

KEYSI FIGHTING METHOD



Learn the Spanish urban self-defence method created by Justo Diéguez with just one aim in mind: **Personal Growth** through the development of the **Instinct**. The movements, concepts, and principles used in Keysi follow universal laws that are not limited by any **System** or **Style**. Keysi develops **Mind** and **Body**, merging them together into a **Sole Principle**, providing the person with the necessary **Attributes** to shape and define a way of life centered on personal growth.

If there is something that differs markedly Keysi by Justo Dieguez from any martial art, it is its **Principles**, which educate us through **Values** and they give us skills for **Expression** and **Self-Realisation** in **Emotions/Mind/Body**.

Our Vision

Transform **Physical, Mental and Emotional** weaknesses into **Skills**.

Our Values and Code of Ethics

Purpose, Respect, Patience, Persistence, and Perspective.

Our Mission

Change the lives of people so that they believe in themselves and inspire them to never give up.



The Rise and Evolution of Keysi Fighting Method (KFM): A Comprehensive History

The Keysi Fighting Method (KFM) is a modern, hybrid martial art that has garnered attention for its raw, street-smart approach to self-defense. Known for its practicality, the method combines elements of various combat disciplines into a unique system designed to be effective in real-world situations. But where did KFM originate? How has it evolved over the years? And can it be classified as a traditional martial art? This article delves into the history, growth, and challenges of practicing KFM.

The Birth of KFM: Roots in Spain

KFM was born in the streets of Spain in the early 1980s. The method was co-created by Justo Dieguez and Andy Norman, both experienced martial artists who sought to develop a fighting system that was grounded in reality rather than sport or tradition. Their vision was to create a practical, no-nonsense approach to self-defense that would be effective in unpredictable and chaotic street fights.

The name "Keysi" is derived from the Spanish word "Qué Sí," which translates to "What if?" This question embodies the essence of KFM, which is all about adaptability, awareness, and the ability to respond effectively to any situation. The founders drew inspiration from their own experiences, as well as various martial arts, including Jeet Kune Do, boxing, and Filipino martial arts, to create a system that was both versatile and effective.

The Evolution and Growth of KFM

From its humble beginnings in Spain, KFM quickly gained a following among those who were looking for a more practical approach to self-defense. The method's effectiveness in close-quarters combat, particularly in dealing with multiple attackers, made it a popular choice for both civilians and law enforcement agencies. KFM's growth was further fueled by its adoption in Hollywood. The method gained widespread recognition when it was featured in the fight choreography of the "Batman" films, particularly in "Batman Begins" (2005) and "The Dark Knight" (2008), where Christian Bale's portrayal of the Caped Crusader showcased the brutal efficiency of KFM. This exposure brought the method into the



mainstream, leading to a surge in interest from martial artists and self-defense enthusiasts worldwide.

Prominent Practitioners and Influences

While Justo Dieguez and Andy Norman are the most well-known figures associated with KFM, the method has attracted a number of prominent practitioners over the years. These include stunt coordinators, actors, and martial artists who have contributed to its development and popularization. Christian Bale, while not a lifelong martial artist, is one of the most recognizable practitioners due to his training in KFM for the "Batman" series. Additionally, various law enforcement and military personnel have adopted KFM techniques for their effectiveness in real-world scenarios.

Is KFM a Traditional Martial Art?



KFM is not a traditional martial art in the conventional sense. Traditional martial arts are often rooted in centuries-old practices, with a strong emphasis on philosophy, discipline, and ritual. KFM, on the other hand, is a modern creation, designed specifically for practical self-defense without the trappings of tradition. That said, KFM does share some similarities with

traditional martial arts in terms of its emphasis on awareness, adaptability, and the importance of mental focus. However, it lacks the formalized structure, belt systems, and long-standing cultural heritage that are characteristic of traditional martial arts like Karate, Judo, or Taekwondo.

KFM is a demanding martial art, both physically and mentally. Its focus on real-world scenarios means that practitioners must be prepared to deal with high levels of stress, unpredictability, and aggression. The method requires a strong foundation in basic combat techniques, as well as the ability to think and react quickly in chaotic situations. One of the unique aspects of KFM is its emphasis on the "Pensador" or "thinking man" stance, which involves using the arms to protect the head while delivering powerful strikes. This stance, combined with KFM's emphasis on close-quarters combat, can be difficult to master and requires significant conditioning and practice. Pensador or "thinking man" stance

While KFM is accessible to beginners, its practical nature means that it is best suited for those who are serious about self-defense and willing to put in the time and effort to develop their skills.

The Keysi Fighting Method has carved out a unique niche in the world of martial arts, offering a practical, no-nonsense approach to self-defense. Born in the streets of Spain and popularized by Hollywood, KFM has grown into a respected martial art with a global following. While it may not be a traditional martial art, its emphasis on real-world effectiveness makes it a valuable tool for anyone serious about self-defense.

However, its challenging nature means that it is not for the faint of heart—practitioners must be prepared to push their limits both physically and mentally to master this dynamic and powerful system.