

**Gracie Philosophy** 

Lesson 23

## The Multiple Attacker Myth

No matter what types of martial arts you study, the only reliable strategy against multiple attackers is to run for your life. All that you might have heard about effective defense against multiple opponents is a lie.

This myth that there is a clear-cut, effective strategy to defeat multiple opponents is the BIGGEST liability in the history of martial arts. All martial arts techniques rely on distance management, and one cannot manage distance against more than one person simultaneously. Stating that multiple opponents can be effectively handled implies that the enemy is coming at you one at a time, which is not the case in a real-life altercation.

Going to the ground in a fight against multiple attackers is highly dangerous. Never intentionally go to the ground, and instead do what you can to run for your life. If, against your will, you are knocked to the ground, you can use your Jiu-Jitsu techniques to get off your back without giving up your back. Getting away and surviving is the only form of victory in this scenario.

Notes:	