



AWHERENESS AND SELF CONFIDENCE

Module 7

Women can't fight as well as men. An interesting assumption. However, I do not believe it to be true in this form.

Perhaps women don't fight as well as men, as a general rule, for whatever reason (strength, practice, cultural, pick your favorite).

However, I do believe that women can fight as well as men, just in different ways and under different circumstances. Women usually need a motivation to fight, and one of the best is/are a threat to one's children.

Go snatch up some woman's infant child, and just see what happens to you. I don't recommend this as a regular hobby.

What would seem to be more accurate is that fighting, as we commonly perceive it, is not a woman's natural environment.

This I agree with whole-heartedly.

Women should avoid fighting, but should learn the very different nature of "self defense".

Don't confuse the two: fighting is a mutual activity, self-defense is uni-lateral.

Fighting is long and drawn out, self defense is instantaneous conflict resolution and distancing from the situation.

The unfortunate truth about so many schools is that they do not explain this difference (perhaps because they don't understand it) and so teach, "fighting" as a method of self-defenses.

This is a disservice to their students, but is a double disservice to women.

A 'conflict, be it a self-defense situation or not, is created when the balance is disturbed, and in our scenario, balance is regained through violent means. It s like riding a see-saw - it takes two to Tango.

As for long, drawn out fights: The longest fight I've ever been in lasted mere seconds. Don't confuse SPARRING with FIGHTING/SELF DEFENCE. When you are defending yourself you ARE fighting.

Also, real fights don't last more than ten seconds or so, there is no back and forth action. That's a movie idea invented to give drama.

Sparring is not to be confused with a fight no matter what the contact level. All real attacks are some form of ambush. The enemy will seldom attack if he sees no clear opportunity for the ambush.

"Ruthless determination will overcome technique every time" Easy to say.

But ruthless determination COMBINED WITH TECHNIQUE is what Martial Arts are all about. . You seem to think that under pressure all technique is lost-out-the-window. That is not true.

When men attack women, they often do so overconfidently. This is perhaps women's greatest advantage when defending themselves.

Men often attack women with a heavy (off center) upper body, and are not as cautious as they should be.

Men, who attack women, usually have done so before.

They have done so successfully, or they wouldn't be doing it again.

They tend to behave ritualistically, find a routine that works for them, and follow that routine.

This tendency leads to complacency and carelessness. Women can capitalize on this phenomenon.

Most men who attack women are not trained fighters. They can be very dangerous. They may be natural predators, and talented street fighters, but they tend to have many Achilles heels. From a self-defense perspective, it is important to learn as much as you can about the nature and patterns of violent attacks.

That may be more beneficial than hundreds of hours in training.

So much of self-defense takes place in the mind. It is an attitude. It is a willingness to survive.

No person is perfect.

No training is perfect.

What we hope to do is improve our chances of surviving a violent conflict.

This is my primary point; women do not as a rule have the upper body power of men.

They as a rule must adapt different fight strategies than men.

The woman's primary plus when attacked is that the attacker expects a helpless, scared stiff female. He is thus vulnerable to ambush and may falter when he gets a bloodlust shrieking ban chi clawing his eyes out.

There really is only one level of fighting, to survive and that may mean you must kill.

The trouble is, most attackers will try to take advantage of SUPRISE to cut down the distance.

Only the idiots will give you fair warning.

The Techniques Shown are tried and tested, you can have confidence in them. They work!

Of course you will have to come to terms with one problem - some of these techniques are meant to kill!

What you are trying to do in effect is not to analyze your attacker in a crime that takes only seconds.

Most attackers are experienced. They have done it before. They are prepared.

A criminal will say anything and do anything to get control over you. He will promise you anything; he will threaten you with everything. It is in the nature of criminals to lie.

NEVER BELIEVE THEM

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.

NATURAL WEAPONS

THE HUMAN BODY HAS VULNERABLE AREAS

EVERY WOMAN' S BODY HAS POWERFUL WEAPONS TO USE AGAINST THEM

There are many ways of defending yourself, within the law. But remember if you carry a weapon it can be construed as Intent. So you must rely on weapons at hand. However you have weapons that you carry with you at all times.

YOUR HEAD (and brain)

TWO ARMS

TWO LEGS

Remember The Art of Self Defense is STRATEGY | SPEED | SUPRISE

REMEMBER

STRATEGY

SPEED

SUPRISE

GO STRAIGHT FOR THE VULNERABLE AREAS

GET TO KNOW THE VITAL POINTS

AWARENESS AND SELF CONFIDENCE

Module 7

How would you mentally and physically deal crime a situation, what should be your mindset

Write down some of your ideas:

I.N.

Self-defense takes place in the mind. It is an attitude. It is a willingness to survive.

Adapt different fight strategies than men.

Do not to analyze your attacker in a crime that takes only seconds.

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.

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.

Self Defense is STRATEGY | SPEED | SUPRISE

Notes: