

# GIRL FIGHT

HAND TO HAND COMBAT DEVELOPED BY ISRAELI SPECIALIST MILITARY FORCES FOR SURVIVING VIOLENT CONFRONTATION. **CATH POPE** LEARNS TO FIGHT LIKE A GIRL.

At 165cm, Adori Bubble is a little on the small side for a martial arts instructor specialising in hand to hand combat. Having said that, I've just watched her run through a couple of basic defence moves with training partner and all-round giant Kevin (ex-Australian Army Commando and Green Beret) that has landed him on the floor.

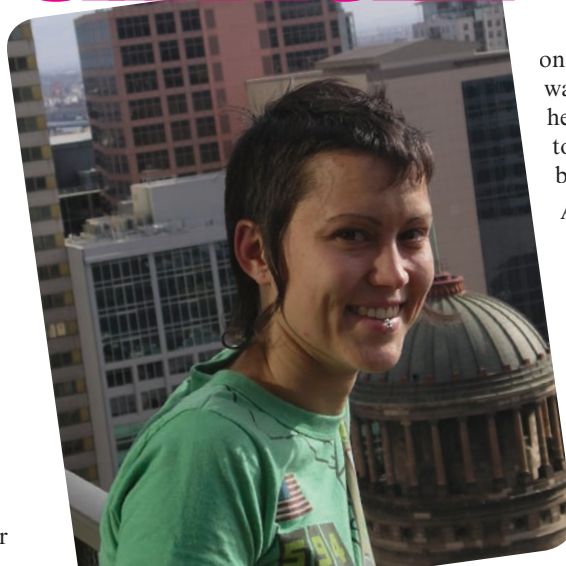
Rule number one: Size doesn't matter when you fight like a girl

Like many women who train in self-defence, Adori was drawn to martial arts as a result of a negative personal experience.

"Enough was enough," she says firmly, leaning forward in her chair. "I was tired of continually feeling afraid – because I was small, or because I was a girl. After being present when a friend was assaulted in a road rage incident I decided I was not going to feel powerless again. I wanted to be able to defend myself, or help others in a situation like that."

True to her word, Adori attended a local Taekwondo class and went on to gain her black belt in both WTF Taekwondo and OIKA Kobudo. However, over time, Adori felt her study of traditional martial arts wasn't fulfilling her original goals, so sought out a purely self-defence system called Tactical Krav Maga, and is now certified in Advanced Civilian Instruction in Tactical Krav Maga (TKM).

Rule number 2: You can successfully defend yourself when you fight like a girl.



on the big guys and beating them, was something Adori quite enjoyed, her real challenge, she decided, was to encourage a lot more women to become aware and involved in TKM.

Adori then teamed up with fellow instructor Kevin Marshall, who after a successful career in the military (where TKM is taught in survival training) shared Adori's vision of creating TKM techniques specifically tailored to women – and Fight Like A Girl (FLAG) was born.

Rule number 3: You don't need to be fit or have any prior experience to fight like a girl.



Photos: Kid Lobotomy

FLAG aims to teach women of all sizes, ages and cultures to live their lives with confidence, happiness and safety. "We teach girls to fight smart. Working on a premise of physical inferiority we use what tools we have available – that might be our fingernails, a set of keys, a high heel even."

Adori assures me that even after one class women walk away equipped with some basic techniques that, if confronted by a possible

attacker, could prevent them from harm.

"FLAG enables us to face our fears and conquer them. We work on instinct and teach women how to anticipate a possibly dangerous situation and react logically. It's about taking that 'freeze factor' (immediate shock reaction to assault) and turning it into the correct instinct that could save your life." Fight Like a Girl, and you'll never be frightened again.

The practical, no-nonsense approach of TKM that teaches how to anticipate, confront and survive violent confrontations was exactly the type of training Adori was seeking.

"I didn't want to learn how to break bricks in front of an audience – I wanted skills that would teach me to defend myself in practical, real-life situations. I wanted to be able to have the confidence, when absolutely necessary, to fight back – and win."

Traditionally, TKM is the domain of the alpha male, and can be aggressive and hard-fought. And while taking

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