About the Author

Geoff Thompson has written over 20 published books and is known worldwide for his autobiographical books Watch My Back, Bouncer and On The Door, about his nine years working as a night club doorman. He holds the rank of 5th Dan black belt in Japanese karate, 1st Dan in Judo and is also qualified to senior instructor level in various other forms of wrestling and martial arts. He has several scripts for stage, screen and TV in development with Destiny Films.

He has published several articles for GQ magazine, and has also been featured in FHM, Maxim, Arena, Front and Loaded magazines, and has been featured many times on mainstream TV.

Geoff is currently a contributing editor for Men’s Fitness magazine and self defence columnist for Front.
Geoff Thompson’s amazing novel, Red Mist, is now available in paperback and as an eBook.
Other books and videos by Geoff Thompson

Watch My Back – A Bouncer’s Story
Bouncer (sequel to Watch My Back)
On the Door – Further Bouncer Adventures.
The Pavement Arena – Adapting Combat Martial Arts to the Street
Real Self-defence
Real Grappling
Real Punching
Real Kicking
Real Head, Knees & Elbows
Dead Or Alive – Self-protection
3 Second Fighter – The Sniper Option
Weight Training – For the Martial Artist
Animal Day
  – Pressure Testing the Martial Arts
Tuxedo Warrior: Tales of a Mancunian Bouncer, by Cliff Twemlow,
  foreword by Geoff Thompson
Fear – The Friend of Exceptional People: techniques in controlling fear
Blue Blood on the Mat by Athol Oakley, foreword by Geoff Thompson
Give Him To The Angels
  – The Story Of Harry Greb by James R Fair

The Ground Fighting Series (books):
Vol. One – Pins, the Bedrock
Vol. Two – Escapes
Vol. Three – Chokes and Strangles
Vol. Four – Arm Bars and Joint Locks
Vol. Five – Fighting From Your Back
Vol. Six – Fighting From Neutral Knees
Videos:
Lessons with Geoff Thompson
Animal Day – Pressure Testing the Martial Arts
Animal Day Part Two – The Fights
Three Second Fighter – The Sniper Option
Throws and Take-Downs Vols. 1-6
Real Punching Vols. 1-3
The Fence

The Ground Fighting Series (videos):
Vol. One – Pins, the Bedrock
Vol. Two – Escapes
Vol. Three – Chokes and Strangles
Vol. Four – Arm Bars and Joint Locks
Vol. Five – Fighting From Your Back
Vol. Six – Fighting From Neutral Knees

Advanced Ground Fighting Vols. 1-3
Pavement Arena Part 1
Pavement Arena Part 2
  – The Protection Pyramid
Pavement Arena Part 3
  – Grappling, The Last Resort
Pavement Arena Part 4
  – Fit To Fight
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The Fence

Introduction

I worked the doors in Coventry for over nine years, and in that time encountered just about every malevolent, un-sentient being you can imagine. Their one goal in life – at least it appeared – was to make a hole in the ground with my head. This wouldn’t be so bad if the very same people didn’t want to hug and kiss me to oblivion every Christmas and New Year. I’m labouring the point, what I’m trying to say is that, after nine years of dealing with shit, I learned the best way to shovel. Without doubt my greatest physical development in all those years of neutralising violence was ‘the fence’. I can’t really say that I invented the fence because many people were, and are, already inadvertently using it successfully. What I can say is that I brought it to the forefront and categorised it.

Recognising the potency of this devastating, yet simple, technique, I developed it into an art form, so that many others who perhaps have less experience in the world of brutality might adopt it as a life-saving technique for the contemporary world of ‘in your face’ violence. I have to say that, conceptually, the fence is simple and anyone, irrespective of their skill level, can adopt it.

In most aspects of our life where a problem might present itself, simplicity is usually the answer, but often
it is grossly overlooked because of its modest demeanour. The fence is no different; it is so real and so obvious that only the enlightened few seem to be able to see it. Many, it would appear, are looking up their own backsides for some mystical, complex, aesthetic dance routine that might devastate several opponents with a flick or a trip, and – at the same time – endear them to their peers. To the latter I would say ‘stick to the kung fu movies because that’s the only place it’ll work.’

Sir Winston Churchill once said that many people stumble upon the truth and then get back up and wander off as though nothing had happened. And that’s generally because the truth is often too simple – or it hurts – or it might mean too many changes. In short the truth is not palatable, it strikes at the heart of lost souls and forces them, momentarily, to see just how far astray they are. At face value the fence looks so simple that many people fail to see it’s potency. It’s not pretty enough to go into the curriculum of the majority who collect techniques like football cards. I don’t collect ornaments to be displayed, I collect rocks that can be thrown at malevolents who wish to enter my world.

So, from the off, please try to look below the surface of the fence and take the word of a man that has used it very successfully in thousands of threatening and potentially threatening situations. This is the real
The Fence is an old security setting in District 12 made by the Capitol. The fence serves as a tool of imprisonment, preventing escape by the district's citizens. Beyond the fence, the woods begin, and just outside is where the Meadow lies. Although the fence is supposed to be electrified 24 hours a day, most of the time this was not the case. It is implied to have been out of service for a period of time, and is thus, easily crossed. With the exception of hunters such as Katniss Everdeen and Gale