bbcvideo

I'm here with Umit, and Umit is going to teach me a few blind person defence moves. Umit is blind, and I'm blind. One of the big things about this course is that blind people can teach other blind people, it being a very close contact thing.

Blind people can do that. So, Umit, you're going to... I'm going to attack you, and you're going to show me how to defend myself. First of all, I'm going to say to you, you're going to tap with your left hand to your shoulder, and you're going to say to me, it's painful.

You're going to say it to me like that. So if it's too painful, I tap myself? If it's painful, you're going to say it. You're going to grab my right hand first.

Right, I'm going to just grab it, and attack you. When you attack me, I'm grabbing your hands first, and I'm turning my wrist, and I'm grabbing your wrist, and I'm locking your wrist. This is from your wrist.

I'm locking your wrist. I'm painful, sorry about that. You are causing me pain.

And example from the shoulder. If somebody is pushing you, don't forget the tapping. So I'm attacking you, and I'm pushing.

I'm grabbing your little finger, and I'm turning it. That's effective. One of the principles of the program, of the one touch, is that when someone touches you, you have instant control of their body.

That you can disable them, put them on the ground, and control the situation. Obviously, it's not a 100% guarantee, but the principle is that the minute you put your hand upon their hand, you can find out where they are, their stance, their posture. You can locate the thumb of their hand, find out which hand is free, and therefore disable them quite easily.

Putting my hand on there immediately, so I know where you are. Yes, you turn in, and twisting my arm. Just twist my arm.

And that hurts you in the shoulder? Of course, and just my wrist. My wrist is nearly broken now. It's not purely about the physical self-defense.

It's about the development of confidence and mobility. Looking at the entire person, and the addressing of personal fears, the overcoming of personal fears. So Andrew has joined us, and you're going to show us a slightly more advanced technique that I don't really want to be part of.

So I'm going to just step back a little bit. Start. After I've come along a couple of times, I was just more confident.

And I was walking tall. It doesn't mean that I'm an expert in the program. But it means that I don't have to worry when I go outside anymore.

And I think as somebody with a visual impairment, that's really important. It means I can lead the life that I want to lead. Just turn your wrist.

Yeah, that's fine. You are doing it very quickly. You should do it slowly.

It's really effective. Okay. Be careful for when you're teaching.

It's really... It's painful. Sorry. Yeah, that's fine.