

# Collection of all found posts on “Field Effect” from Dale Power

Part II: Month-Long Series

## Non-Violent Self-Defense

people will be willing to fight in their wars and even die for things that no sane person would stand for normally. (Making it cowardly to not fight and die in a war you don't care about for instance.)

Moving past the idea that self defense means harming and even killing other people is the first lesson in this series, even though it won't be focused on overly. After all, if you are willing to read this, you probably already have a reason to investigate non-violence as an option in life

So, right here on the first page, you will be given three steps, that when incorporated into habits will protect you from about 80-90% of *all* physical violence. These are powerful things that may take you by surprise as to how well they work, even as they make an intuitive kind of sense to you. Remember though, they only work if applied!

Don't get drunk or hang out in places where people are getting drunk: Alcohol is the hidden key to violence in America. Hidden because it often doesn't show up on police reports or make it's way into FBI statistics, even though most police officers will tell you, if asked, that the majority of violence involves at least one drunk person.

This number seems to be around 80%, but could be even higher than that.

One officer I interviewed on this topic opined that nearly 90-95% percent of *all rape cases* in the United States involve alcohol or other drugs in some way. The most common are a drunk woman being taken advantage of, or the rapist being drunk when committing the crime. (Rather than rohypnol being snuck into a the drink of a person, it is normally the drink they choose that gets them into trouble.)

By avoiding an impaired state, everyone is far more likely to avoid making mistakes that lead to violence.

Domestic violence is fueled overwhelmingly by alcohol. So too is casual violence. People simply become less inhibited when drunk and are more likely to allow anger to influence their judgment.

By avoiding places where people are getting drunk on purpose, bars, parties with a lot of alcohol and dance clubs come to mind, you automatically remove a huge chunk of the most dangerous people you are likely to be around from your life.

By refraining from drinking to inebriation, you cut out the likelihood that you will become the aggressor, starting the chain of violence yourself.

While harder to swing in our personal lives after the fact, if you can choose a mate that either does not drink or who drinks very responsibly, the odds of domestic violence drops to a tiny fraction, less than 10% when compared to a couple where one of the partners drinks heavily. If both drink heavily violence is almost certain at some point.

So, Don't drink alcohol and avoid places where people get drunk and boom, you

have cut out nearly 80% of all the chances you would have had in life of being involved in violence.

Be Polite: This is so obvious that most people readily agree with it, even though they often forget to think through the applications of this in real life.



What this habit boils down to is not responding to perceived aggression with aggression of your own.

When a person is faced with an angry person, the natural responses are to feel either fear or to become angry yourself in return. By avoiding both of these and treating the other person with courtesy without fear, most potentially violent situations can be short circuited.

Don't let the images of belligerents on television frighten you into thinking that the world is filled with people that want to fight with you. They really don't. Even criminals that rely on strong-arm tactics don't want a fight, they just want to frighten you into compliance.

By remaining calm in the face of aggression, you will actually give most such people pause, as they will not understand why you are not responding normally. It comes off as supremely confident, which is highly off putting to criminals and others that may seek to use violence against you.

So one behavior has a two fold action. You do not escalate tensions on the one hand and on the other you do not make yourself seem like a victim.

This proves out at about a 90% level for men and an 70% level for women. Worth doing for both genders, but more effective for men, who are more likely to be involved in aggressive posturing related violence.

Don't go into a War Zone if you can help it: In this case a war Zone refers to anyplace that has a high crime rate or a high rate of violence, such as an actual war zone. A bad neighborhood may count however.

This can be a problem if you live in the war zone itself and do not have the means to leave, but that is what the rest of the month of articles will mainly be addressing.

This means that you need to learn about your environment. Pay attention to where the bad areas are and research new cities and towns thoroughly before going there. It takes extra work, but a few pieces of knowledge can make a huge difference when it comes to short circuiting potentially life threatening situations.

Net result of doing these three things?

When used together, about 96% of all potential violence can be removed from your life. You will have joined the large group of people in America that never experience violence at all.

The rest of this series will address techniques and methods to deal with the other sources of potential violence.

About 3.5% of the remainder is criminal violence, such as robbery or assault based on external criminal behaviors. (By professional criminals with another goal, other than the crime of violence that is. Gang initiations, serial murders that kind of thing. Face it, odds are the worst thing that would come up for you would be a very out of place mugger or car jacker!)

The last .5% is truly random violence that no one could anticipate. This is the rarest type of violence and the hardest to deal with, but there are techniques that will help, even here, without doing harm to anyone.

Just doing the three things suggested on this page however will make you safer from violence than if you were a Black-belt walking around with a pistol on your hip all the time. A lot safer

Continue to [Signs of Danger..](#)

## Signs of Danger

Boundary small level are showing disregard for the rules and ways, which

Here are some examples, though you will probably find hundreds of such things going on around you over time, if you look carefully. This is just to give you a basic idea of what kind of thing is being mentioned here.

*Forceful jay walking:* O.K. A lot of people jay walk. It is normally just a sign of either being too lazy to wait to cross at a light or sign or an indication that the streets are poorly designed.

If however a person just crosses the street in front of vehicles, forcing them to slow or stop, doesn't even look up at them or does, but seems to be acting entitled to their action, you have an example of boundary crossing.

When the individual breaks the rules with an air of impunity, they are subconsciously proclaiming that those rules do not pertain to themselves. This is a sign of danger in many cases, as a person that feels that way has often already decided to take some kind of criminal action, or lives with that kind of a mind set.

*Rude hand Gestures without provocation:* A person cut off in traffic may flip someone the finger out of anger or frustration, but if a person does such a thing without any offense being committed first, it shows highly aggressive tendencies, which will probably manifest in violence towards someone within a short period of time.

The same is true of people screaming out insults or invectives. It's one thing (though still a danger signal!) If someone is screaming rude things at you if you have (accidentally or on purpose) done something they obviously do not like.

If however they are doing this without you having wronged them in some visible fashion, it is a sign that they are gearing up for a violent attack. Not in all cases, not all the time, but often enough that you should treat it as if an attack were eminent.

*Misplacing Blame in a social setting:* If a person blames you for something, even something minor, that you did not do, this is a huge danger signal!

Most people are reluctant to place blame in a public setting. Doing so is inviting violence in many cases, so people do it only when something egregious has occurred.

If one person is suddenly blaming another without cause, violence is likely already planned.

\*Think of a situation like this. A man walks up to another and accuses him of having been staring at his girlfriend. The one accused knows he was not...

It is simply a statement and false justification for violence. It can still be gotten out of, though, with care.

These are just examples of a much wider subject. Any time one person steps over the normal social boundaries in any situation it is an indication that they are preparing either for violence or some other incorrect behavior.

Our internal signals will generally have us feel annoyed at people showing such boundary crossing behavior. Learn to notice and pay attention to that sense.

Weapons: This seems almost silly to have to mention, but people have often not thought the whole situation through for themselves, so here it is.

Avoid people with weapons and notice if people are holding common objects that can be turned into weapons.

Simply doing so does not indicate violence in most cases, but there are signs that indicate a normal tool is about to be misused. (Even before a threat is indicated!)

People holding a weapon will begin to slowly bring it upward in most cases, as they gear up for violence. Only those with specific training will suddenly go from a relaxed position to a ready stance.

A stick or club, a knife or sword are best used with the weapon held above waist level but below the mid-point of the sternum.

A knife held stiffly at the side but visible is a threat, but you have around 20 seconds to gain distance from yourself and the potential attacker, provided you are out of the weapons range.

The same is true of a stick or most other weapons, including fire arms.

Once brought up into effective range, between waist and sternum, an attack must be assumed to be coming.

Aggressive Body Language:

**If you see:**

The whites all around the iris of their eyes.

Visible hard breathing without apparent exertion.

Inappropriate staring. Four seconds indicates interest, ten seconds indicates too much interest, 20 seconds indicates inappropriate or dangerous intent. See Boundary Crossing above.

Clenched fists, if they are within your personal space.

Leaning into your personal space. (Personal space, figure it at your arms reach. It is aggressive to breach this range.)

Seeming to ignore you by looking away in a fixed fashion, while showing any of the above.

**Making Threats of violence:**

Hardly shocking, but threats of violence often precede actual violence. Not always, true, but if you do not know a person, best to be on the side of caution.

In the next article, we will cover the concept of avoidance, once a potential threat is observed.

## Avoidance

“real man” and laugh in the face of danger? That's what all the movies and television shows teach us, right?

This all comes down to math. Here do this with me and check my work:

If a person (you) is facing the dangerous situation with violent people head on, and rushes the bad guy to wrestle the fire arm away from them and they happen to have high level hand to hand skills, be in good shape and physically more robust than their attacker, they can successfully disarm that person about 80% of the time, being shot in the process only about 40% of the time.

The odds are worse for a small, weaker or less trained individual.

On the other hand, lets say the person (you again) sees that something dangerous is starting to set up, avoids the situation and is a mile away behind large amounts of cover before anything takes place. This leaves the person (You!) safe 100% of the time, regardless of lack of skill or fitness level.

But, you may say, especially if you like to carry a gun and act tough because of it, that “avoidance” you are talking about cannot help you if someone just pulls a gun and shoots you in the back, can it?

That is a good point, but is of course, wrong in a few areas.

While it is true that someone dedicated to simply executing you could shoot you from behind, from cover or concealment, without you being able to avoid them, the implication that having a fire arm would protect you is false as well.

Plus, the less aggressive you are in general, the less likely you are to be the target of specific,planned, violence.

By learning to not be where the bad things are going to happen, you gain greater safety than decades of martial arts training would afford you or even gong around armed all the time!

So how do you go about avoiding trouble exactly?

There are two man points to consider. Observation of potential danger and withdrawing.

### **Common signs of trouble:**

A person standing, waiting or hiding (poorly, partially in your path as a matter of course, oddly enough) in your direction of travel when they should not be there. Night time, loitering in an isolated area that kind of thing.

A group of people blocking your path, even at a good distance. Groups tend to reinforce negative behaviors.

A person walking with one hand in their pocket, under their shirt or stiffly held along the side of a leg. These all can indicate the presence of a weapon.

A person or group already acting aggressively towards others. This can

be a trick to lure you into trouble or a legitimate attack on another. Since you cannot know it is better to handle with care than to charge into the middle of the situation.

Someone obviously following you even after simple evasive maneuvers. Turning a corner suddenly and being followed once may be a coincidence. Twice is likely not.

Someone looking or staring at you in an inappropriate manner. At a certain point a glance becomes a stare and a stare starts to become an obvious threat. This can be harder to judge if you are an attractive woman, but if you start to feel uncomfortable, trust that feeling.

Any situation that makes you feel very uncomfortable. You may be wrong, but leaving the area is still a good idea.

### **Withdrawing:**

You should be able to notice most potential threats up to 100 feet away from them, possibly a much greater distance. Here is the good news, most criminals do not want to work hard, get caught or get hurt. If you can work to make them think that some or all of these things may happen if they go after you as a target, the vast majority of them will simply back off and try again somewhere else.

The first thing to do when withdrawing is to simply change course when far away from the situation. At 100 feet away, even fifty feet, most people will not chase after you if you simply turn and walk in another direction. It is too much work and they have no investment in you at that time. (Even if they have tried to engage you verbally.)

It is always easier to find a secondary route to a place than it is to bluff or fight your way past a trap.

If you are closer to a potential hazard than 20 feet, other techniques may be needed.

First, though, head towards a well lit area if possible and start making some noise. Just yelling, "Bwaaaa!" every ten to twenty seconds as loudly as you can should do the trick. Why is that? Well, this will be the subject of another article, but the short answer is that getting attention can lead to being caught, and since criminals don't want that, they will tend to avoid people calling attention to themselves.

Plus, it can make you seem insane and insane people do not act predictably, so criminals tend to avoid them as targets if they are loud or overt in their actions. (Unfortunately quite or introverted people with mental illnesses are often made the target by their problems in an inverse manner. They seem meek, quiet and fearful, so they come across as "good victims".)

If a person tries to continue to close with you, yelling things like "I SEE you!" Pointing at them and carrying on should drive them away. (Remember: no normal person with a normal agenda will persist in approaching you if you are clearly trying to avoid them. The very fact that they persist in doing so at all is confirmation that they are up to no good.)

*Remember this:* If they are moving towards you, do not let them within 20 feet at any time, even if you have to run away from them to prevent this. Most people

cannot run and use a firearm OR a knife (try it if you don't believe me, against a target moving away from you while you are running as well. It's much harder than it seems! Don't use a real knife on your friend however. Foam will work well enough.) or even a stick or club, at the same time.

If you played tag as a child you may remember how even the slow kid would sometimes be hard to tap, because they would suddenly turn in another direction, bob, weave and avoid you. It is no different with an adult trying to attack you, except that you will never allow them to close with you, forcing them to sprint full out in order to try and get near you, while you conserve energy by moving at angles to their path, and avoiding them completely. You can be much slower than a person chasing you and still cause them to become exhausted before they can close with you.

A human being can only work at full speed for about 40 seconds. It doesn't matter how good of shape they are in, that is about the limit for 100% effort.

But we can keep up 80% effort for ten to twenty minutes and 70% effort for hours without stopping!

The trick is to force them into 100% effort while holding ourselves to a lower level. (This will be gone into in greater depths elsewhere.)

The vast majority of withdrawing from a situation will simply involve leaving, based on observations of individuals rather than running, fleeing or evasion tactics.

Just being aware of what is around you and acting on what you perceive will further increase your safety by several percent. By using only what has been covered so far, most people will be safe from violence most of the time.

### **Review!**

Remember that criminals, by their nature, do not want to work hard, do not want to be caught and do not want to be hurt.

If you remember nothing else from this article remember those points, because they will allow you to develop strategies of your own to prevent becoming a victim of a crime



## The Dangerous Factors

### Ego:

By ego in this context, I basically mean feelings of personal pride, your sense of place and your belief that "As an American" (or other country of origin) you have a right to not back down, not be pushed around and be protected from harm by the government!

These and similar beliefs can make it difficult to act in a sane and rational fashion at times though. Pride, especially, can cause people to stand their ground in the face of potential violence, for fear of looking weak or fearful! (Fear of looking fearful is a common problem in almost all societies, from the most primitive to the most highly developed industrial ones. It is not sane in any of them, but is felt by almost everyone in all of them, making it...Normal, at least.)

Most people understand that letting ego guide us in dangerous times never really works that well, yet we all fall prey to the feeling that we have to "Be Strong", "Brave" or "Not be a doormat".

Understanding why we feel this way can be the first step to realizing that looking good in the eyes of people that probably won't even ever know what you have faced in life is a lot less important than surviving and remaining unharmed.

We have all been trained, conditioned, to view being safe and not seeking violence as also being weak or cowardly. Indeed the very concept of coward originally came about as a form of social control to force people, normally men, into fighting against enemies that did not pose a real threat to themselves, their lives or livelihood or families. By labeling the intelligent men that did not wish to spend their lives in fighting for no reason or value to themselves as cowards or as weak, most societies managed to create a willing force of fighters to send out as they desired, for conquest, control or simply because someone powerful enough held a grudge against another powerful person.

Once we see that none of those things need apply to use in our modern world, it becomes a lot easier to let go of those false ideas and instead see intelligent action, avoiding unneeded conflict and focusing on a peaceful world as being much better options over all.

We can let go of ego, of false pride and bravado by simply choosing to before dangerous situations arise.

If you refuse to let ego drive your responses to threats, you become the master of the world around you far more certainly than learning a host of martial arts could ever achieve for you.

### Social Conventions:

We have all been taught to be good, be polite and not make a scene. If the Ego issues above are enforced on men more than women, this is where fairness comes into play, as women get hammered with this one most of their lives.

Now, I'm not saying you shouldn't be polite as a rule. Indeed, being polite is a great defense mechanism against many types of aggressive behavior.

Still, if being polite isn't working, if you are still being approached in an aggressive manner, then don't feel that you owe the person acting poorly anything at all. If

you are going to be best served by yelling, carrying on, screaming, acting like a fool or calling attention to yourself in some other way, do it!

Don't hesitate to cross the street to avoid someone that seems scary, even if you don't want to make them "feel bad". Criminals rely on people behaving in predictable and controllable ways to set up their crimes. If you ever feel that this is happening to you, break out of it! In the vast majority of cases, running away suddenly while screaming or yelling will drive a criminal away, or at least cause them to stop all aggressive actions towards you, so do it!

You may look bad in your own eyes. You may annoy the neighbors. You may even make someone innocent of wrong doing or bad intent, but who lacks good social skills, feel bad for a while...

But do it if that is what the situation calls for!

Every guy walking the streets at night without any ill intent understands if you cross the street and even wants you to do it. Why? Because if you were someone close to them, a girlfriend, wife, mother or sister, they would want them to be safe in the same situation. If a person takes obvious offense at your actions, odds are they are deflecting the fact that they were planning something nefarious, until you shocked them into inaction!

If you can make an agreement with yourself to let go of these factors, if you can learn to view them as errors, then you will be far safer, in far more situations, than you ever were before.

It takes making a conscious decision and holding to it, even in times of stress, anger or fear. That decision though may save your life one day, so consider it!

**Remember.** You can always fight. Using good common sense increases your range of options, it doesn't remove anything from what you can do at need.

Continue onto **Camouflage..**

## Camouflage

not to overdress. Don't wear a business suit to a Denny's. Don't flash expensive jewelry at a rock concert and wear shoes you can move in that won't stand out instead of designer footwear places.

Obviously, if you are going to a law office for work, a suit is your best camouflage! If not though, strive to look like the people around you as much as possible.

The other, more extreme (but more effective!) technique is to stand out as much as possible, by wearing bright colors, especially red and by disguising what you are wearing.

For such purposes, I like those really cheap, very bright, plastic rain poncho's. They only cost a few dollars, so no one seeing you wearing one will assume you are rich, and they cover most of your clothing. It is also impossible to see what you have underneath of them, which will often be enough to drive criminals away completely on its own.

They make you look larger than you actually are, which makes you a less attractive target and if you get one in a bright color, you will attract attention, even as no one inspects you too closely. This attention though, from everyone around you, can be used to keep muggers, rapists and others that wish to go about unseen pause and move away from you fast!

Other outfits can be used to good effect as well, but may take more time to prepare.

The key here is to not look like the most attractive target in any area. Try to either blend in or stand out in an unattractive way.

## Physical Conditioning

than any would be attacker, do so for longer periods of time and to twist and turn rapidly without injury if you ever have to make

evasive movements. So this breaks down into a need for speed work, endurance and flexibility training as well as a little bit of resistance training to help stabilize your joints during rapid movements.

What is suggested here is enough physical training to keep the vast majority of people safe from fairly well trained pursuers. There is always the remote chance that an Olympic athlete could be chasing you or, just possibly, a super-human...

But it isn't likely.

As time goes by in fact, and the average young adult becomes heavier and more sedentary, the amount of speed, endurance and flexibility needed to out run, out maneuver and out last them reduces remarkably. The average running speed of young men has gone down a lot over the last twenty years, for instance.

This means that anyone on a good exercise program will be far more able to escape if attacked by a member of what is the largest demographic for violent attackers. (Young men from ages 15-25.)

What does the modern Non-violent person need to work on then, to be fit enough to not have problems in life?

### Running:

I personally find a lot of value in endurance running, but you don't have to run tens of miles daily to be in better shape than most would be criminals these days.

If you are willing to hit the pavement (or local track) and run three miles per day, four or five days per week, with some speed work (sprints of at least 200 meters!) once a week or so, you should be fine.

The key here is actually getting out and doing it!

It is too easy to come up with excuses not to train to allow most of them to have any hold over you. You may have to escape in the rain or even the snow, though be careful if practicing running in the snow. You MUST slow down and secure your footing and you really should wear appropriate clothing to the weather if at all possible. You should familiarize yourself with slogging through mud, sand and over terrain whenever possible. The more certain you are of your footing in uncertain conditions, the better of you will be.

The vast majority of people won't chase you more than a quarter mile in most circumstances and really, only a small handful will stick with a chase over a hundred yards or so. Even the Police will generally break off within a quarter mile and try a different strategy, say calling in cars to cut you off or a helicopter to track you. (Luckily for us good people, most criminals do not have such resources or manpower to bring to bear!)

**Walking:**

It may seem strange to hear someone recommend that you practice both running and walking as different parts of the same workout/conditioning program, but walking quickly places different stresses on the body than running does and in many cases walking away quickly, which is easier and more energy efficient than running, and calls less attention to yourself while you do it, makes more sense than running.

By practicing power walking you can travel nearly as fast as someone jogging can! From a distance though it does not look like you are actively fleeing, so will be less likely to attract a predatory chase response from groups of people. Odds are if a single person decides to chase you it is not due to anything you did or didn't do, they already had their minds made up to do so. A group however can be triggered by external factors far more easily. So care is needed.

Practice walking as fast as you can, while still actually walking and not jogging or running, for at least a mile or so per day. (More if you feel it is helpful to you.)

**Core Training:**

This includes any exercise that will strengthen the center of your body. Sit-ups, crunches, back lifts and so on. You don't need to do hours of these per day, but working on some portion of your bodies core every day will help keep your back strong and healthy, which will allow you to move far more quickly if something happens near you than if you are crippled up in pain.

**Stretching:**

This can be anything from yoga to a few toe touches and back bends, but you should stretch every muscle in your body that you can daily. This can take as little as five minutes and still allow you to build greater flexibility over time!

A more dedicated campaign of stretching can allow extreme flexibility, but that does not tend to truly aid a person in most violent situations. So only bother with that kind of conditioning if you feel it is useful to you in other areas of your life.

**Weight Lifting:**

Try to hit the gym and lift some weights (or do other muscle/strength promoting exercises) at least once per week.

This extra strength will help protect your joints while making sudden movements and will increase your ability to run (or walk) quickly when needed.

Most people should be able to do most of this in an hour per day or slightly less. (About six hours per week.) Since that is about how much exercise most people already want to get, this is a great reason to start and stick with an exercise program!

Because anything that allows you to be safe from violence while also making you feel better about yourself, stronger and happier (all effects of a good exercise program) is well worth doing.

## Angles

looking each other, if not dead in the eye, than straight in the face.

Since we are not worrying about fighting though, we can use this trained strategy that almost everyone (even professional fighters!) use to our advantage

Instead of focusing on facing the potential threat, we should focus on moving away from that threat at a 90 degree angle when possible. This will allow us to use the least amount of motion to cover the longest possible distance in the shortest amount of time. Any pursuer will have to cover the distance between you and themselves, the distance you ran and will be delayed, briefly, by trying to understand where you are going and getting their own bodies into motion.

If you do this from over 20 meters away, it takes people much longer, possibly up to several seconds to realize what direction you are fleeing in. Then they have to decide if it is worth chasing you or not. This can buy you four or five seconds of running time!

When you begin to run, pivot in place before you start running. Don't run and turn at the same time, because most people won't register a mere facing away from them as an escape beginning. There is no need to trigger a pursuit reflex until the last possible moment.

If you can remember too at the time, try to run to your own right. This will cause them to have to turn to their left to come after you, which is a slightly slower response in most people, because they are right handed. Even lefties are used to working in a world of right handed moves, so this will slow them down a little as well.

If you need to run directly away from them, Try to start out running at a 90 degree angle and then adjust while running. This may draw them off into the wrong initial direction, requiring them to make adjustments that will cost them time and distance.

While running, if they are directly behind you, use the environment to your advantage. Go over cars, lawns and low walls if you have practiced this and can do it quickly.

If not, try to change the direction you are going every fifty meters or so.

Obviously run towards well lit areas, calling for help, for the police, Screaming that "your house is on fire" or whatever you think will get attention from nearby people if they exist.

If you are in a truly isolated area, run towards cover or concealment and once your position is blocked from view, suddenly change direction again, ideally maintaining cover or concealment (cover is bullet proof, concealment is anything that hides you from view.) for as long as possible as you flee. Even a few seconds out of sight can give you a chance to throw off pursuit!

When possible, always try to run at an angle to the direction they are following. This can be dangerous if they are too close, within about ten feet, but past that it gives you the best chance at evasion.

Think of it as a children's game of tag, except that you never let the person within 20 meters of you if you can help it.

Keep the distances long if possible and your angle of escape sharp compared to their angle of pursuit. Be unpredictable and enlist help from anyone you can *OR* make them think you have help coming or use some other bluff. (More on this tomorrow!)

## Instincts

Are your instincts always right? No, in fact, you are probably going to be “wrong” about a person or situation about half the time. If you respond to your instinct, you will likely be correct. You will almost never miss something bad that is about to happen, though you will probably respond to a few false alarms.

This happens because we all stand on the cusp of thousands of possible futures at any given time. Your instincts have to warn you about all of the likely threats, to give you a chance to respond in a survivable fashion.

This isn't rocket science here: If you feel fear, even if there is no reason for it, take it as a warning. (This does not mean you have to give in to all irrational fears that you already KNOW about though!) Especially telling is if you suddenly feel fear or apprehension about a situation that is not currently warranting it. In those situations you should try to find the direction the feeling gets stronger in and carefully remove yourself in another direction!

This doesn't take a thousand words to explain. You have likely experienced it yourself already. This is mainly a reminder to listen to what your deeper self is saying to you and act on it, especially if your (or other peoples) life depends on timely action.



## Defending Yourself vs. Defending Others

Self-defense, as anyone reading this series has no doubt already come to understand, has little to nothing to do with fighting or combat. For the most part, a few good habits, such as not drinking or using drugs, not hanging out in war zones and happening in the first place. Add in a few techniques to make you seem like a bad target, dressing the part for instance and some becomes very safe for you!

Defending other people however is much harder to do without resorting to violence.

The prime reasons for this have to do with poor habits on other peoples parts, such as taking inappropriately aggressive postures when they are not needed, allowing themselves to get drunk or high around people that it is possible to have problems with and hanging out in really bad neighborhoods. If these are people you know, it is best to sit them down before a problem happens and have a nice long talk about what really prevents violence. They probably won't listen until it is too late, but a few might, so it is worth giving it a try, just in case.

But what do you do if someone is actively being attacked in front of you? (Provided you are not willing to just leave them to their fate. Let's pretend this is an innocent person that was not asking for a fight in the first place, just to make things more interesting for now.)

**First:** Establish the parameters of the situation. If one person is being set upon by a gang, you need to act very cautiously. If they are being beaten by a single person, you can take a more active stance to prevent grievous harm.

Does anyone involved have a weapon? If so, is it a highly dangerous weapon (Knife, gun, sword) or something less instantly deadly? (Stick, club, soda bottle.)

Once you know what you are dealing with, move to step two.

**Second:** If they have or are using a gun, leave the scene. It may not feel good, but you lying dead won't help the person being attacked either.

If they have a knife and are using it, also leave. Run if you can.

If they have a knife but have not used it, or a lesser weapon, even if it has been used, *lie* to them.

Tell them that the Police have been called and are coming right now, but that they still may be able to get away if they leave now.

Even if you don't have a phone and no such call could have been made.

Do NOT threaten them with a call to the Police if they are armed at all. Weapons, even poor ones, make people feel bolder, and they are more likely to try to stop you from "getting them in trouble" by harming or even killing you than to simply run off.

Always make it an already accomplished task. The police HAVE been called. This impending "Whatever" is already happening. (Friends coming, help arriving soon,

so on.)

If you can at all believably, shift blame for that “call” to a non-existent, or already safely absent person. “*Someone* just said they called the Police...” This is to protect yourself and anyone else from future retaliation.

Give them a clear course of action, no matter what the piece of misinformation was you gave them. This should normally be leaving the scene as rapidly as possible.

For instance let's say you are in a rural area, and the Police wouldn't be there for hours, you may try something like this: “That guy's brothers are coming and they're armed. Best get out of here before they get here! Go round back.”

What you are doing is increasing the fear in the situation, while both deflecting blame for it and recommending a clear but simple course of action with which they can “save” themselves.

**Third:** If the lie itself doesn't work, and you still are willing to protect the other person from a continued attack, you can try to attract the attacker to you.

Time honored traditions include name calling, proclaiming that the attacker is acting in a less than manly fashion (If they are a man of course) and simple grabbing them in an attempt to hold them to physically prevent the attack.

A simple tackle or bear hug works if you are stronger than they are, and grabbing them around the neck or upper arms while running past them and throwing your weight to one side will stop or at least slow most people, even if you are smaller or weaker.

Once you have gotten their attention, let go of them and break off. If they go back towards the other person, tackle them again and let go, getting free of them almost instantly.

If they come for you, run. This will draw them off towards you instead of the person you are trying to protect. Since they are busy following you, who, since you have not been fighting should have both a clearer head and be fresh, where as they will have expended a good bit of their anaerobic capacity in fighting, and should not be as readily able to catch you as they would normally be, cannot be continuing their previous attack.

Then shake them in a controlled fashion, building up a good early lead, and holding them at about 20 meters away, allowing them to close only when it looks like they are considering stopping. (Normally you wouldn't ever let them close. This more dangerous option is used only when trying to protect someone else.)

**Fourth:** Once they have left off the attack, regardless if it was some trick on your part, something someone else did or that they got too tired to chase you allowing you to go back to the starting point safely, secure the premises or person being attacked as best you can.

Leave the area if possible. The police may complain about you leaving the scene of a crime, however until they are there to do their duty and protect you, it is not illegal to protect yourself and others by fleeing from danger. EVER.

Once you explain that you needed to protect yourself non-violently, they should understand at least enough not to tazer you or claim you are the guilty party.

Regardless, removing yourselves to someplace unknown to the violent actor will prevent them from resuming their attack, possibly with greater force of arms.

It is very common for someone that feels that another has "gotten the better of them" in a fight to rearm and come back with intent to escalate the violence. Using these techniques you are somewhat better off than someone that had to resort to violence though, in this regard, because running away or locking some doors behind them is not normally viewed as winning a fight.

Of course, since you weren't in a fight, just trying to stop one, you *have* won, though there is no need to tell *them* that.

## Hiding

side, dips, gullies, warps and differences of more than ten inches are plenty big enough to hide yourself in.

Get low to the ground and stay still.

Use low objects to hide behind first. Tall grass, low bushes, Boxes or boards close to the ground. Lay with your body length along them, so that you cannot easily be seen past the object.

Pay attention to the most likely direction that pursuit may come from.

Once hidden, stay hidden. Wait a while before coming out. Some patient people may simply wait for you to emerge from wherever you have hidden.

Don't box yourself in. You can always keep running, as long as you aren't trapped. Hiding outside of a cave is generally better than hiding inside one, because you have greater movement options.

Try to move quietly, but quickly. Watch your feet if moving with stealth and stay low to the ground. This will allow you to see things near by, at your feet and keep you out of the line of sight.

Hiding in the dark is simple. Just hide and then hold still.

Hiding during the day requires a longer head start and getting out of view before hiding, or else you will give your potential position away too easily.

Is hiding worth the effort? Yes. Being able to disappear generally stops criminal pursuit and will diffuse angry pursuit quickly so that the individual gives up. Even insane people will probably give up if you cannot be found.

Only groups like the Police will continue looking for long, though good hiding and careful movement while hiding is still often your best bet in a situation like that.

## **Preemptive Tactics**

So what makes you a "hard target" as far as most criminals are concerned?

### **Have a dog.**

Even a little yappy dog will work! Criminals overwhelmingly avoid robbing or attacking places with dogs, because dogs call attention to their actions and warn people of covert approach.

Of course this means you have to work with your dog and listen to them for best effect! (Instead of just yelling at them to shut up, go look and see what they are barking about?) It is a good habit and will drive away the vast majority of criminals casing your house or car. (If you have a dog in the car, that is.)

### **Lock you doors.**

This alone won't prevent a criminal from entering your house or car, but it will deter a large portion of them!

Most criminals breaking into cars are looking to do so without leaving a trace. If they can find an unlocked vehicle this buys them time to hotwire it, strip out the radio or steal any valuable they can find.

On your home a good deadbolt will deter a lot of would be rapists and serial murderers (Not that anyone should really worry about serial murderers, T.V. aside, they are incredibly rare.) the longer they have to work at getting through a door, the more they will fear being caught and this translates into leaving you alone rather than continuing to try.

It also gives your dog (see above!) more time to notice something going on!

An unlocked door is an invitation to a criminal. A locked door sends a signal to them that you care enough to take precautions. They hate that.

Get a Sticker for your windows proclaiming your house is alarmed.

Having the stickers costs a lot less than having the alarm system actually put in place, and is nearly as effective at deterring crime.

Much like having a dog, it is the fear that they will be found out that stops criminals (and would be attackers) instead of the threat of the thing itself. (This is why little dogs are as good at protecting you as big dogs!)

### **Be tidy.**

A tidy home, with a cared for yard and painted exterior, looks lived in and as if the person living there may actually be part of the community. Such people are less attractive targets for crime and attack, because someone may be looking out for them.

This is not to say that you should look conspicuously wealthy! Having an expensive car in the oversize garage with an Olympic swimming pool out back makes you a target.

Looking tidy and yet still similar to the homes or apartments around you is protective coloration though.

### **Use lighting, and lighting on back-up power.**

Even those small, relatively ineffective solar powered lights tend to keep criminals at bay. Anything that makes them subconscious feel they may be seen will help keep you safe.

Have external lighting with their own power sources means that your power going out won't be enough to hide a criminals activities!

This is a bit of psychological akido however, as such small lighting is not enough to truly give away their positions for the most part.

### **Why bother with all of this if the goal here is self-defense?**

Simply because, once you remove most personal invitations to violence from your life, what remains as a real threat is primarily being attacked during the commission of another crime. By reducing your risks of being a victim of another crime, you lower the odds of secondary violence.

**Non-Violent Self-Defense:  
Part Two  
Scenarios**

**Non-Violent Self-Defense  
Vs.  
Crazy Person!**

around, smiling, happy, pleasant people, making just the right amount of eye contact. Unless you are in New York, then there are no smiles and the correct amount of eye contact is a brief glimpse of a fixed stare that would be appropriate a combat veteran. Let's assume you are in a happy place though.

Off in the distance you see what seems like a slightly disheveled man (or woman!) shuffling along, eyes downcast. They may be talking to themselves, it's hard to tell, because they could just be singing to themselves as well, but it seems slightly furtive and hushed.

Now, normally this person wouldn't be a threat to you. By simply not engaging with them, by not letting them close distance with you (which they probably don't want to do anyway) you will take care of any potential problems completely. Today though, this fellow (or lady) is having a rough day. They haven't had their meds in a while which is a good thing to their way of thinking, because it means they can tell who is a demon again, since the demons can't hide from them once the meds are out of their system...

Still, using a few basic steps you can protect yourself.

**First, be alert!**

Pay attention to anyone that is paying too much attention to you. Furtive glances are a huge warning sign of potential danger. People with innocent intentions normally just look (in a polite time frame) and move on with their day. They may look slightly longer if they are trying to flirt with you (about four to six seconds.) If they look at you longer than that, it is generally a sign that they are planning aggression towards you.

But constant flickering glances, One every few seconds, is also a signal of potential problems.

By being consciously aware of such things, you have a chance to respond to them before a problem manifests itself.

**Second, act on your feelings!**

If a person is acting strange, begin to withdraw from them as soon as you can. Even people that have lost touch with reality probably won't attack a person that is over thirty feet away from themselves. Stay calm and retreat before they can engage with you, and most problems will be avoided.

Don't let "Social Rules" prevent you from being safe. We feel fear of others as a protective measure. If this fear spikes suddenly, it means you are picking up on some kind of clue that everything is not all right. Don't wait for confirmation, just begin a safe breaking off from the situation, as early as possible.



### **Third, enlist help!**

If someone is hunting you, it is pretty obvious. Ask other people to help you. Don't be shy about it. If the first person or people you ask for help refuse or ignore you, keep asking.

Even if out of balance mentally, people rarely attack large groups of people. (Large means more than is in their group for most people! So, if they are alone...)

These other people don't even have to actually do anything. Simple being seen approaching others and speaking to them may cause the person to pause and reconsider their behavior!

### **Fourth, run!**

If all else fails, run. If you have been running regularly, you will likely be in better shape than someone that is having mental difficulties. (A situation that leads to a lot of smoking and little physical exercise as a general trend.)

This is possibly one of the rare situations where you may need to physically outdo the potential aggressor. After all, in this case they will be letting a demon get away, and who knows who you may hurt if you do!

As such things go, this is probably one of the most rare, but still real world problems you may ever face, as well as being the hardest to deal with.

Being attractive, affecting bright colors and so on will not help you much in this case. Those that are not responding to the same reality that you are may simply act in ways that cannot be predicted. Good skills however will trump almost anything except a truly random and instantaneous attack.

If that begins, protect your head with your arms and run at as close to a 90 degree angle away from them as you can manage. You may need to push them away from you if they attempt to grapple or grab you as you begin to run.

### **This is a good time to call out for help!**

The odds of this happening are roughly about the same as you being struck by lightning. Four times in a single year. It could happen, but it won't.

## **Non-Violent Self-Defense Vs. Serial Killers!**

If insane people are the hardest real life potential attackers to foil, serial killers are possibly the easiest! Regardless of who or what they imagine themselves to be, all serial murders seek anonymity, which means using tricks, traps and sudden ambushes of people (normally women, as they are seen as easier prey) that don't call a large amount of attention to themselves.

### **Don't go to isolated places with people you don't know.**

It doesn't matter how plausible a story sounds at the time. If a man tries to get you to follow them to someplace alone, don't do it. (Though I'm not talking about a date trying to get you back to his place... That is largely going to be fairly safe. It is someone asking for help that you do not know that is the issue here.)

Serial murders kill people they do not have a connection to outside of their own minds. This is what makes them hard to track.

Normally men (the vast majority of serial killers are men) won't ask a woman for help and will never expect a woman to follow them to an isolated location.

True, if you have already isolated yourself, say camping or hiking in the woods, there is greater situational danger, but this can be relieved by going with a large group of friends, or, if you must go in a small group, go to truly isolated locations. (Sound odd? Known "isolated" trails are, well, known. Places no one goes to are safer, as far as human attack goes, because no one else will be there. Of course if you get hurt, no one will be there to find you either, which is a much bigger concern for most people.)

### **Keep a dog.**

Serial Killers hate dogs. If you have one (or better yet two!) they won't pick you as a target. I know, in the movies the killer would poison the dog and then get you anyway, but this is rare in real life and multiple animals make such ploys unreliable.

If you have ever had dogs, you will know that they will cause a ruckus when people come to the door. By keeping them inside with you as a habit, they will alert you to dangers as they present themselves.

The deterrent factor is so high that I can't recommend this option too much!

### **Know your neighbors.**

Serial killers need if not silence, at least apathy, to get away with their crimes.

Get to know your neighbors well enough that they will check on you if they hear something going on. Or at least call the police for you.

This doesn't take a lot. Bake some cookies for them, send a card during the Holidays. Just make contact and keep it semi-regularly.

Even if they ARE the serial murderer, you are better off making this kind of

contact, because serial murderers (that are successful) don't kill close to home as a rule!

**Be conspicuous.**

A brightly colored, loud person will tend to drive these types of people away fast! Dress loud and be loud to keep them at bay.

**A few points to consider:**

There are believed to be about 100 serial killers active in North America at this time.

Even if that was just the United States that would be 100 people, averaging two kills per year spread out amongst 300 Million people.

So the odds of them trying to kill you in particular runs in at a base level of 1 in fifteen million.

In other words, it isn't going to happen. Just being aware of the world around you and not going off willingly with strangers will keep you well protected from such individuals the vast majority of the time.

## **Non-Violent Self-Defense Vs. Road Rage!**

while driving. People think (rightly or wrongly) that they are not getting the respect they deserve, or feeling frustrated that they are not being allowed to merge or drive as they wish to can sometime respond unpredictably and with anger even though the situation is one in which they would not normally act in such a fashion.

Part of this is simple enough. People driving in a car feel more powerful than they would without a protective vehicle. This is why small individuals driving in large vehicles tend to be the most aggressive drivers and the most prone toward road rage. Since most of them are women though, they often escape punishment for their actions. The fact is, most road rage incidents go unreported, because the Police will not follow up on them, unless violence has taken place.

There are simple steps to prevent road rage however:

### **Drive safely and follow the rules of the road:**

Though you will hear people say things to the effect that "driving too slow" can cause others to become violent, this is rarely the case. Especially if "too slow" means driving the speed limit. Following the traffic laws is generally considered polite, which is code for safe, behavior.

Most road rage takes place when, through inattention or poor understanding of driving rules, one person frightens another by nearly causing an accident. The rest are probably due to responses to what is clearly aggressive driving on the first persons part. People feel attacked when you cut them off, won't allow them to merge by speeding up and holding them out of the line of traffic and other such things. Most people don't drive like this, but some do. If this describes you, you should change. Asking for violence is never a winning plan and being perceived as an attacking force will cause violence more often than any other factor.

### **Be Polite:**

Let people merge. Don't tailgate. Don't become overly aggressive if someone else makes a mistake while driving.

This isn't hard, but it is one of the greatest shields humanity has come up with to prevent violence.

### **Withdraw:**

If something starts, and being polite just won't cut it, drive safely and carefully away from the person causing problems.

Seek well lit (if night) busy areas. Pulling next to a Police vehicle and asking for help if one is around should end things as well.

Make sure you do not use your withdrawal as an excuse to escalate things. Too often people, trying to show their own anger and frustration, make hand gestures or yell obscenities just when they are almost out of a tense situation. Avoid this!

Don't flip people off in general and don't use your horn to show anger. It is meant to be a warning device in case of emergency, not a way for you to insult or assault others.

Don't get into a high speed chase. If the other party is following you, seek safety. Remain calm and be polite. Make sure all doors are locked and if approached while at a light, do not roll down your window "Just to chat" with the person. If they walk or run up to your car, lay on the horn and carefully drive away. (This is an emergency, especially if you have to pull into traffic!)

Do NOT use your car as a weapon. It can be tempting to simply run over them if they come at you on foot, but not only is that immoral, a felony and poor manners, it can allow your attacker license to harm you under the law! You trying to defend yourself suddenly turning into them "legally" being allowed to defend themselves with weapons or a firearm.

The vast majority of Road Rage is about a frustrated person being inadvertently pushed by someone else and not handling it well. If you pay attention to the road, don't get pushy and act calmly, you will short circuit almost all real problems on the road.

Since this also helps prevent accidents, it is just a good approach to take to the road in general.

## **Non-Violent Self-Defense Vs. Ninjas!**

Yes, Ninjas.

Assassins and spies. Trained not only to fight, but to run away and hide using hundreds of clever techniques! World renowned for doing one thing very well. Getting the job done!

Why would Ninjas be attacking you? Honestly, they wouldn't. There are perhaps 100 people that are real Ninjas in the world that practice these arts as more than a hobby or to protect the historical information base. Most of those do not practice assassination at all and work, perhaps surprisingly, in corporate espionage rather than government service.

So, how do you deal with such a person if they are coming after you?

### **Be polite!**

This would not stop yourself from being poisoned or attacked in the dark if the Ninja has been hired to kill you, but it can help prevent anyone from wasting the time and resources to hire someone like this!

### **Don't engage with people trying to start trouble or lure you away from public spaces.**

silent techniques, poisoned darts, knives, shaken (Throwing stars. I know, you were told that was shuriken...) shuriken (throwing spikes, generally with two sharpened points) and so on.

By keeping your distance and using vehicles to flee, you can prevent most of their weapons from being effective.

### **Be alert.**

Your true safety is in not being a jerk. That is really all being polite means.

Paying attention to odd situations, can help you avoid trouble though, even if it is a highly trained Ninja coming after you! They are trained as actors, not just efficient killers! So being sensitive to things feeling wrong is highly useful when dealing with them!

### **The point here?**

It should be plain to most people by now that by using a few simple concepts, you can escape almost all violent situations, no matter how bizarre they may seem.

We all know that Ninja are never coming after us! We know that serial murders, despite the fact that they show up a dozen times a week on television programs we watch are rare and that most people will never meet such a person and if you do, the vast amount of the time they won't be trying to kill you!

The rest of this series will cover a variety of escape techniques, ways to protect yourself if you have made a mistake or things have drifted into violence already and a few other non-violent, but effective techniques.

The fact is though, if you make the needed changes to your lifestyle, you should never have to be the victim of violence in your life time. Not because you huddle in fear behind locked doors all the time, but because you know where violence sits and waits for you, and simple don't go to those "places".

## Simple Defense Against Unarmed Attack

Since most people reading this are either resistant to the idea of using violence to protect yourself or are already proficient in some form of martial art, there is no need to go into a long list of physical movements and techniques to use in combat situations. (Though I may at a later date in a different section. I will need good pictures first however!)

What is given here is a single, very simple method of preventing yourself from being struck with a fist or hand weapon that can also help you resist attempts to grab your arms, head or upper body.

The vast majority of attacks in the United States begins with a single, specific blow. A “hay maker” punch coming from the right hand of the attacker in a semi-arc, directed at the left side of the head. About 80% of unarmed attacks begin this way, with 8-9% coming from the other side of the body.

While a powerful blow (which is why people use it in part, the main reason is because of how common this has been in television and movies over the last sixty years or so though.) it is incredibly easy to block as well, because it describes a large arc of motion and the target is known.

If someone is attempting to grab you in some way from the front, the wrists, upper arm and clothing are the prime targets along with the neck area.

attacking.

The technique below is similar to “covering” as used in boxing. The main difference is that you also have to defend against grabs and instead of holding your ground after blocking or moving a grasping hand out of range, you will, of course, be trying to run.

### **The Technique:**

Hold both of your hands up, made into fists, with the palms facing inward. (Towards your face.)

Hold your fists up so that they are about an inch over the top of your head.

Duck your head, lowering your chin to your chest if you can.

Put about 12 inches of space between your arms which should be almost straight up and down in front of you. Hold your arms/hands about fifteen inches from your face. This will give you a greater arc of motion and a better change of stopping atypical attacks.

As a movement begins, any movement towards you, twist your upper body at the waist, while holding your hands in place. Your hands should move about ten inches to the side you are twisting in. When at that point instantly twist back the other direction.

This simple movement when repeated, will prevent anyone from easily hitting you



in the upper body or head and will push any attempt to grab you away as well.

As soon as possible, RUN!

You are still safest not engaging with an attacker.

Keep in mind that they are unharmed by this movement, so you will want to move away from them in a fashion that makes it hard to grab you while you make your escape.

At these ranges a fast person may be able to close distance with you, even if you have been running regularly! If so, put out a hand to push them away and "bounce" off of them when you do so, using their momentum to aid you in rapidly shifting directions.

The twisting motion involved in this is important, because it will solidify your abdomen in case a blow lands there. The vast majority of untrained fighters will not adapt quickly to your blocking/running strategy, but just in case, try to twist into a body blow if possible. It will aid in protecting your internal organs.

Does it hurt to be hit?

Yes. But it is a manageable pain. Most people being hit report that it did not hurt nearly as much as they thought it would. (Which includes being hit with bullets!)

Keeping this in mind can help you stick to your strategy of blocking incoming blows and then fleeing.

\*There is a small chance that, if the attacker's arm gets caught between your arms as you twist you may break their arm. If this happens, don't let it worry you and take it as a chance to run away. You can feel bad about harming them later if need be. Also, unless you are trying to do this on purpose the odds are pretty slim. It is just better to know that something is possible so that mental preparations can be made ahead of time. Breaking a person's arm does not mean they will stop attacking though, so don't be lulled into inaction!

## Escape Made Simple

This technique is taken directly out of some of the most dangerous psychiatric wards in the country. A few years ago I had an opportunity to discuss the violent behaviors of people with severe mental problems with a group of doctors and orderlies and they all mentioned one fact that fascinated me.

***The hardest patients to handle are not the ones trying to hurt you, but are rather those that simply persist in trying to escape.***

More to the point, the ones that are actively trying to run away, create greater damage than people simply trying to pull away or struggle.

This took some digging (and a few awkward demonstrations from the orderlies...) but with more information the picture became clear: A person, one that keeps trying to move forward at all times, uses their muscular power in it's prime zone for strength and speed and since their agenda is locomotion, not attack, the areas that they come into contact with on other people are relatively undefended.

This is both a very simple idea and a very hard one for most people to grasp. The trick is simply to commit to fleeing fully, and do whatever that takes, try to climb obstacles in front of you, persist in running as fast as you can if hit, crawl away if tackled and so on.

It seems simple (and is, as a philosophy) but it takes mental practice to master. (Or a lack of normal social cognition or a weak grasp on consensual reality.) You have to spend time envisioning what you will do, or better yet, practicing against a large person in a padded practice suit. Barring that though (and really do you have one on hand?) Mental practice is the next best option.

Imagine yourself running.

A person is in your path, so like a child playing tag you bend out of reach as you move away from them.

They manage to snag your arm as you get out of reach, this causes you to pivot slightly, but you keep running and they lose hold of you, as you arm moving in the wrong direction for them to have a good grasp on you. (A grab is strongest if you pull away from it, weakest if you push directly towards it. There are some specific techniques using leverage which work well too though, if you are standing and fighting.)

Now imagine a person trying to tackle you from the back.

Their arms wrap around your legs, but you keep trying to run, weakening their hold on you. When they take you down, you start crawling instantly, working your legs as you try to keep fleeing. \*You may actually harm the person grabbing you at this time, but they do have the option to let go of you as well and violence is not the intent...)

As soon as you are out of their reach, begin running AS you make your way back to your feet.

Mentally practicing this, with various attempts to stop you (in your head) to keep things fresh all the time and do it daily.

Work with the idea that you may be hurt while doing this, but that any person that is committed enough to harming you at this stage of things is also probably going to do much worse to you if you give in or stop.

This is not a martial arts technique, though it is effective even against very good martial artists. It is effective, because trained fighters are trained to expect others to stand and fight, not to flee with pure intent!

Most of them are not trained to pursue a person that is running away from danger, with the police being the one exception, and even they are not trained to handle people that continue to try to flee.

Most people when tackled or grabbed respond by resisting the forces applied. By focusing only on escape and movement away from the threat, you will become much harder to deal with.

Moral Implications.

This technique is definitely in a gray area as far as true non-violence is concerned. While the intent is never placed on acting in a violent fashion, true harm can (and probably will) come to anyone trying to tackle, hold or stop you from leaving.

They always have the option to release you instead of continuing their attack however, so a good part of the onus is placed on them. That being acknowledged though, each person needs to take some time to consider what they are personally willing to do in a situation like this.

## **Violence and Morality**

Morality is controlled and conditioned by the society in which you live, subtly, and sometimes forcefully, placed into your being by parents, religions, schooling and even entertainment. When it comes to violence modern culture is torn between two ideals. The popular idea of a “super-man” that dispenses violence with little to no cost to themselves as seen in popular culture and the ideas of the peaceful “spiritual” being that resists all tendencies towards harming others.

What is strange here is that the idea of a violent super-man, while by far the most popular concept in modern (U.S. Based) entertainment and often in the forefront of our minds when it comes to dealing with the world, is diametrically opposed to almost all religious training and what the vast majority of people would proclaim as “good”.

It is at this point, this division between what we are inundated with daily and what we know we are supposed to believe based on all other training come into conflict. We all have grown up with the idea that “violence” is bad, that it should be avoided and that we will be severely punished if we take violent action! At the very same moment, Jack Bauer (Lead character in the Television series 24) is running around killing, torturing, maiming and rending for his country.

Jack may face negative consequences for his actions, but rarely is this ever shown to the audience. Instead we are given (over and over again) examples of how violence and ONLY violence can save the day! (Over and over again.)

That is only one example of course, but try to think back to the last time a popular culture figure in movies or television solved a situation without resorting to violence? Even in comedies violence (though of a playful and unrealistic sort) is often shown as an expectable (and unpunished) way to solve problems.

This doesn't mean we need to get rid of all violence in media, though we may want to consider finding some other, still exciting to the viewer, ways of solving problems without modeling behaviors that would have most of us spending years in Prison.

We all also know that violence is wrong.

It has been driven into us from a young age. Most of us have been literally told, over and over again, that we “don't hit” and that we need to “play nice” even at times that “violence is wrong!”.

So we live as a divided people torn between what we expect from the world, huge amounts of constant violence and what we are told we should do, what we are told it right and good.

It makes for some interesting situations at times. For instance, look at the Amish. We view them as gentle, good people on one hand, but scoff at them for practicing non-violence on the other. (And for dressing funny. Can't forget that not wearing buttons makes you a freak in the modern age, right?) We think both more and less of them at the same time, for the same practice!

This of course leads to mental confusion on the part of society. Should we condone violence and view the most violent as triumphant (which is what we often see in the media) or should we push for peace and strive to live our lives without harming anyone?

This is not, even though on the surface it seems like it, an easy question to answer!

Writing about Non-violent self-defense for a month, some conclusions have come to me about how people think about violence in modern culture.

First, we defend violence. We bristle at the idea of anyone "taking away" our violent entertainments and hobbies. As a people we cannot grasp the idea that watching and participating in thousand of hours of violent behavior per year may influence us on some level. (Influence others? Sure, but not US.)

Second, we all (almost all, there are some hyper violent people in the world.) know that we should strive for non-violent resolutions. We feel it and know it is what is right and just.

Third, we have been trained (incorrectly it turns out...) that non-violent solutions either don't work or will be easily brushed aside by violent people. In this way we have all been shown (over and over again) that the only answer, when it comes to self-defense is to fight. Even though avoiding the problem in the first place, extracting yourself from the situation, using reason and planning are far more effective!

It then becomes up to each person to decide what they are going to do. Basically, you need to pick a side and stick with it as best you can. If you choose violence, than actually practice it, go to martial arts classes, practice combat shooting and learn to fashion a shiv to protect yourself in prison. If you choose non-violent methods, practice those too! Learn to run, let go of your ego and practice kindness and polite behavior towards all.

This isn't about saying which path is better morally. This is about pointing out that we have options, but only by making a clear choice, violent or not, can we actually establish an internal moral compass. WE get to choose what is moral, because this society has multiple options! (Which is rare historically speaking.)

Still, without a choice we are apt to run into trouble as individuals.

So, choose and decide now, so that you won't be confused when an emergency situation arises.