

# The Untold Secrets of Western Fighting Science: Unleashing Ancient Techniques for Modern Warriors

Have you ever wondered what lies at the heart of Western Fighting Science? Buried beneath years of tradition, deep within the lineage of warriors, there exists a treasure trove of ancient techniques and principles that have withstood the test of time. In this comprehensive exploration, we will dive into the rich history, intricate techniques, and the modern application of this fascinating martial art.

## The Origins of Western Fighting Science

Before we delve into the depths of Western Fighting Science, let us take a moment to travel back in time to uncover its origins. Deeply rooted in European history, this martial art honed its techniques on the battlefields of ancient civilizations.



## WESTERN FIGHTING SCIENCE (WESTERN FIGHTING SCIENCE BOOK 1) by Neville Goddard(Kindle Edition)

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The rugged warriors of the Viking era perfected a combat style that blended the art of swordsmanship, grappling, and strategic warfare. This marked the birth of Western Fighting Science, a system that would evolve over centuries and leave an indelible mark on the world of martial arts.

## **The Fundamentals of Western Fighting Science**

At its core, Western Fighting Science is about the harmonious unity of body, mind, and spirit. It combines a variety of combat techniques, such as boxing, wrestling, swordsmanship, and archery, fusing them into a fluid and dynamic martial art.

Central to Western Fighting Science is the concept of distance, timing, and leverage. Practitioners learn to gauge their opponent's movements, exploiting the vulnerabilities through expert footwork and quick thinking. It is a martial art that values precision and strategy above brute strength.

## **Exploring the Techniques**

Western Fighting Science boasts a vast repertoire of techniques that span the spectrum of unarmed and armed combat. Let us delve into a few notable techniques that have stood the test of time:

### **Boxing: The Noble Art**

# PART #1

# BOXING STANCE FUNDAMENTALS

BY: RYAN GRUHN

**Rear Hand On Temple/Chin Bone** - These are called reference points. They help avoid knockouts, as the rear hand/arm is up protecting the chin. By having it on the head you know your hands are up, as opposed to having the hand floating where you can't see it. When the hand is off the head in fighting, you are unable to tell if it is at the correct height because you cannot feel the hand touching the reference point.

**Elbows In** - By having the elbows in, you conserve energy that would otherwise be spent if your shoulders were supporting the arms. Test this yourself, keep your elbows tight into the body and feel your deltoid muscle, they will feel loose. Then move your elbows away from the body and feel again, the deltoid will now feel tense. Elbows being in also allows for faster defense, since the arms are closer to the body.

**Eyes Forward & Head Straight (Looking Through Brow)** - This tells you that your chin is down and hidden. If you were to turn your head in such a way that it's not straight forward, you are more likely to expose the side of the chin, exposing yourself to knockouts.

**Lead Hand Out In Front of Face** - This allows you to defend with your lead hand, while still having the ability to punch. The arm should be bent at a ninety degree angle with the hand at knee height.

**Chin Down / Lead Shoulder Tucked** - This helps you to avoid knockouts, since the chin is hidden behind the shoulder and close against the chest. Knockouts usually happen because the chin/head is not tucked into on the body. Make sure the shoulder is coming up to meet the chin, not the chin turning to meet the shoulder.

**Shoulder Shrugged w/ Slight Hunch** - This helps stabilize the head and hold the chin. It should be done as if you are pulling a towel over your shoulders.

**Hips Forward** - This allows you to obtain power from both sides of the body. When the hips are turned so the body is biased, there is more risk of telegraphing punches from the rear side of the body. Turning the body so it is more biased, tends to be a more of a defensive posture, because less of the body is exposed. You however are looking for power. Each hip should be on opposite sides of the opponent.

**Weight Towards Front 60%/40%** - This gives you the ability to rotate your rear heel and deliver a powerful cross. It also allows you to slip and bob & weave with more agility. This is not to say that the weight does not change from this position. It is simply the most prevalent weight distribution in a good boxing stance.

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**Toes Facing Forward** - It is very unusual for you to stand with your feet shoulder width apart and have the toes facing forward. Your body tends to turn the rear foot so the feet are perpendicular to each other. The problem with perpendicular footwork is the risk of telegraphing, along with cutting off power from the rear side of the body. It is also harder to move when the rear foot is turned out to the side. By keeping the toes facing forward, you maximize mobility while improving rear power. A 45 degree angle in the rear is acceptable but people trained this way almost always regress back to the parallel foot stance. Think about how you walk and run, this is the way the toes should face.

**Feet Shoulder Width Apart** - This assures proper balance, along with the ability to move in all directions. If your stance is too narrow, your balance is off and it can be hard to move. In addition to mobility, having your feet shoulder width apart allows you to create power from both sides of the body.

**Knees Bent** - This allows you to have more spring in your step. Similar to how volleyball, basketball or football players keep their knees bent, it gives you more options for movement. This also facilitates more power and increased agility.

**Rear Heel Up** - The heel being up allows you to push off with the rear foot like a springer. This facilitates good mobility and increases the ability to set up for more powerful rear punches. It also gives you a place to go if you are pushed backwards. If you are on the heel rather than the ball of the rear foot, it is easier to fall backwards.

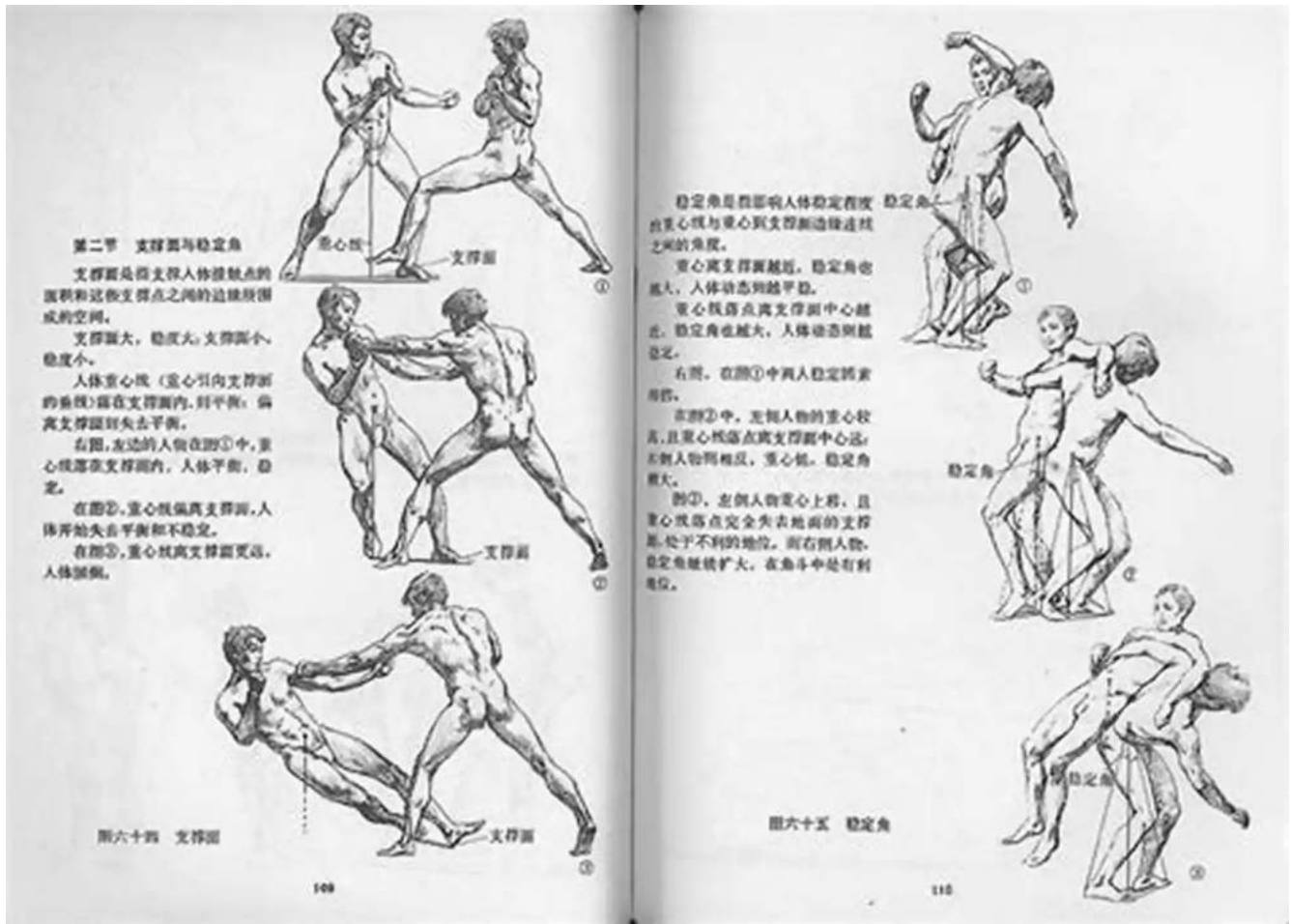
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In the realm of Western Fighting Science, boxing reigns supreme. The art of throwing punches with calculated precision, agility, and speed is central to this discipline. Boxing techniques such as jabs, hooks, and uppercuts are incorporated into the fighting system, making Western Fighting Science a formidable striking martial art.

## Wrestling: The Art of Grappling



Wrestling has always been a crucial element of Western Fighting Science. By developing a strong grappling foundation, practitioners learn to control and subdue opponents, employing joint locks, throws, and takedowns. It is the art of close-quarter combat, teaching individuals to navigate through clinches and gain leverage over adversaries.

## Swordsmanship: The Way of the Blade



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Unveiling the ancient secrets of Western Fighting Science, swordsmanship brings us into a realm where weapon mastery and precision meet. With a focus on wielding various blade types, practitioners become adept at parrying, thrusting, and executing deadly strikes. Swordsmanship is an art that demands immense discipline and finesse.

## **The Modern Application**

While Western Fighting Science may have been born in ancient times, it continues to find relevance and applicability in the modern world. The principles and techniques instilled by this martial art transcend time, offering individuals invaluable skills for personal growth and self-defense.

With its emphasis on adaptability and strategy, Western Fighting Science equips practitioners with the ability to handle real-life scenarios effectively. The art of footwork and timing can be applied to everyday situations, enabling individuals to navigate through life's challenges with confidence and grace.

### **The Western Fighting Science Legacy**

Western Fighting Science, often overshadowed by its Eastern counterparts, is a treasure trove that has yet to be fully explored. It is a martial art that has weathered the tides of history, adapting and evolving while preserving its core principles.

Today, dedicated practitioners and scholars are uncovering the hidden depths of Western Fighting Science, breathing life into age-old techniques and reviving forgotten principles. With a newfound appreciation, this ancient martial art is experiencing a resurgence, captivating the hearts and minds of warriors seeking a path less traveled.

, Western Fighting Science is a martial art that bridges the gap between history and modernity. Its techniques are versatile, its principles enduring. Whether you seek personal growth, self-defense skills, or wish to immerse yourself in the rich tapestry of combat arts, Western Fighting Science awaits, ready to unveil its ancient secrets to those who dare to explore.



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For the street-fight, self-defence masters of the 18th century emphasized the importance of 'giant force' and 'prodigious blows' in barefist punching technique and the 'giving of severe falls' in throwing. They called their method 'manual -defence' And, they knew where to punch and how to punch hard. A manual-defence affirmation goes; 'One powerful, accurate blow paid home will tell for six improperly directed.' ('The Complete Art of Boxing', 1789) The words, 'paid home' mean, 'to a mark'. An eighteenth century writer (William Hazlitt) said, '...a fellow in that class of life will strike his hand through deal boards to show his strength - and to give himself a sensation of which he is in want ...' (In the lumber trade, as far back as the middle-ages, a 'deal board' was a piece of sawn timber) Back then this scientific street-fighting art was taught by masters of stave and sword (in the early 18th century the most famous of these was James Figg). As with contest forms of weapons-arts on the traditional fighting-stage, there was also the contest form of manual-defence. This became known in modern times as 'bareknuckle fighting' and was almost invariable, and erroneously, suggested as being merely a 'base' forerunner of so-named gentlemanly 'Queensberry' gloved sport boxing. But, 18th century sources show that the

modern sport came out of just one practice aspect of the self-defence art and was conventionalized by gentlemen-amateurs to become, originally for them, an amateur athletic pursuit. That one aspect was the 'muffled fist' (gloved) practice method called 'sparring' or 'boxing sparring'. Conventionalizing brought about changes. On the fighting stage the contest form of manual-defence (pugilistica) was an exciting and immensely popular phenomenon in seventeenth, eighteenth and nineteenth centuries England. The following article (Western Fighting Science - Book 1) 'An Overview of a Western Self-defence Art', introduces the reader to manual-defence - a dynamic fighting-art and a truly Western tradition.

Western Fighting Science - Book 2 is 'A General Background'

Western Fighting Science - Book 3 is 'Mediaeval and Tudor Period'

Western Fighting Science - Book 4 is 'Wrestling Arts'

Western Fighting Science - Book 5 is 'Street-Fist' (Bareknuckle self-defence)



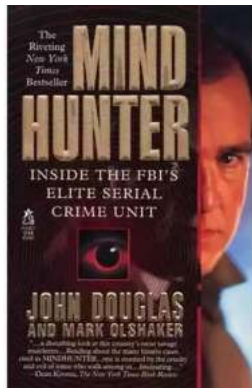
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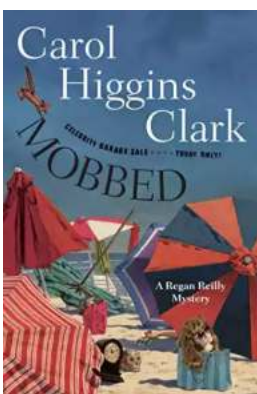
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