

## SENSHIDO: SELF DEFENSE FOR EVERYONE!

By | Elie Maksoudian

You're walking on the street with your kids; your children are coming home from school; or you're jogging in the park and suddenly a mugger, a group of vagabonds, or a criminal attacks. A 185cm guy with muscles the size of watermelons might get out of it, but what if you're a 60 year old parent, or a 13 year old kid, or a small-built woman? The solution is one word: Senshido!



Georges Z. Fahmy is the Senshido Affiliate Instructor for the Greater Middle East Area, spanning from North Africa to the Indian subcontinent. Like many people out there, he turned to Self Defense to avoid, escape, or survive violence (in his case, a heavy dose of high school bullying), and he's here to inform us about Senshido and why it's considered the best self-defense technique for everyone.

**Q | Georges, could you explain what Senshido is all about and how it began?**

Senshido is a modern method of self-defense; it's not a martial arts style. Its objective is purely street survival, in other words, getting you home safe. We don't care about fight-stands or competitions: we only care about getting you out in one piece when facing the biggest and strongest criminals you can ever encounter. Senshido was created in 1994 by Richard Dimitry, a very good friend of mine. He used to work as a bouncer and in undercover security in Montreal, Canada, so naturally he used to get into a lot of street fights. But he noticed that all of the martial arts he learned were worthless when it came to street survival. So, he

created Senshido as an effective self-defense method that'll save a victim's life using basic survival instinct- a method that can be used not only by strong individuals, but also by those weaker persons who, subsequently, are more vulnerable to being attacked.

**Q | What's so special about Senshido in dealing with criminals?**

A criminal wants 1 of 3 things from you. It's either your valuables, your money, your jewels, your watch... he might even want your clothes. The second thing he might want is your body; he wants to use you to blow his steam off, to make him feel that he's superior and strong, or he might want to rape you to satisfy his sexual frustration, etc. And the third thing he might want is your life. The criminal is a smart guy, he's gonna set you up to get these things from you. So, one of the major focus areas in Senshido is to get you out of danger, before it gets physical. It teaches you how to verbally talk yourself out of a fight, how to negotiate with the assailer, even how to use psychology in your favor. This technique teaches you avoidance, awareness and evasive action.

**Q | Concerning effectiveness, how does Senshido work, in contrast with other self-defense styles?**

In martial arts, people don't train for the pre-contact or the post-contact. They only train on the contact phase. Senshido works on all 3 phases: pre-contact, the actual physical contact and post-contact. We train the instinctive reaction, or the flinch, and modify it combatively in a way so you can defend yourself against any attacker and disable him in order to get home safe and sound. Because when you're in a situation where your life is threatened, you're acting upon the 'fight or flight' system, which describes the rush of adrenaline and cortisol in your body. You're not going to be calm and composed enough to use some blocking technique you learned in some other martial art style. That doesn't work in real life. What Senshido does is work on your instinctive system and enhances it.

**Q | How do you train for Senshido?**

What we do is we take gross motor skills; skills which are optimized in an adrenaline stress situation, and we train you to use



these skills instinctively and effectively to fend off attacks. Initially, we train you to capitalize on the 2 primary sensitive spots of a human's body, which are the eyes and the throat. These two points can disable an attacker almost instantly. Secondly we try to bring the fight to a close quarter combat situation (CQC), because in CQC, you are in better proximity to the 2 primary sensitive points. To attack these points, you use whatever method available such as gouging, scratching, biting, spitting, elbowing, etc. Furthermore, the psychology training makes up a big part of Senshido- since we teach you to deal with pre-contact situations in order to try avoiding physical conflict and with those post-conflict times when you should take necessary measures according to what happened.

**Q |** If I were to face an attacker with a weapon, such as a sharp knife or a gun, can Senshido help out me get out alive?

That's exactly the job of Senshido;

with enough training you can pull yourself out of that situation easily. It's a simple matter of disabling or inhibiting the hand he holds the gun in by using your closest hand, and disabling him using your closest weapon (in this case your other hand) to his closest target (it could be his throat or his eyes given the position of your hand). Of course it's not as easy as it sounds, but with Senshido you don't need to use all those fancy moves you see in movies. More importantly, you don't need 10 years of experience to do this: you can learn it instantly and train in a few months. Let's face it, you don't need self-defense 10 years from now- you need it now!

**Q |** In the common case of multiple attackers, is there a defense solution?

Of course there is. You have to know something here. When you're attacked by let's say 5 guys, they're not 5, they're actually one after the other. So the trick here is to disable the first

attacker and use him as a shield to protect against and mostly to shock the others. That's what Senshido emphasizes on: taking situations where the odds are always against you and training you to overcome them.

**Q |** Who can actually use Senshido? Is there an age range or a fitness condition required for Senshido?

There's only one condition: you have to be a human. Senshido's motto is "Self Defense for everyone." Let me give you an example- one of the best Senshido students in Canada is a person in his mid 50s who endured a heart attack and who has a disability in his hand which limits his movement, but he can defend himself against virtually any fighter from any martial arts style. Why would it be called Self Defense if your mother or your small niece or nephew couldn't use Senshido to defend themselves against bigger and stronger people?