



SCOTT BRAILEY

Scott Brailey is a Sydney-based instructor of Visayan Martial Arts (VMA) who teaches Balintawak arnis, kun-tao and other kali styles.

He began his training in karate at age 14, in 1989, and earned his Shodan-Ho in Go-Kan-Ryu karate in 1994. In 1996, Brailey began training in Hoshin Jutsu with Geoff Smith, and also took up Bujinkan Taijutsu (ninjutsu) a year later. Scott has since earned the rank of 4th Dan in Hoshin Jutsu and 2nd Dan in Bujinkan Taijutsu, which was awarded by 15th Dan Master Ed Martin.

In 2006 Brailey began training with John Russell, the head instructor of the VMA. He began intensive personal training in the Filipino methods for single stick, double stick, stick and dagger, machete, double machete, two-handed sword and staff, as well as the empty-handed applications.

"What sets the VMA training apart from other styles I've studied is that it's working on real distancing and real attacks from the get-go. The instructor is aiming to hit you, not to miss," says Brailey. "In a one-hour class as a beginner, you defend and counter around 500 attacks. By your fourth lesson you are defending around 800; your 10th class, at least 1000. You learn how to defend an attack and how to apply the most appropriate counter, while expecting your opponent to be able to counter your attack. It's like a high-speed chess match using weapons."

DEFENCE AGAINST A THROAT-GRAB & PUNCH: VISAYAN MARTIAL ARTS



1 An attacker grabs Brailey by the throat and cocks his punching hand and Brailey brings his hands up to guard on either side.

2 As the attacker strikes, Brailey secures the choking arm with his right hand, drops his weight and punches under the attack...

3 ...then steps forward, taking more control by pushing on the punching arm and pulling it down and back to the hip.



4 Brailey draws the left hand back behind the elbow and, using his forearm, applies pressure to the elbow while pivoting his hips to the left...

5 ...before releasing his right hand as he pivots and continues the pressure with his left hand flowing the attacker's arm to his left while punching him in the neck...

6 ...then shifts his right foot forward, maintaining control of the attacker's back with his right hand, and strikes his throat with the left forearm.



7 Brailey continues into a choke-hold, while pivoting on his right foot and drawing the left foot around into a stable stance.

8 Brailey then steps his left leg back and pivots on his right foot, dropping the attacker and pinning him with his right knee.