

Tactical KRAV MAGA

Case Study

Incident: Attempted Extortion / Mugging

Date: 8 March 2013 10:30am

Location: Central London

Jane was focussing on parking her car. A man appeared at the side of the car and tapped on the window. He was Caucasian (Eastern European), medium build, 5'10, casually dressed in jeans and leather jacket.

Jane asked what he wanted and he showed her a gold ring in his hand. She waved him away and said it wasn't hers. He walked away and then returned whilst she was still parking. She opened her window and spoke to him. He said he had found a ring and thought it was hers. She said it wasn't but he insisted she take it. She took it and told him she was going to hand it in at a Police Station.

The man walked away a short distance whilst she continued to park. He then returned and knocked on her window, and asked her for some money, for food. She replied that she didn't have any and if he wanted money he should get a job like everyone else. He then asked for the ring back to which Jane replied she was going to take it to the Police station. He became abusive and kicked the car. Jane had finished parking and got out of the car. The man grabbed her arm. She struck his arm with her free hand, knocking it away from her. She then struck him in the face with a palm strike. Jane has had previous training in self defence (many years ago).

The man fell to the ground due to the blow and she shouted at him that if he didn't go away she will call the police. She threw the ring at him and he got up and ran off.

I asked her why she got out of the car. She replied that Central London has lots of people and she felt comforted by that.

Feedback & Comments

These comments are in step by step order as the incident unfolded.

1. Do not feel the need to open your window. You can hear perfectly well with the window closed. If you must open it, only open it a few centimetres. Think that someone might try and put a knife in to threaten you, spray you with a substance. It goes without saying that your doors should always be locked.
2. Be suspicious of people approaching you. A small amount of paranoia is no bad thing. Maintain distance/barriers. Understand that criminals will try and distract you by using aggression or simple plausible stories, or in this case, both.
3. Think before you act. Why would a man approach you and give you a ring (or any object of perceived value)? In this case the man used the pretence of "is this your ring". Jane knew it was not hers because she had not yet exited the car, so there was no need to engage the man in further conversation.

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4. Once the man made his intentions apparent it was no longer safe to get out of the car. Call the Police. Call someone. Drive away if need be. Sit there with your hand on the horn. Do not expect a passer-by to help you. Most people will not get involved. They only see a snapshot of what is happening and will not understand the situation - and even if they did, most people would just walk on by. Jane in fact was going to a meeting nearby and the person she was meeting called her whilst the incident was in progress. He asked if she needed assistance. She said no. Never say no! The man came anyway because he could hear that there was something amiss, although the incident was over by the time he got there.

5. Jane was lucky that the man did not physically attack her. He grabbed her which she deflected and she palm-struck him in the face, causing him shock, pain, and to lose his footing. Not everyone would have reacted in such a decisive manner. If you are grabbed and release yourself, get back in to your car or other immediate secure refuge. The attacker could have pulled a knife. Criminals routinely carry them and people from certain countries are much more likely to use them without fear of consequence. He could also have had an accomplice that Jane was unaware of.

Understand that once you start to engage with someone who is clearly up to no good they will do everything they can to maintain control of the situation. If you are not strong willed you could find yourself in a seriously deteriorating situation that could end in (sexual) assault, stabbing, car theft, aggravated robbery or even abduction.

This case study was compiled to demonstrate the kind of attacks and situations you may be faced with, and to give simple ideas how to minimise the risk.