



FEAR AND ITS AFFECTS

Module 2

Our instinct is 'fight or flight', but when we are intimidated that instinct may be overridden. When threatened with physical violence and ordered to obey, you may think that by obeying you will not be hurt.

It only works if the person you are dealing with has your value system, and has the same code of honour.

MAKING DEALS WITH CRIMINALS IS MAKING DEALS WITH LIARS

Criminals are not like you. They do not have your value system. An angry, irrational criminal does not know himself what he will do and to rely on his word is the deepest folly.

If you are threatened with a weapon but he does not show it there is a 50/50 chance that he does not have one.

Remember he will say anything to get control.

If you have a chance for escape, then take it sooner than later.

Run! you are better off running from a man with a knife than standing two feet from him.

When attacked the first thing you are likely to feel is fear. You may even freeze with fear and be unable to move or scream. This is exactly what he wants.

He is relying on you being too weak to fight back.

He does not want or expect you to be angry enough to defend yourself.

The most important emotion to get in touch with is your anger — keep it cold and calculated.

You have to behave in a way you have probably never have before.

Maybe not facing guns, but certainly knives and sharpened screwdrivers and the like.

THE 'FIGHT OR FLIGHT' RESPONSE

There is no escaping the reaction of fear.

“The 'Fight or Flight response' will come into action regardless, and the consequence of this can be catastrophic if the trained subconscious mind cannot immediately deliver a trained and rapid reaction”.

This physiological phenomenon was first defined by Walter Cannon,

Fear: increases arousal which in turn increases adrenaline, (speeds up the heart, and respiration increases butterflies in the stomach), digestion becomes a low priority. When you are afraid, blood moves to major muscle groups and you start to sweat because your body is expecting great energy output.

You feel butterflies because the blood is leaving the stomach.

You can constrict muscles much more rapidly. All the muscles are right on the edge (for faster response).

Your arm starts trembling, because the muscles are primed for action, and are fighting to stay still.

If you are fearful, that will be represented in your voice. Your throat is doing the same shaking as your arm. The little frequency modulation you hear/feel as fear.

Fight or flight response. Remember digestion, the mouth is also part of that system. The mouth gets dry. It is easy for people to tell when your mouth is dry from fear. It gives out a sort of a tinny sound.

"A feeling of intense weakness came over me. I felt as though my limbs were coming apart and my bones had melted. I mentally cursed myself for feeling so much fear".

These were the words of Jim Cirillo, a veteran New York cop who experienced no fewer than 17 direct armed encounters and lived to tell about them.

Here he describes his first reactions to his first armed encounter.

Listen to what Officer Cirillo says:

"When my conscious mind went haywire from stress, the infallible subconscious mind came forward to save my skin".

After the incident, Cirillo tried to repeat the fast and accurate shooting which had saved his life.

He was unable to match his performance under stress.

Here are his conclusions which he passed on as a top Firearms Trainer:

Familiarity with his weapons of defence (in this case his gun) and constant repetitious STRESSFUL rehearsal saved his life.

"I knew I must learn to shoot the weapon well as my life or someone else's may depend on it".

His advice?

"Practice every chance you get and escalate the stress gradually until your confidence and ability increase".

In spite of the failure of his conscious mind to direct his actions, Jim's trained subconscious took command and within seconds he had shot three of the attackers, in the face of gunfire.

Now -thank God - it's extremely unlikely that you will have to face such a horrifying situation as this, but the emotions triggered off by facing up to those attackers will be exactly the same as for the average person set upon in some dark alley.

You might think that this is a world away from your regular training, and - unfortunately -you may be right.

"Fear, excitement, disbelief all rushing through my head. My heart was pounding and I felt sick. I didn't want to go on

He looked mean and angry. I could read the letters 'Kill' on his eyeballs. My legs turned to jelly. I didn't want to fight him but I had to!".

This time these words are spoken by a 12 year old karate-ka in his first competition.

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When finding yourself in a hostile situation, you have a number of tools at your disposal with which to protect yourself.

Think about what tools you would use to defend yourself and in what situation you would use them.

At what range would they be effective.

Also bear in mind what the effect of your use of a particular weapon may be. Would it defuse or escalate the situation. If you decide on a course of action you must carry it through. Violence escalates. You must be decisive. You have looked at all the options. You are under threat. You must escape or defend yourself.

The tools you use must comply with physical factors such as range and possible force, but within the reasonable array of aggression demanded by that situation.

You may later be asked to justify the force of your attack. The use of force should be relative to the level of attack.

Write down some of your ideas on the points mentioned above!

I.N.

Your eyes: Be aware of your surroundings consider your options (Long medium range)

Your voice: To calm the situation (Medium range)

Your legs: Run! Kick. (Long medium / short range)

Your arms: To defend / resist / strike (Medium / short range)

Weapons of opportunity: Objects to throw but could escalate the situation, but may give you time to escape. Objects you pick up to defend yourself, but you must be prepared to use the weapon, and justify its use.

Weapons: You cannot legally have a weapon on your person, or have a weapon for self defence. It is premeditation.

The most important: YOUR BRAIN

Other notes...

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Specify the definition of long range, middle range, short range and its relation to self defence.

Long Range	I.N.	You have enough time to assess the situation & possibly escape but be aware of the danger
Middle Range		You have enough space to defend yourself with some form of strike
Short Range		Your attacker is more or less in body contact with you

Now that we have established basic concepts of distance we will concentrate on middle and short range using the upper limbs.

Important: from now on, as the seriousness of the scenarios is increasing you must be extremely aware of the following fundamentals:

- Maintain your balance
- At all times try to move out of the line of attack
- Unbalance your assailant
- Be confident when delivering your strikes

What is the purpose of your upper limbs in any situation?

I.N.

To defend you and harm your attacker

Other notes...