

# Dogs Don't Know Kung Fu

Review by  
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**FIGHTER'S MAGAZINE** recently printed an article by myself called 'What Weaker Sex?' in which I talked about women in the martial arts. More to the point I talked about the information given to women about how to deal with an attacker and how that relates with men teaching women. I also tried to put the point across that as a man I could not fully understand the fear women have of attack, robbery, stalking and rape. As a man I know the problems us guys have walking the streets or the dangers we can find ourselves in just driving around town. Yes we are attacked, beaten and raped but what I have found by training women and the feedback I get from them is that their fear is on a much higher level. So why am I putting pen to paper? Let me put it this way; it would be like relaxing on a hot summer day enjoying the peace and quiet when you find yourself surrounded by a cloud of bees. Upset because you disturbed their comfortable sleep through the winter as you broke down their hive in your eagerness to make use of the garden.

I have had more calls about that one article than any other that I have had in *Fighters magazine*, so I think I have got people talking. It's great to get feedback and judging by some of you who contacted me things for women in the martial arts are going to get a lot more realistic in the future. So I would like to cover in a bit more detail one of the questions most people wanted to know more about. How can I teach or train as a woman for the reality of street attacks when most of the people who are going to attack me are bigger and stronger than me?

## Getting the right information

Over the years I have read many books and seen many videos on self defence ideas, most are as realistic in the art of street self defence as I am likely to win Miss World. Apart from people joining a martial arts club, doing a self defence course or reading books on the subject how do they know the information is right? Well if you have been unlucky and been attacked in the past then you will have some idea how you can rule out some of the rubbish information. In the article I mentioned a book by Jamie O'Keefe called 'Dogs Don't Know Kung Fu' and I said that it is one of the best books on the subject of female self-protection. If you have read it I can hear you all saying, "yes I agree with that", the most important thing in the book is how Jamie seems to have understood the fears women have about their safety.

From the opening pages Jamie set the scene to



Sevim training with Tony and Tim.



Seeing the danger...



...and dealing with it.



just how brutal and big the problem is in dealing with people's views and the perception they have about threat of an attack. Unlike most how to defend yourself books, videos and defence courses Jamie covers the important back ground to who, why and how attacks can take place. Dealing with the physical part of fighting off an attacker he covers very well, with hard hitting and workable ideas for anyone. Anyone who teaches self-protection will always make the point that awareness and threat assessment techniques are more important than knowing or having a high level of fighting skills. With over 56 chapters covering topics from the law, abduction, stalking, date rape, road rage to drugs and alcohol all hitting a area of reality that many will not even talk about.

It is not a book you can say is an enjoyable read because of the subject matter, dealing with something anyone of us would not want to happen to our mother, wife, daughter or girlfriend. As you read through the information Jamie's giving you, he backs it up all the time with a couple of hard-hitting true-life examples. In fact as you read, you may think to yourself this can't be right surely this type of thing can't be happening in homes and on the streets of the UK. Then the facts of the matter are shoved in your face and as you read them you feel unable or unwilling to believe what some people are capable of.

### Ask the person who's been there

Jamie's background and what he has gone through is a testament to the fact that he is someone who knows the dangers and problems hopefully many of us will not have to deal with. With his experience of over 25 years in the martial arts, he is well qualified to talk about what will and what won't work when it comes to fighting off an attacker. Backed up by his years of working in the dangerous environment as a nightclub doorman helped him find out what ideas you can use to protect yourself. The years of hard work he has put into the subject of female self protection puts him ahead of the field, and is one of the few who has asked and answered the questions for the women who fear attack and the ones that have been there.

It is a sad fact that some people out there have no idea. A friend of mine went on an anti rape course,



Sevim and Tony enjoying another training session.

because of her background she could cope with any physical part of the training. But what she was not prepared to accept was the two male instructors joking that if the attacker was good looking you may enjoy it. It is a sad reflection on the way some martial arts instructors view this subject and why in my article 'What weaker sex' I say we need women to come forward to play a greater role. How many times have you read something about fighting off a rapist and thought to yourself, what they are saying is a load of rubbish.

'Dogs Don't Know Kung Fu' is a must for any female who is interested about staying safe on the streets. If you think you know the reality of what's out there read it and be prepared for a shock and at the same time read something that could save your life.

Although the book cover says it is a guide to female self-protection any man reading it would also find it a valuable read when it comes to staying safe. If I can pinch a line from the foreword of the book by Geoff Thompson, 'This is a great book that makes great sense and is the best of its kind'.

Before I close I would like to thank all the people who contacted me about the article I did for Fighters and also a big thank you to Fighters magazine for printing it.

*If you would like to contact Jamie O'Keefe about his book, write to: New Breed Publishing, P O Box 511, Dagenham, Essex RM9 5DN or through his website:- [www.newbreedbooks.co.uk](http://www.newbreedbooks.co.uk)*



Alan Charlton and Jamie at the local weight watchers!