

DON'T LET IT HAPPEN IN THE FIRST PLACE - PART II

By LtCol Al

Building on Part I in this newsletter, I'll continue on with what you really need to be thinking about from an awareness standpoint. In a world where most people are oblivious to the social predators that walk our streets, awareness cannot be overemphasized. I received lots of excellent feedback on the previous newsletter regarding real violence from a Mr. Mike Mancuso, so with his permission I'm including some of his comments. I will also include some of the information from Newsletter #117 written by Kevin Harrell, 4th Dan Guided Chaos, because they both reinforce what Grand Master Perkins emphasizes about dealing with real world violence as opposed to fantasy fighting.

“...The objection/problems I face when I try to inform people about the scenarios you outline are almost always the same. Most women respond with disbelief that, a) they can become the victims of a violent crime and; b) that any of the basic GC defenses will work or that the women are too fearful of using them because the topic of maiming or killing an assailant is just too intense for them to contemplate. The idea of driving a car key through the eyes or throat of an attacker is not an acceptable or nice thing to do in their minds. So it almost seems as if they would rather stick their heads in the sand and ignore such gruesome attack scenarios rather than to prepare for such an eventuality! Many men on the other hand think that they are tough enough or macho enough to deal with these types of violent scenarios. They tend think that any “McDojo” training they have received will allow them to survive...”

- Mike Mancuso

Kevin Harrell (who is a retired Federal Law Enforcement Officer with over 20 years experience) states:

“...The criminal element is out there plotting and preparing their crimes and they are watching to identify potential victims. So if you look at it as the criminal element doing their job (finding easy prey to victimize) while yours is to not be an easy victim, then you will see how awareness is key and paramount to your survival. Believe me, criminals are out there even though you may not see them or even be aware that they are conducting surveillance on you and others...”

He continues:

"Another common element with many victims was that they failed to follow their intuition. They felt something wrong in advance of the attack and for whatever reason they ignored that feeling. We all get that feeling from time to time that something is just not right with a particular person or location. Unfortunately, with victims who were killed, we do not know how many of them ignored their intuition but I suspect a significant number of them would affirm the belief that “you ignore your intuition at your own peril.”

Finally, please pay close attention to this because it really sums up the grim reality that we must all face:

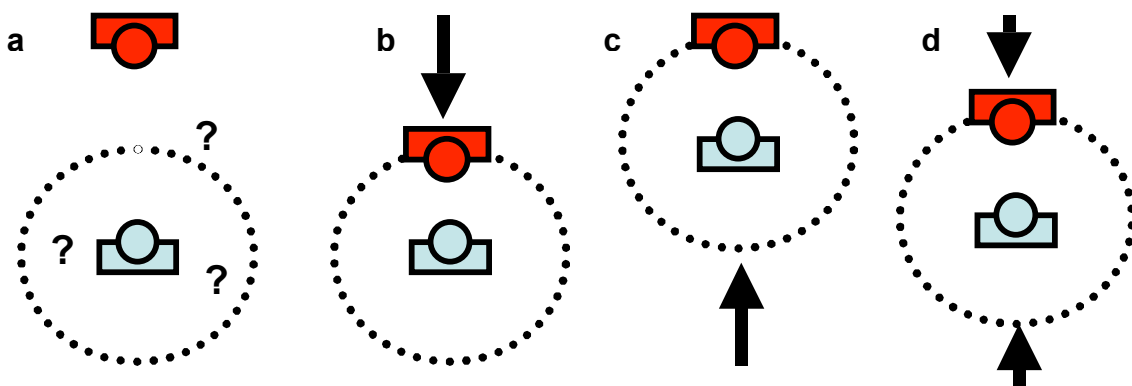
“...People have to realize that in many instances you and only you are responsible for your own safety and survival. *The cavalry is not coming to save you.* Awareness training in conjunction with realistic self defense training may be the only things that stand between you being a victim versus being a survivor. You will never know how many attacks on yourself never happened because of your heightened state of awareness or the aura you give off of not being an easy victim that the thug can perceive and thus left you alone to find easier prey...”

Kevin and Mike, thanks for your feedback. You both hit the nail on the head. People want easy and neat little answers; the thought of dealing with such evil never dawns on them because they think it only happens in inner cities like NYC, LA, Detroit, DC etc... They may have also become convinced that they are incapable of dealing with such violence if it *does* happen. On the flip side, some men are “too macho” to think something as simple as awareness can have any self defense value. Violence happens everywhere and can happen to anyone who's not on his or her game. This is what the bad guys are counting on. As stated in Part I, in all that you do, remember that *no one can do anything to you unless you on some level allow it to happen, and if in the event your awareness strategies fail, you must have the ability to “preempt” a person's attack either by moving off line or by striking first.*

Your Sphere of Influence

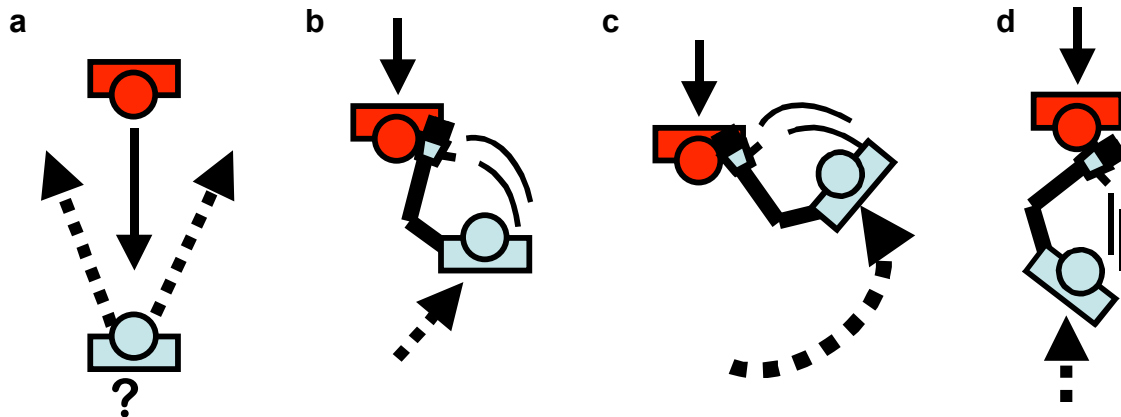
Just as a refresher I will briefly cover the importance of controlling your “Sphere of Influence” because this concept works hand in hand with awareness and is your next line of defense in making it more difficult to be attacked. In Fig-1a below we see an attacker within our field of view, however since they are outside of our sphere of influence they are still too far away for us to affect them. Since their intentions may be unknown, all that we can do is continue to keep an eye on them and watch them for any sudden movements that they may make toward us. In 1b we can see that the attacker has chosen to attack. Because he has now entered our sphere of influence, we are able to respond since they are now within range of our weapons.

Fig-1



In Fig - 1c because perhaps we have sensed an attack or their body language has changed in some way, rather than *wait* for the attack to come to us we step in and close the distance by moving our sphere of influence into range where we can effectively strike and pre-empt their action. In Fig-1d we can see that as the attacker made his move toward us as we reacted we were able to preempt his attack by stepping in and attacking the attacker. It should be noted that of all of these scenarios, if you attempt to attack the attacker, Fig-1d is probably the most likely scenario, whereas if it is a surprise attack against you, Fig-1b is probably the most likely scenario where you'll probably have to employ some sort of dropping strike in order to gain penetration to stop his motion.

Fig-2



In conjunction with controlling your sphere of influence you must learn to drop and step off-line as you attack with your whole body. In Fig-2a the attacker is making his move toward you. Since you really don't know what he's going to do you have to decide to step and change your body position in order to throw his timing off. In most cases, just like with the bar room sucker puncher, if you can avoid their initial onrush it dramatically tips the odds in your favor. It doesn't matter which way you step (including into them) as long as you step and strike at the same time, protecting your throat and eyes as you enter.

In Fig-2b you can see that as you step off line you can deliver a side chop simultaneously and as long as you do not move beyond your Sphere of Influence you can quickly recover even if you miss because you're on balance and capable of changing your root point at will. Notice in figure Fig-2c that there is an arching motion to the step. This is because sometimes you may (depending on the speed they come in at) have to "Box Step" around them as you deliver. This ability is extremely important, especially if you have to fend off multiple attackers where you are constantly moving in order to avoid being trapped. Fig-2d shows what I was describing in Fig-1b above. This is just a simple drop strike as you enter when there is no time to step off line.

How you employ these concepts is entirely up to you based on what you feel through your sensitivity, spatial and kinesthetic awareness. With heightened awareness you won't let it happen in the first place!

While discussing the recent hi-jacking and successful retaking of the Maersk freighter off the coast of Somalia with fellow Marines, the conversation morphed into a discussion of becoming a kidnapping victim and why you don't want to be "that guy". After giving it some thought I don't think I adequately covered it in the last newsletter so I thought I would add a few amplifying points here. To frame the issue better, I offer the following story to give you a better feel for who and what we are really dealing with here, the horrors they are capable of inflicting and why we continue to emphasize awareness as preemption.

This is not to frighten people but to open your mind to the reality of what real violence looks like.

The Christian and Newsom Murders

On the morning of January, 2007 Hugh Christopher Newsom, Jr., 23, and Channon Gail Christian, 21, a couple from Knoxville, Tennessee. According to news reports, they were kidnapped, driven and forced into a home at gunpoint. Channon was then forced to watch as her boyfriend, Chris, was gang raped prison style and then had his penis cut off. He was later driven to a nearby railroad track where he was shot and set on fire. Channon's hell was just beginning. She was beaten; gang raped repeatedly in many ways, had one of her breasts cut off and had bleach poured down her throat to destroy DNA evidence—all while she was still alive. To add to Channon's degradation, the suspects took turns urinating on her. They too set her body on fire, apparently inside the residence, but for some reason left her body there—in five separate trash bags.

While there have been some conflicting stories out there as to some of the specifics of this attack there is no mistaking that these two young souls suffered a horrible death at the hands of mutants. Also, as you can see from the story above, you now understand why all of this nonsense that you're going to "control" someone or engage in fancy throws and wrist locks in a real dog fight (especially against multiple assailants) is utter BS.

Depending on who you talk to there is all sorts of advice as to how to prevent yourself from becoming a kidnapping victim. Some of this we have already covered. Some schools of thought tell you to cooperate in the hope that you will not be hurt and either let go or rescued. Others tell you to resist or fight (which we agree with) but do not offer a set of practical skills that you can apply. And others offer advice that is down right dangerous. The list goes on and on and most of it is bad advice and almost always fatal.

An abduction or kidnapping can happen anywhere - you can be taken off the street, from a car, or from your home or hotel room. If someone tries to abduct you the best chance and perhaps only chance you have at surviving is to try to escape immediately or if necessary by fighting with everything you have and escape. If you cooperate and do not resist you are finished.

Nonsense and B.S.

Like I said, there are all sorts of people giving advice out there, most of which is bad. Some of it requires that you, in the split second you have to fight for your life, try to discern the motivations or intentions of your attacker through some sort of multi-step "escalation of force ladder" or some other nonsense that requires you to practically be a mind reader. While some of the information is good (like awareness techniques) once it comes to the "fighting for your life part," most of it is garbage.

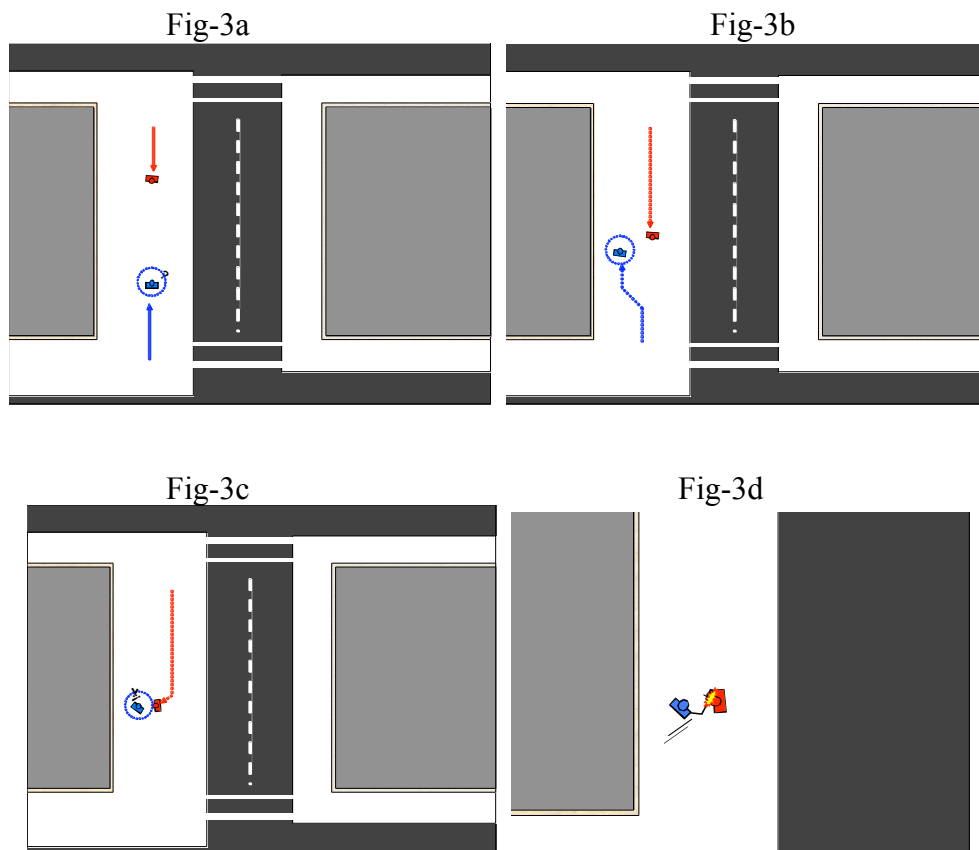
By the way, you see this wrong-headed thinking in a lot of government counter terror guidelines. I've sat through a number of classes that preach this nonsense shaking my head in disbelief. It truly is the blind leading the blind. The question is how do you know whether you are dealing with a politically motivated

kidnapping, gang-related kidnapping, terrorist attack or a gang-rape situation? The point is you don't. More importantly, in such a situation, is there really *time* to try and figure it out? I don't think so! At the end of the day the result for you is the same: torture, rape and death.

Below are just a few more scenarios to consider. Again the point of this is to get you to begin to focus outward on your environment and think differently about your surroundings, the process of how real violence happens and why you should not walk around with your head in the clouds.

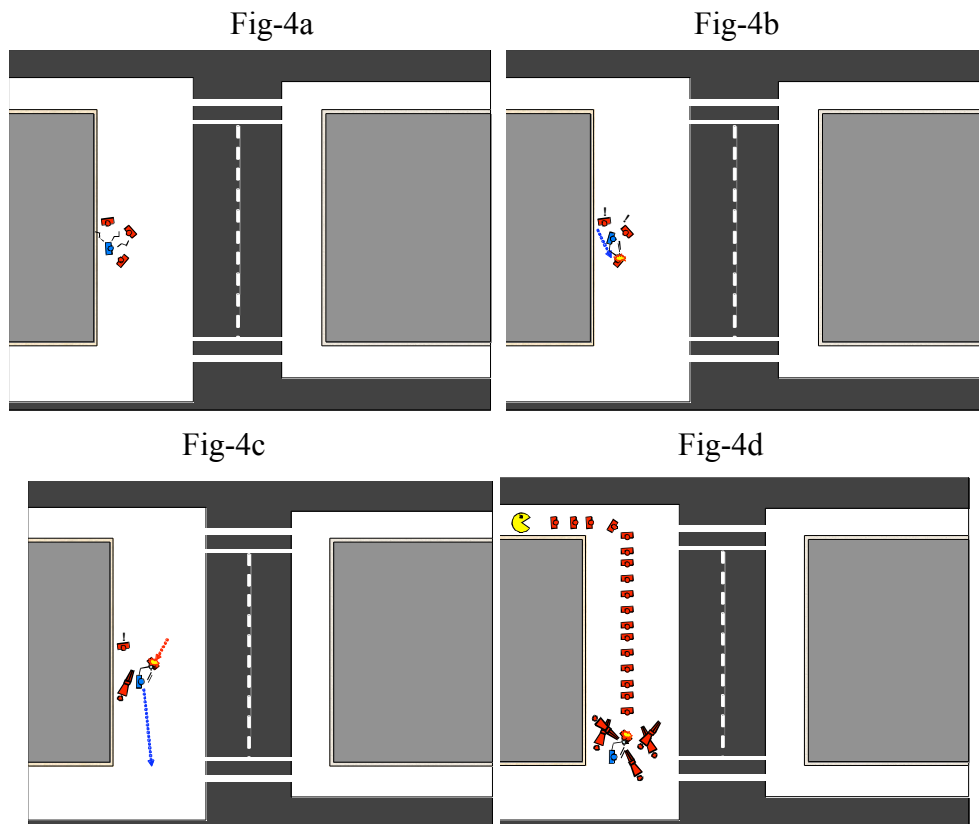
Suddenly He's There

We've all been in this uncomfortable situation before so we all can relate to this. You're walking down the street minding your own business when you suddenly see a nefarious looking character (Fig-3a). (Remember that if your awareness is up and you see unsavory characters before you even start down a street, you pick a *different* street to walk down). However, for whatever reason, you are now there and there is very little room to maneuver. What you are going to do is maintain your sphere of influence by creating space (if possible) as you pass by the person as shown in Fig-3b while maintaining visual observation of the person. By creating this space and controlling your sphere of influence, if for some reason they decide to attack you they now have to suddenly change direction. *It is this sudden movement* that now tells you that they are up to no good (Fig-3c). If this happens *you must attack the attacker without hesitation* (Fig-3d). There is no reason for them to "suddenly" turn on you unless they're up to no good. (Your safety first, their feelings second...)



Multiple Attackers

In Fig's- 4a, b and c, somehow your awareness was not up and you find yourself surrounded on the street. Perhaps the bad guys got the drop on you as you just left a store or your apartment building or you didn't see them or were distracted by one of them through "the Interview" technique [see Attack Proof] while the others "Swarm" on you. Whatever the reason, there is no logical reason for people to surround you on the street and enter your sphere of influence, especially if you don't know them. In this sequence of photos (Fig's- 4a, b and c), you can see that you are now faced off against three opponents. Instead of trying to take them *all* on at the same time, strike the closest one as quickly and fiercely as possible, stepping off line and out of the way of the other attackers (preferably before) they attack (Fig-4b), striking as you move. By stepping off line as shown in Fig-4c you are able to be unavailable to their initial strikes since they are placed in a situation where they have to readjust to your movements. This opening will only happen for a fraction of a second so once you break the pile you must try to escape. Obviously there are a multitude of factors that could come in to play here but you get the point. Strike and get out of there!



As a side note because it really needs to be said, in Fig-4d you see what is typically taught in most self defense programs on how to deal with multiple attackers. Unfortunately you even see this nonsense in the military. They pretty much teach it like the nonsense you see in the movies where all of the bad guys come at you one at a time lining up one after another like a "conga line" waiting their turn to get their heads served up and stacked like cord wood. In the real world the bad guys sort of surround you (swarm) and try to overwhelm you all at once if possible, especially if you go to the ground which is where all of the head stomping and kicking takes place. For those wondering what that yellow thing is in the upper left corner, well for those of you old enough to remember that's "Pac-man." I placed him in there just to

illustrate how ridiculous and unrealistic this way of thinking is in the hope you'll remember what doesn't happen in a real attack with multiple assailants!

Car Jack

In Fig – 5 below this is the typical jacking / mugging scenario; either one guy may attempt to “Jack you” or he may be working in tandem and may use subterfuge to distract you (the interview) while his buddy comes up on you to help in the assault. By the way this very scenario was caught on a surveillance camera and shown on TV several months back. Luckily for the victim they were only looking for cash. In this situation after sizing you up (Fig-5a) one person distracts you while his partner circles around your car or several cars cutting off your escape, attacking you from behind while you are distracted (Fig-5b&c). If your awareness is up, once you sense danger, strike the closest person to you as quickly and fiercely as possible (Fig- 5d) stepping off line and out of the way of the other attacker's attack, striking as you move; from there escape (Fig-5e).

Now some of you are probably saying, well what about your car?

Answer: You'll get another one...

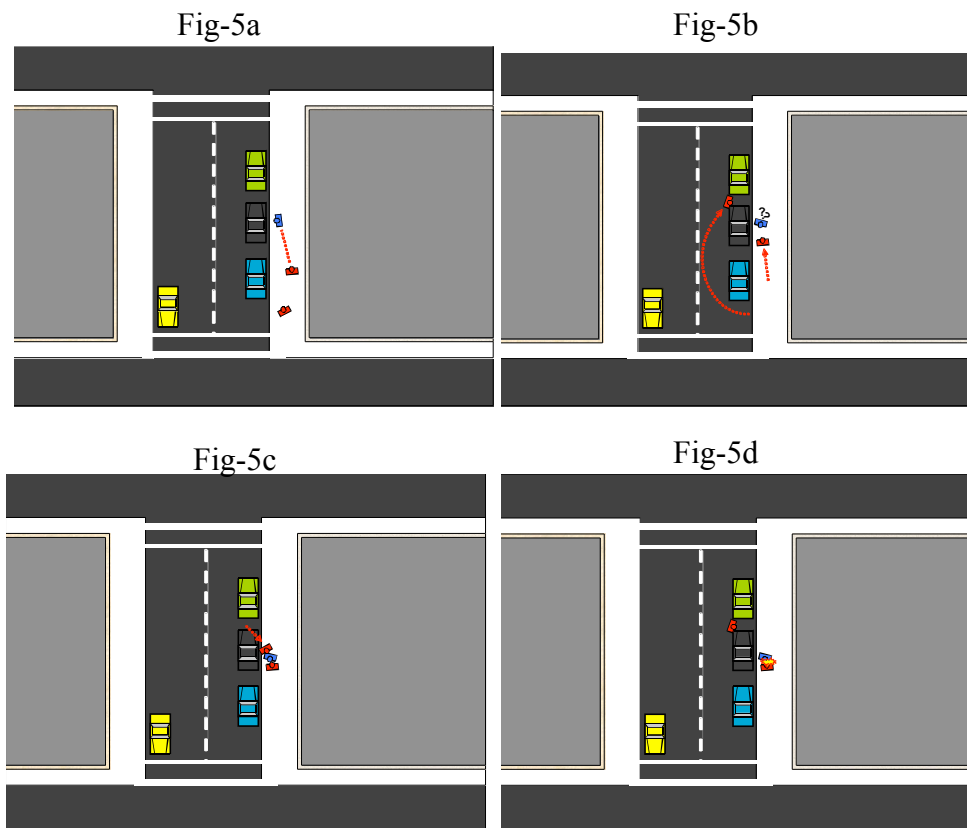
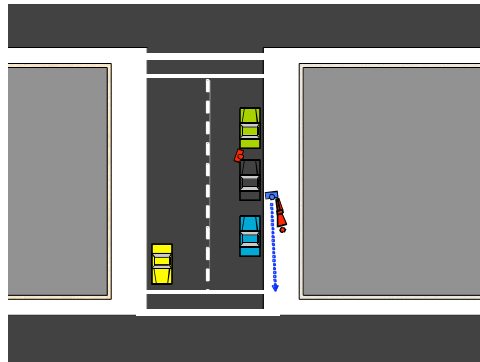


Fig-5e



Elevator Attack

For those who work in an office building or live in an apartment complex, a nightmare scenario is getting caught in an elevator with one or more nefarious characters and having to fight for your life. In the figures below if you pussyfoot around in this situation the police are going to find you in a garbage bin somewhere with your body in various stages of mutilation. In Fig-6a you find yourself on the elevator when two nefarious looking characters enter the elevator. Now you can see in Fig-6b that they have strategically placed themselves to the side of you.

At this point your “Spidey Sense” should be going crazy; you need to either get off the elevator immediately or push the button to get off on the next floor. If they make a move toward you or “stop” the elevator for some reason, you need to go off like a cornered alley cat on meth. If for some reason you are about to get on the elevator (Fig-6c) and you perceive a bad situation, the answer is simple, don’t get on the elevator.

Once again a little awareness in such situations goes a long way, even if all you can do is bolt away from them. If trapped in the elevator, fight using the walls as a brace; begin to kick with all of your might as hard as you can to either run them off or create an opportunity for you to escape. If necessary you may have to drop to the ground in the elevator in one of the corners in order to gain the leverage with your legs to bust them up and fight them off. If they fall while you are kicking them, continue to kick them and try to turn their heads into sacks of gravel. Above all DO NOT, DO NOT, DO NOT attempt to grapple with them: if you do you will lose the initiative.

Fig-6a

Fig-6b

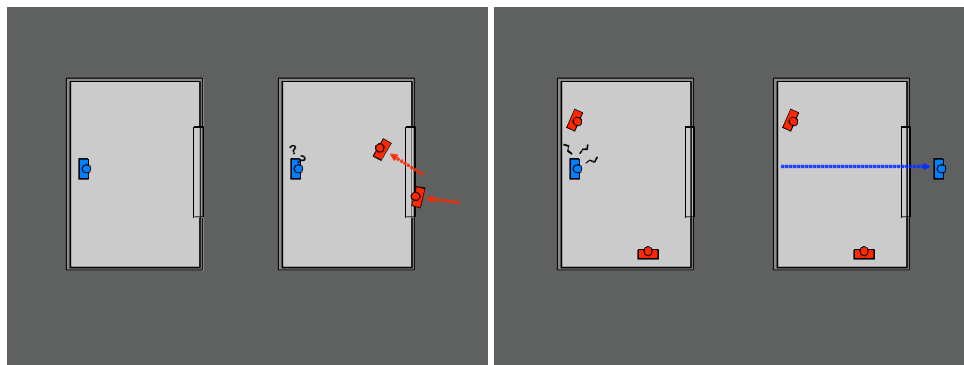
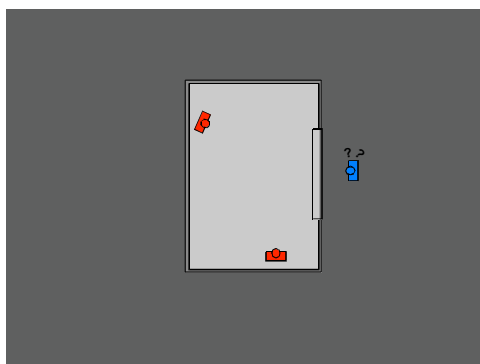


Fig-6c



You never know if you may find yourself faced with any of a number of the situations described above. Again if you profess to train for self defense and are not training for this reality you're just wasting your time.

7 Basic Points to Remember

- Maintain your situational awareness
- Control your Sphere of Influence at all times
- "Expect" the unexpected
- Have a basic plan to escape
- Be prepared to fight if necessary
- Fight with everything you have
- Never, ever give up fighting

Hope this helps...