

NO FEAR ACT



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YOU ARE ACCOUNTABLE FOR YOUR ACTION

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SELF-DEFENSE is:

1. A legal right
2. To use reasonable/proportionate (amount of) force
3. To protect yourself or others
4. From an imminent,
5. Unlawful threat of bodily harm or death.

This NO FEAR ACT is built on the concept of the vital importance of DANGER AWARENESS and on creating an adapted and adequate response to any given situation to avoid being injured (physically and/or mentally).

We will first explore ways of avoiding violence and confrontation before going into some self-defense concept and drills.

Awareness and repetitive drills of safe response to an aggression will allow you to apprehend better any given situation by taking fear out of the equation. Fact: Random Violence Exists.

Fear is natural and part of our “response system” to any given aggression. Dealing with this feeling will allow you to bring that “freeze moment” to a minimum and allow you to react accordingly and in a timely manner. The “freeze moment” is the time when you can’t move while your brain is trying to analyze the situation but can’t because of fear. “Oh my god what’s happening? what should I do? What can I do? I don’t know what to do, I’m scared...

Fear is a negative component that is COUNTER PRODUCTIVE, it SLOWS DOWN the speed of your “RESPONSE”. That fear factor may increase if the attacker appears stronger or faster than you.

Our task today is to learn how to bring that freeze moment to a minimum by giving you tools to act fast against a given aggression.

We will strive to find, define and enhance YOUR “GO TO” MOVES or “GO TO” TECHNIQUES and transform it into YOUR “GO TO” RESPONSE”.

Let’s take a day-to-day life situation and take aggression out of the way to better understand this task. The following example is so common that you automatically lived this experience.

Picture yourself, the way you acted and reacted, when a friend hides himself to scare you. Picture your scare, and your reaction (mental and physical). SCARE – FREEZE (SHOUT/JUMP) – LOUGH or/and ANGRYNESS depending on each individual.

Try to remember/picture yourself if someone you DON’T know scares you.... SCARE – FREEZE ... (SHOUT/JUMP) ... LOUGH or/and ANGRYNESS... and INCOMPREHENSION or UNEASE... Now picture

yourself again and analyze particularly the FREEZING time... Commonly in that case the freezing time is longer ; while you physically freeze your brain continue to analyze the situation, recognize the “safe environment” and allow your scaring feeling to go away.

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Following this day-to-day life experience you can easily understand how the AWARENESS of DANGER and READINESS are VITAL ELEMENTS in SELF-DEFENSE.

We now have the BASE of our CONCEPT: NO FEAR ACT is based on:

1. AWARENESS (Learn how to read and periodically read indicators around us)
2. READINESS (train mentally and physically)
3. TIME OF RESPONSE (minimize freeze time when surprised)
4. APPROPRIATE RESPONSE (react accordingly to the given situation)

Before we go hands on, we will have to go through some definition and concept. (Part1). We will then work on many aggression types in order to get you to a comfortable level of response according to the situation. (Part 2). You will be given a list of tools (TOOL BOX – Part3).

We will work on few different BASIC/SIMPLE responses to MOST COMMON aggression in order for you to find the one that is most appropriate to your natural way of defense.

The same “gesture” needs to be faced differently depending on the environment you are in. We can define three different types of environments:

1. Safe
2. Not that Safe*
3. Survival

(* To a minor extent as it can be simplified by a stronger action than in the safe environment, or a weaker than the survival one)

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We then try to define what is self-defense and how it works. We will work on some action/reaction drills, evaluate some responses and take it from there to work on your best answer to a given aggression.

Let's understand the 3 environments. As seen above we understand that even when given an identical situation for example "getting scared by someone" does generate some completely different emotions and physical reactions depending if 1. we know the person or not, 2. it is in a known environment, and 3 if you are alone, (++) ...

We can easily separate those 3 given environments in three different moment, place and time ; BUT we all need to understand and keep in mind that those could move quickly from one to another. Safe to Not that Safe – Not that Safe to Survival – Even, to some extent, Safe to Survival. Let's keep in mind that sometimes a situation can as well go from Not that Safe to Safe, and from Survival to Not that Safe. Usually Survival to Safe only takes place by the occurrence of a new element, outside the main equation, ie: Help arrives (police, friends, public), Light disappear (lack of light allows you to escape), etc...

REMEMBER! MOST OF THE TIME you need to expect an escalation of forces rather than a diminution of forces. We will explain the escalation of forces in the next chapters.

What is a SAFE ENVIRONMENT: a Safe Environment could be defined as a family and friends gathering, mostly in a public or private place (not including alcohol), a place that you know and know how to get out quickly if necessary (known as escape route). Restaurants 99% represents a Safe Environment; even if the place propose some beverages with alcohol, it is not a place you primarily go to drink or people go to get drunk.

From this we will work on "light" aggressions (this notion of light aggression will be defined later too).

- ⇒ Uncle Billy drunk a little bit too much and is hanging at your neck, or at your waist and his hands "by mistake" land on your behind. Does not have to be family, could be a friend.

What is a NOT THAT SAFE ENVIRONMENT: a Not That Safe Environment would be defined as a Safe Environment that is missing one of the above indicators. It could be a gathering with no friends or family, a familiar place with no gathering ie you are on your own with someone else, a public or private place including drinking alcohol, a public or private place where you don't know the escape route.

- ⇒ Uncle Billy drunk a little bit too much but he asked you to bring him to his bedroom to rest, or go outside to take fresh air... Same as above, could be a friend.

What is a SURVIVAL ENVIRONMENT: at this stage you understand the idea. It could be option one missing many indicators or option 2 meaning a few. Such as an unknown drunk person is asking for your help to bring them outside or to their bedroom to rest.

This sounds a bit strange but does happen very much at weddings or other big family gathering where usually you do not know everyone and those usually happen in public places too, letting nearly anyone to come.

⇒ You are in uncle's Billy bedroom alone and he is starting to be "insistent", or you are in a common public such as a car park, but you are alone and it's nighttime...

As a conclusion, you need to have your personal radar (indicator reader) always from a low sequence ON/OFF to high sequence ON or ALWAYS ON. You do need to scan regularly your surroundings, who is around me? Who is driving behind me? Do you know those people? Am I in a Safe Place?

This obviously should not lead to paranoia but you need to understand and keep in mind that Environment could very quickly move from Safe to Survival. Ie A group of people decide to walk home from a pub at night and at some stage you realize that all the strong guys are already home and you are walking home with your girlfriend. In a disco you don't like a man who is lurking at you but you are with friends or husband... at one stage those decide to go the bathroom and you remain alone.

This notion of unstable environment is important to us because it means that you need to adapt your self-defense accordingly. You CANNOT use a Safe Environment self-defense response in a survival environment, and VICE VERSA (according to the Self-Defense protocol or definition).

On this matter, as a recommendation, when you are facing a situation where you are facing one belligerent (one guy is grabbing your hand, or pushing you, or else) ; ALWAYS consider that this person has a friend somewhere nearby. Never finish one of your response with a full body control on the floor, or with a sitting armbar or else. You will see things like that in videos or books everywhere... but remember that most of the people who attacks women are weak and this means that they usually don't act on their own. Therefore, if one guy is aggressing you always consider that he has a friend. If you see two guys, a third one is hiding. If the attacker is obviously alone for any reason and is attacking you with his bare hand, always consider that he has a weapon: a knife or metal stick as a minimum.

We will go through ground control technic where your attacker is on his stomach but you are standing or kneeling over, using your body weight, handsfree to call for help, check your immediate and less immediate surroundings, or else.

We CANNOT talk about violence and self-defense without talking about how to avoid it or stop it... Someone pulls a knife on you and ask for your wallet or purse... "give it" to him/her! (*) We will see further ways of handing over your "belongings".

(*) Some self-defense practice recommends to always have an empty wallet or a fiver easily accessible. Easy grab, easy throw, easy escape...

Many kinds of attackers have been categorized, it would be too long to go through all of them and not very judicious for our purpose. For our exercise and the mind set we need to build and work on, did not sort out the attackers but the set of aggressions.

Aggressions that are SITUATION based.

Mind set: Upset / Angry / Humiliated / Aroused

⇒ By definition those are USUALLY: Unplanned / People are not fighters / They act on feelings or spirit of revenge

→ People are not fully ready to fight; their feelings make them act up

Typically bar fight, road rage, ego issues (person being pushed or disregarded...)

Aggressions that are MIND based.

Mind set: Predators / Mugler / Gang

⇒ By definition those are USUALLY Planned / No emotion / Cold blood / People learnt to fight (by experience)

→ People in this situation are ready to fight, meaning fight is on their(routine) agenda

Sex predators: This category needs to be isolated because for some reasons Scientifics still do not agree on what is triggering sex offenders to action. Those are definitely predators but some of them, as many times reported, do not plan their offense/aggression. It can happen because of many reasons (alcohol – drug – emotion – medicine - ...) – A study shows that sex predators would approach their prey and bump into them, if the prey's first reaction is to excuse themselves (for no reason) then the predator would go to step 2 of their plan.

Would those classifications change OUR MIND SET or the WAY WE NEED TO APPROACH in situation....? NO! BUTTTTTTT if well and quickly analyzed it might be easier to DISENGAGE from a situation.

The following is going to describe the base of Self-Defense and will give you bullet point ideas to analyze and build your answer to most of the situation you could find yourself in.

From the YIN-YANG theory to Newton's and Einstein's

The SCAR concept

The RRR concept

The success on our objective "To get you physically and mentally ready" rely on 4 steps:

1. **LEARN**
2. **PRACTICE**
3. **PRACTICE**

4. And **PRACTICE** again

YIN – YANG and ENRGY... From ancient China to Einstein via Newton...

Yin-Yang is a concept of dualism, describing how seemingly opposite or contrary forces may actually be complementary, interconnected, and interdependent in the natural world, and how they may give rise to each other as they interrelate to one another. (Wikipedia)

Newton's third law of dynamics states that every force implies an equal and opposite reaction force.

ONE SIMILARITY THE ACTION / REACTION CONCEPT / IDEA / THEORY

ANY ACTION *PROVOQUE* A REACTION

It can be physical, emotional, or even environmental :

1. Physical: reaction in your body, reaction in your opponent's body...
2. Emotional: scare, worry, joy, interrogation, stress...
3. Environmental: reaction of your friends, the crowd in public place, or the atmosphere...

Therefore, we need to work on

ANY ACTION from YOUR OPPONENT should PROVOQUE an ADEQUATE REACTION from you...

And...

ANY REACTION from your OPPONENT should bring the **right** ACTION from YOU.

THE SCAR CONCEPT

Any action of yours will leave a scar; either physical or emotional. Your decision to go physical or not will be remembered... for a lifetime, as we will see soon in this tutorial, SELF-DEFENSE IS A DECISION PROCESS.

S – for STOP – Motion / Emotion / Situation / Action

C – for CHECK – Quick check ... Env't and Damage Control

A – for ACT – Adequate or Proper SELF-DEFENSE move

R – for RRR – Assess and pick your next move Recompose or Run or Reinforce

Below is a CHAIN of event that you need to initiate and be 100% in charge off. This chain of event should be able to be STOPED at any time, having you in a safe position/situation.

S – for STOP – Motion / Emotion / Situation / Aggression (**)

From

- ⇒ So sorry I did not mean to
- ⇒ Excuse-me
- ⇒ Please let go
- ⇒ Stop this
- ⇒ Back off!

(**) To

- ⇒ Front tip kick
- ⇒ Slap to the ear
- ⇒ Atemi to the throat

==STOP?==

C – for CHECK – Understanding the Evt – (Physical/Emotional/Surroundings) - Damage control

This step follows and depends on the previous one (But need to be very fast)

From

- ⇒ Checking that the situation stop rising and is cooling off

To

- ⇒ Checking that your physical reaction got you where you wanted to be = You got the expected outcome from your action

==STOP?==

A – for ACT -

This step follows and depends on the previous one. According to the Evt you are in and to the chain reaction created above you can either walk out or you need to put an end to this situation. If something is still going on at this stage, you are definitely not in a safe Evt and you need to ACT as per the situation. No more “nice guy”, use your skills from the tool box.

==STOP?==

R – for RRR –

RRR stands for Recompose / Run / Reinforce

Recompose: Time to take a big breath, reposition your body, reposition your mind, get ready for next move – check surroundings -

Run: If you are 100% sure that running away will get you out of danger, go for it **

Reinforce: Time to end this and send this aggressor to the ER. -check surroundings –

Another visualization of your SCAR answer to a situation/danger is the a BLOCK CONCEPT..

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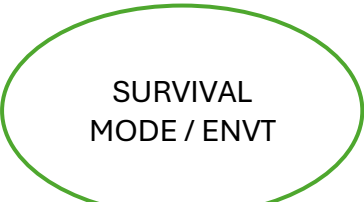
YOUR SELF-DEFENSE RESPONSE IS SOMETHING YOU BUILD LIKE ADDING BLOCKS ON TOP OF EACH OTHER. THE MORE BLOCKS YOU HAVE THE MORE POWERFULL AND

THEREFORE PROBABLY DESTRUCTIVE IS YOUR SELF-DEFENSE RESPONSE. AT ANY STAGE OF THIS BLOCK BUILDING ANSWER, YOU NEED TO KEEP IN MIND THE SELF-DEFENSE CONCEPT OR PROTOCOL AND THAT YOUR RESPONSE NEEDS TO BE IN EQUATION TO EITHER THE ATTACK OR THE ENVIRONMENT YOU ARE IN. For example, your decision to break a knee to avoid the attacker to pursue you, or your decision to pull a lethal weapon such a knife, can be defensible in court if your attacker was trying to mug you violently and you were with your kid, but would be totally unacceptable against someone who just pushed you because you were not walking fast enough or did not give way to him. YOU WILL BE ACCOUNTABLE FOR YOUR ACTS IN COURT! Many cases exist where the mugger sue the muggee for unreasonable use of force.

AS SOON AS YOU ARE IN CONTROL OF THE SITUATION THE CONCEPT OF SEL-DEFENSE STOPS. YOU CANNOT HIT SOMEONE ON THE GROUND, YOU CANNOT TAKE THEIR KNIFE AWAY AND USE IT AGAINST YOUR MUGGER, ETC, ETC, ..

Every single action you DECIDE to implement is building a tower of pain where the base is your initial decision. YOU DECIDE which blocks you want to use and when YOU WANT to use those.

SELF DEFENSE IS A DECISION-MAKING PROCESS, PROCESS THAT YOU WILL EXPLAIN IN COURT



SURVIVAL
MODE / ENVT

