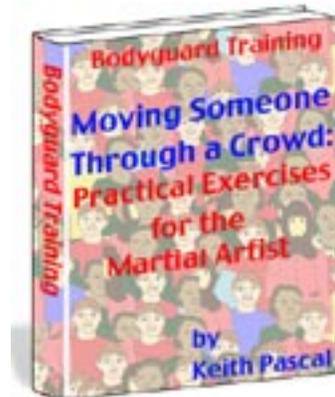


~ Bodyguard Training ~



**Moving Someone  
Through a Crowd:  
Practical Exercises for  
Martial Artists**

by

**Keith Pascal**

# Free, With A Catch...

Yes, this report is free ... with a catch. If you like it, please pass it on to fellow martial artists and self-defense enthusiasts.

**That's the cost of this eReport to you.** We're serious. **The price of this eReport is giving copies to all who might be interested in reading it.**

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**And I believe that martial artists are some of the most honorable people out there.**

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And then enjoy it!

# Apologies to the Bodyguards of the World

Are the following exercises practical? Yes, definitely.

Was this book written by a professional martial artist? Yes, to that question too.

And are these real bodyguard training exercises? Weeeeeell....

Not quite.

I tried. I have had some contact with professional bodyguards. And I am a martial artist. So, I set out to write a report for martial artists on **one aspect of bodyguarding**.

When I finished, I sent it out for review to a variety of martial artists. All the pure martial artists thought it was great. And a man who runs a professional bodyguard service in Hawaii also wrote in with his approval...

- but -

One of the loyal readers of our e-zine, **Martial Arts Mastery**, wrote in, from Japan. In his opinion, the professional bodyguards out there would criticize this work.

Why? Because they are opposed to amateurish writing by the **wannabe-bodyguards**.

So, with this man's help, we went to "his" professional bodyguard forum, to give them a shot at reviewing, criticizing, and correcting this booklet. Nobody took us up on our offer.

So, I offer an apology to those who may feel that this report doesn't offer valuable information to all, not just pro bodyguards, who might have to lead someone through a crowd ...as if they were a real bodyguard.

# Introduction

You are in charge of caring for someone. If you have a choice, you want to move in what is called **off-peak** time. You want to move your charge when nobody is around. Often, this involves being patient. You wait until everyone is gone. Then you move.

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Note: Of course, the disadvantage is that you don't have any cover. You may have to move out in the open. You will need to weigh the two choices. Maybe a compromise — move when the crowd has thinned, but folks are still around.

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Sometimes, you don't have the luxury of moving your client, when it's convenient. On occasion, you will have to move him/her **through crowds**.

**So, how do you train for this?**

I have three exercises for you to try in this e-booklet. One is an awareness exercise to learn to **move efficiently through a crowd**. The second exercise deals with **threats from behind**. And the last exercise answers the question, **“What do I do, if someone from the crowd starts to grab for my client?”**

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No, this e-book won't instantly turn you into a **killer** bodyguard. It is not a complete training manual. You need proper martial arts training, more specific bodyguard training, and you need to know the law.

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Each circumstance you may encounter is different. Professionals need to use their expert judgement to make instant decisions. Do what it takes to become professionally trained.

Still, these are very valuable exercises. They should be carefully considered before discarding them.

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# Exercise #1

## Finding a Wave in the Crowd

If you are going to move your charge successfully through a crowd, you need every advantage that you can get. You need a little breather room.

Read the following excerpt from an article that I wrote. It was originally published in **Issue #6** of the free e-zine, **Martial Arts Mastery: A Tell-All of Tips, Tactics, And Techniques**.

From time to time, it now appears in the **Free Report Section** of the Kerwin Benson Publishing Web Site. There you can find it in it's entirety. If you don't see it, e-mail me (or the company).



Anyway, read the following excerpt. Pay special attention to the way my wife and I move through crowds. Then after the article, I'll give you the awareness exercise....

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**Article:**

## **Finding Your Opponent's "Wave"**

Would you like to be able to get in on your opponent more often? Have you ever wondered how some of the other martial artists are so adept at finding targets?

Some martial artists have a knack for finding openings.

One way you can find more of these openings is by learning to see the "waves and eddies" that your opponent creates. That's right; the person facing you may not even realize the openings, he/she is creating while moving around. This is especially true, if your opponent doesn't truly understand the concept of "moving with a purpose." (See Bruce Lee's writings.)

Before we apply this principle to your fighting, let me give you a broader example of how my wife and I use this concept in a non-martial arts context. This example may make it easier for you to apply the principle to your self defense training.

Even though my wife, Kate, and I consider ourselves to be homebodies (we are the typical "nesters"), we occasionally get out and about. And sometimes, we have to negotiate our way through crowds of people.

Have you ever been stuck in a concert crowd, for example? Or ever had to find your way through a mob of sports fans? Even the annual county and state fairs have aisles of commercial booths that leave us in a gridlock. What do you do?

Most people are content to move a few inches at a time, with their bodies almost pressed up against the members of the “herd” in front of them.

Occasionally, my wife and I exhibit herd instincts too, but not usually....

We find the little pockets of space in the crowd. We look ahead; we plan a little. We scope out those spaces in front of us. Then, by adjusting our speed, and constantly tweaking our angle of movement forward, we are able to ride these “waves.”

Our little pocket of space eventually peters out, but not before we find the next pocket to jump into. This way, we move quickly and efficiently, and nobody touches us, and we don’t bump into anyone else. Boy do we “cook” — we really get moving. And guess what? It doesn’t tick anyone off, because we don’t bump into anybody. Very cool....

The article then relates this wave back to dealing with a single opponent. It gives you a practical application for this in a fight situation.

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### **So, let’s break this exercise into stages.**

In **Stage One**, you practice moving on your own through a crowd. Find a crowded place, like the examples in the article, or maybe in an in-between-class school atmosphere, a crowded shopping mall, or a flea market.

Now, learn how to find those pockets. Get really good at moving. Not as though you were in a hurry. You want to move confidently, yet quickly through the crowd.

One of the main goals is to **move quickly without drawing undue attention** from folks in the crowd. Move too quickly, and everyone will notice you.

You want to practice this exercise enough, that you can almost move without thought. You want automatic responses. It's important that you perfect how you move now, because the next step is moving with someone in tow.

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### **And so, on to Stage Two....**

Now, you are going to go back into the crowds, but this time, you are going to take someone with you. I prefer to take someone who isn't trained to move efficiently. A child works (your own preferably or a friend's, with permission of course). Or enlist the help of a clumsy friend. Or have a friend act the part.

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Just a few tries, and you'll probably see the need to give you participant instructions for moving with you. You want to be able to gently guide them — that means they need to respond to your light touch.

Note: Also, do you have written instructions that you want your client to be familiar with, when your employment begins? Thinking about it now, could make your job considerably easier later.

- Tell them how you want them to move
- How close you want them to you at all times
- What to do in case of an emergency
- How fast you want them to go
- How you are going to speed them up and slow them down

**Really think about it now.**

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**Stage Three** is the final stage. You move into this stage only when you have practiced stage two so much that you are bored out of your gourd, and/or you have lost the use of a body as a practice client.

Just imagine if you really practiced stage two to death. You could move someone in your sleep, and they'd never even bump into a passerby.

So, now you are ready for **Stage Three...**

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You are going to expand your awareness a little to the side. That's it. That's all -- not a big deal, yet very important in the overall sceme of things.

You are putting a final touch on this exercise.

If you consider in front of you to be twelve o'clock on a clock (analog, not digital), then I want you to **constantly scan at 11:00 and 1:00**. This widens your perception (peripheral vision) just enough that you see things/people in advance of them passing by your side.

For me, 2:00 and 10:00 are too wide. I can't see both sides at the same time (pardon the pun). With a narrower scope, I can see both sides at the same time, without shifting my head.

By adding this small touch, **I can see everyone before they pass**. It cuts down on the amount of attention I have to give to protecting the sides. It doesn't eliminate it — it just "almost" kills two birds with one stone.

And there you have it. Practice moving someone through the crowds for 20 minutes a day for a month, and you will see marked improvements. for some, it will take longer to become proficient. You really want to get this down pat.

# Exercise #2

## Guarding the Rear

In Exercise #2, you will practice a kick. Not just any kick. You have a choice of two ... and which you choose depends where you position your client during your move through the crowd.

I have heard arguments for always keeping your client in front of you jogged to the side —so you could walk with your hand lightly on the clients back.

And I have also heard the argument of keeping your charge behind you, so you can protect the oncoming threat.

Generally, I'd favor the former. I can guide from behind — and since I

know that I am more aware than anyone I am with, I can react to threats in front of us, when need be.

On the other hand, I have never had to protect a true celebrity, **other than my wife** (warm fuzzy for the compliment), so I don't know about fan control.

If a ton of folks were coming from the front, and I had to protect on my own (no other bodyguards), I might be very inclined to shove my client behind me for protection. See what I mean?



## Back to the kick ...

Or to phrase it differently ... for this exercise, you need a **back kick**. And not just any back kick.

If your client will be positioned behind you, you'll need the extension of a full back kick — called by different names in different styles, but basically a donkey kick that reaches behind. I try to make contact with my heel, with my toes pointed toward the ground.

Then I thrust backward with good leg extension.

**This is a powerful kick.**



On the other hand, if I instead position myself behind my client, then I need a shorter kick. I don't need to reach past my client to the attacker. I only need to lift my heel, by bending at the knee, so it pops into my attacker's groin.

Of course, you could choose to practice a back kick to the **knee or shin** — with either distance. The point is, you need to cover with a rear line of defense.

Get someone to approach from behind with a focus mit. Practice kicking the mit -- your partner holds the target in the appropriate positions for kicking.

If your client is behind you, get comfortable kicking around your client without offending or injuring your protectee.



## Pause For Reflection

Do you see what we're doing? You are teaching yourself to move professionally through crowds. You practice moving forward smoothly.

Then with just a shift of focus, you can almost guard your sides. You just have to preview what will soon be passing on the sides. Anything else, you are trusting to awareness ... for now (I have another e-report in mind as a future project).

And in this last exercise, you covered the rear line of attack. You are now, covering most lines of possible attack.

Note: Peripherally, we see below us easily. Still check the surface as you move. On the other hand, most humans are very lazy about looking up when entering a new situation. Keep both in mind.



# Exercise #3

## The Next Level: The Grab

So what's left? If we are covering all lines a bit more efficiently, then what do we practice now?

My suggestion is to take this whole scenario one step further. You have just practiced moving through crowds. You have martial arts expertise to deal with anyone attacking from the front or side. You have practiced an exercise to remind you of a rear attack.

So, now practice what you'd do if someone reached in towards your client. You aren't sure if this is a violent or non-violent reach. So, you can't react with your destructive techniques, yet.

But, as a professional, you can't allow someone to put their hands on your client, right? You have to react. And you have to react in a professional manner. Like an expert.

### **So, what do you do?**

I suggest using wrist locks or the **beginning** of a wrist lock. As **Person X** moves in on your client, you can gently guide their hand away from the body. You guide in preparation for a wrist lock ... you don't put one on.

After all, they didn't actually grab. So, you are just deflecting them a bit ... it just so happens that your hand is in the right position, just in case.

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If the person is actually grabbing your client, or one of your client's possessions, then I'd consider a real wrist or joint lock. Maybe even an arm bar.

I'd up the ante a bit. I am not sure I'd hit at this point, because of legal ramifications. But I would lock.

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Even if you aren't confident with a lot of different locks, a grab is one of the easiest ways to snap a lock on an aggressor. Since they are grabbing you, they aren't hitting you, or your client ... yet.

Lock them down, before they do.

So, for **Exercise #3**, you need two practice partners to help out. As one grabs the other, you practice removing the threat with a lock.

Practice the difference between brushing the hand away early, in preparation for a lock, and actually picking the attacker's hand(s) off your

“client,” and flowing from a grab position into an instant lock. Either way, you want to control the situation -- and it's best to control it without hitting, if you can.



If there is enough interest, I'll publish more tips for bodyguards. Good practicing!

Keith Pascal is the author of **Wrist Locks: From Protecting Yourself to Becoming an Expert**. If you need some great locks for [Exercise #3](#), or just want to perfect your counters and reversals, read more about this book at:

**<http://www.kerwinbenson.com/?bodyguard>**

(You can also find **FREE** reports on martial arts and self defense.)

This book is available in both hardback and e-Book formats.

If you have comments or questions, you may write me at :

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**Train hard!**

