

Open Circle Fighting Method

OCFM



www.ocfm.co.uk

What is the OCFM?

Describing the OCFM is a difficult task as it means so many things to so many people. In some ways it is easier to say what it is not!

Martial Artists tend to have a background in a traditional art such as, Shotokan Karate, TKD etc. These Arts and indeed many others are all considered to be a “style”.

There are of course many styles of Karate, Shotokan, Shito-Ryu, Shukokai, Goju etc and then branches and off shoots within each of those.

Still, they are all considered a “style” and practitioners of these arts are referred to as “stylists” of those same arts.

Therefore these practitioners are easily distinguished from others due to those “stylistic” differences and ways to accomplish the same goals, e.g a punch or a kick.

These slight differences in application and technique encourage much debate about which is better, sometimes rather heated debate. Stylists from one area may argue over the correct way to be in a certain stance etc.

All of this is of course a complete waste of time. To argue those semantics is a waste of your training time.

To worry about the aesthetics of a technique, with no deep understanding of that same technique, is worthless training.

These styles or rather stylists, fall into the trap of learning and performing in a “monkey see, monkey do” manner. To them, the effectiveness takes 2nd place to how it looks. Plus, they must all look the same, regardless of body type, build, body structure and ability level.

This is rather like trying to fit a round peg in a square hole!

The OCFM completely differs from this in so many ways.

We learn and teach from a principle based method as oppose to the monkey method. It matters not, the aesthetics of the technique, just the effectiveness at that given moment in time.

The key to gaining that effectiveness is by applying “known and proven” principles to each and every technique.

This is why practitioners of numerous and diverse “styles” have been able to incorporate the OCFM principles and thus free themselves of the shackles of their system, whilst still

remaining true to the original concepts and ideas of a system they may have dedicated much of their life to.

What is Principle Based Training?

It is quite literally what it says. For example, in a typical Karate School, a front kick will be taught in a specific way and that is how it MUST be performed... no matter what!

In OCFM, we would say that the objective is to get your weapon (e.g the foot) to the target (e.g groin) in the fastest, most powerful, most impactful and most destructive manner possible, whilst at the same time, maximising your own safety and ability to carry on with further strikes and / or defend yourself.

That general statement could be applied to any strike to any part of the body and that same principle of effectiveness then applied to all locks, throw, takedowns, strangles etc.. in fact to EACH AND EVERY TECHNIQUE!

To do this properly, means that we MUST have a thorough understanding of the body and how it works. It is this understanding that can enable us to “break down” each technique into its constituent parts and then re-build it, adding in as many of our principles as possible, to increase the effectiveness still further.

So, to do this and to teach this to others, we MUST know and understand as many of these principles as possible. We must be able to articulate, demonstrate and impart this knowledge in an easy to understand, easy to replicate fashion.

Sounds a daunting task! To be able to break down EVERY technique and rebuild it!

Well, the good news is that the VAST majority of the hard work has been done for you. The principles (often referred to as Players) upon which techniques are based, have been documented and laid out in a structured learning plan.

In this way, the Coach, can more easily pass this information on to his students.

To make this easier to understand, think of it like this. If you have a Boxing background, then you have a completely different training background to a Judoka. However, many of the principles that make up a technique, will be the same. How could they be? One is punching and the other is throwing and locking etc.

Well, look at it this way, what do you need to have in place before you can punch or throw your opponent? Distance, your own stability and balance, loss of balance / stability in your opponent, alignment of your own body, mis-alignment of your opponent, footwork and the list goes on.

These are all PRINCIPLES that make up a technique. From the above example, you can now see that these principles can be picked up from one area (say striking) and utilised in another (say throwing).

The OCFM Syllabus

The OCFM Syllabus is split into two areas:

- Practitioner
- Coach

These areas are not mutually exclusive. For example, one could be a 5th Dan practitioner, but not hold any Coaching qualification. Also, one could be a Coach, without necessarily being a practitioner.

Practitioner

Starts from the beginning and learns the following:

OCFM Striking Syllabus - For 1st Dan

OCFM Grappling Syllabus - For 2nd Dan

OCFM Coaching Syllabus - For 3rd Dan

Coach

Can be from any other system (a minimum Black Belt level) and learns the following:

OCFM Coach Syllabus – To Coach level

Option to learn the Practitioner Syllabus.

The OCFM Coaches

The OCFM Coaches are from a wide variety of backgrounds:

- Shotokan
- Boxing
- Ju Jitsu
- Catch wrestling
- Tai Chi
- Tae Kwon Do
- Tang Soo Do
- Kung Fu
- Balintawak

The tie that binds us all together is the principle based training methodology. In this way you could go to an OCFM Boxing Coach and he would be speaking the same “language” as an OCFM Wrestling Coach.

In other words, the Coach will be talking about the principles that make up a technique, how to increase the effectiveness of that technique and not be worried about “stylistic” differences or making it look pretty. It just has to have the right principles behind it and it will be MUCH MORE effective.

This methodology has been proven to work countless times for both Self Defence and for Sports Fighting.

I highly recommend that you take the time to visit our website www.ocfm.co.uk and also to visit the sites of various Coaches to get a better feel for what we do.

What we ABSOLUTELY GUARANTEE is that we WILL INCREASE YOUR MA KNOWLEDGE AND EXPERTISE.

OCFM Degree Course

Following many years of testing, developing and research, Russell Stutely, felt it was necessary to ensure that the OCFM methodology was verified by his peers. To this end, he trained with and became a Coach / Instructor with many of the top names in the world of Martial Arts.

They unanimously endorsed the methods espoused within the OCFM. To such an extent that many joined its ranks!

Russell then decided that to really put the OCFM on the map so as to speak, to really ensure that it was providing the very best, that he must look at all areas of the Martial Arts, not just the actual teaching of techniques and principles.

To this end, Russell again sought out the leaders in their respective fields and so, more aspects were added to the OCFM Syllabus.

- Coaching Certification
- Sports Coaching
- NLP
- Business training

Various Health and Safety issues were also researched thoroughly and the very best First Aid, Child safety, safety in the Workplace, Child psychology and other areas of learning were also incorporated.

Russell, then looked at the highest standards of each area currently available in the market place. This was when Russell made the toughest decision yet, he decided that other organisations MAXIMUM qualification, would become the OCFM MINIMUM requirement.

To this end, whenever anyone in the Martial Arts talks about “standards” you can be assured that whatever there “standards” are, then the OCFM has set that as the minimum you must attain.

It is this necessity for the best that bore fruit later, as the OCFM Syllabus and teachings as above were put before the board of Knightsbridge University. Where in the spring of 2007 the OCFM Degree was agreed and sanctioned.

Recognised by Universities worldwide and available as a “Distance Learning Course” this has truly set the benchmark for MA Training for the future.

The BSc Martial Arts (OCFM) is now open to application from dedicated students anywhere in the World.

OCFM Coaches

Listed below are some of the OCFM Coaches. This will give you an idea of the depth available within the OCFM and the amazing diversity within our Coaches. Yet they all have this commonality – Teaching from a PRINCIPLE BASED METHOD. All our principles are inter-changeable from one art to another.

Russell Stutely – Founder



- Europe's No. 1 Expert on Pressure Points in the Martial Arts
- 6th Dan Karate Jutsu
- World Martial Arts Hall of Fame
- Combat Hall of Fame
- Instructor of the Year
- Fight Coach
- Produced over 40 Internationally distributed MA Instructional DVD's
- Leading Seminar Instructor

Eddie Stokes



- OCFM Self Protection Expert
- 6th Dan OCFM
- 4th Dan Ju Jitsu
- Responsible for many of the Principles upon which the OCFM is based
- Usually on active duty somewhere

Tony Cecchine



- World's No. 1 Catch Wrestling Coach
- Produced over 20 Instructional DVD's
- In the top 20 most dangerous fighters in the World
- Various lifting records

Willie Lim



- The World's No. 1 Kata Bunkai Coach
- Leading authority on Tai Chi
- Nearly 40 Years TKD and Tai Chi
- Leading Seminar Instructor

John Andrews



- OCFM National Grappling Coach
- Former 3 time European Grappling Champion
- Former Cage Fighter
- Former British Ju Jitsu Champ

Herol "Bomber" Graham



- OCFM National Boxing Coach
- Former 3 time Champion at the following weights: Light Middle, Middle and Super Middle
- Defeated 13 World Champions
- Acknowledged as one of the greatest defensive Boxers ever

Steve Kelly



- OCFM National Coach
- OCFM Course Coach
- OCFM Secretary
- 4th Dan Tae Kwon Do
- 4th Dan OCFM