



COMMON SENSE

Module 1

COMMON SENSE SELF DEFENCE

Most of what's written here is obvious; it's common sense.

Unfortunately, we don't always use common sense or see the obvious.

So you must decide what will be useful or practical to you.

It may seem to be more bother than it is worth.

We hope to make you see that it's worth it.

WHAT IS SELF DEFENCE

Self-defence is just a way of looking at the world around you with healthy respect.

Looking both ways before crossing the street is a healthy habit and natural self-defence.

Self-defence is an attitude, which will prevent the need to resort to "fighting techniques".

Self-defence should create the type of self-interest and self-worth, which will prevent most physical attacks.

Self-defence is about "options". You must "pay attention" in order to see and create "options".

WHAT IS NEEDED FOR SELF DEFENCE

1. You first need the desire to protect yourself and, more importantly, to know you're worth protecting.
2. **You need to assume responsibility for your own life.**
3. Finally, you need the ability to see the world as it is, not as it should be.

You probably know already that poorly lit streets or shortcuts through wooded areas late at night are not always safe.

Don't assume the police, your friends, your parents or anyone else will look out for you. Even if you think they should.

You are responsible for your own safety, do not rely on any outside intervention.



PREVENTION & AVOIDANCE

AGGRESSION

Self Defence is a response to aggression and aggression is encountered in a wide range of forms.

Aggression can be: -

1. **Self-directed**; biting fingernails, overeating, drinking alone, picking up strangers in the bar, taking "recreational" drugs, pounding walls or thinking about suicide. Instead of pounding walls or damaging your health, improve it by taking advantage of the gym. Have a good workout .

3. **Individual**; Aggression may occur during arguments with a superior, fights with a partner, pushing matches with someone on the sports ground or spontaneous attacks by a stranger.

4. **Group Aggression**; may occur when several people come out of a pub and throw a rock through a window, or decide to trash something to impress each other.

"Fight me, fight my gang" syndrome is quite common, an argument with one person being met with a counterattack by the entire group.

Pressure on individuals to join or conform to "groups" or "cults" is common especially for those who don't have much self esteem and need the gang support.

5. **Mob Aggression**; develops when a crowd is centred on one agitateive occurrence.

Football matches, hockey games and concerts are examples.

Individuals quickly become depersonalised and can participate in violent acts they would never consider as separate entities.



PREVENTION & AVOIDANCE

YOUR OPTIONS:

Ignore it-- Some aggression is best dealt with by turning your back on the problem.

If you are a non-smoker and someone next to you lights up a cigarette, get up and take a walk in the fresh air.

When someone calls you an idiot, or cuts you off on the road, just let it slide. These are everyday annoying hassles, you can allow them to affect you and collect an ulcer or you can ignore them. **Your choice.**

Complain about it-- Why not? A good healthy moaning session is excellent therapy.

Dealing with it directly-- You have a legal right to self-defence.

This means that you can defend yourself with reasonable force until the attack is stopped.

Each and every case must be considered in court according to what actually went on.

There is no fixed formula we can give you, but remember the principle.

Identify yourself In an aggressive mob situation. Never forget who you are or what your basic beliefs are.

More direct methods of dealing with aggression are required **as the type of aggression becomes more serious.**

The key is "avoid", "deflect", "confront". The basis is to "pay attention" and the method is to increase "options".



PREVENTION & AVOIDANCE

AVOIDANCE

Here is where you drop all ideas of how the world "**should be**" and also all **self-image based on your ego**.

This is a continuing process for those of us who can't see the world without illusion.

Look at the world and yourself **honestly**.

Start by "**paying attention**". Look at whatever you are doing at the moment, how are you sitting, where are you, what's going on around you. Are you safe?

This means, do you have a good posture or are you damaging your back.

Is your chair about to tip over or collapse because it is up on two legs?

Could you jump out of the way if someone knocked your drink onto your lap?

Are you trapped if someone sits beside you and decides to grab you?

Is that fool who's not looking about to kick your bag across the room?

Why is your knapsack on the floor?

What's about to go on?

How far away is that?

Are you going to the bar tonight?

Do you have a way home?

Is your car under a light because it will be dark when you leave the bar?

Have you remembered to pick up your prescription?

Paying attention stretches from what you've done **previously**, through what is **going on now**, to what **you anticipate will happen**.

What did your ex-partner say in that last phone call? Is he over there? Yes-he has a glass in his hand and he sees you and he looks a little wild in the eyes. Are you still slouched in the corner with no way to jump? Are you now paying attention?

Using avoidance, you may pretend you didn't see him and slip out the side door.

Options include escape routes as well as escape methods.

Options increase with more distance and more time.

Always try to use delaying tactics to allow the climate to change.

Don't move to a private area when **aggression is present**, where hot words can change to angry deeds.

"Never leave an enemy's options limited to fight or die" When he is standing at your table with a drink in one hand, shaking with anger, is it wise to tell him you have thrown his clothes out into the hall? Was it wise to do it?

Remember that everyone has an ego and that all egos are not the same.

Someone attacking you verbally may suddenly switch to physical means, **if you attack a weakness in their self-image.**

On the other hand, your own ego should not be allowed to rule your actions. A person with a solid self-image cannot be goaded into aggression by **insults**. "Sticks and stones can break my bones but names can never hurt me" unless you let them!

A dishonest ego can make you to stand up to an obnoxious drunk or lead you into unsafe shortcuts, telling you that you can handle anyone and their brother.

An honest, strong ego will let you to placate a drunk, even apologize for something you didn't do. It will turn you away from deserted parking lots.

Pay attention, keep your options open and stay away from potential trouble.



PREVENTION & AVOIDANCE

DEFLECTION

Let's assume you couldn't avoid the confrontation. No one can avoid all problems in life and it wouldn't be good for you if you could. **What's needed next is deflection.**

Deflection means lateral thinking and lateral action.

If your work colleague starts yelling at you in front of everyone and calls you an idiot, don't deny it and yell back, instead think what would happen if you asked in a quiet and reasonable tone just what the specific problem was and please point out how to avoid the same mistake in the future.

Instead of your being singled out as a simpleton, you have gently pointed out that you are an adult, you expect to be treated as one and would like to talk to a professional in a professional way about a specific problem. **The situation was not taken into an escalating shouting match, but was defused by shifting it sideways to a professional consultation.**

The drunk next to you just decided you don't look right and you're asking for a good beating. Maybe you should agree with him, and tell him you don't need it as much as Liverpool do today, and what about United anyway and what are you drinking, the next round is on me.

The drunk happens to be a Liverpool fan and takes a swing at you.

Deflect it and then him by pushing him off of his chair.

Were you "**paying attention**" and did you "**avoid**" the punch using lateral action in one of the directions open to you, which you noticed when you checked out your "**options**"?

You should taken action earlier and not allowed the situation to develop.



PREVENTION & AVOIDANCE

CONFRONTATION

Physical action brings us to the last third of the response scale, **confrontation**.

Let's say you've gone up to his place to see his photographs after meeting him earlier at the bar. You didn't "avoid" the situation by not going.

You can't "deflect" him by changing the topic, telling him about your boyfriend, telling him about your 8:00 AM class tomorrow.

You have to confront the aggression by telling him "**no**".

When was the last time you said flat out **no** to someone? We're not trained to assert ourselves and say no without an apology or explanation. **Learn how to do it now.**

If you are at his place, it means you intend to sleep with him.

If you don't, then the word "**no**" must be firm. **No smiles, apologies, or explanations.**

Don't be harsh or nasty, just be definite and look him in the eye as you say it.

Remember how your parents said no.

There must be no chance that this could be mistaken for **no-means-yes**.

Once you say it, **leave**. If you stay, **then no-means-yes**.

You can always call later if you wish to continue the relationship.

A word of advice though, make it a day or two later, not the same night.

Confrontation is just that. It is **force meets force** and rather than wait until the equality shifts out of your favour, immediately vacate the area.

Stop the attack and get out. **Emphasis on get out.**

In all cases of direct confrontation, the possibility of physical conflict is present.

This is because the attacker sometimes sees direct opposition as an insult to the ego.

Have no illusions concerning the strength of your assailant.

At the moment you have the advantage, **remove yourself from the arena.**

Watch yourself. Detach a part of your mind and install it as an independent observer and monitor on your actions.

Make it a companion who does not get drunk or silly, and warns you about unsafe behaviour.

Listen around corners. Don't allow anyone to sneak up or startle you. Pay attention to sounds, shadows or anything else that lets you know that someone is there.

Predict people's actions. Watch those around you. See if you can tell what they are about to say. Watch people walk and predict which way they will turn and when.

Drive defensively. Do the same thing as above, with cars.

The "how stupid" game. Watch T.V. and check out how people get into dangerous situations. Decide how they could have avoided it. Do the same for newspaper stories, but remember that now you are reading about real people.

Personal space. Find the distance where people start to get uncomfortable as you move closer. How is it different at the front, sides and back. Where is your boundary? How does it change for different people, different groups and different situations. Does this space have anything to do with an "aggressive sphere", ie. the reach of a blow or grab?

Intuition After practicing the above, do you start to get "feelings" about people's moods? When are they dangerous, when not.

Make up physical games to play while walking around, balance along the curb edge, walk on ice or over rock beds to develop leg skill, walk through crowds, twisting and turning so as not to touch anyone or get stopped completely.

CONCLUSION

Don't get distracted.

Pay attention to what you are doing, and what is going on around you. Keep as many options open, at all times, as you can manage.

Don't get trapped into a narrow place or into narrow mindedness. Tolerate a small amount of healthy paranoia in order to develop a defensive consciousness and you will find that your ability to take care of yourself will increase ten fold.

PREVENTION & AVOIDANCE

Module 1

First we must understand self defence and what it entails. There are an infinite amount of circumstances that can ultimately lead to an attack.

So at what point does self defence come into this?

To answer this first I will ask you another!

WHAT IS SELF DEFENCE? Write your opinion in the top box.

I.N.

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Self-defence is an attitude, which will prevent the need to resort to "fighting techniques".

Self-defence should create the type of self-interest and self-worth, which will prevent most physical attacks.

Now we have established what self defence is, we need to set out a model to illustrate how an attack comes about.

