

Sekm Maa Warrior Arts
Combat Science

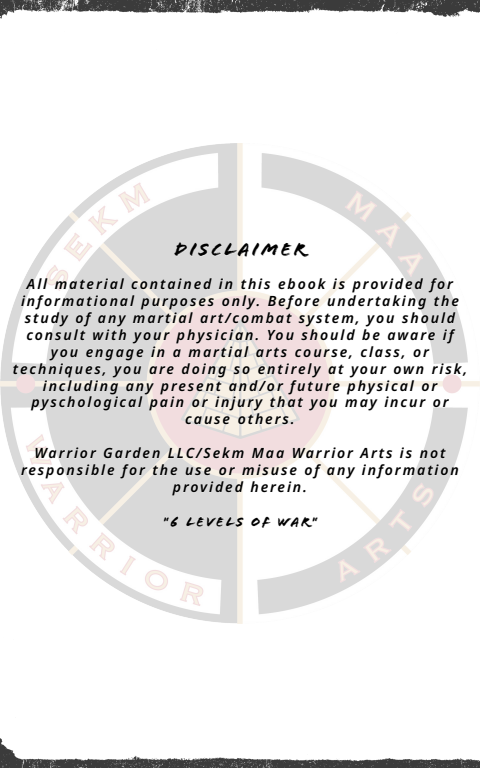
6
LEVELS OF WAR
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SEBA KHARI SEKOU I

*Sekm Maa
Warrior Arts
Combat Science*

"6 LEVELS OF WAR"

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All material contained in this ebook is provided for informational purposes only. Before undertaking the study of any martial art/combat system, you should consult with your physician. You should be aware if you engage in a martial arts course, class, or techniques, you are doing so entirely at your own risk, including any present and/or future physical or psychological pain or injury that you may incur or cause others.

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"6 LEVELS OF WAR"

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Sekm Maa Warrior Arts is a hybrid combat system that teaches us 6 levels of war/engagement and how and when to use each level.

"The Supreme Art of War is to subdue the enemy without fighting" says the Art of War by Sun Tzu.

Sekm teaches us to face and overcome our dark sides and to conquer the enemy within.

"Mastering others is strength but mastering yourself is True Power" - Lao Tzu

Conquering our own bad habits, fears, negative emotions, and trauma patterns will allow us to function in a more holistic manner.

"If there's no enemy within the enemy outside can do us no harm" - African Proverb

The Founder of Sekm Maa Warrior Arts, Seba ("Teacher") Khari Sekou I's, background in Aikido taught him that true martial training is a path to enlightenment and character development. The highest ideal is to win without fighting or to use only the necessary force for self defense. As Shihan Dawud of Hapkido/Fannul Harb/Sanuces Ryu Jujutsu wisely said, ***"your opponent is not necessarily your enemy but they are out of harmony with nature. Our job is to bring them back into harmony"***.

However, in this age of violence and darkness there is a time when killing may be necessary to protect ourselves and/or others. Our Philosophy is to be prepared to kill, live, or die at any moment.

"Train like your life depends on it. This isn't a sport. This is war." - Seba Khari Sekou I, Founder of Sekm Maa Warrior Arts/Warrior Garden

Sekm Maa teaches 6 levels of war/engagement that we cover in detail.

We start our training with de-escalation, then control/subduing/seizing, then injuring techniques, then maiming/disfiguring, then killing/destruction techniques, and finally with healing/point of zero techniques (what to do after the violent incident to reset/heal/process).

We want each student to be well versed and well prepared for anything that may come.

The very first thing a student learns after the basic fundamentals (stances, falling, rolling, redirects, etc.) is de-escalation techniques and how to win WITHOUT fighting. If a confrontation is unavoidable, as it sometimes is, then the student is prepared to use the appropriate force for any threat level.

Each black belt/advanced level student is trained and ready to walk away from a violent encounter or to completely destroy as necessary in that specific situation.

We in no way advocate unnecessary violence nor do we celebrate bloodlust. We all lose when a violent incident occurs - someone is likely going to jail, the hospital or the morgue and you create an enemy rather than an ally. The real enemy is the shadow/dark side within ourselves. That enemy must be defeated before any real progress can be made in life. That being said, we are training for all levels of violence, including complete destruction of the adversary.

THE "6 LEVELS OF WAR" ARE:

- 1. DE-ESCALATION/DISENGAGEMENT**
- 2. CONTROL/SEIZE**
- 3. INJURE**
- 4. MAIM**
- 5. KILL/DESTRUCTION**
- 6. HEAL/RETURN TO STILLNESS**

Examples of each level are listed below (with the exception of Kill/Destruction Level Techniques - Restricted Content for Sekm Maa Warrior Arts Black Belts only):





1. DE-ESCALATION/DISENGAGEMENT:

If at all possible try to de-escalate the situation. Most people have no emotional control and are escalating the situation because of some other problem in their lives. Most violent encounters can be avoided using the techniques below or similar ones.

That being said, you must use your discernment to determine if force is necessary to control the situation.

Keep in mind that some people will try to use talking or emotional outbursts to ambush you with a surprise attack. Always listen to your intuition, keep your distance, and pay close attention to the potential threat while using peripheral vision. Always be ready to preempt the attack if there is one.

1. DE-ESCALATION/DISENGAGEMENT: (TECHNIQUES)

Breathe

Remain Calm

Be Aware

Talk to Them In A Non Threatening Manner

Empathize

Move With Confidence

Maintain Range/Distance/Respect Their Space And
Yours (3 ft rule)

Bladed Body Stance ("Go" Position)

Use Words Like "We" and "Us" instead of "I" and "You"
To Build Rapport (e.g., "We both want to make it home
safely tonight")

Let Them Know "I'm here to help"

Speak In A Calming Tone

Try To Get Them Back Into Their Wise Mind

Give Them An Opportunity To Calm Down

Give Them Time To Process What's Happening/Allow
For Time And Silence (ten count within)

Use Non-threatening Body Language (gestures,
movement, tone of voice, and facial expressions,
remain calm)

1. DE-ESCALATION/DISENGAGEMENT: (TECHNIQUES CONT.)

Stand More To The Side Rather Than Facing Them (less confrontational and allows you to side step easier)

If They Use A Loud Voice Lower Yours

Be Professional And Rational

Temporarily Focus On Their Feelings Rather Than The Facts - In Their Emotional State They Don't Care About The Facts And Aren't Being Rational

Don't Argue

Ignore Challenging Questions

Avoid A Power Struggle

Don't Get Drawn In To Accusations

Set Limits - Offer Polite, Clear, And Concise Choices And Consequences

Choose Wisely What You Insist Upon. Offer Them Options

***KEEP DISTANCE/MAINTAIN RANGE!
BE READY TO SWITCH TO ANOTHER LEVEL
IF NECESSARY AT ALL TIMES!**





2. CONTROL/SEIZE:

We use control techniques for most non-lethal threat situations. This includes most bar fights (general rule - don't go to places where violence is likely to occur), road rage, unarmed fights, etc. The concept is to subdue the adversary with minimal damage and injuries. You would use these types of techniques on a drunk family member that loses control at a party.

***BE MINDFUL THAT WE LIVE IN A GUN SOCIETY AND THAT ANY ALTERCATION CAN LEAD TO DEATH OR THE NEED FOR LETHAL FORCE.**



2. CONTROL/SEIZE: (TECHNIQUES)

A. Wrist + Finger + Arm + Bone Locking

Ikkyo

Nikkyo

Sankyo

Kotogeishi

Tiger Lock

Escort Hammer Lock

Yubedori (finger locks)

Konsetsu Waza (bone locking)

Come Alongs + Escort Locks

Sleeper Chokes (Guillotine, Rear Naked, Standing
Triangle

Devil's Handshake

Vice Grip Choke



2. CONTROL/SEIZE: (TECHNIQUES CONT.)

"Air choke

An air choke is less effective at inducing unconsciousness but causes excruciating pain and air hunger. Air chokes have been associated with fractures of the larynx or hyoid bone, and are considered less safe than blood chokes to practice.

Blood choke

Blood chokes (or carotid restraints/sleeper holds) are a form of strangulation that compress one or both carotid arteries and/or the jugular veins. A well-applied blood choke may lead to unconsciousness in 10-20 seconds. Injury or death is plausible if the arteries remain constricted for several minutes or more." - Wikipedia

A choke held for too long or improperly applied can lead to death. Don't focus on a set amount of time to apply a choke but be aware of the person you're applying it to. When they go limp or pass out, release the choke.

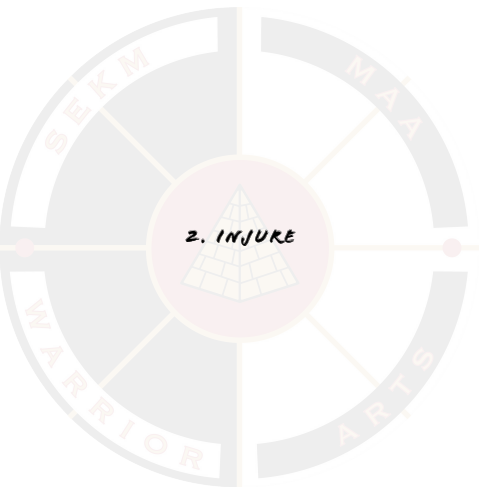


2. CONTROL/SEIZE: (TECHNIQUES CONT.)

B. Pressure Point Holds + Nerve Controls

- Clavicle (behind and under bone)
- Triple Warmer 17, 18 (behind ears)
- Auricular Nerve (jawline - in front of ears)
- Philtrum (between top lip and nostrils)
- Nose Bleed Hold
- Sinus Cavity
- Lung 8 (inside wrist - radial nerve side)
- Pericardium 6 (inside bottom forearm - center - median nerve)

***BE MINDFUL THAT WE LIVE IN A GUN SOCIETY AND THAT ANY ALTERCATION CAN LEAD TO DEATH OR THE NEED FOR LETHAL FORCE.**





3. INJURE:

Empty Hand Striking

Elbows + Knees

Kicks

Dislocations + Joint Breaks

Flesh Grabs

Clawing

Pressure Point Strikes:

**Mental Nerve (sides of the chin - causes
dizziness/knockout)**

Large Intestine 18 (side of neck)

Spleen 11 (inside thigh)

Gallbladder 31 (outside thigh)

Pericardium 2 (biceps)

**Triple Warmer 23 (corner of the eyes - causes
neurological shock)**

Yankyo Bone Destruction

Limb Destruction + Dirty Boxing

Joint Popping Limbs

**Non Lethal Throws/Sweeps (Ippon Seoi Nage, Tai
Otoshi, O Goshi, Osoto Gari, etc.)**

EDC - NON-LETHAL (cell phones, keys, batons, etc.)





4. MAIMING/DISFIGURING:

Eye Gouge + Rips

Ripping Lips

Ripping Ears

Locks Without Keys (No Escape Multiple
Breaks)

Destroying Limbs

Paralyzing/Attacking the Spine

Internal Wounds/Dim Mak

Combat Throws

2. KILL/DESTRUCTION

***RESTRICTED TO SEKM MAA BLACK BELTS**





6. HEALING/RETURN TO ZERO

"War poisons the spirit, and warriors return tainted. This is why, among Native American, Zulu, Buddhist, ancient Israeli, and other traditional cultures, returning warriors were put through significant rituals of purification before re-entering their families and communities. Traditional cultures recognized that unpurified warriors could, in fact, be dangerous. The absence of these rituals in modern society helps explain why suicide, homicide, and other destructive acts are common among veterans." - Yes Magazine, "Heal the Warrior, Heal the Country"



6. HEALING/RETURN TO ZERO (CONT.)

Because of this, Sekm Maa teaches us how to process violence after the event so we can get back to our lives and reintegrate into society as healthy people. Some martial arts instructors lose sight of the fact that violence is the last resort and should not be glorified or celebrated. As stated above, we all lose in some way when a violent incident occurs.

Another aspect of Return to Zero is how to handle arrests/charges if the authorities are called. This is covered in detail in Sekm Maa classes for students at higher ranks.



6. HEALING/RETURN TO ZERO (TECHNIQUES)

Breathing (Buteyko Method, Samurai Breathing, Navy Seal Breath, etc.)

Samurai Grounding/Changing Atmospheres/Ninja Kuji Kiri

Tai Chi/Qigong Grounding

Meditation (Awareness, Candle, Black Dot, Sacred Name, etc.)

Processing the Incident (verifying that you did what was necessary, forgiveness, understanding, empathy, prayer)



6. HEALING/RETURN TO ZERO (TECHNIQUES CONT.)

The Wim Hof Method/Cold Therapy
Affirmations

Psycho-Cybernetics/Reprogramming
Journaling/Gratitude

Vagus Nerve Resets

Responding to Authorities After the
Incident



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MODERN WEAPONRY



Seba Khari Sekou I

CLASSES TUES & THUR 7-8PM

In-Person & Online Classes Available

Sekm Maa translates To "True Power" in the Ancient Khemetic Language, Metu Neter. Sekm Maa teaches us to harness, control & release our power through rigorous martial arts training.



warriorgarden.net
678-343-2640



There are more techniques and details taught for each level. This is a general list provided to the public for educational purposes. A great deal more is covered in the Sekm Maa Warrior Arts system.

For information on classes and how to apply, visit warriorgarden.net.

WASKU WAS (STRENGTH AND HONOR),

**SEBA ("TEACHER") KHARI SEKOU I
FOUNDER**

**SEKM MAA WARRIOR ARTS
WARRIOR GARDEN MARTIAL SCIENCE &
COMBAT FITNESS**



SEBA KHARI SEKOU I IS A LIFELONG WARRIOR ARTIST. HE HOLDS 2 INSTRUCTOR RANKS IN JUJUTSU AND IS THE FOUNDER OF SEISHIN KENJUTSU (SPIRIT OF THE SWORD). HE HAS STUDIED MANY STYLES OVER HIS 30+ YEARS OF TRAINING, INCLUDING: NINJUTSU, AIKIDO, SHOTOKAN KARATE, KUNG FU, BOXING, TAI CHI, AND OTHERS.

HE CONTINUES TO TRAIN DAILY AND CURRENTLY PRACTICES OPEN HAND COMBAT JUJUTSU/JUDO AND SILAT BUKA LINGKARAN (SILAT OPEN CIRCLE), A UNIQUE FORM OF PENCAK SILAT.