



PSP 5: Car Combat



Fighting a standing assailant from the driver's compartment of your vehicle is a difficult problem. It's a given that if you can, try and drive away. Sometimes you might not be able to, however. He has several advantages over me. First he has the mobility of his lower body which I really don't at this point. Secondly, he has superior position from the standpoint of height and pelvic alignment. The pelvic alignment is pretty critical in that he's cutting my center line via our relative positioning of him at 90 degrees to my flank. He can generate a lot of downward/forward striking power, while I really can't.

From forward aggression I'm in a modified "Jack Benny" ready position, with my strong/right hand on the wheel.



Okay he throws a hard right. My flinch response is to lift my left elbow high from the window, tucking my chin into my deltoid, and cover my face/head. The right hand covers my face, close in. At the same time I'm going to lean back to my right and begin to swivel my hips towards him by scooting counter clockwise in the seat on my ass.

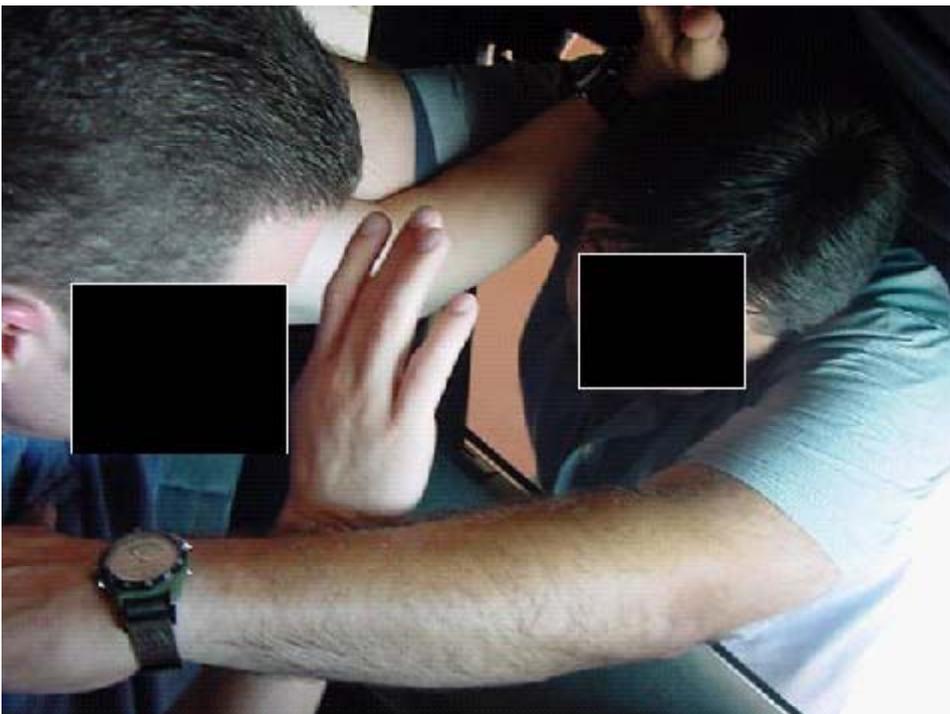
Beginning of my flinch, beginning of his punch.



Completed flinch, completed punch.



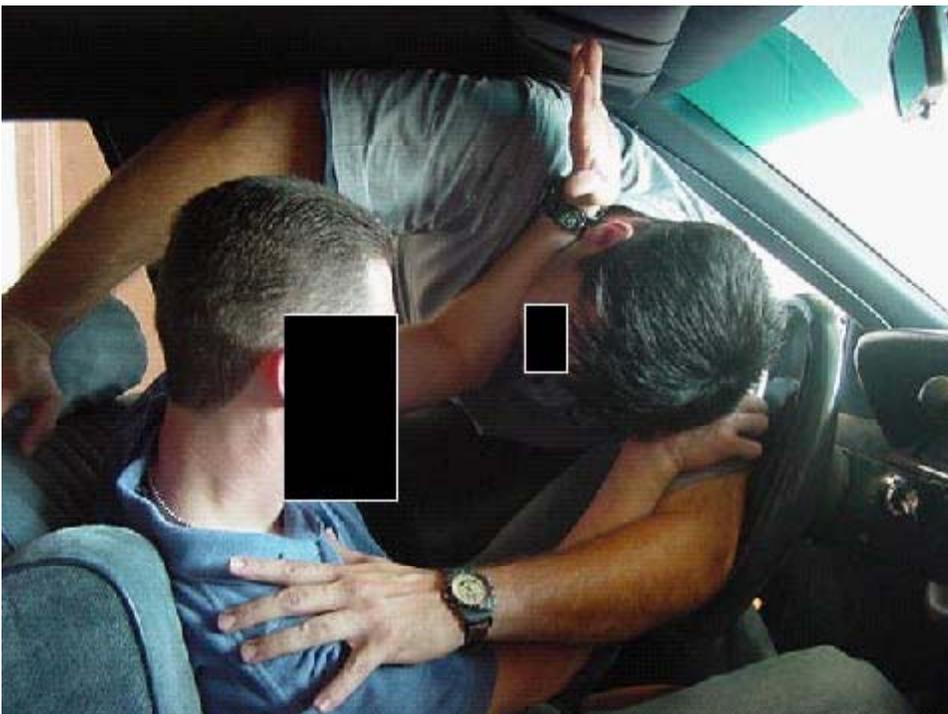
Closer shot of flinch.



His forward/downward momentum has carried him, and he lunges into the driver's compartment. As his left arm reaches through, I'll check it with my right on the inside. At the same time, as he's closing, I'll straighten my shielding elbow out, on the inside of his punching arm and grab the back of his head/neck. I also continue to swivel towards him, so even though I'm seated, my pelvis is forward aligned, facing him.



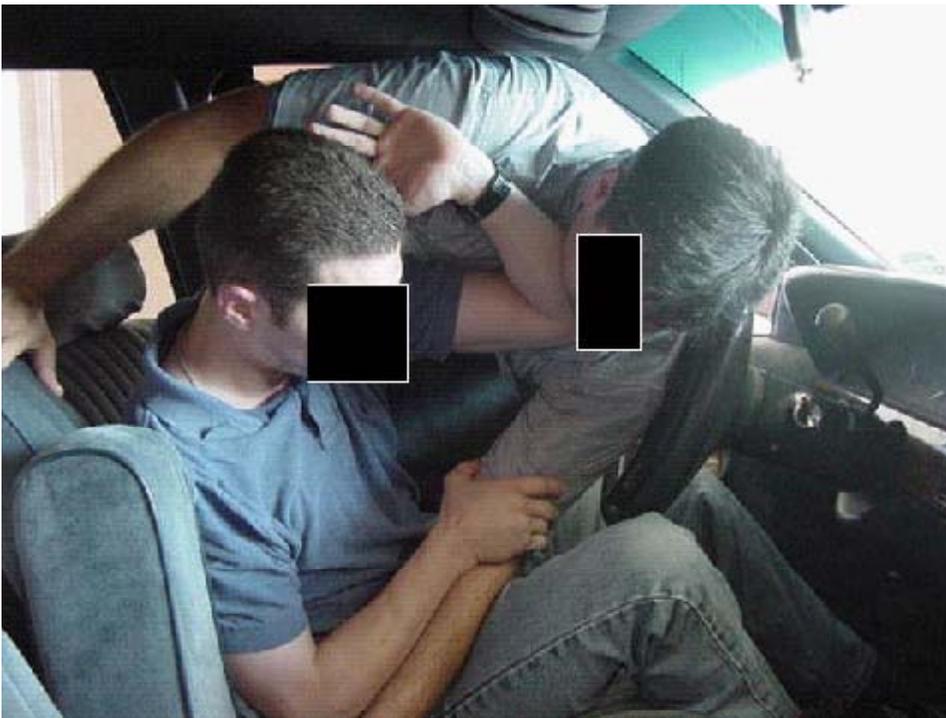
I really can't hit him with very much power because of my limited mobility and positioning. I'm going to improve my position and lessen his, by clinching him around his neck with my forearms **tight**, and pulling him into me. What this does is reduce his striking power because I've essentially taken his lower body away from his upper body. Try leaning over a table and striking, not moving your feet. That's what you want to do to him.



Continuing to improve my position and disadvantage him further, I'll swivel back to my right with my hips, pulling his left arm with my right and carrying him with me. At the same time I'll lever forward into his neck, with my left forearm, pushing him. This will cause him to spin/ torque/spiral and unbalance him even more. I opened it up a bit for the picture, so everyone could see the mechanics a little better, so just remember that you would be a little tighter than this.



I continue to pull him downwards and into my lap. I'll also drive forward and into his throat with my forearm in kind of a bar choke/strike. Now my position is much better.



After he makes a few chicken squawks from my bar choke, I'll drive upwards, scraping his face with the tip of my elbow and try and open a striking line for my right hand at an upward angle.



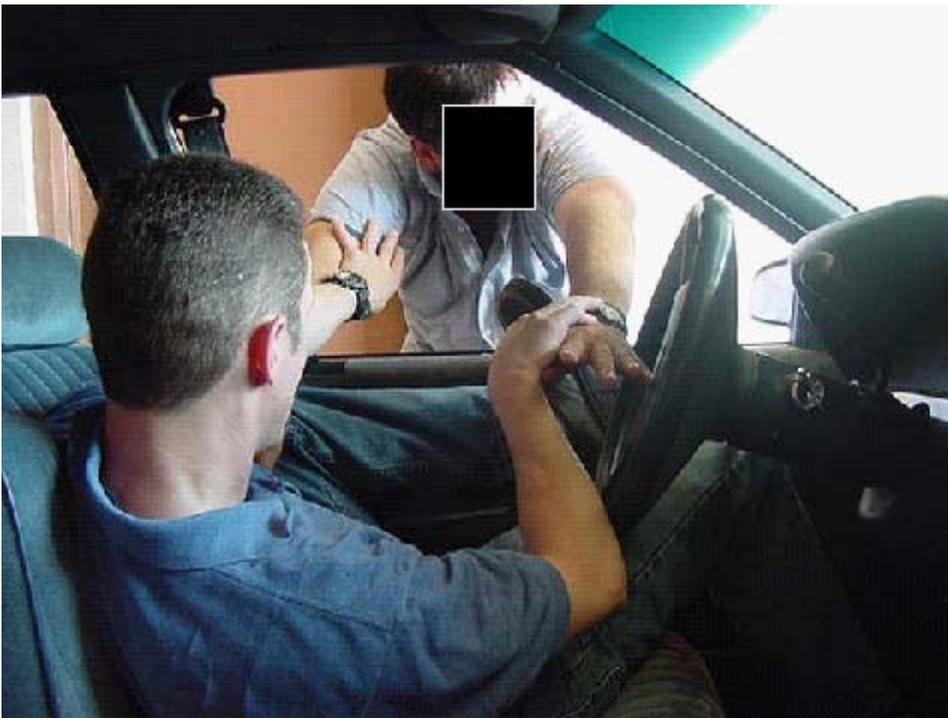
The line is opened and I hit him with an upward palm strike under the chin, driving his head as hard as I can into the roof of the driver's compartment.



After the palm strike, I'll uncurl my grinding left elbow, and hit him with a back forearm strike/hack, bashing him into the windshield. I'll drop my palm striking right hand, back to his left forearm and monitor it.



Let's get him out of the car. I'll scrape his head across the windshield, from where I smashed it, and to my left, back towards the window. I'll pivot again to my left, in the seat and cock my left leg.



I'll shove him back as hard as I can with my left arm and pivot almost completely in the seat, leaning backwards and setting up a longer tool.



While he's still in range I'll kick him in the face ejecting him completely. At this point you can escape out the passenger side.

That's it. Enjoy!