

# Research on street anti-riot combat

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**Abstract:** In street self-defense, wisdom and calmness can de-escalate violent conflicts; vigilance and observation help you avoid dangerous situations; escape techniques can prevent most violent injuries; readily available combat tools make you stronger; excellent physical fitness makes you more adaptable to combat; fearless courage awakens your dormant power; and practical anti-riot combat techniques serve as the final barrier for safety. Only by fully comprehending the meaning of these seven "weapons" and applying them flexibly can people's ability to respond to violent incidents be greatly improved, ensuring greater protection for their lives in emergencies!

**Keywords:** Physical fitness, Combat, Anti-riot, Wisdom, Observation

## 1. Introduction

This paper is a practical research study on street anti-riot combat, systematically proposing the "Seven Weapons" theory for responding to violent incidents. The article constructs a clearly structured street self-defense system from three dimensions: psychological construction (wisdom and calmness, fearless courage), risk prevention (vigilance and observation, early escape), and practical combat capability (improvised weapons, physical fitness training, combat techniques). The author emphasizes the "soft defense" concept of "escape if possible, avoid fighting if possible," prioritizing life safety and breaking through the limitations of traditional combat instruction that solely pursues technical skills. By combining sudden violent cases at home and abroad, the paper dialectically analyzes the differences between competitive martial arts and unrestricted street combat, providing a violence response guide with strong operability and high practical value for ordinary citizens and law enforcement officers. It holds significant practical importance for enhancing public safety awareness and emergency response capabilities.

## 2. Research object and methods

### 2.1. Research object

This paper mainly focuses on sudden violent incidents at home and abroad as the research object, conducting research and analysis on street anti-riot combat.

### 2.2. Research methods

The research methods employed in this paper include literature review, logical analysis, and social survey. The purpose is to enable ordinary people to recognize seven powerful "weapons" in street self-defense through research and analysis of street anti-riot combat. By fully understanding the meanings of these seven "weapons" and applying them flexibly, people's ability to respond to violent incidents can be greatly improved, providing greater protection for their lives in emergencies!

## 3. Results and analysis

### 3.1. "Weapon" one: Wisdom and calmness can de-escalate violent conflicts

When employing wisdom to deal with violent attacks, the key lies in first maintaining one's own composure, and then using language to calm the opponent's psychological state. Special attention must be paid to avoiding provoking the opponent through words or actions, because when a person is in a state of

intense impulse, they will lose self-control and exhibit stronger violent tendencies. If the opponent is in such a state, they will become dangerous and difficult to deal with. Therefore, every effort should be made to restore the opponent's rationality, which may prevent violent incidents or reduce their severity. The worst-case scenario is that you yourself also lose your senses, forfeiting the ability to control the situation. Of course, this method of de-escalation is usually applicable to low-intensity violent attacks or impulsive violent attacks; for premeditated violent attacks, its effectiveness is typically limited. If encountering a violent attack that cannot be resolved through conciliatory means, one should utilize fearless courage to mobilize one's strength, transforming one's psychological state into one suitable for confronting violent attacks. In this state, combined with other principles and methods, even physically weak individuals, including women, have the possibility of achieving victory in perilous situations. If a violent incident does occur, regardless of victory or defeat, there will be considerable danger; even victory will be a "Pyrrhic victory" at a cost. Those who implement self-defense should have this mental preparation.

### **3.2. "Weapon" two: Vigilance and observation can help you avoid dangerous situations**

The functions of vigilance and observation mainly manifest in two aspects: First, they enable you to sense the existence of danger in advance, thereby avoiding dangerous situations beforehand. For example, when preparing to pass through a quiet street at night, if you notice several idle youths wandering aimlessly ahead, you should perceive these individuals as potentially dangerous and choose to take an alternative route. Of course, they may not be bad people at all—just ordinary teenagers—but whenever possible, one should not take any risks at such times. Another example: when seeing a drunken person approaching you in a bar, you should leave promptly, because under the influence of alcohol, people may tend toward violence. Second, they can help you sense inevitable violent incidents in advance, allowing you to prepare beforehand and avoid being caught off guard and at a loss when forced to respond hastily.

In order to reduce the probability of falling into dangerous environments, you should cultivate the habit of "keeping your eyes and ears open," constantly paying attention to your surroundings. If you sense the possibility of a violent attack occurring—such as the "March 1st" terrorist attack at Kunming Railway Station—you must not only watch the person in front of you but also observe bystanders around you, and promptly seek available weapons or escape routes. Before the violent attack arrives, quickly remove yourself from the dangerous situation and secretly prepare for defense.

### **3.3. "Weapon" Three: Escape techniques can prevent most violent injuries**

Escape can be divided into several situations. First is escaping before the violent attack occurs—this is the optimal approach because it eliminates any risk to life and completely avoids potential legal complications. Pre-attack escape should be combined with the intuition and observation introduced earlier, because only by observing and sensing danger beforehand can one proactively avoid it. Just as cold winds or thunder usually precede rain, violent incidents are also preceded by various warning signs. If one can carefully note these signs and thereby anticipate potential danger, it is crucial for preventing violent injury. For example, when an argument occurs over something and the opponent storms back to their car, you should consider that they may be going to retrieve a weapon; or when the opponent suddenly takes out a phone to make a call, you should consider that they may be calling for backup to confront you. If at this moment you remain oblivious and stand still, it will be extremely dangerous. What should be done at this time is: leave quickly! Do not stubbornly hold your ground for fear of bystanders mocking your cowardice, because life is far more important than face. Likewise, do not become overconfident just because you have practiced martial arts or Sanda, waiting for the opponent's arrival to teach them a lesson.

If the violent incident becomes unstoppable, then during the course of combat you should still prioritize escaping as soon as possible, and rapidly seek out escape routes. Fighting actions should also revolve around achieving this objective. When facing multiple attackers, in selecting targets you should choose the weakest opponent, as this can quickly create a breakthrough and provide an opportunity to escape. During the fight, if you have effectively struck the opponent, you should utilize the moment when they are unable to counterattack to leave swiftly, rather than continuing to use violence to punish them, as this will only delay your escape.

### 3.4. "Weapon" four: Readily available combat tools make you stronger

You may train at the martial arts gym every day, perhaps sweating profusely while hitting the punching bag daily. However, no matter how much you train, your fists will certainly not be harder than a wine bottle found everywhere, and their lethality will definitely not match that of a kitchen knife or even a broken plate. More importantly, if a wine bottle breaks, you can readily pick up another one, but if your hand is injured, it may result in lifelong disability. The human body is the most precious weapon, and therefore should not be used lightly except as a last resort. In street anti-riot combat, it is certainly unwise to first think of using your hands or legs as weapons. Thus, picking up any object at hand—even just a spoon—is far more effective than fighting empty-handed. Boxing matches do not allow fighters to use weapons; they have no choice but to enter the ring bare-handed. Street combat, however, has no rules whatsoever, and therefore weapons should be the first choice. Please remember: if fighting cannot be avoided, quickly find an object to use as a weapon, even if you ultimately do not use it at all.

In locations where street anti-riot combat may occur, it is difficult to imagine a place that is completely empty. For example, in an internet café where a fight might break out, there may be empty beer bottles or cola bottles near your seat; some internet cafés also have ashtrays available—all of these can be used as weapons. If none of these items are available or they are too far away, when thugs attack, the stool you are sitting on can also be used to strike the opponent or block their weapon. For instance, on June 15, 2014, at a chess and card room in Hotan, Xinjiang, three thugs slashed at civilians, who heroically fought back using items around them and achieved victory. If the fight occurs in a bar, you can freely choose wine bottles of various shapes as needed. Lightweight yet sturdy chairs, metal or ceramic tableware used for serving food—all can be used as weapons. If encountering an attack by thugs or drunks on the street, look for leftover bricks from construction, small stools at shoe repair stalls, or lightweight bicycles; these items can all become weapons for self-protection. Therefore, as long as you free your mind, abandon superstitions about bare-handed fighting, and pay attention to observing your surroundings, weapons are readily available. If you still feel uncertain, let us then imagine an even more unfavorable environment.

### 3.5. "Weapon" five: Excellent physical fitness makes you more adaptable to combat

Physical fitness refers to human endurance, speed, and explosive power. These three capabilities are crucial for all sports, and street combat is no exception.

First is endurance. Street combat is extremely physically demanding. If you frequently watch professional boxing matches, you will notice that even boxers with physiques as strong as oxen will be breathing heavily after just two or three minutes of competition. This is still within the context of a sports match. If it is a life-or-death street fight, factors such as fear, psychological tension, and adrenaline secretion will cause people to fatigue even more easily. Therefore, it is quite possible that you will already be weak and powerless before throwing even a few punches. If one person is facing multiple opponents, the need for endurance becomes even more pronounced.

Second is speed. The greatest advantage of speed is the ability to strike the opponent first, which is also extremely important. In most people's imagination, it seems that the human body can withstand one or two hits without serious consequences. In reality, this depends on where the strike lands. Some areas, when hit with even moderate force by an ordinary person, will immediately cause loss of combat capability or even endanger life. To make combat more visually appealing, movies often depict protagonists fighting opponents for dozens or even hundreds of rounds, with one side continuing to stand up and fight despite receiving continuous heavy blows from the opponent. Boxing matches are similar, with both athletes exchanging blows, landing dozens of punches to each other's heads and other vital points without anyone falling down. This has also created a misconception: that the human body can withstand heavy strikes. However, if you look at UFC (Ultimate Fighting Championship) matches, the situation is quite different. In UFC competitions, neither fighter wears boxing gloves, so it is common to see that just as the match begins, one fighter strikes the opponent's head or stomach with what appears to be not very heavy force, yet the opponent either immediately loses consciousness and collapses or writhes in pain on the ground. This is because in boxing matches, both fighters wear boxing gloves, which greatly cushion the impact force, allowing athletes to withstand heavy blows from their opponents. In UFC matches, fighters do not wear boxing gloves, and therefore can often defeat the enemy with a single strike. Of course, no one will be

wearing boxing gloves in street combat. Therefore, if you can strike the thug first, it may mean victory; conversely, the same applies to the opponent. The importance of speed in street combat is self-evident.

Third is explosive power. So-called explosive power is the force exerted in an instant. The aforementioned examples of defeating the enemy with one strike occur on the premise that the striker possesses certain explosive power. If there is only speed without the necessary explosive power, even if you hit the thug, it will be difficult to quickly neutralize their combat capability.

If a violent attack has already occurred, then physical fitness will be extremely necessary for you. The "kung fu" mentioned in martial arts is also a manifestation of physical fitness. Its core significance can still be measured by the three major standards of physical fitness. Therefore, engaging in corresponding physical training during normal times is of great help in responding to street violent attacks.

### **3.6. "Weapon" six: Fearless courage awakens your dormant power**

Combat requires not only a strong physique but also a brave heart. Without courage, one may experience limp limbs and scattered spirit in street combat. In such situations, even if you are as strong as an ox or possess numerous techniques, it will be of no avail. Courage is extremely important for defensive combat; sometimes powerful courage itself can stimulate the body's instinctive strength, granting you more formidable combat capability in a fight.

Therefore, on the foundation of practicing combat techniques, attention must also be paid to cultivating fighting will. The cultivation of fighting will can be carried out during normal training. For example, during technical training, practice with a positive mindset and imagine yourself fighting thugs; such long-term training can enhance courage. Additionally, psychological suggestion methods can be used, such as imagining yourself as a certain strong and brave person, thereby drawing courage from this brave individual. Another psychological suggestion training can also gradually acclimate you to the tense emotions of combat and enhance courage. The specific training method is: while in a calm state of mind, suddenly imagine that you or your most beloved person is being threatened by thugs, and at this moment there is no other option but to fight and eliminate the opponent. During the imagination, make the scenario in your mind as realistic and concrete as possible; at this time, powerful psychological motivation will arise, and fear will be forgotten. If this psychological suggestion stimulates immense inner strength and storm-like anger, you should experience this feeling with your heart, and use this feeling to train or imagine yourself fighting thugs with this feeling. After training is completed or after imaginarily finishing combat with the opponent, promptly calm your mind and transition to a peaceful state. Regularly conducting this training will significantly improve your psychological conversion ability; this is also the so-called "mind cultivation" exercise in combat.

Of course, after acquiring this courage, it should not be displayed in daily life, because those encountered in normal times are mostly normal and kind people; toward them, we should harbor a kind heart. Therefore, courage should normally be concealed within one's heart, only to burst forth when violent incidents occur. This courage hidden deep within the heart is in fact a high-level courage, completely distinct from ordinary reckless bravery. Therefore, to improve defensive combat capability, we should constantly pay attention to cultivating our courage and keeping it hidden within our inner selves.

### **3.7. "Weapon" seven: Practical anti-riot combat techniques are the final barrier for safety**

Although we have repeatedly emphasized that in street anti-riot combat, avoiding fighting and escaping promptly should be the first choice, there are some situations where we have no alternative but to resolve problems through combat. For example, police officers on law enforcement duties, when facing criminal suspects with strong violent tendencies, must proactively step forward to complete arrest missions. Another example: when you and your family members encounter violent aggression together, in order to protect your loved ones, you cannot simply escape on your own, but must fight the opponent to protect them. Therefore, when violent incidents are unavoidable, combat skills become particularly important.

Comprehensive and effective techniques enable you to calmly respond to various critical situations and win combat victories at a relatively small cost. Of course, what is referred to here are specialized street combat techniques, not competitive techniques practiced at boxing clubs. Techniques in street combat have certain connections with combat sports techniques, but there are also significant differences. Competitive

martial arts techniques do have certain utility for street combat—consider that if a boxing champion or Sanda champion were to fight an ordinary person on the street, they would certainly have a great advantage. Competitive martial arts have undergone some "sportification" processing due to the needs of athletic competition; although there remains some distance from street combat with no rules whatsoever, they still retain many essential elements as combat arts. However, if a boxing champion were to fight someone proficient in street combat, the boxing champion's techniques might be at a disadvantage. This is because many of his techniques are designed for sports competition under the premise of using protective gear, and some even violate the principles of unrestricted street combat.

Compared with competitive matches, unarmed combat techniques in street combat focus on avoiding heavy strikes to vital body parts while effectively striking the opponent's vulnerable areas to neutralize their combat capability as quickly as possible, enabling oneself to promptly escape from danger. Those techniques in competitive matches that can score "points" by hitting opponents but cannot effectively weaken their bodily functions have little significance in street combat. However, if you are a friend who practices competitive martial arts, do not be discouraged, because the foundation of competitive martial arts is consistent with street combat; having a foundation in competitive martial arts allows one to relatively quickly master street combat techniques. If competitive combat techniques are appropriately modified according to the characteristics of street combat, they can quickly be adapted to unrestricted street combat. If your goal is to improve street anti-riot capability and you are preparing to learn defensive techniques, then techniques specifically designed for street combat should be your first choice. Mastering effective combat techniques not only prepares you materially but also makes you more confident when facing violent attacks, thereby improving your ability to control the situation. From the experience of foreign street combat experts, practical combat techniques can indeed effectively improve survival capability when facing violent incidents; even when facing weapon attacks, mastering proficient combat techniques can enable you to respond more effectively to attacks under certain conditions.

#### 4. Conclusion

This article systematically constructs a theoretical framework of "Seven Weapons" for street anti-riot combat, progressing layer by layer from prevention, avoidance to actual combat, embodying the defensive wisdom of "escape if possible, avoid fighting if possible." The author breaks through the limitations of pure technical instruction, prioritizing psychological construction (wisdom and calmness, fearless courage), and emphasizing that observation, prediction, and escape strategies are far more important than frontal confrontation. This "soft defense" concept holds great practical significance for ordinary citizens. Meanwhile, the article dialectically analyzes the differences between competitive martial arts and street combat, pointing out the crucial roles of environmental utilization (improvised weapons) and specialized physical fitness (speed, explosive power) in unrestricted fighting. It affirms the value of professional training while also warning against the risks of "rule dependence." Overall, this study provides the public with a clearly structured, highly operable system for responding to violence. Its core principle—prioritizing life safety and exchanging minimum cost for maximum survival opportunity—deserves extensive promotion in the field of security education.

#### 5. References

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