

FORCE OPTIONS FALL 2022 EDITON

DON'T BE A VICTIM!!



Force Options News

MASTER JAMES HALMAN
8/31/2022

Hello Everyone,

I hope everyone is doing well. The falls season is here, which means back to school and fall sports. Which I do have a very busy schedule in September and October on Saturdays. I will try my best to keep class times, but it may be difficult, since Tammy is working on Saturdays. I will need to take Payton to her games on Saturdays.

Getting Busy! We have added three new students since the last new letter. We welcomed Caleb, Mia, and Aubre. There has been more interest coming in for new students starting here in the fall, but until they start, I will not know how many new students we will get. But it is very exciting, growth always is.

News in the ICHF world

As I stated in the last new letter, there are no ICHF seminars this year, with the large seminar happening later this year. I have not seen a schedule for Seminars next year yet but when the list is available, I will publish that, and we can try to find a seminar that is close by.

Question?

I am thinking of getting some Force Options apparel created. T-shirts, long T-shirts, and maybe even hooded sweatshirts. I was wondering if any students or parents would see an interest in that? It will take me some time to get the capitol to get started and I would probably start with T-shirts. But if no one is really interested then I will not worry about it. A basic design is below.



I am open to ideas, or suggestions if your interested in helping with the design.

Rank and Promotions

RANK ADVANCEMENTS

Rank changes: Since my last newsletter was sent out. The following students have advanced in Rank Congratulations to all!!

Dave Orange Belt 8th Gup



Wyatt Youth Red Belt 3rd Gup



Mackenzie Purple Belt 6th Gup



Davin Yellow Belt 9th Gup



Caleb Youth Yellow Belt 9th Gup



Self-Defense!

What is Self-Defense?

Self-defense is the fundamental human right that allows for the use of physical force to protect oneself from unlawful injury by another. Many different situations can fall under the umbrella of self-defense, and not every violent or potentially violent encounter is, or needs to be, solved with a weapon.

While self-defense is a basic human right, it is crucial to know the law or laws that govern when someone is legally justified in defending themselves that are spelled out in self-defense laws. The law applies whether your defense plan involves using firearms, edged weapons, martial arts, or some other means of self-defense as a means of defense against an immediate, credible threat.

Is Self-Defense Legal?

Yes, if specific criteria are met according to the law, self-defense is perfectly legal. In legal terms, self-defense is what is known as an affirmative defense—a defense where the defendant (the defender in this instance) introduces evidence that, if found to be credible, justifies the defender's actions for what would otherwise be an illegal act. It is important to familiarize yourself with the law about the use of force in your state, as there can be many subtle differences in what the self-defender must do to have a valid claim of self-defense. Part of a good defense is understanding the law related to defense against threats and use of force, and that does vary by where you live. It is also important to familiarize yourself with the law regarding defense against threats in areas you intend to travel through or visit.

What is the Self-Defense Law in Michigan?

Under Michigan's Self-Defense Act found at **MCL § 780.972(2)**, before using non-deadly force, a person must have an honest and reasonable belief that such force is necessary to defend himself or herself or another from the imminent unlawful use of force. For example, if an individual comes at you with clenched fists, you may meet their force with the same degree of force. Think of this as **“force meets force.”**

In The state of Michigan, you have no duty to retreat if you are attacked and may use lethal force if necessary to defend yourself. However, if you do use lethal force to stop an attack the law requires that you had an ‘honest and reasonable’ belief that deadly force was necessary to stop the attack. In general, this means you could not have started the fight. We nick name this” **The Stand Your Ground Law”**.

Although you will not find the words **“Stand Your Ground”** in Michigan Law, you will find the concept that these words embody. If you are in a place that you are legally allowed to be, are not engaged in a crime, and your use of force is justified under the laws described above, then you do not have a duty to attempt to retreat prior to defending yourself. However, a prosecutor may argue that it was not reasonable to believe force or deadly force was necessary to prevent the harm defended against if a safe route of escape existed.

What does the Michigan Law say about Deadly Force?

SELF-DEFENSE ACT (EXCERPT)

Act 309 of 2006

Section 780.972

780.972 Use of deadly force by individual not engaged in commission of crime: conditions.

(1) An individual who has not or is not engaged in the commission of a crime at the time he or she uses deadly force may use deadly force against another individual anywhere he or she has the legal right to be with no duty to retreat if either of the following applies:

(a) The individual honestly and reasonably believes that the use of deadly force is necessary to prevent the imminent death of or imminent great bodily harm to himself or herself or to another individual.

(b) The individual honestly and reasonably believes that the use of deadly force is necessary to prevent the imminent sexual assault of himself or herself or of another individual.

(2) An individual who has not or is not engaged in the commission of a crime at the time he or she uses force other than deadly force may use force other than deadly force against another individual anywhere he or she has the legal right to be with no duty to retreat if he or she honestly and reasonably believes that the use of that force is necessary to defend himself or herself or another individual from the imminent unlawful use of force by another individual.

When is Deadly Force Permissible?

The circumstances under which deadly force may be used are a bit more specific. Deadly force is permissible when you honestly and reasonably believe that the use of such force is necessary to stop an imminent sexual assault, death, or great bodily injury to yourself or another. Under these circumstances, you can use deadly force to stop the harm from occurring.

It is important to note that both the force and deadly force sections allow you to defend not only yourself but another person as well, using the same degree of force you could use to defend yourself.

I will expand on this topic more in the next newsletter and address more information and the use of defensive tools, like weapons, and keychains. This material and information referenced, and verbiage was pulled from a law site and Michigan .gov.

U.S. LawShield® Legal Defense for Self Defense. (2021, October 11). *Legal Defense for Self defense*. [Www.Uslawshield.Com. https://www.uslawshield.com/](http://www.uslawshield.com/)

Michigan legislature. Michigan Legislature - Section 780.972. (n.d.). Retrieved August 31, 2022, from [http://www.legislature.mi.gov/\(S\(g40dwhevjit5muyv5qyzip\)\)/mileg.aspx?page=GetObject&objectname=mcl-780-972](http://www.legislature.mi.gov/(S(g40dwhevjit5muyv5qyzip))/mileg.aspx?page=GetObject&objectname=mcl-780-972)

Martial Arts and Self-Defense

THE DIFFERENCE BETWEEN A MARTIAL ARTS SELF DEFENSE, AND A STREET FIGHTER

We learn defensive techniques to protect ourselves from those that would try to harm us. We train and drill our techniques over and over again. We do this so that we learn the technique and understand how it works. Because in the end we really are looking to understand the concept and not just the technique. But what is the difference between someone that is training for Self-Defense or as a Martial Artist?

Self-Defense

Self-Defense as we learned above is a way to protect ourselves, family and close friends. The purpose is to keep us safe. The purpose is not to seek out violence, or dangerous situations, but ways to avoid those situations. But it is not all about techniques or movements. It is also, about intelligence and being smart, finding the best ways to use our techniques based on the situation, and ultimately looking to escape the situation.

Martial Arts

A Martial Artist view starts very similar to the person looking to protect themselves, except the Martial artist is training to fight! They are not necessarily always looking for the escape. But it is also a way of life. The Martial Artist is in it for the long haul. They truly want to understand the concept and not just the technique. They immerse themselves in a Martial art to learn a different culture, and to discover themselves. The Martial Artist is always striving for excellence. They want to keep growing and learning. They are not looking at the Black Belt as the end of the journey. They are looking beyond that. A true Martial Artist will realize that they will always be a student that always has something to learn, and that the journey never ends.

Street fighter

Believe it or not in some cases the street fighter can be the most dangerous opponent. You would think those with actual training would be less dangerous. But the common street fighter may have no classical training or foot work and can be very unpredictable. This makes them more dangerous. We train and practice think logically about how someone would move or react based off of a particular line of attack. This is actually why I say in class it's great working with new students or different body types, because they may not react the way you would think at times. This will cause you to need to adjust your techniques at times which leads us into my next subject the difference between Knowing a technique or understanding a concept.

THE DIFFERENCE BETWEEN A TECHNIQUE OR A CONCEPT

So why is this so important understand?

We learn many different techniques to deal with many different situations. While we push to make sure we have the technique down for testing, for rank we need to make sure we are understanding the concept. I actually posted a share from Axiom Martial Arts on Facebook the other day.

“When you Understand a technique, you know a technique. When you understand a concept, you know a thousand techniques.”

So, what does that mean?

Let me break that down for you with some context.

- A technique is a specific set of moves that work under a specific circumstance or action. For example, a specific punch, grab, or ground situation.

Now unfortunately if the attacker moves or pulls in a different direction than expected then the technique would fail.

- A concept or what some may call a principle is the underlining premise or rule of the technique, which remain consistent no matter what the attacker does, or how they move. By understanding the concept, you can always apply the technique no matter what because you understand the mechanics, motion and how the force is applied.

For example, some of you have learned how to apply an armbar many different ways. By understanding the concept, you can apply an armbar no matter how the grab or strike is applied. This is actually why many of our techniques are repeated from different scenarios. This reinforces how the technique works.

This is also why understanding the concept of all our techniques works so well. WE understand the concept of an outside lead, Hammer lock, etc. Therefore, by understanding the concept, no matter how the attack or scenario changes it will not matter. Because we understand how to change up when needed.

Now this takes a lot of practice, so it is not that easy. This is why I also recommend practicing outside of class. This is the only way you can become proficient at it.

Fighting and Self-Defense are fluid situations and there is no way of knowing how the situation is going to play out.

BEING SAFE

The crime rate has been on the rise for quite some time. We have all saw the media and news feeds about people being shot and robbed, children being shot in schools, and in cross fires on the streets. Lately many criminals have felt they have all the control and the police do not. This has caused many criminals to have very cavalier attitude and doing as they please. Now obviously we can never truly be prepared for every situation. But all we can do is try. In fact, I recently just saw a report where a six-year-old little girl was taking out the garbage and a man tried to abduct her. She got away thankfully. But this was done in broad daylight.

But in order to be safe we need to make sure we are being smart.

In the last Newsletter, I referenced some articles on situational awareness and observation skills.

I believe I may have said before that when you find yourself in a new location, it is always good to run through different scenarios in your head. Different ways you can defend yourself, when attacked. Find items that you can use as defensive weapons. If this is a restaurant, think of food utensils, even pepper can be used to monetarily blind an attacker.

Find the exits, how many are there, which ones the closest. If this became an active shooter situation, are you near an exit. If not look for a place where you could hide or a route you could use to get to that exit.

Let us go back to a restaurant for this example. We can use Red Robin in Muskegon. When you enter you can see there is an exit to your left by the bar area. You would see two exits in the dining area. But the kitchen also has an exit. If you were seated away from the bar area, and a bad situation happened. You could not go towards the main entrance, but you could go through the kitchen to escape.

I.C.H.F Apparel

If any of you are interested in buying some Hapkido apparel or equipment, please let me know.

I.C.H.F T-Shirts \$32.00

sizes Small, Medium, Large, X-Large, XX-Large and XXX-Large



I.C.H.F Polo T's 32.00
Sizes Large, X-Large, XX-Large
XXX-Large

Long Sleeve Performance Shirt \$42.00
Sizes Medium, Large, X-Large, XX-Large



I added \$2.00 to each item to pay for shipping cost.

Misc Items

Self-Defense key Chains \$12.00

Three styles
TRU-Black Munio



TRU-Hot Pink Munio



Combat Hapkido Munio



Kubaton Self-Defense Keychain

\$10.00

