

Perspectives

NOTES ON SELF-DEFENSE KEY CONCEPTS, PRINCIPLES AND STRATEGIES TO PROMOTE DEFENSIVE DEVELOPMENT

Compliance Isn't Always Successful

On July 18, 2022, Rev. Autura Eason Williams lost her life. As reported by the Commercial Appeal, three teenagers carjacked her in her driveway. She didn't resist. Six bullet casings were found. The recorded video shows that they shot her and then pulled her from her car. The driver who stole her car then ran over her as he backed out of her driveway. They caught them but whatever punishment they receive, will never feel like justice.

Sometimes no matter how much we train or have worked it out in our minds, sometimes there is no right solution. That's our world.



“There is only one basic principle of self-defense. You must apply the most effective weapon, as soon as possible, to the most vulnerable target.” - Bruce Lee

Compliance & De-escalation

When faced with someone trying to rob us, conventional wisdom simply says, “Comply” ...give them what they want. It's a universal convention because it's safe advice to give. But compliance may not be the right response in all cases.

For some, there's a conviction that if we comply, then the thief gets what they want and they will leave...and life goes on. No physical confrontation...no injury. Just the loss of some property, but if the confrontation degrades into a physical attack, then compliance to just accept the beating is not a reasonable response. Willingly going, without resistance, to a second location is an absolute “NO!” as well.

Compliance is a choice we make as a part (hopefully) of our larger strategy. But if our strategy ends with compliance, and that's all we got, then what do we do?

Within TRTG's program of self-defense, we teach an active skillset of Avoidance and Physical Engagement, but between those two, there is a skillset of De-escalation. Compliance is a component of that skillset,

and we choose it, because it serves our best interests.

De-escalation accomplishes two things: 1) to buy time while we seek a path for a better outcome and 2) to lower the temperature of the situation – to remove as much emotion as we possible.

Working to buy time reclaims some measure of control back onto our side. That additional time can reveal or create an opportunity for escape or something else.

Compliance is the beginning of a de-escalation strategy that serves to lower the temperature of the situation. We want the attacker to feel in control and feel like they are winning. Also, it's important that we lower our anxiety as well or at least show that on the outside. That can help (hopefully) lower the anxiety levels of the of both parties.

In our classes at TRTG, we teach the skill sets of Avoidance, De-escalation and Physical Engagement. *ALL* self-defense carries risk but having a strategy and the knowledge of our abilities and options, will help to increase our chances of success.