

**THE SECRETS OF STREET FIGHTING**

**FIGHT  
FOR YOUR  
LIFE!**



**DR. TED GAMBORDELLA**

# Fight For Your Life

By  
Ted Gambordella,  
B.S., M.ED., Ph.D

Photos by Barry Guimbellot

Models: Zlatko Chiddix, Donna McCorry

To Zlatko Chiddix and Barry Guimbellot for their help and assistance.

To Donna McCorry, a truly beautiful woman in all ways,  
and to the martial artists of Texas, the greatest in the world.

Fight for Your Life: The Secrets of Street Fighting is part of a series in which I show the serious student of the martial arts and the teachers techniques that can be of practical value in the street as well as in the dojo. In order to fully appreciate the material, you should obtain my book, The 100 Deadliest Karate Moves, for reference as to the vital points we will be discussing in this book.

I did not write this book to teach readers how to beat up other people, or to train would-be muggers. The techniques found here are defensive, and although they are quite deadly, they will not work quite as well in offensive, attack situations.

The techniques found in this book require a basic knowledge of karate or jiu-jitsu, but they should be familiar to all students of the arts who have a minimum of six months of study and training. I do not present flashy techniques or superfluous finishing touches, unlike other books where you see the defender kick the attacker twenty times, strike his eyes, tear out his throat, flip him, and then crush his chest. My secret techniques that you are about to discover will produce sufficient damage to stop the attack and to make certain that it cannot continue.

I do not advocate killing anyone for any reason unless you are certain that you are about to die, or unless the person is in the act of killing another person.

In closing, allow me to say that as a Christian martial artist, I study the arts and write about them as a teacher and artist. Note that I am not a proponent of violence as a way of life. But if you practice these techniques in good faith, I am confident that they will enable you to win that crucial street fight engagement, where you must win or die.

*Dr. Ted Gambordella*





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# Chapter 1. Fighting Techniques

1. You are attacked with a hard right by a punk.



You react by blocking with your left, and then at the same time coming up with a front snap into his groin.

Finish him off with an elbow to his throat.



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## 1. Fighting Techniques



2. You are attacked by a boxer type, who leads with a left jab.



You block with your left, and at the same time snap up a side kick, breaking his ribs.



Finish him off with a knee to his jaw and face.

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## 1. Fighting Techniques



3. Again you face a boxer type. This time as he fakes at you, snap a side kick to his knee.



Now step up and grab the back of his head, and smash his face with a hard elbow.



## 1. Fighting Techniques



**4. This time as the attacker begins to get into his defense stance, you thrust a roundhouse into his solar plexus, stunning him.**

**Then move in and smash his stomach again with a left.**



**Continue to counter with a hard right to his temple, and then knock him out with a hard left hook to his jaw.**



## 1. Fighting Techniques



**5.** As he gets into his stance, you snap up a front roundhouse to the side of his face. Then you quickly step in and grab his neck in a hip-throw position.



Now you bend him backwards, smash his back and neck against your knee, and then reach down and grab his face and tear out his eyes.





## 1. Fighting Techniques



**6. You face him off and lead with a quick stinging left to the side of his face. This blinds and stuns him enough to allow you to move in with a foot sweep to the back of his knee.**



**Knock him to the ground, where you finish him with a face stomp.**

## 1. Fighting Techniques



7. As he throws a jab at you, snap up a front kick into his ribs.



Now move up and quickly use your knee into his groin.



Then finish him off with a head smash into his nose, knocking him out.

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## 1. Fighting Techniques



**8. The attacker throws a kick at your side, which you block with a left lower circular block. Then counter his kick with your own into his groin.**



Now you step up and throw a hard shuto into the back of his neck.



Then finish him off with a knee smash into the throat.

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## 1. Fighting Techniques



**9. He attacks with a right fake, and you react by snapping a hard front kick into his throat.**



**You then turn and smash a heel kick into the side of his face. As he falls backwards, finish him with a knee break.**



## Chapter 2. Escapes & Counters



**1. You are caught in a headlock.  
React by smashing your left into  
his groin.**

**At the same time, your right comes up and over his head, grabbing his hair.**



**Pull his head back to expose his body for  
your finishing punch, which is a smash into  
his throat, or you can hit his groin.**



## 2. Escapes & Counters



**2. You are attacked from behind and grabbed in a full nelson.**

**Bring your arms up to your head to relieve the pressure. Now come down with a heel stomp to his instep.**



**This will cause him to release his hold.  
Now step out and smash an elbow into his stomach.  
Finish him with an elbow to his jaw, breaking it.**

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## 2. Escapes & Counters



**3. You are caught in a front grab around the waist.**



**Before he can knock you to the ground, come up and smash your hands to the back of his neck.**



**Finish him off with a knee to his chest.**

## 2. Escapes & Counters



**4. You are grabbed in a front bear hug. Raise your arms up very high to get power, and smash his eardrums.**



**Now come up and smash his nose with a backfist, and then forcefully apply an elbow to his jaw.**



**Finish him with a front kick to the groin.**



## 2. Escapes & Counters



**5. A lady is grabbed from behind in a bear hug, but her arms remain free.**



**She swings an elbow to the side of the attacker's face, and then the other elbow to the other side.**



**Now she leans over, grabs his leg, and throws him to the ground by pulling his leg up.**

**She finishes him with a heel kick to the groin.**



## 2. Escapes & Counters



6. The attacker reaches up and grabs a lady's hair, preparing to strike her.



The woman reacts with a rising block.



She counters with a snap to the groin.



## Chapter 3. Close Fighting & Ground Fighting



**1. Your attacker reaches at you to grab you.**

**You duck down and grab his left arm as it crosses your body.**

**Now come up and break his elbow with your forearm.**



**Finish him off with a knee to his face.**



### 3. Close Fighting & Ground Fighting



**2. As a street fighter reaches at you, you block his left with a rising right block.**

**Then come up and smash your knee into his face.**



**Now step around behind him to grab his face and claw his eyes.**

**Then slide up to his neck and choke him into unconsciousness.**



### 3. Close Fighting & Ground Fighting



**3. As the attacker reaches at you, you duck down and push his left across your body.**



**Now lock him up by reaching under his left arm, and begin to choke him.**

**Finish your move by breaking his back and his neck.**



### 3. Close Fighting & Ground Fighting



**4. Your attacker runs at you and rams his head into your stomach. React quickly by smashing his neck with your hands. Then lock his neck in your arms.**



**Now pull up very hard and snap his neck.**

**Then finish him off with a knee to his face.**



### 3. Close Fighting & Ground Fighting



**5. You are knocked to the ground and are on your back. As your**

**attacker attempts to get on top of you, reach up and grab his hair.**



**Pull him across your body by his hair, until you can lock his face with your legs and begin to choke him.**

**Then finish him with a hammerfist to his groin.**



### 3. Close Fighting & Ground Fighting



**6. Your attacker is on top of you and attempts to strike your face.**

**Block with your left, and then come down and smash his groin.**



**Now reach up and grab his head, pull him down, and smash his face into the ground.**



**Then throw him over yourself by kicking up with your body and pulling with your hands.**

**Then jump up and smash his face with your heel.**





### 3. Close Fighting & Ground Fighting



**7. An attacker is on top of you, attempting to strike your face.**

**Quickly bring up your legs and wrap them around his body.**



**Now finish him off with a smash into his groin with your backhands.**

### 3. Close Fighting & Ground Fighting



**8. A man is on top of a lady trying to choke her.**

**She quickly reaches up and strikes his eyes with her fingers.**



**Now she swings her legs up and over his body and throws him backwards,**



**where she finishes him off by smashing his groin with her fists.**

# Chapter 4. Knife & Club Defenses

## Briefcase Defense

You are attacked by a thug who tries to steal your briefcase as you leave your car.



You briefly resist his pull, then quickly come toward him and smash his jaw with an elbow.

Next you smash a knee into his groin, knocking him to the ground,



where you finish him off with a smashing heel stomp to his groin.



**Knife Defenses**

**2. A thug attacks you with a knife, using a straight thrust.**



**You pretend to give up and raise your arm.  
As he thrusts at you, parry his strike with your left arm.**

**Now quickly smash a front snap kick into his groin, knocking him to the ground.**



**Take the knife out of his hand and stomp his  
face or groin, or you may hold him now for the police.**



**Knife Defenses**

**3. The attacker thrusts the knife at you.**



**Quickly close in, blocking the knife before he comes across your body.**

**Now move in and do a hip throw.**



**After you throw him to the ground, smash his face with a heel kick.**

### Knife Defenses

4. The attacker with a knife makes a direct thrust to your stomach.



Step back, and use an X-block to stop the knife.



Now roll your hands over, bring them up and over your head,  
(Close-up of the position of the hands) and throw him to the ground.



Continue to hold his arm after he is down. Stomp his throat to finish him off.

## 4. Knife & Club Defenses

### Knife Defenses

5. The attacker holds the knife to your throat. You decide to resist.



*(Note: I do not recommend that you try to resist this type of knife attack unless you are very proficient in karate, or unless you feel that he will kill you anyway.)*



You reach up quickly to loosen the knife pressure and bend your neck away from the blade.



Now do a shoulder throw and flip him over your shoulder to the ground.

Stomp his groin to finish him.



### Knife Defenses

**6.** You are attacked with a knife. The attacker is using a side swinging action, trying to cut out your guts. You quickly bring up your left arm to block.



As he thrusts at you, parry the blade.



Then snap up a crescent kick onto his forearm. Your kick should have him moving forward.



You counter now with a shuto to the back of his neck, breaking his neck and knocking him to the ground.

Finish him with a stomp to his heart.





**Knife Defenses**

**7. The knife is coming at you from an overhead strike.**



**Raise your left arm up to block, trying to catch his forearm with your wrist area.**



**At the same time, smash a front snap kick into his groin.**



**Now you lock up his arm (see close-up of the locking position) and step behind him and throw him to the ground.**

**There take the knife out of his hand and cut his throat with it, or hold him until help comes.**



Knife Defenses

8. The attacker lunges at you with the knife, using an overhead strike.



Moving very quickly, you step back, take off your coat, and wrap it around your arm.



Using the coat for a safety wrap, you block his thrust and snap a kick into his groin.

Now come up and finish him off with an eye strike, blinding him until help arrives.



Knife Defenses

9. The attacker is threatening you with the knife. Raise your arms as if to give up.



When he attacks anyway, quickly step back and grab your belt and take it off.



Using it like a whip, flip the end of the belt into his eyes, stunning him and causing him to lose his vision.



Now quickly wrap the belt around his neck and choke him unconscious.





**Knife Defenses**

**10.** A man is attempting to remove his knife from its scabbard.



You quickly jump forward and grab his arm, preventing him from drawing his knife.

Now come up and smash his eyes with a two-finger strike.



Then execute a knee smash into his groin.

Finish with an elbow to the face.



### Club Defenses

**1.** You are attacked with a pipe. As the assailant swings at you, duck down and let the pipe go over your head.



Before he can come back, smash his groin with a right thrust punch.



Now finish him off with a shuto chop to the back of his neck, breaking his neck.

**Club Defenses**

2. You are caught from behind in a choke hold by a stick or pipe.



Quickly come up and grab the pipe to relieve the choking pressure. Now strike back with your backfist into the attacker's teeth and nose.



Continue to step around and twist your way out. Then strike his groin with a backfist.

Finish him off with a knee to the jaw, breaking his jaw.



# Chapter 5. Defenses for a Woman

1. A lady is attacked with a knife thrust at her chest.



She reacts quickly and bring up her purse to block the knife. At the same time, kicking her assailant's groin with a front snap.



Now she comes across the side of her attacker's face with an elbow smash, knocking him to the ground.



She finishes him with a stomp to the face.



2. A lady is attacked with a pipe.



As the attacker swings the pipe, she quickly brings up her purse to block it.



She finishes him off with a front snap to the groin.





3. A lady is attacked with a front choke.



She quickly snaps up, front kick to the attacker's groin.

Now she reaches up and thrusts her thumbs into his eyes.



This will force him away, and she can finish him with another kick to the groin.



4. A lady is grabbed from behind in a bear hug.



She reacts quickly, before any pressure can be exerted by smashing her heel into his instep. Then she comes back with an elbow into his stomach and ribs, knocking him away.



She finishes him off with an elbow smash to his jaw, breaking it.



## 5. Defenses for a Woman

### 5. A thug tries to grab your purse.



**Pull away as if to resist.**

**Now react with a side kick into his knee.**



**Finish him with a groin stomp.**



# Chapter 6. Multiple Attackers

## 1. You are attacked by two men at once.



Quickly snap a groin kick to the first man.



Now you smash an elbow to the second assailant.



Then finish him with a knee to the face.



You then finish the first man with a back-heel kick to the face.

## 6. Multiple Attackers

2. You are defending yourself against one man with a quick claw to the face,



followed by a snap kick to the groin.



You then finish him with a back kick to the rib cage.



Now, his friend decides to help, so you snap a kick to the second attacker's groin,



and finish him with an elbow smash.

3. A lady is attacked by two men.



She snaps a front kick into the groin of the man in front of her.



Now she thrusts a back kick into the groin of the man behind.



Then up with an elbow smash to the side of the head of the first man.



She finishes the second man with a heel kick to the heart.



## 6. Multiple Attackers

4. A lady is grabbed from behind and held as a man attacks her from the front.



She quickly snaps up a front kick into his groin. As she brings her foot down, she smashes the instep of the man holding her.



Now she comes up with a hard elbow into his jaw, knocking him out.



She finishes the man in front with a knee to his face.



## Chapter 7. Tips

1. A lady is grabbed on the chest by an attacker.



She reaches up and claw his eyes.



She finishes him with a knee to his groin.





2. A lady is grabbed from behind by a man.



She smashes her elbow up into his face.

3. A lady has a man on top of her.



She smashes her knee up into his groin.

4. Mace is one of the best and most effective defenses that you can carry.



5. A man is trying to slap a lady.



She covers herself by putting her arms up to the sides of her head and blocking his punches. She then counters with a snap kick to his groin.

