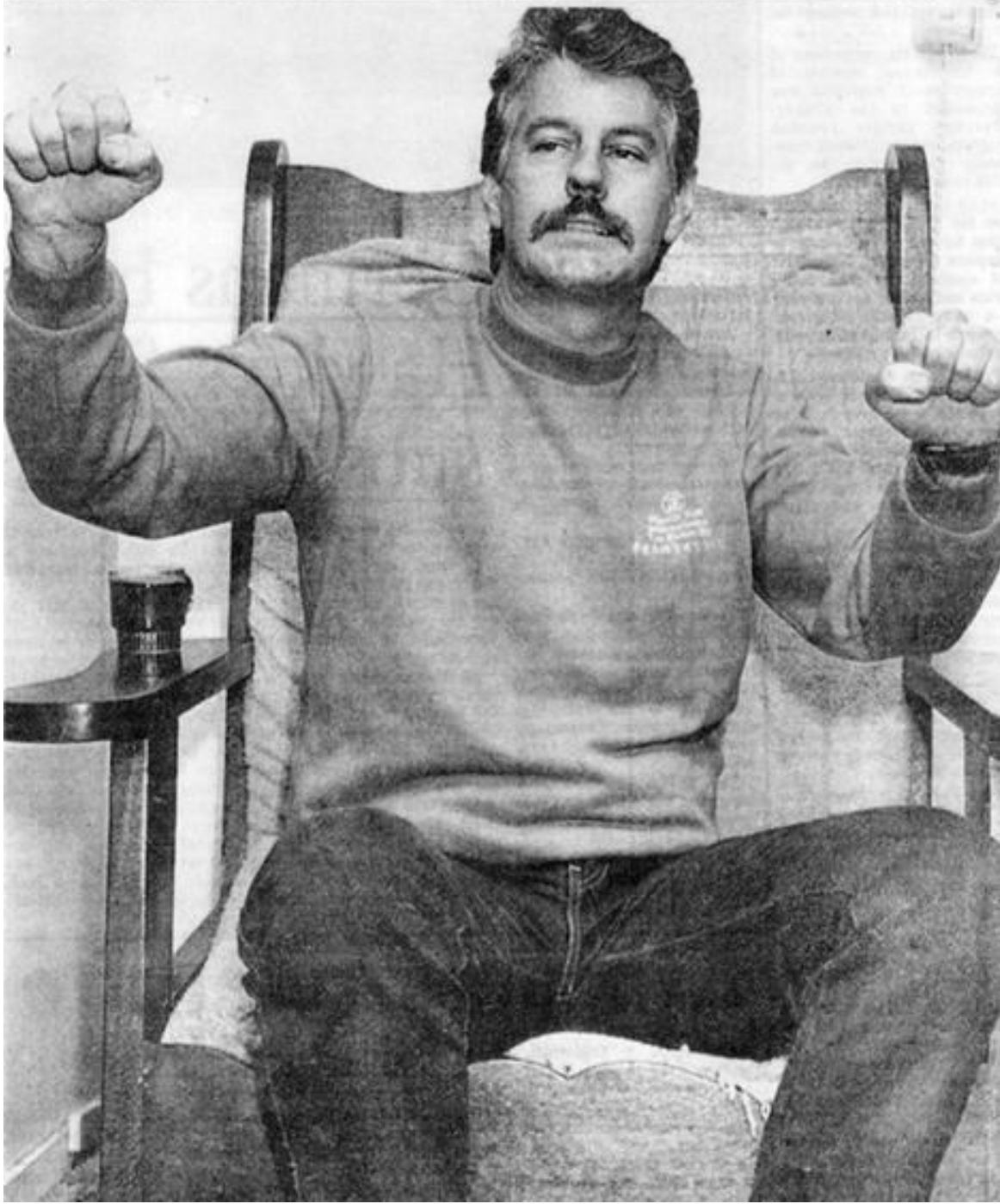


Black belt hero foils armed robbery



This was the [Front page Photo of Townsville Bulletin 1985](#) after I had foiled a violent armed robbery single handily.

I was working a 24 hour Service station when at 2 am in the Morning an Armed robber (with a loaded Shotgun) attacked me from behind. (I thought he had an iron bar and was going to 'crack' me over the head with it) .

In actual fact I had my back to this attacker and could 'sense' what I just described without actually seeing it.

The Guy said 'hand over the *@#! Money' I replied 'Like hell I will' and spun around , blocked the impending weapon (shotgun) , grabbed the barrel with both hands , and commenced to fight the attacker violently. My hands were tied up with the struggle for possession of the gun , so a front kicked the guy in the groin three times , but , it didn't drop him (too much adrenalin pumping) , so we struggled around and I thought what will I do now ? , suddenly it occurred to me to do the good old Commando roll, so I dropped to ground (while both hands on the shotgun)

And put one foot on this guys mid-section , and flipped him over my body (as I dropped to ground) and he flipped over my body and landed flat on his back (on concrete) this stunned him and made him release the shotgun.

I then had possession of the weapon. The Robber ran for his car (a huge four wheel drive) and jumped in trying to start the car.

I ran to the drivers side and suck the gun to his head, and said “ get out of the car or I’ll blow you away!” , he ignored this and tried once again to make a grab for the shotgun.

My conscience ‘audibly’ spoke to me and said ‘ if you shoot this man you will be a murderer’ I retracted the gun and decided to shoot out the tyre to the car instead (all that happened is black smoke puffed out of the tyre , which were large four wheel drive tyres. the robber started the car and sped out of the driveway in a great hurry.

I then rang the police and reported the incident.

The police caught this guy with the tracker dogs down the road (the tyre eventually went flat) and he ‘legged’ it, only to be caught by the police dogs.

So this was one of my major ‘reality based life and death situations’ and when I discussed this event with Commando Krav Maga founder Moni Isaac (a seasoned war veteran) he was very interested in how I coped .

Basically , I said to Moni , that I had taught myself the Commando roll , out of an old military training manual , and it saved my life on this occasion.

The Tae Kwon Do I had learned gave me the Kicks but, they didn’t stop this guy (he was a huge man about 100kg or so) and my boxing skills were ineffective on this occasion my hands were hanging onto a gun) so , the only option was the Commando roll and it saved the day .

From that moment on , as I said to Moni Isaac, I realized that to be ‘effective’ in self defence , you must be ‘competent’ in long range (kicking) mid range (boxing with ‘hardened bare fists’) , and close range , commando techniques and on that night I learned very quickly that if you ‘go to ground’ you get up as quick as possible or your DEAD ! .

This is why when I read about the 5second rule with Commando Krav maga I knew Moni was speaking from ‘battle experience’ (the 5 second rule in CKM is that if you’re on the ground longer than 5 secondsyour DEAD in the real World situation).

So all the characters claiming that every fight ‘goes to ground’ I say that in my experience , sometimes they go to ground , but, you better GET UP as quick as possible if you want to survive the outcome ,and interesting how Moni Isaac says the same thing. (I have had several other serious ‘street’ conflicts usually I have overcome the attackers with my ‘machine-gun’ powered straight lefts and right hands (boxing bare fist) , power slaps, and on one occasion used my ‘power kicking’ to neutralize a guy double my body weight and he was an extremely powerfully built man(strong man)...but that’s another story).

There is no doubt in my mind based on my ‘real life ‘ experience that boxing and Kicking (TKD) is not enough (although great in their fight range for example Kicking ‘long range’ Boxing ‘middle range’) but close range , Commando tactics need to be employed to survive a ‘street conflict’ situation.

and what if the attacker has a knife or gun ? have you trained for that outcome ? probably not .

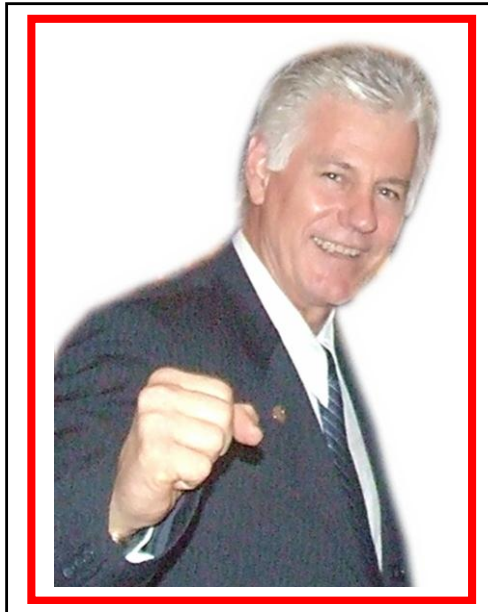
This is why I have introduced Commando Krav maga www.commandokravmaga.com into Healy’s freestyle tae Kwon Do & Boxing Academy (as a separate class) but as the ‘missing dimension’ to my ‘self-defence’ system .

After adding CKM to my teaching syllabus I am confident that if one of my students is attacked with a knife or Gun that they are prepared for the outcomes and have been trained accordingly.

and the BIG thing for me personally is that I have been promoted and taught by the 'real deal' 'Battle hardened' Commando himself Moni Isaac who is still instructing the Israeli army currently.

Now how good is that! you can't do better than that as the Israeli Army is legendary in their counter terrorism and 'real life' tactics 'under pressure'.

As I have commented before the trilogy is complete, Long range(TKD Kicks), mid range(Boxing), close quarters self-defence(CKM).



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