

Suggested Group Debrief Questions for Safe Defense

Definitions

- How do the definitions of Problem & Conflict match & how do they differ?
- How does using the term 'Foul' effect Conflict & self-defense?
- How is 'True' self-defense different and when might it give advantage over traditional ways?
- How will you remember these definitions when faced with Conflict?

FOUL Buster

- What are the 5 parts of Kanji Listening?
- When can you see yourself using FOUL Buster? Give examples.
- Do any of the FOUL Buster questions look familiar?
- How is FOUL Buster a part of self-defense & where might it lead?
- When can rephrasing be used outside of FOUL Buster? Give examples.
- When would spotting Faux Facts be important if there's no Foul? Give examples.
- What is body language and why is it important when Foul Busting?

PeaceDNA

- Why are Faux Facts a valid and legitimate part of POV? Are they bad? Are they Opinions?
- What can you do to help others mediate conflict & how might you ask to get permission?
- What part of PeaceDNA is most important? Why?
- How will you remember the PeaceDNA, Critical Path and EQs?

A different kind of kara-te (empty hand)

Peace Moves

- What situations might prove Peace Moves effective and when not so much?
- What might be some of the benefits of Peace Moves over traditional fighting back?
- What are the 5 individual skills of basic Peace Moves?
- How can you use Peace Hands without having body contact?
- What is the very last thing you say/do in Peace Moves?
- How does Peace Moves, FOUL Buster & PeaceDNA fit together?