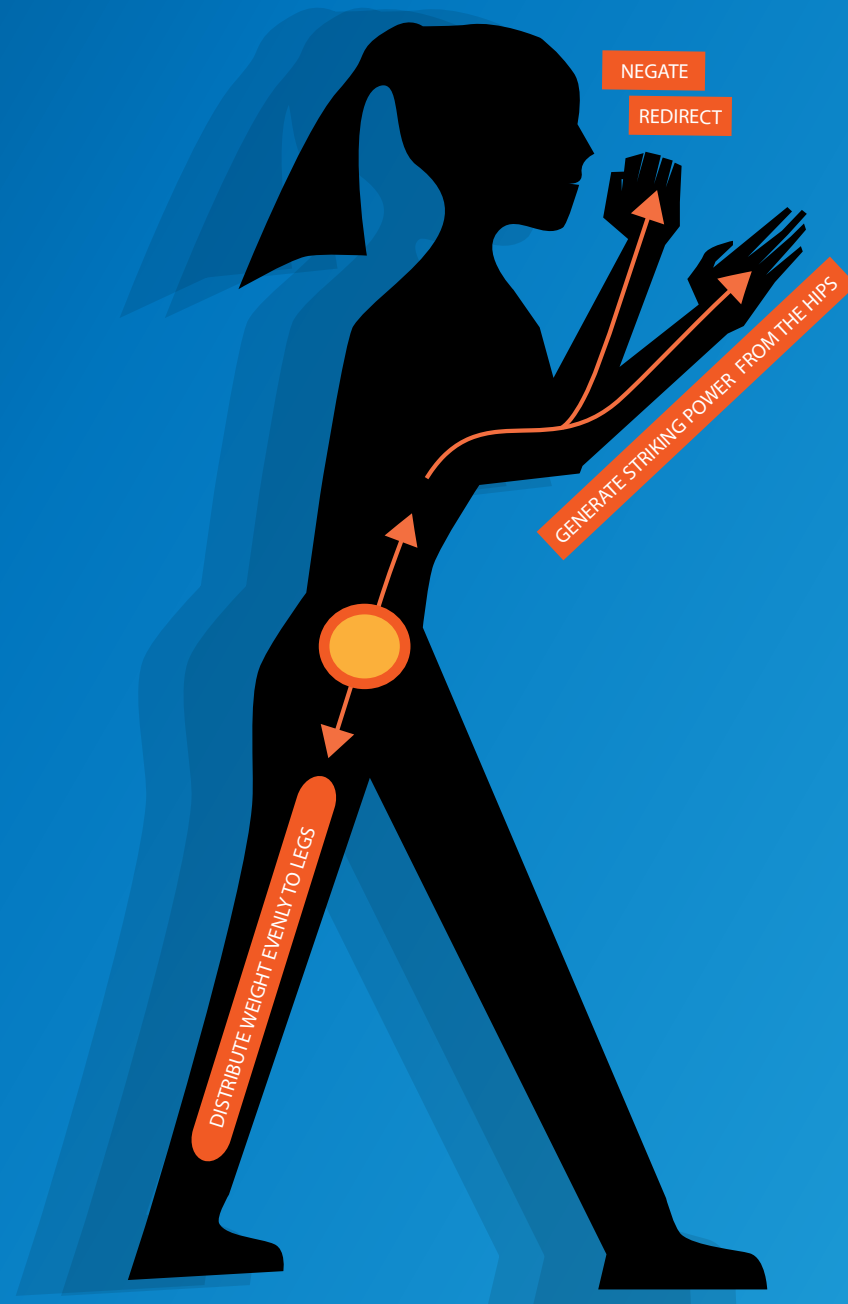


# Main Principles



In an attack or altercation there are no guarantees of preferred outcome. However it is possible to increase and change the odds in your favor. Learning to be aware of your body mechanics and apply them for protection is the principle by which this goal can be reached.



Defensive techniques are secondary to situation awareness i.e. The ability to stay alert to your surrounding, assess a possible threat and react through movement.



**Instructor**  
**G.T. Randolph**

*Starting at the age of ten I took my first steps into the world of Martial Arts. A path I continued on studying and training a multitude of styles culminating with a method developed by John J. Dempsey III called AikiCombatives.*

**Martial Arts Training**  
USJA Kodokan Judo  
BDA Lin Chun Kune Gung Fu  
NS Praying Mantis Gung Fu  
MYB AikiBuJutsu  
SFC Combatives