportunistic weapons.

The Hammer Fist

A downward strike using the bottom of your clenched fist. Crashes down onto targets like the nose or, when their posture has collapsed, the base of their skull.

This isn't a core weapon because it requires recognising and capitalising on specific opportunities. The palm, elbow, and knee sequence works in any situation. The hammer fist works when the target presents itself—when they're flinching downward, when their head is dropping, when the back of their neck becomes exposed.

Master the fundamentals first. The hammer fist will come naturally once you've earned it.

Your Blasting Game Plan

Effective self-defence is not about complexity. It's about clarity. Remember these key ideas:

Legs are the engine.

Every strike is powered by your legs driving forward. If your feet stop, you stop blasting.

Forward Power and direction.

Retreating gives them time and space. Forward pressure disrupts their plan.

The goal is escape.

Your constant aggression and striking fighting is focused on creating opportunities to escape.

Your attack is your defence.

Your forward pressure and constant strikes are what keep you safe.

Switch weapons constantly.

Continuously move between weapons creating confusion for your attacker.

Mindset creates opportunity.

Your determination creates doubt and fear in your attacker. Their hesitation is your window.

Use bilateral symmetry.

The alternating pattern is the same rhythm you use to walk. Your body already knows this.