



Thommy Luke Boehlig: The Five Phases of a Physical Escalation and How to Avoid Them



Thommy Luke Boehlig is a prominent figure in Wing Chun and has also had plenty of experience in witnessing fights in his earlier work as a bouncer. See how he describes and demonstrates the real fight and these age-old five phases of fight and learn how to de-escalate or get out in time. Also detailed demo / teaching on some Wing Chun methods “if nothing works.”

Top Embodiment Tip: Don't just train your body, train your body, mind and soul. Stay positive in everything you do. Don't focus on the problems, focus on the solution of the problems.

Five Phases of a Fight: Age-Old Ritual We Can Learn From

- If people are normally wired the fight follows a certain pattern or ritual.
- Normally people don't want to kill you or harm you seriously. If they did, they would just pick up a gun.
- This ancient ritual gives the oppressor the feeling of superiority and thus “a reason” to start the fight.
- Recognizing the stages of the fight and **using certain methods to stop the escalation and get out of it in time.**

The Phases of A “Normal” Fight on the Street or in the Bar

1. Visual Phase, staring. **Don't look back to their face** but still be aware of the situation, move away.
2. Verbal Phase, they try to get you off center. **Don't answer** or you shrink/get overwhelmed. Use a (practised) trigger word for yourself. **Find a fast excuse to get out of the situation** (“I need the bathroom,” “David, long time no see!”) and **just leave.**
3. Push Phase, it's still a test. **Lift your hands up in self-defense, yell / call out others to help** (“Hey you in the yellow jacket, this gentleman is trying to get me in trouble!”, “Stop, leave me alone!”) **You want to get out now** as in old days fights ended when someone was on the ground; nowadays other people can join in...very dangerous.
4. Physical escalation. Last chance to finish the scenario while standing.
5. Phase of chaos.

Some concepts of Wing Chun: Trains Softness, Relaxation and Going with The Force

- 1) We go forward to the attack along the straight line.
- 2) Soft and flexible.
- You train so long it becomes unconscious, your second nature.
- You need to be able to feel what's going on. Training also with eyes closed.
- Use the opponent's force and everything is allowed but don't try to intentionally injure.

Resources

- ❖ **Websites:** <https://www.wt-online.com>, <https://www.sifuthommy.com>, <https://www.wingchun-online.com>
- ❖ **Social:** https://www.instagram.com/sifu_thommy/
- ❖ **References:** Bruce Lee



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Rafe's work has been featured in TEDx, the Journal of Ancestral Health, Paleo Fx, the Ancestral Health Symposium, The Embodiment Conference, multiple health and well-being podcasts, and he even organized the first international parkour events in the United States.



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